Table III: Food insecurity in relation to food procurement measures and attributes

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **n (%)** | | **By multi-item measure** | | | | **p-value\*** | | **By single-item measure** | | |
| **Food secure** | **Food insecure “without hunger”** | | **Food insecure “with hunger”** | **Food insecure** | | **p-value\*** | |
| **%** | **%** | | **%** |  | | **%** |  | | |
| Total students | 1 394 (98.4) | | 15.4 | 24.6 | | 60.0 | < 0.001 | | 64.5 | 0.001 | | |
| **Have enough money for food (n = 1364)** | | | | | | | | | | | | |
| Always | 358 (26.3) | | 46.9 | 35.8 | | 17.3 | < 0.001 | | 19.8 | < 0.001 | | |
| Sometimes (only part of the month) | 607 (44.5) | | 4.9 | 25.2 | | 69.9 | 76.0 |
| Often (only part of the month) | 301 (22.1) | | 4.0 | 14.6 | | 81.4 | 84.4 |
| Never | 98 (7.2) | | 1.0 | 10.2 | | 88.8 | 91.8 |
| **Source of food or food money**\*\* | | | | | | | | | | | | |
| ***From parents, relatives or a guardian*** | | | | | | | | | | | | |
| Yes | 771 (55.4) | | 19.6 | 24.8 | | 55.6 | < 0.001 | | 61.9 | 0.027 | | |
| No | 620 (44.6) | | 10.3 | 24.5 | | 65.2 | 67.6 |
| ***From an allowance*** | | | | | | | | | | | | |
| Yes | 349 (25.1) | | 18.6 | 24.6 | | 56.7 | 0.150 | | 56.7 | < 0.001 | | |
| No | 1 041 (74.9) | | 14.4 | 24.6 | | 61.0 | 67.1 |
| ***From a bursary (scholarship)*** | | | | | | | | | | | | |
| Yes | 236 (16.9) | | 12.3 | 30.1 | | 57.6 | 0.063 | | 67.0 | 0.382 | | |
| No | 1 157 (83.1) | | 16.1 | 23.5 | | 60.4 | 64.0 |
| ***From a study loan*** | | | | | | | | | | | | |
| Yes | 140 (10.1) | | 5.0 | 23.6 | | 71.4 | < 0.001 | | 75.0 | 0.006 | | |
| No | 1 252 (89.9) | | 16.6 | 24.8 | | 58.6 | 63.3 |
| ***From his or her own salary*** | | | | | | | | | | | | |
| Yes | 154 (11.1) | | 24.7 | 20.8 | | 54.6 | 0.003 | | 57.1 | 0.044 | | |
| No | 1 239 (88.9) | | 14.3 | 25.1 | | 60.6 | 65.4 |
| ***From charity*** | | | | | | | | | | | | |
| Yes | 10 (0.7) | | 10.0 | 0.0 | | 90.0 | 0.123 | | 90.0 | 0.091 | | |
| No | 1 384 (99.3) | | 15.5 | 24.8 | | 59.8 | 64.3 |
| ***From a university food scheme*** | | | | | | | | | | | | |
| Yes | 11 (0.8) | | 0.0 | 18.2 | | 81.8 | 0.249 | | 72.7 | 0.567 | | |
| No | 1 383 (99.2) | | 15.6 | 24.7 | | 59.8 | 64.4 |
| **Usually prepare own food (n = 1 380)** | | | | | | | | | | | | |
| Yes | 1 198 (86.8) | | 13.2 | 24.8 | | 62.0 | < 0.001 | | 66.8 | < 0.001 | | |
| No | 182 (13.2) | | 31.3 | 23.1 | | 45.6 | 48.4 |
| **Rating of own cooking skills (n = 1 385)** | | | | | | | | | | | | |
| Good | 691 (49.9) | | 13.8 | 25.0 | | 61.2 | 0.076 | | 66.4 | 0.004 | | |
| I can manage | 564 (40.7) | | 17.9 | 25.4 | | 56.7 | 60.5 |
| Not good | 115 (8.3) | | 12.2 | 20.0 | | 67.8 | 73.9 |
| I cannot cook at all | 15 (1.1) | | 33.3 | 20.0 | | 46.7 | 40.0 |
| **Combine money with other students to buy food (n = 1 350)** |  | |  |  | |  |  | |  |  | | |
| Daily | 47 (3.5) | | 12.8 | 21.3 | | 65.7 | 0.939 | | 70.2 | 0.082 | | |
| Regularly | 218 (16.2) | | 15.1 | 25.7 | | 59.2 | 57.8 |
| Seldom | 382 (28.3) | | 15.5 | 26.4 | | 58.1 | 62.3 |
| Never | 703 (52.1) | | 15.9 | 23.9 | | 60.2 | 66.4 |
| **Have you ever borrowed money for food from someone else? (n = 1 356)** | | | | | | | | | | | | |
| No | 397 (29.3) | | 41.3 | 34.3 | 24.4 | | 0.001 | 26.7 | | 0.001 | | |
| Yes | 959 (70.7) | | 5.1 | 20.5 | 74.4 | | 79.4 | |
| ***From parents*** | | | | | | | | | | | | |
| Yes | 126 (13.6) | | 11.9 | 31.0 | 57.1 | | 0.001 | 63.5 | | 0.001 | | |
| No | 798 (86.4) | | 3.8 | 18.2 | 78.1 | | 84.0 | |
| ***From relatives*** | | | | | | | | | | | | |
| Yes | 148 (16.1) | | 2.0 | 16.2 | 81.8 | | 0.090 | 85.1 | | 0.201 | | |
| No | 771 (83.9) | | 5.2 | 20.6 | 74.2 | | 80.7 | |
| ***From a spouse or partner*** | | | | | | | | | | | | |
| Yes | 62 (6.8) | | 4.8 | 19.8 | 75.5 | | 0.781 | 83.9 | | 0.658 | | |
| No | 849 (93.2) | | 4.8 | 16.1 | 79.0 | | 81.6 | |
| ***From friends*** | | | | | | | | | | | | |
| Yes | 836 (87.2) | | 4.4 | 19.3 | 76.3 | | 0.011 | 82.2 | | 0.000 | | |
| No | 123 (12.8) | | 9.8 | 24.4 | 65.9 | | 69.1 | |
| **Have you ever resorted to?** | | | | | | | | | | | | |
| ***Asking someone else for food*** | | | | | | | | | | | | |
| Yes | 730 (52.5) | 1.9 | | 15.2 | 82.9 | | 0.001 | 87.4 | | 0.001 | | |
| No | 660 (47.5) | 30.3 | | 35.2 | 34.6 | | 38.9 | |
| ***Selling your possessions for food money*** | | | | | | | | | | | | |
| Yes | 131 (9.3) | 0.8 | | 5.4 | 93.8 | | 0.001 | 97.7 | | 0.001 | | |
| No | 1 283 (90.7) | 17.5 | | 26.7 | 55.8 | | 61.1 | |
| ***Stealing food*** | | | | | | | | | | | | |
| Yes | 22 (1.6) | 0.0 | | 4.6 | 95.5 | | 0.002 | 90.9 | | 0.009 | | |
| No | 1 372 (98.4) | 15.7 | | 24.9 | 59.4 | | 64.1 | |

\*: p-value for the chi-square analysis of the cross-tabulation of all the categorical variables under a particular group heading (p < 0.010 was considered to be statistically significant )

\*\*: Students could choose more than one option