Demographic Profiles
of Québec's English-speaking Communities
Region of Capitale-Nationale and
MRC La Côte-de-Beaupré

Based on the 2021 Census of Canada

Baseline Data Report Series 2022-2023

**Produced by Dr. Joanne Pocock for the
Community Health and Social Services Network**

Contents

Introduction

About the 2022-2023 Report Series

This volume of the Baseline Data Report (BDR) series presents demographic characteristics of the English-speaking population residing in the areas covered by the organizations participating in the *Networking and Partnership Initiative* (NPI)[1]. The information presented is drawn from the 2021 Census of Canada and organized by province, region and MRC or their equivalent territories (see section below for regional definitions). The selection of characteristics is guided by their importance as determinants of the health status and vitality of Québec's official language minority community.

Baseline Data Report Series

The Baseline Data Report Series is intended to serve as a resource for NPI sponsor organizations and their health and social service partners (e.g. CISSS/CIUSSS) to better understand the demographic factors, health determinants and language barriers affecting the English-speaking population in their region.

A listing of the full series of BDRs from 2003 along with the data source for each volume is presented in Appendix "B".

Determinants of Health

National governments and health organizations around the world have identified a broad range of social, economic and environmental factors that have been demonstrated to have a strong influence on the health of populations and individuals. The Public Health Agency of Canada outlines various determinants of health – some of which are social determinants – such as income and social status, social support networks, education, employment and working conditions, health services, physical and social environments, biology and genetic endowment, personal health practices and coping skills, healthy child development, gender and culture.[2]

Language Barriers

Significant research has been conducted on the impact of language barriers on health, quality of healthcare and safety in recent years. In this approach, the study of linguistic differences between social actors in a health-related setting, such as language discordant encounters between patient and clinician who do not speak the same language, is prevalent. Studies include a focus upon the use of language production as a cue for social categorization and

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[1] For further information on the CHSSN *Networking and Partnership Initiative* go to https://chssn.org/projects/npi/

[2] Public Health Agency of Canada. "What Determines Health?" www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php accessed February 2023.

impression formation which impacts the evaluation and treatment of individuals seeking health and social services.

Suggested Readings

Access Alliance Multicultural Health and Community. (2021). *Investing in Language Access to Optimize Health System Performance. A Review of the Literature*. https://accessalliance.ca/wp-content/uploads/2021/06/Access_Alliance_Investing_in_Language_Access_to_Optimize_Health_System_Performance.pdf

Bowen, S. (2015) for Société Santé en Français (SSF). *Impact of Language Barriers on Quality and Safety of Healthcare.* http://santefrancais.ca/wp-content/uploads/SSF-Bowen-S.-Language-Barriers-Study-1.pdf

Denis, JL., Potvin, L., Rochon, J. et al. (2020) "On redesigning public health in Québec: lessons learned from the pandemic". Canadian Journal of Public Health 111, 912–920. https://doi.org/10.17269/s41997-020-00419-x

Meuter, R., Gallois, C., Segalowitz, N., Ryder, A., & Hocking, J. (2015) "Overcoming language barriers in healthcare: A protocol for investigating safe and effective communication when patients and clinicians use a second language." *BMC Health Services Research.* 15:371 published online 2015 Sept 10 doi:10.1186/s 12913-015-1024-8

Raphael, D., Bryant, T., Mikkonen, J. and Raphael, A. (2020). *Social Determinants of Health: The Canadian Facts. (*2nd edition) / *Déterminants sociaux de la santé : les réalités canadiennes*, (2e edition). Oshawa: Ontario Tech University Faculty of Health Sciences and Toronto: York University School of Health Policy and Management. https://thecanadianfacts.org/

Reaume, M., Batista, R., Talarico, R. …et Tanuseputro, P. (2020) "The impact of hospital language on the rate of in-hospital harm. A retrospective cohort study of home care recipients in Ontario, Canada". BMC Health Services Research 20, 340 https://doi.org/10.1186/s12913-020-05213-6

Methodological Notes

Data Source

The information in this report is based on a series of tables developed by the Community Health and Social Services Network (CHSSN) based on data from the 2021 Census of Canada. The statistics are drawn from two different Statistics Canada data sources which vary according (1) to the definition of the population surveyed and (2) by the questionnaire that was administered.

The statistics for table 1 (Population Size) and table 2 (Age Structure) and the accompanying graphs are based on a 100% sample of Canadians including people in non-institutional collective dwellings. These individuals answered Statistics Canada's 2021 short form census questionnaire.

The statistics for all other tables and accompanying graphs are based on a 25% sample of Canadians living in private households. This sample excludes individuals in institutions and non-institutional collective dwellings. These individuals answered Statistics Canada's 2021 long form questionnaire.

The short form census questionnaire reaches a larger population, but the long form census is the primary source of exhaustive demographic data in Canada. Without the long form, the socio-demographic characteristics provided by tables 3 through 8 of this BDR report would not be attainable.

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 among declared languages 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 2022-2023 Baseline Data Report consists of a series of stand-alone documents which present key data for the MRC or equivalent territories in Québec in which there are at least 250 English-speaking residents.

Demographic and Socio-economic Characteristics

The demographic and socio-economic variables addressed in the 2022-2023 BDR are:

- Population size
- Age structure
- Household living arrangements
- Income
- Low-income cut-off (LICO)

- Educational attainment
- Labour force activity

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 dictionary for the 2021 Census may also be consulted.[3]

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[3] https://www12.statcan.gc.ca/census-recensement/2021/ref/dict/index-eng.cfm

Map of the Territory

Les régions administratives du Québec

01	Bas-Saint-Laurent
02	Saguenay-Lac-Saint-Jean
03	Capitale-Nationale
04	Mauricie
05	Estrie
06	Montréal
07	Outaouais
08	Abitibi-Témiscamingue
09	Côte-Nord
10	Nord-du-Québec
11	Gaspésie-Îles-de-la-Madeleine
12	Chaudière-Appalaches
13	Laval
14	Lanaudière
15	Laurentides
16	Montérégie
17	Centre-du-Québec

Series of Tables – Demographic Characteristics

Demographic Size

Québec'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.[4] In the complex context of 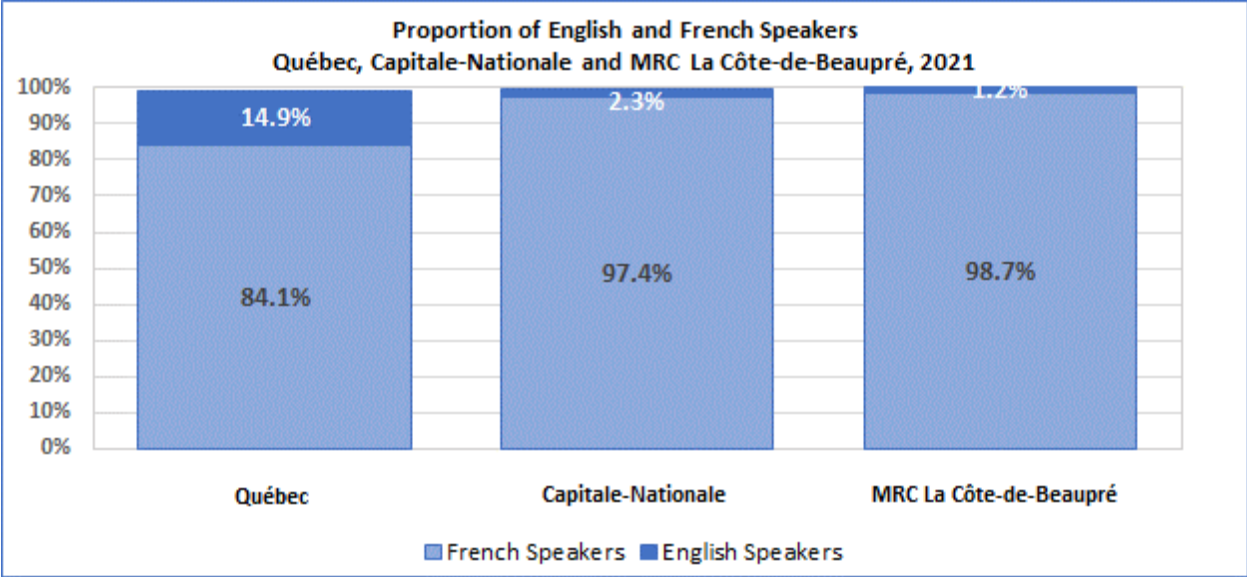a medical situation, where the communication between care provider and patient is a key factor in the achievement of a positive health outcome, it is not surprising that the language spoken most often is considered the most effective. The treatment by health professionals of sensitive issues such as 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	Capitale-Nationale	MRC La Côte-de-Beaupré
English speakers	number	1,253,580	17,565	360
	percentage	14.9%	2.3%	1.2%
French speakers	number	7,074,330	728,220	29,220
	percentage	84.1%	97.4%	98.7%
Total population	number	8,406,905	748,030	29,595
	percentage	100.0%	100.0%	100.0%
Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Total population excluding institutional residents - 100% sample.				

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[4] See Bowen, S. (2001). Language Barriers in Access to Health Care, Ottawa: Health Canada. Also, 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.

**Proportion of English and French Speakers
Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021**

Region	French Speakers	English Speakers
Québec	84.1%	14.9%
Capitale-Nationale	97.4%	2.3%
MRC La Côte-de-Beaupré	98.7%	1.2%

- Across Québec, there were 1,253,580 English speakers, representing 14.9% of the provincial population.

