

Healthy Built Environment Linkages

A Toolkit for Design - Planning – Health

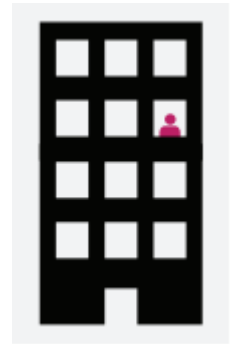
Healthy Housing



Victoria Domonkos, RN MPH
Lead Researcher and Author – Healthy Housing
Public Health Nurse
Island Health

Table of Contents

1. Background
2. Research
3. Planning Principles
4. Healthy Housing Infographics
 - Fact Sheet
 - Linkages Summary
 - Evidence Diagram
5. How you can use the Toolkit
6. Will this work in my community?



Physical Features of the Healthy Built Environment



Purpose

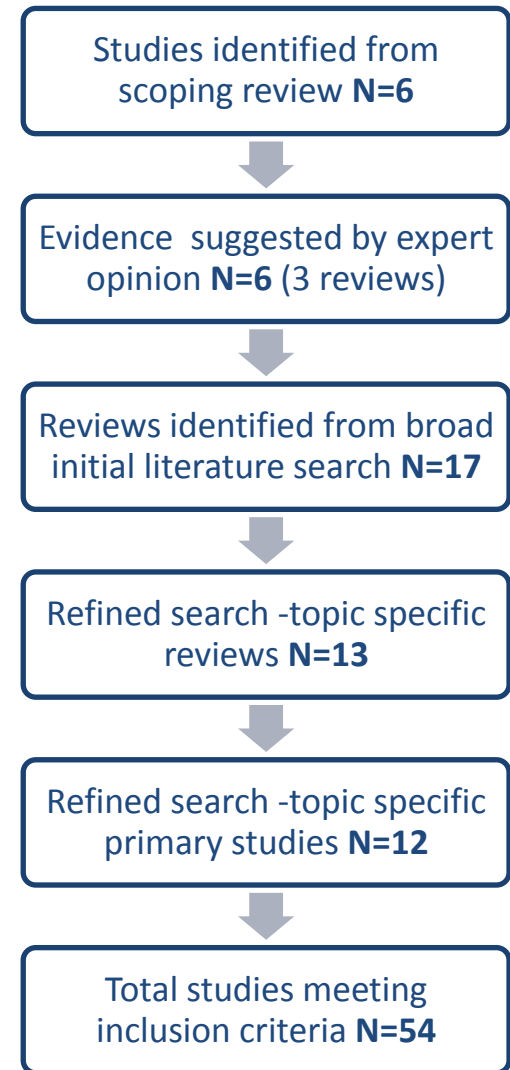
Link community design, planning, and health:

- Facilitate conversations
- Assist users in applying health evidence
- Inform built environment decision making
- Serve as a navigational tool

