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# **DEMOGRAPHIC PROFILE OF THE ENGLISH-SPEAKING COMMUNITIES ADMINISTRATIVE REGION OF CÔTE-NORD & MRC LE GOLFE-DU-SAINT-LAURENT**

**BASED ON THE 2016 CENSUS OF CANADA**

## **MRC Profile Series**

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for the  
Community Health and Social Services Network (CHSSN)  
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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

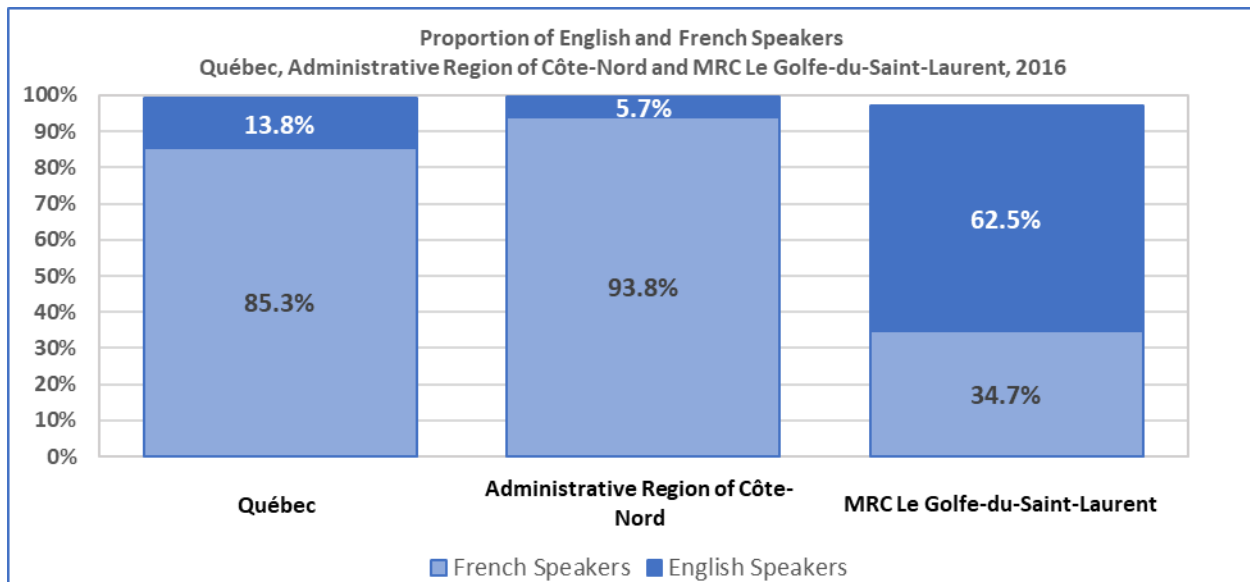
Quebec’s English speakers form one of Canada’s official language minority groups. Studies have confirmed that language barriers affect access and quality of care for linguistic minority communities. Obstacles to communication can reduce recourse to preventative services; increase consultation time including 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 Côte-Nord	MRC Le Golfe-du-Saint-Laurent
FOLS - English speakers	number	1,097,925	5,175	2,905
	percentage	13.8%	5.7%	62.5%
FOLS - French speakers	number	6,795,280	85,085	1,610
	percentage	85.3%	93.8%	34.7%
Total population	number	7,965,450	90,680	4,645
	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 5,175 English speakers living in the Côte-Nord region where they represented 5.7% of the population. This share is much lower than the overall provincial share for English speakers.
- In MRC Le Golfe-du-Saint-Laurent, we find 2,905 English speakers where they represented 62.5% of the population. This proportion is much higher than that represented by English speakers across the Côte-Nord territory.



