
**DEMOGRAPHIC PROFILE
OF THE ENGLISH-SPEAKING COMMUNITIES
IN THE ADMINISTRATIVE REGION OF OUTAOUAIS
&
MRC LA VALLEE-DE-LA-GATINEAU
BASED ON THE 2016 CENSUS OF CANADA**

MRC Profile Series

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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

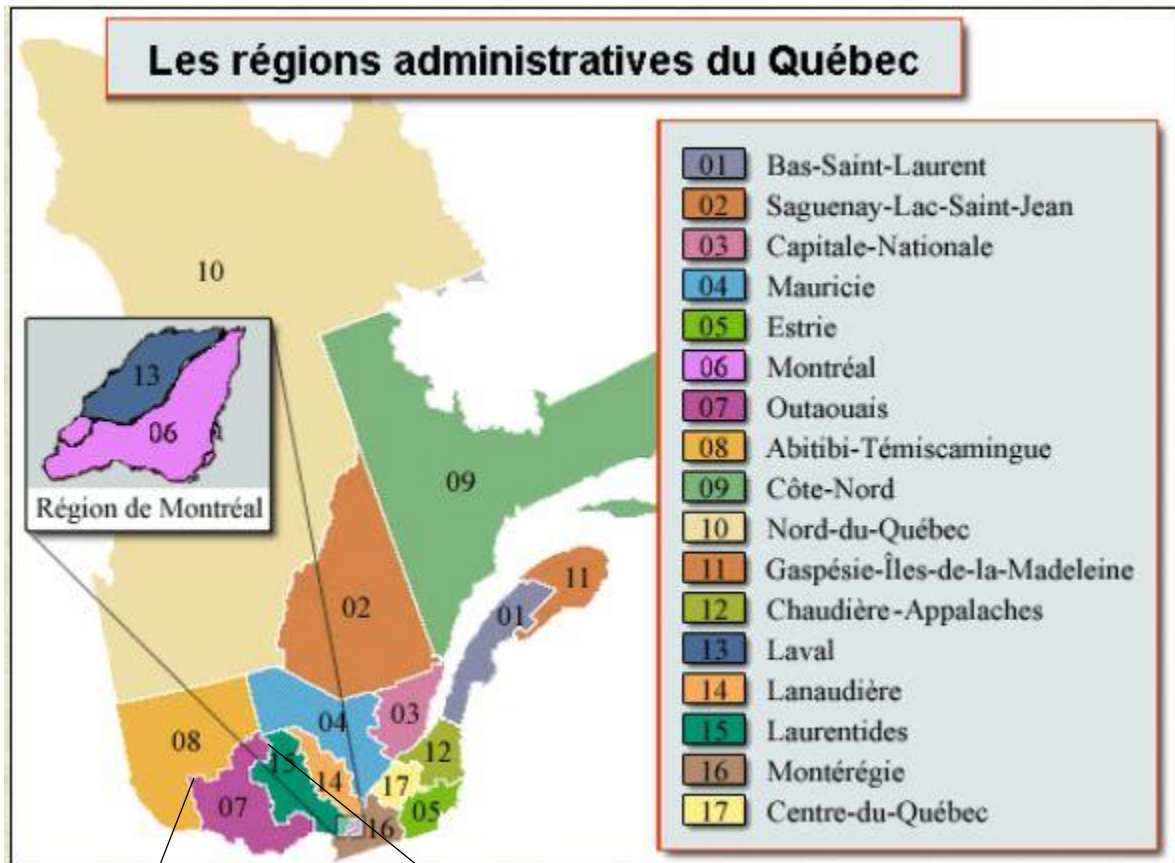
While for the most part the meaning of demographic and administrative terms are clarified as they arise in the report, the online Statistics Canada census dictionary for the¹ may also be consulted.

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

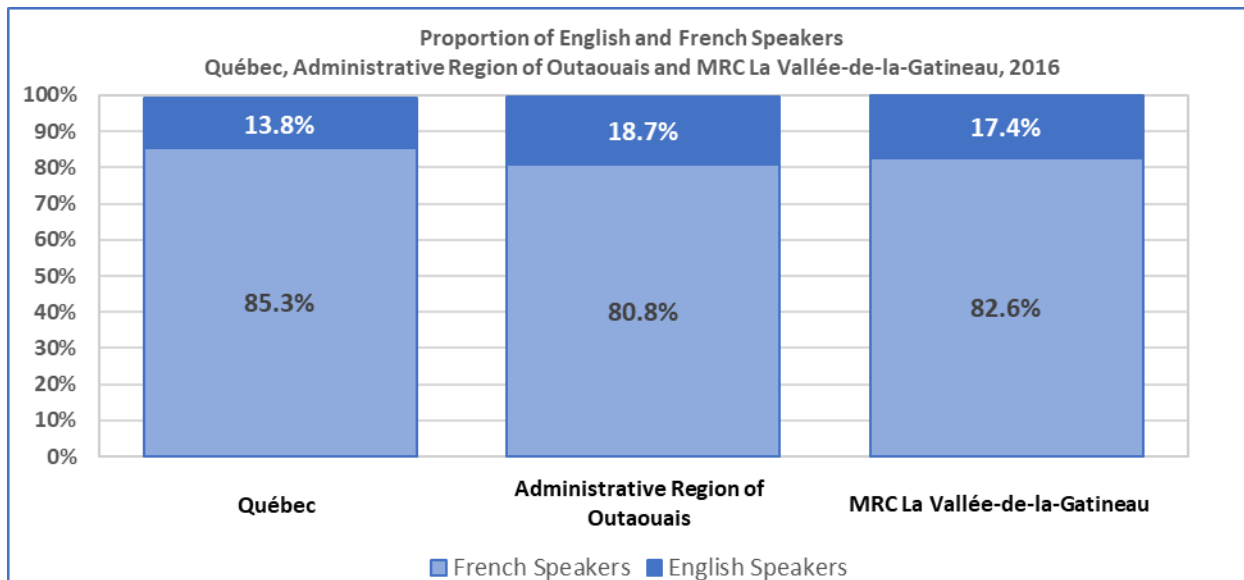
Quebec’s English speakers form one of Canada’s official language minority groups. Studies have confirmed that language barriers affect access and quality of care for linguistic minority communities. Obstacles to communication can reduce recourse to preventative services; increase consultation time including 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 Outaouais	MRC La Vallée-de-la-Gatineau
FOLS - English speakers	number	1,097,925	70,575	3,450
	percentage	13.8%	18.7%	17.4%
FOLS - French speakers	number	6,795,280	304,625	16,345
	percentage	85.3%	80.8%	82.6%
Total population	number	7,965,450	376,905	19,795
	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 70,575 English speakers living in the Outaouais region where they represented 18.7% of the population. This share is much higher than the overall provincial share for English speakers.
- In MRC La Vallée-de-la-Gatineau, we find 3,450 English speakers where they represented 17.4% of the population. This proportion is lower than that represented by English speakers across the Outaouais territory.

