



Healthy Housing = Healthier Communities Initiative

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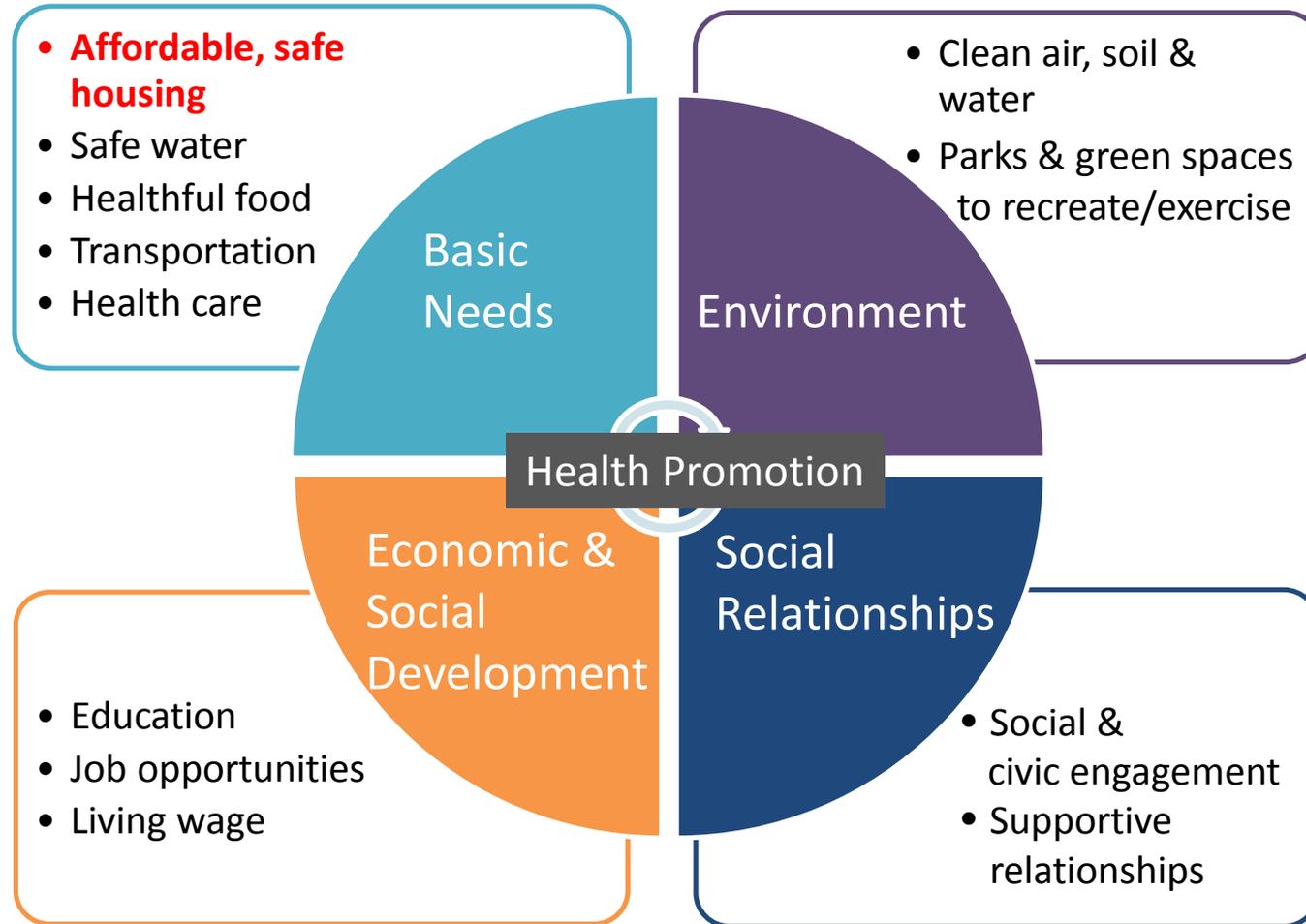




The “New” Frontier of Public Health

- Traditional Public Health practice centered on shaping health behaviors and providing access to care for underserved communities.
- The “new” frontier of Public Health requires that we address environmental influences.
- Failure to transform our practice to address modern problems will represent a failure of Public Health.

Healthy Community



Impacts of Adequate Housing on Health

- Adequate housing:
 - Protects individuals from harmful exposures
 - Provides a sense of privacy, security, stability and control
 - Can make important contributions to health and well-being¹



