

CTEVT

HEALTH SCIENCE

GENERAL MEDICINE (H.A)

SECOND YEAR

ENVIRONMENTAL HEALTH

UNIT 5 : HOUSING

ACCOUNT TO SYLLABUS (2024)

- **FULL NOTE AND SHORT NOTES**
- **MCQ AND IMPORTANT QUESTIONS**

LET'S START!

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Unit: 5 Housing

Concepts of Housing

Housing is an important part of public health. It provides shelter, safety, and a healthy environment for people. Good housing helps prevent diseases and promotes physical and mental well-being.

Definition of Key Terms

a. Housing

Housing means a place where people live. It includes the house structure and all facilities needed for living.

- It provides shelter from weather (rain, heat, cold).
- It gives safety and privacy.
- It supports health and comfort.

b. Human Settlement

Human settlement means a place where people live together in a group.

- It includes villages, towns, and cities.
- It consists of houses, roads, water supply, and services.
- It may be rural or urban.

c. Residential Environment

Residential environment means the surroundings where people live.

- Includes physical, biological, and social factors.
- Physical: air, water, house condition.
- Biological: insects, animals, germs.
- Social: crowding, sanitation, behavior.

d. Slum

Slum is a densely populated area with poor housing and unhealthy conditions.

- Houses are overcrowded.
- Lack of clean water and sanitation.
- Poor ventilation and lighting.
- High risk of disease.

Social Goals of Housing

Social goals of housing are the aims to improve quality of life and health.

- Provide safe and adequate shelter for all people.
- Ensure privacy for family members.
- Promote health and prevent diseases.
- Improve sanitation and hygiene.
- Provide access to clean water and waste disposal.
- Reduce overcrowding.
- Support social and family life.
- Improve mental well-being.

In Nepal, government programs focus on safe housing in rural and urban areas.

Types of Housing

Housing can be classified into different types:

a. According to Structure

- Kutcha House
 - Made of mud, straw, bamboo.
 - Weak and temporary.
 - Common in rural Nepal.
- Pucca House
 - Made of brick, cement, concrete.
 - Strong and permanent.
 - Common in urban areas.
- Semi-Pucca House
 - Combination of kutcha and pucca materials.

b. According to Location

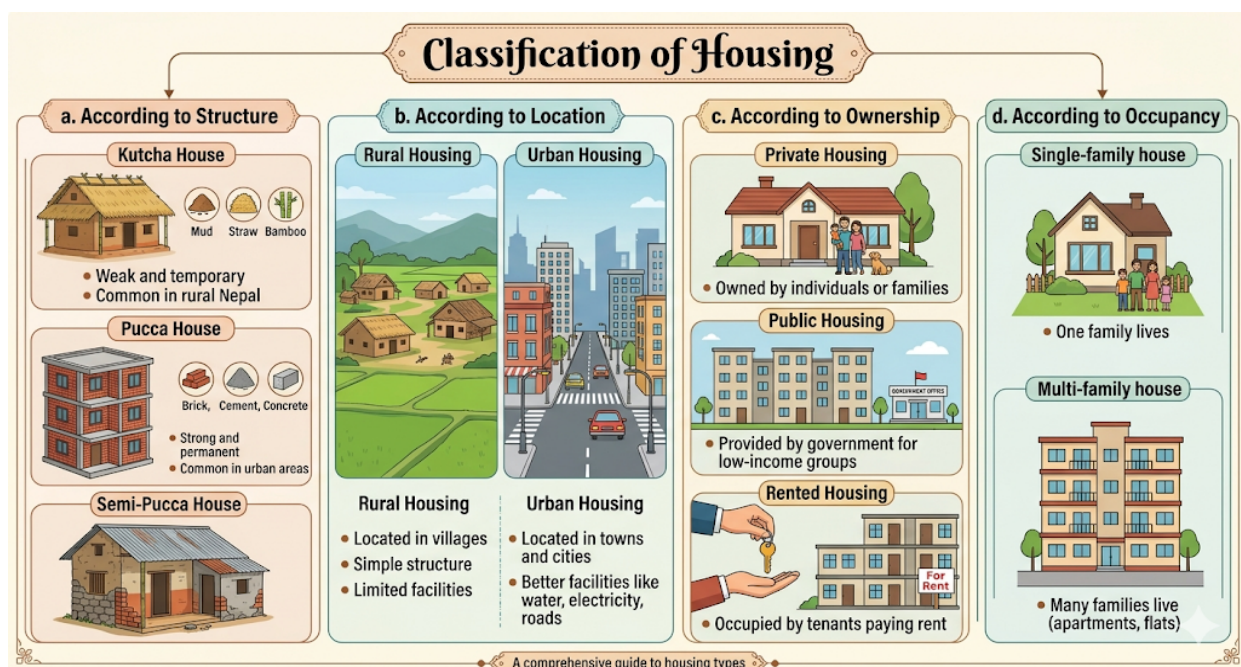
- Rural Housing
 - Located in villages.
 - Simple structure.
 - Limited facilities.
- Urban Housing
 - Located in towns and cities.
 - Better facilities like water, electricity, roads.

c. According to Ownership

- Private Housing
 - Owned by individuals or families.
- Public Housing
 - Provided by government for low-income groups.
- Rented Housing
 - Occupied by tenants paying rent.

d. According to Occupancy

- Single-family house
 - One family lives.
- Multi-family house
 - Many families live (apartments, flats).



