

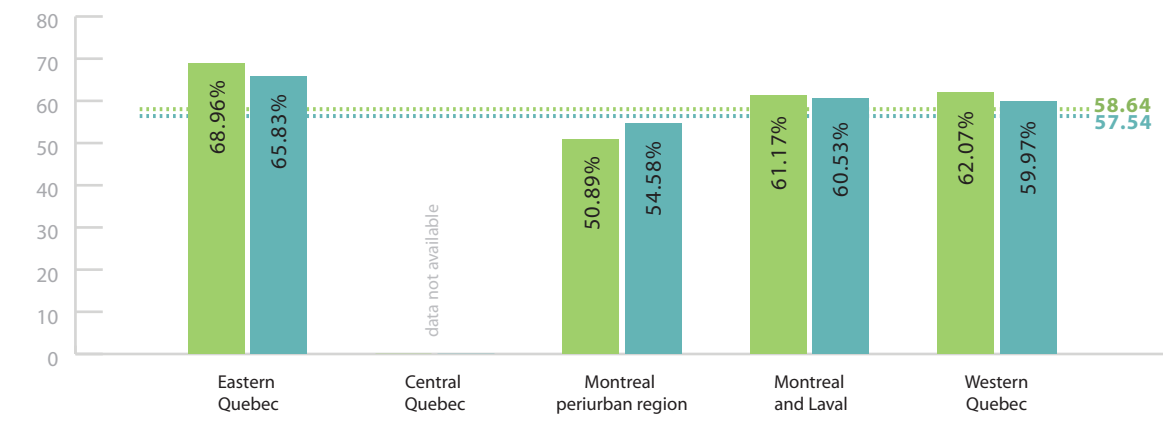
# Health Profile

of English-Speaking  
Minority Communities in Quebec

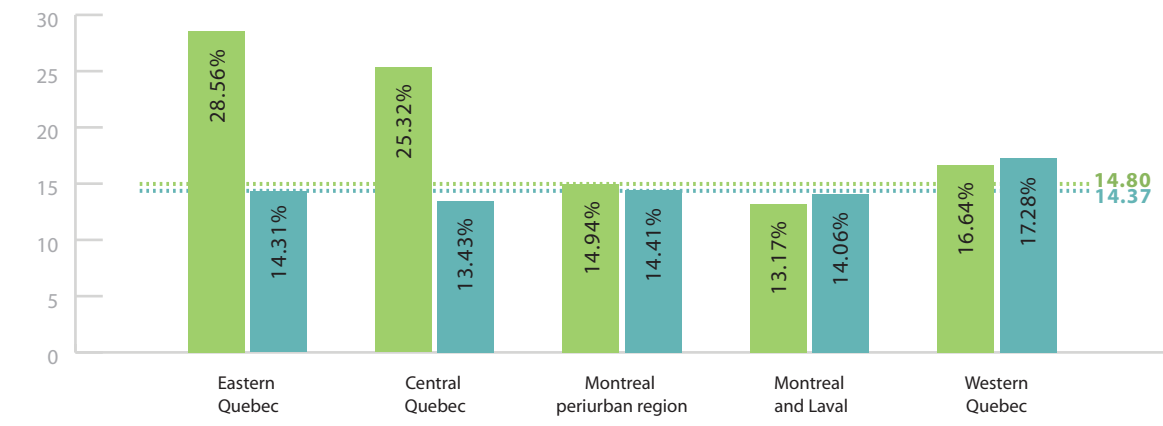


## Lifestyle

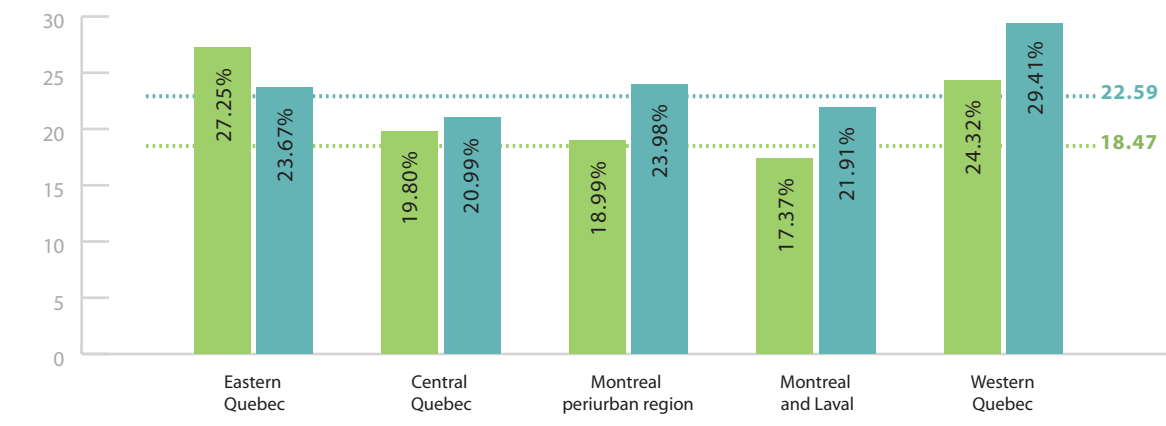
Amount of fruit and vegetables eaten: fewer than 5 servings a day