Social Determinants of Health

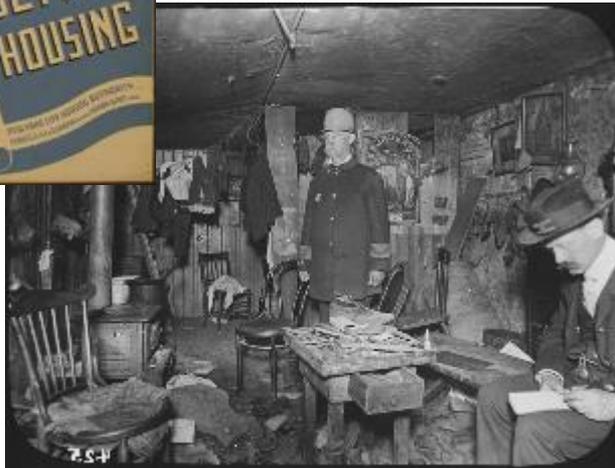
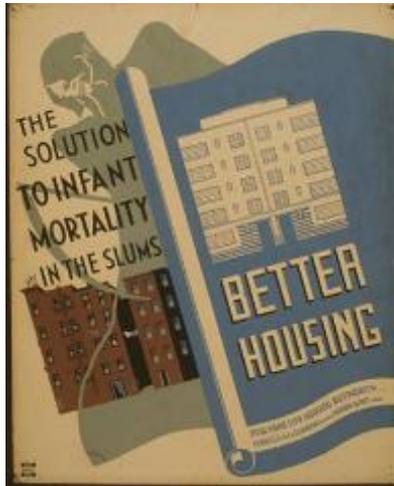
Housing and Health in Los Angeles County



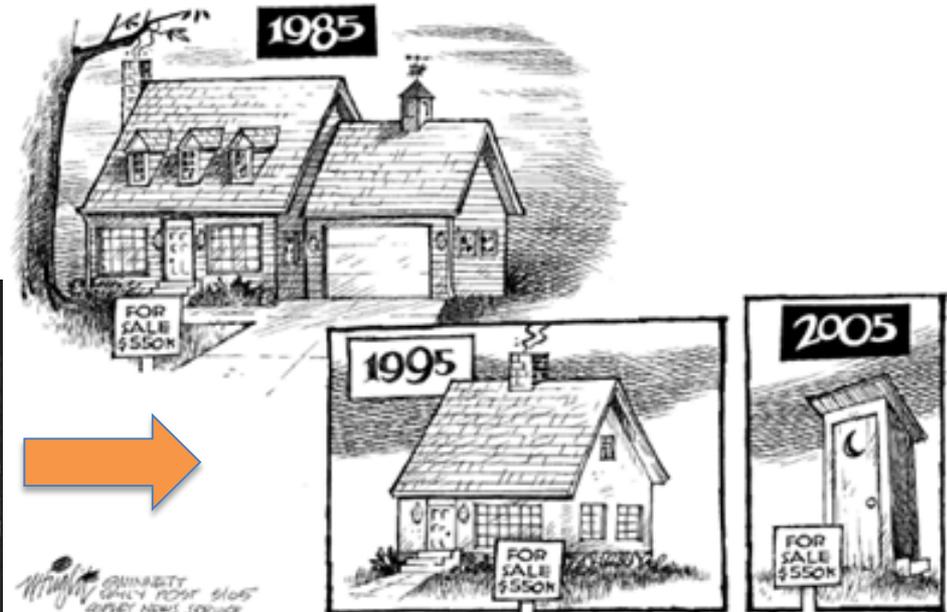
3 major discussion areas:

- Unaffordable housing
- Housing instability
- Quality housing

Healthy Housing Interventions: Then and Now



Tenement Inspection, c. 1900



Library of Congress; U.S. National Archives and Public Records Center

Unaffordable Housing (High Housing Burden)

- Defined traditionally as spending more than 30% of household income on rent or mortgage
 - 52% of LA County households are housing-cost burdened
 - 45% of homeowners and 59% of renters report high housing burden

