

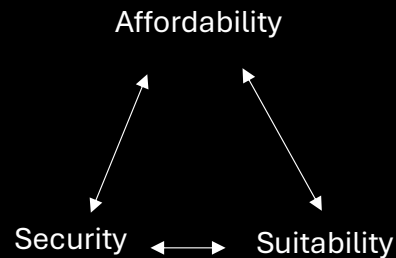
What tenures provide mental health protection? Comparing the UK and Australia

Professor Rebecca Bentley
Centre of Research Excellence in Healthy Housing



Understanding Society

HOUSING PILLARS



Social Determinants
of Health Framing =
health gain +
inequity reduction

Causally focussed evidence
using longitudinal data and
robust methods – added notes
to each slide for reference



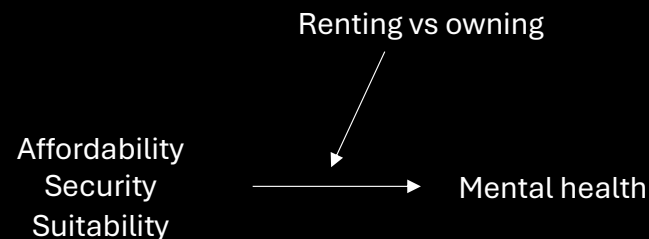
Starting point

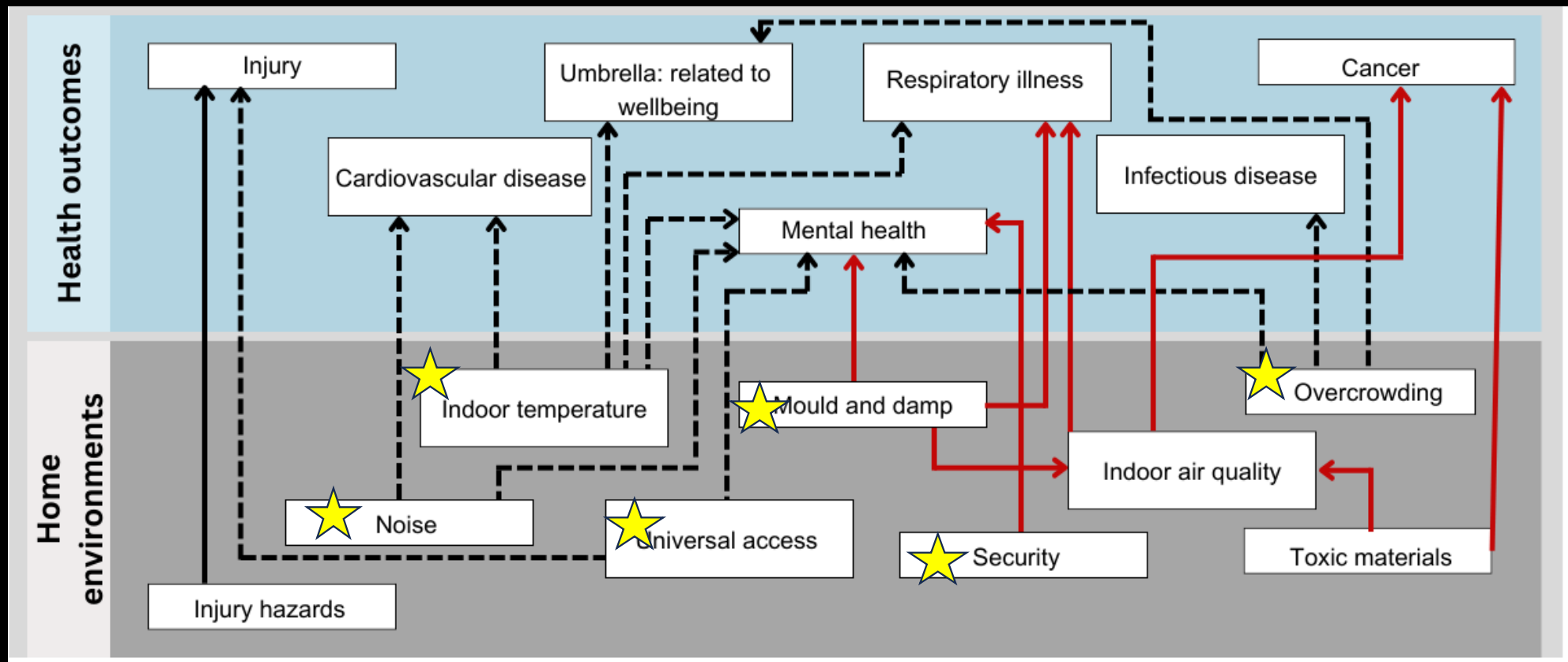
Mental health differs by tenure (query impt barometer of inequity?).

