

# Housing and Health:

## Healthy Community Principles in the update of the State General Plan Guidelines

Elizabeth Baca, MD, MPA

Senior Health Advisor

Governor's Office of Planning and Research

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# Clinical Scenario

## Pediatric Services



- Federally Qualified Health Center
- Low-income population
- Many challenges to live a healthy life
  - Many children were not healthy

# Clinical Scenario

## Pediatric Services



Asthma

Depression

Obesity

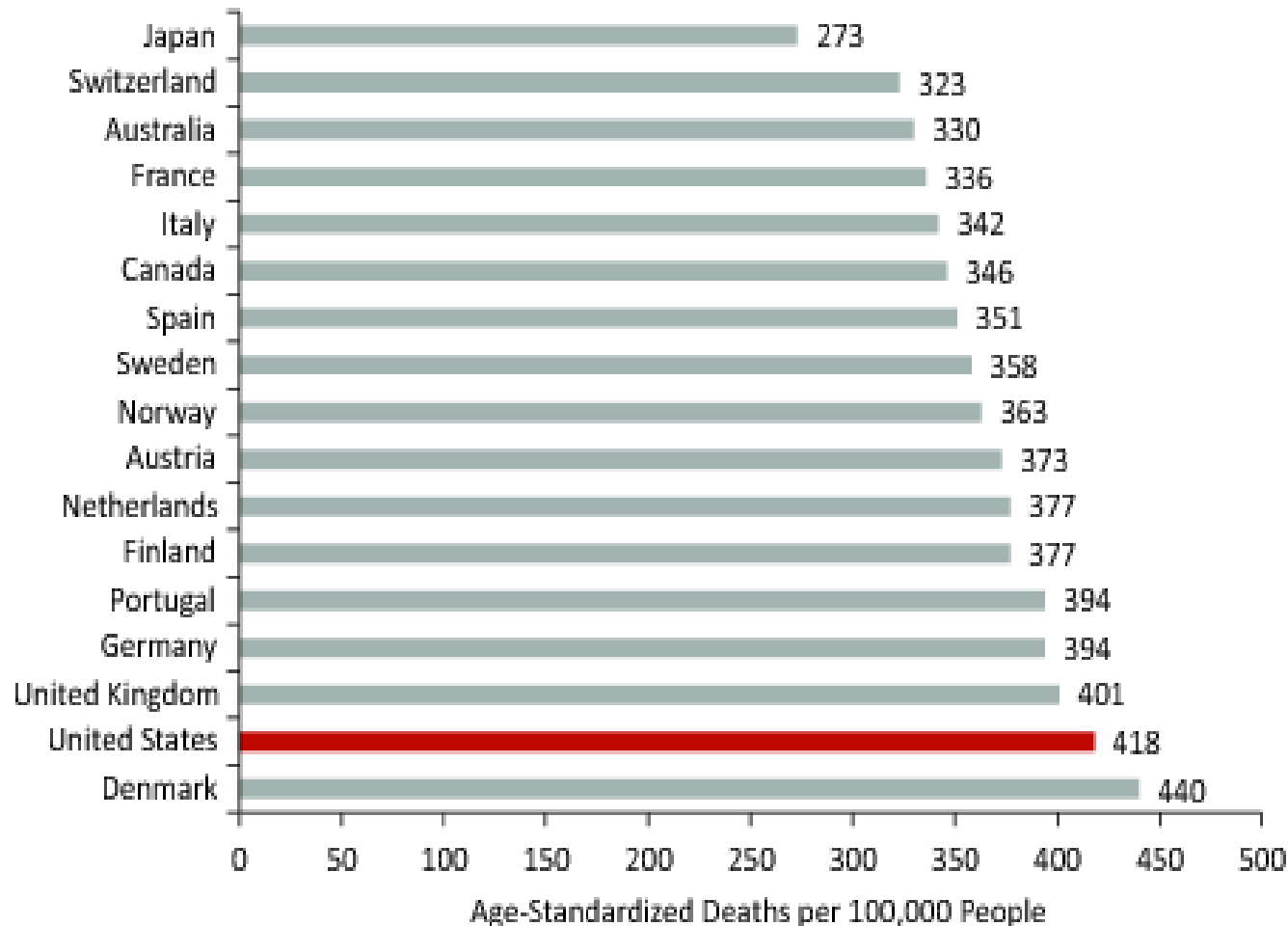
High Cholesterol

Type 2 Diabetes

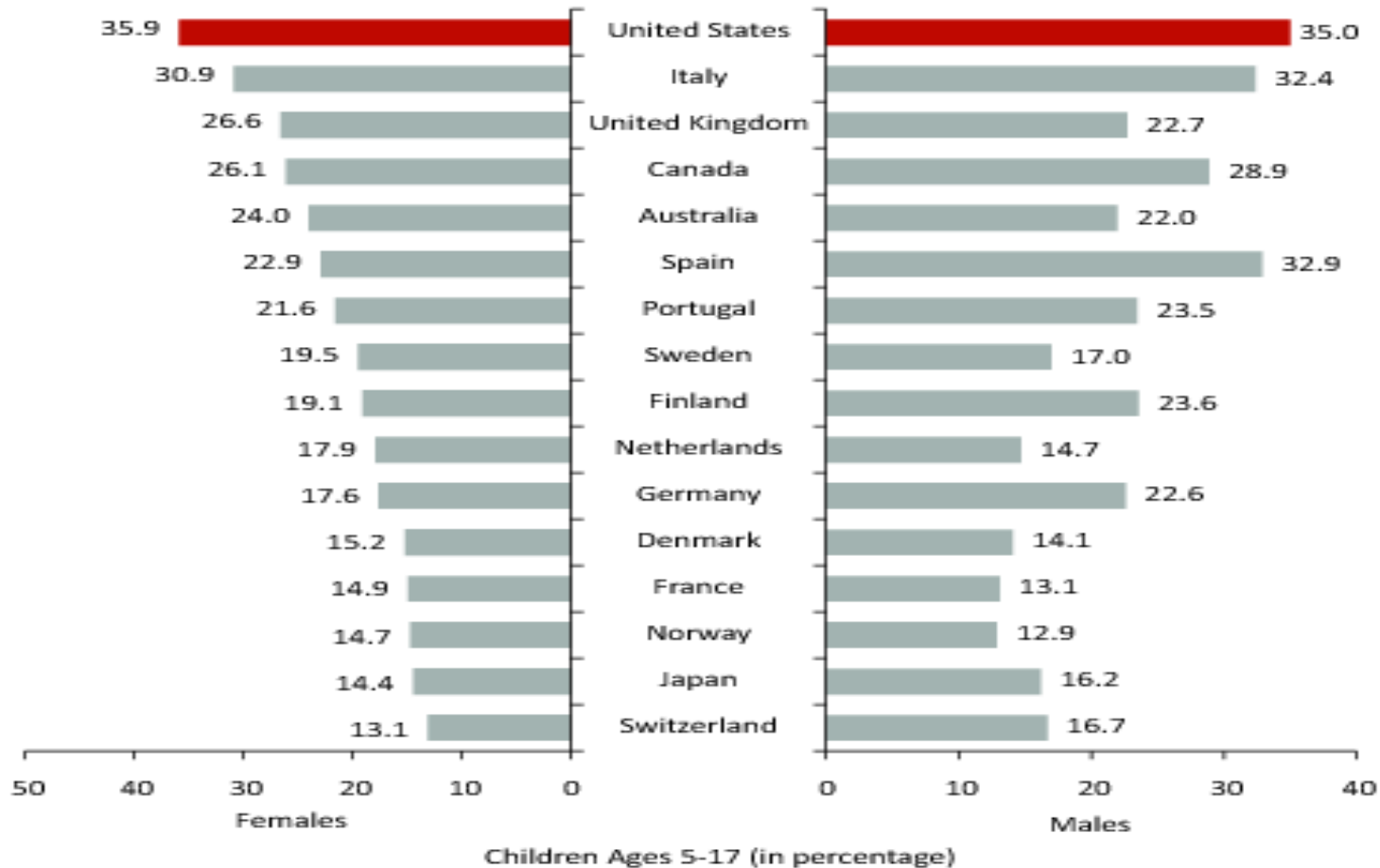


*Programs, Letters,  
Community Training*

# Mortality: Non-communicable Disease, how the US compares 2008



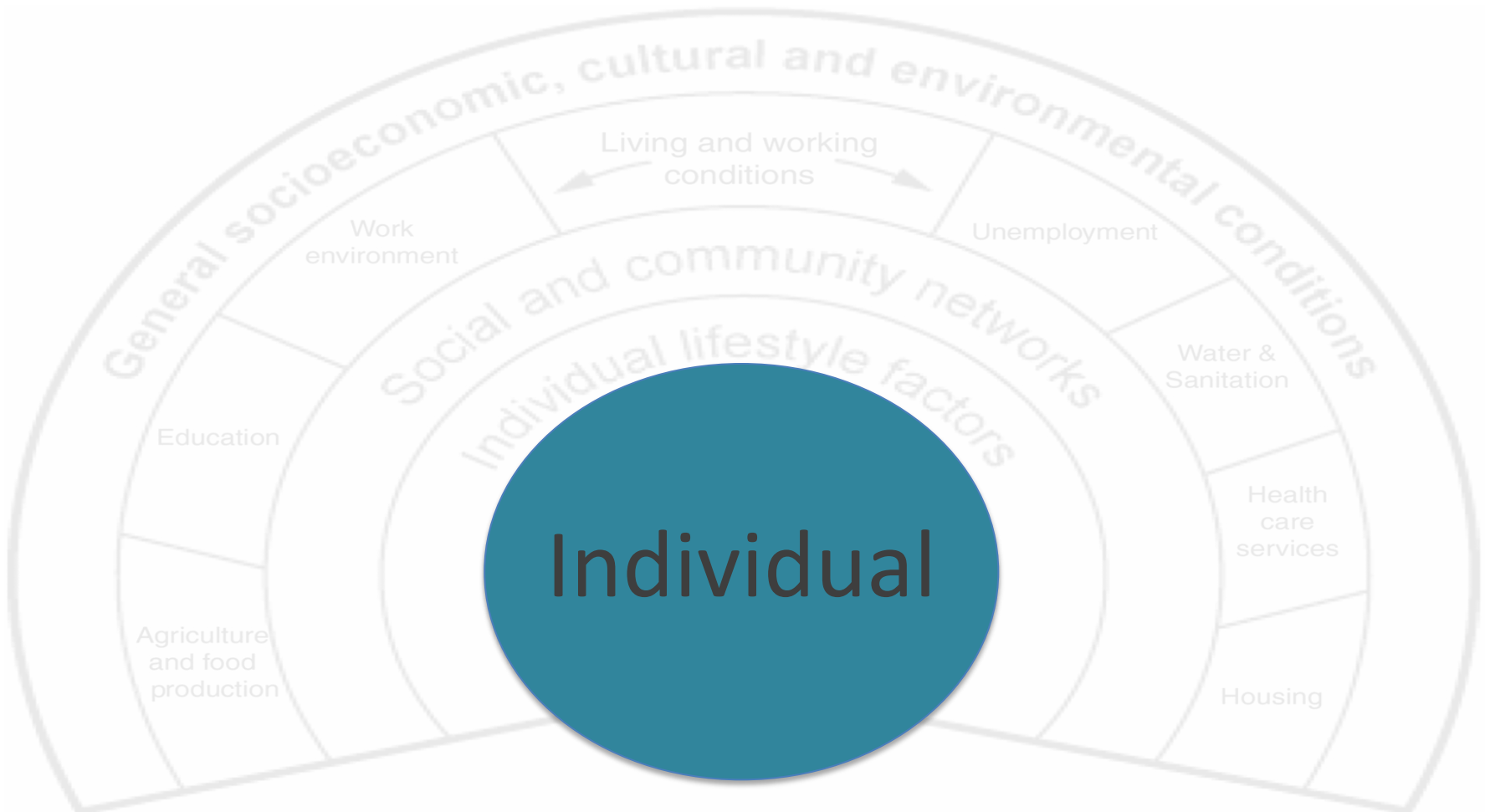
