



# SOCIO-DEMOGRAPHIC PROFILE OF QUÉBEC'S ENGLISH-SPEAKING YOUTH AGED 15-29

2021 CENSUS DATA

PRODUCED BY DR. JOANNE POCOCK FOR THE  
COMMUNITY HEALTH AND SOCIAL SERVICES NETWORK

**CHSSN**

COMMUNITY HEALTH &  
SOCIAL SERVICES NETWORK

RÉSEAUX COMMUNAUTAIRE DE  
SANTÉ ET DE SERVICES SOCIAUX

# Acknowledgements

This report was prepared for the Community Health and Social Services Network by research consultant Joanne Pocock, PhD for the Community Health and Social Services Network (CHSSN).

The views expressed herein do not necessarily represent those of Health Canada.

Any changes to this document must be approved by the author to ensure accuracy. If excerpts from this text are used in other publications, the source must be identified.

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# Report Highlights

## Population Size

Today's English-speaking youth are located in a population of 1,253,580 English speakers living in Québec. A minority within a minority, Québec's English speakers comprise 14.9% (2021) of the total provincial population. Québec's English-speaking communities range from close to 700,000 on the island of Montréal, and large population counts in nearby Montérégie (188,440) and Laval (104,525), to tiny populations in areas such as Bas-Saint-Laurent (1,465), Saguenay Lac-Saint-Jean (2,150) and Îles-de-la-Madeleine (660).

There are 256,835 English-speaking youth (15-29) living in Québec and they form a substantial 20.5% of their language population. To compare, French-speaking youth aged 15-29 years comprise 16.3% of Québec's majority language group.

## Visible Minority Communities

When all ages are combined, 35.9% of Québec's English-speaking citizens are also members of a visible minority community. At 43.1%, English-speaking youth (15-29) exceed the provincial norm in their tendency to be members of a visible minority. The proportion of youth who are also members of a visible minority group varies widely by region from 60.9% in the Nord-de-l'Île-de-Montréal region and 59.9% in Centre-Ouest-de-l'Île-de-Montréal to 3.3% in Côte-Nord and 1.9% in Gaspésie.

When English and French speakers aged 15 to 29 years are compared, young English speakers are much more likely to be members of a visible minority group. A substantial 43.1% (35.1% in 2016) of Québec's English-speaking youth are members of a visible minority compared to 16.7% (12.6% in 2016) of French speakers the same age.

## Low Income

In 2021, English speakers living in Québec (15-29) were much more likely to be living on a low income (\$20,000 or less) when compared to the provincial average for all ages combined. Among English-speaking youth, close to 70% (68.2%) are located in a low-income bracket compared to 38.5% of the total English-speaking population (15+).

Provincially, in 2021, 50.2% of English-speaking youth compared with 43.1% of French-speaking youth who were living on a low-income. When English-speaking youth are compared to majority language youth in their regional communities, they have a higher tendency to have an income of \$20k or less in 20 of 22 Québec regions.

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## Living Below the Low-income cut-off (LICO)

When compared to the overall situation of the English-speaking population across the province of Québec, English-speaking youth (15-29) are more likely to be experiencing socio-economic vulnerability. Among English-speaking youth, 18.1% (23.6% in 2016) are living below the low-income cut-off which is higher than the norm of 12.1% (17.8% in 2016) for the English-speaking population (all ages). When comparison is drawn between the proportion of English-speaking (18.1%) and French-speaking youth (8.7%) living below LICO, English speakers are more likely to be living in poverty.

## Lone-parent Households

When all ages are included, 12.1% of English-speaking Québécois dwell in a lone parent household arrangement. This may be a young person living in the household of their single parent or a young person who is a single parent with their own household. At 16.8%, English-speaking youth (15-29) exceed the provincial norm for English speakers in their tendency to live in single parent families. The proportion of youth living in a lone-parent family varies widely by region from 25.5% in the Nord-du-Québec region and 25% in Côte-Nord to 8.9% in Centre-Sud-de-l'Île-de-Montréal and 10.3% in Bas-Saint-Laurent.

The variance between the youth of minority and majority language populations in their tendency to be living in a lone parent family is substantial. In some regions such as Nord-du-Québec 25.5% of English speakers are living in a lone-parent family compared to 20.6% of French speakers of the same age. In Îles-de-la-Madeleine 17.9% of English-speaking youth compared to 14% of French-speaking youth live in lone-parent households.

## Unemployment

In 2021, 14.4% (13.3% in 2016) of Québec's English-speaking youth (15-29) were unemployed which was higher than the norm of 10.9% (8.9% in 2016) for the provincial English-speaking population as a whole (all ages). The variance between this age group and the provincial average for unemployment among English speakers is even greater in some regions. For example, in Gaspésie, 22.9% of English-speaking youth (15-29) are unemployed compared to 17.5% of the total of English-speakers residing in the same territory.

Provincially, when comparison is drawn between the proportion of English-speaking youth (14.4%) and French-speaking youth (9%), the minority language group displays a higher level of unemployment and the gap between majority and minority language youth is substantially wider in several regions.

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## Educational Attainment

When compared to the overall situation of the English-speaking population across the province of Québec, English-speaking youth (15-29) are more likely to report low educational attainment. Among English-speaking youth, 49.6% (51.6% in 2016) report high school leaving or less as their highest level of educational attainment which is higher than the norm of 38.1% (40.7% in 2016) for the English-speaking population (all ages).

This varies regionally. In Nord-du-Québec 80.6% of English-speaking youth have a high school diploma or less as their highest level of educational attainment compared to 51.6% of French-speaking youth. In Abitibi-Témiscamingue, 68.2% of youth 15-29 years of age report low educational attainment compared to 52.6 % of Francophones the same age.

In 2021, 23.8% (20.4% in 2016) of English-speaking youth residing in Québec claimed a university diploma or degree at the bachelor level or above as their highest level of educational attainment. This compares with 16.1% (13.9% in 2016) of French-speaking youth. This varies by region among English-speaking youth ranging from 46.2% in Centre-Sud-de-l'Île-de-Montréal and 34.9% in Centre-Ouest-de-l'Île-de-Montréal to 3.3% in Côte-Nord and 5.8% in Gaspésie.

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# Introduction

## About Community Health and Social Services Network (CHSSN)

The Community Health and Social Services Network (CHSSN) is a provincial organization bringing together a network of over 70 members. They represent the health and social services needs and priorities of English-speakers and collaborate with government, service providers and community organizations to develop innovative and sustainable solutions to improve access to health and social services for English-speaking Québécois. The CHSSN also acts as an important fiduciary for foundations, federal and provincial governments managing approximately 200 funded projects.

## This Report

This report profiles the situation of English-speaking citizens of Québec who are engaged in the numerous transitions that are typically encountered between the ages of 15 and 29 in the critical passage from childhood to adulthood. Youth is a stage of life characterized by challenges that can be decisive in the quality of life of individuals and their communities and for most Québécois aged 15-29, these milestones are: completing school, gaining occupational experience and even starting a family and establishing a household. This report offers current information organized to support “the village” - from policymakers and program managers to public institutions, community organizations and networks - whose actions impact the lives of minority language youth striving to build their future and the future of all Québec’s citizens<sup>1</sup>.

## Methodology

### Data Source

Drawn from the 2021 Census of Canada, these series of tables illustrate the key socio-demographic information on the population aged 15 to 29 of Québec’s English-speaking communities in accordance with Québec’s RTS regions (*réseau territorial de services*). The statistics for population size and age structure 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.

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<sup>1</sup> Secrétariat à la Jeunesse du Québec (2016). *The 2030 Québec Youth Policy -Working Together for Current and Future Generations*. [www.jeunes.gouv.qc.ca/publications/documents/pqj-2030-faits-saillants-en.pdf](http://www.jeunes.gouv.qc.ca/publications/documents/pqj-2030-faits-saillants-en.pdf)

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The CHSSN 2021 dashboards which accompany the profiles for the English-speaking youth of Québec (15-29) rely on the same data sources.<sup>2</sup>

### Demographic and Socio-economic Characteristics

The tables include information on 15 to 29-year-old English-speakers' numbers, where they live and their living arrangements, their socio-economic status, their status as recent immigrants to Québec and whether they identify as a visible minority. Each table profile provides provincial and regional statistics for selected characteristics as well as comparisons between French-speaking majority and English-speaking minority populations within these administrative territories.

The demographic and socio-economic variables addressed in this report are:

1. Population size and proportion
2. Household living arrangements
3. Visible minority status
4. Income
5. Low-income cut-off (LICO)
6. Educational attainment
7. Labour force activity

### Definitions

These profiles draw data from the Statistics Canada 2021 Census of Canada<sup>3</sup> and are organized in accordance with its definitions and concepts.

- Language: 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. These profiles use the First Official Language Spoken (FOLS) definition with multiple responses proportionally distributed since it best reflects the total English-speaking health service users in the province. First Official Language Spoken is derived from three census questions: knowledge of official languages, mother tongue and home language. Dual responses are divided equally among English-speaking and French-speaking groups. Other definitions include Mother tongue which refers to the first language learned at home in childhood and still understood. The language most often spoken at home is used to designate the home language. Knowledge of official languages indicates the official language in which a person can carry on a conversation. The language used most often at work indicates the language spoken most

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<sup>2</sup> <https://chssn.org/document-category/socio-demographic-profiles-and-baseline-data-reports/>

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



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frequently at work.

- Youth: in the interests of this document, refers to individuals 15-29 years of age.
- RSS: the *régions sociosanitaires* which corresponds to the health regions of Québec.
- RTS: the *réseau territorial des services* which corresponds to the territories covered by the CISSS and CIUSSS entities.
- Immigrants: includes persons who are, or who have ever been, landed immigrants or permanent residents of Canada who were born outside Canada along with persons with student or working visas. Temporary foreign workers are not included in this concept.
- Recent immigrants: refers to immigrants who first obtained their landed immigrant or permanent resident status in Canada in the five years prior to a given census. Educational attainment: persons with low education attainment are those with only a high school graduation certificate or less while those with high educational attainment are those with a university bachelor's degree or higher. This includes current high school students.
- Income: persons with low income are those with an individual income of \$20k or less while those with high income reported \$50k or more. This includes income from all sources.
- Low-income cut-off (LICO): defined as the income below which a family is likely to spend 20% or more of its income on food, shelter and clothing than the average family.
- Unemployment: In order to be counted as unemployed you have to be out of work, looking for work, and able to accept a job if one is offered to you. If you are out of work and not looking, then you are considered "not in the labor force" rather than unemployed.
- Out of the Labour Force: Persons who are neither employed nor unemployed are not in the labor force. This category includes retired persons, students, those taking care of children or other family members, and others who are neither working nor seeking work.
- Census family households are those with a married couple (with or without children), or a couple living common-law (with or without children), or a lone parent living with one or more children (lone-parent family). Non-census family households are those with either one person living alone in a private dwelling or a group of two or more people who share a private dwelling, but who do not constitute a census family.
- Visible minority: The concept of visible minorities in the Canadian context is provided by the Employment Equity Act which refers to, "persons, other than Aboriginal peoples, who are non-Caucasian in race or non-white in colour." Under this definition, regulations specify the following groups as visible minorities: Chinese, South Asians, Blacks, Arabs, West Asians, Filipinos, Southeast Asians, Latin Americans, Japanese, Koreans and other visible minority groups, such as Pacific Islanders"<sup>4</sup>

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<sup>4</sup> See Statistics Canada. <https://www23.statcan.gc.ca/imdb/p3Var.pl?Function=DECI&Id=62026>

# QUÉBEC'S ENGLISH-SPEAKING COMMUNITIES BY REGIONAL TERRITORY

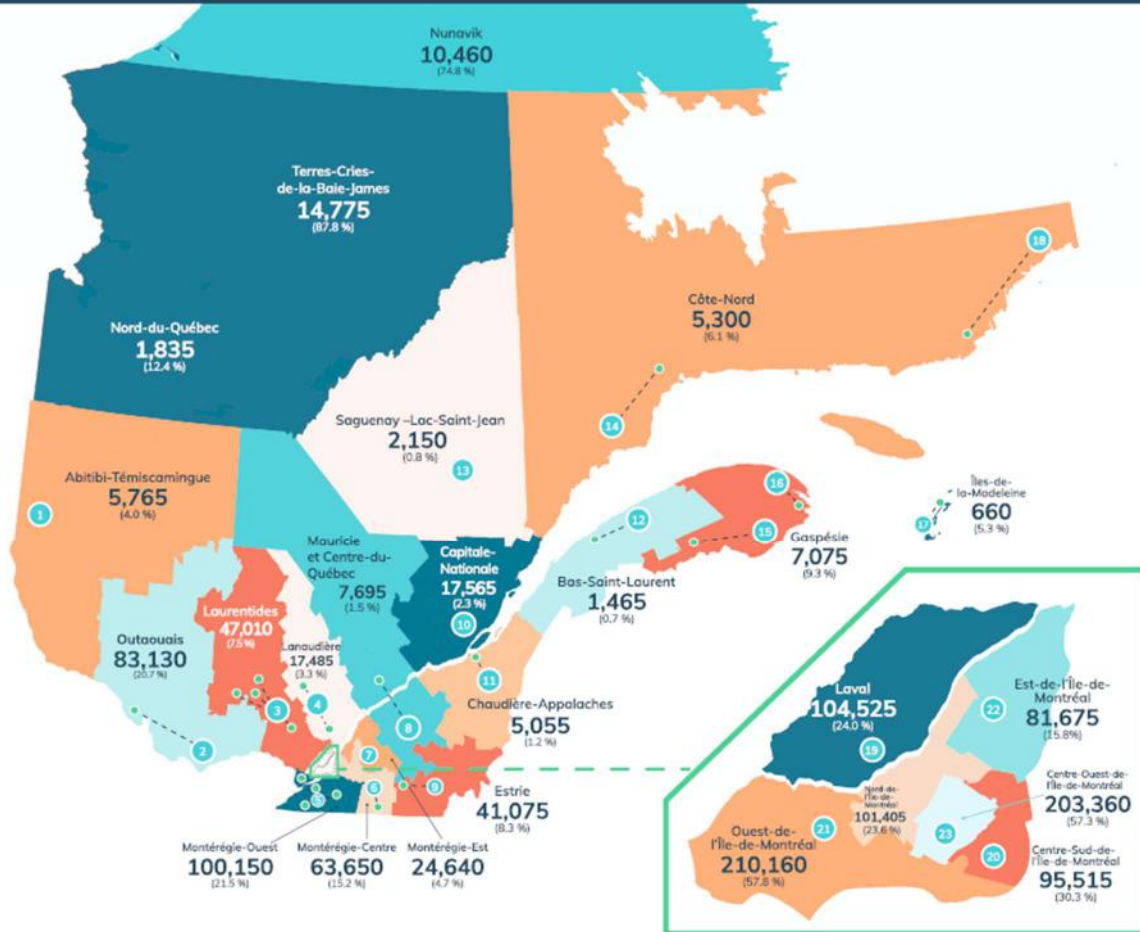


COMMUNITY HEALTH & SOCIAL SERVICES NETWORK  
 RÉSEAU COMMUNAUTAIRE DE SANTÉ ET DE SERVICES SOCIAUX

## Networking and Partnership Initiative Initiative de réseautage et de partenariat (NPI)

Quebec's English-Speaking Communities  
 Les communautés d'expression anglaise du Québec

English-Speaking population in Quebec → **1,253,580** → **14.9%** of Quebec  
 Population d'expression anglaise du Québec  
2021 Census of Canada / Recensement du Canada, 2021



