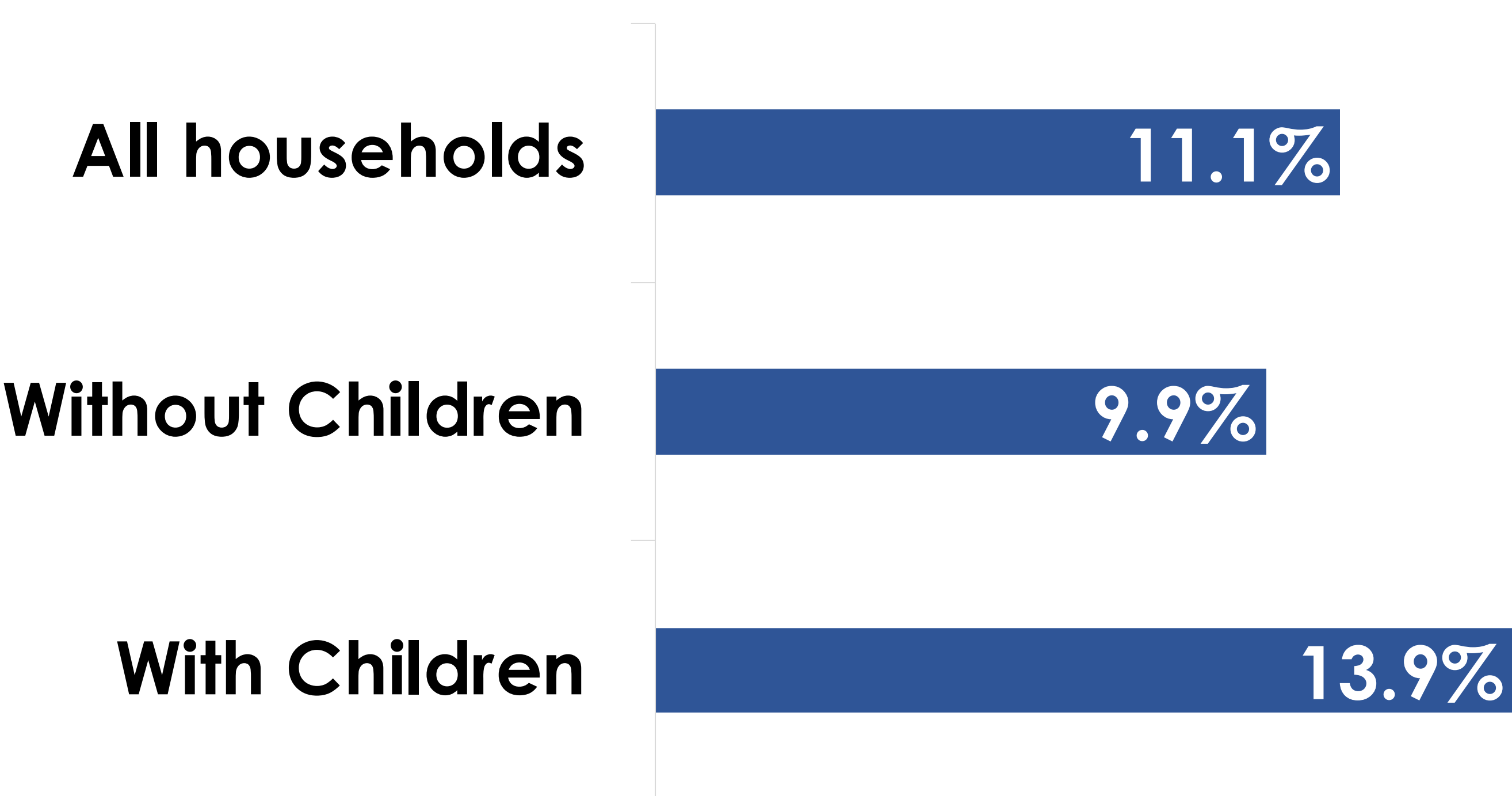


Food Insecurity as a Continuum: Investigating the Emotional Well-Being of Parents

