

HOUSING & HEALTH: HELP OR HINDER?

THOUGHTS ON THE INTERSECTION OF HEALTH
AND HUMAN NEEDS

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REACH OUT AND READ WISCONSIN



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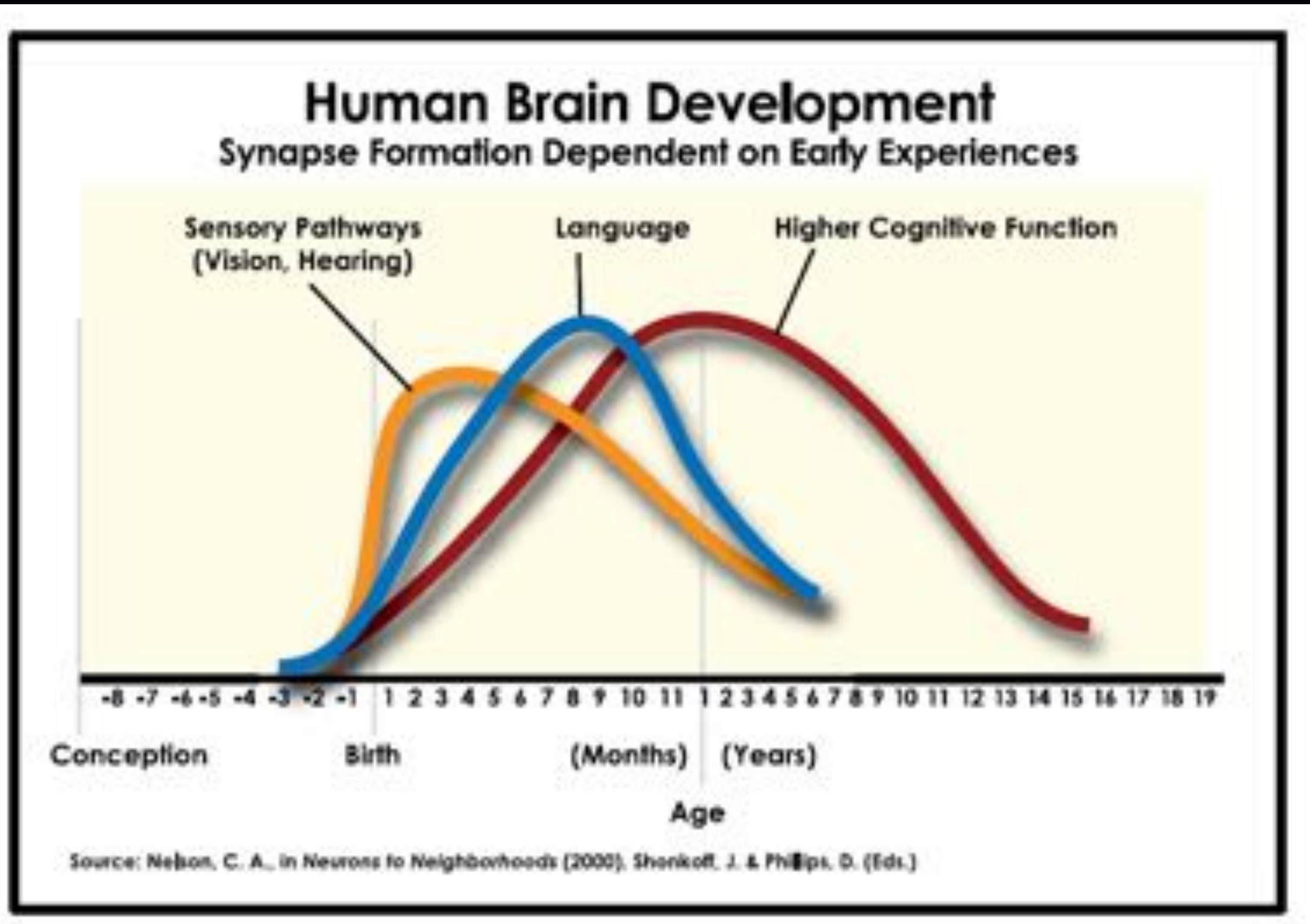
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EARLY BRAIN AND CHILD DEVELOPMENT