# Childhood Obesity Prevalence 2011



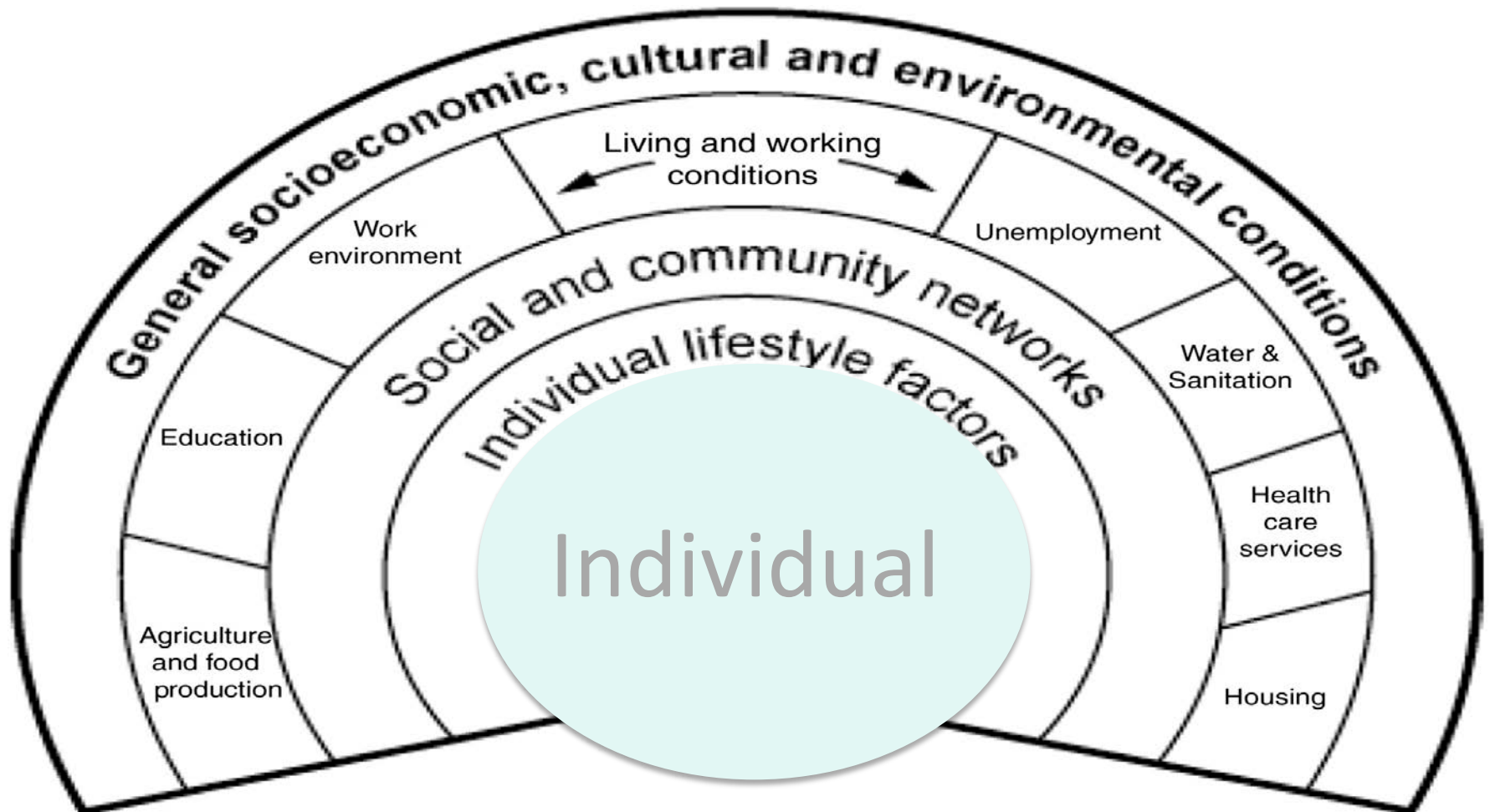
What does “health” really mean?



# Determinants of Health and Wellbeing



# Determinants of Health and Wellbeing





# Healthy Communities:

Designing Healthy, Equitable, Resilient, and Economically Vibrant Places



Active Living & Recreation



Food Systems



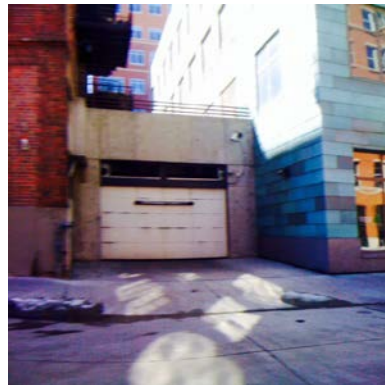
Social Connection & Safety



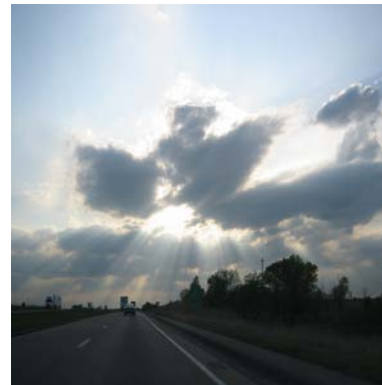
Health & Economic Opportunity



Our Climate & Resiliency



Housing



Environmental Health & Exposures



Health & Human Services

## Healthy Housing

- Location: Safety, walkability, access to schools, amenities, jobs, exposures
- Quality: Pest infestation, water intrusion, mold, insulation, toxins
- Affordability: Stress, money towards basic necessities, displacement, social connections

