

Habitat for Humanity

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Introduction:

Habitat for Humanity is an organization that helps communities and their members build homes. The families benefiting from Habitat for Humanity's home building projects will work alongside them to build their homes. When completed, they will have a mortgage they can afford (Habitat for Humanity, 2021). Through home building projects, individuals can gain strength and independence and improve themselves and their family's lives (Habitat for Humanity, 2021). Habitat for humanity store also accepts donations, and people from the community can come to buy furniture and goods for their homes at a reasonable price. Our Legacy group will be visiting the local Habitat for Humanity, located in Charleston, IL, on October 14, 2021. Our group will be able to help with any projects the store might have and also be able to clean and sort donations so consumers can purchase them. Our group chose Habitat for Humanity because they strive to help vulnerable and underserved members of our community and provide hope to those who may have lost it along the way.

Hannah Bierman:

Housing as a determinant of health equity: A conceptual model.

Place of housing is a significant pathway in which disparities emerge over time (Swope & Hernández, 2019). The United States faces an unprecedented and multifaceted housing crisis (Swope & Hernández, 2019). Housing is something that Habitat for Humanity has in its mission statement by giving them a place to live that is affordable for that individual (Habitat for Humanity, 2021). Housing stability is increasingly threatened by high eviction rates, foreclosure, gentrification, and natural disasters, among other factors mainly beyond a household's control (Swope & Hernández, 2019). A key driver of contemporary housing disparities has been racial

and economic segregation, which remains high in American cities today (Swope & Hernández, 2019).

Habitat for Humanity wants to provide individuals within the community safe and affordable housing for instability, stress, and fear and encourages self-reliance and confidence (Habitat for Humanity, 2021). General societal consensus dictates that lower-income households should not spend above 30 percent of their income on rent (Swope & Hernández, 2019). Low-income households are more likely to reside in older, poorer-quality, less energy-efficient homes and allocate a more significant share of their income to energy expenditures (Swope & Hernández, 2019). Owning an affordable home also allows homeowners to lift their entire family by saving for their futures and investing in educational opportunities (Habitat for Humanity, 2021).

Affording housing at the expense of health: Exploring the housing and neighborhood strategies of poor families.

Housing and neighborhoods represent rich and underexplored areas to examine strategies employed by low-income householders who must make the most of limited budgets while protecting the family from safety hazards and other dangers (Hernández, 2016). According to The U.S. Department of Housing and Urban Development's Healthy Homes Initiative, an estimate of direct and indirect health care costs and illnesses and injuries caused by inadequate housing conditions is in the tens of billions of dollars (Habitat for Humanity, 2021). Other aspects Low-income families often simultaneously encounter housing and neighborhood problems that can compromise the individuals' social and environmental surroundings, including poverty, pollution, violence, and families are faced with layers of decision-making and coping (Hernández, 2016).

Low-income families often simultaneously encounter housing and neighborhood problems about safety, affordability, and quality issues that necessitate strategies to maximize limited budgets and ensure safety (Hernández, 2016). Habitat for Humanity's principles advocate for affordable housing, promoting dignity and hope, and supporting sustainable and transformative development (Habitat for Humanity, 2021). Some individuals report waiting for three to five years for subsidized housing which is consistent with recent estimates at the national level (Hernández, 2016).

Linda Duong:

Building the case for housing policy: Understanding public beliefs about housing affordability as a key social determinant of health.

Housing is an essential social determinant of health. Building public awareness of health impacts housing affordability and is also a key component of policy change for the community. The four significant connections between housing and poor health outcomes include substandard housing quality, characteristics of unhealthy neighborhoods, poor social and community attributes, and the cost of housing relative to household income (Ortiz & Johannes, 2018). Habitat for Humanity focuses on decent, affordable shelter and advocating for affordable housing for the community. This organization also promotes dignity and hope to free families from instability and encourages them to be self-reliant and confident in themselves (Habitat for Humanity, 2021). Having a robust and stable household promotes child development and growth while enhancing optimal wellness overall.

Research shows that lack of stable housing due to cost creates barriers to accessing health care in vulnerable populations and individuals living with chronic conditions (Ortiz & Johannes,

2018). Habitat for Humanity believes that fostering a home for families in need helps families flourish and gain opportunities in the future. Allowing the vulnerable populations to own affordable homes empowers families to invest in their future and provides educational opportunities for their children.

Access to affordable housing promotes health and well-being and reduces hospital visits.