### The CHSSN NPI Network Le réseau NPI du CHSSN

- 1 Abitibi-Témiscamingue**  
Neighbours Regional Association
- 2 Outaouais**  
Connexions Resource Centre
- 3 Laurentides**  
4Korners
- 4 Lanaudière**  
English Community Organization of Lanaudière (ECOL)
- 5 Montérégie-Ouest**  
Montérégie West Community Network (MWCN)
- 6 Montérégie-Centre**  
Assistance and Referral Centre (ARC)
- 7 Montérégie-Est**  
Montérégie East Partnership for the English-Speaking Community (MEPEC)
- 8 Mauricie et Centre-du-Québec**  
Centre for Access to Services in English (CASE)
- 9 Estrie**  
Townshippers' Association
- 10 Capitale-Nationale**  
Jeffery Hale Community Partners (JH Partners)
- 11 Chaudière-Appalaches**  
Megartic English-speaking Community Development Corp. (MCCDC)
- 12 Bas-Saint-Laurent**  
Heritage Lower Saint Lawrence
- 13 Saguenay-Lac-Saint-Jean**  
English Community Organization of Saguenay - Lac-Saint-Jean (ECO-QJ)
- 14 Côte-Nord**  
North Shore Community Association (NSCA)
- 15 Gaspésie**  
Committee for Anglophone Social Action (CASA)
- 16 Gaspésie**  
Vision Gaspé-Perceé Now (VGPN)
- 17 Îles-de-la-Madeleine**  
Council for Anglophone Magdalen Islanders (CAMI)
- 18 Côte-Nord**  
Coasters Association
- 19 Laval**  
AGAPE - The Youth & Parents AGAPE Association Inc.  
Centre-Sud-de-Île-de-Montréal
- 20**  
BGC Dawson - Anglo Family Council (AFC)
- 21 Ouest-de-Île-de-Montréal**  
African Canadian Development & Prevention Network (ACDPN)
- 22 Est-de-Île-de-Montréal**  
East Island Network for English-Language Services (REISA)
- 23 Centre-Ouest-de-Île-de-Montréal**  
Eva Marsden Centre for Social Justice and Aging

Financial contribution from: Avec le financement de: Santé Québec

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## Selected Characteristics

### Size and Share of the English-speaking Population

Québec's English-speaking youth are located in a population of 1, 253,580 English speakers living in Québec. Together, English speakers comprise 14.9% (2021) of the total provincial population. Québec's English-speaking communities range from close to 700,000 on the island of Montréal, and large population counts in nearby Montérégie (188,440) and Laval (104,525), to tiny populations in areas such as Bas-Saint-Laurent (1,465), Saguenay Lac-Saint-Jean (2,150) and Îles-de-la-Madeleine (660). (See Appendix A for tables on population size and proportion and age structure according to RTS.)

Aside from being numerically smaller than the rest of the province's population, the English language communities of Québec meet the criteria generally used to define a minority as a social group including:

- they do not occupy a dominant position
- they have a language and culture distinct from the larger population
- the members of the group have the will to preserve its specificity
- they are citizens of the provincial territory where they reside
- they have a long-term presence as a group in the territory where they reside

Among official language minority communities (OLMC) in Canada, Québec's English-speaking population is the largest, followed by Ontario and New Brunswick's French-speaking populations.

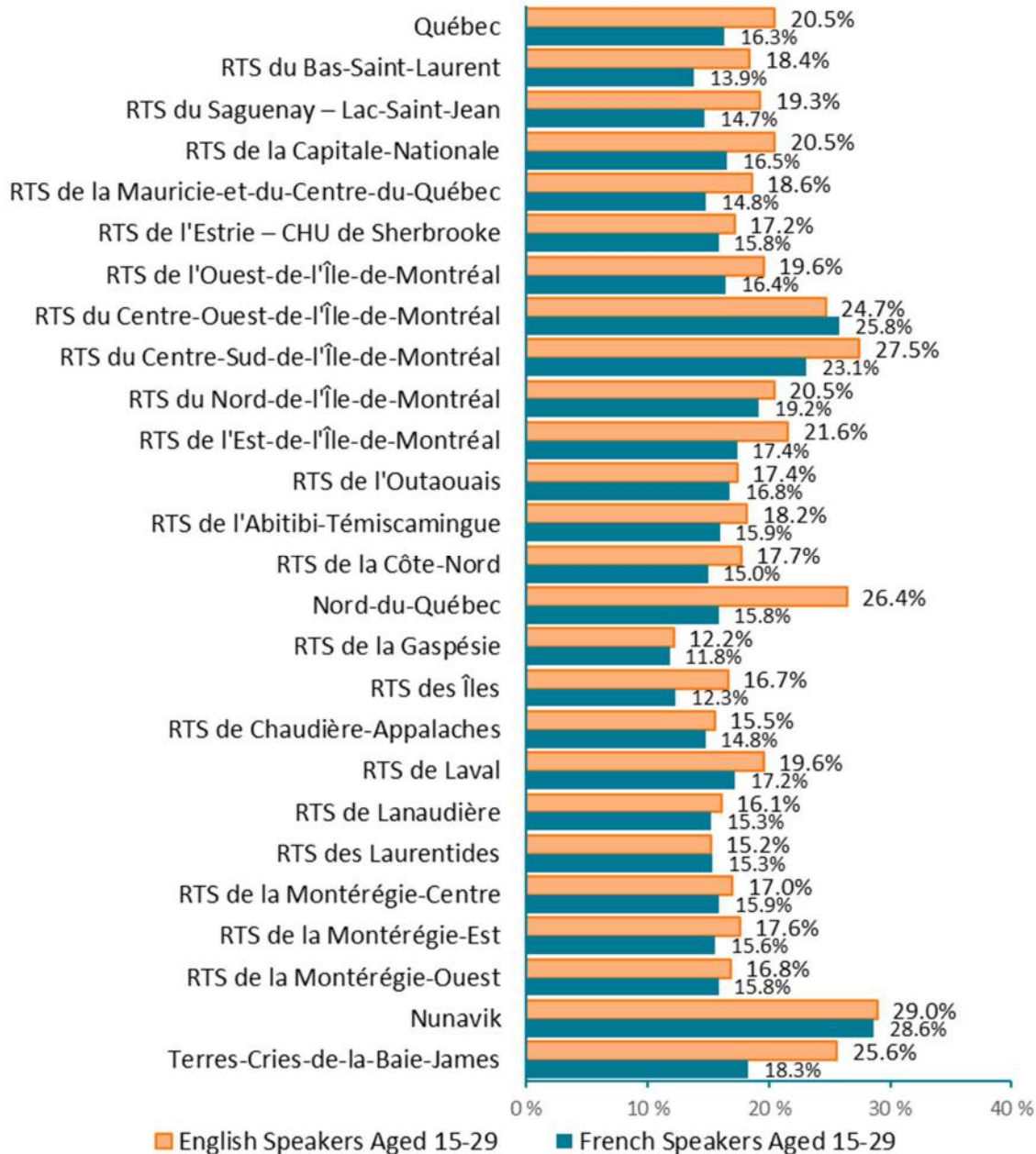
**Proportion of the Population Aged 15 to 29  
Among English and French Speakers  
Québec and its RTS Territories**

Geography	English Speakers			French Speakers		
	Total	Aged 15 to 29	Aged 15 to 29 (%)	Total	Aged 15 to 29	Aged 15 to 29 (%)
Québec	1,253,580	256,835	20.5%	7,074,330	1,153,425	16.3%
RTS du Bas-Saint-Laurent	1,465	270	18.4%	194,885	27,020	13.9%
RTS du Saguenay – Lac-Saint-Jean	2,150	415	19.3%	270,600	39,775	14.7%
RTS de la Capitale-Nationale	17,565	3,600	20.5%	728,220	120,415	16.5%
RTS de la Mauricie-et-du-Centre-du-Québec	7,695	1,430	18.6%	506,445	74,970	14.8%
RTS de l'Estrie – CHU de Sherbrooke	41,075	7,050	17.2%	452,950	71,770	15.8%
RTS de l'Ouest-de-l'Île-de-Montréal	210,160	41,205	19.6%	145,830	23,960	16.4%
RTS du Centre-Ouest-de-l'Île-de-Montréal	203,360	50,255	24.7%	141,520	36,505	25.8%
RTS du Centre-Sud-de-l'Île-de-Montréal	95,515	26,245	27.5%	215,485	49,715	23.1%
RTS du Nord-de-l'Île-de-Montréal	101,405	20,750	20.5%	317,025	60,720	19.2%
RTS de l'Est-de-l'Île-de-Montréal	81,675	17,625	21.6%	423,615	73,645	17.4%
RTS de l'Outaouais	83,130	14,470	17.4%	315,940	52,945	16.8%
RTS de l'Abitibi-Témiscamingue	5,765	1,050	18.2%	139,820	22,295	15.9%
RTS de la Côte-Nord	5,300	940	17.7%	81,805	12,250	15.0%
Nord-du-Québec	1,835	485	26.4%	12,975	2,055	15.8%
RTS de la Gaspésie	7,075	860	12.2%	68,885	8,145	11.8%
RTS des Îles	660	110	16.7%	11,875	1,465	12.3%
RTS de Chaudière-Appalaches	5,055	785	15.5%	421,865	62,235	14.8%
RTS de Laval	104,525	20,445	19.6%	321,320	55,380	17.2%
RTS de Lanaudière	17,485	2,810	16.1%	505,255	77,135	15.3%
RTS des Laurentides	47,010	7,160	15.2%	581,445	89,110	15.3%
RTS de la Montérégie-Centre	63,650	10,835	17.0%	349,515	55,590	15.9%
RTS de la Montérégie-Est	24,640	4,345	17.6%	501,300	78,095	15.6%
RTS de la Montérégie-Ouest	100,150	16,840	16.8%	362,310	57,395	15.8%
Nunavik	10,460	3,030	29.0%	1,975	565	28.6%
Terres-Cries-de-la-Baie-James	14,775	3,785	25.6%	1,475	270	18.3%

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

There are 256,835 English-speaking youth (15-29) living in Québec and they form a substantial 20.5% of their language population. As a point of comparison, French-speaking youth aged 15- 29 comprise 16.3% of Québec's majority language group. This proportion varies according to region as does the relative difference between the situations of Québec's English and French language populations. For example, the proportion of English-speaking youth exceeds the provincial average for their language group in Centre-Sud-de-l'Île-de-Montréal at 27.5% and Centre-Ouest-de-l'Île-de-Montréal at 24.7% while in other regions like Gaspésie at 12.2% and Laurentides at 15.2%, the youth represent a much smaller proportion.

### Proportion of the Population Aged 15 to 29 Québec and its RTS Territories, 2021



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

In some regions, like Laurentides at 15.2% and Gaspésie at 12.2%, the proportion of English-speaking youth (15-29) is similar to their French-speaking neighbors. In other regions, like Saguenay-Lac-Saint-Jean and l'Est-de-l'Île-de-Montréal, the proportion of youth is greater among English speakers than French speakers. In Nord-du-Québec, English-speaking youth comprise 26.4% of the English-speaking population while French-speaking youth comprise 15.8% of their language group. English-speaking youth in Centre-Sud-de-l'Île-de-Montréal comprise 27.5% of their regional population, while Francophone youth in the same region form 23.1% of theirs.

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## Household Living Arrangements

Household living arrangements may be used as an indicator of groups within a population that are vulnerable to poor health status. For example, young parents with children living in lone parent households are 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.

The absence of a partner typically leaves single-parent families more vulnerable to socio-economic and health disadvantages than two-parent families. In Canada, one-parent families with young children are almost five times more likely to experience poverty than couples with children the same age.<sup>5</sup>

According to the 2021 census, the poverty rate for one-parent families headed by a woman with a child aged 0-5 was 31.3%, the highest among all family types, and more than five times the rate of couple families with a child of the same age (6.0%).<sup>6</sup> Reduced opportunities for education and employment and lack of access to early childhood services contribute to the greater likelihood that single mothers and their children are in poor physical and mental health compared to two-parent families.

When it comes to the 15-29 age group, it is important to be alert to the fact that the cohort includes young parents caring for young children and, specifically, lone parents. In 2021, among Quebec parents with at least one child aged 0 to 5, 11.7% of English speakers aged 15-24 were lone parents compared to 8,6% of French speakers. Among English speakers aged 25 to 34 years 39.7% were lone parents compared to 44.8% of French speakers the same age.<sup>7</sup>

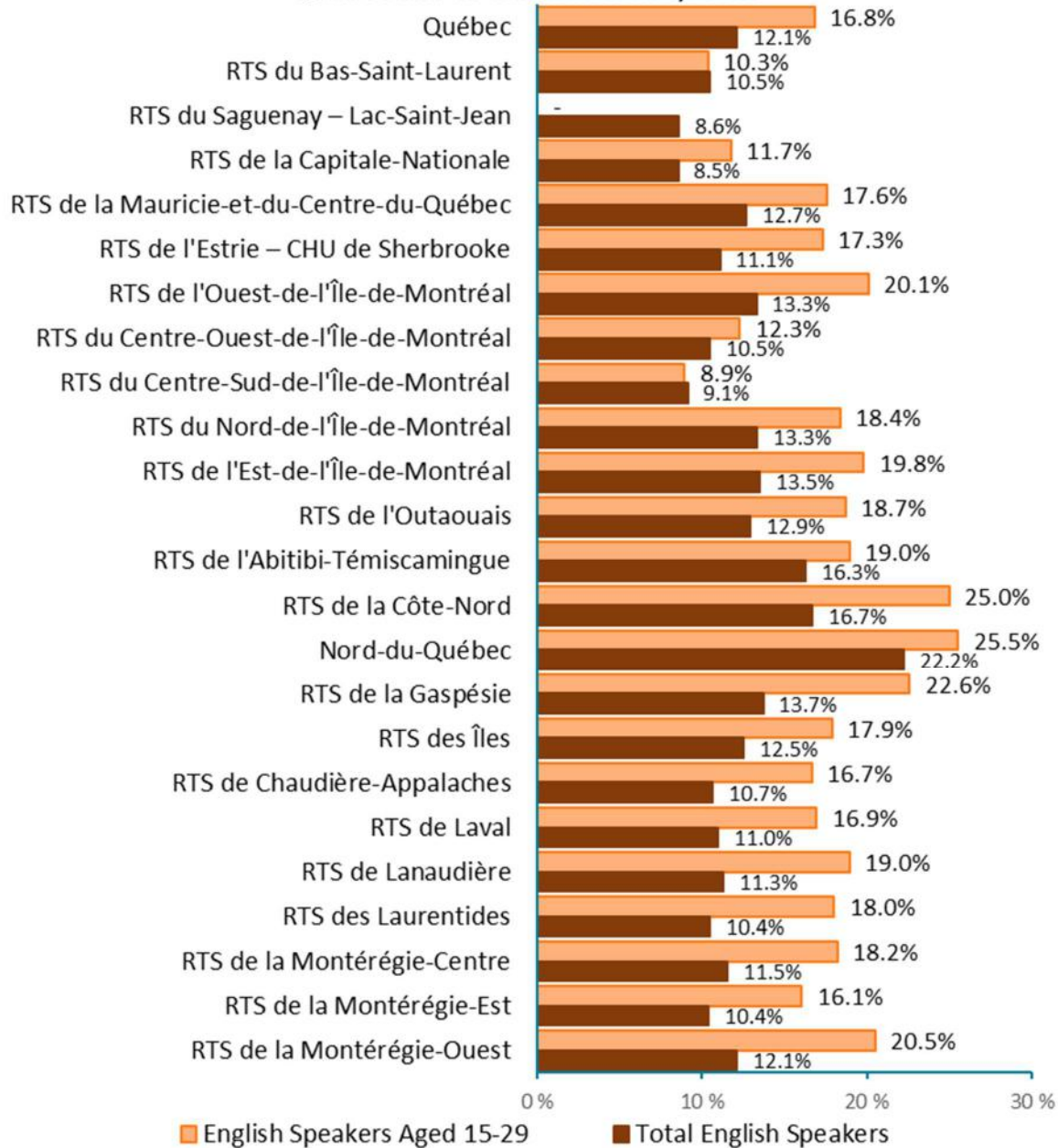
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<sup>5</sup> Statistics Canada, (2017). *Children living in low-income households*. Accessed December 13, 2023 <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/98-200-X/2021009/98-200-x2021009-eng.cfm>, Accessed December 06, 2023.

