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## Nourishing Minds: A study of food insecurity among Moi University students in Kenya

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### Abstract

This session will present the results of a study on food insecurity among college students at Moi University. The study was conducted after developing a survey instrument, data was collected by distributing surveys to students at the main campus across different years of study. The captured data on several aspects of food insecurity including the number of meals students consume per day, family income level and money spent on accessing food was analyzed. This study sought to understand the scope of the issue of food insecurity among students. Understanding how food insecure students are impacted by their education and overall health is important in developing policy, implementing programs and improving resources to support students.

**Keywords:** food insecurity, college students, education, health