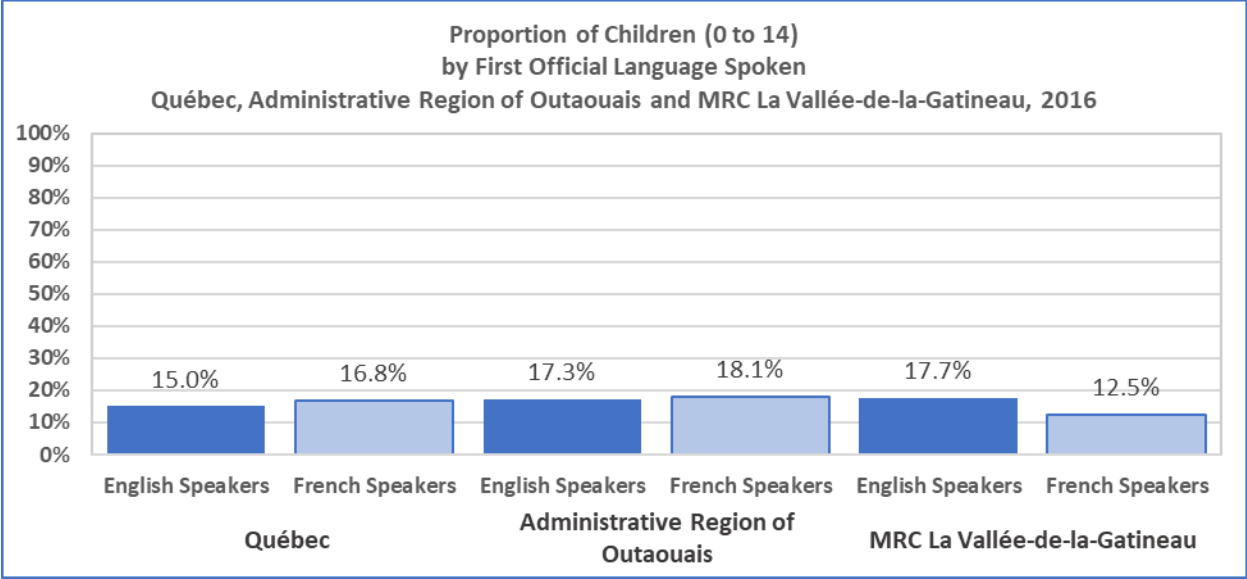
Age Structure

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

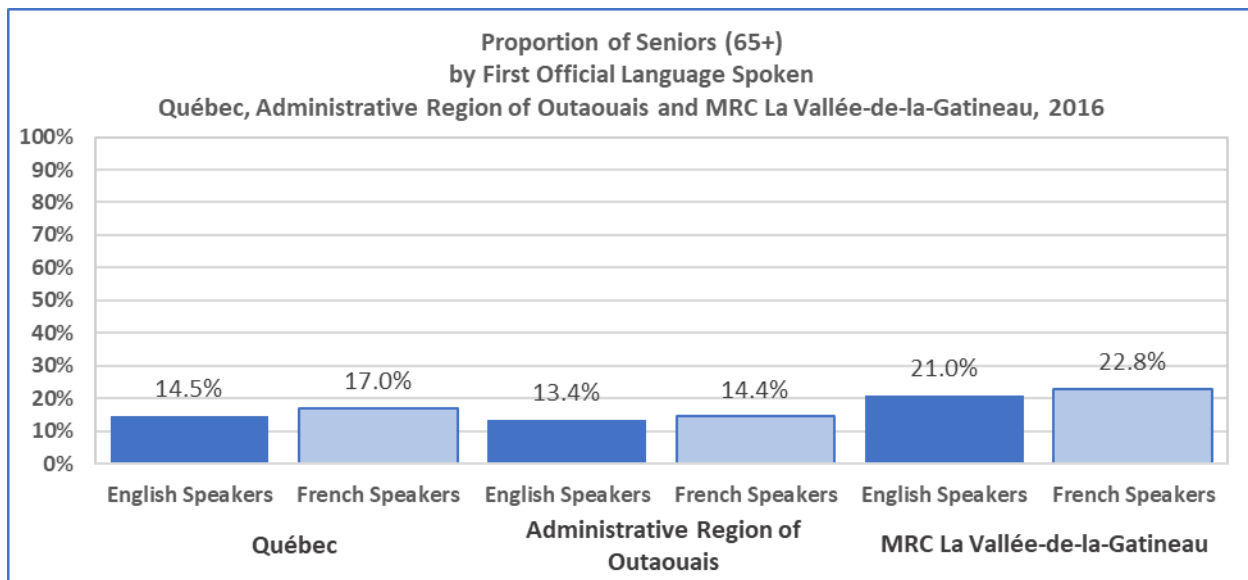
Age Structure of the Population	Québec		Administrative Region of Outaouais		MRC La Vallée-de-la-Gatineau	
	English	French	English	French	English	French
Total - Age groups	1,097,925	6,795,280	70,575	304,625	3,450	16,345
0-14 years	165,085	1,143,060	12,205	55,025	610	2,050
15-24 years	146,460	776,310	7,920	36,250	340	1,525
25-44 years	320,930	1,728,440	20,440	77,185	650	2,990
45-64 years	305,775	1,995,460	20,530	92,285	1,125	6,060
65+ years	159,670	1,152,005	9,475	43,880	725	3,720
Total - Age groups	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
0-14 years	15.0%	16.8%	17.3%	18.1%	17.7%	12.5%
15-24 years	13.3%	11.4%	11.2%	11.9%	9.9%	9.3%
25-44 years	29.2%	25.4%	29.0%	25.3%	18.8%	18.3%
45-64 years	27.9%	29.4%	29.1%	30.3%	32.6%	37.1%
65+ years	14.5%	17.0%	13.4%	14.4%	21.0%	22.8%

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.



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 12,205 English-speaking children aged 0-14 living in Outaouais where they account for 17.3% of the population. The proportion of children in the regional English-speaking population is similar to their proportion in the regional French-speaking majority population. This proportion is higher than the level for English-speaking children across the province.
- In MRC La Vallée-de-la-Gatineau, we find 610 English-speaking children aged 0-14 where they represent 17.7% of the population. This share is similar to that exhibited by English-speaking children across the Outaouais region. The proportion of children in the territory's English-speaking population is much higher than the share in the MRC La Vallée-de-la-Gatineau 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 9,475 English-speaking seniors aged 65+ living in the Outaouais region where they accounted for 13.4% of the population. This share is lower than that of English-speaking seniors across the province. The proportion of seniors in the regional English-speaking population is lower than the proportion in the French-speaking majority population.
- In MRC La Vallée-de-la-Gatineau, we find 725 English-speaking seniors aged 65+ where they account for 21.0% of the population. This share is much higher than that of English-speaking seniors across the Outaouais region. The proportion of seniors in the English-speaking population is lower than the proportion in the French-speaking majority population in MRC La Vallée-de-la-Gatineau.

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.

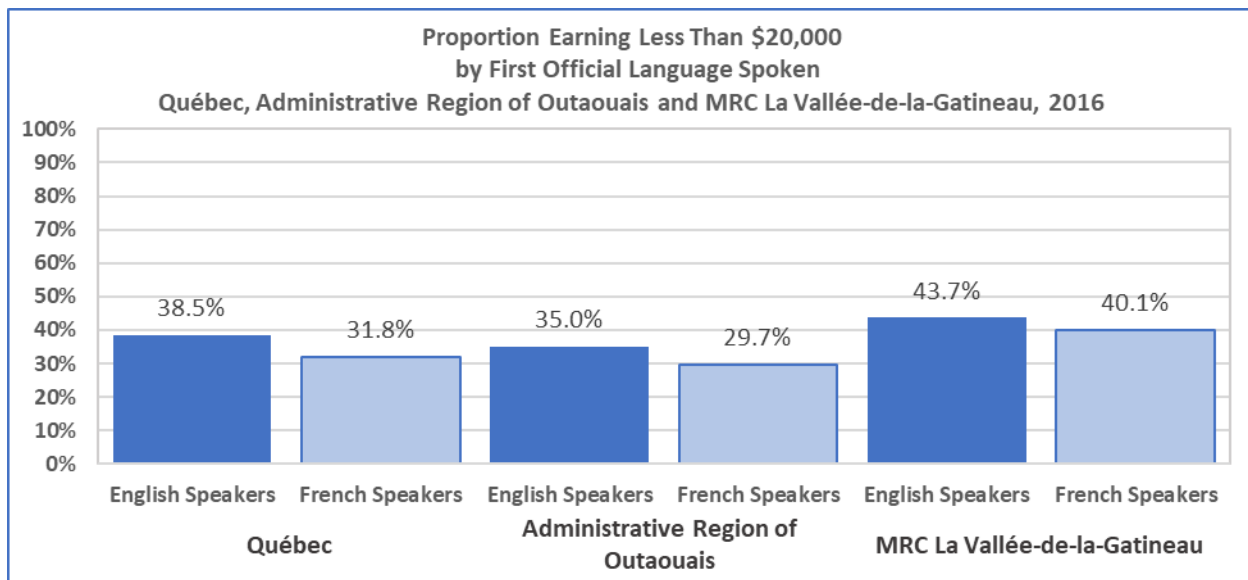
Table 3 - Income

Population by Income Group	Québec		Administrative Region of Outaouais		MRC La Vallée-de-la- Gatineau	
	English	French	English	French	English	French
Total Population 15+	932,835	5,652,215	58,365	249,600	2,840	14,295
Less than \$20,000	359,020	1,799,170	20,440	74,075	1,240	5,730
\$20,000 - \$49,999	328,605	2,235,010	19,320	87,745	1,065	6,005
\$50,000 +	245,210	1,618,025	18,605	87,790	545	2,555
Total Population 15+	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Less than \$20,000	38.5%	31.8%	35.0%	29.7%	43.7%	40.1%
\$20,000 - \$49,999	35.2%	39.5%	33.1%	35.2%	37.5%	42.0%
\$50,000 +	26.3%	28.6%	31.9%	35.2%	19.2%	17.9%

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.

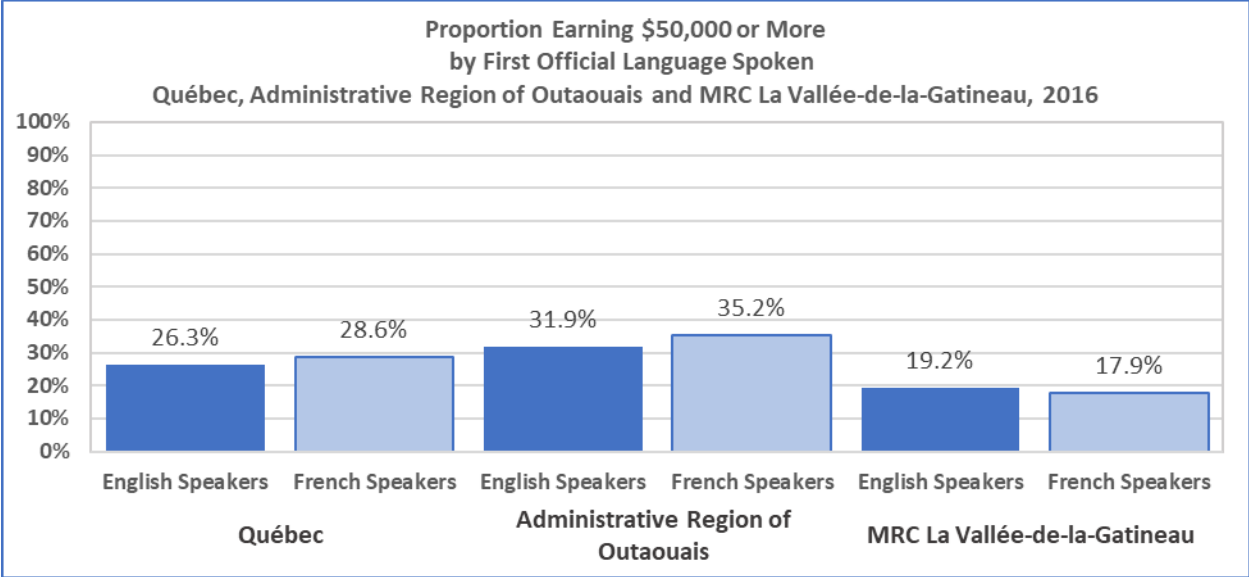
³ Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> Accessed March 2014.

