

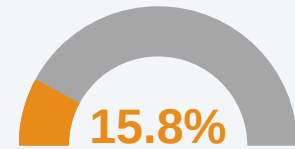
Overcrowding affects children's wellbeing



Finding solutions in Tower Hamlets

How many households are affected?

Commonly used indicators of overcrowding such as the 'bedroom standard' have various purposes, including to help prioritise and allocate housing for residents on the housing list. Using this criterion, **15.8%** of households in Tower Hamlets were estimated as living in overcrowded conditions in 2021 (see Figure 1).



15.8%
of households in Tower Hamlets
overcrowded in 2021

Figure 1: Percentage of households that met the overcrowding criteria as per 2021 census

About **half** of all responses to a survey of 620 families during the pandemic said they didn't have enough space. **Lack of space** is more prevalent for **low-income households** (see Figure 2).

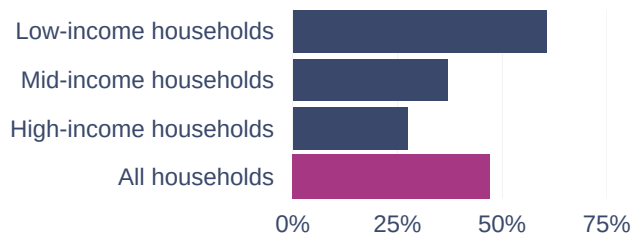


Figure 2: Percentage of households who reported not having enough space in their homes in a survey of 620 parents of children aged 0-4 and parents to be living in Tower Hamlets

"One of the biggest concerns in our area is overcrowding. And children just not having enough space for study, for play within their homes, that is a huge concern."
Tower Hamlets parent

Key research findings



The usual indicators of overcrowding miss many of the ways in which lack of space affects families and children.



Families experiencing overcrowding often face other issues with their homes.

Recommendations to improve residents' wellbeing

1

Policymakers could adopt **broader indicators** of overcrowding.

2

Landlords can provide space for **storage** and clothes drying, and **prioritise repairs**.

3

Planning rules can require child friendly, suitably sized **balconies** for new builds.

Underpinning evidence

The usual indicators of overcrowding miss many of the ways in which lack of space affects families and children

Overcrowding generates many impacts that are not accounted for with current indicators. The impacts mentioned by the participants in the survey are captured in Figure 3.

