



# Housing and Health on the Sunshine Coast

Dr. Geoff McKee, MD/MPH  
Medical Health Officer  
Vancouver Coastal Health

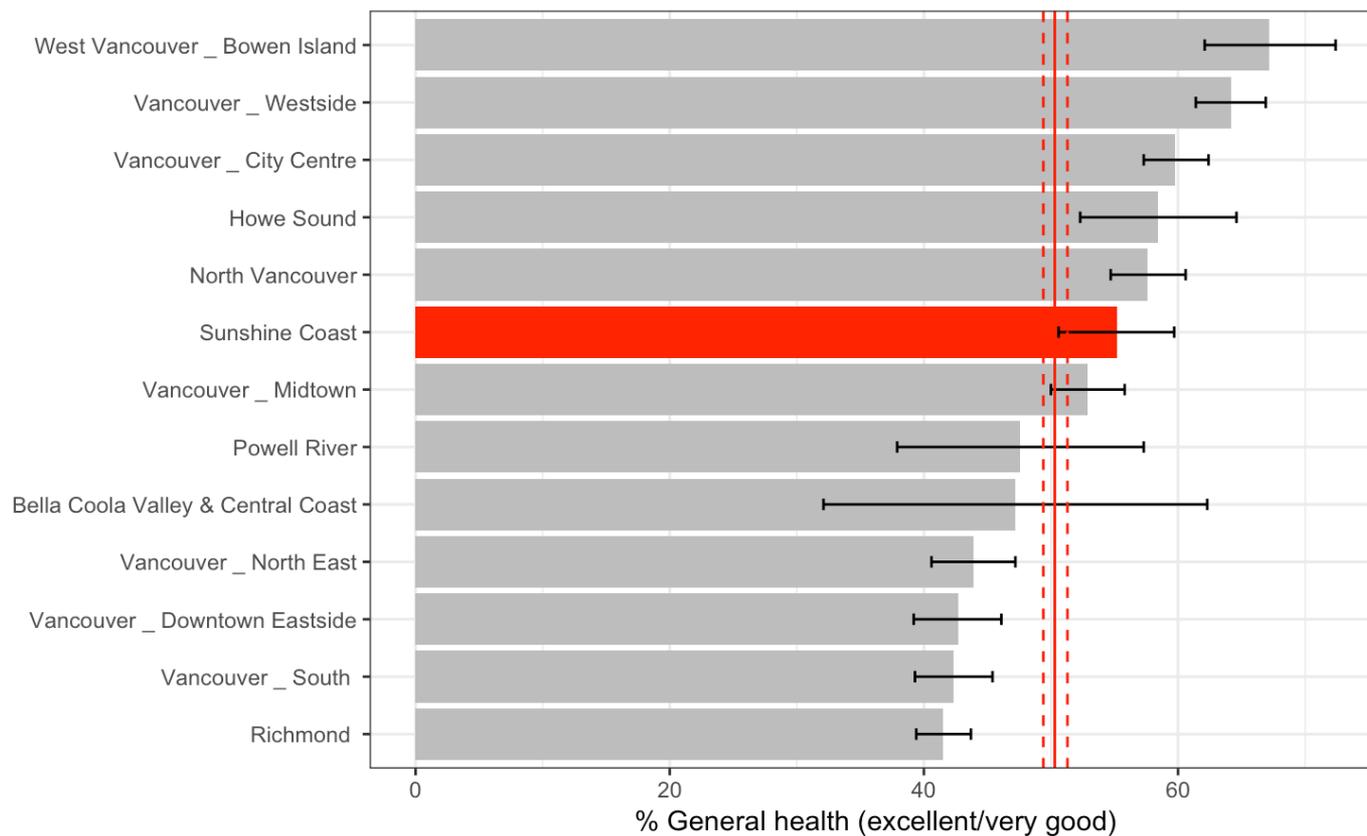
9-2018

# Objectives

- What are the Social Determinants of Health?
  - Example: Income
- How does housing impact health?

# How healthy are people on the SC?

## My Health My Community Survey 2012/2013



# The case of Mr. Smith

Mr. Smith is a 48 year old man living in Sechelt. He is recently unemployed and lives alone in an apartment. His rent was recently increased and he now pays about 50% of his income on housing. His remaining income needs to be split between food and other necessities. His 22 year old daughter recently moved off the coast as she couldn't find affordable housing.

He is still recovering from an old work-related back injury and has recently been diagnosed with diabetes and high blood pressure. He has a hard time following his healthcare provider's recommendations for diet, as he has trouble affording healthy food. He also feels more socially isolated since his daughter moved.



