30.1% of UAlbany students who are not on the meal plan reported that they had to skip a meal because they were short on money or other resources during the past 6 months.¹

¹ This figure includes data on a non-probability purposive sample of undergraduate and graduate students who responded to the Food Security Survey administered in Spring 2019. The intention of the survey is to collect feedback on the upcoming food pantry services and students who purchased a university meal plan were excluded from the sample. The subsequent slide provides more details on how the sample was drawn. The data in this report DO NOT reflect the picture of our student population at UAlbany. As a result, survey results should be interpreted cautiously.
Background and Methodology:

UAlbany made an effort to measure and monitor hunger and food insecurity of our students in Spring 2019. This tailored survey instrument was built upon the work of Ballard, Jepple and Cafiero (2013) from Food and Agriculture Organization of the United Nations (FAO), and studies conducted by researchers from Cornell University, Tufts University, the Food and Nutrition Technical Assistance Program, and the Economic Research Service of the USDA. The measurement on food insecurity has been refined and validated in diverse contexts.

The Office of Institutional Research, Planning and Effectiveness (IRPE) at UAlbany also consulted and engaged three internal experts from Office of Student CARE Services, Office of Neighborhood Life and Office of Student Affairs Assessment and Planning who have been interacting with our students daily in survey design process, to optimize the validity of the adapted survey instrument. The survey is intended to inform policy making and promote approaches for improving food security and health of students at UAlbany.

This two-minute survey comprises four sets of questions. The first set includes 9 questions that ask about students’ experiences on food insecurity during the past 6 months. The second set includes one multiple-answer question that asks about student’s economic living experiences. The last two sets of questions are presented to students who are identified as experiencing food insecurity or poor living condition to collect their opinions and preferences of using food pantry on campus.

The survey was administered to all undergraduates who live off-campus or live on apartments (N=7,761), and all full-time graduate students (N=1,935). 1,264 undergraduates and 547 graduate students responded to the survey, resulting in a response rate of 16.3% and 28.3%, respectively, for undergraduates and graduate students. Overall, we received a total of 1,811 valid responses for a response rate of 18.7%.
Report Outline

• **Overview of Students’ Potential Food Insecurity Situations at UAlbany**

• **Potential Food Insecurity by Student Grouping**
  - Undergraduate vs. Graduate Students
  - Minority Students
  - Gender
  - International Students
  - In-state vs. Out-state Students

• **Relationship between Food Security and GPA**

• **Expected Use of Food Pantry at UAlbany**
Food Security Information

Key Data Points:

• More than 15% of our respondents had to skip a meal, worried about running out of food, felt hungry, went to school/work without eating, ate a few types of cheap food, or lost weight for not eating most of the time or always during the past 6 months

• 92% of our respondents experienced at least one of the food insecurity situations listed during the past 6 months (UG: 95%; GR: 87%)

• 71% of our respondents experienced at least one of the food insecurity situations about half the time or more during the past 6 months (UG: 76%; GR: 59%)

• 24% of our respondents always experienced at least one of the food insecurity situations during the past 6 months (UG: 27%; GR: 16%)

• 32% of our respondents experienced all food insecurity situations listed during the past 6 months (UG: 37%; GR: 21%)

• 9% of our respondents experienced all food insecurity situations listed about half the time or more during the past 6 months (UG: 12%; GR: 3.3%)
More than 25% of our respondents had to skip a meal, worried about running out of food, felt hungry, went to school/work without eating, ate a few types of cheap food, or lost weight for not eating more than half the time during the past 6 months.
Food Insecurity: Who?

Key Data Points:

• There is a higher proportion of undergraduate respondents who experienced food insecurity situations listed than that of graduate respondents during the past 6 months.

• A high proportion of minority respondents reported experiencing food insecurity.

• Gender differences in the prevalence of food insecurity was not found.

• International students do not differ from the U.S. students in the prevalence of food insecurity.

• There is a higher proportion of in-state students reported experiencing at least one of the food insecurity situations listed than that of out-state students during the past 6 months.
Undergraduate Students

VS.

