

Moving to healthy homes

Evidence and policy to repair the building blocks of health

Joe Farrington-Douglas

1 March 2024



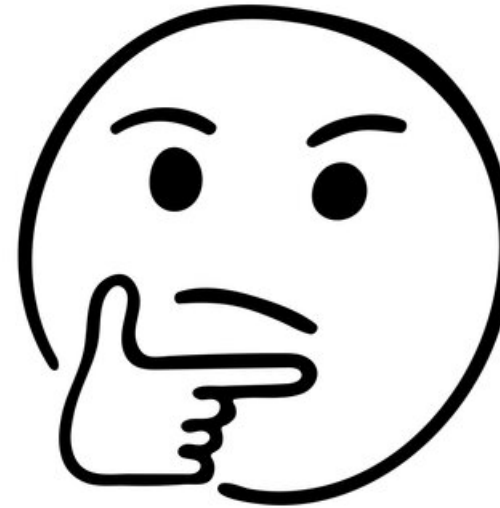
**The
Health
Foundation**

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1. Health and inequalities in the UK
2. Housing as a building block of health
3. Policy proposals and prospects for change

Questions for the chat

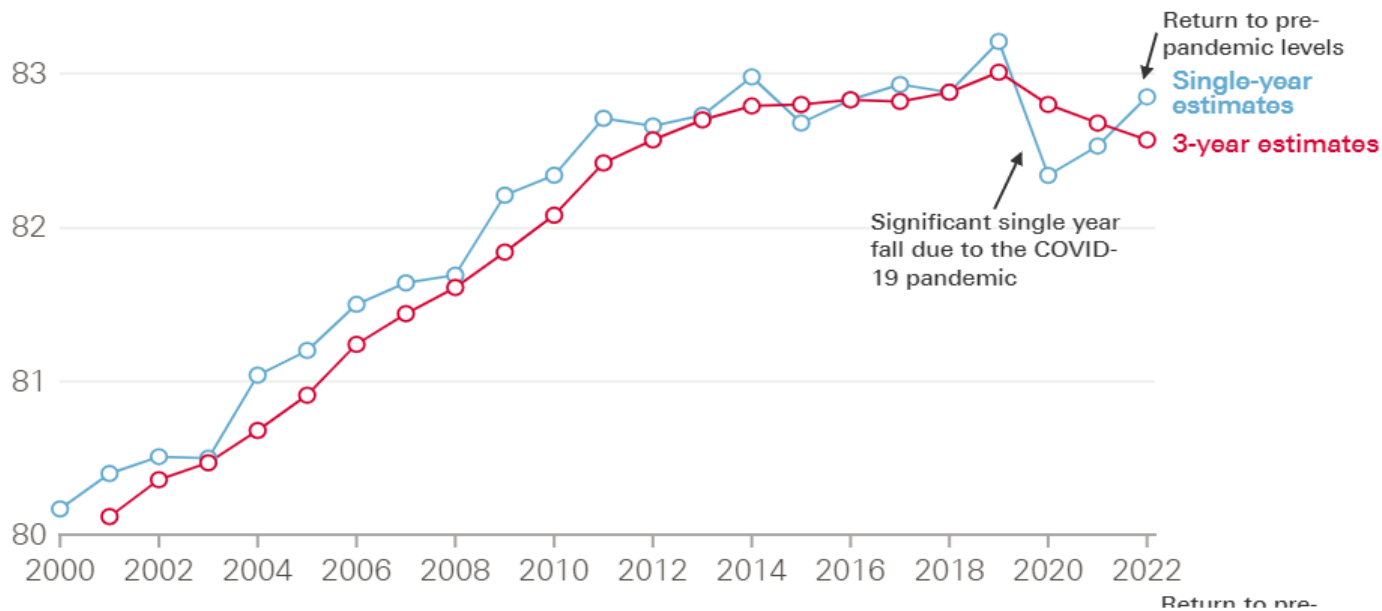
1. Where do you think the UK ranks in terms of life expectancy?
2. Which places have the worst health?
3. What do you think has the greatest impact on health?
4. What aspects of housing affect health?
5. What policy would you call for?



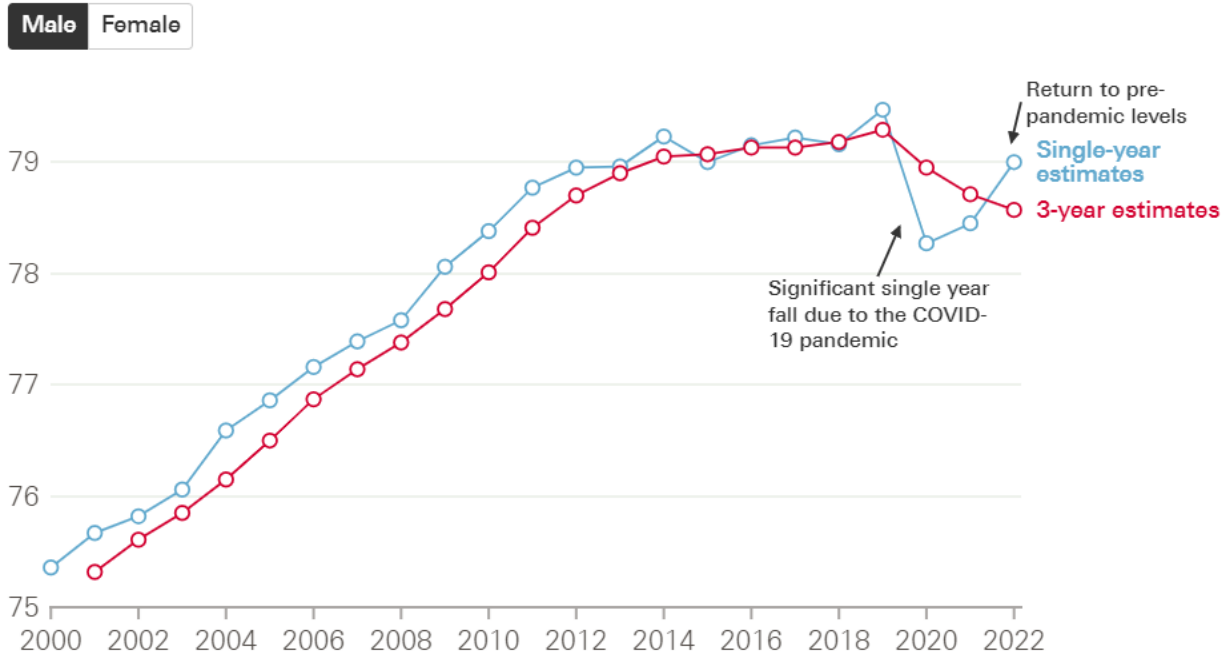
Health and inequalities

Life expectancy improvements have slowed from 2010s (f)

Male Female

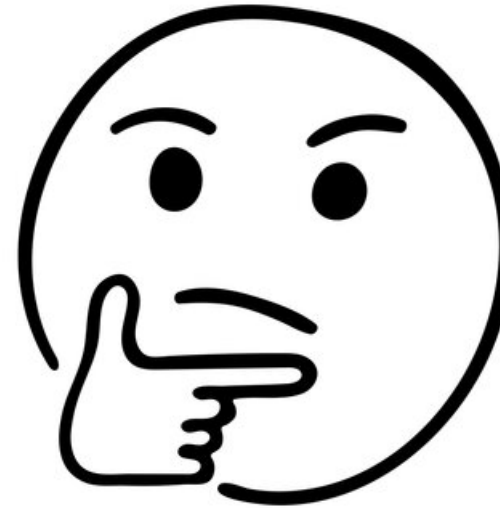


Life expectancy improvements have slowed from 2010s (m)