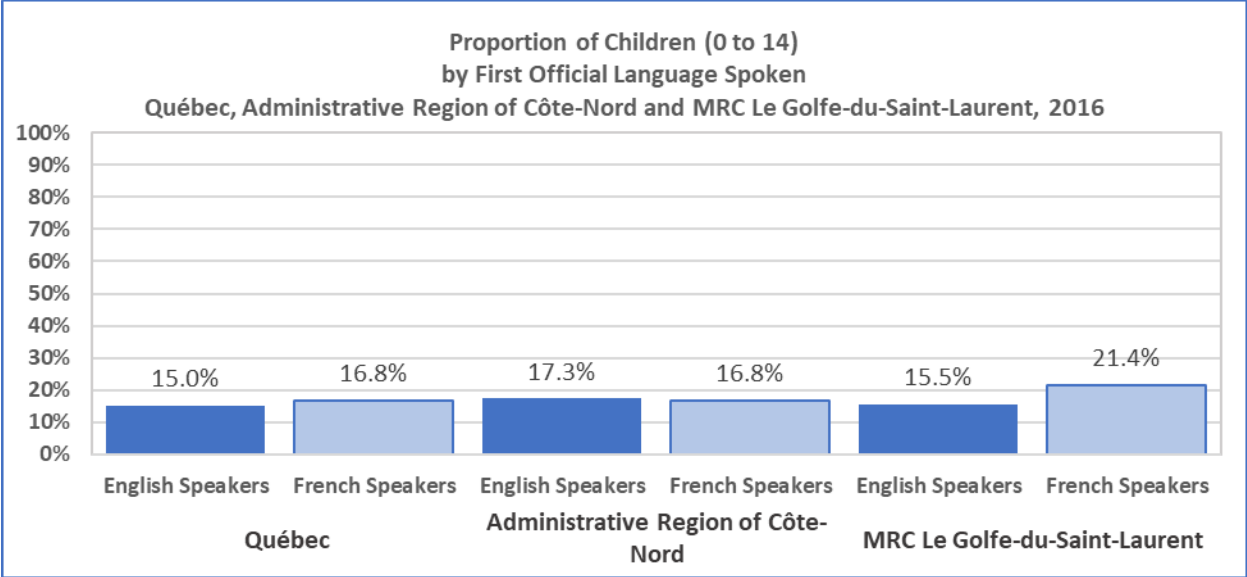
## Age Structure

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**

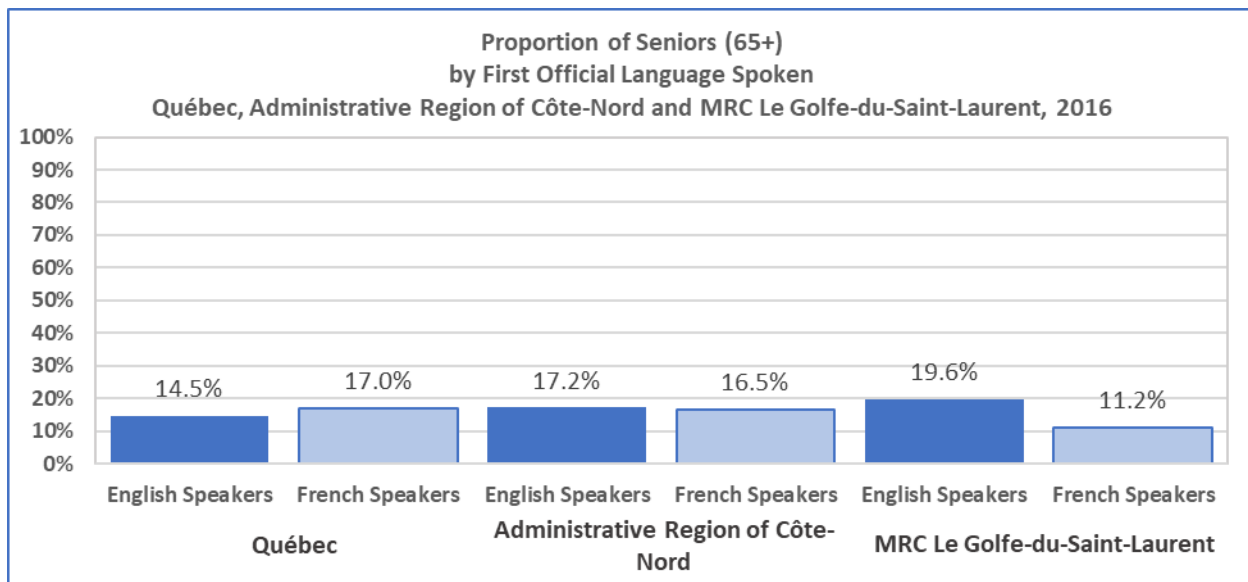
Age Structure of the Population	Québec		Administrative Region of Côte-Nord		MRC Le Golfe-du-Saint-Laurent	
	English	French	English	French	English	French
Total - Age groups	1,097,925	6,795,280	5,175	85,085	2,905	1,610
0-14 years	165,085	1,143,060	895	14,325	450	345
15-24 years	146,460	776,310	680	9,230	315	230
25-44 years	320,930	1,728,440	1,135	20,005	565	385
45-64 years	305,775	1,995,460	1,575	27,525	1,005	470
65+ years	159,670	1,152,005	890	14,005	570	180
Total - Age groups	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
0-14 years	15.0%	16.8%	17.3%	16.8%	15.5%	21.4%
15-24 years	13.3%	11.4%	13.1%	10.8%	10.8%	14.3%
25-44 years	29.2%	25.4%	21.9%	23.5%	19.4%	23.9%
45-64 years	27.9%	29.4%	30.4%	32.4%	34.6%	29.2%
65+ years	14.5%	17.0%	17.2%	16.5%	19.6%	11.2%

*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 895 English-speaking children aged 0-14 living in Côte-Nord where they account for 17.3% of the population. The proportion of children in the regional English-speaking population is similar to their proportion in the regional French-speaking majority population. This proportion is higher than the level for English-speaking children across the province.
- In MRC Le Golfe-du-Saint-Laurent, we find 450 English-speaking children aged 0-14 where they represent 15.5% of the population. This share is lower than that exhibited by English-speaking children across the Côte-Nord region. The proportion of children in the territory's English-speaking population is much lower than the share in the MRC Le Golfe-du-Saint-Laurent 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 890 English-speaking seniors aged 65+ living in the Côte-Nord region where they accounted for 17.2% of the population. This share is higher than that of English-speaking seniors across the province. The proportion of seniors in the regional English-speaking population is similar to the proportion in the French-speaking majority population.
- In MRC Le Golfe-du-Saint-Laurent, we find 570 English-speaking seniors aged 65+ where they account for 19.6% of the population. This share is higher than that of English-speaking seniors across the Côte-Nord region. The proportion of seniors in the English-speaking population is much higher than the proportion in the French-speaking majority population in the MRC Le Golfe-du-Saint-Laurent French-speaking majority population.

## 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>.

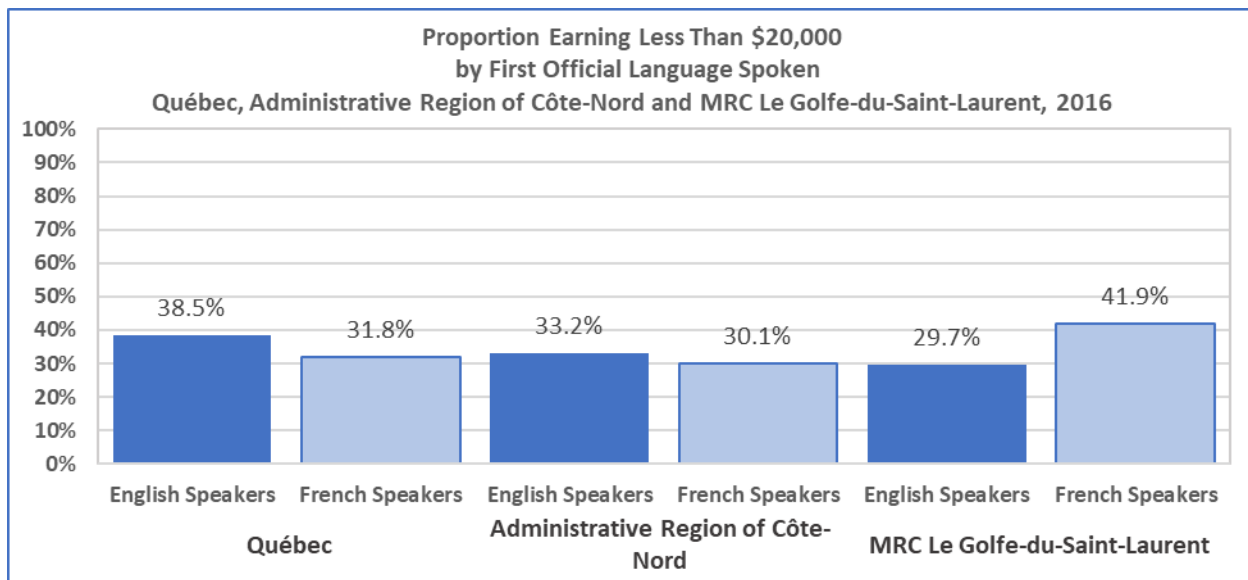
**Table 3 - Income**

Population by Income Group	Québec		Administrative Region of Côte-Nord		MRC Le Golfe-du-Saint- Laurent	
	English	French	English	French	English	French
Total Population 15+	932,835	5,652,215	4,280	70,765	2,455	1,265
Less than \$20,000	359,020	1,799,170	1,420	21,310	730	530
\$20,000 - \$49,999	328,605	2,235,010	1,750	27,125	1,120	440
\$50,000 +	245,210	1,618,025	1,110	22,315	610	280
Total Population 15+	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Less than \$20,000	38.5%	31.8%	33.2%	30.1%	29.7%	41.9%
\$20,000 - \$49,999	35.2%	39.5%	40.9%	38.3%	45.6%	34.8%
\$50,000 +	26.3%	28.6%	25.9%	31.5%	24.8%	22.1%

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.

