HEALTH PROFILE
OF ENGLISH-SPEAKING MINORITY COMMUNITIES IN QUEBEC

CHARACTERISTICS OF THE POPULATION

Age group: 65 years and older (%)
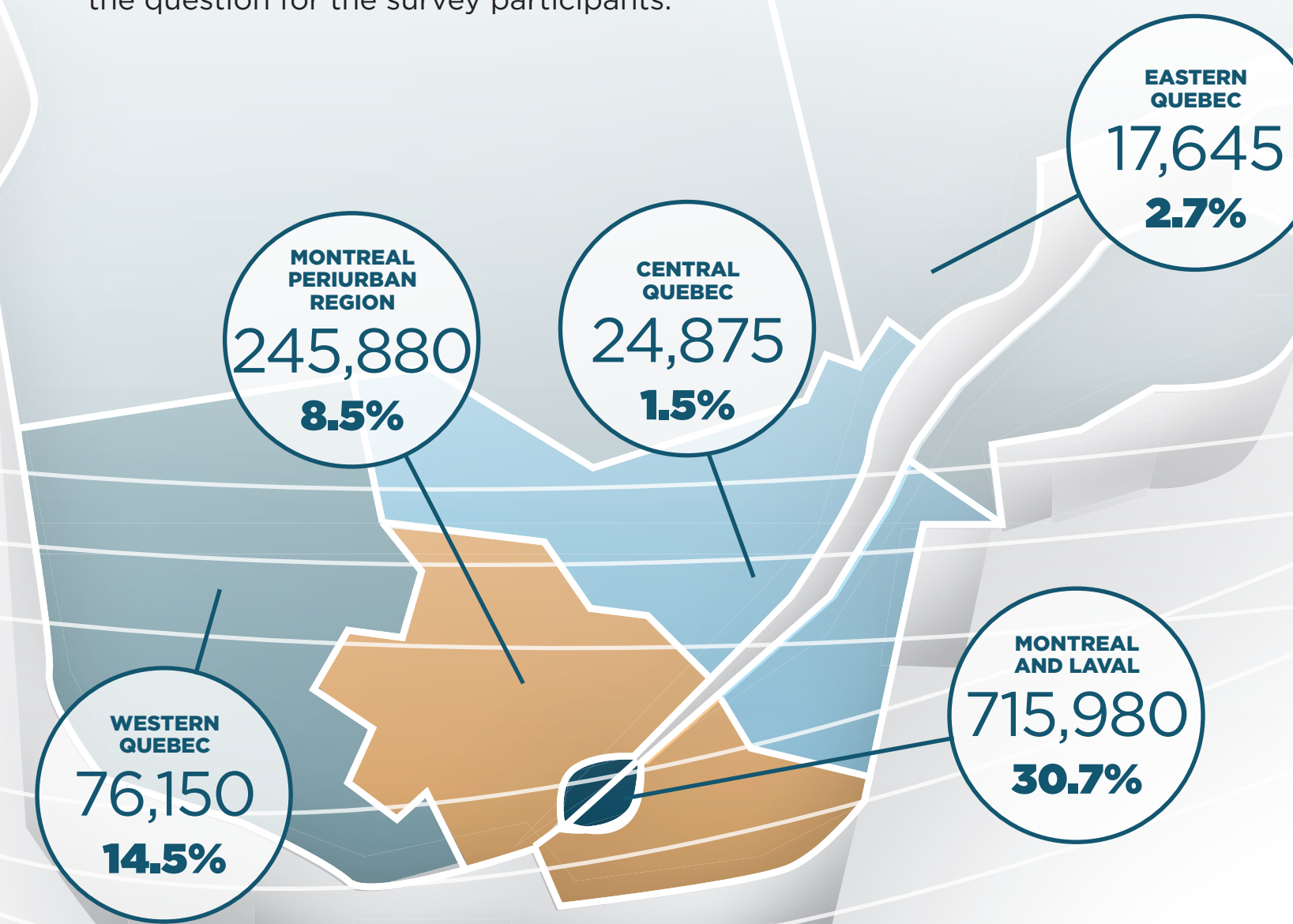

Eastern Quebec 28.8%, Central Quebec 12.2%, Montreal periurban region 16.5%, Montreal and Laval 16.8%, Western Quebec 13.9%. 17.8%, 16.6%

