

# HOUSING IS HEALTH

“Your zip code is a better predictor of your health than your genetic code.”

— Melody Goodman, assistant professor at Washington University

## HOUSING IMPACTS ASTHMA | DID YOU KNOW?

- Older houses with mold, pests, contaminants, and lead paint can be a trigger for asthma.
- For children, exposure to air pollution is a key driver of the development of asthma, along with poor quality housing (through mold exposure), second hand smoke, diet and obesity and socioeconomic status.<sup>1</sup>
- Poverty, air pollution, and high numbers of medicine use are the key risk factors that have placed Cleveland at the top of the Asthma and Allergy Foundation of America's (AAFA) report.<sup>2</sup>
- The Asthma and Allergy Foundation of America (AAFA) analyzes eight risk factors that can influence asthma outcomes: poverty, lack of health insurance, air pollution, pollen count, long-term controller medicine use, quick-relief medicine use, smoke-free laws, and access to asthma specialists.<sup>2</sup>
- Black and indigenous populations experience higher rates of asthma morbidity, asthma attacks, and asthma related healthcare utilization.<sup>3</sup>
- Black, Latinx, and Indigenous populations are more likely to be exposed to higher levels of pollutants, occupational and environmental hazards, and poorer housing quality than white counterparts.<sup>3</sup>

1 Cumella, A., & Haque, A. (2018). How Inequality Affects People with Asthma. Asthma.org. Retrieved February 9, 2022, from <https://www.asthma.org.uk/dd78d558/globalassets/get-involved/external-affairs-campaigns/publications/health-inequality/auk-health-inequalities-final.pdf>

2 AAFA. (2021). Asthma Capitals 2021. Asthma and Allergy Foundation of America. Retrieved February 9, 2022, from <https://www.aafa.org/asthma-capitals/#:~:text=Cleveland%2C%20Ohio&text=With%20a%20high%20poverty%20rate,of%20Cleveland's%20residents%20have%20asthma.>

3 [https://www.jacionline.org/article/S0091-6749\(21\)01450-0/fulltext](https://www.jacionline.org/article/S0091-6749(21)01450-0/fulltext)

**Where you live matters.** Housing and health are inextricably linked, so being able to choose the housing of your choice without barriers is critical. The Fair Housing Center for Rights & Research is a not for profit fair housing agency that promotes positive race relations and housing equality. If you think you have been discriminated against in housing related transactions because of your race, color, religion, sex, sexual orientation, gender identity, national origin, familial status, or disability, contact The Fair Housing Center today. Our fair housing advocates can be reached by phone at **(216) 361-9240** or by email at **advocates@thehousingcenter.org**.



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