

Housing and Health

Jane Locke

Public Health Principal
Prevention

Built and Natural Environment



Long established health impacts

- Causal link between housing conditions and poor health is long established and first enshrined in law in 1846 Nuisances Removal and Disease Prevention Act aimed to curb the spread of cholera.

CHOLERA!

Published by order of the Sanatory Committee, under the sanction of the Medical Counsel.

BE TEMPERATE IN EATING & DRINKING!

Avoid Raw Vegetables and Unripe Fruit !.

Abstain from COLD WATER, when heated, and above all from *Ardent Spirits*, and if habit have rendered them indispensable, take much less than usual.

SLEEP AND CLOTHE WARM !

DO NOT SLEEP OR SIT IN A DRAUGHT OF AIR, Avoid getting Wet !

Attend immediately to all disorders of the Bowels.

TAKE NO MEDICINE WITHOUT ADVICE.

Medicine and Medical Advice can be had by the poor, at all hours of the day and night, by applying at the Station House in each Ward.

CALEB S. WOODHULL, *Mayer*
JAMES KELLY, *Chairman of Sanatory Committee.*

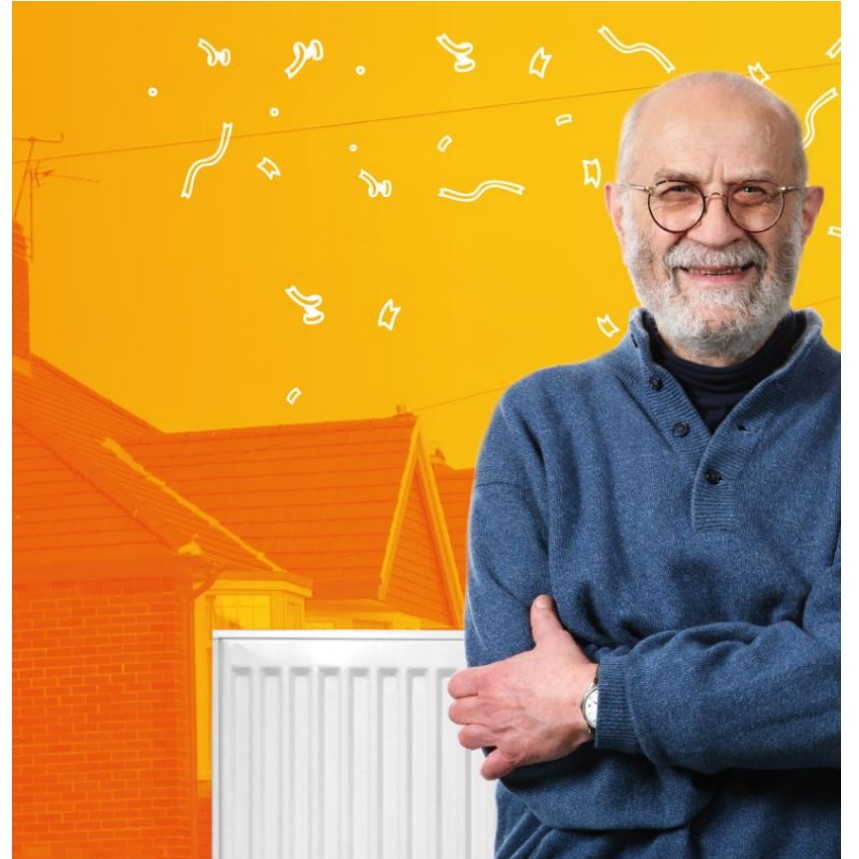
Links between housing and health

- How a home is designed constructed and maintained
- Indoor air quality
- Resident behaviour
- Accident prevention
- Immediate surroundings
- Homelessness



Warm Homes Norfolk

- Partnership of 7 district councils led by Broadland District Council to address fuel poverty
- Funded by National Grid and central government schemes
- Provides advice to all on saving energy
- Provides grants to insulate and heat homes to those with gross income of under £30,000 with an EPC rating below D
- 600 installations in the three years to April 2022



Warm and Well Winter Campaign

- Partnership of local organisations in Norfolk and Waveney launched a joint Warm and Well campaign
- Encourages residents to look after their health and wellbeing by preparing for winter illness and how to deal with ill health
- Provides information on hardship support
- Provides advice on how to stay warm



Top tips to keep well

Stay active, prevent falls, and check you have the medicines you need for winter.

[Learn more](#)



Find mental health support services

Learn how you can improve your mood and find local services to help.

[Learn more](#)



Support for winter hardship

Find out what support is out there to help you through winter.

[Access support](#)



Stay warm this winter

Support and tips to help you keep warm over winter.

