

# CHSSN

*Community Health  
And Social Services Network*  
Réseau communautaire de santé  
et de services sociaux

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**Baseline Data Report 2013-2014**

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**DEMOGRAPHIC PROFILE  
OF THE ENGLISH-SPEAKING COMMUNITIES  
OF CSSS DE LA VALLÉE-DE-LA-GATINEAU (0704)**

**Produced by Dr. Joanne Pocock**

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

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## Introduction

### ***CHSSN: Networking and Partnership Initiative***

The CHSSN Networking and Partnership Initiative Program<sup>1</sup> (NPI) contributes to the vitality of Quebec's English-speaking communities by developing partnerships with the public health and social service system to improve, develop, and maintain access to a full range of services for Quebec's English-speaking language minority.

The Program, a measure of "Canada's Roadmap for Linguistic Duality", funds the development of community networks within English-speaking communities that align with the territories served by Quebec's health and a social service centres (CSSS). A *community network* (often referred to as an *NPI network*) is a formal grouping of community, institutional and other partners within the health and social service sector. The network improves access to health and social services through collaboration with the public system, provision of information on community needs and priorities, support for the volunteer and community resources sector and the promotion of innovative services adapted to the needs of English-speaking people.

### ***About the 2013-2014 report***

This volume of the BDR series presents selected demographic characteristics of the English-speaking population residing in the CSSS territories of the areas covered by the organizations participating in the Networking and Partnership Initiative (NPI). The information presented is drawn from the 2011 National Household Survey (NHS) and organized by province, region and CSSS territory. 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 that will allow local communities to better understand the demographic factors and health determinants affecting them and to assist institutional partners and community leaders in developing strategies to improve the well-being of their constituencies. The Baseline Data Report 2013-2014 (BDR) is the eleventh volume in the series. The full series and data source for each is presented in the table in Appendix "A".

### ***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

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<sup>1</sup> [http://www.chssn.org/En/Networking\\_Partnership.html](http://www.chssn.org/En/Networking_Partnership.html)

conditions, health services, physical and social environments, biology and genetic endowment, personal health practices and coping skills, healthy child development, gender and culture.<sup>2</sup>

### *Suggested Readings*

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.

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 and Constraints**

This report is based on a series of tables developed by the Community Health and Social Services Network (CHSSN) based on data from the 2011 National Household Survey (NHS).

It should be noted that there are differences between the 2011 National Household Survey (NHS) estimates and census counts. The 2011 Census of Population and the 2011 National Household Survey (NHS) both provide information on the Canadian population for various levels of geography and for numerous topics (e.g., demography, marital status, family and language) including characteristics associated with these topics. There are two reasons which explain the differences between the counts for the 2011 Census and the 2011 National Household Survey:

- the target population for the 2011 Census includes usual residents in collective dwellings and persons living abroad, whereas the target population for the NHS excludes them.
- the NHS estimates are derived from a sample survey and are therefore subject to sampling error and are also subject to potentially higher non-response error than in the census due to the survey's voluntary nature.

Given the limits to the NHS data mentioned above and due to the fact that cross-tabulations of small populations produce even smaller population counts which are unreliable for statistical analysis, profiles have not been produced for territories where the number of English speakers falls below 250 persons. In this 2013-2014 Baseline Data Report, profiles will be produced for 72

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<sup>2</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.

CSSS territories and 83 CLSC territories. Data for individual sub-items (ex. Population living alone) is also suppressed when the count is less than 25.

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 2013-2014 Baseline Data Report consists of a series of stand-alone documents which present key data for the CSSS and CLSC territories in Quebec in which there are at least 250 English-speaking residents.

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

The demographic and socio-economic variables addressed in the 2013-2014 BDR 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 dictionary for the National Household Survey<sup>3</sup> may also be consulted.

