



Quebec's Social and Health Survey Information: Baseline Data Report 2008 (Section 3.1)

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3.1 Families and Health

Table 3.1.1 – Family and non-family households (children of all ages) according to type, Quebec, 1987, 1992-1993 and 1998

| | 1987 | 1992-1993 | 1998 | Pop ¹ '000 |
|-------------------------------------|------|-----------|-------|--------------------------|
| | % | | | |
| Non-family households | | | | |
| Single persons | 19.7 | 24.9 | 27.1 | 804 |
| Other households | 4.3 | 3.7 | 3.3 | 97 |
| Total | 24.0 | 28.6 | 30.4 | 901 |
| Family households | | | | |
| Couples without children | 24.0 | 26.2 | 26.1 | 772 |
| Two-parent families (intact) | 39.5 | 32.5 | 29.0 | 859 |
| Re-constituted families | 2.6 | 3.4 | 4.0 | 118 |
| Single-parent families | 9.5 | 8.9 | 10.4 | 308 |
| Other families | 0.3 | 0.3** | 0.2** | 5 |
| Total | 76.0 | 71.4 | 69.6 | 2,062 |

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

1- Corresponds to an estimation of the number of households

** Imprecise estimate, indication only

- The percentage of single person households have increased when 1987, 1992-1993 and 1998 are compared.
- The percentage of two-parent families outweighs other types but has declined from 1987 to 1998.
- The percentage of couples without children and single-parent families has grown.



Table 3.1.2 – Socio-demographic characteristics of parents¹ living with at least one minor according to type of family, male and female heads of households with minors, Quebec, 1998

| | Female parent | | | | Male parent | | | |
|--------------------------------|-------------------|-----------------------|----------------------|-------|-------------------|-----------------------|----------------------|-------|
| | Two-parent family | Re-constituted family | Single-parent family | Total | Two-parent family | Re-constituted family | Single-parent family | Total |
| | % | | | | | | | |
| Age group | | | | | | | | |
| Less than 18 years | 0.1** | 0.3** | - | 0.1** | 0.0** | - | - | 0.0** |
| 25-34 | 3.9 | 3.9** | 9.3** | 4.8 | 1.7* | 2.6** | - | 1.8* |
| 35-44 | 33.8 | 32.3 | 32.3 | 33.4 | 25.2 | 25.1 | 20.9* | 25.0 |
| 45 years and older | 14.5 | 8.2* | 14.4 | 13.8 | 23.7 | 22.6 | 28.1* | 23.8 |
| Civil status | | | | | | | | |
| Single | 0.1** | - | 48.9 | 8.4 | 0.1** | - | 26.8* | 1.2* |
| Married | 77.7 | 23.1 | - | 58.5 | 77.6 | 22.6 | 0.7** | 67.5 |
| Common law | 22.1 | 76.9 | - | 24.2 | 22.4 | 77.4 | 0.8** | 28.3 |
| Widowed, separated or divorced | 0.2** | - | 51.1 | 8.9 | 0.0** | - | 71.8 | 3.0 |
| Relative scolarity | | | | | | | | |
| Very low | 18.7 | 30.6 | 26.5 | 21.3 | 20.7 | 24.5 | 31.0* | 21.6 |
| Low | 23.9 | 25.7 | 20.7 | 23.5 | 19.5 | 21.5 | 9.5** | 19.3 |
| Average | 19.8 | 15.0* | 18.9 | 19.1 | 15.9 | 14.4* | 17.4** | 15.7 |
| High | 18.6 | 15.9* | 15.7 | 17.8 | 23.3 | 28.4 | 26.1 | 24.1 |
| Very High | 19.1 | 12.8* | 18.3 | 18.2 | 20.6 | 11.3* | 16.1** | 19.2 |
| Employment status | | | | | | | | |
| Employed | 61.7 | 66.6 | 57.8 | 61.6 | 92.4 | 83.6 | 80.6 | 90.8 |
| Student | 2.9 | 5.2** | 8.8* | 4.2 | 1.2* | 2.4** | 6.2** | 1.5* |
| Homemaker | 30.9 | 23.7 | 27.2 | 29.5 | 1.8* | 3.9** | 5.1** | 2.2* |
| Retired | 0.3** | - | 0.3** | 0.3** | 0.5** | 2.7** | 1.7** | 0.8* |
| Unemployed | 4.2 | 4.5** | 5.9* | 4.5 | 4.1 | 7.4* | 6.6** | 4.6 |
| Perception | | | | | | | | |
| Comfortable | 17.7 | 6.9** | 5.1* | 14.3 | 16.9 | 14.9* | 12.1** | 16.5 |
| Sufficient income | 65.2 | 60.2 | 49.3 | 61.9 | 64.0 | 57.9 | 51.9 | 62.8 |
| Poor or very poor | 17.1 | 32.9 | 45.6 | 23.8 | 19.1 | 27.1 | 36.1* | 20.8 |

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

1- Includes persons who are not parents themselves but who are partners of a parent (reconstituted family only).

