California State University
Office of the Chancellor
Study of Student Service Access and Basic Needs

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CSU Study of Student Basic Needs

Phase 1
- Perceptions from staff, faculty, and administrators
- Preliminary student data

Phase 2
- Student experience
- Survey at 23 campuses
- Interviews and focus groups 11 campuses

Phase 3
- In-depth analysis of Phase 2 data

Focus on:
- Access of on- and off-campus services
- Use of time
- Use of financial resources
Methods
Quantitative
Locational data was where students entered the city and location of two streets that intersected nearby their residence.

23
Campus Surveys

5.8%
Students participated
Methods

Qualitative
Representative from northern, southern, and central California and included urban, rural, and suburban areas

11 CSU campuses with students who identify as housing and/or food insecure
## Defining Basic Needs

### Food Security

*(USDA ERS, 2015)*

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>High food security</td>
<td>No reported indications of food access problems or limitations</td>
</tr>
<tr>
<td>Marginal food security</td>
<td>One or two reported indications—typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake</td>
</tr>
<tr>
<td>Low food security</td>
<td>Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake</td>
</tr>
<tr>
<td>Very low food security</td>
<td>Reports of multiple indications of disrupted eating patterns and reduced food intake</td>
</tr>
</tbody>
</table>
Prevalence
Food Security

41.6%
CSU Students reported food insecurity

20%
experience low food security

21.6%
experience very low food security
Defining Basic Needs

Homelessness
(The McKinney-Vento Homeless Assistance Act, Subtitle B of Title VII)

- A lack of fixed regular and adequate place to stay
  - Living in emergency or transitional shelters
  - Living in cars, parks, abandoned buildings, substandard housing, bus or train stations, or a similar setting
  - Living in motels, hotels, trailer parks, camping grounds
  - Sharing the housing of others due or “couch surfing”
  - Living in a public or private place not designed for humans to live
Prevalence
Homelessness

10.9% of CSU STUDENTS report being homeless

18% of African American and first-generation college students experienced homelessness (a higher rate than any other group)
Findings from Phase 3 serve to illustrate student experiences.

- Descriptions of disparity gaps.

- Use of financial aid, loans, and credit cards.

- Demands on their time for paid employment, unpaid work, and familial obligations based on students’ level of basic need security.

- Analysis provides overall context for use of on- and off-campus services.
Use of on-campus supports for all study participants

**CSU students' use of on-campus supports**

<table>
<thead>
<tr>
<th>Service</th>
<th>Currently Use It</th>
<th>Used in the Past</th>
<th>Heard of but Never Used</th>
<th>Never Heard of it and/or Never Used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student health center</td>
<td>14.4%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CAPS</td>
<td>4.9%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency housing</td>
<td>0.2%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EBT</td>
<td>10.8%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CalFresh application assistance</td>
<td>47.6%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food pantry</td>
<td>5.6%</td>
<td>6.5%</td>
<td>34.3%</td>
<td>53.6%</td>
</tr>
<tr>
<td>CalFresh application assistance</td>
<td>4.7%</td>
<td>5.9%</td>
<td>47.3%</td>
<td>42.2%</td>
</tr>
<tr>
<td>EBT</td>
<td>0.7%</td>
<td>1.4%</td>
<td>33.9%</td>
<td>63.9%</td>
</tr>
<tr>
<td>Emergency housing</td>
<td>0.2%</td>
<td>0.8%</td>
<td>26.4%</td>
<td>72.7%</td>
</tr>
<tr>
<td>CAPS</td>
<td>4.9%</td>
<td>10.8%</td>
<td>67.7%</td>
<td>16.6%</td>
</tr>
<tr>
<td>Student health center</td>
<td>14.4%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Use of off-campus services

