
**DEMOGRAPHIC PROFILE
OF THE ENGLISH-SPEAKING COMMUNITIES
IN THE ADMINISTRATIVE REGION OF CÔTE-NORD
&
MRC CANIAPISCAU**

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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Contents

Contents.....	2
Introduction	3
About the MRC Profile Series	3
Methodological Notes	3
Data Source	3
Linguistic definitions.....	3
Geographic Regions.....	3
Demographic and Socio-economic Characteristics	4
Statistics Canada Definitions.....	4
Series of Tables – Demographic Characteristics	5
Map of the Territory	6
Demographic Size	7
Table 1 - Population Size	7
Age Structure.....	9
Table 2 - Age Structure of the Population.....	9
Income	12
Table 3 - Income	12
Household Living Arrangements.....	15
Table 4 - Population by Household Living Arrangements.....	15
Low-Income Cut-off	19
Table 5 - Population Living Below LICO, Within Age Groups.....	19
Table 6 - Population Living Below LICO, by Household Living Arrangements	19
Highest Educational Attainment.....	20
Table 7 - Highest Educational Certification, for Selected Age Groups	20
Labour Force Activity	26
Table 8 - Labour Force Activity	26
Appendix A – English speakers and French speakers by Administrative Region and MRC...	29
Sources and References	30

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>

Series of Tables – Demographic Characteristics

Table 1 - Population Size.....	7
Table 2 - Age Structure of the Population	9
Table 3 - Income	12
Table 4 - Population by Household Living Arrangements.....	15
Table 5 - Population Living Below LICO, Within Age Groups.....	19
Table 6 - Population Living Below LICO, by Household Living Arrangements.....	19
Table 7 - Highest Educational Certification, for Selected Age Groups	20
Table 8 - Labour Force Activity.....	26

Map of the Territory



Demographic Size

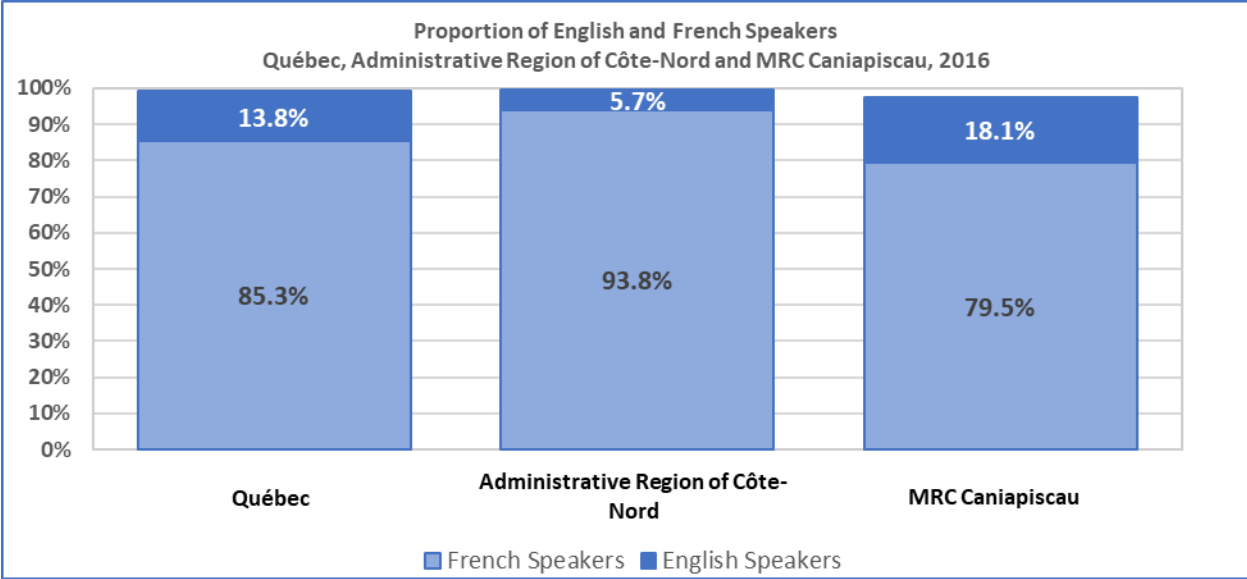
Quebec’s English speakers form one of Canada’s official language minority groups. Studies have confirmed that language barriers affect access and quality of care for linguistic minority communities. Obstacles to communication can reduce recourse to preventative services; increase consultation time including 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 Côte-Nord	MRC Caniapiscau
FOLS - English speakers	number	1,097,925	5,175	705
	percentage	13.8%	5.7%	18.1%
FOLS - French speakers	number	6,795,280	85,085	3,100
	percentage	85.3%	93.8%	79.5%
Total population	number	7,965,450	90,680	3,900
	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 5,175 English speakers living in the Côte-Nord region where they represented 5.7% of the population. This share is much lower than the overall provincial share for English speakers.
- In MRC Caniapiscou, we find 705 English speakers where they represented 18.1% of the population. This proportion is much higher than that represented by English speakers across the Côte-Nord territory.

