Health Impacts of Rising Rents and Displacement

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How Housing Affects Health

Housing Issues
- Housing cost burden
- Overcrowding
- Substandard housing conditions
- Housing instability
- Evictions
- Displacement
- Homelessness

Social Factors
- Financial instability
- Poorer educational outcomes
- Increased commute times
- Neighborhood instability
- Disruption of social networks & cultural supports
- Difficulty attending school & work

Health Outcomes
- ↑ chronic stress
- ↑ heart disease
- ↓ money for necessities (food, transportation, medical care)
- ↑ in missed appointments due to housing issues
- ↑ respiratory infections (e.g. tuberculosis)
- ↑ headaches, fever, skin disease, asthma
- ↑ hospitalization
- ↑ trauma
- ↓ mental health
- ↓ child development

↑ morbidity & mortality
Rising rents and displacement in Alameda County

47.3% of our residents are renters
• 51.1% of renters pay more than 30% of income for rent
• 25% of renters pay more than 50%

Median rent has increased 25% since 2015, while median renter household income increased only 5%
• Median rent for a 2-bedroom unit is $2,700
### Public Health Housing Survey

Public Health (ACPHD) staff (n = 188) and Behavioral Health Care Services (BHCS) staff & contractors (n = 167) in May 2016

<table>
<thead>
<tr>
<th>What housing issues are your clients or residents you work with facing? (Check all that apply)</th>
<th>BHCS (n = 72)</th>
<th>ACPHD (n = 93)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raised rents and/or unaffordable housing</td>
<td>93.06%</td>
<td>88.17%</td>
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<tr>
<td>Can’t find housing (e.g. discrimination, landlords not accepting vouchers, no available units)</td>
<td>91.67%</td>
<td>81.72%</td>
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<tr>
<td>Eviction (at risk of being evicted or already evicted)</td>
<td>86.11%</td>
<td>72.04%</td>
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<tr>
<td>Dilapidated conditions (e.g. mold, vectors, lack of heat, repairs not done)</td>
<td>75.00%</td>
<td>58.06%</td>
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<tr>
<td>Displacement (e.g. people moving from their neighborhoods due to housing issues and/or rising housing costs)</td>
<td>69.44%</td>
<td>68.82%</td>
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<tr>
<td>Other</td>
<td>45.83%</td>
<td>27.96%</td>
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</tbody>
</table>
Homelessness and health risks

39% increase from 2015-2017

- 5,629 homeless residents
- 57% cited financial hardship as the reason for homelessness

- Higher risk for disease outbreaks, e.g. influenza or Hepatitis A, when there is a lack of easy access to clean toilets and handwashing facilities.

- Higher risk of uncontrolled chronic disease, e.g. diabetes, when not enough money for healthful food and medical care and treatment.
Community-level impacts

Seniors are increasingly moving to Eastern Contra Costa or out of the region.

African American population severely reduced:
• Alameda County lost 38,639 African Americans
• Oakland saw a 26% decline
• Berkeley saw a 37% decline

Overcrowding is rising:
• 7.9% of renter households in 2006-2010 to a rate of 10.2% in 2011-2015.
Alameda County had a 2.3% gain in percentage points of renter households overcrowded. 195 census tracts had a gain, while 118 tracts had a loss. 47 tracts had no overcrowding in 2015.
Health indicators correlated with housing costs and overcrowding

*CAPE, with data from the California Office of Statewide Health Planning and Development, 2012-2014, and American Community Survey 2014 5-Year Files.
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To protect people and communities

- Protect people from displacement
  - Ensure tenant rights and protections
    - Alameda County established a $3.5 million fund for free legal counsel and rent assistance for vulnerable renters

- Preserve and produce quality affordable housing for all levels of income
Thank you!