



Housing, Health and Young Children

Will Dominie, Policy Manager for Housing and Equitable
Development: WDominie@barhii.org



MISSION STATEMENT

To transform public health practice for the purpose of eliminating health inequities using a broad spectrum of approaches that create healthy communities.

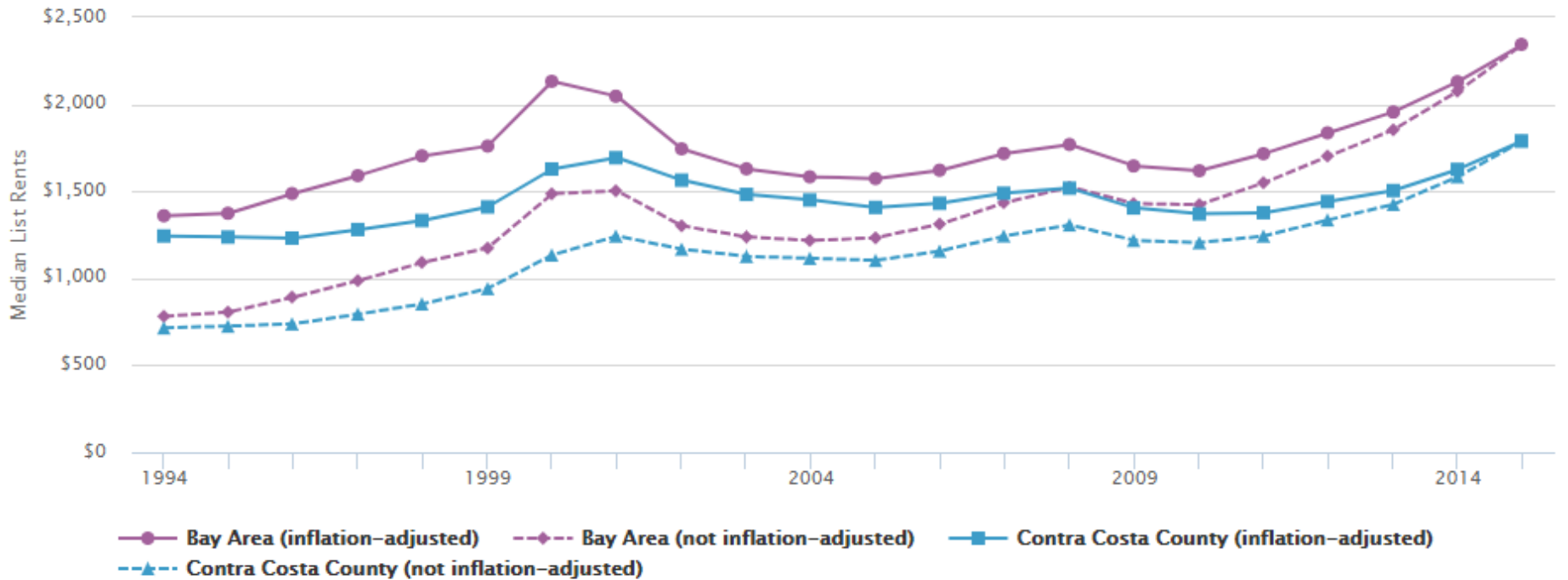


This Moment in Bay Area



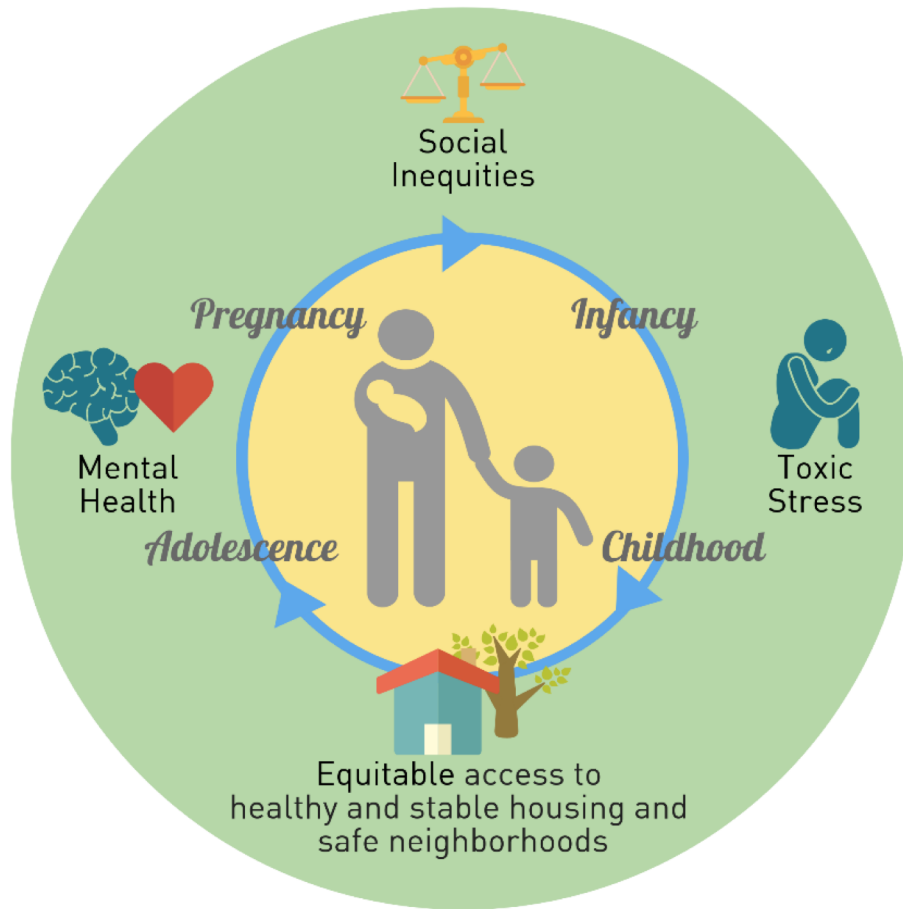
Contra Costa County List Rents

1994-2014



Highcharts.com

Health and Housing Throughout the Life Course



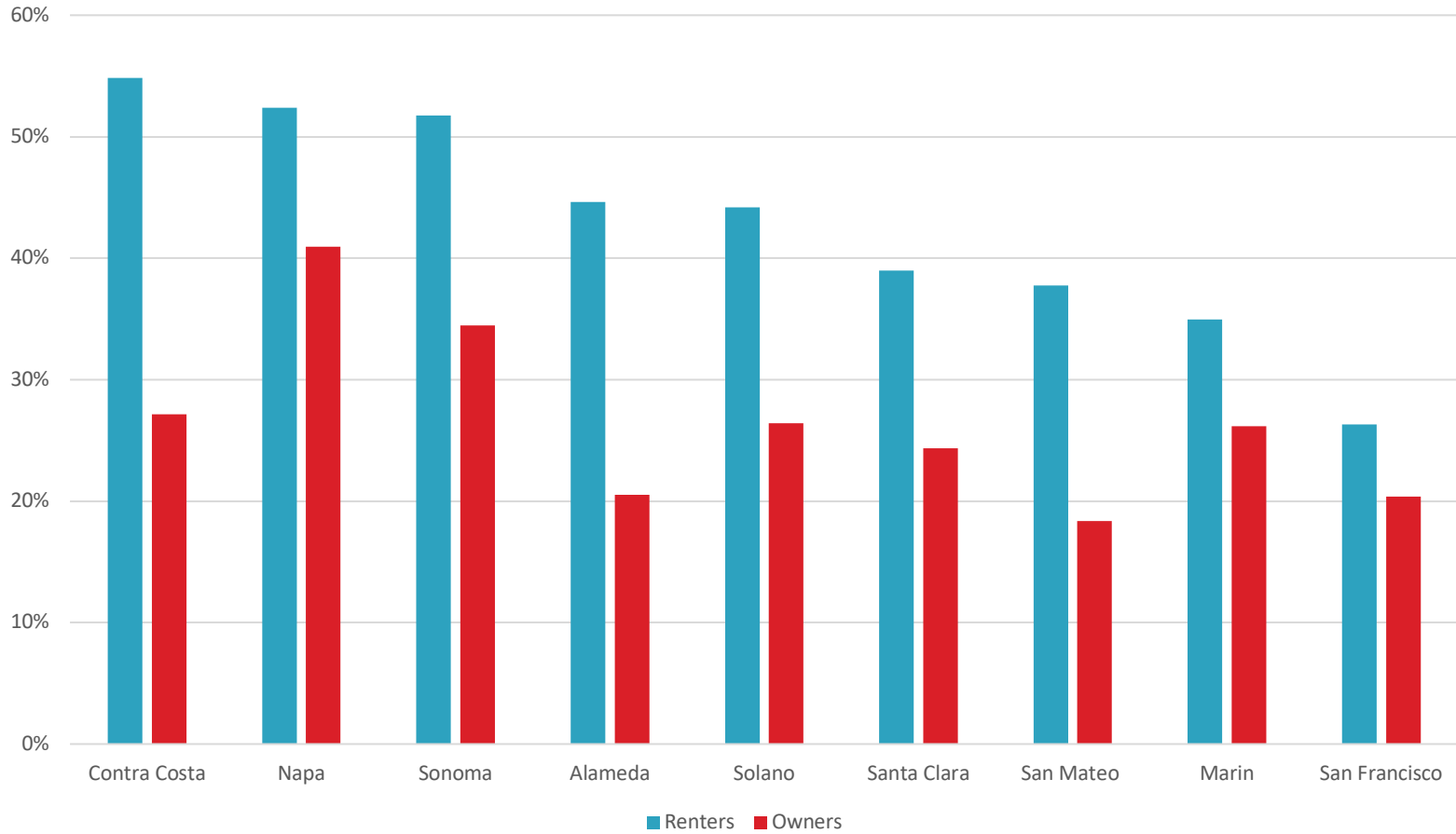
