



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.

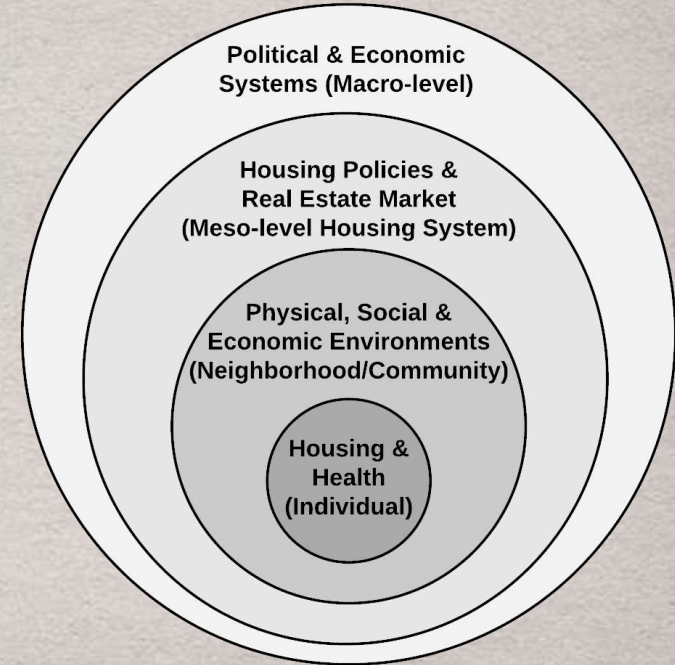


Fig 1. Socio-ecological model of housing and health (Mehdipanah et al. 2019)

