

1-2020

## Health Outcomes in Pathways to Housing Clients

Kimberly Alfonso

Thomas Jefferson University, [kimberly.alfonso@jefferson.edu](mailto:kimberly.alfonso@jefferson.edu)

Lara Weinstein, MD

Thomas Jefferson University, [lara.weinstein@jefferson.edu](mailto:lara.weinstein@jefferson.edu)

Follow this and additional works at: [https://jdc.jefferson.edu/si\\_phr\\_2022\\_phase1](https://jdc.jefferson.edu/si_phr_2022_phase1)



Part of the [Public Health Commons](#)

[Let us know how access to this document benefits you](#)

---

### Recommended Citation

Alfonso, Kimberly and Weinstein, MD, Lara, "Health Outcomes in Pathways to Housing Clients" (2020). *Phase 1*. Paper 50.

[https://jdc.jefferson.edu/si\\_phr\\_2022\\_phase1/50](https://jdc.jefferson.edu/si_phr_2022_phase1/50)

This Article is brought to you for free and open access by the Jefferson Digital Commons. The Jefferson Digital Commons is a service of Thomas Jefferson University's [Center for Teaching and Learning \(CTL\)](#). The Commons is a showcase for Jefferson books and journals, peer-reviewed scholarly publications, unique historical collections from the University archives, and teaching tools. The Jefferson Digital Commons allows researchers and interested readers anywhere in the world to learn about and keep up to date with Jefferson scholarship. This article has been accepted for inclusion in Phase 1 by an authorized administrator of the Jefferson Digital Commons. For more information, please contact: [JeffersonDigitalCommons@jefferson.edu](mailto:JeffersonDigitalCommons@jefferson.edu).

**Title:** “Health Outcomes in Pathways to Housing Clients”

**Authors:** Kimberly Alfonso, Lara Weinstein MD

**Introduction:** Homelessness is widespread throughout the United States, with homeless individuals accounting for over half a million of the country’s population. In addition, chronic mental, behavioral, and medical issues are overly expressed in this population. Therefore, the purpose of this project was to determine if the Housing First Model, represented by Pathways to Housing PA, would alleviate these chronic conditions over the course of stay.

**Methods:** The target population of the study was the homeless population, specifically within the city of Philadelphia. Data was collected via the SAMHSA (Substance Abuse and Mental Health Services Administration) NOMs (National Outcome Measures) survey. To determine the difference of clinical measures over time, a repeated measures ANOVA was conducted. The main outcomes measured were systolic blood pressure, perception of life quality, and overall perception of health, as they were the three measures with the most robust data.

**Results:** Data collected from all four sites (n=256) of Pathways to Housing was analyzed together to see if there was a noticeable difference from baseline to time of departure, in 6-month increments. However, the analysis for all three measures of systolic blood pressure (p=.136), perception of life quality (p=.223), and overall perception of health (p=.484) had p-values above the cutoff of 0.05. Therefore, there was no statistical difference in the three of the outcome measures over time.

**Conclusion:** The results fail to support the hypothesis that Pathways to Housing PA made a statistically significant difference in systolic blood pressure, perception of life quality, and overall perception of health. It has been hypothesized that this may be due to the attrition rate as well as missing data points. In the future we are looking to see if there are more data points to analyze as the data is continually being collected. In addition, we are looking at analyzing more site-specific information.