

INCOME AND HEALTH IN GREY BRUCE



HOW DO THE HIGHEST AND LOWEST INCOME GROUPS FARE?

Income and social status are known to be the most important determinants of a person's health. Income determines a person's living conditions, as well as the degree of control they have over life circumstances and stressors. Yet only 27% of adults in Grey Bruce think income plays an important part in making a person healthy. Below, we compare the health status of Grey Bruce residents in the lowest income group to those in the highest income group on a handful of key health indicators. It is clear that locally, as elsewhere, income is a critical determinant of a person's health.

SELF-RATED HEALTH

LOWEST INCOME



37%

rate their health as very good or excellent



HIGHEST INCOME

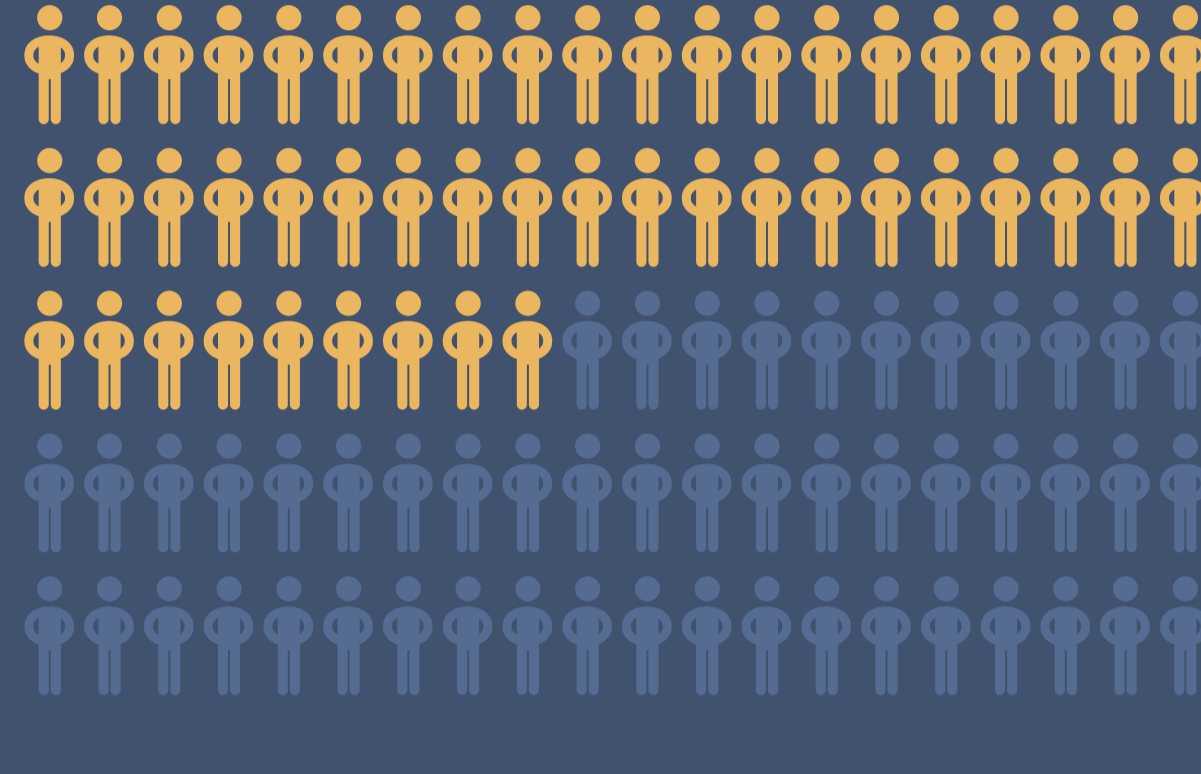


67%

rate their health as very good or excellent

SELF-RATED MENTAL HEALTH

LOWEST INCOME

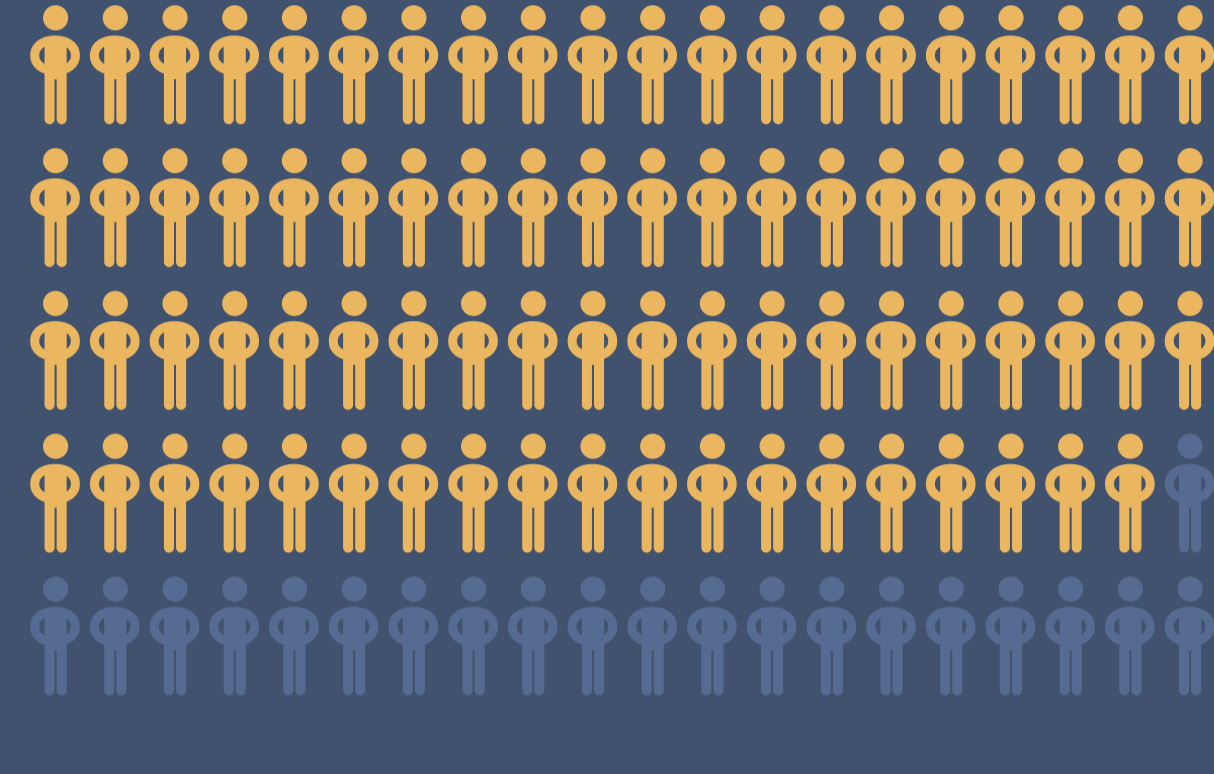


49%

rate their mental health as very good or excellent



HIGHEST INCOME



79%

rate their mental health as very good or excellent

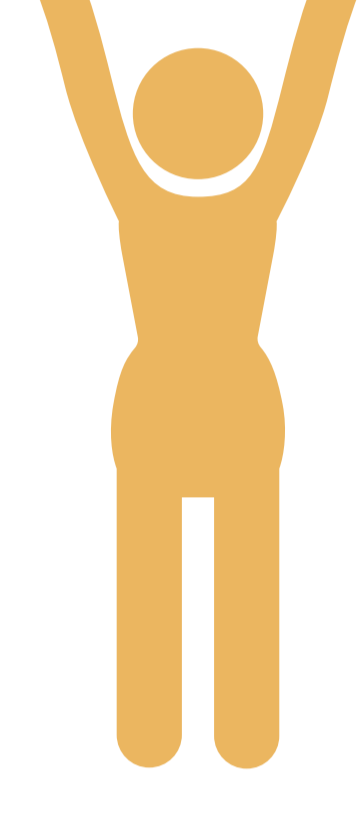
SATISFACTION WITH LIFE

LOWEST INCOME

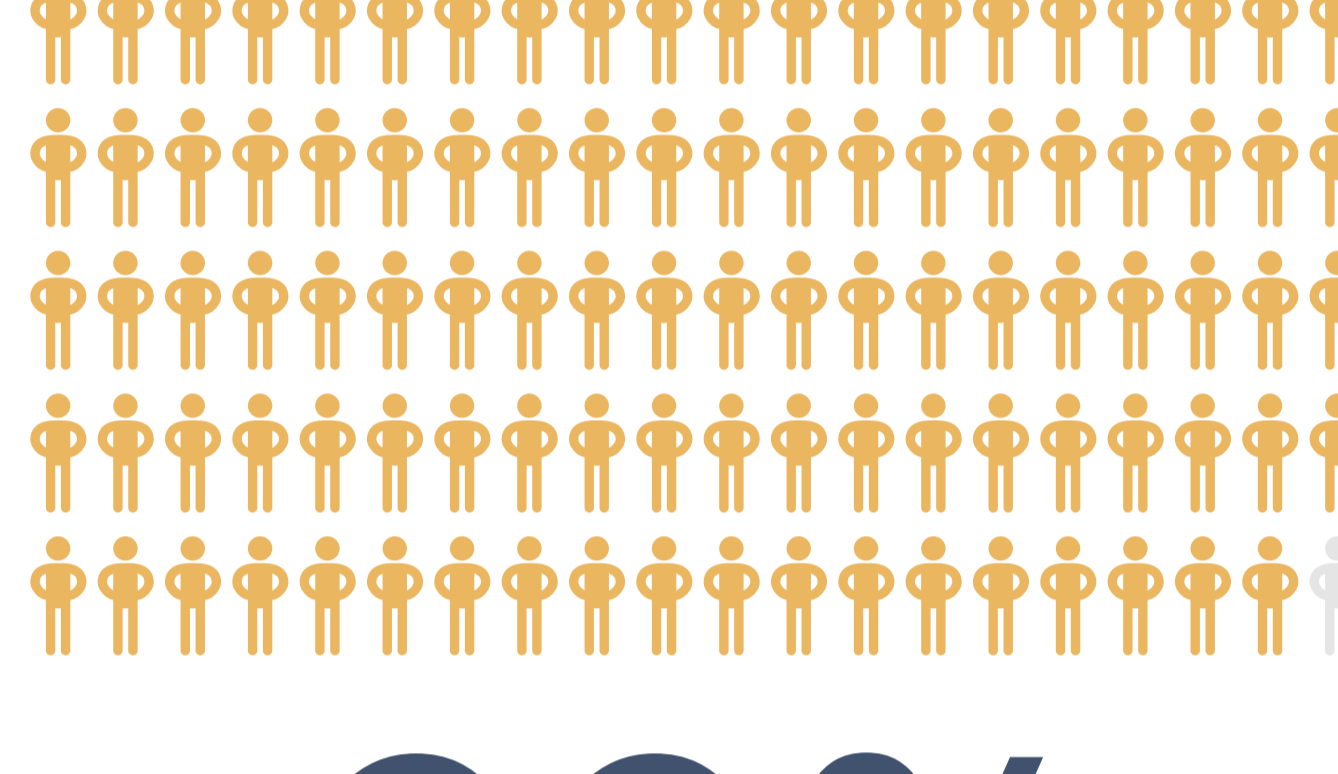


83%

feel satisfied or very satisfied with their lives



HIGHEST INCOME



99%

feel satisfied or very satisfied with their lives

SENSE OF COMMUNITY BELONGING

LOWEST INCOME



69%

feel a strong sense of belonging to their local community



HIGHEST INCOME



84%

feel a strong sense of belonging to their local community

