
**DEMOGRAPHIC PROFILE
OF THE ENGLISH-SPEAKING COMMUNITIES
IN THE ADMINISTRATIVE REGION OF LAURENTIDES
&
MRC MIRABEL**

BASED ON THE 2016 CENSUS OF CANADA

MRC Profile Series

**Produced by Dr. Joanne Pocock
for the
Community Health and Social Services Network (CHSSN)
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Introduction

About the MRC Profile Series

The MRC Profile Series is intended to serve as a resource that will allow local communities to better understand the demographic factors affecting them and to assist institutional partners and community leaders in developing strategies to improve the well-being of their constituencies.

This series presents selected demographic characteristics of the English-speaking population residing in the MRC or MRC-equivalent territories. The data is drawn from a series of tables developed by the Community Health and Social Services Network (CHSSN) based on the 2016 Census of Canada. The selection of characteristics is guided by their importance as determinants of the health status and vitality of Quebec's English-speaking minority communities.

Methodological Notes

Data Source

This report is based on a series of tables developed by the Community Health and Social Services Network (CHSSN) based on data from the 2016 Census of Canada. The population included here are those in private householders, drawing on the long-form census which has a 25% sample of the Canadian population.

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 MRC profile series consists of stand-alone documents which present key data for the MRC and MRC-equivalent territories in Quebec in which there are at least 250 English-speaking residents. Data is also presented for the Administrative Region in which each MRC is located.

Demographic and Socio-economic Characteristics

The demographic and socio-economic variables addressed in the 2017-2018 MRC Profile Series 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 meaning of demographic and administrative terms are clarified as they arise in the report, the online Statistics Canada census dictionary for the¹ may also be consulted.

¹ <http://www12.statcan.gc.ca/nhs-enm/2011/ref/dict/99-000-x2011001-eng.pdf>

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Map of the Territory





Demographic Size

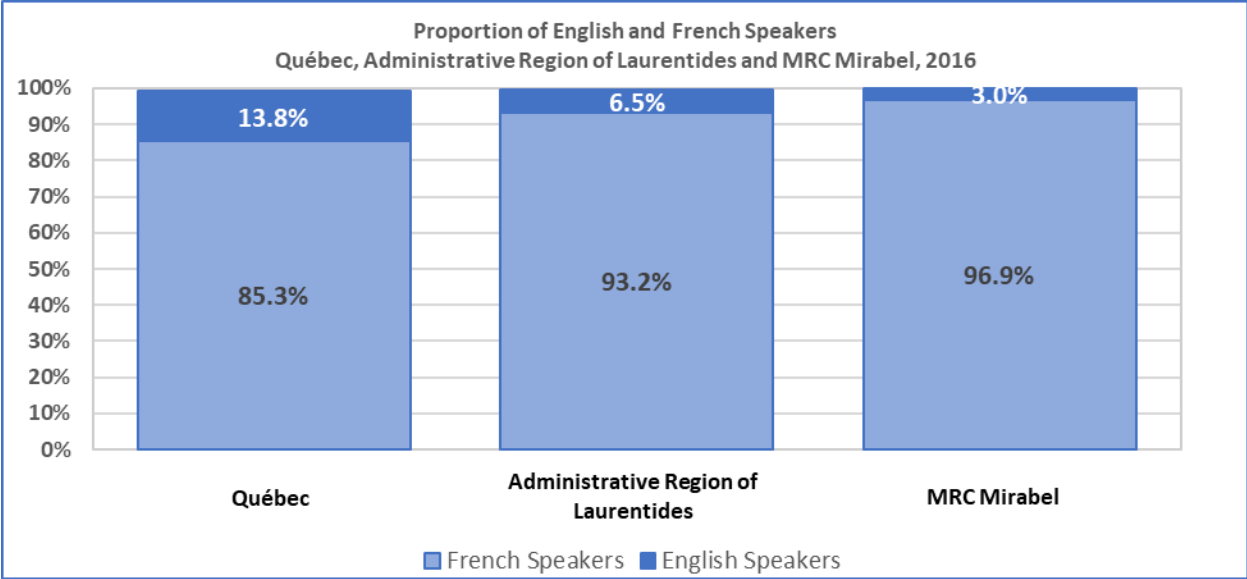
Quebec’s English speakers form one of Canada’s official language minority groups. Studies have confirmed that language barriers affect access and quality of care for linguistic minority communities. Obstacles to communication can reduce recourse to preventative services; increase consultation time including 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.² 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

Size of Population		Québec	Administrative Region of Laurentides	MRC Mirabel
FOLS - English speakers	number	1,097,925	37,555	1,515
	percentage	13.8%	6.5%	3.0%
FOLS - French speakers	number	6,795,280	538,755	48,755
	percentage	85.3%	93.2%	96.9%
Total population	number	7,965,450	577,855	50,300
	percentage	100.0%	100.0%	100.0%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

² 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. 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.



- Across Québec, there were 1,097,925 English speakers, representing 13.8% of the provincial population.
- In 2016, there were 37,555 English speakers living in the Laurentides region where they represented 6.5% of the population. This share is much lower than the overall provincial share for English speakers.
- In MRC Mirabel, we find 1,515 English speakers where they represented 3.0% of the population. This proportion is much lower than that represented by English speakers across the Laurentides territory.

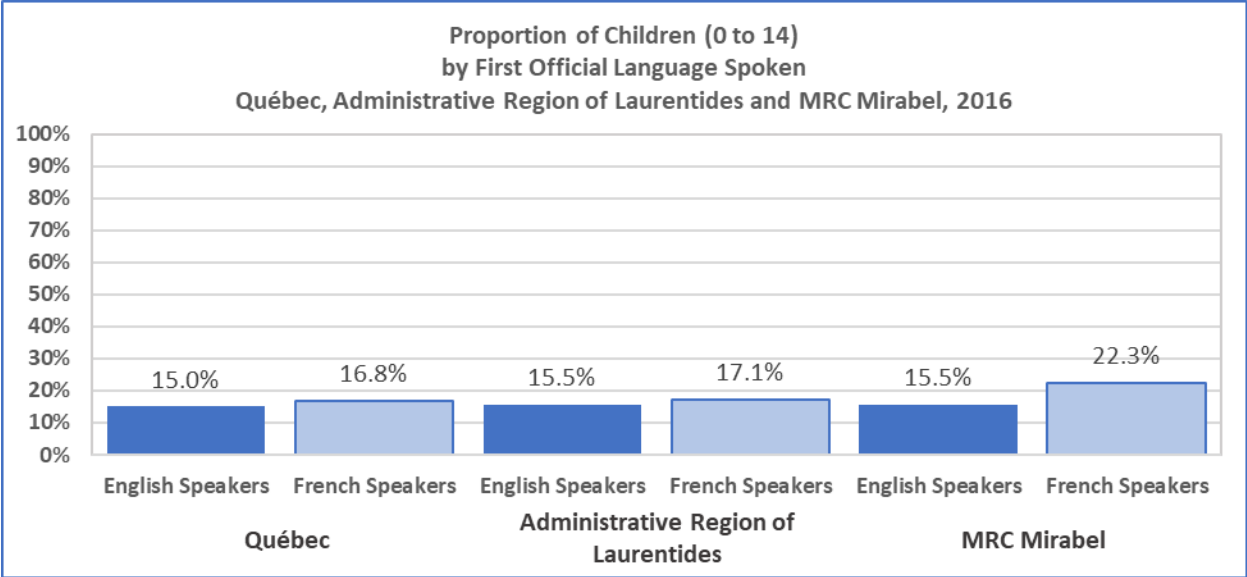
Age Structure

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

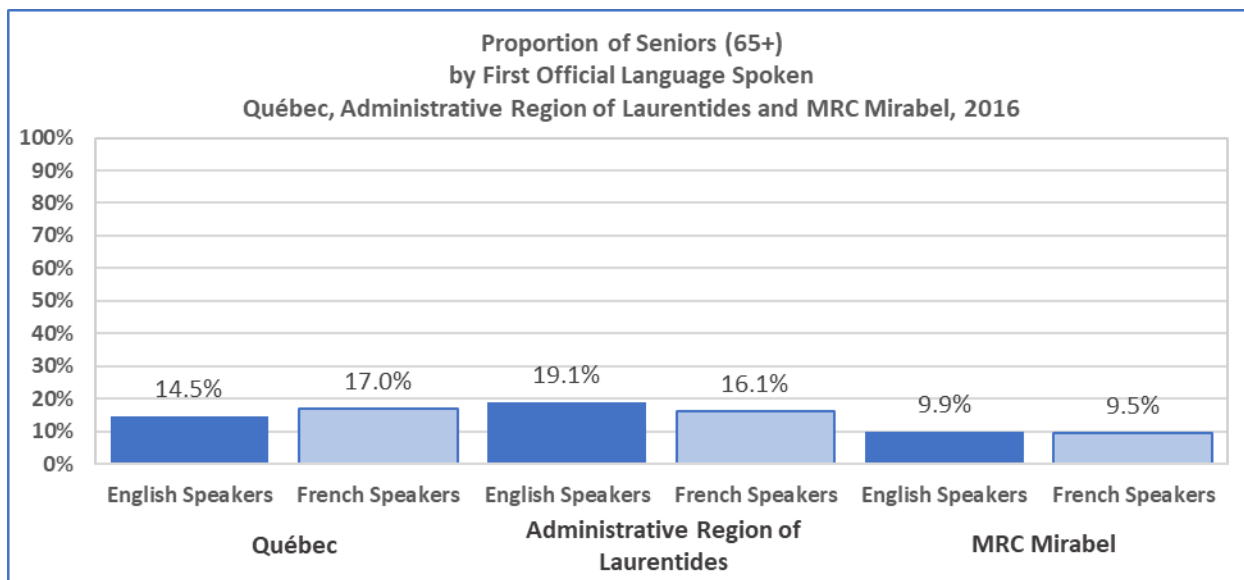
Age Structure of the Population	Québec		Administrative Region of Laurentides		MRC Mirabel	
	English	French	English	French	English	French
Total - Age groups	1,097,925	6,795,280	37,555	538,755	1,515	48,755
0-14 years	165,085	1,143,060	5,805	92,280	235	10,870
15-24 years	146,460	776,310	4,110	62,070	110	6,020
25-44 years	320,930	1,728,440	8,795	129,090	570	14,595
45-64 years	305,775	1,995,460	11,685	168,370	445	12,645
65+ years	159,670	1,152,005	7,160	86,950	150	4,630
Total - Age groups	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
0-14 years	15.0%	16.8%	15.5%	17.1%	15.5%	22.3%
15-24 years	13.3%	11.4%	10.9%	11.5%	7.3%	12.3%
25-44 years	29.2%	25.4%	23.4%	24.0%	37.6%	29.9%
45-64 years	27.9%	29.4%	31.1%	31.3%	29.4%	25.9%
65+ years	14.5%	17.0%	19.1%	16.1%	9.9%	9.5%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.



