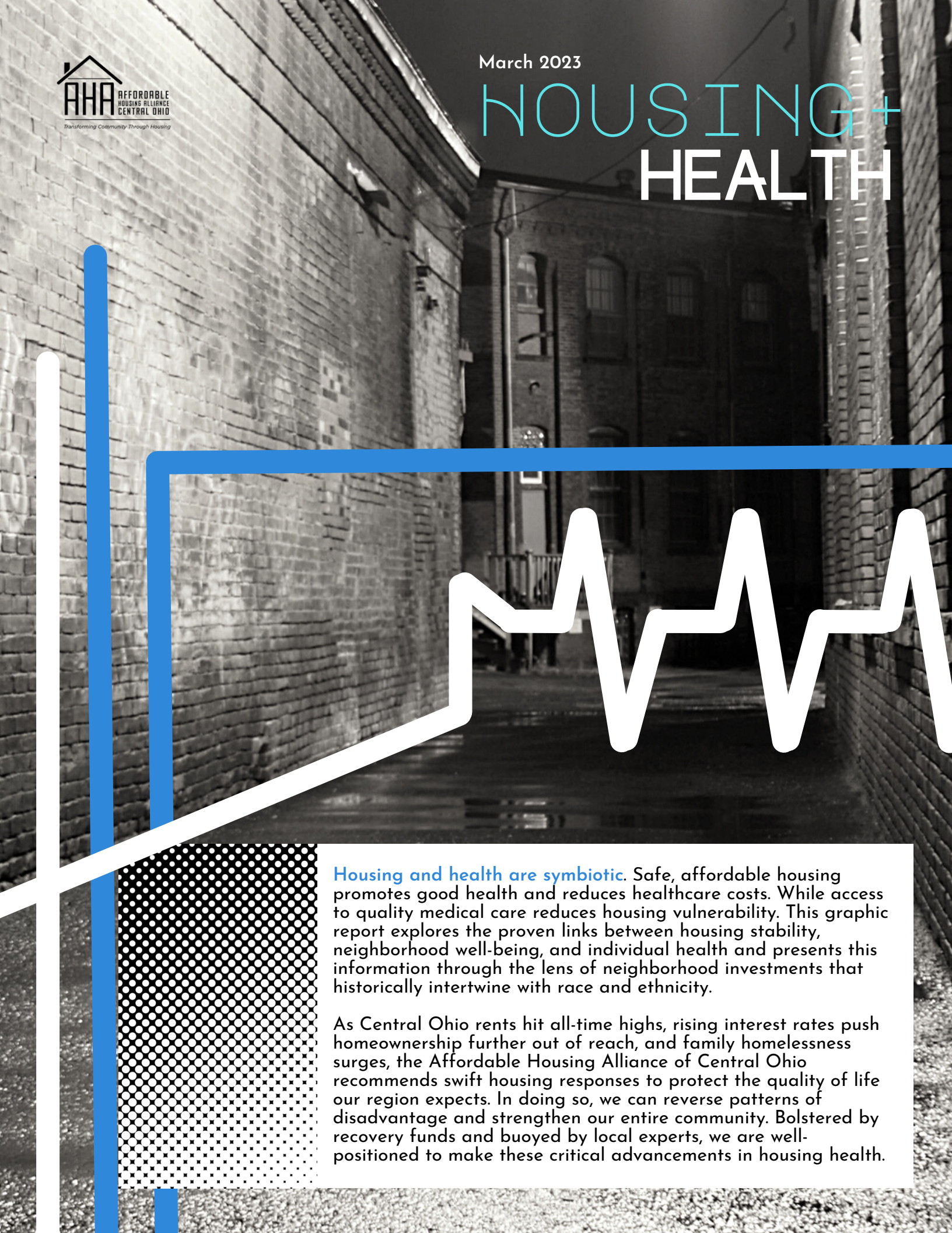


March 2023

# HOUSING+ HEALTH



**Housing and health are symbiotic.** Safe, affordable housing promotes good health and reduces healthcare costs. While access to quality medical care reduces housing vulnerability. This graphic report explores the proven links between housing stability, neighborhood well-being, and individual health and presents this information through the lens of neighborhood investments that historically intertwine with race and ethnicity.

As Central Ohio rents hit all-time highs, rising interest rates push homeownership further out of reach, and family homelessness surges, the Affordable Housing Alliance of Central Ohio recommends swift housing responses to protect the quality of life our region expects. In doing so, we can reverse patterns of disadvantage and strengthen our entire community. Bolstered by recovery funds and buoyed by local experts, we are well-positioned to make these critical advancements in housing health.

## +TOXIC STRESS

Finances, like the escalating cost of housing, are the #1 contributor to stress, ahead of politics, work, and family.

