

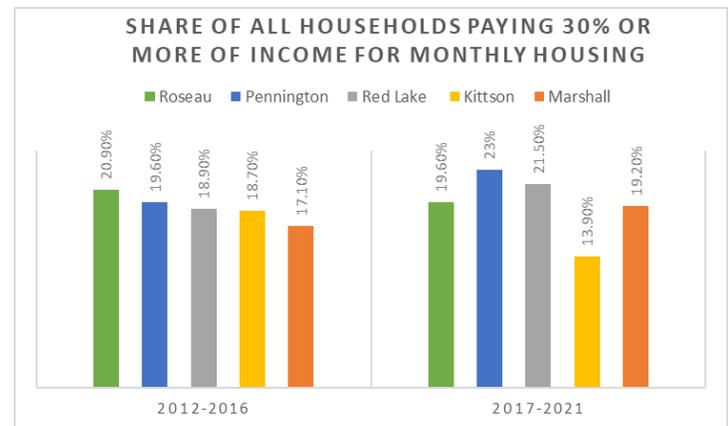
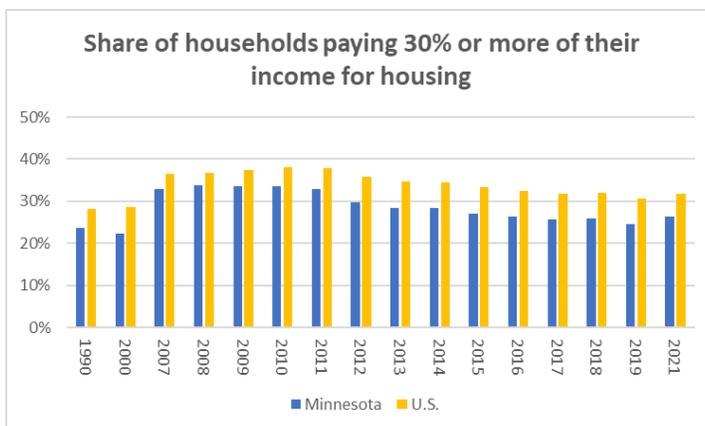


Housing Cost Burden - Economic Stability

Economic stability is one of the five domains identified in the social determinants of health (SDoH). SDoH are non-medical factors that influence health outcomes.¹ The conditions in the environment where people are born, live, learn, work, play, worship, and age affect a wide range of health, functioning, and quality-of-life outcomes and risks.²

Housing Cost Burden

When families have to spend a large part of their income on housing, they may not have enough left to pay for things like healthy food or health care. This is linked to increased stress, mental health problems, and an increased risk of disease.²



Data source: Minnesota Compass

SUMMARY

- Percentage of households in Minnesota paying 30% or more of their income on housing is lower than national trends.
- Quin CHB region households are slightly lower than state and national percentages.
- Family income is not rising at the same pace as home values, making it extremely challenging for families to purchase and own a home.³