We meet today on the traditional, ancestral, and unceded territories of the xʷməθkʷəy̓əm (Musqueam) peoples.
UBC FOOD INSECURITY ACTION SYMPOSIUM: AGENDA

10:00 am  Welcome and opening statements
10:15 am  Student presentations – Campus Food Insecurity
10:45 am  Interactive Group Activities and Roundtable Discussion
12:00 pm  Next steps and meeting close
A big thank you to all our student facilitators and presenters: Verena, Sara, Iris, Megan, Mimi, Kathy, Kimia
TO START US OFF, A PODCAST

Credit: Iris López Ramírez
Food Security is a flexible concept with six dimensions, (LFS Core Series):

**Affordability**

**Availability**

**Accessibility**

**Appropriateness** (nutritionally, culturally, and morally)

**Safety**

**Environmental Sustainability**

**Food security** exists when all people, at all times, have **physical, social and economic access to sufficient, safe and nutritious** food which meets their **dietary needs and food preferences** for an **active and healthy life.**

UN Food and Agriculture Organization (FAO, 2016)

Credit: Sara Kozicky, 2019
FOOD INSECURITY: CAMPUS FOOD POLICIES

The campus food system is complex.

Here is a brief look at some of the many plans, strategies, priorities and frameworks relevant to the campus food system.
WELLBEING STRATEGIC FRAMEWORK

The Wellbeing Strategic Framework will:

• Implement actions that promote wellbeing in 6 priority areas.

• Work to embed wellbeing into organizational plans, including academic and operational policies, practices, workplans, and everyday decision making.

• Articulate and build understanding of UBC’s role in relation to wellbeing.

UBC is a health and wellbeing-promoting university where all people, places and communities can flourish.
UBC FOOD SYSTEM PROJECT: MISSION + GOALS

“To serve as UBC’s collaborative, cross-campus initiative that brings together partners in academics, operations, and research to further advance UBC’s food sustainability initiatives and food system”

1. To move UBC campus food system towards sustainability
2. To positively impact the movement towards the sustainability of larger BC, Canadian, North American and global food systems
3. To offer students hands-on learning opportunities in a multi-disciplinary project with potential for positive impact on ecological and human health
9 Food Action Areas:
1) Production – Gardens and Farms
2) Procurement
3) Preparation
4) Waste management and Packaging
5) Education, Marketing & Promotion
6) Guidelines, Policies, Best Practices
7) Community and Wellbeing
8) Food Security and Access
9) Food Trucks

FOOD ACTION FRAMEWORK
SEEDS SUSTAINABILITY PROGRAM: OVERVIEW
PROJECTS OVER THE YEARS: **MEASURING FOOD INSECURITY**

**2015-2016: Student Hunger at UBC Point Grey Campus**

- Interdepartmental collaboration between the AMS Food Bank, UBC Food Services, and Land and Food Systems.
- Analysis of Food Bank Clients found *graduate and international students disproportionately over-represented*. Visitations more than doubled (100%+) in one year.
- Hunger is a growing issue on campus, and there is a lack of systemic data.

**FOOD BANK**

The AMS Food Bank is an emergency food relief service for UBC students in need. We offer various non-perishable foods, personal hygiene supplies, budgeting tips and information on additional resources in and around Vancouver. We receive supplies from a number of generous sponsors, but otherwise rely on donations from students and staff to stock the food bank. We go by the motto of: give when you can, take when you need.
PROJECTS OVER THE YEARS: MEASURING FOOD INSECURITY

2016-2017: Sociodemographic Predictors of University Students’ Food Insecurity: Insights From a Large University in Canada

- *First attempt* to quantify prevalence of food insecurity amongst UBC students, focused on LFS.
- Need more longitudinal and cross-campus research.

**OUR STUDY’S PURPOSE:**
To estimate the prevalence of food insecurity among undergraduate students enrolled in the Faculty of Land and Food Systems (LFS) at UBC and identify factors that may predict students’ food security status.

