

# De Anza College Office of Institutional Research and Planning

**To:** College Planning Committee

**From:** Mallory Newell, Office of Research and Planning

**Date:** 9/6/2022

**Subject:** Belonging, Civic Capacity, Basic Needs and Mental Health Survey, Spring 2022

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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 2022 quarter. The survey was administered via email and remained open for two weeks. A total of 486 responses were collected. Food and housing insecurity rates were similar over the past three years while mental health questions fluctuated. 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:

- **89%** of respondents reported a **sense of belonging** at De Anza.
- **88%** of respondents indicated a rate of **civic capacity for community and social change**.
- **36%** of respondents indicated they experienced **food insecurity** in the past 12 months.
- **40%** of respondents indicated they experienced **housing insecurity** in the past 12 months.
- **14%** of respondents indicated **homelessness** in the past 12.
- **47%** of respondents indicated that **mental health issues impeded their success** at De Anza.

**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 and Latinx students are more likely to report a sense of belonging and civic capacity but experience food and housing insecurity, homelessness and mental health struggles.**

Among gender groups, **male 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 or female are more likely to lack basic needs or experience mental health struggles.**

**Younger students (20 and below) are less likely to feel 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 who exhibited the lowest rate of belonging and civic capacity and the highest rates of basic needs insecurities and mental health struggles.**

Specifically,

- **89% (433)** of respondents expressed a **sense of belonging** at De Anza College
  - **Foster youth students (7) had the lowest rate of belonging** of any group at 78%, followed by **white students (77)** at 79%.
- **88% (426)** of respondents expressed a sense of **civic capacity** at De Anza
  - **Foster youth students (7) had the lowest rate of civic capacity** of all groups at 78%, followed by students who **declined to state their ethnicity** at 79% (64).
- **36% (175)** of respondents indicated they experienced **food insecurity** in the past 12 months
  - **Foster youth students (8) had the highest rate of food insecurity** at 89%, followed by **students with a Pell grant** at 60% (46).
- **40% (190)** of respondents indicated they experienced **housing insecurity** in the past 12 months
  - **Foster youth students (8) had the highest rate of housing insecurity** of any group at 89%, followed by **students who received a Pell grant** at a rate of 61% (47).
- **14% (67)** of respondents indicated they experienced some form of **homelessness** in the past 12 months
  - **Foster youth students (6) had the highest rate of homelessness** of any group at 67%, followed by students who **do not identify as male or female** at 30% (7).
- **47% (230)** of respondents indicated they experienced **mental health issues** that act as a barrier to their success
  - **Foster youth students (8) had the highest rate of mental health** being a barrier to their success of all student groups at 89%, followed by students who **do not identify as male or female** at 74% (17).

**Belonging, Civic Capacity, Basic Needs and Mental Health**

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

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

When comparing current survey results from spring 2022 to prior survey administrations:

- The **sense of belonging rate has remained stable** from spring 2021 which was at 88%.

- **Food insecurity has remained around 35%** over the past three survey administrations, on average.
- **Housing insecurity has also remained rather stable at 41%** over the past three survey administrations, on average.
- **Homelessness has also remained at around 15%** over the past three spring terms.
- The proportion of student respondents affected by **mental health** being a barrier to their success has fluctuated, **ranging from 47% to 62%**.

Table 2. Belonging, Civic Capacity, Basic Needs and Mental Health Index by Demographic Groups, Spring 2022

	Belonging		Civic Capacity		Food Insecurity		Housing Insecurity		Homelessness		Mental Health	
	#	%	#	%	#	%	#	%	#	%	#	%
<b>Ethnicity</b>												
Asian	175	92%	173	91%	63	33%	70	37%	24	13%	85	45%
Black	21	95%	21	95%	15	<b>68%</b>	11	<b>50%</b>	4	<b>18%</b>	11	50%
Filipinx	11	<b>85%</b>	11	<b>85%</b>	4	31%	5	38%	1	8%	8	<b>62%</b>
Latinx	68	91%	68	91%	33	44%	43	<b>57%</b>	13	<b>17%</b>	48	<b>64%</b>
Native American	2	100%	2	100%	1	50%	1	<b>50%</b>	1	50%	1	50%
Pacific Islander	6	100%	6	100%	2	<b>67%</b>	2	33%	6	0%	2	33%
White	77	<b>79%</b>	81	<b>84%</b>	43	44%	45	<b>46%</b>	21	<b>22%</b>	54	<b>56%</b>
Decline to State	73	90%	64	<b>79%</b>	14	17%	13	16%	3	4%	21	26%
<b>Gender</b>												
Female	243	93%	239	91%	102	39%	113	43%	38	15%	130	50%
Male	130	<b>84%</b>	130	<b>84%</b>	57	37%	66	43%	22	14%	81	53%
Other Gender Identity	19	<b>83%</b>	20	87%	12	<b>52%</b>	10	43%	7	<b>30%</b>	17	<b>74%</b>
<b>Age</b>												
Age: 20 and under	137	<b>84%</b>	135	<b>83%</b>	63	39%	68	42%	20	12%	97	<b>60%</b>
Age: 21 - 30	115	94%	107	88%	60	<b>49%</b>	63	<b>52%</b>	26	<b>21%</b>	74	<b>61%</b>
Age: 31+	141	91%	147	95%	37	30%	57	37%	21	14%	57	37%
<b>Other Groups</b>												
Foster Youth	7	<b>78%</b>	7	<b>78%</b>	8	<b>89%</b>	8	<b>89%</b>	6	<b>67%</b>	8	<b>89%</b>
PELL	72	94%	73	95%	46	<b>60%</b>	47	<b>61%</b>	19	25%	51	<b>66%</b>
Disability	58	<b>83%</b>	62	<b>89%</b>	25	36%	29	41%	12	17%	40	57%
Non-US Citizen	79	90%	79	90%	38	43%	143	42%	48	14%	40	45%
Veteran	13	<b>81%</b>	15	94%	7	44%	6	38%	4	25%	10	<b>63%</b>

