

Addressing Student Basic Needs Creating a Foundation of Success at UH



Introductions

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UNIVERSITY of HAWAII* at MĀNOA

DIVISION OF STUDENT SUCCESS

Introductions

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Department of Social Work

THOMPSON SCHOOL
SOCIAL WORK & PUBLIC HEALTH

Introductions

Tehani Keanini, MSW



Student Basic Needs Coordinator
University of Hawai'i System



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Learning Outcomes

By the end of this webinar, participants will be able to:

- **Identify** the core basic needs that impact student success, including food security, housing, and financial stability.
- **Understand** the system-wide and campus-specific resources available to support students in need across the UH System and UH Mānoa.
- **Develop** action steps to advocate for and contribute to enhanced basic needs support at UH Mānoa.

Agenda

- Understanding Basic Needs and Its Impact on Student Success
- UH Systemwide Basic Needs Initiatives
- Addressing Basic Needs at UH Mānoa
- Collaborating to Support Students' Basic Needs
- Action Steps & Advocacy

What are basic needs?

food and housing, childcare, mental health services, financial resources and transportation, among others.

TEMPLE UNIVERSITY



The Hope Center

Preview: 2023-24 Student Basic Needs Survey

3 in 5



College Students

experiencing housing or food insecurity or homelessness

January 2023 - July 2024

74,350 students across 16 states and 91 schools, 72% 2-year colleges

Hope Impact Partnerships

The “traditional” college student—someone who is coming straight out of high school, receiving financial support from their parents, and attending school full-time—is no longer the norm. *

The cost of attending college goes beyond tuition, books, and campus fees. Students are older, working part-time or full-time, are financially on their own, while others have family to take care of

(Lumina Foundation, 2019)

The Hope Center
for Student Basic Needs

Preview: 2023-24 Survey Report

WITH SUPPORT FROM
Lumina
FOUNDATION

74,350 students across **16** states and **91** schools completed the Student Basic Needs Survey as part of our Hope Impact Partnerships program between Jan. 2023 and July 2024. Of participating schools, **78%** were two-year colleges, **56%** were minority-serving institutions, and **33%** were rural-serving institutions.

44% of students experience depression and/or anxiety.

41% of students experience food insecurity.

3 in 5 college students (**59%**) are experiencing basic needs insecurity related to food and/or housing. Mental health also continues to be a major challenge for students, with almost half experiencing clinically significant symptoms of anxiety and/or depression.

48% of students experience housing insecurity.

14% of students experience homelessness.

January 2023 - July 2024
74,350 students across 16 states and 91 schools,
72% 2-year colleges
Hope Impact Partnerships

Tuition, Housing or food?
**A qualitative study exploring the lived
experience of food insecurity among
students**

Wendy J. Lum, MSW, M.Ed.
2023 Qualitative Study

College Food Insecurity

(Kendrick, 2022, pg. 901).

“a phenomenon that occurs when students who are enrolled in higher education institutions do not have adequate resources to consistently secure the quality or quantity of food required to sustain their physical, emotional, social, and academic health and as a result may experience unique negative physical, emotional, social or academic consequences.”

PURPOSE OF STUDY

To explore what food insecurity looks like for students at UH Mānoa and to understand how experiencing food insecurity affects their educational journey.

Research Question 1

How do UH Mānoa students describe their experience with food insecurity?

Research Question 2

How does experiencing food insecurity affect their educational journey?

Qualitative Study, 8 undergrad, 5 graduate students
1:1 interviews, photovoice adaptation

UH IRB 2022-00752

RQ 1. How do UH Mānoa students describe their experience with food insecurity?