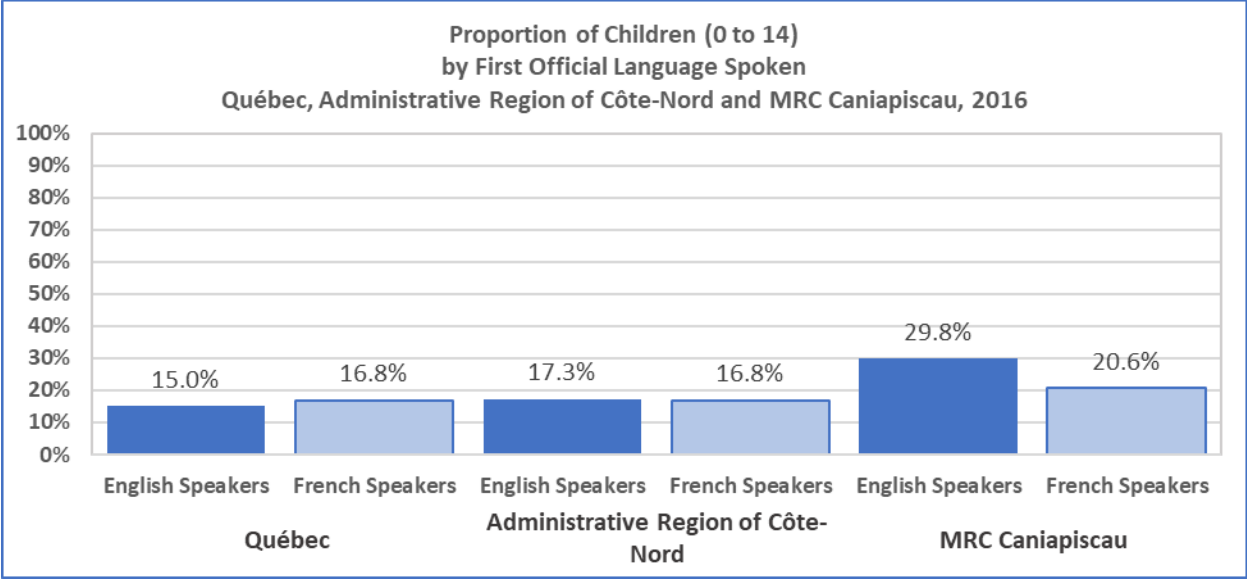
Age Structure

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

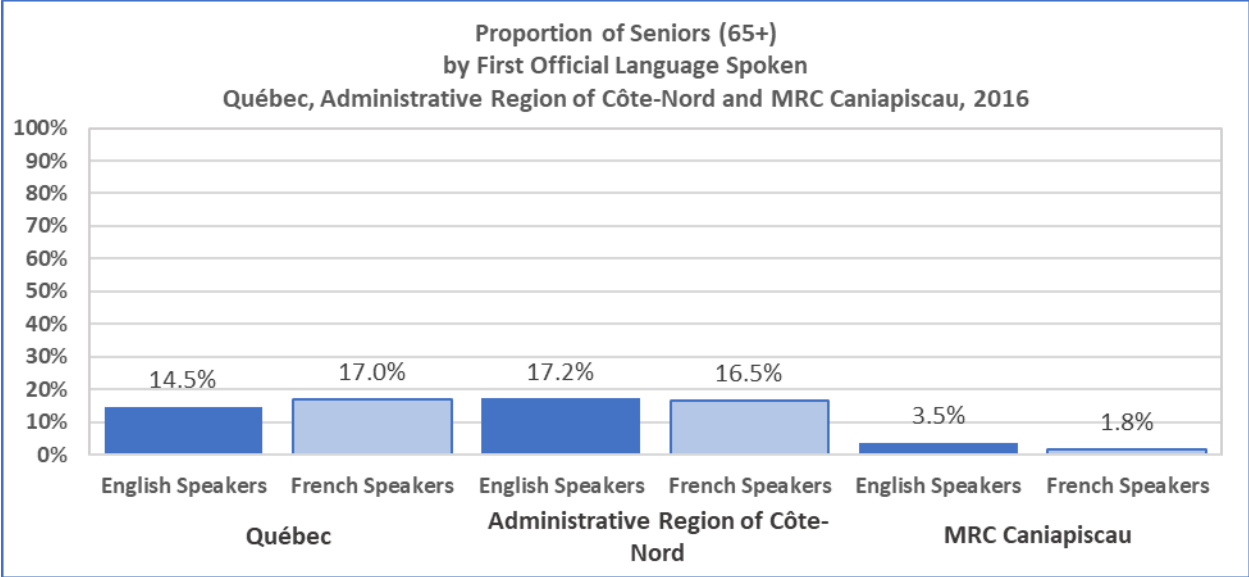
Age Structure of the Population	Québec		Administrative Region of Côte-Nord		MRC Caniapiscau	
	English	French	English	French	English	French
Total - Age groups	1,097,925	6,795,280	5,175	85,085	705	3,100
0-14 years	165,085	1,143,060	895	14,325	210	640
15-24 years	146,460	776,310	680	9,230	140	385
25-44 years	320,930	1,728,440	1,135	20,005	175	1,070
45-64 years	305,775	1,995,460	1,575	27,525	150	950
65+ years	159,670	1,152,005	890	14,005	25	55
Total - Age groups	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
0-14 years	15.0%	16.8%	17.3%	16.8%	29.8%	20.6%
15-24 years	13.3%	11.4%	13.1%	10.8%	19.9%	12.4%
25-44 years	29.2%	25.4%	21.9%	23.5%	24.8%	34.5%
45-64 years	27.9%	29.4%	30.4%	32.4%	21.3%	30.6%
65+ years	14.5%	17.0%	17.2%	16.5%	3.5%	1.8%

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 895 English-speaking children aged 0-14 living in Côte-Nord 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 Caniapiscau, we find 210 English-speaking children aged 0-14 where they represent 29.8% of the population. This share is much higher than that exhibited by English-speaking children across the Côte-Nord region. The proportion of children in the territory's English-speaking population is much higher than the share in the MRC Caniapiscau 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 890 English-speaking seniors aged 65+ living in the Côte-Nord region where they accounted for 17.2% of the population. This share is higher than that of English-speaking seniors across the province. The proportion of seniors in the regional English-speaking population is similar to the proportion in the French-speaking majority population.
- In MRC Caniapiscau, we find 25 English-speaking seniors aged 65+ where they account for 3.5% of the population. This share is much lower than that of English-speaking seniors across the Côte-Nord region. The proportion of seniors in the English-speaking population is much lower than the proportion in the French-speaking majority population in the MRC Caniapiscau French-speaking majority population.

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.

