**BASIC NEEDS**

The Basic Needs theme refers to food security, transportation, housing and access to health and social services. You can choose to answer one or more of the questions. You can answer directly in the questionnaire and use as many pages as you need.

We also invite you to consider some elements during your reflection:

* The goals and directions of the [Act to combat poverty and social exclusion](https://www.legisquebec.gouv.qc.ca/en/document/cs/L-7#:~:text=La%20pr%C3%A9sente%20loi%20vise%20%C3%A0,vers%20un%20Qu%C3%A9bec%20sans%20pauvret%C3%A9.).
* The realities experienced by women and men or by overrepresented groups in the population living in poverty and social exclusion, namely [ADS+](https://www.quebec.ca/en/gouvernement/portrait-quebec/droits-liberte/gender-equality/gender-based-analysis).
* The egalitarian, sustainable and health-promoting nature of the proposals.
* The different levels of intervention: local, regional and national.
* Knowledge development (research, statistics and evaluation).
* The cross-sectoral approach in defining problems and finding solutions.

Once the questionnaire is completed, please send it in Word format to the following address [plp4@mtess.gouv.qc.ca](mailto:plp4@mtess.gouv.qc.ca).

We thank you for your cooperation.

Your opinion matters.

Identify the organization or municipality you represent.\*

\* Identification of citizens who wish to complete the questionnaires is not required.

**Food security**

Food security involves the physical and economic access to food that rests on four pillars: food availability, access to food, food use and food stability.[[1]](#endnote-2) Food insecurity is defined as inadequate or uncertain access to food, particularly due to a lack of financial resources.[[2]](#endnote-3) This state, which is generally transitory or episodic in nature, is more specific to households with low incomes or very few assets. With inflation and rising food costs, this insecurity has worsened,[[3]](#endnote-4) especially among low-income people.

Some solutions exist to try to mitigate the consequences of food insecurity for those who experience it. Other solutions prevent and reduce food insecurity in the long term and help to increase the power of action for people living in poverty.

**Some statistics**

* In January 2023, the price of food purchased in stores in Québec increased by 11.4% compared to January 2022.[[4]](#endnote-5)
* In 2017-2018, 27.1% of low-income Québec households were food insecure for financial reasons.[[5]](#endnote-6)
* Hunger Count 2022, produced by the Québec Food Banks, reveals that more than 600,000 people used food banks each month in 2022, an increase of 33% since 2019.

**QUESTIONS RELATED TO FOOD SECURITY**

Question 1

In your opinion, what are the difficulties experienced by people living in poverty and social exclusion in relation to food security?

Question 2

What are the courses of action or solutions related to food security that could improve the living conditions of people living in poverty and social exclusion?

Question3

What other points could you make in relation to food security among people living in poverty and social exclusion?

Question 4

Have you found or do you think that certain population groups living in poverty and social exclusion are more affected than other groups living in the same situation and face greater barriers in matters of food security?

**Transportation**

The ability to be mobile affects several dimensions of human life: physical, psychological, social, cultural and economic. Therefore, getting around is an essential need, whether it is to satisfy basic needs such as food, to be able to carry out economic activities such as going to work, to maintain social ties or to have fun.

For people living in poverty, lack of access to transportation can reduce access to employment, food stores, health and social services, educational institutions, recreation, etc. Moreover, [translation] “while it may be possible to keep some budget items to a minimum (food, clothing), the costs associated with transportation are difficult to compress once one is employed or needs to travel to access public services”.[[6]](#endnote-7)

**Statistics**

* Inflation has particularly contributed to the increase in travel costs. Indeed, as an example, the price of gasoline increased by 35% from January 2021 to January 2023.[[7]](#endnote-8)

**QUESTIONS RELATED TO TRANSPORTATION**

Question 1

In your opinion, what are the difficulties experienced by people living in poverty and social exclusion in relation to transportation?

Question 2

What are the courses of action or solutions related to transportation that could improve the living conditions of people living in poverty and social exclusion?

Question 3

What other points could you make in connection with transportation as it relates to supporting people living in poverty and social exclusion?

Question 4

Have you found or do you think that certain population groups living in poverty and social exclusion are more affected than other groups living in the same situation and face greater barriers in matters of transportation?

**Housing**

According to the Commission des droits de la personne et des droits de la jeunesse (CDPDJ), [translation] “housing is first and foremost a shelter, but it is much more than that: it is the heart of a complex reality from which life, quite simply, and then life in society, becomes possible.”[[8]](#endnote-9) Thus, any deprivation of adequate and affordable housing is likely to have a major impact on the quality of life, well-being and health of individuals and families.

Having adequate housing is a constant concern for low-income people because of the share of the budget that this expense item represents for them: often more than 55%, which is twice as high as that associated with people who are not low-income.[[9]](#endnote-10)

For example, for some families, access to housing is dependent on government housing assistance programs or eligibility for public housing, where rents are determined by income.

