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**DEMOGRAPHIC PROFILE  
OF THE ENGLISH-SPEAKING COMMUNITIES  
IN THE ADMINISTRATIVE REGION OF CHAUDIÈRE-  
APPALACHES & MRC LES APPALACHES**

**BASED ON THE 2016 CENSUS OF CANADA**

**MRC Profile Series**

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

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## Introduction

### ***About the MRC Profile Series***

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

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

### ***Methodological Notes***

#### **Data Source**

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

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

#### **Linguistic definitions**

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

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

#### **Geographic Regions**

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

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

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

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

### **Statistics Canada Definitions**

While for the most part the meaning of demographic and administrative terms are clarified as they arise in the report, the online Statistics Canada census dictionary for the<sup>1</sup> may also be consulted.

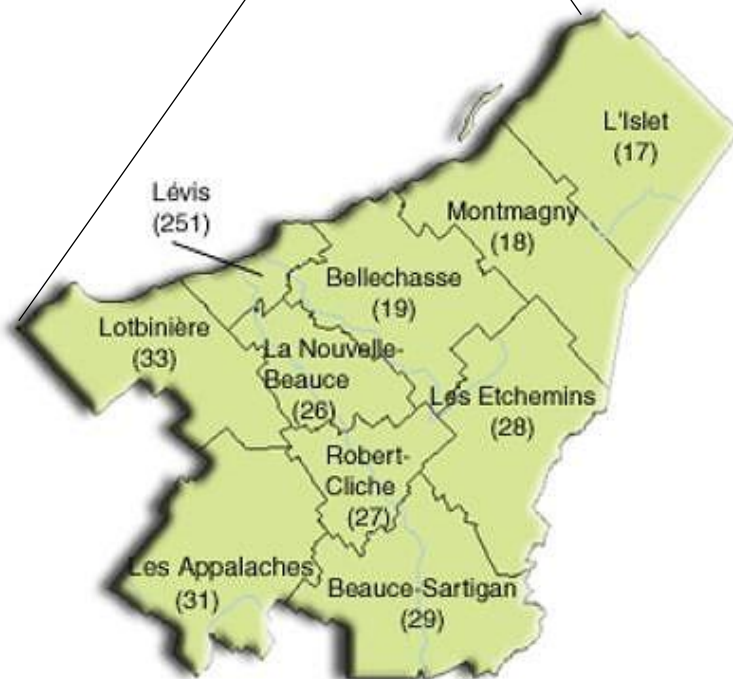
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<sup>1</sup> <http://www12.statcan.gc.ca/nhs-enm/2011/ref/dict/99-000-x2011001-eng.pdf>

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## Map of the Territory



## Demographic Size

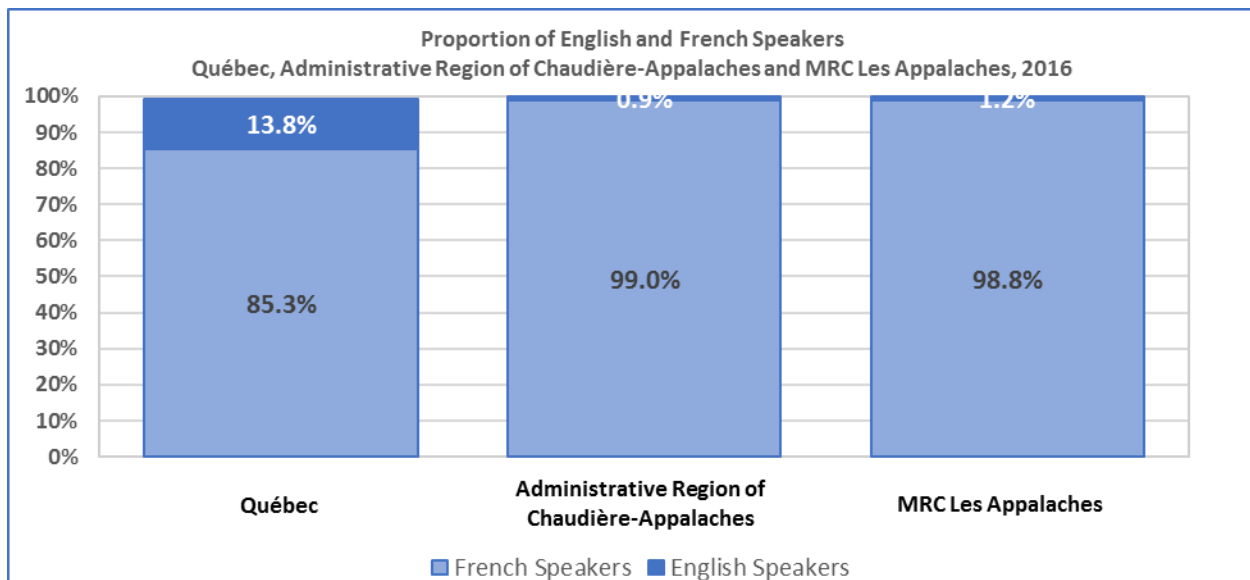
Quebec’s English speakers form one of Canada’s official language minority groups. Studies have confirmed that language barriers affect access and quality of care for linguistic minority communities. Obstacles to communication can reduce recourse to preventative services; increase consultation time including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

**Table 1 - Population Size**

Size of Population		Québec	Administrative Region of Chaudière-Appalaches	MRC Les Appalaches
FOLS - English speakers	number	1,097,925	3,755	480
	percentage	13.8%	0.9%	1.2%
FOLS - French speakers	number	6,795,280	404,685	40,275
	percentage	85.3%	99.0%	98.8%
Total population	number	7,965,450	408,615	40,760
	percentage	100.0%	100.0%	100.0%

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

<sup>2</sup> See Bowen, S. (2001). Language Barriers in Access to Health Care, Ottawa: Health Canada. And, Bowen, S. et al. (2010). From ‘multicultural health’ to ‘knowledge translation’ – rethinking strategies to promote language access within a risk management framework. *The Journal of Specialized Translation (Jostrans)*, Issue 14, [http://www.jostrans.org/issue14/art\\_bowen.php](http://www.jostrans.org/issue14/art_bowen.php). See also, Jacobs, E, and A. Chen, L. Karliner, N. Agger-Gupta & S. Mutha. (2006). “The Need for More Research on Language Barriers in Health Care: A Proposed Research Agenda”. *The Millbank Quarterly*, Vol. 84, No. 1, pp. 111-133.



- Across Québec, there were 1,097,925 English speakers, representing 13.8% of the provincial population.
- In 2016, there were 3,755 English speakers living in the Chaudière-Appalaches region where they represented 0.9% of the population. This share is much lower than the overall provincial share for English speakers.
- In MRC Les Appalaches, we find 480 English speakers where they represented 1.2% of the population. This proportion is much higher than that represented by English speakers across the Chaudière-Appalaches territory.



