

# Advancing Success of Students with Disabilities through Inclusion and Accessibility: Addressing their Basic Needs

Josie Blagrove, PhD  
&  
Kerri A. Vanderbom, PhD



# Who We Are



Kerri A. Vanderbom, PhD  
Implementation Coordinator  
National Center on Health, Physical Activity & Disability (NCHPAD)  
UAB/Lakeshore Research Collaborative



Josie Blagrove, PhD  
Assistant Professor  
Department of Kinesiology  
CSU, Chico

# Defining Disability

An individual with a disability shall refer to:

1. Any person who has a physical or mental impairment that limits one or more of the major life activities of such individual
2. Any person who has a record of such impairment
3. Any person who is regarded as having such impairment

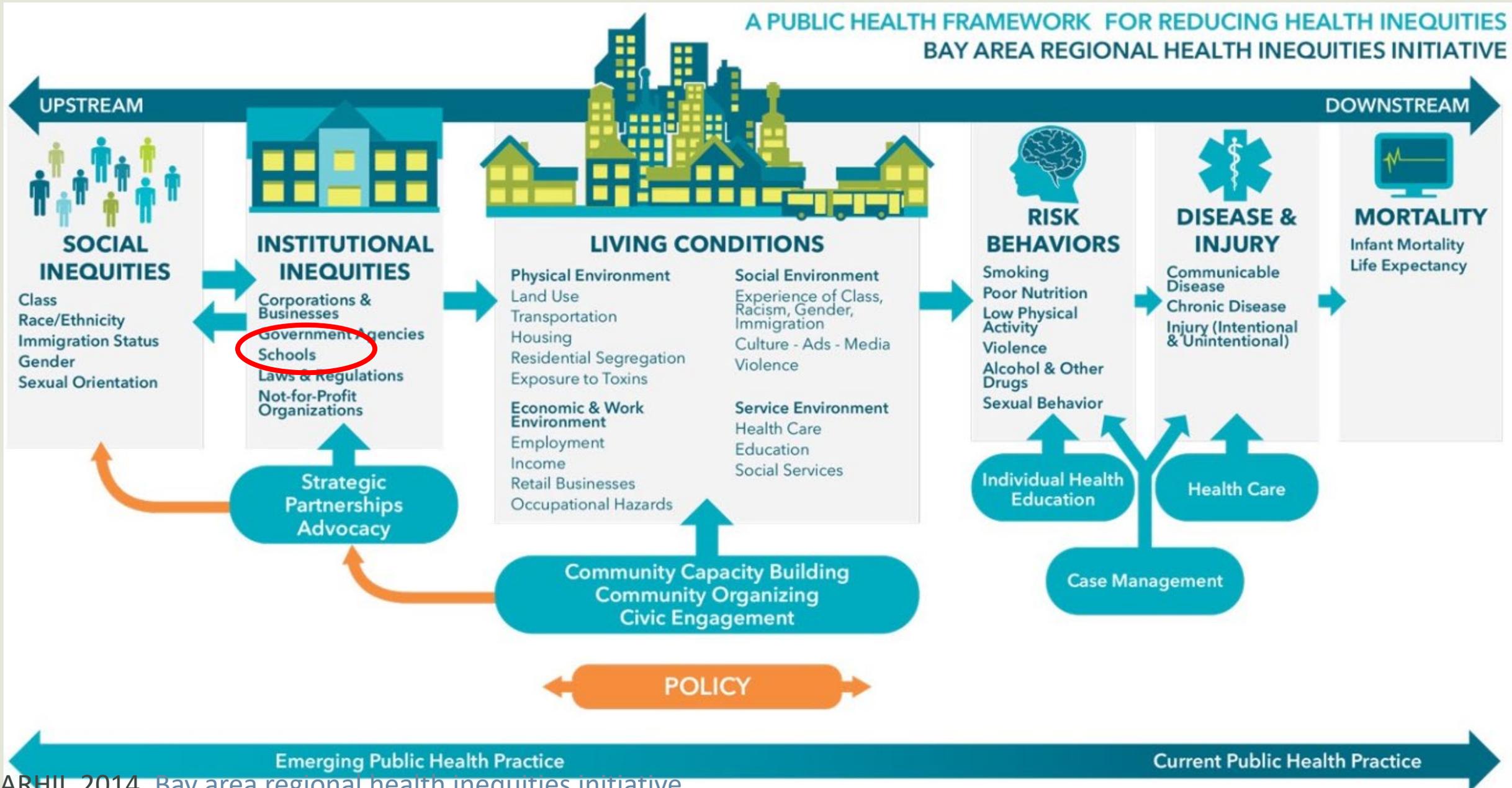
10 broad categories for reporting purposes

