

**DEMOGRAPHIC PROFILES  
OF QUÉBEC'S ENGLISH-SPEAKING COMMUNITIES  
REGION OF ESTRIE AND  
MRC LE HAUT-SAINT-FRANÇOIS**

**BASED ON THE 2021 CENSUS OF CANADA**

**BASELINE DATA REPORT SERIES 2022-2023**

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COMMUNITY HEALTH AND SOCIAL SERVICES NETWORK**



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## 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)<sup>1</sup>. 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.<sup>2</sup>

### **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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<sup>1</sup> For further information on the CHSSN *Networking and Partnership Initiative* go to <https://chssn.org/projects/npi/>

<sup>2</sup> Public Health Agency of Canada. "What Determines Health?" [www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php](http://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](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, J.L., 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/s12913-015-1024-8

Raphael, D., Bryant, T., Mikkonen, J. and Raphael, A. (2020). *Social Determinants of Health: The Canadian Facts. (2<sup>nd</sup> edition) / Déterminants sociaux de la santé : les réalités canadiennes, (2e édition).* 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.<sup>3</sup>

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<sup>3</sup> <https://www12.statcan.gc.ca/census-recensement/2021/ref/dict/index-eng.cfm>



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## Demographic Size

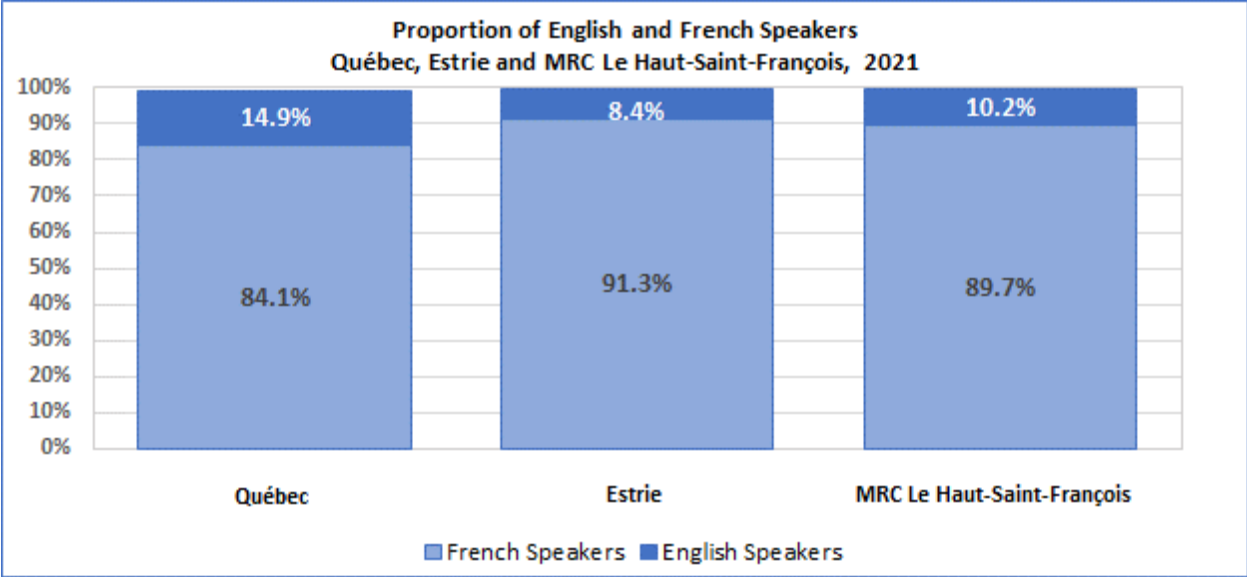
Québec’s English speakers form one of Canada’s official language minority groups. Studies have confirmed that language barriers affect access and quality of care for linguistic minority communities. Obstacles to communication can reduce recourse to preventative services; increase consultation time including 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.<sup>4</sup> 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	Estrie	MRC Le Haut-Saint-François
English speakers	number	1,253,580	40,915	2,310
	percentage	14.9%	8.4%	10.2%
French speakers	number	7,074,330	445,985	20,395
	percentage	84.1%	91.3%	89.7%
Total population	number	8,406,905	488,600	22,735
	percentage	100.0%	100.0%	100.0%

*Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Total population excluding institutional residents - 100% sample.*

<sup>4</sup> 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](http://www.jostrans.org/issue14/art_bowen.php).



- Across Québec, there were 1,253,580 English speakers, representing 14.9% of the provincial population.
- In 2021, there were 40,915 English speakers living in the Estrie region where they represented 8.4% of the population. This share is much lower than the overall provincial share for English speakers.
- In MRC Le Haut-Saint-François, we find 2,310 English speakers where they represented 10.2% of the population. This proportion is much higher than that represented by English speakers across the Estrie 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.<sup>5</sup>

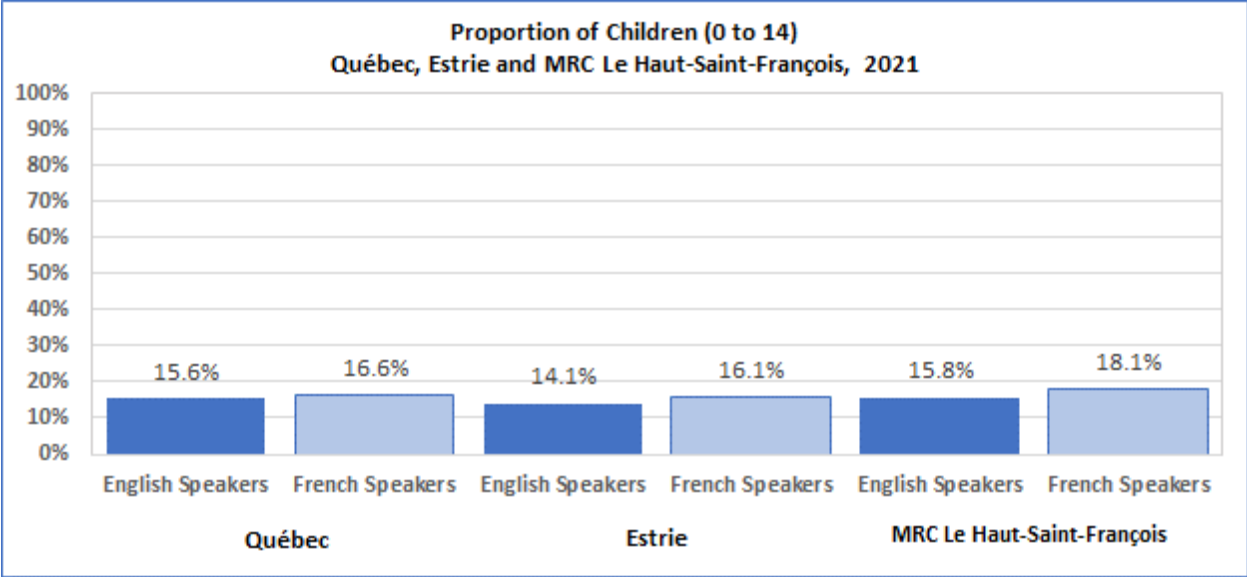
Typically, the age structure of the majority is important in shaping the scope and design of available health services and programs. Improving the health and the vitality of all citizens residing in a given territory requires attention to the problems that are pressing for the minority and may be overlooked 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		Estrie		MRC Le Haut-Saint-François	
	English	French	English	French	English	French
Total - Age groups	1,253,580	7,074,330	40,915	445,985	2,310	20,395
0-14 years	195,065	1,174,295	5,785	71,785	365	3,690
15-24 years	160,090	726,400	4,520	45,895	250	1,805
25-44 years	376,685	1,792,825	9,665	103,135	415	4,730
45-64 years	328,055	1,924,990	10,775	121,285	675	5,715
65+ years	193,685	1,455,820	10,175	103,895	605	4,445
Total - Age groups	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
0-14 years	15.6%	16.6%	14.1%	16.1%	15.8%	18.1%
15-24 years	12.8%	10.3%	11.0%	10.3%	10.8%	8.9%
25-44 years	30.0%	25.3%	23.6%	23.1%	18.0%	23.2%
45-64 years	26.2%	27.2%	26.3%	27.2%	29.2%	28.0%
65+ years	15.5%	20.6%	24.9%	23.3%	26.2%	21.8%