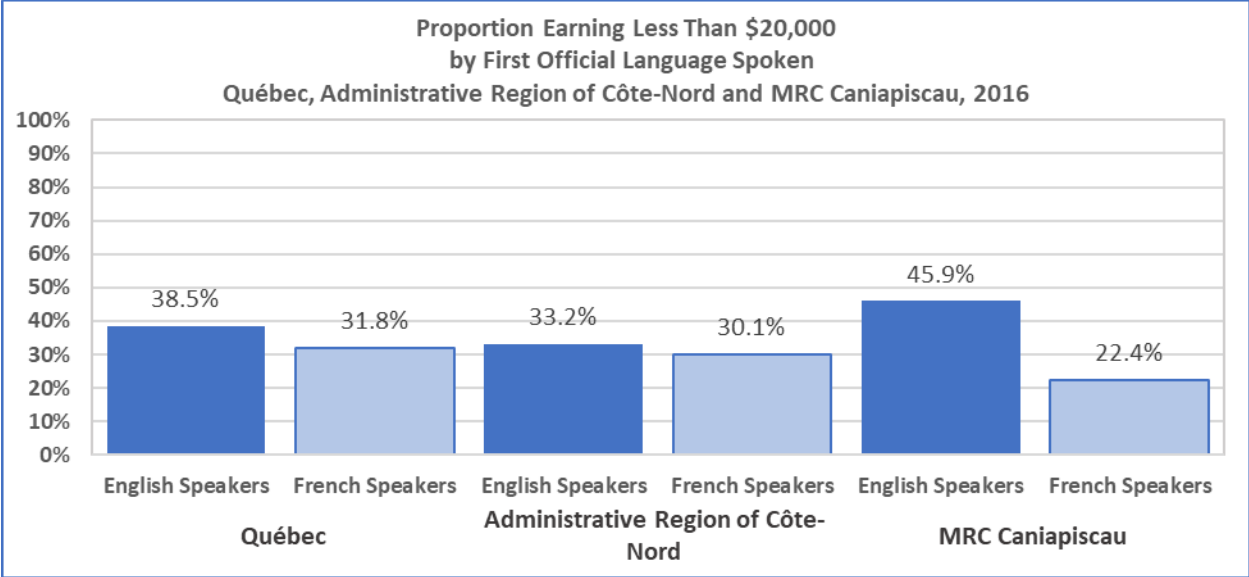
Table 3 - Income

Population by Income Group	Québec		Administrative Region of Côte-Nord		MRC Caniapiscou	
	English	French	English	French	English	French
Total Population 15+	932,835	5,652,215	4,280	70,765	490	2,460
Less than \$20,000	359,020	1,799,170	1,420	21,310	225	550
\$20,000 - \$49,999	328,605	2,235,010	1,750	27,125	145	545
\$50,000 +	245,210	1,618,025	1,110	22,315	130	1,365
Total Population 15+	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Less than \$20,000	38.5%	31.8%	33.2%	30.1%	45.9%	22.4%
\$20,000 - \$49,999	35.2%	39.5%	40.9%	38.3%	29.6%	22.2%
\$50,000 +	26.3%	28.6%	25.9%	31.5%	26.5%	55.5%

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.

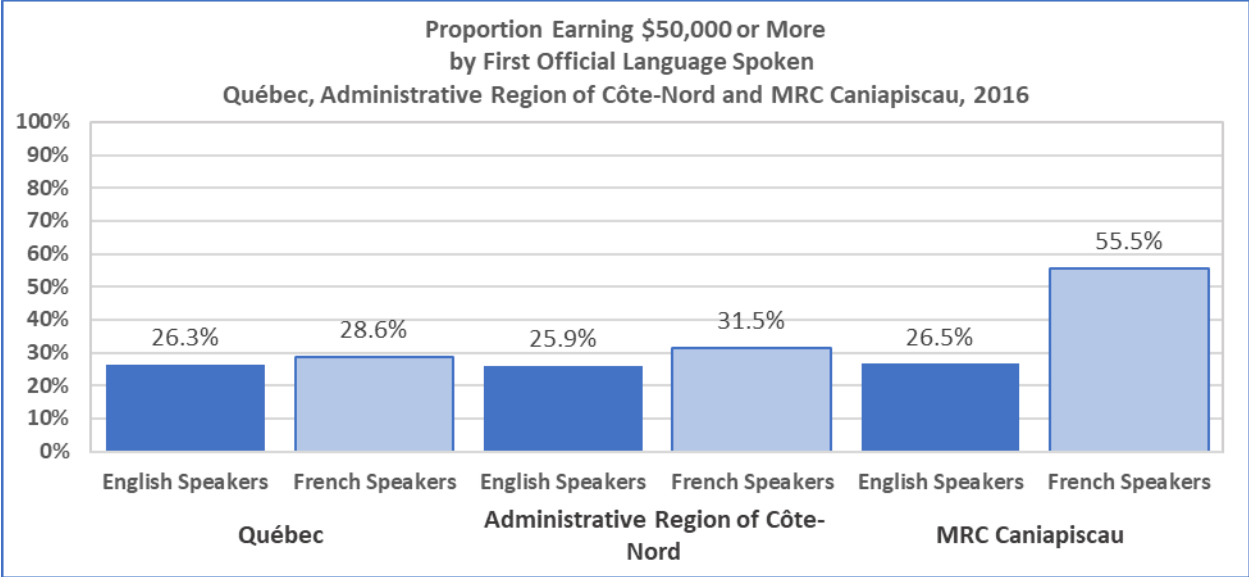
³ Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> Accessed March 2014.

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 1,420 English speakers aged 15+ with income under \$20k in the Côte-Nord region where they represent 33.2% 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 Caniapiscou, we find 225 English speakers aged 15+ with income under \$20k where they account for 45.9% of the population. This share is much higher than that experienced by English speakers across Administrative Region of Côte-Nord. The proportion of those with income under \$20k in the territory's English-speaking population is much higher than the proportion for the French-speaking majority population in MRC Caniapiscou.



Earning \$50k and over

- Across Québec, there were 245,210 English speakers aged 15+ with a total income of \$50k or more, who represented 26.3% of the English-speaking population in that age group. The proportion of high earners in the English-speaking population is lower than that found in the French-speaking majority population in Quebec.
- In 2016, there were 1,110 English speakers aged 15+ with a total income of \$50k or more living in the Côte-Nord region, where they represented 25.9% of the population. This proportion was similar to 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 Caniapiscau, we find 130 English-speaking high earners aged 15+, where they represent 26.5% of the population. This share is similar to that experienced by English-speaking high earners across the Côte-Nord region. The proportion of high earners in the territory's English-speaking population is much lower than the proportion of high earners in the territory's French-speaking majority population.

