



Public Health  
England

# Mental health of homeless people: A key public health issue

## Opportunities and challenges ahead

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# Prevention as part of public mental health

## **World Health Organisation's definition of public mental health:**

- Mental health is “a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”
- Public mental health relates to “both the promotion and protection of mental health and to the prevention and treatment of mental illness.”
- Traditional approaches focus on mental illness recognising suffering, disability or morbidity due to mental and neurological disorders and the influence of individual genetic, biological and psychological factors.

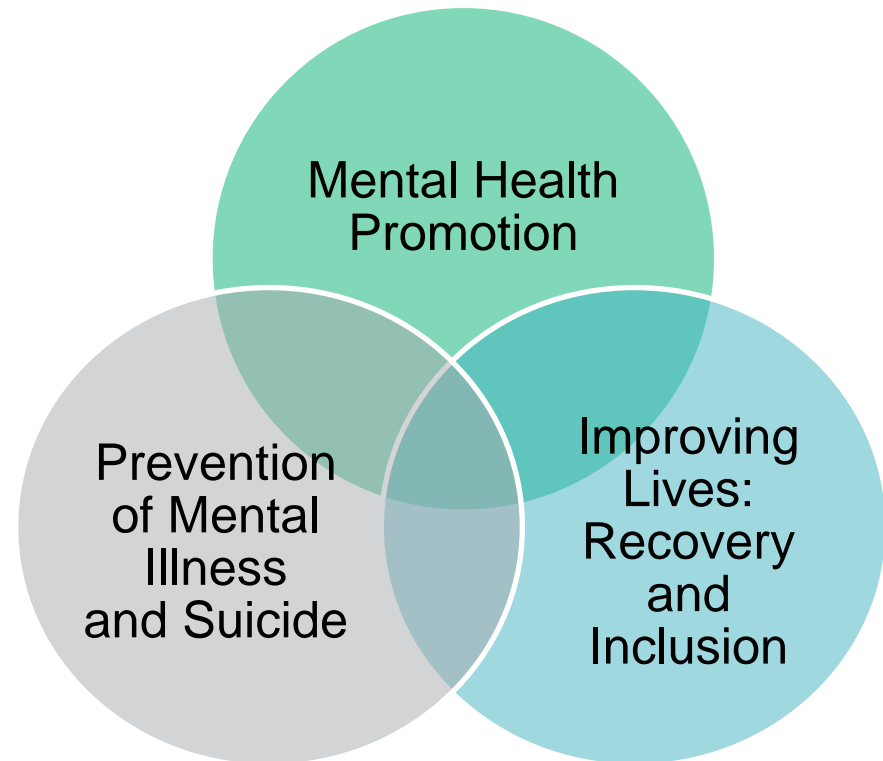
## **Rationale**

- Public mental health recognises that problems are determined by multiple and interacting social, psychological, and biological factors.
- Recognising the strong economic case, the NHS England 5 Year Forward View challenges the system to orientate more towards prevention.
- Chief Medical Officer recommends WHO definition as part of an ‘at scale’ approach to improving the public’s mental health across England.



