

Workshop 2B

Healthy Homes: Getting the Basics Right

Speakers:

Tessa Barraclough, Riverside

Jenny Danson, Healthy Homes Hub

Chaired by: Stephen Chalmers

Room: Packwood



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Healthy Homes Hub

Speaker: Jenny Danson, Healthy Homes Hub



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A lack of adequate, warm, and safe housing is strongly linked to higher rates of **depression, anxiety, and social isolation** -

Public Health England 2021

Poor housing conditions contribute to **lost productivity** due to illness, with working-age adults in substandard housing experiencing higher rates of sickness and **absence** from work -

Public Health England 2021

58% renters are struggling with damp, mould or excessive cold in their home -Netrent

Impact on **Elderly Health**: Homes with inadequate heating and insulation can increase the risk of hypothermia, strokes, and heart attacks -

Age UK 2020; NHS Digital 2021

5.5m people live with **asthma** in the UK, with an 80% rise lined to **indoor air pollution** - NHS

What's the Problem?

Approximately **3.6 million children** live in substandard housing in the UK, including 975,000 in social housing - Shelter 2021

Sleep disturbance costs the UK economy **£34bn per year**, with noise pollution a significant factor -

University of Leicester

An estimated **10% of excess winter deaths** in the UK can be attributed to **fuel poverty**, and approximately 21.5% are due to cold homes

- ONS

Poor quality housing results in **£2bn of NHS costs** every year through negative health impacts - NHS



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GENERAL - EXTERNAL



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Getting the basics right.

Can't look at one
area in isolation....
home,
neighbourhood and
the community.



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REDUCING HEALTHCARE INEQUALITIES

The Core20PLUS5 approach is designed to support Integrated Care Systems to drive targeted action in healthcare inequalities improvement

CORE20
The most deprived 20% of the national population as identified by the Index of Multiple Deprivation



Target population

PLUS
ICS-chosen population groups experiencing poorer-than-average health access, experience and/or outcomes, who may not be captured within the Core20 alone and would benefit from a tailored healthcare approach e.g. inclusion health groups



CORE20 PLUS 5

Key clinical areas of health inequalities

1



MATERNITY
ensuring continuity of care for women from Black, Asian and minority ethnic communities and from the most deprived groups

2



SEVERE MENTAL ILLNESS (SMI)
ensure annual Physical Health Checks for people with SMI to at least, nationally set targets

3



CHRONIC RESPIRATORY DISEASE
a clear focus on Chronic Obstructive Pulmonary Disease (COPD), driving up uptake of Covid, Flu and Pneumonia vaccines to reduce infective exacerbations and emergency hospital admissions due to those exacerbations

4



EARLY CANCER DIAGNOSIS
75% of cases diagnosed at stage 1 or 2 by 2028

5



HYPERTENSION CASE-FINDING
and optimal management and lipid optimal management



SMOKING CESSATION
positively impacts all 5 key clinical areas



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Getting the basics right.

Mixture of direct
and indirect
enablers



Policy &
Regulation



Resident
Engagement



Retrofit
Society



Safety &
Compliance



Thermal
Comfort



Air
Quality



Financing
Change



Data
Metrics



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'Goes beyond generic AI tools'



HousingSage

Meet Housing Sage, the revolutionary AI assistant designed to elevate the UK social housing sector. It offers curated content that goes beyond what generic AI tools or search engines can provide, ensuring you receive high-quality, relevant information.

Combining advanced AI with industry expertise, Housing Sage offers tailored support for housing professionals, from regulatory compliance to strategic planning. Our platform is enriched with a vast repository of research and best practices contributed by academic's industry experts, and housing providers. By collecting and sharing these best practices, Housing Sage helps social housing professionals save time, share learnings, and develop effective strategies and policies.

Save time and resources, enhance decision-making, and join a community committed to making housing better. Interested? You can find out more in our Housing Sage Brochure.

How can we help?