Household Living Arrangements

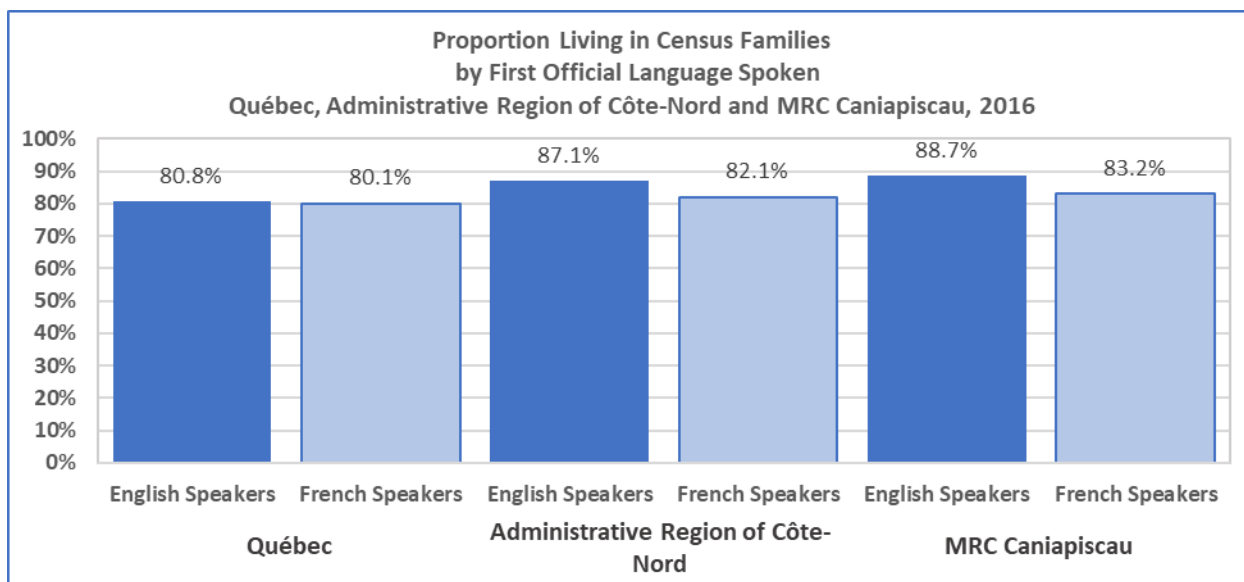
Household living arrangements may be used as an indicator of groups within a population who are vulnerable to a poor health status. For example, the Quebec Social and Health Survey (1998) revealed that parents of minors living in lone parent households were more likely to report food insecurity, high 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 by Household Living Arrangements	Québec		Administrative Region of Côte-Nord		MRC Caniapiscau	
	English	French	English	French	English	French
Total - Household living arrangements	1,097,925	6,795,280	5,175	85,085	705	3,100
Total persons in census family households	886,705	5,443,560	4,505	69,850	625	2,580
Persons in two-parent households	750,650	4,640,895	3,795	59,025	450	2,285
Persons in single-parent households	136,050	802,660	705	10,830	175	300
Total persons in non-census family households	211,215	1,351,720	670	15,235	80	515
Living with relatives	23,435	116,660	100	1,640	40	35
Living alone	146,855	1,021,795	465	11,920	35	425
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%	87.1%	82.1%	88.7%	83.2%
Persons in two-parent households	68.4%	68.3%	73.3%	69.4%	63.8%	73.7%
Persons in single-parent households	12.4%	11.8%	13.6%	12.7%	24.8%	9.7%
Total persons in non-census family households	19.2%	19.9%	12.9%	17.9%	11.3%	16.6%
Living with relatives	2.1%	1.7%	1.9%	1.9%	5.7%	1.1%
Living alone	13.4%	15.0%	9.0%	14.0%	5.0%	13.7%

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.

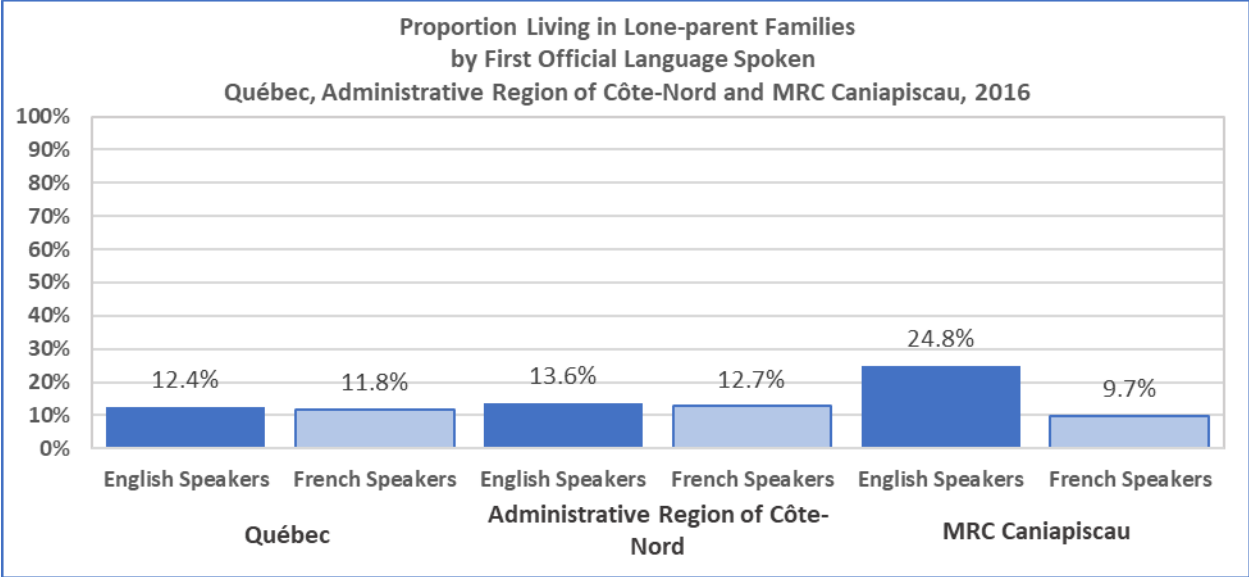
⁵ For discussion of the survey, see Pocock, J. (2008) "Baseline Data Report 2007-2008. Quebec's Social and Health Survey Information." *Community Health and Social Services Network (CHSSN)*. www.chssn.org