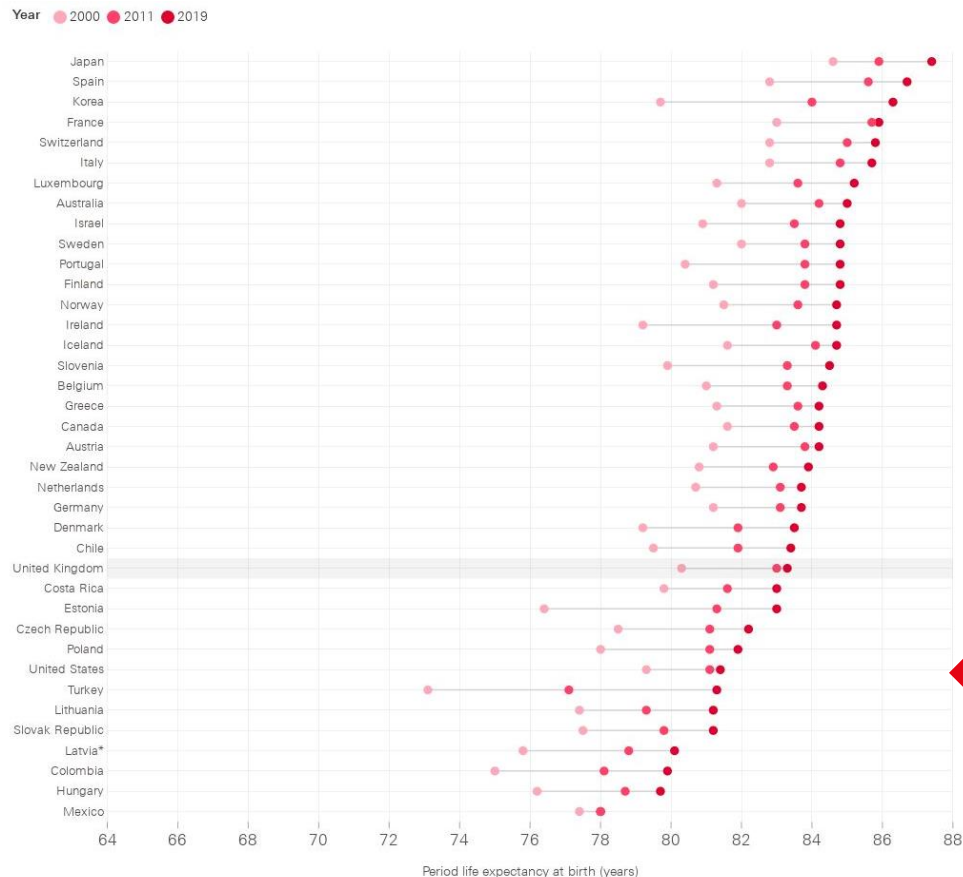


Questions for the chat

1. There are 38 countries in the OECD. Where do you think the UK ranks in terms of life expectancy?



Changing life expectancy period at birth for women: OECD countries 2000-19



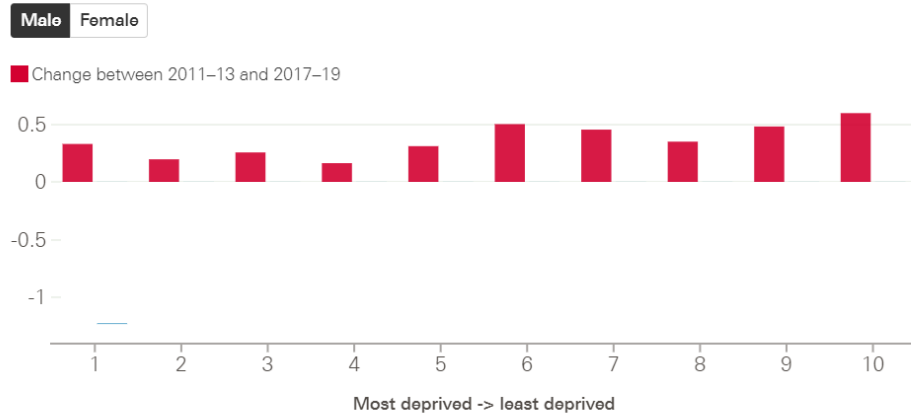
UK is 27th out of 38 OECD countries

US is 31st

Both saw slowdown in gains and have slipped down the league table

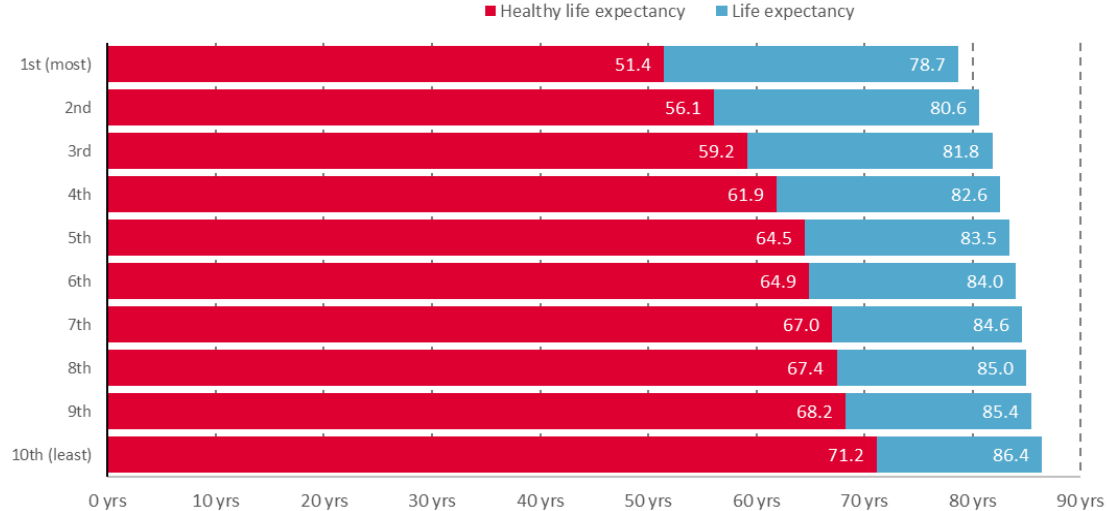
How has the slowdown in health been distributed?

More-deprived areas faced lower life expectancy growth in the decade pre-pandemic,



There were significant differences in life expectancy across different areas before the pandemic

Life expectancy & healthy life expectancy at birth by decile of deprivation, England: 2017-19
Women (years of life)

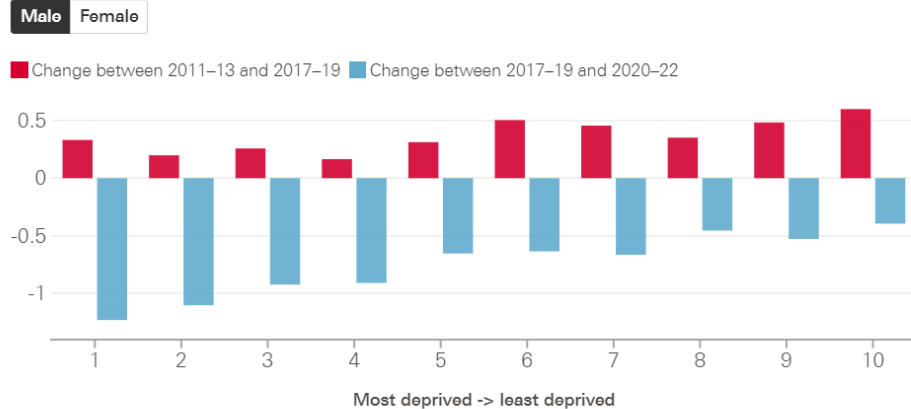


Source: Health Foundation analysis using ONS, Health State Life Expectancies by decile of deprivation, England: 2017-19

How has the slowdown in health been distributed?

