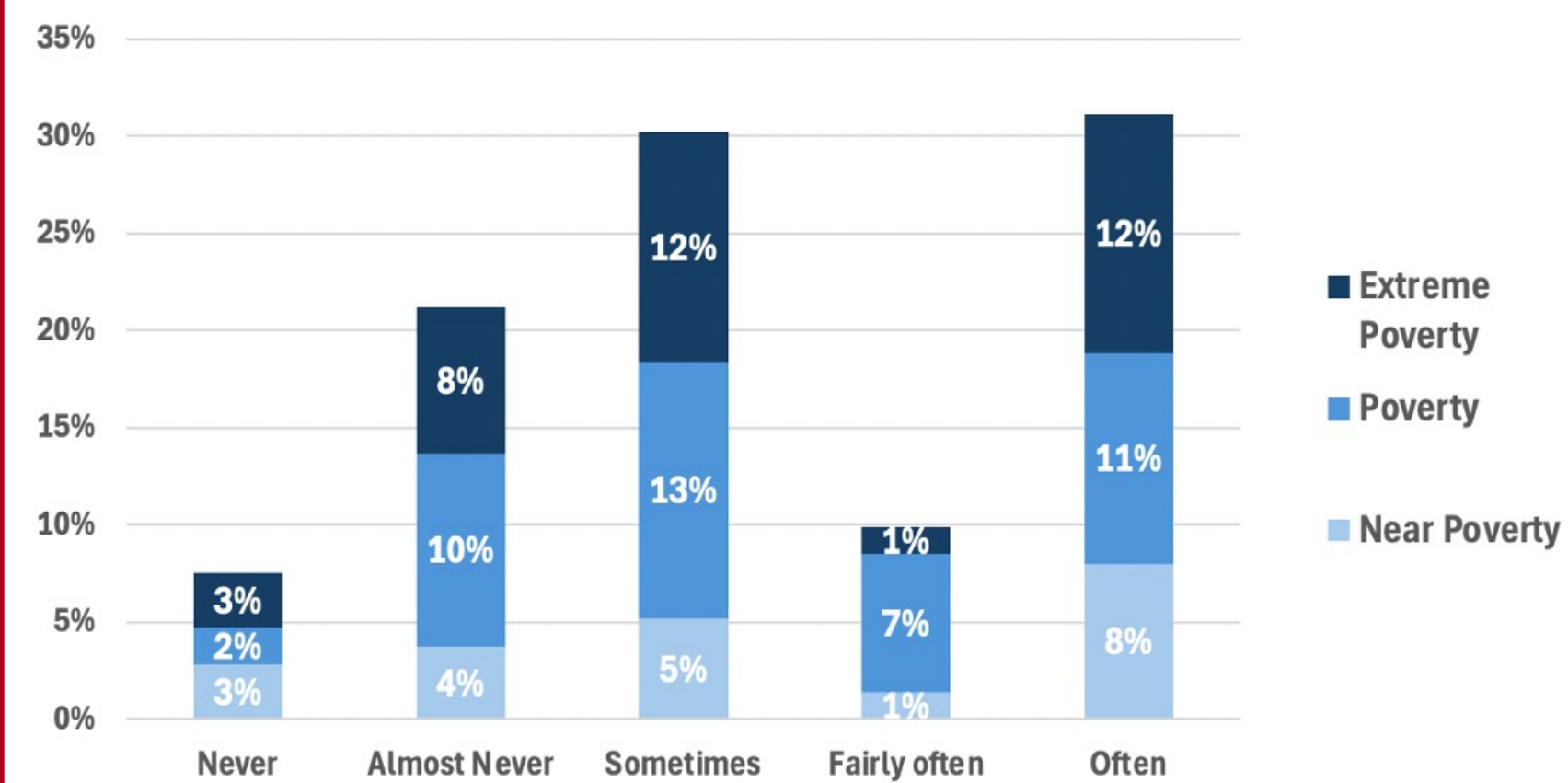


Poverty, Health, and Stress

Lucy Caldwell, Ana Figueroa, Chloe Fuller, MJ Joaquin, Grace Johnson, Hazel McMillen