Living in census families⁶

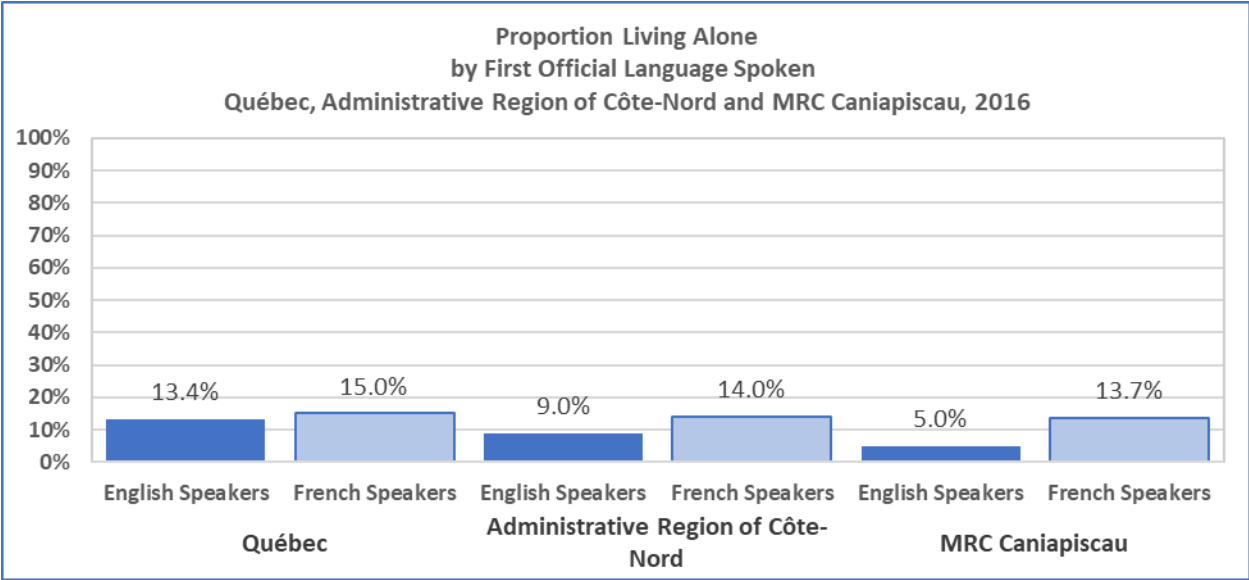
- Across Québec, there were 886,705 English speakers living in census family households. This group represents 80.8% of the 15+ English-speaking population. The proportion of English speakers living in census family households is similar to that found in the French-speaking majority population in Quebec.
- In 2016, there were 4,505 English speakers living in census family households in the Côte-Nord region where they comprise 87.1% of the population. This share is higher than that displayed by the provincial English-speaking population. The proportion of those living in census family households in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population.
- In MRC Caniapiscou, we find 625 English speakers living in census family households where they account for 88.7% of the population. This share is similar to that accounted for by English speakers across the Côte-Nord region. The proportion of persons living in census family households in the English-speaking population is higher than the proportion represented by the French-speaking majority population in MRC Caniapiscou.

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 705 English speakers living in lone-parent families in the Côte-Nord region where they account for 13.6% of the population. The proportion of those living in lone-parent families in the regional English-speaking population is higher than 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 Caniapiscau, we find 175 English speakers living in lone-parent families where they represent 24.8% of the population. This is much higher than the proportion represented by the French-speaking majority population in MRC Caniapiscau. The proportion of English speakers living in lone-parent families in MRC Caniapiscau is much higher than the proportion we find for English speakers across the Côte-Nord 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 465 English speakers living alone in the Côte-Nord region, where they account for 9.0% of the population. This level is much lower than that displayed by the provincial English-speaking population. The proportion of those living alone in the regional English-speaking population is much lower than the proportion found in the regional French-speaking majority population.
- In MRC Caniapiscau we find 35 English speakers living alone, where they represent 5.0% of the population. This share is much lower than that exhibited by English speakers across the Côte-Nord region. The proportion of those living alone in the territory's English-speaking population is much lower than the proportion exhibited by the French-speaking majority population in MRC Caniapiscau.

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

The number of English speakers living below LICO by age group was too low to report.

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

The number of English speakers living below LICO by household living arrangement was too low to report.

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.

Highest Educational Attainment

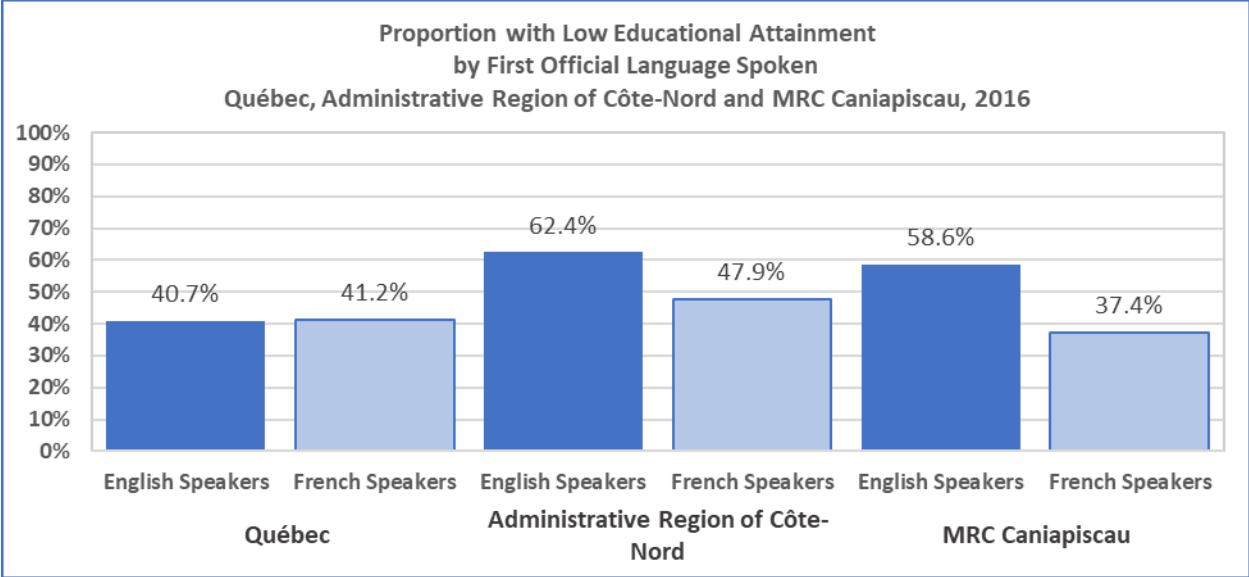
In many ways, education is an important determinant of the health status of a community. In Canada, the level of education achieved by an individual tends to be an indicator of social status, and ideally, a predictor of economic opportunity. The overall level of health literacy and preventative health 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 Côte-Nord		MRC Caniapiscau	
		English	French	English	French	English	French
Total	Total	932,840	5,652,215	4,285	70,760	495	2,460
	25-44 years	320,930	1,728,440	1,140	20,010	175	1,070
	45-64 years	305,775	1,995,460	1,580	27,525	155	950
High school diploma or less	Total	380,050	2,328,625	2,675	33,870	290	920
	25-44 years	84,680	412,620	465	6,015	75	290
	45-64 years	116,390	758,965	950	12,345	80	310
Apprenticeship or trades certificate or diploma	Total	85,385	1,033,655	655	16,135	115	820
	25-44 years	31,555	392,520	260	5,975	50	430
	45-64 years	31,920	409,675	245	6,805	45	315
College, CEGEP or other non-university certificate or diploma	Total	164,800	998,740	560	11,975	30	485
University certificate, diploma or degree at bachelor level or above	Total	275,800	1,082,680	305	6,920	35	170
	25-44 years	136,960	509,640	175	3,185	25	90
High school diploma or less	Total	40.7%	41.2%	62.4%	47.9%	58.6%	37.4%
	25-44 years	26.4%	23.9%	40.8%	30.1%	42.9%	27.1%
	45-64 years	38.1%	38.0%	60.1%	44.9%	51.6%	32.6%
Apprenticeship or trades certificate or diploma	Total	9.2%	18.3%	15.3%	22.8%	23.2%	33.3%
	25-44 years	9.8%	22.7%	22.8%	29.9%	28.6%	40.2%
	45-64 years	10.4%	20.5%	15.5%	24.7%	29.0%	33.2%
College, CEGEP or other non-university certificate or diploma	Total	17.7%	17.7%	13.1%	16.9%	6.1%	19.7%
University certificate, diploma or degree at bachelor level or above	Total	29.6%	19.2%	7.1%	9.8%	7.1%	6.9%
	25-44 years	42.7%	29.5%	15.4%	15.9%	14.3%	8.4%

