# Demographic Profile of the English-speaking Communities in the Administrative Region of Laurentides \& MRC Les Pays-d'en-Haut 

based on the 2016 Census of Canada

## MRC Profile Series

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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 the ${ }^{1}$ may also be consulted.

[^0]
## Series of Tables - Demographic Characteristics

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## 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 Les Pays-d'enHaut |
| :---: | :---: | :---: | :---: | :---: |
| FOLS - English speakers | number | 1,097,925 | 37,555 | 4,030 |
|  | percentage | 13.8\% | 6.5\% | 9.8\% |
| FOLS - French speakers | number | 6,795,280 | 538,755 | 37,160 |
|  | percentage | 85.3\% | 93.2\% | 90.2\% |
| Total population | number | 7,965,450 | 577,855 | 41,205 |
|  | 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.

[^1]

- 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 Les Pays-d'en-Haut, we find 4,030 English speakers where they represented $9.8 \%$ of the population. This proportion is higher 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 Les Pays-d'enHaut |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | English | French | English | French | English | French |
| Total - Age groups | 1,097,925 | 6,795,280 | 37,555 | 538,755 | 4,030 | 37,160 |
| 0-14 years | 165,085 | 1,143,060 | 5,805 | 92,280 | 405 | 4,385 |
| 15-24 years | 146,460 | 776,310 | 4,110 | 62,070 | 255 | 2,850 |
| 25-44 years | 320,930 | 1,728,440 | 8,795 | 129,090 | 545 | 6,595 |
| 45-64 years | 305,775 | 1,995,460 | 11,685 | 168,370 | 1,565 | 13,800 |
| $65+$ years | 159,670 | 1,152,005 | 7,160 | 86,950 | 1,260 | 9,535 |
| 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\% | 10.0\% | 11.8\% |
| 15-24 years | 13.3\% | 11.4\% | 10.9\% | 11.5\% | 6.3\% | 7.7\% |
| 25-44 years | 29.2\% | 25.4\% | 23.4\% | 24.0\% | 13.5\% | 17.7\% |
| 45-64 years | 27.9\% | 29.4\% | 31.1\% | 31.3\% | 38.8\% | 37.1\% |
| 65+ years | 14.5\% | 17.0\% | 19.1\% | 16.1\% | 31.3\% | 25.7\% |

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 Englishspeaking 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 Les Pays-d'en-Haut, we find 405 English-speaking children aged 0-14 where they represent $10.0 \%$ of the population. This share is much lower than that exhibited by Englishspeaking children across the Laurentides region. The proportion of children in the territory's English-speaking population is lower than the share in the MRC Les Pays-d'en-Haut 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 Quebec.
- 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 Les Pays-d'en-Haut, we find 1,260 English-speaking seniors aged 65+ where they account for $31.3 \%$ of the population. This share is much higher than that of English-speaking seniors across the Laurentides region. The proportion of seniors in the English-speaking population is lower than the proportion in the French-speaking majority population in MRC Les Pays-d'en-Haut.


## 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 workrelated 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 ${ }^{4}$.

Table 3 - Income

| Population by Income Group | Québec |  | Administrative Region of Laurentides |  | MRC Les Pays-d'enHaut |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | English | French | English | French | English | French |
| Total Population 15+ | 932,835 | 5,652,215 | 31,750 | 446,480 | 3,625 | 32,780 |
| Less than \$20,000 | 359,020 | 1,799,170 | 11,155 | 140,055 | 1,250 | 10,055 |
| \$20,000-\$49,999 | 328,605 | 2,235,010 | 11,430 | 174,750 | 1,345 | 12,680 |
| \$50,000 + | 245,210 | 1,618,025 | 9,185 | 131,665 | 1,030 | 10,030 |
| 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\% | 34.5\% | 30.7\% |
| \$20,000-\$49,999 | 35.2\% | 39.5\% | 36.0\% | 39.1\% | 37.1\% | 38.7\% |
| \$50,000 + | 26.3\% | 28.6\% | 28.9\% | 29.5\% | 28.4\% | 30.6\% |

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]

## Income under \$20k

- Across Québec in 2016, there were 359,020 English speakers aged 15+ with income under $\$ 20 \mathrm{k}$. This group represents $38.5 \%$ of the English-speaking population aged $15+$. The proportion of English speakers with income under $\$ 20 \mathrm{k}$ is much higher than that found in the French-speaking majority population in Quebec.
- 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 Englishspeaking population is higher than the proportion in the French-speaking majority population.
- In MRC Les Pays-d'en-Haut, we find 1,250 English speakers aged 15+ with income under $\$ 20 \mathrm{k}$ where they account for $34.5 \%$ of the population. This share is similar to that experienced by English speakers across the Administrative Region of Laurentides. The proportion of those with income under $\$ 20 \mathrm{k}$ in the territory's English-speaking population is higher than the proportion for the French-speaking majority population in MRC Les Pays-d'en-Haut.



