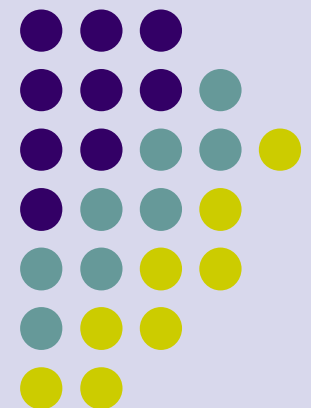
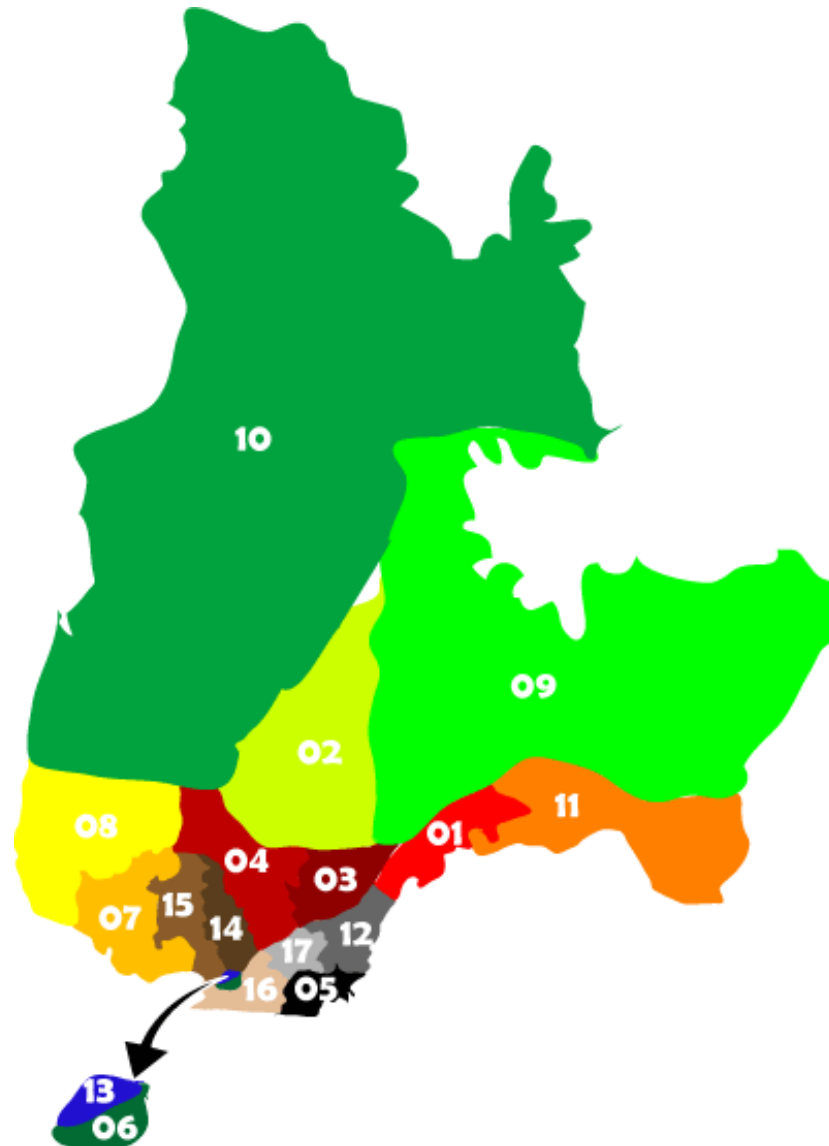
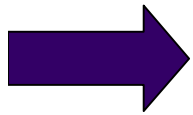
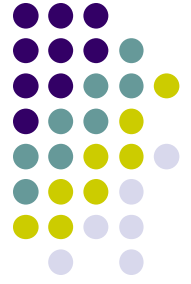


Adapting Health and Social Services Programs into English

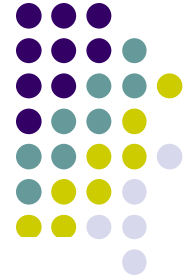
Abitibi-Témiscamingue
Region
(March 2011)



Abitibi-Témiscamingue



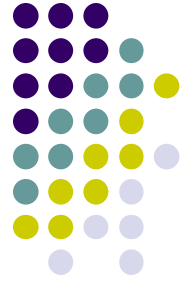
Abitibi-Témiscamingue



- 65,000 km²
(4th largest region in Quebec)
- 5 RCMs

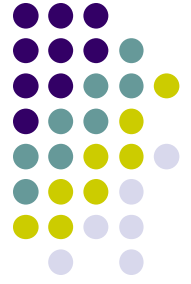


Population of Abitibi-Témiscamingue



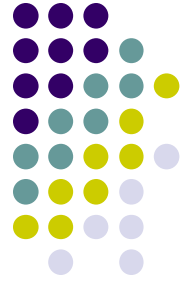
- Around 145,000 residents, representing 1.9% of Quebec's population
- Population is younger than in the rest of Quebec
- Slightly higher proportion of males