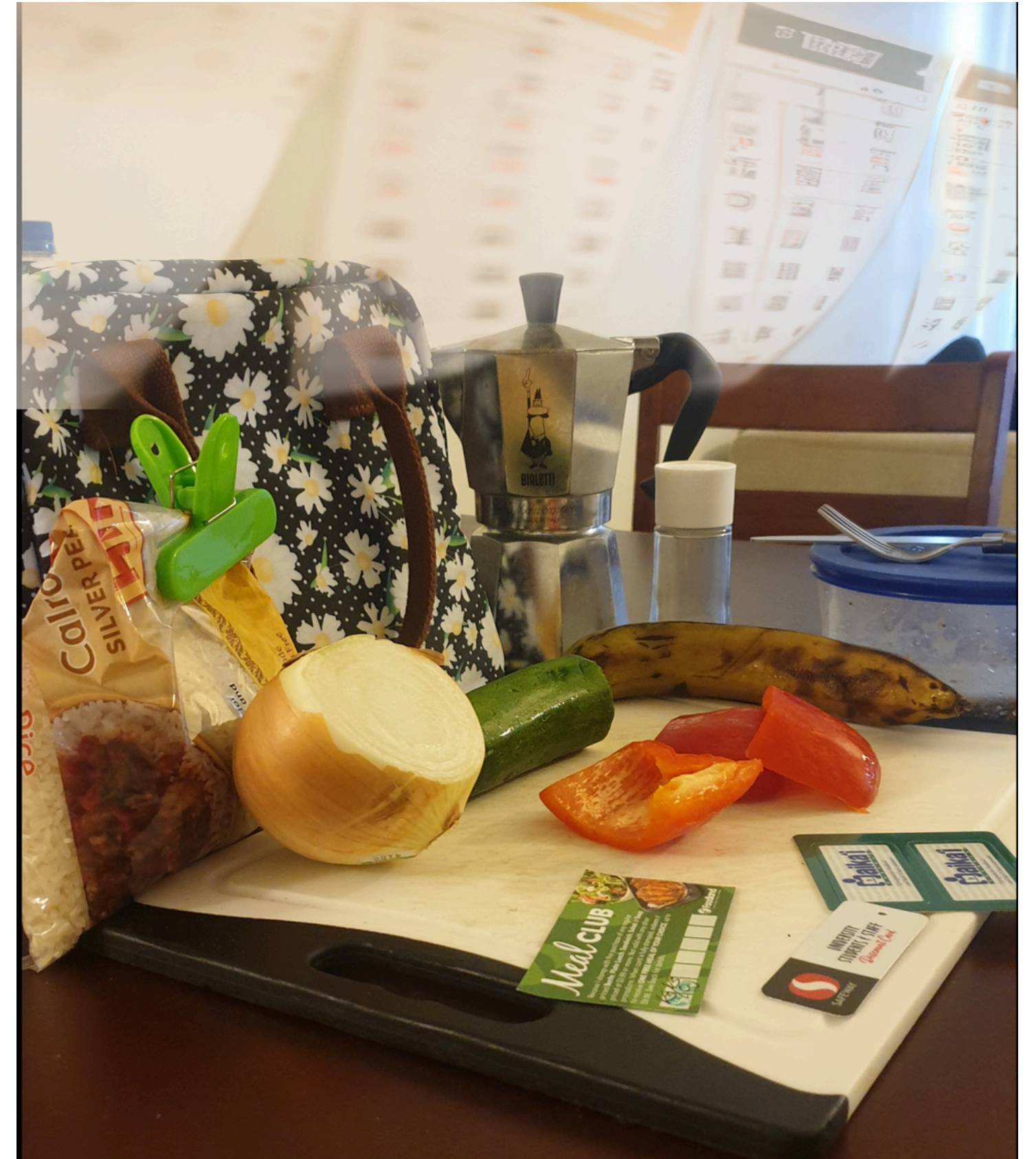
- The cost of food limits what students can eat
- **The need to be resourceful**
- **Having to *power through***
- The SNAP application struggle is real
- Being financially vulnerable - living paycheck to paycheck
- Class schedules conflict with resources on campus
- Concern for family, not wanting to worry them
- **Resource Bright Spots**

Making it work until the next paycheck

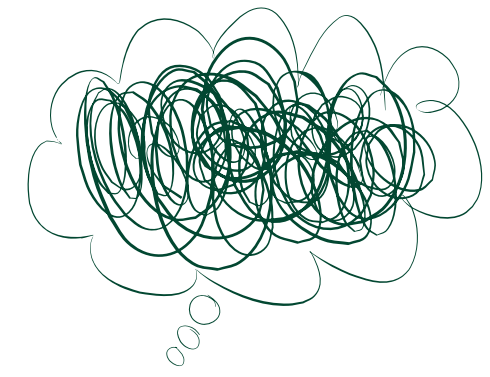
“I wanted to show them because, as you can see, they are in pieces, they are not, like full, because **I cannot afford to use like one full vegetable, every meal. I need to use maybe half or maybe a piece of it.** So I can use that vegetable for more than two or three meals. Because they are expensive, and I can I cannot buy like that many.”

