The purpose of this assessment was to explore the opportunities and challenges to promoting healthy birth outcomes for pregnant people who have inadequate housing in San Francisco.

What has been described in the literature?

What are the experiences of women?

What are the current policies and systems issues?

What are the experiences of programs?

FINDINGS

Systems

Pregnancy is viewed as time-limited w/ low-income pregnant women not fitting housing eligibility criteria, resulting in lack of services & housing opportunities

Services & housing system is disjointed, challenging women & staff to make up for lack of coordination

Health is undermined by housing loss, mobility or stress, stress or fear of eviction

Impacts on Women & Their Families

Forced displacement out of SF due to housing policies destroys social networks, creates barriers to care, undermines health & wellbeing of pregnant women

Those who do live in SF are often limited to housing that is overcrowded, unhealthy or forced into homelessness in order to access housing

Strengths & Strategies

Mothers are resilient & social support is a key means of promoting health & wellbeing

Religion and religious affiliations provide sense of hope, support and networks for women

When well supported, program staff meet the challenges & thrive in working with low-income pregnant women

RECOMMENDATIONS

Policy

More new housing units just for low-income pregnant women & families

Create & sustain shelter spaces specifically for pregnant women

Support young mothers through advocates or liaisons

Fund programs for women and families on self-care and family connection

Doula opportunities for fathers and families in connection to workforce training

Change categorization of pregnant women & prioritize homeless pregnant women for housing

Mandate and integrate stress and mental health screenings for pregnant women

Needed Research

Wrap around perinatal services in or near shelters

More safe spaces for women to share & connect in the community

Education & awareness about domestic violence

Interception of stress & housing situation & birth outcomes

Impact of relocation & birth outcomes

Effective models of care

Fathers involvement & impact on birth outcomes

Value of different family living arrangements

But Research

Value of different family living arrangements

FINDINGS

RECOMMENDATIONS

When well supported, program staff meet the challenges & thrive in working with low-income pregnant women

RESEARCH

Implementation of the recommendations is critical to improving outcomes for pregnant women and their families.

Evaluations of the recommendations will be conducted to assess their impact on birth outcomes.