

SOCIAL DETERMINANTS OF HEALTH

Wildfire

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ARIZONA PARTNERSHIP FOR
HEALTHY COMMUNITIES

Arizona Partnership for Healthy Communities

What do we do?

- Convene partners from across sectors to talk about what allows for health & well-being
- Build capacity for community-driven solutions to improve health



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

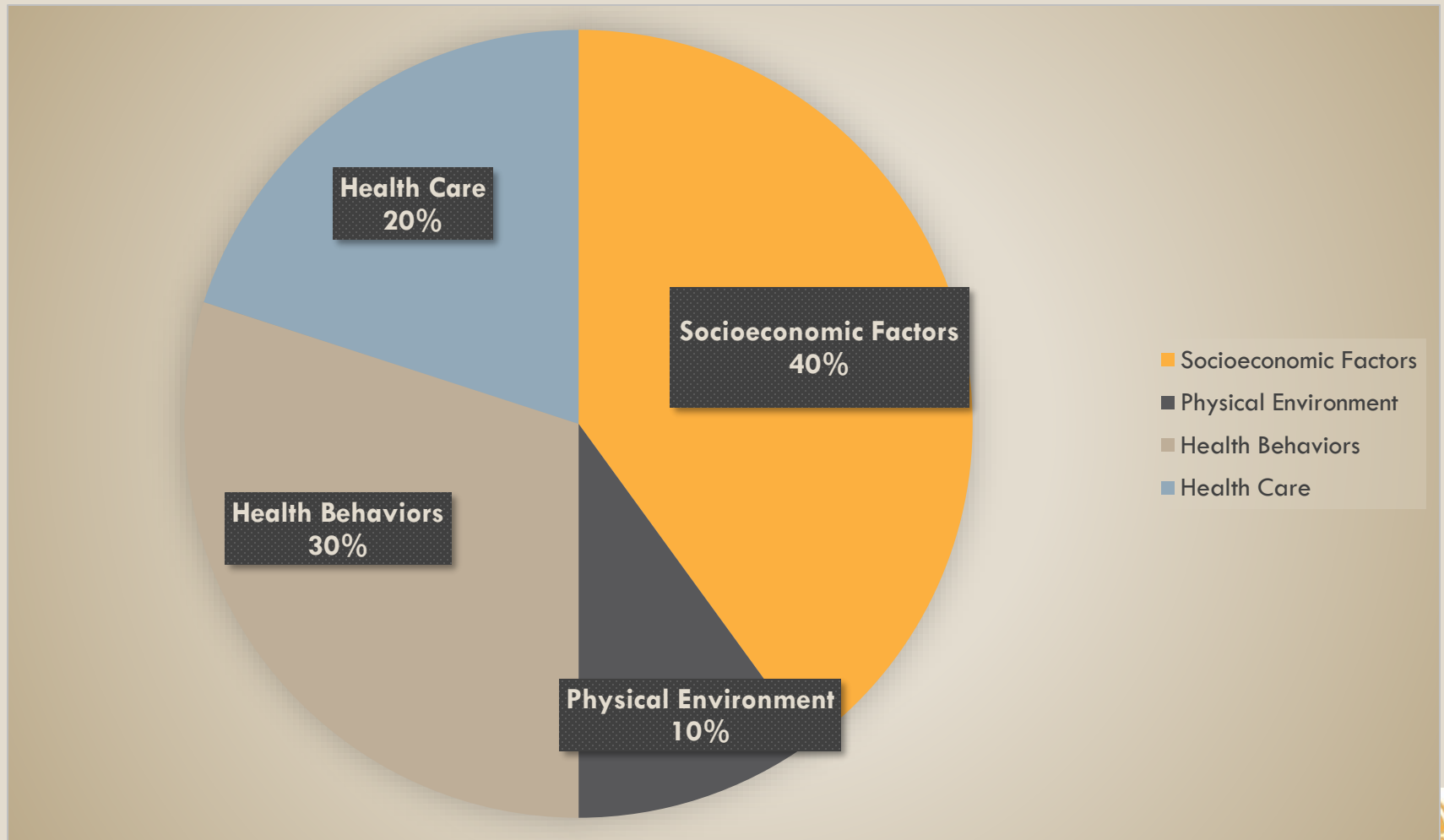


**HEALTH ≠
HEALTHCARE**

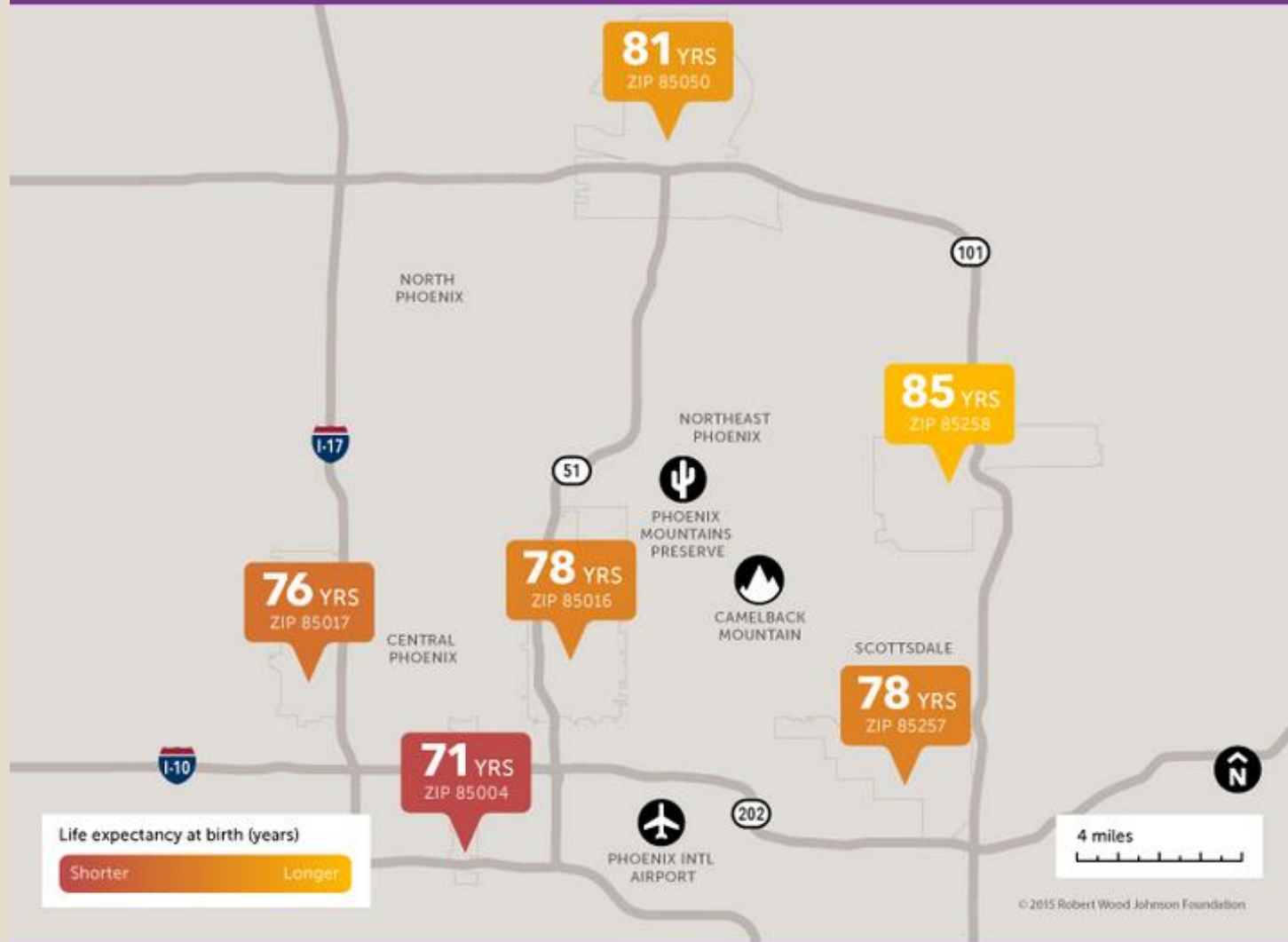


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What influences our health



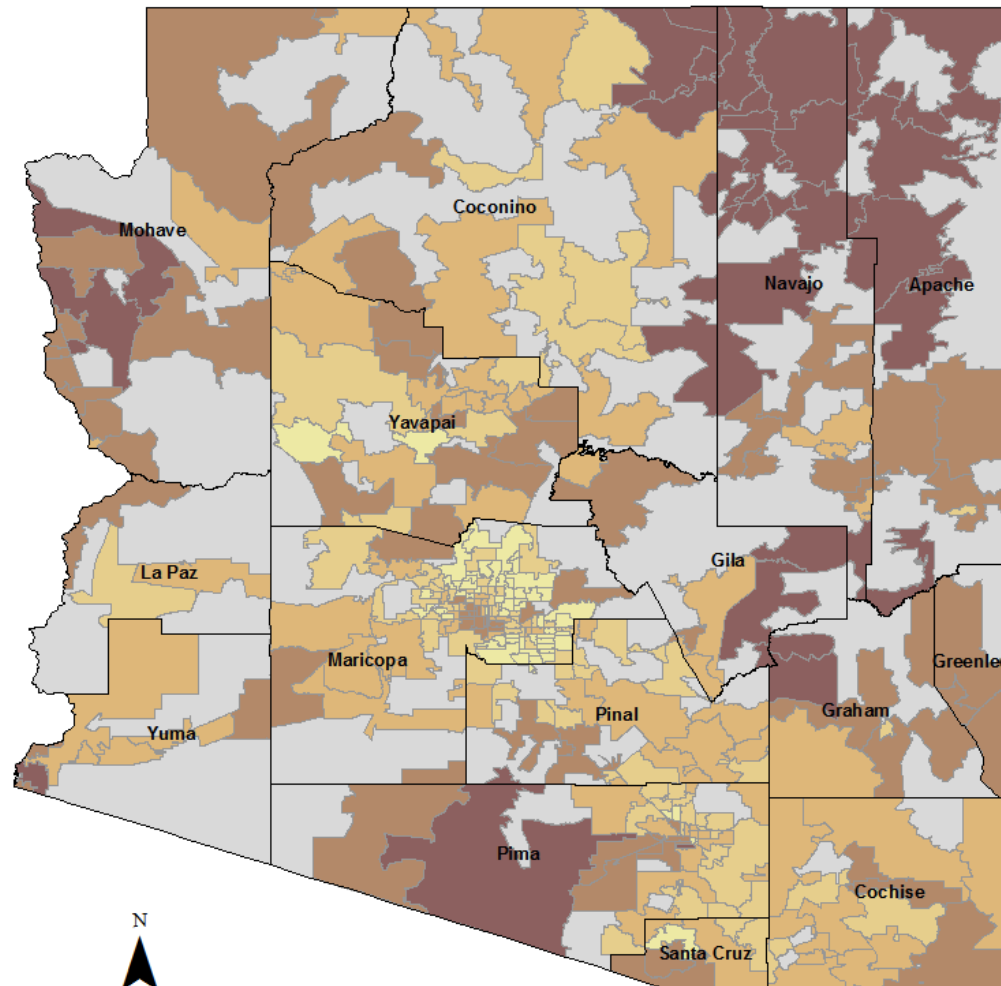
Short Distances to Large Gaps in Health



**OUR ZIP CODE IS
MORE IMPORTANT TO
OUR HEALTH THAN
OUR GENETIC CODE.**



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Zip Code Need (0-100)

- Very Low (0 - 19)
- Low (20 - 32)
- Moderate (33 - 46)
- High (47 - 63)
- Very High (64 - 100)
- Insufficient or No Data

**Arizona Healthy Communities
Opportunity Index
Counties**



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Footnote: Zip code need score intervals were calculated using Jenks natural breaks classification method.