* Interpret with caution

** Imprecise estimate, indication only

- In single parent families with a minor, males who are head of the household tend to be older than females who are head of the household. Females who head single parent households are much more likely to report being single compared to males, while males are more likely to be widowed, divorced, or separated.
- Female headed single parent families with a minor are more likely to perceive themselves as poor or very poor when compared to male headed single parent families.

- Females who head a single parent family with a minor are much less likely than males of the same family type to be employed. 57.8% of females claimed to be employed compared to 80.6% of the males.
- A greater proportion of female headed households, including two-parent, re-constituted or single parent family type, report low and very low levels of scolarity compared to male headed households.

Table 3.1.3 – Quality of relations with minors and between partners, male and female parents according to type of family, male and female heads of households with minors, Quebec, 1998

| | Female parent | | | | Male parent | | | |
|--|-------------------|-----------------------|----------------------|-------|-------------------|-----------------------|----------------------|-------|
| | Two-parent family | Re-constituted family | Single-parent family | Total | Two-parent family | Re-constituted family | Single-parent family | Total |
| Relations with their own children | | | | | | | | |
| No problem | 48.9 | 35.2* | 36.0 | 45.1 | 52.8 | 34.6 | 41.3* | 50.4 |
| Almost no problems or occasional problems | 49.6 | 59.4 | 59.1 | 52.4 | 46.1 | 60.0 | 55.4 | 48.0 |
| Frequent or constant problems | 1.5** | 5.4** | 4.8** | 2.5* | 1.1** | 5.4** | 3.3* | 0.1** |
| Relations with step-children | | | | | | | | |
| No problem | - | 31.8* | - | - | - | 40.9 | - | - |
| Almost no problems or occasional problems | - | 39.4 | - | - | - | 54.7 | - | - |
| Frequent or constant problems | - | 28.8* | - | - | - | 4.4* | - | - |
| Indicator of difficulty in relations between partners | | | | | | | | |
| No difficulties | 69.3 | 66.6 | - | 69.0 | 72.1 | 70.3 | - | 71.8 |
| Minor difficulties | 14.1 | 17.2* | - | 14.5 | 12.6 | 15.0* | - | 12.9 |
| Average difficulties | 9.6 | 8.4** | - | 9.4 | 9.0 | 9.1** | - | 9.0 |
| Severe difficulties | 7.0 | 7.8** | - | 7.1 | 6.3 | 5.6** | - | 6.2 |

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

- * Interpret with caution
 ** Imprecise estimate, indication only

- Both male and female parents of reconstituted families displayed a lower likelihood of reporting no problem with minors and between partners when compared with other family types.
- Reconstituted families were more likely than other family types to report occasional or frequent problems.

Table 3.1.4 – Health indicators of parents of minors according to type of family, both sexes, families with minors, Quebec, 1998

| | Two-parent family | Re-constituted family | Single-parent family | Total |
|---|-------------------|-----------------------|----------------------|-------|
| | % | | | |
| Number of times alcohol consumed¹ | | | | |
| 14 or more | 6.0 | 11.8 | 6.0* | 6.6 |
| 7-13 | 12.8 | 12.6 | 10.0* | 12.5 |
| 1-6 | 36.5 | 30.8 | 35.9 | 35.8 |
| None | 31.0 | 30.8 | 30.3 | 30.9 |
| Former drinker or abstinent | 13.7 | 14.1 | 17.9 | 14.2 |
| Use of tobacco | | | | |
| Regular smoker | 28.3 | 53.7 | 49.0 | 33.6 |
| Occasional smoker | 3.0 | 1.4** | 2.1** | 2.7 |
| Former smoker | 36.9 | 24.8 | 26.9 | 34.4 |
| Never smoked | 31.9 | 20.0 | 21.9 | 29.3 |
| Food insecurity | | | | |
| Yes | 5.7 | 8.4 | 21.3 | 7.8 |
| No | 94.3 | 91.6 | 78.7 | 92.2 |
| Indicator of psychological distress | | | | |
| Low or average | 82.5 | 70.8 | 67.8 | 79.5 |
| High | 17.5 | 29.2 | 32.2 | 20.5 |
| Perception of state of health | | | | |
| Excellent, very good or good | 94.1 | 92.3 | 90.0 | 93.5 |
| Average or poor | 5.9 | 7.7* | 10.0* | 6.5 |
| Number of health problems | | | | |
| No problem | 38.5 | 34.7 | 26.0 | 36.6 |
| 1 problem | 27.8 | 27.0 | 22.6 | 27.1 |
| More than 1 problem | 33.8 | 38.3 | 51.4 | 36.3 |
| Consumption of medication² | | | | |
| None | 53.5 | 50.0 | 41.5 | 51.7 |
| 1 or 2 | 37.2 | 38.4 | 43.4 | 38.1 |
| 3 or more | 9.3 | 11.7 | 15.1 | 10.2 |

