



CENTER
**BOSTON
MEDICAL**

 **CHILDREN'S
HealthWatch**

Housing is Health Care

Charlotte Bruce

December 18th, 2023

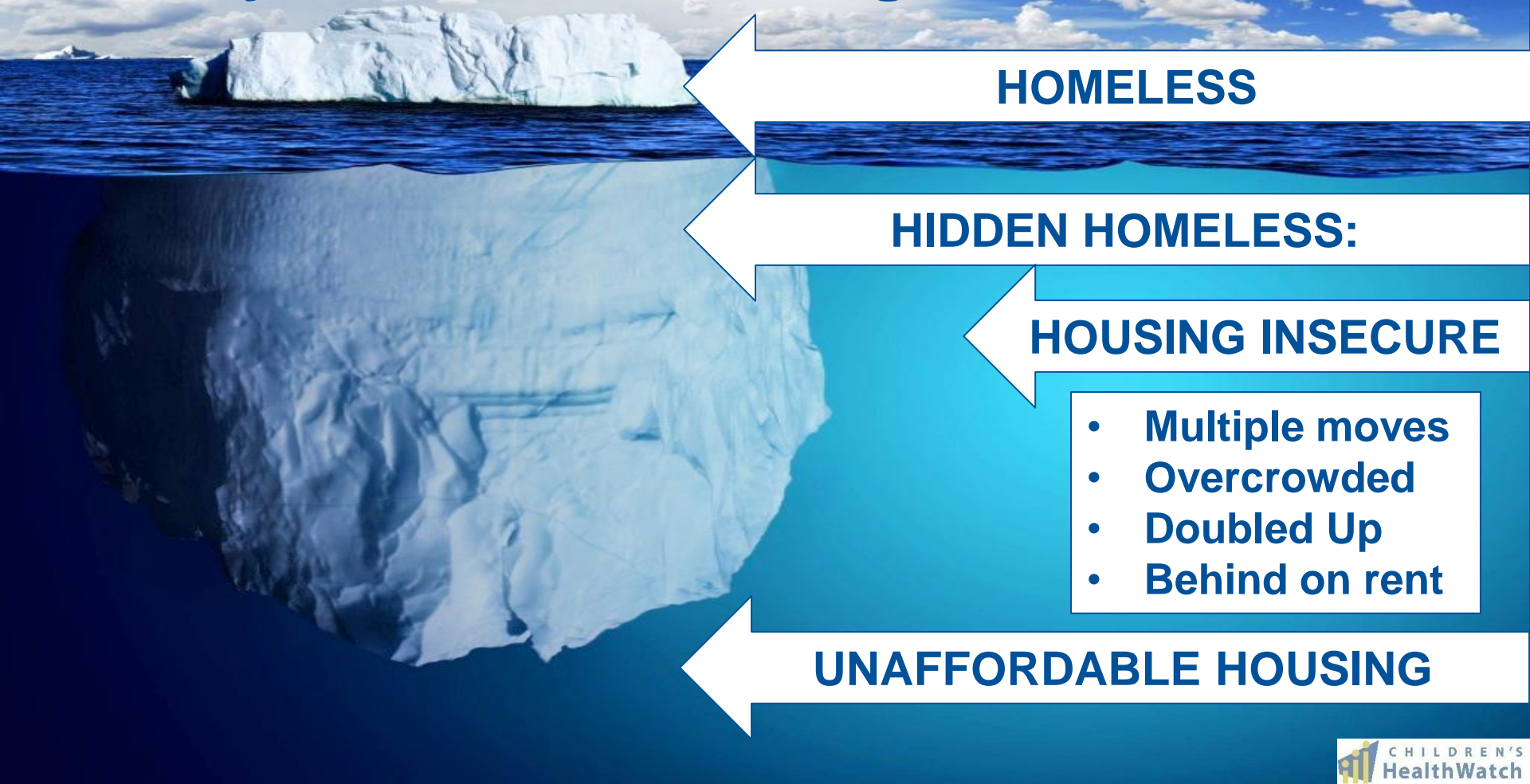
NLIHC Tenant Talk

Multiple Pieces of Housing and Health



Taylor, L. *Health Affairs*, 2018

Stability: The Home Iceberg



Housing instability and homelessness impact health across the lifespan



Prenatal period

- Pre-term birth
- Low birth weight
- Pregnancy complications
- Stress



Early childhood

- Development delay
- Poor overall health
- Hospitalization risk
- Weight trajectory
- Food Insecurity



Childhood/adolescence

- Adverse educational outcomes
- Poor mental/behavioral health outcomes
- Weight trajectory
- Food Insecurity