Once we account for socio-economic and demographic differences between tenures, there is no support for a mental health effect of tenure in and of itself.

The relationship between housing exposures and mental health may be different by tenure arrangements.

Use comparison between Aust and the UK to explore how, why and when?

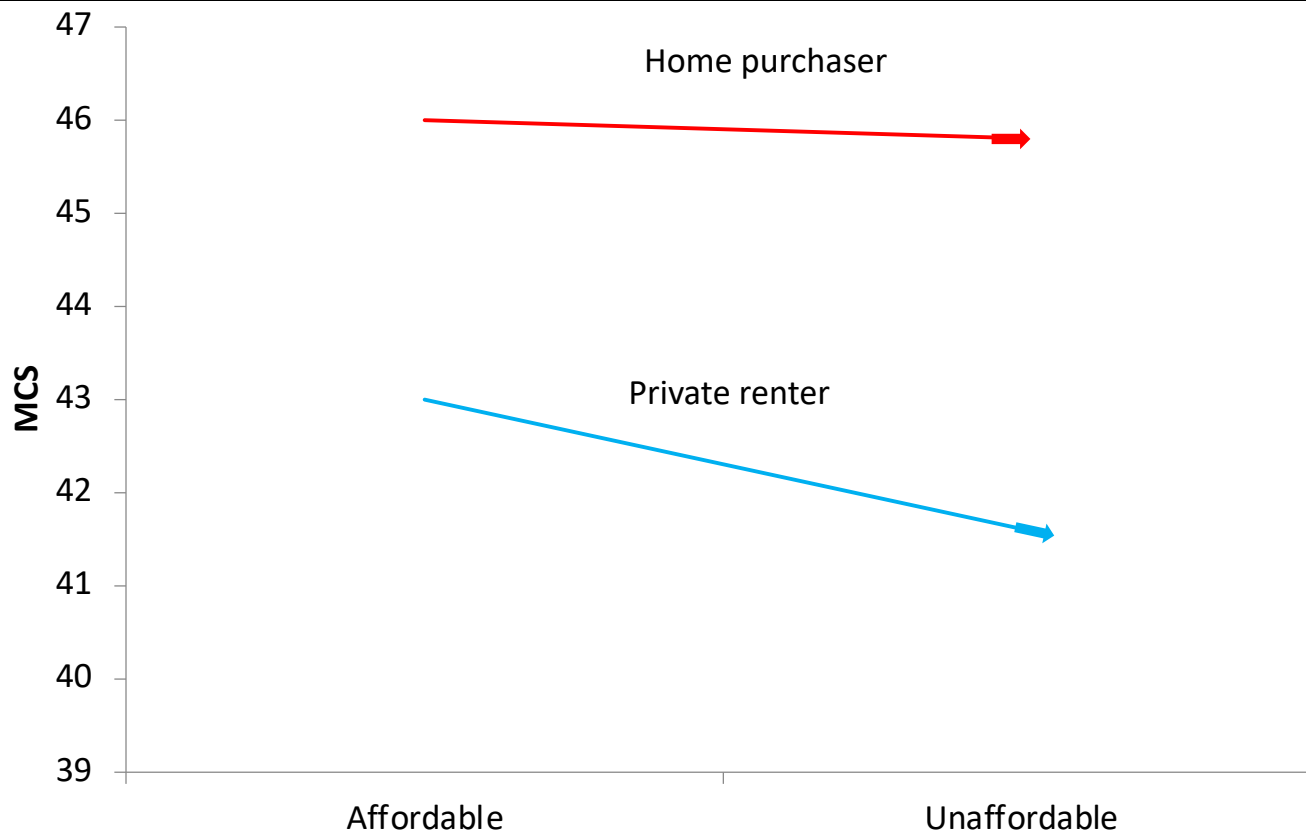




State of evidence

Affordability

Affordability and mental health, Australian evidence



Fixed effects models to reduce residual confounding

This same relationship is not found in the UK (in one comparison at least)

