



Research Week 2020

Longitudinal surveillance of health outcomes in response to a stable housing intervention for low income residents

Stephanie Paris, A.G.S., Paris, Stephanie E., Alvord, Teala, Bergantz, B., Farris, P., Mishlaine, S., Shannon, J., Wilson, R., Marriott, Lisa K.

OHSU-PSU School of Public Health

Keywords

Housing insecurity, housing quality, disparities, quality of life

Abstract

Poor housing quality is associated with negative health outcomes, even after controlling for socioeconomic factors. Using Coordinated Care Organization funding, a low income housing complex was built to support residents in central Oregon. This study explored whether stable housing could improve the health outcomes of low income individuals. Residents completed baseline survey measures within two weeks of move-in, with follow up assessment of health outcomes after one year. A total of 18 individuals received housing (61% female, 89% white, and 22% Hispanic or Latino). The age of residents ranged between 26-72 years, with an average age of 47. In baseline screening, 88% of residents reported fair to poor health-related quality of life, 72% reported moderate stress, 29% reported low life satisfaction, and 65% reported poor sleep. No residents met recommendations for fruit and vegetable intake and 69% exceeded sugar intake recommendations. No residents reported alcohol use, although 50% were current smokers. Residents reported an average of 8.8 pack years, categorizing 66% as high risk. Residents reported an average of 3 medical conditions, with 94% reporting at least one. Back and neck problems and mental health were most prevalent and impacted daily activities. Strong correlations were observed between mental health, life satisfaction, fatigue, and pain (all $p < 0.001$). Followup measures were completed in February 2020 and are undergoing statistical analysis for individual-level change.