

# CHSSN

*Community Health  
And Social Services Network*  
Réseau communautaire de santé  
et de services sociaux

---

**Baseline Data Report 2013-2014**

---

**DEMOGRAPHIC PROFILE  
OF THE ENGLISH-SPEAKING COMMUNITIES  
OF CLSC SAINTE-FOY - SILLERY (03022)**

**Produced by Dr. Joanne Pocock**

---

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

**March 2014**

---

## Contents

Contents.....	2
Introduction .....	3
CHSSN: Networking and Partnership Initiative.....	3
About the 2013-2014 report .....	3
Baseline Data Report Series.....	3
Determinants of Health.....	3
Methodological Notes .....	4
Data Source and Constraints .....	4
Linguistic definitions.....	5
Geographic Regions.....	5
Demographic and Socio-economic Characteristics .....	5
Statistics Canada Definitions.....	5
Series of Tables – Demographic Characteristics .....	6
Demographic Size.....	7
Table 1 - Population Size .....	7
Age Structure.....	8
Table 2 - Age Structure of the Population.....	8
Income .....	10
Table 3 - Income .....	10
Household Living Arrangements.....	12
Table 4 - Population by Household Living Arrangements.....	12
Low-Income Cut-off.....	15
Table 5 - Population Living Below LICO, Within Age Groups.....	15
Table 6 - Population Living Below LICO, by Household Living Arrangements .....	17
Highest Educational Attainment.....	19
Table 7 - Highest Educational Certification, for Selected Age Groups.....	19
Labour Force Activity .....	23
Table 8 - Labour Force Activity .....	23
Appendix “A” – Baseline Data Report Series.....	25
Sources and References .....	26

## Introduction

### ***CHSSN: Networking and Partnership Initiative***

The CHSSN Networking and Partnership Initiative Program<sup>1</sup> (NPI) contributes to the vitality of Quebec's English-speaking communities by developing partnerships with the public health and social service system to improve, develop, and maintain access to a full range of services for Quebec's English-speaking language minority.

The Program, a measure of "Canada's Roadmap for Linguistic Duality", funds the development of community networks within English-speaking communities that align with the territories served by Quebec's health and a social service centres (CSSS). A *community network* (often referred to as an *NPI network*) is a formal grouping of community, institutional and other partners within the health and social service sector. The network improves access to health and social services through collaboration with the public system, provision of information on community needs and priorities, support for the volunteer and community resources sector and the promotion of innovative services adapted to the needs of English-speaking people.

### ***About the 2013-2014 report***

This volume of the BDR series presents selected demographic characteristics of the English-speaking population residing in the CSSS territories of the areas covered by the organizations participating in the Networking and Partnership Initiative (NPI). The information presented is drawn from the 2011 National Household Survey (NHS) and organized by province, region and CSSS territory. 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 that will allow local communities to better understand the demographic factors and health determinants affecting them and to assist institutional partners and community leaders in developing strategies to improve the well-being of their constituencies. The Baseline Data Report 2013-2014 (BDR) is the eleventh volume in the series. The full series and data source for each is presented in the table in Appendix "A".

### ***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

---

<sup>1</sup> [http://www.chssn.org/En/Networking\\_Partnership.html](http://www.chssn.org/En/Networking_Partnership.html)

conditions, health services, physical and social environments, biology and genetic endowment, personal health practices and coping skills, healthy child development, gender and culture.<sup>2</sup>

### *Suggested Readings*

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*, 2<sup>nd</sup> edition. Toronto: Canadian Scholars' Press.

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 and Constraints**

This report is based on a series of tables developed by the Community Health and Social Services Network (CHSSN) based on data from the 2011 National Household Survey (NHS).

It should be noted that there are differences between the 2011 National Household Survey (NHS) estimates and census counts. The 2011 Census of Population and the 2011 National Household Survey (NHS) both provide information on the Canadian population for various levels of geography and for numerous topics (e.g., demography, marital status, family and language) including characteristics associated with these topics. There are two reasons which explain the differences between the counts for the 2011 Census and the 2011 National Household Survey:

- the target population for the 2011 Census includes usual residents in collective dwellings and persons living abroad, whereas the target population for the NHS excludes them.
- the NHS estimates are derived from a sample survey and are therefore subject to sampling error and are also subject to potentially higher non-response error than in the census due to the survey's voluntary nature.

