

Annotated Bibliography: Basic Needs Insecurity Among College Students

Ambrose, V. K. (2016) *It's like a mountain: The lived experience of homeless college students*. Unpublished doctoral dissertation. University of Tennessee Knoxville.

This work explores the experiences of nine homeless college students. The author describes interviews with these students and finds that the challenges associated with homelessness were a significant obstacle to academic success.

Au, N. & Hyatt, S. (2017). *Resources supporting homeless students at California's public universities and colleges*. California Homeless Youth Project.

The authors report the results of a systematic online search of campus-related resources for homeless youth at 50 (of 113) California community college campuses, all 9 University of California (UC) campuses, and all 23 California State University (CSU) campuses. Resources investigated include mental health services, child care services, resources connecting homeless youth to supportive programs, student housing, food assistance, and access to public transit. For each campus, the authors calculate a score between 1 and 100. They find that on average the UC campuses offer the most resources, slightly more than the CSU campuses, but more than twice that of the average community college.

Bianco, S., Bedore, A., Jiang, M., Stamper, N., Breed, J., Abbiati, L., & Wolff, C. (2016). *Identifying food insecure students and constraints for SNAP/CalFresh participation at California State University, Chico*.

The study reports on a survey of 707 students at CSU, Chico. The authors find that 46% of survey respondents reported low and very low food security. They also find that only 20% of those eligible for CalFresh were actually enrolled in the program and that most students experiencing significant food insecurity were ineligible for the program. The authors recommend outreach programs to enroll more eligible students in CalFresh.

Booth, A. L. (2016). Food (in)security within a university community: The experiences of students, staff and faculty at a sustainable institution. In Filho, W. L., Brandli, L., Castro, P., & Newman, J. (Eds.), *Handbook of theory and practice of sustainable development in higher education* (pp. 187-199). Switzerland: Springer International Publishing.

This book chapter describes an assessment of food security levels among students, staff, and faculty at the University of Northern British Columbia. The study's online survey received 216 student responses of 3,115 undergraduate and graduate students. Nine percent of students reported that they were food insecure. Thirty-nine percent of faculty and staff reported that they had had experiences with food insecure students. Seven percent of staff and 8% of faculty reported being food insecure or very food insecure.

Broton, K., Frank, V. & Goldrick-Rab, S. (2014). Safety, security, and college attainment: An investigation of undergraduates' basic needs and institutional responses. Wisconsin HOPE Lab Working Paper.

The authors examine the struggles some undergraduates must undertake to secure food and safe housing while enrolled in college. Responses by institutional leaders are then identified. Drawing on quantitative and qualitative data from 8 colleges (5 two-year and 3 four-year institutions) across five states: California, Florida, New York, Louisiana, and Wisconsin, the authors explore three types of responses: 1) education leaders who champion meeting students' basic needs, 2) leaders who express a desire to help but only offer wishful thinking, and 3) leaders who question whether or not food and housing insecure students should even be in college.

Cady, C. L. (2014). Food insecurity as a student issue. *Journal of College and Character*, 15(4), 265-272.

The author reviews extant research on undergraduate food insecurity, and draws on well-documented impacts of hunger on learning outcomes among K-12 students to discuss potential extensions to the postsecondary population. The author then discusses the importance, for college administrators, of determining the prevalence of hunger among their students, and suggests short-term solutions to lessen negative impacts.

Chaparro, P., Zaghloul S., Holck P., & Dobbs, J. (2009). Food insecurity prevalence among college students at the University of Hawai'i at Manoa. *Public Health Nutrition, 12(11), 2097-2103.*

The authors report the results of a random cross-sectional survey of 441 students at UH-Manoa, finding that 21% of respondents were food-insecure and 24% were at risk of food insecurity. The prevalence was higher for on-campus residents and those living with roommates, native Hawaiians, Filipinos, and other Pacific Islanders.

Crutchfield, R. M., Chambers, R. M., & Duffield, B. (2016). Jumping through the hoops to get financial aid for college students who are homeless: Policy analysis of the College Cost Reduction and Access Act of 2007. *Families in Society: The Journal of Contemporary Social Services, 97(3), 191-199.*

The authors study the implementation of the College Cost Reduction and Access Act (CCRAA) via qualitative interviews with homeless community college students and university financial aid administrators. The CCRAA expanded the definition of "independent student" to include unaccompanied youth who were homeless or at risk of being homeless. After the CCRAA, homeless students continued to experience several barriers to financial aid access, including extensive verification procedures. The authors recommend revisions to the CCRAA's verification process and additional training financial aid staff.

