

Article 1: <https://www.nature.com/articles/s41572-020-00241-2>

According to the Organization for Economic Co-operation and Development (OECD), there are currently 1.9 million homeless persons living in 35 OECD nations (Liu & Hwang, 2021). In this article, researchers concentrate on those homeless in high-income areas who live on the streets, in emergency accommodations, or in housing for the homeless (Liu & Hwang, 2021). Due to increasing urbanization, austerity measures, income disparity, and natural disasters, there are an increasing number of people who are homeless worldwide (Liu & Hwang, 2021). In addition, the homeless population is diversifying and now includes a sizable portion of children, women, families, elders, refugees, and individuals who identify as Indigenous, racialized, and LGBTQIA+ (Liu & Hwang, 2021). The causes of homelessness are multifaceted and include structural issues, systemic shortcomings, and individual and interpersonal variables.

For the well-being of homeless people, housing is pertinent. Although COVID-19 has damaged this population's health, it has shown that the homelessness epidemic is, in fact, manageable with enough political will (Liu & Hwang, 2021). Healthcare and community service providers must work together for the homeless population to receive the specialized treatment they require (Liu & Hwang, 2021). Providers should help homeless persons develop enduring trusting relationships. The accessibility of primary care, community-based services, and the quality of care provided to this group must be regularly monitored and improved (Liu & Hwang, 2021).

Reference:

Liu, M., & Hwang, S. W. (2021). Health care for homeless people. *Nature Reviews Disease Primers*, 7(1), 5.

Article 2: <https://onlinelibrary.wiley.com/doi/full/10.1111/hsc.13486>

Housing is an essential factor influencing health, and it is well-known that addressing some health disparities among the homeless population can help. Over 1.8 billion people lack adequate housing, and 150 million people are thought to be homeless globally (Onapa et al., 2022). This systematic review looks at intervention studies that discuss how housing homeless people affects their physical and emotional health (Onapa et al., 2022). The majority of the studies covered permanent supportive housing programs that focused on getting homeless people with mental illnesses into accessible housing immediately (Onapa et al., 2022). The primary health outcomes mentioned were general physical and mental health, well-being, and quality of life. Housing improves several elements of health in homeless populations with human immunodeficiency virus (HIV), anxiety, and depression despite conflicting findings and considerable difficulties found in the reviewed literature (Onapa et al., 2022).

Three systematic reviews and 24 individual studies that examined the effect of housing on the physical and mental health of homeless persons were found in this systematic review (Onapa et al., 2022). Research to date has not thoroughly evaluated the impact of housing on physical and mental health outcomes for those who have experienced homelessness, with a few exceptions being HIV/AIDS, anxiety, and depression (Onapa et al., 2022). The permanent supportive and social housing models showed some benefits for the anxiety and depressive states of homeless individuals. Housing First decreased the number of days people with severe mental illness were homeless (Onapa et al., 2022). However, these findings did not translate into appreciable improvements in mental or physical health status in most reviewed studies (Onapa et al., 2022). Since anxiety and depression are two of the most prevalent mental health issues in homeless populations and significant contributors to the overall global disease burden, the lack of objective evaluations of the impact of housing on anxiety and depression in homeless people represents a significant gap in the literature (Onapa et al., 2022). Future studies may benefit from comparing the physical and mental health changes in homeless people before and after housing, utilizing biomarker data as an objective measure (Onapa et al., 2022).

Reference:

Onapa, H., Sharpley, C. F., Bitsika, V., McMillan, M. E., MacLure, K., Smith, L., & Agnew, L. L. (2022). The physical and mental health effects of housing homeless people: A systematic review. *Health & Social Care in the Community*, 30(2), 448-468.