<sup>6</sup> Statistics Canada, (2020). *Disaggregated Trends in Poverty from the 2021 Census of Population*. <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/98-200-X/2021009/98-200-x2021009-eng.cfm>, Accessed December 06, 2023.

<sup>7</sup> Community Health and Social Services (CHSSN) forthcoming 2024. *Socio-demographic Profile of Children Ages 0 to 5 and their Parents. Based on the 2021 Census of Canada*. [chssn.org/documents/](https://chssn.org/documents/)

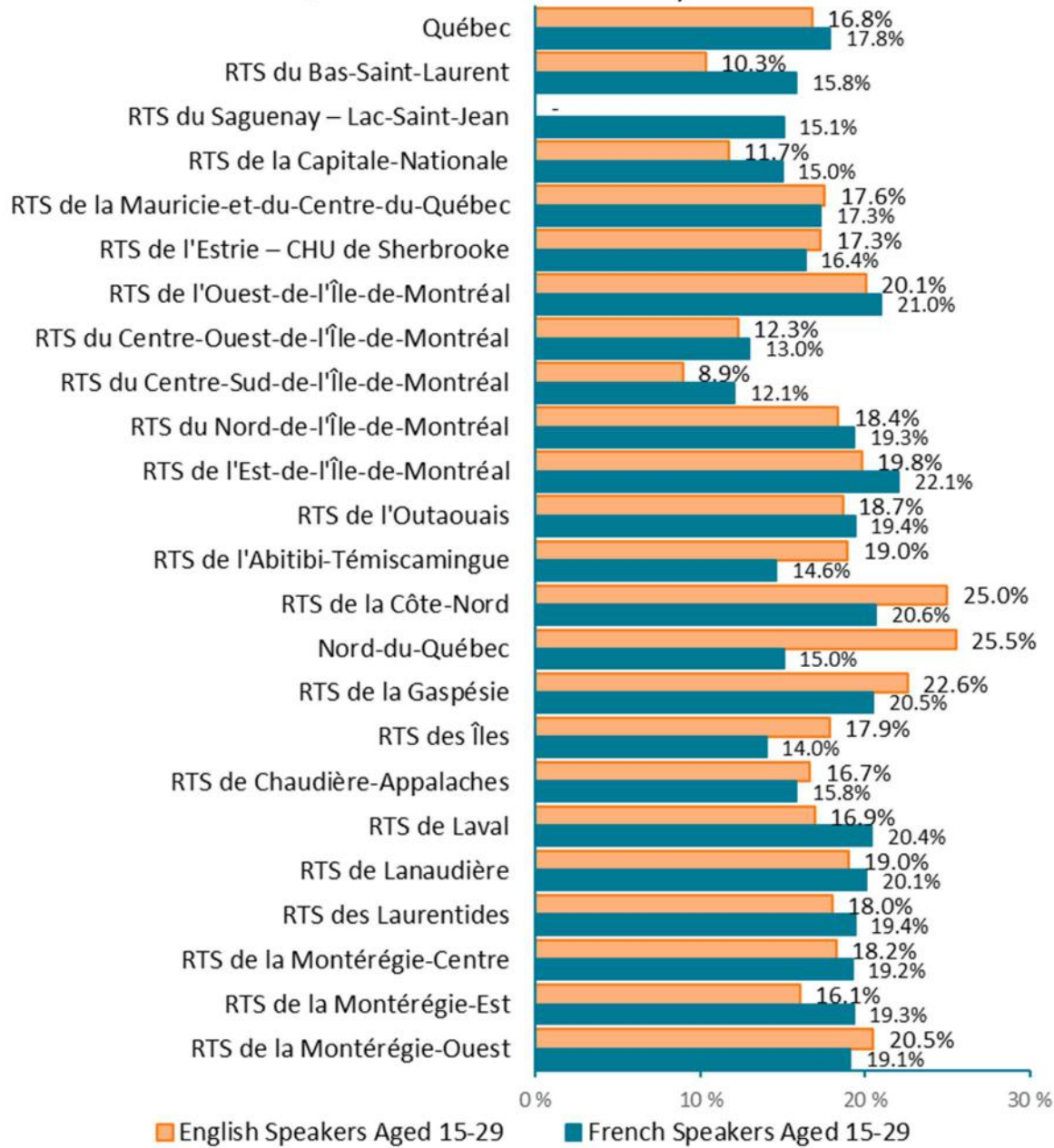
**Proportion of Those Aged 15 to 29 in Lone Parent Families  
in the English-Speaking Population  
Québec and its RTS Territories, 2021**



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

When all ages are included, 12.1% of English-speaking Québec dwell in a lone parent household arrangement. At 16.8%, English-speaking youth (15-29) exceed the provincial norm for English speakers who live in single parent families. The proportion of youth living in a lone parent family varies widely by region from 22.6% in the Gaspésie to 8.9% in Centre-Sud-de-l'Île-de-Montréal and 11.7% in the Capitale-Nationale. In 2016, 18.2% lived in a lone parent family exceeding the provincial norm for English speakers which was 12.4%.

**Proportion of Those Aged 15 to 29 in Lone Parent Families  
in the French- and English-Speaking Population  
Québec and its RTS Territories, 2021**



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

The regions where the difference between the youth of minority and majority language populations are greatest are Nord-du-Québec wherein 25.5% of English speakers are living in a lone-parent family compared to 15% of French speakers of the same age and Bas-Saint-Laurent where at 10.3% English-speaking youth are less likely to be living in a lone-parent family arrangement compared to French-speaking youth at 15.8%.



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## Visible Minority Members

Health Canada includes culture among the factors it acknowledges as significantly affecting health (i.e. a determinant of health)<sup>8</sup>. A social group may face additional health risks where dominant cultural values contribute to their marginalization, to the loss or devaluation of their language and culture, and to barriers in access to culturally appropriate health care and services. Economic vulnerability, lack of recognition or sense of belonging, and the lack of voice associated with discrimination and social exclusion are linked to various health risks.<sup>9</sup> In the case of Québec's English speakers, those who are members of a visible minority group are more likely to be living in poverty compared to those who are not. For example, in 2016 close to 30% (27.8%) of Montréal's English-speaking black community were living below the low-income cut-off.<sup>10</sup>

Culture is considered to be the glue that makes a social group a group, so its loss or devaluation strikes at the very heart of a community's capacity to engage and mobilize around structural inequalities and improving access to critical resources.

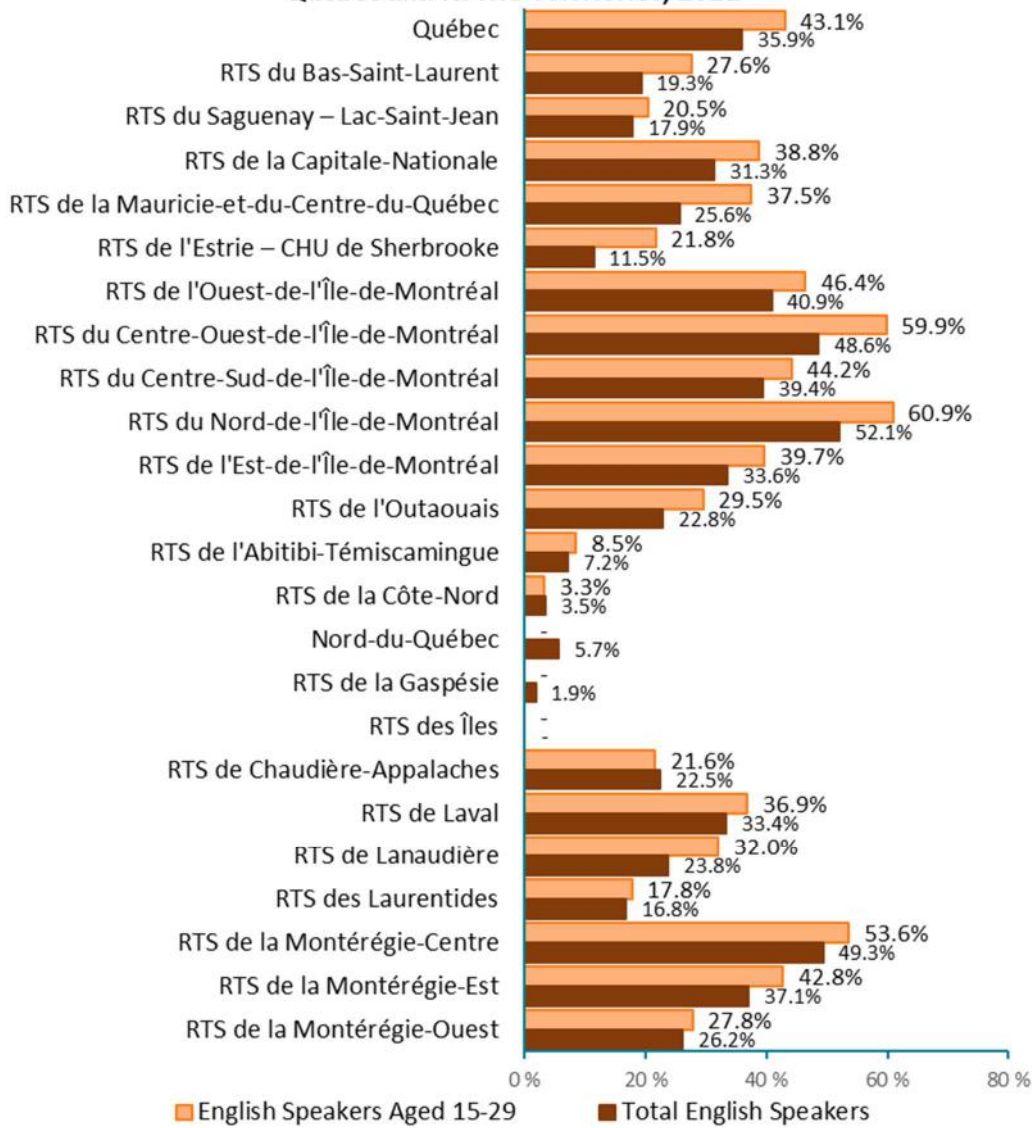
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<sup>8</sup> For discussion of the health determinants outlined by Health Canada see Mikkonen, J., & Raphael, D. (2010). *Social Determinants of Health: The Canadian Facts*. Toronto: York University School of Health Policy and Management

<sup>9</sup> Grace-Edward Galabuzi cites extensive research which demonstrates that groups experiencing some form of social exclusion tend to sustain higher health risks and lower health status in her article entitled "Social Exclusion", pp.388-418, in Raphael, D.(ed.) *Social Determinants of Health: Canadian Perspectives*. (2016) Toronto: Canadian Scholar's Press Inc.

<sup>10</sup> Community Health and Social Services Network (CHSSN) (2015). *Socio-demographic Characteristics of Visible Minorities in Québec's English-speaking Communities*. <https://chssn.org/documents/socio-demographic-characteristics-of-visible-minorities-in-Quebecs-english-speaking-communities/>, p.42

**Proportion of Those Aged 15 to 29 Who Were Members of a Visible Minority in the English-Speaking Population Québec and its RTS Territories, 2021**



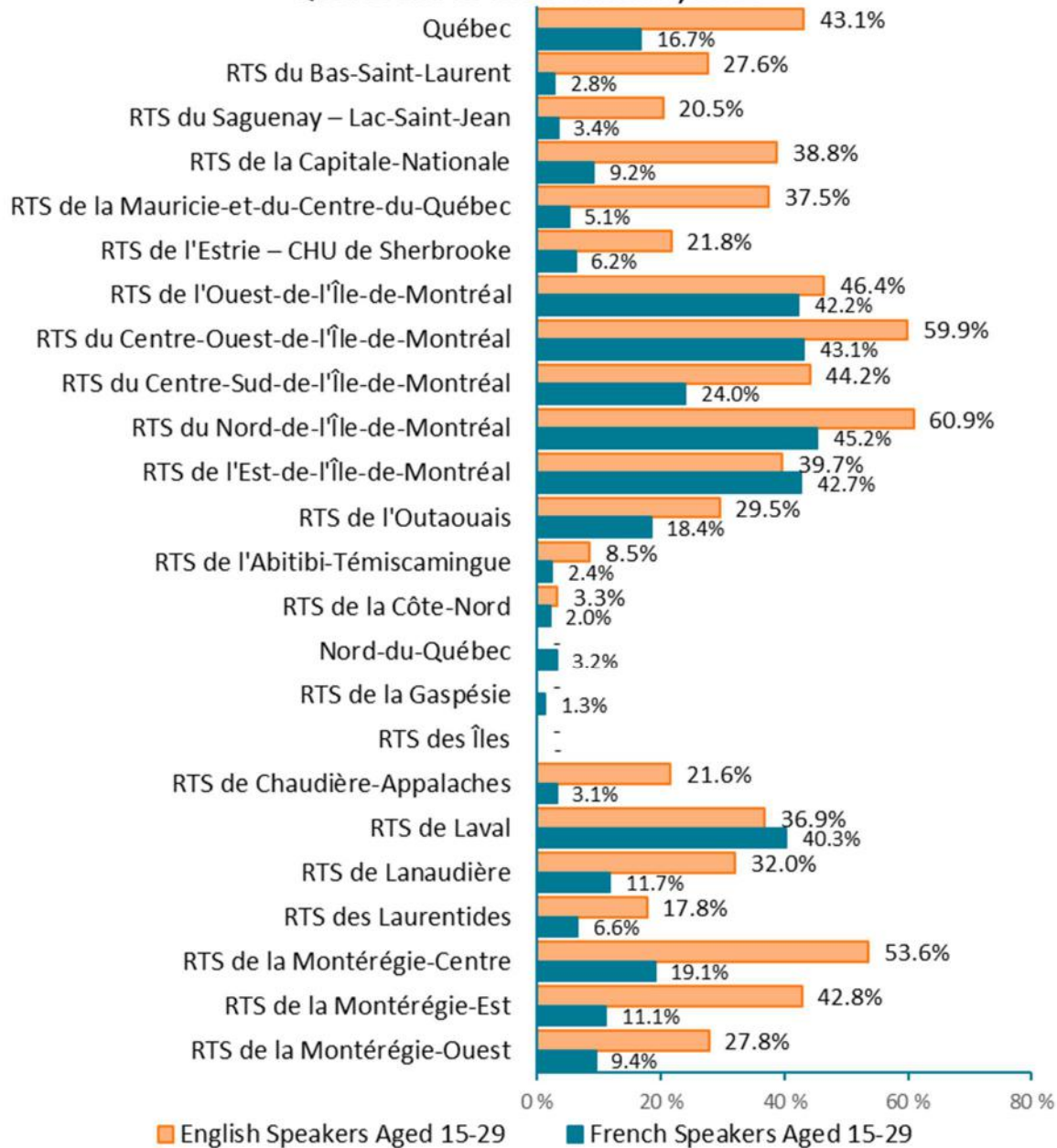
Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Population in private households - 25% sample.

When all ages are included, 35.9% of Québec’s English-speaking citizens are also members of a visible minority community. At 43.1%, English-speaking youth 15-29 exceed the provincial norm in their tendency to be members of a visible minority. In 2021, the proportion of youth who are also members of a visible minority group varies widely by region from 60.9% in the Nord-de-l’Île-de-Montréal and 59.9% in Centre-Ouest-de-l’Île-de-Montréal to 1.9% in Gaspésie.

