

## Definition of Food Insecurity:

Not knowing where your next meal is coming from and/or how to afford it.

**Problem: 21% of Students are Food Insecure at University of Hawai'i Mānoa<sub>4</sub>**

Leads to:

- Obesity<sub>3</sub>
- Mental health problems<sub>2</sub>
- Psychosocial stressors<sub>2</sub>
- Depression<sub>2</sub>

**Solution: App for Their Phone**

Create an app to allow donation of meal swipes

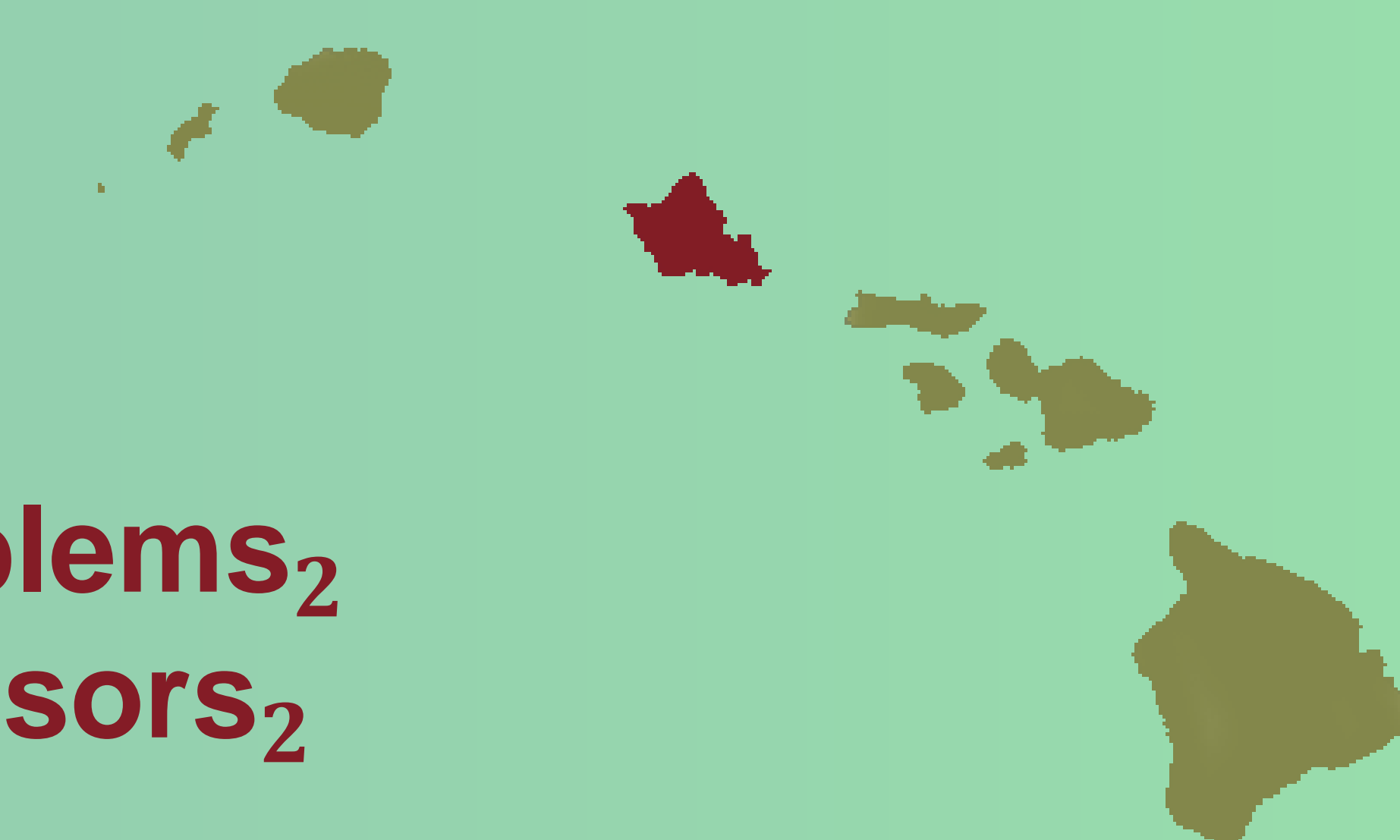
The App will:

