UBC Food Security: Interventions and Scan

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Introduction and Background

- **Food insecurity** is a major public health concern affecting over 281 million people (FAO, 2018)

- In Canada, 2 out of 5 university students experience food insecurity (Silverthorn, 2016)

- Food insecurity among university students is linked to lower self-reported health, reduced academic performance and higher prevalence of depression (Lee et al., 2018)
Purpose of the project

▪ Over 40% of UBC students have reported some form of food insecurity (Nguyen, 2018)
▪ Currently, there are limited initiatives addressing food insecurity at UBC

▪ To conduct an environmental scan on food insecurity initiatives at post-secondary institutions
▪ Provide relevant information to our community partner to inform future program development at UBC
1. Program Goals and Objectives
Goals & Objectives

Short-term Objectives

- April 2019: Compile information, share our report and presentation of strategies and interventions
- April 2019: Inform our community partner of our findings

Mid-term Objectives

- End of 2019: Create a knowledge base to help inform program planning aimed at reducing student food insecurity at UBC
- End of 2019: Inform key stakeholders to start preliminary discussion about possible policies that are feasible for UBC to implement

Long-term Objectives

- Our community partner will use our research to reduce overall student food insecurity prevalence at UBC.
2. Health Behavior Framework
Socio-Ecological Model

- It allows us to classify the **level of impact** of our intervention scan
- It provides the **complexity** necessary to evaluate the effectiveness of interventions
- If we chose other theories that are specific to a certain level, the lens can become narrow
3. Programs
Outputs & Applications

Outputs and Application of health behaviour theories

- Spreadsheet of environmental scan
- Evaluation meeting with community partner
- Final Report
- Final Presentation
Programs

Cooking classes
Goal: To expand education on how to cook with food items as part of the overarching goal to reduce food insecurity

Redistribution of food
Goal: Reduce waste on campus and to contribute to overarching goal of reducing campus food insecurity

Free/low cost food programs
Goal: Provide affordable food to students, reduce campus food insecurity

Food vouchers/stamps
Goal: To provide students with subsidized food vouchers to reduce campus food insecurity
4. Evaluation
Evaluation

- Evaluation conducted after we presented our findings to our community partner
  (DiClemente et al., 2013)

<table>
<thead>
<tr>
<th>Process</th>
<th>Impact</th>
<th>Outcome</th>
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<tbody>
<tr>
<td>Was our approach and resources appropriate to conduct our scan?</td>
<td>Did the information increase our community partner’s knowledge?</td>
<td>Not feasible. Will not be around to assess changes in health outcomes</td>
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Questions we included:

1. Did we invest the appropriate **amount of time and resources** to compile a comprehensive report for our community partner?

2. Did we present the findings in a way that **increased the knowledge** of our community partner and was easy to understand?

3. Was this **information valuable** to our community partner?

4. Did our findings inform our community partner of information on food insecurity programs **at other post-secondary institutions** that could be used for future UBC food insecurity initiatives?

5. Does our community partner have enough **information to move forward** with discussions with the director of SHHS on food insecurity initiatives at UBC?
5. What did we learn?
Lessons Learned

- Open and receptive to needs of community partner, additional information needed halfway through the project
- Learned about the importance of building on people’s strengths; capitalizing on what people are good at
- Experienced working with multiple community partners (SEEDS, SHHS); having a middle person was a new experience
What would we change?

- More initial in-depth meeting with community partner to discuss specific needs
- Designing the excel template with Melissa + discussing each category
Thanks!!

Any questions?