

## Housing influences outcomes across many sectors and the research shows it.

Students do better. Patients are healthier. People can more readily escape poverty and homelessness. The economy is healthier. And our region is more just and equal, when all residents have access to safe, stable, affordable homes. A strategic partnership between Fairfield County's Community Foundation, Partnership for Strong Communities, Regional Plan Association and Supportive Housing Works, FCCHO utilizes a collaborative, data-driven framework, aligning regional resources to deliver impactful systems change and equitable housing solutions.

## Healthcare Advocates are Housing Advocates

A quality affordable home is a prescription for good health. It has been linked to prevention of long-term health problems and promotes healthy, productive lives. Children's Healthwatch estimates \$111 billion in avoidable health costs over ten years because of housing instability.

But when a family's housing situation is unaffordable and unstable, chances to lead a healthy life dwindle rapidly. Good housing is good health. We all want a good, affordable home in a strong neighborhood. Unaffordable and unstable housing causes and perpetuates health disparities while also ballooning healthcare costs.

Housing assistance has been linked to positive health outcomes for children. Children in families with housing assistance have lower blood lead levels compared to similar children in families without assistance.

## What the Research Shows

- ▶ Compared with New York City residents who stay in gentrifying neighborhoods, displaced residents who move to non gentrifying, low-income neighborhoods have **significantly higher rates** of emergency department visits, hospitalizations, and mental health-related visits for about five years after displacement.
- ▶ Being behind on rent, moving multiple times, and experiencing homelessness are **associated with** adverse health outcomes for caregivers and children and with material hardship.
- ▶ Households with poor housing quality had **50 percent higher odds** of an asthma-related emergency department visit in the past year. Rates of childhood asthma in Bridgeport (15.9%), Stamford (15.4%) and Bethel (15.8%) are higher than the state average of 14.3%. Rates of lead poisoning among children in Bridgeport (4.7%) are much higher than the state average (2.7%).
- ▶ People with mental illness or an intellectual or developmental disability are less likely to receive responses to inquiries about rental housing and less likely to be invited to inspect available units.
- ▶ Renter households with children are **more likely** to have asthma triggers in their homes than owners. They are also more likely to have at least one child with asthma.
- ▶ In a **study of single-parent families living in violent neighborhoods**, parents met or exceeded the national average for self-reported physical health but fell below the mental health average. Forty percent reported moderate to severe symptoms of depression and reported higher levels of stress from worrying about financial instability and concern for their children's well-being.
- ▶ In **one study**, older homeless adults who obtained housing during the study reported fewer depressive symptoms than those who were still homeless at follow-up.