

# Health in Housing

The intersection between  
housing and health care

National Health Care for the Homeless Conference  
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Center for Outcomes  
Research and Education



# Research Questions



What is the effect of stable, affordable housing on health care outcomes in a low-income population who has experienced housing instability?



What role do integrated health services play in health care expenditures and quality?

# What's different about this study

- Uses claims data to assess health care costs and utilization
- Looks across several different affordable housing types
- Looks at the effect of integrated health services
- Analysis of impact in a Medicaid plan that serves more than 10,000 residents in major metropolitan area

145  
properties:

## Health staff

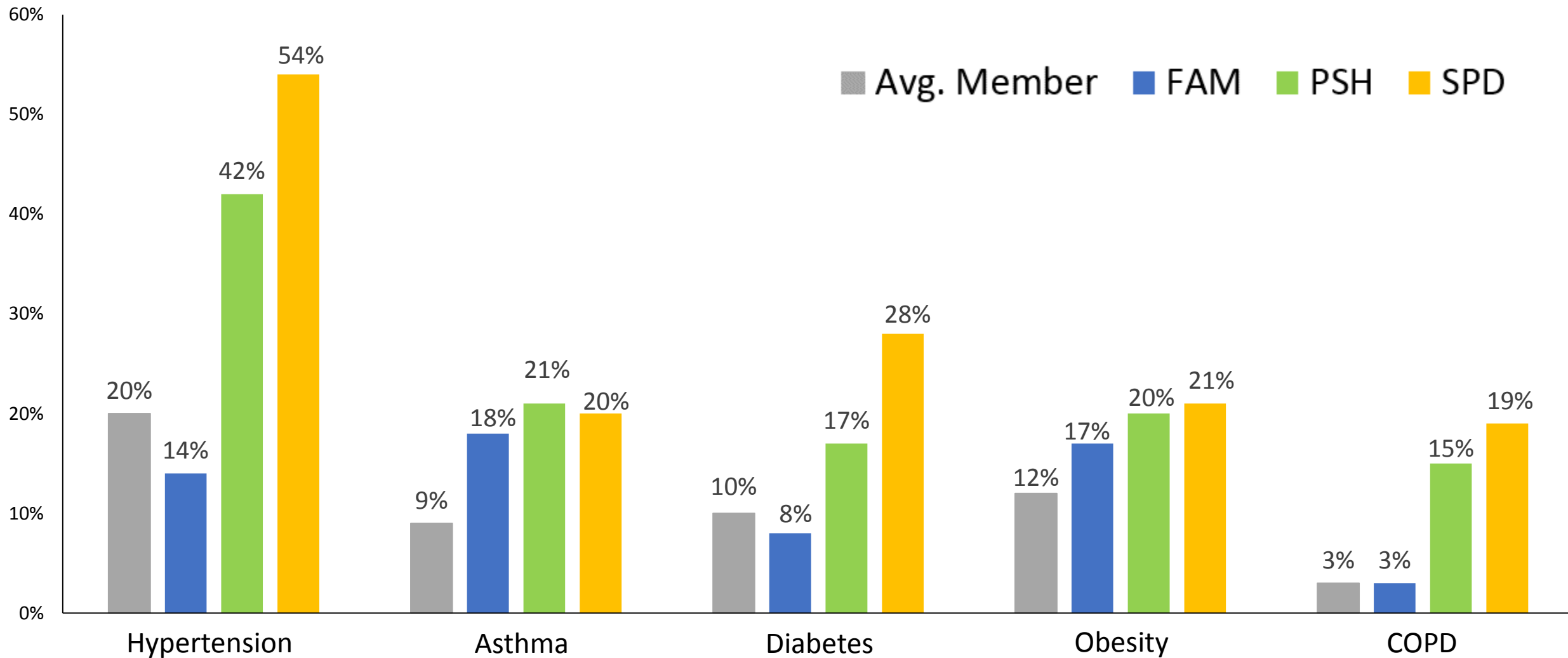
Resident Services Coordinator	88%
Community Health Worker or Health Navigator	11%
Social Worker	8%
Doctor, Nurse, or Nurse Practitioner	6%
Activities Coordinator	6%
Other Health Professional	11%

