

Abstract

Food insecurity has progressed into a national crisis, targeting vulnerable populations and causing tremendous harm. College students are more vulnerable to experiencing food insecurity than any other United States population. In relation to college students experiencing food insecurity, the effects can be detrimental to academic success. The purpose of this study was to determine the negative impacts that food insecurity has on Missouri Southern State University college students' academic success with an emphasis on attendance, grade point average, and mental and physical health. The study consists of a quantitative, cross-sectional design method. Participants completed an online questionnaire consisting of ten questions associated with the targeted aspects of academic success. Of the 36 participants in this study, 38.9% reported consuming low quality or very low quality of food, thus, are facing food insecurity. A quarter of the participants identified that hunger has prevented them achieving their academic potential at MSSU. Poor concentration caused by hunger was identified as one of the major influences on their academic career (42.9%), followed by anxiety (31.4%). In addition, 27.8% of the participants reported not having a sufficient amount of money to purchase food and 33% reported that they were unable to purchase/rent the required textbook at least once during their time at MSSU due to an insufficient amount of finances. Of the data gathered, there was minimal support that food insecurity affects attendance. Students pursue college for personal betterment, but food insecurity can infringe on their capacity to achieve such means.