



# Benefits of Mixed-Income Neighborhoods

A community of neighborhoods composed of mixed-income residents has both health and economic benefits that, together, build stronger communities – at every income level.



## Opportunity

Living in an income-diverse area gives children the opportunity to experience educational and health benefits.

It can promote social activity and relationships with neighbors for the whole family, which can be a platform for achieving upward mobility and financial stability.

## Health & Safety

Mixed-income neighborhoods expand social networks, which can reduce depression and anxiety. Greater social support also reduces blood pressure and increases cognitive function.

Living in a mixed-income neighborhood can also bring on feelings of security, reducing feelings of stress related to safety concerns.

## Economy

Mixed-income neighborhoods help break up areas of concentrated poverty where, often, there isn't nearby access to many job options, services such as decent grocery stores, or high-performing schools.

Instead, economic diversity can attract new investments in the surrounding area, including retail, transportation, and additional services and resources, which may also provide employment opportunities.

## Making it Work

Mixed-income neighborhoods are a strategy for building equitable and diverse communities. It will take time for the benefits to kick in, and additional community supports and services – such as access to childcare and affordable food – must be available to make it work.

**But the time to start is now.**