
DEMOGRAPHIC PROFILES OF ENGLISH-SPEAKING COMMUNITIES RTS DE L'ESTRIE – CHU DE SHERBROOKE & RLS DU HAUT-SAINT-FRANÇOIS (0518)

BASED ON THE 2016 CENSUS OF CANADA

BASELINE DATA REPORT SERIES 2017-2018
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Community Health and Social Services Network



Contents

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

Introduction

About the 2017-2018 report series

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

Baseline Data Report Series

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

Determinants of Health

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

Language Barriers

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

¹ Public Health Agency of Canada. "What Determines Health?" www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php
Accessed March 2014.

Suggested Readings

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

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

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

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

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

Methodological Notes

Data Source

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

Linguistic definitions

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

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

Geographic Regions

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

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

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

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

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

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

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

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

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

Demographic and Socio-economic Characteristics

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

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

Statistics Canada Definitions

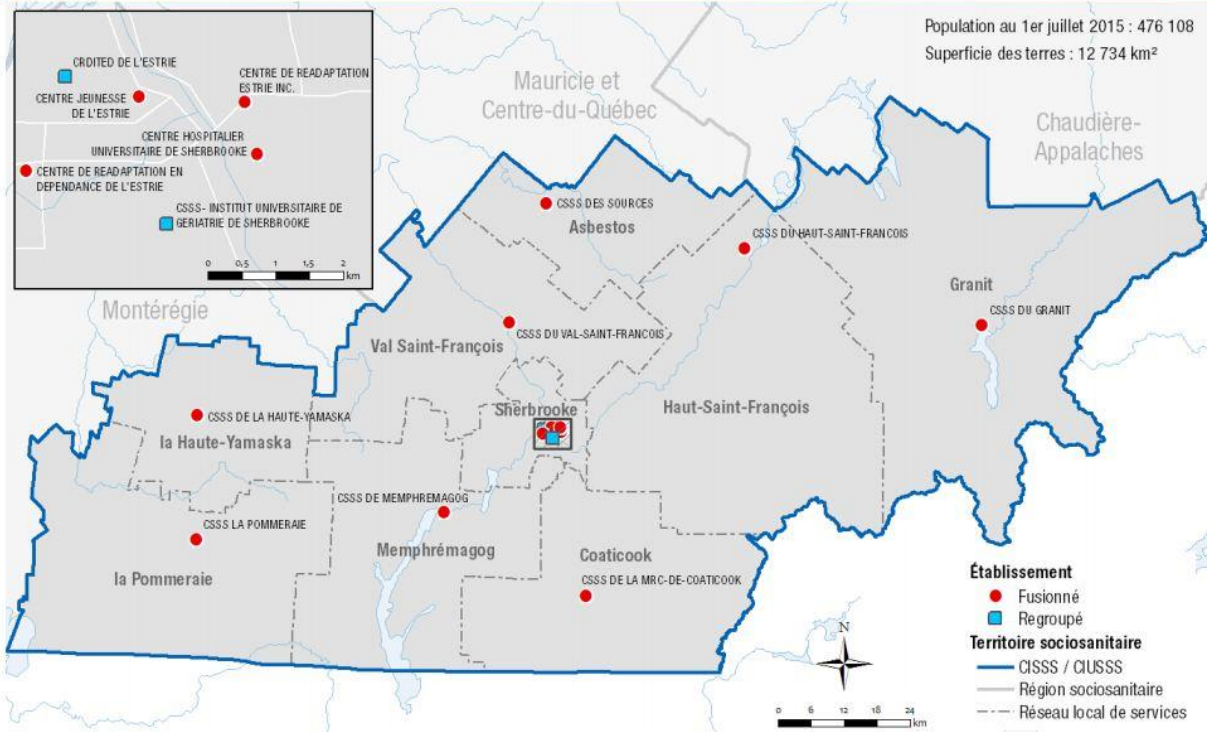
While for the most part the meaning of demographic and administrative terms are clarified as they arise in the report, the online Statistics Canada dictionary for the 2016 Census may also be consulted.

Map of the Territory

FICHE TECHNIQUE

05

Région de l'Estrie
Établissements fusionnés et regroupés



Series of Tables – Demographic Characteristics

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

Demographic Size

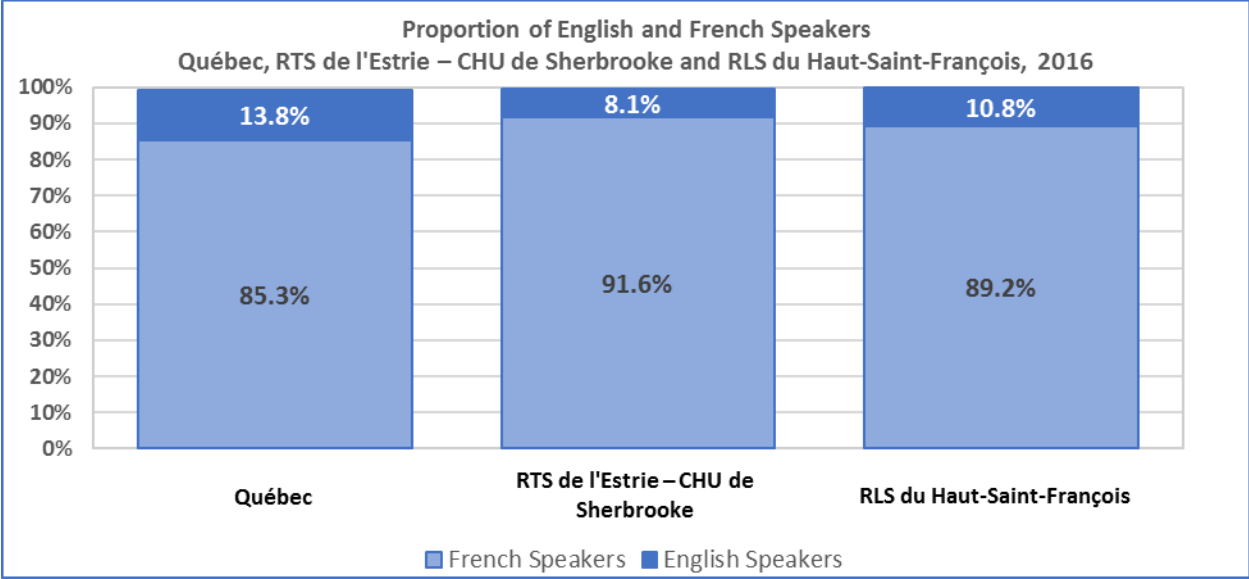
Quebec’s English speakers form one of Canada’s official language minority groups. Studies have confirmed that language barriers affect access and quality of care for linguistic minority communities. Obstacles to communication can reduce recourse to preventative services; increase consultation time including the number of tests and the possibility of diagnostic and treatment errors; affect the quality of services requiring effective communication such as social services; reduce the probability of treatment compliance and reduce users’ satisfaction with the services received.³ In the complex context of a medical situation, where the communication between care provider and patient is a key factor in the achievement of a positive health outcome, it is not surprising that the language spoken most often is considered the most effective. The treatment by health professionals of sensitive issues such as cancer, addiction, or depression, requires ease of communication as a feature of building trust and offering comfort to patients.

Table 1 - Population Size

Size of Population		Québec	RTS de l’Estrie – CHU de Sherbrooke	RLS du Haut-Saint-François
FOLS - English speakers	number	1,097,925	37,015	2,365
	percentage	13.8%	8.1%	10.8%
FOLS - French speakers	number	6,795,280	420,840	19,525
	percentage	85.3%	91.6%	89.2%
Total population	number	7,965,450	459,315	21,890
	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.

³ See Bowen, S. (2001). Language Barriers in Access to Health Care, Ottawa: Health Canada. And, Bowen, S. et al. (2010). From ‘multicultural health’ to ‘knowledge translation’ – rethinking strategies to promote language access within a risk management framework. *The Journal of Specialized Translation (Jostrans)*, Issue 14, http://www.jostrans.org/issue14/art_bowen.php. See also, Jacobs, E, and A. Chen, L. Karliner, N. Agger-Gupta & S. Mutha. (2006). “The Need for More Research on Language Barriers in Health Care: A Proposed Research Agenda”. *The Millbank Quarterly*, Vol. 84, No. 1, pp. 111-133.



- Across Québec, there were 1,097,925 English speakers, representing 13.8% of the provincial population.
- In 2016, there were 37,015 English speakers living in the RTS de l'Estrie – CHU de Sherbrooke region where they represented 8.1% of the population. This share is much lower than the overall provincial share for English speakers.
- In RLS du Haut-Saint-François, we find 2,365 English speakers where they represented 10.8% of the population. This proportion is much higher than that represented by English speakers across the RTS de l'Estrie – CHU de Sherbrooke territory.

