

From: clerk@hamilton.ca
To: [Kolar, Loren](#)
Cc: [Vernem, Christine](#)
Subject: FW: Form submission from: Request to Speak to Committee of Council Form
Date: Wednesday, September 22, 2021 10:08:32 AM

-----Original Message-----

From: no-reply@hamilton.ca <no-reply@hamilton.ca>
Sent: Wednesday, September 22, 2021 10:01 AM
To: clerk@hamilton.ca
Subject: Form submission from: Request to Speak to Committee of Council Form

Submitted on Wednesday, September 22, 2021 - 10:01am Submitted by anonymous user: 172.70.178.227 Submitted values are:

==Committee Requested==
Committee: Board of Health

==Requestor Information==

Name of Individual: Rebecca Ganann
Name of Organization: McMaster University
Contact Number: [REDACTED]
Email Address: [REDACTED]
Mailing Address:

[REDACTED]

Reason(s) for delegation request:

To inform the Board of Health of our community-based study we are conducting in Hamilton. The EMBOLDEN study aims to enhance physical and community mobility of older adults who experience difficulties participating in community programs and reside in areas of high health inequity (differences in health status or access to health resources). EMBOLDEN has been funded through the McMaster Institute for Research on Aging's Labarge Centre for Mobility in Aging, the Canadian Institutes of Health Research, and most recently through the Public Health Agency of Canada.

Building on existing best practices, we will implement and evaluate an innovative co-designed community-based program to promote physical activity, healthy nutrition, foster social connections, and support system navigation across health and social systems.

Over the last year, we have engaged a 30-person Strategic Guiding Council comprised of older adult citizens and local health/social service providers. This Council has been helping to inform development of the intervention and how we will implement the study.

Will you be requesting funds from the City? No
Will you be submitting a formal presentation? Yes

The results of this submission may be viewed at:

<https://www.hamilton.ca/node/286/submission/543206>