Mental Health and Poverty

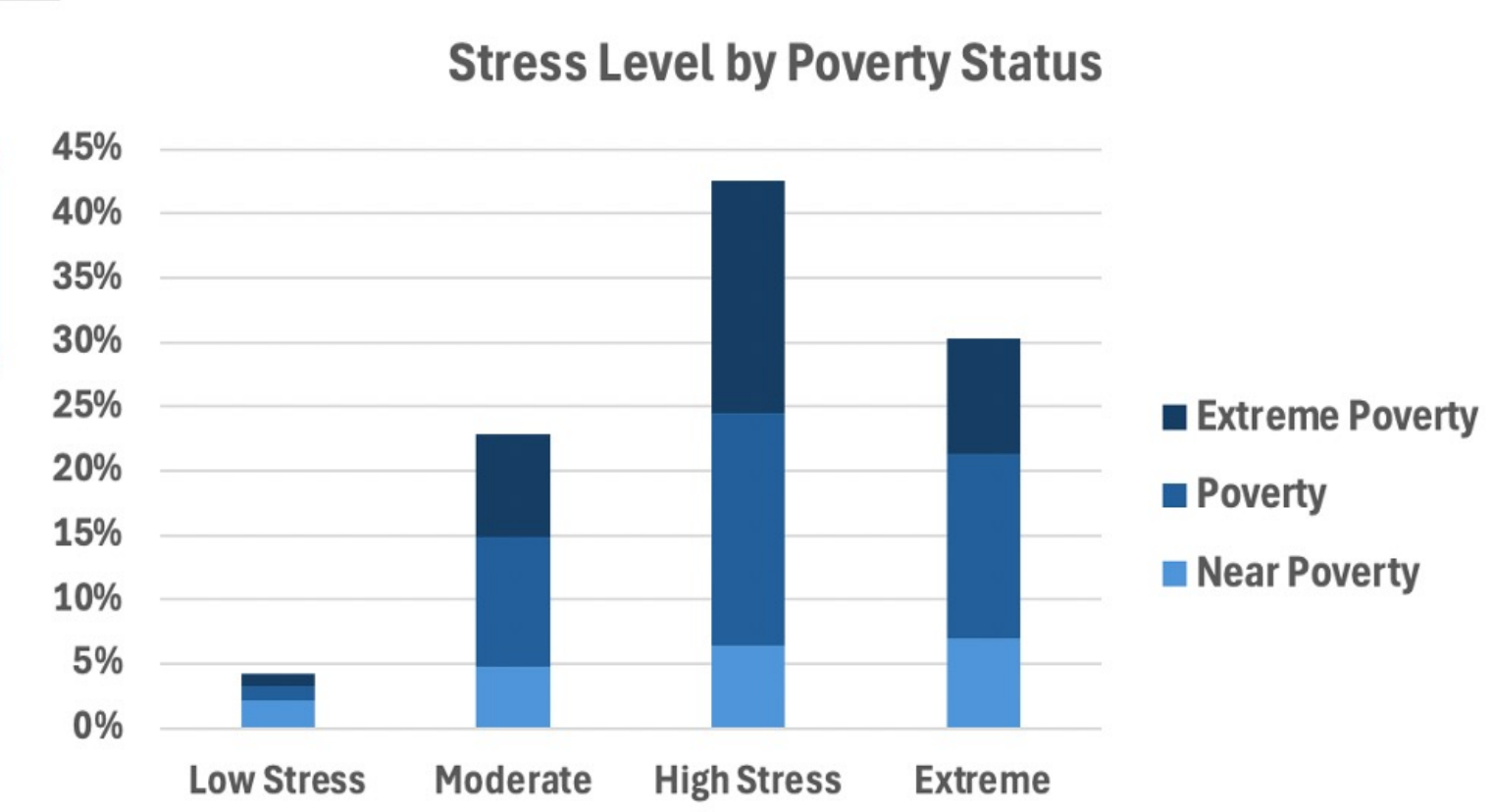
In the last month, how often did you feel that you were unable to control the important things in your life?