## Earning \$50k and over

- Across Québec, there were 245,210 English speakers aged $15+$ with a total income of $\$ 50 \mathrm{k}$ 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 $\$ 50 \mathrm{k}$ 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 Les Pays-d'en-Haut, we find 1,030 English-speaking high earners aged 15+, where they represent $28.4 \%$ of the population. This share is similar to that experienced by Englishspeaking high earners across the Laurentides region. 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. ${ }^{5}$ 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 <br> by Household Living Arrangements | Québec |  | Administrative Region of Laurentides |  | MRC Les Pays-d'enHaut |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | English | French | English | French | English | French |
| Total - Household living arrangements | 1,097,925 | 6,795,280 | 37,555 | 538,755 | 4,030 | 37,160 |
| Total persons in census family households | 886,705 | 5,443,560 | 31,440 | 446,285 | 3,090 | 28,675 |
| Persons in two-parent households | 750,650 | 4,640,895 | 27,690 | 380,195 | 2,780 | 25,085 |
| Persons in single-parent households | 136,050 | 802,660 | 3,750 | 66,090 | 310 | 3,585 |
| Total persons in non-census family households | 211,215 | 1,351,720 | 6,110 | 92,475 | 940 | 8,480 |
| Living with relatives | 23,435 | 116,660 | 665 | 9,080 | 60 | 560 |
| Living with non-relatives only | 40,935 | 213,270 | 730 | 14,840 | 115 | 1,115 |
| Living alone | 146,855 | 1,021,795 | 4,715 | 68,555 | 760 | 6,810 |
| 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\% | 76.7\% | 77.2\% |
| Persons in two-parent households | 68.4\% | 68.3\% | 73.7\% | 70.6\% | 69.0\% | 67.5\% |
| Persons in single-parent households | 12.4\% | 11.8\% | 10.0\% | 12.3\% | 7.7\% | 9.6\% |
| Total persons in non-census family households | 19.2\% | 19.9\% | 16.3\% | 17.2\% | 23.3\% | 22.8\% |
| Living with relatives | 2.1\% | 1.7\% | 1.8\% | 1.7\% | 1.5\% | 1.5\% |
| Living with non-relatives only | 3.7\% | 3.1\% | 1.9\% | 2.8\% | 2.9\% | 3.0\% |
| Living alone | 13.4\% | 15.0\% | 12.6\% | 12.7\% | 18.9\% | 18.3\% |
| 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]

## Living in census families ${ }^{6}$

- 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 Frenchspeaking 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 Les Pays-d'en-Haut, we find 3,090 English speakers living in census family households where they account for $76.7 \%$ of the population. This share is lower than 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 Les Pays-d'enHaut.

[^4]

## 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 Frenchspeaking 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 Les Pays-d'en-Haut, we find 310 English speakers living in lone-parent families where they represent $7.7 \%$ of the population. This is lower than the proportion represented by the French-speaking majority population in MRC Les Pays-d'en-Haut. The proportion of English speakers living in lone-parent families in MRC Les Pays-d'en-Haut is much lower than 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 Englishspeaking population is similar to the proportion found in the regional French-speaking majority population.
- In MRC Les Pays-d'en-Haut we find 760 English speakers living alone, where they represent $18.9 \%$ of the population. This share is much higher than that exhibited by English speakers across the Laurentides region. The proportion of those living alone in the territory's Englishspeaking population is similar to the proportion exhibited by the French-speaking majority population in MRC Les Pays-d'en-Haut.


