

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.



Interior Health
Every service matters

How does the goals of IH link to housing?

GOAL 1

Improve Health & Wellness

When we face barriers to healthy housing, we are more likely to also be struggling with other determinants of health, such as accessing health care services, healthy food and income. When our housing is improved, we may also see improvements in other determinants of health.

GOAL 2

Deliver High Quality Care

Housing has implications for the care that IH delivers in-home, whether through home care programs or in assisted living and long-term care facilities. Healthy housing can also positively impact the health outcomes of clients after receiving care from IH facilities.

GOAL 3

Ensure Sustainable Health Care

There are opportunities for housing to contribute to efficient and sustainable health care. For example, housing that meets the needs of people of all abilities throughout their lifespan can support healthy aging in place. This has implications and opportunities for innovative IH service delivery models.

GOAL 4

Cultivate an Engaging Workforce & Healthy Workplace

Housing has an important role in achieving an engaged workforce. Healthy, affordable housing is needed to promote, attract and retain skilled employees in all communities throughout the IH region.



How does our work intersect with housing?

MENTAL HEALTH & SUBSTANCE USE

- Provide care to clients living in precarious housing
- Understand the relationship between housing, mental health, substance use and overdose

POPULATION HEALTH

- Support local government to develop healthy housing policies
- Address key environmental hazards that influence our health and housing
- Support Indigenous communities

HOSPITALS & INTEGRATED COMMUNITY SERVICES

- Provide community care to clients in their homes
- Provide acute care to clients to treat conditions that might be a result of unhealthy housing

LONG-TERM CARE SERVICES

- Provide a high quality and safe place to live
- Provide care to clients living in long-term care facilities