According to the 2021 census, the proportion of English speakers who are members of a visible minority in both the total population and for the 15-29 cohort were higher than those reported in 2016 (29.8% for the total English-speaking population and 35.1% for the 15-29 cohort).<sup>11</sup>

11 Community Health and Social Services (CHSSN) 2018. *Key Demographic and Socio-economic Characteristics of Québec’s English-speaking Youth (15-29)*. chssn.org/wp-content/uploads/2021/08/Youth-Profile-CHSSN-2018.pdf p.16 and 17.

**Proportion of Those Aged 15 to 29 Who Were Members of a Visible Minority  
in the French- and English-Speaking Population  
Québec and its RTS Territories, 2021**



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

When English and French-speaking youth are compared, English speakers are much more likely to be members of a visible minority. In 2021, a substantial 43.1% of English-speaking youth are members of a visible minority compared to 16.7% of French speakers the same age. This represents an increase compared to the 2016 census findings for both English-speaking (35.1%) and French-speaking youth (12.6%). In 2021, there is a wide variance between the majority and minority language populations in many regions with respect to this characteristic, most notably throughout Montérégie, Capitale-Nationale and Montréal.

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## Income<sup>12</sup>

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>13</sup> For vulnerable low-income households, language barriers to accessing public health services loom large as they cannot afford private care services and they are less likely to have work-related benefits or private insurance coverage. Studies also suggest that the distribution of income in a society may be a more important determinant of health than the total amount of income earned by society members. Large gaps in income distribution lead to increases in social problems and poorer health among the population as a whole<sup>14</sup>.

## Low income

Overall, Québec's English-speaking communities experience a higher rate of low-income (25.7%) when compared to their Francophone counterparts (19.9%). Furthermore, a 2012 study produced by the Institut National de Santé Publique du Québec reports that not only have English speakers lost a relative socioeconomic advantage in comparison with French speakers over recent decades, but there are also widening gaps within the English-speaking population itself.<sup>15</sup> The study notes that "income inequalities are greater in the Anglophone population of Québec at every level when compared to Francophones".<sup>16</sup>

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<sup>12</sup> All labour force data such as figures on income and unemployment is calculated for census respondents 15 years of age and over with the exception of LICO. Other findings such as living arrangements, language data, etc. include all age groups.

<sup>13</sup> Public Health Agency of Canada. <https://www.canada.ca/en/public-health/services/health-promotion/population-health/what-determines-health/what-makes-canadians-healthy-unhealthy.html>, Accessed December 14, 2023.

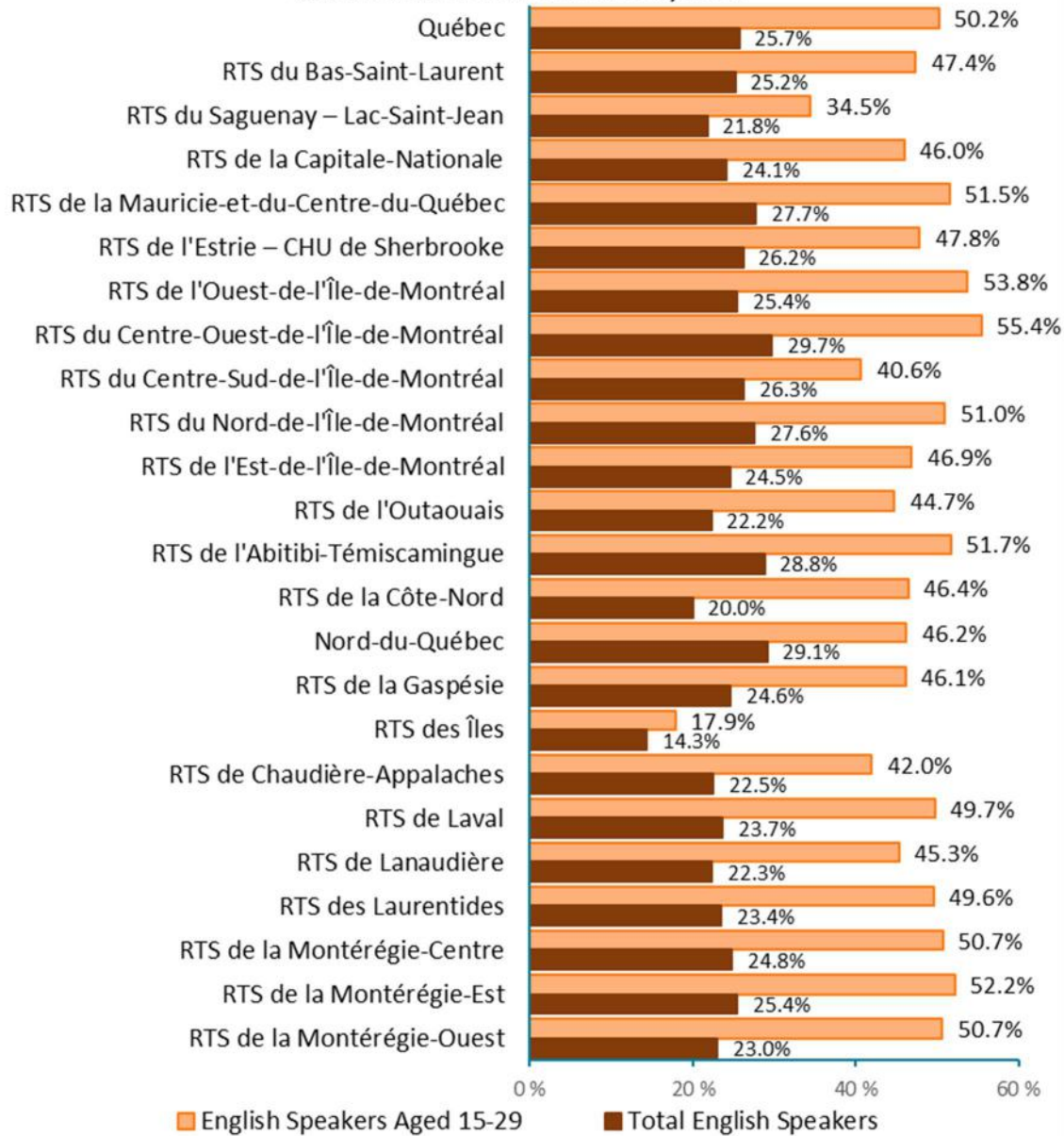
<sup>14</sup> Ibid.

<sup>15</sup> Institut National de Santé Publique du Québec. (2012). *The Socioeconomic Status of Anglophones in Québec*. Gouvernement du Québec. This study uses mother tongue as the variable identifying membership in the Anglophone or Francophone community. This is defined as the first language learned at home in childhood and still understood by the person in question.

<https://chssn.org/wp-content/uploads/2021/08/SituationSocioEconoAngloQc.pdf>

<sup>16</sup>Ibid., p.24

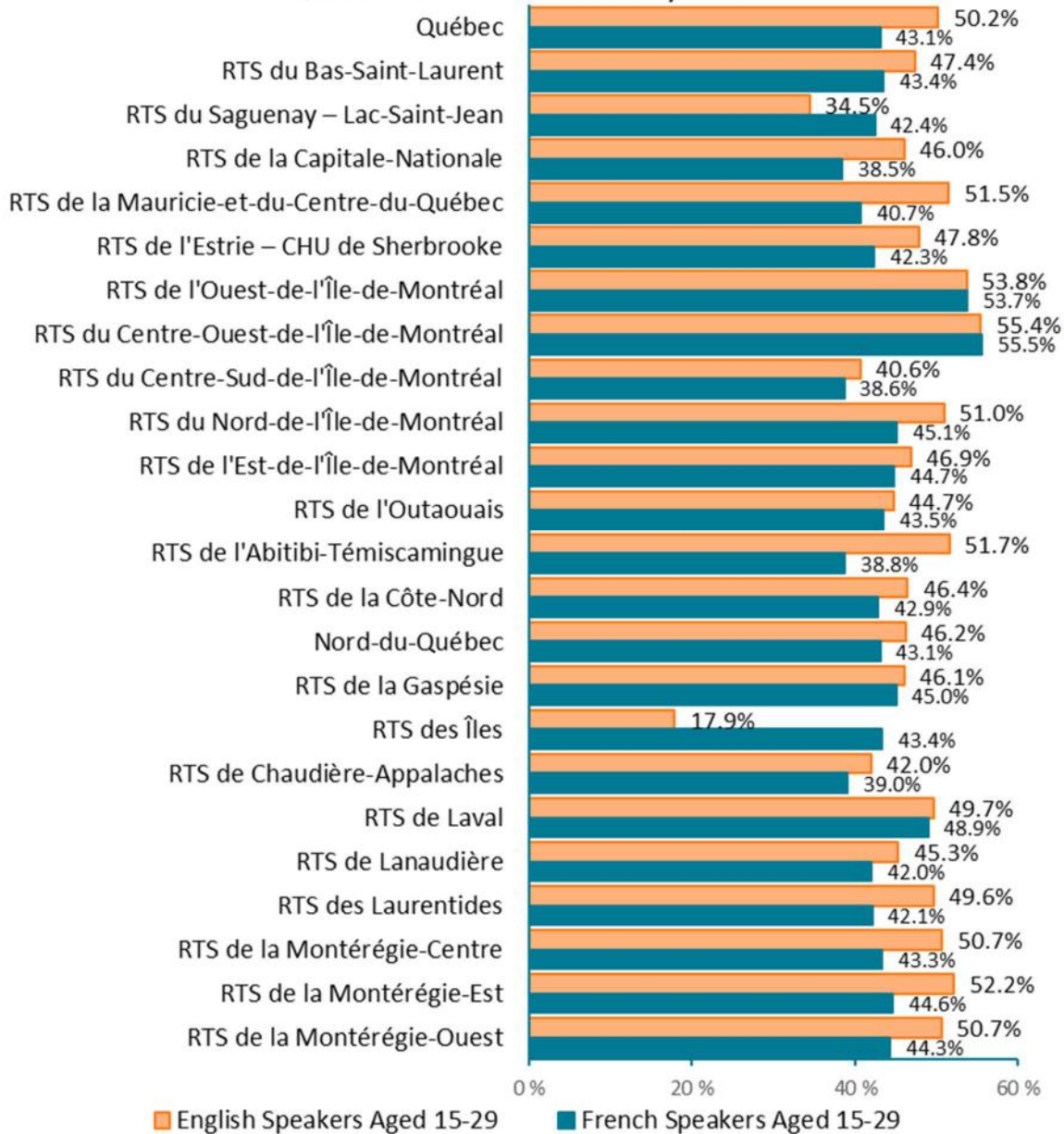
**Proportion of Those Aged 15 to 29 Earning \$20,000 or Less  
in the English-Speaking Population  
Québec and its RTS Territories, 2021**



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

In 2021, English speakers living in Québec aged 15-29 years were much more likely to be living on a low income (\$20,000 or less) when compared to the provincial average for all ages combined. Among English-speaking youth, 50.2% are located in a low-income bracket compared to 25.7% of the total English-speaking population (15+). In fact, this age group is more likely to be living on a low-income compared to the average for English speakers in every region. The regions with the highest rates of English-speaking youth with a low-income are located in Montréal, Montérégie and Abitibi-Témiscamingue.

**Proportion of Those Aged 15 to 29 Earning \$20,000 or Less  
in the French- and English-Speaking Population  
Québec and its RTS Territories, 2021**

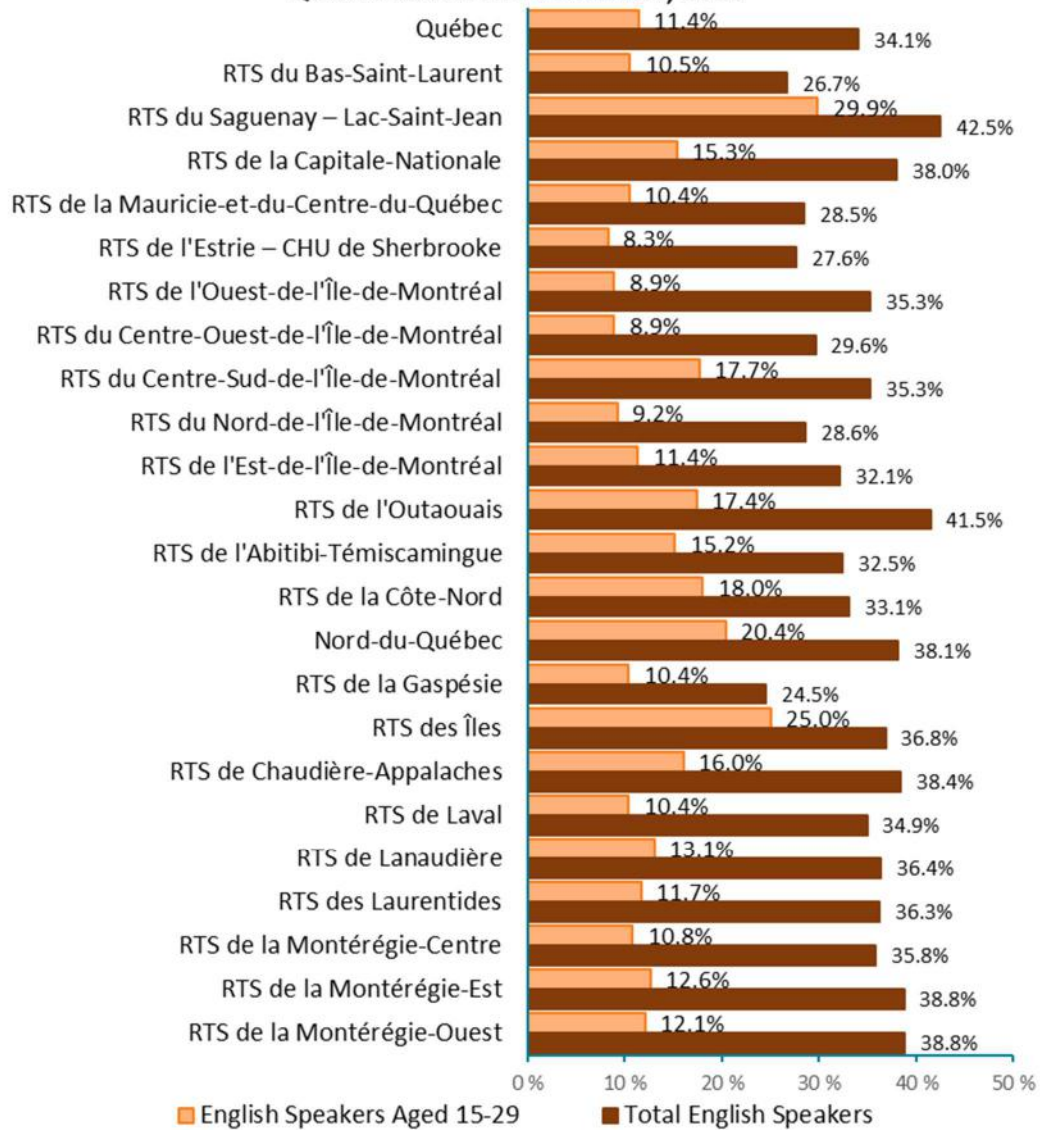


Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Population in private households - 25% sample.

Provincially, 50.2% of English-speaking youth compares with 43.1% of French-speaking youth who are living on a low-income. This compares to 68.2% of English-speaking youth and 59.8% of French-speaking youth in 2016.<sup>17</sup> When English-speaking youth are compared to majority language youth in 2021, they have a higher tendency to have a low income of \$20k or less in 20 of 23 of Québec regions.