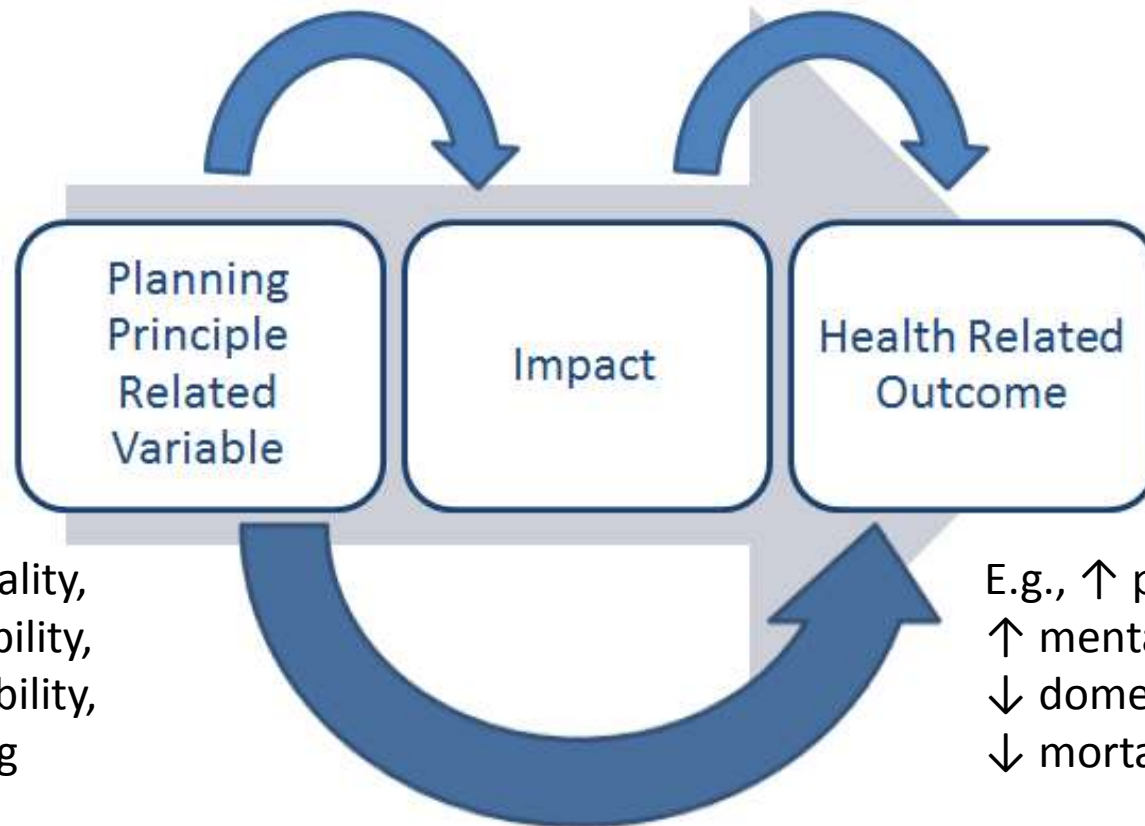


Research Methodology Overview

- Scoping review
- Draft Planning Principles
- Evidence review
 - Individual Source Assessment
 - Collective Evidence Base