# WHAT MAKES CANADIANS SICK?

50%

## YOUR LIFE

- INCOME
- EARLY CHILDHOOD DEVELOPMENT
- DISABILITY
- EDUCATION
- SOCIAL EXCLUSION
- SOCIAL SAFETY NET
- GENDER
- EMPLOYMENT/WORKING CONDITIONS
- RACE
- ABORIGINAL STATUS
- SAFE AND NUTRITIOUS FOOD
- HOUSING/HOMELESSNESS
- COMMUNITY BELONGING

25%

## YOUR HEALTH CARE

- ACCESS TO HEALTH CARE
- HEALTH CARE SYSTEM
- WAIT TIMES

15%

## YOUR BIOLOGY

- BIOLOGY
- GENETICS

10%

## YOUR ENVIRONMENT

- AIR QUALITY
- CIVIC INFRASTRUCTURE



THESE ARE CANADA'S SOCIAL DETERMINANTS OF HEALTH #SDOH

# The Health Gradient



Source: *Making Partners: Intersectoral Action for Health* 1988 Proceedings and outcome of a WHO Joint Working Group on Intersectoral Action for Health, The Netherlands.

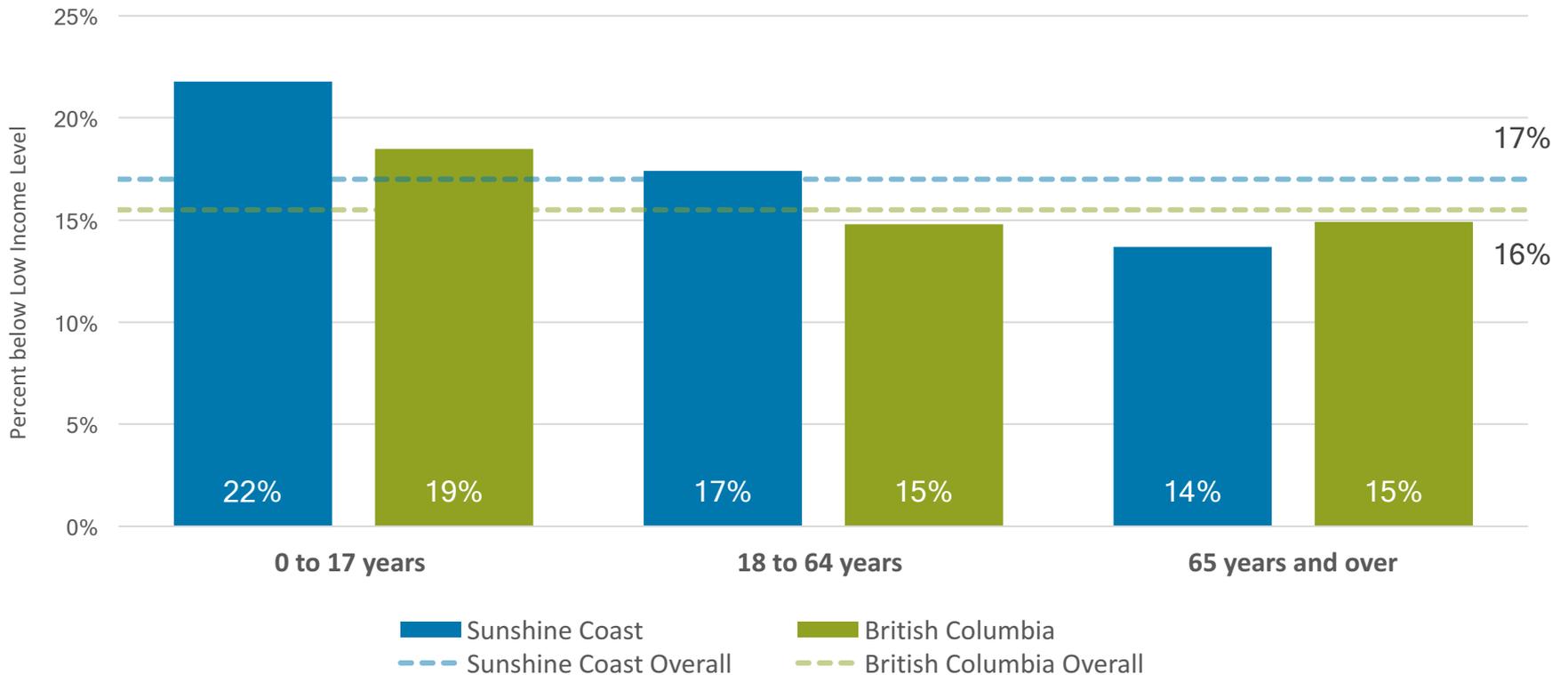
# Income

- Higher income is linked to better health
- Why?
  - Can afford necessities (food, housing etc.)
  - Less stress and more stability
  - Can afford to pursue healthy lifestyle options (physical activity, nutritious food etc.)

