



REPORT: How Employment Insecurity Impacts the Health of Canadians

ANTIGONISH --The National Collaborating Centre for Determinants of Health (NCCDH) today released a Synthesis Paper and Environmental Scan on the impact of Employment Insecurity in Health.

“We know from the work done by the World Health Organization’s Commission on Social Determinants of Health that the conditions under which people labour have a direct impact on their health,” said Hope Beanlands, NCCDH Scientific Director. “Our goal with this report was to develop a better understanding of the role employment insecurity is playing in Canada’s economic and health inequalities, and to anticipate how our ever-changing economy will continue to impact the health of Canadians.”

Key facts about employment insecurity in Canada included:

- 37 per cent of Canadian workers are in insecure employment (2004)
- 50 per cent of Canadian workers over the age of 55, and 62 per cent between the ages of 16 and 24 are in insecure employment (2004)
- Insecure employment is generally a long-term condition and most insecure workers live in economically precarious households
- Toronto has the most insecure jobs in the country (14 per cent of the workforce)
- Only 13 per cent of the one third of insecure workers who are solo self-employed earn more than \$60,000 a year (2000)
- Almost half of Canada’s self-employed women earn less than \$20,000 a year

“Insecure work often leads to poor mental and physical health, and frequently results in work-related injuries,” said Beanlands. “It also leads to hypertension, exhaustion, sleep disruptions, working in pain, mental health problems like depression and anxiety, and higher risk of infections. This is clearly important information for policymakers to consider when developing programs, policies and preparing budgets and plans for the future.”

The Synthesis Paper and Environmental Scan were prepared in the spirit of the World Health Organization’s efforts to research, educate and mobilize around the ‘causes of the causes’ of health inequity. To view the documents, please visit the NCCDH website at www.nccdh.ca.

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FOR FURTHER INFORMATION:

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