Given the limits to the NHS data mentioned above and due to the fact that cross-tabulations of small populations produce even smaller population counts which are unreliable for statistical analysis, profiles have not been produced for territories where the number of English speakers falls below 250 persons. In this 2013-2014 Baseline Data Report, profiles will be produced for 72

---

<sup>2</sup> Public Health Agency of Canada. "What Determines Health?" [www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php](http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php) Accessed March 2014.

CSSS territories and 83 CLSC territories. Data for individual sub-items (ex. Population living alone) is also suppressed when the count is less than 25.

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 2013-2014 Baseline Data Report consists of a series of stand-alone documents which present key data for the CSSS and CLSC territories in Quebec in which there are at least 250 English-speaking residents.

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

The demographic and socio-economic variables addressed in the 2013-2014 BDR 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 meanings of demographic and administrative terms are clarified as they arise in the report, the online Statistics Canada dictionary for the National Household Survey<sup>3</sup> may also be consulted.

---

<sup>3</sup> <http://www12.statcan.gc.ca/nhs-enm/2011/ref/dict/99-000-x2011001-eng.pdf>

## **Series of Tables – Demographic Characteristics**

Table 1 - Population Size.....	7
Table 2 - Age Structure of the Population .....	8
Table 3 - Income .....	10
Table 4 - Population by Household Living Arrangements.....	12
Table 5 - Population Living Below LICO, Within Age Groups.....	15
Table 6 - Population Living Below LICO, by Household Living Arrangements.....	17
Table 7 - Highest Educational Certification, for Selected Age Groups .....	19
Table 8 - Labour Force Activity.....	23

## Demographic Size

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>4</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

Population Size		RSS de la Capitale-Nationale	CSSS de la Vieille-Capitale	CLSC Sainte-Foy - Sillery
FOLS - English speakers	number	12,668	7,485	2,770
	percentage	1.9%	2.5%	3.7%
FOLS - French speakers	number	670,055	288,940	72,230
	percentage	98.2%	97.6%	96.7%
Total population	number	682,125	295,965	74,665
	percentage	100.0%	100.0%	100.0%

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

- Across the RSS de la Capitale-Nationale, there were 12,668 English speakers, representing 1.9% of the regional population.
- There were 7,485 English speakers living in the CSSS de la Vieille-Capitale territory where they represented 2.5% of the population. This share is much higher than the overall regional share for English speakers.
- In CLSC Sainte-Foy - Sillery, we find 2,770 English speakers where they represented 3.7% of the population. This proportion is much higher than that represented by English speakers across the CSSS de la Vieille-Capitale territory.

<sup>4</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.

## 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	RSS de la Capitale-Nationale		CSSS de la Vieille-Capitale		CLSC Sainte-Foy - Sillery	
	English	French	English	French	English	French
Total - Age groups	12,668	670,055	7,485	288,940	2,770	72,230
0-14 years	1,283	96,620	628	33,750	280	7,460
15-24 years	1,708	83,185	988	39,340	403	13,030
25-44 years	3,895	174,080	2,488	75,385	840	15,620
45-64 years	3,835	208,010	2,223	88,070	800	20,010
65+ years	1,955	108,165	1,155	52,400	450	16,110

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

### Children (aged 0-14)

- Across the RSS de la Capitale-Nationale, there were 1,283 English-speaking children aged 0-14, representing 10.1% of the English-speaking population. The proportion of children in the English-speaking population is much lower than the level in the French-speaking majority population in the RSS de la Capitale-Nationale region.
- There were 628 English-speaking children aged 0-14 living in CSSS de la Vieille-Capitale where they account for 8.4% of the population. The proportion of children in this territory's English-speaking population is much higher than their proportion in the French-speaking majority population. This proportion is lower than the level for English-speaking children across the region.
- In CLSC Sainte-Foy - Sillery, we find 280 English-speaking children aged 0-14 where they represent 10.1% of the population. This share is much higher than that exhibited by English-speaking children across CSSS de la Vieille-Capitale. The proportion of children in the territory's English-speaking population is similar to the share in the CLSC Sainte-Foy - Sillery French-speaking majority population.



