

**California State University: Basic Needs Initiative  
2019 Faculty Small-Scale Research Project Awardees**



| <b>First Name</b> | <b>Last Name</b> | <b>Title</b>        | <b>Campus</b>   | <b>Funding Amount</b> | <b>Project Title</b>  | <b>Project Abstract</b>  |
|-------------------|------------------|---------------------|-----------------|-----------------------|---|--|
| Jacob             | Jenkins          | Associate Professor | Channel Islands | \$15,000              | Basic Needs for Student Success: Best Practices for Serving CSU's Historically Underserved Students | The soaring cost of textbooks is exasperating food and housing insecurities for today's college students, resulting in decreased time-to-graduation rates and increased student loan debt (see Crutchfield & Maguire, 2018). Furthermore, these repercussions are even more pronounced among historically underserved student groups (HUGs): racial/ethnic minorities, low-income students, and first-generation students (Harackiewicz, 2016). The use of open education resources (OERs) has potential to help offset the negative effects of rising textbook prices. Yet virtually no studies have explored OERs' use among underserved populations, nor the interrelationship(s) that exist between textbook affordability, food insecurity, and student homelessness (Ekowo, 2017). For these reasons, this proposed study uses semi-structured interviews with historically underserved students at a Hispanic Serving Institution to develop empirically-informed practices for how CSU's Basic Needs Initiative can best serve its students.                   |
| Josephine         | Blagrave         | Assistant Professor | Chico           | \$15,000              | Access to Healthy Opportunities for College Students with Disabilities: A Mixed Methods Study       | Individuals with disabilities are the most unrecognized health disparate population that requires explicit inclusion in public health programs and initiatives (Kran et al., 2015). Education is one of the major institutional upstream social determinants of health that contributes to the health disparities of disenfranchised groups (Hong, 2015). While the success of legislation such as the Individuals with Disabilities Education Act (IDEA) has led to increases in graduation rates from high school, those rates do not translate to college students with disabilities (SWD) with a graduation rate of only 38% (Neman et al., 2011). Social conditions within higher education often ignore and exclude SWD in discussions focused on basic needs which leads to the poor outcomes. This study will develop and implement a needs assessment of college SWD in the CSU system-specifically focusing on food security, housing, college life participation, and perceived wellness and examine if these experiences affect their academic trajectory. |

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| Jennifer | Wilking | Associate Professor | Chico           | \$15,000 | Assessing Housing Needs and Programs Post Camp Fire: An Interdisciplinary, Course-based Research Proposal | In a unique turn of events, Chico State, which was already heavily impacted by low vacancy rates, is now home to approximately 20,000 additional residents as a result of the Camp Fire which hit neighboring Paradise in November, 2018. To move forward effectively in providing housing to students, it is essential to have accurate information regarding current levels of housing insecurity, as well as the degree to which our Basic Needs program is meeting those needs. Using students at co-researchers as part of an interdisciplinary course, we aim to evaluate the levels of housing security among students; evaluate existing housing programs; assess the extent to which existing programs are meeting housing demand; and understand how housing security impacts academic success. With an experienced research team and in consultation with Sacramento State, this proposal holds great promise for understanding the impact of our Basic Needs program and housing insecurity among students. |
| Jenney   | Hall    | Lecturer            | Dominguez Hills | \$15,000 | Food Storage and Preparation at CSU-Dominguez Hills Urban Farm  | The California State University-Dominguez Hills (CSUDH) Urban Farm provides fresh, organic produce to food insecure students for free. Many students, however, are unable to benefit from this service because the farm lacks adequate food preparation, packing, and storage facilities. The CSUDH Urban Farm was approved February 2018 and began operations incredibly quickly with the assistance of service-learning classes and many motivated volunteers. Teaming up with CalFresh and Food Forward has helped to develop a distribution system for the farm produce. But, growing organic produce and distributing it to students is not enough if they don't know what to do with it. For example, an estimated 60% of the kale harvest was wasted because students either did not know what it was or how to prepare it. Therefore, developing a program to teach students how to properly store and prepare fresh produce is essential to addressing food insecurity on our campus.                          |