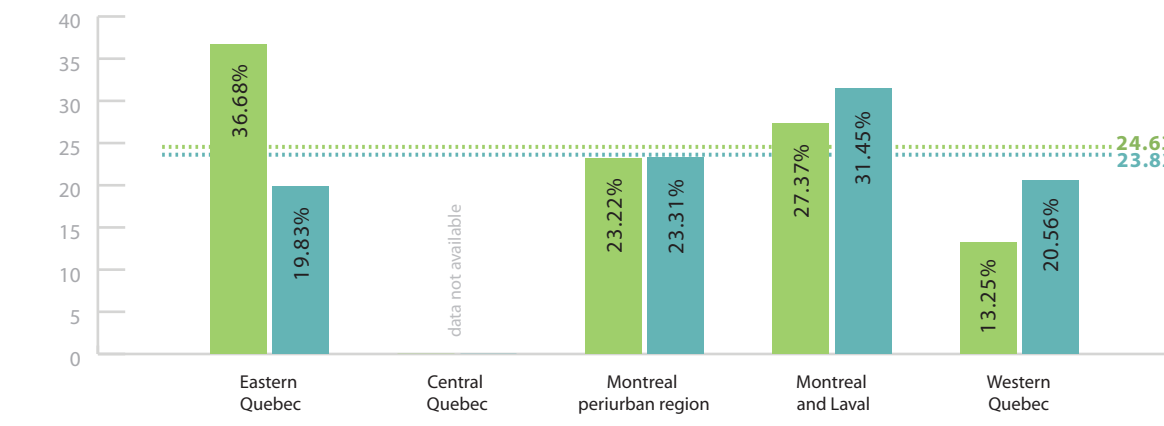
Body mass index (BMI) category: 30 kg/m<sup>2</sup> and over



