
**DEMOGRAPHIC PROFILE
OF THE ENGLISH-SPEAKING COMMUNITIES
IN THE ADMINISTRATIVE REGION OF CAPITALE-
NATIONALE &
MRC LA CÔTE-DE-BEAUPRÉ
BASED ON THE 2016 CENSUS OF CANADA**

MRC Profile Series

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



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Introduction

About the MRC Profile Series

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

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

Methodological Notes

Data Source

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

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

Linguistic definitions

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

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

Geographic Regions

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

Demographic and Socio-economic Characteristics

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

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

Statistics Canada Definitions

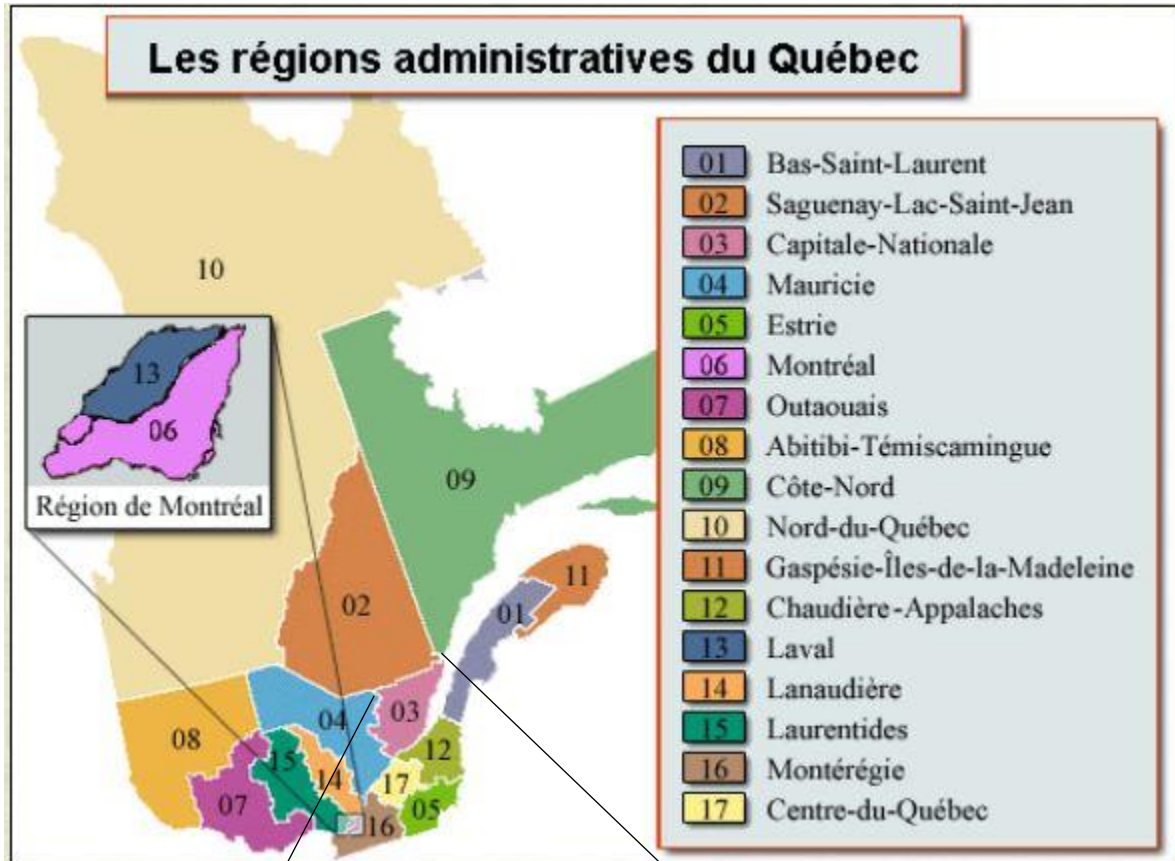
While for the most part the meaning of demographic and administrative terms are clarified as they arise in the report, the online Statistics Canada census dictionary for the¹ may also be consulted.

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

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Map of the Territory



Demographic Size

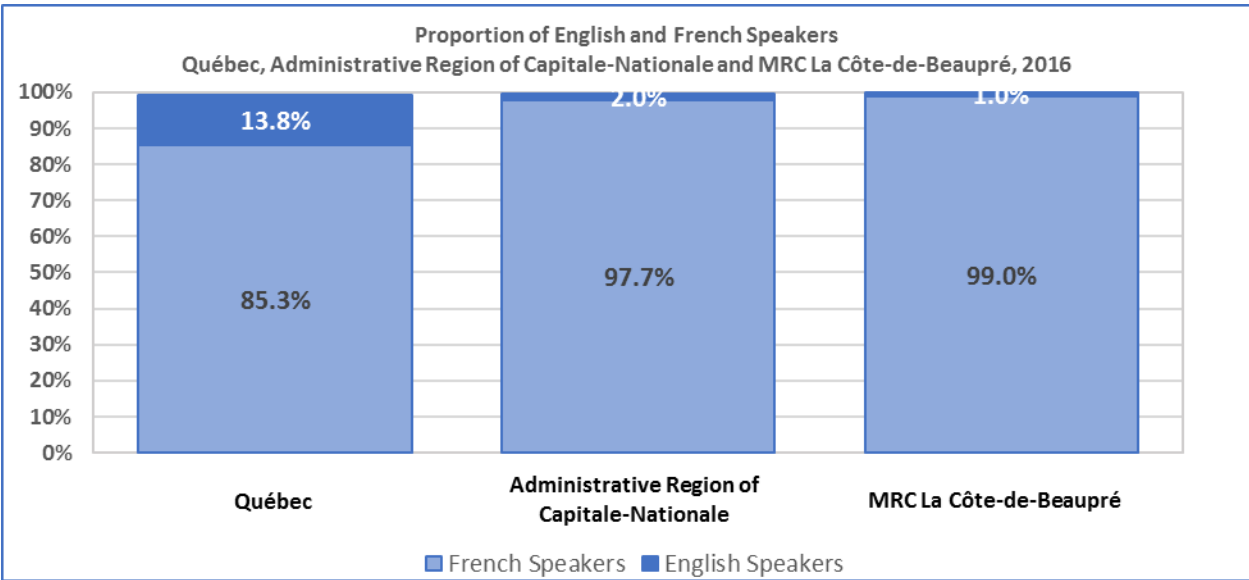
Quebec’s English speakers form one of Canada’s official language minority groups. Studies have confirmed that language barriers affect access and quality of care for linguistic minority communities. Obstacles to communication can reduce recourse to preventative services; increase consultation time including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

Table 1 - Population Size

Size of Population		Québec	Administrative Region of Capitale-Nationale	MRC La Côte-de-Beaupré
FOLS - English speakers	number	1,097,925	14,205	270
	percentage	13.8%	2.0%	1.0%
FOLS - French speakers	number	6,795,280	693,190	27,135
	percentage	85.3%	97.7%	99.0%
Total population	number	7,965,450	709,325	27,410
	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.