145  
properties:

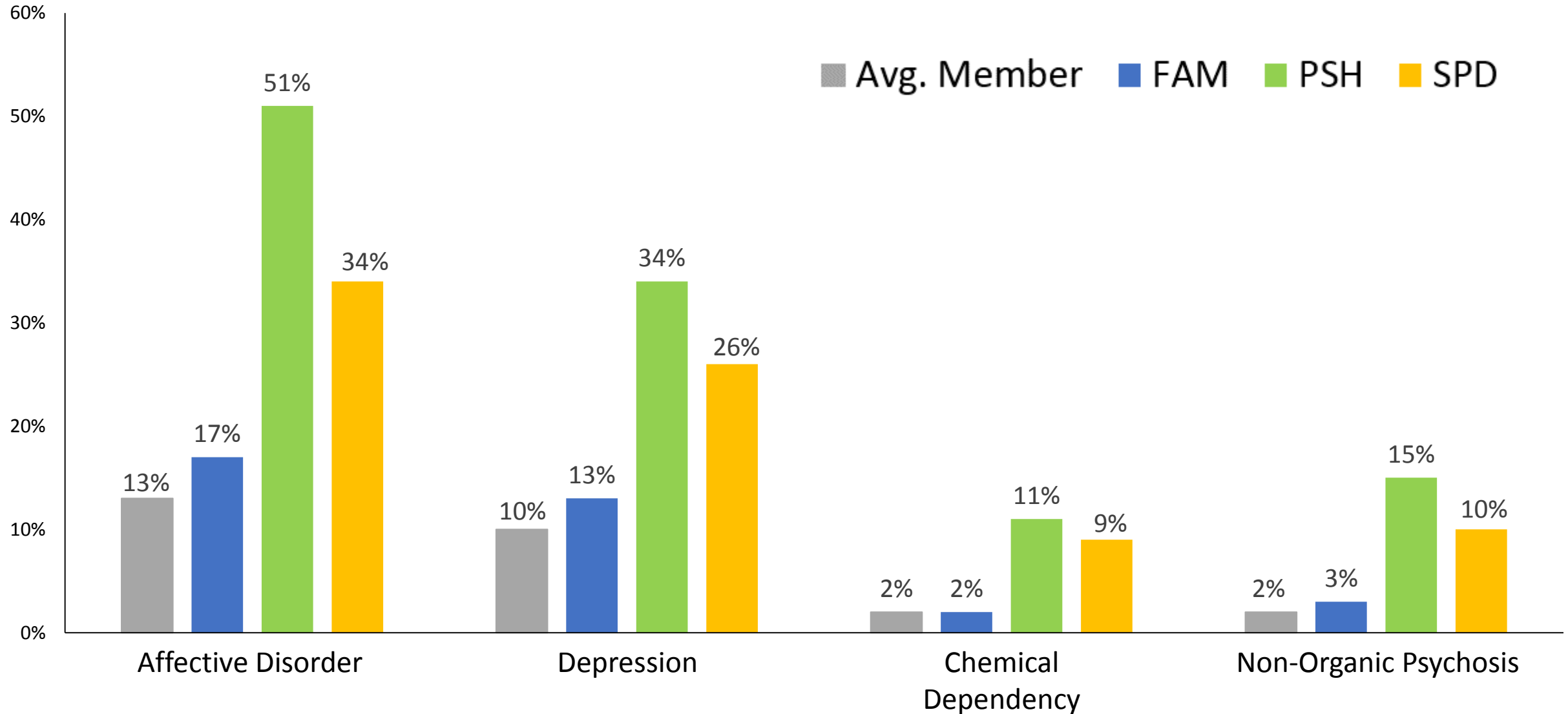
## Health services

Food Resources	68%
Medical Resources	54%
Insurance Assistance	36%
Mental/Behavioral Health Resources	35%
Fitness Resources	29%
Nutrition/cooking Resources	23%
Transportation Resources	19%
Dental Resources	15%