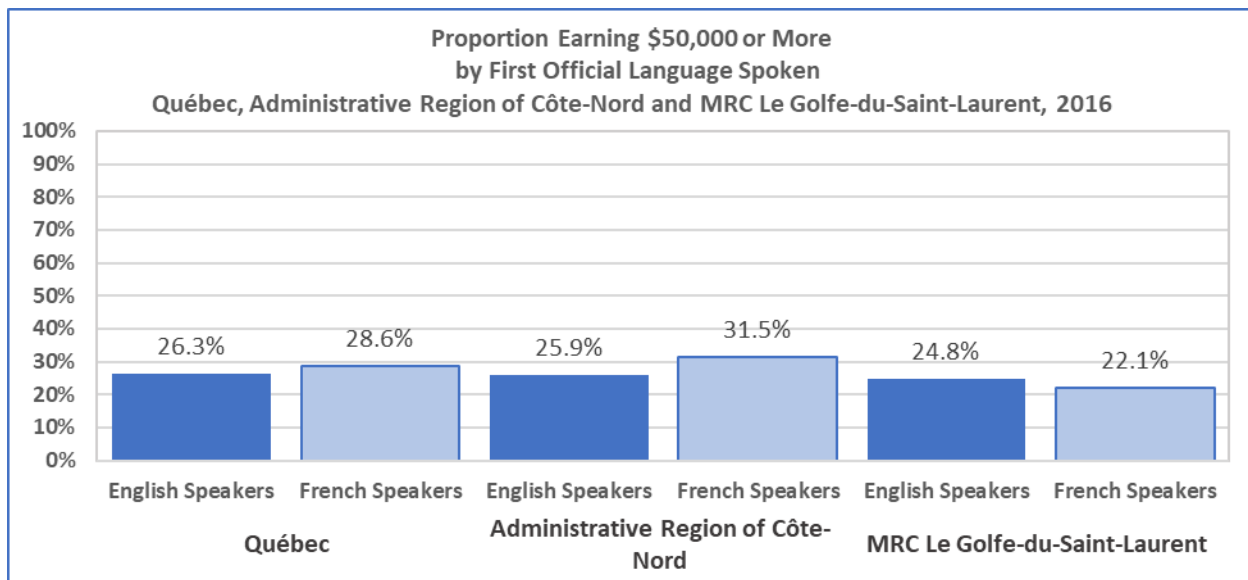
<sup>3</sup> Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> Accessed March 2014.

<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 1,420 English speakers aged 15+ with income under \$20k in the Côte-Nord region where they represent 33.2% 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 higher than the proportion in the French-speaking majority population.
- In MRC Le Golfe-du-Saint-Laurent, we find 730 English speakers aged 15+ with income under \$20k where they account for 29.7% of the population. This share is lower than that experienced by English speakers across Administrative Region of Côte-Nord. The proportion of those with income under \$20k in the territory's English-speaking population is much lower than the proportion for the French-speaking majority population in MRC Le Golfe-du-Saint-Laurent.



### 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 Québec.
- In 2016, there were 1,110 English speakers aged 15+ with a total income of \$50k or more living in the Côte-Nord region, where they represented 25.9% of the population. This proportion was similar to the proportion of English-speaking high earners across the province. The proportion of high earners in the regional English-speaking population is lower than the share of high earners in the French-speaking majority population in the region.
- In MRC Le Golfe-du-Saint-Laurent, we find 610 English-speaking high earners aged 15+, where they represent 24.8% of the population. This share is similar to that experienced by English-speaking high earners across the Côte-Nord region. The proportion of high earners in the territory's English-speaking population is higher than the proportion of high earners in the territory's French-speaking majority population.

## Household Living Arrangements

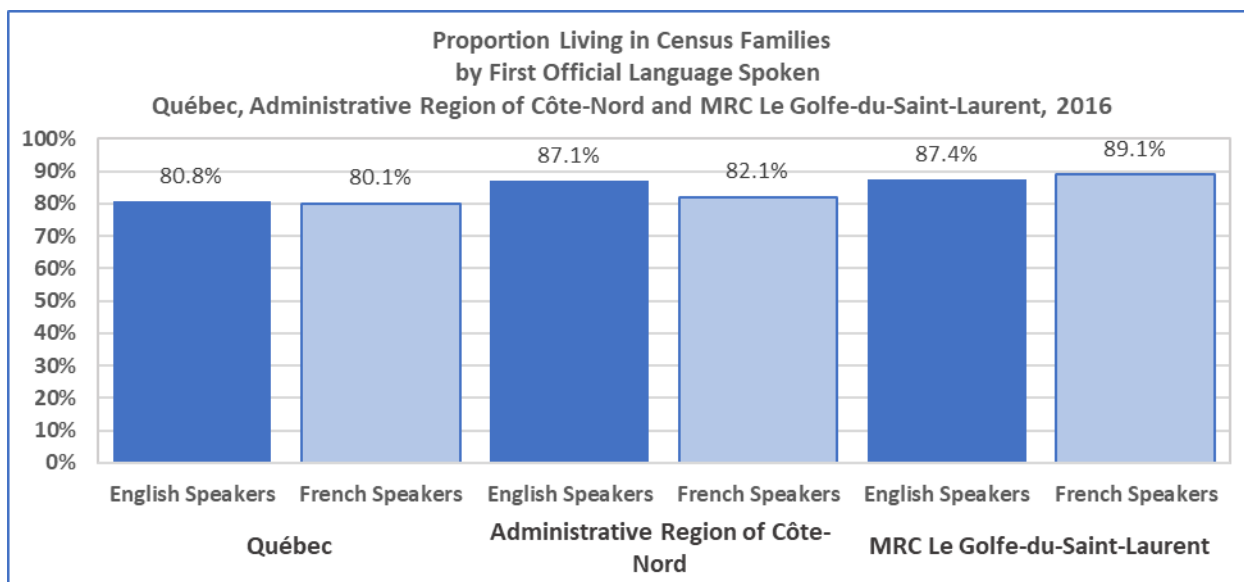
Household living arrangements may be used as an indicator of groups within a population who are vulnerable to a poor health status. For example, the Quebec Social and Health Survey (1998) revealed that parents of minors living in lone parent households were more likely to report food insecurity, high 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 Côte-Nord		MRC Le Golfe-du-Saint- Laurent	
	English	French	English	French	English	French
Total - Household living arrangements	1,097,925	6,795,280	5,175	85,085	2,905	1,610
Total persons in census family households	886,705	5,443,560	4,505	69,850	2,540	1,435
Persons in two-parent households	750,650	4,640,895	3,795	59,025	2,250	1,140
Persons in single-parent households	136,050	802,660	705	10,830	290	295
Total persons in non-census family households	211,215	1,351,720	670	15,235	360	175
Living with relatives	23,435	116,660	100	1,640	50	75
Living with non-relatives only	40,935	213,270	105	1,680	60	15
Living alone	146,855	1,021,795	465	11,920	255	85
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%	87.1%	82.1%	87.4%	89.1%
Persons in two-parent households	68.4%	68.3%	73.3%	69.4%	77.5%	70.8%
Persons in single-parent households	12.4%	11.8%	13.6%	12.7%	10.0%	18.3%
Total persons in non-census family households	19.2%	19.9%	12.9%	17.9%	12.4%	10.9%
Living with relatives	2.1%	1.7%	1.9%	1.9%	1.7%	4.7%
Living with non-relatives only	3.7%	3.1%	2.0%	2.0%	2.1%	0.9%
Living alone	13.4%	15.0%	9.0%	14.0%	8.8%	5.3%

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>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)