<i>UK</i> (10113 individuals, 46759 observations)		
Mean change in GHQ (95% CI)	<i>P</i>	P value for interaction term
0.35 (0.11 – 0.59)	0.004	0.462
-0.03 (-0.46, 0.40)	0.888	

Tenure-specific estimated mean change in GHQ-12 (scale 0-36) associated with housing becoming unaffordable

Fixed effects models

HOUSING STUDIES, 2016
VOL. 31, NO. 2, 208–222
<http://dx.doi.org/10.1080/02673037.2015.1070796>

 Routledge
Taylor & Francis Group

Housing affordability, tenure and mental health in Australia and the United Kingdom: a comparative panel analysis

Rebecca J. Bentley^a , David Pevalin^b, Emma Baker^{c,1}, Kate Mason^a, Aaron Reeves^d and Andrew Beer^{c,1}

^aCentre for Health Equity, Melbourne School of Population and Global Health, University of Melbourne, Carlton, Australia; ^bUniversity of Essex, Colchester, UK; ^cCentre for Housing, Urban and Regional Planning, School of Social Sciences, The University of Adelaide, Adelaide, Australia; ^dDepartment of Sociology, University of Oxford, Oxford, UK

Why?

1. UK had more social housing.
2. UK offered more \$\$ in housing assistance benefits to renters
3. Aus population of renters was less stable.
Avg tenure length in Aus is 12 months and in the UK is 2.5 years.

Explanation = UK system (with affordability lever) generated greater stability

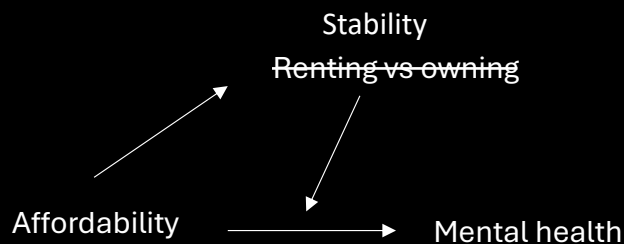


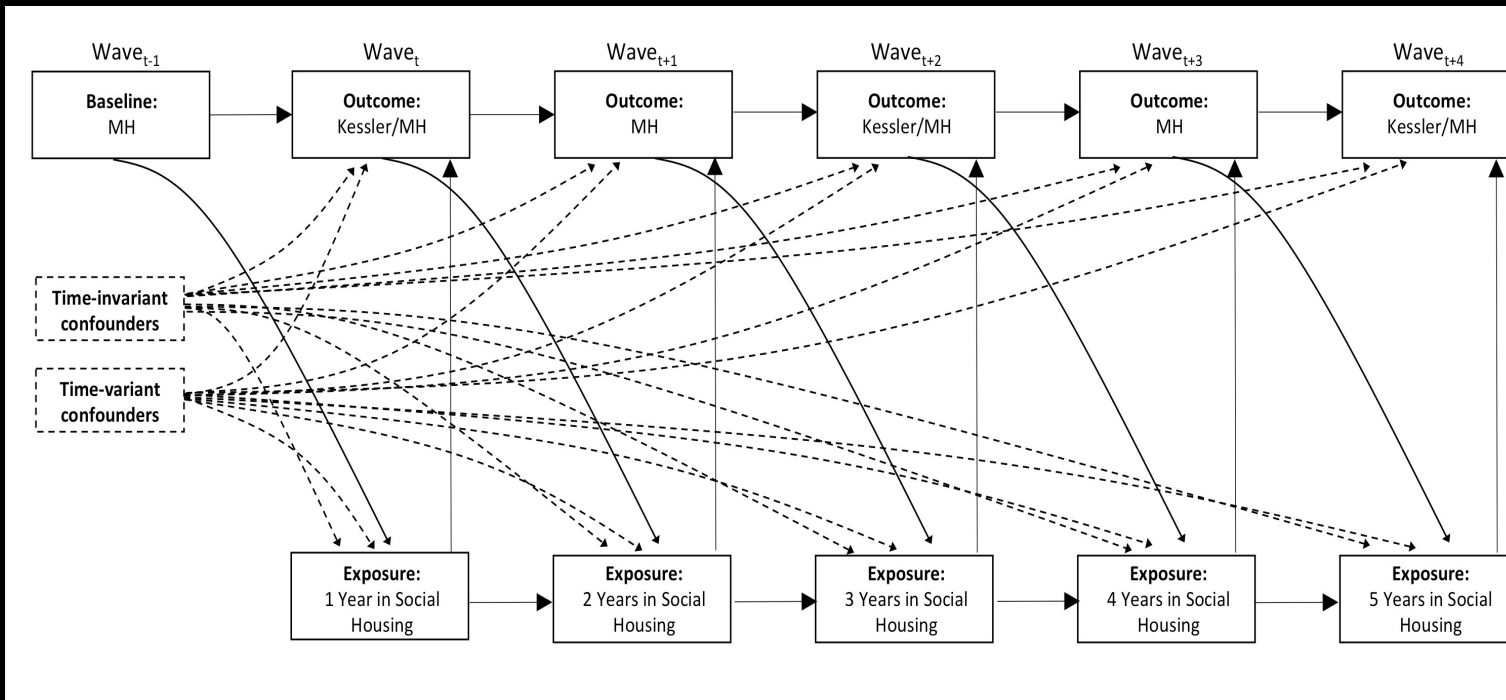
Table 1. Tenure type across households in Australia and the United Kingdom.