Housing Standards

Definition of “Standards”

Standards are fixed rules or guidelines used to judge the quality and safety of housing.

- They help ensure minimum requirements for healthy living.
- They are set by government or health authorities.
- They guide planning, construction, and maintenance of houses.

Criteria for Healthy Housing

Healthy housing means a house that supports physical, mental, and social well-being.

- Good ventilation
 - Proper air flow inside the house.
- Adequate lighting
 - Natural sunlight and artificial light.
- Safe water supply
 - Clean and sufficient drinking water.
- Proper sanitation
 - Toilet and waste disposal system.
- Sufficient space
 - Avoid overcrowding.
- Protection from weather
 - Safe from rain, heat, cold, and wind.
- Clean surroundings
 - No stagnant water or waste.
- Protection from insects and rodents
 - Prevention of vector-borne diseases.
- Structural safety
 - Strong construction to prevent accidents.

Important Housing Standards in Urban Areas

Urban housing requires strict standards due to high population density.

Important standards:

- Adequate floor space per person
- Proper ventilation (windows, cross ventilation)
- Sufficient natural and artificial lighting
- Safe drinking water supply
- Proper sewage and drainage system

- Solid waste management
- Separate kitchen and toilet
- Fire safety measures
- Safe building structure

Example : Municipality rules for building design and sanitation.

Role of Housing Standards in Improving Living Conditions

Housing standards improve quality of life in many ways:

- Reduce spread of communicable diseases
- Improve personal hygiene
- Provide comfort and safety
- Reduce overcrowding
- Promote mental health
- Ensure clean environment
- Support healthy family life

Thus, proper standards lead to better health and well-being.

Health Hazards of Poor Ventilation and Lighting

Lack of ventilation and lighting causes many health problems.

Hazards due to poor ventilation:

- Respiratory diseases (e.g., tuberculosis)
- Spread of infections
- Accumulation of smoke and harmful gases
- Headache and fatigue

Hazards due to poor lighting:

- Eye strain and vision problems
- Accidents and injuries
- Poor mental health
- Growth of dampness and mold

State Accepted Standards of Overcrowding

Overcrowding means too many people living in limited space.

Standards commonly used:

- Number of persons per room
 - Not more than 2 persons per room (general guideline).
- Floor space per person
 - Minimum space required for each individual.
- Separate sleeping rooms for different sexes (after certain age).
- Adequate ventilation space

Overcrowding increases risk of disease transmission and stress.

Housing Standards in Rural Areas

Rural housing standards are different due to local conditions.

Features of rural housing:

- Use of local materials (mud, bamboo, stone)
- More open space around houses
- Natural ventilation is better
- Limited access to water and sanitation facilities
- Separate space for animals

Reasons for difference from urban standards:

- Lower population density
- Availability of land
- Economic conditions
- Traditional practices
- Limited infrastructure

Housing, Health and National Housing Policy

Increased Health Risks in Sub-standard Housing

Sub-standard housing means housing that does not meet minimum health and safety standards.

Health risks include:

- Communicable diseases
 - Tuberculosis, respiratory infections due to poor ventilation
 - Diarrheal diseases due to unsafe water and poor sanitation
- Vector-borne diseases
 - Malaria, dengue due to stagnant water and poor drainage
- Respiratory problems
 - Smoke from indoor cooking (especially in poorly ventilated kitchens)
- Injuries and accidents
 - Weak structures may collapse
 - Poor lighting increases risk of falls
- Skin and eye diseases
 - Due to dirt, overcrowding, and lack of hygiene
- Malnutrition
 - Poor living conditions affect food storage and hygiene

Social and Psychological Effects of Poor Housing

Poor housing affects not only physical health but also social and mental well-being.

Social effects:

- Lack of privacy
 - Leads to family conflicts
- Overcrowding
 - Increases stress and poor relationships
- Poor social status
 - People may feel socially excluded
- Increased crime and antisocial behavior
 - Common in slum areas

Psychological effects:

- Stress and anxiety
 - Due to unsafe and uncomfortable living conditions
- Depression

- From poor environment and poverty
- Lack of concentration
 - Especially in children for studies
- Low self-esteem
 - Feeling of inferiority
- Sleep disturbance
 - Due to noise, crowding, and poor ventilation

Current National Housing Policy (Nepal)

National Housing Policy is a plan made by the government to ensure safe and adequate housing for all citizens.

