

COMMUNITY HEALTH AND SOCIAL SERVICES DATA MODEL

HEALTH DETERMINANTS: A PORTRAIT OF QUEBEC AND ITS ENGLISH-SPEAKING COMMUNITIES

INDEX OF TABLES

Derived from the Quebec Social and Health Survey 1998

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Introduction

The Community Health and Social Services Network (CHSSN) is a network of organizations across Quebec dedicated to supporting English-speaking communities in their efforts improve access to health and social services in the English language.

The CHSSN promotes knowledge-based community development as a means for communities to enhance their vitality and improve the health and well being of their members. To support this goal, the CHSSN established the Data Model, a comprehensive information resource for communities that includes demographic information, survey results and other data on factors determining the health status of English-speaking communities and the Quebec population as a whole. The current project, “Health Determinants: A Portrait of Quebec and its English-speaking Communities”, completes the third phase of the CHSSN Data Model initiative. The database of 269 tables on health determinants, indexed in the current document, is a companion resource to the CHSSN “Community Guide to the Population Health Approach”. The index will assist community organizations in establishing a framework for mapping the health determinants of their communities. It will guide users into the rich content of selected data from the Quebec Social and Health Survey completed in 1998.¹

Population health is an approach that aims to improve the health of an entire population by taking into account a broad range of factors that have a strong influence on health. The Quebec survey is based on a model that is closely aligned with the population health approach. The 269 tables are organized into themes encompassing the health determinants that are recognized as key factors influencing the health status of individuals and communities. The aim is to assist organizations in identifying effective strategies to attain the best possible health outcomes for their communities.

An ecological model

The groups of health determinants in the Quebec are presented in a systemic or ecological model of assessing health and well-being.² It is a dynamic and multi-dimensional approach that organizes the treatment of different health themes into five levels. These include the characteristics of the individual, the immediate milieu, social networks, social conditions and the physical environment and the dominant norms and values. The first level reflects the key pillar of recent reforms of the health and social services system; namely, that the individual is at the heart of the system. The other levels reflect Quebec’s policy which suggests that the health and well-being results from a constant interaction between the individual and his or her milieu and is based on a balanced sharing of responsibilities between individuals, families, their milieus, public authorities and the other areas of collective life.

Structure of table presentation

The tables are organized according to the five identified levels which follow a first section describing some key population characteristics of English-speaking communities.

¹ Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

² Ibid. p. 53.

Section 1: Population Characteristics

Several demographic features are presented including age, civil status, income level and education. The tables present new data on English-speaking communities by region with respect to income sufficiency. This portrait is crucial for understanding the health status of particular communities where income is key factor affecting health outcomes.

Section 2: Characteristics of the individual

The series of tables describes lifestyle habits and preventative behaviours covering the range of themes and health issues including tobacco, alcohol and drug consumption, eating habits, sexual behaviour, and particular health issues of women. A second set of themes deals with the presence of health problems, accidents and physical limitations, psychological distress and suicidal ideas. A third theme deals with recourse to the health and social services system, consumption of medication and vaccination.

Section 3: Immediate milieu

The tables focus on the family and household arrangements, particularly those involving minor children.

Section 4: Networks

The tables describe characteristics of the social milieu, support environments and interpersonal relations. The work milieu is addressed with respect to psychological and physical risks to health and well-being.

Section 5: Social conditions

The tables focus specifically on access to private insurance to offset health care costs.

Section 6: Norms and values

The tables describe the role of spirituality and religious practice in the maintenance of good health.

Terms and definitions

The table titles provide adequate descriptions of table contents. Users wishing more information on terms and definitions can refer directly to the *Enquête Sociale et de Santé 1998* which can be accessed on the website of the Institut de la statistique du Québec.

http://www.stat.gouv.qc.ca/publications/sante/e_soc-sante98.htm

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CHSSN Data Model

Health Determinants: A Portrait of Quebec and its English-speaking communities

Derived from the Quebec Social and Health Survey 1998

Index of Tables

Theme	Table Number	Table Title
SECTION 1. POPULATION CHARACTERISTICS		
	Table 1.1	Age distribution by mother tongue
	Table 1.2	Age distribution by mother tongue (regrouped)
	Table 1.3	Sex by mother tongue
	Table 1.4	Civil status by mother tongue
	Table 1.5	Employment status in the previous 12 months by mother tongue
	Table 1.6	Employment status in the previous 2 weeks by mother tongue
	Table 1.7	Professional category by mother tongue
	Table 1.8	Perception of economic situation by mother tongue
	Table 1.9	Perception of duration of an economic situation by mother tongue
	Table 1.10	Improvement of financial situation by mother tongue
	Table 1.11	Comparison of financial situation with parents by mother tongue
	Table 1.12	Revenue sufficiency
	Table 1.13	Indicator regarding household income for 1-2 persons
	Table 1.14	Percentage of persons in families and unattached individuals below the Statistics Canada low-income cut-offs (1996 Census), by first official language spoken (English) and by administrative region
	Table 1.15	Number of persons in families and unattached individuals living below the Statistics Canada low-income cut-off (1996 Census), by first official language spoken (English) and by administrative region
	Table 1.16	Percentage of persons in families and unattached individuals below the Statistics Canada low-income cut-offs (1996 Census), by first official language spoken (French) and by administrative region

