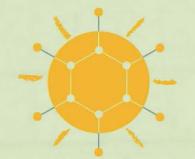


### Mariana Chilton, PhD, MPH



# From Evidence on Hunger, to Action on Food, to Community Transformation

University of Pennsylvania PRC | April 2017



### SOLUTIONS BASED ON SCIENCE AND THE HUMAN EXPERIENCE

about us

our projects

our research

resources for your community

policy issues

taking action

media

and the second second



### Our Vision

The Center for Hunger-Free Communities envisions a world where children born today will inherit a nation free from hunger; a nation where all members of the community partner to keep families economically secure; and a nation where all people have an equal voice in policies that affect their lives.

### OttungerFreeC+r on twitter



Liz Bartolomeo @lizbart 19h The Pope is going to Philly, too. Watch a short video on what the fight against poverty is like

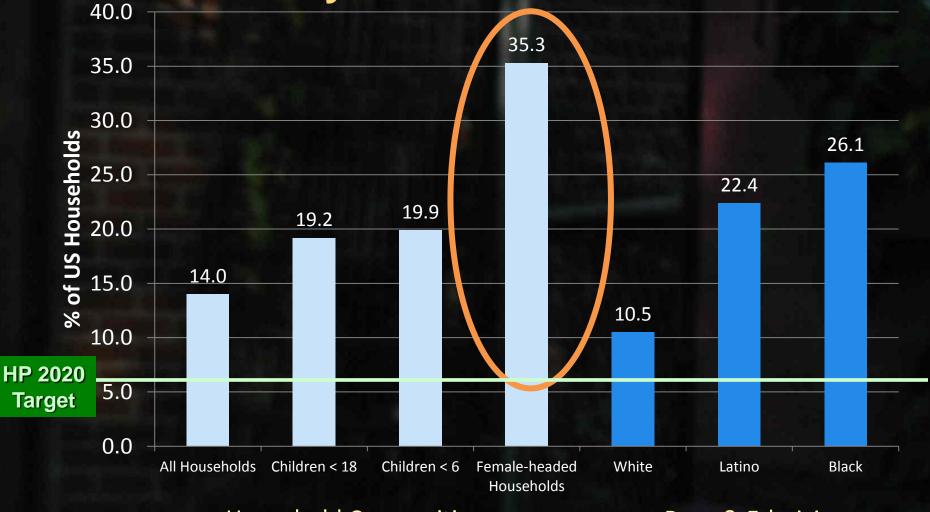
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## Overview

 The Issue - Disparities - Breaking the chain The Evidence - The official - The new & uncomfortable The Action The official - The resistance | participation The Transformation The official - Self-reflection



### Disparities in Food Insecurity in the United States in 2014

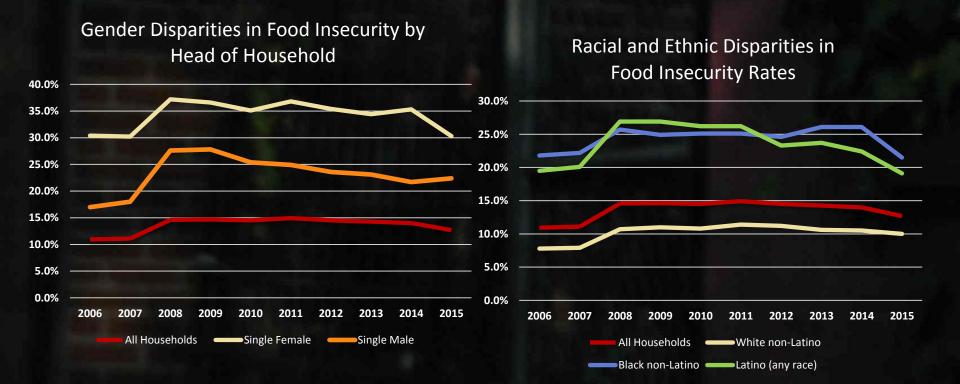


**Household Composition** 

### Race & Ethnicity

Coleman-Jensen, A et al. USDA ERS 2015

### Disparities in Food Insecurity in the United States over time





## The Evidence



## **Toxic Stress**

 Strong, frequent, and/or prolonged adversity without adequate support



- physical or emotional abuse /neglect
- caregiver substance abuse or mental illness
- exposure to violence
- family economic hardship

