LESSONS FROM MASLOW:
BASIC NEEDS AND STUDENT SUCCESS

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Basic Needs - Hungry Wildcat Food Pantry

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WHAT WE WILL DISCUSS

• **Awareness**
  - What is food and housing insecurity?
  - How prevalent is food and housing insecurity in higher education?
  - What are the implications for our students?
  - How do we currently address food and housing insecurity at Chico State?

• **Action**
  - How do I recognize a student who might be experiencing food and/or housing insecurity?
  - How do I assist a student who is food and/or housing insecure?
  - How can I get involved more broadly?
• **USDA Food Security**
  - **High food security**: no reported indications of food-access problems or limitations.
  - **Marginal food security**: 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.

• **USDA Food Insecurity**
  - **Low food security**: reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
  - **Very low food security**: reports of multiple indications of disrupted eating patterns and reduced food intake.
HOMELESS AND HOUSING INSECURITY

• A **homeless person** is one who lacks a safe, stable place to live, often residing in a shelter, an automobile, an abandoned building or outside.

• A **person is housing insecure** if they struggle with a broader set of challenges such as the inability to pay rent or utilities or the need to move frequently.
DISCUSSION

• How prevalent is food insecurity on our campus? How do you think Chico State compares to other campuses?

• How prevalent is homelessness on our campus? How do you think we compare?
ESTIMATED LEVELS OF FOOD AND HOUSING INSECURITY

39% Food insecurity
42% Food insecurity
41.6% food insecurity
10.9% periodic homelessness in CSU
36% food insecure
36% housing insecure
9% homeless
43.5% Food insecurity
>30% Food insecurity
Based on CSU Study of Student Basic Needs Phase 2 (2018)

- 50.2% of respondents experienced food insecurity
  - 24.2% of respondents reported low food security
  - 26% very low food security
- 49.6% likely eligible for CalFresh USDA SNAP
- 3.3% reported experiencing homelessness one or more times in last year
PREDICTORS OF FOOD AND HOUSING INSECURITY

• Former foster youth
  • 66% of former foster youth are food insecure
  • 25% had experienced homelessness
• Non-binary students are at greater risk for food and housing insecurity
  • 46% of non-binary students are food insecure and 18% experienced homelessness
• 1 in 5 homosexual students are homeless in community colleges, relative to 11% for heterosexual peers
• Under-represented minority students are more likely to experience food and housing insecurity
• Student parents are at higher risk than their peers for both food and housing insecurity

- Still Hungry and Homeless in College, Hope Lab (2018)
Physiological needs
- air, water, food, shelter, sleep, clothing, reproduction

Safety needs
- personal security, employment, resources, health, property

Love and belonging
- friendship, intimacy, family, sense of connection

Esteem
- respect, self-esteem, status, recognition, strength, freedom

Self-actualization
- desire to become the most that one can be
EFFECTS OF FOOD INSECURITY IN HIGHER EDUCATION

• Food insecure students experience **diminished physical health** including headaches and low energy (Latiner et al. 2016; O’Neill and Maguire 2017; Cady 2014; Patton-Lopez et al. 2014)

• **Academic performance** also suffers among food insecure college students relative to their food secure peers (Maroto et al. 2015; Patton-Lopez 2014)
EFFECTS OF FOOD INSECURITY: COLLEGE STUDENTS IN CONTEXT

• **Among K-12 students**, food insecurity can lead to poor health outcomes, including higher asthma prevalence (e.g. Gundersen & Zillak 2015), and lower cognitive, academic and psycho-social development (e.g. Howard, 2010; Alaimo, Olson, Frongillo, 2001)

• **In households**, food insufficiency can lead to fatigue, irritability, stress, poor work and academic performance, and disturbed family rituals (Hamelin et al. 1999), and food insecure **adults** report poorer health and mental health outcomes (Stuff et al. 2004)
“Canned foods just don’t do it. Yesterday, all of a sudden I started with these tremors in my arms. Ugh, nutrition [laughs]. Just not enough time, not enough money. It’s very hard to concentrate. You’re exhausted. You couldn’t read a book and you fall asleep, even in class”
- Bernard, SFSU
(CSU, Study of Basic Needs, 2018)

