

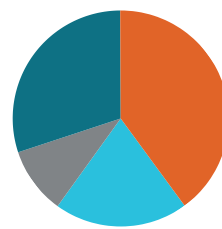
Better Health Together supports housing-first approaches to solving homelessness. We understand that safe and affordable shelter is a fundamental part of achieving health equity.

The Housing First approach prioritizes establishing access to decent, safe, and permanent housing for people experiencing homelessness to the needed stability for improving health, reducing harmful behaviors, and increasing income. Housing is prioritized, but ongoing support and community integration are crucial to success.

Within this model, people in need have:

- immediate access to permanent housing without housing readiness requirements
- self-determination over where they live and what support they receive
- access to recovery orientation and individualized support for community integration.

What makes us healthy?



- 40%** Social-economic Factors
- 30%** Health Behaviors
- 10%** Physical Environment
- 20%** Health Care

Adapted from University of Wisconsin- Madison Population Health Institute's County Health Rankings Model, 2010.

Health Impacts of Housing Instability

Stable Housing

Stable housing provides people with a secure, predictable place of their own without restrictions on family makeup, pets, or access to visitors. It also ensures a place to cook and store food, access the Internet, and an address to send/receive mail.

Unstable Housing

Disrupts employment, access to social service benefits, and community. Chronic stress and trauma related to housing insecurity, financial stress, and lack of safety impact the mental health of adults and children.

Learn more & Contact us!

www.BetterHealthTogether.org
info@betterhealthtogether.org

Supportive Stable Housing Improves Social Determinants of Health

Quality & Safety	Affordability	Community
Housing conditions are safe and healthy.	Covering monthly housing cost <u>consistently</u> leaves enough discretionary spending.	Location facilitates access to the social, economical, and health resources.
Environmental and safety issues inside homes, such as lead, water leaks, poor ventilation, mold, dirty carpets, poor temperature control, and pest infestation, increase health risks for children and adults.	Household discretionary spending must cover all other needs of the household, including: <ul style="list-style-type: none"> • healthy food • medical care & medications • education • child care • transportation • meaningful savings for emergencies & retirement 	Community impacts health and well-being. Ease of access to a job, grocery stores with nutritious foods, and safe spaces to exercise. Segregation, crime, and social capital also have an impact on community's stability.

Additional Benefits of Supportive Stable Housing

Reduced Health Care Costs

Housing First Models show improved physical and behavioral health, reduced healthcare costs, and an average net cost offset of \$29,000 per person/year for people in stable housing.

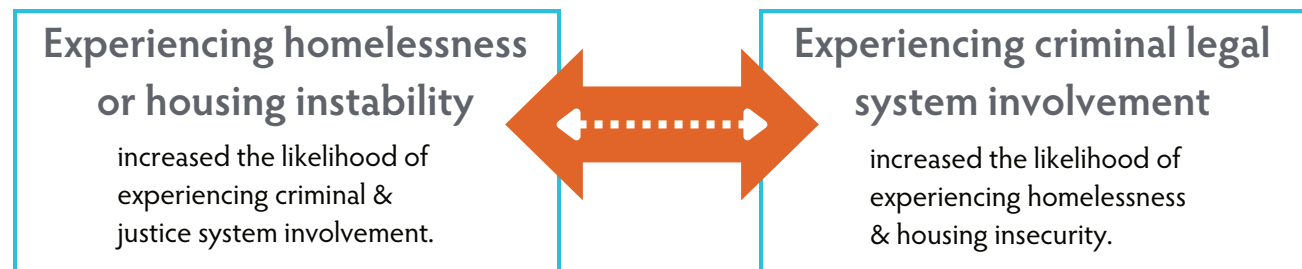
Redirects Health Spending

Access to affordable housing reduces healthcare costs and moves spending from emergency care to primary care for more efficient resource use and overall cost savings.

Taylor, L. A. (2018). Housing and Health: An Overview of the Literature. Retrieved 2023, from Health Affairs.

Reduced Criminal-Legal System Involvement

The relationship between homelessness and criminal justice involvement is bi-directional.



Improved Psychological Wellness

Stable housing also provides for individuals' hierarchy of needs, including shelter, nutrition, hygiene, safety, work, and play, as well as meeting interpersonal needs for contact, communication, companionship, and belonging. "Home" is a place where people build and shape their identity and sense of self. It is a place to enforce personal boundaries and express personal identity.