Women's Health

Economic Poverty, Mental Health Issues and Frameworks to Address Challenges

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Scan for Presentation

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Heart of Indiana United Way

heartofindianaunitedway.org

What is Women's Health?

- “The branch of medicine that focuses on the **treatment and diagnosis of diseases and conditions that affect a woman's physical and emotional well-being**” (Medline Plus, 2022).
- "The effect of gender on disease and health that encompasses a broad range of **biological and psychosocial issues**" (Gale Encyclopedia of Medicine, 2008).
- Even further, the **affect of systems, social attitudes, and policies on** the prevention, diagnosis and treatment of conditions specific to **women's health**.

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"Healthy Women, Healthy World", embodies the fact that as custodians of family health, women play a critical role in maintaining the health and overall well-being of her communities."

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Economic Poverty and Women's Health

- **ALICE population**:
  - **A**sset **L**imited
  - **I**ncome **C**onstrained
  - **E**mployed
  - "Households that earn above the Federal Poverty Level (FPL) but cannot afford the basic cost of living in their county...Considered below the ALICE Threshold of Financial Survival in 2021."
- "**Single-female-headed households with children had the highest rate of financial hardship in 2021 at 76% of single-female-headed households."**

(Hoopes, S. & colleagues, 2023)

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ALICE Survival Budget
INDIANA
Madison County
1 adult 2 kids
$23.48/hr. FT, 52 weeks

http://unitedforalice.org/Household-Budgets/Indiana

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ALICE Survival Budget - 1 Adult 1 Schoolage 1 Pre-Schooler

Housing – Rent	$542
Housing – Utilities	$262
Child Care	$725
Food	$829
Transportation	$603
Health Care	$752
Technology	$75
Miscellaneous	$379
Tax Before Credits	$816
Monthly Total	$4,983
ANNUAL TOTAL Before Tax Credits	$59,796
Tax Credits (CTC and CDCTC)	($10,956)
ANNUAL TOTAL With Tax Credits	$48,840

Economic Poverty and Women's Health

- **Survival Budget in Indiana: Income needed to cover all basic costs for each month of the year**
  - Monthly income- $4,869, yearly- $58,428
  - **Hourly income- $29.21**
  - Only 3/20 of the most common jobs would meet this amount ($29.21): registered nurses, general and operations managers, sales representatives wholesale and manufacturing,

- **Federal Poverty Levels (FPL)**
  - Family of four: $30,000
  - Family of three: $24,860