<sup>17</sup> Community Health and Social Services (CHSSN) (2018). *Key Demographic and Socio-economic Characteristics of Quebec's English-speaking Youth (15-29)*. [chssn.org/wp-content/uploads/2021/08/Youth-Profile-CHSSN-2018.pdf](https://chssn.org/wp-content/uploads/2021/08/Youth-Profile-CHSSN-2018.pdf), p.22

**Proportion of Those Aged 15 to 29 Earning \$50,000 and Higher  
in the English-Speaking Population  
Québec and its RTS Territories, 2021**

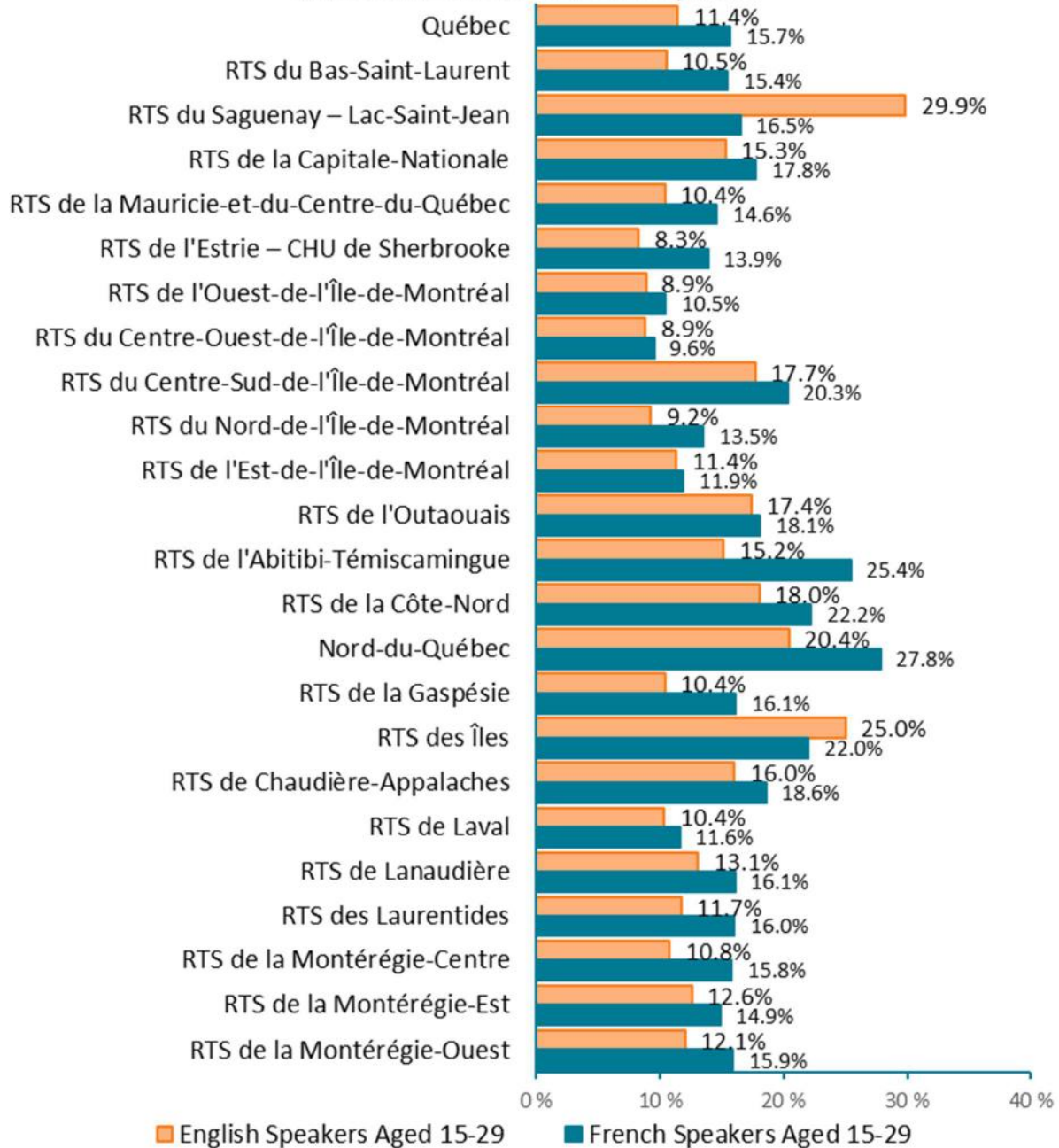


Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Population in private households - 25% sample.

Among Québec’s English speakers, 34.1% have a high income of \$50,000 or more. There are substantial differences between the provincial average for high income among English speakers as a whole and the situation of the 15-29 age group in every region.

In the Outaouais region, the average proportion of high income (\$50k or more) earners among English speakers (all ages) is 41.5% compared to 17.4% among English-speaking youth (15-29). In Montérégie-Ouest, the proportion for high income among English speakers (all ages) is 38.8% compared to 12.1% for those aged 15-29. In l’Ouest-de-l’Île-de-Montréal, the average for the English-speaking regional community is 35.3% compared to 8.9% among youth.

**Proportion of Those Aged 15 to 29 Earning \$50,000 and Higher  
in the French- and English-Speaking Population  
Québec and its RTS Territories, 2021**



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

Among English speakers 15-29, 11.4% have a high income and this compares to 15.7% of Francophones the same age. In 21 out of 23 regions, the proportion of English-speaking youth who have a high income is smaller than the proportion of majority language youth.



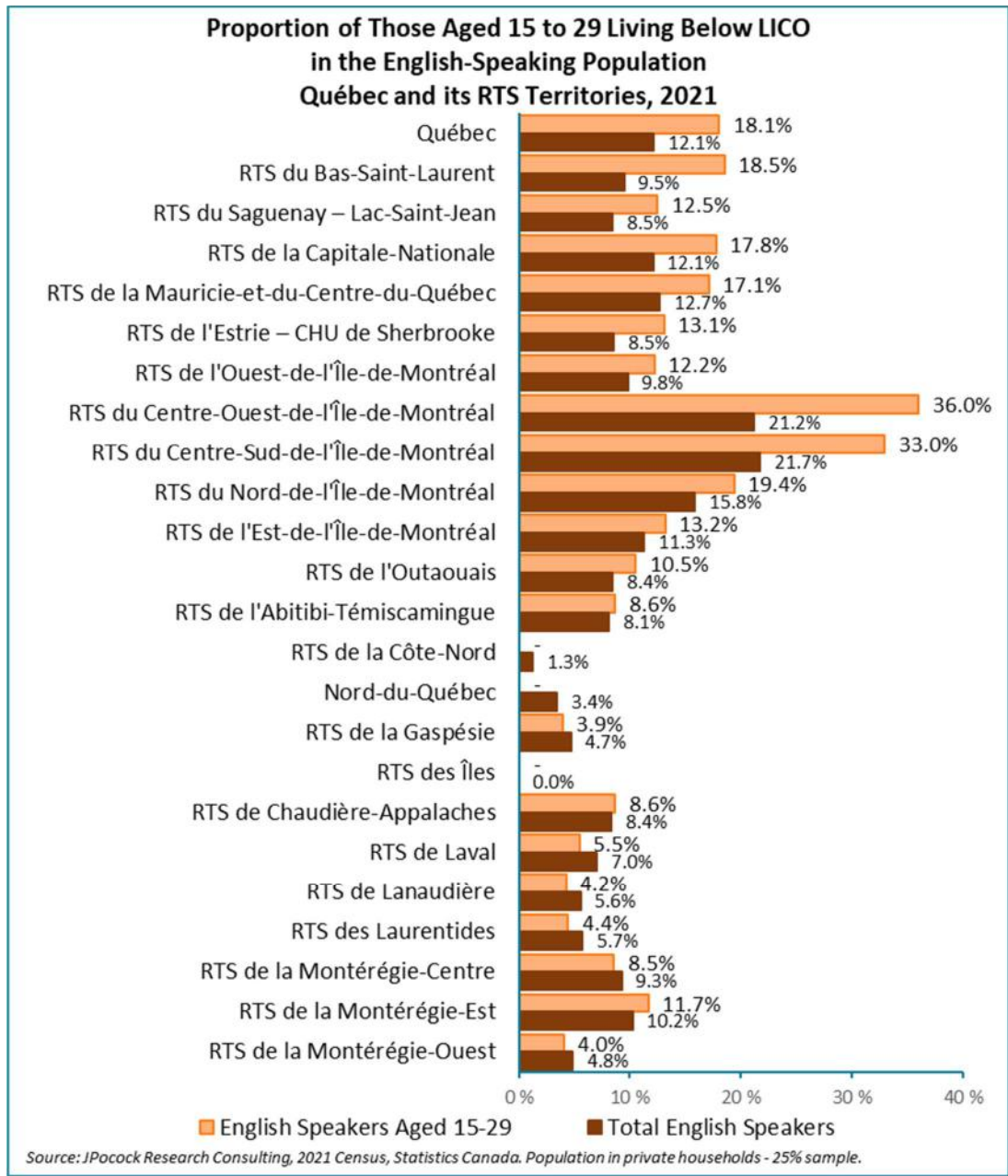
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## Living Below the Low-Income Cut-Off (LICO)

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 conveys the income level at which a family may be in straitened circumstances because it has to spend a greater proportion of its income on necessities than the average family of a similar size. Specifically, the threshold is defined “as the income below which a family is likely to spend 20 percentage points more of its income on food, shelter and clothing than the average family.”<sup>18</sup>

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<sup>18</sup> See Statistics Canada low-income definitions at <https://www150.statcan.gc.ca/n1/pub/75f0011x/2012001/notes/low-faible-eng.htm>

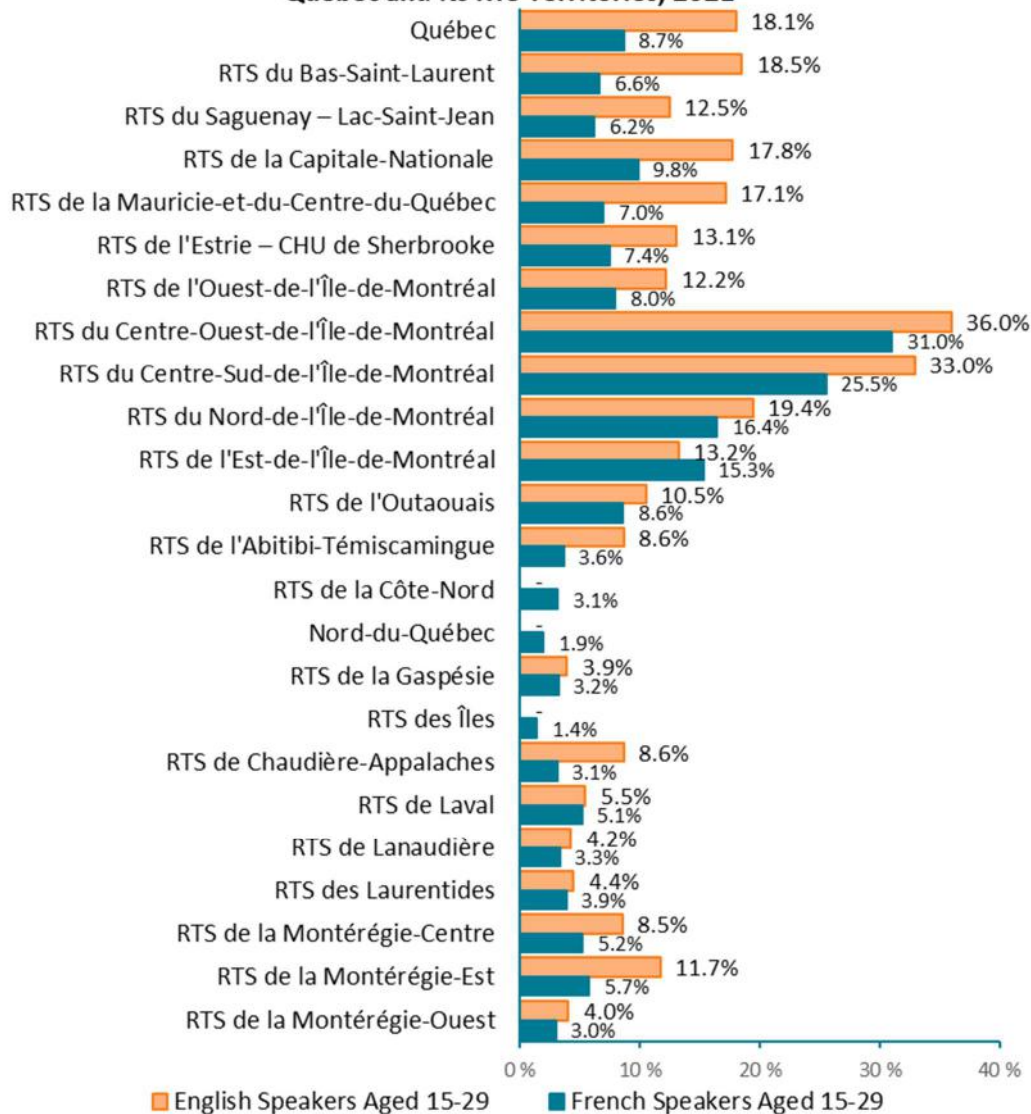


When compared to the overall situation of the English-speaking population across the province in 2021, English-speaking youth (15-29) are more likely to be experiencing socio-economic vulnerability. Among English-speaking youth, 18.1% (23.6% in 2016) are living below the low-income cut-off which is higher than the norm of 12.1% (17.8% in 2016) for the English-speaking population (all ages).<sup>19</sup>

The proportion of English-speaking youth living below the low-income cut-off ranges as high as 36% in Centre-Ouest-de-l'Île-de-Montréal and 33% in Centre-Sud-de-l'Île-de-Montréal to 3.9% in Gaspésie and 4% in Montérégie-Ouest.

<sup>19</sup>Community Health and Social Services (CHSSN) (2018). *Key Demographic and Socio-economic Characteristics of Québec's English-speaking Youth (15-29)*. [chssn.org/wp-content/uploads/2021/08/Youth-Profile-CHSSN-2018.pdf](https://chssn.org/wp-content/uploads/2021/08/Youth-Profile-CHSSN-2018.pdf), p. 27.

**Proportion of Those Aged 15 to 29 Living Below LICO  
in the French- and English-Speaking Population  
Québec and its RTS Territories, 2021**



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

When comparison is drawn between the proportion of English-speaking (18.1%) and French-speaking youth (8.7%) living below LICO, English speakers are more likely to be living in poverty. While overall the tendency for Québec youth to be living below LICO has decreased between the 2016 and 2021 census periods, the gap between English and French-speaking youth has grown<sup>20</sup>. Looking across the regions, we observe a consistent variance between the majority and minority language youth, for example, in Bas-Saint-Laurent 18.5% of English-speaking youth live below LICO compared to 6.6% of French speakers the same age; in Mauricie and Centre-du-Québec, 17.1% of English-speaking youth live below LICO compared to 7% of French-speaking youth.

<sup>20</sup> Community Health and Social Services (CHSSN) (2018). *Key Demographic and Socio-economic Characteristics of Quebec's English-speaking Youth (15-29)*. chssn.org/wp-content/uploads/2021/08/Youth-Profile-CHSSN-2018.pdf, p. 28.