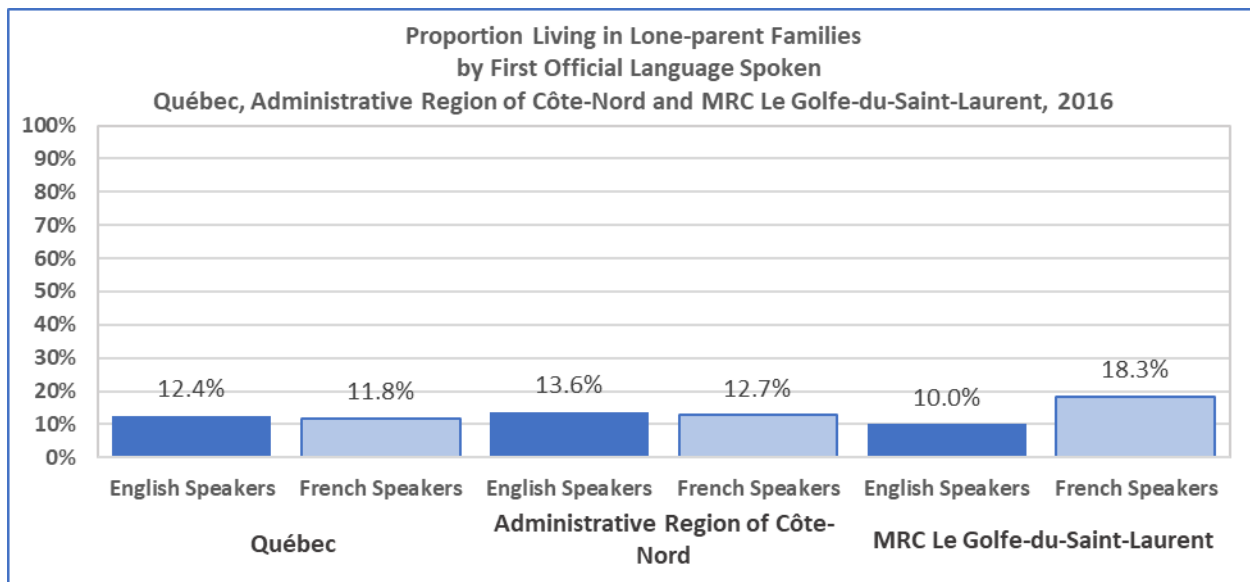


### Living in census families<sup>6</sup>

- 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 4,505 English speakers living in census family households in the Côte-Nord region where they comprise 87.1% of the population. This share is higher 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 higher than the proportion in the regional French-speaking majority population.
- In MRC Le Golfe-du-Saint-Laurent, we find 2,540 English speakers living in census family households where they account for 87.4% of the population. This share is similar to that accounted for by English speakers across the Côte-Nord 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 Le Golfe-du-Saint-Laurent.

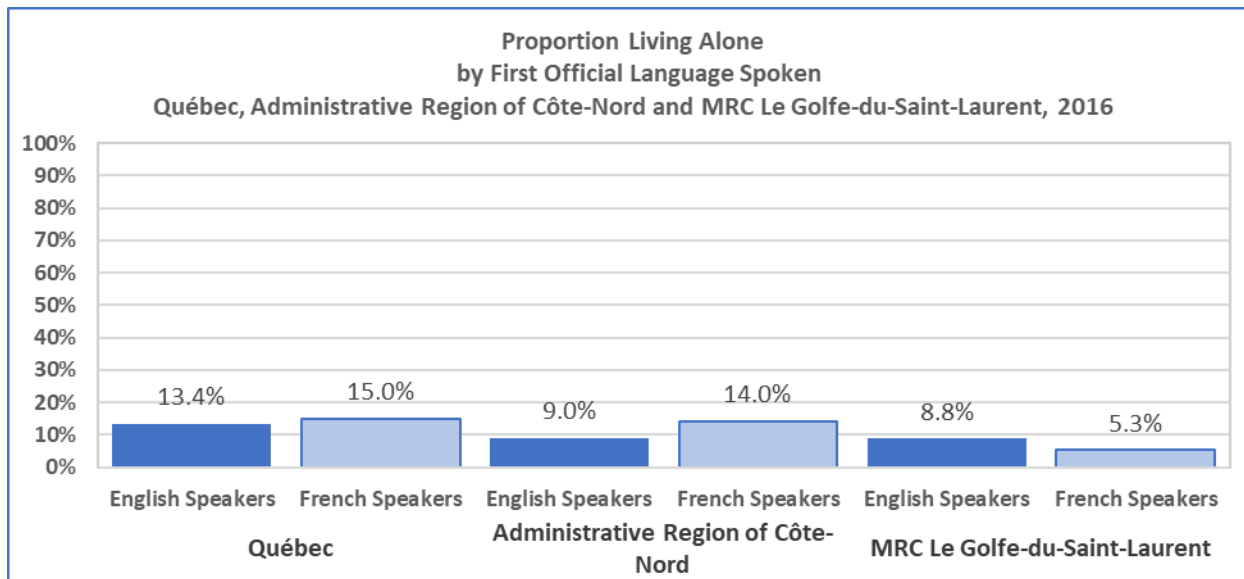
<sup>6</sup> Under Statistics Canada's terminology, a census family refers "a married couple (with or without children of either and/or both spouses), a common-law couple (with or without children of either and/or both partners) or a lone parent of any marital status, with at least one child. A couple 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 705 English speakers living in lone-parent families in the Côte-Nord region where they account for 13.6% of the population. The proportion of those living in lone-parent families in the regional English-speaking population is higher than the proportion found in the regional French-speaking majority population. The proportion is higher than that found in the provincial English-speaking population.
- In MRC Le Golfe-du-Saint-Laurent, we find 290 English speakers living in lone-parent families where they represent 10.0% of the population. This is much lower than the proportion represented by the French-speaking majority population in MRC Le Golfe-du-Saint-Laurent. The proportion of English speakers living in lone-parent families in MRC Le Golfe-du-Saint-Laurent is much lower than the proportion we find for English speakers across the Côte-Nord 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 Quebec.
- In 2016, there were 465 English speakers living alone in the Côte-Nord region, where they account for 9.0% of the population. This level is much lower than that displayed by the provincial English-speaking population. The proportion of those living alone in the regional English-speaking population is much lower than the proportion found in the regional French-speaking majority population.
- In MRC Le Golfe-du-Saint-Laurent we find 255 English speakers living alone, where they represent 8.8% of the population. This share is similar to that exhibited by English speakers across the Côte-Nord region. The proportion of those living alone in the territory's English-speaking population is much higher than the proportion exhibited by the French-speaking majority population in MRC Le Golfe-du-Saint-Laurent.

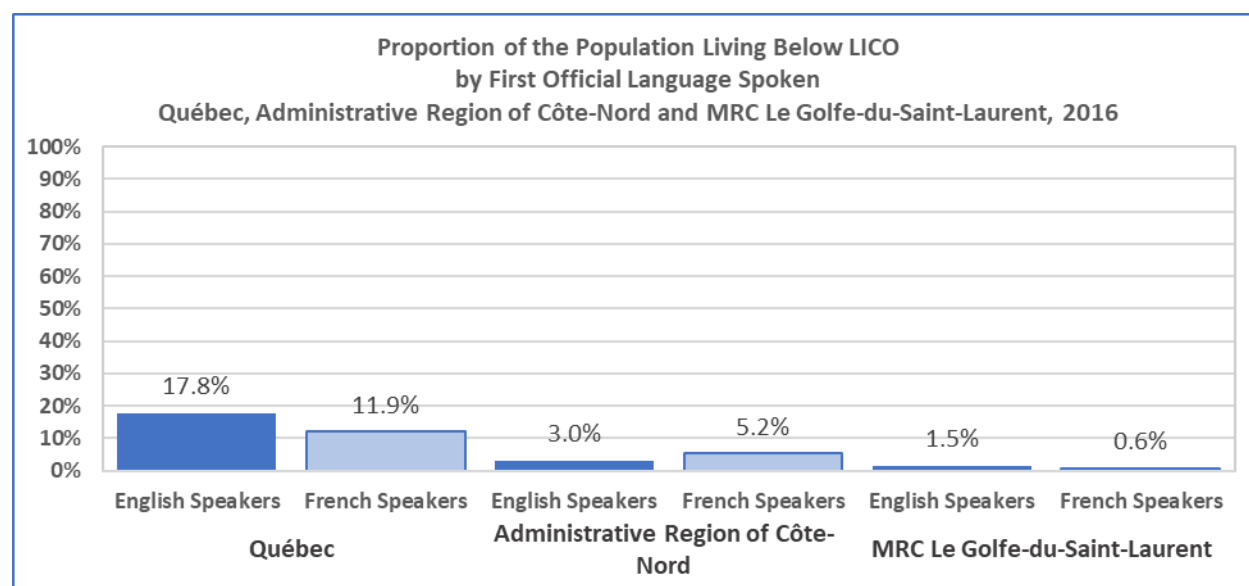
## Low-Income Cut-off

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 Côte-Nord		MRC Le Golfe-du-Saint-Laurent	
	English	French	English	French	English	French
Total - Age groups	195,300	811,110	155	4,405	45	10
45-64 years	48,885	221,935	55	1,640	25	10
<b>Proportion of those below LICO across age groups</b>						
Total - Age groups	17.8%	11.9%	3.0%	5.2%	1.5%	0.6%
45-64 years	16.0%	11.1%	3.5%	6.0%	2.5%	2.1%

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.