- In 2021, there were 17,565 English speakers living in the Capitale-Nationale region where they represented 2.3% of the population. This share is much lower than the overall provincial share for English speakers.

- In MRC La Côte-de-Beaupré, we find 360 English speakers where they represented 1.2% of the population. This proportion is much lower than that represented by English speakers across the Capitale-Nationale 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. From Sanderson's study we learn that the types of issues experienced by Quebec's English-speaking seniors and their caregivers in accessing services differ from those of English speakers younger in age.[5]
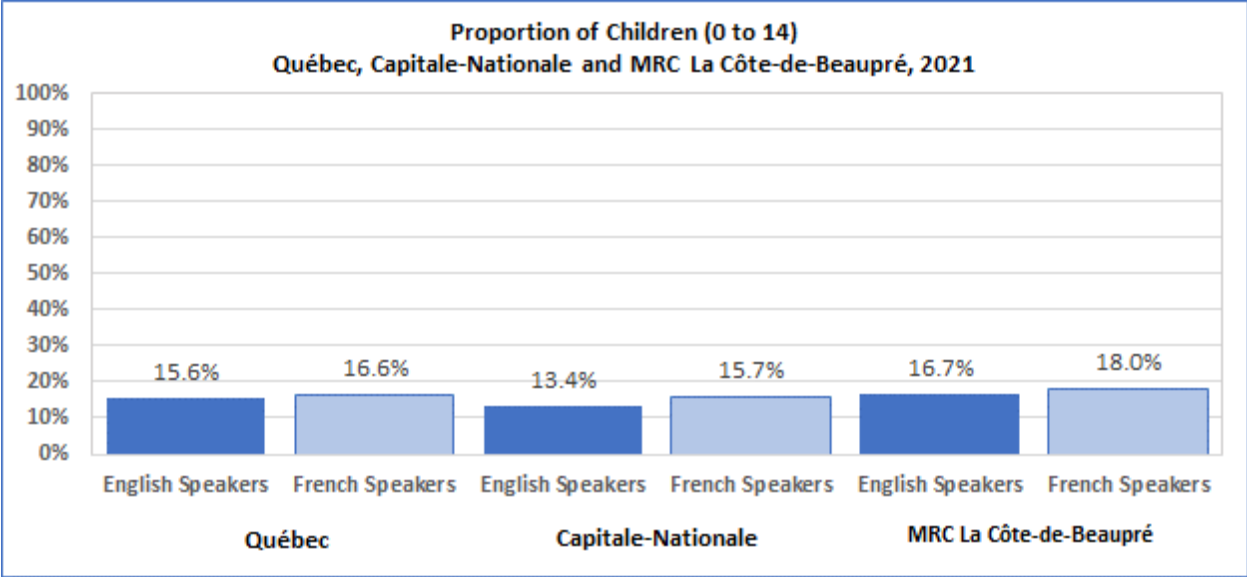
Typically, the age structure of the majority is important in shaping the scope and design of available health services and programs. Improving the health and the vitality of all citizens residing in a given territory requires attention to the problems that are pressing for the minority and may be overlooked by focusing on the majority, and awareness of problems that are shared by both language groups but are being met with system solutions that are not equally accessible for both.

Table 2 - Age Structure of the Population

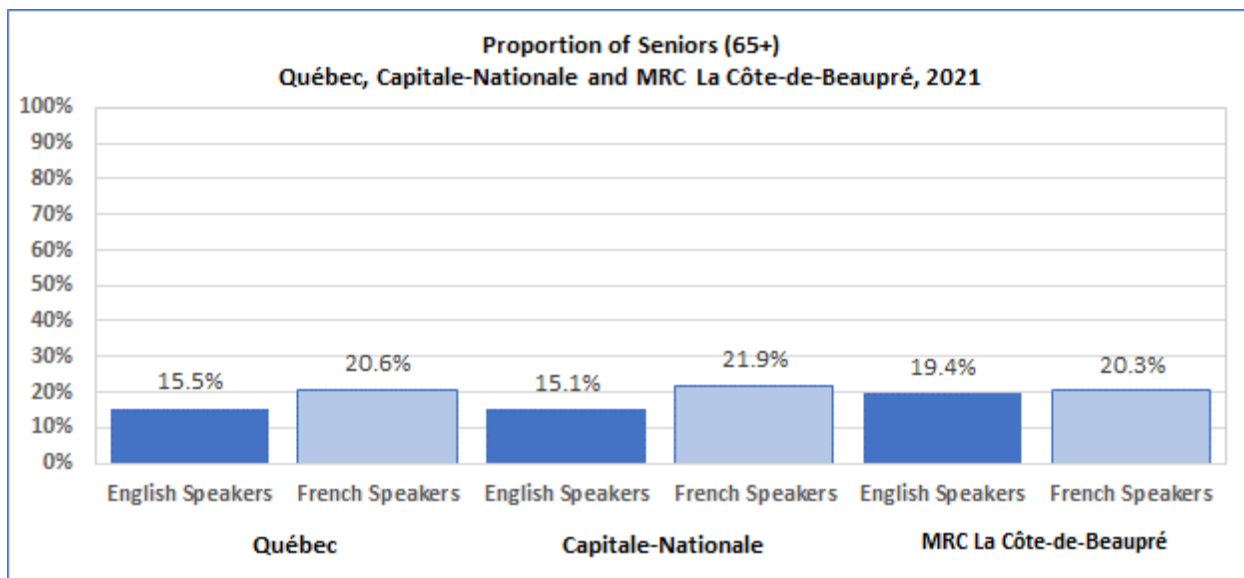| Age Structure of the Population	Québec		Capitale-Nationale		MRC La Côte-de-Beaupré	
	English	French	English	French	English	French
Total - Age groups	1,253,580	7,074,330	17,565	728,220	360	29,220
0-14 years	195,065	1,174,295	2,360	114,345	60	5,265
15-24 years	160,090	726,400	2,035	72,635	20	2,485
25-44 years	376,685	1,792,825	6,390	191,635	95	6,990
45-64 years	328,055	1,924,990	4,130	190,155	120	8,555
65+ years	193,685	1,455,820	2,645	159,445	70	5,945
Total - Age groups	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
0-14 years	15.6%	16.6%	13.4%	15.7%	16.7%	18.0%
15-24 years	12.8%	10.3%	11.6%	10.0%	5.6%	8.5%
25-44 years	30.0%	25.3%	36.4%	26.3%	26.4%	23.9%
45-64 years	26.2%	27.2%	23.5%	26.1%	33.3%	29.3%
65+ years	15.5%	20.6%	15.1%	21.9%	19.4%	20.3%
Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Total population excluding institutional residents - 100% sample.						

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[5] Sanderson, D. (2020). Language Related Difficulties Experienced by Caregivers of English-Speaking Seniors in Quebec. *SAGE Open*, *10*(3). https://doi.org/10.1177/2158244020951261

Proportion of Children (0 to 14)
Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

	English Speakers	French Speakers
Québec	15.6%	16.6%
Capitale-Nationale	13.4%	15.7%
MRC La Côte-de-Beaupré	16.7%	18.0%

Children (aged 0-14)

- Across Québec, there were 195,065 English-speaking children aged 0-14, representing 15.6% 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 2021, there were 2,360 English-speaking children aged 0-14 living in Capitale-Nationale where they account for 13.4% of the population. The proportion of children in the regional English-speaking population is lower than their proportion in the regional French-speaking majority population. This proportion is lower than the level for English-speaking children across the province.

- In MRC La Côte-de-Beaupré, we find 60 English-speaking children aged 0-14 where they represent 16.7% of the population. This share is much higher than that exhibited by English-speaking children across the Capitale-Nationale region. The proportion of children in the territory's English-speaking population is lower than the share in the rest of Québec's French-speaking majority population.

Proportion of Seniors (65+)
Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

Region	English Speakers	French Speakers
Québec	15.5%	20.6%
Capitale-Nationale	15.1%	21.9%
MRC La Côte-de-Beaupré	19.4%	20.3%

Seniors (aged 65 and over)

- Across Québec, there were 193,685 English-speaking seniors aged 65+ representing 15.5% of the English-speaking population. The proportion of seniors in the English-speaking population is much lower than that found in the French-speaking majority population in Quebec.

- In 2021, there were 2,645 English-speaking seniors aged 65+ living in the Capitale-Nationale region where they accounted for 15.1% of the population. This share is similar to that of English-speaking seniors across the province. The proportion of seniors in the regional English-speaking population is much lower than the proportion in the French-speaking majority population.

- In MRC La Côte-de-Beaupré, we find 70 English-speaking seniors aged 65+ where they account for 19.4% of the population. This share is much higher than that of English-speaking seniors across the Capitale-Nationale region. The proportion of seniors in the English-speaking population is similar to the proportion in the French-speaking majority population in MRC La Côte-de-Beaupré.

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.[6] 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 are linked to increases in social problems and poorer health status among the population as a whole.[7]

Table 3 - Income

Population by Income Group	Québec		Capitale-Nationale		MRC La Côte-de-Beaupré	
	English	French	English	French	English	French
Total Population 15+	1,049,640	5,811,880	15,065	603,135	290	23,930
Less than $20,000	269,805	1,154,945	3,635	101,285	45	3,730
$20,000 - $49,999	422,205	2,420,025	5,710	243,715	110	9,415
$50,000 +	357,635	2,236,925	5,720	258,140	110	10,785
Total Population 15+	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Less than $20,000	25.7%	19.9%	24.1%	16.8%	15.5%	15.6%
$20,000 - $49,999	40.2%	41.6%	37.9%	40.4%	37.9%	39.3%
$50,000 +	34.1%	38.5%	38.0%	42.8%	37.9%	45.1%
Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Population in private households - 25% sample.						

