

Health interventions needed for SGL parent households in urban subsidized housing programs

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Billions of dollars are spent annually to support single-parent families in low-income urban communities—most often for affordable housing—yet little is known about the relationship between health and well-being of housing program participants and life in violent neighborhoods in US cities.

A study led by the University of Pennsylvania, School of Nursing (Penn Nursing) found that single parents who participate in a housing support program in an urban setting with high levels of [community violence](#) had significant symptoms of stress and depression. Parents report high levels of stress resulting from competing priorities, expectations that they attain financial self-sufficiency through concurrent employment and higher education, and concern for their children's safety. Reports of children's emotional symptoms, conduct problems, peer problems and poorer emotional-behavioral health were significantly higher for children with parents who had moderate-severe depression symptoms when compared to those whose parents had lower levels of [depression](#) symptoms. Results point to the need for further research and programmatic and policy interventions that support the overall [health](#) of [housing](#) unstable families who live in low-resource neighborhoods with high levels of violence. The research is set for publication in an upcoming issue of *Health and Social Care in the Community*, but is available online now.

Provided by University of Pennsylvania School of Nursing

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