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<sup>3</sup> <http://www12.statcan.gc.ca/nhs-enm/2011/ref/dict/99-000-x2011001-eng.pdf>

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## Demographic Size

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>4</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

Population Size		Quebec	RSS de l'Outaouais	CSSS de la Vallée-de-la-Gatineau
FOLS - English speakers	number	1,046,498	65,598	3,358
	percentage	13.5%	18.0%	16.6%
FOLS - French speakers	number	6,734,530	300,200	16,900
	percentage	87.1%	82.4%	83.6%
Total population	number	7,732,520	364,160	20,220
	percentage	100.0%	100.0%	100.0%

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

- Across Quebec, there were 1,046,498 English speakers, representing 13.5% of the provincial population.
- There were 65,598 English speakers living in the RSS de l'Outaouais region where they represented 18.0% of the population. This share is much higher than the overall provincial share for English speakers.
- In CSSS de la Vallée-de-la-Gatineau, we find 3,358 English speakers where they represented 16.6% of the population. This proportion is lower than that represented by English speakers across the RSS de l'Outaouais territory.

<sup>4</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.

## 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	Quebec		RSS de l'Outaouais		CSSS de la Vallée-de-la-Gatineau	
	English	French	English	French	English	French
Total - Age groups	1,046,498	6,734,530	65,598	300,200	3,358	16,900
0-14 years	158,640	1,090,615	10,705	52,075	605	2,195
15-24 years	145,523	847,580	8,913	39,320	405	1,770
25-44 years	316,405	1,750,675	18,983	80,005	650	3,325
45-64 years	287,858	2,065,815	19,573	92,905	1,165	6,220
65+ years	138,065	979,840	7,418	35,885	525	3,370

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

### Children (aged 0-14)

- Across Quebec, there were 158,640 English-speaking children aged 0-14, representing 15.2% 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.
- There were 10,705 English-speaking children aged 0-14 living in RSS de l'Outaouais where they account for 16.3% of the population. The proportion of children in the regional English-speaking population is much lower than their proportion in the regional French-speaking majority population. This proportion is higher than the level for English-speaking children across the province.
- In CSSS de la Vallée-de-la-Gatineau, we find 605 English-speaking children aged 0-14 where they represent 18.0% of the population. This share is higher than that exhibited by English-speaking children across the RSS de l'Outaouais region. The proportion of children in the territory's English-speaking population is much higher than the share in the CSSS de la Vallée-de-la-Gatineau French-speaking majority population.



## Seniors (aged 65 and over)

- Across Quebec, there were 138,065 English-speaking seniors aged 65+ representing 13.2% 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.
- There were 7,418 English-speaking seniors aged 65+ living in the RSS de l'Outaouais region where they accounted for 11.3% of the population. This share is lower than that of English-speaking seniors across the province. The proportion of seniors in the regional English-speaking population is lower than their proportion in the French-speaking majority population.
- In CSSS de la Vallée-de-la-Gatineau, we find 525 English-speaking seniors aged 65+ where they account for 15.6% of the population. This share is much lower than that of English-speaking seniors across the RSS de l'Outaouais region. The proportion of seniors in the English-speaking population is much higher than the proportion in the French-speaking majority population in the CSSS de la Vallée-de-la-Gatineau.

## 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>5</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>6</sup>.

**Table 3 - Income**

Population 15+ years, by Income Group	Quebec		RSS de l'Outaouais		CSSS de la Vallée-de-la-Gatineau	
	English	French	English	French	English	French
Population 15+ by total income	887,850	5,643,910	54,890	248,120	2,750	14,705
Less than \$20,000	398,710	2,225,605	21,700	88,330	1,393	6,805
\$20,000 - \$49,999	300,123	2,186,230	17,493	85,100	905	6,185
\$50,000 +	189,020	1,232,070	15,695	74,685	450	1,705

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

<sup>5</sup> Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> Accessed March 2014

<sup>6</sup> Ibid

### **Income under \$20k**

- Across Quebec in 2011, there were 398,710 English speakers aged 15+ with income under \$20k. This group represents 44.9% of the English-speaking population aged 15 and over. The proportion of English speakers with income under \$20k is higher than that found in the French-speaking majority population in Quebec.
- There were 21,700 English speakers with income under \$20k in the RSS de l'Outaouais region where they represent 39.5% 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 CSSS de la Vallée-de-la-Gatineau, we find 1,393 English speakers with income under \$20k where they account for 50.7% of the population. This share is much higher than that experienced by English speakers across Quebec. The proportion of those with income under \$20k in the territory's English-speaking population is higher than the proportion for the French-speaking majority population in RSS de l'Outaouais.

