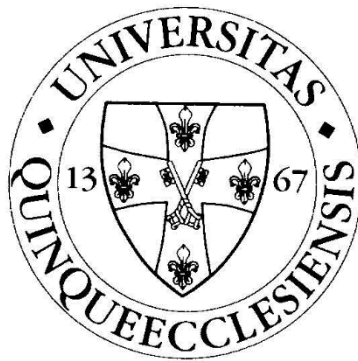


Health problems and health behaviors of the Hungarian homeless population

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Homelessness is a major problem

THE OTHER EUROPE

COLD REALITY FIGURES ON HOMELESSNESS

*NON-COMPARABLE



>400000 homeless people in the EU on any one night (Fazel S.2014)

https://www.ncbi.nlm.nih.gov/pubmed/?term=homeless+health

NCBI Resources How To Sign in to NCBI

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Create RSS Create alert Advanced

Article types Clinical Trial Other Animals Clear all

Format: Summary Sort by: Most Recent Per page: 20 Send to Filters: Manage Filters

Search results
Items: 1 to 20 of 7545

<< First < Prev Page 1 of 378 Next > Last >>

PMC Images search for homeless health

https://www.ncbi.nlm.nih.gov/pubmed/?term=homeless+health+Hungary

NCBI Resources How To Sign in to NCBI

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Article types Clinical Trial Review Customize ... Text availability Abstract

Format: Summary Sort by: Most Recent Per page: 20 Send to Filters: Manage Filters

