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# DEMOGRAPHIC PROFILES OF ENGLISH-SPEAKING COMMUNITIES IN RTS DE LA CÔTE-NORD

**BASED ON THE 2016 CENSUS OF CANADA**

**BASELINE DATA REPORT SERIES 2017-2018  
PRODUCED BY DR. JOANNE POCOCK FOR THE  
Community Health and Social Services Network**



## Contents

Contents.....	2
Introduction .....	3
About the 2017-2018 report series .....	3
Baseline Data Report Series.....	3
Methodological Notes.....	4
Data Source .....	4
Linguistic definitions.....	4
Geographic Regions.....	5
Demographic and Socio-economic Characteristics .....	6
Statistics Canada Definitions.....	6
Map of the Territory .....	7
Series of Tables – Demographic Characteristics.....	8
Demographic Size.....	9
Table 1 - Population Size .....	9
Age Structure.....	11
Table 2 - Age Structure of the Population.....	11
Income .....	14
Table 3 - Income .....	14
Household Living Arrangements.....	17
Table 4 - Population by Household Living Arrangements.....	17
Low-Income Cut-off .....	21
Table 5 - Population Living Below LICO, Within Age Groups.....	21
Table 6 - Population Living Below LICO, by Household Living Arrangements .....	24
Highest Educational Attainment.....	27
Table 7 - Highest Educational Certification, for Selected Age Groups.....	27
Labour Force Activity .....	34
Table 8 - Labour Force Activity .....	34
Appendix A – English speakers and French speakers by RSS, RTS and RLS, 2016.....	37
Appendix B – Baseline Data Report Series.....	38
Sources and References .....	39

## Introduction

### ***About the 2017-2018 report series***

This volume of the Baseline Data Report (BDR) series presents demographic characteristics of the English-speaking population residing in the areas covered by the organizations participating in the *Networking and Partnership Initiative* (NPI). The information presented is drawn from the 2016 Census of Canada and organized by province and RTS and RLS territories (see section below for regional definitions). The selection of characteristics is guided by their importance as determinants of the health status and vitality of Quebec's official language minority community.

### ***Baseline Data Report Series***

The Baseline Data Report Series is intended to serve as a resource for NPI sponsor organizations and their health and social service partners (e.g. CISSS/CIUSSS) to better understand the demographic factors, health determinants and language barriers affecting the English-speaking population in their region. A listing of the full series of BDRs from 2003 along with the data source for each volume is presented in Appendix "B".

### **Determinants of Health**

National governments and health organizations around the world have identified a broad range of social, economic and environmental factors that have been demonstrated to have a strong influence on the health of populations and individuals. The Public Health Agency of Canada outlines various determinants of health – some of which are social determinants – such as income and social status, social support networks, education, employment and working conditions, health services, physical and social environments, biology and genetic endowment, personal health practices and coping skills, healthy child development, gender and culture.<sup>1</sup>

### **Language Barriers**

Significant research has been conducted on the impact of language barriers on health, quality of healthcare and safety in recent years. In this approach, the study of linguistic differences between social actors in a health-related setting, such as language discordant encounters between patient and clinician who do not speak the same language, is prevalent. Studies include a focus upon the use of language production as a cue for social categorization and impression formation which impacts the evaluation and treatment of individuals seeking health and social services.

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<sup>1</sup> Public Health Agency of Canada. "What Determines Health?" [www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php](http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php) Accessed March 2014.

### *Suggested Readings*

Bowen, S. (2015) for Société Santé en Français (SSF). *Impact of Language Barriers on Quality and Safety of Healthcare*. <http://santefrancais.ca/wp-content/uploads/SSF-Bowen-S.-Language-Barriers-Study-1.pdf>

Mikkonen, J., & Raphael, D. (2010). *Social Determinants of Health: The Canadian Facts*. Toronto: York University School of Health Policy and Management  
<http://www.thecanadianfacts.org/>

Raphael, D. (2009). *Social Determinants of Health: Canadian Perspectives*, 2<sup>nd</sup> edition. Toronto: Canadian Scholars' Press.

Renata, Meuter, Cindy Gallois, Norman S. Segalowitz, Andrew Ryder and Julia Hocking. "Overcoming language barriers in healthcare: A protocol for investigating safe and effective communication when patients and clinicians use a second language." *BMC Health Services Research*. 2015; 15:371 published online 2015 Sept 10 doi:10.1186/s 12913-015-1024-8

World Health Organization (2008). *Closing the gap in a Generation: Health Equity through Action on the Social Determinants of Health*. Geneva: World Health Organization.

### **Methodological Notes**

#### **Data Source**

The information in 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.

#### **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 2017-2018 Baseline Data Report consists of a series of stand-alone documents which present key data for the RTS and RLS territories in Quebec in which there are at least 250 English-speaking residents.

In 2015, as part of the re-organization of health services by the MSSS, a series of new health territories known as the RTS (réseau territorial de services) and the RLS (réseau local de service) were established.<sup>2</sup>

The RTS is the réseau territorial des services which corresponds to the territories covered by the CISSS and CIUSSS bodies that were created recently by the government.

The 25 RTS regions were based on the former RSS (région socio-sanitaire or health regions) territories with these important changes:

- The RSS Gaspésie - Îles-de-la-Madeline was divided into RTS de la Gaspésie and RTS des Îles-de-la-Madeleine.
- The RSS Montréal was divided into five RTS regions.
- Part of the former RSS Montérégie territory was assigned to the Estrie region, newly named as RTS Estrie et Centre universitaire de Sherbrooke.
- The remaining area for RSS Montérégie was divided into three RTS territories.

As part of the 2015 re-organization, the territories of the former CSSS (Centre de santé et de services sociaux) were transformed into 96 RLS territories and many were re-named.

It is useful to note that many RLS territories are identical to CLSC territories while others are comprised of multiple CLSC territories.

The 166 CLSC territories remained unchanged although some were re-named.

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<sup>2</sup> Appendix A of this document provides tables which set out the population and hierarchy of the new health geographic areas for a given RSS and its RTS and RLS territories.

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

The demographic and socio-economic variables addressed in the 2017-2018 BDR are:

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

## **Statistics Canada Definitions**

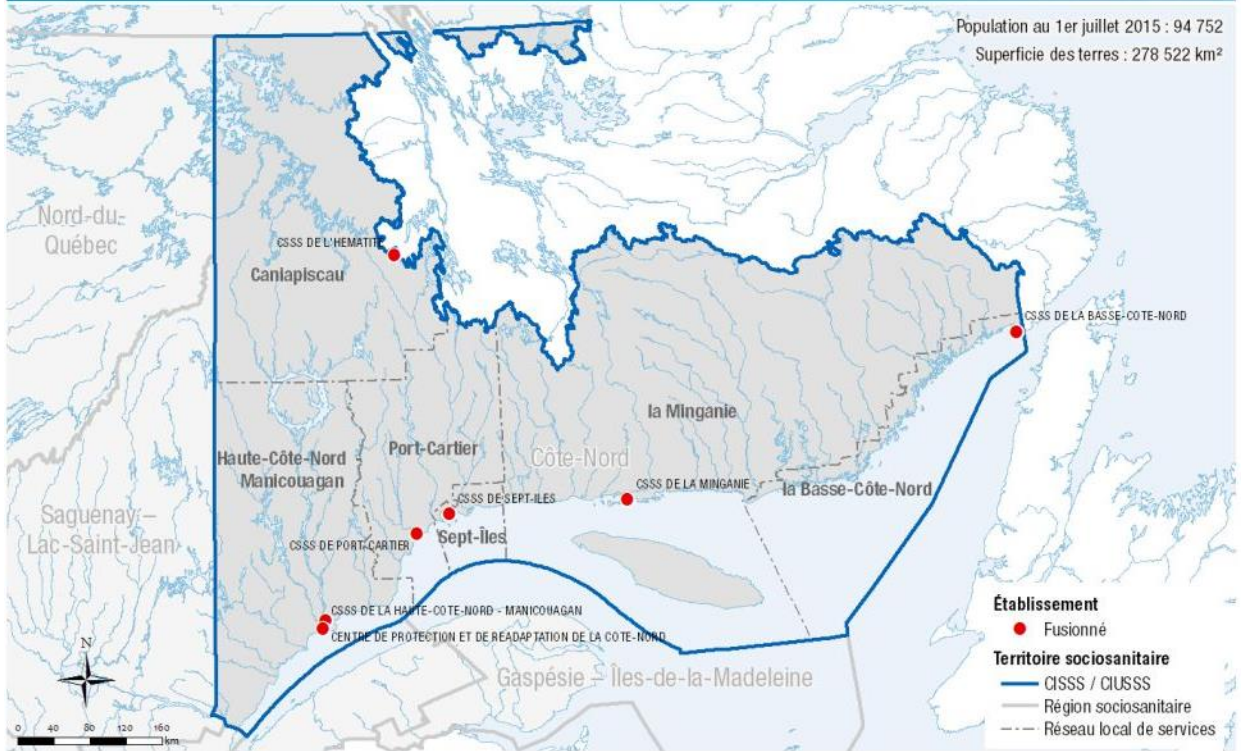
While for the most part the meaning of demographic and administrative terms are clarified as they arise in the report, the online Statistics Canada dictionary for the 2016 Census may also be consulted.