# Prevalence of physical health diagnoses (claims data)

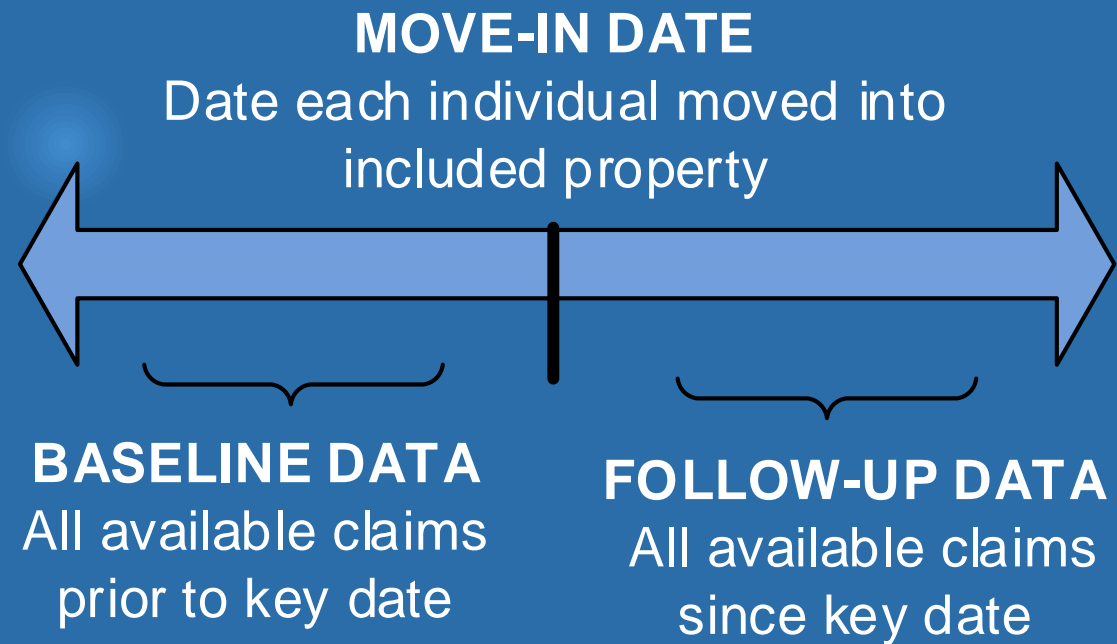


# Prevalence of behavioral health diagnoses (claims data)



# Analyzing changes in health care cost & utilization

- Medicaid claims of 1,625 residents
- Includes all physical, behavioral, mental, and dental claims