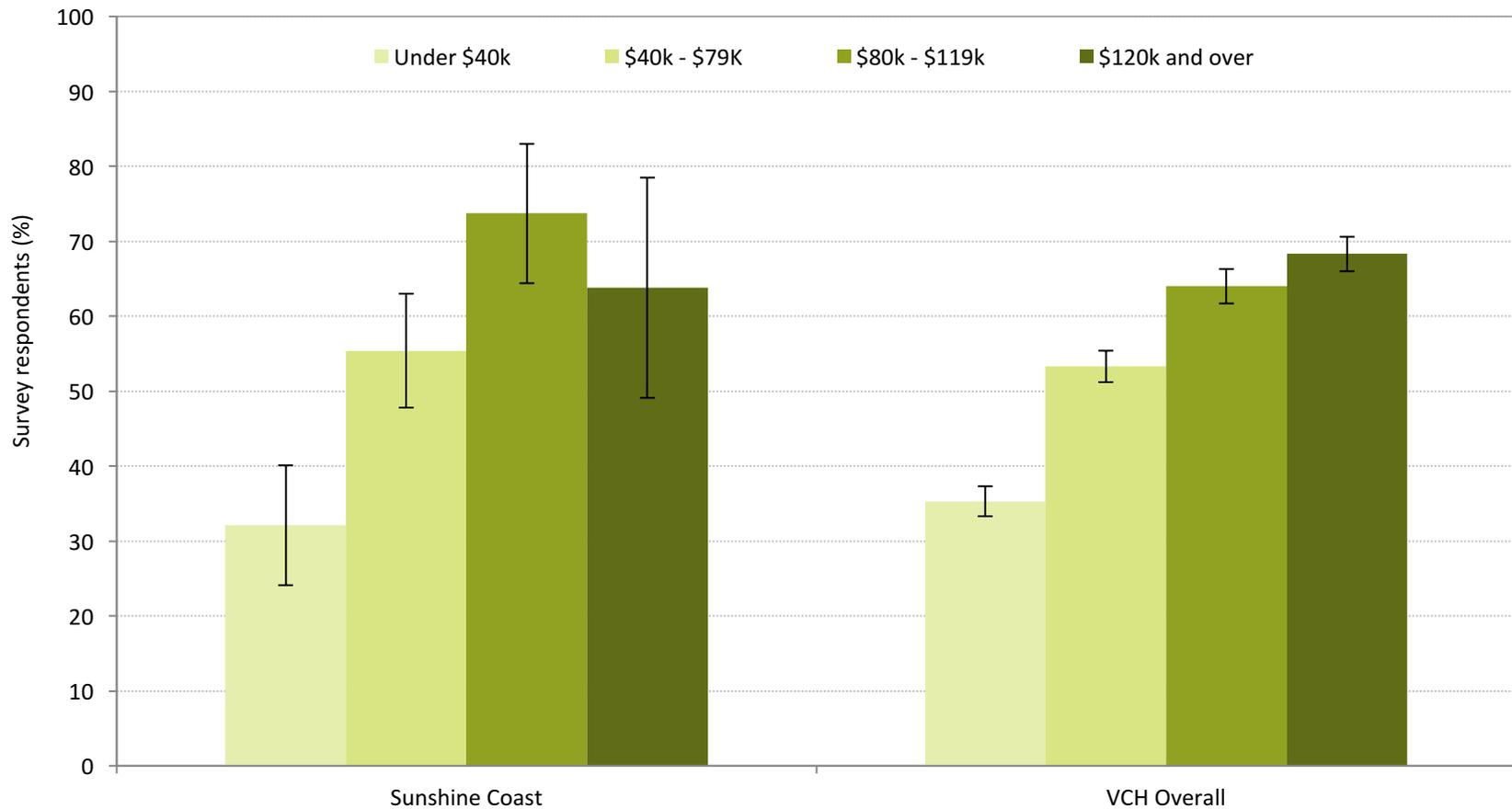


# Poverty on the Sunshine Coast

Proportion of individuals living under low income level (Census 2016)

