Housing and Health

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Health Equity

Everyone in Alameda County, no matter where you live, how much money you make, or the color of your skin, has access to the same opportunities to lead a healthy, fulfilling and productive life.
Why do we focus on health equity?

Our Mission

• To work in partnership with the community to ensure the optimal health and well being of ALL people through a dynamic and responsive process respecting the diversity of the community and challenging us to provide for present and future generations.
Social Inequities: Root Causes of Health Inequities

Health Inequities

- Segregation
- Income & Employment
- Education
- Housing
- Transportation
- Air Quality
- Food Access & Liquor Stores
- Physical Activity & Neighborhood Conditions
- Criminal Justice
- Access to Healthcare
- Social Relationships & Community Capacity

Social Inequities
When the External Becomes Internal
How Health Inequities Get Inside the Body

Transportation
- Increased commute times

Poor air quality
- Stress

Segregation
- Stress

Housing
- Stress

Lack of access to stores, jobs, services
- Stress

Crime
- Stress

Poor quality Education
- Stress

Stress
Housing → Health

Less disposable income

Stress

Overcrowding

Substandard conditions

Foreclosures and Displacement

nutritious food & medical care

heart disease

mental health

respiratory infections (TB)

headaches, fever, skin disease, asthma

stress

blight

neighborhood stability
Substandard Housing \( \rightarrow \) Health

- Water leaks
- Poor ventilation
- Dirty carpets
- Pest infestations

\[ \rightarrow \] mold, mites, and other allergens

\[ \rightarrow \] Respiratory conditions like asthma

- Most Americans spend about 90% of their time indoors; and about 2/3rds of that is at home

- Children spend even more time in the home

- Lower-income families are:
  - More likely to be exposed to unhealthy housing conditions
  - Less likely to have the resources needed to fix the problem

- In 2009, the acting Surgeon General issued a call to action for the promotion of healthy homes as a vital strategy in limiting the spread and impact of preventable diseases

- Case study
We each have a role