

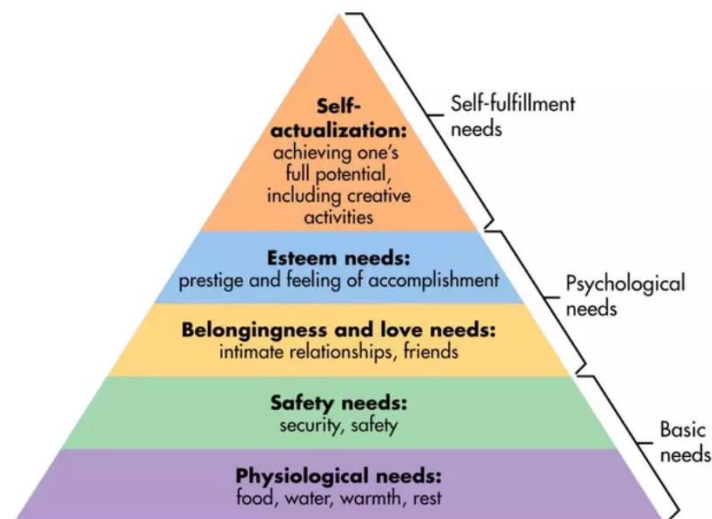
# DIVERSITY, INCLUSION & ACCESS

[mines.edu/diversity](https://mines.edu/diversity)

## Inclusive Environments

### Basic Needs Insecurities

Many of us are familiar with *Maslow's Hierarchy of Needs*. As humans we strive toward ensuring our basic and psychological needs are met so we can experience self-fulfillment. The building blocks begin with basic needs: food, water, rest (housing), security, and safety. For example, it was estimated in 2018 that 1 in 9 Americans – roughly 37 million people – were food insecure (Coleman-Jensen, 2019). Food insecurity refers to a lack of available financial resources for food at the household level (US Department of Agriculture, 2019). When faced with a life-changing event, such as job loss, divorce, or illness, insecurity around one's ability to meet their basic needs increases.



<https://www.simplypsychology.org/maslow.html>

#### Group Discussion:

List and discuss consequences that often surface when basic needs are not met. Think about how insecurities about basic needs may change over time due to different circumstances.

#### Group Question:

Consider members of racial and ethnic communities who are disproportionately disadvantaged with respect to access and resources, especially when faced with a global economic crisis. What

practical steps can you take to help identify and proactively work toward meeting the needs of students and co-workers in need?

References:

Coleman-Jensen, A., et al. (2019). Household Food Security in the United States in 2018. U.S. Department of Agriculture Economic Research Service.

<https://www.ers.usda.gov/webdocs/publications/94849/err-270.pdf?v=963.1>

McLeod, S. (March 20, 2020). Maslow's Hierarchy of Needs.

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US Department of Agriculture, (2019). Definitions of Food Security.

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