

De Anza College Office of Institutional Research and Planning

To: College Planning Committee

From: Mallory Newell, Office of Research and Planning

Date: 9/6/2023

Subject: Belonging, Civic Capacity, Basic Needs and Mental Health Survey, Spring 2023

The Belonging, Civic Capacity, Basic Needs and Mental Health Survey was designed to assess a variety of factors that could influence a student's ability to stay enrolled and successfully meet their educational goals. Those include a sense of belonging on campus, developing a sense of civic capacity to help other and an assessment of basic needs including food and housing insecurities and mental health as barriers to success. The survey was sent to all De Anza students enrolled during spring 2023 quarter. The survey was administered via email and remained open for two weeks. A total of 478 responses were collected. Food and housing insecurity rates have decreased from prior years, homelessness remained rather stable and mental health needs increased. Questions regarding civic capacity and belonging were new to the spring 2022 administration. Each of the questions will be used to evaluate the college's Educational Master Plan [goals and metrics](#).

Key Takeaways:

- **92%** of respondents reported a **sense of belonging** at De Anza.
- **89%** of respondents indicated a rate of **civic capacity for community and social change**.
- **29%** of respondents indicated they experienced **food insecurity** in the past 12 months, down from 36% in spring 2022.
- **29%** of respondents indicated they experienced **housing insecurity** in the past 12 months, down from 40% in spring 2022.
- **16%** of respondents indicated **homelessness** in the past 12, similar to spring 2022.
- **51%** of respondents indicated that **mental health issues impeded their success** at De Anza, up from 47% in spring 2022.

Asian, Filipinx and white students are less likely to feel a sense of belonging or civic capacity at De Anza when compared to other ethnic groups. In contrast, **Black, Pacific Islander and Latinx** students are **more likely** to report a **sense of belonging and civic capacity but experience food insecurity, while Black Filipinx and Latinx students experience higher rates of mental health struggles**.

Among gender groups, **non-binary students are less likely** than other gender categories to feel a **sense of belonging and civic capacity** and students with **gender identities other than male, female or non-binary** are **more likely to lack basic needs or experience mental health struggles**.

Students between the ages of 21 – 30 are less likely to feel a sense of belonging and civic capacity than other students in other age groups, whereas those ages 21-30 are more likely to lack basic needs and experience mental health struggles.

Concerted attention and support should be diverted to our **foster youth students, students with a disability and veterans and active military members who exhibited the lowest rates across measures such as belonging and civic capacity and the highest rates of basic needs insecurities and mental health struggles.**

Specifically,

- **92% (438)** of respondents expressed a **sense of belonging** at De Anza College
 - **Veterans and active duty service members (10) had the lowest rate of belonging** of any group at 77%, followed by students who identify as **non-binary** (13) at 81%.
- **89% (424)** of respondents expressed a sense of **civic capacity** at De Anza
 - **Foster youth students (10) had the lowest rate of civic capacity** of all groups at 82%, followed by students who identify as a **man** at 83% (64).
- **29% (139)** of respondents indicated they experienced **food insecurity** in the past 12 months
 - **Foster youth students (10) had the highest rate of food insecurity** at 91%, followed by **Black students** at 80% (12) and students who received a **PELL grant** at 74% (84).
- **29% (140)** of respondents indicated they experienced **housing insecurity** in the past 12 months
 - **Foster youth students (9) had the highest rate of housing insecurity** of any group at 82%, followed by students who receive a **PELL grant** at 50% (55).
- **16% (75)** of respondents indicated they experienced some form of **homelessness** in the past 12 months
 - **Foster youth students (4) had the highest rate of homelessness** of any group at 36%, followed by students who **do not identify as male, female or non-binary** at 30% (6).
- **51% (244)** of respondents indicated they experienced **mental health issues** that act as a barrier to their success
 - **Students with a disability 62) had the highest rate of mental health** being a barrier to their success of all student groups at 77%, followed by students who **identify as LGBTQ+** at 75% (88).

