



PROMOTING HOUSING SECURITY AND HEALTHY HOMES FOR FAMILIES SERVED BY PUBLIC HEALTH

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Children's Environmental Health
Promotion Program for SF Asthma
Network – November 3, 2017



POPULATION HEALTH DIVISION
SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

San Francisco's Family Housing Crisis

- Families with children are consistently the majority of SF overcrowded homes.
 - Only 30% of SF 3+ bedroom units are occupied by families with children (<18 y.o.)
- In the five years from 2011-2015, 53% of all affordable housing built in SF, or 280 units, were family size with two or more bedrooms.

San Francisco's Family Housing Crisis

- Where SF falls short in producing new housing for families, more families are living in overcrowded conditions, and an increasing number in SROs.

- In 2014, 699 SF families with children were living in single rooms within Single Resident Occupancy (SRO) hotels, where the average room size is 8 ft. by 10 ft.
- This is a 55% increase from the 2001 count.

SF Planning Dept., Jan. 2017, *Housing for Families with Children*



El tiempo de baño

Esta es la área adonde mi niña se bañaba cada mañana. La mayoría de las veces tuvimos que tomar duchas en el garaje porque no teníamos acceso al baño de la casa. El baño de la casa no tiene agua caliente y siempre está apagada. Para bañarnos con agua caliente tenía que calentar agua en la estufa.

A causa de las condiciones de nuestra vivienda, mi hija siempre se sentía frustrada y enojada cuando tenía que tomar sus baños en el garaje. Se me rompía el corazón ver a mi hija llorar porque ella no quería tomar una ducha, ya sea porque el agua estaba demasiado fría o demasiado caliente. En las condiciones que estábamos viviendo nuestra salud física, mental y emocional estaban afectadas negativamente. Siento como si yo fallecí como padre porque mi hija está sufriendo a causa de nuestras condiciones de vida.

Debe haber algunos cambios en las políticas para prevenir la falta de vivienda. Necesitamos mas leyes para detener los desalojos ilegales que ayudaran a disminuir la falta de vivienda.

~ Deyser

This is the area where my child was bathed every morning. We usually had to take showers in the garage because we had no access to the bathroom in the house. The bathroom in the house did not have hot water and was always getting clogged. In order to bathe with hot water, we had to heat water on the stove.

Because of these conditions, my daughter always felt frustrated and angry when she had to take her bath in the garage. It broke my heart to see my daughter so sad because she did not want to take a shower, either because the water was too cold or too hot. Our physical, mental, and emotional health were negatively affected because of the conditions under which we were forced to live. I felt like I had failed as a parent because my daughter was suffering due to our living conditions.

There must be some policy changes in order to prevent homelessness. We need more laws to stop illegal evictions to help reduce homelessness.

~ Deyser



La fría realidad

Este es el garaje donde vivíamos. Mi hija esta cubierta en su cobija sentada al lado de un calentador. Hemos sufrido mucho de frío porque había varios huecos abiertos en los que el viento entraba. Mi hija siempre se estremecía y se quejaba de que sus huesos se estaban dañando. Los lamentos de mi niña era la razón por que yo la ponía al lado del calentador para que se calentara.

Mi familia y yo nos quedamos sin hogar y no teníamos a donde ir debido al alto costo de la renta. Nuestra única opción era vivir en el garaje de la casa de un amigo en lugar de dormir en las calles. Sin embargo, el garaje no era adecuado para vivir. Me puse muy preocupada por la salud de mi hija porque ella desarrolló problemas pulmonares y alergias en la piel. Me sentía desamparada de ver a mi hija sufrir tanto el sufrimiento de nuestra condición de vida.

Yo y mi esposo fuimos en busca de ayuda a las organizaciones de la comunidad y logramos una vivienda en un albergue de familia. Tenemos que dejar el miedo atrás con el fin de demostrar algo que se debe demostrar con acciones no silencio. ~ Deyser

This is the garage where we were living. My daughter is sitting next to the heater, covered in her blanket. We suffered a lot from the cold because the wind blew through several open gaps in the garage. My daughter always shuddered and complained that her bones hurt. Her cries were why I put her next to the heater to be warm.

My family and I were homeless and had nowhere to go because of the high cost of rent. Our only alternative to sleeping on the streets was to live in the garage of a friend's house. However, the garage was not suitable for living. I became very concerned about the health of my daughter because she developed lung problems and skin allergies. I felt helpless seeing my daughter suffer so much because of our living conditions.

My husband and I went to community organizations for help, and managed to find a home in a family shelter. We must leave our passivity and silence behind in order to prove ourselves with actions. ~ Deyser

