



#RealCollege 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Ambrose, V. K. (2016) *It's like a mountain: The lived experience of homeless college students* (Unpublished doctoral dissertation).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 interviews these students and finds that the challenges associated with homelessness created significant obstacles 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 California's 113 community college campuses, all nine University of California (UC) campuses, and all 23 California State University (CSU) campuses. Resources investigated include mental health services, child care services, supportive resources for homeless youth, student housing, food assistance, and public transit access. Each campus is scored, between 1 and 100. They find that UC campuses offer the most resources on average, slightly more than CSU campuses, and more than twice 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.



Bill Wilson Center. (2017). *Countme! Hidden in plain sight: Documenting homeless youth populations.*

fBE&8:6Y8qH: &!8E, &qB: 8: &w2q&YDq "YIYw7q&YDBY9: 2: &&YwqBU7H: Yw7JUHw2q&E7cU7qUI2U8UIYw7q- California, the first being a U.S. Housing and Urban Development Point-In-Time (PIT) Count from January 2017 and the second a survey of high school and community college students from a sample of schools in winter 2016 and spring 2017. The PIT Count found 2,530 unaccompanied homeless youth and young adults. The survey found that among 13,250 students, 17% were homeless themselves or knew a student who was homeless. Among community college students, the survey found 44% were homeless or knew another homeless student in Santa Clara County.

Blagg, K., Whitmore-Schanzenbach, D., Gundersen, C., & Ziliak, J. (2017). *Assessing food insecurity on campus.* Urban Institute.

The authors use data from the October and December supplements to the Current Population Survey (CPS) to calculate food insecurity among households with at least one currently enrolled college student. They find that from 2011 to 2015, 17% of households with a student in a two-year college and 11% of households with a student in a four-year college were food insecure. Rates of food insecurity in the CPS were higher for black students, older students, and unemployed two-year students looking for work.

Booth, A. J. (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 responses from 216 out 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 having had experiences with food insecure students. Seven percent of staff and eight percent of faculty reported being food insecure or very food insecure.



Breuning, M., Argo, K., Payne-Sturges, D., & Laska, M. N. (2017). The struggle is real: A systematic review of food insecurity on postsecondary education campuses. *Journal of the Academy of Nutrition and Dietetics*. Article in press.

In this article, the authors present a systematic review of the literature describing food insecurity among undergraduate and graduate students in postsecondary education. The review includes 17 peer-reviewed studies and 41 additional studies, finding that on average studies found rates of food insecurity from 35% to 42%. They conclude that food insecurity is a significant public health problem and that more research is needed on the impact of food insecurity and the steps aimed to address it. Food insecurity was associated with less healthy eating and physical activity habits as well as higher stress levels and depressed mood.

Breuning, M., Brennhofner, S., van Woerden, I., Todd, M., & Laska, M. (2016). Factors related to the high rates of food insecurity among diverse, urban college freshmen. *Journal of the Academy of Nutrition and Dietetics*, 116(9), 1450-1457.

Using a sample of 209 freshmen living in residence halls at a large university, the authors find that 32% reported inconsistent access to food in the prior month. Food insecurity was related to depression.

Breuning, M., van Woerden, I., Todd, M., & Laska, M. (2018). Hungry to learn: The prevalence and effects of food insecurity on health behaviors and outcomes over time among a diverse sample of university freshmen. *International Journal of Behavioral Nutrition and Physical Activity*, 15(9), 1-10.

The authors use surveys as well as height and weight measurements from 1,138 first-year college students to study the relationship between food insecurity and other health behaviors. They find higher rates of food insecurity than in the general population and determine that rates are higher at the end of semesters.

THE **hope** CENTER

FOR COLLEGE,
COMMUNITY,
AND JUSTICE

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 eight colleges (both two-year and four-year institutions) in California, Florida, New York, Louisiana, and Wisconsin, the authors explore three types of responses: education leaders who champion meeting students' basic needs, leaders who express a desire to help but only offer wishful thinking, and leaders who question whether food- and housing-insecure students should even be in college.