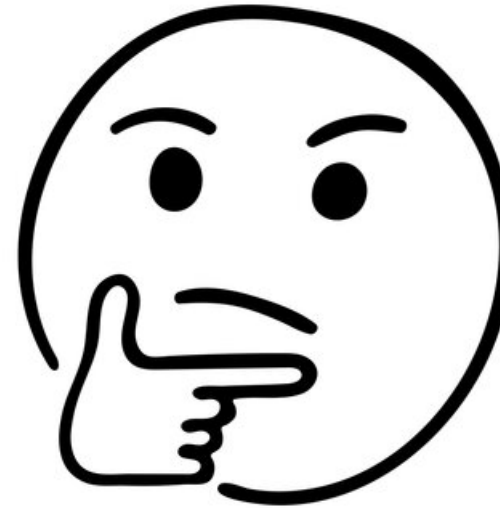
More-deprived areas faced lower life expectancy growth in the decade pre-pandemic, and suffered the largest falls during the pandemic

Change in local authority life expectancy, by deprivation decile: England, 2011–13 to 2020–22



Questions for the chat

2. Which places have the worst health?

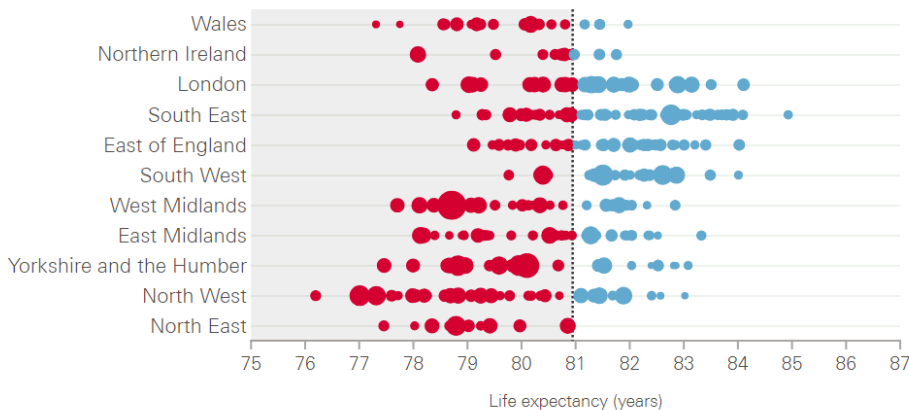


Geographic inequality in life expectancy

Life expectancy is below the national average for every local authority in the North East

Life expectancy at birth by local authority and region, England, Northern Ireland and Wales, 2020–22

● Below average ● Above average



Ageing is an unequal experience

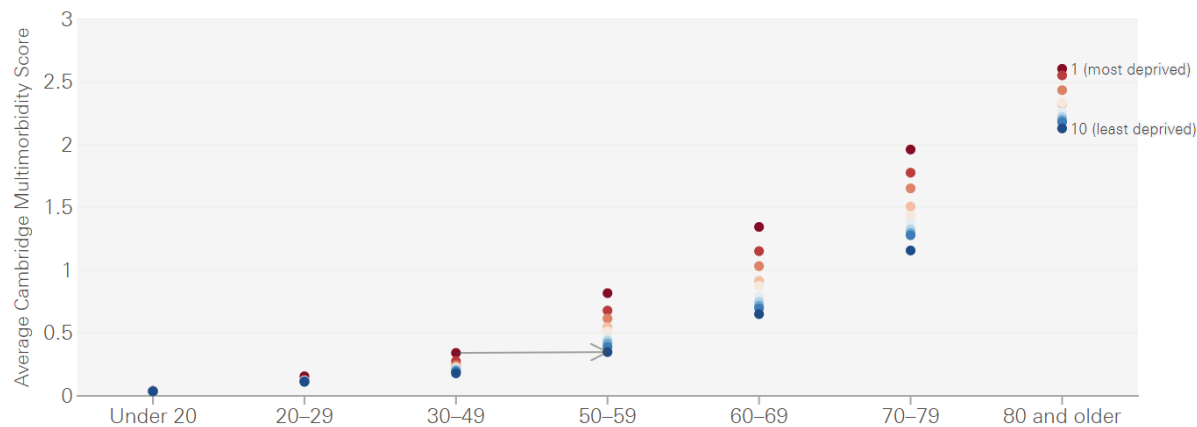


1 of 2

Inequalities in diagnosed long-term conditions are widest in absolute terms for people in their 70s, although in relative terms people living in the poorest areas have an average Cambridge Multimorbidity Score of more than double those in the least deprived areas in their 50s and 60s.

Diagnosed illness (average Cambridge Multimorbidity Scores) by age group and deprivation (IMD decile), 2019/20

Deprivation 1  10



16 year disparity in diagnosed illness at 60



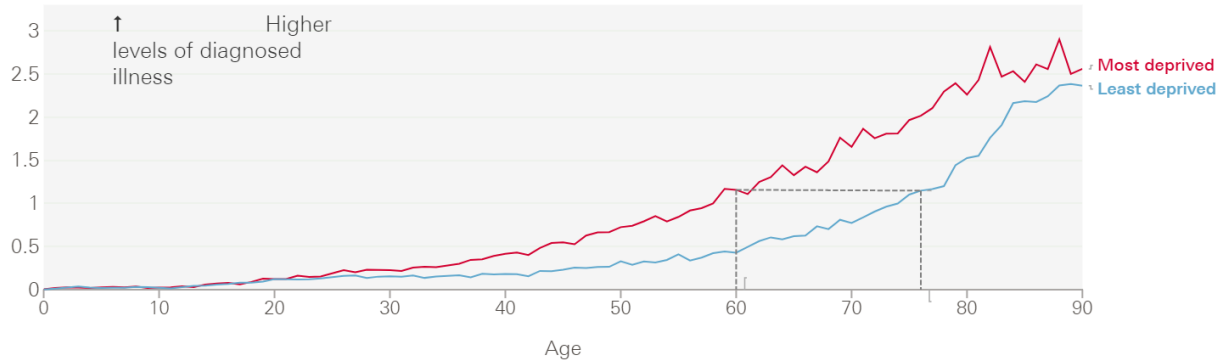
2 of 2

Our analysis shows that on average 60-year-old women in the most deprived decile have around the same level of diagnosed morbidity as 76-year-old women in the least deprived areas. Men have lower levels of socioeconomic inequality in diagnosed ill health at the same age, with a 10-year disparity in diagnosed illness compared with 16 years for women.

Diagnosed illness (average Cambridge Multimorbidity Score) by age and deprivation (IMD decile), 2019/20

Female Male

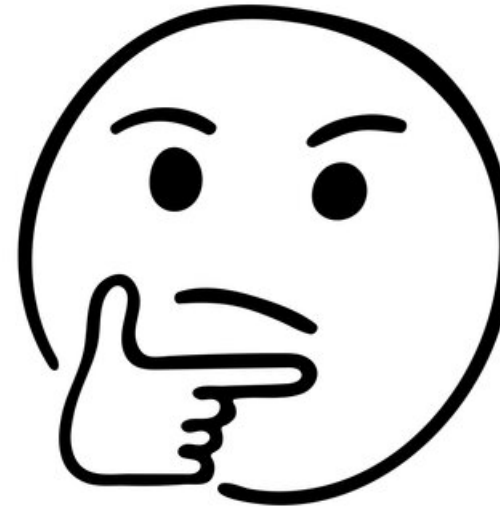
Average Cambridge Multimorbidity Score



What makes us healthy?

