

The Scholar-Practitioner

June 2023

A publication of R is for Thursday

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Oklahoma State University



National Conference for Hidden Student Populations

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<https://nchp.okstate.edu>

Current Hidden College Student Populations

May include those who have foster care histories, justice-involved experiences, who are survivors of sexual violence or sex workers, recovering substances addicts, who face housing insecurity, or who are considered Third Culture Kids/Individuals

NCHP Conference Fellows

Dr. Jennifer Geiger,
University of Illinois, Chicago

Dr. Royel Johnson,
University of Southern California

Dr. Kerri Kearney,
Oklahoma State University

Dr. Megan Piel,
University of Texas, San Antonio

Dr. Lori Tiller,
University of Georgia

Dr. Lisa Will,
Oklahoma State University



The Scholar-Practitioner is a monthly publication of research summaries that target the research-to-practice gap for U.S. scholar and practitioner advocates for hidden college student populations.

This publication reinforces the work of the **National Conference for Hidden Student Populations (NCHP)** by providing a space to share research applications for practice. NCHP was the first research conference dedicated to this multidisciplinary area of study. **The NCHP 4th conference will be held February 28 - March 1, 2024, at University of Texas—San Antonio.**

The Double Burden of Food and Housing Insecurity Among College Students

Coakley, K. E., Cargas, S., Walsh-Dilley, M., & Mechler, H. (2022). Basic needs insecurities are associated with anxiety, depression, and poor health among university students in the state of New Mexico. *Journal of Community Health*, 47(3), 454-463. <https://doi.org/10.1007/s10900-022-01073-9>

Mechler, H., Coakley, K., Walsh-Dilley, M., & Cargas, S. (2021). Examining the relationship between food insecurity and academic performance: Implications for diversity and equity in higher education. *Journal of College Student Retention: Research, Theory & Practice*, 1-16. <https://doi.org/10.1177/15210251211053863>

Walsh-Dilley, M., Coakley, K. E., Mechler, H., & Cargas, S. (2022). Understanding the double burden: a mixed method analysis of overlapping food and housing insecurity among college students at a minority serving institution. *Journal of Social Distress and Homelessness*, 1-14. <https://doi.org/10.1080/10530789.2022.2130585>

Summary by Marygold Walsh-Dilley

Three recent publications coming out of the UNM Basic Needs Project highlight the grave experiences of food and housing insecurity among college students and the consequences that such insecurity can have. The UNM study examined the incidence of food and housing insecurity and its demographic patterns among college students and explored the impact of basic needs insecurity on academic outcomes and physical and mental health. This study took place at the University of New Mexico, a large, Hispanic-serving public university. The mixed method study combined data from surveys over two years with data from focus groups. A total of 3,487 students were recruited across two years (in 2020, 2,654 students participated; in 2021, 833 students participated).

Walsh-Dilley et al. (2022) reported findings about the incidence of food and housing insecurity, as well as the incidence of what they called the double exposure—the co-occurrence of both food and housing insecurity. They reported that in 2020, 31.7% of all respondents were classified as food insecure and 41.4% were classified as housing insecure. In addition, 20.7% of respondents experienced the co-occurrence of both food and housing insecurity. Using a multinomial logistic regression, the authors examined the demographic predictors associated with food insecurity, housing insecurity, and the double burden of their co-occurrence. LGBTQ+, Hispanic, Native American, and international student respondents are all significantly more likely to experience the double burden. African American respondents are more likely to experience food insecurity than white students, but are not significantly more likely to experience housing insecurity. Student respondents with dependents (either children or adult dependents) are also significantly more likely to experience the double burden of food and housing insecurity than respondents without

dependents. Native American respondents are the most likely to experience the double burden; in this sample, they were 3.72 times more likely to experience the double burden than white respondents.

