



Physical & Mental Health Disparities Among ALICE Families

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Introduction

- ALICE (Asset Limited Income-Constrained Employed) families earn just above the Federal Poverty Level but less than what it costs to afford basic necessities.
- Physical & mental health disparities exist between racial and ethnic minorities, with households of color being mostly ALICE.
- United for ALICE reports that almost 30% of American households are ALICE and struggle to afford necessities, forcing them to make detrimental decisions and comprises regarding their physical and mental health.
- There is an immense gap in knowledge on the health disparities faced by ALICE families.

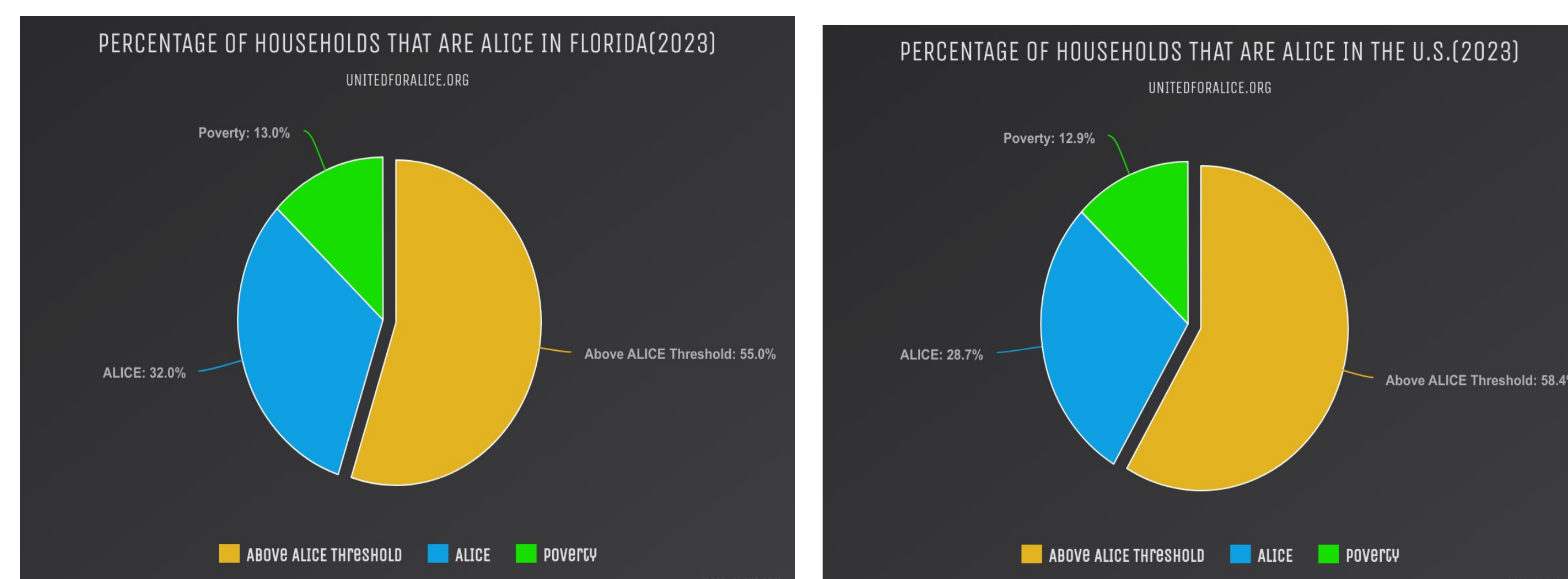
Objective

The purpose of this literature review is to provide a better understanding of the mental and physical health challenges of ALICE families and the factors that contribute to this.

Methods

- We searched three databases: ProQuest, Google Scholar, and PubMed.
- The search terms we used included “ALICE,” “families,” “middle income,” “employed,” “disparities,” and “minorities.”
- The references include peer review articles and gray literature that showcase the connection between disparities and the contributing factors.
- The information included in this review was published or reported within the last ten years.

Results



- ALICE families struggle with accessing basic necessities including housing, food, and health insurance.
- With the rising costs of living, food insecurity has increased since 2020. This has led to fatigue and reduced immune response.
- Lack of health insurance can prevent interventions and management to chronic conditions.
- Within the ALICE population, people with disabilities are more likely to report feeling depressed and anxious.
- ALICE families who had government assistance decreased or terminated due to slight increase in income are more likely to forgo health and dental care.
- Employees with depression, anxiety, and addiction are more likely to miss work.
- Housing quality affects health and indoor quality air improvement has reduced childhood lead poisoning and asthma.
- ALICE families with children with ADHD experience multiple stressors and anxiety that contribute to lack of economic stability.
- Black people of any socioeconomic status, including ALICE, experience higher rates of hypertension, diabetes, and cardiovascular diseases.

Conclusion

- ALICE families face many challenges that affect their physical and mental health, especially ALICE families of color.
- New policies are needed to revamp government assistance programs, making resources more accessible to the ALICE population.
- Advocating for policies that increase the minimum wage and make healthcare accessible to all need to be prioritized to tackle the problems that these families face.

References

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