



# Healthy Moms and Babies: Housing and Health Integration

RESEARCH FINDINGS & RECOMMENDATIONS FOR POLICY MAKERS

# CelebrateOne

- CelebrateOne is a community-wide, collective impact initiative with the mission of improving Columbus' unacceptably high infant mortality rate.
- Recognizing housing as an important social determinant of health, CelebrateOne convened partners to establish the **Healthy Beginnings at Home** pilot in 2018.



# Healthy Beginnings at Home Collaborative



## Other partners:

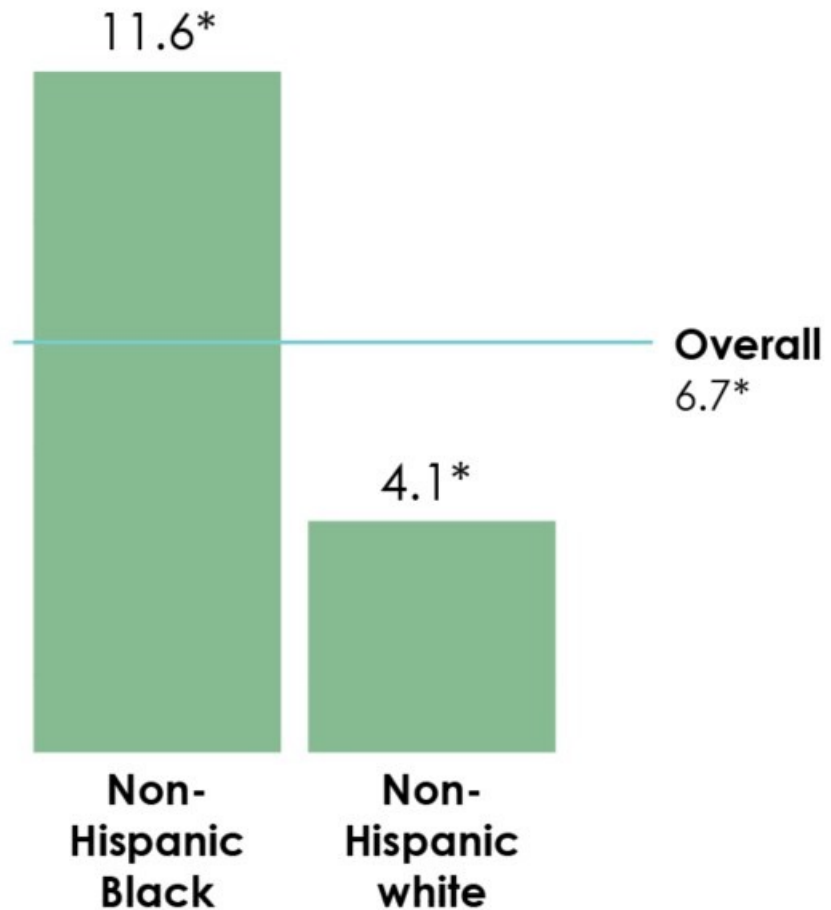
- StepOne for a Healthy Pregnancy, Physicians Care Connection
- Barb Poppe
- University of Delaware
- Community Shelter Board
- Health Policy Institute of Ohio



Racial disparities underlie infant mortality, housing instability, and homelessness

### Figure ES 1. Franklin County infant mortality rate, by race, 2020

Number of deaths of infants under age 1, per 1,000 live births



\* based on preliminary 2020 data  
Source: Columbus Public Health



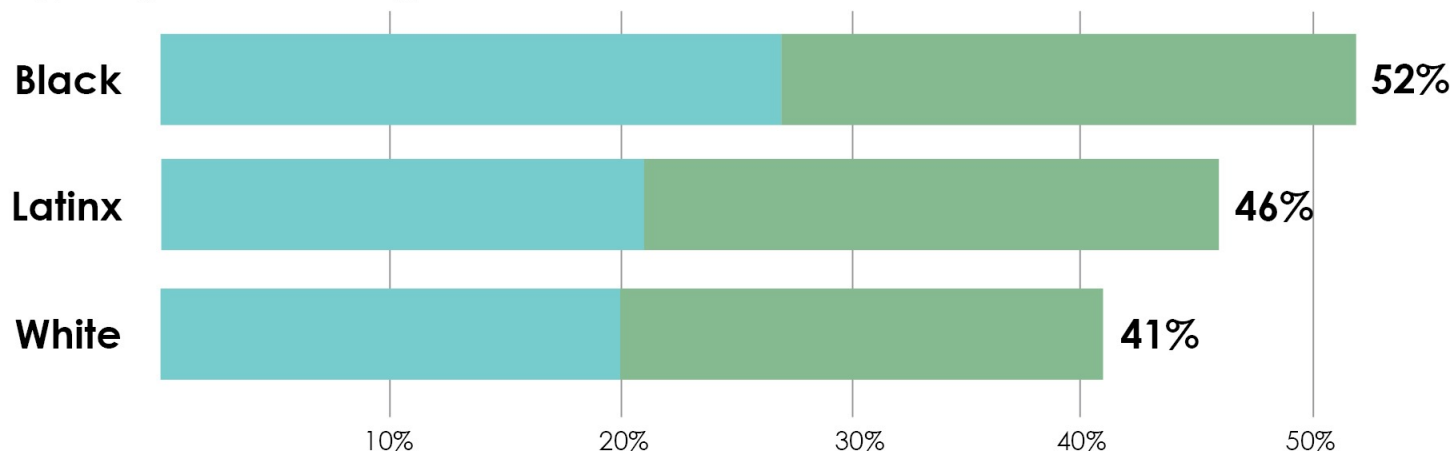
# Racial Disparities underlie infant mortality, housing instability, and homelessness