Main features:

- Provide affordable housing
 - Focus on low-income and vulnerable groups
- Promote safe and healthy housing
 - Ensure proper ventilation, lighting, and sanitation
- Slum improvement and upgrading
 - Improve living conditions in informal settlements
- Disaster-resistant housing
 - Earthquake-safe construction is encouraged
- Use of local materials and technology
 - Promote cost-effective housing in rural areas
- Access to basic services
 - Water supply, sanitation, electricity, and roads
- Public and private sector participation
 - Encourage cooperation for housing development
- Environmental protection
 - Promote eco-friendly housing practices

Unit 5: Housing (Short Notes)

1. Concepts of Housing

- **Housing:** A physical structure providing shelter, safety, and comfort to people.
- **Human Settlement:** A place where people live and build communities (village, town, city).
- **Residential Environment:** Surroundings of a house including water supply, sanitation, roads, and air quality.
- **Slum:** Overcrowded area with poor housing, lack of sanitation, and unhealthy conditions.

Social Goals of Housing

- Provide safe and secure shelter
- Promote health and well-being
- Ensure privacy and dignity
- Support social harmony
- Improve quality of life

Types of Housing

- **Temporary housing:** Tents, huts
- **Semi-permanent housing:** Mud house, thatched roof
- **Permanent housing:** Concrete buildings
- **Urban housing:** Apartments, flats
- **Rural housing:** Traditional houses

2. Housing Standards

Definition of Standards

- Standards are **accepted rules or guidelines** for safe, healthy, and adequate housing.

Criteria for Healthy Housing

- Adequate ventilation
- Sufficient natural lighting
- Safe drinking water
- Proper sanitation and drainage

- Enough space (no overcrowding)
- Protection from weather

Urban Housing Standards

- Planned buildings
- Drainage and sewage system
- Waste management
- Road access
- Electricity and water supply

Importance of Housing Standards

- Prevent diseases
- Improve living conditions
- Ensure safety and comfort
- Promote physical and mental health

Health Hazards (Poor Ventilation & Lighting)

- Respiratory diseases (TB, asthma)
- Eye problems
- Spread of infections
- Mental stress

Overcrowding Standards

- Minimum space per person required
- Too many people in one room = overcrowding
- Leads to disease transmission and stress

Rural Housing Standards

- Use of local materials
- Proper ventilation and sunlight
- Separate kitchen and animals
- Safe water and sanitation

Difference (Rural vs Urban)

- Rural: Simple, locally available materials
- Urban: Planned, modern facilities

- Rural standards are flexible due to resources

3. Housing, Health and National Housing Policy

Health Risks in Sub-standard Housing

- Infectious diseases (cholera, TB)
- Vector-borne diseases (malaria, dengue)
- Accidents and injuries
- Malnutrition due to poor living conditions

Social & Psychological Effects

- Stress and anxiety
- Lack of privacy
- Poor social relationships
- Low self-esteem

National Housing Policy (Nepal)

- Provide affordable housing
- Improve slum areas
- Promote safe and planned settlements
- Ensure basic services (water, sanitation, electricity)
- Encourage public and private sector participation

Unit 5 : Housing - MCQs

1. What is meant by housing?

- A. Place for farming
- B. Shelter for living
- C. Place for industry
- D. Market area

2. A slum is characterized by:

- A. Good sanitation
- B. Proper ventilation
- C. Overcrowding and poor conditions
- D. Large open space

3. Which is a social goal of housing?

- A. Profit making
- B. Storage of goods
- C. Providing safety and comfort
- D. Transportation

4. Which type of house is made of mud and thatch?

- A. Permanent
- B. Temporary
- C. Semi-permanent
- D. Modern

5. Housing standards are:

- A. Laws only
- B. Guidelines for healthy housing
- C. Building materials
- D. Government taxes

6. Which is essential for healthy housing?

- A. Darkness
- B. Poor ventilation
- C. Clean water supply
- D. Overcrowding

7. Poor ventilation mainly causes:

- A. Skin diseases
- B. Respiratory diseases
- C. Bone diseases
- D. Dental problems

8. Overcrowding leads to:

- A. Better health
- B. Increased disease spread
- C. More comfort
- D. Improved hygiene

9. Rural housing mainly uses:

- A. Imported materials
- B. Local materials
- C. Only cement
- D. Steel structures

10. One objective of National Housing Policy in Nepal is:

- A. Increase taxes
- B. Provide affordable housing
- C. Promote industries
- D. Export houses

Answers

- | | | | | |
|------|------|------|------|-------|
| 1. B | 2. C | 3. C | 4. C | 5. B |
| 6. C | 7. B | 8. B | 9. B | 10. B |

Important Question

1. Define housing. What are the criteria for healthful housing?
2. State the basic principles of housing. Write the effects of poor housing on human health.
3. List out criteria for housing standard. Explain how housing standards can help improve living conditions
4. Mention one difference between rural and urban housing standards.
5. Define the term "slum" in one sentence.

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