Impacts on Health and Development Due to Overcrowding



Crowding is >2 people/bedroom or >1 family/ unit

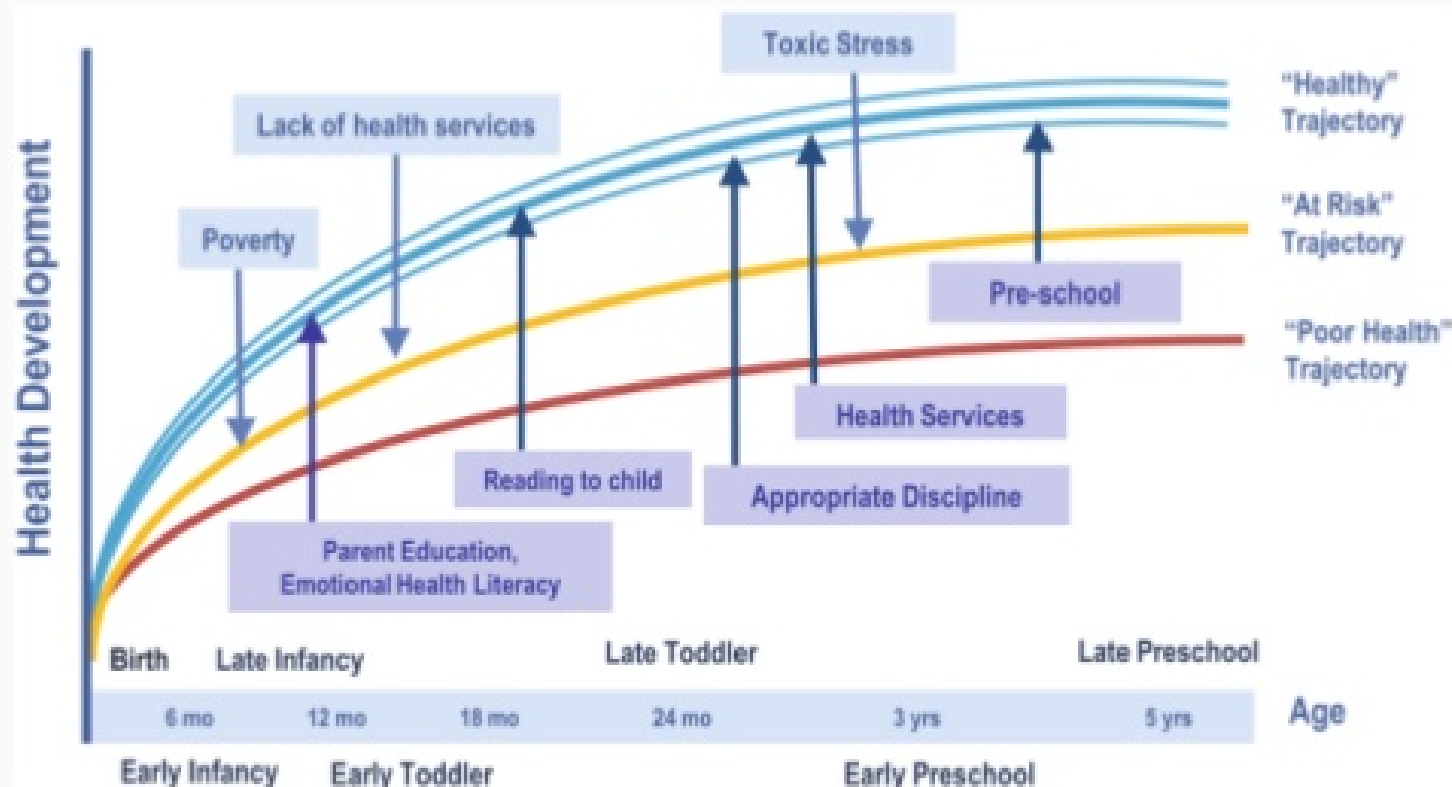
Housing Insecurity and Insufficiency Impact Family and Child Wellbeing

Frames to consider:

- **Life Course Development**
- **Social Determinants of Health**
- **Adverse Childhood Experiences**
- **Toxic Stress**
- **Structural Racism**