## 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 <br> Below the Low-Income Cut-off (LICO), <br> Across Age Groups | Québec |  | Administrative Region of Laurentides |  | MRC Les Pays-d'enHaut |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | English | French | English | French | English | French |
| Total - Age groups | 195,300 | 811,110 | 4,220 | 49,175 | 420 | 2,995 |
| 0-14 years | 25,480 | 125,400 | 735 | 7,725 | 70 | 355 |
| 25-44 years | 60,205 | 193,170 | 850 | 10,005 | 60 | 475 |
| 45-64 years | 48,885 | 221,935 | 1,485 | 16,315 | 210 | 1,445 |
| $65+$ years | 25,445 | 152,425 | 610 | 9,570 | 55 | 520 |
| Proportion of those below LICO across age groups |  |  |  |  |  |  |
| Total - Age groups | 17.8\% | 11.9\% | 11.2\% | 9.1\% | 10.4\% | 8.1\% |
| 0-14 years | 15.4\% | 11.0\% | 12.7\% | 8.4\% | 17.3\% | 8.1\% |
| 25-44 years | 18.8\% | 11.2\% | 9.7\% | 7.8\% | 11.0\% | 7.2\% |
| $45-64$ years | 16.0\% | 11.1\% | 12.7\% | 9.7\% | 13.4\% | 10.5\% |
| 65+ years | 15.9\% | 13.2\% | 8.5\% | 11.0\% | 4.4\% | 5.5\% |

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 age group with the total number in that age group as presented in 'Table 2 - Age Structure of the Population' of this document.

[^5]

## 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 Englishspeaking regional proportion in Laurentides is much lower than the proportion for Quebec's English speakers in general.
- In MRC Les Pays-d'en-Haut, we find 420 English speakers living below LICO, where they represent $10.4 \%$ 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 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 Frenchspeaking 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 Les Pays-d'en-Haut, we find 70 English-speaking children living below LICO where they represent 17.3 \% 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 Englishspeaking population is much 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 Englishspeaking 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 Englishspeaking seniors across the province.
- In MRC Les Pays-d'en-Haut, we find 55 English-speaking seniors living below LICO where they represent $4.4 \%$ 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 Laurentides region.


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

| Population <br> Living Below the Low-Income Cut-off Level, by Household Living Arrangements | Québec |  | Administrative Region of Laurentides |  | MRC Les Pays-d'enHaut |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | English | French | English | French | English | French |
| Total - Household living arrangements | 195,300 | 811,110 | 4,220 | 49,175 | 420 | 2,995 |
| Total persons in census family households | 107,000 | 371,305 | 2,560 | 23,175 | 210 | 1,115 |
| Persons in two-parent households | 72,245 | 213,605 | 1,720 | 11,550 | 140 | 600 |
| Persons in single-parent households | 34,755 | 157,700 | 835 | 11,625 | 75 | 510 |
| Total persons in non-census family households | 88,300 | 439,810 | 1,660 | 25,995 | 205 | 1,880 |
| Living alone | 57,435 | 317,095 | 1,255 | 19,055 | 170 | 1,395 |
| Proportion of those below LICO, by household living arrangements |  |  |  |  |  |  |
| Total - Household living arrangements | 17.8\% | 11.9\% | 11.2\% | 9.1\% | 10.4\% | 8.1\% |
| Total persons in census family households | 12.1\% | 6.8\% | 8.1\% | 5.2\% | 6.8\% | 3.9\% |
| Persons in two-parent households | 9.6\% | 4.6\% | 6.2\% | 3.0\% | 5.0\% | 2.4\% |
| Persons in single-parent households | 25.5\% | 19.6\% | 22.3\% | 17.6\% | 24.2\% | 14.2\% |
| Total persons in non-census family households | 41.8\% | 32.5\% | 27.2\% | 28.1\% | 21.8\% | 22.2\% |
| Living alone | 39.1\% | 31.0\% | 26.6\% | 27.8\% | 22.4\% | 20.5\% |
| 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 Frenchspeaking 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 Englishspeaking 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 Englishspeaking population is much lower than that found in the provincial English-speaking population.

- In MRC Les Pays-d'en-Haut, we find 210 English-speaking persons in census family households living below LICO, where they account for $6.8 \%$ of the English-speaking population. This level is much higher than the proportion experienced by the Frenchspeaking 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 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 loneparent 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 Englishspeaking regional population is lower than that found in the provincial English-speaking population.
- In MRC Les Pays-d'en-Haut, we find 75 English-speaking persons in lone-parent families living below LICO where they account for $24.2 \%$ of the English-speaking lone-parent family population. This is much 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 higher 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 Frenchspeaking majority population. This English-speaking regional proportion is much lower than that experienced by the provincial English-speaking population.
- In MRC Les Pays-d'en-Haut, we find 170 English-speaking persons living alone and below LICO where they represent $22.4 \%$ of the English-speaking population living alone. This is 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 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 members ${ }^{8}$.

