



Healthy Homes
and **Buildings**



ANNIVERSARY REPORT

Why healthy homes
and buildings matter

Why healthy homes and buildings matter

The Healthy Homes and Buildings All Party Parliamentary Group is on a mission to effect positive policy change which embeds health and wellbeing principles in future legislation for future generations.



We believe:

- **Everyone has the right to live in a home, work in and use buildings which do not cause or exacerbate poor health and wellbeing**
- **Health and housing is inextricably linked**
- **Poor air quality, heat, light and acoustics all impact on our health and wellbeing and ability to live life comfortably and thrive**
- **A joined-up and holistic approach across government is needed to tackle the problem of unhealthy homes and buildings**

Over the past decade, the Healthy Homes and Buildings APPG has worked hard to drive the agenda and shape the debate on what's needed to ensure better quality homes and buildings.

The fact remains that in 2026, far too many people across the UK continue to live in cold, damp, noisy, unsafe, poorly ventilated and energy inefficient homes. Our Missions for Change, Healthy Homes Manifesto and our original White Paper set out the positive health, social and economic benefits which result from healthy, decent, quality homes and buildings in our communities.

Our 10th Anniversary Report tells a story about unhealthy homes and buildings in Britain. We invited 10 Parliamentarians and leaders from all parties and from across the country to write about the impact poor quality homes and buildings have on physical and mental health and wellbeing, educational attainment, ability to work and life chances.

This special 10th Anniversary Story Book aims to unite support from across national, regional and local governments on the need to embed health and wellbeing principles in future homes and buildings for future generations.

FOREWORD



Why healthy homes and buildings matter



JIM SHANNON MP, STRANGFORD

Chair of the Healthy Homes
and Buildings APPG

The story of Britain's unhealthy homes and buildings is not a good one.

Since our launch in 2016, our mission has been clear: to lead and shape the national debate on why health and wellbeing principles must be embedded at the very heart of current and future housing and building legislation.

There are very few things in life which are more important than living in a healthy home and being able to work and visit healthy places and buildings. No one wants to live in a home or use buildings which negatively impact on their health and wellbeing. Yet, as we mark this milestone 10 year anniversary in 2026, the stark reality remains that too many people across the UK continue to live, work, learn, rest and play in cold, damp, badly lit, poorly ventilated, noisy, unsafe, and energy-inefficient properties.

Our housing stock and our public health outcomes are inextricably linked. Poor ventilation and heating, inadequate light, and substandard acoustics actively exacerbate health inequalities, blight children's educational attainment, and strain our National Health Service.

We stand at a critical juncture. With the Government's renewed focus on building the next generation of towns and upgrading our existing stock through the Warm Homes Plan, we have a generational opportunity to get things right from the outset.

We must ensure that health is front and foremost in the policymaking mind. Legislative steps like the implementation of Awaab's Law and the introduction of the Future Homes Standard are vital milestones, but they must form the baseline, not the ceiling, of our ambitions.

Our core message is that healthy buildings make sound economic and social sense. Every pound invested in upgrading our homes and enforcing strict, holistic building standards is a pound saved in healthcare, productivity, and community resilience. We cannot allow the new homes and buildings we construct today to become the chronic health problems of tomorrow.

As we look to the future we must plan for health and wellbeing. In the next decade, we want to see urgent change and our message to Government heard.

I am so proud of the work we do and we will continue to use our platform to inform, challenge, and push the boundaries of policy. I hope our 10 year story book and report serves as a catalyst for decision-makers across the political spectrum to lock in vital health and wellbeing principles in future legislation for the sake of future generations.

Jim Shannon



**Why healthy homes
and buildings matter**

The healthy homes and buildings story book

Our 10th Anniversary, “Why Healthy Homes and Buildings Matter” Story Book is about sharing perspectives and experiences. We invited contributors; including Ministers, Shadow Ministers, Parliamentarians and Metro Mayors to tell their story and demonstrate the breadth of consensus for change which exists across Parliament and across the country.