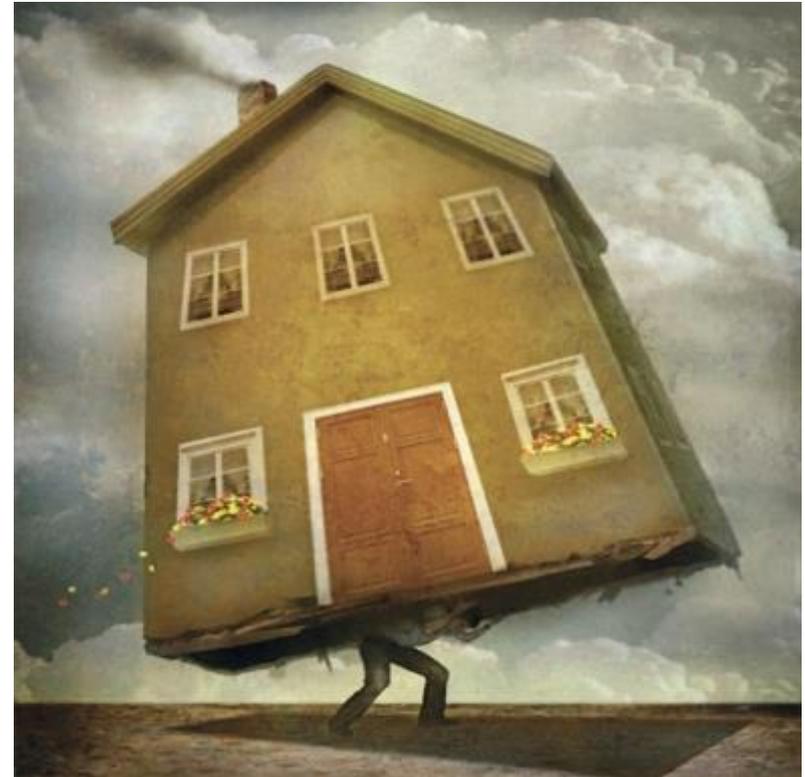
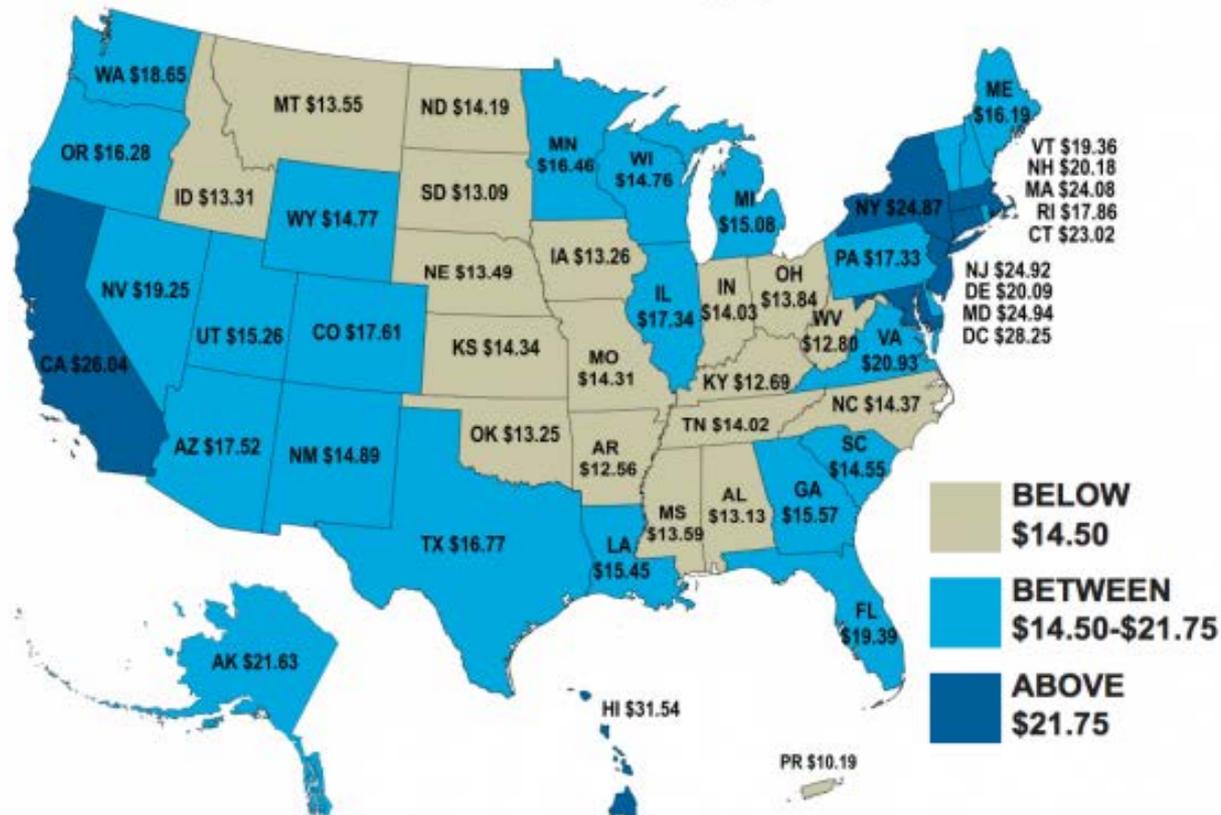


