Health Consequences of Food Insecurity

Course Description:
Despite the abundance of food in the United States, certain segments of the population struggle with the experience of food insecurity, or limited or uncertain access to adequate food. This course will provide an understanding of food insecurity and its detrimental effects on human health, and will examine food insecurity from a health equity perspective. By drawing on quantitative and qualitative research, we will use empirical evidence to understand factors contributing to why food insecurity is associated with higher prevalence and incidence of chronic health conditions (e.g., type 2 diabetes, hypertension, obesity) as well as mental health conditions (e.g., depression, anxiety). Through a social-ecological lens, we will explore how social and environmental factors contribute to food insecurity (e.g., existence of “food deserts” and “food swamps”), and how these factors trickle down to individuals who cope with food-related hardships. The course will also examine the role of social and health policy, community-based interventions, and cross-sector collaborations as strategies to mitigate food insecurity and its negative health effects. Students will identify a research question related to food insecurity and health, and propose a viable method to address the research question.

Season Course Is Offered: Fall
Meeting Day: Tuesday
Instructor First Name and Middle Initial: Jin
Instructor Last Name: Kim-Mozeleski
Instructor Email: jinkim@umass.edu
Course Time: 4:00pm - 4:50pm

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