



# HI-C

## HEALTH IMPACT CHECKLIST

### COVID-19 EXAMPLE

*The Kansas Health Institute developed this Health Impact Checklist on the "Suspension of Disconnections of Utility Services due to COVID-19 (Hutchinson, Reno County)" policy as an example. This HI-C was not requested by any organization or shared with the purpose to inform this specific policy. It provides an example of how HI-C can be used to inform important decisions, including those made to address COVID-19 related impacts.*

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**KANSAS HEALTH INSTITUTE**  
*Informing Policy. Improving Health.*

## Health Impact Checklist – Example

Summary Page Proposal Name
Suspension of Disconnections of Utility Services due to COVID-19 (Hutchinson, Reno County)

Key Points of Proposal
<p>The city of Hutchinson suspended disconnections of utility services (water, trash and sewer) in March 2020 in response to COVID-19. The grace period, originally set to expire on May 15, was extended to June 1. This HI-C assesses the health impacts associated with having uninterrupted access to water service, resulting from the suspension of disconnections of utility services. Although the HI-C does not focus on potential health impacts after the sunset of the grace period, it notes areas in which the policy might result in unintended consequences (see note on page 3). This HI-C was completed as an example only and was not developed to inform the policy.</p>

Impacted Social, Economic and Environmental Conditions
<p><b>Housing Instability (HI):</b> Reduce risk of housing instability by preventing a water shutoff. Water shutoff can make homes uninhabitable, forcing families to relocate.</p> <p><b>Food Insecurity (FI):</b> Reduce risk of food insecurity by eliminating the need to do budget trade-offs between water bills and food expenditures.</p> <p><b>Misdemeanor (M):</b> Reduce risk of being charged with a misdemeanor for inhabiting a substandard building, which could result in potential loss of access to loans, employment, public housing and other benefits.</p> <p><b>Sanitation (S):</b> Reduce risk of poor sanitation by preventing water shutoff. Running water at home is essential for cooking, washing hands, bathing and flushing toilets.</p> <p><b>Custody of Children (CC):</b> Reduce risk of loss of custody of children in the home based on a potential finding of neglect. The lack of running water at home can be considered as exposure to hazards and be a reason for losing custody of children.</p> <p><b>Chronic Stress (CS):</b> Decrease stress associated with water shutoff. Increase stress due to accumulation of utility debt.</p> <p><b>Note: Positive impacts might be reversed and become negative after the sunset of the deferment due to accumulation of utility debt during the grace period and inability to repay it without tradeoff.</b></p>

Potential Health Impacts
<ul style="list-style-type: none"> <li>• <b>HI:</b> Reduce risks of teen pregnancy, early drug use, depression, postponing medical care.</li> <li>• <b>FI:</b> Lower risk of poor general health, lower risk of chronic disease (e.g., diabetes).</li> <li>• <b>M:</b> Reduce risk of chronic disease.</li> <li>• <b>S:</b> Lower risk of respiratory illnesses, such as infant pneumonia, skin infections, severe bacterial infections and dehydration.</li> <li>• <b>CC:</b> Lower risk of additional trauma.</li> <li>• <b>CS:</b> Mixed impact (positive and negative) on general health and blood pressure.</li> </ul>

Impacted Population(s)
<ul style="list-style-type: none"> <li>• <b>HI:</b> Decrease risk of housing insecurity for children, racial/ethnic minority veterans, and low-income renters.</li> <li>• <b>FI:</b> Decrease risk of food insecurity for low-income individuals and individuals who are Black or Hispanic.</li> <li>• <b>M:</b> Decrease risk of receiving a misdemeanor for low-income people.</li> <li>• <b>S:</b> Reduce risk of poor sanitation for the elderly, children, pregnant women and people with chronic conditions by preventing water shutoff.</li> <li>• <b>CC:</b> Decrease risk of losing custody of children for low-income individuals and added stress and trauma for children.</li> <li>• <b>CS:</b> Mixed impact on stress. Decrease stress associated with water shutoff. Increase stress due to accumulation of utility debt.</li> </ul>

