

---

# CRDCN Research-Policy Snapshot Digest

Volume 3 Issue 2  
July 2024

## Recueil des instantanés recherches- politiques du RCCDR

Volume 3, numéro 2  
Juillet 2024



# Introductory Note/Remarque préliminaire

CRDCN invites researchers publishing academic articles or producing policy reports that use microdata available through CRDCN to provide one-page snapshots that can be used to communicate their work to a wide audience.

Each CRDCN Research-Policy Snapshot Digest, produced twice per year, assembles the individual snapshots prepared in the previous six months, inviting authors to include up to one page of supplementary material to accompany their snapshot.

Le RCCDR invite les chercheurs qui publient des articles universitaires ou produisent des rapports sur les politiques publiques en se servant des microdonnées disponibles par l'intermédiaire du RCCDR à en fournir des synthèses d'une page qui pourront être utilisées pour faire connaître leurs travaux à un large public.

Chaque d'instantanés recherches-politiques du RCCDR, produit deux fois par an, compile les instantanés préparés au cours des six mois précédents en invitant leurs auteurs à ajouter jusqu'à une page de documentation supplémentaire pour les accompagner.

# Table of Contents/Table des matières

	Page
<i>"Effect of retirement on life satisfaction in Canada,"</i> Anfal Adawi, Ida Ferrara, Sadia M. Malik .....	4
<i>"Substance use and deaths of despair: Understanding the influence of social factors on individual risk and public health,"</i> Emilie Attridge .....	5
<i>"Addressing the Shortfall: Ensuring Sufficient Educators for Canada's \$10-a-Day Child Care System,"</i> Elizabeth Dhuey .....	6
<i>"Inequalities in health between First Nations adults living off-reserve and non-Indigenous adults in Canada,"</i> Min Hu, Mohammad Hajizadeh, Amy Bombay .....	7
<i>"Poor neighbourhood conditions and low belongingness to community is associated with poor mental health among immigrants,"</i> Tasneem Khan, Martin Cooke .....	8
<i>"Poor neighbourhood conditions and low belongingness to community is associated with poor mental health among immigrants (Supplementary Information),"</i> Tasneem Khan, Martin Cooke .....	9
<i>"Differences in food insecurity among post-secondary students and non-students of similar age in Canada,"</i> Tim Li .....	10
<i>"Differences in food insecurity among post-secondary students and non-students of similar age in Canada (Supplementary Information),"</i> Tim Li .....	11
<i>"Understanding food insecurity and overweight or obesity in Canada,"</i> Tim Li, Andrée-Anne Fafard St-Germain .....	12
<i>"Employment Insurance reduces the impact of unemployment on food security,"</i> Tim Li, Valerie Tarasuk .....	13
<i>"Two decades of poverty reduction politics benefited single parent families,"</i> Geranda Notten, Fatima Tuz Zohora, Charles Plante, Rachel Laforest .....	14
<i>"Two decades of poverty reduction politics benefited single parent families (Supplementary Information)"</i> Geranda Notten, Fatima Tuz Zohora, Charles Plante, Rachel Laforest .....	15
<i>"Higher prevalence of child and adolescent mental health problems in food-insecure Canadian homes,"</i> Vandad Sharifi, Gina Dimitropoulos .....	16

# Effect of retirement on life satisfaction in Canada

Anfal Adawi, Ida Ferrara, Sadia M. Malik. "Effect of retirement on life satisfaction in Canada: Evidence from the 2008–2009 Canadian Community Health Survey – Healthy Aging." *CRDCN research-policy snapshots*. Volume 3, Issue 2. July 2024. <http://hdl.handle.net/11375/30005>

## Context

This research fills an important gap in understanding the impact of retirement on life satisfaction in Canada, challenging previous assumptions and providing new insights. This study uses data from the 2008-2009 Canadian Community Health Survey – Healthy Aging to demonstrate that retirement significantly enhances life satisfaction. This study provides evidence within the Canadian context that contrasts with the mixed results from other countries. The robust methodology, addressing self-selection and unobserved individual differences, ensures reliable findings.

## Key finding(s) from the research

After addressing the issues of self-selection and unobserved individual differences, this research finds that retirement has a positive and statistically significant effect on life satisfaction.