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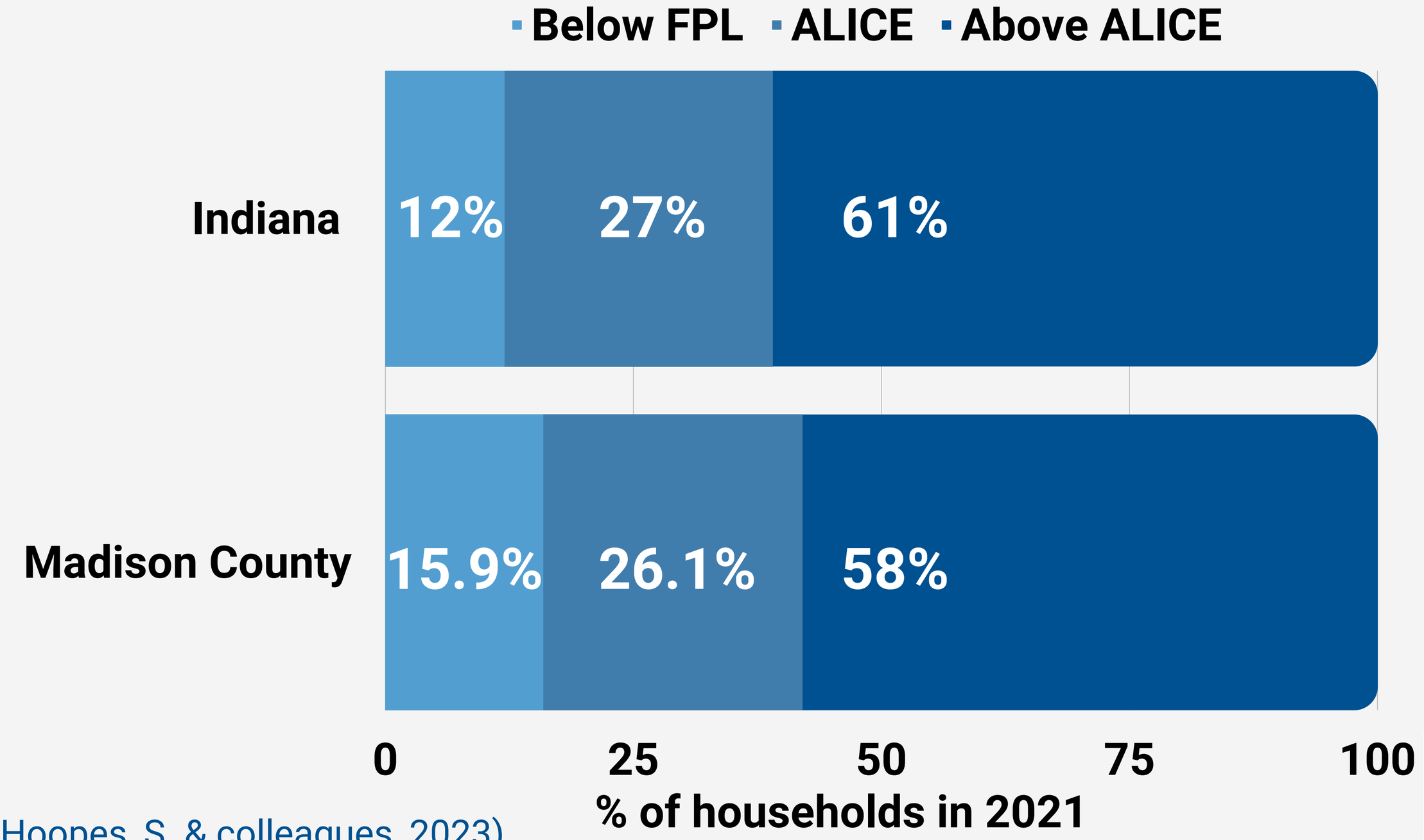

(Hoopes, S. & colleagues, 2023)

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Figure 9. Feeling Anxious, Above and Below the ALICE Threshold, Indiana, 2022

Feeling Nervous, Anxious, or on Edge			
	Below ALICE Threshold	Above ALICE Threshold	State Average
Black	18%	9%	19%
Female	29%	16%	
With a Disability	38%	33%	
LGBT	50%	33%	

Question: Over the last two weeks, how often have you been bothered by feeling nervous, anxious, or on edge? Selected: Nearly every day

Note: The "With a Disability" group includes respondents who have one or more vision, hearing, cognitive, mobility, or self-care difficulties; the "LGBT" group includes respondents who identify as gay or lesbian, bisexual, and/or transgender; the Hispanic group was too small to include in this analysis.

Sources: ALICE Threshold, 2021; U.S. Census Bureau, Household Pulse Survey, September 14, 2022–November 14, 2022, Phase 3.6

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Hoopes, S. & colleagues, 2023, p. 19

Women, ALICE population and Mental Health

- Adult women are more likely to have a major depressive episode:
  - **10.5% of women versus 6.2% among men** (NIMH)
- **Indiana respondents** to the 2020 and 2022 Household Pulse Survey, who fell **below the ALICE Threshold were more likely to report feeling down**, depressed, or hopeless at both timepoints (16% in 2020 and 18% in 2022) than respondents above the Threshold (8% in both 2020 and 2022)

(Hoopes, S. & colleagues, 2023, p. 21)

