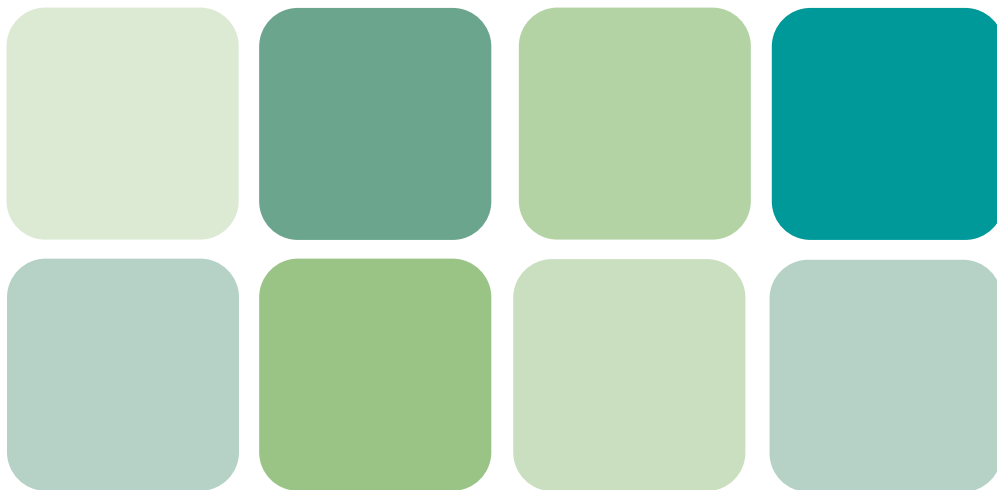


# Homes for Health and Healthy Homes: Voicing the Vision

*Nico Pronk, Ph.D.  
VP and Health Science Officer, JourneyWell  
HealthPartners  
Minneapolis, MN*



# Health Promotion

- Health promotion is the process of enabling people to increase control over, and to improve, their health
  - Identify and realize one's aspirations
  - Satisfy one's needs
  - Change or cope with the environment
- Health promotion is not just the responsibility of the health sector, but goes beyond healthy lifestyles to well-being emphasizing social and personal resources and physical capabilities

# Prerequisites for Health

- Improvements in health requires a secure foundation in basic prerequisites:
  - Peace
  - Shelter
  - Education
  - Food
  - Income
  - A stable eco-system
  - Sustainable resources
  - Social justice, and equity

WHO, 1986. The Ottawa Charter for Health Promotion, Nov. 17-21, 1986.

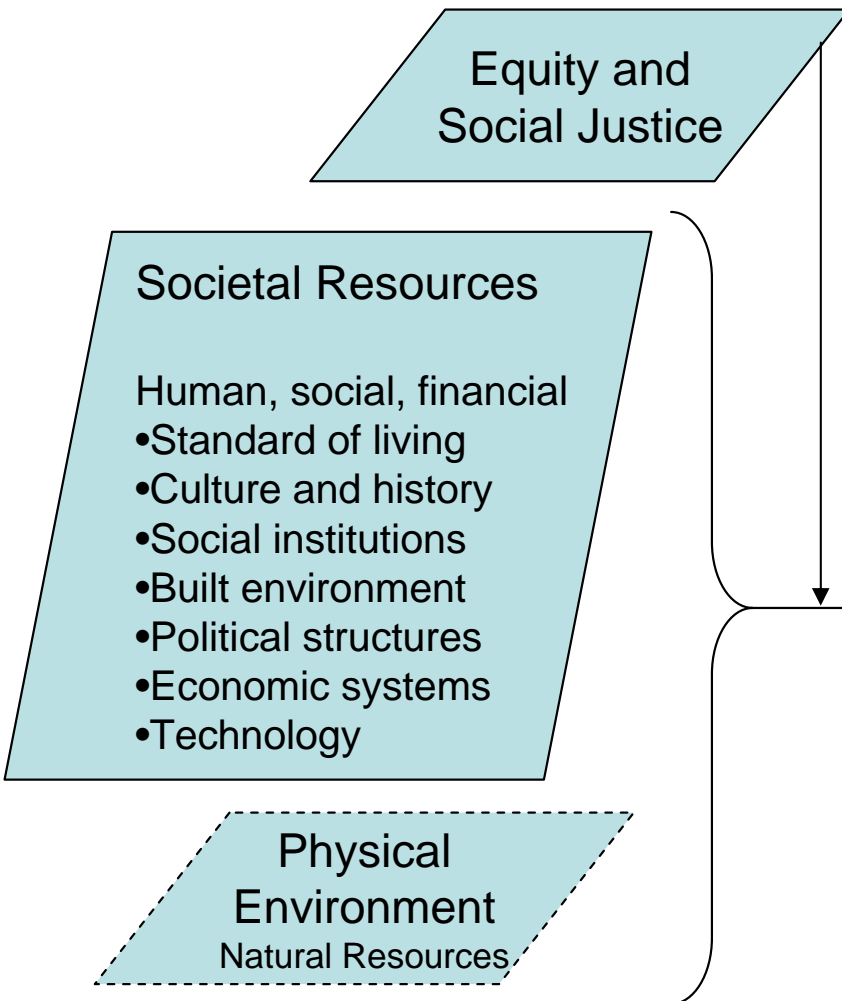
# Linking the (Social) Environment to Health

