Housing, Health, and Opportunity
How Housing and Housing Policies Affect Life Outcomes

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Housing Is the Largest Basic Expense for Most Households

High housing costs are a key driver of California’s high poverty rate.
More Than a Quarter of the Average Single-Parent Family Budget in California Pays for Housing

Statewide Average Annual Basic Family Budget for a Single-Parent Family = $65,865

![Pie chart showing the average family budget分配](chart.png)

- **Housing and Utilities**: 28.6%
- **Child Care**: 23.7%
- **Food**: 10.5%
- **Health Care (Employer-Based)**: 9.1%
- **Transportation**: 7.8%
- **Miscellaneous**: 8.4%
- **Taxes**: 11.9%

Note: Statewide average family budget calculated by averaging all county family budgets, weighted by county population. 
Source: Budget Center Making Ends Meet 2017 analysis
On Average, Housing Costs Make Up More Than $4 in $10 of a Single-Adult Budget in California

Statewide Average Annual Basic Family Budget for a Single Adult = $29,824

Taxes
15.3%

Miscellaneous
14.5%

Transportation
12.0%

Health Care
5.3%

Food
10.8%

Housing and Utilities
42.1%

Note: Statewide average family budget calculated by averaging all county family budgets, weighted by county population.
Source: Budget Center Making Ends Meet 2017 analysis
More Than Half of California’s Renters and Over a Third of Homeowners With Mortgages Have High Housing Costs

Percentage of Households With Housing Cost Burden or Severe Housing Cost Burden, 2017

Note: Definitions of housing cost burden are from the US Department of Housing and Urban Development. Source: Budget Center analysis of US Census Bureau, American Community Survey data
California Has One of the Highest Poverty Rates of the 50 States When Accounting for the Cost of Housing

State Poverty Rate Under the Supplemental Poverty Measure, 2015-2017

Note: Poverty rates for California, Florida, and Louisiana are not statistically different.
Source: US Census Bureau, Current Population Survey
Housing Also Matters Beyond Its Role as a Household Expense

Housing quality, stability, and location can all significantly influence an individual's health, well-being, and educational and economic opportunities.
SOCIAL DETERMINANTS OF HEALTH

- Economic Stability
- Neighborhood and Built Environment
- Health and Health Care
- Education
- Social and Community Context

Source: US Department of Health and Human Services, Healthy People 2020
Where You Grow Up Affects Your Economic Opportunity
Children's Chances of Reaching Top 20% of Income Distribution Given Parents in Bottom 20%

Source: Equality of Opportunity Project
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