"Money is a very significant source of stress. Some months, it feels like I can't control anything in my life."

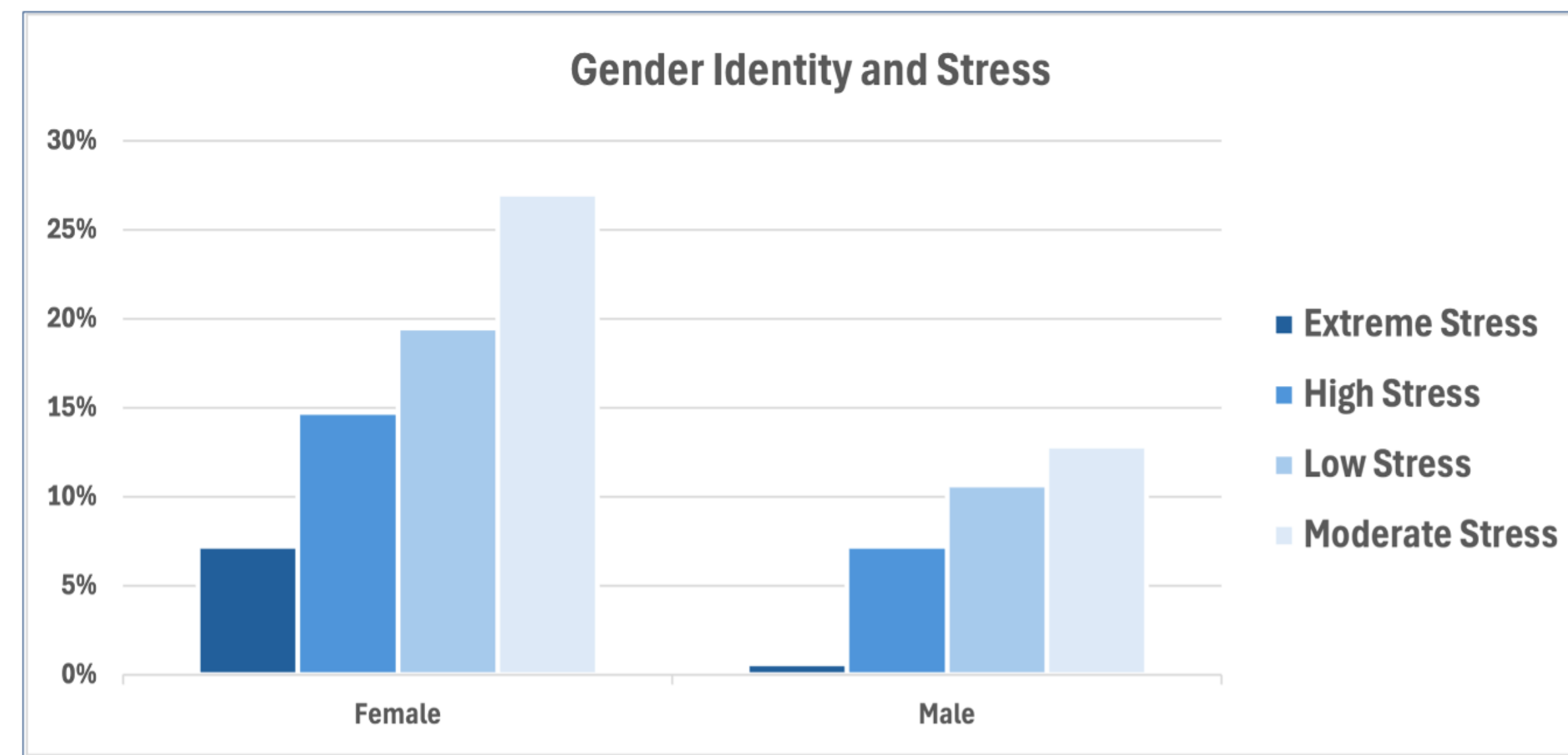
Poverty places a burden on mental and emotional well-being

77% of those experiencing extreme stress are in poverty



Who is Affected by Stress the Most?

