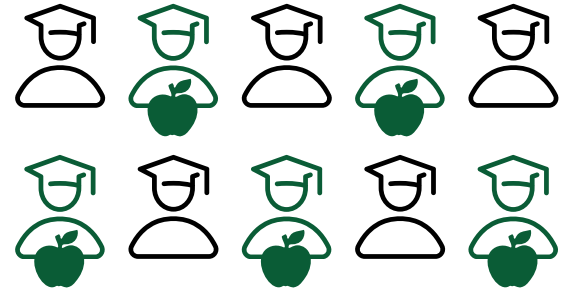


Post-Secondary Student Food Insecurity and Why it Matters



BC Centre for Disease Control
Provincial Health Services Authority

Food insecurity exists when factors outside an individual's control negatively impact their access to enough foods that promote wellbeing. An estimated **20-50% of post-secondary students in British Columbia experience food insecurity.**¹



Food security is essential for wellbeing and success of post-secondary students.

Food insecurity has direct negative outcomes for students and is connected to other factors:

Direct Outcomes



Physical and mental health



Academic performance and success



Retention and student experience



Connected Factors

Ability to afford housing



Ability to afford tuition and textbooks



Limited earning potential



Key Takeaways

- Food insecurity is **not a “normal” part** of the post-secondary experience.
- **Anyone can experience food insecurity**, but some student groups are disproportionately affected by it.
- Student food insecurity affects **health, wellbeing, and academic success**.
- Food insecurity is not an individual issue – **it's a systemic issue**.

¹Murphy R, Guo Y, Coreiro H, Stroshein S, Hamilton C, Kozicky S. Food hubs as a means to promote food security in post-secondary institutions: a scoping review. *Nutrients*. 2022; 14(9): 3951.

Read the full report at
www.bccdc.ca/food-security
or scan the QR code