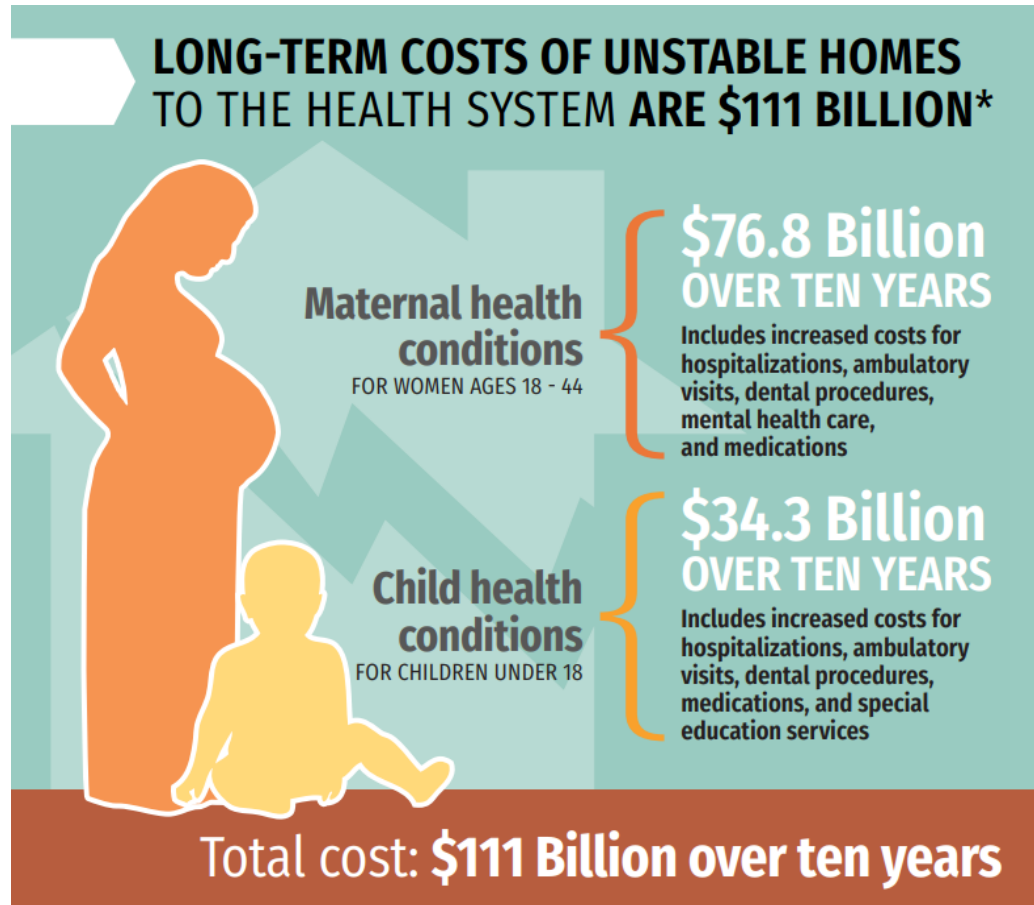


Adulthood

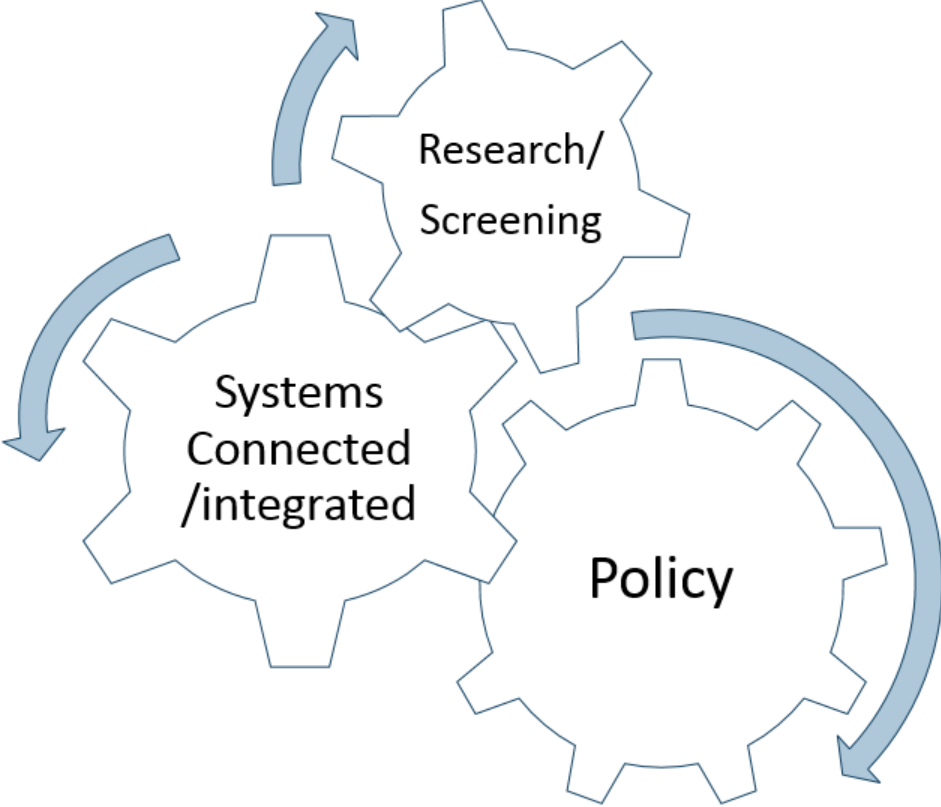
- Poor general health
- Anxiety/ depression
- Increased need for urgent health services
- Medication adherence
- Weight trajectory
- Food Insecurity

Health Care Cost of Housing Instability

- Massachusetts ALONE
- Estimated in 2017 (likely higher today)



Levels of Housing Instability Interventions for Health Systems



Housing Rx

- **Pilot Randomized Control Trial** at Boston Medical Center, 2016-2020 (76 families)
- **Eligibility criteria:**
 - Families w/ child < 11 years old, receives primary care at BMC
 - Experiencing housing instability
 - Homelessness in past year
 - Behind on rent in past year
 - Moved 2+ times in past year
 - Paying > 50% of income on housing
 - At least one medically complex member
 - Child or adult w/ 3+ ED visits in past year
 - Child w/ medical conditions requiring 2+ specialists
 - Medicaid-eligible



Housing Rx

■ Partnership between:

- Health system (BMC)
- Research group (Children's HealthWatch)
- Housing services agency (Project Hope)
- Local housing authority (BHA)
- Medical-legal partnership
- Community development corporation (Nuestra Comunidad)

■ Intervention:

- Paired with Care Coordinator at Project Hope, created a housing plan together
- Combination of services:
 - Financial counseling and benefits connection
 - Legal services
 - Priority access to public housing

Business & Tech

Boston Medical Center has a new prescription for its most vulnerable patients: housing



SUZANNE KREITER, GLOBE STAFF

THANK
YOU