

Naming Hunger: 空腹の名前をつける:

Problematizing Food Wealth Narratives at Ritsumeikan University 立命館大学生の食習慣を明かす

Introduction

2 Main Reasons Food (in)Security should be studied:

1. The Japanese government provides negligible data on food insecurity and maintain a standard for private/charitable support systems (Riches & Silvasti, 2014). However, food insecurity in high-income countries hides in vulnerable social groups like the elderly and students (Elena et al., 2021).
2. Many assume it must be in first-world countries due to a systemic reliance on private/charitable support systems (Riches & Silvasti, 2014). However, food insecurity in high-income countries hides in vulnerable social groups like the elderly and students (Elena et al., 2021).

In order to get a comprehensive understanding of food insecurity through caloric and nutritional quality, the present study gathered data from students at Ritsumeikan University. If patterns from the United States and Canada hold true (El Zein et al., 2019), the prevalence of food insecurity among students will be much higher than in the general Japanese population.

Conclusion

Novel investigation through including object of study, and mixed-methodology as well as composition of research team for an interdisciplinary approach.

The applicability is greatly enhanced by the usage of previous at-risk factors, but generalizability of certain demographics (such as students over 23 years old) cannot be done due to the sample sizes.

The study provides multiple questions for future research into Japanese college students including gender disparities, familial wealth, and nationality studies.

Student participants can serve as guides to future researchers, as students experiencing food insecurity often form community networks to help them make ends meet.

The study is done in conversation with a variety of American sources, demonstrating that research done in the United States on food security may provide valuable insights into the Japanese population.

What can Japanese universities do to ensure their students remain food secure?

How can similar sub-populations from the United States be studied in Japan? What comparable socio-economic factor contribute to similar patterns of food insecurity across the two countries?

What role do cultural and social norms play in shaping the experiences of food insecurity among Japanese college students, and how can a nuanced understanding of cultural factors inform tailored interventions to address this issue effectively?

References

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Methodology

• Conduct mixed-method research through a combination of surveys and semi-structured interviews.

For Interview
Interview based on risk factors presented in American research (El Zein et. al, 2019).

STUDENT PARTICIPANTS NEEDED
学生参加者を募集しています
...for a study about food insecurity
...食糧不安の研究のために

How to interview:
参加する方法
Zoom or Email (for Zoom)
Zoom ID: 828 628 7777
Passcode: 123456789

