**A black background with blue text

Description automatically generated**

# SIPHER Layered Systems Map:

# Experiences and evidence of

# housing and health

# Evidence Summaries

This document provides copies of each of the six evidence summaries displayed on the SIPHER Layered Systems Map: experience and evidence of housing and health.

These evidence summaries align with the six themes of the map’s sublayers: neighbourhood; quality and condition; energy efficiency; choice and power; stability and support; cost and affordability.

The summaries are designed to be used alongside the map itself, rather than as a standalone product. Copies of the maps can be downloaded directly from the mapping tool, located on the SIPHER website.

Visit: [www.gla.ac.uk/research/az/sipher/products/layeredsystemsmaphousingandhealth/](http://www.gla.ac.uk/research/az/sipher/products/layeredsystemsmaphousingandhealth/)

Each summary provides detailed references from the peer-reviewed academic evidence base, as well as a list of open access further reading from both the peer reviewed and grey literature bases.

## Neighbourhood

The neighbourhood is made up of the social environment and the physical environment and both have evidenced impacts on mental and physical health.

The social neighbourhood environment can improve health outcomes by providing supportive social relationships and a sense of solidarity with neighbours. It can also provide collective efficacy, which is the feeling that neighbours can, should and will intervene to improve difficult, dangerous or damaging situations within their neighbourhood[[1]](#endnote-2). Taken together, these aspects of a high-quality social neighbourhood environment provide a sense of safety, security and belonging that can combat loneliness and isolation[[2]](#endnote-3). This has a positive impact on mental health[[3]](#endnote-4). This positive social neighbourhood environment can be encouraged by community ownership of local buildings and resources[[4]](#endnote-5).

The social neighbourhood environment can also reinforce actions and behaviours among residents. This could include, for example, encouraging or discouraging aggression, victimisation, vandalism, drug and alcohol use or violence[[5]](#endnote-6). These actions can impact directly on physical and mental health through, for example, experiences of physical violence[[6]](#endnote-7), or discrimination based on living in a stigmatised neighbourhood or home[[7]](#endnote-8). They can also undermine residents’ sense of safety, security and belonging, as well as potentially damaging the physical quality of the neighbourhood[[8]](#endnote-9).

The physical neighbourhood environment is underlain by the presence and quality of services and infrastructure in the local area, including access to and the quality of green (plants and wildlife) and blue (water) spaces. Even if they are present, some residents may struggle to access or enjoy certain parts of the neighbourhood due to a lack of safety or because those spaces or services are poorly designed or maintained. This can, in turn, impact on physical activity levels, as well as directly on stress and mental health[[9]](#endnote-10).

### Further reading

Academic research evidence:

* [Housing as a social determinant of health and wellbeing: developing an empirically-informed realist framework (2020)](https://bmcpublichealth.biomedcentral.com/counter/pdf/10.1186/s12889-020-09224-0.pdf)
* [Housing as a determinant of health equity: a conceptual model (2019)](https://doi.org/10.1016/j.socscimed.2019.112571)
* [Housing and health inequalities: a synthesis of reviews of interventions aimed at different pathways linking housing and health (2011)](https://pdf.sciencedirectassets.com/271845/1-s2.0-S1353829210X00065/1-s2.0-S1353829210001486/main.pdf?X-Amz-Security-Token=IQoJb3JpZ2luX2VjEML%2F%2F%2F%2F%2F%2F%2F%2F%2F%2FwEaCXVzLWVhc3QtMSJIMEYCIQDwcsZ6aKj%2Bw8F79lKPSwH5UItLGL%2BIKNd7PssswvEg6gIhALtW3g9clseYzwO83AE91bi3PndM3LntxkD6%2B54Bzu2mKrIFCCoQBRoMMDU5MDAzNTQ2ODY1Igx%2FJWgVPWbYVNsOdoUqjwUNvgxbcK3TOuERyQFlhKXvZdOiO%2Fw%2BmlHv5ds3rLu6goD46zd7dIgc1MCjmw%2FdNW43jarr3v0qHY3d5gNgtyXGhbTsL64vbNGURR6GdrJyvLHux2pZapAysX4JZdNumAzkjl%2FRJNJHS6lrIikFl2Xsh%2B%2B%2BfO%2B3MV8m%2F5U0wzAVfkMtFZHId2FVeacKvbL36L4hbz2qCunx3g47yrHd%2BBcsSnKkdhX7VWZHTbOubi2ixKct6jxd5ogGNvM44RO3ibb9C2qRONfLkrgxLY80TEZC4J8klkYw%2Fvz4JleveR3tHn485b3GMDtSh%2B2YK4QufrbyeW%2FX2HGTspWhWJG7aJ8wWqVM6NsGZL88yGbpu1ASoqDZtOpby2nJz4LZrrb9DIR3%2BaUqfI9rQo6blinorZFuBmIKUtlOJKG57TB%2Ft%2BucutDqqH97BS3iHMRm4WD74HxhNUyeBoQF81%2FoNreV2ZMTUfEYFG016%2BCEfZc5qVU5fasXc25FWW2dHCUmQkRA4B7GbKofXTU8z82%2Fp5yB1bB5mPEwIh0JDHEaY7GUGYFoICsGK3LiJxgH5hp7IYTUksLzHcaVlCuDHyOjQjAWWn9tgBVV5impo12NDx8ixhjZ8l96eyIco2Fd4s1axvnUg855df9TyKq3HBvtrP9j0hiDBYcWMLWvfbjyqy7SxVnwCDEOR14LklHPTSIk6SzFxnzW2I9Ekt4b%2BBHPKNJTdG4gxkVIdkM8j%2Fbi8W0mqRtNanLk2q%2Fh0BvSeccS5rEJOEyC378hF%2FHTeoyOV0G8%2FFEOn6m9xex2ejjQHO2pr7BBknOiT6TdSe3uAxzeMhD7FMyw1f5H8sHH%2BOXyCbalklWVKYb3W0NVrP5mLug%2BMkqlMObJ97EGOrABBFF0S7kZE8B4ZeTOtY7ZEX8CAU5xYX8VscsxcRu%2B7ALXiqtY9frgMqUXtuxe6HeE1keXbMehCbFh6cnXuudHfR6WcyU8jxEKyzFzxU%2B5zRehG3jp1c5hkLi0ATjqJWM0jptVJUcQs5nvyjHqgxrjUd6Mj5v39OcMQKtH6EWznn8QniL4wVcuzrprQIwYUYHXbvtOHwKwIZGVpsZ31LVEcLLizXTRCgRznJLfeCZIj7c%3D&X-Amz-Algorithm=AWS4-HMAC-SHA256&X-Amz-Date=20240510T105333Z&X-Amz-SignedHeaders=host&X-Amz-Expires=300&X-Amz-Credential=ASIAQ3PHCVTY7WA5XMEM%2F20240510%2Fus-east-1%2Fs3%2Faws4_request&X-Amz-Signature=0138d1182a3899e6adc7fcccbb68292acfecb5f766c2c063ef447724ac924604&hash=fd4f90808209a4281a0d8d51a517245138cca1b216a56b8614f48937410d8a56&host=68042c943591013ac2b2430a89b270f6af2c76d8dfd086a07176afe7c76c2c61&pii=S1353829210001486&tid=spdf-38ae8546-00fe-49b8-9446-d5a6c82a283b&sid=97368eac66d73746d28a2db8bf20dc7d2bf7gxrqa&type=client&tsoh=d3d3LnNjaWVuY2VkaXJlY)