**Population(s) studied:** Seniors aged 55-85

**Research dataset(s) used:** Canadian Community Health Survey – Healthy Aging 2008–2009

## Policy implications for this research

Canada's population is aging rapidly and retirement represents an important transition in the lives of the aging population with crucial policy relevance due to its fiscal and welfare implications. This study provides evidence on the positive effect of retirement on wellbeing as measured by life satisfaction. This evidence underscores the importance for policymakers, when designing retirement policies in Canada, to weigh the fiscal costs of retirement at an earlier age against the benefits of retirement in terms of improved life satisfaction and psychological wellbeing. These insights can guide policymakers in designing retirement policies that promote wellbeing and help set informed targets for future social programs. The findings of the study are also useful for individuals planning to retire.

**Policy area(s) this research can inform:** Health; Population and demography; Seniors and aging

## Read the full article

Adawi, A., Ferrara, I., & Malik, S. M. (2023). Effect of Retirement on Life Satisfaction in Canada: Evidence from the 2008–2009 Canadian Community Health Survey–Healthy Aging. *Canadian Public Policy/Analyse de politiques*, 49(S1), 48–75. <https://doi.org/10.3138/cpp.2022-037>

# Substance use and deaths of despair: Understanding the influence of social factors on individual risk and public health

Emilie Attridge. "Substance use and deaths of despair: Understanding the influence of social factors on individual risk and public health."  
*CRDCN research-policy snapshots*. Volume 3 Issue 2 July 2024. <http://hdl.handle.net/11375/30002>

## Context

Previous Canadian studies have demonstrated a connection between substance use and social determinants, focusing on high-risk sub-populations (e.g., youth, those experiencing precarious housing, those with past histories of substance use). However, little is known about the social determinants of substance use that underlie "deaths of despair." Few studies have expanded their research into the social determinants of combined substance use (i.e., the use of multiple substances simultaneously), which has been attributed to a high risk of "deaths of despair." This study uses nationally representative data to explore the association between the use of illicit substances, opioids, excessive alcohol consumption, and combined substance use, with individual and population-level risk.

## Key finding(s) from the research

Social determinants significantly influence patterns of substance use associated with "deaths of despair."

**Population(s) studied:** Individuals aged 18-75 from Canada and the United States

**Research dataset(s) used:** Canadian Community Health Survey (CCHS) 2003-2018

## Policy implications for this research

The results from this study highlight the importance of addressing the fundamental social factors that cause substance use and misuse, emphasizing the need to monitor social factors in order to understand patterns of mortality related to them. In the context of Canada, the next step will be to expand on the existing research to determine whether the observed inequalities in substance use persist when considering inequalities in substance use-related mortality.

**Policy area(s) this research can inform:** Families, households and marital status; Health; Immigration and ethnocultural diversity; Population and demography; Society and community

## Read the full article

Blair, A., & Siddiqi, A. (2022). The social determinants of substance use associated with deaths of despair: Individual risks and population impacts. *Preventive Medicine*, 164, 107327. <https://doi.org/10.1016/j.ypmed.2022.107327>.

# Addressing the Shortfall: Ensuring Sufficient Educators for Canada's \$10-a-Day Child Care System

Elizabeth Dhuey. "Addressing the Shortfall: Ensuring Sufficient Educators for Canada's \$10-a-Day Child Care System."  
CRDCN research-policy snapshots. Volume 3 Issue 2 July 2024. <http://hdl.handle.net/11375/30003>

## Context

This research addresses the knowledge gap regarding the sufficiency of early childhood education graduates to meet the demands of Canada's new \$10-a-day child care system. By analyzing data from the Education and Labour Market Longitudinal Linkage Platform, the study provides a comparative analysis across provinces regarding labour market trends of early childhood educators and highlights the shortfall in qualified educators. These insights underscore the need for strategic investments in educator training and compensation to achieve the ambitious child care targets.

## Key finding(s) from the research

The current supply of early childhood education graduates is insufficient to meet the increased demand caused by the implementation of the \$10-a-day universal child care system.

**Population(s) studied:** Early childhood educator graduates who completed their program of study from 2010 to 2017

**Research dataset(s) used:** Education and Labour Market Longitudinal Linkage Platform; Postsecondary Student Information System (PSIS); Registered Apprenticeship Information System (RAIS); T1 Family Files (T1FFs)

## Policy implications for this research

This research indicates a critical shortage of qualified early childhood educators, which threatens the success of CWELCC. Policymakers must prioritize investments in educator training programs and improve compensation to attract and retain qualified professionals in this field. Addressing these issues is essential to meet the increasing demand for child care services and to ensure the quality and sustainability of the program.

