

Tenures, ageing, cold homes and mental health

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► Housing and health

Autonomy & Control

Stress

Undermining sense of coherence
Ability to maintain a suitable home

Quality

Exposure to hazards
Overcrowding
Stigma/status

Affordability

Stress

Financial strain
Reduced spending on other essentials

Access to Services

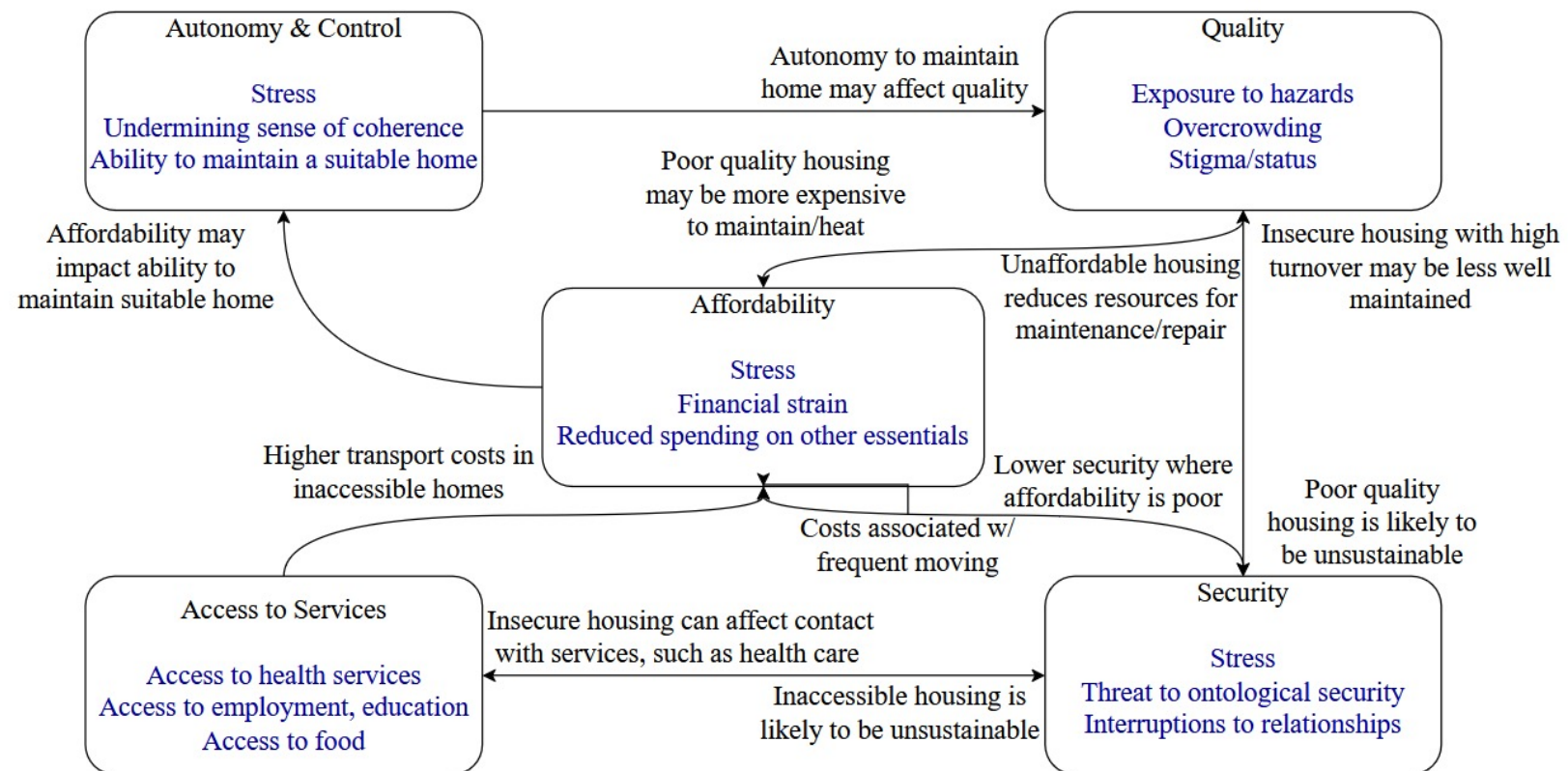
Access to health services
Access to employment, education
Access to food

Security

Stress

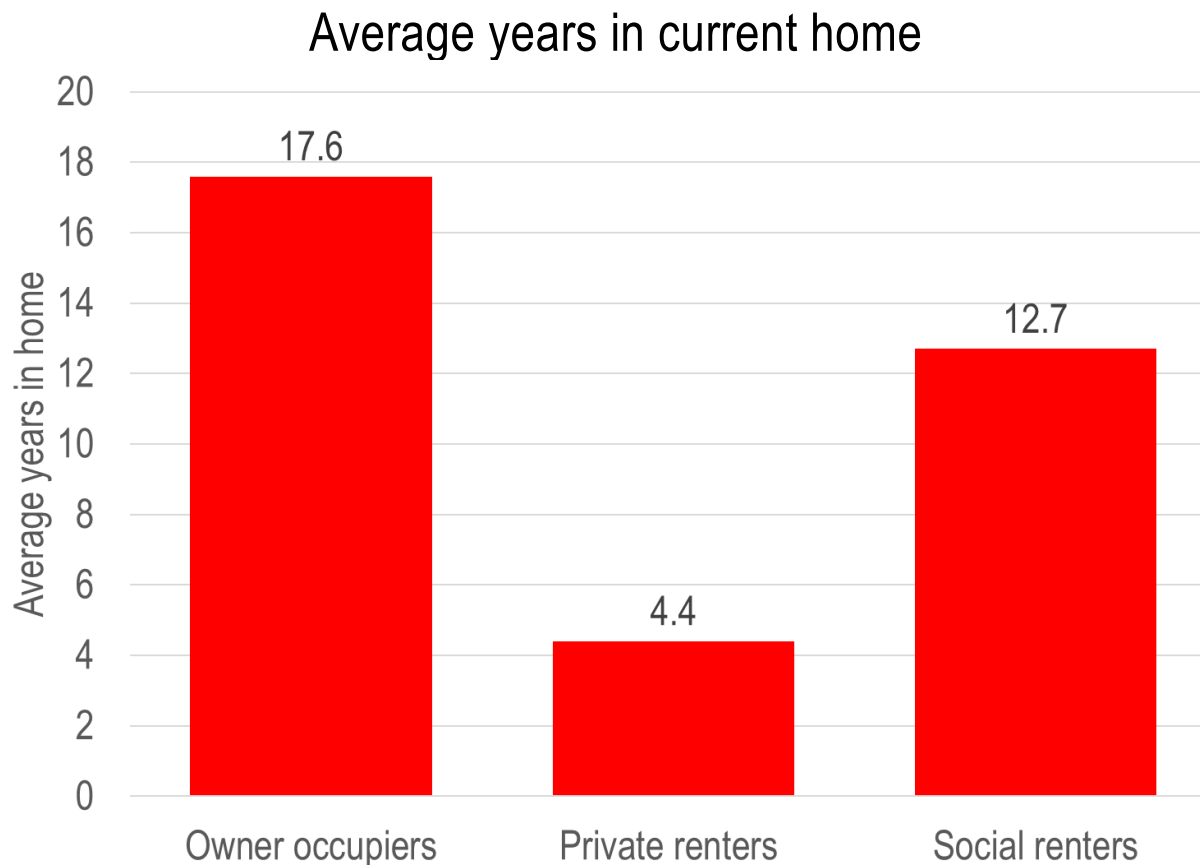
Threat to ontological security
Interruptions to relationships

