

# The UMD Food Access & Student Well-being Study



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COUNSELING CENTER

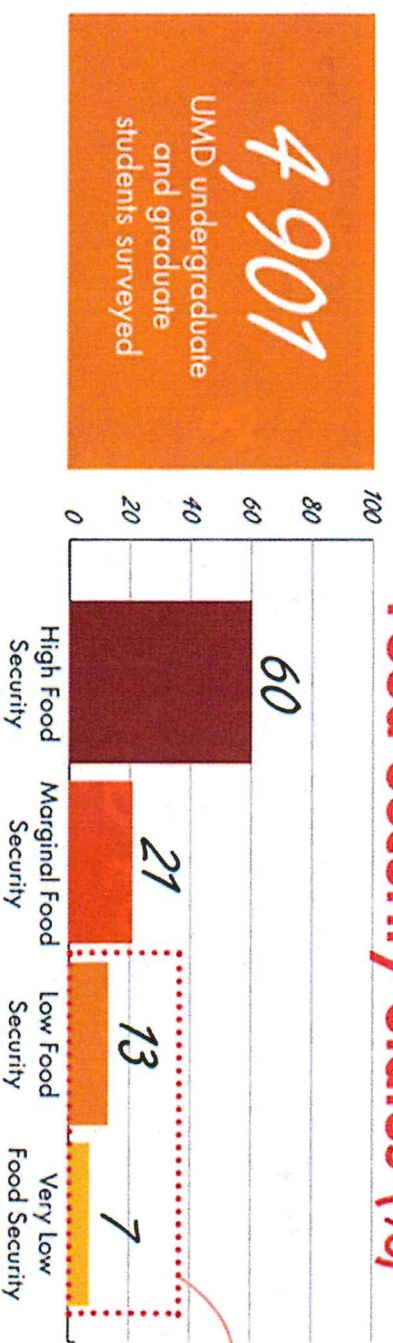
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# The Food Access and Student Well-Being Study Results

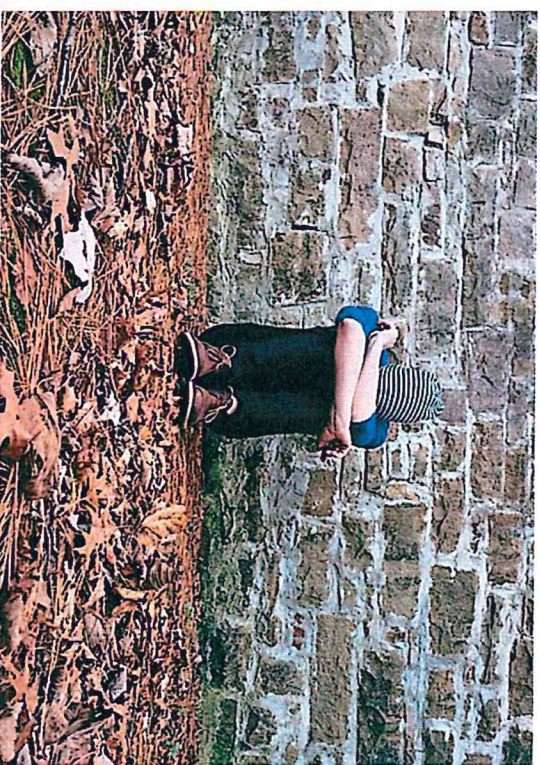
Conducted by the University of Maryland Counseling Center Research Unit in partnership with the University of Maryland Department of Dining Services, University Health Center, and Maryland Parent and Family Association.



20% reported low or very low food security—lacking reliable access to sufficient quantities of safe and nutritious food

# Negative Impacts

- Academic Performance
- Physical Health
- Mental Health
- Self-Esteem or Body Image
- Social Relationships
- Future Career Development



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*“I cried most nights because I didn't have enough money to make ends meet... there wasn't food at home or time to go grocery shopping, let alone prepare food. I took 3 classes at night, taught 2 during the day and worked another part-time job, still only earning \$1000/month. I was ashamed to tell anyone how bad things were.... I didn't know about any resources to help me. A friend was on food stamps and I started an application but with my pay, it seemed I didn't qualify (I made \$50 too much per month to qualify in [a nearby city], where I lived).”*

