

Food Insecurity in the Ventura County Community College District

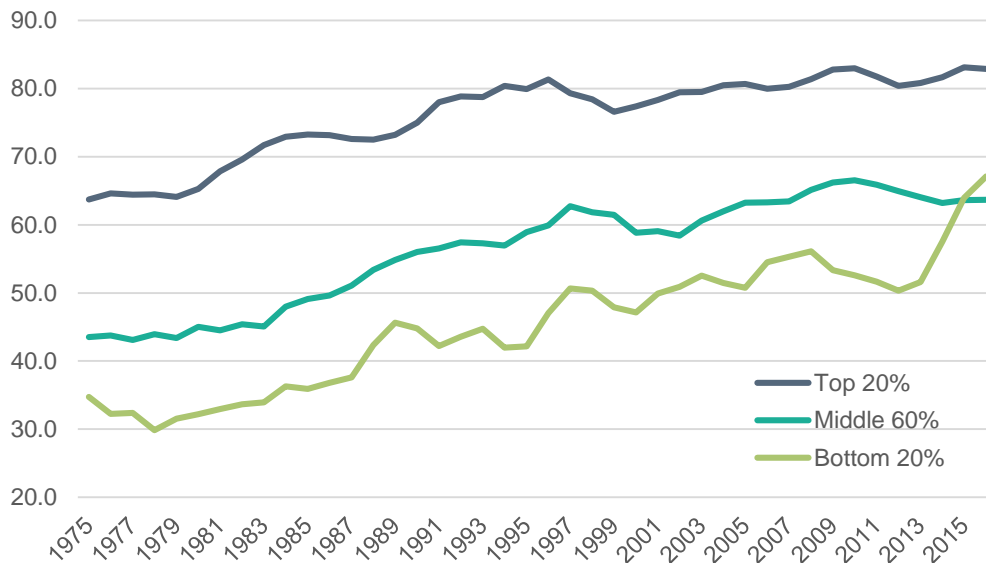
Presented April 2019

The Cost of a College Education

↑ College Costs

↑ Socio-Economically Disadvantaged Students Enrollment in College

High School Graduates Enrolling in College by Income Level



Source: National Center for Education Statistics (NCES), Digest of Education Statistics, Table 302.30. https://nces.ed.gov/programs/digest/d17/tables/dt17_302.30.asp

What is food insecurity?

USDA: “the economic and social condition of limited or uncertain access to adequate food.”

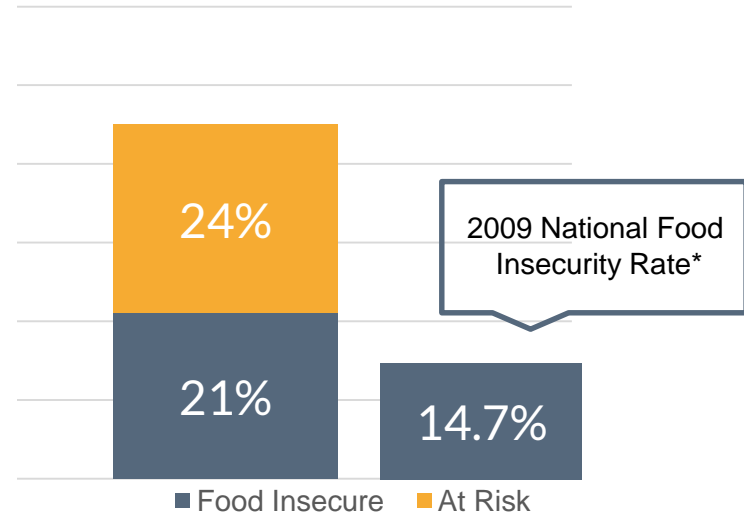
Characterized by:

- being worried about running out of food
- being unable to afford to eat balanced meals
- reducing meal sizes
- being hungry but not eating.

