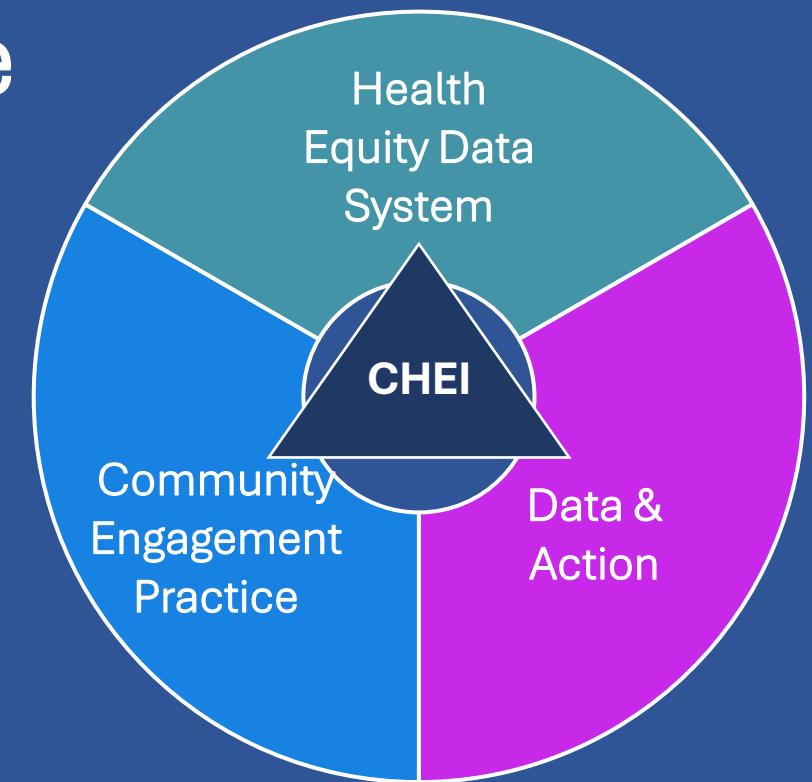




Massachusetts Department of Public Health

Community Health Equity Initiative (CHEI)

Community Health Equity Survey 2023
Housing Spotlight



Contents



The CHES 2023 Housing Report examines:

- Inequities among specific populations, stressing the need for focused solutions to improve housing conditions and stability.
- How policies and systems impact the neighborhood, residential, and individual housing factors influencing our health.
- How housing is linked to health through various pathways, including its impact on social drivers of health like employment, economic stability, social support, and violence.

1. Community Health Equity Initiative Overview
2. Housing in Massachusetts: Equity Framing and Data Overview
3. Inequities in Housing
4. Drivers of Housing and Health
5. Housing and Health Outcomes
6. Promoting Healthy Housing: Areas of Action to Address Root Causes of Inequities

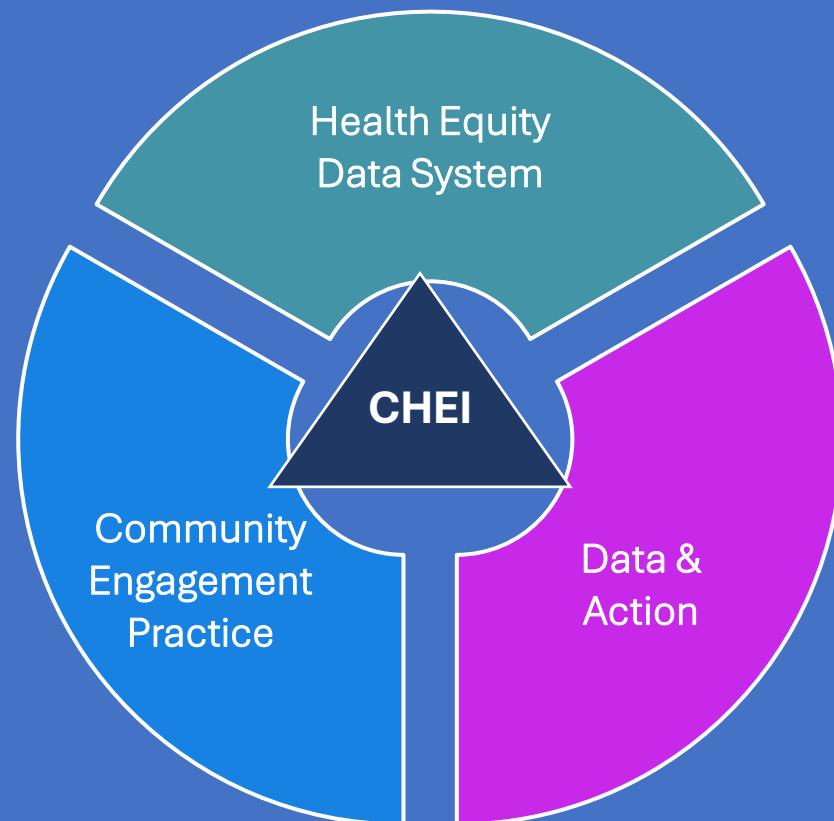
Community Health Equity Initiative (CHEI) Background

CHEI Model: Foundational Pillars



CHEI promotes the health of Massachusetts residents and reduces health inequities through a
Health Equity Data and Response System.

This public health system is built upon **Three Foundational Pillars:**



CHES 2023 Methodology Overview



Take the Community Health Equity Survey

A healthier community starts with your voice.



- CHES is an innovative, community-based survey open to **residents aged 14 and older**.
- It uses a **non-probability quota sampling** methodology
 - Identifying **Communities of Focus** (communities underrepresented in data systems and impacted by health inequities) and setting response goals from each community.
 - Partnering with community organizations working in and from Communities of Focus to do non-random sampling through engagement and outreach to meet response goals.
 - This approach centers representation of Communities of Focus in the data, so there are enough responses to do identity-specific and intersectional analyses*.
- Online data collection was open from **July 31 through October 31, 2023**.

*Pearson's chi-square test was used to assess statistical significance (differences are reported as significant at $p<0.05$).

CHES 2023: Who Responded to the Survey



CHES engagement & outreach strategies helped reach Communities of Focus

- **18,379 Massachusetts residents** completed the 2023 CHES, exceeding the goal of 12,000.
- In collaboration with **over 100 community partners**, outreach strategies reached residents in all Communities of Focus (see Appendix for sample characteristics).
 - CHES exceeded goals for the number of responses in most communities.
- The CHES 2023 sample is not representative of the Massachusetts population; it does not match all demographic characteristics
- **Sample weights** were created to better align the survey sample to statewide race & ethnicity, gender, age, and education distribution*.

More information about our **engagement strategies** and **Communities of Focus** is available [here](#).

*Sample weights were created using propensity score model weights. Percentages are weighted to the statewide age, gender, and race/ethnicity distribution of those 14-24 years.

Housing and Health Framework



Housing Equity Framing

Housing Is a Core Driver of Our Health

Our housing environment impacts nearly all aspects of our lives. Where we live shapes our access to societal resources and opportunities and the environmental exposures that contribute to our health.

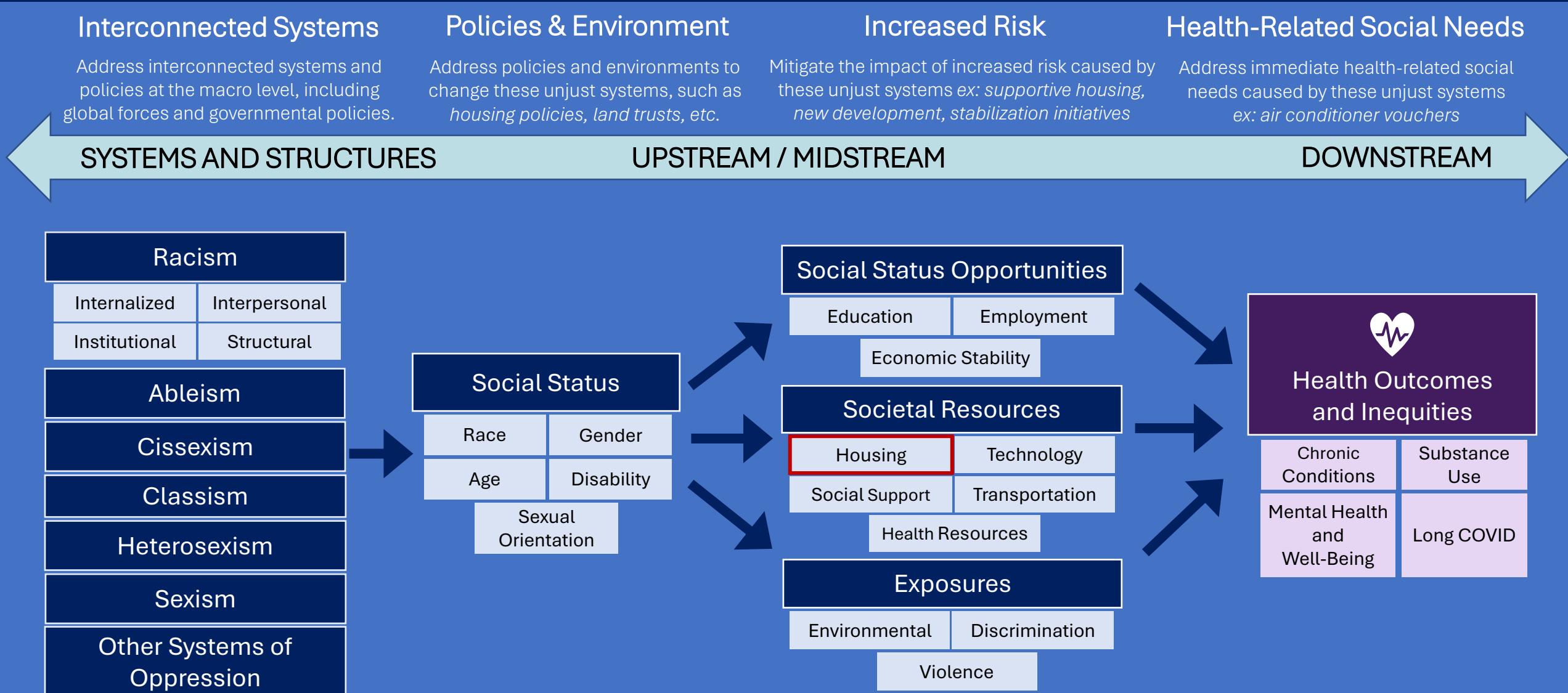
Housing Is More Than Just Having Shelter

Viewed through a public health lens, housing includes more than a roof over your head. Housing factors like neighborhood resources and exposures, residential quality and design, and housing stability and affordability impact our health.

Promoting Housing Equity Goes Beyond Focusing on Individuals

- The drivers of housing equity include factors at the systems, institutional, environment, community, and individual levels.
- Promoting housing equity requires strategies across all levels, including addressing systems and structures that drive inequities within health and housing.

CHEI Health Inequities Framework



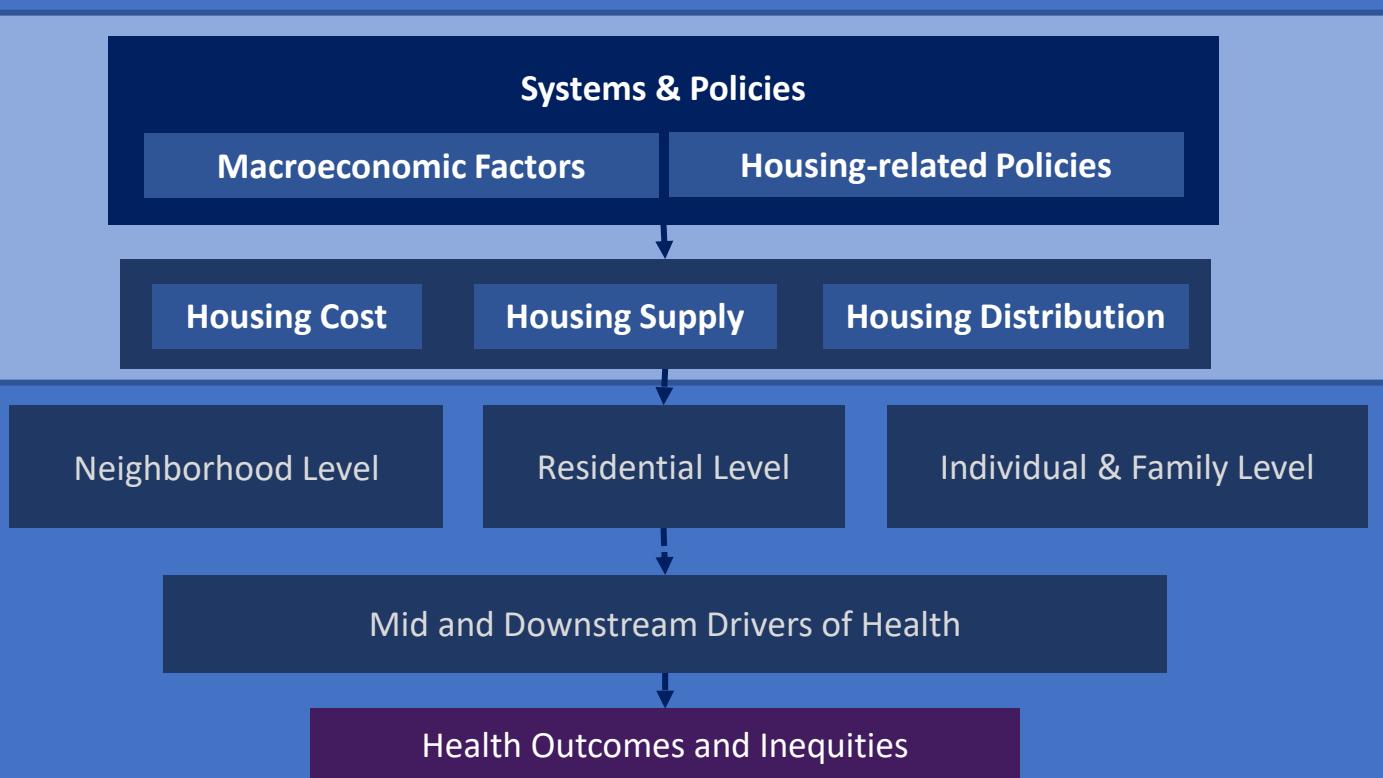
Housing and Health Framework



Housing and Health Framework



Systems and policies drive inequities in housing and health

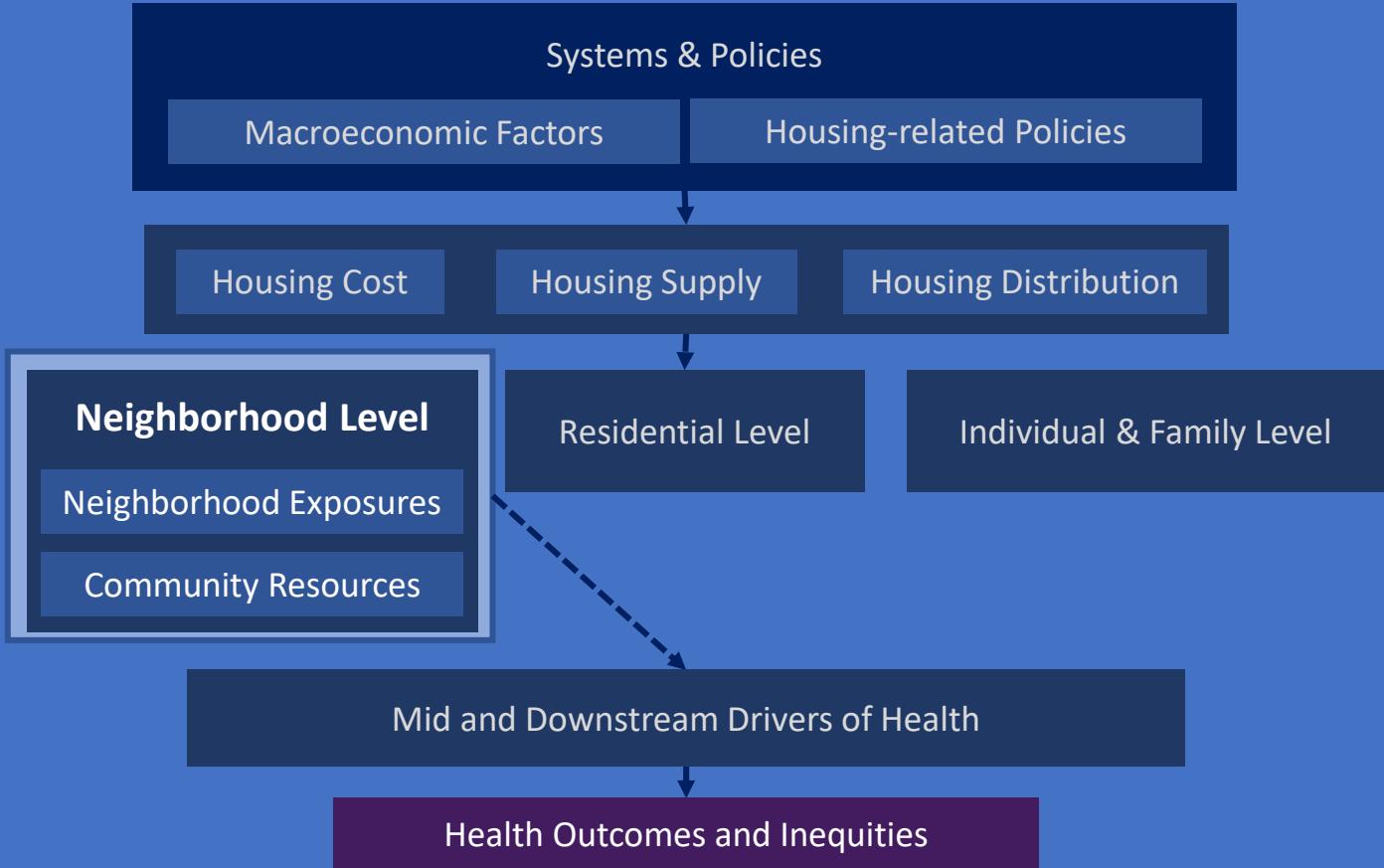


- Federal, state, and local housing regulations and policies shape the overall housing landscape. They influence housing cost, supply, and distribution, which in turn shape characteristics of our housing environment at multiple levels: neighborhood, residential, and individual and family.
- Housing and economic systems and policies can create advantages for some and disadvantages for others. This can lead to inequitable access to safe, affordable housing and to chances to build wealth over generations.¹

Housing and Health Framework



Neighborhood-level housing factors are linked to key drivers of health

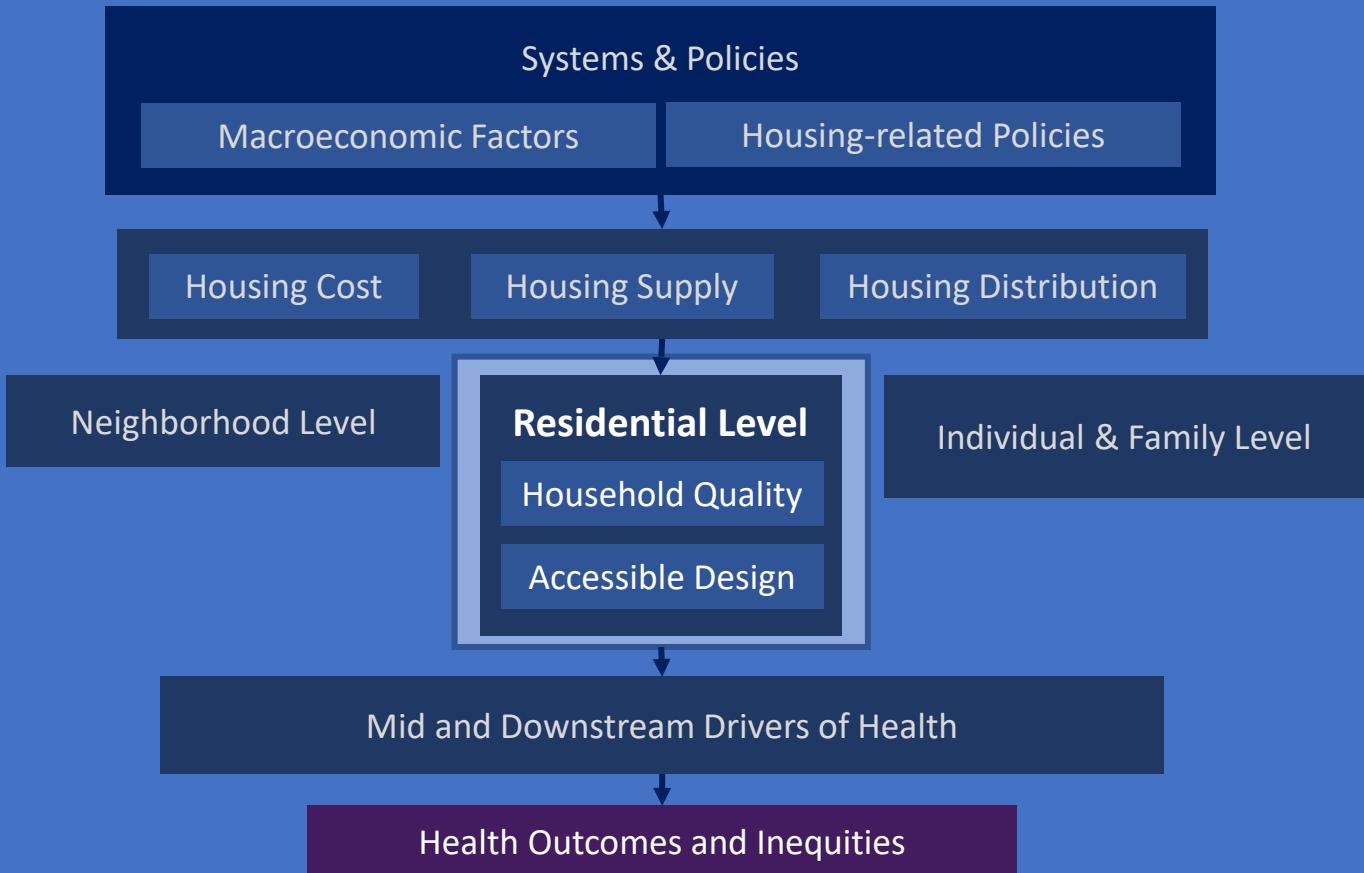


- Where we live strongly impacts our access to community resources that influence our health, such as transportation, green space, education, and job opportunities. Our neighborhoods can also shape our social networks and the level of social support we receive.²
- Inequities in neighborhood exposures and community resources contribute to creating and sustaining social inequities.³
- Key neighborhood-level exposures, such as violence, crime, and environmental hazards, are closely connected to our physical and mental health. These exposures are influenced by systemic racism and policies related to segregation, land use, and social controls.⁴

