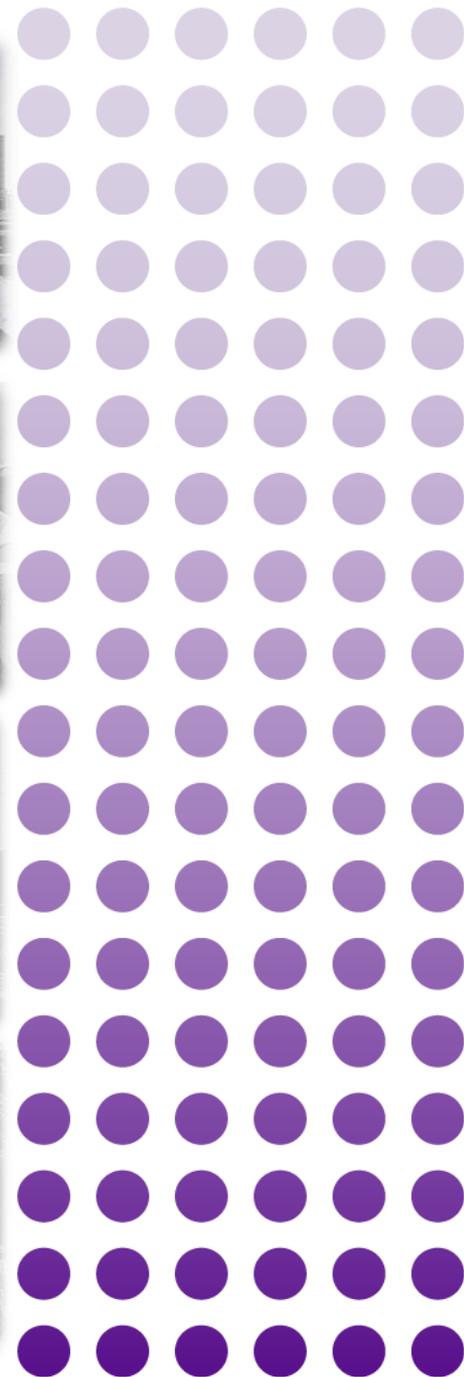


# NYU Lutheran Family Health Centers

Housing and Health Outcomes:  
Incorporating Access to Affordable Housing as a  
Health Promotion Strategy  
Larry McReynolds, Executive Director  
12/12/2016



# NYU Lutheran Family Health Centers

## Overview of Services



- Established in 1883, NYU Lutheran is a safety-net hospital and primary healthcare provider serving diverse communities in Southwest Brooklyn and the 5 Boroughs
- Formed **Sunset Park Health Council, Inc.** – One of the nation's largest & longest standing FQHC's with 10 community health centers, 27 school-based health centers, community medicine program (homeless population), and community-based programs
- Current NYU LFHC governing board remains over 75% community residents
- NYU Lutheran FHC defines health as inclusive of economic, social and education well-being thereby influencing the opportunity to make healthy choices
- **Stable housing is integral to improving health outcomes and lowering costs for high-needs, high cost Medicaid/Medicare members**

# NYU Lutheran Family Health Centers

## Addressing Social Determinants of Health

### Affordable Housing is Critical to NYC's Large Population of Foreign-Born Older Adults

- New York has the largest foreign-born senior population of any U.S. City (46% of total senior population)
- Sunset Park, Brooklyn has the largest percentage of immigrant seniors living below poverty line compared with all other NYC neighborhoods (47% of seniors are poor vs. the citywide average of 24%)
- Median income for immigrant seniors in New York is **\$9,900** as compared to the native-born senior median income of **\$18,300**  
(Source: Center for an Urban Future: The New Face of New York's Seniors - July 2013 Report)
- Lack of good quality affordable housing, forces seniors to move out of familiar communities in order to find the cheapest rents or remain in rent-controlled apartments that are no longer suitable for them.
- Many foreign-born seniors are ineligible for Medicare because they lack the required 40 credit work period.



# NYU Lutheran Family Health Centers

## Addressing Social Determinants of Health

- High Poverty and Poor Housing Options Results in Lack of Opportunity to Age In Place
- In 1977, NYU Lutheran sponsored and built three rent subsidized senior citizen apartment complexes serving the residents of Bay Ridge and Sunset Park, Brooklyn
- 725 additional rent subsidized units for seniors with healthcare, rehabilitation and a continuum of social services co-located in the buildings
- On-site services for older adults help housing residents stay healthy and active as they age
  - ❖ Neighborhood Centers for Older Adults
  - ❖ Social Model Day Programming
  - ❖ Service Coordination
  - ❖ Caregiver Support
  - ❖ Transportation
  - ❖ Health and Wellness Programming



# NYU Lutheran Family Health Centers

## Participant Story: Housing and Support Services Improve Health Outcomes

- *Ms. V is 86 years old. She came to the U.S. in 1989 from the Soviet Union.*
- *Forced to live in cheap inaccessible housing, she became isolated her from social life and proper medical care. Ms. V's diabetes worsened and her mobility became impaired.*
- *In 1993, Ms. V became one of the first residents of NYU Lutheran's Harbor Hill Senior Housing Center. The Russian-speaking Service Coordinator at Harbor Hill helped her obtain Medicaid, food stamps, transportation, and an adult day center where Russian was spoken.*
- *Ms. V also began receiving all medical care at NYU Lutheran's main campus. Ms. V's health improved so much she was able to take a trip back to Ukraine to see family.*



Bay Ridge on the Move Transportation Service is one of many supportive services that help Ms. V stay healthy and active as she ages.