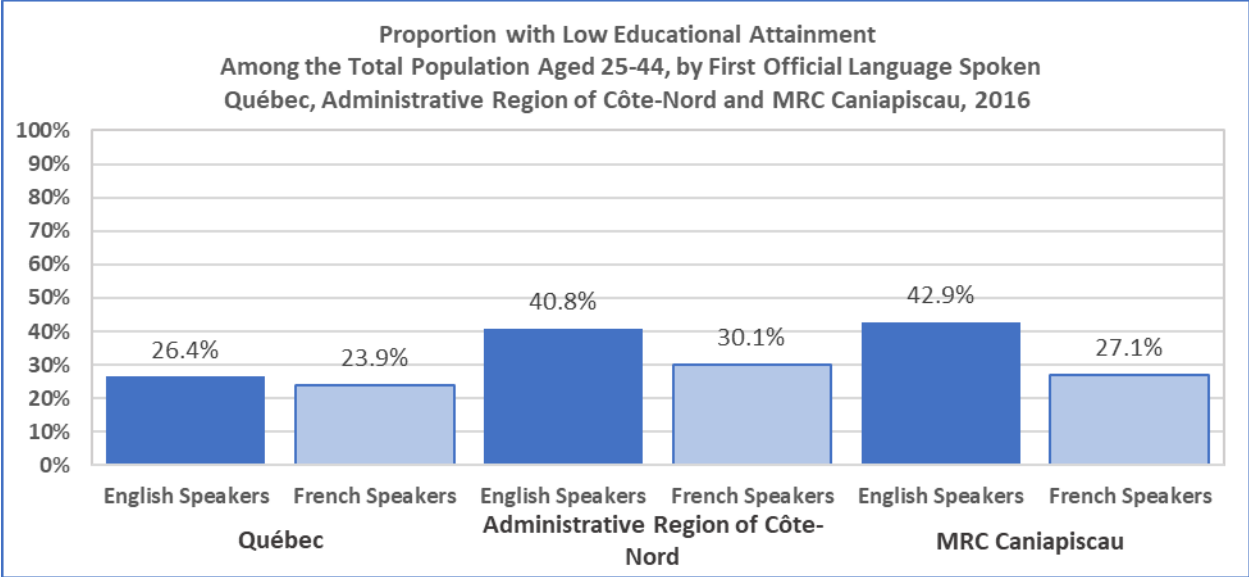
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

⁸ 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.



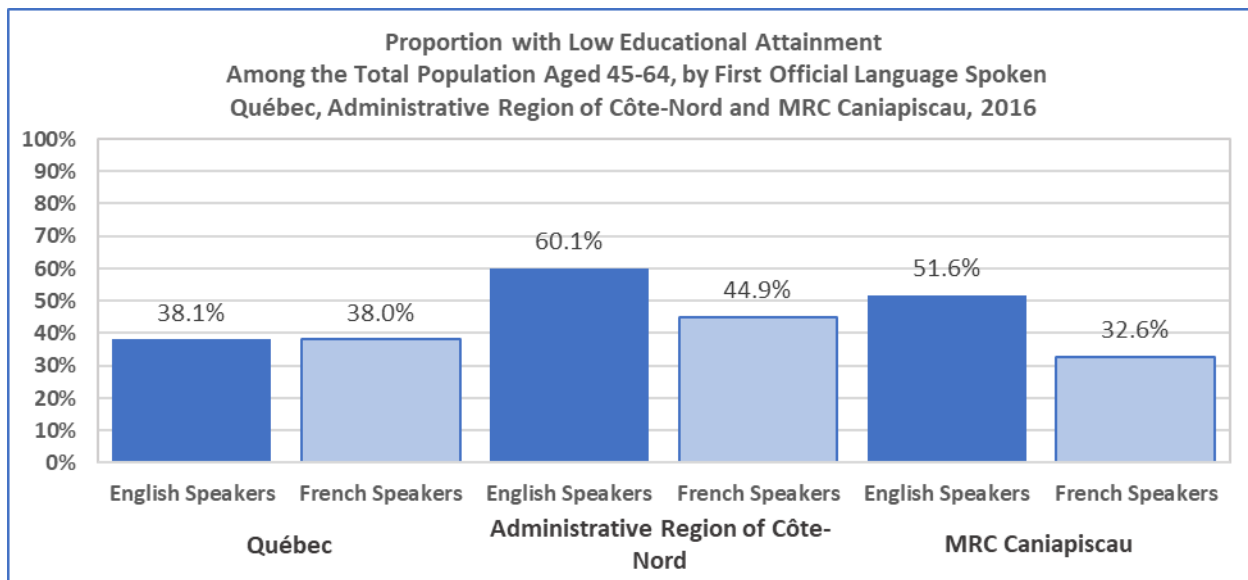
Population aged 15+, high school diploma or less

- 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 2,675 English speakers aged 15 and over with a high school diploma or less in the Côte-Nord region where they account for 62.4% 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 much higher than the proportion in the regional French-speaking majority population. The level for the English-speaking regional proportion is much higher than that exhibited by English speakers across the province.
- In MRC Caniapiscau, we find 290 English speakers aged 15 and over with a high school diploma or less where they represent 58.6% of the English-speaking population aged 15 and over. This level is much 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 Côte-Nord region.