Table 1.17	Highest level of scolarity attained by mother tongue
Table 1.18	Relative scolarity by mother tongue
Table 1.19	Relative scolarity according to sex and age, population 15 and over, Quebec, 1998
Table 1.20	Mother's place of birth by mother tongue
Table 1.21	Father's place of birth by mother tongue
Table 1.22	Satisfaction with health services in a region by mother tongue

SECTION 2. CHARACTERISTICS OF THE INDIVIDUAL

LIFESTYLE HABITS AND PREVENTATIVE BEHAVIOUR

2.1	TOBACCO USE	Table 2.1.1	Current cigarette smoker by mother tongue
		Table 2.1.2	Daily cigarette smoker by mother tongue
		Table 2.1.3	Past experience with cigarette smoking of current non-smokers, by mother tongue
		Table 2.1.4	Age of start of daily smoking, current daily smokers by mother tongue
		Table 2.1.5	Smoke down to the filter, daily smokers by mother tongue
		Table 2.1.6	Daily consumption of cigarettes, daily smokers by mother tongue
		Table 2.1.7	Exposure to second-hand smoke at home by mother tongue
		Table 2.1.8	Exposure to second-hand smoke outside the home by mother tongue
		Table 2.1.9	Type of use of cigarettes according to certain demographic and socio-economic characteristics, population 15 years and older, 1998
2.2	ALCOHOL CONSUMPTION	Table 2.2.1	Type of drinker
		Table 2.2.2	Type of drinker according to income level, population 15 years and older, 1998
		Table 2.2.3	Frequency of alcohol consumption over the last seven days prior to the survey by mother tongue
		Table 2.2.4	Frequency of alcohol consumption over the last twelve months prior to the survey by mother tongue

		Table 2.2.5	Alcohol consumption over the last seven days prior to the survey by sex and age, current drinkers 15 years and older, Quebec, 1998
		Table 2.2.6	High alcohol consumption on a single occasion, five times or more in 12 months, by income level, current drinkers 15 years and older, Quebec, 1998
		Table 2.2.7	High alcohol consumption on a single occasion, five times or more in 12 months, by age, current drinkers 15 years and older, Quebec, 1992-1993 and 1998
		Table 2.2.8	High alcohol consumption (five drinks or more) on a single occasion, five times or more in 12 months, by mother tongue
		Table 2.2.9	Intoxication, five times or more in 12 months, by mother tongue
2.3	CONSUMPTION OF DRUGS AND PSYCHOACTIVE SUBSTANCES	Table 2.3.1	Type of drug user by sex and age, population 15 years and over, Quebec, 1998
		Table 2.3.2	Type of drug user according to certain socio-economic characteristics, population 15 years and over, Quebec, 1998
		Table 2.3.3	Current drug user according to the type of drug, population 15 years and over, Quebec, 1998
		Table 2.3.4	Use of psychoactive substances (drugs and alcohol) according to certain socio-economic characteristics, population 15 years and over, Quebec, 1998
		Table 2.3.5	Cigarette use according to the consumption of psychoactive substances (drugs and alcohol) population 15 years and over, Quebec, 1998
		Table 2.3.6	Use of drugs (non-prescription) over a lifetime by mother tongue
		Table 2.3.7	Type of drug used in the 12 months prior to the survey (non-prescription) by mother tongue
		Table 2.3.8	Use of psychoactive substances (drugs and alcohol) by mother tongue
2.4	DIET: PERCEPTIONS, PRACTICES AND FOOD INSECURITY	Table 2.4.1	Perception of the quality of eating habits according to sex and age, population 15 and over, Quebec, 1998
		Table 2.4.2	Perception of the quality of eating habits according to the perception of the state of health, population 15 and over, Quebec, 1998
		Table 2.4.3	Perception of the quality of eating habits according to the indicator of body mass, population 15 and over, Quebec, 1998

