



Housing is **Key** to Health



Affordable housing enables people to pay for other basic health needs such as utilities, food, and medical care. This is why problems like food insecurity increase along with housing costs, and many renters delay needed medical care because they can't afford it.



People who are evicted from their homes—or even threatened with eviction—are more likely to experience health problems like depression, anxiety, and high blood pressure than people with stable housing. Being unhoused, unsheltered, or suddenly combining households also increases risk of exposure to communicable diseases, including COVID-19.



Housing that is safe, dry, clean, maintained, adequately ventilated, and free from pests and contaminants (lead, radon, carbon monoxide, etc.) can reduce the incidence of negative health outcomes such as asthma, cancer, neurotoxicity, cardiovascular disease, and poor mental health.



Easy access to public transportation, parks and recreation, community centers, schools, jobs, healthy foods, and medical care reduce the incidence of chronic disease, injury, respiratory disease, mortality, and poor mental health.



Neighborhoods in which residents have close and supporting relationships with one another can improve physical and mental health by reducing stress and increasing ability to collectively address problems.