Housing and Health Framework



Housing conditions, quality, and design influence our health

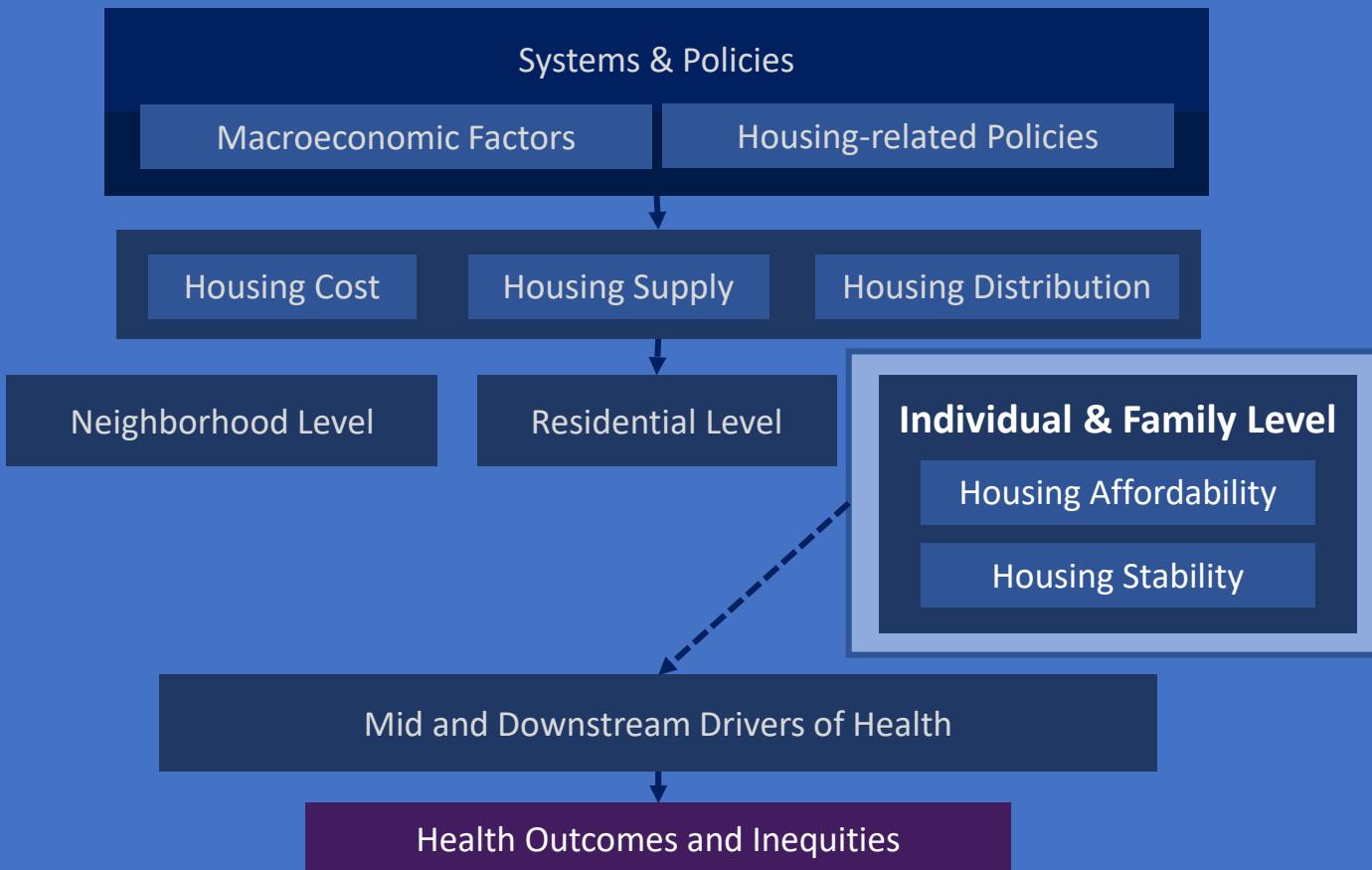


- Housing conditions, quality, and design affect the health-related exposures individuals may encounter in their homes.
- Household exposures such as carbon monoxide, extreme temperatures, pests, and mold can cause or worsen chronic conditions, infectious diseases, and long-term stress.⁵
- Poor housing quality and inaccessible design can limit physical access and mobility within homes, increasing the risk of injury, especially for individuals with disabilities.⁶

Housing and Health Framework



Housing affordability and stability are essential for achieving health equity



- Housing affordability is closely tied to overall economic stability and access to basic needs. Individuals and families who spend a large portion of their income on housing and related costs face a higher risk for food insecurity and poor health outcomes.⁷
- Unaffordable housing can lead to overcrowding, which may harm relationships, increase the risk of infectious diseases, and contribute to poor sleep quality and chronic stress.⁸

Housing in Massachusetts

2023 CHES Housing Indicators



Housing Stability*

Respondents were asked to describe their current living situation, including whether they have a steady place to live, are worried about losing their housing, or have no steady place to live.

Housing Expenses

Respondents were asked to report if they had trouble paying for various basic needs, including housing, in the past 12 months.



Housing and Rental Assistance

Respondents were asked to report if they had applied for or received housing/rental assistance or the Housing Choice Voucher Program in the past 12 months.

Issues in Current Housing

Respondents were asked to report any current issues in their housing, such as lead paint or pipes, mold or water leaks, pests, and overcrowding.

Current Living Arrangement

Respondents with a steady place to live were asked about their current living arrangements, such as whether they rent or own their home.

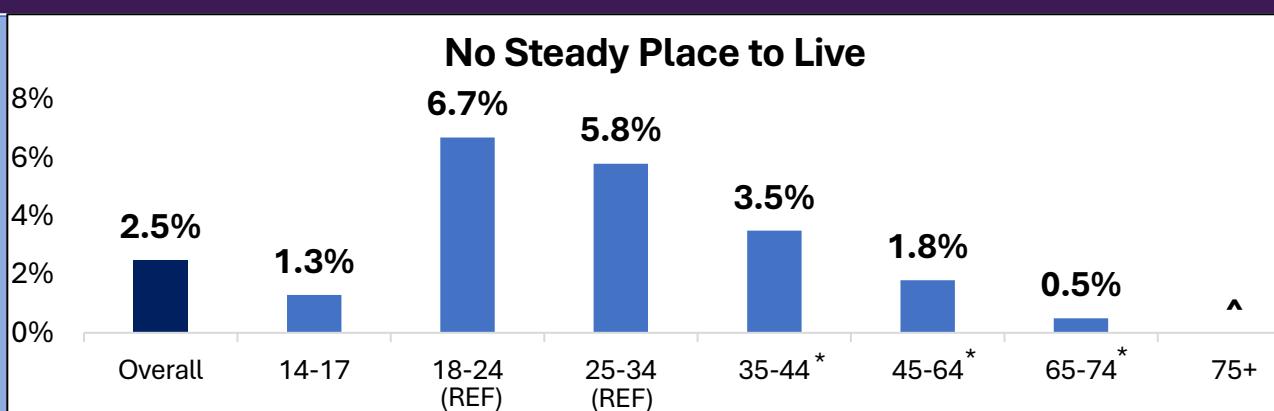
*In this report, “housing instability” refers to responses of “no steady place” to live or “worried about losing” housing. When the sample size allows, these responses are reported separately.

Housing in Massachusetts

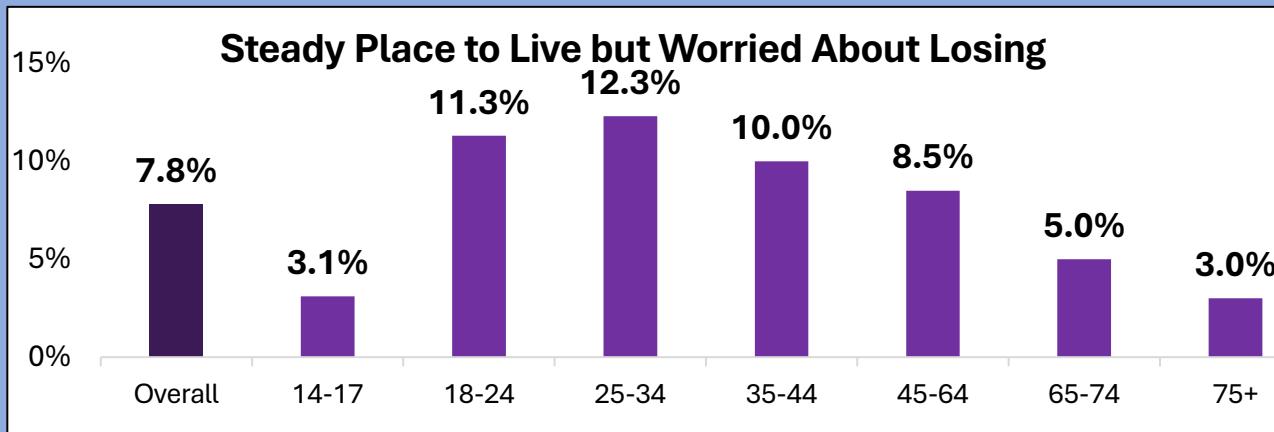


Housing Instability

MA Housing Instability by Age Group (Years)



Steady Place to Live but Worried About Losing



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

^ Data within the category are not reported due to small numbers.

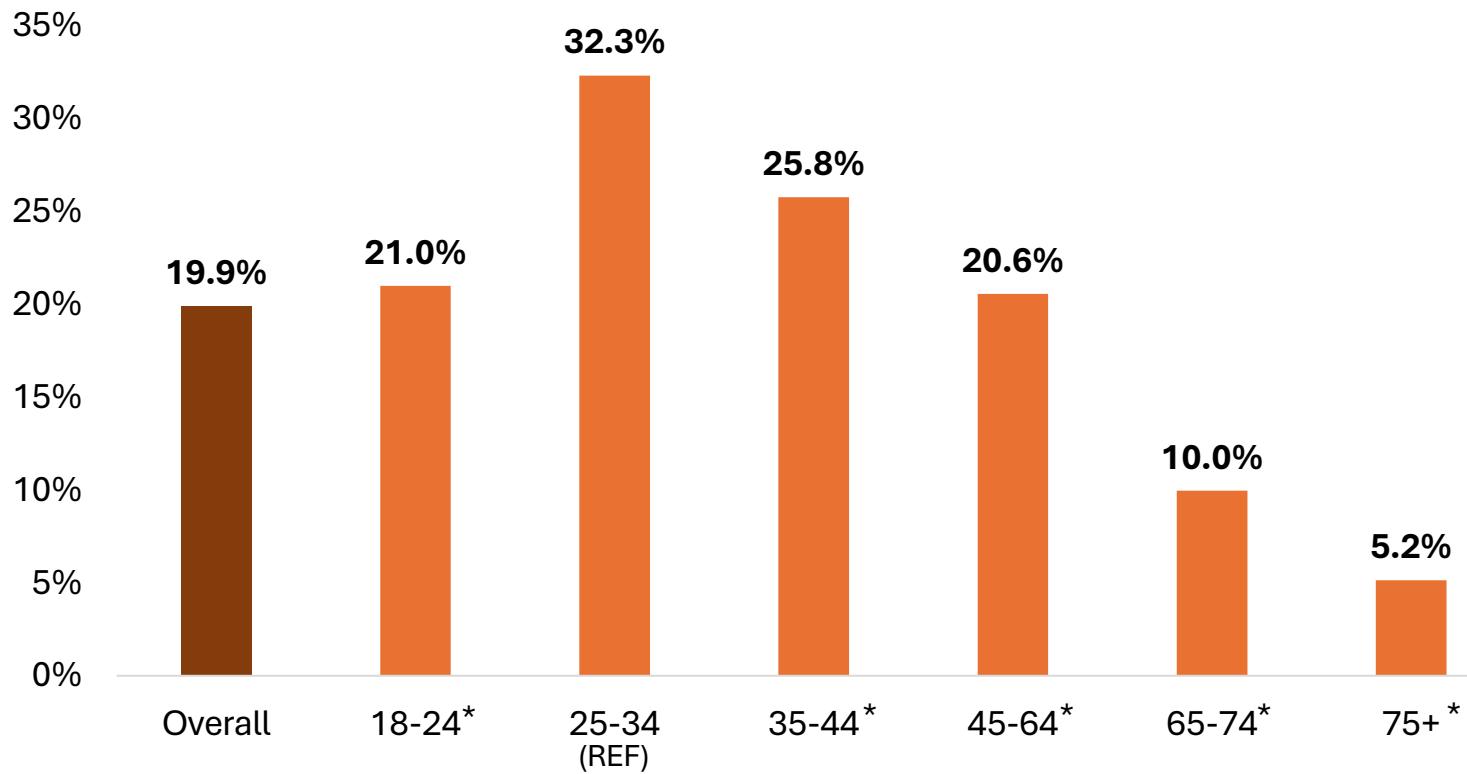
- Overall, 2.5% of respondents reported not having a steady place to live, and 7.8% reported having a place to live for now but worried about losing it.
- Adults between 18 and 34 reported the highest* rate of housing instability compared to other age groups.
- The most common concerns among adults (aged 18+) with steady housing but worried about losing it included housing **affordability** (33.6%), **financial issues** (25.0%) related to income and job stability, **personal issues** (12.5%) related to health or relationships, **fear of being kicked out** (7.6%), and **housing availability** (6.2%).

Housing in Massachusetts



Difficulty Paying for Housing Expenses

MA Adults (18+): Trouble Paying for Housing Expenses by Age Group (Years)



- Approximately **1 in 5** adults reported having trouble paying for housing-related expenses in the past year.
- Nearly **1 in 3** adults between the ages of **25 and 34** reported having trouble paying for housing-related expenses in the past year, the highest* of all age groups.

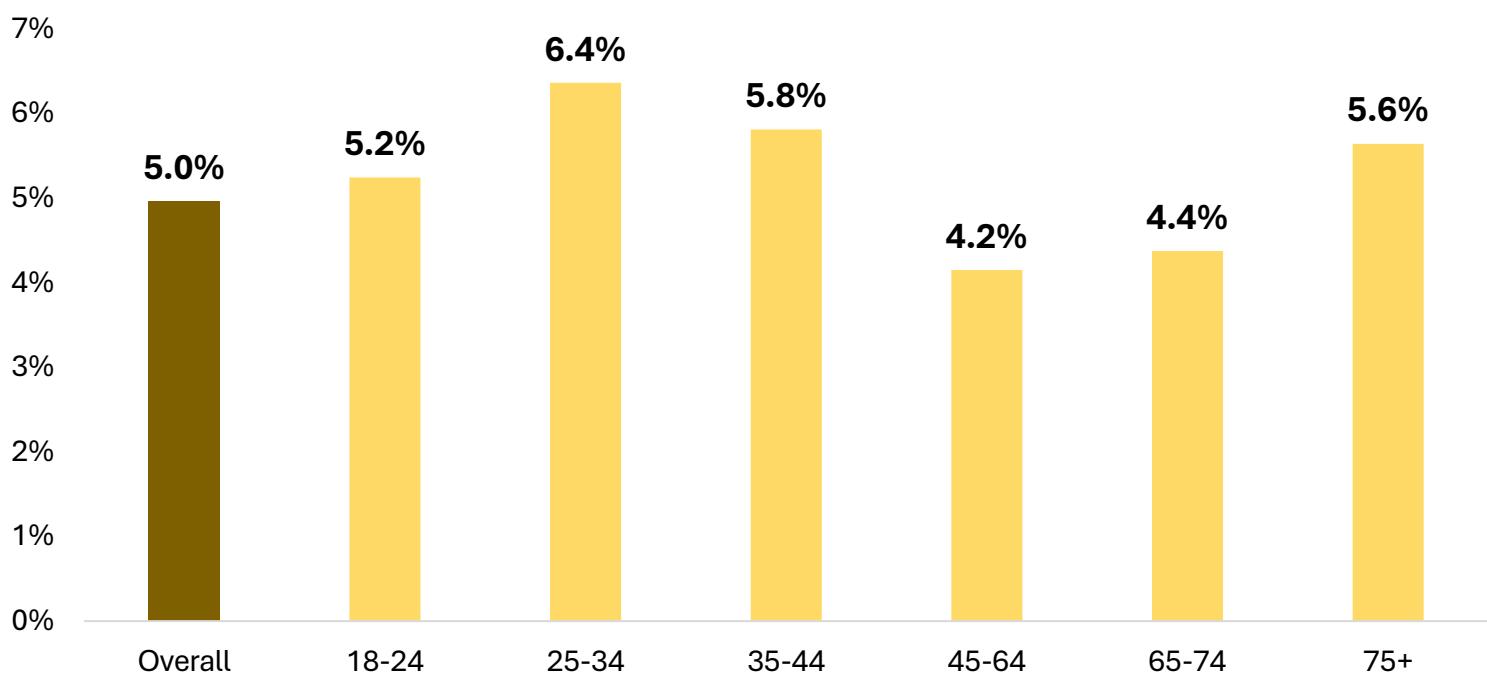
* Denotes rates were significantly different ($p<0.05$) compared to the reference group (REF).

Housing in Massachusetts



Applying for or Receiving Housing Assistance

MA Adults (18+) Who Applied for or Received Housing Assistance in the Past Year by Age Group (Years)



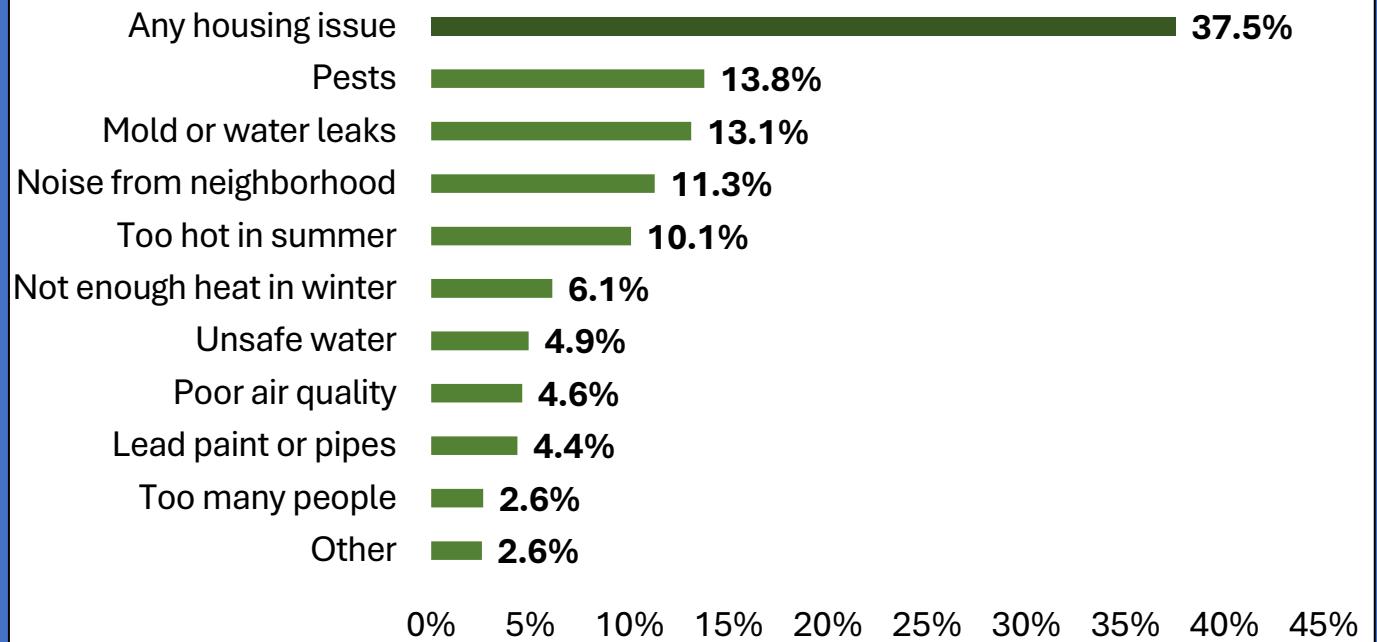
Across adult age groups, the rate of having applied for or received housing assistance ranged between 4.2 – 6.4%.

Housing in Massachusetts



Issues in Current Housing

Reported Issues in Current Housing Among MA Adults (18+) With Steady Housing



Over 1 in 3 adults reported issues in their current home.

The most frequently reported issues include:

- **Pests** such as bugs, roaches, mice, or rats
- **Mold or water leaks** (13.1%)
- **Noise from the neighborhood** (11.3%)
- **Too hot during the summer** (10.1%)

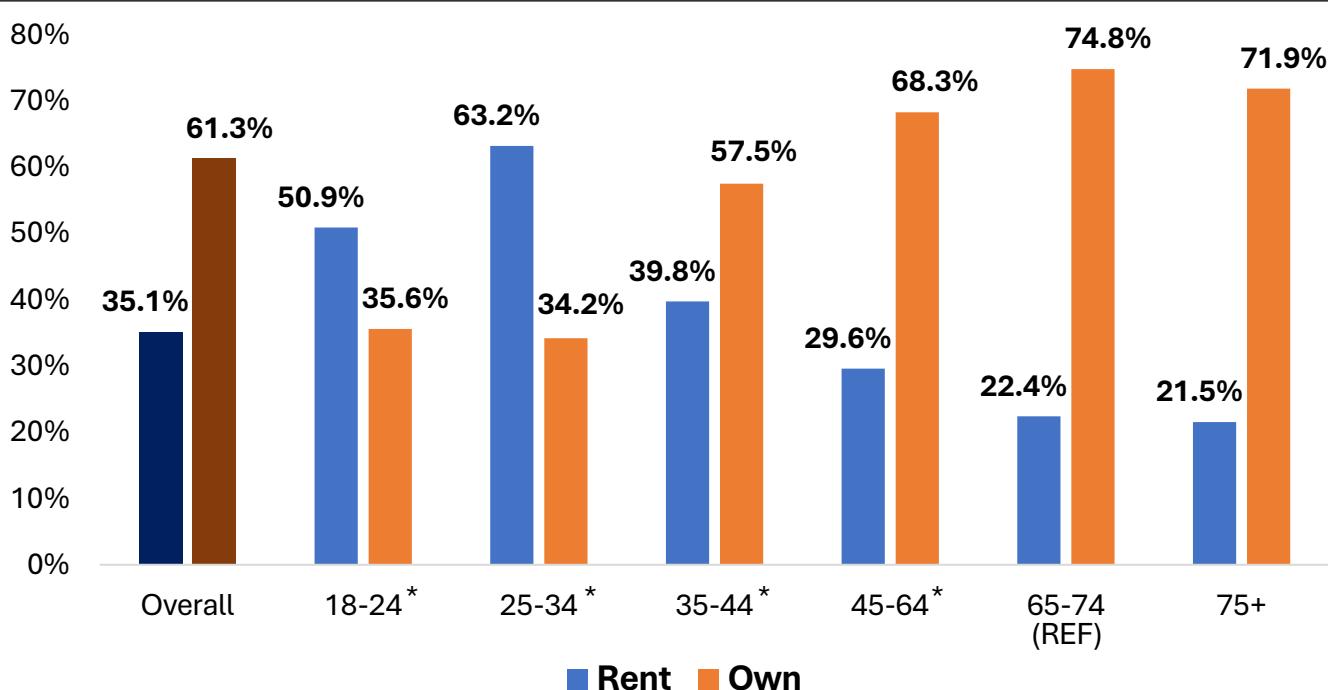
Principles for Healthy Homes and resources around common issues in housing are available here: [Twelve Principles for Healthy Homes | Mass.gov](#)

Housing in Massachusetts



Current Living Arrangement

MA Adults (18+) Current Living Arrangement[†]
by Age Group (Years)



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

[†]Responses of group or congregate settings, university or school dormitory, and other are not presented and thus bar percentages may not sum to 100.

