

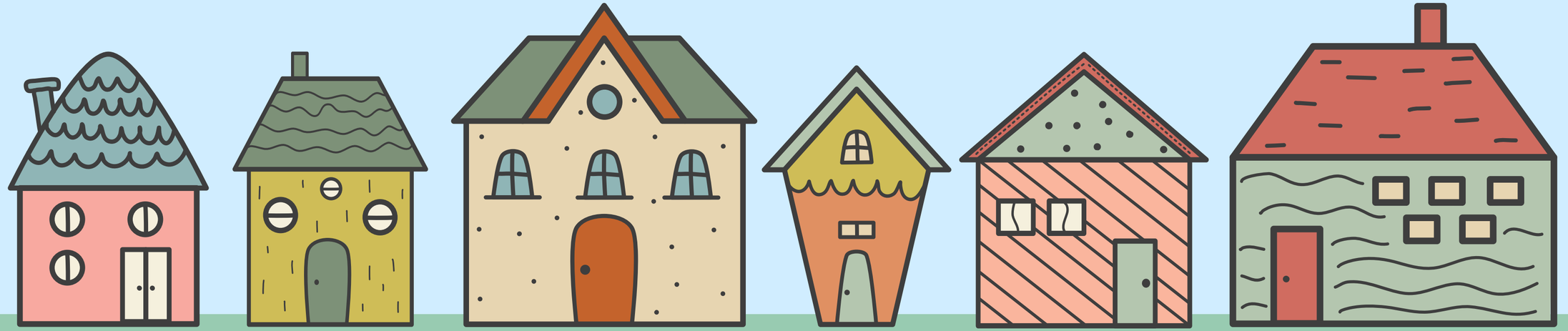
Housing insecurity and Cardiovascular Disease among Hispanics

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HSC 507- Spring 2023

Dr. Laura D' Anna

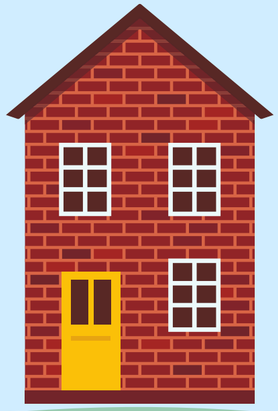
Why is this topic important to you?



- **First-Hand Experience: My community and household**
- **My Community's Cardiovascular Health**
- **Looking to find potential solutions or interventions to share with my community**

Cardiovascular disease can arise if an individual suffers from obesity, diabetes, high blood pressure, and chronic stress (CDC, 2023).

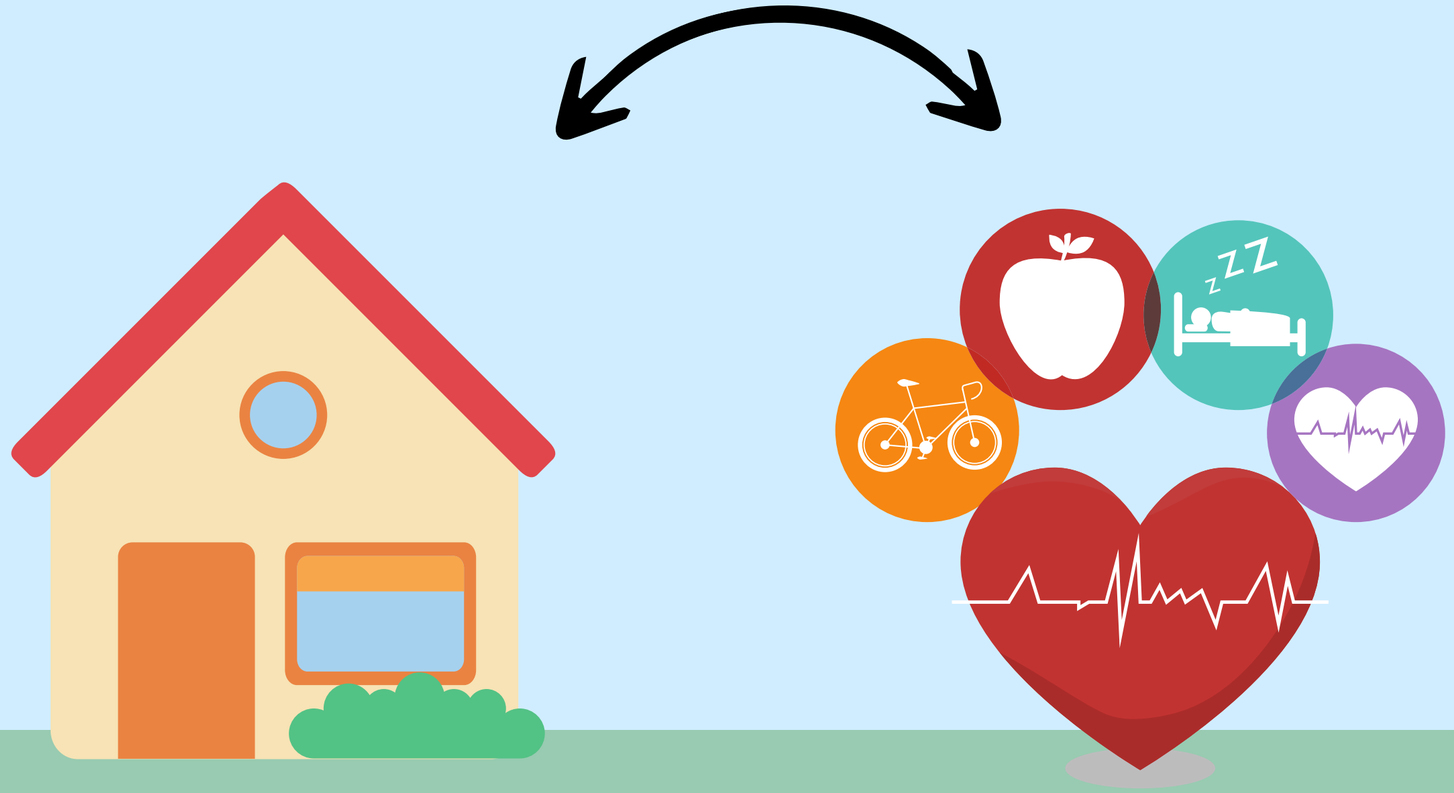
42.7% of Hispanic women and 52.3% of Hispanic men die from cardiovascular disease in the United States (Gomez et al.,2022)