# KEY FINDING

Health care costs went down significantly

## Per member, per month costs


Before move-in: \$ 386

After move-in: \$ 338

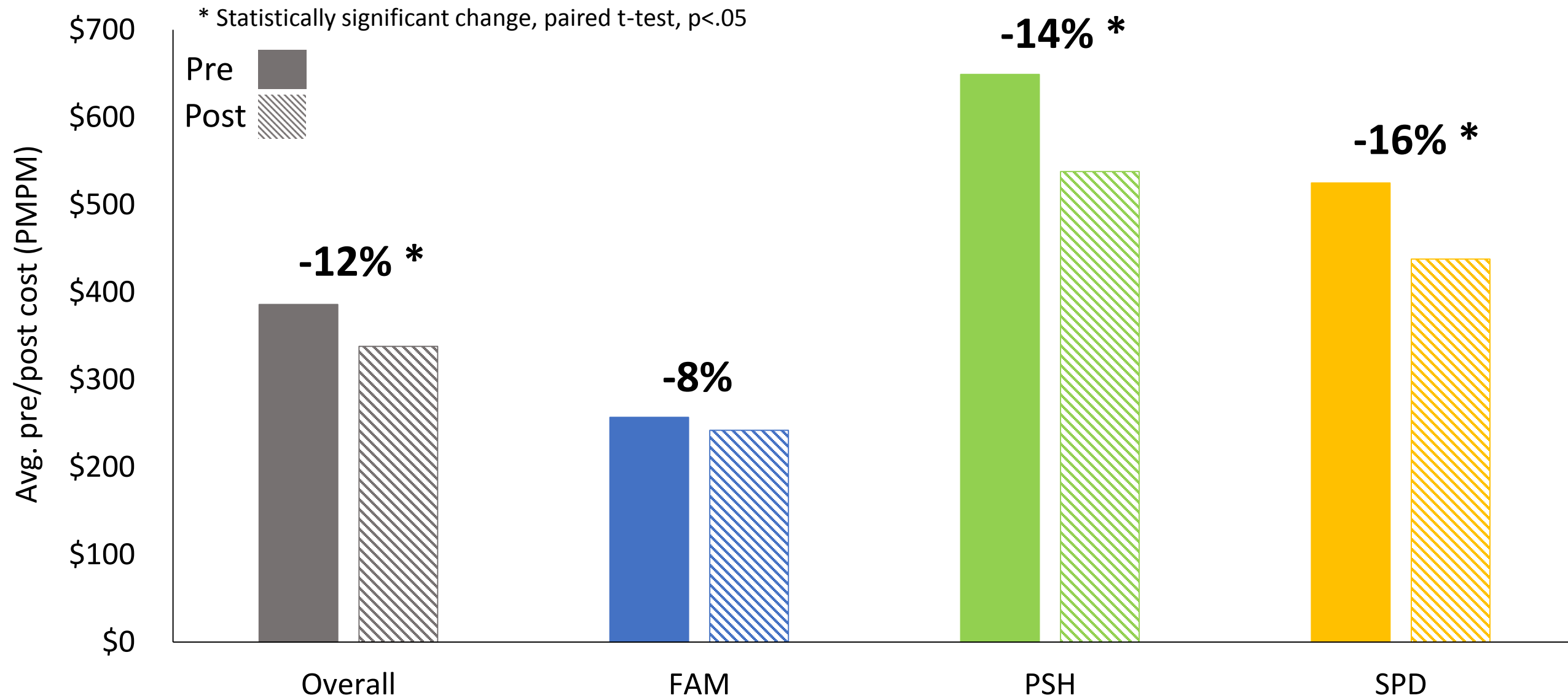
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 \$ 48