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[6] Public Health Agency of Canada, http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence accessed February 2023.

[7] Ibid.

Proportion Earning Less Than $20,000
Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

	English Speakers	French Speakers
Québec	25.7%	19.9%
Capitale-Nationale	24.1%	16.8%
MRC La Côte-de-Beaupré	15.5%	15.6%
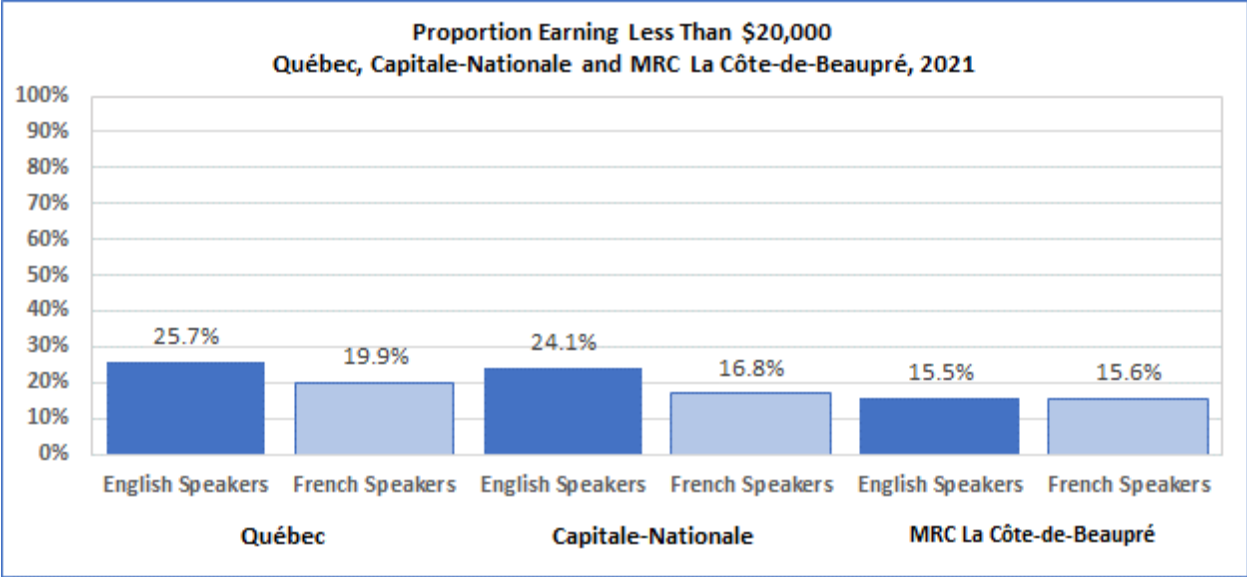
Income under $20k

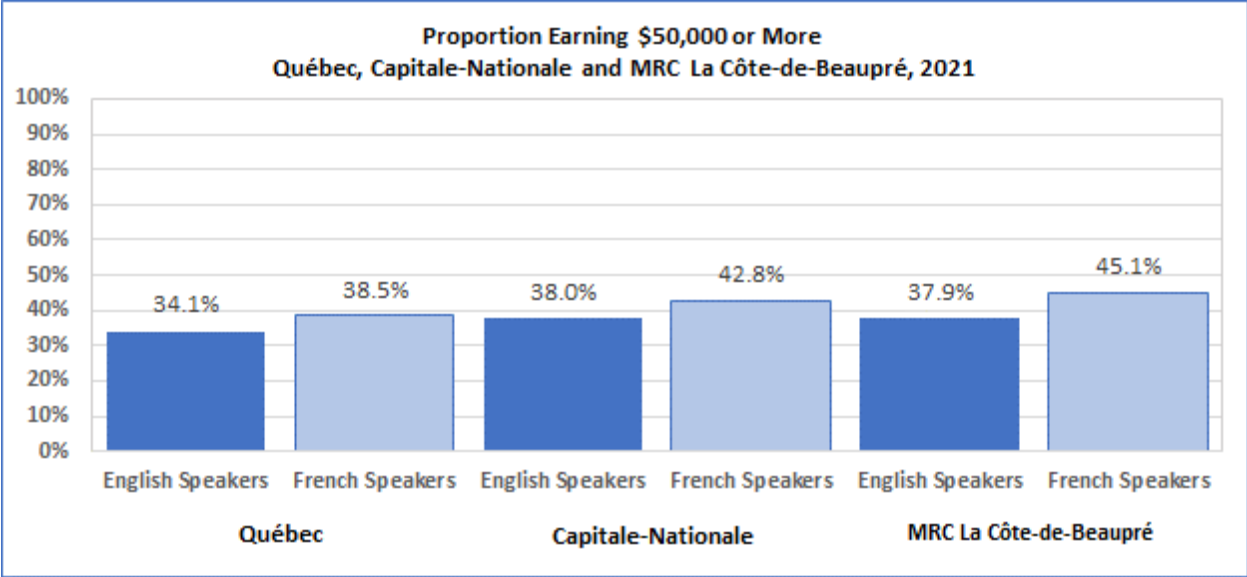- Across Québec in 2021, there were 269,805 English speakers aged 15+ with income under $20k. This group represents 25.7% of the English-speaking population aged 15+. The proportion of English speakers with income under $20k is much higher than that found in the French-speaking majority population in Quebec.

- In 2021, there were 3,635 English speakers aged 15+ with income under $20k in the Capitale-Nationale region where they represent 24.1% of the English-speaking population aged 15 and over. This share is lower than that displayed by the provincial English-speaking population. The proportion of those with income under $20k in the region's English-speaking population is much higher than the proportion in the French-speaking majority population.

- In MRC La Côte-de-Beaupré, we find 45 English speakers aged 15+ with income under $20k where they account for 15.5% of the population. This share is much lower than that experienced by English speakers across Capitale-Nationale. The proportion of those with income under $20k in the territory's English-speaking population is similar to the proportion for the French-speaking majority population in MRC La Côte-de-Beaupré.

Proportion Earning $50,000 or More
Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

Québec — English Speakers: 34.1%, French Speakers: 38.5%
Capitale-Nationale — English Speakers: 38.0%, French Speakers: 42.8%
MRC La Côte-de-Beaupré — English Speakers: 37.9%, French Speakers: 45.1%

Earning $50k and over

- Across Québec, there were 357,635 English speakers aged 15+ with a total income of $50k or more, who represented 34.1% 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 2021, there were 5,720 English speakers aged 15+ with a total income of $50k or more living in the Capitale-Nationale region, where they represented 38.% of the population. This proportion was higher than the proportion of English-speaking high earners across the province. The proportion of high earners in the regional English-speaking population is lower than the share of high earners in the French-speaking majority population in the region.

- In MRC La Côte-de-Beaupré, we find 110 English-speaking high earners aged 15+, where they represent 37.9% of the population. This share is similar to that experienced by English-speaking high earners across the Capitale-Nationale region. The proportion of high earners in the territory's English-speaking population is lower than the proportion of high earners in the territory's French-speaking majority population.

Household Living Arrangements

Household living arrangements may be used as an indicator of groups within a population who are vulnerable to a poor health status. 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.[8] Individuals living alone may lack the important health benefits of a strong support network in the event of activity limitations due to disability, illness or aging. COVID-19 pandemic uncovered the vulnerability of individuals living in low-income multi-generational households. The recent health crisis turned single households consisting of three or more generations into a high-risk factor for contagious infection.[9]
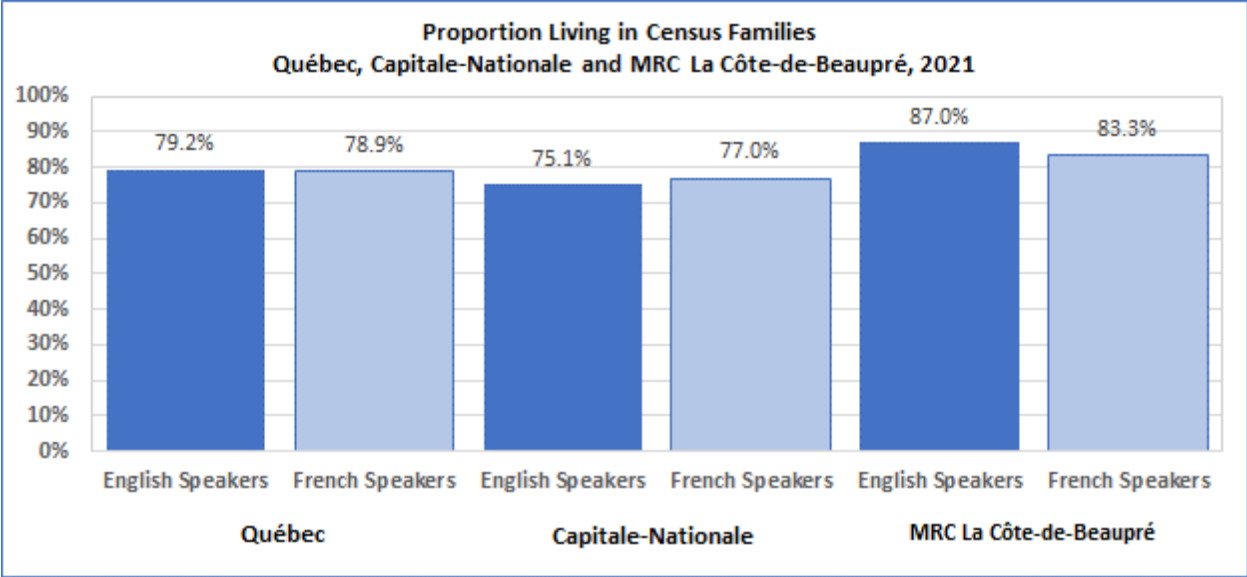
Table 4 - Population by Household Living Arrangements