### Seniors (aged 65 and over)

- Across the RSS de la Capitale-Nationale, there were 1,955 English-speaking seniors aged 65+ representing 15.4% of the English-speaking population. The proportion of seniors in the English-speaking population is similar to that found in the French-speaking majority population in the RSS de la Capitale-Nationale region.
- There were 1,155 English-speaking seniors aged 65+ living in CSSS de la Vieille-Capitale where they accounted for 15.4% of the population. This share is similar to that of English-speaking seniors across the RSS de la Capitale-Nationale. The proportion of seniors in this territory's English-speaking population is lower than their proportion in the French-speaking majority population.
- In CLSC Sainte-Foy - Sillery, we find 450 English-speaking seniors aged 65+ where they account for 16.2% of the population. This share is much lower than that of English-speaking seniors across CSSS de la Vieille-Capitale. The proportion of seniors in the English-speaking population of CLSC Sainte-Foy - Sillery is higher than the proportion in the French-speaking majority population.

## 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>5</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>6</sup>.

**Table 3 - Income**

Population 15+ years, by Income Group	RSS de la Capitale- Nationale		CSSS de la Vieille- Capitale		CLSC Sainte-Foy - Sillery	
	English	French	English	French	English	French
Population 15+ by total income	11,385	573,435	6,858	255,190	2,495	64,775
Less than \$20,000	4,665	199,915	2,988	92,665	1,085	23,540
\$20,000 - \$49,999	3,930	234,010	2,255	98,465	748	22,320
\$50,000 +	2,790	139,505	1,620	64,055	663	18,910

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

### Income under \$20k

- Across the RSS de la Capitale-Nationale in 2011, there were 4,665 English speakers aged 15+ with income under \$20k. This group represents 41.0% of the English-speaking population aged 15 and over. The proportion of English speakers with income under \$20k is higher than that found in the French-speaking majority population in the RSS de la Capitale-Nationale region.
- There were 2,988 English speakers with income under \$20k in CSSS de la Vieille-Capitale where they represent 43.6% of the English-speaking population aged 15 and over. This share is higher than that displayed by the regional English-speaking population. The proportion of those with income under \$20k in CSSS de la Vieille-Capitale's English-speaking population is higher than the proportion in the French-speaking majority population.

<sup>5</sup> Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> Accessed March 2014

<sup>6</sup> Ibid

- In CLSC Sainte-Foy - Sillery, we find 1,085 English speakers with income under \$20k where they account for 43.5% of the population. This share is similar to that experienced by English speakers across CSSS de la Vieille-Capitale. 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 CLSC Sainte-Foy - Sillery.

### **Earning \$50k and over**

- Across the RSS de la Capitale-Nationale, there were 2,790 English speakers with income over \$50k who represented 24.5% of the English-speaking population aged 15 and over. The proportion of high earners in the English-speaking population is similar to that found in the French-speaking majority population the RSS de la Capitale-Nationale region.
- There were 1,620 English speakers with income over \$50k living in CSSS de la Vieille-Capitale where they represented 23.6% of the population. This proportion was similar to the proportion of English-speaking high earners across the RSS de la Capitale-Nationale. The proportion of high earners in the English-speaking population is lower than the share of high earners in the French-speaking majority population in CSSS de la Vieille-Capitale.
- In CLSC Sainte-Foy - Sillery, we find 663 English-speaking high earners where they represent 26.6% of the population. This share is higher than that experienced by English-speaking high earners across CSSS de la Vieille-Capitale. 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.<sup>7</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	RSS de la Capitale-Nationale		CSSS de la Vieille-Capitale		CLSC Sainte-Foy - Sillery	
	English	French	English	French	English	French
Total - Household living arrangements	11,393	573,440	6,858	255,190	2,490	64,775
Total persons in households with at least one census family	8,623	432,795	4,958	170,490	1,838	43,010
Married spouses, common-law partners	6,550	327,885	3,748	128,695	1,360	32,770
Lone parents	518	27,085	293	11,865	105	2,480
Children in families with two parents present	980	49,460	573	18,140	215	4,900
Children in families with one parent present	425	22,130	230	9,485	118	2,260
Total persons in non-census family households	2,770	140,640	1,905	84,700	645	21,760
Living with relatives	50	5,615	40	3,170	30	860
Living with non-relatives only	605	23,185	400	16,010	95	5,140
Living alone	2,115	111,845	1,463	65,510	523	15,745

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

<sup>7</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>8</sup>**

- Across the RSS de la Capitale-Nationale, there were 8,623 English speakers living in households with at least one census family. This group represents 75.7% of the 15+ English-speaking population. The proportion of English speakers living in households with at least one census family is similar to that found in the French-speaking majority population in the RSS de la Capitale-Nationale region.
- There were 4,958 English speakers living in households with at least one census family in CSSS de la Vieille-Capitale where they comprise 72.3% of the population. This share is similar to that displayed by the English-speaking population across the RSS de la Capitale-Nationale. The proportion of those living in households with at least one census family in CSSS de la Vieille-Capitale's English-speaking population is higher than the proportion in the French-speaking majority population.
- In CLSC Sainte-Foy - Sillery, we find 1,838 English speakers living in households with at least one census family where they account for 73.8% of the population. This share is similar to that accounted for by English speakers across CSSS de la Vieille-Capitale. The proportion of persons living in households with at least one census family in the CLSC Sainte-Foy - Sillery English-speaking population is higher than the proportion represented by the French-speaking majority population in this territory.