# Background

Individuals with disabilities are a health disparate group (Krahn, 2015)

- Experience poor health at a rate greater than other underserved groups and people without disability (Drum et al., 2011)
- Have higher rates of obesity, 41% compared to only 25.2% of their non-disabled peers aged 18 and over (Kraus, 2015)

# Social Determinants of Health Model



# Background Continued

College students with disabilities face barriers greater than their non-disabled peers in an overwhelming number of ways, including (but not limited to):

- Higher rates of sexual assault (Brown, Pena & Rankin, 2017)
- Lower employment rates post college (Moore & Schelling, 2015)
- Greater risk for mental health issues (Stockholm Youth Cohort Data, 2018)
- Students with autism spectrum disorders (ASD) for higher reports of suicide ideation and attempts (Cassidy et al., 2014)

# CSU Wide Graduation Rates

4 year Graduation Rates Native SWD: 38 %

4 year Graduation Rates Native All Students: 40 %

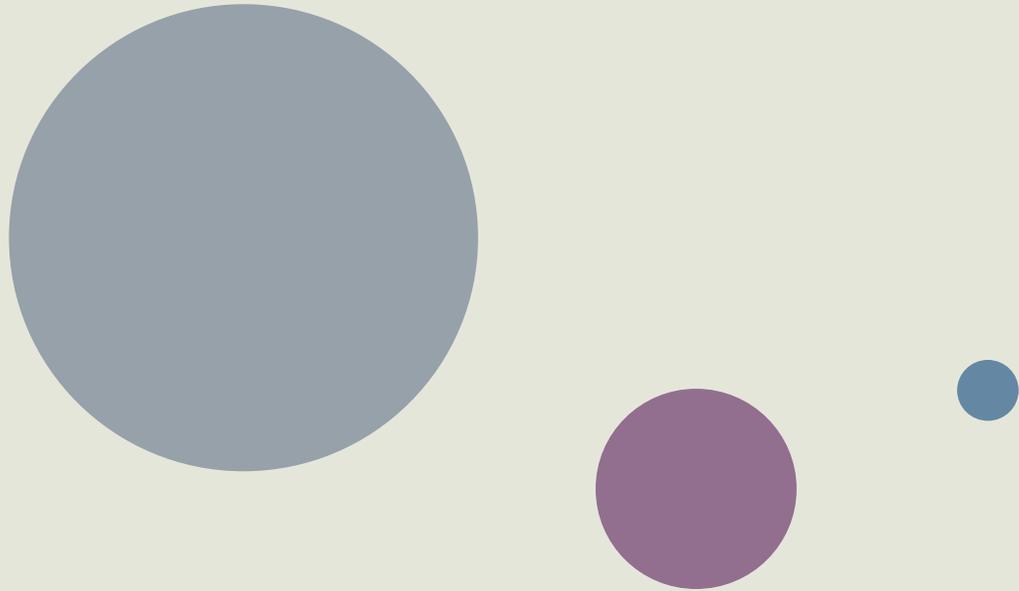
**For students  
who entered  
Fall 1995**

**Greater disparity**

4 year Graduation Rates Native SWD: 54 %

4 year Graduation Rates Native All Students: 60 %

**For students  
who entered  
Fall 2010**



**# of SWD in CSU System (2018): 15,785**

**% of SWD CSU System Campuses: 2-10%**

**# of CSU Campuses Participated: 16\***

**# of SWD who participated: 603\***

\*Data inclusive of all information 1.29.2020

# **Access to Healthy Opportunities for College Students with Disabilities: A Mixed Methods Study**

# Access to Healthy Opportunities for College SWD

The terms *diversity, equity and inclusion* become empty rhetoric because disability is rarely part of these conversations outside of modifications to the physical space such as ramps, classroom seating, and classroom or instructional modifications.