### **Earning \$50k and over**

- Across Quebec, there were 189,020 English speakers with income over \$50k who represented 21.3% of the English-speaking population aged 15 and over. The proportion of high earners in the English-speaking population is similar to that found in the French-speaking majority population in Quebec.
- There were 15,695 English speakers with income over \$50k living in the RSS de l'Outaouais region where they represented 28.6% of the population. This proportion was much higher than 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 CSSS de la Vallée-de-la-Gatineau, we find 450 English-speaking high earners where they represent 16.4% of the population. This share is much lower than that experienced by English-speaking high earners across the RSS de l'Outaouais region. The proportion of high earners in the territory's English-speaking population is much 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>7</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	Quebec		RSS de l'Outaouais		CSSS de la Vallée-de-la-Gatineau	
	English	French	English	French	English	French
Total - Household living arrangements	887,850	5,643,905	54,893	248,120	2,750	14,705
Total persons in households with at least one census family	712,758	4,442,850	44,823	200,270	2,258	11,565
Married spouses, common-law partners	486,895	3,231,060	32,410	142,555	1,598	8,465
Lone parents	49,955	310,000	3,153	15,850	215	885
Children in families with two parents present	111,300	556,340	5,543	24,620	230	1,100
Children in families with one parent present	47,878	258,575	2,680	12,295	130	760
Persons not in census families, living with relatives	11,288	52,915	600	3,075	55	185
Persons not in census families, living with non-relatives only	5,433	33,965	433	1,875	30	165
Total persons in non-census family households	175,093	1,201,055	10,070	47,855	493	3,140
Living with relatives	11,428	56,795	555	2,385	20	180
Living with non-relatives only	32,288	181,950	1,485	7,600	50	435
Living alone	131,380	962,300	8,028	37,865	410	2,525

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

<sup>7</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>8</sup>

- Across Quebec, there were 712,758 English speakers living in households with at least one census family. This group represents 80.3% of the 15+ English-speaking population. The proportion of English speakers living in households with at least one census family is similar to that found in the French-speaking majority population in Quebec.
- There were 44,823 English speakers living in households with at least one census family in the RSS de l'Outaouais where they comprise 81.7% of the population. This share is similar to that displayed by the provincial English-speaking population. The proportion of those living in households with at least one census family in the regional English-speaking population is similar to the proportion in the regional French-speaking majority population.
- In CSSS de la Vallée-de-la-Gatineau, we find 2,258 English speakers living in households with at least one census family where they account for 82.1% of the population. This share is similar to that accounted for by English speakers across the RSS de l'Outaouais region. The proportion of persons living in households with at least one census family in the English-speaking population is similar to the proportion represented by the French-speaking majority population in CSSS de la Vallée-de-la-Gatineau.

### Living in lone-parent families

- Across Quebec, there were 49,955 English speakers living in lone-parent families. This group represents 5.6% 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.
- There were 3,153 English speakers living in lone-parent families in the RSS de l'Outaouais where they account for 5.7% of the population. The proportion of those living in lone-parent families in the regional English-speaking population is lower than the proportion found in the regional French-speaking majority population. The proportion is similar to that found in the provincial English-speaking population.
- In CSSS de la Vallée-de-la-Gatineau, we find 215 English speakers living in lone-parent families where they represent 7.8% of the population. This is lower than the proportion represented by the French-speaking majority population in CSSS de la Vallée-de-la-Gatineau. The proportion of English speakers living in lone-parent families in the CSSS de la Vallée-de-la-Gatineau English-speaking population is similar to the proportion we find for English speakers across the RSS de l'Outaouais region.

