

# Homelessness is a Public Health Crisis

Health and housing are inextricably linked. Stable housing makes it easier to become and remain healthy, just as being healthy makes it easier to become and remain stably housed. Homelessness and housing instability can cause long-term harm to people at every stage of life. There can be no right to health without a right to housing.

## The Long-term Impacts of Homelessness and Housing Instability



### Poor Physical Health

Homelessness leads to shorter life expectancy and higher rates of chronic conditions



### Mental Health Strain

Homelessness increases risk of serious mental illness and substance use conditions



### Childhood Developmental Delays

Young children experiencing homelessness are more likely to face developmental delays



### Education Inequities

Children facing homelessness are at increased risk of missing and falling behind in school



### Food Insecurity

People dealing with housing insecurity and homelessness are more likely to skip meals

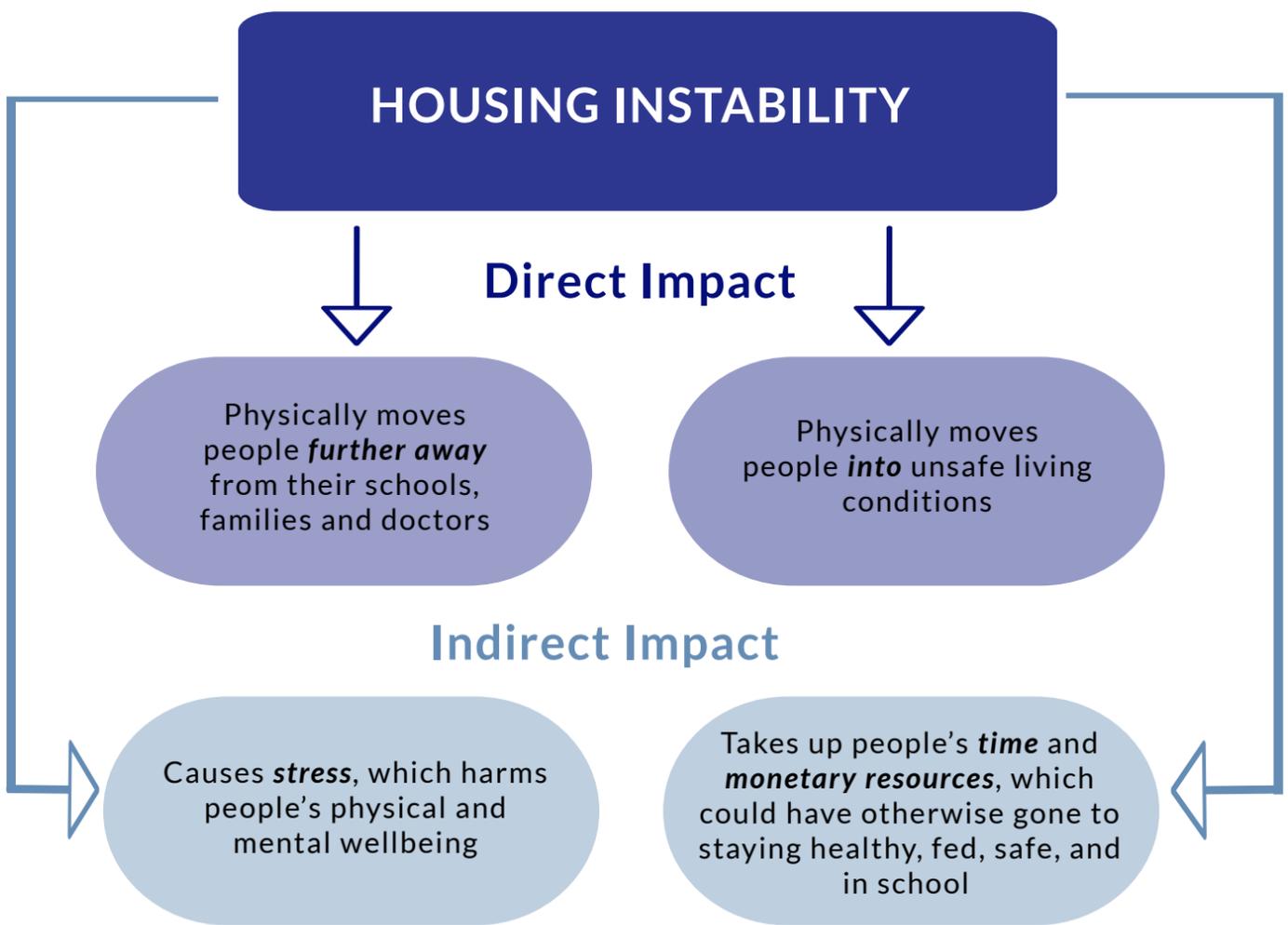


### Compounding Stress

People dealing with housing insecurity and homelessness experience constant, endemic stress

For children especially, these repercussions can be felt for decades.

## Homelessness and Housing Instability Define How People Live their Lives



## Homelessness and Housing Instability Harm People at Every Stage of Life

Children who experience homelessness are at increased risk for [asthma](#), [hospitalizations](#), [developmental delays](#), [mental health conditions](#), [food insecurity](#) and [educational barriers](#).

Young adults who experience homelessness are at increased risk for [mental health conditions](#), [substance use conditions](#), [violence](#), and [educational barriers](#).

Parents who experience homelessness are at increased risk for [mental health conditions](#), [food insecurity](#), and [stress](#).

All adults who experience homelessness are at increased risk for [chronic disease](#), [mental illness](#), [substance use conditions](#), and [premature death](#).

More info can be found at:

[Housing and Homelessness as a Public Health Issue](#)

[Homelessness & Health: What's the Connection?](#)

[The Characteristics and Needs of Families Experiencing Homelessness](#)