- Be anonymous
- Give free meals to students in need

**The App Helps Students**

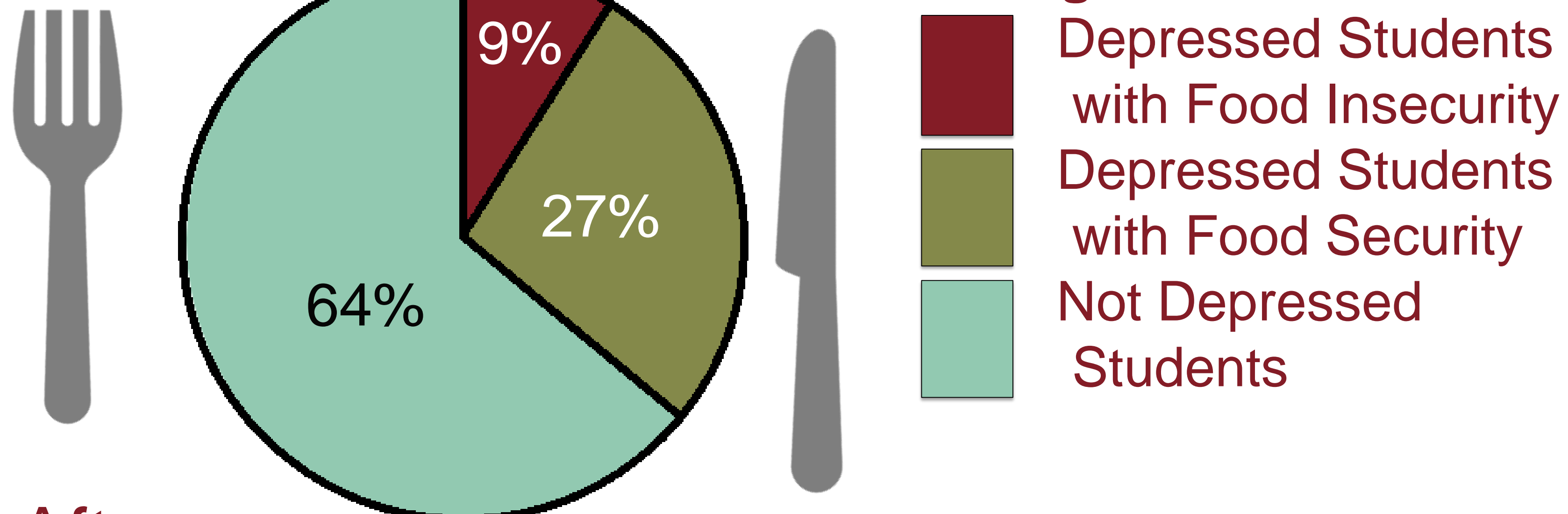
GIVE BYTES	
Your meals:	19
Retail Points:	\$100
Donated Meals Received:	0
Meals Donated Last Week:	5
Sign up to Donate	