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<sup>8</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 alone**

- Across Quebec, there were 131,380 English speakers living alone. This group represents 14.8% 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.
- There were 8,028 English speakers living alone in the RSS de l'Outaouais where they account for 14.6% of the population. This level is similar to that displayed by the provincial English-speaking population. The proportion of those living alone in the regional English-speaking population is similar to the proportion found in the regional French-speaking majority population.
- In CSSS de la Vallée-de-la-Gatineau, we find 410 English speakers living alone where they represent 14.9% of the population. This share is similar to that exhibited by English speakers across the RSS de l'Outaouais 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 CSSS de la Vallée-de-la-Gatineau.

## 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>9</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	Quebec		RSS de l'Outaouais		CSSS de la Vallée-de-la-Gatineau	
	English	French	English	French	English	French
Total - Age groups	173,575	767,155	7,450	29,395	180	1,320
0-14 years	23,333	119,720	1,028	4,530	25	205
15-24 years	150,235	647,430	6,423	24,865	155	1,120
25-44 years	59,133	206,805	2,243	7,305	0	315
45-64 years	43,945	235,065	2,138	9,325	90	625
65+ years	13,713	82,140	390	3,120	0	30

Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the 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 Quebec, there were 173,575 English speakers living below LICO. This group accounts for 16.6% 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.
- There were 7,450 English speakers living below LICO in the RSS de l'Outaouais region where they represent 11.4% of the regional English-speaking population. The proportion of those living below LICO in the regional English-speaking population is higher than the proportion found in the regional French-speaking majority population. This English-speaking regional proportion in RSS de l'Outaouais is much lower than the proportion for Quebec's English speakers in general.
- In CSSS de la Vallée-de-la-Gatineau, we find 180 English speakers living below LICO where they represent 5.4% of the English-speaking population. This level is much lower than the proportion for the French-speaking majority population in the same territory. The

<sup>9</sup> See “Low Income in Canada: 2000-2007 Using the Market Basket Measure” August 2009 by Human Resources and Skills Development Canada for a breakdown on various Low Income Measurements. Available online at <http://www.hrsdc.gc.ca/eng/publications>

proportion of those living below LICO in the territory's English-speaking population is much lower than the proportion for English speakers across RSS de l'Outaouais.

### **Children (0-14) Living below the low income cut-off (LICO)**

- Across Quebec, there were 23,333 English-speaking children living below LICO. This group represents 14.7% of the population of children. The proportion of English-speaking children living below LICO is much higher than the proportion found for children in the French-speaking majority population in Quebec.
- There were 1,028 English-speaking children living below LICO in the RSS de l'Outaouais where they account for 9.6% of the children in the regional English-speaking population. The proportion of children living below LICO in the regional English-speaking population is higher than the proportion in the regional French-speaking majority children's population. This proportion is much lower than that displayed by English-speaking children across the province.
- In CSSS de la Vallée-de-la-Gatineau, we find 25 English-speaking children living below LICO where they represent 4.1% of the English-speaking children's population. This proportion is much lower than the proportion experienced by children in the French-speaking majority in the same territory. The proportion of children living below LICO in the territory's English-speaking population is much lower than the proportion experienced by English-speaking children across the RSS de l'Outaouais region.

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

- Across Quebec, there were 13,713 English-speaking seniors living below LICO. This group represents 9.9% of the English-speaking senior population. The proportion of English-speaking seniors living below LICO is higher than the proportion of seniors living below LICO in the French-speaking majority population in Quebec.
- There were 390 English-speaking seniors living below LICO in the RSS de l'Outaouais where they account for 5.3% of the regional English-speaking senior population. The proportion of those seniors living below LICO in the regional English-speaking senior population is much 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.

