General Benefits

General Benefits Increase Employment and Raise Income Levels
Research shows that the main long-term positive effects of receiving benefits, such as Medicaid, SNAP, and housing assistance, is that they enable low-wage workers to retain employment and maintain steady income levels to support themselves and their families.

General Benefits Increase Opportunities for Children
Receiving health insurance, housing assistance, and nutrition assistance during childhood is associated with better health and educational outcomes, with long-lasting benefits into adulthood, such as higher education, higher incomes and community contributions.

General Benefits Reduce Intimate Partner Violence which Increases Economic Stability in Families
The Centers for Disease Control studies show that improving financial security through benefits, such as Medicaid, SNAP, and emergency housing assistance for individuals and families can help reduce and prevent intimate partner violence, which undermine a victims' ability to work or access educational opportunities. Reducing Intimate partner violence increases victims' financial independence and family stability.

General Benefits Provide Long-term Positive Results, Including Health, Financial and Education
For millions of families, Medicaid, SNAP, and housing assistance can be temporary "lifelines" which elevate them above the poverty threshold to create stability in order to maintain stable employment, educational and training opportunities and eventually self-sufficiency without the need for such benefits.

General Benefits for the Elderly Increase Self-sufficiency for Them and Their Families
Low-income seniors also benefit from programs such as Medicaid, SNAP, and Section 8 rental assistance and SNAP which enable them to maintain good health, strengthen their employability options, and reduce obligations and stressors on family members to provide care for them or take time off from work to assist them.
Housing Benefits

Housing Vouchers are Linked to an Annual Income that is on Average 31% Higher
Research shows that children whose families utilize housing vouchers before they turn 13 to move to lower poverty neighborhoods have higher college attendance rates and an annual income that is on average 31% higher. The gains from moving when a child is younger than 13 increases the duration of exposure to a better environment during childhood which is a determinant of an individual’s long-term outcomes, including higher education, higher income and other stability factors. Providing vouchers for families with young children who are living in high poverty housing projects or lower-poverty neighborhoods also impacts the inter-generational persistence of poverty and generates positive returns for taxpayers as this population makes gains in education and employment.

Rental Assistance as a Child is Linked with Higher Adult Earnings and Economic Mobility
Research shows that rental assistance for households with children results in significant positive effects for future child outcomes and overall family economic security. Housing assistance lifts approximately one million children out of poverty each year, which in turn improves a child’s long-term economic mobility. One study linked that children in households receiving housing choice vouchers have with a lower chance of incarceration, which then increases educational and job opportunities.

Housing Assistance is Correlated with Reduced School Drop Out Rates and Higher Median Earnings in Adulthood
Without housing assistance, children are more likely to move frequently, live in overcrowded conditions or become homeless. Housing instability is directly correlated to decreases in student retention rates. It also contributes to homeless students’ high suspension rates, truancy, and expulsions, limiting students’ opportunity to obtain the education. According to the Bureau of Labor Statistics, the median weekly earnings of a full-time wage and salary workers age 25 and older were $900 in the fourth quarter of 2018. This median was over 50% more than the median weekly earnings of full-time workers without a high school diploma in the same period.

Rental Assistance as a Child is Correlated with Reduced Stress Levels and Higher Educational Attainment
Eviction due to inability to afford rent often leads to residential instability, moving into poor quality housing, overcrowding, and homelessness, all of which are associated with adverse health among adults and children. The worry or threat of eviction or actual eviction is linked to high blood pressure, depression, anxiety, and psychological distress. Research shows that high levels of stress on immigrant parents that can harm their children’s cognitive development and lower educational attainment.

Housing Assistance is Linked with Job Stability
In addition to the psychological toll that eviction can pose to families, those who face eviction must take time off of work for the court eviction process, meeting with housing authorities or searching for find new affordable housing. Ultimately losing access to affordable housing puts low-income individuals at risk of losing their jobs.
SNAP Benefits

SNAP Provides Better Short-term and Long-term Outcomes for Families
Studies show that the Supplemental Nutrition Assistance Program (SNAP formerly food stamps) benefits extend beyond the immediate goal of alleviating hunger and include improvements in short-run health and academic performance, as well as in long-run health, educational attainment, and economic self-sufficiency.