Tenure type	Australia 2011/2012 (8 630 428 households), %	UK 2011/2012 (22 040 000 households), %
Outright owner	31	32
Purchasing a home	37	34
Private rental	25	17
Social housing	4	17

Sources: Australian Bureau of Statistics Cat No. 4130.0 and Office for National Statistics (2012).

Security

Social housing



International Journal of Epidemiology, 2018, 1414–1422
doi: 10.1093/ije/dyy116
Advance Access Publication Date: 28 June 2018
Original article



Mental Health

The impact of social housing on mental health: longitudinal analyses using marginal structural models and machine learning-generated weights

Rebecca Bentley,^{1,2*} Emma Baker,² Koen Simons,³ Julie A Simpson^{3†} and Tony Blakely^{3,4†}

Marginal structural models to account for complex relationships. Matching to ensure true comparisons were made

While other tenures had better overall mental health, stability in social housing was protective.

Private rental

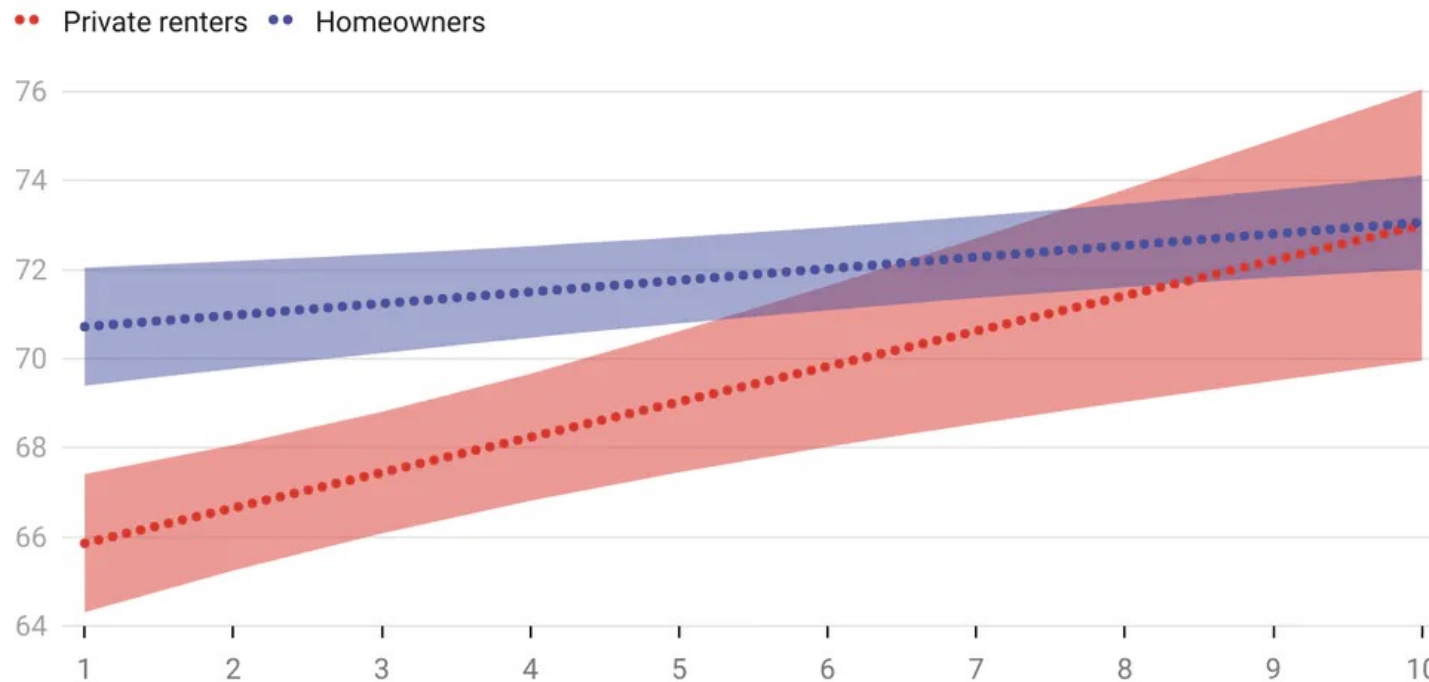


Chart: The Conversation • Source: HILDA



Social Science & Medicine

Volume 296, March 2022, 114778



Understanding the mental health effects of instability in the private rental sector: A longitudinal analysis of a national cohort

Ang Li^a, Emma Baker^b, Rebecca Bentley^a

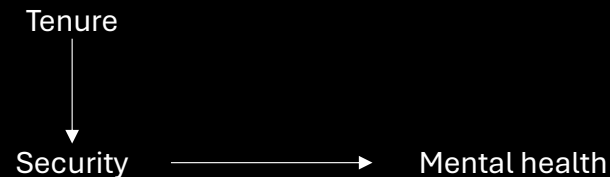
[Show more](#)

[Add to Mendeley](#) [Share](#) [Cite](#)

Marginal structural models to account for complex relationships. Matching to ensure true comparisons were made

Conclusion on security

1. Stable housing is protective of mental health.