Search results
Items: 8

Sort by: Best match Most recent

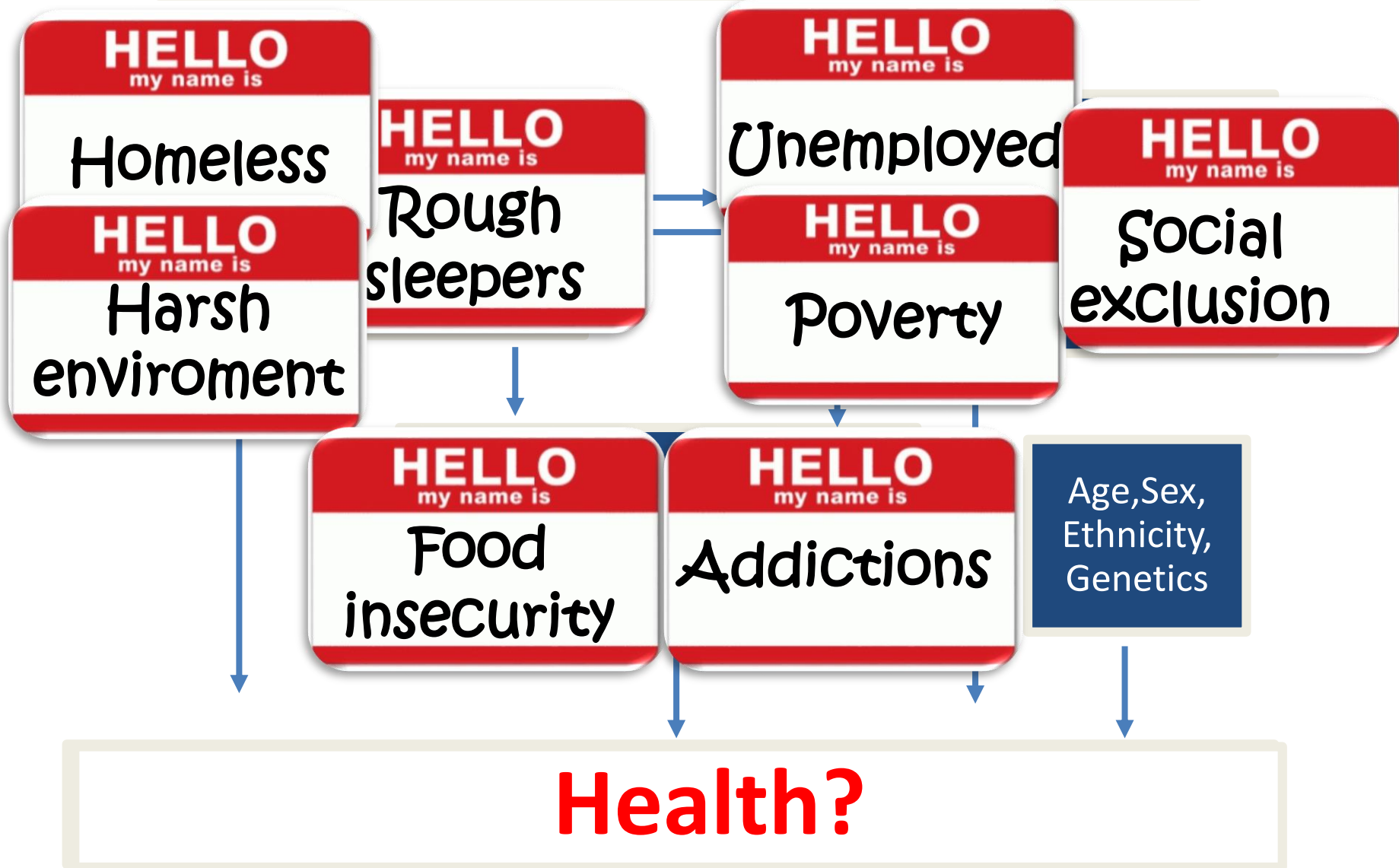


Lack of comprehensive health data on this population

There is no comparable health data exist on homeless populations at the EU level!

POLITICS AND GOVERNMENT

Democracy, Economic policy, Welfare Policy, Food policy ect.



Survey and sampling

Homeless population (N=453)

- Different stages of homelessness (ETHOS)



