

# Adventist Health

## Priority Area Overview



### Housing

Adequate housing means people have access to safe, affordable, quality housing that meets their needs. It means that policies and systems are in place so that everyone has access to a home that supports their mental, physical, social and spiritual well-being. It means that homes promote health and do not predispose someone to illness. Housing is related to both health outcomes and health care costs.

### IMPLICATIONS

**Health:** Data from the Los Angeles County Health Survey demonstrate the associations between unaffordable housing, unstable housing, and health. Compared to people with relatively affordable and stable housing, those with challenges to securing housing fared significantly worse on multiple measures of health.

Significantly more Los Angeles County adults who reported delaying or not paying their mortgage or rent during the last 2 years reported fair or poor health status compared to those who did not report problems paying for their housing (30.9% vs. 18.7%).

Nearly one third (31.5%) of Los Angeles County adults with a history of homelessness during the last 5 years reported fair or poor health status, compared to 20.2% of those who had not experienced housing instability.

Adults with a history of housing instability also reported significantly more unhealthy days in the last month (days when

their physical or mental health was not good) compared to people without a history of homelessness (11.2 unhealthy days vs. 5.1).

**Cost:** Housing subsidies administered by the federal government provide financial assistance to help low-income people pay rent. However, households may be on waitlists for several years before receiving assistance. Due to limited funds and the large number of households in need, only 26% of eligible households received federal housing subsidies in 2013. In June 2015–2016, 61,100 more people moved out of California than moved in. According to the U.S. Census Current Population Survey, those moving out of the state listed housing as one of the most common factors, behind only family and job concerns. The lack of housing has consequences for businesses trying to recruit and retain employees. In a 2014 survey of more than 200 business executives conducted by the Silicon Valley Leadership Group, 72 percent of the executives cited “housing cost for employees” as the most important challenge facing Silicon Valley businesses and “employee recruitment and retention” as the second-most frequently identified challenge.

### POTENTIAL PARTNERS



PUBLIC HEALTH DEPARTMENTS



HEALTH CENTERS



SCHOOL DISTRICTS



SOCIAL SERVICE ORGANIZATIONS SUCH AS SHELTERS



COMMUNITY DEVELOPMENT ORGANIZATIONS

### SUBJECT-MATTER EXPERTS



PUBLIC HEALTH OFFICER



CITY/COUNTY LEADERS



LOCAL LAW ENFORCEMENT LEADERSHIP

### GLOSSARY OF COMMON TERMS:

**Cost Burdened:** Households are considered to be cost burdened if they spend more than 30% of their income on housing and severely cost burdened if they spend more than 50% of their income on housing. Cost-burdened households have little left over each month to spend on other necessities such as food, clothing, utilities, and health care.

**Eviction:** Evictions that go through the court system result in a permanent record, which can cause potential landlords to refuse to rent to evictees in the future. Research has shown that renters who are forced to move are more likely to relocate to poorer and higher-crime neighborhoods compared to those who move voluntarily.

**Foreclosure:** Causes loss of money and possessions and can damage the social fabric of neighborhoods.

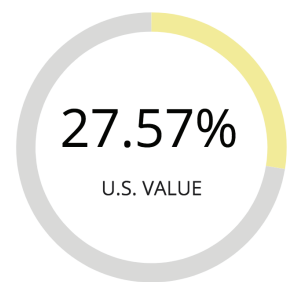
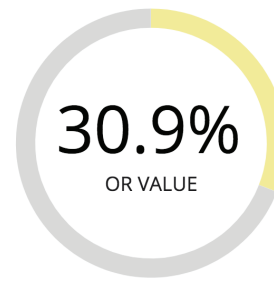
**Homeless Medical Respite:** Acute and post-acute medical care for homeless persons. These individuals may be too ill or frail to recover from physical illness or injury on the streets but are not ill enough to be in the hospital. This is also referred to as recuperative care.

**Homelessness:** Housing deprivation in its most severe form. Lacking a regular nighttime residence or having a primary nighttime residence that is a temporary shelter or other place not designed for sleeping.

**Overcrowding:** More than 2 people living in the same bedroom or multiple families living in 1 residence. Overcrowding may affect mental health, stress levels, relationships, and sleep, and it may increase the risk of infectious disease.