Powered by HousingSage



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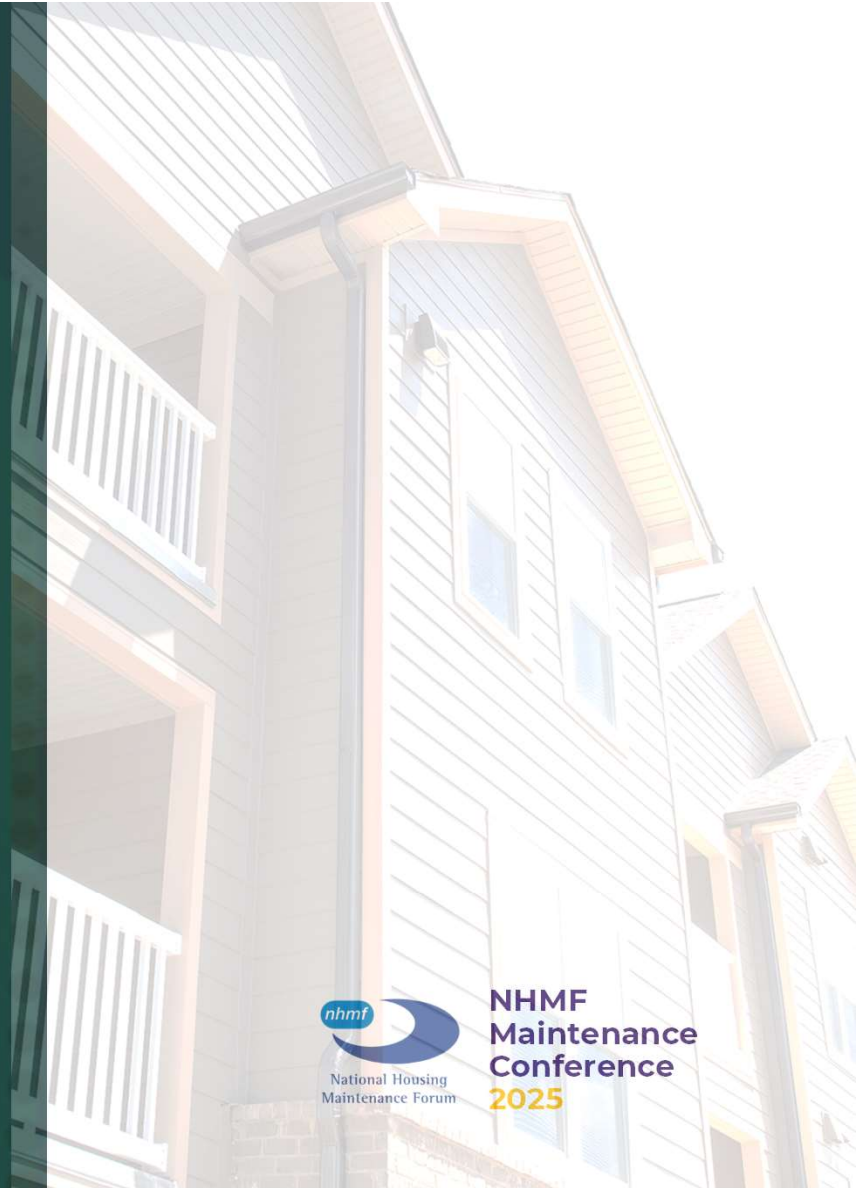
GENERAL - EXTERNAL

"The UK health system spends millions treating symptoms of poor housing the trend is getting worse. As a nation we are in the early stages of upgrading 28m homes to meet UK net zero targets. There is a risk if not done right we make the health situation worse. There is an opportunity to improve building related health if it is an outcome for retrofit. To do that we need to coordinate and educate on how building physics impacts on health and wellbeing. The Healthy Homes Hub is critical in ensuring our future housing system provides benefits to all."

Dr Mike Pitts, Deputy Challenge Director,
Transforming Construction and Net Zero Heat,
UK research & innovation



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Thank you.

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Getting the basics right.

Riverside's Healthy Homes Strategy aims to:

- 1) Improve homes and surrounding spaces to promote physical and mental health, and address health inequalities.
- 2) Develop and promote approaches for customers to access advice and support through internal teams and partner agencies.