Broton, K. M. & Goldrick-Rab, S. (2017). Going without: An exploration of food and housing insecurity among undergraduates. *Educational Researcher*.

The authors compare food and housing insecurity with students' coping strategies from four data sources, two national surveys of community college students and two studies of Wisconsin students from low- and moderate-income families. They find that at least 20% of students at two-year colleges report very low food insecurity. One-third of those same students report housing insecurity, compared with 11%–19% of students surveyed at four-year colleges. Most students coped via employment and financial aid, although some received other types of public or private assistance.

THE **hope** CENTER

FOR COLLEGE,
COMMUNITY,
AND JUSTICE

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.

Cliburn, C. C. & Alleman, N. F. (2017). A private struggle at a private institution: Effects of student hunger on social and academic experiences. Paper presented to the Association for the Study of Higher Education (ASHE).

This paper describes interviews with 10 students, at a selective private university, whose prior survey responses indicated that they had experienced the most severe levels of food insecurity. They find that food insecure students avoid social interactions that involve food and were often forced to sacrifice academic success in order to procure food.



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 encounter several barriers to financial aid access, including extensive verification procedures. The authors recommend revisions to the CCRAA’s verification process and training additional 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 both the prevalence of housing and food insecurity within the system and the ways in which individual institutions were addressing the problem. A survey of 99 staff, faculty, and administrators was used to estimate that 21% of CSU students are food insecure and 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.

Crutchfield, R. M. & Maguire, J. (2018). Study of student basic needs. The California State University Basic Needs Initiative.

The researchers report results from a survey of 24,324 students as well as interviews and focus group data from 213 additional students across CSU campuses. They find that 41.6% of students had experienced food insecurity, including 21.6% who reported very low food security. They also find that 10.9% of students reported at least one experience with homelessness in the prior 12 months. Students who had experienced food insecurity or homelessness reported physical and mental health issues that impeded academic achievement.



Crutchfield, R. M. & Maguire, J. (2017). Researching basic needs in higher education: Qualitative and quantitative instruments to explore a holistic understanding of food and housing insecurity. California State University.

The report provides several instruments that the authors used to assess food and housing insecurity at the California State Universities. The first section of the report focuses on research tools for use with staff, faculty, and administrators including interview and focus group protocols and a survey instrument. The second section includes a student survey instrument as well as a student focus group protocol. Both sections of the report include authors' notations and instructions.

Dominguez-Whitehead, Y. (2017). Food and housing challenges: (Re)framing exclusion in higher education. *Journal of Education*, 68, 149-169.

The paper reviews research on food and housing insecurity in South Africa and calls for more research on whether students leave or never enroll in higher education due to material hardship. The author concludes with a review of institutional responses to basic needs insecurity in South Africa.

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 eight community colleges and 26 four-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.

El Zein, A., Shelnutt, K., Colby, S., Olfert, M., Kattelmann, K., Brown, O., ... Mathews, A. (2017). The prevalence of food insecurity and its association with health and academic outcomes among college freshmen. *Advances in Nutrition*, 8(1), 4.

The authors measure food insecurity with 859 student observations of freshmen from eight colleges who completed the U.S. Adult Food Security Survey, the Pittsburgh Sleep Quality Index, Cohen's Perceived Stress Scale, and the National Cancer Institute's Dietary Screener Questionnaire. Nineteen percent of the sample were classified as food insecure. These students were more likely to perceive higher stress and lower sleep quality.



El Zein, A., Shelnutt, K., Colby, S., Olfert, M., Kattelman, K., Brown, ... Mathews, A. (2017). Socio-demographic correlates and predictors of food insecurity among first-year college students. *Journal of the Academy of Nutrition and Dietetics*, 117(10), A146.