These disparities have important consequences because food and housing insecurities are also linked to poorer educational outcomes and poorer mental and physical health. Using the same data from the UNM Basic Needs Study, Mechler et al. (2021) examined the relationship between food insecurity and educational outcomes. The study found that food insecurity impacts rates of persistence in college and that food-insecure students dropped out at higher rates than their food-secure peers. For example, the rate of persistence between semesters was 86% (Spring 2020 to Fall 2020) and 91.3% (Fall 2020 to Spring 2021) for food-secure students, but only 81.3% and 83.9% respectively for food-insecure students. This pattern varied across races, however. Persistence rates for food-secure Black, Hispanic, and American Indian students were equivalent to or better than the rate for all food-secure students. But persistence rates for food-insecure Black, Hispanic, and American Indian students were significantly lower. This indicates that the food-insecurity disproportionately affects the persistence rates of Black, Hispanic, and American Indian students. This effect is especially strong for Black and American Indian students. The paper also reports that food-insecure students on average lost more

credit hours due to course failures and withdrawals than food-secure students. Overall, this study finds that food insecurity roughly doubled the likelihood that a student later dropped out of college.

Coakley et al. (2022) reported on a follow-up survey conducted the following year, in which data on mental and physical health were also included. In 2021, 25.6% of respondents were classified as food insecure while 43.6% were classified as housing insecure. Regression analysis showed that food insecurity was associated with 4.35 times higher likelihood of anxiety, 3.18 times higher likelihood of depression, and 2.84 times higher likelihood of self-reported fair or poor health, relative to food secure respondents. Similarly, housing insecurity was associated with 3.43 times higher likelihood of anxiety, 3.16 times higher likelihood of depression, and 2.81 times higher likelihood of fair or poor health. Thus, food and housing insecurities are significantly associated with anxiety, depression, and poor health among university students.

These articles show that among college students, food and housing insecurity and their co-occurrence are experienced more frequently by racial minorities, international students, LGBTQ+ students, and students with adult or child dependents. This is important because students who experience basic needs insecurities are significantly less likely to persist to graduation and significantly

more likely to experience poor mental and physical health. Thus, if we want to support the educational outcomes and health of our students, we need to support consistent and reliable access to food and housing.

References

- Coakley, K. E., Cargas, S., Walsh-Dilley, M., & Mechler, H. (2022). Basic needs insecurities are associated with anxiety, depression, and poor health among university students in the state of New Mexico. *Journal of Community Health*, 47 (3), 454-463. <https://doi.org/10.1007/s10900-022-01073-9>
- Mechler, H., Coakley, K., Walsh-Dilley, M., & Cargas, S. (2022). Examining the relationship between food insecurity and academic performance: Implications for diversity and equity in higher education. *Journal of College Student Retention: Research, Theory & Practice*, 1-16. <https://doi.org/10.1177/15210251211053863>
- Walsh-Dilley, M., Coakley, K. E., Mechler, H., & Cargas, S. (2022). Understanding the double burden: a mixed method analysis of overlapping food and housing insecurity among college students at a minority serving institution. *Journal of Social Distress and Homelessness*, 1-14. <https://doi.org/10.1080/10530789.2022.2130585>

NCHP

Save the date! Feb 28—March 1, 2024

Call for Proposal NOW OPEN!

Team Leader - Become a team leader of a multidisciplinary research team. September 1, 2023, Deadline (notifications by September 15)

Research Team Member - Become a new multidisciplinary research team member. October 13, 2023, Deadline (notifications by October 31)

Traditional Research Presenter - Present an original empirical work. October 31, 2023, Deadline (notifications by November 10)

Arts-Based Research Presenter - Present an arts-based work. October 31, 2023, Deadline (notifications by November 10)

For more information, go to:

<https://nchp.okstate.edu>

To sign up for ongoing email updates about the 2024 national conference and/or for archives of *The Scholar-Practitioner*, go to: <https://risforThursday.okstate.edu>



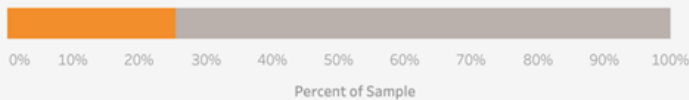
Basic Needs Insecurities are Linked to Anxiety and Depression Among College Students

By Anna Marklin, undergraduate at the University of New Mexico

A basic needs survey conducted at the University of New Mexico found that food and housing insecurity is prevalent among college students, and that students who are food or housing insecure are more likely to experience anxiety and depression.