Roofless
27%



Houseless
51%



**Insecure
housing**
11%



**Inadequate
housing**
11%

European Health Interview Survey

age- and sex-standardized for the homeless population

- Hungarian general population (N=5826)
- Lowest income quintile of the Hungarian general population (N=1089)

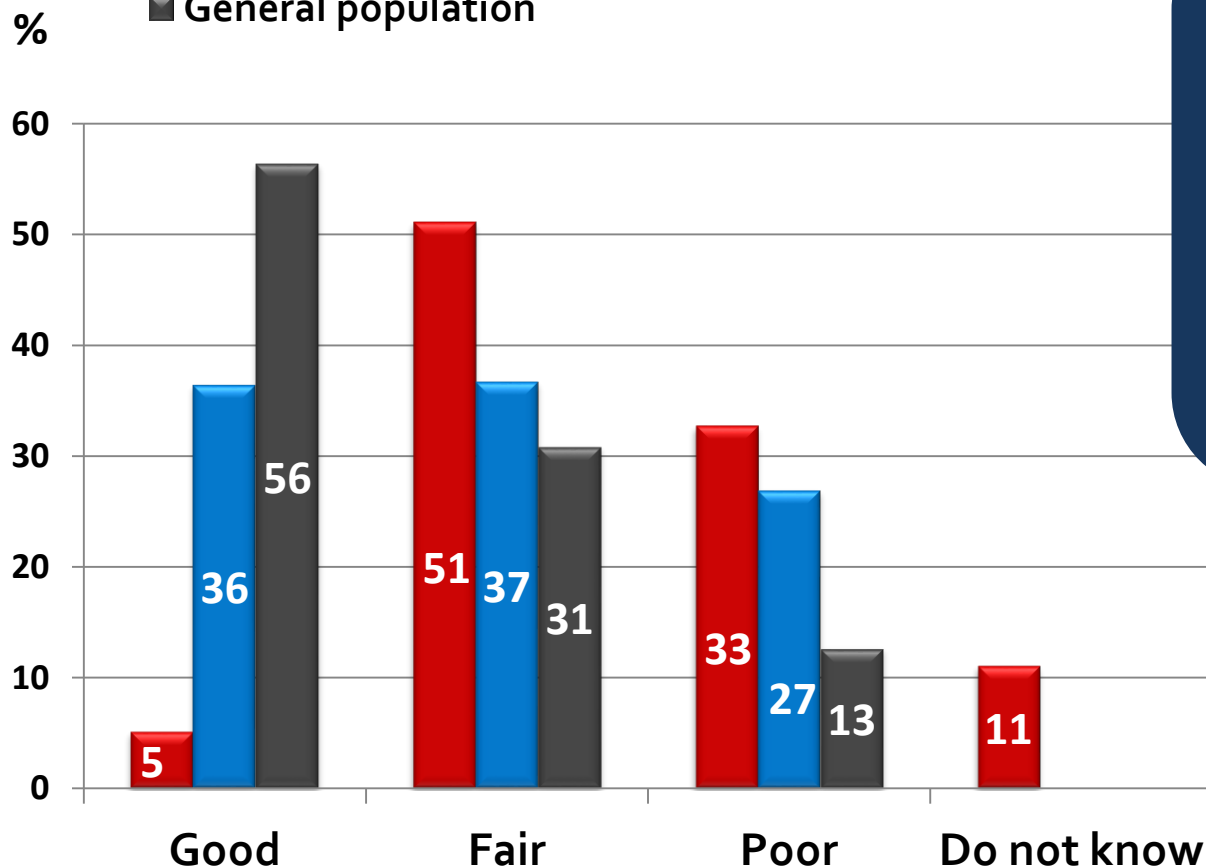
Compare the health problems of the homeless population and the general population