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.

## 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 89%**. When disaggregating the Belonging index (Table 2), the lowest rate is 78%.

- The **lowest rate of belonging** by ethnicity was exhibited by **white students at 79%**, followed by 85% for Filipinx.
- Students who identify as male or other gender identity exhibited a belonging rate of 83%.
- Younger students, ages 20 and below exhibited a rate of 84%.
- **Foster youth students had the lowest rate of belonging of any group at 78%**, followed by veterans at 81% and students with a disability at 83%.

## 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 88%**. 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 **declined to state at 79%**, followed by **84% for white students and male students, also at 84%**.

- Younger students, ages 20 and below exhibited the lowest rate by age at 83%.
- **Foster youth students** had the **lowest rate of all groups at 78%**, followed by students with a disability at 89%.

## 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 36%**, 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 68%**, followed by 67% for Pacific Islander students.
- **Students that do not identify as male or female** exhibited the **highest rate** of all gender identities with **52% reporting food insecurity**.
- Students between the ages of 21 and 30 had the highest rate of all age groups at 49%.
- **Foster youth** students had the **highest rate of any group at 89%**, followed by students with a Pell grant at 60%.

## 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 40%**. 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 57%**, followed by 50% for Black and Native American students and 46% for white students.
- The housing insecurity rate was the same for each gender identity group at 43%.
- Students between the ages of 21 and 30 had the highest rate of all age groups at 52%.
- **Foster youth students** had the **highest rate of housing insecurity of any group at 89%**, followed by students who received a Pell grant at a rate of 61%.

## 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 14%**, 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 students at 22%**, followed by Black students at 18% and Latinx students at 17%.
- Students who **do not identify as male or female** exhibited the **highest rate of homelessness** for any gender category **at 30%**.
- Students between the ages of 21 and 30 had the highest rate of all age groups at 21%.
- **Foster youth students** had the **highest rate of homelessness of any group at 67%**.

## 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, **47% 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 **Latinx students at 64%**, followed by Filipinx students at 62% and white students at 56%.
- Students who **do not identify as male or female** exhibited the **highest rate** of mental health as a barrier to success **at 74%**.
- Students between the ages of 21 and 30 exhibited a rate of 61%.

- **Foster youth students** had the **highest rate of mental health** as a barrier to success of **all student groups at 89%**, followed by students who received a Pell grant at 66%.

## Demographics

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

	Responses	%	De Anza Spring 2022
<b>Ethnicity</b>			
Asian	190	39%	40%
Black	22	5%	4%
Filipinx	13	3%	7%
Latinx	75	15%	25%
Native American	2	0%	0%
Pacific Islander	6	1%	1%
White	97	20%	17%
Decline to state	81	17%	6%
<b>Gender</b>			
Woman	262	54%	51%
Man	154	32%	48%
Other gender identity	23	4%	0%
Unreported	47	10%	NA
<b>Age</b>			
Age: 20 and under	163	35%	47%
Age: 21 - 30	122	26%	35%
Age: 31+	155	33%	18%
Unreported	46	10%	0%

Demographic characteristics among survey respondents closely represented De Anza’s student population in spring 2022. The only exception was observed among Latinx students who were underrepresented in the sample by 10 percentage points. Regarding gender and age, there was a higher proportion of students who chose not to identify their gender or age the survey than within the student population leading to variability. The highest percentage point variability between the sample of participants and the population of students was among male students who were underrepresented in the sample by 16 percentage points. 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 ages 30 and below and an overrepresentation of students 31 and over.