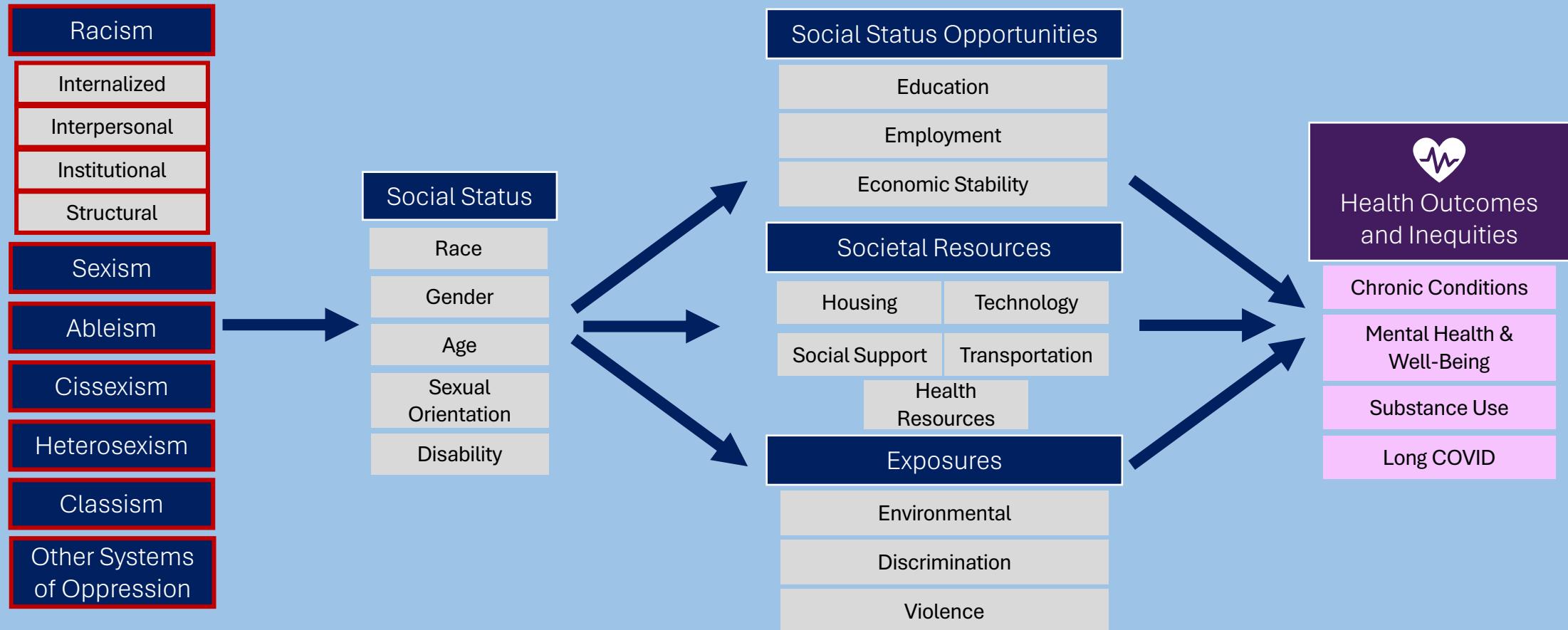
- Homeownership rates were highest among older adults, with adults **aged 65-74** reporting the highest rate* (74.8%) compared to adults aged 18-64.
- **2 out of 3** adults aged 25-34 rented their homes, a rate almost **3 times*** that of adults aged 65-74.
- Nationally, home ownership rates among residents aged 25-34 have decreased in the past decades from 50% in 2006 to 42% in 2023.⁹

Housing Inequities

Drivers of Health Inequities



Upstream Drivers of Health Inequities



Housing Inequities



Communities Experiencing Housing Inequities: People of Color

Systemic Racism and Housing Inequities

Many communities of color face housing inequities, including high rates of housing insecurity and low homeownership rates. These inequities stem from past and present policies and practices driven by systemic racism. Some examples are highlighted below.

Racial Segregation and Redlining

Racial segregation is one of the most impactful drivers of economic and health inequities in the United States. Historical laws, housing policies, and institutional practices enforced racial segregation and redlining in the United States. These actions created and maintained racially distinct neighborhoods and led to unjust home devaluation and neighborhood disinvestment within communities of color.¹⁰

Forced Relocation and Land Loss

Inequities in health, housing, and socioeconomic status experienced by Tribal and Indigenous Peoples across the United States can be traced back to traumatic land-based events throughout US history. These include 19th century expansionist federal policies and court rulings that resulted in the forced removal of land, the dismantling of tribal sovereignty, and countless deaths among tribal nations.¹¹

GI Bill

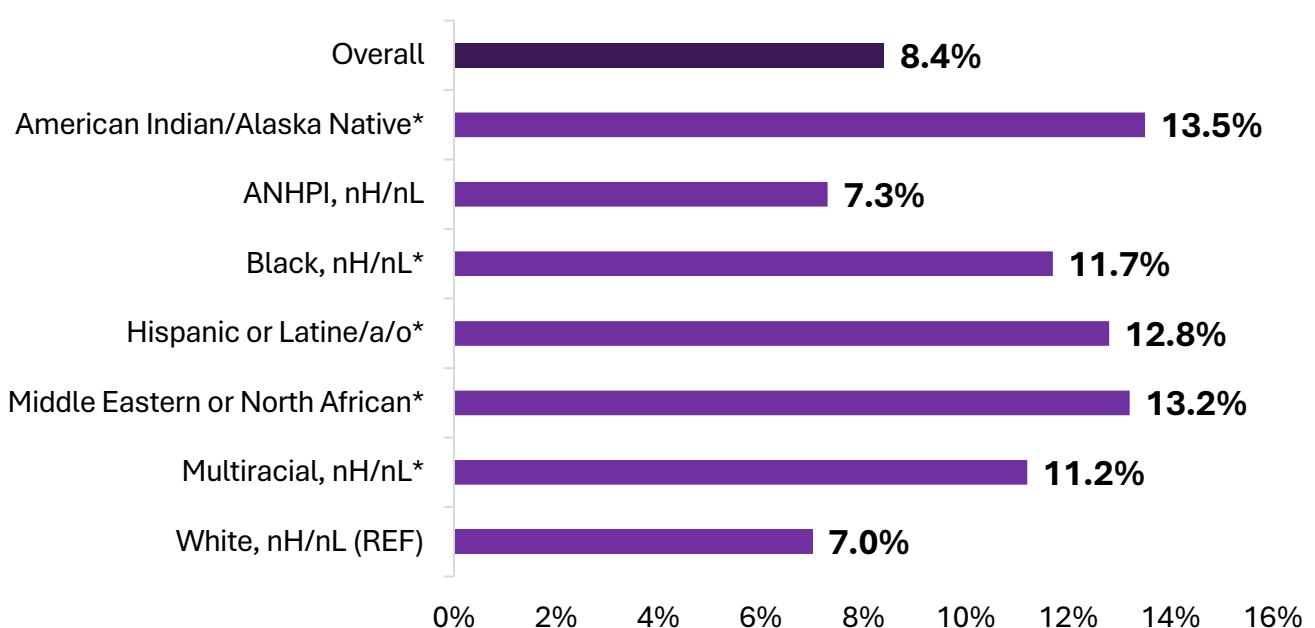
The GI Bill was created to provide veterans of World War II with opportunities related to higher education, employment, and housing. However, racist tactics and practices resulted in 1.2 million Black veterans being denied access to the benefits provided, which has contributed to the inequitable homeownership rates that persist today.¹²

Housing Inequities



Communities of Color: Reported Worry About Losing Housing

MA Adults (18+) With a Steady Place to Live but Worried About Losing It by Race/Ethnicity



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

ANHPI = Asian, Native Hawaiian, Pacific Islander

nH/nL = non-Hispanic/non-Latino-a-e; American Indian/Alaskan Native and Middle Eastern or North African groups include Hispanic/Latine respondents as these groups were given primacy in coding if multiple options were selected to increase reportability of these groups.

American Indian or Alaska Native, Black or African American, Hispanic or Latine/a/o, Middle Eastern or North African, and Multiracial respondents reported higher rates* of worry about losing their current housing compared to White respondents.

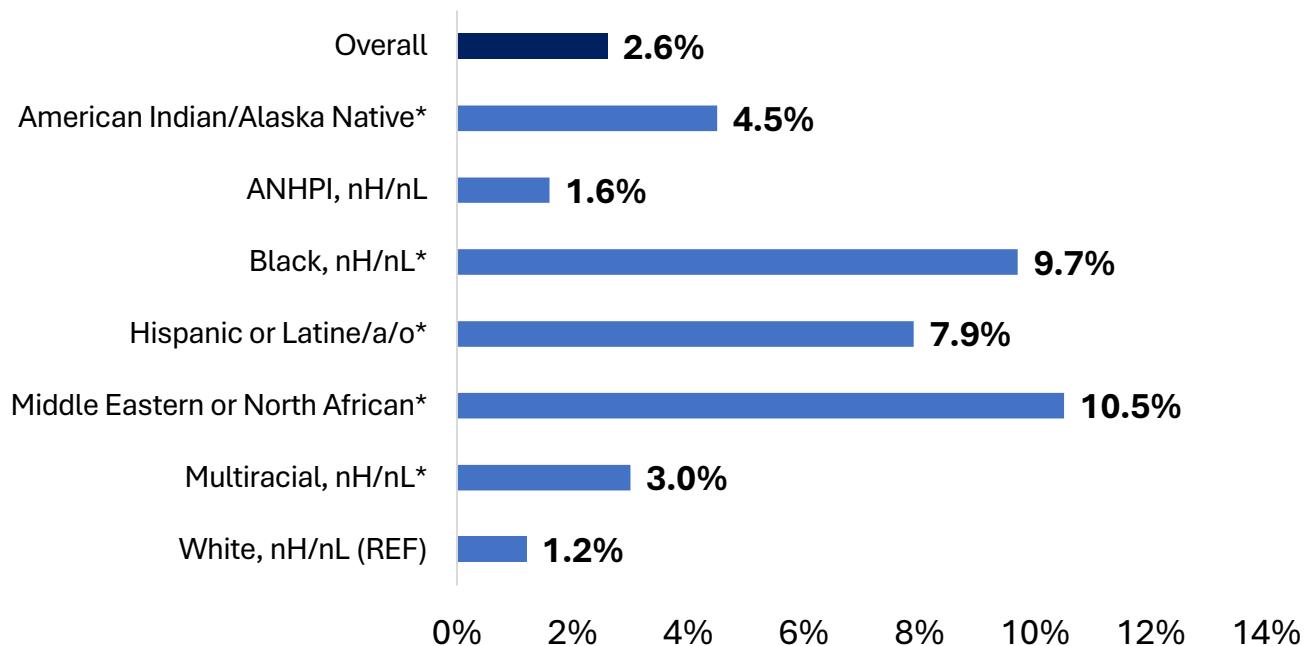
- American Indian or Alaska Native and Middle Eastern or North African adult respondents reported worry about losing their current housing at almost 2 times the rate* of White respondents.

Housing Inequities



Communities of Color: Reported No Steady Place to Live

MA Adults (18+) With No Steady Place to Live by Race/Ethnicity



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

ANHPI = Asian, Native Hawaiian, Pacific Islander

nH/nL = non-Hispanic/non-Latino-a-e

Middle Eastern or North African, Black or African American, Hispanic or Latine/a/o, American Indian/Alaska Native, and Multiracial adult respondents were more likely* to report having no steady place to live than White respondents.

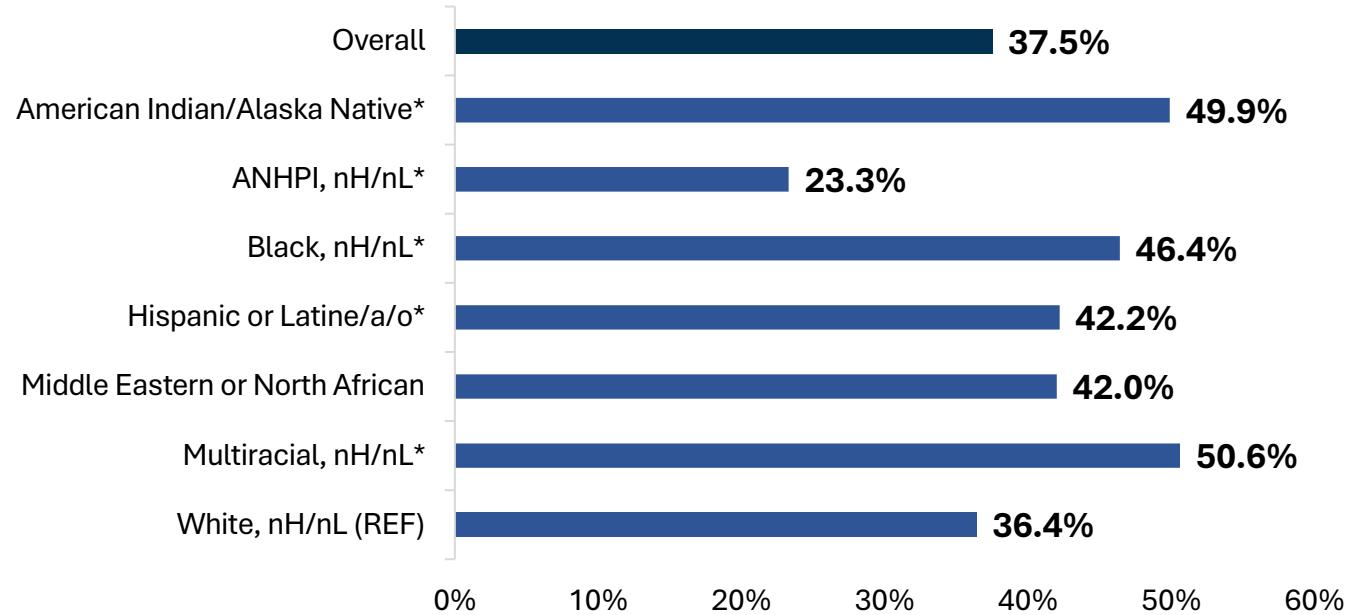
- Middle Eastern or North African adult respondents reported having no steady place to live at **over 8 times** the rate* of White respondents (10.5% compared to 1.2%).

Housing Inequities



Communities of Color: Reported Issues in Current Housing

MA Adult (18+) Reporting Any Housing Issue[†] by Race/Ethnicity



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

nH/nL = non-Hispanic/non-Latino-a-e

[†]Housing issues include lead paint or pipes, mold or water leaks, noise from the neighborhood, pests, not enough heat in winter, too hot during the summer, poor air quality or air pollution, too many people, and unsafe drinking water.

Multiracial, American Indian/Alaska Native, Black, and Hispanic/Latine-a-o respondents were more likely* to report issues in housing relative to White respondents.

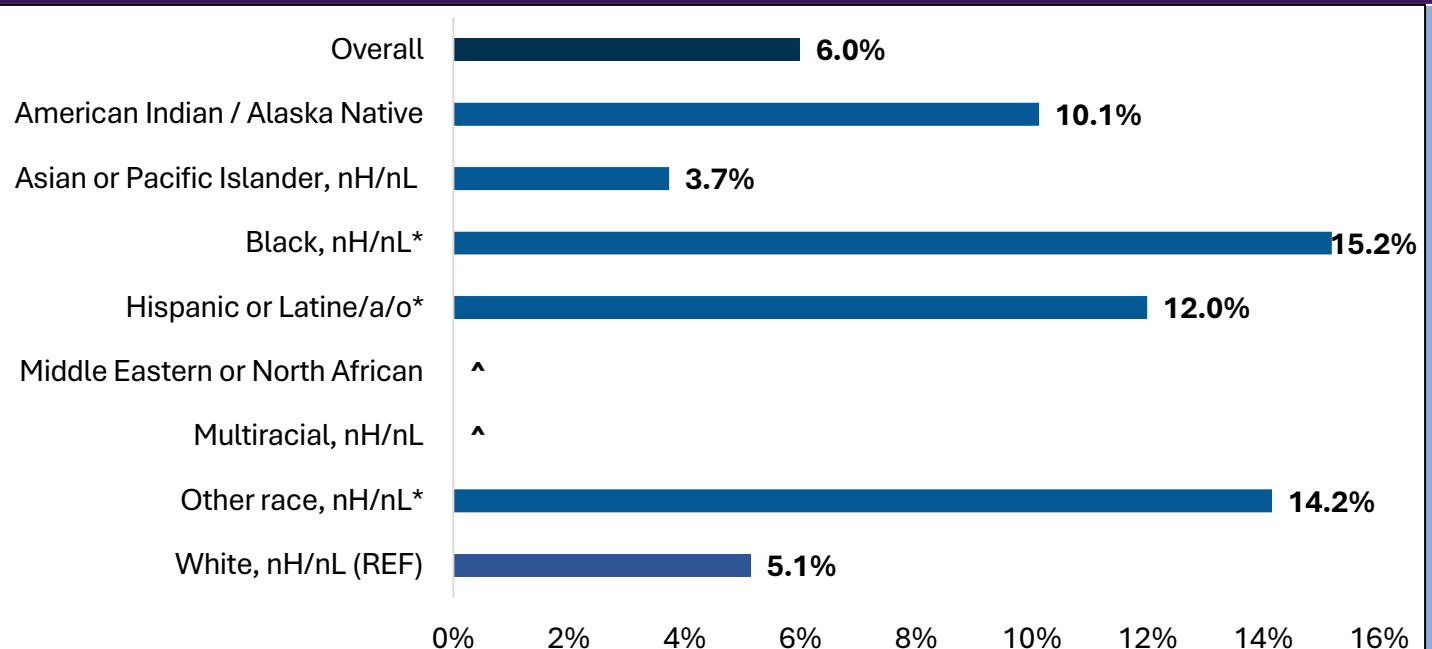
- Among **Multiracial** respondents, the most frequently reported housing issues were mold (23.8%) and pests (23.6%).
- Among **American Indian or Alaska Native** respondents, the most frequently reported housing issues were mold (21.3%) and pests (17.9%).
- Among **Black or African American** respondents, the most frequently reported housing issues were neighborhood noise (16.0%) and pests (15.5%).

Housing Inequities



Older Adults of Color: Reported Housing Instability

MA Older Adults (60+) With No Steady Place to Live or a Steady Place to Live but Worried About Losing by Race/Ethnicity



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

ANHPI = Asian, Native Hawaiian, Pacific Islander

nH/nL = non-Hispanic/non-Latino-a-e

^ Data within the category are not reported due to small numbers.

Although older adults had lower housing instability than younger adults overall, among older adults those identifying as **Black or African American, Other race, or Hispanic or Latine/a/o** reported higher rates* of being worried about losing their current housing or not having a steady place to live compared to White respondents.

- **Black or African American** older adults were **3 times** as likely* to report having no steady place to live or being worried about losing their current housing compared to White, nH/nL older adults (15.2% compared to 5.1%).

Housing Inequities



Communities Experiencing Housing Inequities: LGBTQA+ Community

Diversity Within the LGBTQA+ Community

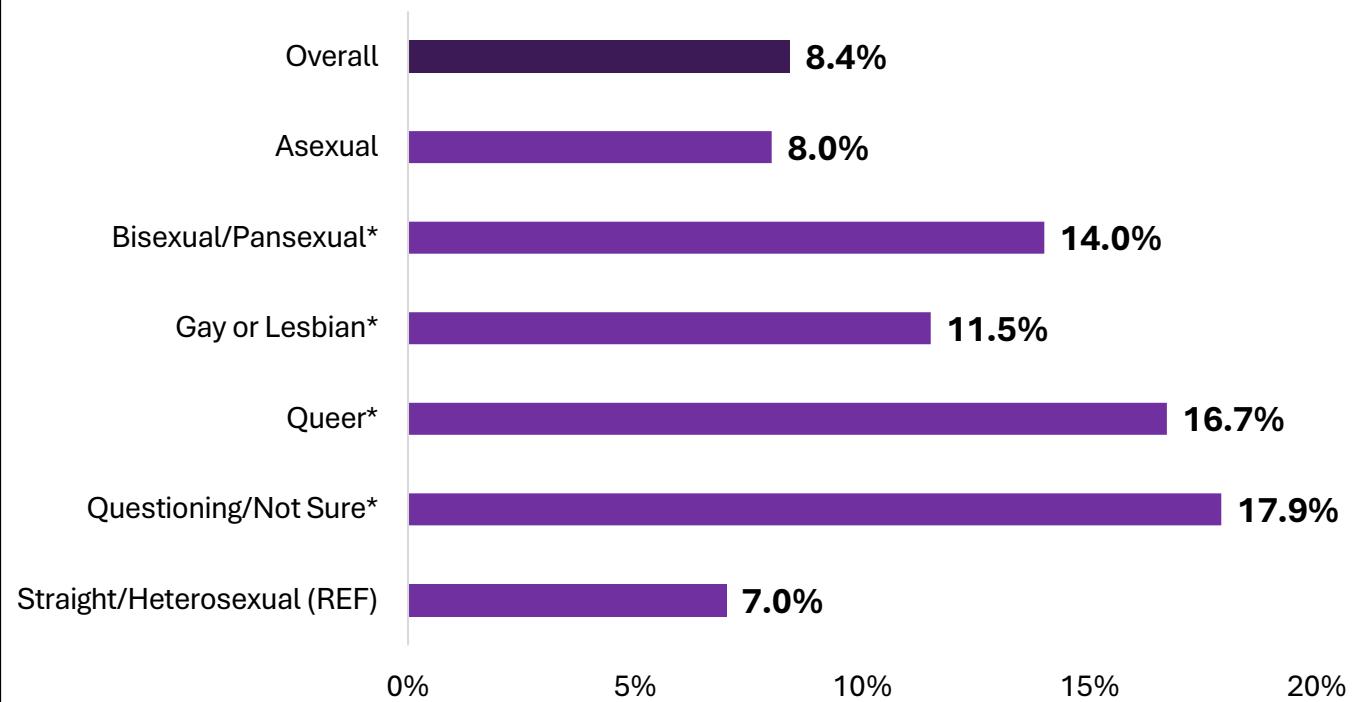
The Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Asexual (LGBTQA+) community includes individuals with a diverse range of identities and expressions of gender and sexual orientation and experiences. Understanding the strengths, challenges, and unique experiences of both the LGBTQA+ community and individual identities is essential.

Systems of Oppression and Housing Inequities

The LGBTQA+ community has faced a long history of discrimination, violence, and denial of civil and human rights, leading to higher poverty rates, lower homeownership rates, and a greater risk of homelessness. Many U.S. housing, lending, and social service laws do not explicitly prohibit discrimination based on sexual orientation and gender identity, leaving many LGBTQA+ individuals vulnerable to housing discrimination.¹³

LGBQA+ Communities: Reported Worry About Losing Housing

MA Adults (18+) With a Steady Place to Live but Worried About Losing It by Sexual Orientation



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

Adults who identified their sexual orientation as **questioning, queer, bisexual/ pansexual or gay or lesbian** were more likely* to report concerns about losing their housing compared to those who identified as straight or heterosexual.