Table 2.4.4	Consumption of meals prepared outside the home in the course of 7 days according to sex and age, population 15 and over, Quebec, 1998
Table 2.4.5	Frequency and type of meal consumed outside the home in the course of 7 days, population 15 and over, 1998
Table 2.4.6	Type of meal consumed outside the home in the course of 7 days, percentage of the population 15 and over, 1998
Table 2.4.7	Food insecurity according to sex and age, population 15 and over, Quebec, 1998
Table 2.4.8	Perception of the quality of eating habits according to certain demographic and socio-economic characteristics, population 15 and over, Quebec, 1998
Table 2.4.9	Consumption of meals prepared outside the home in the course of 7 days according to certain demographic and socio-economic characteristics, population 15 years and older, Quebec, 1998
Table 2.4.10	Meals eaten alone according to certain demographic and socio-economic characteristics, population 15 years and older, Quebec, 1998
Table 2.4.11	Food insecurity according to certain demographic and socio-economic characteristics, population 15 years and older, Quebec, 1998
Table 2.4.12	Perception of quality of eating habits by mother tongue
Table 2.4.13	Consumption of meals prepared outside the home by mother tongue
Table 2.4.14	Frequency of consumption of meals prepared outside the home by mother tongue
Table 2.4.15	Meals eaten alone by mother tongue

2.5 PHYSICAL ACTIVITY

Table 2.5.1	Frequency of recreational physical activity ¹ according to sex and age, population 15 and over, Quebec, 1998
Table 2.5.2	Frequency of recreational physical activity ¹ , population 15 and over, Quebec, 1992-1993, 1998
Table 2.5.3	Frequency of recreational physical activity ¹ according to relative scolarity and income level, population 15 and over, Quebec, 1998
Table 2.5.4	Frequency of recreational physical activity by mother tongue
Table 2.5.5	Intention to pursue recreational physical activity on a regular basis in the upcoming year, by mother tongue
Table 2.5.6	Type of physical activity in the workplace by mother tongue

2.6	BODY WEIGHT	Table 2.6.1	Indicator of body mass according to age and sex, population 15 and over, Quebec, 1992-1993, 1998
		Table 2.6.2	Excessive weight according to age and sex, population 15 and over, Quebec, 1987, 1992-1993, 1998
		Table 2.6.3	Indicator of body mass according to relative scolarity and income level, population 15 and over, Quebec, 1998
		Table 2.6.4	Desire to change body weight according to sex and age, population 15 and over, Quebec, 1998
		Table 2.6.5	Frequency of recreational physical activity according to sex, population 15 and over, Quebec, 1998
		Table 2.6.6	Indicator of body mass according to sex and the presence of a health problem, population 20 to 64 years, Quebec, 1998
		Table 2.6.7	Indicator of body mass by mother tongue
		Table 2.6.8	Desire to gain weight by mother tongue
		Table 2.6.9	Desire to lose weight by mother tongue
		Table 2.6.10	Degree of desired change in weight by mother tongue
2.7	SEXUAL BEHAVIOUR AND CONDOM USE	Table 2.7.1	Persons having had sexual relations, population 15 and over, Quebec, 1998
		Table 2.7.2	Persons having had their first sexual relation with penetration before the age of 15, population 15 and over, Quebec, 1998
		Table 2.7.3	Number of sexual partners in a 12 month period, according to sex and age, heterosexual population 15 and over ¹ , Quebec, 1998
		Table 2.7.4	Type of relation undertaken with partner(s) among those with one partner and those with more than one partner over a 12-month period, according to sex, heterosexual population 15 and over ¹ , Quebec, 1998
		Table 2.7.5	Number of sexual partners over a 12-month period, according to sex and age, persons separated or divorced from a parent of one of their children under 18 years of age ¹ , Quebec, 1998
		Table 2.7.6	Use of a condom in the last sexual relation according to the type of relationship with the partner, sex and age, heterosexual population 15 and over having one sexual partner over a 12-month period ¹ , Quebec, 1998

Table 2.7.7	Use of a condom in the last sexual relation according to the type of relationship with the partners, sex and age, heterosexual population 15 and over having had more than one sexual partner over a 12-month period ¹ , Quebec, 1998
Table 2.7.8	Persons having at least one incidence of risky sexual behaviour according to sex, heterosexual population 15 and over having had more than one partner over a 12-month period ¹ , Quebec, 1998
Table 2.7.9	Persons having declared to have been treated for a STD over a 12-month period according to sex, age and the number of sexual partners, heterosexual population 15 and over ¹ , Quebec, 1998
Table 2.7.10	Persons having had sexual relations according to mother tongue
Table 2.7.11	Age of the first sexual relation according to mother tongue
Table 2.7.12	Number of sexual partners in a 12-month period according to mother tongue
Table 2.7.13	Type of multiple sexual partner in a 12-month period according to mother tongue
Table 2.7.14	Use of a condom in the last sexual relation according to mother tongue
Table 2.7.15	Frequency of use of a condom in sexual relations in a 12-month period according to mother tongue
Table 2.7.16	Use of a condom in the last sexual relation with a regular partner with whom the person is living according to mother tongue, heterosexual population 15 and over having had more than one sexual partner over a 12-month period, Quebec, 1998
Table 2.7.17	Use of a condom in the last sexual relation with a regular partner with whom the person is not living according to mother tongue, heterosexual population 15 and over having had more than one sexual partner over a 12-month period, Quebec, 1998
Table 2.7.18	Use of a condom in the last sexual relation with an occasional partner according to mother tongue, heterosexual population 15 and over having had more than one sexual partner over a 12-month period, Quebec, 1998
Table 2.7.19	Incidence of risky sexual behaviour according to mother tongue, heterosexual population 15 and over having had more than one partner over a 12-month period ¹ , Quebec, 1998

