

2.4 DIET: PERCEPTIONS, PRACTICES AND FOOD INSECURITY

Table 2.4.1

Perception of the quality of eating habits according to sex and age, population 15 and over, Quebec, 1998

	Excellent or very good	Good	Average or poor
	%		
Men			
15-24	34.2	44.8	21.0
25-44	33.2	47.1	19.7
45-64	41.1	45.1	13.9
65 years +	47.5	42.0	10.5
Total	37.4	45.5	17.1
Women			
15-24	35.4	46.5	18.0
25-44	39.1	46.3	14.6
45-64	44.9	43.0	12.0
65 years +	45.9	44.5	9.6
Total	41.3	45.1	13.6
Both sexes			
15-24	34.8	45.7	19.5
25-44	36.1	46.7	17.2
45-64	43.0	44.0	13.0
65 years +	46.6	43.4	10.0
Total	39.4	45.3	15.3
Population '000	2,295	2,637	892

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

Table 2.4.2

Perception of the quality of eating habits according to the perception of the state of health, population 15 and over, Quebec, 1998

	Excellent or very good	Good	Average or poor
	%		
Perception of state of health			
Excellent or very good	53.0	38.1	9.0
Good	24.3	56.1	19.6
Average or poor	19.8	47.3	32.9

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

Table 2.4.3

Perception of the quality of eating habits according to the indicator of body mass, population 15 and over, Quebec, 1998

	Excellent or very good	Good	Average or poor
	%		
Underweight	46.9	39.7	13.4
Healthy weight	41.3	45.1	13.6
Overweight	31.7	48.1	20.1

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

Table 2.4.4

Consumption of meals prepared outside the home in the course of 7 days according to sex and age, population 15 and over, Quebec, 1998

	Never	On occasion (1 to 3 times)	Often (4 to 6 times)	Consistently (7 times or more)
	%			
Men				
15-24	14.5	47.7	26.2	11.6
25-44	19.0	49.0	21.3	10.6
45-64	32.3	44.9	16.0	6.9
65 years +	51.9	38.6	7.4	2.2**
Total	25.9	46.4	19.0	8.7
Women				
15-24	15.3	57.8	19.5	7.3
25-44	23.3	56.6	16.0	4.1
45-64	37.0	51.7	9.7	1.6*
65 years +	52.8	41.5	4.1*	1.6**
Total	30.5	53.1	12.9	3.5
Both sexes				
15-24	14.9	52.7	22.9	9.5
25-44	21.1	52.8	18.7	7.4
45-64	34.7	48.4	12.8	4.2
65 years +	52.4	40.3	5.5	1.8
Total	28.3	49.8	15.9	6.1
Population '000	1,657	2,895	922	351

* Interpret with caution

** Imprecise estimate, indication only

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

Table 2.4.5

**Frequency and type of meal consumed outside the home in the course of 7 days,
population 15 and over, 1998**

	1 time	2 times	3 times or more
	%		
Frozen foods	53.7	27.0	19.2
Meals delivered to the home or takeout	70.5	20.4	9.0
Restaurant, cafeteria or snack bar meals (excluding takeout)	43.1	25.0	31.8

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

Table 2.4.6

**Type of meal consumed outside the home in the course of 7 days,
percentage of the population 15 and over, 1998**

	%	Population '000
Frozen foods	16.7	970
Meals delivered to the home or takeout	35.8	2,077
Restaurant, cafeteria or snack bar meals (excluding takeout)	57.5	3,342

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

Table 2.4.7

Food insecurity according to sex and age, population 15 and over, Quebec, 1998

	Sex		Age					total	Pop.
	Men	Women	0-14	15-24	25-44	45-64	65+		
	%								'000
Yes or no response to one or more of the 3 aspects of food insecurity									
Yes	8.3	8.3	10.0	10.7	9.0	7.0	3.0	8.3	593
No	91.7	91.7	90.1	89.3	91.0	93.0	97.0	91.7	6,580
Monotonous eating routine									
Often	1.6	1.5	1.6*	1.8*	1.6	2.0	0.6**	1.6	112
Sometimes	5.8	5.8	7.4	7.8	6.5	4.4	2.1*	5.8	418
Never	92.6	92.6	91.1	90.5	91.9	93.7	97.4	92.6	6,643
Restriction on food availability									
Often	1.1	1.1	1.0*	1.3*	1.1	1.5	0.1*	1.1	78
Sometimes	3.6	3.3	4.5	3.9	3.8	2.8	1.4*	3.4	247
Never	95.3	95.6	94.5	94.9	95.0	95.7	98.5	95.5	6,847
Incapacity to offer balanced meals to children									
Often	0.7*	1.0*	1.0*	0.9*	0.8*	0.8*	--	0.9	54
Sometimes	2.9	3.5	3.9	3.5*	2.6	2.6	3.0*	3.2	217
Never	96.4	95.5	95.2	95.6	96.6	96.6	97.0	95.9	6,902