“You know, the first thing I thought was - please don't drop anything. Like don't drop the food on the floor. And I was also looking at that and I was thinking - I need all, like all of this, like the vegetables, the rice and even the salt. You cannot see the salt inside the container, the salt container, you cannot see any salt because that's all that I have left. And I was thinking **I need this to last for the next two weeks until I get paid again. So let's make some magic.**”

“Evelyn”, Graduate, International Student



It's the aftermath...



“I'll be honest, it doesn't really impact my schooling and like a traditional sense of like, oh, I can't go to class because I'm worried about food or anything like that. I can't. I do my work. I go to class, I do this, that and the third. **But I feel like it's the aftermath of like, I've completed my work and everything is done. And I've been productive throughout the day. And all I want to do is come home and eat. Then I remember I have no food. I have to like, starve.** But like, I'll like scavenge, like something. I'll, like, make something and then eat that.”

“Isabel”, Undergraduate student, Junior Year

UH Food Vault

An opportunity to save money and still be able to eat.

“Well, it represents an opportunity to to eat a meal. To enjoy, because, I mean, they're not only useful, they're also enjoyable, these products, you can eat something that is yum. Um, and it also represents an opportunity to maybe save some money that - I, anyways I will have to eat right, but then if I don't spend the money buying these products, I can spend it doing something else. So it represents an opportunity to save in some products and also still be able to eat.”

“Charlotte”, Phd International student



UH Food drop: fresh fruit, vegetables, bread

“I really liked when they had the big food drives at the campus center, where they had just, like, boxes and boxes of food. Those are like really, really good days because I was like, Oh my gosh, berries, like I have like a whole box full of just fruits and veggies and that really made me happy. So I really liked when they do that, and I it felt like such a good time. Like it just felt like blessings. I was like whoa. we're eating good, especially during spring break when they had that, that push right before, because I knew like for a whole week like, of course, the dining hall had their limited hours. But for the most part I was cooking and like being here. And so that was really, really helpful.”

“Paula, Undergraduate, Senior Year

University of Hawai'i at Mānoa

Food Drop

@ the Campus Center Courtyard

2nd Wednesdays of the Month in Spring 2024

Food will be distributed at no cost to UHM students and community members in need, while supplies last.

Please bring your own bags, boxes, or a wagon.

January 10
February 14
March 13
April 10
May 8

Registration begins at 11am on the WRC Lanai
Food distribution begins under the tent ~noon

Sponsored by:
Food Vault Hawaii, Hawaii Health & Harm Reduction Center, and the Hawaii Foodbank

Image source: UHM Student Life

Basic Needs Master Plan

[Home](#) > [UH System Student Basic Needs Master Plan: A 3-Year Strategy \(2022-2024\)](#)

UH System Student Basic Needs Master Plan: A 3-Year Strategy (2022-2024)

[UH System Student Basic Needs Master Plan: A 3-Year Strategy – Full Document](#)

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UH System Student Basic Needs Master Plan: A 3-Year Strategy



[View Full Report](#)

Principles

Leadership



Inclusivity



Culture of Care



Sustainability



Basic Needs Website



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Student Basic Needs



“I ola no ke kino i ka mā‘ona o ka ‘ōpū.”

The body enjoys health when the stomach is well filled.

I Need Help

If you are experiencing any form of basic needs insecurity, please enter your zip code below to find help.