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

Population Living Below the Low-Income Cut-off Level, by Household Living Arrangements	Quebec		RSS de l'Outaouais		CSSS de la Vallée-de-la-Gatineau	
	English	French	English	French	English	French
Total - Household living arrangements	150,235	647,430	6,423	24,865	155	1,120
Total persons in households with at least one census family	82,193	304,325	3,633	12,140	90	550
Married spouses, common-law partners	47,653	170,785	1,898	5,980	75	385
Lone parents	12,090	54,175	678	2,645	0	70
Children in families with two parents present	9,293	27,265	430	960	0	20
Children in families with one parent present	9,273	33,630	425	1,645	0	0
Persons not in census families, living with relatives	1,103	3,605	60	150	0	0
Persons not in census families, living with non-relatives only	2,775	14,870	145	745	0	0
Total persons in non-census family households	68,050	343,110	2,790	12,720	65	570
Living with relatives	2,958	9,160	65	265	0	0
Living with non-relatives only	18,725	80,035	593	2,935	0	100
Living alone	46,365	253,910	2,133	9,520	70	465

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the 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 Quebec, there were 82,193 English-speaking persons in census family households living below LICO. This group represents 11.5% 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.
- There were 3,633 English-speaking persons in census family households living below LICO in the RSS de l'Outaouais where they represent 8.1% of the regional English-speaking population. The proportion of persons in census family households living below LICO in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. The proportion in the regional English-speaking population is much lower than that found in the provincial English-speaking population.



- In CSSS de la Vallée-de-la-Gatineau, we find 90 English-speaking persons in census family households living below LICO where they account for 4.0% of the English-speaking population. This level is lower 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 lower than the proportion found in the English-speaking population of the RSS de l'Outaouais region.

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

- Across Quebec, there were 12,090 English-speaking persons in lone-parent families living below LICO. This group represents 24.2% 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.
- There were 678 English-speaking persons in lone-parent families living below LICO in the RSS de l'Outaouais where they account for 21.5% 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 higher than the proportion in the regional French-speaking majority population. The level for the English-speaking regional population is lower than that found in the provincial English-speaking population.

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

- Across Quebec, there were 46,365 English-speaking persons living alone and below LICO. This group represents 35.3% 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.
- There were 2,133 English-speaking persons living alone and below LICO in the RSS de l'Outaouais where they account for 26.6% of the regional English-speaking population living alone. The proportion of those persons living alone and below LICO in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much lower than that experienced by the provincial English-speaking population.
- In CSSS de la Vallée-de-la-Gatineau, we find 70 English-speaking persons living alone and below LICO where they represent 17.1% of the English-speaking population living alone. This is lower 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 lower than the proportion experienced by English speakers across the RSS de l'Outaouais 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>10</sup>.