Crutchfield, R. M., Clark, K., Gamez, S., Green, A., Munson, D., & Stribling, H. (2016). *Serving displaced and food insecure students in the CSU. California State University, Long Beach.*

In 2015, the CSU Chancellor's office commissioned a study on the prevalence of housing and food insecurity within the system, and ways in which individual institutions are addressing the problem. A survey of 99 staff, faculty, and administrators was used to estimate that 21% of CSU students are food insecure and that 6.1% of students are displaced from housing. Campuses varied in the extent to which they addressed food insecurity, and fewer campuses had programs directed specifically at homeless students. The report concludes with recommendations for policy and practice for both the system and individual campuses.

Dubick, J., Mathews, B., & Cady, C. (2016). *Hunger on campus: The challenge of food insecurity for college students*. College and University Food Bank Alliance.

The authors used in-person surveys to collect data from 3,765 students from 8 community colleges and 26 4-year colleges and universities during March and May 2016. They find that 48% of students surveyed reported experiencing food insecurity and 22% experienced very low levels of food security. Rates of food insecurity were higher for Black or African American students and first generation students.

Freudenberg, N., Manzo, L., Jones, H., Kwan, A., Tsui, E., & Gagnon, M. (2011). *Food insecurity at CUNY: Results from a survey of CUNY undergraduate students*. The Campaign for a Healthy CUNY.

The authors report the results of an online and telephone survey of 1,086 randomly-sampled students and a non-random, in-person survey of 1,114 students from the summer and fall of 2010. They find that 39.2% of CUNY students surveyed had experienced food insecurity in the past 12 months. Rates of food insecurity were 1.5 times higher for Black and Latino students, relative to White and Asian students. Rates were twice as high for students who reported annual household income below \$20,000.

Freudenberg, N., Manzo, L., Mongiello, L., Jones, H., Boeri, N., & Lamberson, P. (2013). *Promoting the health of young adults in urban public universities: A case study from City University of New York*. *Journal of American College Health*, 61(7), 422-430.

This is a case study of the City University of New York (CUNY)'s Healthy CUNY, launched in 2007. This initiative was designed to identify health and promote healthy practices among CUNY students, faculty, and staff. Of particular interest were health concerns, including food insecurity, which could impact educational outcomes. Though the effort was largely educational, efforts were undertaken to improve the availability of food for needy students.

Gaines, A., Robb, C. A., Knol, L. L., & Sickler, S. (2014). Examining the role of financial factors, resources and skills in predicting food security status among college students. *International Journal of Consumer Studies*, 38(4), 374-384.

Authors examine a sample of 557 undergraduate students at a large, public university in the southeastern United States. Approximately 14% of students were estimated to be food-insecure. Regression analysis suggest that food insecurity is correlated with dependent status, familial financial support, and family financial shocks.

Goldrick-Rab, S., Broton, K., & Eisenberg, D. (2015). *Hungry to learn: Addressing food & housing insecurity among undergraduates*. Wisconsin HOPE Lab.

The authors conducted a survey of over 4,000 students at 10 community colleges across the country, and estimate that half of the students were struggling with food and/or housing insecurity, 20 percent were hungry, and 13 percent were homeless.

Goldrick-Rab, S., Richardson, J., & Hernandez, A. (2017). *Hungry and homeless in college: Results from a national study of basic needs insecurity in higher education*. Wisconsin HOPE Lab.

The authors report the results of a survey of over 33,000 students at 70 community colleges across 24 states. They find that approximately two in three community college students were food insecure, one half housing insecure, and 14 percent homeless. Rates of food and housing insecurity do not seem to vary by geographic or institutional characteristics. The authors find variation in material need by student characteristics. In particular, former foster youth and students with children were disproportionately likely to experience food and housing insecurity.

Gupton, J. T. (2017). *Campus of opportunity: A qualitative analysis of homeless students in community college*. *Community College Review*.

The author explores the experiences of four homeless community college student. Study students preferred invisibility to avoid stigma and did not seek institutional resources for help. Recommendations for community colleges include developing programs that support homeless students' needs, providing outreach to community groups that work with homeless people, and ensuring that homeless students are included in other institutional efforts that support students.

Gupton, J. T. (2014). Engaging homeless students in college. In Quaye, S. J. & Harper, S. R. (Eds.), *Student engagement in higher education* (pp. 221-236). United Kingdom: Taylor & Francis.

The author reviews literature focusing on homeless youth and both pre-college and postsecondary barriers for those students. Before college, students' experiences with poverty, potential family conflict, and both school and residential mobility create obstacles to postsecondary access. In college, students continue to meet similar barriers, but also must be concerned with paying for college. Using a framework based on resiliency theory, the author presents recommendations for engaging homeless students on campus.

Henry, L. (2017). Understanding food insecurity among college students: Experience, motivation, and local solutions. Working paper.

