

# Housing Is Health Care

Homelessness and housing instability are an ongoing crisis in Illinois, exacerbated by COVID-19. Housing is key to ensuring people are healthy.



**ILLINOIS  
SUPPORTIVE  
HOUSING**

**Prevents onset of new illness  
or injury**

**Improves access to high-quality,  
coordinated health/behavioral  
health care and other critical  
social services**

**Promotes lifestyle behaviors  
that lead to good health**

While health care providers do all they can to mitigate the effects of the streets, no amount of health care can substitute for stable housing. Stable housing is without question a key “social determinant of health” that directly affects an individual’s health outcomes.

- Poor health is a major cause of homelessness.
- Homelessness creates new health problems and exacerbates existing ones.
- Recovery and healing are more difficult without housing.

Individuals who are homeless have higher rates of illness and die on average 12 years sooner than others in the general U.S. population.

Decades of research and experience with supportive housing have taught us that a holistic view of health necessarily accounts for housing and other social factors. Illinois supportive housing providers are committed to reducing homelessness throughout the state and, in doing so, promoting health, safety and quality of life for our most vulnerable residents.