

The logo features a green square with white text. The text is arranged in two columns: the left column contains 'Positive' and 'Healthy', and the right column contains 'spaces' and 'places'. The words are stacked vertically. The entire logo is enclosed within a thin white circular border.

Positive  
spaces  
Healthy  
places

Community-based research exploring  
HIV, housing & health

# ACT Research Day 2007

The logo for "Positive spaces Healthy places" is located in the top right corner. It consists of a green square with the text "Positive spaces" on the top line and "Healthy places" on the bottom line, both in white. The square is partially enclosed by a white circular arc on its right side.

Positive  
spaces  
Healthy  
places

## **Impact of Housing Status, Satisfaction with Housing Situation and Housing Instability on Health Related Quality of Life in HIV/AIDS**

**Amrita Ahluwalia, Research Coordinator  
Jim Truax, Peer Research Assistant**

# Overview

- Investigator Group and Project Personnel
- Funders and Partners
- Study Objectives
- Sample Characteristics
- Results
- Key Findings and Main Messages
- Contact Info

# Investigator Group



## Principal Investigators

Ruthann Tucker, Executive Director, Fife House  
Dr. Saara Greene, York University, School of Social Work  
Dr. Dale Guenter, McMaster University, CLEAR Unit

## Co-Investigators

Michael Sobota, Executive Director, AIDS Thunder Bay  
Jay Koornstra, Executive Director, Bruce House  
Steve Byers, Executive Director, AIDS Niagara  
Lea Narciso (On Leave), Ontario AIDS Network  
LaVerne Monette, Executive Director, Ontario Aboriginal AIDS Strategy  
Dr. Steven Hwang, Centre for Research on Inner City Health (CRICH), Univ of Toronto  
Dr. James Dunn, CRICH, Univ of Toronto  
Dr. Sean B. Rourke, OHTN, Univ of Toronto, CRICH

## Project Coordinator

Dr. Amrita Ahluwalia

## Peer Research Assistants

D. Hintzen, James Watson, Jim Truax, Michael Hamilton, Pius J. White, Marie C. Kayitesi

# Funders



CIHR IRSC

Canadian Institutes of Health Research (CIHR)  
- \$300,000



OHTN

Ontario HIV Treatment Network (OHTN) -  
\$170,000 + in-kind (office space,  
teleconference calls etc)



Ontario

Ontario Ministry of Health and Long-term Care,  
AIDS Bureau - \$35,000



WELLESLEY INSTITUTE  
advancing urban health

Wellesley Institute - \$18,750



Ontario AIDS Network (OAN) - \$6,600

**Total = \$530,350 over 3 years**

# Partners

## Community-Based AIDS Service Organizations



**AIDS Niagara**



**AIDS Thunder Bay**



**Bruce House**



**Fife House**



**Ontario AIDS Network**



**Ontario Aboriginal HIV/AIDS Strategy**

## Universities Hospitals & Research Centres



**Clear Unit**



**McMaster University**



**School of Social Work,  
York University**



QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

**University  
of Toronto**

# Context



- In 2002, at OAN annual Executive Directors retreat “housing issue” was identified as a significant problem for PHAs across the province.
- *Proposed Strategy to Address HIV/AIDS in Ontario to 2008* identifies “housing as a key unmet need of PHAs”
- Fife House identifies community-based research as a priority for the agency to work on;
- Key literature reviews indicate no information regarding this issue within the Canadian context.
- Housing Connections, the agency that maintains the central wait list for social housing in Toronto, deprioritizes HIV from the medical priority list.

# Context



- A small baseline study “*Assessing the Housing Needs of PHAs Now and Into the Future*” is funded by the OHTN.
- CIHR funds 3 year study – “***A prospective study to explore the impact of housing support and homelessness on health outcomes of PHAs***”
- **Positive Spaces. Healthy Places. is created through the amalgamation of Assessing the Need and Exploring the Outcomes.**

# PSHP Study Objectives



- Establish a baseline of the housing status of PHAs in Ontario.
- Identify the range of housing and supportive housing options currently available to PHAs in Ontario.
- Identify the characteristics of appropriate housing and supportive environments for PHAs
- Determine the kind of housing options desired or required by PHAs
- Identify the factors that affect the housing status and stability of PHAs; and understand how such factors may impact the physical and mental health of PHAs
- Determine possible variations in the housing and/or homelessness experiences of PHAs from specific communities

# Expected Outcomes



Specific outcomes that this CBR initiative aims to achieve include:

- The positioning of PHAs in housing situations that improve access to health care, treatment and social services.
- Safe and stable housing situations for PHAs in communities across Ontario.
- The development of effective and appropriate housing policies and supportive care models that support PHAs throughout their life course.

