Follow Up Report on
Food and Housing Insecurities –
Wisconsin HOPE Lab Study

May 10, 2018
Ongoing research in higher education has shed light on the prevalence of food and housing insecurities amongst college and university students.

Three national studies have been conducted by the Wisconsin HOPE Lab to better understand these challenges.

Findings from these studies suggest basic needs insecurity can negatively influence students’ ability to learn, develop, and succeed in college.

The studies conclude that institutional, state, and national policies should work to address the barriers presented by poverty in order to improve educational success.
Survey History

• The first two studies conducted by the HOPE Lab focused on community college students, while their most recent study expanded to include students from four-year universities

  • Hungry to Learn, 2015
    • Surveyed 4,000 students at 10 community colleges
      • SDCCD represented 4 of the 10 community colleges
    • Found that 39% of respondents reported low or very low food security, 52% were housing insecure, and 13% experienced homelessness

  • Hungry and Homeless in College, 2016
    • Surveyed 33,000 students at 70 community colleges
    • Found that 56% of students experienced low or very low food insecurity, 51% were housing insecure, and 14% experienced homelessness

  • Still Hungry and Homeless in College, 2017
    • Surveyed 43,000 students from 66 institutions across the nation
      • 31 community colleges
        • SDCCD represented 4 of the participant colleges
      • 35 four-year universities
    • Found that 36% of university students and 42% of community college students experienced low or very low food security, 46% were housing insecure; 12% of community college students and 9% of university students experienced homelessness

Source: Wisconsin HOPE Lab
Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods, or the ability to acquire such foods in a socially acceptable manner. The most extreme form is often accompanied with physiological sensations of hunger.

Housing insecurity includes a broader set of challenges such as the inability to pay rent or utilities or the need to move frequently.

Homelessness means that a person is without a place to live, often residing in a shelter, an automobile, an abandoned building, or outside.
Nationwide Outcomes

• Food insecurity
  • 36% of university students were food insecure in the 30 days preceding the survey.
  • 42% of community college students were food insecure, compared to 56% in the 2016 study.

• Housing Insecurity
  • 36% of university students were housing insecure in the last year.
  • Housing insecurity affected 46% of community college students, compared to 51% in the 2016 study.

• Homelessness
  • 9% of university students were homeless in the last year.
  • 12% of community college students were homeless, compared to 14% in the 2016 study.

Source: Wisconsin HOPE Lab
• The data indicate that basic needs insecurities disproportionately affect marginalized students and are associated with long work hours and higher risk of unemployment.

• The level of academic effort, in and outside the classroom, is the same regardless of whether or not students are dealing with food and housing insecurity.

• It is critically important to match student commitments with adequate support to ensure student success and degree completion.
### SDCCD Overall Outcomes

<table>
<thead>
<tr>
<th></th>
<th>City College</th>
<th>Mesa College</th>
<th>Miramar College</th>
<th>Continuing Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017 Food Insecure</td>
<td>56%</td>
<td>44%</td>
<td>36%</td>
<td>42%</td>
</tr>
<tr>
<td>2015 Food Insecure</td>
<td>44%</td>
<td>39%</td>
<td>40%</td>
<td>28%</td>
</tr>
<tr>
<td>Housing insecure*</td>
<td>53%</td>
<td>46%</td>
<td>40%</td>
<td>49%</td>
</tr>
<tr>
<td>Some form of homelessness*</td>
<td>15%</td>
<td>12%</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>All three forms of basic needs insecurity</td>
<td>9%</td>
<td>8%</td>
<td>7%</td>
<td>6%</td>
</tr>
</tbody>
</table>

*Note: Due to changes in survey instruments, only the food insecurity measure is suitable for comparison*
• Invitations to complete the questionnaire were sent by email to 3,300 students from each of the colleges and Continuing Education.