Self-perceived health status

■ Homeless population

■ Lowest income quintile of the general population

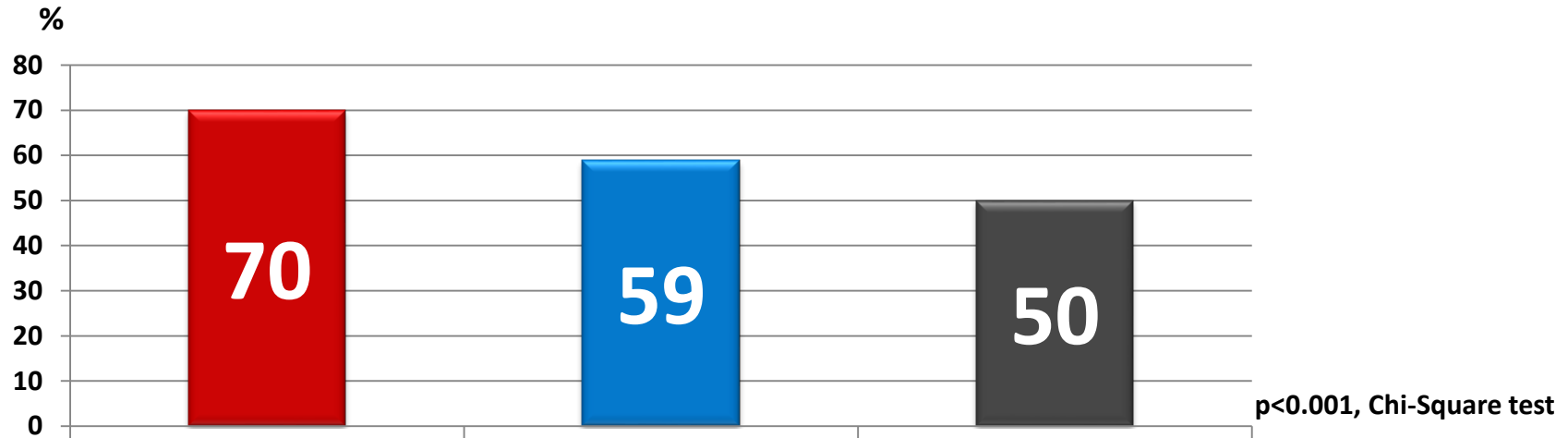
■ General population



Roofless and houseless people consider their **health poorer** than inadequate or insecure housing group
($p < 0.001$, Chi-Square test)



