The neighborhoods people live in have a major impact on their health and well-being. In addition, poor housing is associated with a wide range of health conditions including respiratory, cardiovascular and infectious diseases.

Did you know?

- 24% of global deaths are due to environmental factors that could have been addressed.
- 25-28% lower obesity rates
- 21% of asthma cases are attributable to dampness and mold exposure in the home.
- 39% reduction in falls among high-risk, older adults with home modifications.

People spend 90% of their time indoors, and health risks from indoor air pollution may be greater than outdoor.

Impact of moving to affordable housing:
- 20% more primary care use
- 18% less emergency care use
- 12% lower health care spend
Five things you can do to help

1. **Ask questions**
   Learn more about the communities your patients live in, and ask questions that help identify what barriers they may be experiencing.

2. **Educate patients**
   Explain how the indoor air quality of their home may be impacting their health, and discuss ways to improve it.

3. **Promote safety**
   Help patients prevent falls by understanding possible interventions and encouraging those who are at risk to try them.

4. **Guide to resources**
   Remind patients to call 211 to get connected with human service agencies and community organizations that can help with things such as housing assistance and home modifications.

5. **Get involved**
   Advocate for change in your community, explore programs offered by your local housing authority and homeless coalition, and consider volunteering with organizations such as Habitat for Humanity.

For more resources, visit CareAllies.com.