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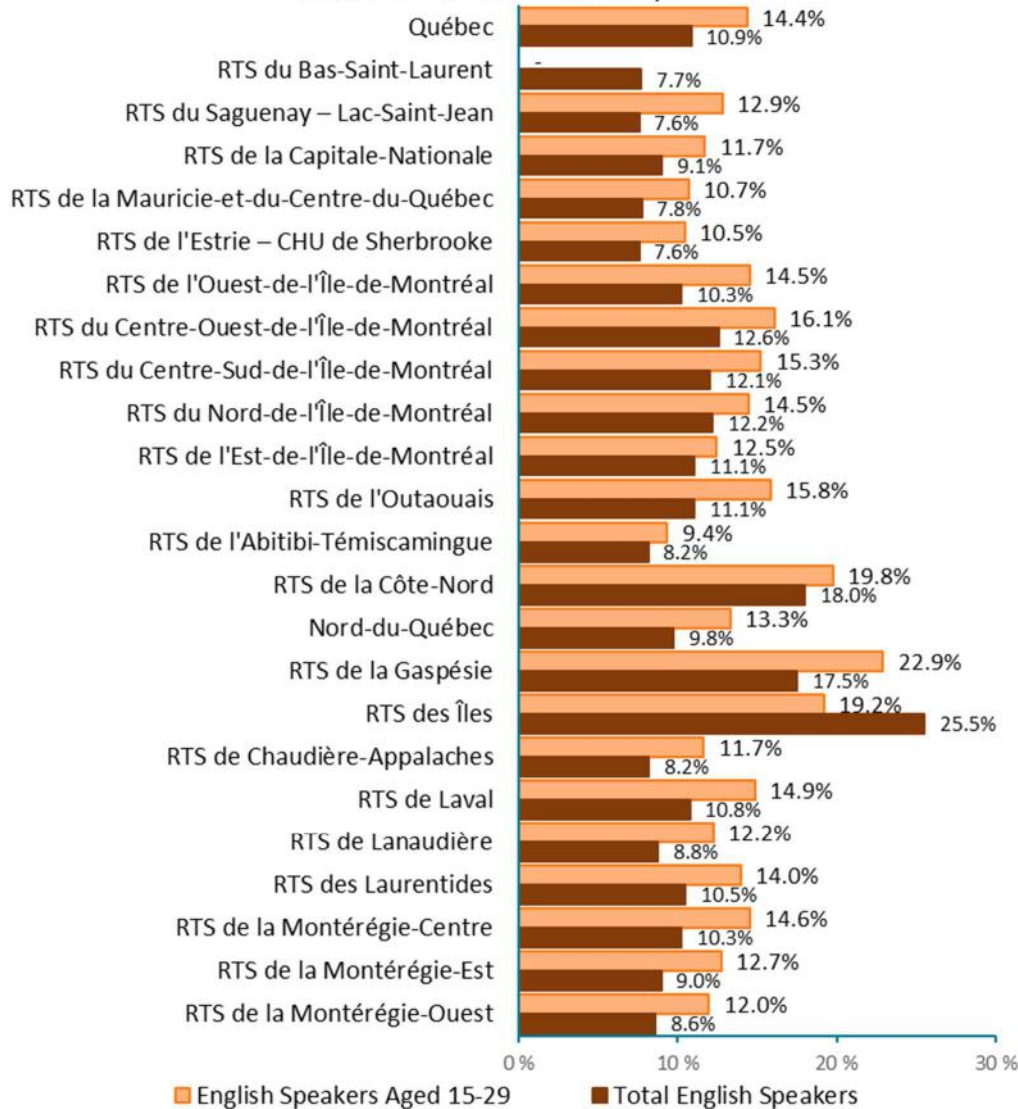
## Labour Force Activity

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>21</sup>

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<sup>21</sup> For further discussion of employment and working conditions as health determinants and the population health model see D. Raphael (ed.) (2016) *Social Determinants of Health: Canadian Perspectives*, 3rd Edition. Toronto: Canadian Scholar's Press

**Proportion of Those Aged 15 to 29 Who Were Unemployed  
in the English-Speaking Population  
Québec and its RTS Territories, 2021**

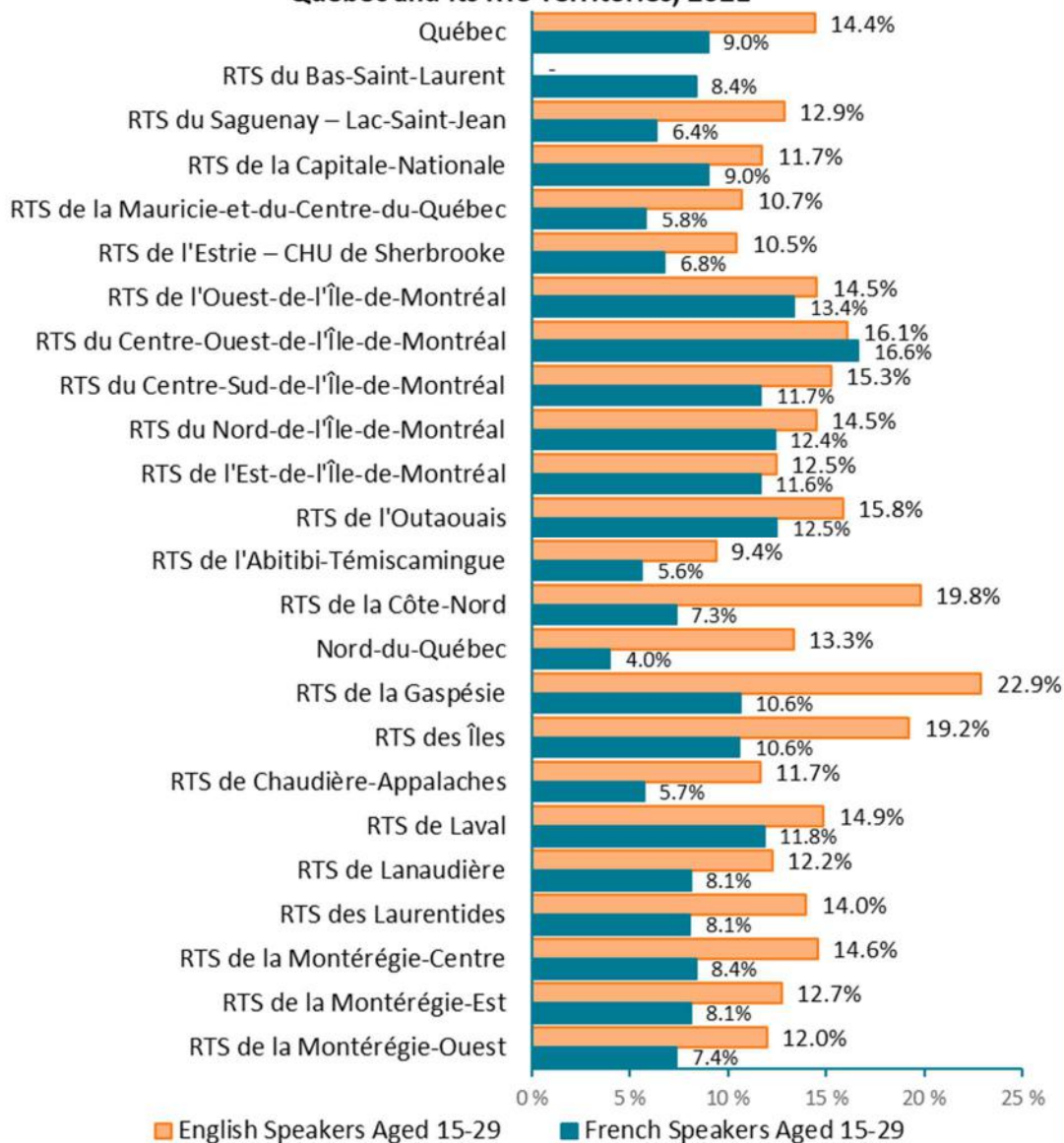


Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Population in private households - 25% sample.

In 2021, 14.4% of Québec’s English-speaking youth (15-29) were unemployed which was higher than the norm of 10.9% for the provincial English-speaking population as a whole (all ages). This represents an increase from 13.3% in 2016 for English-speaking youth.<sup>22</sup> In 2021, the variance between this age group and the provincial average for unemployment among English speakers is even greater in some regions. For example, in Gaspésie, 22.9% of English-speaking youth are unemployed compared to 17.5% of the English-speaking group residing in the same territory. In Saguenay–Lac-Saint-Jean 12.9% of English-speaking youth are unemployed compared to 7.6% of total English speakers. In des Îles, 25.5% of total English speakers are unemployed compared to a lower 19.2% among youth (15-29).

<sup>22</sup> Community Health and Social Services (CHSSN) (2018). *Key Demographic and Socio-economic Characteristics of Québec’s English-speaking Youth (15-29)*. [chssn.org/wp-content/uploads/2021/08/Youth-Profile-CHSSN-2018.pdf](https://chssn.org/wp-content/uploads/2021/08/Youth-Profile-CHSSN-2018.pdf), p. 31.

**Proportion of Those Aged 15 to 29 Who Were Unemployed  
in the French- and English-Speaking Population  
Québec and its RTS Territories, 2021**



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

Provincially, when comparison is drawn between the proportion of English-speaking youth (14.4%) and French-speaking youth (9.0%), the minority language group displays a notably higher level of unemployment. Among 22 regional populations with sufficient number to permit reporting, 21 regions display higher unemployment rates among English-speaking youth when compared to French speakers the same age. This compares to 14 of 22 regions in 2016.<sup>23</sup> The gap between majority and minority language youth is substantially wider in several regions.

<sup>23</sup>Community Health and Social Services (CHSSN) (2018). *Key Demographic and Socio-economic Characteristics of Quebec's English-speaking Youth (15-29)*. [chssn.org/wp-content/uploads/2021/08/Youth-Profile-CHSSN-2018.pdf](https://chssn.org/wp-content/uploads/2021/08/Youth-Profile-CHSSN-2018.pdf), p. 32.

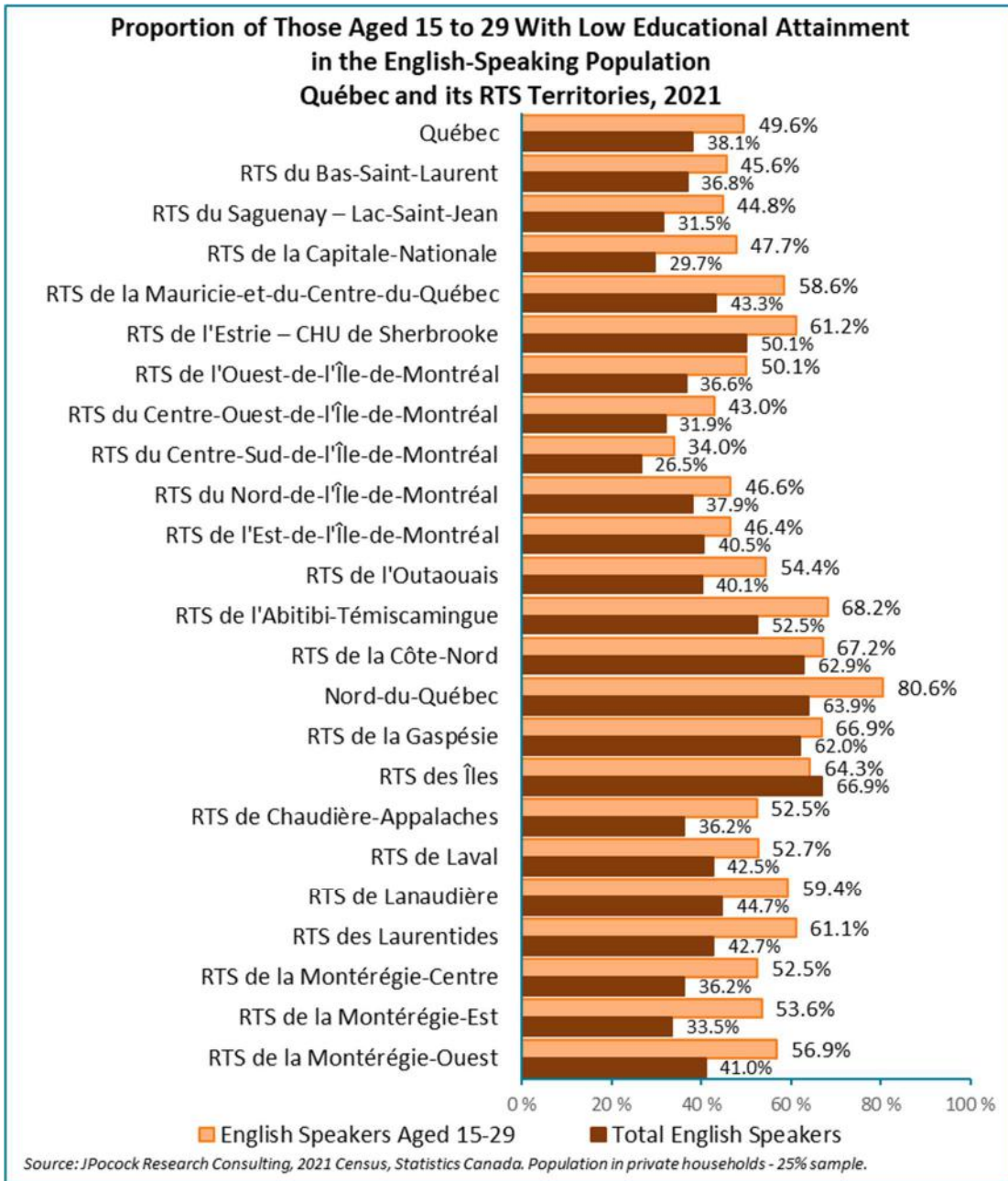
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## Educational Attainment

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>24</sup>. Aside from ensuring academic success or instruction in English, the role of education in a minority language context is linked to the transmission of its collective history and culture over generations and providing minority language youth with the tools and skills required to actively contribute to Québec society as full citizens.