The paper reports the results of interviews with 27 food insecure students and five focus groups with food secure students. The author finds that both food secure and food insecure students avoided the topic with their colleagues, contributing to stigma associated with food insecurity. Those same issues of stigma were a barrier to seeking help from family or public services. The author concludes that food security solutions should be discreet but that campuses should seek to reduce stigma by raising awareness.

King, J. (2017). *Food insecurity among college students – exploring the predictors of food assistance resource use*. Unpublished doctoral dissertation. Kent State University.

The author reports the results of a survey of 4,188 students (14.4% response rate) at a large, public Midwestern university. Among respondents, 35.7% reported low or very low food security. Only 23% of respondents were aware of campus food pantries. The pantries were also associated with stigma. Fifty-nine percent of students reported that they did not want others to know about their need, and 50% reported that they did not want to be served by peers. Instead, students reported using informal resources, such as attending an event that served food or asking others for help.

Knol, L., Robb, C. A., McKinley, E. M., & Wood, M. (2017). Food insecurity, self-rated health, and obesity among college students. *American Journal of Health Education*.

This study explores relationships between food insecurity, self-rated health, and obesity using an online survey of 351 students. Among the survey sample, food insecurity and obesity were unrelated, although food insecure students reported lower levels of health relative to food secure students.

Koller, K. (2014). Extent of BGSU student food insecurity and community resource use. (Honors projects, Paper 144). Bowling Green State University.

The author examines food insecurity among undergraduates at Bowling Green State University through a survey of 53 students, and reports on use of resources available to students locally. Nineteen percent of respondents experienced food insecurity. Food insecurity was significantly associated with financial dependence, and the author finds that embarrassment may keep needy students from accessing resources.

Lindsley, K. & King, C. (2014). Food insecurity of campus-residing Alaskan college students. *Journal of the Academy of Nutrition and Dietetics*, 114(9, supplement), A94.

Reports results of a cross-sectional survey of 33 Alaskan college students. 69% of respondents reported high or very high food insecurity.

Maroto, M. E., Snelling, A., & Linck, H. (2015). Food insecurity among community college students: Prevalence and association with grade point average. *Community College Journal of Research and Practice*, 39(6), 515-526.

Reports the prevalence of food insecurity among students at two Maryland community colleges (N = 301). 56% of respondents reported experiencing food insecurity, and rates were elevated among those who lived alone and those who were single parents. Food-insecure students reported lower average GPAs than non-insecure students.

Martinez, S., Maynard, K., & Ritchie, L. (2016). *Student food access and security study*. University of California Global Food Initiative.

The University of California System administered two online surveys to a random sample of students in spring 2015. Of the 8,932 students who responded, 23% indicated that they had experienced low food security, and 19% indicated that they had experienced very low food security. Survey results showed that 57% of food insecure college students had experienced childhood food insecurity.

Micevski, D. A., Thornton, L. E., & Brockington, S. (2014). *Food insecurity among university students in Victoria: A pilot study*. *Nutrition & Dietetics*, 71(4), 258-264.

Reports on results from a survey of 124 students at Deakin University in Victoria, Australia. Food insecurity was reported by 18% of respondents. Food insecurity was lower among students living with their families and higher among those on government assistance.

Morris, L. M., Smith, S., Davis, J., & Null, D. B. (2016). *The prevalence of food security and insecurity among Illinois university students*, *Journal of Nutrition Education and Behavior*, 48(6), 376-382.

Reports on a cross-sectional survey of 1,882 students at four public universities in Illinois in 2013. 35% of respondents reported being food-insecure. The authors conduct tests for independence and find race, GPA, living arrangements, and receipt of student loans to have relationships with food insecurity, but do not identify direction of association.

Mott, A. (2015). *Early action on the student housing crisis*. Community Learning Partnership.

The author reports the results of interviews with Community Learning Partnership sites in Los Angeles, San Jose, and Minneapolis. The paper describes the strategies communities and institutions of higher education are using to combat homelessness, including surveys of incoming students to assess housing need, a campaign for renters' rights, developing housing projects near local colleges, and a single point of contact model for referring students to help with housing, food, and other basic needs.

Novak, H. & Johnson, J. J. (2016-17). Students against hunger: An approach to food insecurity at a large public land grant university. *Journal of Student Affairs*, Vol. XXVI, 99-107.

The article presents a quantitative evaluation of Students Against Hunger (SAH), a program providing free meals to students via their identification cards. The authors compare outcomes of students receiving SAH to those who applied but were placed on the waitlist. In general, students were waitlisted due to lack of SAH funding, although some waitlisted students (who remain in the control group) did not meet financial need criteria. SAH recipients exhibited higher persistence to the next semester. Waitlisted students have lower GPA in the semester that they applied their SAH application, relative to the previous semester, but SAH recipients do not have a similar reduction in GPA during the semester they applied for the program.

