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**DEMOGRAPHIC PROFILE  
OF THE ENGLISH-SPEAKING COMMUNITIES  
IN THE ADMINISTRATIVE REGION OF CAPITALE-  
NATIONALE & MRC QUÉBEC**

**BASED ON THE 2016 CENSUS OF CANADA**

**MRC Profile Series**

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for the  
Community Health and Social Services Network (CHSSN)  
March 2018**

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## Introduction

### ***About the MRC Profile Series***

The MRC Profile Series is intended to serve as a resource that will allow local communities to better understand the demographic factors affecting them and to assist institutional partners and community leaders in developing strategies to improve the well-being of their constituencies.

This series presents selected demographic characteristics of the English-speaking population residing in the MRC or MRC-equivalent territories. The data is drawn from a series of tables developed by the Community Health and Social Services Network (CHSSN) based on the 2016 Census of Canada. The selection of characteristics is guided by their importance as determinants of the health status and vitality of Quebec's English-speaking minority communities.

### ***Methodological Notes***

#### **Data Source**

This report is based on a series of tables developed by the Community Health and Social Services Network (CHSSN) based on data from the 2016 Census of Canada. The population included here are those in private householders, drawing on the long-form census which has a 25% sample of the Canadian population.

Percentages may not always add up to 100% due to rounding.

#### **Linguistic definitions**

There are numerous linguistic definitions that are used to identify the English-speaking population in Québec. The choice of linguistic indicator depends largely on the issue being examined. This report uses the [First Official Language Spoken](#) (FOLS) definition with multiple responses proportionally distributed since it best reflects the total English-speaking health service users in the province. First Official Language Spoken is derived from three census questions: knowledge of official languages, mother tongue and home language. Dual responses are divided equally among English-speaking and French-speaking groups.

Other definitions include [Mother tongue](#) which refers to the first language learned at home in childhood and still understood. The [language most often spoken at home](#) is used to designate the home language. [Knowledge of official languages](#) indicates the official language in which a person can carry on a conversation. The [language used most often at work](#) indicates the language spoken most frequently at work.

#### **Geographic Regions**

The MRC profile series consists of stand-alone documents which present key data for the MRC and MRC-equivalent territories in Quebec in which there are at least 250 English-speaking residents. Data is also presented for the Administrative Region in which each MRC is located.

## **Demographic and Socio-economic Characteristics**

The demographic and socio-economic variables addressed in the 2017-2018 MRC Profile Series are:

- Population size
- Age structure
- Household living arrangements
- Educational attainment
- Labour force activity
- Income
- Low-income cut-off (LICO)

### **Statistics Canada Definitions**

While for the most part the meaning of demographic and administrative terms are clarified as they arise in the report, the online Statistics Canada census dictionary for the<sup>1</sup> may also be consulted.

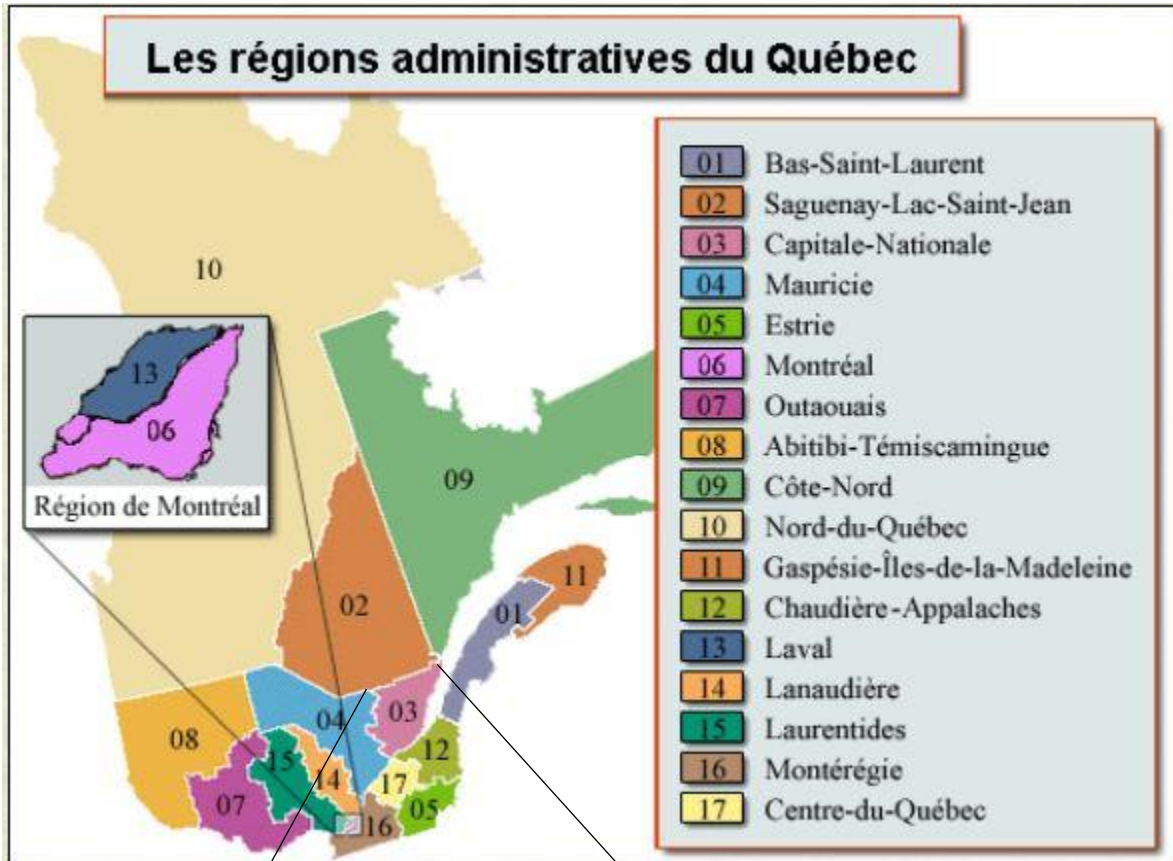
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<sup>1</sup> <http://www12.statcan.gc.ca/nhs-enm/2011/ref/dict/99-000-x2011001-eng.pdf>

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**Map of the Territory**



## Demographic Size

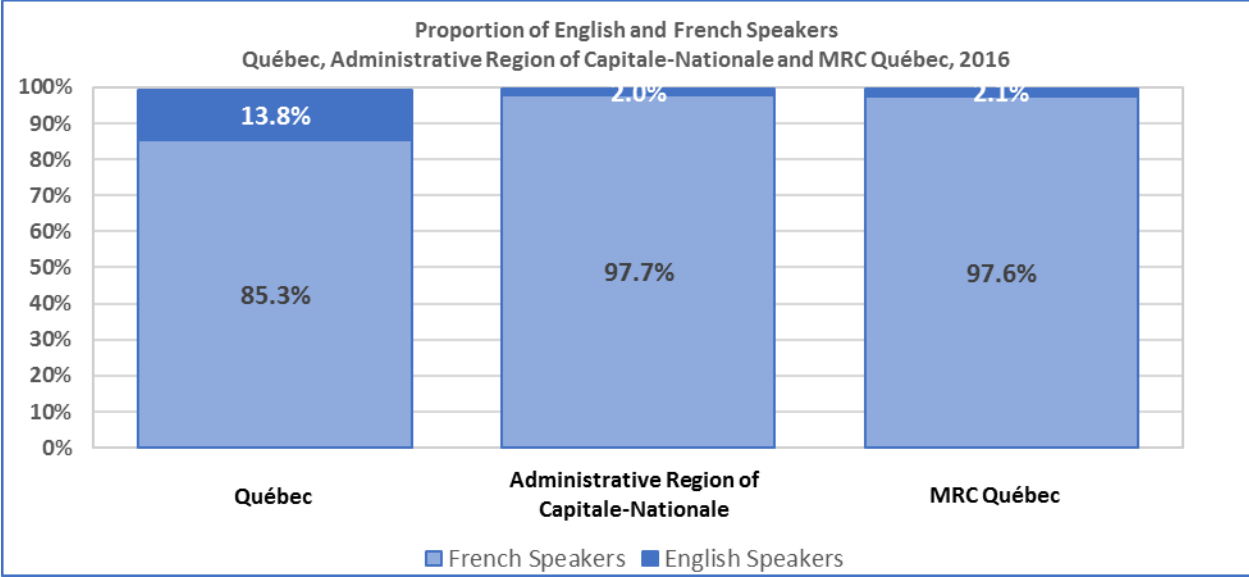
Quebec’s English speakers form one of Canada’s official language minority groups. Studies have confirmed that language barriers affect access and quality of care for linguistic minority communities. Obstacles to communication can reduce recourse to preventative services; increase consultation time including the number of tests and the possibility of diagnostic and treatment errors; affect the quality of services requiring effective communication such as social services; reduce the probability of treatment compliance and reduce users’ satisfaction with the services received.<sup>2</sup> In the complex context of a medical situation, where the communication between care provider and patient is a key factor in the achievement of a positive health outcome, it is not surprising that the language spoken most often is considered the most effective. The treatment by health professionals of sensitive issues such as cancer, addiction, or depression, requires ease of communication as a feature of building trust and offering comfort to patients.

**Table 1 - Population Size**

Size of Population		Québec	Administrative Region of Capitale-Nationale	MRC Québec
FOLS - English speakers	number	1,097,925	14,205	11,675
	percentage	13.8%	2.0%	2.1%
FOLS - French speakers	number	6,795,280	693,190	539,410
	percentage	85.3%	97.7%	97.6%
Total population	number	7,965,450	709,325	552,915
	percentage	100.0%	100.0%	100.0%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

<sup>2</sup> See Bowen, S. (2001). Language Barriers in Access to Health Care, Ottawa: Health Canada. And, Bowen, S. et al. (2010). From ‘multicultural health’ to ‘knowledge translation’ – rethinking strategies to promote language access within a risk management framework. *The Journal of Specialized Translation (Jostrans)*, Issue 14, [http://www.jostrans.org/issue14/art\\_bowen.php](http://www.jostrans.org/issue14/art_bowen.php). See also, Jacobs, E, and A. Chen, L. Karliner, N. Agger-Gupta & S. Mutha. (2006). “The Need for More Research on Language Barriers in Health Care: A Proposed Research Agenda”. *The Millbank Quarterly*, Vol. 84, No. 1, pp. 111-133.



- Across Québec, there were 1,097,925 English speakers, representing 13.8% of the provincial population.
- In 2016, there were 14,205 English speakers living in the Capitale-Nationale region where they represented 2.0% of the population. This share is much lower than the overall provincial share for English speakers.
- In MRC Québec, we find 11,675 English speakers where they represented 2.1% of the population. This proportion is higher than that represented by English speakers across the Capitale-Nationale territory.