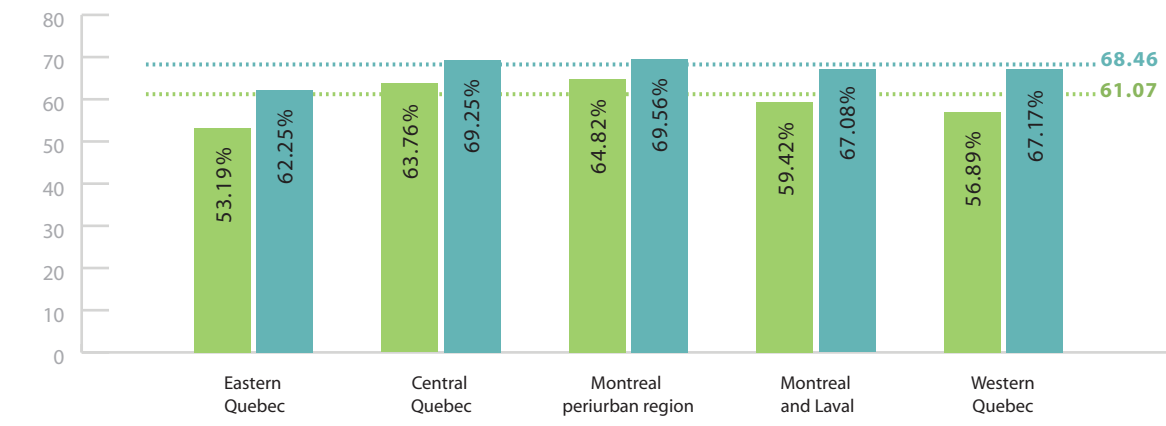
Regular smoker: YES



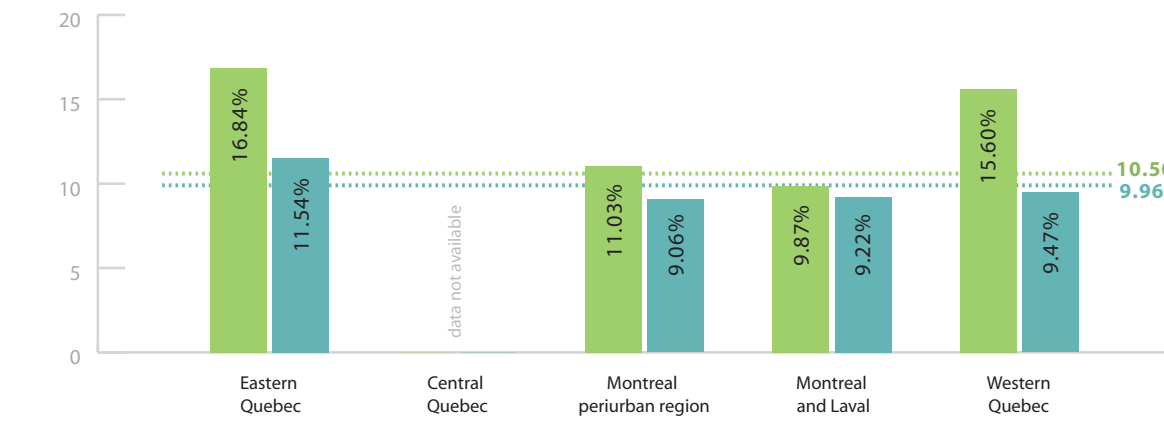
Has a family doctor: NO



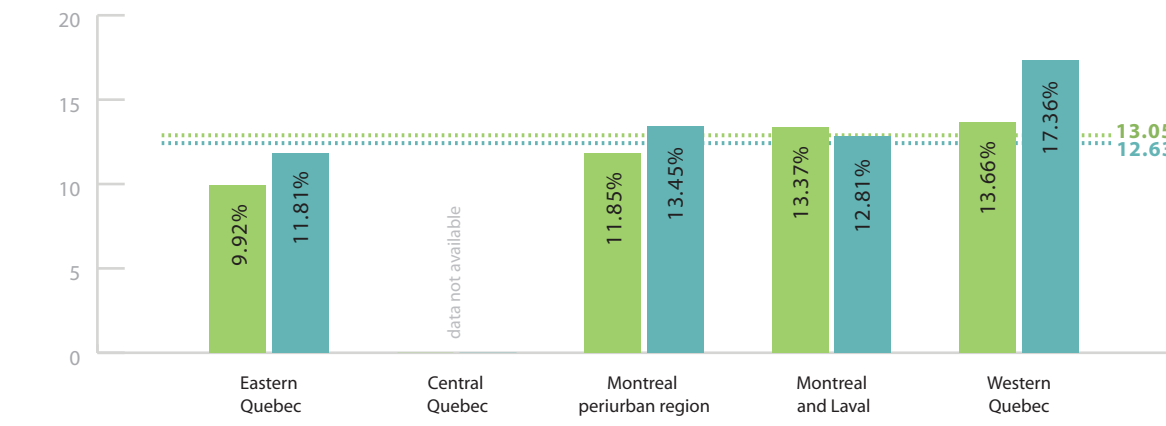
Regular drinker: YES



Over 6 consultations in the past year: YES



Has unmet needs: YES



This poster presents a selection of indicators describing certain aspects of health determinants in the English-speaking minorities of various regions of Quebec.

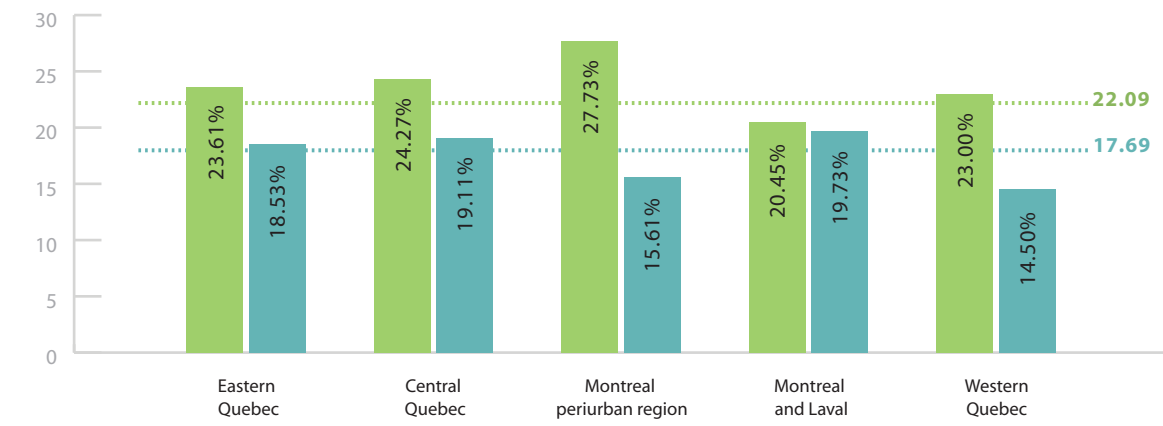
These indicators are drawn from a secondary analysis of the Canadian Community Health Survey (CCHS) with the 2001, 2003 and 2005 cycles combined. The weighted data are based on a sample of 42,996 people: 4,240 Anglophones and 38,756 Francophones. When sample size per region is too small, data are not available. This health profile shows the most adverse situations and determinants for the English-speaking minority relative to the French-speaking majority of Quebec. This project was made possible through funding provided by the Canadian Institutes of Health Research (CIHR).

