

# 25<sup>th</sup> International Congress on Nutrition and Health

June 24-25, 2025 | Webinar

Volume : 15

## Food Insecurity Among Students at Prairie View A&M University: Prevalence, Impact, and Contributing Factors at an HBCU

**Dr. Beverly M. Copelandi**

Prairie View A&M University, Texas, USA

**T**his study explores food insecurity among students at Prairie View A&M University, a Historically Black College and University (HBCU). A survey of 500 students revealed that 42% experience food insecurity, with higher rates among first-generation students, Pell Grant recipients, and part-time workers. Using the USDA 6-Item Food Security Module and mental health screening tools, the study found significant links between food insecurity and lower academic performance, increased stress, and depressive symptoms. Contributing factors included high living costs, limited access to affordable nutritious food near campus, and lack of awareness about food assistance programs. The findings highlight the urgent need for institutional support and targeted interventions to improve food access and well-being among HBCU students. Enhancing campus food programs and outreach can play a critical role in addressing these disparities and ensuring academic and personal success for vulnerable student.

### Biography

Dr. Copeland has held various positions at PVAMU, including Assistant Professor, Associate Professor, Vice President for Student Affairs, and Special Assistant to the President for Special Projects. She is currently an Associate Professor in the College of Agriculture, Food, and Natural Resources and Assistant to the President. Her research focuses on childhood and adult obesity, particularly in underserved populations

[bmcpeland@pvamu.edu](mailto:bmcpeland@pvamu.edu)

Abstract received : February 19, 2025 | Abstract accepted : February 22, 2025 | Abstract published : December 16, 2025