Overall Cost Reduction: **12%**

Extrapolated annual cost reduction:  
 \$936,000 a year across 1,625 residents

# Costs down across all housing types



# KEY FINDING

Residents used health services differently when they had housing

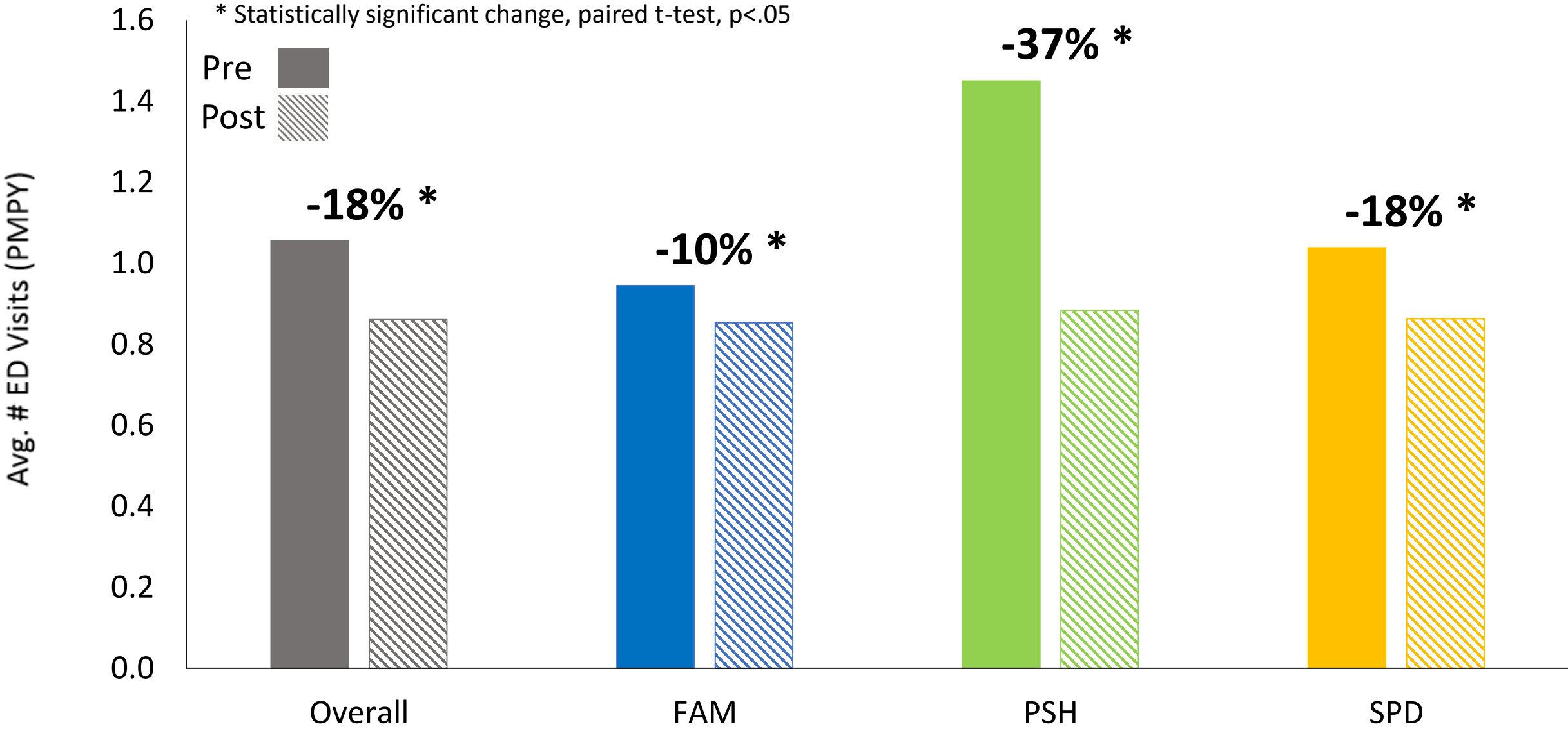


Emergency  
Department  
-20%

