

TOPIC: **INCREASING AWARENESS OF FOOD INSECURITY AMONG COLLEGE STUDENTS**

SUBMITTED BY: **Grand Valley State University Student Nurses' Association, Allendale, Michigan**

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WHEREAS, the United States government estimates 50.1 million individuals live with food insecurity, which represents one of the highest levels ever at 14.9% of Americans struggling to obtain food resources (Maroto, Snelling, & Linck, 2015, p. 515); and

WHEREAS, the definition of food insecurity includes experiences of decreased caloric intake, quality of nutrition, lack of diversity in the diet, interrupted eating patterns, and hunger (Cady, 2014, p. 265-266); and

WHEREAS, research studies report food insecurity affects 14-59% of students at some point during their college career, which is higher than the rate among the general population (Henry, 2017, p. 7); and

WHEREAS, food insecurity increases the risk of poor physical health outcomes, such as hypertension, hyperlipidemia, and diabetes (Smith et al., 2017, p. 135); and

WHEREAS, students with food insecurity reported higher rates of mental health illness, including depression, severe anxiety, eating disorders, and suicidal ideations (Wood, Harris III, & Delgado, 2016, p. 6); and

WHEREAS, students suffering from food insecurity have limited dietary quality and poor nutrition. The food insecure student's diet is high in carbohydrates and fat, and low in protein and fiber (McArthur, Ball, Danek, & Holbert, 2018, p. 570); and

WHEREAS, the financial challenges that college students face with tuition, textbooks, healthcare, housing, utilities, healthcare, socialization, etc. often compete with money allotted for food (Patton-Lopez, Lopez-Cevallos, Cancel-Tirado, & Vazquez, 2014, p. 209); and

WHEREAS, food insecure students are more likely to have declining grades and drop classes compared to students that have adequate food security (Martinez, Maynard, & Ritchie, 2016, p. 15); and

WHEREAS, food insecure college students struggle to share information about their nutritional needs with peers in order to avoid judgment due to the stigma surrounding the "starving college student" stereotype (Henry, 2017, p. 11); and

WHEREAS, due to a high risk of food insecurity, college students should be considered a high-priority population because patterns that develop in early adulthood can continue into later adulthood (Mirabatur, Peterson, Rathz, Matle, & Kasper, 2016, p. 561); therefore be it

RESOLVED, that that the National Student Nurses' Association (NSNA) support increased awareness of food insecurity among college students; and be it further

RESOLVED, that the NSNA encourage its constituents to advocate for the implementation of food resources to increase food security among college and university campuses; and be it further

RESOLVED, that the NSNA encourage nurses to screen for food insecurity while providing care to college students; and be it further

RESOLVED, that the NSNA publish an article on this topic in Imprint and post information on the NSNA website about the prevalence of food insecurity among college students, as well as available resources for students to utilize who are experiencing food insecurity, if feasible; and be it further

RESOLVED, that the NSNA send a copy of this resolution to the American Nurses Association, National League for Nursing, Sigma Theta Tau International Honors Society of Nursing, American Association of Colleges of Nursing, Association of Public Health Nurses, American Medical Association, College and University Food Bank Alliance, National Student Campaign Against Hunger and Homelessness, American Psychiatric Nurses Association, and all others deemed appropriate by the NSNA Board of Directors.