POPULATION PER HEALTH REGION OF QUEBEC		Anglophones		Francophones	
<b>Eastern Quebec</b>					
Bas Saint-Laurent	1,295	0.7%	194,630	99.3%	
Saguenay-Lac-Saint-Jean	1,830	0.7%	2,672	90.3%	
Côte-Nord	5,630	5.9%	88,448	93.3%	
Nord-du-Québec*	275	1.9%	14,570	98.0%	
Gaspésie-Îles-de-la-Madeleine	9,505	10.2%	83,638	89.8%	
<b>Central Quebec</b>					
Québec (Capitale-Nationale)	11,840	1.8%	636,528	98.0%	
Mauricie-Centre-du-Québec	4,995	1.1%	466,358	98.7%	
Chaudière-Appalaches	3,705	1.0%	383,470	99.0%	
<b>Montreal periurban region</b>					
Lanaudière	10,115	2.4%	414,118	97.4%	
Laurentides	33,175	6.6%	471,943	93.3%	
Montérégie	143,645	10.7%	1,190,638	88.9%	
Estrie	23,580	8.0%	269,743	91.8%	
<b>Montreal and Laval</b>					
Montréal	595,920	32.7%	1,182,485	64.8%	
Laval	68,460	18.8%	290,765	79.7%	
<b>Western Quebec</b>					
Outaouais	58,720	17.4%	278,285	82.3%	
Abitibi-Témiscamingue	5,355	3.8%	136,353	96.1%	

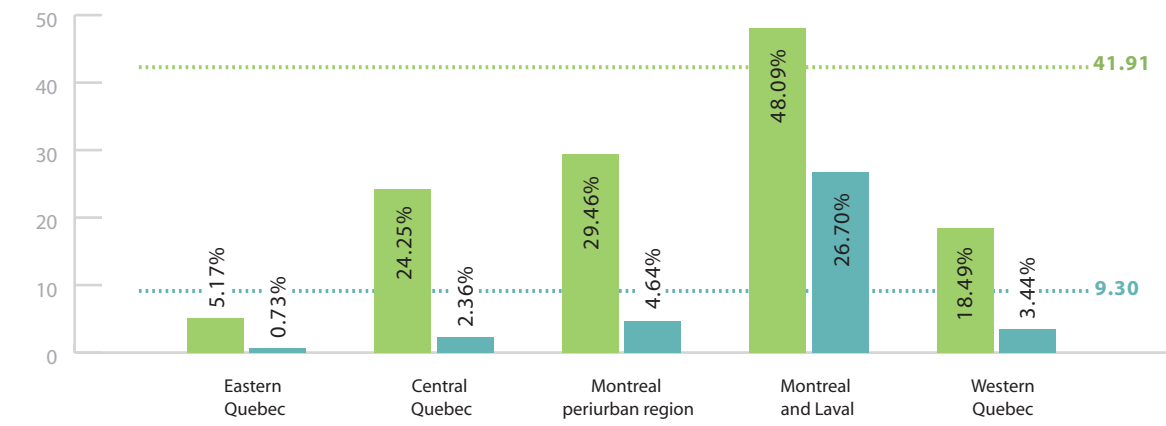
\* Does not include the First Nations population of the health region of Terres-Cries-de-la-Baie-James nor the population of the health region of Nunavik.  
Source: Warinik, Jan. Demographic and Social Characteristics of the English-Speaking Population in Quebec Health Regions, 2006. Statistical Profiles by Health Region. CCHS/SA, February 2006. www.cchson.org.