➤ Housing and health



► Tenure differences

Security
Stress
Threat to ontological security
Interruptions to relationships



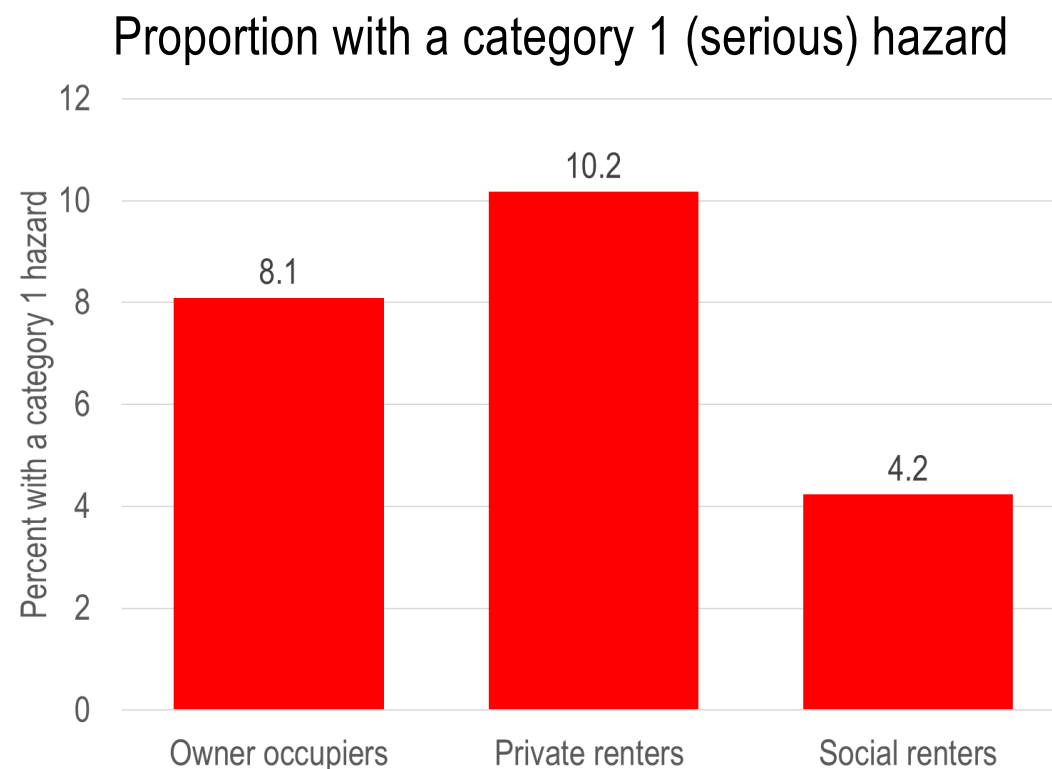
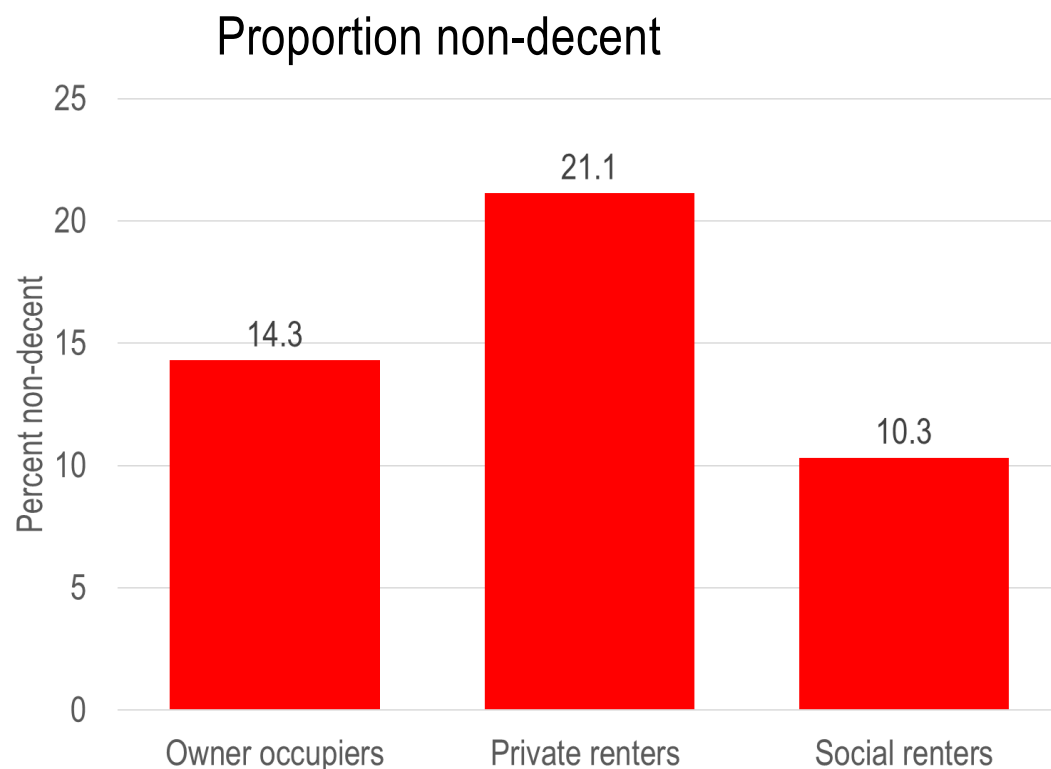
Latest English Housing Survey data (2021-22)