Graduate Students
Minority Students

### Minority Students

- **had to skip a meal**: 7.5% Always, 12.1% Most of the time, 16.6% About half the time, 41.8% Sometimes, 22.1% Never
- **worried that you would run out of food**: 6.9% Always, 12.9% Most of the time, 15.6% About half the time, 32.6% Sometimes, 29.6% Never
- **ate only a few types of cheap foods**: 11.7% Always, 24.3% Most of the time, 20.2% About half the time, 30.1% Sometimes, 13.7% Never
- **couldn’t afford to get healthy and nutritious food**: 11.8% Always, 15.6% Most of the time, 15.5% About half the time, 29.4% Sometimes, 21.7% Never
- **felt hungry but did not eat**: 6.5% Always, 16.9% Most of the time, 18.4% About half the time, 38.7% Sometimes, 20.5% Never
- **went to school/work for a whole day without eating**: 6.1% Always, 13.2% Most of the time, 11.9% About half the time, 34.2% Sometimes, 34.5% Never
- **ate less than you felt you should**: 6.9% Always, 13.1% Most of the time, 18.1% About half the time, 39.0% Sometimes, 22.8% Never
- **cut the size of your meals**: 9.4% Always, 13.6% Most of the time, 17.4% About half the time, 39.0% Sometimes, 24.6% Never
- **lost weight as a result of not eating**: 9.1% Always, 15.5% Most of the time, 12.5% About half the time, 32.3% Sometimes, 38.1% Never

### White, Non-Hispanic Students

- **had to skip a meal**: 7.5% Always, 9.3% Most of the time, 11.0% About half the time, 37.9% Sometimes, 37.3% Never
- **worried that you would run out of food**: 6.9% Always, 10.5% Most of the time, 11.2% About half the time, 30.6% Sometimes, 42.7% Never
- **ate only a few types of cheap foods**: 10.1% Always, 19.5% Most of the time, 17.9% About half the time, 33.1% Sometimes, 20.3% Never
- **couldn’t afford to get healthy and nutritious food**: 10.3% Always, 18.6% Most of the time, 14.6% About half the time, 27.2% Sometimes, 29.0% Never
- **felt hungry but did not eat**: 6.4% Always, 13.0% Most of the time, 18.0% About half the time, 37.3% Sometimes, 26.3% Never
- **went to school/work for a whole day without eating**: 6.5% Always, 9.7% Most of the time, 13.6% About half the time, 27.7% Sometimes, 42.6% Never
- **ate less than you felt you should**: 6.9% Always, 12.1% Most of the time, 15.6% About half the time, 35.4% Sometimes, 30.0% Never
- **cut the size of your meals**: 9.4% Always, 11.6% Most of the time, 13.6% About half the time, 32.8% Sometimes, 37.3% Never
- **lost weight as a result of not eating**: 9.0% Always, 9.4% Most of the time, 8.3% About half the time, 26.6% Sometimes, 50.6% Never

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² Minority students include Non-White and/or Hispanic students who responded to the survey.
Minority Students

Undergraduate Students

VS.

Graduate Students

2 Minority students include Non-White and/or Hispanic students who responded to the survey
International Students

VS.

U.S. Students
In-State Students

VS.

Out-State Students

3 Out-state students do not include international students
Food Security & GPA

Key Data Points:

- The level of food insecurity has a significantly negative association with students’ term GPA.
- The association between food insecurity and GPA is stronger among undergraduate students than that among graduate students.
Food Security & GPA

All Respondents: Relationship between Food Security Experience and Term GPA

- Never
- Sometimes
- About half the time
- Most of the time
- Always

- had to skip a meal
- worried that you would run out of food
- ate only a few types of cheap foods
- couldn’t afford to get healthy and nutritious food
- felt hungry but did not eat
- went to school/work for a whole day without eating
- ate less than you felt you should
- cut the size of your meals
- lost weight as a result of not eating
- Average

Linear (Average)
Food Security & GPA

Undergraduate Students

VS.

Graduate Students
Expected Use of Food Pantry

Key Data Points:

- 50% of students who reported experiencing at least one food insecurity situations plan to use food pantry on campus if it existed
- 31% of students who reported experiencing at least one food insecurity situations do not feel comfortable going to a food pantry on campus
- 15% of students who reported experiencing at least one food insecurity situations plan to use food pantry on campus more than once a week
- Attitudes toward using a food pantry on campus are close between undergraduate respondents and graduate respondents who reported experiencing at least one food insecurity situations
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