*“Individuals and families are embedded within social, political, and economic systems that shape behaviors and constrain access to resources necessary to maintain health... Greater emphasis is needed on public health interventions that involve communities, with the goal of collectively identifying resources, needs and solutions...”*

Institute of Medicine (IOM); Health and Behavior 2001

# Linking the (Social) Environment to Health

## Health Determinants



## Intermediate Outcomes



## Health Outcomes



The *Community Guide's* social environment and health logic model. AJPM 2003

# Task Force on Community Preventive Services

## *Recommendations to Promote Health Social Environments*

Family Housing interventions	
Aimed at providing affordable housing to low-income families and decreasing residential segregation by socioeconomic status	
Tenant-based rental assistance programs	<b>Recommended</b> (sufficient evidence)
Mixed-income housing developments	Insufficient evidence (no qualifying studies identified)

The *Community Guide's* social environment and health logic model. AJPM 2003



# Housing, Health, and the Neighborhood Context

## Considerations for Action based on Evidence of What Works:

- Tenant-based rental assistance programs through *Section 8 housing vouchers*, a highly effective means of delivering housing assistance in most of the country
- Emphasizing a *community building* approach—engaging residents in their own improvement initiatives, reducing isolation, and working together to build mutual trust and social capital in the process
- Improve *data capture and management systems* to motivate more forceful improvements to healthcare delivery in neighborhoods with low-quality housing, overcrowding, and affordability challenges

Kingsley, G.T. Am J Prev Med 2003;24(3S):6-7.

# A Panel Discussion

- Panel Members

- Connie Bernardy

- Active Living Ramsey Communities!

- Michael Trangle, MD

- Behavioral Health Division, HealthPartners Medical Group

- Carissa Duke

- Live Smoke Free

- Karen Clark

- Representative (DFL) District 61A

- Dialogue and Discussion

- Conclusion and Next Steps

# Active Living Ramsey Communities!

- Broad-based Community Coalition
- Improve Health
- Influence Policy, Change Systems and Enhance the Built Environment
- Make it accessible, safe and efficient for everyone to do physical activity in their daily routine.