2. Stable housing reduces mental health inequities associated with tenure.
3. Confirms that the conditions of tenure determine stability which influences mental health.
4. These conditions are problematic in Australia.



Suitability

Suitability and mental health, Australian evidence

- Exposure to energy poverty is associated with greater odds of reporting depression and worse mental health. (Fixed effects, extensive sensitivity analysis)
- Exposure to unwanted noise from traffic is associated with poor mental health. (Latent variable)
 - private and social renters disproportionately affected by noise

The effect of energy poverty on mental health, cardiovascular disease and respiratory health: a longitudinal analysis

Rebecca Bentley,^{a,*} Lyrian Daniel,^{b,c} Yuxi Li,^a Emma Baker,^b and Ang Li^a

^aCentre of Research Excellence in Healthy Housing, Melbourne School of Population and Global Health, University of Melbourne, 207 Bouverie Street, Parkville, Victoria, 3010, Australia

^bAustralian Centre for Housing Research, University of Adelaide, Adelaide, 5005, Australia

^cUniSA Creative, University of South Australia, Adelaide, 5000, Australia

Summary

Background Houses in mild-climate countries, such as Australia, are often ill-equipped to provide occupants protection during cold weather due to their design. As a result, we rely on energy to warm homes, however, energy is becoming increasingly expensive, and evidence is emerging of a sizable burden to population health of being unable to afford to warm homes causing exposure to cold indoor temperatures.

