

**CHSSN**

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

# Canadian Community Health Survey (2011 - 2012)

*Findings related to the*  
**Mental and Emotional Health of  
Quebec's English-speaking Communities**

Report of the  
Community Health and Social Services Network (CHSSN)

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MENTAL HEALTH

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The views expressed herein do not necessarily represent the official policies of Health Canada.



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## 1. Introduction

### Community Health and Social Services Network (CHSSN)

The Community Health and Social Services Network (CHSSN) was formed in 2000 to support English-speaking communities in the province of Quebec in their efforts to redress health status inequalities and promote overall community vitality. The CHSSN aims to contribute to the vitality of Quebec's minority language communities by building sustainable networks and partnerships within the health and social services system to improve access to services.

Through a series of projects that link community and public partners, the CHSSN works to strengthen networks at the local, regional, and provincial level in order to address health determinants, influence public policy, and develop innovative services. Begun through the efforts of four founding organizations, the CHSSN now has 64 member organizations and is involved in over 40 projects and partnerships in the areas of primary health care, community development, and population health.

To learn about the CHSSN *Community Mobilization Model* for improving the health of Quebec's minority language communities go to [http://chssn.org/pdf/En/Community\\_Mobilization.pdf](http://chssn.org/pdf/En/Community_Mobilization.pdf). All CHSSN reports and publications can be accessed at the organization's document center at [www.chssn.org](http://www.chssn.org).

### This Report

This report is organized around two primary objectives.

The first objective is to provide reliable knowledge regarding the mental and emotional health of Quebec's English-speaking minority communities. In so doing, this report contributes up-to-date and relevant findings to the evidence base that informs the decision-making and initiatives of organizations serving this population. This objective is served by 131 statistical tables and descriptive commentary that provide information drawn from the 2011-2012 *Canadian Community Health Survey (CCHS)*.

The second objective is to consult the body of experience and expertise of community organizations and networks many of whom are on the front-line in meeting the needs and building the resiliency of English speakers in this aspect of their health and well-being. This objective has been met by soliciting the response of five organizations to the picture of the situation among English speakers conveyed by the CCHS tabulations. As a panel, the organizations were invited to address how this knowledge might serve as a resource in setting priorities and designing initiatives benefitting English-speaking communities. In other words, as a tool in developing community capacity.

For the purpose of presentation, the highlights of the observations gathered from the panel of discussants are provided in section 2 of the report entitled, *Building Community Capacity and Mental Health*. This is followed by section 3 with the *Mental and Emotional Health Table Series* organized by CCHS survey theme.



The organizations who form the panel of respondents are:

The **Youth and Parents AGAPE Association (AGAPE)** is a non-profit charitable organization that has been serving the English-speaking and multi-cultural communities of Laval, Quebec, since 1976. <http://www.agapeassociationinc.com>

**Youth Employment Services (YES)** is a non-profit organization that provides English language support services to help Quebecers find employment and start to grow businesses. Over the past twenty years, YES helped over 50,000 Quebec job seekers aged 16-35. <http://www.yesmontreal.ca>

**Ami-Quebec Action on Mental Illness (AMI-Quebec)** helps families manage the effects of mental illness through support, education, guidance and advocacy. AMI has been helping family caregivers cope with mental illness in a loved one since 1977. <http://amiquebec.org>

**Townshippers' Association (Townshippers')**, founded in 1979, is a non-profit community organization focused on promoting and supporting the interests of the English-speaking minority community of the Eastern Townships of Quebec. <http://www.townshippers.qc.ca>

The **Leading English Education and Resource Network (LEARN)** is a non-profit organization that primarily serves Anglophone and the Aboriginal Youth and Adult education sectors of Quebec. The **Community Learning Centre Initiative (CLC)**, a part of LEARN, began working with English language schools in 2006 to introduce a model for community and school improvement grounded in the establishment of local partnerships. <http://www.learnquebec.ca/clc>

## 2. Building Community Capacity and Mental Health

For many of Quebec's English language organizations and networks, improving the situation of the communities they serve with respect to the status of their mental and emotional health is a pressing concern. The findings of the recent province-wide consultation of Quebec's English-speaking population with respect to health and social service priorities for 2013-2018 underline the difficulty in accessing mental health information as well as mental health prevention and treatment services in English<sup>1</sup>. While Quebec's majority and minority language communities both face challenges, this is an area where language barriers are particularly formidable for the minority community. Compared to some health and social service concerns, language is an essential tool in the diagnosis and treatment of mental health problems and the likelihood of impaired communication results in the service being ineffective and simply not pursued. Whether counselling for depression, memory testing for Alzheimer's or medical assessment for autism, the language of communication is crucial and proficiency in French on the part of the patient rarely resolves the problem.

Five organizations that work closely with Quebec's English-speaking community were asked the following question: *What important knowledge would you highlight from this report regarding Quebec's English-speakers? Are there findings that you would consider important additions to the evidence-base that informs your organization in your work with your clients and partners?*

All of the organizations agreed that the CCHS report tended to validate trends that they knew to be present within the minority- language communities they served. When English-speaking regional communities across Quebec are compared to the majority group, findings reveal that they exhibit a greater likelihood to have missed work due to chronic physical or mental health conditions (Tables 5 and 6) and to report high levels of stress (Tables 27 and 28) as a barrier to improving their health. Overall, Quebec's English-speaking respondents scored lower than Francophones on the attachment scale that measures the quality of close relationships and emotional bonds (Tables 90 and 91). The 2012-2013 CCHS also tells us that generally English-speakers are less likely than French-speakers to have a regular place to go for medical advice (73.7% compared to 82.1%). **Townshippers' Association** notes several findings that are consistent with their experience with English-speaking communities in their rural region such as a "high level of individuals who rate their health status as "poor" and a lower level indicating their health status as "excellent"; those indicating poor/low mental health levels with higher rates of anxiety; a lack of available doctors and barriers to health care access". High levels of volunteerism are also noted but need to be further explored in order to clarify whether they indicate higher levels of inclusion and social participation which contribute to psycho-social wellbeing or greater downloading of mental health care responsibilities to families and

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<sup>1</sup> Quebec Community Groups Network (QCGN), (2012). *Health and Social Services Priorities of Quebec's English-speaking Population 2013-2018* [www.tinyurl.com/a81bpw8](http://www.tinyurl.com/a81bpw8). Community Health and Social Services Network (CHSSN), (2013). *Improving Access to Health and Social Services for Quebec's English-speaking Population. Development Priorities 2013-2018* [http://chssn.org/pdf/En/DevPri\\_FINAL.pdf](http://chssn.org/pdf/En/DevPri_FINAL.pdf)

communities due to the absence of provisions that can be accessed through public institutions and services.

In setting the context, **Youth Employment Services (YES)** point out that when language communities are compared, English-speaking youth 15-24 are more likely than French-speaking youth to be unemployed (16.9% compared to 12.8%). In their words, *“There are many notable findings related to the mental and emotional health of Quebec’s English-speaking communities that further reinforce the need for mental health services, including the peer-to-peer support groups offered by YES to unemployed youth looking for work... For instance, the report finds that only 31.3% of English-speaking youth age 15-24 felt that their mental health was “excellent” compared to 43.5% among French speakers in the same age group (Tables 13 and 14). Conversely, 28.1% of English-speaking youth reported their mental health as “languishing” compared to 24.5% of French-speaking youth (Tables 17 and 18). English-speakers are more than twice as likely as French-speakers to report high levels of stress as a barrier to improving health (Tables 27 and 28). They also have more trouble sleeping at night, all or most of the time (17.4% compared to 13.3%) (Table 36). English-speaking youth are also less likely to feel that their life has a sense of direction or meaning (47.1% compared to 55.7%) (Table 16) and are less satisfied with their life as a whole (Table 40).*

When it comes to health information, prevention and treatment, **YES** comments that *“English speakers have a much weaker social safety net compared to French speakers in Quebec...Only 73.9% of English speakers (age 15+) surveyed had a regular place to go when sick or in need of medical advice compared to 82.2% among French speakers. And it appears that while French speakers are more likely to consult with a licensed psychologist (47.7% compared to 39.1%), English speakers (of all ages) are more likely to consult with social workers (21.0% compared to 13.6%).*

Addressing the experience of the culturally diverse English-speaking community located in the territory of Laval, **Youth and Parents AGAPE Association (AGAPE)** underscores CCHS report findings confirming the serious lack of family doctors for English-speaking respondents residing in Laval compared to French speakers (41% compared to 17%). Not only are physicians a primary entry point for mental health services, they are also the most likely among the health system workers to communicate with patients in the English language.<sup>2</sup> Along with the overall lack of knowledge as to how to access mental health services, *“English speakers may resort to services outside of the Laval territory in Montreal where some health services have been officially designated as bilingual. The trip by bus and metro to Montreal institutions or resources to avoid language barriers is an added burden for them.”* According to AGAPE, the overrepresentation of Laval English speakers in the use of emergency services (33.6% compared to 6.6%) may reflect the fact that the lack of information in English regarding health services, the shortage of doctors, the tendency to resort to services outside the region and the lack of

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<sup>2</sup> Community Health and Social Services Network (CHSSN), 2010. *Baseline Data Report 2010-2011. English-language Health and Social Services Access in Quebec.* <http://chssn.org/pdf/En/2010-2011.pdf>, p.32.

financial means to pay for a private therapist increases the likelihood of people with psychological distress waiting many years before requesting services. As a result, crises may be more likely to occur resulting in a trip to hospital emergency and consultation with a social worker.

For the **CLC Initiative of LEARN**, the CCHS findings regarding the sense of belonging among youth in CLC schools is a point of concern. *“A strong sense of belonging contributes to mental and emotional well-being which is tied to academic performance as well as the retention of youth. This is essential to the survival of English language schools and communities. It is encouraging, and perhaps a bit surprising, to see that English speakers reported a higher sense of belonging to their local community overall than Francophone respondents. That said, with the highest figure at 25.8%, and youth aged 15-24 reporting the lowest levels, it remains a worthy focus.”* Aside from the findings related to social attachment, the CCHS report offers the **CLC Initiative** important information on the mental health of English-speaking youth aged 15-24, particularly as it relates to self-esteem, stress management and recognition of competencies. The low levels of self-esteem among English-speaking youth, high levels of psychological stress and their strong sense that their competencies are not recognized are all areas marked for improvement by the leadership of the **CLC Initiative**. They plan to see an increase in the activities and programs focused on mental health offered across their network of 60 schools and **LEARN** is currently exploring the development of a badging system to recognize the competencies acquired by CLC school leaders and students.

**Ami-Quebec Action on Mental Illness (AMI-Quebec)** supports families as they cope with mental illness in a loved one and their selection of findings from the report reflects their intergenerational approach. Seniors: *“Older English speakers represented the smallest group of respondents who felt they “have close relationships that provide them with a sense of emotional security and wellbeing” and felt “a strong emotional bond with at least one other person”.* Moreover, they (older English-speakers) represented the smallest proportion of those who felt that there are people they can depend upon... the fact that many of their children have left the province is likely to have contributed to sense of isolation and lack of support. Youth: *“Stress is considered a barrier to improving health among many more English respondents than French and English-speaking youth are especially stressed. Young English-speaking respondents reported lower levels of life satisfaction and weaker sense of belonging compared to their elders”.* Middle-aged: *“The diagnosis of anxiety was highest within the middle-age cohort 45-64 years (also higher levels of anxiety among females than males) and lowest among the older English-speaking respondents. This may suggest that along with younger people who experience stress, the middle-age cohort may be even further challenged. Young people may be more mobile and the future is ahead of them while the middle-aged may feel more trapped with less opportunity for mobility or career change. Additionally, this age group is likely to carry higher levels of caregiving responsibilities compared to other age groups and to Francophones of the same age. They are “sandwiched” between isolated seniors and a generation of youth who are not doing well in socio-economic terms.* The difficulty Quebec’s English-speaking respondents

report in accessing mental health services coincides with the high anxiety of caregiving families and the need for coping skills and resiliency building among this age-group.

**Ami-Quebec** speaks for the panel responding to the CCHS report in saying, *“In sum, the findings provide a wealth of information, but in order to formulate well-informed conclusions they need to be carefully mined and interpreted.”* Certainly, the panel concurs that while the 2011-2012 *Canadian Community Health Survey* was not designed to specifically target Quebec’s minority language communities, the language sensitive tabulations provided by CHSSN offer useful evidence of tendencies and general patterns in the mental and emotional health of this population.

### 3. Mental and Emotional Health Table Series

#### Canadian Community Health Survey

The Canadian Community Health Survey (CCHS) is a cross-sectional survey that collects information related to health status, health care utilization and health determinants for the Canadian population. It surveys a large sample of respondents – approximately 98% of the Canadian population – aged 12 and over living in private dwellings in ten provinces and three territories. Individuals living on Indian Reserves and on Crown Lands, institutional residents, full-time members of the Canadian Forces and residents of certain remote regions (altogether less than 3% of the population) are excluded from the sampling frame. Since 2007, data is collected on an ongoing basis with annual releases rather than every two years as was the case prior to this date.

Further details on the *Canadian Community Health Survey* may be found at:

<http://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=3226>

#### English speakers Included in the 2011-2012 CCHS Sample

Given that the dataset available to CHSSN researchers was based on weighted values, it was not possible to determine precisely the number of English-speaking respondents in the sample of the 2011-2012 survey. To overcome this limitation, an estimate was developed using the following approach.

A table in the CCHS Data Dictionary provided the actual count of respondents by health region which showed 23,260 Quebec respondents distributed across 15 health regions.<sup>3</sup> The next step was the development of a cross-tabulation of respondents by First Official Language Spoken (FOLS) and by region. The dual responses (English and French) were then assigned equally among the English-speaking and French-speaking groups. This provided a percentage for the English-speaking population in each health region. The estimated number of respondents for each health region was then calculated, as shown in the attached table.

From this analysis we conclude that the number of English speakers captured in the CCHS sample is insufficient for the regions of Saguenay Lac-Saint-Jean, Chaudières-Appalaches and Lanaudière. We estimate that all other regions had at least 30 English-speaking respondents. For certain questions, the response rate is sufficiently small as to be unreliable for additional regions and they are excluded from reporting.

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<sup>3</sup> The RSS Nord-du-Québec region was not included in this list of regions.

Estimated Count of English-speaking and French-speaking Respondents in the Canadian Community Health Survey Sample, 2011-2012						
Region	CCHS respondents	proportion of English- speaking respondents in the sample	estimated English- speaking respondents	proportion of French- speaking respondents in the sample	estimated French- speaking respondents	neither or not stated
RÉGION DU BAS-SAINT-LAURENT	1,184	7.1%	84	90.4%	1,070	29
RÉGION DU SAGUENAY - LAC-SAINT-JEAN	1,291	0.9%	11	96.9%	1,251	29
RÉGION DE LA CAPITALE-NATIONALE	1,809	3.0%	55	93.4%	1,690	64
RÉGION DE LA MAURICIE-CENTRE-DU-QUÉBEC	1,590	2.0%	31	94.2%	1,498	61
RÉGION DE L'ESTRIE	1,262	7.9%	100	87.5%	1,104	58
RÉGION DE MONTRÉAL	3,106	32.8%	1,017	62.1%	1,929	159
RÉGION DE L'OUTAOUAIS	1,217	15.9%	194	80.6%	981	43
RÉGION DE L'ABITIBI-TÉMISCAMINGUE	1,143	4.2%	48	90.2%	1,030	65
RÉGION DE LA CÔTE-NORD	1,184	8.2%	97	85.1%	1,007	79
RÉG. DE LA GASPÉSIE-ÎLES-DE-LA-MADELEINE	1,151	7.4%	86	86.1%	992	74
RÉGION DE LA CHAUDIÈRE-APPALACHES	1,444	0.6%	8	95.9%	1,384	52
RÉGION DE LAVAL	1,330	17.9%	238	78.6%	1,045	46
RÉGION DE LANAUDIÈRE	1,382	1.6%	22	92.1%	1,273	87
RÉGION DES LAURENTIDES	1,547	7.6%	117	87.5%	1,353	77
RÉGION DE LA MONTÉRÉGIE	2,620	10.8%	284	85.9%	2,249	87
Total for Quebec	23,260	13.6%	3,171	82.1%	19,101	989

Source: JPocock Research Consulting, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Language concept is First Official Language Spoken with dual responses distributed equally.  
Note: Data for the "CCHS Respondents" column is taken from the CCHS 2011-2012 Data Dictionary, November 2013, Statistics Canada. The proportions for English and French speakers was calculated in a cross-tabulation by region and First Official Language Spoken.

## Definitions and Indices used for CHSSN tables

### Language

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.

### Region

The CCHS dataset permits reporting on fifteen of Québec's sixteen health regions. Nord-du-Québec was not included as a region in the Statistics Canada distribution of CCHS findings.

### Indices

The indices described below feature a comparison of the percentages for characteristics displayed by a given population.

The **Minority-Majority Index** compares the value for the English-speaking population of a given region with that of the French-speaking population which shares the territory. A value greater than 1.00 means that the characteristic being measured is more likely to be reported by the minority English-speaking population while a value less than 1.00 means that it is less likely to be observed in the minority English-speaking population when compared to its Francophone majority.

The **Relative to the Provincial Average** for English speakers compares the value for the English-speaking population of a given region compared to the total English-speaking population across the province. A value greater than 1.00 means that the characteristic being measure is more likely to be reported by the regional English-speaking population while a value less than 1.00 means that it is less likely to be observed in the regional English-speaking population.

The **Generation Index** and **Gender Index** compare the values for main generational and gender groups compared to the total English-speaking population. A generational index higher than 1.00 means that the particular age group is more likely to display the characteristic being studied than is the overall English-speaking population. A gender index higher than 1.00 means that females are more likely to display the characteristic being studied than the males in the English-speaking population. Values less than 1.00 means that the age group or females as the case may be are less likely to display the characteristic.



## General Health

Overall physical health is inextricably linked to mental and emotional health. Compromised health status and chronic conditions can lead to anxiety or other negative mood states and reduce access to the supportive relationships and social engagement that are essential to emotional well-being and resiliency. Improving our physical health can lead to an improved psychological status. For example, regular exercise is a powerful antidote to stress, anxiety and depression.

Table 1 - Health Status, by Region

Persons Who Rated Their Health Status as "Excellent" by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	24.4%	40.8%	23.4%	1.75	1.87
Capitale-Nationale	23.2%	19.9%	23.3%	0.85	0.91
Mauricie-Centre-du-Québec	23.0%	26.8%	22.9%	1.17	1.23
Estrie	20.2%	10.2%	21.4%	0.48	0.47
Montréal	22.0%	23.1%	21.9%	1.06	1.06
Outaouais	22.8%	25.5%	21.8%	1.17	1.17
Abitibi-Témiscamingue	21.3%	15.4%	21.5%	0.72	0.71
Côte-Nord	20.2%	16.3%	21.3%	0.77	0.74
Gaspésie-îles-de-la-Madeleine	17.6%	22.2%	17.5%	1.27	1.02
Laval	19.5%	14.1%	19.8%	0.71	0.64
Laurentides	26.2%	18.6%	27.0%	0.69	0.85
Montréal	21.9%	18.7%	22.4%	0.83	0.85
Québec	22.2%	21.9%	22.3%	0.98	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q01 In general, how would you say your health is now? Is it...?

- In 2011-2012, the proportion of persons who rated their health status as "excellent" reported by the English-speaking population of Quebec (21.9%) was similar to that of the French-speaking population (22.3%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 5 of 12 regions.
- In the English-speaking population, we observe that the health regions of Bas-Saint-Laurent (40.8%), Mauricie-Centre-du-Québec ((26.8%) and the Outaouais (25.5%) displayed the highest levels for persons who rated their health status as "excellent" while Estrie (10.2%), Laval (14.1%) and Abitibi-Témiscamingue (15.4%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of persons who rated their health status as "excellent" than the provincial average for English speakers.

Table 2 - Health Status, by Age and Gender

Persons Who Rated Their Health Status as "Excellent" by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	22.1%	21.8%	22.2%	0.98	1.00
	15-24	24.1%	22.6%	23.9%	0.95	1.04
	25-44	26.5%	26.7%	26.7%	1.00	1.22
	45-64	21.1%	19.1%	21.4%	0.89	0.88
	65+	14.3%	16.4%	14.1%	1.16	0.75
Gender	Total	22.2%	21.9%	22.3%	0.98	1.00
	Male	23.4%	22.6%	23.6%	0.96	1.03
	Female	21.0%	21.2%	21.1%	1.00	0.97

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q01 In general, how would you say your health is now? Is it...?

- Among English speakers, the 25-44 age cohort (26.7%) displayed the highest proportion of persons who rated their health status as "excellent" while the 65+ age cohort (16.4%) had the lowest level.
- With respect to gender, English-speaking males (22.6%) were somewhat more likely to have rated their health status as "excellent" compared to their female counterparts (21.2%). They were less likely to report excellent health than Francophone males.

Table 3 - Poor Health Status, by Age and Gender

Persons Who Rated Their Health Status as "Poor" by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	1.7%	1.7%	1.8%	0.97	0.66
Capitale-Nationale	1.3%	3.2%	1.2%	2.63	1.24
Mauricie-Centre-du-Québec	1.7%	4.0%	1.7%	2.37	1.56
Estrie	1.9%	4.4%	1.8%	2.51	1.73
Montréal	2.1%	2.6%	1.9%	1.43	1.03
Outaouais	1.8%	1.1%	1.9%	0.60	0.44
Abitibi-Témiscamingue	2.5%	7.9%	2.4%	3.26	3.06
Côte-Nord	1.0%	1.1%	1.0%	1.11	0.44
Laval	1.9%	1.1%	2.1%	0.53	0.43
Montérégie	1.9%	3.8%	1.7%	2.21	1.46
Québec	1.8%	2.6%	1.6%	1.58	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q01 In general, how would you say your health is now? Is it...?*

- In 2011-2012, the proportion of those who rated their health status as "poor" reported by the English-speaking population of Quebec (2.6%) was much higher than that of the French-speaking population (1.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 7 of 10 regions.
- In the English-speaking population, we observe that the health regions of Abitibi-Témiscamingue (7.9%), and Estrie (4.4%) displayed the highest levels for persons who rated their health status as "poor" while Laval (1.1%) and Côte-Nord (1.1%) and the Outaouais (1.1%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of those who rated their health status as "poor" than the provincial average for English speakers.

Table 4 - Poor Health Status, by Age and Gender

<b>Persons Who Rated Their Health Status as "Poor"</b>						
<b>by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority-Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	1.8%	2.7%	1.6%	1.61	1.00
	15-24	0.4%	0.1%	0.4%	0.24	0.04
	25-44	0.7%	0.6%	0.7%	0.85	0.22
	45-64	2.3%	4.5%	2.0%	2.29	1.71
	65+	3.9%	5.7%	3.7%	1.54	2.15
<i>Gender</i>	Total	1.8%	2.6%	1.6%	1.58	1.00
	Male	1.7%	2.4%	1.6%	1.49	0.93
	Female	1.8%	2.8%	1.7%	1.66	1.07

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPSPDWOR Social Provisions Scale - Reassurance of Worth*

- Among English speakers, the 65+ age cohort (5.7%) displayed the highest proportion of those who rated their health status as "poor" while the 15-24 age cohort (0.1%) had the lowest level.
- With respect to gender, English-speaking females (2.8%) were somewhat more likely to have rated their health status as "poor" than their male counterparts (2.4%). They were more likely to report a poor health status than Francophone women.

Table 5 - Missed Work Due to Chronic Condition, by Region

<b>Persons Who Missed Work Due to Chronic Physical or Mental Health Conditions by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Mauricie-Centre-du-Québec	11.2%	9.8%	11.3%	0.87	0.83
Estrie	11.1%	18.0%	10.7%	1.68	1.52
Montréal	11.0%	10.5%	11.5%	0.91	0.88
Outaouais	15.0%	15.9%	14.8%	1.07	1.34
Abitibi-Témiscamingue	13.1%	21.0%	12.7%	1.65	1.76
Côte-Nord	12.2%	12.3%	12.3%	1.00	1.04
Gaspésie-îles-de-la-Madeleine	13.2%	16.5%	12.5%	1.32	1.39
Laval	10.2%	7.4%	10.8%	0.69	0.62
Laurentides	8.4%	4.6%	8.7%	0.53	0.38
Montérégie	10.2%	14.0%	9.6%	1.46	1.18
Québec	10.8%	11.9%	10.6%	1.12	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: LOPG020 Reason for not working - (G)*

- In 2011-2012, the proportion of persons who missed work due to chronic physical or mental health conditions reported by the English-speaking population of Quebec (11.9%) was higher than that of the French-speaking population (10.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 5 of 10 regions.
- In the English-speaking population, we observe that the health regions of Abitibi-Témiscamingue (21.0%), Estrie (18.0%) and Gaspésie-îles-de-la-Madeleine (16.5%) displayed the highest levels for persons who missed work due to chronic physical or mental health conditions while Laurentides (4.6%) Laval (7.4%) and Mauricie-Centre-du-Québec (9.8%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of persons who missed work due to chronic physical or mental health conditions than the provincial average for English speakers.

Table 6 - Missed Work Due to Chronic Condition, by Age and Gender

<b>Persons Who Missed Work Due to Chronic Physical or Mental Health Conditions by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority- Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	10.8%	11.9%	10.6%	1.12	1.00
	25-44	12.3%	6.4%	14.0%	0.46	0.54
	45-64	20.8%	33.0%	18.9%	1.74	2.78
	65+	4.0%	2.8%	4.2%	0.68	0.24
<i>Gender</i>	Total	10.8%	11.9%	10.6%	1.12	1.00
	Male	11.7%	10.9%	11.8%	0.93	0.92
	Female	10.1%	12.5%	9.8%	1.28	1.05

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: LOPG020 Reason for not working - (G)*

- Among English speakers, the 45-64 age cohort (33.0%) displayed the highest proportion of persons who missed work due to chronic physical or mental health conditions while the 25-44 age cohort (6.4%) had the lowest level.
- With respect to gender, English-speaking females (12.5%) were more likely to have missed work due to chronic physical or mental health conditions than their male counterparts (10.9%).