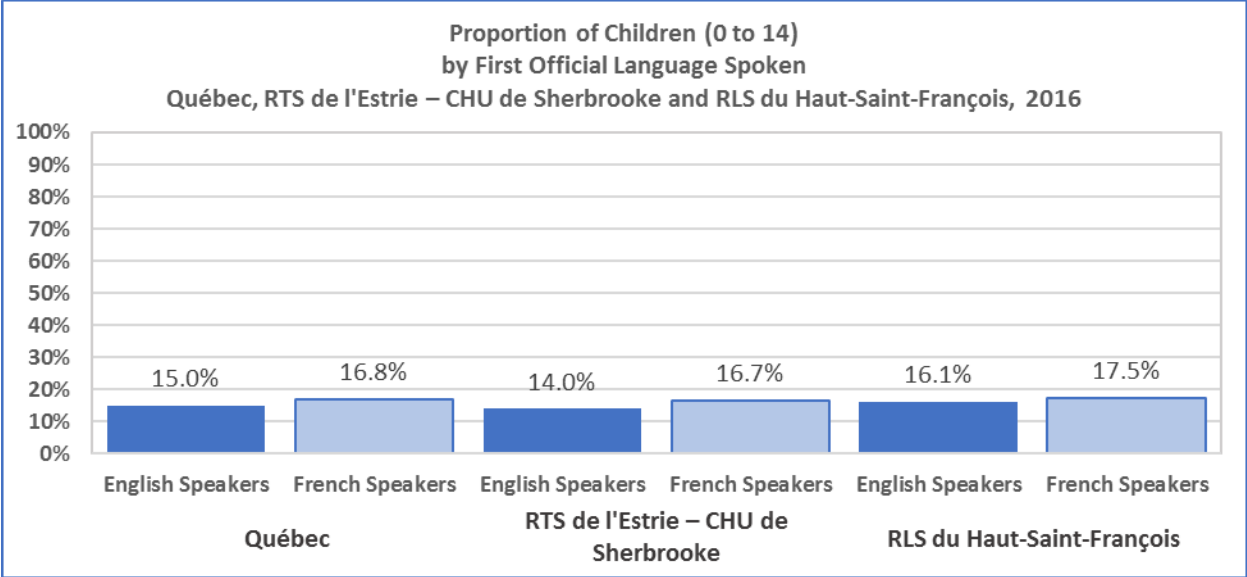
Age Structure

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

Table 2 - Age Structure of the Population

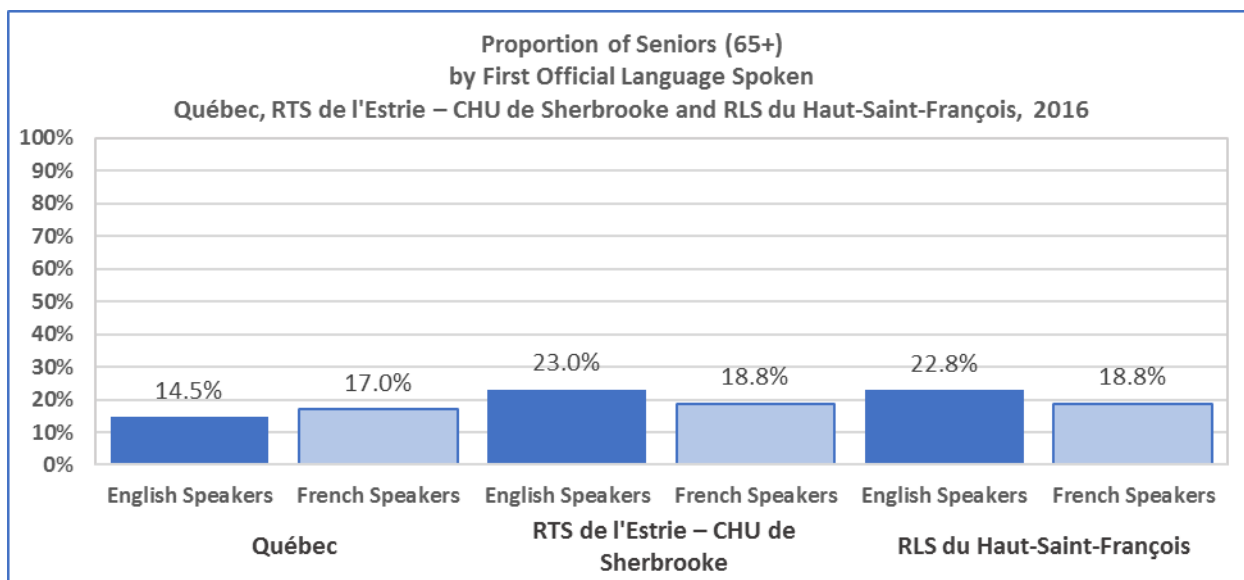
Age Structure of the Population	Québec		RTS de l'Estrie – CHU de Sherbrooke		RLS du Haut-Saint-François	
	English	French	English	French	English	French
Total - Age groups	1,097,925	6,795,280	37,015	420,840	2,365	19,525
0-14 years	165,085	1,143,060	5,175	70,270	380	3,415
15-24 years	146,460	776,310	4,350	47,930	260	1,900
25-44 years	320,930	1,728,440	8,005	97,885	440	4,480
45-64 years	305,775	1,995,460	10,975	125,470	750	6,055
65+ years	159,670	1,152,005	8,505	79,285	540	3,670
Total - Age groups	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
0-14 years	15.0%	16.8%	14.0%	16.7%	16.1%	17.5%
15-24 years	13.3%	11.4%	11.8%	11.4%	11.0%	9.7%
25-44 years	29.2%	25.4%	21.6%	23.3%	18.6%	22.9%
45-64 years	27.9%	29.4%	29.7%	29.8%	31.7%	31.0%
65+ years	14.5%	17.0%	23.0%	18.8%	22.8%	18.8%

Source: JPacock 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 5,175 English-speaking children aged 0-14 living in RTS de l'Estrie – CHU de Sherbrooke where they account for 14.0% of the population. The proportion of children in the regional English-speaking population is 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 RLS du Haut-Saint-François, we find 380 English-speaking children aged 0-14 where they represent 16.1% of the population. This share is higher than that exhibited by English-speaking children across the RTS de l'Estrie – CHU de Sherbrooke region. The proportion of children in the territory's English-speaking population is lower than the share in the rest of Québec's French-speaking majority population.



Seniors (aged 65 and over)

- Across Québec, there were 159,670 English-speaking seniors aged 65+ representing 14.5% of the English-speaking population. The proportion of seniors in the English-speaking population is lower than that found in the French-speaking majority population in Quebec.
- In 2016, there were 8,505 English-speaking seniors aged 65+ living in the RTS de l'Estrie – CHU de Sherbrooke region where they accounted for 23.0% of the population. This share is much higher than that of English-speaking seniors across the province. The proportion of seniors in the regional English-speaking population is much higher than their proportion in the French-speaking majority population.
- In RLS du Haut-Saint-François, we find 540 English-speaking seniors aged 65+ where they account for 22.8% of the population. This share is much higher than that of English-speaking seniors across the RTS de l'Estrie – CHU de Sherbrooke region. The proportion of seniors in the English-speaking population is similar to the proportion in the French-speaking majority population in the rest of Québec.

Income

Long-standing and substantial research provides evidence that income and social status are key determinants of the level of health and well-being experienced by communities and their members. Low-income Canadians are more likely to die earlier and to suffer more illnesses than Canadians with higher incomes, regardless of age, sex, race and place of residence.⁴ 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 whole⁵.

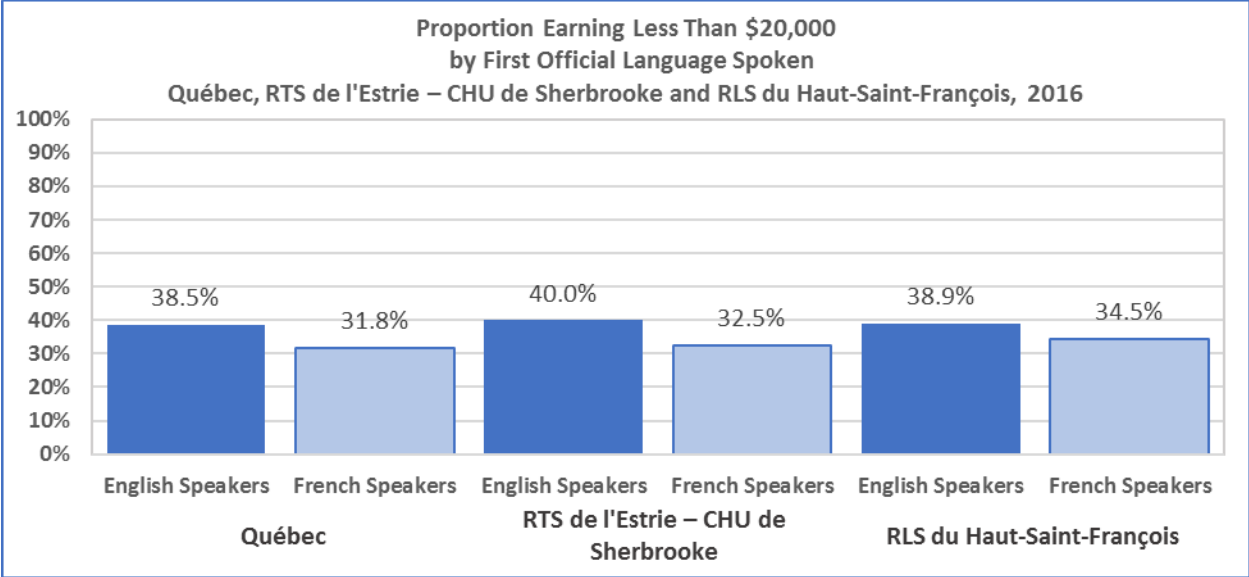
Table 3 - Income

Population by Income Group	Québec		RTS de l'Estrie – CHU de Sherbrooke		RLS du Haut-Saint- François	
	English	French	English	French	English	French
Total Population 15+	932,835	5,652,215	31,835	350,570	1,990	16,105
Less than \$20,000	359,020	1,799,170	12,730	113,910	775	5,555
\$20,000 - \$49,999	328,605	2,235,010	13,055	149,975	870	7,445
\$50,000 +	245,210	1,618,025	6,050	86,680	335	3,110
Total Population 15+	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Less than \$20,000	38.5%	31.8%	40.0%	32.5%	38.9%	34.5%
\$20,000 - \$49,999	35.2%	39.5%	41.0%	42.8%	43.7%	46.2%
\$50,000 +	26.3%	28.6%	19.0%	24.7%	16.8%	19.3%

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

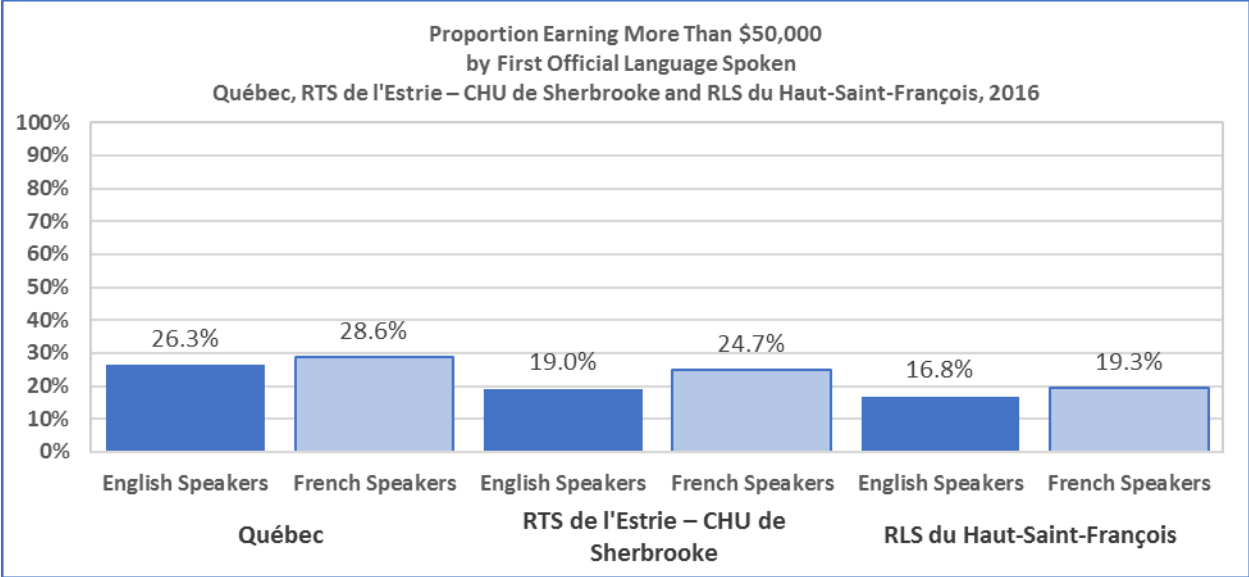
⁴ Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> Accessed March 2014.