Prevalence of chronic diseases



Homeless population

Lowest income
quintile of the general
population

General population

35% take medication

92% take medication

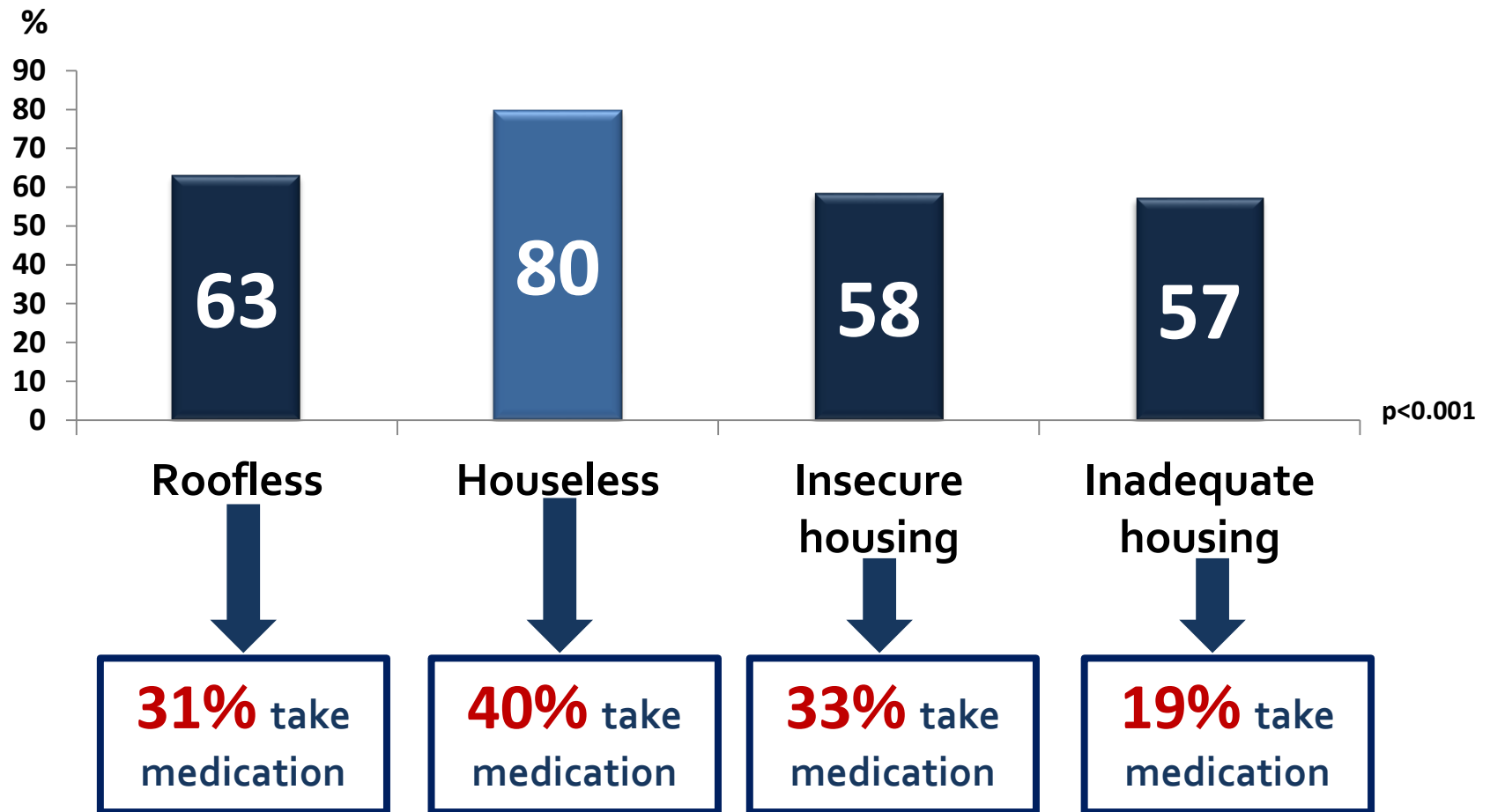


**Inadequate
medication in
the homeless
population**

Progression
of the
diseases

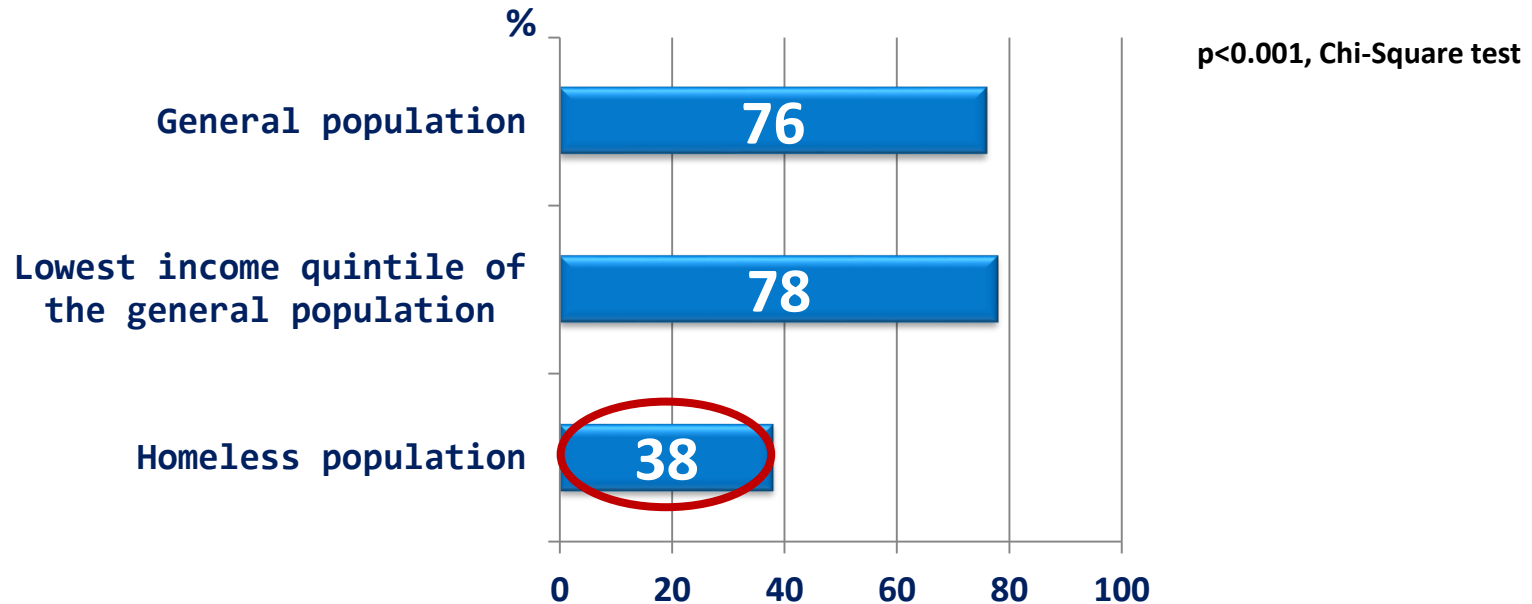
Increase
of
mortality

Prevalence of chronic diseases in the homeless population



Health service use

GP visit 12 months prior of the survey



Only 5.7% of the homeless participants had a screening test during 5 years prior of survey -except for the mandatory chest X-ray-



