



What makes us healthy?

# Housing

**The conditions in which we live have a big impact on our health.** Problems with housing include physical problems such as damp, cold and overcrowding, as well as issues of instability, temporary accommodation, rising rent, and rising fuel costs.



**Housing issues often lead to people feeling powerless and isolated.** High and rising costs and eviction fears have an impact on people's health and wellbeing, as well as preventing people from raising issues and speaking out.

**Unaffordable housing drives inequalities and impacts some groups who are already facing disadvantage disproportionately.** The cost of renting privately exceeds housing allowance benefit, and across England, the average rent is 43% of a woman's earnings.<sup>1</sup>

**Rising rents and house prices has led to high rates of homelessness across Great Britain.** Being homeless makes it difficult to access health and support services and has a negative impact on health. Homeless men and women live 30 and 38 fewer years respectively than men and women on average.<sup>2</sup>



“One of the big issues is poor quality housing. We have many children who have asthma problems, breathing, respiratory problems. When we talk to parents, it turns out that they are living in damp conditions, they're paying rent to a landlord, and the issues aren't being dealt with appropriately. Through our project we have influenced housing officials in the local authority to make improvements.”

**Shale Ahmed, Director, Aspire & Succeed, Local Conversation in Lozells**

“One of our campaigns is against Section 21 “no fault” evictions. The law currently means people can be evicted by a landlord without giving a reason. This is the biggest fear of a lot of the people we see - that if they ask for repairs then they can just be evicted. So changing that law would improve people's wellbeing.”

**Tom Scott, Development Officer for for ACORN, Active Communities**



**8.5 million renters are experiencing stress or anxiety and a quarter are made physically sick as a result of their housing.**<sup>3</sup>



The health outcomes associated with poor housing **costs the NHS an estimated £1.4bn every year.**<sup>4</sup>



1. Women's Budget Group, *A home of her own*, 2019.  
2. Office of National Statistics, *Deaths of homeless people in England and Wales*, 2019.  
3. Shelter, *2 million renters in England made ill by housing worries*, 2019.  
4. Building Research Trust, *Cost of poor housing briefing paper*, 2011.