- Reduces food insecurity from 14%
- Lowers depression from 36% to 28%



### Depression Within the University

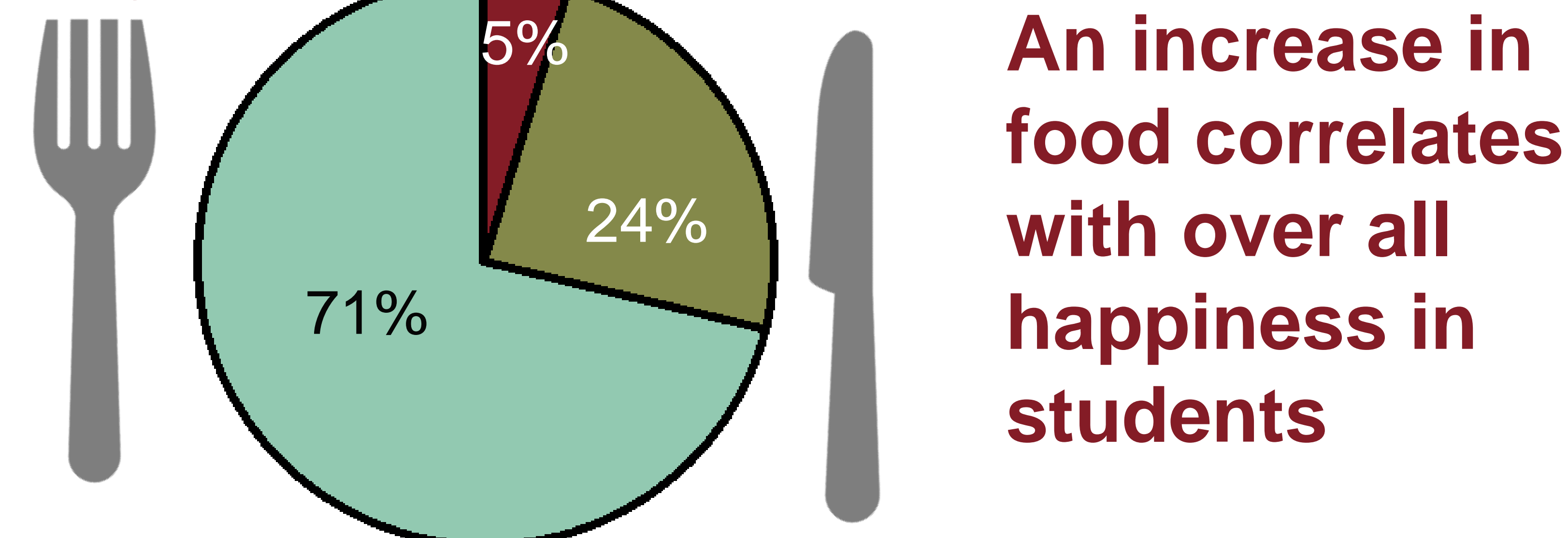
Before



Legend:

- Depressed Students with Food Insecurity
- Depressed Students with Food Security
- Not Depressed Students

