

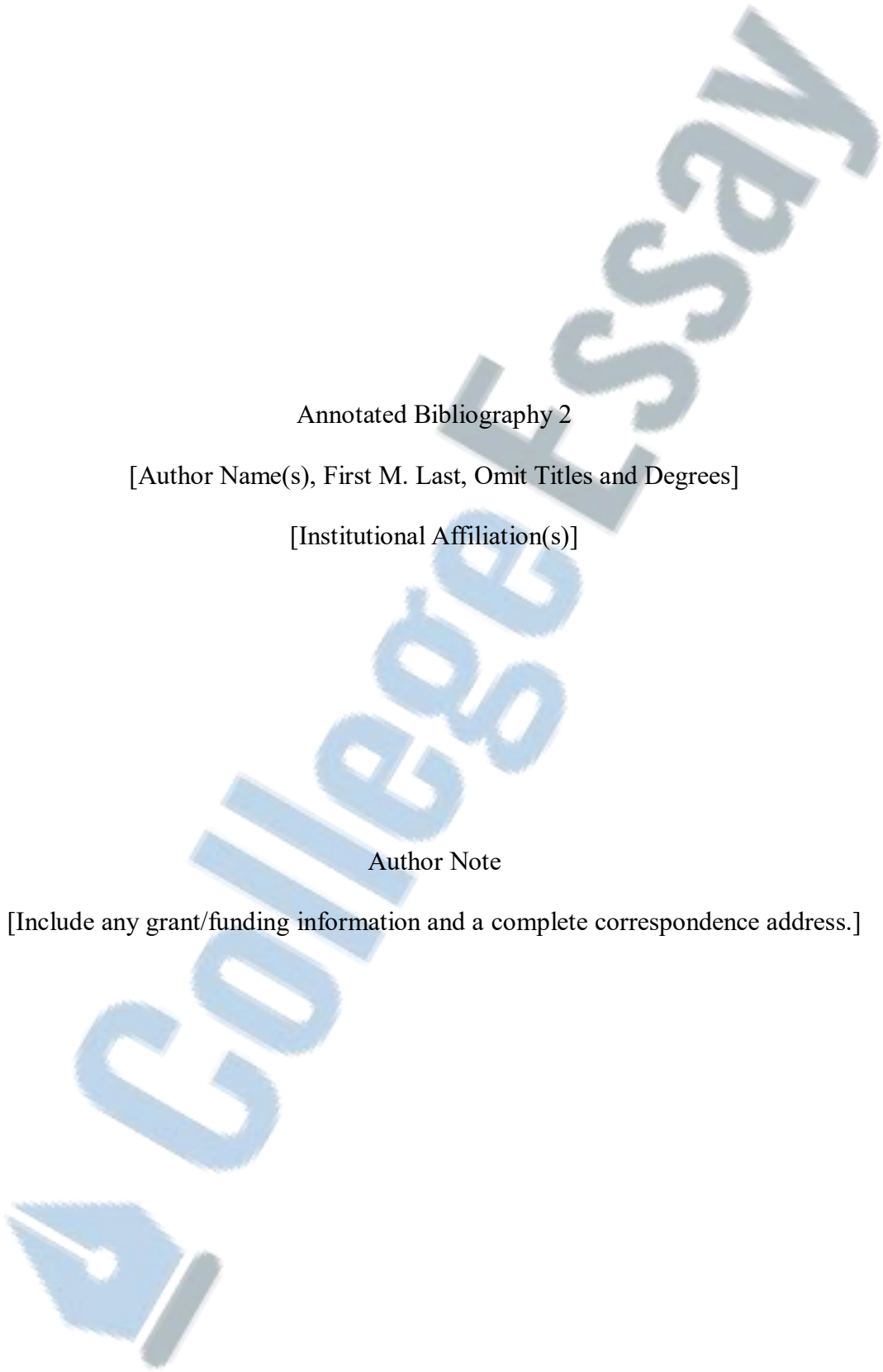
Annotated Bibliography 2

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Annotated Bibliography

The Citations:

El Zein, A., Colby, S. E., Zhou, W., Shelnutt, K. P., Greene, G. W., Horacek, T. M., Olfert, M. D., & Mathews, A. E. (2020). Food Insecurity Is Associated with Increased Risk of Obesity in US College Students. *Current Developments in Nutrition*, 4(8), nzaa120.
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Rasmusson, G., Lydecker, J. A., Coffino, J. A., White, M. A., & Grilo, C. M. (2018). Household food insecurity is associated with binge-eating disorder and obesity. *The International Journal of Eating Disorders*. <https://doi.org/10.1002/eat.22990>

The Research Methods:

(Rasmusson et al., 2018) conducted a primary research study to examine the association between household food insecurity and binge-eating disorder (BED) as well as obesity. In order to investigate this relationship, the authors conducted a survey with 1250 respondents. The study used a cross-sectional design to assess food insecurity and body mass index (BMI), as well as current diagnoses of BED. Since the author has developed their own survey to assess the associations among their variables of interest, and results came from analyzing the data collected from this survey, it is clearly a primary research article. In addition, the authors present their own conclusions and interpretations of the results, which is another way to identify this article as primary research.