Lifecourse Health Development—Variable trajectories

Health development trajectories: Latent, cumulative, and pathway effects



Source: Halfon N, et al. PubMed PMID: 23975451

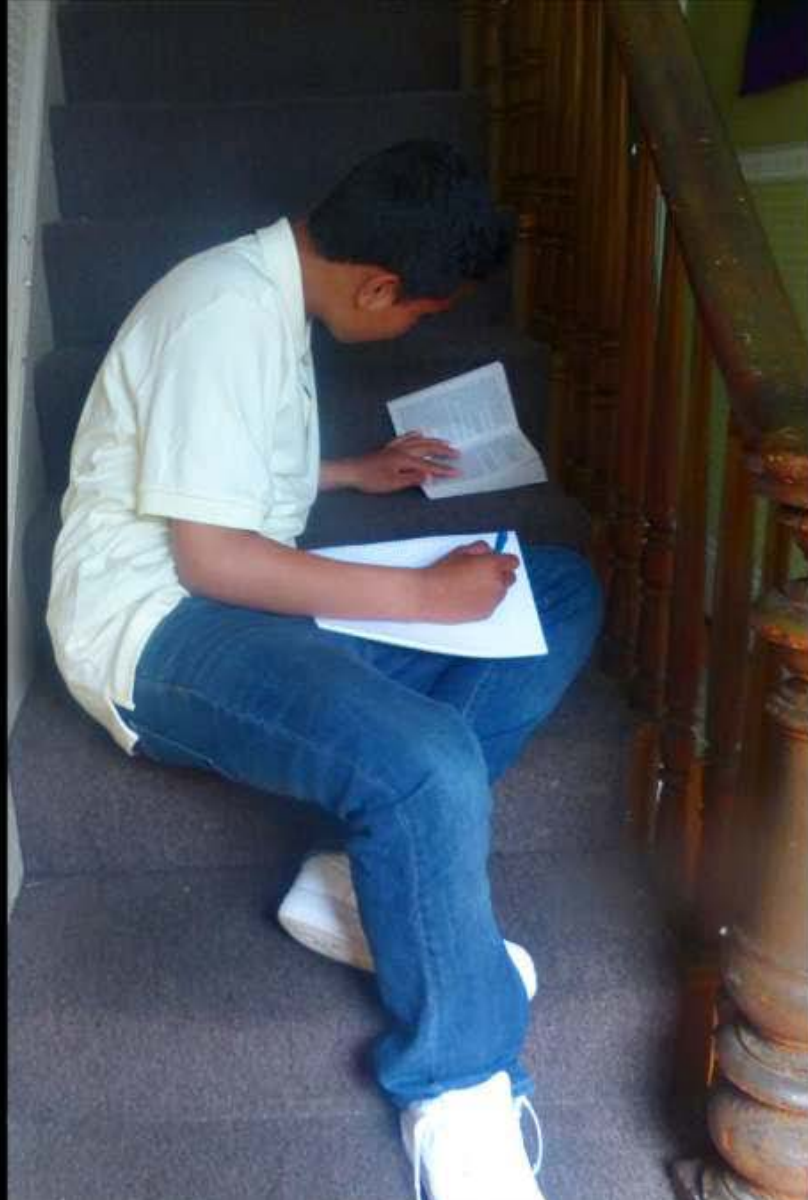
Un futuro incierto

La educación para las familias de bajos ingresos como nosotros es importante para salir adelante. Cada vez que veo a mi hijo en las escaleras del edificio tratando de enfocarse en sus tareas, me invade la tristeza y pienso que no tener buenas condiciones de vivienda rompe con su sueño de graduarse de la universidad. Cuando platico con mi hijo de cómo vivimos la conversación es al mismo tiempo de esperanza y frustración, por ejemplo me anima a que busquemos un lugar donde el tenga su propio cuarto y también promete que él nunca hará pasar por esta situación a su familia.

He aprendido que las malas condiciones de vivienda tienen efectos en la salud pero también en el futuro de las familias como la mía que no queremos seguir siendo marginalizados. ~ Olga

Education for low-income families like ours is important for getting ahead. Every time I see my son on the stairs of the building, trying to focus on his homework, I am overcome by sadness that I do not live in decent housing conditions and that this could dash his dream of graduating from college. When I talk to my son about how we live, the conversation is one of both hope and frustration. For example, it motivates me to find a place where he can have his own room, and I also promise that he will never have to go through this with his own family.

I have learned that poor housing conditions not only affect health, but also the future of families like mine who do not want to remain marginalized. ~ Olga



Partnering with DPH Maternal Child and Adolescent Health WIC Program

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Outreach and response:

- Multilingual mailing offered comprehensive home assessment with pictorial intake form
- Voluntary response resulted in 173 home visits from 2013-2015

Home visit:

- Health Educator and Inspector joint effort
- Social Determinants of Health survey

Please fax to 415-252-3889 or email to Cynthia.Melgoza@sfdph.org

PLEASE PRINT CLEARLY:

Date of referral: _____

Parent/Guardian last name _____ First name _____

Current address _____ Zip code _____

Phone # _____ Alt. Phone # _____ Best time to call ____ am / pm Ok to text? Yes / No

Email _____

Preferred language	House pets	Family	Home	WIC location
<input type="checkbox"/> English <input type="checkbox"/> Mandarin <input type="checkbox"/> Cantonese <input type="checkbox"/> Español <input type="checkbox"/> Other _____	<input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what type: <input type="checkbox"/> Big Dog # _____ <input type="checkbox"/> Little Dog # _____ <input type="checkbox"/> Cat # _____	# of children under 6 years old _____ Name _____ DOB _____ _____ _____ Pregnant woman <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Tenant <input type="checkbox"/> Homeowner Time @ residence _____ Years _____ Months	<input type="checkbox"/> SFGH <input type="checkbox"/> Van Ness <input type="checkbox"/> Chinatown <input type="checkbox"/> Silver Ave <input type="checkbox"/> Southeast <input type="checkbox"/> Ocean Park

Mark each health hazard present in your home and indicate if hazard is minor, moderate or severe by checking the box.

 Damaged paint <input type="checkbox"/> Minor <input type="checkbox"/> Moderate <input type="checkbox"/> Severe	 Mold or moisture <input type="checkbox"/> Minor <input type="checkbox"/> Moderate <input type="checkbox"/> Severe	 Heat problems <input type="checkbox"/> Works poorly <input type="checkbox"/> Doesn't work <input type="checkbox"/> No heat	 Garbage problems <input type="checkbox"/> Minor <input type="checkbox"/> Moderate <input type="checkbox"/> Severe	 Mice or rats <input type="checkbox"/> Minor <input type="checkbox"/> Moderate <input type="checkbox"/> Severe
 Cockroaches <input type="checkbox"/> Minor <input type="checkbox"/> Moderate <input type="checkbox"/> Severe	 Bed bugs <input type="checkbox"/> Minor <input type="checkbox"/> Moderate <input type="checkbox"/> Severe	 Standing water <input type="checkbox"/> Minor <input type="checkbox"/> Moderate <input type="checkbox"/> Severe	 Water leaks <input type="checkbox"/> Minor <input type="checkbox"/> Moderate <input type="checkbox"/> Severe	 Damaged <input type="checkbox"/> Floors <input type="checkbox"/> Ceilings <input type="checkbox"/> Walls

Do you worry about any other environmental conditions or health hazards affecting your family?