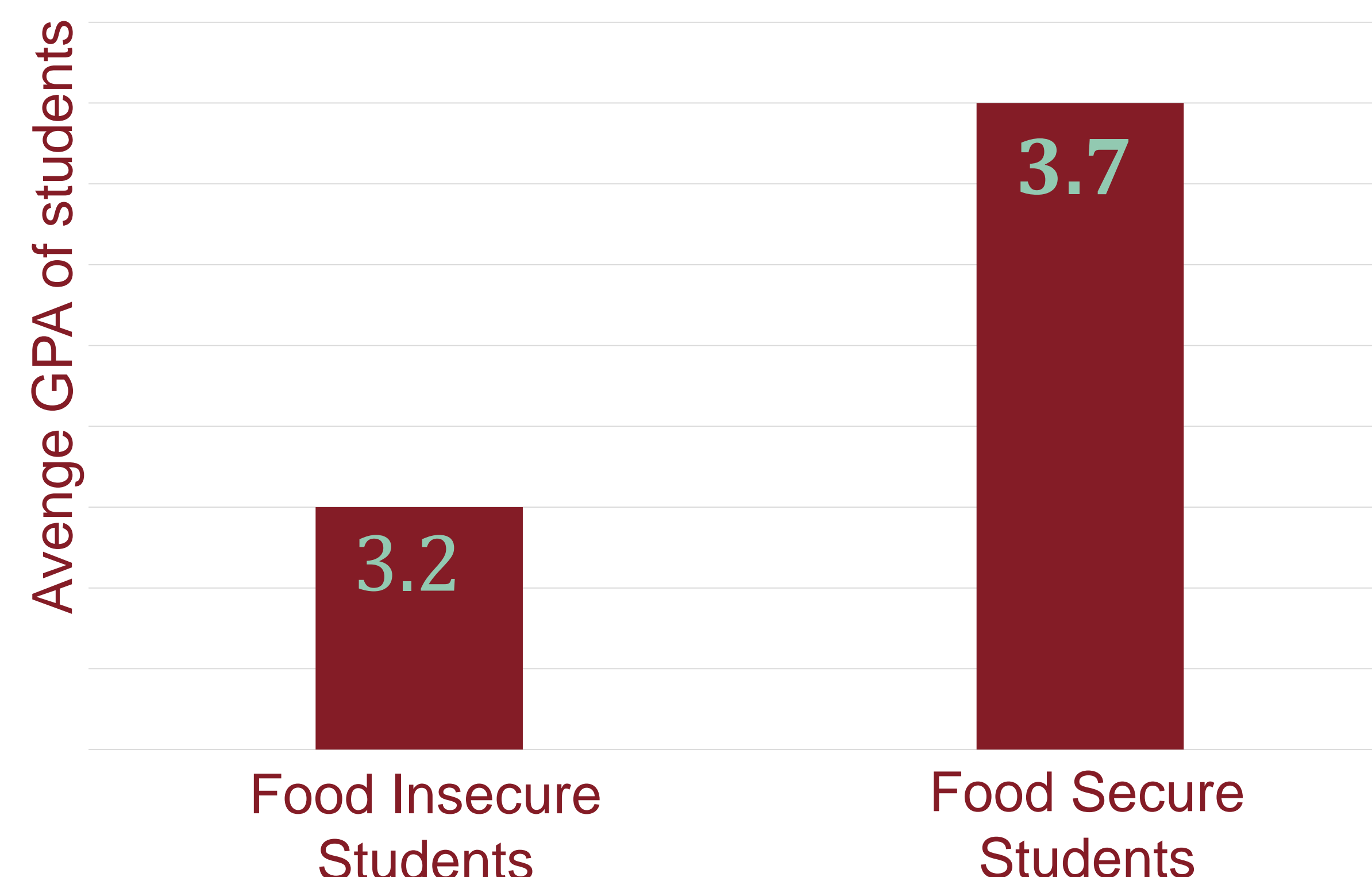
After



**An increase in food correlates with over all happiness in students**

### Students who are food insecure have much lower GPAs

GPA of