**Policy area(s) this research can inform:** Children and youth; Education, training and learning; Families, households and marital status; Labour

## Read the full article

Seward, B., Dhuey, E., & Pan, A. (2023). The Big Short: Expansion of Early Childhood Education in Post-Pandemic Canada. *Canadian Public Policy*, 49(3), 306–329. <https://doi.org/10.3138/cpp.2022-059>.

# Inequalities in health between First Nations adults living off-reserve and non-Indigenous adults in Canada

Min Hu, Mohammad Hajizadeh, Amy Bombay. "Inequalities in health between First Nations adults living off-reserve and non-Indigenous adults in Canada." *CRDCN research-policy snapshots*. Volume 3 Issue 2 July 2024. <http://hdl.handle.net/11375/30004>

## Context

This study investigates health inequalities between non-Indigenous and First Nations adults living off-reserve in Canada using data from the 2017 Aboriginal Peoples Survey and the 2017 Canadian Community Health Survey. The researchers found that observable characteristics account for 20 to 45 percent of disparities in general health, mental health, and diabetes. Socio-economic factors, including employment, income, and education, explain 10 to 25 percent of these differences. The findings suggest that improving socio-economic conditions could significantly reduce health disparities between First Nations and non-Indigenous populations, addressing a crucial aspect of health equity.

## Key finding(s) from the research

First Nations adults living off-reserve experience worse health outcomes than non-Indigenous adults with socio-economic factors explaining the most significant portion of these health gaps.

**Population(s) studied:** First Nations and non-Indigenous populations aged 18 to 65 living off-reserve in Canada

**Research dataset(s) used:** 2017 Aboriginal Peoples Survey (APS) and 2017 Canadian Community Health Survey (CCHS)

## Policy implications for this research

This research underscores the crucial role of socio-economic factors in health disparities between First Nations adults and non-Indigenous populations. Policy initiatives should focus on improving the socio-economic status of off-reserve First Nations peoples by enhancing employment opportunities, increasing household income, and advancing educational attainment. Additionally, policies should support targeted programs for mental health and chronic disease management. Integrating these socio-economic and health support measures into policy frameworks will promote equity and improve overall health outcomes for First Nations communities. Addressing these factors is essential for reducing health inequalities and advancing social equity.

**Policy area(s) this research can inform:** Health; Indigenous Peoples

## Read the full article

Hu, M., Hajizadeh, M., & Bombay, A. (2024). Inequalities in Health between First Nations Adults Living Off-Reserve and Non-Indigenous Adults in Canada: A Decomposition Analysis. *Canadian Public Policy*, 50(1), 51-75. <https://doi.org/10.3138/cpp.2022-077>.

# Poor neighbourhood conditions and low belongingness to community is associated with poor mental health among immigrants

Tasneem Khan, Martin Cooke. "Poor neighbourhood conditions and low belongingness to community is associated with poor mental health among immigrants." *CRDCN research-policy snapshots*. Volume 3 Issue 2 July 2024. <http://hdl.handle.net/11375/30006>

## Context

Limited research exists about how neighbourhood or household characteristics might be related to mental health among immigrants in Canada. This study examined immigrants' exposure to potentially unfavourable aspects of their households and neighbourhoods and how these factors were associated with mental health.

Immigrants living in neighborhoods with higher situational vulnerability (e.g., higher proportions of people without high school diploma, more dwellings in need of repairs) were more likely to have poor self-rated mental health. Immigrants with a weak sense of belonging to their communities had four times higher odds of poor self-rated mental health than those with a stronger sense of belonging.

## Key finding(s) from the research

This research finds that among immigrants in Canada, a weaker sense of belonging to local community is a strong predictor of poor mental health, whereas a strong sense of belonging to local community is protective of mental health.

**Population(s) studied:** Canadian-born and immigrants aged 18 and older

**Research dataset(s) used:** Canadian Community Health Survey (CCHS) 2015/16 linked to the Canadian Index of Multiple Deprivation (CIMD)

## Policy implications for this research

The finding that a sense of belonging to the local community has strong protective benefits for the mental health of immigrants suggests that programs and social policies that foster the social integration of immigrants at the neighborhood and community level might be as important as economic integration in promoting well-being among immigrants.