# Map of the Territory

## FICHE TECHNIQUE

# 09

Région de la Côte-Nord  
Établissements fusionnés



Québec

## Series of Tables – Demographic Characteristics

Table 1 - Population Size.....	9
Table 2 - Age Structure of the Population .....	11
Table 3 - Income .....	14
Table 4 - Population by Household Living Arrangements.....	17
Table 5 - Population Living Below LICO, Within Age Groups.....	21
Table 6 - Population Living Below LICO, by Household Living Arrangements.....	24
Table 7 - Highest Educational Certification, for Selected Age Groups .....	27
Table 8 - Labour Force Activity.....	34



## Demographic Size

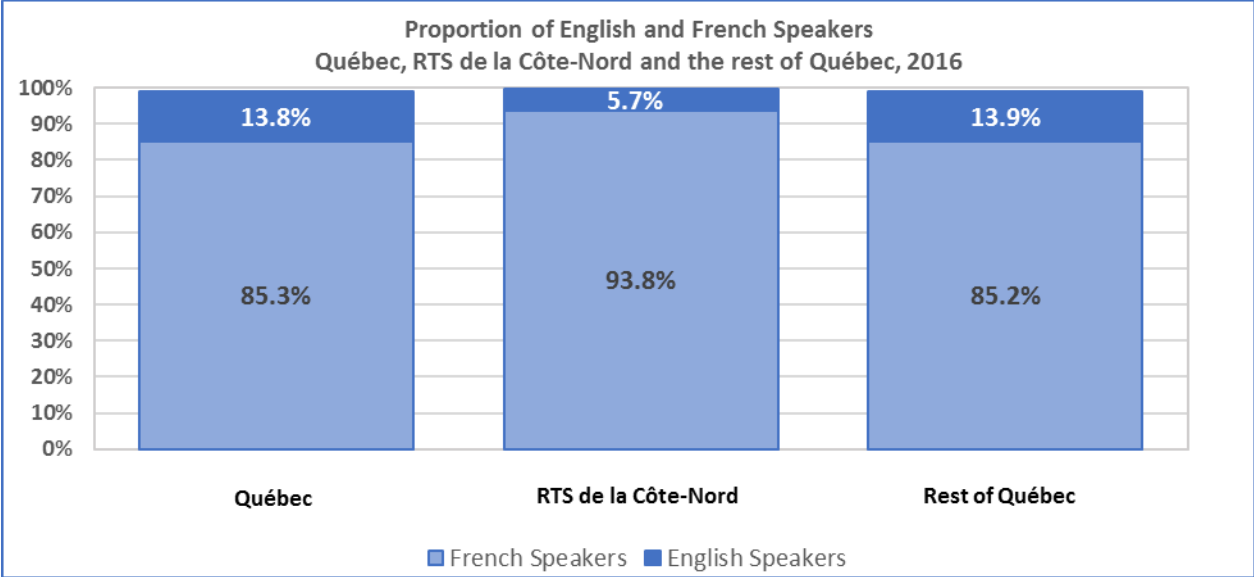
Quebec’s English speakers form one of Canada’s official language minority groups. Studies have confirmed that language barriers affect access and quality of care for linguistic minority communities. Obstacles to communication can reduce recourse to preventative services; increase consultation time including 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>3</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	RTS de la Côte-Nord	Rest of Québec
FOLS - English speakers	number	1,097,925	5,175	1,092,750
	percentage	13.8%	5.7%	13.9%
FOLS - French speakers	number	6,795,280	85,085	6,710,195
	percentage	85.3%	93.8%	85.2%
Total population	number	7,965,450	90,680	7,874,770
	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>3</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 RTS de la 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 the rest of Québec, we find 1,092,750 English speakers where they represented 13.9% of the population. This proportion is much higher than that represented by English speakers across the RTS de la Côte-Nord territory.

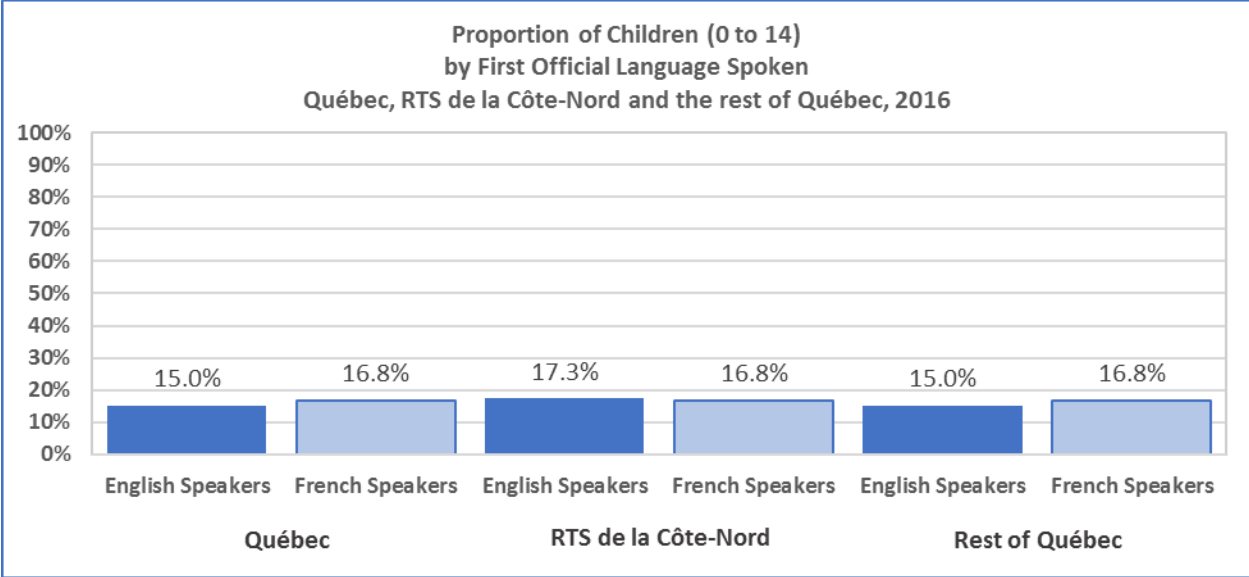
## Age Structure

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**

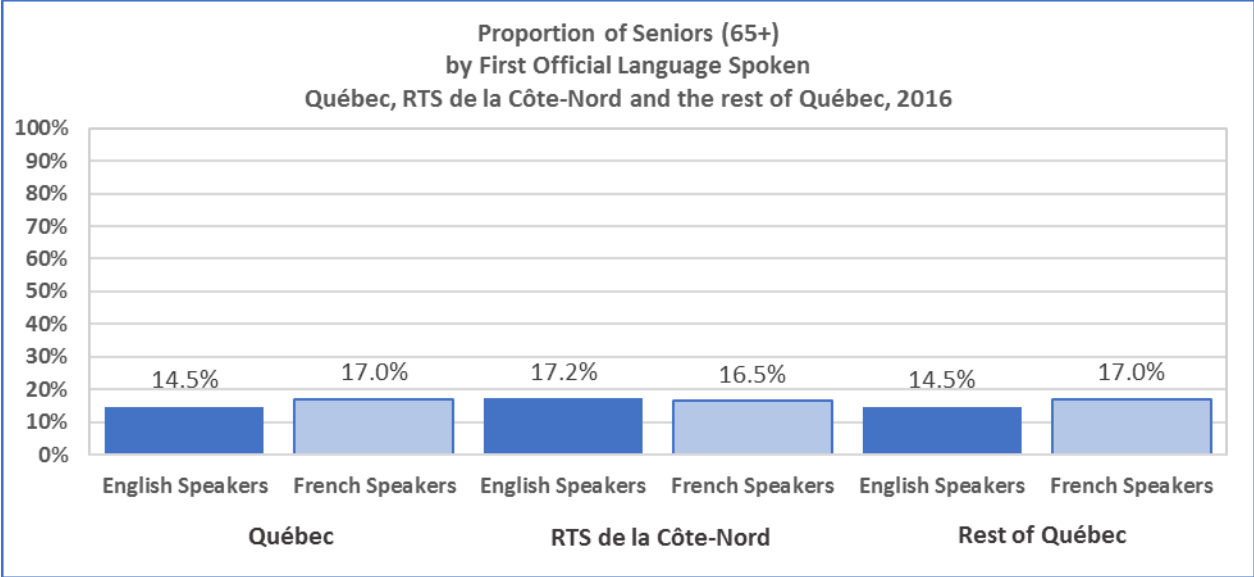
Age Structure of the Population	Québec		RTS de la Côte-Nord		Rest of Québec	
	English	French	English	French	English	French
Total - Age groups	1,097,925	6,795,280	5,175	85,085	1,092,750	6,710,195
0-14 years	165,085	1,143,060	895	14,325	164,190	1,128,735
15-24 years	146,460	776,310	680	9,230	145,780	767,080
25-44 years	320,930	1,728,440	1,135	20,005	319,795	1,708,435
45-64 years	305,775	1,995,460	1,575	27,525	304,200	1,967,935
65+ years	159,670	1,152,005	890	14,005	158,780	1,138,000
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%	15.0%	16.8%
15-24 years	13.3%	11.4%	13.1%	10.8%	13.3%	11.4%
25-44 years	29.2%	25.4%	21.9%	23.5%	29.3%	25.5%
45-64 years	27.9%	29.4%	30.4%	32.4%	27.8%	29.3%
65+ years	14.5%	17.0%	17.2%	16.5%	14.5%	17.0%

*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.*



**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 RTS de la 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 the rest of Québec, we find 164,190 English-speaking children aged 0-14 where they represent 15.0% of the population. This share is lower than that exhibited by English-speaking children across the RTS de la Côte-Nord region. The proportion of children in the territory's English-speaking population is lower than the share in the rest of Québec's 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 RTS de la 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 their proportion in the French-speaking majority population.
- In the rest of Québec, we find 158,780 English-speaking seniors aged 65+ where they account for 14.5% of the population. This share is lower than that of English-speaking seniors across the RTS de la Côte-Nord region. The proportion of seniors in the English-speaking population is lower than the proportion in the French-speaking majority population in the rest of 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>4</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>5</sup>.