<table>
<thead>
<tr>
<th>Service</th>
<th>Currently use %</th>
<th>Used in past %</th>
<th>Currently use and used in past combined %</th>
<th>Heerd of it, but never used it %</th>
<th>Never heard of it and/or never used it %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Off-campus food pantry</td>
<td>1.8%</td>
<td>5.4%</td>
<td>7.2%</td>
<td>48.3%</td>
<td>44.6%</td>
</tr>
<tr>
<td>Emergency meal assistance</td>
<td>0.2%</td>
<td>0.7%</td>
<td>0.9%</td>
<td>28.3%</td>
<td>70.8%</td>
</tr>
<tr>
<td>Shelter</td>
<td>0.1%</td>
<td>1.0%</td>
<td>1.1%</td>
<td>64.1%</td>
<td>34.8%</td>
</tr>
<tr>
<td>Transitional living</td>
<td>0.2%</td>
<td>0.9%</td>
<td>1.1%</td>
<td>42.9%</td>
<td>56.0%</td>
</tr>
<tr>
<td>Subsidized housing</td>
<td>1.4%</td>
<td>1.3%</td>
<td>2.7%</td>
<td>49.2%</td>
<td>48.0%</td>
</tr>
<tr>
<td>WIC</td>
<td>1.7%</td>
<td>5.2%</td>
<td>6.9%</td>
<td>49.0%</td>
<td>44.2%</td>
</tr>
<tr>
<td>TANF</td>
<td>0.6%</td>
<td>1.8%</td>
<td>2.4%</td>
<td>33.4%</td>
<td>64.3%</td>
</tr>
<tr>
<td>SSI</td>
<td>0.9%</td>
<td>1.4%</td>
<td>2.3%</td>
<td>41.6%</td>
<td>56.1%</td>
</tr>
<tr>
<td>SSDI</td>
<td>0.7%</td>
<td>1.2%</td>
<td>1.9%</td>
<td>35.6%</td>
<td>62.5%</td>
</tr>
<tr>
<td>Medicaid</td>
<td>8.5%</td>
<td>5.4%</td>
<td>13.9%</td>
<td>60.3%</td>
<td>25.8%</td>
</tr>
<tr>
<td>Childcare assistance</td>
<td>1.0%</td>
<td>1.7%</td>
<td>2.7%</td>
<td>58.6%</td>
<td>38.8%</td>
</tr>
<tr>
<td>Unemployment</td>
<td>0.5%</td>
<td>6.0%</td>
<td>6.5%</td>
<td>53.8%</td>
<td>39.7%</td>
</tr>
<tr>
<td>Utility assistance</td>
<td>2.7%</td>
<td>3.0%</td>
<td>5.7%</td>
<td>36.5%</td>
<td>55.8%</td>
</tr>
<tr>
<td>EITC</td>
<td>1.6%</td>
<td>5.7%</td>
<td>7.3%</td>
<td>36.6%</td>
<td>56.1%</td>
</tr>
<tr>
<td>Veterans benefits</td>
<td>2.6%</td>
<td>1.1%</td>
<td>3.7%</td>
<td>59.0%</td>
<td>37.3%</td>
</tr>
</tbody>
</table>
## Disparities between Experiences

**Table 2. CSU Student Basic Needs Security by Race**

<table>
<thead>
<tr>
<th>Race</th>
<th>Food secure and housed %</th>
<th>Only food insecure %</th>
<th>Only homeless %</th>
<th>Food insecure and homeless %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
<td>60.9</td>
<td>29.4</td>
<td>3.9</td>
<td>5.9</td>
</tr>
<tr>
<td>Black or African American</td>
<td>39.2</td>
<td>46.8</td>
<td>2</td>
<td>12.1</td>
</tr>
<tr>
<td>Native Hawaiian or Other Pacific Islander</td>
<td>50.5</td>
<td>39.1</td>
<td>3.4</td>
<td>7</td>
</tr>
<tr>
<td>Other</td>
<td>49.5</td>
<td>39.9</td>
<td>2.9</td>
<td>7.6</td>
</tr>
<tr>
<td>White</td>
<td>58.2</td>
<td>30.3</td>
<td>4.5</td>
<td>7</td>
</tr>
</tbody>
</table>
Pell grantees experience greater food and housing insecurity

