Housing & Health

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Housing & Health

- Housing as a social determinant of health;
- Multiple dimensions of housing and health;
- Housing and health inequities;
- Housing situations;
  - Roofless or houseless (homeless)
  - Housing insecurity or inadequate

Gaps in the research.

Need for action.
Defining Housing

• Housing is multi-dimensional determinant of health.
  • Affordability
  • Access
  • Conditions

Socio-ecological approach to housing and health.

Fig 1. Socio-ecological model of housing and health (Mehdipanah et al. 2019)
Housing Inequalities

• “Social and economic processes that position housing as a commodity symbolizing social and economic success rather than a basic human right to shelter.” – Madden & Marcuse 2016
Housing Affordability

Unaffordable housing: 30+% of household income used for housing costs.

- Approx. 12 million households paid more than 50% of income for housing.
- Difficulties paying housing costs lead to *housing insecurities*.
- 2018 a family with one full-time worker earning minimum wage cannot afford local fair-market rent for a 2-bedroom apartment anywhere in the U.S. (HUD 2018)
- Implications of being *cost burdened* on food, transportation and medical care.
Housing Affordability

The image shows a map of the United States with a focus on housing affordability. Each state is color-coded to indicate the two-bedroom housing wage. The map is labeled with the two-bedroom housing wage for each state, ranging from $9.68 in PR (Puerto Rico) to $35.20 in HI. The map is accompanied by a legend that explains the color-coding system, with four wage categories: Less than $15.00, $15.00 to less than $20.00, $20.00 or more, and $20.00 or more (indicating the national average). The source of the map is the National Low Income Housing Coalition (NLIHC) and is from 2017. The website www.nlihc.org/oor is provided for more information. The image also includes a note about how many hourly wages workers make enough to afford modest rents, which is also provided by NLIHC.
Housing Instability & Health

CDC Study (Stahre et al. 2017)
• Housing insecure were twice as likely to report:
  • Poor or fair self-rated health;
  • Postpone medical treatment due to costs.

Desmond & Kimbro (2014)
• Health impact of eviction low-income urban mothers (1-year post-eviction):
  • More material hardship;
  • More likely to have depression;
  • Worse health for themselves and children;
  • More parenting stress.
Housing Instability & Health

Intersections of housing instability and existing neighborhood inequalities.

• Exacerbate health inequities.
Moving to Opportunity for Fair Housing

“10-year research project that combined tenant-based rental assistance with housing counseling to help very low-income families move from high poverty areas to low-poverty neighborhoods.”

Public housing or other programs that assist with housing.
Physical location of public housing.
Social cohesion and health within public housing.
Design and upkeep of public housing.
Affordable Housing & Health

The role architecture plays in housing inequalities.
Affordable Housing & Health

The role tourism plays in housing inequalities.
Affordable Housing & Health

The role tourism plays in housing inequalities.
Affordable Housing & Health

The role developers play in housing inequalities.

Riverside building, NYC

London, UK
Affordable Housing & Health

The role developers play in housing inequalities.
Housing Access

- Federal Housing Administration (FHA) 1934

Vox 2018
None of the said lands, interests therein or improvements thereon shall be sold, resold, conveyed, leased, rented to or in any way used, occupied or acquired by any person of Negro blood or to any person of the Semitic race, blood, or origin which racial description shall be deemed to include Armenians, Jews, Hebrews, Persians or Syrians.
Future Directions in Residential Segregation and Health Research: A Multilevel Approach

Dolores Acevedo-Garcia PhD, MPA-URP, Kimberly A. Lochner ScD, Theresa L. Osypuk MSc, and S. V. Subramanian PhD

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Health risk and inequitable distribution of liquor stores in African American neighborhood

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Available online 18 May 2000.
Housing Discrimination

- **Fair Housing Act (1968)**
  - Based on race, sex, age, color, religion, national origin, familial, marital, sexual orientation, height, weight or disability status.
    - Continues to occur in cities.
    - Occurs in all types of housing.
    - Renters and owners.

Housing discrimination effects on health outcomes.

- Individual
- Neighborhood
Housing Conditions

Physical conditions
- Dampness, mold
- Temperature
- Excessive noise
- Light
- Hazards

Social conditions
- Overcrowding
- Privacy
- Isolation
Housing Conditions & Health

Physical conditions
- Dampness, mold – asthma, respiratory diseases
- Temperature – mental health, respiratory disease, mortality
- Excessive noise – lack of sleep, mental health
- Light – mental health
- Hazards – lead poisoning, respiratory disease, mortality

Social conditions
- Overcrowding – mental health
- Privacy – mental health
- Isolation – mental health
Energy Efficiency & Health

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<th>Energy Efficiency Rating</th>
<th>Current</th>
<th>Potential</th>
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Very energy efficient = lower running costs
Not energy efficient = higher running costs
Housing Conditions & Health

- Some influence but still limited on codes and regulations;
  - Prohibition of lead-based paints in 1978
  - Guidelines for toxic protection (mold)
  - “Healthy Home” – type projects

More research to action.
More interventions to help cover/fund costs.
More advocacy for renters’ rights.
More attention on social outcomes.
Housing Conditions & Health

• “I don’t want to bring my friends over to my house because my house is ugly.”
Housing & Healthy Cities

How does this help advance our understanding of health in cities?

• Socio-ecological approach to housing and health.
  • Going beyond the individual and community levels.
  • Unequal distribution of resources in neighborhoods across a city.
  • Effects on housing affordability, access and conditions together and independently on health.

Intersectionality of housing and other determinants of health.
A 2:15 Alarm, 2 Trains and a Bus Get Her to Work by 7 A.M.

Like many in the housing-starved San Francisco region, Sheila James has moved far inland, gaining affordable space at the price of a brutal commute.

By CONOR DOUGHERTY and ANDREW BURTON  AUG. 17, 2017
Housing & Health Inequities

![Conceptual framework on housing systems, housing conditions and health equity](chart)

Novoa et al. 2015
Housing & Health Inequities

- Low-income households
  - Homeowners
  - Renters
- People of color
- People with disabilities
- Children
- Seniors

Affordability
Access
Conditions
Aging in Place

- By 2035, 1 out of 3 households will be headed by an individual aged 65+;
- Aging in place;
  - Current housing stock not fitted for this population.
    - Housing modifications.
    - Fixed income.
    - Mortgage-holders.
    - Growing renters.
  - Gentrification and aging.
Next steps – Research

• Historical and political context of housing.
• Independent and joint effects of the different housing dimensions.
• Focusing on populations more impacted by housing insecurity.
• Intersection of housing and other social determinants of health.
• Partnerships!
Next steps – Policy/Action

• Innovative interventions to address these challenges.
  • Political will and economic investment are lacking.
• Increasing affordable housing.
• Rent control laws
• Shared equity homeownership models.
• Awareness and public outreach (e.g. Fair Housing Act)
Housing & Health

“There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they’re falling in.”

— Desmond Tutu
Thank you

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