Food Insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or the inability to acquire those foods in a socially acceptable manner.

Food Insecurity at UNM

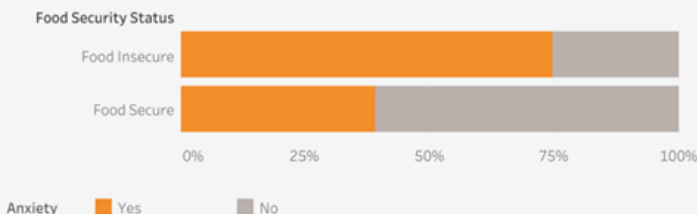


Food Insecurity
■ Food Insecure ■ Food Secure

1 in 4 students at UNM are food insecure

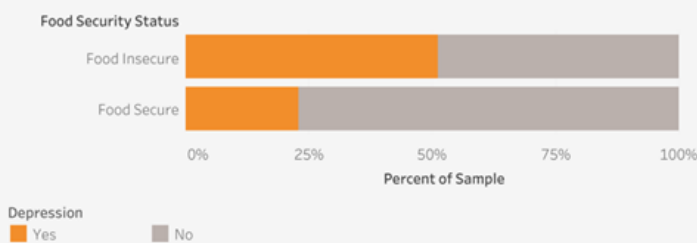


Food insecurity is linked to anxiety at UNM



Food insecure students are **4.35 times** more likely to be **anxious** than food secure students.
 95% CI: 2.99, 6.34

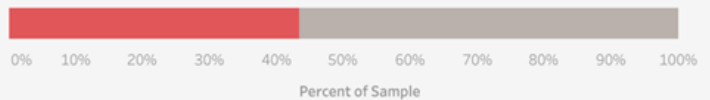
Food insecurity is linked to depression at UNM



Food insecure students are **3.18 times** more likely to be **depressed** than food secure students.
 95% CI: 2.35, 4.50

Housing Insecurity is the limited or uncertain availability of and access to stable, safe, adequate and affordable housing, or the inability to acquire that housing in a socially acceptable manner.

Housing Insecurity at UNM

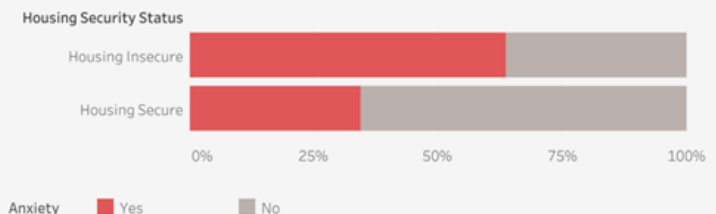


Housing Insecurity
■ Housing Insecure ■ Housing Secure

Almost half of all students at UNM are housing insecure

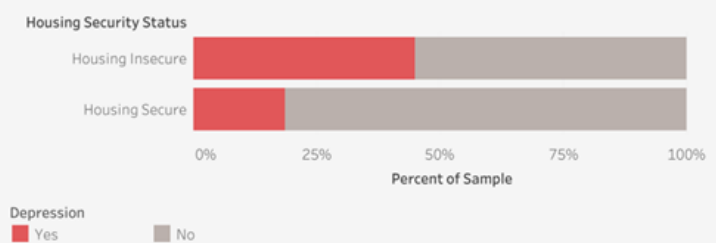


Housing insecurity is linked to anxiety at UNM



Housing insecure students are **3.43 times** more likely to be **anxious** than housing secure students.
 95% CI: 2.50, 4.69

Housing insecurity is linked to depression at UNM



Housing insecure students are **3.16 times** more likely to be **depressed** than housing secure students.
 95% CI: 2.29, 4.35

References:

Coakley, K. E., Cargas, S., Walsh-Dilley, M., & Mechler, H. (2022). Basic Needs Insecurities Are Associated with Anxiety, Depression, and Poor Health Among University Students in the State of New Mexico. *Journal of Community Health*, 47(3), 454–463. <https://doi.org/10.1007/s10900-022-01073-9>