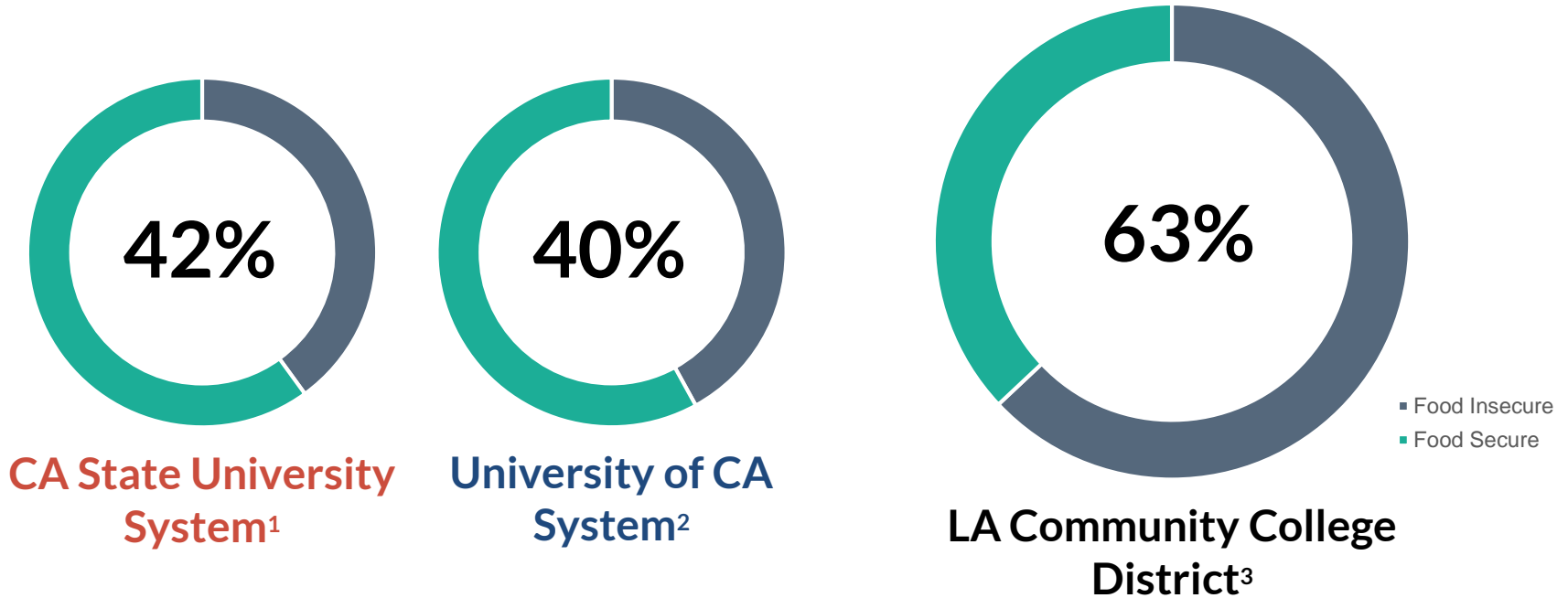
2009: First Widely Recognized College Food Insecurity Study in the U.S.

Chaparro, Zaghoul, Holck, & Dobbs, University of Hawaii

21% Experienced Food Insecurity
24% of Students were at risk of FI



2017-18: Studies of FI on California Campuses

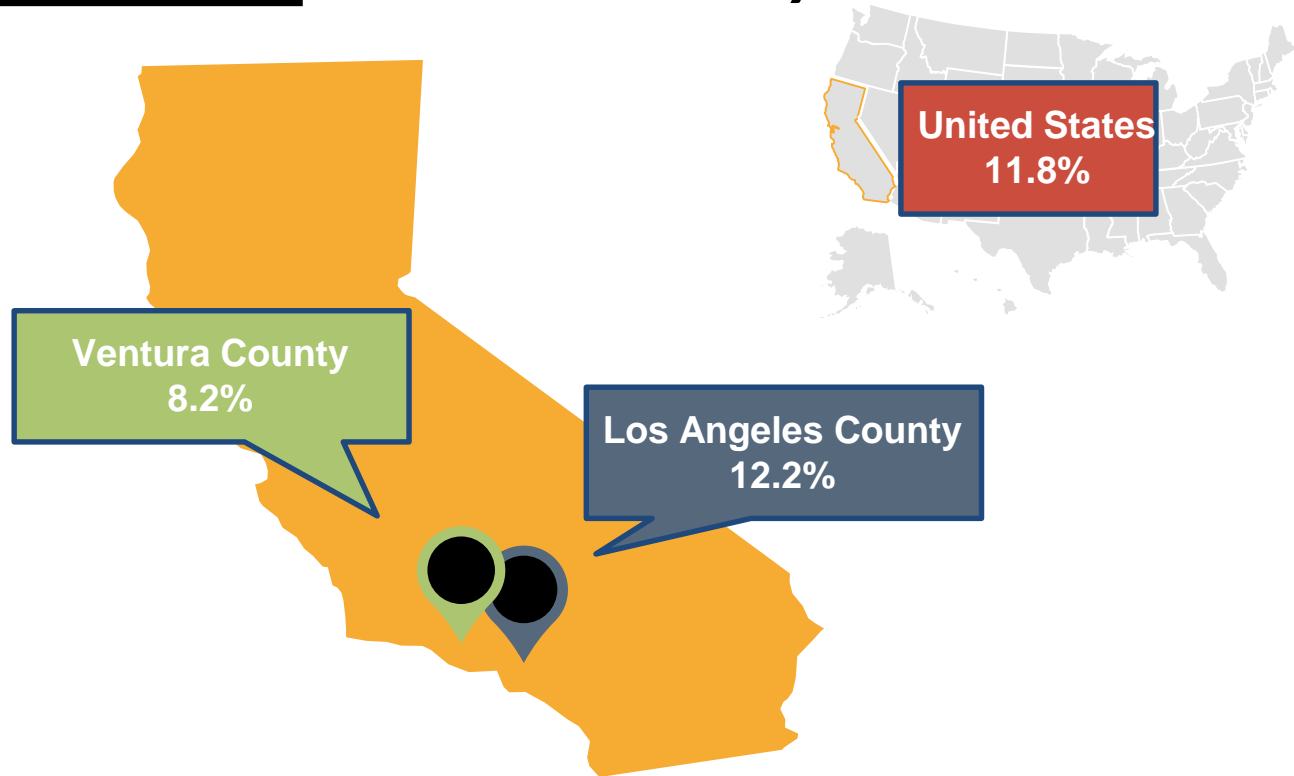


¹ Crutchfield, R. M. & Maguire, J. (2018). California State University Office of the Chancellor: Study of Student Basic Needs. Retrieved from <http://www.calstate.edu/basicneeds>

