“Housing is of central importance to people’s lives.”

“Where we live determines how we feel about ourselves and how long we live.”
Impact of deprivation on health

![Bar chart showing the impact of deprivation on health. The chart compares the years in 'Not good' health and life expectancy between male and female individuals in the most deprived and least deprived groups.]

**Source:** Scottish Health Survey, Scottish Household Survey, National Records Scotland
Emergency Admission Rate per 1,000 Population

Patients admitted as an emergency

<table>
<thead>
<tr>
<th>Year</th>
<th>HL1</th>
<th>Fife (Aged 15 - 64)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td></td>
<td></td>
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<tr>
<td>2007</td>
<td></td>
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<tr>
<td>2008</td>
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<tr>
<td>2011</td>
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<td>2012</td>
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<tr>
<td>2006</td>
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<td>2007</td>
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<tr>
<td>2011</td>
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<tr>
<td>2012</td>
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</tr>
</tbody>
</table>
“A settled home is vital for good mental health.”

“Good quality housing underpins good health and participation in wider society.”
 Queens Cross Housing
Direct

Indirect

Individual / Household level

Material/physical effects of Housing on Health – damp, cold, mould, heat. Homelessness

Effect of poor housing, insecurity and debt on mental health

Feeling of “Home”, Social Status and Safety / Security

Area / Neighbourhood level

Indicator (and part) income, wealth

Proximity to services, facilities

Availability of services, facilities; features of the natural and built environment

Household & area culture and behaviours

Community, social, capital fragmentation

Hard / Physical / Material

Soft / Social / Meaningful
Getting to Know You
Who are our tenants?

70% living in poverty
37% living in fuel poverty
61% living alone
64% now have internet access
48% on full housing benefit
20% over 60
13% first language not English
53% are disabled or have a long term health condition.

Proud to be Queens Cross
Reporting of ill health and disability increased by 20%

% with health condition or disability

2017: 53%
2013: 33%
Prevalence of health condition or disability associated with age

<table>
<thead>
<tr>
<th>Condition</th>
<th>16-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-60</th>
<th>60-64</th>
<th>65-74</th>
<th>75-84</th>
<th>85 plus</th>
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<tbody>
<tr>
<td>Base</td>
<td>96</td>
<td>279</td>
<td>342</td>
<td>453</td>
<td>297</td>
<td>183</td>
<td>322</td>
<td>150</td>
<td>57</td>
</tr>
<tr>
<td>No condition</td>
<td>63%</td>
<td>71%</td>
<td>53%</td>
<td>38%</td>
<td>23%</td>
<td>21%</td>
<td>21%</td>
<td>21%</td>
<td>9%</td>
</tr>
<tr>
<td>Mental ill health</td>
<td>9%</td>
<td>15%</td>
<td>22%</td>
<td>27%</td>
<td>31%</td>
<td>24%</td>
<td>10%</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>Mobility/ physical disabilities</td>
<td>-</td>
<td>5%</td>
<td>10%</td>
<td>21%</td>
<td>32%</td>
<td>28%</td>
<td>42%</td>
<td>34%</td>
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<tr>
<td>A learning disability</td>
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<td>0%</td>
<td>-</td>
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<td>0%</td>
<td>1%</td>
<td>-</td>
<td>1%</td>
<td>-</td>
</tr>
<tr>
<td>A learning difficulty</td>
<td>4%</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
<td>3%</td>
<td>1%</td>
<td>-</td>
<td>1%</td>
<td>2%</td>
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<tr>
<td>Blind or visually impaired</td>
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<td>0%</td>
<td>1%</td>
<td>2%</td>
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<td>2%</td>
<td>2%</td>
<td>5%</td>
<td>19%</td>
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<tr>
<td>Profoundly deaf or hearing impaired</td>
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<td>0%</td>
<td>1%</td>
<td>2%</td>
<td>4%</td>
<td>5%</td>
<td>5%</td>
<td>8%</td>
<td>18%</td>
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<tr>
<td>Dementia/ Alzheimer’s</td>
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<td>-</td>
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<td>1%</td>
<td>5%</td>
<td>14%</td>
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<tr>
<td>Being frail due to old age</td>
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<td>-</td>
<td>2%</td>
<td>1%</td>
<td>3%</td>
<td>16%</td>
<td>39%</td>
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<tr>
<td>Drug/ Alcohol dependency</td>
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<td>3%</td>
<td>2%</td>
<td>4%</td>
<td>2%</td>
<td>-</td>
<td>1%</td>
<td>-</td>
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<tr>
<td>A chronic disease</td>
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<td>2%</td>
<td>7%</td>
<td>13%</td>
<td>21%</td>
<td>25%</td>
<td>27%</td>
<td>30%</td>
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<tr>
<td>Other condition</td>
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<td>14%</td>
<td>17%</td>
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<tr>
<td>Prefer not to say</td>
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<td>8%</td>
<td>7%</td>
<td>7%</td>
<td>6%</td>
<td>7%</td>
<td>6%</td>
<td>7%</td>
</tr>
</tbody>
</table>
“Challenging Poverty and Improving Health and Wellbeing”

PROUD TO BE QUEENS CROSS
Health & Wellbeing
Older People’s Social Isolation

• Day to day living support
• Intervention service
• Health and Wellbeing activities
• Stag Group for older men
• Staff training in dementia awareness
• Community Connectors
• Home Team
• Cyber Seniors
Health & Wellbeing
Mental health

- Queens Cross East housing support service
- Community gardens
- Integrated support partnership with Flourish House Café
- Art Group
- Walking groups
- “Kitchens on Prescription”
Young People

- CHYP & Fire Station homelessness services
- Community Chest
- Modern Apprenticeships
- Holiday Hunger programme
- Young people’s activities – art, sport, homework, gardening clubs
Outcomes, an increase in:

- People actively participating in the community
- People using our facilities (vibrancy)
- Networks of support – community cohesion
- Opportunities to reduce loneliness and social isolation
- Positive life choices available
- Pride in where people live
Positive outcomes

- Reduced Poverty
- Reduced Crime
- Less ASB
- Better Health
- Better School Attainment
- Higher Employment
- Better Access to Services
- Less Drug Use
- People Developing & Using Skills
- “Improved Self Esteem / Worth”
Social Housing
Key to good health and liveable cities

Quality places to live
Support to live independently in the community
Community anchors and connectors
Models of person led service delivery
Connections in the City
Value for Money