

# Child Poverty

A practical tool for primary care

## What can we do as primary care providers to address this risk factor and reduce inequalities?

Poverty must be addressed like other major health risks. The evidence shows that socio-economic status and child health are strongly linked.

Children living in poverty are more likely to experience low birth weight, learning difficulties, mental health problems, iron deficiency anemia, burns and injuries, obesity and hospitalization than their richer peers. Teen girls in the lowest income quintile are 4 (rural) to 10 (urban) times as likely to become pregnant, and 6 (rural) to 19 (urban) times as likely to give birth as teen girls in the highest income group.



*“There is strong and growing evidence that higher social and economic status is associated with better health. In fact, these two factors seem to be the most important determinants of health”*

- Public Health Agency of Canada

## ASK (once a relationship exists with a family):

1. Do you have trouble making ends meet?
2. Do you have trouble feeding your family?
3. Do you have trouble paying for medications?
4. Do you receive the child tax benefit?
5. Do you have legal or immigration challenges?
6. How is your housing?

# RESOURCES TO REDUCE CHILD POVERTY

Consider photocopying for your patients

## 1 Do you find yourself running out of money to pay for food or shelter?

### Benefits and Supports

[www.canadabenefits.gc.ca](http://www.canadabenefits.gc.ca) (Federal)

[www.gov.mb.ca/residents](http://www.gov.mb.ca/residents) (Provincial)

### Community Volunteer Income Tax Program (CVITP)

1-800-959-8281 (CRA)

[www.cra-arc.gc.ca/volunteer](http://www.cra-arc.gc.ca/volunteer)

1-204-989-1912 (CVITP from February to May 1)

### Social Support Programs

[www.gov.mb.ca/tce/eia/index.html](http://www.gov.mb.ca/tce/eia/index.html)

[www.gov.mb.ca/healthychild/healthybaby/intro](http://www.gov.mb.ca/healthychild/healthybaby/intro)

### Housing Resources

**RentAid:** [www.gov.mb.ca/fs/assistance/shelterbenefit.html](http://www.gov.mb.ca/fs/assistance/shelterbenefit.html)

**Manitoba Housing:** [www.gov.mb.ca/housing/about\\_mbhousing.html](http://www.gov.mb.ca/housing/about_mbhousing.html)

**Co-op Housing:** [www.chfcanada.coop/eng/pages2007/about\\_3.asp](http://www.chfcanada.coop/eng/pages2007/about_3.asp)

## 2 Do you have trouble feeding your family?

### Winnipeg Harvest

(also provides referrals to rural food banks)

204-982-3660 or 1-800-970-5559

[www.winnipegharvest.org](http://www.winnipegharvest.org)

### School-aged children

[www.breakfastclubcanada.org](http://www.breakfastclubcanada.org)

## 3 Do you have trouble paying for medications?

### Manitoba Pharmacare Program

204-786-7141 or 1-800-297-8099

[www.gov.mb.ca/health/pharmacare/](http://www.gov.mb.ca/health/pharmacare/)

## 4 Do you receive the monthly child tax benefits?

### Service Canada

[www.servicecanada.gc.ca/eng/goc/cctb.shtml](http://www.servicecanada.gc.ca/eng/goc/cctb.shtml)

1-800-622-6232

### Canada Revenue Agency

[www.cra-arc.gc.ca/benefits](http://www.cra-arc.gc.ca/benefits)

(includes links on universal child care benefit and children's special allowances) 1-800-387-1193

## 5 Do you have legal or immigration challenges?

### Community Legal Education Association (Manitoba) Inc. (CLEA)

[www.communitylegal.mb.ca](http://www.communitylegal.mb.ca) ~ 1-800-262-8800

### Public Interest Law Centre (includes Poverty Law Unit)

[www.legalaid.mb.ca](http://www.legalaid.mb.ca) ~ 1-800-261-2960

### Immigration Manitoba

[www.immigratemanitoba.com](http://www.immigratemanitoba.com) ~ 204-945-6300

[www.manitobastart.com](http://www.manitobastart.com) ~ 204-944-8833

## 6 Do you have a safe and clean place to live?

### Winnipeg Bylaw Enforcement Services:

Within Winnipeg call 311; outside of Winnipeg contact

local Public Health Inspector listed on

[www.gov.mb.ca/health/publichealth/environmentalhealth/protection/contact.html](http://www.gov.mb.ca/health/publichealth/environmentalhealth/protection/contact.html)

### Community Safety - Public Safety Investigations

Manitoba Justice 1-800-954-9631

[www.gov.mb.ca/justice/safe/scna.html](http://www.gov.mb.ca/justice/safe/scna.html)

### Domestic Violence Crisis Line and Violence Prevention Program - 1-877-977-0007

### Emergency Shelters

[www.winnipegrentnet.ca/help-links/help-emergency.cfm](http://www.winnipegrentnet.ca/help-links/help-emergency.cfm)

Contact Community Information provides a directory of supports and services available throughout Manitoba. Allows for searches for specific organizations or service needs based on topic or location. Browse [www.contactmb.org](http://www.contactmb.org) or call 1-866-266-4636.

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