Population of Abitibi-Témiscamingue (Continued)



- 5,100 people whose mother tongue is English
- 1,700 people for whom English is the only official language spoken
- 7 Algonquin communities, representing about 6,500 people
- Presence of Cree

Abitibi-Témiscamingue Health and Social Services Network



Six HSSCs:

- La Vallée-de-l'Or HSSC
- Rouyn-Noranda HSSC
- Les Eskers de l'Abitibi HSSC
- Aurores-Boréales HSSC
- Lac-Témiscamingue HSSC
- Témiscaming-et-de-Kipawa HSSC

Abitibi-Témiscamingue Health and Social Services Network



Four rehabilitation centres:

- La Maison rehabilitation centre
- Abitibi-Témiscamingue youth centre
- Clair Foyer Abitibi-Témiscamingue intellectual disability rehabilitation centre
- Centre Normand

Distribution of Abitibi-Témiscamingue's Population by HSSC Area

(Statistics Canada, 2007 Census)



HSSC Area	Total Population	Population Whose Mother Tongue Is English
La Vallée-de-la-Or	43,302	1,325
Rouyn-Noranda	39,490	995
Les Eskers de l'Abitibi	24,346	370
Aurores-Boréales	21,047	165
Lac-Témiscamingue	13,338	990
Témiscaming-et-de-Kipawa	3,669	1,280
A-T Region	145,192	5,100

Population of Abitibi-Témiscamingue by Age Group

(Statistics Canada, 2007 Census)



Age Group	Total Population	Population Whose Mother Tongue Is English
0-14 years old	24,923	840
15-24 years old	19,317	647
25-44 years old	38,340	1,378
45-64 years old	43,431	1,487
65+ years old	19,181	727
Total	145,192	5,100

La Vallée-de-l'Or Area



Age Group	Total Population	Population Whose Mother Tongue Is English
0-14 years old	7,580	200
15-24 years old	5,866	162
25-44 years old	11,715	334
45-64 years old	12,933	434
65+ years old	5,208	196
Total	43,302	1,325



Rouyn-Noranda Area

Age Group	Total Population	Population Whose Mother Tongue Is English
0-14 years old	6,511	95
15-24 years old	5,429	106
25-44 years old	10,596	253
45-64 years old	11,703	338
65+ years old	5,251	202
Total	39,490	995



Les Eskers de l'Abitibi Area

Age Group	Total Population	Population Whose Mother Tongue Is English
0-14 years old	4,279	60
15-24 years old	3,319	60
25-44 years old	6,479	109
45-64 years old	7,292	103
65+ years old	2,977	44
Total	24,346	370



Aurores-Boréales Area

Age Group	Total Population	Population Whose Mother Tongue Is English
0-14 years old	3,481	8
15-24 years old	2,654	16
25-44 years old	5,103	35
45-64 years old	6,528	59
65+ years old	3,381	28
Total	21,047	165



Lac-Témiscamingue Area

Age Group	Total Population	Population Whose Mother Tongue Is English
0-14 years old	2,370	227
15-24 years old	1,583	157
25-44 years old	3,311	333
45-64 years old	4,055	190
65+ years old	2,019	69
Total	13,338	990

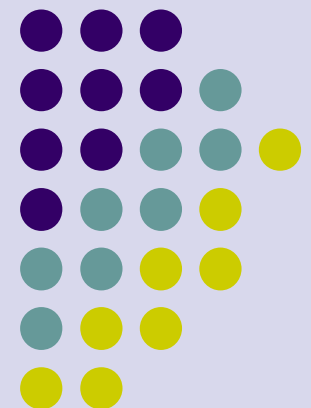


Témiscaming-et-de-Kipawa Area

Age Group	Total Population	Population Whose Mother Tongue Is English
0-14 years old	702	270
15-24 years old	466	154
25-44 years old	1,136	391
45-64 years old	920	326
65+ years old	445	130
Total	3,669	1,280

Health Profile

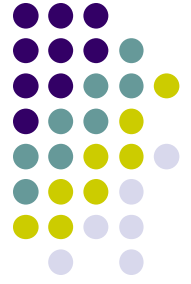
Health-Related Behaviours



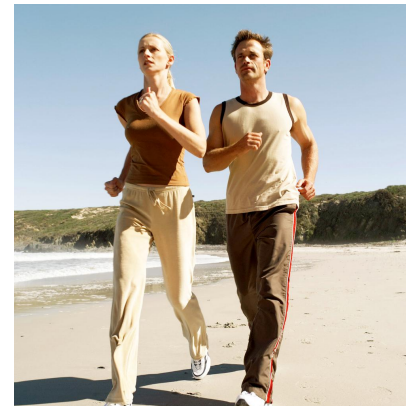
Health Profile



Lifestyle Habits



- 54% of the population is overweight (51% in 2003)
- 28% of the population is sedentary
- 50% of the population does not use walking as a means of transportation