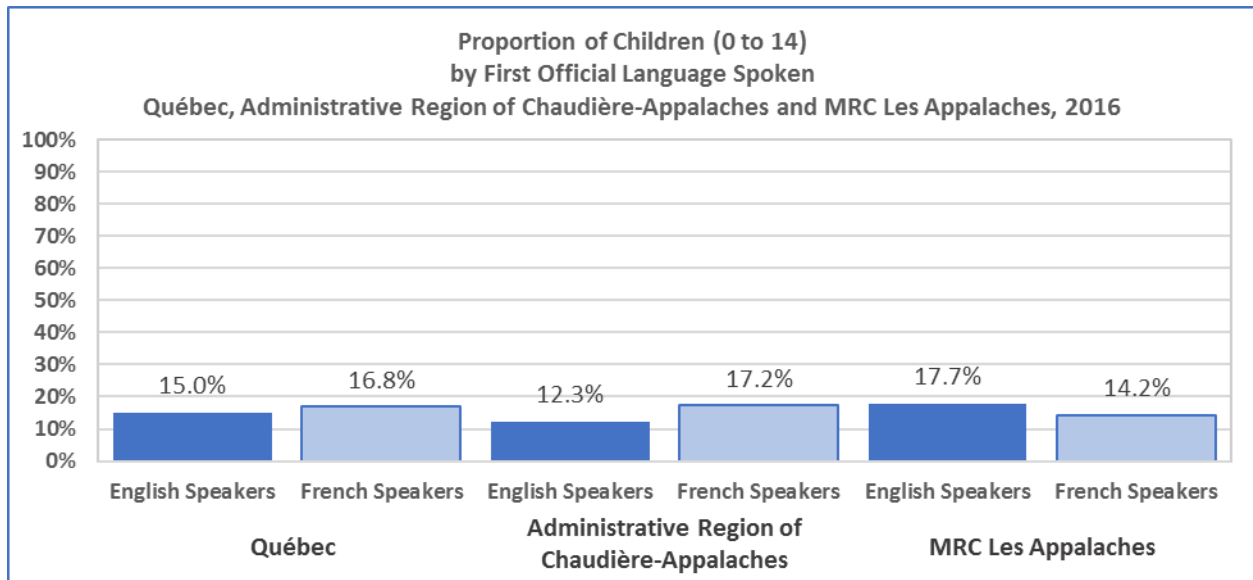
## Age Structure

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

**Table 2 - Age Structure of the Population**

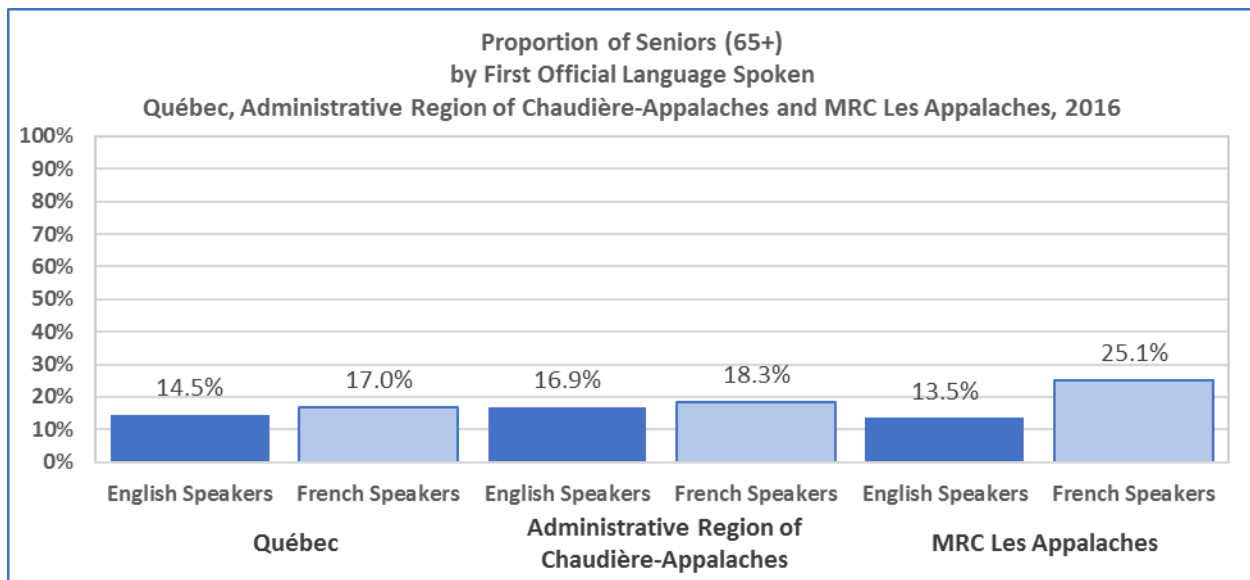
Age Structure of the Population	Québec		Administrative Region of Chaudière-Appalaches		MRC Les Appalaches	
	English	French	English	French	English	French
Total - Age groups	1,097,925	6,795,280	3,755	404,685	480	40,275
0-14 years	165,085	1,143,060	460	69,630	85	5,735
15-24 years	146,460	776,310	415	43,355	45	3,790
25-44 years	320,930	1,728,440	1,000	96,085	115	8,015
45-64 years	305,775	1,995,460	1,235	121,575	160	12,615
65+ years	159,670	1,152,005	635	74,040	65	10,125
Total - Age groups	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
0-14 years	15.0%	16.8%	12.3%	17.2%	17.7%	14.2%
15-24 years	13.3%	11.4%	11.1%	10.7%	9.4%	9.4%
25-44 years	29.2%	25.4%	26.6%	23.7%	24.0%	19.9%
45-64 years	27.9%	29.4%	32.9%	30.0%	33.3%	31.3%
65+ years	14.5%	17.0%	16.9%	18.3%	13.5%	25.1%

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



### Children (aged 0-14)

- Across Québec, there were 165,085 English-speaking children aged 0-14, representing 15.0% of the English-speaking population. The proportion of children in the English-speaking population is lower than the level in the French-speaking majority population in Quebec.
- In 2016, there were 460 English-speaking children aged 0-14 living in Chaudière-Appalaches where they account for 12.3% of the population. The proportion of children in the regional English-speaking population is much lower than their proportion in the regional French-speaking majority population. This proportion is lower than the level for English-speaking children across the province.
- In MRC Les Appalaches, we find 85 English-speaking children aged 0-14 where they represent 17.7% of the population. This share is much higher than that exhibited by English-speaking children across the Chaudière-Appalaches region. The proportion of children in the territory's English-speaking population is much higher than the share in the MRC Les Appalaches French-speaking majority population.



### Seniors (aged 65 and over)

- Across Québec, there were 159,670 English-speaking seniors aged 65+ representing 14.5% of the English-speaking population. The proportion of seniors in the English-speaking population is lower than that found in the French-speaking majority population in Quebec.
- In 2016, there were 635 English-speaking seniors aged 65+ living in the Chaudière-Appalaches region where they accounted for 16.9% of the population. This share is higher than that of English-speaking seniors across the province. The proportion of seniors in the regional English-speaking population is lower than the proportion in the French-speaking majority population.
- In MRC Les Appalaches, we find 65 English-speaking seniors aged 65+ where they account for 13.5% of the population. This share is lower than that of English-speaking seniors across the Chaudière-Appalaches region. The proportion of seniors in the English-speaking population is much lower than the proportion in the French-speaking majority population in the MRC Les Appalaches.

## Income

Long-standing and substantial research provides evidence that income and social status are key determinants of the level of health and well-being experienced by communities and their members. Low-income Canadians are more likely to die earlier and to suffer more illnesses than Canadians with higher incomes, regardless of age, sex, race and place of residence.<sup>3</sup> For vulnerable low-income households, language barriers in access to public health services loom large as they cannot afford private care services nor are they likely to have access to work-related benefits or private insurance coverage. Studies also suggest that the distribution of income in a given society may be a more important determinant of health than the total amount of income earned by society members. Large gaps in income distribution lead to increases in social problems and poorer health among the population as a whole<sup>4</sup>.