² Martinez, S. M., Webb, K., E.A., Frongillo & Ritchie, L.D. (2018) Food insecurity in California's public university system: What are the risk factors? *Journal of Hunger & Environmental Nutrition*, 13(1), 1-18. <https://doi.org/10.1080/19320248.2017.1374901>

³ Goldrick-Rab, S., Broton, K., & Eisenberg, D. (2017) Hungry and Homeless in College: Results from a National Study of Basic Needs Insecurity in Higher Education. Retrieved from <https://www.laccd.edu/documents/newsdocuments/laccd-hope-lab-survey-results.pdf>

General Population Food Insecurity 2017



Project Goals

- Determine the presence and correlates of food insecurity at Ventura County Community Colleges
- Compare VCCCD rates of Food Insecurity to rates found at neighboring Los Angeles Community Colleges

Significance

- The first study of food insecurity involving all three VCCCD campuses (Moorpark, Oxnard, and Ventura)
- Determine how many and what types of students are food insecure and utilize benefits or assistance programs already in place on the college campuses

Methods

Methods: Survey Items

Components

- USDA six-item module
- Effects of hunger
- Food accessibility
- Access to information on campus
- Food bank usage
- Financial aid
- Demographics
- Academics
- Employment

US Department of Agriculture
(USDA)
September 2012

University of California Student
Food Access and Security Study
2015

Guide to Assessing Food and Housing
Insecurity on Campus
Goldrick-Rab, Richardson, & Kinsley
2018

USDA Measure of Food Insecurity:

U.S. Household Food Security Survey Module: Six-Item Short Form

- ☑ Raw score 0-1—High or marginal food security } Secure
- Raw score 2-4—Low food security } Insecure
- Raw score 5-6—Very low food security }
- ☑ Shown to identify food-insecure households and households with “very low food security with reasonably high specificity and sensitivity and minimal bias.”

Methods – Considerations

College Basic Needs & Finances

This research looks at food and finances affecting college students in Ventura County. All responses and data are anonymous and no personally identifying information will be collected or shared. Thank you for participating!

Esta investigación examina los alimentos y las finanzas que afectan a los estudiantes universitarios en el Condado de Ventura. Todas las respuestas son anónimas y no se recopilará ni compartirá ninguna información de identificación personal. ¡Gracias por participar!

* Required

Please select your preferred language to take the survey in / Por favor, seleccione su idioma preferido para realizar la encuesta. *

- English
- Español

NEXT

Never submit passwords through Google Forms.

- ☑ Response Period
2/4/19- 3/6/19
- ☑ Responses Anonymous
- ☑ Most Questions Optional
- ☑ IRB Approved
- ☑ English and Spanish

Methods: Recruiting Participants

■ Email requests to individual professors to share survey links

■ Online and printed advertising

■ Presentation to VCCCD Board of Trustees



ATTENTION VCCCD STUDENTS - WE NEED YOU!

SHARE YOUR VOICE

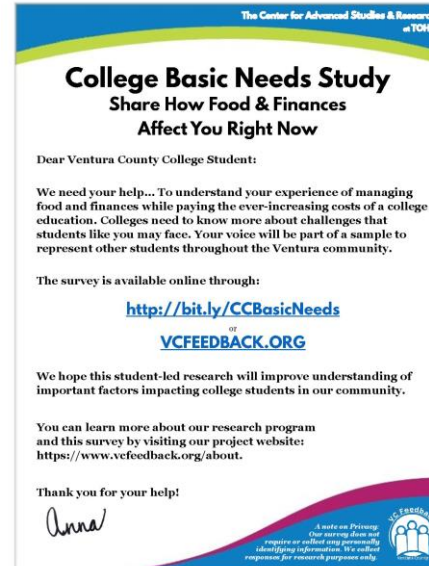
Take part in a short Ventura County Colleges Basic Needs Survey

5-7 minutes to share how food & finances affect you RIGHT NOW.

Visit vcfeedback.org

VC FEEDBACK
Center for Assessment, Studies & Research

The poster features a blue background with colorful wavy lines at the bottom. It includes a graphic of a hand pointing to a target icon and a photograph of three students sitting on a blue couch, each using a device (laptop, tablet, or smartphone).



The Center for Assessment Studies & Research
at TONGUE VALLEY COLLEGE

College Basic Needs Study
Share How Food & Finances Affect You Right Now

Dear Ventura County College Student:

We need your help... To understand your experience of managing food and finances while paying the ever-increasing costs of a college education. Colleges need to know more about challenges that students like you may face. Your voice will be part of a sample to represent other students throughout the Ventura community.

The survey is available online through:

<http://bit.ly/CCBasicNeeds>
OR
VCFEEDBACK.ORG

We hope this student-led research will improve understanding of important factors impacting college students in our community.

You can learn more about our research program and this survey by visiting our project website:
<https://www.vcfeedback.org/about>.

Thank you for your help!

Anna

At Tongue Valley College, we are committed to privacy. Our survey does not collect or store any personally identifying information. We utilize responses for research purposes only.