# Project Overview (1)



600 face-to-face quantitative interviews with PHAs from across Ontario.

- Participants will complete two face-to-face interviews across the study period, one at baseline and one at 12 months; and a short telephone survey at six months.
- 50 of whom will participate in a qualitative sub-study aimed at enhancing our understanding of the housing experiences of PHAs.

# Project Overview (2)

## **4 Regions across the province:**

**1. Northern (Algoma, Muskoka, Sudbury, North Bay, Northwestern, Porcupine, Thunder Bay, Timiskaming); 1 Peer Research Assistant working out of AIDS Thunder Bay**

**2. Eastern (Ottawa, Hastings-Prince Edward, Kingston-Frontenac, Leeds-Grenville, Renfrew); 1 Peer Research Assistant working out of Bruce House in Ottawa**

**3. Central West and South West (Niagara Region, St. Catherine's, Niagara-on-the-Lake, Niagara Falls, Hamilton-Wentworth, Middlesex-London, Halton, Waterloo, Wellington-Dufferin, Haldimand, Brant, Bruce Grey-Owen Sound, Elgin-St Thomas, Huron, Kent Chatham, Lambton, Oxford, Perth, Windsor-Essex); 2 Peer Research Assistants (1 French Speaking) working out of AIDS Niagara**

**4. Central East and GTA (Toronto, Durham, Haliburton, Peel, Peterborough, Simcoe, York Region); 3 Peer Research Assistants working out of Fife House in Toronto**

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# **Positive Spaces. Healthy Places.**

## **Baseline Study Characteristics**

# PSHP Study Demographics



	Ontario Sites				Total (N=605)
	Greater Toronto (n=377)	Eastern Ontario (n=94)	Central & Southwest (n=94)	Northern Ontario (n=40)	
Age (in yrs)	43 (8) (range 21-70)	43 (8) (range 25-65)	45 (8) (range 26-70)	46 (8) (range 20-55)	43 (8) (range 20-70)
Gender Male / Female / Transgender	289 / 83 / 5	70 / 23 / 1	70 / 23 / 1	27 / 13 / 0	456 / 142 / 7
Sexual Orientation	62% Gay 08% Bisexual 29% Heterosex	36% Gay** 10% Bisexual 53% Heterosex	51% Gay 09% Bisexual 36% Heterosex	23% Gay** 08% Bisexual 68% Heterosex	54% Gay 08% Bisexual 36% Heterosex
*Member of Aboriginal Grp	11% (28 / 10 / 0)	21% (10 / 7 / 3)	7% (2 / 4 / 0)	31%*** (10 / 2 / 0)	13% (N=80)
Speak English at Home	92%	92%	96%	98%	93%
Education	Less than HS: 18% Finished HS: 21% Some College: 22% College degree: 32%	Less than HS: 36% Finished HS: 19% Some College: 21% College degree: 21%	Less than HS: 20% Finished HS: 25% Some College: 25% College degree: 29%	Less than HS: 45%** Finished HS: 23% Some College: 18% College degree: 10%	Less than HS: 22% Finished HS: 22% Some College: 23% College degree: 28%

\* First Nations / Métis / Inuit; \*\*\* p < 0.001

# Income, Expenses and Housing Risk



	Ontario Sites				Total (N=605)
	Greater Toronto (n=377)	Eastern Ontario (n=94)	Central & Southwest (n=94)	Northern Ontario (n=40)	
Gross monthly income (median)	\$ 1,559 (0 - 17,500)*	\$ 1,300 (300 - 4,000)	\$ 1,535 (100 - 9,000)	\$ 1,202 (350 - 3,800)	\$ 1,489 (0 - 17,500)**
Monthly amount for rent /mortgage	\$ 462	\$ 483	\$ 503	\$ 479	\$ 473
Live in RGI Unit	48%	43%	39%	11%***	43%
Currently working for pay	21%	15%	23%	15%	20%
Face difficulty buying food	56%	65%	55%	55%	57%
Face difficulty buying clothes	51%	57%	55%	65%	54%
Housing at risk <sup>^</sup> (mo. rent/income)	29%	40%	33%	23%	31%

\* 72% had income < \$ 1,500/month; 90% had income < \$ 2,500/month; income > \$ 5,000/month (n=10); \*\*75 % had income < \$ 1,500/month