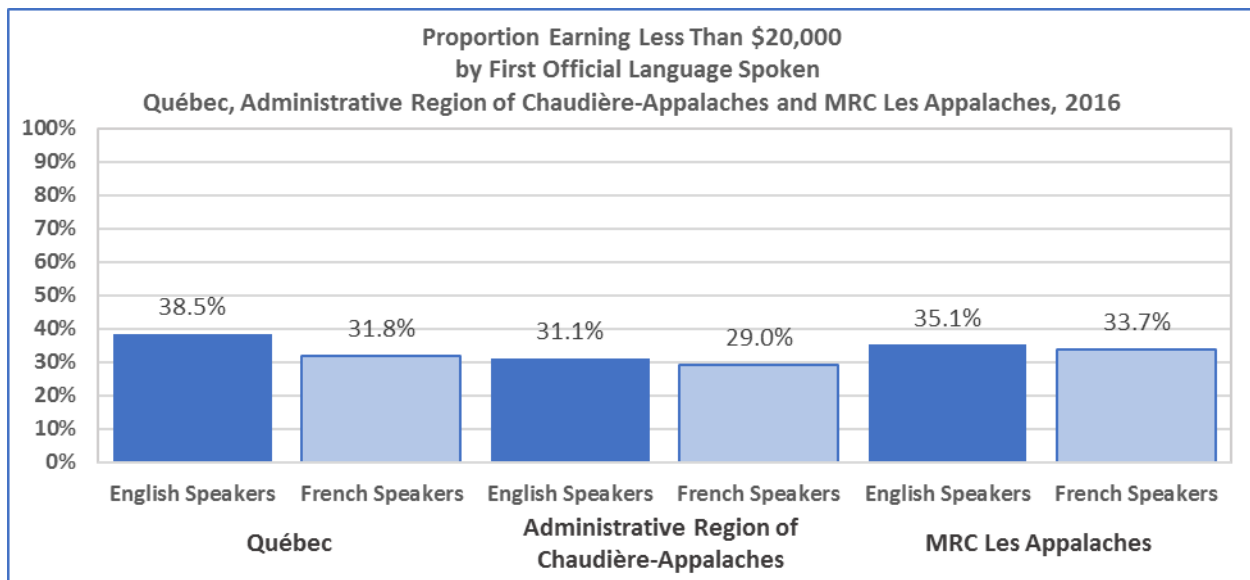
**Table 3 - Income**

Population by Income Group	Québec		Administrative Region of Chaudière- Appalaches		MRC Les Appalaches	
	English	French	English	French	English	French
Total Population 15+	932,835	5,652,215	3,285	335,055	385	34,545
Less than \$20,000	359,020	1,799,170	1,020	97,295	135	11,650
\$20,000 - \$49,999	328,605	2,235,010	1,310	145,920	140	16,300
\$50,000 +	245,210	1,618,025	955	91,830	95	6,585
Total Population 15+	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Less than \$20,000	38.5%	31.8%	31.1%	29.0%	35.1%	33.7%
\$20,000 - \$49,999	35.2%	39.5%	39.9%	43.6%	36.4%	47.2%
\$50,000 +	26.3%	28.6%	29.1%	27.4%	24.7%	19.1%

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

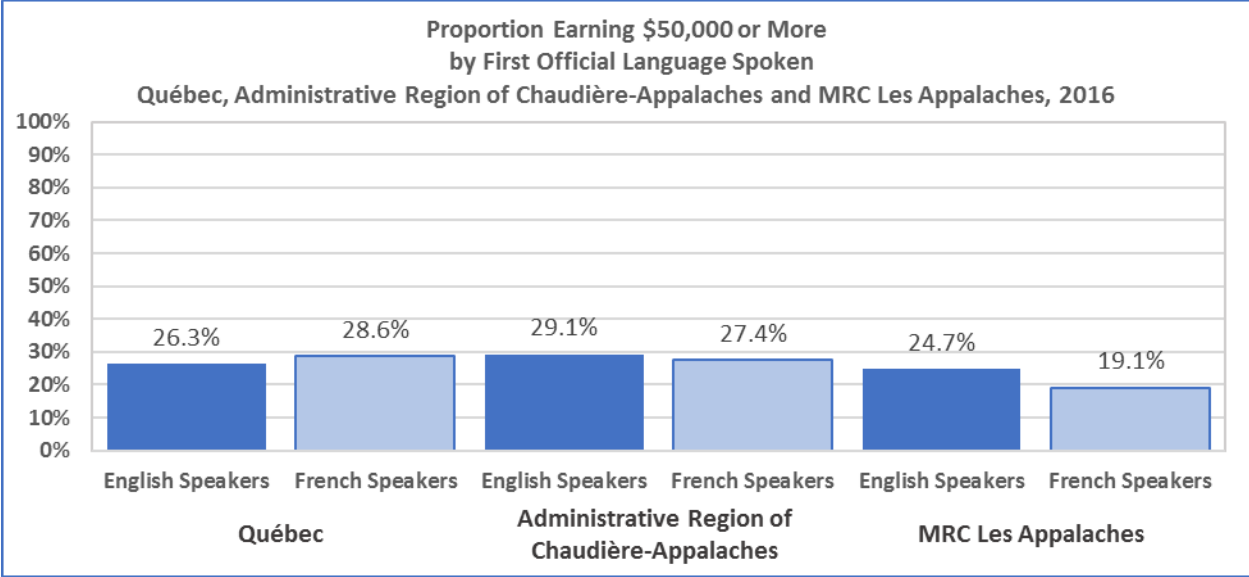
<sup>3</sup> Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> Accessed March 2014.

<sup>4</sup> *Ibid.*



### Income under \$20k

- Across Québec in 2016, there were 359,020 English speakers aged 15+ with income under \$20k. This group represents 38.5% of the English-speaking population aged 15+. The proportion of English speakers with income under \$20k is much higher than that found in the French-speaking majority population in Quebec.
- In 2016, there were 1,020 English speakers aged 15+ with income under \$20k in the Chaudière-Appalaches region where they represent 31.1% of the English-speaking population aged 15 and over. This share is lower than that displayed by the provincial English-speaking population. The proportion of those with income under \$20k in the region's English-speaking population is higher than the proportion in the French-speaking majority population.
- In MRC Les Appalaches, we find 135 English speakers aged 15+ with income under \$20k where they account for 35.1% of the population. This share is higher than that experienced by English speakers across the Administrative Region of Chaudière-Appalaches. The proportion of those with income under \$20k in the territory's English-speaking population is similar to the proportion for the French-speaking majority population in MRC Les Appalaches.



**Earning \$50k and over**

- Across Québec, there were 245,210 English speakers aged 15+ with a total income of \$50k or more, who represented 26.3% of the English-speaking population in that age group. The proportion of high earners in the English-speaking population is lower than that found in the French-speaking majority population in Quebec.
- In 2016, there were 955 English speakers aged 15+ with a total income of \$50k or more living in the Chaudière-Appalaches region, where they represented 29.1% of the population. This proportion was higher than the proportion of English-speaking high earners across the province. The proportion of high earners in the regional English-speaking population is higher than the share of high earners in the French-speaking majority population in the region.
- In MRC Les Appalaches, we find 95 English-speaking high earners aged 15+, where they represent 24.7% of the population. This share is lower than that experienced by English-speaking high earners across the Chaudière-Appalaches region. The proportion of high earners in the territory's English-speaking population is much higher than the proportion of high earners in the territory's French-speaking majority population.