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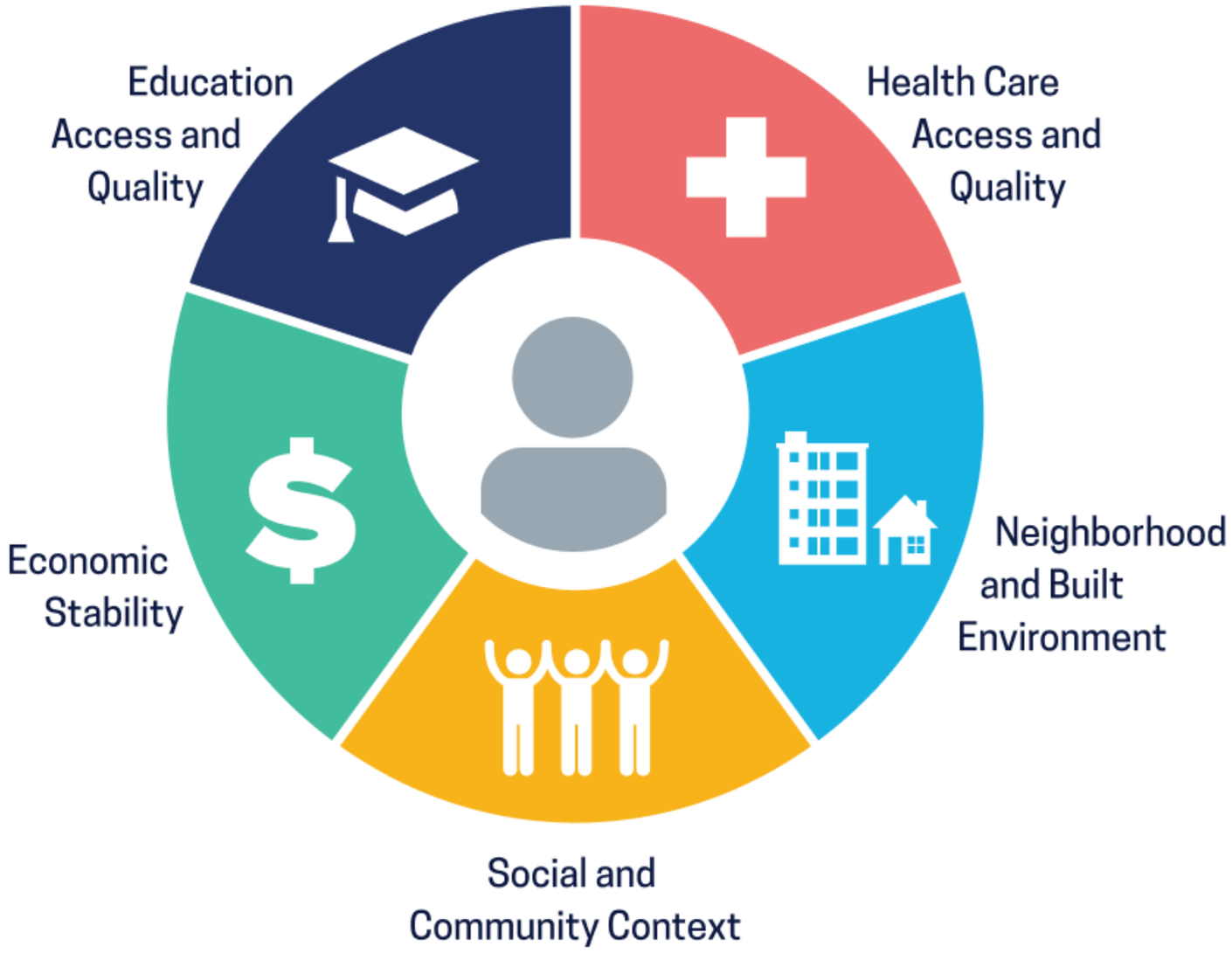
Social Determinants of Health



Healthy People 2030

- Healthy food
- Housing
- Education
- Employment
- Transportation
- Personal safety
- Affordable health care
- Cultural resources
- Recreation
- Clean air and water
- Protection from discrimination

Positive and Adverse Childhood Experiences (PACEs)

Adverse Childhood Experiences

- 10 potentially **traumatic events** occurring before one's 18th birthday.
- As ACE scores **increase, the likelihood of developing disease and illness** in adulthood increases.

Positive Childhood Experiences

- 7 **healthy and connected experiences** occurring before one's 18th birthday.
- As PCE scores increase they help prevent ACEs, **buffer against the impact of ACEs**, and promote healing and recovery from ACEs.