PRS:

- 6-12 month tenancies
- Ongoing existence of no-fault evictions (in England and Wales)
- Lack of protection against rent rises

► Tenure differences

Quality
Exposure to hazards
Overcrowding
Stigma/status

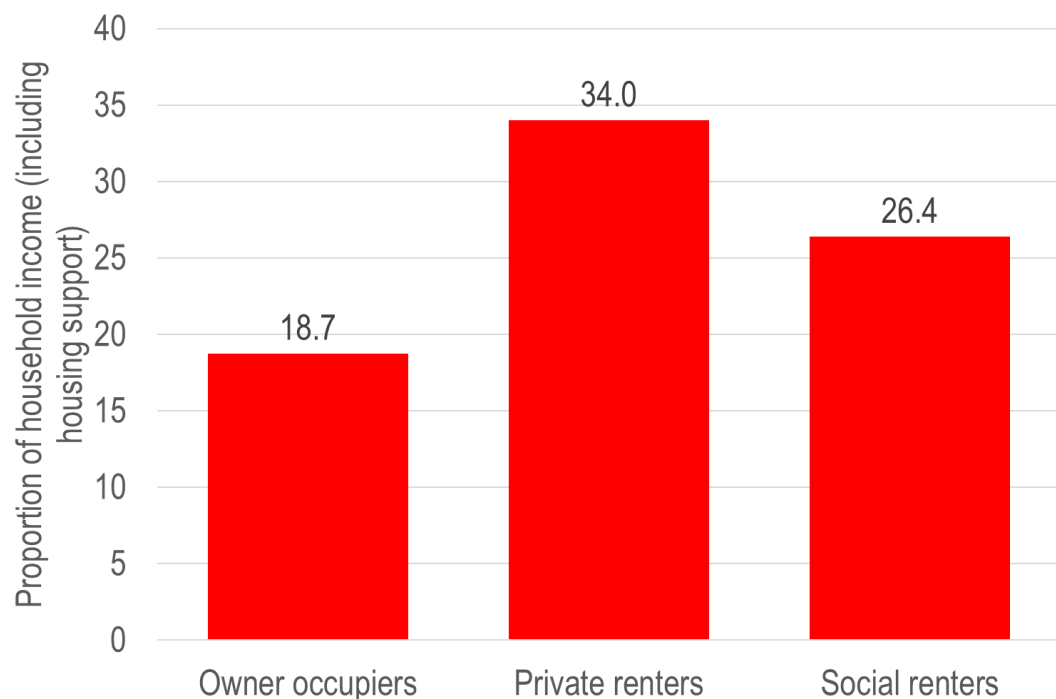


Latest English Housing Survey data (2023)

► Tenure differences

Affordability
Stress
Financial strain
Reduced spending on other essentials

Relative: Proportion of income spent on housing



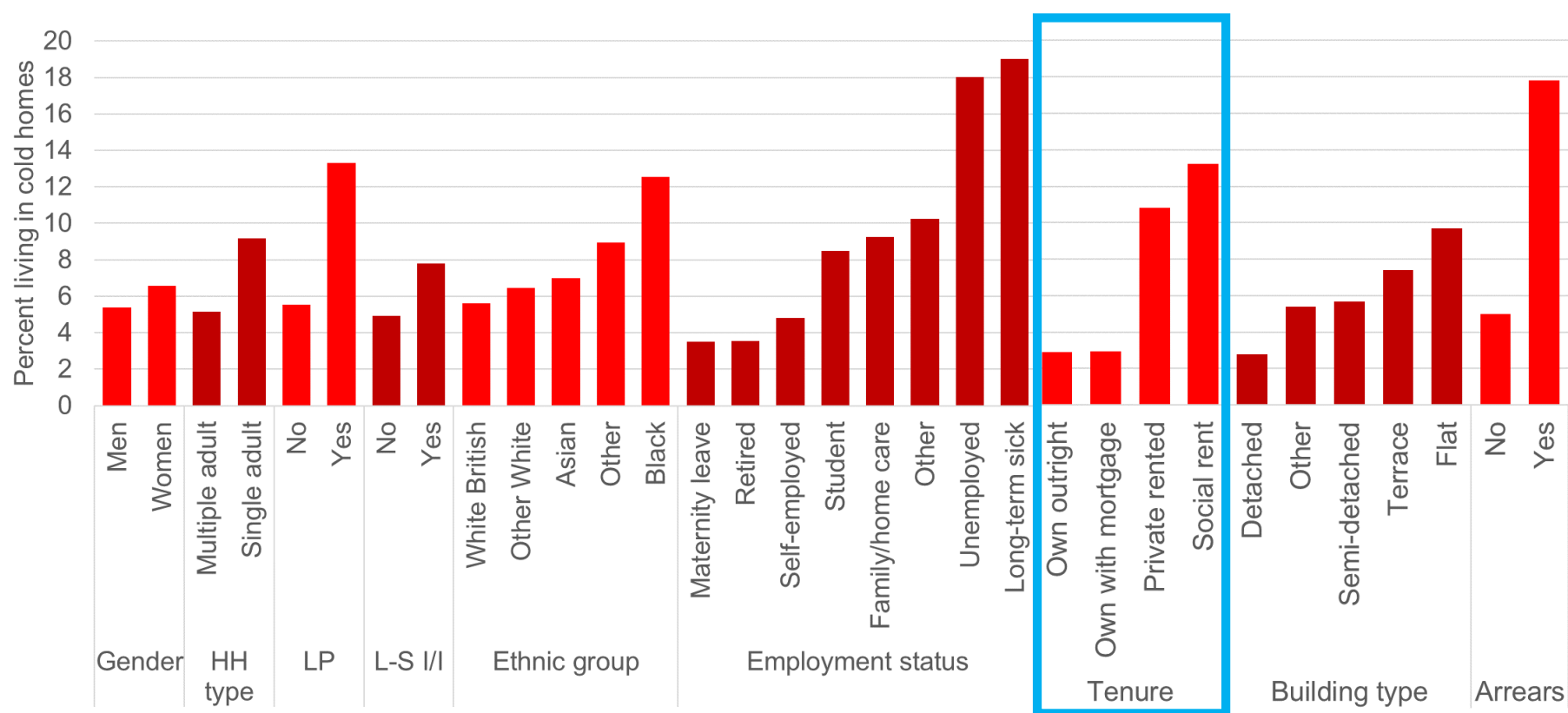
Absolute: Weekly spending on rent/mortgage