Intake Form for WIC Clients

Email form to
Cynthia.Melgoza@sfdph.org

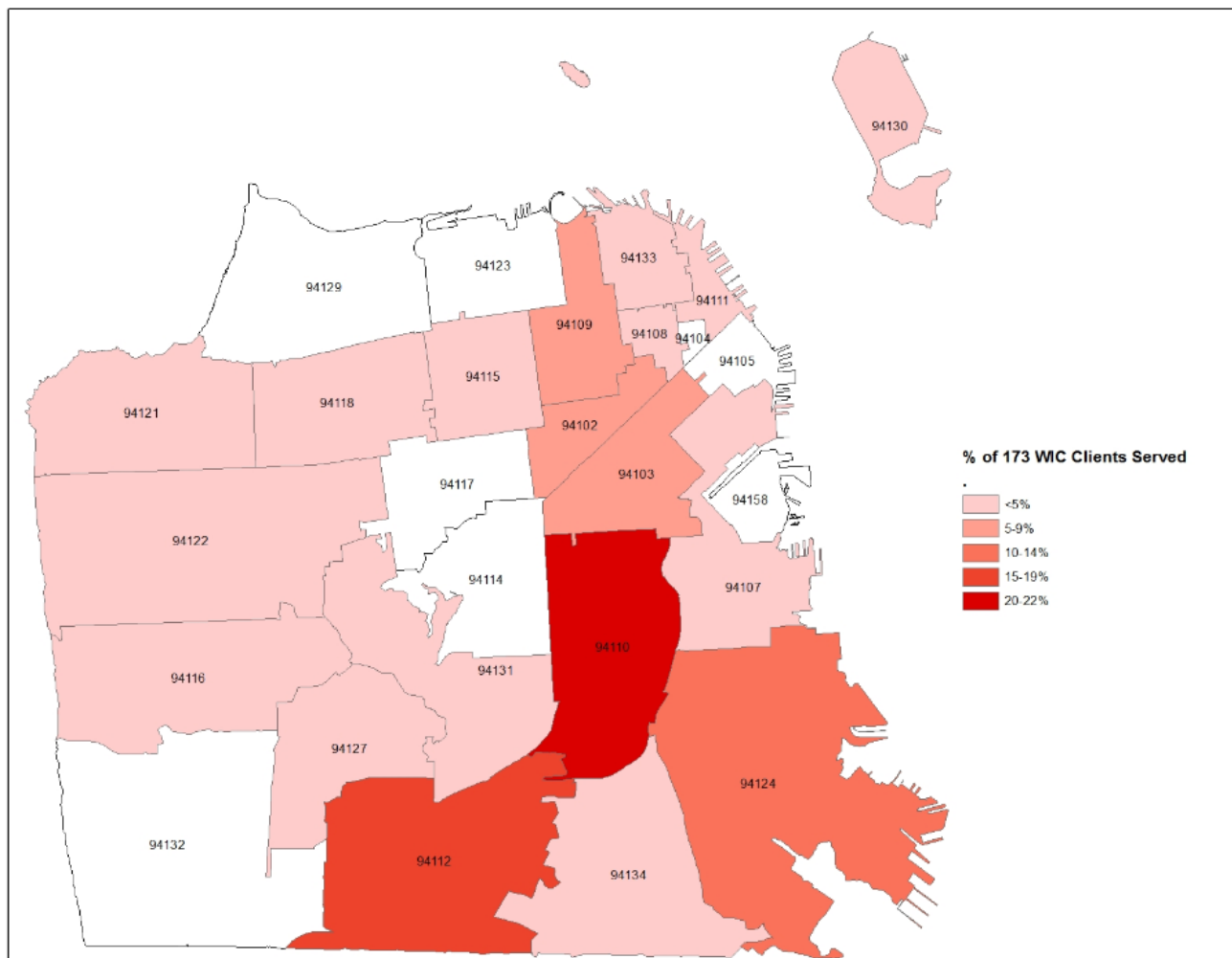
Or

Fax to 415-252-3889

Family can ask WIC office to fax
this form to CEHP

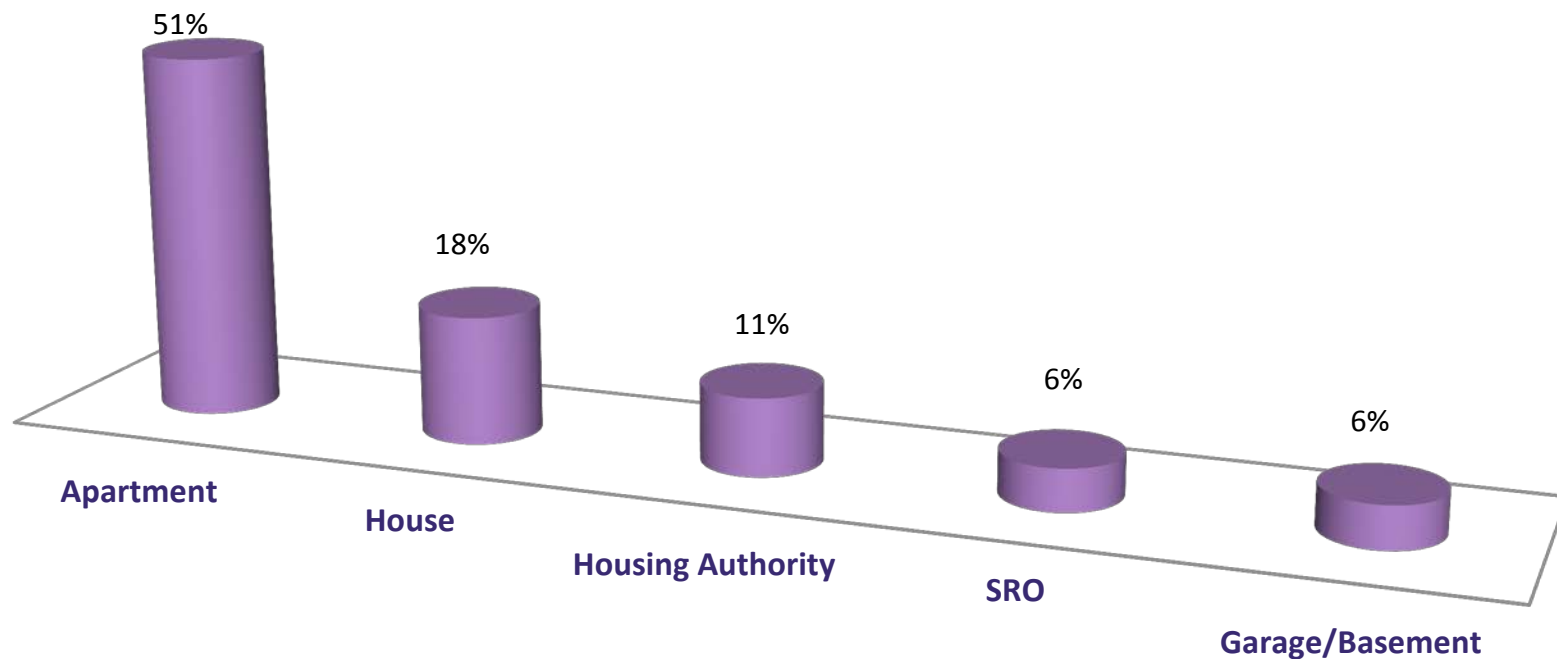
Requests by Zip Code

11

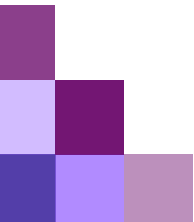


Requests by Housing Type

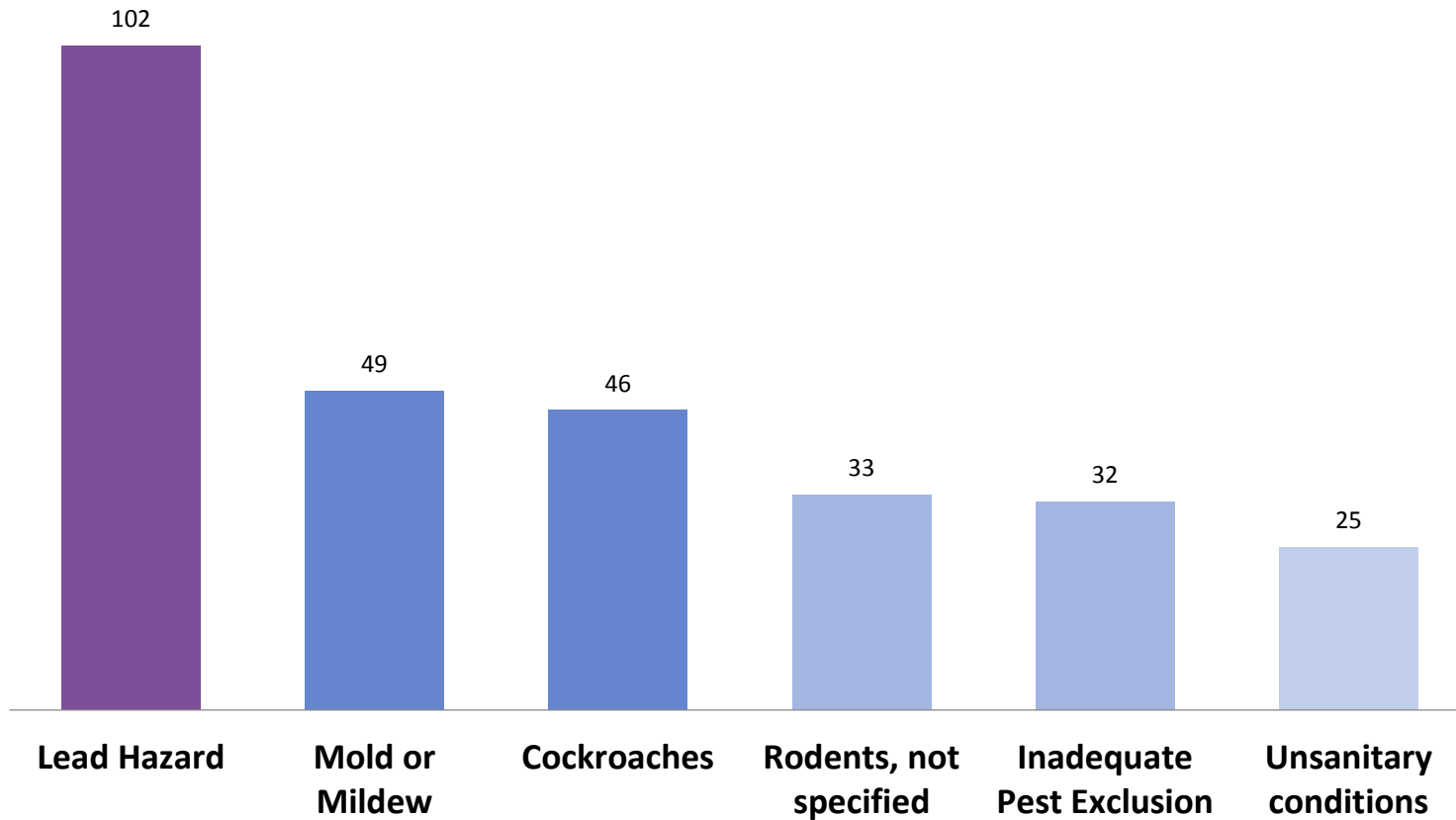
99% of WIC clients reached were renters



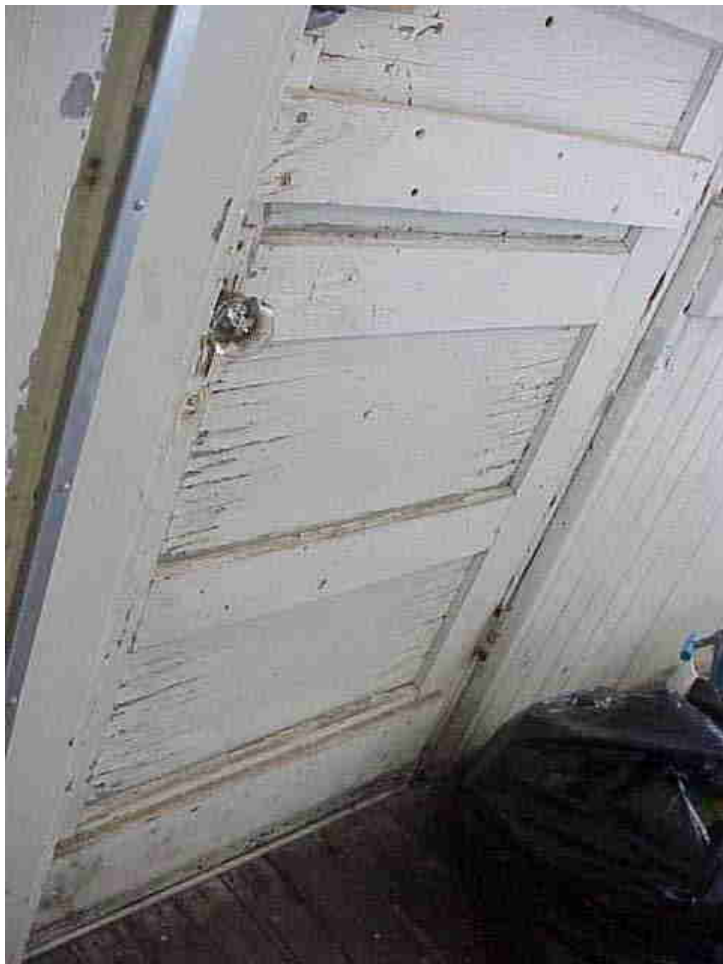
Environmental Hazard Findings of WIC Home Visiting Project



Top Health Code Violations Cited (100% Abated)



Interior and Exterior Lead Paint Hazards



Water Damage and Mold Hazards

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Pest Entry Points and Pest Infestations



Lack of Sanitary Conditions



Nuestro patio trasero