**WE SPEND UP TO
90% OF OUR TIME
INDOORS**

**1 IN 10 PEOPLE ARE
LIVING IN POOR
QUALITY HOUSING**

**POOR HOUSING
COSTS THE NHS £1.4
BILLION EACH YEAR**

Our **Top 10** Healthy Homes champions give their take on why healthy homes and buildings matter and to reflect on what needs to change...



Poor quality homes and buildings contribute to worsening health outcomes, increased NHS costs lower educational attainment and deeper social inequality.



The plethora of health and wellbeing problems caused and exacerbated by poor quality, damp, noisy, poorly ventilated, light deficient and energy inefficient homes and buildings must be addressed.



Everyone deserves to live in a home which is healthy and one where their physical and mental health and wellbeing is maximised and not diminished.



Serious and sometimes fatal, health problems are being generated by the UK's unhealthy homes and buildings.



New and existing homes and buildings must be designed built and retrofitted to a higher standard and quality, be energy efficient and maximise health and wellbeing.

**01****Gideon Amos MP****MP FOR TAUNTON AND WELLINGTON
VICE CHAIR OF THE HEALTHY HOMES AND BUILDINGS APPG**

Shocking evidence from the Shared Health Foundation has revealed that not only are there 165,000 children languishing in bed and breakfast hostels and other forms of temporary accommodation, in addition, between 1st April, 2019, to 31st March, 2025, 104 children have died with temporary accommodation as a contributing factor to their vulnerability, ill-health, or death. Of these 104 children, 76 were under the age of one.

Eighty years after the great Liberal and father of the welfare state William Beveridge labelled poor housing the chief cause of the giant of “squalor”, too many overcrowded, damp, poorly lit and ventilated homes remain with us today.

As the Liberal Democrat Housing spokesperson, I’m proud it was the Lib Dem Housing Minister who brought back minimum space standards for housing in 2015 after they were swept away in the 1980s – especially having campaigned myself with Shelter for that to happen.

I also recognise the current Government has worked to improve ventilation and overheating measures in its new Building Regulations but incentivising dual aspect and better ventilation standards must also apply to conversions as well as new build. A Town and Country Planning Association and UCL survey has found 45% of residents in homes converted under permitted development rules – usually higher density development - suffer from overheating.

So the Government must do more to link healthy environments inside with those outside the home. In the same survey 60% had no access to cooling green space yet a single tree can shade an apartment reducing its temperature by as much as ten degrees in hot weather while reducing flood risks when rain falls.

The Government’s future New Towns should recreate what those of the past got right, their green spaces (including Milton Keynes’ famous 22 million trees) were and are good for mental and physical health, for reversing the urban heat island effect and for wider environmental reasons.

Sadly, the Garden City principles which inspired this approach, evident in the precursors to the post-war New Towns in the beauty of Hampstead, Letchworth, Welwyn and elsewhere, look set to be abandoned. The new consultation draft National Planning Policy Framework proposes deleting them entirely. Duller, greyer, less nature friendly new towns will not provide the basis for the healthy living we all want to see.

It’s time we learned again that healthy homes and buildings depend on healthy environments, places which feel good for mind as well as body.

The first Planning Act of 1909 mentioned health 70 times, its proponents knew that we need healthy homes and buildings, both outdoors as well as indoors. Let’s relearn that lesson.





02 Rt Hon Sir James Cleverly TD VR MP

SHADOW SECRETARY OF STATE FOR HOUSING, COMMUNITIES AND LOCAL GOVERNMENT

Poor quality housing can affect physical and mental health, place pressure on families and make everyday life more difficult than it should be. Children should be able to study, sleep and grow up in homes that support their development. Older people should be able to live independently and with dignity. Everyone should be able to live in a home that supports, rather than undermines, their health and wellbeing.

That is why the conversation about housing must always be about quality as well as quantity. We need more homes, but we must also ensure that the homes and buildings we create are places where people can flourish. Good housing should strengthen communities, support healthy lives and provide the foundations on which people can build their futures. It should give people a sense of security and belonging, and the confidence to put down roots in the communities they call home.

As the Healthy Homes and Buildings APPG marks its 10th anniversary, it is important to recognise the work it has done in highlighting the connection between housing, health and wellbeing. Creating healthier homes and buildings is not simply a matter of good design. It is an investment in stronger families and stronger communities. The decisions we make about the homes we build today will help shape the opportunities available to future generations. That is why healthy homes matter, and why this remains an ambition around which people from all backgrounds and political traditions can come together.