Patton-López, M. M., López-Cevallos, D. F., Cancel-Tirado, D. I., & Vazquez, L. (2014). Prevalence and correlates of food insecurity among students attending a midsize rural university in Oregon. *Journal of Nutrition Education and Behavior*, 46(3), 209-214.

Presents results from a convenience sample survey of 354 students in 2011. The authors find that over half of students (59%) were food insecure at some point during the previous year. Health problems and poverty predict food insecurity, and food insecurity is negatively associated with academic performance.

Ringer, B. D. (2015). College students experiencing homelessness: The consequences of failed macro policies. *McNair Scholars Research Journal*, 8(1), Article 9.

This article provides context for student homelessness by synthesizing previous work describing college trends in tuition costs, debt, and vulnerable populations attending higher education. The author ascribes the prevalence of student homelessness to poverty, housing instability, and lack of access to public assistance and lists several legislative efforts designed to improve access to public resources for homeless students.

SchoolHouse Connection. (2017). “This is how I’m going to make a life for myself:” An analysis of FAFSA data and barriers to financial aid for unaccompanied homeless youth.

The authors present findings from an analysis of FAFSA data on homelessness for 2013-14 through 2015-16. Persistent barriers to homeless youth obtaining financial aid include lack of homeless determinations from school district liaisons and homeless service providers and lack of homeless determinations from postsecondary institutions despite students’ requests. Based on the data, the authors make several policy recommendations, including further removal of barriers via reauthorization of the Higher Education Act and professional development for school districts, homeless service providers, and postsecondary institutions.

Silva, M. R., Kleinert, W. L., Sheppard, A. V., Cantrell, K. A., Freeman-Coppadge, D. J., Tsoy, E., & Pearrow, M. (2015). The relationship between food security, housing stability, and school performance among college students in an urban university. *Journal of College Student Retention: Research, Theory and Practice* (online only).

Reports results of a survey of students at an urban university (n= 390). The study finds that a quarter of the students had experienced some level of food insecurity, and higher rates of housing insecurity than in the general population. Housing and food insecure students appeared to attend class less frequently and perform more poorly academically.

Tierney, W. G., Gupton, J. T., & Hallett, R. E. (2008). *Transitions to adulthood for homeless adolescents: Education and public policy*. USC Center for Higher Education Policy Analysis.

The report provide findings from interviews with 123 homeless adolescents aged 14-19, in part to understand how they address barriers to education. The authors first present a revised typology of homeless youth to include students who are doubled up with a parent or guardian in another person’s home or couch surfing without an adult. From the interviews the authors identify several barriers to education, including mobility between schools, poor academic performance, lack of mentorship or close relationships with adults, and low participation in extracurricular activities. Homeless youth were largely unprepared for college and did not know about application deadlines and requirements, entrance exams, or even identifying a college to attend. Student challenges stemmed from both unstable and chaotic home lives and the stigma attached to homelessness.

Tsui, E., Freudenberg, N., Manzo, L., Jones, H., Kwan, A., & Gagnon, M. (2011). *Housing instability at CUNY: Results from a survey of CUNY undergraduate students*. The Campaign for a Healthy CUNY.

The authors report the results of an online and telephone survey of 1,086 randomly-sampled students and a non-random, in-person survey of 1,114 students from the summer and fall of 2010. The authors defined housing instability using 12 questions. Of the students who responded to the survey, 41.7% reported housing instability. Rates of housing instability were higher for women, students over the age of 25, students raising children, those reporting less than \$50,000 in annual household income, independent students, those working more than 20 hours per week, and those reporting poor health.

Twill, S. E., Bergdahl, J., & Fensler, R. (2016). *Partnering to build a pantry: A university campus responds to student food insecurity*. *Journal of Poverty*.

This article describes an effort to establish a food pantry at a southwestern Ohio university. To assess student need, the authors administered a preliminary survey to a convenience sample and found that 48% of 150 respondents has experienced food insecurity in college. The remainder of the article discusses challenges faced and lessons learned for both establishing and improving the pantry.

Wood, J. L., Harris III, F., & Delgado, N. R. (2016). *Struggling to survive – striving to succeed: Food and housing insecurities in the community college*. Community College Equity Assessment Lab.

This report presents results from 3,647 California students who took the Community College Success Measure, a needs assessment tool given in-person to randomly selected course sections. The authors find that 32.8% of surveyed students experienced housing insecurity and 12.2% experienced food insecurity. Higher rates were reported for Southeast Asian and African American students, and food and housing insecure students were focused in developmental classes.