

## Documents

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**Prevalence and factors affecting food insecurity among university students in Pahang, Malaysia**  
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**Abstract**

**Introduction:** Food insecurity exists whenever people are unable to access sufficient food at all times for an active and healthy life. University students are a potentially vulnerable group of people to face food insecurity. This study aimed to identify the prevalence and determinants of food insecurity among a population of university students in Kuantan, in the state of Pahang. **Methods:** Food security status was identified using the United States Adult Food Security Survey Module (USAFSSM). Factors, which include demographic background, spending expenditure pattern and time constraints, were assessed. A total of 316 students were selected through stratified random sampling throughout six faculties of the International Islamic University Malaysia, of whom 307 successfully completed the survey. **Results:** The result shows that 54.4% of the students were experiencing food insecurity, from which 32.9% were sub-categorised as low food security and 21.5% as very low food security. Food insecurity was found to be significantly associated with time constraints ( $p < 0.05$ ), spending on books ( $p < 0.05$ ), miscellaneous items ( $p < 0.05$ ), parents' income ( $p < 0.001$ ) and scholarship type ( $p < 0.001$ ). **Conclusion:** Apart from the high incidence of food insecurity among the students, time and financial affordability appeared to be critical concerns in this study. Since food insecurity has become a significant issue with university students, it should be addressed and prioritised by the relevant authorities. © 2019 Malaysian Journal of Nutrition.

**Author Keywords**

Food insecurity; Food security status; Students

**Index Keywords**

adult, article, female, food insecurity, food security, human, human experiment, incidence, major clinical study, male, Pahang, prevalence, United States, university student

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