

## 2.10 PERCEPTIONS OF HEALTH STATUS

Table 2.10.1

### Perception of health status, population 15 and over, Quebec, 1998

	Excellent	Very Good	Good	Average	Poor
	%				
<b>Men</b>					
15-24	24.2	42.5	27.2	5.5	0.6
25-44	21.4	38.6	33.2	6.1	0.8
45-64	17.8	35.2	34.5	9.7	2.9
65 years +	12.1	24.0	41.6	17.1	5.2
<b>Total</b>	<b>19.6</b>	<b>36.4</b>	<b>33.6</b>	<b>8.4</b>	<b>2.0</b>
<b>Women</b>					
15-24	17.8	41.0	33.6	6.7	0.9
25-44	19.1	39.5	34.2	6.1	1.1
45-64	16.0	35.0	35.6	9.9	3.4
65 years +	10.6	24.6	41.6	19.5	3.8
<b>Total</b>	<b>16.6</b>	<b>36.0</b>	<b>35.7</b>	<b>9.5</b>	<b>2.2</b>
<b>Both sexes</b>					
15-24	21.1	41.7	30.4	6.1	0.7
25-44	20.2	39.0	33.7	6.1	1.0
45-64	16.9	35.1	35.0	9.8	3.2
65 years +	11.2	24.3	41.6	18.5	4.4
<b>Total</b>	<b>18.1</b>	<b>36.2</b>	<b>34.7</b>	<b>9.0</b>	<b>2.1</b>
<b>Population '000</b>	<b>1 057</b>	<b>2 112</b>	<b>2 017</b>	<b>520</b>	<b>119</b>

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*

**Table 2.10.2**

**Perception of health status according to certain socio-economic characteristics,  
population 15 and over, Quebec, 1998**

	Excellent	Very Good	Good	Average or Poor
	%			
<b>Relative scolarity</b>				
Very low	15.0	29.0	38.4	17.6
Low	17.2	34.8	37.4	10.7
Average	16.4	39.2	34.8	9.6
High	17.8	37.9	34.1	10.2
Very High	23.9	40.0	28.9	7.2
<b>Income level</b>				
Very poor	17.0	27.1	33.0	22.9
Poor	15.4	29.3	36.1	19.2
Lower middle income	16.4	34.7	37.1	11.9
Upper middle income	18.8	39.3	34.6	7.2
High income	23.6	42.2	27.6	6.6
<b>Employment status</b>				
Employed	20.8	40.1	33.8	5.3
Student	21.4	39.9	31.2	7.5
Homemaker	13.4	32.5	39.0	15.1
Retired	12.0	26.4	38.3	23.4
Unemployed	11.6	24.2	30.7	33.5
<b>Professional category<sup>1</sup></b>				
Professional, senior manager	26.5	42.9	26.4	4.2*
Intermediate manager, semi-professional, technician	22.9	43.1	29.7	4.4
Office, sales, service	18.6	41.2	34.3	5.9
Foreman, qualified labourer	18.8	37.6	38.2	5.5
Non-qualified worker, labourer	20.3	39.0	34.7	6.0*

1. Active population  
\*Interpret with caution

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

**Table 2.10.3****Perception of health status according to certain individual behaviours, population 15 and over, Quebec, 1998**

	Excellent	Very Good	Good	Average or Poor
	%			
<b>Recreation physical activity</b>				
None	14.1	28.2	38.7	19.1
1-3 times monthly	13.0	39.5	37.6	9.9
1-2 times per week	16.8	40.9	36.2	6.2
3 times per week or more	27.4	38.8	26.8	7.1
<b>Type of smoker</b>				
Never smoked	21.4	36.9	32.6	9.1
Former smoker	19.0	37.9	33.2	9.8
Occasional smoker	19.1	40.9	33.0	7.1*
Regular smoker	13.4	34.5	38.0	14.1

\*Interpret with caution

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

**Table 2.10.4****Perception of health status according to the body mass indicator, men and women 15 and over, Quebec, 1998**

	Excellent	Very Good	Good	Average or Poor
	%			
<b>Men</b>				
Insufficient weight	14.0	29.4	41.2	15.4
Acceptable weight	23.0	39.0	29.5	8.6
Excessive weight	14.9	33.8	38.8	12.6
<b>Women</b>				
Insufficient weight	19.4	31.9	35.4	13.4
Acceptable weight	18.7	39.3	33.7	8.3
Excessive weight	9.4	32.0	39.9	18.8

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

**Table 2.10.5****Perception of health status according to the social support indicator, population 15 and over, Quebec, 1998**

	Excellent	Very Good	Good	Average or Poor
	%			
Weak level of social support	13.6	30.2	39.1	17.1
High level of social support	19.3	38.1	33.3	9.4

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

**Table 2.10.6****Perception of health status according to certain health indicators, population 15 and over, Quebec, 1998**

	Excellent	Very Good	Good	Average or Poor
	%			
Limitations on activity over the long term				
Limited	2.8*	11.4	34.2	51.7
Not limited	19.9	39.1	34.7	6.3
Duration of health problems				
No problem	26.5	41.1	29.1	3.3
Problem of short duration	21.3	44.5	30.1	4.1*
Long term problem	18.8	39.5	35.2	6.5
More than one long term problem	9.6	27.6	40.3	22.6
Perception of mental health				
Excellent	33.4	39.2	21.9	5.6
Very good	13.3	46.2	33.4	7.1
Good	6.4	23.5	54.6	15.5
Average or poor	5.1*	16.2	40.8	37.9
Indicator of psychological distress				
Low or average level	20.1	38.7	32.8	8.4
High level	11.5	29.4	39.8	19.2

\*Interpret with caution

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

**Table 2.10.7****Perception of health status according to certain indicators of use of treatment and health services, population 15 and over, Quebec, 1998**

	Excellent	Very Good	Good	Average or Poor
	%			
Use of medication <sup>1</sup>				
No medication	23.4	39.7	31.7	5.2
One or two medications	16.8	38.7	36.1	8.5
Three medications or more	9.5	24.5	38.5	27.5
Consultation with a health professional <sup>2</sup>				
No consultation	19.7	37.8	34.2	8.3
One consultation	15.0	33.4	35.0	16.7
More than one consultation	9.4	27.2	38.6	24.9

1. Over a period of two days.

2. Over a period of two weeks.

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

**Table 2.10.8****Perception of health status by mother tongue, Quebec, 1998**

	N=	18211	1029	1045	445
		<b>French</b>	<b>English</b>	<b>Other</b>	<b>n/a</b>
<b>Excellent</b>		17.01%	15.35%	13.49%	15.28%
<b>Very good</b>		34.18%	38.00%	31.20%	28.99%
<b>Good</b>		33.14%	30.52%	37.51%	33.48%
<b>Average</b>		9.03%	8.36%	9.19%	10.79%
<b>Poor</b>		1.97%	2.24%	1.72%	2.70%
<b>Unknown</b>		4.68%	5.54%	6.89%	8.76%
		100.00%	100.00%	100.00%	100.00%

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.