Recommendations
<ul style="list-style-type: none"> <li>• Ensure that sufficient notice is given before shutoff of utilities.</li> <li>• Work with medical providers to screen patients for social needs and connect patients with resources.</li> <li>• Review Utility Billing Extended Payment Plan and ensure that it positions potential applicants to successfully repay the debt.</li> </ul> <p><b>Note: For all recommendations, see page 12.</b></p>

Entity Completing the HI-C	Entity Receiving the HI-C	Completion Date
Kansas Health Institute	Example	10/08/2020

# Health Impact Checklist

## Section I. General Information

### 1. Name of proposal:

Suspension of Disconnections of Utility Services due to COVID-19 (Hutchinson, Reno County)

### 2. Provide a short summary of the key points of the proposal, including expected outcomes if specified in the proposal. (Type in.)

The city of [Hutchinson suspended disconnections of utility services](#) in March 2020 in response to COVID-19. The directive covers water, trash and sewer. That suspension was set to expire on May 15 but the city extended the original grace period to June 1, 2020. Residents who experience difficulty with paying utility services were encouraged to: 1) contact the city of Hutchinson before the bill becomes due; 2) based on the billing cycle, set up a payment agreement before the scheduled disconnection date; and 3) inform the city of Hutchinson if their financial situation changes and they have problems making those payments. The [extended payment plan](#) payments could be made by using a drop box, phone or mail. This HI-C assesses the health impacts associated with having access to utility services during the grace period (March -June 1, 2020). Although, the HI-C does not focus on any potential health impacts after the sunset of the grace period, it notes areas in which the policy might result in unintended consequences. Note: *This is not a comprehensive assessment and is meant to provide only a snapshot of potential impacts.*

**Note:** For future assessment, it will be important to understand the health impacts of this policy after it expires (June 2, 2020, and thereafter) as positive impacts identified above might be reversed and become negative impacts after the sunset of the deferment. For example, what would be the health impacts of the potential accumulation of utility debt during the grace period and inability to repay it without trade-offs between water bills and essential needs on each of the identified conditions (e.g., food insecurity, housing instability)? In addition, it also will be important to understand how the accumulation of utility debt during the grace period might impact individual's ability to access loans, obtain new utility services or rental agreement.

3. Which of the following social, economic and environmental conditions (determinants of health) does the proposal have the greatest potential to impact? (Check at least three.)

Social, Economic and Environmental Conditions <sup>1,2</sup>		
Economic Stability	Neighborhood & Physical Environment	Education
<input type="checkbox"/> Employment	<input type="checkbox"/> Housing Quality	<input type="checkbox"/> Early Childhood Education and Development
<input type="checkbox"/> Income	<input type="checkbox"/> Transportation	<input type="checkbox"/> High School Graduation
<input checked="" type="checkbox"/> Housing Instability/ Homelessness	<input type="checkbox"/> Environmental Conditions (e.g., water, air and soil quality)	<input type="checkbox"/> Higher Education
<input checked="" type="checkbox"/> Food Insecurity	<input type="checkbox"/> Access to Healthy Food	<input type="checkbox"/> Language
<input type="checkbox"/> Poverty	<input type="checkbox"/> Safety	<input type="checkbox"/> Literacy
<input type="checkbox"/> Other:	<input checked="" type="checkbox"/> Other: Sanitation	<input type="checkbox"/> Other:
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:	<input type="checkbox"/> Other:
Community and Social Context	Health and Health Care	<b>Note:</b> The number of social, economic or environmental conditions examined could depend on available resources, stakeholder interest and timeline. After examining three, additional conditions may be examined further.
<input type="checkbox"/> Civic Participation	<input type="checkbox"/> Health Coverage	
<input type="checkbox"/> Discrimination	<input type="checkbox"/> Provider Availability	
<input type="checkbox"/> Toxic Stress	<input type="checkbox"/> Access to Health Care	
<input type="checkbox"/> Social Isolation	<input type="checkbox"/> Access to Behavioral Health Services	
<input type="checkbox"/> Incarceration	<input type="checkbox"/> Quality of Care	
<input checked="" type="checkbox"/> Other: Misdemeanor	<input type="checkbox"/> Other:	
<input checked="" type="checkbox"/> Other: Chronic stress	<input type="checkbox"/> Other:	
<input checked="" type="checkbox"/> Other: Custody of children		

## Section II. Description of Impacts

**Instructions:** Having described the proposal and identified its potential impacts on various social, economic and environmental conditions, collaborate with organizations that might have research capacity to complete items included in Section II.