### **Living in lone-parent families**

- Across the RSS de la Capitale-Nationale, there were 518 English speakers living in lone-parent families. This group represents 4.5% 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 the RSS de la Capitale-Nationale region.
- There were 293 English speakers living in lone-parent families in CSSS de la Vieille-Capitale where they account for 4.3% of the population. The proportion of those living in lone-parent families in this territory's English-speaking population is lower than the proportion found in the French-speaking majority population. The proportion is lower than that found in the RSS de la Capitale-Nationale English-speaking population.

---

<sup>8</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>)

- In CLSC Sainte-Foy - Sillery, we find 105 English speakers living in lone-parent families where they represent 4.2% of the population. This is lower than the proportion represented by the French-speaking majority population in this territory. The proportion of English speakers living in lone-parent families in the CLSC Sainte-Foy - Sillery English-speaking population is lower than the proportion we find for English speakers across CSSS de la Vieille-Capitale.

### **Living alone**

- Across the RSS de la Capitale-Nationale, there were 2,115 English speakers living alone. This group represents 18.6% of the English-speaking population. The proportion of English speakers living alone is similar to the level in the French-speaking majority population in the RSS de la Capitale-Nationale region.
- There were 1,463 English speakers living alone in CSSS de la Vieille-Capitale where they account for 21.3% of the population. This level is higher than that displayed by the regional English speaking population. The proportion of those living alone in the CSSS de la Vieille-Capitale English speaking population is lower than the proportion found in the French-speaking majority population.
- In CLSC Sainte-Foy - Sillery, we find 523 English speakers living alone where they represent 21.0% of the population. This share is similar to that exhibited by English speakers across CSSS de la Vieille-Capitale. The proportion of those living alone in the CLSC Sainte-Foy - Sillery English speaking population is lower than the proportion exhibited by the French-speaking majority population in this territory.

## 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>9</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	RSS de la Capitale-Nationale		CSSS de la Vieille-Capitale		CLSC Sainte-Foy - Sillery	
	English	French	English	French	English	French
Total - Age groups	2,035	73,705	1,575	45,255	575	10,905
0-14 years	160	7,515	120	3,810	50	615
15-24 years	1,875	66,190	1,455	41,440	530	10,290
25-44 years	783	18,025	653	11,925	265	2,485
45-64 years	540	21,710	388	11,560	133	1,670
65+ years	175	12,580	145	7,825	35	1,540

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the 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.*

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

- Across the RSS de la Capitale-Nationale, there were 2,035 English speakers living below LICO. This group accounts for 16.1% 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 the RSS de la Capitale-Nationale region.
- There were 1,575 English speakers living below LICO in CSSS de la Vieille-Capitale where they represent 21.0% of the English-speaking population. The proportion of those living below LICO in CSSS de la Vieille-Capitale's English-speaking population is much higher than the proportion found in the French-speaking majority population. This English-speaking proportion in CSSS de la Vieille-Capitale is much higher than the proportion for the region's English speakers in general.
- 

<sup>9</sup> See “Low Income in Canada: 2000-2007 Using the Market Basket Measure” August 2009 by Human Resources and Skills Development Canada for a breakdown on various Low Income Measurements. Available online at <http://www.hrsdc.gc.ca/eng/publications>

In CLSC Sainte-Foy - Sillery, we find 575 English speakers living below LICO where they represent 20.8% 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 similar to the proportion for English speakers across CSSS de la Vieille-Capitale.

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

- Across the RSS de la Capitale-Nationale, there were 160 English-speaking children living below LICO. This group represents 12.5% 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 the RSS de la Capitale-Nationale region.
- There were 120 English-speaking children living below LICO in the CSSS de la Vieille-Capitale where they account for 19.1% of the children in the territory's English-speaking population. The proportion of children living below LICO in the territory's English-speaking population is much higher than the proportion in the French-speaking majority children's population. This proportion is much higher than that displayed by English-speaking children across the region.
- In CLSC Sainte-Foy - Sillery, we find 50 English-speaking children living below LICO where they represent 17.9% 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 lower than the proportion experienced by English-speaking children across CSSS de la Vieille-Capitale.