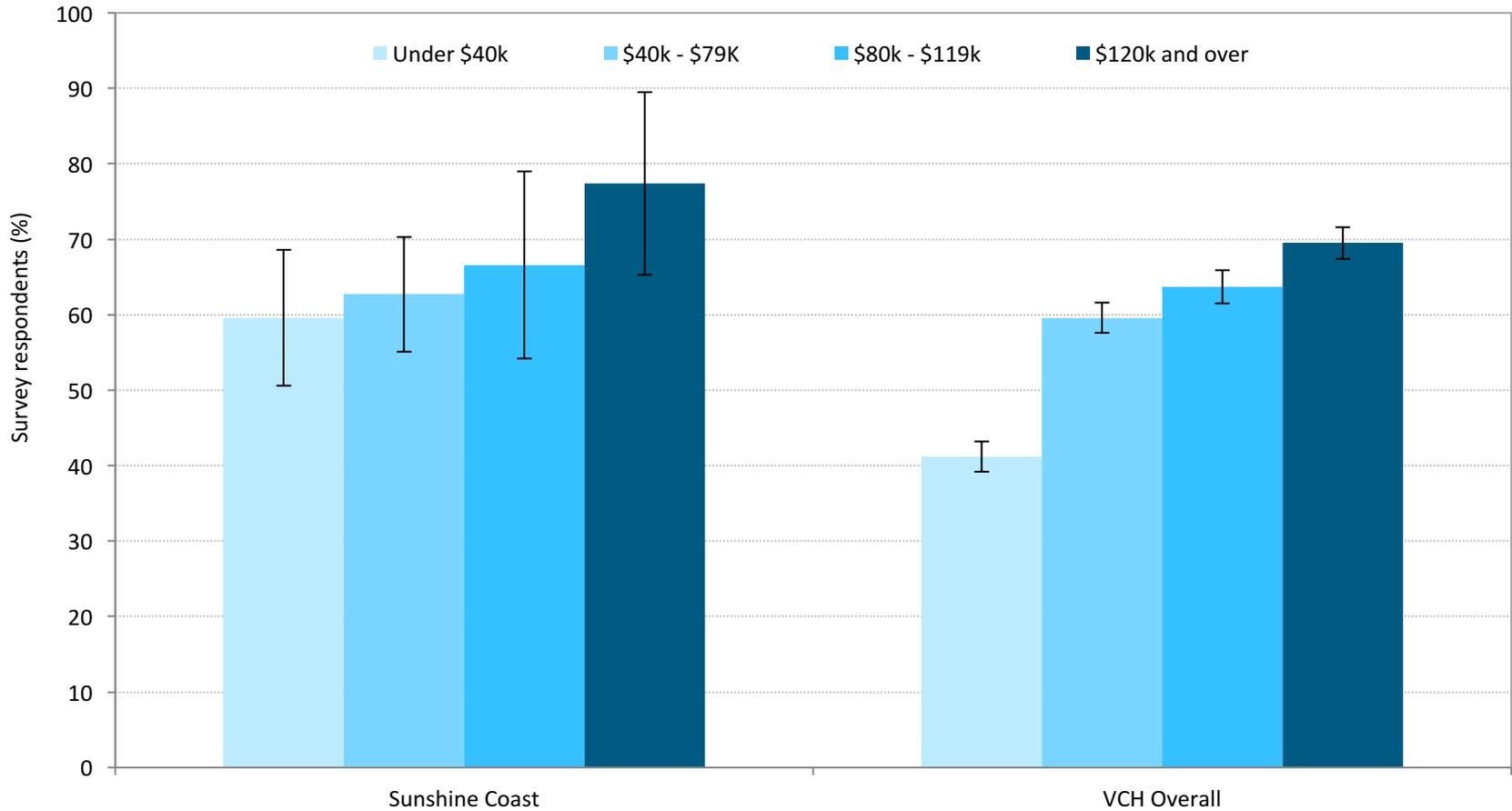


## Excellent/very good general health by household income My Health My Community Survey 2013-2014



Source: My Health My Community Survey. Data as of August 14, 2014.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit, August 2018.

## Excellent/very good mental health by household income My Health My Community Survey 2013-2014



Source: My Health My Community Survey. Data as of August 14, 2014.  
Prepared by: Vancouver Coastal Health, Public Health Surveillance Unit, August 2018.