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

Highest Educational Certification, by Selected Age Groups		Quebec		RSS de l'Outaouais		CSSS de la Vallée-de-la Gatineau	
		English	French	English	French	English	French
Total	Total	887,850	5,643,905	54,893	248,120	2,750	14,705
	25-44 years	316,405	1,750,675	18,980	80,000	655	3,325
	45-64 years	287,860	2,065,820	19,573	92,905	1,160	6,220
High school diploma or less	Total	370,468	2,471,210	24,155	111,530	1,443	8,365
	25-44 years	84,955	445,280	5,413	22,330	250	1,230
	45-64 years	115,278	856,305	8,193	39,625	545	3,350
Apprenticeship or trades certificate or diploma	Total	81,305	975,255	4,883	37,145	533	3,555
	25-44 years	30,110	366,670	1,505	13,775	145	1,090
	45-64 years	31,045	403,590	2,283	15,745	265	1,720
College, CEGEP or other non-university certificate or diploma	Total	146,603	942,465	10,115	40,580	350	1,475
	25-44 years	57,853	365,805	4,265	16,675	150	565
	45-64 years	46,840	340,500	3,508	14,170	135	530
University certificate or diploma below bachelor level	Total	46,055	264,215	2,318	10,350	140	415
	25-44 years	18,195	83,155	773	3,030	35	50
	45-64 years	16,558	111,280	965	4,870	60	260
University certificate, diploma or degree at bachelor level or above	Total	243,415	990,755	13,428	48,525	280	880
	25-44 years	125,300	489,770	7,028	24,190	70	380
	45-64 years	78,140	354,140	4,630	18,510	150	335
High school diploma or less	Total	41.7%	43.8%	44.0%	45.0%	52.5%	56.9%
	25-44 years	26.9%	25.4%	28.5%	27.9%	38.2%	37.0%
	45-64 years	40.0%	41.5%	41.9%	42.7%	47.0%	53.9%
Apprenticeship or trades certificate or diploma	Total	9.2%	17.3%	8.9%	15.0%	19.4%	24.2%
	25-44 years	9.5%	20.9%	7.9%	17.2%	22.1%	32.8%
	45-64 years	10.8%	19.5%	11.7%	16.9%	22.8%	27.7%
College, CEGEP or other non-university certificate or diploma	Total	16.5%	16.7%	18.4%	16.4%	12.7%	10.0%
	25-44 years	18.3%	20.9%	22.5%	20.8%	22.9%	17.0%
	45-64 years	16.3%	16.5%	17.9%	15.3%	11.6%	8.5%
University certificate or diploma below bachelor level	Total	5.2%	4.7%	4.2%	4.2%	5.1%	2.8%
	25-44 years	5.8%	4.7%	4.1%	3.8%	5.3%	1.5%
	45-64 years	5.8%	5.4%	4.9%	5.2%	5.2%	4.2%
University certificate, diploma or degree at bachelor level or above	Total	27.4%	17.6%	24.5%	19.6%	10.2%	6.0%
	25-44 years	39.6%	28.0%	37.0%	30.2%	10.7%	11.4%
	45-64 years	27.1%	17.1%	23.7%	19.9%	12.9%	5.4%

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

<sup>10</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 Quebec, there were 370,468 English speakers aged 15 and over with a high school diploma or less. This group accounts for 41.7% 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.
- There were 24,155 English speakers aged 15 and over with a high school diploma or less in the RSS de l'Outaouais region where they account for 44.0% 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 similar to the proportion in the regional French-speaking majority population. The level for the English-speaking regional proportion is higher than that exhibited by English speakers across the province.
- In CSSS de la Vallée-de-la-Gatineau, we find 1,443 English speakers aged 15 and over with a high school diploma or less where they represent 52.5% of the English-speaking population aged 15 and over. This level is lower than the proportion exhibited by the French-speaking majority population aged 15 and over in the same territory. The proportion of those aged 15 and over with a high school diploma or less in the English-speaking population is higher than the proportion exhibited by the English speakers across the RSS de l'Outaouais region.

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

- Across Quebec, there were 84,955 English speakers aged 25-44 with a high school diploma or less. This group represents 26.9% 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.
- There were 5,413 English speakers aged 25-44 with a high school diploma or less in the RSS de l'Outaouais where they account for 28.5% 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 similar to the proportion in the regional French-speaking majority population in that age group. This proportion is higher than that exhibited by English speakers across the province in the same age cohort.
- In CSSS de la Vallée-de-la-Gatineau, we find 250 English speakers aged 25-44 with a high school diploma or less where they comprise 38.2% of the English-speaking 25-44 cohort. This is similar to 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 higher than the proportion exhibited by English speakers across the RSS de l'Outaouais region.

