

CHALLENGES WITH HOUSING & TRANSPORTATION

Housing and transportation are critical SDOH which can greatly affect the health and wellbeing of children and families. Insufficient housing and lack of access to transportation can greatly affect a student’s ability to maintain physical and mental health and can lead to poor academic success.

Low income families may be more susceptible to living in substandard housing which can damage health. Homes can be under insulated, lack air conditioners, have increased heating and cooling costs, and contain mold which all lead to poor health outcomes.

Transportation can affect access to a variety of services including healthcare, social services, employment, and educational access.

- Americans view social needs, such as housing and transportation, as equally important to their health as medical care.
- The vast majority of Americans want their medical providers to ask about social needs.
- Those experiencing unmet social needs were twice as likely to rate their health as fair or poor compared to those who did not.
- Social needs are predictors of physical and mental health.

Source: National Center for Mobility Management, n.d.

DEFINITIONS

Affordable Housing: No more than 30% of total household income per HUD

Real Cost of Living: Includes increased transportation costs because Nebraskans often live and work far apart from each other causing increased expenses

Housing Quality: Looking at more than just the building structure, it includes air quality, home safety, space per individual, and the presence of mold, asbestos, or lead

DATA

- For the >100,000 calls to 211 in 2020:
 - 33% housing
 - 27% utilities
 - 9% health care
 - 8% food/meals
- Housing is often the largest expense for families
- 10 million Americans are behind on their rent

Source: Nebraska 211, 2020



- Children living in households with a high housing cost burden (more than 30% of income to housing costs) (2019): 93,000 – 20%
- Children in low-income households with a high housing cost burden (2019): 77,000 – 49%
- Households with children that are not caught up on rent or mortgage and are very or extremely likely to have to leave this home due to eviction or foreclosure in the next 2 months (March 2021): 27%

Source: Kids Count Data Center

- To afford a \$930 two bedroom apartment, one needs to make a minimum of \$18/hr
- 47% renters are burdened by the cost of housing
- 40% of Nebraska residents do not have \$400 in savings to cover emergency expenses
- 1:10 people of color do not have a car compared to 1:20 for whites

Source: Nebraska Appleseed, 2021

HEALTH OFFICE CONSIDERATIONS

While school nurses may have a difficult time assisting families with housing and transportation needs, consider the following:

- Utilize care coordination and express concerns to the student's primary care provider
- Provide families with a list of local and state resources
- Work with other school staff for ideas and resources
- Show empathy and utilize excellent listening skills

RESOURCES

LOCAL

Help Me Grow (Lancaster County) - helpmegrownebraska.org

Rental and Mortgage Assistance through 211 - www.unitedwaymidlands.org/2-1-1

STATE

211 Nebraska - www.ne211.org

Nebraska Appleseed - neappleseed.org

Fair Housing Center - www.fhasinc.org/fair-housing-center.html

Legal Aid of Nebraska - www.legalaidofnebraska.org/how-we-help/resources/covid-19-coronavirus/housingcorona/utilities

Unite Nebraska - nebraska.uniteus.com

Housing.ne.gov - housing.ne.gov

HUD: Nebraska - www.hud.gov/states/nebraska/offices#:~:text=the%20answer%20online-,Email%20us,Not%20available%20in%20all%20areas

Medicaid – non-emergency transportation dhhs.ne.gov/Documents/NEMT%20Member%20Contacts.pdf

This material was developed as a compliment to the Project ECHO School Health series on Social Determinants of Health, Session 5: Housing and Transportation Challenges for Today's Youth, presented by Lindsay Paulsen and Jeff Spiehs, on March 17, 2021. Additional resources can be found here: www.childrensomaha.org/projectecho