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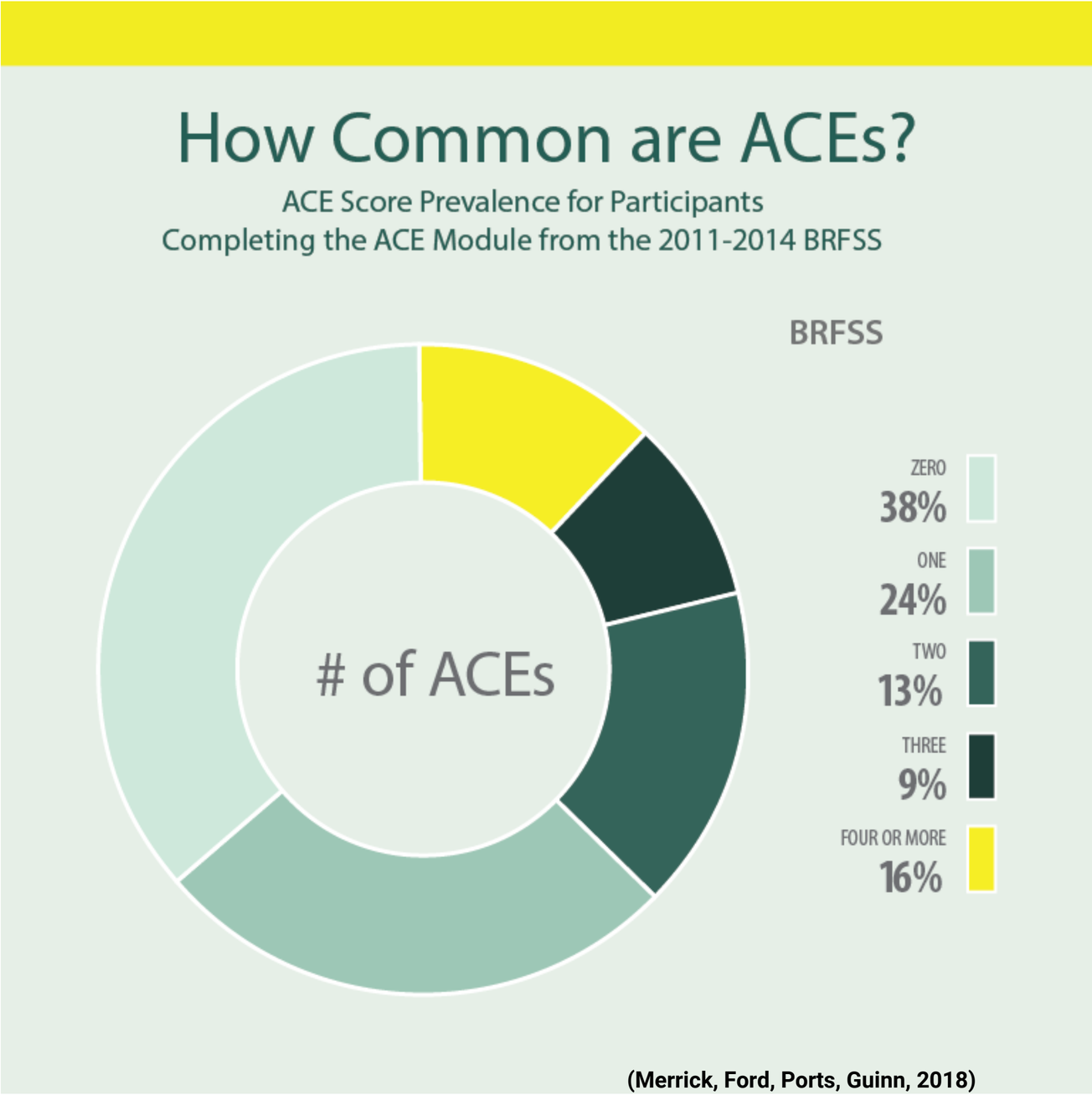
3 REALMS OF ACES

Thanks to **Building Community Resilience Collaborative and Networks** and the **International Transformational Resilience Coalition** for inspiration and guidance.
Please visit **ACEsConnection.com** to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

ACEs Connection



(Merrick, Ford, Ports, Guinn, 2018)

Data Results

- **Mean ACE scores higher among women and younger adults**
- **Multiracial respondents reported highest level of overall ACEs**
- **High mean ACEs**: Respondents with less than HS Education; income less than $15,000 per year; identifying as gay/lesbian and bisexual
- **Lower ACE scores**: Respondents more likely to be employed
- Most commonly reported in this order:
  - 1) Emotional Abuse
  - 2) Parental Separation or Divorce
  - 3) Household Subst. Abuse