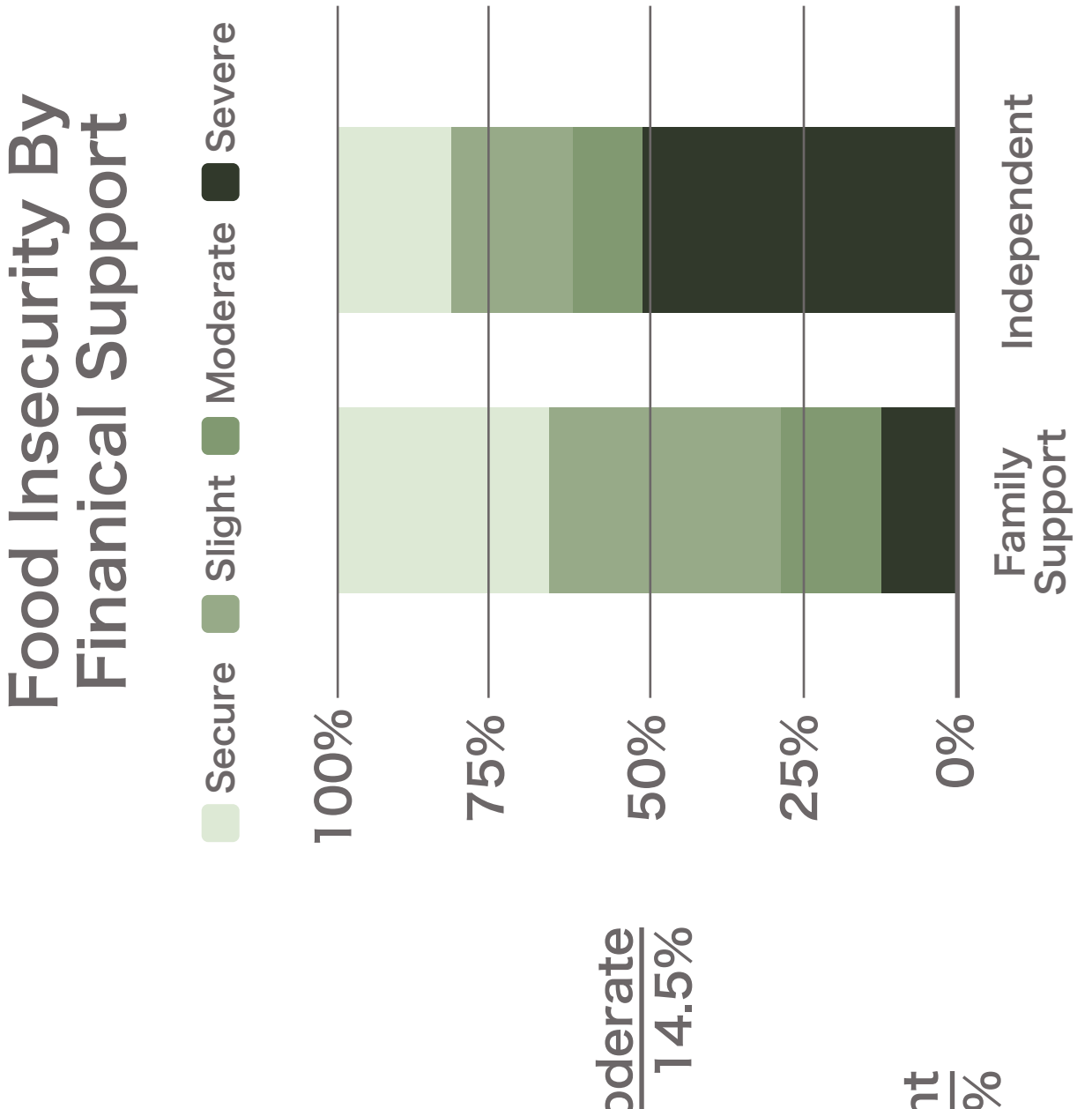
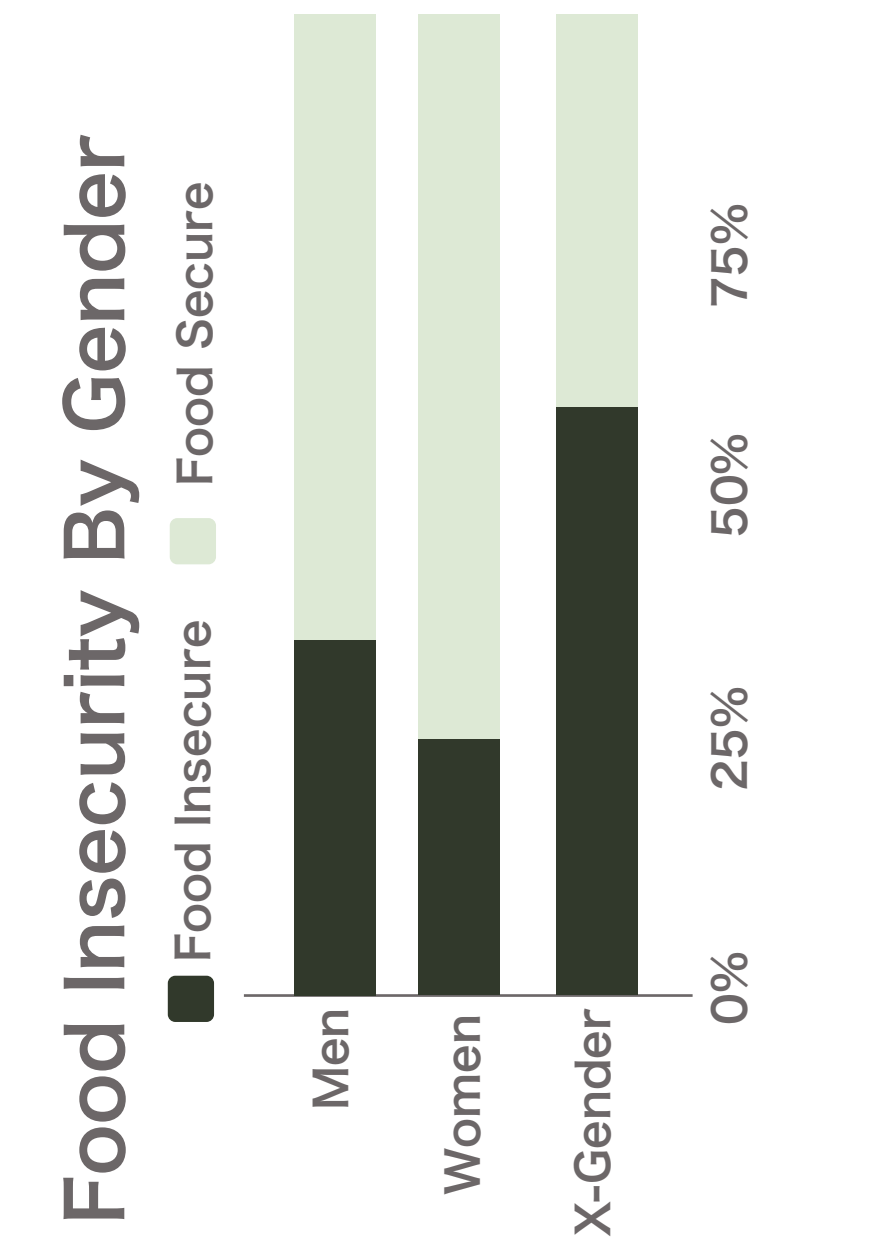
Who can participate?
参加できる人は...
English, Japanese, Korean, Chinese, Vietnamese, Thai, Indonesian, Filipino, and other Southeast Asian students are welcome to participate. We are currently accepting applications from students in the United States and Canada. If you are currently in Japan, we will accept applications from students in the United States and Canada. We are currently accepting applications from students in the United States and Canada. We are currently accepting applications from students in the United States and Canada.