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 Quebec.
- In 2016, there were 20,440 English speakers aged 15+ with income under \$20k in the Outaouais region where they represent 35.0% 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 La Vallée-de-la-Gatineau, we find 1,240 English speakers aged 15+ with income under \$20k where they account for 43.7% of the population. This share is much higher than that experienced by English speakers across the Administrative Region of Outaouais. The proportion of those with income under \$20k in the territory's English-speaking population is higher than the proportion for the French-speaking majority population in MRC La Vallée-de-la-Gatineau.



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 Québec.
- In 2016, there were 18,605 English speakers aged 15+ with a total income of \$50k or more living in the Outaouais region, where they represented 31.9% of the population. This proportion was much higher than the proportion of English-speaking high earners across the province. The proportion of high earners in the regional English-speaking population is lower than the share of high earners in the French-speaking majority population in the region.
- In MRC La Vallée-de-la-Gatineau, we find 545 English-speaking high earners aged 15+, where they represent 19.2% of the population. This share is much lower than that experienced by English-speaking high earners across the Outaouais 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

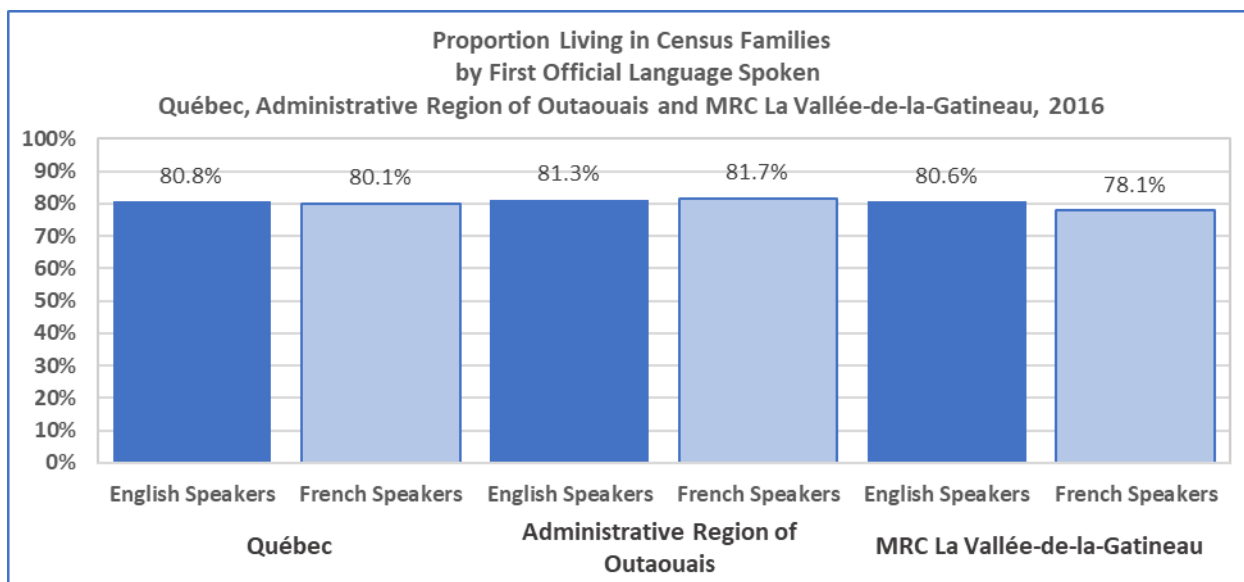
Household living arrangements may be used as an indicator of groups within a population who are vulnerable to a poor health status. For example, the Quebec Social and Health Survey (1998) revealed that parents of minors living in lone parent households were more likely to report food insecurity, high 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 Outaouais		MRC La Vallée-de-la- Gatineau	
	English	French	English	French	English	French
Total - Household living arrangements	1,097,925	6,795,280	70,575	304,625	3,450	16,345
Total persons in census family households	886,705	5,443,560	57,400	248,765	2,780	12,760
Persons in two-parent households	750,650	4,640,895	48,020	207,405	1,995	10,695
Persons in single-parent households	136,050	802,660	9,375	41,360	790	2,070
Total persons in non-census family households	211,215	1,351,720	13,175	55,855	670	3,580
Living with relatives	23,435	116,660	1,410	5,770	60	405
Living with non-relatives only	40,935	213,270	2,090	9,490	85	495
Living alone	146,855	1,021,795	9,680	40,595	520	2,685
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%	81.3%	81.7%	80.6%	78.1%
Persons in two-parent households	68.4%	68.3%	68.0%	68.1%	57.8%	65.4%
Persons in single-parent households	12.4%	11.8%	13.3%	13.6%	22.9%	12.7%
Total persons in non-census family households	19.2%	19.9%	18.7%	18.3%	19.4%	21.9%
Living with relatives	2.1%	1.7%	2.0%	1.9%	1.7%	2.5%
Living with non-relatives only	3.7%	3.1%	3.0%	3.1%	2.5%	3.0%
Living alone	13.4%	15.0%	13.7%	13.3%	15.1%	16.4%

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.

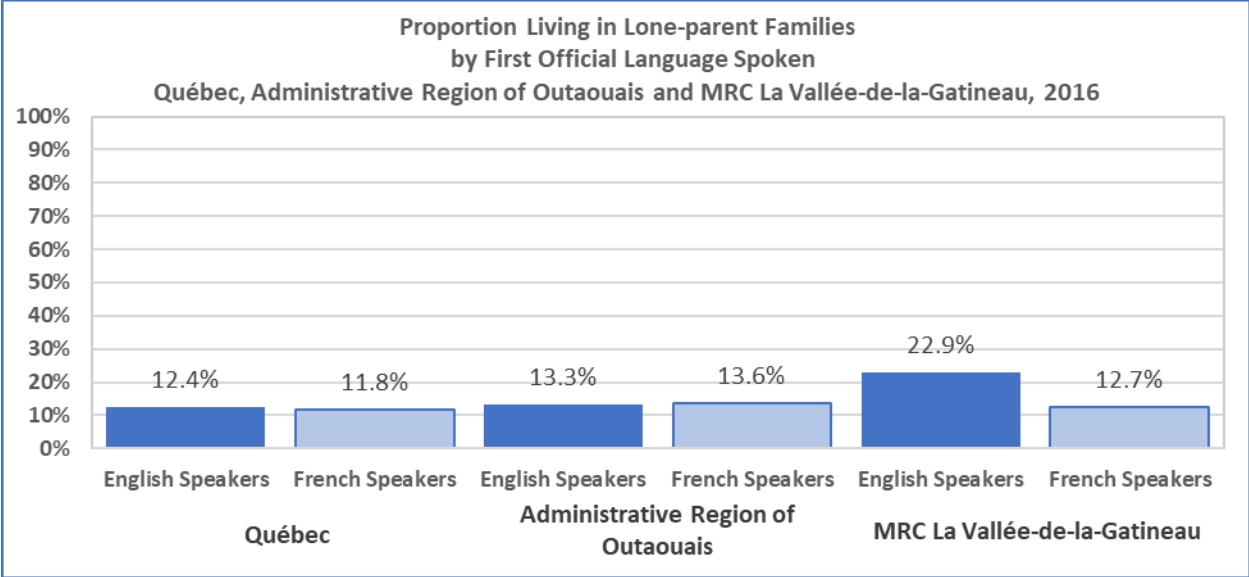
⁵ For discussion of the survey, see Pocock, J. (2008) "Baseline Data Report 2007-2008. Quebec's Social and Health Survey Information." *Community Health and Social Services Network (CHSSN)*. www.chssn.org



Living in census families⁶

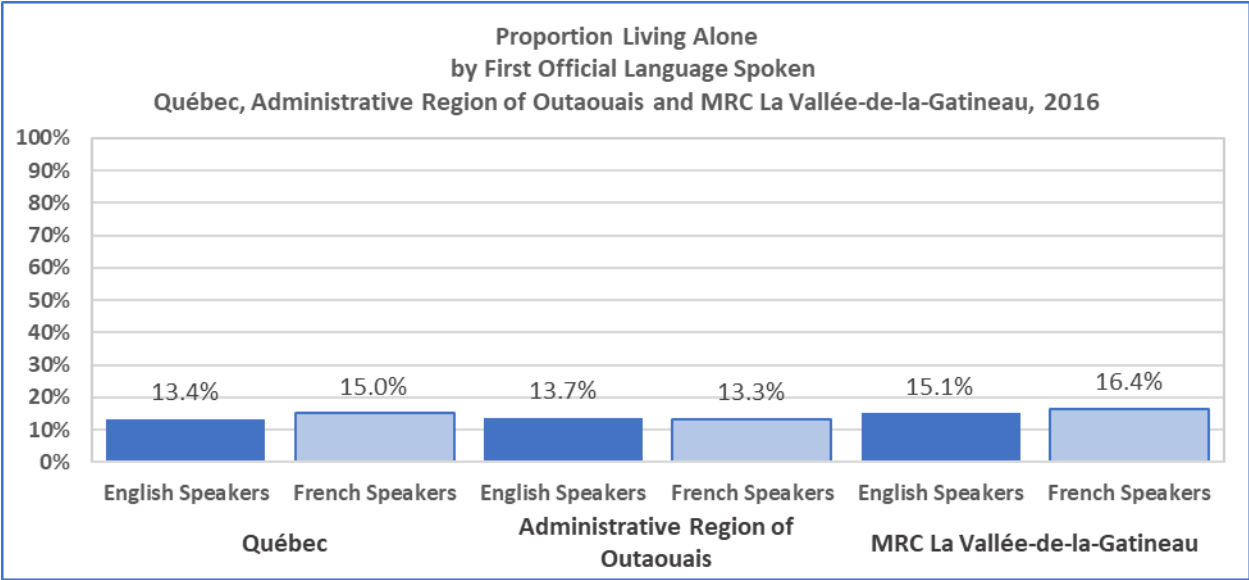
- Across Québec, there were 886,705 English speakers living in census family households. This group represents 80.8% of the 15+ English-speaking population. The proportion of English speakers living in census family households is similar to that found in the French-speaking majority population in Quebec.
- In 2016, there were 57,400 English speakers living in census family households in the Outaouais region where they comprise 81.3% 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 La Vallée-de-la-Gatineau, we find 2,780 English speakers living in census family households where they account for 80.6% of the population. This share is similar to that accounted for by English speakers across the Outaouais 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 La Vallée-de-la-Gatineau.