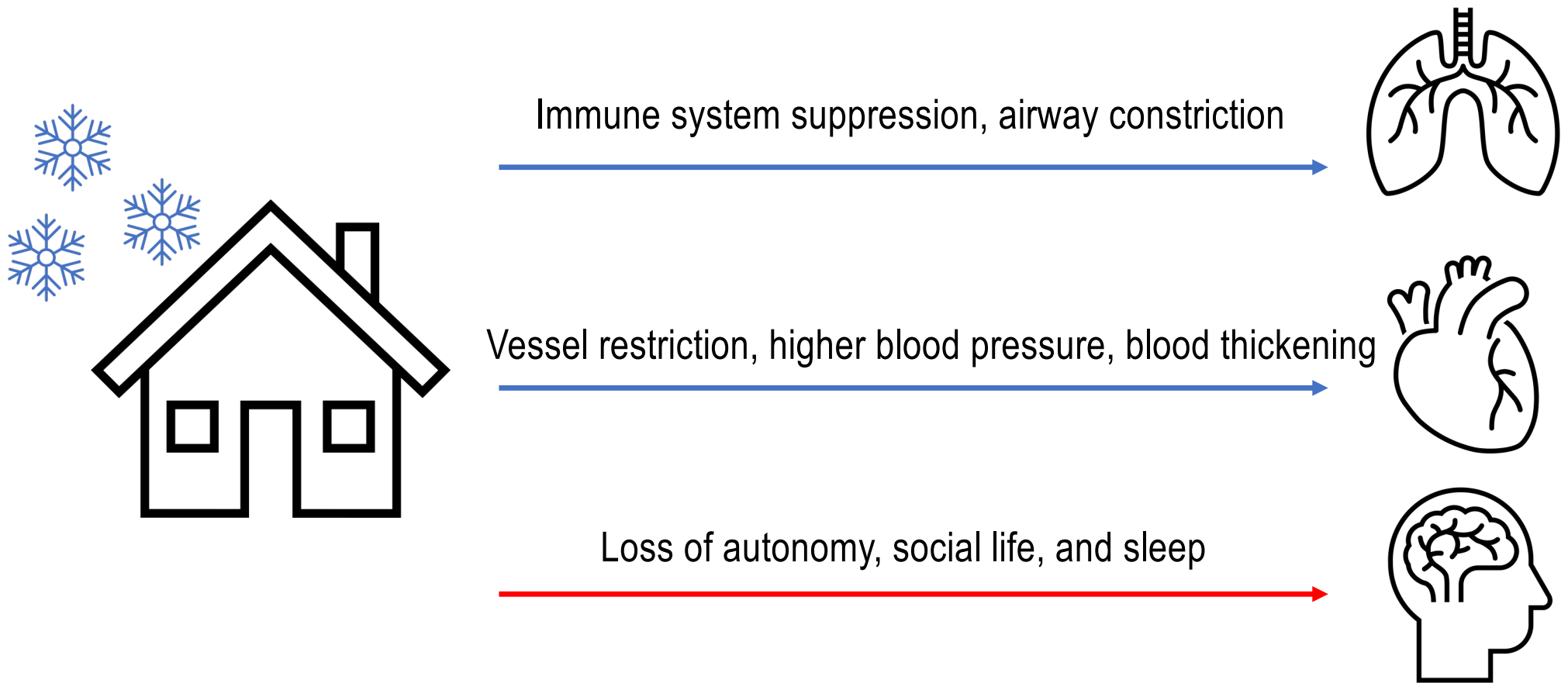
Latest English Housing Survey data (2023-24)



