Fresno BNS Feedback

Please read throughout the website and provide feedback where you feel things could be : stated better, grammatical errors, spelling errors, or graphic errors.

Highlight where the adjustment should be made and hit the Review tab and click on new comment.

# Exploring Patterns of Basic Needs in College Students

### Pilot #2: Fresno State Specific Trends in Basic Needs

Food insecurity among college students is a serious problem that can impact student performance in the classroom and ultimately effect student success. The [Center for Healthy Communities](https://www.csuchico.edu/chc/) (CHC) developed the **Basic Needs Student Success Survey (BNS3)** and administered it to 402 undergraduate students participating in the [Educational Opportunity Program (EOP)](https://www2.calstate.edu/attend/student-services/eop) at [Chico State](https://www.csuchico.edu/eop/) (n=145), [Fresno State](https://www.fresnostate.edu/studentaffairs/eop/abouteop.html) (n=134) and [CSU, Northridge](https://www.csun.edu/csun-eop) (n=123) from November 25th, 2020 to March 24th, 2021. This website shows the results specific to the Fresno State campus. To see the combined campus trends for all three campuses, click here **Error! Hyperlink reference not valid.**. The EOP office assisted in the recruitment and participants were given a $25 gift card for completing the survey. EOP students were identified as the target population for this survey based upon their low-income and first-generation student status, which indicates a higher probability of CalFresh eligibility.

The purpose of this second cross-sectional pilot study was to revise the BNS3 tool and assess student perception of the following:

1. The impact of receiving [CalFresh](https://www.csuchico.edu/calfresh/index.shtml) assistance.
2. The impact of utilization of the campus food pantry on their health, nutrition, cooking confidence, time management and academic performance.

Researchers and campus staff are encouraged to review the information in this analysis to formulate additional research questions and hypotheses.

**Disclaimer on Missing Data:** Students were allowed to select answers such as “Prefer not to answer” or “I don’t know” as responses to every question asked. These answers were then converted to missing values, denoted as NA, and this is the cause of the missing data for certain questions (not 100% of respondents reporting). The total number of non-missing responses (and percentage of the total data) are provided for each question.

### [🔎 How to use this website](Instructions.html)

Click above for instructions on how to navigate the website and interpret graphs.

# Personal Demographics

The following set of questions were asked in regards to the students’ personal demographics. Questions include the students’ age at the time of the survey (2020), ethnicities they identify as, and the number of dependents they are responsible for taking care of. They were also asked about parents’ education, which will help us identify first generation college students.

## Age

**The following was determined by taking the difference between birth date and the time at which the survey was completed (n=133, 99% of 134 reporting).**

Figure 1.1: Student Age Distribution

The age for participants in the survey range from 20.1 to 60.9 at the time of completion, with the majority of participants being between 20-30 years old. The average age of a participant in this survey is 25.4 years old.

## Gender Identity

**What is your gender identity? (n=132, 99% of 134 reporting).**

Figure 1.2: Student Gender Identity

Of the survey participants, 80 of them identify as a woman, 52 identify as a man. There are also 2 survey participants who preferred not to answer this question.

## Ethnicity

**In the US Census, Hispanic Origins are not races. Do you identify as Hispanic or Latino or Spanish Origin? (n=131, 98% of 134 reporting).**

Figure 1.3: Hispanic Origin Identification

The Basic Needs Survey defines Hispanic Origin to include: Mexican, Mexican American, Chicano, Puerto Rican, or another Hispanic/Latino/Spanish origin. The data indicates that the majority of survey participants identify as of Hispanic Origins (95 people), while approximately a quarter of them do not identify as being of Hispanic Origins (36 people).

## Race

**What race do you identify as? Select all that apply (n=92, 69% of 134 reporting).** Note that races were collapsed from an original 14 options down to 5 broad groups defined by [*census.gov*](https://www.census.gov/quickfacts/fact/note/US/RHI625219).

Table 1.1: Student Race Identification

|  | **Yes (%)** |
| --- | --- |
| White | 55 (61.1%) |
| Black or African American | 54 (60.0%) |
| Native Hawaiian and Other Pacific Islander | 26 (28.9%) |
| Asian | 6 (6.7%) |
| American Indian and Alaska Native | 5 (5.6%) |

## Dependents

**If you have dependents, then how many of them receive more than 50% of their financial support from you? (n=128, 96% of 134 reporting).** Figure 1.4: Number of Dependents

The majority of survey participants claim to have 0 dependents (99 people). 12 survey participants claim to have only 1 dependent, and only 17 claim to have 2 or more dependents.

### Dependent Ages

**What is/are the age(s) of these dependent(s)?**

Figure 1.5: Dependent Age Distribution

From figure 1.8, the data indicates that the majority of dependents are under the age of 18. The ages of these dependents ranges from 0 to 54 with a standard deviation of 11.46. The average age for a dependent is 11.81 while the median age is 9.5. The most common dependent age is 0 years old, with 5 survey participants having dependents of this age.

## Parents Education

**What is the highest level of education completed by your parents/guardians? (n=130, 97% of 134 reporting).**

Figure 1.6: Parents Highest Education

Note: Variables filled with yellow above are used to show the conditions used to build the First Generation variable–see figure 1.7 for further information.

The highest level of education completed by most survey participants’ parents is “Less than high school” (72 people). 15 survey participants claim their parents highest level is “High school diploma or GED”, and 15 claim their parents highest level is “Other/Unknown”. Only a minority of the survey participants have parents who have some type of college level degree.

### First Generation

Note: students with parents education identified as “Other/Unknown” were not marked as first gen or not since they could not be determined. **(n=115, 86% of 134 reporting).**

Figure 1.7: First Generation College Students

Figure 1.11, shows that 109 survey participants are considered First Generation College students and 6 survey participants are not considered First Generation College students.

As defined by the [University of California](https://www.universityofcalifornia.edu/sites/default/files/First-Generation%20Student%20Success%20at%20UC%208-2017.pdf), we define first generation students as “working to be part of the first generation in their families to earn a four-year university degree”. As such, students in the data set are considered first generation if their parents do not have a Bachelor’s or Master’s degree from a four-year university. From the Parents Education graph (figure 1.6), all bars highlighted yellow are considered first gen, while all bars in blue are not (excluding Other/Unknown).

# Student Demographics

The following set of questions were asked in regard to the students’ academic demographics. This includes information such as their class standing, major, GPA, and number of enrolled units. They were also asked questions about programs they participate in as well as what type of student they are (transfer, international, etc.) to help identify students.

