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
July 23, 2014
Clinical Scenario

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

Photo: Ravenswood Family Health Center
Clinical Scenario

Asthma
Depression
Obesity
High Cholesterol
Type 2 Diabetes

Photo: Ravenswood Family Health Center
Mortality: Non-communicable Disease, how the US compares 2008

[Bar chart showing age-standardized deaths per 100,000 people for various countries. The United States has the highest count at 418, followed closely by Denmark at 440.]

US Health in International Perspective: Shorter Lives, Poorer Health 2013
Childhood Obesity Prevalence 2011

US Health in International Perspective: Shorter Lives, Poorer Health 2013
What does “health” really mean?
Determinants of Health and Wellbeing

Individual
Determinants of Health and Wellbeing
Healthy Communities:
Designing Healthy, Equitable, Resilient, and Economically Vibrant Places
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
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
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
American Institutes of Architects: http://www.aia.org/practicing/designhealth/

Other images taken by Elizabeth Baca
California Context

Let’s Get Healthy
California Task Force Framework
The Triple Aim:
Better Health • Better Care • Lower Costs

Health Across the Lifespan
Living Well: Preventing and Managing Chronic Disease

Healthy Beginnings: Laying the Foundation for a Healthy Life

Pathways to Health

Redesigning the Health System: Efficient, Safe, and Patient-Centered Care

Creating Healthy Communities: Enabling Healthy Living

Lowering Cost of Care: Making Coverages Affordable and Aligning Financing to Health Outcomes

Health Equity: Eliminating Disparities

California Wellness Plan
2014

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

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

Graphs directly from ULI Report 2013
“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
“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*
Shaping a Healthier California

• Health lens & cross-sector partnerships matter

• Community as the patient

• Housing is an important component