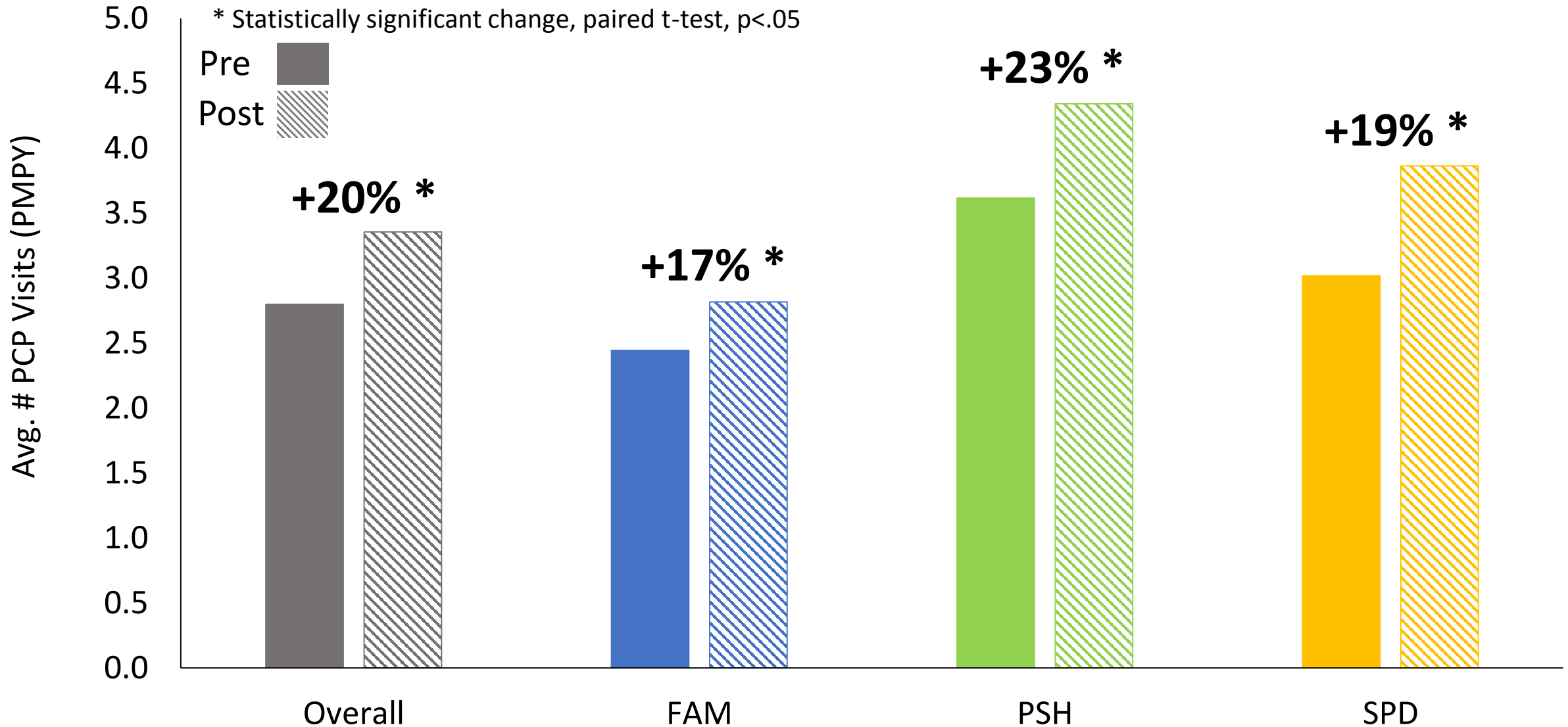


Primary  
Care  
+18%

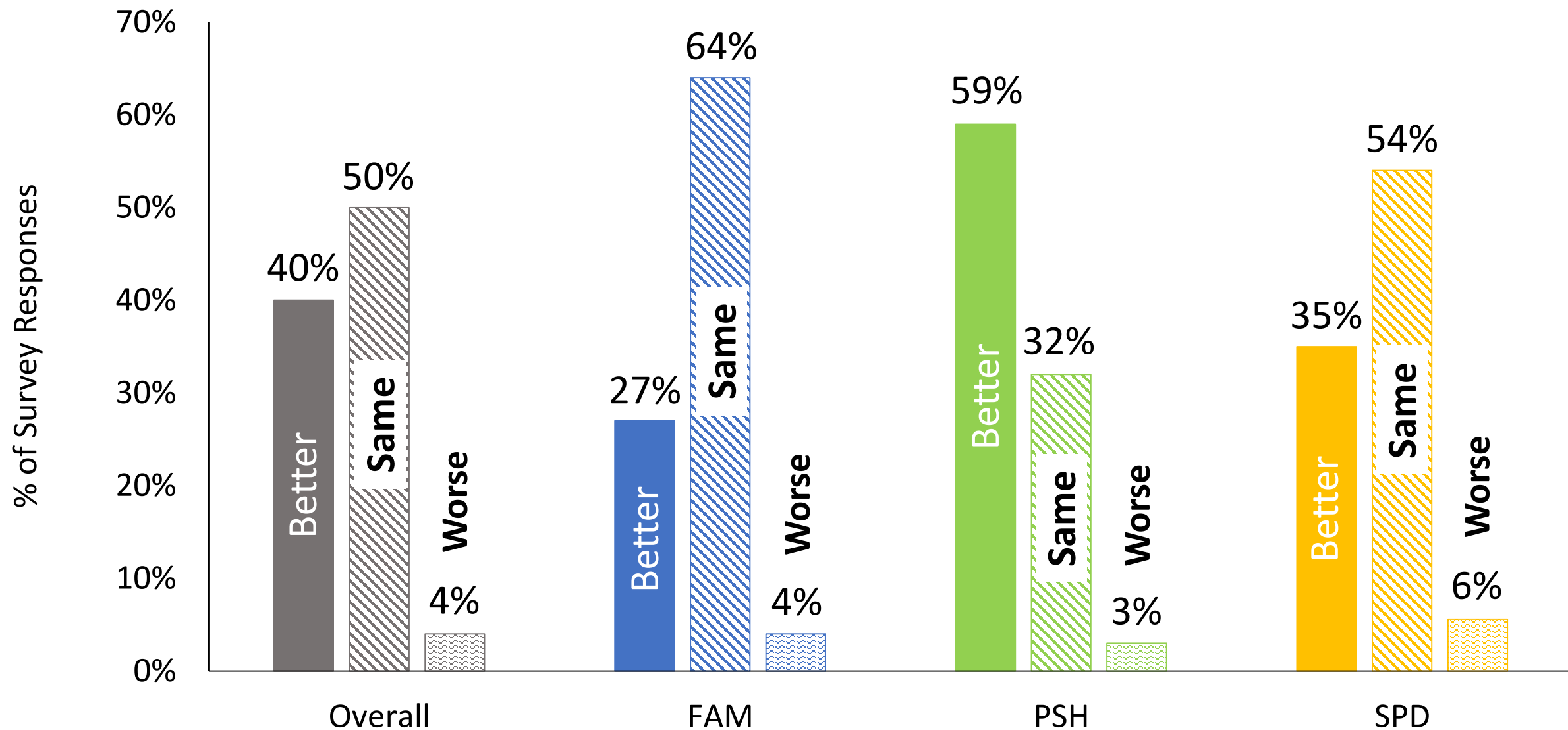
# Emergency Department use down across all housing types