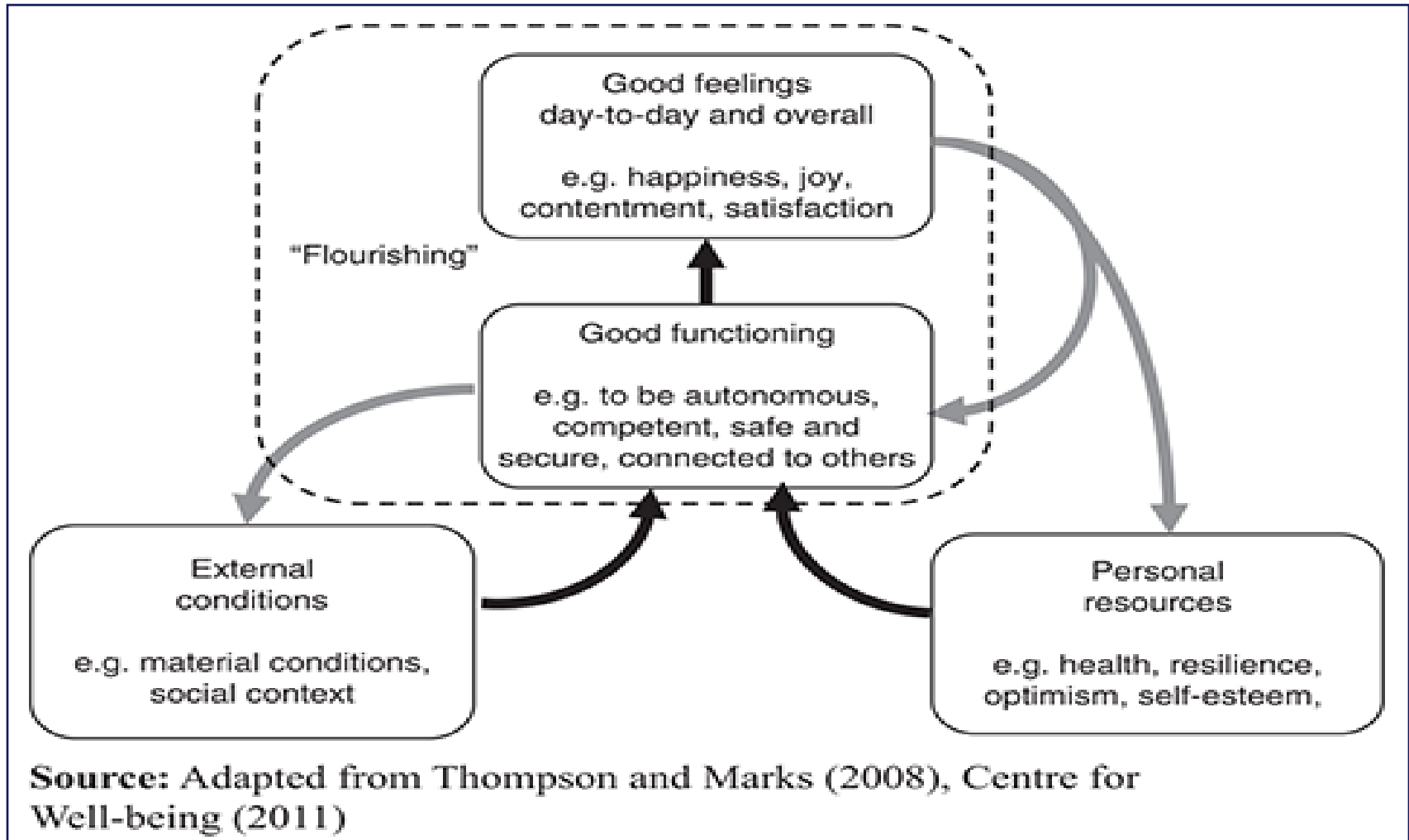
# PHE Approach to Public Mental Health

‘Everyone, irrespective of where they live, has the opportunity to achieve good mental health and wellbeing..... especially communities facing the greatest barriers and those people who have to overcome the most disadvantages. This includes those living with and recovering from mental illness.’





# Flourishing People





# Public Mental Health programme of work

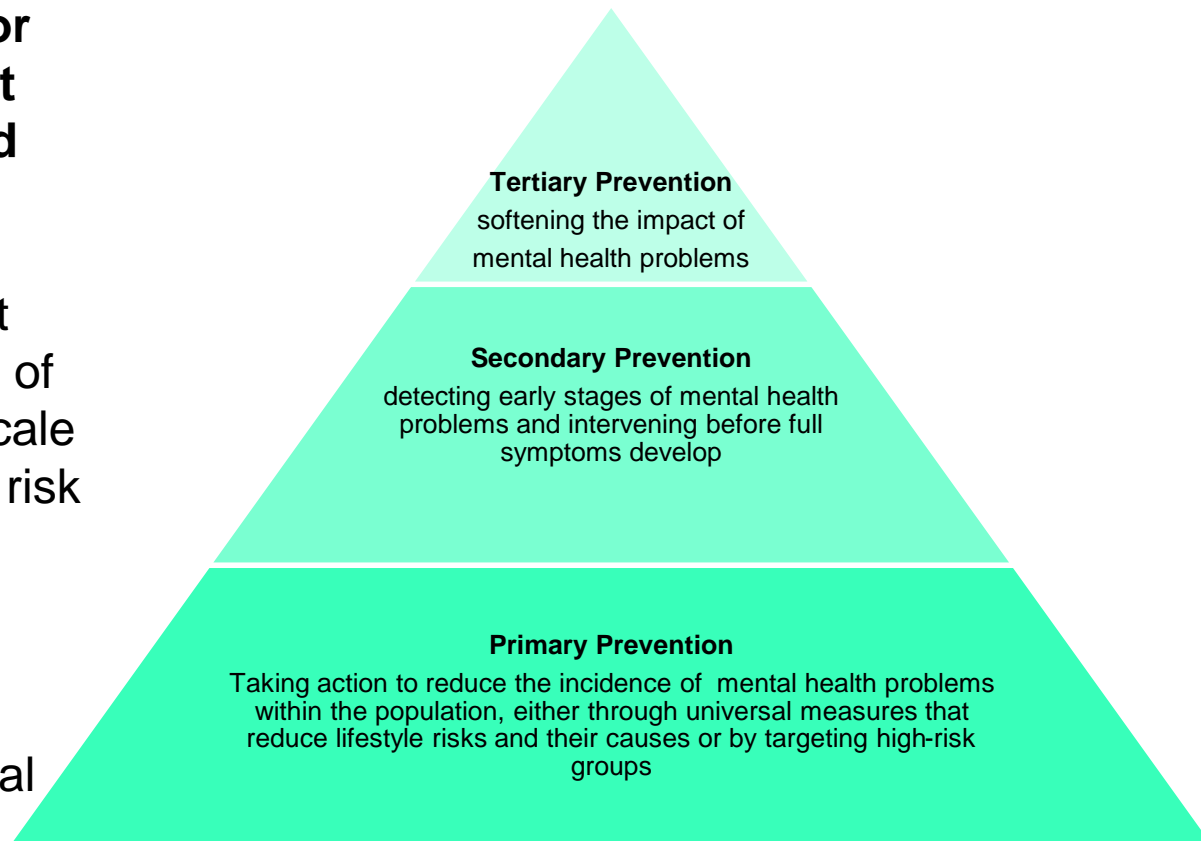
1. Promoting good mental health and improving population wellbeing
2. Preventing mental health problems and preventing suicide and self harm
3. Supporting people living with and recovering from mental illness
4. Tackling inequalities and improving the wider determinants of wellbeing and mental health
5. Enabling and embedding wellbeing and mental health across the public health system