(Shonkoff, 2012)

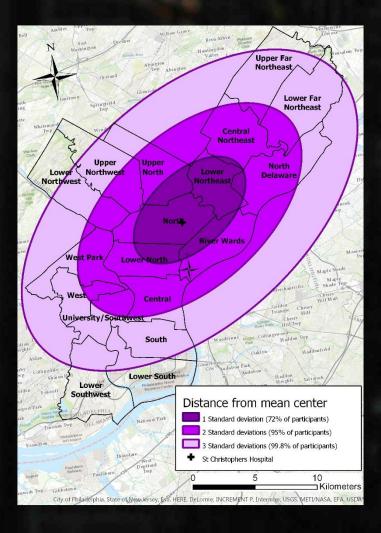
- Brain architecture & organ systems
- Stress-related disease / cognitive impairment

### CHILDREN'S HealthWatch Informing evidencebased policy from the front-lines of care



Philadelphia











## Federal Assistance Programs-monitored by

- Food Stamps (SNAP)
- Temporary Assistance for Needy Families (TANF)
- Women, Infants and Children (WIC)
- Medicaid
- Housing Subsidies
- Energy Assistance

## Health

- Food Insecurity
- Hospitalizations
- Child Wellbeing
- Maternal Depression
- Child Growth
- Child Development

## Food Insecurity & Health Outcomes Adjusted Odds Ratios



\* All differences p value < .0001

## Economic hardship = poor health

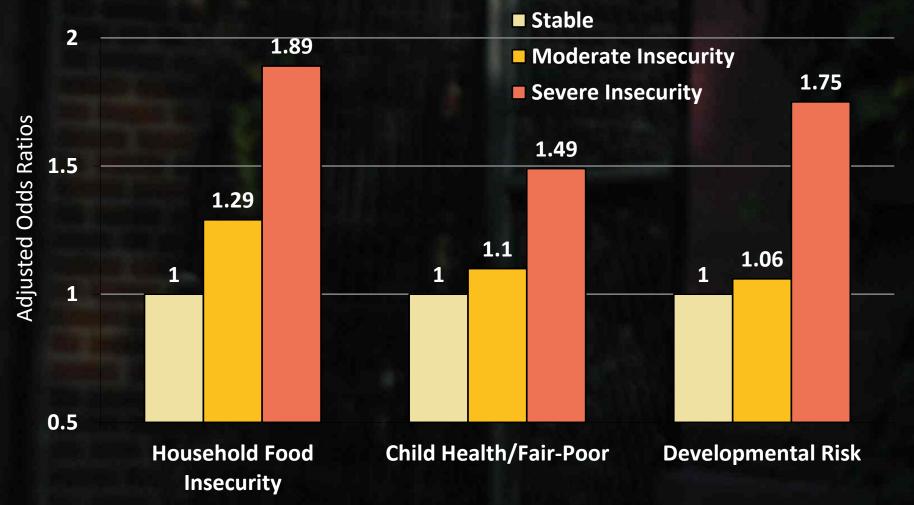
Food Insecurity

Housing Insecurity



**Energy Insecurity** 

# Housing Insecurity: HealthWatch Crowding, frequent moves or both



## **Housing & Health of Young Children** CHILDREN'S HealthWatch



fore and more fa their rent. For some, th

**Children's HealthWatch** 

Diana B. Cutts - Sharan Coleman - Maureen M. Basse John T. Conk - Stephanie Ettinger de Culua - Timothy C. Herren -Alan Meyere - Megan Sandel - Patrick H. Casey - Deborah A. Frank

© Springer Science+Business Media New York 2014

Abstract Evaluate homelessness during pregnancy as a Abstract Evaluate homelessness during pregnancy as a unique, time-dependent risk factor for adverse birth out-comes. 9,995 meshers of children <48 months tild surveyed cones, 9,995 mothers of children -48 months old surveyed at energency departments and primary care chines in five US cities. Mothers were classified as either boncless during pregamery with the index citial homories only after the index at the index. preguancy warrune index cruid, nomeress only attectue index child's birth, or consistently housed. Outcomes included birth scheduler. child's birth, or consistently housed. Outcomes included birth weight as a continuous variable, as well as categorical outcomes of low birth weight (LUW; <2,500 g) and peterm outcomes or iow burns weight (Lisw: <2,500 g) and presents delivery (<37 weeks). Multiple logistic regression and nervedy (very weeks), stample regime regression and adjusted linear regression analyses were performed, com-paring prenatal and poweraal homelessness with the reference paring menatur and pointman memorizations when one rearraits group of consistently housed mothers, controlling for naternal demographic characteristics, smoking, and child