Research evidence from the UK Collaborative Centre for Housing Evidence:

* [Impact of housing design and placemaking on social value and wellbeing in the pandemic (2020)](https://housingevidence.ac.uk/publications/impact-of-housing-design-and-placemaking-on-social-value-and-wellbeing-in-the-pandemic-interim-report/)

### References

## Quality and condition

The quality and condition of housing includes its energy efficiency, the presence or absence of hazards in the home and the functionality of essential features, such as kitchens. These aspects are determined by the underlying quality of local housing stock, as well as responsiveness of property owners (both landlords and owner occupiers) to the need for maintenance and repairs[[10]](#endnote-11). Housing quality and condition have been shown to impact on both mental and physical health outcomes[[11]](#endnote-12).

In terms of physical health, overcrowding and not being able to keep the home warm increase the likelihood of illness[[12]](#endnote-13), while sub-standard kitchens can impact on the ability eat a healthy diet[[13]](#endnote-14), and building hazards create the risk of injuries and poisonings[[14]](#endnote-15). This impacts on the health of people of all ages, but for older householders can present a significant risk to being able to live independently[[15]](#endnote-16). Overcrowding, in particular, can impact upon relationships with other householders, undermine support and generate chronic stress[[16]](#endnote-17).

Housing in poor condition also impacts on mental health by undermining householders’ sense of home. Only when housing is warm, functional and safe, can people establish the home as a secure base in which they feel belonging and over which they feel a sense of ownership[[17]](#endnote-18). Successfully establishing a sense of home can support people to cope with chronic stress from other (non-housing) sources and protect mental health. It can also support the development of local friendships and support networks[[18]](#endnote-19), which can help to combat loneliness and provide wider support.

Finally, the legal framework around tenants’ rights to demand housing repairs has an impact on health, both via its impact on housing quality, as well as via the sense of power (or powerlessness) it supplies to tenants directly[[19]](#endnote-20). These rights exist as part of the wider legislative framework around renting and intersect with landlord’s rights to evict. Weak tenants’ rights generate a sense of powerlessness, as well as a reluctance to raise repairs issues, which impact on both mental health outcomes and housing condition itself.