### **Seniors (65+) Living below the low income cut-off (LICO)**

- Across the RSS de la Capitale-Nationale, there were 175 English-speaking seniors living below LICO. This group represents 9.0% of the English-speaking senior population. The proportion of English-speaking seniors living below LICO is much lower than the proportion of seniors living below LICO in the French-speaking majority population in the RSS de la Capitale-Nationale region.
- There were 145 English-speaking seniors living below LICO in CSSS de la Vieille-Capitale where they account for 12.6% of the territory's English-speaking senior population. The proportion of those seniors living below LICO in the territory's English-speaking senior population is lower than the proportion in the French-speaking majority senior population. This proportion is much higher than that experienced by English-speaking seniors across the region.
- In CLSC Sainte-Foy - Sillery, we find 35 English-speaking seniors living below LICO where they represent 7.8% of the English-speaking senior population. This is lower than the proportion experienced by the French-speaking majority senior population living below LICO in the same territory. The proportion of seniors living below LICO in the territory's



English-speaking population is much lower than the level displayed by English-speaking seniors across the CSSS de la Vieille-Capitale territory.

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

Population Living Below the Low-Income Cut-off Level, by Household Living Arrangements	RSS de la Capitale-Nationale		CSSS de la Vieille-Capitale		CLSC Sainte-Foy - Sillery	
	English	French	English	French	English	French
Total - Household living arrangements	1,875	66,190	1,455	41,440	530	10,290
Total persons in households with at least one census family	813	23,865	603	11,825	250	2,555
Married spouses, common-law partners	543	14,375	413	7,210	218	1,760
Total persons in non-census family households	1,065	42,325	853	29,615	273	7,735
Living with non-relatives only	283	10,895	223	8,245	50	3,100
Living alone	763	30,725	613	20,790	200	4,425

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the 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 the RSS de la Capitale-Nationale, there were 813 English-speaking persons in census family households living below LICO. This group represents 9.4% 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 this region living below LICO in census family households.
- There were 603 English-speaking persons in census family households living below LICO in CSSS de la Vieille-Capitale where they represent 12.2% of the regional English-speaking population. The proportion of persons in census family households living below LICO in the CSSS de la Vieille-Capitale English-speaking population is much higher than the proportion in the French-speaking majority population. The proportion in the territory's English-speaking population is much higher than that found in the regional English-speaking population.
- In CLSC Sainte-Foy - Sillery, we find 250 English-speaking persons in census family households living below LICO where they account for 13.6% 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 higher than the proportion found in the English-speaking population of CSSS de la Vieille-Capitale.

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

- Across the RSS de la Capitale-Nationale, there were 75 English-speaking persons in lone-parent families living below LICO. This group represents 14.5% of the English-speaking population living in lone-parent families. The proportion of English-speaking persons in lone-parent families living below LICO is similar to the proportion found in the French-speaking majority population in the RSS de la Capitale-Nationale living in lone parent families.
- There were 50 English-speaking persons in lone-parent families living below LICO in CSSS de la Vieille-Capitale where they account for 17.1% of the territory's English-speaking lone-parent family population. The proportion of persons in lone-parent families living below LICO in the English-speaking population of CSSS de la Vieille-Capitale is similar to the proportion in the French-speaking majority population. The level for the English-speaking territory's population is higher than that found in the regional English-speaking population.

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

- Across the RSS de la Capitale-Nationale, there were 763 English-speaking persons living alone and below LICO. This group represents 36.1% 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 region's French-speaking majority population living alone.
- There were 613 English-speaking persons living alone and below LICO in CSSS de la Vieille-Capitale where they account for 41.9% of the English-speaking population living alone. The proportion of those persons living alone and below LICO in the territory's English-speaking population is much higher than the proportion in the French-speaking majority population. This English-speaking proportion is higher than that experienced by the RSS de la Capitale-Nationale's English-speaking population.
- In CLSC Sainte-Foy - Sillery, we find 200 English-speaking persons living alone and below LICO where they represent 38.2% of the English-speaking population living alone. This is much 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 lower than the proportion experienced by English speakers across the CSSS de la Vieille-Capitale territory.

