

Amber Raimer

Literature Review Articles

Legacy Project

Article 1

Hunger is a growing concern for college students. According to a hunger survey constructed at an Appalachian University by two research students, one from public health and the other from the biology department, to determine if there was a correlation between hunger and GPA for first-year students (Hickey et al., 2019). The results were astonishing, with 36-39% of students reporting having hunger regardless of the meal plan that they were on (Hickey et al., 2019). Those who were athletes also reported that they believed hunger directly affected performance (Hickey et al., 2019). Salt and Light Ministries is located in Champaign and Urbana, Illinois, home to the University of Illinois and Parkland College. Many students may face food insecurity, but Salt and Light can help close the gap with volunteer-to-credit opportunities to buy groceries.

Article 2

Food insecurity can lead to health issues, poor educational outcomes, and poor quality of life. The study reflects on food insecurity among college students, and an increasing number of adults without a post-secondary education will face even higher levels of food insecurity (Raskind, 2020). The Center for Hunger-Free Communities has identified food insecurity, experienced trauma, housing insecurity, and other systemic issues passed down through more than one generation (Raskind, 2020). Some identified root causes have been quality housing that

is out of reach, lack of employer benefits, rising childcare costs, and poor living wages (Raskind, 2020). Those with children are more likely to be food insecure (Raskind, 2020). The need for health policies and the intent to improve food insecurity is in high demand. Salt and Light ministries' goal is to help others be self-sufficient and close the food insecurity gap while building resources and a sense of community.

References

- Hickey, A., Shields, D., & Henning, M., (2019). Perceived hunger in college students related to academic and athletic performance. *Education Sciences*, 9(3), 242-250.
<https://doi.org/10.3390/educsci9030242>
- Raskind, I.G., (2020). Hunger does discriminate: Addressing structural racism and economic inequality in food insecurity research. *American Journal of Public Health*, 110(9).1264-1265.
<https://doi.org/10.2105/ajph.2020.305841>