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July 30, 2024

Session 3:
**Building Health Equity Capacity
in Iowa CAHs: Food Insecurity
and Housing Instability**

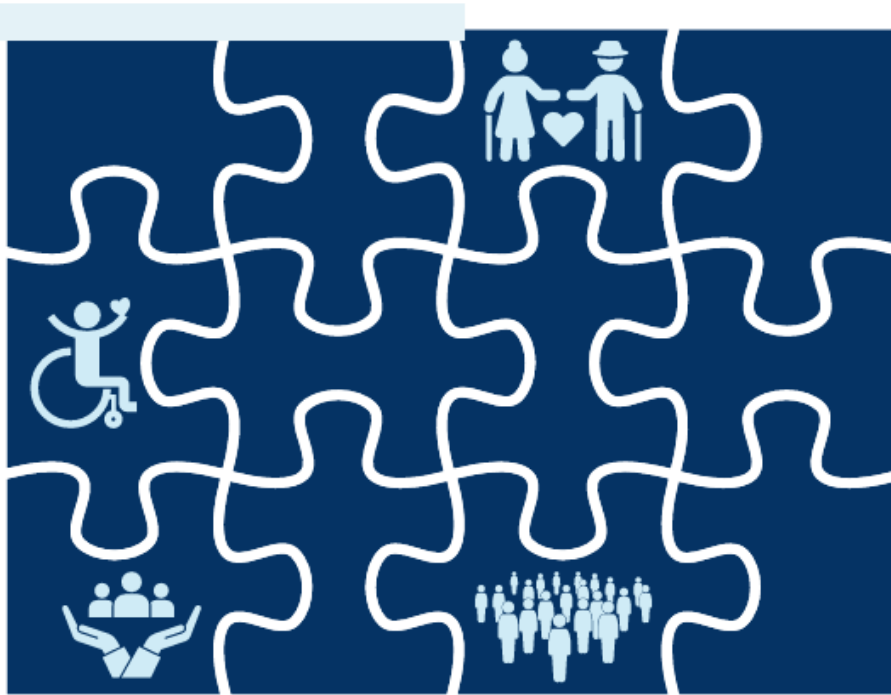
Meet & Greet



- Who's in the room today? (Name, facility/organization, role/job title)
PLEASE INCLUDE YOUR MAILING ADDRESS (Health Equity Toolkit)
- Please take a moment to mute yourself to prevent any background noise during today's presentation.
- We encourage questions and open discussion!
- Please utilize the Chat box to type in your questions or comments throughout today's event. We will be monitoring the chat throughout the event.

HEALTH EQUITY TOOLKIT

Driving Equitable Care in Nebraska Hospitals



The trusted voice and influential advocate
of health care in Nebraska

- ❖ View Previous Meeting Recordings and Slides (Flex webpage):

<https://hhs.iowa.gov/public-health/rural-health/rural-hospital-programs>

(Click on the “Population Health” tab)

- ❖ A mailing list is being developed and each person that attended any of the summer Flex Population Health SDOH Cohort meetings will be sent a hardcopy of the Health Equity Toolkit that aligns with new SDOH Flex MBQIP Measures in August.



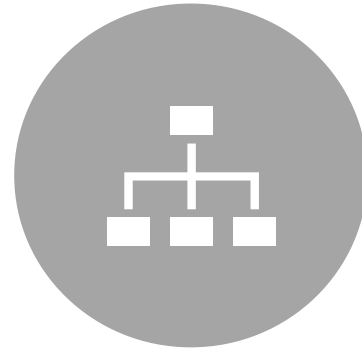
Overview of Presentation

- Review overarching goals of the program
- The problem of food insecurity and strategies to address it
- The problem of housing instability and strategies to address it
- Building the business case
- Conclusion

Overarching Goals of the Program



Providing a framework for building health equity capacity



Identify the major components of this framework, including the SDOH



Discuss strategies for addressing the SDOH



Provide interactive sessions where information is shared

Major Factors Influencing Food Insecurity



Poverty and low income leads to inability to afford relatively high-cost healthy foods

