

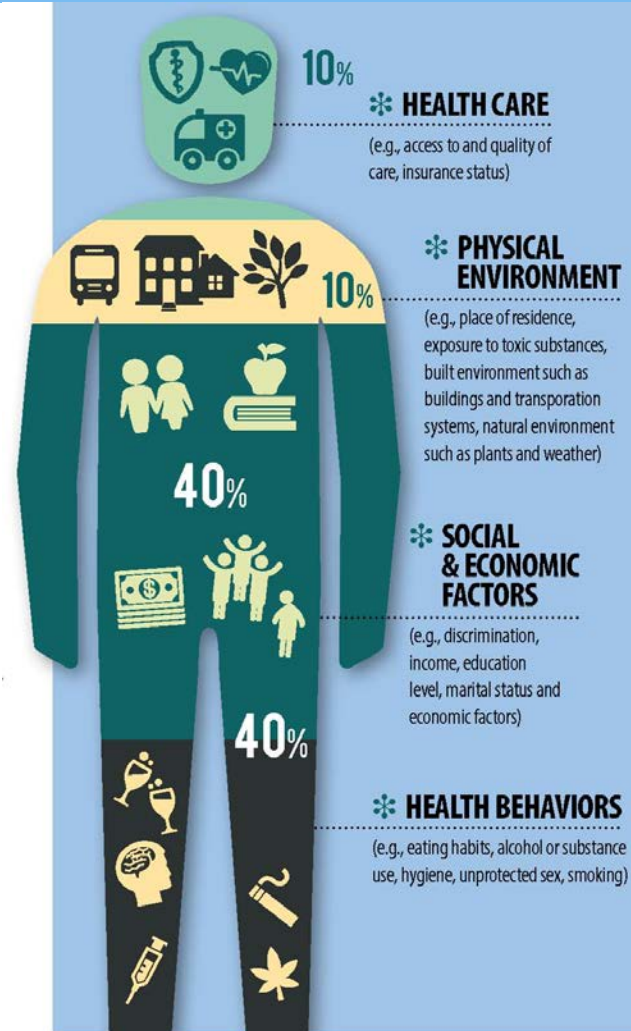


# HOUSING AND HEALTH AFFORDABLE HOUSING ADVISORY COMMITTEE

# What determines our individual health?

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## PERCENTAGE CONTRIBUTING TO OVERALL HEALTH

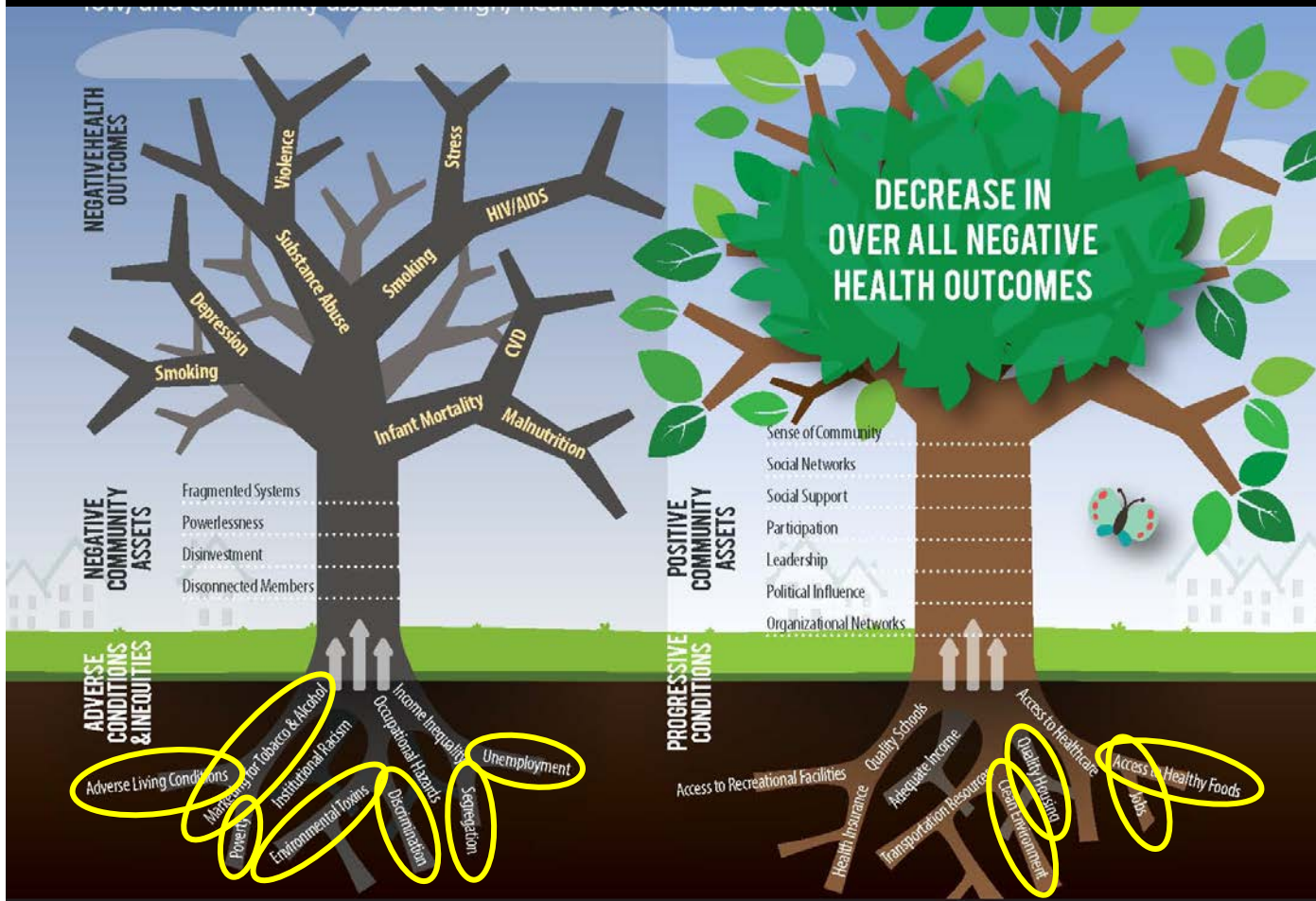


Source: Booske B.C., Athens J.K., Kinding D.A., et al. County Health Rankings Working Paper: Different Perspectives for Assigning Weights to Determinants of Health. February 2010. Available at: [www.countyhealthrankings.org/sites/default/files/differentPerspectivesForAssigningWeightsToDeterminantsOfHealth.pdf](http://www.countyhealthrankings.org/sites/default/files/differentPerspectivesForAssigningWeightsToDeterminantsOfHealth.pdf).