² 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. See also, Jacobs, E, and A. Chen, L. Karliner, N. Agger-Gupta & S. Mutha. (2006). “The Need for More Research on Language Barriers in Health Care: A Proposed Research Agenda”. *The Millbank Quarterly*, Vol. 84, No. 1, pp. 111-133.



- Across Québec, there were 1,097,925 English speakers, representing 13.8% of the provincial population.
- In 2016, there were 14,205 English speakers living in the Capitale-Nationale region where they represented 2.0% of the population. This share is much lower than the overall provincial share for English speakers.
- In MRC La Côte-de-Beaupré, we find 270 English speakers where they represented 1.0% of the population. This proportion is much lower than that represented by English speakers across the Capitale-Nationale territory.

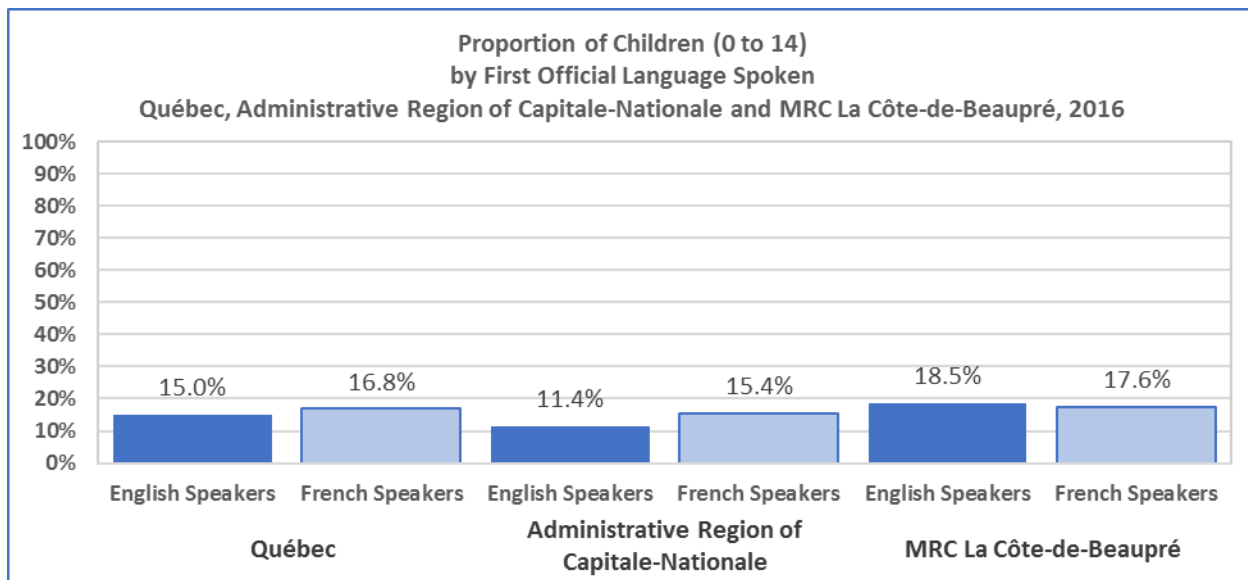
Age Structure

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

Table 2 - Age Structure of the Population

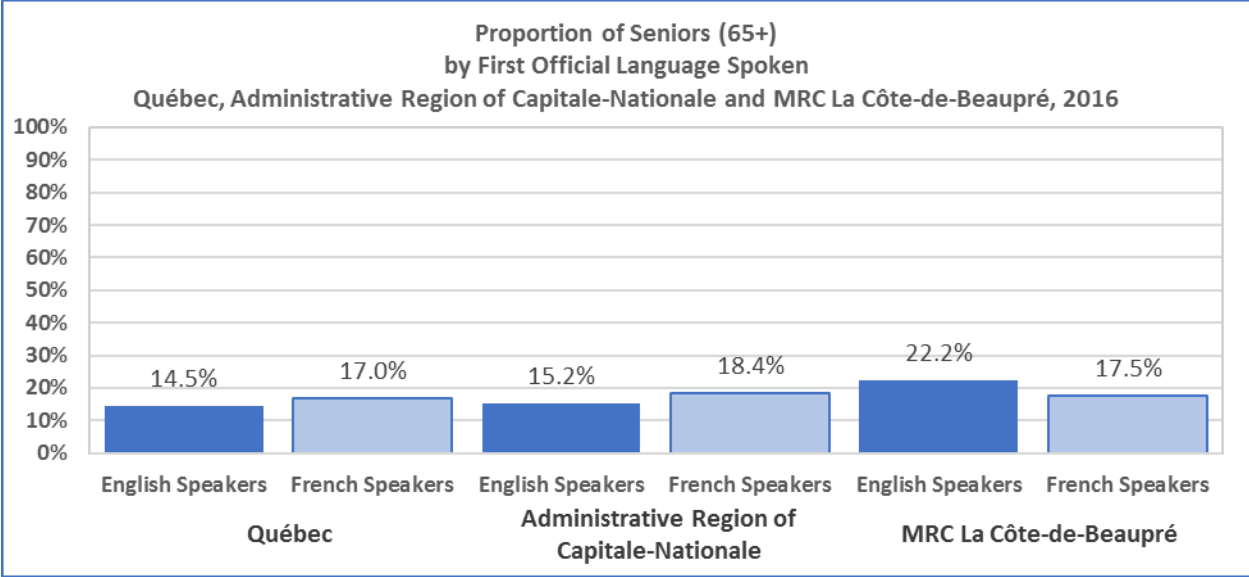
Age Structure of the Population	Québec		Administrative Region of Capitale-Nationale		MRC La Côte-de-Beaupré	
	English	French	English	French	English	French
Total - Age groups	1,097,925	6,795,280	14,205	693,190	270	27,135
0-14 years	165,085	1,143,060	1,625	107,090	50	4,765
15-24 years	146,460	776,310	1,915	77,110	10	2,605
25-44 years	320,930	1,728,440	4,725	181,375	70	6,630
45-64 years	305,775	1,995,460	3,785	199,740	75	8,375
65+ years	159,670	1,152,005	2,155	127,870	60	4,760
Total - Age groups	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
0-14 years	15.0%	16.8%	11.4%	15.4%	18.5%	17.6%
15-24 years	13.3%	11.4%	13.5%	11.1%	3.7%	9.6%
25-44 years	29.2%	25.4%	33.3%	26.2%	25.9%	24.4%
45-64 years	27.9%	29.4%	26.6%	28.8%	27.8%	30.9%
65+ years	14.5%	17.0%	15.2%	18.4%	22.2%	17.5%