Gender Identity and Stress

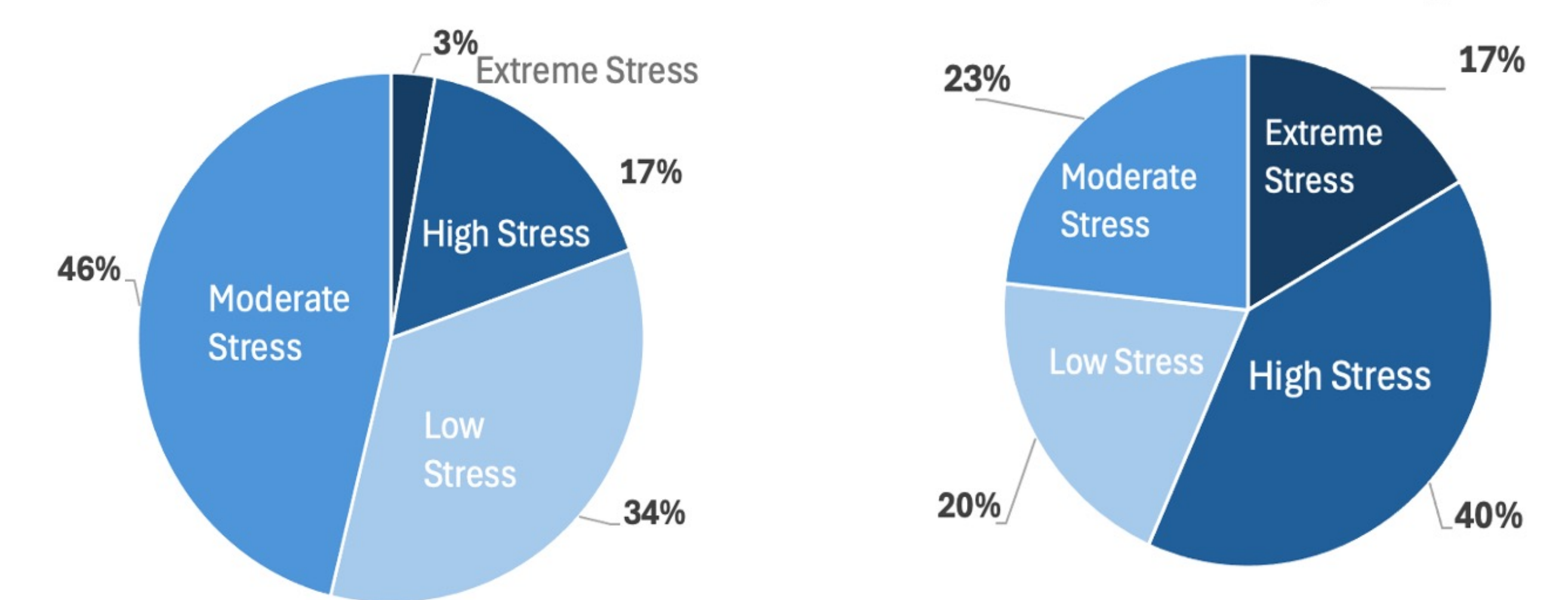


Over 50% of women experience moderate to extreme stress

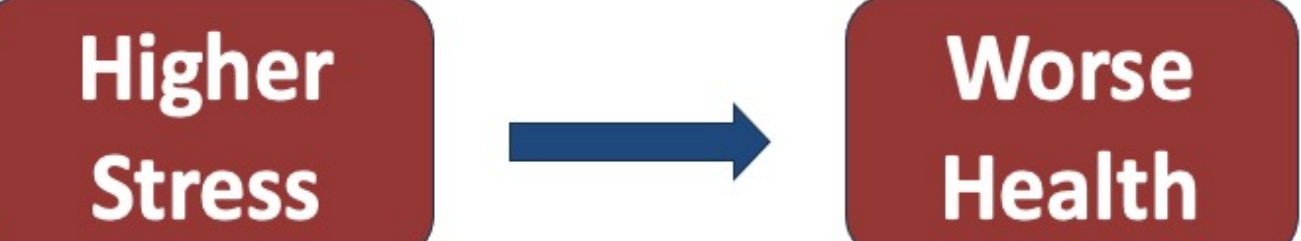
33.7% of women have not felt control over their lives in the past month

Connecting Stress and Health

Stress Levels of Those Reporting Good Health vs. Stress Levels of Those Reporting Poor Health