- Food insecure and homelessness: 6.2% Pell, 34.8% No Pell, 59% total
- Only homelessness: 6% Pell, 39.9% No Pell, 54.1% total
- Only food insecure: 5.8% Pell, 37.8% No Pell, 56.4% total
- Food secure and housed: 5.8% Pell, 41.5% No Pell, 52.8% total
1st Generation college students and basic needs insecurity

- Food insecure and homelessness:
  - First-generation: 8.4%
  - Not first-generation: 6.5%

- Only homelessness:
  - First-generation: 2.8%
  - Not first-generation: 4.2%

- Only food insecure:
  - First-generation: 40.6%
  - Not first-generation: 30.4%

- Food secure and housed:
  - First-generation: 48.2%
  - Not first-generation: 58.9%

Legend:
- First-generation %
- Not first-generation %
GPA and basic needs security

Average GPA

- Food secure and housed: 3.32
- Food insecure and homelessness: 3.28
- Only homelessness: 3.17
- Only food insecure: 3.11
It affects my studying if I don't know where I'm going to go, where am I studying or am I concentrating on studying because I'm not worried about where I'm going to go.

Gabrielle (CSUDH)
GPA based on basic needs security race and ethnicity

GPA

- Non-Hispanic
- Hispanic
- White
- Other
- Native Hawaiian or other Pacific Islander
- Black/African American
- Asian
- Overall GPA by level of need

Legend:
- Food secure and housed
- Only homelessness
- Only food insecure
- Food insecure and homelessness
Demands on Time
# Demands on student time and level of basic needs security

<table>
<thead>
<tr>
<th></th>
<th>All students</th>
<th>Food Secure and Housed</th>
<th>Food Insecure and Homeless</th>
<th>Only Homeless</th>
<th>Only Food Insecure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average hours of paid work per week</td>
<td>13.6</td>
<td>13.3</td>
<td>15.2</td>
<td>13.05</td>
<td>13.8</td>
</tr>
<tr>
<td>Average hours of family obligations per week</td>
<td>11</td>
<td>10.9</td>
<td>11.14</td>
<td>8.5</td>
<td>11.5</td>
</tr>
<tr>
<td>Average hours of unpaid work per week</td>
<td>4</td>
<td>3.6</td>
<td>5.2</td>
<td>3.84</td>
<td>4.3</td>
</tr>
</tbody>
</table>
I make pretty good money and it's still not enough. My wife works too. [We earn] too much to get CalFresh benefits... I was having to use credit to buy food. And that's not good. And then, two kids... It just gets harder and harder every year.

Isaac (FSU)
Unpaid employment

"I have my internship all day [1 day a week]. I'm there 8 hours and as soon as I get out, I come straight [to campus] and I don't get out until 9:45p.m. . . . You fall asleep. You aren't participating. . . . Damn, my health or my school? My health or my school? Which one?"

Deliah (CSUDH)

Experience with internships is invaluable, but that doesn't make rent and grocery bills disappear.

Tom (CSUN)
Familial Obligations

"I was helping them out. Then coming back to school and working this job, I still send money back home. I'm still trying to eat healthy, so sometimes—It can’t really work for me because with my budget . . . It’s really difficult."

Evan (CSUN)

"With my financial aid I'm able to help my mom pay bills and gas. That's my responsibility from month to month. That's another [reason] why I'm living off of rice and pasta."

Cathy (CSULA)
Supports and Barriers to Access of On-Campus Services
I feel really appreciative that he at least noticed. I was a student that always participated, always like on the second row raising my hand. I didn’t think anyone would notice, because my other professors didn’t really ask.

Carloeena (CSUN)

Even if I don't know how to do something, I'll figure it out. That's kind of my thing too... I didn't know that whole process but I'm like, let me just try it, let me just see.

Kianna (CSULB)
Am I broke enough for this free food? There might be a student who has nothing... I don't wanna like take away from them.

Bianca (CSUSB)
CalFresh

I figured since it's the government, there's no way around it.