## 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>10</sup>.

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

Highest Educational Certification, by Selected Age Groups		RSS de la Capitale- Nationale		CSSS de la Vieille- Capitale		CLSC Sainte-Foy - Sillery	
		English	French	English	French	English	French
Total	Total	11,393	573,440	6,858	255,190	2,490	64,775
	25-44 years	3,895	174,080	2,493	75,385	840	15,620
	45-64 years	3,835	208,010	2,228	88,070	798	20,020
High school diploma or less	Total	3,683	216,445	1,883	85,535	598	15,970
	25-44 years	663	33,245	353	12,510	35	1,555
	45-64 years	1,025	72,660	493	25,790	175	3,130
Apprenticeship or trades certificate or diploma	Total	1,248	96,005	628	32,585	140	5,340
	25-44 years	418	37,060	218	11,905	63	1,605
	45-64 years	540	38,355	240	12,295	35	1,660
College, CEGEP or other non-university certificate or diploma	Total	1,895	111,785	1,050	48,605	373	13,580
	25-44 years	710	41,135	338	15,365	93	2,970
	45-64 years	643	40,695	338	16,840	128	3,860
University certificate or diploma below bachelor level	Total	563	27,285	325	14,265	140	4,565
	25-44 years	203	6,960	130	3,330	48	785
	45-64 years	190	11,475	100	5,590	30	1,570
University certificate, diploma or degree at bachelor level or above	Total	3,995	121,925	2,973	74,205	1,248	25,315
	25-44 years	1,905	55,675	1,450	32,265	588	8,700
	45-64 years	1,438	44,815	1,043	27,540	438	9,790
High school diploma or less	Total	32.3%	37.7%	27.5%	33.5%	24.0%	24.7%
	25-44 years	17.0%	19.1%	14.2%	16.6%	4.2%	10.0%
	45-64 years	26.7%	34.9%	22.1%	29.3%	21.9%	15.6%
Apprenticeship or trades certificate or diploma	Total	11.0%	16.7%	9.2%	12.8%	5.6%	8.2%
	25-44 years	10.7%	21.3%	8.7%	15.8%	7.5%	10.3%
	45-64 years	14.1%	18.4%	10.8%	14.0%	4.4%	8.3%
College, CEGEP or other non-university certificate or diploma	Total	16.6%	19.5%	15.3%	19.0%	15.0%	21.0%
	25-44 years	18.2%	23.6%	13.6%	20.4%	11.1%	19.0%
	45-64 years	16.8%	19.6%	15.2%	19.1%	16.0%	19.3%
University certificate or diploma below bachelor level	Total	4.9%	4.8%	4.7%	5.6%	5.6%	7.0%
	25-44 years	5.2%	4.0%	5.2%	4.4%	5.7%	5.0%
	45-64 years	5.0%	5.5%	4.5%	6.3%	3.8%	7.8%
University certificate, diploma or degree at bachelor level or above	Total	35.1%	21.3%	43.4%	29.1%	50.1%	39.1%
	25-44 years	48.9%	32.0%	58.2%	42.8%	70.0%	55.7%
	45-64 years	37.5%	21.5%	46.8%	31.3%	54.9%	48.9%

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

<sup>10</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*, 2nd edition. Toronto: Canadian Scholar's Press.

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

- Across the RSS de la Capitale-Nationale, there were 3,683 English speakers aged 15 and over with a high school diploma or less. This group accounts for 32.3% 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 lower than the level found in the French-speaking majority population aged 15 and over across the region.
- There were 1,883 English speakers aged 15 and over with a high school diploma or less in CSSS de la Vieille-Capitale where they account for 27.5% of the territory's English-speaking population aged 15 and over. The proportion of those aged 15 and over with a high school diploma or less in the territory's English-speaking population is lower than the proportion in the French-speaking majority population. The level for the territory's English-speaking proportion is lower than that exhibited by English speakers across the RSS de la Capitale-Nationale.
- In CLSC Sainte-Foy - Sillery, we find 598 English speakers aged 15 and over with a high school diploma or less where they represent 24.0% of the English-speaking population aged 15 and over. This level is similar to 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 lower than the proportion exhibited by the English speakers across the CSSS de la Vieille-Capitale territory.