Table 7 - Highest Educational Certification, for Selected Age Groups

| Total Population by Highest Educational Certification |  | Québec |  | Administrative Region of Laurentides |  | MRC Les Pays-d'en-Haut |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | English | French | English | French | English | French |
| Total | Total | 932,840 | 5,652,215 | 31,750 | 446,475 | 3,620 | 32,770 |
|  | 25-44 years | 320,930 | 1,728,440 | 8,795 | 129,095 | 545 | 6,595 |
|  | 45-64 years | 305,775 | 1,995,460 | 11,685 | 168,370 | 1,565 | 13,800 |
| High school diploma or less | Total | 380,050 | 2,328,625 | 15,020 | 194,855 | 1,510 | 12,085 |
|  | 25-44 years | 84,680 | 412,620 | 3,100 | 35,555 | 170 | 1,725 |
|  | 45-64 years | 116,390 | 758,965 | 5,070 | 67,360 | 580 | 4,275 |
| Apprenticeship or trades certificate or diploma | Total | 85,385 | 1,033,655 | 4,065 | 91,670 | 400 | 5,540 |
|  | 25-44 years | 31,555 | 392,520 | 1,285 | 35,950 | 60 | 1,580 |
|  | 45-64 years | 31,920 | 409,675 | 1,670 | 36,045 | 215 | 2,485 |
| College, CEGEP or other non-university certificate or diploma | Total | 164,800 | 998,740 | 5,905 | 78,665 | 675 | 6,465 |
|  | 25-44 years | 58,180 | 349,000 | 1,950 | 26,620 | 140 | 1,355 |
|  | 45-64 years | 57,415 | 366,790 | 2,385 | 31,610 | 345 | 3,115 |
| University certificate or diploma below bachelor level | Total | 26,805 | 208,520 | 960 | 16,765 | 145 | 1,870 |
|  | 45-64 years | 10,795 | 81,355 | 350 | 7,375 | 55 | 805 |
| University certificate, diploma or degree at bachelor level or above | Total | 275,800 | 1,082,680 | 5,805 | 64,520 | 895 | 6,810 |
|  | 25-44 years | 136,960 | 509,640 | 2,190 | 26,235 | 165 | 1,635 |
|  | 45-64 years | 89,255 | 378,675 | 2,205 | 25,970 | 375 | 3,115 |
| High school diploma or less | Total | 40.7\% | 41.2\% | 47.3\% | 43.6\% | 41.7\% | 36.9\% |
|  | 25-44 years | 26.4\% | 23.9\% | 35.2\% | 27.5\% | 31.2\% | 26.2\% |
|  | 45-64 years | 38.1\% | 38.0\% | 43.4\% | 40.0\% | 37.1\% | 31.0\% |
| Apprenticeship or trades certificate or diploma | Total | 9.2\% | 18.3\% | 12.8\% | 20.5\% | 11.0\% | 16.9\% |
|  | 25-44 years | 9.8\% | 22.7\% | 14.6\% | 27.8\% | 11.0\% | 24.0\% |
|  | 45-64 years | 10.4\% | 20.5\% | 14.3\% | 21.4\% | 13.7\% | 18.0\% |
| College, CEGEP or other non-university certificate or diploma | Total | 17.7\% | 17.7\% | 18.6\% | 17.6\% | 18.6\% | 19.7\% |
|  | 25-44 years | 18.1\% | 20.2\% | 22.2\% | 20.6\% | 25.7\% | 20.5\% |
|  | 45-64 years | 18.8\% | 18.4\% | 20.4\% | 18.8\% | 22.0\% | 22.6\% |
| University certificate or diploma below bachelor level | Total | 2.9\% | 3.7\% | 3.0\% | 3.8\% | 4.0\% | 5.7\% |
|  | 45-64 years | 3.5\% | 4.1\% | 3.0\% | 4.4\% | 3.5\% | 5.8\% |
| University certificate, diploma or degree at bachelor level or above | Total | 29.6\% | 19.2\% | 18.3\% | 14.5\% | 24.7\% | 20.8\% |
|  | 25-44 years | 42.7\% | 29.5\% | 24.9\% | 20.3\% | 30.3\% | 24.8\% |
|  | 45-64 years | 29.2\% | 19.0\% | 18.9\% | 15.4\% | 24.0\% | 22.6\% |
| 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 Quebec.
- 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 Les Pays-d'en-Haut, we find 1,510 English speakers aged 15 and over with a high school diploma or less where they represent $41.7 \%$ 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 Les Pays-d'en-Haut, we find 170 English speakers aged 25-44 with a high school diploma or less where they comprise $31.2 \%$ of the English-speaking 25-44 cohort. This is 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 lower than 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 Frenchspeaking majority population. This English-speaking regional proportion is higher than that exhibited by the province's English speakers.
- In MRC Les Pays-d'en-Haut, we find 580 English speakers aged $45-64$ with a high school diploma or less where they comprise $37.1 \%$ 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 45-64 with a high school diploma or less in the territory's English-speaking population is lower than 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 Quebec.
- 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 Englishspeaking 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 Les Pays-d'en-Haut, we find 895 English speakers aged 15 and over with a university degree or higher where they represent $24.7 \%$ 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 higher 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 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 Quebec.
- 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 Frenchspeaking majority population. This regional English-speaking proportion is much lower than that exhibited by the province's English speakers.
- In MRC Les Pays-d'en-Haut, we find 165 English speakers aged 25-44 with a university degree or higher where they comprise $30.3 \%$ 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 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 Quebec.
- 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 Les Pays-d'en-Haut, we find 375 English speakers aged 45-64 with a university degree or higher where they comprise $24.0 \%$ 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 much higher 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 <br> by Labour Force Activity | Québec |  | Administrative Region of Laurentides |  | MRC Les Pays-d'enHaut |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | English | French | English | French | English | French |
| Total - Labour force activity | 932,840 | 5,652,215 | 31,750 | 446,480 | 3,625 | 32,770 |
| In the labour force | 608,050 | 3,636,980 | 19,685 | 293,020 | 1,930 | 18,880 |
| Employed | 553,945 | 3,386,575 | 18,030 | 273,650 | 1,770 | 17,610 |
| Unemployed | 54,105 | 250,410 | 1,655 | 19,370 | 160 | 1,270 |
| Out of the labour force | 324,790 | 2,015,230 | 12,060 | 153,455 | 1,690 | 13,890 |
| 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\% | 53.2\% | 57.6\% |
| Employed | 91.1\% | 93.1\% | 91.6\% | 93.4\% | 91.7\% | 93.3\% |
| Unemployed | 8.9\% | 6.9\% | 8.4\% | 6.6\% | 8.3\% | 6.7\% |
| Out of the labour force | 34.8\% | 35.7\% | 38.0\% | 34.4\% | 46.6\% | 42.4\% |