- 4. What partners can help you find research regarding potential impacts of the proposal on the social, economic and/or environmental conditions identified in Question 3? (Type in.)**

Specific Partner(s)	Partnership Contribution(s)
HEAL Reno County	Assist in clarifying the scope of the policy. Review the completed HI-C and provide feedback on the findings and recommendations.
United Way of Reno County	
Public Health Law Center	Review the completed HI-C and provide feedback on the findings and recommendations.

*Potential partner types include community foundations, nonprofit organizations, governmental agencies, universities or colleges, health care organizations, community coalitions, stakeholder groups, community organizations (including those representing populations facing significant barriers to health and well-being) and others.*

- 5. Describe how the proposal could impact the social, economic and/or environmental conditions identified in Question 3 and how it could result in associated health impacts for the community overall. (Type in.)**

Social, Economic or Environmental Condition	Impact of the Proposal on Condition	Impact of the Condition on Health	Overall Impact on Health
<b>Housing Instability</b>	<p>Water shutoff can make homes uninhabitable, forcing families to relocate. Household moves that result from adverse life changes could have further negative health outcomes. Research has shown that renters who are forced to move are more likely to relocate to poorer and higher-crime neighborhoods compared to those who move voluntarily.<sup>3</sup> Housing instability is also one of the risk factors for homelessness.</p> <p>The policy might have helped to reduce the risk of housing instability during the grace period.</p>	<p>Housing instability has been associated with health problems among youth, including increased risks of teen pregnancy, early drug use and depression. It also has been associated with postponing needed medical care, postponing needed medications and increased use of emergency departments.<sup>4</sup></p> <p>By reducing the risk of instability, the policy might have helped to mitigate potential negative health impacts associated with it.</p>	<input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear

Social, Economic or Environmental Condition	Impact of the Proposal on Condition	Impact of the Condition on Health	Overall Impact on Health
<b>Food Insecurity</b>	<p>Budget trade-offs between water bills and food expenditures could increase risk of food insecurity.<sup>5</sup> For example, in 2014, a majority of households (69 percent) served by Feeding America had to choose between paying for food and utilities.<sup>6</sup> Low-income households face difficult choices when trying to stretch household budgets to cover basic needs such as housing, utilities, transportation, and food is often the only area where expenditures can be cut without external penalty.<sup>7</sup> According to Feeding America, in 2018 about 13 percent of households in Reno County experienced food insecurity. The 2020 projection of an overall food insecurity rate is 18.1 percent.</p> <p>This policy could have contributed to reducing the risk of food insecurity during the grace period. However, accumulating utility debt during the grace period could have negative impact on food insecurity after the grace period.</p>	<p>For children, the research has found that food insecurity is associated with increased risks of cognitive problems, aggression and anxiety, higher risks of being hospitalized and poorer general health.<sup>8</sup> For adults, food insecurity has been associated with higher probability of hypertension, coronary heart disease (CHD), hepatitis, stroke, cancer, asthma, diabetes, arthritis, chronic obstructive pulmonary disease (COPD), and kidney disease.<sup>9</sup></p> <p>By reducing the risk of food insecurity during the grace period, the policy could have helped to mitigate potential negative health impacts associated with food insecurity.</p>	<input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear
<b>Misdemeanor</b>	<p>In Hutchinson, lack of water is a basis for classifying a dwelling as substandard. Anyone inhabiting a substandard building can be charged with a misdemeanor offense.<sup>10</sup> Individuals with misdemeanor convictions may lose or be unable to get public housing and benefits, a driver's license, access to student loans, be deported<sup>11</sup> and experience</p>	<p>There are several health impacts associated with these factors. For example, tangible (e.g., health insurance, income) and intangible (e.g., sense of meaning) benefits of employment may have positive effects on health. Having health insurance increases access to services, which in turn affects a person's health and well-</p>	<input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear

Social, Economic or Environmental Condition	Impact of the Proposal on Condition	Impact of the Condition on Health	Overall Impact on Health
<b>Misdemeanor (continued)</b>	barriers with accessing employment. <sup>12</sup>	<p>being. Regular and reliable access to health services also can prevent disease and disability, allow early detection and treatment of health conditions, increase quality of life, reduce the likelihood of premature death and increase life expectancy. Additionally, an increase in employment could improve economic conditions (personal income, job security). People with higher incomes are more likely to have longer life expectancies and healthier BMI.<sup>13</sup></p> <p>By reducing the risk of charging individuals with misdemeanor during the grace period, the policy could have helped to mitigate potential negative health impacts associated with it.</p>	
<b>Chronic Stress</b>	A survey conducted in 2020 by the National Endowment for Financial Education found that 28 percent of respondents were worried about their ability to pay utility bills. <sup>14</sup> Studies suggest that economic hardships contribute to chronic stress. <sup>15</sup> The 2020 COVID-19 pandemic could have further exacerbated these concerns. Low-income populations, which often overlap with communities of color, often experiences a higher “utility burden.” For example, according to the 2018 Consumer Expenditure Survey conducted by the U.S. Bureau of Labor	<p>The research suggests that financial debt is associated with higher perceived stress and depression, worse self-reported general health, and higher diastolic blood pressure.<sup>18,19</sup></p> <p>Given that the impact of this policy on chronic stress will be twofold, the health impact will be mixed (positive and negative). A potential positive impact on health may be associated with alleviating stress associated with potential water shutoff during the grace period. A potential</p>	<input type="checkbox"/> Positive <input type="checkbox"/> Negative <input checked="" type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear

Social, Economic or Environmental Condition	Impact of the Proposal on Condition	Impact of the Condition on Health	Overall Impact on Health
<b>Chronic Stress (continued)</b>	<p>Statistics, utility costs account for a larger share of income in lower-income households than in higher-income households.<sup>16</sup></p> <p>The impact of this policy on chronic stress might be twofold. Moratorium on utility shut off might have helped to reduce stress associated with losing access to running water. On the other hand, by deferring payments, individuals might have accumulated utility debt. Accumulation of utility debt has been associated with stress.<sup>17</sup></p>	<p>negative impact on health may be associated with stress related to accumulating utility debt.</p>	
<b>Sanitation</b>	<p>Running water at home is essential for cooking, washing hands, bathing and flushing toilets. Households that experience water shutoff are at increased risk for poor sanitation.<sup>20</sup></p> <p>This policy could have contributed to reducing the risk of poor sanitation during the grace period.</p>	<p>Lack of in-home water has been associated with health challenges including dental cavities, respiratory illnesses such as infant pneumonia, skin infections and severe bacterial infections.<sup>21</sup> Water shutoff also can increase the risk of dehydration.<sup>22</sup></p> <p>By reducing the risk of poor sanitation during the grace period, the policy could have helped to mitigate potential negative health impacts associated with it.</p>	<input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear
<b>Custody of Children</b>	<p>Lack of running water at home can be considered an exposure to hazards and be a reason that parents and other guardians lose custody of children. Nationally, there have been several cases when water shutoff has led to children being taken from their homes under child protection laws.</p>	<p>The removal of children from their homes may result in various health impacts. Evidence suggests that removing children from their families is disruptive and traumatic and can have long-lasting, negative effects.<sup>23 24</sup></p> <p>By reducing the risk of loss of custody during the grace</p>	<input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear

Social, Economic or Environmental Condition	Impact of the Proposal on Condition	Impact of the Condition on Health	Overall Impact on Health
<b>Custody of Children (continued)</b>	This policy could have contributed to reducing the risk of loss of custody of children during the grace period.	period, the policy could have helped to mitigate potential negative health impacts associated with it.	