Questions for the chat

3. What do you think has the greatest impact on keeping people healthy?



Why we need to tell a new story about health

What makes us healthy?

Good health matters, to individuals and to society. But we don't all have the same opportunities to live healthy lives.

To understand why, we need to look at the bigger picture:

The infographic features a central white path that winds through eight icons, each representing a determinant of health. The icons are: a blue clipboard for 'Good work', a green location pin with a tree for 'Our surroundings', three yellow gears with dollar signs for 'Money and resources', an orange house with a key for 'Housing', a red apple for 'The food we eat', a blue bus for 'Transport', a blue wrench and screwdriver for 'Education and skills', and a purple speech bubble with a fork and spoon for 'Family, friends and communities'.

The healthy life expectancy gap between the most and least deprived areas in England is over **18** YEARS

Find out more: [health.org.uk/what-makes-us-healthy](https://www.health.org.uk/what-makes-us-healthy)

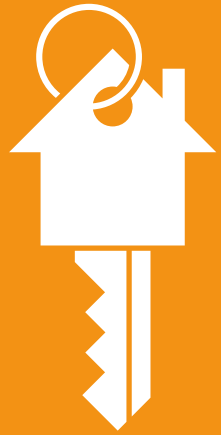
The Health Foundation

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But...

- These wider determinants are often left out or misunderstood in public, media and political debate
- People think of health in highly individualistic ways, determined by individuals' behaviours and access to health care





How does housing
influence our health?

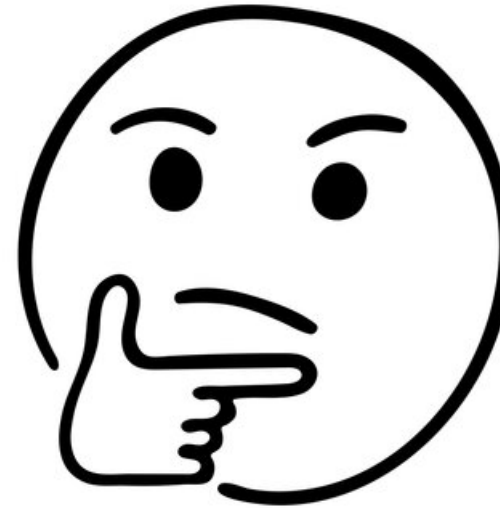


We all need somewhere to call home – not just walls and a roof but a secure, stable, safe place to grow up and live in. Our homes are fundamental to our health and wellbeing.

Where we live influences our health in many ways, both physically and mentally.

Questions for the chat

4. What aspects of housing affect health?





Housing

We all need somewhere to call home – not just walls and a roof but a secure, stable, safe place to grow up and live in. Our homes are fundamental to our health and wellbeing. Where we live influences our health in many ways, both physically and mentally.

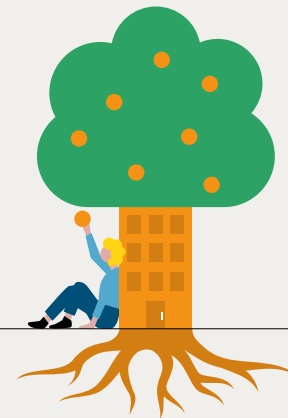
Good housing should be:



Affordable



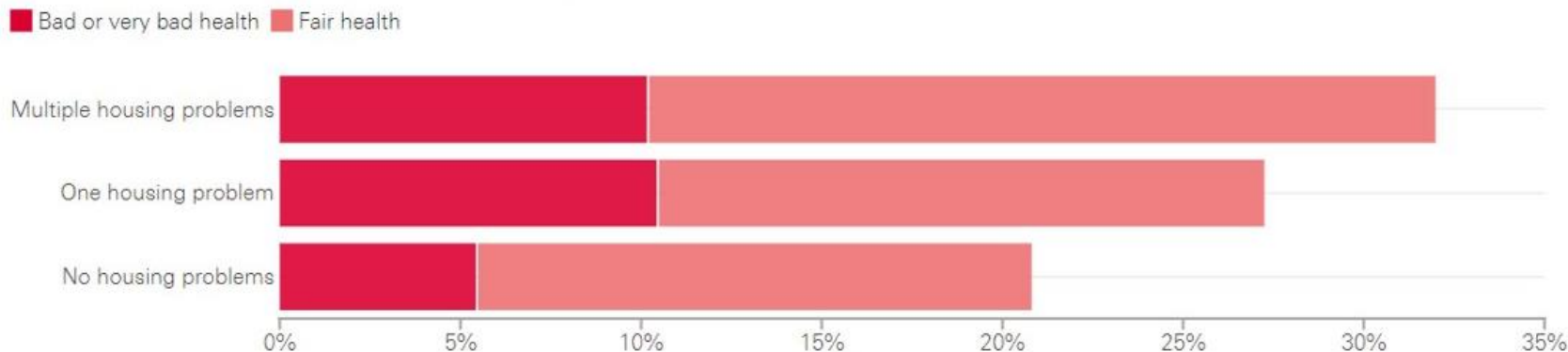
Decent quality



Secure and stable

Experiencing one or multiple housing problems is associated with worse health

Self-rated health of head of household by number of housing problems relating to overcrowding, affordability, and non-decent accommodation: England





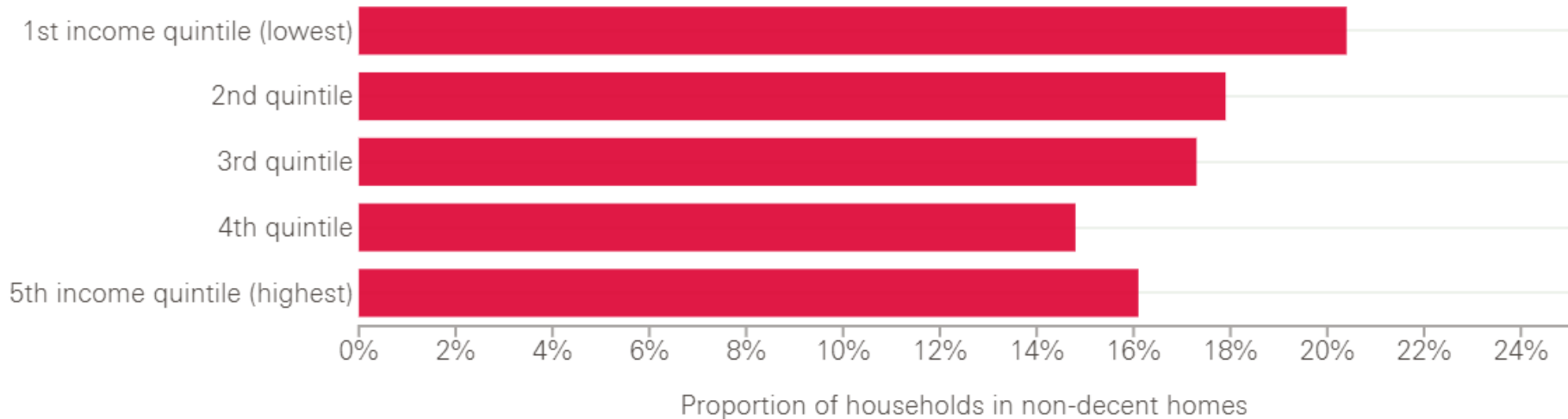
Good housing
should be decent
quality



Single adult households and those on low incomes are more likely to live in non-decent housing