"The stress of living in poverty is relentless. Some months, I can't even afford the basics, and we've had days with nothing to eat. It's exhausting."



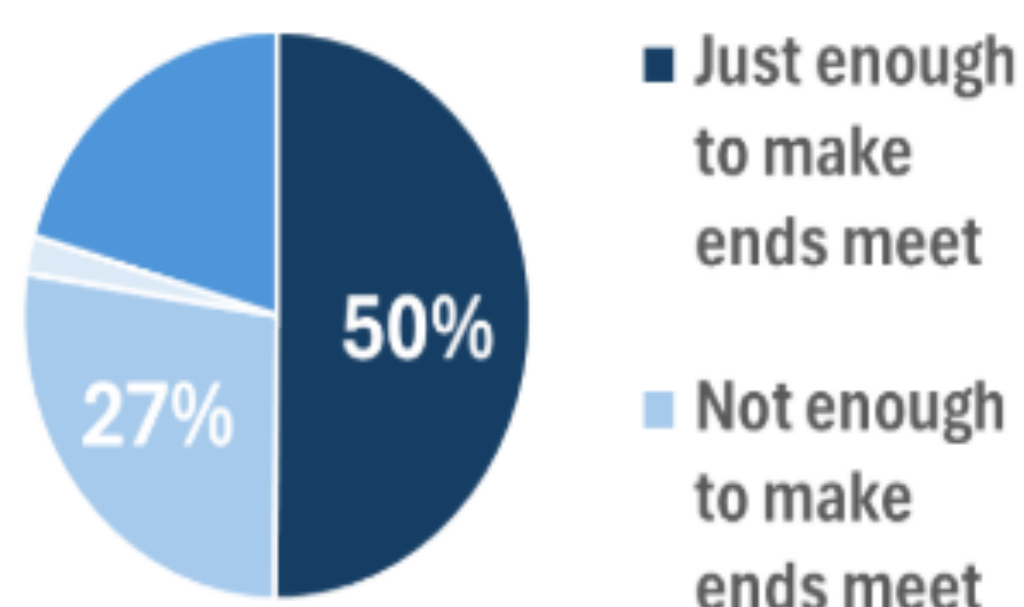
Finances and Health

What would you do if your rent increased?

"Honestly I don't know what we would do, because we don't have anywhere else to go."