[Learn more](#)

Indoor air quality and smoking

- Need to reduce impacts of second hand smoke in the home
- Roll out of Ready to Change online resources to help people change their behaviour and adopt healthier lifestyles
- Priority is smoking cessation which can have huge impact on indoor air quality
- Commission a range of stop smoking services
- <https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/ready-to-change>



Help to quit smoking

Advice on how to stay quit for good, whether you're thinking of stopping smoking or have recently quit

[Start your quit journey >](#)

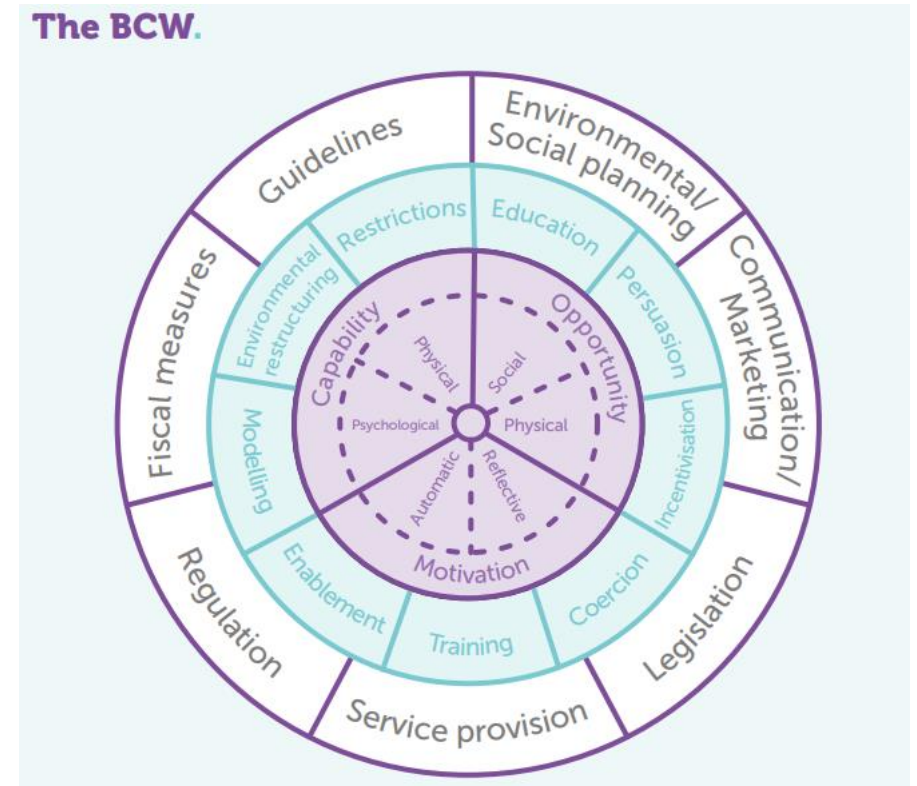
Other indoor air pollutants

- Keep your home ventilated
- Switch away from solid fuel to electricity or gas, or
- Switch to cleaner modern woodburner and burn dry, smokeless fuel
- Avoid having garden bonfires
- Be as energy efficient as possible
- Check DIY products and aerosols for VOC content



Resident behaviour

- Knowing what we can do to improve our health in the home doesn't mean we do it
- Need to undertake COM-B diagnosis – looking at behaviour at identify barriers to actions
 - Physical capability
 - Knowledge
 - Psychological capability
 - Physical ability
 - Automatic motivation
 - Reflective motivation



Disabled Facilities Grant

- Making physical changes to your home

You may need to adapt or change your home if you have certain needs such as reduced mobility. Adaptions can include:

- Ramps for a wheelchair
- Grab rails
- Bathroom adaptations such as a level access shower
- Stair lifts



Use Norfolk Community Directory to search a wide selection of activities, services and support across Norfolk to help you live a healthy, active and fulfilling life

[Search the Directory](#)

Spatial planning

- Health in Planning Protocol agreed that ensures that health organisations are consulted on plans for new developments
- Public Health responds to planning applications of any scale with advice on building healthy places, that include opportunities for:
 - physical activity
 - Good air quality
 - Sustainable housing that is energy efficient
 - Access to green spaces
 - Easy access to services and facilities on foot or by cycling
- These link back to *Ready to Change*, ensuring the right physical environment to make lifestyle change