Three-in-five Americans worry they won't be able to pay their housing costs this year.

In January 2023, 49% of Ohio renters believed it was very- or somewhat-likely they would be evicted in the next two months.

Reducing housing cost burdens and ensuring that Ohioans have access to housing that's within their budget can ease the chronic stress that is linked to significant health issues including anxiety, depression, headaches, and insomnia. And long-term exposure can elevate heart attack and stroke risks.

#1

3/5

49%

The Columbus metropolitan area has a 49,000 deficit of affordable and available homes for extremely low income households.

50%

20K

2.2X

\$6K

## +HEALTHCARE COST

Inadequate, unaffordable, or unstable housing increases healthcare spending.

Families with poor housing quality have a 50% higher chance of needing emergency room care for asthma-related conditions. Homeownership, conversely, lowers ER visit odds by almost 40%.

Average Medicaid spending increases 20% for households subjected to eviction. In Franklin County alone, over 20,000 evictions were filed in 2022, surpassing the record set during the Great Recession.

Healthcare spending was found to average 2.2x higher for people experiencing homelessness.

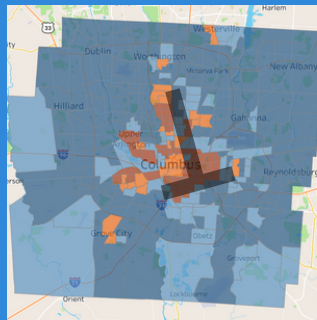
Combining affordable housing with intensive services for a high-needs group saved an average of \$6,000 a year per person in healthcare costs.

# REDLINING+ HOUSING+ HEALTH

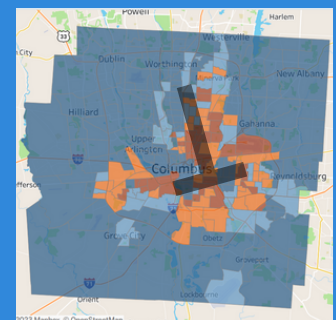
Redlining and related practices intentionally deprived Communities of Color housing and public infrastructure investments; in Central Ohio and beyond, those historic policy choices still correlate to stark health disparities in neighborhoods that remain home to a disproportionate percentage of minority residents due to a lack of affordable housing and other limits to geographic mobility. Below, the redlining maps, often marked by an 'upsidedown-T', are contrasted with current health indicators.



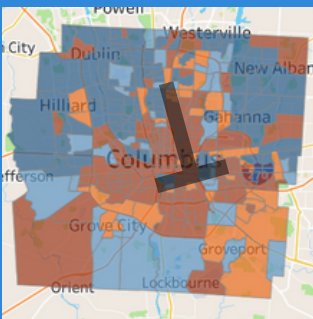
**Redlining Map.** 1930s mapmakers cut lending and public investments from Communities of Color and immigrant areas deemed high-risk.



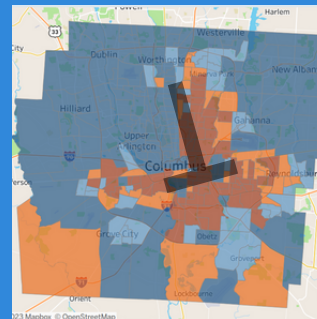
**Pre-1940 Homes.** Older homes are more likely to contain lead or asbestos & may have dangerous deferred maintenance needs.



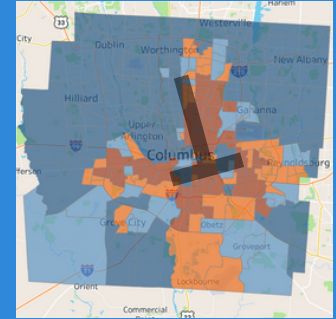
**Women's Care.** Today, preventative care use for women over 65, like routine check-ups, varies significantly by neighborhood.



**Life Expectancy.** Social determinants of health affect life expectancy, which ranges from 60 in South Franklinton to 87 near Dublin-Jerome.



**Diabetes.** In South Linden, 26% of adults are diagnosed with diabetes, compared to about 3% near the Ohio State University.



**Fair or Poor Health.** In King-Lincoln District, 48% of residents report being of fair or poor health, compared to 6% in Italian Village.

Maps provided by [DataOhio Portal](#) and displayed by census tract. Darker orange shades are negative health indicators.

## UNDESIGN THE RED LINE

Undesign the Redline is an interactive exhibit localized for Columbus that explores the history of structural racism caused by the 1938 redlining maps and how this inequality continues to impact our communities today, focusing on the ways in which we can come together to "undesign" these systems with intentionality. Find where the exhibit will be in Central Ohio next here.