### **Population 25-44, high school diploma or less**

- Across the RSS de la Capitale-Nationale region, there were 663 English speakers aged 25-44 with a high school diploma or less. This group represents 17.0% of the regional English-speaking population aged 25 to 44. The proportion of English speakers aged 25-44 with a high school diploma or less is lower than that found in the regional French-speaking majority population in the same age cohort.
- There were 353 English speakers aged 25-44 with a high school diploma or less in CSSS de la Vieille-Capitale where they account for 14.2% of the territory's English-speaking population. The proportion of those aged 25-44 with a high school diploma or less in the English-speaking population is lower than the proportion in the territory's French-speaking majority population in that age group. This proportion is lower than that exhibited by English speakers across the RSS de la Capitale-Nationale region in the same age cohort.
- In CLSC Sainte-Foy - Sillery, we find 35 English speakers aged 25-44 with a high school diploma or less where they comprise 4.2% of the English-speaking 25-44 cohort. This is much lower 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 much lower than the proportion exhibited by English speakers across the CSSS de la Vieille-Capitale territory.

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

- In the RSS de la Capitale-Nationale, there were 1,025 English-speaking aged 45-64 with a high school diploma or less. This group represents 26.7% of the English-speaking population. The proportion of English speakers aged 45-64 with a high school diploma or less is much lower than that found in the same age cohort of the regional French-speaking majority population.
- There were 493 English speakers aged 45-64 with a high school diploma or less in the CSSS de la Vieille-Capitale territory where they account for 22.1% of the English-speaking population there. The proportion of those aged 45-64 with a high school diploma or less in this territory's English-speaking population is much lower than the proportion in the territory's French-speaking majority population. This English-speaking proportion is lower than that exhibited by the RSS de la Capitale-Nationale region's English speakers.
- In CLSC Sainte-Foy - Sillery, we find 175 English speakers aged 45-64 with a high school diploma or less where they comprise 21.9% 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 similar to the proportion exhibited by English speakers across the CSSS de la Vieille-Capitale territory.

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

- In the RSS de la Capitale-Nationale, there were 3,995 English-speaking aged 15 and over with a university degree or higher. This group represents 35.1% 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 the RSS de la Capitale-Nationale region.
- There were 2,973 English speakers aged 15 and over with a university degree or higher in the CSSS de la Vieille-Capitale territory where they account for 43.4% of the territory's English-speaking population. The proportion of those aged 15 and over with a university degree or higher in the territory's English-speaking population is much higher than the proportion in the French-speaking majority population. This English-speaking proportion is much higher than that exhibited by the RSS de la Capitale-Nationale region's English speakers.
- In CLSC Sainte-Foy - Sillery, we find 1,248 English speakers aged 15 and over with a university degree or higher where they represent 50.1% 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 higher than the proportion exhibited by English speakers across CSSS de la Vieille-Capitale.

### **Population 25-44, university degree or higher**

- In the RSS de la Capitale-Nationale, there were 1,905 English speakers aged 25-44 with a university degree or higher. This group accounts for 48.9% 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 across the region.
- There were 1,450 English speakers aged 25-44 with a university degree or higher in CSSS de la Vieille-Capitale where they represent 58.2% of the territory's English-speaking population. The proportion of those aged 25-44 with a university degree or higher in this territory's English-speaking population is much higher than the proportion in the French-speaking majority population. This territory's English-speaking proportion is higher than that exhibited by English speakers across the RSS de la Capitale-Nationale region.
- In CLSC Sainte-Foy - Sillery, we find 588 English speakers aged 25-44 with a university degree or higher where they comprise 70.0% 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 25-44 with a university degree or higher in the territory's English-speaking population is much higher than the proportion exhibited by English speakers across CSSS de la Vieille-Capitale.

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

- Across the RSS de la Capitale-Nationale region, there were 1,438 English speakers aged 45-64 with a university degree or higher. This group represents 37.5% 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 RSS de la Capitale-Nationale region's French-speaking majority population.
- There were 1,043 English speakers aged 45-64 with a university degree or higher in CSSS de la Vieille-Capitale where they represent 46.8% of the English-speaking population. The proportion of those aged 45-64 with a university degree or higher in the territory's English-speaking population is much higher than the proportion in the French-speaking majority population. This territory's English-speaking proportion is much higher than that exhibited by the region's English speakers.
- In CLSC Sainte-Foy - Sillery, we find 438 English speakers aged 45-64 with a university degree or higher where they comprise 54.9% of the English-speaking population. This level 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 university degree or higher in the territory's English-speaking population is higher than the proportion exhibited by English speakers across CSSS de la Vieille-Capitale.