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



Source: #IllegalForeclosures



Source: Bristol Post

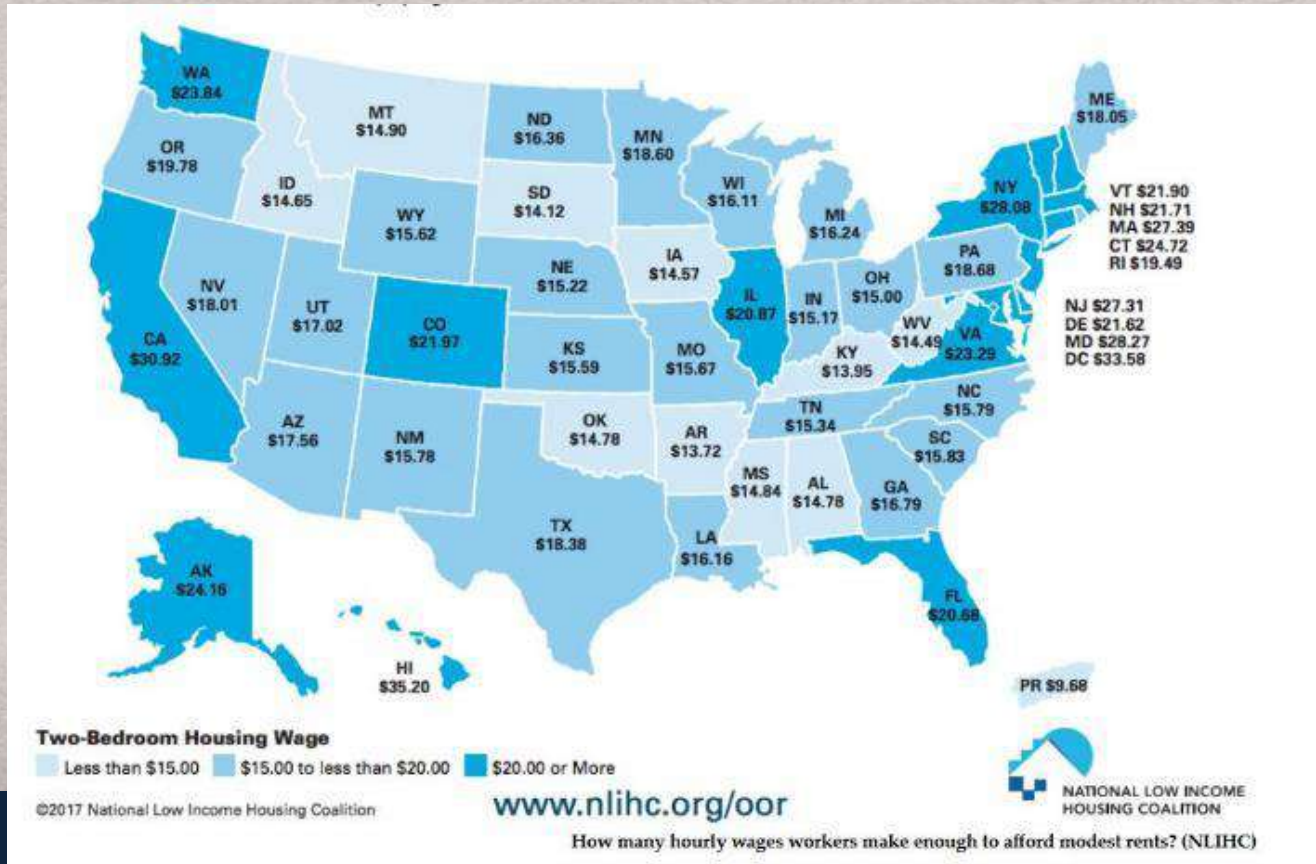
Housing Affordability

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



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.



Public Housing & Health

[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 plays in housing inequalities.



Riverside building, NYC

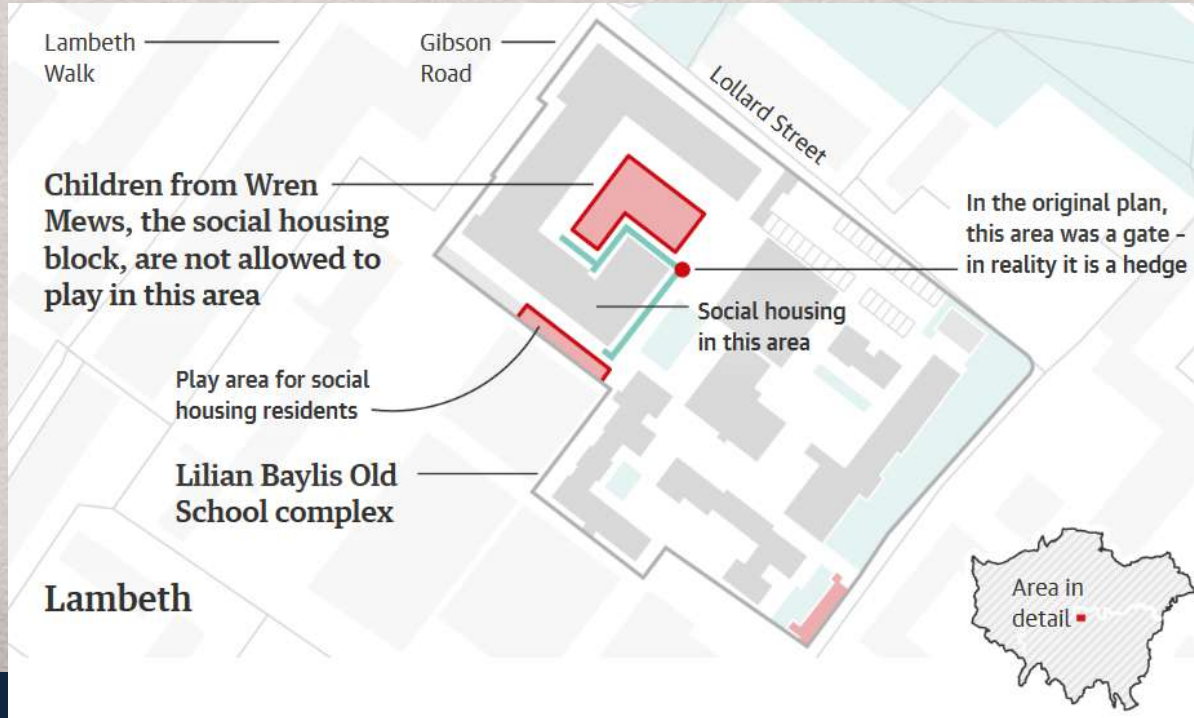


London, UK

Affordable Housing & Health

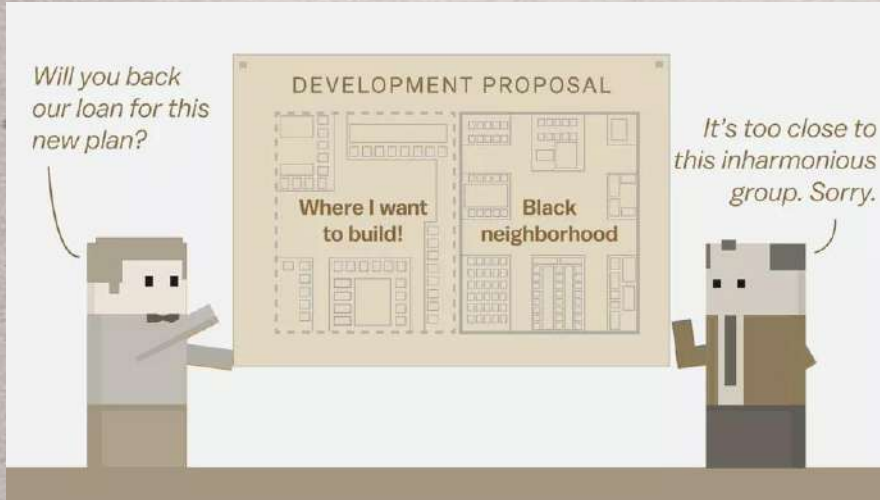


The role developers plays in housing inequalities.