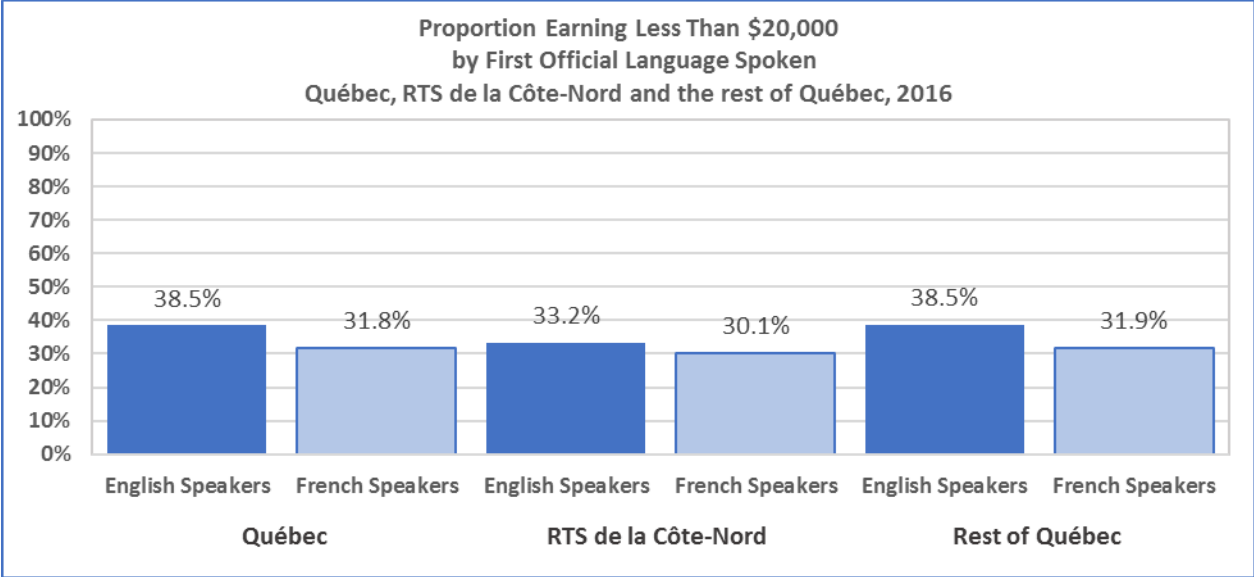
**Table 3 - Income**

Population by Income Group	Québec		RTS de la Côte-Nord		Rest of Québec	
	English	French	English	French	English	French
Total Population 15+	932,835	5,652,215	4,280	70,765	928,555	5,581,450
Less than \$20,000	359,020	1,799,170	1,420	21,310	357,600	1,777,860
\$20,000 - \$49,999	328,605	2,235,010	1,750	27,125	326,855	2,207,885
\$50,000 +	245,210	1,618,025	1,110	22,315	244,100	1,595,710
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%	38.5%	31.9%
\$20,000 - \$49,999	35.2%	39.5%	40.9%	38.3%	35.2%	39.6%
\$50,000 +	26.3%	28.6%	25.9%	31.5%	26.3%	28.6%

*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.*

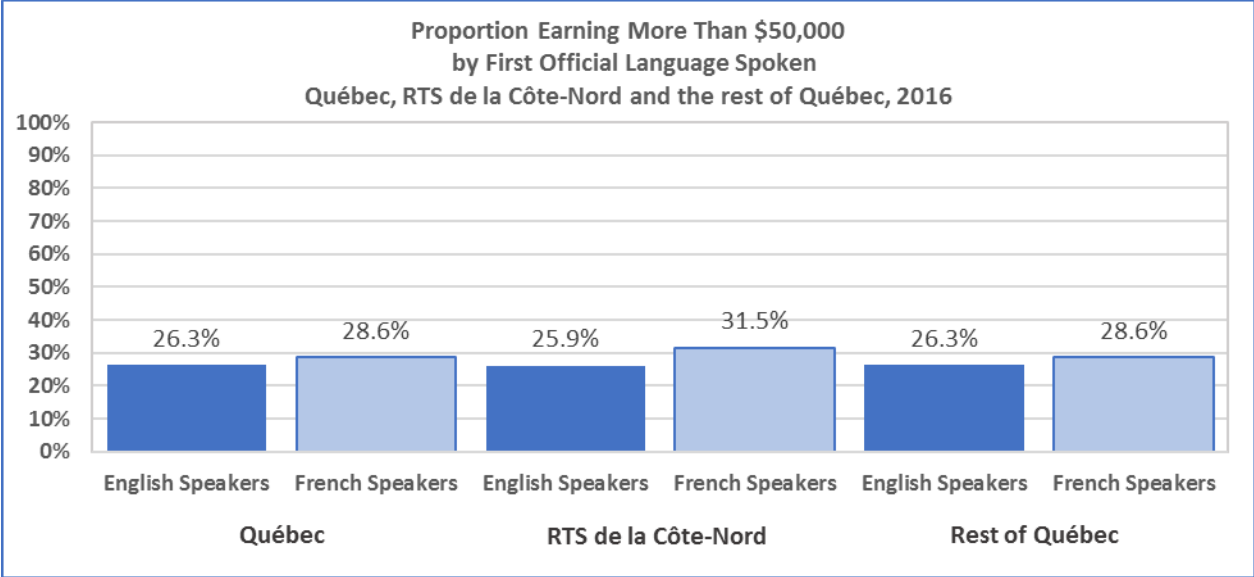
<sup>4</sup> Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> Accessed March 2014.

<sup>5</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 RTS de la 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 the rest of Québec, we find 357,600 English speakers aged 15+ with income under \$20k where they account for 38.5% of the population. This share is higher than that experienced by English speakers across RTS de la Côte-Nord. 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 the rest of Québec.



**Earning \$50k and over**

- Across Québec, there were 245,210 English speakers aged 15+ with income over \$50k, 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 1,110 English speakers aged 15+ with income over \$50k living in the RTS de la 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 the rest of Québec, we find 244,100 English-speaking high earners aged 15+, where they represent 26.3% of the population. This share is similar to that experienced by English-speaking high earners across the RTS de la Côte-Nord 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

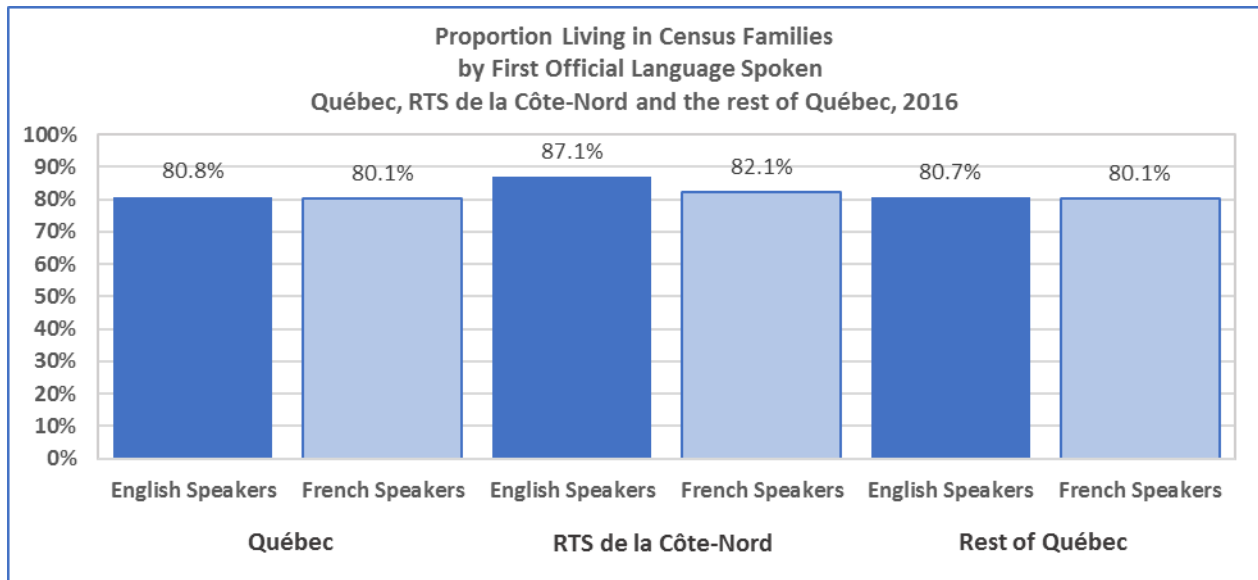
Household living arrangements may be used as an indicator of groups within a population who are vulnerable to a poor health status. For example, the Quebec Social and Health Survey (1998) revealed that parents of minors living in lone parent households were more likely to report food insecurity, high levels of psychological distress and having more than one health problem compared to parents with other household arrangements.<sup>6</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		RTS de la Côte-Nord		Rest of Québec	
	English	French	English	French	English	French
Total - Household living arrangements	1,097,925	6,795,280	5,175	85,085	1,092,750	6,710,195
Total persons in census family households	886,705	5,443,560	4,505	69,850	882,200	5,373,710
Persons in two-parent households	750,650	4,640,895	3,795	59,025	746,855	4,581,870
Persons in single-parent households	136,050	802,660	705	10,830	135,345	791,830
Total persons in non-census family households	211,215	1,351,720	670	15,235	210,545	1,336,485
Living with relatives	23,435	116,660	100	1,640	23,335	115,020
Living with non-relatives only	40,935	213,270	105	1,680	40,830	211,590
Living alone	146,855	1,021,795	465	11,920	146,390	1,009,875
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%	80.7%	80.1%
Persons in two-parent households	68.4%	68.3%	73.3%	69.4%	68.3%	68.3%
Persons in single-parent households	12.4%	11.8%	13.6%	12.7%	12.4%	11.8%
Total persons in non-census family households	19.2%	19.9%	12.9%	17.9%	19.3%	19.9%
Living with relatives	2.1%	1.7%	1.9%	1.9%	2.1%	1.7%
Living with non-relatives only	3.7%	3.1%	2.0%	2.0%	3.7%	3.2%
Living alone	13.4%	15.0%	9.0%	14.0%	13.4%	15.0%

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.

