

Breaking down barriers

Environmental conditions and housing instability

The neighborhoods people live in have a major impact on their health and well-being.¹ In addition, poor housing is associated with a wide range of health conditions including respiratory, cardiovascular and infectious diseases.²



Did you know?

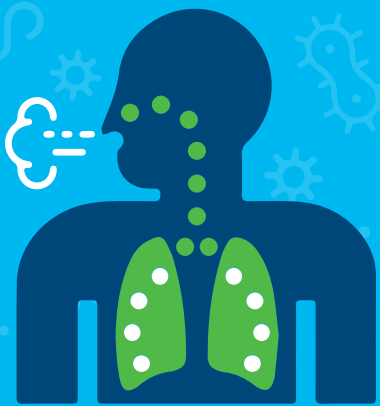
24%

of global deaths are due to environmental factors that could have been addressed³

People spend

90%

of their time indoors, and health risks from indoor air pollution may be greater than outdoor⁴



21%

of asthma cases are attributable to dampness and mold exposure in the home⁵

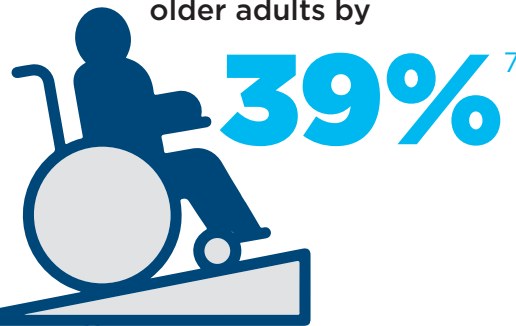
Zip codes with the most green streets, crosswalks and commercial buildings had



25-28%

lower obesity rates⁶

Home modifications can reduce falls among high-risk, older adults by



39%

Impact of moving to affordable housing:⁸

20%

more primary care use

18%

less emergency care use

12%

lower health care spend



Five things you can do to help



Ask questions

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



Educate patients

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



Promote safety

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



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.



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](https://www.careallies.com).

1. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/neighborhood-and-built-environment>

2. <https://www.who.int/phe/news/note-media-housing-health-guidelines/en/>

3. <https://www.who.int/publications/i/item/9789241565196>

4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5707925/>

5. <https://pubmed.ncbi.nlm.nih.gov/17542835/>

6. <https://jech.bmj.com/content/72/3/260>

7. <https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-017-0478-4>

8. <https://www.enterprisecommunity.org/download?fid=5703&nid=4247>

