

# 2018 WINNIPEG STREET HEALTH SURVEY REPORT FACT SHEET: DAILY LIFE

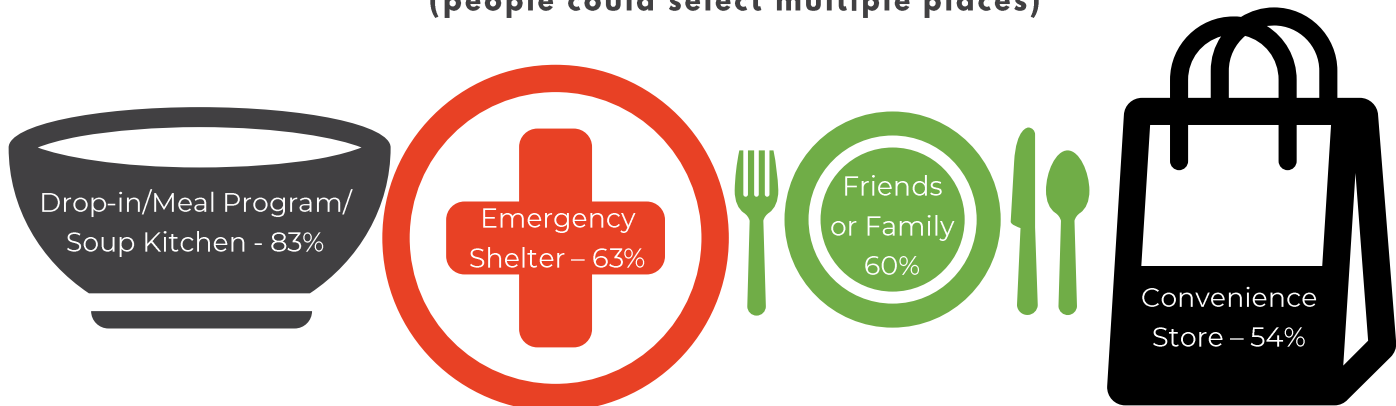


The 2018 Winnipeg Street Health Survey was a research study focusing on the health status, housing, and social service needs of people experiencing homelessness in Winnipeg. From July to October 2018, 406 people experiencing homelessness were interviewed about their self-reported health, wellness, housing and service needs.

## Food

Many people who experience homelessness are hungry each day. Nearly 15% of survey participants said they were hungry every day in the past month. Community services, friends and family help people to meet their food needs.

### Places accessed for food in the past month (people could select multiple places)

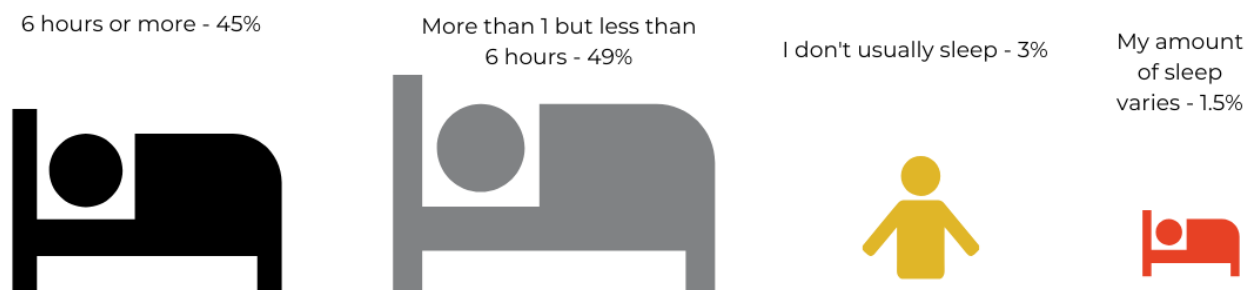


n = 405; Missing = 1

## Sleep

Few people experiencing homelessness are able to have a restful sleep. More than half of participants said they usually only had between one and six hours of sleep per day.

### Usual number of hours of sleep per day



n = 386; Missing = 20



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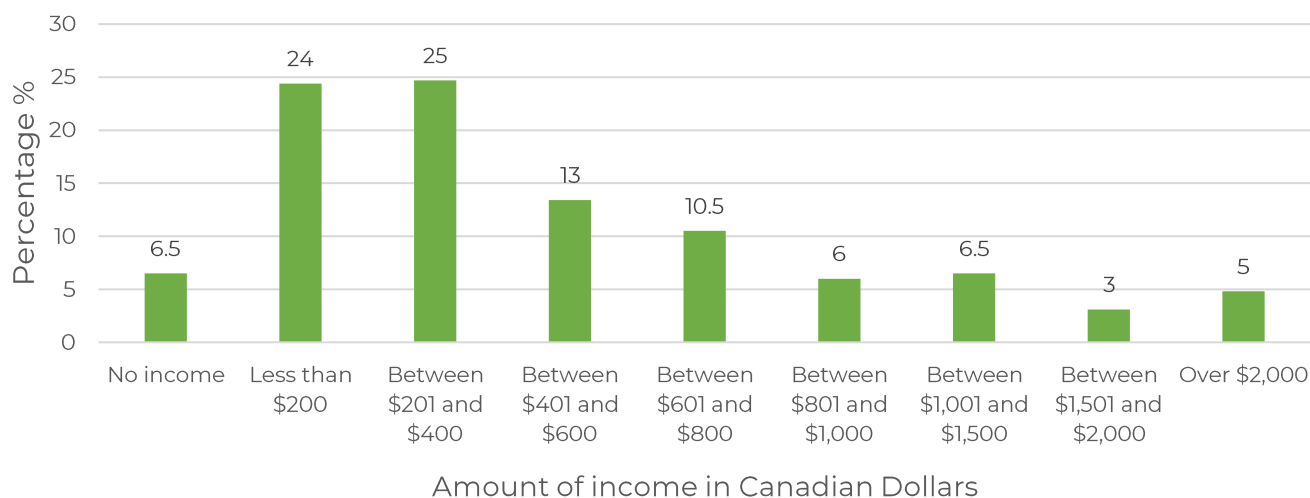
More than half of participants reported difficulty sleeping. The main reasons they gave were:

- Other people woke them up (60%),
- Their nerves were bad, and they could not relax (57%)
- They had pain, discomfort or other physical needs (56%)
- They were sleeping outside or in a place that was too cold or too hot (54%)

### Income and Work

People experiencing homelessness have very limited incomes. Most participants reported an income of less than \$400 in the past month.

#### Total Income in the past month



n = 352; Missing = 54

Provincial welfare/Employment and Income Assistance (EIA) benefits were the most common income source (55%). 30% of participants said their welfare/EIA benefits had been discontinued in the past year, leaving them without any other income.

Money from friends and family (29%), GST credits (27%), panhandling or busking (22%), EIA Disability (21%) collecting and selling scrap metal or bottles (20%), and wages (20%), were also common income sources. 11% said they received income from other work like construction, renovations, roofing, landscaping, art, music or cooking.

44% of participants did not have a bank account. 59% had not filed an income tax return in the past year.