“…I would struggle to concentrate for sure, because sometimes that’s all I could think about was where was my next meal going to come from. At the same time, I would always push myself to just keep going, just keep going, just keep going.”
- Susan, CSUDH
(CSU, Study of Basic Needs, 2018)

- 80% of food insecure students report that food insecurity affected their class performance
- 55% reported that food insecurity affected class attendance
- 4% had to forego attending college for one or more semester
(Hunger on Campus report)
EFFECTS OF HOUSING INSECURITY & HOMELESSNESS

• Housing insecurity and homelessness negatively impact physical and mental health, and increase number of inactive days (CSU Basic Needs, 2018)

• Housing insecurity negatively impacts class attendance, academic performance and retention (Silva et al. 2015; Goldrick-Rab et al. 2018)
Among K-12 students, homelessness leads to higher rates of absenteeism (Fantuzo and Perlman 2007) and school mobility (Buckner et al 2001), lower reading and math scores (Reynolds, Chen, & Herbers, 2009; Mantzicopoulos & Knutsen, 2000), and increased behavioral problems (Fantuzzo et al. 2012; Bassuk et al. 2007).

Among chronically homeless adult population, reciprocal effects of health, wellness and homelessness.
“So my friends were willing enough to let me stay on their couches, which I am very appreciative of. What really got to me though, one morning when I stayed at a certain friend’s house and her roommate was kind of getting annoyed I was there, and I didn’t want to overstay my welcome… and I had left that day before showering, and so it really hit me like I didn’t have a place to shower. Something I would never want to wish upon anybody to go through.”
-- Elizabeth, FSU
(CSU, Study of Basic Needs, 2018)

Food and Housing problems have caused me to:
• Miss a class – 53%
• Miss a study session – 54%
• Miss a club meeting – 37%
• Opt out of an extracurricular activity – 55%
• Not buy a required textbook – 55%
• Drop a class – 25%
• Not perform as well in a class as possible – 81%
(Hunger on Campus report)
Student Well-Being & Basic Needs

Critical to student success at the CSU, the Basic Needs Initiative takes a holistic look at students' well-being both inside and outside the classroom, from housing and food security to mental health. We're working together to find better ways support our students on their path to graduation.
CAMPUS RESOURCES

PANTRY – BASIC NEEDS

• **VISIT US** – Hungry Wildcat Food Pantry at Student Services Center 196 (Hazel Alley behind BMU, across from loading dock)

• Food Assistance – CalFresh USDA SNAP sign ups at Pantry and CHC 25 Main Street

• Emergency Loans – $500 90 day via financial aid

• Emergency Grants – $500 unexpected situations

• Housing Security – emergency housing and transitional housing assistance
PANTRY – BASIC NEEDS
RESOURCE COMMUNITY
PANTRY – BASIC NEEDS
RESOURCES COMMUNITY
AWARENESS TAKEAWAYS

• College and university students are a food insecure population (43.5%) of concern, having a far higher risk of food insecurity than the general US population (13%).

• College and university students experience alarming rates of housing insecurity (36%) and homelessness (3-10%).

• Underrepresented student populations are more likely to report experiencing food and housing insecurity.

• Former foster youth, transfer students and fifth- and sixth-year (or beyond) students are more likely to report food insecurity.

• Food and housing insecurity negatively impacts physical health, mental health and academic performance.