<table>
<thead>
<tr>
<th>City College</th>
<th>Mesa College</th>
<th>Miramar College</th>
<th>Continuing Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>201 participants</td>
<td>226 participants</td>
<td>190 participants</td>
<td>103 participants</td>
</tr>
<tr>
<td>6.1% response rate</td>
<td>6.8% response rate</td>
<td>5.8% response rate</td>
<td>3.1% response rate</td>
</tr>
</tbody>
</table>

Source: Wisconsin HOPE Lab

Note: Response rates were too low for findings to be considered representative of the general college populations.
Participant Profile

### Gender

- **Male**: SDCCD Population: 44%, SDCCD Survey: 33%, All CC Survey: 26%
- **Female**: SDCCD Population: 56%, SDCCD Survey: 66%, All CC Survey: 71%

### Age

- **18 to 20**: SDCCD Population: 20%, SDCCD Survey: 27%, All CC Survey: 35%
- **21 to 25**: SDCCD Population: 23%, SDCCD Survey: 23%, All CC Survey: 25%
- **25 to 30**: SDCCD Population: 13%, SDCCD Survey: 14%, All CC Survey: 14%
- **Over 30**: SDCCD Population: 40%, SDCCD Survey: 36%, All CC Survey: 26%

### Ethnicity

- **Black**: SDCCD Population: 7%, SDCCD Survey: 5%, All CC Survey: 11%
- **Hispanic**: SDCCD Population: 37%, SDCCD Survey: 28%, All CC Survey: 14%
- **Asian**: SDCCD Population: 16%, SDCCD Survey: 16%, All CC Survey: 5%
- **White**: SDCCD Population: 31%, SDCCD Survey: 27%, All CC Survey: 54%
- **Mixed/Other**: SDCCD Population: 5%, SDCCD Survey: 24%, All CC Survey: 15%

Sources: Wisconsin HOPE Lab and SDCCD Information System
Pell Grant Recipient

<table>
<thead>
<tr>
<th></th>
<th>SDCCD Population</th>
<th>SDCCD Survey</th>
<th>All CC Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>50%</td>
<td>37%</td>
<td>45%</td>
</tr>
<tr>
<td>No</td>
<td>50%</td>
<td>63%</td>
<td>55%</td>
</tr>
</tbody>
</table>

Foster Care Status

<table>
<thead>
<tr>
<th></th>
<th>SDCCD Population</th>
<th>SDCCD Survey</th>
<th>All CC Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>98%</td>
<td>97%</td>
<td>96%</td>
</tr>
<tr>
<td>No</td>
<td>2%</td>
<td>3%</td>
<td>4%</td>
</tr>
</tbody>
</table>

Military Status

<table>
<thead>
<tr>
<th></th>
<th>SDCCD Population</th>
<th>SDCCD Survey</th>
<th>All CC Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>93%</td>
<td>90%</td>
<td>95%</td>
</tr>
<tr>
<td>No</td>
<td>7%</td>
<td>10%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Sources: Wisconsin HOPE Lab and SDCCD Information System
Food Insecurity
Students were classified as having *low food security* if they answered affirmatively to 3-4 of the items below, and classified as having *very low food security* if they answered affirmatively to 6-10 of the items below within the time period specified.

<table>
<thead>
<tr>
<th>Food Insecurity Inventory (In the Past 30 Days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I worried whether my food would run out before I got money to buy more.</td>
</tr>
<tr>
<td>I couldn't afford to eat balanced meals.</td>
</tr>
<tr>
<td>The food that I bought just didn't last and I didn't have money to get more.</td>
</tr>
<tr>
<td>Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?</td>
</tr>
<tr>
<td>Did you ever eat less than you felt you should because there wasn't enough money for food?</td>
</tr>
<tr>
<td>Were you ever hungry but didn't eat because there wasn't enough money for food?</td>
</tr>
<tr>
<td>Did you ever cut the size of your meals or skip meals because there wasn't enough money for food? (For 3 or more days)</td>
</tr>
<tr>
<td>Did you lose weight because there wasn't enough money for food?</td>
</tr>
<tr>
<td>Did you ever not eat for a whole day because there wasn't enough money for food?</td>
</tr>
<tr>
<td>Did you ever not eat for a whole day because there wasn't enough money for food? (For 3 or more days)</td>
</tr>
</tbody>
</table>