VC FEEDBACK
Center for Assessment, Studies & Research

The flyer has a white background with a blue header and footer. It features a signature and a small logo in the bottom right corner.

Results - Sample

Survey Sample: 248 students
3 campuses

Chi-Square Goodness of Fit Tests:

[Sample demographics vs. VCCCD enrollment data¹ (Fall 2018)]

Good Fit (Representative) for:

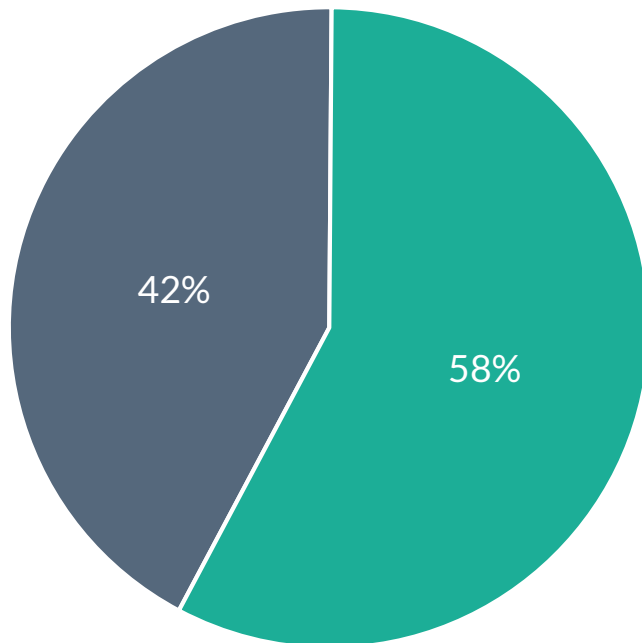
Ethnicity	p value .13
Age	p value .75
Years in School	p value .07

Not Representative:

Female vs Male	P<.001	*
Full time vs Part Time	P<.001	*
Campus (Oxnard)	P<.001	

Findings

Overall Food Insecurity Rate VCCCD



■ Insecure ■ Secure

	n	%
Very Low Food Security	50	20%
Low Food Security	55	22%
Secure	143	58%

VCCCD versus LACCD*

Ventura County Community College District Students in the study had a lower overall rate of food insecurity as compared to students in the LA Community College District.

	VCCCD	LACCD
	n=248	n=5925
Insecure	42%	63%
Secure	58%	37%

z Test Statistic =	3.191
p-value	0.0007
	p<.001

*The results should be interpreted with caution keeping in mind the surveys 1) took place two years apart; 2) have different sample sizes; 3) have different filler questions in addition to USDA FI instrument.

Food Insecurity Higher Among Students:

- Who received Pell Grants ($\chi^2 = 11.30$; $p < .001$)
- With a lower self-reported household income ($\chi^2 = 23.05$; $p < .001$)
- From a historically underrepresented ethnicity ($\chi^2 = 5.07$; $p < .03$)
- Who are 25 or older ($\chi^2 = 3.92$; $p < .05$)

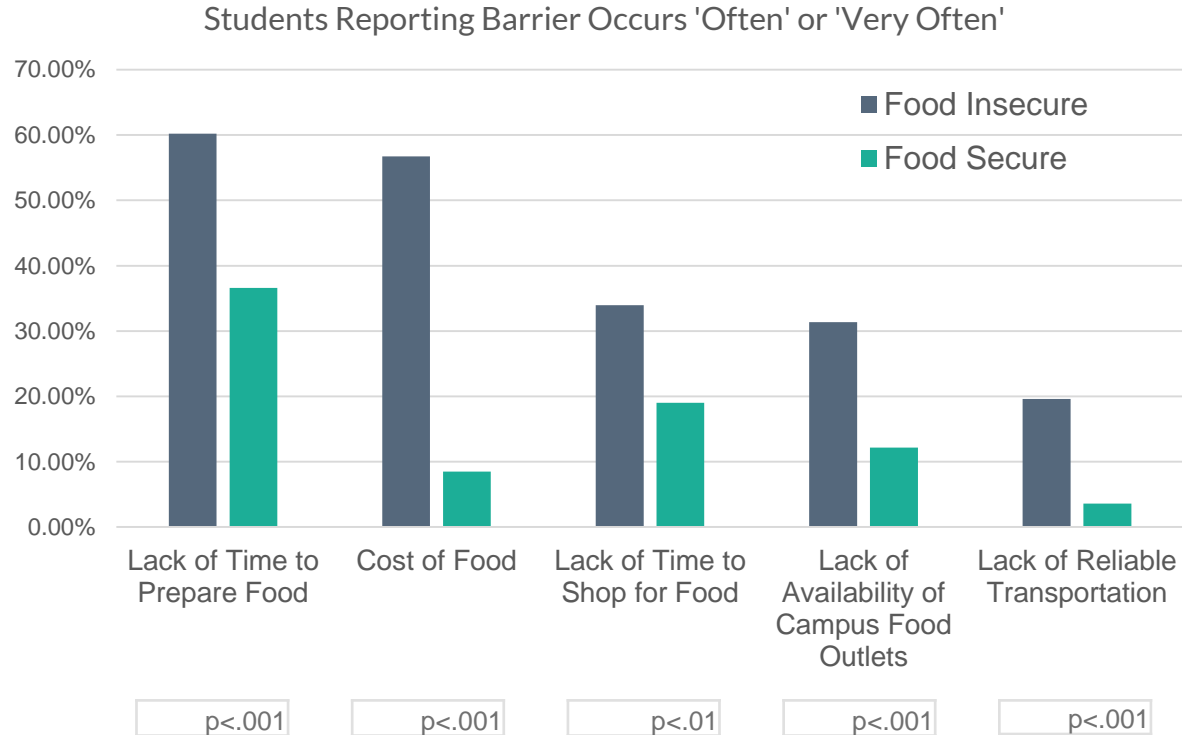
Notable Trends:

- Students whose parents received less than a bachelors ($\chi^2 = 3.23$; $p = .07$)
- Students who are financially independent ($\chi^2 = 3.38$; $p = .07$)

Food Barriers and Academic Outcomes

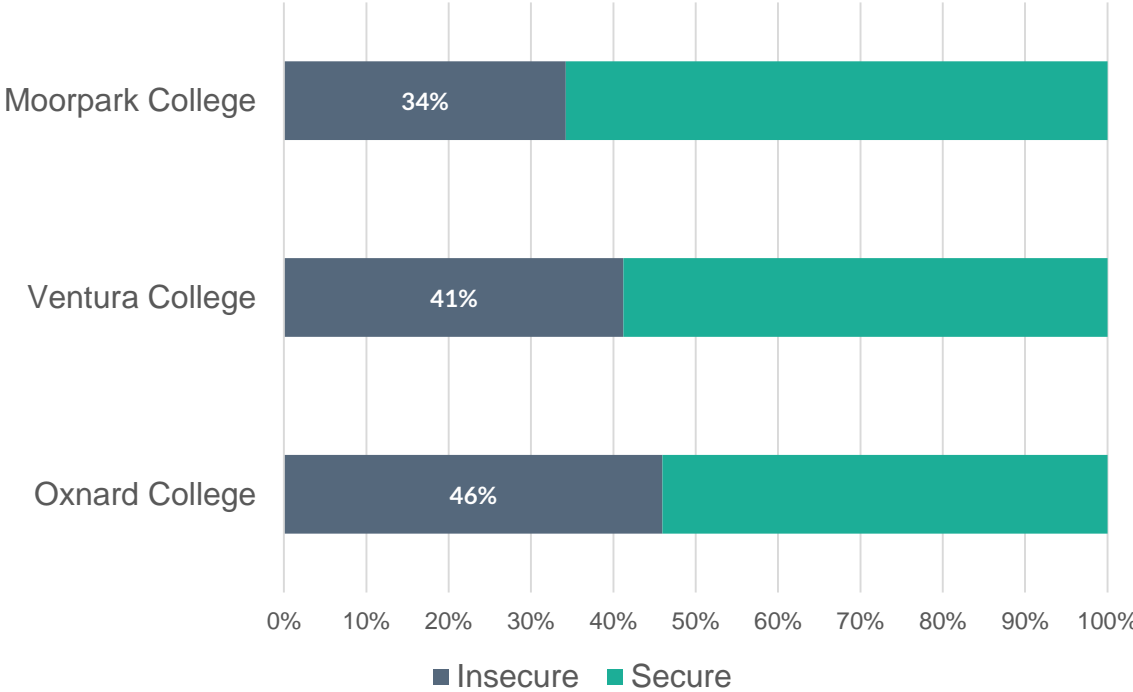
Barriers to Food Access

Food Insecure vs. Food Secure students are more likely to report each of the following circumstances as being a more frequent challenge to obtaining the food they want (alpha .05)



Food Insecurity by Campus

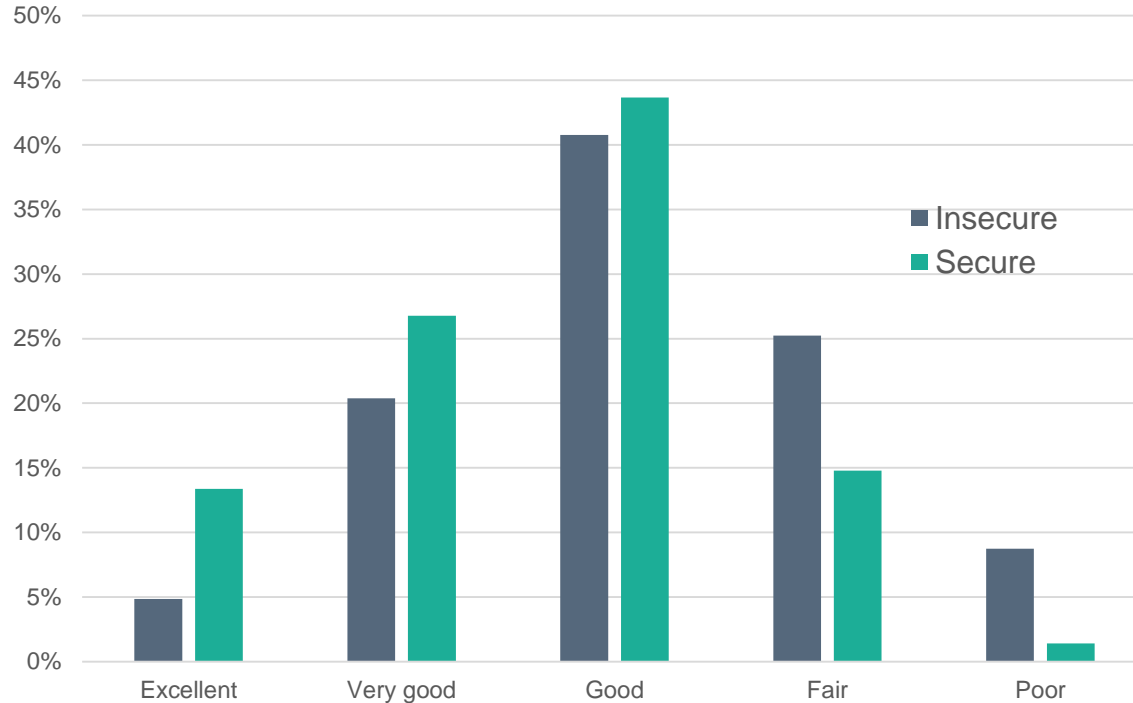
There was not a statistically significant difference in Food Insecurity levels between the three VCCCD Campuses (alpha .05)