⁵ *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 12,730 English speakers aged 15+ with income under \$20k in the RTS de l'Estrie – CHU de Sherbrooke region where they represent 40.0% of the English-speaking population aged 15 and over. This share is similar to that displayed by the provincial English-speaking population. The proportion of those with income under \$20k in the region's English-speaking population is much higher than the proportion in the French-speaking majority population.
- In RLS du Haut-Saint-François, we find 775 English speakers aged 15+ with income under \$20k where they account for 38.9% of the population. This share is similar to that experienced by English speakers across RTS de l'Estrie – CHU de Sherbrooke. The proportion of those with income under \$20k in the territory's English-speaking population is higher than the proportion for the French-speaking majority population in RLS du Haut-Saint-François.



Earning \$50k and over

- Across Québec, there were 245,210 English speakers aged 15+ with income over \$50k, who represented 26.3% of the English-speaking population in that age group. The proportion of high earners in the English-speaking population is lower than that found in the French-speaking majority population in Quebec.
- In 2016, there were 6,050 English speakers aged 15+ with income over \$50k living in the RTS de l'Estrie – CHU de Sherbrooke region, where they represented 19.0% of the population. This proportion was much lower than the proportion of English-speaking high earners across the province. The proportion of high earners in the regional English-speaking population is much lower than the share of high earners in the French-speaking majority population in the region.
- In RLS du Haut-Saint-François, we find 335 English-speaking high earners aged 15+, where they represent 16.8% of the population. This share is lower than that experienced by English-speaking high earners across the RTS de l'Estrie – CHU de Sherbrooke region. The proportion of high earners in the territory's English-speaking population is lower than the proportion of high earners in the territory's French-speaking majority population.

Household Living Arrangements

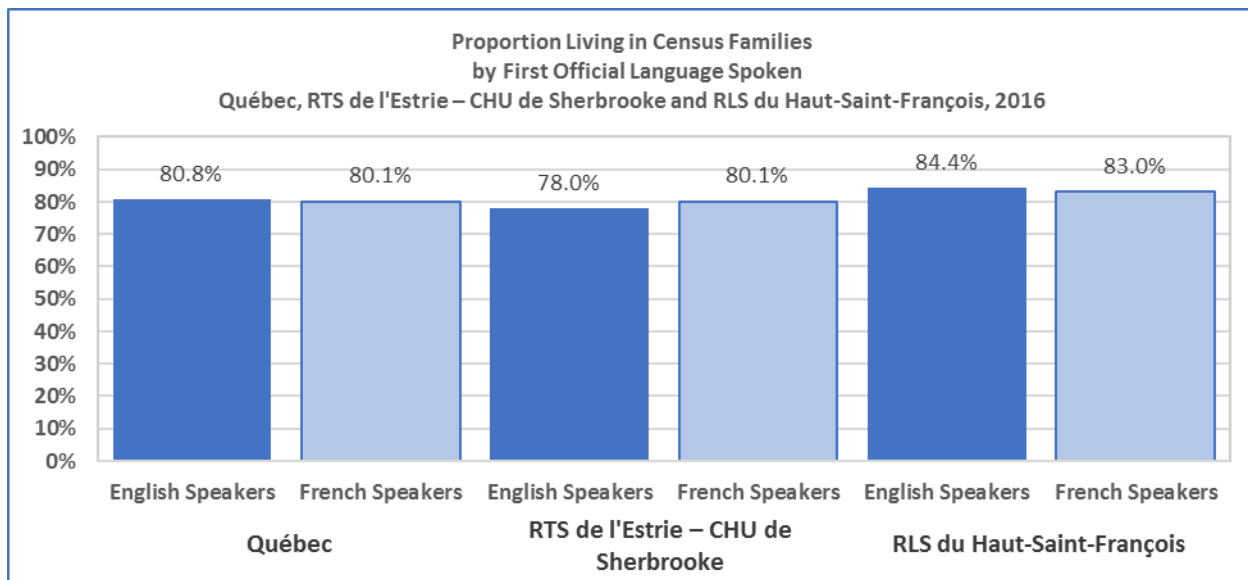
Household living arrangements may be used as an indicator of groups within a population who are vulnerable to a poor health status. For example, the Quebec Social and Health Survey (1998) revealed that parents of minors living in lone parent households were more likely to report food insecurity, high levels of psychological distress and having more than one health problem compared to parents with other household arrangements.⁶ Individuals living alone may lack the important health benefits of a strong support network in the event of activity limitations due to illness or aging.

Table 4 - Population by Household Living Arrangements

Population by Household Living Arrangements	Québec		RTS de l'Estrie – CHU de Sherbrooke		RLS du Haut-Saint- François	
	English	French	English	French	English	French
Total - Household living arrangements	1,097,925	6,795,280	37,015	420,840	2,365	19,525
Total persons in census family households	886,705	5,443,560	28,870	337,300	1,995	16,215
Persons in two-parent households	750,650	4,640,895	24,735	291,545	1,715	14,265
Persons in single-parent households	136,050	802,660	4,135	45,750	280	1,955
Total persons in non-census family households	211,215	1,351,720	8,140	83,545	370	3,305
Living with relatives	23,435	116,660	720	6,065	30	355
Living with non-relatives only	40,935	213,270	1,270	12,085	45	385
Living alone	146,855	1,021,795	6,145	65,395	305	2,565
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%	78.0%	80.1%	84.4%	83.0%
Persons in two-parent households	68.4%	68.3%	66.8%	69.3%	72.5%	73.1%
Persons in single-parent households	12.4%	11.8%	11.2%	10.9%	11.8%	10.0%
Total persons in non-census family households	19.2%	19.9%	22.0%	19.9%	15.6%	16.9%
Living with relatives	2.1%	1.7%	1.9%	1.4%	1.3%	1.8%
Living with non-relatives only	3.7%	3.1%	3.4%	2.9%	1.9%	2.0%
Living alone	13.4%	15.0%	16.6%	15.5%	12.9%	13.1%

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.

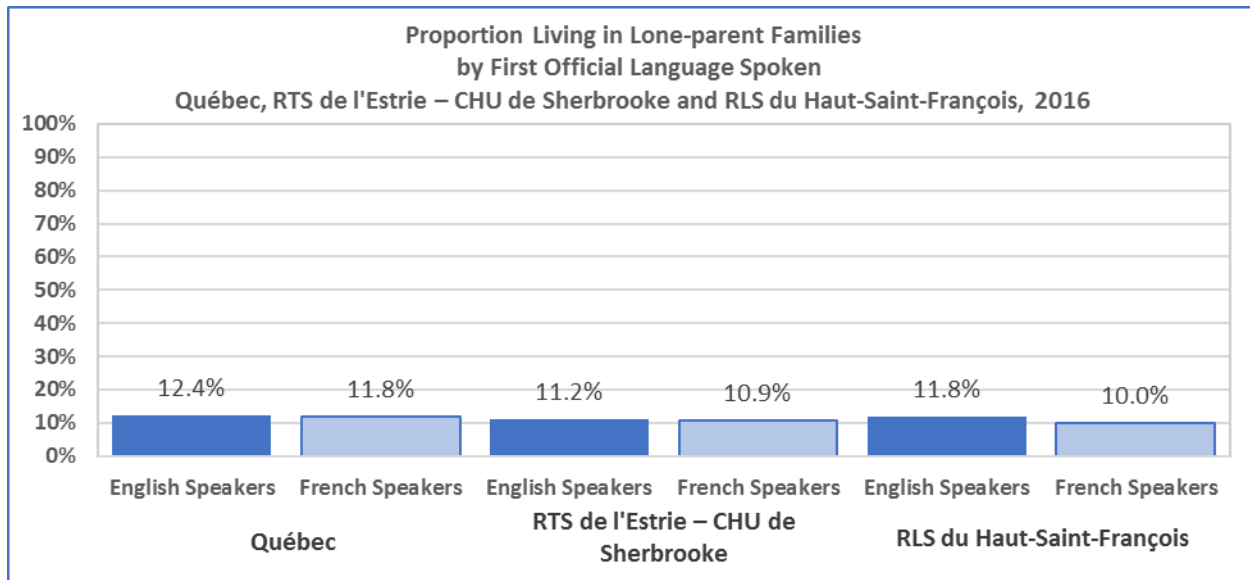
⁶ For discussion of the survey, see Pocock, J. (2008) "Baseline Data Report 2007-2008. Quebec's Social and Health Survey Information." *Community Health and Social Services Network (CHSSN)*. www.chssn.org



Living in census families⁷

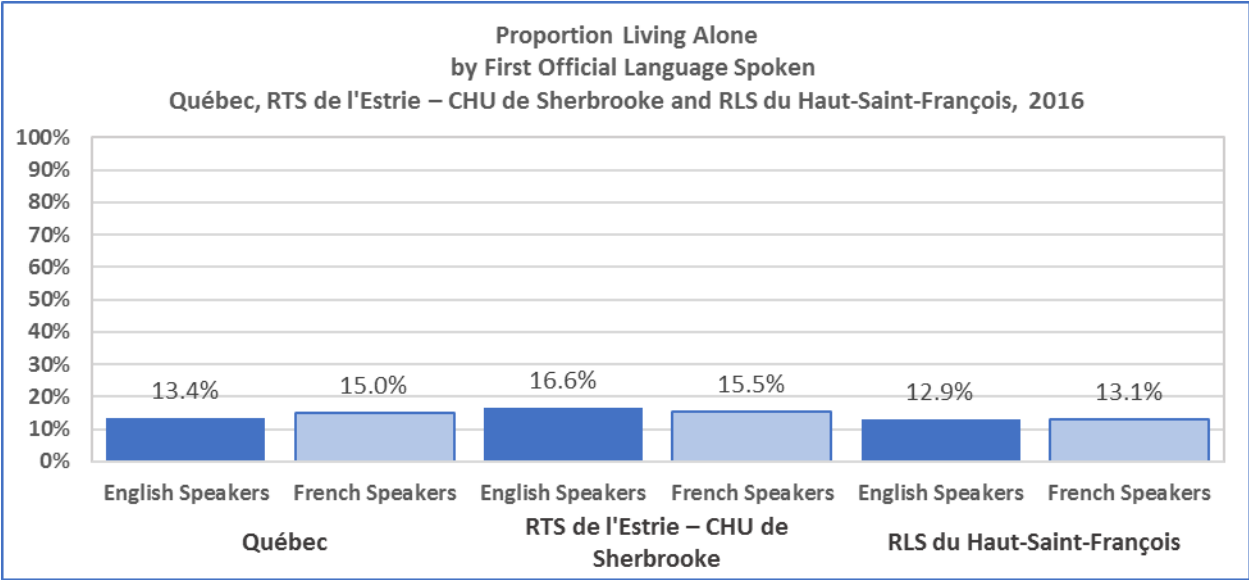
- Across Québec, there were 886,705 English speakers living in census family households. This group represents 80.8% of the 15+ English-speaking population. The proportion of English speakers living in census family households is similar to that found in the French-speaking majority population in Quebec.
- In 2016, there were 28,870 English speakers living in census family households in the RTS de l'Estrie – CHU de Sherbrooke region where they comprise 78.0% 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 RLS du Haut-Saint-François, we find 1,995 English speakers living in census family households where they account for 84.4% of the population. This share is higher than that accounted for by English speakers across the RTS de l'Estrie – CHU de Sherbrooke region. The proportion of persons living in census family households in the English-speaking population is similar to the proportion represented by the French-speaking majority population in RLS du Haut-Saint-François.