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



Children (aged 0-14)

- Across Québec, there were 165,085 English-speaking children aged 0-14, representing 15.0% of the English-speaking population. The proportion of children in the English-speaking population is lower than the level in the French-speaking majority population in Quebec.
- In 2016, there were 1,625 English-speaking children aged 0-14 living in Capitale-Nationale where they account for 11.4% of the population. The proportion of children in the regional English-speaking population is much lower than their proportion in the regional French-speaking majority population. This proportion is much lower than the level for English-speaking children across the province.
- In MRC La Côte-de-Beaupré, we find 50 English-speaking children aged 0-14 where they represent 18.5% of the population. This share is much higher than that exhibited by English-speaking children across the Capitale-Nationale region. The proportion of children in the territory's English-speaking population is higher than the share in the MRC La Côte-de-Beaupré French-speaking majority population.



Seniors (aged 65 and over)

- Across Québec, there were 159,670 English-speaking seniors aged 65+ representing 14.5% of the English-speaking population. The proportion of seniors in the English-speaking population is lower than that found in the French-speaking majority population in Quebec.
- In 2016, there were 2,155 English-speaking seniors aged 65+ living in the Capitale-Nationale region where they accounted for 15.2% of the population. This share is similar to that of English-speaking seniors across the province. The proportion of seniors in the regional English-speaking population is lower than the proportion in the French-speaking majority population.
- In MRC La Côte-de-Beaupré, we find 60 English-speaking seniors aged 65+ where they account for 22.2% of the population. This share is much higher than that of English-speaking seniors across the Capitale-Nationale region. The proportion of seniors in the English-speaking population is much higher than the proportion in the French-speaking majority population in the MRC La Côte-de-Beaupré.

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.³ 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 whole⁴.

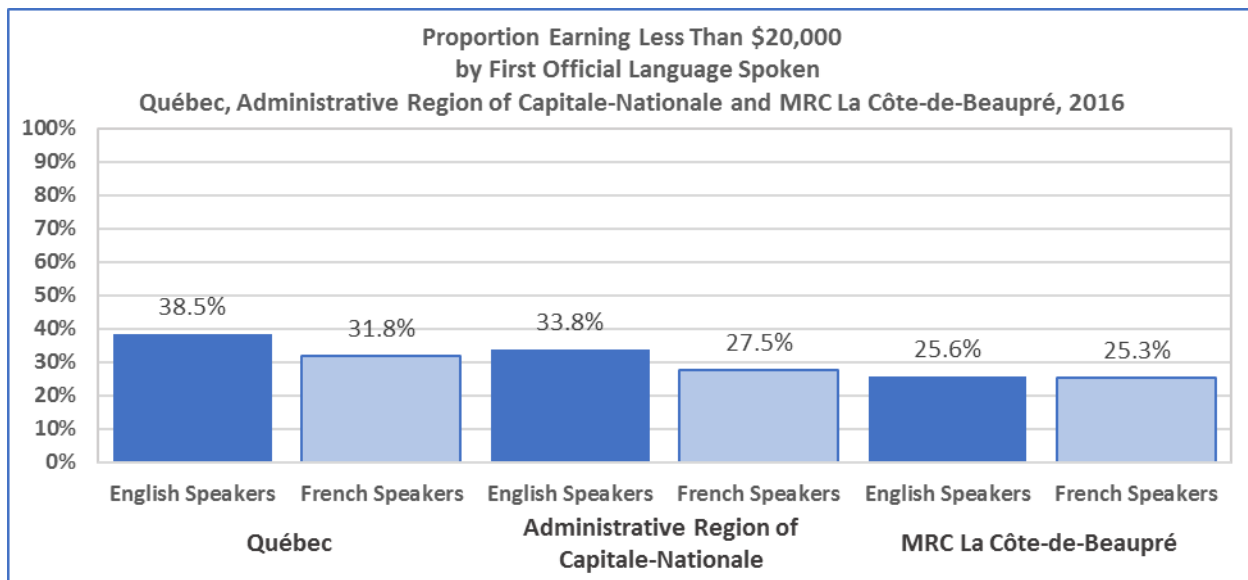
Table 3 - Income

Population by Income Group	Québec		Administrative Region of Capitale-Nationale		MRC La Côte-de- Beaupré	
	English	French	English	French	English	French
Total Population 15+	932,835	5,652,215	12,580	586,095	215	22,370
Less than \$20,000	359,020	1,799,170	4,255	160,905	55	5,670
\$20,000 - \$49,999	328,605	2,235,010	4,445	236,555	65	9,190
\$50,000 +	245,210	1,618,025	3,890	188,655	90	7,505
Total Population 15+	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Less than \$20,000	38.5%	31.8%	33.8%	27.5%	25.6%	25.3%
\$20,000 - \$49,999	35.2%	39.5%	35.3%	40.4%	30.2%	41.1%
\$50,000 +	26.3%	28.6%	30.9%	32.2%	41.9%	33.5%