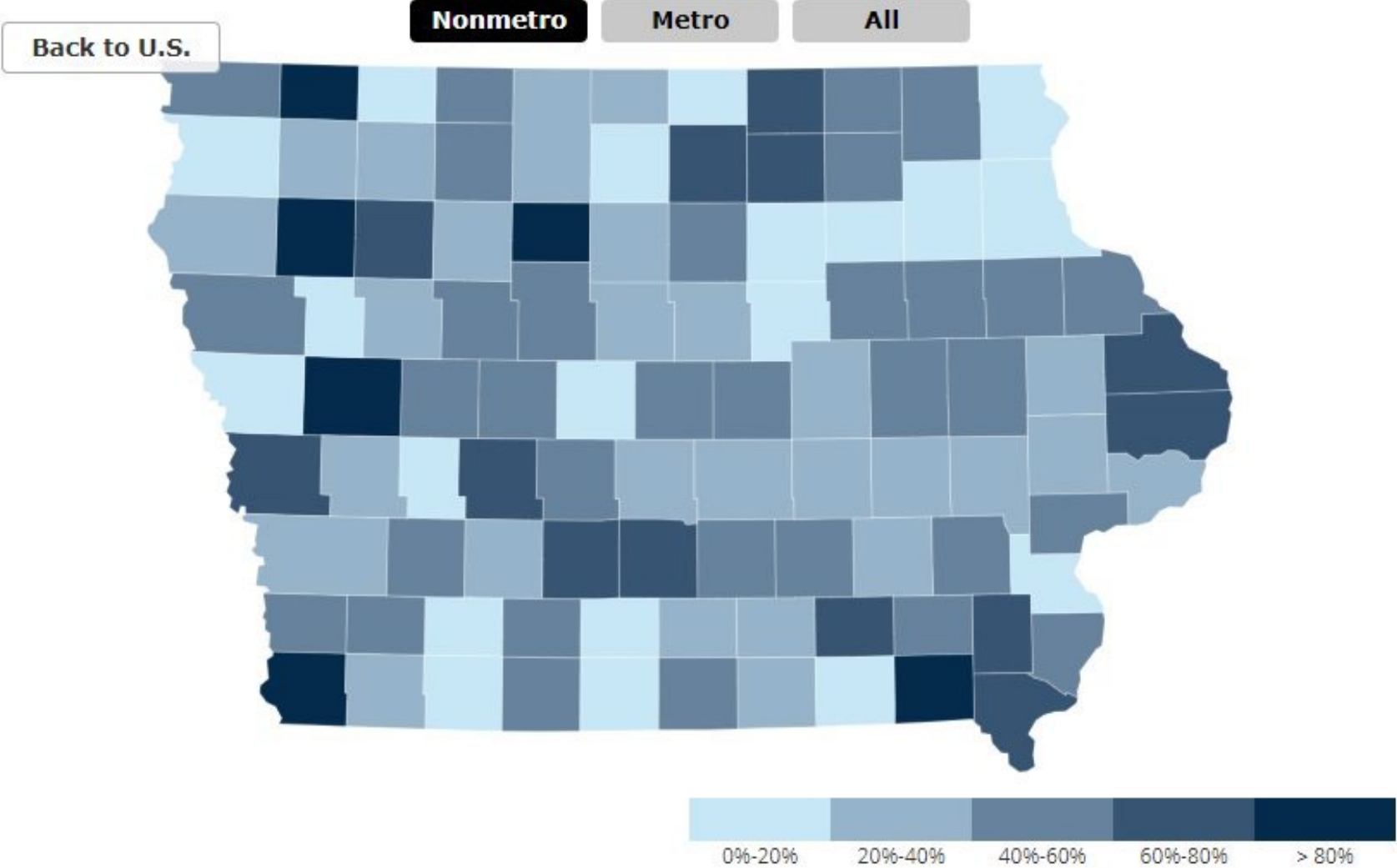


Limited access to grocery stores with healthy foods



Transportation barriers can prevent some people from getting to the grocery store