## Household Living Arrangements

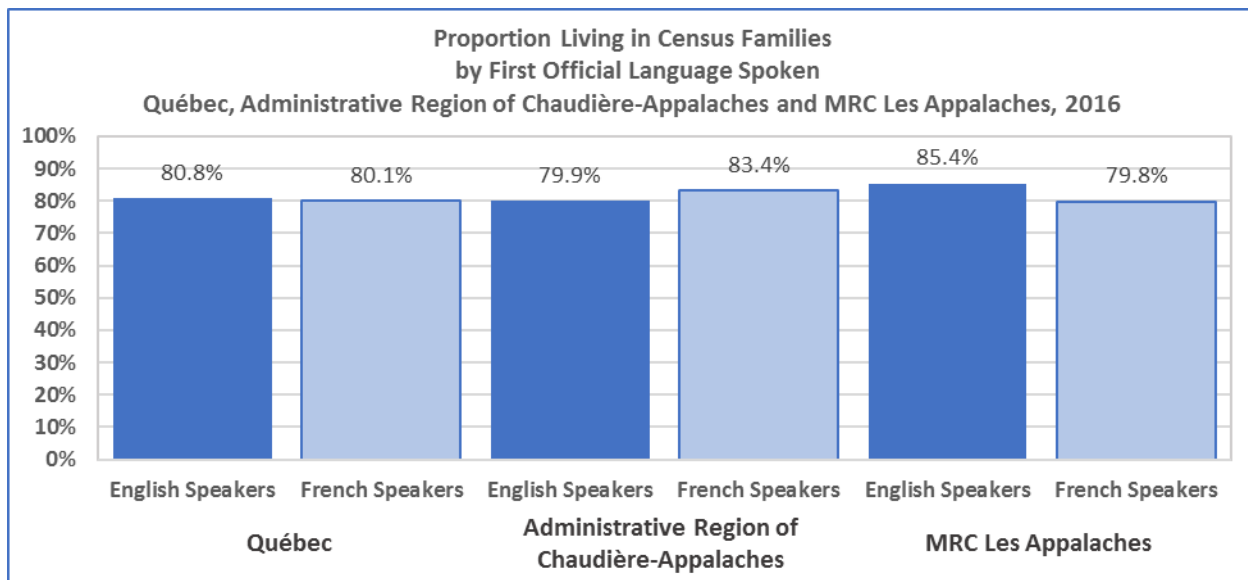
Household living arrangements may be used as an indicator of groups within a population who are vulnerable to a poor health status. For example, the Quebec Social and Health Survey (1998) revealed that parents of minors living in lone parent households were more likely to report food insecurity, high levels of psychological distress and having more than one health problem compared to parents with other household arrangements.<sup>5</sup> Individuals living alone may lack the important health benefits of a strong support network in the event of activity limitations due to illness or aging.

**Table 4 - Population by Household Living Arrangements**

Population by Household Living Arrangements	Québec		Administrative Region of Chaudière- Appalaches		MRC Les Appalaches	
	English	French	English	French	English	French
Total - Household living arrangements	1,097,925	6,795,280	3,755	404,685	480	40,275
Total persons in census family households	886,705	5,443,560	3,000	337,330	410	32,155
Persons in two-parent households	750,650	4,640,895	2,620	297,605	355	28,240
Persons in single-parent households	136,050	802,660	375	39,720	50	3,915
Total persons in non-census family households	211,215	1,351,720	755	67,355	65	8,125
Living alone	146,855	1,021,795	550	55,740	55	7,040
Total - Household living arrangements	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total persons in census family households	80.8%	80.1%	79.9%	83.4%	85.4%	79.8%
Persons in two-parent households	68.4%	68.3%	69.8%	73.5%	74.0%	70.1%
Persons in single-parent households	12.4%	11.8%	10.0%	9.8%	10.4%	9.7%
Total persons in non-census family households	19.2%	19.9%	20.1%	16.6%	13.5%	20.2%
Living alone	13.4%	15.0%	14.6%	13.8%	11.5%	17.5%

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

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

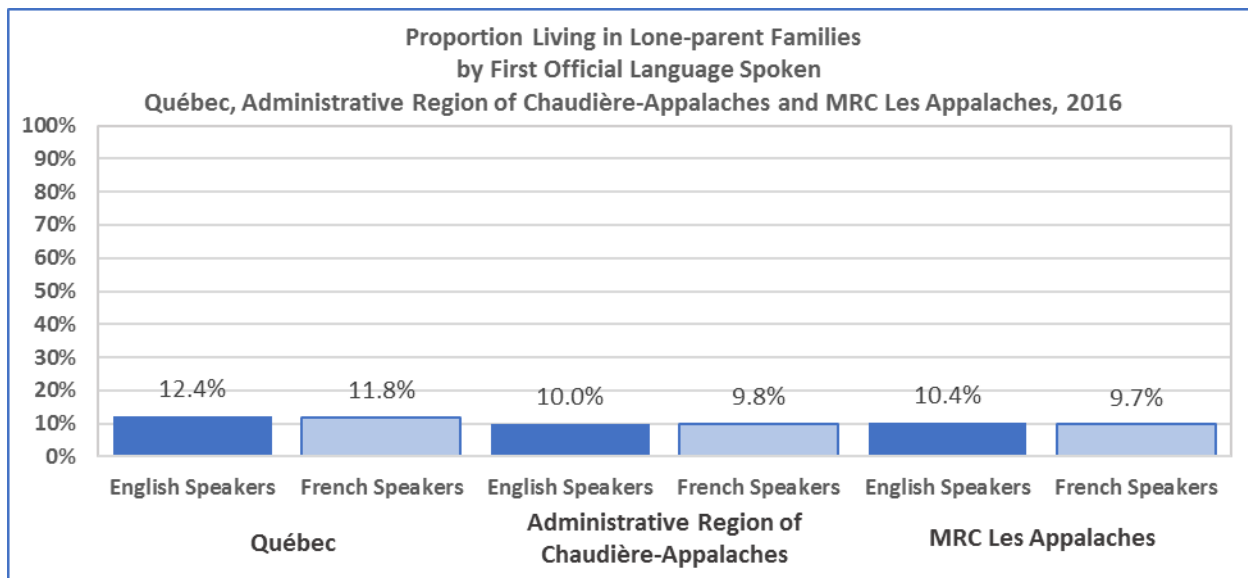


### Living in census families<sup>6</sup>

- Across Québec, there were 886,705 English speakers living in census family households. This group represents 80.8% of the 15+ English-speaking population. The proportion of English speakers living in census family households is similar to that found in the French-speaking majority population in Quebec.
- In 2016, there were 3,000 English speakers living in census family households in the Chaudière-Appalaches region where they comprise 79.9% of the population. This share is similar to that displayed by the provincial English-speaking population. The proportion of those living in census family households in the regional English-speaking population is similar to the proportion in the regional French-speaking majority population.
- In MRC Les Appalaches, we find 410 English speakers living in census family households where they account for 85.4% of the population. This share is higher than that accounted for by English speakers across the Chaudière-Appalaches region. The proportion of persons living in census family households in the English-speaking population is higher than the proportion represented by the French-speaking majority population in MRC Les Appalaches.

