



Housing & Health

High-Quality Housing is Important to Ensure Physical Health and Safety

- Quality housing reduces lead exposure and incidence of allergies, asthma and bronchitis among children.
- Individuals are less prone to accidents and injury in high-quality housing.

Stable and Affordable Housing Supports Mental Health and Well-Being

- Having access to affordable, stable, high-quality housing is associated with lower stress levels and lower incidence of anxiety and depression.
- Stable housing helps promote higher self-esteem among parents and can lead to better prospects for family self-sufficiency.

The Whole Community Benefits When Families Have Better Health

- Higher health costs associated with substandard and inadequate housing are often borne by the public sector through public health expenditures.

To learn more, visit www.jamescitycountyva.gov/whtf

Workforce

HOUSING
TASK FORCE FOR JAMES CITY COUNTY

