



Quebec's Social and Health Survey Information: Baseline Data Report 2008 (Section 2.10)

2.10	Perceptions of Health Status	1
	Table 2.10.1 – Perception of health status, population 15 and over, Quebec, 1998.....	2
	Table 2.10.2 – Perception of health status according to certain socio-economic characteristics, population 15 and over, Quebec, 1998	3
	Table 2.10.3 – Perception of health status according to certain individual behaviours, population 15 and over, Quebec, 1998	4
	Table 2.10.4 – Perception of health status according to the body mass indicator, men and women 15 and over, Quebec, 1998	4
	Table 2.10.5 – Perception of health status according to the social support indicator, population 15 and over, Quebec, 1998	5
	Table 2.10.6 – Perception of health status according to certain health indicators, population 15 and over, Quebec, 1998	5
	Table 2.10.7 – Perception of health status according to certain indicators of use of treatment and health services, population 15 and over, Quebec, 1998.....	6
	Table 2.10.8 – Perception of health status by mother tongue, Quebec, 1998	6

2.10 Perceptions of Health Status

- The greatest percentage of survey respondents perceived their health status as very good and good.
- Women were less likely than men to perceive their health as excellent with the most notable difference being between men and women in the 15-24 age group.
- Those most frequently perceiving their health as good , average or poor as opposed to excellent or very good were 65 years and over.
- Perception of health as average or poor is associated with low levels of scolarity and low income. Conversely, Very high scolarity and very high income is associated with the likelihood to perceive one's health as excellent.
- Unemployed, homemakers and retired persons were more likely than other groups to perceive their health as average or poor.
- Survey respondents who were never smokers and/or engaged in recreational physical activity 3 times a week or more were the most likely group to perceive their health status as excellent.
- Among male respondents, insufficient weight tended to be associated with perception of health as average or poor. Among female respondents, perception of health as average or poor tended to be associated with excessive weight.
- Survey respondents with high levels of social support had a greater tendency to perceive their health status as excellent or very good compared to respondents with low levels of social support.
- Survey respondents with long term limitation on their activity were much more likely than those with no limitations to perceive their health status as average or poor.
- A long term problem and more than one long term problem, is linked to a perceived health status of average or poor.
- Perception of mental health and health status tend to go hand in hand. Perceived average or poor mental health is associated with average or poor health status.
- Respondents with high levels of psychological distress tend to perceive their health status as average or poor.
- Anglophone and Francophone respondents were quite similar with respect to their perception of their health status.

Table 2.10.1 – Perception of health status, population 15 and over, Quebec, 1998

		Excellent	Very Good	Good	Average	Poor
		%				
Men						
	15-24	24.2	42.5	27.2	5.5	0.6
	25-44	21.4	38.6	33.2	6.1	0.8
	45-64	17.8	35.2	34.5	9.7	2.9
	65 years+	12.1	24.0	41.6	17.1	5.2
	Total	19.6	36.4	33.6	8.4	2.0
Women						
	15-24	17.8	41.0	33.6	6.7	0.9
	25-44	19.1	39.5	34.2	6.1	1.1
	45-64	16.0	35.0	35.6	9.9	3.4
	65 years+	10.6	24.6	41.6	19.5	3.8
	Total	16.6	36.0	35.7	9.5	2.2
Both sexes						
	15-24	21.1	41.7	30.4	6.1	0.7
	25-44	20.2	39.0	33.7	6.1	1.0
	45-64	16.9	35.1	35.0	9.8	3.2
	65 years+	11.2	24.3	41.6	18.5	4.4
	Total	18.1	36.2	34.7	9.0	2.1
Population '000		1 057	2 112	2 017	520	119

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*

- With both sexes combined, the greater proportion of respondents perceived their health status as very good and good.
- When compared with other age groups, the 15-24 age group most frequently reported perceiving their health as excellent and very good. Those most frequently perceiving their health as good, average or poor were 65 years and over.
- Women were less likely than men to perceive their health as excellent with the biggest difference between men and women being in the 15-24 age group.

Table 2.10.2 – Perception of health status according to certain socio-economic characteristics, population 15 and over, Quebec, 1998

		Excellent	Very Good	Good	Average or Poor
		%			
Relative scolarity					
	Very low	15.0	29.0	38.4	17.6
	Low	17.2	34.8	37.4	10.7
	Average	16.4	39.2	34.8	9.6
	High	17.8	37.9	34.1	10.2
	Very High	23.9	40.0	28.9	7.2
Income level					
	Very poor	17.0	27.1	33.0	22.9
	Poor	15.4	29.3	36.1	19.2
	Lower middle income	16.4	34.7	37.1	11.9
	Upper middle income	18.8	39.3	34.6	7.2
	High income	23.6	42.2	27.6	6.6
Employment status					
	Employed	20.8	40.1	33.8	5.3
	Student	21.4	39.9	31.2	7.5
	Homemaker	13.4	32.5	39.0	15.1
	Retired	12.0	26.4	38.3	23.4
	Unemployed	11.6	24.2	30.7	33.5
Professional category¹					
	Professional, senior manager	26.5	42.9	26.4	4.2*
	Intermediate manager, semi-professional, technician	22.9	43.1	29.7	4.4
	Office, sales, service	18.6	41.2	34.3	5.9
	Foreman, qualified labourer	18.8	37.6	38.2	5.5
	Non-qualified worker, labourer	20.3	39.0	34.7	6.0*

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

1- Active population

* Interpret with caution

- Perception of health as average or poor is associated with respondents who report low levels of scolarity and low income. Very high scolarity and very high income is associated with the likelihood to perceive one's health as excellent.
- Unemployed, homemakers and retired respondents were more likely than other groups to perceive their health as average or poor. The greater percentage of the unemployed perceived their health as average or poor as opposed to excellent, very good or good.