ACEs and Health Outcomes in IN

3.0X

Greater odds of smoking*

3.0X

Greater odds of having fair or poor general health*

3.4 X

Greater odds of having COPD*

4.8X

Greater odds of having poor mental health*

6.3X

Greater odds of having a depressive disorder*

**Compared to those who reported no ACEs after adjusting for age, sex, race, and education (2018 Indiana BRFSS, 2020, p. 4)*

Positive Childhood Experiences (PCEs)

(Bethell, Jones, Gombojav, Linkenbach, & Sege, 2019,)

- Felt able to talk to your family about feelings.
- Felt your family stood by you during difficult times.
- Felt safe and protected by an adult in your home.
- Had at least 2 non-parent adults who took a genuine interest in you.
- Felt supported by friends.
- Felt a sense of belonging at high school.
- Enjoyed participating in community traditions.

Positive Childhood Experiences (PCEs) Research

(Bethell, Jones, Gombojav, Linkenbach, & Sege, 2019, p. 2)

Odds of Depression/Poor Mental Health

	0-2 PCEs	3-5 PCEs	6-7 PCEs
Odds of depression/poor mental health (compared to 0-2 PCEs):		50% lower	72% lower

Summary:

Positive childhood experiences mitigate the effects of ACEs and buffer against toxic stress.

Positive childhood experiences promote healing and recovery.

ACEs Prevention and PCEs Promotion Strategies

(Fortson, Klevens, Merrick, Gilbert, & Alexander, 2016).

- Strengthen Economic Supports to Families
- Change social norms to support parents and positive parenting
- Provide quality care and education early in life
- Enhance parenting skills to promote healthy child development
- Intervene to lessen harms and prevent future risk

CHILDHOOD OUTCOMES

Living, developing, playing, building relationships, and learning in safe, stable, protective, equitable, and emotionally supportive environments.

ADULTHOOD OUTCOMES

Holistic well-being in the community, mental health, physical health, skill development, education, employment, and positive relationships.

Equity in policies, procedures and programming

Strong economic supports for families

Social norms that support positive parenting approaches

Positive, Safe, Supportive, and Equitable Community Environments

Parenting education and skill building

Early Intervention when ACEs occur

Quality childcare & early childhood programming

Created by Annie Wood Bell

(Sege & Browne, 2017, p. S79; Fortson, Klevens, Merrick, Gilbert, & Alexander, 2016)

What does Heart of Indiana United Way Do?

Heart of Indiana United Way

covering kids & families of Indiana

Health insurance Navigation

THRIVE NETWORK
Helping hardworking people achieve financial stability

Financial, Employment, Income Supports and Family Coaching

Community Health Worker Network

Providing safety net services, basic needs, linking to resources

CAPACITY BUILDING

Ongoing training and support in areas of mental health, trauma-informed care, motivational interviewing, implicit bias, working with specific populations (LGBTQIA+) and more.

What does Heart of Indiana United Way Do?

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Women United

Volunteer-led group, dedicated to making a local impact through service, raising money, and advocating with a focus on women and children.

Education:

Read and Achieve

Goal: All third graders reading at reading level.

- Dolly Parton Imagination Library
- Book Nooks and Literacy Kits
- Summer Book Giveaways
- Blast off to Kindergarten

Example of Local Positive Impact on Women's Health

Examples of Local Positive Impact on Women's Health

Women Supporting Women

- Alexandria, IN
- Providing Free Period Supplies to Community

Family Resource Center- Firefly

- Anderson, IN and other locations in IN
- Parent Café, food pantry and more

Community Hospital Network

- Anderson, IN and other IN locations
- CHOICE Program
- Pregnancy and Substance Use Treatment Program

Heart of Indiana United Way's Partners in Madison County

SAFETY NET SERVICES

- Second Harvest Food Bank
- A Better Way Services
- Anderson Housing Authority
- Bowen Center
- Little Red Door Cancer Agency
- Meals on Wheels
- Operation Love Ministries
- Pathstone Corporation
- Salvation Army of Madison County
- St. Vincent DePaul

THRIVE NETWORK PARTNERS

- Alternatives, Inc.
- Anderson Housing Authority
- Anderson Impact Center
- Firefly Children and Family Alliance
- Grace Horizon
- Madison Park Church
- PathStone

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What's next?

01

What are the ways we are already making an impact on women's health in Madison County?

02

What systems, programs, and current work in women's health needs to be strengthened?

03

What are new ways we can make an impact on women's health in Madison County?

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