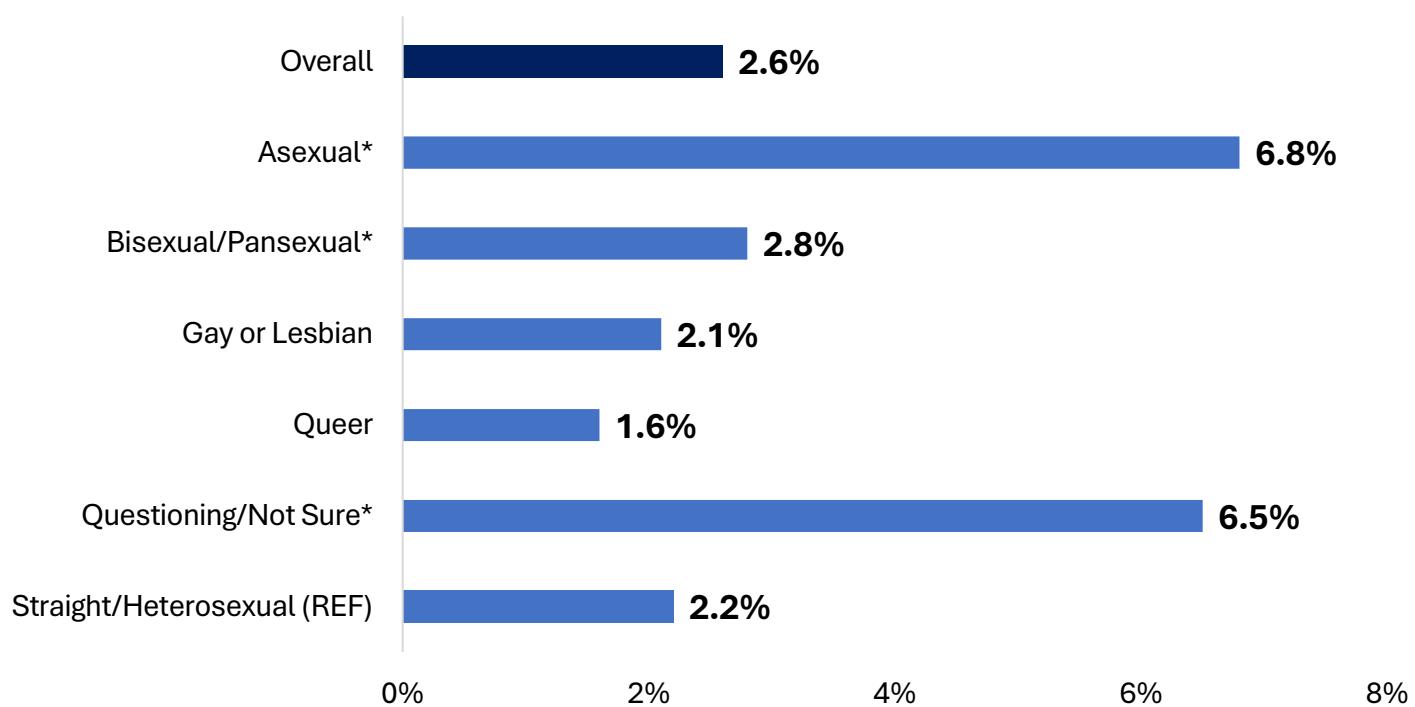
- Queer and questioning adults reported worry over losing housing at **over 2 times** the rate* of straight/heterosexual adults.

Housing Inequities



LGBQA+ Communities: Reported No Steady Place to Live

MA Adults (18+) With No Steady Place to Live by Sexual Orientation



Adults who identified as **asexual, questioning, or bisexual/pansexual** were more likely* to report not having a steady place to live compared to those who identified as straight or heterosexual.

- **Asexual** adults reported no steady place to live at **over 2 times** the rate* of straight/heterosexual adults.

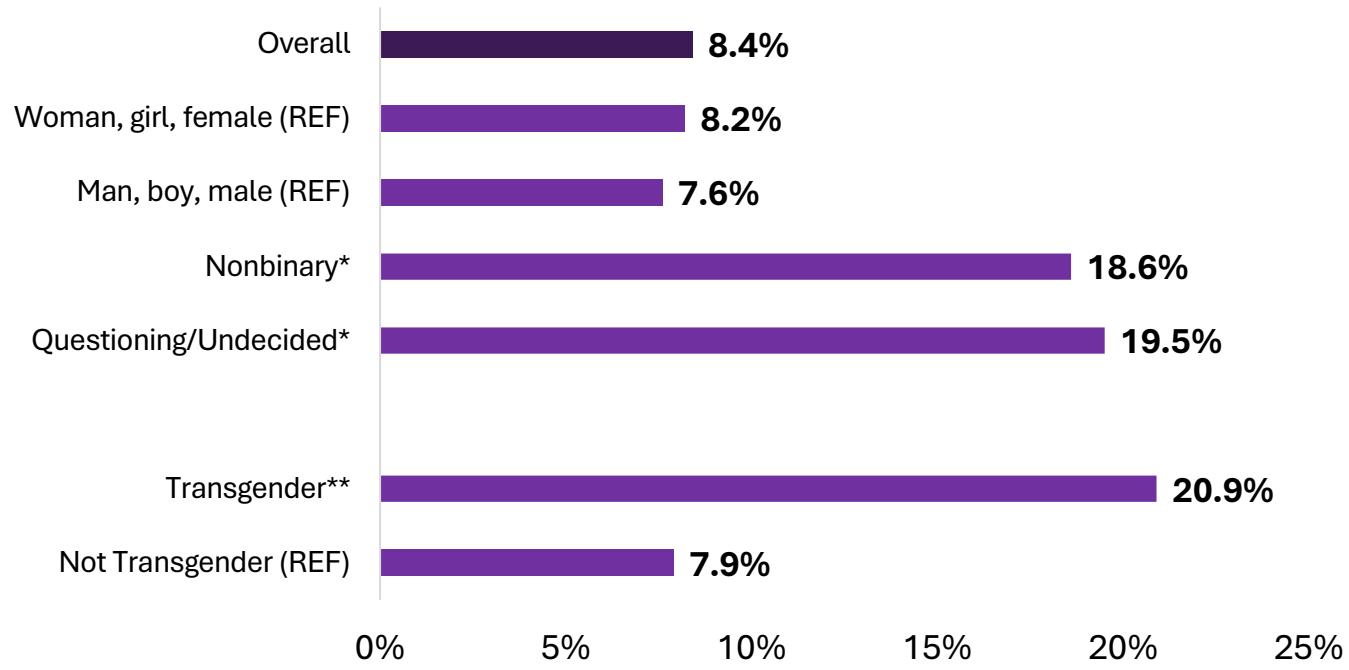
* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

Housing Inequities



Gender Diverse Communities: Reported Worry Over Losing Housing

MA Adults (18+) With a Steady Place to Live but Worried About Losing It by Gender Identity



- Adults who identified as **nonbinary** or **questioning** were **over 2 times** as likely* to report concerns about losing their housing compared to those who identified as a woman or man.
- Over **1 in 5** adults who identify as **transgender** reported being worried about losing their current housing, **almost 3 times** the rate** of non-transgender adults.

* Denotes rate is significantly different ($p<0.05$) compared to each reference group (REF), woman and man, separately.

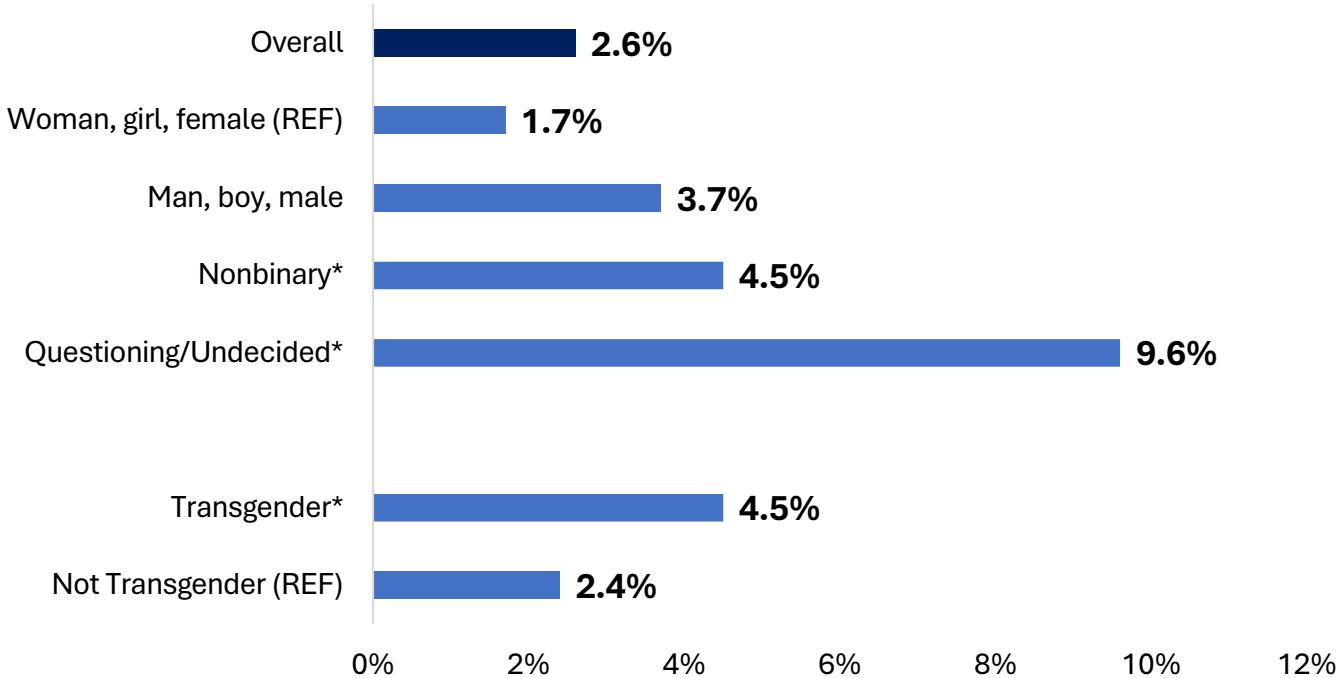
** Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF), not transgender.

Housing Inequities



Gender Diverse Communities: Reported No Steady Place to Live

MA Adults (18+) With No Steady Place to Live by Gender Identity



* Denotes rate is significantly different ($p<0.05$) compared to the reference group.

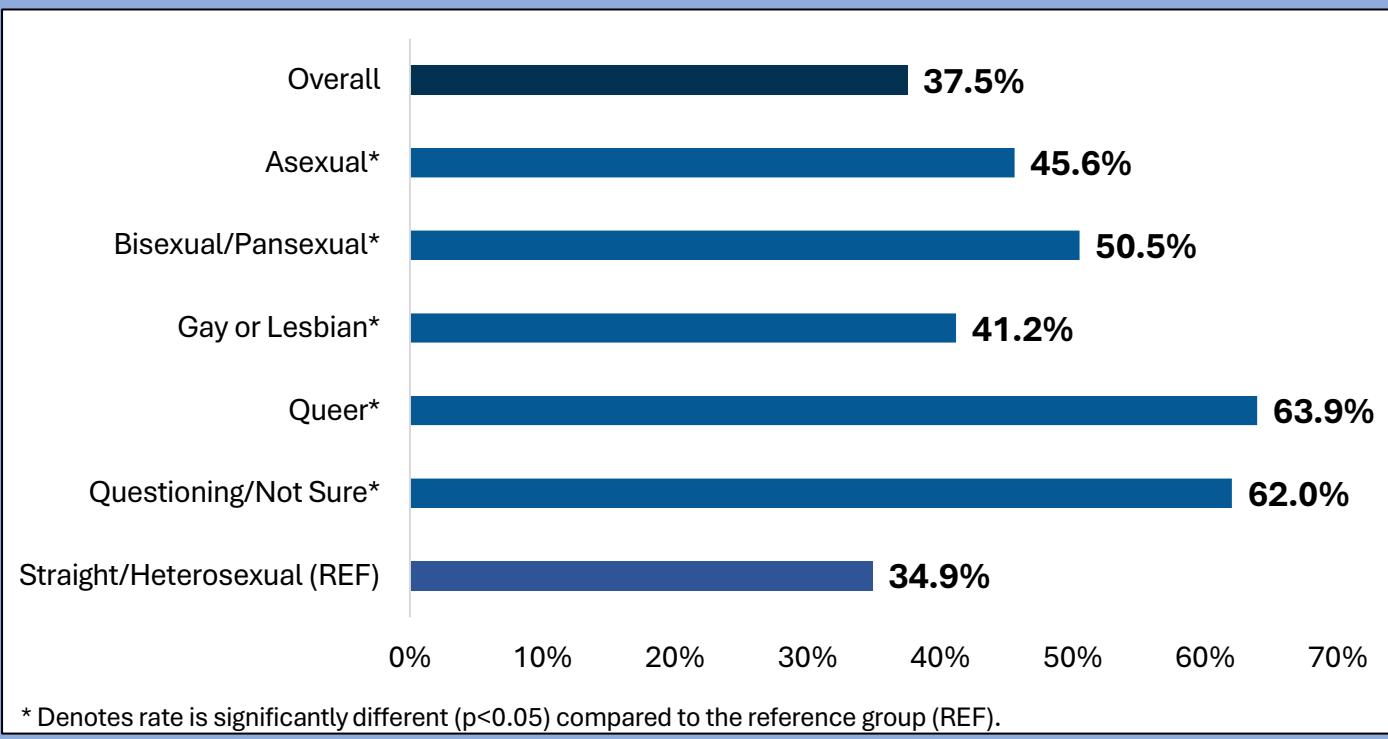
- Adults who identified as **nonbinary** or **questioning** were more likely* to report having no steady place to live compared to those who identified as a woman.
- Those who identified as **transgender** were **almost 2 times** as likely* to report having no steady place to live compared to those who identified as not transgender.

Housing Inequities



LGBQA+ Communities: Reported Issues in Housing Conditions

MA Adults (18+) Reporting Any Housing Issue[†] by Sexual Orientation



Adults who identified as **asexual**, **bisexual/pansexual**, **gay**, **lesbian**, **queer**, and **questioning** were more likely* to report issues in their current housing compared to those that identified as straight or heterosexual.

- Almost 2 out 3 queer and questioning adults reported at least one housing issue.

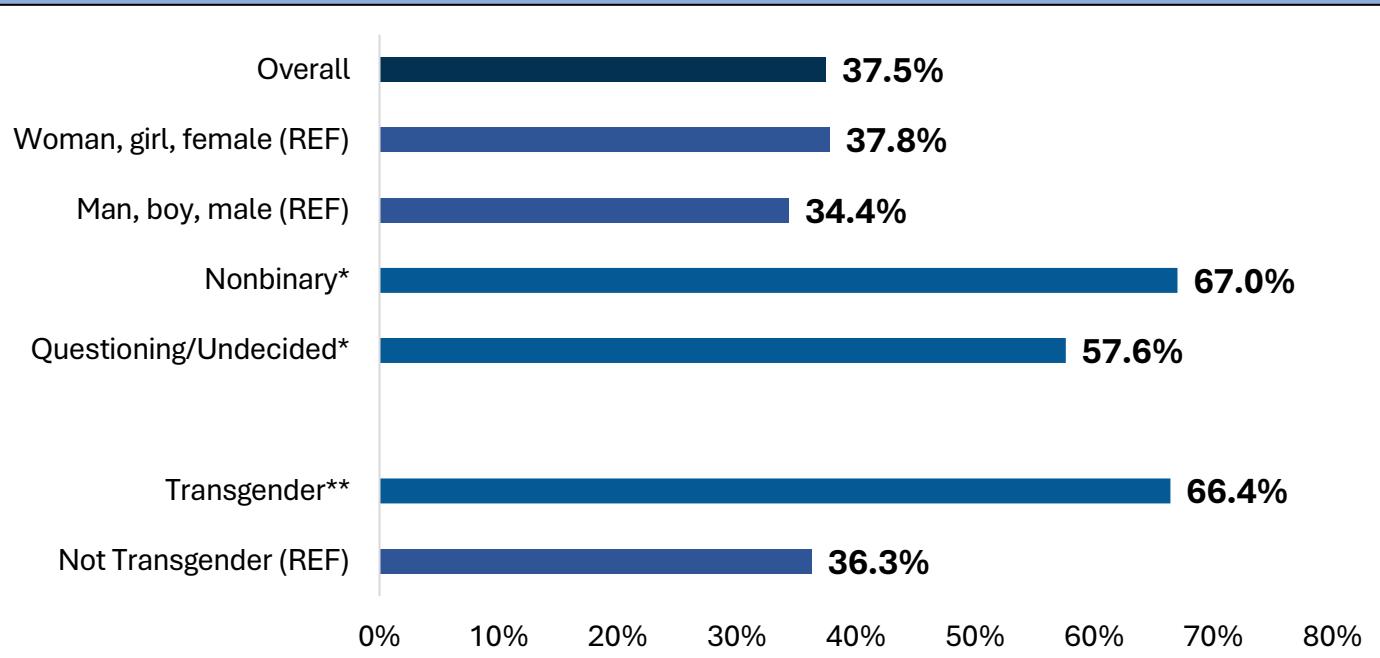
[†] Housing issues include lead paint or pipes, mold or water leaks, noise from the neighborhood, pests, not enough heat in winter, too hot during the summer, poor air quality or air pollution, too many people, and unsafe drinking water.

Housing Inequities



Gender Diverse Communities: Reported Issues in Housing Conditions

MA Adults (18+) Reporting Any Housing Issue[†] by Gender Identity



* Denotes rate is significantly different ($p<0.05$) compared to each reference group (REF), woman and man, separately.

** Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF), not transgender.

[†] Housing issues include lead paint or pipes, mold or water leaks, noise from the neighborhood, pests, not enough heat in winter, too hot during the summer, poor air quality or air pollution, too many people, and unsafe drinking water.

- Adults who identified as **nonbinary** and **questioning** were more likely* to report having issues in their current housing compared to those who identified as a woman or man.
- About 2 in 3 adults who identify as **transgender** reported experiencing issues in their current housing. The most frequently reported issues were mold (25.3%), pests (23.8%), and being too hot during summers (24.6%).

Housing Inequities



Communities Experiencing Housing Inequities: People with Disabilities

Diversity Among People with Disabilities

People with disabilities are a diverse group of individuals with a wide range of identities, abilities, and lived experiences.

Ableism and Housing Injustices

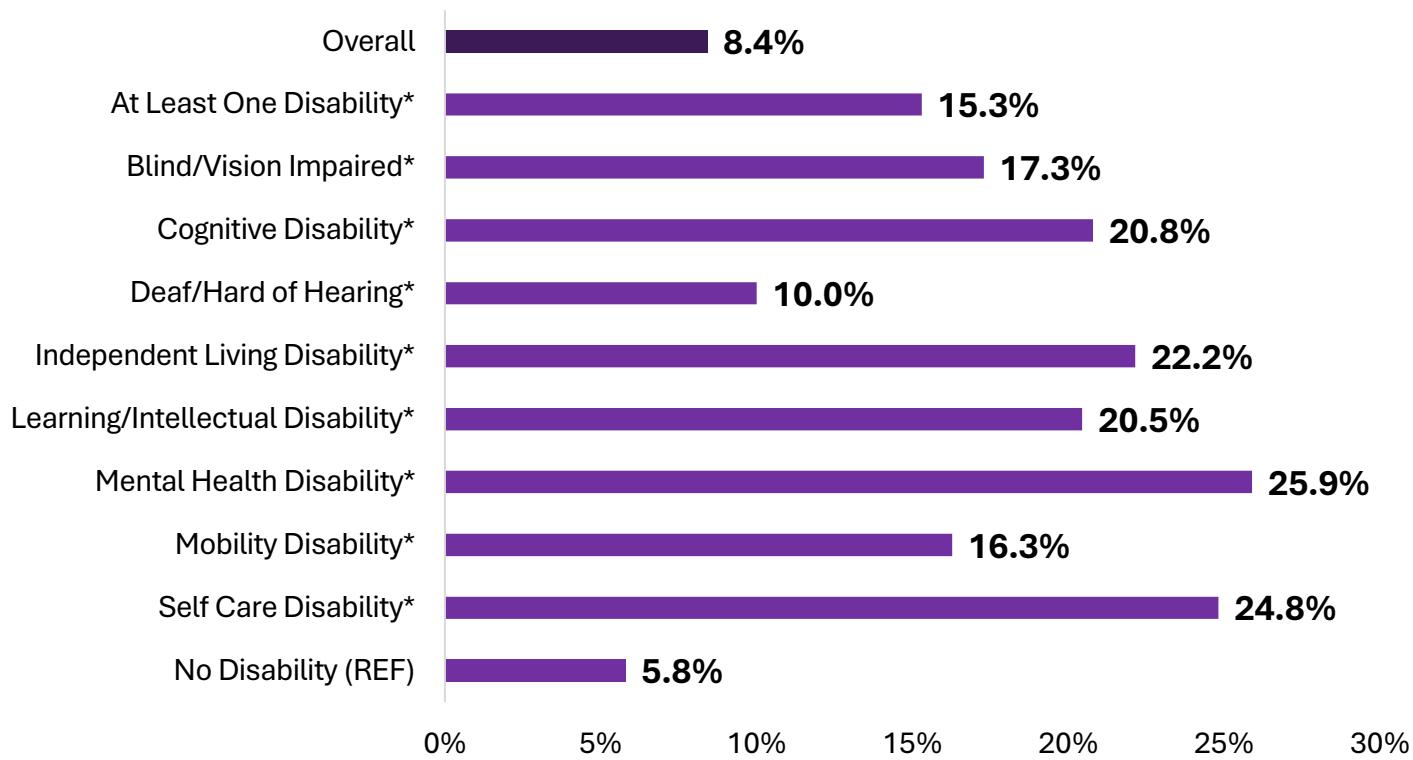
Ableism is a system of oppression that disadvantages people with disabilities. Ableism creates structural, environmental, and social barriers that make it more difficult for people with disabilities to fully engage and interact in society. Because of ableism, people with disabilities face many barriers to housing, including a limited supply of accessible housing, landlord discrimination, and limited access to housing assistance resources.¹⁴ For decades, disability rights advocates, family members, and policymakers have strived to improve access to community-based services. These efforts resulted in new legal protections for people with disabilities, such as the integration mandates of the Americans with Disabilities Act.¹⁵

Housing Inequities



Adults with Disabilities: Reported Worry Over Losing Housing

MA Adults (18+) Steady Place to Live but Worried About Losing by Disability



Adults with **one or more disabilities** were **2.6 times*** as likely to report being worried about losing their housing compared to those with no disability

- The highest reported rates were among those with a **mental health disability** and a **self-care disability**.