Image from thecitymission.org

Unaffordable Rental Housing

2014 TWO-BEDROOM RENTAL UNIT HOUSING WAGE

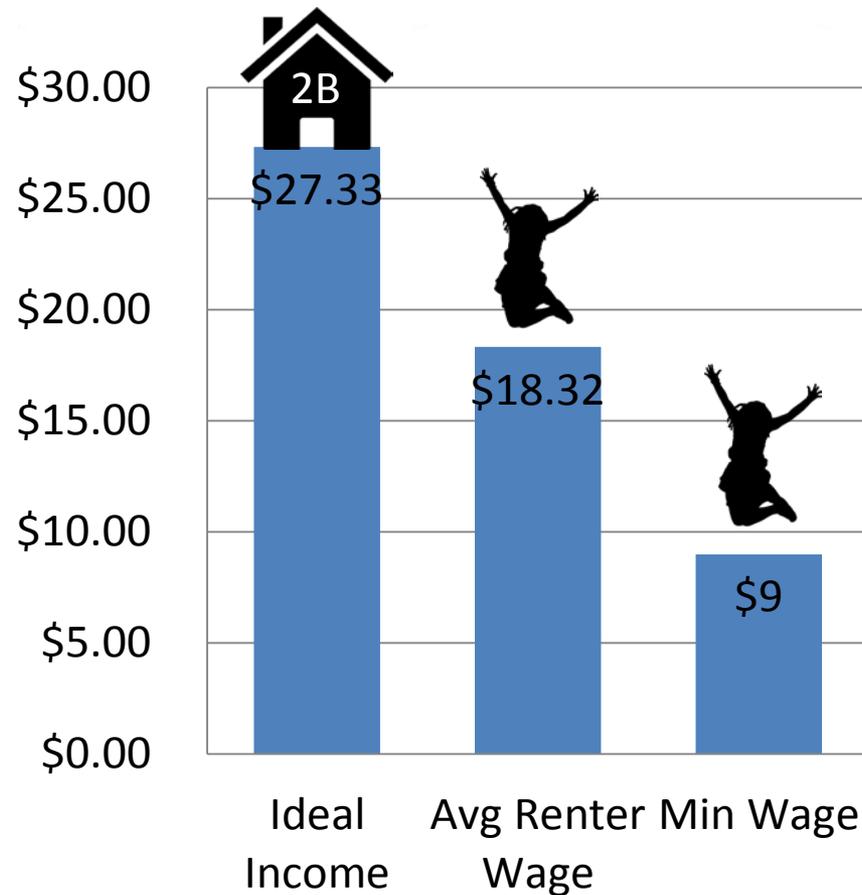
Represents the hourly wage that a household must earn (working 40 hours a week, 52 weeks a year) in order to afford the Fair Market Rent for a two-bedroom rental unit, without paying more than 30% of their income.

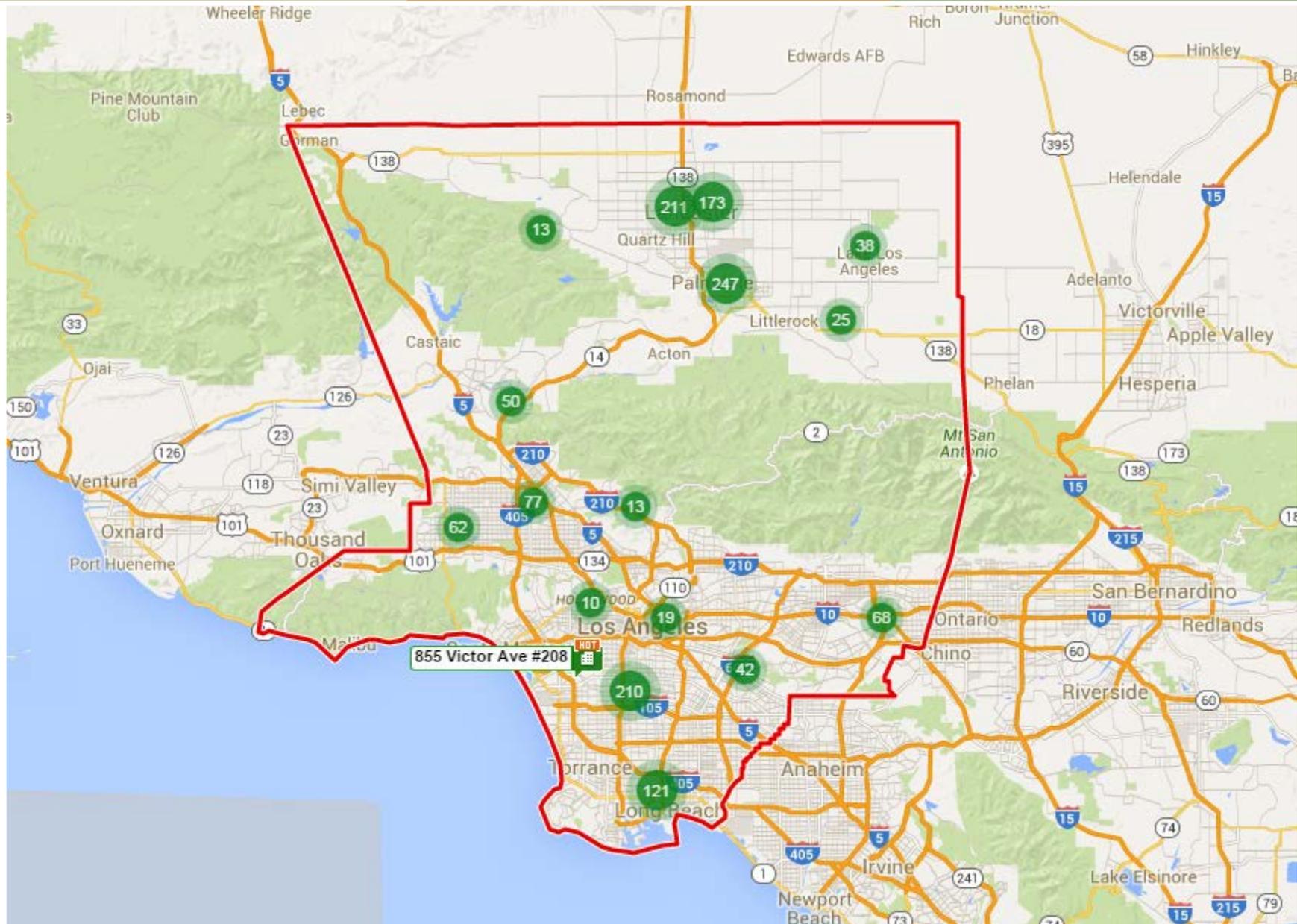


Unaffordable Housing in Los Angeles County

Homes Within Reach

How much house can the middle class afford?