### Further reading

Academic evidence based on quantitative research:

* [Housing as a social determinant of health and wellbeing: developing an empirically-informed realist framework (2020)](https://bmcpublichealth.biomedcentral.com/counter/pdf/10.1186/s12889-020-09224-0.pdf)
* [Housing as a determinant of health equity: a conceptual model (2019)](https://doi.org/10.1016/j.socscimed.2019.112571)
* [Housing and health inequalities: a synthesis of reviews of interventions aimed at different pathways linking housing and health (2011)](https://pdf.sciencedirectassets.com/271845/1-s2.0-S1353829210X00065/1-s2.0-S1353829210001486/main.pdf?X-Amz-Security-Token=IQoJb3JpZ2luX2VjEML%2F%2F%2F%2F%2F%2F%2F%2F%2F%2FwEaCXVzLWVhc3QtMSJIMEYCIQDwcsZ6aKj%2Bw8F79lKPSwH5UItLGL%2BIKNd7PssswvEg6gIhALtW3g9clseYzwO83AE91bi3PndM3LntxkD6%2B54Bzu2mKrIFCCoQBRoMMDU5MDAzNTQ2ODY1Igx%2FJWgVPWbYVNsOdoUqjwUNvgxbcK3TOuERyQFlhKXvZdOiO%2Fw%2BmlHv5ds3rLu6goD46zd7dIgc1MCjmw%2FdNW43jarr3v0qHY3d5gNgtyXGhbTsL64vbNGURR6GdrJyvLHux2pZapAysX4JZdNumAzkjl%2FRJNJHS6lrIikFl2Xsh%2B%2B%2BfO%2B3MV8m%2F5U0wzAVfkMtFZHId2FVeacKvbL36L4hbz2qCunx3g47yrHd%2BBcsSnKkdhX7VWZHTbOubi2ixKct6jxd5ogGNvM44RO3ibb9C2qRONfLkrgxLY80TEZC4J8klkYw%2Fvz4JleveR3tHn485b3GMDtSh%2B2YK4QufrbyeW%2FX2HGTspWhWJG7aJ8wWqVM6NsGZL88yGbpu1ASoqDZtOpby2nJz4LZrrb9DIR3%2BaUqfI9rQo6blinorZFuBmIKUtlOJKG57TB%2Ft%2BucutDqqH97BS3iHMRm4WD74HxhNUyeBoQF81%2FoNreV2ZMTUfEYFG016%2BCEfZc5qVU5fasXc25FWW2dHCUmQkRA4B7GbKofXTU8z82%2Fp5yB1bB5mPEwIh0JDHEaY7GUGYFoICsGK3LiJxgH5hp7IYTUksLzHcaVlCuDHyOjQjAWWn9tgBVV5impo12NDx8ixhjZ8l96eyIco2Fd4s1axvnUg855df9TyKq3HBvtrP9j0hiDBYcWMLWvfbjyqy7SxVnwCDEOR14LklHPTSIk6SzFxnzW2I9Ekt4b%2BBHPKNJTdG4gxkVIdkM8j%2Fbi8W0mqRtNanLk2q%2Fh0BvSeccS5rEJOEyC378hF%2FHTeoyOV0G8%2FFEOn6m9xex2ejjQHO2pr7BBknOiT6TdSe3uAxzeMhD7FMyw1f5H8sHH%2BOXyCbalklWVKYb3W0NVrP5mLug%2BMkqlMObJ97EGOrABBFF0S7kZE8B4ZeTOtY7ZEX8CAU5xYX8VscsxcRu%2B7ALXiqtY9frgMqUXtuxe6HeE1keXbMehCbFh6cnXuudHfR6WcyU8jxEKyzFzxU%2B5zRehG3jp1c5hkLi0ATjqJWM0jptVJUcQs5nvyjHqgxrjUd6Mj5v39OcMQKtH6EWznn8QniL4wVcuzrprQIwYUYHXbvtOHwKwIZGVpsZ31LVEcLLizXTRCgRznJLfeCZIj7c%3D&X-Amz-Algorithm=AWS4-HMAC-SHA256&X-Amz-Date=20240510T105333Z&X-Amz-SignedHeaders=host&X-Amz-Expires=300&X-Amz-Credential=ASIAQ3PHCVTY7WA5XMEM%2F20240510%2Fus-east-1%2Fs3%2Faws4_request&X-Amz-Signature=0138d1182a3899e6adc7fcccbb68292acfecb5f766c2c063ef447724ac924604&hash=fd4f90808209a4281a0d8d51a517245138cca1b216a56b8614f48937410d8a56&host=68042c943591013ac2b2430a89b270f6af2c76d8dfd086a07176afe7c76c2c61&pii=S1353829210001486&tid=spdf-38ae8546-00fe-49b8-9446-d5a6c82a283b&sid=97368eac66d73746d28a2db8bf20dc7d2bf7gxrqa&type=client&tsoh=d3d3LnNjaWVuY2VkaXJlY)
* [Developing empirically supported theories of change for housing investment and healt](https://doi.org/10.1016/j.socscimed.2014.11.043)h (2015)
* [Housing disadvantage and poor mental health: a systematic review](https://doi.org/10.1016/j.amepre.2019.03.018) (2019)
* [The relationship between buildings and health: a systematic review](https://doi.org/10.1093/pubmed/fdy138) (2019)
* [Housing improvements for health and associated socio-economic outcomes](https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008657.pub2/pdf/full) (2013)
* [Housing and health: an overview (2020)](https://pubmed.ncbi.nlm.nih.gov/33146364/)

Research evidence from the UK Collaborative Centre for Housing Evidence:

* [Understanding landlord behaviour in the private rented sector in the UK (2022)](https://housingevidence.ac.uk/wp-content/uploads/2022/11/20221012_Understanding-Landlord-Behaviour-1.pdf)
* [Living in Scotland’s private rented sector (2022)](https://housingevidence.ac.uk/wp-content/uploads/2022/09/Living_in_scotland_PRS_survey_report_sept_2022.pdf)
* [Housing challenges faced by low-income and other vulnerable privately renting households (2022)](https://housingevidence.ac.uk/wp-content/uploads/2024/02/Housing_challenges_faced_by_lowincome_renters_evidence_review_Sept_2022-1.pdf)
* [Health and wellbeing in the UK private rented sector: enhancing capabilities (2021)](https://housingevidence.ac.uk/wp-content/uploads/2024/02/CaCHE-Wellbeing-in-the-PRS.-Report-2.pdf)
* [Housing policy and poor quality homes (2021)](https://housingevidence.ac.uk/publications/housing-policy-and-poor-quality-homes/)

### References

## Energy efficiency

The energy efficiency of the home has a range of impacts on both physical and mental health outcomes.

Poor energy efficiency means that housing is hard and expensive to heat[[20]](#endnote-21). Properties that are not very energy efficient are also often poorly ventilated, as residents keep windows, doors and vents closed in an attempt to retain as much heat as possible[[21]](#endnote-22). Together, cold and moist air create damp and mould[[22]](#endnote-23), which can be made worse by other hazards, such as leaky roofs and windows. Cold, damp and mould have direct impacts on respiratory health and can trigger a range of long-term limiting illnesses[[23]](#endnote-24).

The cost of energy is a crucial factor in determining whether a property’s energy efficiency will successfully translate into a warm home. High energy costs can still result in cold homes, even if the property is relatively energy efficient, as well as having an impact on resident’s ability to prepare hot food[[24]](#endnote-25).

High energy costs cause financial stress and may result in growing household debt, which impact negatively on mental health[[25]](#endnote-26). This can happen even when the home is not being kept at a comfortable temperature, meaning that residents can suffer the twin impacts of a cold damp home and financial stress caused by energy costs, especially when their home is not energy efficient.

Difficulties in heating home, as well as the risk and damage caused by damp and mould, can also reduce the usable space within a property, leading to overcrowding[[26]](#endnote-27). This, alongside the threat to physical health posed by cold, damp and mould, generates negative impacts on mental health and wellbeing[[27]](#endnote-28). Overcrowding can also undermine relationships between householders and generate chronic stress[[28]](#endnote-29).

### Further reading

Academic evidence based on quantitative research:

* [Developing empirically supported theories of change for housing investment and healt](https://doi.org/10.1016/j.socscimed.2014.11.043)h (2015)
* [The relationship between buildings and health: a systematic review](https://doi.org/10.1093/pubmed/fdy138) (2019)
* [Housing as a determinant of health equity: a conceptual model (2019)](https://doi.org/10.1016/j.socscimed.2019.112571)
* [Housing as a social determinant of health and wellbeing: developing an empirically-informed realist framework (2020)](https://bmcpublichealth.biomedcentral.com/counter/pdf/10.1186/s12889-020-09224-0.pdf)
* [Housing disadvantage and poor mental health: a systematic review](https://doi.org/10.1016/j.amepre.2019.03.018) (2019)
* [Housing and health inequalities: a synthesis of reviews of interventions aimed at different pathways linking housing and health (2011)](https://pdf.sciencedirectassets.com/271845/1-s2.0-S1353829210X00065/1-s2.0-S1353829210001486/main.pdf?X-Amz-Security-Token=IQoJb3JpZ2luX2VjEML%2F%2F%2F%2F%2F%2F%2F%2F%2F%2FwEaCXVzLWVhc3QtMSJIMEYCIQDwcsZ6aKj%2Bw8F79lKPSwH5UItLGL%2BIKNd7PssswvEg6gIhALtW3g9clseYzwO83AE91bi3PndM3LntxkD6%2B54Bzu2mKrIFCCoQBRoMMDU5MDAzNTQ2ODY1Igx%2FJWgVPWbYVNsOdoUqjwUNvgxbcK3TOuERyQFlhKXvZdOiO%2Fw%2BmlHv5ds3rLu6goD46zd7dIgc1MCjmw%2FdNW43jarr3v0qHY3d5gNgtyXGhbTsL64vbNGURR6GdrJyvLHux2pZapAysX4JZdNumAzkjl%2FRJNJHS6lrIikFl2Xsh%2B%2B%2BfO%2B3MV8m%2F5U0wzAVfkMtFZHId2FVeacKvbL36L4hbz2qCunx3g47yrHd%2BBcsSnKkdhX7VWZHTbOubi2ixKct6jxd5ogGNvM44RO3ibb9C2qRONfLkrgxLY80TEZC4J8klkYw%2Fvz4JleveR3tHn485b3GMDtSh%2B2YK4QufrbyeW%2FX2HGTspWhWJG7aJ8wWqVM6NsGZL88yGbpu1ASoqDZtOpby2nJz4LZrrb9DIR3%2BaUqfI9rQo6blinorZFuBmIKUtlOJKG57TB%2Ft%2BucutDqqH97BS3iHMRm4WD74HxhNUyeBoQF81%2FoNreV2ZMTUfEYFG016%2BCEfZc5qVU5fasXc25FWW2dHCUmQkRA4B7GbKofXTU8z82%2Fp5yB1bB5mPEwIh0JDHEaY7GUGYFoICsGK3LiJxgH5hp7IYTUksLzHcaVlCuDHyOjQjAWWn9tgBVV5impo12NDx8ixhjZ8l96eyIco2Fd4s1axvnUg855df9TyKq3HBvtrP9j0hiDBYcWMLWvfbjyqy7SxVnwCDEOR14LklHPTSIk6SzFxnzW2I9Ekt4b%2BBHPKNJTdG4gxkVIdkM8j%2Fbi8W0mqRtNanLk2q%2Fh0BvSeccS5rEJOEyC378hF%2FHTeoyOV0G8%2FFEOn6m9xex2ejjQHO2pr7BBknOiT6TdSe3uAxzeMhD7FMyw1f5H8sHH%2BOXyCbalklWVKYb3W0NVrP5mLug%2BMkqlMObJ97EGOrABBFF0S7kZE8B4ZeTOtY7ZEX8CAU5xYX8VscsxcRu%2B7ALXiqtY9frgMqUXtuxe6HeE1keXbMehCbFh6cnXuudHfR6WcyU8jxEKyzFzxU%2B5zRehG3jp1c5hkLi0ATjqJWM0jptVJUcQs5nvyjHqgxrjUd6Mj5v39OcMQKtH6EWznn8QniL4wVcuzrprQIwYUYHXbvtOHwKwIZGVpsZ31LVEcLLizXTRCgRznJLfeCZIj7c%3D&X-Amz-Algorithm=AWS4-HMAC-SHA256&X-Amz-Date=20240510T105333Z&X-Amz-SignedHeaders=host&X-Amz-Expires=300&X-Amz-Credential=ASIAQ3PHCVTY7WA5XMEM%2F20240510%2Fus-east-1%2Fs3%2Faws4_request&X-Amz-Signature=0138d1182a3899e6adc7fcccbb68292acfecb5f766c2c063ef447724ac924604&hash=fd4f90808209a4281a0d8d51a517245138cca1b216a56b8614f48937410d8a56&host=68042c943591013ac2b2430a89b270f6af2c76d8dfd086a07176afe7c76c2c61&pii=S1353829210001486&tid=spdf-38ae8546-00fe-49b8-9446-d5a6c82a283b&sid=97368eac66d73746d28a2db8bf20dc7d2bf7gxrqa&type=client&tsoh=d3d3LnNjaWVuY2VkaXJlY)
* [Housing and health: an overview (2020)](https://pubmed.ncbi.nlm.nih.gov/33146364/)

Research evidence from the UK Collaborative Centre for Housing Evidence:

* [Niddrie Road, Glasgow: tenement retrofit evaluation](https://housingevidence.ac.uk/publications/niddrie-road-glasgow-tenement-retrofit-evaluation/)
* [Reviewing residential retrofitting literature](https://housingevidence.ac.uk/publications/reviewing-residential-retrofitting-literature-2/)
* [How to combine action on housing retrofit with tackling health inequalities (and other injustices) (2022)](https://housingevidence.ac.uk/publications/how-to-combine-action-on-housing-retrofit-with-tackling-health-inequalities-and-other-injustices/)

### References

## Choice and power

Housing affordability influences how much choice a household has in selecting a property to live in. These choices are especially limited for those on lower incomes, whose options are determined by a combination of the availability of social housing, market-led housing costs, housing-related benefits and ability to work. This can result in a limited set of housing options that are poor quality, unsuitable for members of the household, unaffordable, or a combination of all three of these[[29]](#endnote-30).

The challenges this creates in everyday life can prevent people from feeling as though their home is as a secure base, in which they feel belonging and over which they feel a sense of ownership[[30]](#endnote-31). Successfully establishing a sense of home can support people to cope with chronic stress from other (non-housing) sources and protect mental health. It can also support the development of local friendships and support networks[[31]](#endnote-32), which can help to combat loneliness and provide wider support.

A lack of choice in housing also generates feelings of powerlessness and precarity, which is the sense that the home could be taken away quickly, without a reason and without any means to prevent this from happening. This can impact on mental health through chronic stress[[32]](#endnote-33), even where the threat of homelessness is perceived, rather than being real (for example, having received an eviction notice). Feelings of powerlessness can be reinforced or undermined by the legal protections given to tenants and homeowners, as well as the market-wide affordability and quality of housing.