Population by Household Living Arrangements	Québec		Capitale-Nationale		MRC La Côte-de-Beaupré	
	English	French	English	French	English	French
Total - Household living arrangements	1,244,440	6,985,640	17,375	717,370	345	29,195
Total persons in census family households	985,995	5,512,205	13,040	552,050	300	24,305
Persons in two-parent households	835,415	4,706,995	11,550	482,380	275	21,855
Persons in single-parent households	150,580	805,215	1,485	69,670	25	2,450
Total persons in non-census family households	258,445	1,473,435	4,330	165,315	35	4,885
Living with relatives	28,935	127,905	220	10,160	-	415
Living with non-relatives only	55,820	209,445	950	21,995	-	480
Living alone	173,695	1,136,085	3,170	133,170	30	3,990
Total - Household living arrangements	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total persons in census family households	79.2%	78.9%	75.1%	77.0%	87.0%	83.3%
Persons in two-parent households	67.1%	67.4%	66.5%	67.2%	79.7%	74.9%
Persons in single-parent households	12.1%	11.5%	8.5%	9.7%	7.2%	8.4%
Total persons in non-census family households	20.8%	21.1%	24.9%	23.0%	10.1%	16.7%
Living with relatives	2.3%	1.8%	1.3%	1.4%	-	1.4%
Living with non-relatives only	4.5%	3.0%	5.5%	3.1%	-	1.6%
Living alone	14.0%	16.3%	18.2%	18.6%	8.7%	13.7%
Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Population in private households - 25% sample.						

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[8] 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

[9] Yang, F. and Aitken, N. (2021). People living in apartments and larger households were at higher risk of dying from COVID-19 during the first wave of the pandemic. Statistics Canada. https://www150.statcan.gc.ca/n1/pub/45-28-0001/2021001/article/00004-eng.htm accessed February 2023.

Proportion Living in Census Families
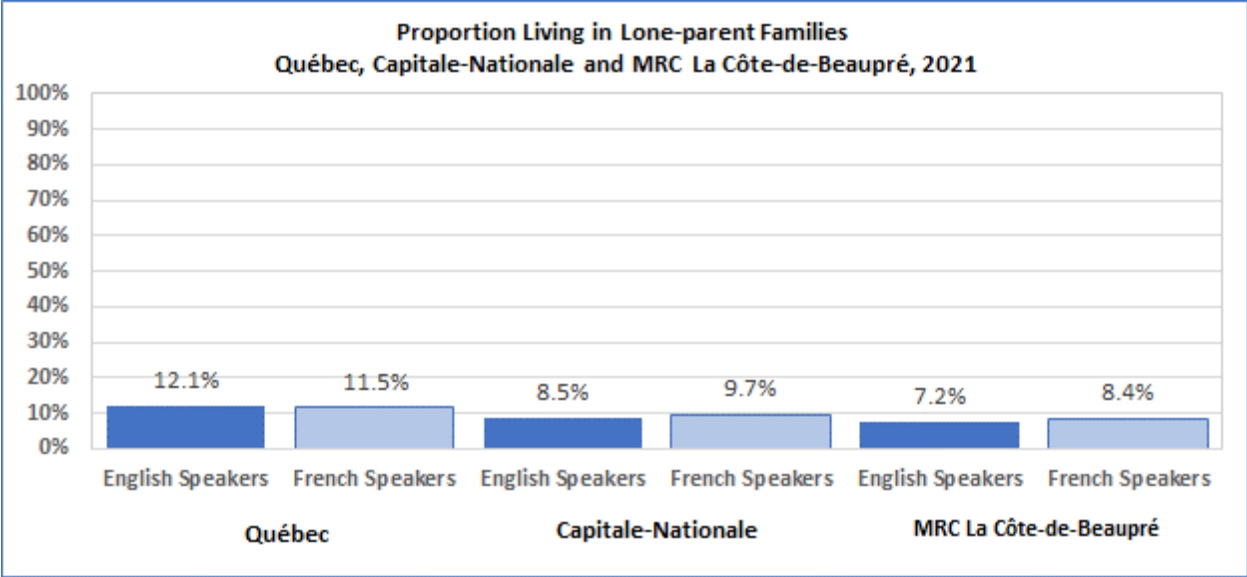**Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021**

Living in census families[10]

- Across Québec, there were 985,995 English speakers living in census family households. This group represents 79.2% 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 2021, there were 13,040 English speakers living in census family households in the Capitale-Nationale region where they comprise 75.1% of the population. This share is lower 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 similar to the proportion in the regional French-speaking majority population.

- In MRC La Côte-de-Beaupré, we find 300 English speakers living in census family households where they account for 87.0% of the population. This share is higher than that accounted for by English speakers across the Capitale-Nationale 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 Côte-de-Beaupré.

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[10]According to Statistics Canada, a "Census family is defined as a married couple and the children, if any, of either and/or both spouses; a couple living common law and the children, if any, of either and/or both partners; or a parent of any marital status in a one-parent family with at least one child living in the same dwelling and that child or those children. All members of a particular census family live in the same dwelling. Children may be biological or adopted children regardless of their age or marital status as long as they live in the dwelling and do not have their own married spouse, common-law partner or child living in the dwelling. Grandchildren living with their grandparent(s) but with no parents present also constitute a census family."
https://www23.statcan.gc.ca/imdb/p3Var.pl?Function=Unit&Id=32746 accessed February 2023.

**Proportion Living in Lone-parent Families
Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021**

	English Speakers	French Speakers
Québec	12.1%	11.5%
Capitale-Nationale	8.5%	9.7%
MRC La Côte-de-Beaupré	7.2%	8.4%

Living in lone-parent families

- Across Québec, there were 150,580 English speakers living in lone-parent families. This group represents 12.1% 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 2021, there were 1,485 English speakers living in lone-parent families in the Capitale-Nationale region where they account for 8.5% of the population. The proportion of those living in lone-parent families in the regional English-speaking population is lower than the proportion found in the regional French-speaking majority population. The proportion is much lower than that found in the provincial English-speaking population.

- In MRC La Côte-de-Beaupré, we find 25 English speakers living in lone-parent families where they represent 7.2% of the population. This is lower than the proportion represented by the French-speaking majority population in MRC La Côte-de-Beaupré. The proportion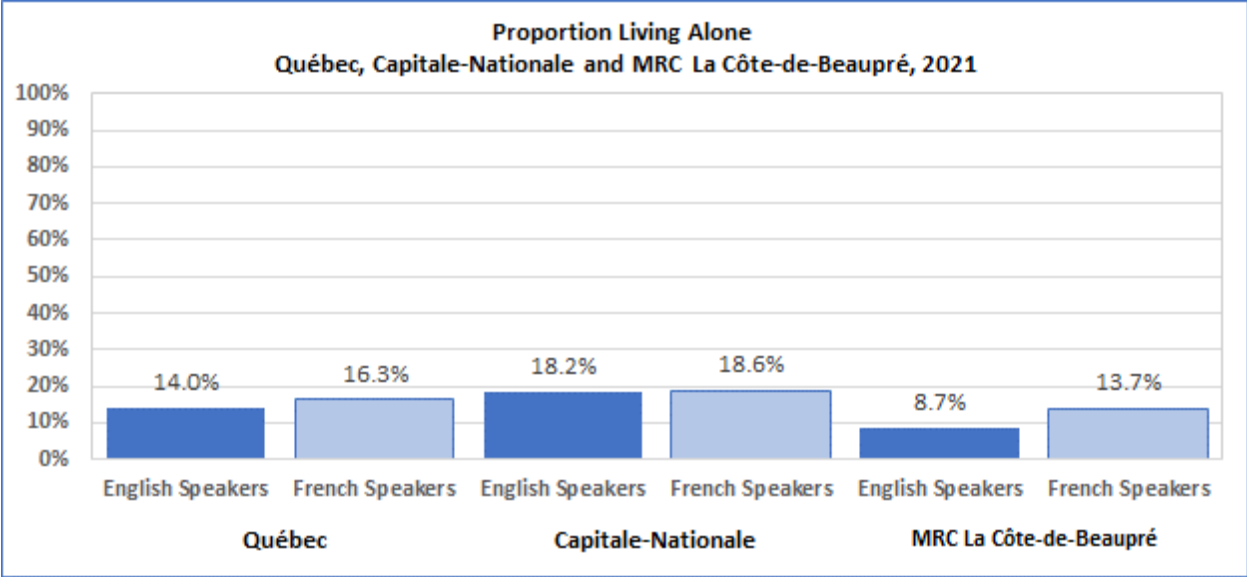 of English speakers living in lone-parent families in MRC La Côte-de-Beaupré is lower than the proportion we find for English speakers across the Capitale-Nationale region.

