

Health care advocates ARE housing advocates.

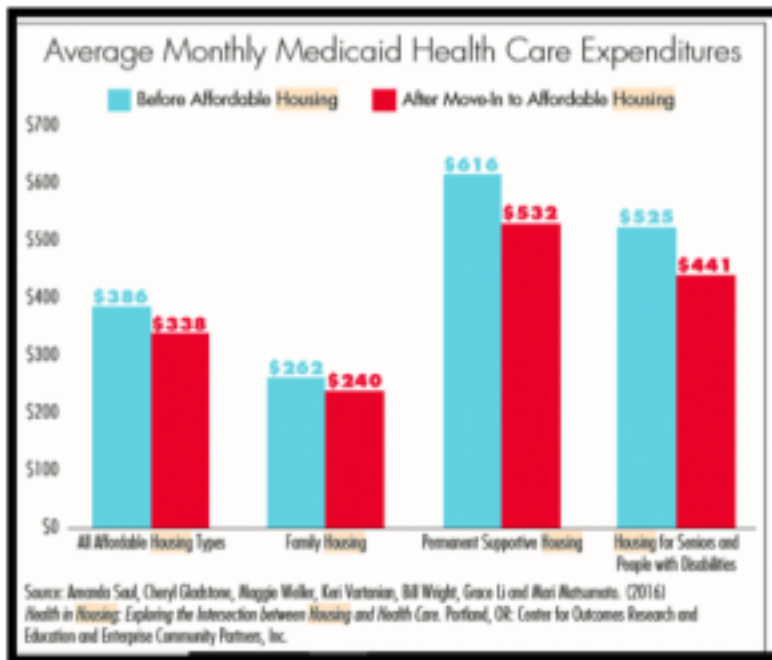
Quality affordable housing can be a “vaccine” which prevents long-term health problems and promotes healthy, productive lives.

We all want a good, affordable home in a strong neighborhood. Good housing is good health. But when a family’s housing situation is unaffordable and unstable, chances to lead a healthy life dwindle rapidly.

- Young children in families who live in unstable housing are 20% more likely to be hospitalized than those who do not worry about frequent moves or have anxiety over rent ([Sandel et al., 2016](#))
- “Children in families that have been behind on rent within the last year are more likely to be in poor health and have an increased risk of developmental delays than children whose families are stably housed. The mothers in these families also have a much higher likelihood of experiencing symptoms of depression and being in poor health than mothers living in stable housing.” Quoted from [Children’s Health Watch, Behind Closed Doors, 2011](#).
- “Families that are behind on rent are more likely than families with stable housing to compromise living expenses to pay medical bills and vice versa, and have greater food insecurities (Children’s HealthWatch, 2011).” Quoted from [NLIHC, A Place to Call Home](#).
- “In 2011, families living in affordable housing spent nearly five times more on healthcare and a third more on food compared to their severely cost-burdened peers (Joint Center for Housing Studies of Harvard University, 2013).” Quoted from [NLIHC, A Place to Call Home](#)
- “Housing instability and homelessness have been linked to an increased risk of depression and mental illness for adults and children over their lifetimes (Gilman & Kawachi et al., 2003; Children’s HealthWatch, 2011).” Quoted from [NLIHC, A Place to Call Home](#).
- “Low income children living in substandard housing are more at risk for asthma and hospitalization (Wu & Takaro, 2007).” Quoted from [NLIHC, A Place to Call Home](#).
- Children in families receiving housing assistance have significantly lower blood lead levels than comparable children in families that did not receive housing assistance ([Ahrens et al., 2016](#)).

Unaffordable and unstable housing causes and perpetuates health disparities while also ballooning healthcare costs.

- [Children's HealthWatch](#) estimates \$111 billion in avoidable health costs over ten years because of housing instability.
- “Five percent of hospital users are responsible for half of the health care costs in the US, and most of those patients live below the poverty line and are housing insecure ([Children's HealthWatch](#)).”
- “Children's HealthWatch data shows that for people that have access to good, affordable housing, Medicaid costs decline, primary care visits increase by 20%, ER visits decrease by 18%, and accumulated medical expenditures decrease by 12%. Residents also reported better access to and quality of health care ([Center for Outcomes Research and Education, 2015](#)).”



- “A landmark study found that a homeless, mentally ill person on the streets of New York City costs taxpayers \$40,451 a year. Supportive housing reduces these annual costs by a net \$16,282 per housing unit ([Culhane, 2002](#)).” Quoted from [NLIHC, A Place to Call Home](#).