Table 7 - Diabetes, by Region

Persons Diagnosed With Diabetes by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	7.3%	1.8%	7.5%	0.24	0.32
Capitale-Nationale	6.0%	3.4%	5.9%	0.58	0.62
Mauricie-Centre-du-Québec	6.2%	1.9%	6.3%	0.31	0.35
Estrie	7.0%	12.5%	6.9%	1.81	2.27
Montréal	6.6%	5.9%	6.4%	0.92	1.08
Outaouais	5.8%	3.3%	6.2%	0.54	0.60
Abitibi-Témiscamingue	7.3%	5.9%	7.4%	0.80	1.08
Côte-Nord	5.8%	4.6%	5.9%	0.78	0.84
Gaspésie-îles-de-la-Madeleine	9.0%	6.2%	9.0%	0.69	1.13
Laval	5.2%	3.7%	5.3%	0.70	0.68
Laurentides	5.1%	7.4%	4.6%	1.59	1.35
Montérégie	5.5%	4.8%	5.4%	0.90	0.88
Québec	6.2%	5.5%	6.2%	0.89	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CCC\_Q101 Do you have diabetes?*

- In 2011-2012, the proportion of persons with diabetes reported by the English-speaking population of Quebec (5.5%) was lower than that of the French-speaking population (6.2%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 2 of 12 regions.
- In the English-speaking population, we observe that the health regions of Estrie (12.5%), Laurentides (7.4%) and Gaspésie-îles-de-la-Madeleine (6.2%) displayed the highest levels for persons diagnosed with diabetes while Bas-Saint-Laurent (1.8%), Mauricie-Centre-du-Québec (1.9%) and Outaouais (3.3%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of persons with diabetes than the provincial average for English speakers.

Table 8 - Diabetes, by Age and Gender

Persons Diagnosed With Diabetes by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	6.5%	5.7%	6.4%	0.90	1.00
	25-44	1.2%	1.3%	1.2%	1.08	0.22
	45-64	8.1%	7.9%	8.2%	0.97	1.38
	65+	17.5%	17.1%	17.2%	0.99	2.97
Gender	Total	6.2%	5.5%	6.2%	0.89	1.00
	Male	6.7%	6.3%	6.7%	0.94	1.15
	Female	5.7%	4.7%	5.6%	0.83	0.85

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CCC\_Q101 Do you have diabetes?

- Among English speakers, the 65+ age cohort (17.1%) displayed the highest proportion of persons with diabetes while the 25-44 age cohort (1.3%) had the lowest level.
- With respect to gender, English-speaking males (6.3%) were more likely to be persons with diabetes than their female counterparts (4.7%).



Table 9 - Chronic Arthritis, by Region

Persons With Chronic Arthritis by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	16.9%	23.0%	16.4%	1.40	1.62
Capitale-Nationale	11.9%	8.6%	11.5%	0.75	0.61
Mauricie-Centre-du-Québec	15.2%	15.7%	15.3%	1.03	1.11
Estrie	12.5%	24.1%	11.7%	2.06	1.70
Montréal	13.0%	13.9%	11.8%	1.18	0.98
Outaouais	16.1%	13.1%	16.9%	0.77	0.92
Abitibi-Témiscamingue	14.9%	27.2%	13.8%	1.97	1.92
Côte-Nord	15.2%	27.0%	14.4%	1.88	1.91
Gaspésie-îles-de-la-Madeleine	21.8%	19.0%	21.8%	0.87	1.34
Laval	13.9%	13.5%	14.2%	0.95	0.95
Laurentides	11.2%	11.7%	10.6%	1.10	0.82
Montérégie	13.6%	13.8%	13.3%	1.04	0.97
Québec	13.7%	14.2%	13.3%	1.07	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CCC\_Q051 Do you have arthritis?*

- In 2011-2012, the proportion of those with chronic arthritis reported by the English-speaking population of Quebec (14.2%) was higher than that of the French-speaking population (13.3%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 8 of 12 regions.
- In the English-speaking population, we observe that the health regions of Abitibi-Témiscamingue (27.2%), Côte-Nord (27.0%) and Estrie (24.1%) displayed the highest levels for persons with chronic arthritis while Capitale-Nationale (8.6%), Laurentides (11.7%) and Outaouais (13.1%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of those with chronic arthritis than the provincial average for English speakers.

Table 10 - Chronic Arthritis, by Age and Gender

Persons With Chronic Arthritis by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	13.7%	14.2%	13.3%	1.07	1.00
	15-24	0.6%	0.7%	0.6%	1.14	0.05
	25-44	3.3%	2.1%	3.5%	0.60	0.15
	45-64	16.4%	19.1%	15.9%	1.20	1.34
	65+	37.2%	42.6%	35.8%	1.19	3.01
Gender	Total	13.7%	14.2%	13.3%	1.07	1.00
	Male	9.1%	9.8%	8.8%	1.12	0.69
	Female	18.1%	18.4%	17.7%	1.04	1.30

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CCC\_Q051 Do you have arthritis?

- Among English speakers, the 65+ age cohort (42.6%) displayed the highest proportion of those with chronic arthritis while the 15-24 age cohort (0.7%) had the lowest level.
- With respect to gender, English-speaking females (18.4%) were much more likely to report having chronic arthritis than their male counterparts (9.8%).

Table 11 - Heart Disease, by Region

Persons With Heart Disease by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	5.8%	2.4%	6.0%	0.40	0.45
Capitale-Nationale	4.4%	3.0%	4.3%	0.70	0.57
Mauricie-Centre-du-Québec	7.5%	4.5%	7.9%	0.57	0.83
Estrie	6.2%	9.3%	6.4%	1.46	1.73
Montréal	5.0%	4.2%	5.1%	0.84	0.79
Outaouais	5.7%	3.1%	6.2%	0.49	0.57
Abitibi-Témiscamingue	6.4%	6.5%	6.3%	1.03	1.20
Côte-Nord	4.9%	1.0%	5.2%	0.18	0.18
Gaspésie-Îles-de-la-Madeleine	9.3%	8.2%	9.4%	0.87	1.53
Laval	6.7%	9.4%	6.0%	1.56	1.74
Laurentides	4.7%	3.3%	4.9%	0.67	0.61
Montréal	5.3%	9.5%	4.7%	2.03	1.77
Québec	5.5%	5.4%	5.5%	0.98	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CCC\_Q082 Do you have Heart Disease?*

- In 2011-2012, the proportion of those with heart disease reported by the English-speaking population of Quebec (5.4%) was similar to that of the French-speaking population (5.5%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Montérégie (9.5%), Laval (9.4%) and Estrie (9.3%) displayed the highest levels for persons with heart disease while Côte-Nord (1.0%), Bas-Saint-Laurent (2.4%) and Capitale-Nationale (3.0%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of those with heart disease than the provincial average for English speakers.

Table 12 - Heart Disease, by Age and Gender

Persons With Heart Disease by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	5.7%	5.5%	5.7%	0.98	1.00
	15-24	1.4%	0.6%	1.5%	0.43	0.11
	25-44	1.3%	0.9%	1.5%	0.64	0.17
	45-64	5.5%	6.8%	5.3%	1.28	1.22
	65+	17.4%	18.3%	17.5%	1.04	3.29
Gender	Total	5.5%	5.4%	5.5%	0.98	1.00
	Male	6.4%	6.7%	6.4%	1.05	1.24
	Female	4.6%	4.1%	4.6%	0.89	0.76

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CCC\_Q082 Do you have Heart Disease?

- Among English speakers, the 65+ age cohort (18.3%) displayed the highest proportion of those with heart disease while the 15-24 age cohort (0.6%) had the lowest level.
- With respect to gender, English-speaking males (6.7%) were more likely to report having heart disease than their female counterparts (4.1%).

## General Mental Health

Mental or emotional health refers to our overall psychological well-being. It includes the way we feel about ourselves, the quality of our relationships, our sense of belonging and level of social integration, the sense of meaning and purpose in our activities and our ability to cope with the challenges of life. Access to mental health care information as well as prevention and treatment services is a key determinant of individual well-being and community vitality.

Table 13 - Mental Health Self-Assessment, by Region

Persons Who Felt Their Mental Health was "Excellent" by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	38.0%	44.3%	38.0%	1.16	1.25
Capitale-Nationale	41.8%	39.1%	42.4%	0.92	1.11
Mauricie-Centre-du-Québec	37.5%	32.6%	38.2%	0.85	0.92
Estrie	34.3%	28.4%	34.9%	0.81	0.80
Montréal	36.4%	36.1%	37.5%	0.96	1.02
Outaouais	34.9%	35.7%	35.7%	1.00	1.01
Abitibi-Témiscamingue	35.8%	28.9%	35.6%	0.81	0.82
Côte-Nord	39.4%	26.2%	41.0%	0.64	0.74
Gaspésie-îles-de-la-Madeleine	36.9%	35.1%	37.9%	0.93	0.99
Laval	40.0%	43.2%	39.2%	1.10	1.22
Laurentides	40.1%	31.2%	40.5%	0.77	0.88
Montréal	37.5%	31.2%	38.6%	0.81	0.88
Québec	37.7%	35.3%	38.5%	0.92	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q02C In general, would you say your mental health is ...?*

- In 2011-2012, the proportion of persons who felt their mental health was excellent reported by the English-speaking population of Quebec (35.3%) was lower than that of the French-speaking population (38.5%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 2 of 12 regions.
- In the English-speaking population, we observe that the health regions of Bas-Saint-Laurent (44.3%), Laval (43.2%) and Capitale-Nationale (39.1%) displayed the highest levels for persons who felt their mental health was "excellent" while Côte-Nord (26.2%), Estrie (28.4%) and Abitibi-Témiscamingue (28.9%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of persons who felt their mental health was excellent than the provincial average for English speakers.

Table 14 - Mental Health Self-Assessment, by Age and Gender

<b>Persons Who Felt Their Mental Health was "Excellent" by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority-Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	37.6%	35.2%	38.4%	0.92	1.00
	15-24	41.2%	31.3%	43.5%	0.72	0.89
	25-44	35.5%	34.3%	36.0%	0.95	0.97
	45-64	38.5%	35.8%	39.2%	0.91	1.02
	65+	37.0%	39.9%	37.0%	1.08	1.13
<i>Gender</i>	Total	37.7%	35.3%	38.5%	0.92	1.00
	Male	39.3%	33.7%	40.6%	0.83	0.95
	Female	36.2%	36.9%	36.4%	1.01	1.05

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q02C In general, would you say your mental health is ...?*

- Among English speakers, the 65+ age cohort (39.9%) displayed the highest proportion of persons who felt their mental health was excellent while the 15-24 age cohort (31.3%) had the lowest level.
- With respect to gender, English-speaking females (36.9%) were more likely to feel their mental health was excellent than their male counterparts (33.7%).

Table 15 - Direction or Meaning to Life, by Region

<b>Persons Who Frequently Felt Life Has Sense of Direction or Meaning by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	59.6%	59.8%	59.7%	1.00	1.15
Capitale-Nationale	59.8%	42.9%	60.5%	0.71	0.83
Mauricie-Centre-du-Québec	60.1%	52.9%	60.3%	0.88	1.02
Estrie	50.5%	48.4%	51.1%	0.95	0.93
Montréal	51.9%	48.8%	54.2%	0.90	0.94
Outaouais	58.7%	51.6%	59.5%	0.87	0.99
Abitibi-Témiscamingue	57.1%	31.1%	58.5%	0.53	0.60
Côte-Nord	64.2%	59.8%	64.8%	0.92	1.15
Gaspésie-îles-de-la-Madeleine	65.0%	53.8%	65.7%	0.82	1.03
Laval	59.2%	57.9%	59.3%	0.98	1.11
Laurentides	60.0%	72.9%	58.9%	1.24	1.40
Montérégie	59.9%	56.6%	60.3%	0.94	1.09
Québec	57.3%	52.0%	58.3%	0.89	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q14 In the past month, how often did you feel...that your life has a sense of direction or meaning to it?*

- In 2011-2012, the proportion of persons who frequently felt life has a sense of direction or meaning reported by the English-speaking population of Quebec (52.0%) was lower than that of the French-speaking population (58.3%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 1 of 12 regions.
- In the English-speaking population, we observe that the health regions of Laurentides (72.9%), Côte-Nord (59.8%) and Bas-Saint-Laurent (59.8%) displayed the highest levels for persons who frequently felt life has sense of direction or meaning while Abitibi-Témiscamingue (31.1%), Capitale-Nationale (42.9%) and Estrie (48.4%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of persons who frequently felt life has a sense of direction or meaning than the provincial average for English speakers.

Table 16 - Direction or Meaning to Life, by Age and Gender

Persons Who Frequently Felt Life Has Sense of Direction or Meaning by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	57.4%	51.9%	58.4%	0.89	1.00
	15-24	54.1%	47.1%	55.7%	0.84	0.91
	25-44	56.0%	51.9%	56.7%	0.91	1.00
	45-64	58.6%	52.4%	59.8%	0.88	1.01
	65+	60.5%	56.1%	61.3%	0.91	1.08
Gender	Total	57.3%	52.0%	58.3%	0.89	1.00
	Male	58.6%	51.5%	59.8%	0.86	0.99
	Female	56.0%	52.6%	56.8%	0.93	1.01

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q14 In the past month, how often did you feel...that your life has a sense of direction or meaning to it?

- Among English speakers, the 65+ age cohort (56.1%) displayed the highest proportion of persons who frequently felt life has a sense of direction or meaning while the 15-24 age cohort (47.1%) had the lowest level.
- With respect to gender, English-speaking females (52.6%) were about as likely to have frequently felt life has a sense of direction or meaning as their male counterparts (51.5%). Both English-speaking male and female respondents were less likely than their Francophone counterparts to feel their life has a sense of direction or meaning.



Table 17 - Languishing Mental Health, by Region

**Definition:** The CCHS Positive Mental Health Classification assigns respondents to one of the following categories: flourishing, moderate or languishing mental health. To be classified as having *flourishing* mental health, respondents must experience “high levels” of at least 1 of the 3 measures of emotional well-being and at least 6 of the 11 measures of positive functioning. High levels are defined as experiencing an item “everyday” or “almost every day” during the past month. To be classified as having *languishing* mental health, respondents must report “low levels” on at least 1 of the 3 measures of emotional well-being and on at least 6 of the 11 measures of positive functioning. Low levels are defined as experiencing an item “never” or “once or twice” during the past month.

Persons Who Reported Their Mental Health As "Languishing" by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	24.7%	6.1%	25.1%	0.24	0.26
Capitale-Nationale	23.3%	12.6%	23.0%	0.55	0.54
Mauricie-Centre-du-Québec	22.1%	16.4%	22.1%	0.74	0.71
Estrie	25.6%	12.2%	26.3%	0.46	0.52
Montréal	26.4%	24.9%	27.3%	0.91	1.07
Outaouais	25.5%	18.1%	26.8%	0.68	0.78
Abitibi-Témiscamingue	20.8%	19.1%	20.2%	0.95	0.82
Côte-Nord	18.0%	14.5%	17.7%	0.82	0.62
Gaspésie-îles-de-la-Madeleine	17.6%	9.2%	18.3%	0.50	0.40
Laval	26.0%	27.4%	25.4%	1.08	1.18
Laurentides	23.3%	6.8%	24.1%	0.28	0.29
Montréal	23.5%	27.5%	22.7%	1.21	1.18
Québec	24.4%	23.3%	24.3%	0.96	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: PMHDCLA Positive Mental Health Classification. Based on questions PMH\_01 to PMH\_14.*

- In 2011-2012, the proportion of persons who reported their mental health as "languishing" reported by the English-speaking population of Quebec (23.3%) was similar to that of the French-speaking population (24.3%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 2 of 12 regions.
- In the English-speaking population, we observe that the health regions of Montérégie (27.5%), Laval (27.4%) and Montréal (24.9%) displayed the highest levels for persons who reported their mental health as "languishing" while Bas-Saint-Laurent (6.1%), Laurentides (6.8%) and Gaspésie-îles-de-la-Madeleine (9.2%) had the lowest levels.
- Among the regional English-speaking populations, 3 regions exhibited a higher proportion of persons who reported their mental health as "languishing" than the provincial average for English speakers.

Table 18 - Languishing Mental Health, by Age and Gender

**Definition:** The CCHS Positive Mental Health Classification assigns respondents to one of the following categories: flourishing, moderate or languishing mental health. To be classified as having *flourishing* mental health, respondents must experience “high levels” of at least 1 of the 3 measures of emotional well-being and at least 6 of the 11 measures of positive functioning. High levels are defined as experiencing an item “everyday” or “almost every day” during the past month. To be classified as having *languishing* mental health, respondents must report “low levels” on at least 1 of the 3 measures of emotional well-being and on at least 6 of the 11 measures of positive functioning. Low levels are defined as experiencing an item “never” or “once or twice” during the past month.

Persons Who Reported Their Mental Health As "Languishing" by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	24.6%	23.5%	24.5%	0.96	1.00
	15-24	25.1%	28.1%	24.5%	1.15	1.20
	25-44	24.7%	22.1%	24.9%	0.89	0.94
	45-64	23.9%	22.1%	23.9%	0.93	0.94
	65+	25.4%	24.5%	24.8%	0.99	1.04
Gender	Total	24.4%	23.3%	24.3%	0.96	1.00
	Male	24.0%	26.8%	23.1%	1.16	1.15
	Female	24.8%	19.7%	25.5%	0.77	0.85

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: PMHDCLA Positive Mental Health Classification. Based on questions PMH\_01 to PMH\_14.

- Among English speakers, the 15-24 age cohort (28.1%) displayed the highest proportion of persons who reported their mental health as "languishing" while the 25-44 age cohort (22.1%) had the lowest level.
- With respect to gender, English-speaking males (26.8%) were more likely to have reported their mental health as "languishing" than their female counterparts (19.7%).

Table 19 - Mental Health Continuous Score, by Region

**Definition:** This is a CCHS measure of the score of a respondent on the Mental Health Continuum (Short Form (MHC-SF)). The Mental Health Continuum is a derived variable that consists of 14 items that are combined to classify individuals in terms of their positive mental health. Of the 14 items, 3 are used to measure emotional well-being (i.e. felt happy in past month, felt satisfied with life) and the other 11 items are used to measure positive functioning (i.e. confident to express own opinions, good at managing responsibilities). Higher scores indicate higher levels of positive mental health.

<b>Persons Who Received A Maximum Positive Mental Health Continuous Score by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	2.8%	0.3%	3.0%	0.11	0.16
Capitale-Nationale	2.0%	0.0%	1.7%	0.00	0.00
Mauricie-Centre-du-Québec	2.2%	1.9%	2.2%	0.83	0.92
Estrie	0.9%	0.5%	0.9%	0.56	0.26
Montréal	1.5%	1.8%	1.5%	1.24	0.89
Outaouais	2.3%	4.9%	1.9%	2.66	2.43
Abitibi-Témiscamingue	1.4%	0.0%	1.5%	0.00	0.00
Côte-Nord	1.4%	1.2%	1.6%	0.79	0.61
Gaspésie-îles-de-la-Madeleine	2.9%	2.6%	3.0%	0.88	1.28
Laval	3.3%	3.1%	3.5%	0.91	1.55
Laurentides	1.0%	0.4%	1.1%	0.40	0.21
Montérégie	2.0%	1.9%	2.0%	0.92	0.92
Québec	1.8%	2.0%	1.8%	1.13	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: PMHDSCR Positive Mental Health Continuous Score. Based on questions PMH\_01 to PMH\_14.*

- In 2011-2012, the proportion of persons who received a maximum positive mental health continuous score reported by the English-speaking population of Quebec (2.0%) was higher than that of the French-speaking population (1.8%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 2 of 12 regions.
- In the English-speaking population, we observe that the health regions of Outaouais (4.9%), Laval (3.1%) and Gaspésie-îles-de-la-Madeleine (2.6%) displayed the highest levels for persons who received a maximum positive mental health continuous score while Bas-Saint-Laurent (0.3%), Laurentides (0.4%) and Estrie (0.5%) had the lowest levels.
- Among the regional English-speaking populations, 3 regions exhibited a higher proportion of persons who received a maximum positive mental health continuous score than the provincial average for English speakers.

Table 20 - Mental Health Continuous Score, by Age and Gender

**Definition:** This is a CCHS measure of the score of a respondent on the Mental Health Continuum (Short Form (MHC-SF)). The Mental Health Continuum is a derived variable that consists of 14 items that are combined to classify individuals in terms of their positive mental health. Of the 14 items, 3 are used to measure emotional well-being (i.e. felt happy in past month, felt satisfied with life) and the other 11 items are used to measure positive functioning (i.e. confident to express own opinions, good at managing responsibilities). Higher scores indicate higher levels of positive mental health.

<b>Persons Who Received A Maximum Positive Mental Health Continuous Score by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority- Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	1.7%	2.1%	1.7%	1.21	1.00
	15-24	1.0%	0.8%	1.1%	0.73	0.39
	25-44	1.6%	1.6%	1.5%	1.07	0.75
	45-64	2.2%	4.0%	2.0%	1.94	1.93
	65+	1.7%	0.6%	2.0%	0.29	0.28
<i>Gender</i>	Total	1.8%	2.0%	1.8%	1.13	1.00
	Male	2.1%	2.8%	2.0%	1.39	1.38
	Female	1.5%	1.3%	1.6%	0.81	0.62

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: PMHDSCR Positive Mental Health Continuous Score. Based on questions PMH\_01 to PMH\_14.*

- Among English speakers, the 45-64 age cohort (4.0%) displayed the highest proportion of persons who received a maximum positive mental health continuous score while the 65+ age cohort (0.6%) had the lowest level.
- With respect to gender, English-speaking males (2.8%) were more likely to have received a maximum positive mental health continuous score than their female counterparts (1.3%).

## Mood, Anxiety and Stress

High levels of anxiety and stress, mood disorder and troubled sleeping patterns can indicate poor mental and emotional health. When these become chronic they are red flagged as symptoms that create susceptibility to other forms of illness, weakened resiliency and reduced quality of life.

Table 21 - Mood Disorder, by Region

Persons Diagnosed With a Mood Disorder by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	5.0%	3.8%	5.2%	0.73	0.81
Capitale-Nationale	3.3%	3.3%	3.2%	1.04	0.71
Mauricie-Centre-du-Québec	4.9%	12.9%	4.7%	2.77	2.73
Estrie	4.7%	0.5%	5.1%	0.10	0.10
Montréal	4.9%	4.4%	5.5%	0.81	0.94
Outaouais	9.9%	9.5%	10.2%	0.93	2.00
Abitibi-Témiscamingue	4.7%	8.4%	4.5%	1.87	1.78
Côte-Nord	6.0%	6.9%	6.0%	1.16	1.46
Gaspésie-îles-de-la-Madeleine	5.8%	5.6%	5.8%	0.97	1.19
Laval	4.9%	1.6%	5.8%	0.28	0.34
Laurentides	4.7%	8.0%	4.5%	1.76	1.69
Montérégie	4.6%	3.8%	4.5%	0.85	0.81
Québec	5.0%	4.7%	5.1%	0.93	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CCC\_Q280 Do you have a mood disorder such as depression, bipolar disorder, mania or dysthymia?

- In 2011-2012, the proportion of persons who have been diagnosed with a mood disorder reported by the English-speaking population of Quebec (4.7%) was lower than that of the French-speaking population (5.1%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 5 of 12 regions.
- In the English-speaking population, we observe that the health regions of Mauricie-Centre-du-Québec (12.9%), Outaouais (9.5%) and Abitibi-Témiscamingue (8.4%) displayed the highest levels for persons diagnosed with a mood disorder while Estrie (0.5%), Laval (1.6%) and Capitale-Nationale (3.3%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of persons who have been diagnosed with a mood disorder than the provincial average for English speakers.

Table 22 - Mood Disorder, by Age and Gender

Persons Diagnosed With a Mood Disorder by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	5.1%	4.9%	5.2%	0.93	1.00
	15-24	3.0%	3.6%	2.9%	1.23	0.74
	25-44	5.6%	4.2%	5.9%	0.72	0.87
	45-64	6.6%	7.1%	6.5%	1.09	1.46
	65+	3.3%	2.9%	3.3%	0.89	0.61
Gender	Total	5.0%	4.7%	5.1%	0.93	1.00
	Male	3.9%	3.7%	4.0%	0.92	0.78
	Female	6.1%	5.7%	6.1%	0.94	1.21

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CCC\_Q280 Do you have a mood disorder such as depression, bipolar disorder, mania or dysthymia?

- Among English speakers, the 45-64 age cohort (7.1%) displayed the highest proportion of persons who have been diagnosed with a mood disorder while the 65+ age cohort (2.9%) had the lowest level.
- With respect to gender, English-speaking females (5.7%) were more likely to have been diagnosed with a mood disorder than their male counterparts (3.7%).

Table 23 - Anxiety Disorder, by Region

Persons Diagnosed With an Anxiety Disorder by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	6.0%	2.2%	6.3%	0.35	0.47
Capitale-Nationale	6.0%	7.1%	5.5%	1.28	1.53
Mauricie-Centre-du-Québec	6.7%	11.5%	6.7%	1.72	2.48
Estrie	7.1%	10.6%	7.1%	1.50	2.29
Montréal	5.5%	4.7%	6.3%	0.75	1.02
Outaouais	10.0%	6.1%	10.0%	0.61	1.32
Abitibi-Témiscamingue	6.5%	6.2%	5.8%	1.07	1.33
Côte-Nord	6.6%	14.5%	5.4%	2.71	3.14
Gaspésie-îles-de-la-Madeleine	9.5%	3.2%	10.3%	0.31	0.70
Laval	5.3%	3.4%	5.9%	0.57	0.73
Laurentides	5.5%	3.3%	5.8%	0.57	0.71
Montérégie	5.5%	2.8%	6.0%	0.46	0.59
Québec	6.1%	4.6%	6.4%	0.73	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CCC\_Q290 Do you have an anxiety disorder such as a phobia, obsessive-compulsive disorder or a panic*

- In 2011-2012, the proportion of persons who have been diagnosed with an anxiety disorder reported by the English-speaking population of Quebec (4.6%) was much lower than that of the French-speaking population (6.4%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 5 of 12 regions.
- In the English-speaking population, we observe that the health regions of Côte-Nord (14.5%), Mauricie-Centre-du-Québec (11.5%) and Estrie (10.6%) displayed the highest levels for persons diagnosed with an anxiety disorder while Bas-Saint-Laurent (2.2%), Montérégie (2.8%) and Gaspésie-îles-de-la-Madeleine (3.2%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of persons who have been diagnosed with an anxiety disorder than the provincial average for English speakers.