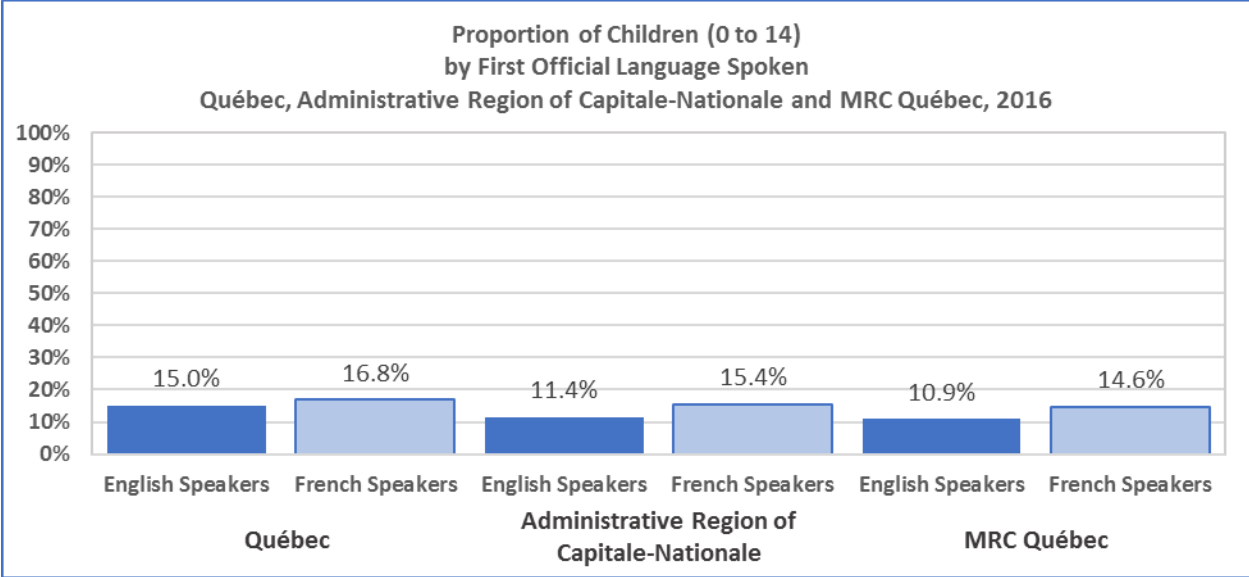
## Age Structure

The distribution of the English-speaking population across age categories, and the extent to which language majority and minority communities differ in accordance to age, is important in understanding their distinct health needs and resources. Each stage of life tends to be associated with specific health and social service needs. The strategy for meeting these needs by public agencies must also take the age and age-related competencies of the client group into consideration. Typically, the age structure of the majority is important in shaping the scope and design of available health services and programs. Improving the health and the vitality of all citizens residing in a given territory requires awareness of the problems that are pressing for the minority and may be overlooked in the focus on the majority, and, awareness of problems that are shared by both language groups but are being met with solutions that are not equally accessible for both.

**Table 2 - Age Structure of the Population**

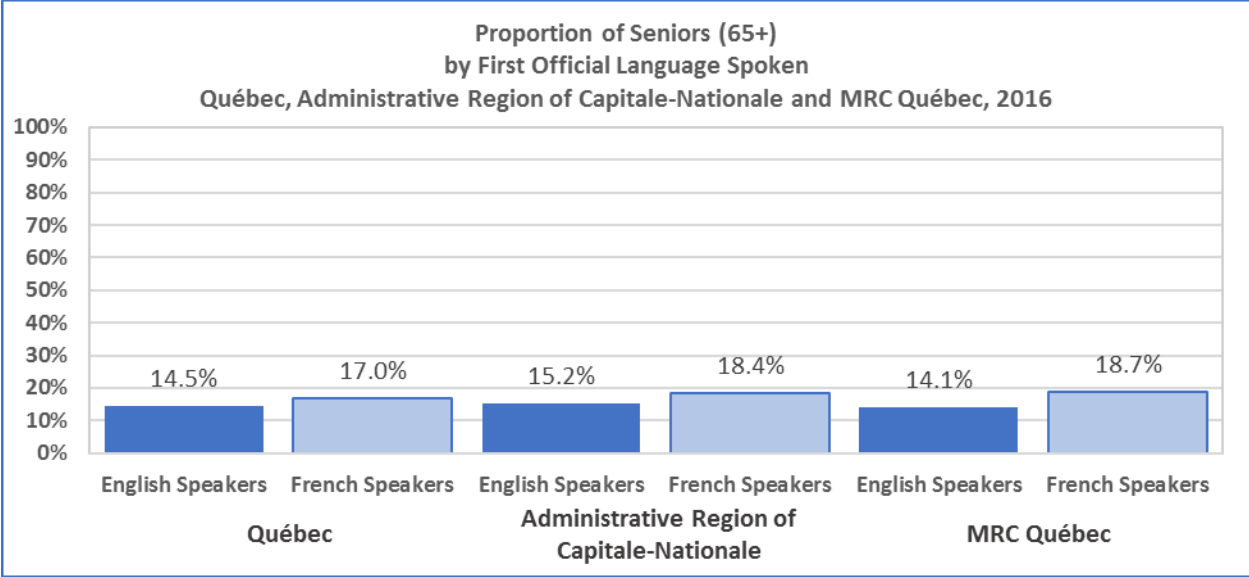
Age Structure of the Population	Québec		Administrative Region of Capitale-Nationale		MRC Québec	
	English	French	English	French	English	French
Total - Age groups	1,097,925	6,795,280	14,205	693,190	11,675	539,410
0-14 years	165,085	1,143,060	1,625	107,090	1,270	78,875
15-24 years	146,460	776,310	1,915	77,110	1,610	63,205
25-44 years	320,930	1,728,440	4,725	181,375	4,125	142,800
45-64 years	305,775	1,995,460	3,785	199,740	3,015	153,670
65+ years	159,670	1,152,005	2,155	127,870	1,650	100,865
Total - Age groups	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
0-14 years	15.0%	16.8%	11.4%	15.4%	10.9%	14.6%
15-24 years	13.3%	11.4%	13.5%	11.1%	13.8%	11.7%
25-44 years	29.2%	25.4%	33.3%	26.2%	35.3%	26.5%
45-64 years	27.9%	29.4%	26.6%	28.8%	25.8%	28.5%
65+ years	14.5%	17.0%	15.2%	18.4%	14.1%	18.7%

*Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.*



**Children (aged 0-14)**

- Across Québec, there were 165,085 English-speaking children aged 0-14, representing 15.0% of the English-speaking population. The proportion of children in the English-speaking population is lower than the level in the French-speaking majority population in Quebec.
- In 2016, there were 1,625 English-speaking children aged 0-14 living in Capitale-Nationale where they account for 11.4% of the population. The proportion of children in the regional English-speaking population is much lower than their proportion in the regional French-speaking majority population. This proportion is much lower than the level for English-speaking children across the province.
- In MRC Québec, we find 1,270 English-speaking children aged 0-14 where they represent 10.9% of the population. This share is similar to that exhibited by English-speaking children across the Capitale-Nationale region. The proportion of children in the territory's English-speaking population is much lower than the share in the MRC Québec French-speaking majority population.



**Seniors (aged 65 and over)**

- Across Québec, there were 159,670 English-speaking seniors aged 65+ representing 14.5% of the English-speaking population. The proportion of seniors in the English-speaking population is lower than that found in the French-speaking majority population in Quebec.
- In 2016, there were 2,155 English-speaking seniors aged 65+ living in the Capitale-Nationale region where they accounted for 15.2% of the population. This share is similar to that of English-speaking seniors across the province. The proportion of seniors in the regional English-speaking population is lower than the proportion in the French-speaking majority population.
- In MRC Québec, we find 1,650 English-speaking seniors aged 65+ where they account for 14.1% of the population. This share is lower than that of English-speaking seniors across the Capitale-Nationale region. The proportion of seniors in the English-speaking population is much lower than the proportion in the French-speaking majority population in the MRC Québec.

## Income

Long-standing and substantial research provides evidence that income and social status are key determinants of the level of health and well-being experienced by communities and their members. Low-income Canadians are more likely to die earlier and to suffer more illnesses than Canadians with higher incomes, regardless of age, sex, race and place of residence.<sup>3</sup> For vulnerable low-income households, language barriers in access to public health services loom large as they cannot afford private care services nor are they likely to have access to work-related benefits or private insurance coverage. Studies also suggest that the distribution of income in a given society may be a more important determinant of health than the total amount of income earned by society members. Large gaps in income distribution lead to increases in social problems and poorer health among the population as a whole<sup>4</sup>.

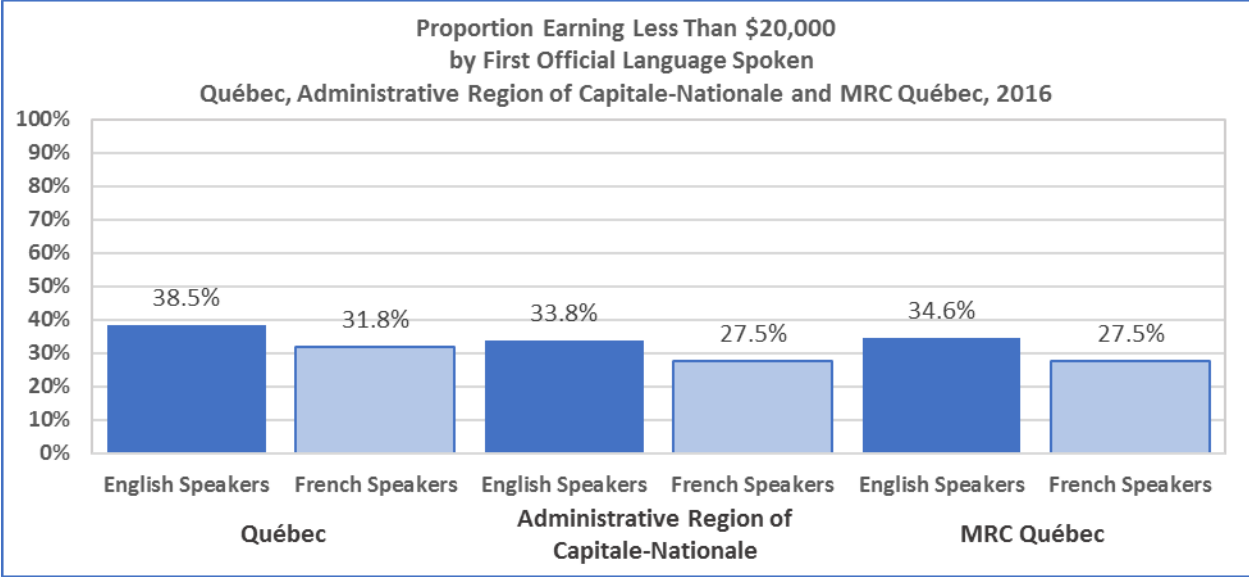
**Table 3 - Income**

Population by Income Group	Québec		Administrative Region of Capitale-Nationale		MRC Québec	
	English	French	English	French	English	French
Total Population 15+	932,835	5,652,215	12,580	586,095	10,400	460,540
Less than \$20,000	359,020	1,799,170	4,255	160,905	3,595	126,735
\$20,000 - \$49,999	328,605	2,235,010	4,445	236,555	3,710	184,825
\$50,000 +	245,210	1,618,025	3,890	188,655	3,100	148,980
Total Population 15+	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Less than \$20,000	38.5%	31.8%	33.8%	27.5%	34.6%	27.5%
\$20,000 - \$49,999	35.2%	39.5%	35.3%	40.4%	35.7%	40.1%
\$50,000 +	26.3%	28.6%	30.9%	32.2%	29.8%	32.3%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