Children (aged 0-14)

- Across Québec, there were 165,085 English-speaking children aged 0-14, representing 15.0% of the English-speaking population. The proportion of children in the English-speaking population is lower than the level in the French-speaking majority population in Quebec.
- In 2016, there were 5,805 English-speaking children aged 0-14 living in Laurentides where they account for 15.5% of the population. The proportion of children in the regional English-speaking population is lower than their proportion in the regional French-speaking majority population. This proportion is similar to the level for English-speaking children across the province.
- In MRC Mirabel, we find 235 English-speaking children aged 0-14 where they represent 15.5% of the population. This share is similar to that exhibited by English-speaking children across the Laurentides region. The proportion of children in the territory's English-speaking population is much lower than the share in the MRC Mirabel French-speaking majority population.



Seniors (aged 65 and over)

- Across Québec, there were 159,670 English-speaking seniors aged 65+ representing 14.5% of the English-speaking population. The proportion of seniors in the English-speaking population is lower than that found in the French-speaking majority population in Québec.
- In 2016, there were 7,160 English-speaking seniors aged 65+ living in the Laurentides region where they accounted for 19.1% of the population. This share is much higher than that of English-speaking seniors across the province. The proportion of seniors in the regional English-speaking population is higher than the proportion in the French-speaking majority population.
- In MRC Mirabel, we find 150 English-speaking seniors aged 65+ where they account for 9.9% of the population. This share is much lower than that of English-speaking seniors across the Laurentides region. The proportion of seniors in the English-speaking population is similar to the proportion in the French-speaking majority population in MRC Mirabel.

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.³ 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 whole⁴.

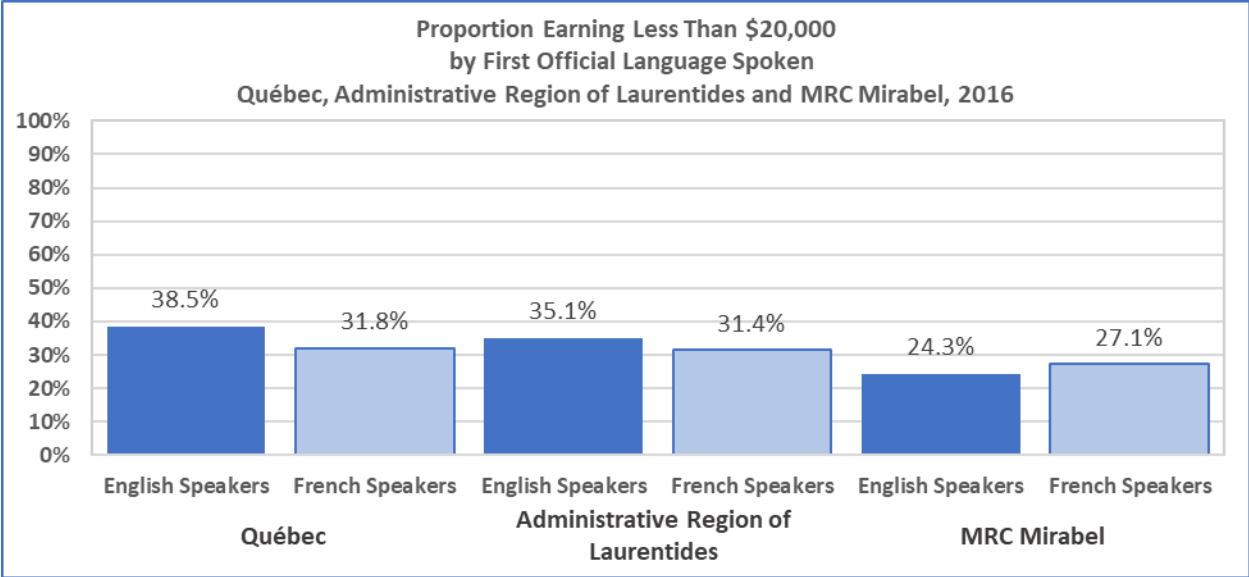
Table 3 - Income

Population by Income Group	Québec		Administrative Region of Laurentides		MRC Mirabel	
	English	French	English	French	English	French
Total Population 15+	932,835	5,652,215	31,750	446,480	1,275	37,890
Less than \$20,000	359,020	1,799,170	11,155	140,055	310	10,275
\$20,000 - \$49,999	328,605	2,235,010	11,430	174,750	500	14,715
\$50,000 +	245,210	1,618,025	9,185	131,665	465	12,890
Total Population 15+	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Less than \$20,000	38.5%	31.8%	35.1%	31.4%	24.3%	27.1%
\$20,000 - \$49,999	35.2%	39.5%	36.0%	39.1%	39.2%	38.8%
\$50,000 +	26.3%	28.6%	28.9%	29.5%	36.5%	34.0%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

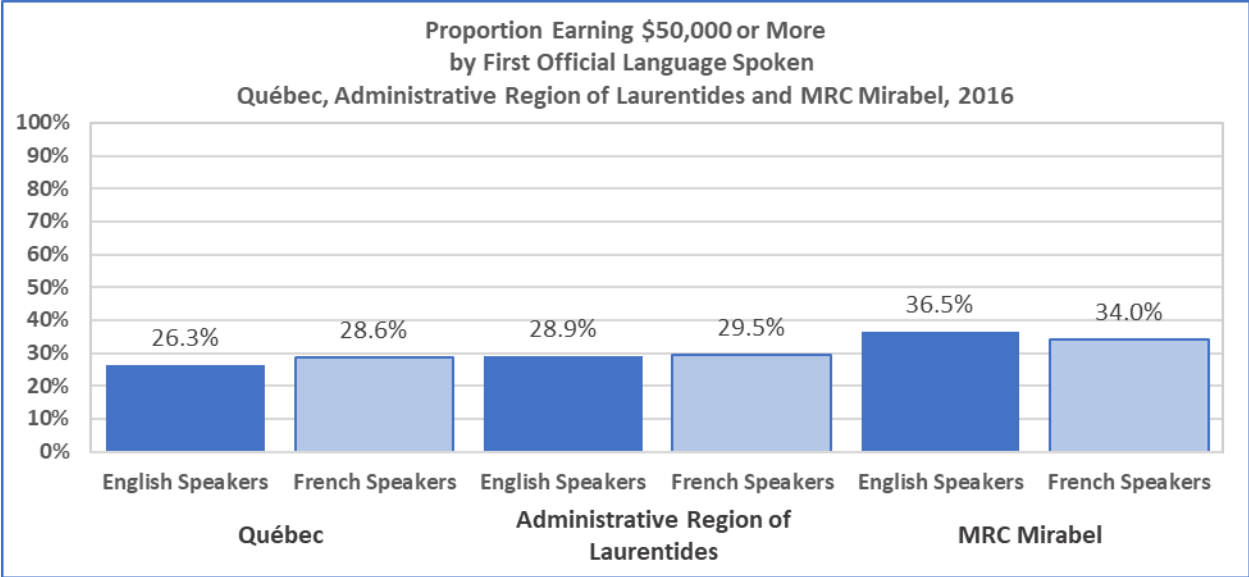
³ Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> Accessed March 2014.

⁴ *Ibid.*



Income under \$20k

- Across Québec in 2016, there were 359,020 English speakers aged 15+ with income under \$20k. This group represents 38.5% of the English-speaking population aged 15+. The proportion of English speakers with income under \$20k is much higher than that found in the French-speaking majority population in Québec.
- In 2016, there were 11,155 English speakers aged 15+ with income under \$20k in the Laurentides region where they represent 35.1% of the English-speaking population aged 15 and over. This share is lower than that displayed by the provincial English-speaking population. The proportion of those with income under \$20k in the region's English-speaking population is higher than the proportion in the French-speaking majority population.
- In MRC Mirabel, we find 310 English speakers aged 15+ with income under \$20k where they account for 24.3% of the population. This share is much lower than that experienced by English speakers across the Administrative Region of Laurentides. The proportion of those with income under \$20k in the territory's English-speaking population is lower than the proportion for the French-speaking majority population in MRC Mirabel.



Earning \$50k and over

- Across Québec, there were 245,210 English speakers aged 15+ with a total income of \$50k or more, who represented 26.3% of the English-speaking population in that age group. The proportion of high earners in the English-speaking population is lower than that found in the French-speaking majority population in Quebec.
- In 2016, there were 9,185 English speakers aged 15+ with a total income of \$50k or more living in the Laurentides region, where they represented 28.9% of the population. This proportion was higher than the proportion of English-speaking high earners across the province. The proportion of high earners in the regional English-speaking population is similar to the share of high earners in the French-speaking majority population in the region.
- In MRC Mirabel, we find 465 English-speaking high earners aged 15+, where they represent 36.5% of the population. This share is much higher than that experienced by English-speaking high earners across the Laurentides region. The proportion of high earners in the territory's English-speaking population is higher than the proportion of high earners in the territory's French-speaking majority population.