⁷ 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 4,135 English speakers living in lone-parent families in the RTS de l'Estrie – CHU de Sherbrooke region where they account for 11.2% 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 RLS du Haut-Saint-François, we find 280 English speakers living in lone-parent families where they represent 11.8% of the population. This is higher than the proportion represented by the French-speaking majority population in RLS du Haut-Saint-François. The proportion of English speakers living in lone-parent families in the rest of Québec English-speaking population is higher than the proportion we find for English speakers across the RTS de l'Estrie – CHU de Sherbrooke region.



Living alone

- Across Québec, there were 146,855 English speakers living alone. This group represents 13.4% of the English-speaking population. The proportion of English speakers living alone is lower than the level in the French-speaking majority population in Quebec.
- In 2016, there were 6,145 English speakers living alone in the RTS de l'Estrie – CHU de Sherbrooke region, where they account for 16.6% of the population. This level is much higher than that displayed by the provincial English-speaking population. The proportion of those living alone in the regional English-speaking population is higher than the proportion found in the regional French-speaking majority population.
- In RLS du Haut-Saint-François we find 305 English speakers living alone, where they represent 12.9% of the population. This share is much lower than that exhibited by English speakers across the RTS de l'Estrie – CHU de Sherbrooke region. The proportion of those living alone in the territory's English-speaking population is similar to the proportion exhibited by the French-speaking majority population in RLS du Haut-Saint-François.

Low-Income Cut-off

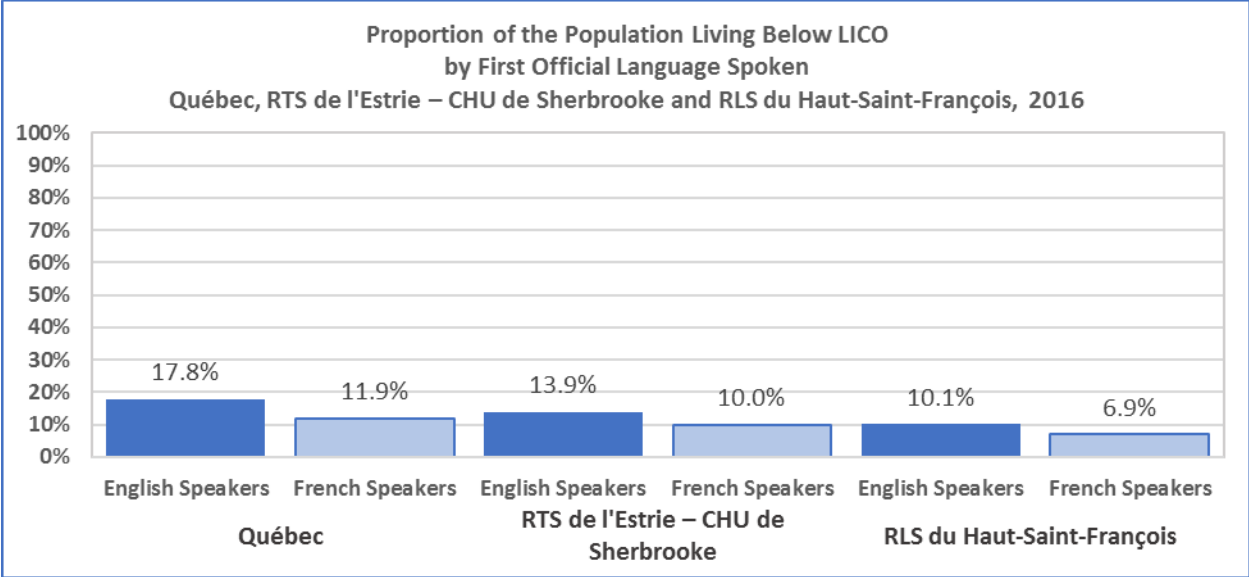
Although there is no official measure of poverty in Canada, the Statistics Canada measure of Low-income cut-offs (LICO) is probably the best known. Commonly known as the “poverty line”, LICO uses the income levels of a given family and considers how large a share of its income is spent on necessities 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.”⁸ The following table considers the population living below LICO by language, administrative territory and age group.

Table 5 - Population Living Below LICO, Within Age Groups

Population Living Below the Low-Income Cut-off (LICO), Across Age Groups	Québec		RTS de l'Estrie – CHU de Sherbrooke		RLS du Haut-Saint- François	
	English	French	English	French	English	French
Total - Age groups	195,300	811,110	5,160	42,225	240	1,350
0-14 years	25,480	125,400	735	6,040	60	280
15-24 years	35,280	118,175	915	6,935	25	100
25-44 years	60,205	193,170	1,220	8,955	45	265
45-64 years	48,885	221,935	1,655	13,030	90	580
Proportion of those below LICO across age groups						
Total - Age groups	17.8%	11.9%	13.9%	10.0%	10.1%	6.9%
0-14 years	15.4%	11.0%	14.2%	8.6%	15.8%	8.2%
15-24 years	24.1%	15.2%	21.0%	14.5%	9.6%	5.3%
25-44 years	18.8%	11.2%	15.2%	9.1%	10.2%	5.9%
45-64 years	16.0%	11.1%	15.1%	10.4%	12.0%	9.6%

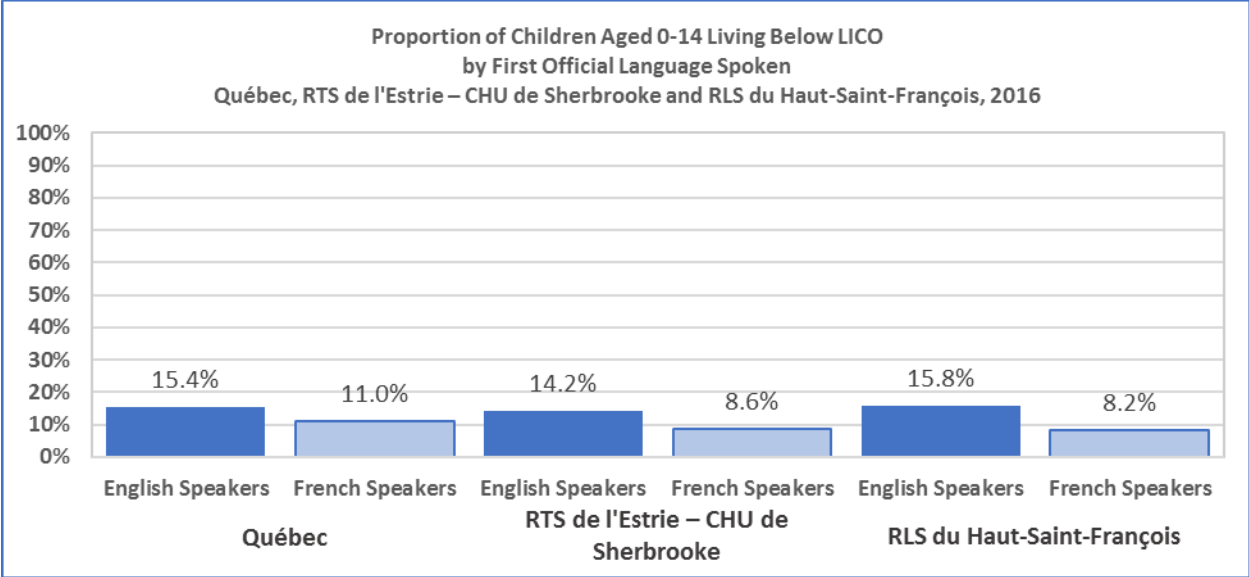
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French. The percentages given here compare the number below LICO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

⁸ 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 5,160 English speakers living below LICO in the RTS de l'Estrie – CHU de Sherbrooke region, where they represent 13.9% 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 RTS de l'Estrie – CHU de Sherbrooke is much lower than the proportion for Quebec's English speakers in general.
- In RLS du Haut-Saint-François, we find 240 English speakers living below LICO, where they represent 10.1% of the English-speaking population. This level is much higher than the proportion for the French-speaking majority population in the same territory. The proportion of those living below LICO in the territory's English-speaking population is much lower than the proportion for English speakers across RTS de l'Estrie – CHU de Sherbrooke.



