

There Is No Place Like Home: Housing Insecurity at UCSD

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Background

- Housing insecurity among college students is associated with poorer academic and health outcomes
- UCSD students face particular difficulties because of high housing costs in San Diego
- Survey of public health students conducted to examine:
 - Current housing situation and costs for UCSD
 - Prevalence, risk factors, and impact of housing insecurity
 - Experience with on-campus housing resources
 - How resources can be improved

Methods

- Qualtrics survey emailed to all BSPH capstone students
- Housing insecurity definition:
 - Ever at risk of not having a safe, regular, and adequate nighttime place to stay and sleep during current school year
- Epi Info 7.1 used for data analysis and calculation of prevalence rate ratios (PRR), 95% confidence intervals (CI), and p-values
- Response rate: 82% (178/217)

Results

- 17% of students met definition of housing insecure
- 73% lived off-campus and 63% shared a bedroom
- 47% lived ≥ 3 miles from campus
- Reported mean rent \$1050 (range: \$100-\$3075)
- Risk factors associated with housing insecurity:
 - Receiving financial aid (PRR=3.3, 95%CI=0.8-13.2, p=0.07)
 - Identifying as LGBTQIA+ (PRR=2.2, 95%CI=1.2-4.2, p=0.02)
- Housing insecurity associated with:
 - Food insecurity (PRR=1.9, 95%CI=1.0-3.6, p=0.05)
 - Poor mental health (PRR=1.2, 95%CI=1.1-1.4, p=0.05)
 - GPA < 3.0 (PRR=2.6, 95%CI=1.0-6.8, p=0.07)
- Of the 83% of students who knew about off-campus housing resources, only 18% used them

Conclusion

- Although many students try to save money by sharing bedrooms, average rents exceeded \$1000/month
- Housing insecurity affected nearly one in five, and students who were housing-insecure had higher rates of other adverse outcomes
- UCSD needs to provide additional financial aid and better assist students in locating affordable housing

Housing insecurity is associated with food insecurity, perceived poor mental health, and lower GPA