Household Living Arrangements

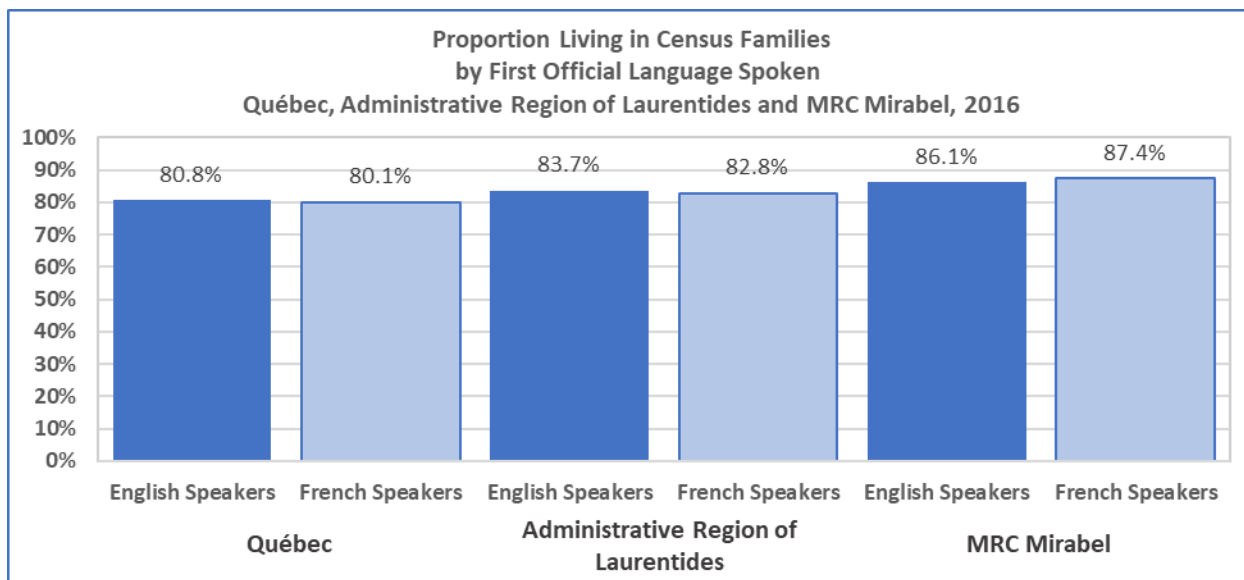
Household living arrangements may be used as an indicator of groups within a population who are vulnerable to a poor health status. For example, the Quebec Social and Health Survey (1998) revealed that parents of minors living in lone parent households were more likely to report food insecurity, high levels of psychological distress and having more than one health problem compared to parents with other household arrangements.⁵ 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	Québec		Administrative Region of Laurentides		MRC Mirabel	
	English	French	English	French	English	French
Total - Household living arrangements	1,097,925	6,795,280	37,555	538,755	1,515	48,755
Total persons in census family households	886,705	5,443,560	31,440	446,285	1,305	42,590
Persons in two-parent households	750,650	4,640,895	27,690	380,195	1,160	36,555
Persons in single-parent households	136,050	802,660	3,750	66,090	155	6,035
Total persons in non-census family households	211,215	1,351,720	6,110	92,475	205	6,170
Living with non-relatives only	40,935	213,270	730	14,840	25	1,040
Living alone	146,855	1,021,795	4,715	68,555	165	4,460
Total - Household living arrangements	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total persons in census family households	80.8%	80.1%	83.7%	82.8%	86.1%	87.4%
Persons in two-parent households	68.4%	68.3%	73.7%	70.6%	76.6%	75.0%
Persons in single-parent households	12.4%	11.8%	10.0%	12.3%	10.2%	12.4%
Total persons in non-census family households	19.2%	19.9%	16.3%	17.2%	13.5%	12.7%
Living with non-relatives only	3.7%	3.1%	1.9%	2.8%	1.7%	2.1%
Living alone	13.4%	15.0%	12.6%	12.7%	10.9%	9.1%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

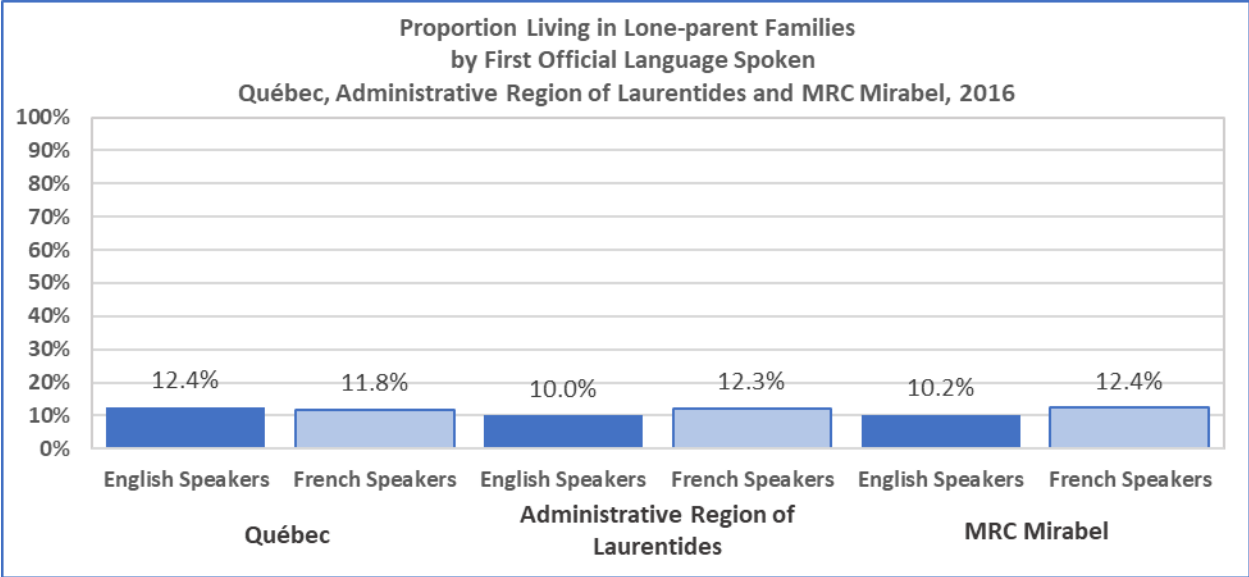
⁵ For discussion of the survey, see Pocock, J. (2008) "Baseline Data Report 2007-2008. Quebec's Social and Health Survey Information." *Community Health and Social Services Network (CHSSN)*. www.chssn.org



Living in census families⁶

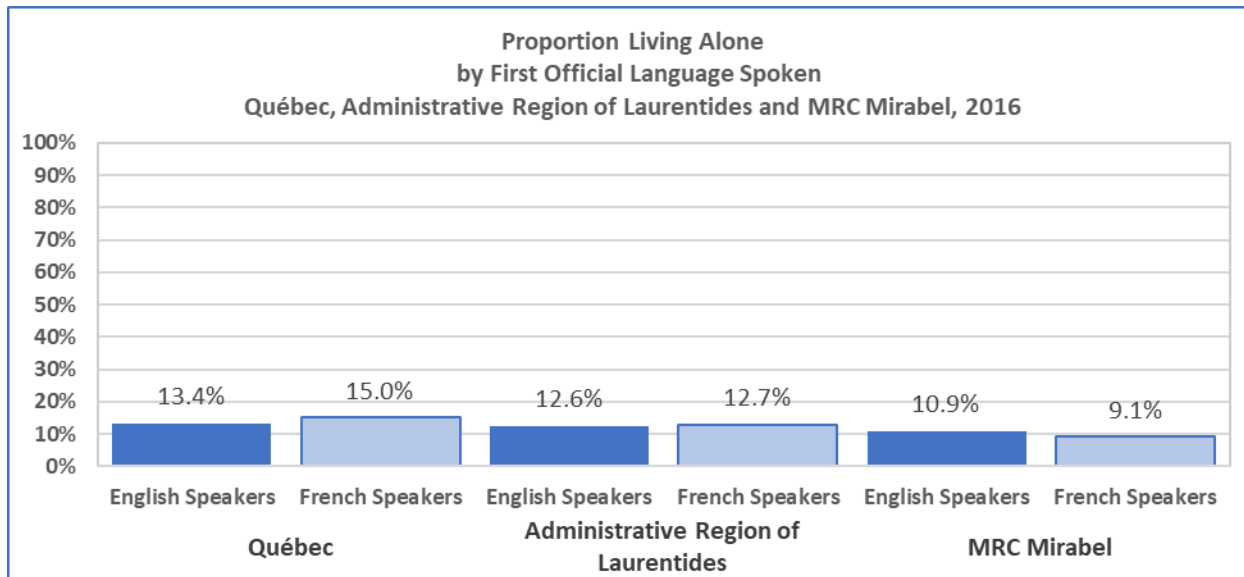
- Across Québec, there were 886,705 English speakers living in census family households. This group represents 80.8% of the 15+ English-speaking population. The proportion of English speakers living in census family households is similar to that found in the French-speaking majority population in Quebec.
- In 2016, there were 31,440 English speakers living in census family households in the Laurentides region where they comprise 83.7% of the population. This share is similar to that displayed by the provincial English-speaking population. The proportion of those living in census family households in the regional English-speaking population is similar to the proportion in the regional French-speaking majority population.
- In MRC Mirabel, we find 1,305 English speakers living in census family households where they account for 86.1% of the population. This share is similar to that accounted for by English speakers across the Laurentides region. The proportion of persons living in census family households in the English-speaking population is similar to the proportion represented by the French-speaking majority population in MRC Mirabel.

⁶ 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>)



Living in lone-parent families

- Across Québec, there were 136,050 English speakers living in lone-parent families. This group represents 12.4% 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 Quebec.
- In 2016, there were 3,750 English speakers living in lone-parent families in the Laurentides region where they account for 10.0% of the population. The proportion of those living in lone-parent families in the regional English-speaking population is lower than the proportion found in the regional French-speaking majority population. The proportion is lower than that found in the provincial English-speaking population.
- In MRC Mirabel, we find 155 English speakers living in lone-parent families where they represent 10.2% of the population. This is lower than the proportion represented by the French-speaking majority population in MRC Mirabel. The proportion of English speakers living in lone-parent families in MRC Mirabel is similar to the proportion we find for English speakers across the Laurentides region.



Living alone

- Across Québec, there were 146,855 English speakers living alone. This group represents 13.4% of the English-speaking population. The proportion of English speakers living alone is lower than the level in the French-speaking majority population in Quebec.
- In 2016, there were 4,715 English speakers living alone in the Laurentides region, where they account for 12.6% of the population. This level is lower than that displayed by the provincial English-speaking population. The proportion of those living alone in the regional English-speaking population is similar to the proportion found in the regional French-speaking majority population.
- In MRC Mirabel we find 165 English speakers living alone, where they represent 10.9% of the population. This share is lower than that exhibited by English speakers across the Laurentides region. The proportion of those living alone in the territory's English-speaking population is higher than the proportion exhibited by the French-speaking majority population in MRC Mirabel.