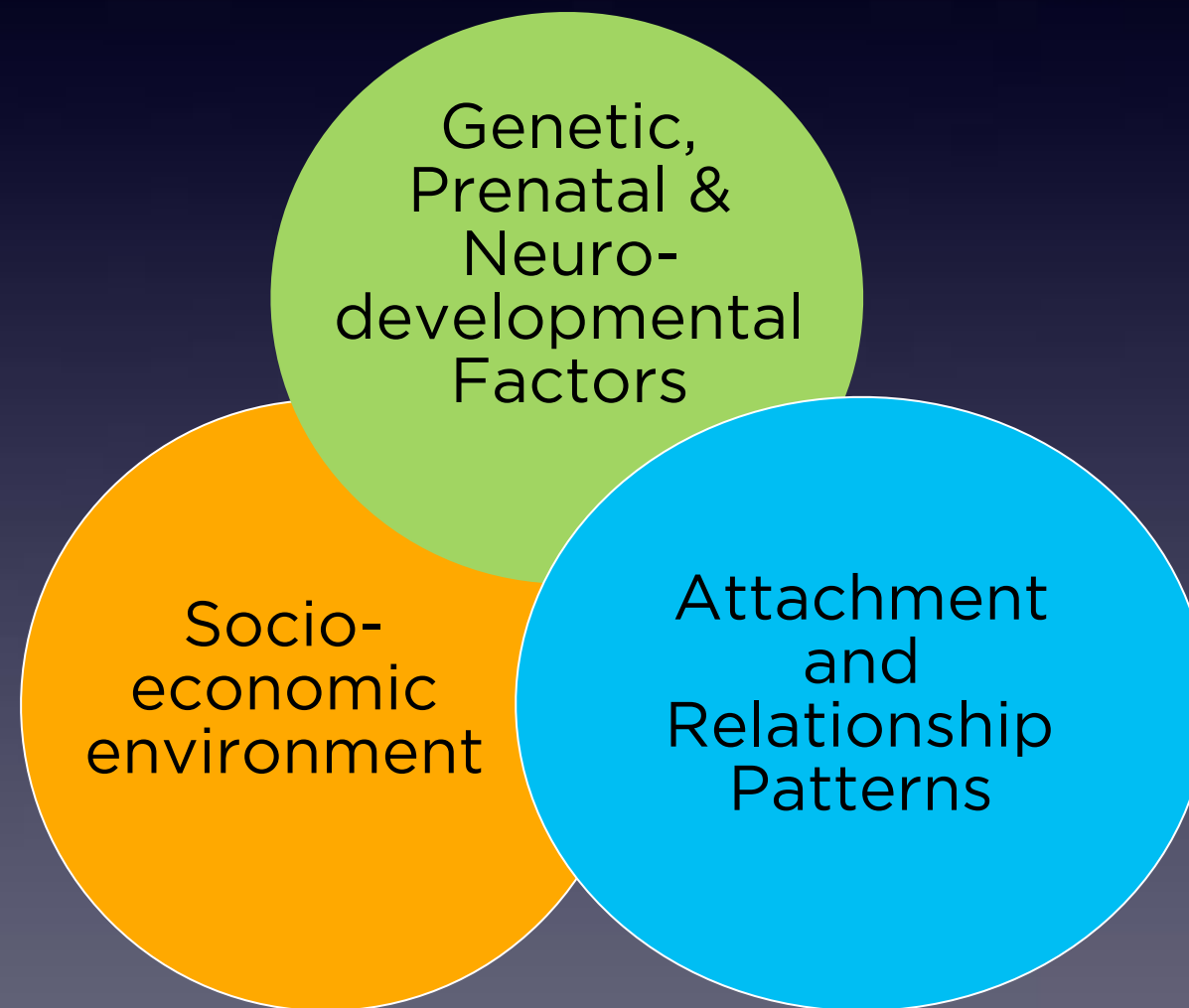
Both brain architecture and developing abilities are built “from the bottom up” with simple circuits and skills providing the **scaffolding** for more advanced circuits and skills over time.

“play is the work of infancy”
— T Berry Brazelton

Timing is Everything



The **3-legged stool** for developmental and health trajectories



EARLY BRAIN AND CHILD DEVELOPMENT

The interactive influences of **genes** and **experience** literally shape the architecture of the developing brain and the active ingredient is the “**serve and return**” nature of children’s engagement in **relationships** with their parents and other caregivers in their family or community.



EARLY BRAIN AND CHILD DEVELOPMENT

Toxic stress in early childhood is associated with **persistent** effects on the nervous system and stress hormone systems that can **damage developing brain architecture** and lead to lifelong problems in learning, behavior and both physical and mental health.