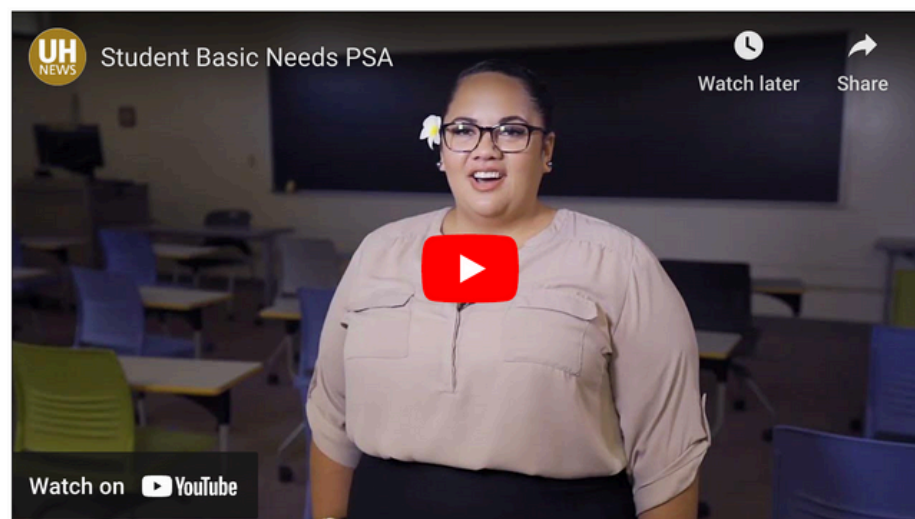
Enter your ZIP code

SEARCH

News, Research and Current Events

[Reflections on the Groceries to graduate scholarship program at Missouri Southern State University](#)
9/14

[Most in Hawaii not prepared for natural disaster, study finds | Honolulu Star-Advertiser](#)



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Nā Pono Ola Haumāna



“I ola no ke kino i ka mā‘ona o ka ‘ōpū.”

Na Mary Kawena Pukui.

Pono ke kōkua ia‘u

Inā ke 'ike nei 'oe i ka lawa 'ole o nā pono ola, e 'olu'olu e ho'okomo i kāu helu kuhi ma 'ane'i e loa'a koke ke kōkua.

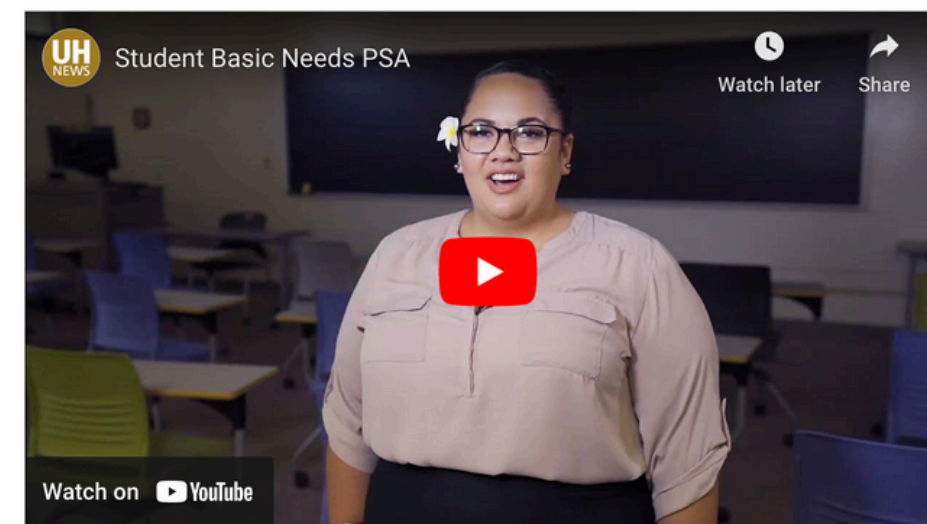
Helu kuhi

HULI

Nūhou, Noi'i, a me Nā Hānana e Kū Nei

[Most in Hawaii not prepared for natural disaster, study finds | Honolulu Star-Advertiser](#) 7/18

[Biden's Plan B on student loan forgiveness relies on Higher Education Act: What to know](#) 7/5



Virtual Basic Needs Cafe

[NEW VIRTUAL BASIC NEEDS CAFE](#)

Students are also welcome to reach out via email uhsbn@hawaii.edu. Responses are provided promptly during café hours.

Supporting Student Success by Ensuring Basic Needs Security for All

Basic needs includes, but are not limited to, food and housing, clothing, childcare, mental health, financial resources and transportation. At some point in your educational journey, you may face challenges in accessing adequate amounts of food, housing, financial or other resources. This is called basic needs insecurity and millions of college students experience it each year. To ensure that basic needs are met for all UH students, a list of on-campus resources and those available in the surrounding community are listed below.