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

1- In the course of a seven-day period.

2- In the course of a two-day period.

* Interpret with caution

** Imprecise estimate, indication only

- The parents of minors of re-constituted families were the most likely to report consuming alcohol 14 times or more in a 7 day period when compared with parents of other family types.
- The parents of minors of re-constituted and single-parent families were much more likely to be regular smokers compared to the parents of two-parent families.
- The parents of minors living in single-parent families are much more likely to report food insecurity than the parents of two-parent or re-constituted family types.
- The parents of minors living in re-constituted and single-parent families are much more likely to report high levels of psychological distress than those living in a two-parent family.

- The parents of minors living in single-parent families were more likely to report having more than 1 health problem than parents of other family types. They were also the group reporting the highest consumption rates of medication in a two day period.

Table 3.1.5 – Health indicators of parents of minors according to the sex of the parent and the type of family, male and female parents with minors, Quebec, 1998

| | Female parent | | | | Male parent | | | |
|---|-------------------|-----------------------|----------------------|-------|-------------------|-----------------------|----------------------|-------|
| | Two-parent family | Re-constituted family | Single-parent family | Total | Two-parent family | Re-constituted family | Single-parent family | Total |
| | % | | | | | | | |
| Number of times alcohol consumed¹ | | | | | | | | |
| 14 or more | 2.0 | 7.5 | 4.2** | 2.9 | 9.9 | 15.6* | 15.9** | 10.8 |
| 7-13 | 8.3 | 10.1* | 10.0* | 8.8 | 17.3 | 14.7* | 10.0** | 16.7 |
| 1-6 | 36.5 | 35.7 | 33.8 | 35.9 | 36.4 | 25.9 | 46.7 | 35.5 |
| None | 36.7 | 31.7 | 33.3 | 35.6 | 25.5 | 30.2 | 14.1** | 25.7 |
| Former drinker or abstinent | | | | | | | | |
| 16.5 | 16.5 | 14.9* | 18.7 | 16.7 | 10.9 | 13.5* | 13.4** | 11.3 |
| Use of tobacco | | | | | | | | |
| Regular smoker | 26.9 | 58.3 | 49.1 | 34.3 | 29.5 | 49.5 | 47.8 | 32.8 |
| Occasional smoker | 3.0* | 0.9** | 2.3** | 2.7 | 2.9* | 2.0** | 1.0** | 2.7 |
| Former smoker | 35.8 | 24.3 | 26.0 | 32.8 | 38.0 | 25. | 32.9* | 36.1 |
| Never smoked | 34.2 | 16.5* | 22.5 | 30.3 | 29.6 | 23.5 | 18.4** | 28.4 |
| Food insecurity | | | | | | | | |
| Yes | 5.7 | 8.5* | 24.0 | 9.2 | 5.7 | 8.5* | 8.3** | 6.2 |
| No | 94.3 | 91.5 | 76.0 | 90.8 | 94.3 | 91.5 | 91.7 | 93.8 |
| Indicator of psychological distress | | | | | | | | |
| Low or average | 79.4 | 66.6 | 67.4 | 75.9 | 85.4 | 75.1 | 70.2 | 83.5 |
| High | 20.6 | 33.4 | 32.6 | 24.1 | 14.6 | 24.9 | 29.8* | 16.5 |
| Perception of state of health | | | | | | | | |
| Excellent, very good or good | 94.5 | 92.3 | 90.1 | 93.5 | 93.8 | 92.5 | 90.2 | 93.5 |
| Average or poor | 5.5 | 7.7* | 10.0* | 6.5 | 6.2 | 7.5* | 9.8** | 6.5 |
| Number of health problems | | | | | | | | |
| No problem | 32.7 | 29.0 | 24.6 | 30.9 | 44.2 | 40.4 | 32.9 | 43.3 |
| 1 problem | 26.5 | 23.8 | 20.9 | 25.2 | 29.1 | 30.3 | 31.1 | 29.3 |
| More than 1 problem | 40.8 | 47.3 | 54.5 | 43.9 | 26.7 | 29.4 | 36.1 | 27.4 |
| Consumption of medication² | | | | | | | | |
| None | 43.2 | 39.4 | 37.4 | 41.8 | 63.9 | 60.7 | 61.7 | 63.4 |
| 1 or 2 | 45.3 | 43.8 | 45.8 | 45.2 | 29.2 | 32.6 | 32.2* | 29.7 |
| 3 or more | 11.5 | 16.8 | 16.9 | 13.0 | 7.0 | 6.7* | 6.1** | 6.9 |