Table 2.7.20 Persons having declared to have been treated for a STD over a 12-month period according to mother tongue, heterosexual population 15 and over, Quebec, 1998

2.8	SEXUAL ORIENTATION AND HEALTH	Table 2.8.1	Sexual orientation according to sex and age, population 15 and over having had sexual relations, Quebec, 1998
		Table 2.8.2	Civil status according to sex and sexual orientation, population 15 and over ¹ , Quebec, 1998
		Table 2.8.3	Income level according to sex and sexual orientation, population 15 and over ¹ , Quebec, 1998
		Table 2.8.4	Time elapsed since the last PAP test according to sexual orientation, female population 15 and over ¹ , Quebec, 1998
		Table 2.8.5	Perception of state of health according to sex and sexual orientation, population 15 and over ¹ , Quebec, 1998
		Table 2.8.6	Occurrence of suicidal ideas in the course of a 12-month period according to sexual orientation, population 15 and over ¹ , Quebec, 1998
		Table 2.8.7	Sexual orientation according to mother tongue, population 15 and over having had sexual relations, Quebec, 1998
2.9	HEALTH BEHAVIOUR OF WOMEN	Table 2.9.1	Frequency of self-administered breast examination according to age, female population 15 and over, Quebec, 1992-1993 and 1998
		Table 2.9.2	Time elapsed since the last clinic breast examination according to age, female population 15 and over, Quebec, 1992-1993 and 1998
		Table 2.9.3	Time elapsed since the last mammogram according to age, female population 15 and over, Quebec, 1992-1993 and 1998
		Table 2.9.4	Time elapsed since the last PAP test according to age, female population 15 and over, Quebec, 1992-1993 and 1998
		Table 2.9.5	Use of oral contraceptives and sexual activity, female population 15 to 44, Quebec, 1998
		Table 2.9.6	Use of hormones for problems linked to menopause and perceived menopausal status, according to age, female population 15 and over, Quebec, 1998
		Table 2.9.7	Frequency of self-administered breast examination according to scolarity and income level, female population 15 and over, Quebec, 1998

Table 2.9.8	Time elapsed since the last clinic breast examination according to scolarity and income level, female population 15 and over, Quebec, 1998
Table 2.9.9	Time elapsed since the last mammogram according to scolarity and income level, female population 15 and over, Quebec, 1998
Table 2.9.10	Time elapsed since the last PAP test according to scolarity and income level, female population 15 and over, Quebec, 1998
Table 2.9.11	Use of oral contraceptives according to age and relative scolarity female population 15 to 44, Quebec, 1998
Table 2.9.12	Frequency of self-administered breast examination according to mother tongue, female population 15 and over, Quebec, 1998
Table 2.9.13	Time elapsed since the last clinic breast examination according to mother tongue, female population 15 and over, Quebec, 1998
Table 2.9.14	Time elapsed since the last clinic breast examination according to mother tongue, female population 15 and over, Quebec, 1998
Table 2.9.15	Had a mammogram according to mother tongue, female population 15 and over, Quebec, 1998
Table 2.9.16	Time elapsed since the last mammogram according to mother tongue, female population 15 and over, Quebec, 1998
Table 2.9.17	Time elapsed since the last PAP test according to mother tongue, female population 15 and over, Quebec, 1998
Table 2.9.18	Use of oral contraceptives by mother tongue, female population 15 to 44, Quebec, 1998
Table 2.9.19	Use of hormones for problems linked to menopause according to mother tongue, female population 15 and over, Quebec, 1998
Table 2.9.20	In menopause or entering menopause according to mother tongue, female population 15 and over, Quebec, 1998

