

# Housing & Our Health

Where we live influences our health

Housing has a direct impact on our physical and mental health, social well-being and indirectly influences many other determinants of health. This includes influencing where we live, learn, work and play, our income, our social networks and more! Healthy housing is affordable, high quality and in a location and community that meets our needs and supports health and well-being.

## QUALITY

Housing should be

**safe**

and free from physical and environmental hazards that can negatively impact our health. Our housing should be well maintained and free from pests and contaminants such as radon and mold. Our houses also need to be designed in such a way to meet our physical and mobility needs.

## AFFORDABILITY

When housing costs are

**less than**

**30%**

of our income, we have enough personal and financial resources to access other resources for healthy living such as education, recreation, safe and nutritious food and medical services such as medication and dental care.



## LOCATION & COMMUNITY

The influence of housing on health goes beyond the internal conditions and affordability of our housing. It also includes the characteristics of the neighborhoods in which our housing is located. Evidence shows that

**healthy built environment**

features in neighborhoods such as accessible transportation networks and green spaces can positively contribute to health, independent of our socioeconomic status. This highlights the important role healthy environments have on our health.