Proportion Living Alone
Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

	English Speakers	French Speakers
Québec	14.0%	16.3%
Capitale-Nationale	18.2%	18.6%
MRC La Côte-de-Beaupré	8.7%	13.7%

Living alone

- Across Québec, there were 173,695 English speakers living alone. This group represents 14.0% 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 2021, there were 3,170 English speakers living alone in the Capitale-Nationale region, where they account for 18.2% of the population. This level is much higher than that displayed by the provincial English-speaking population. The proportion of those living alone in the regional English-speaking population is similar to the proportion found in the regional French-speaking majority population.

- In MRC La Côte-de-Beaupré we find 30 English speakers living alone, where they represent 8.7% of the population. This share is much lower than that exhibited by English speakers across the Capitale-Nationale 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 La Côte-de-Beaupré.
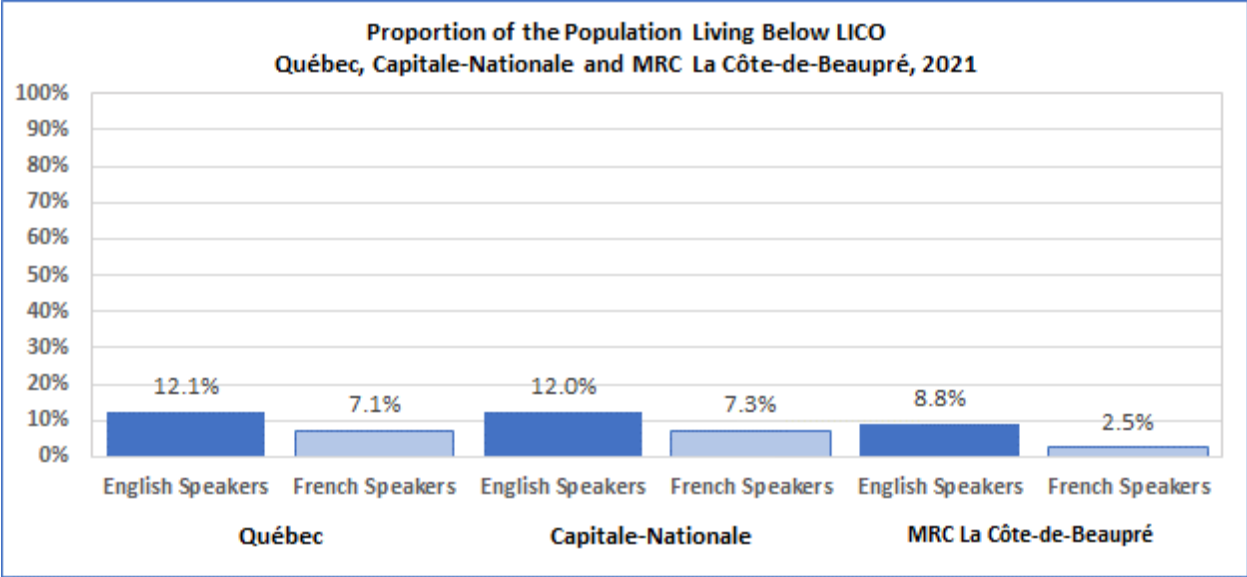
Low-Income Cut-off

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."[11] The following tables consider the population living below LICO by language, administrative territory and age group.

Table 5 - Population Living Below LICO, Within Age Groups

Population Living Below the Low-Income Cut-off (LICO), Across Age Groups	Québec		Capitale-Nationale		MRC La Côte-de-Beaupré	
	English	French	English	French	English	French
Total - Age groups	148,545	491,540	2,085	52,330	30	740
0-14 years	16,915	56,870	140	4,285	-	55
15-24 years	30,265	65,630	365	7,605	-	65
25-44 years	44,260	105,500	890	10,765	-	100
45-64 years	32,270	136,215	445	12,620	-	295
65+ years	24,845	127,330	260	17,060	-	225
Proportion of those below LICO across age groups						
Total - Age groups	12.1%	7.1%	12.0%	7.3%	8.8%	2.5%
0-14 years	8.9%	4.9%	6.1%	3.8%	-	1.0%
15-24 years	19.4%	9.1%	17.3%	10.7%	-	2.6%
25-44 years	11.9%	5.9%	13.6%	5.7%	-	1.4%
45-64 years	10.0%	7.1%	11.1%	6.7%	-	3.5%
65+ years	13.5%	9.2%	10.9%	11.3%	-	3.8%
Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Population in private households - 25% sample. 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.						

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[11] For an explanation of how Statistics Canada calculates low income cut-off (LICO) https://www150.statcan.gc.ca/n1/pub/75f0002m/2012002/lico-sfr-eng.htm accessed February 2023.

Proportion of the Population Living Below LICO
Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

Region	English Speakers	French Speakers
Québec	12.1%	7.1%
Capitale-Nationale	12.0%	7.3%
MRC La Côte-de-Beaupré	8.8%	2.5%

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

- Across Québec, there were 148,545 English speakers living below LICO. This group accounts for 12.1% 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 2021, there were 2,085 English speakers living below LICO in the Capitale-Nationale region, where they represent 12.0% 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 Capitale-Nationale is similar to the proportion for Quebec's English speakers in general.

- In MRC La Côte-de-Beaupré, we find 30 English speakers living below LICO, where they represent 8.8% of the English-speaking population. This level is much higher than the proportion for the French-speaking majority population in the same territory. The proportion of those living below LICO in the territory's English-speaking population is much lower than the proportion for English speakers across Capitale-Nationale.

Table 6 - Population Living Below LICO, by Household Living Arrangements
The number of English speakers for this measure was too low to report.

Highest Educational Attainment

In many ways, education is an important determinant of the health status of a community. In Canada, the level of education achieved by an individual tends to be an indicator of social status, and ideally, a predictor of economic opportunity. The overall level of health literacy and preventative health practice enjoyed by a community also tends to be associated with the years of schooling by those included among its members[12]. A case in point, Genereux's study of the psychosocial impact of the COVID-19 pandemic upon Québec communities demonstrates that key protective factors such as a sense of coherence are linked to levels of education.[13]

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[12]For further discussion of education as a health determinant see Raphael, D., Bryant, T., Mikkonen, J. and Raphael, A. (2020). *Social Determinants of Health: The Canadian Facts. (*2nd edition) */ Déterminants sociaux de la santé : les réalités canadiennes*, (2e edition). Oshawa: Ontario Tech University Faculty of Health Sciences and Toronto: York University School of Health Policy and Management. https://thecanadianfacts.org/

[13]Genereux, M., Roy, M., Pare, C., and Levesque, J. (2020). Strengthening the Adaptive Capacities of Individuals and Communities in Times of Pandemic: The Key Role of the Sense of Coherence. https://refips.org/wp-content/uploads/2020/12/COVID19_SOC_UIPES_REFIPS_final.pdf