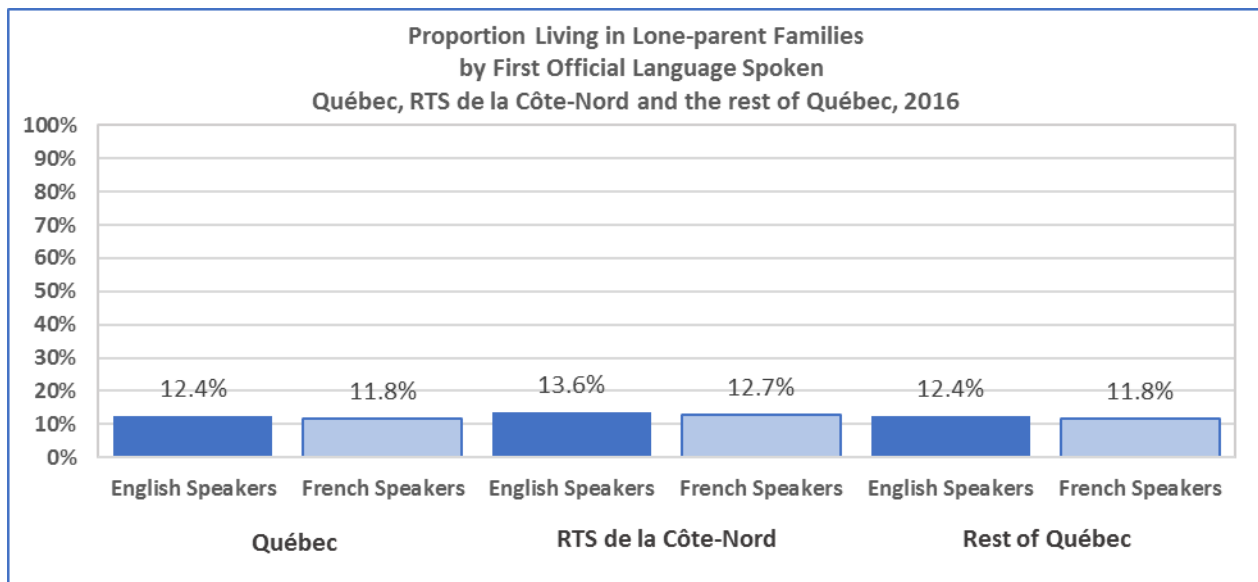
<sup>6</sup> For discussion of the survey, see Pocock, J. (2008) "Baseline Data Report 2007-2008. Quebec's Social and Health Survey Information." *Community Health and Social Services Network (CHSSN)*. [www.chssn.org](http://www.chssn.org)



### Living in census families<sup>7</sup>

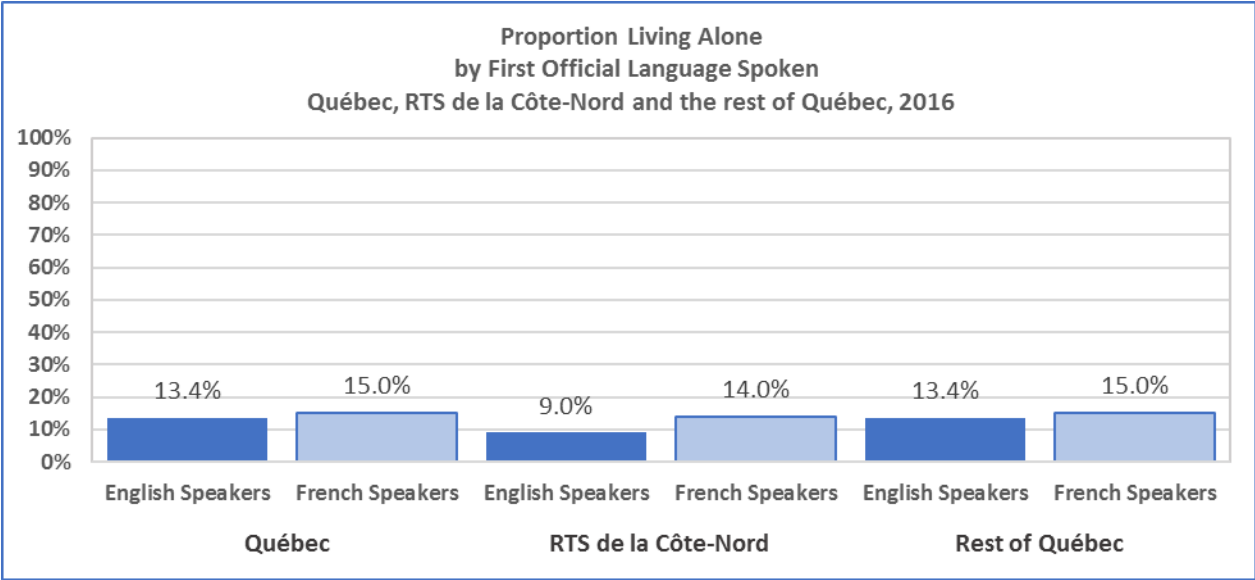
- Across Québec, there were 886,705 English speakers living in census family households. This group represents 80.8% of the 15+ English-speaking population. The proportion of English speakers living in census family households is similar to that found in the French-speaking majority population in Quebec.
- In 2016, there were 4,505 English speakers living in census family households in the RTS de la 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 the rest of Québec, we find 882,200 English speakers living in census family households where they account for 80.7% of the population. This share is lower than that accounted for by English speakers across the RTS de la 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 the rest of Québec.

<sup>7</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 RTS de la 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 the rest of Québec, we find 135,345 English speakers living in lone-parent families where they represent 12.4% of the population. This is higher than the proportion represented by the French-speaking majority population in the rest of Québec. The proportion of English speakers living in lone-parent families in the rest of Québec English-speaking population is higher than the proportion we find for English speakers across the RTS de la 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 RTS de la 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 the rest of Québec we find 146,390 English speakers living alone, where they represent 13.4% of the population. This share is much higher than that exhibited by English speakers across the RTS de la Côte-Nord region. The proportion of those living alone in the territory's English-speaking population is lower than the proportion exhibited by the French-speaking majority population in the rest of Québec.

## Low-Income Cut-off

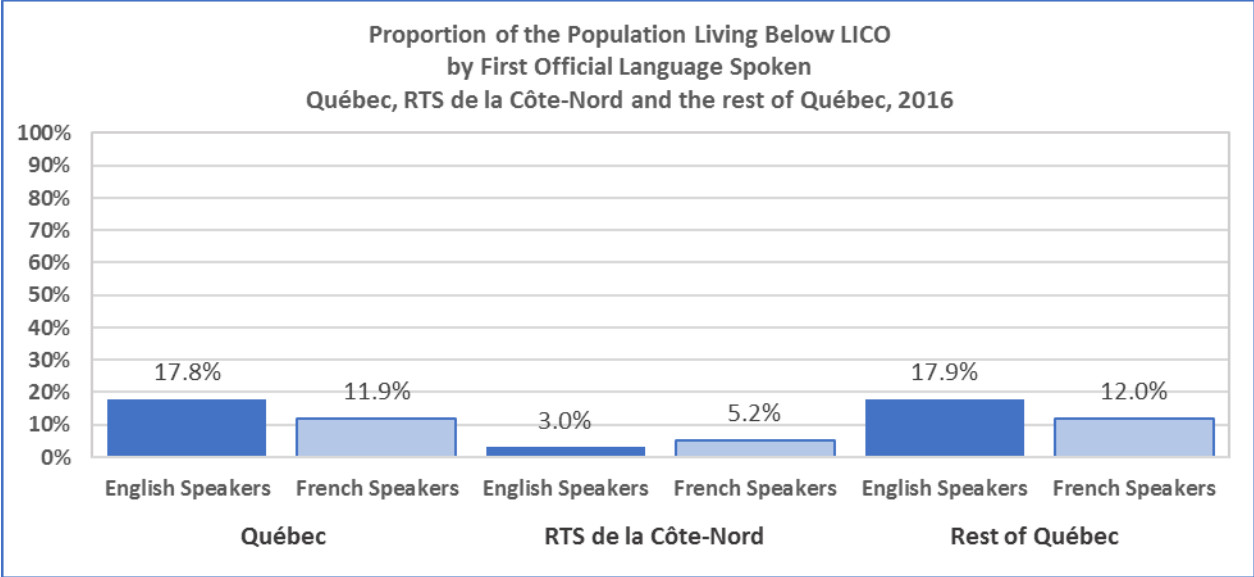
Although there is no official measure of poverty in Canada, the Statistics Canada measure of Low-income cut-offs (LICO) is probably the best known. Commonly known as the “poverty line”, LICO uses the income levels of a given family and considers how large a share of its income is spent on necessities 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>8</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		RTS de la Côte-Nord		Rest of Québec	
	English	French	English	French	English	French
Total - Age groups	195,300	811,110	155	4,405	195,145	806,705
15-24 years	35,280	118,175	25	590	35,255	117,585
45-64 years	48,885	221,935	55	1,640	48,830	220,295
65+ years	25,445	152,425	45	760	25,400	151,665
<b>Proportion of those below LICO across age groups</b>						
Total - Age groups	17.8%	11.9%	3.0%	5.2%	17.9%	12.0%
15-24 years	24.1%	15.2%	3.7%	6.4%	24.2%	15.3%
45-64 years	16.0%	11.1%	3.5%	6.0%	16.1%	11.2%
65+ years	15.9%	13.2%	5.1%	5.4%	16.0%	13.3%

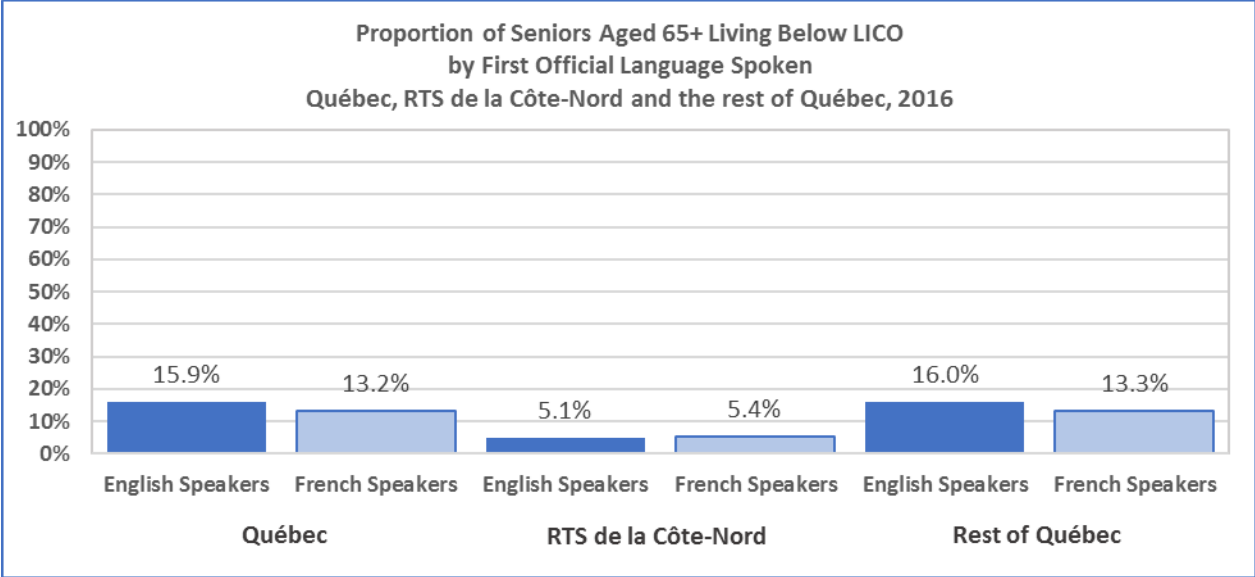
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French. The percentages given here compare the number below LICO 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>8</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 155 English speakers living below LICO in the RTS de la 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 RTS de la Côte-Nord is much lower than the proportion for Quebec's English speakers in general.
- In the rest of Québec, we find 195,145 English speakers living below LICO, where they represent 17.9% 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 higher than the proportion for English speakers across RTS de la Côte-Nord.