Table 24 - Anxiety Disorder, by Age and Gender

Persons Diagnosed With an Anxiety Disorder by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	6.1%	4.8%	6.4%	0.74	1.00
	15-24	4.6%	4.8%	4.6%	1.04	1.01
	25-44	7.2%	4.4%	7.8%	0.57	0.93
	45-64	6.4%	5.5%	6.6%	0.83	1.15
	65+	4.9%	4.0%	5.0%	0.80	0.84
Gender	Total	6.1%	4.6%	6.4%	0.73	1.00
	Male	4.9%	3.6%	5.1%	0.69	0.77
	Female	7.2%	5.7%	7.5%	0.75	1.23

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CCC\_Q290 Do you have an anxiety disorder such as a phobia, obsessive-compulsive disorder or a panic disorder?

- Among English speakers, the 45-64 age cohort (5.5%) displayed the highest proportion of persons who have been diagnosed with an anxiety disorder while the 65+ age cohort (4.0%) had the lowest level.
- With respect to gender, English-speaking females (5.7%) were more likely to have been diagnosed with an anxiety disorder than their male counterparts (3.6%).



Table 25 - Barrier to Improving Health, by Region

Persons Who Reported a Barrier to Improving Health by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	41.1%	26.4%	42.0%	0.63	0.63
Capitale-Nationale	37.8%	44.3%	38.1%	1.16	1.07
Mauricie-Centre-du-Québec	41.7%	40.3%	41.6%	0.97	0.97
Estrie	46.5%	46.8%	47.0%	1.00	1.13
Montréal	43.2%	41.2%	44.4%	0.93	0.99
Outaouais	45.5%	43.0%	46.0%	0.93	1.03
Abitibi-Témiscamingue	37.6%	25.6%	38.0%	0.67	0.61
Côte-Nord	40.8%	16.1%	42.3%	0.38	0.39
Gaspésie-îles-de-la-Madeleine	31.0%	13.5%	32.3%	0.42	0.32
Laval	41.4%	36.7%	42.6%	0.86	0.88
Laurentides	47.0%	41.7%	47.3%	0.88	1.00
Montérégie	43.8%	44.6%	43.8%	1.02	1.07
Québec	42.6%	41.6%	42.9%	0.97	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CIH\_Q5 Is there anything stopping you from making this improvement (to health)?*

- In 2011-2012, the proportion of persons who faced a barrier to improving health reported by the English-speaking population of Quebec (41.6%) was similar to that of the French-speaking population (42.9%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 2 of 12 regions.
- In the English-speaking population, we observe that the health regions of Estrie (46.8%), Montérégie (44.6%) and Capitale-Nationale (44.3%) displayed the highest levels for persons who reported a barrier to improving health while Gaspésie-îles-de-la-Madeleine (13.5%), Côte-Nord (16.1%) and Abitibi-Témiscamingue (25.6%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of persons who faced a barrier to improving health than the provincial average for English speakers.

Table 26 - Barrier to Improving Health, by Age and Gender

Persons Who Reported a Barrier to Improving Health by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	43.5%	42.6%	43.9%	0.97	1.00
	15-24	36.0%	35.5%	35.9%	0.99	0.83
	25-44	52.2%	51.1%	52.5%	0.97	1.20
	45-64	46.6%	42.7%	47.2%	0.90	1.00
	65+	27.4%	31.5%	27.5%	1.15	0.74
Gender	Total	42.6%	41.6%	42.9%	0.97	1.00
	Male	40.7%	38.5%	41.4%	0.93	0.93
	Female	44.3%	44.6%	44.4%	1.00	1.07

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CIH\_Q5 Is there anything stopping you from making this improvement (to health)?

- Among English speakers, the 25-44 age cohort (51.1%) displayed the highest proportion of persons who faced a barrier to improving health while the 65+ age cohort (31.5%) had the lowest level.
- With respect to gender, English-speaking females (44.6%) were more likely to report a barrier to improving health than their male counterparts (38.5%).

Table 27 - Stress as Barrier, by Region

Persons Who Reported High Levels of Stress as a Barrier to Improving Health by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Estrie	3.5%	7.3%	3.3%	2.24	0.87
Montréal	7.1%	10.2%	6.0%	1.71	1.21
Outaouais	5.4%	8.7%	4.9%	1.76	1.03
Côte-Nord	3.1%	8.5%	3.2%	2.67	1.01
Laval	2.1%	3.5%	1.9%	1.87	0.42
Laurentides	2.7%	5.9%	2.6%	2.28	0.70
Montérégie	2.6%	4.3%	2.5%	1.72	0.51
Québec	4.0%	8.4%	3.4%	2.50	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CIH\_Q6G Is there anything stopping you from making this improvement (to health)? What is that? - Too stressed*

- In 2011-2012, the proportion of English speakers who reported high levels of stress as the barrier they faced to improving health (8.4%) was much higher than that reported by French-speaking respondents (3.4%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 7 of the 7 regions with sufficient numbers for reporting.
- Among English-speaking respondents, we observe that the health regions of Montréal (10.2%) and the Outaouais (8.7%) and Cote-Nord (8.5%) displayed the highest levels for persons who reported high levels of stress as a barrier to improving health while Laval (3.5%), Montérégie (4.3%) had the lowest levels.
- Among the regional English-speaking populations, 3 regions exhibited a higher proportion of persons who reported high levels of stress as a barrier to improving health than the provincial average for English speakers.

Table 28 - Stress as Barrier, by Age and Gender

Persons Who Reported High Levels of Stress as a Barrier to Improving Health by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority- Majority Index	Generation and Gender Index
Age Groups	15+	4.0%	8.5%	3.4%	2.51	1.00
	15-24	7.2%	13.6%	6.2%	2.17	1.59
	25-44	4.5%	9.6%	3.8%	2.53	1.13
	45-64	3.1%	7.8%	2.5%	3.10	0.92
	65+	1.7%	0.7%	1.9%	0.34	0.08
Gender	Total	4.0%	8.4%	3.4%	2.50	1.00
	Male	3.6%	9.6%	2.8%	3.44	1.14
	Female	4.3%	7.5%	3.9%	1.91	0.89

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CIH\_Q6G Is there anything stopping you from making this improvement (to health)? What is that? - Too stressed

- Among English speakers, the 15-24 age cohort (13.6%) displayed the highest proportion of persons who reported high levels of stress as a barrier to improving health while the 65+ age cohort (0.7%) had the lowest level.
- With respect to gender, English-speaking males (9.6%) were more likely to report high levels of stress as a barrier to improving health than their female counterparts (7.5%). They were much more likely to report stress as a barrier to improving health compared to French-speaking males.

Table 29 - Intent to Reduce Stress, by Region

Persons Who Had Intended to Reduce Stress in Order to Improve Health by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	6.0%	8.8%	5.4%	1.62	1.72
Mauricie-Centre-du-Québec	2.2%	7.7%	2.1%	3.71	1.50
Montréal	5.8%	7.1%	5.3%	1.33	1.38
Abitibi-Témiscamingue	3.0%	6.0%	3.0%	1.98	1.17
Côte-Nord	3.1%	7.4%	2.8%	2.63	1.44
Gaspésie-îles-de-la-Madeleine	4.4%	14.1%	3.9%	3.64	2.75
Québec	4.2%	5.1%	4.2%	1.23	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CIH\_Q8F What is that? - Reduce stress level*

- In 2011-2012, the proportion of persons who had intended to reduce stress in order to improve health reported by the English-speaking population of Quebec (5.1%) was higher than that of the French-speaking population (4.2%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 6 of 6 regions with sufficient numbers for reporting.
- In the English-speaking population, we observe that the health region of Gaspésie-îles-de-la-Madeleine (14.1%) displayed the highest level of persons who had intended to reduce stress in order to improve health while Abitibi-Témiscamingue (6.0%) reported the lowest level.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of persons who had intended to reduce stress in order to improve health than the provincial average for English speakers.

Table 30 - Intent to Reduce Stress, by Age and Gender

Persons Who Had Intended to Reduce Stress in Order to Improve Health by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	4.3%	5.1%	4.2%	1.21	1.00
	15-24	3.3%	6.9%	2.6%	2.66	1.34
	25-44	5.5%	6.3%	5.5%	1.15	1.22
	45-64	4.2%	3.4%	4.4%	0.77	0.66
	65+	2.2%	3.9%	2.0%	1.97	0.76
Gender	Total	4.2%	5.1%	4.2%	1.23	1.00
	Male	3.4%	2.7%	3.5%	0.76	0.52
	Female	5.0%	7.3%	4.8%	1.54	1.43

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CIH\_Q8F What is that? - Reduce stress level

- Among English speakers, the 15-24 age cohort (6.9%) displayed the highest proportion of persons who had intended to reduce stress in order to improve health while the 45-64 age cohort (3.4%) had the lowest level.
- With respect to gender, English-speaking females (7.3%) were more likely to have intended to reduce stress in order to improve health than their male counterparts (2.7%).

Table 31 - Most Days Stressful, by Region

Persons Who Felt Most Days Were Highly Stressful by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	23.5%	27.3%	23.4%	1.16	1.12
Capitale-Nationale	25.6%	31.3%	25.3%	1.24	1.28
Mauricie-Centre-du-Québec	27.9%	30.9%	27.4%	1.13	1.26
Estrie	25.5%	19.8%	26.0%	0.76	0.81
Montréal	27.0%	23.9%	29.5%	0.81	0.98
Outaouais	29.8%	31.1%	30.0%	1.04	1.27
Abitibi-Témiscamingue	24.9%	11.8%	26.0%	0.45	0.48
Côte-Nord	23.1%	46.2%	21.6%	2.14	1.89
Gaspésie-îles-de-la-Madeleine	17.8%	12.6%	18.7%	0.67	0.52
Laval	28.3%	32.5%	28.2%	1.15	1.33
Laurentides	26.5%	13.2%	27.9%	0.47	0.54
Montérégie	28.5%	21.6%	29.2%	0.74	0.88
Québec	26.7%	24.5%	27.3%	0.89	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q07 Thinking about the amount of stress in your life, would you say that most days are...? Quite a bit Stressful and Extremely Stressful.*

- In 2011-2012, the proportion of persons who felt most days were highly stressful reported by the English-speaking population of Quebec (24.5%) was lower than that of the French-speaking population (27.3%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 6 of 12 regions.
- In the English-speaking population, we observe that the health regions of Côte-Nord (46.2%), Laval (32.5%) and Capitale-Nationale (31.3%) displayed the highest levels for persons who felt most days were highly stressful while Abitibi-Témiscamingue (11.8%), Gaspésie-îles-de-la-Madeleine (12.6%) and Laurentides (13.2%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of persons who felt most days were highly stressful than the provincial average for English speakers.

Table 32 - Most Days Stressful, by Age and Gender

Persons Who Felt Most Days Were Highly Stressful by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	27.3%	25.1%	27.9%	0.90	1.00
	15-24	24.5%	19.8%	25.7%	0.77	0.79
	25-44	36.2%	30.8%	37.2%	0.83	1.23
	45-64	28.8%	27.4%	29.3%	0.93	1.09
	65+	10.6%	13.8%	10.4%	1.33	0.55
Gender	Total	26.7%	24.5%	27.3%	0.89	1.00
	Male	25.6%	22.6%	26.2%	0.86	0.93
	Female	27.8%	26.3%	28.4%	0.92	1.07

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q07 Thinking about the amount of stress in your life, would you say that most days are...? Quite a bit Stressful and Extremely Stressful.

- Among English speakers, the 25-44 age cohort (30.8%) displayed the highest proportion of persons who felt most days were highly stressful while the 65+ age cohort (13.8%) had the lowest level.
- With respect to gender, English-speaking females (26.3%) were more likely to have felt most days were highly stressful than their male counterparts (22.6%).



Table 33 - Work Not Stressful, by Region

Persons Who Felt Work Was Not At All Stressful by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	12.9%	40.0%	11.2%	3.58	3.93
Capitale-Nationale	8.9%	20.6%	8.4%	2.45	2.02
Mauricie-Centre-du-Québec	9.1%	8.1%	9.3%	0.86	0.79
Estrie	10.3%	3.4%	10.3%	0.33	0.34
Montréal	8.5%	8.9%	8.1%	1.11	0.88
Outaouais	10.6%	3.6%	12.1%	0.30	0.36
Abitibi-Témiscamingue	11.2%	7.5%	11.1%	0.68	0.74
Côte-Nord	15.4%	22.7%	15.9%	1.43	2.23
Gaspésie-îles-de-la-Madeleine	18.6%	28.9%	18.5%	1.56	2.84
Laval	9.2%	7.7%	9.3%	0.83	0.75
Laurentides	9.0%	6.7%	9.4%	0.72	0.66
Montérégie	10.8%	16.0%	10.3%	1.55	1.57
Québec	9.8%	10.2%	9.6%	1.06	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q09 Would you say that most days at work were...?*

- In 2011-2012, the proportion of persons who felt work was not at all stressful reported by the English-speaking population of Quebec (10.2%) was higher than that of the French-speaking population (9.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 6 of 12 regions.
- In the English-speaking population, we observe that the health regions of Bas-Saint-Laurent (40.0%), Gaspésie-îles-de-la-Madeleine (28.9%) and Côte-Nord (22.7%) displayed the highest levels for persons who felt work was not at all stressful while Estrie (3.4%), Outaouais (3.6%) and Laurentides (6.7%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of persons who felt work was not at all stressful than the provincial average for English speakers.

Table 34 - Work Not Stressful, by Age and Gender

<b>Persons Who Felt Work Was Not At All Stressful by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority-Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	9.8%	10.2%	9.6%	1.06	1.00
	15-24	16.0%	19.6%	15.6%	1.26	1.92
	25-44	6.7%	8.1%	6.2%	1.30	0.80
	45-64	9.4%	7.3%	9.7%	0.75	0.71
	65+	22.1%	17.7%	23.3%	0.76	1.74
<i>Gender</i>	Total	9.8%	10.2%	9.6%	1.06	1.00
	Male	10.3%	10.0%	10.4%	0.96	0.98
	Female	9.1%	10.4%	8.8%	1.18	1.02

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q09 Would you say that most days at work were...?

- Among English speakers, the 15-24 age cohort (19.6%) displayed the highest proportion of persons who felt work was not at all stressful while the 45-64 age cohort (7.3%) had the lowest level.
- With respect to gender, English-speaking females (10.4%) were as likely to have felt work was not at all stressful as their male counterparts (10.0%).

Table 35 - Trouble Sleeping, by Region

Persons Who Have Trouble Sleeping All or Most of the Time by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	16.0%	11.0%	16.6%	0.66	0.66
Capitale-Nationale	13.3%	11.2%	13.4%	0.83	0.67
Mauricie-Centre-du-Québec	15.3%	13.6%	15.6%	0.87	0.81
Estrie	16.3%	19.0%	15.9%	1.20	1.14
Montréal	14.6%	16.0%	14.2%	1.13	0.96
Outaouais	20.7%	11.0%	22.4%	0.49	0.66
Abitibi-Témiscamingue	18.3%	23.5%	18.4%	1.28	1.41
Côte-Nord	15.4%	8.1%	15.6%	0.52	0.48
Gaspésie-îles-de-la-Madeleine	16.4%	12.4%	16.9%	0.74	0.75
Laval	14.2%	11.8%	15.1%	0.78	0.71
Laurentides	15.6%	17.1%	15.8%	1.08	1.02
Montréal	19.2%	24.1%	18.3%	1.32	1.45
Québec	16.3%	16.7%	16.2%	1.03	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SLP\_Q02 How often do you have trouble going to sleep or staying asleep? Most of the time and all of the time.*

- In 2011-2012, the proportion of those who have trouble sleeping all or most of the time reported by the English-speaking population of Quebec (16.7%) was similar to that of the French-speaking population (16.2%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 5 of 12 regions.
- In the English-speaking population, we observe that the health regions of Montérégie (24.1%), Abitibi-Témiscamingue (23.5%) and Estrie (19.0%) displayed the highest levels for persons who have trouble sleeping all or most of the time while Côte-Nord (8.1%), Outaouais (11.0%) and Bas-Saint-Laurent (11.0%) had the lowest levels.
- Among the regional English-speaking populations, 4 regions exhibited a higher proportion of those who have trouble sleeping all or most of the time than the provincial average for English speakers.

Table 36 - Trouble Sleeping, by Age and Gender

Persons Who Have Trouble Sleeping All or Most of the Time by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	16.5%	17.2%	16.4%	1.05	1.00
	15-24	13.8%	17.4%	13.3%	1.31	1.01
	25-44	15.8%	14.2%	16.2%	0.88	0.83
	45-64	18.4%	19.2%	18.2%	1.06	1.12
	65+	16.1%	19.0%	15.7%	1.21	1.11
Gender	Total	16.3%	16.7%	16.2%	1.03	1.00
	Male	13.4%	12.2%	13.7%	0.89	0.73
	Female	19.0%	21.1%	18.6%	1.13	1.27

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SLP\_Q02 How often do you have trouble going to sleep or staying asleep? Most of the time and all of the time.

- Among English speakers, the 45-64 age cohort (19.2%) displayed the highest proportion of those who have trouble sleeping all or most of the time while the 25-44 age cohort (14.2%) had the lowest level.
- With respect to gender, English-speaking females (21.1%) were much more likely to have had trouble sleeping all or most of the time than their male counterparts (12.2%).

Table 37 - Liked Personality, by Region

<b>Persons Who Frequently Felt They Liked Most Parts of Own Personality by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	39.5%	35.2%	39.6%	0.89	0.78
Capitale-Nationale	41.6%	40.5%	41.9%	0.97	0.90
Mauricie-Centre-du-Québec	43.3%	44.0%	43.1%	1.02	0.98
Estrie	34.1%	39.8%	33.9%	1.17	0.88
Montréal	40.2%	42.6%	39.2%	1.09	0.94
Outaouais	47.3%	50.2%	46.1%	1.09	1.11
Abitibi-Témiscamingue	43.3%	52.6%	43.1%	1.22	1.17
Côte-Nord	49.0%	56.0%	48.9%	1.15	1.24
Gaspésie-îles-de-la-Madeleine	53.6%	57.6%	54.2%	1.06	1.28
Laval	46.9%	53.1%	44.9%	1.18	1.18
Laurentides	45.6%	55.8%	44.5%	1.25	1.24
Montérégie	43.8%	47.9%	43.4%	1.11	1.06
Québec	42.5%	45.1%	42.1%	1.07	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q09 In the past month, how often did you feel...that you liked most parts of your personality?*

- In 2011-2012, the proportion of persons who frequently felt that they liked most parts of their own personality reported by the English-speaking population of Quebec (45.1%) was higher than that of the French-speaking population (42.1%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 10 of 12 regions.
- In the English-speaking population, we observe that the health regions of Gaspésie-îles-de-la-Madeleine (57.6%), Côte-Nord (56.0%) and Laurentides (55.8%) displayed the highest levels for persons who frequently felt they liked most parts of own personality while Bas-Saint-Laurent (35.2%), Estrie (39.8%) and Capitale-Nationale (40.5%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of persons who frequently felt that they liked most parts of their own personality than the provincial average for English speakers.

Table 38 - Liked Personality, by Age and Gender

Persons Who Frequently Felt They Liked Most Parts of Own Personality by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	42.3%	44.9%	42.0%	1.07	1.00
	15-24	38.9%	42.2%	38.5%	1.10	0.94
	25-44	38.3%	40.9%	37.9%	1.08	0.91
	45-64	43.1%	46.4%	42.7%	1.09	1.03
	65+	51.7%	53.4%	51.4%	1.04	1.19
Gender	Total	42.5%	45.1%	42.1%	1.07	1.00
	Male	45.8%	44.9%	46.0%	0.98	1.00
	Female	39.2%	45.3%	38.3%	1.18	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q09 In the past month, how often did you feel...that you liked most parts of your personality?

- Among English speakers, the 65+ age cohort (53.4%) displayed the highest proportion of persons who frequently felt that they liked most parts of their own personality while the 25-44 age cohort (40.9%) had the lowest level.
- With respect to gender, English-speaking females (45.3%) were about as likely to have frequently felt that they liked most parts of their own personality as their male counterparts (44.9%).

## Life Satisfaction

Being satisfied with life, frequently experiencing feelings of contentment and fulfillment and the general sense of a humane and improving world all contribute to emotional and mental well-being.

Table 39 - Life Satisfaction, by Region

Persons Who Felt "Very Satisfied" About Their Life as a Whole by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	19.1%	48.4%	17.3%	2.79	3.08
Capitale-Nationale	17.6%	6.3%	18.0%	0.35	0.40
Mauricie-Centre-du-Québec	20.1%	30.0%	19.7%	1.52	1.91
Estrie	20.2%	16.9%	20.6%	0.82	1.08
Montréal	13.4%	12.4%	13.7%	0.91	0.79
Outaouais	19.3%	19.5%	18.6%	1.04	1.24
Abitibi-Témiscamingue	22.7%	9.7%	22.6%	0.43	0.62
Côte-Nord	20.2%	18.5%	19.7%	0.94	1.18
Gaspésie-îles-de-la-Madeleine	20.3%	23.4%	20.3%	1.15	1.49
Laval	15.2%	17.4%	14.9%	1.17	1.11
Laurentides	18.5%	15.4%	19.0%	0.81	0.98
Montréal	17.9%	23.6%	17.1%	1.38	1.50
Québec	17.6%	15.7%	17.7%	0.89	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q02B Using a scale of 0 to 10...how do you feel about your life as a whole right now?

- In 2011-2012, the proportion of persons who felt "very satisfied" about their life as a whole reported by the English-speaking population of Quebec (15.7%) was lower than that of the French-speaking population (17.7%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 6 of 12 regions.
- In the English-speaking population, we observe that the health regions of Bas-Saint-Laurent (48.4%), Mauricie-Centre-du-Québec (30.0%) and Montérégie (23.6%) displayed the highest levels for persons who felt "very satisfied" about their life as a whole while Capitale-Nationale (6.3%), Abitibi-Témiscamingue (9.7%) and Montréal (12.4%) had the lowest levels.
- Among the regional English-speaking populations, 8 regions exhibited a higher proportion of persons who felt "very satisfied" about their life as a whole than the provincial average for English speakers.

Table 40 - Life Satisfaction, by Age and Gender

Persons Who Felt "Very Satisfied" About Their Life as a Whole by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	17.2%	15.0%	17.5%	0.86	1.00
	15-24	15.5%	9.9%	16.6%	0.60	0.66
	25-44	16.4%	12.2%	16.9%	0.72	0.81
	45-64	16.9%	14.9%	17.2%	0.87	1.00
	65+	21.1%	26.7%	19.9%	1.34	1.78
Gender	Total	17.6%	15.7%	17.7%	0.89	1.00
	Male	17.4%	14.8%	17.8%	0.83	0.94
	Female	17.7%	16.6%	17.7%	0.94	1.06

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q02B Using a scale of 0 to 10...how do you feel about your life as a whole right now?

- Among English speakers, the 65+ age cohort (26.7%) displayed the highest proportion of persons who felt "very satisfied" about their life as a whole while the 15-24 age cohort (9.9%) had the lowest level.
- With respect to gender, English-speaking females (16.6%) were more likely to have felt "very satisfied" about their life as a whole than their male counterparts (14.8%).



Table 41 - Frequently Happy, by Region

Persons Who Frequently Felt Happy by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	33.7%	44.4%	33.3%	1.33	1.56
Capitale-Nationale	34.7%	19.2%	35.3%	0.54	0.68
Mauricie-Centre-du-Québec	36.7%	29.7%	36.8%	0.81	1.05
Estrie	30.2%	31.1%	30.2%	1.03	1.10
Montréal	26.9%	27.8%	25.8%	1.08	0.98
Outaouais	30.5%	24.8%	31.0%	0.80	0.87
Abitibi-Témiscamingue	34.4%	21.0%	34.4%	0.61	0.74
Côte-Nord	36.4%	30.9%	36.8%	0.84	1.09
Gaspésie-îles-de-la-Madeleine	40.3%	47.7%	40.2%	1.18	1.68
Laval	26.7%	25.3%	27.4%	0.92	0.89
Laurentides	31.3%	25.3%	32.1%	0.79	0.89
Montréal	33.6%	31.7%	34.0%	0.93	1.12
Québec	31.7%	28.4%	32.2%	0.88	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q01 In the past month, how often did you feel...happy?*

- In 2011-2012, the proportion of persons who frequently felt happy reported by the English-speaking population of Quebec (28.4%) was lower than that of the French-speaking population (32.2%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Gaspésie-îles-de-la-Madeleine (47.7%), Bas-Saint-Laurent (44.4%) and Montérégie (31.7%) displayed the highest levels for persons who frequently felt happy while Capitale-Nationale (19.2%), Abitibi-Témiscamingue (21.0%) and Outaouais (24.8%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of persons who frequently felt happy than the provincial average for English speakers.

Table 42 - Frequently Happy, by Age and Gender

Persons Who Frequently Felt Happy by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	31.7%	28.0%	32.2%	0.87	1.00
	15-24	28.9%	29.2%	28.9%	1.01	1.04
	25-44	29.8%	27.9%	30.2%	0.92	1.00
	45-64	30.9%	25.3%	31.6%	0.80	0.90
	65+	39.4%	32.8%	40.5%	0.81	1.17
Gender	Total	31.7%	28.4%	32.2%	0.88	1.00
	Male	34.2%	29.9%	34.9%	0.86	1.05
	Female	29.3%	26.9%	29.6%	0.91	0.95

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q01 In the past month, how often did you feel...happy?

- Among English speakers, the 65+ age cohort (32.8%) displayed the highest proportion of persons who frequently felt happy while the 45-64 age cohort (25.3%) had the lowest level.
- With respect to gender, English-speaking males (29.9%) were more likely to have frequently felt happy than their female counterparts (26.9%).