Low Access to Healthy Food, 2019 – Iowa Nonmetropolitan

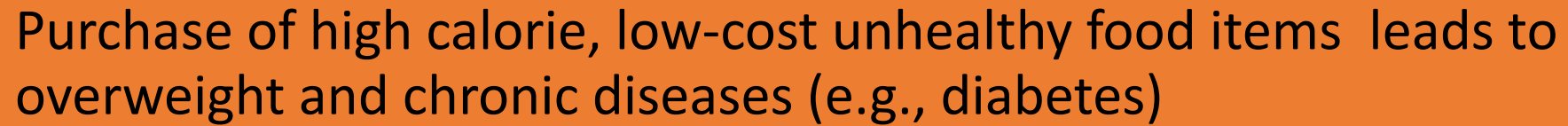


Food Insecurity Among U.S. Older Adults in Rural and Urban Areas

- Non-Hispanic Blacks (**12.9%**) vs Non-Hispanic Whites (**3.6%**)
- Household income to poverty ratio – less than 100% = **14.2%**; 100% to 199% = **10.9%**; and 200% to 299% = **2.2%**
- Less than a high school education (**11.6%**) vs **4.6%** for a high school degree/GED

Source: Ingrid Jacobson, et al., “Risk factors for Poor Health Among U.S. Older Adults in Rural and Urban Areas: Injury, Food Insecurity, and Lack of Social and Emotional Support,” Policy Brief, University of Minnesota Rural Health Research Center, June 2024.


Impact of Food Insecurity



Purchase of high calorie, low-cost unhealthy food items leads to overweight and chronic diseases (e.g., diabetes)



Difficult to manage these types of diseases



Increases costs due to hospital readmissions and more medical treatments



Developmental delays for children



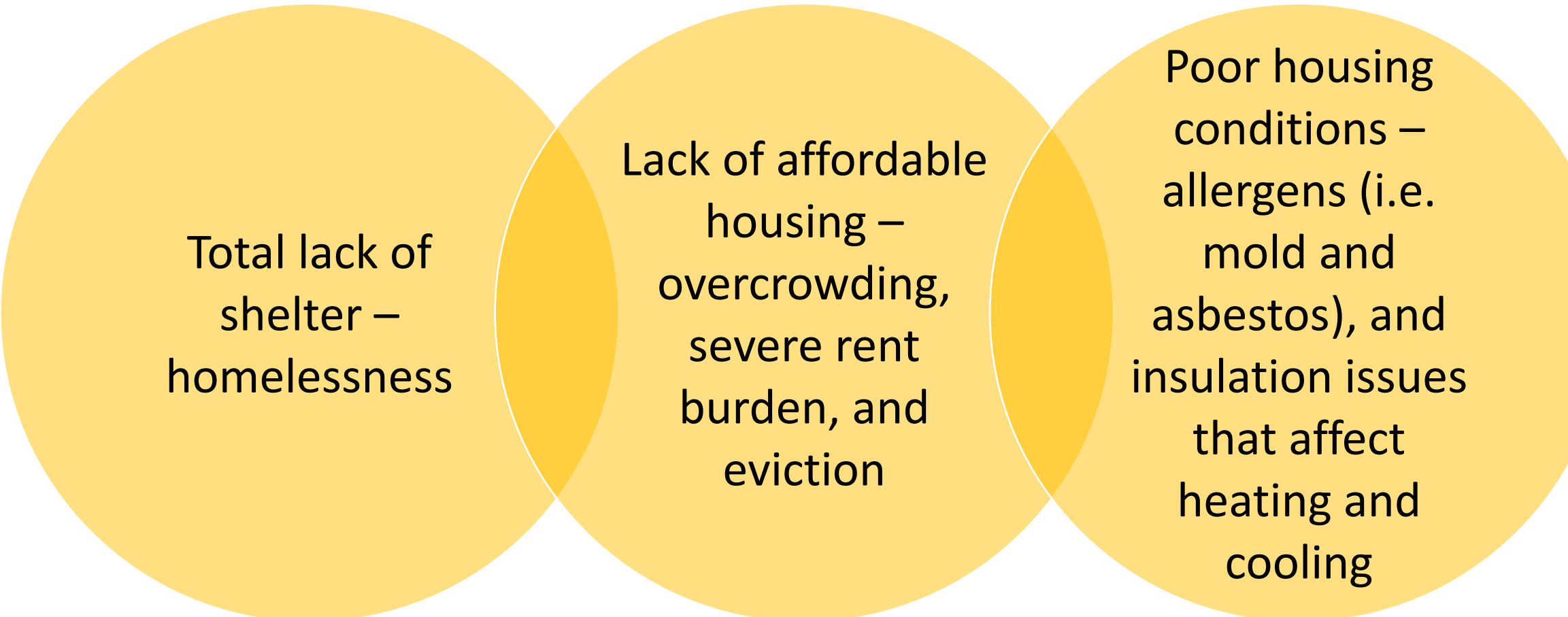
More difficult to learn and focus for both children and adults