### Housing as a Health Care Investment Affordable Housing Supports Children's Health

By Manan Sandal, MD, MDH: John Cook, PhD, MAEd: Ana Pohlacion, MSc: Pichard Sheward, MDP Sharon Coleman, MS, MPH; Janet Viveiros, MPP; and Lisa Sturtevant, Ph MARCH 2016

Affordable and stable housing plays a critical role in supporting the health and wellbeing of children, Research from Children's HealthWatch shows public investment in housing-including housing for homeless families and rental assistance for food-insecure families-improves the health outcomes of vulnerable infants and young children and lowers health care spending.

earch from Children's HealthWatch demonstrated the harmful imnact homelessness has on the health of young children and that the negative health outcomes are compou when a mother is homeless both before and after her child is born.1 New findings from Children's HealthWatch re show affordable and stable housing made possible through ental assistance is associated with better health outcomes for nfants in vulnerable families.

Investments in programs that house families in need and have the potential to reduce public spending on health care can be a double win for public policy. Given the significant impact stable



and affordable housing has on the health of children.policymakers should consider how to expand investment in affordable housing and services for vulnerable families to improve the health outcomes of young children and reduce health care spending.

mbination of pre- and post-natal homelessnes

When compared to children who were never homeless

been hospitalized since birth.

mothers were housed during pregnancy but were homeless when the children were infants and/or toddlers) were 22 cent more likely to have been hospitalized since birt

lessness were 41 percent more likely to have been

Previous research from Children's HealthWatch Illustrates the devastating impact of homelessness on children's health. While pre- and post-natal child homelessness are each separately associated with noor health outcomes for children the

se-response" effect that compounds the health risks Inkec individually to pre- and post-natal homelessness?

Children who experienced pre-natal homelessness (i.e. their mothers were homeless during pregnancy but were housed after their birth) were 20 percent more likely to have

Children who amarianced next-rotal homelessness file. their

Children who experienced both pre- and post-natal home

### The Positive Ripple Effect of Affordable Homes

Improving Availability of Subsidized Housing **Increases Access to Stable Homes** 



### A stable, decent. affordable home is an essential foundation for families to thrive.

However, this foundation becomes increasingly unsteady when families' housing becomes unaffordable - defined as paying more than 30 percent of monthly household income for rent or mortgage plus utilities.1 This brief introduces the Subsidized Housing Availability Index ("SHA Index") as a tool to measure the need for additional housing subsidies.<sup>a</sup> and to understand the relationship between inadequate subsidies and the negative consequences of housing insecurity.

1 "Housing insecurity" is defined as the experience of:

Our definition of subsidized housing units includes: public housing. Housing Choice Vouchers, and Section 8 New Construction and Moderate Rehabilitation Tair/poor health, contrasted with excellent/good health, are responses to a long-standing, widely valicated health status question. Tair/poor health is strongy positively associated with high utilization of health care services, and higher health care costs than average.

Definition of housing inaccurity defined by: Cutts D, Meyers A, Black M, Casey P, et al. U.S. housing insocurity and the health of very young children. American Journe of Public Nearth. 2011; 101: 1558 – 116.

CHILDREN'S HealthWatch

US Housing Insecurity and the Health of Very Young Children

Denne Becker Gutts, MD, Alm F, Wegels, MD, MPH, Visumen V, Bleck, Pro, Petrick H, Catey, VD, Minters Chillon, PhD, MPH, John T, Codo, Pro, Joni Gegeer, Javin, IRO, LN, Steohamie Ethinger on Clate, MPH, Incothy Heever, PhD, Sharon Dolenner, MPH, MS, Rath More Jacobs, ScD, and In the United States, as in other countries, to the considered a strong social determinant of health.<sup>1</sup> Poor housing conditions has

AJPH, 2011

Objectives, We investigated the association between housing insecurity and the health of very young children. he nearm or very young childron. Methode Between 1998 and 2007, we interviewed 22069 low-income care.