## Class Standing

**Estimate your class standing by units completed (n=126, 94% of 134 reporting).**

Figure 2.1: Current Academic Level

The survey was distributed to all junior and senior undergraduate students who met the EOP eligibility requirement. Out of the 126 respondents, 71 (56.3%) reported being seniors

## Major

**What is your major? (n=128, 96% of 134 reporting).** Figure 2.2: Declaration of Major

NOTE: Science, Technology, Engineering and Math (STEM) was shortened for the figure above, but also includes the following majors: Medicine, Computer Science, Agriculture, Accounting, Statistics, Nursing, and Nutrition.

The majority of students in the data are majoring in a Public Health, Social Services, Social Science, Education program (59 people). There were 36 students who were Science, Technology, Engineering and Math (STEM) majors. Students were also given the option of “Other” to fill in a major if it did not fall into one of the above categories. There were 7 out of 9 respondents who specified their “Other” major, with results shown in Table 2.1 below.

### Other Majors

Table 2.1: Other Major Declarations

| **Other Majors** | **Occurrence (%)** |
| --- | --- |
| Criminology | 4/7 (57.1%) |
| Special Major | 1/7 (14.3%) |
| CFS | 1/7 (14.3%) |
| Architectural Studies | 1/7 (14.3%) |

## Overall GPA

**What is your approximate overall grade point average (GPA)? (n=128, 96% of 134 reporting).**

Figure 2.3: Approximate Overall GPA

The highest frequency overall GPA for the data ranges between 3.01-3.5 (57 students), followed by 3.51 or above (45 students). There are also 20 students who have an overall GPA between 2.51-3.0.

## Currently Enrolled Units

**How many units are you currently taking? (n=127, 95% of 134 reporting).** Figure 2.4: Currently Enrolled Academic Units

Note that “22+” was rounded to 22 in the following analysis for the currently enrolled number of units.

The average number of units that a survey participant in this data is enrolled in is 13.75 units, while the median is 14 units. The data indicates 117 students are considered full-time (12 or more units), with 12 units being the highest occurring and 15 units being the second highest occurring.

## Student Identifiers

The following tables contain separate questions that were asked as a series of Yes/No responses to help further understand students.

### I identify as…

|  | **Yes (%)** |
| --- | --- |
| An EOP (Educational Opportunity Program) student (n = 129). | 129 (100.0%) |
| A Transfer Student (n = 129). | 57 (44.2%) |
| An ESL (English as a Second Language) student (n = 122). | 55 (45.1%) |
| An Upward Bound, Educational Talent Search, AVID, TRIO, or other college preparation program alumni student (n = 122). | 29 (23.8%) |
| LGBTQA+ (n = 123). | 15 (12.2%) |
| A student with a disability (n = 126). | 9 (7.1%) |
| A DREAM (i.e. undocumented) student (n = 126). | 7 (5.6%) |
| A DACA (i.e. Deferred Action for Childhood Arrivals) student (n = 127). | 7 (5.5%) |
| A former foster youth/child (n = 127). | 3 (2.4%) |
| A non-California resident (not International) (n = 126). | 2 (1.6%) |
| A Veteran of military service (n = 127). | 1 (0.8%) |
| An International student (n = 126). | 0 (0.0%) |
| A student athlete (n = 126). | 0 (0.0%) |

### Disability Support Services

Note: This name varies by campus and may not always be called the Disability Support Service Center. The \(n\) reported is the number of respondents who answered each question. Disagreement indicates that not all students answered both questions.

|  | **Yes (%)** |
| --- | --- |
| I have NOT received services through the Disability Support Services Center (n = 119). | 63 (52.9%) |
| I receive services through the Disability Support Services Center (n = 126). | 7 (5.6%) |

### I participate in…

|  | **Yes (%)** |
| --- | --- |
| CalWorks (i.e. TANF or cash aid for needy families) or Aid to Families with Dependent Children (AFDC) (n = 120). | 16 (13.3%) |
| The CalFresh Employment or Training (CFET) Program (n = 127). | 9 (7.1%) |
| The Greek system (i.e. sorority, fraternity) (n = 127). | 6 (4.7%) |
| The Job Opportunities and Basic Skills (JOBS) program (n = 126). | 5 (4.0%) |

### I am…

|  | **Yes (%)** |
| --- | --- |
| Currently a Pell Grant recipient (n = 118). | 105 (89.0%) |
| Approved, awarded, or accepted for work study (with or without a work study job) (n = 103). | 25 (24.3%) |
| The parent/guardian of a dependent household member between the age of 6 and 12 with no adequate childcare (n = 129). | 8 (6.2%) |
| A single parent of a dependent household member under the age of 12 (n = 129). | 6 (4.7%) |
| Enrolled in the Mathematics, Engineering, Science achievement (MESA) program (n = 128). | 3 (2.3%) |
| Enrolled in a program that increases employability for current and former foster youth (PATH Scholars, Educational Opportunity Resilient Scholars Program (RSP), Renaissance Scholars Program) (n = 125). | 3 (2.4%) |
| Enrolled in Workforce Innovation and Opportunity Act (WIOA) (n = 128). | 1 (0.8%) |
| Enrolled in a Teaching Credential Program (n = 0). | 0 (NA) |
| Enrolled in the School of Social Work Practicum Program (Field work program) (n = 0). | 0 (NA) |

## [Personal Demographics](Personal_Demo.html)

Click here to go to the Personal Demographics page.

# Workload

The following questions were asked in regard to the weekly workload taken on by students. This includes work from paid and unpaid jobs, as well as time spent caregiving for a family member. Students’ academic workload is also looked at in order to see the hours spent each week on schoolwork, as well as looking at the combined hours across academic and non-academic responsibilities.

## Weekly Paid Work Hours

**Estimate the number of hours you work in a PAID job (for example, server at a restaurant, office assistant, etc.) or paid internship (for example, training, shadowing, or practicum) per week. (n=123, 92% of 134 reporting).** Figure 3.1: Weekly Paid Hour Ranges

The data indicates that the majority of survey participants work either part-time or not at all. Only a small number of participants are considered to be working full-time (40 or more hours per week). Below is a breakdown of the exact paid hours worked by survey participants.

### Exact Hours Breakdown

Although the majority of the participants claim to work 0 hours per week, below is a breakdown of the exact number of hours for those who claim to work a paid job (n=84, 63% of 134 reporting). Figure 3.2: Weekly Paid Hours Distribution

Note that “41+” was rounded to 41 in the following analysis for the paid hours worked per week.

The average number of paid hours worked per week (denoted by the dotted line) is 24.99, while the median is 22.5 hours. The majority of students are considered as part-time workers (less than 40 hours per week), with 40 hours per week being the most common response (12 people) and 20 hours per week being the next most frequent.

