

Supplementary figure

Questions Used To Assess Food Security status of undergraduates

I'm going to read you several statements that people have made about their food situation. For these statements, please tell me whether the statement was often true, sometimes true, or never true for (you/your household) in the last 12 months

1. "I was worried whether my food would run out before I got money to buy more." Was that:

- ☐ Often true
- ☐ Sometimes true
- ☐ Never true
- ☐ DK or Refused

2. "The food that I bought just didn't last and I didn't have money to get more." Was that....

- ☐ Often true
- ☐ Sometimes true
- ☐ Never true
- ☐ DK or Refused

3. "I couldn't afford to eat balanced meals." Was that...

- ☐ Often true
- ☐ Sometimes true
- ☐ Never true
- ☐ DK or Refused

4. In the last 12 months, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

- ☐ Yes
- ☐ No

5. (If yes to question 4) How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?

- ☐ Almost every month
- ☐ some months but not every month
- ☐ only 1 or 2 months

6. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

☐ Yes

☐ No

7. In the last 12 months, were you ever hungry, but didn't eat, because there wasn't enough money for food?

☐ Yes

☐ No

8.

In the last 12 months, did you lose weight because there wasn't enough money for food?

☐ Yes

☐ No

9. In the last 12 months did you ever not eat for a whole day because there wasn't enough money for food?

☐ Yes

☐ No

10. (If yes to question 9) How often did this happen

☐ Almost every month

☐ some months but not every month

☐ only 1 or 2 months

Food security status was assigned as follows:

- Raw score zero—High food security among adults
- Raw score 1-2—Marginal food security among adults
- Raw score 3-5—Low food security among adults
- Raw score 6-10—Very low food security among adults.

For the purpose of this study, the food security status of the first two categories in combination is described as food secure and the latter two as food insecure.