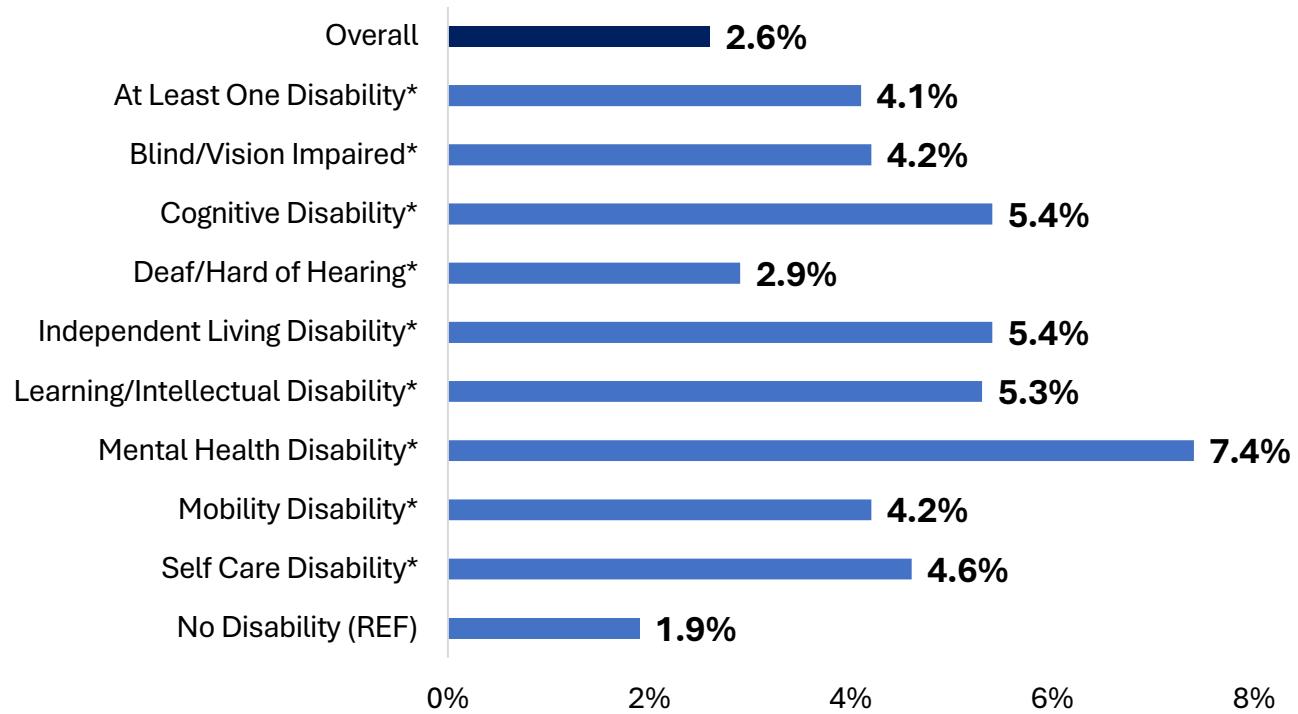
* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

Housing Inequities



Adults with Disabilities: Reported No Steady Place to Live

MA Adult (18+) With No Steady Place to Live by Disability



Adults with **one or more disabilities** were 2.2 times as likely* to report having no steady place to live compared to those with no disability.

- The highest reported rate was among those with a **mental health disability**.

“Seriously disabled would need physical help to even look for another affordable place within walking distance of stores.”

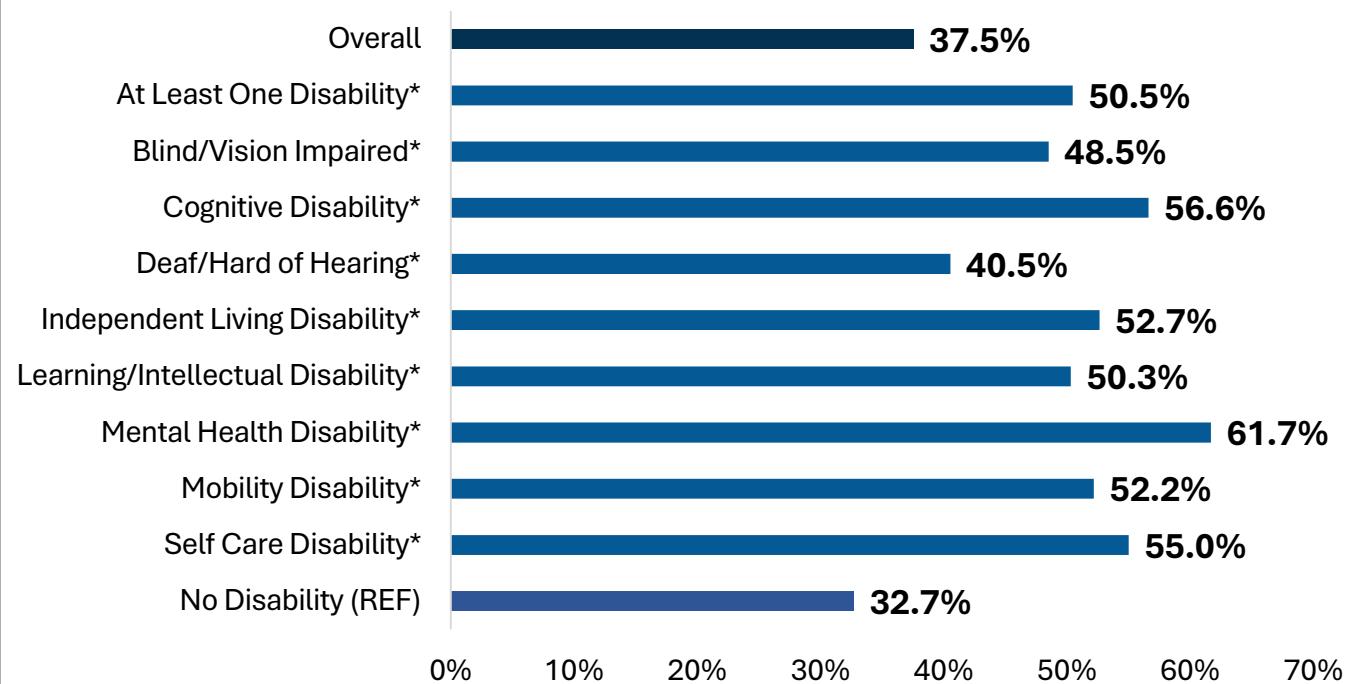
* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

Housing Inequities



Adults with Disabilities: Reported Issues in Housing Conditions

MA Adult (18+) Reporting Any Housing Issue[†] by Disability



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

[†] Housing issues include lead paint or pipes, mold or water leaks, noise from the neighborhood, pests, not enough heat in winter, too hot during the summer, poor air quality or air pollution, too many people, and unsafe drinking water.

Adults with **one or more disabilities** were 1.3 times as likely* to report having a housing issue compared to those with no disability.

“Housing is not accessible and landlord is irresponsible”

“have mobility problems, live on high floor/ no elevator”



Housing Inequities

Communities Experiencing Housing Inequities: Foreign Born and Non-English Speakers

Linguistic Discrimination and Housing

Residents born outside the U.S. and those who primarily speak a language other than English have a unique set of experiences and barriers that can affect their access to essential resources and opportunities. Linguistic profiling is a form of discrimination where a person is treated differently based on their spoken language, dialect, or accent. This form of discrimination remains common in many sectors and industries, including housing. This has contributed to higher rates of housing insecurity for certain groups and has led to racial steering, a practice where prospective home buyers are guided toward or away from certain neighborhoods based on their race or language.¹⁶

Language Access and Housing

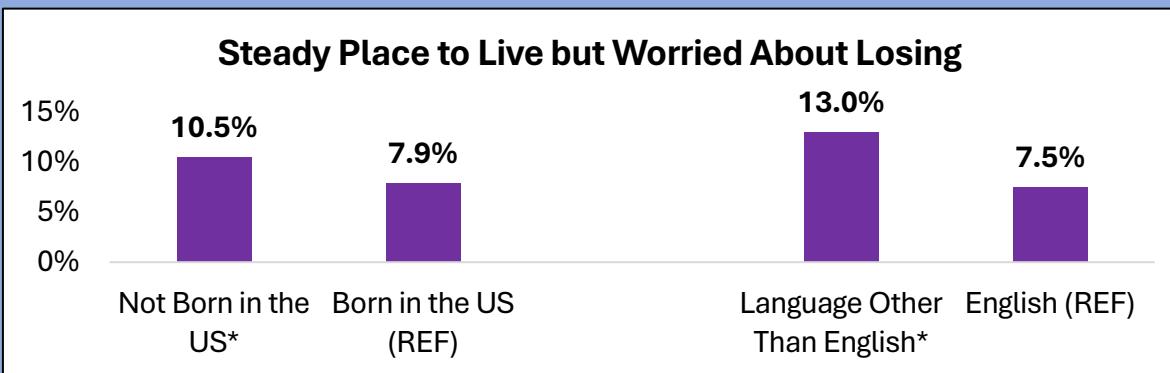
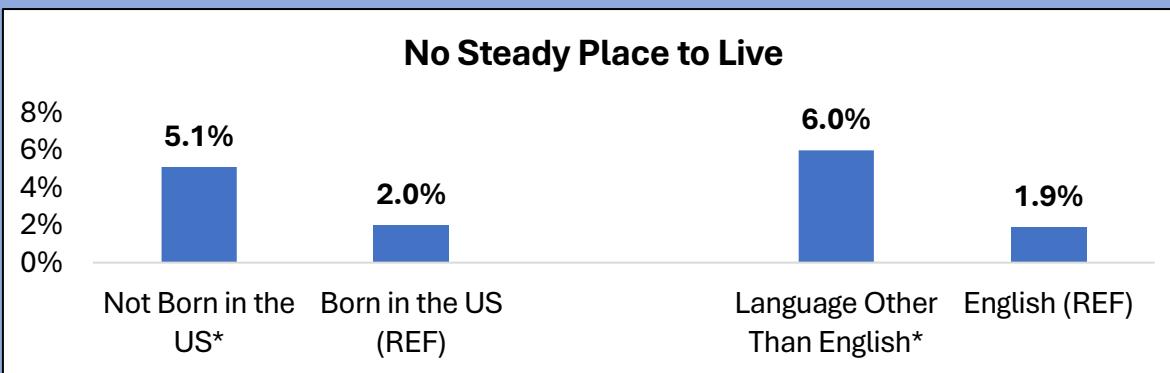
Language access is essential for securing and maintaining housing. Residents with limited English proficiency may need an interpreter or other language support to understand lease terms, communicate and negotiate with brokers, and access housing assistance. However, language access resources are often lacking in the housing industry, contributing to housing inequities.

Housing Inequities



Foreign Born and Communities Preferring Languages Other than English: Reported Housing Instability

MA Adults (18+) Housing Stability by
Nativity and Language Spoken[†]



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

[†] Preferred language spoken at home

Adults born outside the U.S. were:

- 2.5 times as likely* to report not having a steady place to live
- 1.3 times as likely* to report being worried about losing their current housing compared to those born in the U.S.

Adults who prefer speaking a language other than English at home were:

- 3.2 times as likely* to report not having a steady place to live
- 1.7 times as likely* to report being worried about losing their current housing compared to adults who prefer to speak English at home.

Housing Inequities



Communities Experiencing Housing Inequities: Rural Communities

Geographic variation in housing stability

Housing stability, like other social determinants of health, varies by location and is influenced by factors such as housing supply, economic factors, and regional demographics. Geographic data help direct resources and funding to specific regions, addressing gaps in housing, transportation, economic stability, and health outcomes.

Rural Communities and Housing

Variable access to resources such as healthcare and public health services within rural communities creates health disparities. Additionally, fewer safe and affordable housing choices are available in geographically isolated regions with low population density.¹⁷

In Massachusetts, rural communities have historically been overlooked and de-prioritized in policy and investment decisions. One example of this is the creation of the Quabbin Reservoir to meet Boston's drinking water needs. This decision flooded four rural towns and parts of surrounding communities, displacing thousands of residents and cutting deep, multi-generational community ties.

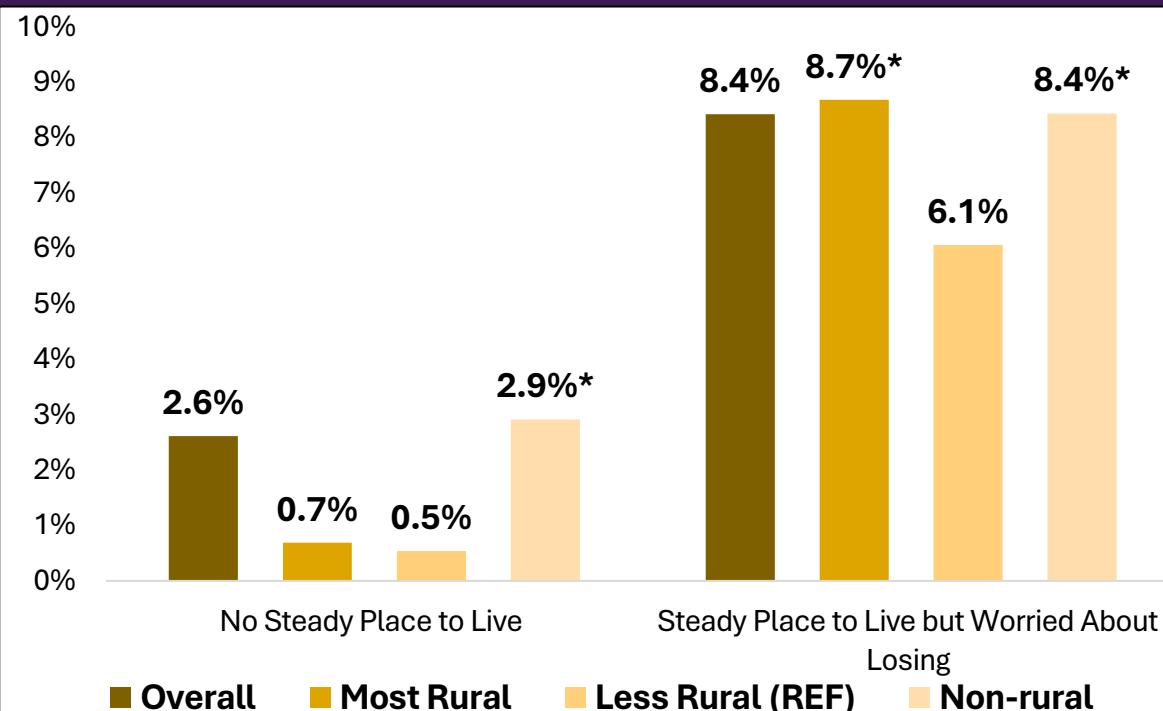
Today, rural communities and rural housing stability continue to be impacted by a lack of resources and infrastructure. Of the 85 Massachusetts towns where at least 60% of residents rely on private wells for drinking water, 94% are rural. Lack of public water infrastructure forces reliance on private wells, which can increase exposure to contaminants like PFAS where groundwater is affected.¹⁸



Housing Inequities

Housing instability impacts both rural and non-rural communities

MA Adults (18+) Housing Instability by Rural Level [†]



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

[†] Criteria for rurality include meeting at least 1 of the 3 federal rural definitions, having a population of less than 10,000 people and a population density below 500 people per square mile, or having an acute care hospital. “Less rural” [Rural Level 1] towns meet fewer of these criteria compared to “Most rural” [Rural Level 2] towns.¹⁷

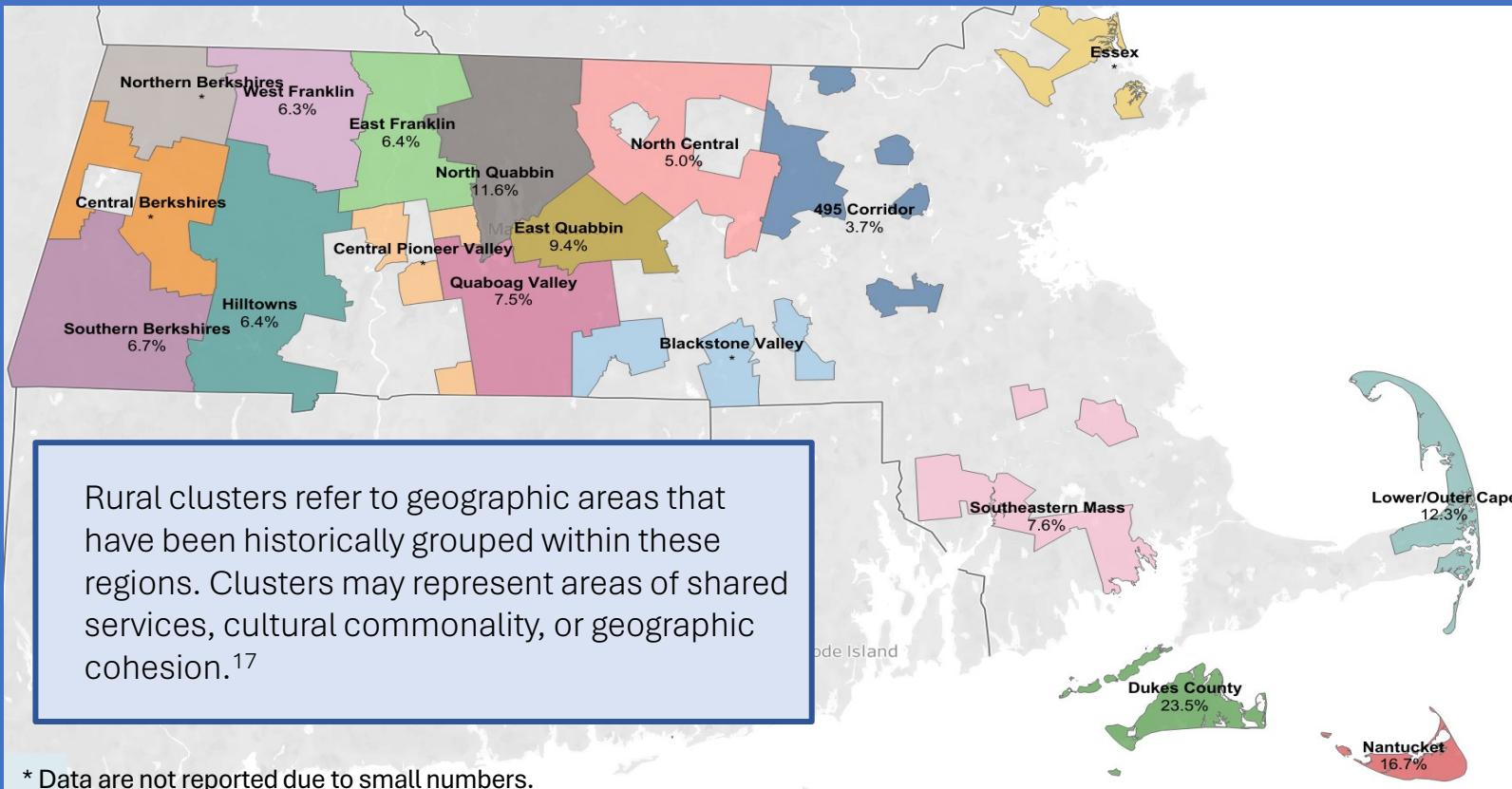
- Residents in **non-rural** areas were more likely* to report having no steady place to live compared to residents in less rural areas.
- Worry over losing housing was **1.4 times** as high* in the **most rural** municipalities compared to less rural municipalities.
- Disparities in available and accessible community resources, such as transportation and healthcare, can affect housing stability within different geographic communities.¹⁹

Housing Inequities



Certain rural clusters reported higher rates of housing instability

Adults (18+) Steady Place to Live but Worried About Losing by Rural Cluster

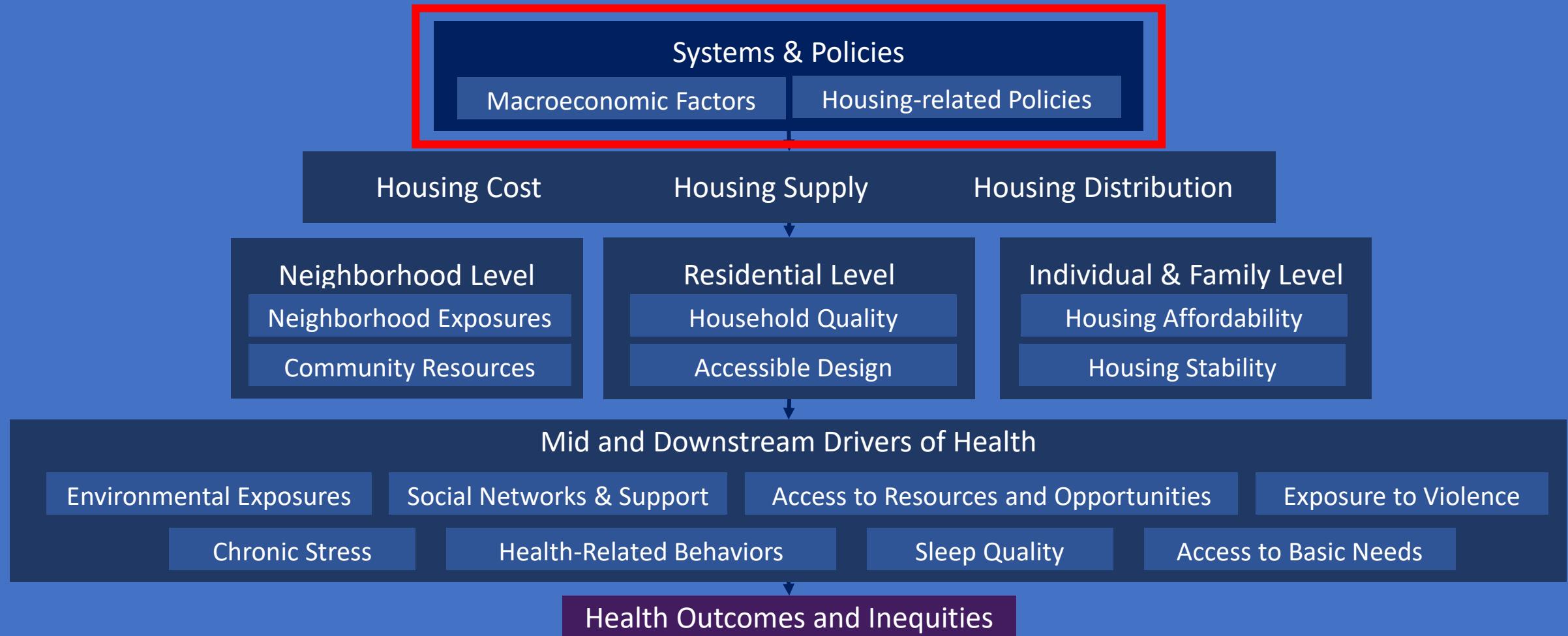


Rural clusters help break down data for populations often overlooked in county-level analyses.¹⁷ Breaking down housing instability by rural cluster shows that some rural communities report a higher burden of housing instability than others.

- Among rural clusters, **Dukes County** (23.5%), **Nantucket** (16.7%), **Lower/Outer Cape** (12.3%), **%, %**, **North Quabbin** (11.6%), and **East Quabbin** (9.4%) reported the highest rates of being worried about losing current housing.

Drivers of Housing and Health

Housing Systems & Policies



Housing Systems & Policies



Systems and policies drive inequities in housing and health

Federal, state, and local housing regulations and policies shape the overall housing landscape. They influence the cost, supply, distribution, design, and quality of homes.

Housing and economic systems and policies can create advantages for some and disadvantages for others. This can lead to inequitable access to safe, affordable housing and chances to build wealth over generations.¹

Housing systems and policies can also be used to address the impact of historical disadvantages. However, some residents face barriers in accessing housing programs.

Housing Systems & Policies



Systems and policies can address inequities caused by systemic racism

Housing systems and policies contribute to housing inequities but can also be used to address them. Below are three programs available in Massachusetts for those disproportionately affected by historically unjust systems and policies.

Emergency Assistance Program

The [MA Emergency Housing Assistance Program](#) provides emergency housing for all individuals, including pregnant people, families with children under 21; young adult emergency housing; and resources for youth experiencing homelessness.²⁰

Family self-sufficiency programs

The Executive Office of Housing and Livable Conditions program links [Housing Choice Voucher Program](#) (Section 8 Housing) recipients to resources for employment, education, or training to increase economic stability.²¹

Eviction Assistance and Mediation

[Legal help and mediation](#) are available statewide for both low-income and owner-occupants. Lawyers can advise individuals of their rights, file court papers, respond to court deadlines, and prepare mediation.²²

Housing Systems & Policies



Systemic barriers to housing support must also be addressed

Complicated eligibility rules, along with limited funding and staff at local housing agencies responsible for reviewing applications, can lead to long waitlists for housing support.²³

Among respondents who reported worry about losing housing, key themes around accessing benefits arose, including:

- Long wait times for affordable housing, and
- Eligibility requirements that do not reflect the high cost of living.

“Waiting lists for affordable housing are approx. 4 years long.”