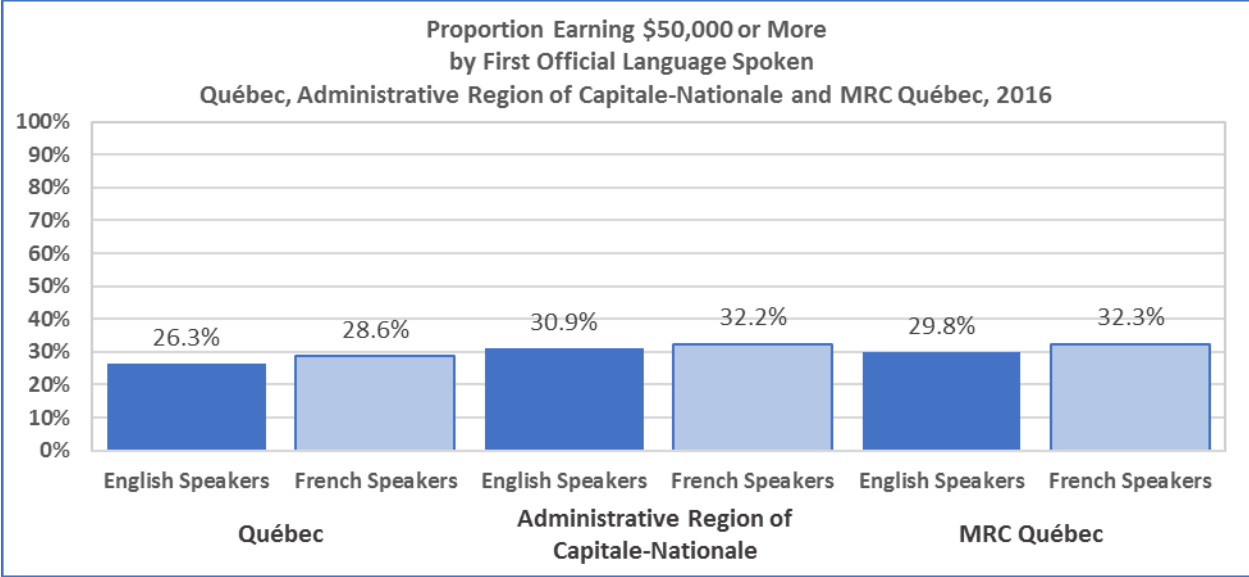
<sup>3</sup> Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> Accessed March 2014.

<sup>4</sup> *Ibid.*



**Income under \$20k**

- Across Québec in 2016, there were 359,020 English speakers aged 15+ with income under \$20k. This group represents 38.5% of the English-speaking population aged 15+. The proportion of English speakers with income under \$20k is much higher than that found in the French-speaking majority population in Quebec.
- In 2016, there were 4,255 English speakers aged 15+ with income under \$20k in the Capitale-Nationale region where they represent 33.8% of the English-speaking population aged 15 and over. This share is lower than that displayed by the provincial English-speaking population. The proportion of those with income under \$20k in the region's English-speaking population is much higher than the proportion in the French-speaking majority population.
- In MRC Québec, we find 3,595 English speakers aged 15+ with income under \$20k where they account for 34.6% of the population. This share is similar to that experienced by English speakers across the Administrative Region of Capitale-Nationale. The proportion of those with income under \$20k in the territory's English-speaking population is much higher than the proportion for the French-speaking majority population in MRC Québec.



**Earning \$50k and over**

- Across Québec, there were 245,210 English speakers aged 15+ with a total income of \$50k or more, who represented 26.3% of the English-speaking population in that age group. The proportion of high earners in the English-speaking population is lower than that found in the French-speaking majority population in Quebec.
- In 2016, there were 3,890 English speakers aged 15+ with a total income of \$50k or more living in the Capitale-Nationale region, where they represented 30.9% of the population. This proportion was higher than the proportion of English-speaking high earners across the province. The proportion of high earners in the regional English-speaking population is similar to the share of high earners in the French-speaking majority population in the region.
- In MRC Québec, we find 3,100 English-speaking high earners aged 15+, where they represent 29.8% of the population. This share is similar to that experienced by English-speaking high earners across the Capitale-Nationale region. The proportion of high earners in the territory's English-speaking population is lower than the proportion of high earners in the territory's French-speaking majority population.

## Household Living Arrangements

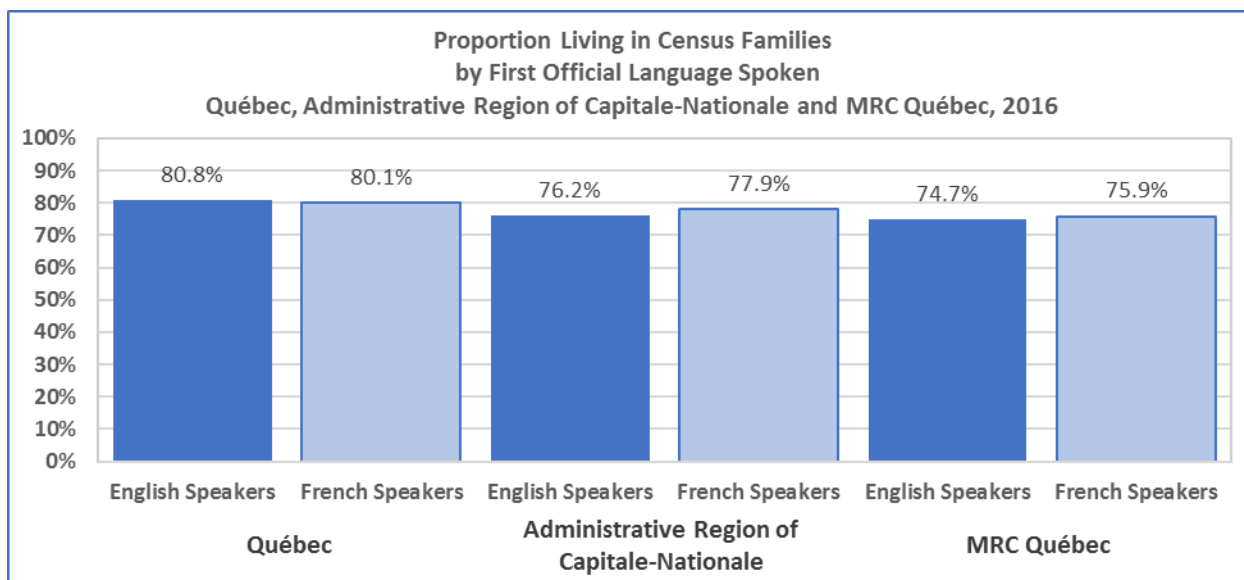
Household living arrangements may be used as an indicator of groups within a population who are vulnerable to a poor health status. For example, the Quebec Social and Health Survey (1998) revealed that parents of minors living in lone parent households were more likely to report food insecurity, high levels of psychological distress and having more than one health problem compared to parents with other household arrangements.<sup>5</sup> Individuals living alone may lack the important health benefits of a strong support network in the event of activity limitations due to illness or aging.

**Table 4 - Population by Household Living Arrangements**

Population by Household Living Arrangements	Québec		Administrative Region of Capitale-Nationale		MRC Québec	
	English	French	English	French	English	French
Total - Household living arrangements	1,097,925	6,795,280	14,205	693,190	11,675	539,410
Total persons in census family households	886,705	5,443,560	10,825	540,025	8,725	409,185
Persons in two-parent households	750,650	4,640,895	9,535	470,305	7,540	352,860
Persons in single-parent households	136,050	802,660	1,285	69,715	1,185	56,320
Total persons in non-census family households	211,215	1,351,720	3,385	153,165	2,950	130,225
Living with relatives	23,435	116,660	200	10,020	180	7,890
Living with non-relatives only	40,935	213,270	740	24,790	675	22,315
Living alone	146,855	1,021,795	2,435	118,365	2,090	100,020
Total - Household living arrangements	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total persons in census family households	80.8%	80.1%	76.2%	77.9%	74.7%	75.9%
Persons in two-parent households	68.4%	68.3%	67.1%	67.8%	64.6%	65.4%
Persons in single-parent households	12.4%	11.8%	9.0%	10.1%	10.1%	10.4%
Total persons in non-census family households	19.2%	19.9%	23.8%	22.1%	25.3%	24.1%
Living with relatives	2.1%	1.7%	1.4%	1.4%	1.5%	1.5%
Living with non-relatives only	3.7%	3.1%	5.2%	3.6%	5.8%	4.1%
Living alone	13.4%	15.0%	17.1%	17.1%	17.9%	18.5%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

<sup>5</sup> For discussion of the survey, see Pocock, J. (2008) "Baseline Data Report 2007-2008. Quebec's Social and Health Survey Information." *Community Health and Social Services Network (CHSSN)*. [www.chssn.org](http://www.chssn.org)

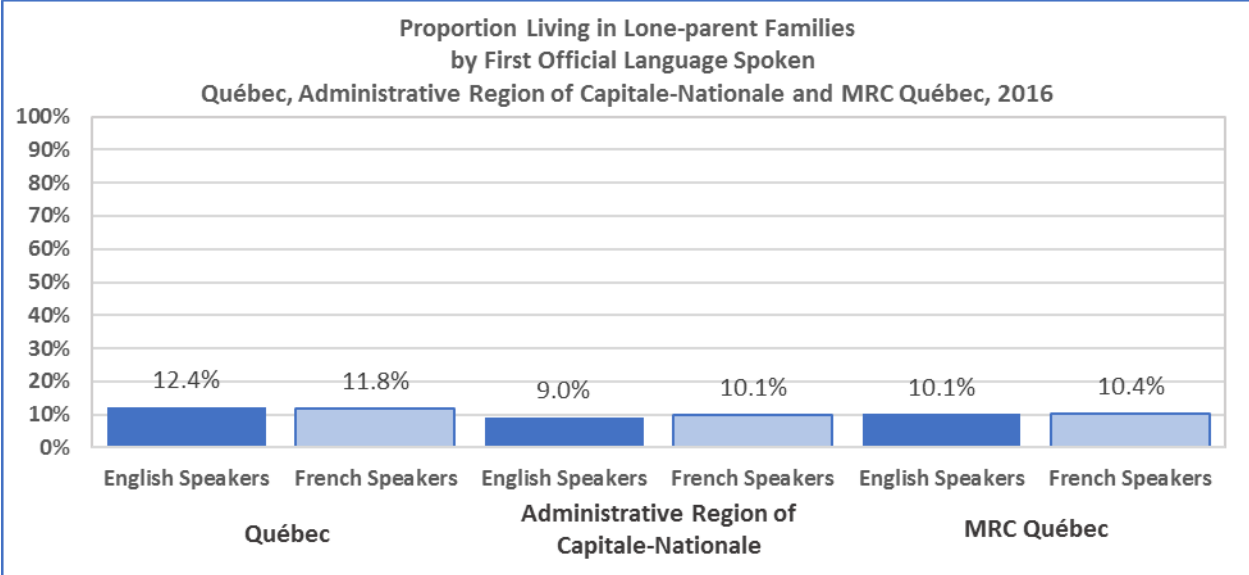


### Living in census families<sup>6</sup>

- Across Québec, there were 886,705 English speakers living in census family households. This group represents 80.8% of the 15+ English-speaking population. The proportion of English speakers living in census family households is similar to that found in the French-speaking majority population in Quebec.
- In 2016, there were 10,825 English speakers living in census family households in the Capitale-Nationale region where they comprise 76.2% of the population. This share is lower than that displayed by the provincial English-speaking population. The proportion of those living in census family households in the regional English-speaking population is similar to the proportion in the regional French-speaking majority population.
- In MRC Québec, we find 8,725 English speakers living in census family households where they account for 74.7% of the population. This share is similar to that accounted for by English speakers across the Capitale-Nationale region. The proportion of persons living in census family households in the English-speaking population is similar to the proportion represented by the French-speaking majority population in MRC Québec.

