



Relationship among Sleep, Food Security Status, Financial Factors During the Early COVID-19 Experience



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BACKGROUND

Many factors affect college students' health and wellness, including sleep habits, nutrition and financial stress. The COVID-19 experience can be considered an unprecedented experience influencing these factors.

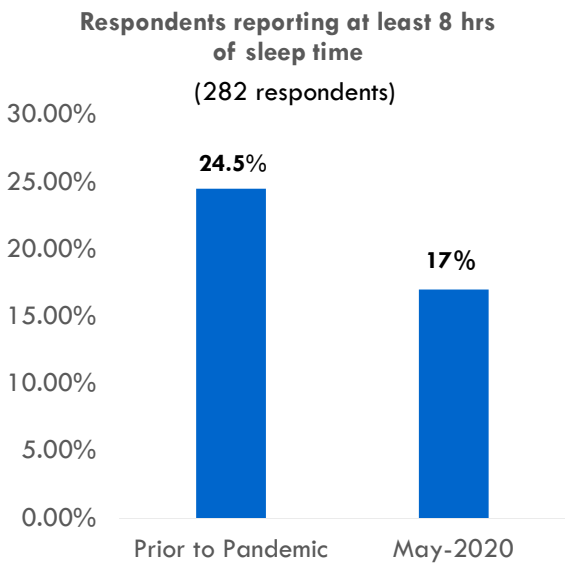
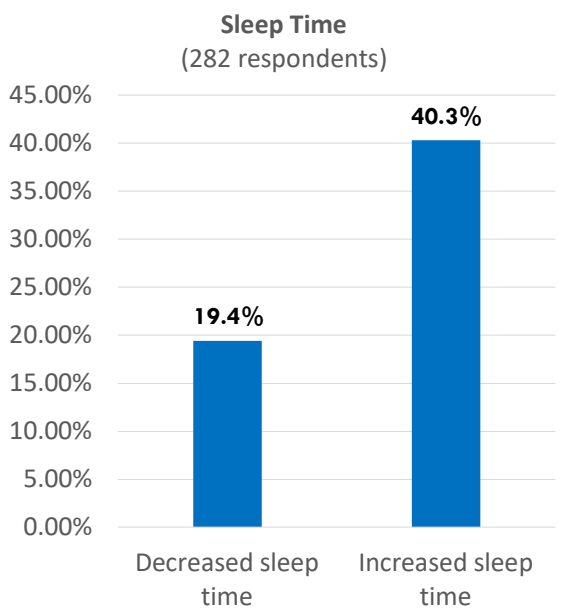
PURPOSE

The purpose of this study was to explore the relationship among length of sleep, food security status, financial factors and risk of negative health outcomes during the early COVID-19 experience.

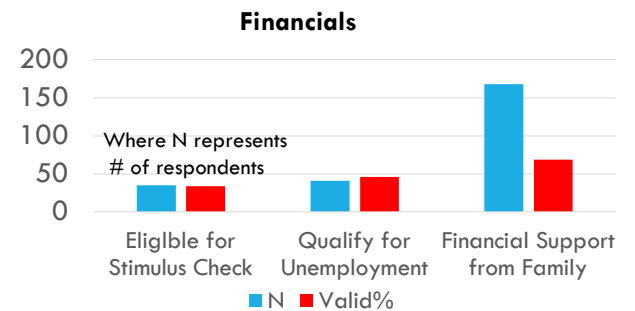
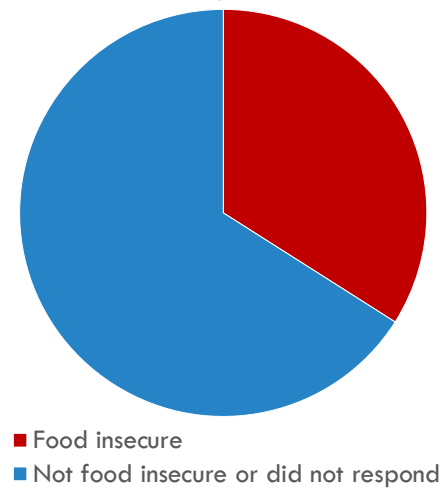
METHOD

Network sampling was used to conduct a cross-sectional online survey of college students as part of a research course experience. A subset of items related to food security status, sleep changes, family financial support and employment were analyzed for this study

RESULTS



Met USFSSM Criteria for Food-insecurity (282 respondents)



Financial	N	Valid%
Eligible for Stimulus Check	35	34
Qualify for Unemployment	41	46.1
Financial Support from Family	168	68.6

CONCLUSIONS

Additional research further characterizing changes in college students' financial needs, food security status, and wellness indicators is needed to determine effective intervention strategies.