Housing Access

- Federal Housing Administration (FHA) 1934



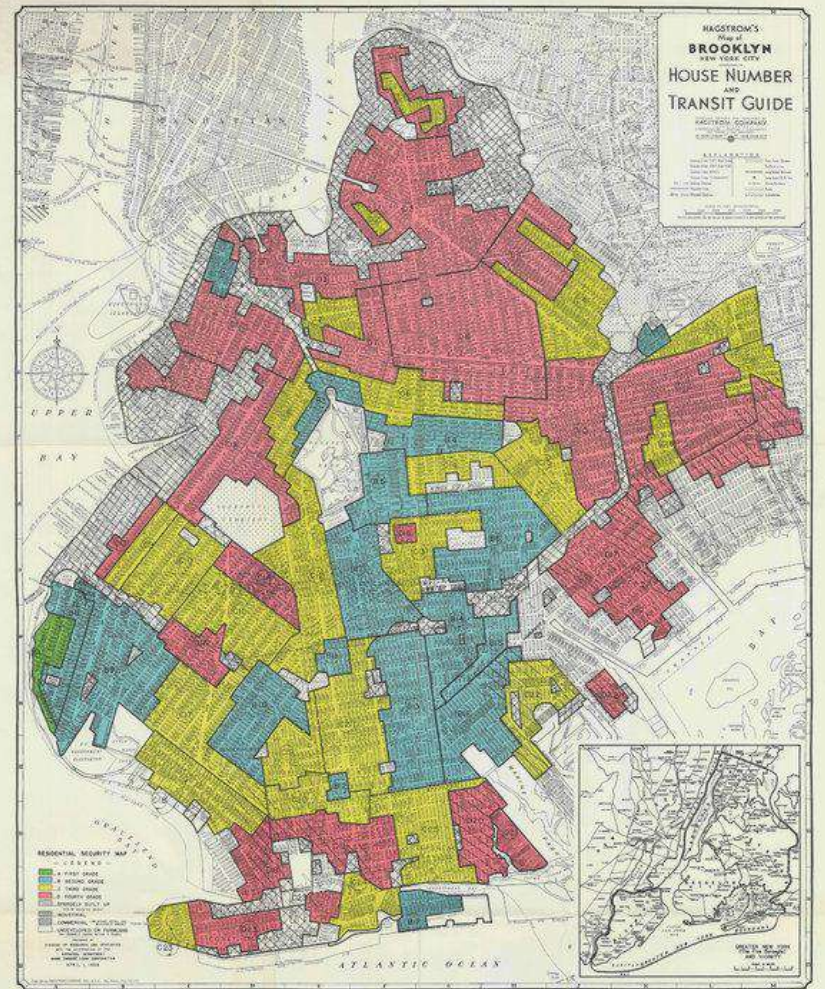
Vox 2018



Housing Access

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.

JEWISH
HISTORICAL SOCIETY OF
GREATER WASHINGTON



Segregation & Health Inequities

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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Racial Residential Segregation: A Fundamental Cause of Racial Disparities in Health

David R. Williams PhD, MPH, Chiquita Collins, PhD

First Published September 1, 2001 | Research Article

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

Racial Residential Segregation and Health Inequities

David R. Williams PhD, MPH, Chiquita Collins PhD, MPH

First Published September 1, 2001 | [Re: https://doi.org/10.1093/phr/116.5.404](https://doi.org/10.1093/phr/116.5.404)

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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