Table 7 - Highest Educational Certification, for Selected Age Groups

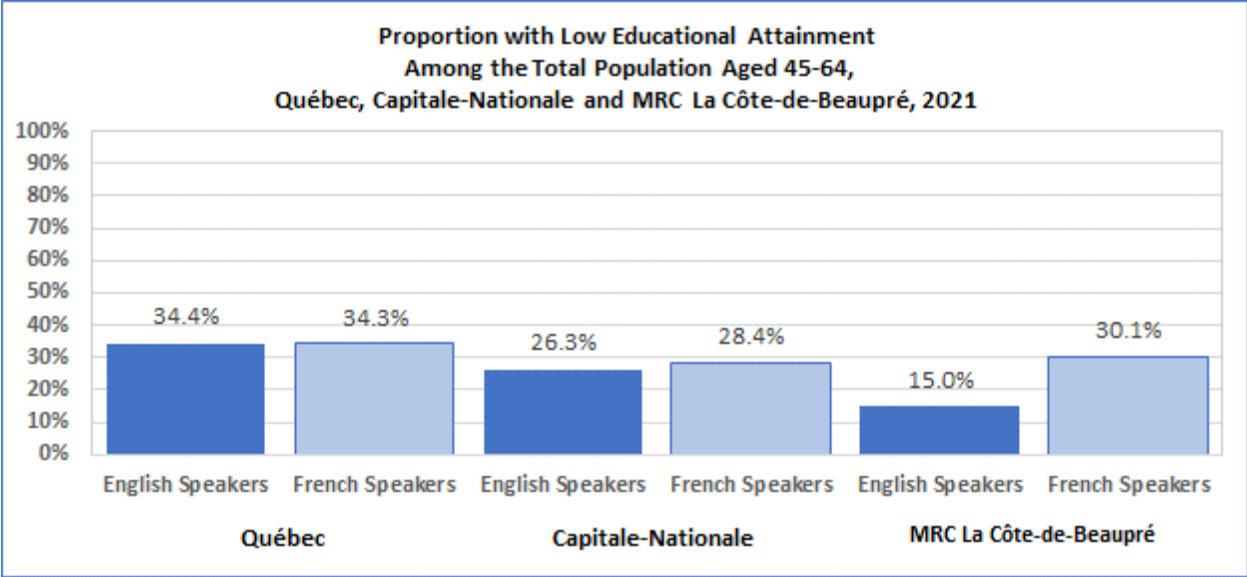| Total Population by Highest Educational Certification		Québec		Capitale-Nationale		MRC La Côte-de-Beaupré	
		English	French	English	French	English	French
Total	Total	1,049,640	5,811,880	15,065	603,135	290	23,930
	25-44 years	377,080	1,787,550	6,535	190,660	115	6,975
	45-64 years	327,965	1,915,975	4,025	189,340	100	8,500
High school diploma or less	Total	399,730	2,293,515	4,495	203,660	75	8,660
	25-44 years	90,820	398,185	1,105	31,330	-	1,220
	45-64 years	112,980	657,060	1,060	53,865	15	2,555
Apprenticeship or trades certificate or diploma	Total	86,445	1,007,585	1,405	97,395	50	5,080
	25-44 years	33,445	393,840	600	38,765	-	1,945
	45-64 years	31,405	376,435	480	35,805	20	1,945
College, CEGEP or other non-university certificate or diploma	Total	178,355	1,020,485	2,260	119,510	70	4,515
	25-44 years	61,330	344,935	855	41,145	25	1,495
	45-64 years	62,200	367,785	680	41,645	25	1,880
University certificate or diploma below bachelor level	Total	31,300	220,170	540	23,150	20	875
	25-44 years	11,810	67,990	205	6,835	-	270
	45-64 years	12,100	81,910	180	7,935	-	335
University certificate, diploma or degree at bachelor level or above	Total	353,815	1,270,135	6,380	159,420	85	4,800
	25-44 years	179,675	582,605	3,750	72,580	40	2,045
	45-64 years	109,275	432,785	1,625	50,090	30	1,785
High school diploma or less	Total	38.1%	39.5%	29.8%	33.8%	25.9%	36.2%
	25-44 years	24.1%	22.3%	16.9%	16.4%	-	17.5%
	45-64 years	34.4%	34.3%	26.3%	28.4%	15.0%	30.1%
Apprenticeship or trades certificate or diploma	Total	8.2%	17.3%	9.3%	16.1%	17.2%	21.2%
	25-44 years	8.9%	22.0%	9.2%	20.3%	-	27.9%
	45-64 years	9.6%	19.6%	11.9%	18.9%	20.0%	22.9%
College, CEGEP or other non-university certificate or diploma	Total	17.0%	17.6%	15.0%	19.8%	24.1%	18.9%
	25-44 years	16.3%	19.3%	13.1%	21.6%	21.7%	21.4%
	45-64 years	19.0%	19.2%	16.9%	22.0%	25.0%	22.1%
University certificate or diploma below bachelor level	Total	3.0%	3.8%	3.6%	3.8%	6.9%	3.7%
	25-44 years	3.1%	3.8%	3.1%	3.6%	-	3.9%
	45-64 years	3.7%	4.3%	4.5%	4.2%	-	3.9%
University certificate, diploma or degree at bachelor level or above	Total	33.7%	21.9%	42.3%	26.4%	29.3%	20.1%
	25-44 years	47.6%	32.6%	57.4%	38.1%	34.8%	29.3%
	45-64 years	33.3%	22.6%	40.4%	26.5%	30.0%	21.0%

Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Population in private households - 25% sample.

Proportion with Low Educational Attainment Among the Total Population, Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

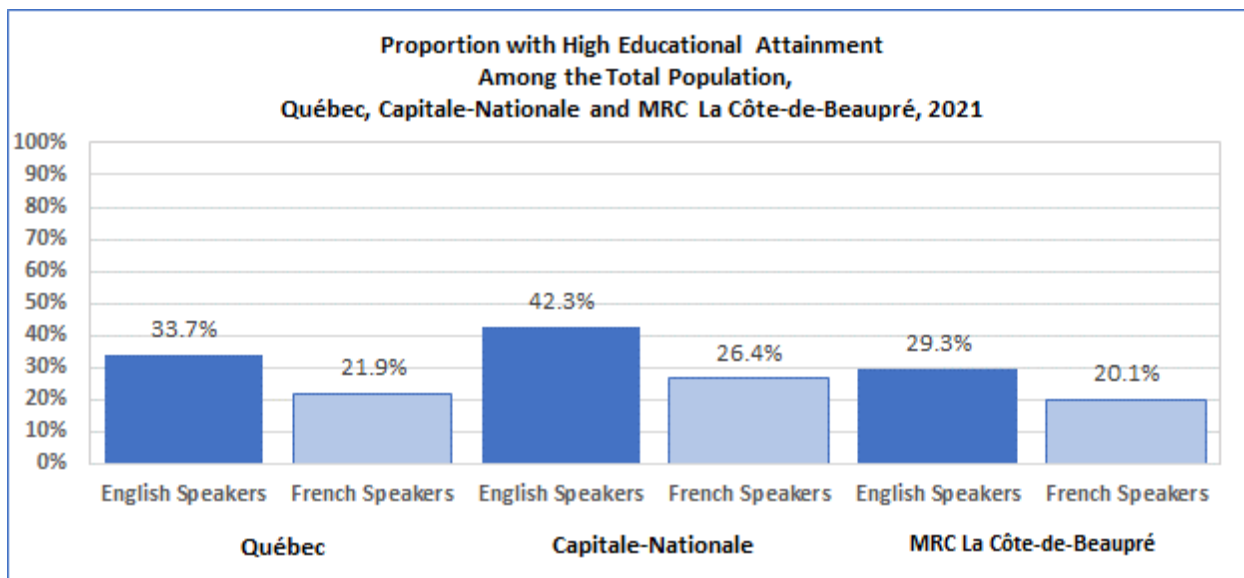|	English Speakers	French Speakers
Québec	38.1%	39.5%
Capitale-Nationale	29.8%	33.8%
MRC La Côte-de-Beaupré	25.9%	36.2%
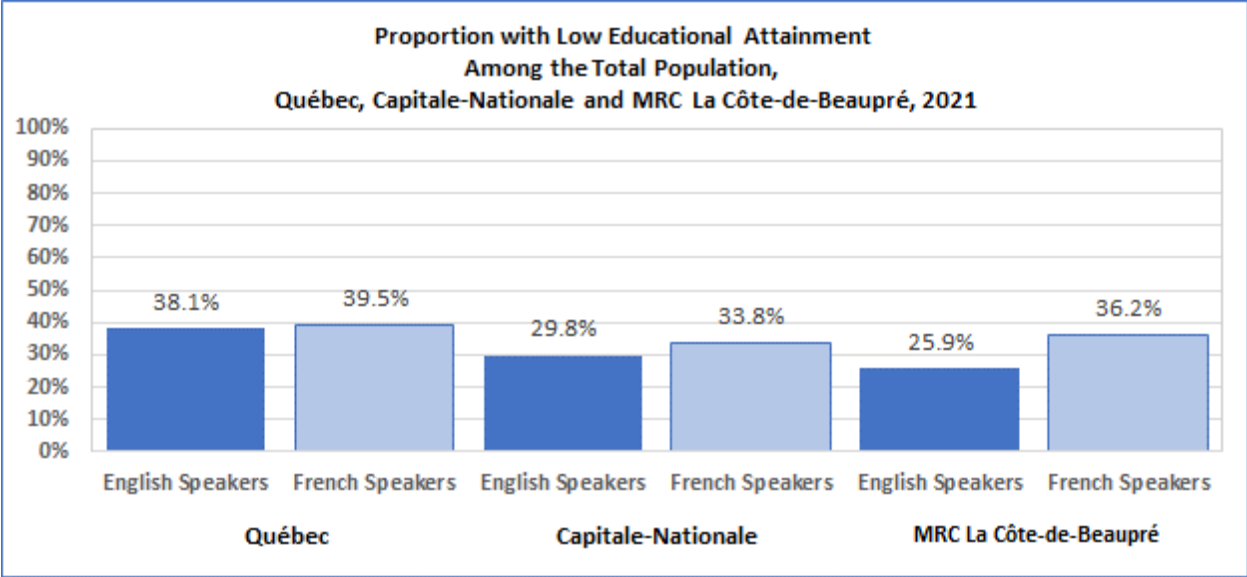
Population aged 15+, high school diploma or less

- Across Québec, there were 399,730 English speakers aged 15 and over with a high school diploma or less. This group accounts for 38.1% 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 2021, there were 4,495 English speakers aged 15 and over with a high school diploma or less in the Capitale-Nationale region where they account for 29.8% 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 lower than the proportion in the regional French-speaking majority population. The level for the English-speaking regional proportion is much lower than that exhibited by English speakers across the province.

