



# SOCIAL DETERMINANTS OF HEALTH FOR INDIVIDUALS IN POVERTY

Montanans living in poverty face unique challenges that affect their well being.



- **Healthcare Access and Quality:** Approximately 1 in 12 Montanans experience food insecurity, leading to poor nutrition and associated health problems. Financial barriers and lack of transportation can prevent access to necessary healthcare services.
- **Neighborhood and Built Environment:** Rising housing costs and insufficient affordable housing options contribute to housing instability and homelessness. Many low-income areas in Montana are food deserts, making it difficult to access fresh and affordable food.
- **Social and Community Context:** Poverty can lead to social isolation, reducing access to community support and resources. Individuals in poverty often face stigma and discrimination, which can impact mental health and access to services.
- **Economic Stability:** Many Montanans in poverty struggle with low-paying jobs and job instability, making it difficult to meet basic needs. Over 40% of eligible families do not access public assistance due to administrative complexities and stigma.
- **Education Access and Quality:** Financial pressures often lead to higher dropout rates among students from low-income families. Economic constraints can limit access to educational resources and opportunities.

## Helpful Resources

- **Supplemental Nutrition Assistance Program (SNAP):** Offers nutritional assistance to help individuals and families purchase healthy food.
- **Montana Housing:** Creates affordable housing opportunities and provides assistance with housing needs.
- **Low-Income Energy Assistance Program (LIEAP):** Helps pay utility bills to ensure homes stay heated during the cold months.
- **Montana Credit Unions for Community Development (MCUCD):** Works with credit unions to improve financial independence for Montanans.
- **Montana Department of Public Health and Human Services (DPHHS):** Offers various programs including healthcare, child and family services, and public assistance.