## Socio-economic variables

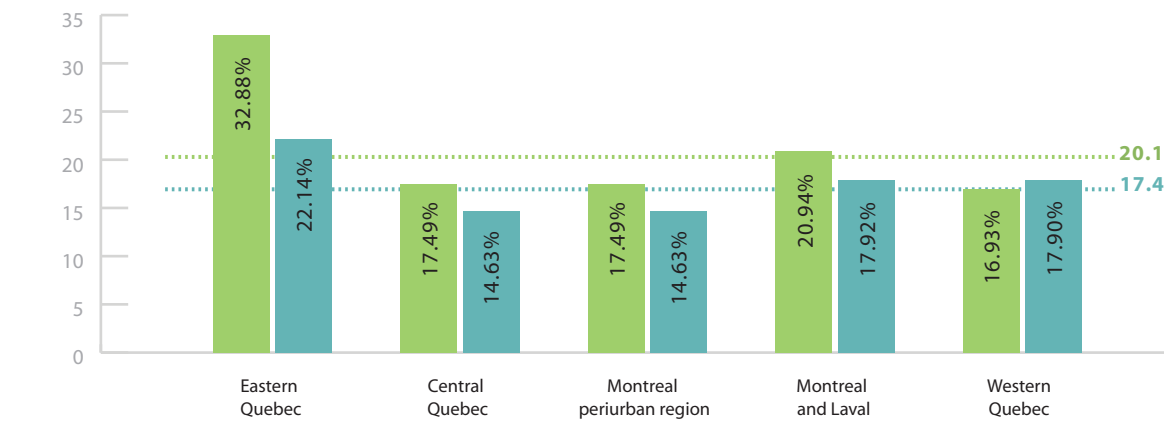
Age group: 65 and older



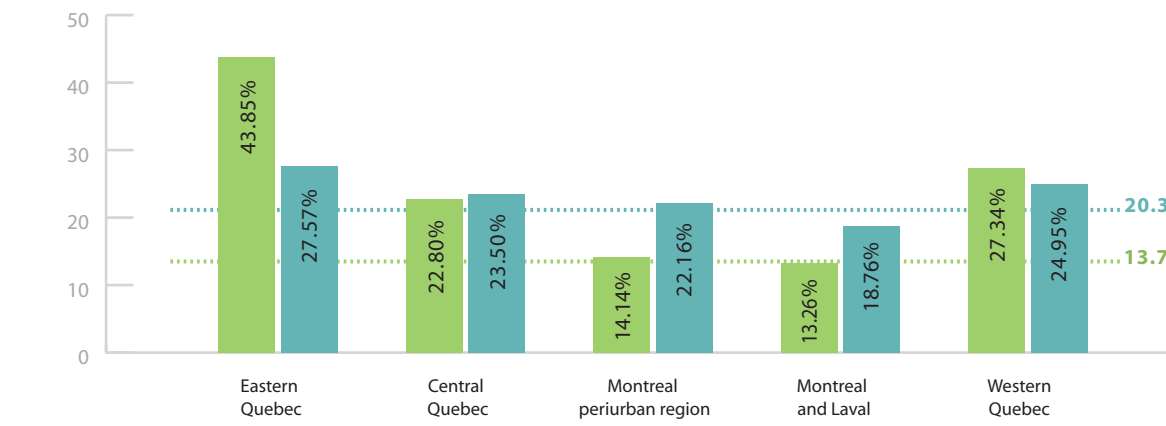
Immigrant: YES



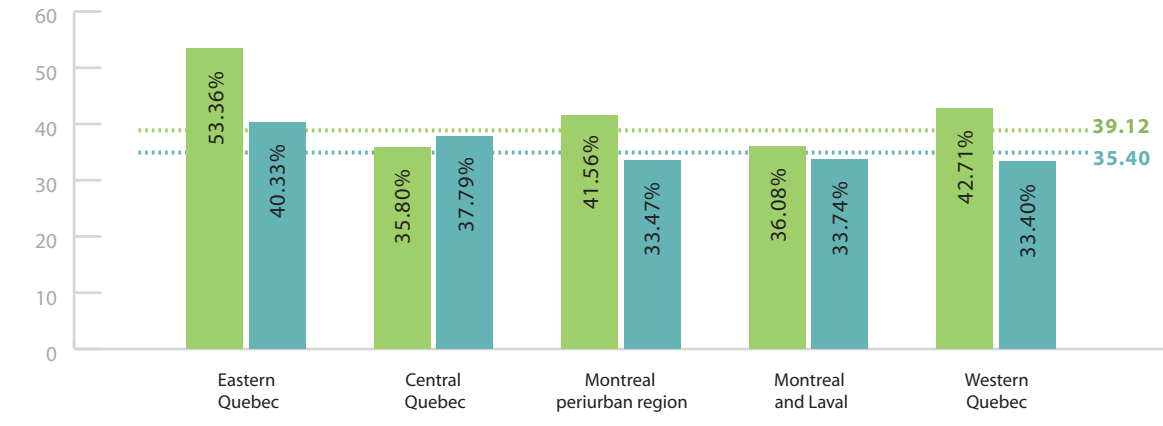
Income: between 0 and 19th percentile



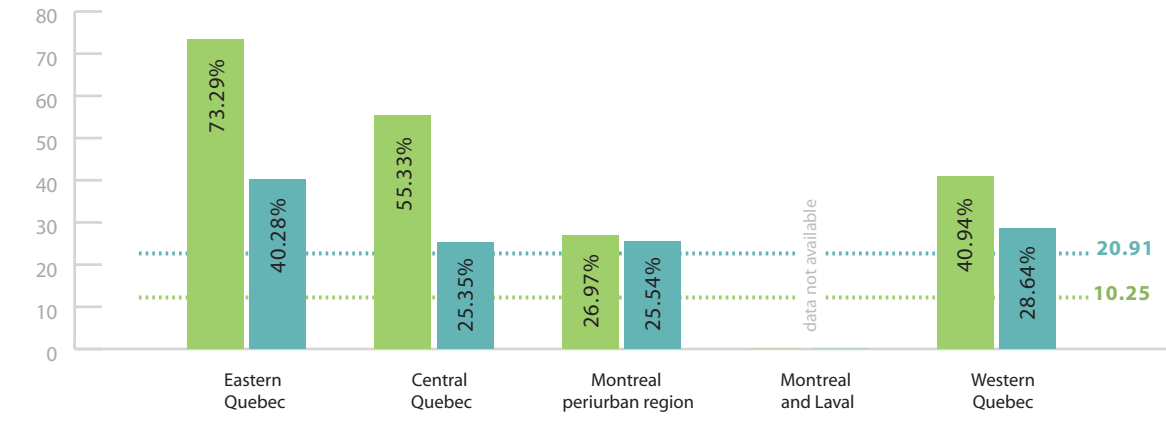
Education: below secondary school diploma