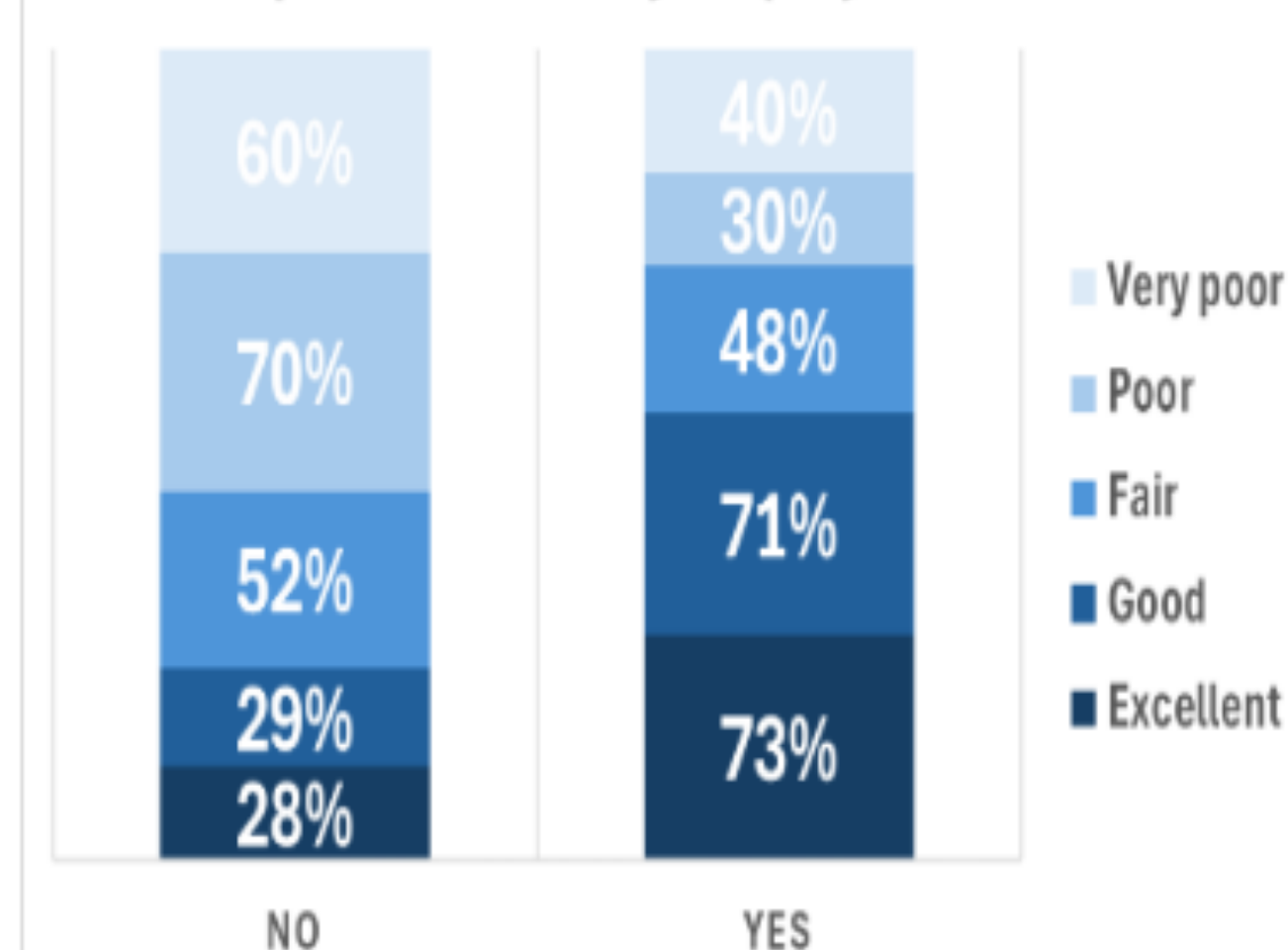
"I will cry and be forced to move."

How well families get by with current resources



52% of individuals consider the economy to be a significant source of stress in their lives.