## 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

<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.

living below LICO is much higher than the proportion in the French-speaking majority population in Quebec.

- In 2016, there were 155 English speakers living below LICO in the Côte-Nord region, where they represent 3.0% of the regional English-speaking population. The proportion of those living below LICO in the regional English-speaking population is much lower than the proportion found in the regional French-speaking majority population. This English-speaking regional proportion in Côte-Nord is much lower than the proportion for Quebec's English speakers in general.
- In MRC Le Golfe-du-Saint-Laurent, we find 45 English speakers living below LICO, where they represent 1.5% 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 much lower than the proportion for English speakers across Côte-Nord.

**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 Côte-Nord		MRC Le Golfe-du-Saint- Laurent	
	English	French	English	French	English	French
Total - Household living arrangements	195,300	811,110	155	4,405	45	10
Total persons in non-census family households	88,300	439,810	95	2,650	35	10
<b>Proportion of those below LICO, by household living arrangements</b>						
Total - Household living arrangements	17.8%	11.9%	3.0%	5.2%	1.5%	0.6%
Total persons in non-census family households	41.8%	32.5%	14.2%	17.4%	9.7%	5.7%
<i>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.</i>						

## Highest Educational Attainment

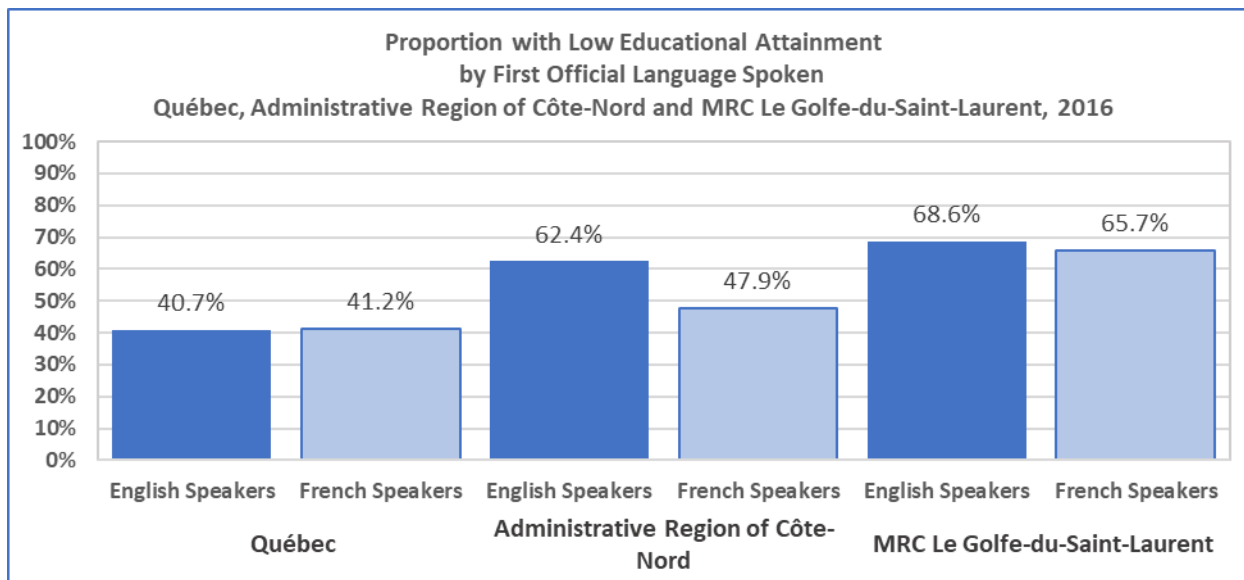
In many ways, education is an important determinant of the health status of a community. In Canada, the level of education achieved by an individual tends to be an indicator of social status, and ideally, a predictor of economic opportunity. The overall level of health literacy and preventative health 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 Côte-Nord		MRC Le Golfe-du-Saint- Laurent	
		English	French	English	French	English	French
Total	Total	932,840	5,652,215	4,285	70,760	2,455	1,270
	25-44 years	320,930	1,728,440	1,140	20,010	560	385
	45-64 years	305,775	1,995,460	1,580	27,525	1,005	470
High school diploma or less	Total	380,050	2,328,625	2,675	33,870	1,685	835
	25-44 years	84,680	412,620	465	6,015	250	240
	45-64 years	116,390	758,965	950	12,345	700	265
Apprenticeship or trades certificate or diploma	Total	85,385	1,033,655	655	16,135	360	135
	25-44 years	31,555	392,520	260	5,975	130	45
	45-64 years	31,920	409,675	245	6,805	155	60
College, CEGEP or other non-university certificate or diploma	Total	164,800	998,740	560	11,975	255	115
	25-44 years	58,180	349,000	205	4,335	110	50
	45-64 years	57,415	366,790	245	4,865	110	40
University certificate or diploma below bachelor level	Total	26,805	208,520	80	1,855	30	50
University certificate, diploma or degree at bachelor level or above	Total	275,800	1,082,680	305	6,920	120	130
	25-44 years	136,960	509,640	175	3,185	70	40
	45-64 years	89,255	378,675	100	2,725	30	70
High school diploma or less	Total	40.7%	41.2%	62.4%	47.9%	68.6%	65.7%
	25-44 years	26.4%	23.9%	40.8%	30.1%	44.6%	62.3%
	45-64 years	38.1%	38.0%	60.1%	44.9%	69.7%	56.4%
Apprenticeship or trades certificate or diploma	Total	9.2%	18.3%	15.3%	22.8%	14.7%	10.6%
	25-44 years	9.8%	22.7%	22.8%	29.9%	23.2%	11.7%
	45-64 years	10.4%	20.5%	15.5%	24.7%	15.4%	12.8%
College, CEGEP or other non-university certificate or diploma	Total	17.7%	17.7%	13.1%	16.9%	10.4%	9.1%
	25-44 years	18.1%	20.2%	18.0%	21.7%	19.6%	13.0%
	45-64 years	18.8%	18.4%	15.5%	17.7%	10.9%	8.5%
University certificate or diploma below bachelor level	Total	2.9%	3.7%	1.9%	2.6%	1.2%	3.9%
University certificate, diploma or degree at bachelor level or above	Total	29.6%	19.2%	7.1%	9.8%	4.9%	10.2%
	25-44 years	42.7%	29.5%	15.4%	15.9%	12.5%	10.4%
	45-64 years	29.2%	19.0%	6.3%	9.9%	3.0%	14.9%