Pregnancy: Experiences and stressors in utero shape birth outcomes and can elevate lifetime health risks for chronic conditions such as diabetes, hypertension and cardiovascular disease.

Early Childhood: Housing conditions during this period—in which 90% of brain development takes place—shape lifelong health. Housing instability during childhood can behavioral problems, educational delays, depression, low birth weights, and other health conditions such as asthma.

Generational Impacts: Neighborhood cost and discrimination determine access to education, stressors, and resources for healthy development. Lifelong experiences of parents are passed on to the next generation, and account for many of the disparities we see in birth outcomes

Families with Children Under 5

Percent Cost Burdened (paying 30% or more of income)



Housing Affordability Impacts Spending on Healthcare and Food

Low-Income Households that can comfortably afford housing are able to spend:



More on Childcare



1/3rd more on Healthy Food



5x as much on Healthcare

Source: See BARHII Displacement Brief

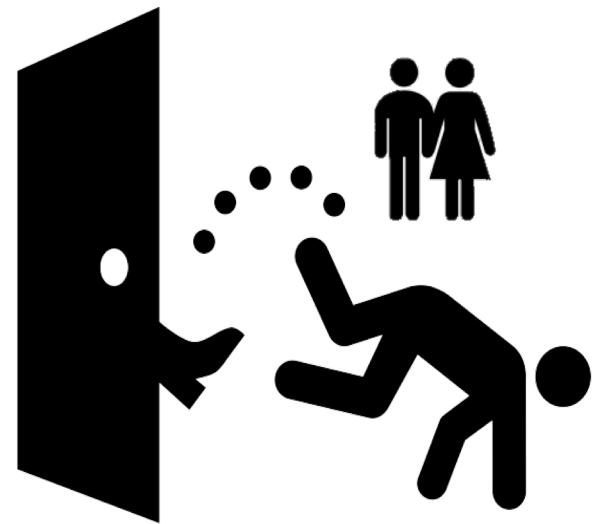
Image Credit: the Noun Project—Arthur Shlain, Adrien Coquet, UNiCORN, and Aneeqe Ahmed