Low-Income Cut-off

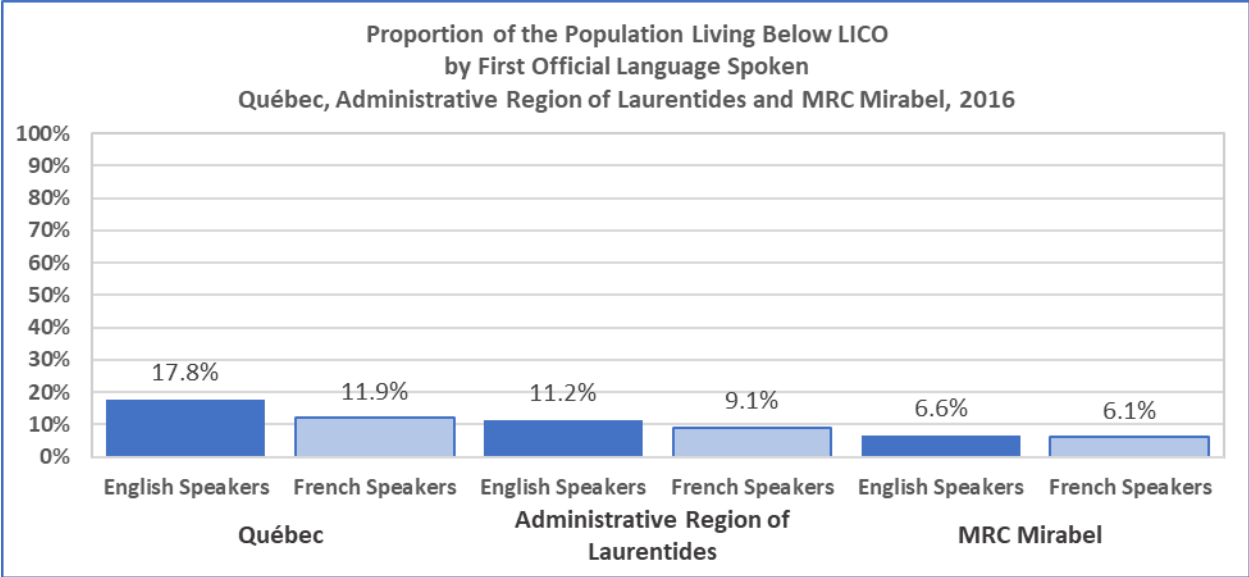
Although there is no official measure of poverty in Canada, the Statistics Canada measure of Low-income cut-offs (LICO) is probably the best known. Commonly known as the “poverty line”, LICO uses the income levels of a given family and considers how large a share of its income is spent on necessities 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.”⁷ 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	Québec		Administrative Region of Laurentides		MRC Mirabel	
	English	French	English	French	English	French
Total - Age groups	195,300	811,110	4,220	49,175	100	2,950
0-14 years	25,480	125,400	735	7,725	35	595
25-44 years	60,205	193,170	850	10,005	30	730
65+ years	25,445	152,425	610	9,570	25	470
Proportion of those below LICO across age groups						
Total - Age groups	17.8%	11.9%	11.2%	9.1%	6.6%	6.1%
0-14 years	15.4%	11.0%	12.7%	8.4%	14.9%	5.5%
25-44 years	18.8%	11.2%	9.7%	7.8%	5.3%	5.0%
65+ years	15.9%	13.2%	8.5%	11.0%	16.7%	10.2%

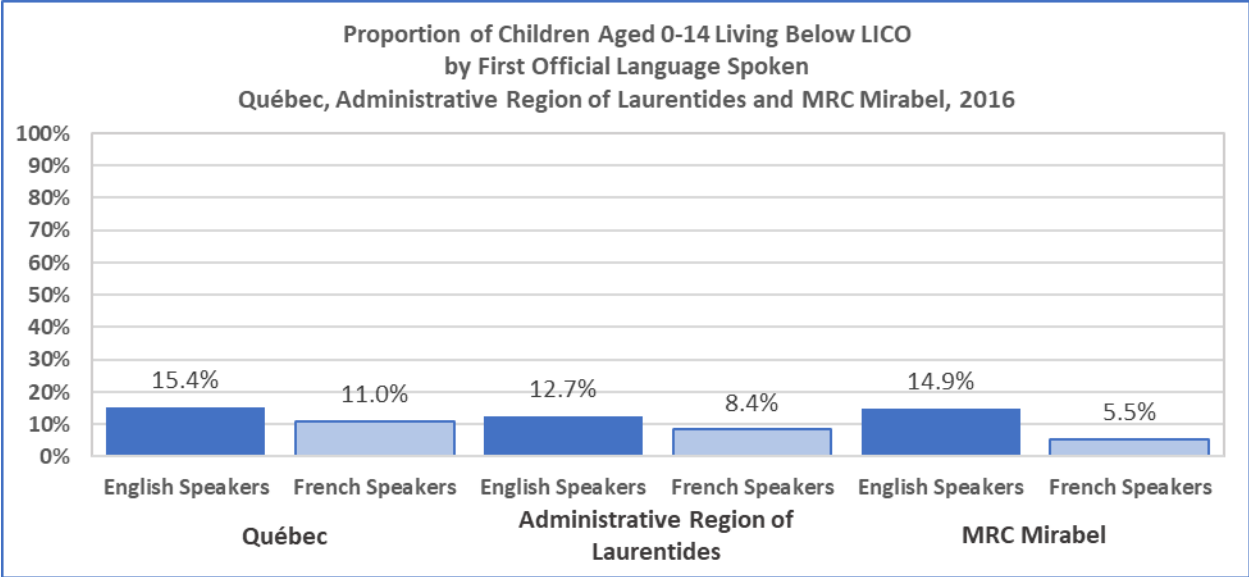
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French. The percentages given here compare the number below LICO 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.

⁷ See “Low income cut-offs” (dated 2015-11-2) <https://www.statcan.gc.ca/pub/75f0002m/2012002/lico-sfr-eng.htm> for explanation of how LICOs are calculated.



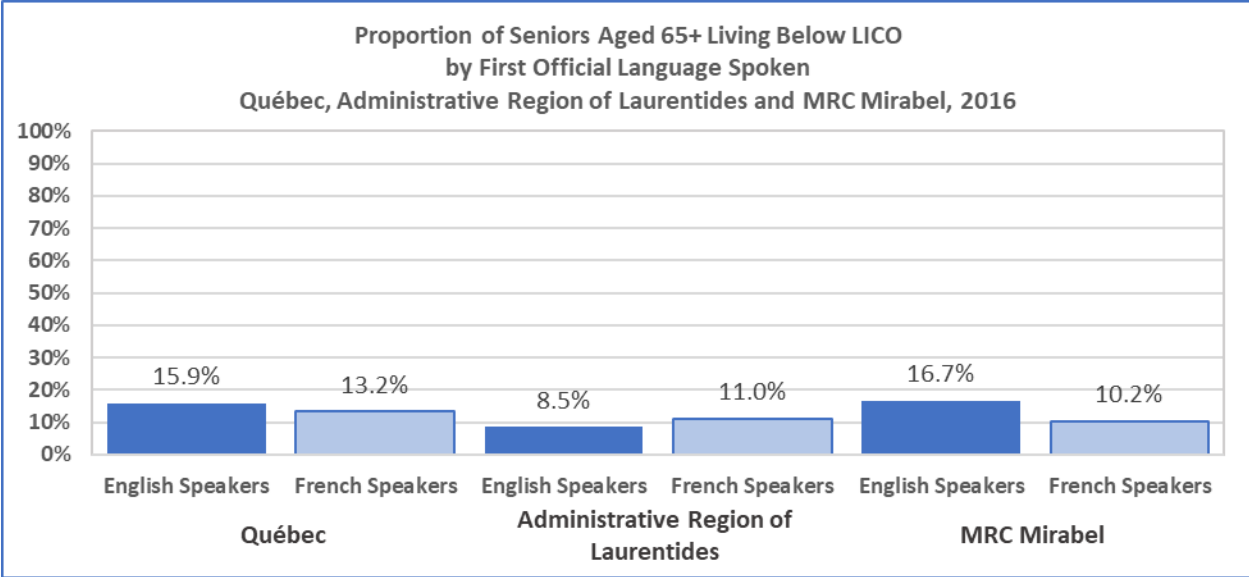
Population living below the low-income cut-off (LICO)

- Across Québec, there were 195,300 English speakers living below LICO. This group accounts for 17.8% 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 Quebec.
- In 2016, there were 4,220 English speakers living below LICO in the Laurentides region, where they represent 11.2% of the regional English-speaking population. The proportion of those living below LICO in the regional English-speaking population is much higher than the proportion found in the regional French-speaking majority population. This English-speaking regional proportion in Laurentides is much lower than the proportion for Quebec's English speakers in general.
- In MRC Mirabel, we find 100 English speakers living below LICO, where they represent 6.6% of the English-speaking population. This level is 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 much lower than the proportion for English speakers across Laurentides.



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

- Across Québec, there were 25,480 English-speaking children living below LICO. This group represents 15.4% 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 Quebec.
- In 2016, there were 735 English-speaking children living below LICO in the Laurentides region where they account for 12.7% of the children in the regional English-speaking population. The proportion of children living below LICO in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority children's population. This proportion is lower than that displayed by English-speaking children across the province.
- In MRC Mirabel, we find 35 English-speaking children living below LICO where they represent 14.9% 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 higher than the proportion experienced by English-speaking children across the Laurentides region.