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 9,375 English speakers living in lone-parent families in the Outaouais region where they account for 13.3% of the population. The proportion of those living in lone-parent families in the regional English-speaking population is similar to the proportion found in the regional French-speaking majority population. The proportion is higher than that found in the provincial English-speaking population.
- In MRC La Vallée-de-la-Gatineau, we find 790 English speakers living in lone-parent families where they represent 22.9% of the population. This is much higher than the proportion represented by the French-speaking majority population in MRC La Vallée-de-la-Gatineau. The proportion of English speakers living in lone-parent families in MRC La Vallée-de-la-Gatineau is much higher than the proportion we find for English speakers across the Outaouais 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 9,680 English speakers living alone in the Outaouais region, where they account for 13.7% of the population. This level is similar to 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 La Vallée-de-la-Gatineau we find 520 English speakers living alone, where they represent 15.1% of the population. This share is higher than that exhibited by English speakers across the Outaouais region. The proportion of those living alone in the territory's English-speaking population is lower than the proportion exhibited by the French-speaking majority population in MRC La Vallée-de-la-Gatineau.

Low-Income Cut-off

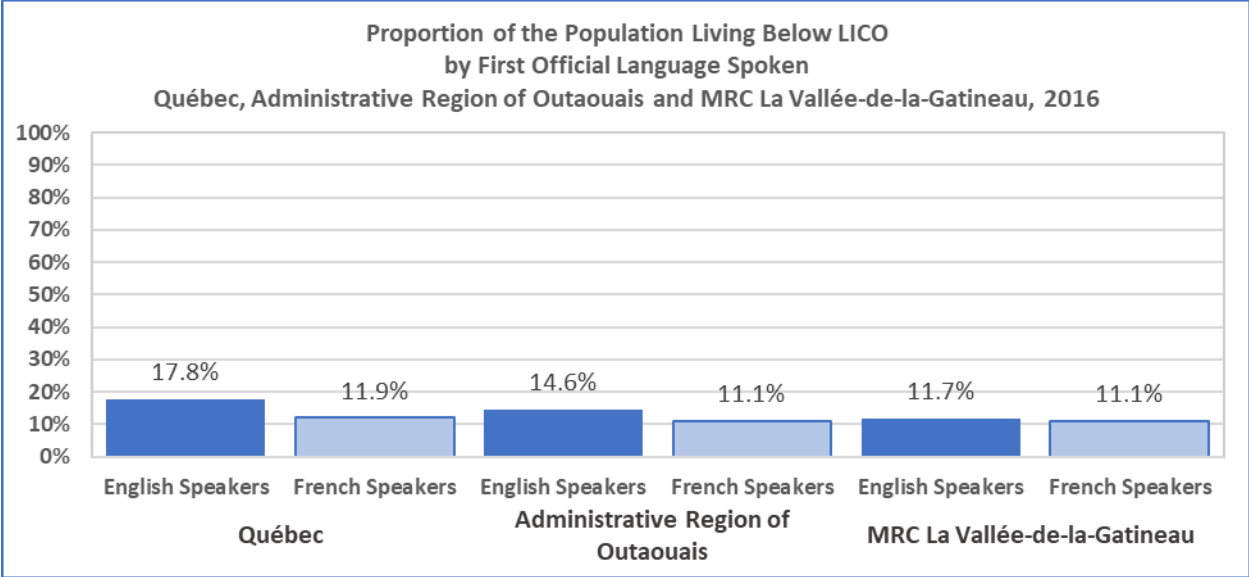
Although there is no official measure of poverty in Canada, the Statistics Canada measure of Low-income cut-offs (LICO) is probably the best known. Commonly known as the “poverty line”, LICO uses the income levels of a given family and considers how large a share of its income is spent on necessities 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 Level, by Household Living Arrangements	Québec		Administrative Region of Outaouais		MRC La Vallée-de-la-Gatineau	
	English	French	English	French	English	French
Total - Age groups	195,300	811,110	10,280	33,720	405	1,815
0-14 years	25,480	125,400	1,850	6,030	80	215
15-24 years	35,280	118,175	1,720	5,200	35	175
25-44 years	60,205	193,170	2,865	8,050	75	290
45-64 years	48,885	221,935	2,865	9,330	180	930
65+ years	25,445	152,425	975	5,115	35	205
Proportion of those below LICO across age groups						
Total - Age groups	17.8%	11.9%	14.6%	11.1%	11.7%	11.1%
0-14 years	15.4%	11.0%	15.2%	11.0%	13.1%	10.5%
15-24 years	24.1%	15.2%	21.7%	14.3%	10.3%	11.5%
25-44 years	18.8%	11.2%	14.0%	10.4%	11.5%	9.7%
45-64 years	16.0%	11.1%	14.0%	10.1%	16.0%	15.3%
65+ years	15.9%	13.2%	10.3%	11.7%	4.8%	5.5%

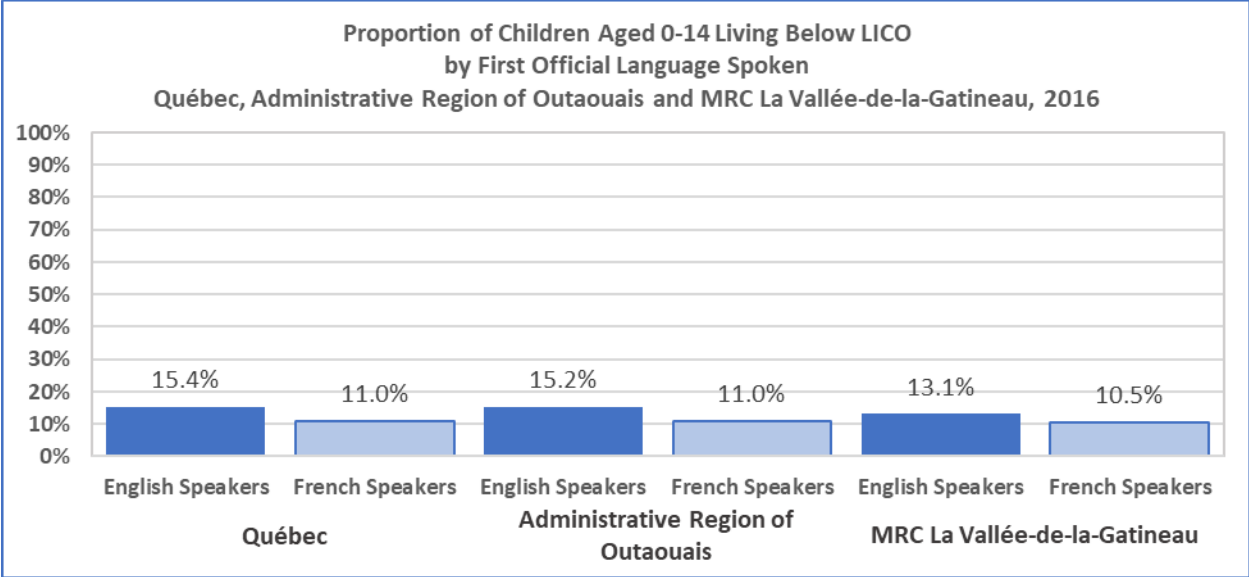
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French. The percentages given here compare the number below LICO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

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.



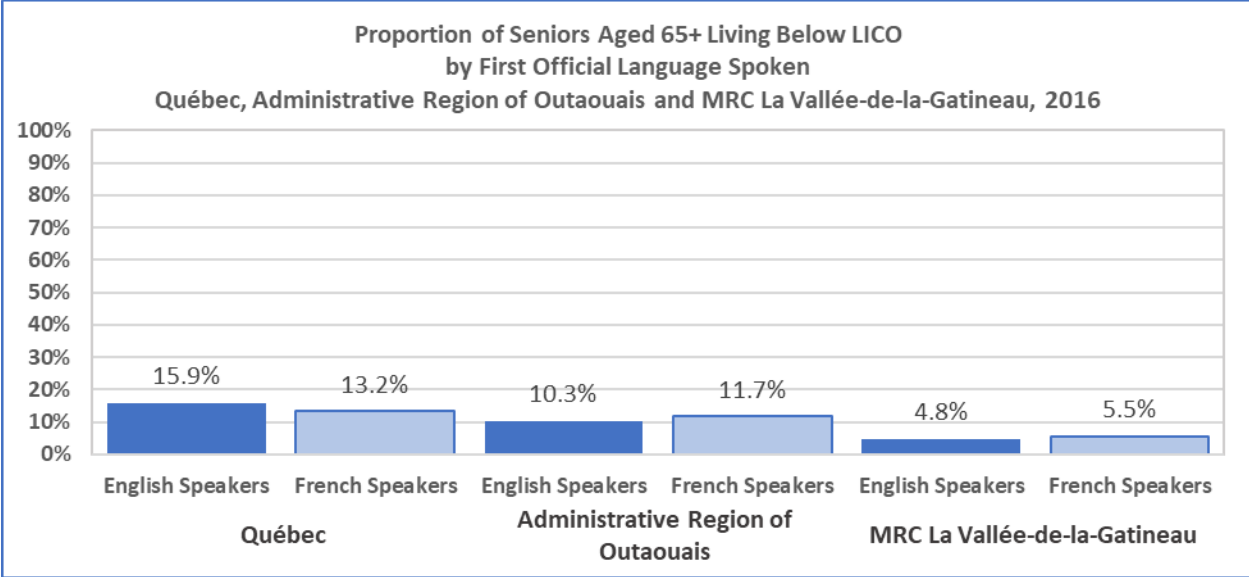
Population living below the low-income cut-off (LICO)

- 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 10,280 English speakers living below LICO in the Outaouais region, where they represent 14.6% 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 Outaouais is lower than the proportion for Quebec's English speakers in general.
- In MRC La Vallée-de-la-Gatineau, we find 405 English speakers living below LICO, where they represent 11.7% 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 lower than the proportion for English speakers across Outaouais.



