

Scottish Public Health Network

Appendix 2: Research briefings on housing and health

Foundations for well-being: reconnecting public health and housing. A Practical Guide to Improving Health and Reducing Inequalities.

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Appendix 2: Research briefings on housing and health

Research briefing 2.1: Understanding how housing influences health and wellbeing

This section signposts key reviews which describe the evidence linking housing, health, and wellbeing.

[Review of research on housing and wellbeing](#)

Shelter Scotland, 2014.

- This report, which forms part of the evidence considered by the Commission on Housing and Wellbeing, summarises the research linking housing to eight aspects of wellbeing, including health.

[Health Impact Assessment of housing improvements: a guide](#)

Scottish Health Impact Assessment Network, 2013.

- This guide is discussed in more detail in Section 4 of the main report but is mentioned here for its useful review of the evidence on housing and health (pages 14 to 40).

[The built environment and health: an evidence review](#)

Glasgow Centre for Population Health, 2013.

- This review summarises the main ways in which features of the built environment and local neighbourhoods can affect health and wellbeing, with a particular focus on the evidence from Scotland and the rest of the UK.

NHS Health Scotland inequality briefings.

[Housing and Health Inequalities](#)

- This briefing describes the relationship between housing and inequalities in health and identifies priority actions in this area.

[Health and Homelessness](#)

- This briefing builds on the ScotPHN report on the same topic from 2015, describing the nature of the problem and identifying key actions to prevent and mitigate the impacts of homelessness on health.

Research briefing 2.2: Improving health through housing interventions

This section identifies key reviews which describe the evidence on the impact of housing interventions on health.

[Housing improvements for health and associated socio-economic outcomes](#)

Thomson, H. et al Cochrane Database of Systematic Reviews, 2013.

- This comprehensive article synthesises the results of previously-published studies looking at the impact of housing improvement measures on a range of health and socio-economic outcomes.

[Housing and health inequalities: a synthesis of systematic reviews of interventions aimed at different pathways linking housing and health](#)

Gibson, M. et al. Health & Place, 2011.

- This review provides an overview of the potential pathways by which housing may affect health, and health inequalities, and summarises the evidence for different interventions which attempt to influence those pathways.

[Preventing homelessness to improve health and wellbeing](#)

Homeless Link/Public Health England 2015.

- This review summarises the evidence for interventions for responding to health and wellbeing needs amongst households at risk of homelessness. It also highlights barriers and opportunities for effective practice in this area, based on feedback from stakeholders and service users.

Research briefing 2.3: Key studies on housing and health in the Scottish context

This section highlights a number of landmark research studies which have shaped our understanding of housing and health in Scotland in particular. Though research to date has been heavily skewed towards Glasgow, there are important lessons for other areas in Scotland, both rural and urban.

[The GoWell Programme](#)

- Since 2005, the GoWell programme of research has investigated the impacts on health of investment in housing, regeneration, and neighbourhood renewal in Glasgow. The website includes summaries of the study's findings across six key themes: communities, health and wellbeing, neighbourhoods, empowerment, housing, and mixed tenure.

[SHARP: Housing and health for Scotland](#)

- This study, which ran between 2002 and 2008, investigated the health effects of urban regeneration and new social housing across Scotland. It interviewed both affected and unaffected (control) households to understand impacts on physical health, health behaviours, mental wellbeing, and other factors such as affordability and community participation. Key findings are available from the study website.

[Housing provision and excess mortality in Glasgow and Scotland](#)

- Scotland – and in particular, West Central Scotland – experiences significantly higher rates of premature death than would be expected given the country's socioeconomic profile. One key hypothesis for this phenomenon has been the role of housing provision and allocation. This hypothesis is explored in detail in a complementary report which is available from the NHS Health Scotland website [here](#). Both documents provide a powerful illustration of the close links and complex interplay between housing, health, and inequalities. Key points from this work are highlighted in the case study in the main report.

[Understanding the Housing Aspirations of People in Scotland](#)

- This Scottish Government Social Research study drew on interviews and focus groups with 80 people across Scotland during 2015 in order to provide a detailed picture of people's housing aspirations and how they intersect with the wider economic, political, and cultural context. It includes specific sections on neighbourhoods and 'the spatial dimension', and inequalities in housing experiences within and between generations.



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