Access to affordable housing promotes health and wellbeing. Low-income families are at risk for homelessness and housing insecurity because their wages are not adequate to pay for rent (Kottke, 2018). Homelessness and housing insecurity not only reduces the effectiveness of health care and increases its cost for the community; it also serves as barriers to wellbeing for adults and children (Kottke, 2018). According to Habitat for Humanity (2021), most Americans believe finding affordable quality housing in their communities is challenging. More than half of adults have made sacrifices to cover their rent or mortgage. In response to the need for shelter in the community, Habitat for Humanity has served the communities in many ways, including new construction of homes, repairs to existing homes, small loans for incremental building, and home improvements establishing title and ownership to land advocate for better laws and policies, and disaster prevention plans (Habitat for Humanity, 2021).

Without accessible health care, illnesses or injury can interfere with employment and increase the likelihood of homelessness and poverty. A decent and affordable place to live reduces physical and mental hardships on families by placing them on a pathway of new opportunities (Habitat for Humanity, 2021). A partnership with Habitat of Humanity allows families to have a place to live and spend time together without the stress from the external environment. Allowing families to have an affordable mortgage or small loan gives them the chance to save financially and invest in their future.

Ashley Miller:

Homelessness, housing instability and mental health: Making the connections.

According to epidemiological studies, only about 25 to 30% of people on the streets have severe mental illnesses such as schizophrenia (Padgett, 2020). When studies first started, they showed that homeless people were more prevalent to depression and suicidal thoughts and symptoms of trauma and substance uses (Padgett, 2020). Two physicians, Jim Withers and Jim O'Connell made their mission to go to the streets and help the homeless (Padgett, 2020). Health care problems that led most homeless people to the hospital were skin ulcerations, respiratory problems, and injuries (Padgett, 2020). In the 1980s, The Robert Wood Johnson Foundation Health Care for the homeless was created and funded by over 19 health clinics in the nation (Padgett, 2020). People in nursing can help homeless people and have health issues find the resources that will help them back on their feet.

Habitat for humanity: Helping people age in place.

Habitat for humanity is the strategic vision to have a community impact on people by improving housing, increasing shelter access, and having a societal impact by inspiring action to end poverty in housing (National Academies of Sciences, Engineering, and Medicine, 2017). The goal for Habitat for Humanity was to assess the housing needs of older adults, which is to look at their physical needs for the homes and look at the needs of the individuals living in the home (National Academies of Sciences, Engineering, and Medicine, 2017). As the Aging in Place program continued to grow and partner with other organizations, the community looked at the needs throughout the community, including health, transportation, mobility, and food access (National Academies of Sciences, Engineering, and Medicine, 2017). Habitat for humanity

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started to collect data to design the features in the homes they built (National Academies of Sciences, Engineering, and Medicine, 2017). By no-step entry, wide doorways and hallways, easily accessible controls and switches, easy-to-use handles, and floor living (National Academies of Sciences, Engineering, and Medicine, 2017). These prevention measures in the homes for the aging population include fall prevention, emergency room visits, quality of life, and cost savings to Medicaid and the other parts of the healthcare system (National Academies of Sciences, Engineering, and Medicine, 2017). The long-term goal is to affect the low-income older adult generation (National Academies of Sciences, Engineering, and Medicine, 2017). That way, more of them can stay and thrive in their homes and communities of choice (National Academies of Sciences, Engineering, and Medicine, 2017). In nursing, the staff that cares for the clients wants to see them get better to go home and thrive in the community they enjoy.

Emily Konrad:

To improve outcomes, health systems invest in affordable housing.

Habitat for Humanity provides affordable housing to people who otherwise would not be able to afford it. Healthcare networks are jumping on the bandwagon and investing in affordable housing to help keep patients stable, housed, and healthy (Tuller, 2019).

Portland, Oregon, has suffered from high rates of homelessness and substance abuse. Both have resulted in increased issues with mental health and chronic diseases (Tuller, 2019). Patients who report having no housing have increased emergency room visits with compromised health issues (Tuller, 2019). Health systems such as Kaiser and Providence Health noticed the correlation and have created affordable housing to help decrease homelessness and substance abuse rates while also focusing on improving the overall health of these people (Tuller, 2019).

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These organizations also provide other support services to help better increase the odds of health improvement.

Investing in public health infrastructure to address the complexities of homelessness.

Homelessness is a significant problem in the United States and other countries around the world. Many things contribute to homelessness; however, a lack of affordable housing is a considerable cause (Allegrante & Sleet, 2021). Homelessness increases due to infrastructure failures at state and federal levels (Allegrante & Sleet, 2021). Affordable housing is an important aspect to help alleviate the stress of homelessness in our country (Allegrante & Sleet, 2021). Improving homelessness in this country requires focusing on affordable housing challenges such as racial discrimination, sources of government subsidy, and energy-efficient housing (Allegrante & Steel, 2021). Infrastructure improvement also helps benefit accessible and affordable public transportation, clean water and air access, and better healthcare and public health services (Allegrante & Sleet, 2021).

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