

Poverty is not always apparent: In Newfoundland and Labrador, 14.8% of families live in poverty.<sup>1,11</sup>

## 1 Screen Everyone

“Do you ever have difficulty making ends meet at the end of the month?”

(Sensitivity 98%, specificity 40% for living below the poverty line)<sup>2</sup>

## 2 Poverty is a Risk Factor

Consider:

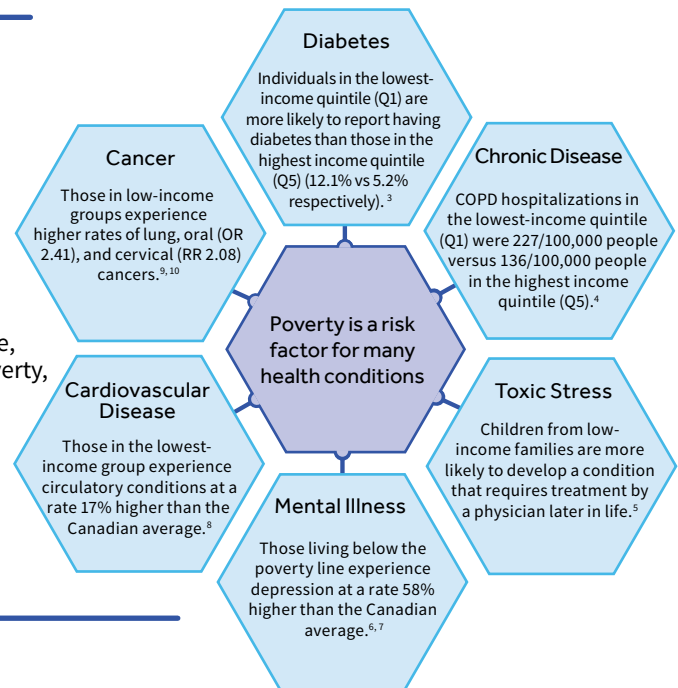
New immigrants, women, Indigenous peoples, and LGBTQ+ are among the highest risk groups.

Example 1:

If an otherwise healthy 35-year-old comes to your office, without risk factors for diabetes other than living in poverty, you consider ordering a screening test for diabetes.

Example 2:

If an otherwise low-risk patient who lives in poverty presents with chest pain, this elevates the pre-test probability of a cardiac source and helps determine how aggressive you are in ordering investigations.



## 3 Intervene

Ask Everyone: “Have you filled out and sent in your tax forms?”

- Ask questions to find out more about your patient—their employment, living situation, social supports, and the benefits they receive. Tax returns are required to access many income security benefits: e.g., GST / HST credits, child benefits, working income tax benefits, and property tax credits. Connect your patients to [Free Community Tax Clinics](#).
- Even people without official residency status can file returns.
- Drug Coverage: The patient must have up-to-date tax filings and have a Medical Care Plan (MCP) Card provided by the Department of Health and Community Services. Visit [drugcoverage.ca](#) for more options.

Ask



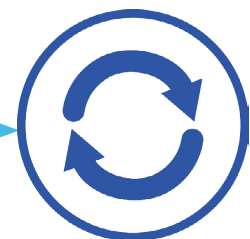
Ask questions to find out more about your patient—their living situation, and the benefits they currently receive.

Educate



Ensure you and your team are aware of resources available to patients and their families. Start with [Canada Benefits](#).

