Housing and Health: A Focus on Alameda County

Presentation for CA4Health
March 2, 2017
Overview

• **Housing Priorities:**
  - Habitability
  - Tenant Rights and Protections
  - Truly Affordable Housing

• **ACPHD Strategies**
  - Place Matters
  - Health Officer & Staff Testimony

• **Project Examples**
  - Displacement Report
  - Advancing equitable policies
  - Healthy Development Guidelines
How Housing Impacts Health

**How Housing Affects Health**

**HOUSING ISSUES**
- Housing cost burden
- Overcrowding
- Substandard housing conditions
- Housing instability
- Evictions
- Displacement
- Homelessness

**SOCIAL FACTORS**
- Financial instability
- Poorer educational outcomes
- Increased commute times
- Neighborhood instability
- Disruption of social networks & cultural supports
- Difficulty attending school & work

**HEALTH OUTCOMES**
- ↑ chronic stress
- ↑ heart disease
- ↓ money for necessities (food, transportation, medical care)
- ↑ in missed appointments due to housing issues
- ↑ respiratory infections (e.g., tuberculosis)
- ↑ headaches, fever, skin disease, asthma
- ↑ hospitalization
- ↑ trauma
- ↓ mental health
- ↓ child development

↑ morbidity & mortality
Concentrations of Health Inequities

All-Cause Mortality

Age-Adjusted Rate per 100,000
- >1.25X county rate (>749.8)
- 1.01X-1.25X county rate (599.9-749.7)
- 0.76X-1.00X county rate (449.9-599.8)
- ≤0.75X county rate (≤449.8)
- No data or data suppressed

Alameda County rate: 599.8/100,000

Source: CAPE, with data from Alameda County vital statistics files, 2012-2014.
Habitability and affordability

Asthma Emergency Department Visit Rate

*CAPE, with data from the California Office of Statewide Health Planning and Development, 2012-2014, and American Community Survey 2014 5-Year Files
OAKLAND
Owners: 43%
Renters: 57%

ALAMEDA CO
Owners: 56%
Renters: 44%

Data: American Community Survey.
Wage Gap

$2,886
median rent in Oakland

$9,620
monthly household income needed to avoid housing cost burden

4.4 full time jobs
@ Oakland minimum wage needed to afford median Oakland rent

$3,035
median rent in Alameda County

$10,117
monthly household income needed to avoid housing cost burden

5.8 full time jobs
@ CA minimum wage needed to afford median rent in Alameda County

Data: Zillow Rent Index and American Community Survey. (Updated Oct. 2016)
ACPHD’s strategy

• Building a structure: Place Matters policy workgroup

• Building our case: Housing and Health

• Building staff capacity to share experience and influence policy
Place Matters: Housing Workgroup

2006
- Place Matters begins
- ACPHD comments on displacement of elderly Chinese Americans

2008
- Life & Death report
- Place Matters Workgroups
- Partnership with CJJC on water shutoffs

2009-10
- CJJC & ACPHD reports on foreclosure & health

2012
- Vacant Property Registration
- Linked Banking Ordinance

2013
- ACPHD supports push for more resources for Oakland Code Enforcement

2014
- Tenant Protection Ordinance
- 1st improvements to Oakland’s rent ordinance in 10 years

2015-present
- Focus on rent stabilization
- Habitability
- Alameda County Housing Bond
### Housing Survey for staff

- Public Health (ACPHD) staff (n = 188) and Behavioral Health Care Services (BHCS) staff & contractors (n = 167)

<table>
<thead>
<tr>
<th>What housing issues are your clients or residents you work with facing? (check all that apply)</th>
<th>BHCS (n = 72)</th>
<th>ACPHD (n = 93)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raised rents and/or unaffordable housing</td>
<td><strong>93.06%</strong></td>
<td><strong>88.17%</strong></td>
</tr>
<tr>
<td>Can’t find housing (e.g. discrimination, landlords not accepting vouchers, no available units)</td>
<td><strong>91.67%</strong></td>
<td><strong>81.72%</strong></td>
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<tr>
<td>Eviction (at risk of being evicted or already evicted)</td>
<td><strong>86.11%</strong></td>
<td><strong>72.04%</strong></td>
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<tr>
<td>Dilapidated conditions (e.g. mold, vectors, lack of heat, repairs not done)</td>
<td><strong>75.00%</strong></td>
<td><strong>58.06%</strong></td>
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<tr>
<td>Displacement (e.g. people moving from their neighborhoods due to housing issues and/or rising housing costs)</td>
<td><strong>69.44%</strong></td>
<td><strong>68.82%</strong></td>
</tr>
<tr>
<td>Other</td>
<td><strong>45.83%</strong></td>
<td><strong>27.96%</strong></td>
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</tbody>
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Impact on Clients

For the others who are not so lucky, they are evicted/displaced due to their TB (tuberculosis) diagnosis. With how tough it has been to find affordable housing in Alameda County in general, these low-income patients become homeless and suddenly find themselves having nowhere to call home.