**6. Based on the potential impact of the proposal on the social, economic or environmental conditions identified in Question 3, identify populations who could be impacted and how the proposal might affect their health. (Describe at least three populations.)**

*Note: Focus on populations that are at a higher risk for poor health as a result of the barriers they experience to social, economic, political and environmental resources, as well as limitations due to illness or disability. For a full list of potential populations of focus, see Section IV. Glossary of Terms.*

Social, Economic or Environmental Condition	Impacted Population	Impact on Health	Overall Impact on Health
<b>Housing Instability</b>  The policy might have helped to reduce risk of housing instability for the following populations.	Children	Housing instability may impact some populations more than others. Moving three or more times in one year, often called “multiple moves,” has been associated with negative health outcomes in children. <sup>25 26</sup> Children who move frequently are more likely to have poor reported overall physical and oral health. They also may be less likely to have consistent health insurance coverage. <sup>27</sup>	<input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear

Social, Economic or Environmental Condition	Impacted Population	Impact on Health	Overall Impact on Health
<b>Housing Instability (continued)</b>	Racial/Ethnic Minority Veterans	Veterans who identify as racial/ethnic minorities have increased odds of housing instability. <sup>28</sup>	<input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear
	Low-Income Renters	Low-income renters are more likely than owners to report trouble paying for at least one of the basic needs and are at higher risk of housing instability. <sup>29</sup>	<input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear
<b>Food Insecurity</b>  The policy might have helped to reduce risk of food insecurity for the following populations.	Low-Income Individuals	Low-income people can be especially vulnerable to poor nutrition and obesity due to additional risk factors associated with inadequate household resources. <sup>30</sup>	<input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear
	Black and Hispanic	The relationship between race/ethnicity and food insecurity is complex and is intertwined with other determinants of health, including structural racism, poverty, unemployment, incarceration and disability. Studies suggest that food insecurity rates for non-Hispanic Black and Hispanic households are twice that of non-Hispanic White households. <sup>31</sup>	<input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear
<b>Misdemeanor</b>  The policy might have helped to reduce risk of misdemeanor for the following populations.	Low-Income Individuals	Low-income households are more likely to experience challenges with paying utility bills and may be at risk of receiving a misdemeanor if a dwelling they reside in is classified as substandard due to lack of water.	<input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Mixed <input type="checkbox"/> None <input type="checkbox"/> Unclear

Social, Economic or Environmental Condition	Impacted Population	Impact on Health	Overall Impact on Health
<p><b>Chronic Stress</b></p> <p>The policy might have mixed impact on chronic stress: positive (alleviate fear associated with water shutoff during the grace period) and negative (stress associated with accumulation of utility debt during the grace period).</p>	<p>Low-Income Individuals</p>	<p>Low-income households often have a higher utility burden — meaning they pay a higher percentage of their income toward utility costs compared to higher income households. Accumulation of debt has been associated with increased anxiety, depression and even poor physiological functioning and decision-making.<sup>32</sup> Fear of water shutoff also could negatively impact mental health.</p>	<p><input type="checkbox"/> Positive  <input type="checkbox"/> Negative  <input checked="" type="checkbox"/> Mixed  <input type="checkbox"/> None  <input type="checkbox"/> Unclear</p>
<p><b>Custody of Children</b></p> <p>The policy might have helped to reduce the risk of losing custody and removal from family for the following populations.</p>	<p>Low-Income Individuals</p>	<p>Low-income households are more likely to experience challenges with paying utility bills. Unpaid water bills often result in water shutoff. Water shutoff might put a parent or guardian at risk of losing custody of children. Parents or guardians that lose custody of their children deal with feelings of loss and grief.<sup>33</sup></p>	<p><input checked="" type="checkbox"/> Positive  <input type="checkbox"/> Negative  <input type="checkbox"/> Mixed  <input type="checkbox"/> None  <input type="checkbox"/> Unclear</p>
	<p>Children</p>	<p>There are a number of stressors for a child that are associated with removal from family and can add to the initial trauma of maltreatment.<sup>34</sup></p>	<p><input checked="" type="checkbox"/> Positive  <input type="checkbox"/> Negative  <input type="checkbox"/> Mixed  <input type="checkbox"/> None  <input type="checkbox"/> Unclear</p>
<p><b>Sanitation</b></p> <p>The policy might have helped to reduce risk of poor sanitation for the following populations.</p>	<p>Elderly, Pregnant Women, Children and People with Chronic Conditions</p>	<p>Access to running water at home is essential for adequate sanitation. Washing hands thoroughly and often is also critical for prevent the spread of the coronavirus.<sup>35</sup> Vulnerable populations might be at increased risk for negative health outcomes associated with poor sanitation.</p>	<p><input checked="" type="checkbox"/> Positive  <input type="checkbox"/> Negative  <input type="checkbox"/> Mixed  <input type="checkbox"/> None  <input type="checkbox"/> Unclear</p>