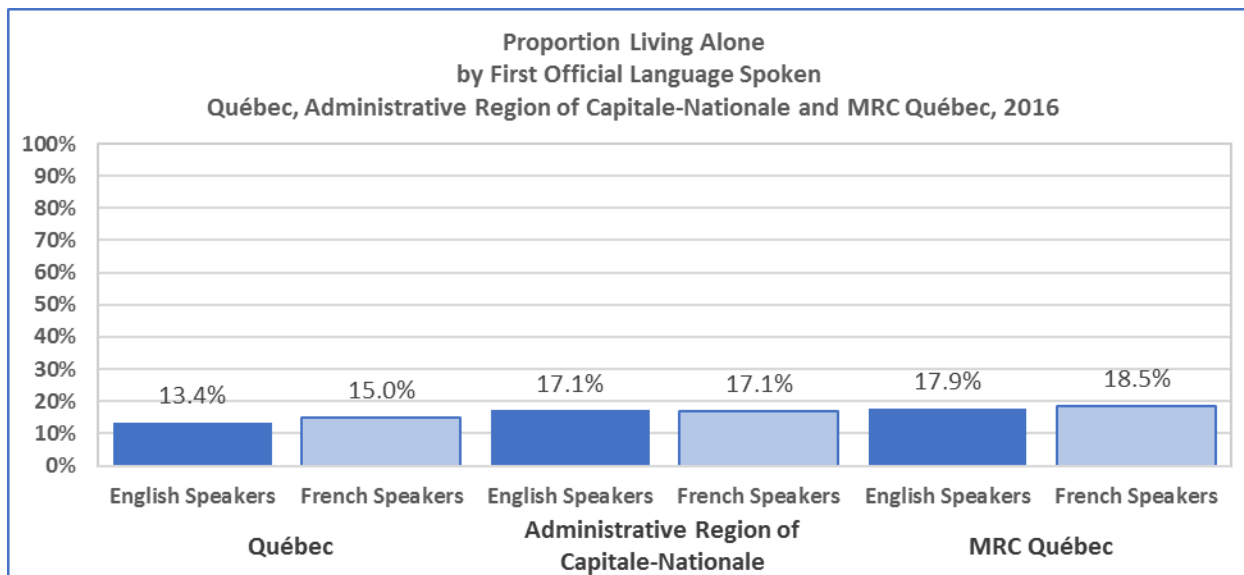
<sup>6</sup> Under Statistics Canada's terminology, a census family refers "a married couple (with or without children of either and/or both spouses), a common-law couple (with or without children of either and/or both partners) or a lone parent of any marital status, with at least one child. A couple may be of opposite sex or same sex. 'Children' in a census family include grandchildren living with their grandparent(s) but with no parents present." (<http://www12.statcan.gc.ca/nhs-enm/2011/ref/dict/99-000-x2011001-eng.pdf>)





**Living in lone-parent families**

- Across Québec, there were 136,050 English speakers living in lone-parent families. This group represents 12.4% of the English-speaking population. The proportion of English speakers living in lone-parent families is similar to the proportion found in the French-speaking majority population in Quebec.
- In 2016, there were 1,285 English speakers living in lone-parent families in the Capitale-Nationale region where they account for 9.0% of the population. The proportion of those living in lone-parent families in the regional English-speaking population is lower than the proportion found in the regional French-speaking majority population. The proportion is much lower than that found in the provincial English-speaking population.
- In MRC Québec, we find 1,185 English speakers living in lone-parent families where they represent 10.1% of the population. This is similar to the proportion represented by the French-speaking majority population in MRC Québec. The proportion of English speakers living in lone-parent families in MRC Québec is higher than the proportion we find for English speakers across the Capitale-Nationale region.



### Living alone

- Across Québec, there were 146,855 English speakers living alone. This group represents 13.4% of the English-speaking population. The proportion of English speakers living alone is lower than the level in the French-speaking majority population in Québec.
- In 2016, there were 2,435 English speakers living alone in the Capitale-Nationale region, where they account for 17.1% of the population. This level is much higher than that displayed by the provincial English-speaking population. The proportion of those living alone in the regional English-speaking population is similar to the proportion found in the regional French-speaking majority population.
- In MRC Québec we find 2,090 English speakers living alone, where they represent 17.9% of the population. This share is similar to that exhibited by English speakers across the Capitale-Nationale region. The proportion of those living alone in the territory's English-speaking population is similar to the proportion exhibited by the French-speaking majority population in MRC Québec.

## Low-Income Cut-off

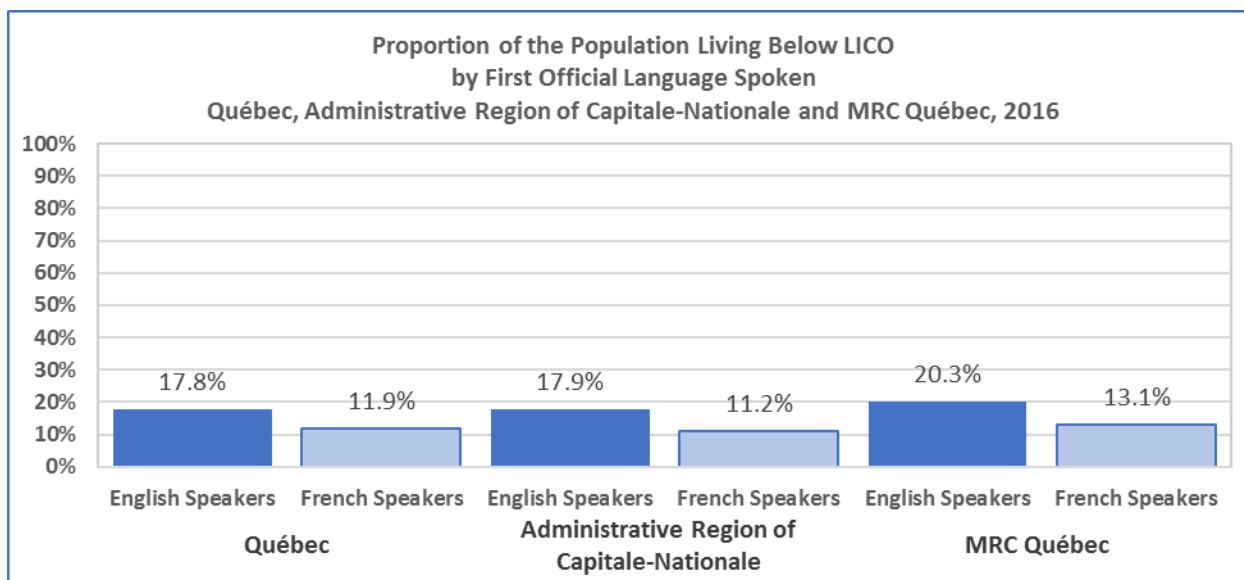
Although there is no official measure of poverty in Canada, the Statistics Canada measure of Low-income cut-offs (LICO) is probably the best known. Commonly known as the “poverty line”, LICO uses the income levels of a given family and considers how large a share of its income is spent on necessities such as food, shelter and clothing. If the amount a family spends is 20% higher than an average family in a year, it falls into the low-income cut-off category. People who live below-income cut-offs may be said to live in “straitened circumstances.”<sup>7</sup> The following table considers the population living below LICO by language, administrative territory and age group.

**Table 5 - Population Living Below LICO, Within Age Groups**

Population Living Below the Low-Income Cut-off (LICO), Across Age Groups	Québec		Administrative Region of Capitale-Nationale		MRC Québec	
	English	French	English	French	English	French
Total - Age groups	195,300	811,110	2,545	77,365	2,365	70,910
0-14 years	25,480	125,400	310	8,065	295	7,275
15-24 years	35,280	118,175	535	12,865	525	12,465
25-44 years	60,205	193,170	880	17,840	855	16,740
45-64 years	48,885	221,935	525	19,405	430	16,645
65+ years	25,445	152,425	290	19,190	265	17,780
<b>Proportion of those below LICO across age groups</b>						
Total - Age groups	17.8%	11.9%	17.9%	11.2%	20.3%	13.1%
0-14 years	15.4%	11.0%	19.1%	7.5%	23.2%	9.2%
15-24 years	24.1%	15.2%	27.9%	16.7%	32.6%	19.7%
25-44 years	18.8%	11.2%	18.6%	9.8%	20.7%	11.7%
45-64 years	16.0%	11.1%	13.9%	9.7%	14.3%	10.8%
65+ years	15.9%	13.2%	13.5%	15.0%	16.1%	17.6%

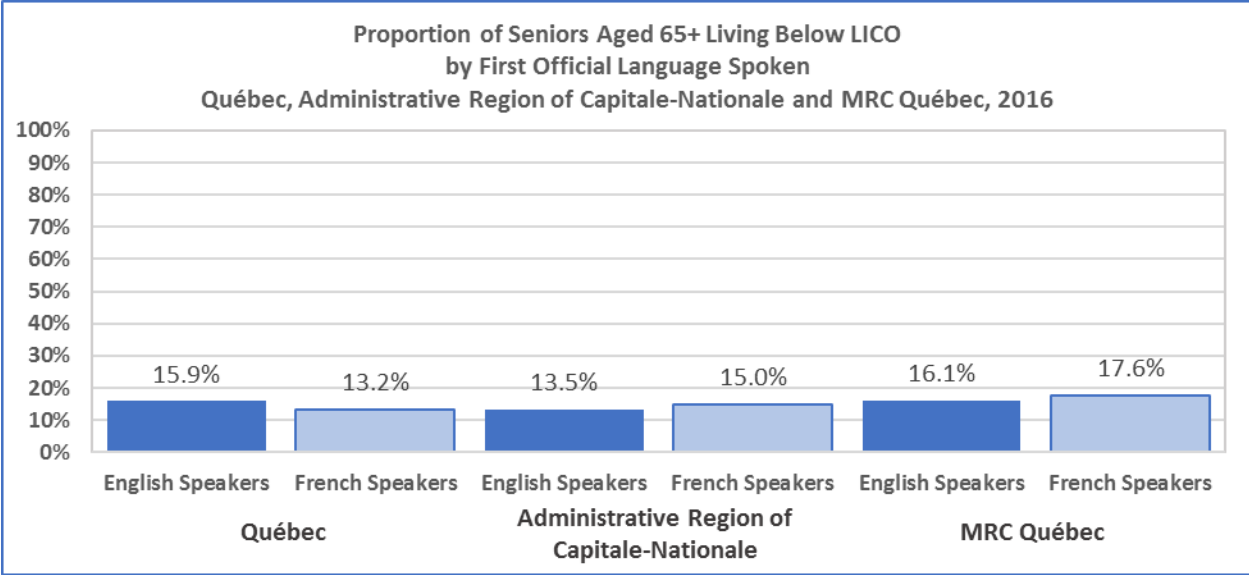
*Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French. The percentages given here compare the number below LICO in a given age group with the total number in that age group as presented in 'Table 2 - Age Structure of the Population' of this document.*

<sup>7</sup> See “Low income cut-offs” (dated 2015-11-2) <https://www.statcan.gc.ca/pub/75f0002m/2012002/lico-sfr-eng.htm> for explanation of how LICOs are calculated.



