

HEALTH AND HOUSING IN INDIANA

Research shows that access to affordable housing is a "vaccine" that paves the way to health and economic mobility. Households free of environmental hazards, not doubled-up, and not severely cost-burdened are linked to reduced mental health burdens, reduced emergency hospital visits, and decreased delays in doctor visits for health maintenance. Conversely, low-income families frequently live in substandard housing and face housing instability that has a substantial and quantifiable impact on their health.

In 2016, more than 350,000 households in Indiana lived in poverty. Rates of **asthma** are

30% higher

in households below the federal poverty line compared to those above FPL.



Childhood exposure to lead can have lifelong consequences, including decreased cognitive function, developmental delays, and behavior problems.

24% of the housing stock

in Indiana's 11 largest cities has a potential elevated lead risk.

Indiana's **maternal mortality rate** stands at 41.4 deaths per 100,000 births, which is

Twice the National Average.

Unstable housing has been identified as an important contributing factor to pregnancy-related deaths.



Due to high prevalence of mental illness and low access to care, Indiana is ranked

48th in the country

for mental health. Housing instability and homelessness have been linked to an increased risk of **depression and mental illness** for both adults and children.

In 2017, Indiana saw over 1,800 drug overdose deaths, averaging five Hoosiers a day.

Three out of five deaths

due to overdose involved an **opioid**. Substance use disorders are known risk factors for homelessness, and substance abuse and overdose disproportionately impact homeless people.

BECOME PART OF THE SOLUTION

Research proves what low-income households across our state know to be true - that good health is inextricably linked to safe, stable housing. That is why Prosperity Indiana has established the multi-sector **Opportunity Starts at Home: Indiana Coalition** with policy goals focused on expanding investment in and access to affordable housing and sparking systems change in furtherance of equitable affordable housing outcomes.

To learn more about joining the movement or how you can help Hoosiers struggling to maintain safe, affordable housing, contact Kathleen Lara, Policy Director and Campaign Lead, at klara@prosperityindiana.org.