Methods We use a large longitudinal sample of adult Australians (N = 32,729, Obs = 288,073) collected annually between 2000 and 2019 to estimate the relationship between exposure to energy poverty and mental health (SE-36



The Lancet Regional Health - Western Pacific
2023;35: 100734
Published Online 17 March 2023
<https://doi.org/10.1016/j.lanwpc.2023.100734>



American Journal of Preventive Medicine

Go to American Journal of Preventive Medicine 2, August 2022, Pages e39-e48 on ScienceDirect



Research Article

Environmental Noise Exposure and Mental Health: Evidence From a Population-Based Longitudinal Study

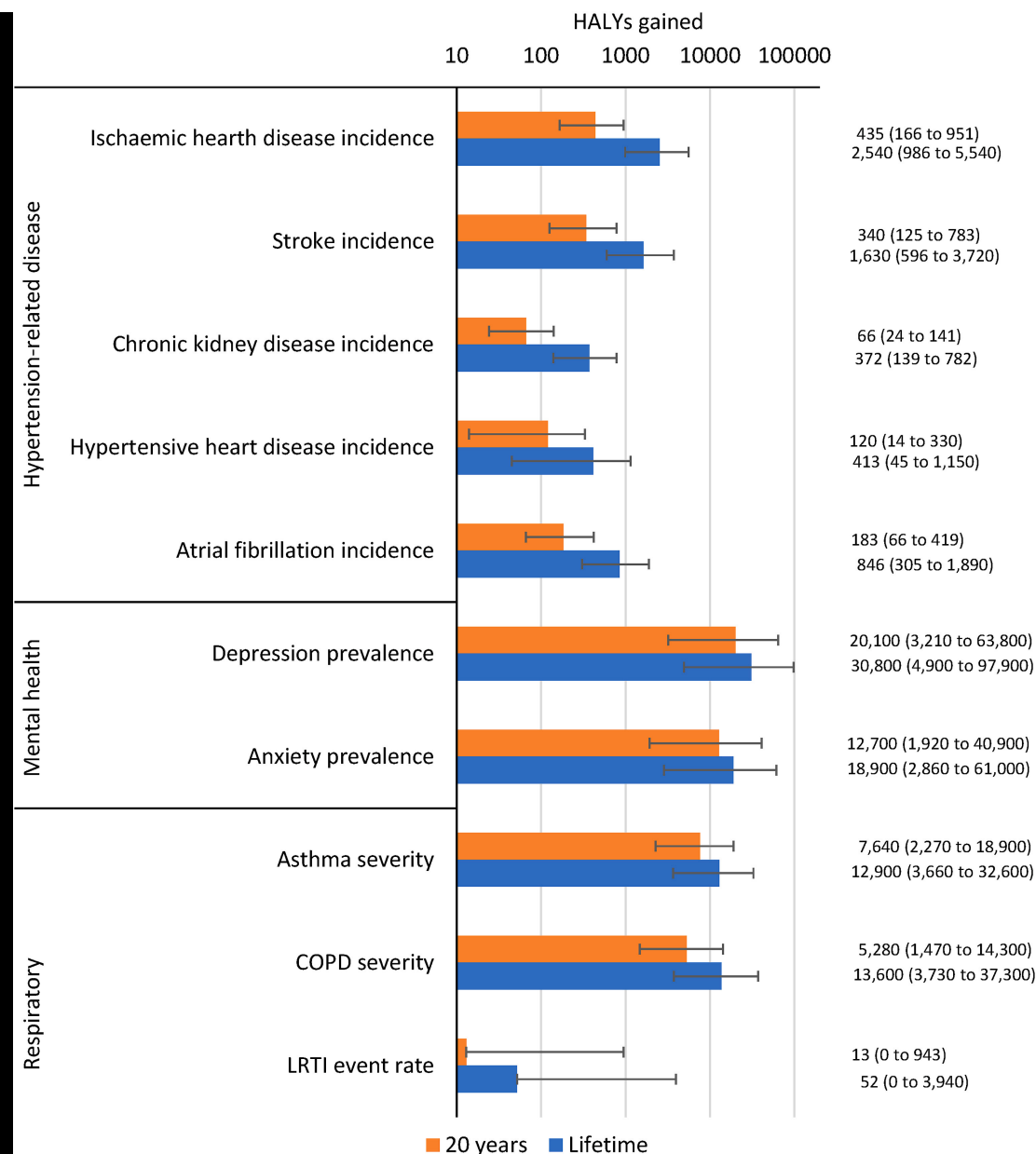
Ang Li PhD , Erika Martino MUP, Adelle Mansour MPH, Rebecca Bentley PhD

Show more

Add to Mendeley Share Cite



The largest factor in explaining the population level health burden associated with cold housing is mental health and wellbeing (simulation models based on evaluation of evidence).