# Housing

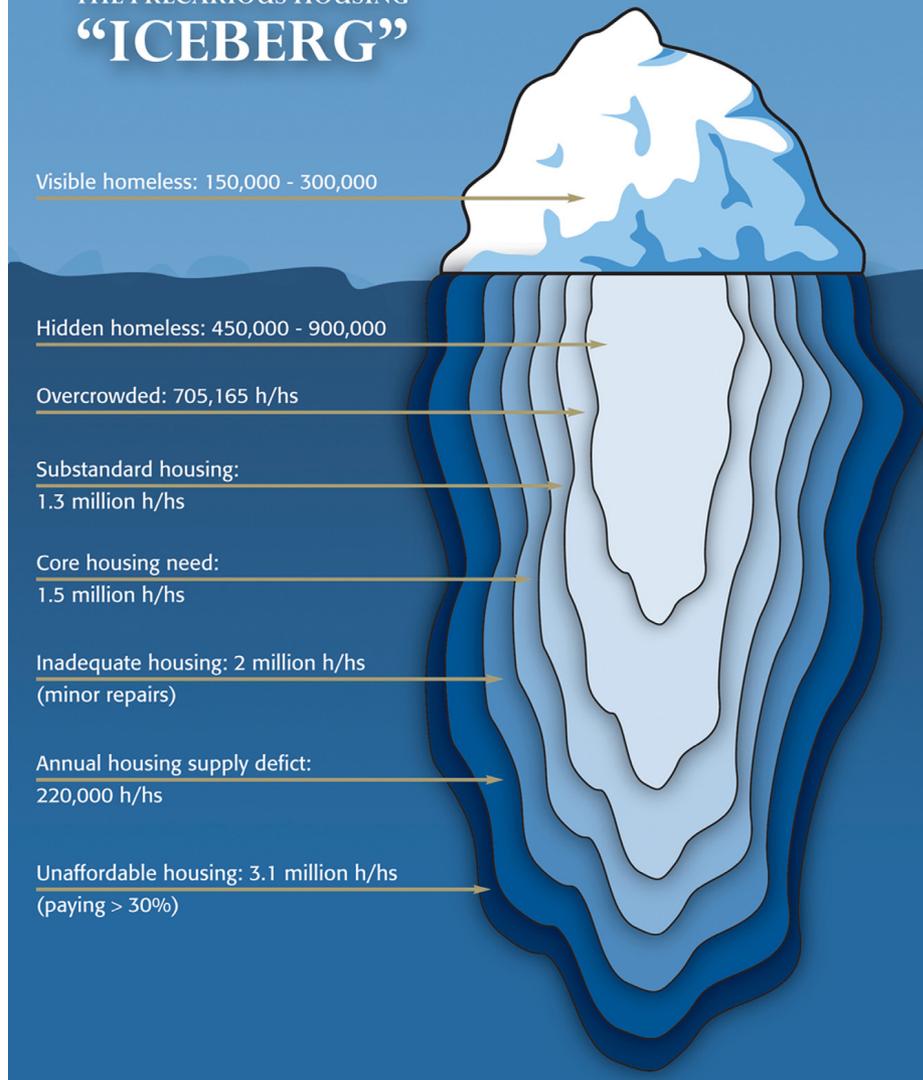
- What makes for good housing?
  - Safe/Quality
  - Affordable
  - Meets personal and cultural needs