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 1,850 English-speaking children living below LICO in the Outaouais region where they account for 15.2% 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 similar to that displayed by English-speaking children across the province.
- In MRC La Vallée-de-la-Gatineau, we find 80 English-speaking children living below LICO where they represent 13.1% of the English-speaking children's population. This proportion is much higher than the proportion experienced by children in the French-speaking majority in the same territory. The proportion of children living below LICO in the territory's English-speaking population is lower than the proportion experienced by English-speaking children across the Outaouais region.



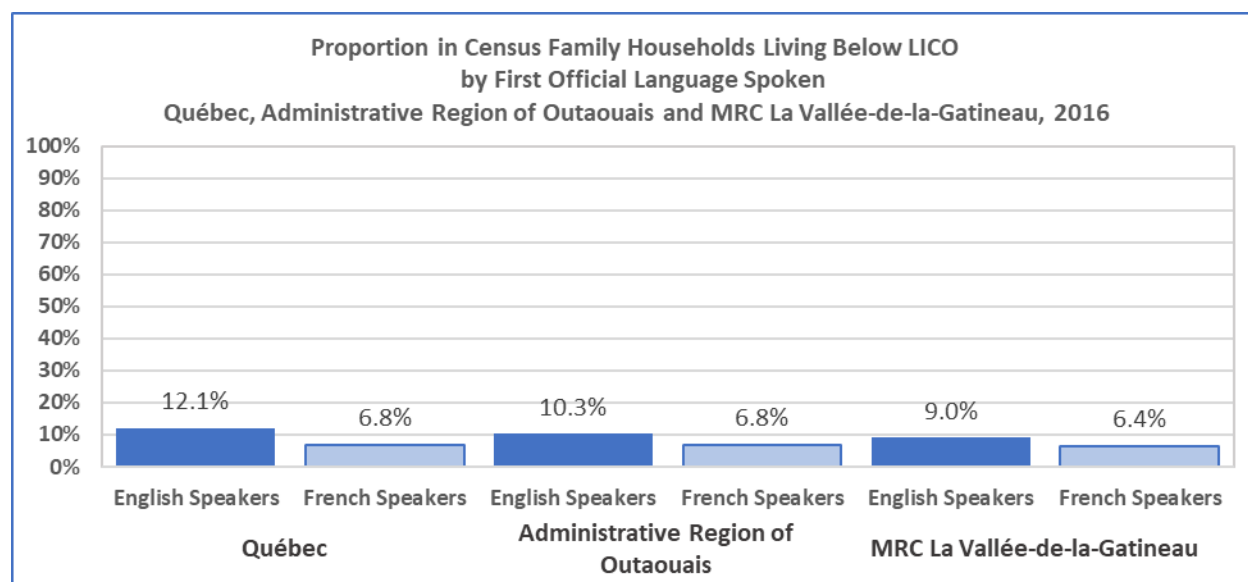
Seniors (65+) Living below the low-income cut-off (LICO)

- 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 Québec.
- In 2016, there were 975 English-speaking seniors living below LICO in the Outaouais region where they account for 10.3% of the regional English-speaking senior population. The proportion of those seniors living below LICO in the regional English-speaking senior population is 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 La Vallée-de-la-Gatineau, we find 35 English-speaking seniors living below LICO where they represent 4.8% of the English-speaking senior population. This is lower than the proportion experienced by the French-speaking majority senior population living below LICO in the same territory. The proportion of seniors living below LICO in the territory's English-speaking population is much lower than the level displayed by English-speaking seniors across the Outaouais 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 Outaouais		MRC La Vallée-de-la-Gatineau	
	English	French	English	French	English	French
Total - Household living arrangements	195,300	811,110	10,280	33,720	405	1,815
Total persons in census family households	107,000	371,305	5,890	16,840	250	820
Persons in two-parent households	72,245	213,605	3,415	9,060	115	440
Persons in single-parent households	34,755	157,700	2,470	7,780	135	385
Total persons in non-census family households	88,300	439,810	4,385	16,880	155	995
Living with non-relatives only	25,910	107,000	1,180	4,565	50	185
Living alone	57,435	317,095	3,000	11,370	105	755
Proportion of those below LICO, by household living arrangements						
Total - Household living arrangements	17.8%	11.9%	14.6%	11.1%	11.7%	11.1%
Total persons in census family households	12.1%	6.8%	10.3%	6.8%	9.0%	6.4%
Persons in two-parent households	9.6%	4.6%	7.1%	4.4%	5.8%	4.1%
Persons in single-parent households	25.5%	19.6%	26.3%	18.8%	17.1%	18.6%
Total persons in non-census family households	41.8%	32.5%	33.3%	30.2%	23.1%	27.8%
Living with non-relatives only	63.3%	50.2%	56.5%	48.1%	58.8%	37.4%
Living alone	39.1%	31.0%	31.0%	28.0%	20.2%	28.1%

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. 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.

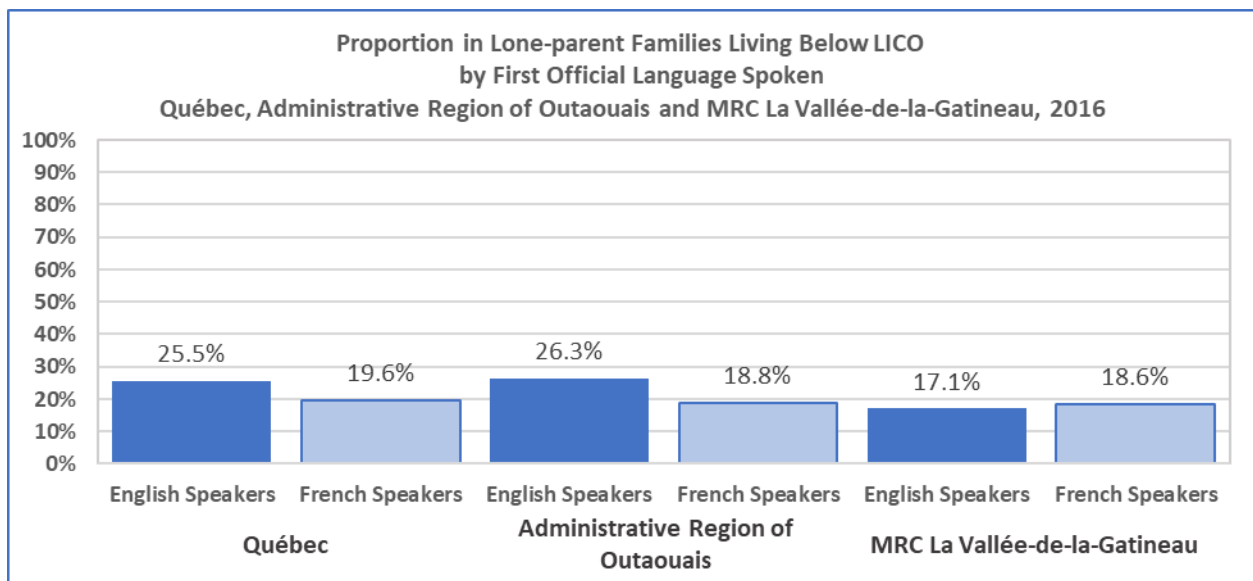


Persons in Census Family Households living below the low-income cut-off (LICO)

- 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 5,890 English-speaking persons in census family households living below LICO in the Outaouais region, where they represent 10.3% 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 lower than that found in the provincial English-speaking population.