# What do we know works? Prevention and early intervention

## A systematic approach to identifying opportunities for action 'at scale' that impact on individuals, families and communities

- Life-course approach
- Identification of action that has the greatest evidence of impact on prevention at scale
- Ensuring those at highest risk receive greatest levels of support
- Place and settings approaches
- Addressing the wider social determinants





## 17% homes in England

- Shrinking tenure & will continue
- Healthiest homes
- Highest % accessible homes
- Most overcrowded & least under-occupied
- Second most affordable tenure (housing costs)
- Higher proportion of older households



## **19% of homes in England**

- Growing tenure & expected to continue
- Highest prevalence of unhealthy homes
- Least affordable tenure (housing costs)
- Highest level of instability (main cause of statutory homelessness)
- Higher proportion of working age and family households





### **64% homes in England**

- Shrinking tenure: future unknown
- Highest number of unhealthy homes
- Least accessible homes
- Least overcrowded & most under-occupied
- Most affordable tenure (housing costs)
- Highest number of older households



## **One in five homes presents a risk to health**

- Most in the private sector
- 3.6m children, 9.2m working age adults, 2m pensioners

## **Mismatch in supply & demand contributing to:**

- Affordability & suitability issues across the country
- Migration from more expensive areas: urban & rural
- Rising homelessness, experienced by all households
- Choice? Move or poor, unsuitable & unstable home

## **Impact on health care & social care**

- Poor condition housing - up to £2.5bn p.a. NHS
- Single homeless – at least £85.6m p.a. NHS



# Focussing on Homelessness

All forms of homelessness have seen an increase since 2010

- 55% increase in rough sleeping
- 10% increase in households applying
- 23% increase in households accepted

Increase in temporary accommodation since 2011

- All households
- 100k children in temporary accommodation with some in Bed and Breakfast



# PHE vision on housing and homes

The right home environment is essential to health and wellbeing, throughout life

**A home in which to 'start, live & age well'**

Key features of home (permanent & temporary):

- Warm & affordable to heat
- Free from hazards, safe from harm
- Enables movement around the home and is accessible
- Promotes a sense of security and stability
- Support available if needed





# The right home environment

## **Evidence suggests it can:**

- Improve health & wellbeing & prevent ill-health
- Enable people to manage their health and care needs
- Allow people to remain in their own home for as long as they choose
- Ensure positive care experiences

## **And it can contribute to:**

- Delayed & reduced need for primary care & social care interventions, including admission to long-term care
- Timely discharge & reduced hospital re-admissions
- Rapid recovery from periods of ill-health or planned admissions



# Home and health in all policies

## Populations

## Housing interventions - examples

### Health, care & other institutional settings

People leaving a health, care or other institutional setting move on to a healthy home environment

People who become ill, face crisis or other life change manage their health & wellbeing at home