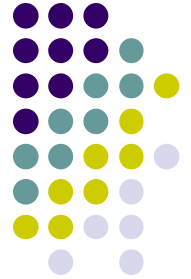
Lifestyle Habits (Continued)



- 61% of the population does not consume five servings of **fruits and vegetables** per day
- Around 6% of the population aged 12 and over has a high-risk level of **alcohol** consumption, and 25% has a high level of alcohol consumption
- Over 25% of the population aged 12 and over are **smokers**



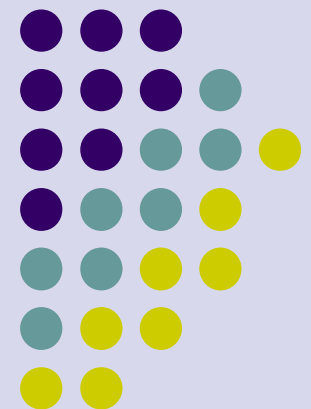
Chronic Health Problems: Some Data



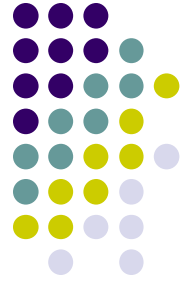
- Diabetes: approx. 6.5% of people aged 20 and over
- Arthritis and rheumatism: 17%
- Hypertension: 16%
- Back pain: 16%
- Asthma: 11%
- Heart disease: 5%
- Chronic bronchitis: 3%
- Etc.

Adapting Programs into English

Promoting Health and Prevention among English-Speaking Clients



Prevention and Promotion



- For everyone: 0-5-30 Program
- Healthy cooking education:
child care centres, school and
health sectors, Aboriginal
Friendship Centres



Prevention and Promotion



- Youth: addiction prevention (Système D)



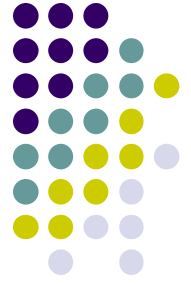
- Seniors: fall prevention (STAND UP! program)

Prevention and Promotion



- Women: Quebec Breast Cancer Screening Program (PQDCS)
- Population aged 18 and over:
Self-Managed Care Program: Living a Healthy Life with Chronic Conditions

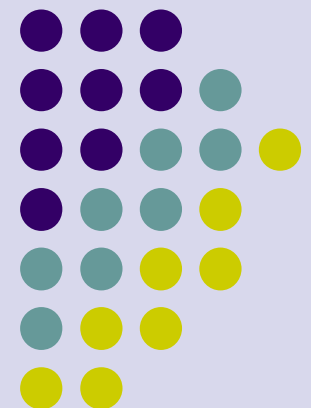
Our Partners



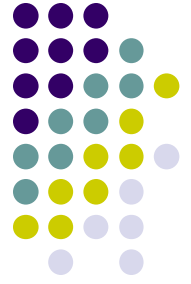
- Health and social services institutions
- English-language regional committee
- Community resources (Neighbours, various associations)
- The three anglophone schools
- Anglophone Aboriginal communities
- The two Aboriginal Friendship Centres
- And the other regions

Adapting Programs into English

Steps

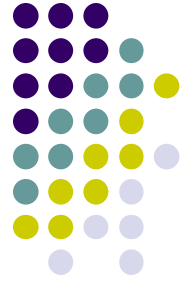


2010-2011



- ▶ Profile of English-speaking population
- ▶ Profile of services offered in English at institutions
- ▶ Satisfaction survey on accessibility of services in English
- ▶ Identification of programs offered by HSSCs

In Future: 2011-2012



- ▶ Identifying programs to adapt into English
- ▶ Verifying institutions' ability to offer these programs in English (e.g., having staff able to speak English)
- ▶ Supporting institutions with respect to setting up programs in English

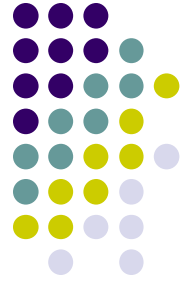
In Future: 2012-2013



- ▶ Implementing programs for the anglophone population
- ▶ Evaluation process



Challenges



- Human, material, and financial resources of institutions and partner organizations
- Low population density of the regions & anglophone population (making them harder to reach)



Challenges (Continued)



- Staff's ability to express themselves in English
- Availability of documents in English
- Partners' priorities



How to Reach Us



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Website: www.sante-abitibi-temiscamingue.gouv.qc.ca (French only)

Thank you!