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Year one plan

1. Develop our strategy framework for healthy homes
2. Data baselining to map/understand existing risk
3. Deliver innovation projects
4. Demonstrate impact of projects > Prepare for scale-up



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TCPA - Healthy Homes Principles



Fire safety

All homes must be safe in relation to the risk of fire



Liveable space

All homes must have, as a minimum, the liveable space required to meet the needs of people over their whole lifetime, including adequate internal and external storage space



Inclusive, accessible and adaptable

All homes and their surroundings must be designed to be inclusive, accessible, and adaptable to suit the need of all



Access to natural light

All homes must have access to natural light in all main living areas and bedrooms



Reduction in carbon emissions

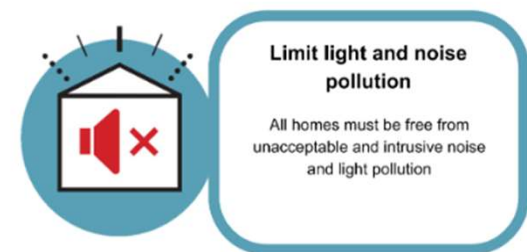
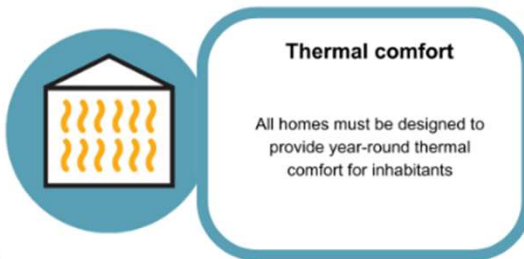
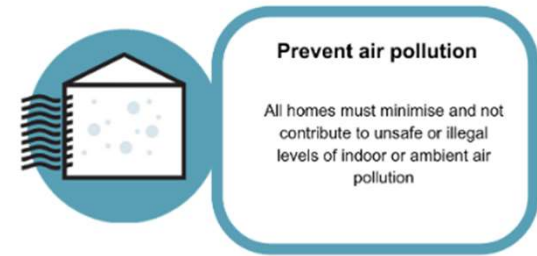
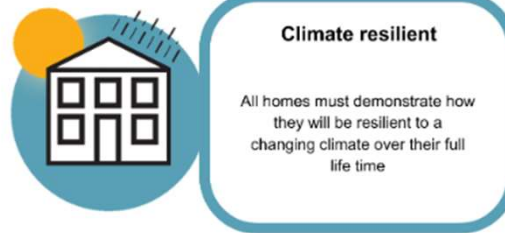
All homes must secure radical reductions in carbon emissions in line with the provisions of the Climate Change Act 2008



Access to amenities, nature and transport

All homes should be built within places that prioritise and provide access to sustainable transport and walkable services, including green infrastructure and play space

Healthy Homes Principles



Healthy homes principle (ordered in priority based on ranking)	Year one data collection	Year one project
1. Prevent air pollution	1. Internal air quality monitoring 2. External air quality mapping 3. Mould risk monitoring (Switchee)	1. Damp and mould team/process improvement 2. New ventilation standard 3. Targeted ventilation improvements for vulnerable customer. E.g. Extra care homes at exposed to higher pollution levels
2. Climate resilient	1. Heat risk data 2. Flood risk data	1. Implement overheating risk assessment into retrofit work 2. Design interventions to reduce risk, e.g. shading and NBS
3. Thermal comfort	1. Combine thermal performance data (SAP) with vulnerability data 2. Switchee data	1. Inform retrofit strategy (prioritising homes with vulnerable customers) 2. Warm rent pilot 3. Target interventions for vulnerable customers
4. Limit light and noise pollution	Data mapping (GIS) on noise and light pollution levels	1. Align with retrofit strategy. Where homes mapped at high risk, review window and ventilation spec
5. Access to amenities, nature and transport	Green space mapping	1. Green space projects to support wellbeing, shading, and flood resilience

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Q&A



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