**Policy area(s) this research can inform:** Environment; Health; Immigration and ethnocultural diversity; Population and demography

## Read the full article

Khan, T., & Cooke, M. (2024). Household, neighborhood, and community contexts and the mental health of immigrants in Canada. In Hillman F. (Eds.), *Interdisciplinary migration research with a focus on new technologies and multiple crises: relating birds of passage to social policies* (pp.172–199). Technische Universität Berlin. <https://api-depositonce.tu-berlin.de/server/api/core/bitstreams/cd76cd38-f015-4bd2-b9b5-6c092856f367/content>.

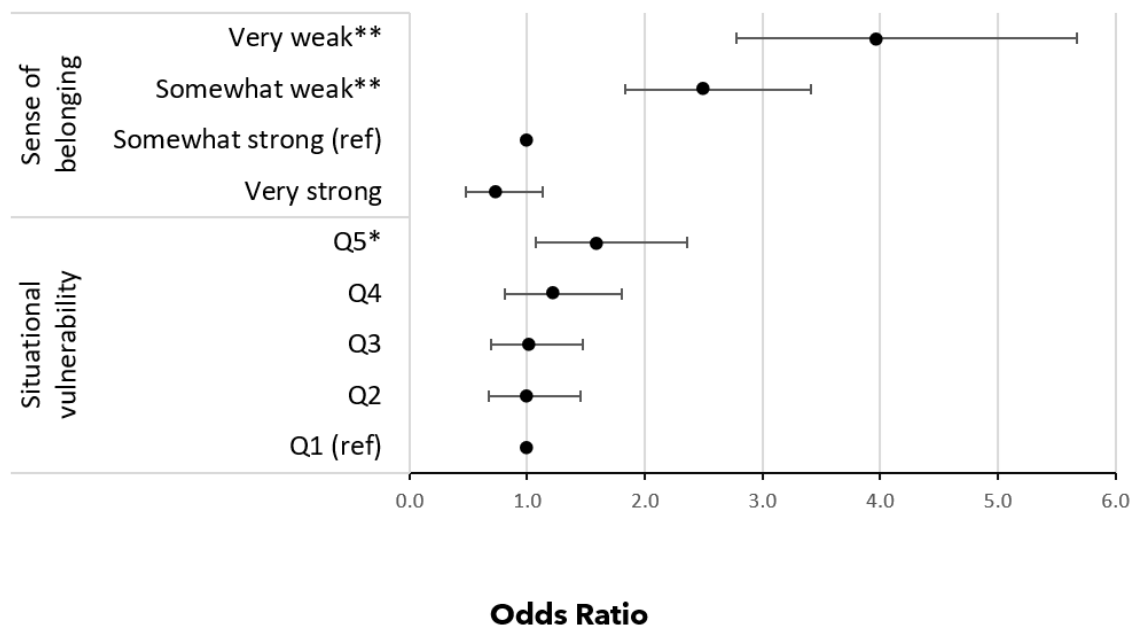


## Supplementary Information

Tasneem Khan, Martin Cooke. "Poor neighbourhood conditions and low belongingness to community is associated with poor mental health among immigrants." *CRDCN research-policy snapshots*. Volume 3 Issue 2 July 2024

### Situational Vulnerability, Sense of Belonging to Community and Immigrant Mental Health

Neighbourhood/ Community Factor



# Differences in food insecurity among post-secondary students and non-students of similar age in Canada

Tim Li. "Differences in food insecurity among post-secondary students and non-students of similar age in Canada."  
*CRDCN research-policy snapshots*. Volume 3 Issue 2 July 2024. <http://hdl.handle.net/11375/30011>

## Context

Food insecurity is defined as inadequate or insecure access to food due to financial constraints. This study compares the risk of food insecurity among post-secondary students and similar-age young adults not attending school. This research comes at a time of frequent campus surveys reporting high rates of food insecurity among post-secondary students. However, this study offers a new perspective by using population-representative data instead, finding that non-students were more vulnerable to food insecurity than their student counterparts.

## Key finding(s) from the research

Young adults not attending post-secondary education are more likely to be food-insecure than their post-secondary counterparts, pointing to a need for policies that support the incomes of young, working-age adults more broadly.

**Population(s) studied:** 11,679 young adults aged 19–30 living in the 10 provinces

**Research dataset(s) used:** 2018 Canadian Income Survey

## Policy implications for this research

While food insecurity among post-secondary students has garnered considerable media attention, policymakers should focus on interventions that also reach young adults not in school, given the elevated risk of food insecurity that they and their families face. The persistence of food insecurity in Canada reflects the insufficiency and instability of incomes from employment and government support to ensure Canadians can make ends meet. Although more research is needed to identify effective policies to reduce food insecurity among young adults, studies have shown that higher child benefits, improvements to social assistance, and receiving Employment Insurance during periods of unemployment reduce food insecurity.