Strategies to Address Food Insecurity

- Develop partnerships with other community organizations to invest in food banks, food shelters, and food pantries
- Work with food type organizations to increase healthy food options
- Work with local farmers markets and schools to improve healthy food options
- Consider using community benefit funds for these investments
- Inform policymakers of the effects of food insecurity on health and economic prosperity

Issues Related to Housing Instability



Total lack of shelter – homelessness

Lack of affordable housing – overcrowding, severe rent burden, and eviction

Poor housing conditions – allergens (i.e. mold and asbestos), and insulation issues that affect heating and cooling

Housing Affordability

- According to the Housing Assistance Council, affordability is the greatest housing challenge in rural America (by far)
- A full 44% of rural renters are cost-burdened and nearly half of them are paying more than 50% of their monthly income toward housing costs
- Almost 40% of cost-burdened rural households are renters – a much higher proportion than the overall housing stock





Impact of Housing Instability

- **Homelessness** leads to increased rates of chronic and infectious conditions, mental health issues, and developmental delays in children
- **Lack of affordable housing** leads to depression and anxiety disorders and delayed or diminished access to medications and medical care
- **Poor housing conditions** lead to asthma and other respiratory conditions, lead poisoning, and falls and injuries related to structural issues



Strategies to Address Housing Instability

- Work with community partners and the housing authority in the region to know the grant and other options
- Are there shelters in your community or region?
- Make policymakers aware of the impact of housing instability issues and the need to find solutions

Building a Business Case

1	2	3
<p>What are the costs of food insecurity and housing instability?</p> <ul style="list-style-type: none">• Missed appointments• Unnecessary hospital admissions and ER visits• Prescriptions not filled	<p>How many are uninsured or on Medicaid?</p>	<p>Are you screening and billing using Z-codes?</p>

Conclusion



Proportionately, rural areas tend to have worse food insecurity and housing instability problems



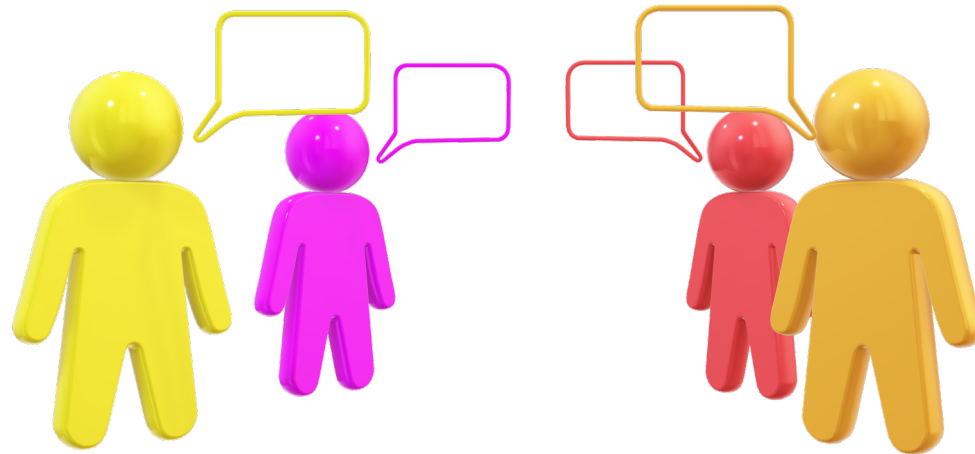
Food insecurity and housing instability are closely connected to adverse health outcomes



These are difficult problems to overcome so it is essential work with community, state, and federal partners (e.g., USDA) to address these issues

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Questions/Sharing





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Final Summer CAH Population Health SDOH Cohort Mtg.

Interpersonal Safety and Utility Needs

Wednesday, August 28th at 11 a.m.

Thank you for participating today!

**Questions or Assistance: Reach out to Wanda Hilton, Flex
Program Coordinator (wanda.hilton@hhs.iowa.gov or 515-
322-9708)**