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

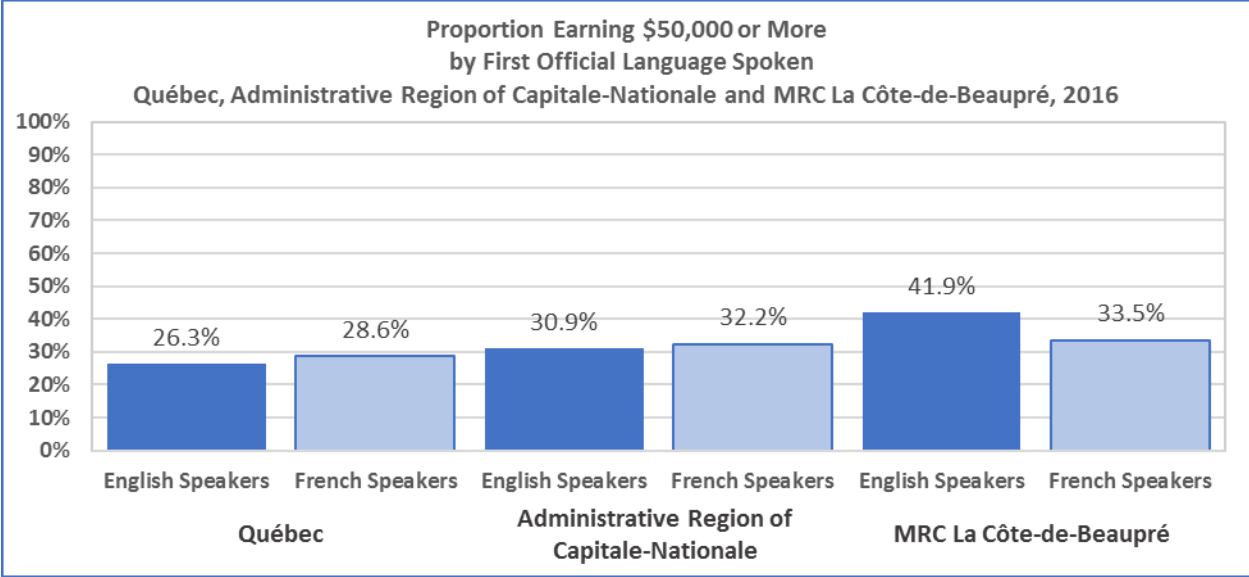
³ Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> Accessed March 2014.

⁴ *Ibid.*



Income under \$20k

- Across Québec in 2016, there were 359,020 English speakers aged 15+ with income under \$20k. This group represents 38.5% of the English-speaking population aged 15+. The proportion of English speakers with income under \$20k is much higher than that found in the French-speaking majority population in Quebec.
- In 2016, there were 4,255 English speakers aged 15+ with income under \$20k in the Capitale-Nationale region where they represent 33.8% of the English-speaking population aged 15 and over. This share is lower than that displayed by the provincial English-speaking population. The proportion of those with income under \$20k in the region's English-speaking population is much higher than the proportion in the French-speaking majority population.
- In MRC La Côte-de-Beaupré, we find 55 English speakers aged 15+ with income under \$20k where they account for 25.6% of the population. This share is much lower than that experienced by English speakers across the Administrative Region of Capitale-Nationale. The proportion of those with income under \$20k in the territory's English-speaking population is similar to the proportion for the French-speaking majority population in MRC La Côte-de-Beaupré.



Earning \$50k and over

- Across Québec, there were 245,210 English speakers aged 15+ with a total income of \$50k or more, who represented 26.3% of the English-speaking population in that age group. The proportion of high earners in the English-speaking population is lower than that found in the French-speaking majority population in Quebec.
- In 2016, there were 3,890 English speakers aged 15+ with a total income of \$50k or more living in the Capitale-Nationale region, where they represented 30.9% of the population. This proportion was higher than the proportion of English-speaking high earners across the province. The proportion of high earners in the regional English-speaking population is similar to the share of high earners in the French-speaking majority population in the region.
- In MRC La Côte-de-Beaupré, we find 90 English-speaking high earners aged 15+, where they represent 41.9% of the population. This share is much higher than that experienced by English-speaking high earners across the Capitale-Nationale region. The proportion of high earners in the territory's English-speaking population is much higher than the proportion of high earners in the territory's French-speaking majority population.

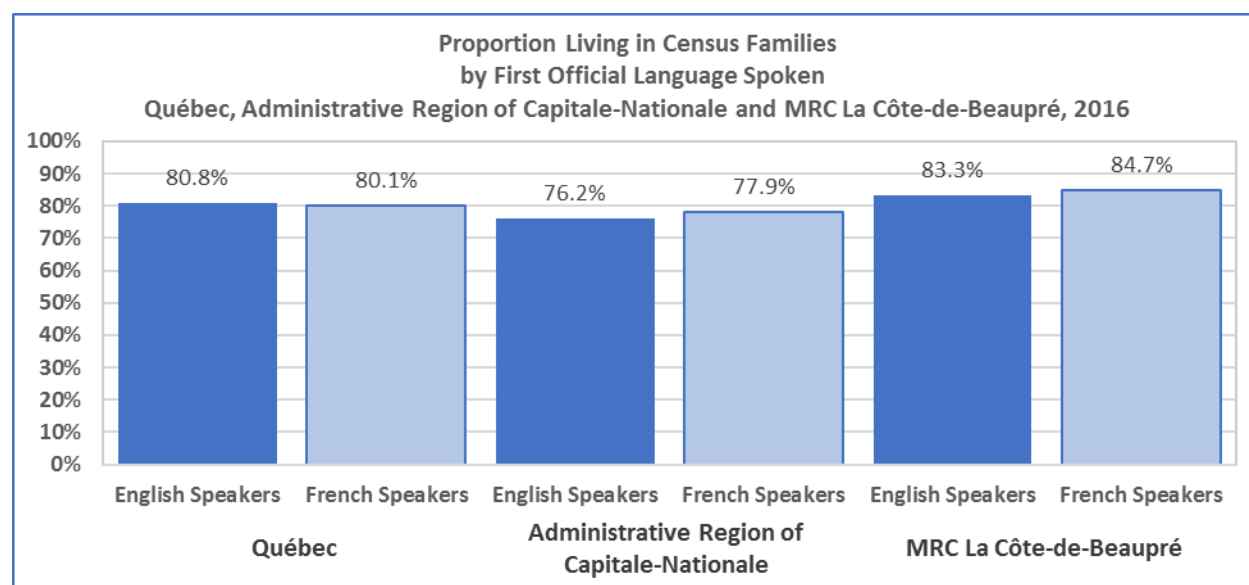
Household Living Arrangements

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.⁵ Individuals living alone may lack the important health benefits of a strong support network in the event of activity limitations due to illness or aging.