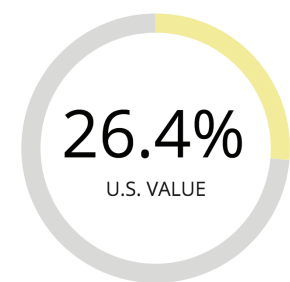
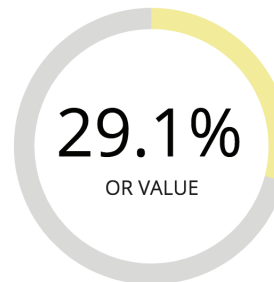
## Mortgaged Owners Spending 30% or More of Household Income on Housing

POM: 2018 | Sources: American Community Survey



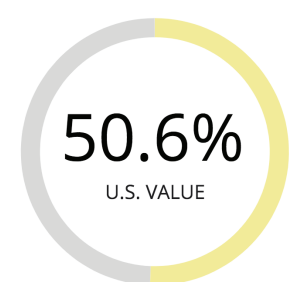
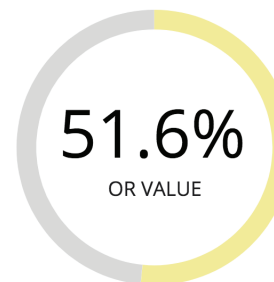
## Mortgaged Owners Over 65 Spending 30% or More of Household Income on Housing

POM: 2014-2018 | Sources: American Community Survey



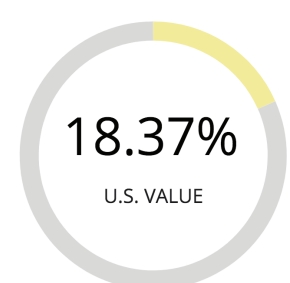
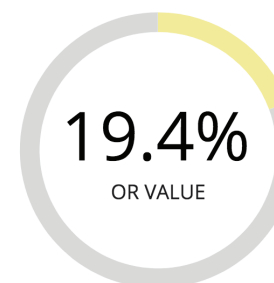
## Renters Spending 30% or More of Household Income on Rent

POM: 2014-2018 | Sources: American Community Survey



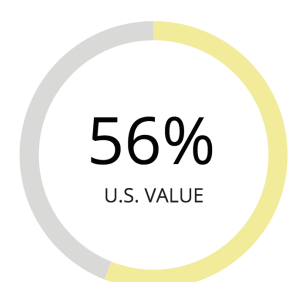
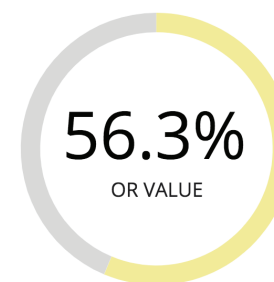
## Severe Housing Problems

POM: 2012-2016 | Sources: County Health Rankings

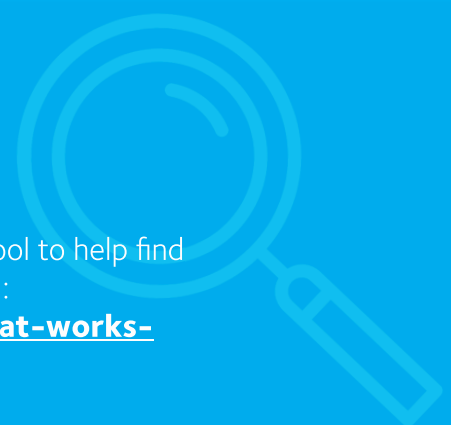


## Homeownership

POM: 2014-2018 | Sources: American Community Survey



# Evidence Matters



Explore the County Health Rankings and Roadmaps “What Works for Health” tool to help find policies and programs that are a good fit for your communities health priorities:

[www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health](http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health)

## RESOURCES

**California Department of Housing and Community Development:** HCD helps to provide stable, safe homes affordable to veterans, seniors, young families, farm workers, people with disabilities, and individuals and families experiencing homelessness.

**National Alliance to End Homelessness:** Uses research and data to find solutions to homelessness. Works with federal and local partners to create a solid base of policy and resources that support those solutions; and then helps communities implement them.

**National Low Income Housing Coalition (NLIHC):** Dedicated solely to achieving socially just public policy that ensures people with the lowest incomes in the United States have affordable and decent homes.

**Office of the Assistant Secretary for Planning and Evaluation (ASPE):** the principal advisory group to the Secretary of the HHS on policy development and provides coordination and support for HHS’s strategic and policy planning, planning and development of legislation, program evaluation, data gathering, policy-related research, and regulatory program.

**Office of Disease Prevention and Health Promotion (ODPHP):** Plays a vital role in keeping the Nation healthy by setting national health goals and objectives and supporting programs, services, and education activities that improve the health of all Americans.