Hours:

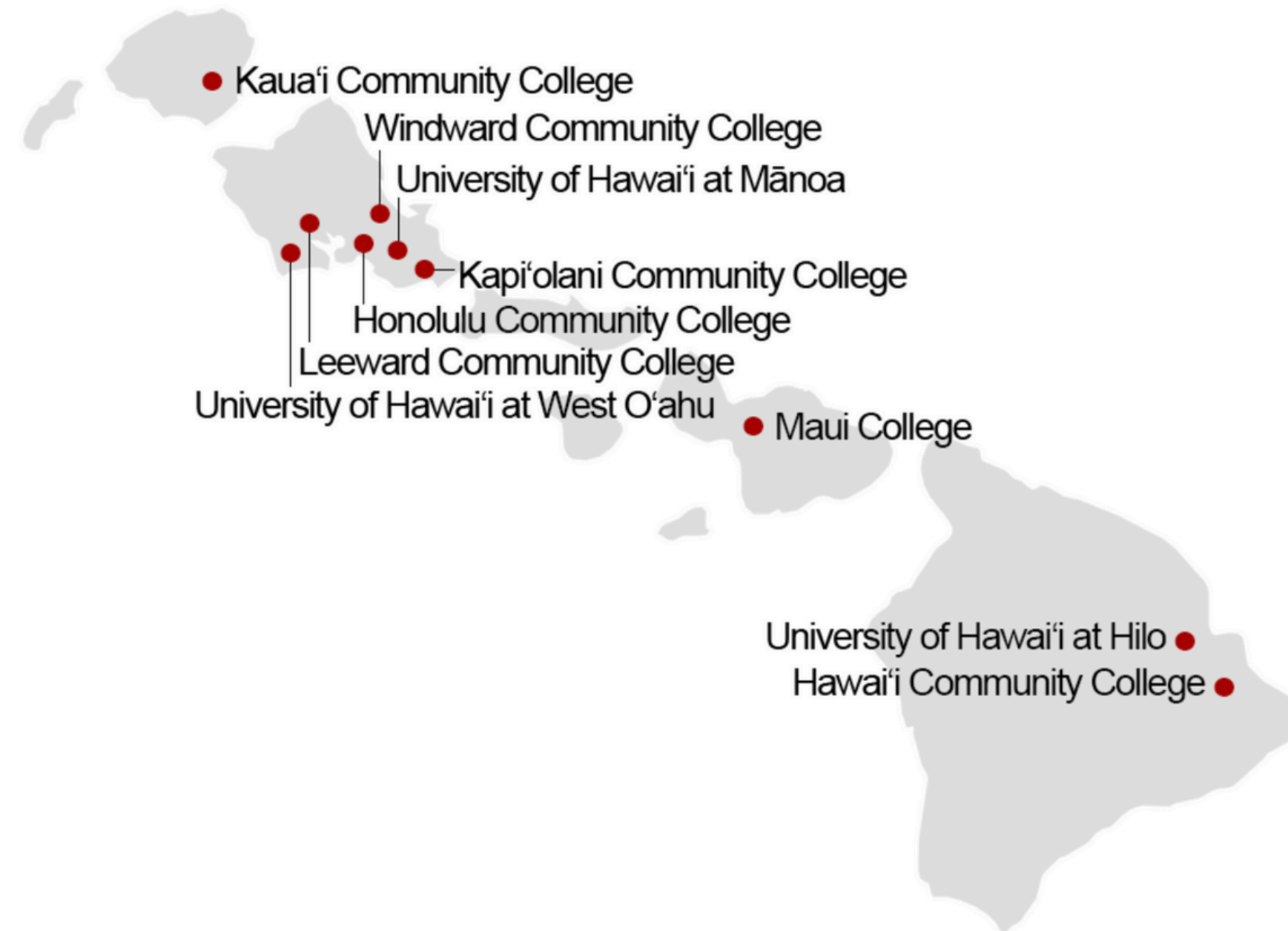
**Sunday - Thursday:
8 pm to Midnight**
**Monday - Friday:
8 am to Noon**

Student Resources

Student Resources

Use the map below to find basic needs resources available to students on each UH campus.