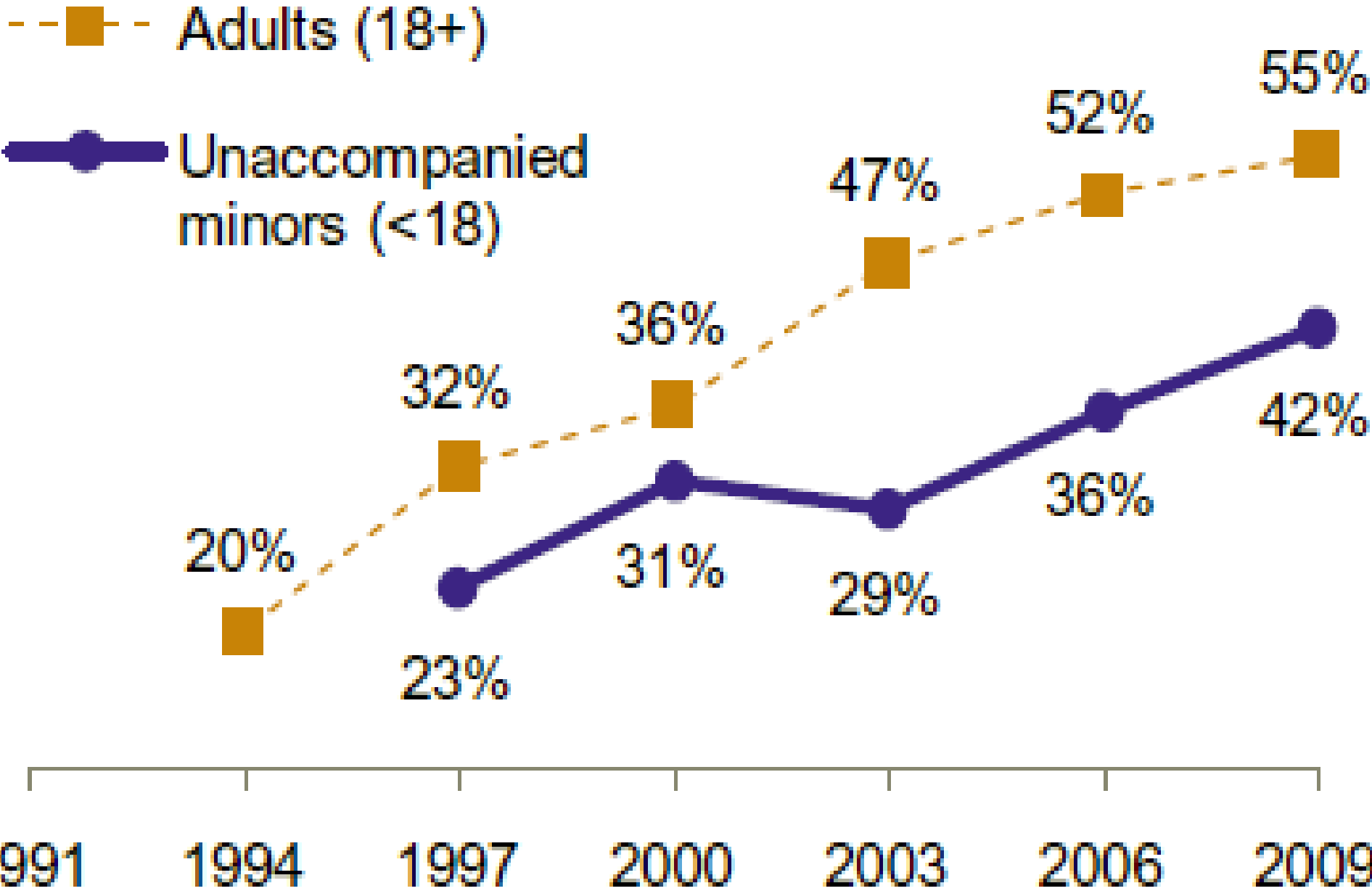


# What is Active Living?



- Playing in a park
- Using recreation facilities
- Gardening
- Biking and Walking for Transportation or Recreation
- Our Coalition works hard to create accessible, safe and efficient roads, crosswalks, sidewalks, bikeways, and trails.

