Health and Housing
SDHP’s mission is to promote self-determination and control in housing for persons with disabilities and older adults in the Commonwealth of Pennsylvania.

SDHP strives to:

• **Bridge the information gap** between the housing and disability communities
• **Promote partnerships** that enable people with disabilities to choose and control their own housing
• **Increase access** to affordable, accessible, and integrated housing
Agenda

Part 1: Connecting Health and Housing
- Theories of health and housing
- Health impact
- Racial disparities

Part 2: Mitigating Impact
- Advocacy
- What can be done
- Recommended models
Theories Behind Health and Housing

- Social-Ecological Model
- Maslow’s Hierarchy of Needs
Social Determinants of Health

- Housing
- Food
- Transportation
- Health Behaviors
- Violence
- Education
- Social Support
- Employment
The Difference 0.6 Miles Makes

1123 13th Ave, Altoona, PA  →  1902 13th Avenue, Altoona, PA
The Difference 0.6 Miles Makes

My Area: 62.70 years
Blair County: 76.88 years
Pennsylvania: 78.10 years
United States: 77.30 years

My Area: 76.10 years
Blair County: 76.88 years
Pennsylvania: 78.10 years
United States: 77.30 years
Health Conditions
Comparing Unhoused Populations to Housed Populations

- Diabetes: Unhoused 18%, Housed 9%
- Hypertension: Unhoused 50%, Housed 29%
- Heart Attack: Unhoused 35%, Housed 17%
- HIV: Unhoused 20%, Housed 1%
- Hepatitis C: Unhoused 36%, Housed 1%
- Depression: Unhoused 49%, Housed 8%
- Substance Use Disorders: Unhoused 58%, Housed 16%

Connecting Health and Housing

- General health
- Mental health
- Poor conditions
- Chronic stress
- Community violence

4 Pathways Connecting Housing & Health:

- Stability
- Quality & Safety
- Affordability
- Neighborhood

HealthOutcomes & HealthCare Costs

HealthAffairs Policy Brief
Common Health Concerns from Housing

• **Lead** – 5% of children in PA had elevated lead levels in 2020 – 3rd highest in the country

• **Radon** – 40% of homes in PA

• **Mold** – ~70% of homes in PA

• **Asbestos** – 3rd ranking death in PA
Racial Oppression in Housing

- Substandard housing quality is more likely to be experienced by people of color, which in turn exacerbates racial health disparities.

- Black people are more likely than white counterparts to live in formerly redlined neighborhoods.

- Studies show that formerly redlined neighborhoods see lower life expectancy and a higher prevalence of chronic diseases today.
Census Tract Data

• 1123 13\textsuperscript{th} Ave. (62.7 years)
  • 86.1% White
  • 8.3% Black
  • 1.5% Hispanic
  • 4.4% two or more

• 1902 13\textsuperscript{th} Ave. (76.1 years)
  • 95% White
  • 0.1% Black
  • 0.8% Hispanic
  • 3.8% two or more
Black Homeownership Rates Have Barely Risen Since 1970

In 1970, two years after the Fair Housing Act passed, the national homeownership rate for Black households was 41.8%

By 2019, it was 42.3% — a net increase of 1.2% from the 1970 rate.

Notes: Data is every 10 years between 1970 and 2010, ending in 2019.

Source: NPR analysis of Urban Institute data. Vertical gray bars in chart indicate a recession. Recession dates are from the National Bureau of Economic Research.

Credit: Ruth Talbot/NPR
Racial Oppression in Health

• People living in neighborhoods with higher levels of deprivation face a higher risk of heart failure, independent of individual socioeconomic and health factors. This study also found that participants living in the most deprived neighborhoods were more likely to be Black.

• Black and Hispanic hospital-based pediatric primary care patients are more likely than white patients to live in census block groups with high violent crime rates.

• Compared with white people, Black people are 52 percent more likely to live in census block groups with heat risk-related land cover conditions, such as impervious surfaces and little green space, placing residents at greater risk for heat-related deaths and illnesses.
Disability and Housing

People with intellectual disability are vastly overrepresented in unhoused populations, with prevalence estimates ranging from 12–39%

Disabled adults experience poverty at more than twice the rate of abled adults

Nearly half of adults ages 25 to 61 who have lived in poverty for at least one year have a disability
Disability and Housing continued

**Nearly 25 percent** of the more than **580,000 people** experiencing homelessness on any given night in the United States have a disability.

**Renter households** are more likely than owner households to have a member with a disability, according to the Joint Center for Housing Studies of Harvard University.
Housing in PA NLIHC Report

- Number of renters: 1,572,128 (31% of state)
- Extremely Low-Income Renters: 27%
- Minimum wage: $7.25
- Working hours: 89 hours
- Housing wage: $19.95
- Out of Reach 2021: Pennsylvania
Part 2: Advocacy and Action

Agency, State, and Federal policies to mitigate housing’s impact on health.
Review Program Practices

- Are there ways your programming perpetuates systemic racism?
- Does your staff look like the population you’re serving?
- Take note of perceptions of proposed low-income housing

Prioritize Housing

- Housing First Model
Housing Readiness Vs. Housing First

**Typical “Housing Readiness”**

- Homeless
- Shelter
- Employment
- Mental health
- Addiction Recovery
- Medical/Health
- Social supports
- Behavioral
- Transitional
- Independent (with time limit)
- Independent & stable

**Housing First**

- Homeless
- Independent (without time limit)
- Employment
- Mental health
- Addiction Recovery
- Medical/Health
- Social supports
- Behavioral
- Independent & stable
Policy that Directly Impacts Health

- Grants to help repairs
  Senate Co-Sponsorship
  Memoranda - PA State
  Senate

- Removing lead paint
  hazards in low-income
  housing units

- Reduce lead in drinking
  water in homes built
  before 1986

- Mandates in testing for
  the invisible and
  unknown factors

- Expanding Medicaid
Policy that Indirectly Impacts Health

- Raise the minimum wage to a livable income
- Fully Fund Housing Choice Vouchers
- Remove criminal background checks for new housing applicants
- Advocate/ fund housing trust funds for communities of color
- Right to Council
- Development without Displacement
Major Take-Aways

- Housing and health are policy issues not an individual ones
- Safe, sanitary housing *is* health care
- We can impact change on health by prioritizing housing
Further Learning

- BMC Public Health: Housing as a social determinant of health and well being
- Health Affairs: Housing and Health
- Brookings: Tackling race inequalities in health and housing
- Housing Matters: The connection between Health, Housing, and Racial equity
- Racial residential segregation: a fundamental cause of racial disparities in health
Questions?

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Learn more about SDHP at www.inglis.org/sdhp