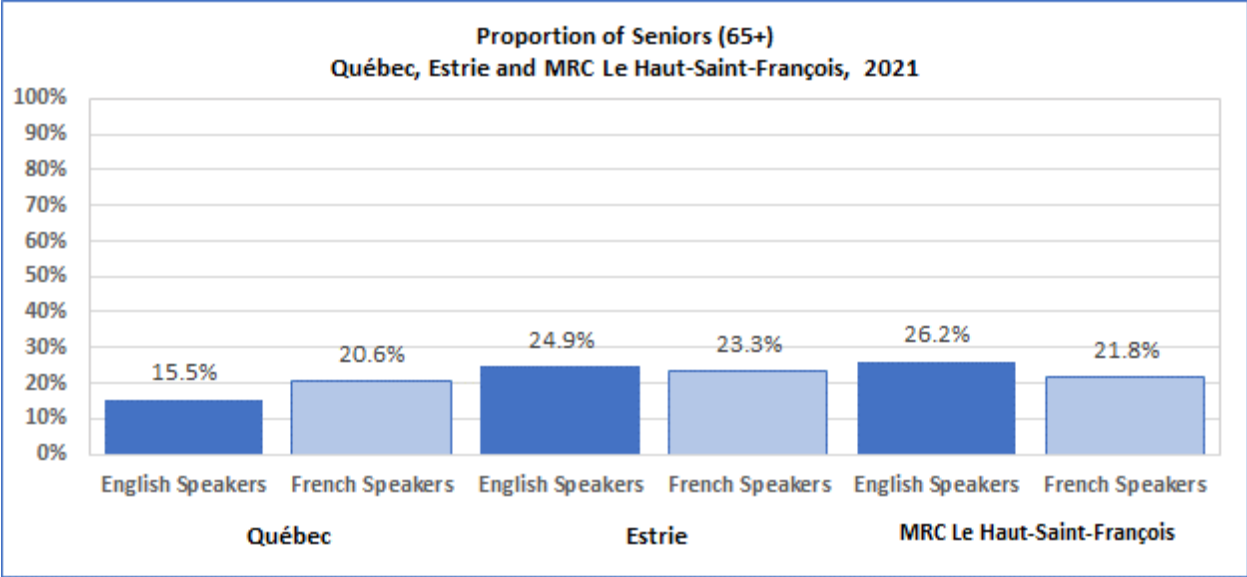
*Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Total population excluding institutional residents - 100% sample.*

<sup>5</sup> 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>



**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 Québec.
- In 2021, there were 5,785 English-speaking children aged 0-14 living in Estrie where they account for 14.1% 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 Le Haut-Saint-François, we find 365 English-speaking children aged 0-14 where they represent 15.8% of the population. This share is higher than that exhibited by English-speaking children across the Estrie 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.



**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 10,175 English-speaking seniors aged 65+ living in the Estrie region where they accounted for 24.9% of the population. This share is much higher than that of English-speaking seniors across the province. The proportion of seniors in the regional English-speaking population is higher than the proportion in the French-speaking majority population.
- In MRC Le Haut-Saint-François, we find 605 English-speaking seniors aged 65+ where they account for 26.2% of the population. This share is higher than that of English-speaking seniors across the Estrie region. The proportion of seniors in the English-speaking population is much higher than the proportion in the French-speaking majority population in MRC Le Haut-Saint-François.

## 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.<sup>6</sup> 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.<sup>7</sup>

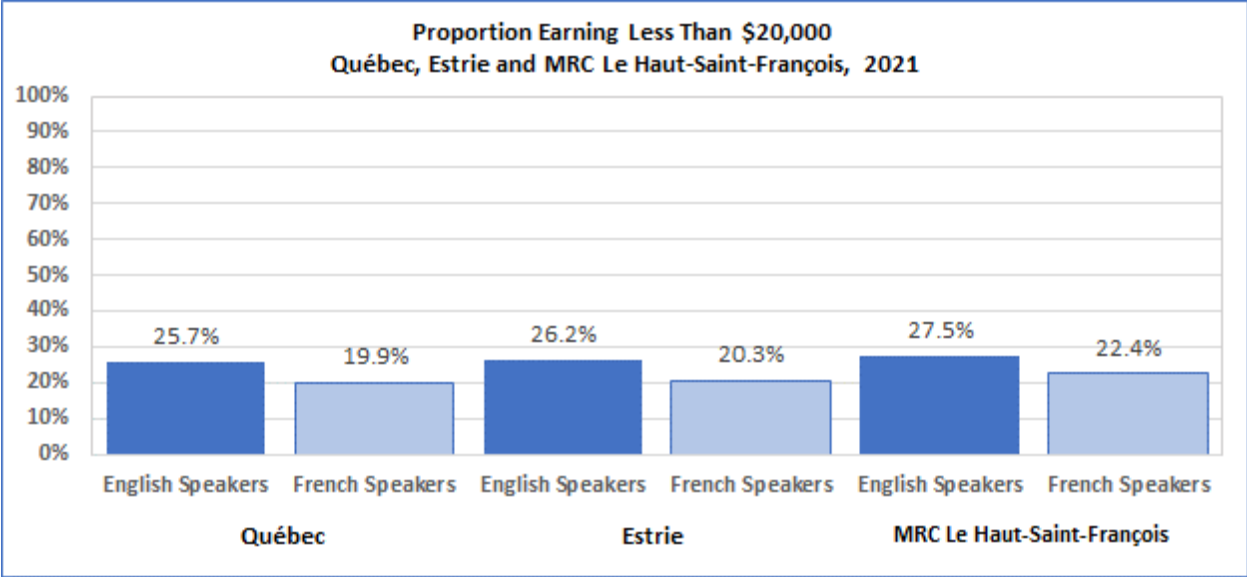
**Table 3 - Income**

Population by Income Group	Québec		Estrie		MRC Le Haut-Saint-François	
	English	French	English	French	English	French
Total Population 15+	1,049,640	5,811,880	34,290	367,820	1,835	16,600
Less than \$20,000	269,805	1,154,945	8,995	74,585	505	3,720
\$20,000 - \$49,999	422,205	2,420,025	15,830	165,050	895	7,740
\$50,000 +	357,635	2,236,925	9,470	128,180	435	5,135
Total Population 15+	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Less than \$20,000	25.7%	19.9%	26.2%	20.3%	27.5%	22.4%
\$20,000 - \$49,999	40.2%	41.6%	46.2%	44.9%	48.8%	46.6%
\$50,000 +	34.1%	38.5%	27.6%	34.8%	23.7%	30.9%

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

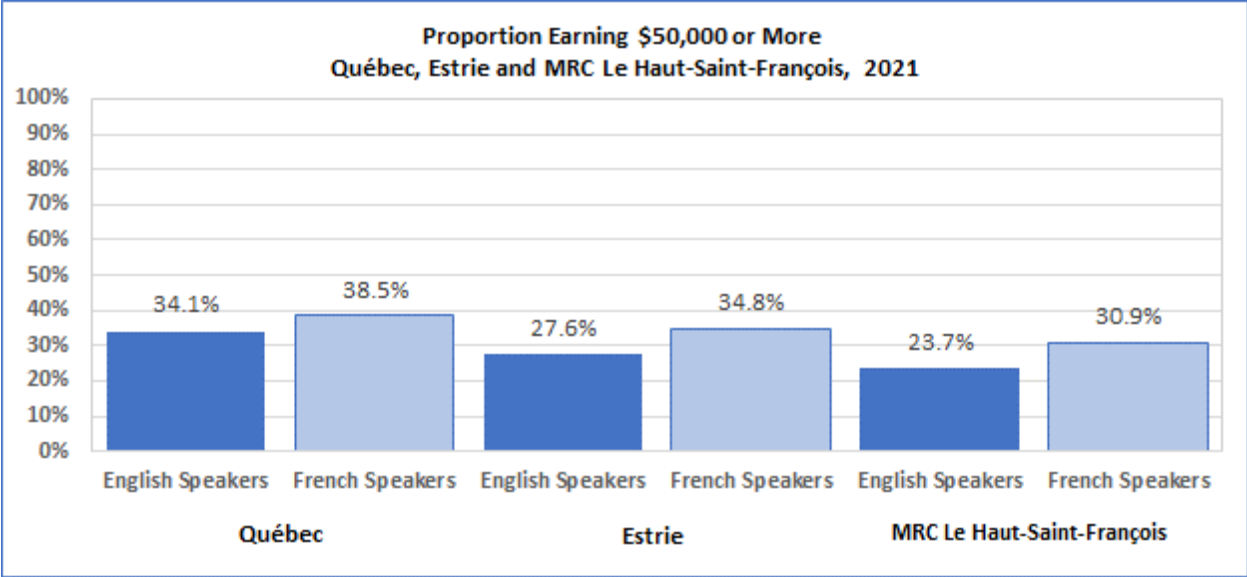
<sup>6</sup> Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/ph-sp/determinants/determinants-eng.php#evidence> accessed February 2023.