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

- In Quebec, there were 115,278 English-speaking aged 45-64 with a high school diploma or less. This group represents 40.0% 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.
- There were 8,193 English speakers aged 45-64 with a high school diploma or less in the RSS de l'Outaouais where they account for 41.9% 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 similar to the proportion in the regional French-speaking majority population. This English-speaking regional proportion is similar to that exhibited by the province's English speakers.
- In CSSS de la Vallée-de-la-Gatineau, we find 545 English speakers aged 45-64 with a high school diploma or less where they comprise 47.0% 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 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 Quebec, there were 243,415 English-speaking aged 15 and over with a university degree or higher. This group represents 27.4% 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 Quebec.
- There were 13,428 English speakers aged 15 and over with a university degree or higher in the RSS de l'Outaouais where they account for 24.5% of the regional English-speaking population. The proportion of those aged 15 and over with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is lower than that exhibited by the province's English speakers.
- In CSSS de la Vallée-de-la-Gatineau, we find 280 English speakers aged 15 and over with a university degree or higher where they represent 10.2% 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 lower than the proportion exhibited by English speakers across the region.

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

- In Quebec, there were 125,300 English speakers aged 25-44 with a university degree or higher. This group accounts for 39.6% 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.
- There were 7,028 English speakers aged 25-44 with a university degree or higher in the RSS de l'Outaouais where they represent 37.0% of the regional English-speaking population. The proportion of those aged 25-44 with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is lower than that exhibited by the province's English speakers.
- In CSSS de la Vallée-de-la-Gatineau, we find 70 English speakers aged 25-44 with a university degree or higher where they comprise 10.7% 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 aged 25-44 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 45-64, university degree or higher**

- In Quebec, there were 78,140 English speakers aged 45-64 with a university degree or higher. This group represents 27.1% 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.
- There were 4,630 English speakers aged 45-64 with a university degree or higher in the RSS de l'Outaouais where they represent 23.7% 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 higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is lower than that exhibited by the province's English speakers.
- In CSSS de la Vallée-de-la-Gatineau, we find 150 English speakers aged 45-64 with a university degree or higher where they comprise 12.9% 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 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>11</sup>

**Table 8 - Labour Force Activity**

Labour Force Activity	Quebec		RSS de l'Outaouais		CSSS de la Vallée-de-la-Gatineau	
	English	French	English	French	English	French
Total - Labour force activity	887,850	5,643,905	54,893	248,120	2,750	14,705
In the labour force	571,845	3,668,685	37,185	168,910	1,655	8,110
Employed	518,295	3,413,740	34,105	158,450	1,318	6,905
Unemployed	53,558	254,950	3,080	10,455	335	1,200
Out of the labour force	316,005	1,975,220	17,705	79,210	1,090	6,590

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

### Unemployed

- Across Quebec, there are 53,558 English speakers who are unemployed resulting in an unemployment rate of 9.4%. The unemployment rate of Quebec's English speakers is much higher than the unemployment rate of the French-speaking majority.
- There are 3,080 unemployed English speakers in the RSS de l'Outaouais region where they experience an unemployment rate of 8.3%. The unemployment rate of the regional English-speaking population is much higher than the unemployment rate in the regional French-speaking majority population. Their unemployment rate is lower than that experienced by the provincial English-speaking population.
- In CSSS de la Vallée-de-la-Gatineau, we find 335 unemployed English speakers resulting in an unemployment rate of 20.2%. 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 RSS de l'Outaouais region.

<sup>11</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.

## Out of the labour force<sup>12</sup>

- Across Quebec, there were 316,005 English speakers out of the labour force. This group represents 35.6% 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.
- There were 17,705 English speakers out of the labour force in the RSS de l'Outaouais region where they comprise 32.3% 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 lower than that exhibited by the provincial English-speaking population.
- In CSSS de la Vallée-de-la-Gatineau, we find 1,090 English speakers aged 15+ out of the labour force where they account for 39.6% 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 much higher than the proportion exhibited by English speakers across the RSS de l'Outaouais region.

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<sup>12</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” – Baseline Data Report Series**

Year	Title	Data Source
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
2011-2012	Socio-economic Profiles of English-speaking Visible Minority Population by Quebec Health Region	2006 Census of Canada
2012-2013	Quebec’s English-speaking Community Networks and their Partners in Public Health and Social Services	Survey of NPI groups and interviews
2013-2014	Demographic Profiles of the English-speaking Communities of Selected CSSS and CLSC Territories	2011 National Household Survey



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