Examining the association of student mental health and food insecurity with college gpa

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Objective: Examine how food security and levels of psychological well-being, psychological distress, and loneliness, associate with college student's academic performance. Participants: A national college health survey distributed in Fall 2019 included 50,307 students for a final sample size of 48,103 students. Methods: Utilizing the American College Health Association-National College Health Assessment III, a binary logistic regression was used to explore the relationship between food security, psychological health variables as related to academic performance (GPA). Results: The overall regression model was significant, $\chi^2(25) = 4{,}138.62$, $p < 0.001$. Students with very low food security (41%) and high psychological distress (28%) were less likely to get an A- or higher, and students who were negative for loneliness (10%) and had higher psychological well-being (2%) were more likely to get an A- or higher. Conclusions: This study is fundamental to the limited research that analyses mental health and food insecurity with academic performance.

Biography

Connie Marmolejo is a DrPH student in the School of Public Health Department at Loma Linda University. Her research interest focus is on student mental health and food insecurity amongst college students and institutional policies. She currently works as a Mental Health Educator for a public university and serves on various campus health committees.

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