“they say I make too much for help, but they only look at rent, not other things you may need like, meds, food, clothing, transportation, phone, internet, and the list goes on. I work, but I need help too.”

Housing Systems & Policies



Certain groups in urgent need of housing support reported barriers to access

In qualitative analyses, parents under 25 identified **barriers to accessing housing assistance**, such as strict income eligibility requirements, unclear or inconsistent eligibility determinations, and long waitlists. When looking for housing, parents experienced multi-year waitlists for public housing and Section 8, difficulty with credit checks, security deposits, and demonstrating rental histories or adequate income. On top of these barriers, access could hinge on the landlord's willingness to rent to young people or accept Section 8.

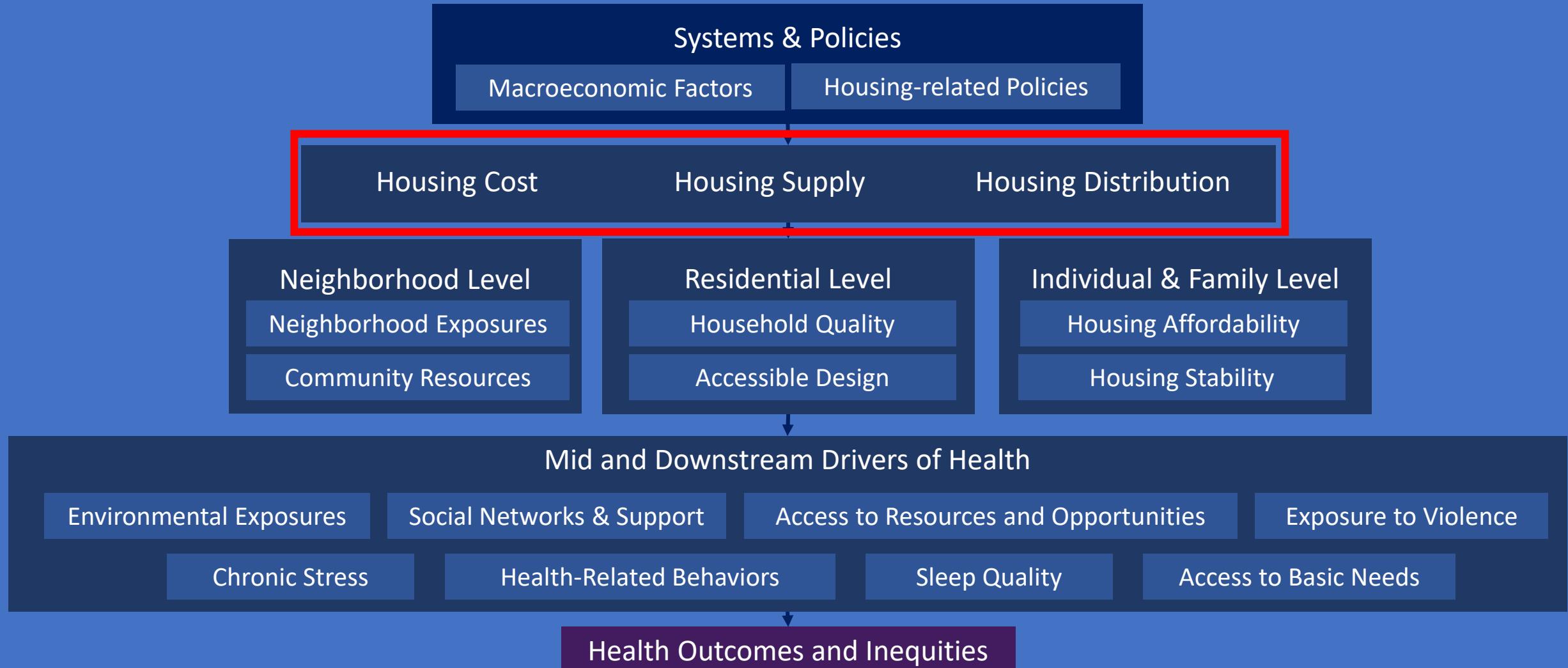
Survivors of intimate partner violence also expressed not being aware of housing resources available to them.

“...It took literally the whole 8 months of my pregnancy to try to get into a shelter with my husband, ‘cause they wanted to separate us and there was no way that they could get us into a shelter together without him being under my cash case or us being married. So we did both. And I also started working...And even with that income that I had with the income that I have from DTA and my husband we still didn’t qualify for an apartment.”

“... It kind of all depends on who you have for a landlord. I know some landlords don’t accept Section 8, some of them do. Some of them accept the housing vouchers, and some of them don’t.”

“I didn’t know that there was domestic violence shelters...Had I known that, I probably would have gone to one a lot sooner. You know, from where I’m from...eventually I heard about the [domestic violence center], but I never knew about the help that they had.”

Housing Cost, Supply, & Distribution



Housing Cost, Supply, & Distribution



Housing cost, supply, and distribution drive inequities in housing stability

Rent and high housing costs burden households and leave little financial resources left for necessities such as food, healthcare, and transportation.

Restrictive zoning laws, prioritization of luxury apartments, and disinvestment in public housing affect the supply of affordable housing.

Discriminatory housing practices and limited access to community resources, such as transportation, cause the inequitable distribution of safe and affordable housing.

Housing Cost, Supply, & Distribution



Housing costs impact housing stability

Among respondents who reported reasons for worries about losing housing, key qualitative themes emerged around rising housing costs, including:

- Rising rent without wage increases,
- Fears of being forced out due to rent hikes,
- Choosing between rent and other basic needs, and
- Higher utility costs.

“With cost of goods increasing steadily while wages remain stagnant, I am perpetually worried about not being able to afford my rent and utilities, due to increase in energy expense and landlord raising my rent unexpectedly like he did earlier this year. Any increase could force me out of my current apartment and in search of something less expensive”

“Rent increases- can't afford to pay higher rent but not eligible for any assistance.”

“Rent is wicked expensive everywhere.”

“Every month I have to chose between food for my three children and rent.”

“Increasing rents and lack of housing on the Cape – my rent jumped \$350 last year - I can't take another increase”

“Rising housing costs but income is not increasing”

Housing Cost, Supply, & Distribution



Inadequate and uneven housing supply impacts housing stability

Among respondents who reported reasons for worries about losing housing, key qualitative themes emerged around housing supply, including:

- Difficulty finding housing in certain areas,
- Available housing being too expensive or low-quality,
- Lack of affordable housing near workplaces or current communities, and
- Long waitlists for housing.

“I have moved 3 times in the past 2 years because there are no year-round rentals available on Martha’s Vineyard.”

“Where I live now there is a big crisis and many people rent room in others houses”

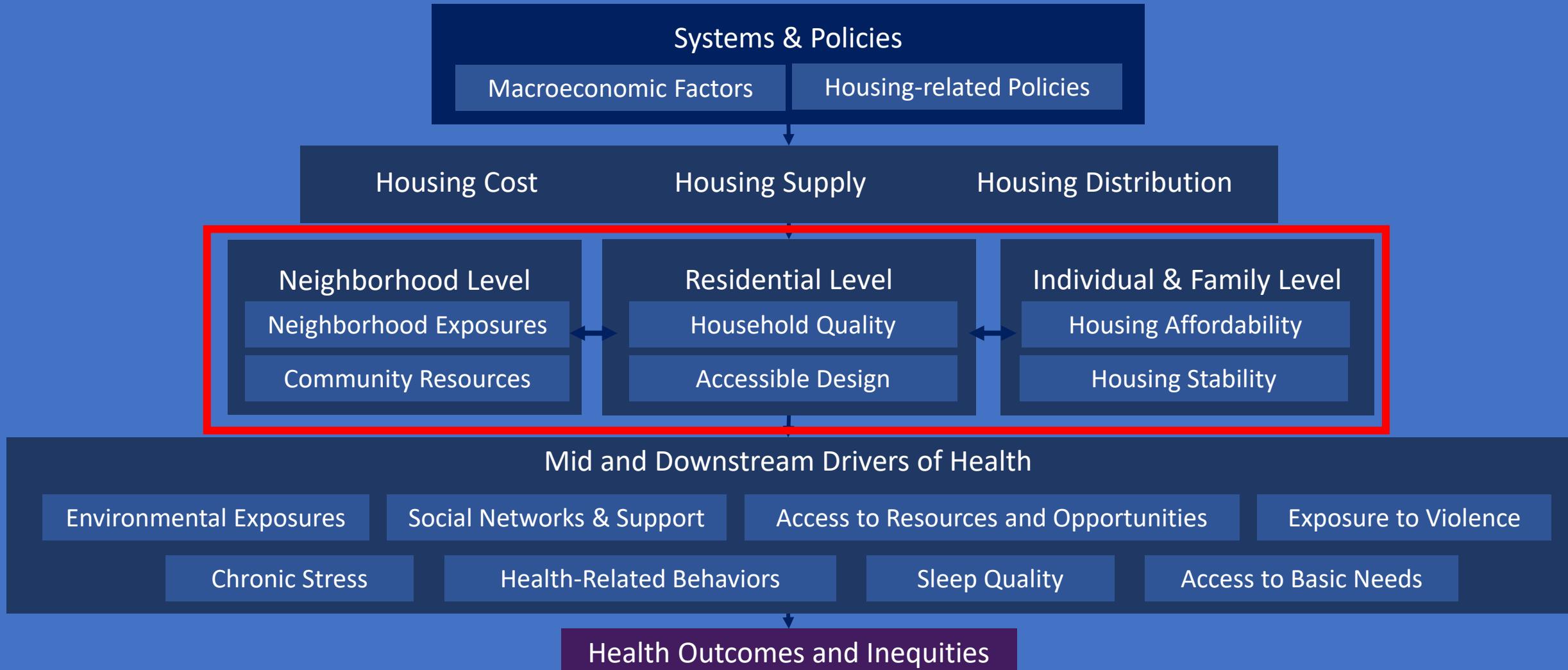
“I am also having extreme difficulty finding affordable housing that is not run down or needing to have roommates.”

“Because I rent and housing on Nantucket is impossible to find if we lost our current situation”

“very hard to find housing because of a waiting list”

“Lease is up, can't find another place I can afford to move to within reasonable proximity to my workplace.”

Housing Environment



Housing Environment



Our housing environment is shaped by factors at multiple levels

Understanding connections between housing factors allows us to better address the policies and systems that shape them, meet immediate housing needs, and improve health.



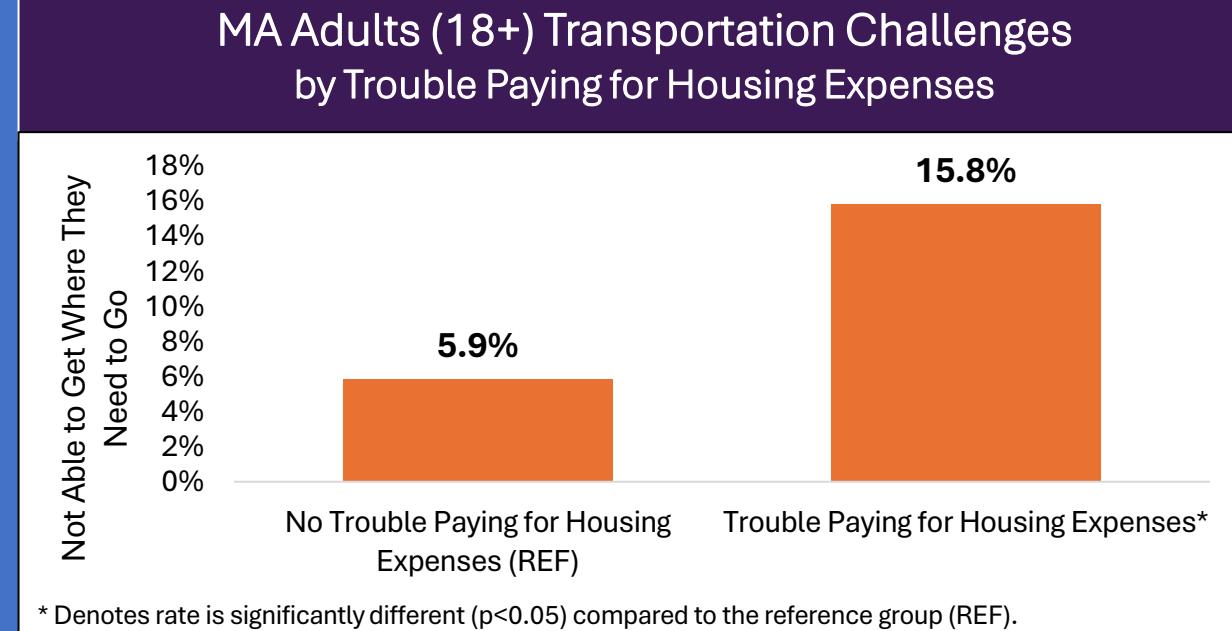
Housing Environment



Transportation access is associated with housing affordability

Transportation is a neighborhood-level resource that is part of our housing environment. **Accessible, affordable, and safe transportation** is essential to accessing other resources and opportunities, including jobs, education, and healthcare.

Housing and transportation costs are two of the largest expenses for many U.S. households and are closely linked.²⁴ Communities with walkable streets, reliable public transportation, and easy access to community resources often have higher housing costs, leading to inequities in transportation access based on socioeconomic status.



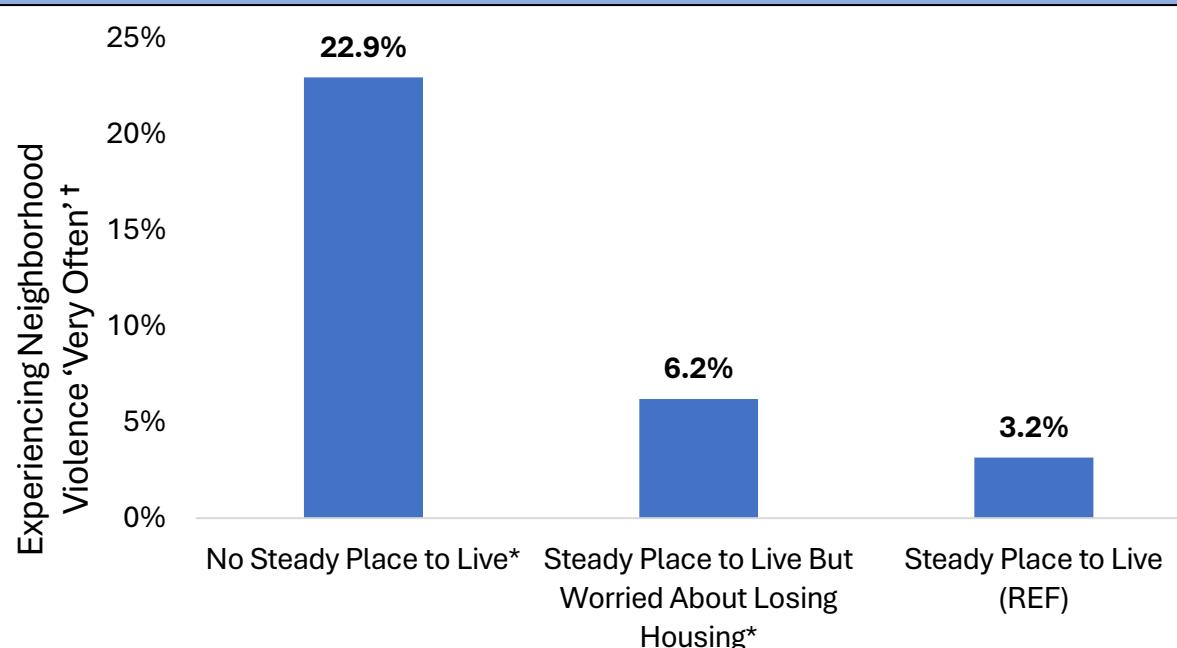
Adults who reported having **trouble paying for housing expenses** were **2.7 times** as likely* to report **not being able to get where they need to go** compared to those who did not have trouble.

Housing Environment



Neighborhood violence exposure is connected to housing stability

MA Adults (18+) Experiences of Neighborhood Violence[†] in Current Neighborhood by Housing Stability



Neighborhood violence, influenced by systems of oppression like systemic racism, significantly impacts physical and mental health.⁴

Neighborhood violence can lead to a sense of instability in general, including in housing, and is associated with factors like economic stability that also impact housing.

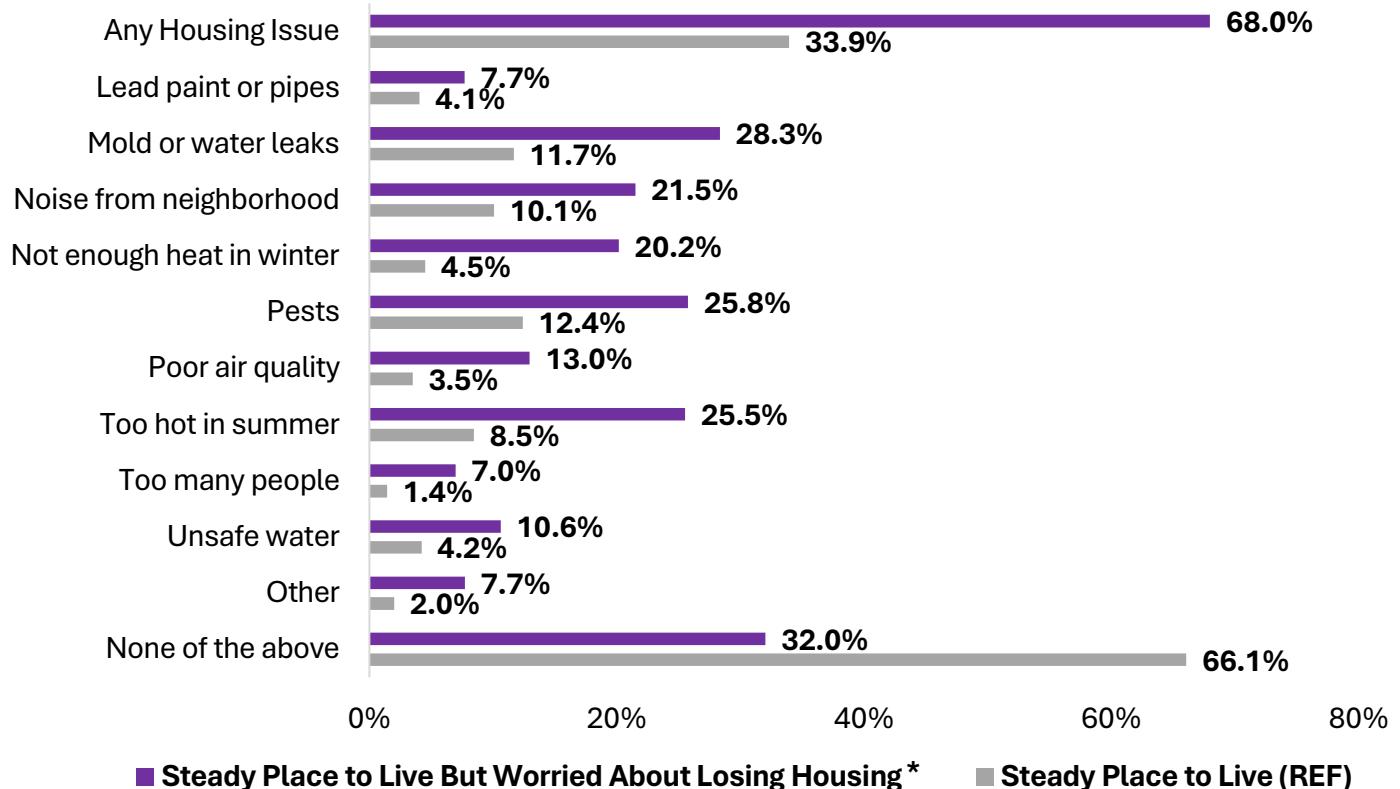
- **Nearly 1 in 4** adults without a steady place to live reported experiencing neighborhood violence **very often** in their current neighborhood. That rate is **7.8 times** as high* as that of adults with a steady place to live.

Housing Environment



Issues in current housing undermine housing stability

MA Adults (18+) Housing Issues by Housing Stability



Compared to those who reported having a steady place to live, those who were **worried about losing their housing** were **2 times** as likely* to report having any issues in their current housing.

“The place I’m living in is falling apart and the landlords are not interested in fixing it up. They haven’t touched this place in 20 years. I’m afraid the electrical is going to go or structurally. Something is going to happen and I will be out of a home.”

Housing Environment



Renters reported challenges in addressing housing conditions

Poor housing quality and conditions among renters can affect housing stability and increase concerns about losing housing.

Among respondents who rented and reported reasons for worry about losing housing, key qualitative themes emerged around housing quality, including:

- Landlords neglecting required maintenance,
- Fears that requesting repairs could lead to rent increases or eviction,
- Unsanitary conditions, housing code violations,
- Structural issues, and
- The heating and water are not working.

“the space we rented has been deemed not appropriate to live in due to multiple housing violations.”

“Building not being maintained, may become uninhabitable”

“It needs a lot of work and I'm afraid that if I tell them about the stuff that needs to be done, they'll totally renovate and raise rent”

“Poor, overall deteriorating conditions (heat not working and kerosene gas leaks), plumbing issues, structural issues (crumbling stairs and railings)”

Housing Environment



Inaccessible design creates barriers to housing stability

Limited accessible housing can impact housing stability and increase concerns about losing housing.

Among respondents who reported reasons for worry about losing housing, key qualitative themes emerged around housing design, including:

- A shortage of accessible housing,
- Difficulties in finding accessible housing,
- Inaccessible design in current housing, and
- Concerns about the affordability of accessible housing.

“I am a wheelchair-user and finding affordable and accessible housing is challenging”

“No inventory of accessible housing I can afford- it's all low income, luxury, or seniors only.”

A list of Independent Living Centers, which can support residents in finding accessible housing, is available at: IndependentLivingCenters.Mass.gov

Housing Environment



Some communities face distinct barriers to accessing stable housing

Parents under 25 face unique challenges in accessing stable housing. In qualitative analyses, parents under age 25 described unstable housing, doubling up with family, periods of homelessness, and living in shelters. Many had been looking for housing conditions that were better – or safer – for their children, reflecting on crowded living conditions, environmental risks such as mold or lead, or challenges parenting in the presence of their parents or family.

"I feel like we need more apartments that are affordable for young parents...We're just starting out, we don't got no credit, we don't got none of that stuff that, you know, somebody older would have and be okay to give to a landlord person... I feel like there should be more places where we could go, like [young adult service] apartments. I feel like there should be more like that. We could go live there until we are able to get on our feet and on our own."

Housing and Drivers of Health



Housing and Drivers of Health



Housing factors impact drivers of health

Housing factors can both influence and be influenced by other social drivers of health, including social networks and support, economic stability, employment stability, and exposure to interpersonal violence.

