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Nutritional Access and Resource Knowledge in College

Morgan Weidow

University of Montana, Missoula, mw104897@umconnect.umt.edu

Darra Perdaems

University of Montana, Missoula, darra.perdaems@umontana.edu

Drake Leonard

University of Montana, Missoula, drake.leonard@umontana.edu

Madi Kohls

University of Montana, Missoula, madi.kohls@umontana.edu

Brooklyn Cunningham

University of Montana, Missoula, brooklyn.cunningham@umontana.edu

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Food Insecurity Among College Students

Brooklyn Cunningham, Drake Leonard, Madison Kohls,
Darra Perdaems, Morgan Weidow



**FRANKE GLOBAL
LEADERSHIP INITIATIVE**

Background

- Food Insecurity: the state of being without reliable access to a sufficient quality of affordable, nutritious food.
- Barriers people face when accessing food:
 - Physical barriers
 - Low health literacy
 - Lack of knowledge of existing resources
 - Socioeconomic factors

Project goals

- Identifying what barriers students at the University faced regarding food insecurity.
- Creating a tool kit that is able to be used by other universities and agencies around the globe.
 - Every area/ group of people have different barriers when it comes to food insecurity.
 - This allows communication between the organization and the people facing insecurity.

General outline of our approach

1. Reach out to students and form focus groups.
 - a. This identified prevalent barriers for students.
 - b. Questions were in open ended format, allowing students to share their ideas and maintain their cultural identity when addressing food.
2. Build toolkit using the information in student response trends.
 - a. During this process we engaged with previously established campus resources to find out the most beneficial way to disperse our project.
3. Share our toolkit with other campus resources.

Focus Group results

- The most prevalent barrier that we identified in our focus groups was a lack of knowledge regarding resources.
 - These resources included how someone facing insecurity can get help or where to direct them.
- Trends
 - Students basing their diets off of convenience and price
 - Adequate Nutritional knowledge
 - We saw similar trends with our international outreach.

International Outreach

-Sweden

-Norway

-Spain

-Austria

-Czech
Republic

Questionnaire Outline:

Does your university have a website or information sheet where you can find local grocery stores or helpful eating tools?

Do you think having a resource such as a list of grocery stores and easy healthy meal options would help you eat healthier?

How have you found out about how to eat healthy? (Ex. Social media, family, etc)



Connecting Students with Resources

Nutrition Resources

Know what resources are available for you on and off campus

LAST UPDATED: MARCH 2021



• Curry Health Center Wellness

- Call (406) 243-2809 or text (406) 404-3775
- M-F 8am-5pm
- <https://www.umt.edu/curry-health-center/wellness/default.php>
- Offers programs on a variety of topics regarding health and well-being such as: healthy eating, exercise & stress management

• Health Coaching

- Curry Health Center | (406) 243-6719
- <https://www.umt.edu/curry-health-center/wellness/Health%20Coaching.php>
- FREE coaching with a peer Health Coach
- Self directed meetings that can be focused on a variety of topics including: nutrition, exercise, permanent lifestyle changes, and achieving & maintaining your ideal weight

• Health Nut

- healthnut.umt.edu
- Weekly blog for students to increase health and be successful. Content includes: recipes, workout ideas and stress relief

• UM Food Pantry

- University Center | (406) 243-5125
- M,W&F 12pm-5pm
- <http://www.umt.edu/asum/agencies/food-pantry/default.php>
- Services include: Free food assistance to UM students, staff, faculty & community members, free personal care products, and SNAP application assistance

Need a ride?

The University of Montana and the city of Missoula both offer extensive bus routes throughout town that are all completely FREE! Check out their websites below for more information on routes and scheduling.

MOUNTAIN LINE

<https://mountainline.com/maps-schedules>

UDASH

<https://www.umt.edu/transportation/bus/default.php>

Interactive Workshop

- 50 min workshop designed to create awareness about resources and provide students with skills to prepare/source nutritious meals
- Available to Curry Health PROs, Resident Assistants, first-year seminar LAs, etc.
- Follow-up support to incoming students in the first 6-week period
- Outreach to students living off-campus without meal plans

Nutrition in College

Session Time: 50 min	Materials Needed
Connections: 5 min Previews: 2 min Objective 1: 8 min Objective 2: 20 min Objective 3: 10 min Review: 5 min	every student will need paper and a writing utensil <ul style="list-style-type: none">- sticky notes- wall poster or whiteboard- markers- food products- team prizes: candy, snacks, gift cards, swag, etc.
Visuals to Create	Special Notes
Food pyramid pairing (attached) - can print out one per team or create poster versions for a more interactive option Map of community resources	Detail audience needs, special considerations, A/V equipment, or other needed resources.

Session Outcomes

Overall Goals:

Students will know their resources on and off-campus and identify ways to improve their nutritional habits while a student.

Objectives:

1. Students will be able to explain how a healthy diet influences health and prevents disease.
2. Students will be able to make a meal prep plan and think of nutritional meals on a budget.
3. Students will be able to identify community and campus resources to meet their needs.
4. Students will be able to write out a SMART goal towards improving their daily nutritional habits.

MUSIC: exciting, optimistic tone

Connection (5 min)

Sticky Situation

Pass out 2-3 sticky notes to each student.

Direction set: On your sticky note, write down one or two things that might limit you from getting enough water or healthy foods in your day. Once you have these, stick them on the wall behind you. You'll have until the end of this song to do so.

MUSIC: Reflective?

After the song ends, go around the room and read some of the sticky notes. Encourage students to snap in agreement with the ones that resonate with them.

Preview (2 min)

As you can see, it can be difficult to meet some of our most basic needs as a busy student with limited resources. Today, we'll be sharing some resources that we have as students to help us develop healthy habits and meet our nutritional requirements while in college. In our time together, we'll talk about specific steps we can take daily, how we can plan healthy and efficient meals, and share some support and resources on and around campus that are available to us all.

Additionally, this entire workshop will be a competition. We will break you all into teams and assign you tasks throughout the next hour. We will be keeping score, and the winning team after each objective will receive a prize.

Transition: Let's start by seeing if you all know what you should be eating and achieving each day to meet your body's needs.

Objective 1: Students will be able to explain how a healthy diet affects their health

Objective 2: Students will be able to prepare a nutritious meal on a limited budget

Objective 3: Students will be able to list on and off-campus resources available to them

Future Directions

In conclusion, we found that many students are not aware of existing resources and how to access them

1. **Freshmen Orientation follow up content**
2. **Workshop available to Curry Pros and updated based on Curry's Campus Health and Wellness Surveys**
3. **Linking resource PDF in class syllabi**
4. **Making PDF available to Curry Health clinics**

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Focus group students