# Paradigm Shift



- Holistic approach to health
  - Housing plays a role
- New partnerships & collaboration
  - New language
  - Different professional culture
  - New lens of understanding
- Limited Resources
  - Win-wins

# Thank You!

Elizabeth Baca, MD, MPA  
Senior Health Advisor  
Governor's Office of Planning & Research  
[Elizabeth.Baca@opr.ca.gov](mailto:Elizabeth.Baca@opr.ca.gov)

Questions?

# Photo Credits

## IMAGES

Ravenswood Family Health Center: <http://www.ravenswoodfhc.org>

Health Word Definition: "Health Word Definition" by Stuart Miles  
<http://www.freedigitalphotos.net>

US Health in International Perspective: Shorter Lives, Poorer Health 2013

Determinants of Health: Dahlegreen and Whitehead 1991:  
<http://heapol.oxfordjournals.org/content/23/5/318/F1.expansion>

Urban Land Institute: <http://uli.org/research/centers-initiatives/building-healthy-places-initiative/>

American Planning Association: <https://www.planning.org/nationalcenters/health/>

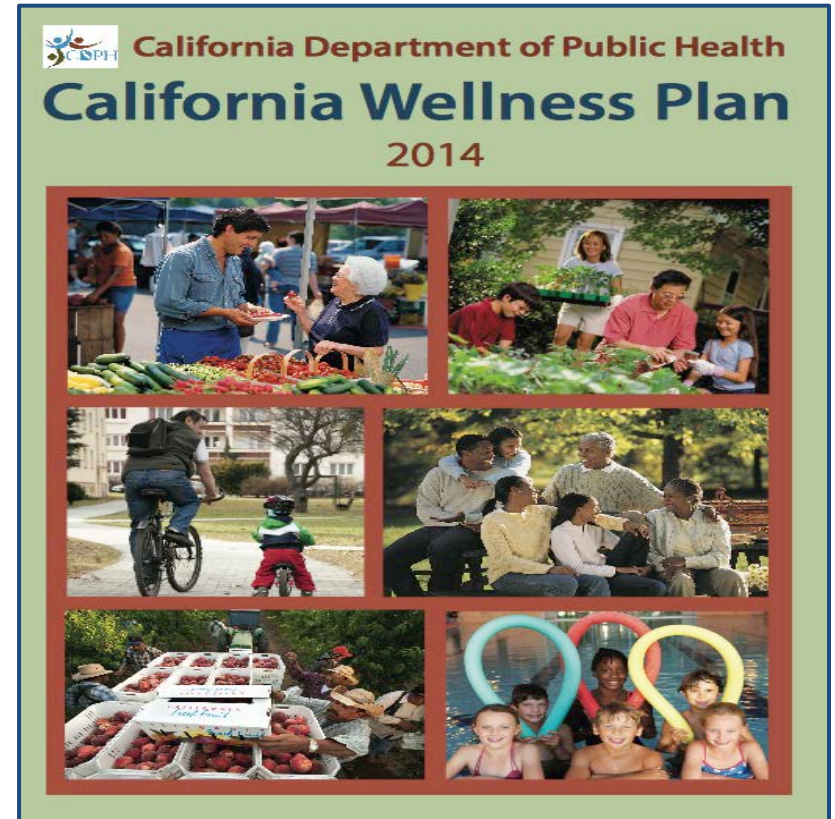
Let's Get Healthy California: <http://www.chhs.ca.gov/pages/LGHCTF.aspx>

California Wellness Plan: [http://www.cdph.ca.gov/programs/cdcb/Documents/CDPH-CAWellnessPlan2014%20\(Agency%20Approved\).FINAL.2-27-14\(Protected\).pdf](http://www.cdph.ca.gov/programs/cdcb/Documents/CDPH-CAWellnessPlan2014%20(Agency%20Approved).FINAL.2-27-14(Protected).pdf)