**The goal:** to conduct a needs assessment of college SWD in the CSU system using both qualitative and quantitative methods.

**The central hypothesis:** to comprehensively understand the basic needs (e.g., food security, housing, college life participation, perceived wellness, and barriers and facilitators) of SWD

# Methods: Design

Sequential explanatory mixed methods design

Survey Design:

- Designed using previous BNR survey questions (already validated through previous studies)
- Additional disability specific questions (not validated)
- Student focus group at Chico State for face & content validity
- Reviewed by staff at Chico DSS office

# Methods: Recruitment

- Initial recruitment emails sent out to all CSU DSS offices (August)
- Follow up emails sent at two-week intervals totaling 4 requests (September-October)
- Follow up with Chancellor's Office to request DDS offices not participating (November)
- Student qualitative interviews and focus groups (December)
- Participation from remaining CSU campuses (December-Feb)
- CHEBNA presentation and final data (Feb)

# Preliminary Quantitative Data: The CSUs

1. Bakersfield
2. Channel Island
3. Chico
4. Dominguez Hills
5. East Bay
6. Fresno
7. Fullerton
8. Los Angeles
9. Maritime
10. Northridge
11. Sacramento
12. San Francisco
13. Stanislaus
14. San Jose
15. Sonoma
16. San Luis Obispo

# Preliminary Quantitative Data: The Who

Male: 23.3%  
Female: 69.9%

Transgender: 4.12%  
African American: 31.34%  
American Indian/Alaskan: 4.74%  
Asian American: 10.31%  
Mexican American/Mexican: 23.71%  
Filipino: 2.89%  
Mixed Race: 10.31%  
Other Latino: 9.69%

**Intersectionality**



# GPA

- 1.9% below 1.5
- 1.98% between 1.51-2.0
- 8.44% between 2.1-2.5
- 22.33% between 2.51-3.0
- 36.7% between 3.1-3.5
- 23.57 above 3.6
- 5.71% preferred not to answer

89.39 %  
definitely or  
probably will  
pass their  
classes this  
semester

# Part of Campus and Intersectionality

## Race of those reporting that they “Strongly Disagree”

- 4.11% of Asian Americans
- 12.5% of African Americans, Black
- 12.5% of Mixed Race
- 12.5% of Other Latino
- 16.67% of American Indian or Alaskan Native
- 16.67% of Mexican American, Mexican
- 20.83% of White, Non-Latino

24.51% of SWD reported negatively about feeling like they are part of campus

# Housing Security x Demographics

- I live in university housing: 18.2 %
- I live in Greek housing: 0.41%
- I live with parents or other relatives; not paying rent & paying rent: 36.6%
- I rent an apartment or house with roommates: 21.8%
- I rent an apartment or house without roommates: 11.04%
- I own my own home: 5.11%

# Food Security

In the last 12 months, did you or other adults in your household, ever cut the size of your meals or skip meals because there wasn't enough money for food?

- Yes or prefer not to say: 38.46%

How many servings of fruits and vegetables do you usually consume per day?

- Only 3.62% SWD consumed surgeon general recommendations (5 or more)

# Food Security x Intersectionality

- African American: 47.37%
- American Indian or Native Alaskan: 50%
- Asian American: 19.23%
- Filipino: 9%
- Mexican American, Mexican: 35.92%
- Other Latino: 38.24%
- Pacific Islander: 50%
- White Non-Latino: 25.44%

In the last 12 months, did you or other adults in your household, ever cut the size of your meals or skip meals because there wasn't enough money for food?