Participation in labour force: not in labour force



Region: rural



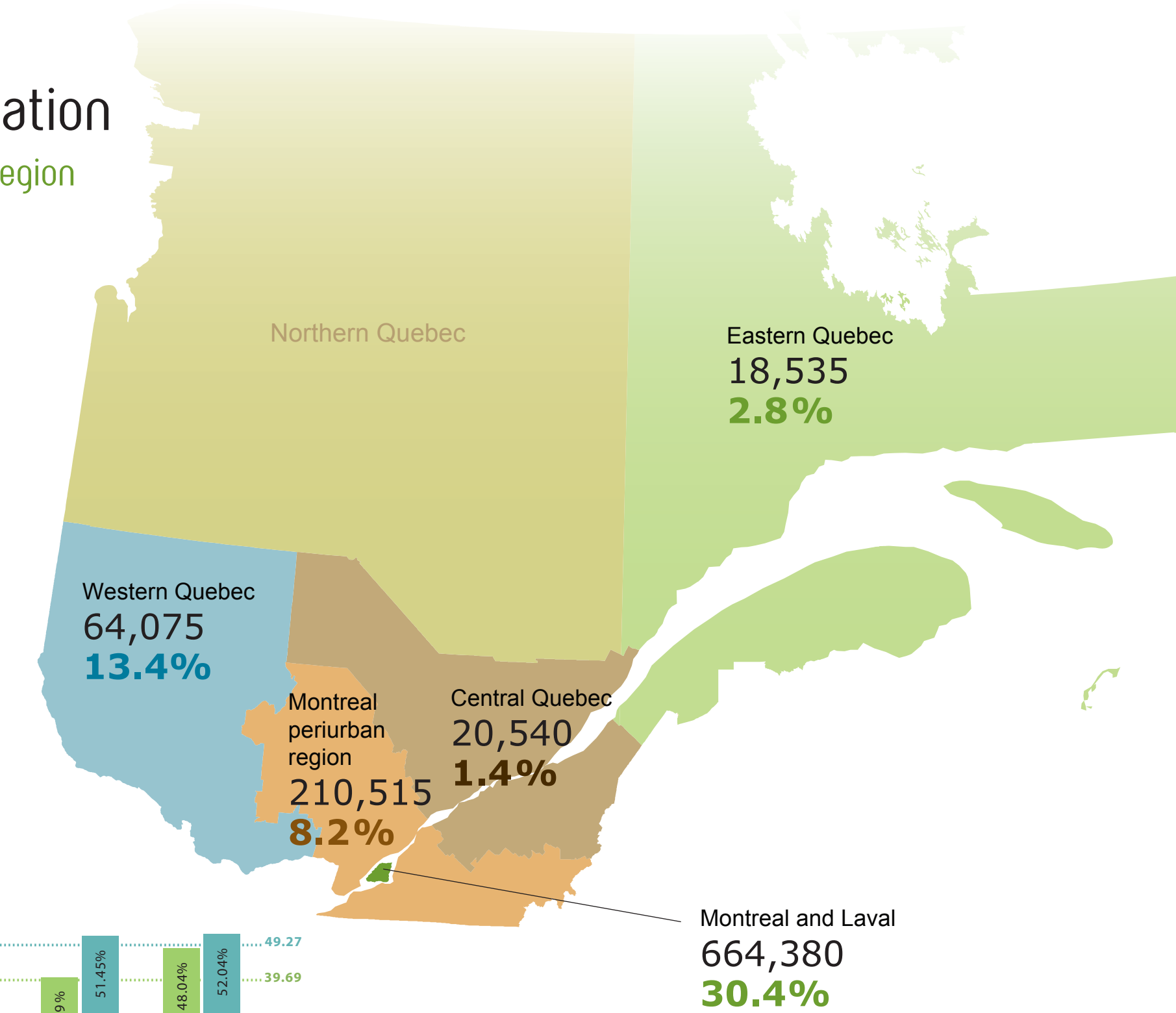
## Anglophone Population and % of Anglophones per region of Quebec

Note: The total does not include the First Nations population of the health region of Terres-Cries-de-la-Baie-James nor the population of the health region of Nunavik.