SECTION 2. CHARACTERISTICS OF THE INDIVIDUAL

STATE OF HEALTH AND WELL-BEING

2.10 PERCEPTIONS OF HEALTH STATUS	Table 2.10.1	Perception of health status, population 15 and over, Quebec, 1998
	Table 2.10.2	Perception of health status according to certain socio-economic characteristics, population 15 and over, Quebec, 1998

Table 2.10.3	Perception of health status according to certain individual behaviours, population 15 and over, Quebec, 1998
Table 2.10.4	Perception of health status according to the body mass indicator, men and women 15 and over, Quebec, 1998
Table 2.10.5	Perception of health status according to the social support indicator, population 15 and over, Quebec, 1998
Table 2.10.6	Perception of health status according to certain health indicators, population 15 and over, Quebec, 1998
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
Table 2.10.8	Perception of health status by mother tongue, Quebec, 1998

2.11 HEALTH PROBLEMS

Table 2.11.1	Number of health problems according to sex and age, total population, Quebec, 1998
Table 2.11.2	Number and duration of health problems according to sex and age, total population, Quebec, 1998
Table 2.11.3	Number and duration of health problems according to certain socio-economic characteristics, population 15 and over, Quebec, 1998
Table 2.11.4	Prevalence of health problems according to sex, total population, Quebec, 1987 and 1998
Table 2.11.5	Prevalence of principal health problems according to sex, population 0 to 14 years, Quebec, 1987 and 1998
Table 2.11.6	Prevalence of principal health problems according to sex, population 18 to 24 years, Quebec, 1987 and 1998
Table 2.11.7	Prevalence of principal health problems according to sex, population 25 to 44 years, Quebec, 1987 and 1998
Table 2.11.8	Prevalence of principal health problems according to sex, population 45 to 64 years, Quebec, 1987 and 1998
Table 2.11.9	Prevalence of principal health problems according to sex, population 65 years and over, Quebec, 1987 and 1998
Table 2.11.10	Prevalence of diabetes according to age and sex, total population, Quebec, 1987 and 1998
Table 2.11.11	Prevalence of heart disease according to age and sex, total population, Quebec, 1987 and 1998
Table 2.11.12	Impact of asthma on the use of services and the limitation of activities, total population, Quebec, 1998

		Table 2.11.13	Number of health problems by mother tongue, Quebec, 1998
		Table 2.11.14	Duration of health problems by mother tongue, Quebec, 1998
		Table 2.11.15	Prevalence of health problems by mother tongue, Quebec, 1998
2.12	HEARING AND VISION PROBLEMS	Table 2.12.1	Hearing loss according to sex and age, population 16 years and over, Quebec, 1998
		Table 2.12.2	Degree of hearing loss according to sex and age, population 16 years and over, Quebec, 1998
		Table 2.12.3	Consultations with a health professional for hearing loss according to age and degree of loss, population 16 years and over declaring a hearing loss, Quebec, 1998
		Table 2.12.4	Prevalence of vision problems according to sex and age, population 7 years and over, Quebec, 1998
		Table 2.12.5	Problems with farsightedness according to scolarity, population 15 years and over, Quebec, 1998
		Table 2.12.6	Problems with farsightedness according to level of revenue, population 7 years and over, Quebec, 1998
		Table 2.12.7	Hearing problems by mother tongue, Quebec, 1998
2.13	ACCIDENTS WITH INJURIES	Table 2.13.1	Accident victims with injuries resulting in limitation of activities and/or a medical consultation according to sex and age, total population, Quebec, 1992-1993 and 1998
		Table 2.13.2	Accidents with injuries according to location, total of accidents with injuries ¹ , Quebec, 1998
		Table 2.13.3	Distribution of locations of accidents according to the victim's age group, total of accidents with injuries ¹ , Quebec, 1998
		Table 2.13.4	Stated circumstances concerning injuries, total of accidents with injuries ¹ , Quebec, 1998
		Table 2.13.5	Accidents with injuries according to location by mother tongue, Quebec, 1998
2.14	MENTAL HEALTH	Table 2.14.1	Perception of mental health according to sex and age, population 15 years and older, Quebec, 1998
		Table 2.14.2	Perception of mental health according to satisfaction with social life, population 15 years and older, Quebec, 1998