(El Zein et al., 2020) conducted a survey to investigate the association between food insecurity and obesity risk in US college students. Surveys were used to assess the food security status of 683 second-year students from 8 universities across the United States and collected data on BMI and waist circumference. They then used multiple logistic regression to examine the

association between food insecurity and obesity risk. The findings of the study showed that college students with food insecurity were more likely to be obese compared to those who reported having sufficient access to food. Since the study used surveys, this article is considered to be primary research. In addition, the authors used a variety of methods to ensure the validity and reliability of their data. These methods included the use of established survey instruments, as well as conducting a series of statistical analyses to assess the association between food insecurity and obesity risk. This further supports the conclusion that this article is primary research.

Article Review Questions

Food Insecurity

Food insecurity is a condition in which people lack access to safe, nutritious, and secure food due to insufficient income or other resources. It can result in financial stress, inadequate nutrition, and an increased risk of chronic diseases. People experiencing food insecurity often have limited access to healthy foods or struggle to afford the healthier options available.

Indicators Of Food Insecurity

The indicators of food insecurity can vary in severity but generally include an inability to access sufficient food due to financial constraints. This can manifest as skipping meals, relying on cheaper and less nutritious foods, reducing portion sizes or the number of meals eaten per day, and even experiencing hunger throughout the day. Additional considerations such as housing insecurity (including eviction) or medical bills can also contribute to a greater risk of food insecurity as these costs reduce disposable income which could otherwise be used towards buying healthier foods. Taking these indicators into account is essential for understanding and addressing the issue of food insecurity.

Self-Reported Risk Factors for Poor Health Behaviors

Self-reported risk factors for poor health behaviors refer to the influences that individuals report as contributing to their own personal tendencies towards unhealthy behavior. These can include environmental, socioeconomic and individual factors that make certain health behaviors more likely or desirable to an individual. Examples of self-reported risk factors for poor health behaviors may include having limited access to healthy food options, living in neighborhoods with high levels of crime and violence, or having a low income. These self-reported risk factors highlight the complex and multi-faceted nature of health behavior and can help inform public health efforts to address the underlying causes of unhealthy lifestyles.

Anthropometric Measurements

Anthropometric measurements are the physical dimensions of the human body that can be quantified, such as height, weight, and limb length. They are used to assess a person's anthropometric status and provide an indicator of the individual's physical health.

Food-Insecure College Students And BMI

Food insecurity, a condition where individuals lack consistent access to adequate food for an active and healthy lifestyle, is becoming increasingly widespread among college students in the U.S. Recent studies have shown that over 50% of college students struggle with some form of food insecurity, leading to both physical and psychological repercussions. A concerning consequence of food insecurity on college campuses is its potential impact on body mass index (BMI). College students who experience long-term bouts of hunger are at risk for developing low BMI — defined as having a weight below what is considered normal for age and height — which can result in nutrient deficiencies, weakened immune systems, fatigue, depression, and other health problems. This problem may be compounded by the fact that many college

campuses don't have easily accessible food options that meet nutritional requirements. In addition, college students may not be able to afford healthy foods, leading them to rely on less nutritionally dense and more calorie-dense food items. To combat this issue, colleges should work towards increasing access to affordable and nutritious meals on campus, as well as providing educational resources on healthy eating habits. These measures will help ensure that all college students can maintain a healthy BMI and avoid suffering from the deleterious consequences of low BMI caused by food insecurity.

College Students and Their Food Consumption

College students often struggle to make healthy eating choices due to their limited access to nutritious, affordable food. College students consume fewer fruits and vegetables than what is recommended for a balanced diet. This may be attributed in part to time constraints, as well as the fact that many colleges lack cafes or dining halls that offer fresh fruits and vegetables. Additionally, college students tend to consume large amounts of sugar-sweetened beverages (SSBs), such as sodas, energy drinks, and sports drinks, which are high in calories but low in nutrition. As these SSBs can lead to weight gain and other health issues, colleges need to provide more options for healthier foods on campus. These could include providing more educational resources about nutrition, as well as increasing access to fruits and vegetables and reducing the availability of SSBs. By doing so, college students can be encouraged to make healthier eating choices that will ultimately improve their health.