**Policy area(s) this research can inform:** Education, training and learning; Government; Health; Income, pensions, spending and wealth

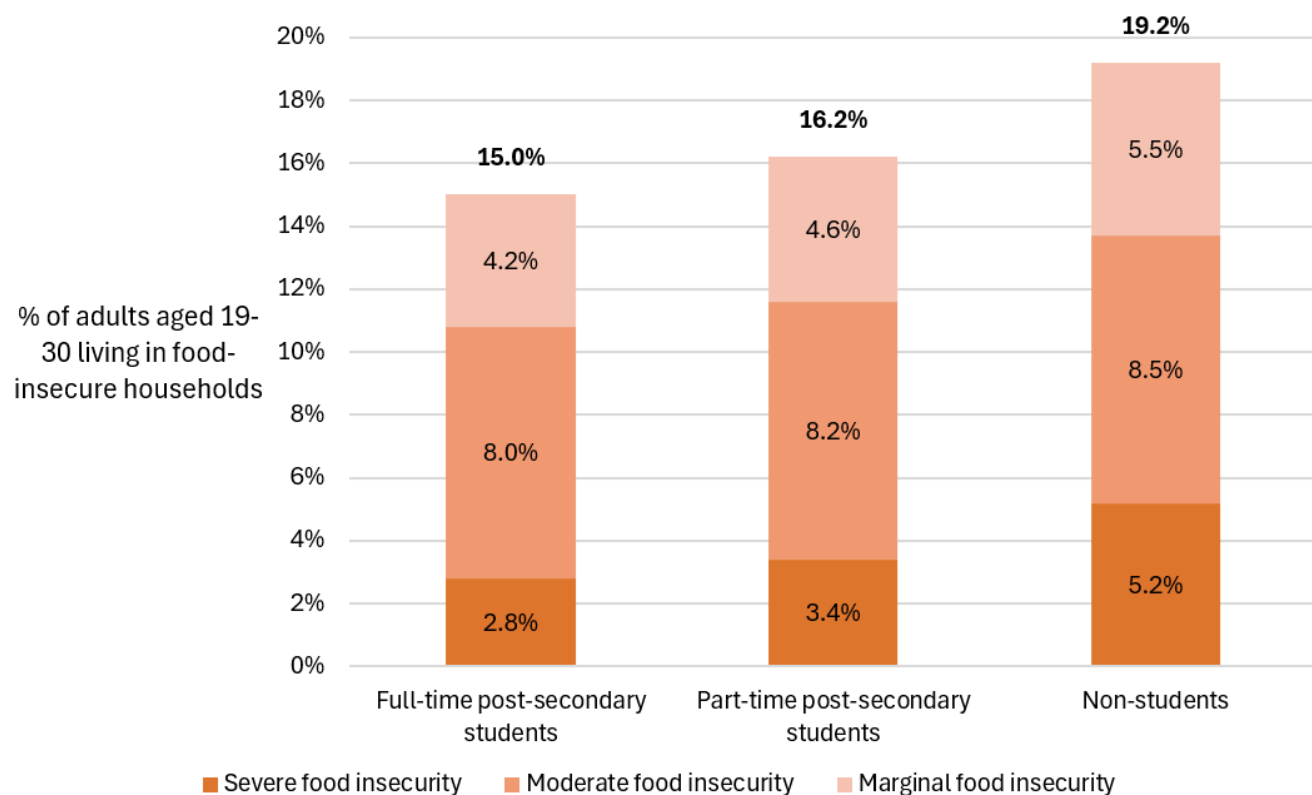
## Read the full article

Wang, Y., St-Germain, A.-A. F., & Tarasuk, V. (2023). Prevalence and sociodemographic correlates of food insecurity among post-secondary students and non-students of similar age in Canada. *BMC Public Health*, 23(1), 954. <https://doi.org/10.1186/s12889-023-15756-y>.