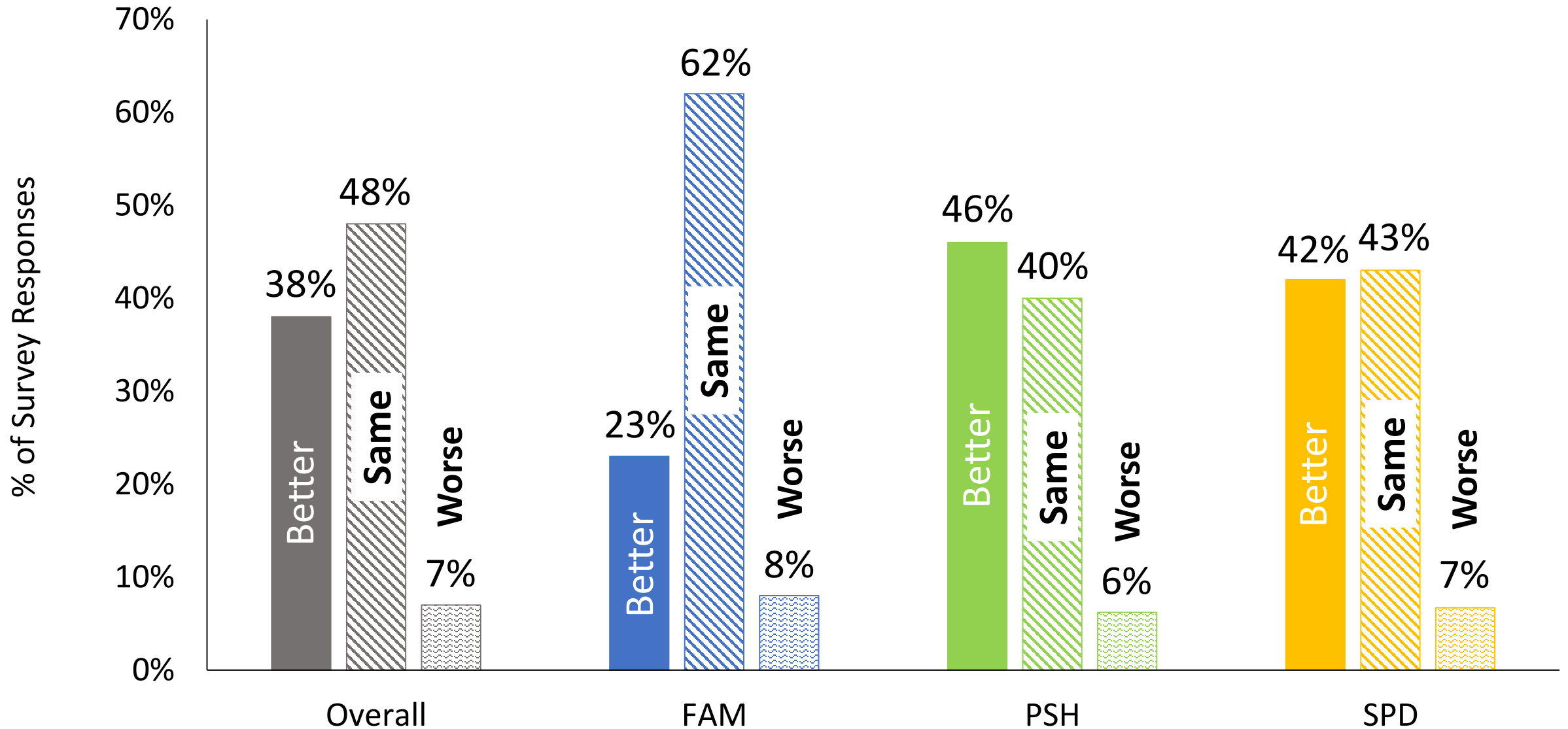
# Primary care visits up across all housing types



# Ability to get care same or better across all housing types



# Quality of care same or better across all housing types



# Analyzing impact of integrated services

- Bucketed staff and services into three categories to assess impact
  - Health Staff & Services – Includes medical, mental health, and dental staff and services
  - Social Staff & Services – Includes Social Workers, Community Health Workers, Health Navigators
  - Wellness Staff & Services – Includes food/cooking services, fitness services and other residential activities
- Utilized multivariate regression models to measure impact of each service category



# KEY FINDING

Integrated health services drove outcomes

...even though awareness was low

## Adjusted impact of health services

Expenditures  \$ 115 per member per month

ED Visits  0.43 visits per year

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## Awareness of select services

Medical 33%

Mental Health 26%

# Emerging Best Practices

Housing With Services – A collaboration of three housing owners, five services providers and funders have come together to serve 1400 senior and disabled residents in 11 buildings located in downtown Portland.

Services include:

- Resident Services Coordinators
- Health Navigators funded by a Medicaid insurer, available to all residents, even if not insured by them
- A health and wellness center
- Primary and urgent care
- A Providence ElderPlace PACE program
- Prescription medication management

# Emerging Best Practices

Housed and Healthy (H+H) Program – a collaborative project of four affordable housing owners which coordinates communication and services between Resident Service Coordinators in affordable housing and care teams at local health clinics. The program includes:

- Needs assessments at move-in to identify high-need individuals
- Standardized Release Of Information forms
- Streamlined referral processes
- Increased coordination between service providers, and in-housing programming to improve residents' health

# What's Next?

Work with the Oregon Health Authority on its Medicaid 1115 Waiver. The draft waiver includes Medicaid funds for a targeted number of at-risk adults, families, and adults eligible for both Medicare and Medicaid programs including:

- Homelessness prevention - care coordination at exit
- Tenancy supports – 1<sup>st</sup>/last month rent
- Housing sustaining services – eviction prevention
- Incentivize CCOs to use Flexible Benefits Funding by considering them “health related expenses” rather than administration expenses

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