### Section III. Recommendations

**Instructions:** Having described the potential impacts of the proposal and populations who may face significant barriers to health and well-being, use Section III to identify collaborative approaches to addressing these findings.

**7. What partners can help you to develop recommendations to address or mitigate the potential health impacts identified in Questions 5 and 6? (Type in.)**

Specific Partner(s)	Partnership Contribution(s)
HEAL Reno County	Review recommendations to ensure that they align with community’s health priorities and efforts.
United Way of Reno County	Review recommendations to ensure that they align with community’s priorities.
Public Health Law Center	Review recommendations and ensure that the interpretation of state policies is reasonable.

*Potential partner types include community organizations, impacted population(s), community foundations, nonprofit organizations, governmental agencies, universities or colleges, health care organizations, community coalitions, stakeholders, populations who face significant barriers to health and well-being, and others.*

**8. Based on the results of this Health Impact Checklist, suggest recommendations that can help to maximize potential positive health impacts and/or mitigate potential negative health impacts of the proposal. (Type in.)**

Recommendation(s)
<b>All Impacts:</b> Review the current shutoff policies to ensure that they provide sufficient notice. Some practices may include using multiple notification methods, such as including notification in the bill, a bill reminder, a shutoff notice, a call and a door hanger.
<b>All Impacts:</b> Review the current Utility Billing Extended Payment Plan and make sure that it positions potential applicants to successfully repay the amount owed. Several studies recommend implementing flexible deferred payment arrangements with no or limited penalties to help low-income individuals to repay/eliminate utility debt. <sup>36</sup>
<b>All Impacts:</b> Explore the feasibility of offering water utility affordability programs. <sup>37 38</sup>
<b>All Impacts:</b> Explore the feasibility of implementing programs such as Local Interventions for Financial Empowerment through Utility Payments ( <a href="#">LIFT-UP</a> ), an evidence-based framework that offers residents who are in debt to city-owned utilities an opportunity to restructure their outstanding balances and receive financial counseling and services to help get them back on track. <sup>39</sup> The financial counseling should start as early as possible to ensure that those who may owe payments manage their finances responsibly during the time of the deferment.
<b>All Impacts:</b> Explore the feasibility of implementing an income-based rate program to reduce monthly water bills. One example of this program was implemented by the City of Philadelphia in 2017. Some of the program elements include: customers do not have to be behind on their bill; income-based, consistent monthly bill; past due amounts are suspended and not enforced upon while enrolled in the program. <sup>40</sup>

<b>Recommendation(s)</b>
<p><b>Custody of Children:</b> Work with medical providers to incorporate questions about social needs into patients’ screening processes. Based on needs, establish direct linkages to programs and services that address unmet health-related resource needs. A potential question may include: Within the past 12 months, have you or family members you live with been unable to get utilities (water) when it was really needed? (Y/N).<sup>41</sup></p>
<p><b>Food Insecurity:</b> Individuals who have limited resources to pay for essential needs such as food might accumulate utility debt that will be hard to repay. One strategy is to ensure that individuals deferring their utility payments are aware of available services such as food pantries and Supplemental Nutrition Assistance Program (SNAP) benefits.</p>

**Section IV: Glossary of Terms**

Summary definitions for determinants of health were pulled from Healthy People 2020 <sup>42</sup> and additional sources.<sup>43,44</sup> Additional information is available [here](#).

**Civic Participation:** Encompasses a wide range of both formal and informal activities including voting, volunteering and participating in group activities or organizations.

**Determinants of Health:** The “conditions in the environments in which people are born, live, learn, work, play, worship and age that affect a wide range of health, functioning and quality-of-life outcomes and risks.”