### Further reading

Academic evidence based on quantitative research:

* [Housing as a determinant of health equity: a conceptual model (2019)](https://doi.org/10.1016/j.socscimed.2019.112571)
* [Housing as a social determinant of health and wellbeing: developing an empirically-informed realist framework (2020)](https://bmcpublichealth.biomedcentral.com/counter/pdf/10.1186/s12889-020-09224-0.pdf)
* [Developing empirically supported theories of change for housing investment and healt](https://doi.org/10.1016/j.socscimed.2014.11.043)h (2015)

Research evidence from the UK Collaborative Centre for Housing Evidence:

* [Understanding landlord behaviour in the private rented sector in the UK (2022)](https://housingevidence.ac.uk/wp-content/uploads/2022/11/20221012_Understanding-Landlord-Behaviour-1.pdf)
* [Living in Scotland’s private rented sector (2022)](https://housingevidence.ac.uk/wp-content/uploads/2022/09/Living_in_scotland_PRS_survey_report_sept_2022.pdf)
* [Housing challenges faced by low-income and other vulnerable privately renting households (2022)](https://housingevidence.ac.uk/wp-content/uploads/2024/02/Housing_challenges_faced_by_lowincome_renters_evidence_review_Sept_2022-1.pdf)
* [Health and wellbeing in the UK private rented sector: enhancing capabilities (2021)](https://housingevidence.ac.uk/wp-content/uploads/2024/02/CaCHE-Wellbeing-in-the-PRS.-Report-2.pdf)

### References

## Stability and support

The stability of a person’s housing situation can either be supported or undermined by its affordability (including the cost of key services, like energy), its quality (including responsiveness to maintenance and repairs), its suitability (for example, being the right size for the household) and levels of neighbourhood safety and feelings of safety[[33]](#endnote-34).

When these aspects are poor, people are more likely to move home against their will and repeat involuntary moves create housing instability, which impact negatively on health[[34]](#endnote-35). They may also struggle to see their home as a secure base, in which they feel belonging and over which they feel a sense of ownership[[35]](#endnote-36).

Successfully establishing a sense of home can support people to cope with chronic stress from other (non-housing) sources and protect mental health. It can also support the development of local friendships and support networks[[36]](#endnote-37), which can help to combat loneliness and provide wider support.

When people have an unstable housing situation, this increases their risk of homelessness[[37]](#endnote-38). Even short-term homelessness, for example staying with a friend or family member on a temporary basis, has an impact on mental and physical health[[38]](#endnote-39). It also creates a lack of continuity in the residents within neighbourhoods, which further undermines local social networks that could provide support and reassurance. This has an impact on resident’s experiences of loneliness and isolation and, in turn, on their mental health[[39]](#endnote-40).

### Further reading

Academic evidence based on quantitative research:

* [Housing as a determinant of health equity: a conceptual model (2019)](https://doi.org/10.1016/j.socscimed.2019.112571)
* [Developing empirically supported theories of change for housing investment and healt](https://doi.org/10.1016/j.socscimed.2014.11.043)h (2015)
* [Housing disadvantage and poor mental health: a systematic review](https://doi.org/10.1016/j.amepre.2019.03.018) (2019)
* [The relationship between buildings and health: a systematic review](https://doi.org/10.1093/pubmed/fdy138) (2019)

Research evidence from the UK Collaborative Centre for Housing Evidence:

* [Living in Scotland’s private rented sector (2022)](https://housingevidence.ac.uk/wp-content/uploads/2022/09/Living_in_scotland_PRS_survey_report_sept_2022.pdf)
* [Housing challenges faced by low-income and other vulnerable privately renting households (2022)](https://housingevidence.ac.uk/wp-content/uploads/2024/02/Housing_challenges_faced_by_lowincome_renters_evidence_review_Sept_2022-1.pdf)
* [Health and wellbeing in the UK private rented sector: enhancing capabilities (2021)](https://housingevidence.ac.uk/wp-content/uploads/2024/02/CaCHE-Wellbeing-in-the-PRS.-Report-2.pdf)

### References

## Cost and affordability

Housing affordability influences how much choice a household has in selecting a property to live in. These choices are especially limited for households on lower incomes, whose options are determined by a combination of the availability of social housing, market-led housing costs, housing-related benefits and ability to work[[40]](#endnote-41). This can result in a limited set of housing options that are poor quality, unsuitable for members of the household, unaffordable, or a combination of all three of these[[41]](#endnote-42).

Being unable to afford housing of the right size for a household results in overcrowding[[42]](#endnote-43). Overcrowding can undermine relationships between householders and generate chronic stress[[43]](#endnote-44). In addition, unaffordable housing costs cause financial stress[[44]](#endnote-45) and may result in growing household debt. Both of these have a negative impact on mental health[[45]](#endnote-46).

Debt, and particularly rent or mortgage arrears, can also increase the threat of homelessness, as well as the actual risk of being made homeless through eviction[[46]](#endnote-47). Homelessness and the threat of homelessness have impacts on mental and physical health outcomes[[47]](#endnote-48).

These challenges can prevent people from feeling as though the home is a secure base, in which they feel belonging and over which they feel a sense of ownership. Successfully establishing a sense of home can support people to cope with chronic stress from other (non-housing) sources and protect mental health. It can also support the development of local friendships and support networks[[48]](#endnote-49), which can help to combat loneliness and provide wider support.