- In MRC La Côte-de-Beaupré, we find 75 English speakers aged 15 and over with a high school diploma or less where they represent 25.9% of the English-speaking population aged 15 and over. This level is much lower 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 Capitale-Nationale region.
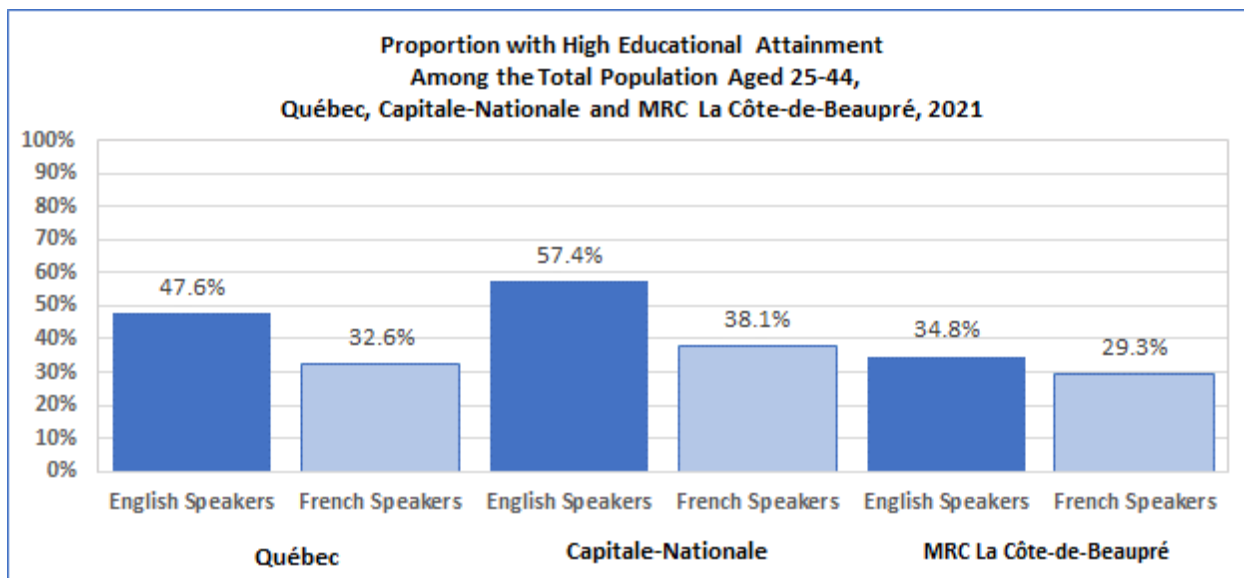
Proportion with Low Educational Attainment Among the Total Population Aged 45-64, Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

Population 45-64, high school diploma or less

- In Québec in 2021, there were 112,980 English-speaking aged 45-64 with a high school diploma or less. This group represents 34.4% 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 2021, there were 1,060 English speakers aged 45-64 with a high school diploma or less in the Capitale-Nationale region where they account for 26.3% 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 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 La Côte-de-Beaupré, we find 15 English speakers aged 45-64 with a high school diploma or less where they comprise 15.0% of the English-speaking population. This is much 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 much lower than the proportion exhibited by English speakers across the region.
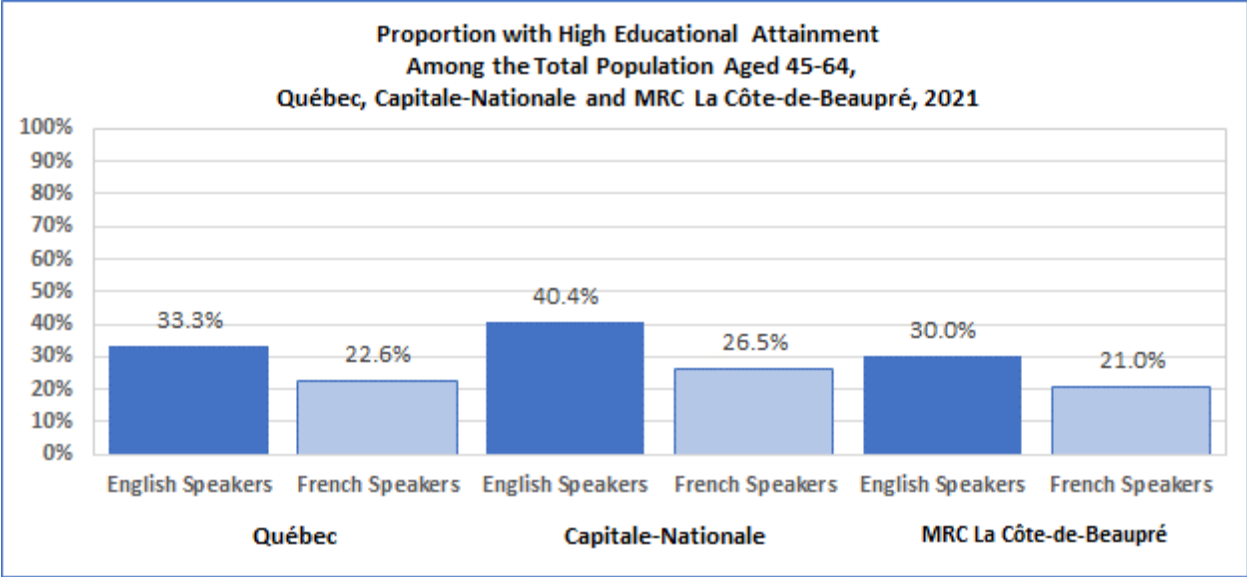
**Proportion with High Educational Attainment
Among the Total Population,
Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021**

33.7%	21.9%	42.3%	26.4%	29.3%	20.1%
English Speakers	French Speakers	English Speakers	French Speakers	English Speakers	French Speakers
Québec		**Capitale-Nationale**		**MRC La Côte-de-Beaupré**	

Population aged 15+, university degree or higher

- In Québec in 2021, there were 353,815 English-speaking aged 15 and over with a university degree or higher. This group represents 33.7% 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 2021, there were 6,380 English speakers aged 15 and over with a university degree or higher in the Capitale-Nationale region where they account for 42.3% of the regional English-speaking population. The proportion of those aged 15 and over with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much higher than that exhibited by the province's English speakers.

- In MRC La Côte-de-Beaupré, we find 85 English speakers aged 15 and over with a university degree or higher where they represent 29.3% 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 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.

Proportion with High Educational Attainment Among the Total Population Aged 25-44, Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

Region	English Speakers	French Speakers
Québec	47.6%	32.6%
Capitale-Nationale	57.4%	38.1%
MRC La Côte-de-Beaupré	34.8%	29.3%

Population 25-44, university degree or higher

- In Québec in 2021, there were 179,675 English speakers aged 25-44 with a university degree or higher. This group accounts for 47.6% 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 2021, there were 3,750 English speakers aged 25-44 with a university degree or higher in the Capitale-Nationale where they represent 57.4% 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 much higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much higher than that exhibited by the province's English speakers.

- In MRC La Côte-de-Beaupré, we find 40 English speakers aged 25-44 with a university degree or higher where they comprise 34.8% 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.

Proportion with High Educational Attainment Among the Total Population Aged 45-64, Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

Population 45-64, university degree or higher

- In Québec in 2021, there were 109,275 English speakers aged 45-64 with a university degree or higher. This group represents 33.3% of the English-speaking population. The proportion of English speakers aged 45-64 with a university degree or higher is much higher than that found in the same age cohort in the French-speaking majority population in Quebec.

- In 2021, there were 1,625 English speakers aged 45-64 with a university degree or higher in the Capitale-Nationale region where they represent 40.4% of the regional English-speaking population. The proportion of those aged 45-64 with a university degree or higher in the regional English-speaking population is much higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much higher than that exhibited by the province's English speakers.

- In MRC La Côte-de-Beaupré, we find 30 English speakers aged 45-64 with a university degree or higher where they comprise 30.0% 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.[14]
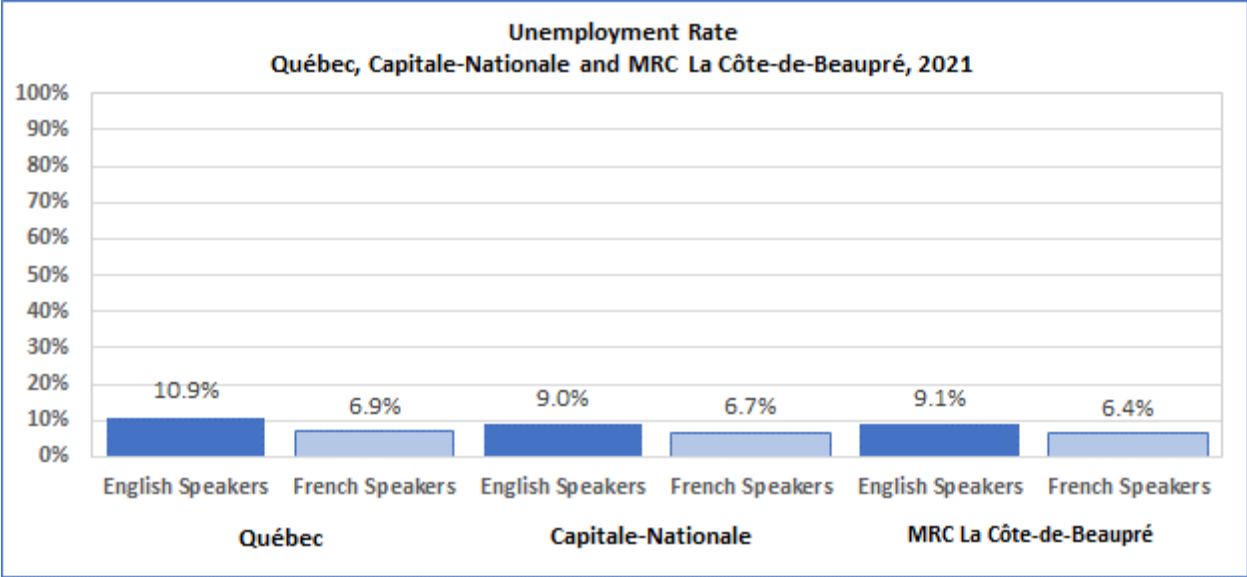
Table 8 - Labour Force Activity