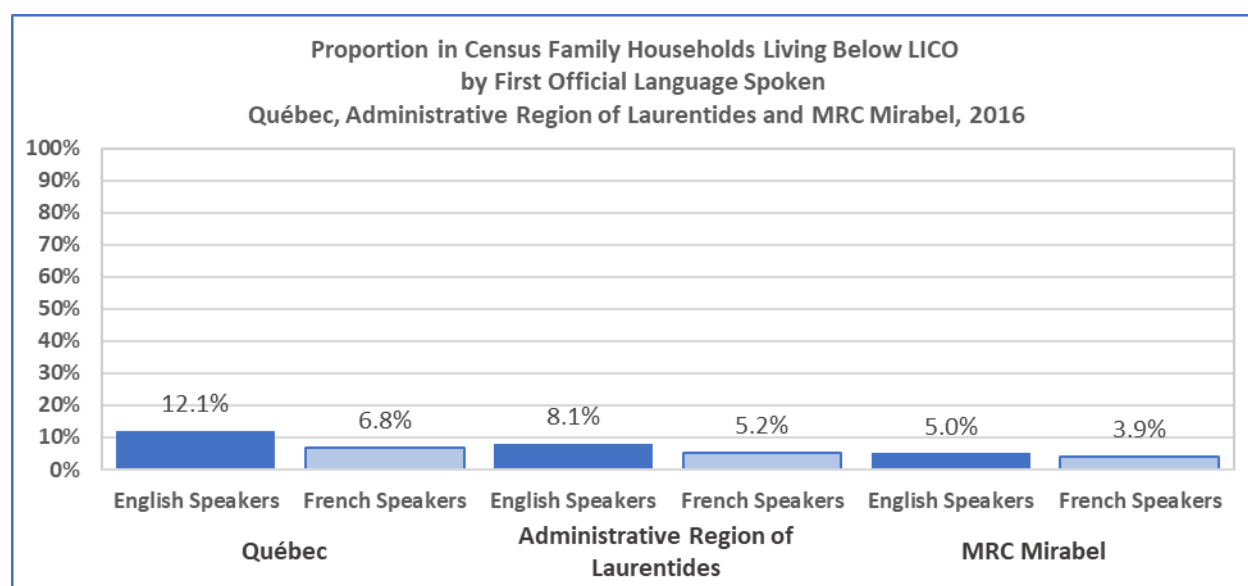
Seniors (65+) Living below the low-income cut-off (LICO)

- Across Québec, there were 25,445 English-speaking seniors living below LICO. This group represents 15.9% of the English-speaking senior population. The proportion of English-speaking seniors living below LICO is much higher than the proportion of seniors living below LICO in the French-speaking majority population in Quebec.
- In 2016, there were 610 English-speaking seniors living below LICO in the Laurentides region where they account for 8.5% of the regional English-speaking senior population. The proportion of those seniors living below LICO in the regional English-speaking senior population is much lower than the proportion in the regional French-speaking majority senior population. This proportion is much lower than that experienced by English-speaking seniors across the province.
- In MRC Mirabel, we find 25 English-speaking seniors living below LICO where they represent 16.7% of the English-speaking senior population. This is much higher 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 higher than the level displayed by English-speaking seniors across the Laurentides region.

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

Population Living Below the Low-Income Cut-off Level, by Household Living Arrangements	Québec		Administrative Region of Estrie		MRC Memphrémagog	
	English	French	English	French	English	French
Total - Household living arrangements	195,300	811,110	3,515	30,600	770	2,930
Total persons in census family households	107,000	371,305	1,620	11,945	340	1,335
Persons in two-parent households	72,245	213,605	1,055	6,515	160	605
Persons in single-parent households	34,755	157,700	565	5,430	175	730
Total persons in non-census family households	88,300	439,810	1,895	18,655	430	1,595
Living with non-relatives only	25,910	107,000	490	4,330	90	255
Living alone	57,435	317,095	1,285	13,830	315	1,330
Proportion of those below LICO, by household living arrangements						
Total - Household living arrangements	17.8%	11.9%	15.2%	10.7%	10.4%	7.1%
Total persons in census family households	12.1%	6.8%	9.0%	5.3%	5.8%	3.9%
Persons in two-parent households	9.6%	4.6%	6.9%	3.3%	3.2%	2.0%
Persons in single-parent households	25.5%	19.6%	21.6%	17.6%	21.7%	17.7%
Total persons in non-census family households	41.8%	32.5%	36.5%	31.7%	27.8%	20.9%
Living with non-relatives only	63.3%	50.2%	53.0%	47.6%	45.0%	28.7%
Living alone	39.1%	31.0%	33.8%	30.3%	26.0%	21.5%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and 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.

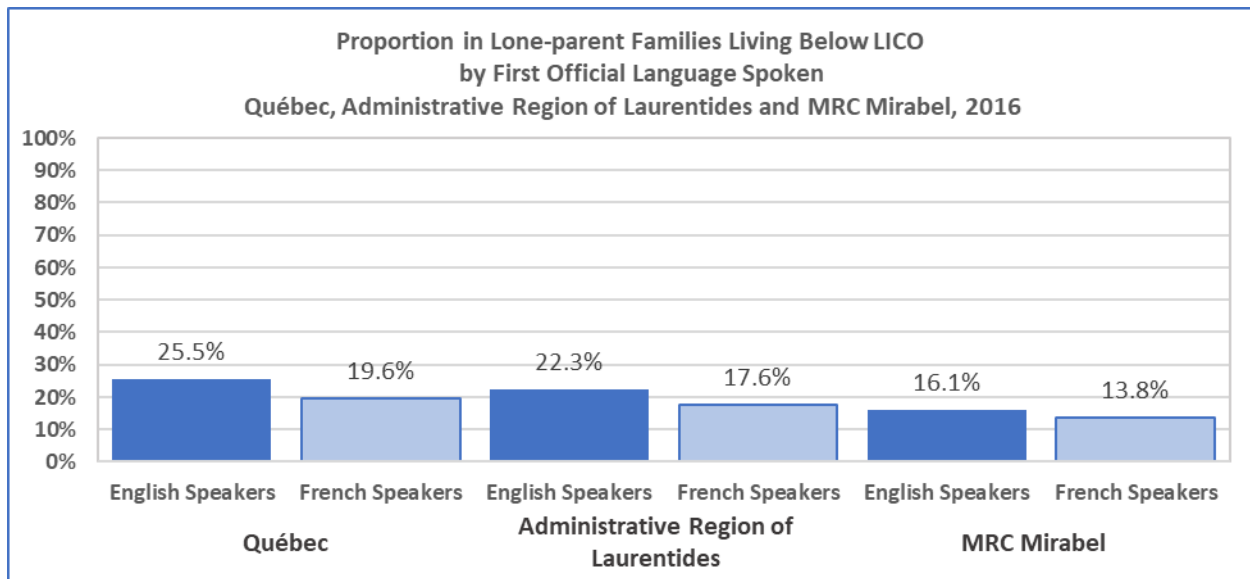


Persons in Census Family Households living below the low-income cut-off (LICO)

- Across Québec, there were 107,000 English-speaking persons in census family households living below LICO. This group represents 12.1% 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 Quebec living below LICO in census family households.
- In 2016, there were 2,560 English-speaking persons in census family households living below LICO in the Laurentides region, where they represent 8.1% of the regional English-

speaking population. The proportion of persons in census family households living below LICO in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. The proportion in the regional English-speaking population is much lower than that found in the provincial English-speaking population.

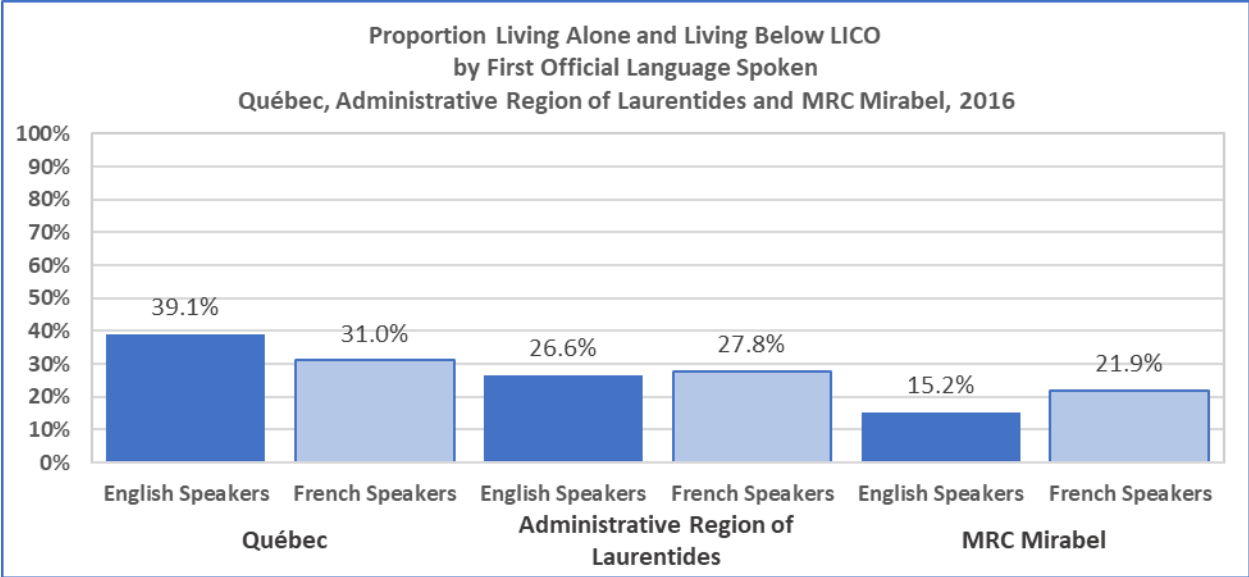
- In MRC Mirabel, we find 65 English-speaking persons in census family households living below LICO, where they account for 5.0% of the English-speaking population. This level is much higher than the proportion experienced by the French-speaking majority population in the same territory. The proportion of those persons in census family households living below LICO in the territory's English-speaking population is much lower than the proportion found in the English-speaking population of the Laurentides region.



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

- Across Québec, there were 34,755 English-speaking persons in lone-parent families living below LICO. This group represents 25.5% of the English-speaking population living in lone-parent families. The proportion of English-speaking persons in lone-parent families living below LICO is much higher than the proportion found in the French-speaking majority population in Quebec living in lone parent families.
- In 2016, there were 835 English-speaking persons in lone-parent families living below LICO in the Laurentides region where they account for 22.3% of the regional English-speaking lone-parent family population. The proportion of persons in lone-parent families living below LICO in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. The level for the English-speaking regional population is lower than that found in the provincial English-speaking population.

- In MRC Mirabel, we find 25 English-speaking persons in lone-parent families living below LICO where they account for 16.1% of the English-speaking lone-parent family population. This is higher than the proportion experienced by the French-speaking majority lone-parent family population in the same territory. The proportion of persons in lone-parent families living below LICO in the territory's English-speaking population is much lower than the proportion experienced by English speakers across the Laurentides region.