	Table 2.14.3	High level of psychological distress (indicator) according to sex and age, population 15 years and older, Quebec, 1998
	Table 2.14.4	High level of psychological distress (indicator) according to sex, age and marital status, population 15 years and older, Quebec, 1998
	Table 2.14.5	Level of psychological distress (indicator) by mother tongue, Quebec, 1998
	Table 2.14.6	Perception of mental health by mother tongue, Quebec, 1998
2.15	SUICIDAL IDEAS AND SUICIDE ATTEMPTS	
	Table 2.15.1	Presence of suicidal ideas ¹ over a twelve-month period, according to sex and age, population 15 years and older, Quebec, 1998
	Table 2.15.2	Presence of suicidal ideas ¹ or suicide attempts over a twelve-month period, according to the indicator of psychological distress ² , population 15 years and older, Quebec, 1998
	Table 2.15.3	Presence of suicidal ideas ¹ over a twelve-month period, according to certain demographic and socio-economic characteristics, population 15 years and older, Quebec, 1998
	Table 2.15.4	Presence of suicidal ideas ¹ over a twelve-month period, according to sex and age, population 15 years and older, Quebec, 1998
	Table 2.15.5	Presence of suicidal ideas by mother tongue, Quebec, 1998
	Table 2.15.6	Suicide attempts over a twelve-month period by mother tongue, Quebec, 1998
2.16	INCAPACITY AND ACTIVITY LIMITATIONS	
	Table 2.16.1	Evolution of the rate of incapacity, according to sex and age, population in a private household, Quebec, 1998
	Table 2.16.2	Days of incapacity according to type of incapacity, the presence or absence of long-term activity limitations and sex, population in a private household, Quebec, 1998
	Table 2.16.3	Evolution of the rate of incapacity, according to sex and age, population in a private household, Quebec, 1998
	Table 2.16.4	Rate of activity limitations according to certain socio-economic characteristics and sex, population in a private household, Quebec, 1998
	Table 2.16.5	Cause of incapacity by mother tongue, Quebec, 1998

SECTION 2. CHARACTERISTICS OF THE INDIVIDUAL**RECOURSE TO HEALTH AND SOCIAL SERVICES**

2.17	RECOURSE TO HEALTH AND SOCIAL SERVICES PROFESSIONALS	Table 2.17.1	Persons having consulted at least one professional, doctor or other, in the course of a two-week period, according to sex and age, total population, Quebec, 1998
		Table 2.17.2	Persons having consulted at least one professional, doctor or other, in the course of a two-week period, according to certain demographic and socio-economic characteristics, total population, Quebec, 1998
		Table 2.17.3	Persons having consulted at least one professional, doctor or other, in the course of a two-week period, according to certain health indicators, total population, Quebec, 1998
		Table 2.17.4	Location of the last consultation, population having consulted at least one professional in the course of a two-week period, Quebec, 1998
		Table 2.17.5	Location of the last consultation, population having consulted at least one professional in the course of a two-week period, Quebec, 1998
		Table 2.17.6	Assessment of the waiting period with respect to the time elapsed between making an appointment and a consultation with a general physician or specialist, Quebec, 1998
		Table 2.17.7	Assessment of the waiting period with respect to the time elapsed between making an appointment and a consultation with a general physician or specialist, Quebec, 1998
		Table 2.17.8	Number of professionals consulted in course of a period of four months, according to whether the type of problem the object of consultation was long or short term, Quebec, 1998
		Table 2.17.9	Persons having consulted at least one professional, doctor or other, in the course of a two-week period, according to type of region, total population, Quebec, 1998
		Table 2.17.10	Consultations having required a trip of 20 kilometres or more, or a traveling time of more than 30 minutes (one way), according to the type of doctor consulted and type of region, Quebec, 1998
		Table 2.17.11	Time elapsed between making an appointment and a consultation with a general physician, and assessment of waiting time, according to the type of region, Quebec, 1998

Table 2.17.12	Time elapsed between making an appointment and a consultation with a specialist, and assessment of waiting time, according to the type of region, Quebec, 1998
Table 2.17.13	Distance travelled to see a general physician by mother tongue, Quebec, 1998
Table 2.17.14	Travel time required to see a general physician by mother tongue, Quebec, 1998
Table 2.17.15	Distance travelled to see a specialist by mother tongue, Quebec, 1998
Table 2.17.16	Travel time required to see a specialist by mother tongue, Quebec, 1998
Table 2.17.17	Location of the last consultation with a professional by mother tongue, Quebec, 1998
Table 2.17.18	Persons consulting at least one professional in the course of a two-week period by mother tongue, Quebec, 1998
Table 2.17.19	Number of professionals consulted in a four-month period by mother tongue, Quebec, 1998

2.18 RECOURSE TO HOSPITALIZATION, DAY SURGERY AND POST-HOSPITAL CARE

Table 2.18.1	Recourse to day surgery and hospitalization at least once in twelve months, according to certain demographic and socio-economic characteristics, total population, Quebec, 1998
Table 2.18.2	Problems treated at the last recourse to day surgery and the last hospitalization, according to the population treated in day surgery and the hospitalized population, Quebec, 1998
Table 2.18.3	Length of waiting time for treatment in day surgery or admission to hospital, and opinion expressed regarding this delay, according the population treated in day surgery and the hospitalized population, Quebec, 1998
Table 2.18.4	Use of post-hospital service at home according to the type of service and source of aid, population treated in day surgery and hospitalized population having received post-hospital services at home, Quebec, 1998
Table 2.18.5	Use of post-hospital aid at home according to the type of service and by mother tongue, population treated in day surgery and hospitalized population having received post-hospital aid at home, Quebec, 1998