Cold housing and mental health



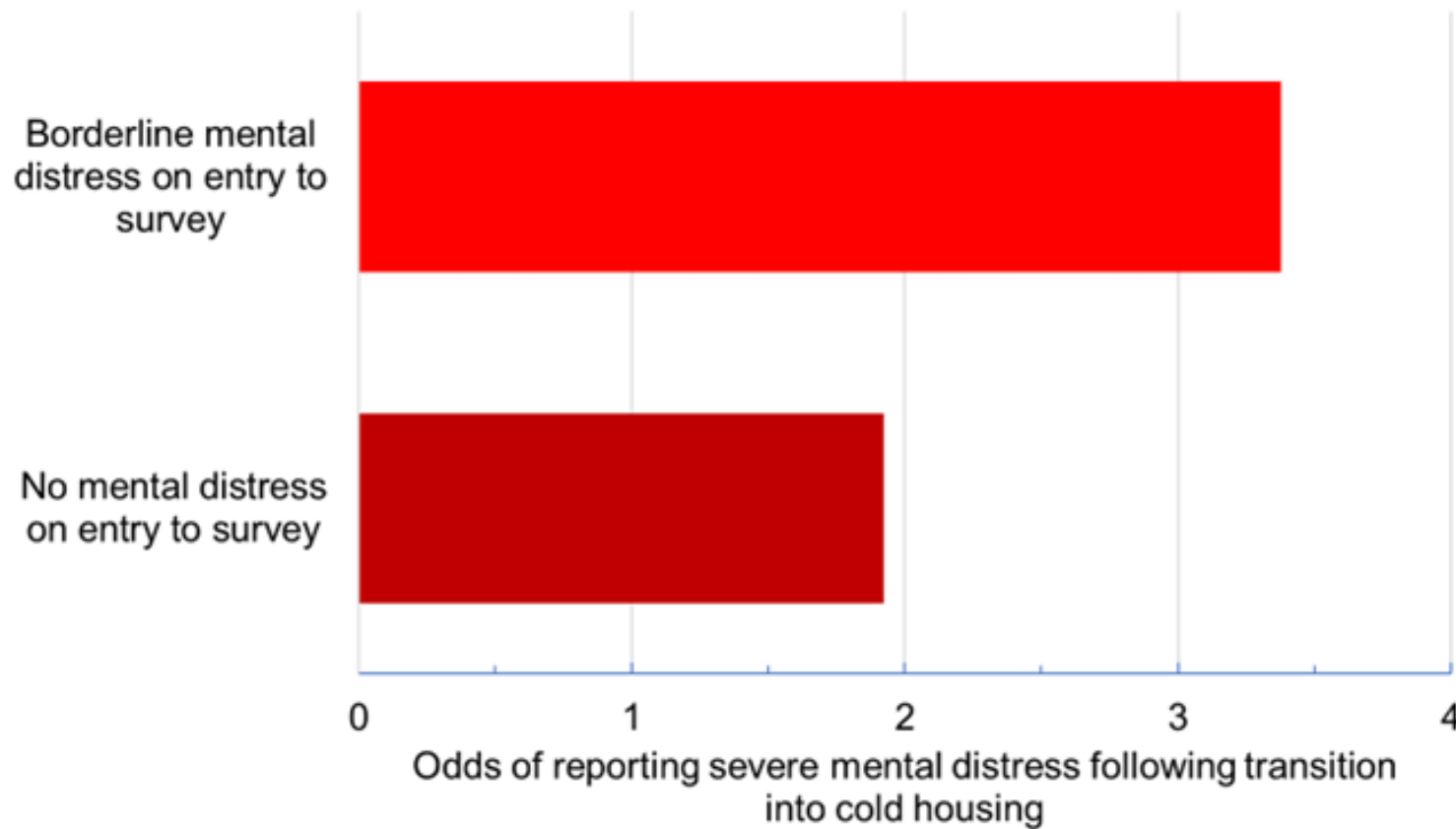
► Cold housing and mental health



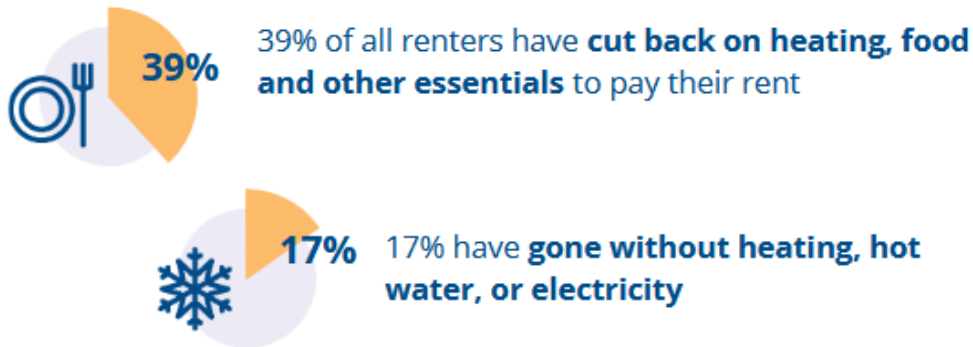
► Cold housing and mental health

- Understanding Society, wave 1 (2009) to wave 11 (2021)
- “In winter, are you able to keep this accommodation warm enough?”
- Sample restricted to those that lived in warm homes on entry to the survey
 - With either no or low levels of mental distress
 - General Health Questionnaire (GHQ-12)