Yes or prefer not to say: 38.46%

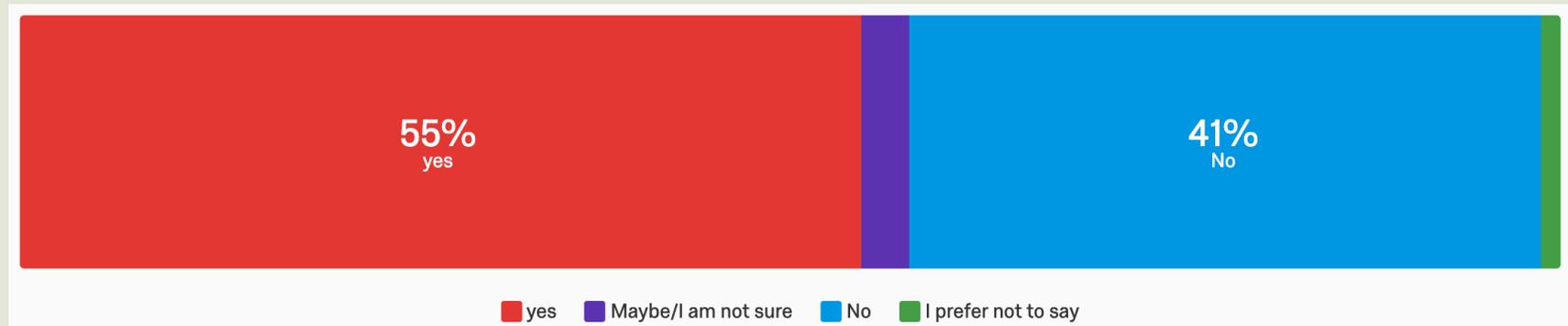
# CalFresh & Food Pantry Usage

▪ Never heard of:	CalFresh: 9.07%	Food Pantry: 11.34%
▪ Heard of but don't use:	CalFresh 64.12%	Food Pantry: 61.65%
▪ Used in the past:	CalFresh 14.02%	Food Pantry: 17.73%
▪ Currently use:	CalFresh 12.37%	Food Pantry: 8.66%

Currently use/never heard: 44.44% African American; 16.36%/8.18% Mexican/Mexican American; 12.5% American Indian or Alaskan Native; Filipino 16.67%; Asian American

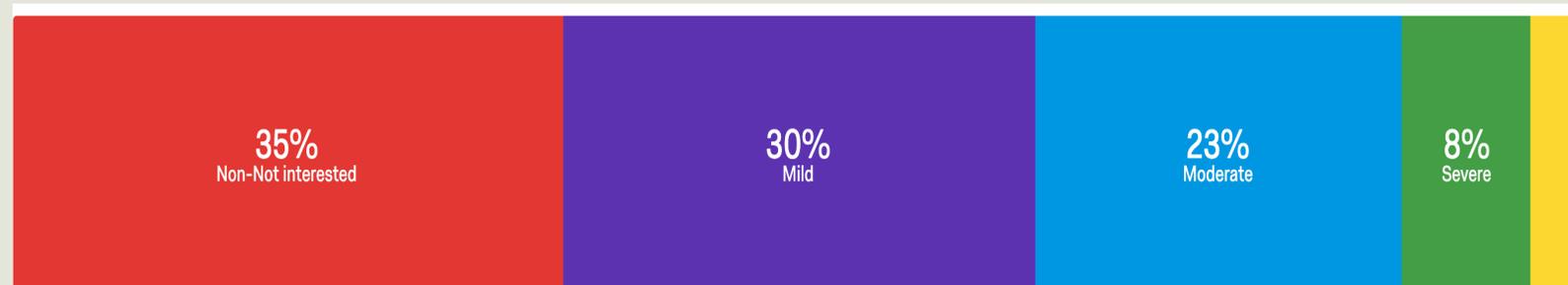
# Before Attending College, I Received Disability Services (K-12 setting)

- 55% said YES
- 41% said NO
- 3% said MAYBE/ I AM NOT SURE
- 1% Preferred To Not Answer



# How Much Difficulty Have You Had In The Past 30 Days Participating In College Life?

- 35% said NONE
- 30% said MILD
- 23% said MODERATE
- 8% said SEVERE
- 3% said Extreme Difficultly/Cannot do