Students at University of Hawai'i at Mānoa

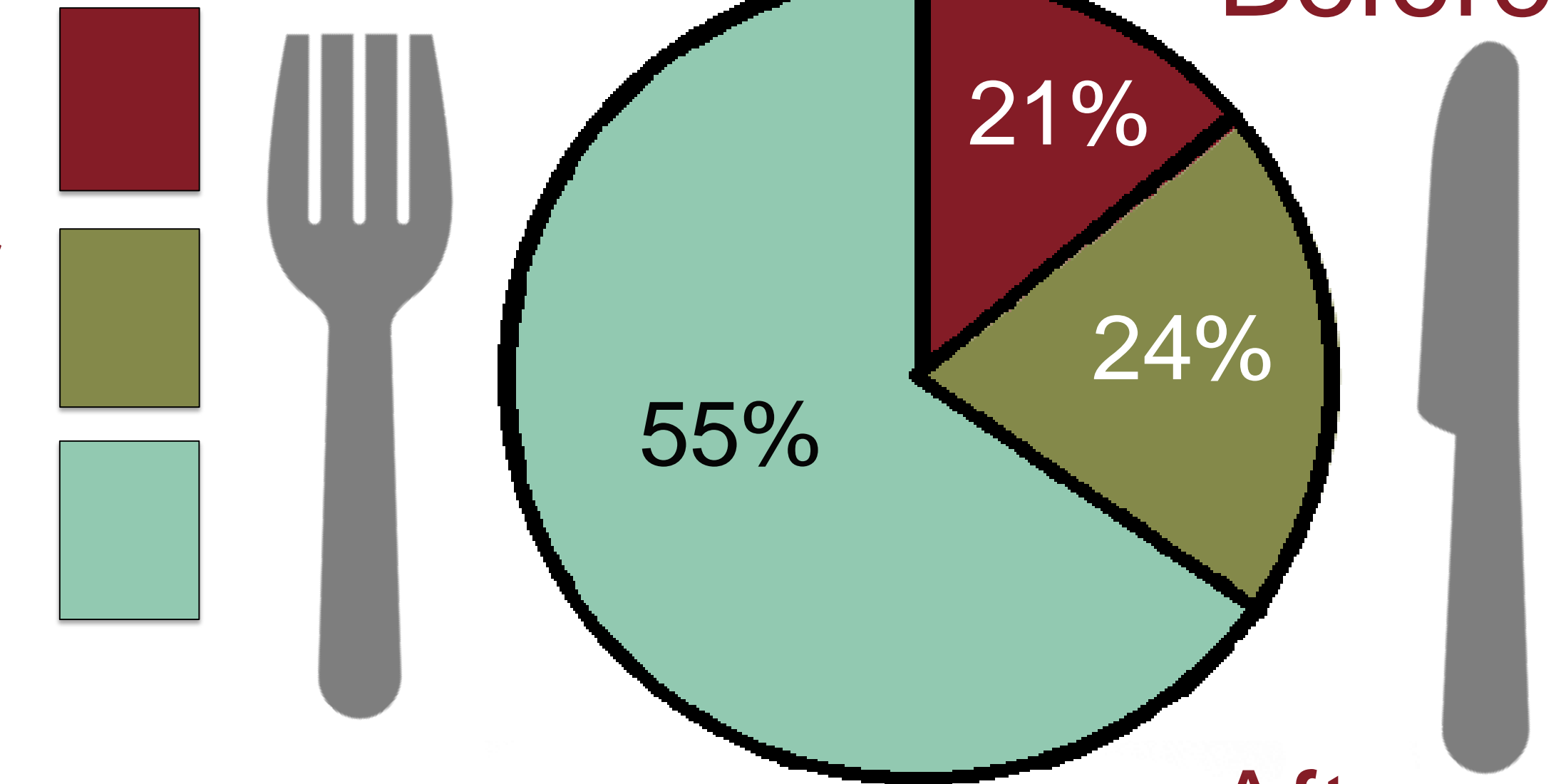


Legend:

- Students with Food Insecurity
- Students at Risk for Food Insecurity
- Food Secure Students

