HOUSING AND HEALTH

AFFORDABLE HOUSING ADVISORY COMMITTEE

April 11, 2016
What determines our individual health?

**Percentage contributing to overall health**

- **Health Care** (e.g., access to and quality of care, insurance status) 10%
- **Social & Economic Factors** (e.g., discrimination, income, education level, marital status and economic factors) 40%
- **Health Behaviors** (e.g., eating habits, alcohol or substance use, hygiene, unprotected sex, smoking) 40%
- **Physical Environment** (e.g., place of residence, exposure to toxic substances, built environment such as buildings and transportation systems, natural environment such as plants and weather) 10%

What determines our community’s health?

Affordable housing drives positive health outcomes

Adverse living conditions
Marketing for tobacco and alcohol
Poverty
Environmental Toxins
Discrimination
Segregation
Unemployment
Access to healthy foods
How healthy is the United States?

The evidence is clear that while tackling the inequalities in the health care system is an imperative, this alone is insufficient to reduce the disparities in life expectancy and quality of life. Therefore, a second recommendation is that it is also essential to tackle the current social, economic, and environmental inequalities that underpin so many documented health disparities. Institute of Medicine
How healthy is Lawrence/DG Co.?

County Health Rankings and Roadmaps - *Building a Culture of Health, County by County*

Selected Measures from the 2016 Report

Severe Housing Problems
- Excessive Drinking
- Social Associations
- Income Inequality
- Adult Obesity
- Premature Deaths
- Injury Deaths
- Physical Inactivity
- Preventable Hospital Stays
- Teen Births

Source: University of Wisconsin County Health Rankings - 2016
High stress drives poor health
The health impacts of affordable housing

- Frees up family resources for healthy food and health care
- Reduced stress
- Improved mental health (higher levels of self-esteem and sense of control)
- High quality affordable housing reduces exposures to environmental health risks (e.g. lead, asthma, injury)
- Improved chronic disease management
- Affordable housing in more affluent neighborhoods helps reduce stress and increase access to healthy foods and physical activity
- Reduced overcrowding reduces the transmission of infectious diseases
- Access to affordable housing allows survivors of domestic violence to escape abusive homes

Center for Housing Policy literature review 2015