THE STRESS RESPONSE:

increases in cortisol and epinephrine

Three Levels of Stress Response



CHILDHOOD STRESS

Hyper-responsive
stress response

decreased
calm/coping

Chronic “fight or flight”

increased
cortisol / norepinephrine

Changes in Brain
Architecture

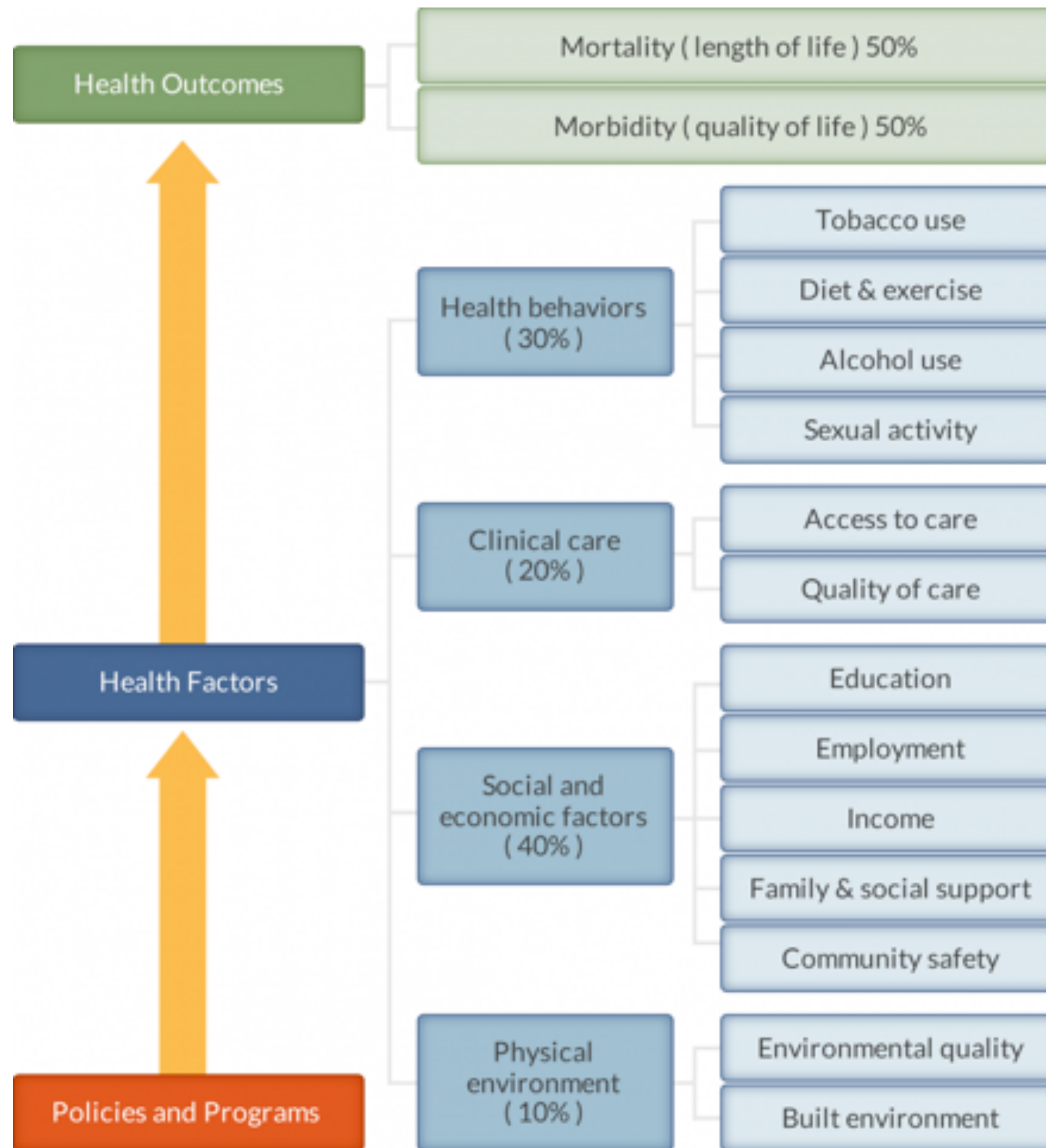
Three Promising Domains for EB CD Innovation

Jack Shonkoff, MD

Reduce emotional and behavioral barriers to learning.

Enhance the healthy development of children by transforming the lives of their parents.