RESEARCH AND PRACTICE

age at interview. Prenatal homelessness was associated with higher adjusted odds of LBW (AOR 1.43, 95 % CI 1.14, nelessness was assoc ingine: augusted only on LEW (AOK 1.53, 95  $\times$  CI 1.50, p < 0.01) and preterm delivery (AOR 1.24, 95  $\times$  CI

1.80, p < 0.01) and preterm delivery (ACR 1.24, 55 % Cr 0.98, 1.56, p = 0.08), and a 53 g lower adjusted mean birth USR. 1.56, p = 10.08), and a 5.5 g lower adjusted mean birth weight (p = 0.08). Postnaral homelessness was not associ-ated with these outcomes. Prenatal homelessness is are independent risk factor for LTW, rather than merely a marindependent tisk factor for LBW, rather than interely a mar-let of adverse maternal and social characteristics associated with home issuess. Targeted interventions to provide homwas non-resource, surgered interventions or provide non-ing and health care to homeless women during pregnancy may result in improved birth outcomes.

Keywords Pregnancy - Homeless - Low birth weight (LBW) - Preterm delivery - Housing - Maternal

### Maternal and Child Health, 2015

hospitalized since birth

Homelessness Harms Young Children's Health

## **Evidence for Policy Solutions**



## Food Stamps (SNAP)

improve child health and prevent food insecurity





 protects against underweight, and promotes child health and development





### Energy Assistance

protects against food insecurity and poor child health



### Housing subsidies

 protect against underweight and promote child health and development

# "Expert" Witnesses









Saxby Cham Ranking Mer

Newsroom

Contact

Agriculture, Nutrition & Forestry

Home

Hearings

## **Translating Science Into Action**



Cumulative Hardship and Wellness of Low-Income, Young Children: Multisite Surveillance Study Deborah A. Frank, Patrick H. Casey, Maureen M. Black, Ruth Rose-Jacobo, Mariana Chilton, Diana Cutts, Eitrabeth March, Timothy Heeren, Sharon Coleman, Stephanie Ertinger de Cuba and John T. Cook *Pednarrics* published online Aqt 12, 2010; DOI: 10.1542/pedi.2009-1078

The online version of this article, along with updated information and services, is located on the World Wide Web at: http://www.pediantics.org

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This report was made possible by generour funding from The W. K. Kellogg Foundation



Tom Harkin (D-IA) Saxby Cham Chairman United States Senate Committee on Ranking Me Agriculture, Nutrition & Forestry

## Policy Change

### Improved Services

Philadelphia Workforce Development Corporation Building the Bridge to a Better Workforce





Posted on Thu, Apr. 29, 2010

### Poor childhood takes lifelong toll, study shows

By Alfred Lubrano

Inquirer Staff Writer

Sebastian burped and gurgled on his mother's lap Monday morning, three months into his Philadelphia life.

Because his family is poor, he's unlikely to get the food, housing and living conditions he'll need for his brain to develop properly over the next three years.

The circumstances of his just-begun journey could turn him into a bad student, an ineffective worker, and a poor man for the rest of his days, according to a new study on the cumulative effects of a deprived early childhood.



# Witnesses to Hunger

- Philadelphia
- Camden
- Boston
- Baltimore
- New Haven
- Washington, DC











### Research

Exploring difficult to understand associations

Witnesses to Hunger

### Advocacy

Changing the Dialogue about Hunger & Poverty

- Ethnographic research
- Participatory action research / photovoice
  - Investigate associations between food insecurity and
    - Public assistance
    - Poor health
    - Maternal depression

### Exhibit

 $\bullet$ 

•

- Speaking engagements and testimony
- informing the press
- Website
- Blog
- YouTube
- Social networking (Twitter/Facebook)



Participant (advocate)

