

## SOCIAL DETERMINANTS OF HEALTH

# Economic Stability and SDOH

### WHAT IS ECONOMIC STABILITY?

Economic security is having stable, sufficient income to meet your basic needs while economic insecurity is living in a household with incomes below 200 percent of the federal poverty level. Today one out of every 3 people in the U.S are economically insecure. Economic security for households and residents is essential for the health and wellbeing of families, neighborhoods and for local and national economies.

Economic Stability can be described as the ability to access resources that is essential to one's life and well-being. The federal poverty level is the standard proxy measure to indicate whether individuals or families are poor or unable to meet their basic economic needs. This formula for calculating poverty was created over 50 years ago based on a 1960's household income and has only been adjusted once for inflation.

#### Current Statistics

- 1/3 of the household live below the federal poverty level.
- 52% of people of color
- 38% of the adults have been unemployed for 46 weeks or longer
- 1 in 5 do not have a vehicle
- 78% of spends 30% of their income on housing cost.
- 31% of seniors and 44% of children are economically insecure
- 71% of female headed households
- 42% are disabled
- The underemployed

Healthy People 2030 has identified four key issues that make up the underlying factors in the arena of Economic Stability they are:

- Employment - an increase in unemployment correlates to an increase in illness and premature death.
- Food Insecurity - Not having enough food or not being able to access nutritious food can create health problems
- Housing Instability - housing insecurity has been linked to worsening health outcomes such as high blood pressure, respiratory conditions and exposure to infectious disease.
- Poverty - Is a key component of economic stability and have a strong correlation to poor health

### WHAT CAN PROVIDERS DO?

Resources that enhance quality of life can have a significant influence on individual and community health outcomes. On a local level, providers can assist families in obtaining resources for affording housing, food, employment and health care.

## RESOURCES:

- Housing Resources
  - US Department of Housing and Urban Development (HUD)  
Website - [Hud.gov](http://Hud.gov)
- Food
  - Office of Family Assistance ,Temporary Aid for Needy Families (TANF)  
Website - [acf.hhs.gov/ofa/programs/tanf](http://acf.hhs.gov/ofa/programs/tanf)
- Employment
  - US Department of Labor  
Website - [dol.gov](http://dol.gov)
- Centers for Medicare & Medicaid Services  
Website - [medicaid.gov](http://medicaid.gov)

## REFERENCES

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