## +LEAD POISONING

Lead-based paint and lead-contaminated dust in old homes is a common form of lead exposure. Almost half of occupied homes in Franklin Co. were built before 1979, the year after consumer use of lead paint was banned nationally.

The effect of lead poisoning in youth include irreversible developmental delays, brain damage, and neurological disorders which lead to lifetime education and work challenges.

Risks are especially pronounced for children; the American Academy of Pediatrics estimates that up to 4 million kids and an additional 400,000 fetuses have blood lead levels that could cause impairment.

Local programs like Healthy Homes and Lead Safe Columbus, can help residents test and treat lead hazards.

Nobody should have to move out of their neighborhood to live in a better one



Majora Carter, Urban Revitalization Strategy Consultant, MacArthur Fellow, & Peabody Award winning broadcaster said...

## +YOUTH HEALTH

Youth living on the street have a mortality rate ten times higher than the general youth population. In 2022, over 2,700 local children and young people received homeless services.

Children who were homeless in utero have poorer health and are more likely to be hospitalized after birth.

Children subjected to frequent moves, like from eviction, are more likely to have poor physical health and lack insurance coverage.

Children in affordable housing have a 35% greater chance of being classified as a "well" child, 28% lower risk of being seriously underweight, and 19% lower risk of being food insecure than those that remain on waitlists.

# 17.5

The life expectancy of someone experiencing homelessness is 17.5 years shorter than the general public.

## +CRIME PREVENTION

Affordable housing is proven to reduce crime, supporting a comprehensive approach to this public health challenge.

Affordable housing reduces crime and can increase surrounding property values by up to \$16,000, interrupting a cycle of disinvestment and neighborhood harm.

Locally, the Community Shelter Board trains crisis intervention specialists to deescalate conflicts & prevent police calls.

Abandoned houses that are remediated show substantial drops in nearby weapons violations (8%), gun assaults (13%), and shootings (6%).

Through a housing-first model, Permanent Supportive Housing treats chronic mental illness while reducing homelessness.

The leading cause of homelessness is lack of affordable housing, meaning most people experiencing homelessness do not suffer from mental health or substance use disorders. But, for the minority who do, affordable housing breaks the cycles of incarceration and institutionalization while stabilizing both housing and health needs.

One local provider, Community Housing Network, reported that 98% of residents who left Permanent Supportive Housing in 2021 did not return to homelessness in 6 months.

PERMANENT SOLUTIONS

The City of Columbus' Healthy Homes program received a \$2 million grant to preserve affordability while protecting against hazards like mold and moisture, pests, injury and safety conditions, poor indoor air quality, and carbon monoxide.

## HOW DO AHACO MEMBERS SUPPORT HEALTHY RESIDENTS AND NEIGHBORHOODS IN THE COMMUNITIES THEY SERVE?



# 100%

of local housing experts report that affordable housing increase positive health outcomes.

Seventeen AHACO members responded to this survey.



## HEALTHY BEGINNINGS AT HOME

### Affordable housing promotes infant vitality and lowers maternal healthcare costs

Franklin County has one of the highest adverse birth event rates in Ohio with 7.7 infant deaths per 1,000 live births, with significant zip code variances. Celebrate One reports that prematurity, which is heavily influenced by the mother's health and wellbeing before becoming pregnant, is the leading cause of infant death at 10.4% for the county. Black babies are experiencing premature death twice the rate as white babies.

But affordable housing can interrupt this pattern. The Healthy Beginnings at Home program, operated by Home for Families, found mothers who accessed affordable housing had significantly lower Medicaid costs during pregnancy and 78% achieved a full-term/healthy-weight birth compared to only 55% for mothers without housing assistance.

## HEALTHY HOMES @ NATIONWIDE

Started in 2008, Healthy Neighborhoods Healthy Families (HNHF) is a place-based initiative led by Nationwide Children's Hospital to foster healthy communities and residents. Through nonprofit partners, like Community Development for All People and the 614 For Linden, HNHF promotes safe, affordable housing through home repairs, expanded access to homeownership, rental assistance, and wrap-around supports integrated into communities and schools.

HNHF is a nationally renowned model for its successful integration of housing and healthcare. It documented beneficial outcomes that included lower housing vacancy rates, increased homeownership, and fewer hospital in-patient days for local children.

## LOCAL LEADERS CREATE SUCCESS

Huckleberry House employs a health mentor to work with youth in their housing programs on healthy eating, physical activity, and the importance of having a primary care physician for clients and their children.

The Community Builder's project, Avondale Children Thrive, focuses on improving the health of expectant mothers and children by recruiting neighborhood health champions, coaching young families on health topics ranging from breastfeeding to early education, and promoting healthy eating and smoking cessation. It was selected for the elite BUILD Health Challenge.