Research

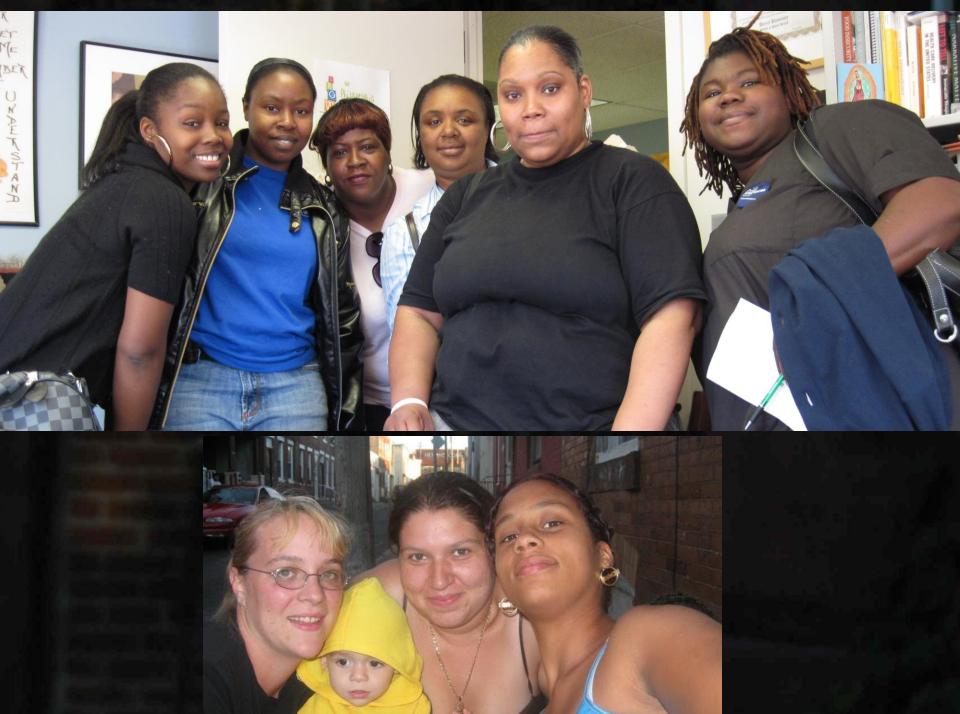
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### Policy Maker

## **The Action**



























- Angelica R., Witnesses to Hunger Philadelphia



- Imani S., Witnesses to Hunger Philadelphia



- Erica S., Witnesses to Hunger Philadelphia



- Erica S., Witnesses to Hunger Philadelphia



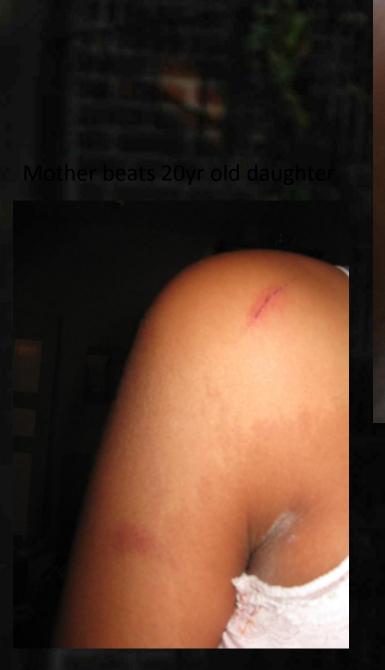














Intimate partner violence

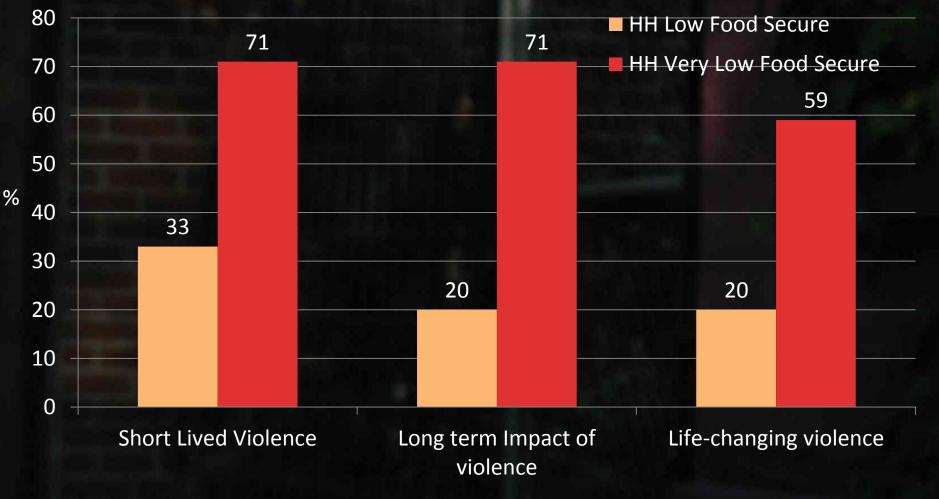




# **Types of Violence**

- Rape and sexual assault (family / acquaintences)
- Intimate partner violence
- Child abuse and neglect
- Murder of family and friends
- Community violence
- Mistreatment by caseworkers