Table 4 - Population by Household Living Arrangements

Population by Household Living Arrangements	Québec		Administrative Region of Capitale-Nationale		MRC La Côte-de- Beaupré	
	English	French	English	French	English	French
Total - Household living arrangements	1,097,925	6,795,280	14,205	693,190	270	27,135
Total persons in census family households	886,705	5,443,560	10,825	540,025	225	22,990
Persons in two-parent households	750,650	4,640,895	9,535	470,305	230	20,685
Total persons in non-census family households	211,215	1,351,720	3,385	153,165	40	4,140
Living alone	146,855	1,021,795	2,435	118,365	25	3,360
Total - Household living arrangements	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total persons in census family households	80.8%	80.1%	76.2%	77.9%	83.3%	84.7%
Persons in two-parent households	68.4%	68.3%	67.1%	67.8%	85.2%	76.2%
Persons in single-parent households	12.4%	11.8%	9.0%	10.1%	0.0%	8.5%
Total persons in non-census family households	19.2%	19.9%	23.8%	22.1%	14.8%	15.3%
Living alone	13.4%	15.0%	17.1%	17.1%	9.3%	12.4%

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.

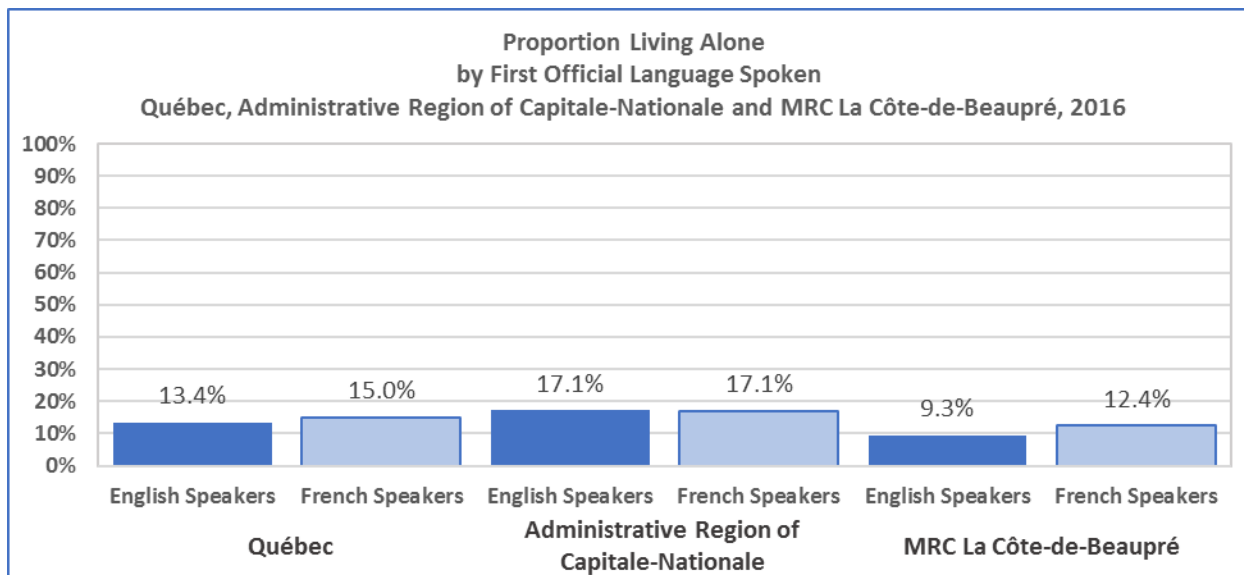


⁵ For discussion of the survey, see Pocock, J. (2008) "Baseline Data Report 2007-2008. Quebec's Social and Health Survey Information." *Community Health and Social Services Network (CHSSN)*. www.chssn.org

Living in census families⁶

- Across Québec, there were 886,705 English speakers living in census family households. This group represents 80.8% of the 15+ English-speaking population. The proportion of English speakers living in census family households is similar to that found in the French-speaking majority population in Quebec.
- In 2016, there were 10,825 English speakers living in census family households in the Capitale-Nationale region where they comprise 76.2% of the population. This share is lower than that displayed by the provincial English-speaking population. The proportion of those living in census family households in the regional English-speaking population is similar to the proportion in the regional French-speaking majority population.
- In MRC La Côte-de-Beaupré, we find 225 English speakers living in census family households where they account for 83.3% of the population. This share is higher than that accounted for by English speakers across the Capitale-Nationale region. The proportion of persons living in census family households in the English-speaking population is similar to the proportion represented by the French-speaking majority population in MRC La Côte-de-Beaupré.

⁶ 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 Québec, there were 146,855 English speakers living alone. This group represents 13.4% of the English-speaking population. The proportion of English speakers living alone is lower than the level in the French-speaking majority population in Québec.
- In 2016, there were 2,435 English speakers living alone in the Capitale-Nationale region, where they account for 17.1% of the population. This level is much higher than that displayed by the provincial English-speaking population. The proportion of those living alone in the regional English-speaking population is similar to the proportion found in the regional French-speaking majority population.
- In MRC La Côte-de-Beaupré we find 25 English speakers living alone, where they represent 9.3% of the population. This share is much lower than that exhibited by English speakers across the Capitale-Nationale region. The proportion of those living alone in the territory's English-speaking population is much lower than the proportion exhibited by the French-speaking majority population in MRC La Côte-de-Beaupré.

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.”⁷ 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

The number of English speakers living below LICO within age groups was too low to report.

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

The number of English speakers living below LICO by household living arrangements was too low to report.

⁷ 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.