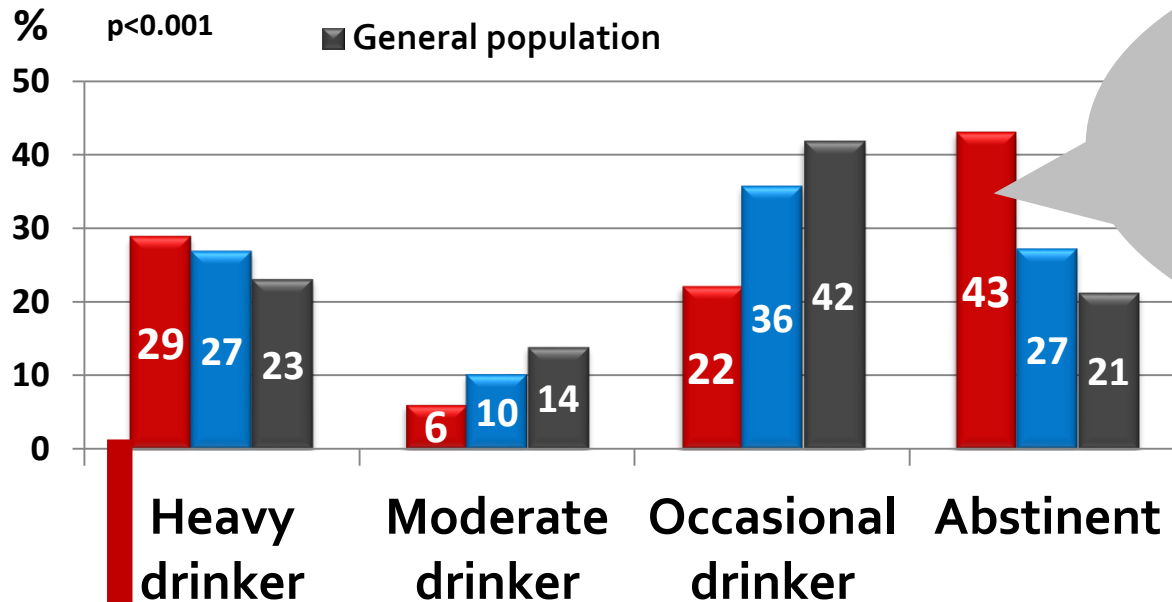
Screening bus for chest X-ray

Alcohol consumption

■ Homeless population

■ Lowest income quintile of the general population

■ General population



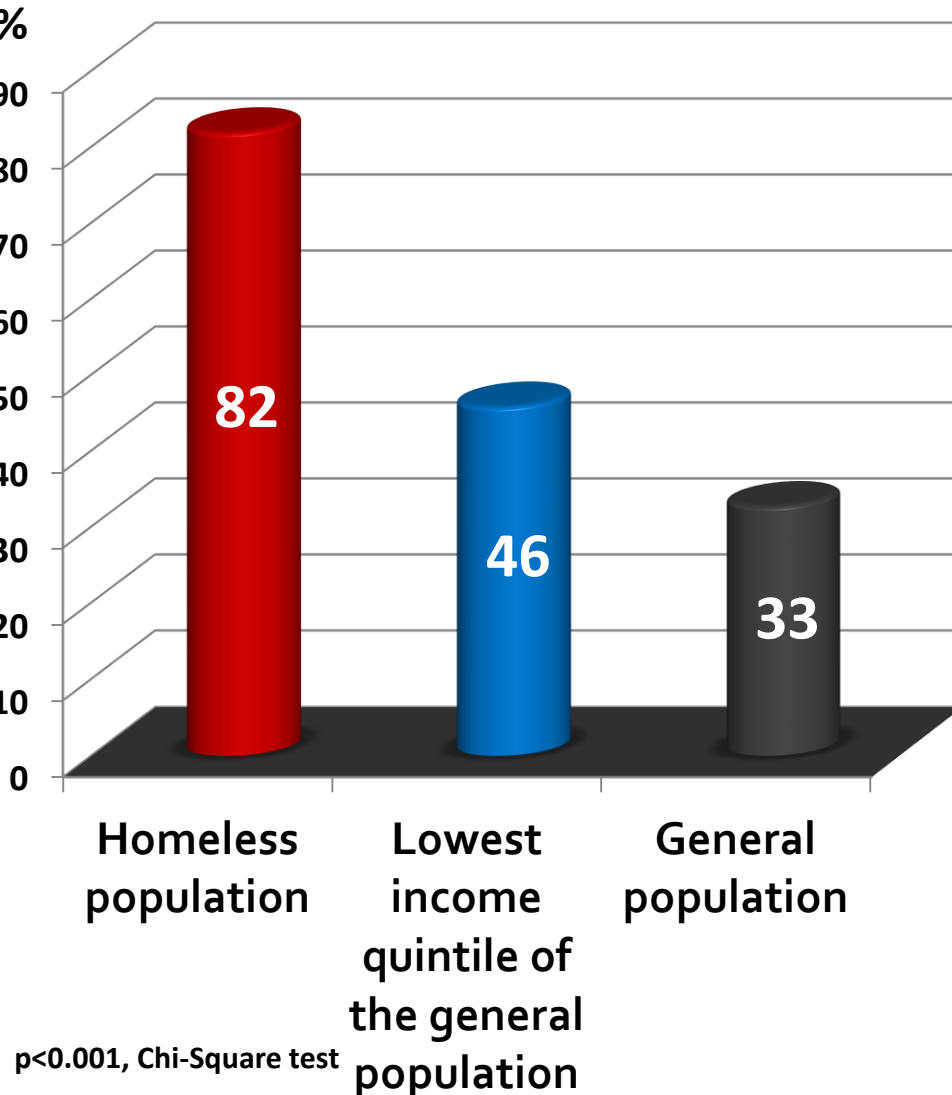
Being sober is mandatory to use most of the Hungarian homeless shelters

38% of the heavy drinker is roofless people



Smoking habits

Current smokers



There was not significant differences in the smoking habits between the ETHOS categories ($p=0.586$).



Photo by Umberto Pezzetta

Factors that make eating difficult for homeless people

POVERTY

- Average monthly income: **105 EUR**
- Spent on food monthly: **48 EUR**

FOOD INSECURITY

- 29% of the participants had maximum 2 meals per day

BAD DENTAL STATUS

- 17% had no teeth
- 50% had >15 teeth

Where and what to eat?

In a week:

73% of them consumed poultry,
67% of them consumed pork,
23% of them consumed beef,

**none of them consumed fish, not even within
a month!**

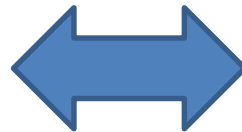
Low-nutrient, energy-dense foods

- **55% never had whole grain bakery products**
- **88% never had cereals and cereal products, they don't even know them**
- **ONLY 4% consumed cheese, 1% cottage cheese and 6% yogurt or kefir on a daily basis**



78% of the homeless people consume fruits and vegetables less than once a week

14% of them never eat fruits and vegetables



1.6% of general Hungarian adult population

The **knowledge** of **healthy** food choices did not **affect** their fruits and vegetables eating habits.

