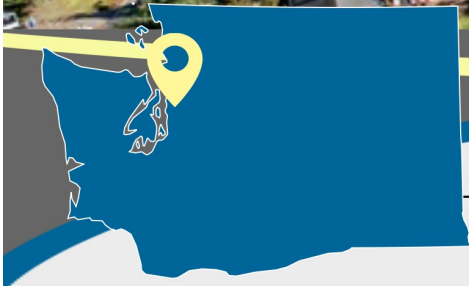




Photo by Italia




Housing & Health in Black Diamond

The relationship between health and home is well-studied and widely-recognized: the health of our bodies depends on the health of our homes

Healthy housing is affordable, safe, and supportive

A healthy home is one where the physical, mental, and socioeconomic environment supports the well-being of household members. It is free from hazards like pests or structural deficiencies. It does not impose a cost burden, ensuring household income can be spent on other needs such as food and healthcare.

It should be possible for every Black Diamond resident to live in a healthy home.



Affordable

Less than 30% of household income is spent on housing, ensuring there is enough for healthy food, health care, and other needs



Safe

Home is free from hazards such as toxins, pests, and structural problems



Supportive

Household members are supported in making healthy choices, achieving educational and economic success, and engaging with their community



Hallmarks of Healthy Housing

- Dry*
- Pest-Free*
- Contaminant-Free*
- Ventilated*
- Maintained*
- Adequate plumbing & kitchen*
- Not crowded*
- Affordable!*

Healthy housing is critical to well-being

Research shows that affordable, healthy homes are positively correlated to physical and psychological well being.



Poor housing quality is the most consistent and strongest predictor of emotional and behavioral problems in children and youth

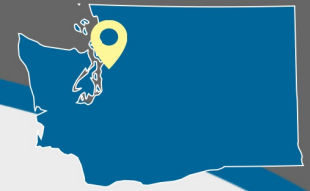


Households who spend less on housing are less likely to experience residential instability, which is associated with reduced mental and physical health outcomes

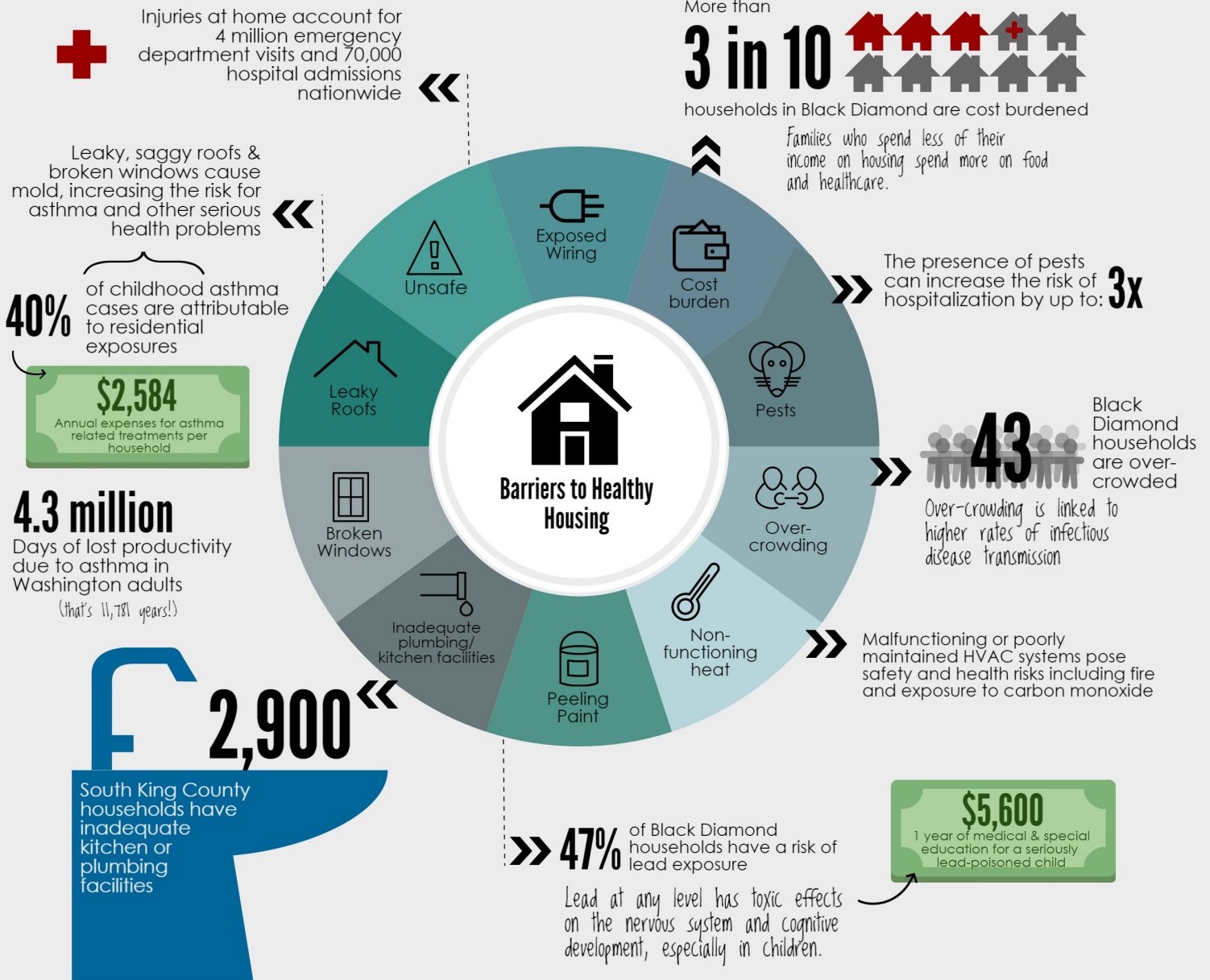


Residential exposures are major contributing factors to serious illnesses

Impacts of healthy housing barriers in Black Diamond



HUD's defined housing problems include overcrowding, inadequate plumbing, inadequate kitchen facilities, and cost-burden. The National Healthy Housing Standard (NHHS) builds on these to include structural integrity, safety & security, heating & energy, moisture, waste, pest management and chemical agents.



Updated March 2017.

American Public Health Association & National Center for Healthy Housing. "National Healthy Housing Standard." 16 May 2014.
 Coley, Rebekah Levine, Tama Leventhal, Alicia Doyle Lynch, and Melissa Kull. "Poor Housing Quality is Tied to Children's Emotional and Behavioral Problems." MacArthur Foundation. "How Housing Matters." September 2013. Web.
 "Lead Free Kids: National Lead Poisoning Prevention Week 2015." Web blog post. "Your Health- Your Environment." Centers for Disease Control and Prevention. 26 Oct 2015.
 King County Housing Repair Program. "Area Summary of HRP Activity." 2015. Web.
 National Center for Healthy Housing. "Washington Healthy Housing Fact Sheet." 2015. Web.
 United States Census Bureau / American Factfinder. 2014 American Community Survey. U.S. Census Bureau's American Community Survey Office. 2014. Web.
 United States Department of Housing and Urban Development. Office of Policy Development and Research. Comprehensive Housing Affordability Strategy (CHAS). Web.
 Verrenti, Catherine, and Mitchell Hannoosh. Getting to Healthy Housing in South King County. Rep. Seattle: Housing Development Consortium of Seattle-King County, 2016. Web.

For more infographics like this one, visit housingconsortium.org

