

## 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.

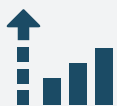
**Improved infant and maternal health.** The Earned Income Tax Credit (EITC) reduces the incidence of low birth weight and improves maternal health, including reduced mental stress.

**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.<sup>1</sup>



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



**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.<sup>3</sup>

# 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](https://inequality.stanford.edu/sites/default/files/PathwaysWinter11_Duncan.pdf).