### Impact of COVID

**Have the hours you work in a PAID job or internship changed due to COVID-19? (n=118, 88% of 134 reporting).** Figure 3.3: COVID Impact on Paid Hours

The data indicates that most survey participants were able to keep their current paid jobs during COVID-19, potentially with changes to hours. There were 34 students that had their hours decrease, 32 students maintained the same hours, and 12 students had their hours increase. There was also 17 students that claimed they no longer had their paid position due to the impact of COVID, while 23 students claimed that they did not have a paid position before COVID.

## Unpaid Work Hours

**Estimate the number of hours you work in an UNPAID internship (for example, training, shadowing, practicum, and/or volunteer, etc.). Do not combine with answers above. (n=125, 93% of 134 reporting).** Figure 3.4: Weekly Unpaid Hour Ranges

We can see that the majority of survey participants (97 people) do not work an unpaid job. A small number of participants work part-time at an unpaid job and only a select few work full-time at an unpaid job. Below is a breakdown of the number of unpaid hours worked per week.

### Exact Hours Breakdown

Although the majority of the participants claim to work 0 hours per week, below is a breakdown of the exact number of hours for those who claim to work an unpaid job (n=28, 21% of 134 reporting). Figure 3.5: Weekly Unpaid Hours Distribution

Note that “41+” was rounded to 41 in the following analysis for the unpaid hours worked per week.

The average number of unpaid hours worked per week (denoted by the dotted line) is 13.57, while the median is 9 hours. Of survey participants who work unpaid positions, 3 weekly hours is the highest-frequency response (5 people) with 5 weekly hours being the next most frequent (5 people).

## Unpaid Caregiving Hours

**Estimate the number of hours you spend each week on unpaid family obligations (for example, taking care of younger siblings, preparing family meals, running errands for the family, etc.). (n=125, 93% of 134 reporting).**

Figure 3.6: Weekly Caregiving Hour Ranges

The data indicates that the majority of survey participants spend some time each week caring for family members. Of the unpaid caregiving hours breakdown, 15 participants estimated that they spent 0 hours per week on unpaid family obligations. A similar proportion of participants estimated they work full-time (40 or more hours per week) on unpaid family obligations. Below is a breakdown of these unpaid hours spent on family obligations each week.

### Exact Hours Breakdown

Although some of the participants claim to spend 0 hours per week on unpaid family obligations, below is a breakdown of the exact number of hours for those who claim to do so (n=110, 82% of 134 reporting). Figure 3.7: Weekly Caregiving Hours Distribution

Note that “41+” was rounded to 41 in the following analysis for the unpaid caregiving hours worked per week.

The average number of unpaid caregiving hours worked per week (denoted by the dotted line) is 18.83, while the median is 15 hours. The most common response was 41 hours per week of caregiving (16 people) and 10 hours per week was the second most frequent (14 people).

## Academic Workload

**Below is a breakdown of the academic workload, using the 3 hours of work per unit measurement (n=127, 95% of 134 reporting).** Note that values denoted as “22+” are now “66+”, but were rounded to 66 for the analysis below.

Figure 3.8: Academic Hours Distribution

The average number of academic hours worked per week (denoted by the dotted line) is 41.24, while the median is 42 hours. The majority of students working 36 or more hours per week, with 36 hours being most common (40 people) and 45 hours the second most frequent (26 people).

## Non-Academic Workload

**Below is a combination of both paid and unpaid hours worked by students to get a further understanding of the workload participants face on a weekly basis. The values are also filtered so that only people who worked (more than 0 hours in total) were included (n=94, 70% of 134 reporting).** Note that values denoted as “41+” were added together to form “82+”, but are rounded to 82 for the analysis below. Figure 3.9: Non-Academic Hours Distribution

The average number of total hours worked per week (denoted by the dotted line) is 26.37, while the median is 25 hours. The data indicates that the majority of students work under 40 non-academic hours per week in total. Most participants, 14 respondents, claiming to spend 40 hours per week on non-academic work followed by 10 people claiming to work 41 non-academic hours per week.

## Total Workload

**Below is a combination of all worked hours per week, both academic and non-academic. This includes units (3 hr/unit), paid, and unpaid worked hours (n=127, 95% of 134 reporting).** Note that values denoted as “41+” and “22+” were rounded to 41 and 22 (respectively) for the below analysis. Figure 3.10: Total Workload Hours Distribution

The average number of total hours worked per week (denoted by the dotted line) is 60.76, while the median is 61 hours. The data indicates that the majority of students are working over full-time in total. The most common response was 45 hours worked per week (9 people) and 36 hours worked per week the second most frequent (8 people).

## CalFresh Workload

People are required to meet a certain work criteria in order to receive CalFresh benefits. All able-bodied adults are required to work a minimum of 80 hours per month, which can be broken down into roughly 20 hours per week. This can be either paid or unpaid work, and more information on this requirement can be found on the [Department of Social Services](https://www.cdss.ca.gov/inforesources/calfresh/abawd#:~:text=People%20who%20are%20ABAWDs%20must,%2C%20and%20in%2Dkind%20work.) website. If you are an student, you may be enrolled in at least 6 academic units or more (equivalent to 18+ hours per week of academic workload) rather than having a paid/unpaid job. For more information on student eligibility, see the [College Student Eligibility](https://www.csuchico.edu/calfresh/basics/college-student-eligibility.shtml) requirements on Chico State’s website.

The below graphs breaks down if a person meets the workload requirements based solely on one of the following criteria:

* Academic workload - enrolled in 6 or more units (18 or more hours).
* Paid Workload - working 20+ weekly hours at a paid position.
* Unpaid Workload - working 20+ weekly hours at a unpaid position.
* Total Workload - working 20+ weekly hours in total (combination of academic, paid, and unpaid).

Note: people with a workload of 0 hours were included in the graph and analysis. Figure 3.11: CalFresh Workload Qualification Breakdown

* Based on the academic workload, the data indicates a large majority of participants are taking more than 6 units and are meet the eligibility requirements (126 people). A very small minority of participants are not taking more than 6 units and do not meet the eligibility requirements (1 people).
* Based on the paid workload, the data indicates that less than half of participants work 20 or more hours per week and meet the eligibility requirements (54 people). Comparatively, (69 people) work less than 20 hours per week and do not meet the eligibility requirements.
* Based on the unpaid workload, the data indicates that only a minority of participants work 20 or more hours per week and meet the eligibility requirements (7 people). The vast majority work less than 20 hours per week and do not meet the eligibility requirements (118 people).
* Based on the total workload, the data indicates that the majority of participants work 20 or more hours per week and meet the eligibility requirements (127 people). Those who work less than 20 hours per week and do not meet the eligibility requirements were (0 people).

# Housing

The following questions were asking in regard to students current and past housing situations. This includes changes due to COVID, if they are living near their college (with most schools being remote at the time of the survey), the type of home they currently live in, and hardships that they faced in the past year with housing.

