Wellbeing Update | New Spaces on campus for UI Staff/Student Support

New Food Pantry Space & Clothing Closet

Erin Litton, Senior Director, UI Wellness
Steph Beecher, Basic Needs and Care Coordinator, Dean Students
Steph Beecher
Basic Needs Coordinator

Erin Litton
Senior Director, Well-Being Services
FOOD INSECURITY

*food in·se·cu·ri·ty*, n.

Food insecurity is the limited or uncertain availability of *nutritionally* adequate and safe foods, *culturally relevant foods*, or the ability to acquire such foods in a socially acceptable manner. The most extreme form is often accompanied with physiological sensations of hunger.
FOOD SECURITY

- 32% were unable to eat balanced meals
- 22% cut the size of or skipped meals
- 14.5% reported eating less
- 9.3% reported going hungry
- 9.3% reported going hungry

Food Security* (USDA Food Security Index)

- 71.0% High or marginal
- 19.5% Low
- 9.5% Very low
Local Impact of Food Insecurity

UI Students
Food insecurity and hunger during college are associated with poorer academic performance and attainment, physical and mental health, and well-being.

• Students who experience very low food security early in college are more than 4% less likely to graduate the following year.


UI Community
Approximately 8.2% of Johnson County residents, with over 10% being children, face food insecurity, struggling to consistently access sufficient food.

• Alarmingly, about 30% of these food-insecure individuals, including 44% of the children, reside in households that earn too much income to qualify for the federal Supplemental Nutrition Assistance Program (SNAP).

• Source: Hunger Relief in Johnson County Report
POUNDS OF FOOD DISTRIBUTED

<table>
<thead>
<tr>
<th>Year</th>
<th>Pounds</th>
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<tbody>
<tr>
<td>2016-17</td>
<td>9,722</td>
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<tr>
<td>2017-18</td>
<td>21,947</td>
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<tr>
<td>2018-19</td>
<td>22,375</td>
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<tr>
<td>2019-20</td>
<td>15,367</td>
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<tr>
<td>2020-21</td>
<td>69,435</td>
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<tr>
<td>2021-22</td>
<td>98,916</td>
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<td>2022-23</td>
<td>100,234</td>
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Donate Today!
FOOD PANTRY CLIENTS

- Undergrad: 12%
- Faculty/Staff: 22%
- Grad/Professional: 66%

82.2% FOOD PANTRY CLIENTS COULDN'T AFFORD BALANCED MEALS (12 MO)

4.4% FOOD PANTRY CLIENTS UTILIZE SNAP BENEFITS
TOTAL VISITS

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<td>Visits</td>
<td>129</td>
<td>187</td>
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<td>185</td>
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</table>
TOTAL VISITS

IOWA

TOTAL VISITS

- Fall 2020: 1433
- Fall 2021: 1484
- Fall 2022: 2698
- Spring 2021: 1658
- Spring 2022: 2144
- Spring 2023: 2197
- Summer 2021: 456
- Summer 2022: 608
- Summer 2023: 1304

Donate Today!
### Statistics

**7 Visits**

Average visits per person:
- Undergrad: 3
- Graduate: 9
- Faculty/Staff: 8

**2.6 People**

Household size:
- Undergrad: 2.3
- Graduate: 2.3
- Faculty/Staff: 3.5

**32%**

First generation

**48%**

International

**Faculty/Staff**

- Merit: 65%
- P&S: 30%
- Faculty: 2.5%
FOOD SOURCES

- HACAP: 38%
- Table to Table: 31%
- Farmers Hen House: 5%
- Grocerie: 8%
- Multicultural Foods: 2%
- Grow Johnson Co: 2%
- Donation: 14%
COMMON TRENDS ACROSS CULTURES

• **Focus on fresh produce.** The number one requested food category is fresh produce.

• **Avoid canned foods** (in most cases). Many immigrant families may not have had canned foods in their home country and therefore consider them unhealthy.

• **Provide whole foods.** An example of a whole food would be offering a fresh tomato instead of a pasta sauce. By offering whole ingredients, it provides more flexibility on how that item can be used or seasoned.

• **Holidays may change food preferences.** To be culturally responsive, it is important to understand the calendar for cultural holidays. A seasonal or religious holiday may change what foods are used and the quantity needed. A western example would be serving turkey for Thanksgiving. Please see our Holiday Calendar resource for more information.
BARRIERS

• **Funding** Largely supported by undergraduate fees - USG

• **Seasonal influxes** Summertime

• **Food drives** Perishable items are hard to keep fresh
Make a difference in Food Insecurity on UI Campus!

Calls to Action:

• **Donate**
  • Everything helps make a difference supporting our UI Community
  • Donations include Amazon Purchase, Food Donation, or Financial Support

• **Volunteer**
  • Sign-up Genius available to get involved in supporting Food Pantry Service

• **Share with your Team/Connections**
  • People can’t support the UI Food Pantry if they don’t know!
Support your well-being by getting involved!

- Improved Mental Health
  - Reduced Stress
  - Increased Happiness
  - Enhanced Self-Esteem

- Increased Social Connection
  - Strengthened Relationships
  - Reduced Feelings of Isolation

- Physical Health Benefits
  - Physical Activity
  - Reduced Risk of Depression

- Cognitive Benefits:
  - Mental Stimulation
  - Skill Development

- Increased Sense of Purpose
  - Sense of Meaning

- Better Emotional Well-being
  - Emotional Resilience
  - Altruistic Feelings

- Career Benefits
  - Skill Enhancement
  - Networking
  - Longevity
Thank you!

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