People with long term conditions are able to manage their health at home

Everyone's home promotes good health & prevents ill-health

Healthy homes and neighbourhoods

End of life support at home

Hospital discharge

Step down housing

Specialist & supported housing

Homeless prevention & response

Telehealth/telecare/alarms

Home improvement & adaptation

Making every contact count

Home related info, advice, support



# Areas of particular interest nationally

## Populations

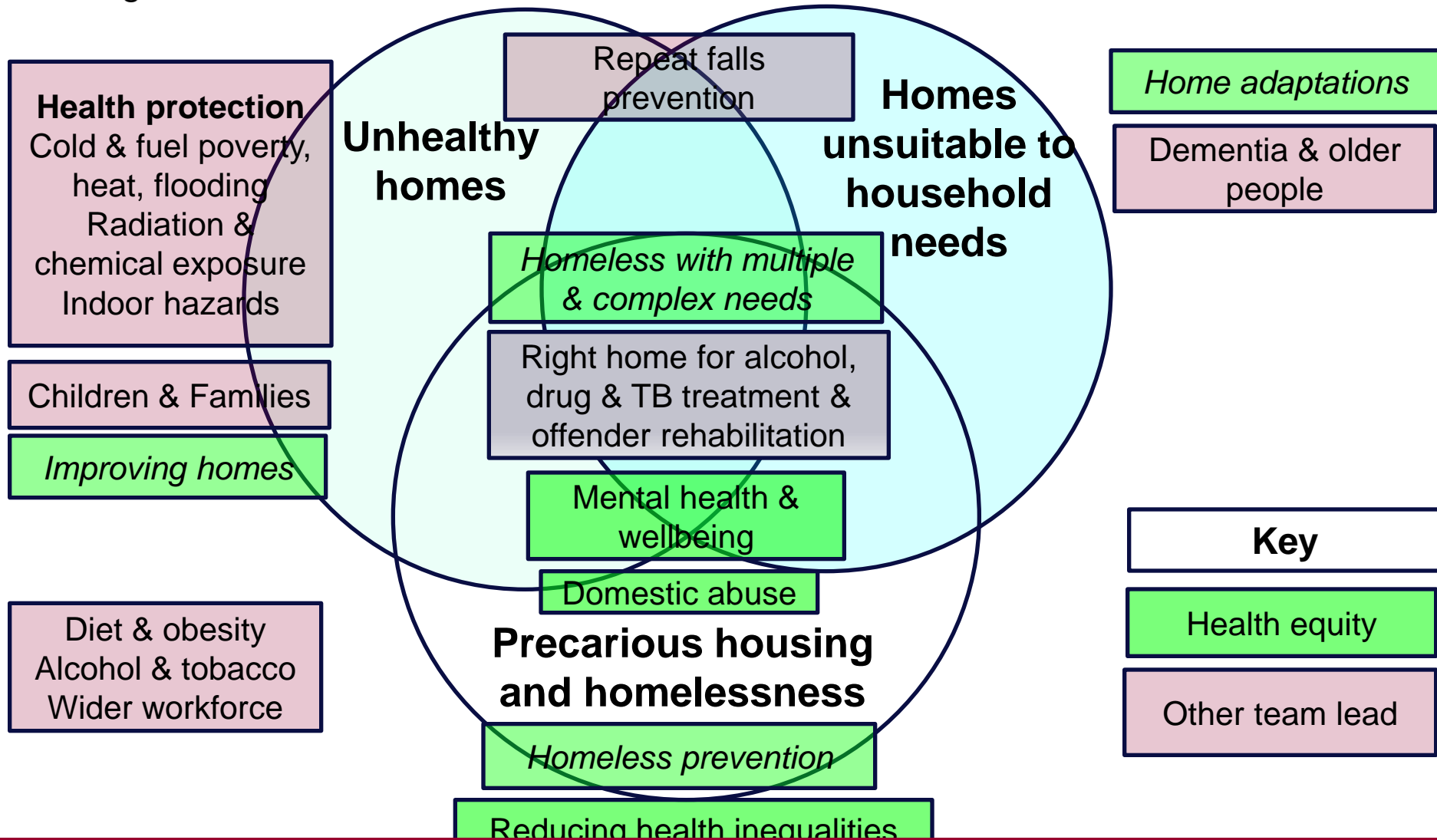
- Children and families: essential to improve life chances
- Working age: homes, health & a job; healthy older age
- Ageing well: enabling care closer to a healthy home
- Populations at pressure points in the system eg, hospital