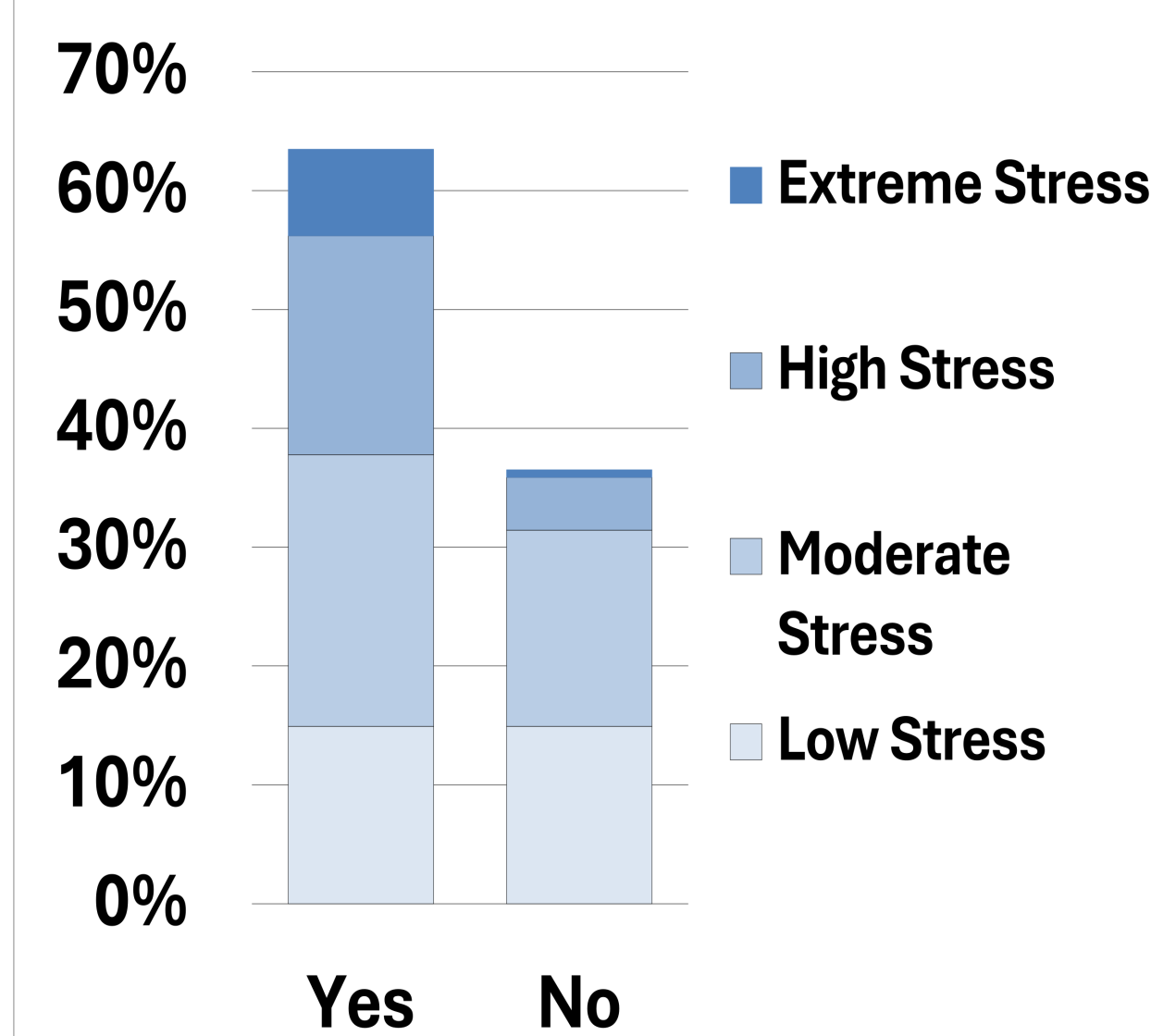
Reported Health by Employment Status



26% of individuals prioritize paying off some type of debt.

