

POVERTY

IS HAZARDOUS TO

WOMEN'S

HEALTH

Reducing poverty improves
health for everyone.
Together we can do it.

EVERYONE KNOWS THAT
POVERTY IS AN IMPORTANT
SOCIAL ISSUE
— BUT WHAT MANY
PEOPLE DON'T REALIZE
IS THAT WOMEN LIVING
IN POVERTY ARE MORE
LIKELY TO BE SICK
AND TO DIE SOONER.

AFFORDABLE HOUSING,
NUTRITIOUS FOOD,
REGULAR EXERCISE,
SAFE NEIGHBOURHOODS
AND THE ABILITY TO
PAY FOR WHATEVER
MEDICINE YOU NEED
ARE THINGS MOST OF
US TAKE FOR GRANTED
— BUT FOR WOMEN
WHO ARE POOR THESE
THINGS ARE OFTEN
OUT OF REACH.

“At each rung up the income ladder,
Canadians have less sickness,
longer life expectancies
and improved health.”¹

¹ Federal, Provincial and Territorial Advisory Committee on Population Health
Toward a Healthy Future, Second Report on the Health of Canadians, for the Meeting
of Ministers of Health, Charlottetown, PEI, September 1999, ix Executive summary.

FACTS ABOUT WOMEN'S POVERTY IN MANITOBA

- 49% of all senior Manitoba women living on their own are poor
- more than two-thirds of Manitoba women living in poverty are employed and are not on social assistance
- without their spouse's income, 50% of married women in Manitoba would be living in poverty
- almost 70% of Aboriginal women in Manitoba live below the poverty line
- there are 40% more women living in poverty in Manitoba than men

“I work really hard,
but I know I'm just a pay cheque away
from being poor.”



telephone [204] 947.1517
www.womenshealthclinic.org

HERE'S WHAT WE
CAN DO, TOGETHER,
TO IMPROVE THE
HEALTH OF LOW INCOME
WOMEN IN MANITOBA:

- provide low income workers with dental and prescription drug benefits
- raise the minimum wage — substantially
- make recreation, health information and social services accessible to all women
- increase financial assistance for education and job training
- improve access to affordable housing
- increase social assistance rates
- increase the number and availability of subsidized child care spaces

“Sometimes
I have to choose
between paying the bills,
putting food on the table, or buying
my kids the winter clothes
they need.”

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