

IMPACT ON CHILDREN

Residential crowding, multiple moves and poor quality housing have all been linked to negative health outcomes among children.

Very young children spend more time at home making them especially prone to the negative effects of housing insecurity.

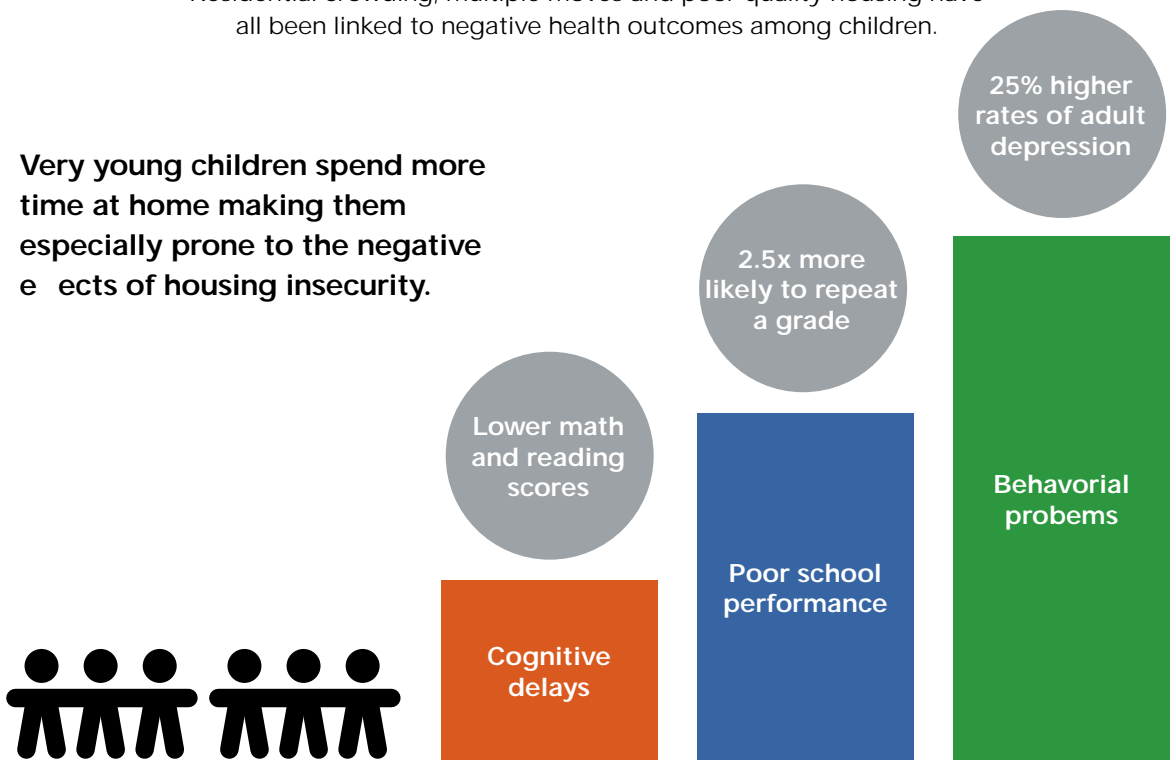
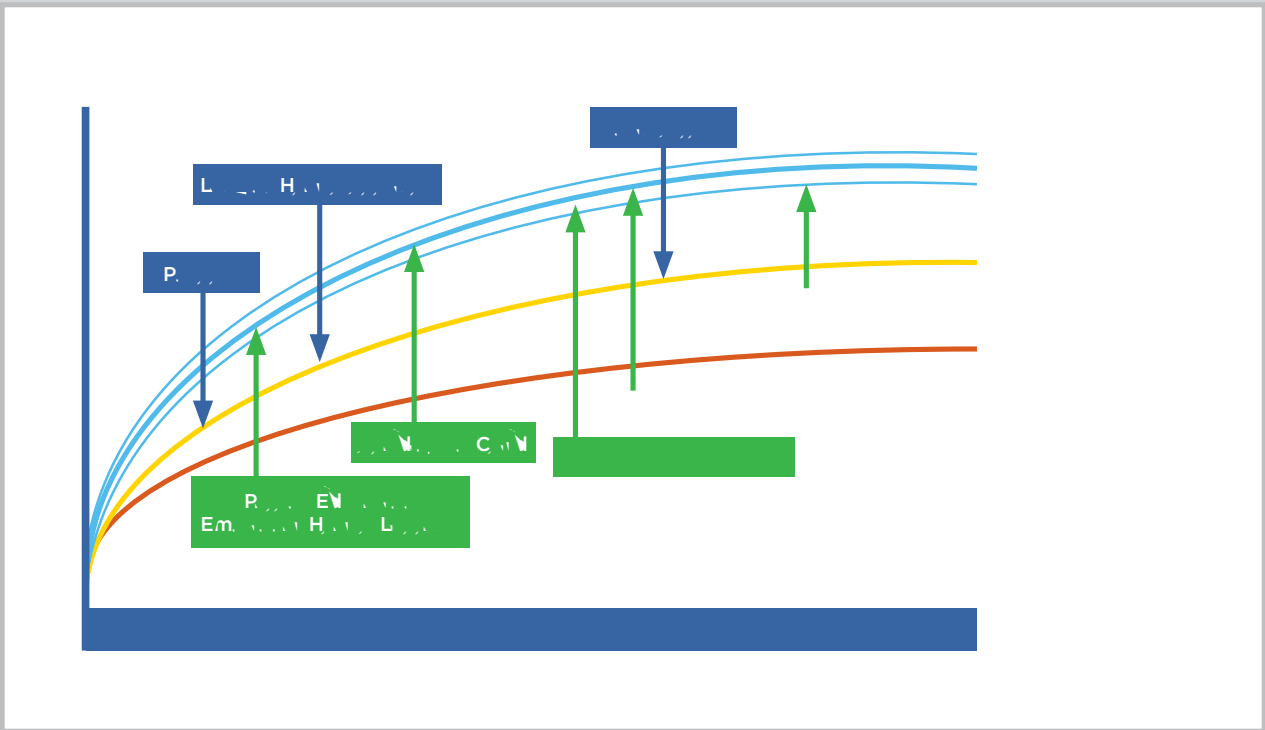


