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May 2, 2016

To: Mayor Fred Eisenberger and Members of Hamilton's City Council

Subject: Support for Motion of Initiative to Increase Affordable Housing and Reduce Poverty By Investing In People

North Hamilton Community Health Centre endorses the model of health proposed by the World Health Organization, characterized as a complete state of physical, mental and social well-being; not merely the absence of disease or infirmity. As such, we approach health from the perspective that there are many social factors that determine one's overall health. Factors that include access to adequate housing, food security and income and education levels all contribute greatly to the overall health and well-being for individuals and families.

This reality is well-documented in numerous research studies across North America but, more importantly, has been poignantly revealed right here in our city through the work of The Hamilton Spectator in the Code Red series of articles. Through this series, we've become aware of the discrepancies in life expectancies, in hospital visits and in prevalence of chronic conditions between those in our city who have much financial resource and those who are living in poverty.

As an organization working with those facing barriers, we see daily the individuals and families who are facing eviction due to rising cost of housing. We support families who are unable to provide sufficient amounts of nutritious food for their growing children, and we work to break the cycles of poverty through education and long-term employability for youth. Along with our partners and colleagues in many agencies across the city we are working diligently to eliminate barriers and obstacles.

To this end, North Hamilton Community Health Centre is submitting this letter in support of the motion introduced by Mayor Eisenberger to address poverty in our city. We believe that the long-term nature of this investment is a positive step forward in ensuring sustainable development of key initiatives in tackling these issues.

Sincerely,

A handwritten signature in cursive script that reads "Elizabeth Beader".

Elizabeth Beader,
Chief Executive Officer
North Hamilton Community Health Centre