

# Feeding Our Stomachs, Not Our Anxieties



INVESTIGATING THE RELATIONSHIP BETWEEN UTILIZATION OF ON-CAMPUS  
FOOD PANTRIES & LEVELS OF ANXIETY

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## Objective

Our goal is to determine if the utilization of UCSD's campus food pantry is associated with decreased anxiety symptoms

## Background

- **42%** of college students attending a University of California campus experience **food insecurity**
- Individuals experiencing food insecurity are subject to **higher incidences of stress, anxiety, depression, poorer quality of sleep, and lower academic performance**
- **63%** of American college students experience **high rates of anxiety**

## Methods

### Study Design

- **Cross-sectional study** utilizing a google survey
- **Distribution** through social media posts, flyers around campus, and outreach to the campus food pantry newsletter
- **Exposure Variable** – Frequency of campus food pantry use
- **Outcome Variable** – Anxiety symptoms measured using the GAD-7 Test
- **Other Variables** include Age, Race, Year in college, FAFSA/financial aid status, Living status

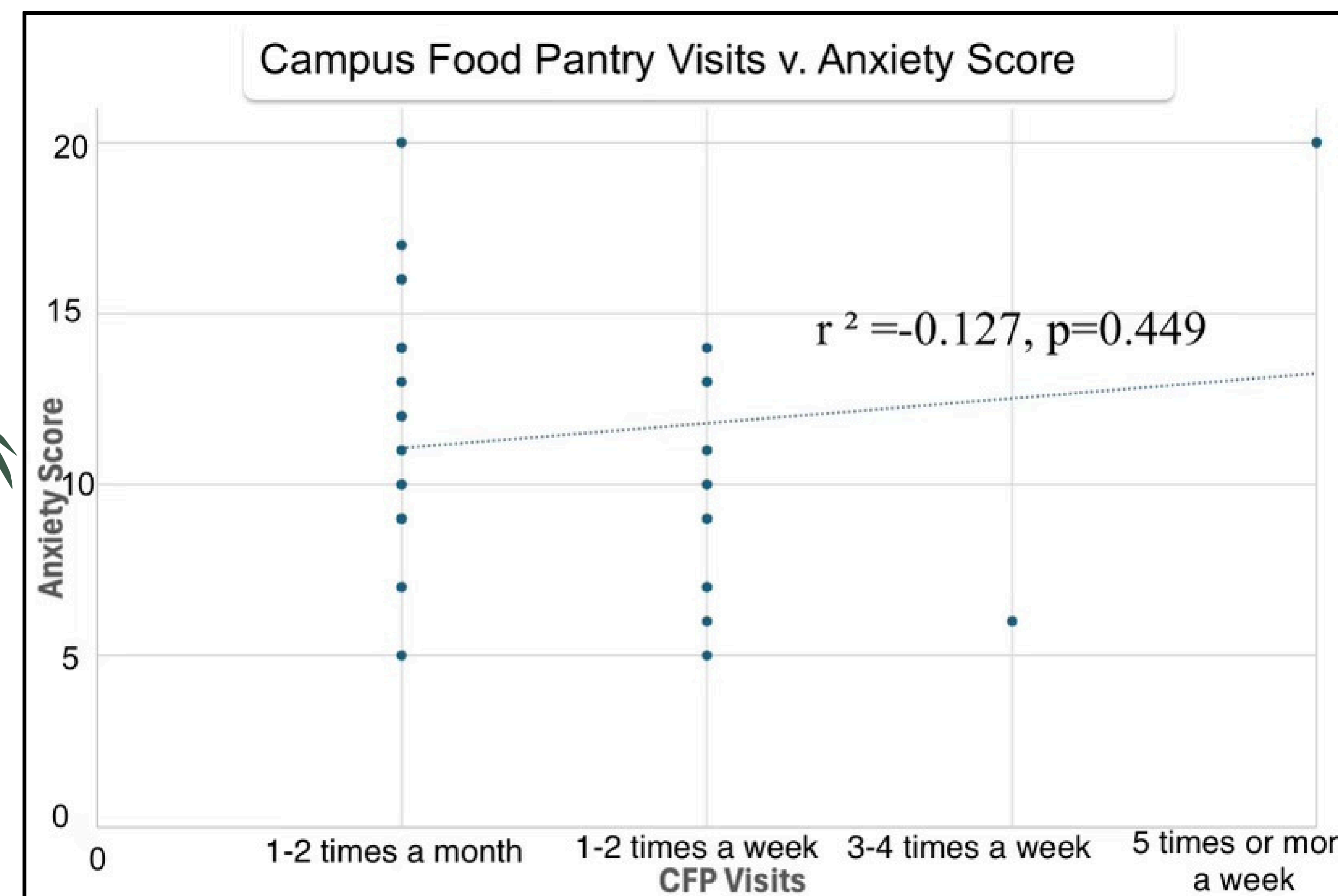
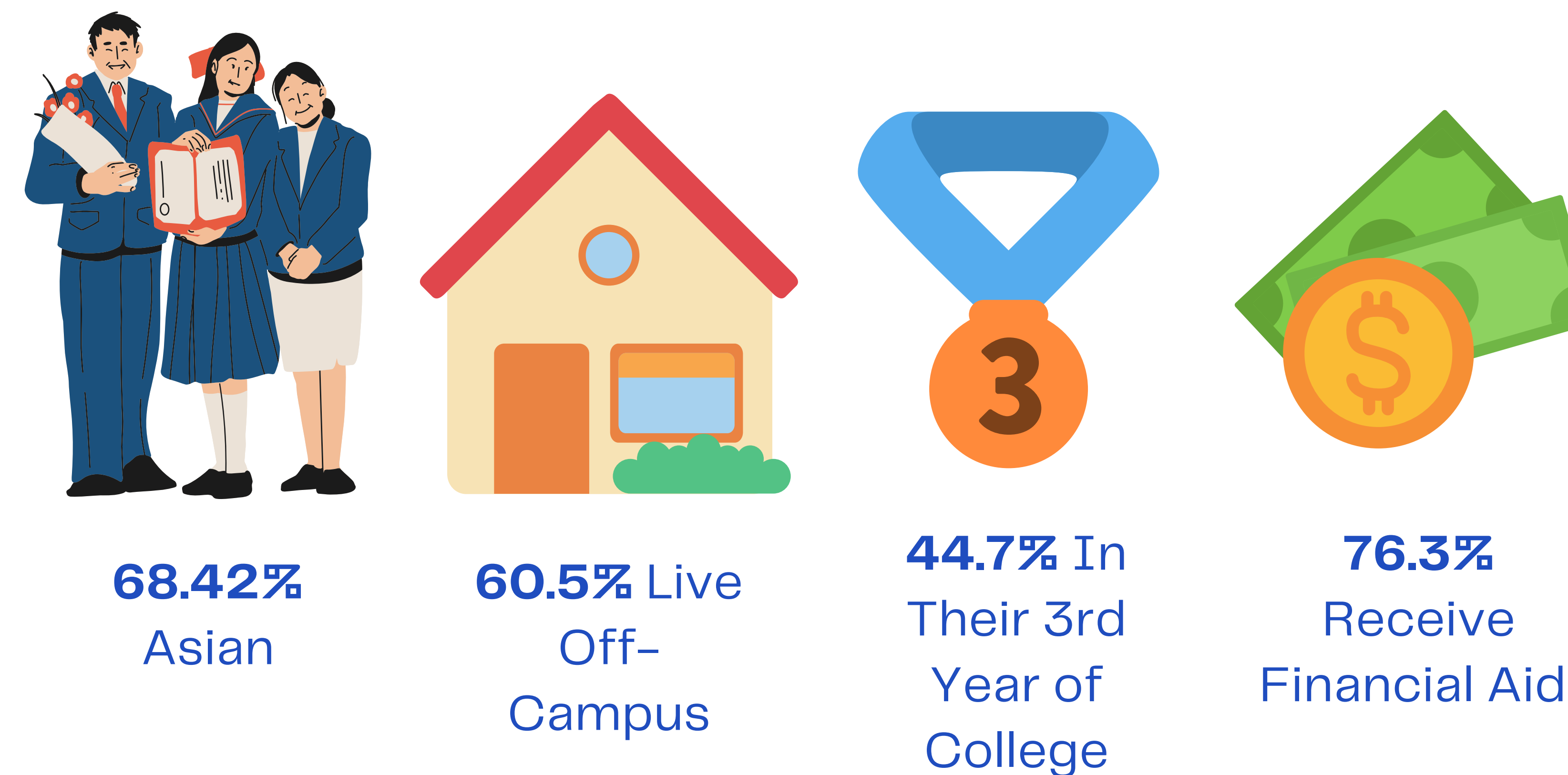
### Statistical Analysis

Excel software – Spearman Correlation Coefficient



## Results

Majority of participants were reported as:



- Participants: **n = 38**
- Spearman correlation:  **$r^2 = -0.127$** 
  - **Slightly Negative Relationship**
- P-Value: **p = 0.0449**
  - **Statistically Weak & Insignificant**

## Conclusion

- **No relationship** between campus food pantry utilization and anxiety levels was found
- **Further research** is needed to find any link between anxiety and CFP utilization



## Policy Implications

### Public Health Implications

- A negative relationship between campus food pantry use and anxiety levels can imply **possible improvement of well-being**, as utilization going up is correlated to anxiety scores going down
- Further **promotion of campus food pantries** for those who suffer from food insecurity may be necessary to promote overall health

### Suggestions for future research

- Targeting **graduate students** as well as **undergraduate students**
- Targeting those who **frequent campus food pantries more often**