

Poverty in our Own Backyard

Topics to Be Covered

- 1.) Myths about Poverty – What do you think?
- 2.) What Poverty Looks like in a Wealthy country
- 3.) Connection Between Poverty and Poor Health
- 4.) Experience of Poverty – The Diet Challenge
- 5.) We can all play a part
 - Video: It's Not Too Late to Change the World
 - Brainstorm – Get ideas

Myths about Poverty

- **What do you think?**

Your perceptions and understanding
of poverty – BRAINSTORM

Understanding Poverty

- **Myths and Misperceptions**
 - **Education**
 - **Employment** – working poor
 - **Social Assistance and Housing**
 - **Homelessness as a Choice**

Homelessness in York Region is on the increase with long waiting lists for affordable housing. Makeshift homes like this garage really do exist.



Would this be Your Choice?



Truth about Poverty - What Poverty Looks like in a Wealthy Country

- **Definition**
- **Contrast to Third World countries**
- **Hidden**
- **Underlying Causes**
- **Range of Options for Addressing it:**
 - Emergency and Charitable approaches ie. Food banks
 - Good jobs, adequate incomes, affordable housing and transportation, adequate rates for people on social assistance, pensions for the elderly and unemployment benefits when required

Poverty in York Region - Hidden in Plain Sight ...



Connections between Poverty and Poor Health

- **Social Determinants of Health**

“The primary factors that shape the health of Canadians are not medical treatments or lifestyle choices but rather the living conditions they experience.” In turn a person’s health status is determined more by how much income they have and where they live.

- **Inadequate income underlies food insecurity**

Individuals who are poor are more likely to have an inadequate diet which is strongly associated with an increased risk of chronic disease and difficulties in managing these diseases. Heart disease and diabetes are just two.

- **Poverty is Making Us Sick**

An annual increase of \$1,000 in income to the poorest 20% of Canadians would lead to almost \$10,000 fewer chronic conditions and 6,600 fewer disability days every two weeks.

The Costs of Poverty and Why it is literally “Making People Sick”



Experience of Poverty / Hunger: The Diet Challenge

- Kristine – Experience mentoring Debra Kelly; also Marty and Rachel
- Rita's Experience of the Diet Challenge and our family of 7 and their Experience
- Why we did the Diet Challenge – 13 people in York Region – 2,000 across Ontario
- \$100 Healthy Food Supplement for individuals in “deep poverty” – Do the Math Budget Survey and the Do the Math Diet Challenge
- Hand out the Budget Exercise

York Region Takes the Do the Math Diet Challenge in Fall of 2010 -

12 residents participate



WE Can ALL Do Our Part

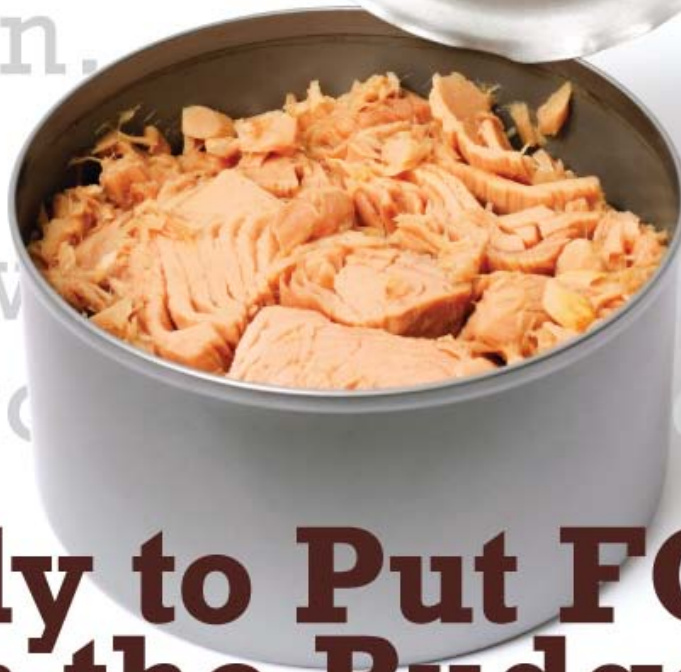
Video: It's Not Too Late to Change the World

- Did anything surprise you in this video?
- **Brainstorm** – Get groups' ideas

Homework:

- DO the Math Budget Exercise – Hand out
- \$100 Healthy Food Supplement Petition
 - Go online and use Social Media to advocate for change

**No one can
survive on
\$585
(per month)**



**Rally to Put FOOD
in the Budget!**

Sign our Petition to Put Food in the Budget of our neighbours on social assistance.

An immediate increase of \$100/month to enable people to purchase healthy food is a gift that:

- *combats hunger and injustice*
- *reduces reliance on our already over-burdened food banks and volunteers*
- *restores the right of individuals to purchase their own healthy food*
- *is simply the right thing to do.*

Complete the Do the Math Budget Survey found at www.putfoodinthebudget.ca

Sign the Petition here: <http://www.gopetition.com/petitions/put-food-in-the-budget.html>

STOP THE HUNGER

\$100

**PUT FOOD
IN THE
BUDGET**



**100
BUCKS**

Health + Strength Action Group