<sup>7</sup> Ibid.



**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 8,995 English speakers aged 15+ with income under \$20k in the Estrie region where they represent 26.2% of the English-speaking population aged 15 and over. This share is similar to 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 Le Haut-Saint-François, we find 505 English speakers aged 15+ with income under \$20k where they account for 27.5% of the population. This share is similar to that experienced by English speakers across Estrie. 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 Le Haut-Saint-François.



**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 9,470 English speakers aged 15+ with a total income of \$50k or more living in the Estrie region, where they represented 27.6% of the population. This proportion was lower than the proportion of English-speaking high earners across the province. The proportion of high earners in the regional English-speaking population is much lower than the share of high earners in the French-speaking majority population in the region.
- In MRC Le Haut-Saint-François, we find 435 English-speaking high earners aged 15+, where they represent 23.7% of the population. This share is lower than that experienced by English-speaking high earners across the Estrie 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. 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.<sup>8</sup> 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.<sup>9</sup>

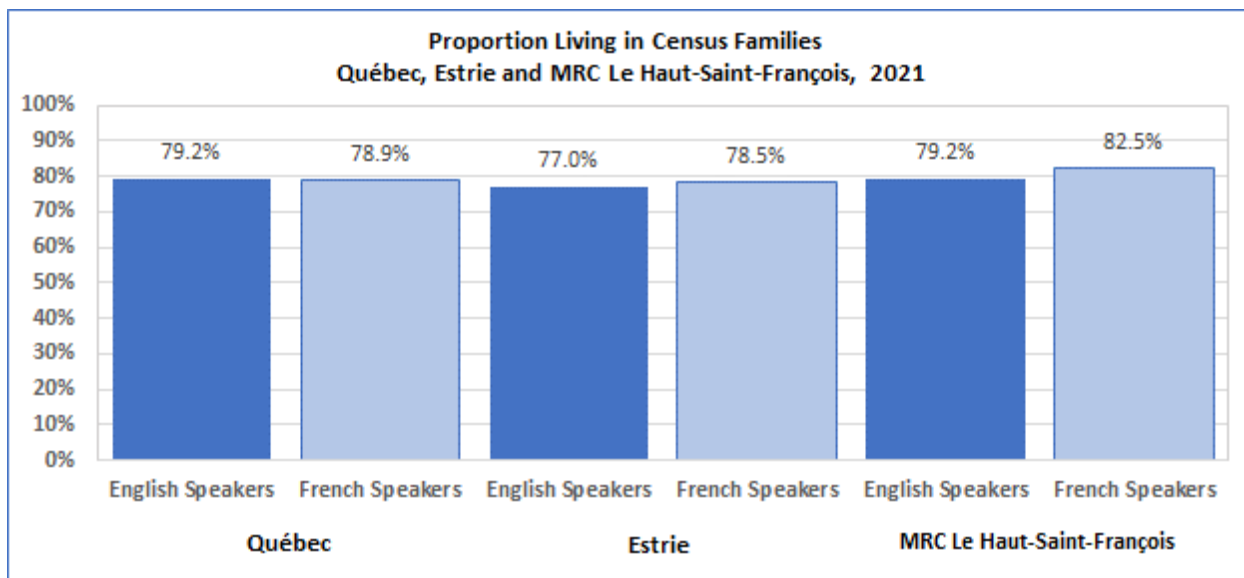
**Table 4 - Population by Household Living Arrangements**

Population by Household Living Arrangements	Québec		Estrie		MRC Le Haut-Saint-François	
	English	French	English	French	English	French
Total - Household living arrangements	1,244,440	6,985,640	40,040	439,545	2,115	20,375
Total persons in census family households	985,995	5,512,205	30,835	345,130	1,675	16,815
Persons in two-parent households	835,415	4,706,995	26,390	298,915	1,355	14,805
Persons in single-parent households	150,580	805,215	4,440	46,215	315	2,015
Total persons in non-census family households	258,445	1,473,435	9,210	94,420	450	3,555
Living with relatives	28,935	127,905	790	6,620	60	420
Living with non-relatives only	55,820	209,445	1,650	12,795	45	410
Living alone	173,695	1,136,085	6,765	75,000	345	2,730
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%	77.0%	78.5%	79.2%	82.5%
Persons in two-parent households	67.1%	67.4%	65.9%	68.0%	64.1%	72.7%
Persons in single-parent households	12.1%	11.5%	11.1%	10.5%	14.9%	9.9%
Total persons in non-census family households	20.8%	21.1%	23.0%	21.5%	21.3%	17.4%
Living with relatives	2.3%	1.8%	2.0%	1.5%	2.8%	2.1%
Living with non-relatives only	4.5%	3.0%	4.1%	2.9%	2.1%	2.0%
Living alone	14.0%	16.3%	16.9%	17.1%	16.3%	13.4%

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

<sup>8</sup> 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](http://www.chssn.org)

<sup>9</sup> 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.

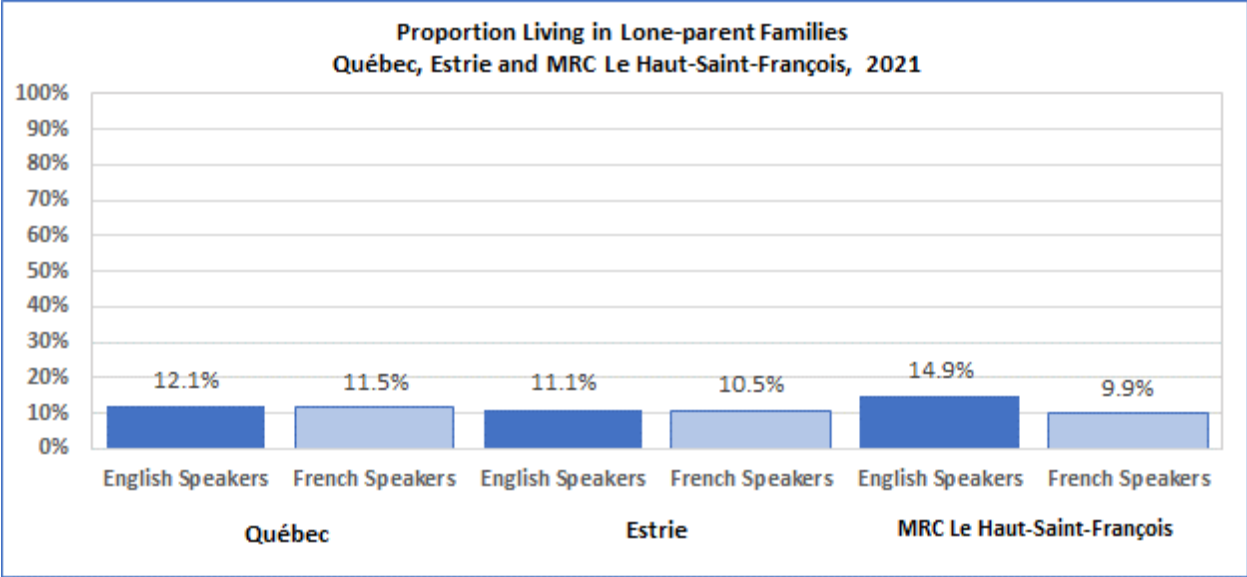


### Living in census families<sup>10</sup>

- 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 30,835 English speakers living in census family households in the Estrie region where they comprise 77.0% of the population. This share is similar to that displayed by the provincial English-speaking population. The proportion of those living in census family households in the regional English-speaking population is similar to the proportion in the regional French-speaking majority population.
- In MRC Le Haut-Saint-François, we find 1,675 English speakers living in census family households where they account for 79.2% of the population. This share is similar to that accounted for by English speakers across the Estrie 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 Le Haut-Saint-François.

