



RHS
QUEBEC FIRST NATIONS
REGIONAL HEALTH SURVEY



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION

SOCIODEMOGRAPHIC PORTRAIT

Highlights

- There has been an aging of the population in the communities from 2002 to 2015, the median age having gone from 24 to 32 years old, but the First Nations population is younger than the Quebec population.
- The median age varies from one geographic zone to another. Communities in Zone 2 have the lowest median age (23 years old), while communities in Zone 1 have the highest (35 years old).
- More than eight in ten adults 35 years and over have at least one child.
- The average age on the birth of the first child is 22 years old. The birth of the first child occurs earlier in females than among males, as well as in more geographically remote communities.
- Nearly a third of children and adolescents live in a single-parent family.



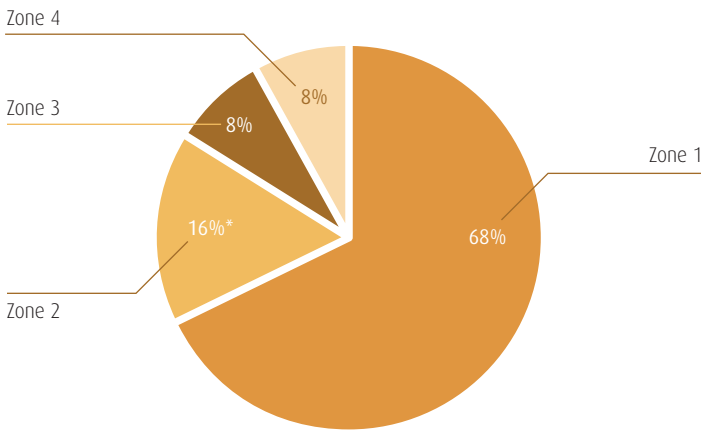
CONTEXT

This 2015 RHS booklet focuses on the distribution of the First Nations population living in communities based on age, gender, geographic area and marital status. The size and composition of households will also be discussed.

POPULATION IN THE COMMUNITIES

In 2015, excluding data on the Cree population, 36,531 so-called “Registered Indians”¹ reside in 32 First Nations communities in Quebec. More than two-thirds of these people live in communities in Zone 1 (FIGURE 1).

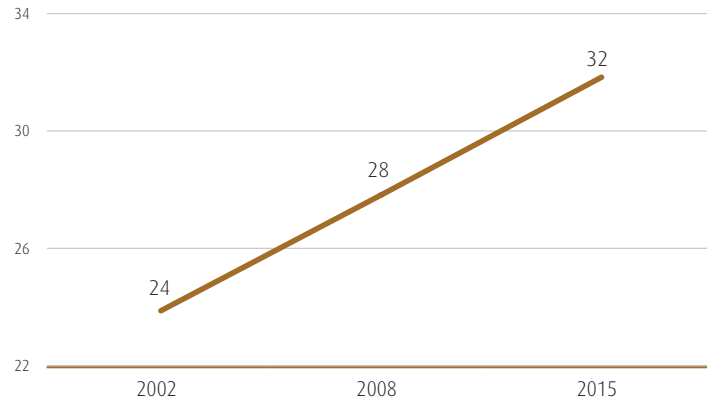
FIGURE 1
Distribution of the First Nations population based on geographic zone



