| Characteristic                        | Entire Food Insecure Sample | Food Insecure Students with Disorders | Food Insecure Students without Disorders | p-value Disorder vs No Disorder |
|--------------------------------------|-----------------------------|--------------------------------------|------------------------------------------|--------------------------------|
| Food security classification          |                             |                                      |                                          | 0.003*                        |
| Low Food Secure                       | 107                         | 61                                   | 46                                       | 56.8                          |
| Very Low Food Secure                  | 140                         | 105                                  | 35                                       | 43.2                          |
| Gender                               |                             |                                      |                                          | 0.028*                        |
| Male                                 | 55                          | 33                                   | 22                                       | 27.2                          |
| Female                               | 150                         | 115                                  | 35                                       | 43.2                          |
| Other                                | 4                           | 2                                    | 0                                        | 0                             |
| Missing                              | 38                          | 14                                   | 24                                       | 29.6                          |
| Race/ethnicity                       |                             |                                      |                                          | 0.263                         |
| African American, not of Hispanic origin | 9                      | 7                                    | 2                                        | 2.5                           |
| African American, White              | 3                           | 2                                    | 1                                        | 1.2                           |
| American Indian                      | 4                           | 2                                    | 2                                        | 2.5                           |
| Asian                                | 1                           | 0                                    | 1                                        | 1.2                           |
| Hispanic                             | 12                          | 10                                   | 2                                        | 2.5                           |
| White, not of Hispanic origin        | 179                         | 128                                  | 51                                       | 63.0                          |
| Other                                | 3                           | 2                                    | 0                                        | 0                             |
| Academic year                        |                             |                                      |                                          | 0.109                         |
| 1/2                                  | 60                          | 42                                   | 18                                       | 22.2                          |
| 3/4                                  | 117                         | 84                                   | 33                                       | 40.7                          |
| Graduate student                     | 25                          | 19                                   | 6                                        | 7.4                           |
| Other                                | 2                           | 2                                    | 0                                        | 0                             |
| Missing                              | 43                          | 19                                   | 24                                       | 29.6                          |
| Residency                            |                             |                                      |                                          | 0.650                         |
| On-campus                            | 49                          | 34                                   | 15                                       | 18.5                          |
| Off-campus                           | 154                         | 112                                  | 42                                       | 51.9                          |
| Missing                              | 44                          | 20                                   | 24                                       | 29.6                          |
| Employment status                    |                             |                                      |                                          | 0.541                         |
| Unemployed                           | 58                          | 38                                   | 20                                       | 35.1                          |
| One-or-more part-time jobs           | 130                         | 97                                   | 33                                       | 57.9                          |
| One full-time job                    | 6                           | 5                                    | 1                                        | 1.8                           |
| Other                                | 9                           | 6                                    | 3                                        | 5.3                           |
| Missing                              | 44                          | 20                                   | 24                                       | 29.6                          |
| Financial aid recipient | 0.341 |
|------------------------|-------|
| Yes                    | 156   |
|                        | 63.2  |
|                        | 115   |
|                        | 69.3  |
|                        | 41    |
|                        | 50.6  |
| No                     | 48    |
|                        | 19.4  |
|                        | 32    |
|                        | 19.3  |
|                        | 16    |
|                        | 19.8  |
| Missing                | 43    |
|                        | 17.4  |
|                        | 19    |
|                        | 11.4  |
|                        | 24    |
|                        | 29.6  |

| Personal monthly income | 0.051 |
|-------------------------|-------|
| < $500                  | 149   |
|                        | 60.3  |
|                        | 103   |
|                        | 62.0  |
|                        | 46    |
|                        | 56.8  |
| $501 - $1,000          | 43    |
|                        | 17.4  |
|                        | 37    |
|                        | 22.3  |
|                        | 6     |
|                        | 7.4   |
| $1,001 - $1,500        | 12    |
|                        | 4.9   |
|                        | 7     |
|                        | 4.2   |
|                        | 5     |
|                        | 6.2   |
| Missing                | 43    |
|                        | 17.4  |
|                        | 19    |
|                        | 11.4  |
|                        | 24    |
|                        | 29.6  |