There is no need, I suspect, to tell...about the links between health and homes. Mould, damp, cold, heat, unsafe construction, fires, falls, accessibility, extraordinary mental stress from the worries about repairs and risks, and other mental health aspects are an important part of this.

But there is also a positive side: if we get our housing right, it provides great stability, a great foundation for life. It allows children to do their homework, if the rooms are big enough. It allows us all to live through life's changes without having necessarily to move. We need new homes which promote health and well-being and provide a foundation for a healthy and productive life, rather than, as so many do, damage health and add to the feelings of insecurity and helplessness that are sadly so prevalent today. ”

LORD NIGEL CRISP KCB



We have seen a huge increase in poor-quality housing that lacks space and natural light, and there are accompanying implications for public health and wellbeing as a result...reducing socioeconomic and health disparities in this country cannot happen without serious consideration of the role of housing and planning in creating buildings and communities that promote healthy lifestyles. We owe it to communities up and down this country to make positive changes a reality. ”

SARAH OWEN MP



03

Paul Dennett**CITY MAYOR OF SALFORD AND
DEPUTY MAYOR OF GREATER MANCHESTER**

In July 2017, the APPG for Healthy Homes and Buildings outlined that, “by tackling the numerous health and wellbeing issues in UK homes and buildings, we have a real opportunity to create and use buildings to promote positive health and wellbeing, savings in healthcare costs, increase educational attainment, improve productivity and allow our citizens to lead longer, healthier and happier lives.”

As City Mayor of Salford and the Deputy Mayor and Housing-First lead for Greater Manchester, I know that this message remains as true in June 2026 as it did nearly ten years ago.

Our “This is Salford Corporate Plan” is committed to the principle that a good home is the foundation that everyone needs for a healthy and fulfilled life, especially children and young people. It provides a sense of stability, security and dignity.

The Greater Manchester Combined Authority is also determined to drive up housing standards. We recognise that good housing is an effective means to reduce the prevalence of poor health and health inequalities, create healthy places and communities, and decrease demand on the health system.

Collectively, we are making good progress. This month work has started on a £29 million residential development at Oldfield Basin that will be built to Passivhaus standard and acquired by Dérive, which we established as a City Council to deliver affordable and social housing across Salford. This has followed similar schemes at Willohaus and Greenhaus, setting the benchmark for new-build, affordable and sustainable homes that are fit-for-the-future.

Our Landlord Accreditation Scheme provides advice and information for private landlords and managing agents in order to ensure that tenants have access to quality housing. It has attracted over 750 members with 3,000 properties across Salford. We were the first local authority to make use of a selective licensing scheme, and continue with their use in order to ensure that properties are safe, well-managed, and habitable.

Greater Manchester has led the way through the introduction of the Good Landlord Charter in 2025, the first voluntary scheme of its kind in the country and an example of devolution in action. In its first year, landlords covering more than a quarter of a million Greater Manchester homes signed up as supporters. There has been an investment of £123 million to retrofit nearly 10,000 homes, and energy efficiency advice has been provided to over 33,000 residents.

However, challenges remain. I know that across our City-Region almost one quarter of properties in the private rented sector did not meet the Government’s Decent Homes Standard in 2023. The tragic death of Awaab Ishak and the subsequent passage of Awaab’s Law serves as a reminder of the need to ensure that social housing is safe and well-managed.

More locally to Salford, since 2017 the City Council has issued £2.4 million in civil penalties to private landlords due to unsafe housing conditions, and a recent inspection of Section 257 houses of multiple occupation found that 99% failed to meet expected property standards.

This is a sobering and stark reminder that there is still much to do. It is for this reason that the work of the APPG for Healthy Homes and Buildings is as needed as it was 10 years ago, and I welcome the opportunity to contribute to this publication.





