Housing & Health in Pacific

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 Pacific 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 Pacific

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

- Injuries at home account for 4 million emergency department visits and 70,000 hospital admissions nationwide.
- Leaky, saggy roofs & broken windows cause mold, increasing the risk for asthma and other serious health problems.
- 40% of childhood asthma cases are attributable to residential exposures.
- $2,584 Annual expenses for asthma-related treatments per household.
- 4.3 million Days of lost productivity due to asthma in Washington adults.
- South King County households have inadequate kitchen or plumbing facilities.
- Nearly 4 in 10 households in Pacific are cost burdened.
- Families who spend less of their income on housing spend more on food and healthcare.
- The presence of pests can increase the risk of hospitalization by up to 3x.
- 121 Pacific households are overcrowded.
- Over-crowding is linked to higher rates of infectious disease transmission.
- Malfunctioning or poorly maintained HVAC systems pose safety and health risks including fire and exposure to carbon monoxide.
- 42% of Pacific households have a risk of lead exposure.
- Lead at any level has toxic effects on the nervous system and cognitive development, especially in children.

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