# Exposure to Violence and Household Food Security Status N=44



Chilton, Rabinowich, Wolf (2013)

# Trauma & adversity

#### Trauma causes...

- Changes to neurological / brain landscape
- Mental health problems
- Poor self-regulation
- Inability to focus
- Triggers/flashbacks, hyper-arousal
- Disrupted eating/sleeping
- Adverse Childhood Experiences
  - Experiences early in life have lifelong consequences
  - Household Dysfunction
  - Abuse & Neglect (Physical/emotional)

### ADVERSE CHILDHOOD EXPERIENCES (ACEs) 10 questions

Category	Subcategory	<b>Example Question</b>
Abuse	Emotional	Emotional Abuse (Did a parent or other adult in the household) Often or very often swear at you, insult you, put you down, or humiliate you? OR act in a way that made you afraid you might be physically hurt?
	Physical	
	Sexual	
Neglect	Emotional	
	Physical	
Household Instability	Parental Separation	
	Mother Abused	
	Mental Illness	
	Substance Abuse	
	Incarceration	

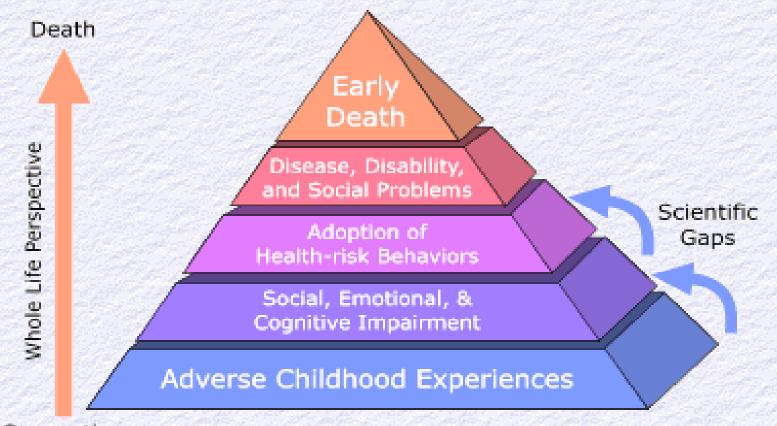
Witnesses to Hunger

#### **ACEs**

#### Strong, graded relation to childhood adversity

Smoking	Attempted suicide
COPD	Revictimization
Heart Disease	Teen pregnancy
Diabetes	Fractures
Obesity	Promiscuity; STDs
Hepatitis	Poor self-rated health
Alcoholism	Violent relationships
Other substance abuse	Low educational attainment
Depression	Poor job performance