Education level: no degree (%)

Eastern Quebec 28.5%, Central Quebec 21.5%, Montreal periurban region 23.1%, Montreal and Laval 16.8%, Western Quebec 25.9%. 21.9%, 16.4%

Household income level: lowest quintile (%)

Eastern Quebec 14.6%, Central Quebec 14.7%, Montreal periurban region 14.0%, Montreal and Laval 29.0%, Western Quebec 13.4%. 26.6%, 17.7%

Immigrant status (%)

Eastern Quebec 1.5%, Central Quebec 3.2%, Montreal periurban region 5.6%, Montreal and Laval 33.0%, Western Quebec 6.2%. 36.4%, 11.1%

Living environment: rural (%)

Eastern Quebec 43.4%, Central Quebec 27.9%, Montreal periurban region 20.0%, Montreal and Laval (confidential data), Western Quebec 36.1%. 23.4%, 10.1%

Sex: ◼ Men ◼ Women

Eastern Quebec 49.6% / 50.4%, Central Quebec 50.8% / 49.2%, Montreal periurban region 49.7% / 50.3%, Montreal and Laval 48.1% / 51.9%, Western Quebec 50.9% / 49.1%. 50.1%, 50.3%, 49.7%, 49.9%

HEALTH HABITS AND BEHAVIOUR

Fruit and vegetable consumption: fewer than 5 times per day (%)

Eastern Quebec 57.8%, Central Quebec 52.1%, Montreal periurban region 50.8%, Montreal and Laval 54.3%, Western Quebec 55.4%. 55.6%, 52.8%

Level of physical activity: inactive (%)

Eastern Quebec 17.4%, Central Quebec 15.7%, Montreal periurban region 17.4%, Montreal and Laval 20.5%, Western Quebec 16.8%. 18.7%, 17.6%

Regular or occasional smokers (%)

Eastern Quebec 21.4%, Central Quebec 19.0%, Montreal periurban region 22.2%, Montreal and Laval 22.3%, Western Quebec 26.1%. 21.7%, 20.0%

Excessive consumption of alcohol (%)

Eastern Quebec 14.5%, Central Quebec 19.3%, Montreal periurban region 16.7%, Montreal and Laval 11.7%, Western Quebec 16.7%. 20.3%, 15.0%

PERCEPTION OF HEALTH AND LIMITATIONS

Perception of overall health: very good/excellent (%)

Eastern Quebec 56.7%, Central Quebec 60.6%, Montreal periurban region 61.3%, Montreal and Laval 60.8%, Western Quebec 61.3%. 60.9%, 59.2%

Perception of mental health: very good/excellent (%)

Eastern Quebec 72.4%, Central Quebec 74.7%, Montreal periurban region 76.6%, Montreal and Laval 74.2%, Western Quebec 73.8%. 74.6%, 74.6%

Obesity: BMI ≥ 30.00 (%)

Eastern Quebec 17.9%, Central Quebec 17.8%, Montreal periurban region 18.7%, Montreal and Laval 16.5%, Western Quebec 20.5%. 18.0%, 15.8%

Chronic health problems: at least one problem (%)

Eastern Quebec 61.6%, Central Quebec 61.9%, Montreal periurban region 54.6%, Montreal and Laval 46.5%, Western Quebec 55.2%. 53.1%, 50.7%

Limitations on activities because of long-term health problems (%)

Eastern Quebec 31.1%, Central Quebec 16.1%, Montreal periurban region 13.5%, Montreal and Laval 16.1%, Western Quebec 24.7%. 15.5%, 15.6%

