

# HOUSING IS HEALTHCARE



AS RAPID POPULATION GROWTH AND URBANISATION CREATE MASSIVE DEMAND FOR NEW HOMES IN AFRICA AND ASIA, THERE IS AN UNTAPPED OPPORTUNITY TO IMPROVE THE HEALTH OF PEOPLE LIVING ON LOW INCOMES

## HOUSING AND HEALTH

Good health, both physical and mental, is essential to sustainable development. Human health is greatly affected by housing conditions. This connection is more acute in the context of the Covid-19 pandemic. Reall has proven that affordable housing is an investable proposition that kick-starts emerging economies while having a transformative impact on human health and well-being.

### HOUSING & HEALTH: THE GLOBAL CONTEXT

At least 1.2 billion people globally are living in inadequate housing, largely in Africa and Asia.

- Living in inadequate housing is related to poor physical and mental health. Sub-standard housing increases risk of injury, and poor accessibility puts disabled and elderly people at risk of injury and isolation
- High indoor temperatures cause heat-related illnesses
- Indoor air pollution harms respiratory and cardiovascular health
- Overcrowded housing increases the risk of exposure to infectious disease - including Covid-19 - and impacts negatively on mental health
- Inadequate water supply and sanitation facilities affect personal hygiene and the spread of communicable diseases



## HOUSING & HEALTH: REALL'S BREAKTHROUGHS

- 1 **AFRICA & ASIA** Over 730,000 people have opportunities for better physical and mental health through improving, developing, or owning a home through Reall initiatives.
- 2 **AFRICA & ASIA** Over 450,000 people have opportunities for better health through improved water provision from Reall's affordable housing.
- 3 **AFRICA & ASIA** Over 1.1 million people have opportunities for better health through improved sanitation provision from Reall's affordable housing initiatives.
- 4 **INDIA, KENYA, NEPAL, PAKISTAN** Through impact evaluation it was shown that the quality of life for families living on low incomes improved by an average of 30% as a result of Reall's housing.

## HOUSING & HEALTH: REALL'S STRATEGY

### REALL'S AFFORDABLE HOUSING & SERVICES

All Reall homes are built to a high standard with secure tenure and accessible housing finance.

- All homes are equipped with basic services, including water and sanitation, as well as electricity, waste collection, and access to infrastructure
- Reall advocates for the inclusion of water, sanitation and services in national affordable housing policies, whilst supporting housing development that is culturally sensitive and accessible to people with disabilities
- Reall undertakes regular impact evaluation to better understand the effect of improved housing on human health

### HOUSING AS PANDEMIC RESILIENCE

The Covid-19 pandemic has demonstrated that safe and sanitary homes with running water and clean energy can save lives.

- Governments and donors must ensure that housing policies radically change to prioritise affordability, environmental sustainability, energy efficiency, decent services, and space
- Reall works towards this mission through brokering to raise the profile of housing in public and private sectors
- Reall focuses on housing markets at the bottom 40% of the income pyramid
- Partnering with 'best in class' developers to deliver quality housing at a commercially viable price point

### SUSTAINABLE COMMUNITIES

By providing housing in tandem with services, sustainable communities are created where people's lives and health outcomes are improved.

- This is key for empowering people to gain a foothold in the formal economy and permanently escape the poverty cycle
- Affordable homes are capable of sustainably tackling gender inequality, strengthening climate resilience and catalysing economic development
- Affordable housing is an uncrowded \$17 trillion sector which provides a return on investment and a doorway to delivering 16 of the 17 Sustainable Development Goals