## 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>11</sup>

**Table 8 - Labour Force Activity**

Labour Force Activity	RSS de la Capitale-Nationale		CSSS de la Vieille-Capitale		CLSC Sainte-Foy - Sillery	
	English	French	English	French	English	French
Total - Labour force activity	11,393	573,440	6,858	255,190	2,490	64,775
In the labour force	7,358	377,310	4,358	163,030	1,538	39,575
Employed	6,880	358,875	4,050	154,675	1,425	37,295
Unemployed	480	18,430	308	8,355	105	2,270
Out of the labour force	4,028	196,130	2,500	92,155	958	25,205

*Source: Statistics Canada, 2011 National Household Survey. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.*

### Unemployed

- Across the RSS de la Capitale-Nationale, there are 480 English speakers who are unemployed resulting in an unemployment rate of 6.5%. The unemployment rate of the region's English speakers is much higher than the unemployment rate of the French-speaking majority.
- There are 308 unemployed English speakers in the CSSS de la Vieille-Capitale territory where they experience an unemployment rate of 7.1%. The unemployment rate of the territory's English-speaking population is much higher than the unemployment rate in the French-speaking majority population. Their unemployment rate is higher than that experienced by the region's English-speaking population.
- In CLSC Sainte-Foy - Sillery, we find 105 unemployed English speakers resulting in an unemployment rate of 6.8%. 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 CSSS de la Vieille-Capitale.

<sup>11</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, 2nd Edition. Toronto: Canadian Scholar's Press.

## Out of the labour force<sup>12</sup>

- Across the RSS de la Capitale-Nationale, there were 4,028 English speakers out of the labour force. This group represents 35.4% of the English-speaking population aged 15+. The proportion of English speakers out of the labour force is similar to that found in the regional French-speaking majority population aged 15 and over.
- There were 2,500 English speakers out of the labour force in the CSSS de la Vieille-Capitale territory where they comprise 36.5% of the English-speaking population aged 15+. The proportion of those out of the labour force in the territory's English-speaking population is similar to the proportion in the French-speaking majority population. This territory's English-speaking proportion is similar to that exhibited by the region's English-speaking population.
- In CLSC Sainte-Foy - Sillery, we find 958 English speakers aged 15+ out of the labour force where they account for 38.5% 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 this territory's English-speaking population is higher than the proportion exhibited by English speakers across CSSS de la Vieille-Capitale.

---

<sup>12</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” – Baseline Data Report Series**

Year	Title	Data Source
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
2011-2012	Socio-economic Profiles of English-speaking Visible Minority Population by Quebec Health Region	2006 Census of Canada
2012-2013	Quebec’s English-speaking Community Networks and their Partners in Public Health and Social Services	Survey of NPI groups and interviews
2013-2014	Demographic Profiles of the English-speaking Communities of Selected CSSS and CLSC Territories	2011 National Household Survey

## Sources and References

- Bowen, S. (2001). *Language Barriers in Access to Health Care*, Ottawa: Health Canada.
- Bowen, S., Gibbons, M., Roy, J. and Edwards, J. (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).
- Carter, J. (2003). *A Community Guide to the Population Health Approach*. Community Health and Social Services Network (CHSSN), [www.chssn.org](http://www.chssn.org)
- Consultative Committee for English-speaking Minority Communities (CCESMC) 2002, *Report to the Federal Minister of Health*, Ottawa: Health Canada.
- Galabuzi, G. (2002). "Social Exclusion" in Raphael, D (ed.) *Social Determinants of Health: Canadian Perspectives*. Toronto: Canadian Scholar's Press Inc. pp.235-251.
- Human Resources and Skills Development Canada (2009). "Low Income in Canada: 2000-2007 Using the Market Basket Measure" August 2009, available online at <http://www.hrsdc.gc.ca/eng/publications>
- 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.
- Mikkonen, J., & Raphael, D. (2010). *Social Determinants of Health: The Canadian Facts*. Toronto: York University School of Health Policy and Management
- 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)
- Public Health Agency of Canada. "What Determines Health?" [www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php](http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php) Accessed March 2014.
- Raphael, D. (Ed.) (2009) *Social Determinants of Health: Canadian Perspectives, 2<sup>nd</sup> edition*. Toronto: Canadian Scholar's Press.
- Statistics Canada. (2014). *2011 National Household Survey*, Ottawa. Series of tables specified by Canadian Heritage.
- World Health Organization (2008). *Closing the gap in a Generation: Health Equity through Action on the Social Determinants of Health*. Geneva: World Health Organization.