Belonging, Civic Capacity, Basic Needs and Mental Health

Table 1. Belonging, Civic Capacity, Basic Needs and Mental Health Index

	Spring 2023		Spring 2022		Spring 2021		Spring 2020		Spring 2018	
	#	%	#	%	#	%	#	%	#	%
Belonging	438	92%	433	89%	211	88%				
Civic Capacity	424	89%	426	88%						
Food Insecurity	139	29%	175	36%	80	33%	485	36%	1,171	58%
Housing Insecurity	140	29%	190	40%	104	44%	528	40%	1,128	56%
Homelessness	75	16%	67	14%	44	18%	155	12%	365	18%
Mental Health	244	51%	230	47%	148	62%	776	57%		

When comparing current survey results from spring 2023 to prior survey administrations:

- The **sense of belonging rate has increased to 92% from 89%** from spring 2021.
- **Food insecurity decreased to 29% from 36%** in spring 2022 and 33% in spring 2021.
- **Housing insecurity also decreased to 29%** in spring 2023 from 40% in spring 2022 and 44% in spring 2021.
- **Homelessness increased to 16% from 14% from the prior year**, but remained below the 18% in spring 2021.
- The proportion of student respondents affected by **mental health** being a barrier to their success has fluctuated, **ranging from 47% to 62%**, though rates for 2023 increased from 2022 from 47% to 51%.

Table 2. Belonging, Civic Capacity, Basic Needs and Mental Health Index by Demographic Groups, Spring 2023

	Belonging		Civic Capacity		Food Insecurity		Housing Insecurity		Homelessness		Mental Health	
	#	%	#	%	#	%	#	%	#	%	#	%
Ethnicity												
Asian	157	92%	152	89%	66	39%	42	25%	26	15%	75	44%
Black	15	100%	15	100%	12	80%	5	33%			10	67%
Filipinx	12	92%	12	92%	8	62%	5	38%			9	69%
Latinx	77	95%	77	95%	51	63%	34	42%	14	17%	56	69%
Native American												
Pacific Islander	3	100%	3	100%							3	100%
White	90	91%	83	84%	44	44%	36	36%	17	17%	64	65%
Decline to State	83	86%	81	84%	36	38%	17	18%	13	14%	27	28%
Gender												
Woman	231	94%	230	93%	119	48%	85	34%	44	18%	149	60%
Man	126	91%	116	83%	60	43%	41	29%	21	15%	65	47%
Non-binary	13	81%	14	88%	6	38%			3	19%	13	81%
Other Gender Identity	19	95%	17	85%	33	43%	9	45%	6	30%	15	75%
Age												
Age: 20 and under	160	96%	153	92%	63	38%	38	23%	21	13%	99	59%
Age: 21 - 30	116	90%	110	85%	73	57%	56	43%	26	20%	85	66%
Age: 31+	114	90%	114	90%	62	49%	44	35%	27	21%	59	46%
Other Groups												
LGBTQ+	108	92%	104	89%	59	50%	42	36%	26	22%	88	75%
Foster Youth	10	91%	9	82%	10	91%	9	82%	4	36%	8	73%
PELL	105	95%	105	95%	82	74%	55	50%	26	23%	80	72%
Disability	73	90%	69	85%	48	59%	32	40%	18	22%	62	77%
Non-US Citizen	69	96%	66	92%	35	49%	27	38%	17	24%	36	50%
Veteran	10	77%	11	85%	7	54%	6	46%	4	31%	8	62%

Note: lowest rate(s) for belonging and civic capacity were bolded, whereas the highest rates in food, housing and mental health in each category were bolded for emphasis. Cell sizes suppressed when less than 3 respondents.

Belonging

Goal: Achieving the Success Factors

Metric: The rate at which students report they feel a sense of belonging on campus will be no more than 5 percentage points different for Black, Filipinx, Foster Youth, Latinx, LGBTQ+, Native American and Pacific Islander students, compared with the rate for all other students.

To create an index for belonging to measure the goal of achieving the success factors, students were asked to respond to five questions that focused on a sense of belonging at De Anza, either online or in person. If a respondent selected either 'great extent' or 'some extent' on three or more of the five questions, they were included within the belonging index.

As displayed in Table 1 above, there is an **overall high rate of belonging reported by all respondents at 92%**. When disaggregating the Belonging index (Table 2), the lowest rate is 78%.

- The **lowest rate of belonging** by ethnicity was exhibited by **decline to state students at 86%**.
- Students who identify as **non-binary exhibited the lowest rate** of belonging at 81% while those who identify as a gender identify other than man or woman exhibited the highest rate of 95%.
- Students aged 31+ and 21 – 30 exhibited a rate of 90% while the youngest students had a rate of 96%.
- **Veterans and active duty military students had the lowest rate of belonging of any group at 77%**, followed by students with a disability at 90%.

Civic Capacity

Goal: Civic Capacity for Community and Social Change

Metric: The rate at which students report they are able to make a positive difference for others will be no more than 5 percentage points different for Black, Filipinx, Foster Youth, Latinx, LGBTQ+, Native American and Pacific Islander students, compared with all other students.

To create an index for civic capacity to measure the goal of civic capacity for community and social change, students were asked to respond to five questions that focused on making a positive difference for others. If a respondent selected either 'great extent' or 'some extent' on three or more of the five questions, they were included within the civic capacity index.