# Proportion of MN Homeless Reporting Serious Mental Illness

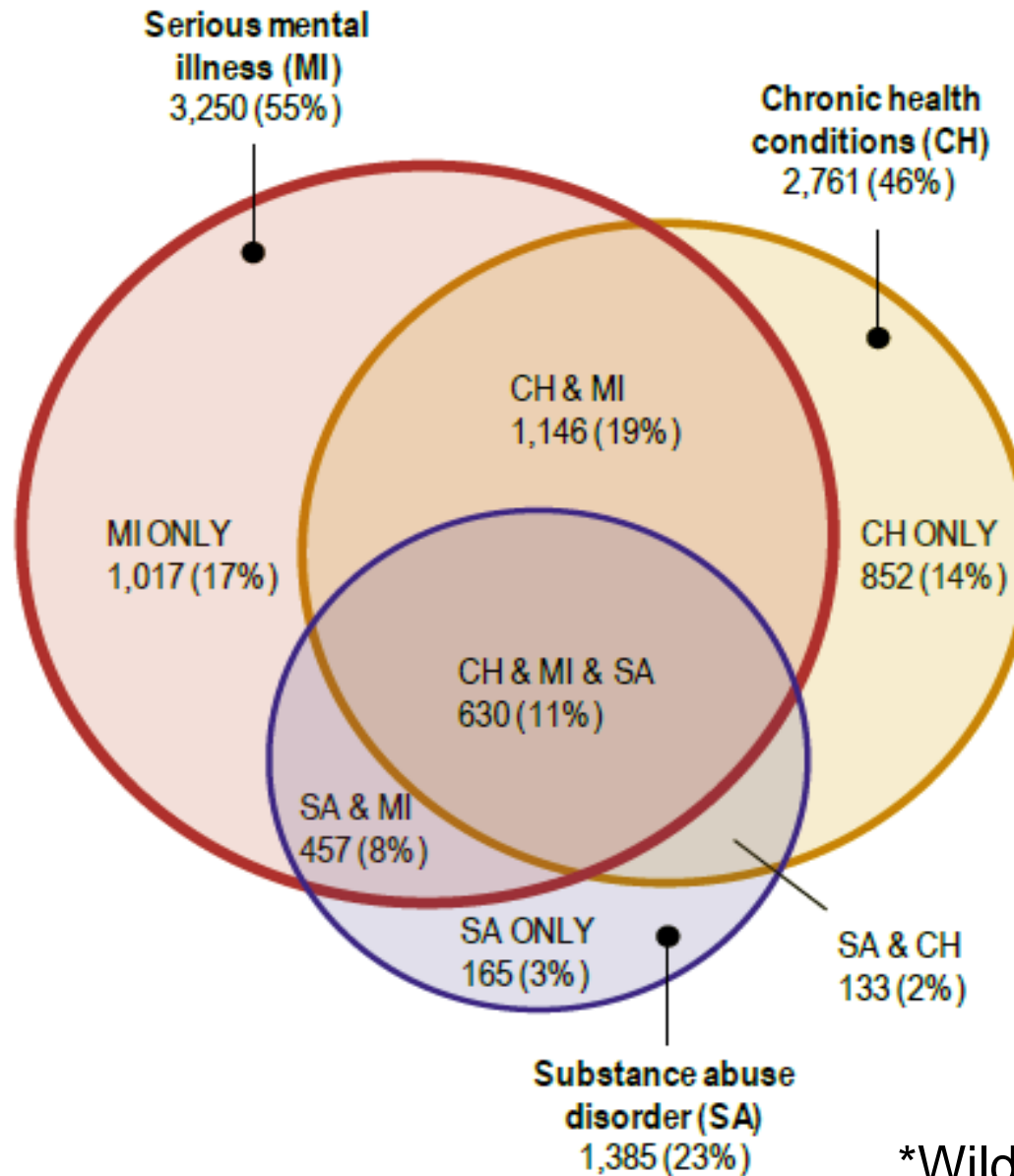


\*Wilder Research, May 2010

# INCIDENCE AND CO-OCCURRENCE OF HEALTH ISSUES AMONG HOMELESS ADULTS (2009)

**Homeless adults:**  
5,957 (100%)

Proportion with none of these three disabilities:  
1,557 (26%)



# MN 10 x 10

- Goal: Increase the average lifespan of patients with serious mental illness by 10 years, within 10 years.
- Median years of life lost to:
  - Heart Disease: 27
  - COPD: 15
  - Unintentional Injury: 18
  - Suicide: 2



# Smoke-Free Multi-Housing: For Health and Social Justice

Smoke-Free Multi-Housing:  
Healthier Buildings, Happier Tenants,  
A Smart Investment.



A program of the Association for Nonsmokers—Minnesota



# Smoke-Free Housing: For Health and Social Justice

## The Problem

- Secondhand smoke is a toxic air contaminant
- Children, the elderly, and those with chronic health problems are especially vulnerable
- Renters cannot control smoke that drifts into their unit
- Current law does not protect renters
- More places are becoming smoke free, but not enough to meet the need
- All renters deserve a healthy place to live



# Smoke-Free Housing: For Health and Social Justice

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## The Solution

- Adopt a smoke-free policy for all indoor areas and at least some outdoor areas
- Renters support and desire smoke-free policies
- HUD and other organizations support policies
- Prevents fire and creates a cleaner community
- Live Smoke Free offers free assistance to renters and housing providers

[www.mnsmokefreehousing.org](http://www.mnsmokefreehousing.org)

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