Table 2.10.3 – Perception of health status according to certain individual behaviours, population 15 and over, Quebec, 1998

		Excellent	Very Good	Good	Average or Poor
		%			
Recreation physical activity					
	None	14.1	28.2	38.7	19.1
	1-3 times monthly	13.0	39.5	37.6	9.9
	1-2 times per week	16.8	40.9	36.2	6.2
	3 times per week or more	27.4	38.8	26.8	7.1
Type of smoker					
	Never smoked	21.4	36.9	32.6	9.1
	Former smoker	19.0	37.9	33.2	9.8
	Occasional smoker	19.1	40.9	33.0	7.1*
	Regular smoker	13.4	34.5	38.0	14.1

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

* Interpret with caution

- Survey respondents who were never smokers and engaged in recreational physical activity 3 times a week or more were the most likely group to perceive their health status as excellent.
- Those who had no recreational physical activity and/or were regular smokers were the most likely group to perceive their health as average or poor.

Table 2.10.4 – Perception of health status according to the body mass indicator, men and women 15 and over, Quebec, 1998

		Excellent	Very Good	Good	Average or Poor
		%			
Men					
	Insufficient weight	14.0	29.4	41.2	15.4
	Acceptable weight	23.0	39.0	29.5	8.6
	Excessive weight	14.9	33.8	38.8	12.6
Women					
	Insufficient weight	19.4	31.9	35.4	13.4
	Acceptable weight	18.7	39.3	33.7	8.3
	Excessive weight	9.4	32.0	39.9	18.8

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

- Among male survey respondents, insufficient weight tended to be associated with perception of health as average or poor.
- Among female respondents, perception of health as average or poor tended to be associated with excessive weight.
- A greater percentage of both men and women view their health as very good and good.

Table 2.10.5 – Perception of health status according to the social support indicator, population 15 and over, Quebec, 1998

	Excellent	Very Good	Good	Average or Poor
	%			
Weak level of social support	13.6	30.2	39.1	17.1
High level of social support	19.3	38.1	33.3	9.4

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

- Survey respondents with high levels of social support had a greater tendency to perceive their health status as excellent or very good compared to respondents with low levels of social support. Perception of health status as average or poor was much more likely among those respondents with low levels of social support.

Table 2.10.6 – Perception of health status according to certain health indicators, population 15 and over, Quebec, 1998

	Excellent	Very Good	Good	Average or Poor
	%			
Limitations on activity over the long term				
Limited	2.8*	11.4	34.2	51.7
Not limited	19.9	39.1	34.7	6.3
Duration of health problems				
No problem	26.5	41.1	29.1	3.3
Problem of short duration	21.3	44.5	30.1	4.1*
Long term problem	18.8	39.5	35.2	6.5
More than one long term problem	9.6	27.6	40.3	22.6
Perception of mental health				
Excellent	33.4	39.2	21.9	5.6
Very good	13.3	46.2	33.4	7.1
Good	6.4	23.5	54.6	15.5
Average or poor	5.1*	16.2	40.8	37.9
Indicator of psychological distress				
Low or average level	20.1	38.7	32.8	8.4
High level	11.5	29.4	39.8	19.2

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

* Interpret with caution

- Survey respondents with long term limitations on their activity were much more likely than those with no limitations to perceive their health status as average or poor. A long term problem, and more than one long term problem, is linked to a perceived health status of average or poor.
- Perception of mental health and health status tend to go hand in hand. Perceived average or poor mental health is associated with average or poor health status.

Respondents with high levels of psychological distress tend to perceive their health status as average or poor.

Table 2.10.7 – Perception of health status according to certain indicators of use of treatment and health services, population 15 and over, Quebec, 1998

		Excellent	Very Good	Good	Average or Poor
		%			
Use of medication¹					
	No medication	23.4	39.7	31.7	5.2
	One or two medications	16.8	38.7	36.1	8.5
	Three medications or more	9.5	24.5	38.5	27.5
Consultation with a health professional²					
	No consultation	19.7	37.8	34.2	8.3
	One consultation	15.0	33.4	35.0	16.7
	More than one consultation	9.4	27.2	38.6	24.9

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

1- Over a period of two days.

1- Over a period of two weeks.

- Survey respondents using three medications or more over a period of two days were much more likely to perceive their health status as average or poor when compared with those taking less or no medication.
- Respondents with more than one consultation with a health professional over a period of two weeks were more likely to perceive their health status as average or poor than those with fewer or no consultations.

Table 2.10.8 – Perception of health status by mother tongue, Quebec, 1998

	N=	18211	1029	1045	445
		French	English	Other	n/a
Excellent		17.01%	15.35%	13.49%	15.28%
Very good		34.18%	38.00%	31.20%	28.99%
Good		33.14%	30.52%	37.51%	33.48%
Average		9.03%	8.36%	9.19%	10.79%
Poor		1.97%	2.24%	1.72%	2.70%
Unknown		4.68%	5.54%	6.89%	8.76%
		100.00%	100.00%	100.00%	100.00%

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

- The distribution of Francophone and Anglophone survey respondents with respect to perceived health status is quite similar.