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

1- In the course of a seven-day period.

2- In the course of a two-day period.

* Interpret with caution

** Imprecise estimate, indication only

- Female parents of minors are more likely than males to report either none or low levels of alcohol consumption in a seven day period. A greater proportion of males report consuming alcohol seven times or more in a seven day period compared to females.
- Female parents of minors living in a reconstituted family arrangement were more likely to be regular smokers than female parents in other family arrangements. They were also more likely to be regular smokers than male parents when all three family types are considered.
- Female parents of minors living in a single parent family type were much more likely (16-18% more in relative terms) than female parents of two-parent and reconstituted families to report food insecurity. They were also much more likely than male parents of all three family types to report food insecurity.
- Male parents of minors of all three family types reported lower levels of psychological stress than female parents living in the same family arrangements. Reconstituted and single-parent family types are linked with higher levels of psychological stress for both male and female parents of minors when compared with two-parent families.
- While variances in perception of health according to the sex of parents and family type are not great, there is a somewhat greater tendency for the parents of single-parent families to report average or poor health.
- When all three family types are considered, female parents of minors are much more likely (14 to 19% more in relative terms) than male parents to report having more than one health problem. Female parents living in a single-parent family arrangement are more likely than female parents of two-parent families and reconstituted families to report having more than one health problem.
- Female parents of minors tend to consume more medication than male parents.

Table 3.1.6 – Quality of relations with their ex-partners, separated parents according to sex, Quebec, 1998

| | Mothers | Fathers | Total |
|--|---------|---------|-------|
| | % | | |
| Climate at separation | | | |
| Good or fairly good | 58.4 | 64.9 | 61.2 |
| Poor or very poor | 41.7 | 35.1 | 38.8 |
| Contacts with the other parent | | | |
| Yes | 74.2 | 82.9 | 78.0 |
| No | 25.8 | 17.1 | 22.0 |
| Current climate with the other parent | | | |
| Good or fairly good | 83.5 | 83.5 | 83.5 |
| Poor or very poor | 16.5 | 16.5 | 16.5 |
| Satisfaction with the financial involvement of the other parent | | | |
| Satisfied | 48.4 | 70.7 | 58.1 |
| Not satisfied | 51.6 | 29.3 | 41.9 |

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

- Mothers who are separated are more likely than separated Fathers to report a poor climate at separation, no contact with the other parent and significantly greater likelihood of dissatisfaction with financial involvement of the other parent.

Table 3.1.7 – Family and non-family households by mother tongue, Quebec, 1998

| | N= | 18211 | 1029 | 1045 | 445 |
|--------------------------------|----|---------|---------|---------|---------|
| | | French | English | Other | n/a |
| Person alone | | 11.93% | 15.26% | 11.00% | 18.65% |
| Couple without children | | 26.90% | 25.56% | 23.44% | 28.09% |
| Other household | | 2.56% | 3.11% | 2.58% | 4.04% |
| Two-parent with children | | 42.85% | 40.52% | 49.19% | 33.03% |
| Reconstituted with children | | 1.34% | 1.26% | 1.15% | 0.00% |
| Reconstituted without children | | 4.77% | 3.98% | 2.58% | 5.39% |
| Single mother | | 7.18% | 7.48% | 8.52% | 9.66% |
| Single father | | 2.02% | 2.24% | 1.24% | 0.00% |
| Other family | | 0.44% | 0.58% | 0.00% | 0.00% |
| | | 100.00% | 100.00% | 100.00% | 100.00% |

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

- Anglophone respondents were (28% in relative terms) more likely to report being a person living alone than Francophones. They were more likely to report being a single mother or single father than Francophone respondents.