**Some statistics**

* In 2018, all families spent an average of 32.7% of their disposable income on housing. The situation is more demanding for low-income families, who must use 55.9% of their disposable income for housing, almost double the income of non-low-income families.[[10]](#endnote-11)
* By 2021, one in ten households in Canada was in core housing need.[[11]](#endnote-12) Québec, along with New Brunswick (6.2%), has the lowest percentage of households in housing need in Canada (6% vs. 10.1%).[[12]](#endnote-13)
* Housing costs have been particularly affected by inflation over the past year, increasing by 10.3 percent between January 2022 and January 2023.[[13]](#endnote-14)

**QUESTIONS RELATING TO HOUSING**

Question 1

In your opinion, what are the difficulties experienced by people living in poverty and social exclusion in relation to housing?

Question 2

What are the courses of action or solutions related to housing that could improve the living conditions of people living in poverty and social exclusion?

Question 3

What other points could you make in connection with housing as it relates to supporting people living in poverty and social exclusion?

Question 4

Have you found or do you think that certain population groups living in poverty and social exclusion are more affected than other groups living in the same situation and face greater barriers in matters of housing?

**Health and social services**

According to the World Health Organization, “...everyone should have access to the health services they need, when and where they need them, without suffering financial hardship.”[[14]](#endnote-15)

In Québec, the health insurance plan aims to provide all eligible Québecers with free access to health and social services. That said, [translation] “the unequal distribution in society of the resources that make up the social pillars of health means that disadvantaged groups are more likely to be in poor health than better-off groups.”[[15]](#endnote-16) Social inequalities in health are closely linked to individuals’ income and social status and therefore [translation] “reflect inequity in the distribution of the social determinants that underlie health (education, income, security, access to health care, etc.).”[[16]](#endnote-17)

**Some statistics**

* For the entire population of Québec, the healthy life expectancy was 83 years in 2021. However, differences of about 10% exist between disadvantaged and advantaged groups. The more disadvantaged individuals are materially (e.g., low income) and socially (e.g., isolation), the lower their life expectancy.[[17]](#endnote-18) Between 2014 and 2018, the number of deaths before age 75 was twice as high among disadvantaged people as among people from advantaged groups.[[18]](#endnote-19)
* The risk of living in poverty increases by more than one-third when a person experiences a mental health problem.[[19]](#endnote-20)

**QUESTIONS RELATING TO HEALTH AND SOCIAL SERVICES**

Question 1

In your opinion, what are the difficulties experienced by people living in poverty and social exclusion in relation to health and social services?

Question 2

What are the courses of action or solutions related to health and social services that could improve the living conditions of people living in poverty and social exclusion?

Question 3

What other points could you make in connection with health and social services as it relates to supporting people living in poverty and social exclusion?

Question 4

Have you found or do you think that certain population groups living in poverty and social exclusion are more affected than other groups living in the same situation and face greater barriers in matters health and social services?

Appendices

**Examples of government strategies and action plans**

**associated with the basic needs theme**

* [Biofood Policy 2018-2025](https://cdn-contenu.quebec.ca/cdn-contenu/adm/min/agriculture-pecheries-alimentation/publications-adm/dossier/politique-bioalimentaire/PO_politiquebioalimentaire_MAPAQ.pdf?1549643501)
* [Plan d’action 2018-2023 de la Politique de mobilité durable – 2030](https://www.transports.gouv.qc.ca/fr/ministere/role_ministere/DocumentsPMD/PMD-plan-action.pdf)
* [Plan de mise en œuvre 2021-2024 de la politique « À part entière : Pour un véritable exercice du droit à l’égalité, une action gouvernementale concertée à l’égard des personnes handicapées »](https://www.ophq.gouv.qc.ca/fileadmin/centre_documentaire/Bilans/RAP_mise-oeuvre-APE-2021-2024.pdf)
* [Stratégie gouvernementale pour assurer l’occupation et la vitalité des territoires 2018-202](https://www.mamh.gouv.qc.ca/ovt/strategie-gouvernementale/)2 (extended to December 2024)
* [Politique gouvernementale de prévention en santé](https://publications.msss.gouv.qc.ca/msss/fichiers/2016/16-297-08W.pdf) (PGPS)
* [Plan d’action interministériel 2022-2025 de la PGPS](https://publications.msss.gouv.qc.ca/msss/fichiers/2022/22-297-05W.pdf)
* [Plan d’action interministériel en santé mentale 2022-2026](https://publications.msss.gouv.qc.ca/msss/document-003301/)
* [Plan d’action interministériel en itinérance 2021-2026](https://publications.msss.gouv.qc.ca/msss/fichiers/2021/21-846-01W.pdf)
* [Le Plan d’action gouvernemental pour l’inclusion économique et la participation sociale 2017-2023](https://www.mtess.gouv.qc.ca/publications/pdf/ADMIN_plan_action_2017-2023.pdf)

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