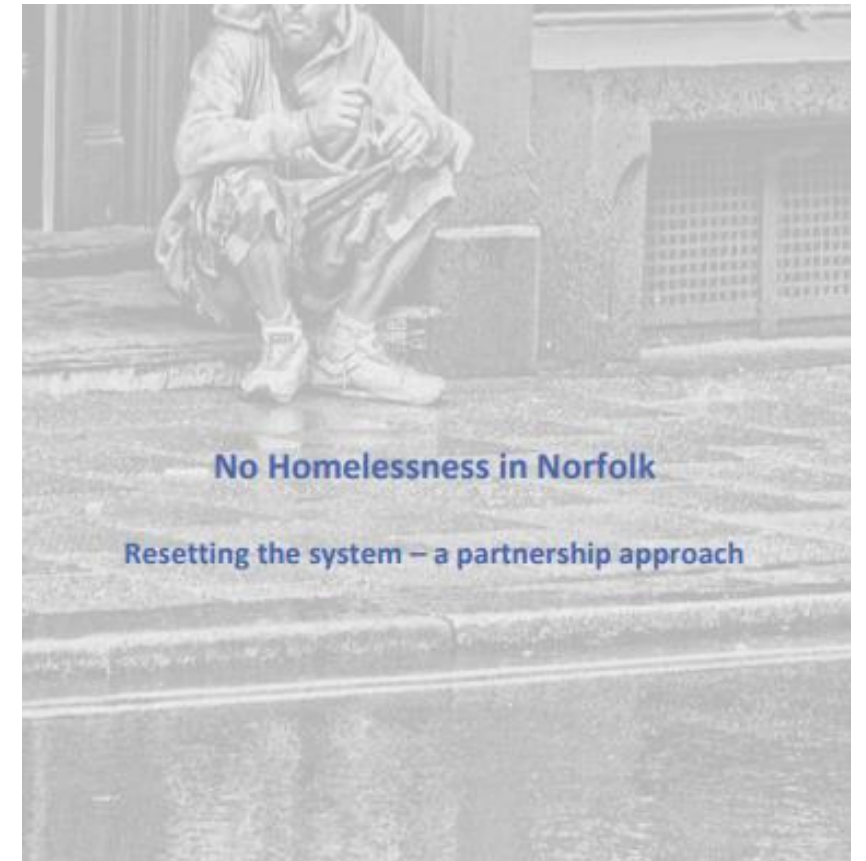
Homelessness

Norfolk Strategic Housing Partnership

- Formed to ensure anyone sleeping rough had access to safe accommodation
- Developed *No Homelessness in Norfolk Strategy* which has 4 priorities:
 - Reduce homelessness by focussing on homelessness prevention services
 - Improve access to homelessness support service across Norfolk
 - Continue to develop person centred services with a focus on co-production
 - Build partnership working to improve collaboration and whole systems change
- Supported by Local Action Plans in most districts

Homelessness – Support and Prevention

- NCC supports homelessness crisis accommodation across the County c. £4.5m p.a.
- Social Impact Bond – Commissioned by NCC working with 6 districts focused on prevention of homelessness
- Norwich Pathways service operates across Norwich in partnership with VS, health and NCC to support those who are rough sleeping or at risk of homelessness



Public health profiles

Data view ▾

Area profiles



Geography ▾

Norfolk

Counties & UAs in East of England region

Indicator search

Results for: housing

[Show me the profiles these indicators are from](#)

▶ [Legend](#) ▶ [Benchmark](#) ▶ [More options](#)

Geography version

Counties & UAs (from Apr 2021) ▾



CIPFA nearest neighbours to Norfolk

Indicator	Period	Norfolk			Region England			England	
		Recent Trend	Count	Value	Value	Value	Worst	Range	Best
Children in low income families (all dependent children under 20)	2016	↓	24,825	14.8%	13.9%	17.0%	32.5%		2.8%
Affordability of home ownership	2021	—	257,500	8.9	10.1	9.1	24.8		4.4
Households with overcrowding based on overall room occupancy levels	2011	—	16,416	4.4%	-	8.7%	34.9%		2.5%
Modelled estimates of the proportion of households in fuel poverty (%)	2020	—	63,174	15.6%	-	13.2%	22.4%		4.4%
Children in relative low income families (under 16s)	2020/21	→	24,885	16.1%	13.8%	18.5%	42.4%		3.3%
Children in absolute low income families (under 16s)	2020/21	→	19,944	12.9%	11.3%	15.1%	39.2%		2.7%
Homelessness: households in temporary accommodation New data	2021/22	—	267	0.7*	2.4	4.0	47.8		0.1
Homelessness: households owed a duty under the Homelessness Reduction Act New data	2021/22	—	2,750	6.8*	10.4	11.7	29.9		4.4
Homelessness - households owed a duty under the Homelessness Reduction Act (main applicant 16-24 yrs) New data	2021/22	—	607	1.5*	2.3	2.4	7.2		0.7
Homelessness - households owed a duty under the Homelessness Reduction Act (main applicant 55+ yrs) New data	2021/22	—	358	1.7*	2.6	2.8	12.5		1.0
Homelessness - households with dependent children owed a duty under the Homelessness Reduction Act New data	2021/22	—	834	8.8*	13.3	14.4	39.3		4.5
Fuel poverty (low income, low energy efficiency methodology)	2020	—	63,174	15.6%	13.2%	13.2%	22.4%		4.4%

Fuel Poverty

- 15% of households in 2020 experience fuel poverty or 63,000 households
- 65% of Norfolk's housing stock was built before 1982
- 27% of Norfolk's housing stock was built before WWII
- 62% of Norfolk's housing stock has EPC ratings of D or below
- Proportion of non gas grid properties varies enormously by locality rising to 60.5% in North Norfolk
- Excess winter deaths stand on average at 606 per year of which over 20% are thought to be as a result of poor housing conditions



A Housing and Health Framework

- Developing a framework offers the ICP an opportunity to take a leadership role within a key health issue
- It needs to be developed on a system wide basis...
- ... but responsive to different local circumstance
- Drawn widely or narrowly where gaps in response exist
- Governance