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| Ryan   | Gamba | Assistant Professor | East Bay   | \$15,000 | From Stamps to Phone Apps: Identifying the most effective and preferred methods of Food Assistance for Students at CSU East Bay | This study has four aims. First, to identify how marginal food security affects students' academics, health, and social lives. Second, to identify which food assistance method is preferred, food benefits via a mobile phone application (Grubhub/Seamless), or a gift card to a grocery store. Third, to assess which method is more effective in improving food security status. Lastly, we will compare the nutritional quality of the food purchased by the students with dietary recommendations.  |
| Nelida | Duran | Assistant Professor | Northridge | \$15,000 | Food Insecurity and Utilization of Food Pantries at California State University Northridge                                      | Educational equity is hindered when students are unable to meet their basic needs. The prevalence of food insecurity among California State University students is three times the national prevalence of food insecurity in the United States. Leaders across the 23 CSU campuses, the largest public system of higher education, are working to address food insecurity. The goal of this research project is to measure the impact of CSUN's food pantries on food insecurity on-campus and inform areas for improving its utilization and outreach. A mixed-method, cross-sectional design will be used to: (1) examine the awareness and utilization of on-campus food pantries and services across students with varying food security status levels; (2) assess the determinants of food pantry utilization on-campus; and (3) describe the perceived facilitators and barriers to the utilization of on-campus food pantries and services. CSUN students will assist in the evaluation of this project. |

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| Gretchen | Lynn George | Assistant Professor | San Francisco   | \$15,000 | Understanding the Impact of Peer Education on Self-Efficacy and Food Literacy in Food Insecure Students | <p>The purpose of this study is to determine what is most effective in increasing self-efficacy and food literacy to support a sustainable approach to food security through a three-arm randomized nutrition education intervention.</p> <p>The aims of the study are: 1.) To increase awareness of food security approaches through food management using food pantry items; 2.) To educate students on the importance of nutrition through balanced dietary intake using food pantry items; 3.) To increase self-efficacy related to preparing foods using low-cost canned, frozen, and fresh items; and 4.) To understand which educational approach (food demo, cooking class, handout) is most effective with food insecure college students in increasing knowledge, self-efficacy, and self-awareness (food literacy).</p>   |
| Aydin    | Nazmi       | Associate Professor | San Luis Obispo | \$15,000 | Improving food access on campus: A mixed-methods process evaluation                                     | <p>Food insecurity is widespread on college campuses and is associated with poor physical, mental, and social health, leading to poor academic performance and lower GPA. In an effort to promote academic success and the path to graduation, universities offer programs and services to increase food access for students in need. Currently, most CSU campuses offer pantries, meal sharing programs, and/or CalFresh Outreach to students, and utilization is growing. To effectively combat food insecurity, it is critical to know how well existing efforts are working. However, we not know whether programs/services are being implemented as planned or if they are having the intended impact. We propose a mixed-methods process evaluation of food security programs at Cal Poly SLO to learn which programs are most utilized, their reach, which students are using them, why, and how they are working. Findings from this study will inform these and similar programs/services across the CSU.</p> |

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| Gabriel | R. Valle | Assistant Professor | San Marcos            | \$15,000         | Addressing Student Basic Needs by Empowering Students through Growing Food | In 2017, CSUSM, instituted the Cougar Pantry (CP), a student-led campus food pantry coordinating weekly food delivery to campus from a local non-profit. A 2016 survey revealed over half of CSUSM students were food insecure. While great strides have been made through the pantry, there remain opportunities to improve access to food, raise awareness of food insecurity for students who do not experience it first-hand, and promote continued learning about food insecurity and production on the campus. This research seeks to create new links between the CP and food produced in the Sustainable Food Project (SFP), a food justice-oriented living laboratory at CSUSM, where students receive hands-on and experiential practice growing food every semester. To date, the SFP has not been integrated into the CP. This could increase supply of locally grown, organic, culturally appropriate food for CSUSM students and thus provide another avenue for addressing student food insecurity. |
| Jill    | M. Weigt | Professor           | San Marcos            | \$15,000         | A Mixed Methods Evaluation of Cal State San Marcos' Cougar Pantry          | The CSUSM Cougar Pantry was established in 2017, born of collaboration between student leadership and the Basic Needs Initiative. The pantry's clientele has doubled in the past year but still falls sort of estimated need. As a Hispanic- and Asian American Native American Pacific Islander-Serving Institution, CSUSM educates a student body more likely to suffer from food insecurity, making the pantry an excellent site from which to evaluate practices for serving particularly vulnerable populations. The proposed project uses a mixed methods design – surveys and in-depth interviews with pantry clients (n=200 and 30, respectively) and the analysis of existing data – to evaluate the Cougar Pantry. The project is guided by the following research questions: How well does the CSUSM Cougar Pantry serve students' needs? How do CSUSM students experience using the pantry? What can students tell us about how services are working and how they can be improved?                     |
|         |          |                     | <b>Total Funding:</b> | <b>\$150,000</b> |  |  |