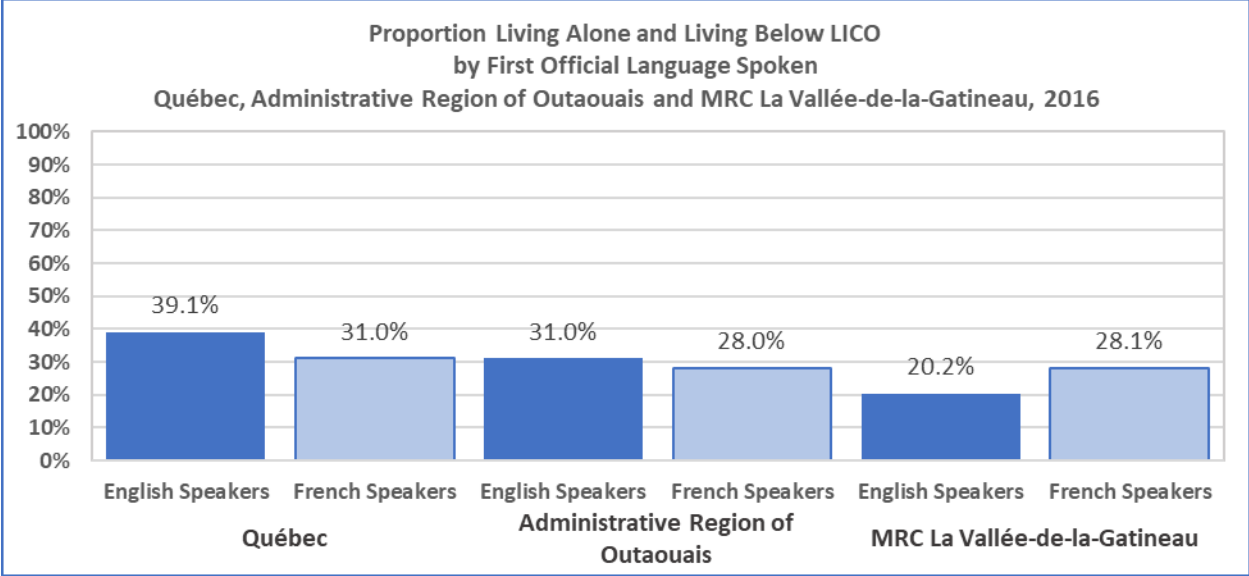
- In MRC La Vallée-de-la-Gatineau, we find 250 English-speaking persons in census family households living below LICO, where they account for 9.0% of the English-speaking population. This level is much higher than the proportion experienced by the French-speaking majority population in the same territory. The proportion of those persons in census family households living below LICO in the territory's English-speaking population is lower than the proportion found in the English-speaking population of the Outaouais 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 2,470 English-speaking persons in lone-parent families living below LICO in the Outaouais region where they account for 26.3% 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 similar to that found in the provincial English-speaking population.

- In MRC La Vallée-de-la-Gatineau, we find 135 English-speaking persons in lone-parent families living below LICO where they account for 17.1% of the English-speaking lone-parent family population. This is lower 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 Outaouais 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 3,000 English-speaking persons living alone and below LICO in the Outaouais region where they account for 31.0% 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 higher than 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 La Vallée-de-la-Gatineau, we find 105 English-speaking persons living alone and below LICO where they represent 20.2% 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 Outaouais region.

Highest Educational Attainment

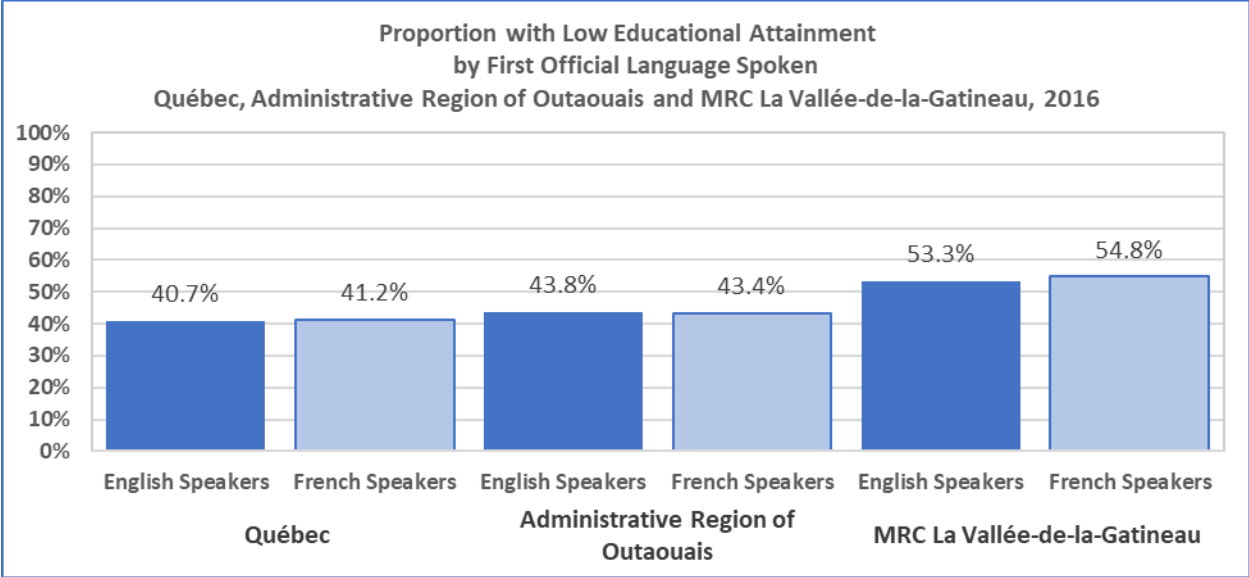
In many ways, education is an important determinant of the health status of a community. In Canada, the level of education achieved by an individual tends to be an indicator of social status, and ideally, a predictor of economic opportunity. The overall level of health literacy and preventative health 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 Outaouais		MRC La Vallée-de-la- Gatineau	
		English	French	English	French	English	French
Total	Total	932,840	5,652,215	58,375	249,595	2,840	14,295
	25-44 years	320,930	1,728,440	20,445	77,180	650	2,990
	45-64 years	305,775	1,995,460	20,535	92,285	1,125	6,060
High school diploma or less	Total	380,050	2,328,625	25,570	108,385	1,515	7,830
	25-44 years	84,680	412,620	6,240	21,150	270	1,115
	45-64 years	116,390	758,965	8,400	36,930	535	3,125
Apprenticeship or trades certificate or diploma	Total	85,385	1,033,655	5,020	38,330	390	3,280
	25-44 years	31,555	392,520	1,820	14,775	160	1,010
	45-64 years	31,920	409,675	1,960	15,335	155	1,520
College, CEGEP or other non-university certificate or diploma	Total	164,800	998,740	11,985	42,750	510	1,850
	25-44 years	58,180	349,000	4,850	15,005	130	475
	45-64 years	57,415	366,790	4,430	16,715	255	815
University certificate or diploma below bachelor level	Total	26,805	208,520	1,130	7,765	60	355
	45-64 years	10,795	81,355	500	3,430	40	205
	Total	275,800	1,082,680	14,670	52,360	360	975
University certificate, diploma or degree at bachelor level or above	25-44 years	136,960	509,640	7,165	24,195	80	345
	45-64 years	89,255	378,675	5,245	19,880	145	400
	Total	40.7%	41.2%	43.8%	43.4%	53.3%	54.8%
High school diploma or less	25-44 years	26.4%	23.9%	30.5%	27.4%	41.5%	37.3%
	45-64 years	38.1%	38.0%	40.9%	40.0%	47.6%	51.6%
	Total	9.2%	18.3%	8.6%	15.4%	13.7%	22.9%
Apprenticeship or trades certificate or diploma	25-44 years	9.8%	22.7%	8.9%	19.1%	24.6%	33.8%
	45-64 years	10.4%	20.5%	9.5%	16.6%	13.8%	25.1%
	Total	17.7%	17.7%	20.5%	17.1%	18.0%	12.9%
College, CEGEP or other non-university certificate or diploma	25-44 years	18.1%	20.2%	23.7%	19.4%	20.0%	15.9%
	45-64 years	18.8%	18.4%	21.6%	18.1%	22.7%	13.4%
	Total	2.9%	3.7%	1.9%	3.1%	2.1%	2.5%
University certificate or diploma below bachelor level	45-64 years	3.5%	4.1%	2.4%	3.7%	3.6%	3.4%
	Total	29.6%	19.2%	25.1%	21.0%	12.7%	6.8%
	25-44 years	42.7%	29.5%	35.0%	31.3%	12.3%	11.5%
University certificate, diploma or degree at bachelor level or above	45-64 years	29.2%	19.0%	25.5%	21.5%	12.9%	6.6%

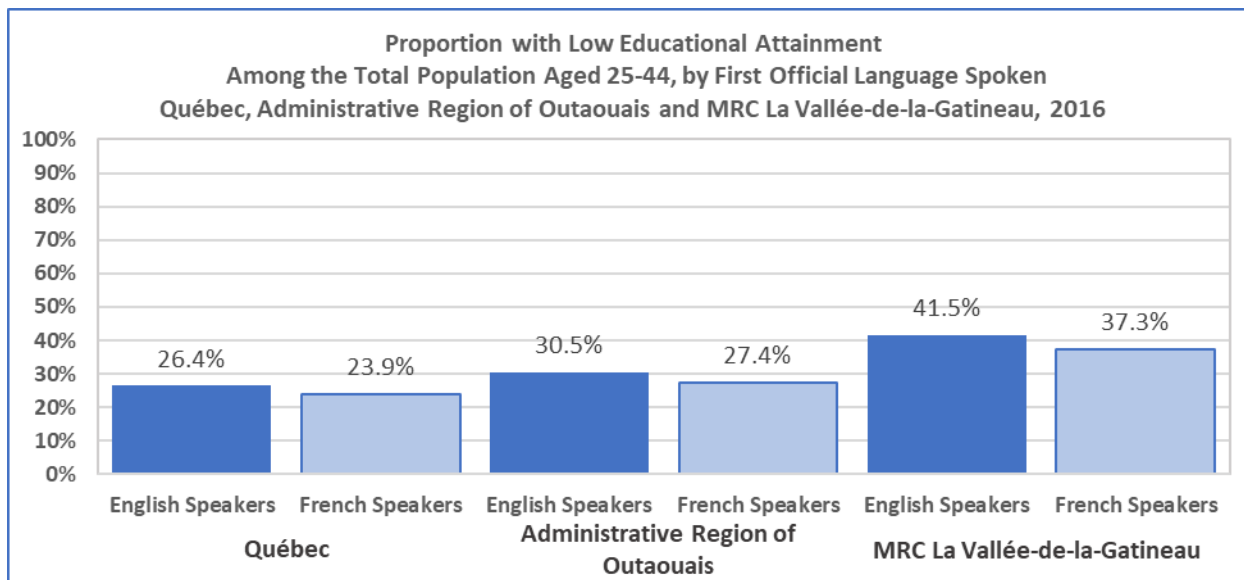
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

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.



