

# ELEVATING EQUITY:

## HEALTH AND HOUSING

An Affordable Housing Preservation Initiative



# OUR APPROACH

## WHY HEALTH AND HOUSING?

We know that place matters – research has shown that where you live has a dramatic affect on the length and quality of your life.

In Los Angeles, the built environment has an enormous influence on health behaviors and plays a key role in ensuring a healthy lifestyle. As such, physical and social environments that are designed to promote good health at home and in our neighborhoods are critical to the success of our communities.

LA LISC is committed to supporting our partners in identifying sustainable property management strategies and resources for their aging portfolios that preserve quality affordable housing and promote better health outcomes for low-income residents.



# THE DATA

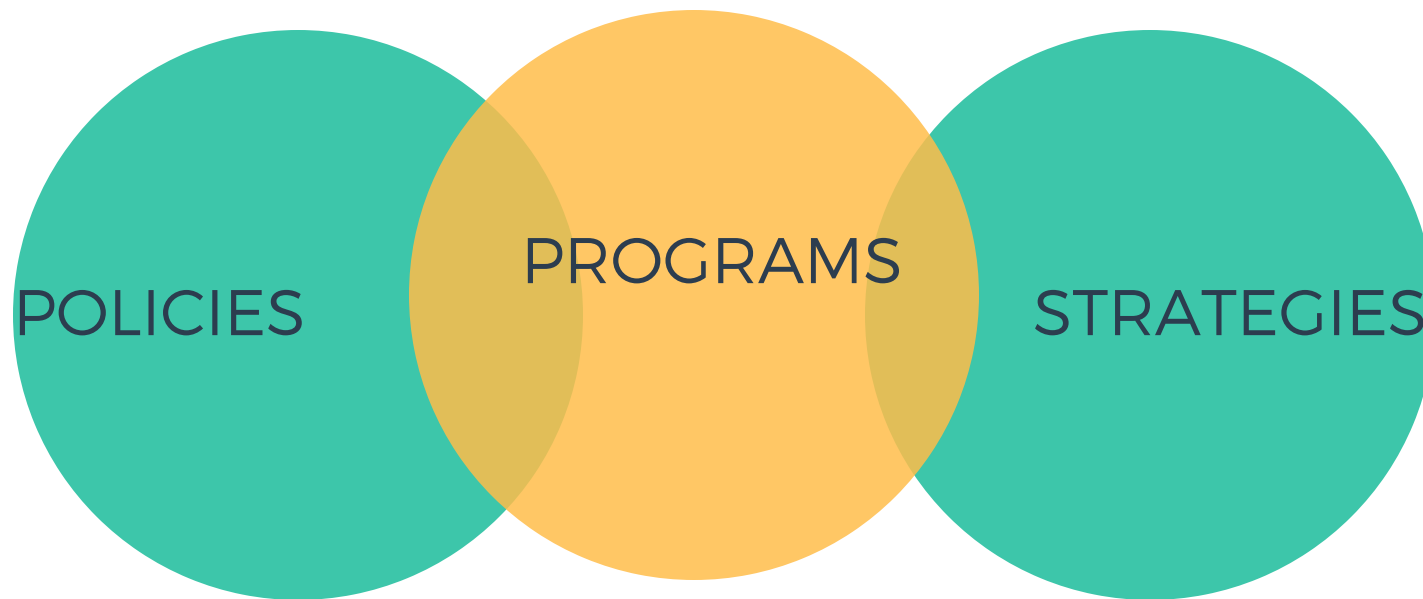
In the 2015 Community Health Assessment, the LA County Department of Public Health determined that some of the most significant health issues facing LA County include:

- Chronic diseases such as diabetes, cancer, obesity, asthma and cardiovascular disease
- Inadequate access to care
- Inadequate access to safe and affordable housing
- Lack of access to places for physical and social activity
- Environmental health hazards such as air pollution

Research also indicates that these issues both disparately affect low-income communities of color in LA County and are largely preventable.

# THE OPPORTUNITY

The Elevating Equity: Health and Housing toolbox includes actionable:



that can be implemented by developers to help improve health determinants for residents and incentivize healthy behavior and opportunities.

# GOAL 1

Increase opportunities for active living for residents and staff by incorporating active design strategies into the building interior and exterior, and in the surrounding community where appropriate.

## Encourage Stair Use

Increase stair visibility and use within the building by making staircases more inviting. This can be done by painting the stairwells in bright colors, incorporating artwork such as murals, improving the lighting or using stair doors with fire-rated glass.

## Active Wayfinding Signage

Incorporate signage throughout the property that prompts residents to walk or bike to local destinations.

## Facilitate Active Recreation and Play

Activate underutilized common space for social and physical recreation for children and adults. Consider installing cost-effective outdoor exercise equipment, creating a simple walking track around the property, colorful ground markings that are stenciled that can inspire children to play more actively.

## Create a Community Garden

Install a gardening space or plots available for resident use. Gardening is a form of physical activity for people of all ages and can be installed in planter boxes on the roof or underutilized commons spaces. Gardens can also provide fresh, healthy food while helping to create a sense of community.



## GOAL 2

Address potential environmental hazards and make cost effective green upgrades within the housing development to reduce pollutants that cause chronic respiratory diseases like asthma

### Green Cleaning

Require property manager and vendors to use green cleaning products that minimize the use of harmful or toxic chemicals. Include tenant educational outreach in the forms of flyers, presentations, and/or workshops to explain the changes in the cleaning regime and encourage in unit adoption.

### Smoke-Free Housing

Establish a smoke free housing policy that defines a 100% smoke-free building as one where smoking tobacco products are not allowed anywhere on the premises, including within individual unit.

### Incentivize EV Ownership

Install electrical vehicle charging stations in resident parking lots to encourage EV ownership. Host “Replace Your Ride” workshops to educate residents on the benefits of EV ownership and promote the available incentives and rebates for low-income residents.

### Energy Efficiency

Install energy tracking software to monitor and benchmark utility use. Make the switch to water and energy saving appliances that will help reduce building demands.



## GOAL 3

Increase social cohesion and opportunities for educational programming that activate underutilized common space in the development and focus on healthy lifestyles.

### Exercise Classes

Activate common spaces by facilitating weekly active programming for youth, adults, and seniors. An indoor exercise area is not necessary, but can be ideal. Activities can include walking/running clubs, Zumba, yoga, tai-chi, pick-up basketball/soccer games, and circuit training.

### Family Wealth Classes

Empower residents, youth and adult, to build smart money habits and focus on the financial bottom line. Programs can focus on building budgets, credit, savings, and/or navigating public benefit programs.

### Gardening Classes

Install electrical vehicle charging stations in resident parking lots to encourage EV ownership. Host “Replace Your Ride” workshops to educate residents on the benefits of EV ownership and promote the available incentives and rebates for low-income residents.

### Nutrition and Cooking Classes

If your site already has a garden space or active gardening community, classes that facilitate peer learning and teach garden basics like planting schedules, watering strategies, and maintenance can help ensure a successful gardening endeavor.



# LISC RESOURCES

## FOR Y15 PARTNERS

### LISC Toolbox & TA

LISC staff can offer TA to any partners looking to implement health and housing program strategies including webinars, property assessments, and implementation guides.

### HUD Section 4 Grants

LISC awards HS4 grants to support the capacity of non-profit developers to implement health interventions.

### LISC Americorps

Part-time and Full-time Americorps members are available to help coordinate and implement health interventions.

### Implementation Partners

LISC has a network of non-profit partners and consultants who are subject experts and can support program implementation.







# QUESTIONS?

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# THANK YOU!