Reconceptualize the health dimension of early childhood policy and practice.



Self-actualization

morality,
creativity,
spontaneity,
problem solving,
lack of prejudice,
acceptance of facts

Esteem

self-esteem, confidence,
achievement, respect of others,
respect by others

Love/belonging

friendship, family, sexual intimacy

Safety

security of: body, employment, resources,
morality, the family, health, property

Physiological

breathing, food, water, sex, sleep, homeostasis, excretion



Productive, happy adults





Educationally successful





Brain circuitry primed
for school success





Early experiences
molding brain for learning





**Nurturing, responsive
interactions with children**





**Adults with the ability to
put these skills into action**





Adults with capability
and capacity
to interact well
with children



Intensive but
small initiatives

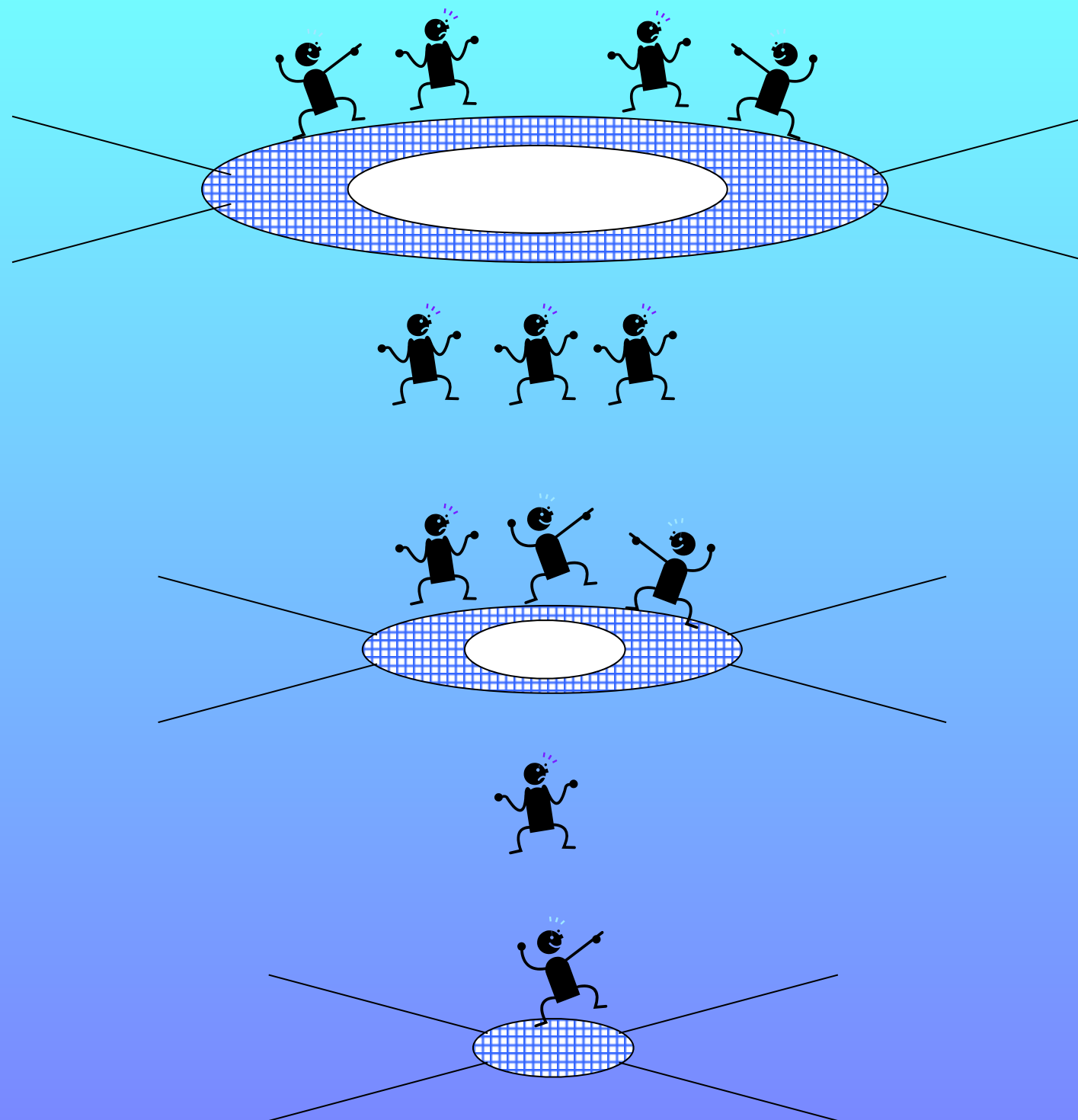


Programs, policies, and advice



Broader but scalable,
larger initiatives

Using A Public Health Approach to Building Healthy Brains



Universal Primary Preventions

Anticipatory Guidance
Bright Futures
Reach Out and Read
Social Supports
Relational Health
High Quality Child Care