Highest Educational Attainment

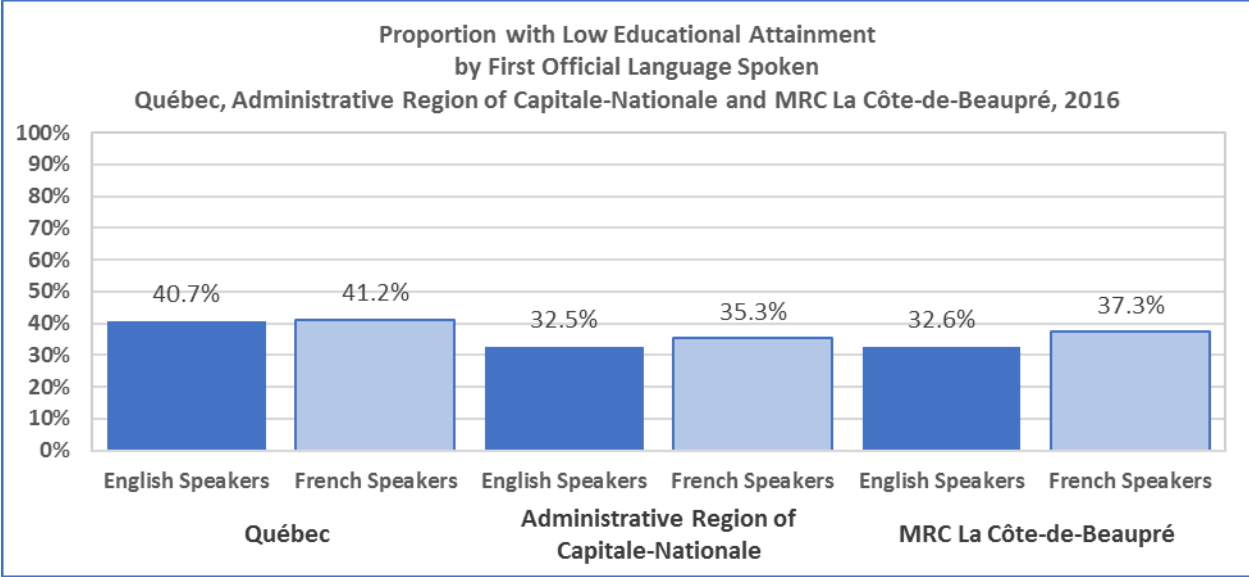
In many ways, education is an important determinant of the health status of a community. In Canada, the level of education achieved by an individual tends to be an indicator of social status, and ideally, a predictor of economic opportunity. The overall level of health literacy and preventative health practice enjoyed by a community also tends to be associated with the years of schooling by those included among its members⁸.

Table 7 - Highest Educational Certification, for Selected Age Groups

Total Population by Highest Educational Certification		Québec		Administrative Region of Capitale-Nationale		MRC La Côte-de-Beaupré	
		English	French	English	French	English	French
Total	Total	932,840	5,652,215	12,580	586,100	215	22,370
	25-44 years	320,930	1,728,440	4,730	181,375	70	6,630
	45-64 years	305,775	1,995,460	3,790	199,745	70	8,370
High school diploma or less	Total	380,050	2,328,625	4,090	206,615	70	8,340
Apprenticeship or trades certificate or diploma	Total	85,385	1,033,655	1,280	101,295	25	4,965
College, CEGEP or other non-university certificate or diploma	Total	164,800	998,740	1,960	119,165	35	4,495
	45-64 years	57,415	366,790	645	42,650	25	1,720
University certificate, diploma or degree at bachelor level or above	Total	275,800	1,082,680	4,820	137,055	80	3,835
	25-44 years	136,960	509,640	2,485	62,735	35	1,815
	45-64 years	89,255	378,675	1,600	46,375	25	1,385
High school diploma or less	Total	40.7%	41.2%	32.5%	35.3%	32.6%	37.3%
Apprenticeship or trades certificate or diploma	Total	9.2%	18.3%	10.2%	17.3%	11.6%	22.2%
College, CEGEP or other non-university certificate or diploma	Total	17.7%	17.7%	15.6%	20.3%	16.3%	20.1%
	45-64 years	18.8%	18.4%	17.0%	21.4%	35.7%	20.5%
University certificate, diploma or degree at bachelor level or above	Total	29.6%	19.2%	38.3%	23.4%	37.2%	17.1%
	25-44 years	42.7%	29.5%	52.5%	34.6%	50.0%	27.4%
	45-64 years	29.2%	19.0%	42.2%	23.2%	35.7%	16.5%

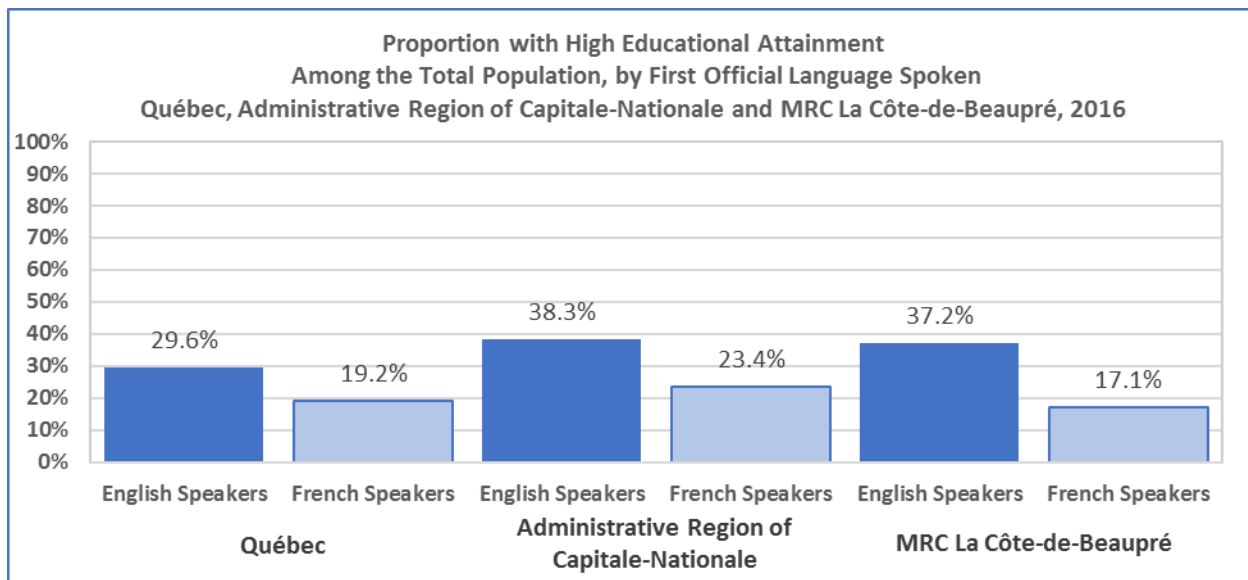
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

⁸ 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, March 2003. See Also, D. Raphael. (ed.) (2009) *Social Determinants of Health: Canadian Perspectives*, 2nd edition. Toronto: Canadian Scholar's Press.