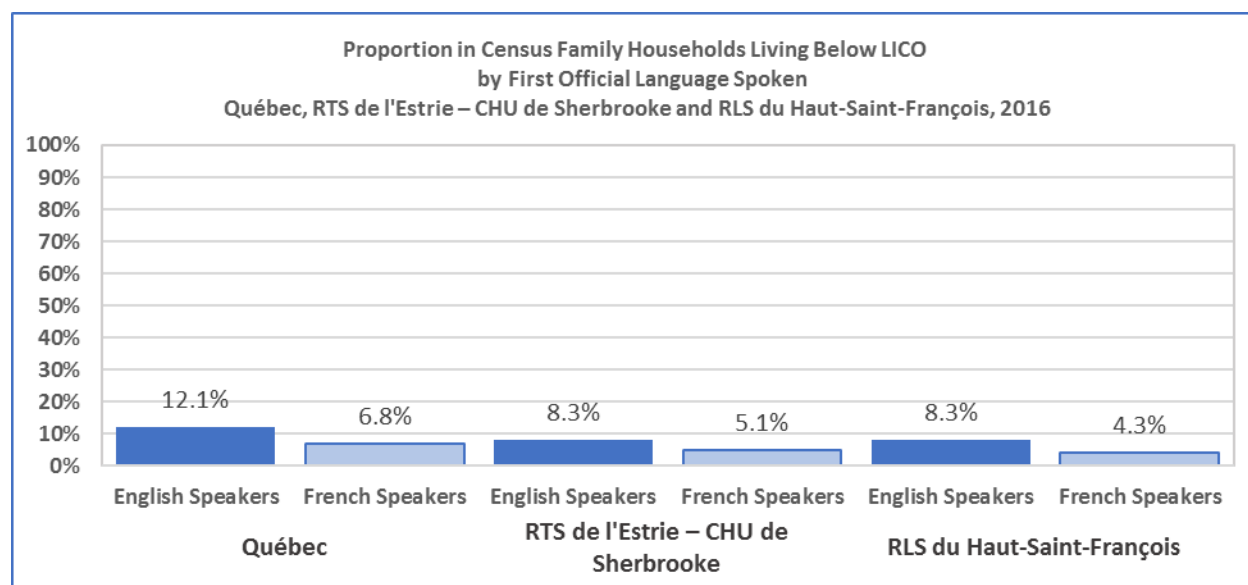
Children (0-14) Living below the low-income cut-off (LICO)

- Across Québec, there were 25,480 English-speaking children living below LICO. This group represents 15.4% of the population of children. The proportion of English-speaking children living below LICO is much higher than the proportion found for children in the French-speaking majority population in Quebec.
- In 2016, there were 735 English-speaking children living below LICO in the RTS de l'Estrie – CHU de Sherbrooke region where they account for 14.2% of the children in the regional English-speaking population. The proportion of children living below LICO in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority children's population. This proportion is lower than that displayed by English-speaking children across the province.
- In RLS du Haut-Saint-François, we find 60 English-speaking children living below LICO where they represent 15.8% of the English-speaking children's population. This proportion is much higher than the proportion experienced by children in the French-speaking majority in the same territory. The proportion of children living below LICO in the territory's English-speaking population is higher than the proportion experienced by English-speaking children across the RTS de l'Estrie – CHU de Sherbrooke region.

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

Population Living Below the Low-Income Cut-off Level, by Household Living Arrangements	Québec		RTS de l'Estrie – CHU de Sherbrooke		RLS du Haut-Saint- François	
	English	French	English	French	English	French
Total - Household living arrangements	195,300	811,110	5,160	42,225	240	1,350
Total persons in census family households	107,000	371,305	2,385	17,075	165	695
Persons in two-parent households	72,245	213,605	1,370	9,055	80	380
Persons in single-parent households	34,755	157,700	1,010	8,020	90	315
Total persons in non-census family households	88,300	439,810	2,780	25,150	75	655
Living alone	57,435	317,095	1,980	19,015	70	510
Proportion of those below LICO, by household living arrangements						
Total - Household living arrangements	17.8%	11.9%	13.9%	10.0%	10.1%	6.9%
Total persons in census family households	12.1%	6.8%	8.3%	5.1%	8.3%	4.3%
Persons in two-parent households	9.6%	4.6%	5.5%	3.1%	4.7%	2.7%
Persons in single-parent households	25.5%	19.6%	24.4%	17.5%	32.1%	16.1%
Total persons in non-census family households	41.8%	32.5%	34.2%	30.1%	20.3%	19.8%
Living alone	39.1%	31.0%	32.2%	29.1%	23.0%	19.9%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French. The percentages given here compare the number below LICO in a given household living arrangement with the total number in that arrangement as presented in "Table 4 - Household Living Arrangements" in this document.

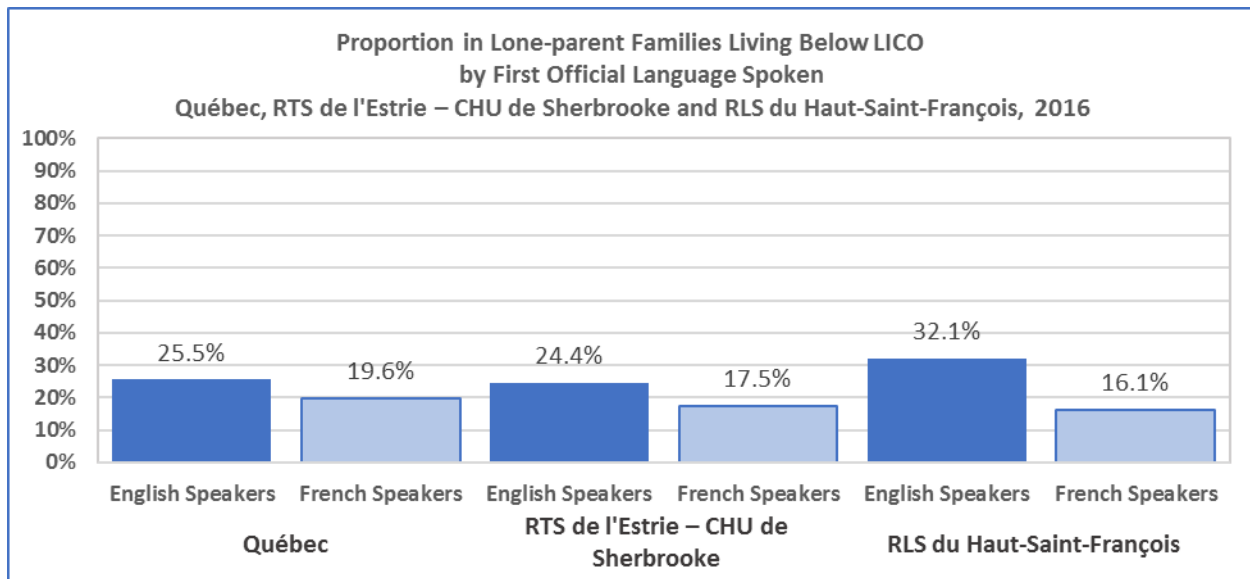


Persons in Census Family Households living below the low-income cut-off (LICO)

- Across Québec, there were 107,000 English-speaking persons in census family households living below LICO. This group represents 12.1% of the English-speaking population in census family households. The proportion of English-speaking persons in census family households living below LICO is much higher than the proportion found in the French-speaking majority population in Quebec living below LICO in census family households.
- In 2016, there were 2,385 English-speaking persons in census family households living below LICO in the RTS de l'Estrie – CHU de Sherbrooke region, where they represent 8.3% of the regional English-speaking population. The proportion of persons in census family households living below LICO in the regional English-speaking population is much higher

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

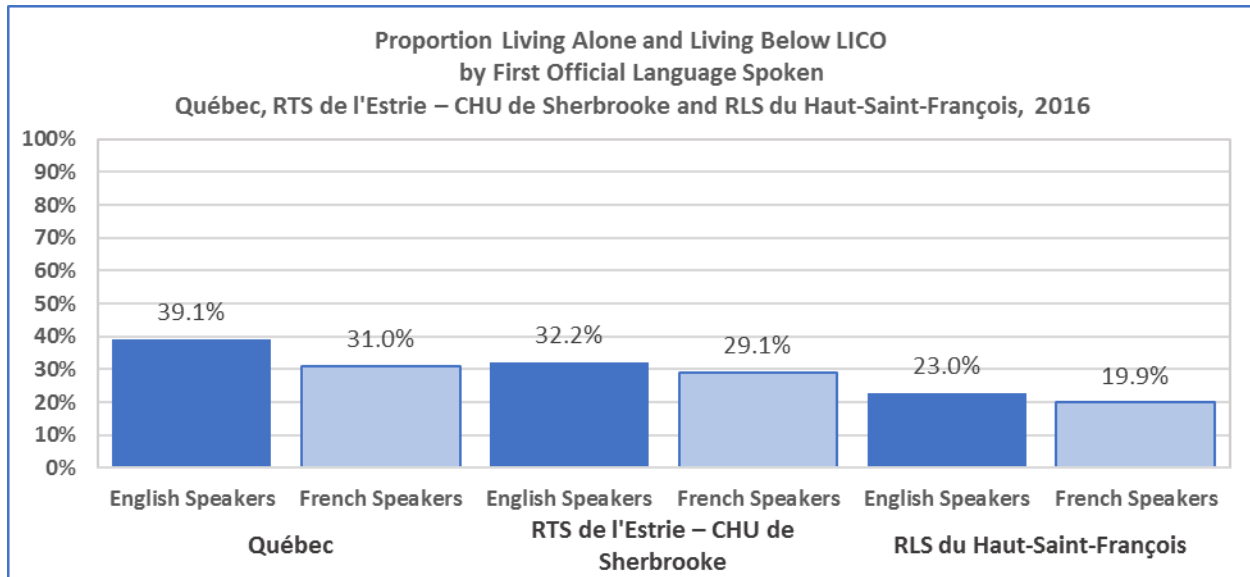
- In RLS du Haut-Saint-François, we find 165 English-speaking persons in census family households living below LICO, where they account for 8.3% of the English-speaking population. This level is much higher than the proportion experienced by the French-speaking majority population in the same territory. The proportion of those persons in census family households living below LICO in the territory's English-speaking population is similar to the proportion found in the English-speaking population of the RTS de l'Estrie – CHU de Sherbrooke region.



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

- Across Québec, there were 34,755 English-speaking persons in lone-parent families living below LICO. This group represents 25.5% of the English-speaking population living in lone-parent families. The proportion of English-speaking persons in lone-parent families living below LICO is much higher than the proportion found in the French-speaking majority population in Quebec living in lone parent families.
- In 2016, there were 1,010 English-speaking persons in lone-parent families living below LICO in the RTS de l'Estrie – CHU de Sherbrooke region where they account for 24.4% of the regional English-speaking lone-parent family population. The proportion of persons in lone-parent families living below LICO in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. The level for the English-speaking regional population is similar to that found in the provincial English-speaking population.
- In RLS du Haut-Saint-François, we find 90 English-speaking persons in lone-parent families living below LICO where they account for 32.1% of the English-speaking lone-parent family population. This is much higher than the proportion experienced by the French-speaking

majority lone-parent family population in the same territory. The proportion of persons in lone-parent families living below LICO in the territory's English-speaking population is much higher than the proportion experienced by English speakers across the RTS de l'Estrie – CHU de Sherbrooke region.



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

- Across Québec, there were 57,435 English-speaking persons living alone and below LICO. This group represents 39.1% of the English-speaking population living alone. The proportion of English speaking persons living alone and below LICO is much higher than that found in the French-speaking majority population in Quebec living alone.
- In 2016, there were 1,980 English-speaking persons living alone and below LICO in the RTS de l'Estrie – CHU de Sherbrooke region where they account for 32.2% of the regional English-speaking population living alone. The proportion of those persons living alone and below LICO in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is lower than that experienced by the provincial English-speaking population.
- In RLS du Haut-Saint-François, we find 70 English-speaking persons living alone and below LICO where they represent 23.0% of the English-speaking population living alone. This is higher than the proportion experienced by the French-speaking majority population living alone in the same territory. The proportion of those persons living alone and below LICO in the territory's English-speaking population is much lower than the proportion experienced by English speakers across the RTS de l'Estrie – CHU de Sherbrooke region.