• There are resources available on campus for food and housing insecure students.
• What kinds of things might you notice about a student that could indicate an issue with food and/or housing insecurity?
HOW TO APPROACH
AND REFER A STUDENT

• Seek an opportunity to talk **one on one**
• Come from the place of **empathy** (listen, ask safe questions, don’t accuse)
• Let them know you know people (**human connection**) who may help
• Walk them over to the **Pantry** or have them fill out the **application for assistance**
• Follow up
ASSISTANCE PROCESS

1. Have the student apply or drop by Pantry
   [http://basicneeds.csuchico.edu](http://basicneeds.csuchico.edu)
2. Triage – Is this person safe/stable?
3. No, not safe, emergency housing/wellness
4. Yes, sit down to discuss (what is going on?)
5. What resources are available to them? Housing Assistance? CalFresh? Medical?
6. Financial aid review
7. Committee review, weekly
8. Most aid supports housing placements
GET INVOLVED

- **Visit** the Pantry in SSC 196 and website
- **Let students know**, add Basic Needs blurb to your syllabus, announce in class, connect interested students/faculty to people, promote @HungryWildcats
- **Curriculum-based** projects, in-class presentations
- **Student and faculty research** projects
- Keep aware and **share observations** and **discoveries**
- **Have fun. Volunteer** for the Pantry, host an event
- **Glean! Food Rescue!** From your home pantry or garden
- **Donate** via Chico Cares [http://chicocares.csuchico.edu](http://chicocares.csuchico.edu)
GET INVOLVED

- Volunteer for the [homeless census in Butte County](#), March 27, 2019
- Support your local housing groups
  - [CHAT](#)
  - [Safe Space Winter Shelter](#)
  - [Torres Shelter](#)
  - [Jesus Center](#)
  - [North Valley Housing Trust](#)
- Advocate for more affordable housing in the community
TAKE-AWAYS

- Students at Chico State are challenged in meeting their basic needs
- Food and Housing security impacts physical and mental health, and academic performance
- You can address this
  - by recognizing and referring food and housing insecure students
  - by getting involved with the Basic Needs Initiative at Chico State and in the CSU
  - by getting involved in the community
QUESTIONS?
Chico State Basic Needs

The Hungry Wildcat Food Pantry provides supplemental food, fresh produce, CalFresh application assistance and basic needs referral services for students experiencing food and housing insecurity.

All students are welcomed to visit the Pantry located in the Student Service Center 196, open Monday-Friday, 11am-4pm or call 530-898-4098.

Please visit the Chico State Basic Needs website http://basicneeds.csuchico.edu for more information and follow us @HungryWildcats.
Campfire:
- 327 Students were awarded between $500 to $1250 via Wildcat Rise ($325,750 awarded to students)
- 192 students reported being displaced (loss of housing)
- 17 students housed by University Housing
- Work continues. Several active cases
EFFECTS OF FOOD INSECURITY: COLLEGE STUDENTS IN CONTEXT

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COLLEGE STUDENTS IN CONTEXT

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- **Among chronically homeless adult population**, reciprocal effects of health, wellness and homelessness
LIMITATIONS OF EXISTING STUDIES OF FOOD AND HOUSING SECURITY

• Sampling often suffers from response bias
• Confidence in effects of implications would be improved by
  • Objective rather than self-reported measures of academic performance (e.g. units attempted v. achieved, retention, actual GPA)
FEDERAL DEFINITIONS OF HOMELESSNESS

- According to HUD, a person is chronically homeless if they have lived in an emergency shelter, on the street, or in a place not meant for human habitation for
  - 12 consecutive months
  - Or for experienced homeless four times over the past three years, totaling 12 months

According to the McKinney-Vento Act, homelessness includes, sharing housing due to economic hardship (“doubling up”, “couch surfing”), living in motels, living in emergency or transitional shelters, sharing housing due to economic hardship or loss of housing, night time residences not ordinarily used as sleeping accommodations, living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations.
STUDENTS ARE A FACE OF LOCAL HOMELESSNESS

2017 HOMELESS POINT IN TIME CENSUS & SURVEY REPORT
BUTTE COUNTYWIDE HOMELESS CONTINUUM OF CARE

Chico  Butte County

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