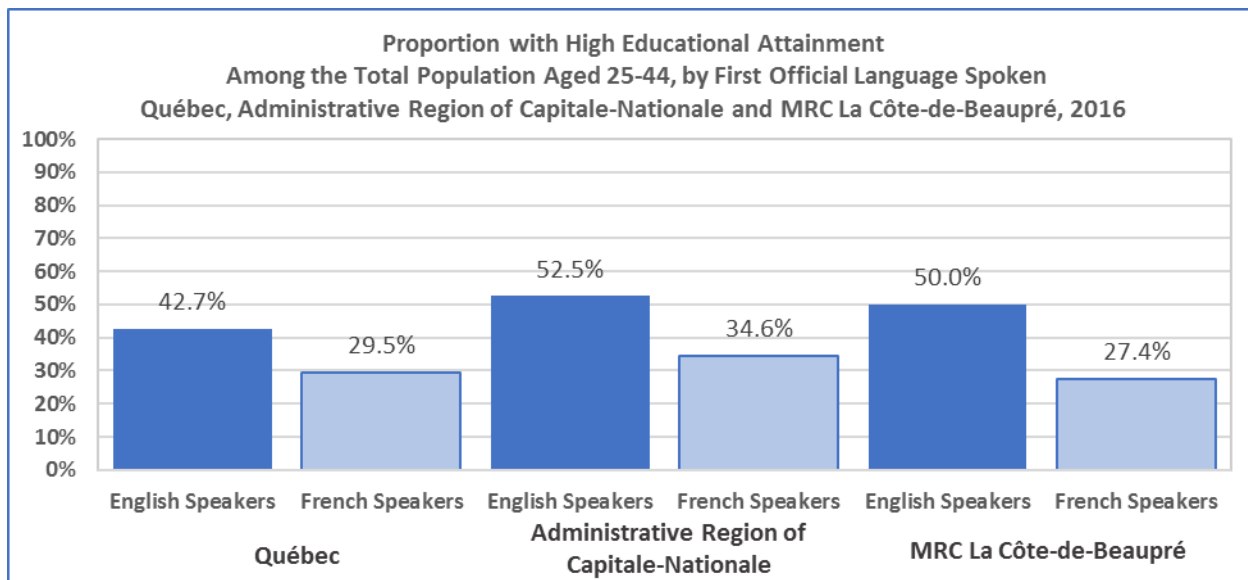
Population aged 15+, high school diploma or less

- Across Québec, there were 380,050 English speakers aged 15 and over with a high school diploma or less. This group accounts for 40.7% of the English-speaking population aged 15 and over. The proportion of English speakers aged 15 and over with a high school diploma or less is similar to the level found in the French-speaking majority population aged 15 and over in Quebec.
- In 2016, there were 4,090 English speakers aged 15 and over with a high school diploma or less in the Capitale-Nationale region where they account for 32.5% of the regional English-speaking population aged 15 and over. The proportion of those aged 15 and over with a high school diploma or less in the regional English-speaking population is lower than the proportion in the regional French-speaking majority population. The level for the English-speaking regional proportion is much lower than that exhibited by English speakers across the province.
- In MRC La Côte-de-Beaupré, we find 70 English speakers aged 15 and over with a high school diploma or less where they represent 32.6% of the English-speaking population aged 15 and over. This level is lower than the proportion exhibited by the French-speaking majority population aged 15 and over in the same territory. The proportion of those aged 15 and over with a high school diploma or less in the English-speaking population is similar to the proportion exhibited by the English speakers across the Capitale-Nationale region.



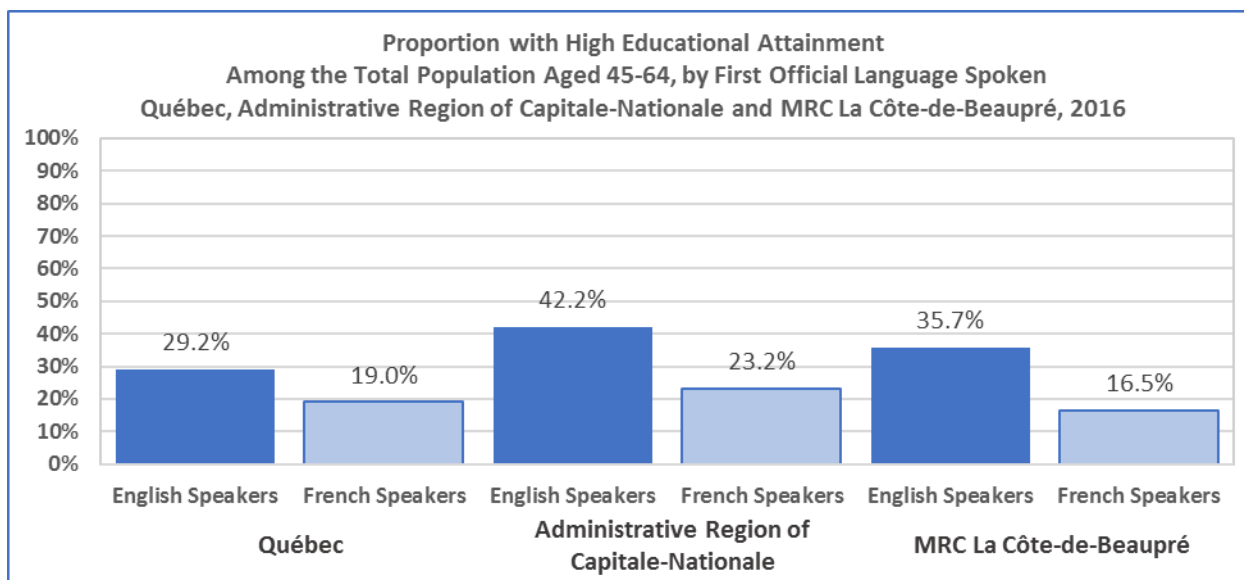
Population aged 15+, university degree or higher

- In Québec in 2016, there were 275,800 English-speaking aged 15 and over with a university degree or higher. This group represents 29.6% of the English-speaking population. The proportion of English speakers aged 15 and over with a university degree or higher is much higher than that found in the same age cohort in the French-speaking majority population in Québec.
- In 2016, there were 4,820 English speakers aged 15 and over with a university degree or higher in the Capitale-Nationale region where they account for 38.3% of the regional English-speaking population. The proportion of those aged 15 and over with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much higher than that exhibited by the province's English speakers.
- In MRC La Côte-de-Beaupré, we find 80 English speakers aged 15 and over with a university degree or higher where they represent 37.2% 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 similar to the proportion exhibited by English speakers across the region.



