

# Healthy Housing

## Why is it important?

To maintain good health, people need to live in healthy and safe environments. Factors like homelessness, housing stress, overcrowding, indoor air quality, and exposure to indoor extremes of temperature can impact on people's mental and physical health. Evidence supports a direct association between poor-quality housing and health outcomes such as respiratory illness, cardiovascular disease and poor mental health.

## What is the story in Yarra?

The dominant housing across Yarra is 'medium density', with an average of 14,109 dwellings per 1,600 metres, more than double the Victorian average of 6,396 dwellings within 1,600 metres. In Yarra, half of all households (51%) are renting, which is higher than Metropolitan Melbourne (29%), and can be an insecure tenure type. Furthermore, 8.1% of households rent social housing, which is higher than Metropolitan Melbourne (2.3%) and Victoria (2.5%).

**51%** of households are **renting**, which is higher than Metropolitan Melbourne (29%)

**8%** of households are **renting social housing**, which is higher than Metropolitan Melbourne (2.3%)

**6.4%** of Yarra residents live in an **overcrowded residence** (need one or more bedrooms)

**19%** of Yarra residents are in **housing affordability stress** (spending >30% of income on mortgage or rent)

**47%** of Yarra residents could **NOT afford to heat or cool their home** whenever needed

 **65%**

Yarra residents are able to keep their home **adequately cool in Summer**

**This rate was significantly worse for:**

- people aged 18-34 years (59%)
- low income households (64%)
- people in the LGBTIQ+ community (64%)

 **61%**

Yarra residents are able to keep their home **adequately warm in Winter**

Supporting healthy housing is particularly important for:

- low income households
- young people aged 18-34 years
- people in the LGBTIQ+ community
- First Peoples



**728**

people were recorded as **experiencing homelessness** in Yarra in 2021.

Homelessness is often hidden or unidentified, meaning the actual figures are likely to be considerably higher.

Homelessness can be considered a crucial and life-threatening condition