Highest Educational Attainment

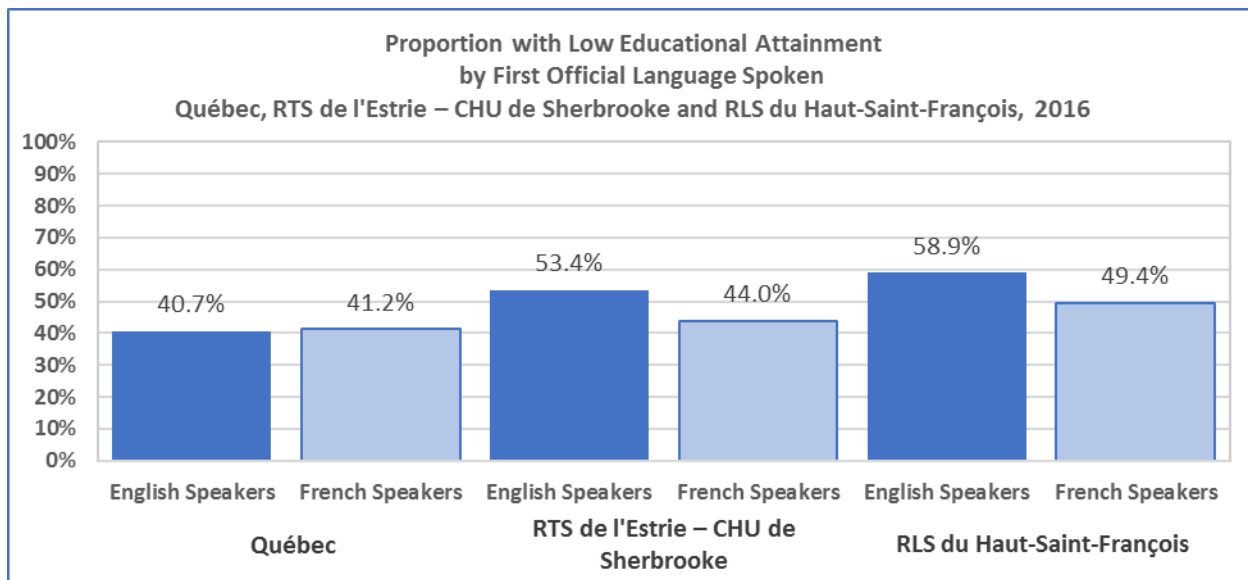
In many ways, education is an important determinant of the health status of a community. In Canada, the level of education achieved by an individual tends to be an indicator of social status, and ideally, a predictor of economic opportunity. The overall level of health literacy and preventative health practice enjoyed by a community also tends to be associated with the years of schooling by those included among its members⁹.

Table 7 - Highest Educational Certification, for Selected Age Groups

Total Population by Highest Educational Certification		Québec		RTS de l'Estrie – CHU de Sherbrooke		RLS du Haut-Saint-François	
		English	French	English	French	English	French
Total	Total	932,840	5,652,215	31,835	350,570	1,985	16,105
	25-44 years	320,930	1,728,440	8,010	97,885	440	4,480
	45-64 years	305,775	1,995,460	10,975	125,470	750	6,055
High school diploma or less	Total	380,050	2,328,625	17,005	154,235	1,170	7,950
	25-44 years	84,680	412,620	3,275	26,725	215	1,375
	45-64 years	116,390	758,965	5,815	51,485	470	2,925
Apprenticeship or trades certificate or diploma	Total	85,385	1,033,655	4,040	70,225	325	4,290
	25-44 years	31,555	392,520	1,440	26,705	105	1,660
	45-64 years	31,920	409,675	1,470	27,545	110	1,690
College, CEGEP or other non-university certificate or diploma	Total	164,800	998,740	4,415	59,480	265	2,255
	25-44 years	58,180	349,000	1,225	19,280	65	840
	45-64 years	57,415	366,790	1,455	21,865	90	850
University certificate or diploma below bachelor level	Total	26,805	208,520	670	11,055	45	355
	25-44 years	275,800	1,082,680	5,715	55,580	180	1,265
	45-64 years	136,960	509,640	1,950	22,560	50	520
High school diploma or less	Total	89,255	378,675	2,000	20,340	60	470
	25-44 years	40.7%	41.2%	53.4%	44.0%	58.9%	49.4%
	45-64 years	26.4%	23.9%	40.9%	27.3%	48.9%	30.7%
Apprenticeship or trades certificate or diploma	Total	38.1%	38.0%	53.0%	41.0%	62.7%	48.3%
	25-44 years	9.2%	18.3%	12.7%	20.0%	16.4%	26.6%
	45-64 years	9.8%	22.7%	18.0%	27.3%	23.9%	37.1%
College, CEGEP or other non-university certificate or diploma	Total	10.4%	20.5%	13.4%	22.0%	14.7%	27.9%
	25-44 years	17.7%	17.7%	13.9%	17.0%	13.4%	14.0%
	45-64 years	18.1%	20.2%	15.3%	19.7%	14.8%	18.8%
University certificate or diploma below bachelor level	Total	18.8%	18.4%	13.3%	17.4%	12.0%	14.0%
	25-44 years	2.9%	3.7%	2.1%	3.2%	2.3%	2.2%
	45-64 years	29.6%	19.2%	18.0%	15.9%	9.1%	7.9%
University certificate, diploma or degree at bachelor level or above	Total	42.7%	29.5%	24.3%	23.0%	11.4%	11.6%
	25-44 years	29.2%	19.0%	18.2%	16.2%	8.0%	7.8%
	45-64 years						

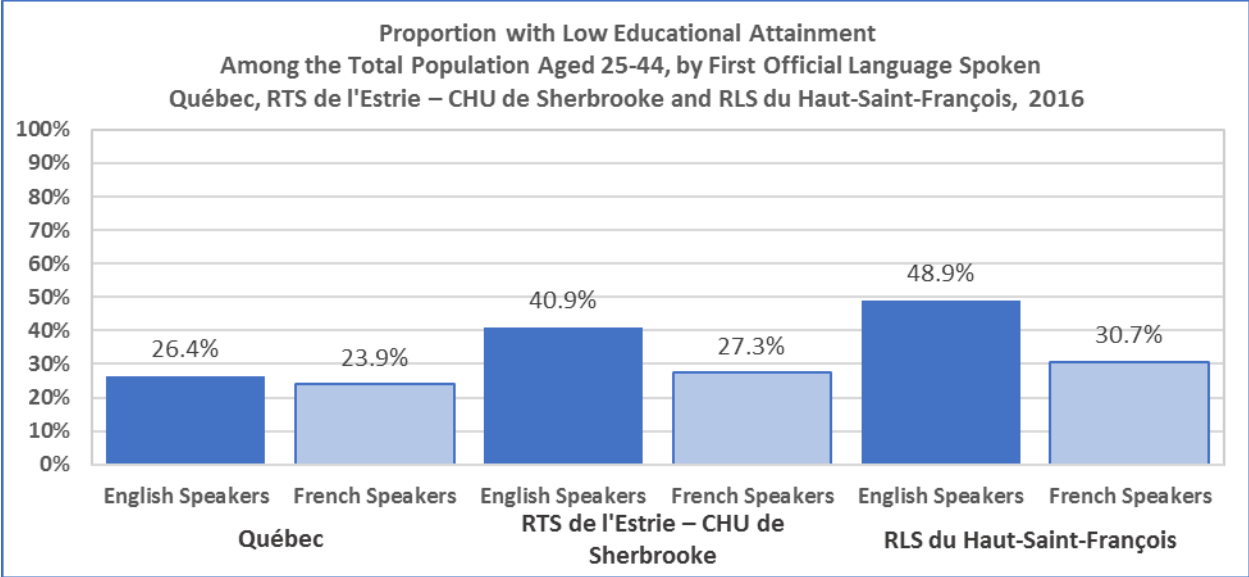
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

⁹ For further discussion of education as a health determinant and the Population Health Model see J. Carter, *A Community Guide to the Population Health Approach*. Community Health and Social Services Network (CHSSN), www.chssn.org, March 2003. See Also, D. Raphael. (ed.) (2009) *Social Determinants of Health: Canadian Perspectives*, 2nd edition. Toronto: Canadian Scholar's Press.



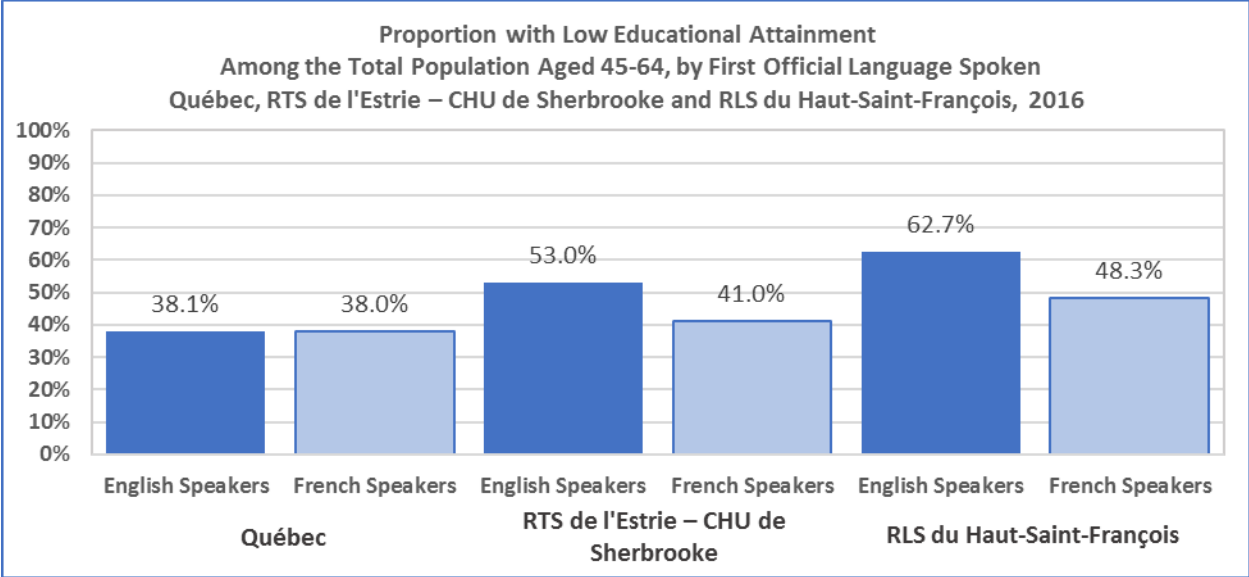
Population aged 15+, high school diploma or less

- Across Québec, there were 380,050 English speakers aged 15 and over with a high school diploma or less. This group accounts for 40.7% of the English-speaking population aged 15 and over. The proportion of English speakers aged 15 and over with a high school diploma or less is similar to the level found in the French-speaking majority population aged 15 and over in Quebec.
- In 2016, there were 17,005 English speakers aged 15 and over with a high school diploma or less in the RTS de l'Estrie – CHU de Sherbrooke region where they account for 53.4% of the regional English-speaking population aged 15 and over. The proportion of those aged 15 and over with a high school diploma or less in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. The level for the English-speaking regional proportion is much higher than that exhibited by English speakers across the province.
- In RLS du Haut-Saint-François, we find 1,170 English speakers aged 15 and over with a high school diploma or less where they represent 58.9% of the English-speaking population aged 15 and over. This level is higher than the proportion exhibited by the French-speaking majority population aged 15 and over in the same territory. The proportion of those aged 15 and over with a high school diploma or less in the English-speaking population is higher than the proportion exhibited by the English speakers across the RTS de l'Estrie – CHU de Sherbrooke region.