chi square	1.67
p-value	0.434
	P>.05

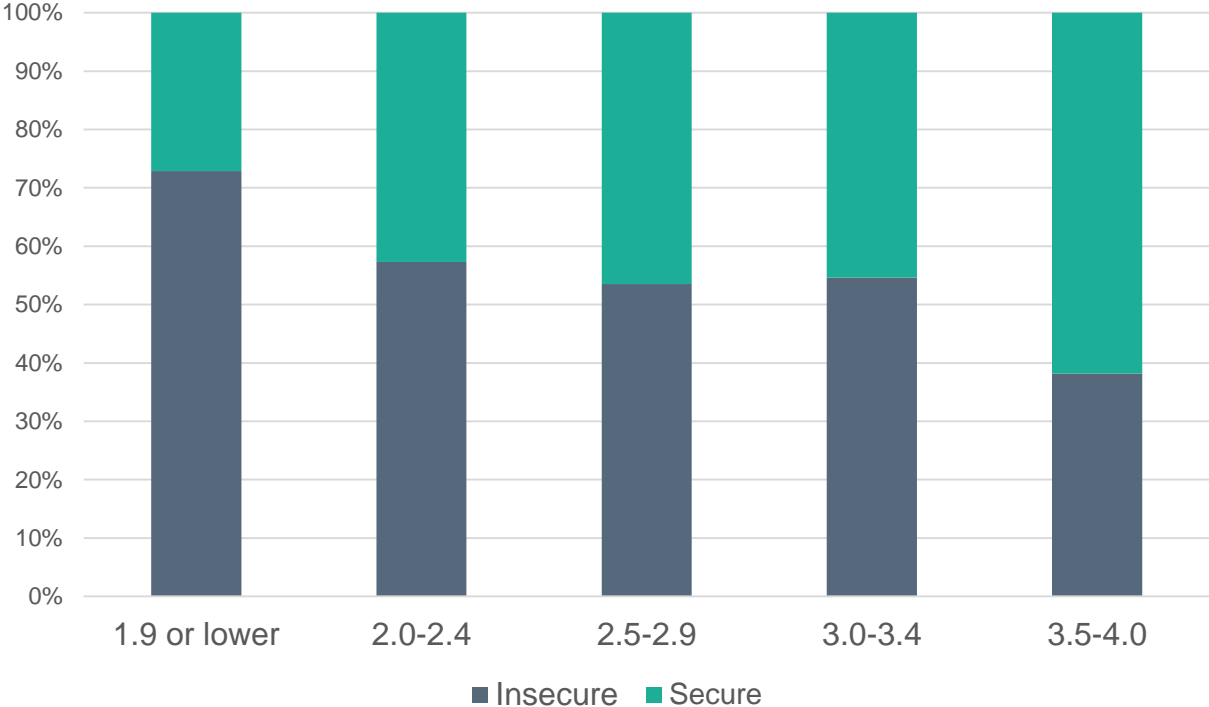
Self-Reported Health Status

Students who are food insecure tend to report a lower quality of health than food secure students (alpha .05)



