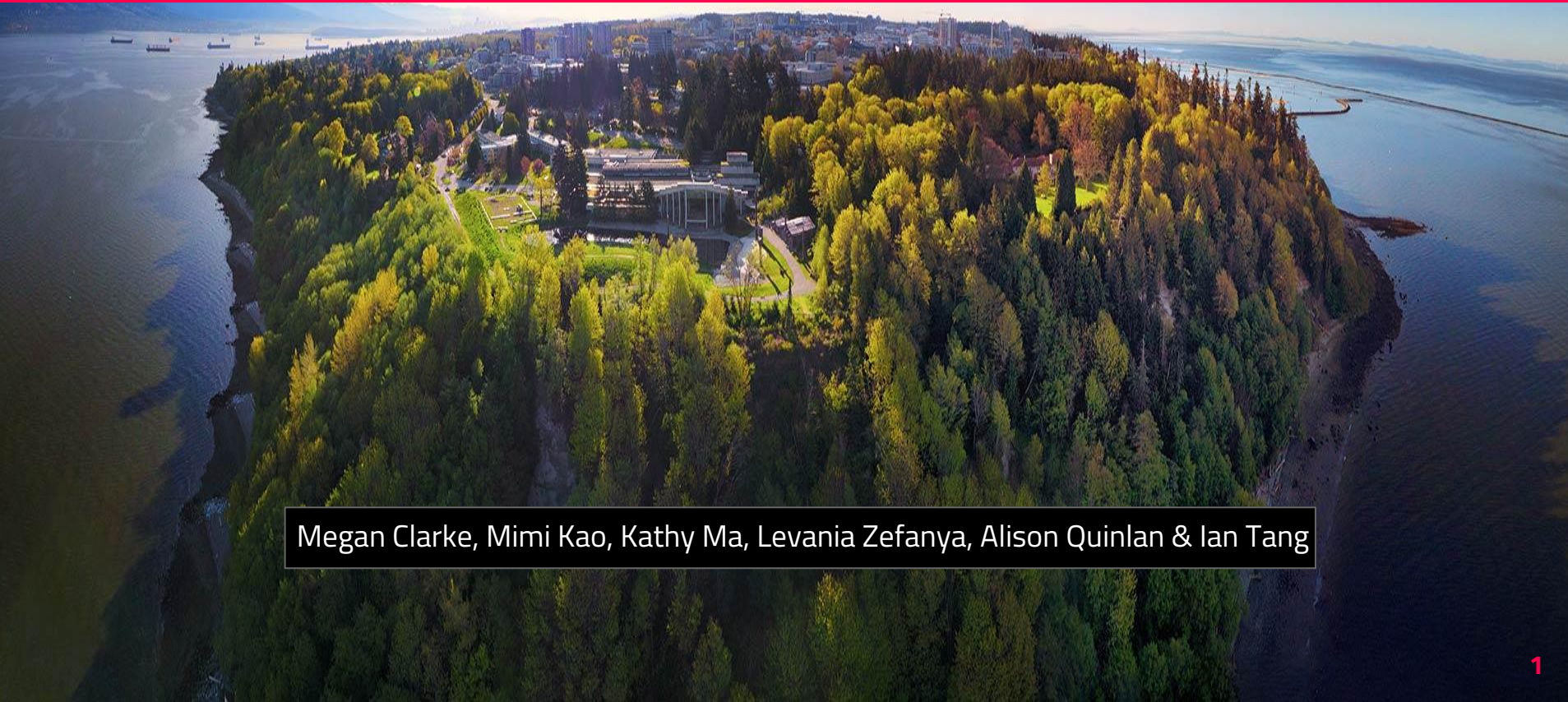# UBC Food Security: Interventions and Scan

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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

Public Policy
Community
Organizational
Interpersonal
Individual

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

<u>Goal:</u> To **expand education** on how to cook with food items as part of the overarching goal to reduce food insecurity

Redistribution of food

<u>Goal:</u> **Reduce waste** on campus and to contribute to overarching goal of reducing campus food insecurity

Free/low cost food programs

<u>Goal:</u> Provide **affordable food** to students, reduce campus food insecurity

Food vouchers/stamps

<u>Goal:</u> To provide students with **subsidized food vouchers** to reduce campus food insecurity

4.
Evaluation

Evaluation

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

Process	Was our approach and resources appropriate to conduct our scan?
Impact	Did the information increase our community partner's knowledge?
Outcome	Not feasible. Will not be around to assess changes in health outcomes

Questions we included:

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

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

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

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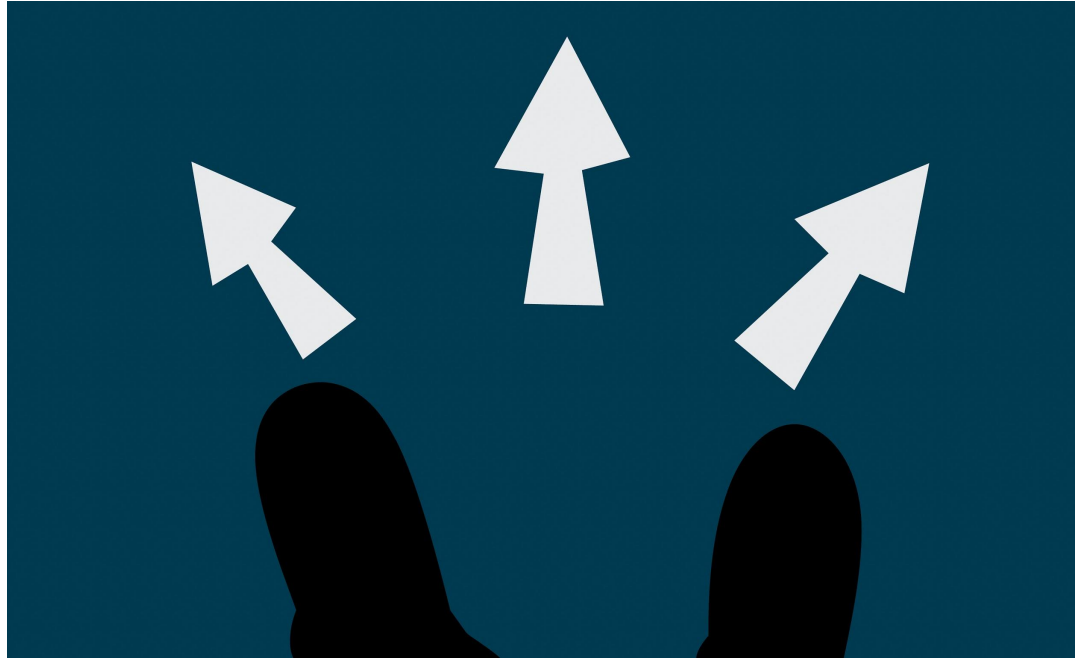
5.
What did we learn?

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
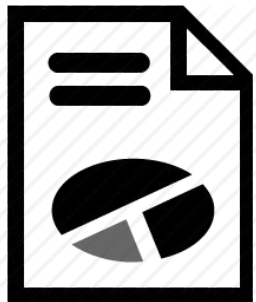
What would we change?

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

Thanks!!

Any questions?