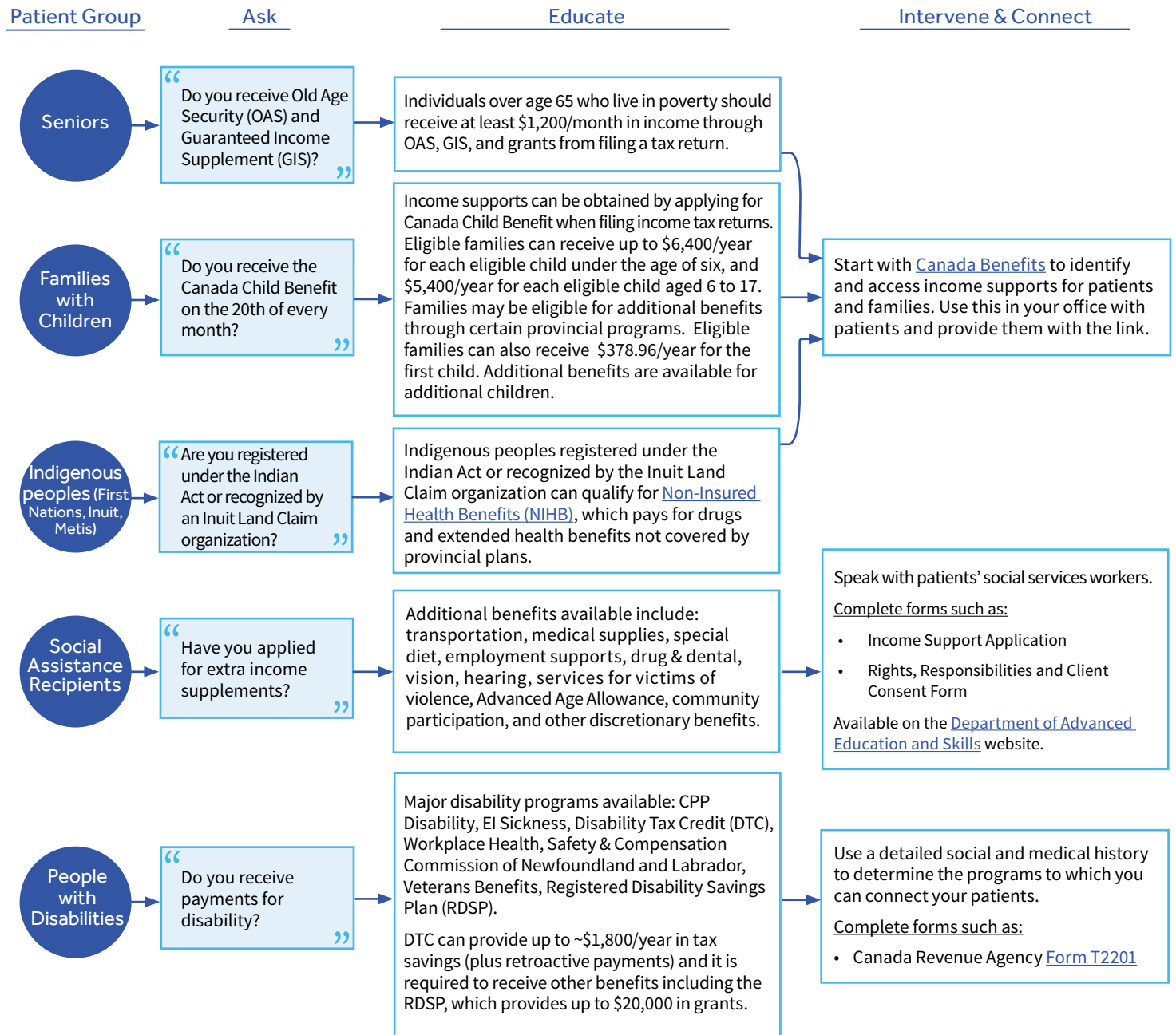
Intervene & Connect



Intervene by connecting your patients and their families to benefits, resources, and services.

[more interventions on reverse](#)

# Intervening can have a profound impact on your patients' health



## Key Resources

<p><b>Canada Benefits</b> (<a href="http://www.canadabenefits.gc.ca">www.canadabenefits.gc.ca</a>)</p> <p>Provides a full listing of federal and provincial income and other supports, organized by personal status (e.g., “parent,” “Indigenous peoples”) or life situation (e.g., “unemployment,” “health concerns”), with links to the relevant program websites and to application forms.</p>	<p><b>Public Legal Information Association of Newfoundland and Labrador (PLIAN)</b> (<a href="http://www.publiclegalinfo.com">www.publiclegalinfo.com</a>)</p> <p>Provides general information and education about the law to all Newfoundlanders and Labradorians, with the intent of increasing access to justice.</p>
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**Remember:** As health care providers, it is our responsibility to provide complete and detailed information that accurately portrays our patients' health status and disabilities.  
It is **NOT** our role to serve as the gatekeepers for income security.