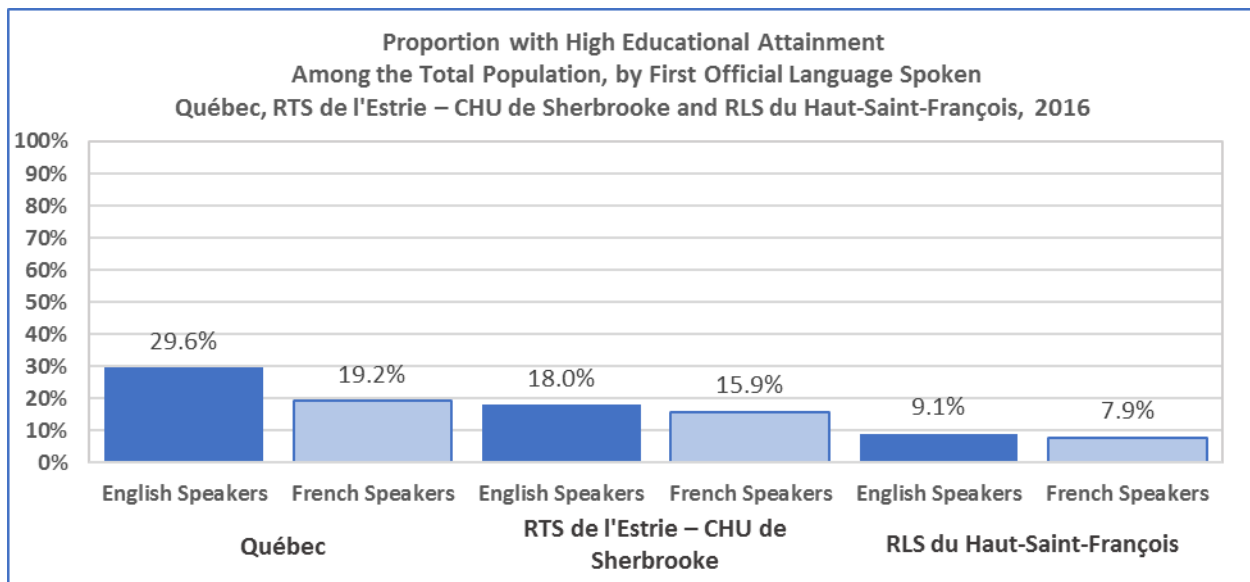
Population 25-44, high school diploma or less

- Across Québec, there were 84,680 English speakers aged 25-44 with a high school diploma or less. This group represents 26.4% of the English-speaking population aged 25 to 44. The proportion of English speakers aged 25-44 with a high school diploma or less is higher than that found in the French-speaking majority population in Quebec in the same age cohort.
- In 2016, there were 3,275 English speakers aged 25-44 with a high school diploma or less in the RTS de l'Estrie – CHU de Sherbrooke region where they account for 40.9% of the regional English-speaking population. The proportion of those aged 25-44 with a high school diploma or less in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population in that age group. This proportion is much higher than that exhibited by English speakers across the province in the same age cohort.
- In RLS du Haut-Saint-François, we find 215 English speakers aged 25-44 with a high school diploma or less where they comprise 48.9% of the English-speaking 25-44 cohort. This is much higher than the proportion in the French-speaking majority 25-44 cohort in the same territory. The proportion of those aged 25-44 with a high school diploma or less in the territory's English-speaking population is higher than the proportion exhibited by English speakers across the RTS de l'Estrie – CHU de Sherbrooke region.



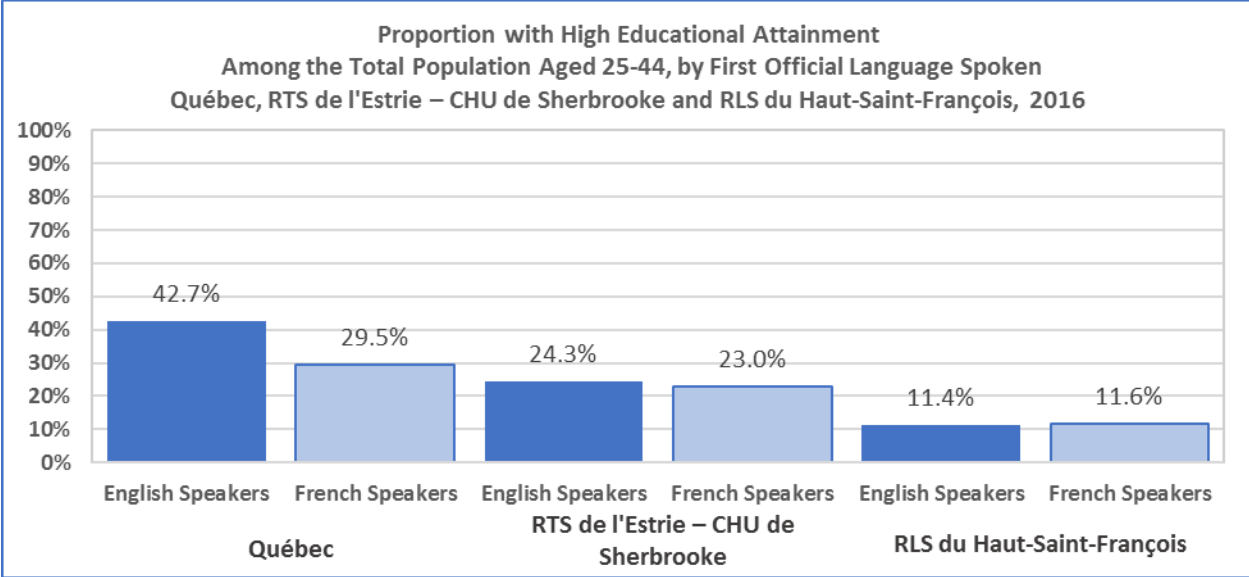
Population 45-64, high school diploma or less

- 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 5,815 English speakers aged 45-64 with a high school diploma or less in the RTS de l'Estrie – CHU de Sherbrooke region where they account for 53.0% of the regional English-speaking population. The proportion of those aged 45-64 with a high school diploma or less in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much higher than that exhibited by the province's English speakers.
- In RLS du Haut-Saint-François, we find 470 English speakers aged 45-64 with a high school diploma or less where they comprise 62.7% of the English-speaking population. This is much higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 45-64 with a high school diploma or less in the territory's English-speaking population is higher than the proportion exhibited by English speakers across the region.



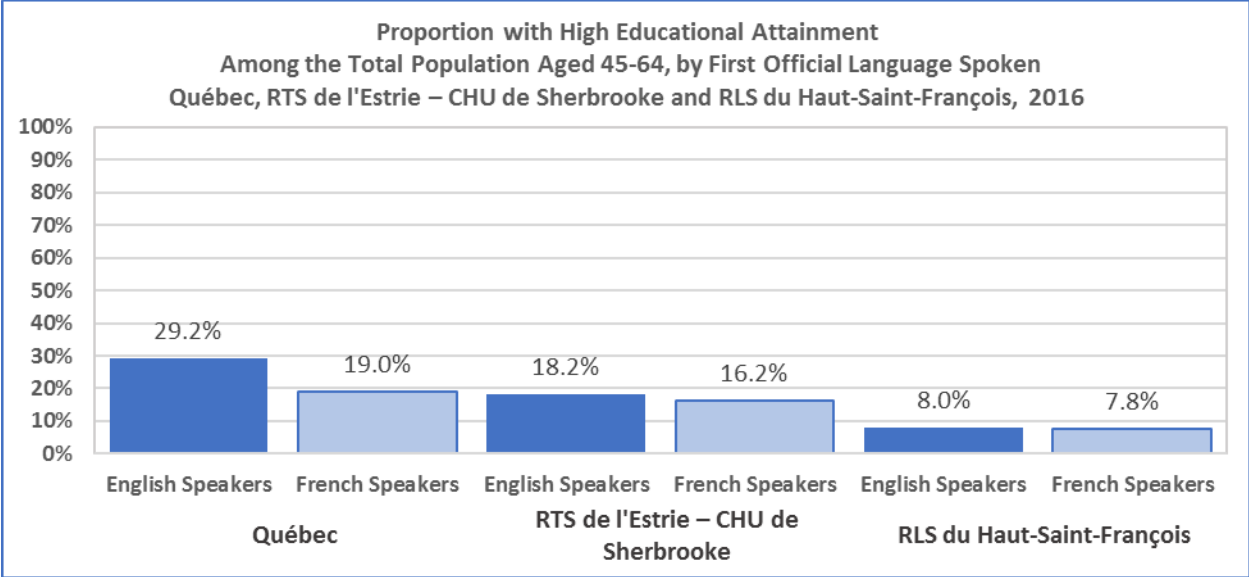
Population aged 15+, university degree or higher

- In 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 5,715 English speakers aged 15 and over with a university degree or higher in the RTS de l'Estrie – CHU de Sherbrooke region where they account for 18.0% 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 higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much lower than that exhibited by the province's English speakers.
- In RLS du Haut-Saint-François, we find 180 English speakers aged 15 and over with a university degree or higher where they represent 9.1% 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 15 and over with a university degree or higher in the territory's English-speaking population is much lower than the proportion exhibited by English speakers across the region.