04

Rt Hon Caroline Flint**CHAIR OF THE COMMITTEE ON FUEL POVERTY**

The first home I remember was a rented flat above the TV rentals shop my Dad worked in. My little sister and I slept on one side of the biggest room with a wardrobe separating us from our parents. We eventually moved to a privately rented two bedroomed terrace. As the railway station lines were parallel to our front doors behind a concrete wall, all of us children formed the “Railway Children’s Club” using the alley that ran behind the back of our gardens to travel between each other’s houses. Again, our bedroom was divided, with the landlord allowing Dad to build a temporary stud wall to create a tiny bedroom for my brother. An outside toilet meant knowing where the torch was. No central heating, only gas fires in front and back rooms with Mum warming our vests and school shirts on the fireguard and power fed by meters.

In my teens we moved to a council flat in a block with open walkways, running up and down three flights. It was quite dark inside with no balcony. A shared heating system that was hard to adjust blowing hot air through vents.

Thinking back, we were fortunate to have in our private rented and social housing protected rents and secure tenancies.

My children’s first home was a two bedroom, privately rented, flat and somehow we managed to get a mortgage and buy a house. My own life experience, and those of others I represented as an MP, ingrained in me the importance of secure housing where, regardless of tenure, people deserve a home that provides stability to work and retire, raise a family with space to study, and be healthy.

As Chair of the Committee on Fuel Poverty, I see too many people, including children, still living in cold homes that impact their life chances. Homes that are built to deal with cold and warm weather, light filled and airy, with decent space standards, should be for all. Happy 10th Anniversary – much done but more to do.



It is not a privilege to have a home, or to have a home that is not covered in damp and mould. That is the bare minimum that any of us should expect, yet many tenants have been told that the cold and damp in their homes is their fault. They have been told to open the windows, even in the cold months, to avoid mould. Why should people be expected to freeze because their home is not fit for purpose? Yet that is what we are asking many people to do up and down the country. We all know there is a housing crisis. That means we have people who simply cannot say no, even when the property they are viewing is filled with damp and mould. There is no excuse for properties to be in that condition.

FLORENCE ESHALOMI MP - CHAIR OF THE MHCLG COMMITTEE



05

Helen Godwin**MAYOR OF THE WEST OF ENGLAND**

The West of England is a wonderful place to live. It's somewhere that so many people are proud to be from, including me.

We are the fastest-growing regional economy, and the most productive area outside of London. But, like the rest of the country, we have a housing crisis which cannot be ignored.

In the West, house prices and rents have risen out of reach for many people. More than 66,000 homes do not meet the decent homes standard, and thousands of children are growing up in temporary accommodation.

These issues go deeper than housing. To be a region where everyone has the opportunity to thrive, we must be ambitious when it comes to our plans to build the right homes in the right places, connected to culture and nature.

This is why the Healthy Homes agenda is so important. New homes must be suitable for modern life. Houses and flats that people can really live in, which are efficient to run, comfortable all year around, and have access to some outside space.

In the West we have the tools and the investment to do this, including our first £45 million recently secured from the Brownfield Housing Fund, so we can unlock the delivery of more homes which offer a foundation for a strong start in life. With Homes England, we are working to deliver a pipeline of even more new homes.

This work is urgent, in a region where more than 67,000 children are living in poverty, though that number is falling after the successful campaign to scrap the two-child benefit cap. And we are working to further support families with schemes such as Kids Go Free, which gives under 16s free bus travel during the school holidays and will go national this August.

Our wider Child Poverty Action Plan sets out plans to accelerate the delivery of affordable homes and increasing the supply of family-friendly housing. We are also leading the national pathfinder for the Small Sites Aggregator, to maximise the use of smaller parcels of council land to build around 1,000 new units across 60 sites, including in Bristol.

We want everyone in our region to have the best start in life possible and for that we need homes where people can feel safe and secure, with access to everything we need.

As we build new communities across our region, we will be looking to Healthy Homes to make sure we are creating strong foundations, not just for the houses we build, but for the people living in them too.

The NHS spends £1.4 billion a year on treating illnesses associated with mould. The evidence is that the number of damp problems in the private rented sector is almost double the number in the social sector. People renting often have great difficulty in knowing where to seek help and are frightened of going to the landlord in case of recrimination against them for having raised an issue.