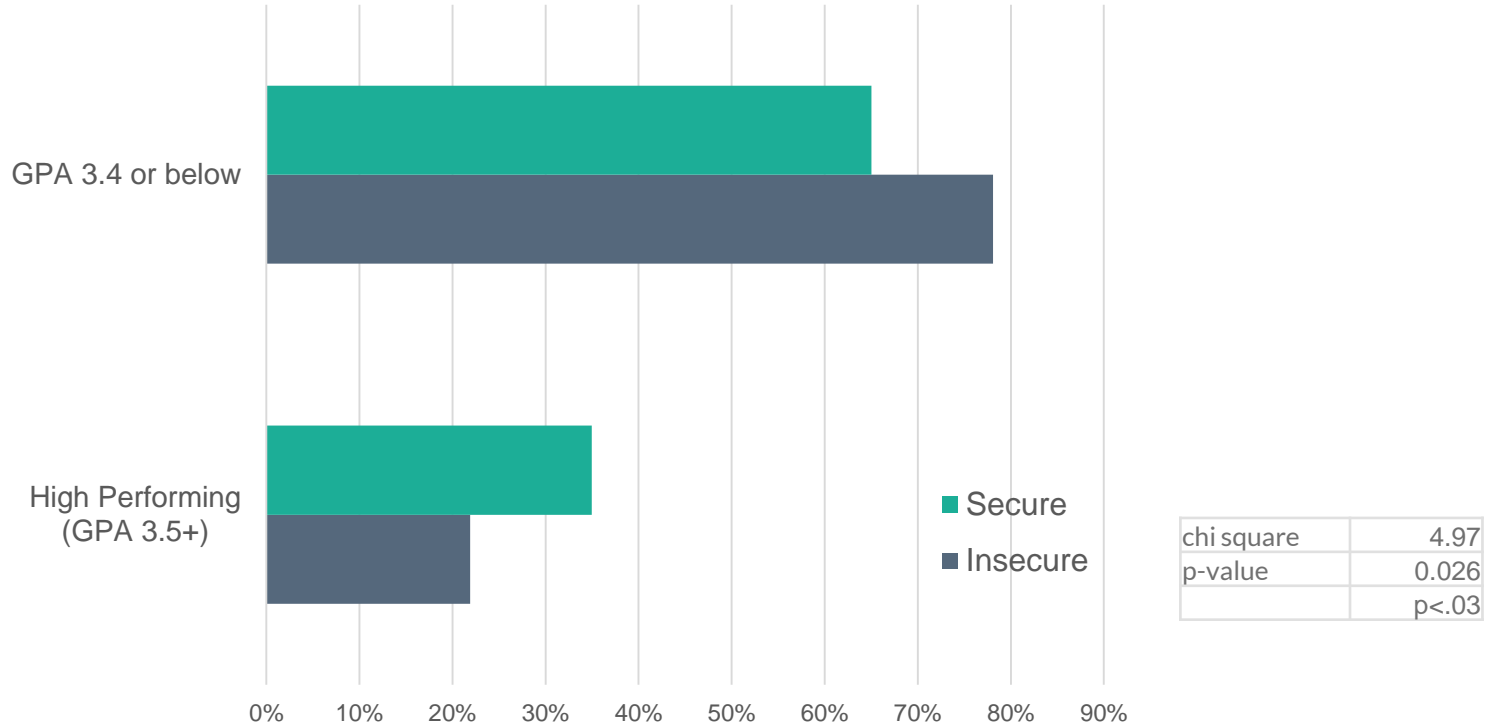
chi square	16.10
p-value	0.003
	P<.01

Food Insecurity and GPA



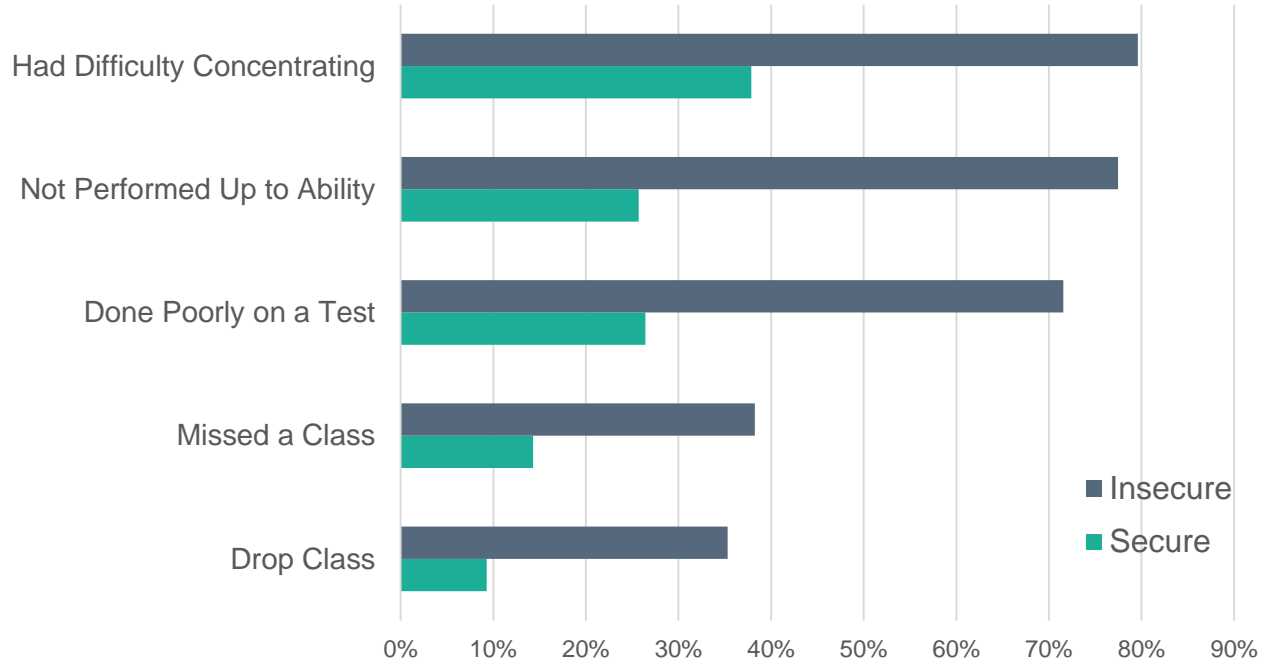
Food Insecurity and GPA

Food Security is correlated with having a high G.P.A. for VCCCD Students in the study (alpha .05)



