

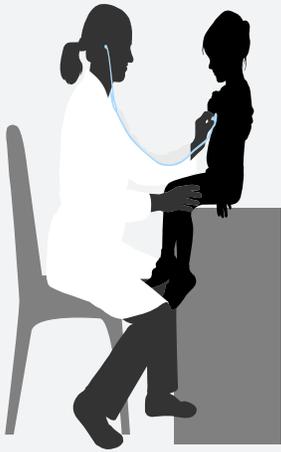
People need food, health care, and stable housing to live, work, and thrive.

Basic needs programs like the Supplemental Nutrition Assistance Program (SNAP), Medicaid, rental assistance, and cash assistance **help people meet immediate needs** and have positive **long-term impacts**. Research shows that safe, quality housing; nutritious food; going to the doctor; and having cash helps workers **become economically secure** and children reach their potential.

These aren't just short-term patches. Basic needs programs are **fundamental building blocks** that help people succeed throughout life.

BASIC NEEDS PROGRAMS SUPPORT...

Improved health and mental health



Improved self-reported health. Supplemental Nutrition Assistance Program (SNAP) participants are more likely than low-income non-participants to describe their health as very good or excellent.

Improved infant and maternal health. The Earned Income Tax Credit (EITC) reduces the incidence of low birth weight and improves maternal health, including reduced mental stress.

Reduced stress and anxiety. Medicaid coverage provides more consistent primary and preventive care and reduces the rate of depression.

Improved wellbeing. Long-term housing subsidies improve health and reduce psychological distress and intimate partner violence.



Better educational outcomes



Increased achievement. SNAP participation can improve elementary school children's reading and math skills and increase high school students' likelihood to graduate.¹



Higher likelihood of college enrollment. Young children in families receiving cash through the EITC are more likely to go to college.²



Increased completion. Medicaid and the Children's Health Insurance Program (CHIP) increase high school completion, college enrollment, and receipt of a four-year college degree.

Increased employment and earnings



Better chances of finding and keeping work. In Ohio, 75 percent of unemployed Medicaid enrollees say having health care made it easier to look for employment.

Higher earnings. Children in poor families receiving income support (consisting of rental or other assistance) earn more as adults.³

FACT SHEET CITATIONS

1. Edward A. Frongillo, Diana F. Jyoti, and Sonya J. Jones, "Food Stamp Program Participations is Associated with Better Academic Learning among School Children," *Journal of Nutrition* 136 (2006), <https://academic.oup.com/jn/article/136/4/1077/4664206>.
2. Michelle Maxfield, "The Effects of the Earned Income Tax Credit on Child Achievement and Long-Term Educational Attainment," 2013, <https://msu.edu/~maxfiel7/20131114%20Maxfield%20EITC%20Child%20Education.pdf>.
3. Greg J. Duncan and Katherine Magnuson, "The Long Reach of Early Childhood Poverty," 2011, https://inequality.stanford.edu/sites/default/files/PathwaysWinter11_Duncan.pdf.