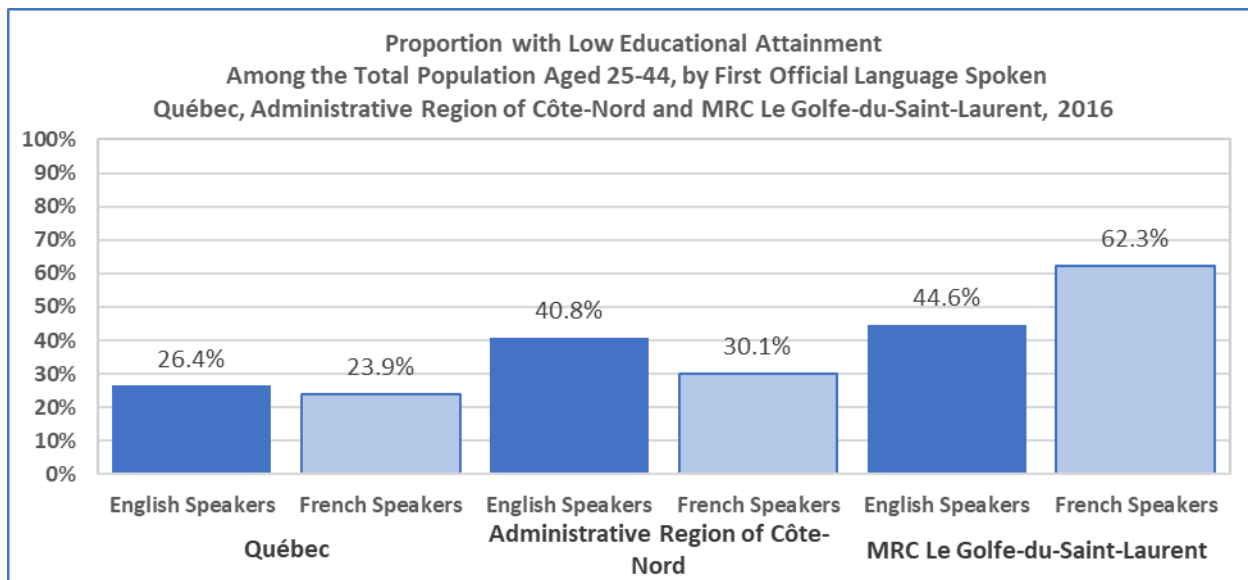
*Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.*

<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.



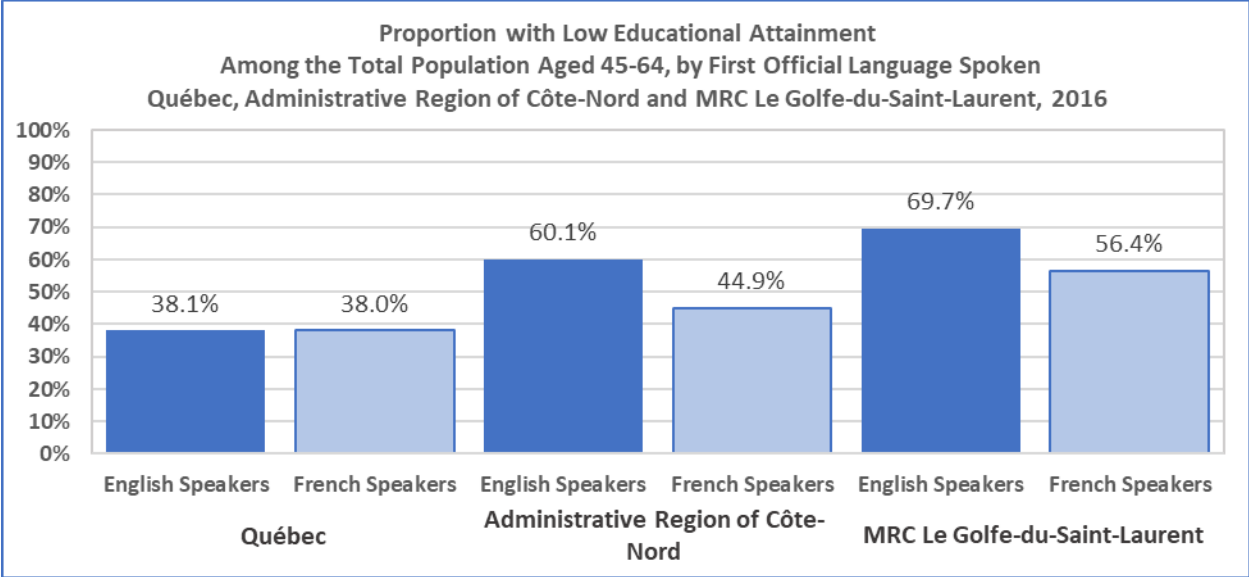
### Population aged 15+, high school diploma or less

- 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 2,675 English speakers aged 15 and over with a high school diploma or less in the Côte-Nord region where they account for 62.4% 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 much higher than the proportion in the regional French-speaking majority population. The level for the English-speaking regional proportion is much higher than that exhibited by English speakers across the province.
- In MRC Le Golfe-du-Saint-Laurent, we find 1,685 English speakers aged 15 and over with a high school diploma or less where they represent 68.6% of the English-speaking population aged 15 and over. This level is similar to 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 higher than the proportion exhibited by the English speakers across the Côte-Nord region.



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

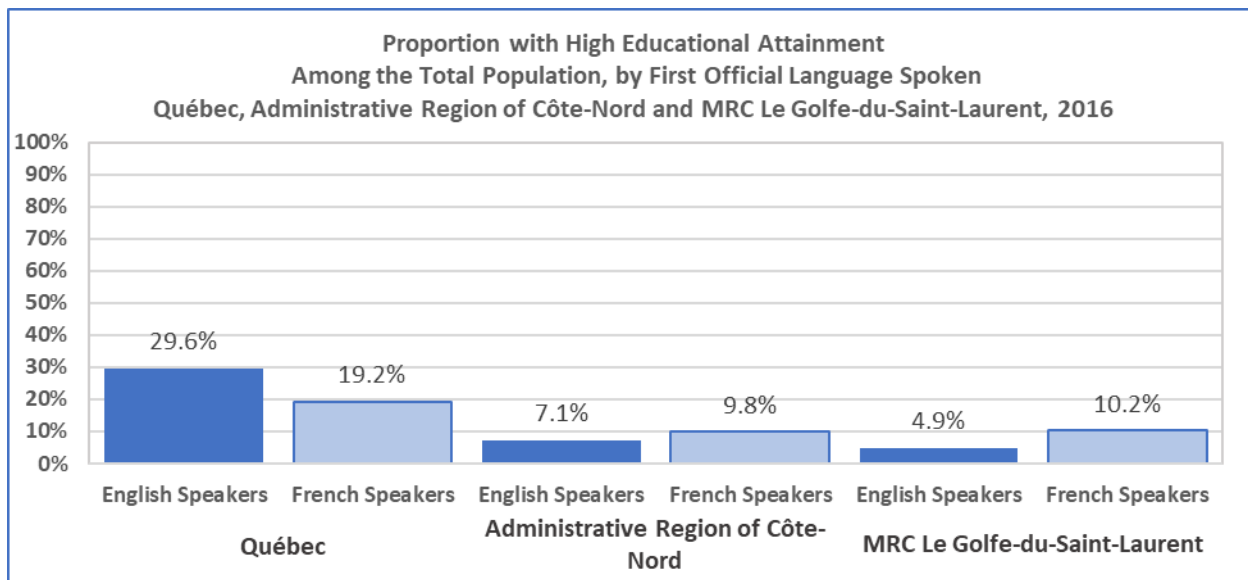
- Across Québec, there were 84,680 English speakers aged 25-44 with a high school diploma or less. This group represents 26.4% of the English-speaking population aged 25 to 44. The proportion of English speakers aged 25-44 with a high school diploma or less is higher than that found in the French-speaking majority population in Quebec in the same age cohort.
- In 2016, there were 465 English speakers aged 25-44 with a high school diploma or less in the Côte-Nord region where they account for 40.8% 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 much higher than the proportion in the regional French-speaking majority population in that age group. This proportion is much higher than that exhibited by English speakers across the province in the same age cohort.
- In MRC Le Golfe-du-Saint-Laurent, we find 250 English speakers aged 25-44 with a high school diploma or less where they comprise 44.6% of the English-speaking 25-44 cohort. This is much lower 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 higher than the proportion exhibited by English speakers across the Côte-Nord region.