Self-Reported Consequences of 'Feeling Hungry'

Food Insecure vs. Food Secure students are more likely to report each of the following circumstances as being a more frequent effect of feeling hunger (alpha .05)

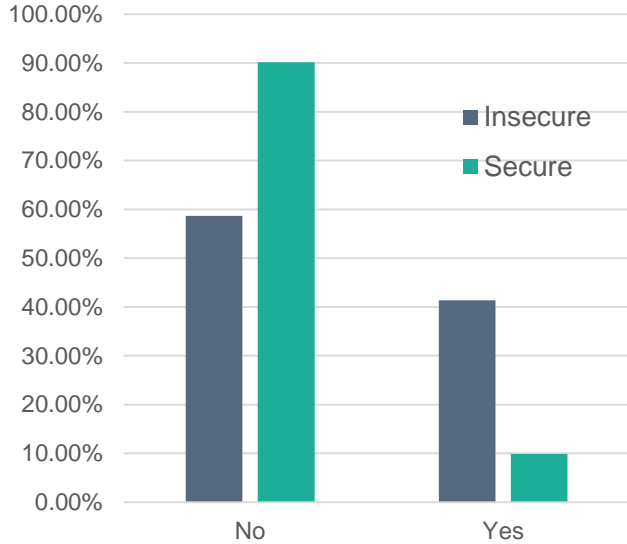


All Questions	
4 Category χ^2	p<.001

Campus Supports

Utilized Food Banks

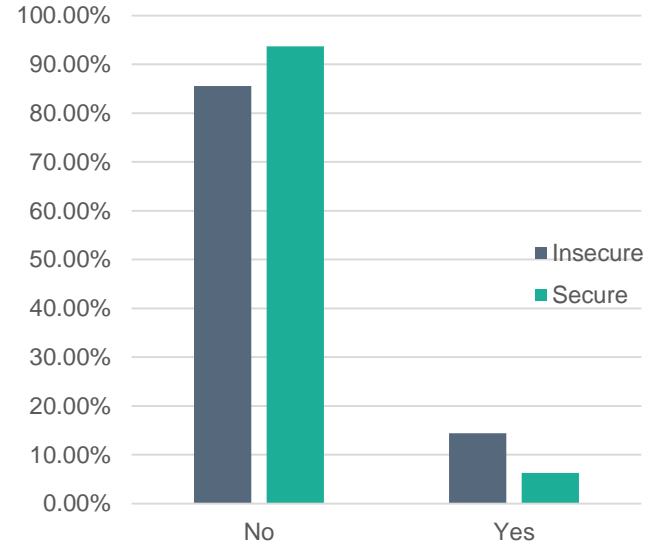
Students who are food insecure are more likely to report utilizing a food bank (alpha. 05).



chi square	33.43
p-value	0.000001
	p<.001

Receives Cal-Fresh Benefits

Students who are food insecure are more likely to receive Cal-fresh (SNAP) benefits.



chi square	4.54
p-value	0.033
	p<.04

Concluding Remarks

Limitations

- Small sample size
- Might not be representative of entire population
 - ⊠ Campus
 - ⊠ Gender
 - ⊠ Full time vs part time
- Response bias
- Statistical analysis shows correlation, not causality

Conclusions

- Findings in line with other research
- Food Insecurity a present issue on VCCCD campuses (but less than LA County)
- Some demographic factors can be used to predict who is more likely to be food insecure
- The link between food insecurity and academic outcomes makes this issue important to colleges

Recommendations for the Future

- Encourage survey of all students in VCCCD
- Screen students based on FAFSA form (financial aid) to direct students to resources on campus or in community
- Encourage student applications for Cal Fresh
- Lobby to increase amount given through Pell Grant and other forms of financial aid

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Presented April 2019

Sample Chi-Square Goodness of Fit Test

Enrollment Status	Sample Characteristics			VCCCD Population Characteristics		
	n	%	Proportion	N	%	Proportion
19 or younger	88	35%	35.48	12485	36%	36.44
20-24	100	40%	40.32	12351	36%	36.05
25-29	32	13%	12.90	4177	12%	12.19
30-34	14	6%	5.65	1851	5%	5.40
35 or older	14	6%	5.65	3397	10%	9.92

ChiSquare	2.4228
df	4
p	0.6585

USDA 6 Item

For these statements, please say whether the statement was often true, sometimes true, or never true for you in the LAST 12 MONTHS.

1. The food that I bought just didn't last, and I didn't have money to get more.

Often true Sometimes true Never true

2. I couldn't afford to eat balanced meals.

Often true Sometimes true Never true

In the last 12 months...

3. Did you ever eat less than you felt you should because there wasn't enough money for food?

Yes No

4. Were you ever hungry but didn't eat because there wasn't enough money for food?

Yes No

5. Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

Yes No

6. How often did this happen (cutting meals)?

Almost every month Some months but not every month Only 1 or 2 months