# Supporting Material\*

- [i] Free Community Tax Clinics: <http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/clnccs/nl-eng.html>
- [ii] DrugCoverage.ca: <http://www.drugcoverage.ca>
- [iii] Canada Benefits: <http://www.canadabenefits.gc.ca/>
- [iv] Social Housing in Newfoundland: <http://www.nlhc.nf.ca/programs/programsRental.html>
- [v] Non-Insured Health Benefits for First Nations and Inuit: [www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php](http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php)
- [vi] PovNet: <http://www.povnet.org/regional/newfoundland>
- [vii] Form T2201: <http://www.cra-arc.gc.ca/E/pbg/tf/t2201/README.html>
- [viii] Newfoundland and Labrador Department of Health and Community Services: <http://www.health.gov.nl.ca/health/index.html>
- [ix] Workplace Health, Safety & Compensation Commission of Newfoundland and Labrador: <http://www.whscc.nl.ca/home.whscc>
- [x] To see who is an eligible Non-Insured Health Benefits Client: <http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestatiion/index-eng.php>
- [xi] Fact Sheet on Systemic Racism on Indigenous Peoples in Canada: [http://www.cfpc.ca/uploadedFiles/Resources/PDFs/SystemicRacism\\_ENG.pdf](http://www.cfpc.ca/uploadedFiles/Resources/PDFs/SystemicRacism_ENG.pdf)
- [xii] National Collaborating Centre for Aboriginal Health's "Poverty as a Social Determinant of First Nations, Inuit, and Metis Health": [http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/21/2015\\_02\\_16\\_FS\\_SDOH\\_Poverty\\_Updated\\_EN\\_Web.pdf](http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/21/2015_02_16_FS_SDOH_Poverty_Updated_EN_Web.pdf)
- [xiii] Directory of Services for Youth (St. John's): <http://www.thrivecyn.ca/directory-of-services>
- [xiv] Newfoundland and Labrador Prescription Drug Program (NLPDP): <http://www.health.gov.nl.ca/health/prescription>
- [xv] Department of Health and Community Services: <http://www.health.gov.nl.ca/health/prescription>
- [xvi] Department of Advanced Education and Skills: <http://www.aes.gov.nl.ca/faq/incomesupportfaq.html>
- [xvii] Getting Help Finding a Job (St. John's): <http://www.stjohns.ca/living-st-johns/newcomers/working-st-johns/getting-help-finding-job>
- [xviii] About the Canada Child Benefit program: <http://www.cra-arc.gc.ca/E/pub/tg/t4114/t4114-e.html>
- [xix] How to calculate your Canada Child Benefit: <http://www.cra-arc.gc.ca/bnfts/ccb/clcltyrccb-eng.html>

\*These supporting materials are hosted by external organizations, and as such the accuracy and accessibility of their links are not guaranteed. CEP will make every effort to keep these links up to date.

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## References

- [1] Statistics Canada. Table 111-0015, Family characteristics, Low Income Measures (LIM), by family type and family type composition, Annual (table). CANSIM [Internet]. 2015 Jun 25 [cited 2016 May 04]. Available from: <http://www5.statcan.gc.ca/cansim/a26?lang=eng&id=1110015>  
\*Please note that the measure used to calculate this statistic is the Low Income Measure after tax.
- [2] Brcic V, Eberdt C, Kaczorowski J. Corrigendum to Development of a tool to identify poverty in a family practice setting: a pilot study. *Int J Family Med* 2015.
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- [11] Statistics Canada. Canada's total population estimates, 2013. Table 2 annual population estimates [Internet]. 2013 Sept. 26 [cited 2016 May 2]. Available from: <http://www.statcan.gc.ca/daily-quotidien/130926/dq130926a-eng.htm>

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