**BASED ON OUR SURVEY OF 138 UNDERGRADUATES...**

<table>
<thead>
<tr>
<th>Food Security Status</th>
<th>Students classified as food insecure did not often use services such as the campus food bank: only 6 reported using emergency food programs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food secure</td>
<td>55%</td>
</tr>
<tr>
<td>Mildly food insecure</td>
<td>14%</td>
</tr>
<tr>
<td>Moderately food insecure</td>
<td>21%</td>
</tr>
<tr>
<td>Severe food insecure</td>
<td>10%</td>
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</table>

**LFS Students are:**
- 39% less likely to be food insecure for every additional completed year of post-secondary education.
- 80% less likely to be food insecure if their parents purchase food for them.
- 279% more likely to be food insecure if they moved to Vancouver recently (within the last 3 years).
PROJECTS OVER THE YEARS: MEASURING FOOD INSECURITY

2017-2018: AMS Food Bank Strategy to Support all Members

<table>
<thead>
<tr>
<th>Students (cohort)</th>
<th>UBC Student Population (%)</th>
<th>AMS Food Bank Clients (%)</th>
<th>Top 15 Clients (&gt;15 visits each)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domestic</td>
<td>76</td>
<td>50</td>
<td>80</td>
</tr>
<tr>
<td>International</td>
<td>24</td>
<td>50</td>
<td>20</td>
</tr>
<tr>
<td>Undergraduates</td>
<td>79</td>
<td>66</td>
<td>53</td>
</tr>
<tr>
<td>Graduate</td>
<td>21</td>
<td>34</td>
<td>47</td>
</tr>
<tr>
<td>On Campus</td>
<td>22</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Off Campus</td>
<td>78</td>
<td>60</td>
<td>60</td>
</tr>
</tbody>
</table>

Found lack of awareness and desire for knowledge about:

1. Programs to purchase food cheaply
2. Financial Support
3. Career and Employment
4. Mental Health
5. Counselling Services
PROJECTS OVER THE YEARS: ALLEVIATING IMPACTS OF FOOD INSECURITY

2016-2017: Food Recovery Program Implementation

- Results identified food recovery options and routes, and led to Food Services-AMS Food bank food recovery partnership.
Established in 2016, the Agronomy Garden is a student-run community food garden located at the corner of Main Mall and Agronomy Road at the UBC Vancouver campus. The vision of the garden is to serve as “a model for environmental and social stewardship through plant and food.”

FOOD SOVEREIGNTY

“Food Sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.”

Food Secure Canada

Plants and food are what bring us together, but what we aim to cultivate is community and ideas for thinking about the food system differently.

Meet Julian
Garden Founder, Student

Growing your future farmers

Organically grown

Closed loop system

Inverting our classrooms

Painting expanding our labs

Transforming agriculture

Projects over the years: ALLEVIATING IMPACTS OF FOOD INSECURITY

How to create a campus garden:
1. Speak with groups who have created food gardens
2. Consult the Campus Landscape Architect @ C+CP
3. Create a garden committee
4. Draft a proposal
5. Garden Layout
6. Budget
7. Maintenance and Management Plan
8. Demonstrate support from your Dean or Department director
9. Seek input from Campus Landscape Architect
10. Get a Streets and Landscape Permit
11. Plan, design, build, plant and launch a garden party!

Gardens produce MORE THAN FOOD: they also contribute to community building, serve as places of sanctuary and socialization.
PROJECTS OVER THE YEARS: ALLEVIATING THE IMPACTS OF FOOD INSECURITY

2018-2019: Building Food Skills and Food Knowledge: Financial Resources

Confirmed rates of food insecurity amongst international, graduate, and first year students is higher than that of the general UBC population.

Undergraduates: large barriers of time; cost of meal plan and distance from class; dietary restrictions.

Graduate: lack of funding or consistent source of income and food literacy.
STUDENT PRESENTATIONS
LITERATURE AND BEST PRACTICES REVIEW: MEASURING FOOD INSECURITY AT THE UNIVERSITY OF BRITISH COLUMBIA

Sara Kozicky, Registered Dietitian, MPH Student
Sustainability Scholar: UBC Wellbeing + SEEDS
LITERATURE REVIEW PURPOSE

To review methods for measuring food insecurity in the University setting (including staff and faculty).

To make evidence informed recommendations for measuring food insecurity at UBC (UES, CCWS).
APPROACH

• Literature review with a systematic approach
  • Medline and Google Scholar

• **Inclusion criteria:** peer reviewed and grey literature, quantitative measurement methods of food insecurity, universities, countries comparable to Canada (development), all members of the university community (contractors, faculty, staff, graduate and undergraduate students).