As displayed in Table 1 above, there is an **overall high rate of civic capacity reported by all respondents at 89%**. When disaggregating the civic capacity index (Table 2), the lowest rate is 78%.

- The **lowest rate of students expressing a sense of civic capacity** by ethnicity was for students who identify as **declined to state at 86%**, followed by 91% for white students.
- Students who identify as a **man exhibited the lowest rate** of belonging at 83% while those who identify as a woman exhibited the highest rate of 93%.
- Students aged 21-30 exhibited the lowest rate by age at 85%.
- **Foster youth students** had the **lowest rate of all groups at 82%**, followed by students with a disability or a veteran, both at 85%.

Food Insecurity

To create an index for Food Insecurity, students were asked to respond to five questions that focused on access to food and the ability to buy enough food in the past year. If a respondent responded affirmatively to two or more of the five questions, they were included within the food insecurity index.

As displayed in Table 1 above, **the rate of food insecurity is 29%**, when disaggregating the index, the rate of food insecurity differs by group. The higher the rate, the higher the rate of food insecurity (e.g., less access to food with or without hunger).

- The **highest rate of food insecurity by ethnicity was for Black students at 80%**, followed by 63% for Latinx students and 62% for Filipinx students.
- **Students who identify as a woman** exhibited the **highest rate** of all gender identities with **48% reporting food insecurity**.
- Students between the ages of 21 and 30 had the highest rate of all age groups at 57%.
- **Foster youth** students had the **highest rate of any group at 91%**, followed by students with a Pell grant at 74%.

Basic Needs and Mental Health

Goal: Meeting Basic Needs

Metric: The rate of basic needs challenges – including homelessness, housing insecurity, food insecurity and mental health issues – reported by Black, Filipinx, Foster Youth, Latinx, LGBTQ+, Native American and Pacific Islander students will be no more than 5 percentage points different from the rate for all other students, as measured by the annual basic needs survey.

Housing Insecurity

To create an index for Housing Insecurity to be used to measure part of the basic needs goal, students were asked to respond to five questions that focused on housing, including the ability to pay for housing in the past 12 months. If a respondent answered affirmatively to any of the five questions, they were included in the housing insecurity index.

As displayed in Table 1 above, **the rate of housing insecurity is 29%**. When disaggregating the index, the rate of housing insecurity varied by student group. Similar to food insecurity, the higher the rate, the higher the rate of housing insecurity (e.g., moved two or more times in a year).

- The **highest rate of housing insecurity** by ethnicity was for **Latinx students at 42%**, followed by 38% for Latinx students and 36% for white students.
- The housing insecurity rate was **highest for students who did not identify as woman, man or non-binary** at 45%.
- Students between the ages of 21 and 30 had the highest rate of all age groups at 43%.
- **Foster youth students** had the **highest rate of housing insecurity of any group at 82%**, followed by students who received a Pell grant at a rate of 50%.

Homelessness

To create an index for Homelessness to be used to measure part of the basic needs goal, students were asked to respond to six questions that focused on having a place to sleep in the past year. If a respondent selected affirmative to any of the six questions, they were included in the homelessness index.

As displayed in Table 1 above, **the rate of homelessness is 16%**, when disaggregating the index, the rate of homelessness varied by student group. Again, similar to food and housing insecurities, the higher the rate, the higher the rate of homelessness (e.g., stayed in a shelter).

- The **highest rate of homelessness** was exhibited by **white and Latinx students at 17%**.
- Students who **do not identify as a man, woman or non-binary** exhibited the **highest rate of homelessness** for any gender category at 30%.
- Students over the age of 30 had the highest rate of all age groups at 21%.
- **Foster youth students** had the **highest rate of homelessness of any group at 36%** followed by veterans at 31%.

Mental Health

The rate at which mental health issues impeded a students' ability to be successful was measured through one question, to be used to measure part of the basic needs goal of mental health. If a respondent selected 'great effect' or 'moderate effect' they were included as having a mental health barrier.

As displayed in Table 1 above, **51% of respondents indicated that mental health issues impeded their success** at De Anza. When disaggregating by student group, the rates varied. Similar to food, housing and homelessness, the higher the rate, the higher the rate of mental health barriers.

- The **highest rate** of mental health as a barrier to success by ethnicity was for Pacific Islander students at a rate of 100% for 3 students, followed by Filipinx and **Latinx students both at 69%**.
- Students who identify as non-binary exhibited the **highest rate** of mental health as a barrier to success **at 81%**.
- Students between the **ages of 21 and 30 exhibited the highest rate** of all age groups at 66%.
- **Students with a disability had the highest rate of mental health** as a barrier to success of **all student groups at 77%**, followed by students who identify as LGBTQ+ at 75%.