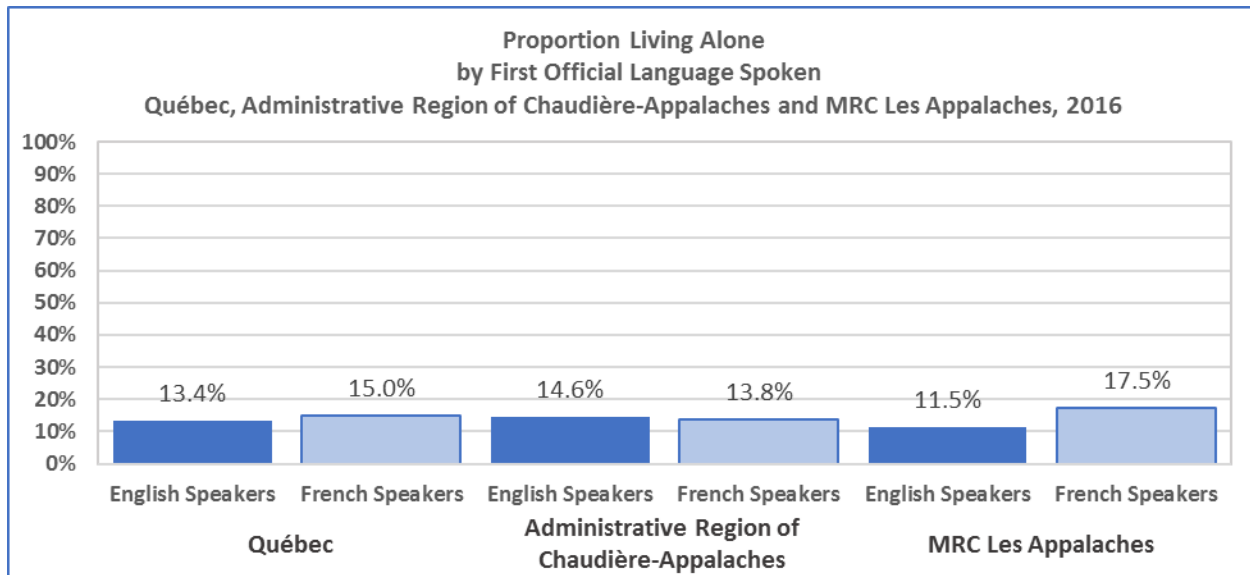
<sup>6</sup> Under Statistics Canada's terminology, a census family refers "a married couple (with or without children of either and/or both spouses), a common-law couple (with or without children of either and/or both partners) or a lone parent of any marital status, with at least one child. A couple may be of opposite sex or same sex. 'Children' in a census family include grandchildren living with their grandparent(s) but with no parents present." (<http://www12.statcan.gc.ca/nhs-enm/2011/ref/dict/99-000-x2011001-eng.pdf>)





### Living in lone-parent families

- Across Québec, there were 136,050 English speakers living in lone-parent families. This group represents 12.4% of the English-speaking population. The proportion of English speakers living in lone-parent families is similar to the proportion found in the French-speaking majority population in Quebec.
- In 2016, there were 375 English speakers living in lone-parent families in the Chaudière-Appalaches region where they account for 10.0% of the population. The proportion of those living in lone-parent families in the regional English-speaking population is similar to the proportion found in the regional French-speaking majority population. The proportion is lower than that found in the provincial English-speaking population.
- In MRC Les Appalaches, we find 50 English speakers living in lone-parent families where they represent 10.4% of the population. This is higher than the proportion represented by the French-speaking majority population in MRC Les Appalaches. The proportion of English speakers living in lone-parent families in MRC Les Appalaches is similar to the proportion we find for English speakers across the Chaudière-Appalaches region.



### Living alone

- Across Québec, there were 146,855 English speakers living alone. This group represents 13.4% of the English-speaking population. The proportion of English speakers living alone is lower than the level in the French-speaking majority population in Québec.
- In 2016, there were 550 English speakers living alone in the Chaudière-Appalaches region, where they account for 14.6% of the population. This level is higher than that displayed by the provincial English-speaking population. The proportion of those living alone in the regional English-speaking population is higher than the proportion found in the regional French-speaking majority population.
- In MRC Les Appalaches we find 55 English speakers living alone, where they represent 11.5% of the population. This share is much lower than that exhibited by English speakers across the Chaudière-Appalaches region. The proportion of those living alone in the territory's English-speaking population is much lower than the proportion exhibited by the French-speaking majority population in MRC Les Appalaches.

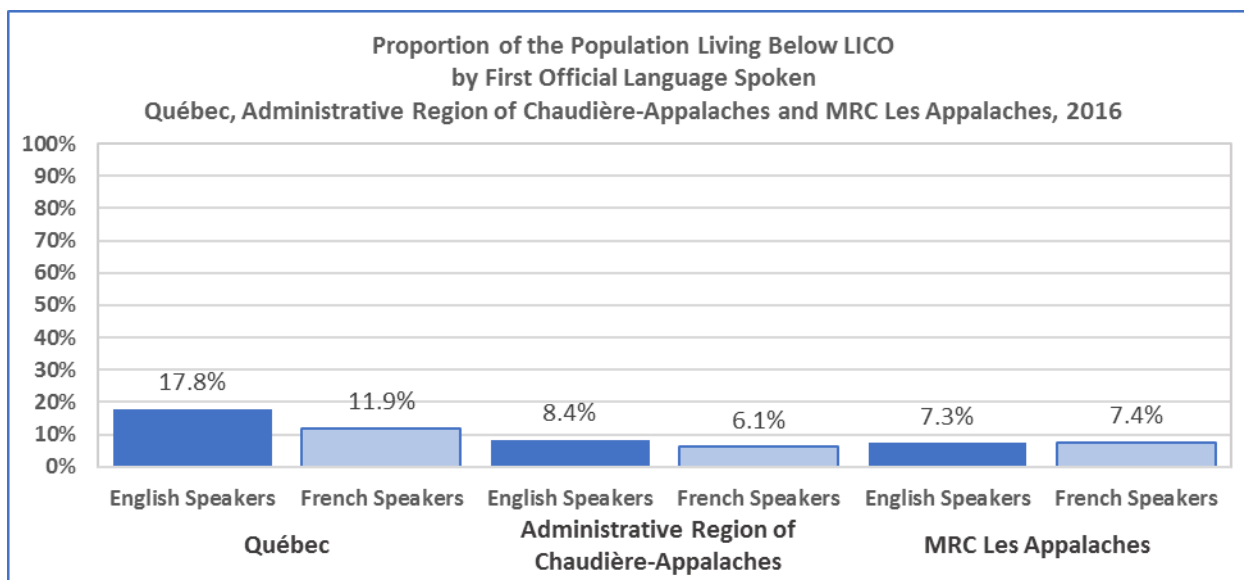
## Low-Income Cut-off

Although there is no official measure of poverty in Canada, the Statistics Canada measure of Low-income cut-offs (LICO) is probably the best known. Commonly known as the “poverty line”, LICO uses the income levels of a given family and considers how large a share of its income is spent on necessities such as food, shelter and clothing. If the amount a family spends is 20% higher than an average family in a year, it falls into the low-income cut-off category. People who live below-income cut-offs may be said to live in “straitened circumstances.”<sup>7</sup> The following table considers the population living below LICO by language, administrative territory and age group.

**Table 5 - Population Living Below LICO, Within Age Groups**

Population Living Below the Low-Income Cut-off (LICO), Across Age Groups	Québec		Administrative Region of Chaudière- Appalaches		MRC Les Appalaches	
	English	French	English	French	English	French
Total - Age groups	195,300	811,110	315	24,830	35	2,965
<b>Proportion of those below LICO across age groups</b>						
Total - Age groups	17.8%	11.9%	8.4%	6.1%	7.3%	7.4%
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French. The percentages given here compare the number below LICO in a given age group with the total number in that age group as presented in 'Table 2 - Age Structure of the Population' of this document.						

<sup>7</sup> See “Low income cut-offs” (dated 2015-11-2) <https://www.statcan.gc.ca/pub/75f0002m/2012002/lico-sfr-eng.htm> for explanation of how LICOs are calculated.