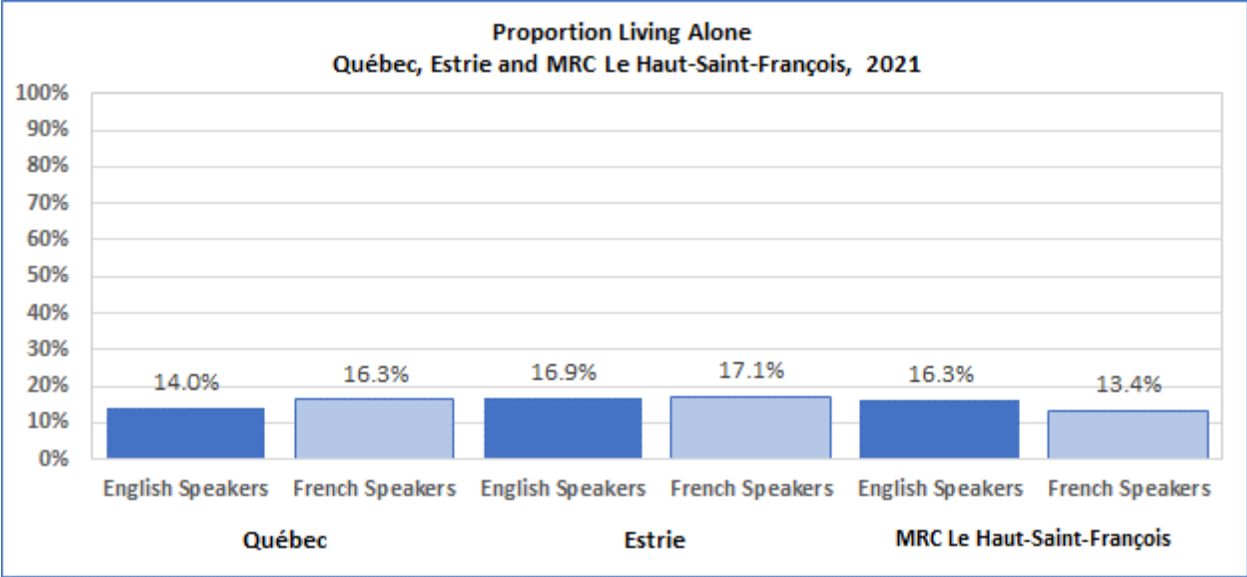
<sup>10</sup>According to Statistics Canada, a "Census family is defined as a married couple and the children, if any, of either and/or both spouses; a couple living common law and the children, if any, of either and/or both partners; or a parent of any marital status in a one-parent family with at least 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.



**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 4,440 English speakers living in lone-parent families in the Estrie region where they account for 11.1% 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 lower than that found in the provincial English-speaking population.
- In MRC Le Haut-Saint-François, we find 315 English speakers living in lone-parent families where they represent 14.9% of the population. This is much higher than the proportion represented by the French-speaking majority population in MRC Le Haut-Saint-François. The proportion of English speakers living in lone-parent families in MRC Le Haut-Saint-François is much higher than the proportion we find for English speakers across the Estrie region.



**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 6,765 English speakers living alone in the Estrie region, where they account for 16.9% 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 Le Haut-Saint-François we find 345 English speakers living alone, where they represent 16.3% of the population. This share is similar to that exhibited by English speakers across the Estrie region. The proportion of those living alone in the territory's English-speaking population is much higher than the proportion exhibited by the French-speaking majority population in MRC Le Haut-Saint-François.

## Low-Income Cut-off

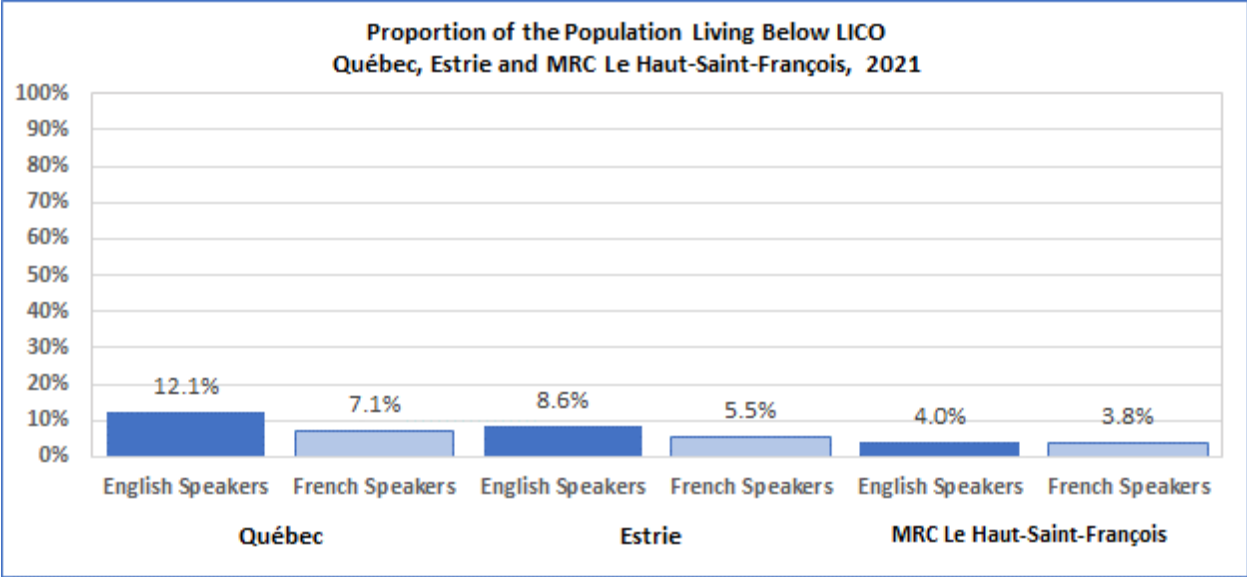
Although there is no official measure of poverty in Canada, the Statistics Canada measure of Low-income cut-offs (LICO) is probably the best known. Commonly known as the “poverty line”, LICO uses the income levels of a given family and considers how large a share of its income is spent on necessities 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.”<sup>11</sup> 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		Estrie		MRC Le Haut-Saint-François	
	English	French	English	French	English	French
Total - Age groups	148,545	491,540	3,425	24,295	85	780
0-14 years	16,915	56,870	400	2,300	-	140
15-24 years	30,265	65,630	575	3,780	-	45
25-44 years	44,260	105,500	930	4,570	20	150
45-64 years	32,270	136,215	1,045	8,280	40	360
65+ years	24,845	127,330	475	5,370	-	80
<b>Proportion of those below LICO across age groups</b>						
Total - Age groups	12.1%	7.1%	8.6%	5.5%	4.0%	3.8%
0-14 years	8.9%	4.9%	7.0%	3.2%	-	3.7%
15-24 years	19.4%	9.1%	12.9%	8.3%	-	2.4%
25-44 years	11.9%	5.9%	9.7%	4.4%	4.7%	3.2%
45-64 years	10.0%	7.1%	9.8%	6.9%	6.3%	6.3%
65+ years	13.5%	9.2%	5.0%	5.5%	-	1.9%

*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.*

<sup>11</sup> 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.



**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 3,425 English speakers living below LICO in the Estrie region, where they represent 8.6% of the regional English-speaking population. The proportion of those living below LICO in the regional English-speaking population is much higher than the proportion found in the regional French-speaking majority population. This English-speaking regional proportion in Estrie is much lower than the proportion for Quebec's English speakers in general.
- In MRC Le Haut-Saint-François, we find 85 English speakers living below LICO, where they represent 4.0% of the English-speaking population. This level is similar to 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 Estrie.

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

The number of English speakers for this measure was too low to report.

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

The number of English speakers for this measure was too low to report.

