What It Is

Kidsdata.org provides four measures related to housing affordability and resources:

- **Fair Market Rent, by Unit Size**: Estimated monthly cost of rent and tenant-paid utilities in standard-quality rental housing.
- **Households with a High Housing Cost Burden**: Estimated percentage of households that spend at least 30% of household income on housing costs.
- **Children Living in Crowded Households**: Estimated percentage of children ages 0-17 living in households with more than one person per room of the home.
- **Children Living in Households with a Broadband-Connected Device**: Estimated percentage of children ages 0-17 living in households with a desktop, laptop, tablet, smartphone, or other computer connected to high-speed internet service.

Why This Topic Is Important

Housing plays a critical role in children's health and well-being, beyond providing immediate shelter. Children and families need affordable, stable, safe homes, adequate household resources, healthy neighborhoods, and access to quality opportunities, education, and services—all of these factors are intricately connected and influence life outcomes at all ages. However, housing system inequities persist, limiting access to safe, affordable housing and related resources for vulnerable groups, including low-income families, people of color, and those with disabilities.

California housing is among the most costly in the nation, so finding affordable housing is a significant challenge for many of the state's middle- and low-income families. Housing typically is considered affordable if it comprises less than 30% of a family's income. According to 2018 estimates, only 39% of low-income children in the U.S. and 26% of low-income children in California lived in affordable housing. Families that spend more than 30% of their income on housing may struggle to afford other essential items, such as food and health care. They may not be able to afford important household resources, such as broadband-connected devices, which are increasingly critical for education, employment, access to health and mental health care, social connections, and other family needs.
In some cases, a lack of affordable housing can result in families living in crowded households. Residential crowding is associated with poor health outcomes, including infectious disease transmission, poor educational attainment, and mental health problems. Even when families are not in crowded homes, unaffordable or unstable housing can diminish a child’s opportunities for educational success due to increased chances of moving, changing schools, and disrupting instruction.

**How Children Are Faring**

Fair market rents vary widely across California regions, from $770 (Modoc County) to $3,339 (Marin, San Francisco, and San Mateo Counties) per month for a two-bedroom unit in fiscal year 2020.

The share of California children living in crowded households (i.e., in homes with more than one person per room) was 28% in 2018, twice the estimate for children nationwide. Similar to other housing and economic measures, percentages vary at the local level; for example, across California cities, school districts, and legislative districts with data in 2014-2018, the proportion of children experiencing household overcrowding ranged from fewer than 1 in 50 to more than 2 in 3.

According to 2018 estimates, 93% of California children lived in households with a device connected to high-speed internet service, similar to 91% nationally. Children’s internet access at home varies by region and demographic characteristics, with children in higher-income households, those living with two parents, and Asian American and white children more likely to have broadband-connected devices in the home than children in other groups. In 2018, 81% of California children living in limited English-speaking households had a broadband-connected device at home, compared with 94% in English proficient households.

View references for this text and additional research on this topic: https://www.kidsdata.org/topic/41/housing-affordability-and-resources/summary