*"[Housing is a] fundamental condition and resource for health."*

*-World Health Organization*



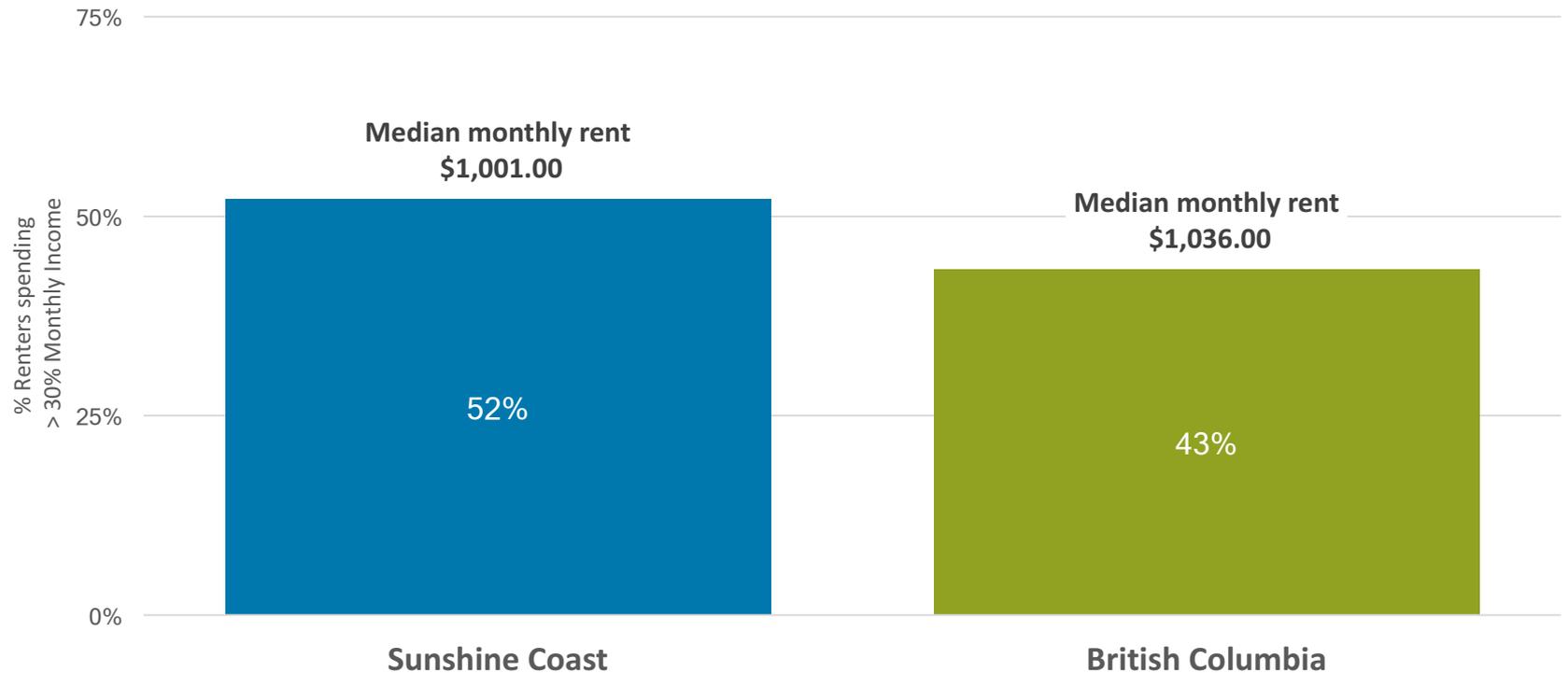
# THE PRECARIOUS HOUSING “ICEBERG”



What is affordable?