Need help for certain activities in daily life (%)

Eastern Quebec 10.4%, Central Quebec 5.5%, Montreal periurban region 6.5%, Montreal and Laval 8.8%, Western Quebec 11.4%. 8.5%, 7.7%

USE OF HEALTHCARE SERVICES

Access to a regular medical doctor: no (%)

Eastern Quebec 23.5%, Central Quebec 28.7%, Montreal periurban region 21.3%, Montreal and Laval 29.6%, Western Quebec 26.1%. 27.6%, 24.8%

Language spoken with doctor: English (%)

Eastern Quebec 55.9%, Central Quebec 15.1%, Montreal periurban region 72.8%, Montreal and Laval 92.2%, Western Quebec 60.8%. 80.7%, 1.9%

Consultation with a professional for mental or emotional health (%)

Eastern Quebec 11.2%, Central Quebec 8.2%, Montreal periurban region 9.1%, Montreal and Laval 11.4%, Western Quebec 16.1%. 11.6%, 11.1%

Home care (%)

Eastern Quebec 9.0%, Central Quebec (confidential data), Montreal periurban region 4.5%, Montreal and Laval 3.6%, Western Quebec 4.3%. 3.4%, 3.0%

Sense of community belonging: strong (%)

Eastern Quebec 68.9%, Central Quebec 57.9%, Montreal periurban region 53.7%, Montreal and Laval 54.2%, Western Quebec 57.4%. 62.9%, 56.4%