• **Exclusion criteria:** food banks, qualitative research (due to no measure of food insecurity), colleges (specifically two year), countries that were not comparable to Canada (in terms of development).
KEY LEARNINGS

1. At UBC, a variety of inconsistent methods have been used to measure food insecurity.

2. 35/40 (88%) of studies reviewed used a version of the Household Food Security Survey Module (HFSSM).

3. The HFSSM survey tool should be used at UBC for the purpose of comparability with other measures in the university population.
   
   If possible, support the validation of the Canadian HFSSM survey tool in the University population.

4. Continue to support the regular inclusion, analysis and dissemination of results from a food insecurity module in campus community surveys (ex. UES, CCWS).
THANK YOU!

*Full report available on SEEDS and Sustainability Scholars website.*
Diet and mental wellbeing in UBC undergraduate students

Verena Rossa-Roccor

Food Insecurity Action Symposium @ UBC

Apr 29, 2019
Framework

Society/Culture
- Food security
- Cultural identity
- Spirituality/religion
- Family support
- Marital status

Inter-personal
- Social relationships
- Social support
- Conflicts

Personal
- Physical activity
- Sleep
- Stress
- Body image
- Family history
- Trauma
- Coping strategies

Biological
- Nutrients
- Inflammation
- Hormones
- Microbiome
- Diet
- MH
Diet & mental wellbeing – is there an association?

- N=339 undergraduate students (representative sample)
- Survey (QoL, depression, anxiety; dietary patterns; covariables)
Key findings

× High rates of mental health issues
× Large number of students who eat plant-based
× Processed/"junk" foods associated with worse mental health

× Holistic approach!
UNPACKING DEFINITIONS OF QUALITY, AVAILABILITY, AND AFFORDABILITY

Iris López Ramírez
About the Project

Project Goal:

To support UBC Wellbeing Strategy for a nutritionally sound campus through exploring students’ perspectives on campus food quality, availability, and affordability.
Approach

• Initial survey of 30 students to gather perspectives on terms

• Two focus groups of 4 participants each to discuss experiences
3 Key Findings

1. While students can find healthy options, cost for value is seen as a barrier.

2. Adapt UES questions for clarity to better capture desired data.

3. Consider the experiences of commuter students.
Food Insecurity

Food Interventions Scan and Evaluation

Megan Clarke, Mimi Kao, Kathy Ma
About the Project

Objective

Conduct an environmental scan on initiatives addressing food security at the post-secondary level
Approach

- Searched for universities similar in size to UBC (and other characteristics such as outside the city, diverse student population, primarily English speaking) across Canada, US, UK and Australia.

- Universities smaller than 15,000 students were excluded

- Split the universities across group members to research
Key Learnings

● Most interventions were student-run, food banks and/or other emergency relief programs
  ○ UBC would be leading potentially more sustainable and long-term programming that would address food insecurity on campus

● Most interventions lacked evaluation and monitoring of their programs
  ○ UBC should place emphasis on an appropriate monitoring and evaluation strategy during program development

● Response rates from universities were not high
  ○ There is more research to be done and potential for UBC to change the discourse on campus food insecurity
ROUNDTABLE ACTIVITIES
ACTIVITY 1: POSTER WALKABOUT

The themes are:

• Capacity Building
• Proactive Interventions
• UBC Systemic Change
• External Change

CAPACITY BUILDING

building capacity and resilience amongst individuals, groups, and communities in food knowledge and skills.

Thinking of UBC, what thoughts, challenges, and opportunities come to mind?

Your ideas

opportunities

challenges
ACTIVITY 1: POSTER WALKABOUT

Consider the guiding questions:

1. Thinking of UBC, what thoughts, challenges, and opportunities come to mind?
2. What existing actions or activities are already happening at UBC around the theme?
ACTIVITY 2: TABLE TALK - DEEP DIVE DISCUSSION

- Each table will house one theme
- Each participate will get the chance to visit two tables.
- 3-4 people per table
- Facilitator/Recorder (say hi!)
- Law of Two Feet
- Rotate to another table after 15 minutes.
Review comments and discuss.

What have we done so far that has been successful in helping address the spectrum of food security?

Where are our opportunities to improve, or how can we take new action related to the theme to support food security at UBC?