| On-campus meal plan | 0.902 |
|---------------------|-------|
| Yes                 | 56    |
|                     | 22.7  |
|                     | 40    |
|                     | 24.1  |
|                     | 16    |
|                     | 19.8  |
| No                  | 148   |
|                     | 59.9  |
|                     | 107   |
|                     | 64.5  |
|                     | 41    |
|                     | 50.6  |
| Missing             | 43    |
|                     | 17.4  |
|                     | 19    |
|                     | 11.4  |
|                     | 24    |
|                     | 29.6  |

| Weight category by BMI | 0.416 |
|------------------------|-------|
| Underweight            | 8     |
|                       | 3.2   |
|                       | 5     |
|                       | 3.0   |
|                       | 3     |
|                       | 3.7   |
| Normal weight          | 112   |
|                       | 45.3  |
|                       | 78    |
|                       | 47.0  |
|                       | 34    |
|                       | 42.0  |
| Overweight             | 41    |
|                       | 16.6  |
|                       | 33    |
|                       | 19.9  |
|                       | 8     |
|                       | 9.9   |
| Obese                 | 29    |
|                       | 11.7  |
|                       | 23    |
|                       | 13.9  |
|                       | 6     |
|                       | 7.4   |
| Missing                | 57    |
|                       | 23.1  |
|                       | 27    |
|                       | 16.3  |
|                       | 30    |
|                       | 37.0  |

| Perceived health status | 0.438 |
|-------------------------|-------|
| Good/excellent          | 120   |
|                        | 48.6  |
|                        | 81    |
|                        | 48.8  |
|                        | 39    |
|                        | 48.2  |
| Fair/poor              | 84    |
|                        | 34.0  |
|                        | 66    |
|                        | 39.7  |
|                        | 18    |
|                        | 22.2  |
| Missing                | 43    |
|                        | 17.4  |
|                        | 19    |
|                        | 11.4  |
|                        | 24    |
|                        | 29.6  |

| Cook for self/others | 0.674 |
|----------------------|-------|
| Often                | 108   |
|                      | 43.7  |
|                      | 75    |
|                      | 45.2  |
|                      | 33    |
|                      | 40.7  |
| Sometimes            | 81    |
|                      | 32.8  |
|                      | 61    |
|                      | 36.7  |
|                      | 20    |
|                      | 24.7  |
| Never                | 14    |
|                      | 5.7   |
|                      | 10    |
|                      | 6.0   |
|                      | 4     |
|                      | 4.9   |
| Missing              | 44    |
|                      | 17.8  |
|                      | 20    |
|                      | 12.0  |
|                      | 24    |
|                      | 29.6  |

| Perceived cooking skills | 0.438 |
|--------------------------|-------|
| Good/excellent           | 136   |
|                         | 55.0  |
|                         | 95    |
|                         | 57.2  |
|                         | 41    |
|                         | 50.6  |
| Fair/poor               | 68    |
|                         | 27.6  |
|                         | 52    |
|                         | 31.3  |
|                         | 16    |
|                         | 19.8  |
| Missing                 | 43    |
|                         | 17.4  |
|                         | 19    |
|                         | 11.4  |
|                         | 24    |
|                         | 29.6  |

| Marital status | 0.768 |
|----------------|-------|
| Not married    | 200   |
|                | 81.0  |
|                | 145   |
|                | 87.3  |
|                | 55    |
|                | 67.9  |
| Married        | 6     |
|                | 2.4   |
|                | 5     |
|                | 3.0   |
|                | 1     |
|                | 1.2   |
| Missing        | 41    |
|                | 16.6  |
|                | 16    |
|                | 9.6   |
|                | 25    |
|                | 30.9  |

