

20 - 22 June 2025

Nice, France

Food Insecurity Among College Female Students in Ghana

Dr. Hadih Deedat

West Chester University of Pennsylvania, The United States

Abstract

In Ghana, approximately 72% of Ghanaian women are impacted by food insecurity (Pobee et al., 2020). Poverty and food shortage are two of the primary causes of food insecurity (Pobee et al., 2020). Women in Ghana are vital to the country's food security and economy, as they play a vital role in agricultural production (Boakeye-Achampong et al., 2012). Women in rural Ghana have long been recognized for their resourcefulness and contribution to food security by engaging in crop production but still face many challenges related to food insecurity issues (Vercillo, 2020). In urban areas of Ghana women combat food insecurity and shortages by selling food and getting short-term employment as market women so that they can generate enough income to buy food for their families (Chagomoka et al., 2016). While the existing research has highlighted food insecurity among the general Ghanaian women population, no specific studies has yet to look at food insecurity among college women in Ghana. This ongoing study is seeking to specifically understand food insecurity among college women in Ghana. Twenty-five female students at the University of Ghana were interviewed for this study, and the preliminary findings indicate that majority of college women in Ghana struggle with food security due to a myriad of factors including limited revenue sources or income, inflation and high food prices, dependency on financially struggling families, and the government's lack of priority of food security in the country.

Keywords: food insecurity; food security; Ghana women; college students