

What's Health got to do with Poverty?

Poverty Makes People Sick

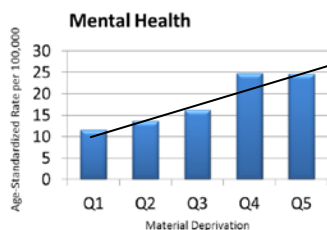
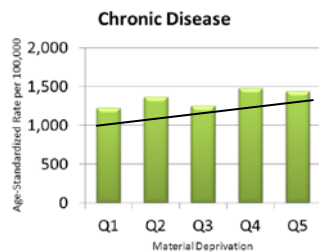
COMPARED TO HIGH-INCOME ADULTS, LOW-INCOME* ADULTS HAVE:^{1,2,3,4}

- Shorter life-expectancy
- More heart disease
- More diabetes
- More mental health illnesses
- More cancer
- More dental health disease

COMPARED TO HIGH-INCOME CHILDREN, LOW-INCOME* CHILDREN:^{1,2,3,4}

- Have more behaviour problems
- Perform less well in school
- Are more likely to suffer from obesity
- Have more dental caries
- Are more likely to have poorer health as adults and suffer from diabetes and heart disease

*Top quintile= high income, bottom quintile=low income⁵



Poverty Limits Our Ability to Live Healthy Lives

POVERTY LIMITS OUR CHOICES⁵

- Healthy food can be expensive, difficult to store and/or prepare
- Healthy food stores and other services may be far away or hard to get to
- **1 in 3 Surrey renters spends over 30%⁵ income on rent:** Housing costs leave little money left over for other essentials like childcare, food, clothing, transportation
- Affordable housing often means longer commutes to work
- Busy schedules make it hard to find time to look after one's health

Fact: 7.7% of the BC population is food insecure. Groups most affected are low-income women, people of the First Nations, seniors, the homeless, and those with mental and physical health issues.^{6,7}

Food Insecurity means **NOT** having access to a safe, personally acceptable, nutritious diet

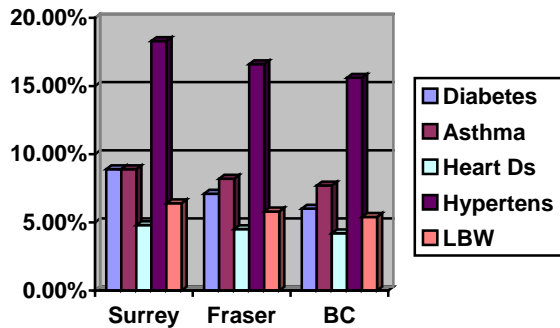
Fact: In 2011, it cost \$851 for a family of 4 to buy a nutritious food basket. This is 34-49% the income of a family in the bottom quintile. This is only 15% of the income of a middle quintile family.^{6,7}

ACCESSING HEALTH CARE CAN BE DIFFICULT BECAUSE OF:

- Transportation barriers
- Language and literacy barriers
- Childcare barriers
- Disabilities
- Prescription costs

Fact: 17% of BC residents do not fill prescriptions due to cost (compared to 9.6% of Canadians). Groups most affected by high prescription costs are people under 65, those with low-incomes, and those already in poor health.⁸

Health in Surrey (2010 data) ^{9,10}

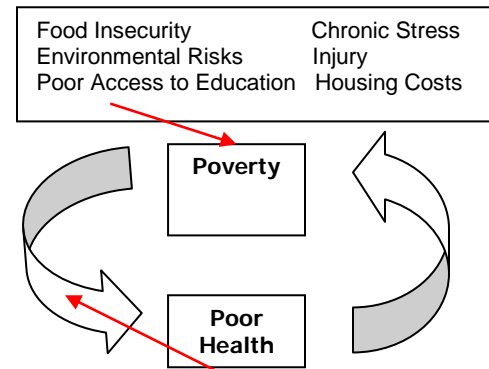


Ensuring Everyone Has the Equal Chance for Health = Health Equity

WHAT ARE SOME OF THE THINGS FRASER HEALTH IS DOING TO PROMOTE HEALTH EQUITY

- Developing partnerships for healthy living environments like protecting natural environments and making biking, walking, and playing outside easier
- Developing partnerships to make transportation accessible for all, including seniors and persons with disabilities
- Advocating for healthy food networks and healthy housing
- Using a health equity & trauma-informed lens across all programs to promote harm reduction, social inclusion, dignity, and cultural competency

By Addressing Health We Can All Help to Break the Poverty Cycle



Fraser Health Seeks to Improve Health Through:

- | | |
|---|----------------------------|
| Nurse-Family Partnerships | Dental Services |
| Maternal, Infant, Child, Youth Programs | Diabetes Outreach |
| Comprehensive School Health | Aboriginal Health Programs |
| Women's Health Programs | Diversity Services |
| Chronic Disease Prevention | Healthy Aging |
| Harm Reduction Services | New Canadian Clinic |
| Unintentional Injury Prevention | Healthy Built Environment |
| Mental Health & Substance Use Services | |

Investing in Poverty Reduction Improves the Health and Well-Being of EVERYONE

Poverty is a burden for individuals, families, communities and the government. In BC, poverty costs \$8-9 billion per year BUT a comprehensive poverty reduction plan would only cost \$3-4 billion per year. ¹¹

Prevention is a good investment!

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