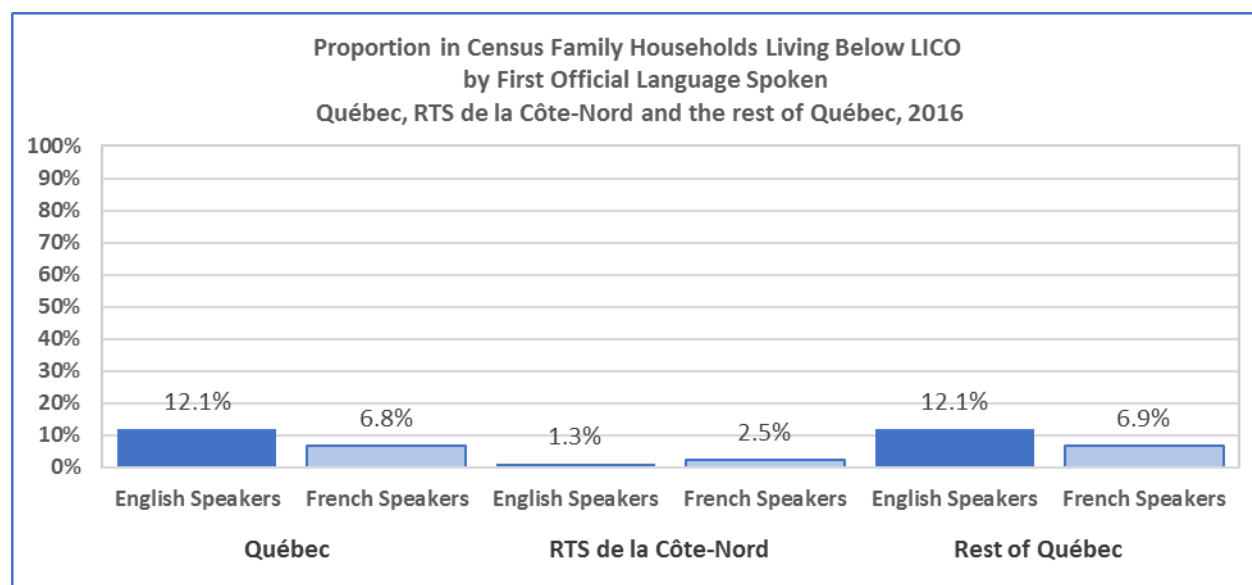
**Seniors (65+) Living below the low-income cut-off (LICO)**

- 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 Québec.
- In 2016, there were 45 English-speaking seniors living below LICO in the RTS de la Côte-Nord region where they account for 5.1% 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 much lower than that experienced by English-speaking seniors across the province.
- In the rest of Québec, we find 25,400 English-speaking seniors living below LICO where they represent 16.0% of the English-speaking senior population. This is much higher 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 much higher than the level displayed by English-speaking seniors across the RTS de la Côte-Nord 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		RTS de la Côte-Nord		Rest of Québec	
	English	French	English	French	English	French
Total - Household living arrangements	195,300	811,110	155	4,405	195,145	806,705
Total persons in census family households	107,000	371,305	60	1,755	106,940	369,550
Persons in two-parent households	72,245	213,605	35	825	72,210	212,780
Total persons in non-census family households	88,300	439,810	95	2,650	88,205	437,160
Living alone	57,435	317,095	75	2,145	57,360	314,950
<b>Proportion of those below LICO, by household living arrangements</b>						
Total - Household living arrangements	17.8%	11.9%	3.0%	5.2%	17.9%	12.0%
Total persons in census family households	12.1%	6.8%	1.3%	2.5%	12.1%	6.9%
Persons in two-parent households	9.6%	4.6%	0.9%	1.4%	9.7%	4.6%
Total persons in non-census family households	41.8%	32.5%	14.2%	17.4%	41.9%	32.7%
Living alone	39.1%	31.0%	16.1%	18.0%	39.2%	31.2%

*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. 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.*



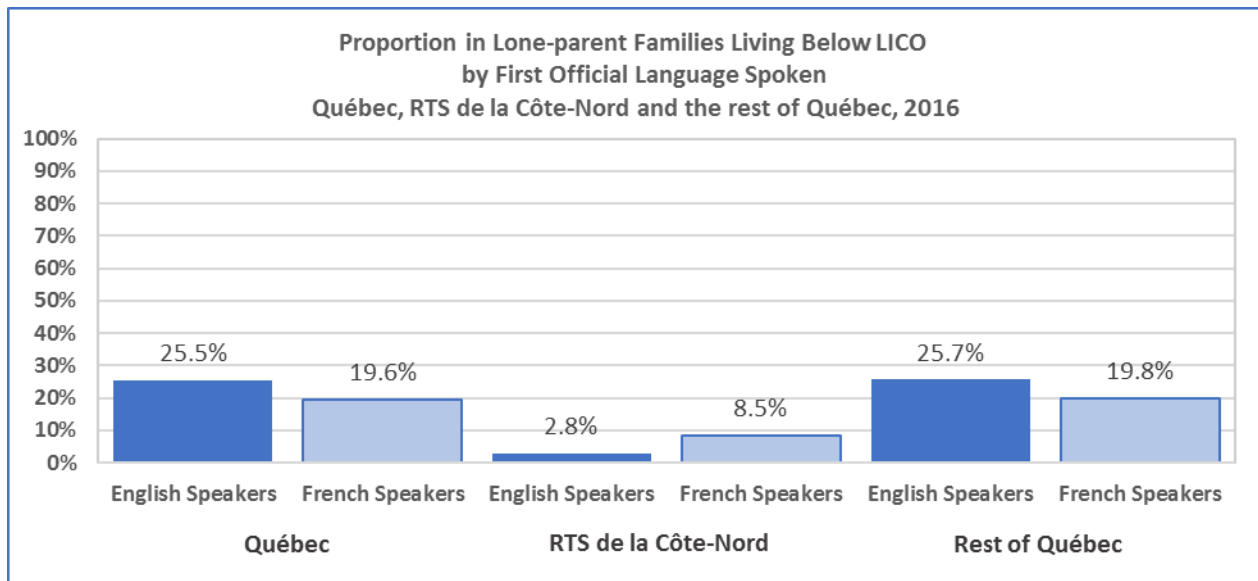
**Persons in Census Family Households living below the low-income cut-off (LICO)**

- 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 60 English-speaking persons in census family households living below LICO in the RTS de la Côte-Nord region, where they represent 1.3% 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 lower than the proportion in the



regional French-speaking majority population. The proportion in the regional English-speaking population is much lower than that found in the provincial English-speaking population.

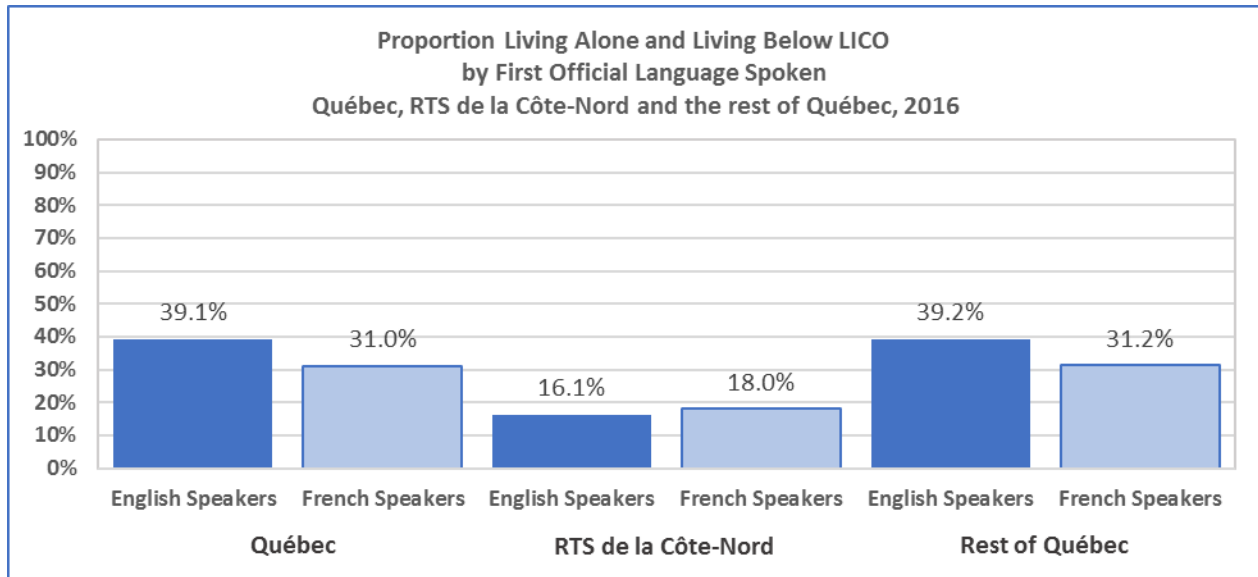
- In the rest of Québec, we find 106,940 English-speaking persons in census family households living below LICO, where they account for 12.1% of the English-speaking population. This level is much higher than the proportion experienced by the French-speaking majority population in the same territory. The proportion of those persons in census family households living below LICO in the territory's English-speaking population is much higher than the proportion found in the English-speaking population of the RTS de la Côte-Nord region.