SNAP Improves Children and Families Well-being
Children of immigrants who participate in the SNAP are more likely to be in good or excellent health, be food secure, and reside in stable housing. Compared to children in immigrant families without SNAP, families with children who participate in the program have more resources to afford medical care and prescription medications. Access to adequate medical care and prescription medications are correlated with better health outcomes, which makes them less likely to miss school or work, obtain better educational results and increased economic stability.

SNAP is Linked to 18% Higher High School Graduation Rates
SNAP helps children stay fueled for learning and focused, and helps adults gain the nutrition needed for performing at work. Specifically, access to SNAP in childhood has been linked to an increase in high school graduation rates of participants by 18 percentage points. Those who obtain at least a high school degree are likely to make over 35% more than their peers who do not graduate.

SNAP increases economic stability for women and their children
Access to SNAP for pregnant women and their children increases women’s economic self-sufficiency measured by increased educational attainment, earnings, and income. As well, it reduces poverty as shown by decreased participation in public assistance programs of such children in their adulthood.

SNAP Enables Domestic Violence Victims to Seek Higher Education and Employment
Nearly 80% of domestic violence and sexual assault victims rely on SNAP to help address their basic needs as they seek to establish safety and stability. Access to adequate food as a basic human right serves as a crucial step in becoming self-sufficient and ultimately enrolling in educational or work programs or seeking employment.
Health Benefits

Medicaid and Health Benefits Provide Improved Outcomes
Individuals with health benefits or Medicaid during early childhood have better composite health scores, lower incidences of high blood pressure, lower rates of obesity, fewer emergency room visits, and reduced hospitalizations as adults. Insurance coverage in childhood promotes positive development and good health, which in turn enable better health, educational, and employment outcomes later in life.

Access to Health Care Lowers Injuries and Mortality Rates
Lack of insurance can be a matter of life or death: uninsured children are 3 times more likely to die as a result of traumatic injury compared to children with commercial (non-public) insurance. Research shows that when children have access to Childhood Medicaid, it lowers mortality rates and increases college enrollment and the amount individuals pay in taxes as adults. Cumulatively from ages 19-28, at a 3% discount rate, the federal government recoups 57 cents of each dollar of its “investment” in childhood Medicaid.

Pre-natal Health Care Reduces Health Care Costs
Pre-natal health care cover reduces the risk of premature or low birth weight babies, which significantly reduces health care costs. Further, children born to women with prenatal care have reduced medical appointments and have increased long-term achievement in school. Further, mothers of healthy children are more likely to return to work and miss less work due to a child’s illness.

Health Care Coverage is Linked to Housing Stability
Low-income individuals who have access to affordable health care coverage are 25% less likely to miss paying their rent or mortgage on time. When families have stable housing, they are less likely to experience increased hospital visits, mental health problems, and loss of employment.

Access to Health Care Reduces Stress
Parents who are uninsured face greater financial stressors—and subsequent psychological challenges—associated with affording basic medical care in addition to other everyday expenses, which negatively affects the household. Research has shown that high levels of stress on immigrant parents is linked to negative impacts in their children’s cognitive development and lower educational attainment. Additionally, stress has been shown to decrease work performance and increase the likelihood that an individual will become ill, resulting in them taking time off from working and potentially losing their jobs and income earnings.
Core Message

Clients should continue to use health, housing, and nutrition programs like SNAP, Medicaid, or Section 8 housing assistance to help their families!

Resources

For more information on the proposed public charge regulation and ways to speak to your clients visit:

https://protectingimmigrantfamilies.org/about-us/

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General Benefits:

- Karina Wagnerman, Alisa Chester, Joan Alker, Medicaid is a Smart Investment in Children, Georgetown University Center for Children and Families, March 2017.
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- Karina Wagnerman, Medicaid: How Does It Provide Economic Security for Families, Georgetown University Health Policy Institute, Center on Children and Families, 2017

Housing

- Fredrick Anderson et al., Childhood Housing and Adult Earnings: A Between-Siblings Analysis of Housing Vouchers and Public Housing, NATL BUREAU OF ECON. RESEARCH WORKING PAPER NO. 22721, (revised Sept, 2018)

SNAP


HEALTH

- Alisa Chester, Joan Alker, Medicaid at 50: A Look at the Long-Term Benefits of Childhood Medicaid, Georgetown University Health Policy Institute, Center for Children and Families, 2016.