Figure ES 9. **Housing cost burden by race/ethnicity and severity, Columbus region, 2017**

Percent of renter-occupied households that are:

Severely burdened (spending over 50% on housing)

Burdened (spending over 30% on housing)



Source: "Housing Burden. Columbus, OH." National Equity Atlas. Accessed Aug. 18, 2020. [https://nationalequityatlas.org/indicators/Housing\\_burden#/?breakdown=2](https://nationalequityatlas.org/indicators/Housing_burden#/?breakdown=2)

# Racial Disparities underlie infant mortality, housing instability, and homelessness

Black Ohioans are only

**13%**

of the state's residents,  
but make up nearly

**50%**

of its homeless  
population.

COVID-19 has exposed underlying racial disparities in health and housing. With new federal resources available for rental assistance, the opportunity to target some of the resources to pregnant women could have profound impact on the health and well-being of infants. HBAH provides a framework for communities to use to achieve better birth outcomes.

Infants were the most common age accessing the homelessness assistance system in Ohio and the number of infants grew to

**2,943 in 2017**

**A 53.0% INCREASE SINCE 2012**

# Healthy Beginnings at Home

## What is Healthy Beginnings at Home?

HBAH is a community initiative striving to **reduce infant mortality** through an **affordable housing intervention**.

The program seeks to strengthen the evidence regarding the impact of increasing housing stability in addressing infant mortality, reducing adverse birth outcomes, and improving health outcomes for women and their infants, with a strong focus on reducing racial disparities.



# HBAH Target Population

## Requirements:

- pregnant adult in their first or second trimester;
- living in Franklin County;
- household income <30% AMI;
- enrolled in CareSource; and
- experiencing housing instability or homelessness.

## HOUSING IS UNSTABLE WHEN A FAMILY EXPERIENCES ANY OF THESE SITUATIONS:

- multiple moves
- eviction or risk of eviction
- overcrowded or doubled up
- a severe housing problem
- homeless living in a shelter or place not meant for human habitation.





# HBAH Intervention

## Rental Assistance + Housing Stabilization Services

### Rental Assistance

- 15-months of rental subsidy covering the gap between full market rent and 30% of the participants' income
- Followed by 6-month stepdown period in which the subsidy decreased gradually until the participant pays full rent.
- Some participants found housing in units that included a full rent subsidy on an ongoing basis rather than the time limited subsidy provided by HBAH



# HBAH Intervention

## Rental Assistance + Housing Stabilization Services

**Housing stabilization services** helped participants identify housing, negotiate with landlords, and remain securely housed when faced with challenges.

- Family Critical Time Intervention (CTI)
- Housing First approach
- Clinical best practices: person-centered planning, motivational interviewing, and trauma-informed care
- Other usual care support services included access to a CelebrateOne CHW, a CareSource Care Manager, and a JobConnect Life Coach