College Students' Weight and Meal Plans

College students often struggle to maintain a healthy weight due to the lack of access to nutritious and affordable food. In addition, college meal plans are typically designed for the average student but do not take into consideration individual health needs or preferences. This

can lead to unhealthy eating habits among certain populations such as athletes who need more caloric intake than the average student to meet their energy demands. Furthermore, some college meal plans may not offer enough variety or have items that are low in nutritional value. To combat this issue, colleges should strive towards making their meal plans more customizable and healthier by providing more options for fresh fruits and vegetables and reducing the availability of sugary beverages. These measures will help ensure that college students are able to maintain a healthy weight and reduce the risk of developing any health complications associated with low BMI.

Food Stamp Cycle

The food stamp cycle is a process in which individuals and families who meet certain criteria can receive assistance from the government to purchase food. This program is also known as the Supplemental Nutrition Assistance Program (SNAP). To be eligible for food stamps, individuals must meet certain requirements such as income and asset limits. The food stamp cycle helps ensure that families and individuals in need have access to adequate food and nutrition. The process helps guarantee that those who are eligible will be able to purchase groceries with their EBT card, making it easier for them to provide for themselves and their families.

Homes Facing Food Insecurity (2020)

According to the United States Department of Agriculture (USDA), 13.8 million households in the US experienced some form of food insecurity at some point in 2020 (Coleman-Jensen et al., 2020). This number represents more than 8% of all households — an increase of 5.1 million households compared to 2019 figures (Coleman-Jensen et al., 2020). This increase in food insecurity reflects the economic impacts of the COVID-19 pandemic, which has greatly

impacted the health and well-being of many Americans nationwide. To address this issue, the USDA has implemented several initiatives designed to increase access to healthy, nutritious foods for those in need.

Food Insecurity Paradox

The food insecurity paradox is a situation in which food-insecure populations suffer from poor nutrition and yet, paradoxically, consume more calories than their food-secure counterparts. This phenomenon exists because individuals facing economic hardship are often unable to afford quality, nutrient-dense foods. As such, they are left with cheaper processed options that have little nutritional value but provide much higher calorie content. Addressing the issue of hunger and poverty is paramount for people to have access to healthier food choices. To mitigate this paradox, there must be an effort to provide more affordable and nutritious options for those who are suffering from food insecurity.

Food Insecurity and Weight-Related Health Problems.

Food insecurity can have far-reaching consequences, including an increased risk for chronic diseases such as obesity and diabetes. Inadequate diets are more likely to gain excess weight than those who receive adequate amounts of food. This higher prevalence of overweight and obesity can lead to other health complications, such as heart disease, stroke, high blood pressure, and certain types of cancer.

The importance of addressing food insecurity and weight-related health problems cannot be overstated; proper nourishment plays an essential role in helping individuals reach their full potential - both within their physical capabilities and their academic success. In addition, those who lack access to adequate nutrition may suffer from other conditions due to a weakened immune system, including infection and decreased cognitive development. It is essential to

create sustainable solutions that address the root causes of food insecurity. This could include increasing access to healthy foods, improving education about proper nutrition, and providing financial incentives for those who purchase nutritious meals.

Food Insecurity and Race

Food insecurity is a major issue that disproportionately affects people of color. According to the USDA, as of 2020, households with Black and Hispanic members have an average food security rate twice that of non-Hispanic white households. This gap reflects the systemic injustice faced by marginalized communities in accessing enough nutritious food for their families. This is an important disparity that must be addressed because when people do not have access to adequate nourishment and sustenance, their overall health outcomes suffer. To tackle this issue, it is essential to create systemic change at the policy level and break down the barriers that are preventing people of color from accessing healthy, nutritious food.

Food Insecurity and Binge-Eating Disorder, Healthy Weight, And Obesity

Food insecurity and binge-eating disorder (BED) are two distinct yet related problems with implications for health. BED is an eating disorder characterized by episodes of consuming large amounts of food without physically feeling full, accompanied by feelings of guilt or shame after the episode. People who suffer from this condition often have difficulty managing their relationships with food, and this can result in significant health risks. Furthermore, Food insecurity could be due to financial constraints or other factors such as living in a food desert with limited access to nutritious options. Food insecurity often leads to obesity, which increases the risk of developing other serious health complications. It is important to address both food insecurity and BED in order to improve overall health outcomes. Understanding the root causes of these issues and how they interact with one another can help identify potential solutions, such

as providing access to nutritious food or educational resources about managing relationships with food. These approaches are especially important in underserved communities, where food insecurity and obesity disproportionately affect individuals.

Understanding Of the Problem

The research presented in this paper has contributed in my understanding of the problem of obesity by illustrating how food insecurity plays an important role in it. It is evident that when people lack access to sufficient amounts of nutritious food, their overall health outcomes suffer, which can lead to unhealthy weight gain and even obesity. This highlights the need for systemic change at the policy level and breaking down barriers to accessing healthy foods for those who are disadvantaged. Furthermore, understanding the relationship between food insecurity and binge-eating disorder can help identify potential solutions to obesity. All of this research has helped me understand the complexity of the issue and the importance of making sure everyone has access to healthy, nutritious foods.

References

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