[View Accessible Listing »](#)





findhelp

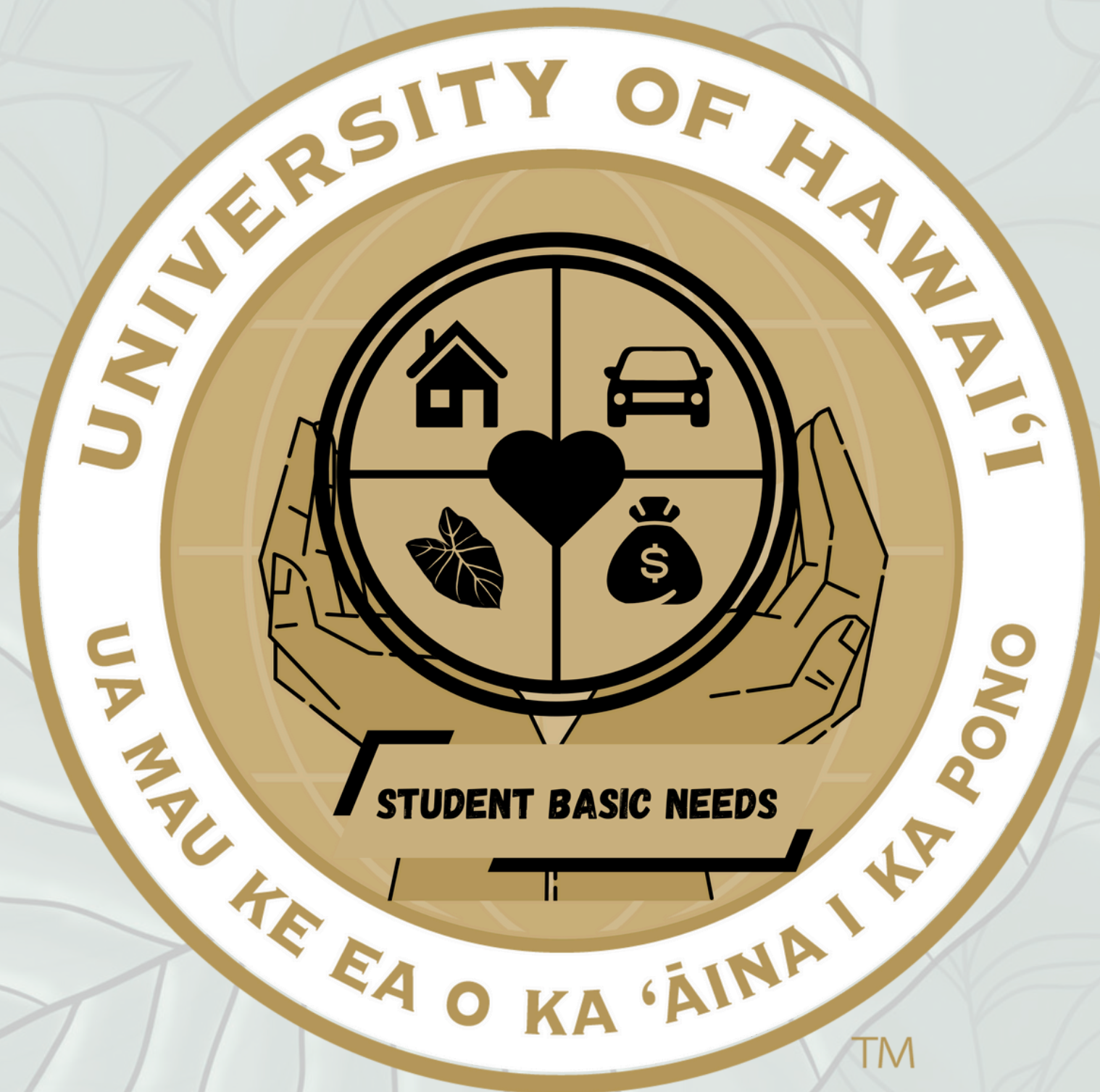
**Provides access to community, state
and federal basic needs resources**

**Impact in Action: Empowering
Students with Resources for
Achievement at University of
Hawaii**

Social Media

The screenshot shows the Instagram profile for UH BasicNeeds. The profile name is "UH BasicNeeds" with the bio "Supporting UH student success by ensuring basic needs security for all" and email "uhsbn@hawaii.edu". The page shows 30 posts, 107 followers, and 51 following. The main post is a grid of six promotional images for various campus services:

- Native Hawaiian Scholarship 'Aha Series - 2024**: A black and white graphic with text about scholarship opportunities.
- MAHALO VETERANS**: A graphic with an American flag and silhouettes of veterans.
- REMINDER!**: A purple and orange graphic stating "November 4th is the last day to withdraw (no refund) with a 'W' grade for dropped classes!".
- Ho'ai Food and Goods Pantry**: A purple graphic for Kaula CC with details on when and where to visit.
- Hale Lako Student Supply Store**: A red graphic for UH Hilo with details on when and where to visit.
- Meals with A Mission**: A green graphic for Windward CC with details on when and where to visit.
- Hanai la**: A blue graphic for Leeward CC with details on when and where to visit.
- COMMON SCHOLARSHIP APPLICATION**: A yellow graphic for the University of Hawaii System.



Basic Needs Master Plan 2.0:

2024-2027

UH System Student Basic Needs Master Plan: A 3-Year Strategy (2024-2027)

[UH System Student Basic Needs Master Plan: A 3-Year Strategy – Full Document](#)

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UH System Student Basic Needs Master Plan: A 3-Year Strategy



[View Full Report](#)

Kapi'olani CC





Kaua'i CC



Hawai'i CC

KAHUA OLA



Windward CC



UH Hilo

Atale Lako

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Summer shuttles

- Weekly on Wednesdays from 5PM - 8 PM
- All participants must return on the shuttles
- No alcohol/ illicit drugs on shuttles

UCB Flagpoles	Target	Walmart	Liliuokalani Gardens	UH Hilo
5:00 PM	5:15 PM	5:20 PM	5:30 PM	6:45 PM
6:00 PM	6:15 PM	6:20 PM	6:30 PM	7:45 PM
	7:15 PM	7:20 PM	7:30 PM	

Questions or accommodations?
Email: kalebkm@hawaii.edu
Call: (808)932-7988

Reserve your Spot!





'a'ohe hana nui ke alu 'ia

No task is too big when done together by all

Mānoa Committee Membership

Angie Solomon, SPAM Coordinator

Atina Pascua, Civic & Community Engagement

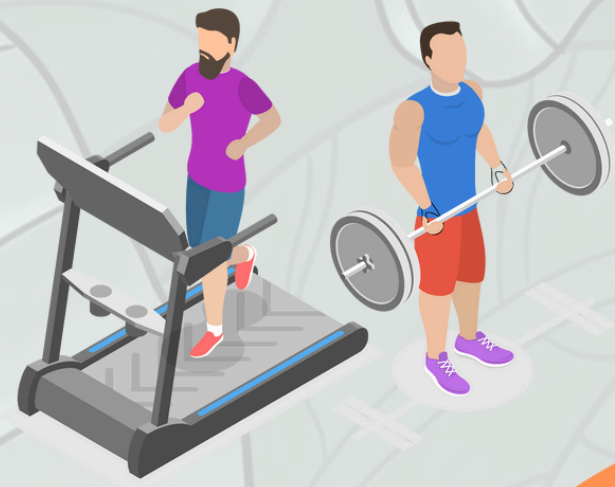
Bonnyjean Manini, Food Vault Hawai'i

Kenny Lopez, Residence Life

Ku'ulei Salzer, Health Promotions

Teresa Bill, Bridge to Hope

Tina Tauasosi, Pasefika Student Advancement Program



FI Implications on mental health and wellbeing

secondary analysis of disaggregated data from the American College Health Association (ACHA)'s National College Health Assessment (NCHA) III that was conducted in March 2020

1, 743 Participants

46.8% food insecure

Students with any level of food insecurity were more likely to experience psychological distress, loneliness, and suicidal behavior

“the experience of food insecurity may cause students to question their place at the university.
(pg. 573).”

Hattangadi, et. al. (2019)

- College food insecurity data
- Cross stepped it with measurements of depression, anxiety, and stress scales.
- Food insecurity was pervasive and positively associated with moderate to extreme psychological distress
- Follow up qualitative survey 6 participants

FI led students down a path of anxiety, feelings of shame, a reluctance to seek support for fear of being judged, and overall negative effects on their social and psychological well-being.

Have you ever shared your hardship with a professor or advisor?