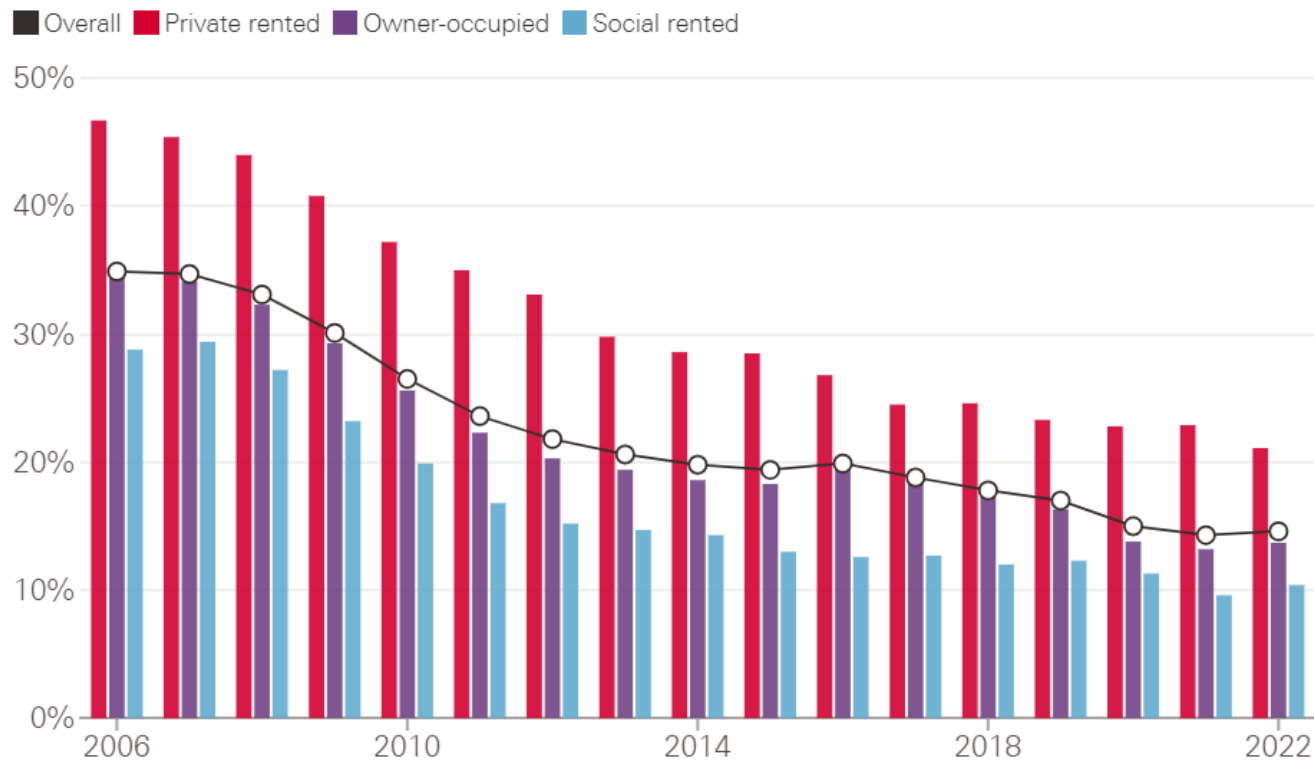
Inequalities in prevalence of non-decent homes

Disability / illness Ethnicity Household status **Income** Poverty status



Private renters are more likely to live in non-decent housing

Percentage of non-decent homes by tenure: England, 2006–22





The cost of poor housing in England

2021 Briefing paper

Helen Garrett, Molly Mackay, Simon Nicol, Justine Piddington, Mike Roys



It is costing the NHS some £1.4bn per year to treat those people who are affected by poor housing.

£1.4bn
per year

When these societal costs are included, it is estimated that the full cost to society of leaving people living in poor housing is some £18.5bn per annum.

£18.5bn
per annum

It is recommended that further research is undertaken to inform a full 30 year cost-benefit analysis of the impact of improving poor housing in England.

30 year
cost-benefit analysis



Good housing should be affordable

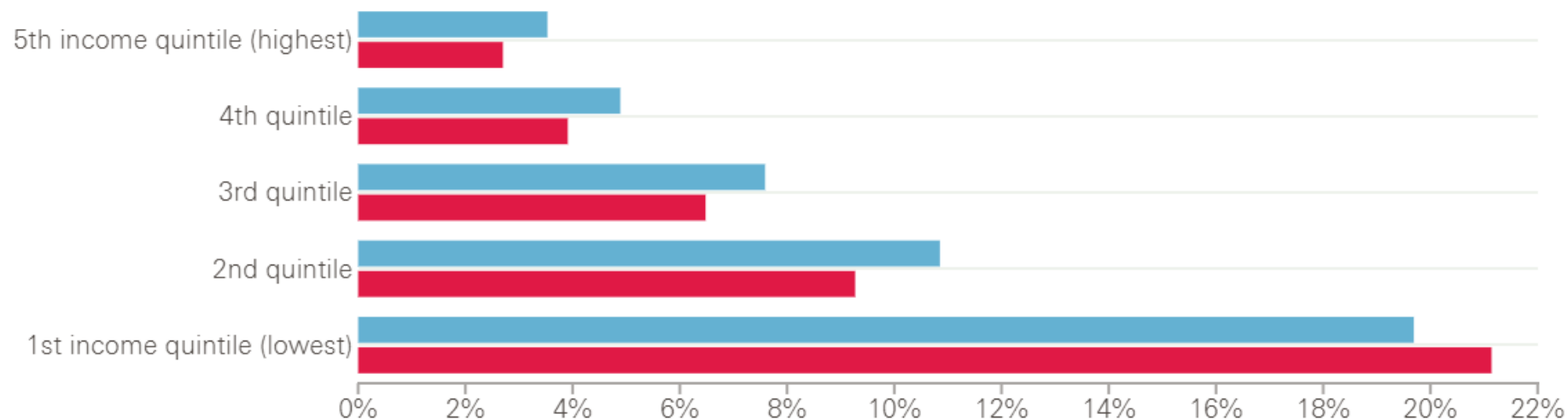


Younger adults, people from ethnic minority backgrounds, and those on low incomes are more likely to experience housing affordability problems

People in households paying more than a third of income on housing by demographic characteristics

