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**The impacts of core housing needs on physical and mental health outcomes: Evidence from the Canadian Housing Survey - Lawrence Agyepong**

**Introduction/background:**

Inadequate housing is a critical social determinant of health, profoundly impacting the well-being of individuals and communities. People facing housing needs are at higher risk of homelessness and more likely to experience poor health or labor market outcomes. Numerous studies have documented that housing needs are associated with diminished overall health and other adverse outcomes. While there are earlier studies examining the impact of core housing needs, health economics literature specifically focusing on Canadian context is quite limited. Our study will fill this gap by examining the impact of core housing needs, and investigating the effects of each components of core housing needs (affordability, adequacy, and suitability) on physical and mental health.

**Methods:**

Our study uses 2021 Canadian Housing Survey, a dataset includes 37,379 respondents, providing information on their health outcomes, core housing needs and socio-economic and demographic characteristics. To examine the impact of core housing needs on health outcomes, discrete choice regression models are employed. We also conduct sensitivity analysis to assess endogeneity and robustness check.

**Results and analysis:**

The results indicate that respondents in households experiencing core housing needs have approximately 39% lower odds of reporting good physical health. Furthermore, an examination of the effects of the components of core housing need reveals that housing inadequacy and unaffordability have a statistically significant negative impact on physical health, and only housing inadequacy significantly affects mental health. Even after controlling for other control variables, housing inadequacy consistently emerges as the most influential factor affecting physical and mental health across all specifications.

**Conclusions and implications for policy, practice or additional research:**

The results show that people in core housing needs are more likely to have poor physical and mental health. This evidence suggests that effective policies in addressing core housing needs have potential roles for fostering improved health, mainly through initiatives for low-income households with home repairs and maintenance.



**Program methods, activities and evaluation:**

The aim of the symposium was to listen to communities to create efficiencies and capacity to address and redress the built environment. The process involved meaningful engagement between community members, homebuilders, engineers, contractors, policy influencers and makers, and researchers. We asked the question “What are the collective actions and/or shared opportunities to address and redress housing on-reserve in Saskatchewan?”

**Program results or outcomes:**

Together we developed a framework for action to support the capacity for people working in the housing portfolio on reserve. This includes asset management, policy and governance, training and transition, and builds and procurement.

**Recommendations and implications for practice or additional research:**

Follow-up is required for taking action on the framework. We are completing a “Healthy Homes Compendium” that includes process to support healthy housing builds and maintenance, products, programs and training opportunities. As a living document, evaluation and updating will be essential.

**Promoting Health Equity: Engaging Communities and Building Neighbourhood Health and Wellness Hubs to support Place-Based Solutions - *Zhaida Uddin*****Background:**

As part of a multi partner collaborative approach, a total of 15 NHWH’s were opened and offer a range of services by OPH and community partners, a direct outcome of the Community Engagement Team advocacy work, leading to equitable and convenient access where people live. An equity, diversity and inclusion lens were applied to the development, branding and promoting of the NHWH’s.

**Learning Objectives:**

- Demonstrate how the disproportionate impacts of the COVID-19 pandemic, on racialized populations and communities facing barriers, led to the creation of a Community Engagement Team.
- Highlight achievements and key takeaways from the Neighbourhood and Wellness Hubs (NHWHs) to identify potential optimal operational models for the future.
- Apply an equity lens to the communications plan and resources to brand and promote the NHWH’s.

**Program results or outcomes:**

A summary of findings and description of all the services offered at the NHWH’s will be shared as well as uptake of the different services by the public. The program emphasizes adaptability, fosters innovation, and focuses on learning from failures for ongoing enhancement.

The program accommodates the dynamic nature of community health initiatives through flexibility, actively engaging partners and integrating their insights. It considers outcomes, processes, and contextual factors for a comprehensive understanding, and supports long-term program resilience amid changing community dynamics.

We are currently in the process of creating a developmental evaluation plan that aligns with the dynamic nature of our project.

**Recommendations and implications for practice or additional research:**

The evaluation will provide us with insights about whether the current services meet the community's needs and how to further improve, promote, and protect the health and well-being of all Ottawa's residents.