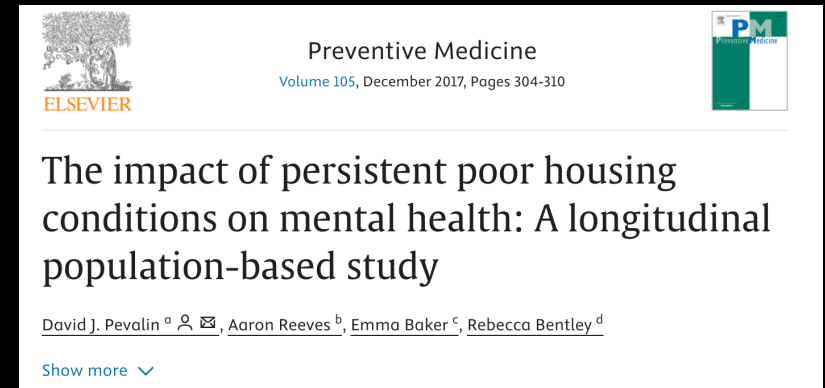


Suitability and mental health, UK evidence

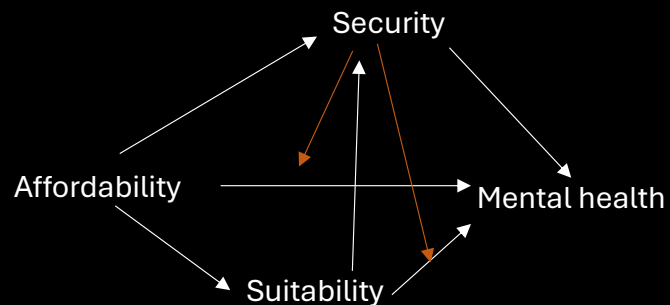
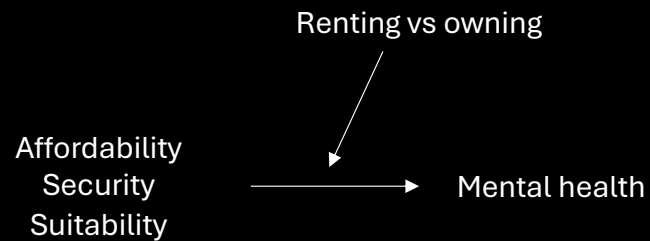
There is a strong, long-term impact of persistent poor condition housing on mental health.

Impact on social housing tenants and outright owners in particular.

The downside of more stability?



Lagged difference model



TWO IMPT LESSONS

Tenure related policy influences
each pillar = **system**
e.g., build to rent. min standards

It is the modification of MH effects
by security that generates
inequities.

We could **grade** potential policies based on
this understanding.

E.g., min standards in rental
+ good for affordability and suitability
- Less so for security

BUT inequities reduced through
affordability/suitability to mh modification
by security, depending on context.

Conclusions

	Affordability (30/40)	Suitability (energy poverty, mould, noise, poor condition)	Security (length of time in dwelling)
Mental health effects for renters	Negative	Negative	Positive
Evidence of difference between Aus and UK	Yes.	Similar	? But perhaps we can surmise this effect is the same.

Optimal housing policy would generate stable (~ 7+ years), good condition, affordable housing irrespective of tenure.

Security focused initiatives would remove mental health inequities associated with tenure type.

Disclaimer – overstating

Guide slide

CRE YELLOW

HEX #FADA34

RGB 250, 218, 52

CRE TYPEFACES

Calibri light –
headings

CRE HIGHLIGHT BOXES

Fill with contrasting colour;
remove outline

Logo repository