| Dependent children in household | 0.128 |
|---------------------------------|-------|
| Yes                             | 3     |
|                                 | 1.2   |
|                                 | 1     |
|                                 | 0.6   |
|                                 | 2     |
|                                 | 2.5   |
| No                              | 205   |
|                                 | 83.0  |
|                                 | 150   |
|                                 | 90.4  |
|                                 | 55    |
|                                 | 67.9  |
| Missing                         | 39    |
|                                 | 15.8  |
|                                 | 15    |
|                                 | 9.0   |
|                                 | 24    |
|                                 | 29.6  |
Table 2. Perceived Barriers to On and Off-Campus Food Access Selected by Food Insecure Students With (n = 166) and Without (n=81) Disorders.

| Subscale                                | On-Campus Students |          |          |
|-----------------------------------------|--------------------|----------|----------|
|                                         | With Disorders     | n        | %        | Without Disorders | n | %  |
| **Knowledge**                           |                    |          |          |
| I don’t know where to get information  | 5                  | 3.0      | 3        | 3                  | 3.7 | 3  |
| about food ingredients                  |                    |          |          |                    |    |    |
| I don’t know how to ask for help        | 5                  | 3.0      | 2        | 2                  | 2.5 | 2  |
| I don’t know where to find places to    | 2                  | 1.2      | 1        | 1                  | 1.2 | 1  |
| get food                                |                    |          |          |                    |    |    |
| I don’t have food preparation skills    | 1                  | 0.6      | 1        | 1                  | 1.2 | 1  |
| Available food is not familiar to me    | 1                  | 0.6      | 1        | 1                  | 1.2 | 1  |
| **Affective**                           |                    |          |          |
| I feel overwhelmed/stressed planning    | 5                  | 3.0      | 3        | 3                  | 3.7 | 3  |
| meals or making food choices            |                    |          |          |                    |    |    |
| I feel embarrassed asking for help      | 4                  | 2.4      | 2        | 2                  | 2.5 | 2  |
| to access food                          |                    |          |          |                    |    |    |
| I am not interested/motivated to access | 3                  | 1.8      | 1        | 1                  | 1.2 | 1  |
| food                                    |                    |          |          |                    |    |    |
| **Food Access**                         |                    |          |          |
| Foods are not always healthy/nutritious | 15                 | 9.0      | 6        | 6                  | 7.4 | 7  |
| I can’t find the foods I like           | 11                 | 6.6      | 5        | 5                  | 6.2 | 6  |
| I have safety concerns                  | 5                  | 3.0      | 1        | 1                  | 1.2 | 1  |
| I need assistance accessing or preparing | 4                  | 2.4      | 1        | 1                  | 1.2 | 1  |
| food                                    |                    |          |          |                    |    |    |
| I require assistance with mobility      | 3                  | 1.8      | 1        | 1                  | 1.2 | 1  |
| that makes accessing food difficult     |                    |          |          |                    |    |    |
| I don’t have transportation             | 1                  | 0.6      | 1        | 1                  | 1.2 | 1  |
| **Personal Concerns**                   |                    |          |          |
| Available foods do not taste good to    | 14                 | 8.4      | 5        | 5                  | 6.2 | 6  |