AGING AND DISTRIBUTION OF THE POPULATION BASED ON AGE

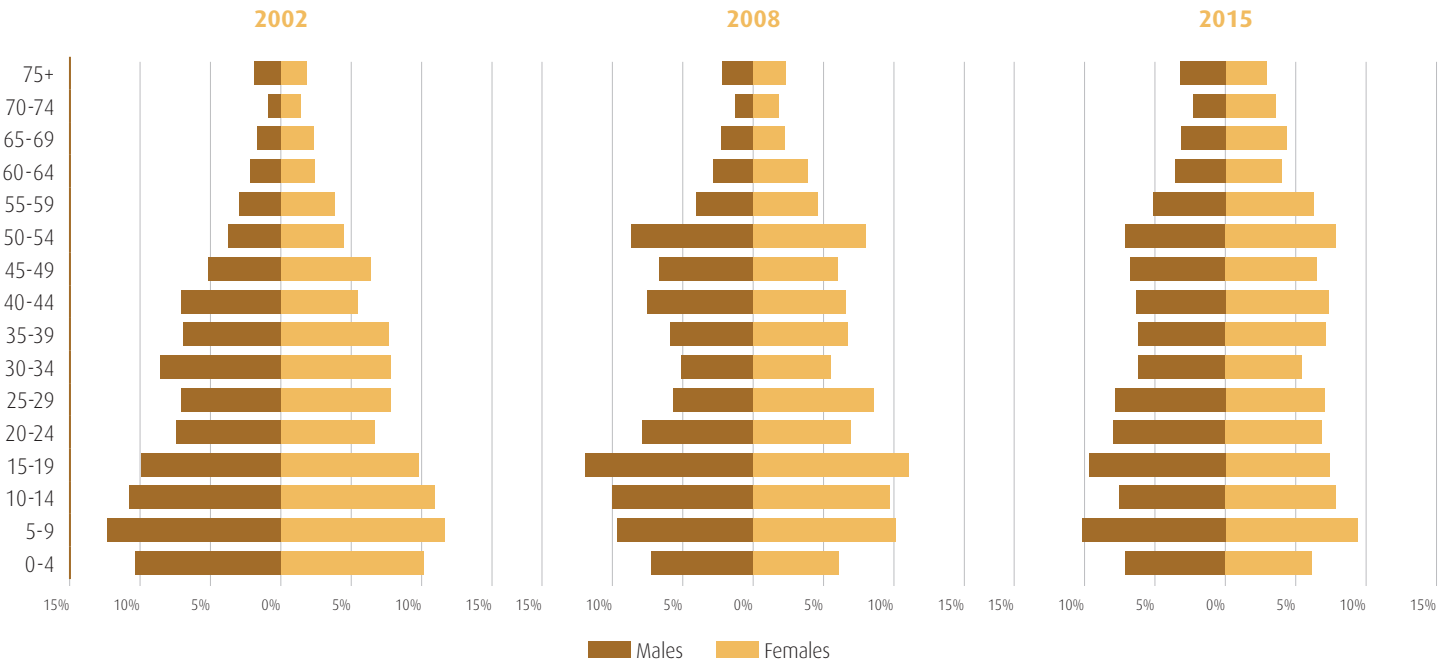
The data from the RHS reveal a general tendency towards an aging of the First Nations population from 2002 to 2015, the median age having gone from 24 to 32 years old (FIGURE 2). In comparison, the median age of the Canadian population was 41 years old in 2015, while that of the Quebec population was 42 years old (Statistics Canada, 2017). The aging of the First Nations population can also be observed by the widening of the upper portion of the Age Pyramid from 2002 to 2015 (FIGURE 3).

FIGURE 2
Evolution of the median age in First Nations communities from 2002 to 2015



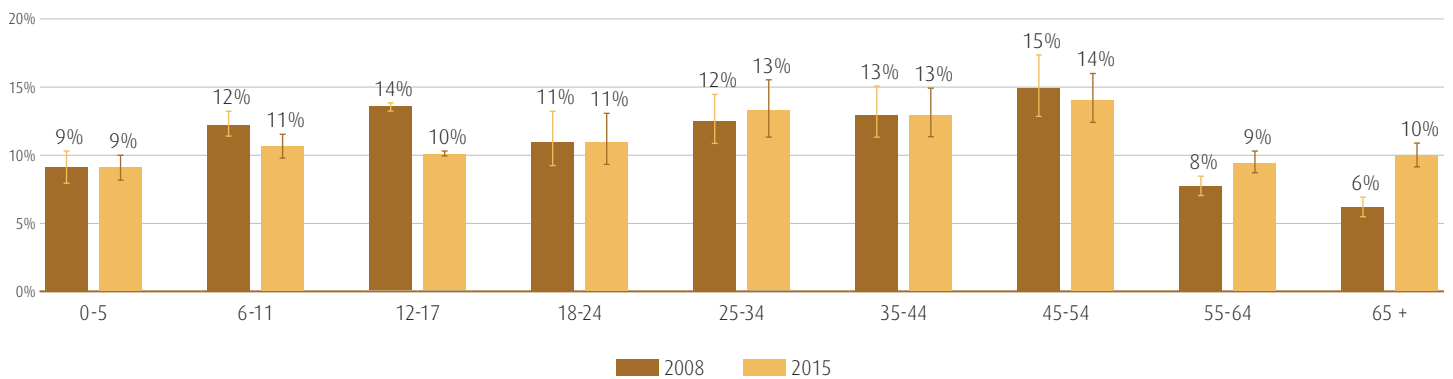
¹ A “Registered Indian” is a person who pursuant to the *Indian Act*, is registered as an Indian in the Indian Register of Indigenous and Northern Affairs Canada (Department of Justice Canada, 2016).

FIGURE 3
Evolution of the Age Pyramid from 2002 to 2015



From 2008 to 2015, there was an increase in the proportion of respondents 65 years and over, while the proportions for the other age groups remained roughly unchanged or decreased (FIGURE 4).

FIGURE 4
Evolution of the distribution of the age groups from 2008 to 2015



Median age based on geographic zone

While a certain tendency towards the aging of the population can be observed, we can also see that the median age varies a lot based on geographic zone (FIGURE 5).