# Appendix

## Sense of Belonging

Table 4. Questions Measuring Sense of Belonging, Spring 2022

	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	188	39%	157	32%	207	43%	237	49%	213	44%
Some extent	230	47%	241	50%	211	43%	192	40%	206	42%
No extent	59	12%	86	18%	65	13%	54	11%	63	13%
Unreported	9	2%	2	0%	3	1%	3	1%	4	1%
Total	486	100%	486	100%	486	100%	486	100%	486	100%

- Respondents selected ‘great extent’ at the highest rate for: feel like you can openly share your point of view (49%) and feel you have a good support network (44%) followed by feel your unique personal experiences and/or culture are honored and respected (43%).
- The lowest rated response was at 32% reporting ‘great extent’ for: feel a personal connection with other students, staff and instructors.

## Civic Capacity

Table 5. Questions Measuring Civic Capacity, Spring 2022

	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	204	42%	170	35%	219	45%	230	47%	183	38%
Some extent	204	42%	219	45%	194	40%	211	43%	230	47%
No extent	73	15%	91	19%	67	14%	39	8%	66	14%
Unreported	5	1%	6	1%	6	1%	6	1%	7	1%
Total	486	100%	486	100%	486	100%	486	100%	486	100%

- Respondents selected ‘great extent’ at the highest rate for: understand issues in the world around you (47%) and see yourself as a person who can work with others to make a positive difference on campus or in your community (45%).
- The lowest rated response was at 35% reporting ‘great extent’ for: voice your opinions on campus, at work, or in your community.

## 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 security<sup>1</sup>.

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

	#	%
I couldn't afford to eat balanced meals	177	<b>36%</b>
The food that I bought just didn't last and I didn't have enough money to get more	165	<b>34%</b>
Did you ever eat less than you felt you should because there wasn't enough money for food?	133	<b>27%</b>
Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?	126	<b>26%</b>
Were you ever hungry but didn't eat because there wasn't enough money for food?	91	<b>19%</b>

- The highest rate of food insecurity was observed for statements: could not afford balanced meals at the highest rate at 36% (177), followed by the food that I bought just didn't last and I didn't have enough money to get more at 34% (165) of respondents.
- The lowest rated response was at 19% (91) 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 Security<sup>2</sup> are:

- High or marginal food security:  
*Food secure* – Household show no or minimal evidence of food insecurity

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

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

- Low food security:  
*Food insecure – Without hunger*
- Very low food security:  
*Food insecure – With hunger*

Table 7. Scale of Food Security Status, Spring 2022

Food Security scale	Last 12 Months	
	#	%
High or marginal security (score = 0-1)	311	64%
Low security (score = 2-3)	70	14%
Very low security (score = 4-5)	105	22%

- The majority (64%, 311) of survey respondents reported “high or marginal” food security, meaning they were food stable.
- 22% (105) of respondents had a “very low” food security status.
- 14% (70) 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 structures<sup>3</sup>. 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>	<b>190</b>	<b>39%</b>
Doubled up or shared a room	110	23%
Moved in with other people due to financial problems	93	19%
Didn't pay the full amount of utilities	87	18%
Didn't pay the full amount of rent or mortgage	82	17%
Moved two or more times in the year	46	10%

- 39% (190) of respondents answered affirmatively to at least one of the items indicating housing insecurity.

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

- 23% (110) of respondents indicated they had to double up or share a room during the past 12 months compared.
- 19% (93) of respondents indicated they had to move in with other people due to financial problems compared.

## Homelessness

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

	#	%
<i>Any of the below items:</i>	<b>67</b>	<b>14%</b>
Did not know where you were going to sleep, even for one night	35	7%
Didn't have a home	36	7%
Was thrown out of your home	30	6%
Stayed in a vehicle, abandoned building, or other place not meant as housing	23	5%
Was evicted from your home	9	2%
Stayed in a shelter	11	2%

- 14% (67) of respondents answered affirmatively to at least one of the items indicating homelessness.
- Two homelessness items had the highest rates of affirmative responses:

7% (35) of respondents indicated that they didn't have a home sometime during the past 12 months and 7% (35) of respondents indicated that they did not know where they were going to sleep, even for one night.

## Mental Health

Table 10. Questions Included in Mental Health Index, Spring 2022

**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?**

	#	%
<b>Mental health rate</b>	<b>230</b>	<b>47%</b>
Great effect	92	19%
Moderate effect	138	28%
Little effect	108	22%
No effect	103	21%
Unreported	45	9%
Total	486	100%

- 47% (230) of respondents indicated they faced mental health challenges that impeded their success at De Anza.

- 19% (92) of respondents indicated mental health had a ‘great effect’ on their ability to be successful.
- 28% (138) of respondents indicated mental health had a ‘moderate effect’ on their ability to be successful.

## References

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