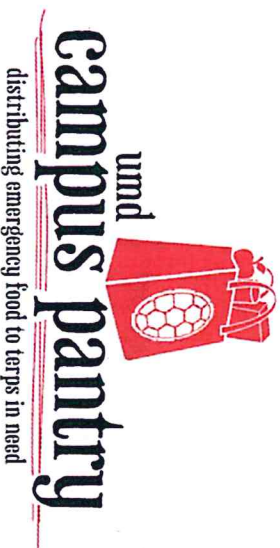


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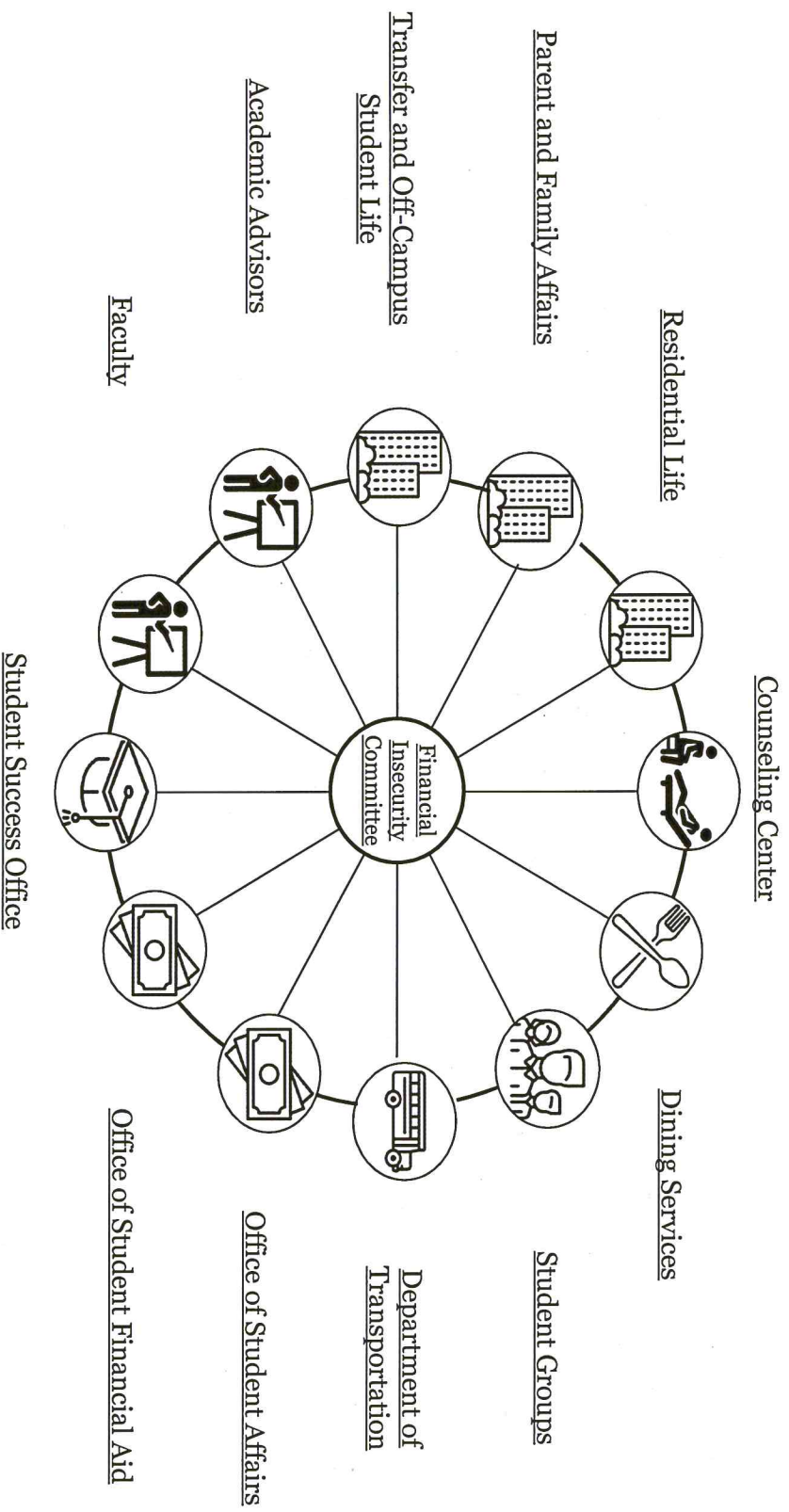
DINING SERVICES

# Hunger-Free UMD Workgroup

- UMD Campus Pantry (2014)
- UMD Food Access & Student Well-being Study (2017-2019)
- SGA Emergency Meal Fund (2018)
- UMD Robert H. Smith School of Business INNOVO Scholars (2018)
- CCMA AmeriCorps VISTA (2019)



# Stakeholders (INNOVO Scholars, 2018)



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