## Supplementary Information

Tim Li. "Differences in food insecurity among post-secondary students and non-students of similar age in Canada."  
CRDCN research-policy snapshots. Volume 3 Issue 2 July 2024

### Prevalence of food insecurity among post-secondary students and non-students of similar age in Canada



# Understanding food insecurity and overweight or obesity in Canada

Tim Li, Andrée-Anne Fafard St-Germain. "Understanding food insecurity and overweight or obesity in Canada."  
CRDCN research-policy snapshots. Volume 3 Issue 2 July 2024. <http://hdl.handle.net/11375/30007>

## Context

Limited research exists on the relationship between household food insecurity, the inadequate or insecure access to food due to financial constraints, and overweight or obesity in Canada. This study helps address this knowledge gap by using population representative data of measured height and weight, rather than self-reported. It also uses propensity score weighting, a statistical technique that better accounts for the systemic differences in the characteristics of those who live in food-secure and food-insecure households. Public health interventions often conflate food insecurity and obesity, so understanding the relationship between these two public health problems is necessary for identifying and implementing appropriate responses.

## Key finding(s) from the research

Household food insecurity is not associated with overweight or obesity among Canadian children and adults, except for adult women in more severely food-insecure households, suggesting that the health implications of food insecurity vary by sex and life stage.

**Population(s) studied:** 44,135 individuals aged 2–64 years living in the 10 provinces

**Research dataset(s) used:** 2004 and 2015 Canadian Community Health Survey-Nutrition

## Policy implications for this research

The finding that food insecurity is not independently associated with overweight or obesity for most Canadians highlights the need to avoid conflating these two problems when designing public health interventions. While some people are simultaneously facing food insecurity and living with overweight or obesity in Canada, trying to tackle both problems together as if they are causally related at the population level appears to be misguided. There is no evidence that interventions around healthy eating are effective at reducing food insecurity. Research suggests that addressing food insecurity requires policy interventions that relieve the underlying income inadequacy and instability.

**Policy area(s) this research can inform:** Children and youth; Health; Income, pensions, spending and wealth

## Read the full article

Fafard St-Germain, A.-A., Hutchinson, J., & Tarasuk, V. (2024). The relationship between household food insecurity and overweight or obesity among children and adults in Canada: A population-based, propensity score weighting analysis. *Applied Physiology, Nutrition, and Metabolism*, 49(4), 473-486. <https://doi.org/10.1139/apnm-2023-0302>.

# Employment Insurance reduces the impact of unemployment on food security

Tim Li, Valerie Tarasuk. "Employment Insurance reduces the impact of unemployment on food security."  
CRDCN research-policy snapshots. Volume 3 Issue 2 July 2024. <http://hdl.handle.net/11375/30009>

## Context

Food insecurity, uncertain or inadequate access to food due to financial constraints, is a function of income adequacy and stability. To determine the impact of job loss on food insecurity, researchers compared households with similar sociodemographic characteristics but that differed in terms of whether the workers were continuously employed throughout the year. To determine the impact of Employment Insurance (EI), they compared households with workers who received EI and similar households with workers who did not receive EI. The findings contribute to a growing body of research showing that public programs reduce the risk of food insecurity when they improve households' financial circumstances.

## Key finding(s) from the research

A household's risk of food insecurity increases when someone in the household loses their job, but the impact is not as great if they receive EI.

**Population(s) studied:** 28,650 households with adult workers 18–64 years old in the 10 provinces

**Research dataset(s) used:** Canadian Income Survey 2018–2019

## Policy implications for this research

This study demonstrates that in Canada, EI plays an important role in mitigating household food insecurity that is triggered by involuntary job loss. But only half of households with unemployed workers in this study received EI. As part of the ongoing EI modernization process, the federal government should consider the potential impact on food insecurity as part of its decision-making. Policy options to increase the generosity and accessibility of EI, like lowering the required hours threshold and raising the standard benefit rate, would help EI better insulate households from food insecurity due to job loss.

**Policy area(s) this research can inform:** Government; Income, pensions, spending and wealth; Labour

## Read the full article

Men, F., & Tarasuk, V. (2023). Employment Insurance may mitigate impact of unemployment on food security: Analysis on a propensity-score matched sample from the Canadian Income Survey. *Preventive Medicine*, 169, 107475. <https://doi.org/10.1016/j.ypmed.2023.107475>.