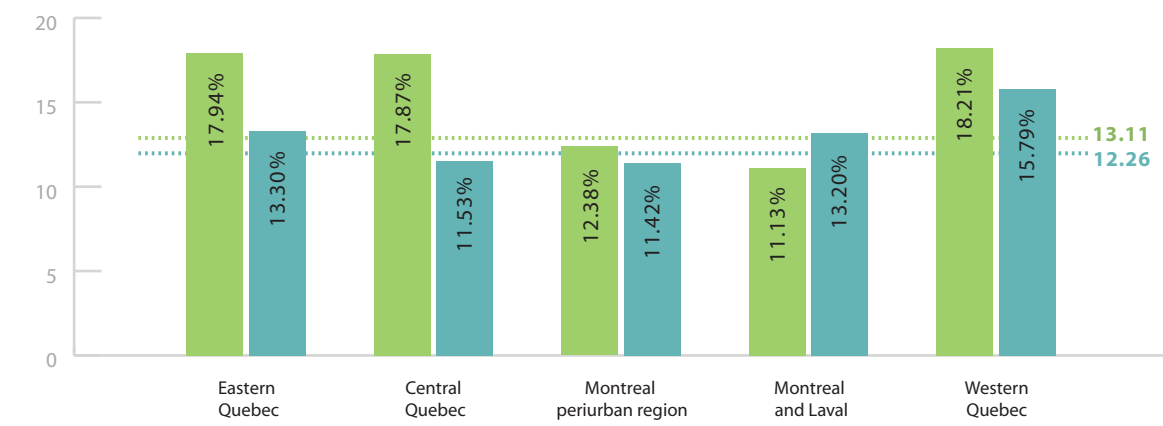
Breakdown of Anglophone population by gender

	Male	Female
Eastern Quebec	48.23%	51.77%
Central Quebec	48.90%	51.10%
Montreal periurban region	49.66%	50.34%
Montreal and Laval	47.23%	52.77%
Western Quebec	49.50%	50.50%

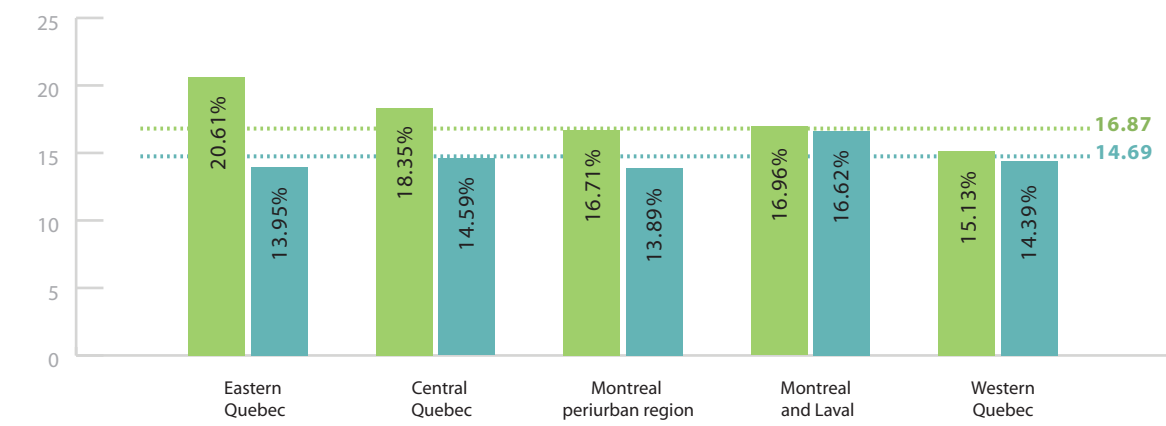


## Health

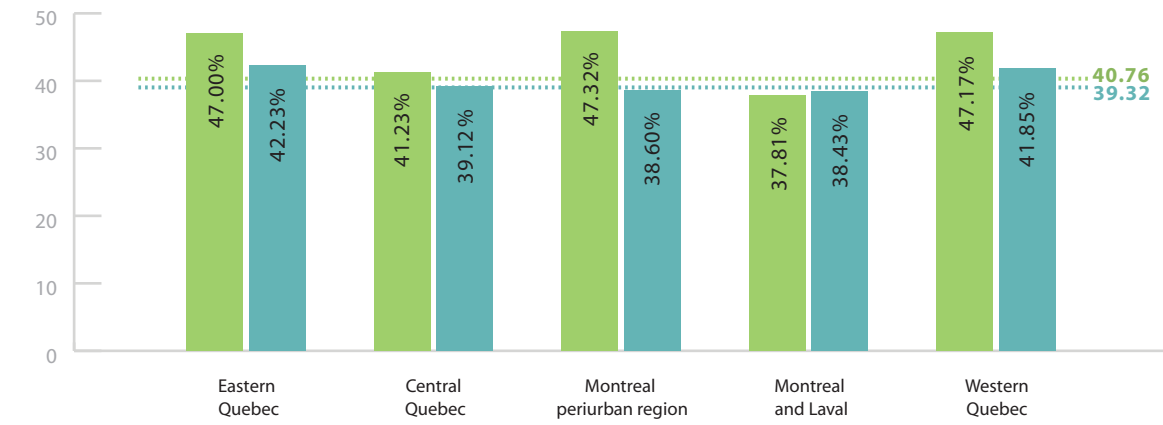
Self-assessment of health: poor and fair