## COVID Housing Impact

**Has your housing situation changed due to COVID-19? (n=122, 91% of 134 reporting).**

Figure 4.1: Impact of COVID on Housing

There are 93 people that participated in the survey that claim their housing has not changed due to the impacts of COVID. There also are 29 people that say their housing situation did change due to the impacts of COVID.

## Living Near College

**Are you currently living in the city/area in which you are enrolled in college? (n=126, 94% of 134 reporting).**

Figure 4.2: Living Near Enrolled College

There are 50 people that participated in the survey that do not currently live in the city/area of their enrolled college. There also are 76 people that say they do live in the city/area of their enrolled college.

## Current Housing Situation

**Which best describes your current housing situation?**

| **Current Housing Situation** | **Yes (%)** |
| --- | --- |
| I live with parents or other relatives, not paying rent with my own money | 46/122 (37.7%) |
| I live with parents or other relatives, paying rent with my own money | 27/122 (22.1%) |
| I rent an apartment or house without roommates | 23/122 (18.9%) |
| I rent an apartment or house with roommates | 15/122 (12.3%) |
| I own my own home | 6/122 (4.9%) |
| I am temporarily living with friends or relatives, without permanent housing (couch surfing) | 2/122 (1.6%) |
| Other | 2/122 (1.6%) |
| I live in university housing or residence halls | 1/122 (0.8%) |

## In the past 12 months…

The following were asked as a series of Yes/No questions to help better understand the living situations of participating students.

|  | **Yes (%)** |
| --- | --- |
| Have you been unable to pay or underpaid a utility bill (n = 114)? | 31 (27.2%) |
| Have you been unable to pay or underpaid your rent or mortgage (n = 110)? | 24 (21.8%) |
| Was there a rent or mortgage increase that made it difficult to pay (n = 106)? | 23 (21.7%) |
| Have you ever been late paying rent or mortgage (n = 114)? | 22 (19.3%) |
| Have you lived with others beyond the expected capacity of your house or apartment (n = 117)? | 16 (13.7%) |
| Have you had to stay in a hostile housing environment or abusive relationship because you had no other place to live (n = 114)? | 6 (5.3%) |
| Have you been asked to leave your home by someone you lived with (n = 119)? | 4 (3.4%) |
| Have you been evicted (n = 122)? | 1 (0.8%) |

The following were asked as frequency questions to help better understand the living situations of participating students.   
Figure 4.3: Unsure of Sleeping and Times Moved

Over the past 12 months, the majority of people were never unsure of where they would be sleeping (108 people) or have not moved housing (92 people). Responses claiming sleep location uncertainty were closely distributed among the frequency options. There were 22 people have claimed they moved once in the last 12 months and 7 people have moved twice. Only a small minority have moved 3 or more times in the last 12 months.

## Sleeping Places

**In the last 30 days, or in the past 12 months, have you slept in any of the following places?**  
Note: students were only allowed to chose either “last 30 days” or “past 12 months”, so students who selected past 12 months are interpreted as “over 30 days but less than 1 year”.

### Stable

|  | **Last 30 days** | **Last 12 months** |
| --- | --- | --- |
| In a rented or owned house, mobile home, or apartment with my family (parent, guardian, relative or caretaker) | 19/123 (15.4%) | 44/123 (35.8%) |
| In a rented or owned house, mobile home, or apartment (alone or with roommates or friends) | 14/123 (11.4%) | 28/123 (22.8%) |
| Campus or University Housing | 1/123 (0.8%) | 3/123 (2.4%) |
| Sorority/Fraternity house | 0/123 (0.0%) | 1/123 (0.8%) |

### Unstable

|  | **Last 30 days** | **Last 12 months** |
| --- | --- | --- |
| Temporarily staying with a relative, friend or couch surfing until I find other housing | 2/123 (1.6%) | 5/123 (4.1%) |
| Temporarily at a hotel or motel without a permanent home to return to (not on vacation or business travel) | 0/123 (0.0%) | 2/123 (1.6%) |
| In a car, truck, van, RV or camper | 0/123 (0.0%) | 2/123 (1.6%) |
| At a shelter | 0/123 (0.0%) | 1/123 (0.8%) |
| Outdoor location such as street, sidewalk, alley, park, etc. | 0/123 (0.0%) | 1/123 (0.8%) |
| In a closed area/space with a roof not meant for human habitation such as an abandoned building, garage, tent, etc. | 0/123 (0.0%) | 1/123 (0.8%) |
| In a transitional housing or independent living program | 1/123 (0.8%) | 0/123 (0.0%) |
| At a group home such as halfway house or residential program for mental health or substance abuse | 0/123 (0.0%) | 0/123 (0.0%) |

## Unstable Housing

**In the past 12 months, if you have experienced unstable housing, what was the most common reason? (n=25, 19% of 134 reporting).** Figure 4.4: Unstable Housing Identification

The data shows that of the people who experienced unstable housing, the most common cause was not having enough money to cover housing expenses (13 people). The next most common was cause was from issues with roommates, both having conflicts (4 people) and them being unable/unwilling to pay living expenses (2 people).

## Housing Insecure & Homeless

* Students with at least 3 housing insecurity indicators present are housing insecure, while those with 2 or fewer are not considered housing insecure (n=95, 71% of 134 reporting).
* Students with at least 1 homelessness insecurity indicator present are considered to have experience homelessness at date of survey (n=123, 92% of 134 reporting).

| **Unstable Housing Type** | **Yes (%)** |
| --- | --- |
| Housing Insecure | 14.7% |
| Homeless (year) | 4.9% |
| Homeless (month) | 2.4% |

* The data indicates that the majority of students are not considered to be housing insecure (81 students, 85.3%), while the remaining students could be classified as housing insecure based on their indicators (14 students, 14.7%).
* The data indicates that the majority of students did not experience homelessness in either the past month (120 students, 97.6%) or year (117 students, 95.1%).

# CalFresh Student Eligibility

The following questions were asked in regard to CalFresh requirement criteria. Criteria include U.S. citizenship (or lawful permanent resident), receiving Cal Grant A/B, and receiving food from a campus meal plan. Household size and monthly income is also looked at and broken down into a chart to show CalFresh eligibility. Students were also determined to be eligible or not for CalFresh based on their responses to these criteria questions.