### Population living below the low-income cut-off (LICO)

- Across Québec, there were 195,300 English speakers living below LICO. This group accounts for 17.8% of the English-speaking population. The proportion of English speakers living below LICO is much higher than the proportion in the French-speaking majority population in Quebec.
- In 2016, there were 315 English speakers living below LICO in the Chaudière-Appalaches region, where they represent 8.4% of the regional English-speaking population. The proportion of those living below LICO in the regional English-speaking population is much higher than the proportion found in the regional French-speaking majority population. This English-speaking regional proportion in Chaudière-Appalaches is much lower than the proportion for Quebec's English speakers in general.
- In MRC Les Appalaches, we find 35 English speakers living below LICO, where they represent 7.3% of the English-speaking population. This level is similar to the proportion for the French-speaking majority population in the same territory. The proportion of those living below LICO in the territory's English-speaking population is lower than the proportion for English speakers across Chaudière-Appalaches.

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

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

## Highest Educational Attainment

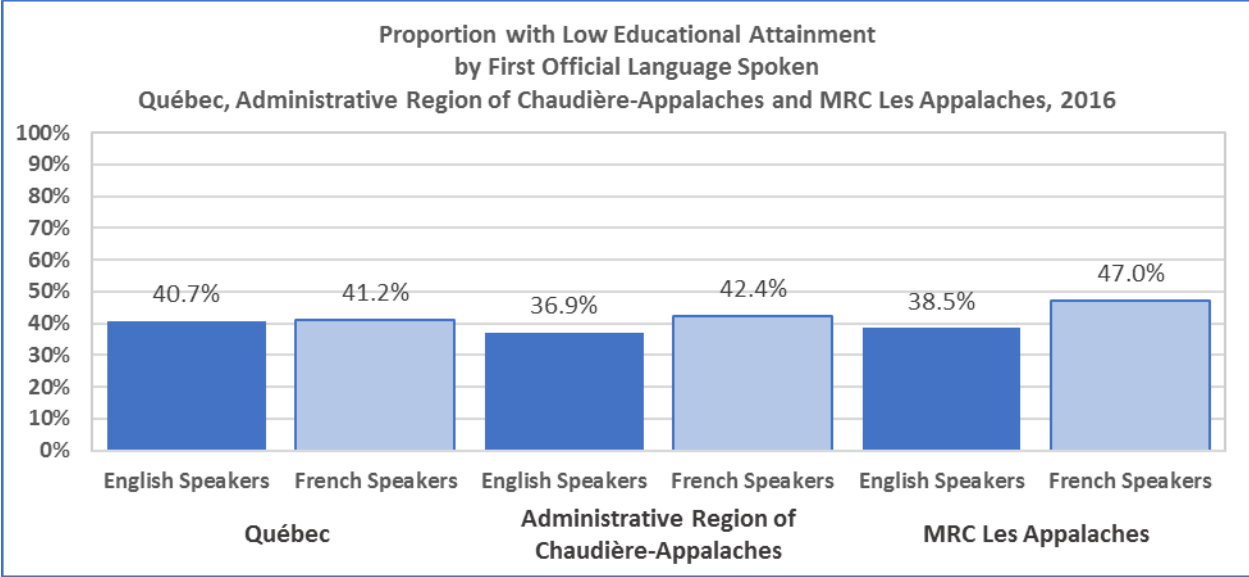
In many ways, education is an important determinant of the health status of a community. In Canada, the level of education achieved by an individual tends to be an indicator of social status, and ideally, a predictor of economic opportunity. The overall level of health literacy and preventative health practice enjoyed by a community also tends to be associated with the years of schooling by those included among its members<sup>8</sup>.

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

Total Population by Highest Educational Certification		Québec		Administrative Region of Chaudière-Appalaches		MRC Les Appalaches	
		English	French	English	French	English	French
Total	Total	932,840	5,652,215	3,290	335,050	390	34,540
	25-44 years	320,930	1,728,440	1,000	96,085	120	8,010
	45-64 years	305,775	1,995,460	1,235	121,575	160	12,615
High school diploma or less	Total	380,050	2,328,625	1,215	142,190	150	16,240
	45-64 years	116,390	758,965	435	48,655	70	5,205
Apprenticeship or trades certificate or diploma	Total	85,385	1,033,655	510	75,125	100	8,395
	25-44 years	31,555	392,520	215	28,915	50	2,775
	45-64 years	31,920	409,675	205	29,890	35	3,585
College, CEGEP or other non-university certificate or diploma	Total	164,800	998,740	625	61,130	75	5,830
	25-44 years	58,180	349,000	210	21,905	30	1,730
University certificate, diploma or degree at bachelor level or above	Total	275,800	1,082,680	815	46,280	55	3,210
	45-64 years	89,255	378,675	310	15,655	25	1,005
High school diploma or less	Total	40.7%	41.2%	36.9%	42.4%	38.5%	47.0%
	45-64 years	38.1%	38.0%	35.2%	40.0%	43.8%	41.3%
Apprenticeship or trades certificate or diploma	Total	9.2%	18.3%	15.5%	22.4%	25.6%	24.3%
	25-44 years	9.8%	22.7%	21.5%	30.1%	41.7%	34.6%
	45-64 years	10.4%	20.5%	16.6%	24.6%	21.9%	28.4%
College, CEGEP or other non-university certificate or diploma	Total	17.7%	17.7%	19.0%	18.2%	19.2%	16.9%
	25-44 years	18.1%	20.2%	21.0%	22.8%	25.0%	21.6%
University certificate, diploma or degree at bachelor level or above	Total	29.6%	19.2%	24.8%	13.8%	14.1%	9.3%
	45-64 years	29.2%	19.0%	25.1%	12.9%	15.6%	8.0%

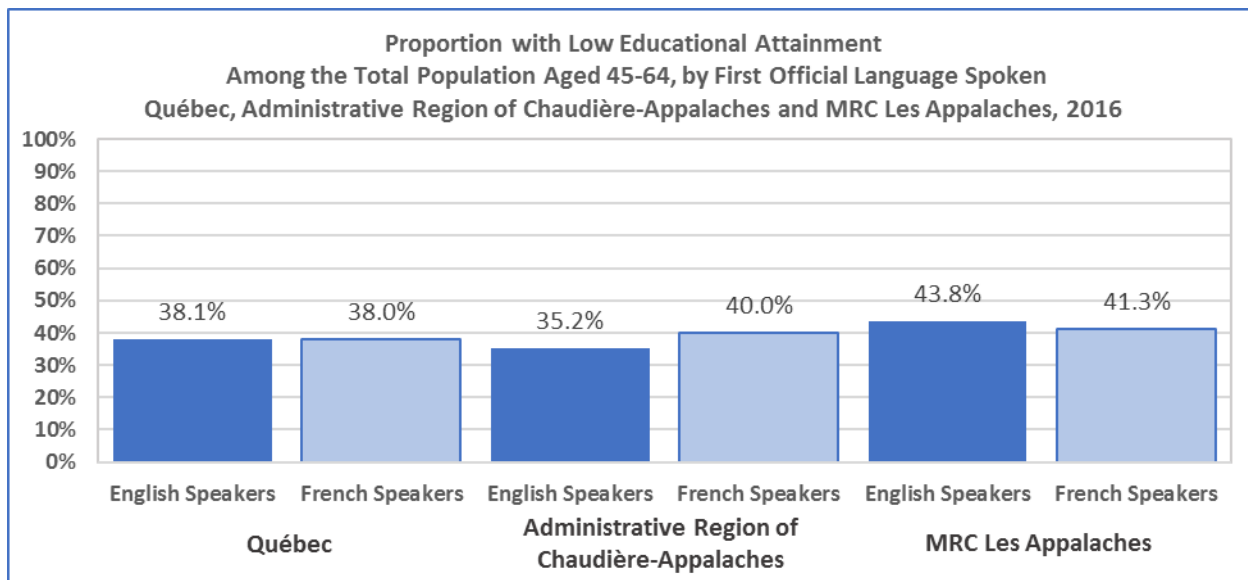
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

<sup>8</sup> For further discussion of education as a health determinant and the Population Health Model see J. Carter, *A Community Guide to the Population Health Approach*. Community Health and Social Services Network (CHSSN), [www.chssn.org](http://www.chssn.org), March 2003. See Also, D. Raphael. (ed.) (2009) *Social Determinants of Health: Canadian Perspectives*, 2<sup>nd</sup> edition. Toronto: Canadian Scholar's Press.