Services and Participation

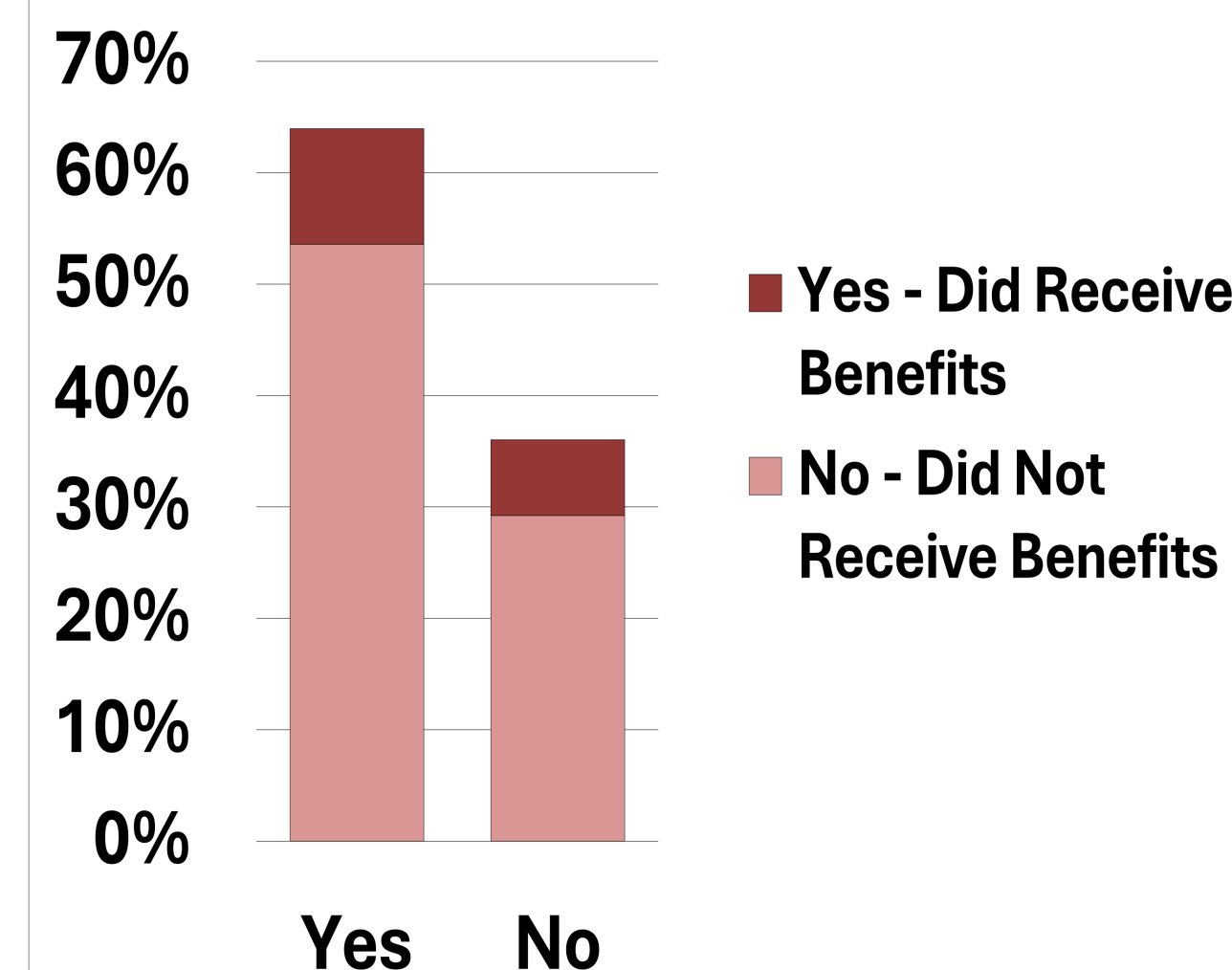
Challenges Accessing Services vs. Stress Levels



64% of respondents perceive challenges in accessing services

10% of those who perceive challenges participate in state health programs.

Challenges Accessing Services vs. Participation in State Health Insurance for Kids



Recommendations

"We need mental health counseling"

- Emphasize mental health services with housing programs.
- Support groups for housing instability, debt management, or mental health.
- Social workers can help with processing stress or trauma correlated with housing instability.
- Local charities, emergency housing and legal aid services to help people understand their rights and reduce economic stress.