## CalFresh Criteria

Below are a series of Yes/No questions asked in order to help determine if a person is potentially eligible for CalFresh benefits.

|  | **Yes (%)** |
| --- | --- |
| Are you a U.S. citizen (n = 123)? | 106 (86.2%) |
| I received Cal Grant A or B (n = 104)? | 90 (86.5%) |
| I was approved for “work study” even though I may not actually have a work study job placement (n = 70)? | 25 (35.7%) |
| If not a U.S. citizen, are you a lawful permanent resident (i.e. have a ‘green card’) (n = 17)? | 11 (64.7%) |
| Are you on a campus meal plan (n = 122)? | 2 (1.6%) |

Of the participants in the survey 106 claim to be U.S. citizens and 17 claim to not be U.S. citizens. For those who did not claim U.S. citizenship, 11 people claim to be a lawful permanent residents and 6 people do not claim to be lawful permanent residents. There are 45 people who claim not to be approved for work study and 25 who do claim to be approved for work study. There are 14 students who do not receive Cal Grant A or B (consisting 12.4% of the data), and 90 students who do receive Cal Grant A or B. The majority of people in the data (120 people) do not receive any meals from a campus meal plan. Further breakdown of the 2 people that are on a campus meal plan claim the following assistance below:­­­

### Meals Per Week­

**How many meals per week do you get on your meal plan? (n=1, 1% of 134 reporting).**

Figure 5.1: Meals Per Week from Meal Plan

Of people who receive a campus meal plan, 1 people receive more than 11 meals per week , while 0 person receives less than 11 meals per week.

## Household Size & Income

The following two questions were asked about household size and monthly income, which were then combined into a single plot:

* **How many people in your household do you purchase and prepare food with, including yourself? This may or may not include your roommate(s). (n=110, 82% of 134 reporting).**
* **How much is your household’s gross monthly income (before taxes and not including financial aid)? (n=97, 72% of 134 reporting).**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| $150 or less | **3** | **2** | **0** | **0** | **0** | **0** | **0** | **0** |
| $151-$2,082 | **9** | **13** | **6** | **7** | **4** | **6** | **2** | **2** |
| $2,083-$2,820 | *1* | **1** | **2** | **1** | **3** | **2** | **1** | **1** |
| $2,821-$3,556 | *3* | *1* | **1** | **4** | **0** | **1** | **2** | **1** |
| $3,557-$4,292 | *1* | *0* | *0* | **1** | **1** | **0** | **0** | **0** |
| $4,293-$5,030 | *0* | *0* | *1* | *0* | **1** | **0** | **0** | **0** |
| $5,031-$5,694 | *0* | *0* | *1* | *0* | *0* | **0** | **0** | **0** |
| $5,695-$6,344 | *1* | *0* | *0* | *1* | *0* | *0* | **0** | **0** |
| $6,345-$7,064 | *0* | *1* | *0* | *0* | *0* | *0* | *1* | **0** |
| $7,065 or more | 0 | 0 | 0 | 0 | 0 | 0 | 0 | *0* |

Table 5.1: Housing Size vs. Income (CalFresh Eligibility)

In the above graph, cells highlighted in green & bold indicate a person is potentially eligible for CalFresh based on their income and cells highlighted in red & italics indicate a person is not eligible. This information is pulled from the CalFresh requirements section A2 (see below for link).

The majority of people claim to purchase/prepare food (household size) for 1 people (22 people claimed this). This is followed by 22 people claiming to have a household size of 2 person, and 16 people claiming to have a household size of 4 people. The majority of people’s household income (despite household size) seems to be in the range $151-$2,082 (52 people). As the income bracket increases, the number of people within those bracket decreases drastically. Only 7 people claim to have a monthly income greater than $4,292.

## CalFresh Eligible

**This variable was created under the following criteria (n=91, 68% of 134 reporting).**

Disclaimer: only county eligibility workers have the authority to determine official eligibility for CalFresh. These students are just most likely to be eligible based on the below listed criteria.

* The person is between the ages 18 to 49.
* The person is at least a part-time student (6 units per semester for the three campuses in this survey).
* The person is either a U.S. citizen or lawful permanent resident.
* Does not get more than half of their meals from meals plans (< 11 per week or none).
* Identifies as an EOP student.
* Falls under the household size/income from the [Department of Social Services](https://www.cdss.ca.gov/inforesources/cdss-programs/calfresh/eligibility-and-issuance-requirements#income) requirements.

Figure 5.2: Eligible for CalFresh

We can see that the majority of participants are most likely eligible for CalFresh (71 people), while 20 people are most likely to not be eligible for these benefits.

# Basic Needs Programs and Services

The following questions were asked in regard to the participation and impact of Basic Needs programs and services on students’ lives. Students were asked to evaluate how they feel these programs have benefited them both academically and non-academically, as well as barriers/reasons why they are not using certain programs. This includes programs such as CalFresh, food pantries, meal programs, Medi-Cal (also known as Medi-cade in the United States), and emergency housing services.

# Participation

**Pick all Basic Needs Programs and Services that you participate in (mark all that apply):** Figure 6.1: Participation in Basic Needs Programs

# Impact

## CalFresh EBT

Note: for the first graph on EBT application we have (n=30, 22% of 134 reporting). And for the second graph on how many people are fed we have (n=26, 19% of 134 reporting). Figure 6.2: CalFresh EBT: Application & Feeding

That data indicates that the majority of people apply for CalFresh EBT as an individual (13 people) compared to 17 people applied with other people in their household. Similarly, the majority of people claimed only 1 person is fed through the EBT card (8 people). 7 people claim to feed 2 people through the EBT card, and only a small amount of people claim to feed 5 or more people through the EBT card.

### Monthly CalFresh Money

**How much money do you receive from CalFresh each month? (n=30, 22% of 134 reporting).** Figure 6.3: Monthly Allowance from CalFresh

The average amount of money received per household using CalFresh (denoted by the dotted line) is $211.57, while the median is $158. The values range from $0 to $820.

### Household Size Breakdown

Below is a breakdown of the average monthly allowance received from CalFresh based on household size.

| **Household Size** | **Household Average** | **Per Person Average** |
| --- | --- | --- |
| 1 | $117.75 | $117.75 |
| 2 | $132.57 | $ 66.28 |
| 3 | $ 24.00 | $ 8.00 |
| 4 | $248.50 | $ 62.12 |
| 6 | $457.00 | $ 76.17 |
| 7 | $514.00 | $ 73.43 |
|  |  | **$ 67.01** |

Table 6.1: CalFresh by Household Size

Looking at the above table, the general pattern seems to be that as household size increases so does the monthly average assistance from CalFresh. The household average was divided by the household size to find the “per person average” for CalFresh assistance. The overall average per-person monthly assistance is $ 67.01.

### Is This Enough?

### Note: for the first graph on if the allowance is enough we have (n=30, 22% of 134 reporting). And for the second graph on when people run out we have (n=25, 19% of 134 reporting).