Research Variables

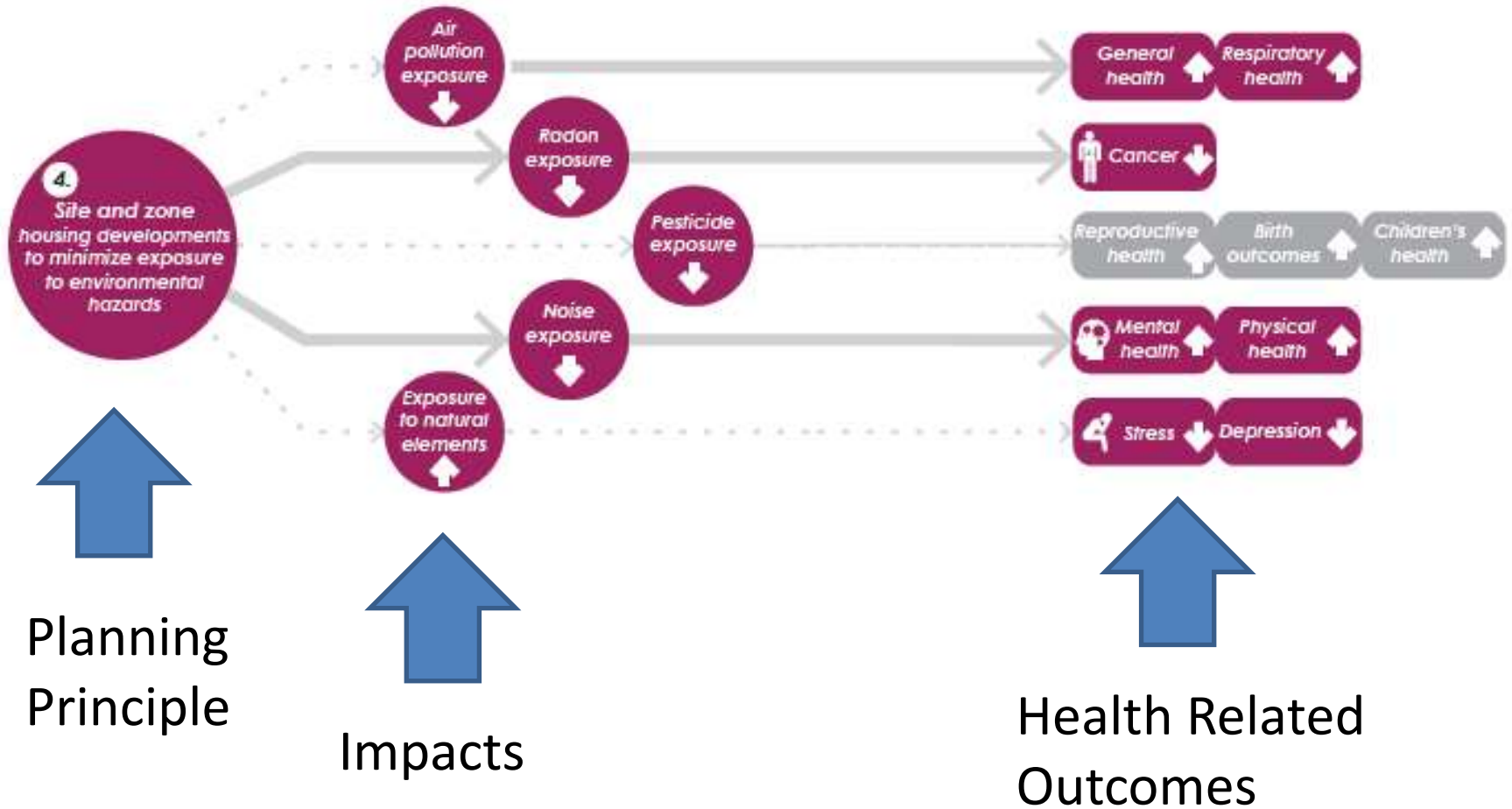


E.g., Housing quality,
Housing accessibility,
Housing affordability,
Safety of housing

E.g., ↑ physical health,
↑ mental health,
↓ domestic violence,
↓ mortality

E.g., ↓ unintentional injuries,
↓ overcrowding, ↓ homelessness,
↑ independent living

Example of Research Variables



Planning Principles

1.

Increase access to affordable housing through provision of diverse housing forms and tenure types

2.

Ensure adequate housing quality for all segments of society

3.

Prioritize housing for the homeless, elderly, low income groups, and people with disabilities

4.

Site and zone housing developments to minimize exposure to environmental hazards

Healthy Housing Fact Sheet

Provincial Health Services Authority
Partnership creating better health.

VERSION 1 - March 2014

HEALTHY HOUSING FACT SHEET

SUMMARY
 We spend the majority of our time in our homes; we eat, sleep, socialize with friends and family, and often even work from home. While housing is considered a basic human right, not all housing is created to meet the same standards. Differences in housing, such as quality, accessibility, and affordability all have impacts on the health of the people who live there. These impacts can positively or negatively affect our health, both over the short and long-term. This is why **how we design our homes is critically important to our health and well-being**. Consider, for instance, how living in a stable and affordable home that provides you with a warm, safe, and healthy environment can support your health. These factors all describe aspects of healthy housing which can promote good nutrition, healthy behaviours, and healthy relationships. Healthy housing can foster good mental and physical health, and improved quality of life.

Vision:
 Affordable, accessible, and good quality housing for all that is free of hazards and enables people to engage in the activities of daily living while optimizing their health.

WHAT DOES HEALTHY HOUSING LOOK LIKE?

Planning Principle:
1. Increase access to affordable housing through provision of diverse housing forms and tenure types.

Provide subsidized and affordable housing programs, and mixed-income housing developments.

- Access to affordable housing decreases the frequency of moving between residences. Housing stability helps to reduce stress and allows people to take better care of themselves and their families.
- Living in affordable housing allows people to have more disposable income to buy necessities such as healthy food and medication, which in turn contributes to better health.
- Apartments in tall buildings are a type of affordable housing. Research suggests that social isolation, and the resulting negative health impacts, may be associated with living in this type of housing, particularly when living on a high floor. Therefore it is especially important to design spaces that foster social interaction as part of this housing type.
- Access to affordable housing helps to reduce overcrowding as people do not need to "double up" in order to afford housing.

HEALTHY BUILT ENVIRONMENT LINKAGES
 A TOOLKIT FOR DESIGN • PLANNING • HEALTH

32

Provincial Health Services Authority
Partnership creating better health.

VERSION 1 - March 2014

HEALTHY HOUSING FACT SHEET

Planning Principle:
2. Ensure adequate housing quality for all segments of society

Ensure good quality housing structure, heating, insulation, and ventilation.

- Energy efficient housing helps people afford to live comfortably in their homes and avoid illnesses that are caused by cold and damp housing conditions. These conditions exist more commonly in countries with poor housing regulation and in cold climates.
- Adequate quality housing with suitable ventilation contributes to good indoor air quality by reducing the presence of allergens such as dust and mold. Good indoor air quality helps people to maintain general and respiratory health, especially for children with asthma.
- Living in adequate quality housing is strongly associated with an increased sense of safety, decreased crime, and improved social connections, when compared to living in poorer quality housing. These factors help people enjoy better health and improved quality of life.
- Poor quality housing is characterized by hazards that increase the risk of unintentional injuries such as burns and physical trauma. This can be prevented by ensuring that people live in good quality housing, which will largely benefit people of low socioeconomic status who generally live in poor quality housing.
- Research suggests that upgrading or retrofitting housing to make it accessible to people with physical disabilities allows these people to continue living independently in their homes. Most of the research reviewed focused on seniors with disabilities.

