



# Quebec's Social and Health Survey Information: Baseline Data Report 2008 (Section 6)

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## 6. Spirituality, Religion, and Health

- The greater percentage of survey respondents felt that spiritual life was fairly important or very important and believe strongly in the positive effects of spiritual values on health.
- The greater percentage of respondents attended church once a year or never attended.
- 78.4% of respondents were Roman Catholic. 13.7% had no religious affiliation.
- Anglophone respondents were more likely than Francophones to claim a religious affiliation other than Catholic and no religious affiliation. They were also more likely than Francophones to claim that spiritual life is very important with respect to health status.

**Table 6.1 – Importance accorded spiritual life, belief in the positive effect of spiritual values on health, attendance at a church or cult in a twelve-month period and current religious affiliation, population 15 years and older, Quebec, 1998**

	%	Pop '000
<b>Importance accorded spiritual life</b>		
Very important	29.8	1,739
Fairly important	35.4	2,064
Of little importance	24.6	1,431
Not important at all	10.2	591
<b>Belief in the positive effects of spiritual values on health</b>		
Yes, a lot	36.9	2,150
Yes, a little	32.5	1,893
No, not at all	21.3	1,242
Do not know	9.3	540
<b>Frequency of attendance at a church or cult in the course of 12 months</b>		
More than once a week	4.6	270
Once a week	11.9	701
More than once a month	9.5	557
More than once a year	42.7	2,478
Never attend	31.3	1,818
<b>Religious affiliation</b>		
None	13.7	797
Roman Catholic	78.4	4,568
United Church	1.3	76
Anglican	1.9*	61
Greek Orthodox	0.8*	48
Jewish	0.7*	42
Islamic	0.9*	52
Other	3.2	181

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

\* Interpret with caution

- A greater percentage of survey respondents felt that spiritual life was fairly important followed closely by those who felt it was very important.
- A greater proportion of respondents believed strongly in the positive effects of spiritual values on health.
- The greater percentage of respondents attended church more than once a year or never attended. 78.4% of respondents were Roman Catholic. 13.7% had no religious affiliation.

**Table 6.2 – Current religious affiliation by mother tongue, Quebec, 1998**

N=	18211	1029	1045	445
	French	English	Other	n/a
<b>None</b>	10.72%	18.37%	11.20%	4.94%
<b>Catholic</b>	83.67%	44.61%	55.02%	48.99%
<b>Other</b>	2.56%	33.72%	28.42%	6.52%
<b>Unknown</b>	3.04%	3.30%	5.36%	39.55%
	100.00%	100.00%	100.00%	100.00%

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

- Anglophone survey respondents were much more likely than Francophones to claim no religious affiliation and much more likely than Francophones to claim a religious affiliation other than Catholic.

**Table 6.3 – Importance accorded spiritual life with respect to effect on health by mother tongue, Quebec, 1998**

N=	18211	1029	1045	445
	French	English	Other	n/a
<b>Very important</b>	27.85%	33.21%	39.56%	28.76%
<b>Fairly important</b>	36.24%	35.01%	31.09%	27.87%
<b>Of little importance</b>	24.60%	19.83%	19.42%	13.26%
<b>Not important at all</b>	9.62%	9.96%	7.01%	5.39%
<b>Refusal</b>	1.70%	1.99%	2.92%	24.72%
	100.00%	100.00%	100.00%	100.00%

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

- Relatively speaking, Anglophone survey respondents were 19% more likely than Francophones to claim that spiritual life is very important with respect to its effect on health.