USING A MULTI-SECTOR APPROACH TO CREATE HEALTHY COMMUNITIES

Joan Serviss, Arizona Housing Coalition
Serena Unrein, Arizona Partnership for Healthy Communities
Arizona Partnership for Healthy Communities

Role: Convene different sectors, foster healthy community development projects through:

- Technical resources
- Capacity Building
- Communications
The Arizona Housing Coalition (AZHC) is a collaborative association that leads in the efforts to end homelessness and provide safe affordable homes for all Arizonans. We work toward this by focusing our efforts on:

- **EDUCATE**: Housing and homeless services are constantly evolving with policy and industry changes. To meet these needs, the Arizona Housing Coalition provides education, training, and networking opportunities for our members.

- **ADVOCATE**: The Arizona Housing Coalition champions funding priorities focused on increased development of affordable housing and the aligning of resources which address homelessness and the housing instability experienced by far too many Arizonans. With over 200 members, and counting, we keep our members informed about important policy, regulatory changes, and legislation at the state and national level.

- **COLLABORATE**: Through building partnerships, the Arizona Housing Coalition collaborates with other organizations in order to increase the supply of affordable homes and build capacity among service providers in an effort to end homelessness. In addition to our commitment to the Arizona Partnership for Healthy Communities, we are proud to be the lead coordinating agency of the Arizona Veteran StandDown Alliance, connecting veterans and their families to critical services needed to ensure healthy and housing stability.
What is “health”?

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Preamble to the Constitution of the World Health Organization, June 1946
U.S. Obesity Trends 1985-2010
Obesity Trends* Among U.S. Adults
BRFSS, 1990, 2000, 2010

(*BMI ≥30, or about 30 lbs. overweight for 5’ 4” person)
Chronic Conditions

What influences our health

- Genetics: 30%
- Behavioral Choices: 40%
- Social Circumstances: 15%
- Physical Environment: 5%
- Medical Care: 10%

Health Affairs: “The Case For More Active Policy Attention To Health Promotion”
HEALTH ≠ HEALTHCARE
Life Expectancy vs. Health Spending

**Life Expectancy in Years**

0 2000 4000 6000 8000 10000

**Health Spending per Capita (USD)**
Why Everyone is Affected

- Total U.S. spending on public and private health care = $3.35 trillion in 2016
- About 75% went toward treatment of chronic disease
- Increased demand for health care
Short Distances to Large Gaps in Health

PHOENIX, ARIZONA

Life expectancy at birth (years)

Shorter  Longer
OUR ZIP CODE IS MORE IMPORTANT TO OUR HEALTH THAN OUR GENETIC CODE.
Health Occurs Where You Live, Work, and Play
Intersection of Housing & Health

- Health inextricably tied to where we live
- “Our zip code is more important to our health than our genetic code”

PLACE MATTERS

- Families who have trouble paying for housing are 84% more likely to delay necessary medical care and 116% more likely to postpone purchasing needed medications.
- Only 1 out of every 4 extremely low income renters can find an affordable apartment in Arizona.
- Health care costs for treating diseases caused by obesity are estimated at approximately $100 billion. Investment in prevention - including housing and healthy communities - reduces overall health care costs.
- Residents of the most walkable communities within the county are more likely to meet the U.S. Surgeon General recommended 30 minutes per day of moderate activity.
- Seniors in supportive housing are half as likely to enter nursing homes as seniors in buildings without supportive services.
- A Housing First program in Seattle serving homeless individuals with severe alcohol problems showed a health care costs savings of $42,964 per person per year. This more than offsets the $13,440 per person costs of housing and services provided to program participants.
How Housing Affects Health

- Housing affordability
- Neighborhood conditions
- Conditions within the home

Health
Physical Condition of Home

- Lead exposure
- Cold and heat exposure
- Accessibility and accommodations
- Substandard conditions: water, ventilation, pests, mold, allergens
- Radon, asbestos, tobacco smoke
- Structural factors leading to injuries
Neighborhood Conditions

- Safety
- Transportation
- Access to healthy foods
- Access to employment opportunities
- Schools
Residents of the most walkable communities are more likely to meet the U.S. Surgeon General recommended 30 minutes per day of moderate activity.

Walkable neighborhoods encourage healthy behaviors.
Housing Affordability/Instability
Housing Affordability/Instability

- Only 1 out of every 4 extremely low-income renters can find an affordable apartment in AZ
High housing costs affect health

- Families who have trouble paying for housing are more 84% likely to delay medical care and 116% more likely to postpone buying medications.
Housing Inequity = Health Inequity

- Low income communities
- Poor quality housing
- Poor neighborhood conditions
- Paying too much for rent

= Poor health outcomes
Housing Stress Impacts Health

LIMITED TRANSPORTATION
POOR NUTRITION
NO RECREATION
BAD HEALTH
HOMELESSNESS
UNDEREMPLOYMENT
DISCRIMINATION
DEATH OF LOVED ONE
POOR PARENTING
FAMILY VIOLENCE
LACK OF HEALTH CARE
EDUCATION DEFICIT
SINGLE PARENT HOME
LACK OF MONEY
INADEQUATE SOCIAL NET
CHALLENGED MENTAL HEALTH
TEENAGE PREGNANCY
Bridge to Permanency Housing Program: Tempe Housing Authority and MMIC
Estancia de Sol Apartment Community: CPLC and UnitedHealthcare
Estancia de Sol Apartment Community: CPLC and UnitedHealthcare
Cedar Crossing and Patina Wellness Center: Native American Connections
Cedar Crossing and Patina Wellness Center: Native American Connections
Housing + Health Collaboration

- Permanent Supportive Housing
  NOFA: Arizona Department of Housing and AHCCCS
Supportive housing helps vulnerable people

- Allows people to live stably in communities
- People with disabilities in supportive housing reduce their use of costly systems
- Seniors also benefit
How You Can Help

- Work across silos
- Advocate for affordable housing funding:
  - Department of Housing and Urban Development (HUD)
  - Low Income Tax Credit Program
  - Housing Trust Funds
- Partner with affordable housing developers
  - Oppose NIMBYism (Not In My Back Yard)
  - Connect housing and services
- Engage in community planning activities
  - City community plans
  - HUD funding recipients’ housing plans
Subscribe to our e-newsletters:
www.arizonahealthycommunities.org
www.azhousingcoalition.org

Email us with questions:
serena@arizonahealthycommunities.org
joan@azhousingcoalition.org