

Why is poverty important to talk about?

- People living in Leeds and Grenville are living in poverty
- Living in poverty means you do not have enough money for basic needs or to feel included in your community
- Poverty is always related to income, being able to access education, health services, and the feeling of being socially excluded

<https://www.youtube.com/watch?v=7Ca3w3WiGR4>

What is a living wage?

- A living wage is the hourly wage a worker needs to earn to cover their basic expenses and participate in their community
- A living wage is not the same as the minimum wage, which is the legislated minimum all employers must pay and is set by the provincial government
- The living wage draws on community-specific data to determine the expenses to a family with two working adults and two children
- Living wage employers voluntarily decide to pay a living wage because it's the ethical thing to do

http://www.ontariolivingwage.ca/what_is_the_living_wage

What is the impact of children being raised in poverty?

- Children who are living in poverty experience a form of intergenerational and/systemic trauma. Adverse childhood experiences have lifelong impacts on health and well-being
- Children in low-income families are over two and a half times more likely than children in high-income families to have lower functioning vision, hearing, speech, mobility, dexterity, cognition, and pain/discomfort
- Inadequate housing may lead to lower school performance, increased risk of asthma and risk of exposure to lead toxins
- Crowded housing conditions can also contribute to exposure to communicable diseases, diarrhea and vomiting, and lower respiratory tract infections in infants

<https://www.cps.ca/en/documents/position/housing-need>

<https://equiphealthcare.ca/equip/wp-content/uploads/2018/01/TVIC-tool-ONTARIO-January-12-2018.pdf>

What does “food insecurity” mean?

- Household or individual food insecurity is inadequate or insecure access to food because of financial constraints
- Poverty is the root cause of food insecurity in Ontario

http://healthunit.org/wp-content/uploads/Food_Insecurity_Infographic.pdf

Are people food insecure locally?

- 9.7% of Leeds, Grenville and Lanark households (approx. 18,680 people) reported being food insecure
- In LGL food insecurity means people can't afford to buy food for a balanced diet, people go hungry, they miss meals and may not eat anything for at least a whole day

http://healthunit.org/wp-content/uploads/Food_Insecurity_Infographic.pdf

Why doesn't food charity help with poverty?

- Food charity is the act of giving food to people when they need it most; they can include food banks, community hot meals programs and coupons or vouchers
- Less than 25% of those living with food insecurity use food banks
- Food banks can be challenging to access and stigmatizing to walk through the door

http://healthunit.org/wp-content/uploads/Food_Insecurity_Infographic.pdf

Loopstra R. & Tarasuk, V. The relationship between food banks and household food insecurity among low-income Toronto families. *Canadian Public Policy*; 38:4, 2012. <https://www.utpjournals.press/doi/abs/10.3138/CP.38.4.497>

What is the difference between charity and public policy?

- Charity is short-term relief that reaches a small number of people in need
- Public policy is long-term change that reaches more people in need
- Public policy removes barriers for people and charity is a bandage solution

<https://www.canada.ca/en/public-health/services/health-promotion/population-health/ottawa-charter-health-promotion-international-conference-on-health-promotion.html>

Why is housing a human right?

- Families and individuals living in poverty face challenges with the lack of affordable rental housing and discriminatory practices in the rental application process
- Without appropriate housing it is often not possible to get and keep a job, to recover from mental illness or other disabilities, to integrate into the community, to escape physical or emotional violence or to keep custody of children
- The Ontario Human Rights Commission is committed to providing protection against discriminatory treatment in applying for and living in housing, and a right to adequate housing without discrimination

<http://www.ohrc.on.ca/en/right-home-report-consultation-human-rights-and-rental-housing-ontario/housing-human-right>

Why does everyone deserve to be protected from what is unfair, unjust or avoidable?

- All people deserve opportunities to have a healthy life and to realize their own potential in a supportive community - individuals have different needs to have a healthy life
- As a community we can help everyone to have a healthy life by listening to needs and being flexible in supports and services we provide

<https://www.youtube.com/watch?v=q-3mUiGi6bA>

How will sharing and compassion make a difference?

- People living in poverty often feel the stigma of being judged, labeled, isolated or stereotyped
- If someone has experienced shame or negativity they are less likely to reach out for help again
- Sharing what you have is an example of kindness; Kindness has a positive impact on a person's well-being
- Compassion is the feeling of wanting to ease the suffering of others; Connecting to others is a natural human instinct that enhances our health and well-being

<https://equiphealthcare.ca/toolkit/>

What does "health-in-all policies" (HiAP) mean?

- HiAP is an approach on health-related rights (human rights) and obligations (healthy community development) such as access to health care, education, job security, food security and community inclusion
- HiAP encourages politicians (municipal, provincial and federal) to be accountable for the impacts that policies and by-laws have on our health

<http://www.who.int/healthpromotion/frameworkforcountryaction/en/>

It's time to change the way we think and act.