### Population living below the low-income cut-off (LICO)

- Across Québec, there were 195,300 English speakers living below LICO. This group accounts for 17.8% of the English-speaking population. The proportion of English speakers living below LICO is much higher than the proportion in the French-speaking majority population in Quebec.
- In 2016, there were 2,545 English speakers living below LICO in the Capitale-Nationale region, where they represent 17.9% of the regional English-speaking population. The proportion of those living below LICO in the regional English-speaking population is much higher than the proportion found in the regional French-speaking majority population. This English-speaking regional proportion in Capitale-Nationale is similar to the proportion for Quebec's English speakers in general.
- In MRC Québec, we find 2,365 English speakers living below LICO, where they represent 20.3% of the English-speaking population. This level is much higher than the proportion for the French-speaking majority population in the same territory. The proportion of those living below LICO in the territory's English-speaking population is higher than the proportion for English speakers across Capitale-Nationale.



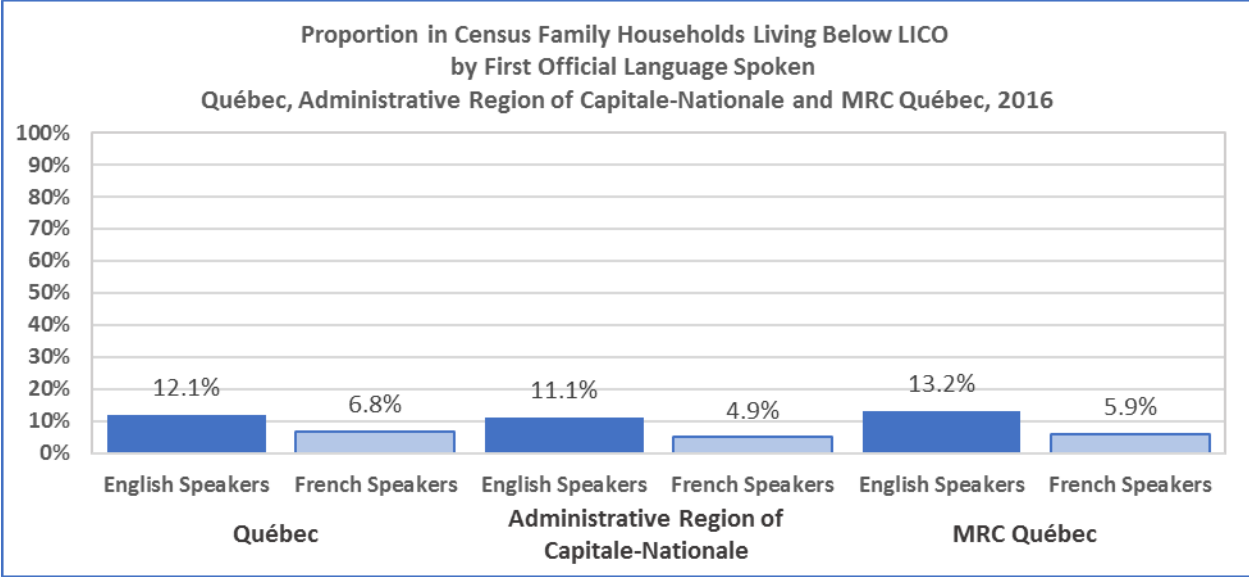
**Seniors (65+) Living below the low-income cut-off (LICO)**

- Across Québec, there were 25,445 English-speaking seniors living below LICO. This group represents 15.9% of the English-speaking senior population. The proportion of English-speaking seniors living below LICO is much higher than the proportion of seniors living below LICO in the French-speaking majority population in Quebec.
- In 2016, there were 290 English-speaking seniors living below LICO in the Capitale-Nationale region where they account for 13.5% of the regional English-speaking senior population. The proportion of those seniors living below LICO in the regional English-speaking senior population is lower than the proportion in the regional French-speaking majority senior population. This proportion is lower than that experienced by English-speaking seniors across the province.
- In MRC Québec, we find 265 English-speaking seniors living below LICO where they represent 16.1% of the English-speaking senior population. This is lower than the proportion experienced by the French-speaking majority senior population living below LICO in the same territory. The proportion of seniors living below LICO in the territory's English-speaking population is higher than the level displayed by English-speaking seniors across the Capitale-Nationale region.

**Table 6 - Population Living Below LICO, by Household Living Arrangements**

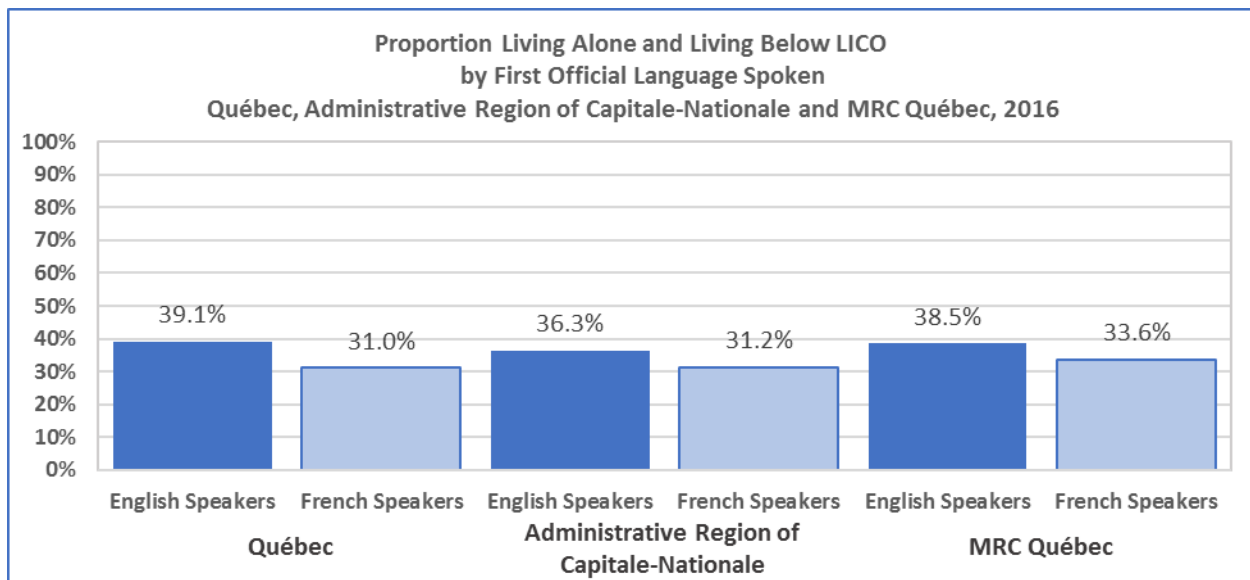
Population Living Below the Low-Income Cut-off Level, by Household Living Arrangements	Québec		Administrative Region of Capitale-Nationale		MRC Québec	
	English	French	English	French	English	French
Total - Household living arrangements	195,300	811,110	2,545	77,365	2,365	70,910
Total persons in census family households	107,000	371,305	1,205	26,560	1,150	24,215
Persons in two-parent households	72,245	213,605	835	15,465	790	14,150
Persons in single-parent households	34,755	157,700	375	11,095	360	10,070
Total persons in non-census family households	88,300	439,810	1,335	50,805	1,215	46,695
Living with relatives	4,950	15,720	45	1,370	50	1,265
Living with non-relatives only	25,910	107,000	400	12,550	360	11,855
Living alone	57,435	317,095	885	36,885	805	33,570
<b>Proportion of those below LICO, by household living arrangements</b>						
Total - Household living arrangements	17.8%	11.9%	17.9%	11.2%	20.3%	13.1%
Total persons in census family households	12.1%	6.8%	11.1%	4.9%	13.2%	5.9%
Persons in two-parent households	9.6%	4.6%	8.8%	3.3%	10.5%	4.0%
Persons in single-parent households	25.5%	19.6%	29.2%	15.9%	30.4%	17.9%
Total persons in non-census family households	41.8%	32.5%	39.4%	33.2%	41.2%	35.9%
Living with relatives	21.1%	13.5%	22.5%	13.7%	27.8%	16.0%
Living with non-relatives only	63.3%	50.2%	54.1%	50.6%	53.3%	53.1%
Living alone	39.1%	31.0%	36.3%	31.2%	38.5%	33.6%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French. The percentages given here compare the number below LICO in a given household living arrangement with the total number in that arrangement as presented in "Table 4 - Household Living Arrangements" in this document.



**Persons in Census Family Households living below the low-income cut-off (LICO)**

- Across Québec, there were 107,000 English-speaking persons in census family households living below LICO. This group represents 12.1% of the English-speaking population in census family households. The proportion of English-speaking persons in census family households living below LICO is much higher than the proportion found in the French-speaking majority population in Quebec living below LICO in census family households.
- In 2016, there were 1,205 English-speaking persons in census family households living below LICO in the Capitale-Nationale region, where they represent 11.1% of the regional English-speaking population. The proportion of persons in census family households living below LICO in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. The proportion in the regional English-speaking population is lower than that found in the provincial English-speaking population.
- In MRC Québec, we find 1,150 English-speaking persons in census family households living below LICO, where they account for 13.2% of the English-speaking population. This level is much higher than the proportion experienced by the French-speaking majority population in the same territory. The proportion of those persons in census family households living below LICO in the territory's English-speaking population is higher than the proportion found in the English-speaking population of the Capitale-Nationale region.



### Persons living alone and living below the low-income cut-off (LICO)

- Across Québec, there were 57,435 English-speaking persons living alone and below LICO. This group represents 39.1% of the English-speaking population living alone. The proportion of English speaking persons living alone and below LICO is much higher than that found in the French-speaking majority population in Quebec living alone.
- In 2016, there were 885 English-speaking persons living alone and below LICO in the Capitale-Nationale region where they account for 36.3% of the regional English-speaking population living alone. The proportion of those persons living alone and below LICO in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is lower than that experienced by the provincial English-speaking population.
- In MRC Québec, we find 805 English-speaking persons living alone and below LICO where they represent 38.5% of the English-speaking population living alone. This is higher than the proportion experienced by the French-speaking majority population living alone in the same territory. The proportion of those persons living alone and below LICO in the territory's English-speaking population is higher than the proportion experienced by English speakers across the Capitale-Nationale region.