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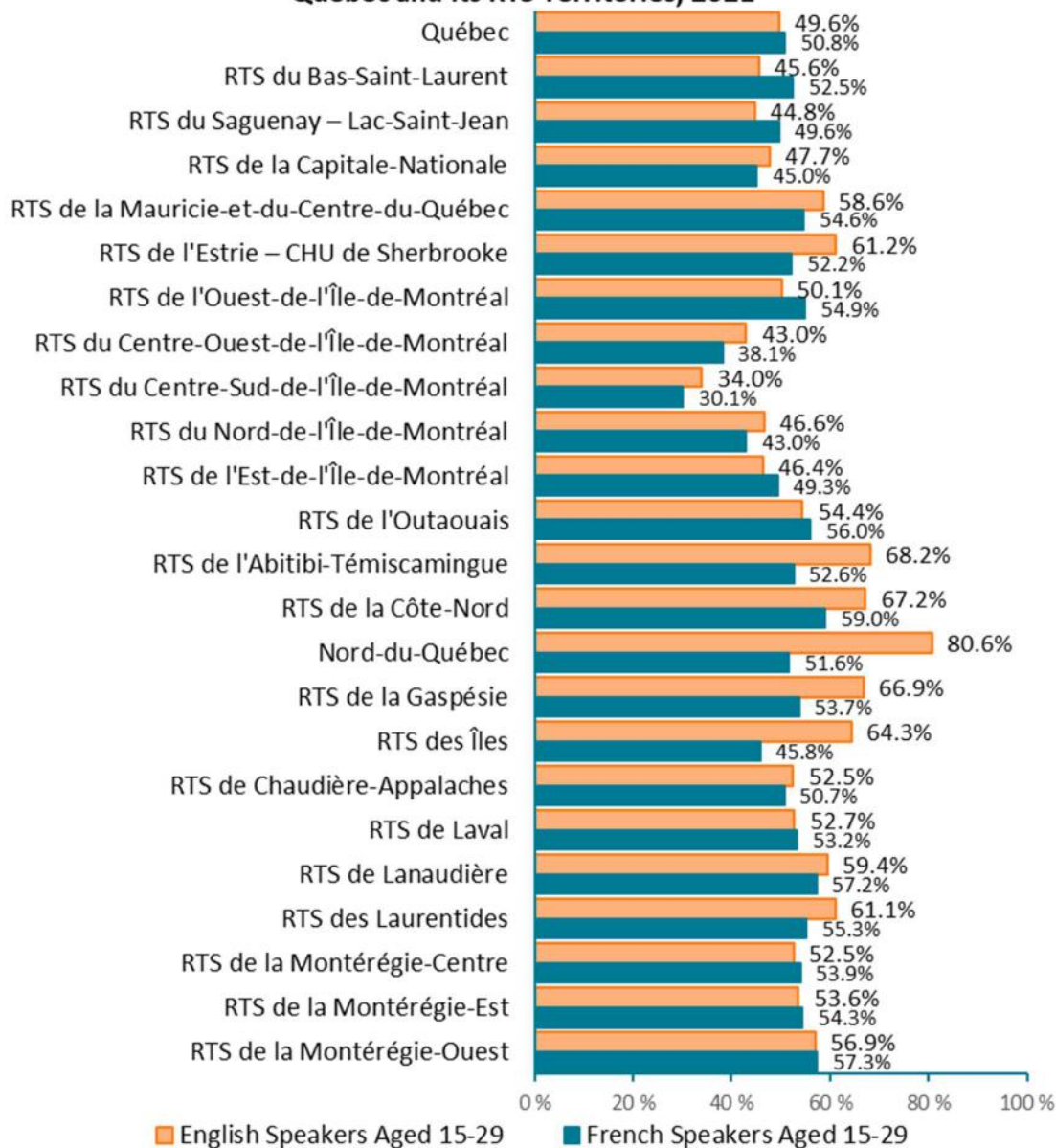
<sup>24</sup> For further discussion of education as a health determinant see D. Raphael (ed.) (2016) *Social Determinants of Health Canadian Perspectives*, 3rd Edition. Toronto: Canadian Scholar's Press



When compared to the overall situation of the English-speaking population across the province of Québec, English-speaking youth are more likely to report low educational attainment. Among English speakers 15-29, 49.6% report high school leaving or less as their highest level of educational attainment which is higher than the norm of 38.1% for the English-speaking population (all ages). This proportion varies by region for English-speaking youth ranging from a high of 80.6% in Nord-du-Québec, 68.2% in Abitibi-Témiscamingue and 67.2% in Côte-Nord to a low of 34.0% in Centre-Sud-de-l'Île-de-Montréal and 43.0% in Centre-Ouest-de-l'Île-de-Montréal.



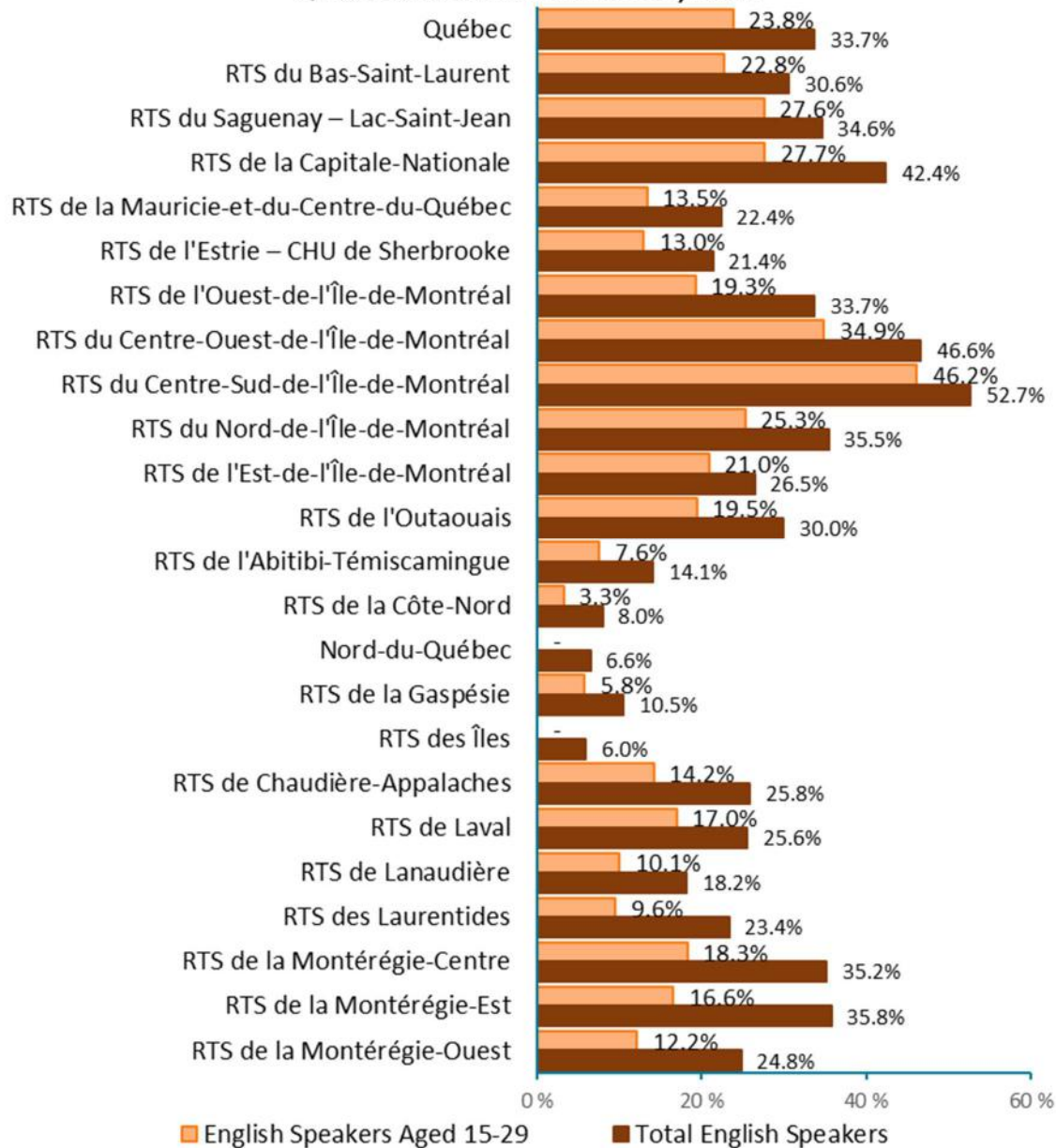
**Proportion of Those Aged 15 to 29 With Low Educational Attainment  
in the French- and English-Speaking Population  
Québec and its RTS Territories, 2021**



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

Provincially, when comparison is drawn between the proportion of English-speaking (49.6%) and French-speaking youth (50.8%) with high school leaving or less as their highest level of educational attainment, the majority and minority language groups are similar. At the level of RTS territory, however, greater variances are observed between these language communities. For example, in Nord-du-Québec, 80.6% of English-speaking youth have a high school diploma or less as their highest level of educational attainment compared to 51.6% of French-speaking youth. In Abitibi-Témiscamingue, 68.2% of youth 15-29 years of age report low educational attainment compared to 52.6% of Francophones the same age.

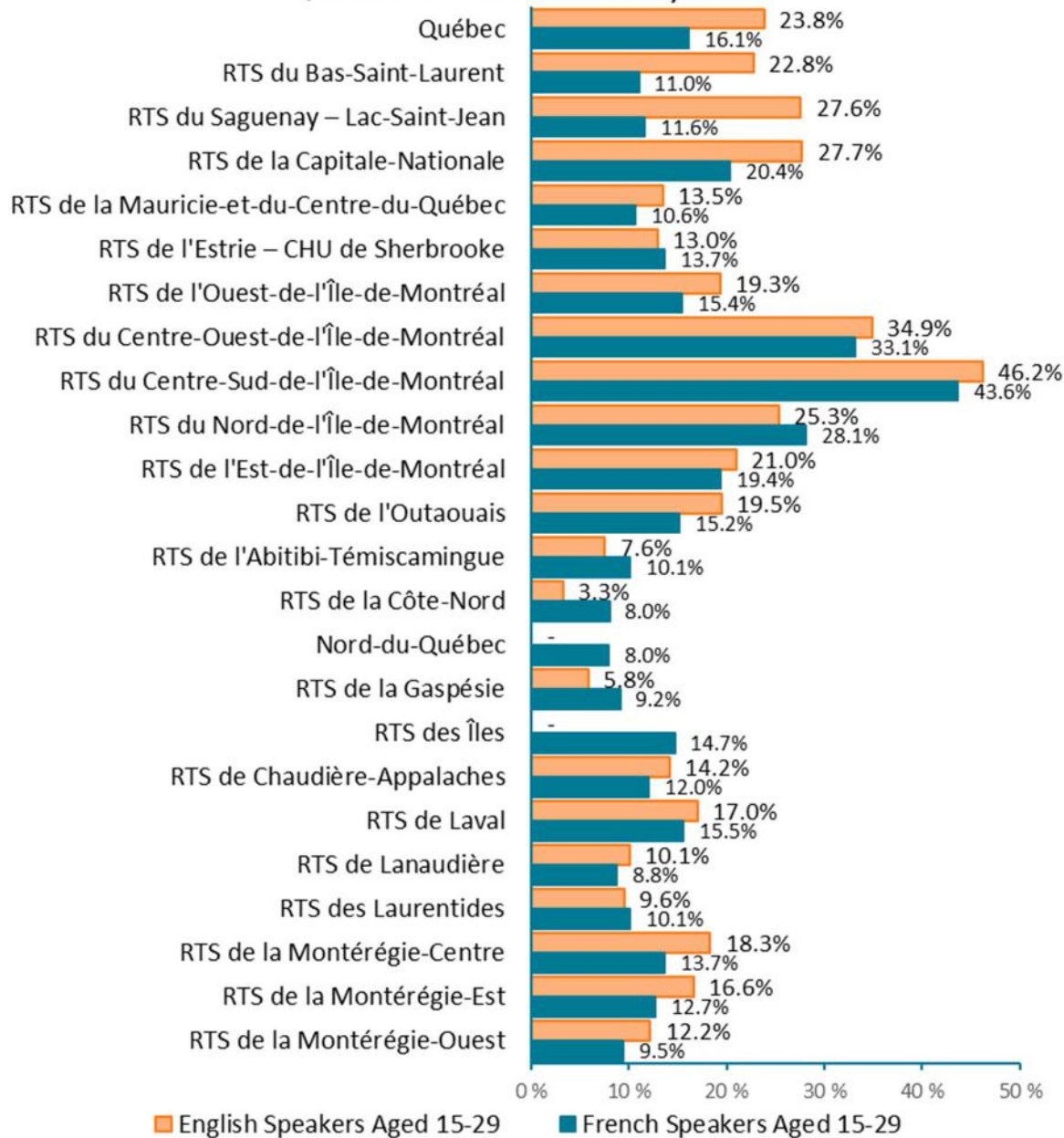
**Proportion of Those Aged 15 to 29 With High Educational Attainment  
in the English-Speaking Population  
Québec and its RTS Territories, 2021**



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

While 33.7% of Québec’s minority language population claim a university diploma or degree at the bachelor level or higher, only 23.8% of English-speaking youth have this level of educational attainment, factoring in that current high school students are included in this variable. This varies by region among English-speaking youth ranging from 46.2% in Centre-Sud-de-l’Île-de-Montréal and 34.9% in Centre-Ouest-de-l’Île-de-Montréal to 3.3% in Côte-Nord and 5.8% in Gaspésie.

**Proportion of Those Aged 15 to 29 With High Educational Attainment  
in the French- and English-Speaking Population  
Québec and its RTS Territories, 2021**



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

In 2021, English-speaking youth residing in Québec were more likely to claim a university diploma or degree at the bachelor level or above as their highest level of educational attainment (23.8%) compared to French-speaking youth (16.1%). This varies by region among English-speaking youth ranging from 46.2% in Centre-Sud-de-l'Île-de-Montréal and 34.9% in Centre-Ouest-de-l'Île-de-Montréal to 3.3% in Côte-Nord and 5.8% in Gaspésie.

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## The COVID-19 Health Crisis and English-speaking youth

Studies of the psychosocial impacts of the COVID-19 pandemic underline the decline in mental health among young adults living throughout all regions of Québec. In 2020, Dr. Melissa Généreux, professor at the Faculty of Medicine and Health Services at the Université de Sherbrooke and advisor to the Directorate of Mental Health Services, reported that consistently, across regions, there were social groups that were more affected by the health crisis than others. These at-risk groups were adults aged 18-24, Anglophones and health care workers.<sup>25</sup> Similarly, a survey by the Association of Canadian Studies revealed that non-Francophones in Québec appeared to be experiencing a higher rate of mental health issues during the pandemic than Francophones.<sup>26</sup>

In the words of Dr. Généreux, “In our study, 37% of adults aged 18-24 reported symptoms of anxiety or depression in the previous two weeks. It is concerning that a significant portion of young people are not doing well. It is equally striking that Anglophones are twice as likely as Francophones to have anxiety or depressive symptoms.”<sup>27</sup> It is important to understand that the high levels of mental health problems among English speakers detected during COVID-19 did not occur overnight. Rather, the pandemic has shone light on inequalities in access to mental health literacy, diagnosis and treatment that are now longstanding. Pre-COVID, when English-speaking communities across Québec were compared with the majority language group in their territory, they exhibited a greater risk of poor mental and emotional health with respect to a number of validated indicators.<sup>28</sup>

Challenges presented by unaddressed language barriers within the health system are many and varied. There are additional and specific barriers that pertain to access to mental health services. “There is perhaps no other health area where diagnosis and treatment is as dependent on language and culture.”<sup>29</sup> A substantial and compelling body of international research demonstrates that the reduction of language barriers increases participation in prevention activities; encourages timely presentation for care; reduces risk of misdiagnosis; improves patient understanding and adherence to prescribed treatment; improves rate of treatment success and improves overall trust in health authorities and the health system.<sup>30</sup> When

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<sup>25</sup> *Actualités*, Université de Sherbrooke, [https://www.usherbrooke.ca/actualites/relations-medias/communiqués/2020/septembre/communiqués-detail/c/43547/](https://www.usherbrooke.ca/actualites/rerelations-medias/communiqués/2020/septembre/communiqués-detail/c/43547/)

<sup>26</sup> Jack Jedwab, 2021, *The Montreal Gazette*, <https://montrealgazette.com/news/quebec/curfew-is-affecting-mental-health-poll>

<sup>27</sup> *Actualités*, Université de Sherbrooke, <https://www.usherbrooke.ca/actualites/relations-medias/communiqués/2020/septembre/communiqués-detail/c/43547/> See also Généreux, M., Roy, M., Pare, C., and Lévesque. (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)

<sup>28</sup> Community Health and Social Services Network (CHSSN) (2015). *Canadian Community Health Survey (2011-2012). Findings related to the Mental and Emotional Health of Quebec’s English-speaking Communities*. [https://chssn.org/wp-content/uploads/2014/11/Mental-Health-cchs2011-2012\\_analysis.pdf](https://chssn.org/wp-content/uploads/2014/11/Mental-Health-cchs2011-2012_analysis.pdf)

<sup>29</sup> Bowen, S. (2015) for Société Santé en Français (SSF). *Impact of Language Barriers on Quality and Safety of Healthcare*. <https://www.santefrancais.ca/wp-content/uploads/2018/11/SSF-Bowen-S.-Language-Barriers-Study-1.pdf> p.17

<sup>30</sup> *Ibid.*, p. 35-36.