Demographics

Table 3. Belonging, Civic Capacity, Basic Needs and Mental Health Index, Respondent Demographics

	Responses	%	De Anza Spring 2023
Ethnicity			
Asian	170	36%	40%
Black	15	3%	4%
Filipinx	13	3%	7%
Latinx	81	17%	25%
Native American	1	0%	0%
Pacific Islander	3	1%	1%
White	99	21%	17%
Decline to state	96	20%	6%
Gender			
Woman	247	52%	49%
Man	139	29%	50%
Non-binary	16	3%	0%
Genderqueer	13	3%	-
Other gender identity	7	1%	-
Unreported	56	12%	2%
Age			
Age: 20 and under	167	35%	52%
Age: 21 - 30	129	27%	33%
Age: 31 +	127	27%	15%
Unreported	55	12%	0%
Other			
Disability	81	17%	3%
LGBTQ+	117	24%	1%
Foster Youth	11	2%	0%
Non U.S. Citizen	72	15%	10%
PELL	111	23%	39%
Veteran	13	3%	1%

Demographic characteristics among survey respondents were somewhat representative of the De Anza's student population in spring 2023 in varying categories. The greatest exceptions were observed among Latinx students who were underrepresented in the sample by 7 percentage points

and an overrepresentation of students in the survey who declined to state their racial/ethnic identity.

Regarding gender, there was an underrepresentation of students who identify as a man by 21 percentage points in the survey compared to the student population. There was also a higher proportion of students who chose not to identify their gender in the survey than within the student population leading to variability. This was also the case for age, where a higher rate of respondents chose not to identify their age than in the De Anza population, resulting in an underrepresentation of students aged 20 and under and slightly for those aged 21-30, with an overrepresentation of students aged 31+.

In regard to other student populations, students with a disability and those who identify as LGBTQ+ were overrepresented in the survey while those who identify as non U.S. citizens and PELL grant recipients were underrepresented in the survey.

Appendix

Sense of Belonging

Table 4. Questions Measuring Sense of Belonging, Spring 2023

	Feel like you belong		Feel a personal connection with other students, staff or instructors		Feel your unique personal experiences and/or culture are honored and respected		Feel like you can openly share your point of view		Feel you have a good support network	
	#	%	#	%	#	%	#	%	#	%
Great extent	199	42%	191	40%	213	45%	260	54%	207	43%
Some extent	226	47%	221	46%	198	41%	177	37%	200	42%
No extent	44	9%	65	14%	63	13%	37	8%	68	14%
Unreported	9	2%	1	0%	4	1%	4	1%	3	1%
Total	478	100%	478	100%	478	100%	478	100%	478	100%

- Respondents selected ‘great extent’ at the highest rate for: feel like you can openly share your point of view (54%) followed by feel your unique personal experiences and/or culture are honored and respected (45%).
- The lowest rated response in the ‘great extent’ category was at 40%: feel a personal connection with other students, staff and instructors.

Civic Capacity

Table 5. Questions Measuring Civic Capacity, Spring 2023

	See yourself as a person whose voice and opinions matter		Voice your opinions on campus, at work, or in your community		See yourself as a person who can work with others to make a positive difference on campus or in your community		Understand issues in the world around you		Develop solutions to real-world problems	
	#	%	#	%	#	%	#	%	#	%
Great extent	176	37%	174	36%	229	48%	244	51%	192	40%
Some extent	235	49%	214	45%	176	37%	191	40%	228	48%
No extent	61	13%	85	18%	66	14%	35	7%	54	11%
Unreported	6	1%	5	1%	7	1%	8	2%	4	1%
Total	478	100%	478	100%	478	100%	478	100%	478	100%

- Respondents selected ‘great extent’ at the highest rate for: understand issues in the world around you (51%) and develop solutions to real-world problems (40%).
- The lowest rated response was at 36% reporting ‘great extent’ for: voice your opinions on campus, at work, or in your community, followed by 37% for: see yourself as a person whose voice and opinions matter.

Food Insecurity

Food security among survey respondents was measured using the United States Department of Agriculture (USDA) Six-Item Short Form of the Food Security Survey Module. The food security scale has been adjusted to use in a self-administered survey format. Responses to each item on the food security scale are scored based on the number of affirmative responses. The score for each respondent determined their food security status; with a score between 0 and 1 affirmative responses indicating high or marginal food security, a score between 2 and 4 indicating low food security, and a score between 5 and 6 indicating a very low food security¹.