Table 43 - Interested in Life, by Region

Persons Who Frequently Felt Interested In Life by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	64.0%	64.9%	64.1%	1.01	1.08
Capitale-Nationale	69.0%	49.9%	69.5%	0.72	0.83
Mauricie-Centre-du-Québec	66.9%	51.4%	67.5%	0.76	0.86
Estrie	63.8%	78.6%	63.2%	1.25	1.31
Montréal	62.3%	58.1%	64.6%	0.90	0.97
Outaouais	62.1%	58.3%	62.5%	0.93	0.97
Abitibi-Témiscamingue	67.9%	66.6%	67.7%	0.98	1.11
Côte-Nord	68.7%	53.6%	69.8%	0.77	0.89
Gaspésie-îles-de-la-Madeleine	72.0%	67.0%	71.9%	0.93	1.12
Laval	61.8%	56.8%	62.7%	0.91	0.95
Laurentides	65.1%	66.2%	65.5%	1.01	1.10
Montérégie	68.5%	65.4%	69.0%	0.95	1.09
Québec	65.6%	59.9%	66.5%	0.90	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q02 In the past month, how often did you feel...interested in life?*

- In 2011-2012, the proportion of persons who frequently felt interested in life reported by the English-speaking population of Quebec (59.9%) was lower than that of the French-speaking population (66.5%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 3 of 12 regions.
- In the English-speaking population, we observe that the health regions of Estrie (78.6%), Gaspésie-îles-de-la-Madeleine (67.0%) and Abitibi-Témiscamingue (66.6%) displayed the highest levels for persons who frequently felt interested in life while Capitale-Nationale (49.9%), Mauricie-Centre-du-Québec (51.4%) and Côte-Nord (53.6%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of persons who frequently felt interested in life than the provincial average for English speakers.

Table 44 - Interested in Life, by Age and Gender

Persons Who Frequently Felt Interested In Life by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	65.9%	60.3%	66.8%	0.90	1.00
	15-24	58.2%	52.6%	59.5%	0.88	0.87
	25-44	67.2%	60.0%	68.5%	0.88	0.99
	45-64	66.7%	59.3%	67.7%	0.88	0.98
	65+	68.3%	72.0%	68.0%	1.06	1.19
Gender	Total	65.6%	59.9%	66.5%	0.90	1.00
	Male	67.3%	60.6%	68.3%	0.89	1.01
	Female	63.9%	59.3%	64.8%	0.92	0.99

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q02 In the past month, how often did you feel...interested in life?

- Among English speakers, the 65+ age cohort (72.0%) displayed the highest proportion of persons who frequently felt interested in life while the 15-24 age cohort (52.6%) had the lowest level.
- With respect to gender, English-speaking males (60.6%) were about equally as likely to have frequently felt interested in life as their female counterparts (59.3%).

Table 45 - Satisfied with Life, by Region

Persons Who Frequently Felt Satisfied with Life by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	49.2%	40.0%	49.9%	0.80	0.85
Capitale-Nationale	50.9%	34.7%	51.4%	0.68	0.74
Mauricie-Centre-du-Québec	55.8%	48.3%	55.9%	0.86	1.03
Estrie	48.2%	52.6%	48.1%	1.10	1.12
Montréal	44.8%	45.0%	45.0%	1.00	0.95
Outaouais	52.0%	48.9%	52.9%	0.92	1.04
Abitibi-Témiscamingue	58.2%	63.9%	57.7%	1.11	1.36
Côte-Nord	60.6%	67.3%	60.6%	1.11	1.43
Gaspésie-îles-de-la-Madeleine	62.7%	53.8%	63.4%	0.85	1.14
Laval	48.2%	40.2%	49.7%	0.81	0.85
Laurentides	52.6%	60.0%	52.1%	1.15	1.27
Montérégie	52.8%	52.8%	52.8%	1.00	1.12
Québec	50.8%	47.1%	51.5%	0.91	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q03 In the past month, how often did you feel...satisfied with your life?*

- In 2011-2012, the proportion of persons who frequently felt satisfied with life reported by the English-speaking population of Quebec (47.1%) was lower than that of the French-speaking population (51.5%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Côte-Nord (67.3%), Abitibi-Témiscamingue (63.9%) and Laurentides (60.0%) displayed the highest levels for persons who frequently felt satisfied with life while Capitale-Nationale (34.7%), Bas-Saint-Laurent (40.0%) and Laval (40.2%) had the lowest levels.
- Among the regional English-speaking populations, 8 regions exhibited a higher proportion of persons who frequently felt satisfied with life than the provincial average for English speakers.

Table 46 - Satisfied with Life, by Age and Gender

Persons Who Frequently Felt Satisfied with Life by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	50.5%	46.3%	51.2%	0.90	1.00
	15-24	48.5%	47.8%	48.8%	0.98	1.03
	25-44	46.9%	45.6%	46.9%	0.97	0.99
	45-64	51.2%	42.8%	52.7%	0.81	0.92
	65+	57.8%	53.7%	58.7%	0.91	1.16
Gender	Total	50.8%	47.1%	51.5%	0.91	1.00
	Male	53.4%	48.6%	54.2%	0.90	1.03
	Female	48.3%	45.6%	48.9%	0.93	0.97

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q03 In the past month, how often did you feel...satisfied with your life?

- Among English speakers, the 65+ age cohort (53.7%) displayed the highest proportion of persons who frequently felt satisfied with life while the 45-64 age cohort (42.8%) had the lowest level.
- With respect to gender, English-speaking males (48.6%) were more likely to have frequently felt satisfied with life than their female counterparts (45.6%).

Table 47 - Strong Sense of Community, by Region

<b>Persons Who Felt A Very Strong Sense of Belonging to Their Local Community by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	14.2%	41.4%	13.4%	3.09	2.61
Capitale-Nationale	10.0%	3.0%	10.0%	0.30	0.19
Mauricie-Centre-du-Québec	10.4%	22.3%	9.8%	2.28	1.40
Estrie	11.3%	8.4%	10.9%	0.77	0.53
Montréal	13.3%	15.6%	11.5%	1.36	0.99
Outaouais	12.4%	18.9%	11.3%	1.66	1.19
Abitibi-Témiscamingue	10.9%	15.6%	10.7%	1.45	0.98
Côte-Nord	27.1%	52.2%	25.6%	2.04	3.29
Gaspésie-îles-de-la-Madeleine	28.4%	27.4%	28.9%	0.95	1.73
Laval	8.4%	11.0%	7.2%	1.52	0.69
Laurentides	9.8%	25.6%	8.6%	2.99	1.61
Montérégie	13.1%	13.7%	12.8%	1.08	0.87
Québec	12.2%	15.9%	11.4%	1.39	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q10 How would you describe your sense of belonging to your local community? Would you say it is...?*

- In 2011-2012, the proportion of persons who felt a very strong sense of belonging to their local community reported by the English-speaking population of Quebec (15.9%) was much higher than that of the French-speaking population (11.4%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 9 of 12 regions.
- In the English-speaking population, we observe that the health regions of Côte-Nord (52.2%), Bas-Saint-Laurent (41.4%) and Gaspésie-îles-de-la-Madeleine (27.4%) displayed the highest levels for persons who felt a very strong sense of belonging to their local community while Capitale-Nationale (3.0%), Estrie (8.4%) and Laval (11.0%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of persons who felt a very strong sense of belonging to their local community than the provincial average for English speakers.

Table 48 - Strong Sense of Community, by Age and Gender

Persons Who Felt A Very Strong Sense of Belonging to Their Local Community by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	12.0%	15.7%	11.2%	1.40	1.00
	15-24	8.7%	7.1%	8.7%	0.82	0.45
	25-44	9.3%	11.9%	8.7%	1.37	0.76
	45-64	11.9%	18.6%	10.6%	1.74	1.18
	65+	19.9%	25.8%	18.9%	1.36	1.65
Gender	Total	12.2%	15.9%	11.4%	1.39	1.00
	Male	12.2%	16.5%	11.4%	1.45	1.04
	Female	12.3%	15.2%	11.5%	1.33	0.96

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q10 How would you describe your sense of belonging to your local community? Would you say it is...?

- Among English speakers, the 65+ age cohort (25.8%) displayed the highest proportion of persons who felt a very strong sense of belonging to their local community while the 15-24 age cohort (7.1%) had the lowest level.
- With respect to gender, English-speaking males (16.5%) were more likely to have felt a very strong sense of belonging to their local community than their female counterparts (15.2%).



Table 49 - Society Improving, by Region

<b>Persons Who Frequently Felt Society Was Improving For Those Like Themselves by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	22.3%	17.9%	22.2%	0.80	0.91
Capitale-Nationale	20.7%	9.1%	20.8%	0.44	0.46
Mauricie-Centre-du-Québec	23.6%	9.3%	23.9%	0.39	0.47
Estrie	16.6%	16.5%	16.8%	0.98	0.84
Montréal	20.1%	18.3%	20.8%	0.88	0.93
Outaouais	20.3%	28.5%	18.5%	1.54	1.45
Abitibi-Témiscamingue	17.6%	11.4%	18.0%	0.64	0.58
Côte-Nord	23.0%	51.6%	21.3%	2.42	2.62
Gaspésie-îles-de-la-Madeleine	28.3%	25.1%	29.2%	0.86	1.28
Laval	23.9%	23.8%	24.3%	0.98	1.21
Laurentides	18.4%	30.7%	17.1%	1.80	1.56
Montérégie	19.2%	19.3%	19.2%	1.01	0.98
Québec	20.1%	19.7%	20.1%	0.98	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q06 In the past month, how often did you feel...that our society is becoming a better place for people like you?*

- In 2011-2012, the proportion of persons who frequently felt society was improving for those like themselves reported by the English-speaking population of Quebec (19.7%) was similar to that of the French-speaking population (20.1%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Côte-Nord (51.6%), Laurentides (30.7%) and Outaouais (28.5%) displayed the highest levels for persons who frequently felt society was improving for those like themselves while Capitale-Nationale (9.1%), Mauricie-Centre-du-Québec (9.3%) and Abitibi-Témiscamingue (11.4%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of persons who frequently felt society was improving for those like themselves than the provincial average for English speakers.

Table 50 - Society Improving, by Age and Gender

<b>Persons Who Frequently Felt Society Was Improving For Those Like Themselves by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority- Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	19.8%	19.8%	19.7%	1.01	1.00
	15-24	16.0%	14.7%	16.2%	0.90	0.74
	25-44	16.4%	17.6%	16.0%	1.10	0.89
	45-64	21.0%	21.8%	20.8%	1.05	1.10
	65+	27.9%	26.2%	28.1%	0.93	1.32
<i>Gender</i>	Total	20.1%	19.7%	20.1%	0.98	1.00
	Male	22.4%	23.2%	22.0%	1.05	1.18
	Female	17.9%	16.2%	18.1%	0.89	0.82

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q06 In the past month, how often did you feel...that our society is becoming a better place for people like you?*

- Among English speakers, the 65+ age cohort (26.2%) displayed the highest proportion of persons who frequently felt society was improving for those like themselves while the 15-24 age cohort (14.7%) had the lowest level.
- With respect to gender, English-speaking males (23.2%) were more likely to have frequently felt society was improving for those like themselves than their female counterparts (16.2%).

Table 51 - People are Good, by Region

Persons Who Frequently Felt That People Are Basically Good by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	23.0%	23.0%	22.7%	1.01	0.71
Capitale-Nationale	25.0%	27.9%	24.8%	1.13	0.86
Mauricie-Centre-du-Québec	26.4%	22.7%	26.4%	0.86	0.70
Estrie	22.2%	22.6%	22.4%	1.01	0.70
Montréal	26.8%	32.8%	23.6%	1.39	1.01
Outaouais	27.6%	33.3%	26.5%	1.26	1.02
Abitibi-Témiscamingue	23.2%	16.9%	23.4%	0.72	0.52
Côte-Nord	33.7%	63.7%	32.0%	1.99	1.96
Gaspésie-îles-de-la-Madeleine	36.6%	39.7%	36.6%	1.08	1.22
Laval	29.4%	35.5%	28.0%	1.27	1.09
Laurentides	25.5%	44.3%	23.7%	1.87	1.36
Montérégie	25.9%	29.8%	25.3%	1.17	0.92
Québec	25.9%	32.5%	24.7%	1.31	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q07 In the past month, how often did you feel...that people are basically good?*

- In 2011-2012, the proportion of persons who frequently felt that people are basically good reported by the English-speaking population of Quebec (32.5%) was much higher than that of the French-speaking population (24.7%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 10 of 12 regions.
- In the English-speaking population, we observe that the health regions of Côte-Nord (63.7%), Laurentides (44.3%) and Gaspésie-îles-de-la-Madeleine (39.7%) displayed the highest levels for persons who frequently felt that people are basically good while Abitibi-Témiscamingue (16.9%), Estrie (22.6%) and Mauricie-Centre-du-Québec (22.7%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of persons who frequently felt that people are basically good than the provincial average for English speakers.

Table 52 - People are Good, by Age and Gender

Persons Who Frequently Felt That People Are Basically Good by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	25.7%	32.5%	24.6%	1.32	1.00
	15-24	20.6%	25.9%	19.7%	1.32	0.80
	25-44	19.9%	24.7%	19.1%	1.30	0.76
	45-64	28.0%	38.8%	26.4%	1.47	1.19
	65+	37.2%	43.7%	36.2%	1.21	1.34
Gender	Total	25.9%	32.5%	24.7%	1.31	1.00
	Male	26.7%	33.4%	25.5%	1.31	1.03
	Female	25.1%	31.7%	24.0%	1.32	0.97

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q07 In the past month, how often did you feel...that people are basically good?

- Among English speakers, the 65+ age cohort (43.7%) displayed the highest proportion of persons who frequently felt that people are basically good while the 25-44 age cohort (24.7%) had the lowest level.
- With respect to gender, English-speaking males (33.4%) were more likely to have frequently felt that people are basically good than their female counterparts (31.7%).

Table 53 - Society Makes Sense, by Region

Persons Who Frequently Felt That Society Makes Sense by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	20.7%	21.9%	20.5%	1.06	1.18
Capitale-Nationale	18.5%	17.6%	18.3%	0.96	0.95
Mauricie-Centre-du-Québec	20.0%	25.3%	19.4%	1.31	1.36
Estrie	13.5%	11.7%	13.8%	0.84	0.63
Montréal	18.0%	18.0%	17.8%	1.01	0.97
Outaouais	15.4%	19.5%	14.5%	1.34	1.05
Abitibi-Témiscamingue	14.9%	13.2%	15.1%	0.87	0.71
Côte-Nord	21.9%	40.2%	20.8%	1.94	2.16
Gaspésie-îles-de-la-Madeleine	30.9%	34.2%	30.9%	1.11	1.84
Laval	19.5%	10.2%	21.3%	0.48	0.55
Laurentides	15.3%	37.2%	13.0%	2.86	2.00
Montérégie	18.3%	17.7%	18.4%	0.96	0.95
Québec	17.7%	18.6%	17.4%	1.07	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q08 In the past month, how often did you feel...that the way our society works makes sense to you?*

- In 2011-2012, the proportion of persons who frequently felt that society makes sense reported by the English-speaking population of Quebec (18.6%) was higher than that of the French-speaking population (17.4%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 7 of 12 regions.
- In the English-speaking population, we observe that the health regions of Côte-Nord (40.2%), Laurentides (37.2%) and Gaspésie-îles-de-la-Madeleine (34.2%) displayed the highest levels for persons who frequently felt that society makes sense while Laval (10.2%), Estrie (11.7%) and Abitibi-Témiscamingue (13.2%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of persons who frequently felt that society makes sense than the provincial average for English speakers.

Table 54 - Society Makes Sense, by Age and Gender

<b>Persons Who Frequently Felt That Society Makes Sense by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority- Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	17.2%	18.0%	16.9%	1.07	1.00
	15-24	14.7%	18.3%	13.9%	1.31	1.01
	25-44	14.1%	12.9%	14.2%	0.91	0.71
	45-64	18.1%	20.5%	17.7%	1.16	1.14
	65+	23.9%	24.5%	23.4%	1.04	1.36
<i>Gender</i>	Total	17.7%	18.6%	17.4%	1.07	1.00
	Male	20.3%	23.4%	19.6%	1.19	1.26
	Female	15.1%	13.8%	15.2%	0.91	0.74

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q08 In the past month, how often did you feel...that the way our society works makes sense to you?*

- Among English speakers, the 65+ age cohort (24.5%) displayed the highest proportion of persons who frequently felt that society makes sense while the 25-44 age cohort (12.9%) had the lowest level.
- With respect to gender, English-speaking males (23.4%) were more likely to have frequently felt that society makes sense than their female counterparts (13.8%).

## Consultation with Health Professionals for Mental Health

Access to health and social services is a key determinant of the health of a population. Quebec's English-speaking minority communities experience language as a barrier to access to mental and emotional health services in addition to the shortage of mental health services and long waiting times experienced by all users of the public system.

Table 55 - Recent Mental Health Consultation, by Region

<b>Persons Who Had Consulted a Mental Health Professional Within the Previous Year by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	10.8%	10.3%	10.8%	0.95	0.88
Capitale-Nationale	10.2%	6.9%	10.1%	0.68	0.59
Mauricie-Centre-du-Québec	11.9%	17.2%	11.7%	1.47	1.46
Estrie	12.7%	13.3%	12.7%	1.05	1.13
Montréal	12.3%	12.7%	11.8%	1.08	1.09
Outaouais	15.4%	14.7%	15.6%	0.94	1.26
Abitibi-Témiscamingue	9.3%	8.5%	9.3%	0.91	0.72
Côte-Nord	10.7%	10.4%	10.6%	0.98	0.89
Gaspésie-îles-de-la-Madeleine	9.2%	8.2%	9.3%	0.88	0.70
Laval	8.9%	3.8%	10.1%	0.38	0.33
Laurentides	12.8%	15.5%	12.7%	1.22	1.32
Montérégie	11.8%	9.5%	12.1%	0.79	0.81
Québec	11.6%	11.7%	11.6%	1.02	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CMH\_Q01K In the past 12 months...have you seen or talked to a health professional about your emotional or mental health?*

- In 2011-2012, the proportion of persons who had consulted a mental health professional within the previous year reported by the English-speaking population of Quebec (11.7%) was similar to that of the French-speaking population (11.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Mauricie-Centre-du-Québec (17.2%), Laurentides (15.5%) and Outaouais (14.7%) displayed the highest levels for persons who had consulted mental health professional within previous year while Laval (3.8%), Capitale-Nationale (6.9%) and Gaspésie-îles-de-la-Madeleine (8.2%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of persons who had consulted a mental health professional within the previous year than the provincial average for English speakers.

Table 56 - Recent Mental Health Consultation, by Age and Gender

Persons Who Had Consulted a Mental Health Professional Within the Previous Year by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	11.8%	12.0%	11.7%	1.02	1.00
	15-24	13.6%	17.4%	12.3%	1.42	1.46
	25-44	15.1%	13.7%	15.4%	0.89	1.14
	45-64	11.0%	10.3%	11.1%	0.93	0.87
	65+	5.6%	5.9%	5.5%	1.07	0.49
Gender	Total	11.6%	11.7%	11.6%	1.02	1.00
	Male	8.4%	8.7%	8.4%	1.03	0.74
	Female	14.7%	14.7%	14.6%	1.01	1.26

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada.  
Question: CMH\_Q01K In the past 12 months...have you seen or talked to a health professional about your emotional or mental health?

- Among English speakers, the 15-24 age cohort (17.4%) displayed the highest proportion of persons who had consulted a mental health professional within the previous year while the 65+ age cohort (5.9%) had the lowest level.
- With respect to gender, English-speaking females (14.7%) were much more likely to have consulted a mental health professional within the previous year than their male counterparts (8.7%).



Table 57 – Consultation of Mental Health Professional, by Type of Professional

<b>Persons Who Had Consulted a Mental Health Professional Within the Previous Year by Language and Type of Professional Consulted, Quebec, 2011-2012</b>					
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority- Majority Index</b>
Total who consulted a mental health professional		11.6%	11.7%	11.6%	1.02
<i>type of mental health professional</i>	Psychologist	46.6%	39.1%	47.7%	0.82
	General practitioner	42.0%	40.7%	42.4%	0.96
	Psychiatrist	15.0%	15.8%	15.0%	1.05
	Social worker	14.6%	21.0%	13.6%	1.54
	Nurse	3.1%	3.4%	3.1%	1.09
<i>Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: CMH_Q01K In the past 12 months...have you seen or talked to a health professional about your emotional or mental health and follow-up questions on the type of mental health professional consulted.</i>					

- English-speaking and French-speaking respondents were about equally likely to have consulted a health professional about their emotional or mental health in the year previous to the survey. The type of professional consulted varies according to language group membership.
- Among English-speaking respondents who had consulted a mental health professional, the majority visited a general practitioner (40.7%), followed by psychologist (21.0%), social worker (21.0%), psychiatrist (15.8%) and nurse (3.4%).
- When language groups are compared, English-speakers were more likely to have seen a social worker or nurse and much less likely to have seen a psychologist when consulting a health professional about their emotional or mental health.

Table 58 - Tranquilizer Use, by Region

Persons Who Had Taken Tranquilizers Within The Past Month by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	5.8%	5.4%	5.9%	0.91	1.15
Capitale-Nationale	4.7%	3.3%	4.4%	0.75	0.71
Mauricie-Centre-du-Québec	6.5%	8.1%	6.5%	1.24	1.72
Estrie	4.1%	1.8%	4.3%	0.42	0.39
Montréal	5.2%	5.8%	5.1%	1.14	1.24
Outaouais	5.5%	3.2%	6.1%	0.53	0.68
Abitibi-Témiscamingue	4.9%	2.9%	5.0%	0.59	0.62
Côte-Nord	3.8%	4.7%	4.0%	1.19	1.01
Laval	5.2%	2.5%	5.8%	0.43	0.53
Montérégie	4.3%	2.9%	4.5%	0.64	0.61
Québec	5.1%	4.7%	5.1%	0.92	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: MED\_Q1B In the past month...did you take: pain relievers such as valium or Ativan?*

- In 2011-2012, the proportion of persons who had taken tranquilizers within the past month reported by the English-speaking population of Quebec (4.7%) was lower than that of the French-speaking population (5.1%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 3 of 10 regions.
- In the English-speaking population, we observe that the health regions of Mauricie-Centre-du-Québec (8.1%), Montréal (5.8%) and Bas-Saint-Laurent (5.4%) displayed the highest levels for persons who had taken tranquilizers within the past month while Estrie (1.8%) and Laval (2.5%) had the lowest levels.
- Among the regional English-speaking populations, 4 regions exhibited a higher proportion of persons who had taken tranquilizers within the past month than the provincial average for English speakers.

Table 59 - Tranquilizer Use, by Age and Gender

Persons Who Had Taken Tranquilizers Within The Past Month by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	5.2%	4.8%	5.3%	0.91	1.00
	15-24	1.5%	0.8%	1.6%	0.49	0.16
	25-44	2.7%	2.2%	2.8%	0.77	0.44
	45-64	5.7%	5.3%	5.9%	0.91	1.10
	65+	11.7%	13.5%	11.7%	1.15	2.78
Gender	Total	5.1%	4.7%	5.1%	0.92	1.00
	Male	3.6%	3.8%	3.6%	1.06	0.80
	Female	6.5%	5.6%	6.7%	0.84	1.20

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: MED\_Q1B In the past month...did you take: pain relievers such as valium or ativan?

- Among English speakers, the 65+ age cohort (13.5%) displayed the highest proportion of persons who had taken tranquilizers within the past month while the 15-24 age cohort (0.8%) had the lowest level.
- With respect to gender, English-speaking females (5.6%) were more likely to have taken tranquilizers within the past month than their male counterparts (3.8%).

Table 60 - Anti-depressants Use, by Region

<b>Persons Who Had Taken Anti-Depressants Within The Past Month by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	7.4%	3.2%	7.7%	0.42	0.70
Capitale-Nationale	4.8%	5.3%	4.5%	1.18	1.14
Mauricie-Centre-du-Québec	8.8%	17.5%	8.6%	2.04	3.76
Estrie	5.4%	5.6%	5.4%	1.04	1.21
Montréal	5.2%	4.0%	6.0%	0.67	0.87
Outaouais	10.1%	7.6%	10.0%	0.76	1.63
Abitibi-Témiscamingue	6.7%	7.4%	6.7%	1.10	1.59
Côte-Nord	8.2%	9.2%	7.8%	1.18	1.98
Gaspésie-Îles-de-la-Madeleine	7.2%	4.3%	7.4%	0.58	0.92
Laurentides	5.9%	7.4%	5.7%	1.31	1.60
Montérégie	5.6%	4.3%	5.6%	0.76	0.92
Québec	6.2%	4.7%	6.4%	0.73	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: MED\_Q1D In the past month...did you take: anti-depressants such as Prozac, Paxil or Effexor?*

- In 2011-2012, the proportion of persons who had taken anti-depressants within the past month reported by the English-speaking population of Quebec (4.7%) was much lower than that of the French-speaking population (6.4%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 6 of 11 regions.
- In the English-speaking population, we observe that the health regions of Mauricie-Centre-du-Québec (17.5%), Côte-Nord (9.2%) and Outaouais (7.6%) displayed the highest levels for persons who had taken anti-depressants within the past month while Bas-Saint-Laurent (3.2%) and Montréal (4.0%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of persons who had taken anti-depressants within the past month than the provincial average for English speakers.

Table 61 - Anti-depressant Use, by Age and Gender

Persons Who Had Taken Anti-Depressants Within The Past Month by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	6.4%	4.8%	6.6%	0.73	1.00
	15-24	2.6%	2.2%	2.6%	0.87	0.47
	25-44	6.0%	2.9%	6.5%	0.44	0.60
	45-64	8.6%	8.7%	8.5%	1.01	1.79
	65+	6.0%	3.7%	6.3%	0.59	0.77
Gender	Total	6.2%	4.7%	6.4%	0.73	1.00
	Male	4.2%	3.7%	4.2%	0.87	0.80
	Female	8.2%	5.6%	8.5%	0.66	1.20

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: MED\_Q1D In the past month...did you take: anti-depressants such as Prozac, Paxil or Effexor?

- Among English speakers, the 45-64 age cohort (8.7%) displayed the highest proportion of persons who had taken anti-depressants within the past month while the 15-24 age cohort (2.2%) had the lowest level.
- With respect to gender, English-speaking females (5.6%) were more likely to have taken anti-depressants within the past month than their male counterparts (3.7%).

## Utilization of Health Care System

The health care system in Quebec is responsible for disseminating health knowledge, implementing programs for the prevention of disease and illness, the establishment of sound health practices and the treatment of a wide array of medical problems. Access and use of the services offered by the system is a key factor in comprehension of symptoms, reducing risk factors and pursuing treatment of mental and emotional health problems.