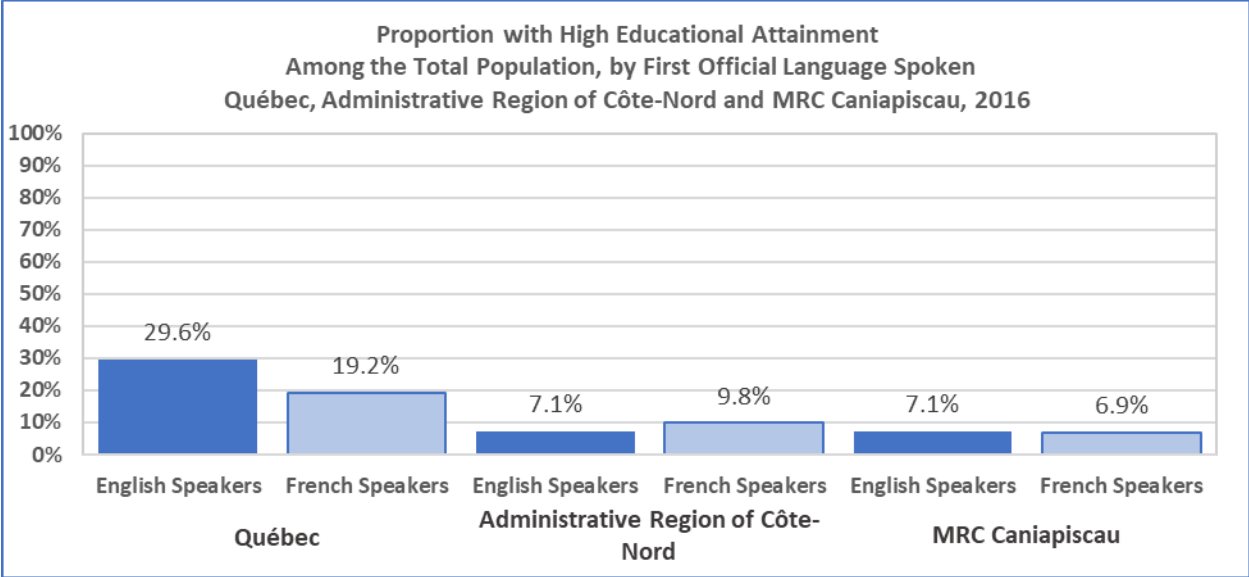
Population 25-44, high school diploma or less

- 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 465 English speakers aged 25-44 with a high school diploma or less in the Côte-Nord region where they account for 40.8% 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 Caniapiscau, we find 75 English speakers aged 25-44 with a high school diploma or less where they comprise 42.9% of the English-speaking 25-44 cohort. This is much higher than the proportion in the French-speaking majority 25-44 cohort in the same territory. The proportion of those aged 25-44 with a high school diploma or less in the territory's English-speaking population is higher than the proportion exhibited by English speakers across the Côte-Nord region.



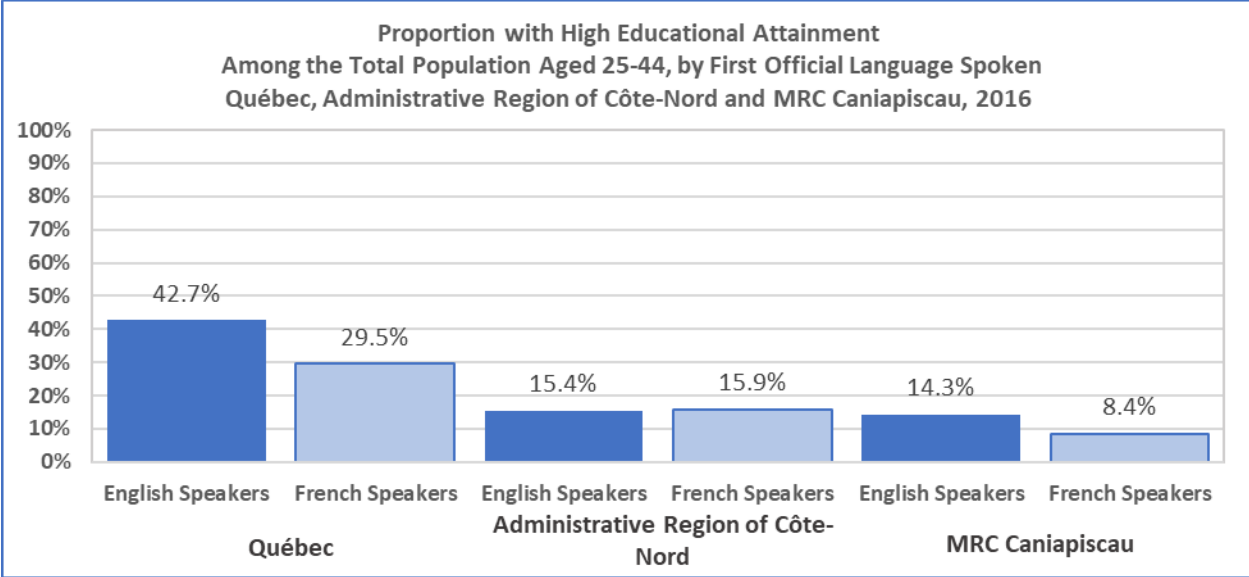
Population 45-64, high school diploma or less

- 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 950 English speakers aged 45-64 with a high school diploma or less in the Côte-Nord region where they account for 60.1% 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 much higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much higher than that exhibited by the province's English speakers.
- In MRC Caniapiscau, we find 80 English speakers aged 45-64 with a high school diploma or less where they comprise 51.6% 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 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 305 English speakers aged 15 and over with a university degree or higher in the Côte-Nord region where they account for 7.1% 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 much lower 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 Caniapiscau, we find 35 English speakers aged 15 and over with a university degree or higher where they represent 7.1% of the English-speaking population. This is similar to the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 15 and over with a university degree or higher in the territory's English-speaking population is similar to 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 Quebec.
- In 2016, there were 175 English speakers aged 25-44 with a university degree or higher in the Côte-Nord where they represent 15.4% 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 similar to 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 Caniapiscau, we find 25 English speakers aged 25-44 with a university degree or higher where they comprise 14.3% 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 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.