Age Ethnicity **Income**

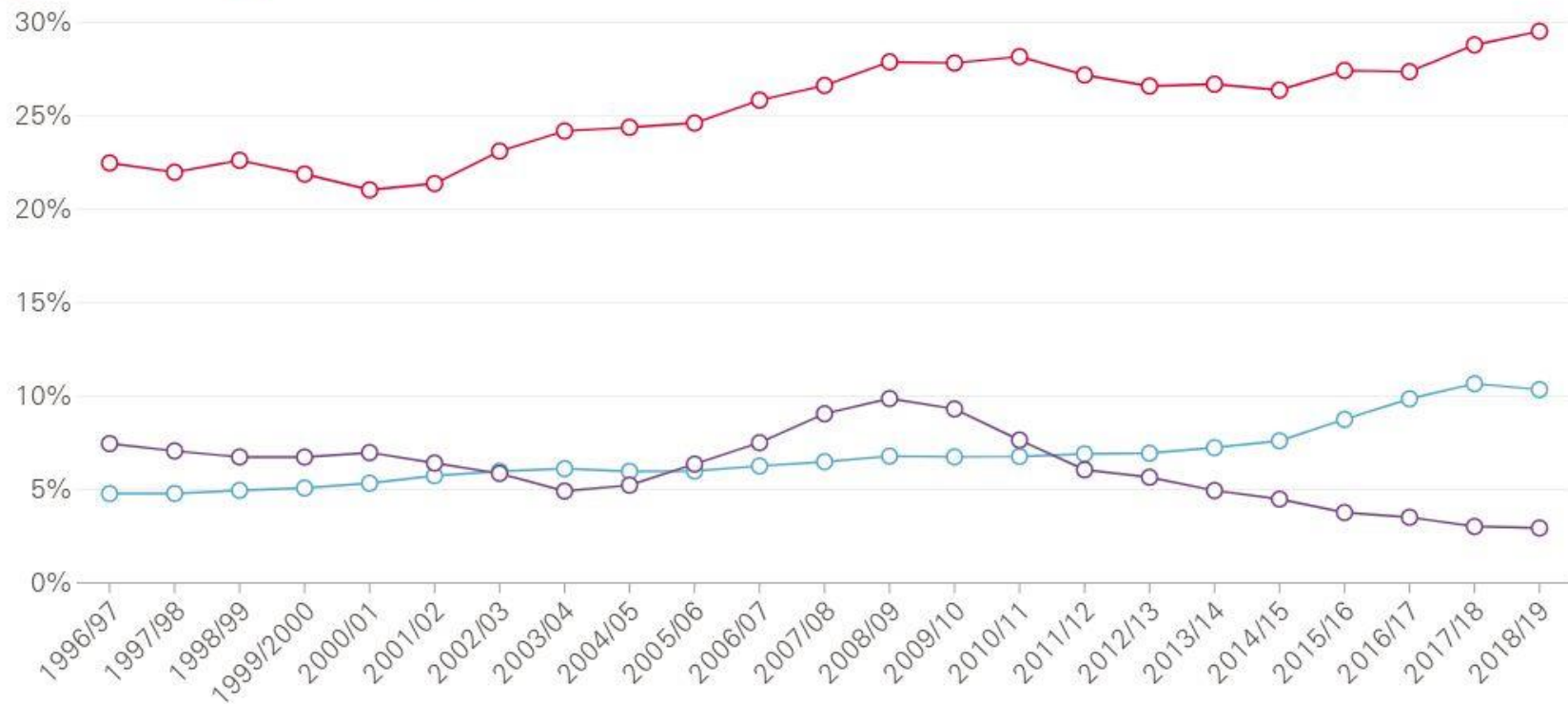
■ 2008/09 ■ 2018/19



Private renters are the most likely to be experiencing affordability problems

Percentage of households spending more than a third of net income on housing costs by tenure: England, 1996–2019

■ Private renters ■ Social renters ■ Owners with a mortgage



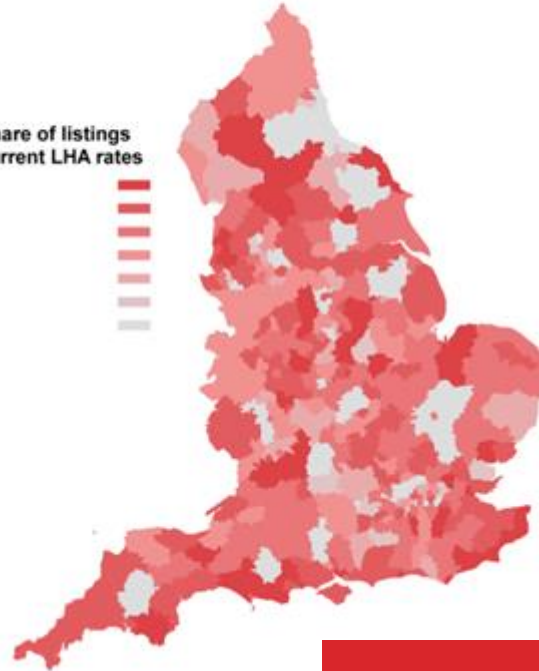
Figures 3: share of listings affordable to people in receipt of housing benefit.

Figure 1.1 Map of areas in Great Britain with large gaps between 2018/19 Local Housing Allowance rates and rents at the 30th percentile for small families



