

# Child Poverty

A practical tool for primary care

Poverty Interventions for Child Health



What can we do as physicians to address this potentially modifiable risk factor and reduce disparities?

Poverty requires intervention like other major health risks. The evidence shows that socioeconomic 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, asthma, burns and

injuries, obesity and hospitalization than their more affluent peers. Infant mortality is 60% higher in lowest income quintile neighbourhoods.

“

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

- 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 Do you have a safe and clean place to live?

See back for resources →

# RESOURCES TO ADDRESS 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)

[www.ontario.ca/BenefitsDirectory](http://www.ontario.ca/BenefitsDirectory)

### Community Income Tax Clinics

1-800-959-8281

[www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncs/on-eng.html](http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncs/on-eng.html)

### Social Support Programs

[www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/](http://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/)

[www.mcsc.gov.on.ca/en/mcsc/programs/social/ow/](http://www.mcsc.gov.on.ca/en/mcsc/programs/social/ow/)

## 2 Do you have trouble feeding your family?

### Daily Bread Food Bank

416-203-0050

[www.dailybread.ca](http://www.dailybread.ca)

### School aged children

[www.breakfastclub.ca](http://www.breakfastclub.ca)

## 3 Do you have trouble paying for medications?

### Ontario Drug Benefit Program

416-314-5518 • 1-800-268-1154

[www.health.gov.on.ca/en/public/programs/drugs/](http://www.health.gov.on.ca/en/public/programs/drugs/)

### Trillium

[www.health.gov.on.ca/english/public/pub/drugs/trillium.html](http://www.health.gov.on.ca/english/public/pub/drugs/trillium.html)

## 4 Do you receive the child tax benefit?

### 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/bnfts/menu-eng.html](http://www.cra-arc.gc.ca/bnfts/menu-eng.html)  
(includes links on universal child care benefit and children's special allowances)  
1-800-387-1193

## 5 Do you have legal or immigration challenges?

### OCASI-Settlement

416-322-4950

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

### Community Legal Education Ontario (CLEO)

[www.cleo.on.ca](http://www.cleo.on.ca) • 416-408-4420

### Legal Aid Ontario

416-979-1446 • 1-800-668-8258

[www.legalaid.on.ca](http://www.legalaid.on.ca)

### Access Alliance

416-324-8677

[www.accessalliance.ca](http://www.accessalliance.ca)

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

### Assaulted Women's helpline

416-863-0511

### Domestic violence women

416-323-9149

[www.schliferclinic.com](http://www.schliferclinic.com)

### Emergency Shelters

1-877-338-3398

### Toronto Homeless Services

[www.toronto.ca/housing](http://www.toronto.ca/housing)

The Information and Referral Specialist at the Community Health Help Line 211, finds answers quickly, 24 hours a day, every day of the year, and in more than 150 languages, anonymous & unrecorded.

When you don't know where to turn, call 211 ([www.211ontario.ca](http://www.211ontario.ca)) or visit [www.servicecanada.gc.ca/](http://www.servicecanada.gc.ca/)