Everyone

Screening/Targeted Interventions

Developmental/Risk Screening
Home Visiting
Head Start
Parenting Education/Support
Early Intervention

At-risk

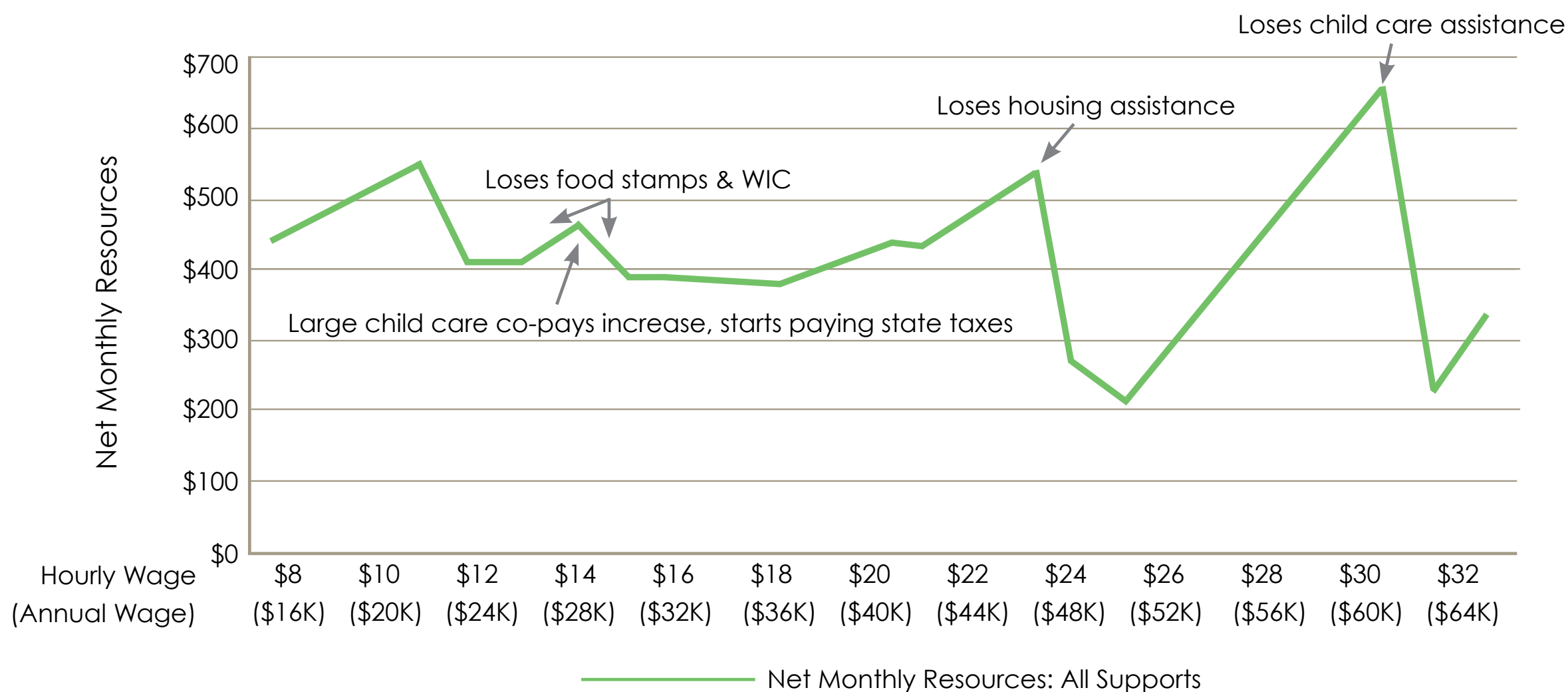
Evidence-Based Treatments

CPP, COS, PCIT, TB-CBT
Intensive Home Visiting
Intensive Parenting Education
Care Coordination

Symptomatic

Economic Supports

Income Growth and Impact on Available Economic Supports



Crittenton Women's Union. (2009). "Combined Monthly Resources (earnings plus government work supports) [chart]." Retrieved from: http://www.liveworkthrive.org/research_and_tools/reports_and_publications/The_Cliff_Effect_Experience_Voices_of_Women_on_the_Path_to_Economic_Independence.