Monica (SDSU)

<table>
<thead>
<tr>
<th></th>
<th>Currently use it %</th>
<th>Used it in the past %</th>
<th>Currently use &amp; used in past combined %</th>
<th>Heard of it but never used it %</th>
<th>Never heard of it/not offered at my campus %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
<td>2.5</td>
<td>4.6</td>
<td>7.3</td>
<td>40.5</td>
<td>52.1</td>
</tr>
<tr>
<td>Black and African American</td>
<td>8.7</td>
<td>11.7</td>
<td>20.4</td>
<td>48</td>
<td>31.6</td>
</tr>
<tr>
<td>Native Hawaiian or Other Pacific Islander</td>
<td>4.4</td>
<td>4.9</td>
<td>9.3</td>
<td>44.3</td>
<td>46.4</td>
</tr>
<tr>
<td>Other</td>
<td>5.7</td>
<td>6.6</td>
<td>12.3</td>
<td>49.2</td>
<td>38.6</td>
</tr>
<tr>
<td>White</td>
<td>4.2</td>
<td>4.8</td>
<td>9</td>
<td>49.6</td>
<td>41.4</td>
</tr>
<tr>
<td>Hispanic</td>
<td>5.6</td>
<td>6.3</td>
<td>11.9</td>
<td>49.4</td>
<td>38.7</td>
</tr>
<tr>
<td>Non-Hispanic</td>
<td>4</td>
<td>5.4</td>
<td>9.4</td>
<td>46.3</td>
<td>44.3</td>
</tr>
</tbody>
</table>
Food Pantries

It’s been amazing. Everybody’s super friendly. It’s super casual. You don’t get that vibe like you’re a lesser person.

Lenore (FSU)
I think that that has really been helping, because [my counselor] kind of knows what has been going on... It has been hard kind of like grinding back into the year and you know just having to deal with the anxiety of possibly not having housing next year.

Gloria (CSULA)
Oh, no. I'm a very private person, so I don't really talk personal. But, for me, it was actually the Health Medical Service . . . I went there and — it was around the time when my parents got arrested by ICE . . . I guess I told the health doctor because they ask you questions, and then they sent me to [counseling and psychological services] and then that's when I got my counselor, and then she brought up The Den [food pantry]. . . . She told me that they help out students in need.

Ella (CSUSB)
I love this school, ‘cause they knew what was going on so they let me stay in the dorms until the semester ended. They allowed it. So, I’m really grateful for that.

Erika (CSULB)

She got me to stay in a temporary room until I was able to figure out something.

Elizabeth (FSU)
I was able to take advantage of a $300 grant that helped me out with food and, you know, [emergency] dorming and [emergency] food. It was nice to just eat like, healthy again.

Kendrick (CSULB Alumni)
I had ended up taking out a temporary loan from one of the loan services . . . I was freaking out at first because I was like, wait, how am I going to pay for this?

Kathy (CSULA)

It’s an investment in my education. I'm paying it. Right now, I live by my credit card. With my job, hopefully, I’m able to save up and pay that . . . [So], okay, I’ll buy the food this week

Fernanda (CSUB)
Recommendations

- Create or sustain Single Points of Contact (SPOC) to coordinate student service provision
- Sustain and evaluate efforts to address food and housing insecurity.
- Increase awareness, access, and use of on-campus resources for students, specifically for student groups who are disproportionately impacted
- Train faculty and staff to identify, respond, and refer students to appropriate points of contact.
- Promote continued sharing of information across campuses.
- Advocate to address barriers to off-campus public social services for higher education students.
Useful Resources

Addressing Homelessness and Housing Insecurity in Higher Education

Strategies for Educational Leaders

Ronald E. Hallett, Rashida M. Crutchfield, and Jennifer J. Maguire

Foreword by Timothy P. White

Homelessness and Housing Insecurity in Higher Education: A Trauma-Informed Approach to Research, Policy, and Practice

Ronald E. Hallett
Rashida Crutchfield

ASHE Higher Education Report