"No"

Feeling
Defeated

Stigma

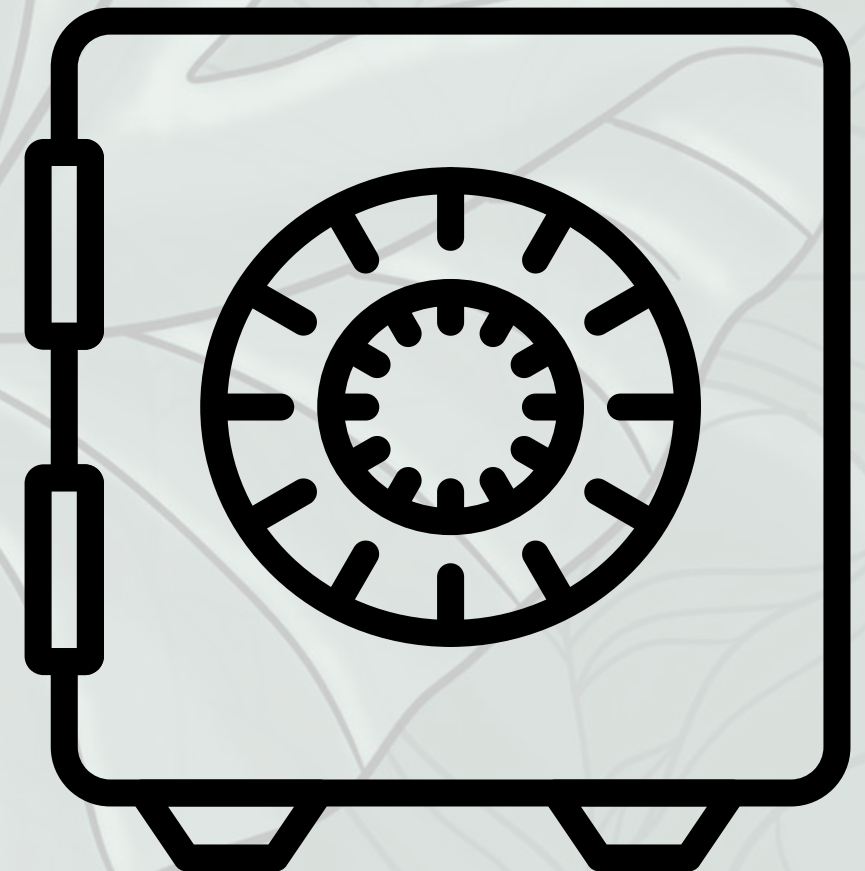
"I tend to value my academics. So I try not to mix that up too much. Because it's like, **it's embarrassing to know that I'm being like a successful student, but also struggling at the same time**, like, personally, that I just don't like having that image of me... So I try not to tell them if I can help it."

Fear
of being
judged

"As graduate students we are **preparing to be peers in academia later on.**"

"I just feel like, there really isn't a big change that's going to happen from me telling them **it's not like they're gonna give me 100 bucks and be like, go buy yourself some food.** Like, no one's gonna really do that, especially if every single student comes up. And it's like, I have no money for food."

'23 - '24 Highlights





**Student perspectives and ideas for addressing
food insecurity at UH Mānoa**

Student perspectives and ideas for addressing food insecurity at UH Mānoa

- More affordable meal options on campus, and more options for housing.
- Less red tape to see a therapist on campus.
- More food options on campus during the weekends for students who live on campus and a weekend-only meal plan option.
- Meal plans that you can purchase weekly versus by semester.
- Tuition monies towards a one guaranteed meal per day that you don't have to pay for out of pocket.
- More outreach to students on information about food resources and SNAP assistance/ food stamps.
- Counseling services and support groups that fit our student schedules, for example in the evening.

Student perspectives and ideas for addressing food insecurity at UH Mānoa

- More information sessions on how to balance your budget.
- Use a portion of my tuition money to stock up the UH Food Vault pantry on campus with fresh groceries.
- Better guidance for international students on housing options in the community that are affordable.
- Guidance counselors to specifically work with international students to help students adjust to life in Hawai'i
- More help with books so that the money students save can be used toward buying food. Having a guaranteed free lunch on campus.

Mahalo



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Q&A



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Call to Action

Check out our website:

hawaii.edu/student-basic-needs/resources/manoa/

Donate to our UH Foundation Account:

UHM Student Aid Fund: <https://giving.uhfoundation.org/funds/12447204>

Consult with us:

Email us at manoasbn@hawaii.edu or call (808) 956-9448



References

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