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

- Across Québec, there were 57,435 English-speaking persons living alone and below LICO. This group represents 39.1% 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 French-speaking majority population in Quebec living alone.
- In 2016, there were 1,255 English-speaking persons living alone and below LICO in the Laurentides region where they account for 26.6% of the regional English-speaking population living alone. The proportion of those persons living alone and below LICO in the regional English-speaking population is similar to the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much lower than that experienced by the provincial English-speaking population.
- In MRC Mirabel, we find 25 English-speaking persons living alone and below LICO where they represent 15.2% of the English-speaking population living alone. This is much lower 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 much lower than the proportion experienced by English speakers across the Laurentides region.

Highest Educational Attainment

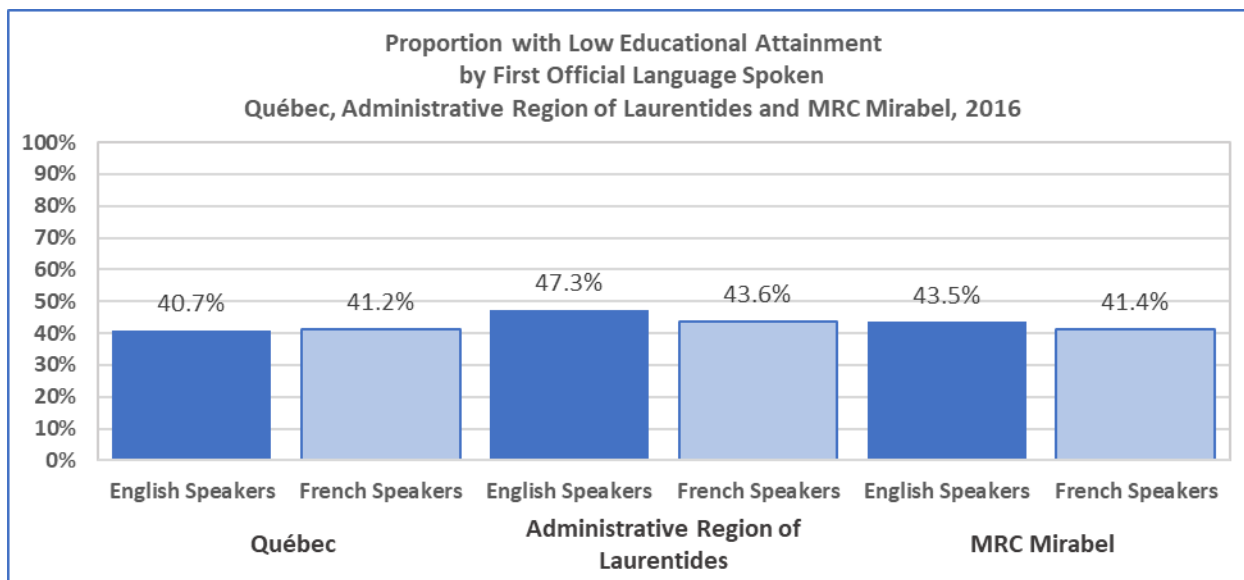
In many ways, education is an important determinant of the health status of a community. In Canada, the level of education achieved by an individual tends to be an indicator of social status, and ideally, a predictor of economic opportunity. The overall level of health literacy and preventative health practice enjoyed by a community also tends to be associated with the years of schooling by those included among its members⁸.

Table 7 - Highest Educational Certification, for Selected Age Groups

Total Population by Highest Educational Certification		Québec		Administrative Region of Laurentides		MRC Mirabel	
		English	French	English	French	English	French
Total	Total	932,840	5,652,215	31,750	446,475	1,275	37,885
	25-44 years	320,930	1,728,440	8,795	129,095	575	14,590
	45-64 years	305,775	1,995,460	11,685	168,370	445	12,645
High school diploma or less	Total	380,050	2,328,625	15,020	194,855	555	15,670
	25-44 years	84,680	412,620	3,100	35,555	200	3,475
	45-64 years	116,390	758,965	5,070	67,360	195	5,320
Apprenticeship or trades certificate or diploma	Total	85,385	1,033,655	4,065	91,670	210	9,135
	25-44 years	31,555	392,520	1,285	35,950	95	4,550
	45-64 years	31,920	409,675	1,670	36,045	85	3,000
College, CEGEP or other non-university certificate or diploma	Total	164,800	998,740	5,905	78,665	290	7,175
	25-44 years	58,180	349,000	1,950	26,620	140	3,370
	45-64 years	57,415	366,790	2,385	31,610	100	2,430
University certificate or diploma below bachelor level	Total	26,805	208,520	960	16,765	55	1,275
	25-44 years	9,560	64,660	270	4,735	25	515
University certificate, diploma or degree at bachelor level or above	Total	275,800	1,082,680	5,805	64,520	175	4,640
	25-44 years	136,960	509,640	2,190	26,235	110	2,685
	45-64 years	89,255	378,675	2,205	25,970	45	1,365
High school diploma or less	Total	40.7%	41.2%	47.3%	43.6%	43.5%	41.4%
	25-44 years	26.4%	23.9%	35.2%	27.5%	34.8%	23.8%
	45-64 years	38.1%	38.0%	43.4%	40.0%	43.8%	42.1%
Apprenticeship or trades certificate or diploma	Total	9.2%	18.3%	12.8%	20.5%	16.5%	24.1%
	25-44 years	9.8%	22.7%	14.6%	27.8%	16.5%	31.2%
	45-64 years	10.4%	20.5%	14.3%	21.4%	19.1%	23.7%
College, CEGEP or other non-university certificate or diploma	Total	17.7%	17.7%	18.6%	17.6%	22.7%	18.9%
	25-44 years	18.1%	20.2%	22.2%	20.6%	24.3%	23.1%
	45-64 years	18.8%	18.4%	20.4%	18.8%	22.5%	19.2%
University certificate or diploma below bachelor level	Total	2.9%	3.7%	3.0%	3.8%	4.3%	3.4%
	25-44 years	3.0%	3.7%	3.1%	3.7%	4.3%	3.5%
University certificate, diploma or degree at bachelor level or above	Total	29.6%	19.2%	18.3%	14.5%	13.7%	12.2%
	25-44 years	42.7%	29.5%	24.9%	20.3%	19.1%	18.4%
	45-64 years	29.2%	19.0%	18.9%	15.4%	10.1%	10.8%

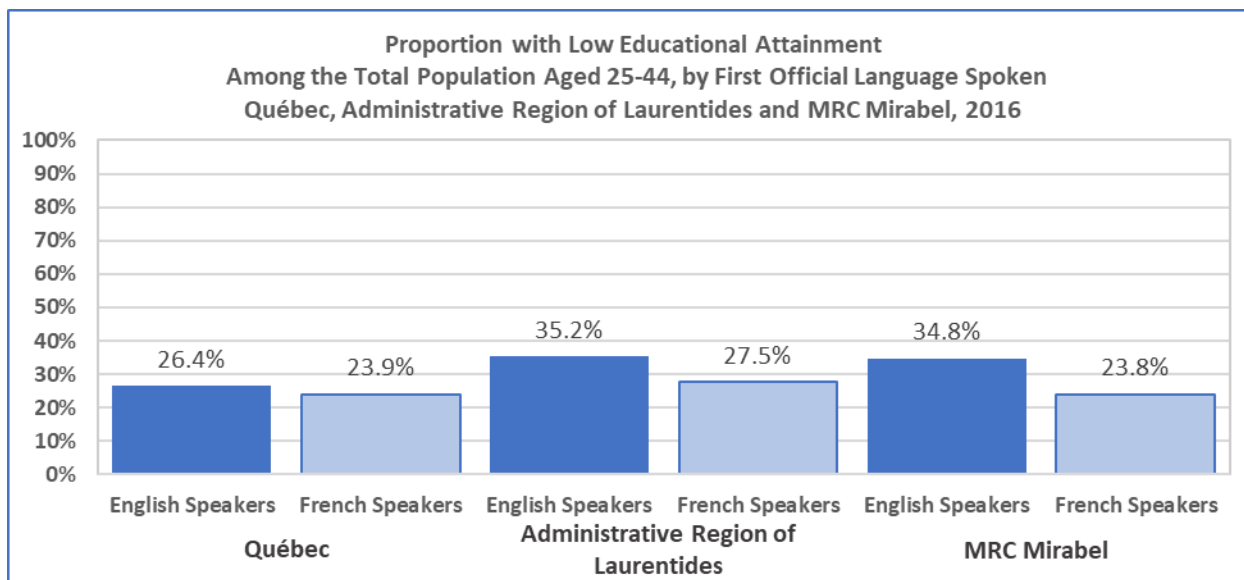
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

⁸ 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, March 2003. See Also, D. Raphael. (ed.) (2009) *Social Determinants of Health: Canadian Perspectives*, 2nd edition. Toronto: Canadian Scholar's Press.