# Two decades of poverty reduction politics benefited single parent families

Geranda Notten, Fatima Tuz Zohora, Charles Plante, Rachel Laforest. "Two decades of poverty reduction politics benefited single parent families." *CRDCN research-policy snapshots*. Volume 3 Issue 2 July 2024. <http://hdl.handle.net/11375/30010>

## Context

Poverty reduction is a complex task. This study investigates whether the position of single parent families and single working age adults improved in a political context that has, at least rhetorically, prioritized poverty reduction across all higher-level jurisdictions in Canada. Both groups experience very high poverty rates. The study analyzes poverty changes from 1999 to 2017 in a relative sense (compared to the typical Canadian) and an absolute sense (purchasing power). Controlling for demographic and regional characteristics, it finds that the poverty disadvantage declined for both groups.

## Key finding(s) from the research

This research finds that the income poverty disadvantage of single parent families declined strongly and across all provinces between 1999 and 2017, whereas the decline for single adults of working age was smaller and more concentrated in provinces experiencing stronger economic growth.

**Population(s) studied:** Single parent families, single working age adults and couple adults (reference group)

**Research dataset(s) used:** Survey of Labour and Income Dynamics (SLID, 1999-2011); Canadian Income Survey (CIS, 2012-2017)

## Policy implications for this research

Canada's jurisdictions have become more inclusive towards high poverty risk households in the sense that proportionately more of them have been able to escape or avoid poverty. Whereas improvements for single parent families have been strong and widespread, those for single adults of working age have been smaller and were concentrated in provinces experiencing stronger economic growth. These findings suggest that governments prioritized the inclusion of families with dependent children while the inclusion of single working age adults has been largely left to the fortunes of the economy. Raising social assistance for single adults of working age would reduce poverty gap differences, but for headcount poverty differences to fall an even more radical deviation from current policies would be required.

**Policy area(s) this research can inform:** Children and youth; Families, households and marital status; Government; Income, pensions, spending and wealth; Population and demography

