

# Financial security, stress, and health in gentrifying neighborhoods

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## Our Hypotheses

1. Financial security links neighborhood change and residents' health.
2. Stress is a pathway through which neighborhood change affects residents' health.



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## What We Did

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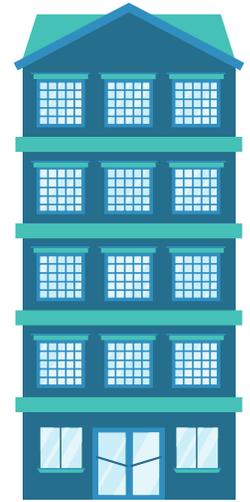
1. Using our community survey, we identified economically vulnerable people in HNS neighborhoods to interview.
  2. We analyzed their interviews to understand how their experiences and feelings related to changes in their neighborhood, their financial circumstances, and their health.
  3. We interpreted our findings using a classic psychological model of stress.
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## What we found

- **Financial pressure** increases through unaffordable housing, economic inequality, a rising cost of living, and difficulty saving.
- **Buffers** such as good jobs, social cohesion, collective efficacy, and cultural institutions erode as communities gentrify.
- **Stress** is produced by a decreased capacity to weather financial challenges.
- **Negative health outcomes** for residents result.

## Why it matters for residents and advocates

Experiencing gentrification leads economically vulnerable people to feel higher levels of financial insecurity. The paper shows that living through gentrification creates stress and has negative health consequences.



## Why it matters for researchers, planners, and decision makers

Researchers, planners, and decision makers can focus on creating and implementing policies to prevent and address the negative health consequences of gentrification and displacement. Effective plans will be designed in collaboration with community residents.

### What to do with this information

Share this information with decision-makers. Make the case for investing in community economic security, including:

- Expanding affordable housing
- Reducing neighborhood economic inequality
- Investing in social cohesion and support



### Additional resources

Read the full study in *Cities and Health*  
<https://www.tandfonline.com/loi/rcah20>

Learn more about the Healthy  
Neighborhoods Study:  
<https://hns.mit.edu/findings>