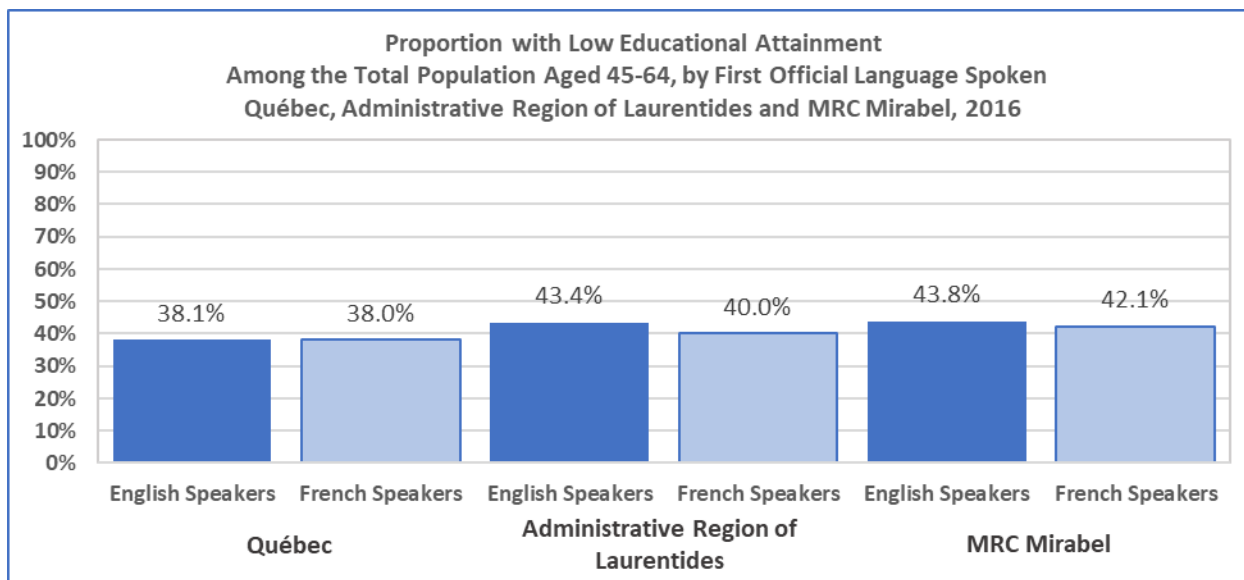
Population aged 15+, high school diploma or less

- Across Québec, there were 380,050 English speakers aged 15 and over with a high school diploma or less. This group accounts for 40.7% 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 similar to the level found in the French-speaking majority population aged 15 and over in Québec.
- In 2016, there were 15,020 English speakers aged 15 and over with a high school diploma or less in the Laurentides region where they account for 47.3% of the regional English-speaking population aged 15 and over. The proportion of those aged 15 and over with a high school diploma or less in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. The level for the English-speaking regional proportion is higher than that exhibited by English speakers across the province.
- In MRC Mirabel, we find 555 English speakers aged 15 and over with a high school diploma or less where they represent 43.5% of the English-speaking population aged 15 and over. This level is higher than 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 Laurentides region.



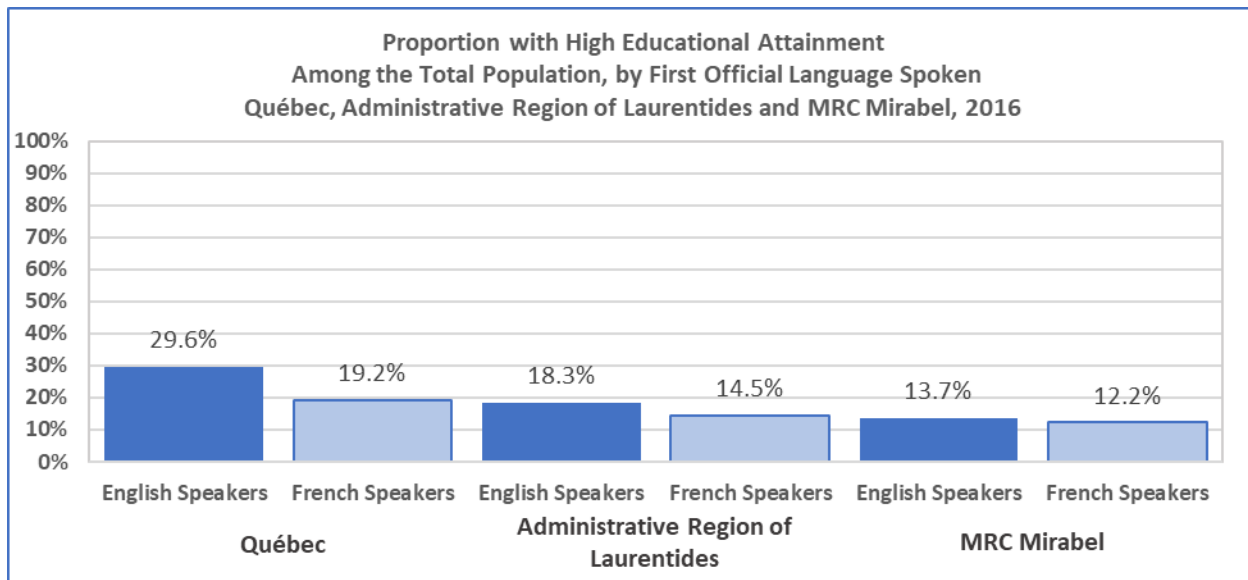
Population 25-44, high school diploma or less

- Across Québec, there were 84,680 English speakers aged 25-44 with a high school diploma or less. This group represents 26.4% of the English-speaking population aged 25 to 44. The proportion of English speakers aged 25-44 with a high school diploma or less is higher than that found in the French-speaking majority population in Quebec in the same age cohort.
- In 2016, there were 3,100 English speakers aged 25-44 with a high school diploma or less in the Laurentides region where they account for 35.2% of the regional English-speaking population. The proportion of those aged 25-44 with a high school diploma or less in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population in that age group. This proportion is much higher than that exhibited by English speakers across the province in the same age cohort.
- In MRC Mirabel, we find 200 English speakers aged 25-44 with a high school diploma or less where they comprise 34.8% of the English-speaking 25-44 cohort. This is much higher 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 similar to the proportion exhibited by English speakers across the Laurentides region.



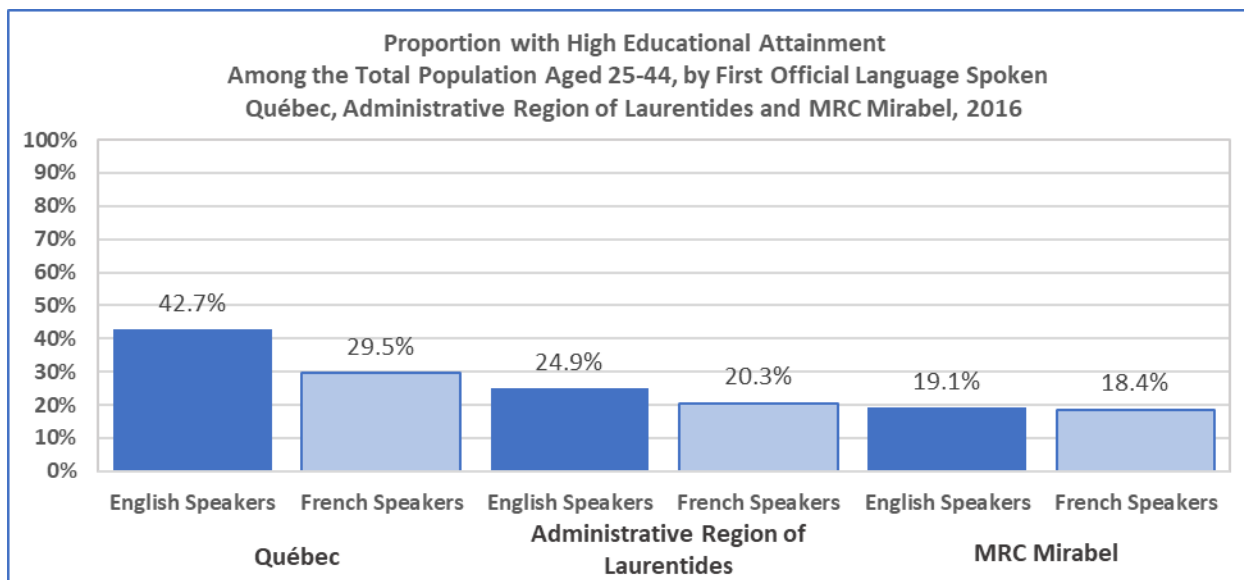
Population 45-64, high school diploma or less

- In Québec in 2016, there were 116,390 English-speaking aged 45-64 with a high school diploma or less. This group represents 38.1% of the English-speaking population. The proportion of English speakers aged 45-64 with a high school diploma or less is similar to that found in the same age cohort in the French-speaking majority population in Quebec.
- In 2016, there were 5,070 English speakers aged 45-64 with a high school diploma or less in the Laurentides region where they account for 43.4% of the regional English-speaking population. The proportion of those aged 45-64 with a high school diploma or less in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is higher than that exhibited by the province's English speakers.
- In MRC Mirabel, we find 195 English speakers aged 45-64 with a high school diploma or less where they comprise 43.8% of the English-speaking population. This is similar to 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 region.



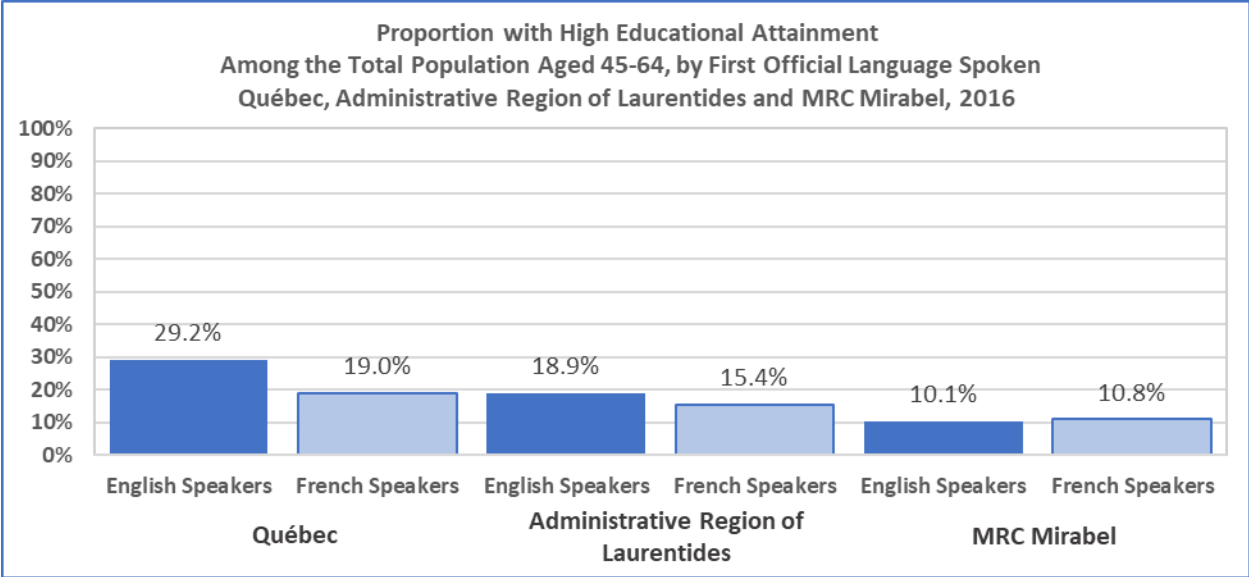
Population aged 15+, university degree or higher

- In Québec in 2016, there were 275,800 English-speaking aged 15 and over with a university degree or higher. This group represents 29.6% 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 Québec.
- In 2016, there were 5,805 English speakers aged 15 and over with a university degree or higher in the Laurentides region where they account for 18.3% of the regional English-speaking population. The proportion of those aged 15 and over with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much lower than that exhibited by the province's English speakers.
- In MRC Mirabel, we find 175 English speakers aged 15 and over with a university degree or higher where they represent 13.7% 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 aged 15 and over with a university degree or higher in the territory's English-speaking population is much lower than the proportion exhibited by English speakers across the region.