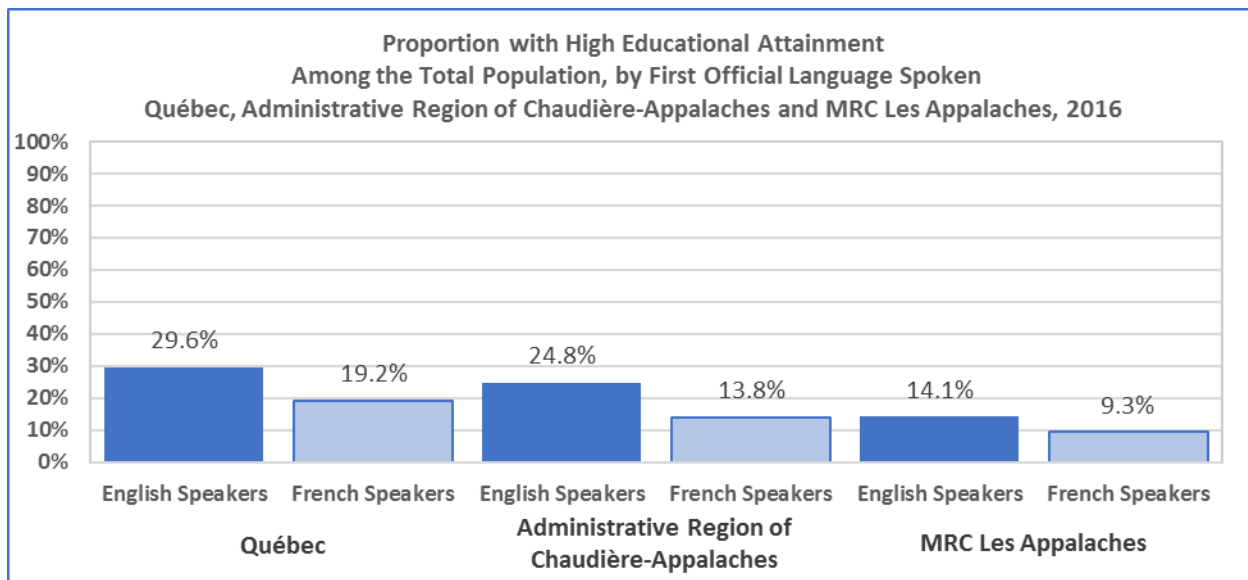
**Population aged 15+, high school diploma or less**

- Across Québec, there were 380,050 English speakers aged 15 and over with a high school diploma or less. This group accounts for 40.7% of the English-speaking population aged 15 and over. The proportion of English speakers aged 15 and over with a high school diploma or less is similar to the level found in the French-speaking majority population aged 15 and over in Quebec.
- In 2016, there were 1,215 English speakers aged 15 and over with a high school diploma or less in the Chaudière-Appalaches region where they account for 36.9% of the regional English-speaking population aged 15 and over. The proportion of those aged 15 and over with a high school diploma or less in the regional English-speaking population is lower than the proportion in the regional French-speaking majority population. The level for the English-speaking regional proportion is lower than that exhibited by English speakers across the province.
- In MRC Les Appalaches, we find 150 English speakers aged 15 and over with a high school diploma or less where they represent 38.5% of the English-speaking population aged 15 and over. This level is lower than the proportion exhibited by the French-speaking majority population aged 15 and over in the same territory. The proportion of those aged 15 and over with a high school diploma or less in the English-speaking population is similar to the proportion exhibited by the English speakers across the Chaudière-Appalaches region.



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

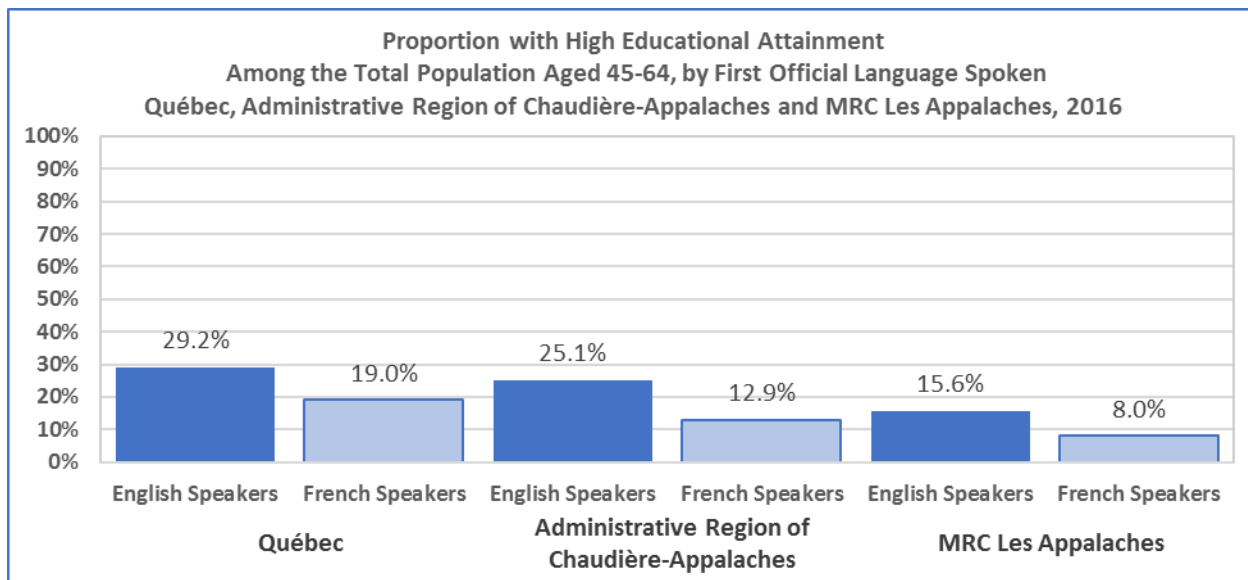
- In Québec in 2016, there were 116,390 English-speaking aged 45-64 with a high school diploma or less. This group represents 38.1% of the English-speaking population. The proportion of English speakers aged 45-64 with a high school diploma or less is similar to that found in the same age cohort in the French-speaking majority population in Quebec.
- In 2016, there were 435 English speakers aged 45-64 with a high school diploma or less in the Chaudière-Appalaches region where they account for 35.2% of the regional English-speaking population. The proportion of those aged 45-64 with a high school diploma or less in the regional English-speaking population is lower than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is lower than that exhibited by the province's English speakers.
- In MRC Les Appalaches, we find 70 English speakers aged 45-64 with a high school diploma or less where they comprise 43.8% of the English-speaking population. This is higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 45-64 with a high school diploma or less in the territory's English-speaking population is much higher than the proportion exhibited by English speakers across the region.