From 2019 and now, there was a 19% increase in housing prices in the United States.
In Los Angeles County, from April 2020-2021, there was a 10.5 % increase in housing (USAFacts,2023)

Latinxs are vulnerable to experiencing housing insecurity and are less likely to receive support and resources to overcome their economic situation (Chinchilla et al., 2021)

In 2016, 54% of Latinx households experienced a rent burden due to paying more than 30 % of their incomes for housing (Chinchilla et al., 2021).



How is housing insecurity correlated to cardiovascular disease?

Overcrowding/Income



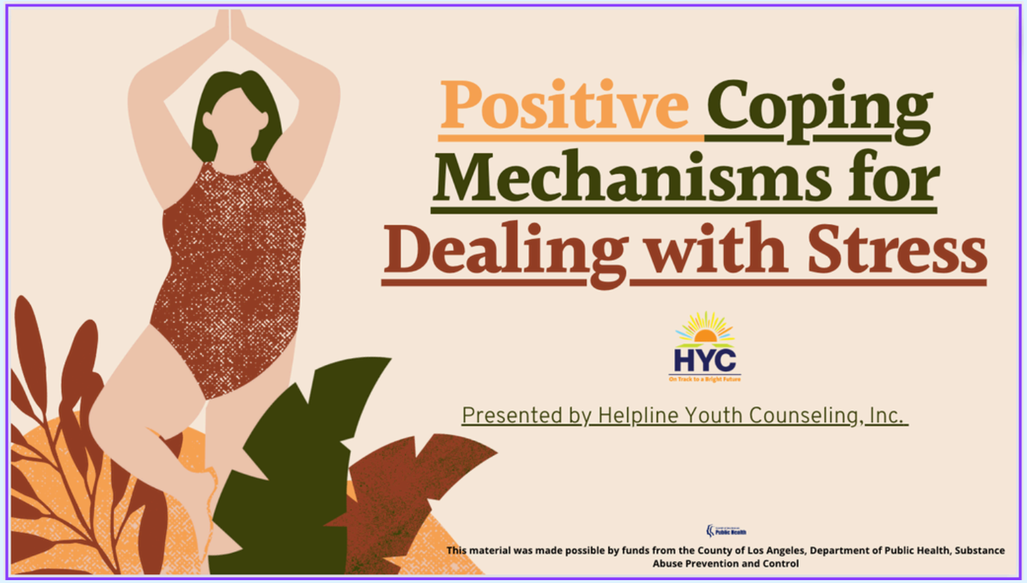




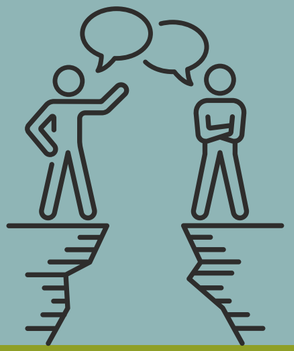
- Two or more families living in one household
- Many families can not afford a place of their own
- Families struggling to pay for rent or mortgage

Preventive Care/ Prevention





- Presentation to communities within SPA 7
- Taking aspirin to prevent a heart attack or stroke



Gaps in literature

- Lack of research on the levels of stress related to housing among Hispanics
- Lack of mental health interventions to cope with housing insecurity among Hispanics
- How Structural racism impacts housing stability among Hispanics

New Ideas for Intervention



- Create culturally competent mental health intervention for minority communities.
- Collaborating with community health centers and community-based organizations on providing education around aspirin use.
- Create housing programs that collaborate with city officials, motels, hotels, and vacant properties to support families or individuals at risk of homelessness.

Resources

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