



SOCIAL DETERMINANTS OF HEALTH

HOUSING, BASIC AMENITIES AND THE ENVIRONMENT

HOW...

HOUSING, BASIC AMENITIES & THE ENVIRONMENT RELATES TO HEALTH

Inadequate housing, includes overcrowding, dampness, and lack of ventilation, can lead to a range of health problems, including respiratory illnesses, allergies, and mental health issues.

Access to **basic amenities**, includes clean water, sanitation, and electricity, is critical for good health. Lack of access to clean water and sanitation facilities can lead to waterborne diseases and poor hygiene. Additionally, the lack of access to electricity can affect health care services and increase the risk of accidents and injuries.

Exposure to **environmental pollutants**, includes air and water pollution, can lead to a range of health problems, including respiratory and cardiovascular diseases. Access to green spaces, on the other hand, can have a positive impact on mental health, reduce stress, and increase physical activity.

"Safe, clean, and affordable housing, access to clean water nutritious food green spaces are essential for good health Poor housing and inadequate basic amenities can have a negative impact on the physical and mental health of individuals and communities."

- World Health Organizations -

RESOURCES

Kitchener-Waterloo Multicultural Centre

Offers support and resources for newcomers to the region, including help finding housing and accessing basic amenities.

<https://www.kwmc.on.ca/>

Region of Waterloo Housing Services

Offers a variety of affordable housing options and support programs for those in need

<https://www.regionofwaterloo.ca/en/living-here/housing-services.aspx>

Habitat for Humanity Waterloo Region

Provides affordable housing and home repairs for low-income families in the region.

<https://www.habitatwr.ca/>

Green Venture

Offers educational programs and resources on environmental sustainability and green living practices.

<https://greenventure.ca/>