

# Take a Closer Look.

The impact of financial strain on health.

**\*38%**  
OF CANADIANS ARE REGULARLY STRESSED ABOUT MONEY.

**\*55%**  
OF ALBERTANS SAY THEY LOSE SLEEP OVER MONEY.

Income is one of the **most important** social determinants that influences health. [Learn more.](#)



There are many other determinants of health, including:

- RACISM
- GENDER
- GENETICS
- CULTURE
- PHYSICAL ENVIRONMENT
- ACCESS TO HEALTH SERVICES
- HEALTH BEHAVIOURS

Life events influence financial well-being such as:

- MOVING
- HAVING CHILDREN
- PROLONGED ILLNESS
- CHANGING JOBS
- RETIREMENT

## Take action to support financial well-being

Explore "What matters to you?"  
Remove personal biases and agendas

Come together to explore "what is important to your community?"

Ask about social needs including "do you ever have difficulty making ends meet?"

Listen to the lived experiences of people with financial strain and other social needs

Plan ways to support social needs together.  
Explore if they have submitted taxes

Ensure supports are available like help in filing taxes

Explore, co-design and strengthen new or existing assets that support financial well-being. Ensure services are listed on 211, and shared with patients.

Document social needs and review progress

Share stories, review progress and make adjustments together

Partner with your community to better understand unique challenges and collective action

Foster relationships with local clinics/partners and create opportunities for connection

No person should stand on their own.  
No care provider stands on its own.  
No community stands on its own.  
**We are all a part of an integrated system.**

\*FP Canada, 2021 Financial Stress Index

Action with Patients

Action with Communities

[Learn more about financial strain.](#)