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asked how important it was to receive mental health services in English, 81.9% of 3,133 Anglophones across the province replied, “very important.”<sup>31</sup>

According to the *Canadian Community Health Survey Québec’s (2011-2012) English-speaking youth (15-24)* score low on many mental and emotional health indicators when compared to other age groups in their language community and compared to Francophones the same age. The 15-24 age group is much more likely to report high levels of stress (13.6%) as a barrier to improving their health when compared to Francophones the same age (6.2%).<sup>32</sup>

Aside from language barriers, socio-economic factors are key considerations in the case of the surge in rates of anxiety and depression among English speakers during the health crisis. Pre-COVID, Québec’s English-speaking communities were already experiencing disproportionately high levels of low-income, and unemployment compared to the Francophone majority.<sup>33</sup> During the pandemic, high levels of economic insecurity have been met with increased job loss, the inability to meet basic security needs, interrupted education, and heightened fear stemming from uncertain future job prospects. Low socio-economic status tends to manifest in greater risk for a variety of health problems and a lower likelihood of being able to meet any costs associated with medical treatment. Mental health support that comes at a price is beyond the reach of many at-risk English speakers, especially young adults (15-29). They depend upon government health and social services wherein the low rate of English-speaking health professionals is problematic.

According to this report, the 2021 census reveals a disproportionate gap between Québec’s English-speaking (18.1%) and French-speaking youth (8.7%) in their tendency to be living below the low-income cut-off and in their levels of unemployment (14.4% among minority language youth compared to 9% among majority youth).

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<sup>31</sup> Community Health and Social Services Network (CHSSN) 2019. *Baseline Data Report 2018-2019. Part 1 Telephone Survey. English- Language Health and Social Services Access in Quebec*, <https://chssn.org/pdf/CHSSN-Baseline-Data-Report-2018-2019-part-1.pdf>, p.169

<sup>32</sup> Community Health and Social Services Network (CHSSN), (2015). *Canadian Community Health Survey (2011-2012). Findings related to the Mental and Emotional Health of Quebec’s English-speaking Communities*, [https://chssn.org/wp-content/uploads/2021/08/Mental-Health-cchs2011-2012\\_analysis.pdf](https://chssn.org/wp-content/uploads/2021/08/Mental-Health-cchs2011-2012_analysis.pdf), p. 44.

<sup>33</sup> Pocock and CHSSN Team. (Spring 2016). Meeting the Challenge of Diversity in Health: The Networking and Partnership Approach of Quebec’s English-speaking Minority. *Journal of Eastern Townships Studies (JETS)*, No. 46, pp. 79-81.

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## Appendix - Tables

### Number and Proportion of English and French Speakers by RTS Territory

Number and Proportion of English and French Speakers Québec and its RTS Territories, 2021						
Geography	Total Population	English Speakers	French Speakers	Neither English or French	Proportion of English Speakers	Proportion of French Speakers
Québec	8,406,905	1,253,580	7,074,330	79,005	14.9%	84.1%
RTS du Bas-Saint-Laurent	196,545	1,465	194,885	195	0.7%	99.2%
RTS du Saguenay – Lac-Saint-Jean	272,915	2,150	270,600	160	0.8%	99.2%
RTS de la Capitale-Nationale	748,030	17,565	728,220	2,245	2.3%	97.4%
RTS de la Mauricie-et-du-Centre-du-Québec	515,750	7,695	506,445	1,600	1.5%	98.2%
RTS de l'Estrie – CHU de Sherbrooke	495,765	41,075	452,950	1,745	8.3%	91.4%
RTS de l'Ouest-de-l'Île-de-Montréal	363,310	210,160	145,830	7,315	57.8%	40.1%
RTS du Centre-Ouest-de-l'Île-de-Montréal	354,650	203,360	141,520	9,775	57.3%	39.9%
RTS du Centre-Sud-de-l'Île-de-Montréal	315,595	95,515	215,485	4,605	30.3%	68.3%
RTS du Nord-de-l'Île-de-Montréal	430,325	101,405	317,025	11,895	23.6%	73.7%
RTS de l'Est-de-l'Île-de-Montréal	516,130	81,675	423,615	10,840	15.8%	82.1%
RTS de l'Outaouais	400,980	83,130	315,940	1,910	20.7%	78.8%
RTS de l'Abitibi-Témiscamingue	145,710	5,765	139,820	115	4.0%	96.0%
RTS de la Côte-Nord	87,420	5,300	81,805	315	6.1%	93.6%
Nord-du-Québec	14,820	1,835	12,975	15	12.4%	87.6%
RTS de la Gaspésie	75,995	7,075	68,885	30	9.3%	90.6%
RTS des Îles	12,540	660	11,875	-	5.3%	94.7%
RTS de Chaudière-Appalaches	427,690	5,055	421,865	775	1.2%	98.6%
RTS de Laval	434,650	104,525	321,320	8,800	24.0%	73.9%
RTS de Lanaudière	523,985	17,485	505,255	1,245	3.3%	96.4%
RTS des Laurentides	630,585	47,010	581,445	2,125	7.5%	92.2%
RTS de la Montérégie-Centre	419,210	63,650	349,515	6,045	15.2%	83.4%
RTS de la Montérégie-Est	528,285	24,640	501,300	2,350	4.7%	94.9%
RTS de la Montérégie-Ouest	465,220	100,150	362,310	2,770	21.5%	77.9%

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



## Age Structure of English-speaking Communities by RTS Territory

Age Structure Among English Speakers - Québec and its RTS Territories, 2021						
Geography	Total	0 to 14 years	15 to 29 years	30 to 44 years	45 to 64 years	65 years and over
Québec	1,244,440	194,800	256,255	280,230	327,965	185,190
RTS du Bas-Saint-Laurent	1,480	190	290	350	390	265
RTS du Saguenay – Lac-Saint-Jean	2,265	360	440	625	515	320
RTS de la Capitale-Nationale	17,375	2,305	3,750	4,895	4,025	2,405
RTS de la Mauricie-et-du-Centre-du-Québec	7,415	1,035	1,480	1,680	1,920	1,300
RTS de l'Estrie – CHU de Sherbrooke	40,155	5,750	6,960	7,185	10,745	9,515
RTS de l'Ouest-de-l'Île-de-Montréal	208,280	33,040	41,500	39,070	59,165	35,505
RTS du Centre-Ouest-de-l'Île-de-Montréal	202,265	28,700	50,110	44,635	44,645	34,170
RTS du Centre-Sud-de-l'Île-de-Montréal	95,110	10,010	25,975	30,855	19,565	8,695
RTS du Nord-de-l'Île-de-Montréal	100,160	14,030	20,710	24,600	27,265	13,540
RTS de l'Est-de-l'Île-de-Montréal	81,530	10,535	17,725	17,675	25,600	10,000
RTS de l'Outaouais	82,385	14,645	14,240	19,340	22,270	11,890
RTS de l'Abitibi-Témiscamingue	5,830	1,070	1,055	1,120	1,635	950
RTS de la Côte-Nord	5,335	905	920	845	1,610	1,060
Nord-du-Québec	1,755	535	470	330	315	105
RTS de la Gaspésie	7,005	950	775	1,130	2,010	2,140
RTS des Îles	720	60	140	100	250	165
RTS de Chaudière-Appalaches	5,070	630	810	1,410	1,340	885
RTS de Laval	104,535	18,120	20,090	22,540	31,270	12,515
RTS de Lanaudière	17,675	2,970	2,980	3,975	5,370	2,375
RTS des Laurentides	46,085	7,715	7,215	9,415	13,250	8,490
RTS de la Montérégie-Centre	62,750	10,300	10,590	15,500	16,265	10,090
RTS de la Montérégie-Est	24,115	4,005	4,360	6,185	6,255	3,315
RTS de la Montérégie-Ouest	99,925	19,470	16,870	22,030	27,465	14,090
Québec	100.0%	15.7%	20.6%	22.5%	26.4%	14.9%
RTS du Bas-Saint-Laurent	100.0%	12.8%	19.6%	23.6%	26.4%	17.9%
RTS du Saguenay – Lac-Saint-Jean	100.0%	15.9%	19.4%	27.6%	22.7%	14.1%
RTS de la Capitale-Nationale	100.0%	13.3%	21.6%	28.2%	23.2%	13.8%
RTS de la Mauricie-et-du-Centre-du-Québec	100.0%	14.0%	20.0%	22.7%	25.9%	17.5%
RTS de l'Estrie – CHU de Sherbrooke	100.0%	14.3%	17.3%	17.9%	26.8%	23.7%
RTS de l'Ouest-de-l'Île-de-Montréal	100.0%	15.9%	19.9%	18.8%	28.4%	17.0%
RTS du Centre-Ouest-de-l'Île-de-Montréal	100.0%	14.2%	24.8%	22.1%	22.1%	16.9%
RTS du Centre-Sud-de-l'Île-de-Montréal	100.0%	10.5%	27.3%	32.4%	20.6%	9.1%
RTS du Nord-de-l'Île-de-Montréal	100.0%	14.0%	20.7%	24.6%	27.2%	13.5%
RTS de l'Est-de-l'Île-de-Montréal	100.0%	12.9%	21.7%	21.7%	31.4%	12.3%
RTS de l'Outaouais	100.0%	17.8%	17.3%	23.5%	27.0%	14.4%
RTS de l'Abitibi-Témiscamingue	100.0%	18.4%	18.1%	19.2%	28.0%	16.3%
RTS de la Côte-Nord	100.0%	17.0%	17.2%	15.8%	30.2%	19.9%
Nord-du-Québec	100.0%	30.5%	26.8%	18.8%	17.9%	6.0%
RTS de la Gaspésie	100.0%	13.6%	11.1%	16.1%	28.7%	30.5%
RTS des Îles	100.0%	8.3%	19.4%	13.9%	34.7%	22.9%
RTS de Chaudière-Appalaches	100.0%	12.4%	16.0%	27.8%	26.4%	17.5%
RTS de Laval	100.0%	17.3%	19.2%	21.6%	29.9%	12.0%
RTS de Lanaudière	100.0%	16.8%	16.9%	22.5%	30.4%	13.4%
RTS des Laurentides	100.0%	16.7%	15.7%	20.4%	28.8%	18.4%
RTS de la Montérégie-Centre	100.0%	16.4%	16.9%	24.7%	25.9%	16.1%
RTS de la Montérégie-Est	100.0%	16.6%	18.1%	25.6%	25.9%	13.7%
RTS de la Montérégie-Ouest	100.0%	19.5%	16.9%	22.0%	27.5%	14.1%

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

## Age Structure of French-speaking Communities by RTS Territory

Age Structure Among French Speakers - Québec and its RTS Territoriesm, 2021						
Geography	Total	0 to 14 years	15 to 29 years	30 to 44 years	45 to 64 years	65 years and over
Québec	6,985,640	1,173,760	1,148,880	1,361,995	1,915,970	1,385,035
RTS du Bas-Saint-Laurent	190,430	28,340	26,825	31,570	54,760	48,930
RTS du Saguenay – Lac-Saint-Jean	266,350	41,840	39,610	47,610	74,660	62,625
RTS de la Capitale-Nationale	717,370	114,240	118,415	143,370	189,345	152,010
RTS de la Mauricie-et-du-Centre-du-Québec	497,865	78,930	74,885	88,305	138,080	117,655
RTS de l'Estrie – CHU de Sherbrooke	446,485	73,225	71,640	79,555	122,530	99,535
RTS de l'Ouest-de-l'Île-de-Montréal	143,325	24,260	23,625	26,640	41,010	27,790
RTS du Centre-Ouest-de-l'Île-de-Montréal	140,530	22,660	36,335	27,845	31,390	22,300
RTS du Centre-Sud-de-l'Île-de-Montréal	211,745	25,645	49,060	60,140	47,875	29,015
RTS du Nord-de-l'Île-de-Montréal	312,710	56,640	60,735	76,180	73,335	45,815
RTS de l'Est-de-l'Île-de-Montréal	419,660	73,330	73,400	95,610	105,450	71,875
RTS de l'Outaouais	314,395	55,730	53,130	60,805	90,400	54,340
RTS de l'Abitibi-Témiscamingue	137,800	24,160	22,245	25,365	38,865	27,160
RTS de la Côte-Nord	80,780	13,260	12,120	14,265	24,580	16,560
Nord-du-Québec	12,890	2,295	2,060	2,495	3,900	2,145
RTS de la Gaspésie	68,105	8,660	8,195	10,350	21,210	19,685
RTS des Îles	11,730	1,355	1,430	1,680	3,995	3,270
RTS de Chaudière-Appalaches	416,110	71,820	62,155	76,435	115,360	90,330
RTS de Laval	316,190	55,305	55,755	57,515	90,125	57,490
RTS de Lanaudière	500,090	91,530	76,920	95,025	142,275	94,340
RTS des Laurentides	576,650	97,390	88,915	106,625	170,770	112,960
RTS de la Montérégie-Centre	346,840	62,345	55,655	69,945	93,870	65,015
RTS de la Montérégie-Est	496,400	85,125	78,000	95,180	138,620	99,470
RTS de la Montérégie-Ouest	357,745	64,955	56,975	68,405	102,795	64,610
Québec	100.0%	16.8%	16.4%	19.5%	27.4%	19.8%
RTS du Bas-Saint-Laurent	100.0%	14.9%	14.1%	16.6%	28.8%	25.7%
RTS du Saguenay – Lac-Saint-Jean	100.0%	15.7%	14.9%	17.9%	28.0%	23.5%
RTS de la Capitale-Nationale	100.0%	15.9%	16.5%	20.0%	26.4%	21.2%
RTS de la Mauricie-et-du-Centre-du-Québec	100.0%	15.9%	15.0%	17.7%	27.7%	23.6%
RTS de l'Estrie – CHU de Sherbrooke	100.0%	16.4%	16.0%	17.8%	27.4%	22.3%
RTS de l'Ouest-de-l'Île-de-Montréal	100.0%	16.9%	16.5%	18.6%	28.6%	19.4%
RTS du Centre-Ouest-de-l'Île-de-Montréal	100.0%	16.1%	25.9%	19.8%	22.3%	15.9%
RTS du Centre-Sud-de-l'Île-de-Montréal	100.0%	12.1%	23.2%	28.4%	22.6%	13.7%
RTS du Nord-de-l'Île-de-Montréal	100.0%	18.1%	19.4%	24.4%	23.5%	14.7%
RTS de l'Est-de-l'Île-de-Montréal	100.0%	17.5%	17.5%	22.8%	25.1%	17.1%
RTS de l'Outaouais	100.0%	17.7%	16.9%	19.3%	28.8%	17.3%
RTS de l'Abitibi-Témiscamingue	100.0%	17.5%	16.1%	18.4%	28.2%	19.7%
RTS de la Côte-Nord	100.0%	16.4%	15.0%	17.7%	30.4%	20.5%
Nord-du-Québec	100.0%	17.8%	16.0%	19.4%	30.3%	16.6%
RTS de la Gaspésie	100.0%	12.7%	12.0%	15.2%	31.1%	28.9%
RTS des Îles	100.0%	11.6%	12.2%	14.3%	34.1%	27.9%
RTS de Chaudière-Appalaches	100.0%	17.3%	14.9%	18.4%	27.7%	21.7%
RTS de Laval	100.0%	17.5%	17.6%	18.2%	28.5%	18.2%
RTS de Lanaudière	100.0%	18.3%	15.4%	19.0%	28.4%	18.9%
RTS des Laurentides	100.0%	16.9%	15.4%	18.5%	29.6%	19.6%
RTS de la Montérégie-Centre	100.0%	18.0%	16.0%	20.2%	27.1%	18.7%
RTS de la Montérégie-Est	100.0%	17.1%	15.7%	19.2%	27.9%	20.0%
RTS de la Montérégie-Ouest	100.0%	18.2%	15.9%	19.1%	28.7%	18.1%

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