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

- In Québec in 2016, there were 275,800 English-speaking aged 15 and over with a university degree or higher. This group represents 29.6% of the English-speaking population. The proportion of English speakers aged 15 and over with a university degree or higher is much higher than that found in the same age cohort in the French-speaking majority population in Québec.
- In 2016, there were 815 English speakers aged 15 and over with a university degree or higher in the Chaudière-Appalaches region where they account for 24.8% of the regional English-speaking population. The proportion of those aged 15 and over with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is lower than that exhibited by the province's English speakers.
- In MRC Les Appalaches, we find 55 English speakers aged 15 and over with a university degree or higher where they represent 14.1% of the English-speaking population. This is much higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 15 and over with a university degree or higher in the territory's English-speaking population is much lower than the proportion exhibited by English speakers across the region.





### Population 45-64, university degree or higher

- In Québec in 2016, there were 89,255 English speakers aged 45-64 with a university degree or higher. This group represents 29.2% of the English-speaking population. The proportion of English speakers aged 45-64 with a university degree or higher is much higher than that found in the same age cohort in the French-speaking majority population in Québec.
- In 2016, there were 310 English speakers aged 45-64 with a university degree or higher in the Chaudière-Appalaches region where they represent 25.1% of the regional English-speaking population. The proportion of those aged 45-64 with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is lower than that exhibited by the province's English speakers.
- In MRC Les Appalaches, we find 25 English speakers aged 45-64 with a university degree or higher where they comprise 15.6% of the English-speaking population. This level is much higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 45-64 with a university degree or higher in the territory's English-speaking population is much lower than the proportion exhibited by English speakers across the region.

## Labour Force Activity

The rate and type of labour force participation experienced by a community and its members is strongly associated with health status. In industrial nations like Canada, labour force activity is linked with level of income as well as the level of social integration enjoyed by a group.

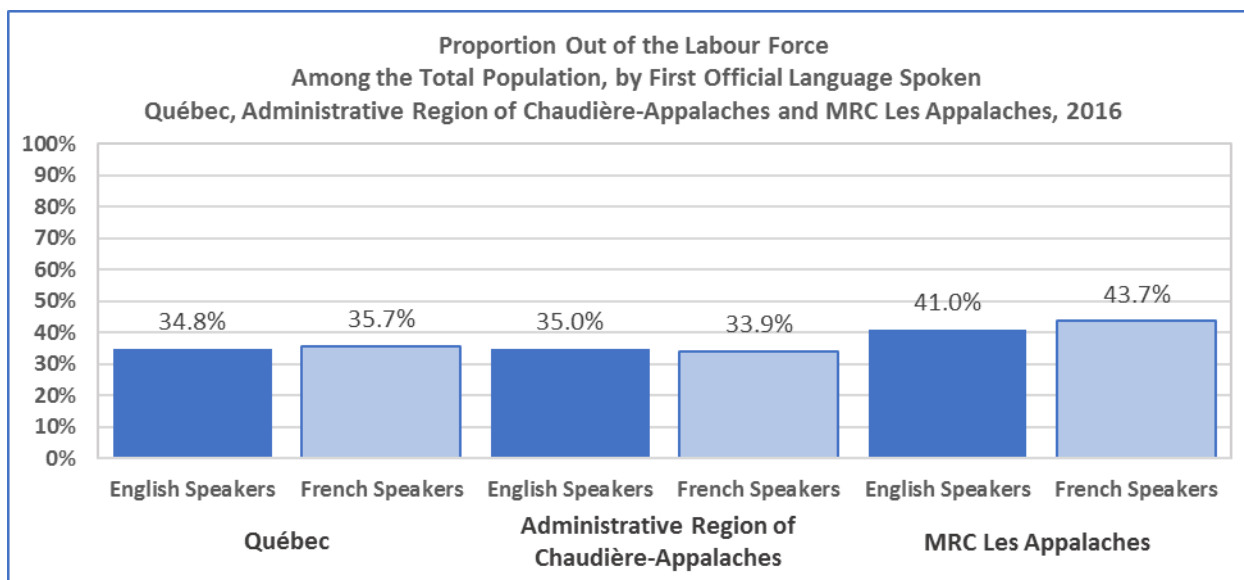
Employment is an important source of social identity and a key context for the establishment of a social support network that extends beyond the workplace. For an individual, work is an important source of the self-esteem and sense of control typically associated with good mental health.<sup>9</sup>

**Table 8 - Labour Force Activity**

Total Population by Labour Force Activity	Québec		Administrative Region of Chaudière- Appalaches		MRC Les Appalaches	
	English	French	English	French	English	French
Total - Labour force activity	932,840	5,652,215	3,290	335,050	390	34,540
In the labour force	608,050	3,636,980	2,145	221,405	225	19,460
Employed	553,945	3,386,575	2,020	211,530	220	18,530
Out of the labour force	324,790	2,015,230	1,150	113,650	160	15,080
Total - Labour force activity	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
In the labour force	65.2%	64.3%	65.2%	66.1%	57.7%	56.3%
Employed	91.1%	93.1%	94.2%	95.5%	97.8%	95.2%
Unemployed	8.9%	6.9%	5.8%	4.5%	4.4%	4.8%
Out of the labour force	34.8%	35.7%	35.0%	33.9%	41.0%	43.7%

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

<sup>9</sup> For further discussion of employment and working conditions as health determinants and the Population Health Model see J. Carter, A Community Guide to the Population Health Approach, Community Health and Social Services Network (CHSSN), [www.chssn.org](http://www.chssn.org), March 2003. See also D. Raphael (ed.) (2009) Social Determinants of Health: Canadian Perspectives, 2<sup>nd</sup> Edition. Toronto: Canadian Scholar's Press.



### Out of the labour force<sup>10</sup>

- Across Québec in 2016, there were 324,790 English speakers out of the labour force in 2016. This group represents 34.8% of the English-speaking population aged 15+. The proportion of English speakers out of the labour force is similar to that found in the French-speaking majority population in Quebec aged 15 and over.
- In 2016, there were 1,150 English speakers out of the labour force in the Chaudière-Appalaches region where they comprise 35.0% of the regional English-speaking population aged 15+. The proportion of those out of the labour force in the regional English-speaking population is similar to the proportion in the regional French-speaking majority population. This English-speaking regional proportion is similar to that exhibited by the provincial English-speaking population.
- In MRC Les Appalaches, we find 160 English speakers out of the labour force where they account for 41.0% of the English-speaking population. This is lower than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those out of the labour force in the territory's English-speaking population is higher than the proportion exhibited by English speakers across the Chaudière-Appalaches region.

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

**Appendix A – English speakers and French speakers by Administrative Region and MRC<sup>11</sup>**

Number and Proportion of English and French Speakers Administrative Region of Chaudière-Appalaches and its MRC's, 2016				
Geography	Total Population	French Speakers	English Speakers	Proportion of English Speakers
Administrative Region of Chaudière-Appalaches	408,615	404,685	3,755	0.9%
MRC L'Islet	17,240	17,185	55	0.3%
MRC Montmagny	22,045	21,915	115	0.5%
MRC Bellechasse	36,045	35,765	260	0.7%
MRC La Nouvelle-Beauce	35,855	35,585	240	0.7%
MRC Robert-Cliche	18,525	18,325	195	1.1%
MRC Les Etchemins	15,990	15,875	110	0.7%
MRC Beauce-Sartigan	50,890	50,425	440	0.9%
MRC Les Appalaches	40,760	40,275	480	1.2%
MRC Lotbinière	31,025	30,765	240	0.8%
MRC Lévis	140,250	138,570	1,620	1.2%

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

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

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