*Source: Wisconsin HOPE Lab*
SDCCD survey participants that experienced low or very low food security:

- **City College**: 36% Very Low, 20% Low
- **Mesa College**: 29% Very Low, 15% Low
- **Miramar College**: 22% Very Low, 14% Low
- **Continuing Education**: 29% Very Low, 13% Low

Source: Wisconsin HOPE Lab
Food Insecurity by Gender

SDCCD survey participants that experienced low or very low food security, by gender:

- City College
  - Male: 57%
  - Female: 55%

- Mesa College
  - Male: 35%
  - Female: 48%

- Miramar College
  - Male: 36%
  - Female: 37%

- Continuing Education
  - Male: 41%
  - Female: 42%

Source: Wisconsin HOPE Lab
Food Insecurity by Ethnicity

SDCCD survey participants that experienced low or very low food security, by ethnicity:

**City College**
- Black: 62%
- Hispanic: 59%
- Asian: 54%
- White: 34%
- Mixed/Other: 65%

**Mesa College**
- Black: 57%
- Hispanic: 43%
- Asian: 37%
- White: 37%
- Mixed/Other: 54%

**Miramar College**
- Black: 14%
- Hispanic: 45%
- Asian: 42%
- White: 29%
- Mixed/Other: 36%

**Continuing Education**
- Black: 45%
- Hispanic: 46%
- Asian: 43%
- White: 43%
- Mixed/Other: 32%

*Note: Groups with 5 or less students have been suppressed from charts*
Food Insecurity by Age

SDCCD survey participants that experienced low or very low food security, by age:

- **City College**
  - 18 to 20: 55%
  - 21 to 25: 59%
  - 25 to 30: 67%
  - Over 30: 52%

- **Mesa College**
  - 18 to 20: 32%
  - 21 to 25: 58%
  - 25 to 30: 47%
  - Over 30: 44%

- **Miramar College**
  - 18 to 20: 28%
  - 21 to 25: 39%
  - 25 to 30: 39%
  - Over 30: 38%

- **Continuing Education**
  - 21 to 25: 53%
  - 25 to 30: 50%
  - Over 30: 38%

Source: Wisconsin HOPE Lab
Food Insecurity College Comparison

Food Insecurity

City College: 56%
Mesa College: 44%
Miramar College: 36%
Continuing Education: 42%

Source: Wisconsin HOPE Lab
Housing Insecurity
Students were classified as *housing insecure* if they answered affirmatively to at least one of the items below within the time period specified.

### Housing Insecurity Inventory
*(In the Past 30 days/Past 12 months)*

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Had a rent or mortgage increase that made it difficult to pay</td>
</tr>
<tr>
<td>Moved in with other people due to financial problems</td>
</tr>
<tr>
<td>Did not pay full amount of utilities</td>
</tr>
<tr>
<td>Lived with others beyond the expected capacity of the housing</td>
</tr>
<tr>
<td>Did not pay full amount of rent or mortgage</td>
</tr>
<tr>
<td>Moved two or more times</td>
</tr>
</tbody>
</table>

Source: Wisconsin HOPE Lab
Prevalence of housing insecurity amongst SDCCD survey participants:

- **City College**
  - Past Year: 53%
  - Past Month: 44%

- **Mesa College**
  - Past Year: 46%
  - Past Month: 37%

- **Miramar College**
  - Past Year: 40%
  - Past Month: 32%

- **Continuing Education**
  - Past Year: 49%
  - Past Month: 44%

Source: Wisconsin HOPE Lab
Prevalence of housing insecurity amongst SDCCD survey participants, by gender:

City College

- Male: 49%
- Female: 56%

Mesa College

- Male: 39%
- Female: 50%

Miramar College

- Male: 41%
- Female: 40%

Continuing Education

- Male: 45%
- Female: 49%

Source: Wisconsin HOPE Lab
Prevalence of housing insecurity amongst SDCCD survey participants, by ethnicity:

<table>
<thead>
<tr>
<th>College</th>
<th>Ethnicity</th>
<th>City College</th>
<th>Mesa College</th>
<th>Miramar College</th>
<th>Continuing Education</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Black</td>
<td>64%</td>
<td>57%</td>
<td>57%</td>
<td>36%</td>
</tr>
<tr>
<td></td>
<td>Hispanic</td>
<td>50%</td>
<td>46%</td>
<td>46%</td>
<td>58%</td>
</tr>
<tr>
<td></td>
<td>Asian</td>
<td>38%</td>
<td>30%</td>
<td>45%</td>
<td>53%</td>
</tr>
<tr>
<td></td>
<td>White</td>
<td>53%</td>
<td>46%</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td></td>
<td>Mixed/Other</td>
<td>65%</td>
<td>52%</td>
<td>40%</td>
<td>40%</td>
</tr>
</tbody>
</table>

*Note: Groups with 5 or less students have been suppressed from charts*
Prevalence of housing insecurity amongst SDCCD survey participants, by age:

City College

- 18 to 20: 38%
- 21 to 25: 54%
- 25 to 30: 64%
- Over 30: 61%

Mesa College

- 18 to 20: 28%
- 21 to 25: 45%
- 25 to 30: 56%
- Over 30: 63%

Miramar College

- 18 to 20: 28%
- 21 to 25: 35%
- 25 to 30: 57%
- Over 30: 53%

Continuing Education

- 21 to 25: 67%
- 25 to 30: 50%
- Over 30: 44%

Source: Wisconsin HOPE Lab
Housing Insecurity College Comparison

Housing Insecurity

- City College: 53%
- Mesa College: 46%
- Miramar College: 40%
- Continuing Education: 49%

Source: Wisconsin HOPE Lab
Homelessness
Homelessness Overall

Students were classified as *homeless* if they answered affirmatively to at least one of the items below within the time period specified.

<table>
<thead>
<tr>
<th>Homeless Inventory</th>
</tr>
</thead>
<tbody>
<tr>
<td>(In the Past 30 Days/Past 12 Months)</td>
</tr>
<tr>
<td>Not knowing where you were going to sleep, even for one night</td>
</tr>
<tr>
<td>Stayed in an abandoned building, car, other place not meant for housing</td>
</tr>
<tr>
<td>Thrown out of home</td>
</tr>
<tr>
<td>Stayed in a shelter</td>
</tr>
<tr>
<td>Evicted from home</td>
</tr>
</tbody>
</table>
Prevalence of homelessness amongst SDCCD survey participants:

City College
- Past Year: 15%
- Past Month: 8%

Mesa College
- Past Year: 13%
- Past Month: 7%

Miramar College
- Past Year: 11%
- Past Month: 6%

Continuing Education
- Past Year: 10%
- Past Month: 6%

Source: Wisconsin HOPE Lab
Prevalence of homelessness amongst SDCCD survey participants, by gender:

City College
- Male: 13%
- Female: 16%

Mesa College
- Male: 8%
- Female: 15%

Miramar College
- Male: 13%
- Female: 9%

Continuing Education
- Male: 13%
- Female: 10%

Source: Wisconsin HOPE Lab
Homelessness by Ethnicity

Prevalence of homelessness amongst SDCCD survey participants, by ethnicity:

City College
- Black: 14%
- Hispanic: 19%
- Asian: 8%
- White: 6%
- Mixed/Other: 17%

