



HASTINGS PRINCE EDWARD
Public Health

Housing as a Determinant of Health

Quinte West Landlord Information Session
January 12, 2023

Victoria Law, SDOH PHN

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Housing and health

- Housing can influence your **health**.
- It is referred to as a **social determinant of health**.

The social determinants of health are the interrelated social, political and economic factors that create the conditions in which people live, learn, work and play.

(National Collaborating Centre for Determinants of Health, 2022)

Consequences of poor housing on health

- Crowded housing is associated with a wider and faster spread of communicable diseases, such as:
 - lower respiratory tract infections, and
 - gastroenteritis.
- Children and youth living in crowded housing conditions were also found to:
 - experience more psychological distress and helplessness, and
 - not perform as well in school.

Local statistics

- Affordable housing is defined as housing that is **30% or less of pre-tax income.** (Canada Housing and Mortgage Corporation, 2018)
- Nearly **1 in 5 (18%)** adults living in Hastings and Prince Edward Counties pay more than 30% of their income towards housing.
- This number is much higher for renters, where over **1 in 3 (37%)** renters are paying more than 30% of their income towards housing. (Hastings Prince Edward Public Health, 2022)

Housing First

- An approach to ending homelessness.
- Evidence suggests that this approach significantly reduces homelessness in the long term.

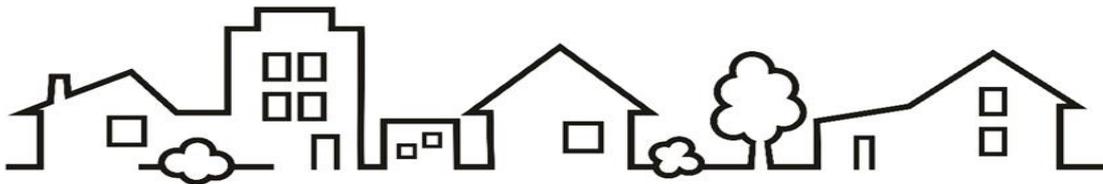


(Homeless Hub, 2021)

Five core principles

1. Immediate access to permanent housing with no housing readiness requirements.
2. Consumer choice and self determination.
3. Recovery orientation.
4. Individualized and client driven supports.
5. Social and community integration.

(Homeless Hub, 2021)



Possible roles as a landlord

- Increase the number of affordable housing units.
- Promptly address housing health hazards.
- Examine climate change resiliency of property.
 - Consider energy efficient ways to create safe indoor air temperatures that are conducive to health.
- Build a trustworthy and respectful relationship with tenants.

References

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