HEALTHY BUILT ENVIRONMENT LINKAGES
 A TOOLKIT FOR DESIGN • PLANNING • HEALTH





33

Healthy Housing Linkages Summary

Provincial Health Services Authority
Prevention and solutions. Better health.




VERSION 1 - March 2014

HEALTHY HOUSING LINKAGES SUMMARY

PLANNING PRINCIPLE	IMPACT	HEALTH RELATED OUTCOME
1. Increase access to affordable housing through provision of diverse housing forms and tenure types  <p>Provide subsidized and affordable housing programs, and mixed-income housing developments.</p>	<ul style="list-style-type: none"> 👉 home in multi-unit housing 👉 home on high floor level 👉 access to affordable housing 👉 desegregate high poverty areas 👉 choice of housing forms 👉 residential stability 👉 financial stress 👉 over-crowding 	<ul style="list-style-type: none"> 👉 social interaction 👉 psychiatric distress 👉 unintentional injury 👉 general health 👉 domestic abuse 👉 violence 👉 mental health 👉 conflict 👉 depression 👉 food security 👉 obesity 👉 quality of life 👉 injuries
2. Ensure adequate housing quality for all segments of society  <p>Ensure good quality housing structures, heating, insulation, and ventilation.</p>	<ul style="list-style-type: none"> 👉 energy efficiency 👉 thermal quality 👉 access to good quality housing 👉 independent living 👉 pests 👉 exposure to allergens and chemicals 👉 physical hazards 👉 sense of safety 👉 social connections 👉 crime 👉 indoor air quality 	<ul style="list-style-type: none"> 👉 respiratory health 👉 winter mortality 👉 psychological health 👉 unintentional injury 👉 neurodevelopment 👉 energy efficiency 👉 general health 👉 mortality 👉 quality of life
3. Prioritize housing for the homeless, elderly, low income groups, and people with disabilities  <p>Prioritize housing for vulnerable populations.</p>	<ul style="list-style-type: none"> 👉 housing quality 👉 access to adequate housing 👉 social support network 👉 access to permanent housing 👉 healthcare use 👉 access to housing for people with mental illness 	<ul style="list-style-type: none"> 👉 general health 👉 quality of life 👉 mental health 👉 injuries 👉 risk behaviour 👉 hospitalization
4. Site and zone housing developments to minimize exposure to environmental hazards  <p>Conduct careful community planning to limit the production of, and exposure to air pollution, noise pollution, and other environmental hazards.</p>	<ul style="list-style-type: none"> 👉 air pollution exposure 👉 radon exposure 👉 pesticide exposure 👉 noise exposure 👉 exposure to natural elements 	<ul style="list-style-type: none"> 👉 respiratory health 👉 reproductive health 👉 children's health 👉 physical health 👉 birth outcomes 👉 general health 👉 cancer 👉 depression 👉 stress 👉 mental health

HEALTHY BUILT ENVIRONMENT LINKAGES
 A TOOLKIT FOR DESIGN - PLANNING - HEALTH

42

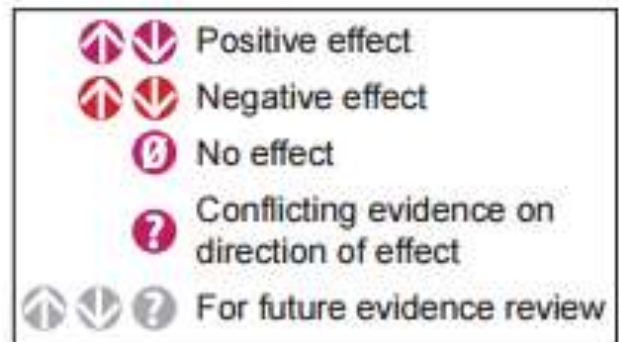
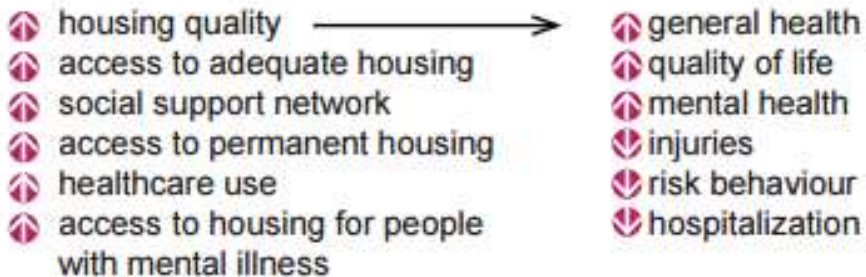
-   Positive effect
-   Negative effect
-  No effect
-  Conflicting evidence on direction of effect
-    For future evidence review

