

STUDENT HUNGER ACROSS THE CSU SYSTEM



41.6% of California State University (CSU) students reported food insecurity

20% experienced low food security

21.6% experienced very low food insecurity

First-generation African American Students experienced the highest rate of food insecurity (**65.9%**) and homelessness (**18%**)

STUDENT HUNGER AT SACRAMENTO STATE

At least **47%** of Students at Sacramento State have reported Food Insecurity

12.6% have reported experiencing homelessness

Sacramento State offers a variety of basic needs resources to students in need, for more information visit:

<https://www.csus.edu/basicneeds/>

IMPACT OF HUNGER ON ACADEMIC SUCCESS

Students who reported food insecurity, homelessness, or both endured physical and mental health ramifications that led to lower academic performance.

These students had lower grade-point averages and suffered from anxiety, fatigue and suicidal feelings.



CSU POLICY RECOMMENDATIONS

- Developing affordable housing and food options for students
- Targeting strategies to address the student populations that report the highest levels of food insecurity and homelessness, particularly first generation African American college students
- Utilizing strategies like CalFresh enrollment and food pantries as preventative measures for food insecurity

For more information please contact:

Jeremy Racik

Food Equity Organizer

Sacramento Hunger Coalition

Jeremy@srceh.org / 201-566-1701

<https://www.srceh.org>