* Interpret with caution

** Imprecise estimate, indication only

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

Table 2.4.8

Perception of the quality of eating habits according to certain demographic and socio-economic characteristics, population 15 and over, Quebec, 1998

	Excellent or very good	Good	Average or poor
	%		
Civil status			
Married	42.9	45.4	11.7
Common law	38.6	45.9	15.5
Widowed, separated or divorced	38.8	43.5	17.8
Single	34.4	45.4	20.2
Family type			
Unattached	37.3	42.1	20.6
Couple without children	43.1	44.1	12.8
Other family arrangement	33.1	44.7	22.2
Two-parent family	39.7	46.8	13.6
Reconstituted family	38.0	44.0	18.0
One-parent family	33.5	48.0	18.5
Relative scolarity			
Very low	35.0	46.8	18.3
Low	35.5	48.4	16.1
Average	38.4	47.1	14.6
High	38.9	45.1	16.0
Very High	48.5	39.6	11.9
Employment status			
Employed	38.3	46.1	15.6
Student	36.1	45.3	18.6
Homemaker	43.9	43.9	12.2
Retired	45.1	44.2	10.7
Unemployed	31.3	43.4	25.4
Professional category			
Non-qualified worker, labourer	34.3	45.2	20.6
Foreman, qualified labourer	31.6	51.7	16.8
Office, sales, service	36.5	45.9	17.5
Intermediate manager, semi-professional, technician	42.7	42.9	13.4
Professional, senior manager	50.0	39.3	10.7
Income level			
Very poor	33.4	42.4	24.2
Poor	35.3	46.3	18.5
Lower middle income	37.5	47.7	14.8
Upper middle income	40.9	44.9	14.1
High income	46.9	40.5	12.6
Perception of financial situation			
Very poor	26.9	39.6	33.4
Poor	30.6	47.8	21.6
Sufficient income	40.4	46.6	13.1
Comfortable	48.3	39.7	12.0

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

Table 2.4.9

Consumption of meals prepared outside the home in the course of 7 days according to certain demographic and socio-economic characteristics, population 15 years and older, Quebec, 1998

	Never	On occasion (1 to 3 times)	Often (4 to 6 times)	Consistently (7 times or more)
	%			
Civil status				
Married	33.1	50.5	12.5	4.0
Common law	19.9	54.2	18.4	7.5
Widowed, separated or divorced	40.9	43.0	11.2	4.9
Single	19.8	49.1	22.1	9.0
Family type				
Unattached	34.2	41.7	16.1	8.0*
Couple without children	33.2	49.4	12.9	4.5
Other family arrangement	22.7	46.7	20.6	10.0
Two-parent family	24.8	52.6	16.9	5.7
Reconstituted family	21.8	50.7	19.5	8.0*
One-parent family	26.1	51.2	15.8	6.9
Relative scolarity				
Very low	39.0	44.7	11.7	4.6
Low	29.3	52.4	13.0	5.4
Average	27.8	50.5	15.7	6.1
High	24.6	50.9	18.3	6.3
Very High	20.4	51.3	20.4	7.9
Employment status				
Employed	20.2	51.7	19.9	8.2
Student	16.1	53.2	23.1	7.5
Homemaker	46.1	47.0	5.3	1.6*
Retired	48.7	43.7	5.7	2.0*
Unemployed	41.1	44.4	11.2	3.4*
Professional category				
Non-qualified worker, labourer	21.9	51.8	16.8	9.6
Foreman, qualified labourer	24.9	51.3	17.1	6.7
Office, sales, service	18.2	54.9	19.6	7.3
Intermediate manager, semi-professional, technician	15.6	49.5	24.6	10.4
Professional, senior manager	14.7	50.2	27.2	7.9
Income level				
Very poor	47.4	38.5	8.4*	5.7*
Poor	38.3	44.9	12.3	4.5*
Lower middle income	31.0	49.6	14.3	5.2
Upper middle income	23.7	53.2	17.0	6.1
High income	15.6	50.1	24.2	10.2
Perception of financial situation				
Very poor	46.8	40.2	8.6*	4.5*
Poor	34.5	46.6	14.3	4.7
Sufficient income	27.0	52.2	15.4	5.5
Comfortable	20.1	49.0	21.0	10.0

*Interpret with caution

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

Table 2.4.10

Meals eaten alone according to certain demographic and socio-economic characteristics, population 15 years and older, Quebec, 1998