► Cold housing and mental health



► Cold housing and mental health



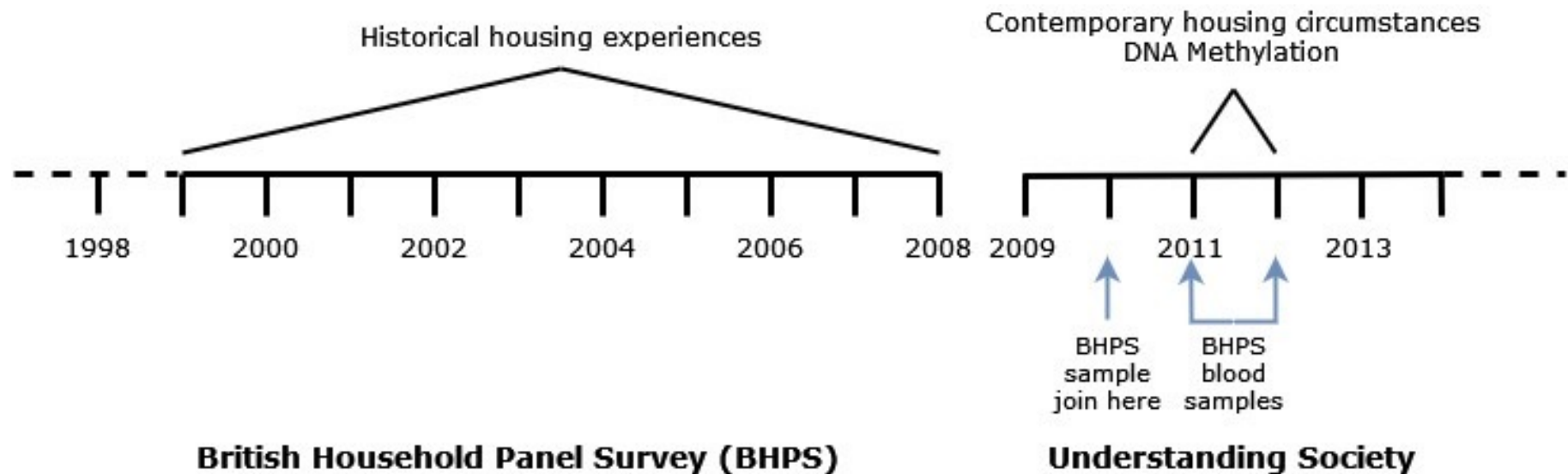
Maya's story¹⁷

Maya lives with her husband and children in a home they rent from a private landlord. They had substantial energy efficiency upgrades installed through a Government grant, which they were eligible for because they receive benefits. But Maya came to Citizens Advice for help when **the landlord asked for a £500 rent increase after her home was upgraded**. This would have left Maya's family facing a £900 shortfall between their local housing allowance (LHA) and their rent, making it unaffordable to stay in their home. Maya tried to negotiate the rent with the landlord, but has now been issued with a Section 21 eviction notice. Maya and her husband believe that **now the property is in an improved condition thanks to the grant funding they secured, the landlord wants to find more affluent tenants who will pay higher rent.**

► Housing and biological ageing

- Ageing the best predictor of health
 - But experienced very differently
- Biological (or epigenetic) ageing
 - As opposed to chronological
 - Epigenetics, DNA methylation
 - Faster ageing associated with earlier mortality, poorer cognitive and physical function, and disease
 - DunedinPoAm - Produces an estimate of the speed at which someone is ageing.
 - Positive coefficient = faster than expected ageing, negative = slower than expected