MOOD DISORDERS

LOWEST INCOME



23%*

have a mood disorder such as depression or bipolar disorder



HIGHEST INCOME



4%*

have a mood disorder such as depression or bipolar disorder

SMOKING

LOWEST INCOME



30%*

smoke cigarettes either daily or occasionally



HIGHEST INCOME



9%*

smoke cigarettes either daily or occasionally

FRUIT AND VEGETABLE CONSUMPTION

LOWEST INCOME



20%*

eat fruits and vegetables 5+ times per day



HIGHEST INCOME



38%

eat fruits and vegetables 5+ times per day

PRESCRIPTION DRUG COVERAGE

LOWEST INCOME

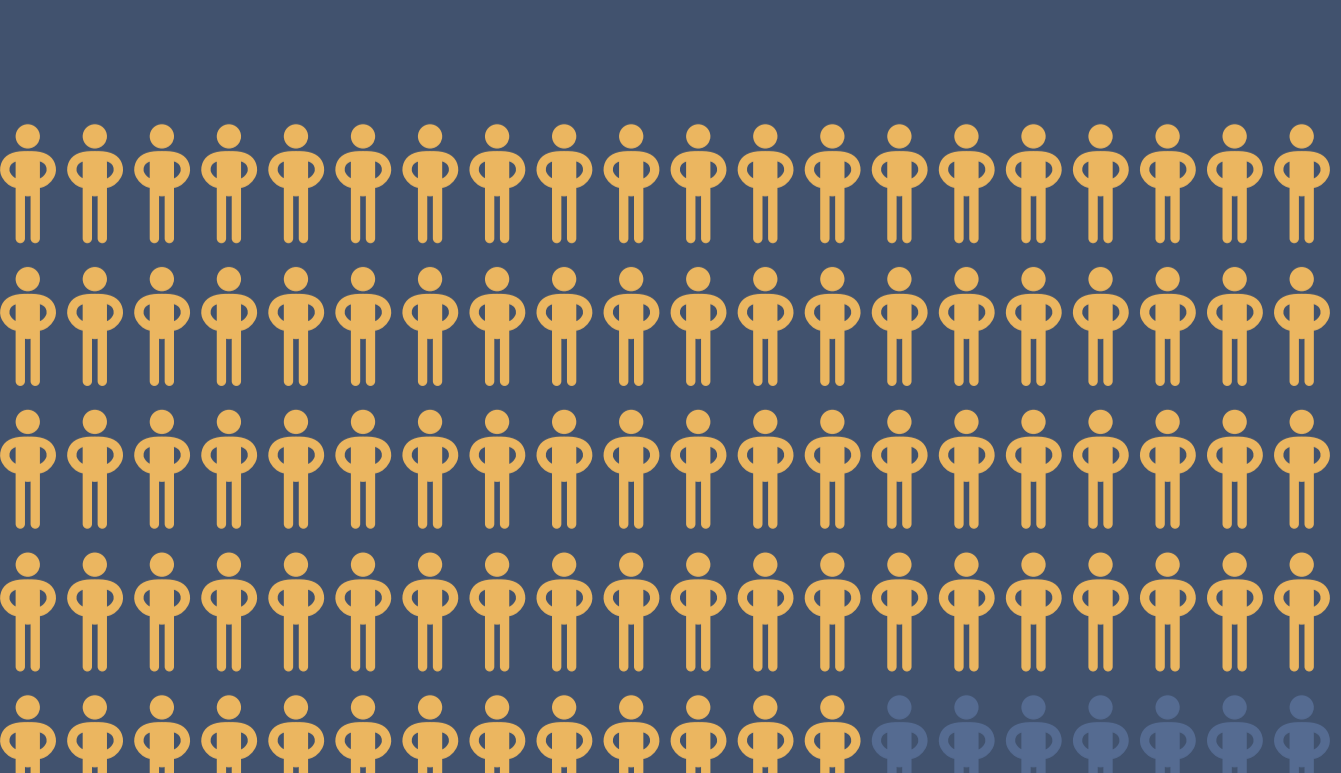


66%

have full or partial insurance coverage for prescription drugs



HIGHEST INCOME



93%

have full or partial insurance coverage for prescription drugs

REFERENCES

1. Public Health Agency of Canada. (2013, January 15). What Makes Canadians Healthy or Unhealthy? Retrieved April 24, 2018, from <https://www.canada.ca/en/public-health/services/health-promotion/population-health/what-determines-health/what-makes-canadians-healthy-unhealthy.html>

2. Grey Bruce Health Unit. (2017). Awareness of Social Determinants of Health in Grey Bruce. Owen Sound, Ontario: Grey Bruce Health Unit.

DATA NOTES

1. The data presented here represent statistically significant differences between the lowest and highest income quintiles (based on a comparison of 95% confidence intervals).

2. * Interpret with caution due to small sample size. Small sample sizes can cause unreliable estimates.

3. Data Source: Canadian Community Health Survey, 2015-16.

