

# THE 2023 VIRGINIA TECH STUDENT FOOD ACCESS AND WELLBEING SURVEY



The purpose of the survey is to provide insight into the food security status of students. The survey was distributed in the spring of 2023.

## WHO PARTICIPATED?

A total of 2,315 students – 1,458 undergraduates (representing about 5% of Virginia Tech’s undergraduate population) and 857 graduates/professional students (representing 11% of Virginia Tech’s graduate/professional population). **Together, the collected responses represent about 6% of the student population.**

## MAJOR RESULTS

### Food Security Spectrum

High	Marginal	Low	Very Low
No problem with access to food.	A few issues with food access. No change in diet	Reduced food and quality of diet. Little or no hunger.	Multiple disruptions in food access and experiencing hunger.

**35%** Approximately 35% of student respondents experienced food insecurity within the year.

**2 out of 10** student respondents experienced transient or chronic reductions in food intake and disrupted eating patterns.



Black or African American students experienced very low food security status at higher rates than White/Caucasian students (39% compared to 20%)

International students experienced very low food security status at higher rates than in-state or out of state students (33% compared to 20-21%)

Underserved students (first generation, veteran status, and those receiving Pell grants) experienced high rates of very low food insecurity (33%)

## WHAT CAN WE DO?

### Students can:

- Contact the Dean of Students’ Office
- Visit the Market of Virginia Tech or one of the Pop-Up Markets across the University



### Virginia Tech can:

- Continue to support food security promotion activities and initiatives, including the Market of Virginia Tech

### YOU can:

Give a one-time, monthly or annual gift to the Market of Virginia Tech or the Student Emergency Fund through Student Affairs Advancements at 800-533-1144 or [give.to.vt@vt.edu](mailto:give.to.vt@vt.edu).

For further information and resources go to [eatsmartmovemore.va.org](https://eatsmartmovemore.va.org)

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