\*\*\* p < 0.01; ^ excluding those with RGI unit

# Medical Status and Substance Use



	Ontario Sites				Total (N=605)
	Greater Toronto (n=374)	Eastern Ontario (n=94)	Central & Southwest (n=94)	Northern Ontario (n=40)	
Time HIV+ (yrs) % since 2000	11 (6)	11 (6)	13 (6)	10 (6)	11 (6)
Length on ARVs (in yrs)	7 (5)	8 (6)	9 (6)	8 (5)	8 (5)
NADIR CD4	186 (173)*	253 (297)	234 (222)	290 (282)	209 (282)
History of AIDS defining Dx	49%	49%	48%	58%	49%
AUDIT score / % harmful use	6.6 (6.9) 29%	9.7 (8.5)* 42%	4.3 (4.8) 17%	5.4 (4.6) 24%	6.6 (6.9) 29%
DAST-20 score	7.3 (4.7)	9.9 (5.1)*	7.3 (4.7)	9.7 (5.6)*	8.0 (5.0)
Ever been in jail or prison	22%	54%*	32%	70%*	32%

\* p < 0.01

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## **Positive Spaces. Healthy Places.**

Impact of Housing Status, Satisfaction with  
Housing Situation and Housing Instability  
on Health Related Quality of Life in HIV/AIDS

# Study Objectives



To determine whether differences in health-related quality of life are related to:

(1) housing status

(2) housing instability

(3) subjective feelings of one's neighbourhood and sense of belonging

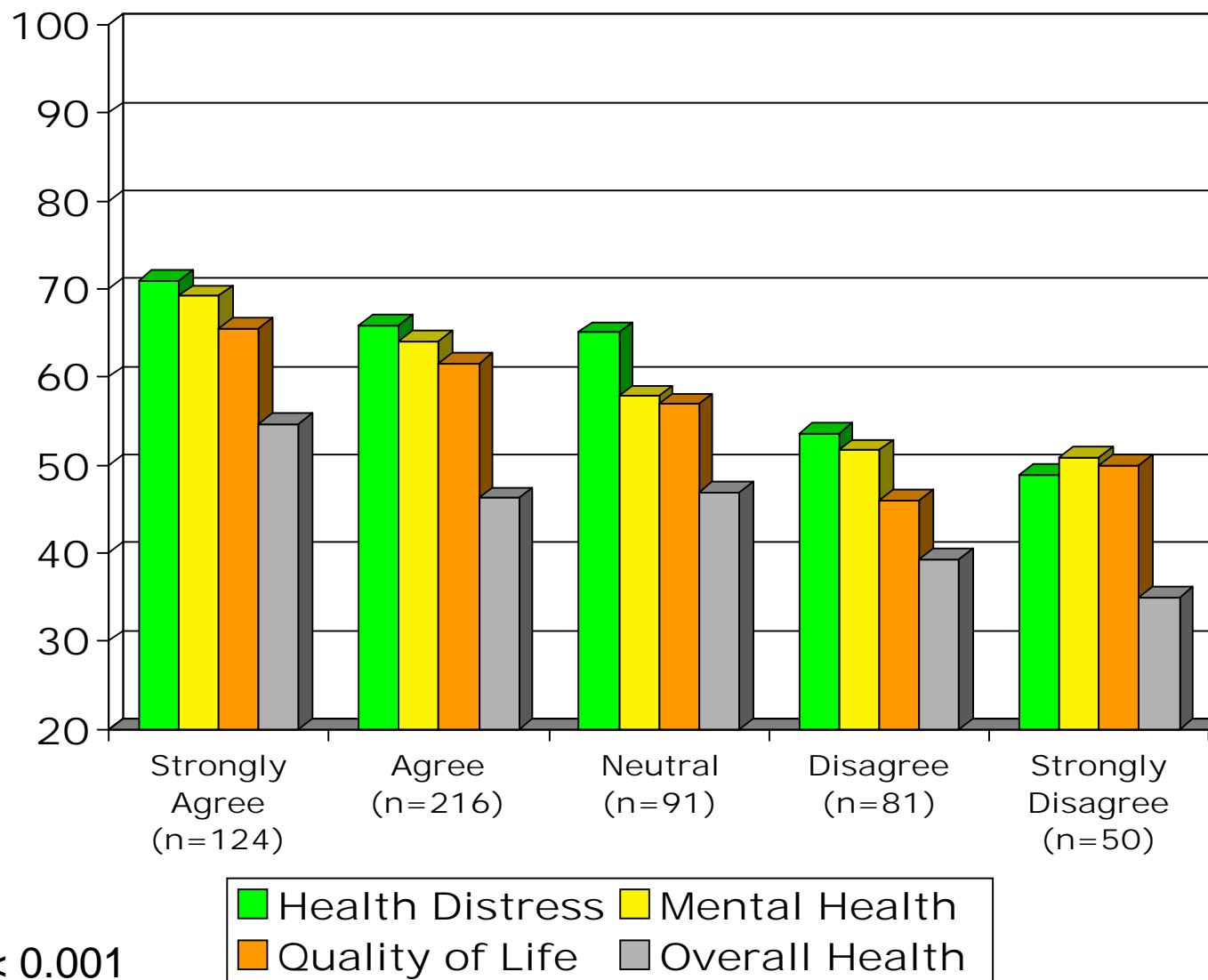
# PSHP Study Demographics



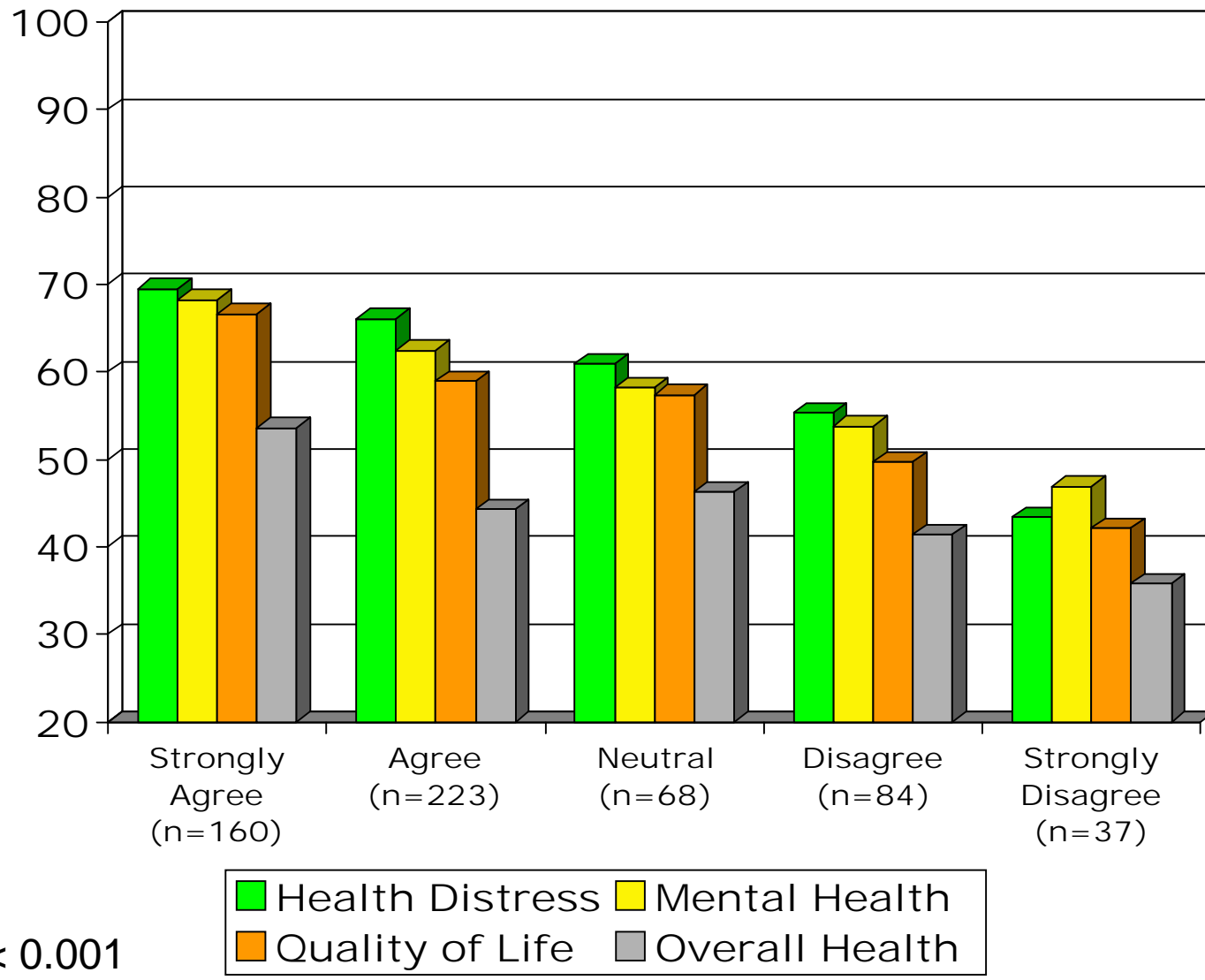
	Housing Groups			P Value
	Housed with Support Services (n=87)	Housed without Support Services (n=484)	Unstable Housing (n=34)	
Age (in yrs)	45 (8)	43 (8)	39 (8)*	0.001
Gender (% Male)	76%	76%	53%*	0.02
Sexual Orientation	70% Gay/Bisexual 30% Heterosexual	64% Gay/Bisexual 36% Heterosexual	30% Gay/Bisexual 65% Heterosexual*	0.001
Member of Aboriginal Group	21%	12%	18%	0.054
% with AIDS Dx	60%	48%	38%	0.18
Gross Monthly Income	\$ 1,309	\$ 1,542	\$ 957	0.08
AUDIT score	6.4 (5.3)	6.3 (6.7)	11.3 (9.3)*	0.003
DAST-20 score	9.5 (5.3)	7.5 (4.7)	12.3 (5.2)*	0.001
Ever been in jail or in prison	37%	30%	41%	0.06

