

Healthy Housing Summary

Good quality, affordable housing with access to services is the most cost-effective way to promote long term health and family stability.

Definitions

WHO: Healthy housing is shelter that supports a state of complete physical, mental and social well-being. Healthy housing provides a feeling of home, including a sense of belonging, security and privacy.

HUD: "Healthy Homes" is a century-old concept that promotes safe, decent, and sanitary housing as a means for preventing disease and injury.

| Direct health impacts of unhealthy homes | Indirect health impacts of unhealthy/unstable housing |
|---|---|
| <ul style="list-style-type: none">• Respiratory diseases• Mental health & learning• Injuries & limited mobility in the home | <ul style="list-style-type: none">• Chronic stress and anxiety• Educational attainment and job opportunity• Life expectancy |

Considerations for action

1. Definitions and values
 - Quality of life – improve quality of life through preservation strategies
 - Measurement – health outcomes as key metrics for measuring success of preservation
 - Methods – center equity in the development of strategies
2. Livability at the micro and macro scale
 - Interior of homes – building code, code enforcement, and energy upgrades
 - Location – ensure location of homes promotes access to resources and limits exposure to hazards
3. Work with non-traditional partners for community support – seek alignment with disability groups, environmental groups, early childhood and education advocates, health foundations
4. Work with non-traditional partners for financial support – seek alignment with local anchor institutions like health and healthcare systems, universities, and large employers who can support broader community development

Ideas for discussion and next steps

- As we identify the **characteristics of our approach** to preservation, what health factors are most important for our residents?
- What other **services and resources** can we provide to truly promote communities of opportunity?
- In what ways can we center our **measures of success** around inclusion, equity, and health – rather than simply counting units?
- What **partners** can help us achieve our goals?

Additional selected reading

[WHO Housing and health guidelines](#)

[HUD Office of Lead Hazard Control and Healthy Homes](#)

[National Center for Healthy Housing](#)

- [NCHH Communication Tools](#) for advocates

[Live Healthy Fairfax](#) – Community Health Dashboard

[Health, Healing, and Housing in Sante Fe](#), Human Impact Partners

Main ideas:

- Establish a Residents' Bill of Rights for a Healthy Community
- Community Land Trusts are a solution for stability

[L.A. keeps building near freeways, even though living there makes people sick](#) – LA Times

[American Academy of Pediatrics](#)

- Encourages its members to become involved in advocating on Homelessness and housing security among other important topics relevant to children's health

[Our Homes, Our Health: Ensuring Climate and Housing Justice for Florida's Manufactured Home Communities](#), Human Impact Partners