

How The Green Chair Project Supports Healthy Homes in Wake County, NC

We lead a collective effort responding to our neighbors in need by sharing furnishings to create safe, nurturing, & healthy homes.

Why furnishings?

Furnishings turn homes into places where household members feel safe and affirmed.

Empirical evidence indicates the reduction in stress associated with these confirming experiences improves health over the life course.¹



Sofas and chairs foster reading and positive social interactions

- Children whose parents read to them develop stronger reading and math skills.²
- Older adults describe reading as a “lifeline” for coping with the challenges of aging.³
- Households can host guests in common spaces, offsetting negative health effects associated with social isolation.⁴



Dining tables create space for families to eat meals together

- Children who regularly share meals with families perform better in school and are less likely to use drugs and alcohol.⁵
- Families who eat dinner together at least 3x/week are more likely to eat fruits and vegetables, and less likely to eat unhealthy foods and snacks.⁶



Dedicated workspaces establish healthy environments for schoolwork

- Children perform better academically when they complete their work with quality lighting.⁷
- Increased educational attainment is associated with fewer chronic health conditions by age 35-44, better overall health, and lower rates of participation in risky health behaviors.⁸

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- ¹ AT Geronimus, “Understanding and Eliminating Racial Inequalities in Women’s Health in the United States: The Role of the Weathering Conceptual Framework,” *Journal of American Medical Women’s Association* 56, no. 4 (Fall 2001): 133-136, 149-150; Arline T. Geronimus, Margaret T. Hicken, Jay A. Pearson, Sarah J. Seashols, Kelly L. Brown, and Tracy Dawson Cruz, “Do US Black Women Experience Stress-Related Accelerated Aging? A Novel Theory and First Population-Based Test of Black-White Differences in Telomere Length,” *Human Nature* 21 (2010): 19-38; Arline T. Geronimus, Sherman A. James, Mesmin Destin, Louis F. Graham, Mark L. Hatzenbuehler, Mary C. Murphy, Jay A. Pearson, Amel Omari, and J. Phillip Thompson, “Jedi public health: Co-creating an identity-safe culture to promote health equity,” *Population Health* 2 (December 2016): 105-116.
- ² Erica Barnes & James Puccioni, “Shared book reading and preschool children’s academic achievement: Evidence from the Early Childhood Longitudinal Study—Birth cohort,” *Infant and Child Development* 26, no. 6 (April 2017).
- ³ Paulette Rothbauer & Nicole Dalmer, “Reading as a lifeline among aging readers: Findings from a qualitative interview study with older adults,” *Library & Information Science Research* 40.3-4 (2018): 165-172.
- ⁴ Oliver Hämmig, “Health risks associated with social isolation in general and in young, middle and old age,” *PLOS One* 14, no. 7 (August 2019).
- ⁵ Marla E. Eisenberg, Rachel E. Olson, Dianne Neumark-Sztainer, Mary Story, & Linda H. Bearinger, L.H., “Correlations between family meals and psychosocial well-being among adolescents,” *Archives of Pediatrics & Adolescent Medicine* 158, no. 8 (2004): 792-796.
- ⁶ Amber J. Hammons & Barbara H. Fiese, “Is frequency of shared family meals related to the nutritional health of children and adolescents?” *Pediatrics* 127, no. 6 (June 2011).
- ⁷ Sanaz Samani, “The Impact of Indoor Lighting on Students’ Learning Performance in Learning Environments: A knowledge internalization perspective,” *International Journal of Business and Social Science* 3, no. 24 (December 2012): 127-136.
- ⁸ Leon Feinstein, Ricardo Sabates, Tashweka M. Anderson, Annik Sorhaindo, & Cathie Hammond, “What are the effect of education on health?” *Measuring the effects of education on health and civic engagement: Proceedings of the Copenhagen symposium* (March 2006): 171-354.