## Highest Educational Attainment

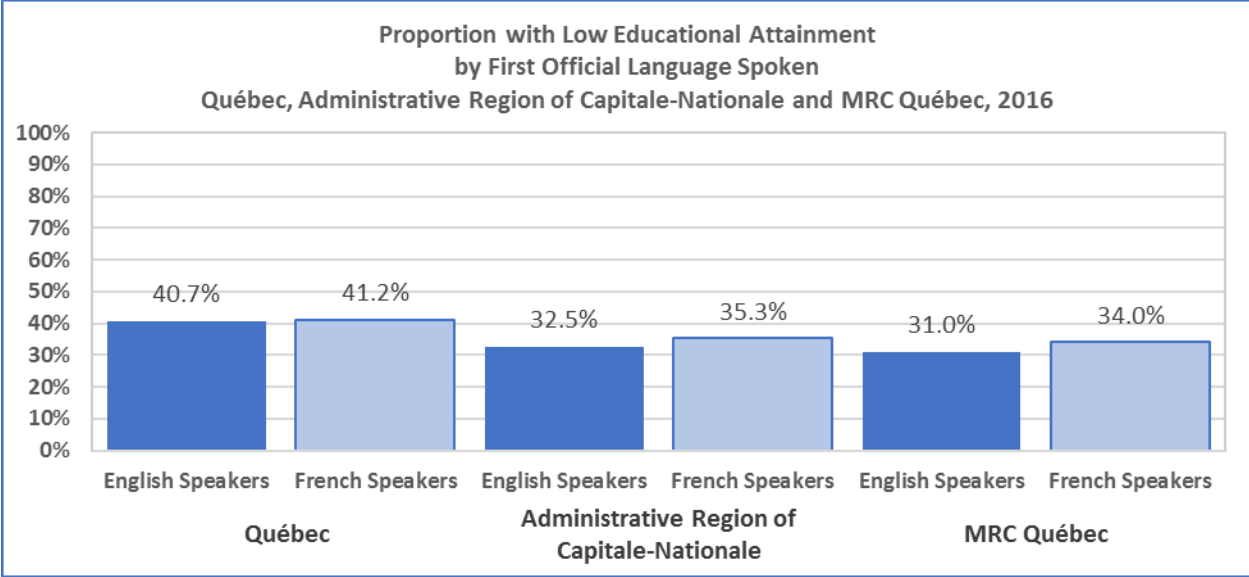
In many ways, education is an important determinant of the health status of a community. In Canada, the level of education achieved by an individual tends to be an indicator of social status, and ideally, a predictor of economic opportunity. The overall level of health literacy and preventative health practice enjoyed by a community also tends to be associated with the years of schooling by those included among its members<sup>8</sup>.

**Table 7 - Highest Educational Certification, for Selected Age Groups**

Total Population by Highest Educational Certification		Québec		Administrative Region of Capitale-Nationale		MRC Québec	
		English	French	English	French	English	French
Total	Total	932,840	5,652,215	12,580	586,100	10,400	460,540
	25-44 years	320,930	1,728,440	4,730	181,375	4,125	142,800
	45-64 years	305,775	1,995,460	3,790	199,745	3,015	153,670
High school diploma or less	Total	380,050	2,328,625	4,090	206,615	3,220	156,480
	25-44 years	84,680	412,620	945	32,260	795	24,295
	45-64 years	116,390	758,965	920	63,175	660	45,870
Apprenticeship or trades certificate or diploma	Total	85,385	1,033,655	1,280	101,295	940	72,755
	25-44 years	31,555	392,520	520	38,510	395	26,915
	45-64 years	31,920	409,675	500	39,405	365	28,165
College, CEGEP or other non-university certificate or diploma	Total	164,800	998,740	1,960	119,165	1,545	95,345
	25-44 years	58,180	349,000	625	41,790	495	32,560
	45-64 years	57,415	366,790	645	42,650	500	33,565
University certificate or diploma below bachelor level	Total	26,805	208,520	425	21,970	345	17,965
	25-44 years	9,560	64,660	155	6,080	125	4,955
	45-64 years	10,795	81,355	125	8,140	100	6,555
University certificate, diploma or degree at bachelor level or above	Total	275,800	1,082,680	4,820	137,055	4,350	118,000
	25-44 years	136,960	509,640	2,485	62,735	2,310	54,080
	45-64 years	89,255	378,675	1,600	46,375	1,395	39,515
High school diploma or less	Total	40.7%	41.2%	32.5%	35.3%	31.0%	34.0%
	25-44 years	26.4%	23.9%	20.0%	17.8%	19.3%	17.0%
	45-64 years	38.1%	38.0%	24.3%	31.6%	21.9%	29.8%
Apprenticeship or trades certificate or diploma	Total	9.2%	18.3%	10.2%	17.3%	9.0%	15.8%
	25-44 years	9.8%	22.7%	11.0%	21.2%	9.6%	18.8%
	45-64 years	10.4%	20.5%	13.2%	19.7%	12.1%	18.3%
College, CEGEP or other non-university certificate or diploma	Total	17.7%	17.7%	15.6%	20.3%	14.9%	20.7%
	25-44 years	18.1%	20.2%	13.2%	23.0%	12.0%	22.8%
	45-64 years	18.8%	18.4%	17.0%	21.4%	16.6%	21.8%
University certificate or diploma below bachelor level	Total	2.9%	3.7%	3.4%	3.7%	3.3%	3.9%
	25-44 years	3.0%	3.7%	3.3%	3.4%	3.0%	3.5%
	45-64 years	3.5%	4.1%	3.3%	4.1%	3.3%	4.3%
University certificate, diploma or degree at bachelor level or above	Total	29.6%	19.2%	38.3%	23.4%	41.8%	25.6%
	25-44 years	42.7%	29.5%	52.5%	34.6%	56.0%	37.9%
	45-64 years	29.2%	19.0%	42.2%	23.2%	46.3%	25.7%

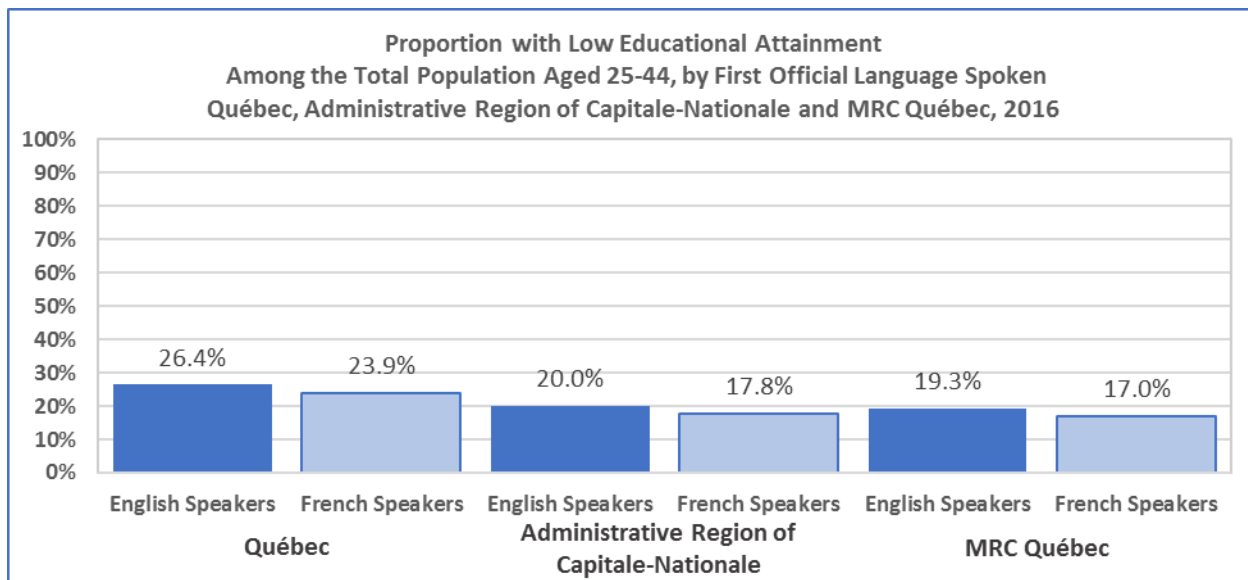
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

<sup>8</sup> For further discussion of education as a health determinant and the Population Health Model see J. Carter, *A Community Guide to the Population Health Approach*. Community Health and Social Services Network (CHSSN), [www.chssn.org](http://www.chssn.org), March 2003. See Also, D. Raphael. (ed.) (2009) *Social Determinants of Health: Canadian Perspectives*, 2<sup>nd</sup> edition. Toronto: Canadian Scholar's Press.



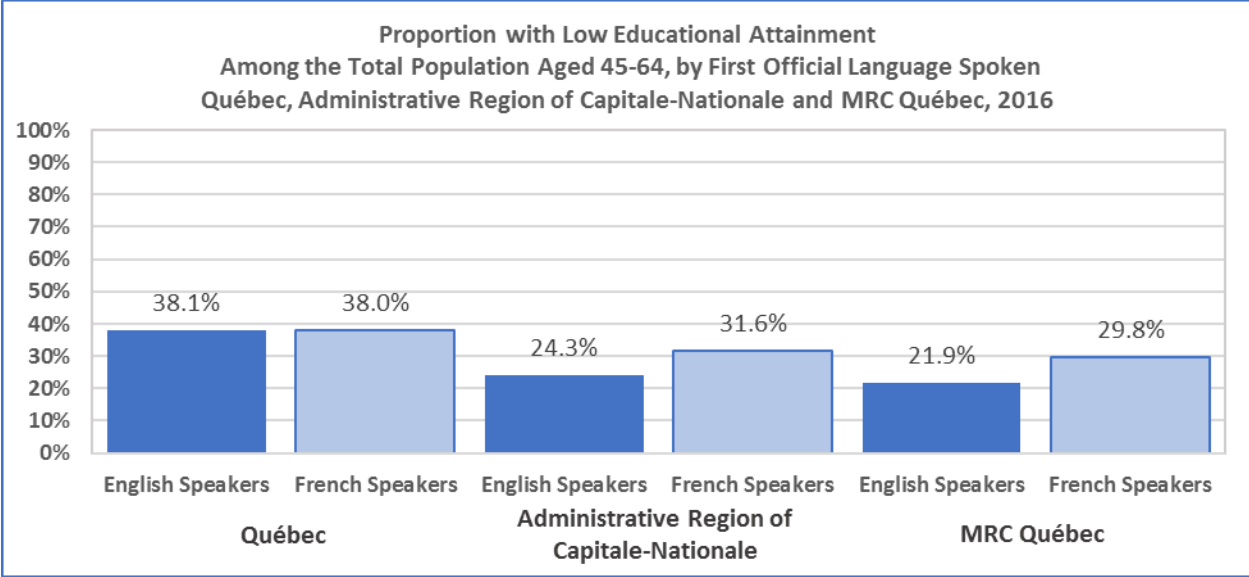
**Population aged 15+, high school diploma or less**

- Across Québec, there were 380,050 English speakers aged 15 and over with a high school diploma or less. This group accounts for 40.7% of the English-speaking population aged 15 and over. The proportion of English speakers aged 15 and over with a high school diploma or less is similar to the level found in the French-speaking majority population aged 15 and over in Quebec.
- In 2016, there were 4,090 English speakers aged 15 and over with a high school diploma or less in the Capitale-Nationale region where they account for 32.5% of the regional English-speaking population aged 15 and over. The proportion of those aged 15 and over with a high school diploma or less in the regional English-speaking population is lower than the proportion in the regional French-speaking majority population. The level for the English-speaking regional proportion is much lower than that exhibited by English speakers across the province.
- In MRC Québec, we find 3,220 English speakers aged 15 and over with a high school diploma or less where they represent 31.0% of the English-speaking population aged 15 and over. This level is lower than the proportion exhibited by the French-speaking majority population aged 15 and over in the same territory. The proportion of those aged 15 and over with a high school diploma or less in the English-speaking population is similar to the proportion exhibited by the English speakers across the Capitale-Nationale region.



