

# Healthy Housing in Colorado

Integrating Health into the Housing Pre-Development Process

PUAD 5631 Capstone Seminar  
Prepared for Housing Colorado  
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# Presentation Outline

Purpose

Research Questions

Methods

Results

Recommendations

Discussion and Conclusions

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# Purpose

“To facilitate **better integration of health into housing** in Colorado by delivering an **educational resource** for Housing Colorado members to learn **best practices for integrating health into the housing pre-development phase**”



# Research Questions

- 1 | What are the connections between health and housing?
- 2 | How is health integrated into the housing pre-development process in Colorado and beyond?
- 3 | What are the best practices for integrating health into the housing pre-development process that can be applied in Colorado?



# Methods

Qualitative

## Data

Interviews with 14 subject matter experts

Reviews of 7 related documents

Health	Housing	
Non-profit	Public	
Local	State	Federal

## Analysis

Coding for patterns, themes

Research briefs	Criteria checklists
Toolkits	Measurement tools
Handbooks	



# Results

## 1 | What are the connections between health and housing?

### **Occur at unit, development, and neighborhood levels**

- Lead paint, moisture/mold, heat/cold, overcrowding, inadequate light, defective equipment, gas poisoning, infestations
- Lack of access to goods/services via affordable/safe/active transportation

### **Both physical and mental health**

- Neurological/developmental problems in children, asthma, immunological/respiratory problems, mood disorders, insomnia, falls/fires
- Inactivity, isolation, morbidity, obesity, hypertension, depression

### **Affordability plays a key role**

- Strained household budgets
- Vulnerable populations



# Results cont'd

2 | How is health integrated into the housing pre-development process in Colorado and beyond?

**Not yet standard practice, but is being undertaken in some cases**  
**Often driven by funding requirements**

→ DOLA DOH, CHFA

**Paradigm shifts**

→ Protect > promote

→ Encourage > require

**Many opportunities and challenges exist**

→ Health department referrals, codify requirements, HIA, pre-design charrettes

→ Lack of requirements, increase in cost (difficulty demonstrating health ROI)



# Results cont'd

3 | What are the best practices for integrating health into the housing pre-development process that can be applied in Colorado?

## **Engage partners**

→View all perspectives, confront stigma, cultivate champions, bring data

## **Develop and document shared vision and goals**

→Internal/external cohesion, expectations, accountability

→Short/long-term, detailed/broad, holistic

## **Plan for sustainability**

→Operating costs, phase hand-offs, staffing, assessment/evaluation





# Recommendations

- 1 | Engage health partners
- 2 | Program around healthy housing
- 3 | Leverage existing resources
- 4 | Advocate for supportive policies

*“I would say, the biggest key and one of the things I am trying to emphasize, **it is possible** to build these types of buildings with these types of features that provide housing that is quality for people that normally do not receive this type of housing. **We can do it, and you can too.**”*

B. Windsor, personal communication,  
March 16, 2016



# Discussion and Conclusions

<b>Limitation</b>	<b>Potential Impact</b>	<b>Strategy</b>	<b>Future Research</b>
Sampling (small, purposive)	Generalizability	Range of interviewee perspectives	Larger, random sample
Bias	Skewing, credibility	Neutral interview instrument, member checks	Multiple researchers

# Thank you! Questions?

*“You put **health and housing together**, and you get **healthier people**”*

*L. Konsella, personal communication, March 30, 2016*

