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## **THE PERSONAL HEALTH-POVERTY CONNECTION: A CASE STUDY OF SCHENECTADY, NY**

### **Abstract:**

The importance of personal health cannot be overstated. Without good health earning a good income is difficult. As a result, personal health is often linked to poverty. Further exacerbating the connection is that the poor spend a higher percentage of their income on healthcare. This health-poverty link leads to poor health outcomes and health issues such as respiratory diseases, lead poisoning, physical injuries, and mental health issues, to name just a few. Therefore, the relationship between poverty and personal health illustrates the socioeconomic disparities that exist. This paper examines the connection between poverty and personal health in the City of Schenectady, New York. Primary data collected from surveys are used to examine the poverty and personal health connection for Section 8 public housing residents and applicants, residents living in lower-income neighborhoods, and residents living in middle-class neighborhoods. Data are analyzed as subgroups and as an aggregate to determine the connection between the poverty and personal health. The paper concludes with a discussion of potential public policies that can be implemented to reduce personal health problems of the poor to achieve better health outcomes.

### **Keywords:**

Health Outcomes

Poverty

**JEL Classification:** I14, I18, I30