The Links between Housing and Health



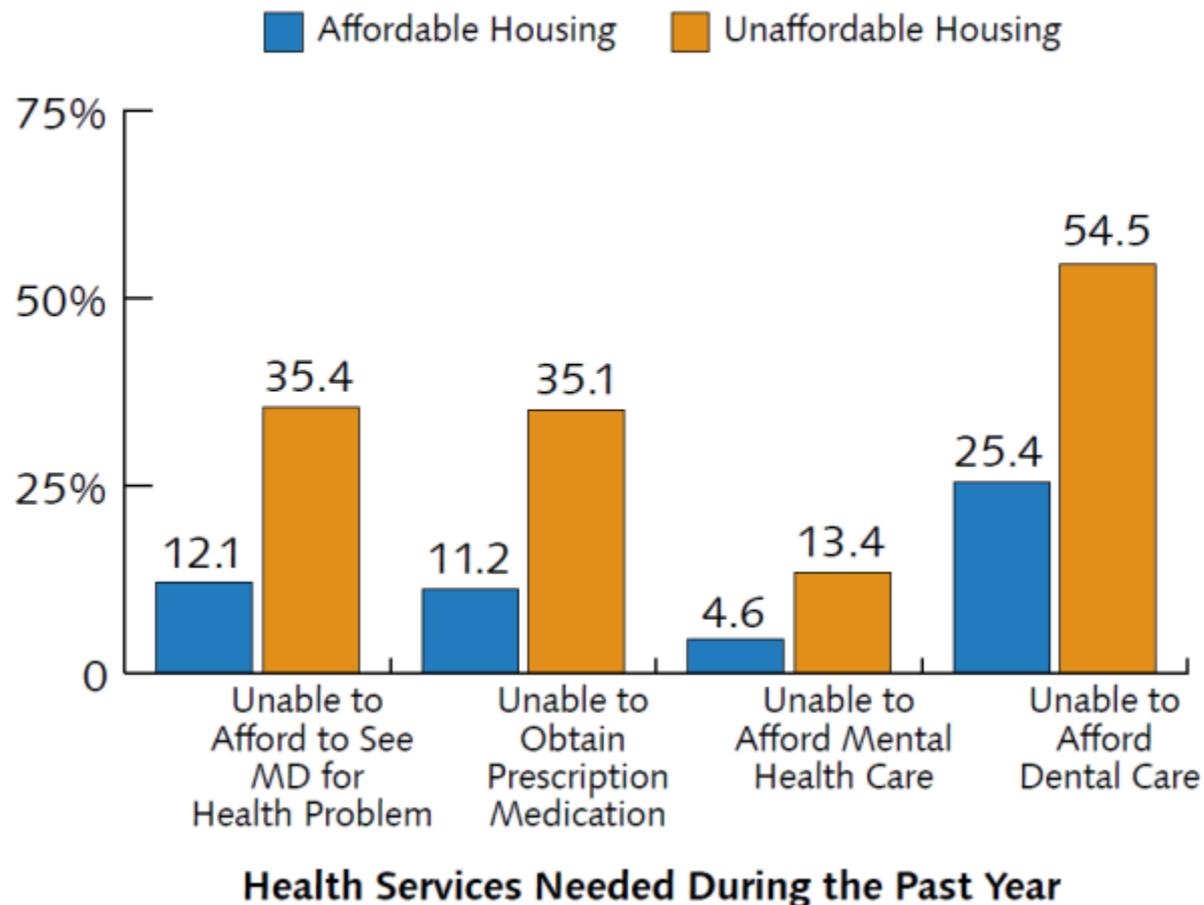
Unaffordable
Housing



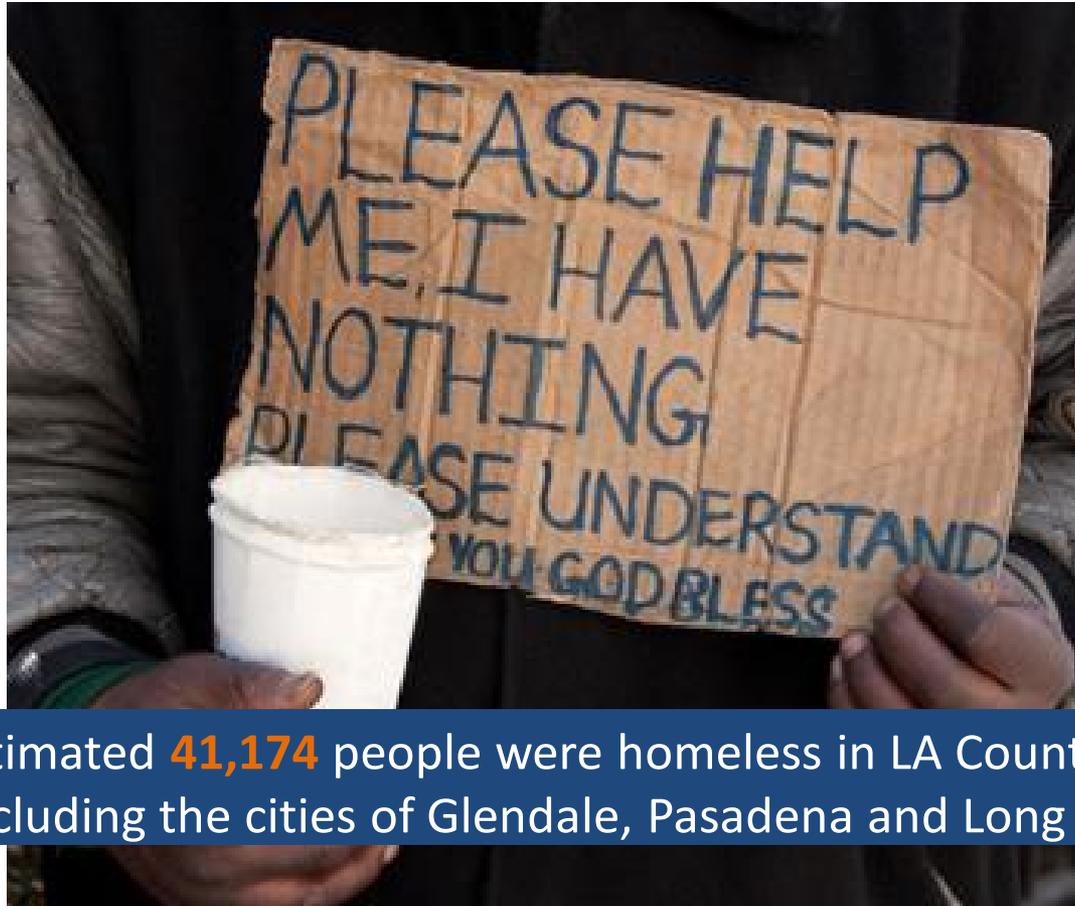
- Inability to cover other expenses
- Options limited to unhealthy locations
- Negative impacts on mental health
- Negative impacts of living far from work

Unaffordable Housing

Figure 1: Percent of Adults Who Were Unable to Afford Access to Various Health Services by Affordable Housing, LACHS 2011