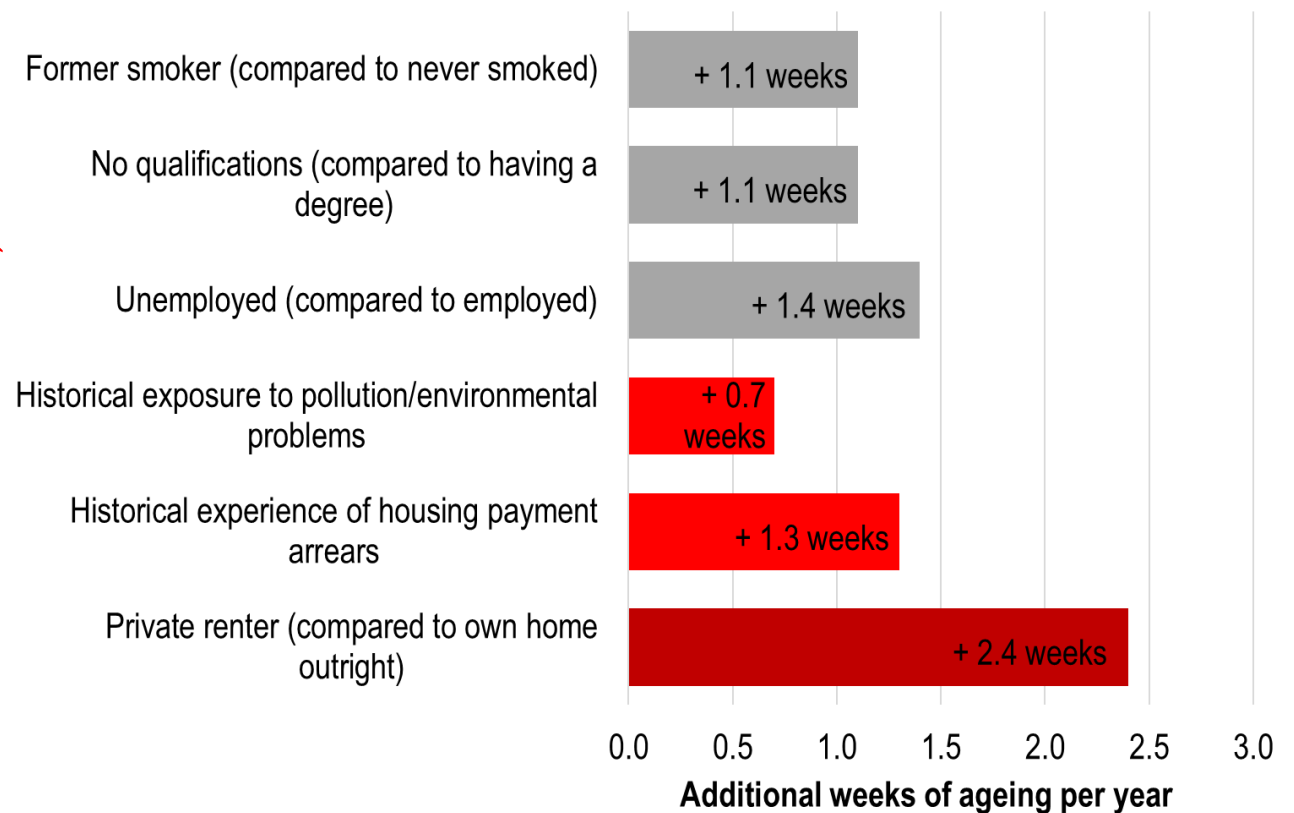
► Housing and biological ageing



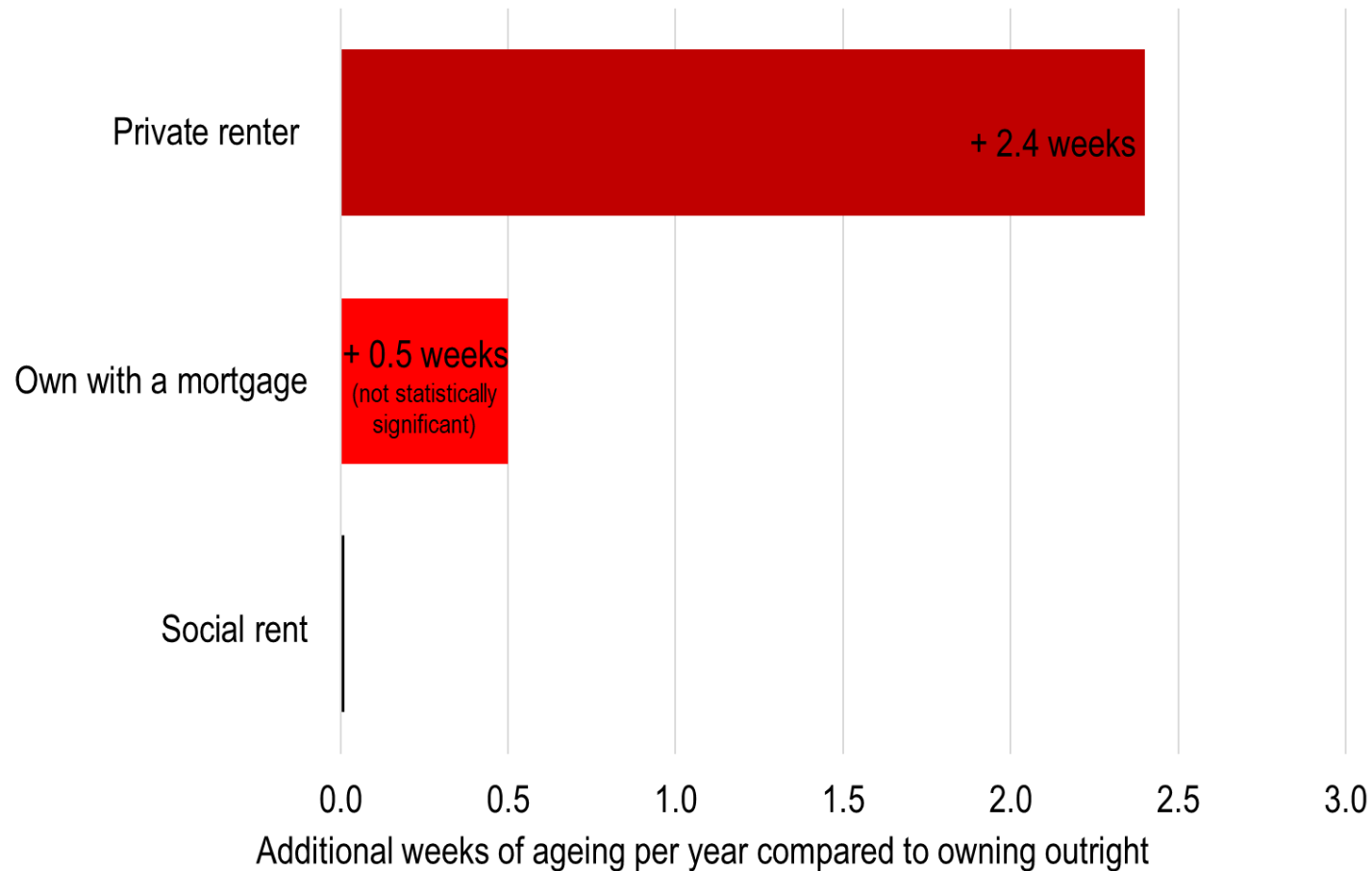
- Controlling for (chronological) age, health behaviours, socio-economic position, and others
- Including all potential housing variables

► Housing and biological ageing

- **Tenure: private renting** ↑
- Repeated housing payment arrears ↑
- Exposure to pollution ↑
- Only private renting remained significant after applying Bonferroni correction