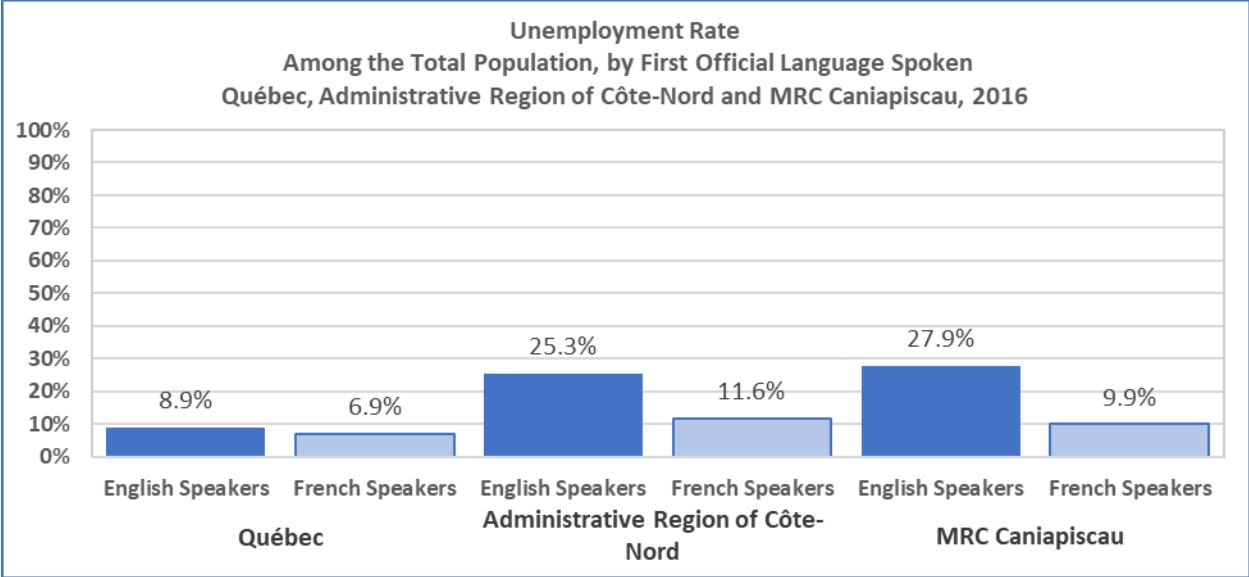
Employment is an important source of social identity and a key context for the establishment of a social support network that extends beyond the workplace. For an individual, work is an important source of the self-esteem and sense of control typically associated with good mental health.⁹

Table 8 - Labour Force Activity

Total Population by Labour Force Activity	Québec		Administrative Region of Côte-Nord		MRC Caniapiscou	
	English	French	English	French	English	French
Total - Labour force activity	932,840	5,652,215	4,285	70,760	495	2,455
In the labour force	608,050	3,636,980	2,625	43,105	305	1,910
Employed	553,945	3,386,575	1,955	38,110	220	1,720
Unemployed	54,105	250,410	665	4,990	85	190
Out of the labour force	324,790	2,015,230	1,660	27,660	185	550
Total - Labour force activity	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
In the labour force	65.2%	64.3%	61.3%	60.9%	61.6%	77.8%
Employed	91.1%	93.1%	74.5%	88.4%	72.1%	90.1%
Unemployed	8.9%	6.9%	25.3%	11.6%	27.9%	9.9%
Out of the labour force	34.8%	35.7%	38.7%	39.1%	37.4%	22.4%

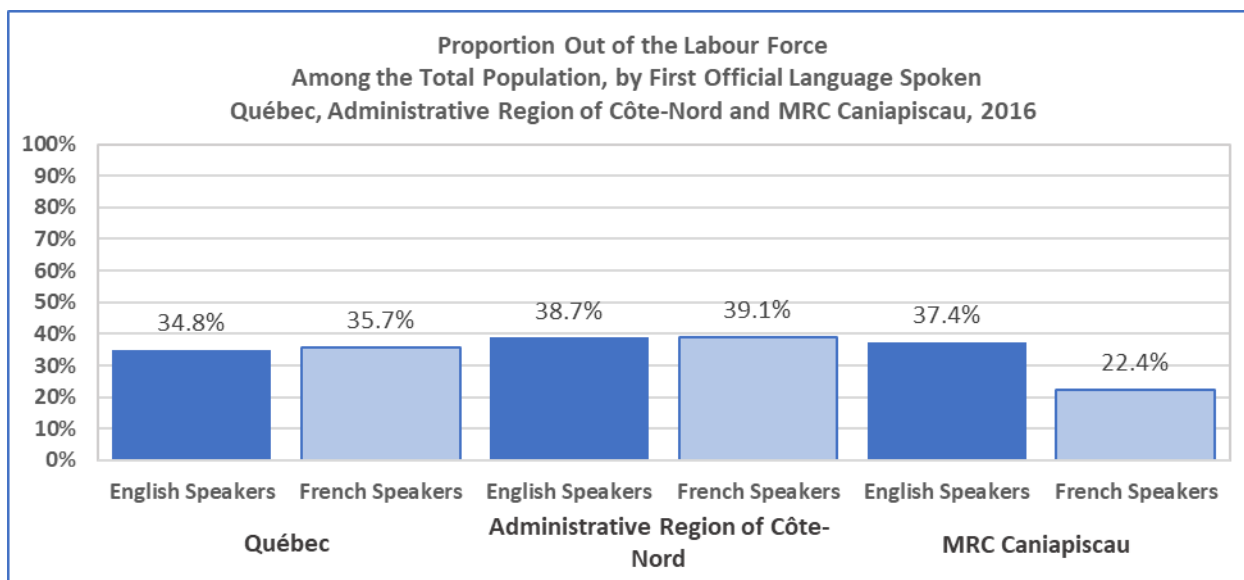
Source: JPocock Research Consulting, 2016 Census, Statistics Canada. Population in private households - 25% sample. The linguistic concept is First Official Language Spoken with multiple responses distributed equally between English and French.

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 665 unemployed English speakers in the Côte-Nord region where they experienced an unemployment rate of 25.3%. 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 much higher than that experienced by the provincial English-speaking population.
- In MRC Caniapiscau, we find 85 unemployed English speakers resulting in an unemployment rate of 27.9%. This is much higher than the unemployment rate experienced by the French-speaking majority population in the same territory. The unemployment rate of the English-speaking population is higher than the unemployment rate experienced by English speakers across the Administrative Region of Côte-Nord region.



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 1,660 English speakers out of the labour force in the Côte-Nord region where they comprise 38.7% 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 higher than that exhibited by the provincial English-speaking population.
- In MRC Caniapiscau, we find 185 English speakers out of the labour force where they account for 37.4% 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 out of the labour force in the territory's English-speaking population is similar to the proportion exhibited by English speakers across the Côte-Nord 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 Côte-Nord and its MRC's, 2016				
Geography	Total Population	French Speakers	English Speakers	Proportion of English Speakers
Administrative Region of Côte-Nord	90,680	85,085	5,175	5.7%
MRC La Haute-Côte-Nord	10,655	10,630	25	0.2%
MRC Manicouagan	30,325	29,980	300	1.0%
MRC Sept-Rivières	34,680	33,460	1,155	3.3%
MRC Caniapiscau	3,900	3,100	705	18.1%
MRC Minganie	6,475	6,315	90	1.4%
MRC Le Golfe-du-Saint-Laurent	4,645	1,610	2,905	62.5%

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.

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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