**Discrimination:** A socially structured action that is unfair or unjustified and harms groups or individuals. Discrimination occurs at both structural and individual levels and can be attributed to social interactions that occur to protect more powerful and privileged groups at the detriment of other groups. Discrimination on the basis of race is one example of discrimination.

**Food Insecurity:** The disruption of food intake or eating patterns due to a lack of money or other resources.

**Housing Instability:** Despite no standard definition, housing instability encompasses a number of housing-related challenges including trouble paying rent, overcrowding, staying with relatives, moving frequently, or spending the bulk of income on housing.

**Impacted Populations:** Populations who were identified by completing the Health Impact Checklist as being impacted by the proposal. Those groups may include populations who face significant barriers to health and well-being (populations of focus).

**Populations of Focus:** Populations may include racial and ethnic minorities, including persons of Black, American Indian or Alaska Native, Asian, and Native Hawaiian or Other Pacific Islander races and persons of Hispanic ethnicity; rural/urban residents; children; pregnant women; persons who are LGBTQIA+; older adults; persons with chronic illnesses; persons with housing instability or who are homeless; immigrant populations; displaced persons; persons with limited English proficiency; persons with low literacy; persons with low income; persons with disabilities; and others.

**Social Isolation:** A person’s lack of social connectedness is measured by the quality, type, frequency and emotional satisfaction of social ties. Social isolation exists when an individual lacks opportunities to be socially connected. Social isolation can impact health and quality of life, as well as ability and motivation to access adequate support. It also can impact the quality of the environment and communities in which a person lives.

**Toxic Stress:** A strong, frequent or prolonged activation of the body’s stress management system. Stressful events that are chronic, uncontrollable and/or experienced by children without access to support from caring adults tend to provoke toxic stress responses. Studies indicate that toxic stress can have an adverse impact on brain architecture.

## Topic Specific Terms

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**Structural Racism:** The totality of ways in which societies foster racial discrimination, via mutually reinforcing inequitable systems (e.g., housing, employment, earnings, benefits, credit, media, health care, criminal justice, etc.). Beyond interpersonal discrimination, structural racism acknowledges the influence of historic and contemporary policies and practices that are deeply rooted within systems.

**Misdemeanor:** Misdemeanors in Kansas are crimes that are punishable by up to one year in county jail. Misdemeanors in Kansas are designated as Class A, B, or C, or they may be unclassified.<sup>45</sup>

## Section V: References & Sources

**Instructions:** In your preferred format, provide citation or reference information on the resources used to complete the HI-C.

- <sup>1</sup> The list of social, economic and environmental conditions is adapted from Healthy People 2020 and the Kaiser Family Foundation. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health> and <https://www.kff.org/disparities-policy/issue-brief/beyond-health-care-the-role-of-social-determinants-in-promoting-health-and-health-equity/>
- <sup>2</sup> U.S. Department of Health and Human Services. (2019). *Healthy People 2020*. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources>
- <sup>3</sup> Desmond M, Shollenberger T. Forced Displacement from Rental Housing: Prevalence and Neighborhood Consequences. *Demography*. 2015;52(5):1751-1772.
- <sup>4</sup> Kushel MB, Gupta R, Gee L, Haas JS. Housing Instability and Food Insecurity as Barriers to Health Care among Low-Income Americans. *J Gen Intern Med*. 2006;21(1):71-77.
- <sup>5</sup> Urban Institute: Disrupting Food Insecurity. (2019). Retrieved from [https://apps.urban.org/features/disrupting-food-insecurity/Strategies\\_full%20list.pdf](https://apps.urban.org/features/disrupting-food-insecurity/Strategies_full%20list.pdf)
- <sup>6</sup> Feeding America. Hunger in America. National Report (2014). Retrieved from <https://www.feedingamerica.org/sites/default/files/2020-02/hunger-in-america-2014-full-report.pdf>
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The logo for HI-C online is a white speech bubble with a dotted border and a tail pointing towards the bottom right. Inside the bubble, the text "HI-C" is written in a large, bold, black sans-serif font, and the word "online" is written below it in a smaller, black sans-serif font. The background of the bubble is white, and the text is black. The logo is set against a light gray background.

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