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

Population Living Below the Low-Income Cut-off Level, by Household Living Arrangements	Québec		Estrie		MRC Le Haut-Saint-François	
	English	French	English	French	English	French
Total - Household living arrangements	148,545	491,540	3,425	24,295	85	780
Total persons in census family households	63,075	162,730	1,290	6,580	0	255
Persons in two-parent households	41,135	90,185	755	3,635	0	140
Persons in single-parent households	21,935	72,545	535	2,940	0	115
Total persons in non-census family households	85,470	328,810	2,135	17,730	60	525
Living with relatives	3,675	10,330	55	425	0	35
Living with non-relatives only	29,710	72,645	655	3,850	20	95
Living alone	52,090	245,835	1,405	13,430	40	395
<b>Proportion of those below LICO, by household living arrangements</b>						
Total - Household living arrangements	12.1%	7.1%	8.6%	5.5%	4.0%	3.8%
Total persons in census family households	6.5%	3.0%	4.2%	1.9%	-	1.5%
Persons in two-parent households	5.0%	1.9%	2.9%	1.2%	-	0.9%
Persons in single-parent households	15.1%	9.1%	12.0%	6.4%	-	5.7%
Total persons in non-census family households	33.3%	22.4%	23.2%	18.8%	13.5%	14.8%
Living with relatives	13.2%	8.2%	7.0%	6.4%	-	8.4%
Living with non-relatives only	53.4%	34.7%	39.6%	30.1%	44.4%	23.2%
Living alone	30.1%	21.7%	20.8%	17.9%	11.3%	14.5%

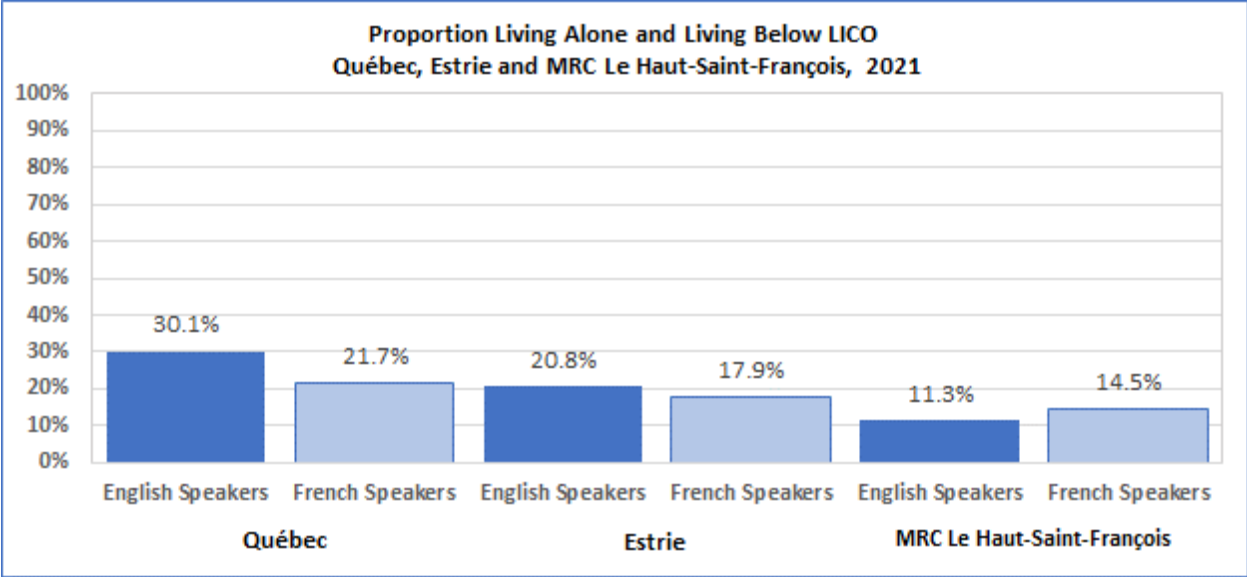
*Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Population in private households - 25% sample. The percentages given here compare the number below LICO in a given household living arrangement with the total number in that arrangement as presented in "Table 4 - Household Living Arrangements" in this document.*

**Persons in census family households living below the low-income cut-off (LICO)**

The number of English speakers for this measure was too low to report.

**Persons in lone-parent families living below the low-income cut-off (LICO)**

The number of English speakers for this measure was too low to report.



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

- Across Québec, there were 52,090 English-speaking persons living alone and below LICO. This group represents 30.1% of the English-speaking population living alone. The proportion of English-speaking persons living alone and below LICO is much higher than that found in the French-speaking majority population in Quebec living alone.
- In 2021, there were 1,405 English-speaking persons living alone and below LICO in the Estrie region where they account for 20.8% of the regional English-speaking population living alone. The proportion of those persons living alone and below LICO in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much lower than that experienced by the provincial English-speaking population.
- In MRC Le Haut-Saint-François, we find 40 English-speaking persons living alone and below LICO where they represent 11.3% of the English-speaking population living alone. This is much lower than the proportion experienced by the French-speaking majority population living alone in the same territory. The proportion of those persons living alone and below LICO in the territory's English-speaking population is much lower than the proportion experienced by English speakers across the Estrie region.



## ***Highest Educational Attainment***

In many ways, education is an important determinant of the health status of a community. In Canada, the level of education achieved by an individual tends to be an indicator of social status, and ideally, a predictor of economic opportunity. The overall level of health literacy and preventative health practice enjoyed by a community also tends to be associated with the years of schooling by those included among its members<sup>12</sup>. 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.<sup>13</sup>

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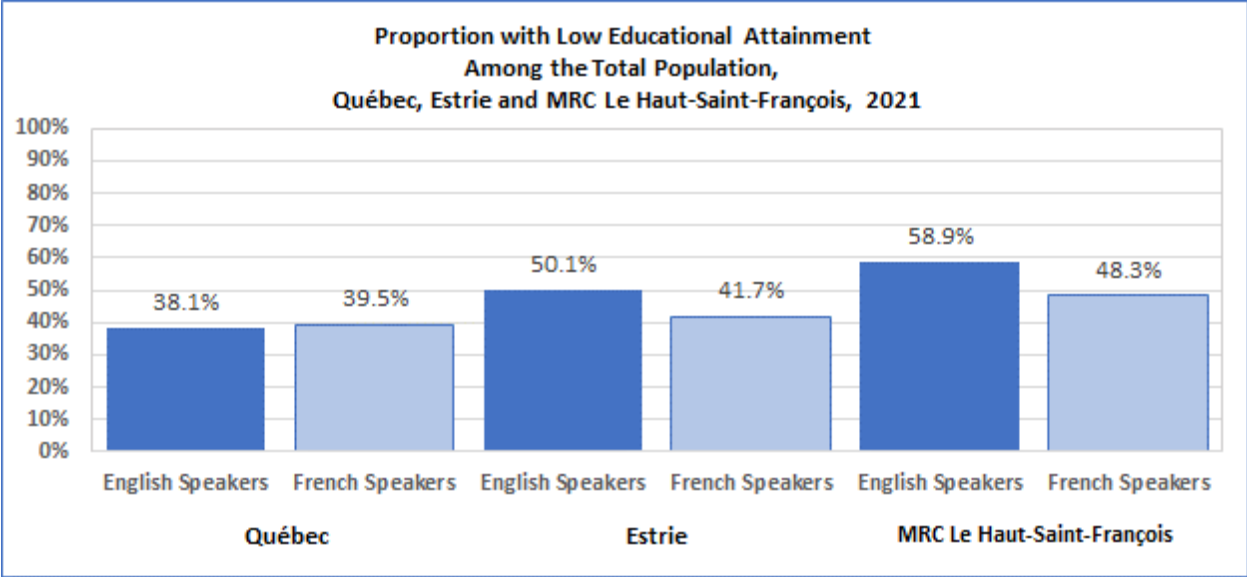
<sup>12</sup>For further discussion of education as a health determinant see Raphael, D., Bryant, T., Mikkonen, J. and Raphael, A. (2020). *Social Determinants of Health: The Canadian Facts*. (2<sup>nd</sup> edition) / *Déterminants sociaux de la santé : les réalités canadiennes*, (2e édition). Oshawa: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

<sup>13</sup>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](https://refips.org/wp-content/uploads/2020/12/COVID19_SOC_UIPES_REFIPS_final.pdf)