1 bed: share of listings below current LHA rates

Below 5%
5% to 10%
10% to 15%
15% to 20%
20% to 25%
25% to 30%
Above 30%

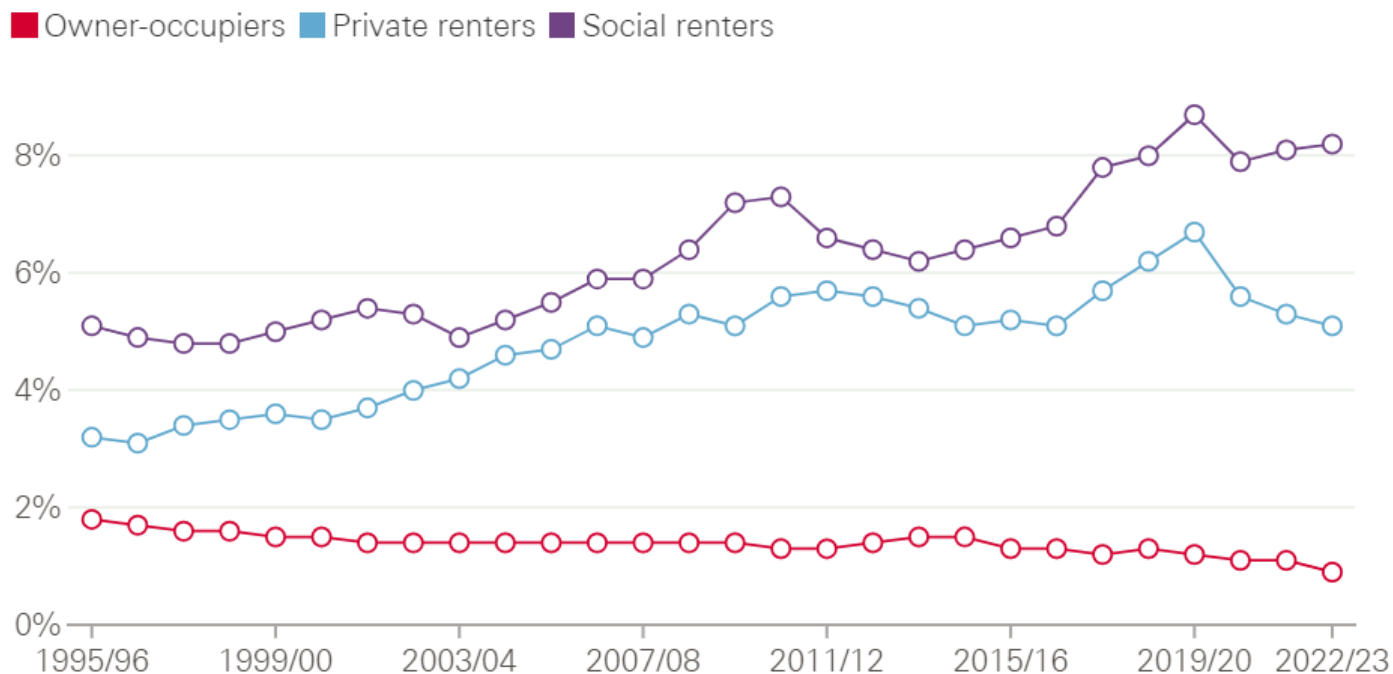


Crisis

Supported by
ZOOPLA

There have been large increases in overcrowding in rented tenures

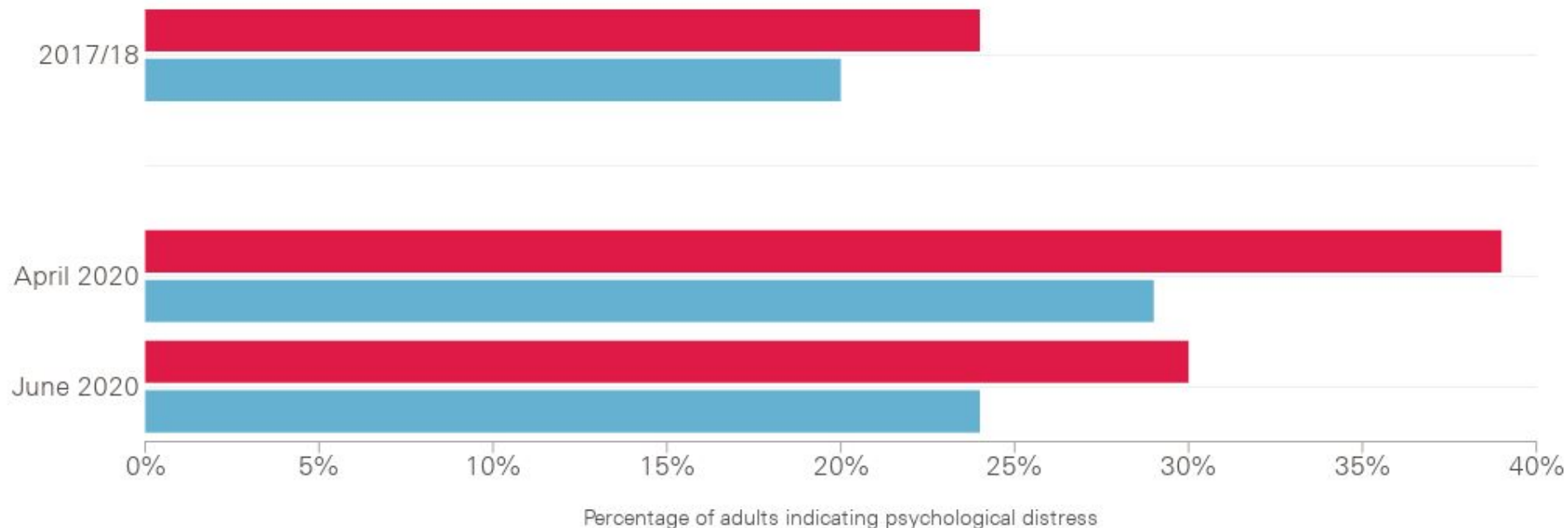
Percentage of households that are overcrowded by tenure: England, 1995/96–2022/23



Adults in overcrowded homes are more likely to indicate psychological distress

Adults by household overcrowding and whether indicating psychological distress (GHQ-12 score exceeds four)

Overcrowded household Non-overcrowded household





Good housing
should be secure
and stable



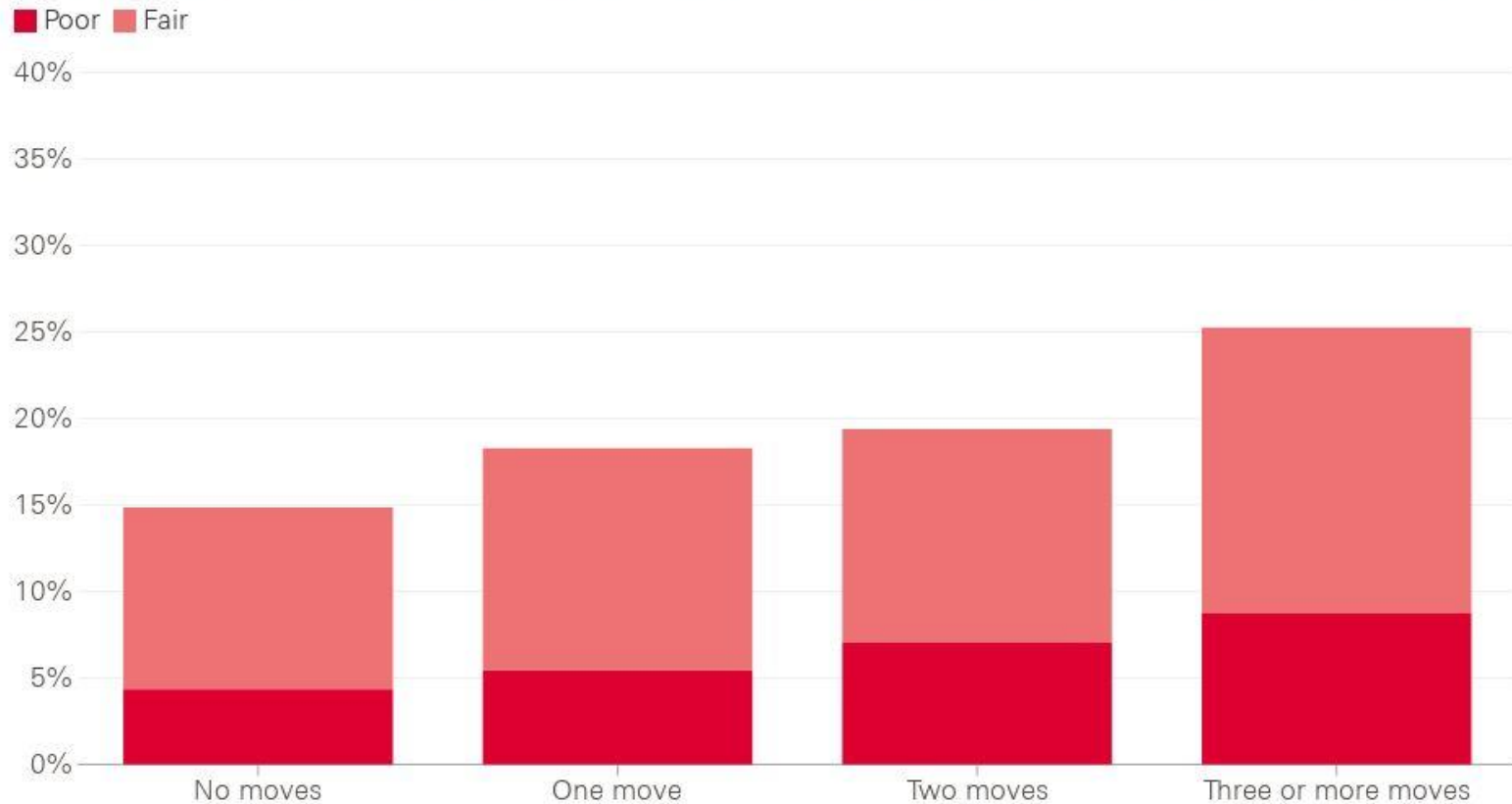
Households with children in the private rented sector are more likely to have moved home multiple times

Number of residential moves experienced by households with children up to age 15 years by housing tenure: UK, 2000 to 2015