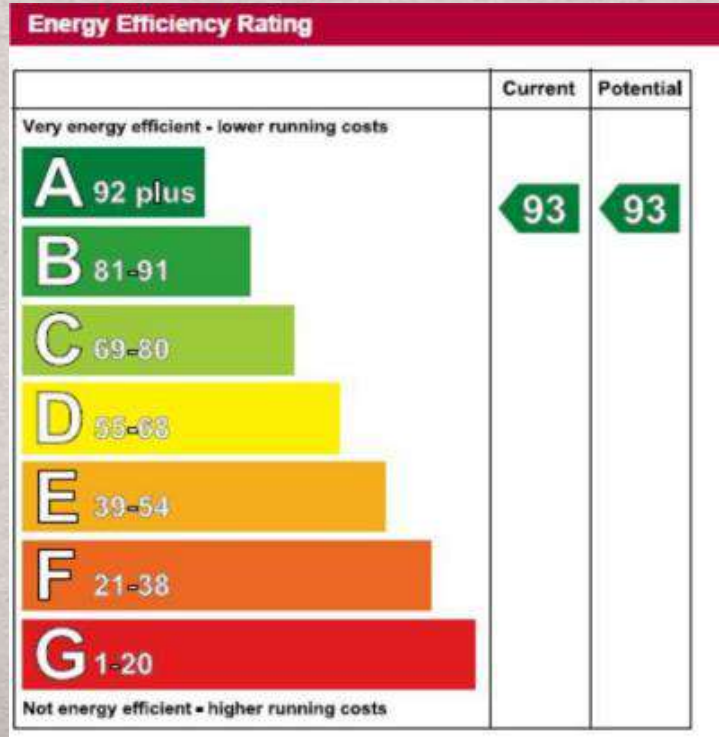
- Dampness, mold – asthma, respiratory diseases
- Temperature – mental health, respiratory disease, mortality
- Excessive noise – lack of sleep, mental health
- Light – mental health
- Hazards – lead poisoning, respiratory disease, mortality

Social conditions

- Overcrowding – mental health
- Privacy – mental health
- Isolation – mental health



Energy Efficiency & Health



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.





The New York Times

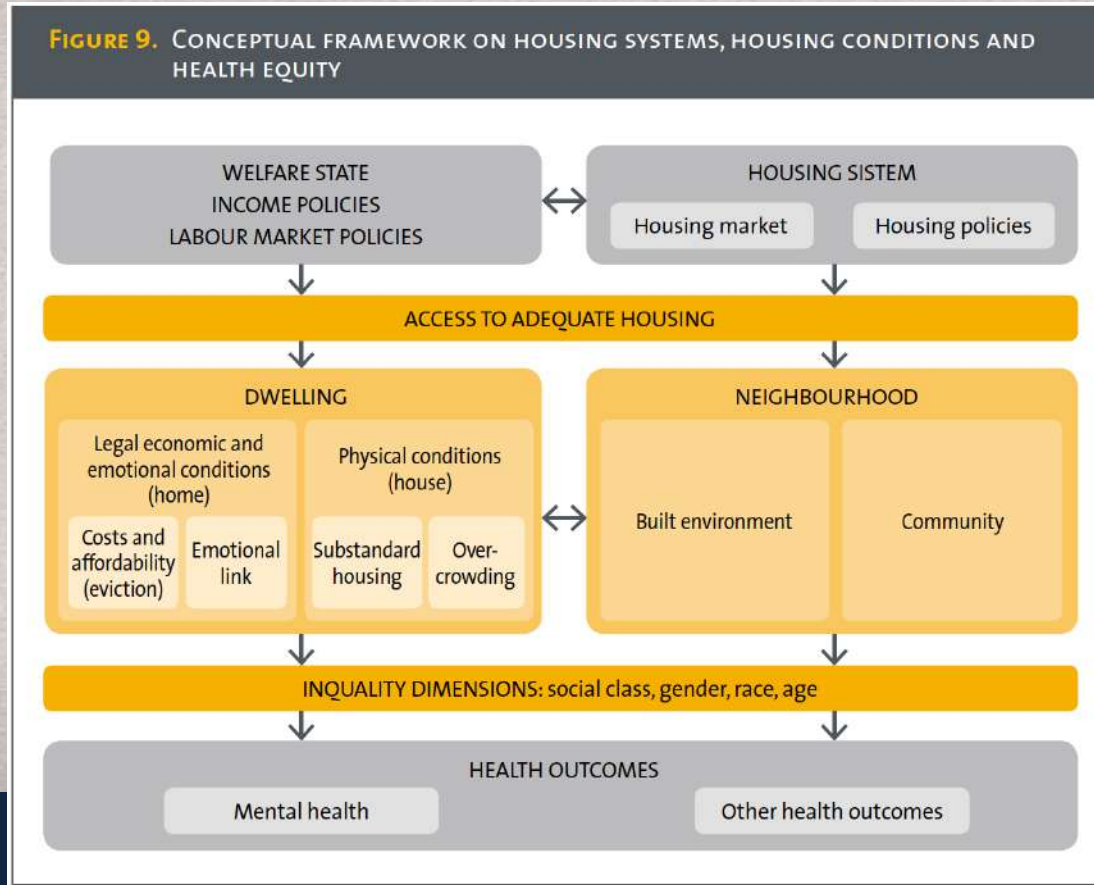
BUSINESS DAY

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



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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