Most students are aware of housing resources but are not using them

Areas for improvement



Outreach



Locating affordable options

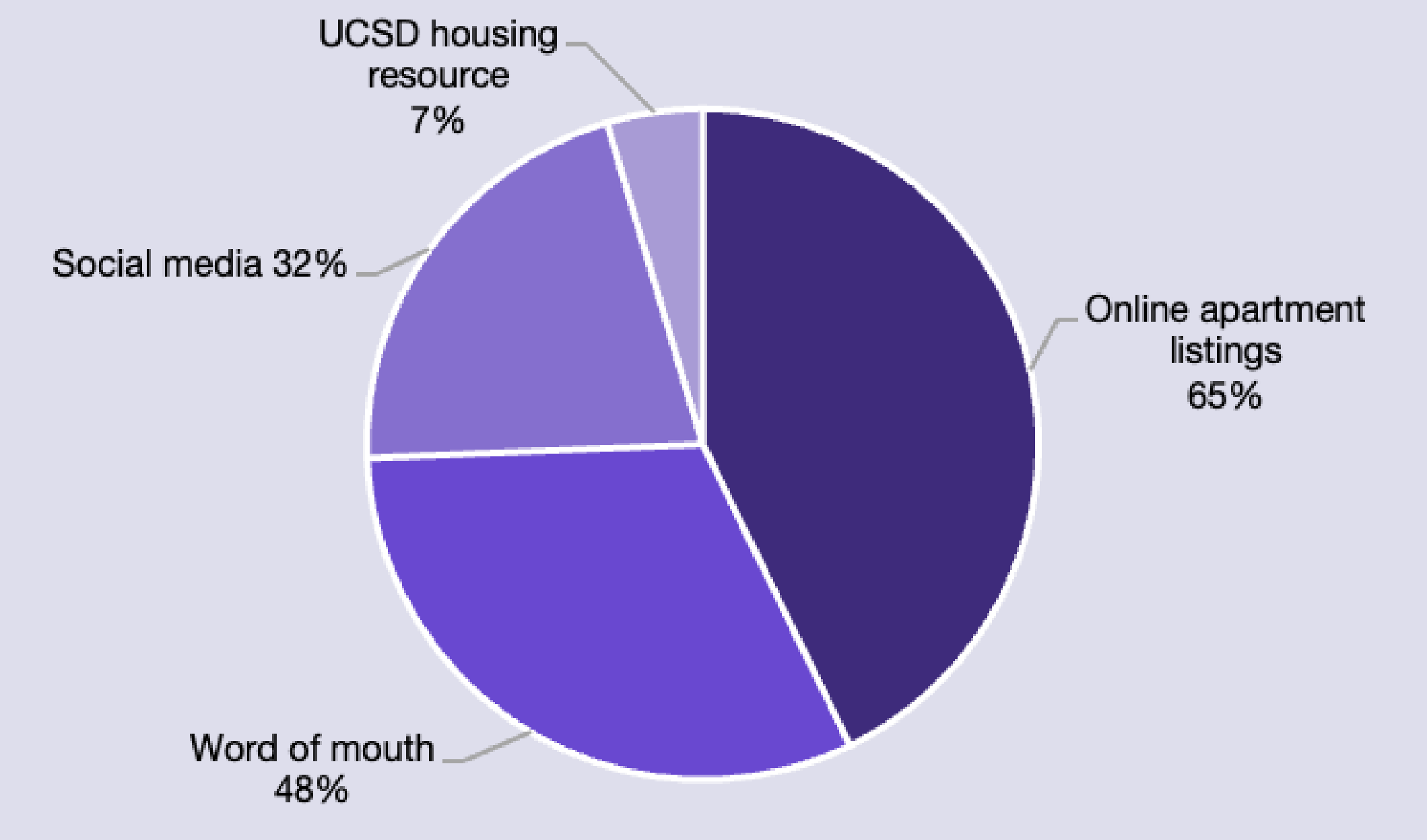


Funding

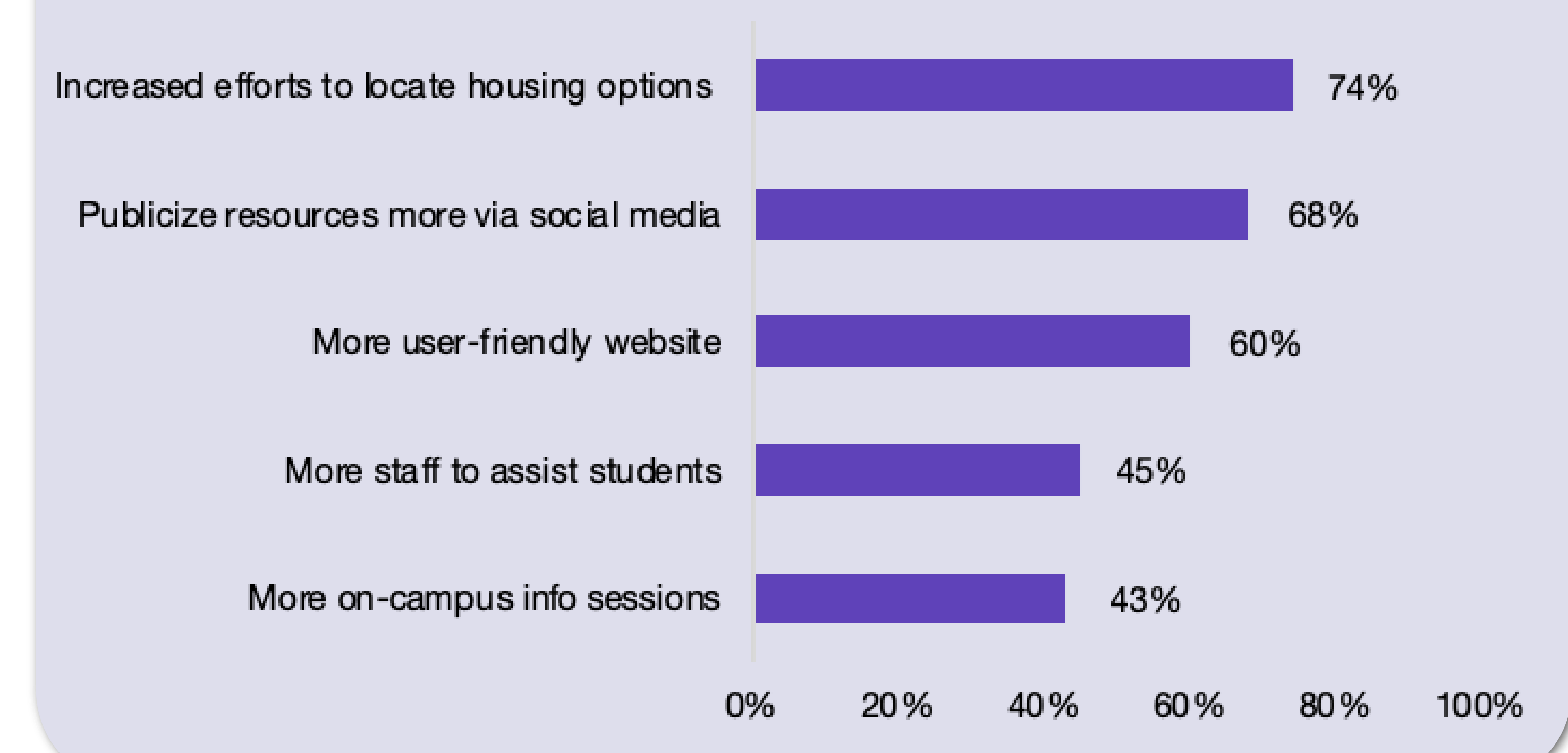


Key Figures and Findings

How did you find housing? (N=130)



How can current UCSD housing resources be improved to better reach and support students? (N=178)



What are some things related to housing that you wish you had known as an incoming first-year? (N=178)