Population 25-44, university degree or higher

- In Québec in 2016, there were 136,960 English speakers aged 25-44 with a university degree or higher. This group accounts for 42.7% 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 in Québec.
- In 2016, there were 2,190 English speakers aged 25-44 with a university degree or higher in the Laurentides where they represent 24.9% of the regional English-speaking population. The proportion of those aged 25-44 with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much lower than that exhibited by the province's English speakers.
- In MRC Mirabel, we find 110 English speakers aged 25-44 with a university degree or higher where they comprise 19.1% of the English-speaking population. This is similar to 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 lower than the proportion exhibited by English speakers across the region.



Population 45-64, university degree or higher

- In Québec in 2016, there were 89,255 English speakers aged 45-64 with a university degree or higher. This group represents 29.2% 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 French-speaking majority population in Québec.
- In 2016, there were 2,205 English speakers aged 45-64 with a university degree or higher in the Laurentides region where they represent 18.9% of the regional English-speaking population. The proportion of those aged 45-64 with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much lower than that exhibited by the province's English speakers.
- In MRC Mirabel, we find 45 English speakers aged 45-64 with a university degree or higher where they comprise 10.1% of the English-speaking population. This level is lower 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 much lower than the proportion exhibited by English speakers across the region.

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.

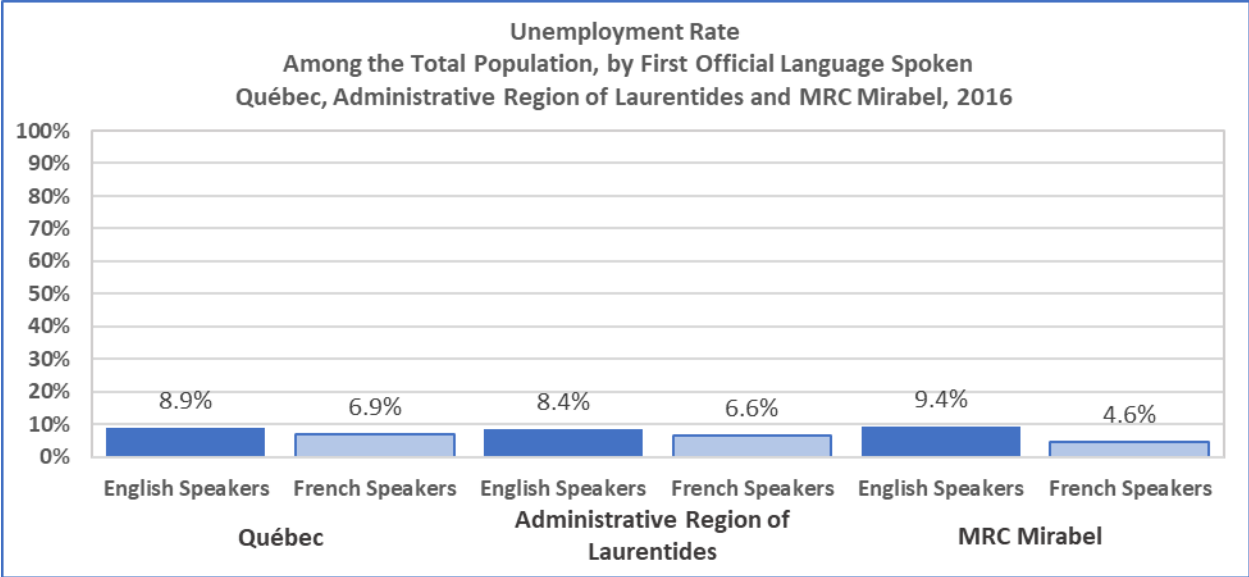
Employment is an important source of social identity and a key context for the establishment of a social support network that extends beyond the workplace. For an individual, work is an important source of the self-esteem and sense of control typically associated with good mental health.⁹

Table 8 - Labour Force Activity

Total Population by Labour Force Activity	Québec		Administrative Region of Laurentides		MRC Mirabel	
	English	French	English	French	English	French
Total - Labour force activity	932,840	5,652,215	31,750	446,480	1,275	37,885
In the labour force	608,050	3,636,980	19,685	293,020	960	28,595
Employed	553,945	3,386,575	18,030	273,650	870	27,275
Unemployed	54,105	250,410	1,655	19,370	90	1,315
Out of the labour force	324,790	2,015,230	12,060	153,455	315	9,290
Total - Labour force activity	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
In the labour force	65.2%	64.3%	62.0%	65.6%	75.3%	75.5%
Employed	91.1%	93.1%	91.6%	93.4%	90.6%	95.4%
Unemployed	8.9%	6.9%	8.4%	6.6%	9.4%	4.6%
Out of the labour force	34.8%	35.7%	38.0%	34.4%	24.7%	24.5%

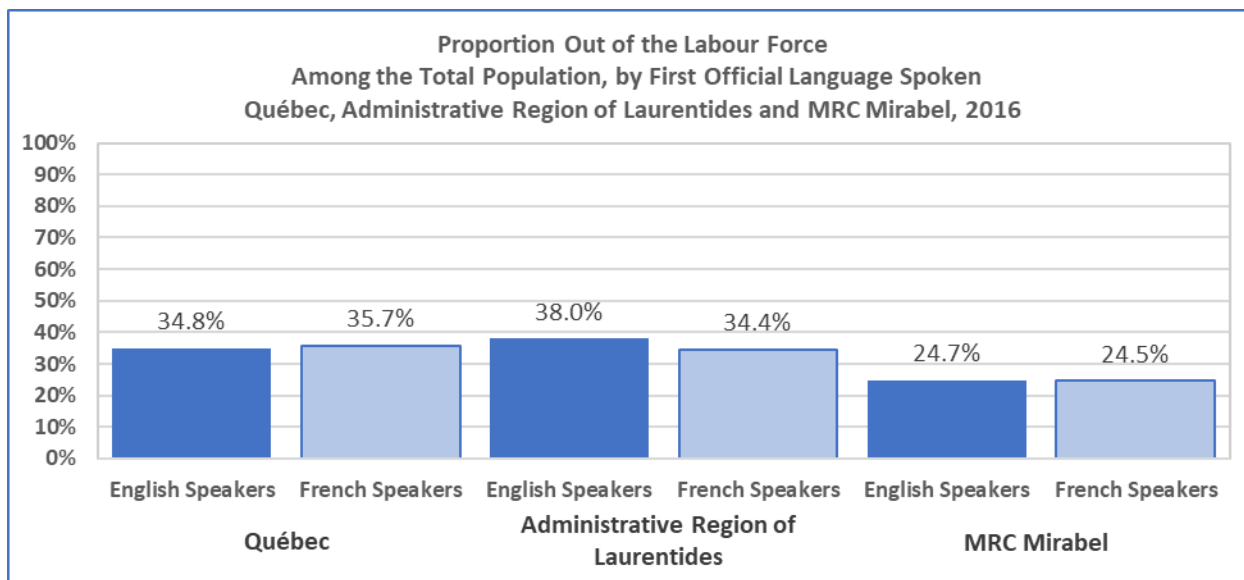
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

⁹ 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, March 2003. See also D. Raphael (ed.) (2009) Social Determinants of Health: Canadian Perspectives, 2nd Edition. Toronto: Canadian Scholar's Press.



Unemployed

- Across Québec in 2016, there were 54,105 English speakers who were unemployed resulting in an unemployment rate of 8.9%. The unemployment rate of Quebec's English speakers was much higher than the unemployment rate of the French-speaking majority.
- In 2016, there were 1,655 unemployed English speakers in the Laurentides region where they experienced an unemployment rate of 8.4%. The unemployment rate of the regional English-speaking population was much higher than the unemployment rate in the regional French-speaking majority population. Their unemployment rate was lower than that experienced by the provincial English-speaking population.
- In MRC Mirabel, we find 90 unemployed English speakers resulting in an unemployment rate of 9.4%. This is much 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 higher than the unemployment rate experienced by English speakers across the Administrative Region of Laurentides.



Out of the labour force¹⁰

- Across Québec in 2016, there were 324,790 English speakers out of the labour force in 2016. This group represents 34.8% of the English-speaking population aged 15+. The proportion of English speakers out of the labour force is similar to that found in the French-speaking majority population in Quebec aged 15 and over.
- In 2016, there were 12,060 English speakers out of the labour force in the Laurentides region where they comprise 38.0% of the regional English-speaking population aged 15+. The proportion of those out of the labour force in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is higher than that exhibited by the provincial English-speaking population.
- In MRC Mirabel, we find 315 English speakers out of the labour force where they account for 24.7% of the English-speaking population. This is similar to the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those out of the labour force in the territory's English-speaking population is much lower than the proportion exhibited by English speakers across the Laurentides region.

¹⁰ 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 – English speakers and French speakers by Administrative Region and MRC¹¹

Number and Proportion of English and French Speakers Administrative Region of Laurentides and its MRC's, 2016				
Geography	Total Population	French Speakers	English Speakers	Proportion of English Speakers
Administrative Region of Laurentides	577,855	538,755	37,555	6.5%
MRC Deux-Montagnes	97,135	89,305	7,520	7.7%
MRC Thérèse-De Blainville	153,955	140,670	12,425	8.1%
MRC Mirabel	50,300	48,755	1,515	3.0%
MRC La Rivière-du-Nord	124,805	121,310	3,230	2.6%
MRC Argenteuil	31,720	26,240	5,460	17.2%
MRC Les Pays-d'en-Haut	41,205	37,160	4,030	9.8%
MRC Les Laurentides	44,795	41,880	2,895	6.5%
MRC Antoine-Labelle	33,930	33,440	490	1.4%

Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

¹¹ Baseline Data Reports are only available for those MRC territories with at least 250 English speakers. This table nonetheless lists all MRC territories in a given administrative region.

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