# The Effects of Childhood Stress on Health Across the Lifespan

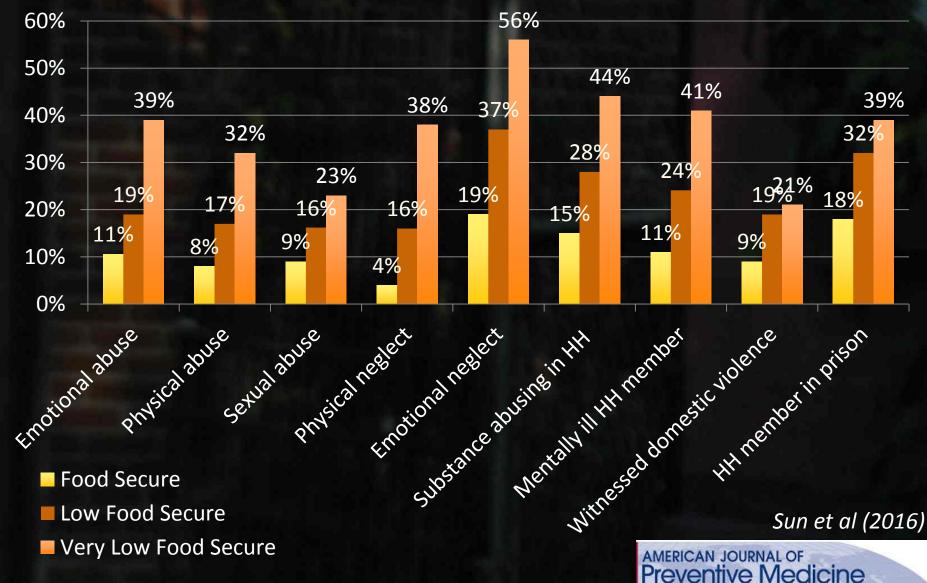


Conception

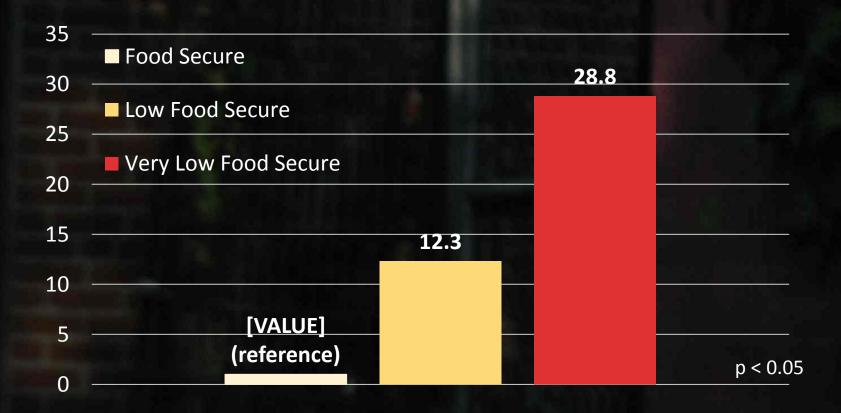
#### U.S. Department of Health and Human Services Centers for Disease Control and Prevention

# CHILDREN'S HealthWatch

### Prevalence of ACEs by food Security Status N=1,255



#### Adjusted Odds Ratios for Low and Very Low Household Food Security among Caregivers Reporting ≥4 ACEs



\*Adjusted for self-reported health, demographics, education, child's health insurance, and participation in SNAP or WIC.



Sun et al (2016)







#### TIANNA GAINES TURNER PHILADELPHIA

# July 9, 2014 War on Poverty Hearing | Budget Committee











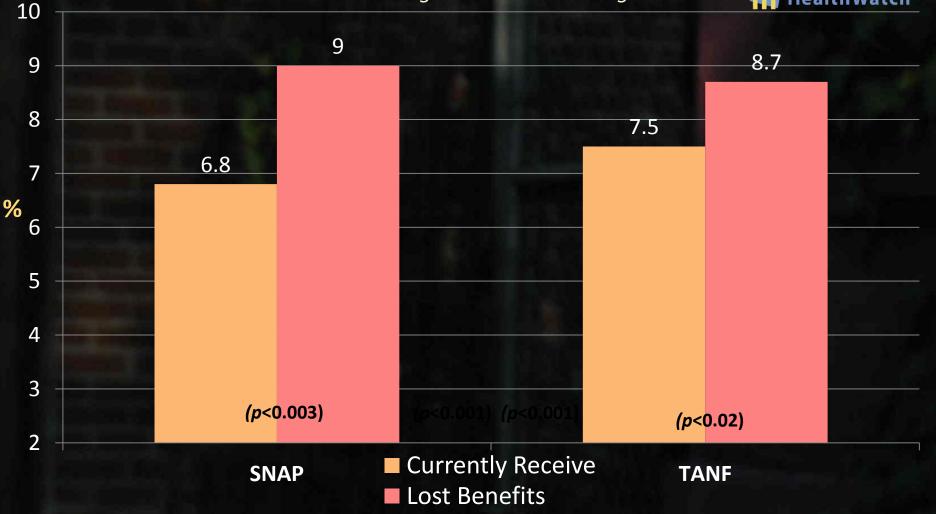
# Graduation to the same poor wages





# When Families Earn More, then Lose Benefits, Child Hunger Increases

Earning More and Receiving Less 2011



# **The Transformation**

#### Building Wealth and Health Network AFREE program for your financial self-empowerment



#### Building Wealth and Health Network

AFREE program for your financial self-empowerment

Curriculum
(4 months)

#### 2. Matched Savings accounts (12 months)

#### **Building Wealth and Health Network**

#### Matched Savings Asset building

Peer Support Groups Financial Education Groups 1. Curriculum (16 weeks) Building assets and resiliency Trauma-informed peer support