Self reported BMI: 17% underweight

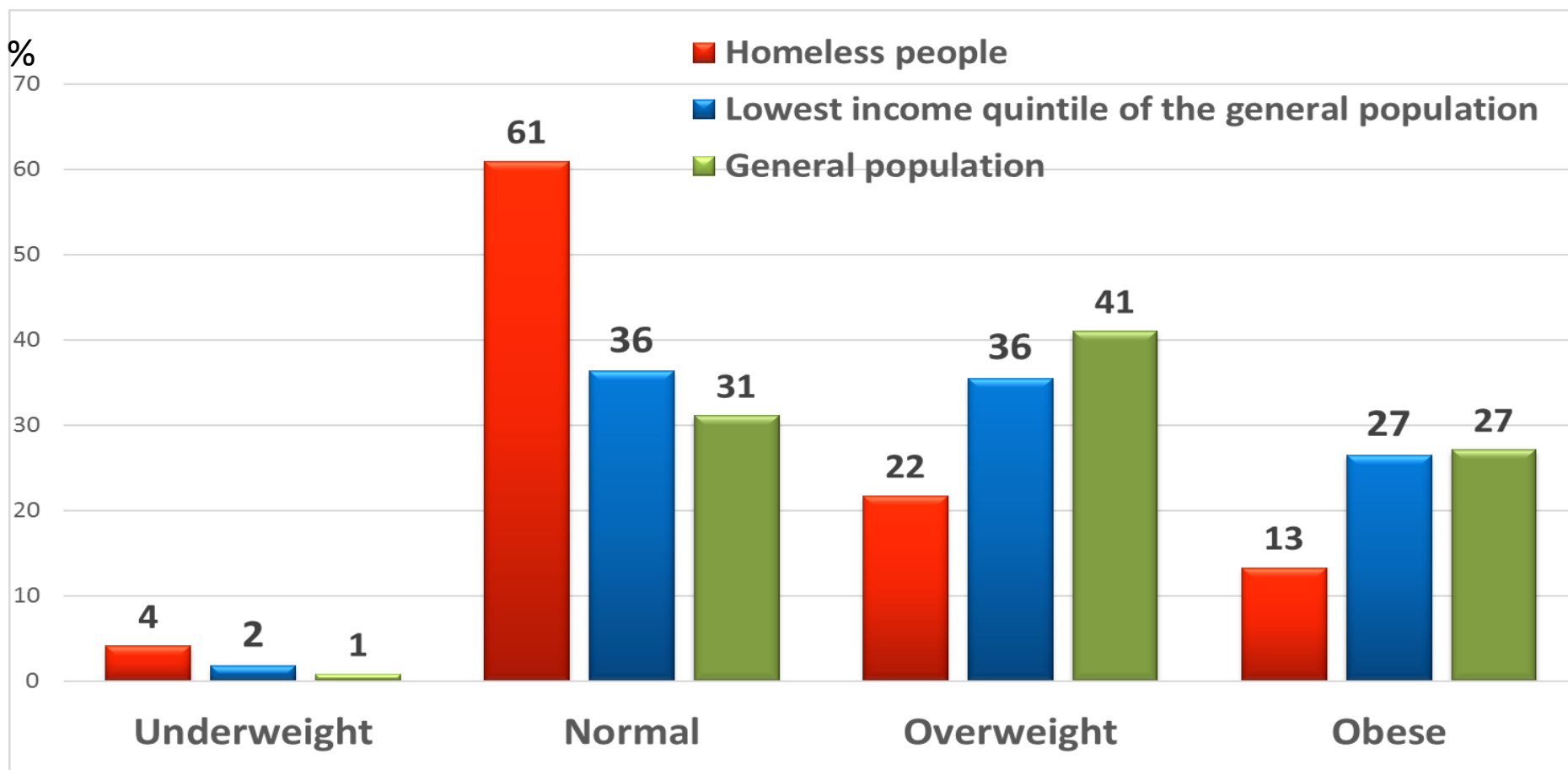
75% normal

8% could not rate

None of them reported overweight or obese



Measured BMI:



Homeless adults have high risk for poor diet and inadequate nutrition

Next steps towards ending unhealthy diet of homeless people



1

Knowledge on
affordable and
healthy diet for
homeless people
and their caregivers

2

Food quality and
policies in
shelters and
soup kitchens

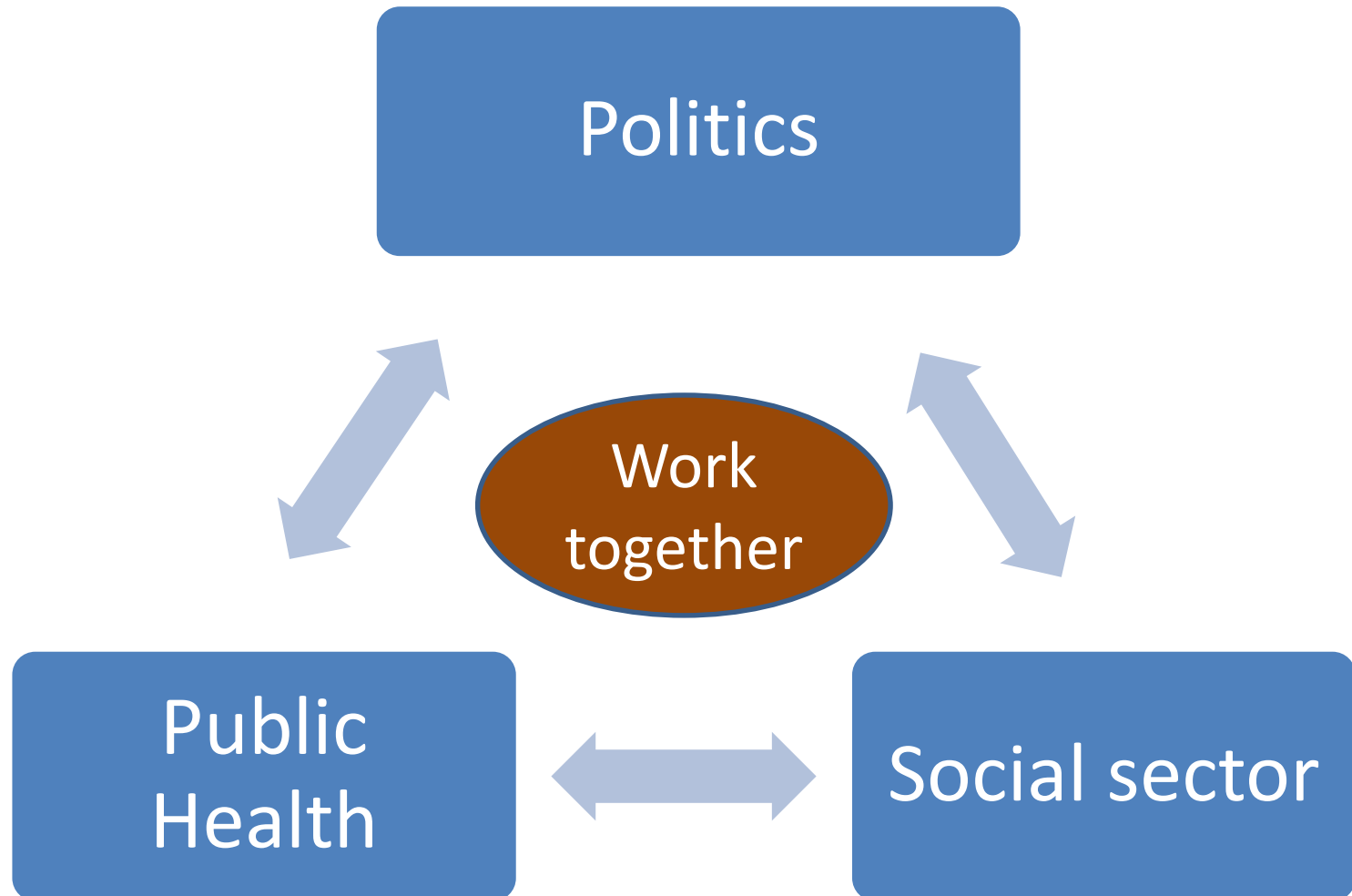
3

Monitoring and
surveillance

1st step: Day for homeless' health



The homelessness is due to an accumulation of vulnerability factors



Thank you for
your
attention!