Mesa College
- Black: 14%
- Hispanic: 7%
- Asian: 7%
- White: 10%
- Mixed/Other: 23%

Miramar College
- Black: 14%
- Hispanic: 17%
- Asian: 11%
- White: 5%
- Mixed/Other: 13%

Continuing Education
- Black: 27%
- Hispanic: 12%
- Asian: 0%
- White: 8%
- Mixed/Other: 8%

*Note: Groups with 5 or less students have been suppressed from charts

Source: Wisconsin HOPE Lab
Homelessness by Age

Prevalence of homelessness amongst SDCCD survey participants, by age:

City College

- 18 to 20: 15%
- 21 to 25: 15%
- 25 to 30: 12%
- Over 30: 18%

Mesa College

- 18 to 20: 5%
- 21 to 25: 21%
- 25 to 30: 19%
- Over 30: 13%

Miramar College

- 18 to 20: 10%
- 21 to 25: 8%
- 25 to 30: 9%
- Over 30: 13%

Continuing Education

- 21 to 25: 27%
- 25 to 30: 20%
- Over 30: 7%

Source: Wisconsin HOPE Lab
Homelessness College Comparison

Homelessness

- City College: 15%
- Mesa College: 13%
- Miramar College: 11%
- Continuing Education: 10%

Other 2-Year Institutions: 12%

Source: Wisconsin HOPE Lab
Student Hardships
SDCCD students experienced hardships in the past year that impacted their basic security:

**City College**
- Borrowed from friends/family to pay bills: 46%
- Account in default or collections: 24%
- Left household because unsafe: 9%
- Thrown out of home by someone in household: 5%
- Summoned to appear in housing court: 1%

**Mesa College**
- Borrowed from friends/family to pay bills: 38%
- Account in default or collections: 15%
- Left household because unsafe: 9%
- Thrown out of home by someone in household: 7%
- Summoned to appear in housing court: 3%

**Miramar College**
- Borrowed from friends/family to pay bills: 33%
- Account in default or collections: 11%
- Thrown out of home by someone in household: 5%
- Left household because unsafe: 3%
- Summoned to appear in housing court: 2%

**Continuing Education**
- Borrowed from friends/family to pay bills: 33%
- Account in default or collections: 13%
- Thrown out of home by someone in household: 5%
- Left household because unsafe: 4%
- Summoned to appear in housing court: 0%

Source: Wisconsin HOPE Lab
Student Hardships

Received Public Assistance in the Last Year

- City: 54%
- Mesa: 47%
- Miramar: 43%
- Continuing Education: 38%

Source: Wisconsin HOPE Lab
Campus Support Services for Student Food and Housing Needs
The colleges and Continuing Education maintain a list of local resources to provide information to students in need of shelter or a meal.

Emergency food resources have been established at each of the colleges to support students’ ability to concentrate and successfully complete their classes:

**City College**

- Created a Food Pantry that supports enrolled students in need by providing free, pre-packaged items suitable for an on-campus lunch or meal.
- The Food Pantry is operated by student interns and supported through donations from the staff and faculty of City College, community partners, private individuals, neighbors, and friends.
Mesa College

- Established The Stand, which provides free food and produce to students.
- Partnering with Feeding San Diego to facilitate a monthly farmers market to provide fruits and vegetables to the Mesa College community.
- Developing an MOU with San Diego Food Bank in order to expand the farmers market resources and provide nonperishable meal items.
- Partnering with CalFresh to provide resources and support to our students to apply for CalFresh resources.
Miramar College

- Established a Food Pantry to provide students with nonperishable food items, toiletries, and gently used clothing.
- Hosted meals on campus periodically providing students with a hot meal.

Continuing Education

- San Diego HHSA Outstations: CalWORKs/CalFresh Eligibility.
- Formed partnerships with Project New Village, Feeding San Diego, and San Diego Rescue Mission.
  - Support SDCEats Food Pantry and Farmer’s Market
- ASB Annual Food Drive