# What determines our community's health?

## Affordable housing drives positive health outcomes



Adverse living conditions

Marketing for tobacco and alcohol

Poverty

Environmental Toxins

Discrimination

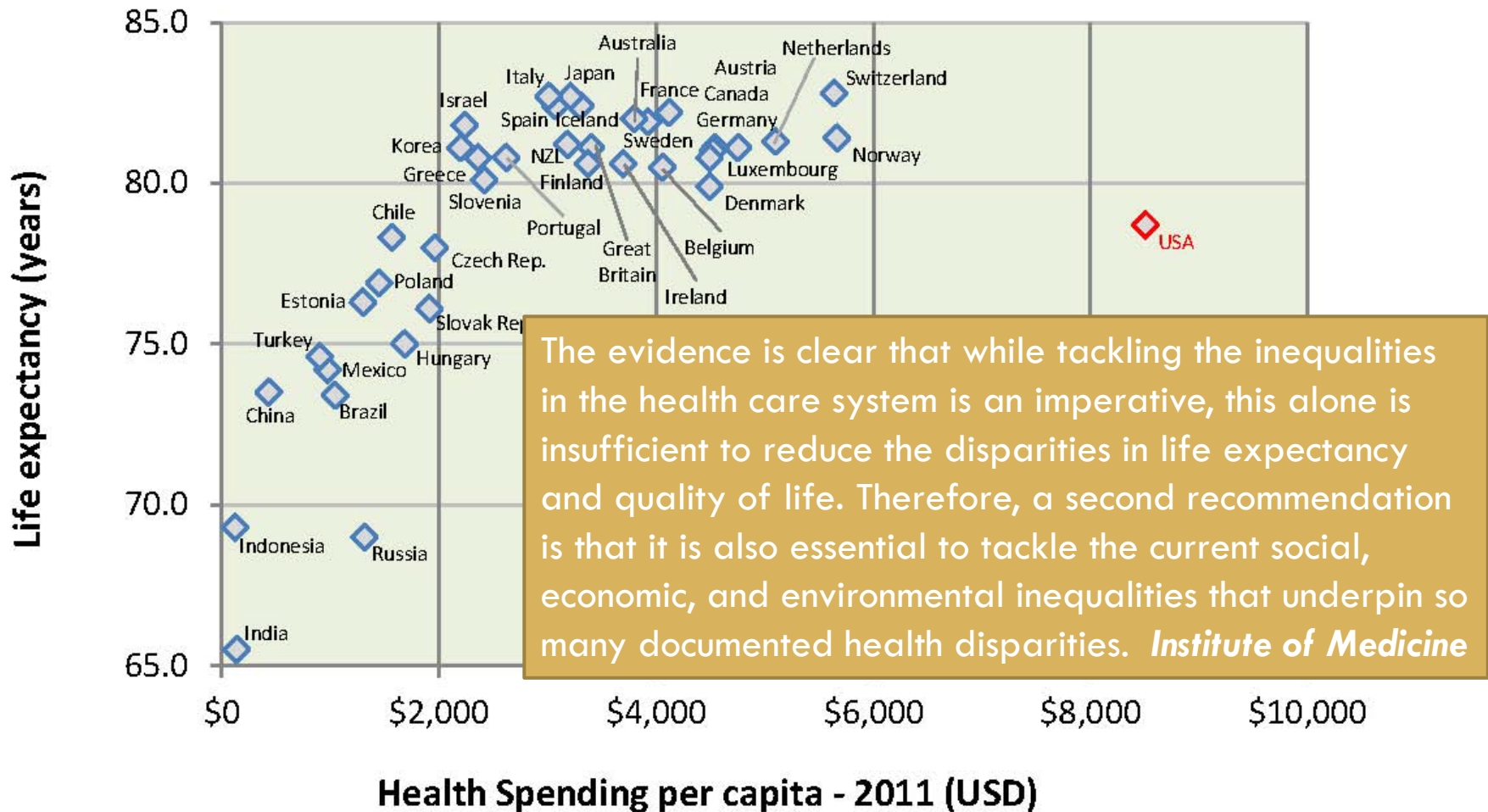
Segregation

Unemployment

Access to healthy foods

This figure is adapted from Brennan Ramirez LK, Baker EA, Metzler M. Promoting Health Equity: A Resource to Help Communities Address Social Determinants of Health. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2008. Available at: <http://www.cdc.gov/nccdphp/ddh/programs/healthycommunitiesprogram/tools/pdf/SDOH-workbook.pdf>