**Table 7 - Highest Educational Certification, for Selected Age Groups**

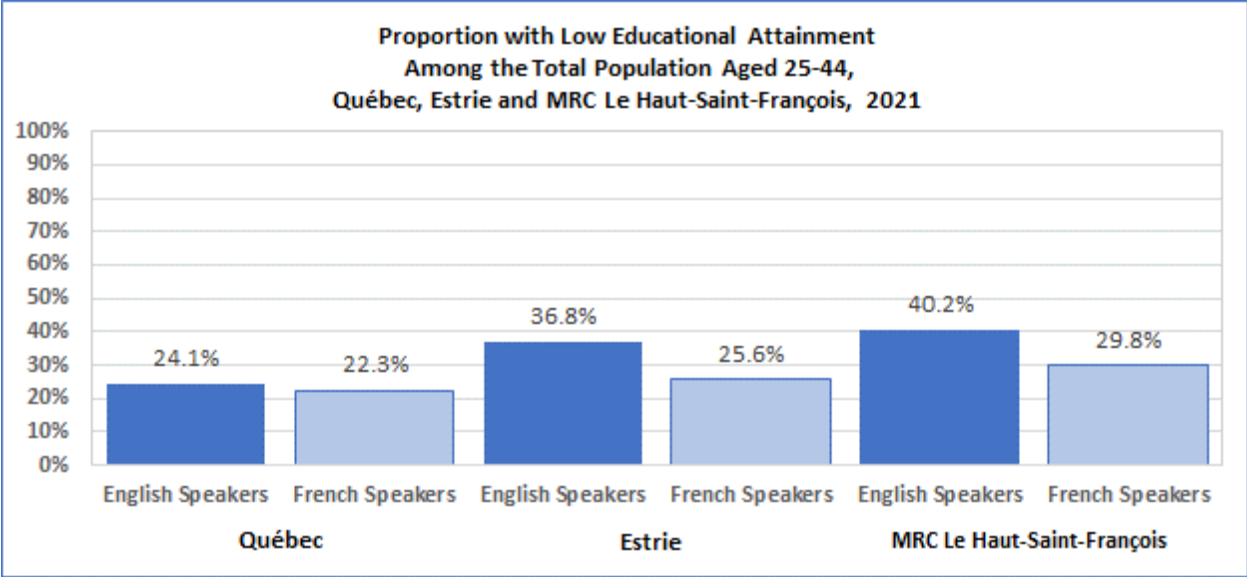
Total Population by Highest Educational Certification		Québec		Estrie		MRC Le Haut-Saint-François	
		English	French	English	French	English	French
Total	Total	1,049,640	5,811,880	34,290	367,820	1,835	16,600
	25-44 years	377,080	1,787,550	9,635	102,825	435	4,695
	45-64 years	327,965	1,915,975	10,700	120,730	640	5,730
High school diploma or less	Total	399,730	2,293,515	17,195	153,550	1,080	8,015
	25-44 years	90,820	398,185	3,545	26,280	175	1,400
	45-64 years	112,980	657,060	5,145	43,820	375	2,505
Apprenticeship or trades certificate or diploma	Total	86,445	1,007,585	4,315	69,775	270	4,255
	25-44 years	33,445	393,840	1,700	26,365	100	1,665
	45-64 years	31,405	376,435	1,430	25,930	80	1,655
College, CEGEP or other non-university certificate or diploma	Total	178,355	1,020,485	4,740	62,835	250	2,275
	25-44 years	61,330	344,935	1,415	19,700	55	800
	45-64 years	62,200	367,785	1,575	22,160	85	875
University certificate or diploma below bachelor level	Total	31,300	220,170	715	11,765	25	340
	25-44 years	11,810	67,990	210	2,905	-	70
	45-64 years	12,100	81,910	240	4,190	-	140
University certificate, diploma or degree at bachelor level or above	Total	353,815	1,270,135	7,345	69,905	210	1,705
	25-44 years	179,675	582,605	2,775	27,585	80	740
	45-64 years	109,275	432,785	2,315	24,620	75	545
High school diploma or less	Total	38.1%	39.5%	50.1%	41.7%	58.9%	48.3%
	25-44 years	24.1%	22.3%	36.8%	25.6%	40.2%	29.8%
	45-64 years	34.4%	34.3%	48.1%	36.3%	58.6%	43.7%
Apprenticeship or trades certificate or diploma	Total	8.2%	17.3%	12.6%	19.0%	14.7%	25.6%
	25-44 years	8.9%	22.0%	17.6%	25.6%	23.0%	35.5%
	45-64 years	9.6%	19.6%	13.4%	21.5%	12.5%	28.9%
College, CEGEP or other non-university certificate or diploma	Total	17.0%	17.6%	13.8%	17.1%	13.6%	13.7%
	25-44 years	16.3%	19.3%	14.7%	19.2%	12.6%	17.0%
	45-64 years	19.0%	19.2%	14.7%	18.4%	13.3%	15.3%
University certificate or diploma below bachelor level	Total	3.0%	3.8%	2.1%	3.2%	1.4%	2.0%
	25-44 years	3.1%	3.8%	2.2%	2.8%	-	1.5%
	45-64 years	3.7%	4.3%	2.2%	3.5%	-	2.4%
University certificate, diploma or degree at bachelor level or above	Total	33.7%	21.9%	21.4%	19.0%	11.4%	10.3%
	25-44 years	47.6%	32.6%	28.8%	26.8%	18.4%	15.8%
	45-64 years	33.3%	22.6%	21.6%	20.4%	11.7%	9.5%

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



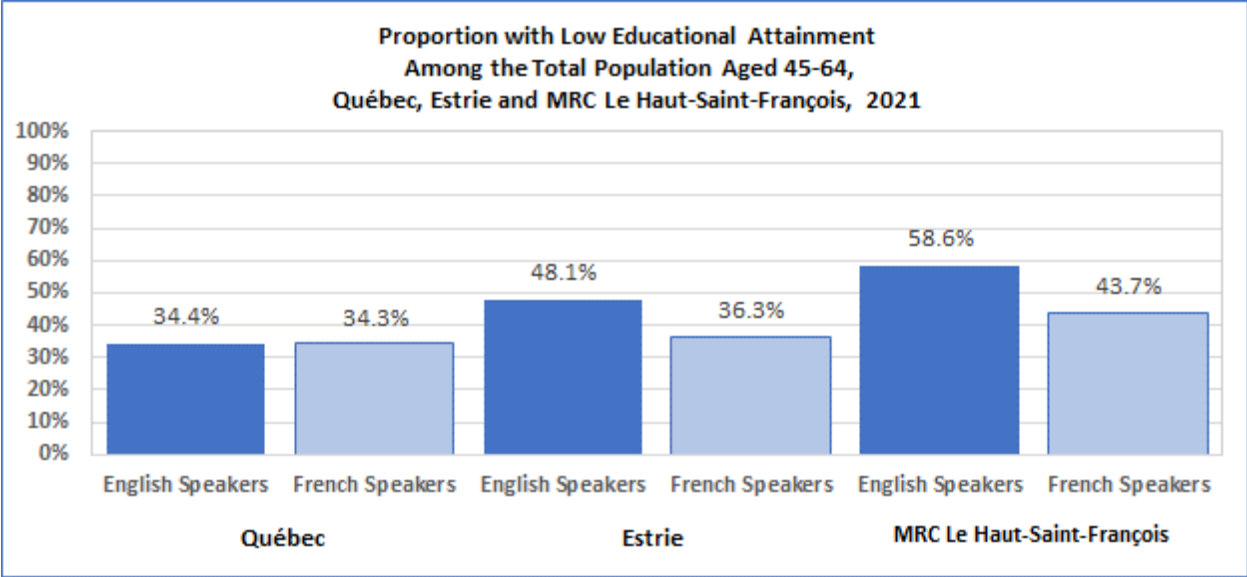
**Population aged 15+, high school diploma or less**

- 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 Québec.
- In 2021, there were 17,195 English speakers aged 15 and over with a high school diploma or less in the Estrie region where they account for 50.1% 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 Le Haut-Saint-François, we find 1,080 English speakers aged 15 and over with a high school diploma or less where they represent 58.9% 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 higher than the proportion exhibited by the English speakers across the Estrie region.