Linkages Summary Example

3. Prioritize housing for the homeless, elderly, low income groups, and people with disabilities



Prioritize housing for vulnerable populations.



Healthy Housing Evidence Diagram

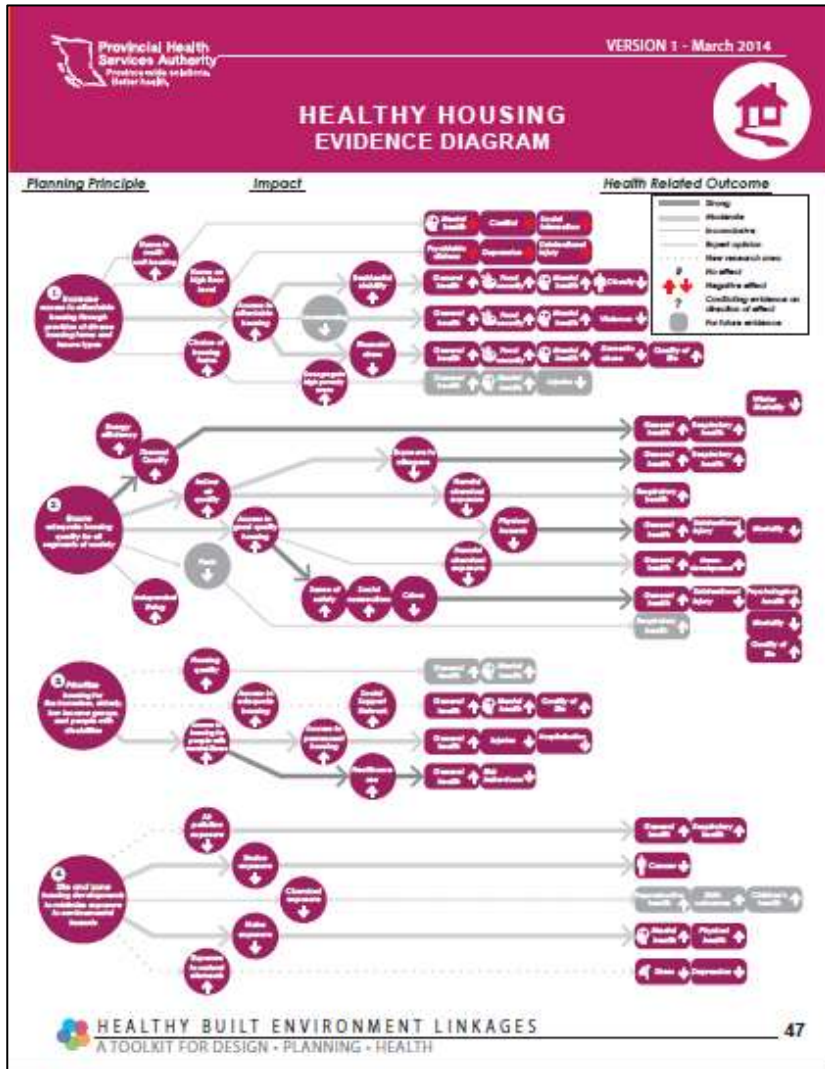
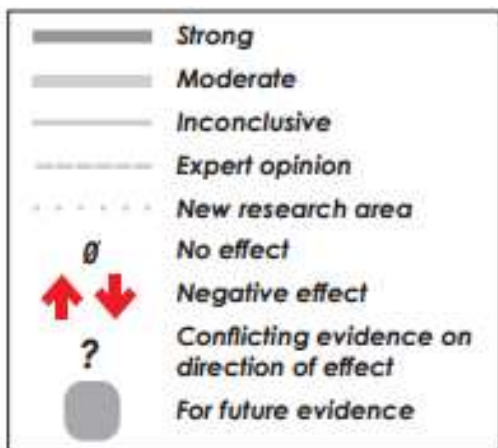
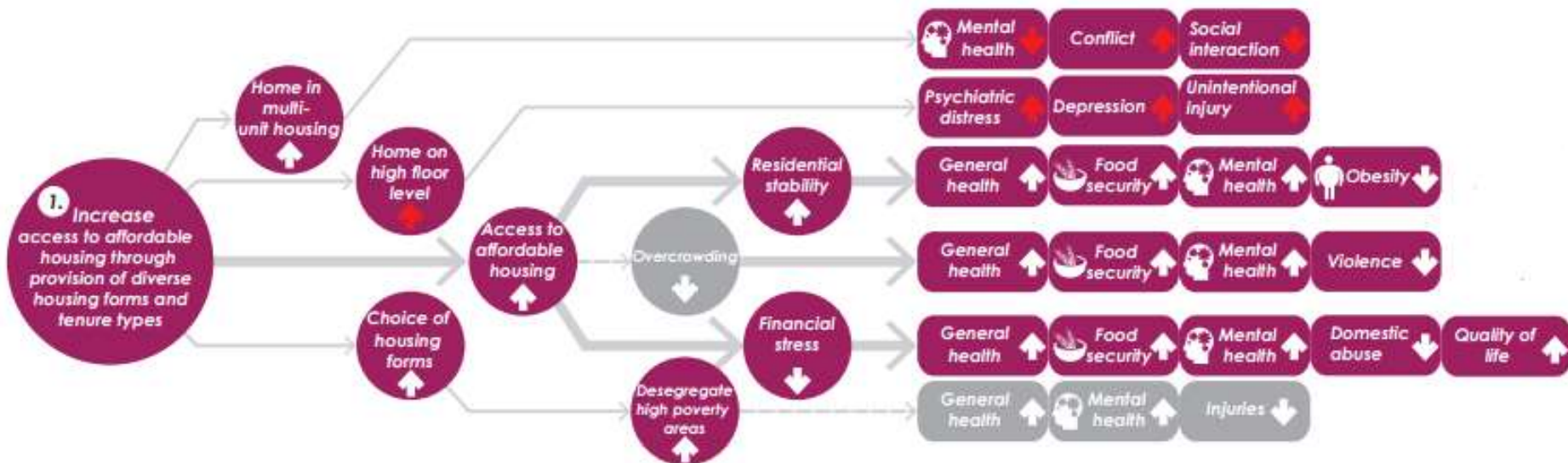
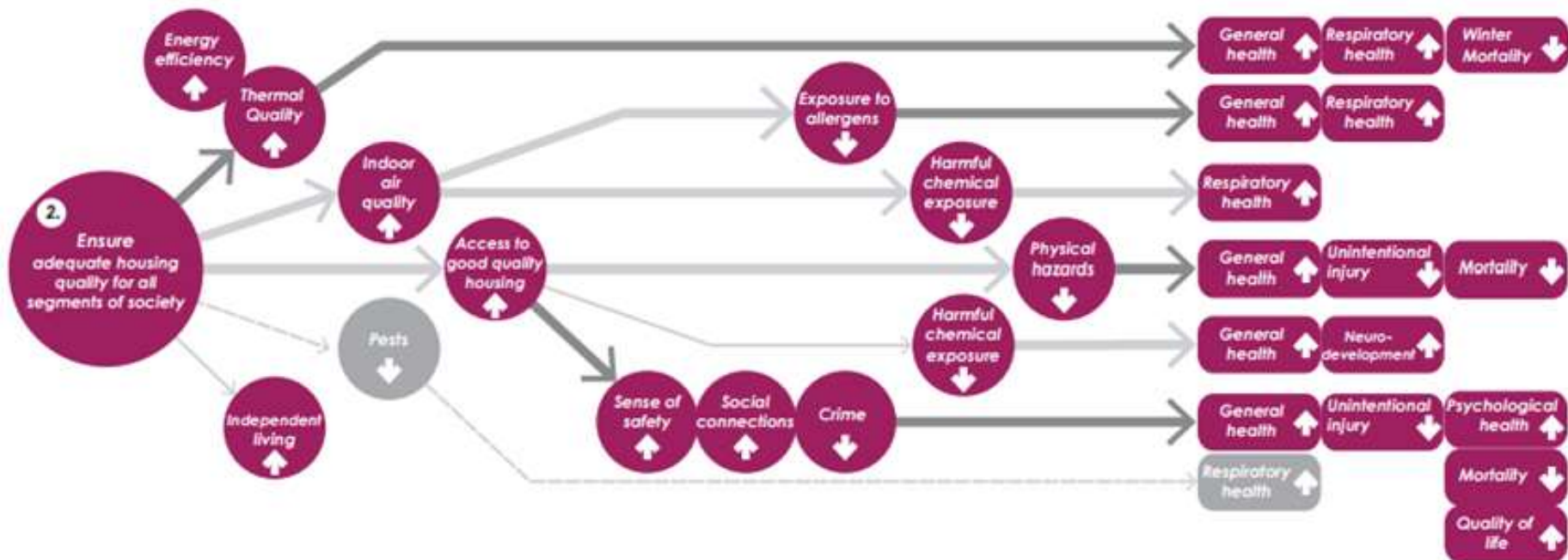