BARONESS FINLAY OF LLANDAFF



06

Hannah Spencer MP**MP FOR GORTON AND DENTON**

Before I was an MP, I was a plumber. I spent years working inside people's homes and have seen firsthand what lies behind the skirting boards and inside the boiler cupboards of the people in my community. I know exactly how damp spreads, how heat escapes, and how poor ventilation directly impacts people's health and wellbeing.

Now in Parliament, I'm determined to be the voice of these people in the political debates that usually exclude them. In the constituency I represent, Gorton and Denton, we have a diverse mix of housing, but far too many residents are trapped in drafty, poorly insulated older properties or neglected private rentals. They are facing a dual crisis of sky-high energy bills and deteriorating physical health.

As the Green MP lead on Housing, Communities and Local Government, I firmly believe that a safe, warm, and toxic-free home is a basic human right. We cannot tackle the climate crisis or lift pressure off our NHS without addressing the physical fabric of our buildings.

We need a fully funded and properly regulated local authority-led, national home insulation scheme with stronger regulations so that people can trust that every retrofit job will deliver proper savings and improvements.

And beyond that, we need rent controls to give people safety and security in housing, so that the money they work so hard for allows them to do more than just cover rent.

The Healthy Homes and Buildings APPG has spent the last ten years fighting to put the impact of our built environment at the top of the political agenda. A decade on, their work is more vital than ever. I am proud to bring a practical, tradesperson's perspective to this fight.



According to the Government's own figures, 3 million households were fuel-poor in 2024, but using the definition that is still used in Scotland, Wales and Northern Ireland, campaigners estimate that the number of UK households facing fuel poverty is nearly double that number—about 6 million households. We live in one of the world's wealthiest countries, and no one, but no one, should be struggling to keep their home warm. In the west midlands, where my lovely constituency is, we face the highest regional rate of fuel poverty in England. North Herefordshire far more badly affected than the national average. Adding to the strain in my constituency is the fact that rural homes are disproportionately affected by fuel poverty. They are more likely to be detached or built before 1919—that is certainly the case in North Herefordshire—and therefore harder to heat efficiently, and rural households face deep fuel poverty and high energy costs.

DR ELLIE CHOWNS MP

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**Why healthy homes
and buildings matter**

07

Martin McCluskey MP

**MINISTER FOR ENERGY CONSUMERS,
DEPARTMENT FOR ENERGY SECURITY AND NET ZERO**

Congratulations to the Healthy Homes and Buildings APPG on your tenth birthday!

Over the past decade your members have made sure that the importance of safe, warm and dry homes has been kept firmly on the Government's agenda.

As you know, too many people across the UK are still living in cold, damp and poorly ventilated homes. These conditions are not just uncomfortable, they have real and lasting impacts on people's physical and mental health, on children's development, and on communities' ability to thrive. Fuel poverty contributes to the risk of death from heart attack, stroke, hypothermia and infection.

The UK has some of the oldest building stock in Europe – with 40% built before the Second World War and 15% before the first.

That is why the Government is investing £15bn in our Warm Homes Plan to upgrade our country's homes, giving people access to technology to reduce their energy costs and improving the quality of our buildings. In addition to Government investment, we are introducing tougher regulation to ensure higher standards in housing across England and Wales. In the private rental sector, we have introduced new minimum energy efficiency standards, ensuring that landlords are taking action to improve their properties and enhance their tenant's health and wellbeing. The Future Homes Standard will also mean that new homes will be built to high energy efficiency standards that will equip them for the future.

Healthy homes and buildings are fundamental to a fairer society. Throughout our country's history, improvements in housing have gone hand in hand with social progress – often not led by Government but pushed forward by committed advocates and activists. As the APPG looks towards its next decade, I want you to keep informing Government, keep challenging us and keep pushing us to make these positive changes.



As we know, the UK has some of the oldest and coldest houses in Europe. More than half of tenants had issues with damp or mould last year. In my constituency of Bath, 31% had problems with hot water or heating, and 21% of privately rented homes do not meet the decent homes standard. These numbers are simply not acceptable. We need tougher inspections and much higher standards.