Table 62 - Regular Place When Sick, by Region

<b>Persons Who Have a Regular Place to Go When Sick or Need Medical Advice by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	79.7%	71.5%	80.4%	0.89	0.97
Capitale-Nationale	85.3%	55.1%	87.2%	0.63	0.75
Mauricie-Centre-du-Québec	82.7%	88.0%	82.6%	1.07	1.19
Estrie	84.1%	62.3%	85.7%	0.73	0.85
Montréal	74.6%	70.7%	75.7%	0.94	0.96
Outaouais	86.0%	81.2%	87.8%	0.92	1.10
Abitibi-Témiscamingue	83.6%	90.5%	83.2%	1.09	1.23
Côte-Nord	91.6%	94.4%	92.2%	1.02	1.28
Gaspésie-îles-de-la-Madeleine	89.0%	62.1%	91.0%	0.68	0.84
Laval	82.8%	90.8%	80.3%	1.13	1.23
Laurentides	82.1%	52.2%	83.6%	0.62	0.71
Montréal	83.9%	83.7%	84.3%	0.99	1.14
Québec	80.9%	73.7%	82.1%	0.90	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01A1 Is there a place that you usually go to when you are sick or need advice about your health?*

- In 2011-2012, the proportion of persons who have a place to go when sick or need medical advice reported by the English-speaking population of Quebec (73.7%) was lower than that of the French-speaking population (82.1%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Côte-Nord (94.4%), Laval (90.8%) and Abitibi-Témiscamingue (90.5%) displayed the highest levels for persons who have a regular place to go when sick or need medical advice while Laurentides (52.2%), Capitale-Nationale (55.1%) and Gaspésie-îles-de-la-Madeleine (62.1%) and Estrie (62.3%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of persons who have a place to go when sick or need medical advice than the provincial average for English speakers.

Table 63 - Regular Place When Sick, by Age and Gender

Persons Who Have a Regular Place to Go When Sick or Need Medical Advice by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	81.0%	73.9%	82.2%	0.90	1.00
	15-24	78.3%	74.0%	79.0%	0.94	1.00
	25-44	81.3%	67.8%	83.9%	0.81	0.92
	45-64	83.3%	88.8%	82.5%	1.08	1.20
	65+	78.1%	72.6%	79.0%	0.92	0.98
Gender	Total	80.9%	73.7%	82.1%	0.90	1.00
	Male	79.3%	71.0%	80.6%	0.88	0.96
	Female	83.4%	77.4%	84.5%	0.92	1.05

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01A1 Is there a place that you usually go to when you are sick or need advice about your health?

- Among English speakers, the 45-64 age cohort (88.8%) displayed the highest proportion of persons who have a place to go when sick or need medical advice while the 25-44 age cohort (67.8%) had the lowest level.
- With respect to gender, English-speaking females (77.4%) were more likely to have a regular place to go when sick or need medical advice than their male counterparts (71.0%).

Table 64 - Emergency Room as Primary Care, by Region

<b>Persons Who Mostly Visit Emergency Rooms When Sick or Need Medical Advice by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	39.3%	28.3%	40.3%	0.70	2.00
Capitale-Nationale	12.3%	10.8%	12.8%	0.85	0.77
Mauricie-Centre-du-Québec	37.5%	25.9%	37.8%	0.68	1.83
Estrie	27.7%	7.2%	28.6%	0.25	0.51
Montréal	12.4%	11.2%	13.1%	0.86	0.79
Outaouais	27.2%	19.3%	26.8%	0.72	1.36
Abitibi-Témiscamingue	63.0%	74.0%	61.9%	1.20	5.23
Côte-Nord	61.4%	74.6%	61.7%	1.21	5.27
Gaspésie-îles-de-la-Madeleine	49.3%	11.0%	53.3%	0.21	0.78
Laval	11.8%	33.2%	6.6%	5.02	2.35
Laurentides	11.4%	1.0%	12.0%	0.09	0.07
Montérégie	17.0%	10.3%	17.0%	0.61	0.73
Québec	18.7%	14.2%	19.3%	0.73	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01A2 What kind of place is it?*

- Among those who have a regular place to go when sick or in need of medical advice, the proportion of English speakers who mostly visit emergency rooms was much lower (14.2%) than that of French-speaking respondents (19.3%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 3 of 12 regions.
- Among English-speaking respondents, we observe that the health regions of Côte-Nord (74.6%), Abitibi-Témiscamingue (74.0%) and Laval (33.2%) displayed the highest levels for persons who mostly visit emergency rooms when sick or need medical advice while Laurentides (1.0%), Estrie (7.2%) and Montérégie (10.3%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of persons who mostly visit emergency rooms when sick or need medical advice than the provincial average for English speakers.



Table 65 - Emergency Room as Primary Care, by Age and Gender

<b>Persons Who Mostly Visit Emergency Rooms When Sick or Need Medical Advice by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority- Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	18.4%	14.0%	19.0%	0.74	1.00
	15-24	12.8%	5.6%	14.2%	0.39	0.40
	25-44	16.6%	9.0%	17.8%	0.50	0.64
	45-64	24.3%	30.9%	23.2%	1.33	2.21
	65+	28.0%	15.1%	29.5%	0.51	1.08
<i>Gender</i>	Total	18.7%	14.2%	19.3%	0.73	1.00
	Male	20.3%	14.5%	21.3%	0.68	1.02
	Female	16.1%	13.8%	16.2%	0.85	0.97
<i>Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU_Q01A2 What kind of place is it?</i>						

- Among those who have a regular place to go when sick or in need of medical advice, the 45-64 age cohort of English speakers displayed the highest proportion (30.9%) who mostly visit emergency rooms while the 15-24 age cohort (5.6%) had the lowest level.
- With respect to gender, English-speaking males (14.5%) were somewhat more likely to mostly visit emergency rooms when sick or need medical advice than their female counterparts (13.8%).

Table 66 - Regular Medical Doctor, by Region

<b>Persons Who Have A Regular Medical Doctor by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	82.2%	78.8%	82.1%	0.96	1.07
Capitale-Nationale	81.7%	64.4%	82.3%	0.78	0.87
Mauricie-Centre-du-Québec	82.8%	79.6%	82.5%	0.96	1.08
Estrie	78.3%	79.9%	77.5%	1.03	1.09
Montréal	64.7%	70.3%	61.2%	1.15	0.95
Outaouais	75.8%	72.1%	76.7%	0.94	0.98
Abitibi-Témiscamingue	71.9%	85.8%	70.9%	1.21	1.16
Côte-Nord	78.2%	77.7%	77.7%	1.00	1.05
Gaspésie-îles-de-la-Madeleine	75.9%	77.2%	76.3%	1.01	1.05
Laval	70.9%	71.0%	70.6%	1.01	0.96
Laurentides	75.8%	85.4%	74.4%	1.15	1.16
Montérégie	74.6%	84.3%	72.9%	1.16	1.14
Québec	74.8%	73.7%	74.7%	0.99	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01AA Do you have a regular medical doctor?*

- In 2011-2012, the proportion of persons who have a regular medical doctor reported by the English-speaking population of Quebec (73.7%) was similar to that of the French-speaking population (74.7%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 7 of 12 regions.
- In the English-speaking population, we observe that the health regions of Abitibi-Témiscamingue (85.8%), Laurentides (85.4%) and Montérégie (84.3%) reported the highest levels for persons who have a regular medical doctor while Capitale-Nationale (64.4%), Montréal (70.3%) and Laval (71.0%) had the lowest levels.
- Among the regional English-speaking populations, 8 regions exhibited a higher proportion of persons who have a regular medical doctor than the provincial average for English speakers.

Table 67 - Regular Medical Doctor, by Age and Gender

<b>Persons Who Have A Regular Medical Doctor by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority-Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	74.8%	73.5%	74.7%	0.98	1.00
	15-24	62.0%	64.0%	61.5%	1.04	0.87
	25-44	62.8%	60.1%	63.5%	0.95	0.82
	45-64	81.2%	83.3%	80.6%	1.03	1.13
	65+	93.6%	91.3%	93.7%	0.97	1.24
<i>Gender</i>	Total	74.8%	73.7%	74.7%	0.99	1.00
	Male	68.5%	69.3%	68.1%	1.02	0.94
	Female	80.9%	78.0%	81.1%	0.96	1.06

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01AA Do you have a regular medical doctor?*

- Among English speakers, the 65+ age cohort (91.3%) displayed the highest proportion of persons who have a regular medical doctor while the 25-44 age cohort (60.1%) had the lowest level.
- With respect to gender, English-speaking females (78.0%) were more likely to have a regular medical doctor than their male counterparts (69.3%).

Table 68 - No Doctor Available, by Region

Persons Who Have No Doctor Due to Lack of Local Availability by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	25.2%	27.0%	24.5%	1.10	1.07
Capitale-Nationale	8.4%	25.0%	7.4%	3.38	1.00
Mauricie-Centre-du-Québec	23.2%	21.2%	23.4%	0.91	0.85
Estrie	19.4%	36.4%	18.3%	1.99	1.45
Montréal	20.1%	21.3%	18.7%	1.14	0.85
Outaouais	42.9%	38.9%	42.8%	0.91	1.55
Abitibi-Témiscamingue	19.3%	11.6%	19.2%	0.60	0.46
Côte-Nord	22.4%	30.6%	21.5%	1.43	1.22
Gaspésie-Îles-de-la-Madeleine	27.1%	28.9%	24.1%	1.20	1.15
Laval	21.2%	40.8%	17.1%	2.39	1.63
Laurentides	15.5%	22.4%	14.4%	1.56	0.89
Montérégie	24.2%	33.2%	23.6%	1.40	1.32
Québec	20.7%	25.1%	19.6%	1.28	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01ABA Why do you not have a regular medical doctor? - No medical doctors available in the area*

- Among respondents who had no regular doctor in 2011-2012, the proportion of English-speakers for whom this was due to lack of local availability was much higher (25.1%) than that reported by French-speaking respondents (19.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 9 of 12 regions.
- Among English-speaking respondents, we observe that the health regions of Laval (40.8%), Outaouais (38.9%) and Estrie (36.4%) displayed the highest levels for persons who have no doctor due to lack of local availability while Abitibi-Témiscamingue (11.6%), Mauricie-Centre-du-Québec (21.2%) and Montréal (21.3%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of persons who reported having no doctor due to lack of local availability than the provincial average for English speakers.

Table 69 - No Doctor Available, by Age and Gender

<b>Persons Who Have No Doctor Due to Lack of Local Availability by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority- Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	20.7%	24.4%	19.6%	1.24	1.00
	15-24	11.8%	8.7%	11.2%	0.78	0.36
	25-44	23.3%	30.5%	21.8%	1.40	1.25
	45-64	23.8%	26.0%	23.1%	1.12	1.06
	65+	16.1%	23.7%	15.0%	1.58	0.97
<i>Gender</i>	Total	20.7%	25.1%	19.6%	1.28	1.00
	Male	17.9%	19.3%	17.5%	1.10	0.77
	Female	25.3%	33.3%	23.1%	1.44	1.33

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01ABA Why do you not have a regular medical doctor? - No medical doctors available in the area

- Among respondents who had no regular doctor in 2011-2012, the 25-44 age cohort (30.5%) of English speakers displayed the highest proportion of persons who have no doctor due to lack of local availability while the 15-24 age cohort (8.7%) had the lowest level.
- With respect to gender, English-speaking females (33.3%) were much more likely to have no doctor due to lack of local availability than their male counterparts (19.3%).

Table 70 - No Doctor Taking Patients, by Region

<b>Persons Who Have No Doctor Because Local Doctors Not Taking New Patients by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	19.9%	49.6%	17.9%	2.77	1.75
Capitale-Nationale	26.6%	29.2%	27.1%	1.08	1.03
Mauricie-Centre-du-Québec	27.2%	21.8%	27.5%	0.79	0.77
Estrie	37.1%	25.4%	37.9%	0.67	0.90
Montréal	27.6%	27.3%	27.2%	1.00	0.97
Outaouais	43.0%	46.4%	43.2%	1.07	1.64
Abitibi-Témiscamingue	39.9%	48.2%	38.4%	1.26	1.70
Gaspésie-îles-de-la-Madeleine	26.9%	38.9%	22.6%	1.73	1.38
Laval	27.3%	25.6%	28.5%	0.90	0.91
Montérégie	32.3%	28.2%	33.0%	0.86	1.00
Québec	30.4%	28.3%	30.8%	0.92	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01ABB Why do you not have a regular medical doctor? - Medical doctors in the area are not taking new patients*

- Among respondents who had no regular doctor in 2011-2012, the proportion of English speakers who have no doctor because area doctors are not taking new patients was lower (28.3%) than that of French-speaking respondents (30.8%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 5 of 10 regions.
- Among English-speaking respondents, we observe that the health regions of Bas-Saint-Laurent (49.6%), Abitibi-Témiscamingue (48.2%) and Outaouais (46.4%) reported the highest levels for persons who have no doctor because local doctors not taking new patients while Mauricie-Centre-du-Québec (21.8%), Estrie (25.4%) and Laval (25.6%) had the lowest levels.
- Among the regional English-speaking sample, 5 regions exhibited a higher proportion of persons who have no doctor because area doctors are not taking new patients than the provincial average for English speakers.

Table 71 - No Doctor Taking Patients, by Age and Gender

Persons Who Have No Doctor Because Local Doctors Not Taking New Patients by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	30.6%	28.8%	31.0%	0.93	1.00
	15-24	17.1%	13.0%	18.4%	0.71	0.45
	25-44	34.1%	37.3%	33.3%	1.12	1.29
	45-64	35.3%	24.0%	36.8%	0.65	0.83
	65+	30.0%	30.6%	30.6%	1.00	1.06
Gender	Total	30.4%	28.3%	30.8%	0.92	1.00
	Male	28.7%	28.2%	28.7%	0.98	1.00
	Female	33.2%	28.4%	34.5%	0.82	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01ABB Why do you not have a regular medical doctor? - Medical doctors in the area are not taking new patients

- Among respondents who had no regular doctor in 2011-2012, the 25-44 age cohort of English speakers displayed the highest proportion of persons (37.3%) who have no doctor because area doctors are not taking new patients while the 15-24 age cohort (13.0%) had the lowest level.
- With respect to gender, English-speaking females (28.4%) were about equally likely to have no doctor because local doctors are not taking new patients as their male counterparts (28.2%).

Table 72 - No Attempt to Contact Doctor, by Region

<b>Persons Who Have No Doctor and Have Not Tried to Contact One by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Capitale-Nationale	48.7%	30.1%	52.0%	0.58	0.72
Mauricie-Centre-du-Québec	32.8%	26.7%	33.2%	0.81	0.64
Estrie	42.8%	23.2%	44.1%	0.53	0.56
Montréal	46.7%	45.1%	48.1%	0.94	1.09
Outaouais	29.8%	34.3%	29.8%	1.15	0.83
Abitibi-Témiscamingue	24.8%	16.1%	25.6%	0.63	0.39
Côte-Nord	30.0%	61.5%	29.2%	2.10	1.48
Gaspésie-îles-de-la-Madeleine	27.0%	50.7%	26.0%	1.95	1.22
Laval	35.7%	17.4%	39.6%	0.44	0.42
Laurentides	43.4%	40.2%	43.6%	0.92	0.97
Montérégie	39.4%	50.0%	38.0%	1.31	1.21
Québec	41.2%	41.5%	41.5%	1.00	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01ABC Why do you not have a regular medical doctor? - Have not tried to contact one*

- Among respondents who had no regular doctor in 2011-2012, the proportion of English speakers who have no doctor and have not tried to contact one (41.5%) was similar to that of the proportion of French-speaking respondents (41.5%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 11 regions.
- Among English-speaking respondents, we observe that the health regions of Côte-Nord (61.5%), Gaspésie-îles-de-la-Madeleine (50.7%) and Montérégie (50.0%) displayed the highest levels for persons who have no doctor and have not tried to contact one while Abitibi-Témiscamingue (16.1%) and Laval (17.4%) had the lowest levels.
- Among the regional English-speaking sample, 4 regions exhibited a higher proportion of persons who have no doctor and have not tried to contact one than the provincial average for English speakers.



Table 73 - No Attempt to Contact Doctor, by Age and Gender

Persons Who Have No Doctor and Have Not Tried to Contact One by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority- Majority Index	Generation and Gender Index
Age Groups	15+	41.3%	41.8%	41.5%	1.01	1.00
	15-24	52.2%	46.0%	53.9%	0.85	1.10
	25-44	42.9%	41.5%	43.4%	0.96	0.99
	45-64	32.5%	40.9%	31.8%	1.29	0.98
	65+	25.3%	29.9%	23.2%	1.29	0.72
Gender	Total	41.2%	41.5%	41.5%	1.00	1.00
	Male	48.4%	48.9%	48.5%	1.01	1.18
	Female	29.6%	30.9%	29.8%	1.04	0.74

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01ABC Why do you not have a regular medical doctor? - Have not tried to contact one

- Among respondents who had no regular doctor in 2011-2012, the 15-24 age cohort of English speakers displayed the highest proportion (46.0%) of persons who have no doctor and have not tried to contact one while the 65+ age cohort (29.9%) had the lowest level.
- With respect to gender, English-speaking males (48.9%) were more likely to have no doctor and not have tried to contact one than their female counterparts (30.9%).

Table 74 - Doctor Left or Retired, by Region

Persons Who Had a Doctor who Left or Retired by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Capitale-Nationale	18.2%	16.6%	18.8%	0.89	1.36
Mauricie-Centre-du-Québec	14.9%	20.0%	14.6%	1.37	1.63
Estrie	12.9%	26.8%	12.0%	2.23	2.19
Montréal	9.6%	11.5%	9.1%	1.25	0.93
Outaouais	17.1%	8.5%	19.3%	0.44	0.70
Abitibi-Témiscamingue	32.3%	24.1%	33.2%	0.73	1.97
Laval	16.6%	22.3%	15.9%	1.40	1.82
Laurentides	15.4%	23.3%	15.5%	1.51	1.90
Québec	14.4%	12.2%	15.1%	0.81	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01ABD Why do you not have a regular medical doctor? - Had a medical doctor who left or retired*

- Among respondents who had no regular doctor in 2011-2012, the proportion of English speakers who had a doctor who left or retired (12.2%) was lower than that of the French-speaking population (15.1%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 5 of 8 regions.
- Among English-speaking respondents, we observe that the health regions of Estrie (26.8%), Abitibi-Témiscamingue (24.1%) and Laurentides (23.3%) displayed the highest levels for persons who had a doctor who left or retired while Côte-Nord (1.9%), Gaspésie-îles-de-la-Madeleine (5.9%) and Montérégie (6.7%) had the lowest levels.
- Among the regional English-speaking sample, 6 regions exhibited a higher proportion of persons who had a doctor who left or retired than the provincial average for English speakers.

Table 75 - Doctor Left or Retired, by Age and Gender

Persons Who Had a Doctor who Left or Retired by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	14.4%	12.4%	15.0%	0.83	1.00
	15-24	15.0%	8.5%	16.6%	0.51	0.68
	25-44	8.7%	10.8%	8.5%	1.27	0.87
	45-64	20.0%	15.1%	20.9%	0.72	1.22
	65+	37.8%	32.6%	38.8%	0.84	2.63
Gender	Total	14.4%	12.2%	15.1%	0.81	1.00
	Male	12.1%	12.2%	12.3%	0.99	1.00
	Female	18.2%	12.3%	19.7%	0.62	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: HCU\_Q01ABD Why do you not have a regular medical doctor? - Had a medical doctor who left or retired

- Among respondents who had no regular doctor in 2011-2012, the 65+ age cohort of English speakers displayed the highest proportion of persons (32.6%) who had a doctor who left or retired while the 15-24 age cohort (8.5%) had the lowest level.
- With respect to gender, English-speaking females (12.3%) were equally as likely to have had a doctor who left or retired as their male counterparts (12.2%).

## Social Contribution and Recognition

The opportunity to contribute to society and to feel that our competence and talent is recognized is important to our self-worth and life satisfaction. Research tells us that volunteering to help others has a beneficial effect on how you feel about yourself and enhances social participation and connectedness.

Table 76 - Membership in a Voluntary Organization, by Region

Membership in a Voluntary Organization by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	28.7%	36.5%	28.6%	1.28	1.07
Capitale-Nationale	24.9%	24.4%	25.2%	0.97	0.71
Mauricie-Centre-du-Québec	27.9%	31.6%	27.2%	1.16	0.92
Estrie	26.5%	37.6%	26.0%	1.45	1.10
Montréal	29.5%	37.1%	25.9%	1.43	1.08
Outaouais	27.3%	35.5%	24.8%	1.43	1.04
Abitibi-Témiscamingue	25.4%	22.4%	26.0%	0.86	0.65
Côte-Nord	30.3%	19.4%	30.9%	0.63	0.57
Gaspésie-îles-de-la-Madeleine	33.2%	35.4%	33.3%	1.06	1.03
Laval	21.5%	18.9%	21.8%	0.87	0.55
Laurentides	19.7%	35.4%	18.7%	1.90	1.04
Montérégie	23.5%	30.5%	22.7%	1.34	0.89
Québec	25.9%	34.2%	24.6%	1.39	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: ORG\_Q1 Are you a member of any voluntary organizations or associations?

- In 2011-2012, the rate of membership in a voluntary organization reported by the English-speaking population of Quebec (34.2%) was much higher than that of the French-speaking population (24.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 8 of 12 regions.
- Among English-speaking respondents, we observe that the health regions of Estrie (37.6%), Montréal (37.1%) and Bas-Saint-Laurent (36.5%) displayed the highest levels for membership in a voluntary organization while Laval (18.9%), Côte-Nord (19.4%) and Abitibi-Témiscamingue (22.4%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher rate of membership in a voluntary organization than the provincial average for English speakers.

Table 77 - Membership in a Voluntary Organization, by Age and Gender

<b>Membership in a Voluntary Organization by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority-Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	26.0%	34.1%	24.8%	1.37	1.00
	15-24	21.4%	38.4%	18.0%	2.13	1.13
	25-44	24.2%	31.9%	23.2%	1.37	0.94
	45-64	25.3%	35.2%	23.9%	1.47	1.03
	65+	34.6%	32.0%	35.4%	0.90	0.94
<i>Gender</i>	Total	25.9%	34.2%	24.6%	1.39	1.00
	Male	25.0%	32.6%	23.8%	1.37	0.95
	Female	26.7%	35.8%	25.5%	1.41	1.05

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: ORG\_Q1 Are you a member of any voluntary organizations or associations?*

- Among English speakers, the 15-24 age cohort (38.4%) displayed the highest rate of membership in a voluntary organization while the 25-44 age cohort (31.9%) had the lowest level.
- With respect to gender, English-speaking females (35.8%) were more likely to be members of a voluntary organization than their male counterparts (32.6%). They were also more likely to be members of a voluntary organization compared to Francophone female respondents.

Table 78 - Active Volunteers, by Region

<b>Active Volunteers (Those Who Volunteered at Least once a Week) by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	28.4%	55.3%	26.5%	2.08	1.13
Mauricie-Centre-du-Québec	35.2%	37.0%	36.5%	1.01	0.76
Estrie	34.3%	64.9%	31.6%	2.06	1.32
Montréal	48.2%	51.2%	45.7%	1.12	1.04
Outaouais	35.6%	42.5%	33.2%	1.28	0.87
Abitibi-Témiscamingue	38.4%	26.3%	39.2%	0.67	0.54
Côte-Nord	32.6%	31.7%	31.9%	0.99	0.65
Gaspésie-îles-de-la-Madeleine	31.7%	30.2%	32.3%	0.93	0.62
Laval	42.0%	45.1%	41.6%	1.08	0.92
Laurentides	43.1%	35.8%	44.5%	0.80	0.73
Montréal	36.3%	54.1%	33.0%	1.64	1.10
Québec	38.8%	49.0%	36.6%	1.34	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: ORG\_Q2 How often did you participate in meetings or activities of these groups in the past 12 months?*

- Among respondents who were members of a voluntary organization or association, the level of active volunteers reported by English-speaking respondents (49.0%) was much higher than that reported among French-speaking respondents (36.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 7 of 11 regions.
- Among English-speaking respondents in 2011-2012, we observe that the health regions of Estrie (64.9%), Bas-Saint-Laurent (55.3%) and Montréal (54.1%) displayed the highest levels for active volunteers (those who volunteered at least once a week) while Abitibi-Témiscamingue (26.3%) and Gaspésie-îles-de-la-Madeleine (30.2%) had the lowest levels.
- Among the regional English-speaking populations, 4 regions exhibited a higher level of active volunteers than the provincial average for English speakers.

Table 79 - Active Volunteers, by Age and Gender

Active Volunteers (Those Who Volunteered at Least once a Week) by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	37.8%	47.8%	35.6%	1.34	1.00
	15-24	60.8%	65.1%	58.7%	1.11	1.36
	25-44	33.4%	48.6%	29.9%	1.62	1.02
	45-64	30.6%	31.5%	30.9%	1.02	0.66
	65+	42.3%	61.9%	39.2%	1.58	1.30
Gender	Total	38.8%	49.0%	36.6%	1.34	1.00
	Male	37.5%	48.8%	35.2%	1.38	0.99
	Female	40.1%	49.3%	37.8%	1.30	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: ORG\_Q2 How often did you participate in meetings or activities of these groups in the past 12 months?

- Among respondents who were members of a voluntary organization or association Among English speakers, the 15-24 age cohort of English speakers displayed the highest level (65.1%) of active volunteers while the 45-64 age cohort (31.5%) had the lowest level.
- With respect to gender, English-speaking females (49.3%) were about equally as likely to be an active volunteer as their male counterparts (48.8%).

Table 80 - Contribute to Society, by Region

Persons Who Felt They Had Something Important to Contribute to Society by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	24.5%	34.3%	23.8%	1.44	1.22
Capitale-Nationale	25.5%	20.9%	25.9%	0.81	0.74
Estrie	25.2%	37.4%	24.5%	1.53	1.34
Montréal	28.0%	26.3%	29.1%	0.91	0.94
Outaouais	28.4%	32.4%	27.8%	1.16	1.16
Abitibi-Témiscamingue	24.3%	13.9%	24.7%	0.56	0.50
Côte-Nord	30.8%	32.2%	30.8%	1.05	1.15
Gaspésie-îles-de-la-Madeleine	31.6%	27.9%	31.1%	0.90	1.00
Laval	31.6%	31.2%	31.5%	0.99	1.11
Laurentides	27.0%	33.4%	26.5%	1.26	1.19
Montérégie	29.0%	31.1%	28.8%	1.08	1.11
Québec	27.5%	28.0%	27.5%	1.02	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q04 In the past month, how often did you feel...that you had something important to contribute to society?*

- In 2011-2012, the proportion of persons who frequently felt they had something important to contribute to society reported by the English-speaking population of Quebec (28.0%) was similar to that of the French-speaking population (27.5%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 6 of 11 regions.
- In the English-speaking population, we observe that the health regions of Estrie (37.4%), Bas-Saint-Laurent (34.3%) and Laurentides (33.4%) displayed the highest levels for persons who felt they had something important to contribute to society while Abitibi-Témiscamingue (13.9%) and Capitale-Nationale (20.9%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of persons who frequently felt they had something important to contribute to society than the provincial average for English speakers.