# How healthy is the United States?

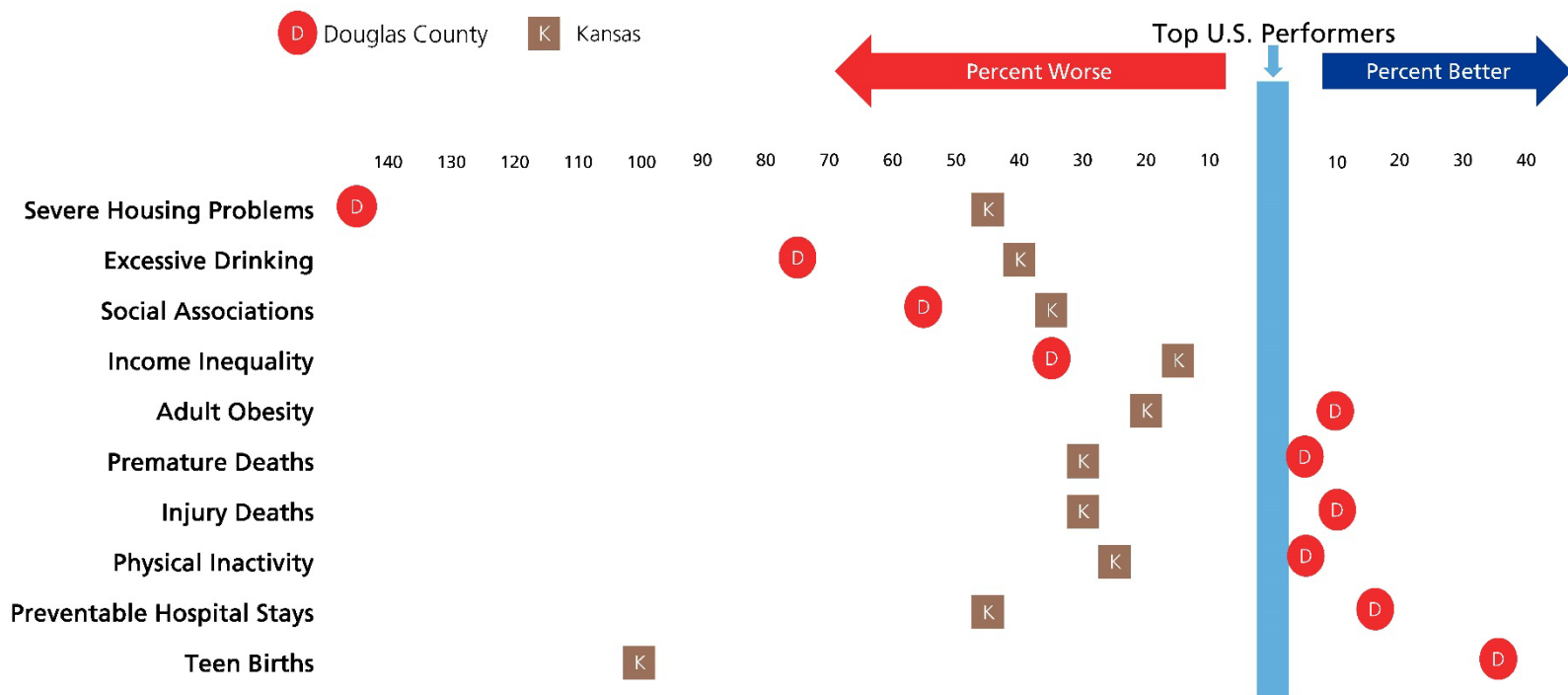


The evidence is clear that while tackling the inequalities in the health care system is an imperative, this alone is insufficient to reduce the disparities in life expectancy and quality of life. Therefore, a second recommendation is that it is also essential to tackle the current social, economic, and environmental inequalities that underpin so many documented health disparities. *Institute of Medicine*