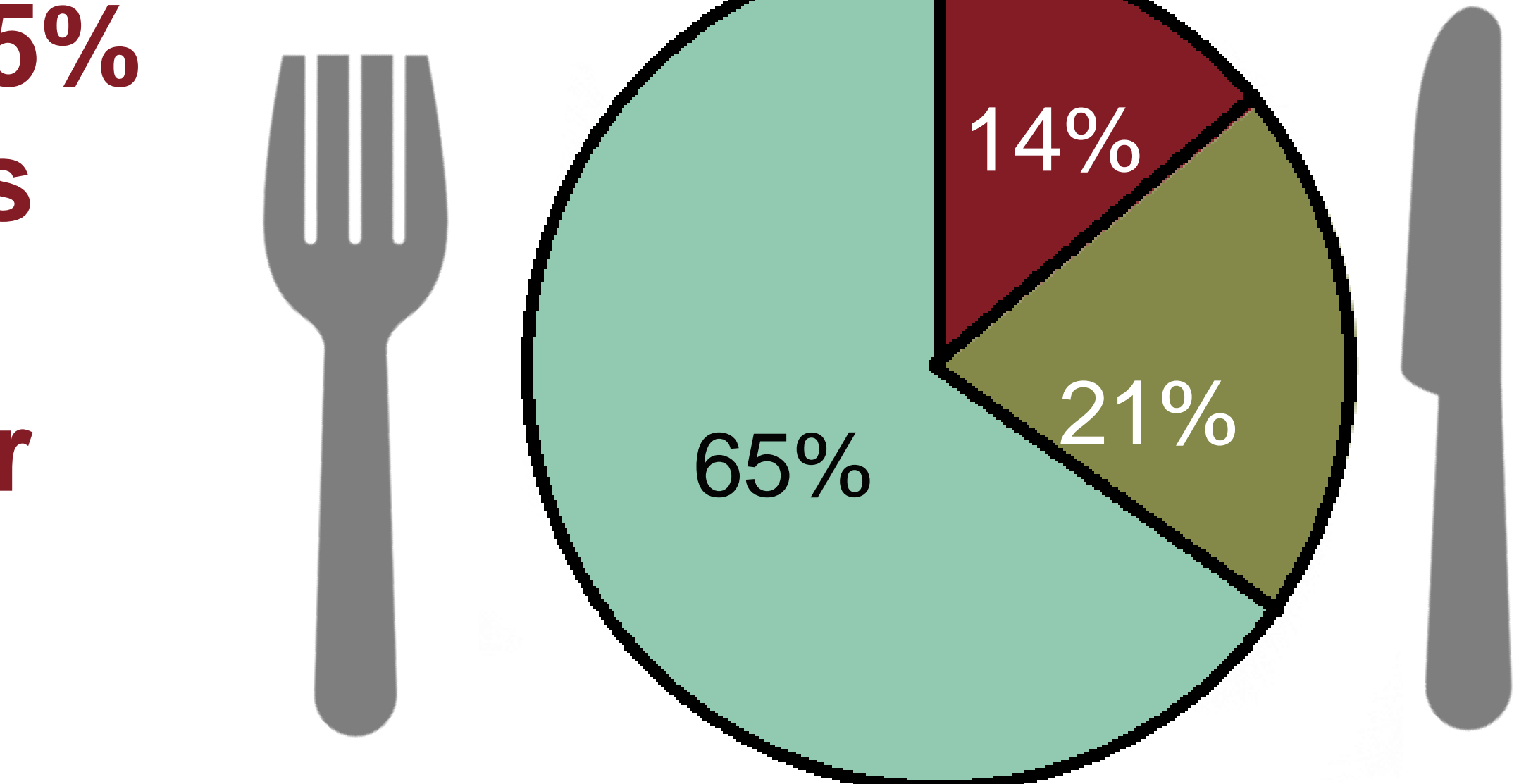
### Food Insecurity Within the University

Before



**Before the program 45% of students are food insecure or at risk**

After



References:

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2. Jones, A. (2017). Food insecurity and mental health status: A global analysis of 149 countries. *American Journal of Preventive Medicine*, 53(2), 264-273. doi:10.1016/j.amepre.2017.04.008
3. Pan, L., Sherry, B., Njai, R., & Blanck, H. M. (2012). Food insecurity is associated with obesity among US adults in 12 states. *Journal of the Academy of Nutrition and Dietetics*, 112(9), 1403-1409. doi:10.1016/j.jand.2012.06.011
4. Pia Chaparro, M., Zaghoul, S., Holck, P., & Dobbs, J. (2009). Food insecurity prevalence among college students at the University of Hawai'i at Mānoa. *Public Health Nutrition*, 12(11), 2097-2103. doi:10.1017/S1368890009990735
5. Us Census, Ruhfisch, July 2007, *Hawaii Locator Map*, [Photograph], Retrieved from [https://commons.wikimedia.org/wiki/File:Hawaii\\_Locator\\_Map.PNG](https://commons.wikimedia.org/wiki/File:Hawaii_Locator_Map.PNG)

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