

WIU CENTENNIAL HONORS COLLEGE
Thomas E. Helm Undergraduate Research Day 2023

Abstract

Poster

Major: Nursing

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Food Insecurity Among Nursing Students

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Purpose and Background:

Food insecurity is an issue among the college student population, but there is research lacking on this issue among the nursing student population. This project aims to understand the prevalence of food insecurity among nursing students and the effectiveness of text messaging education on increasing utilization of available food assistance resources.

Method:

The design of the study includes the electronic distribution via email of pre-intervention and post-intervention surveys consisting of questions from the USDA U.S. Household Food Insecurity Survey Module and additional qualitative questions. The sample includes junior and senior nursing students at a four-year university during the 2022-2023 academic year. The intervention consists of distribution of educational text messages on resources available through the food pantry to students over a 4 week period.

Results:

Statistical analysis of USDA Survey Module data did not reveal any statistical significance. Answers to qualitative findings point to the possible negative impact food insecurity has on academic performance and mental health for nursing students. Limitations of the study include the small sample size and sample consisting of nursing students from a single university during a single academic year.

Conclusions:

Findings of this research may reveal the prevalence of food insecurity among the nursing students in the sample and may demonstrate the effectiveness of text messaging as an educational tool for nursing researchers. Further research on this topic is needed to fully understand the impact food insecurity has on nursing students. Findings of this study may provide further evidence for the Expanding SNAP options Act of 2021 that has been introduced to the U.S. congress.