- S.E.L.F.
  - Safety
  - Emotions
  - Loss
  - Future



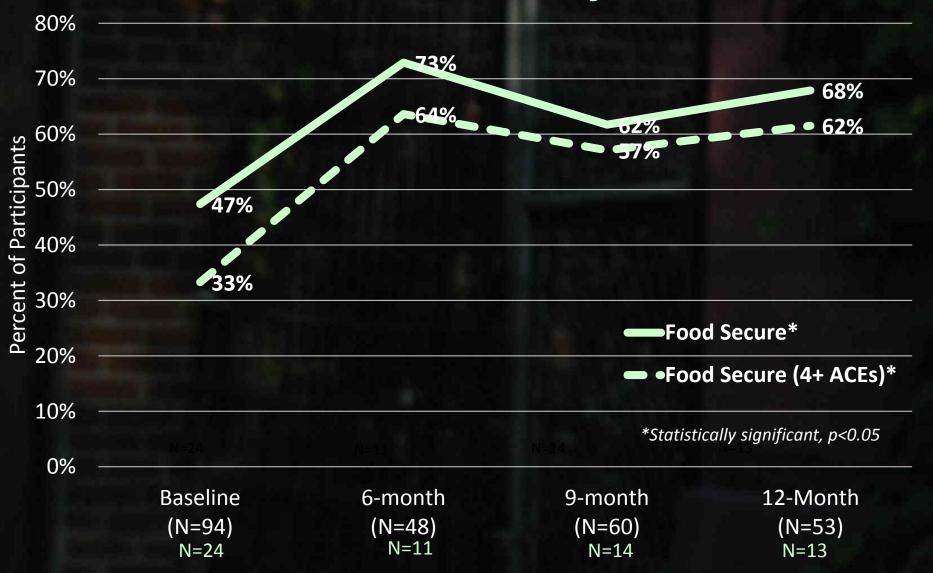
**Financial Education** 

- 1. Bank Accounts 101
- 2. Savings / Reducing Debt
- **3.** Credit Score
- 4. Tax help
- **5.** Business planning
- 6. Planning for an education/ home
- 7. Negotiating with your boss
- 8. Setting financial goals

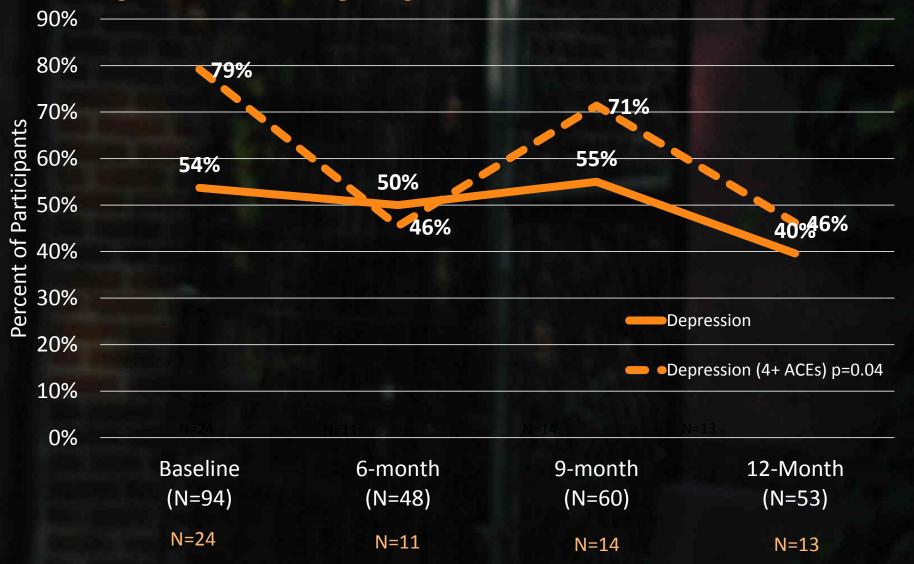
2. Savings Match w/ Credit Union (Shareholders)

- \$5 per wk
- 1:1 match
- = ~ \$500 per yr

# Phase II: Preliminary Household Food Security



#### Phase II: Preliminary Depressive Symptoms







#### Philly's New Pay-What-You-Can Restaurant Brings Everyone To The Table

December 6, 2016 · 1:00 PM ET

**KRISTEN HARTKE** 



It's a packed house at Philly's EAT Café, which is trying to attract people of all income levels for a sit-down dining experience.