## Particular housing & health issues

- Homelessness experienced by children, families & YP
- Local response to reductions in spending eg, impact on prevention through housing
- Private rented sector growth: poor conditions & insecurity
- Overcrowding
- Impact on mental health and wellbeing (of above)



# PHE activity







- **Support systems leadership & sector-led improvement**
  - Topic & locality focused ('local' needs determine)
- **Continue work on intelligence and evidence**
  - Data linkage essential (it can be done!)
  - 'Good enough' evidence of what works, for whom and when
- **Develop pathways to health outcomes**
  - Psychologically & trauma informed
- **Develop housing, health and care workforce**
  - Home and health a consideration for all
- **Enable partnerships & develop the market**
  - Role of the private sector e.g. to .....
- **Inform public understanding, behaviour & decision making**
  - Beyond (integrated) information & advice e.g. social marketing



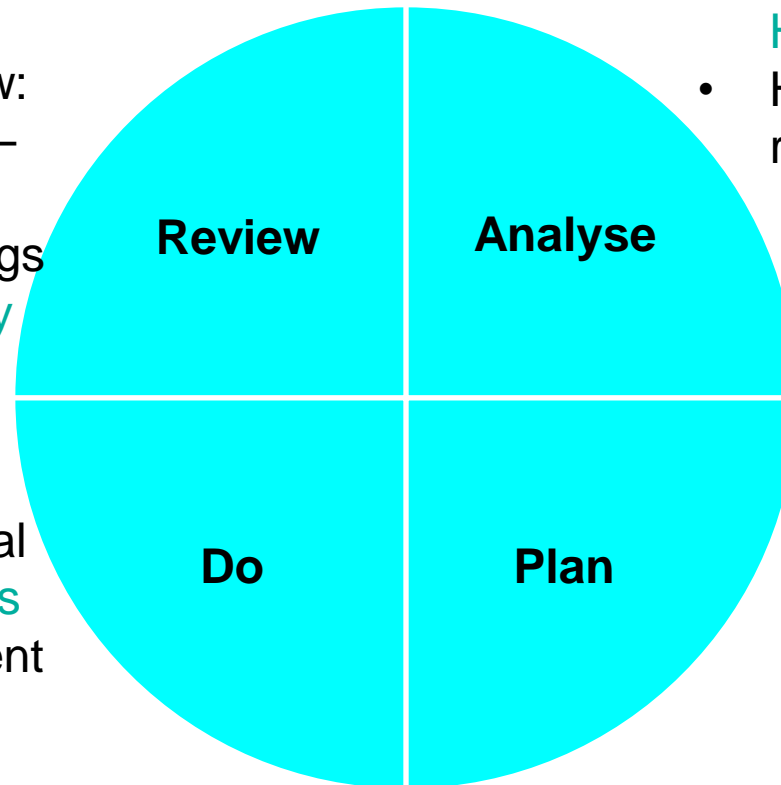
## Partner resources – the MoU

1. The vision is integral to the activities of each of the national signatories
2. The model is used at a local level to improve health & wellbeing & reduce health inequalities
3. Local areas understand their populations, their housing and health needs
4. Evidence of the impact of the home/housing on health and wellbeing is more widely understood
5. Effective, efficient, innovative and integrated health, care and support, and housing interventions adopted



# PHE support to local areas

- Standards in evidence – **HACT**
- Rapid evidence review: homeless prevention – **Homeless Link**
- IBAs in housing settings – **Middlesex University**
- Healthy eating & social landlords – **5 landlords**
- Workforce development – **SITRA**
- Inclusion health E-learning resources – **Pathway**



- Homeless health needs audit & annual report – **Homeless Link**
- Health and homes resource – **CIEH**
- Home adaptations & integration – **Care & Repair England**
- Workshops & briefings to support commissioning eg, **Homeless Link & NHS; Housing LIN**



# Opportunities

- Cross-nation interest
- Take systems leadership approach
  - Better use of what we've collectively already got influence over & expertise in
  - Internal & partners resources
  - Legislation and regulation eg, Care Act 14, NICE and CQC etc,
- Role of communities & individuals in improving health through the home
- 'Health, home and a job'
  - Without any one of these unlikely to achieve economic growth
  - Addressing these may create prosperity



## Joint funded

- Commissions with MOU partners
- Events with health bodies eg, NHSE, King's Fund

## Contributions to

- National & centre partner events, training & publications
- Research: reference groups & supporting applications
- Faculty interest groups
- Relevant NICE & CQC activity eg, consultations

## Working with

- NHS Scotland & NHS Wales on housing & health



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# Thank you

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