Table 81 - Contribute to Society, by Age and Gender

Persons Who Felt They Had Something Important to Contribute to Society by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	27.9%	28.4%	27.9%	1.02	1.00
	15-24	20.6%	21.4%	20.5%	1.04	0.75
	25-44	29.1%	32.0%	28.5%	1.12	1.13
	45-64	30.2%	28.8%	30.7%	0.94	1.01
	65+	27.1%	26.9%	27.3%	0.98	0.95
Gender	Total	27.5%	28.0%	27.5%	1.02	1.00
	Male	28.1%	29.0%	28.0%	1.03	1.03
	Female	26.9%	27.1%	27.1%	1.00	0.97

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q04 In the past month, how often did you feel...that you had something important to contribute to society?

- Among English speakers, the 25-44 age cohort (32.0%) displayed the highest proportion of persons who frequently felt they had something important to contribute to society while the 15-24 age cohort (21.4%) had the lowest level.
- With respect to gender, English-speaking males (29.0%) were more likely to have frequently felt they had something important to contribute to society than their female counterparts (27.1%).

Table 82 - Talents Admired, by Region

Persons Who Felt Others Admired Their Talents and Abilities by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	41.3%	28.9%	42.0%	0.69	0.58
Capitale-Nationale	53.3%	45.5%	53.4%	0.85	0.91
Mauricie-Centre-du-Québec	45.8%	64.4%	45.0%	1.43	1.29
Estrie	52.0%	52.2%	52.4%	0.99	1.04
Montréal	49.4%	49.7%	50.0%	0.99	0.99
Outaouais	56.1%	54.4%	56.4%	0.97	1.09
Abitibi-Témiscamingue	43.1%	25.0%	43.7%	0.57	0.50
Côte-Nord	57.1%	64.4%	56.8%	1.13	1.29
Gaspésie-îles-de-la-Madeleine	51.1%	45.4%	51.3%	0.88	0.91
Laval	55.1%	48.6%	56.4%	0.86	0.97
Laurentides	50.9%	55.1%	50.6%	1.09	1.10
Montérégie	53.5%	48.7%	54.3%	0.90	0.97
Québec	50.9%	50.0%	51.3%	0.98	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q09 There are people who admire my talents and abilities.*

- In 2011-2012, the proportion of those who felt that other people admired their talents and abilities reported by the English-speaking population of Quebec (50.0%) was similar to that of the French-speaking population (51.3%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 3 of 12 regions.
- In the English-speaking population, we observe that the health regions of Côte-Nord (64.4%), Mauricie-Centre-du-Québec (64.4%) and Laurentides (55.1%) displayed the highest levels for persons who felt others admired their talents and abilities while Abitibi-Témiscamingue (25.0%), Bas-Saint-Laurent (28.9%) and Gaspésie-îles-de-la-Madeleine (45.4%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of those who felt that other people admired their talents and abilities than the provincial average for English speakers.

Table 83 - Talents Admired, by Age and Gender

Persons Who Felt Others Admired Their Talents and Abilities by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	50.9%	49.8%	51.3%	0.97	1.00
	15-24	51.6%	52.4%	51.9%	1.01	1.05
	25-44	55.4%	50.3%	56.5%	0.89	1.01
	45-64	52.1%	53.9%	51.9%	1.04	1.08
	65+	39.0%	37.3%	39.5%	0.94	0.75
Gender	Total	50.9%	50.0%	51.3%	0.98	1.00
	Male	50.5%	51.2%	50.5%	1.02	1.02
	Female	51.3%	48.8%	52.0%	0.94	0.98

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q09 There are people who admire my talents and abilities.

- Among English speakers, the 45-64 age cohort (53.9%) displayed the highest proportion of those who felt that other people admired their talents and abilities while the 65+ age cohort (37.3%) had the lowest level.
- With respect to gender, English-speaking males (51.2%) were more likely to have felt that other people admired their talents and abilities than their female counterparts (48.8%).

## Social Integration and Belonging

Human beings are social creatures with an emotional need for relationships and positive connections to others. Aside from the mental stimulation and novelty that comes from social interaction, sharing similar enjoyments and beliefs contributes to a sense of belonging to a larger community. This is linked to a sense of meaning and purpose in life and the sense of control that comes from the potential to mobilize with like-minded others to effect social change.

Table 84 - Social Integration Score, by Region

**Definition:** The CCHS Social Provisions Scale assesses the six provisions of social relationships described by Weiss (1973, 1974). For this survey, Dr. Caron developed this shorter version with 10 items, which includes the five main social provisions: Attachment, Guidance, Social Integration, Reliable Alliance, and Reassurance of Worth. The Social Integration variable uses respondent scoring on “There are people who enjoy the same social activities I do” and “I feel part of a group of people who share my attitudes and beliefs”. A higher score reflects a higher level of perceived "Social Integration".

Persons Who Received Highest Possible "Social Integration" Score by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	30.1%	15.5%	31.6%	0.49	0.39
Capitale-Nationale	45.3%	25.3%	47.1%	0.54	0.64
Mauricie-Centre-du-Québec	37.0%	61.0%	37.3%	1.64	1.55
Estrie	45.2%	43.4%	46.7%	0.93	1.10
Montréal	37.7%	38.6%	39.6%	0.97	0.98
Outaouais	44.7%	39.0%	47.3%	0.83	0.99
Abitibi-Témiscamingue	27.6%	20.2%	29.0%	0.70	0.51
Côte-Nord	40.3%	45.4%	42.3%	1.07	1.16
Gaspésie-îles-de-la-Madeleine	38.9%	40.3%	40.6%	0.99	1.03
Laval	43.0%	38.4%	46.1%	0.83	0.98
Laurentides	38.7%	48.9%	39.5%	1.24	1.24
Montérégie	41.3%	39.0%	42.9%	0.91	0.99
Québec	39.8%	39.3%	41.5%	0.95	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSDINT Social Provisions Scale - Social Integration. Based on questions SPS\_02 and SPS\_07.

- In 2011-2012, the proportion of those who had received the highest possible "social integration" score reported by the English-speaking population of Quebec (39.3%) was lower than that of the French-speaking population (41.5%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 3 of 12 regions.
- In the English-speaking population, we observe that the health regions of Mauricie-Centre-du-Québec (61.0%), Laurentides (48.9%) and Côte-Nord (45.4%) displayed the highest levels for persons who received highest possible "social integration" score while Bas-Saint-Laurent (15.5%), Abitibi-Témiscamingue (20.2%) and Capitale-Nationale (25.3%) had the lowest levels.

- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of those who had received the highest possible "social integration" score than the provincial average for English speakers.

Table 85 - Social Integration Score, by Age and Gender

**Definition:** The CCHS Social Provisions Scale assesses the six provisions of social relationships described by Weiss (1973, 1974). For this survey, Dr. Caron developed this shorter version with 10 items, which includes the five main social provisions: Attachment, Guidance, Social Integration, Reliable Alliance, and Reassurance of Worth. The Social Integration variable uses respondent scoring on “There are people who enjoy the same social activities I do” and “I feel part of a group of people who share my attitudes and beliefs”. A higher score reflects a higher level of perceived "Social Integration".

Persons Who Received Highest Possible "Social Integration" Score by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	39.7%	39.4%	41.4%	0.95	1.00
	15-24	46.6%	42.6%	48.7%	0.88	1.08
	25-44	45.5%	41.5%	47.5%	0.87	1.05
	45-64	37.9%	39.8%	39.3%	1.01	1.01
	65+	27.6%	31.3%	28.9%	1.08	0.79
Gender	Total	39.8%	39.3%	41.5%	0.95	1.00
	Male	36.1%	37.0%	37.5%	0.98	0.94
	Female	43.5%	41.6%	45.4%	0.92	1.06

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSPDINT Social Provisions Scale - Social Integration. Based on questions SPS\_02 and SPS\_07.

- Among English speakers, the 15-24 age cohort (42.6%) displayed the highest proportion of those who had received the highest possible "social integration" score while the 65+ age cohort (31.3%) had the lowest level.
- With respect to gender, English-speaking females (41.6%) were more likely to have received the highest possible "social integration" score than their male counterparts (37.0%).

Table 86 - Similar Enjoyments, by Region

Persons Who Felt Other People Enjoyed Similar Social Activities As Themselves by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	46.8%	42.6%	46.9%	0.91	0.79
Capitale-Nationale	63.5%	55.8%	63.8%	0.88	1.04
Mauricie-Centre-du-Québec	54.4%	66.5%	53.9%	1.23	1.24
Estrie	60.5%	57.8%	61.1%	0.95	1.07
Montréal	55.0%	52.4%	56.3%	0.93	0.97
Outaouais	61.5%	63.8%	61.1%	1.04	1.19
Abitibi-Témiscamingue	47.6%	27.1%	48.3%	0.56	0.50
Côte-Nord	57.1%	55.2%	57.2%	0.97	1.03
Gaspésie-îles-de-la-Madeleine	55.0%	66.1%	54.9%	1.20	1.23
Laval	57.1%	52.7%	58.4%	0.90	0.98
Laurentides	55.7%	60.5%	55.5%	1.09	1.12
Montérégie	58.6%	52.6%	59.5%	0.88	0.98
Québec	56.8%	53.8%	57.4%	0.94	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q02 There are people who enjoy the same social activities I do.*

- In 2011-2012, the proportion of those who felt that other people enjoyed similar social activities as themselves reported by the English-speaking population of Quebec (53.8%) was lower than that of the French-speaking population (57.4%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Mauricie-Centre-du-Québec (66.5%), Gaspésie-îles-de-la-Madeleine (66.1%) and Outaouais (63.8%) displayed the highest levels for persons who felt other people enjoyed similar social activities as themselves while Abitibi-Témiscamingue (27.1%), Bas-Saint-Laurent (42.6%) and Montréal (52.4%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of those who felt that other people enjoyed similar social activities as themselves than the provincial average for English speakers.

Table 87 - Similar Enjoyments, by Age and Gender

<b>Persons Who Felt Other People Enjoyed Similar Social Activities As Themselves by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority- Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	56.7%	53.9%	57.3%	0.94	1.00
	15-24	70.5%	62.5%	72.1%	0.87	1.16
	25-44	62.5%	55.1%	63.9%	0.86	1.02
	45-64	52.9%	53.3%	52.8%	1.01	0.99
	65+	41.3%	43.5%	41.3%	1.05	0.81
<i>Gender</i>	Total	56.8%	53.8%	57.4%	0.94	1.00
	Male	54.3%	52.4%	54.7%	0.96	0.97
	Female	59.3%	55.2%	60.1%	0.92	1.03

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q02 There are people who enjoy the same social activities I do.*

- Among English speakers, the 15-24 age cohort (62.5%) displayed the highest proportion of those who felt that other people enjoyed similar social activities as themselves while the 65+ age cohort (43.5%) had the lowest level.
- With respect to gender, English-speaking females (55.2%) were more likely to have felt that other people enjoyed similar social activities as they do than their male counterparts (52.4%).



Table 88 - Shared Beliefs, by Region

Persons Who Felt Part Of A Group With Whom They Shared Attitudes and Beliefs by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	38.6%	26.3%	39.1%	0.67	0.55
Capitale-Nationale	55.2%	37.8%	55.4%	0.68	0.79
Mauricie-Centre-du-Québec	45.8%	64.2%	45.1%	1.43	1.35
Estrie	54.1%	49.4%	54.7%	0.90	1.04
Montréal	47.7%	46.6%	48.5%	0.96	0.98
Outaouais	54.4%	46.6%	55.9%	0.83	0.98
Abitibi-Témiscamingue	38.1%	35.4%	38.1%	0.93	0.74
Côte-Nord	51.3%	57.0%	51.1%	1.12	1.20
Gaspésie-îles-de-la-Madeleine	49.9%	54.3%	50.3%	1.08	1.14
Laval	53.0%	48.5%	54.7%	0.89	1.02
Laurentides	47.2%	52.5%	46.9%	1.12	1.10
Montérégie	53.1%	49.6%	53.7%	0.92	1.04
Québec	49.9%	47.7%	50.4%	0.95	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q07 I feel part of a group of people who share my attitudes and beliefs.*

- In 2011-2012, the proportion of those who felt part of a group with whom they shared attitudes and beliefs reported by the English-speaking population of Quebec (47.7%) was lower than that of the French-speaking population (50.4%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Mauricie-Centre-du-Québec (64.2%), Côte-Nord (57.0%) and Gaspésie-îles-de-la-Madeleine (54.3%) displayed the highest levels for persons who felt part of a group with whom they shared attitudes and beliefs while Bas-Saint-Laurent (26.3%), Abitibi-Témiscamingue (35.4%) and Capitale-Nationale (37.8%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of those who felt part of a group with whom they shared attitudes and beliefs than the provincial average for English speakers.

Table 89 - Shared Beliefs, by Age and Gender

Persons Who Felt Part Of A Group With Whom They Shared Attitudes and Beliefs by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	49.8%	47.5%	50.3%	0.94	1.00
	15-24	53.6%	50.8%	54.6%	0.93	1.07
	25-44	54.2%	49.6%	55.0%	0.90	1.04
	45-64	48.0%	47.0%	48.3%	0.97	0.99
	65+	41.5%	40.3%	41.9%	0.96	0.85
Gender	Total	49.9%	47.7%	50.4%	0.95	1.00
	Male	45.6%	44.0%	46.0%	0.96	0.92
	Female	54.1%	51.2%	54.7%	0.94	1.07

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q07 I feel part of a group of people who share my attitudes and beliefs.

- Among English speakers, the 15-24 age cohort (50.8%) displayed the highest proportion of those who felt part of a group with whom they shared attitudes and beliefs while the 65+ age cohort (40.3%) had the lowest level.
- With respect to gender, English-speaking females (51.2%) were more likely to have felt part of a group with whom they shared attitudes and beliefs than their male counterparts (44.0%).

Table 90 - Attachment Score, by Region

**Definition:** The CCHS Social Provisions Scale assesses the six provisions of social relationships described by Weiss (1973, 1974). For this survey, a shorter version was developed with 10 items, which includes the five main social provisions: Attachment, Guidance, Social Integration, Reliable Alliance, and Reassurance of Worth. This variable uses respondent scoring on “I have close relationships that provide me with a sense of emotional security and wellbeing” and “I feel a strong emotional bond with at least one other person”. A higher score reflects a higher level of perceived "Attachment" which is defined as emotional closeness.

Persons Who Received Highest Possible "Attachment" Score by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	43.2%	26.4%	45.5%	0.58	0.52
Capitale-Nationale	61.0%	74.2%	62.5%	1.19	1.46
Mauricie-Centre-du-Québec	51.4%	65.9%	52.5%	1.26	1.30
Estrie	59.5%	53.6%	61.8%	0.87	1.06
Montréal	49.8%	48.1%	54.0%	0.89	0.95
Outaouais	60.8%	58.3%	63.6%	0.92	1.15
Abitibi-Témiscamingue	46.7%	29.1%	49.1%	0.59	0.57
Côte-Nord	56.5%	61.6%	59.7%	1.03	1.22
Gaspésie-îles-de-la-Madeleine	49.7%	56.0%	51.4%	1.09	1.10
Laval	56.7%	52.5%	59.9%	0.88	1.04
Laurentides	55.6%	59.2%	57.8%	1.02	1.17
Montérégie	59.2%	50.4%	62.3%	0.81	1.00
Québec	54.7%	50.7%	57.6%	0.88	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSDATT Social Provisions Scale - Attachment. Based on questions SPS\_03 and SPS\_08.*

- In 2011-2012, the proportion of those who received the highest possible "attachment" score reported by the English-speaking population of Quebec (50.7%) was lower than that of the French-speaking population (57.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 5 of 12 regions.
- In the English-speaking population, we observe that the health regions of Capitale-Nationale (74.2%), Mauricie-Centre-du-Québec (65.9%) and Côte-Nord (61.6%) displayed the highest levels for persons who received highest possible "attachment" score while Bas-Saint-Laurent (26.4%), Abitibi-Témiscamingue (29.1%) and Montréal (48.1%) had the lowest levels.
- Among the regional English-speaking populations, 8 regions exhibited a higher proportion of those who received the highest possible "attachment" score than the provincial average for English speakers.

Table 91 - Attachment Score, by Age and Gender

**Definition:** The CCHS Social Provisions Scale assesses the six provisions of social relationships described by Weiss (1973, 1974). For this survey, a shorter version was developed with 10 items, which includes the five main social provisions: Attachment, Guidance, Social Integration, Reliable Alliance, and Reassurance of Worth. This variable uses respondent scoring on “I have close relationships that provide me with a sense of emotional security and wellbeing” and “I feel a strong emotional bond with at least one other person”. A higher score reflects a higher level of perceived "Attachment" which is defined as emotional closeness.

Persons Who Received Highest Possible "Attachment" Score by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	54.8%	51.1%	57.8%	0.88	1.00
	15-24	61.3%	54.9%	64.4%	0.85	1.07
	25-44	63.6%	55.7%	67.0%	0.83	1.09
	45-64	52.5%	49.9%	55.2%	0.90	0.98
	65+	38.7%	40.1%	41.2%	0.97	0.78
Gender	Total	54.7%	50.7%	57.6%	0.88	1.00
	Male	49.5%	46.7%	52.2%	0.89	0.92
	Female	59.7%	54.6%	62.9%	0.87	1.08

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSDATT Social Provisions Scale - Attachment. Based on questions SPS\_03 and SPS\_08.

- Among English speakers, the 25-44 age cohort (55.7%) displayed the highest proportion of those who received the highest possible "attachment" score while the 65+ age cohort (40.1%) had the lowest level.
- With respect to gender, English-speaking females (54.6%) were more likely to have received the highest possible "attachment" score when compared to their male counterparts (46.7%).

Table 92 - Belonging to Community, by Region

<b>Persons Who Frequently Felt They Belonged to a Community by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	22.9%	26.1%	23.0%	1.14	0.83
Capitale-Nationale	27.5%	22.1%	27.8%	0.80	0.70
Mauricie-Centre-du-Québec	27.8%	22.4%	28.2%	0.80	0.71
Estrie	23.6%	37.0%	22.8%	1.62	1.17
Montréal	28.6%	30.4%	28.2%	1.08	0.96
Outaouais	29.6%	38.1%	27.6%	1.38	1.21
Abitibi-Témiscamingue	24.5%	20.6%	24.8%	0.83	0.65
Côte-Nord	37.3%	64.8%	35.8%	1.81	2.05
Gaspésie-Îles-de-la-Madeleine	32.0%	29.2%	32.3%	0.90	0.92
Laval	27.6%	27.2%	27.6%	0.99	0.86
Laurentides	26.0%	46.0%	24.2%	1.90	1.46
Montérégie	25.5%	33.3%	24.6%	1.35	1.05
Québec	27.0%	31.6%	26.4%	1.20	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q05 In the past month, how often did you feel...that you belonged to a community?*

- In 2011-2012, the proportion of persons who frequently felt they belonged to a community reported by the English-speaking population of Quebec (31.6%) was higher than that of the French-speaking population (26.4%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 7 of 12 regions.
- In the English-speaking population, we observe that the health regions of Côte-Nord (64.8%), Laurentides (46.0%) and Outaouais (38.1%) displayed the highest levels for persons who frequently felt they belonged to a community while Abitibi-Témiscamingue (20.6%), Capitale-Nationale (22.1%) and Mauricie-Centre-du-Québec (22.4%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of persons who frequently felt they belonged to a community than the provincial average for English speakers.

Table 93 - Belonging to Community, by Age and Gender

Persons Who Frequently Felt They Belonged to a Community by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	26.7%	31.0%	26.1%	1.19	1.00
	15-24	28.3%	33.3%	27.7%	1.20	1.07
	25-44	24.6%	28.0%	24.1%	1.16	0.90
	45-64	26.2%	29.9%	25.7%	1.16	0.97
	65+	30.4%	37.6%	29.6%	1.27	1.21
Gender	Total	27.0%	31.6%	26.4%	1.20	1.00
	Male	28.1%	31.9%	27.6%	1.15	1.01
	Female	26.0%	31.3%	25.2%	1.24	0.99

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q05 In the past month, how often did you feel...that you belonged to a community?

- Among English speakers, the 65+ age cohort (37.6%) displayed the highest proportion of persons who frequently felt they belonged to a community while the 25-44 age cohort (28.0%) had the lowest level.
- With respect to gender, English-speaking males (31.9%) were more likely to have frequently felt they belonged to a community than their female counterparts (31.3%).

Table 94 - Competence Recognized, by Region

Persons Who Felt Their Competence and Skill Were Recognized by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	41.7%	32.1%	42.4%	0.76	0.65
Capitale-Nationale	60.7%	60.9%	60.8%	1.00	1.23
Mauricie-Centre-du-Québec	48.6%	66.3%	48.0%	1.38	1.34
Estrie	55.2%	55.3%	55.5%	1.00	1.12
Montréal	49.9%	46.8%	52.0%	0.90	0.95
Outaouais	58.9%	54.6%	59.7%	0.92	1.10
Abitibi-Témiscamingue	41.7%	32.3%	42.0%	0.77	0.65
Côte-Nord	57.3%	59.8%	57.3%	1.04	1.21
Gaspésie-Îles-de-la-Madeleine	51.7%	60.6%	50.7%	1.20	1.23
Laval	57.3%	56.1%	57.5%	0.97	1.13
Laurentides	55.0%	63.9%	54.2%	1.18	1.29
Montréal	58.3%	46.6%	60.0%	0.78	0.94
Québec	53.9%	49.5%	54.8%	0.90	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q05 I have relationships where my competence and skill are recognized.*

- In 2011-2012, the proportion of those who felt their competence and skill were recognized reported by the English-speaking population of Quebec (49.5%) was lower than that of the French-speaking population (54.8%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Mauricie-Centre-du-Québec (66.3%), Laurentides (63.9%) and Capitale-Nationale (60.9%) displayed the highest levels for persons who felt their competence and skill were recognized while Bas-Saint-Laurent (32.1%), Abitibi-Témiscamingue (32.3%) and Montréal (46.6%) had the lowest levels.
- Among the regional English-speaking populations, 8 regions exhibited a higher proportion of those who felt their competence and skill were recognized than the provincial average for English speakers.

Table 95 - Competence Recognized, by Age and Gender

Persons Who Felt Their Competence and Skill Were Recognized by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	54.0%	49.4%	54.9%	0.90	1.00
	15-24	55.8%	49.5%	57.5%	0.86	1.00
	25-44	60.4%	49.7%	62.4%	0.80	1.01
	45-64	53.6%	51.1%	53.9%	0.95	1.03
	65+	40.7%	44.8%	40.4%	1.11	0.91
Gender	Total	53.9%	49.5%	54.8%	0.90	1.00
	Male	53.1%	48.8%	53.9%	0.91	0.99
	Female	54.7%	50.1%	55.6%	0.90	1.01

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q05 I have relationships where my competence and skill are recognized.

- Among English speakers, the 45-64 age cohort (51.1%) displayed the highest proportion of those who felt their competence and skill were recognized while the 65+ age cohort (44.8%) had the lowest level.
- With respect to gender, English-speaking females (50.1%) were more likely to have felt that their competence and skill were recognized than their male counterparts (48.8%).



## Social Support

Supportive relationships are considered to be the foundation of mental and emotional health. A social support network that one can turn to for dependable help and trustworthy advice instills confidence in the ability to cope with adversity. People who are emotionally and mentally healthy tend to have these resources for coping with difficult situations and maintaining a positive outlook.

Table 96 - Dependable Help, by Region

Persons Who Felt There Were Individuals On Whom They Could Depend by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	57.1%	46.7%	57.7%	0.81	0.71
Capitale-Nationale	73.6%	79.0%	73.4%	1.08	1.20
Mauricie-Centre-du-Québec	66.3%	70.6%	66.2%	1.07	1.07
Estrie	71.1%	65.2%	71.9%	0.91	0.99
Montréal	65.7%	64.5%	66.2%	0.97	0.98
Outaouais	73.2%	74.3%	73.2%	1.01	1.13
Abitibi-Témiscamingue	60.2%	52.5%	60.4%	0.87	0.80
Côte-Nord	68.2%	49.2%	69.6%	0.71	0.75
Gaspésie-îles-de-la-Madeleine	67.1%	80.4%	66.8%	1.20	1.22
Laval	69.5%	67.6%	70.5%	0.96	1.03
Laurentides	66.9%	65.6%	67.2%	0.98	1.00
Montérégie	71.3%	65.7%	72.1%	0.91	1.00
Québec	68.4%	65.8%	68.9%	0.96	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q01 There are people I can depend on to help me if I really need it.

- In 2011-2012, the proportion of those who felt there were people on whom they could depend reported by the English-speaking population of Quebec (65.8%) was similar to that of the French-speaking population (68.9%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Gaspésie-îles-de-la-Madeleine (80.4%), Capitale-Nationale (79.0%) and Outaouais (74.3%) displayed the highest levels for persons who felt there were individuals on whom they could depend while Bas-Saint-Laurent (46.7%), Côte-Nord (49.2%) and Abitibi-Témiscamingue (52.5%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of those who felt there were people on whom they could depend than the provincial average for English speakers.

Table 97 - Dependable Help, by Age and Gender

Persons Who Felt There Were Individuals On Whom They Could Depend by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	68.2%	65.9%	68.7%	0.96	1.00
	15-24	78.4%	71.9%	79.8%	0.90	1.09
	25-44	73.8%	65.2%	75.4%	0.87	0.99
	45-64	64.3%	66.1%	64.0%	1.03	1.00
	65+	57.0%	60.4%	56.7%	1.07	0.92
Gender	Total	68.4%	65.8%	68.9%	0.96	1.00
	Male	64.5%	60.5%	65.3%	0.93	0.92
	Female	72.1%	71.1%	72.4%	0.98	1.08

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q01 There are people I can depend on to help me if I really need it.