### Persons in Lone-Parent Families Living below the low-income cut-off (LICO)

- Across Québec, there were 34,755 English-speaking persons in lone-parent families living below LICO. This group represents 25.5% of the English-speaking population living in lone-parent families. The proportion of English-speaking persons in lone-parent families living below LICO is much higher than the proportion found in the French-speaking majority population in Quebec living in lone parent families.
- In 2016, there were 20 English-speaking persons in lone-parent families living below LICO in the RTS de la Côte-Nord region where they account for 2.8% of the regional English-speaking lone-parent family population. The proportion of persons in lone-parent families living below LICO in the regional English-speaking population is much lower than the proportion in the regional French-speaking majority population. The level for the English-speaking regional population is much lower than that found in the provincial English-speaking population.
- In the rest of Québec, we find 34,735 English-speaking persons in lone-parent families living below LICO where they account for 25.7% of the English-speaking lone-parent family population. This is much higher than the proportion experienced by the French-speaking

majority lone-parent family population in the same territory. The proportion of persons in lone-parent families living below LICO in the territory's English-speaking population is much higher than the proportion experienced by English speakers across the RTS de la Côte-Nord 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 75 English-speaking persons living alone and below LICO in the RTS de la Côte-Nord region where they account for 16.1% 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 lower than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much lower than that experienced by the provincial English-speaking population.
- In the rest of Québec, we find 57,360 English-speaking persons living alone and below LICO where they represent 39.2% of the English-speaking population living alone. This is much 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 much higher than the proportion experienced by English speakers across the RTS de la Côte-Nord region.

## Highest Educational Attainment

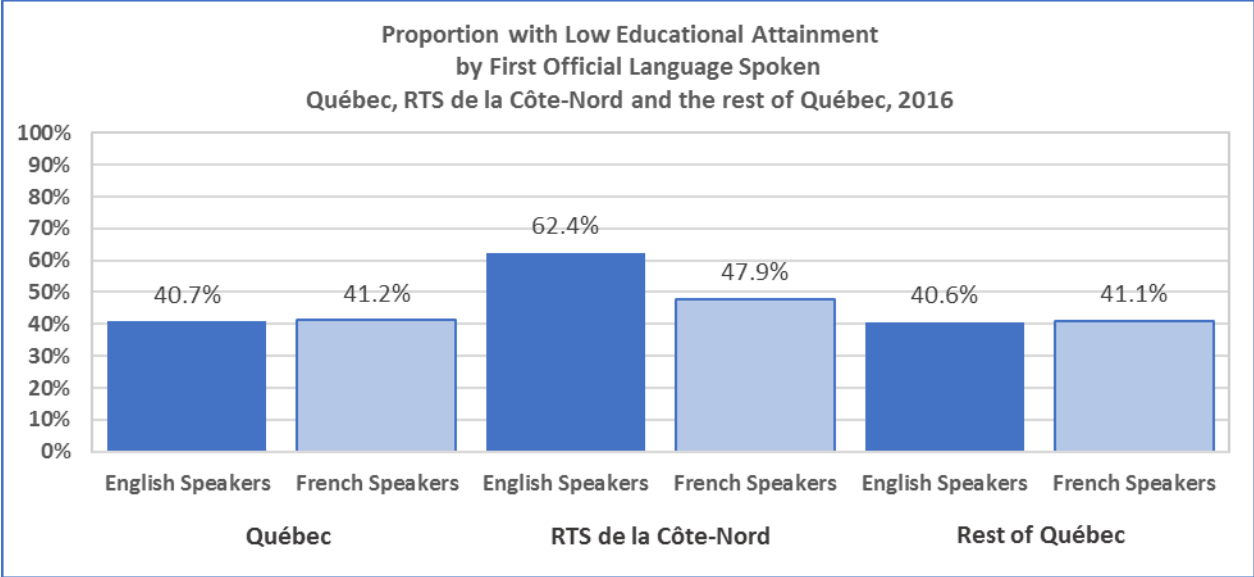
In many ways, education is an important determinant of the health status of a community. In Canada, the level of education achieved by an individual tends to be an indicator of social status, and ideally, a predictor of economic opportunity. The overall level of health literacy and preventative health practice enjoyed by a community also tends to be associated with the years of schooling by those included among its members<sup>9</sup>.

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

Total Population by Highest Educational Certification		Québec		RTS de la Côte-Nord		Rest of Québec	
		English	French	English	French	English	French
Total	Total	932,840	5,652,215	4,285	70,760	928,555	5,581,455
	25-44 years	320,930	1,728,440	1,140	20,010	319,790	1,708,430
	45-64 years	305,775	1,995,460	1,580	27,525	304,195	1,967,935
High school diploma or less	Total	380,050	2,328,625	2,675	33,870	377,375	2,294,755
	25-44 years	84,680	412,620	465	6,015	84,215	406,605
	45-64 years	116,390	758,965	950	12,345	115,440	746,620
Apprenticeship or trades certificate or diploma	Total	85,385	1,033,655	655	16,135	84,730	1,017,520
	25-44 years	31,555	392,520	260	5,975	31,295	386,545
	45-64 years	31,920	409,675	245	6,805	31,675	402,870
College, CEGEP or other non-university certificate or diploma	Total	164,800	998,740	560	11,975	164,240	986,765
	25-44 years	58,180	349,000	205	4,335	57,975	344,665
	45-64 years	57,415	366,790	245	4,865	57,170	361,925
University certificate or diploma below bachelor level	Total	26,805	208,520	80	1,855	26,725	206,665
	25-44 years	9,560	64,660	30	495	9,530	64,165
	45-64 years	10,795	81,355	35	785	10,760	80,570
University certificate, diploma or degree at bachelor level or above	Total	275,800	1,082,680	305	6,920	275,495	1,075,760
	25-44 years	136,960	509,640	175	3,185	136,785	506,455
	45-64 years	89,255	378,675	100	2,725	89,155	375,950
High school diploma or less	Total	40.7%	41.2%	62.4%	47.9%	40.6%	41.1%
	25-44 years	26.4%	23.9%	40.8%	30.1%	26.3%	23.8%
	45-64 years	38.1%	38.0%	60.1%	44.9%	37.9%	37.9%
Apprenticeship or trades certificate or diploma	Total	9.2%	18.3%	15.3%	22.8%	9.1%	18.2%
	25-44 years	9.8%	22.7%	22.8%	29.9%	9.8%	22.6%
	45-64 years	10.4%	20.5%	15.5%	24.7%	10.4%	20.5%
College, CEGEP or other non-university certificate or diploma	Total	17.7%	17.7%	13.1%	16.9%	17.7%	17.7%
	25-44 years	18.1%	20.2%	18.0%	21.7%	18.1%	20.2%
	45-64 years	18.8%	18.4%	15.5%	17.7%	18.8%	18.4%
University certificate or diploma below bachelor level	Total	2.9%	3.7%	1.9%	2.6%	2.9%	3.7%
	25-44 years	3.0%	3.7%	2.6%	2.5%	3.0%	3.8%
	45-64 years	3.5%	4.1%	2.2%	2.9%	3.5%	4.1%
University certificate, diploma or degree at bachelor level or above	Total	29.6%	19.2%	7.1%	9.8%	29.7%	19.3%
	25-44 years	42.7%	29.5%	15.4%	15.9%	42.8%	29.6%
	45-64 years	29.2%	19.0%	6.3%	9.9%	29.3%	19.1%

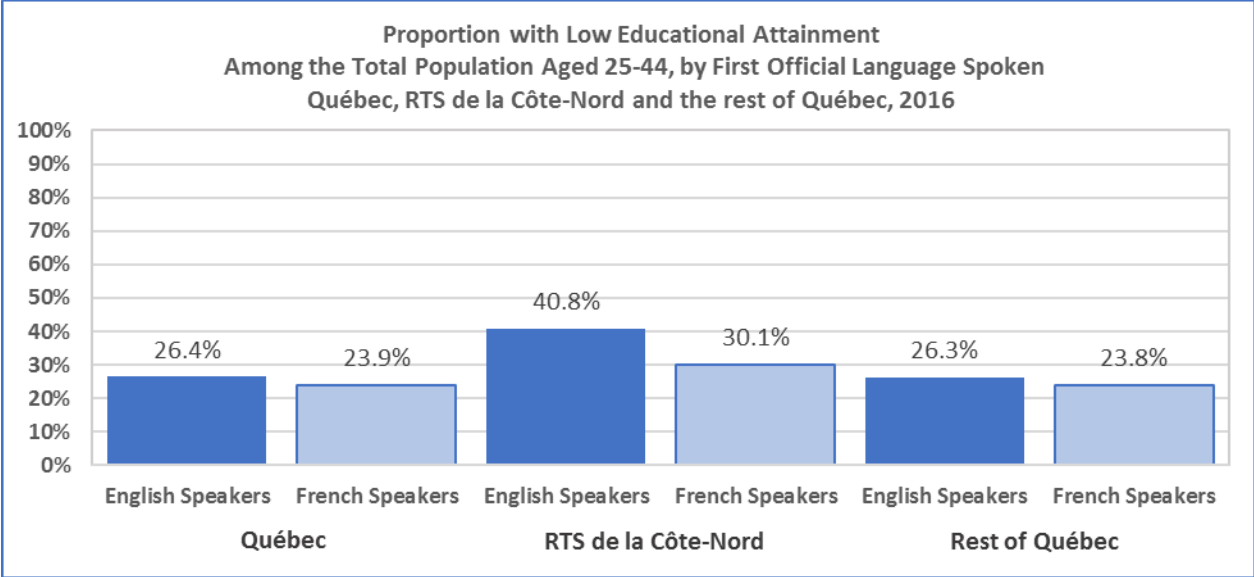
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

<sup>9</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.