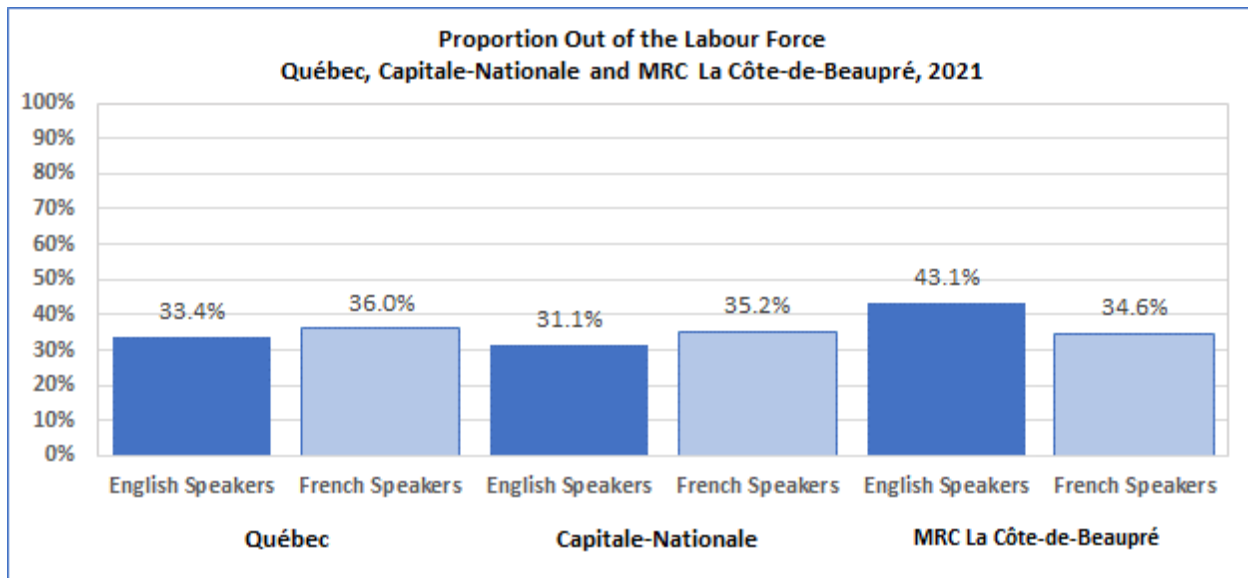| Total Population by Labour Force Activity	Québec		Capitale-Nationale		MRC La Côte-de-Beaupré	
	English	French	English	French	English	French
Total - Labour force activity	1,049,640	5,811,880	15,065	603,135	290	23,930
In the labour force	699,015	3,721,255	10,380	391,105	165	15,655
Employed	623,105	3,465,265	9,450	365,005	150	14,660
Unemployed	75,910	255,990	935	26,095	15	995
Out of the labour force	350,625	2,090,630	4,690	212,035	125	8,280
Total - Labour force activity	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
In the labour force	66.6%	64.0%	68.9%	64.8%	56.9%	65.4%
Employed	89.1%	93.1%	91.0%	93.3%	90.9%	93.6%
Unemployed	10.9%	6.9%	9.0%	6.7%	9.1%	6.4%
Out of the labour force	33.4%	36.0%	31.1%	35.2%	43.1%	34.6%
Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Population in private households - 25% sample.						

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[14]For further discussion of employment and working conditions as health determinants see Raphael, D., Bryant, T., Mikkonen, J. and Raphael, A. (2020). *Social Determinants of Health: The Canadian Facts. (*2nd edition) */ Déterminants sociaux de la santé : les réalités canadiennes*, (2e edition). Oshawa: Ontario Tech University Faculty of Health Sciences and Toronto: York University School of Health Policy and Management. https://thecanadianfacts.org/

Unemployment Rate
Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

	English Speakers	French Speakers	English Speakers	French Speakers	English Speakers	French Speakers
	10.9%	6.9%	9.0%	6.7%	9.1%	6.4%
	Québec		**Capitale-Nationale**		**MRC La Côte-de-Beaupré**	

Unemployed

- Across Québec in 2021, there were 75,910 English speakers who were unemployed resulting in an unemployment rate of 10.9%. The unemployment rate of Quebec's English speakers was much higher than the unemployment rate of the French-speaking majority.

- In 2021, there were 935 unemployed English speakers in the Capitale-Nationale region where they experienced an unemployment rate of 9.0%. 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 Côte-de-Beaupré, we find 15 unemployed English speakers resulting in an unemployment rate of 9.1%. This is much higher than the unemployment rate experienced by the French-speaking majority population in the same territory. The unemployment rate of the English-speaking population is similar to the unemployment rate experienced by English speakers across the Capitale-Nationale region.

Proportion Out of the Labour Force
Québec, Capitale-Nationale and MRC La Côte-de-Beaupré, 2021

	Québec		Capitale-Nationale		MRC La Côte-de-Beaupré	
	English Speakers	French Speakers	English Speakers	French Speakers	English Speakers	French Speakers
	33.4%	36.0%	31.1%	35.2%	43.1%	34.6%

Out of the labour force[15]

- Across Québec in 2021, there were 350,625 English speakers out of the labour force in 2016. This group represents 33.4% of the English-speaking population aged 15+. The proportion of English speakers out of the labour force is lower than that found in the French-speaking majority population in Quebec aged 15 and over.

- In 2021, there were 4,690 English speakers out of the labour force in the Capitale-Nationale region where they comprise 31.1% of the regional English-speaking population aged 15+. The proportion of those out of the labour force in the regional English-speaking population is lower than 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 Côte-de-Beaupré, we find 125 English speakers out of the labour force where they account for 43.1% 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 much higher than the proportion exhibited by English speakers across the Capitale-Nationale region.

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[15]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 region and MRC or equivalent territories, 2021[16]

Number and Proportion of English and French Speakers in Capitale-Nationale by MRC Territory, 2021				
Geography	Total Population	French Speakers	English Speakers	Proportion of English Speakers
Québec	8,406,905	7,074,330	1,253,580	14.9%
Capitale-Nationale	748,030	728,220	17,565	2.3%
MRC Charlevoix-Est	15,215	15,095	120	0.8%
MRC Charlevoix	13,010	12,880	100	0.8%
MRC L'Île-d'Orléans	6,750	6,625	95	1.4%
MRC La Côte-de-Beaupré	29,595	29,220	360	1.2%
MRC La Jacques-Cartier	47,815	46,295	1,495	3.1%
Québec	580,755	563,955	14,715	2.5%
MRC Portneuf	54,900	54,145	680	1.2%
Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Total population excluding institutional residents - 100% sample.				

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[16]Baseline Data Reports are only available for those MRCs or equivalent territories with at least 250 English speakers. This table nonetheless lists all MRCs or equivalent territories in a given region.

Appendix B – Baseline Data Report Series

2003-2004	Regional Profiles of English-speaking Communities	2001 Census
2004-2005	Profiles of English-speaking Communities In Selected CLSC Territories	2001 Census
2005-2006	English-Language Health and Social Services Access in Québec	2005 CHSSN-CROP Survey on Community Vitality
2006-2007	Community Network Building	Case studies (qualitative interviews)
2007-2008	Health and Social Survey Information on Quebec's English-speaking Communities	1998 Québec Health and Social Survey
2008-2009	Regional Profiles of Quebec's English-speaking Communities: Selected 1996-2006 Census Findings	1996 and 2006 Census
2009-2010	Demographic Profiles of Quebec's English-speaking Communities for Selected CSSS Territories	1996 and 2006 Census
2010-2011	English-Language Health and Social Services Access in Québec	2010 CHSSN-CROP Survey on Community Vitality
2010-2011	2010-2011 Companion Report – Comparison of French and English respondents to the 2010 CROP survey	2010 CHSSN-CROP Survey on Community Vitality
2011-2012	Socio-economic Profiles of English-speaking Visible Minority Population by Quebec Health Region	2006 Census of Canada
2012-2013	Quebec's English-speaking Community Networks and their Partners in Public Health and Social Services	Survey of NPI organizations and interviews
2013-2014	Demographic Profiles of Quebec's English-speaking Communities for Selected CSSS Territories	2011 Census of Canada; 2011 National Household Survey
2014-2015	Canadian Community Health Survey (2011-2012) / Findings related to the Mental and Emotional Health of Quebec's English-speaking Communities	Canadian Community Health Survey, 2011-2012
2015-2016	English-Language Health and Social Services Access in Québec	2015 CHSSN-CROP Survey on Community Vitality
2015-2016	2015 CHSSN-CROP Survey on Community Vitality / Findings on English-speaking Community Vitality Across Key Sectors	2015 CHSSN-CROP Survey on Community Vitality
2016-2017	Demographic Summaries for English-speaking Populations Across Quebec's RTS Territories (2011)	2011 Census of Canada; 2011 National Household Survey
2017-2018	Demographic Profiles of Quebec's English-speaking Communities for Selected RLS Territories	2016 Census of Canada
2018-2019	Socio-demographic Profile of Children Aged 0 to 5 and their Parents	2016 Census of Canada
2018-2019	English-language Health and Social Service Access in Quebec	2019 CHSSN-CROP Community Health and Social Survey
2019 -2021	Gender Based Socio-demographic Profiles	2016 Census of Canada
2019 -2021	Time Series Report: CHSSN/CROP Surveys 2005-2019	2005-2019 CHSSN CROP Community Health and Social Surveys
2021-2022	Socio-demographic Characteristics of Visible Minorities in Quebec's English-speaking Communities	2016 Census of Canada
2022-2023	Demographic Profiles of Quebec's English-speaking Communities	2021 Census of Canada

Sources and References

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