Figure 6.4: Enough Monthly Allowance and Time of Exhaustion

Of the people who do receive money from CalFresh, 4 of them claim that it is enough money to provide healthy food for a month and 26 of them feel that it is not enough. People who do not feel it is enough money typically run out of CalFresh money in either the second week (9 people) or third week (10 people). A small group also run out within the first week, while an even smaller minority run out in the fourth week.

## CalFresh Benefits

**While you received CalFresh benefits:** Figure 6.5: Perceived Benefits of CalFresh

## CalFresh Barriers

**What are the reasons you do not have CalFresh or have never used CalFresh? (Select all that apply).**

| **Measure** | **Yes (%)** |
| --- | --- |
| I do not think I’m eligible | 32 (45.1%) |
| I feel other students need CalFresh more than I do. | 16 (22.5%) |
| I don’t need CalFresh. | 13 (18.3%) |
| No time to complete the application/ application is too long. | 12 (16.9%) |
| No time to get verification documents or don’t know how to get verification document. | 8 (11.3%) |
| The application is too difficult. | 7 (9.9%) |
| Other | 6 (8.5%) |
| I have heard from other students that it’s not worth my time because I won’t be eligible or I won’t receive much money. | 4 (5.6%) |
| My family or household does not want to apply for CalFresh. | 4 (5.6%) |
| I am embarrassed or ashamed to apply for CalFresh. | 2 (2.8%) |
| No time to call or go to the local social service office for my CalFresh interview. | 2 (2.8%) |
| No transportation | 2 (2.8%) |
| I don’t believe in social services like CalFresh, WIC, or Welfare | 0 (0.0%) |
| The CalFresh outreach team on campus was not helpful or supportive during my application process. | 0 (0.0%) |
| The staff in my local county social service office were not helpful or supportive during my application process. | 0 (0.0%) |

## Campus Food Pantry

**For the following questions, please choose how much you agree or disagree with the impact campus food pantries has or had on your life. While I utilized campus food pantry/pantries:** Figure 6.6: Perceived Impact of Campus Food Pantry

### Food Pantry Use

### **How often do you normally use the food pantry or if you are not currently using it, how often did you use it? (n=68, 51% of 134 reporting).**

Figure 6.7: Food Pantry Use Frequency

The majority of respondents do not use the food pantry every week (36 people). 16 people claim to use it about once a week, 8 people use it more than once a week, and 8 people claim other use frequencies

### Reasons Not Using Food Pantries

**What are the reasons for you to not go to campus food pantries? (Select all that apply).**

| **Measure** | **Yes (%)** |
| --- | --- |
| I feel other students need the food more than I do. | 40 (36.7%) |
| Inconvenient to access due to lack of transportation or out-of-the way location. | 36 (33.0%) |
| Inconvenient times of operation/limited pantry hours. | 22 (20.2%) |
| I am embarrassed or scared to go to the campus food pantries or local food banks. | 9 (8.3%) |
| Other | 9 (8.3%) |
| There are no food pantries close to campus or my residence | 6 (5.5%) |
| I am not aware of any campus food pantries or local food banks. | 4 (3.7%) |
| My family doesn’t want me to go to campus food pantries or local food banks. | 2 (1.8%) |
| I do not believe in using campus food pantries or local food banks. | 0 (0.0%) |

## ­­­Restaurant Meal Program (RMP)

## **While you participated in the Restaurant Meal Program (RMP):** Figure 6.8: Perceived Impact of Restaurant Meal Program (RMP)

### Reasons For Not Using RMP

**What are the reasons for you to not have RMP or have never used RMP? (Select all that apply).**

| **Measure** | **Yes (%)** |
| --- | --- |
| I have never heard about this Restaurant Meal Program (RMP). | 79 (71.2%) |
| I don’t need this Restaurant Meal Program (RMP). | 24 (21.6%) |
| I have no access to these participating restaurants/no convenient locations. | 9 (8.1%) |
| I have no time to go to these restaurants. | 4 (3.6%) |
| Other | 4 (3.6%) |
| I do not like the food offered in these participating restaurants. | 2 (1.8%) |
| I have no transportation to these restaurants. | 0 (0.0%) |
| I am embarrassed or ashamed to use my EBT card in a restaurant. | 0 (0.0%) |
| I don’t believe in social services like RMP, Medi-Cal, CalFresh, WIC, or Welfare/Cash Aid. | 0 (0.0%) |

## Medi-Cal

**Knowing that you have Medi-Cal:** Figure 6.9: Perceived Impact of Medi-Cal

### Reasons Not Using Medi-Cal

**What are the reasons you do not have Medi-Cal or have never used Medi-Cal? (Select all that apply).**

| **Measure** | **Yes (%)** |
| --- | --- |
| I don’t need Medi-Cal. | 8 (40.0%) |
| I do not think I am eligible for Medi-Cal. | 6 (30.0%) |
| I do not know what Medi-Cal is or I think I already have health insurance. | 4 (20.0%) |
| Other | 3 (15.0%) |
| I only need medical services at the student health center associated with my campus. | 1 (5.0%) |
| I have heard from other students that it is not worth my time because I won’t be eligible. | 1 (5.0%) |
| No time to complete the Medi-Cal application/Medi-Cal application is too long. | 0 (0.0%) |
| The Medi-Cal application is too difficult to complete. | 0 (0.0%) |
| My family or household does not want me to apply for Medi-Cal. | 0 (0.0%) |
| I am embarrassed or ashamed to apply for Medi-Cal. | 0 (0.0%) |
| I don’t believe in social services like Medi-Cal, CalFresh, WIC, or Welfare/Cash Aid. | 0 (0.0%) |

## Emergency Housing Services (EHS)

**While you received Emergency Housing Services:** Figure 6.10: Perceived Impact of Emergency Housing Services (EHS)

### Reasons Not Using EHS

**What are the reasons you do not have Emergency Housing Services or have never used Emergency Housing Services?**

| **Measure** | **Yes (%)** |
| --- | --- |
| I don’t need Emergency Housing Services | 68 (62.4%) |
| I was not aware that my campus had Emergency Housing Services like grants and housing placements in an emergency. | 38 (34.9%) |
| I am embarrassed or ashamed to apply for Emergency Housing Services. | 3 (2.8%) |
| Other | 3 (2.8%) |
| No time to complete the Emergency Housing application or contact the Emergency Housing Staff. | 2 (1.8%) |
| The Emergency Housing Services application is too difficult to complete. | 1 (0.9%) |
| The emergency housing grant/money is not enough to support what I need, so not worth my time to apply for it. | 1 (0.9%) |
| I do not believe in social services like Emergency Housing Services, Medi-Cal, CalFresh, or Welfare/Cash Aid. | 0 (0.0%) |

# Food Security

The following questions were asked in regard to students’ feelings towards food security due to a lack of or no money. Students were asked in they had to cut or skip meals (and how often), went entire days without eating, and other situations due to a lack of money. Students were also asked how they handled situations when they had run out of money for food, and if they had received any assistance.