Population 25-44, university degree or higher

- In Québec in 2016, there were 136,960 English speakers aged 25-44 with a university degree or higher. This group accounts for 42.7% of the English-speaking population. The proportion of English speakers aged 25-44 with a university degree or higher is much higher than that found in the same age cohort in the French-speaking majority population in Quebec.
- In 2016, there were 1,950 English speakers aged 25-44 with a university degree or higher in the RTS de l'Estrie – CHU de Sherbrooke where they represent 24.3% of the regional English-speaking population. The proportion of those aged 25-44 with a university degree or higher in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much lower than that exhibited by the province's English speakers.
- In RLS du Haut-Saint-François, we find 50 English speakers aged 25-44 with a university degree or higher where they comprise 11.4% of the English-speaking population. This is similar to the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 25-44 with a university degree or higher in the territory's English-speaking population is much lower than the proportion exhibited by English speakers across the region.



Population 45-64, university degree or higher

- In 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 Quebec.
- In 2016, there were 2,000 English speakers aged 45-64 with a university degree or higher in the RTS de l'Estrie – CHU de Sherbrooke region where they represent 18.2% of the regional English-speaking population. The proportion of those aged 45-64 with a university degree or higher in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much lower than that exhibited by the province's English speakers.
- In RLS du Haut-Saint-François, we find 60 English speakers aged 45-64 with a university degree or higher where they comprise 8.0% of the English-speaking population. This level is similar to the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 45-64 with a 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.

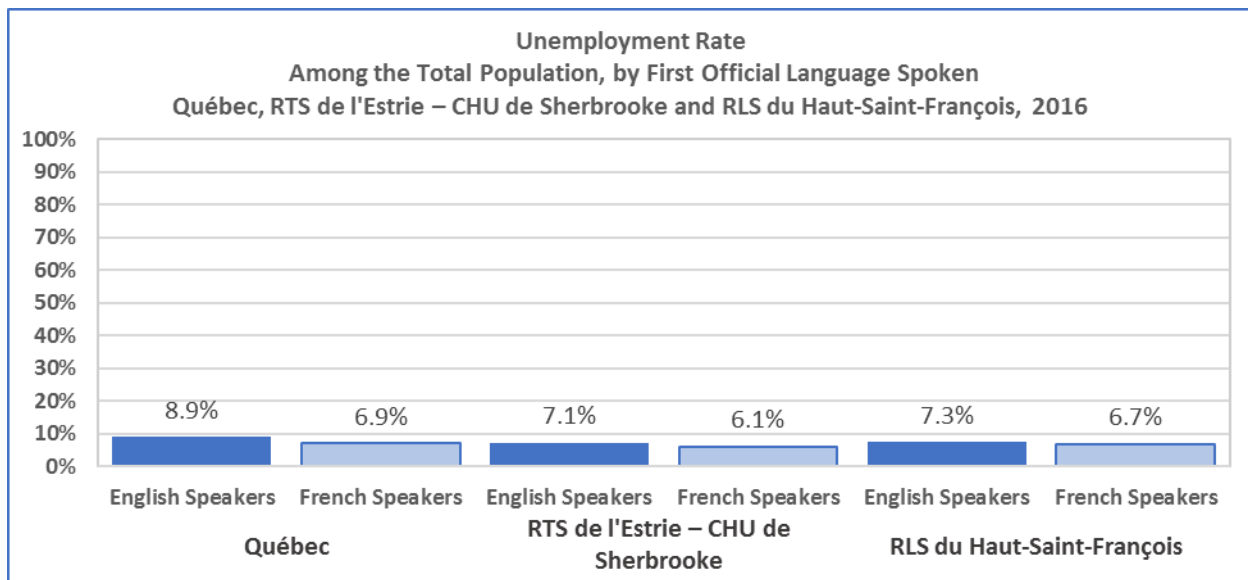
Employment is an important source of social identity and a key context for the establishment of a social support network that extends beyond the workplace. For an individual, work is an important source of the self-esteem and sense of control typically associated with good mental health.¹⁰

Table 8 - Labour Force Activity

Total Population by Labour Force Activity	Québec		RTS de l'Estrie – CHU de Sherbrooke		RLS du Haut-Saint- François	
	English	French	English	French	English	French
Total - Labour force activity	932,840	5,652,215	31,840	350,570	1,985	16,110
In the labour force	608,050	3,636,980	17,920	218,415	1,160	9,770
Employed	553,945	3,386,575	16,650	205,150	1,080	9,120
Unemployed	54,105	250,410	1,270	13,260	85	655
Out of the labour force	324,790	2,015,230	13,920	132,165	825	6,340
Total - Labour force activity	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
In the labour force	65.2%	64.3%	56.3%	62.3%	58.4%	60.6%
Employed	91.1%	93.1%	92.9%	93.9%	93.1%	93.3%
Unemployed	8.9%	6.9%	7.1%	6.1%	7.3%	6.7%
Out of the labour force	34.8%	35.7%	43.7%	37.7%	41.6%	39.4%

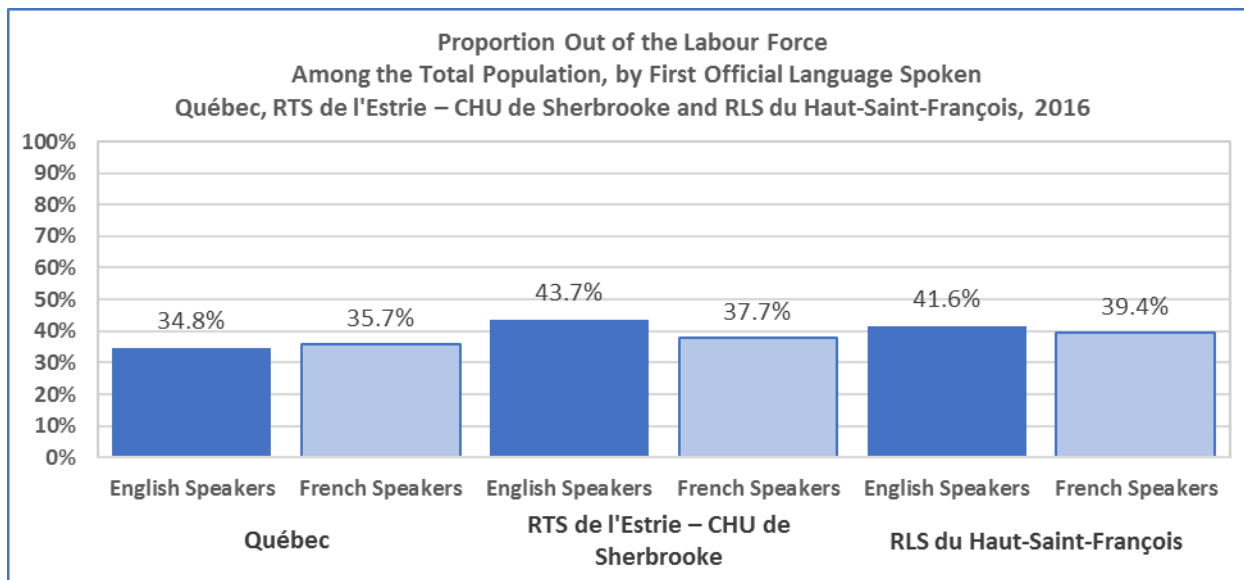
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

¹⁰ For further discussion of employment and working conditions as health determinants and the Population Health Model see J. Carter, A Community Guide to the Population Health Approach, Community Health and Social Services Network (CHSSN), www.chssn.org, March 2003. See also D. Raphael (ed.) (2009) Social Determinants of Health: Canadian Perspectives, 2nd Edition. Toronto: Canadian Scholar's Press.



Unemployed

- Across Québec in 2016, there were 54,105 English speakers who were unemployed resulting in an unemployment rate of 8.9%. The unemployment rate of Quebec's English speakers was much higher than the unemployment rate of the French-speaking majority.
- In 2016, there were 1,270 unemployed English speakers in the RTS de l'Estrie – CHU de Sherbrooke region where they experienced an unemployment rate of 7.1%. The unemployment rate of the regional English-speaking population was higher than the unemployment rate in the regional French-speaking majority population. Their unemployment rate was much lower than that experienced by the provincial English-speaking population.
- In RLS du Haut-Saint-François, we find 85 unemployed English speakers resulting in an unemployment rate of 7.3%. This is higher than the unemployment rate experienced by the French-speaking majority population in the same territory. The unemployment rate of the English-speaking population is similar to the unemployment rate experienced by English speakers across the RTS de l'Estrie – CHU de Sherbrooke region.



Out of the labour force¹¹

- 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 13,920 English speakers out of the labour force in the RTS de l'Estrie – CHU de Sherbrooke region where they comprise 43.7% of the regional English-speaking population aged 15+. The proportion of those out of the labour force in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much higher than that exhibited by the provincial English-speaking population.
- In RLS du Haut-Saint-François, we find 825 English speakers out of the labour force where they account for 41.6% of the English-speaking population. This is higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those out of the labour force in the territory's English-speaking population is similar to the proportion exhibited by English speakers across the RTS de l'Estrie – CHU de Sherbrooke region.

¹¹ The Statistics Canada category “[out of the labour force](#)” refers to persons 15 years and over, excluding institutional residents, who were neither employed nor unemployed during the week of Sunday May 1 to Saturday May 7, 2011. It includes students, homemakers, retired workers, and seasonal workers in an “off” season who were not looking for work because of a long-term illness or disability. (<http://www12.statcan.gc.ca/nhs-enm/2011/ref/dict/99-000-x2011001-eng.pdf>)

Appendix A – English speakers and French speakers by RSS, RTS and RLS, 2016¹²

Number and Proportion of English and French Speakers in RSS de l'Estrie, by Territory, 2016				
Geography	Total Population	French Speakers	English Speakers	Proportion of English Speakers
RSS de l'Estrie	459,315	420,840	37,015	8.1%
RTS de l'Estrie – CHU de Sherbrooke	459,315	420,840	37,015	8.1%
RLS de Memphrémagog	49,025	41,555	7,425	15.1%
RLS de Coaticook	18,090	16,165	1,915	10.6%
RLS de Sherbrooke	156,260	146,535	8,655	5.5%
RLS de Val Saint-François	29,955	27,935	2,010	6.7%
RLS d'Asbestos	13,770	13,285	475	3.4%
RLS de la Pommeraie	51,620	41,530	10,045	19.5%
RLS de la Haute-Yamaska	97,680	93,555	3,860	4.0%
RLS du Haut-Saint-François	21,890	19,525	2,365	10.8%
RLS du Granit	21,015	20,750	255	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.

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

Appendix B – Baseline Data Report Series

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

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