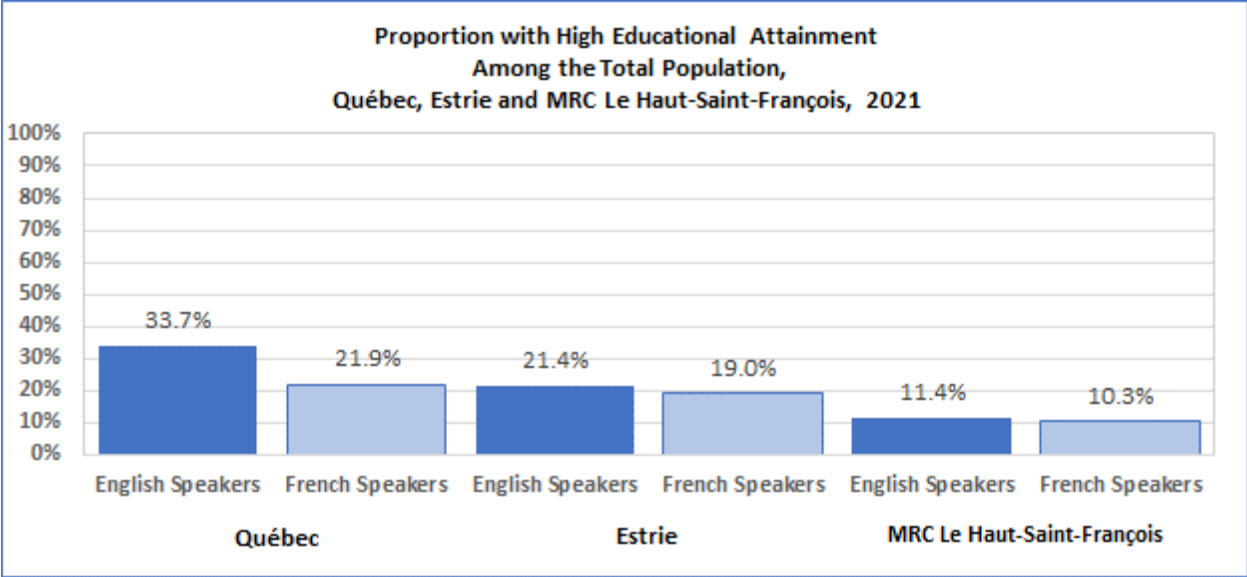
**Population 25-44, high school diploma or less**

- Across Québec, there were 90,820 English speakers aged 25-44 with a high school diploma or less. This group represents 24.1% 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 2021, there were 3,545 English speakers aged 25-44 with a high school diploma or less in the Estrie region where they account for 36.8% 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 Le Haut-Saint-François, we find 175 English speakers aged 25-44 with a high school diploma or less where they comprise 40.2% 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 Estrie region.



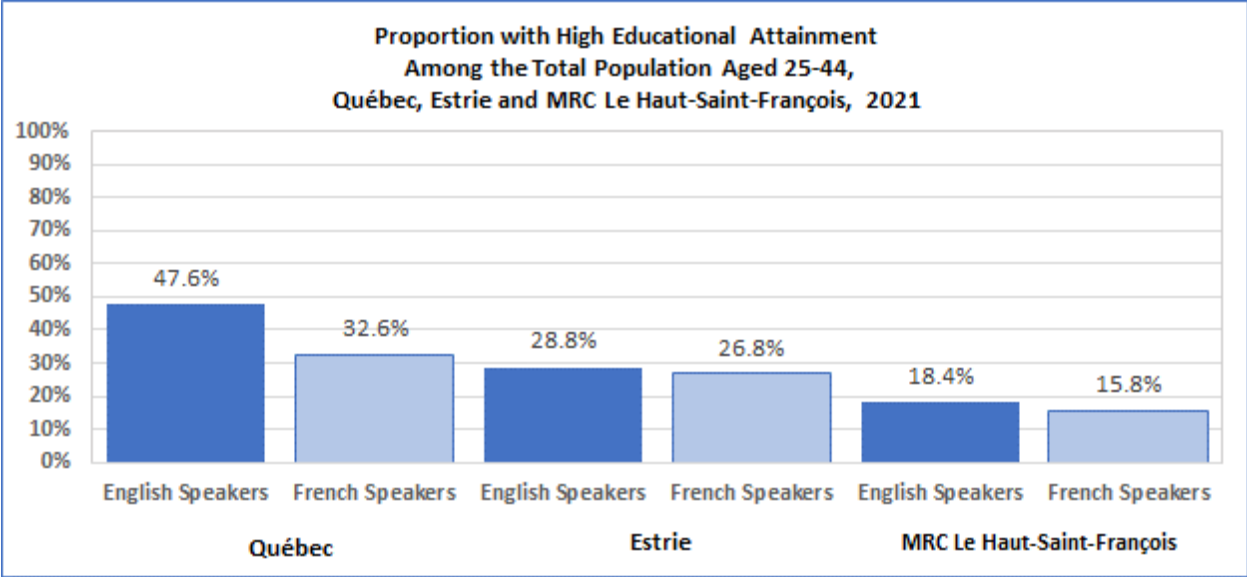
**Population 45-64, high school diploma or less**

- 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 5,145 English speakers aged 45-64 with a high school diploma or less in the Estrie region where they account for 48.1% 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 Le Haut-Saint-François, we find 375 English speakers aged 45-64 with a high school diploma or less where they comprise 58.6% 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 much higher than the proportion exhibited by English speakers across the region.



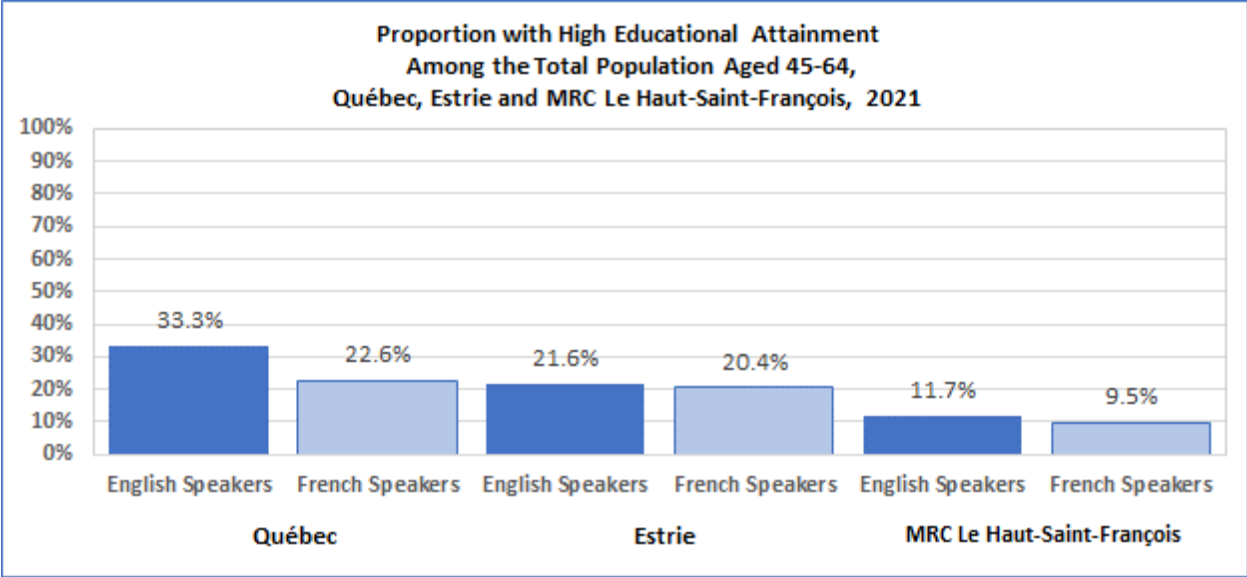
**Population aged 15+, university degree or higher**

- 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 7,345 English speakers aged 15 and over with a university degree or higher in the Estrie region where they account for 21.4% of the regional English-speaking population. The proportion of those aged 15 and over with a university degree or higher in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much lower than that exhibited by the province's English speakers.
- In MRC Le Haut-Saint-François, we find 210 English speakers aged 15 and over with a university degree or higher where they represent 11.4% of the English-speaking population. This is higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 15 and over with a university degree or higher in the territory's English-speaking population is much lower than the proportion exhibited by English speakers across the region.



**Population 25-44, university degree or higher**

- In Québec in 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 2,775 English speakers aged 25-44 with a university degree or higher in the Estrie where they represent 28.8% of the regional English-speaking population. The proportion of those aged 25-44 with a university degree or higher in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much lower than that exhibited by the province's English speakers.
- In MRC Le Haut-Saint-François, we find 80 English speakers aged 25-44 with a university degree or higher where they comprise 18.4% of the English-speaking population. This is higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those aged 25-44 with a university degree or higher in the territory's English-speaking population is much lower than the proportion exhibited by English speakers across the region.



**Population 45-64, university degree or higher**

In Québec in 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 2,315 English speakers aged 45-64 with a university degree or higher in the Estrie region where they represent 21.6% of the regional English-speaking population. The proportion of those aged 45-64 with a university degree or higher in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This regional English-speaking proportion is much lower than that exhibited by the province's English speakers.