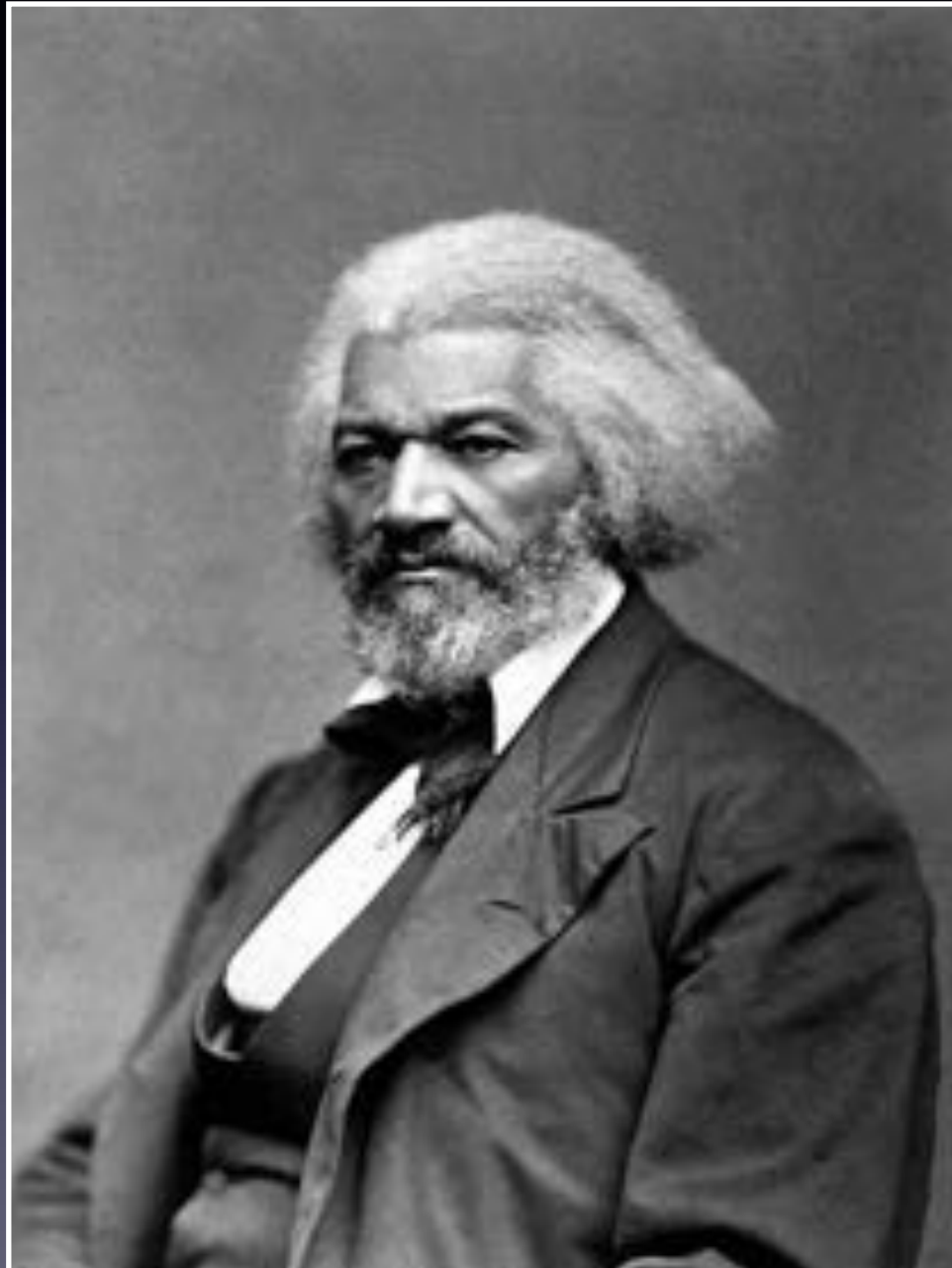
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THE
END



Public-facing Social Media
Please follow along!
“It is easier to build
strong children than to
repair broken men.”

— Frederick Douglass
(1817–1895)