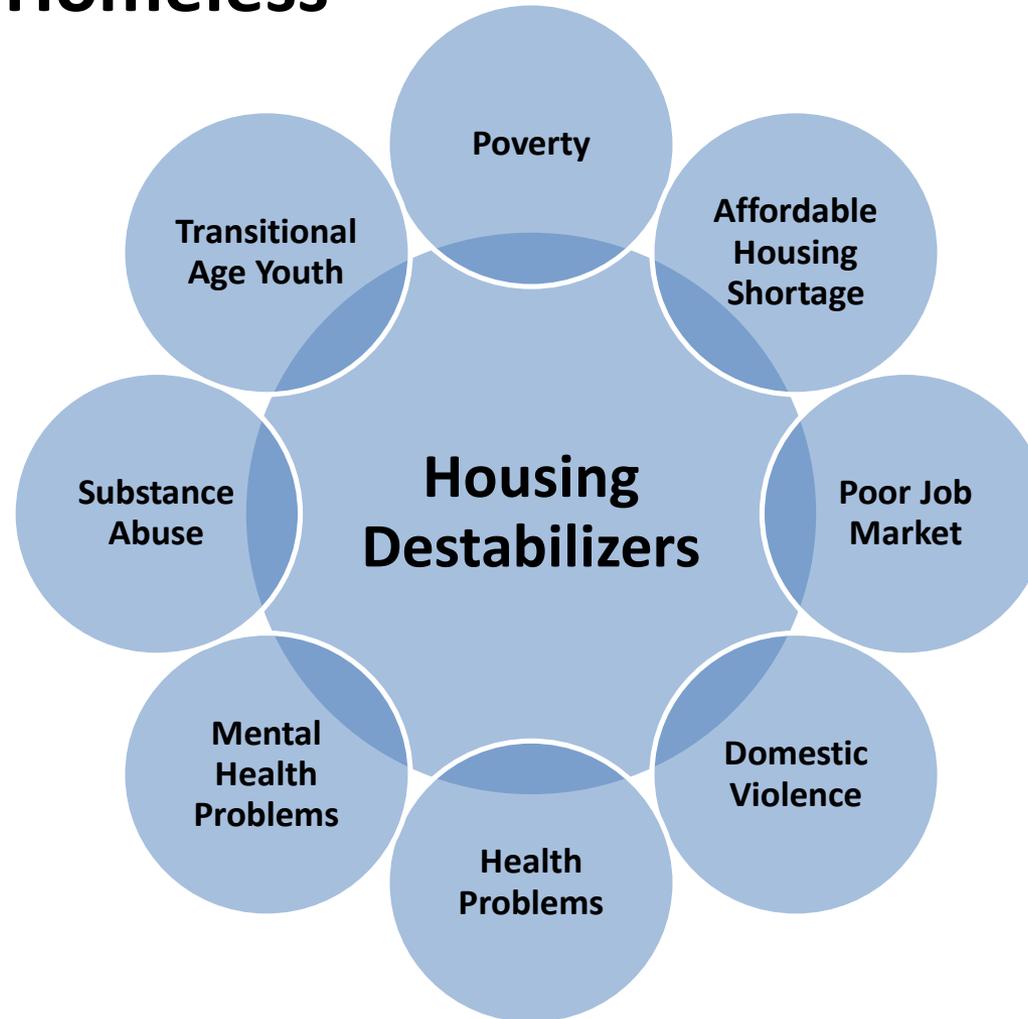


Housing Instability



An estimated **41,174** people were homeless in LA County in 2015, excluding the cities of Glendale, Pasadena and Long Beach.

Becoming Homeless



Housing Instability



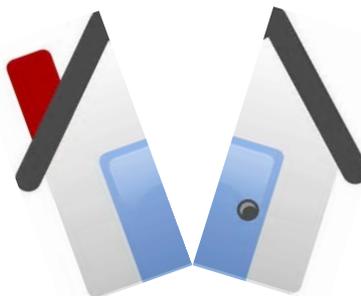
The Links between Housing and Health



Unaffordable Housing



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Housing Instability



- Increased levels of depression, anxiety and stress
- Negative impacts on children
- Increases in teen pregnancy, drug use and depression in adolescents
- Risk of becoming homeless

Housing Quality Measures – LA County



7%