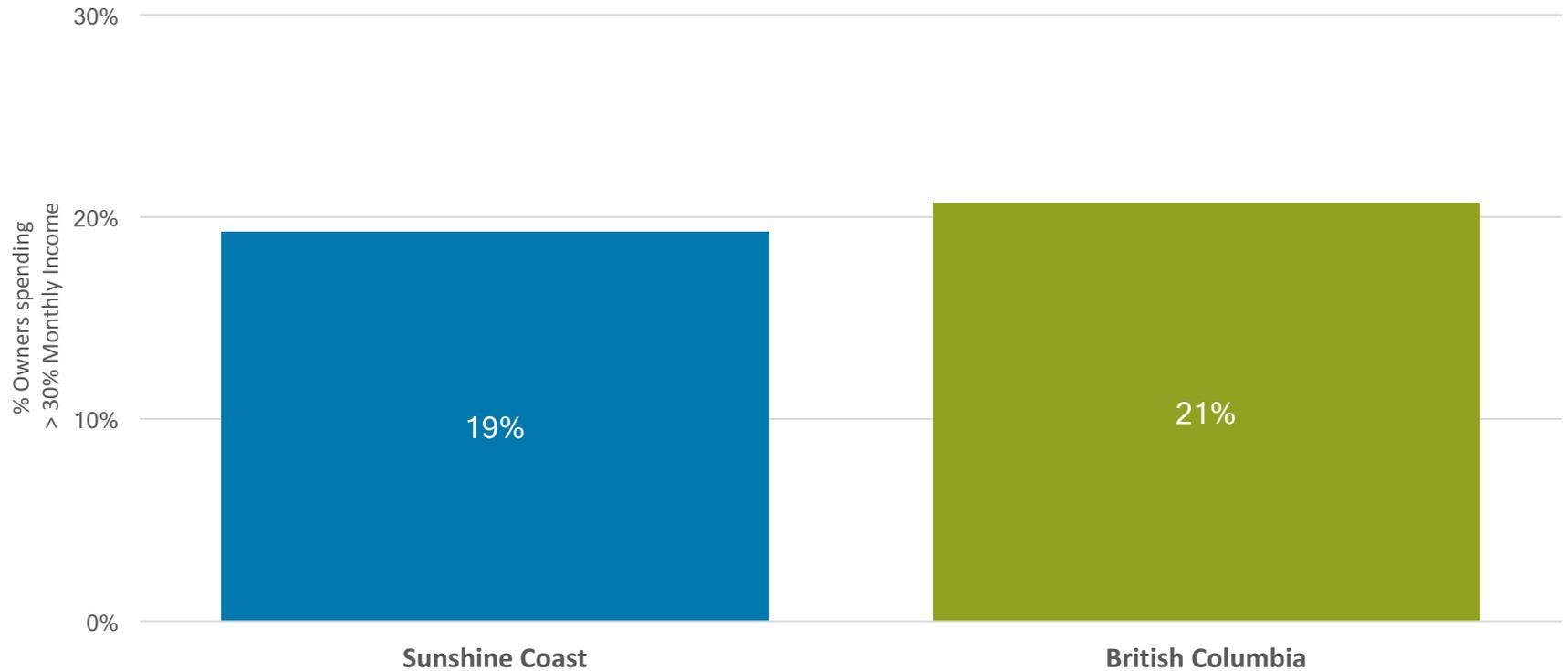
# Renters

Proportion of Renters spending > 30% Monthly Income (Census 2016)



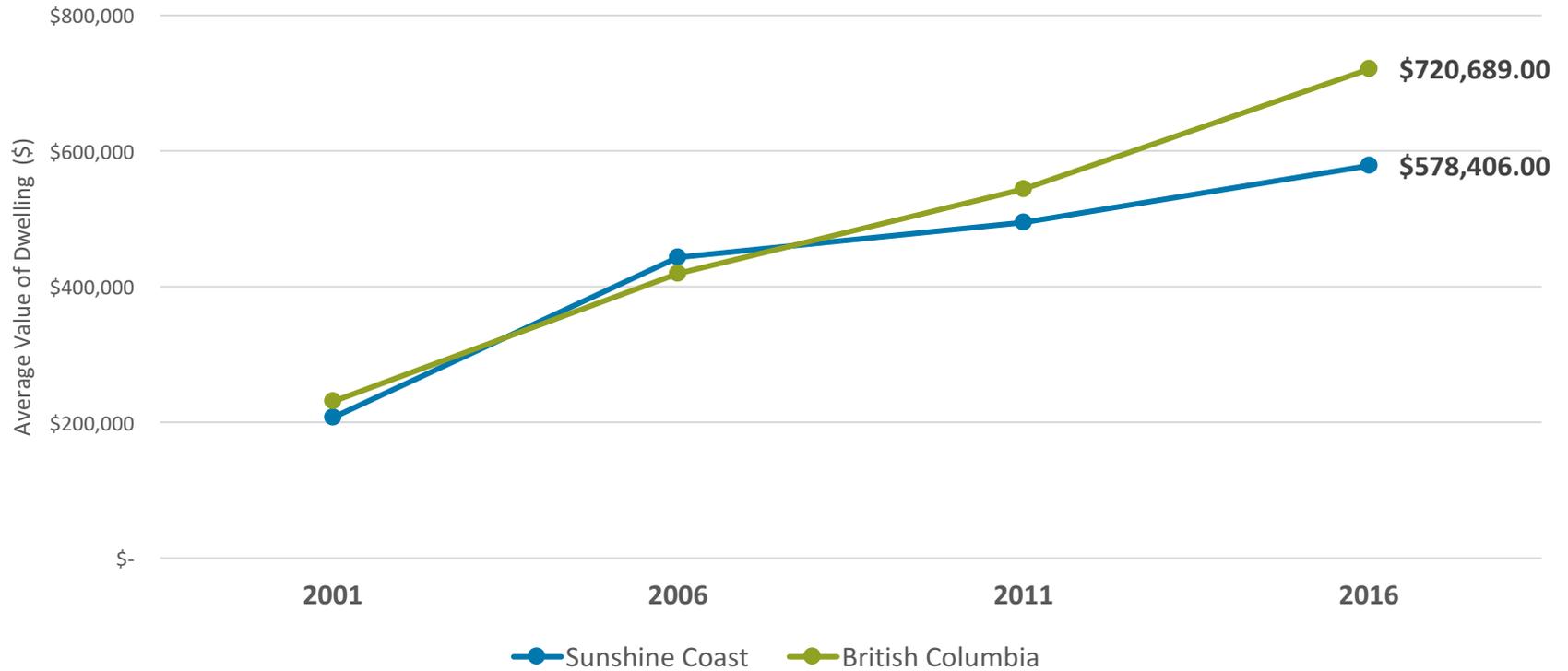
# Owners

Proportion of Owners spending > 30% Monthly Income (Census 2016)



# Owners

Average Value of Dwelling (Census 2016)



What is safe?