DISTRIBUTION OF ANGLOPHONES

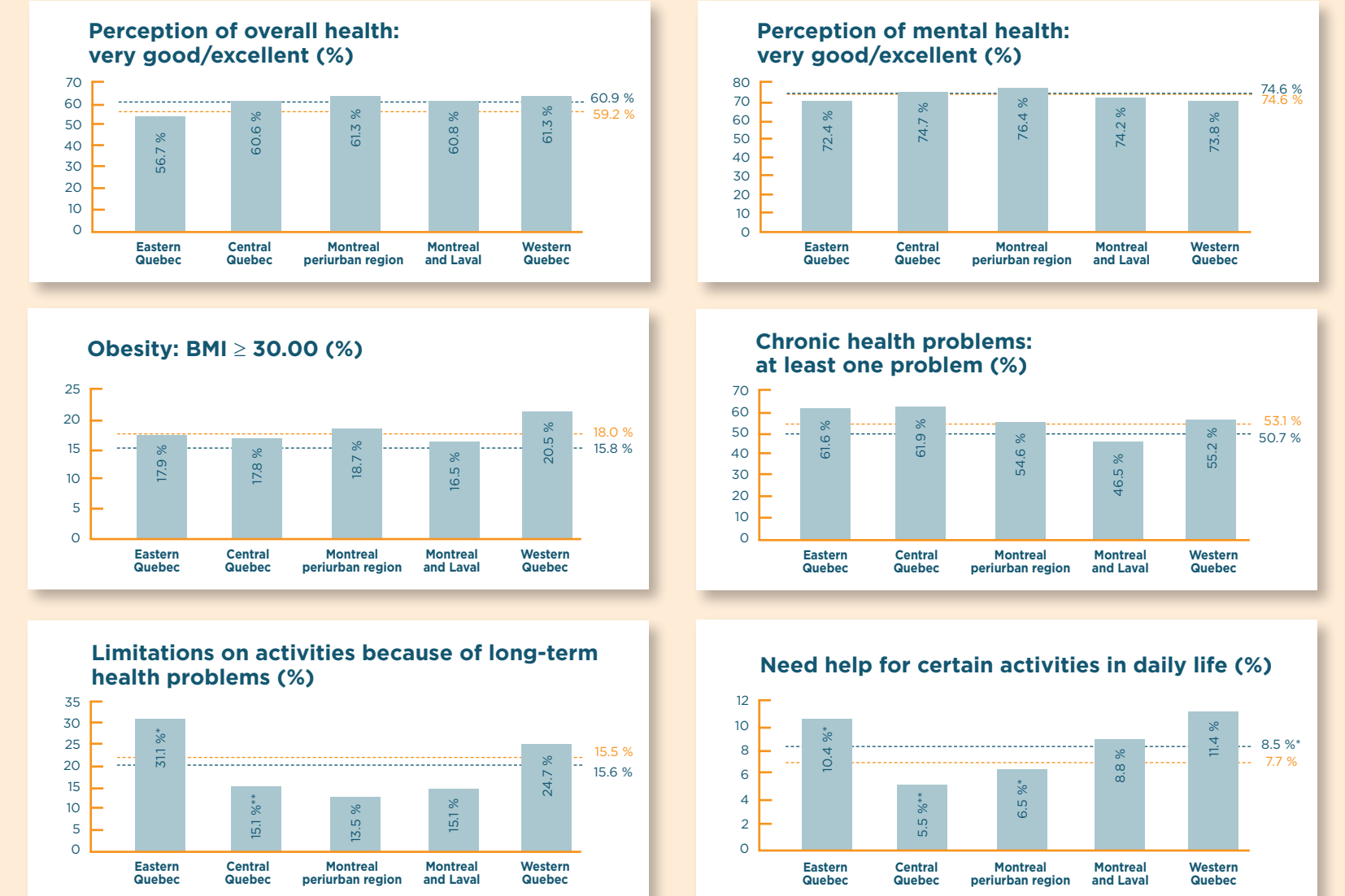| Region	Population	%
Eastern Quebec	**17,645**	**2.7%**
Bas St-Laurent	1,225	0.6%
Saguenay-Lac-St-Jean	1,970	0.7%
Côte-Nord	5,180	5.7%
Nord-du-Québec*	445	3.1%
Gaspésie-Îles-de-la-Madeleine	8,825	9.1%
Central Quebec	**24,875**	**1.5%**
Québec (Capitale nationale)	14,825	2.1%
Mauricie-Centre-du-Québec	6,065	1.2%
Chaudière-Appalaches	3,395	1.0%
Montreal periurban region	**245,880**	**8.5%**
Lanaudière	13,990	2.9%
Laurentides	37,990	6.5%
Montérégie	156,200	11.6%
Estrie	37,700	8.1%
Montreal and Laval	**715,980**	**30.7%**
Montréal	625,000	32.6%
Laval	90,980	21.8%
Western Québec	**76,150**	**14.5%**
Outaouais	70,885	18.7%
Abitibi-Temiscamingue	5,265	3.6%

*Does not include the First Nations population of the health region of Terres-Cries-de-la-Baie-James nor the population of the health region of Nunavik.

Source: Statistics Canada, Census of Population, 2016. *English, First Official Language Spoken*, Quebec. The data includes the category "English" and half of the category " English and French". CHSSN custom table CO-1798.