**THE CHOICES YOU
MAKE DEPEND ON
THE CHOICES YOU
HAVE.**

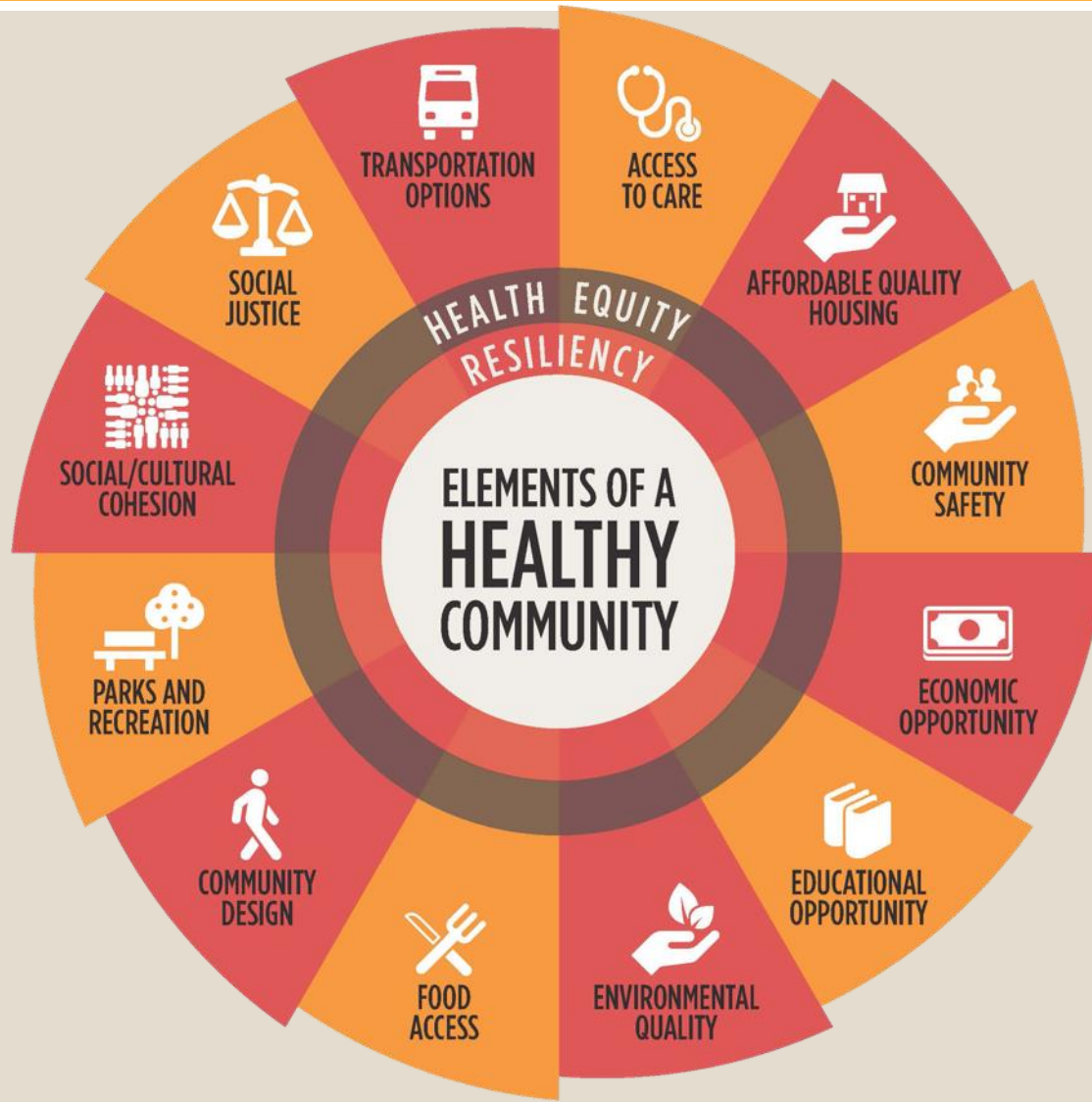


Health equity

- COVID exposed inequities that already existed
 - Now is an opportunity to rebuild, reimagine
- Historical policies
 - Redlining
 - Access to opportunity
- Systemic racism
 - Health care system that treats people differently
 - Disparities, disproportionate impact



Health Occurs Where You Live



Intersection of Housing & Health

- Our dwelling is at the very core of healthy lives.
- Why? We spend 2/3 of our time in our homes.
- Home is the base of our life-physical, social, spiritual

PLACE MATTERS

The Arizona Partnership for Healthy Communities "Place Matters" series identifies how factors outside of health care impact health, identifies successful evidence-based practices for improving health outcomes, and demonstrates evidence of cost savings in healthy communities work. This piece in the series examines the connections between housing and health.



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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.



\$100B

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.