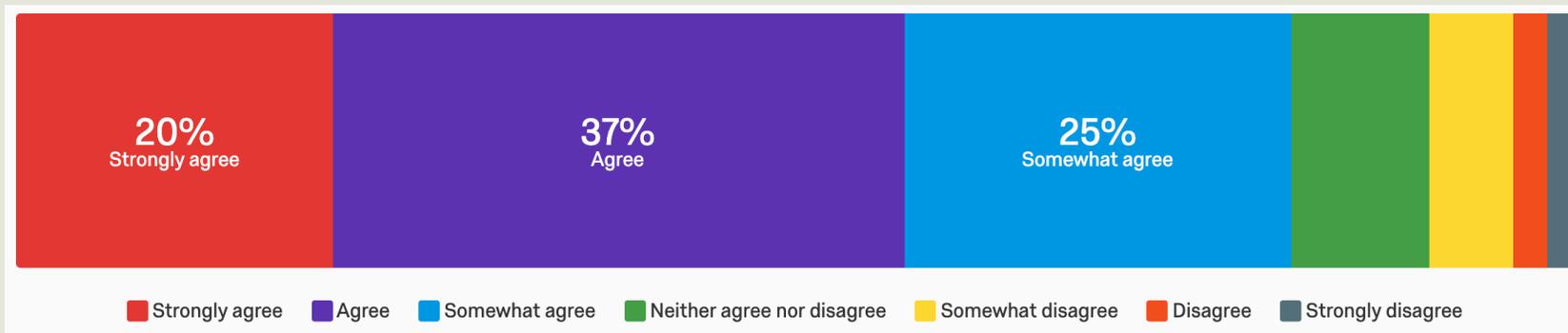
# How Much Difficulty Have You Had In The Past 30 Days Participating In College Life? Continued

## Moderate To Extreme Difficulty:

- 18.39% accessing classrooms/buildings
- 32.25% receiving accommodations
- 33% communicating with faculty
- 30.73% communicating with staff
- 36.18% communicating with peers
- 24.82% accessing recreation or gym on campus
- 35% getting to and from classes
- 38.75% leisure time with peers

# I Feel Supported By My Professors

- 20% Strongly Agree
  - 37% Agree
- 25% Somewhat Agree
- 9% Neither Disagree or Agree
  - 5% Somewhat disagree
    - 2% Disagree
  - 2% Strongly Disagree



# Moderate to Vigorous Physical Activity By Day and Disability

## For Those Who Reported Their Disability As:

- **ASD:** 9% did 6-7 days, 14% did 4-5 days, 36% did 2-3 days, 41% did 0-1 days
- **Blind/low vision:** 12% did 6-7 days, 12% did 4-5 days, 35% did 2-3 days, 41% did 0-1 days
- **Mobility:** 5% did 6-7 days, 11% did 4-5 days, 32% did 2-3 days, 52% did 0-1 days
- **Psychological/Mental Health:** 1% did 6-7 days, 13% did 4-5 days, 31% did 2-3 days, 55% did 0-1 days

Approximately half of on-campus college students (non-disabled) report meeting recommended mod/vig PA

# Housing Security x Demographics

- I am living in a hotel or motel without permanent housing 0.2%
- I am temporarily living with friends or relatives without permanent housing (couch surfing): 1.43%
- Other & prefer not to say: 5.11%

# Housing Accessibility

When asked if “housing was accessible and I am able to access all desired rooms and amenities: 35.79% did not strongly agree

When breaking out further to housing security & accessibility when living on campus: 43.33% did not strongly agree

# Student Involvement

Systems level considerations

“Nothing without us”

Protection? Or exclusion?

Barriers in this process

# Quote from an Interview:

“There is a no-wheel devices sign on our gym and it feels weird. For real and it's weird. I don't know what their reasoning is, but I think it might just be a space issue. It's really upsetting, because I go to Gold's gym and seen access for wheelchair-accessible people and things like that and I've seen them there and I know that people need to work out and to get a physical outlet somewhere, but just have a sign at your school that says no wheeled accessibility, that's like, wow.

# Faculty, Staff, & Student Services: Things to Consider

- Explore your own unconscious bias
- Are you placing the burden on the SWD?
- Review policies & procedures- are they carried out of fear or are they carried out to help the SWD be successful & access services
- Do you know where to go when you have a question about disability accommodations or other disability related issues?
- Do you know the differences in needs of students with different disabilities?
- Implement Universal Design Practices in Class

# Questions or Comments?

Josie Blagrove, PhD

Email: [ablagrove@csuchico.edu](mailto:ablagrove@csuchico.edu)

Phone: 530-898-4314

Kerri A. Vanderbom, PhD

Email: [kvbom77@gmail.com](mailto:kvbom77@gmail.com)