

A Study of Housing, Good Health and Well-Being in Kampala, Uganda

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Abstract

This chapter presents adequate housing as a necessity for health and well-being. To the literature it adds a theoretical argument aimed at convincing African governments and peoples that adequate housing is a human right that needs to be respected in the bid to promote the health and well-being of people as demanded by the United Nations' Sustainable Development Goal 3. It is argued that human beings do not desire adequate housing for luxury or aesthetic reasons but as a natural imperative to which governments must respond. Given that a home should be a place where people feel safe and relaxed while feeling a sense of belonging and self-esteem and acquiring moral values therein, it is also noted here that only an adequate house can constitute a home. The chapter used a case study research design and a qualitative approach. It was mainly a desk study research. Further information was collected from field research. It was concluded that type of dwelling influences one's physical and emotional state as well as productivity. It is recommended that the right to adequate housing as not merely a dwelling place should be taken seriously for realization of SDG 3, which relates to people's health and well-being.

Keywords: Dwelling Housing, Home Wellbeing, Human Right

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