Table 3.1.8 – Type of family with minor children by mother tongue, Quebec, 1998

| N= | 7748 | 393 | 450 | 132 |
|---|---------|---------|---------|---------|
| | French | English | Other | n/a |
| Two-parent | 75.01% | 74.55% | 81.11% | 70.45% |
| Reconstituted family without common children | 8.65% | 8.14% | 4.44% | 11.36% |
| Reconstituted family with common children | 3.10% | 3.31% | 2.44% | 0.00% |
| Single mother | 10.62% | 11.70% | 11.78% | 15.91% |
| Single father | 2.62% | 2.29% | 0.00% | 0.00% |
| | 100.00% | 100.00% | 100.00% | 100.00% |

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

- Anglophone and Francophone survey respondents showed a similar pattern of distribution across family types.
- Anglophone respondents exhibited a slightly larger percentage of single mothers with minor children.

Table 3.1.9 – Number of children in families with minor children by mother tongue, Quebec, 1998

| N= | 7748 | 393 | 450 | 132 |
|---------------------------|---------|---------|---------|---------|
| | French | English | Other | n/a |
| 1 child | 45.24% | 46.82% | 45.78% | 44.70% |
| 2 children | 40.32% | 37.40% | 32.89% | 35.61% |
| 3 children or more | 14.44% | 15.78% | 21.33% | 19.70% |
| | 100.00% | 100.00% | 100.00% | 100.00% |

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

- Anglophones were more likely (9% in relative terms) than Francophones to report living in families with 3 children or more.

Table 3.1.10 – Age of the youngest child in families with minors by mother tongue, Quebec, 1998

| | N= | 7748 | 393 | 450 | 132 |
|--------------------|----|---------|---------|---------|---------|
| | | French | English | Other | n/a |
| 0-5 years | | 33.21% | 37.66% | 40.44% | 38.64% |
| 6-14 years | | 42.63% | 42.75% | 40.67% | 38.64% |
| 15-17 years | | 24.16% | 19.59% | 18.89% | 22.73% |
| | | 100.00% | 100.00% | 100.00% | 100.00% |

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

- Anglophone respondents were more likely than Francophones to live in a family where the youngest child is 0-5 years. They are (about 20% in relative terms) less likely to report living in a family where the age of the youngest child is 15-17 years.

Table 3.1.11 – Type of relationship with minor children by mother tongue, Quebec, 1998

| | N= | 6302 | 341 | 226 | 99 |
|---------------------------|----|---------|---------|---------|---------|
| | | French | English | Other | n/a |
| No problem | | 46.14% | 43.70% | 58.41% | 53.42% |
| Almost no problem | | 30.86% | 35.78% | 23.89% | 26.03% |
| Occasional problem | | 20.04% | 17.30% | 15.93% | 16.44% |
| Frequent problem | | 1.62% | 2.05% | 0.00% | 0.00% |
| Constant problem | | 0.71% | 0.00% | 0.00% | 0.00% |
| Refusal | | 0.62% | 0.00% | 0.00% | 0.00% |
| | | 100.00% | 100.00% | 100.00% | 100.00% |

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

- Anglophones were more likely than Francophones to describe their relationship with minor children as frequently problematic or almost no problem. They were somewhat less likely to claim no problem.

Table 3.1.12 – Divorced or separated from the other parent by mother tongue, Quebec, 1998

| | N= | 18211 | 1054 | 685 | 99 |
|----------------|----|---------|---------|---------|---------|
| | | French | English | Other | n/a |
| Yes | | 7.84% | 7.40% | 3.36% | 4.27% |
| No | | 26.41% | 24.86% | 29.05% | 11.91% |
| Refusal | | 0.36% | 0.00% | 0.00% | 0.00% |
| | | 100.00% | 100.00% | 100.00% | 100.00% |

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

- Anglophone respondents were less likely than Francophones to be divorced or separated from the other parent.

Table 3.1.13 – Satisfaction with the financial involvement of the other parent by mother tongue, Quebec, 1998

| | N= | 1407 | 74 | 52 | 19 |
|-------------------------------|-----------|---------------|----------------|--------------|------------|
| | | French | English | Other | n/a |
| Very satisfied | | 51.67% | 41.89% | 40.38% | 26.32% |
| More or less satisfied | | 16.13% | 20.27% | 13.46% | 31.58% |
| Unsatisfied | | 25.80% | 28.38% | 38.46% | 26.32% |
| Unknown | | 6.40% | 9.46% | 0.00% | 0.00% |
| | | 100.00% | 100.00% | 100.00% | 100.00% |

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

- Anglophone respondents were less likely (20% in relative terms) than Francophones to report being very satisfied with the financial involvement of the other parent. Proportionally speaking, they were 26% more likely to be satisfied than Francophones and 10% more likely to be unsatisfied.