Research Proposal: Housing and Food Insecurity Among College Students

Alexandria Belen Coronado
acoronado2@eagles.ewu.edu

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Research Proposal: Housing and Food Insecurity Among College Students
Alexandria Coronado, Political Science, Eastern Washington University
Mentor: Lindsey Upton, PhD, Criminal Justice

**Background**

There have been many studies conducted on both food and housing insecurity among various populations, but currently there has been a lack of research among college institutions. This study seeks to better understand the relationship between food and housing insecurity among students at one Inland Northwest university. Those who find themselves in a situation in which they do not have stable housing, often have to face other issues alongside it. Research has shown there can be a link drawn between housing instability with that of the likelihood of losing a job (Desmond, & Gershenson, 2016). Data from this report indicated that income loss was the most significant factor for residents who had to face forced move outs (Desmond, & Gershenson, 2016). This can become an issue that weighs heavily on university students who might have to work to afford school as well. Other research has indicated that individuals with certain characteristics, and who come from certain backgrounds, have higher rates of food insecurity (The Hope Center for College, Community, and Justice, 2020; Gallegos, Ramsey, & Ong, 2014; Coleman-Jensen, Steffen, & Whitley, 2017).

University students come from very diverse economic backgrounds and there could be an under reporting of the true extent of these issues on campuses. This study looks to analyze which populations of people might be more susceptible to these concerns and highlight how the university might better serve their student needs.

**Current Data**

A recent study conducted by Temple University’s Hope Center did a similar study over the Community Colleges in Washington State. This study indicated approximately one third of the population who replied to their survey faced both issues during the academic year, with the other estimated two thirds going to students who faced one of the two (The Hope Center for College, Community, and Justice, 2020). Their data also indicated that students who experienced these issues did not access resources available to them (The Hope Center for College, Community, and Justice, 2020). Other recent data indicated that renter populations experience very high food insecurity rates compared to other living arrangement individuals (Gallegos, Ramsey, & Ong, 2014).

**Proposed Method**

This intends to be a Quantitative study conducted through surveys. Population : Eastern Washington University students
Analysis of previously acquired data

**Potential Obstacles of Study**
Low turnout rate
Intended to be resolved with use of incentives
Potential impacts of COVID-19
The impact of the novel COVID-19 virus will be noted within the research

**Expected Outcomes**

Through this study, it is expected that this overlooked issue will be highlighted and focused on more by both the university and the students of Eastern Washington University. Currently the university collects data on students who face an unsecure source of food. Results from this study looks to fill missing data on housing insecurity at the university.

With these results, the institution can take part in a dialogue that could foster new policy that better meets the needs of their students. New policy could be expanding current resources in place or determining new solutions.

**Food Insecurity**
- **Low food security** – “Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.”
- **Very low food security** - “Report of multiple indicators of disrupted eating patterns and reduced food intake.”

**Housing Insecurity**
- **High Housing Cost** – “refers to housing that takes up more than thirty percent of a household’s gross monthly income.”
- **Poor housing quality** - “refers to housing that is lacking complete plumbing or a kitchen, has inadequate heating, has inadequate electricity, or has ‘upkeep problems’”
- **Homelessness** - “refers to the lack of a fixed, regular, and adequate nighttime residence”

**References**


Potential impacts of COVID-19

The impact of the novel COVID-19 virus will be noted within the research.

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