The paper presents results of surveys of 859 first-year students at eight universities in April-May 2015. Of the surveyed students, 18.8% reported low or very low food insecurity. Food insecure students were more likely to be black, live off campus, receive the Pell Grant, and have a GPA less than 3.0.

Forman, M. R., Mangini, L. D., Dong, Y., Hernandez, L. M., & Fingerma, K. L. (2018). Food insecurity and hunger: Quiet public health problems on campus. *Journal of Nutrition and Food Sciences*, 8(2).

This article focuses on a survey of 1,069 students at the University of Texas at Austin in 2014-2015. Of sample students, 23.5% reported food insecurity, and 96% of those students did not report experiences with food insecurity prior to college. Food insecurity was associated with being a first-generation college student or Hispanic, and having lower confidence regarding financial management.

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 prior 12 months. Rates of food insecurity were 1.5 times higher for Black and Latino students, relative to White and Asian students.

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.

THE hope CENTER

FOR COLLEGE,
COMMUNITY,
AND JUSTICE

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.

The 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 suggests 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 more than 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% were hungry, and 13% 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 more than 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% 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 students. 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.

THE **hope** CENTER

FOR COLLEGE,
COMMUNITY,
AND JUSTICE

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 pre-college and postsecondary barriers for homeless 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.

Hagedorn, R. L. & Olfert, M. D. (2018). Food insecurity and behavioral characteristics for academic success in young adults attending an Appalachian university. *Nutrients*, 10(3), 361.

The authors report the results of a survey at a large, central Appalachian university in fall 2016. Of the 692 sample students, 36.6% were food insecure. Food insecure students reported lower academic performance and higher money expenditures than food secure students.

Hallett, R. E. & Crutchfield, R. (2017). Homelessness and housing insecurity in higher education: A trauma-informed approach to research, policy, and practice. *ASHE Higher Education Report*, 43(6), 7-118.

The authors present a framework for understanding the homelessness and housing insecurity among college students, including chapters on research on the prevalence of housing problems, federal and state policies related to housing in higher education, and how trauma-informed institutions can mitigate the impact of housing insecurity on students' educational attainment. Each chapter concludes with the authors' recommendations for practice and future research. The final chapters describe a definitional framework for understanding homelessness and housing insecurity via a continuum of student housing experiences and present policy recommendations for addressing these issues in higher education.

Hallett, R. E. & Freas, A. (2017) Community college students' experiences with homelessness and housing insecurity. *Community College Journal of Research and Practice*.

The authors use the results of a life history with one student and interviews with six other students at the same institution to examine the traumas associated with homelessness among community college students. They find that homeless students must prioritize their housing needs over academics and experience emotional stress.



Haskett, M. E., Majumder, S., Wright, S., & Kotter-Gruhn, D. (2018) Food and housing security among NC State students. NC State University.

The authors surveyed 1,949 students at NC State University in fall 2017. The authors used measures from Crutchfield and Maguire (2017). They find that 9.6% reported experiencing homelessness in the prior 12 months. Only 14% reported food insecurity in the prior 30 days, although only eight questions from the 10-item USDA Food Security Survey Module were used.

Henry, L. (2017). Understanding food insecurity among college students: Experience, motivation, and local solutions. *Annals of Anthropological Practice*, 41(1), 6-19.

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.

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.

THE **hope** CENTER

FOR COLLEGE,
COMMUNITY,
AND JUSTICE

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.

The authors report results of a cross-sectional survey of 33 Alaskan college students. Sixty-nine percent 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.

The authors report the prevalence of food insecurity among students at two Maryland community colleges (N = 301). Fifty-six percent 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.

McArthur, L. H., Ball, L., Danek, A. C., & Holbert, D. (2017). A high prevalence of food insecurity among university students in Appalachia reflects a need for educational interventions and policy advocacy. *Journal of Nutrition Education and Behavior*. In press.