Approximately

12%



4%



Almost

17%

Housing Quality



≈ 671,000 households



Image from hawaii.gov

≈ 154,000 households

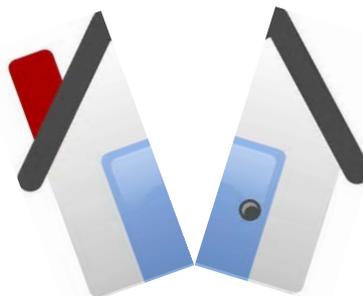
The Links between Housing and Health



Unaffordable Housing



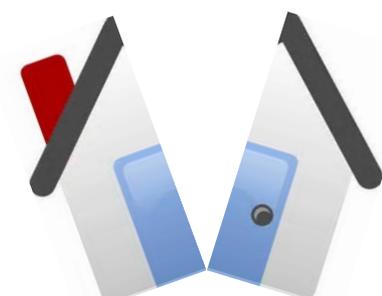
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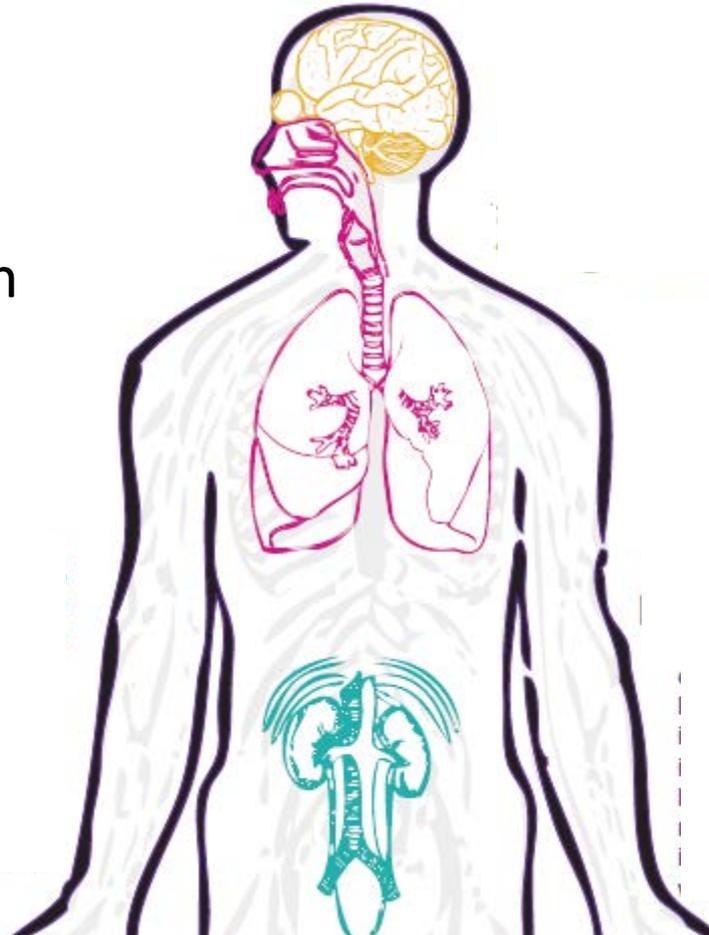
Housing Quality



- Physical risks associated with exposure to toxins, tobacco smoke, and extreme temperatures
- Lack of access to heat/hot water
- Respiratory risks associated with mold and pests
- Emotional and behavioral problems in kids
- Negative impacts on sleep and mental health