| me                                      |                    |          |          |                    |    |    |
| Available foods do not support my       | 8                  | 4.8      | 3        | 3                  | 3.7 | 3  |
| special dietary needs                   |                    |          |          |                    |    |    |
| Available foods are not culturally      | 2                  | 1.2      | 1        | 1                  | 1.2 | 1  |
| appropriate                              |                    |          |          |                    |    |    |
| Available foods do not support my       | 1                  | 0.6      | 1        | 1                  | 1.2 | 1  |
| religious beliefs                        |                    |          |          |                    |    |    |
| My family doesn’t want me to ask for    | 1                  | 0.6      | 0        | 0                  | 0   | 0  |
| help accessing food                     |                    |          |          |                    |    |    |
| **Practical Concerns**                  |                    |          |          |
| My meal plan runs out                   | 17                 | 10.2     | 10       | 12.3               |     |    |
| I don’t have time to eat regular meals  | 11                 | 6.6      | 6        | 7                  | 7.4 | 7  |
| Food preparation is inconvenient        | 8                  | 4.8      | 5        | 6                  | 6.2 | 6  |
| I don’t have cooking equipment          | 8                  | 4.8      | 4        | 4                  | 4.9 | 4  |
| I don’t have enough money to purchase   | 7                  | 4.2      | 3        | 3                  | 3.7 | 3  |
| healthy/nutritious foods                |                    |          |          |                    |    |    |
| I don’t have time to purchase food      | 6                  | 3.6      | 2        | 2                  | 2.5 | 2  |
| Off-Campus Students | With Disorders | Without Disorders |
|---------------------|----------------|-------------------|
| Knowledge           | n | % | n | % |
| I don’t know where to get information about food ingredients | 8 | 4.8 | 7 | 8.6 |
| I don’t know how to ask for help | 7 | 4.2 | 2 | 2.5 |
| I don’t know where to find places to get food | 3 | 1.8 | 2 | 2.5 |
| I don’t have food preparation skills | 3 | 1.8 | 1 | 1.2 |
| Available food is not familiar to me | 3 | 1.8 | 1 | 1.2 |
| Affective           | n | % | n | % |
| I feel overwhelmed/stressed planning meals or making food choices | 21 | 12.7 | 6 | 7.4 |
| I feel embarrassed asking for help to access food | 4 | 2.4 | 2 | 2.5 |
| I am not interested/motivated to access food | 3 | 1.8 | 2 | 2.5 |
| Food Access         | n | % | n | % |
| Foods are not always healthy/nutritious | 9 | 5.4 | 3 | 3.7 |
| I can’t find the foods I like | 6 | 3.6 | 2 | 2.5 |
| I have safety concerns | 5 | 3.0 | 2 | 2.5 |
| I need assistance accessing or preparing food | 5 | 3.0 | 2 | 2.5 |
| I require assistance with mobility that makes accessing food difficult | 3 | 1.8 | 1 | 1.2 |
| I don’t have transportation | 2 | 1.2 | 1 | 1.2 |
| Personal Concerns   | n | % | n | % |
| Available foods do not taste good to me | 3 | 1.8 | 1 | 1.2 |
| Available foods do not support my special dietary needs | 2 | 1.2 | 1 | 1.2 |
| Available foods are not culturally appropriate | 2 | 1.2 | 1 | 1.2 |
| Available foods do not support my religious beliefs | 2 | 1.2 | 1 | 1.2 |
| My family doesn’t want me to ask for help accessing food | 2 | 1.2 | 1 | 1.2 |
| Practical Concerns  | n | % | n | % |
| My meal plan runs out | 16 | 9.6 | 6 | 7.5 |
| I don’t have time to eat regular meals | 11 | 6.6 | 5 | 6.2 |
| Food preparation is inconvenient | 9 | 5.4 | 2 | 2.5 |
| I don’t have cooking equipment | 5 | 3.0 | 2 | 2.5 |
| I don’t have enough money to purchase healthy/nutritious foods | 2 | 1.2 | 2 | 2.5 |
| I don’t have time to purchase food | 0 | 0.0 | 1 | 1.2 |

* Some students selected more than one item.
Table 3. Coping Behaviors for Accessing Food Used by Food Insecure Students with (n=166) and without (n=81) Disorders.*