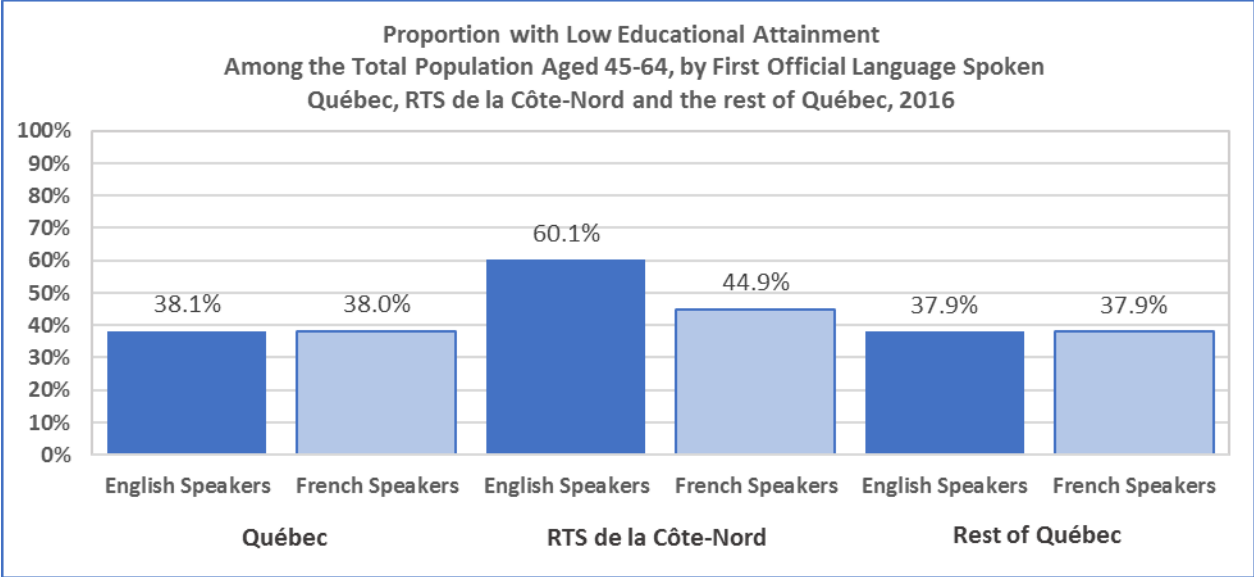
**Population aged 15+, high school diploma or less**

- 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 RTS de la 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 the rest of Québec, we find 377,375 English speakers aged 15 and over with a high school diploma or less where they represent 40.6% 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 much lower than the proportion exhibited by the English speakers across the RTS de la Côte-Nord region.



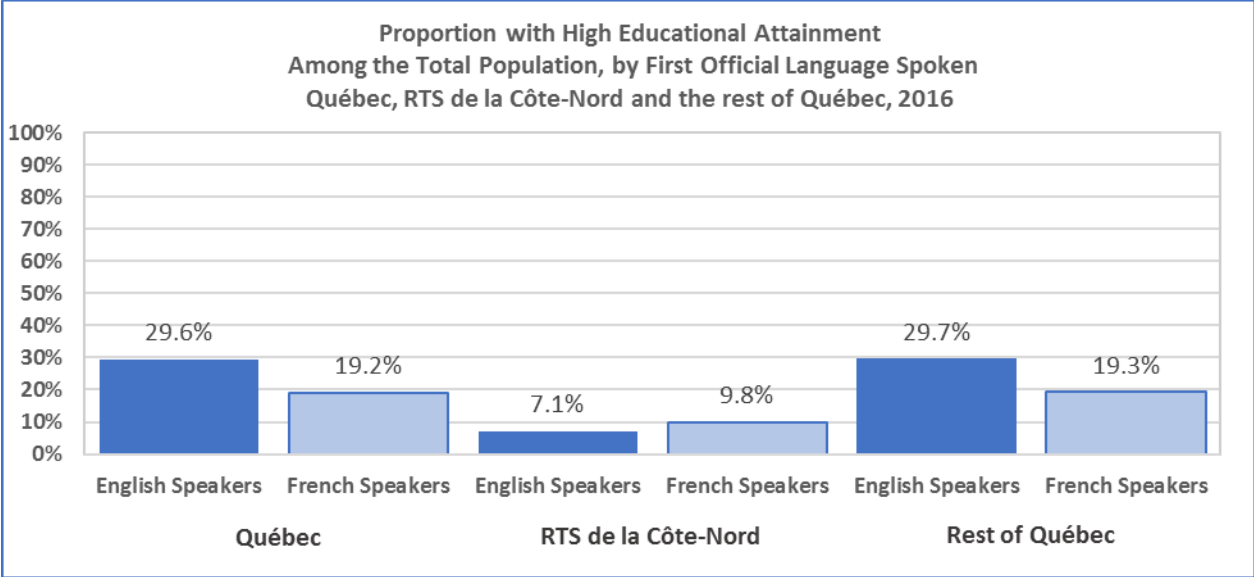
**Population 25-44, high school diploma or less**

- 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 RTS de la 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 the rest of Québec, we find 84,215 English speakers aged 25-44 with a high school diploma or less where they comprise 26.3% 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 much lower than the proportion exhibited by English speakers across the RTS de la Côte-Nord region.



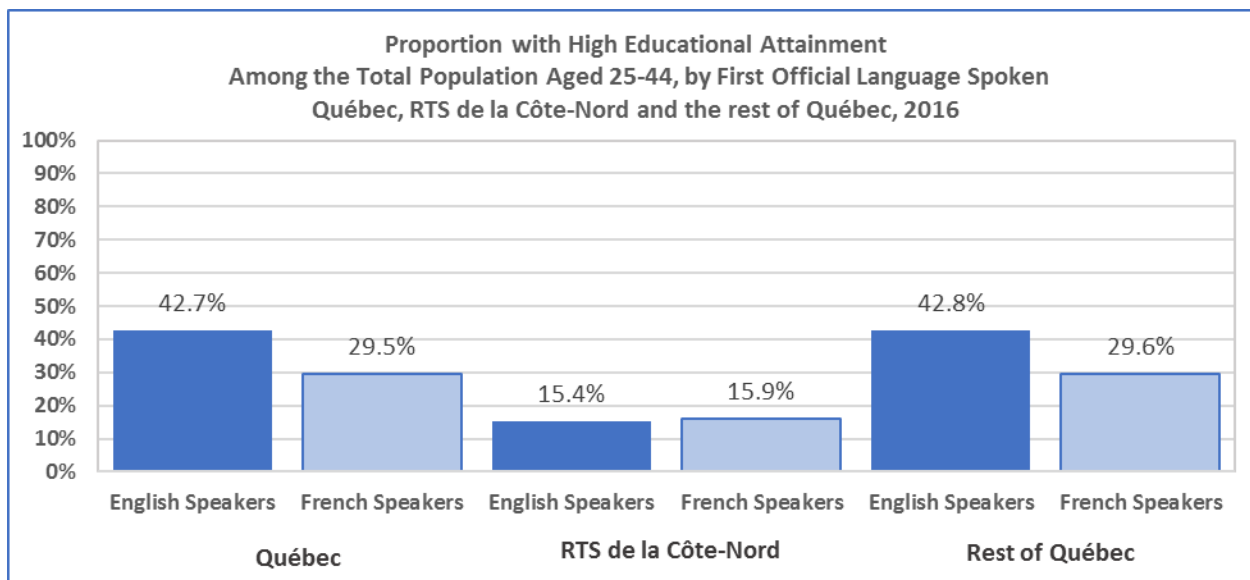
**Population 45-64, high school diploma or less**

- 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 RTS de la 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 the rest of Québec, we find 115,440 English speakers aged 45-64 with a high school diploma or less where they comprise 37.9% of the English-speaking population. This is similar to 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 much lower than the proportion exhibited by English speakers across the region.



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

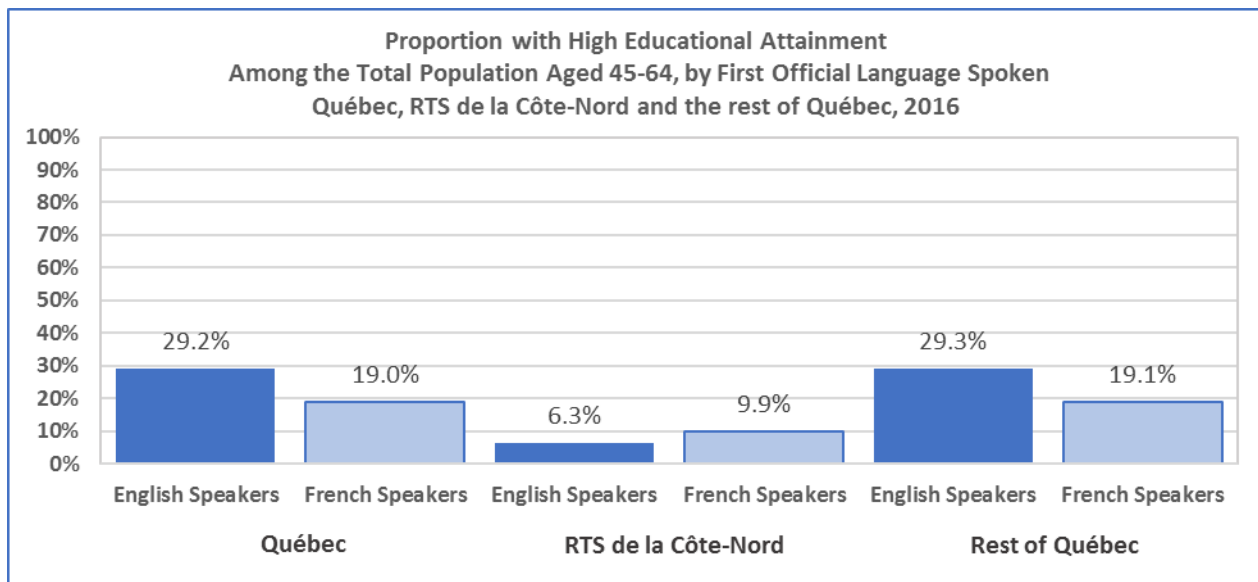
- In Québec in 2016, there were 275,800 English-speaking aged 15 and over with a university degree or higher. This group represents 29.6% of the English-speaking population. The proportion of English speakers aged 15 and over with a university degree or higher is much higher than that found in the same age cohort in the French-speaking majority population in Québec.
- In 2016, there were 305 English speakers aged 15 and over with a university degree or higher in the RTS de la 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 the rest of Québec, we find 275,495 English speakers aged 15 and over with a university degree or higher where they represent 29.7% 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 15 and over with a university degree or higher in the territory's English-speaking population is much 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 175 English speakers aged 25-44 with a university degree or higher in the RTS de la 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 the rest of Québec, we find 136,785 English speakers aged 25-44 with a university degree or higher where they comprise 42.8% 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 25-44 with a university degree or higher in the territory's English-speaking population is much 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 Québec.
- In 2016, there were 100 English speakers aged 45-64 with a university degree or higher in the RTS de la 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 the rest of Québec, we find 89,155 English speakers aged 45-64 with a university degree or higher where they comprise 29.3% 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 much 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.