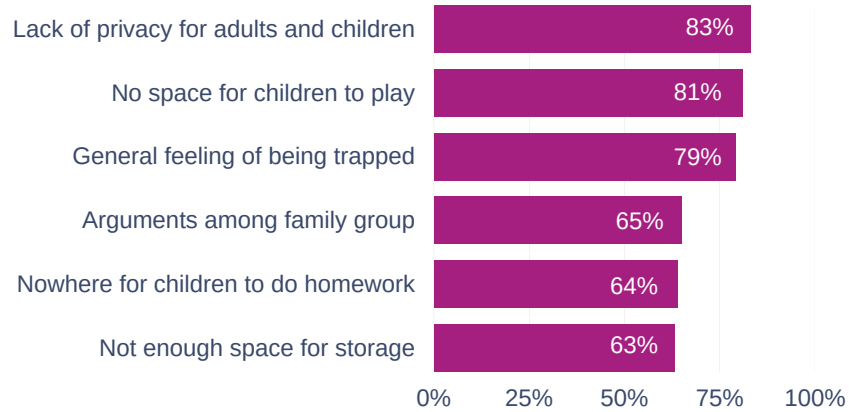


Figure 3: Impacts of lack of space, for respondents who reported this problem

Families experiencing overcrowding often face other issues with their homes

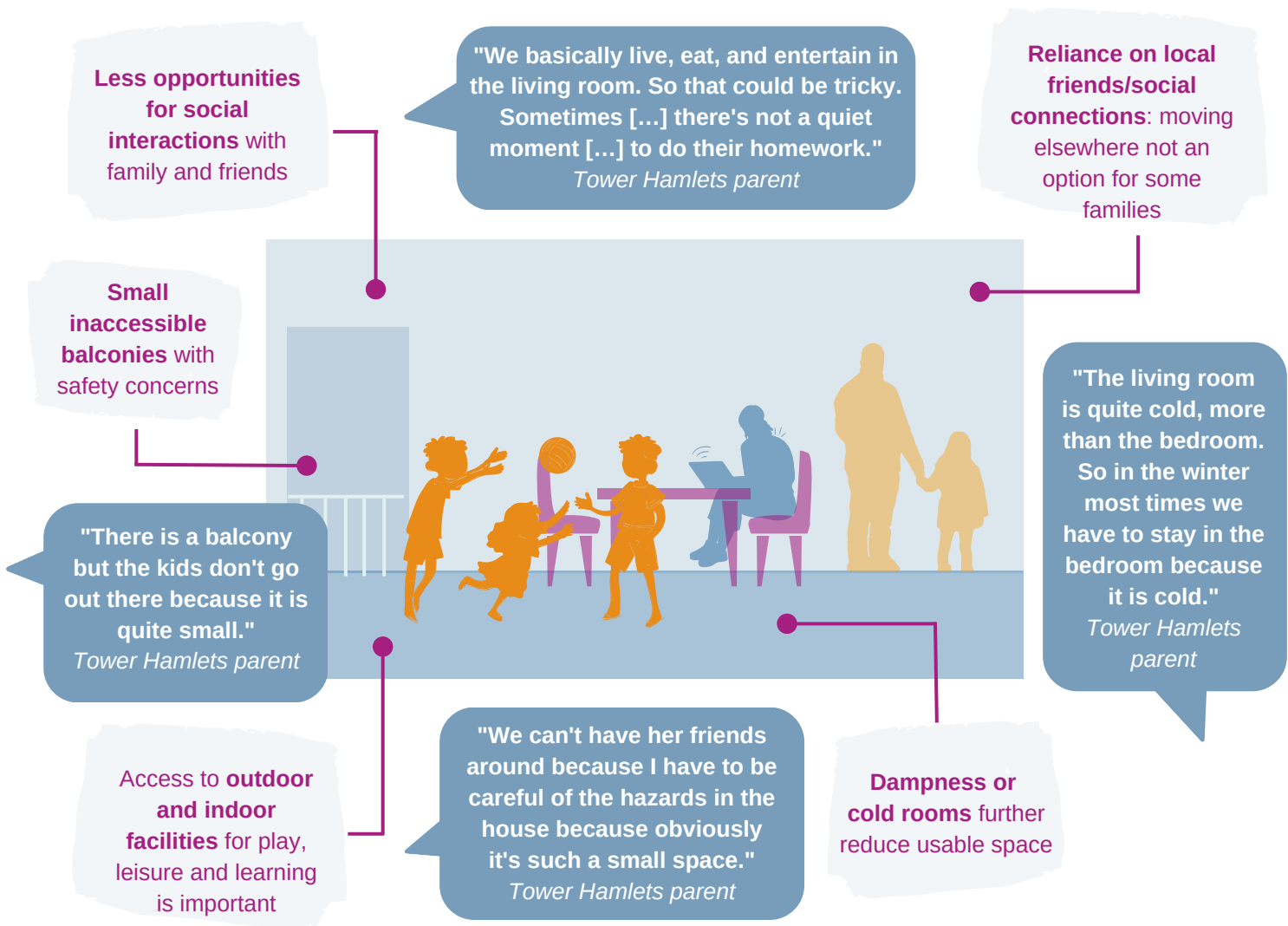


Figure 4: Overcrowding issues reported by parents

Underlying research



Cameron C, et al. "Housing and environment for young children during the pandemic: Families in Tower Hamlets community survey and panel findings".
<https://iris.ucl.ac.uk/iris/publication/2012917/1>

About the study: Community survey that collected data at two time points. Participants were families with young children, and pregnant women, who lived in Tower Hamlets during the COVID-19 pandemic. 992 people completed the first survey and most (620) also completed the second survey. People were recruited via communications from the local authority targeting low-income households.



Ucci M, Ortegon-Sanchez A, Mead NE, Godward C, Rahman A, Islam S, Pleace N, Albert A, Christie N. (2022) Exploring the Interactions between Housing and Neighbourhood Environments for Enhanced Child Wellbeing: The Lived Experience of Parents Living in Areas of High Child Poverty in England, UK. *International Journal of Environmental Research and Public Health*; 19(19):12563.
doi.org/10.3390/ijerph191912563

About the study: Carried out in partnership with community organisations to explore parents' lived experience of how housing and the local area affects child wellbeing. The study interviewed parents of children aged 2–12 years old from two local authorities in England with high levels of child poverty: Tower Hamlets in East London, and Bradford District in West Yorkshire. Here we present highlights from 13 interviews (and questionnaire data) with Tower Hamlets participants living in Watts Grove and Bromley by Bow, focusing on aspects related to overcrowding and/or space, which was one of the themes emerging from the study.

This work was undertaken as part of ActEarly: A City Collaboratory approach to early life changes to improve the health and opportunities for children living in areas with high levels of child poverty; Bradford, West Yorkshire and Tower Hamlets, London. ActEarly is supported by the UK Prevention Research Partnership, an initiative funded by UK Research and Innovation Councils, the Department of Health and Social Care (England) and the UK devolved administrations, and leading health research charities.

Partners

