Farmworker Housing Development Corporation: Health Status of Residents (2007-2016)

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Purpose

- Collaboration between Farmworker Housing Development Corporation (www.fhdc.org) and Oregon Social Learning Center (2007-2011), now Center for Equity Promotion, University of Oregon (2012-2016)

- Health status of FHDC residents

- Examination of associations between
  - stress (biological and self-report)
  - psychosocial and cultural processes
Pilot Study Sites: Independence, Salem & Woodburn, Oregon
Assessment

- Health measures
  - Basic anthropometrics
  - Blood pressure (BP)

- Interview
  - Hispanic Familism
  - Hispanic Stress Inventory
  - Perceived Discrimination
  - Health status & behavior (NHIS, BRFSS)
Participants (2007-2010)

- 137 residents of Farmworker Housing Development Corporation (FHDC) complexes
  - Sex: 47 men, 90 women (18-73 years)
  - Age: mean = 37.0 years (SD ± 12.3)
  - Foreign-born: 97% (n = 132)
  - Average time in U.S.: 11.3 years (SD ± 8.5)
Participants (2016)

- 122 residents of Farmworker Housing Development Corporation (FHDC) complexes
  - Sex: 23 men, 99 women
  - Foreign-born: 99% (n = 122)
  - Average time in U.S.: 14.5 years
Annual household income

- Average annual household income in 2008: $15,586 (vs $46,349 for Oregon)
- Average annual household income in 2016: $18,250 (vs $50,521 for Oregon)

Source in 2016: [http://www.census.gov/quickfacts/table/LFE305214/41](http://www.census.gov/quickfacts/table/LFE305214/41)
Barriers to maintaining good health (2007-2010)

- 90% of all respondents do not have enough money for treatment
- 72% of all respondents said issues of legal status negatively affect their health

(Sources: 2008 FHDC-OSLC Study; 2000 “Suffering in Silence,” report of findings from the California Agricultural Workers Health Survey; 2007 BRFSS, CDC.)
Food availability (all years)

Household Food Security (by percent)

Pain (all years)

- Average level of pain (2007-2010): 6.3 (±2.4) (on scale of 0 to 10). In 2016, average pain reported was 4.9 (±3.2)

- 41% of all respondents experience pain so great affects ability to work (2007-2010)

- Higher men's pain level, the lower their household income \((r = -0.61; p < 0.05)\) (2007-2010)

Results: Overweight & obesity (2007-2010)

2007-2010 Overweight and Obesity (BMI based on measured values)

![Chart showing percentages of overweight and obesity by sex and age group for 2007-2010.]

Results: Overweight & obesity (2016)

2016 Overweight and Obesity (BMI based on measured values)

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
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<tbody>
<tr>
<td>Overweight (%)</td>
<td>40</td>
<td>54</td>
</tr>
<tr>
<td>Obesity (%)</td>
<td>43</td>
<td>31</td>
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FHDC-OSLC study

NHANES

Results: Blood pressure (2007-2010)

- 31% of participants had above normal blood pressure (2007-2010)
- 27% of participants had above normal blood pressure (2016)

Results: Blood pressure (2016)

(*Note: NHANES data for Mexican origin participants, 2011-2014).
Conclusions

- Rates of hunger among FHDC residents fell substantially between 2007 and 2016 (to a level equal to that of OR in general). However, rates of food insecurity (individuals not having access to food they desire for good health) increased during this same period.
- The proportion of FHDC residents who reported experiencing pain fell.
- Rates of prehypertension and hypertension among FHDC women increased between 2007 and 2016.

- Prevalence of overweight among FHDC women in 2016 is substantially higher than during the 2007-2010 period and higher than the national average. Obesity among women in 2016, however, is lower both than the earlier study and the national average.