► Housing and biological ageing



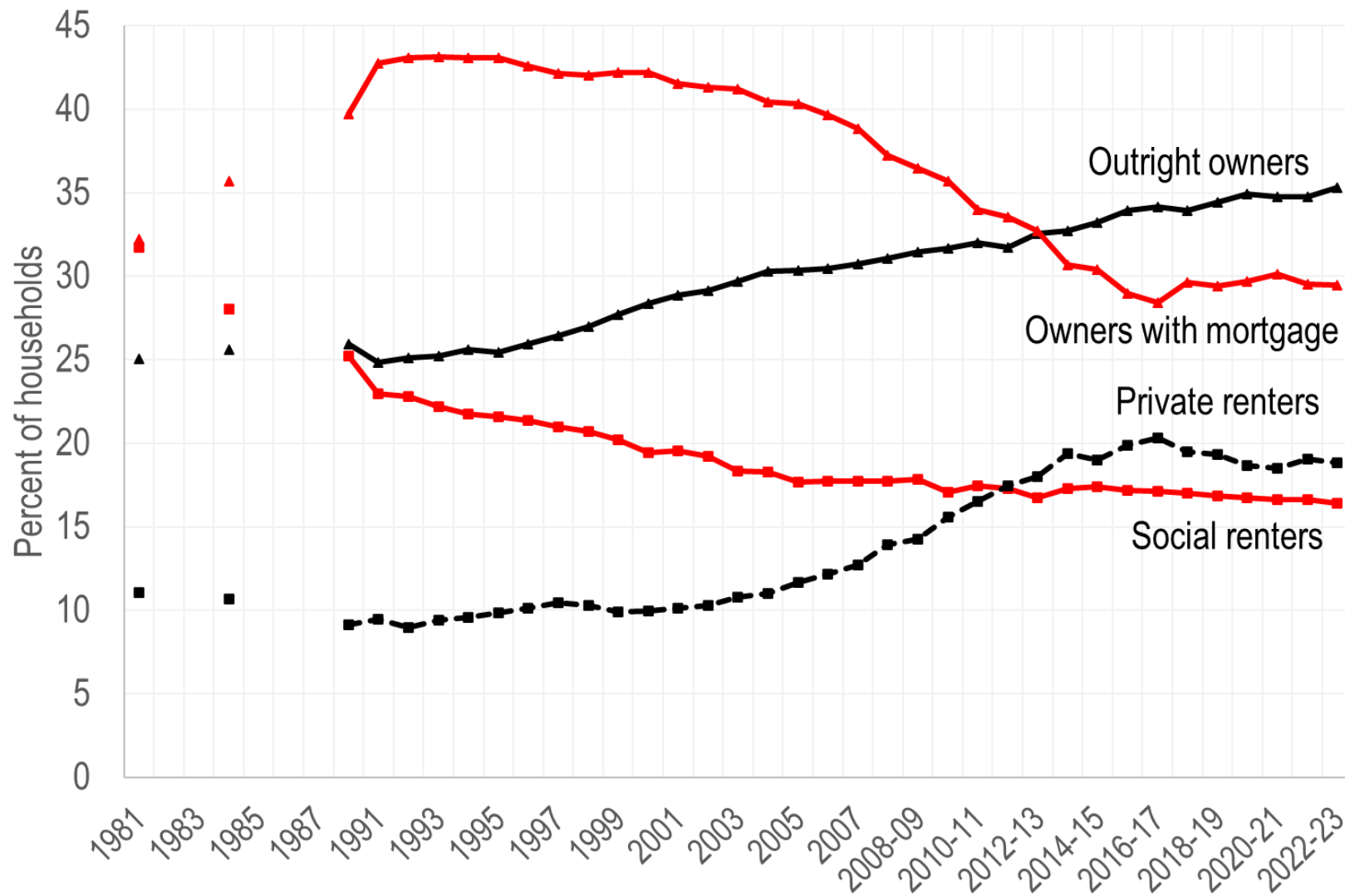


Table FT1101 (S101): Trends in tenure (England)

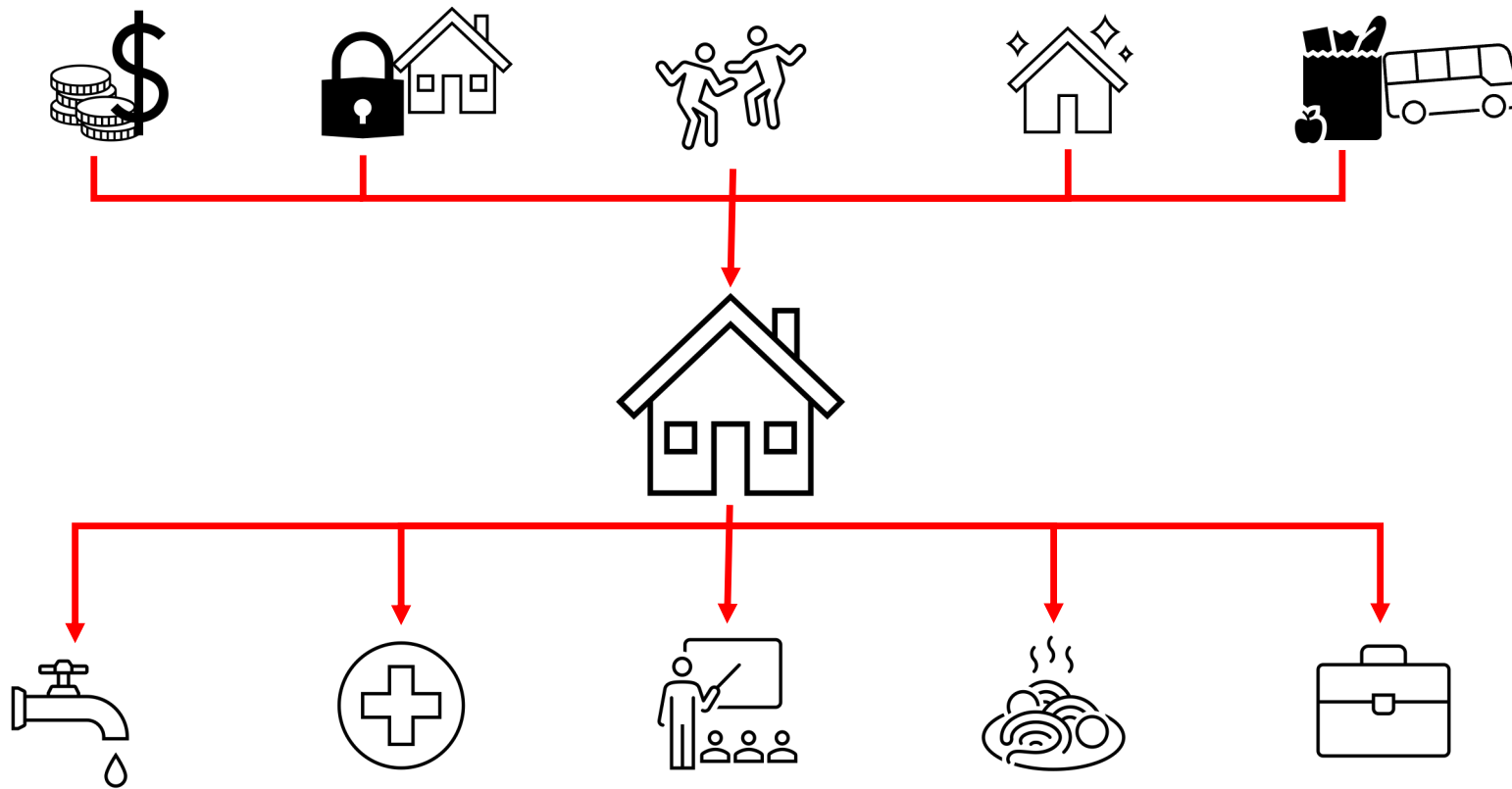


Housing at the heart: creating healthy, equitable and sustainable communities

- Many of these negative impacts are avoidable
 - Social harm – situations that curtail human potential and fulfilment of human needs in ways that are avoidable
- Increased reliance on PRS to house people makes policy change essential
- The nature of housing tenure is not fixed
- Effective policy interventions need to account for the intertwined nature of housing characteristics
- Significant costs of inaction



Housing at the heart: creating healthy, equitable and sustainable communities





3 step linear
regression approach:

Faster ageing

Slower ageing

$p < .05$

Individual variables	All contemporary housing variables	All contemporary and historical housing variables
Tenure (private & social rent)	Tenure (private rent)	Tenure (private rent)
Property type (terraced & flat)		
No central heating		
Ever experienced inadequate heating		
Ever experienced a leaking roof		
Ever experienced housing payment difficulties		
Ever experienced housing payment arrears		Ever experienced housing payment arrears
		Ever experienced condensation
		Ever experienced pollution