Image: PHSA, 2014

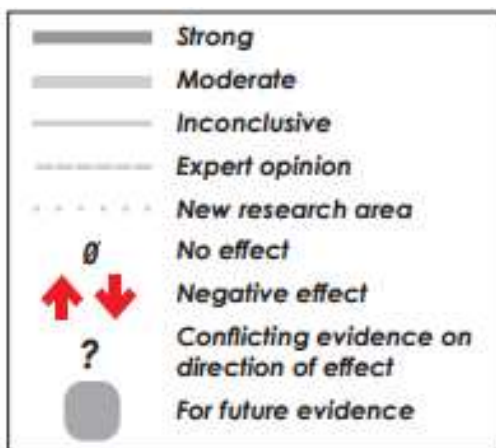
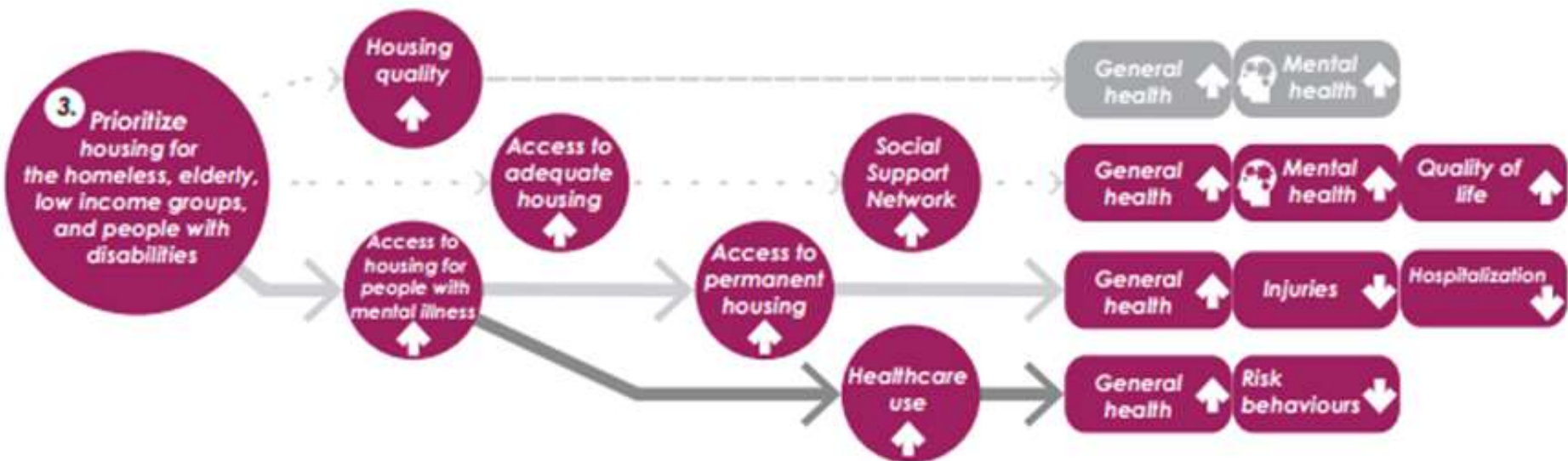
Planning Principle #1