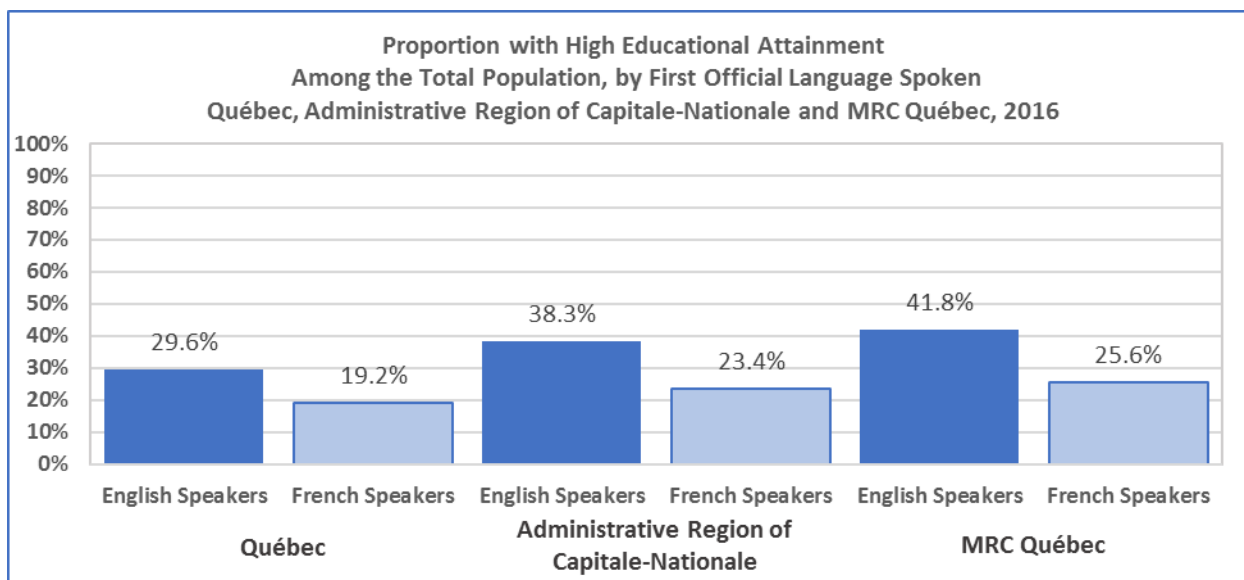
### Population 25-44, high school diploma or less

- Across Québec, there were 84,680 English speakers aged 25-44 with a high school diploma or less. This group represents 26.4% of the English-speaking population aged 25 to 44. The proportion of English speakers aged 25-44 with a high school diploma or less is higher than that found in the French-speaking majority population in Quebec in the same age cohort.
- In 2016, there were 945 English speakers aged 25-44 with a high school diploma or less in the Capitale-Nationale region where they account for 20.0% of the regional English-speaking population. The proportion of those aged 25-44 with a high school diploma or less in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population in that age group. This proportion is much lower than that exhibited by English speakers across the province in the same age cohort.
- In MRC Québec, we find 795 English speakers aged 25-44 with a high school diploma or less where they comprise 19.3% of the English-speaking 25-44 cohort. This is higher than the proportion in the French-speaking majority 25-44 cohort in the same territory. The proportion of those aged 25-44 with a high school diploma or less in the territory's English-speaking population is similar to the proportion exhibited by English speakers across the Capitale-Nationale region.



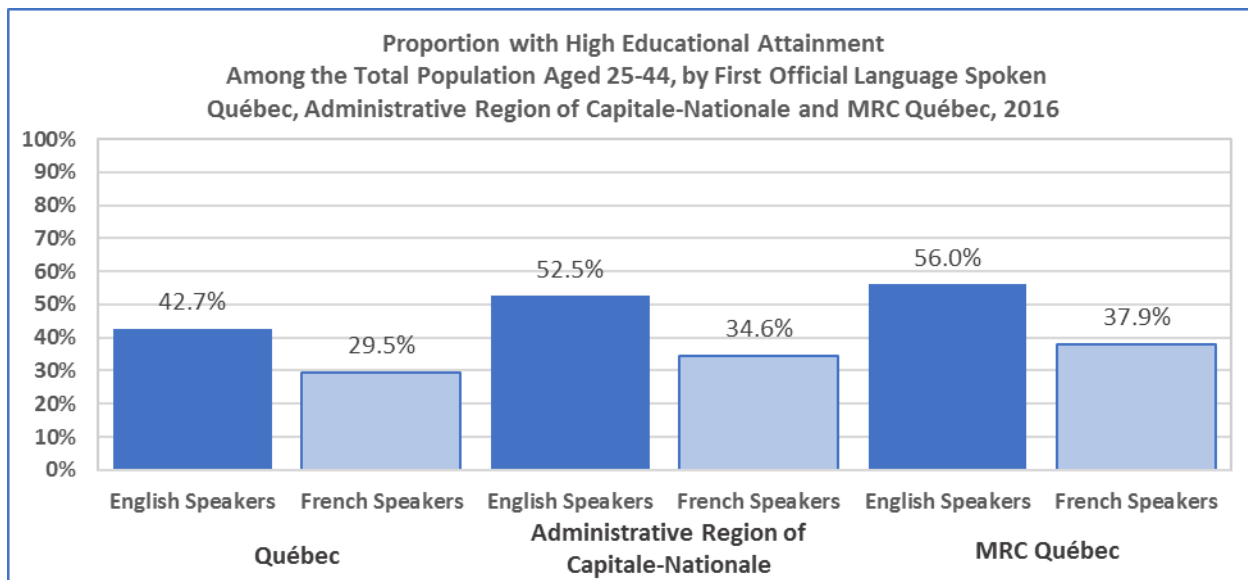
**Population 45-64, high school diploma or less**

- In Québec in 2016, there were 116,390 English-speaking aged 45-64 with a high school diploma or less. This group represents 38.1% of the English-speaking population. The proportion of English speakers aged 45-64 with a high school diploma or less is similar to that found in the same age cohort in the French-speaking majority population in Quebec.
- In 2016, there were 920 English speakers aged 45-64 with a high school diploma or less in the Capitale-Nationale region where they account for 24.3% of the regional English-speaking population. The proportion of those aged 45-64 with a high school diploma or less in the regional English-speaking population is much lower than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much lower than that exhibited by the province's English speakers.
- In MRC Québec, we find 660 English speakers aged 45-64 with a high school diploma or less where they comprise 21.9% of the English-speaking population. This is much lower than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 45-64 with a high school diploma or less in the territory's English-speaking population is lower than the proportion exhibited by English speakers across the region.



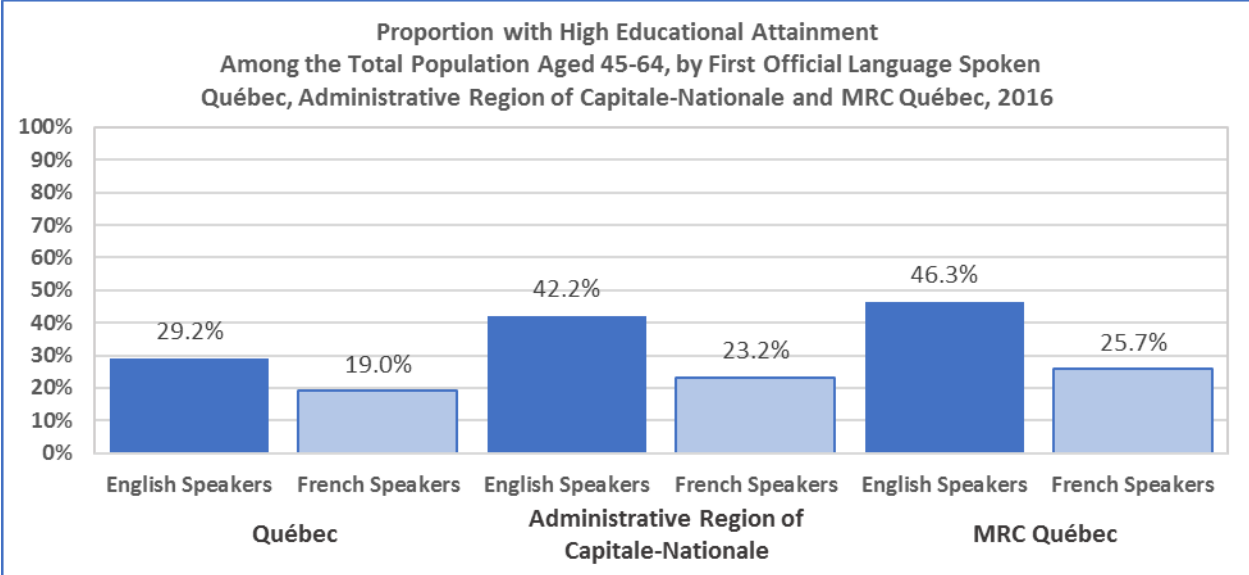
### Population aged 15+, university degree or higher

- In Québec in 2016, there were 275,800 English-speaking aged 15 and over with a university degree or higher. This group represents 29.6% of the English-speaking population. The proportion of English speakers aged 15 and over with a university degree or higher is much higher than that found in the same age cohort in the French-speaking majority population in Québec.
- In 2016, there were 4,820 English speakers aged 15 and over with a university degree or higher in the Capitale-Nationale region where they account for 38.3% of the regional English-speaking population. The proportion of those aged 15 and over with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much higher than that exhibited by the province's English speakers.
- In MRC Québec, we find 4,350 English speakers aged 15 and over with a university degree or higher where they represent 41.8% of the English-speaking population. This is much higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 15 and over with a university degree or higher in the territory's English-speaking population is higher than the proportion exhibited by English speakers across the region.