Monique Villamor¹, Dr. Jody Nicholson-Bell¹, & Dr. Lauri Wright²
¹Department of Psychology, ²Department of Nutrition & Dietetics



Prevalence of Food Insecurity in 2018



(United States Department of Agriculture, 2019)

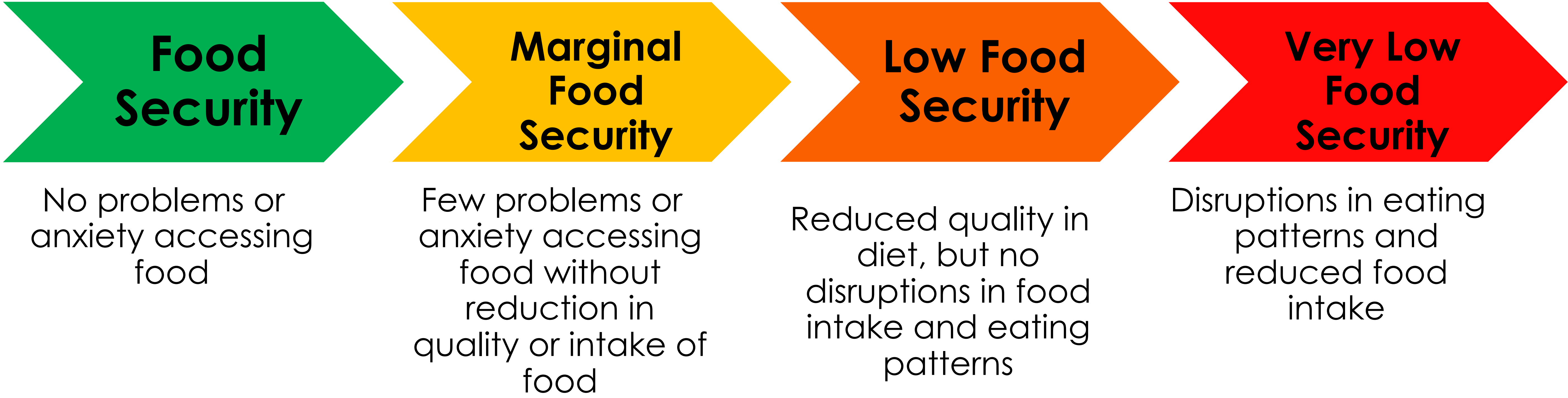
Introduction

Food insecurity can be a source of family stress leading to poor mental health outcomes for both parents and children. ^{1,3}

Parental stress, depressive symptoms, major depressive disorders, and generalized anxiety disorders are some outcomes linked to food insecurity. ^{1,7}

Parents' negative mental health adversely impacts children's cognitive, social, and emotional development as well as behavior. ^{4,5,6}

Parental mental health mediates the association between food insecurity and developmental outcomes of parents and children. ²



Current Study

Hypothesis 1: Increased severity of food insecurity will be associated with poorer emotional well-being.

Hypothesis #2: Participation in food assistance programs will alleviate negative emotional well-being outcomes.

Implications

Identify parents who are at increased risk

Allow programs to better address the needs of individuals' unique situations

Monitor effectiveness of interventions

Distinguishing between the different levels of food insecurity and participation in food assistance programs may serve as a useful moderator to understand variations in parent and child outcomes

Measurements

Food Insecurity

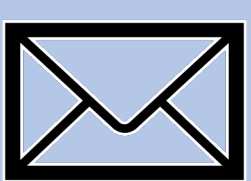
- We worried whether our food would run out before we got money to buy more.
- The food we bought just didn't last and we didn't have money to get more.
- Giving children healthier food and adults in the household eating less healthy food.
- Eating less so children or others have enough food.

Parents' Emotional Well-Being

- Perceived Stress Scale**
(Cohen, Kamarck, & Mermelstein., 1983)
- WHO-5 Well-Being Index**
(World Health Organization, 1998).
- Generalized Anxiety Disorder 7 Item Scale**
(Spitzer, Kroeneke, & Williams, 2006).

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Contact

Monique Villamor
N00956436@unf.edu