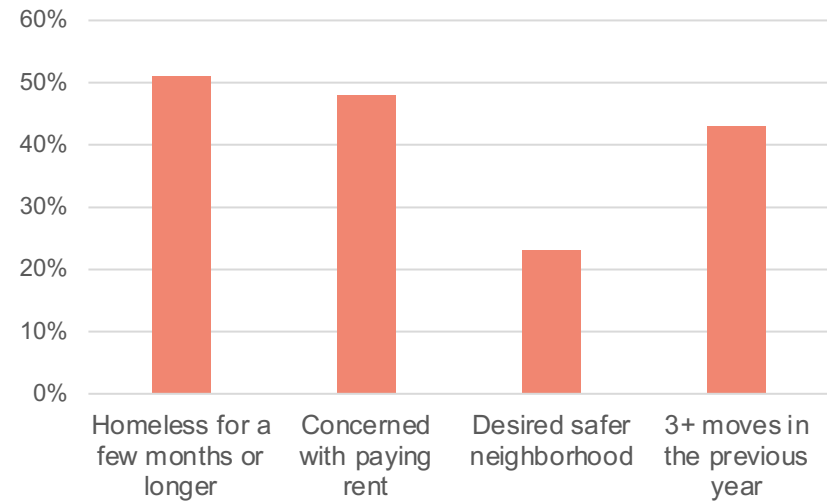
# Findings: Housing & Health



# Demographics

Participants	
<b>Race/Ethnicity</b>	
<i>Non-Hispanic Black</i>	81%
<i>Non-Hispanic White</i>	10%
<i>Hispanic Black or Multiracial</i>	9%
<b>Average Age</b>	25.5
<b>Prior Pregnancy</b>	81%

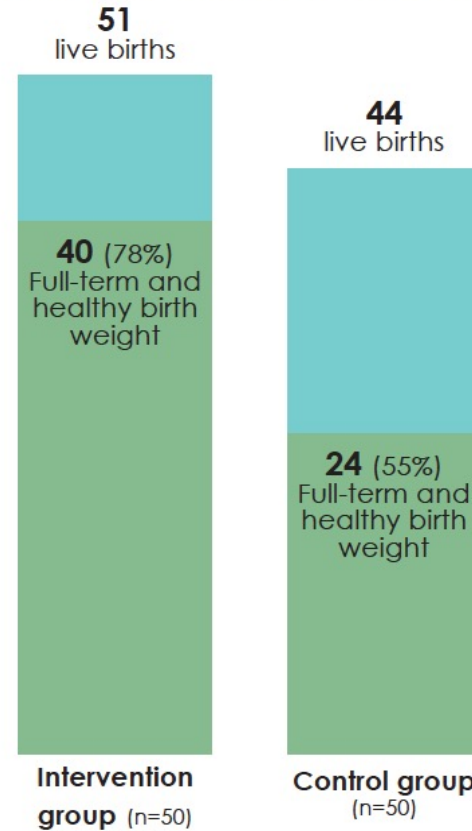
## Past Housing Experiences



# Birth Outcomes



Figure ES 2. Birth outcomes for HBAH intervention and control group participants



Source: Nationwide Children's Hospital, CareSource data and self-reported data

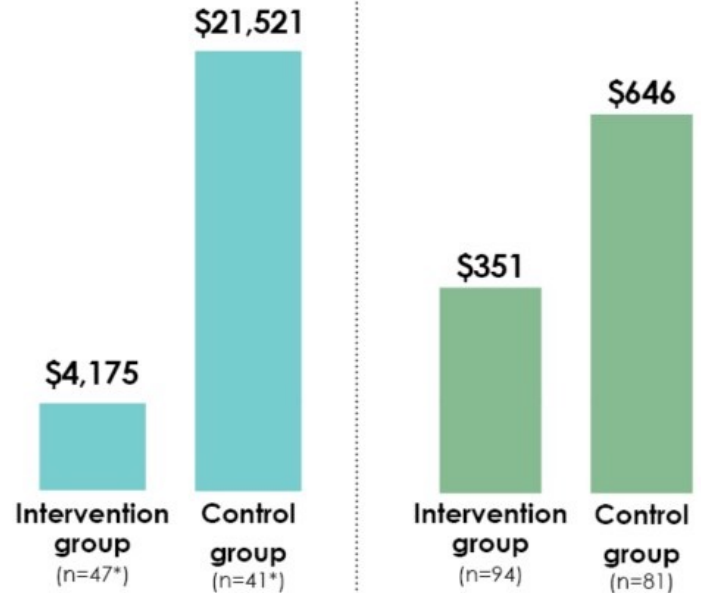
# Healthcare Savings



Figure ES 2. **Medicaid spending for HBAH intervention and control group participants**

Average paid per claim:  
Infant only at time of birth  
until initial release

Total Medicaid spending  
per member, per month  
(PMPM) without outliers:  
All household claims  
(from date of infant's birth  
to first birthday)