### Further reading

Academic evidence based on quantitative research:

* [Housing as a determinant of health equity: a conceptual model (2019)](https://doi.org/10.1016/j.socscimed.2019.112571)
* [Developing empirically supported theories of change for housing investment and healt](https://doi.org/10.1016/j.socscimed.2014.11.043)h (2015)
* [Building health equity through housing policies: critical reflections and future directions for research (2022)](https://jech.bmj.com/content/76/8/759)
* [Housing as a social determinant of health and wellbeing: developing an empirically-informed realist framework (2020)](https://bmcpublichealth.biomedcentral.com/counter/pdf/10.1186/s12889-020-09224-0.pdf)
* [Housing improvements for health and associated socio-economic outcomes](https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008657.pub2/pdf/full) (2013)
* [Housing and health: an overview (2020)](https://pubmed.ncbi.nlm.nih.gov/33146364/)

Research evidence from the UK Collaborative Centre for Housing Evidence:

* [Living in Scotland’s private rented sector (2022)](https://housingevidence.ac.uk/wp-content/uploads/2022/09/Living_in_scotland_PRS_survey_report_sept_2022.pdf)
* [Housing challenges faced by low-income and other vulnerable privately renting households (2022)](https://housingevidence.ac.uk/wp-content/uploads/2024/02/Housing_challenges_faced_by_lowincome_renters_evidence_review_Sept_2022-1.pdf)