2.19	RECOURSE TO INFO-SANTÉ TELEPHONE SERVICE	Table 2.19.1	Awareness of the existence of CLSC Info-Santé according to age and sex, population 15 years and older, Quebec, 1998
		Table 2.19.2	Awareness of the existence of CLSC Info-Santé according to income level and mother tongue, population 15 years and older, Quebec, 1998
		Table 2.19.3	Lifetime use of CLSC Info-Santé according to mother tongue, population 15 years and older and population 15 years and older aware of the existence of the service, Quebec, 1998
		Table 2.19.4	Use of CLSC Info-Santé in the course of a twelve-month period according to certain demographic and socio-economic and health characteristics, population 15 years and older aware of the existence of the service, Quebec, 1998
		Table 2.19.5	Use of CLSC Info-Santé 3 times or more in the course of a twelve-month period according to relative scolarity and income level, population 15 years or more having used the service in the course of a twelve-month period, Quebec, 1998
		Table 2.19.6	Use of CLSC Info-Santé 3 times or more in the course of a twelve-month period according to age of the youngest child in the household, population 15 years or more living in a household with a minor and having used the service in the course of a twelve-month period, Quebec, 1998
		Table 2.19.7	Use of CLSC Info-Santé 3 times or more in the course of a twelve-month period according to certain health characteristics, population 15 years or more having used the service in the course of a twelve-month period, Quebec, 1998
		Table 2.19.8	Lifetime use of CLSC Info-Santé according to sex and age, population 15 years and older and population 15 years and older aware of the existence of the service, Quebec, 1998
		Table 2.19.9	Use of CLSC Info-Santé in the course of a twelve-month period according to sex, age and mother tongue, population 15 years and older aware of the existence of the service, Quebec, 1998
		Table 2.19.10	Persons who have used CLSC Info-Santé in a twelve-month period by mother tongue, Quebec, 1998
		Table 2.19.11	Frequency of use of CLSC Info-Santé by those who have used the service in a twelve-month period by mother tongue, Quebec, 1998
		Table 2.19.12	Persons using CLSC Info-Santé at some point in their life by mother tongue, Quebec, 1998

2.20	CONSUMPTION OF MEDICATION	Table 2.20.1	Persons having consumed at least one medication and persons having consumed at least three medications or more in the course of a two-day period according to sex and age, total population, Quebec, 1987, 1992-1993 and 1998
		Table 2.20.2	Persons having consumed at least one prescription medication and persons having consumed at least one non-prescription medication in the course of a two-day period according to sex and age, total population, Quebec, 1987, 1992-1993 and 1998
		Table 2.20.3	Persons having consumed at least one medication, prescription or non-prescription, in the course of a two-day period according to income level, relative scolarity and ethno cultural group, total population, Quebec, 1998
		Table 2.20.4	Number of medications consumed over a two-day period by mother tongue, Quebec, 1998
		Table 2.20.5	Persons consuming prescribed medications over a two-day period by mother tongue, Quebec, 1998
		Table 2.20.6	Persons self-administering medications over a two-day period by mother tongue, Quebec, 1998
2.21	VACCINATION AGAINST THE FLU	Table 2.21.1	Vaccination against the flu in the course of a twelve-month period according to sex and age, total population, Quebec, 1998
		Table 2.21.2	Vaccination against the flu in the course of a twelve-month period by mother tongue, Quebec, 1998

SECTION 3. IMMEDIATE MILIEU

FAMILIES AND HOUSEHOLDS

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
		Table 3.1.2	Socio-demographic characteristics of parents ¹ living with at least one minor according to type of family, male and female heads of households with minors, Quebec, 1998

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
Table 3.1.4	Health indicators of parents of minors according to type of family, both sexes, families with minors, Quebec, 1998
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
Table 3.1.6	Quality of relations with their ex-partners, separated parents according to sex, Quebec, 1998
Table 3.1.7	Family and non-family households by mother tongue, Quebec, 1998
Table 3.1.8	Type of family with minor children by mother tongue, Quebec, 1998
Table 3.1.9	Number of children in families with minor children by mother tongue, Quebec, 1998
Table 3.1.10	Age of the youngest child in families with minors by mother tongue, Quebec, 1998
Table 3.1.11	Type of relationship with minor children by mother tongue, Quebec, 1998
Table 3.1.12	Divorced or separated from the other parent by mother tongue, Quebec, 1998
Table 3.1.13	Satisfaction with the financial involvement of the other parent by mother tongue, Quebec, 1998