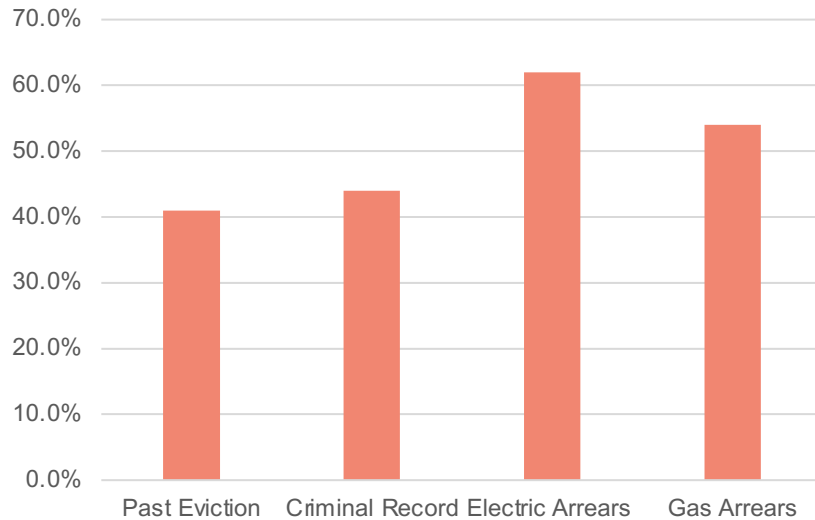


\* N is based on live births. Does not include fetal deaths.

Source: CareSource

# Barriers to Finding Housing

Barriers to Finding Housing



## Financial Barriers to Stable Housing

### Income Per Month

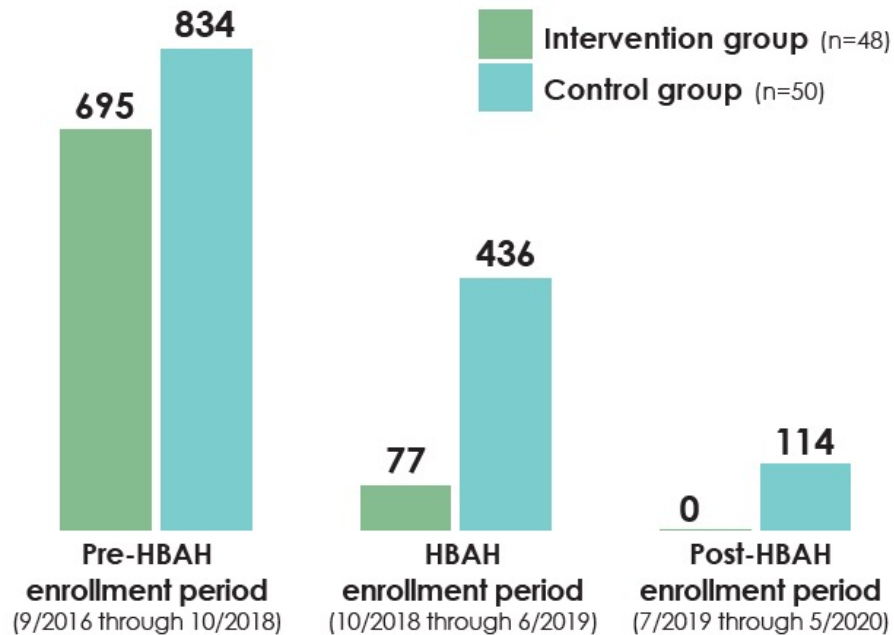
Zero	46%
\$1 to \$500	9%
\$501 to \$1,000	18%
Above \$1,000	27%

### Credit Score

Above 580 ("low" or "average")	8%
Below 580 ("bad" or "poor")	38%
No Score (insufficient information)	54%

# Housing Outcomes

Figure ES 3. Homeless shelter use by HBAH intervention and control group households: Total household-days in shelter



Source: Homeless Management Information System, collected by Columbus Community Shelter Board, analysis by University of Delaware



# Recommendation: Policy & Practice Enhancements

Promote housing stability for pregnant women with extremely low incomes who experience homelessness or housing insecurity. Use an equity lens to better understand and reverse health disparities associated with race and ethnicity.

- Provide **rental and utility assistance** to bridge the gap between household income and housing costs for pregnant women with extremely low incomes
- Provide **housing stability services** that support the household and enable better relationships with landlords.
- **Increase availability of safe, quality rental housing** for households with extremely low incomes and reduce admission barriers.



# Local Replication

- **Pregnancy Care Initiative**
  - Building system to prevent homelessness for pregnant women
  - New Housing for Pregnant Women using CRV/ARP funding
- **Ohio Learning Community**
  - Sharing HBAH lessons with 4 urban communities with high rates of infant mortality
- **State of Ohio investment for Replication**
  - \$2.25M in biennial budget (FY2022)
  - \$6.75M pending ARPA



# Closing

## Thank you!

Presented by:  
Sonja Nelson

Vice President of Resident Initiatives  
Columbus Metropolitan Housing Authority



*“Before Healthy Beginnings at Home, I was sleeping on the floor at my boyfriend’s mom’s house – pregnant. Nobody wants to do that. It’s not easy to do that. Now, not only do I have a stable place to grow my family, but I have a place for myself.”*

-HBAH participant



For more information:

<http://www.poppeassociates.com/hbah>