### References

1. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-2)
2. Rolfe, S., Garnham, L., Godwin, J. *et al.* Housing as a social determinant of health and wellbeing: developing an empirically-informed realist theoretical framework. *BMC Public Health* 20, 1138 (2020). <https://doi.org/10.1186/s12889-020-09224-0> [↑](#endnote-ref-3)
3. Rolfe, S., Garnham, L., Godwin, J. *et al.* Housing as a social determinant of health and wellbeing: developing an empirically-informed realist theoretical framework. *BMC Public Health* 20, 1138 (2020). <https://doi.org/10.1186/s12889-020-09224-0> [↑](#endnote-ref-4)
4. Rosenberg, J. (2012). Social housing, community empowerment and well-being: part two - measuring the benefits of empowerment through community ownership. *Housing, Care and Support*, *15*(1), 24–33. <https://doi.org/10.1108/14608791211238403> [↑](#endnote-ref-5)
5. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-6)
6. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-7)
7. Ramzanpour, M., Sharghi, A., & Nourtaghani, A. (2023). Low-income housing stigma, results and outcomes: a systematic review. *Journal of Housing and the Built Environment*, *38*(2), 861–930. <https://doi.org/10.1007/s10901-022-09967-9> [↑](#endnote-ref-8)
8. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>; Gibson, M., Petticrew, M., Bambra, C., Sowden, A. J., Wright, K. E., & Whitehead, M. (2011). Housing and health inequalities: a synthesis of systematic reviews of interventions aimed at different pathways linking housing and health. *Health & place*, *17*(1), 175–184. <https://doi.org/10.1016/j.healthplace.2010.09.011> [↑](#endnote-ref-9)
9. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-10)
10. Rolfe, S., Garnham, L., Godwin, J. *et al.* Housing as a social determinant of health and wellbeing: developing an empirically-informed realist theoretical framework. *BMC Public Health* 20, 1138 (2020). <https://doi.org/10.1186/s12889-020-09224-0> [↑](#endnote-ref-11)
11. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043>; Singh, A., Daniel, L., Baker, E., & Bentley, R. (2019). Housing Disadvantage and Poor Mental Health: A Systematic Review. *American journal of preventive medicine*, *57*(2), 262–272. <https://doi.org/10.1016/j.amepre.2019.03.018>; Gibson, M., Petticrew, M., Bambra, C., Sowden, A. J., Wright, K. E., & Whitehead, M. (2011). Housing and health inequalities: a synthesis of systematic reviews of interventions aimed at different pathways linking housing and health. *Health & place*, *17*(1), 175–184. <https://doi.org/10.1016/j.healthplace.2010.09.011>; Ige, J., Pilkington, P., Orme, J., Williams, B., Prestwood, E., Black, D., Carmichael, L., & Scally, G. (2019). The relationship between buildings and health: a systematic review. *Journal of public health (Oxford, England)*, *41*(2), e121–e132. <https://doi.org/10.1093/pubmed/fdy138>; Thomson, H., Thomas, S., Sellstrom, E., & Petticrew, M. (2013). Housing improvements for health and associated socio-economic outcomes. *The Cochrane database of systematic reviews*, (2), CD008657. <https://doi.org/10.1002/14651858.CD008657.pub2> [↑](#endnote-ref-12)
12. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>; Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043>; Gibson, M., Petticrew, M., Bambra, C., Sowden, A. J., Wright, K. E., & Whitehead, M. (2011). Housing and health inequalities: a synthesis of systematic reviews of interventions aimed at different pathways linking housing and health. *Health & place*, *17*(1), 175–184. <https://doi.org/10.1016/j.healthplace.2010.09.011>; Ige, J., Pilkington, P., Orme, J., Williams, B., Prestwood, E., Black, D., Carmichael, L., & Scally, G. (2019). The relationship between buildings and health: a systematic review. *Journal of public health (Oxford, England)*, *41*(2), e121–e132. <https://doi.org/10.1093/pubmed/fdy138> [↑](#endnote-ref-13)
13. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-14)
14. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-15)
15. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-16)
16. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>; Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-17)
17. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-18)
18. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-19)
19. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-20)
20. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-21)
21. Ige, J., Pilkington, P., Orme, J., Williams, B., Prestwood, E., Black, D., Carmichael, L., & Scally, G. (2019). The relationship between buildings and health: a systematic review. *Journal of public health (Oxford, England)*, *41*(2), e121–e132. <https://doi.org/10.1093/pubmed/fdy138> [↑](#endnote-ref-22)
22. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-23)
23. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>; Ige, J., Pilkington, P., Orme, J., Williams, B., Prestwood, E., Black, D., Carmichael, L., & Scally, G. (2019). The relationship between buildings and health: a systematic review. *Journal of public health (Oxford, England)*, *41*(2), e121–e132. <https://doi.org/10.1093/pubmed/fdy138> [↑](#endnote-ref-24)
24. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-25)
25. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>; Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043>; Rolfe, S., Garnham, L., Godwin, J. *et al.* Housing as a social determinant of health and wellbeing: developing an empirically-informed realist theoretical framework. *BMC Public Health* 20, 1138 (2020). <https://doi.org/10.1186/s12889-020-09224-0> [↑](#endnote-ref-26)
26. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-27)
27. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043>; Singh, A., Daniel, L., Baker, E., & Bentley, R. (2019). Housing Disadvantage and Poor Mental Health: A Systematic Review. *American journal of preventive medicine*, *57*(2), 262–272. <https://doi.org/10.1016/j.amepre.2019.03.018>; Gibson, M., Petticrew, M., Bambra, C., Sowden, A. J., Wright, K. E., & Whitehead, M. (2011). Housing and health inequalities: a synthesis of systematic reviews of interventions aimed at different pathways linking housing and health. *Health & place*, *17*(1), 175–184. <https://doi.org/10.1016/j.healthplace.2010.09.011> [↑](#endnote-ref-28)
28. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>; Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-29)
29. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-30)
30. Rolfe, S., Garnham, L., Godwin, J. *et al.* Housing as a social determinant of health and wellbeing: developing an empirically-informed realist theoretical framework. *BMC Public Health* 20, 1138 (2020). <https://doi.org/10.1186/s12889-020-09224-0> [↑](#endnote-ref-31)
31. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-32)
32. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>; Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043>, Rolfe, S., Garnham, L., Godwin, J. *et al.* Housing as a social determinant of health and wellbeing: developing an empirically-informed realist theoretical framework. *BMC Public Health* 20, 1138 (2020). <https://doi.org/10.1186/s12889-020-09224-0> [↑](#endnote-ref-33)
33. Ige, J., Pilkington, P., Orme, J., Williams, B., Prestwood, E., Black, D., Carmichael, L., & Scally, G. (2019). The relationship between buildings and health: a systematic review. *Journal of public health (Oxford, England)*, *41*(2), e121–e132. <https://doi.org/10.1093/pubmed/fdy138> [↑](#endnote-ref-34)
34. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>; Singh, A., Daniel, L., Baker, E., & Bentley, R. (2019). Housing Disadvantage and Poor Mental Health: A Systematic Review. *American journal of preventive medicine*, *57*(2), 262–272. <https://doi.org/10.1016/j.amepre.2019.03.018> [↑](#endnote-ref-35)
35. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-36)
36. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-37)
37. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-38)
38. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-39)
39. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-40)
40. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>; Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-41)
41. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>, Leifheit KM, Schwartz GL, Pollack CE*, et al*Building health equity through housing policies: critical reflections and future directions for research*J Epidemiol Community Health* 2022;**76:**759-763. [↑](#endnote-ref-42)
42. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-43)
43. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>; Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043>; Thomson, H., Thomas, S., Sellstrom, E., & Petticrew, M. (2013). Housing improvements for health and associated socio-economic outcomes. *The Cochrane database of systematic reviews*, (2), CD008657. <https://doi.org/10.1002/14651858.CD008657.pub2> [↑](#endnote-ref-44)
44. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-45)
45. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571>; Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043>; Rolfe, S., Garnham, L., Godwin, J. *et al.* Housing as a social determinant of health and wellbeing: developing an empirically-informed realist theoretical framework. *BMC Public Health* 20, 1138 (2020). <https://doi.org/10.1186/s12889-020-09224-0> [↑](#endnote-ref-46)
46. Leifheit KM, Schwartz GL, Pollack CE*, et al*Building health equity through housing policies: critical reflections and future directions for research*J Epidemiol Community Health* 2022;**76:**759-763. [↑](#endnote-ref-47)
47. Swope, C. B., & Hernández, D. (2019). Housing as a determinant of health equity: A conceptual model. *Social science & medicine (1982)*, *243*, 112571. <https://doi.org/10.1016/j.socscimed.2019.112571> [↑](#endnote-ref-48)
48. Thompson, H, and Thomas, S. Developing empirically supported theories of change for housing investment and health. *Social Science and Medicine (2015)* <https://doi.org/10.1016/j.socscimed.2014.11.043> [↑](#endnote-ref-49)