Note: Means and (standard deviation) or % as noted; \* Significant p < 0.05

# "I feel like I belong in this neighbourhood"

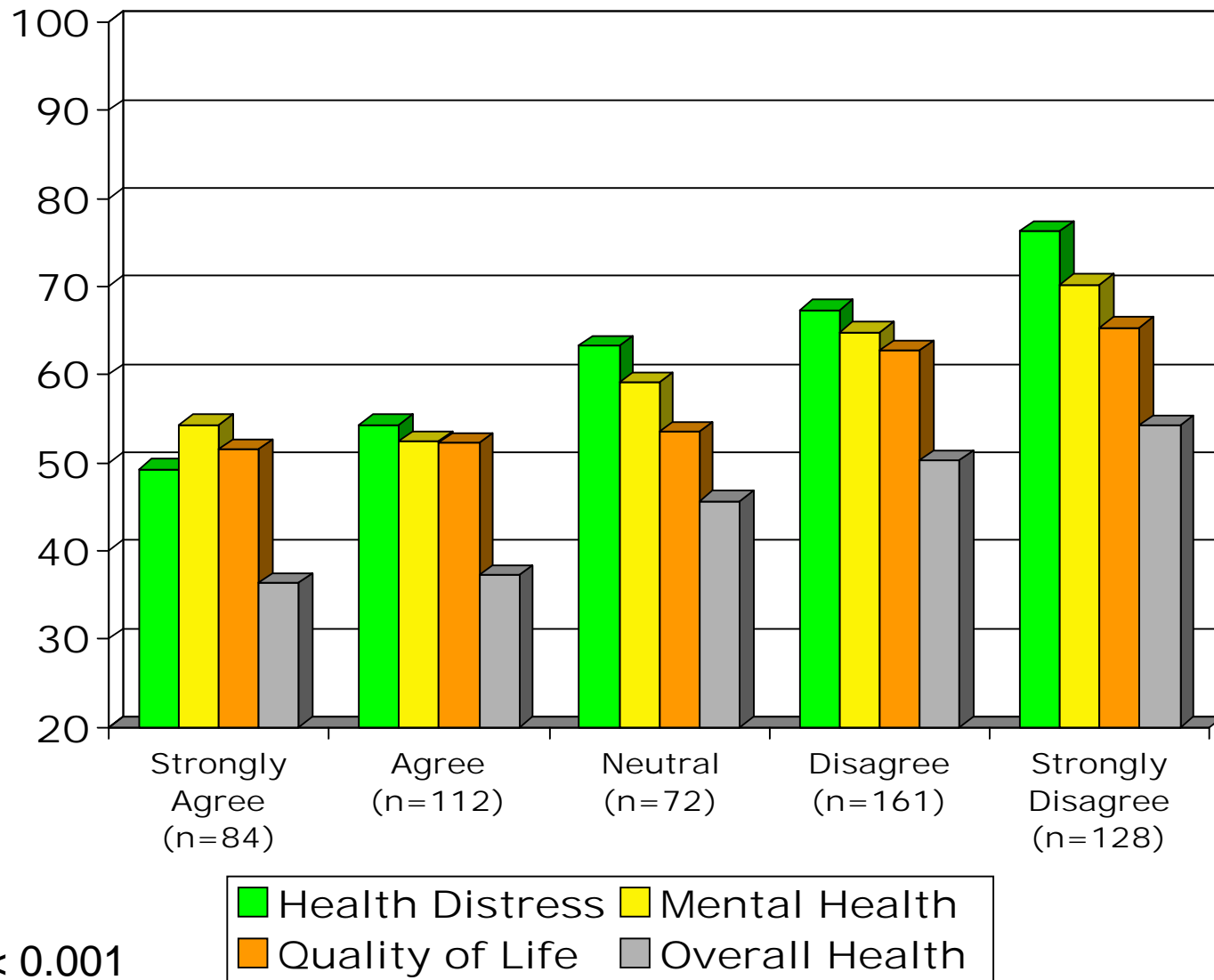


# "My home provides a good location for me to live my life"

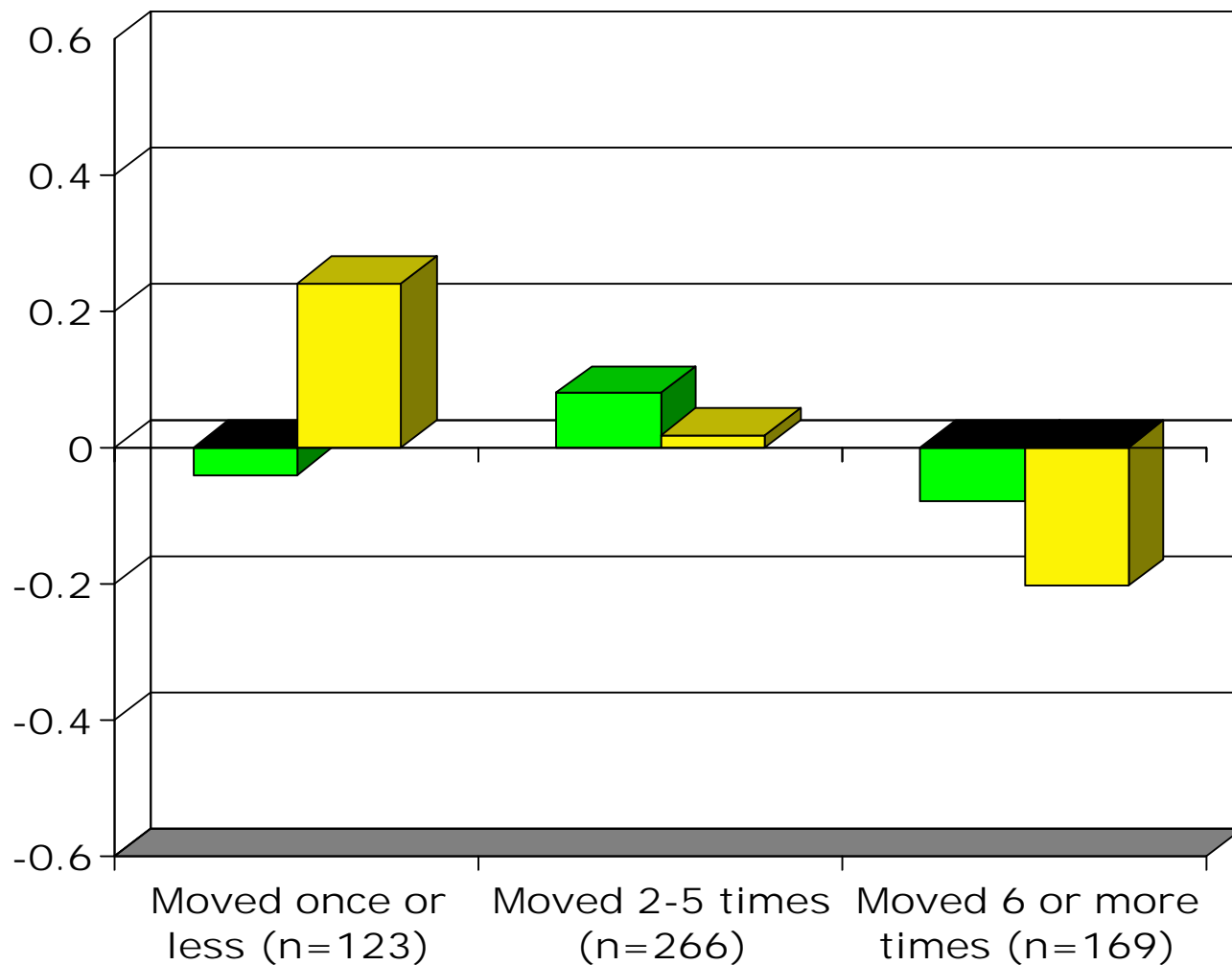


\* All p < 0.001

"I often worry about being forced to move out of my current home"