A pesar que mi esposo trabaja muchas horas para mantener la familia bien, el pago del alquiler se lleva la mayor parte. En la unidad adonde vivimos el dueño de la casa usa nuestro patio como un basurero y nuestros hijos no tienen un lugar seguro donde jugar. La acumulación de basura atrae infestación de cucarachas, moscas y otros animales que ponen en riesgo la salud de mi familia.

Me pregunto si como inquilinos que pagamos la renta a tiempo, hay una forma de remediar esta situación con el dueño de la casa sin correr el riesgo de ser desalojados.

~ Concepción

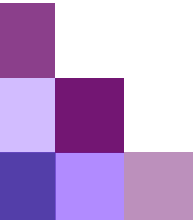
Although my husband works long hours to support the family, paying rent eats up most of what he makes. In the unit where we live, the owner of the house uses the yard as a dumping ground and our children have no safe place to play. The accumulation of garbage attracts cockroaches, flies, and other animals that threaten the health of my family.

I wonder if, as tenants who pay rent on time, there is a way to remedy this situation with the owner of the house without running the risk of being evicted.

~ Concepción



Social Determinants of Health Survey of WIC Households



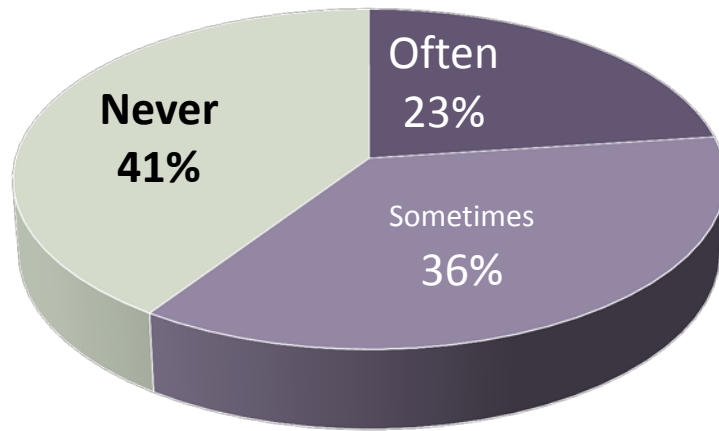
What are your goals to better the quality of life for you and your family?

Language Skills
Homeownership Schooling Adult
Nutrition
Employment
Business Ownership Safety
Childcare
Better Housing
Save\$ Schooling Child

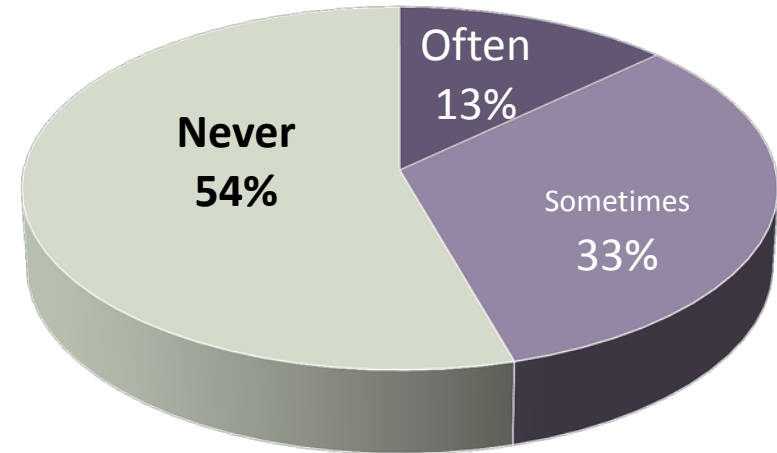
What are the barriers that prevent you from bettering the quality of life for you and your family?