## Food Eaten in Household

**For the following statements, please state whether they were often true, sometimes true, or never true for you/your household in the last 30 days.**

Household is determined by the number of people you purchase and prepare food with. This may or may not include your roommates. Figure 7.1: Food Eaten in Household

### Food Insecurity

Food insecurity was determined using the two item food insecurity screening questions. If a student answered “sometimes true” or “often true” to either question, they were considered to be food insecure (n=114, 85% of 134 reporting)..:

* “I/We worried whether food would run out before I/we got money to buy more.”
* “The food that I/we bought just didn’t last, and I/we didn’t have money to get more.”

Figure 7.2: Two Item Food Insecure

Of the survey participants, the data indicates that 59 people are considered to be food insecure. There are 55 survey participants considered not to be food insecure, meaning they answered “never true” to the above question criteria.

## Eating Situations (Lack of Money)

The following are statements that people have made about their eating situations over the last 30 days:

### Cut/Skip Meals

**Did you ever cut the size of your meals or skip meals because there wasn’t enough money for food (n=113, 84% of 134 reporting). If yes, how many days did this happen (n=25, 19% of 134 reporting).** Figure 7.3: Cut/Skip Meal: Identification & Distribution

The majority of people claim that they did not have to skip meals due to not having enough money (88 people) . However, 25 people claimed that they did have to skip meals due to not having enough money. Of the people that did skip meals, the average number of days where they had to skip/cut a meal (denoted by the dotted line) was 6 days, while the median was 5 days. The majority of the data is below 10 days, but a small amount of students did report skipping/cutting a meal more than 10 days in the last month.

### No Food All Day

**Did you ever not eat for a whole day because there wasn’t enough money for food (n=120, 90% of 134 reporting). If yes, how many days did this happen (n=9, 7% of 134 reporting).** Figure 7.4: No Food All Day: Identification & Distribution

Over the past 30 days at the time of the survey, 111 people claimed they did not have to skip eating for a full day due to not having enough money for food and 9 people claimed that they did skip eating for a full day. Of the people that did skip meals for an entire day, the average number of days where they had to skip/cut all meals (denoted by the dotted line) was 7 days, while the median was 5 days. The majority of the data is below 5 days, but a small amount of students did report skipping/cutting a meal more than 5 days in the last month.

### More Eating Situations

**Below are more questions asked in regards to the students eating situations due to lack of money.**  
Note: these are a series of Yes/No questions with only the “Yes” responses being displayed along with the percent of the data it composes.

|  | **Yes (%)** |
| --- | --- |
| Did you ever eat less than you/your household felt you/your household should because there wasn’t enough money for food (n = 112)? | 31 (27.7%) |
| Were you ever hungry but didn’t eat because there wasn’t enough money for food (n = 115)? | 25 (21.7%) |
| Did you lose weight because there wasn’t enough money for food (n = 112)? | 9 (8.0%) |

* When it comes to eating less because there was not enough money for food, 31 people claimed that they experienced this and 81 people claimed they did not experience this.
* When it comes to being hungry but not eating because there was not enough money for food, 25 people claimed that they experienced this and 90 people claimed they did not experience this.
* When it comes to losing weight because there was not enough money for food, 9 people claimed that they experienced this and 103 people claimed they did not experience this.

## Ran Out of Money

**In the last 30 days, if you ran out of money for food, what did you do? (choose all that apply):**

| **Measure** | **Yes (%)** |
| --- | --- |
| I did not run out of money for food | 72 (62.1%) |
| I used my credit card (not debit card) to buy food. | 28 (24.1%) |
| I started skipping meals. | 18 (15.5%) |
| My friends, family or roommates gave me money for groceries. | 15 (12.9%) |
| I went to the food pantry or other free food organizations. | 14 (12.1%) |
| My friends, family or roommates fed me or took me out to eat. | 12 (10.3%) |
| I can get free food/meals from my work. | 5 (4.3%) |

# Eating Habits

The following questions were asked in regard to students’ eating habits on a current, daily, and weekly basis. Students were asked how/if they prepare food at home, their daily consumption of fruits/vegetables and sugar, and their weekly habits of eating out and alcohol consumption. They were also asked about how confident they felt about buying/preparing healthy foods at home.

## Current Eating/Cooking Habits

**For each of the following statements, indicate how strongly you agree or disagree about your current eating and cooking habits:** Figure 8.1: Current Eating and Cooking Habits

Daily Consumption

### Fruits & Vegetables

**How many servings of fruits and vegetables do you usually consume per day? (not including fruit juices) (n=107, 80% of 134 reporting).**

1 serving= 1 medium piece of fruit; 1/2 cup fresh, frozen, or canned fruits/vegetables; 1 cup salad greens; or 1/4 cup dried fruit.

Figure 8.2: Daily Fruit & Vegetable Consumption

The data indicates the daily consumption of fruits and vegetables, the majority of people claim to eat between 1-2 servings (73 people). 19 people claim to eat 0 servings, 13 people claim to eat 3-4 servings, and 2 people claim to eat 5+ servings.

### Sugar/Energy Drinks

**How many ounces of regular soda/cola/pop, sports drink, or energy drinks do you consume each day? (n=116, 87% of 134 reporting).**

Figure 8.3: Daily Sugar/Energy Drink Consumption

The data indicates the daily consumption of regular soda/cola/pop, sports drink, or energy drinks, the majority of people claim to drink 0 ounces (56 people). 40 people claim to drink between 1-8 ounces, 9 people claim to drink between 9-16, and only a small number of participants claim to drink 17 or more ounces per day.

## Weekly Consumption

### Eating Out

**How frequently do you eat from fast food restaurants, convenience stores, or vending machines for a meal or meal replacement? (n=118, 88% of 134 reporting).**

Figure 8.4: Weekly Eating Out Consumption

The data indicates the weekly consumption of eating fast food, the majority of people claim to eat out 1-2 times per week (74 people). 26 people claim to eat out 3-4 times, 15 people claim to eat out 0 times, and only a small minority of people claim to eat out 5 or more times per week.

### Alcohol Consumption

**How often do you consume at least one serving of alcohol (n=116, 87% of 134 reporting). If consumed, how many servings of alcohol do you consume when you drink alcohol (n=21, 16% of 134 reporting).** Figure 8.5: Weekly Alcohol Consumption - Days & Servings

The data indicates the weekly alcohol consumption, the majority of people claim to consume alcohol 0 days per week (95 people). 21 people claim to drink 1-2 days per week. Only a small number of people claim to drink 3 or more days per week. Of the people who do consume alcohol, 14 people consume 1-2 servings. 4 people claim to drink 3-4 servings, 3 people claim to drink < 1 servings, and only a small number drink 5 or more servings.