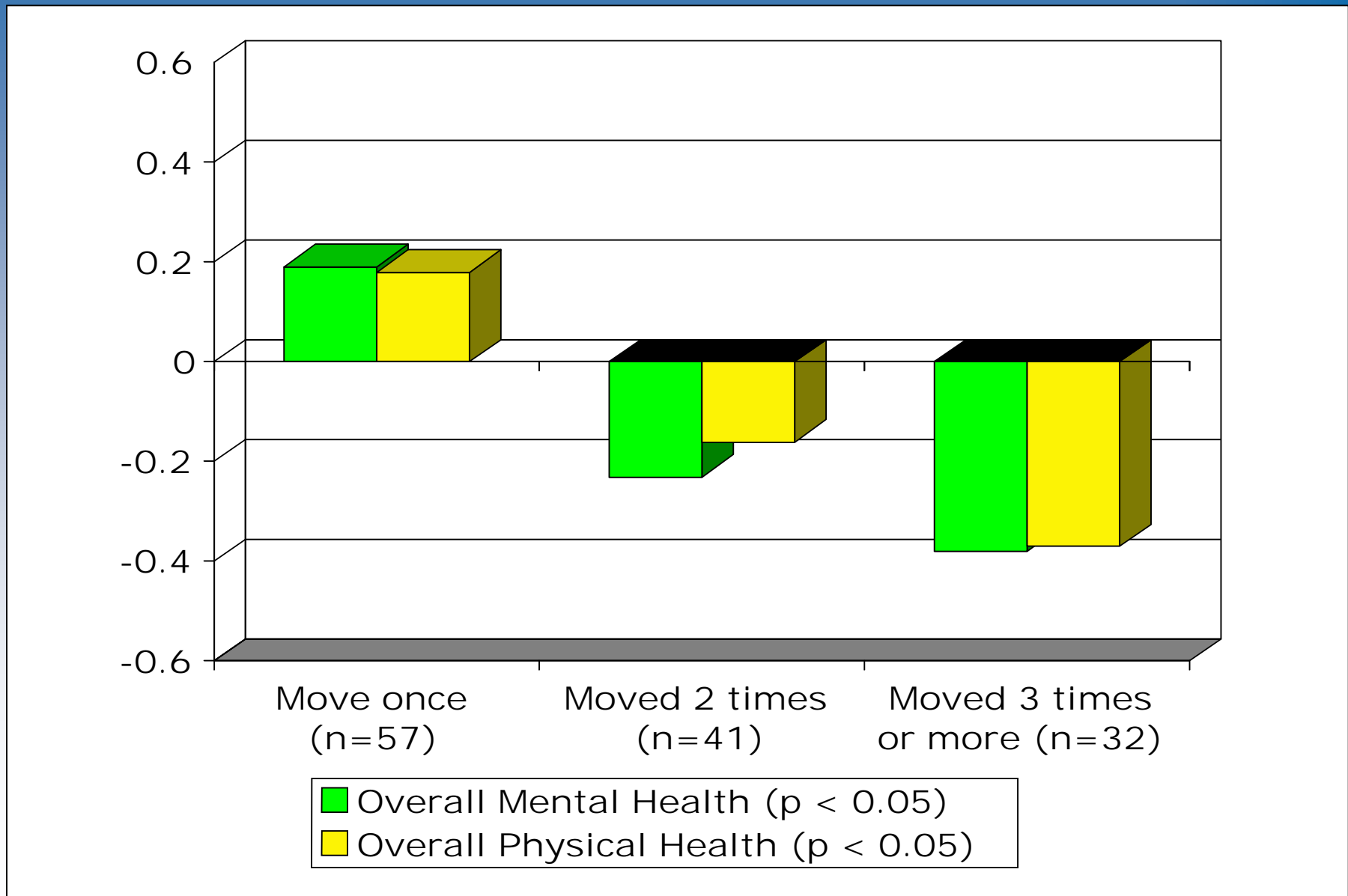


# Impact of moving since HIV diagnosis on HRQOL

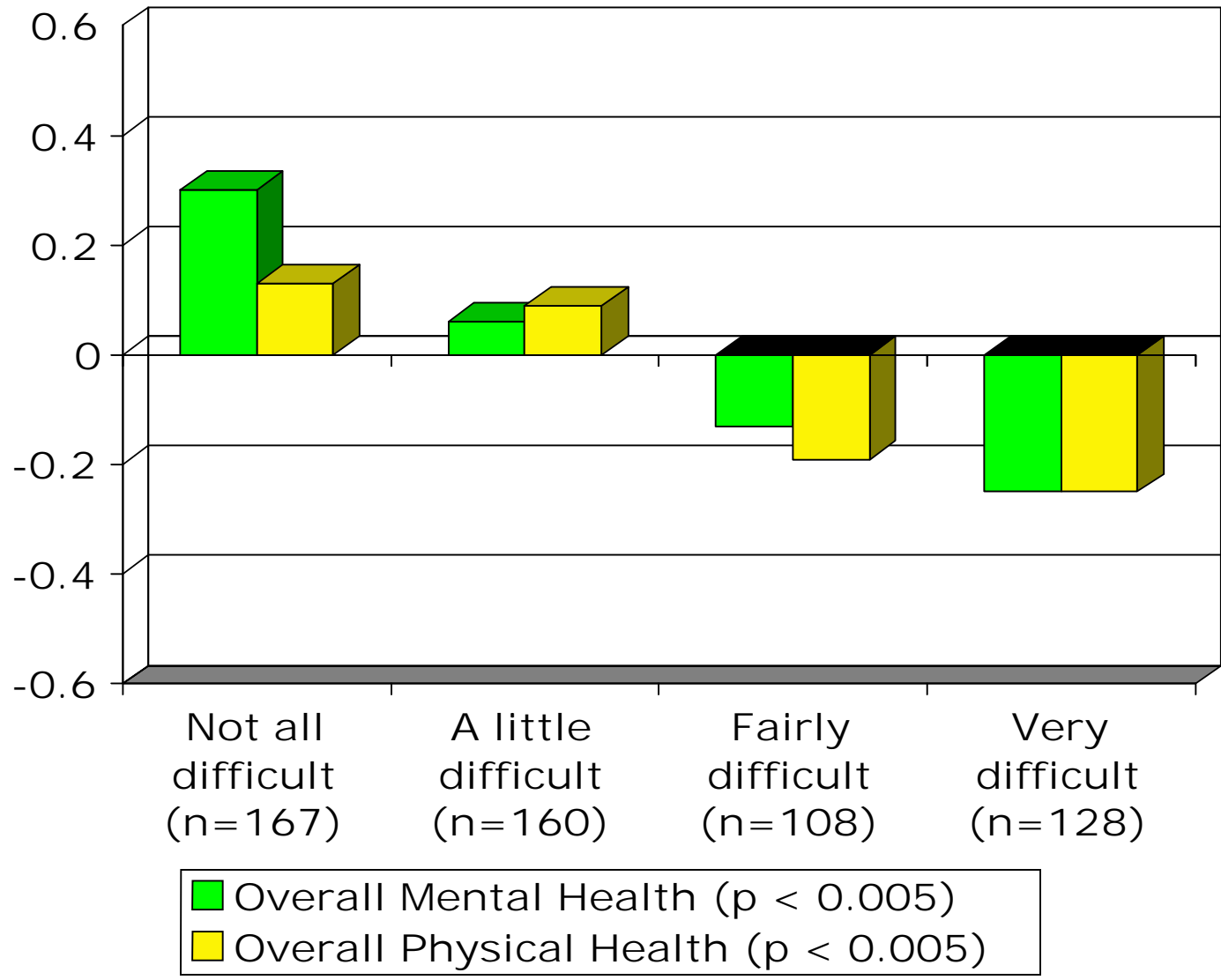


Overall Mental Health Overall Physical Health (p < 0.001)

# No. of times moved in past year: Impact on HRQOL



# Considering your income, how difficult is it to meet monthly housing costs: HRQOL Impact



# Key Findings and Main Messages



- 75% of sample report income less than \$ 1,500 per month
- 1 out of 3 people living with HIV are at risk for losing their housing
- Number of times moved in the past year, as well as uncertainty about ability to meet monthly housing costs, has significant and negative effects on both physical and mental HRQOL
  - a) 42% of sample have significant difficulty meeting monthly housing-related costs and these individuals have lower health related quality of life relative to those who can make ends meet
  - b) Moving more than once in past year has a significant effect on both mental and physical health-related quality of life

# Key Findings and Main Messages



- Housing with support services has quality of life benefit
- Feeling of “belonging in one’s neighbourhood” and that “one’s home provides a good location of where to live” are significantly and positively related to virtually all health-related quality of life dimensions.
- 1 out of 4 people living with HIV do not feel that they belong in their neighbourhood
- 1 out of 3 people living with HIV often worry about being forced out of their homes and these individuals have lower health-related quality of life
- 1 out of 5 people living with HIV do not feel that their home provides a good place for them to live
- People living in unstable housing situations are younger and have more substance-related issues and higher rates of being in jail

# Contact Info



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Positive Spaces. Healthy Places.

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[www.healthyhousing.ca](http://www.healthyhousing.ca)