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.

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

Hallmarks of Healthy Housing
- Dry
- Pest-Free
- Contaminant-Free
- Ventilated
- Maintained
- Adequate plumbing & kitchen
- Not crowded
- Affordable!
Impacts of healthy housing barriers in Burien

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

- **4 in 10 households in Burien are cost burdened**
  - Families who spend less of their income on housing spend more on food and healthcare.

- **$2,584**
  - Annual expenditures for asthma related treatments per household.

- **4.3 million**
  - Days of lost productivity due to asthma in Washington adults.

- **$5,600**
  - 1 year of medical & special education for a seriously lead-poisoned child.

- **1,103**
  - Burien households are overcrowded.
  - Over-crowding is linked to higher rates of infectious disease transmission.

- **180**
  - Burien households have inadequate kitchen or plumbing facilities.

- **47%**
  - of Burien households have a risk of lead exposure.
  - Lead at any level has toxic effects on the nervous system and cognitive development, especially in children.

- **Exposed Wiring**
- **Cost burden**
- **Leaky Roots**
- **Broken Windows**
- **Inadequate plumbing/ kitchen facilities**
- **Peeling Paint**
- **Non-functioning heat**
- **Over-crowding**
- **Pests**

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Vernetti, Catherine, and Mitchell Hannoch. Getting to Healthy Housing in South King County, Rep, Seattle: Housing Development Consortium of Seattle-King County, 2016. Web.

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