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

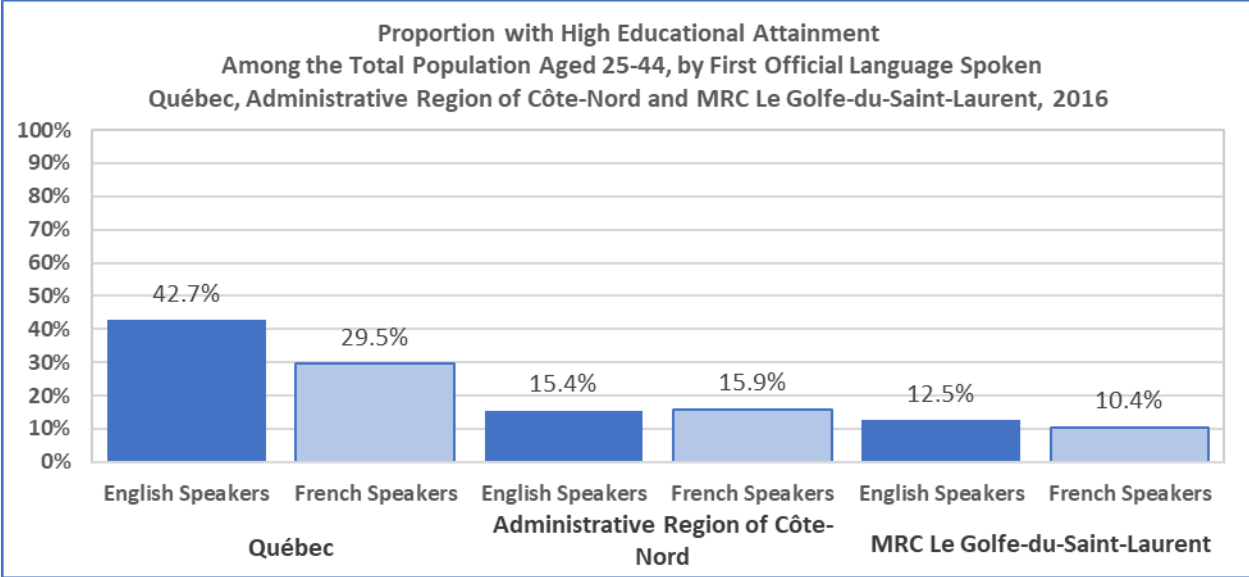
- In Québec in 2016, there were 116,390 English-speaking aged 45-64 with a high school diploma or less. This group represents 38.1% of the English-speaking population. The proportion of English speakers aged 45-64 with a high school diploma or less is similar to that found in the same age cohort in the French-speaking majority population in Quebec.
- In 2016, there were 950 English speakers aged 45-64 with a high school diploma or less in the Côte-Nord region where they account for 60.1% 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 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 Le Golfe-du-Saint-Laurent, we find 700 English speakers aged 45-64 with a high school diploma or less where they comprise 69.7% 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 45-64 with a high school diploma or less in the territory's English-speaking population is higher than the proportion exhibited by English speakers across the region.





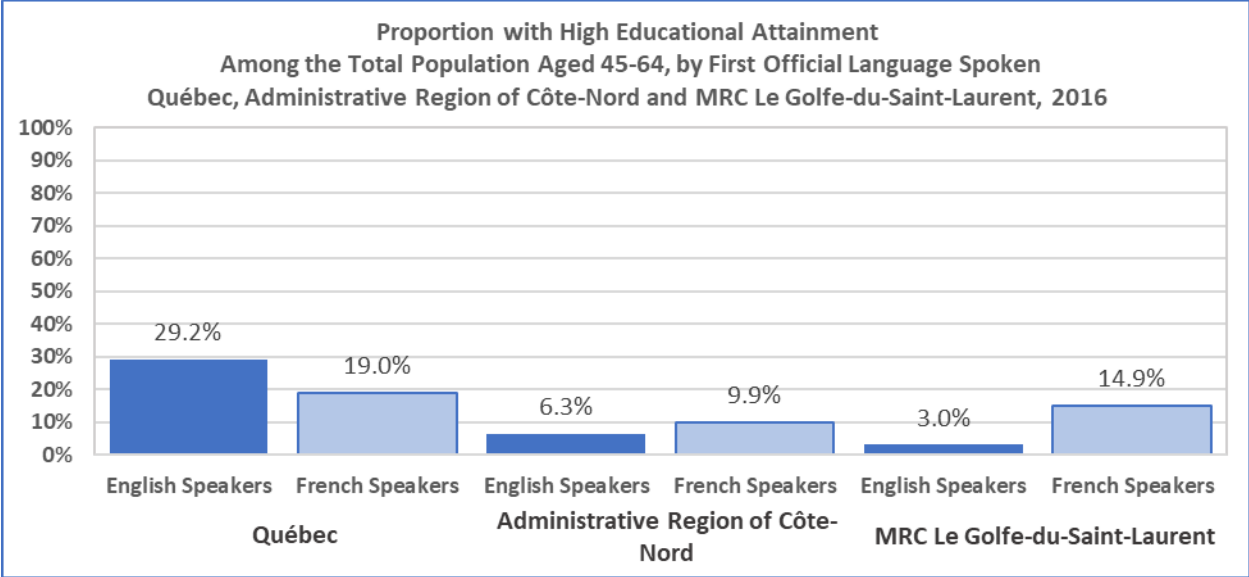
### Population aged 15+, university degree or higher

- 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 305 English speakers aged 15 and over with a university degree or higher in the Côte-Nord region where they account for 7.1% 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 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 Le Golfe-du-Saint-Laurent, we find 120 English speakers aged 15 and over with a university degree or higher where they represent 4.9% 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 15 and over with a university degree or higher in the territory's English-speaking population is much lower 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 Quebec.
- In 2016, there were 175 English speakers aged 25-44 with a university degree or higher in the Côte-Nord where they represent 15.4% 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 similar to the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much lower than that exhibited by the province's English speakers.
- In MRC Le Golfe-du-Saint-Laurent, we find 70 English speakers aged 25-44 with a university degree or higher where they comprise 12.5% 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 lower 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 100 English speakers aged 45-64 with a university degree or higher in the Côte-Nord region where they represent 6.3% 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 lower than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much lower than that exhibited by the province's English speakers.
- In MRC Le Golfe-du-Saint-Laurent, we find 30 English speakers aged 45-64 with a university degree or higher where they comprise 3.0% of the English-speaking population. This level 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 university degree or higher in the territory's English-speaking population is much lower 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.