# Housing safety and quality

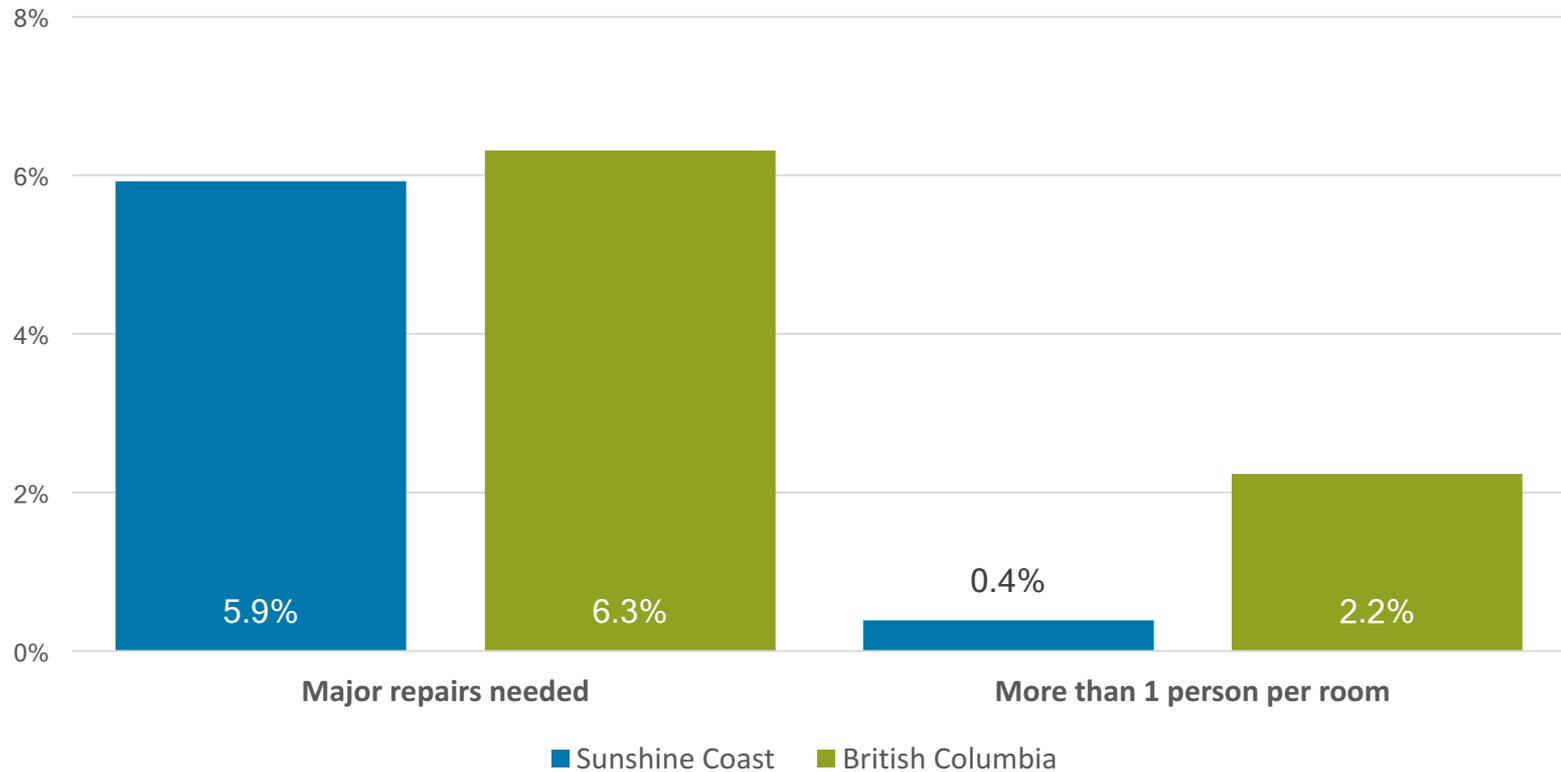
Some housing conditions can pose a risk to health:

- Contaminants (lead, mold, allergens, radon etc.)
- Crowding
- Poor maintenance and design (fire risk etc.)



# Housing safety and quality

Crowding and Housing Conditions (Census 2016)



# Returning to the case of Mr. Smith

- How might his difficulty affording his apartment affect his health? What if he couldn't afford to stay in his apartment?
- Is housing his only challenge that might affect his health?

Questions?