How to apply:
申し込みの方法
Email: research@ritsumei.ac.jp
Deadline: 10/31 October 21st

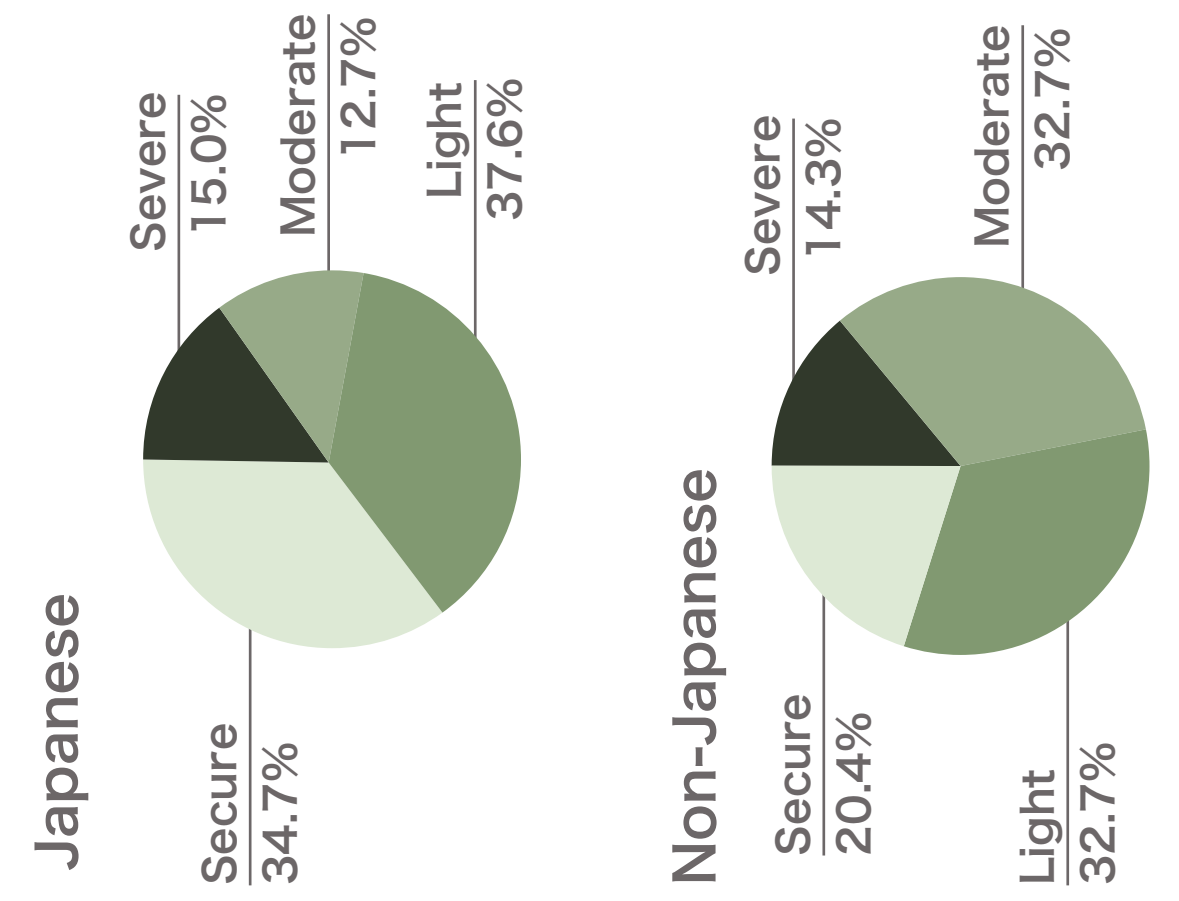
1. United States Department of Agriculture Economic Research Service's (USDA-ERS) survey on food insecurity will allow us to identify and quantify the level at which individuals are food insecure (Nikolaus et. al, 2019)
2. Use a novel survey based on the Japanese Ministry of Health, Labour and Welfare "Spinning Top Food Guide" which had a culturally relevant guide.
3. Pre-existing methods such as the Brief Diet History Questionnaire were considered, but determined to be too burdensome for survey participants (Ueda, 2023).

Highlights

8.7X
more food insecure than the FAO estimate



Food Insecurity By Nationality



Discussion

Results

1. Gender
In contrast to Japanese researchers (Kimura, 2018) who consider female gender (motherhood) to be a risk factor, American research regarding male college students is demonstrated through our data (McArthur et al., 2018). Additionally, nonbinary students were an extraordinarily high risk compared to the general populace.
2. Family Support
As predicted by Soldavini et. al, students without familial financial assistance were 2.2x as likely to be food insecure compared to supported students.
3. Nationality
Consistent with results obtained by El Zein et al., international students were 1.7x as likely to be food insecure than Japanese students.

Student Interviews

- Explorations of student's experiences yielded valuable insights into unknown at-risk groups including:
- Multigenerational households described administrative and linguistic barriers to accessing services intended for native Japanese speakers
 - Systemic lack of food education and high cafeteria prices regarded as obstacles to food access by both food insecure and secure students

Contributions

The vast majority of high-income country studies only analyze food quantity and neglect to study nutritional quality (Carrillo-Álvarez et al., 2021, p. 49).

A comprehensive analysis of food security across all of its dimensions: availability, access, use and stability with supplementary interviews providing insight into the creation of student-driven solutions.

Providing a comparable, if flawed blueprint for future investigations into student populations with the best-available tool (Nikolaus et al., 2019).

Supporting insight gained from past research about potential risk factors for food insecurity within the Japanese population including youth, part-time employment and low annual income (Katagiri et al., 2022).