## Food Comfort

**The following questions pertain to how comfortable you feel about buying or preparing food:** Figure 8.6: Buying/Preparing Food Comfort

# Physical Activity

The following questions were asked in regards to their physical activity over the past week. Students were asked to select how many days in the last week they had done any of the following exercise types: moderate, vigorous, or strength training.

## Past 7 Days

The following three questions were asked in regards to participants physical activity over the past 7 days **(n=121, 90% of 134 reporting).**:

Figure 9.1: Weekly Physical Activity

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Days** | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **Moderate Exercise** | 55 (45.5%) | 18 (14.9%) | 18 (14.9%) | 16 (13.2%) | 5 (4.1%) | 4 (3.3%) | 2 (1.7%) | 3 (2.5%) |
| **Strength Training** | 86 (71.1%) | 12 (9.9%) | 6 (5.0%) | 3 (2.5%) | 6 (5.0%) | 3 (2.5%) | 1 (0.8%) | 4 (3.3%) |
| **Vigorous Training** | 72 (59.5%) | 18 (14.9%) | 14 (11.6%) | 8 (6.6%) | 3 (2.5%) | 3 (2.5%) | 1 (0.8%) | 2 (1.7%) |

Table 9.1: Weekly Physical Activity Breakdown

### Moderate Exercise

How often did you do **moderate-intensity** cardio or aerobic exercise (caused a noticeable increase in heart rate, such as brisk walk) for at least 30 minutes? (n=121, 90% of 134 reporting).

* The data indicates majority of participants claim to have done 0 days of moderate exercise in the past week (55 people). The general trend is that as the number of days increases, the number of students who exercised for those given number of days decreases. This seems to be the most commonly performed type of exercise from the graph above (typically the highest number of days per week out of all exercise types).

### Strength Training

How often did you do 8-10 **strength training** exercises (such as resistance weight machines) for at least 8 repetitions each? (n=121, 90% of 134 reporting).

* The data indicates majority of participants claim to have done 0 days of strength training in the past week (86 people). The general trend is that as the number of days increases, the number of students who exercised for those given number of days decreases. Only a small number of people claim to do strength training for 3 or more days in the past week.

### Vigorous Exercise

How often did you do **vigorous-intensity** cardio or aerobic exercise (caused large increases in breathing or heart rate, such as jogging) for at least 20 minutes? (n=121, 90% of 134 reporting).

* The data indicates majority of participants claim to have done 0 days of vigorous exercise in the past week (72 people). The general trend is that as the number of days increases, the number of students who exercised for those given number of days decreases. Only a small number of people claim to do vigorous exercise for 4 or more days in the past week.

# Sleep

The following questions were asked in regard to students’ sleep patterns. Questions consited of: their average nightly sleep during the academic year (on weekdays and weekends), if they feel sleep deprived, and what the causes of their sleep deprivation come from. They were also asked if they are tired at work/school, how often they are tired there, and if they have fallen asleep in class in the past year.

## Academic Year

**On average, during the academic year, how many hours of sleep do you get in a typical 24-hour period?** Note that for the week days we have (n=121, 90% of 134 reporting). And for the weekends we have (n=121, 90% of 134 reporting).

#### During the Week (Monday-Friday)

Figure 10.1: Weekday Hours of Sleep Distribution

#### During the Weekend (Saturday-Sunday)

Figure 10.2: Weekend Hours of Sleep Distribution

During the week, students claim to get an average (denoted by the dotted line) of 6.91 hours per night, with a median of 6 hours. During the weekend, students claim to get an average (denoted by the dotted line) of 7.8 hours per night, with a median of 8 hours. Students get an average of 0.89 more hours of sleep on the weekend versus during the week.

## Sleep Deprived

**On average, how many times per month do you feel deprived of sleep? (n=117, 87% of 134 reporting).**

Figure 10.3: Sleep Deprivation Distribution

Students claim that on average they were feeling sleep deprived (denoted by the dotted line) for 10.4 days out of the month, with a median of 7 days per month.

### Causes of Sleep Deprivation

**Select the activities that cause you to feel deprived of sleep (Select all that apply).**

| **Measure** | **Yes (%)** |
| --- | --- |
| Studying or finishing coursework. | 107 (92.2%) |
| Working a paid, unpaid job or internship. | 51 (44.0%) |
| Spending time with family or friends. | 45 (38.8%) |
| Watching movies, playing games, social media etc. | 42 (36.2%) |
| Attending social activities or events. | 20 (17.2%) |
| Other | 12 (10.3%) |

Table 10.1: Causes of Sleep Deprivation Breakdown

## Tired at Work/School

**How frequently do you feel tired while at work or school? (n=119, 89% of 134 reporting).**

Figure 10.4: Frequency of Tired at Work/School

The data indicates the most common response that people felt tired at work or school was occasionally (69 people). There were 34 people that claimed they were always tired, 15 people claimed that they were rarely tired, and 1 person claimed that they were never tired.

## Fallen Asleep in Class

**Have you fallen asleep in class in the past 12 months? (n=116, 87% of 134 reporting).**

Figure 10.5: Fallen Asleep in Class (Past Year)

The data indicates that 76 people claim that they have not fallen asleep in class in the past year, while 40 people claim that they have fallen asleep in class.

# Mental Health

The following questions were asked in regards to students’ feelings about their mental health. Questions consisted of: if they have experienced any increased mental stress, if they have sought out services to help them, and how often they have felt certain types of mental stress over the past month.

## Increased Mental Stress

**How many days in the past month have you experienced heightened anxiety, stress, depression and/or problems with emotions? (n=118, 88% of 134 reporting).**

Figure 11.1: Increased Mental Stress Distribution

Over the past month, the participants of the survey claimed to have experienced increased mental stress for an average (denoted by the dotted line) of 10.1 days, with a median value of 5 days. A large amount, and the most selected answer, claim to have experienced increased mental stress every day over the last month (12 people).

Over the past month, the participants of the survey claimed to have experienced increased mental stress for an average (denoted by the dotted line) of 10.1 days, with a median value of 5 days. 12 people indicated feeling, an increased amount of mental stress everyday over the past month, this was the most selected answer among participants.

## Mental Health Services

**Have you received or tried to receive mental health services over the past 12 months? (n=120, 90% of 134 reporting).**

Figure 11.2: Sought Out Mental Health Services

Over the past year, 96 students did not receive or try to receive mental health services. 24 people claim that they have received or try to receive mental health services.

## Mental Health Feelings

**In the last month how often have you felt:** Figure 11.3: Feelings Around Mental Health