Poverty requires intervention like other major health risks. The evidence shows that socioeconomic status and child health are strongly linked.

Children living in poverty are more likely to experience low birth weight, learning difficulties, mental health problems, iron deficiency anemia, asthma, burns, and injuries, obesity, and hospitalization than their more affluent peers. Infant mortality is 60% higher in lowest income quintile neighborhoods.

What can we do as physicians to address this potentially modifiable risk factor and reduce disparities?

There is strong and growing evidence that higher social and economic status is associated with better health. In fact, these two factors seem to be the most important determinants of health.

- Public Health Agency of Canada

**ASK**

1. Do you have trouble making ends meet?
2. Do you have trouble feeding your family?
3. Do you have trouble paying for medications?
4. Do you receive the child tax benefit?
5. Do you have legal or immigration challenges?
6. Do you have a safe and clean place to live?
RESOURCES TO ADDRESS CHILD POVERTY

1. **Do you find yourself running out of money to pay for shelter / utilities?**
   - **Affordable Housing Alliance** (Housing & Utility Assistance)
     www.affordablehousingalliance.com/
     732-982-8710
   - **New Jersey SHARES**
     www.njshares.org
     866-657-4273
   - **Lutheran Social Ministries of New Jersey**
     www.lsmnj.org
     609-386-7171

2. **Do you have trouble feeding your family?**
   - **Community Food Bank of NJ**
     www.cfbnj.org
     Southern NJ: 609-383-8843
     Northern NJ: 908-355-3663
   - **End Hunger NJ**
     www.endhungernj.org

3. **Do you have trouble paying for medical care or prescriptions?**
   - **NJ Family Care**
     www.njfamilycare.org
     1-800-701-0710
   - **Partnership for Prescription Assistance for NJ**
     www.nj.pparx.org
     888-477-2669
   - **CoverNJ.org**
     www.covernj.org
     732-246-4772 x13
   - **Mental Health Association in New Jersey**
     New Jersey Mental Health Cares Helpline
     www.mhanj.org
     866-202-4357 / TTY 1-877-294-4356

4. **Do you receive the child tax benefit?**
   - **Child Tax Credit / Earned Income Tax Credit**
     www.irs.gov
     IRS Schedule 8812 (Form 1040A or 1040)
     IRS Schedule EIC
   - **Free Tax Preparation Services for NJ Taxpayers**
     www.state.nj.us/treasury/taxation/vita_tce/freeservices.shtml

5. **Do you have legal or immigration challenges?**
   - **Catholic Charities of the Archdiocese of Newark**
     Bishop Francis Center for Legal Immigration Services
     www.ccannj.com
     973-733-3516
   - **Legal Services of New Jersey**
     Hotline / Immigration Representation Project
     www.lsnj.org
     888-576-5529
   - **Immigration & American Citizenship Organization**
     www.iacoimmigration.org
     973-472-4648

6. **Do you have a safe place to live?**
   - **NJ Coalition Against Sexual Abuse**
     www.njcasa.org
     609-631-4450
   - **Collaborative Support Programs of New Jersey**
     www.cspnj.org/
     Clifton: 973-340-5707
     Eatontown: 800-721-3129
     Absecon: 609-383-1190
     Salem: 856-935-5323
     Barrington: 856-796-9260

For more information and references visit: www.ocfp.on.ca/cpd/povertytool