—Tuberculosis Control Unit

“We have clients who were on track at some point in their lives, but due to a poor economy, unexpected health or family crisis, lost their footing when they lost their job and/or housing. These clients are the ones who tend to have more situational mental health illnesses such as anxiety and/or depression, and if these resolved, would also notice and improvement in symptoms. But, because of the severe housing crisis in the Bay Area, these issues are not getting resolved, and as time goes on, their depression and anxiety symptoms tend to worsen.”

—BHCS Contractor

Homeless seniors who do not have family members willing to house them just begin to live in places not meant for human habitation.

—BHCS Contractor
Impact on Ability to Deliver Services

“When we spend all of our available staff/clinician time pulling our clients out of housing crises to prevent homelessness which send them on a downward spiral (and sometimes re-hospitalization or jail), rather than helping them find jobs, go to school, or engage in more positive, self-esteem building, hope engendering behaviors, then definitely housing issues interfere with our ability to deliver program services as intended.

— BHCS Contractor, Prevention and Recovery in Early Psychosis

Families cannot attend to their children’s mental health needs when they are struggling to obtain basic needs - food and shelter. It definitely impacts our ability to get the outcomes we would like, and it means that our staff are having to become housing experts in order to help clients manage this crisis.

— BHCS Contractor
Lincoln Families

“When families are struggling with survival issues like having a roof over their head, it is difficult for them to focus on other issues like caring for their babies prenatally, healthcare, or supporting their babies/children to progress along their normal developmental trajectory. Many of the children in families with these housing stresses are falling behind in such areas as gross motor function, language development, social skills, etc. I support families who may be having mental health concerns, and it is difficult to help them connect with much-needed mental health services when life is focusing on survival day-to-day.”

— Family Health Services
Impact on Staff

“The rent has gone up so much that we don't have money left to make it through the week. I'm always stressed out and late on the rent.”

— BHCS

“We have had over 10 staff leave this year due to being priced out or evicted from their homes.”

— BHCS Contractor

“Drastically increased rents have displaced clients as well as staff that work for some of the agencies that we fund...I know some of my coworkers have been displaced by increased rent and cost of living out of Oakland or are living paycheck to paycheck because of increased cost of living.”

— ACPHD

“Staff often has to move to outlying geographical areas (Tracy, Vallejo, Modesto) and have difficult commutes with costly impact personally (accidents, sleep, loss of time with family) and professionally (late, loss of contact with community).”

— ACPHD
Housing Brief & Survey Summary

http://www.acphd.org/media/425883/housing-brief-june-2016.pdf

Improving Housing and Health for All: Principles for Policy Recommendations

- Protect existing residents from losing their housing
- Repair and preserve existing housing
- Produce new housing for all income levels
- Remove barriers to housing access
“County Health Director: Oakland's Housing Crisis Is a Prescription for Sicker, Shorter Lives”


“Public health problems in Oakland linked to housing crisis”

CJJC: Development without Displacement report

• Building on existing partnership with CJJC
• Health framing of gentrification, and identify and advance public policy solutions
Tenant protections

- TRUST Clinic staff testified for Oakland’s rent adjustment ordinance, 2014
- Asthma Start staff testified for the Tenant Protections Ordinance 2014
- Asthma Start staff testified for Proactive Rental Inspections in 2016
Community-Driven Healthy Development
Learn more & stay connected

Facebook: www.facebook.com/PlaceMattersAC

Twitter: • @dare2bwell • @ACPlaceMatters

Place Matters Newsletter: http://tinyurl.com/lpccw2u


The California Endowment Health Equity Award Winner Video:
• Video: youtu.be/DFbzadpU4fs
• Case studies: www.bmsg.org/resources/publications/health-equity-case-studies-california

Health for All in Alameda County video: https://www.youtube.com/watch?v=aPEKEySu7Iw

Addressing the Social Determinants of Health through the Alameda County, California, Place Matters Policy Initiative. Public Health Reports.
• http://www.publichealthreports.org/issueopen.cfm?articleID=3050

place matters

community engagement | criminal justice | economics | education | housing | land use + transportation