| Strategy                                                                 | With Disorders |   |   |   |   | Without Disorders |   |   |   |
|--------------------------------------------------------------------------|----------------|---|---|---|---|-------------------|---|---|---|
|                                                                          | Sometimes/Often | Never/Seldom | Sometimes/Often | Never/Seldom | Sometimes/Often | Never/Seldom | Sometimes/Often | Never/Seldom | Sometimes/Often | Never/Seldom |
| Brought food back to school                                              | 151            | 90.9 | 14 | 8.4 | 51 | 63 | 10 | 12.3 |
| Ate less healthy foods to eat more                                       | 129            | 77.7 | 14 | 8.4 | 40 | 49.4 | 21 | 25.9 |
| Ate smaller meals/portions                                               | 124            | 74.7 | 41 | 24.7 | 44 | 54.3 | 17 | 21.0 |
| Planned menus                                                            | 122            | 73.5 | 43 | 25.9 | 43 | 53.1 | 18 | 22.2 |
| Stretched leftovers                                                      | 109            | 65.6 | 56 | 33.7 | 38 | 46.9 | 23 | 28.4 |
| Borrowed money from family or friends                                    | 105            | 63.2 | 60 | 36.2 | 29 | 35.8 | 32 | 39.5 |
| Shared grocery and/or meal costs                                        | 102            | 61.4 | 64 | 38.6 | 31 | 38.2 | 30 | 37.0 |
| Attended on-campus or community functions where there was free food     | 101            | 60.9 | 63 | 38.0 | 34 | 42 | 27 | 33.3 |
| Ate more than normal when food was plentiful                             | 97             | 58.4 | 65 | 39.1 | 33 | 40.7 | 28 | 34.6 |
| Cut out food coupons                                                     | 84             | 50.6 | 80 | 48.2 | 31 | 38.3 | 30 | 37.1 |
| Held one or more jobs at the same time                                   | 79             | 47.6 | 86 | 51.8 | 24 | 29.6 | 37 | 45.7 |
| Used a credit card to buy food                                           | 79             | 47.6 | 86 | 51.8 | 24 | 29.6 | 37 | 45.7 |
| Accessed free food at food-related job                                   | 69             | 41.6 | 96 | 57.9 | 20 | 24.7 | 41 | 50.6 |
| Took leftover food home from on-campus dining hall                       | 47             | 28.3 | 117 | 70.4 | 14 | 17.2 | 47 | 58 |
| Used less utilities                                                     | 46             | 27.7 | 118 | 71.1 | 14 | 17.2 | 47 | 58 |
| Sold personal possessions                                                | 44             | 26.5 | 121 | 72.9 | 8 | 9.8 | 53 | 65.4 |
| Ate meals where you “pay what you can”                                   | 27             | 16.2 | 138 | 83.2 | 10 | 12.3 | 51 | 63.0 |
| Attended free meal events in the community                               | 25             | 15.0 | 141 | 85.0 | 12 | 14.8 | 49 | 60.5 |
| Sold textbooks                                                           | 23             | 13.8 | 140 | 84.3 | 3 | 3.7 | 58 | 71.6 |
| Decreased medication dose or skipped medical appointments                | 16             | 9.6 | 149 | 89.7 | 2 | 2.5 | 59 | 72.8 |
| Participated in a paid research study/clinical trial                     | 15             | 12.0 | 150 | 90.4 | 3 | 3.7 | 58 | 71.6 |
| Accessed food from a food pantry                                         | 14             | 8.4 | 151 | 90.9 | 8 | 9.9 | 53 | 65.4 |
| Took fewer classes                                                       | 8              | 4.8 | 156 | 94.0 | 1 | 1.2 | 60 | 74.1 |
| Sold your blood/plasma                                                   | 7              | 4.2 | 158 | 95.2 | 3 | 3.7 | 57 | 70.4 |
| Dumpster Diving                                                         | 6              | 3.6 | 158 | 95.2 | 5 | 6.2 | 56 | 69.1 |
| Participated in federal or state food assistance program                 | 5              | 3.0 | 160 | 96.4 | 3 | 3.7 | 58 | 71.6 |
| Sold recreational or prescription drugs                                  | 5              | 3.0 | 160 | 96.4 | 2 | 2.5 | 59 | 72.9 |
| Stole money                                                              | 3              | 1.8 | 162 | 97.6 | 3 | 3.7 | 56 | 69.1 |

* Some students selected more than one strategy.