Columbus Metropolitan Housing Authority partners with CVS/Aetna at several affordable housing locations for preventative care, screenings, and other health-related services for local residents.

Wallick Communities & National Church Residences teamed up to provide health screenings, transportation for grocery shopping, group exercise activities, and resource links to help senior residents age in place.

## "HOUSING IS THE FOUNDATION TO EVERYTHING ELSE..."

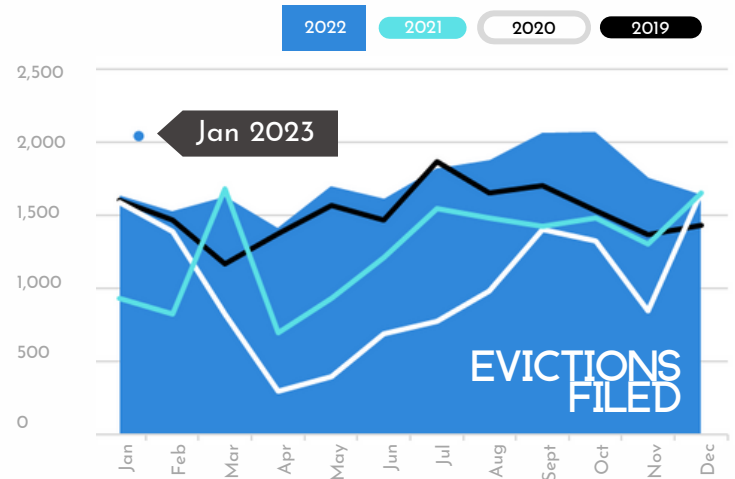
"...if you do not have a quality place to live that is stable, it is harder to focus on everything else. Housing is the epicenter of health."

Gretchen West, Executive Director  
Healthy Neighborhoods, Healthy Families

In 2022, evictions filings surpassed 20,000, eclipsing the historic records set during the Great Recession. The eviction filing rate for January 2023 continued this ominous trend, coming in at 25% higher than the same period in 2019 before pandemic-era filings dropped.

A literature review of several academic articles, "revealed a general consensus that individuals under threat of eviction present negative health outcomes, both mental (e.g. depression, anxiety, psychological distress, and suicides) and physical (poor self-reported health, high blood pressure and child maltreatment).

Evictions are also linked to higher social determinants of health indicators, like increased food insecurity and worse education outcomes.



# HOUSING SOLUTIONS

Central Ohio needs a generational investment in our housing infrastructure to prepare for a future of growth and success. The American Rescue Plan Act presents an unparalleled opportunity to create affordability and build on the remarkable foundation laid by Columbus' voter-approved housing bonds advanced by Mayor Ginther.

A statewide Workforce Housing Tax Credit and Governor DeWine's Homeowner Tax Credit proposal would support the workers that drive Ohio's economy.

Under Ohio law, a tenant who is just one dollar short or one day late on rent can be evicted without any right to cure that mistake. Pay to Stay ordinances stop avoidable evictions and the social and monetary costs that come with them.

Success Bridge and Resiliency Bridge provide housing supports to people getting an education in high-demand career fields. Expanding these wage mobility programs permanently reduces housing insecurity.

Entry-level home construction fell from 418,000 houses per year in the late 1970s to just 65,000 in 2020, driving up costs. Expanding homeownership tools, and focusing on Black and minority households, is key to unlocking community wealth.

Workforce Coverage —  
Borrowing Costs —



AHACO members report significant barriers to meeting regional housing needs. In addition to material cost increases and contractor shortages, two challenges peaked in this survey: 53% of AHACO members report difficulty maintaining workforce coverage and 41% report struggling with the increased borrowing costs



# FIND HELP PAYING RENT

RENTFUL614.COM

To request free referral cards connecting renters and landlords to the Rentful614 resources, contact AHACO at [admin@ahaco.org](mailto:admin@ahaco.org)

The Affordable Housing Alliance of Central Ohio is led by twenty-nine organizations that represent the full spectrum of affordable housing activities in the region, from homeless services and homeownership counseling to housing development and finance. Working together, we advance solutions to address the affordable housing challenge, which supports economic progress and strengthens our community.

AHACO thanks our Strategic Advisory Council for supporting our work: the Affordable Housing Trust of Columbus and Franklin County, American Electric Power Foundation, Anthem Ohio, AT&T, Cardinal Health, Charter Communications, Connect Realty, EMH&T, Fifth Third Bank, Health Impact Ohio, Huntington National Bank, I&D Consulting, JPMorgan Chase, the Mortgage Bankers Association, Nationwide Foundation, Park National Bank, PNC Bank, Renter Mentor, Tidwell Group, and the United Way of Central Ohio.

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