



Your housing situation has an impact on your health

Do you often worry about making rent payments?
Do you have issues with pests, a leaking roof, ventilation or other quality housing issues? If so, you're not alone.

We have tips, resources and information to assist you.



Over **7.5 million** Americans experienced severe housing cost burden in 2021, which means they spent **more than 50%** of their income on housing.¹



In 2017, **34.6%** of US households were cost-burdened—spending more than 30% of income on household costs.²

Quality and safety

Housing quality is the physical condition of your home and the environment in which it is located. Having good quality housing and an environment that makes you feel safe and happy is important for your health and well-being.³ Sometimes, you may not even realize you have quality issues in your home. Here are some things to look out for:⁴

- Damaged appliances
- Poorly constructed staircases
- Peeled paint
- Lack of air conditioning
- Lead exposure
- Exposed nails
- Inadequate plumbing

Stability and affordability



In 2021, **three out of four** adults age 50 and older said they want to stay in their homes and communities as they age.⁵

Aside from homelessness, housing instability may also mean frequent evictions or temporarily living with family members or friends. It is important to have a place to call home because for many, it may help you maintain independence and possibly allow you to age at home.



Health impacts

Having a stable and safe home environment can help decrease your risk of health challenges like:³

- Hypertension
- Asthma
- Chronic stress
- Heart damage
- Poor mental health



Find support for your housing needs

Use your personal network for help

- **Talk to your doctor** about your home environment as they may have access to community resources that may help.
- Share your concerns with a **friend or family member** and seek their advice for housing options.
- Seek out **resources** in your community.



Sources

1. National Low Income Housing Coalition, “Out of Reach 2021: The High Cost of Housing report,” <https://reports.nlihc.org/oor>.
2. Humana, Housing Issue Brief, https://populationhealth.humana.com/wp-content/uploads/2020/06/Humana_HousingBrief_Final_External_version_2020.pdf.
3. <https://www.who.int/publications/item/9789241550376>.
4. <https://wayback.archive-it.org/5774/20220414161358/https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/quality-of-housing#14>
5. AARP, 2021, Home and Community Preferences: A National Survey of Adults Ages 18-Plus, <https://www.aarp.org/research/topics/community/info-2021/2021-home-community-preferences.html>.



Housing assistance and support

- **Support from your health plan**
Call the number on the back of your medical insurance ID card to see what benefits or what community resources may be available.
- **211 Helpline Center**
Provides community information and referrals to social services for everyday needs and in times of crisis, including housing support. Calls are free and confidential. Dial **211** from any phone, 24 hours a day, 7 days a week www.helplinecenter.org
- **Eldercare and Area Agencies on Aging**
Find trustworthy, local support resources for older Americans and their caregivers. **800-677-1116 (TTY: 711)**, Monday – Friday, 8 a.m. - 9 p.m., Eastern time www.eldercare.acl.gov
- **Humana Community Navigator®**
Search within your community to connect to housing support, transportation programs, utility services, food resources, and more. humana.findhelp.com
- **U.S. Department of Housing and Urban Development**
Offers support in creating a long-term housing plan and connecting you with local resources. www.hud.gov/findshelter
- **Volunteers of America**
Provides a range of support services including eviction prevention, emergency services, transitional housing and permanent affordable housing. www.voa.org/service-navigator

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877-320-1235 (TTY: 711)

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