WERA HOBHOUSE MP



08 Margaret Mullane MP

MP FOR DAGENHAM AND RAINHAM, CHAIR OF THE FUTURE HOMES, SKILLS AND INNOVATION APPG AND MEMBER OF THE HEALTHY HOMES AND BUILDINGS APPG

For the majority of the population living in a decent home that meets the family's needs, is affordable and well maintained, is something that is taken for granted, a minimum expectation in life.

Unfortunately, for a significant number of our fellow citizens this seems like an unachievable goal. What drives me is that by far the most pressing and often the most heart breaking of my casework in Dagenham and Rainham are desperate housing issues. Our housing crisis, that has been brewing for decades, is talked about a lot, but is being felt as a day to day reality by far too many people who deserve much better.

The Healthy Homes and Buildings APPG has over the past 10 years shone a light on the issue that should be recognised as a self-evident fact, having a good quality home determines all of the important aspects of life and a person's life chances. The links to physical and mental health are clear and obvious, but the educational chances for children are blighted by growing up in a damp, mould infested cramped home with no space to do school homework.

The English Housing Survey (EHS) 2024/25 reveals that 4 million homes failed to meet the Decent Homes Standard and that 1.4 million had a dampness problem. The chronic shortage of council and housing association social rented homes and the massive reduction in this housing stock since 1980's has been accompanied by an increase in the private rented sector.

A sector with lower levels of security, vastly higher rents, very variable maintenance and management standards and a sector which the most recent EHS reveals that 10% of its homes have a Category 1 hazard.

Against this picture there is real hope. The implementation of Awaab's Law is a vital step forward in tackling homes affected by damp and mould. The emphasis on new build homes, built to higher standards is welcome, but I unashamedly call for much higher numbers of these to be social rent homes. My focus and passion is to give hope for better lives and improved housing conditions for the desperate families who contact me and the millions of others on the nation's waiting lists and living in temporary accommodation.



Persistent exposure to damp and mould in poor-quality housing further contributes to and exacerbates lung problems. I have received messages from constituents receiving hospital care who are frightened to return to homes that they strongly feel are not safe places for them to be in. I have heard from others who struggle to walk long distances, for whom the reliability of public transport is a serious issue. This condition cuts across many areas of daily life.

LIZ TWIST MP



09

Richard Parker

MAYOR OF THE WEST MIDLANDS

A safe, secure and healthy home underpins everything in life. It shapes our health, confidence and opportunities. And when housing fails people, everything else can quickly unravel – from children falling behind at school, to families struggling financially, and worsening physical and mental health.

We cannot ignore that much of our housing stock was built for a different era and before modern standards of insulation, energy efficiency and rising energy costs.

My region has one of the highest rates of people living in fuel poverty, so I made building more affordable homes and improving existing properties one of my top priorities.

I've met many residents who've told me the difference we're already making with our most ambitious plan yet to improve living standards by tackling fuel poverty for thousands of low-income households.

Mum-of-two Holly from Sandwell no longer worries about winter heating bills thanks to modern windows and doors, and solar panels that power and heat her family's 1930s-built home.

Holly's neighbour, Sasha, who has four children, said similar measures to stop heat leaking from her 1920s three-bed semi-detached home are making a real difference to her family budget every day.

They are just two of the 9,000 residents now living in warmer, healthier and more energy efficient homes. Families don't have to avoid cold rooms in winter or worry about mould affecting their children's health anymore.

We've worked hard to secure funding so we can reach even more communities. We know where that help is needed and, as one of only two English regions with devolved multi-year funding settlements, government is trusting us to get on with the job.

Work on another 13,000 homes has started, so tens of thousands more lives are improved just like Holly and Sasha's.

We're also futureproofing schools, libraries and leisure centres, protecting iconic buildings like the nationally significant Moseley Road Baths. These are the buildings that provide vital public services their families rely on.

And we're supporting housing associations like Citizen in Coventry to help people like Steve – homeless for much of his life – find stability and independence in a safe and secure home he can call his own.

The case for continued investment is simple. Every pound spent making homes warmer also saves money elsewhere: health services, energy costs and supporting people through hardship.

House by house we're improving lives, while creating good, well-paid jobs and training opportunities in green energy sectors, especially for young people who need them most.