- Among English speakers, the 15-24 age cohort (71.9%) displayed the highest proportion of those who felt there were people on whom they could depend while the 65+ age cohort (60.4%) had the lowest level.
- With respect to gender, English-speaking females (71.1%) were more likely to have felt there were people on whom they could depend than their male counterparts (60.5%).

Table 98 - Strong Emotional Bond, by Region

Persons Who Felt A Strong Emotional Bond With At Least One Other Person by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	56.5%	31.7%	57.8%	0.55	0.47
Capitale-Nationale	73.9%	85.2%	73.5%	1.16	1.27
Mauricie-Centre-du-Québec	62.9%	72.0%	62.6%	1.15	1.07
Estrie	70.6%	64.8%	71.5%	0.91	0.97
Montréal	67.2%	66.0%	68.3%	0.97	0.98
Outaouais	74.0%	73.4%	74.1%	0.99	1.09
Abitibi-Témiscamingue	59.8%	39.8%	60.5%	0.66	0.59
Côte-Nord	71.3%	72.7%	71.5%	1.02	1.08
Gaspésie-Îles-de-la-Madeleine	66.0%	71.2%	65.3%	1.09	1.06
Laval	70.8%	66.8%	71.7%	0.93	1.00
Laurentides	67.3%	65.1%	67.7%	0.96	0.97
Montérégie	73.0%	69.2%	73.7%	0.94	1.03
Québec	68.7%	67.0%	69.1%	0.97	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q08 I feel a strong emotional bond with at least one other person.

- In 2011-2012, the proportion of those who felt a strong emotional bond with at least one other person reported by the English-speaking population of Quebec (67.0%) was similar to that of the French-speaking population (69.1%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Capitale-Nationale (85.2%), Outaouais (73.4%) and Côte-Nord (72.7%) displayed the highest levels for persons who felt a strong emotional bond with at least one other person while Bas-Saint-Laurent (31.7%), Abitibi-Témiscamingue (39.8%) and Estrie (64.8%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of those who felt a strong emotional bond with at least one other person than the provincial average for English speakers.

Table 99 - Strong Emotional Bond, by Age and Gender

Persons Who Felt A Strong Emotional Bond With At Least One Other Person by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority- Majority Index	Generation and Gender Index
Age Groups	15+	69.0%	67.5%	69.4%	0.97	1.00
	15-24	75.3%	76.6%	75.6%	1.01	1.14
	25-44	76.1%	68.5%	77.4%	0.88	1.02
	45-64	66.4%	66.3%	66.5%	1.00	0.98
	65+	54.5%	57.7%	54.5%	1.06	0.85
Gender	Total	68.7%	67.0%	69.1%	0.97	1.00
	Male	64.9%	63.8%	65.2%	0.98	0.95
	Female	72.2%	70.1%	72.9%	0.96	1.05

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q08 I feel a strong emotional bond with at least one other person.

- Among English speakers, the 15-24 age cohort (76.6%) displayed the highest proportion of those who felt a strong emotional bond with at least one other person while the 65+ age cohort (57.7%) had the lowest level.
- With respect to gender, English-speaking females (70.1%) were more likely to have felt a strong emotional bond with at least one other person than their male counterparts (63.8%).

Table 100 - Reliable Alliance Score, by Region

**Definition:** The CCHS Social Provisions Scale assesses the six provisions of social relationships described by Weiss (1973, 1974). For this survey, a shorter version was developed with 10 items, which includes the five main social provisions: Attachment, Guidance, Social Integration, Reliable Alliance, and Reassurance of Worth. This variable of "Reliable Alliance" uses respondent scoring on "There are people I can depend on to help me if I really need it" and "There are people I can count on in an emergency". A higher score reflects a higher level of perceived "Reliable Alliance" which is defined as assurance that others can be counted on in times of stress.

Persons Who Received Highest Possible "Reliable Alliance" Score by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	43.3%	24.0%	45.8%	0.52	0.44
Capitale-Nationale	63.9%	75.9%	65.8%	1.15	1.38
Mauricie-Centre-du-Québec	54.2%	65.9%	55.5%	1.19	1.19
Estrie	61.5%	59.1%	63.9%	0.93	1.07
Montréal	53.1%	53.2%	56.6%	0.94	0.96
Outaouais	61.8%	62.9%	63.9%	0.98	1.14
Abitibi-Témiscamingue	45.5%	39.8%	47.5%	0.84	0.72
Côte-Nord	55.3%	44.1%	59.4%	0.74	0.80
Gaspésie-îles-de-la-Madeleine	52.1%	56.1%	54.2%	1.04	1.02
Laval	60.0%	59.1%	62.9%	0.94	1.07
Laurentides	56.3%	59.9%	58.5%	1.02	1.09
Montérégie	60.0%	54.7%	62.5%	0.87	0.99
Québec	56.6%	55.2%	59.3%	0.93	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSDALL Social Provisions Scale - Reliable Alliance. Based on questions SPS\_01 and SPS\_10.*

- In 2011-2012, the proportion of those who received the highest possible "reliable alliance" score reported by the English-speaking population of Quebec (55.2%) was lower than that of the French-speaking population (59.3%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Capitale-Nationale (75.9%), Mauricie-Centre-du-Québec (65.9%) and Outaouais (62.9%) displayed the highest levels for persons who received highest possible "reliable alliance" score while Bas-Saint-Laurent (24.0%), Abitibi-Témiscamingue (39.8%) and Côte-Nord (44.1%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of those who received the highest possible "reliable alliance" score than the provincial average for English speakers.

Table 101 - Reliable Alliance Score, by Age and Gender

**Definition:** The CCHS Social Provisions Scale assesses the six provisions of social relationships described by Weiss (1973, 1974). For this survey, a shorter version was developed with 10 items, which includes the five main social provisions: Attachment, Guidance, Social Integration, Reliable Alliance, and Reassurance of Worth. This variable of "Reliable Alliance" uses respondent scoring on "There are people I can depend on to help me if I really need it" and "There are people I can count on in an emergency". A higher score reflects a higher level of perceived "Reliable Alliance" which is defined as assurance that others can be counted on in times of stress.

Persons Who Received Highest Possible "Reliable Alliance" Score by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	56.5%	55.2%	59.2%	0.93	1.00
	15-24	68.4%	61.7%	71.2%	0.87	1.12
	25-44	65.2%	57.3%	68.9%	0.83	1.04
	45-64	52.3%	54.6%	54.6%	1.00	0.99
	65+	39.7%	45.4%	41.6%	1.09	0.82
Gender	Total	56.6%	55.2%	59.3%	0.93	1.00
	Male	52.2%	49.8%	55.0%	0.91	0.90
	Female	60.9%	60.4%	63.4%	0.95	1.10

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSDALL Social Provisions Scale - Reliable Alliance. Based on questions SPS\_01 and SPS\_10.

- Among English speakers, the 15-24 age cohort (61.7%) displayed the highest proportion of those who received the highest possible "reliable alliance" score while the 65+ age cohort (45.4%) had the lowest level.
- With respect to gender, English-speaking females (60.4%) were much more likely to have received the highest possible "reliable alliance" score than their male counterparts (49.8%).

Table 102 - People to Count on in Emergency, by Region

Persons Who Felt There Were Individuals They Could Rely on in an Emergency by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	53.5%	32.0%	55.0%	0.58	0.49
Capitale-Nationale	74.3%	89.4%	74.1%	1.21	1.36
Mauricie-Centre-du-Québec	64.4%	67.2%	64.4%	1.04	1.02
Estrie	71.4%	70.5%	71.8%	0.98	1.07
Montréal	67.9%	65.1%	70.1%	0.93	0.99
Outaouais	73.8%	73.3%	73.9%	0.99	1.11
Abitibi-Témiscamingue	57.6%	65.8%	57.3%	1.15	1.00
Côte-Nord	70.7%	68.6%	71.0%	0.97	1.04
Gaspésie-îles-de-la-Madeleine	64.5%	66.8%	64.1%	1.04	1.02
Laval	72.1%	66.6%	73.1%	0.91	1.01
Laurentides	66.4%	64.2%	66.9%	0.96	0.98
Montréal	70.7%	63.5%	71.8%	0.89	0.97
Québec	68.4%	65.8%	69.1%	0.95	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q10 There are people I can count on in an emergency.*

- In 2011-2012, the proportion of those who felt that there were individuals they could rely on in an emergency reported by the English-speaking population of Quebec (65.8%) was similar to that of the French-speaking population (69.1%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Capitale-Nationale (89.4%), Outaouais (73.3%) and Estrie (70.5%) displayed the highest levels for persons who felt there were individuals they could rely on in an emergency while Bas-Saint-Laurent (32.0%), Montréal (63.5%) and Laurentides (64.2%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of those who felt that there were individuals they could rely on in an emergency than the provincial average for English speakers.

Table 103 - People to Count on in Emergency, by Age and Gender

Persons Who Felt There Were Individuals They Could Rely on in an Emergency by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	68.3%	65.5%	69.0%	0.95	1.00
	15-24	78.5%	74.0%	79.4%	0.93	1.13
	25-44	75.1%	65.4%	77.0%	0.85	1.00
	45-64	64.3%	65.4%	64.3%	1.02	1.00
	65+	54.6%	56.9%	54.7%	1.04	0.87
Gender	Total	68.4%	65.8%	69.1%	0.95	1.00
	Male	65.1%	62.6%	65.6%	0.95	0.95
	Female	71.6%	68.9%	72.4%	0.95	1.05

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q10 There are people I can count on in an emergency.

- Among English speakers, the 15-24 age cohort (74.0%) displayed the highest proportion of those who felt that there were individuals they could rely on in an emergency while the 65+ age cohort (56.9%) had the lowest level.
- With respect to gender, English-speaking females (68.9%) were more likely to have felt there were individuals they could rely on in an emergency than their male counterparts (62.6%).



Table 104 - Trustworthy Advice, by Region

Persons Who Felt They Had A Trustworthy Individual To Turn To For Advice by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	53.6%	47.9%	54.1%	0.89	0.75
Capitale-Nationale	72.4%	65.2%	72.4%	0.90	1.02
Mauricie-Centre-du-Québec	60.0%	64.5%	59.9%	1.08	1.01
Estrie	66.8%	61.6%	67.7%	0.91	0.96
Montréal	65.1%	62.8%	66.9%	0.94	0.98
Outaouais	72.6%	73.5%	72.4%	1.02	1.15
Abitibi-Témiscamingue	54.8%	49.7%	54.9%	0.91	0.78
Côte-Nord	66.3%	62.3%	66.9%	0.93	0.97
Gaspésie-îles-de-la-Madeleine	65.5%	75.5%	64.5%	1.17	1.18
Laval	70.2%	66.4%	71.6%	0.93	1.04
Laurentides	65.3%	60.8%	65.9%	0.92	0.95
Montérégie	70.1%	66.5%	70.8%	0.94	1.04
Québec	66.6%	64.1%	67.2%	0.95	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q06 There is a trustworthy person I could turn to for advice if I were having problems.*

- In 2011-2012, the proportion of those who felt that they had a trustworthy individual to turn to for advice reported by the English-speaking population of Quebec (64.1%) was similar to that of the French-speaking population (67.2%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 3 of 12 regions.
- In the English-speaking population, we observe that the health regions of Gaspésie-îles-de-la-Madeleine (75.5%), Outaouais (73.5%) and Montérégie (66.5%) displayed the highest levels for persons who felt they had a trustworthy individual to turn to for advice while Bas-Saint-Laurent (47.9%), Abitibi-Témiscamingue (49.7%) and Laurentides (60.8%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of those who felt that they had a trustworthy individual to turn to for advice than the provincial average for English speakers.

Table 105 - Trustworthy Advice, by Age and Gender

Persons Who Felt They Had A Trustworthy Individual To Turn To For Advice by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority- Majority Index	Generation and Gender Index
Age Groups	15+	66.4%	63.7%	67.0%	0.95	1.00
	15-24	77.1%	71.8%	78.7%	0.91	1.13
	25-44	71.7%	64.2%	73.1%	0.88	1.01
	45-64	63.0%	61.8%	63.2%	0.98	0.97
	65+	53.9%	58.1%	53.6%	1.08	0.91
Gender	Total	66.6%	64.1%	67.2%	0.95	1.00
	Male	62.1%	59.6%	62.7%	0.95	0.93
	Female	70.8%	68.5%	71.5%	0.96	1.07

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPS\_Q06 There is a trustworthy person I could turn to for advice if I were having problems.

- Among English speakers, the 15-24 age cohort (71.8%) displayed the highest proportion of those who felt that they had a trustworthy individual to turn to for advice while the 65+ age cohort (58.1%) had the lowest level.
- With respect to gender, English-speaking females (68.5%) were much more likely to have felt that they had a trustworthy individual to turn to for advice than their male counterparts (59.6%).

Table 106 - Guidance Score, by Region

**Definition:** The CCHS Social Provisions Scale assesses the six provisions of social relationships described by Weiss (1973, 1974). For this survey, a shorter version was developed with 10 items, which includes the five main social provisions: Attachment, Guidance, Social Integration, Reliable Alliance, and Reassurance of Worth. The “guidance” variable is based on respondent scoring on “There is someone I could talk to about important decisions in my life” and “There is a trustworthy person I could turn to for advice if I were having problems”. A higher score reflects a higher level of perceived "Guidance" which is defined as advice or information.

Persons Who Received Highest Possible "Guidance" Score by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	46.8%	28.3%	48.0%	0.59	0.48
Capitale-Nationale	66.4%	65.2%	66.2%	0.98	1.11
Mauricie-Centre-du-Québec	54.8%	64.0%	54.5%	1.18	1.09
Estrie	61.2%	57.5%	61.9%	0.93	0.98
Montréal	58.8%	57.0%	60.2%	0.95	0.97
Outaouais	66.6%	64.9%	67.0%	0.97	1.11
Abitibi-Témiscamingue	49.5%	38.4%	49.8%	0.77	0.66
Côte-Nord	61.2%	62.0%	61.4%	1.01	1.06
Gaspésie-îles-de-la-Madeleine	58.2%	71.4%	56.8%	1.26	1.22
Laval	65.6%	61.4%	67.1%	0.92	1.05
Laurentides	59.7%	60.3%	59.9%	1.01	1.03
Montérégie	64.6%	59.8%	65.5%	0.91	1.02
Québec	60.8%	58.5%	61.3%	0.95	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPSDGUI Social Provisions Scale - Guidance. Based on questions SPS\_04 and SPS\_06.*

- In 2011-2012, the proportion of those who received the highest possible "guidance" score reported by the English-speaking population of Quebec (58.5%) was similar to that of the French-speaking population (61.3%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 4 of 12 regions.
- In the English-speaking population, we observe that the health regions of Gaspésie-îles-de-la-Madeleine (71.4%), Capitale-Nationale (65.2%) and Outaouais (64.9%) displayed the highest levels for persons who received highest possible "guidance" score while Bas-Saint-Laurent (28.3%), Abitibi-Témiscamingue (38.4%) and Montréal (57.0%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of those who received the highest possible "guidance" score than the provincial average for English speakers.

Table 107 - Guidance Score, by Age and Gender

**Definition:** The CCHS Social Provisions Scale assesses the six provisions of social relationships described by Weiss (1973, 1974). For this survey, a shorter version was developed with 10 items, which includes five main social provisions: Attachment, Guidance, Social Integration, Reliable Alliance, and Reassurance of Worth. The “guidance” variable is based on respondent scoring on “There is someone I could talk to about important decisions in my life” and “There is a trustworthy person I could turn to for advice if I were having problems”. A higher score reflects a higher level of perceived "Guidance" which is defined as advice or information.

Persons Who Received Highest Possible "Guidance" Score by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	60.8%	58.5%	61.4%	0.95	1.00
	15-24	71.1%	66.3%	72.5%	0.91	1.13
	25-44	68.0%	61.2%	69.3%	0.88	1.05
	45-64	57.0%	55.6%	57.4%	0.97	0.95
	65+	45.6%	50.3%	45.1%	1.12	0.86
Gender	Total	60.8%	58.5%	61.3%	0.95	1.00
	Male	56.4%	55.1%	56.8%	0.97	0.94
	Female	65.0%	61.8%	65.8%	0.94	1.06

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SPSDGUI Social Provisions Scale - Guidance. Based on questions SPS\_04 and SPS\_06.

- Among English speakers, the 15-24 age cohort (66.3%) displayed the highest proportion of those who received the highest possible "guidance" score while the 65+ age cohort (50.3%) had the lowest level.
- With respect to gender, English-speaking females (61.8%) were more likely to have received the highest possible "guidance" score than their male counterparts (55.1%).

Table 108 - Trusting Relationships, by Region

Persons Who Frequently Felt They Had Warm and Trusting Relationships With Others by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	57.9%	68.5%	57.5%	1.19	1.14
Capitale-Nationale	59.7%	59.3%	60.2%	0.99	0.98
Mauricie-Centre-du-Québec	57.0%	74.9%	56.2%	1.33	1.24
Estrie	56.0%	50.9%	56.6%	0.90	0.84
Montréal	55.2%	57.6%	54.5%	1.06	0.95
Outaouais	63.1%	63.0%	63.5%	0.99	1.04
Abitibi-Témiscamingue	55.0%	39.3%	56.0%	0.70	0.65
Côte-Nord	65.9%	70.7%	66.3%	1.07	1.17
Gaspésie-Îles-de-la-Madeleine	65.8%	62.4%	65.6%	0.95	1.03
Laval	57.4%	65.5%	55.4%	1.18	1.09
Laurentides	60.2%	73.9%	58.9%	1.26	1.22
Montérégie	63.0%	62.9%	63.3%	0.99	1.04
Québec	58.6%	60.4%	58.6%	1.03	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q11 In the past month, how often did you feel...that you had warm and trusting relationships with others?*

- In 2011-2012, the proportion of persons who frequently felt they had warm and trusting relationships with others reported by the English-speaking population of Quebec (60.4%) was similar to that of the French-speaking population (58.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 6 of 12 regions.
- In the English-speaking population, we observe that the health regions of Mauricie-Centre-du-Québec (74.9%), Laurentides (73.9%) and Côte-Nord (70.7%) displayed the highest levels for persons who frequently felt they had warm and trusting relationships with others while Abitibi-Témiscamingue (39.3%), Estrie (50.9%) and Montréal (57.6%) had the lowest levels.
- Among the regional English-speaking populations, 8 regions exhibited a higher proportion of persons who frequently felt they had warm and trusting relationships with others than the provincial average for English speakers.

Table 109 - Trusting Relationships, by Age and Gender

Persons Who Frequently Felt They Had Warm and Trusting Relationships With Others by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	58.7%	60.5%	58.8%	1.03	1.00
	15-24	57.0%	54.9%	58.0%	0.95	0.91
	25-44	56.8%	59.7%	56.3%	1.06	0.99
	45-64	59.8%	63.2%	59.6%	1.06	1.04
	65+	61.9%	62.1%	62.4%	1.00	1.03
Gender	Total	58.6%	60.4%	58.6%	1.03	1.00
	Male	59.0%	60.3%	59.0%	1.02	1.00
	Female	58.3%	60.5%	58.2%	1.04	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q11 In the past month, how often did you feel...that you had warm and trusting relationships with others?

- Among English speakers, the 45-64 age cohort (63.2%) displayed the highest proportion of persons who frequently felt they had warm and trusting relationships with others while the 15-24 age cohort (54.9%) had the lowest level.
- With respect to gender, English-speaking females (60.5%) were equally as likely to have frequently felt they had warm and trusting relationships with others as their male counterparts (60.3%).

## Self-Esteem

Self-confidence and high self-esteem are among the characteristics of individuals who enjoy good mental and emotional health. Satisfaction with self, positive attitude and the capacity for personal growth contribute to feelings of contentment, flexibility and quality relationships.

Table 110 - Good Qualities, by Region

Persons Who Felt They Had Good Qualities by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	35.9%	27.7%	36.5%	0.76	0.66
Capitale-Nationale	52.6%	38.8%	52.6%	0.74	0.92
Mauricie-Centre-du-Québec	42.3%	49.7%	42.6%	1.17	1.18
Estrie	49.1%	32.7%	50.8%	0.64	0.77
Montréal	46.9%	41.2%	50.8%	0.81	0.98
Outaouais	51.0%	57.2%	50.5%	1.13	1.36
Abitibi-Témiscamingue	35.0%	24.9%	35.9%	0.69	0.59
Côte-Nord	43.6%	31.1%	45.1%	0.69	0.74
Gaspésie-îles-de-la-Madeleine	42.8%	41.6%	44.0%	0.94	0.99
Laval	51.1%	40.6%	53.0%	0.77	0.96
Laurentides	45.9%	42.1%	46.1%	0.91	1.00
Montérégie	49.5%	43.4%	50.5%	0.86	1.03
Québec	46.9%	42.2%	48.0%	0.88	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q501 You feel that you have a number of good qualities.

- In 2011-2012, the proportion of persons who felt they had good qualities reported by the English-speaking population of Quebec (42.2%) was lower than that of the French-speaking population (48.0%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 2 of 12 regions.
- In the English-speaking population, we observe that the health regions of Outaouais (57.2%), Mauricie-Centre-du-Québec (49.7%) and Montérégie (43.4%) displayed the highest levels for persons who felt they had good qualities while Abitibi-Témiscamingue (24.9%), Bas-Saint-Laurent (27.7%) and Côte-Nord (31.1%) had the lowest levels.
- Among the regional English-speaking populations, 3 regions exhibited a higher proportion of persons who felt they had good qualities than the provincial average for English speakers.

Table 111 - Good Quality, by Age and Gender

Persons Who Felt They Had Good Qualities by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	47.3%	42.7%	48.5%	0.88	1.00
	15-24	44.5%	39.8%	45.8%	0.87	0.93
	25-44	53.2%	42.3%	55.1%	0.77	0.99
	45-64	47.9%	45.7%	48.7%	0.94	1.07
	65+	37.7%	40.5%	37.8%	1.07	0.95
Gender	Total	46.9%	42.2%	48.0%	0.88	1.00
	Male	45.8%	41.9%	46.9%	0.89	0.99
	Female	47.9%	42.5%	49.1%	0.87	1.01

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q501 You feel that you have a number of good qualities.

- Among English speakers, the 45-64 age cohort (45.7%) displayed the highest proportion of persons who felt they had good qualities while the 15-24 age cohort (39.8%) had the lowest level.
- With respect to gender, English-speaking females (42.5%) were somewhat more likely to have felt they had good qualities than their male counterparts (41.9%).



Table 112 - Sense of Worth, by Region

Those Who Felt They Were A Person of Worth by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	41.4%	27.9%	42.3%	0.66	0.60
Capitale-Nationale	61.1%	73.9%	61.0%	1.21	1.58
Mauricie-Centre-du-Québec	51.5%	51.6%	52.4%	0.99	1.10
Estrie	56.0%	45.2%	57.7%	0.78	0.96
Montréal	50.9%	45.2%	54.8%	0.83	0.96
Outaouais	57.2%	63.1%	56.0%	1.13	1.35
Abitibi-Témiscamingue	43.3%	32.5%	44.0%	0.74	0.69
Côte-Nord	55.2%	32.9%	57.2%	0.58	0.70
Gaspésie-îles-de-la-Madeleine	49.0%	51.3%	50.1%	1.02	1.09
Laval	55.1%	43.5%	58.0%	0.75	0.93
Laurentides	54.4%	49.9%	54.4%	0.92	1.06
Montérégie	54.6%	46.8%	56.3%	0.83	1.00
Québec	53.1%	46.9%	54.6%	0.86	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q502 You feel that you're a person of worth at least equal to others.*

- In 2011-2012, the proportion of those who felt they were a person of worth reported by the English-speaking population of Quebec (46.9%) was lower than that of the French-speaking population (54.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 3 of 12 regions.
- In the English-speaking population, we observe that the health regions of Capitale-Nationale (73.9%), Outaouais (63.1%) and Mauricie-Centre-du-Québec (51.6%) displayed the highest levels for those who felt they were a person of worth, while Bas-Saint-Laurent (27.9%), Abitibi-Témiscamingue (32.5%) and Côte-Nord (32.9%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of those who felt they were a person of worth than the provincial average for English speakers.

Table 113 - Sense of Worth, by Age and Gender

Those Who Felt They Were A Person of Worth by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	53.5%	47.6%	55.0%	0.86	1.00
	15-24	51.9%	44.9%	53.7%	0.84	0.94
	25-44	57.1%	45.0%	59.7%	0.75	0.94
	45-64	55.5%	52.7%	56.6%	0.93	1.11
	65+	44.0%	45.2%	44.3%	1.02	0.95
Gender	Total	53.1%	46.9%	54.6%	0.86	1.00
	Male	52.5%	45.3%	54.1%	0.84	0.97
	Female	53.6%	48.4%	55.2%	0.88	1.03

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q502 You feel that you're a person of worth at least equal to others.

- Among English speakers, the 45-64 age cohort (52.7%) displayed the highest proportion of those who felt they were a person of worth, while the 15-24 age cohort (44.9%) had the lowest level.
- With respect to gender, English-speaking females (48.4%) were more likely to have felt they were a person of worth than their male counterparts (45.3%).

Table 114 - Positive Attitude of Self, by Region

Persons Who Take A Positive Attitude Towards Self by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	33.2%	33.7%	33.2%	1.02	0.84
Capitale-Nationale	47.7%	67.2%	47.0%	1.43	1.68
Mauricie-Centre-du-Québec	37.6%	40.6%	37.9%	1.07	1.01
Estrie	45.3%	37.0%	46.5%	0.79	0.92
Montréal	41.3%	39.5%	42.7%	0.93	0.99
Outaouais	45.0%	39.6%	46.3%	0.86	0.99
Abitibi-Témiscamingue	36.2%	42.1%	36.2%	1.16	1.05
Côte-Nord	47.0%	34.5%	48.5%	0.71	0.86
Gaspésie-îles-de-la-Madeleine	43.1%	52.6%	43.1%	1.22	1.31
Laval	48.3%	41.4%	49.9%	0.83	1.03
Laurentides	42.6%	35.7%	42.9%	0.83	0.89
Montérégie	44.6%	38.3%	45.4%	0.84	0.96
Québec	42.8%	40.0%	43.6%	0.92	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q504 You take a positive attitude toward yourself.*

- In 2011-2012, the proportion of those who have a positive attitude about themselves reported by the English-speaking population of Quebec (40.0%) was lower than that of the French-speaking population (43.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 5 of 12 regions.
- In the English-speaking population, we observe that the health regions of Capitale-Nationale (67.2%), Gaspésie-îles-de-la-Madeleine (52.6%) and Abitibi-Témiscamingue (42.1%) displayed the highest levels for persons who take a positive attitude towards self while Bas-Saint-Laurent (33.7%), Côte-Nord (34.5%) and Laurentides (35.7%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of those who take a positive attitude towards self than the provincial average for English speakers.