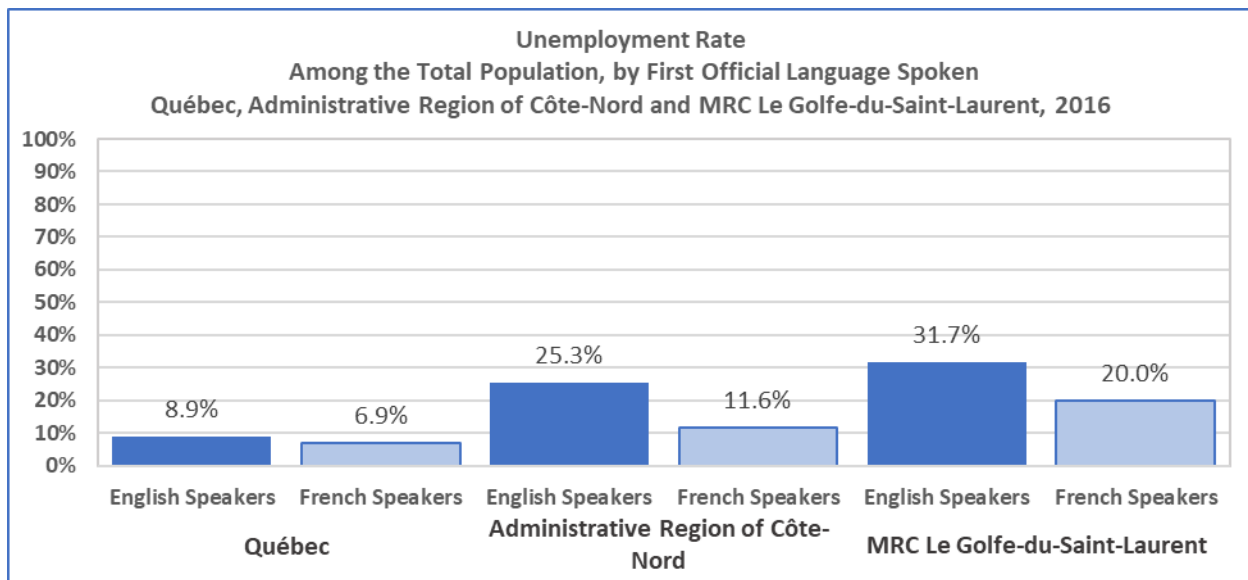
Employment is an important source of social identity and a key context for the establishment of a social support network that extends beyond the workplace. For an individual, work is an important source of the self-esteem and sense of control typically associated with good mental health.<sup>9</sup>

**Table 8 - Labour Force Activity**

Total Population by Labour Force Activity	Québec		Administrative Region of Côte-Nord		MRC Le Golfe-du-Saint- Laurent	
	English	French	English	French	English	French
Total - Labour force activity	932,840	5,652,215	4,285	70,760	2,450	1,265
In the labour force	608,050	3,636,980	2,625	43,105	1,575	700
Employed	553,945	3,386,575	1,955	38,110	1,075	560
Unemployed	54,105	250,410	665	4,990	500	140
Out of the labour force	324,790	2,015,230	1,660	27,660	880	565
Total - Labour force activity	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
In the labour force	65.2%	64.3%	61.3%	60.9%	64.3%	55.3%
Employed	91.1%	93.1%	74.5%	88.4%	68.3%	80.0%
Unemployed	8.9%	6.9%	25.3%	11.6%	31.7%	20.0%
Out of the labour force	34.8%	35.7%	38.7%	39.1%	35.9%	44.7%

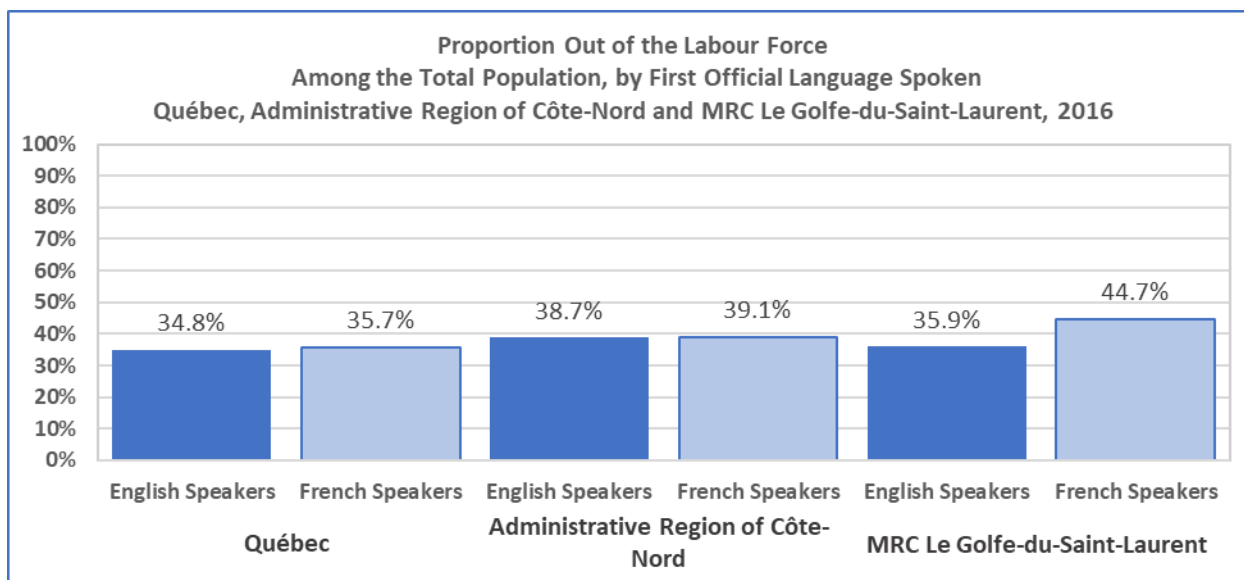
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

<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 665 unemployed English speakers in the Côte-Nord region where they experienced an unemployment rate of 25.3%. 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 much higher than that experienced by the provincial English-speaking population.
- In MRC Le Golfe-du-Saint-Laurent, we find 500 unemployed English speakers resulting in an unemployment rate of 31.7%. 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 much higher than the unemployment rate experienced by English speakers across the Administrative Region of Côte-Nord region.



### 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 1,660 English speakers out of the labour force in the Côte-Nord region where they comprise 38.7% of the regional English-speaking population aged 15+. The proportion of those out of the labour force in the regional English-speaking population is similar to the proportion in the regional French-speaking majority population. This English-speaking regional proportion is higher than that exhibited by the provincial English-speaking population.
- In MRC Le Golfe-du-Saint-Laurent, we find 880 English speakers out of the labour force where they account for 35.9% 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 lower than the proportion exhibited by English speakers across the Côte-Nord 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 Côte-Nord and its MRC's, 2016				
Geography	Total Population	French Speakers	English Speakers	Proportion of English Speakers
Administrative Region of Côte-Nord	90,680	85,085	5,175	5.7%
MRC La Haute-Côte-Nord	10,655	10,630	25	0.2%
MRC Manicouagan	30,325	29,980	300	1.0%
MRC Sept-Rivières	34,680	33,460	1,155	3.3%
MRC Caniapiscau	3,900	3,100	705	18.1%
MRC Minganie	6,475	6,315	90	1.4%
MRC Le Golfe-du-Saint-Laurent	4,645	1,610	2,905	62.5%

*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>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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