Housing
Legal Status
Education
Childcare
Health
Income
Language

**Within the past 12 months,
we worried whether our
food would run out before
we got money to buy more.
*N=170, 59% food insecure***



**Within the past 12 months,
the food we bought just
didn't last and we didn't
have money to get more.
*N=169, 46% food insecure***



Food Insecurity Validated Research Questions

We don't feel safe here
and the building is in
really bad condition.

We have
nowhere
else to go.

I worry about
whether Section 8
will be discontinued .
The Housing
Authority isn't doing
things properly.

If I lose my job
I will lose my
home.

We fear eviction because
the landlord always says he
wanted to rent the house
to one family not five.

The owner wants
to take our place
for his daughter.

A roof over your
head and food are
the most essential,
especially when you
have a child.

One week the
building was sold
and we were
asked to leave.

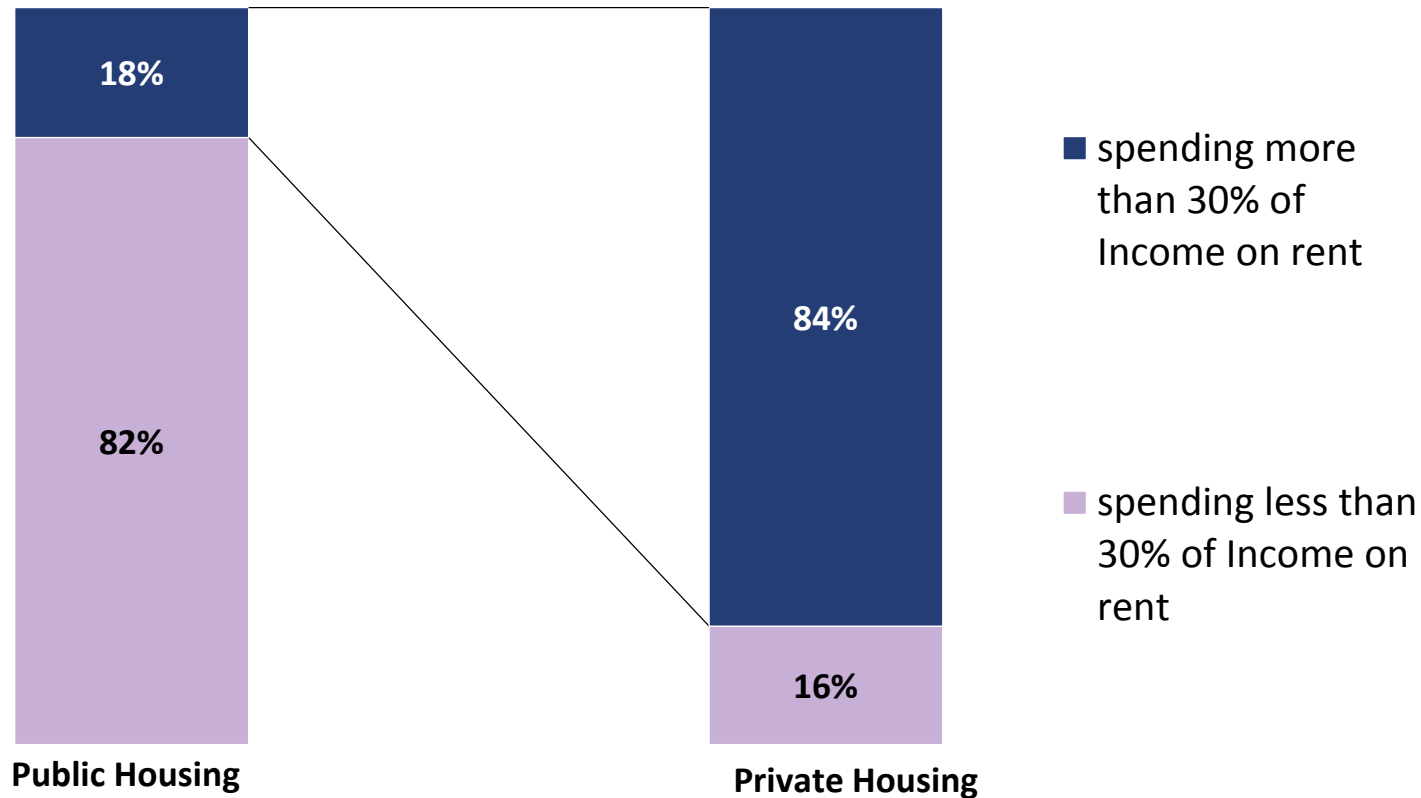
The landlord sends us
eviction letters whenever
we complain about
something.

Indicators of Housing Insecurity

How do you earn a living?