Population 25-44, university degree or higher

- In Québec in 2016, there were 136,960 English speakers aged 25-44 with a university degree or higher. This group accounts for 42.7% of the English-speaking population. The proportion of English speakers aged 25-44 with a university degree or higher is much higher than that found in the same age cohort in the French-speaking majority population in Québec.
- In 2016, there were 2,485 English speakers aged 25-44 with a university degree or higher in the Capitale-Nationale where they represent 52.5% of the regional English-speaking population. The proportion of those aged 25-44 with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much higher than that exhibited by the province's English speakers.
- In MRC La Côte-de-Beaupré, we find 35 English speakers aged 25-44 with a university degree or higher where they comprise 50.0% of the English-speaking population. This is much higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 25-44 with a university degree or higher in the territory's English-speaking population is similar to 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 1,600 English speakers aged 45-64 with a university degree or higher in the Capitale-Nationale region where they represent 42.2% of the regional English-speaking population. The proportion of those aged 45-64 with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much higher than that exhibited by the province's English speakers.
- In MRC La Côte-de-Beaupré, we find 25 English speakers aged 45-64 with a university degree or higher where they comprise 35.7% 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 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.

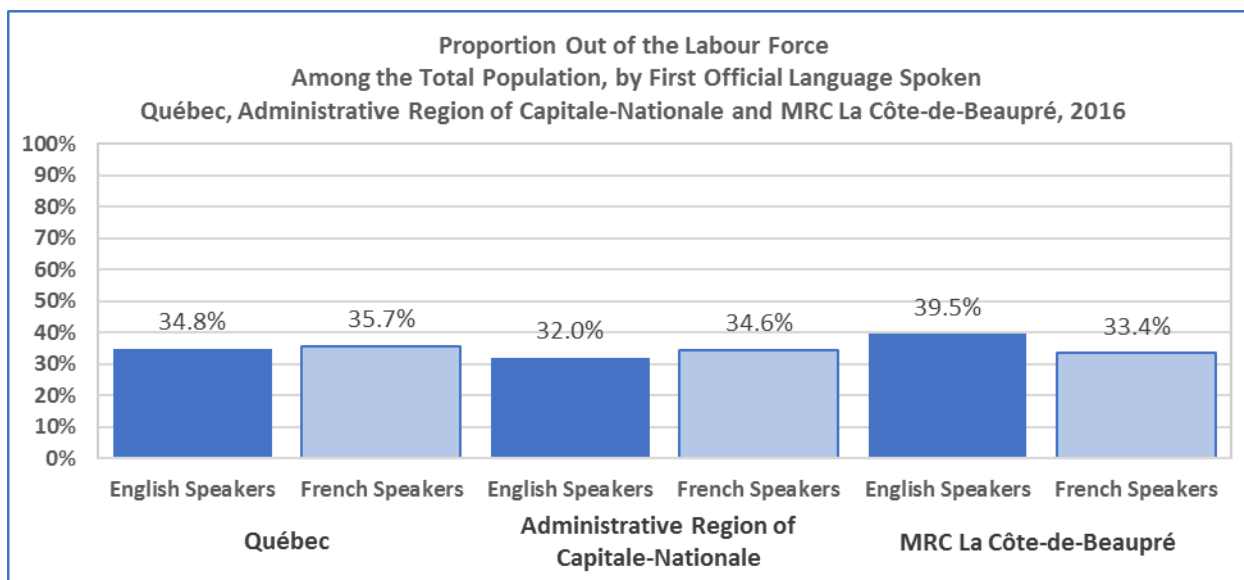
Employment is an important source of social identity and a key context for the establishment of a social support network that extends beyond the workplace. For an individual, work is an important source of the self-esteem and sense of control typically associated with good mental health.⁹

Table 8 - Labour Force Activity

Total Population by Labour Force Activity	Québec		Administrative Region of Capitale-Nationale		MRC La Côte-de- Beaupré	
	English	French	English	French	English	French
Total - Labour force activity	932,840	5,652,215	12,585	586,100	215	22,370
In the labour force	608,050	3,636,980	8,560	383,300	130	14,890
Employed	553,945	3,386,575	7,890	364,290	120	14,190
Out of the labour force	324,790	2,015,230	4,025	202,800	85	7,480
Total - Labour force activity	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
In the labour force	65.2%	64.3%	68.0%	65.4%	60.5%	66.6%
Employed	91.1%	93.1%	92.2%	95.0%	92.3%	95.3%
Out of the labour force	34.8%	35.7%	32.0%	34.6%	39.5%	33.4%

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.

⁹ 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, March 2003. See also D. Raphael (ed.) (2009) Social Determinants of Health: Canadian Perspectives, 2nd Edition. Toronto: Canadian Scholar's Press.



Out of the labour force¹⁰

- Across Québec in 2016, there were 324,790 English speakers out of the labour force in 2016. This group represents 34.8% of the English-speaking population aged 15+. The proportion of English speakers out of the labour force is similar to that found in the French-speaking majority population in Quebec aged 15 and over.
- In 2016, there were 4,025 English speakers out of the labour force in the Capitale-Nationale region where they comprise 32.0% of the regional English-speaking population aged 15+. The proportion of those out of the labour force in the regional English-speaking population is lower than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is lower than that exhibited by the provincial English-speaking population.
- In MRC La Côte-de-Beaupré, we find 85 English speakers out of the labour force where they account for 39.5% of the English-speaking population. This is 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 Capitale-Nationale region.

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

Appendix A – English speakers and French speakers by Administrative Region and MRC¹¹

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

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

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

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