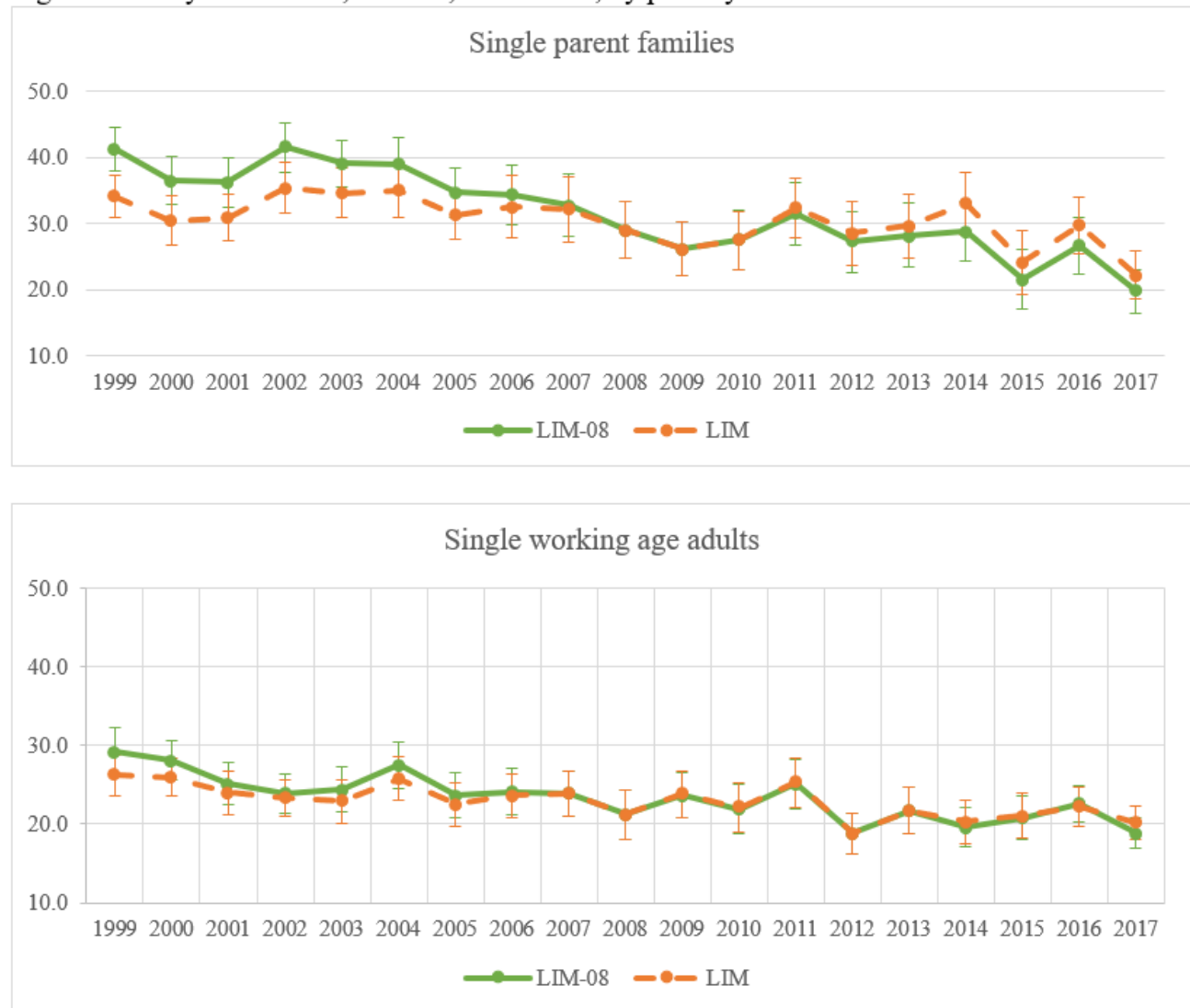
## Read the full article

Notten, G., Zohora, F. T., Plante, C., & Laforest, R. (2023). Two Decades of Poverty Reduction Politics in Canada: Better for Single-Parent Families and Single Working-Age Adults? *Canadian Public Policy*, 49(4), 347-361. DOI: <https://doi.org/10.3138/cpp.2023-006>.

## Supplementary Information

Geranda Notten, Fatima Tuz Zohora, Charles Plante, Rachel Laforest. "Two decades of poverty reduction politics benefited single parent families."  
CRDCN research-policy snapshots. Volume 3 Issue 2 July 2024

Figure: Poverty differences, Canada, 1999-2017, by poverty threshold



Source: SLID (1999-2011) and CIS (2012-2017). Authors' calculations.

Notes: Low Income Measure (LIM). Inflation Adjusted Low Income Measure (LIM-08, 2008 base). The poverty difference of 20 for single parent families in 2017 (LIM-08) means that the poverty rate of this group is 20 percentage points higher than that of the reference group, consisting of a household of multiple adults and no dependent children. Each poverty difference is a coefficient identifying individuals living in single parent families / as single working age adults. The confidence interval is based on bootstrapped standard errors.

# Higher prevalence of child and adolescent mental health problems in food-insecure Canadian homes

Vandad Sharifi, Gina Dimitropoulos. "Higher prevalence of child and adolescent mental health problems in food-insecure Canadian homes." *CRDCN research-policy snapshots*. Volume 3 Issue 2 July 2024. <http://hdl.handle.net/11375/30012>

## Context

The socioeconomic context significantly influences child and adolescent development and mental health. One key socioeconomic indicator is food insecurity, defined as inadequate or insecure access to food due to financial constraints. In a nationally representative cross-sectional survey conducted in 2019, researchers observed that one in every nine Canadian children live in food-insecure households. This research found that the odds of a range of mental health problems are higher in food-insecure households, including poor general mental health, mood and anxiety disorders, developmental disorders, suicidality, and cannabis use. The associations persisted even after adjusting for the family's socioeconomic indicators.

## Key finding(s) from the research

Food insecurity is associated with a range of mental health problems in Canadian children and adolescents.

**Population(s) studied:** Population aged 1-17-year-old living in Canada's ten provinces and three territories

**Research dataset(s) used:** Canadian Health Survey on Children and Youth (CHSCY), collected by Statistics Canada in 2019

## Policy implications for this research

Food insecurity poses a common and complex public health challenge. The researchers argue that food insecurity serves as a more direct measure of material deprivation and extends beyond low income. Therefore, they advocate for implementing public health and policy interventions that identify and address both problems among deprived households and their children. The benefits of such interventions could extend into adulthood for affected children.

**Policy area(s) this research can inform:** Agriculture and food; Children and youth; Families, households and marital status; Health; Population and demography

## Read the full article

Sharifi, V., Dimitropoulos, G., Williams, J. V. A., Rao, S., Pedram, P., Bulloch, A. G. M., & Patten, S. B. (2024). Food Insecurity is Associated with Poor Mental Health in Canadian Children and Adolescents. *The Canadian Journal of Psychiatry*, 69(4), 296–298. <https://doi.org/10.1177/07067437231225938>.