### Population 25-44, university degree or higher

- In Québec in 2016, there were 136,960 English speakers aged 25-44 with a university degree or higher. This group accounts for 42.7% of the English-speaking population. The proportion of English speakers aged 25-44 with a university degree or higher is much higher than that found in the same age cohort in the French-speaking majority population in Québec.
- In 2016, there were 2,485 English speakers aged 25-44 with a university degree or higher in the Capitale-Nationale where they represent 52.5% of the regional English-speaking population. The proportion of those aged 25-44 with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much higher than that exhibited by the province's English speakers.
- In MRC Québec, we find 2,310 English speakers aged 25-44 with a university degree or higher where they comprise 56.0% of the English-speaking population. This is much higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 25-44 with a university degree or higher in the territory's English-speaking population is higher than the proportion exhibited by English speakers across the region.



**Population 45-64, university degree or higher**

- In Québec in 2016, there were 89,255 English speakers aged 45-64 with a university degree or higher. This group represents 29.2% of the English-speaking population. The proportion of English speakers aged 45-64 with a university degree or higher is much higher than that found in the same age cohort in the French-speaking majority population in Quebec.
- In 2016, there were 1,600 English speakers aged 45-64 with a university degree or higher in the Capitale-Nationale region where they represent 42.2% of the regional English-speaking population. The proportion of those aged 45-64 with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much higher than that exhibited by the province's English speakers.
- In MRC Québec, we find 1,395 English speakers aged 45-64 with a university degree or higher where they comprise 46.3% of the English-speaking population. This level is much higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 45-64 with a university degree or higher in the territory's English-speaking population is higher than the proportion exhibited by English speakers across the region.

## Labour Force Activity

The rate and type of labour force participation experienced by a community and its members is strongly associated with health status. In industrial nations like Canada, labour force activity is linked with level of income as well as the level of social integration enjoyed by a group.

Employment is an important source of social identity and a key context for the establishment of a social support network that extends beyond the workplace. For an individual, work is an important source of the self-esteem and sense of control typically associated with good mental health.<sup>9</sup>

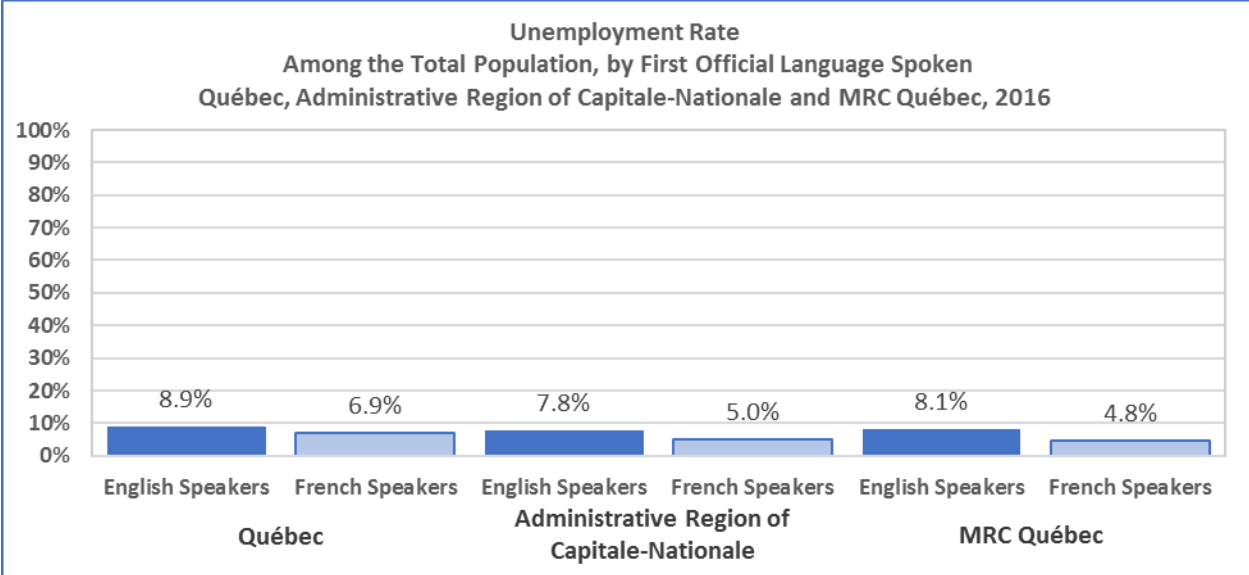
**Table 8 - Labour Force Activity**

Total Population by Labour Force Activity	Québec		Administrative Region of Capitale-Nationale		MRC Québec	
	English	French	English	French	English	French
Total - Labour force activity	932,840	5,652,215	12,585	586,100	10,400	460,540
In the labour force	608,050	3,636,980	8,560	383,300	7,165	300,895
Employed	553,945	3,386,575	7,890	364,290	6,590	286,475
Unemployed	54,105	250,410	670	19,010	580	14,415
Out of the labour force	324,790	2,015,230	4,025	202,800	3,230	159,645
Total - Labour force activity	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
In the labour force	65.2%	64.3%	68.0%	65.4%	68.9%	65.3%
Employed	91.1%	93.1%	92.2%	95.0%	92.0%	95.2%
Unemployed	8.9%	6.9%	7.8%	5.0%	8.1%	4.8%
Out of the labour force	34.8%	35.7%	32.0%	34.6%	31.1%	34.7%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

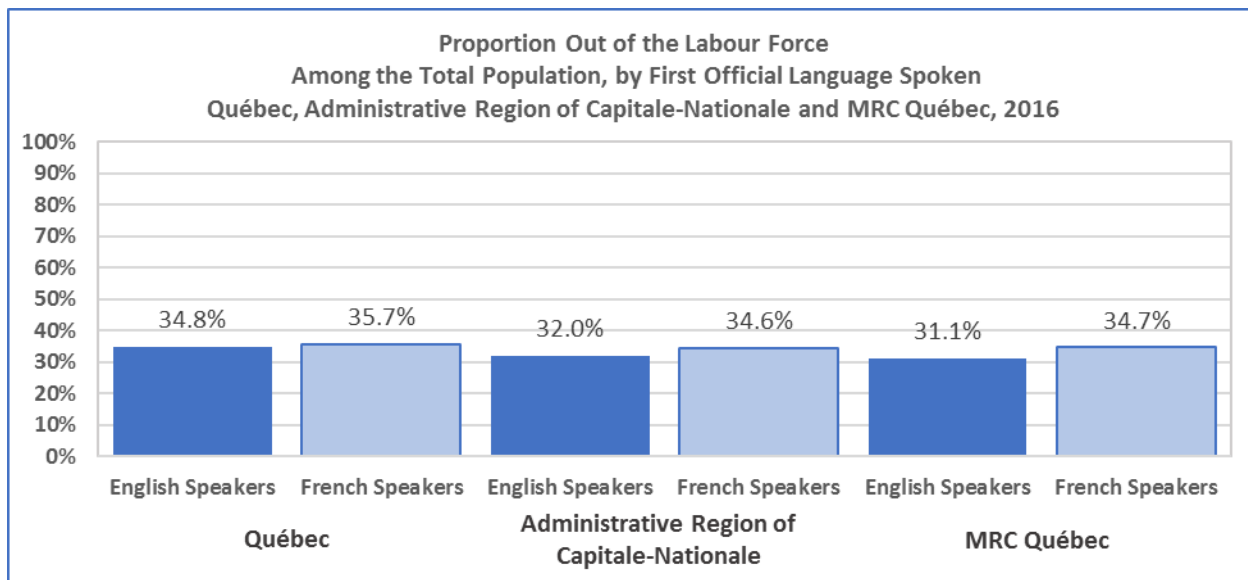
<sup>9</sup> For further discussion of employment and working conditions as health determinants and the Population Health Model see J. Carter, A Community Guide to the Population Health Approach, Community Health and Social Services Network (CHSSN), [www.chssn.org](http://www.chssn.org), March 2003. See also D. Raphael (ed.) (2009) Social Determinants of Health: Canadian Perspectives, 2<sup>nd</sup> Edition. Toronto: Canadian Scholar's Press.





**Unemployed**

- Across Québec in 2016, there were 54,105 English speakers who were unemployed resulting in an unemployment rate of 8.9%. The unemployment rate of Quebec's English speakers was much higher than the unemployment rate of the French-speaking majority.
- In 2016, there were 670 unemployed English speakers in the Capitale-Nationale region where they experienced an unemployment rate of 7.8%. The unemployment rate of the regional English-speaking population was much higher than the unemployment rate in the regional French-speaking majority population. Their unemployment rate was lower than that experienced by the provincial English-speaking population.
- In MRC Québec, we find 580 unemployed English speakers resulting in an unemployment rate of 8.1%. This is much higher than the unemployment rate experienced by the French-speaking majority population in the same territory. The unemployment rate of the English-speaking population is similar to the unemployment rate experienced by English speakers across the Administrative Region of Capitale-Nationale.



### Out of the labour force<sup>10</sup>

- Across Québec in 2016, there were 324,790 English speakers out of the labour force in 2016. This group represents 34.8% of the English-speaking population aged 15+. The proportion of English speakers out of the labour force is similar to that found in the French-speaking majority population in Quebec aged 15 and over.
- In 2016, there were 4,025 English speakers out of the labour force in the Capitale-Nationale region where they comprise 32.0% of the regional English-speaking population aged 15+. The proportion of those out of the labour force in the regional English-speaking population is lower than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is lower than that exhibited by the provincial English-speaking population.
- In MRC Québec, we find 3,230 English speakers out of the labour force where they account for 31.1% of the English-speaking population. This is lower than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those out of the labour force in the territory's English-speaking population is similar to the proportion exhibited by English speakers across the Capitale-Nationale region.

<sup>10</sup> The Statistics Canada category “[out of the labour force](#)” refers to persons 15 years and over, excluding institutional residents, who were neither employed nor unemployed during the week of Sunday May 1 to Saturday May 7, 2011. It includes students, homemakers, retired workers, and seasonal workers in an “off” season who were not looking for work because of a long-term illness or disability. (<http://www12.statcan.gc.ca/nhs-enm/2011/ref/dict/99-000-x2011001-eng.pdf>)

**Appendix A – English speakers and French speakers by Administrative Region and MRC<sup>11</sup>**

Number and Proportion of English and French Speakers Administrative Region of Capitale-Nationale and its MRC's, 2016				
Geography	Total Population	French Speakers	English Speakers	Proportion of English Speakers
Administrative Region of Capitale-Nationale	709,325	693,190	14,205	2.0%
MRC Charlevoix-Est	15,180	15,080	80	0.5%
MRC Charlevoix	12,530	12,465	55	0.4%
MRC L'Île-d'Orléans	6,965	6,840	110	1.6%
MRC La Côte-de-Beaupré	27,410	27,135	270	1.0%
MRC La Jacques-Cartier	42,970	41,555	1,400	3.3%
MRC Québec	552,915	539,410	11,675	2.1%
MRC Portneuf	51,365	50,705	620	1.2%

*Source: J.Pocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.*

<sup>11</sup> Baseline Data Reports are only available for those MRC territories with at least 250 English speakers. This table nonetheless lists all MRC territories in a given administrative region.

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