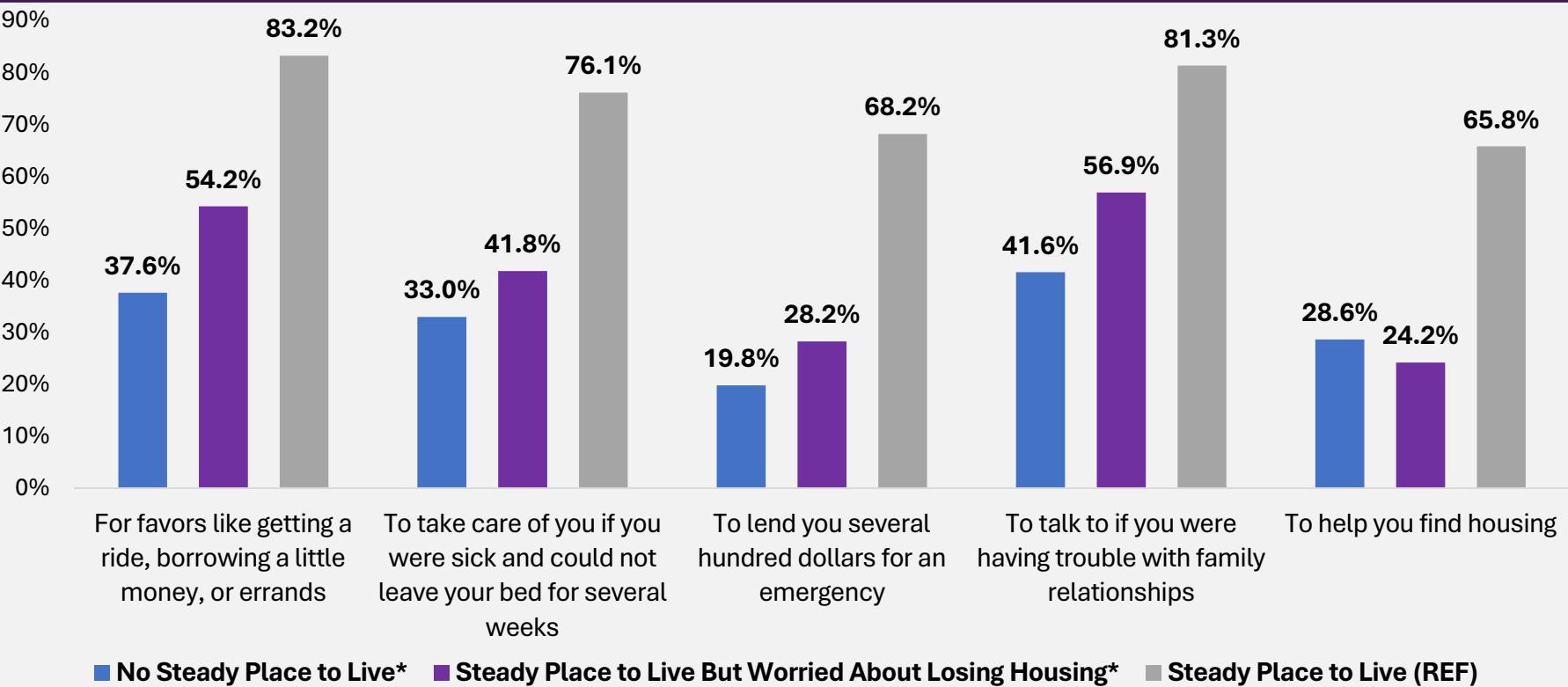
These connections highlight the complex links between housing and health. Understanding this pathway can help us identify areas of intervention to improve both housing and health outcomes.



Housing and Social Support

Adults with stable housing reported higher rates of social support

Having Someone to Count on for Social Support by Housing Stability in MA



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

- Social connections and support systems impact our health by providing us with emotional support and help with tangible needs. The neighborhoods we live in shape our social support networks
- Those who reported **not having a steady place to live or being worried about losing their housing** were less likely* to report having someone they could count on for various types of social support.

Housing and Social Support



Housing instability disrupts social networks

- In qualitative analyses, participants who had experienced **intimate partner violence** and **parents under age 25** described searching for housing across a wide geographic area, often facing difficult decisions about whether to leave their local support systems for an available apartment or shelter placement in another area.
- Qualitative participants shared that family, friends, and peers played an important role in helping residents navigate services and meet their basic needs.

One parent under 25 described the difference peer support made for her:

“...I felt like I was drowning, like no one else knew what I was going through as a young parent. And then I came [to young parents program] and I started talking to the parents and I’m like, ‘oh, we’re all going through this.’ Like it’s not just me and my family.”

Housing and Social Support



Housing situations play a key role in social connections for older adults

In qualitative analyses among **older adults of color**, respondents reported that housing situations played a key role in how connected older adults felt:

- **Senior housing** offered service connections, socialization, and programming, such as technology and exercise classes.
- **Multigenerational homes** allowed older adults to both provide support to and receive support from younger family members.

“They have [resources] in [a senior-focused apartment] building, but when you have a house, you’re not connected to anything. And you don’t, you know, have all of this... I just feel like having a house, you get ignored... When you live by yourself or whatever and just have your own separate house, I feel like there’s no information out there just for seniors that live in a home alone.”

“I live in a triplex where there’s four units and one person lives in each unit. It’s not an apartment building or whatever, but there is an attachment where it does have senior housing and stuff like that. And there, for the most part, I live alone unless, you know, like some of the grandchildren and stuff are there. But during pandemic, I was moved by my children... and when I’m in one or the other of them, I’m with family: my children, their husbands, my grandchildren, my great grandchildren.”

Housing and Exposure to Violence



Survivors of domestic violence reported higher rates of housing instability

- Intimate partner violence (IPV) and other forms of violence within the home can increase the risk of housing instability. For example, survivors often must choose between situations in which they are “housed yet unsafe, or safe but unhoused”.²⁵ Access to safe, stable housing is also crucial for many survivors’ safety and recovery.
- Adults who reported **experiencing IPV in the past year** were **6.8 times** as likely* to report having no steady place to live and **4.5 times** as likely* to report being worried about losing their housing compared to adult respondents who had never experienced IPV (11.5% compared to 1.7% and 23.7% compared to 5.3% respectively).
- Youth who reported experiencing **domestic violence** (IPV or household violence) in the past year were **3.7 times** as likely* to report being **worried about losing housing** compared to those who had not experienced domestic violence (7.7% compared to 2.1%).

* Denotes rate is significantly different ($p<0.05$) compared to the reference group.

“Family is actively abusive towards me and my housing has been threatened before. I do not get paid enough to cover my monthly expenses as well as save to escape abuse”

“What is someone like me supposed to do except stay in an abusive situation because there is literally no other choice and no help from the state?”

“looking to move living with safety issues”

“I don't know if I can afford rent in this economy but I also don't feel safe living with my parents.”

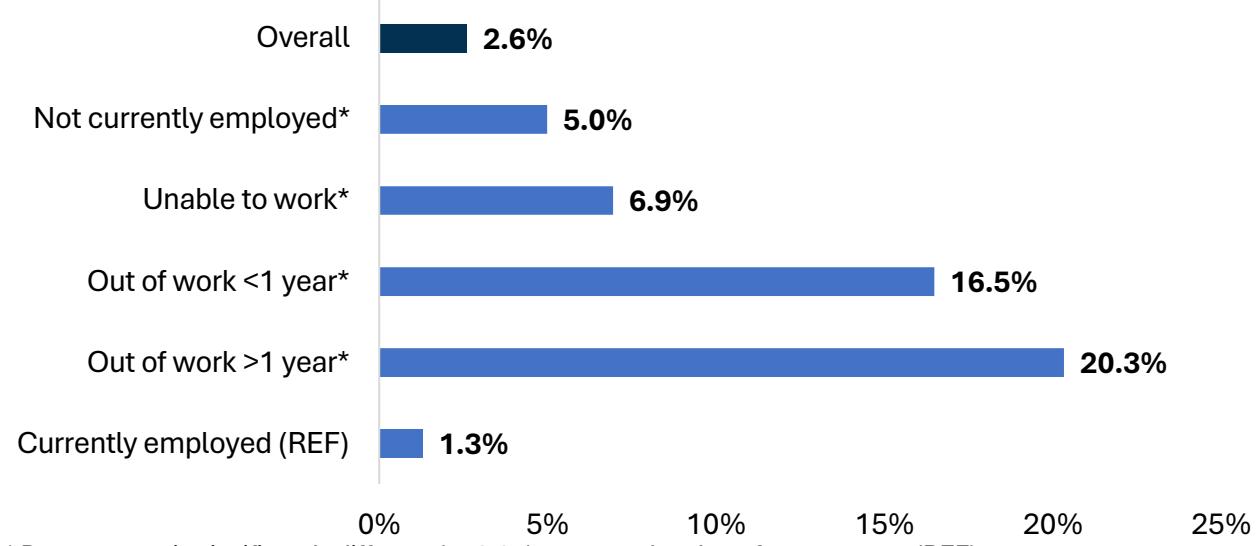
Support for those in an unhealthy relationship or who have experienced unwanted sexual experiences is available at **SafeLink Hotline at 877-785-2020**. A list of housing resources is also available at: [Domestic violence programs for survivors | Mass.gov](https://www.mass.gov/departments/housing-and-fair-housing-commission/programs-and-services/housing-and-domestic-violence)

Housing and Employment



Housing stability and employment stability are closely linked

MA Adults (18+) with No Steady Place to Live by Employment Status



- Unemployment can lead to housing instability, while a lack of stable housing can make it harder to find and maintain steady employment.
- Adults who reported **not currently being employed** were **3.8 times** as likely* to report having no steady place to live compared to those who were currently employed.
- **Employment change in the past year** was also related to housing stability. Among adults employed in the past year, those who reported taking **unpaid leave** were **4.4 times** as likely* to report having no steady place to live (5.7% vs. 1.3%) and **2.7 times** as likely* to report being worried about losing their housing (17.8% vs. 6.6%) compared to those without recent job changes.

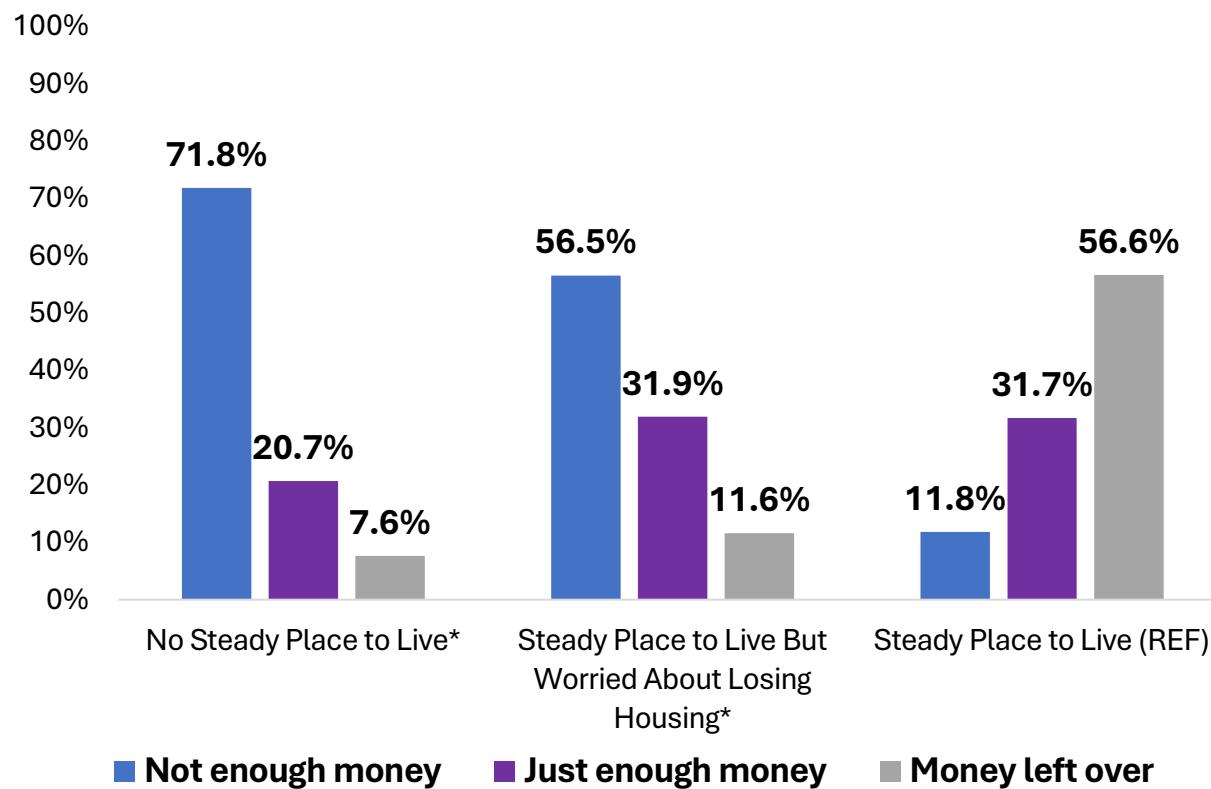
"We are barely able to scrape together rent each month and I am struggling to gain employment that pays well enough to improve our situation."



Housing and Economic Stability

Maintaining steady housing is tied to economic stability

MA Adults (18+) Housing Instability by End of Month Finances



Respondents who reported no steady place to live were **6.1 times** as likely* to report **not having enough money** at the end of the month, compared to those with a steady place to live. Respondents who were worried about losing their housing were **4.8 times** as likely* to report not having enough money at the end of the month, compared to those with a steady place to live.

Respondents with a steady place to live and those worried about losing their housing reported similar rates of having just enough money at the end of the month.

* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

Housing and Economic Stability



Economic and employment stability interact to impact housing stability

“50 percent of my income goes to rent. I am a single parent if rent goes up or I lose my income, I have no savings or way of paying rent.”

“Mortgage is expensive & with all other bills & food costs going up so much over the past couple yrs yet living on a fixed income that is way below the poverty line it's hard to keep up with everything”

“Since I do not have child care, I cannot work enough hours to make enough to pay rent. Right now, I pay my rent in installment but do not know how long the landlord can tolerate me”

“I can not work because of taking care of my parents and my children”

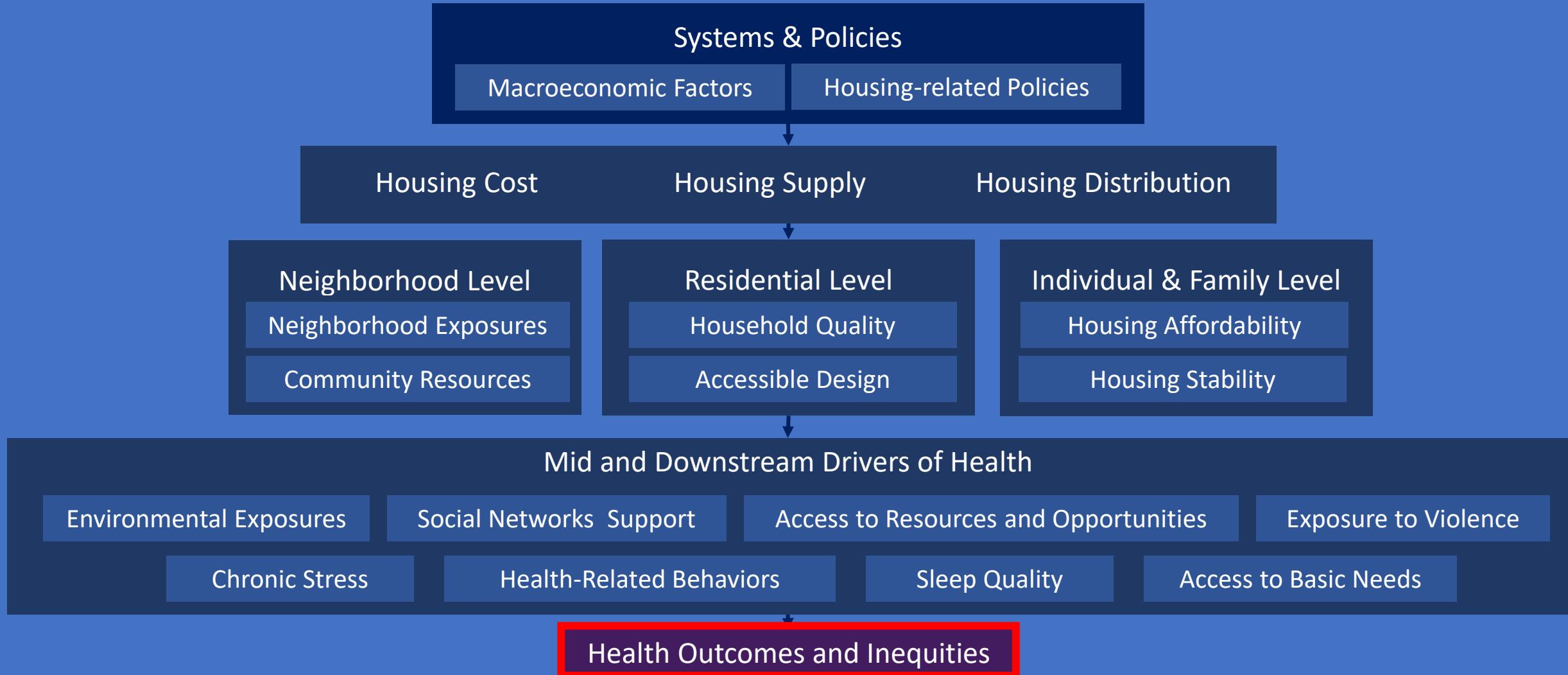
“I used to work as a registered nurse. After my recent brain injury, I am no longer able to work, and I currently do not have any source of income.”

“Got laid off from my job after twelve years-collecting unemployment and currently looking but job market is bad”

Economic and employment instability can interact to affect housing stability and increase worries about losing housing. Among respondents who reported reasons for being worried about losing housing, key qualitative themes around employment and economic stability included:

- Spending a larger portion of family income on housing,
- Job loss or fears of unemployment,
- Having no savings to fall back on,
- Inability to work due to caregiving responsibilities or health issues,
- Rising living costs, and
- Financial strain on those with a fixed income.

Housing and Health



Housing and Health



Housing is associated with health outcomes

Neighborhood, residential, and individual housing factors influence health outcomes and interact with other drivers of health, including environmental exposures, violence, and access to resources and opportunities.

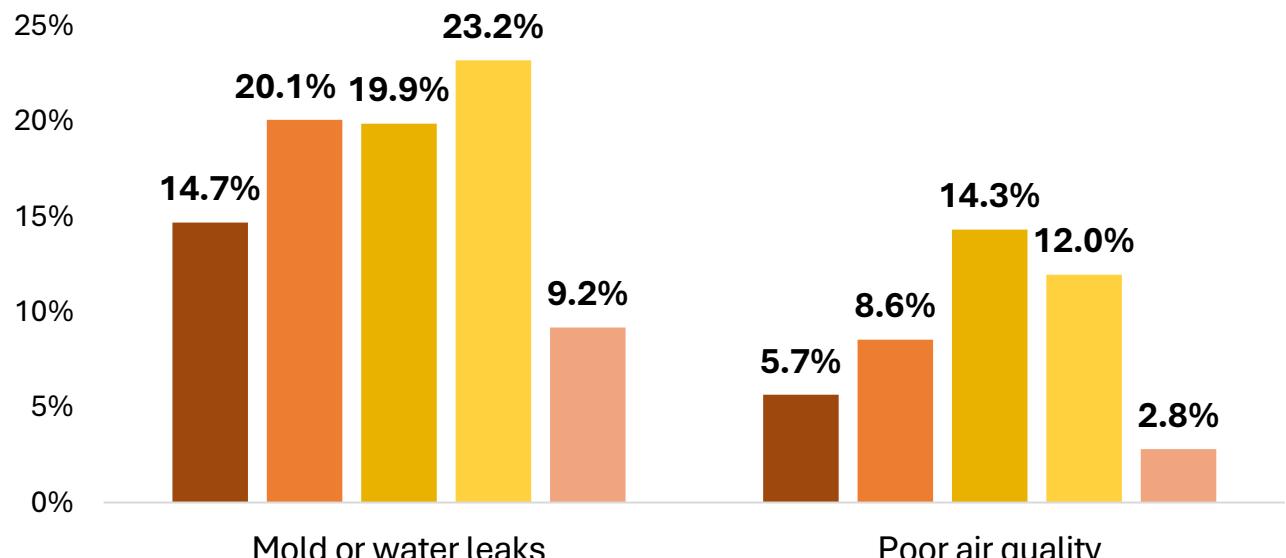
Improving equitable access to healthy housing can impact other drivers of health, improve health outcomes, and reduce health inequities. Good health can also contribute to conditions such as steady employment that contribute to stable housing.

Housing and Health



Housing conditions impact chronic health conditions

MA Adults (18+) % Reported Select Housing Issues[†] by Asthma, Chronic Lung Disease, or Neurological Disorder



■ Any Condition* ■ Asthma* ■ Chronic lung disease* ■ Neurologic disorder* ■ No Condition (REF)

* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

[†] Housing issues include lead paint or pipes, mold or water leaks, noise from the neighborhood, pests, not enough heat in winter, too hot during the summer, poor air quality or air pollution, too many people, and unsafe drinking water.

Housing conditions can cause or worsen health conditions such as asthma, chronic lung disease, and neurological disorders (e.g., headaches or seizures).⁵ Individuals with chronic conditions may also face challenges securing and maintaining stable housing.

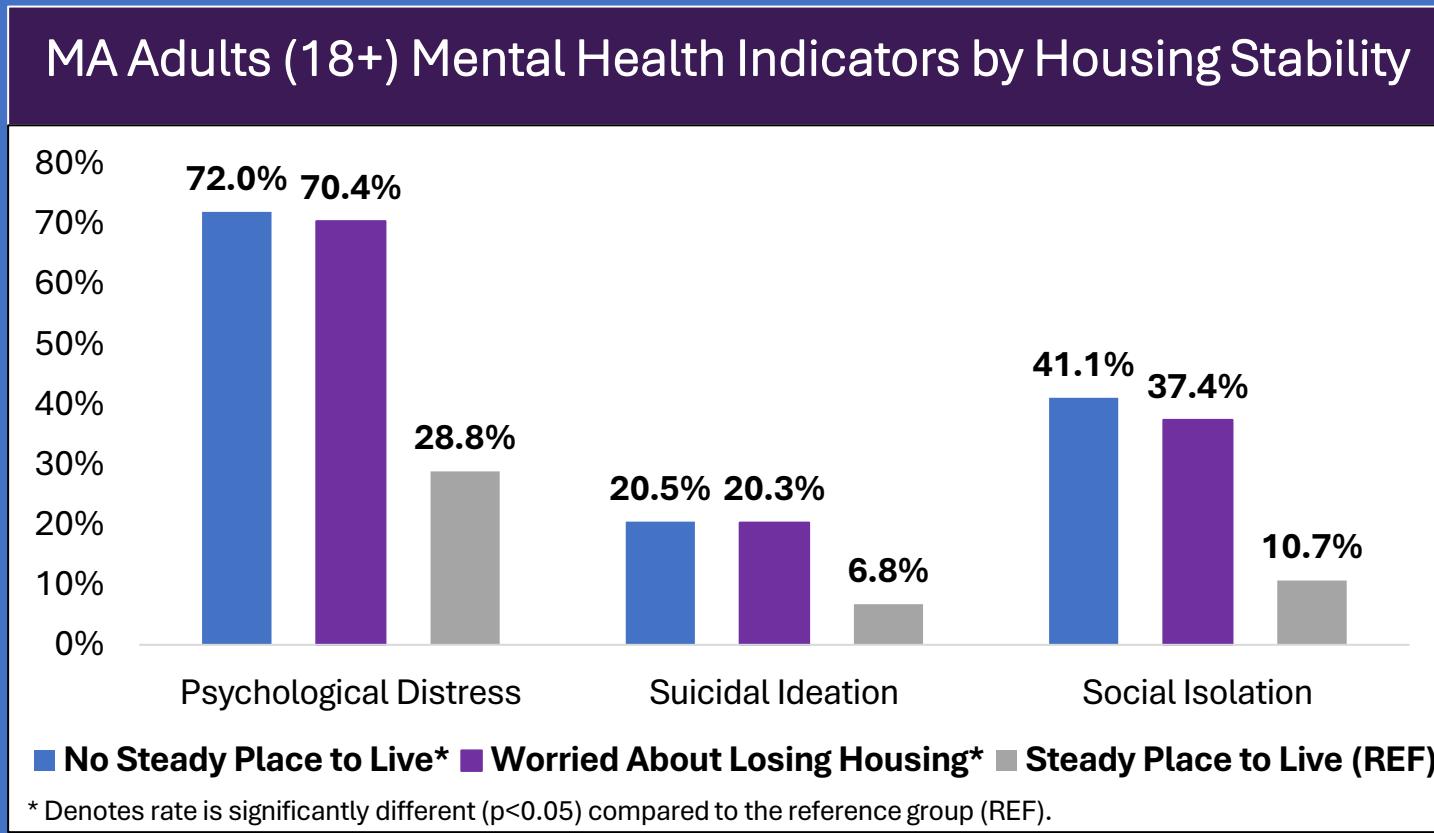
Adults with a chronic condition were more likely* to report mold or water leaks and poor air quality in their housing compared those without any chronic conditions.