# How healthy is Lawrence/DG Co.?

## County Health Rankings and Roadmaps - *Building a Culture of Health, County by County*

Selected Measures from the 2016 Report



Source: University of Wisconsin County Health Rankings - 2016

# High stress drives poor health

### STRESS AND GENERATIONS

- Nearly twice as many Millennials (16 percent) than Gen Xers (10 percent) and Boomers (9 percent) report they do not rely on any commonly reported stress management strategies for dealing with stress.
- There are also notable generational differences in means of coping with stress. Millennials are more likely than the older generation to engage in solitary activities to manage stress. They are also significantly more likely to engage in unhealthy behaviors such as drinking alcohol and smoking.
- Millennials (60 percent), Gen Xers (47 percent) and Boomers (46 percent) are more likely than Matures (32 percent) to say they listen to music in order to manage their stress.
- Millennials (44 percent) and Gen Xers (36 percent) are more likely than Boomers and Matures (25 percent each) to report playing video games or surf the Internet in response to stress.
- Gen Xers (25 percent), and to a lesser extent, Millennials (15 percent), turn to alcohol to cope with stress; considerably fewer Boomers (12 percent) and Matures (3 percent) say they do so.
- Similarly, Gen Xers (16 percent) are more likely than Millennials (8 percent) or Matures (3 percent) to report they smoke as a way of coping with stress.
- Reading is a stress management staple of the Boomer generation (47 percent), more so than the Millennial generation (38 percent).
- Boomers (39 percent) and Matures (39 percent) are notably more likely than younger generations (26 percent of Millennials, 25 percent of Gen Xers) to pray during stressful times.

Reading is a stress management staple of the Boomer generation.

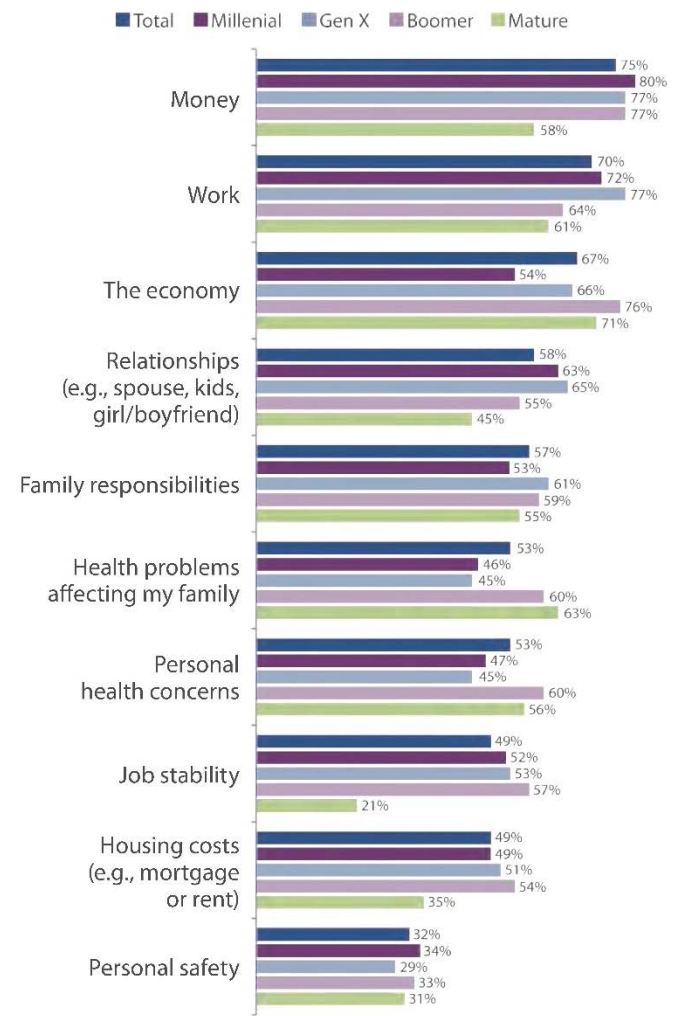
#### Causes of Stress by Generation (% Somewhat/Very Significant)

**BASE:** All respondents level 1206; Millennial level 220; Gen X level 210; Boomer level 210; Mature level 210.

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www.stressinamerica.org

## Causes of Stress by Generation (% Somewhat/Very Significant)



# The health impacts of affordable housing

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- Frees up family resources for healthy food and health care
- Reduced stress
- Improved mental health (higher levels of self-esteem and sense of control)
- High quality affordable housing reduces exposures to environmental health risks (e.g. lead, asthma, injury)
- Improved chronic disease management
- Affordable housing in more affluent neighborhoods helps reduce stress and increase access to healthy foods and physical activity
- Reduced overcrowding reduces the transmission of infectious diseases
- Access to affordable housing allows survivors of domestic violence to escape abusive homes

Center for Housing Policy literature review 2015