In Wales, the annual cost is estimated to be £67 million. That money could be spent on frontline care, rather than on treating problems that could have been prevented by better housing. The costs go even further. Fuel poverty means lost workdays and reduced productivity due to illness; children underperforming at school because they are too cold or too sick to learn; increased national energy use and demand from homes that haemorrhage heat; growing household debt from people falling behind on unaffordable energy bills; and less money in the economy as a whole as incomes get swallowed up by ballooning heating bills. We are stuck in a vicious cycle that affects not just the poorest but all of us through higher public spending and lost economic potential.

DAVID CHADWICK MP



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**Why healthy homes
and buildings matter**

10

Jo Platt MP

MP FOR LEIGH AND ATHERTON

CHAIR OF THE GREATER MANCHESTER APPG

The quality of our homes shapes everything - our health, our confidence, our independence, even the strength of our communities. A healthy home shouldn't be something only a few people can afford; it's the basic building block of a good life. When a home is warm, safe, well-ventilated and designed around real human needs, people are happier, healthier and more resilient. You see it in better physical health, calmer minds, stronger family life and neighbourhoods that thrive.

Unfortunately, it is still the case that some homes fall short, and the impact is serious, harmful and potentially life-damaging. Cold, damp rooms, poor ventilation and cramped or unsafe layouts lead to respiratory illness, anxiety, falls, isolation and long-term conditions that follow people for years.

Healthy homes start with the basics - good indoor air quality, modern heating, decent windows and proper ventilation that stop mould and pollutants before they take hold. They're also homes that adapt with us. Accessible, flexible spaces help people stay safe and independent as their needs change, whether that's recovering from illness, raising children or ageing well. That's why they are so important - because they protect people, support sustainability and give every generation a fair chance to thrive.

Today, climate resilience has become part of what "healthy" means. The recent UK heatwave showed how many homes simply couldn't cope with extreme temperatures. With hotter summers and harsher winters becoming more common, our homes must be designed to keep people cool when heat becomes dangerous and warm when cold bites hardest.

This is why a prevention-focused, place-based approach from UK Government and local authorities is so important, and I support the commitment from this Labour Government as well as my local authority - Wigan Council - to do this. Safe, warm, secure homes are one of the most powerful tools we have to reduce inequalities, ease pressure on the NHS and help people live healthier, more independent lives. I am determined to continue working with Government, local authorities, organisations, and the APPG to help guarantee a healthy, safe, warm space for everyone to call home.



Indoor air quality is much less recognised than outdoor air quality. Damp and mould may be particularly prevalent in UK households due to draughty and leaky buildings. That partly relates to the legacy of coal burning in homes, which necessitated high levels of ventilation...It is therefore clear that we need an all-round, holistic and comprehensive approach to overcoming the problem of cold and damp homes.



ALEX SOBEL MP

ACKNOWLEDGEMENTS AND THANKS

Over the past 10 years the Healthy Homes and Buildings APPG has led the debate in Parliament and beyond.

Thank you to all our supporters and all those who have been on our journey to place health and wellbeing at the heart of future policy and legislation. Your contribution and insight has helped shape and inform the debate and shift the policy focus across governments, nations and regions.

THANK YOU to our TOP 10 story tellers helping to mark our 10th Anniversary:

- **Gideon Amos MP**, Vice Chair of the Healthy Homes and Buildings APPG
- **Rt Hon Sir James Cleverly TD VR MP**, Shadow Secretary of State for Housing, Communities and Local Government
- **Mayor Paul Dennett**, City Mayor of Salford and Deputy Mayor of Greater Manchester
- **Rt Hon Caroline Flint**, Chair of the Committee on Fuel Poverty (CFP)
- **Helen Godwin**, Mayor of the West of England
- **Hannah Spencer MP** for Gorton and Denton
- **Martin McCluskey MP**, Minister for Energy Consumers, Department for Energy Security and Net Zero
- **Margaret Mullane MP**, Chair of the Future Homes, Skills and Innovation APPG
- **Richard Parker**, Mayor of the West Midlands
- **Jo Platt MP**, Chair of the Greater Manchester APPG

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