This poster presents a selection of indicators describing various aspects of health of the official language minority Anglophone population in various regions of Quebec.
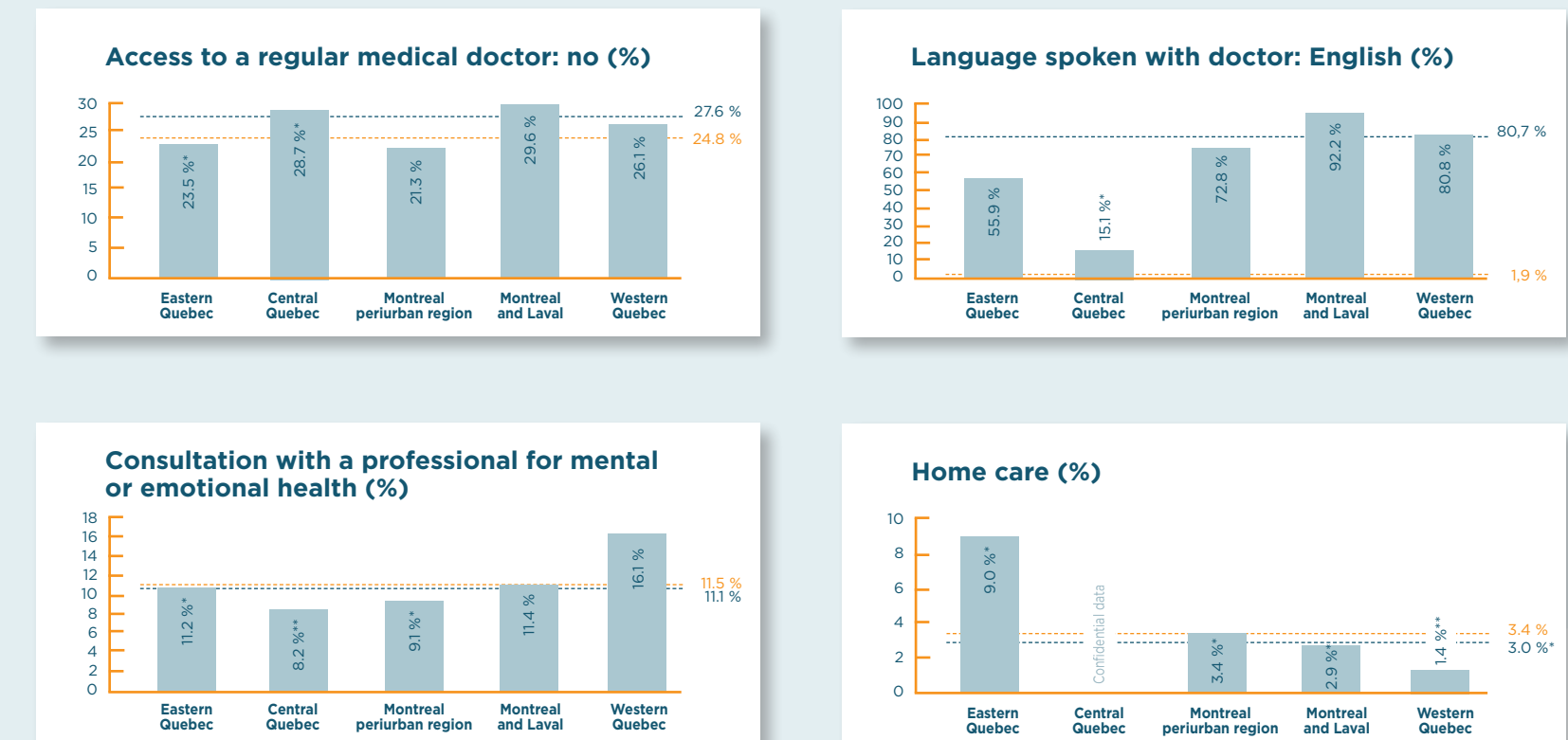
These indicators are drawn from a secondary analysis of the Canadian Community Health Survey (CCHS), combining the 2011–2012–2013–2014 cycles to compensate for the low sample of Anglophones. The weighted data are based on a sample of 45 786 persons: 3 519 Anglophones and 42 267 Francophones. The linguistic groups were identified using an algorithm that filtered French and English speakers according to four variables found in the CCHS: conversation language, mother tongue, interview language, and preferred contact language during the survey. When sample size per region is too small, data remains confidential. Non-available data means that the province / territory did not select the question for the survey participants.

MONTREAL PERIURBAN REGION 245,880 8.5%

CENTRAL QUEBEC 24,875 1.5%

EASTERN QUEBEC 17,645 2.7%

WESTERN QUEBEC 76,150 14.5%

MONTREAL AND LAVAL 715,980 30.7%

CONVENTIONAL SIGNS

- - - Anglophone minority
— Francophone majority
* Coefficient of variation between 16.6% and 33.3%; interpret with caution
** Coefficient of variation greater than 33.3%; rough estimate, provided for information purposes only

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