SECTION 4. NETWORKS

FAMILIES AND HOUSEHOLDS

4.1	SOCIAL SUPPORT ENVIRONMENT	Table 4.1.1	Indicator of social support according to sex and age, population 15 years and over, Quebec, 1998
		Table 4.1.2	Components of the social support indicator according to age, population 15 years and over, Quebec, 1998
		Table 4.1.3	Persons unsatisfied with their social life according to age and sex, population 15 years and older, Quebec, 1998

Table 4.1.4	Life situation according to sex and age, population 15 years and older, Quebec, 1998
Table 4.1.5	Certain social and health indicators according to indicators of social support environment, population 15 years and older, Quebec, 1998
Table 4.1.6	Components of the social support indicator according to marital status, population 15 years and older, Quebec, 1998
Table 4.1.7	Components of the social support indicator according to income level, population 15 years and older, Quebec, 1998
Table 4.1.8	Components of the social support indicator according to employment status, population 15 years and older, Quebec, 1998
Table 4.1.9	Persons lacking intimacy according to certain demographic and socio-economic characteristics and according to sex, population 15 years and older ¹ , Quebec, 1998
Table 4.1.10	Satisfaction with social life by mother tongue
Table 4.1.11	Level of social support by mother tongue, Quebec, 1998
Table 4.1.12	Difficulties in a relationship with a spouse by mother tongue, 1998
Table 4.1.13	Lack of intimate contact by mother tongue, Quebec, 1998

SECTION 4. NETWORKS

WORK MILIEU

4.2	WORK AND HEALTH	Table 4.2.1	Presentation of certain organizational conditions of work and physical risks according to sex, population 15 years and older with paid employment, Quebec, 1998
		Table 4.2.2	Presentation of certain organizational conditions of work and chemical risks according to sex, population 15 years and older with paid employment, Quebec, 1998
		Table 4.2.3	Indicators of psychological distress and periods of extreme anxiety or irritability according to violence and intimidation at work in the course of a twelve-month period, population 15 years and older with paid employment, Quebec, 1998
		Table 4.2.4	Perception of state of physical health and mental health according to violence and intimidation at work in the course of a twelve-month period, population 15 years and older with paid employment, Quebec, 1998

		Table 4.2.5	Different serious muscular and skeletal long-term problems according to exposure to certain risks or physical constraints at work, population 15 years and older with paid employment, Quebec, 1998
		Table 4.2.6	Persons with paid employment by mother tongue, Quebec, 1998
		Table 4.2.7	Type of work by mother tongue, Quebec, 1998
		Table 4.2.8	Intimidation at work by mother tongue, Quebec, 1998
		Table 4.2.9	Violence at work by mother tongue, Quebec, 1998
4.3	PSYCHOSOCIAL ENVIRONMENT AT WORK	Table 4.3.1	Weak decision-making autonomy at work according to sex and age, population 15 years and older with paid employment, Quebec, 1992-1993 and 1998
		Table 4.3.2	Psychosocial constraints at work according to relative scolarity, population 15 years and older with paid employment, Quebec, 1998
		Table 4.3.3	High level of the indicator of psychological distress according to psychosocial constraints at work and sex, population 15 years and older with paid employment, Quebec, 1998
		Table 4.3.4	Autonomy at work by mother tongue, Quebec, 1998
		Table 4.3.5	Psychological demands at work by mother tongue, Quebec, 1998
		Table 4.3.6	Psychological constraints at work by mother tongue, Quebec, 1998

SECTION 5. SOCIAL CONDITIONS

5.	COVERAGE OF HEALTH CARE COSTS BY A PRIVATE INSURANCE PLAN	Table 5.1	Coverage of health care costs by a private insurance plan according to family status, employment status and income level, total population, Quebec, 1998
		Table 5.2	Coverage of health care costs by a private insurance plan according to sex and age, total population, Quebec, 1992-1993 and 1998
		Table 5.3	Coverage of health care costs by a private insurance plan by mother tongue, Quebec, 1998

SECTION 6. NORMS AND VALUES

6.	SPIRITUALITY, RELIGION AND HEALTH	Table 6.1	Importance accorded spiritual life, belief in the positive effect of spiritual values on health, attendance at a church or cult in a twelve-month period and current religious affiliation, population 15 years and older, Quebec, 1998
		Table 6.2	Current religious affiliation by mother tongue, Quebec, 1998
		Table 6.3	Importance accorded spiritual life with respect to effect on health by mother tongue, Quebec, 1998
