



SOCIAL DETERMINANTS OF HEALTH

INCOME AND SOCIAL PROTECTION

HOW...

INCOME & SOCIAL PROTECTION RELATES TO HEALTH

Income and social protection are two crucial social determinants of health.

Income is the money earned through work, investments, or other sources. Income can affect health outcomes through factors such as access to healthy food, housing, and healthcare

Social protection refers to policies and programs designed to provide support and assistance to those in need. Social protection programs, such as unemployment benefits, health insurance, and affordable housing, can provide a safety net for those experiencing financial difficulties.

"Having a **stable income and access to social protection** programs like employment insurance, disability benefits, and affordable housing can **improve health outcomes and reduce health inequities.**"

- World Health Organizations -

RESOURCES

Region of Waterloo

Social Services:

Provides financial assistance for basic needs like food, shelter, and clothing for eligible residents of the Region of Waterloo. They also provide support for finding employment, education, and training opportunities.

<https://www.regionofwaterloo.ca/en/community-services.aspx>

Ontario Works:

Provides financial assistance for basic needs like food, shelter, and clothing for eligible residents of Ontario. They also provide support for finding employment, education, and training opportunities.

<https://www.mcass.gov.on.ca/en/mcass/programs/social/ow/index.aspx>

Bridges to Belonging:

A non-profit organization that supports people with disabilities to fully participate in their communities. They offer various programs and services including social clubs, employment support, and housing assistance.

<https://bridgestobelonging.ca/>