Impacts on Families

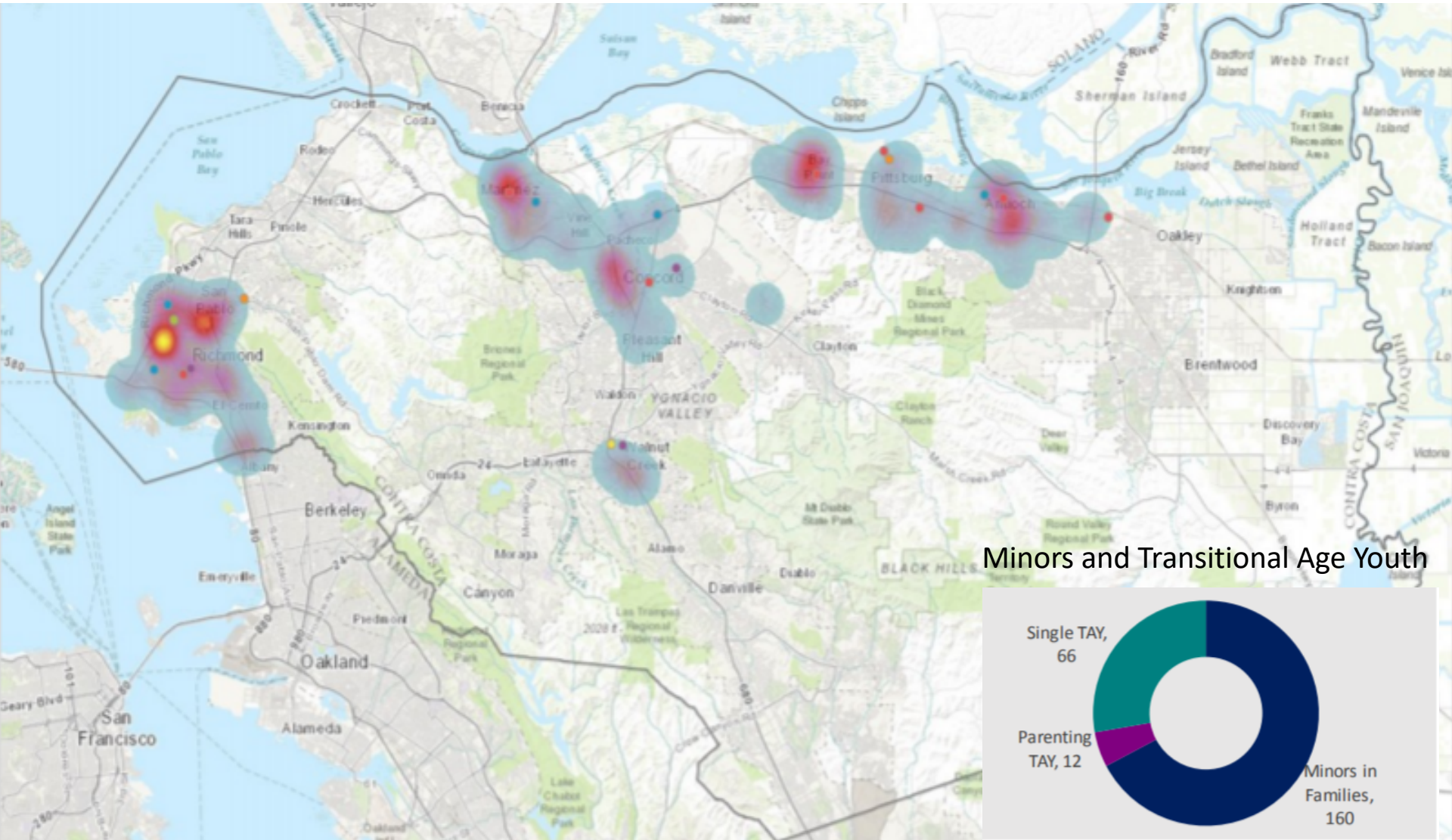


2x more likely to be evicted

2x more likely to be in poor health



Homeless People and Families



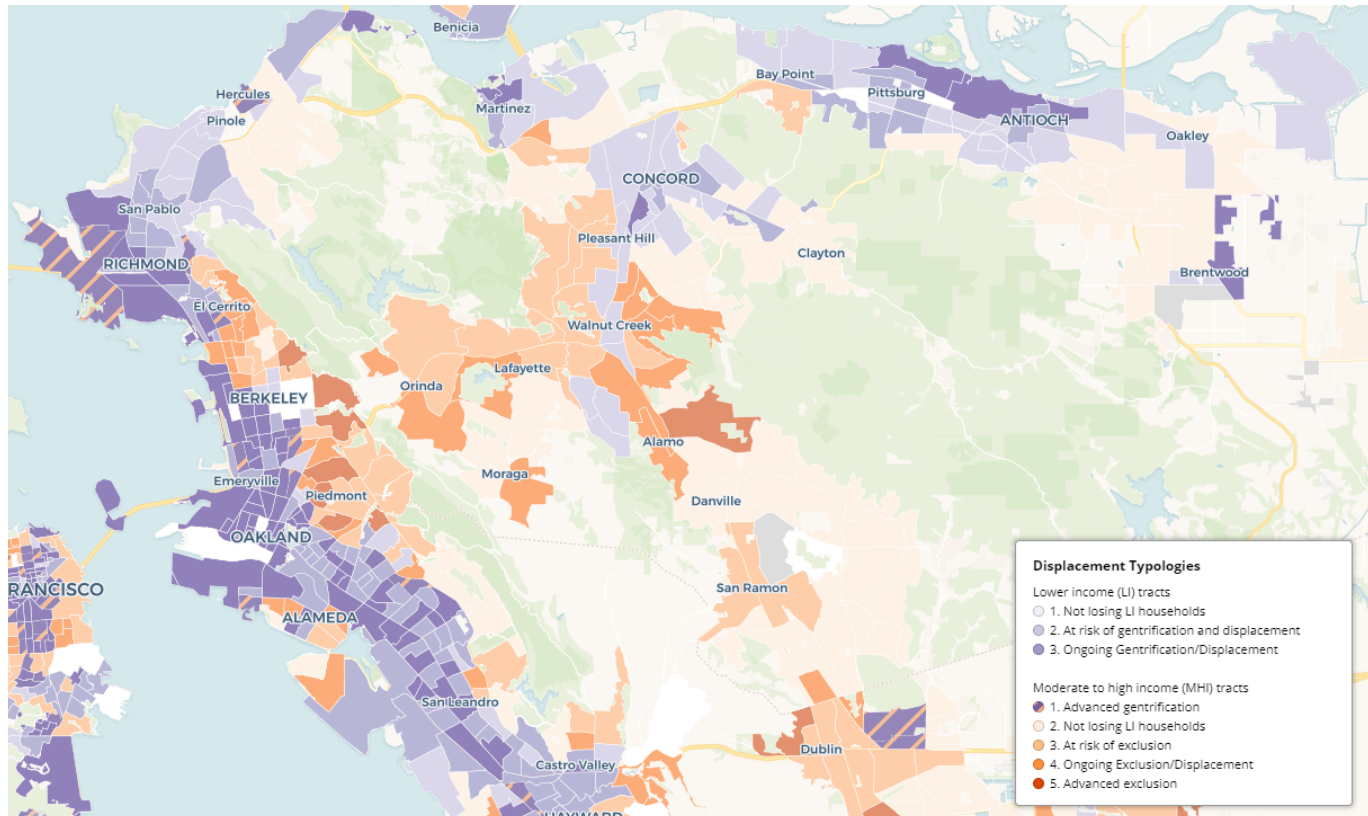
Minors and Transitional Age Youth

Single TAY,
66

Parenting
TAY, 12

Minors in
Families,
160

Displacement in the Bay Area



COUNTY	AT RISK	ONGOING or ADVANCED
Alameda	35%	36%
Contra Costa	24%	18%
Marin	22%	25%
Napa	28%	28%
Sacramento	35%	23%
San Francisco	35%	47%
San Joaquin	36%	24%
San Mateo	27%	38%
Santa Clara	22%	37%
Santa Cruz	33%	31%
Solano	18%	16%
Sonoma	20%	24%
Yolo	27%	22%
Bay Area Total	29%	31%

Roots of a Crises



Economic
Growth/Inequity

Imbalanced
Power and
Participation

Limited Housing
Production

Redlining and
Disinvestment

Weak Tenant
Protections

Solutions That Prioritize Public Health First



Protection:

Goal: Protect more than 450,000 low-income renter households

How? \$400 million/year and adoption of incentives and requirements.