Table 6. Rates of affirmative responses to specific items in the USDA food security scale

¹ (U.S. Department of Agriculture, 2012): <https://www.ers.usda.gov/media/8282/short2012.pdf>

	#	%
I couldn't afford to eat balanced meals	221	46%
The food that I bought just didn't last and I didn't have enough money to get more	211	44%
Did you ever eat less than you felt you should because there wasn't enough money for food?	147	31%
Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?	196	41%
Were you ever hungry but didn't eat because there wasn't enough money for food?	117	24%

- The highest rate of food insecurity was observed for statements: I couldn't afford to eat balanced meals at the highest rate at 46% (221), followed by the food that I bought just didn't last and I didn't have enough money to get more at 44% (211) of respondents.
- The lowest rated response was at 24% (117) for: were you ever hungry but didn't eat because there wasn't enough money for food?

Definitions of the three food security statuses according to the USDA's Guide to Measuring Household Food Security² are:

- High or marginal food security:
Food secure – Household show no or minimal evidence of food insecurity
- Low food security:
Food insecure – Without hunger
- Very low food security:
Food insecure – With hunger

Table 7. Scale of Food Security Status, Spring 2023

Food Security scale	Last 12 Months	
	#	%
High or marginal security (score = 0-1)	260	54%
Low security (score = 2-3)	79	17%
Very low security (score = 4-5)	139	29%

- The majority (54%, 260) of survey respondents reported "high or marginal" food security, meaning they were food stable.

² (United States Department of Agriculture, 2000): <https://fns-prod.azureedge.net/sites/default/files/FSGuide.pdf>

- 29% (139) of respondents had a “very low” food security status, meaning they have the greatest food assistance needs.
- 17% (79) of respondents had a “low” food security status.

Housing Insecurity

Housing insecurity and homelessness survey questions were adapted from Wisconsin Hope Lab. Housing insecurity was defined as a set of broad housing issues including frequent moves, crowding, poor housing quality, or the inability to afford rent or bills. Homelessness describes the absence of a place to live, which includes people who live in shelters, vehicles, or abandoned structures³. Housing insecurity and homelessness were measured with five survey items each with an addition of one locally added question to the housing security items. An affirmative response to any one of the items indicates evidence for housing insecurity or homelessness.

Table 8. Rates of affirmative response items measuring housing insecurity (past 12 months)

	#	%
<i>Any of the below items:</i>	140	29%
Doubled up or shared a room	117	24%
Moved in with other people due to financial problems	111	23%
Didn't pay the full amount of utilities	112	23%
Didn't pay the full amount of rent or mortgage	93	19%
Moved two or more times in the year	57	12%

- 29% (140) of respondents answered affirmatively to at least one of the items indicating housing insecurity.
- 24% (117) of respondents indicated they had to double up or share a room during the past 12 months compared.
- 23% (111) of respondents indicated they had to move in with other people due to financial problems compared or didn't pay the full amount of utilities (112).

Homelessness

Table 9. Rates of affirmative response items measuring homelessness (past 12 months)

³ (Goldrick-Rab, Richardson, & Hernandez, 2017): <http://www.wihopelab.com/publications/Hungry-and-Homeless-in-College-Report.pdf>

	#	%
<i>Any of the below items:</i>	75	16%
Did not know where you were going to sleep, even for one night	47	10%
Didn't have a home	44	9%
Was thrown out of your home	40	8%
Stayed in a vehicle, abandoned building, or other place not meant as housing	35	7%
Was evicted from your home	14	3%
Stayed in a shelter	14	3%

- 16% (75) of respondents answered affirmatively to at least one of the items indicating homelessness.
- Two homelessness items had the highest rates of affirmative responses:

10% (47) of respondents indicated that they did not know where they were going to sleep, even for one night, and 9% (44) of respondents indicated that they didn't have a home sometime during the past 12 months.

Mental Health

Table 10. Questions Included in Mental Health Index, Spring 2023

How much have mental health issues (e.g., personal or family mental health issues or lack of access to mental health services) affected your ability to be successful at De Anza College?

	#	%
Mental health rate	244	51%
Great effect	95	20%
Moderate effect	149	31%
Little effect	107	22%
No effect	79	17%
Unreported	48	10%
Total	478	100%

- 51% (244) of respondents indicated they faced mental health challenges that impeded their success at De Anza.
 - 20% (95) of respondents indicated mental health had a 'great effect' on their ability to be successful.
 - 31% (149) of respondents indicated mental health had a 'moderate effect' on their ability to be successful.

References

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