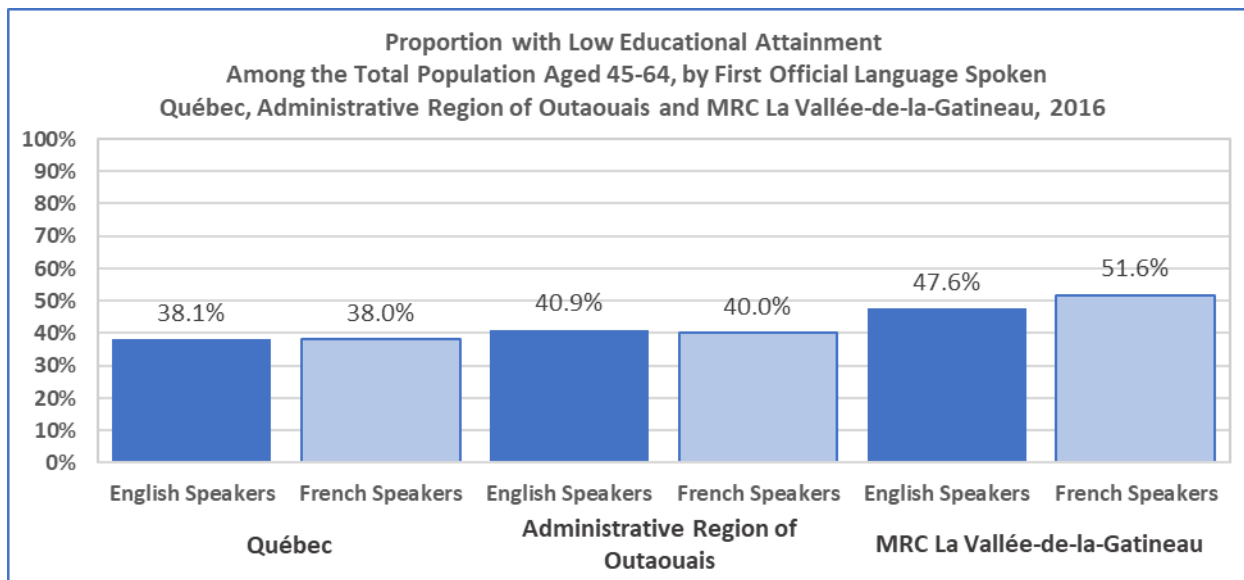
Population aged 15+, high school diploma or less

- 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 25,570 English speakers aged 15 and over with a high school diploma or less in the Outaouais region where they account for 43.8% 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 similar to 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 La Vallée-de-la-Gatineau, we find 1,515 English speakers aged 15 and over with a high school diploma or less where they represent 53.3% of the English-speaking population aged 15 and over. This level is similar to the proportion exhibited by the French-speaking majority population aged 15 and over in the same territory. The proportion of those aged 15 and over with a high school diploma or less in the English-speaking population is much higher than the proportion exhibited by the English speakers across the Outaouais region.



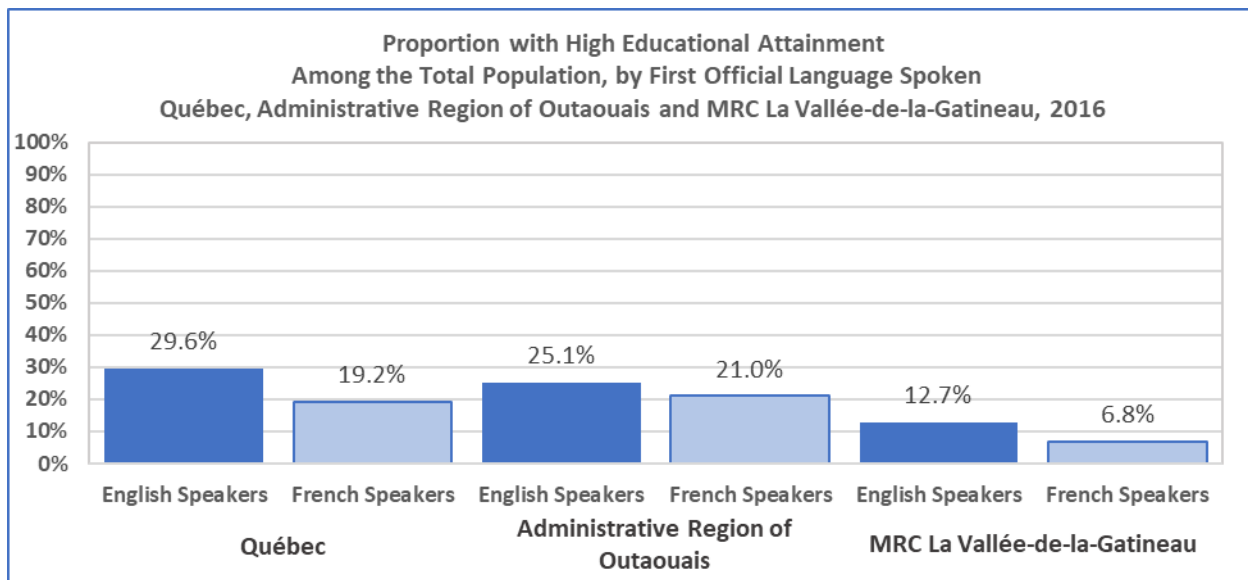
Population 25-44, high school diploma or less

- 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 6,240 English speakers aged 25-44 with a high school diploma or less in the Outaouais region where they account for 30.5% 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 higher than the proportion in the regional French-speaking majority population in that age group. This proportion is higher than that exhibited by English speakers across the province in the same age cohort.
- In MRC La Vallée-de-la-Gatineau, we find 270 English speakers aged 25-44 with a high school diploma or less where they comprise 41.5% 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 much higher than the proportion exhibited by English speakers across the Outaouais region.



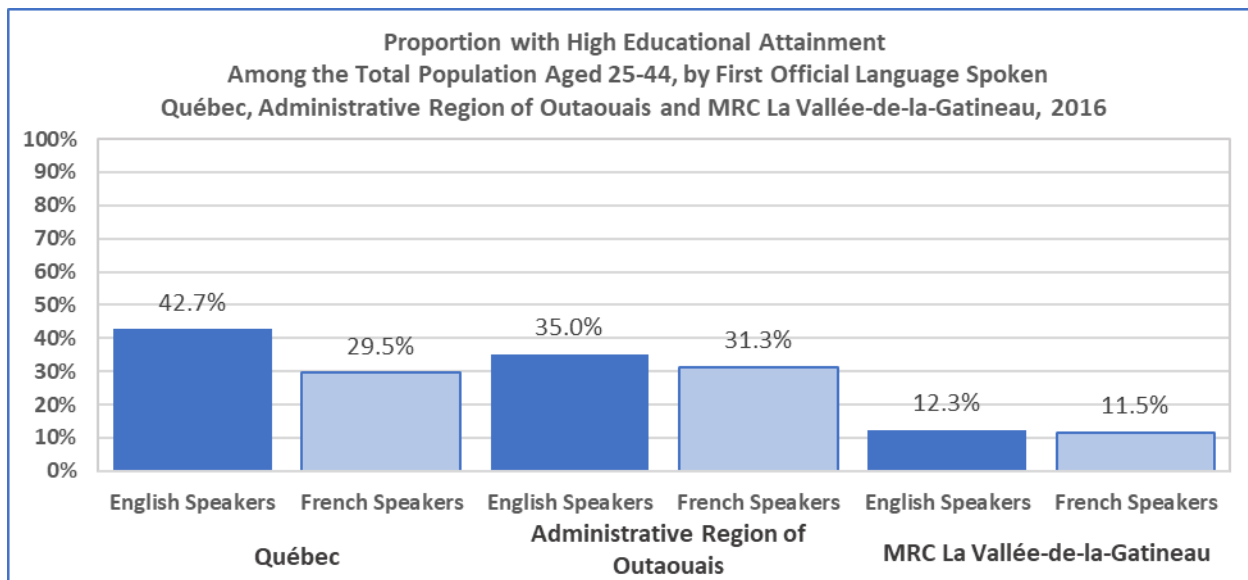
Population 45-64, high school diploma or less

- 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 8,400 English speakers aged 45-64 with a high school diploma or less in the Outaouais region where they account for 40.9% 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 similar to 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 La Vallée-de-la-Gatineau, we find 535 English speakers aged 45-64 with a high school diploma or less where they comprise 47.6% of the English-speaking population. This 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 high school diploma or less in the territory's English-speaking population is higher than the proportion exhibited by English speakers across the region.