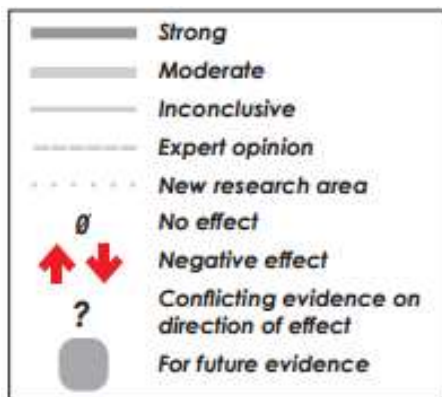
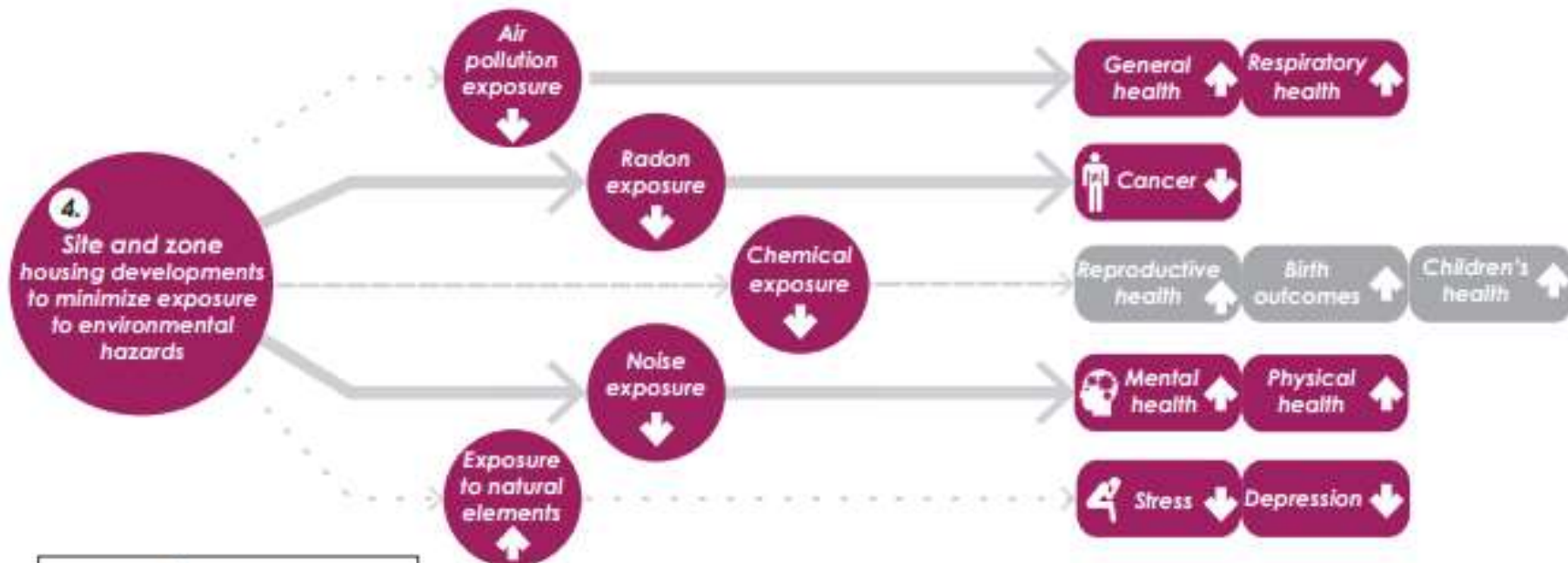
Planning Principle #2



Planning Principle #3



Planning Principle #4



How Can I Use the Toolkit?

- Framework for presentations
- Gain support for HBE work
- Inform long-term planning and strategies
- Background info for reports
- Basis for partnerships

Updated as new evidence emerges

Will This Work in My Community?

- Community Context
- Quality of Evidence
- Urban vs. Rural
- Equity and Access



Evidence Informed Decision Making



Final Thoughts

- Built environments influence behaviours and health
- Healthier built environments (Healthy Housing) = Better health
- Not all interventions are appropriate for all communities
- Research still emerging on some key issues



Available Online

#1: Through the PHSA webpage:

<http://phsa.ca/populationhealth>

- Click on “Healthy Built Environments”



What's New

[Healthy Built Environment Linkages Toolkit](#) is a groundbreaking evidence-based and expert-informed resource that links planning principles to health outcomes

#2: Google

Google

healthy built environment linkages toolkit



healthy built environment linkages toolkit

healthy built environment linkages a toolkit for design
planning and health

About 36,300 results (0.41 seconds)

[Healthy Built Environment Linkages - Provincial Health ...](#)

www.phsa.ca/our-services/programs...health/healthy-built-environment

What is the healthy built environment? ... **Healthy Built Environment Linkages**

Toolkit is a groundbreaking evidence-based and expert-informed resource that ...



Questions?