In MRC Le Haut-Saint-François, we find 75 English speakers aged 45-64 with a university degree or higher where they comprise 11.7% 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.<sup>14</sup>

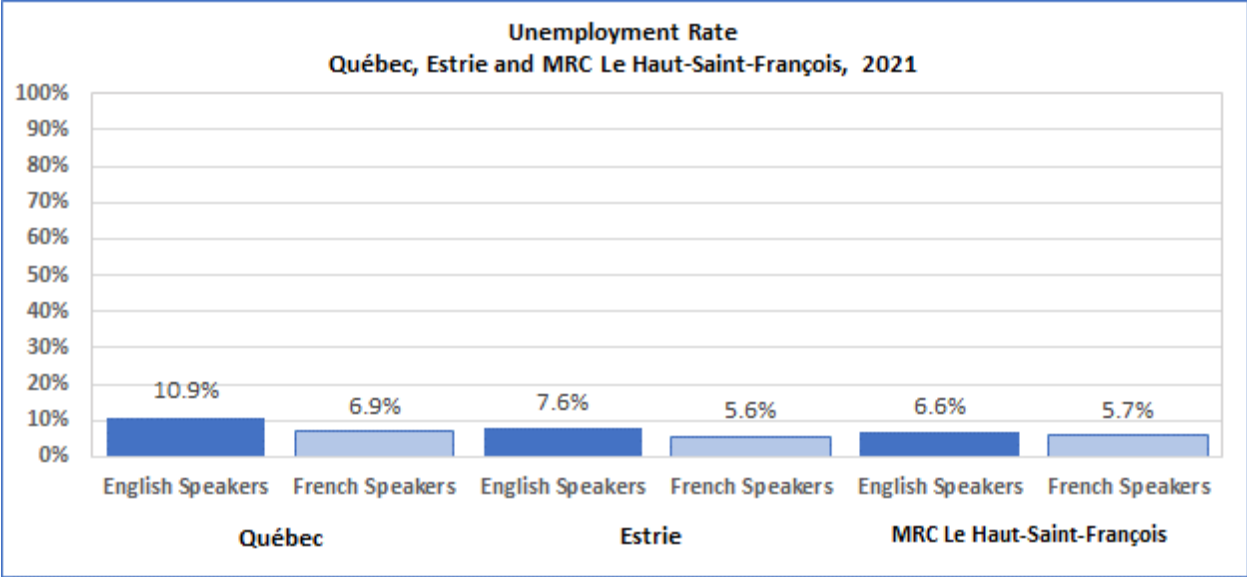
**Table 8 - Labour Force Activity**

Total Population by Labour Force Activity	Québec		Estrie		MRC Le Haut-Saint-François	
	English	French	English	French	English	French
Total - Labour force activity	1,049,640	5,811,880	34,290	367,820	1,835	16,600
In the labour force	699,015	3,721,255	20,485	227,030	1,065	10,280
Employed	623,105	3,465,265	18,915	214,255	985	9,690
Unemployed	75,910	255,990	1,565	12,780	70	590
Out of the labour force	350,625	2,090,630	13,810	140,790	770	6,315
Total - Labour force activity	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
In the labour force	66.6%	64.0%	59.7%	61.7%	58.0%	61.9%
Employed	89.1%	93.1%	92.3%	94.4%	92.5%	94.3%
Unemployed	10.9%	6.9%	7.6%	5.6%	6.6%	5.7%
Out of the labour force	33.4%	36.0%	40.3%	38.3%	42.0%	38.0%

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

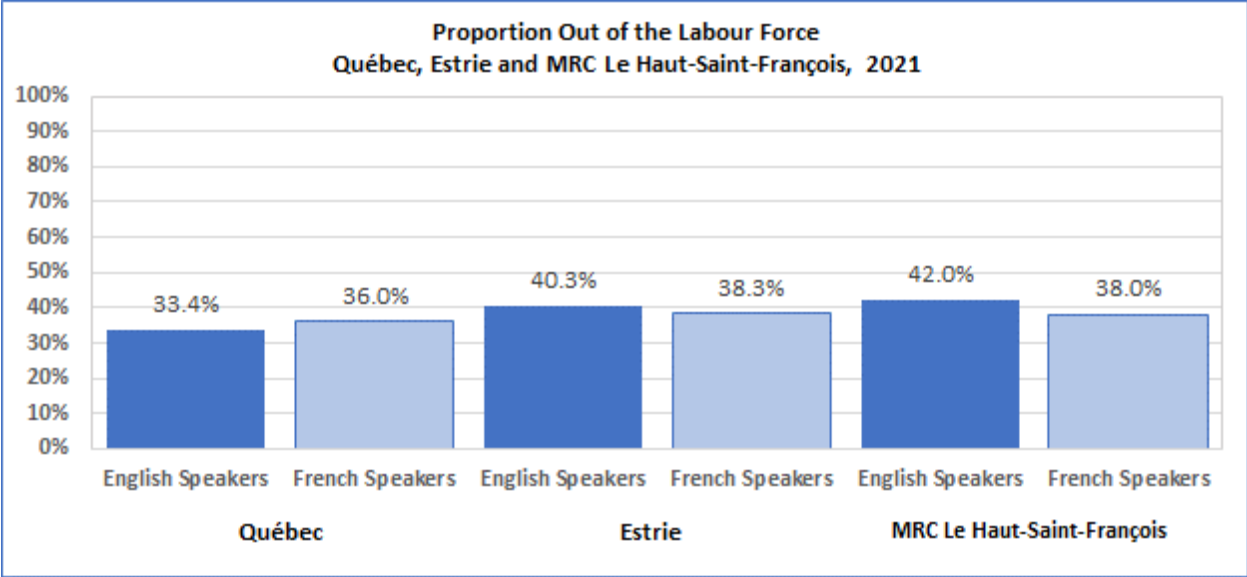
<sup>14</sup>For further discussion of employment and working conditions as health determinants see Raphael, D., Bryant, T., Mikkonen, J. and Raphael, A. (2020). *Social Determinants of Health: The Canadian Facts*. (2<sup>nd</sup> edition) / *Déterminants sociaux de la santé : les réalités canadiennes*,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

<https://thecanadianfacts.org/>



**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 1,565 unemployed English speakers in the Estrie region where they experienced an unemployment rate of 7.6%. 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 lower than that experienced by the provincial English-speaking population.
- In MRC Le Haut-Saint-François, we find 70 unemployed English speakers resulting in an unemployment rate of 6.6%. This is 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 lower than the unemployment rate experienced by English speakers across the Estrie region.



**Out of the labour force<sup>15</sup>**

- 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 13,810 English speakers out of the labour force in the Estrie region where they comprise 40.3% of the regional English-speaking population aged 15+. The proportion of those out of the labour force in the regional English-speaking population is higher than the proportion in the regional French-speaking majority population. This English-speaking regional proportion is much higher than that exhibited by the provincial English-speaking population.
- In MRC Le Haut-Saint-François, we find 770 English speakers out of the labour force where they account for 42.0% of the English-speaking population. This is higher than the proportion exhibited by the French-speaking majority population in the same territory. The proportion of those out of the labour force in the territory's English-speaking population is similar to the proportion exhibited by English speakers across the Estrie region.

<sup>15</sup>The Statistics Canada category “[out of the labour force](http://www12.statcan.gc.ca/nhs-enm/2011/ref/dict/99-000-x2011001-eng.pdf)” 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<sup>16</sup>**

<b>Number and Proportion of English and French Speakers in Estrie by MRC Territory, 2021</b>				
<b>Geography</b>	<b>Total Population</b>	<b>French Speakers</b>	<b>English Speakers</b>	<b>Proportion of English Speakers</b>
Québec	8,406,905	7,074,330	1,253,580	14.9%
Estrie	488,600	445,985	40,915	8.4%
MRC Le Granit	21,800	21,395	370	1.7%
MRC Les Sources	14,430	13,885	510	3.5%
MRC Le Haut-Saint-François	22,735	20,395	2,310	10.2%
MRC Le Val-Saint-François	31,005	28,730	2,240	7.2%
Sherbrooke	170,550	158,990	10,425	6.1%
MRC Coaticook	18,800	16,655	2,110	11.2%
MRC Memphrémagog	54,300	46,420	7,850	14.5%
MRC Brome-Missisquoi	63,565	52,065	11,425	18.0%
MRC La Haute-Yamaska	91,420	87,450	3,695	4.0%
<i>Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Total population excluding institutional residents - 100% sample.</i>				

<sup>16</sup>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

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