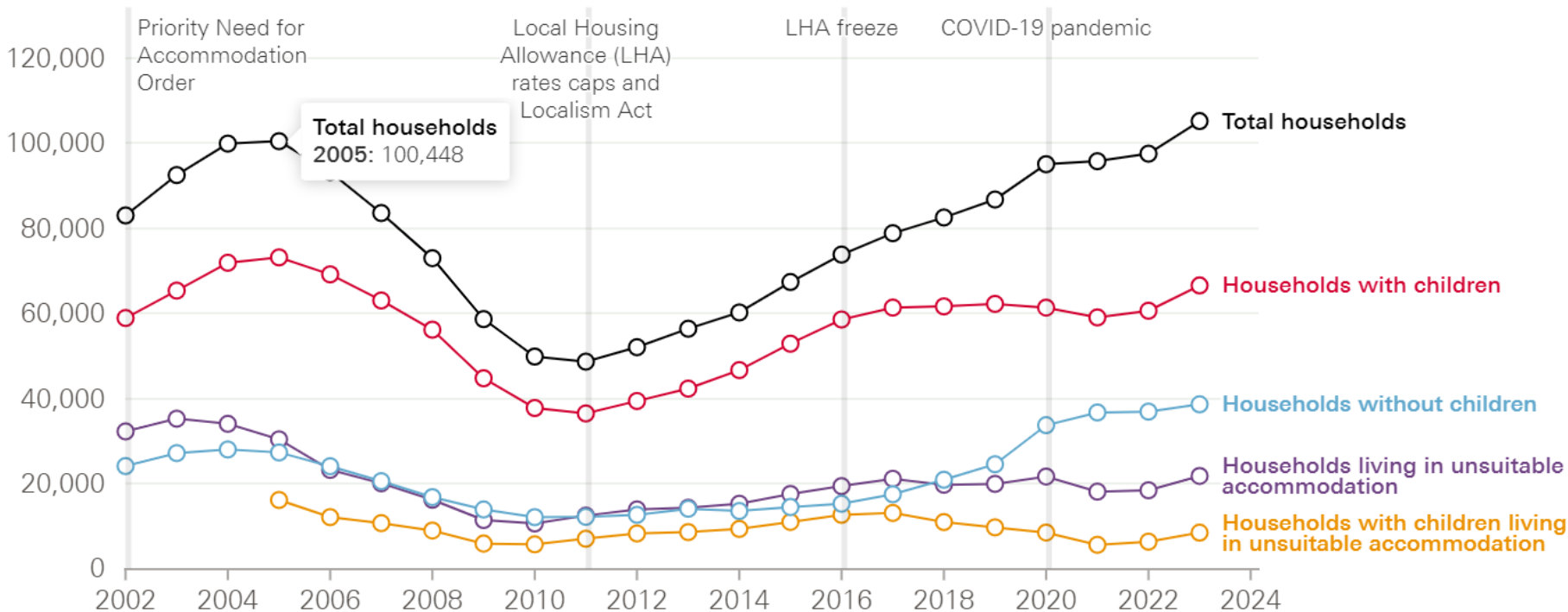
There is an association between moving more frequently and poor self-rated health

Self-rated health of parents with children born in 2000 by number of residential moves: UK, 2000–2015



The number of households in emergency temporary accommodation has increased since 2010

Number of households in temporary accommodation in England, 2002–23



Housing and health – mechanisms



Housing quality

- Direct health impact e.g. mould and asthma attacks, cold and heart failure
- Disrepair and falls
- Insulation and fuel poverty, impact on resources for healthy living
- Impact on risk factors e.g. ability to cook
- Impact on stress



Housing security

- Impact on mental health
- Impact of stress on physical health
- Impact on building blocks of health e.g. family breakdown, social capital, education



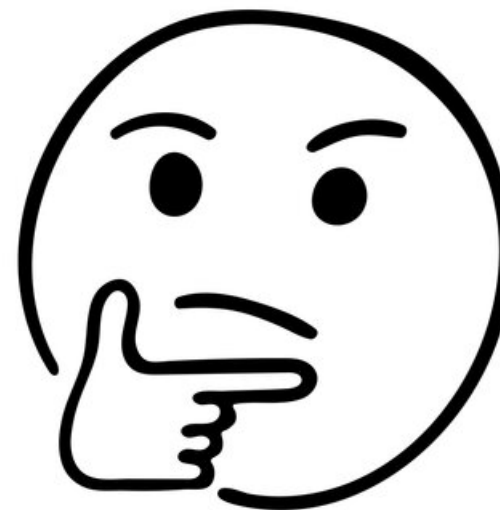
Housing affordability

- Impact on resources for healthy living
- Impact on mental health
- Overcrowding impact on mental health
- Overcrowding impact on building blocks e.g. education

Policy proposals and prospects

Questions for the chat

5. What policy would you call for?



Policy areas

- Scrapping no-fault evictions



Policy areas

- Scrapping no-fault evictions



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Renting reforms: Ministers discuss watering down no-fault eviction proposals

1 day ago · Comments



fault evictions and only requiring one 'lifetime' deposit which moves with the

Policy areas

- Scrapping no-fault evictions
- Extending the decent home standard

Policy areas

- Scrapping no-fault evictions
- Extending the decent home standard
- Updating the standard

Policy areas

- Scrapping no-fault evictions
- Extending the decent home standard
- Updating the standard
- Standards enforcement and support

Policy areas

- Scrapping no-fault ev
- Extending the decent
- Updating the standar
- Enforcement and sup

The Observer
Labour

Toby Helm and Michael
Savage

Sun 11 Feb 2024 06:00 GMT

 Share

'The mother of all U-turns': after Labour's £28bn green policy climbdown, what's left?





LEFT OUT IN THE COLD THE HIDDEN HEALTH COSTS OF COLD HOMES

Executive summary

bserver

“The mother of all U-turns’: after Labour’s £28bn green policy climbdown, what’s left?

Almost 10m UK households living in ‘cold, damp, poorly insulated homes’

Exclusive: Analysis also shows same number would probably not be able to afford cost of improved insulation

d
ent



The report comes after Labour scaled back its pledge to spend £28bn a year on environmental schemes as part of its “green prosperity plan”, reducing the amount to just £4.7bn a year.

This reduction would significantly affect funding for Labour’s home insulation scheme, which is the largest single ticket item of the green plan. Labour had previously promised to spend up to £6bn a year insulating 19m homes over a decade.

Policy areas

- Scrapping no-fault evictions
- Extending the decent home standard
- Updating the standard
- Enforcement and support
- Closing the affordability gap



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Chancellor Jeremy Hunt announces raise in local housing allowance for first time in three years

Chancellor Jeremy Hunt faced pleas from anti-poverty and housing campaigners, including Big Issue, to increase local housing allowance at the Autumn Statement

LIAM GERAGHTY | 22 Nov 2023



Policy areas

- Scrapping no-fault evictions
- Extending the decent home standard
- Updating the standard
- Enforcement and support
- Housing supply



Starmer promises to “unleash the big build”

🕒 11 Oct 23 Labour Party leader Keir Starmer has set out his plan to ride on the shoulders of the construction industry if and when he becomes prime minister.



Above: Keir Starmer and deputy leader Angela Rayner on a building site

In his party conference speech yesterday he made 34 reference to ‘build’ or ‘built’.

“People are looking to us because they want to build a new Britain. And we are the builders,” he said.

Keir Starmer has promised to bulldoze the planning system and get Britain building again.

He has set out his stall based on old-fashioned Keynesian economics, investing in construction to motor the economy.

The Labour Party met for its annual conference in Liverpool this year for what is likely to be the last time before the next general election (scheduled to be held no later than 28th January 2025). With Keir Starmer and the Labour Party showing a clear lead in the opinion polls – Ipsos has Labour 20 points ahead of the Conservatives – there is heightened interest in what Starmer says because it increasingly looks relevant.

Starmer’s challenge, however, is to fill a credibility gap. YouGov has only 33% of the electorate believing that Keir Starmer looks like a prime minister in waiting (and 47% who don’t).

Evidence hub: What drives health inequalities? > [Housing](#)

View more in [Evidence hub: What drives health inequalities?](#)

Moving to healthy homes

20 December 2023

 About 16 mins to read

 [David Finch](#) | [Joe Farrington-Douglas](#) | [Chris Johnes](#)

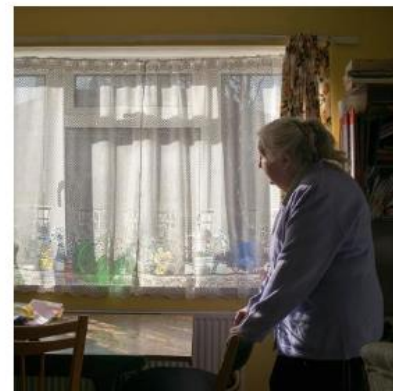
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
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Big picture – housing and health mission

 healthequals.org.uk