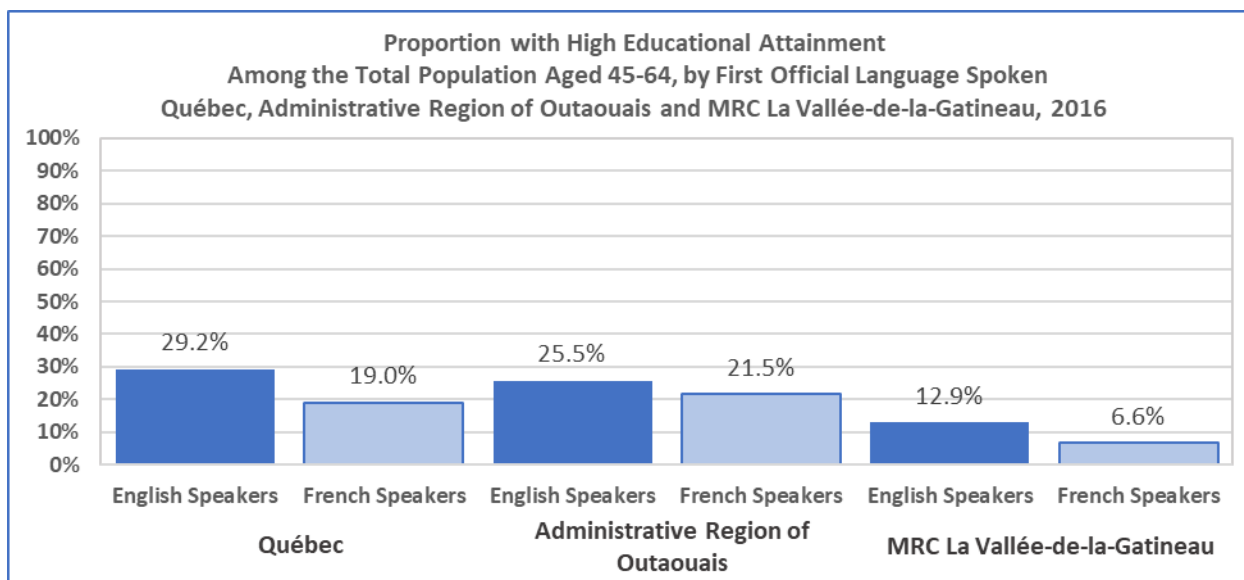
Population aged 15+, university degree or higher

- 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 Québec.
- In 2016, there were 14,670 English speakers aged 15 and over with a university degree or higher in the Outaouais region where they account for 25.1% 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 higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is lower than that exhibited by the province's English speakers.
- In MRC La Vallée-de-la-Gatineau, we find 360 English speakers aged 15 and over with a university degree or higher where they represent 12.7% of the English-speaking population. This is much higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 15 and over with a university degree or higher in the territory's English-speaking population is 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 7,165 English speakers aged 25-44 with a university degree or higher in the Outaouais where they represent 35.0% 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 higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is lower than that exhibited by the province's English speakers.
- In MRC La Vallée-de-la-Gatineau, we find 80 English speakers aged 25-44 with a university degree or higher where they comprise 12.3% 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 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 5,245 English speakers aged 45-64 with a university degree or higher in the Outaouais region where they represent 25.5% 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 higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is lower than that exhibited by the province's English speakers.
- In MRC La Vallée-de-la-Gatineau, we find 145 English speakers aged 45-64 with a university degree or higher where they comprise 12.9% of the English-speaking population. This level is much higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 45-64 with a 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.

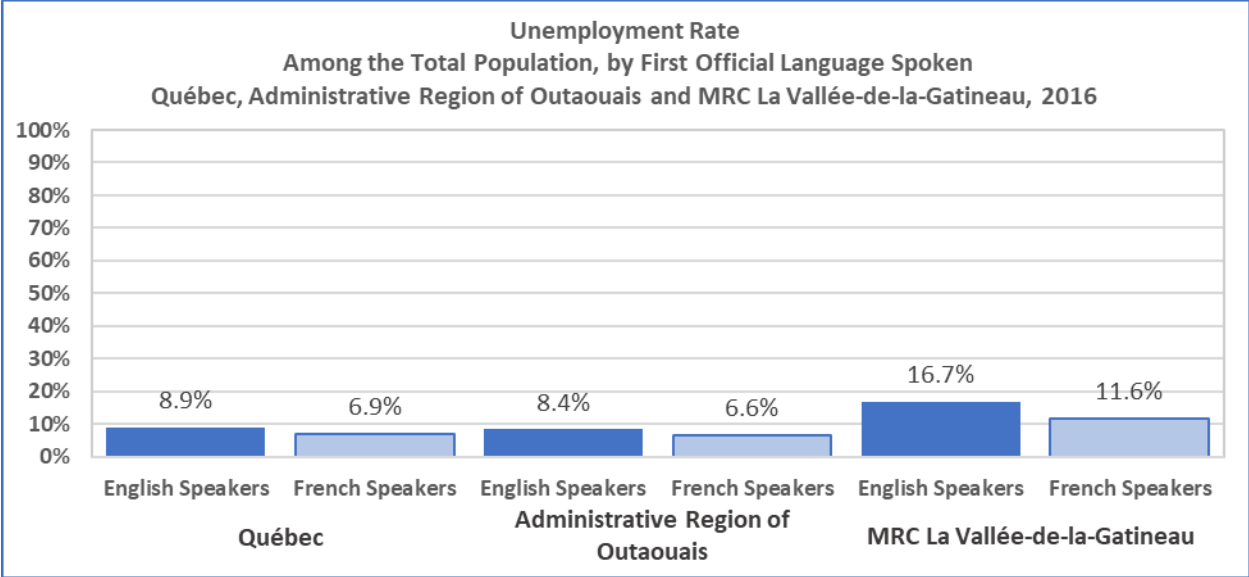
Employment is an important source of social identity and a key context for the establishment of a social support network that extends beyond the workplace. For an individual, work is an important source of the self-esteem and sense of control typically associated with good mental health.⁹

Table 8 - Labour Force Activity

Total Population by Labour Force Activity	Québec		Administrative Region of Outaouais		MRC La Vallée-de-la- Gatineau	
	English	French	English	French	English	French
Total - Labour force activity	932,840	5,652,215	58,375	249,595	2,840	14,295
In the labour force	608,050	3,636,980	39,220	164,370	1,525	7,480
Employed	553,945	3,386,575	35,935	153,470	1,270	6,615
Unemployed	54,105	250,410	3,285	10,900	255	870
Out of the labour force	324,790	2,015,230	19,155	85,230	1,320	6,810
Total - Labour force activity	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
In the labour force	65.2%	64.3%	67.2%	65.9%	53.7%	52.3%
Employed	91.1%	93.1%	91.6%	93.4%	83.3%	88.4%
Unemployed	8.9%	6.9%	8.4%	6.6%	16.7%	11.6%
Out of the labour force	34.8%	35.7%	32.8%	34.1%	46.5%	47.6%

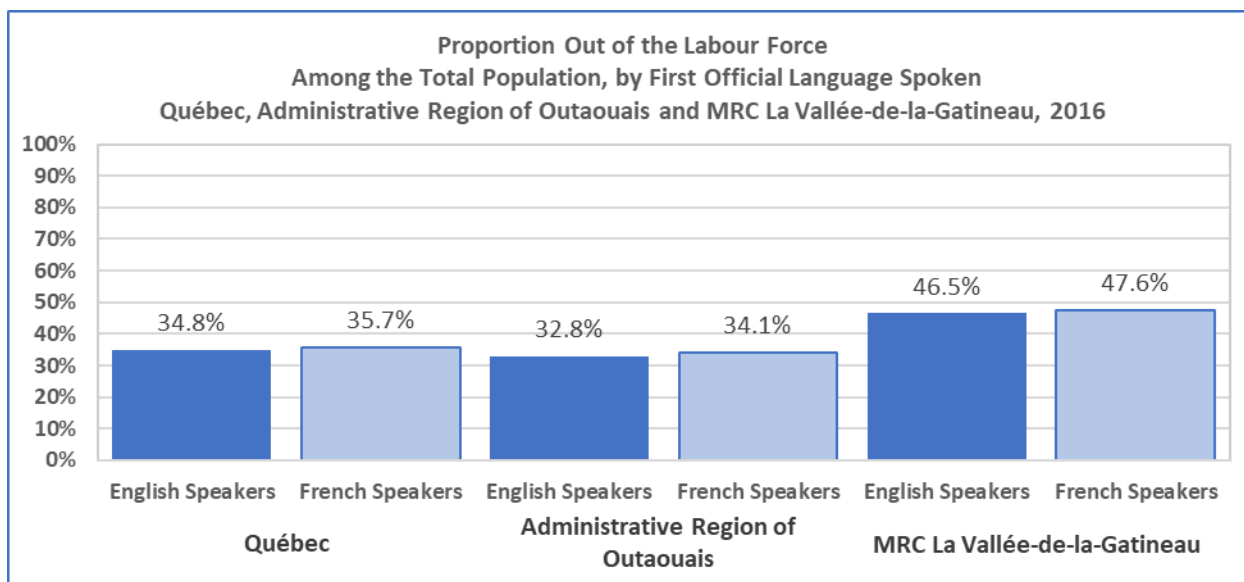
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

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 3,285 unemployed English speakers in the Outaouais 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 La Vallée-de-la-Gatineau, we find 255 unemployed English speakers resulting in an unemployment rate of 16.7%. 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 much higher than the unemployment rate experienced by English speakers across the Administrative Region of Outaouais.



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 19,155 English speakers out of the labour force in the Outaouais region where they comprise 32.8% of the regional English-speaking population aged 15+. The proportion of those out of the labour force in the regional English-speaking population is similar to the proportion in the regional French-speaking majority population. This English-speaking regional proportion is lower than that exhibited by the provincial English-speaking population.
- In MRC La Vallée-de-la-Gatineau, we find 1,320 English speakers out of the labour force where they account for 46.5% 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 higher than the proportion exhibited by English speakers across the Outaouais 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 Outaouais and its MRC's, 2016				
Geography	Total Population	French Speakers	English Speakers	Proportion of English Speakers
Administrative Region of Outaouais	376,905	304,625	70,575	18.7%
MRC Papineau	22,360	20,895	1,455	6.5%
MRC Gatineau	271,850	225,415	44,740	16.5%
MRC Les Collines-de-l'Outaouais	48,885	36,255	12,620	25.8%
MRC La Vallée-de-la-Gatineau	19,795	16,345	3,450	17.4%
MRC Pontiac	14,030	5,715	8,315	59.3%

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.

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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