	Yes %	No
Civil status		
Married	2.6	97.4
Common law	3.8	96.2
Widowed, separated or divorced	56.6	43.4
Single	32.2	67.8
Family type		
Unattached	84.4	15.6
Couple without children	4.1	95.9
Other family arrangement	29.0	71.0
Two-parent family	4.4	95.6
Reconstituted family	5.3*	94.7
One-parent family	13.7	86.3
Relative scolarity		
Very low	16.1	84.0
Low	14.6	85.4
Average	17.1	82.9
High	17.1	82.9
Very High	19.9	80.1
Employment status		
Employed	14.6	85.4
Student	15.1	84.9
Homemaker	15.6	84.4
Retired	26.1	73.9
Unemployed	27.7	72.3
Professional category		
Non-qualified worker, labourer	15.3	84.7
Foreman, qualified labourer	13.0	87.0
Office, sales, service	14.2	85.8
Intermediate manager, semi-professional, technician	16.2	83.9
Professional, senior manager	14.3	85.7
Income level		
Very poor	45.1	54.9
Poor	25.9	74.2
Lower middle income	17.1	82.9
Upper middle income	12.4	87.6
High income	7.9	92.1
Perception of financial situation		
Very poor	31.6	68.4
Poor	21.8	78.3
Sufficient income	15.1	84.9
Comfortable	15.2	84.9

*Interpret with caution

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

Table 2.4.11

Food insecurity according to certain demographic and socio-economic characteristics, population 15 years and older, Quebec, 1998

Yes or no response to one or more of the 3 aspects of food insecurity (Table 2.4.7)		
	Yes	No
	%	
Civil status		
Married	4.0	96.1
Common law	7.9	92.1
Widowed, separated or divorced	12.5	87.5
Single	12.1	87.9
Family type with at least one child under 18		
Two-parent family	5.9	94.1
Reconstituted family	8.7*	91.3
One-parent family	22.5	77.5
Relative scolarity		
Very low	14.3	85.7
Low	7.8	92.2
Average	6.3	93.7
High	5.8	94.3
Very High	4.8	95.2
Employment status		
Employed	5.4	94.6
Student	9.5	90.5
Homemaker	11.5	88.5
Retired	4.4	95.6
Unemployed	27.1	72.9
Professional category		
Non-qualified worker, labourer	8.9	91.1
Foreman, qualified labourer	6.2	93.8
Office, sales, service	5.5	94.5
Intermediate manager, semi-professional, technician	3.5*	96.5
Professional, senior manager	2.0	98.0
Income level		
Very poor	38.7	61.3
Poor	19.5	80.5
Lower middle income	6.8	93.3
Upper middle income	2.0	98.0
High income	1.2	98.8
Perception of financial situation		
Very poor	32.5	67.5
Poor	18.0	82.0
Sufficient income	4.2	95.8
Comfortable	1.8*	98.2

*Interpret with caution

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

Table 2.4.12**Perception of quality of eating habits by mother tongue**

	N=	18211	1054	685	445
		French	English	Other	n/a
Excellent		7.99%	7.40%	10.36%	13.93%
Very good		29.32%	33.49%	30.80%	31.46%
Good		46.48%	41.08%	44.23%	37.53%
Average		13.56%	13.47%	11.53%	12.58%
Poor		1.77%	2.66%	1.31%	0.00%
Refusal		0.88%	1.90%	1.75%	3.82%
		100.00%	100.00%	100.00%	100.00%

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

Table 2.4.13**Consumption of meals prepared outside the home by mother tongue**

	N=	18211	1029	1045	445
		French	English	Other	n/a
Yes		69.18%	71.23%	59.62%	56.40%
No		29.39%	26.92%	37.42%	36.85%
Unknown		1.42%	1.85%	2.97%	6.74%
		100.00%	100.00%	100.00%	100.00%

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

Table 2.4.14**Frequency of consumption of meals prepared outside the home by mother tongue**

	N=	18211	1029	1045	445
		French	English	Other	n/a
Never		29.39%	26.92%	37.42%	36.85%
1 to 3 times		48.64%	48.20%	41.34%	38.88%
4 to 6 times		13.69%	15.35%	11.10%	10.34%
More than 6 times		5.22%	5.34%	4.40%	4.27%
Unknown		3.06%	4.18%	5.74%	9.66%
		100.00%	100.00%	100.00%	100.00%

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

Table 2.4.15

Meals eaten alone by mother tongue

	N=	18211	1029	1045	445
		French	English	Other	n/a
Yes		14.15%	20.51%	16.65%	18.20%
No		84.08%	77.65%	81.15%	75.96%
Unknown		1.77%	1.85%	2.20%	5.84%
		100.00%	100.00%	100.00%	100.00%

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