**QUALITY
OF LIFE**

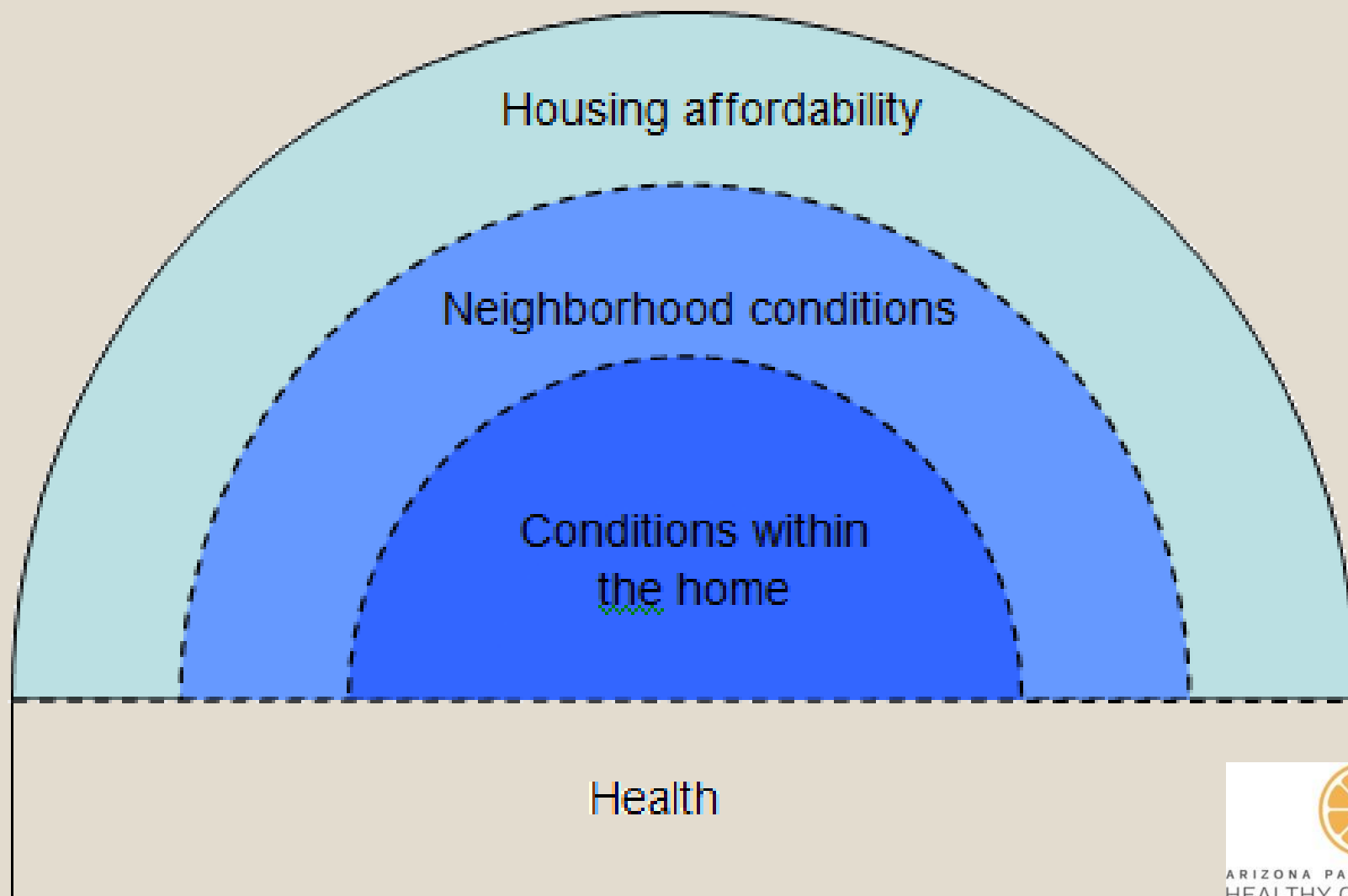


Seniors in supportive housing are half as likely to enter nursing homes as seniors in buildings without supportive services.

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.

\$43K
PER PERSON
PER YEAR
SAVINGS

How Housing Affects Health



Housing Affordability/Instability

- Only 1 out of every 4 extremely low-income renters can find an affordable apartment in AZ



Neighborhood Conditions

- Safety
- Transportation
- Access to healthy foods
- Access to employment opportunities
- Schools



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



Housing Inequity = Health Inequity

Poor quality housing +

Poor neighborhood conditions +

Paying too much for rent +

 **Poor health outcomes**



Climate Issue or Health Issue?

- Extreme heat
- Air quality
- Climate that supports growing fresh food
- Transportation options such as walking, biking, access to public transportation
- Amount of trees & shade
- Amount of parks & green spaces

Adjacencies vs. externalities



Healthy Climate, Healthy Communities

- Same communities often feel disproportionate impacts to both climate change & lack of social supports
- Solutions that are good for climate are also good for health and vice versa



For example: Energy/Cooling

- High heat days:
 - Higher utility bills → utility shut-offs → adverse health impacts
- Issues are not isolated
- Warmer future means more energy demand, energy costs will go up
 - Higher utility bills
 - Threats to energy production and reliability
 - Increased heat stress



Climate Solutions

How America's hottest city will survive climate change

In Edison-Eastlake, where Ortiz lives, the summertime average temperature is [105 degrees](#). Most residents are people of color, a legacy of discriminatory housing practices known as [redlining](#). And the majority of people live in public housing built more than 50 years ago – concrete structures that trap heat, which can overwhelm aging air-conditioning systems.

At night, it's as much as [10 degrees hotter](#) in Edison-Eastlake than in wealthier communities. Just over 5 percent of the neighborhood has trees, making it one of the most barren and sunbaked communities in Maricopa County.

Sustainable, Healthy Communities

- Goal is for all people to thrive
- How do we do that?
 - Collaborate across sectors
 - Focus on equity
 - Support community-driven solutions



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