Housing & Health in Snoqualmie Valley

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 Snoqualmie Valley 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 Snoqualmie Valley

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.

- Injuries at home account for 4 million emergency department visits and 70,000 hospital admissions nationwide.
- 3 in 10 households in Snoqualmie Valley 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.
- 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.

Barriers to Healthy Housing

- Inadequate plumbing/kitchen facilities
- Peeling Paint
- Non-functioning heat
- Over-crowding
- Pests
- Unsafe
- Exposed Wiring
- Leaky Roots
- 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 (11, 740 years)

Snoqualmie Valley households have inadequate kitchen or plumbing facilities.

45% of Snoqualmie Valley households have a risk of lead exposure.

- Lead at any level has toxic effects on the nervous system and cognitive development, especially in children.
- $5,600 1 year of medical & special education for a seriously lead-poisoned child.

Updated March 2017.

King County Housing Repair Program, “Free Summary of HRP Activity,” 2013, Web.

For more infographics like this one, visit housingconsortium.org