“worried cant stay due to unhealthy condition of shared bath and I have no kitchen - with my health conditions life is not sustainable there”



Housing and Health

Housing instability is associated with poor mental health outcomes



Adults who reported having a **steady place to live** had **lower rates*** of psychological distress, suicidal ideation, and social isolation compared to those who did not have a steady place to live or were worried about losing their housing.

Adults who had a steady place to live but were worried about losing their housing had similar rates of psychological distress, suicidal ideation, and social isolation compared to those who reported not having a steady place to live.

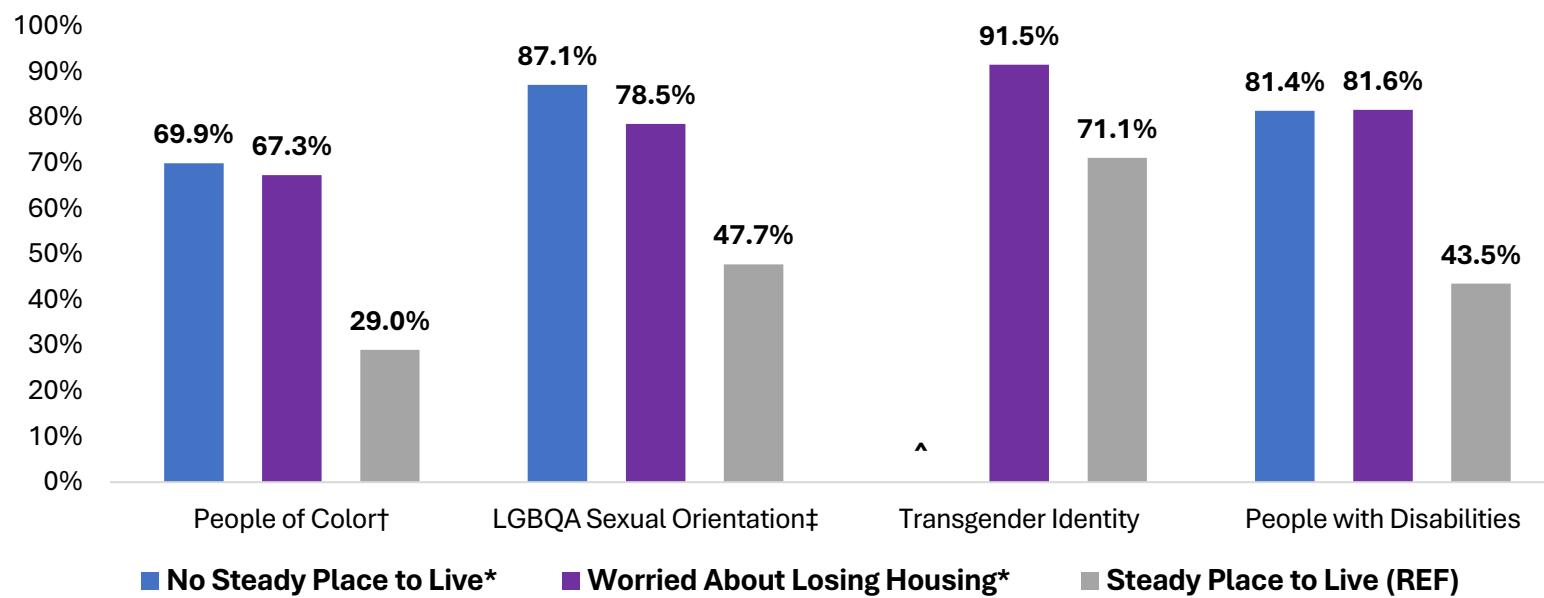
Note: Social isolation includes those who reported that they “usually” or “always” feel isolated, defined as not having many people to talk to or spend time with. Suicidal ideation indicates that respondent reported they had thought about doing something to end their life in the past year. Psychological distress indicates respondent scored high on the 5-question version of the Kessler Psychological Distress Scale.

Housing and Health



Stable housing is key to promoting mental health equity

MA Adults (18+) High Psychological Distress by Housing Stability Among Communities of Focus



* Denotes rate is significantly different ($p<0.05$) compared to the reference group (REF).

^ Data within the category were suppressed due to small numbers.

† People of color include respondents that reported one of the following race/ethnicities: American Indian / Alaska Native, Asian, Native Hawaiian, Pacific Islander, Black, Hispanic/Latine/a/o, Middle Eastern/North African, or Multiracial.

‡LGBQA includes respondents that reported their sexual orientation as being lesbian, gay, bisexual, queer, asexual, or other.

Within communities who disproportionately reported poor mental health²⁶, those with access to stable housing reported lower rates* of high psychological distress compared to those with unstable housing.

- For example, among residents of color, **29.0%** of those with a steady place to live reported high psychological distress, compared to **69.9%*** of those who reported not having a steady place to live.

Direct Action to Address Root Causes of Housing Inequities

Promoting Housing Equity



Direct Actions to Promote Housing Equity

Addressing housing and related health concerns is a critical environmental and social justice issue essential to public health practice. The Massachusetts Department of Public Health is key in addressing upstream factors that impact housing stability. This includes:

- Defining and collecting housing-related data and metrics
- Bringing a racial and health equity lens to data analysis

- Expanding current public health programs such as healthy housing codes and home visiting programs
- Supporting communities in informing program design and policy development through local health and community assessments
- Providing economic and capacity-building support to communities to strengthen programs and policies that address the root causes of housing instability

- Convening and facilitating multi-sector housing partners
- Supporting local health housing codes

Promoting Housing Equity



Direct Actions to Promote Housing Equity

Actions to promote housing equity and stability require collaboration between community-based organizations, municipal governments and state agencies. Current and potential policy solutions that would complement the work of DPH include:

- Building more diverse housing stock to provide residents with options that meet their needs and resources. This will require partnership between the state and municipalities and the adoption inclusionary and sustainable housing zoning policies.
- The Massachusetts [Housing Choice Initiative](#) supports municipalities in this work through the provision of incentives, rewards and technical assistance, along with targeted legislative reform.

- Conducting fair housing analysis and planning to protect against exclusionary zoning and rental house discrimination practices.
- Municipalities and public housing authorities can use the [Fair Housing in Action toolkit](#) from the U.S. Department of Housing and Urban Development to advance fair housing.

- Connecting residents to long-term housing opportunities
- Using municipal or other local resources to develop or preserve affordable housing in perpetuity
- Preventing eviction or foreclosure prevention, to keep people in their homes
- Improving the quality of existing affordable housing for residents so that it is clean, safe, adequately maintained, ventilated, and free from pests and contaminants such as lead

Resources, Acknowledgments, References

CHES 2023: More Information



Take the Community Health Equity Survey

A healthier community starts with your voice.



For more information about the Community Health Equity Initiative (CHEI) and more information about the Community Health Equity Survey (CHES) please visit our Background & Resources page:

<https://www.mass.gov/info-details/ches-2023-background-resources>

You can access many more resources, including supports on how you can use our data for action, on our website:

www.mass.gov/CHEI

CHEI Community Engagement Advisory Committee (CEAC)



CHEI would not have been possible without the collaboration of the CEAC. Member organizations collaborated with DPH to make decisions around survey development and outreach strategies.

- Allston Brighton Health Collaborative Asian Task Force Against Domestic Violence (ATASK)
- Authentic Caribbean Foundation
- Black Literacy and Arts Collaborative
- Boston Children's Hospital Office of Community Health
- Cambodian Mutual Assistance Association
- Casa Project of Worcester County
- Health Equity Partnership of North Central Massachusetts (CHNA 9)
- DEAF, Inc.
- Dignity Alliance Massachusetts
- Disability Policy Consortium
- Greater Lawrence Community Action Council
- Haitian Community Partners
- Immigrants' Assistance Center
- Justice 4 Housing
- Massachusetts Alliance of Portuguese Speakers

- Massachusetts Councils on Aging
- Massachusetts Association of Community Development Corporations
- Multicultural AIDS Coalition
- New American Association of Massachusetts
- New England Rural Health Association
- North American Indian Center of Boston
- Ohketeau Cultural Center
- Outer Cape Health Services
- PureSpark
- Quaboag Hills Substance Use Alliance
- Revitalize CDC
- Somali Parents Advocacy Center for Education
- Springfield Family Resource Center
- Springfield Mass in Motion
- Stavros
- YMCA of Greater Boston

CHES Survey Dissemination Mini-Grantees



CHES would not have been possible without the efforts of mini-grantees. These organizations received funding to conduct outreach to their community members, and their success is reflected in response rates among communities of focus.

- Advocates
- Authentic Caribbean Foundation Inc.
- Berkshire Area Health Education Center, Inc
- Black Autism Coalition
- Boston Chinatown Neighborhood Center
- Boston Lesbigay Urban Foundation
- Breaktime United, Inc.
- Cambiando el mundo de personas con Discapacidades
- Cambodian Mutual Assistance Association of Greater Lowell, Inc.
- Center for Living and Working
- Centro Comunitario de Trabajadores
- Chappaquiddick Tribe of The Wampanoag Indian Nation Corporation
- CHD's Big Brothers Big Sisters of Hampshire County
- Chelsea Black Community
- Coalition for a Healthy Greater Worcester
- Community Action Agency of Somerville
- Community Economic Development Center
- Developmental Evaluation and Adjustment Facilities, Inc. (DEAF, Inc.)
- Disability Policy Consortium
- Enlace de Familias de Holyoke/ Holyoke Family Network Inc.
- Greater Fall River RE-CREATION
- Haitian Community Partners Foundation
- Health Equity Partnership of North Central MA (CHNA9)
- Health Imperatives
- Herring Pond Wampanoag Tribe
- Hilltown CDC
- Immigrants' Assistance Center
- Islamic Society of Boston
- JAHAN Women and Youth Intercultural, Inc
- Justice For Housing Inc
- La Colaborativa
- Latino Education Institute
- Latinx In Action
- Lawrence Prospera
- LEO Inc.
- LGBT Asylum Task Force
- Making Opportunity Count
- Mary Lyon Foundation
- Massachusetts Alliance of Portuguese Speakers (MAPS)
- Montague Catholic Social Ministries
- Mystic Valley YMCA
- Native American Lifelines
- New American Association of MA
- Nipmuc Nation Tribal Council
- North Quabbin Community Coalition
- Ohketeau Cultural Center
- Open Sky – Safe Homes Program
- Outer Cape Health Services
- Out at Home - The Home for Little Wanderers
- Out MetroWest
- Out Now
- Partners for Youth with Disabilities
- Pioneer Valley Workers Center
- PureSpark
- Quaboag Valley Community Development Corporation
- Quincy Asian Resources, Inc. (QARI)
- Roca Inc.
- Saheli
- Somali Parents Advocacy Center for Education (SPACE)
- Somerville Public Schools - Somerville Family Learning Collaborative
- Southeast Asian Coalition of Central MA
- Tan Chingfen Graduate School of Nursing at UMass Chan Medical School
- Tapestry Health Systems, Inc.
- The Association of Haitian Women in Boston
- The Care Center
- The Vietnamese American Civic Association
- Uhai for Health Inc
- Viability
- Vietnamese American Initiative for Development (VietAID)
- Vim Berkshires
- Voices of The Community
- Volunteers in Medicine
- Waltham Partnership for Youth
- WestMass ElderCare, Inc.
- Wildflower Alliance (under the umbrella of the Western Mass Training Consortium)
- Youth on Fire
- YWCA Central Massachusetts

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2023 CHES TOTAL SAMPLE (N=18379)

	Demographics	Freq.	Percent
Age	14-17	2073	11.3
	18-24	1175	6.4
	25-34	2142	11.7
	35-44	2858	15.6
	45-64	5897	32.1
	65-74	3003	16.3
	75+	1231	6.7
	American Indian/Alaska Native	386	2.2
Race/ Ethnicity	Asian/Pacific Islander, nH/nL	1048	6.0
	Black, nH/nL	1232	7.1
	Hispanic or Latine/a/o	1916	11.0
	Middle Eastern/North African	161	0.9
	Multiracial, nH/nL	307	1.8
	White, nH/nL	12208	70.3
	Other, nH/nL	108	0.6
	Female, woman, girl	12864	72.9
Gender	Male, man, boy	4137	23.4
	Nonbinary	459	2.6
	Questioning/undecided	80	0.5
	Other gender identity	7	0.04
	Of transgender experience	463	2.7
Transgender Identity	Not of transgender experience	16596	95.3
	Not sure	163	0.9
	Don't understand question	185	1.1

	Demographics	Freq.	Percent
Sexual Orientation	Asexual	390	2.3
	Bisexual/Pansexual	1153	6.8
	Gay/ Lesbian	798	4.7
	Heterosexual/Straight	13723	81.1
	Queer	441	2.6
	Questioning	157	0.9
	Other	27	0.2
	Don't understand question	229	1.4
Disability Status	Blind/Vision impairment	463	2.7
	Cognitive disability	1684	9.8
	Deaf/Hard of hearing	813	4.7
	Learning/Intellectual disability	483	2.8
	Mental health disability	1154	6.7
	Mobility disability	1154	6.7
	Self-care/Independent living disability	955	5.6
	No disability	13347	75.1
Rurality	Most rural (Rural Level 2)	1397	9.1
	Less rural (Rural Level 1)	1663	10.8
	Urban	12308	80.1
Nativity	Born in the US	15329	84.5
	Born outside the US	2805	15.5
Preferred Language	English	15282	85.4
	Language other than English	2608	14.6
Survey Language	English	17351	94.4
	Other language	1028	5.6

This table includes unweighted frequencies and percentages;

nH/nL = non-Hispanic/non-Latino-a-e; American Indian/Alaskan Native and Middle Eastern or North African include Hispanic/Latine respondents as these groups were given primacy in coding if multiple options were selected to increase reportability of these groups;

“Don’t understand question” responses are not reported in graphs

Housing Inequities



Understanding geographic variation in housing stability can inform resource allocation

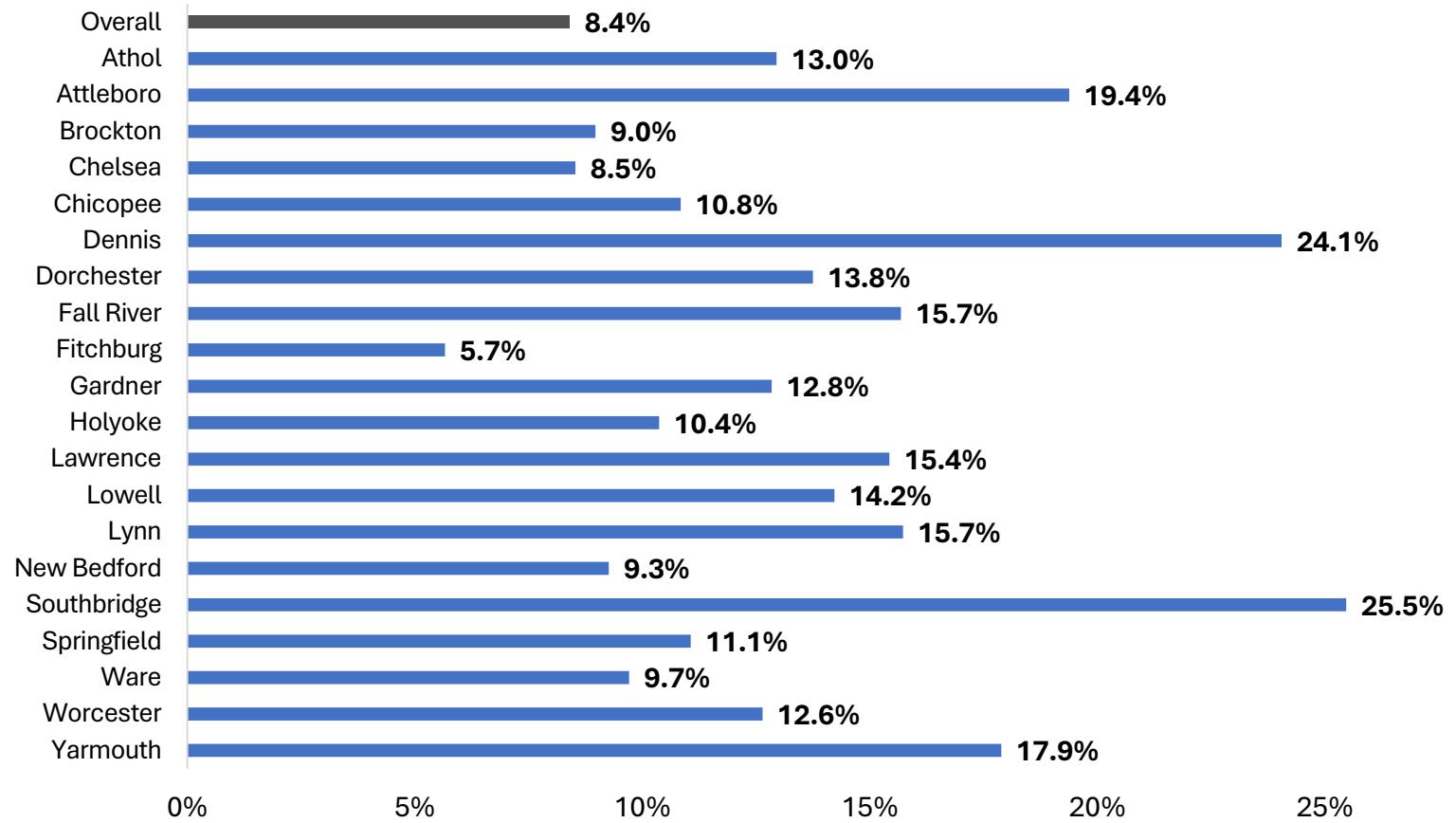
In recognition of place-based disparities in social determination and health outcomes, the Advancing Health Equity in Massachusetts (AHEM) initiative was started. AHEM is a public-private partnership that prioritizes community engagement and aims to advance health equity and improve health outcomes, with a focus on specific communities and health topics.

Housing Inequities



Communities Experiencing Housing Inequities: AHEM Community Initiative

Adult (18+) With a Steady Place to Live but Worried About Losing It by AHEM Community



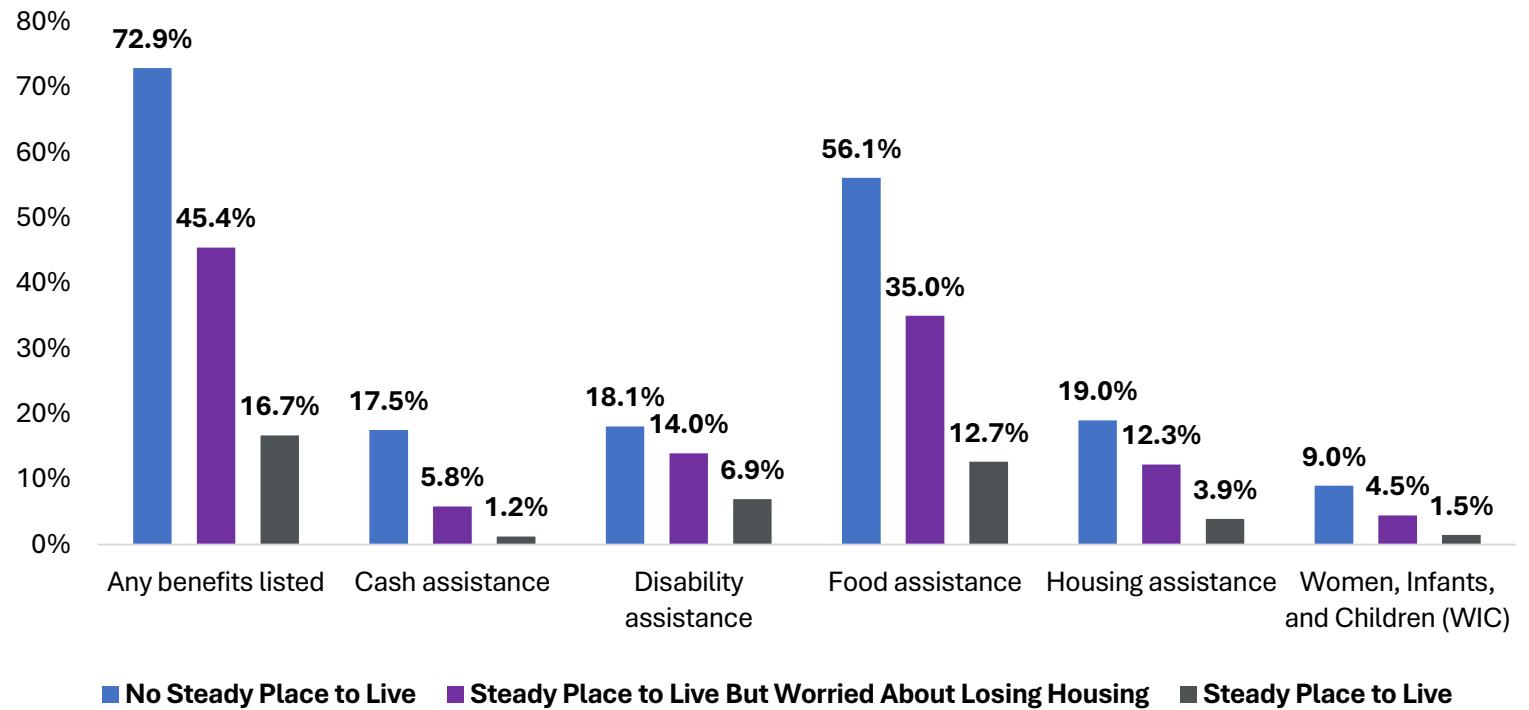
- [Advancing Health Equity in Massachusetts \(AHEM\)](#) is a place-based initiative aimed at eliminating racial, economic, and regional disparities in health outcomes.
- Housing instability in some AHEM communities was higher than that for adult respondents overall.
- The highest rates of being worried about losing current housing were in: Attleboro, Dennis Yarmouth, Fall River, Lawrence, Lynn, Southbridge, and Yarmouth.



Housing and Access to Basic Needs

Adults experiencing housing instability were more likely to seek assistance for housing and other basic needs

Adults (18+) Housing Stability by Benefits Applied for or Received in the Past Year



Adults experiencing housing instability were likelier than those with stable housing to have applied for or received benefits in the past year.

- Food assistance was the most reported type of support across all housing stability groups.
- Housing assistance was not consistently used by those facing housing instability, highlighting an opportunity area for improvement.