

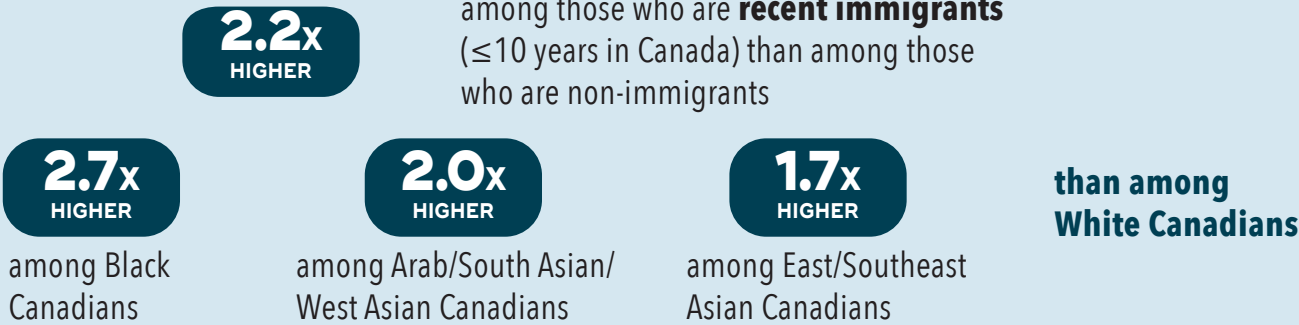
Inequalities in children in low income families in Canada



Approximately
1 in 6
children live in households experiencing poverty.*

Low income affects the capacity to live in quality housing, have access to healthy foods, and is associated with unfavourable physical and mental health outcomes as children age.^{1,2}

The proportion of children living in low income families is:

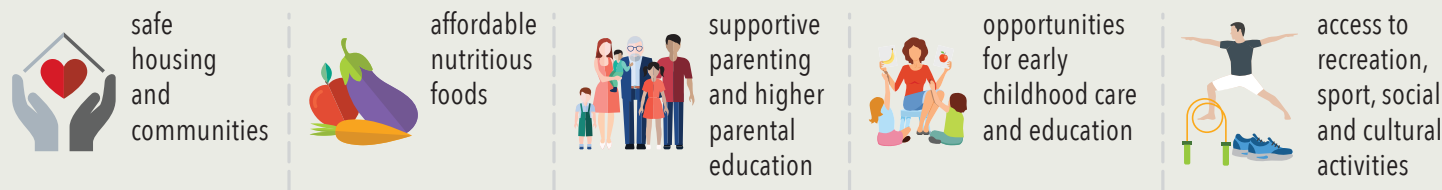


Indigenous children are at greater risk of living in low income families, where the proportion is:



Inequities experienced by First Nations, Inuit and Métis populations are a direct result of colonial policies and practices that included massive forced relocation, loss of lands, creation of the reserve system, banning of Indigenous languages and cultural practices, and creation of the residential school system. Unaddressed intergenerational trauma adds to the ongoing challenges faced by Indigenous peoples.

In addition to raising household income beyond the poverty line, other strategies that could help reduce childhood inequalities³ include:



* Based on concepts developed by Employment and Social Development Canada (ESDC), poverty is measured according to the Market Basket Measure (MBM). The MBM is a measure of low income based on the cost of a specified basket of goods and services representing a modest, basic standard of living. The Poverty Reduction Strategy establishes the MBM as Canada's Official Poverty Line.

¹ Spencer N, Thanh TM, Louise S. Low income/socio-economic status in early childhood and physical health in later childhood/adolescence: a systematic review. Maternal and child health journal. 2013 Apr 1;17(3):424-31.

² Lipman EL, Boyle MH. Linking poverty and mental health: A lifespan view [Internet]. Ottawa (ON): The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO; 2011 [updated 2011; cited 2018 Sep 4]. 51 p. Available from: http://www.excellencepourenfantsados.ca/sites/default/files/resource/policy_poverty.pdf

³ de Oliveira C. Good Health to All: Reducing Health Inequalities among Children in High- and Low-Income Canadian Families. Commentary-CD Howe Institute. 2009 May 1(288):O_1.

Source: National Household Survey (2011)

For more data on health inequalities in Canada, visit: www.health-infobase.canada.ca/health-inequalities

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