Table 115 - Positive Attitude of Self, by Age and Gender

Persons Who Take A Positive Attitude Towards Self by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	43.1%	39.9%	43.9%	0.91	1.00
	15-24	36.7%	37.5%	36.8%	1.02	0.94
	25-44	44.4%	38.3%	45.5%	0.84	0.96
	45-64	45.7%	40.9%	46.9%	0.87	1.03
	65+	40.8%	43.7%	40.7%	1.07	1.10
Gender	Total	42.8%	40.0%	43.6%	0.92	1.00
	Male	44.8%	41.7%	45.5%	0.92	1.04
	Female	40.9%	38.3%	41.7%	0.92	0.96

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q504 You take a positive attitude toward yourself.

- Among English speakers, the 65+ age cohort (43.7%) displayed the highest proportion of those who have a positive attitude about themselves while the 15-24 age cohort (37.5%) had the lowest level.
- With respect to gender, English-speaking males (41.7%) were more likely to have had a positive attitude about themselves than their female counterparts (38.3%).

Table 116 - Satisfaction with Self, by Region

Persons Who Are Satisfied With Self by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	33.4%	31.0%	33.7%	0.92	0.82
Capitale-Nationale	44.7%	41.1%	44.7%	0.92	1.08
Mauricie-Centre-du-Québec	38.8%	53.2%	38.7%	1.37	1.40
Estrie	42.3%	28.7%	43.8%	0.65	0.76
Montréal	36.7%	36.9%	36.9%	1.00	0.97
Outaouais	43.5%	38.1%	44.9%	0.85	1.01
Abitibi-Témiscamingue	33.9%	35.1%	34.4%	1.02	0.93
Côte-Nord	46.9%	36.0%	48.7%	0.74	0.95
Gaspésie-îles-de-la-Madeleine	45.0%	55.6%	45.0%	1.23	1.47
Laval	45.4%	40.3%	46.8%	0.86	1.06
Laurentides	39.7%	34.1%	40.2%	0.85	0.90
Montérégie	41.1%	40.1%	41.5%	0.97	1.06
Québec	40.0%	37.9%	40.7%	0.93	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q505 On the whole you are satisfied with yourself.*

- In 2011-2012, the proportion of those who are satisfied with themselves reported by the English-speaking population of Quebec (37.9%) was lower than that of the French-speaking population (40.7%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 3 of 12 regions.
- In the English-speaking population, we observe that the health regions of Gaspésie-îles-de-la-Madeleine (55.6%), Mauricie-Centre-du-Québec (53.2%) and Capitale-Nationale (41.1%) displayed the highest levels for persons who are satisfied with self while Estrie (28.7%), Bas-Saint-Laurent (31.0%) and Laurentides (34.1%) had the lowest levels.
- Among the regional English-speaking populations, 6 regions exhibited a higher proportion of those who are satisfied with self than the provincial average for English speakers.

Table 117 - Satisfaction with Self, by Age and Gender

Persons Who Are Satisfied With Self by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	40.1%	37.7%	40.9%	0.92	1.00
	15-24	35.9%	37.6%	36.0%	1.04	1.00
	25-44	39.2%	34.5%	40.1%	0.86	0.91
	45-64	43.1%	38.5%	44.3%	0.87	1.02
	65+	39.5%	43.2%	39.4%	1.10	1.15
Gender	Total	40.0%	37.9%	40.7%	0.93	1.00
	Male	42.1%	41.7%	42.4%	0.99	1.10
	Female	38.0%	34.2%	39.1%	0.87	0.90

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q505 On the whole you are satisfied with yourself.

- Among English speakers, the 65+ age cohort (43.2%) displayed the highest proportion of those who are satisfied with themselves while the 25-44 age cohort (34.5%) had the lowest level.
- With respect to gender, English-speaking males (41.7%) were much more likely to be satisfied with themselves than their female counterparts (34.2%).

Table 118 - Feelings of Failure, by Region

Persons Who Felt They Were A Failure by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	2.4%	2.3%	2.2%	1.06	0.67
Capitale-Nationale	1.9%	2.0%	1.9%	1.04	0.58
Mauricie-Centre-du-Québec	2.2%	4.3%	2.2%	1.95	1.24
Estrie	1.4%	2.2%	1.0%	2.13	0.62
Montréal	3.6%	3.9%	3.4%	1.13	1.10
Outaouais	3.3%	4.6%	2.5%	1.83	1.31
Côte-Nord	3.2%	1.9%	3.3%	0.58	0.54
Gaspésie-îles-de-la-Madeleine	2.4%	3.2%	2.4%	1.32	0.91
Laval	2.3%	4.8%	1.8%	2.64	1.36
Laurentides	1.7%	2.6%	1.6%	1.61	0.73
Montréal	1.8%	2.0%	1.7%	1.19	0.58
Québec	2.4%	3.5%	2.2%	1.63	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q506 All in all, you're inclined to feel you're a failure. Agree and Strongly Agree.*

- In 2011-2012, the proportion of those who felt they were a failure reported by the English-speaking population of Quebec (3.5%) was much higher than that of the French-speaking population (2.2%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 10 of 11 regions.
- In the English-speaking population, we observe that the health regions of Laval (4.8%) and Outaouais (4.6%) displayed the highest levels for persons who felt they were a failure while Côte-Nord (1.9%), Montréal (2.0%) and Capitale-Nationale (2.0%) had the lowest levels.
- Among the regional English-speaking populations, 4 regions exhibited a higher proportion of those who felt they were a failure than the provincial average for English speakers.

Table 119 - Feelings of Failure, by Age and Gender

Persons Who Felt They Were A Failure by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	2.4%	3.5%	2.2%	1.60	1.00
	15-24	2.4%	1.8%	2.5%	0.75	0.53
	25-44	2.5%	4.6%	2.2%	2.11	1.32
	45-64	2.6%	3.0%	2.5%	1.24	0.88
	65+	1.9%	3.5%	1.3%	2.81	1.02
Gender	Total	2.4%	3.5%	2.2%	1.63	1.00
	Male	2.2%	3.7%	1.9%	1.90	1.05
	Female	2.6%	3.4%	2.4%	1.42	0.96

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q506 All in all, you're inclined to feel you're a failure. Agree and Strongly Agree.

- Among English speakers, the 25-44 age cohort (4.6%) displayed the highest proportion of those who felt they were a failure while the 15-24 age cohort (1.8%) had the lowest level.
- With respect to gender, English-speaking males (3.7%) were about as likely to have felt they were a failure compared to their female counterparts (3.4%).



Table 120 - Self Esteem, by Region

**Definition:** This variable assesses the level of self-esteem or positive feeling towards self that an individual has. CCHS scores on the index are based on a subset of items from the self-esteem Rosenberg scale (1969). The six items have been factored into one dimension in the factor analysis. Higher scores indicate greater self-esteem.

Persons With Very High Self Esteem by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	17.7%	14.1%	17.9%	0.79	0.68
Capitale-Nationale	27.3%	25.7%	26.9%	0.95	1.24
Mauricie-Centre-du-Québec	20.4%	32.6%	20.1%	1.63	1.57
Estrie	25.5%	11.8%	27.0%	0.44	0.57
Montréal	20.9%	20.1%	21.6%	0.93	0.97
Outaouais	25.7%	25.5%	26.4%	0.97	1.23
Abitibi-Témiscamingue	17.4%	14.1%	17.8%	0.79	0.68
Côte-Nord	25.2%	13.5%	26.9%	0.50	0.65
Gaspésie-îles-de-la-Madeleine	26.3%	24.4%	26.9%	0.91	1.18
Laval	30.9%	24.0%	32.1%	0.75	1.16
Laurentides	25.6%	19.6%	26.1%	0.75	0.94
Montérégie	25.3%	19.5%	26.0%	0.75	0.94
Québec	23.9%	20.8%	24.6%	0.85	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SFEDE1 Self-esteem scale - (D). Based on questions SFE\_501, SFE\_502, SFE\_503, SFE\_504, SFE\_505, SFE\_506.

- In 2011-2012, the proportion of those who have very high self-esteem reported by the English-speaking population of Quebec (20.8%) was lower than that of the French-speaking population (24.6%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 1 of 12 regions.
- In the English-speaking population, we observe that the health regions of Mauricie-Centre-du-Québec (32.6%), Capitale-Nationale (25.7%) and Outaouais (25.5%) displayed the highest levels for persons with very high self-esteem while Estrie (11.8%), Côte-Nord (13.5%) and Abitibi-Témiscamingue (14.1%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of those who have very high self-esteem than the provincial average for English speakers.

Table 121 - Self Esteem, by Age and Gender

**Definition:** This variable assesses the level of self-esteem or positive feeling towards self that an individual has. CCHS scores on the index are based on a subset of items from the self-esteem Rosenberg scale (1969). The six items have been factored into one dimension in the factor analysis. Higher scores indicate greater self-esteem.

Persons With Very High Self Esteem by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	24.2%	21.1%	24.9%	0.85	1.00
	15-24	18.4%	17.3%	18.8%	0.92	0.82
	25-44	26.2%	20.7%	27.2%	0.76	0.98
	45-64	26.2%	23.8%	26.8%	0.89	1.12
	65+	21.3%	20.5%	21.6%	0.95	0.97
Gender	Total	23.9%	20.8%	24.6%	0.85	1.00
	Male	25.2%	23.2%	25.7%	0.90	1.12
	Female	22.7%	18.4%	23.5%	0.78	0.89

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SFEDE1 Self-esteem scale - (D). Based on questions SFE\_501, SFE\_502, SFE\_503, SFE\_504, SFE\_505, SFE\_506.

- Among English speakers, the 45-64 age cohort (23.8%) displayed the highest proportion of those who have very high self-esteem while the 15-24 age cohort (17.3%) had the lowest level.
- With respect to gender, English-speaking males (23.2%) were more likely to have very high self-esteem than their female counterparts (18.4%).

Table 122 - Reassurance of Worth Score, by Region

**Definition:** This variable is used to measure the score of the respondent on the "Reassurance of Worth" sub-scale. A higher score reflects a higher level of perceived "Reassurance of Worth" which is defined as recognition of one's competence. CCHS findings are based specifically on scoring of "I have relationships where my competence and skill are recognized" and "There are people who admire my talents and abilities".

Persons Who Received Highest Possible "Reassurance of Worth" Score by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	31.6%	21.3%	32.3%	0.66	0.52
Capitale-Nationale	46.8%	39.0%	46.9%	0.83	0.96
Mauricie-Centre-du-Québec	38.3%	62.6%	37.3%	1.68	1.54
Estrie	43.4%	39.3%	44.1%	0.89	0.97
Montréal	39.9%	39.2%	40.8%	0.96	0.96
Outaouais	48.2%	45.7%	48.5%	0.94	1.12
Abitibi-Témiscamingue	32.8%	15.8%	33.3%	0.48	0.39
Côte-Nord	50.0%	50.1%	50.2%	1.00	1.23
Gaspésie-îles-de-la-Madeleine	42.7%	35.9%	42.9%	0.84	0.88
Laval	46.8%	41.6%	47.6%	0.87	1.02
Laurentides	43.4%	52.3%	42.6%	1.23	1.29
Montérégie	46.7%	39.6%	47.7%	0.83	0.97
Québec	42.9%	40.7%	43.4%	0.94	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSDWOR Social Provisions Scale - Reassurance of Worth. Based on questions SPS\_05 and SPS\_09.

- In 2011-2012, the proportion of those who received the highest possible "reassurance of worth" score reported by the English-speaking population of Quebec (40.7%) was lower than that of the French-speaking population (43.4%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 2 of 12 regions.
- In the English-speaking population, we observe that the health regions of Mauricie-Centre-du-Québec (62.6%), Laurentides (52.3%) and Côte-Nord (50.1%) displayed the highest levels for persons who received highest possible "reassurance of worth" score while Abitibi-Témiscamingue (15.8%), Bas-Saint-Laurent (21.3%) and Gaspésie-îles-de-la-Madeleine (35.9%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of those who received the highest possible "reassurance of worth" score than the provincial average for English speakers.

Table 123 - Reassurance of Worth Score, by Age and Gender

**Definition:** This variable is used to measure the score of the respondent on the "Reassurance of Worth" sub-scale. A higher score reflects a higher level of perceived "Reassurance of Worth" which is defined as recognition of one's competence. CCHS findings are based specifically on scoring of "I have relationships where my competence and skill are recognized" and "There are people who admire my talents and abilities"

Persons Who Received Highest Possible "Reassurance of Worth" Score by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	43.0%	40.6%	43.5%	0.93	1.00
	15-24	41.5%	40.1%	42.0%	0.95	0.99
	25-44	47.0%	38.9%	48.5%	0.80	0.96
	45-64	44.7%	45.4%	44.7%	1.02	1.12
	65+	32.7%	34.6%	32.5%	1.06	0.85
Gender	Total	42.9%	40.7%	43.4%	0.94	1.00
	Male	42.4%	39.7%	42.9%	0.92	0.98
	Female	43.3%	41.7%	43.8%	0.95	1.02

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSPDWOR Social Provisions Scale - Reassurance of Worth. Based on questions SPS\_05 and SPS\_09.

- Among English speakers, the 45-64 age cohort (45.4%) displayed the highest proportion of those who received the highest possible "reassurance of worth" score while the 65+ age cohort (34.6%) had the lowest level.
- With respect to gender, English-speaking females (41.7%) were more likely to have received the highest possible "reassurance of worth" score than their male counterparts (39.7%).

## Sense of Control

Research shows that a key component of happiness is a sense of control over your inner state, the direction of your personal growth and larger social environment. The sense that we have the ability to influence the circumstances of our lives and that our actions make a positive difference is important to emotional and mental health.

Table 124 - Managing Daily Responsibilities, by Region

Persons Who Frequently Felt Good at Managing Responsibilities of Daily Life by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	60.7%	59.6%	60.7%	0.98	1.19
Capitale-Nationale	57.2%	52.1%	56.8%	0.92	1.04
Mauricie-Centre-du-Québec	58.3%	57.0%	58.4%	0.97	1.14
Estrie	54.2%	42.4%	55.0%	0.77	0.85
Montréal	50.0%	47.1%	52.1%	0.90	0.94
Outaouais	56.6%	55.6%	56.2%	0.99	1.11
Abitibi-Témiscamingue	60.4%	68.4%	60.5%	1.13	1.37
Côte-Nord	67.6%	60.2%	68.9%	0.87	1.20
Gaspésie-îles-de-la-Madeleine	66.0%	77.5%	64.6%	1.20	1.55
Laval	60.9%	60.3%	60.8%	0.99	1.20
Laurentides	58.5%	57.8%	58.3%	0.99	1.16
Montérégie	57.4%	48.6%	58.8%	0.83	0.97
Québec	56.5%	50.1%	57.7%	0.87	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q10 In the past month, how often did you feel...good at managing the responsibilities of your daily life?*

- In 2011-2012, the proportion of persons who frequently felt good at managing the responsibilities of daily life reported by the English-speaking population of Quebec (50.1%) was lower than that of the French-speaking population (57.7%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 2 of 12 regions.
- In the English-speaking population, we observe that the health regions of Gaspésie-îles-de-la-Madeleine (77.5%), Abitibi-Témiscamingue (68.4%) and Laval (60.3%) displayed the highest levels for persons who frequently felt good at managing responsibilities of daily life while Estrie (42.4%), Montréal (47.1%) and Montérégie (48.6%) had the lowest levels.
- Among the regional English-speaking populations, 9 regions exhibited a higher proportion of persons who frequently felt good at managing the responsibilities of daily life than the provincial average for English speakers.

Table 125 - Managing Daily Responsibilities, by Age and Gender

Persons Who Frequently Felt Good at Managing Responsibilities of Daily Life by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority- Majority Index	Generation and Gender Index
Age Groups	15+	57.2%	50.4%	58.5%	0.86	1.00
	15-24	40.2%	39.9%	40.5%	0.98	0.79
	25-44	49.3%	45.1%	49.9%	0.90	0.89
	45-64	64.9%	57.1%	66.5%	0.86	1.13
	65+	71.7%	58.9%	73.9%	0.80	1.17
Gender	Total	56.5%	50.1%	57.7%	0.87	1.00
	Male	56.8%	49.8%	58.0%	0.86	1.00
	Female	56.3%	50.3%	57.3%	0.88	1.00

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q10 In the past month, how often did you feel...good at managing the responsibilities of your daily life?

- Among English speakers, the 65+ age cohort (58.9%) displayed the highest proportion of persons who frequently felt good at managing the responsibilities of daily life while the 15-24 age cohort (39.9%) had the lowest level.
- With respect to gender, English-speaking females (50.3%) were about equally as likely to have frequently felt good at managing the responsibilities of daily life as their male counterparts (49.8%).

Table 126 - Personal Growth, by Region

<b>Persons Who Felt They Often Had Experiences Which Made Them A Better Person by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	43.2%	57.0%	42.7%	1.34	1.30
Capitale-Nationale	41.7%	38.6%	42.0%	0.92	0.88
Mauricie-Centre-du-Québec	45.6%	53.0%	45.4%	1.17	1.21
Estrie	37.0%	43.5%	37.0%	1.18	0.99
Montréal	42.3%	42.1%	42.8%	0.98	0.96
Outaouais	49.7%	50.5%	49.2%	1.03	1.15
Abitibi-Témiscamingue	40.6%	25.7%	41.2%	0.62	0.59
Côte-Nord	52.5%	50.9%	53.3%	0.96	1.16
Gaspésie-îles-de-la-Madeleine	53.4%	55.5%	52.8%	1.05	1.26
Laval	43.6%	41.8%	44.1%	0.95	0.95
Laurentides	44.1%	53.2%	43.1%	1.23	1.21
Montérégie	46.3%	44.7%	46.5%	0.96	1.02
Québec	43.9%	43.9%	44.1%	1.00	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q12 In the past month, how often did you feel...that you had experiences that challenge you to grow and become a better person?*

- In 2011-2012, the proportion of persons who felt they often had experiences which made them a better person reported by the English-speaking population of Quebec (43.9%) was similar to that of the French-speaking population (44.1%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 6 of 12 regions.
- In the English-speaking population, we observe that the health regions of Bas-Saint-Laurent (57.0%), Gaspésie-îles-de-la-Madeleine (55.5%) and Laurentides (53.2%) displayed the highest levels for persons who felt they often had experiences which made them a better person while Abitibi-Témiscamingue (25.7%), Capitale-Nationale (38.6%) and Laval (41.8%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of persons who felt they often had experiences which made them a better person than the provincial average for English speakers.

Table 127 - Personal Growth, by Age and Gender

<b>Persons Who Felt They Often Had Experiences Which Made Them A Better Person by Language, Age Group and Gender, Quebec, 2011-2012</b>						
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>	<b>Minority- Majority Index</b>	<b>Generation and Gender Index</b>
<i>Age Groups</i>	15+	44.1%	44.3%	44.2%	1.00	1.00
	15-24	44.5%	39.1%	45.9%	0.85	0.88
	25-44	44.6%	51.0%	43.5%	1.17	1.15
	45-64	44.2%	42.2%	44.7%	0.94	0.95
	65+	42.4%	39.0%	43.1%	0.90	0.88
<i>Gender</i>	Total	43.9%	43.9%	44.1%	1.00	1.00
	Male	42.8%	44.9%	42.6%	1.06	1.02
	Female	45.0%	42.9%	45.5%	0.94	0.98

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q12 In the past month, how often did you feel...that you had experiences that challenge you to grow and become a better person?*

- Among English speakers, the 25-44 age cohort (51.0%) displayed the highest proportion of persons who felt they often had experiences which made them a better person while the 65+ age cohort (39.0%) had the lowest level.
- With respect to gender, English-speaking males (44.9%) were more likely to have felt they often had experiences which made them a better person than their female counterparts (42.9%).



Table 128 - Confidently Express Ideas, by Region

<b>Persons Who Frequently Felt Confident in Thinking or Expressing Ideas and Opinions by Language and Region, Quebec, 2011-2012</b>					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	55.6%	52.1%	55.6%	0.94	0.98
Capitale-Nationale	60.3%	55.0%	60.3%	0.91	1.03
Mauricie-Centre-du-Québec	55.9%	54.4%	55.9%	0.97	1.02
Estrie	50.1%	43.3%	51.0%	0.85	0.81
Montréal	52.7%	50.9%	54.0%	0.94	0.96
Outaouais	60.5%	56.8%	60.9%	0.93	1.07
Abitibi-Témiscamingue	55.3%	52.4%	55.5%	0.95	0.99
Côte-Nord	64.7%	63.0%	64.7%	0.97	1.18
Gaspésie-Îles-de-la-Madeleine	63.5%	56.2%	63.9%	0.88	1.06
Laval	57.6%	50.6%	59.1%	0.85	0.95
Laurentides	56.5%	69.8%	55.5%	1.26	1.31
Montérégie	59.2%	57.0%	59.7%	0.95	1.07
Québec	56.4%	53.2%	57.1%	0.93	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q13 In the past month, how often did you feel...confident to think or express your own ideas and opinions?*

- In 2011-2012, the proportion of persons who frequently felt confident in thinking or expressing ideas and opinions reported by the English-speaking population of Quebec (53.2%) was lower than that of the French-speaking population (57.1%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 1 of 12 regions.
- In the English-speaking population, we observe that the health regions of Laurentides (69.8%), Côte-Nord (63.0%) and Montérégie (57.0%) displayed the highest levels for persons who frequently felt confident in thinking or expressing ideas and opinions while Estrie (43.3%), Laval (50.6%) and Montréal (50.9%) had the lowest levels.
- Among the regional English-speaking populations, 7 regions exhibited a higher proportion of persons who frequently felt confident in thinking or expressing ideas and opinions than the provincial average for English speakers.

Table 129 - Confidently Express Ideas, by Age and Gender

Persons Who Frequently Felt Confident in Thinking or Expressing Ideas and Opinions by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority- Majority Index	Generation and Gender Index
Age Groups	15+	56.7%	53.5%	57.4%	0.93	1.00
	15-24	51.6%	38.8%	53.8%	0.72	0.72
	25-44	55.0%	51.9%	55.7%	0.93	0.97
	45-64	58.6%	57.8%	59.0%	0.98	1.08
	65+	60.8%	63.3%	60.5%	1.05	1.18
Gender	Total	56.4%	53.2%	57.1%	0.93	1.00
	Male	59.5%	56.6%	60.2%	0.94	1.06
	Female	53.4%	49.8%	54.1%	0.92	0.94

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q13 In the past month, how often did you feel...confident to think or express your own ideas and opinions?

- Among English speakers, the 65+ age cohort (63.3%) displayed the highest proportion of persons who frequently felt confident in thinking or expressing ideas and opinions while the 15-24 age cohort (38.8%) had the lowest level.
- With respect to gender, English-speaking males (56.6%) were more likely to have frequently felt confident in thinking or expressing ideas and opinions than their female counterparts (49.8%).

Table 130 - Personal Ability, by Region

Persons Who Felt They Were Able to Do Things Well by Language and Region, Quebec, 2011-2012					
Region	Total Survey Respondents	English speakers	French speakers	Minority-Majority Index	Relative to the Provincial Average for English speakers
Bas-Saint-Laurent	38.6%	24.6%	39.6%	0.62	0.54
Capitale-Nationale	53.8%	61.1%	53.6%	1.14	1.35
Mauricie-Centre-du-Québec	42.7%	56.1%	42.8%	1.31	1.24
Estrie	51.7%	32.6%	53.9%	0.60	0.72
Montréal	45.4%	45.0%	46.3%	0.97	0.99
Outaouais	50.7%	51.8%	51.0%	1.02	1.15
Abitibi-Témiscamingue	38.9%	33.4%	39.3%	0.85	0.74
Côte-Nord	50.7%	38.1%	52.2%	0.73	0.84
Gaspésie-îles-de-la-Madeleine	45.2%	57.0%	45.1%	1.26	1.26
Laval	51.0%	42.3%	52.9%	0.80	0.93
Laurentides	47.7%	54.8%	46.5%	1.18	1.21
Montérégie	49.6%	41.9%	50.8%	0.82	0.93
Québec	47.6%	45.2%	48.4%	0.93	1.00

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q503 You are able to do things as well as most other people.*

- In 2011-2012, the proportion of persons who felt they were able to do things well reported by the English-speaking population of Quebec (45.2%) was lower than that of the French-speaking population (48.4%). When considered by region, we observe that this level was higher for English speakers compared to French speakers in 5 of 12 regions.
- In the English-speaking population, we observe that the health regions of Capitale-Nationale (61.1%), Gaspésie-îles-de-la-Madeleine (57.0%) and Mauricie-Centre-du-Québec (56.1%) displayed the highest levels for persons who felt they were able to do things well while Bas-Saint-Laurent (24.6%), Estrie (32.6%) and Abitibi-Témiscamingue (33.4%) had the lowest levels.
- Among the regional English-speaking populations, 5 regions exhibited a higher proportion of persons who felt they were able to do things well than the provincial average for English speakers.

Table 131 - Personal Ability, by Age and Gender

Persons Who Felt They Were Able to Do Things Well by Language, Age Group and Gender, Quebec, 2011-2012						
		Total Respondents	English speakers	French speakers	Minority-Majority Index	Generation and Gender Index
Age Groups	15+	48.0%	45.5%	48.8%	0.93	1.00
	15-24	46.2%	46.9%	46.5%	1.01	1.03
	25-44	52.9%	43.1%	54.8%	0.79	0.95
	45-64	49.4%	49.1%	50.0%	0.98	1.08
	65+	37.0%	41.6%	36.8%	1.13	0.92
Gender	Total	47.6%	45.2%	48.4%	0.93	1.00
	Male	49.3%	48.6%	49.7%	0.98	1.07
	Female	46.1%	42.1%	47.2%	0.89	0.93

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: SFE\_Q503 You are able to do things as well as most other people.

- Among English speakers, the 45-64 age cohort (49.1%) displayed the highest proportion of persons who felt they were able to do things well while the 65+ age cohort (41.6%) had the lowest level.
- With respect to gender, English-speaking males (48.6%) were much more likely to have felt they were able to do things well compared to their female counterparts (42.1%).