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.

[^6]

## 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 Les Pays-d'en-Haut, we find 160 unemployed English speakers resulting in an unemployment rate of $8.3 \%$. 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 similar to the unemployment rate experienced by English speakers across the Administrative Region of Laurentides.



## Out of the labour force ${ }^{10}$

- 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 Les Pays-d'en-Haut, we find 1,690 English speakers out of the labour force where they account for $46.6 \%$ 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 the territory's English-speaking population is much higher than the proportion exhibited by English speakers across the Laurentides region.

[^7]
## Appendix A - English speakers and French speakers by Administrative Region and MRC ${ }^{11}$

| Number and Proportion of English and French Speakers <br> Administrative Region of Laurentides and its MRC's, 2016 |  |  |  |  |
| :--- | ---: | ---: | ---: | ---: |
| Geography | Total <br> Population | French <br> Speakers | English <br> Speakers | Proportion <br> of <br> English <br> 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. |  |  |  |  |

[^8]
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[^0]:    ${ }^{1}$ http://www12.statcan.gc.ca/nhs-enm/2011/ref/dict/99-000-x2011001-eng.pdf

[^1]:    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.

[^2]:    ${ }^{3}$ Public Health Agency of Canada, http://www.phac-aspc.gc.calph-sp/determinants/determinants-eng.php\#evidence Accessed March 2014.
    ${ }^{4}$ Ibid.

[^3]:    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

[^4]:    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)

[^5]:    ${ }^{7}$ 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.

[^6]:    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, $2^{\text {nd }}$ Edition. Toronto: Canadian Scholar's Press.

[^7]:    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)

[^8]:    ${ }^{11}$ 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.