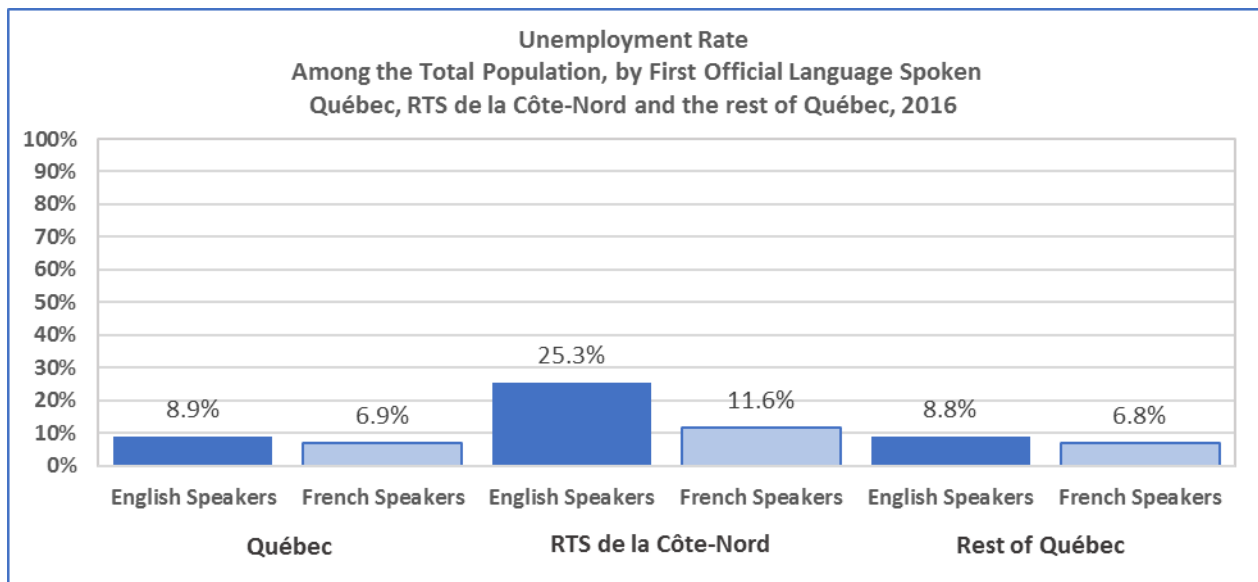
Employment is an important source of social identity and a key context for the establishment of a social support network that extends beyond the workplace. For an individual, work is an important source of the self-esteem and sense of control typically associated with good mental health.<sup>10</sup>

**Table 8 - Labour Force Activity**

Total Population by Labour Force Activity	Québec		RTS de la Côte-Nord		Rest of Québec	
	English	French	English	French	English	French
Total - Labour force activity	932,840	5,652,215	4,285	70,760	928,555	5,581,455
In the labour force	608,050	3,636,980	2,625	43,105	605,425	3,593,875
Employed	553,945	3,386,575	1,955	38,110	551,990	3,348,465
Unemployed	54,105	250,410	665	4,990	53,440	245,420
Out of the labour force	324,790	2,015,230	1,660	27,660	323,130	1,987,570
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%	65.2%	64.4%
Employed	91.1%	93.1%	74.5%	88.4%	91.2%	93.2%
Unemployed	8.9%	6.9%	25.3%	11.6%	8.8%	6.8%
Out of the labour force	34.8%	35.7%	38.7%	39.1%	34.8%	35.6%

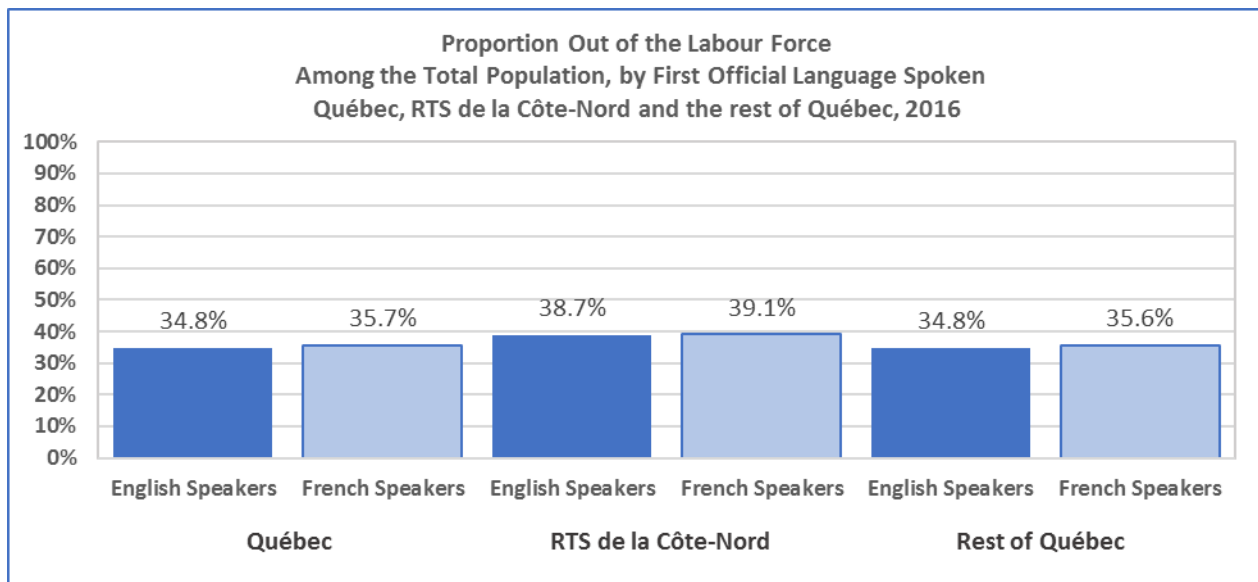
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

<sup>10</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 RTS de la 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 the rest of Québec, we find 53,440 unemployed English speakers resulting in an unemployment rate of 8.8%. 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 lower than the unemployment rate experienced by English speakers across the RTS de la Côte-Nord region.



### Out of the labour force<sup>11</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 RTS de la 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 the rest of Québec, we find 323,130 English speakers out of the labour force where they account for 34.8% 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 out of the labour force in the territory's English-speaking population is lower than the proportion exhibited by English speakers across the RTS de la Côte-Nord region.

<sup>11</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 RSS, RTS and RLS, 2016<sup>12</sup>**

Number and Proportion of English and French Speakers in RSS de la Côte-Nord, by Territory, 2016				
Geography	Total Population	French Speakers	English Speakers	Proportion of English Speakers
RSS de la Côte-Nord	90,680	85,085	5,175	5.7%
RTS de la Côte-Nord	90,680	85,085	5,175	5.7%
RLS de Caniapiscau	3,295	3,030	210	6.4%
RLS de Port-Cartier	7,330	7,185	140	1.9%
RLS de Sept-Îles	27,360	26,275	1,015	3.7%
RLS de la Minganie	6,475	6,310	90	1.4%
RLS de la Basse-Côte-Nord	4,645	1,605	2,900	62.4%
RLS de Kawawachikamach	600	70	495	82.5%
RLS de la Haute-Côte-Nord - Manicouagan	40,985	40,610	325	0.8%

*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>12</sup> Baseline Data Reports are only available for those RLS territories with at least 250 English speakers. This table nonetheless lists all RLS territories in a given RSS/RTS area.

## **Appendix B – Baseline Data Report Series**

2003-2004	Regional Profiles of English-speaking Communities	2001 Census
2004-2005	Profiles of English-speaking Communities In Selected CLSC Territories	2001 Census
2005-2006	English-Language Health and Social Services Access in Québec	2005 CHSSN-CROP Survey on Community Vitality
2006-2007	Community Network Building	Case studies (qualitative interviews)
2007-2008	Health and Social Survey Information on Quebec's English-speaking Communities	1998 Québec Health and Social Survey
2008-2009	Regional Profiles of Quebec's English-speaking Communities: Selected 1996-2006 Census Findings	1996 and 2006 Census
2009-2010	Demographic Profiles of Quebec's English-speaking Communities for Selected CSSS Territories	1996 and 2006 Census
2010-2011	English-Language Health and Social Services Access in Québec	2010 CHSSN-CROP Survey on Community Vitality
2010-2011	2010-2011 Companion Report – Comparison of French and English respondents to the 2010 CROP survey	2010 CHSSN-CROP Survey on Community Vitality
2011-2012	Socio-economic Profiles of English-speaking Visible Minority Population by Quebec Health Region	2006 Census of Canada
2012-2013	Québec's English-speaking Community Networks and their Partners in Public Health and Social Services	Survey of NPI organizations and interviews
2013-2014	Demographic Profiles of Quebec's English-speaking Communities for Selected CSSS Territories	2011 Census of Canada; 2011 National Household Survey
2014-2015	Canadian Community Health Survey (2011-2012) / Findings related to the Mental and Emotional Health of Quebec's English-speaking Communities	Canadian Community Health Survey, 2011-2012
2015-2016	English-Language Health and Social Services Access in Québec	2015 CHSSN-CROP Survey on Community Vitality
2015-2016	2015 CHSSN-CROP Survey on Community Vitality / Findings on English-speaking Community Vitality Across Key Sectors	2015 CHSSN-CROP Survey on Community Vitality
2016-2017	Demographic Summaries for English-speaking Populations Across Quebec's RTS Territories (2011)	2011 Census of Canada; 2011 National Household Survey
2017-2018	Demographic Profiles of Quebec's English-speaking Communities for Selected RLS Territories	2016 Census of Canada

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