Housing Affordability

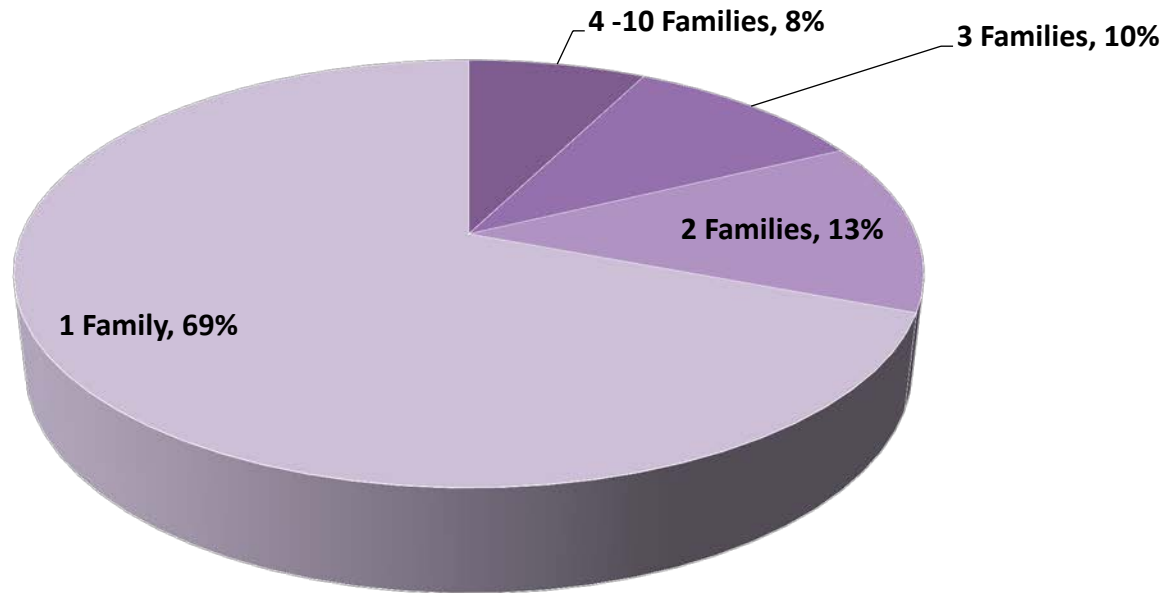


2006 US Census Bureau—housing affordability indicator is <30% of income

Overcrowding, N=146 (private housing only)

31% live with more than one family/unit

Number of families living in the same unit





Indicators of Overcrowding





Reencuentro familiar

Vine desde Guatemala a reencontrarme con mi esposo y mis dos hijos. Vine sabiendo que aquí mi vida iba a cambiar pero fue muy diferente a lo que yo me imaginaba. Llegue a vivir con mi familia en un cuarto muy pequeño donde no teníamos el espacio suficiente.

Mis hijos lloran porque no tienen un espacio mas grande donde jugar. En el mismo cuarto comemos, guardo mis trastes, la mesa de comedor se convierte en la mesa donde mis hijos estudian. No podemos vivir en un hogar mas grande porque la renta en San Francisco es muy alta.

Me pregunto si esta experiencia de vivir amontonados es similar a otras familias inmigrantes. ~ Concepción

I came from Guatemala in order to be reunited with my husband and two children. I came here knowing that my life would change, but it was very different from what had I imagined. I arrived only to live with my family in a very small room where we did not have enough space.

My children cry because they don't have a larger space to play. In the same room we eat, I store my dishes, and the dining table is converted into a desk where my children study. We cannot afford a larger home because rent in San Francisco is very high.

My question is, "Is this experience of living in such cramped surroundings similar to that of other immigrant families?" ~ Concepción



El tiempo de comer

Cuando es tiempo de comer, yo y mi familia comemos en el cuarto donde dormimos. Es el único espacio que tenemos para compartir nuestros alimentos, juegos y tareas. Somos dieciséis personas que compartimos la cocina y no hay espacio para usar la cocina como un comedor. No tener un espacio apropiado para comer con mi familia es incómodo, nos pone de malos humores y a la vez frustrante. Estas condiciones nos pone en riesgo de las infestaciones de cucarachas adonde dormimos.

Mi vivienda no es un lugar apto para vivir con mi familia. El bienestar y salud de mi familia no tiene que ser un privilegio, es un derecho humano que todos merecemos.

Al reunir nuestras fuerzas podemos lograr que nos escuchan y que nos entiendan.

~ Melissa

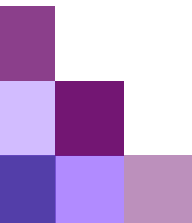
When it is time to eat, my family and I eat in the room where we sleep. It is the only space we have to share our food, games, and tasks. We share the kitchen with sixteen other people, and there is no space to use it as a dining room. Not having a space appropriate for eating with my family is uncomfortable. It puts us in bad moods and is frustrating at the same time. These conditions also put us at risk of having cockroach infestations where we sleep.

My house is not a suitable place to live with my family. The wellbeing and health of my family should not have to be a privilege. It is a human right that we all deserve.

We must gather our strength in order to be listened to and understood.

~ Melissa

Partner exercise on food security and housing security



Towards a Better Tomorrow



Para un mejor mañana

Después de misa cada domingo vamos con mi familia a la huerta comunitaria del programa de Campesinos Urbanos de PODER una organización ambientalista en la Mission. Los productos que cosechamos son orgánicos y saludables; nos gusta enseñar a nuestros hijos a cuidar la tierra, cultivar nuestra comida y comer saludable. En el edificio donde vivimos no hay espacio para cultivar nuestra comida pero sabemos que hay ideas de incluir huertas comunitarias en edificios de viviendas económicas.

Queremos que en las nuevos edificios haya mas espacio para que nuestros hijos puedan respirar, jugar, aprender y gozar su niñez. Queremos un mejor mañana para nuestros hijos. ~ Ana

After Mass every Sunday, my family and I go to the community garden program Urban Peasants from PODER, an environmental organization in the Mission. The produce that they harvest is organic and healthful. We like to teach our children to care for the land, grow their own food, and eat healthfully. In the building where we live, there is no room to grow our food but we know that there is discussion of including community gardens in building with affordable housing.

We want these new buildings to have more space for our children to breathe, play, learn, and enjoy their childhood. We want a better tomorrow for our children. ~ Ana

CCDC - Broadway Family Apts.



TNDC - Mosaica



**Mercy
Family
Housing**



Hungry for more?

Report available at:

www.sfdph.org/dph/eh/CEHP/default.asp

Presentations available on request.

PROMOTING HOUSING SECURITY
AND HEALTHY HOMES FOR FAMILIES
SERVED BY MATERNAL, CHILD AND
ADOLESCENT HEALTH PROGRAMS



CHILDREN'S ENVIRONMENTAL
HEALTH PROMOTION PROGRAM



Thank you!