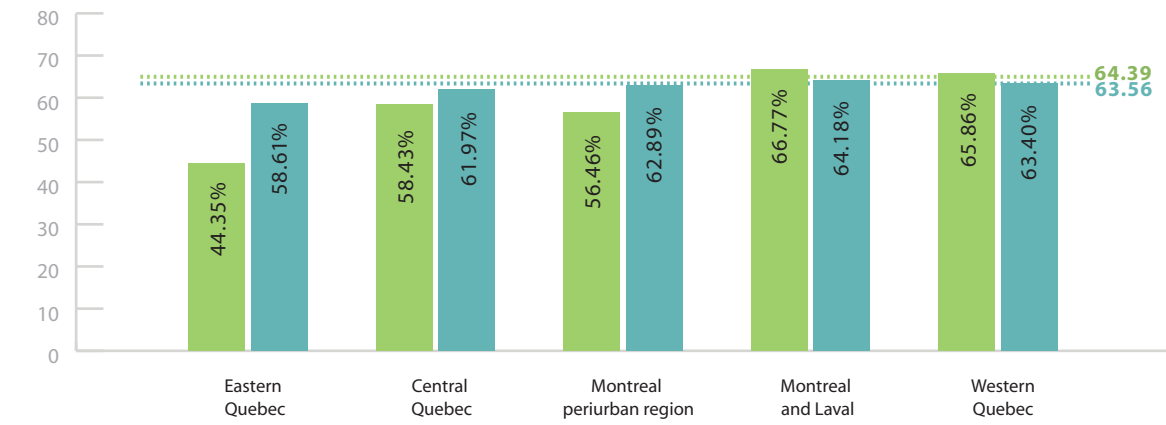
Difficulty in performing a task: YES



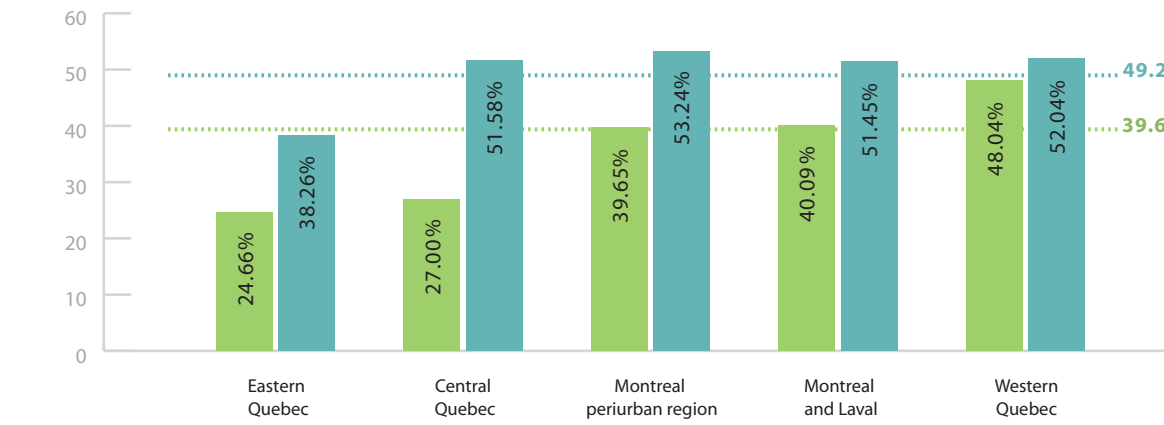
Disease: presence of one or more



Level of stress: moderate to high



Feeling of belonging: weak to very weak



DATA SOURCES  
Canadian Community Health Survey (CCHS) (2001, 2003 and 2005), Statistics Canada.  
L. Bouchard, I. Gaboury, M. H. Chomiene, J. Gagnon-Arpin (2009), Health Profile of French-Speaking Minority Communities in Canada. Réseau de recherche interdisciplinaire sur la santé des francophones en contexte minoritaire au Canada (RISF).  
Graphic design: France Gagnon Distribution: Health Canada, RISF This initiative was made possible through funding provided by Health Canada