Preservation:

Goal: Take 25,550 homes occupied by and affordable to low-income renters off the speculative market, and preserve and improve 11,110 expiring deed-restricted units.

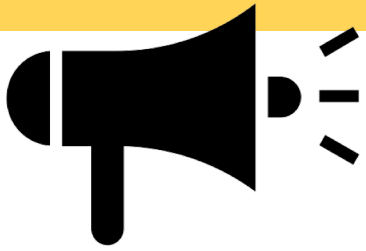
How: \$500 million/year for 10 years and adoption of incentives and requirements



Production:

Goal: Meet the region's need for 13,000 new affordable homes/year

How: \$1.4 billion/year and adoption of incentives and requirements



Individual Actions

- Speak Up
 - Letters to the editor
 - Council Hearings/Public Meetings
- Join a Campaign
- Ask Mariana, Beth, Maria and Jahmese!



Organizational Actions

- Act as a trusted messenger
- Leverage resources towards organizing
 - Funding
 - Data
 - Training
- Build and join coalitions
- Push the envelope



Housing Stability and Family Health: An Issue Brief

All children deserve a safe, stable place to call home. The connection between housing and health outcomes is well established, as is the importance of safe and stable housing during pregnancy and for young children to ensure the health of future generations.^{1,2,3,5,6,7} The escalating housing crises in the Bay Area poses a threat for long-term health and well-being, particularly for children and families in the region. Protecting residents from displacement, **prevention** and improving existing housing, and building more affordable housing are all critical to ensure that all children in the Bay Area are on trajectories for good health over the course of their lives.

HEALTH AND HOUSING DURING PREGNANCY AND EARLY CHILDHOOD

Research shows that pregnancy and early childhood are critical windows of opportunity. Affordable, stable, healthy housing during this period can lay the groundwork for lifetime health, while its absence can have long-lasting health impacts, and exacerbate existing inequalities in health outcomes.^{10,11,12}



Pregnancy: Experiences and stressors in utero shape birth outcomes and can elevate lifetime health risks for chronic conditions such as diabetes, hypertension and cardiovascular disease.¹³

Early Childhood: Housing conditions during this period—in which 90% of brain development takes place¹⁴—shape lifelong health. Housing instability during childhood can behavioral problems, educational delays, depression, low birth weights, and other health conditions such as asthma.^{15,16,17,18,19}

Generational Impacts: Neighborhood cost and discrimination determine access to education, stressors, and resources for healthy development. Lifelong experiences of parents are passed on to the next generation, and account for many of the disparities we see in birth outcomes.

Babies are not blank slates. Health transfers through generations, and existing racial and class inequities - including those seen in housing - prevent all children from starting life on a level playing field.²¹ Low-income mothers, Black and Latina mothers, and those living in high-stress high-poverty neighborhoods, for example, are more likely to have low birth weight or preterm infants²¹ - which lead to a greater risk for developmental issues, learning and behavioral

In Contra Costa County infant mortality among African Americans is more than four times that of Whites.

In Alameda County African Americans are nearly three times as likely as Whites to give birth to low birth weight babies.

Source: kshelata.org (2013-2-15); Alameda County Vital Statistics Birth Plans, 2014



Institutional Strategies

Major institutions like government, healthcare, childcare use their economic power to drive economic development and housing:

- Investments in Housing
- Change Practices to Build Economic Security
 - Hiring and promotion
 - Contracting and procurement



Bay Area Regional Health Inequities Initiative



Will Dominie: Policy Manager for Housing and Equitable Development: WDominie@barhii.org