American Institutes of Architects: <http://www.aia.org/practicing/designhealth/>

Other images taken by Elizabeth Baca

# California Context

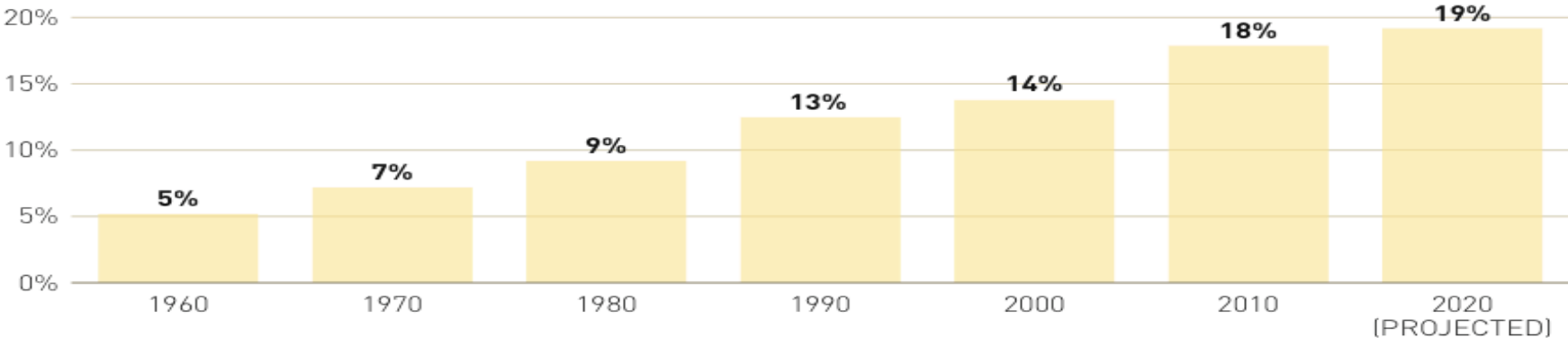


State Health In All Policies

# State of Health

## Health Care Expenditures Are Claiming a Larger and Larger Share of U.S. GDP

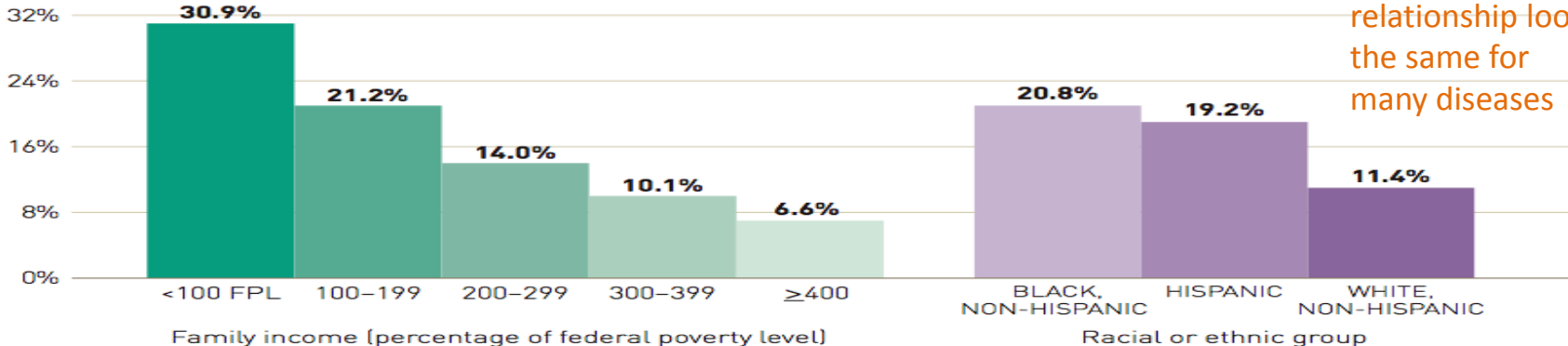
U.S. national health expenditures as a percentage of gross domestic product, by decade



Source: U.S. Centers for Medicare & Medicaid Services, Office of the Actuary.  
Note: The projection for 2020 includes impacts of the Affordable Care Act.

## Health Outcomes Vary across Income Levels and by Racial and Ethnic Group

Percentage of U.S. adults in poor or fair health (age-adjusted)



Stepwise relationship looks the same for many diseases

Source: Robert Wood Johnson Foundation.

# “Moving the Needle on Health”

“Health is state of complete physical, mental and social well-being, not merely the absence of disease or infirmity.”

*World Health Organization*

*“We can not solve our problems with the same level of thinking that created them”*

Albert Einstein



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# Shaping a Healthier California

- Health lens & cross-sector partnerships matter
- Community as the patient
- Housing is an important component