FIGURE 1: IMPACT ON CHILDREN



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SYSTEM CHANGE: INCLUSION OF PUBLIC HEALTH IN HOUSING POLICY & PLANNING

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- Children's



La fría realidad

Este es el garaje donde vivíamos. Mi hija está cubierta en su cobija sentada al lado de un calentador. Hemos sufrido mucho de frío porque había varios huecos abiertos en los que el viento entraba. Mi hija siempre se estremecía y se quejaba de que sus huesos se estaban dañando. Los lamentos de mi niña era la razón por que yo la ponía al lado del calentador para que se calentara. Mi familia y yo nos quedamos sin hogar y no teníamos a donde ir debido al alto costo de la renta. Nuestra única opción era vivir en el garaje de la casa de un amigo en lugar de dormir en las calles. Sin embargo, el garaje no era adecuado para vivir. Me puse muy preocupada por la salud de mi hija porque ella desarrolló problemas pulmonares y alergias en la piel. Me sentía desamparada de ver a mi hija sufrir tanto el sufrimiento de nuestra condición de vida. Yo y mi esposo fuimos en busca de ayuda a las organizaciones de la comunidad y logramos una vivienda en un albergue de familia.

Tenemos que dejar el miedo atrás con el fin de demostrar algo que se debe demostrar con acciones no silencio.

—Deyser

The Cold Reality

This is the garage where we were living. My daughter is sitting next to the heater, covered in her blanket. We suffered a lot from the cold because the wind blew through several open gaps in the garage. My daughter always shuddered and complained that her bones hurt. Her cries were why I put her next to the heater to be warm. My family and I were homeless and had nowhere to go because of the high cost of rent. Our only alternative to sleeping on the streets was to live in the garage of a friend's house. However, the garage was not suitable for living. I became very concerned about the health of my daughter because she developed lung problems and skin allergies. I felt helpless seeing my daughter suffer so much because of our living conditions. My husband and I went to community organizations for help, and managed to find a home in a family shelter.

We must leave our complacency behind in order to prove something with actions rather than staying silent.

—Deyser