Anatomy of an Unhealthy Home

1. Divide into 3 groups.
2. Pick a section of the body: head, torso, lower body.



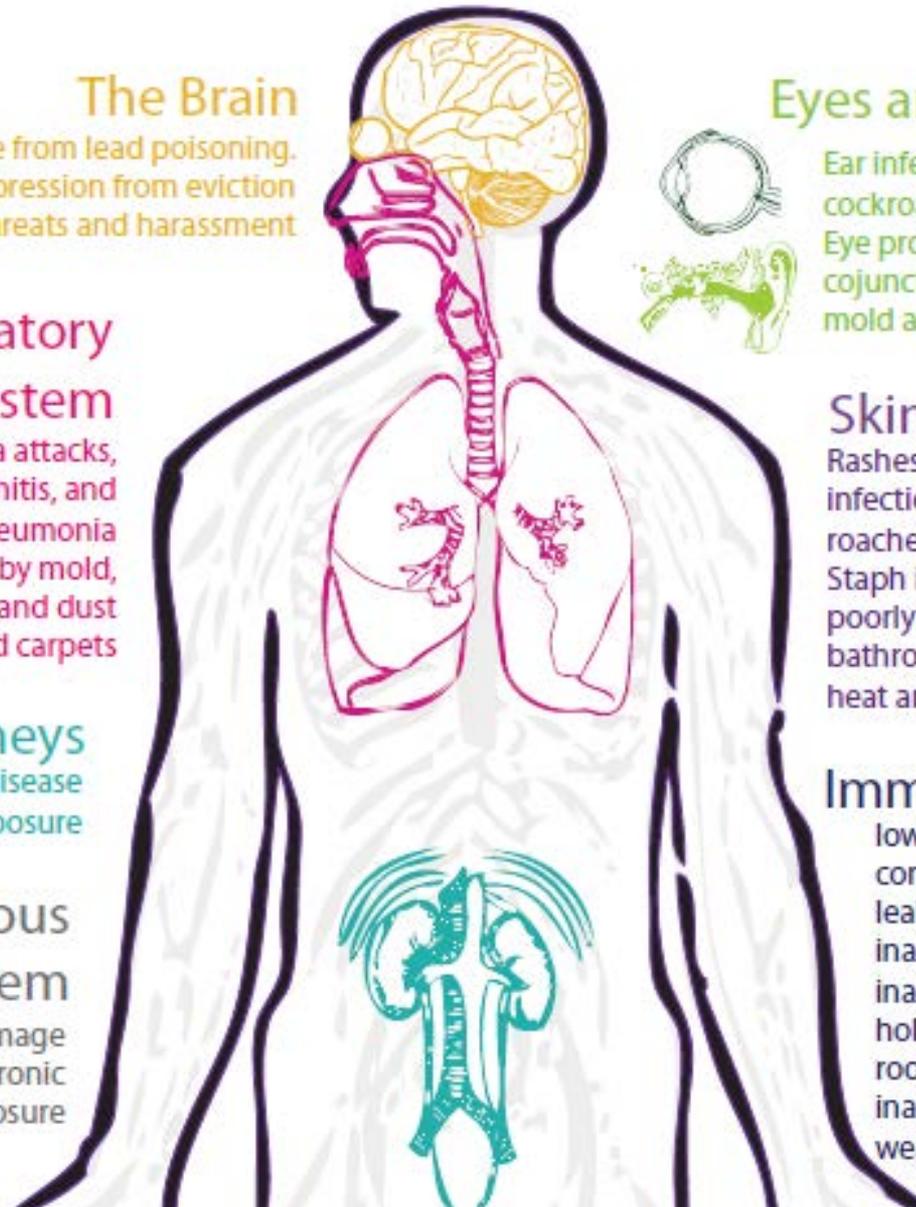
3. List ways in which housing can affect your assigned body system.
4. Designate speaker to do report back.

The Brain
Brain damage from lead poisoning.
Stress and depression from eviction
threats and harassment

**Respiratory
System**
Asthma attacks,
chronic bronchitis, and
chronic pneumonia
caused by mold,
mildew, and dust
mites in old carpets

Kidneys
Kidney disease
from lead exposure

**Nervous
System**
Nerve damage
from chronic
lead exposure



Eyes and Ears
Ear infections from
cockroach infestation
Eye problems and
conjunctivitis from
mold and mildew

Skin
Rashes and fungal
infections from fleas,
roaches, and rats.
Staph infections from
poorly maintained, shared
bathrooms and lack of
heat and hot water

Immune system
lowered immunity and
constant colds from
leaking pipes,
inadequate drainage,
inadequate ventilation,
holes in walls or
roofing, and
inadequate
weatherproofing



Conclusions and Future Strategies

- Public health must play a key role moving forward in advocating for increasing access to adequate, affordable, and safe housing.
- Recommendations include:
 - Increasing collaboration across agencies and between stakeholders to ensure a coordinated approach
 - Supporting policies that increase economic security
 - Advocating for funding to meet housing needs
 - Keeping families in their homes and preventing homelessness
 - Provide quick placements into permanent housing
 - Improving codes and guidelines regarding home hazards



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