Using a random sample of sophomores, juniors, seniors, and graduate students at an Appalachian university in North Carolina (response rate = 18.2%), the authors find that 46.2% of respondents experienced low or very low food insecurity in the prior 12 months. Students experiencing food insecurity most commonly coped by buying inexpensive food, stretching food, and eating less healthy meals.



Mercado, V. (2017). Food and housing insecurity among students at a community college district (Unpublished doctoral dissertation). San Francisco State University.

The author presents the results of a survey of 693 students (2.87% response rate) within the Peralta Community College District in Alameda County, California. Of the sampled students, 60.5% reported low or very low food security in the prior 30 days and 83.1% experienced some form of housing insecurity in the prior 12 months. Parental education level, household income, and GPA were positively related to both food and housing security. Students experiencing basic needs insecurity reported high rates of missing classes and study sessions, opting out of extracurricular activities, not buying required books, and dropping classes due to hunger and housing problems.

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.

Mirabitur, M., Peterson, K. E., Rathz, C., Matlen, S., & Kasper, N. (2016). Predictors of college-student food security and fruit and vegetable intake differ by housing type. *Journal of American College Health*, 64(7), 555-564.

The authors report the results of a survey of 514 randomly sampled students at a large, Midwestern, public university in 2012-2013. Weighting to the enrolled student population, the authors find that 41.5% of students experienced food insecurity. Students without access to a car who were living in housing without food provision were more likely to experience food insecurity and less likely to consume adequate servings of fruits and vegetables.

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. Thirty-five percent of respondents reported being food insecure. The authors conduct tests for independence and find race, GPA, living arrangements, and receipt of student loans correlate 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.

Payne-Sturges, D. C., Tjaden, A., Caldeira, K. M., & Arria, A. M. (2017). Student hunger on campus: Food insecurity among college students and implications for academic institutions. *American Journal of Health Promotion*, 32(2), 349-354.

The authors use survey results of 237 undergraduates at a large, public university to study the prevalence of food insecurity and associations with academic performance and other factors. They find that 15% of surveyed students reported food insecurity. Students facing food insecurity were more likely to exhibit symptoms of depression.

THE **hope** CENTER

FOR COLLEGE,
COMMUNITY,
AND JUSTICE

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.

Rosas, Maria C. (2017). *Transition age youth experiencing housing insecurity and homelessness while pursuing higher education* (Unpublished doctoral dissertation). California State University, Northridge.

The author uses semi-structured interviews with three housing insecure current and former CSU, Northridge students to better understand both the supports and barriers that students face. All three students sought support from community members outside of their families to overcome lack of affordable housing near campus, long commutes, and transportation costs.

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 as well as 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 worse 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 provides 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, and in some cases did not even identify 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.

THE **hope** CENTER

FOR COLLEGE,
COMMUNITY,
AND JUSTICE

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 the 150 respondents had experienced food insecurity in college. The remainder of the article discusses challenges faced and lessons learned for both establishing and improving the pantry.

West, A. N. (2017). “The struggle is real”: An exploration of the prevalence and experiences of low-income Latinx undergraduate students navigating food and housing insecurity at a four-year research university (Unpublished Masters thesis). California State University, Sacramento.

The author reports the results of a survey of 197 Latinx students at a large, public university with a significant population of low-income students. She finds that 51% of surveyed students experienced very low food insecurity and that approximately 26% of students were living in a temporary arrangement or other area not meant for human habitation.

Wood, J. L. & Harris III, F. (2018). Experiences with “acute” food insecurity among college students. *Educational Researcher*, 20(10), 1-4.

Using a sample of 6,103 students from the Community College Success Measure, an institutional needs assessment tool, the authors find that food insecurity is more prevalent among multiethnic and Black students. They also find that other types of insecurities, such as housing insecurity, transportation insecurity, and legal concerns, are predictive of food insecurity.

THE **hope** CENTER

FOR COLLEGE,
COMMUNITY,
AND JUSTICE

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.