FIGURE 5
Median age based on geographic zone

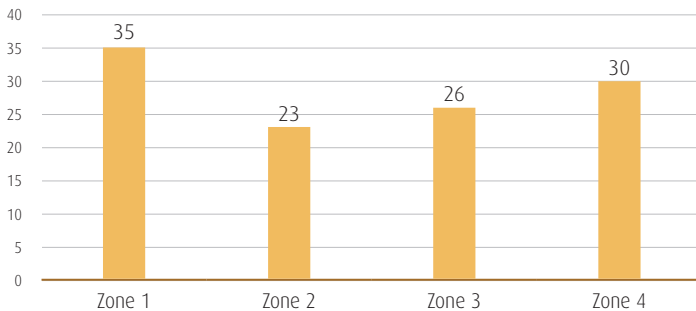
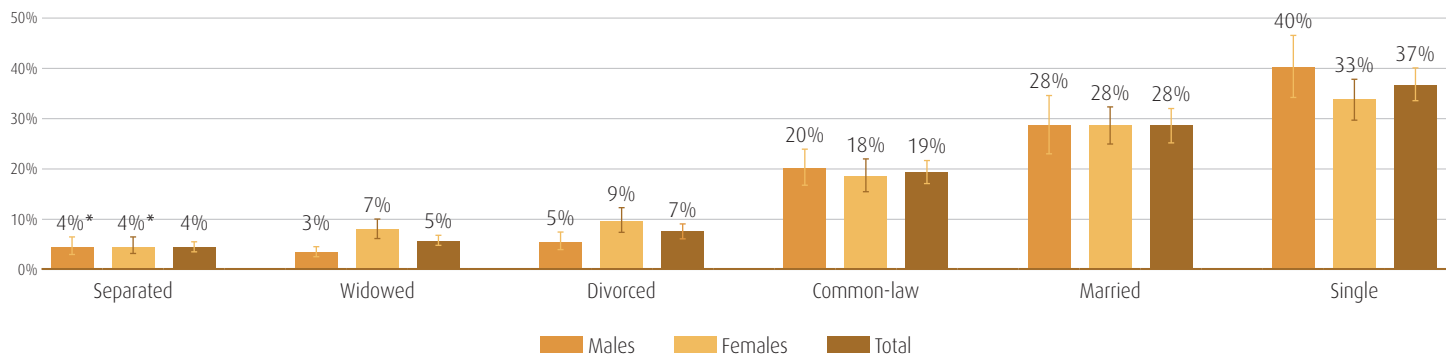


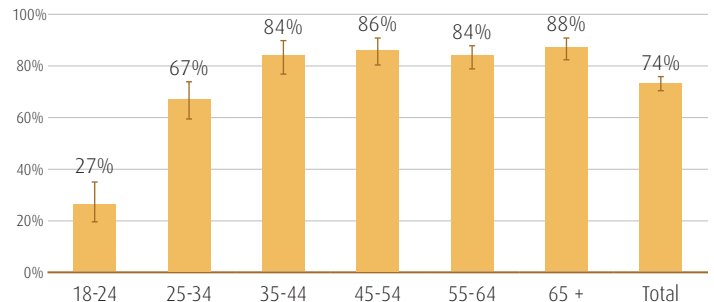
FIGURE 6
Marital status based on gender (18 years and over)



PORTRAIT OF FAMILIES

According to the data collected, more than one-third of adults are single, while almost half are in couples (common-law or married) (FIGURE 6). It can also be seen that about three-quarters of adults have at least one child. This proportion naturally tends to increase with age to stabilize around the age of 35 to more than eight in ten people (FIGURE 7).

FIGURE 7
Adults who have fathered a child or given birth to a child, based on age



The average number of children per adult is 2.3, and this average seems to increase slightly with geographic remoteness (FIGURE 8).

FIGURE 8
Average number of children per adult based on geographic zone

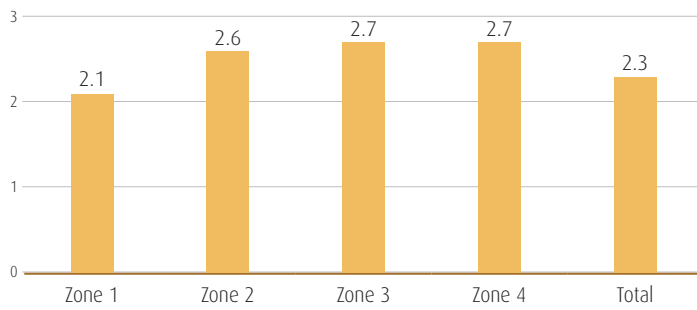


FIGURE 9 illustrates that the average age of parents upon the birth of their first child is 21.9 years old, and that on average, mothers have their first child at a younger age than fathers. In addition, parents residing in the communities located in Zone 1 have their first child at a slightly older age than parents in more geographically remote communities. Looking at FIGURE 10, we can see that half of the parents had their first child before they were 21 years old.

FIGURE 9
Average age on the birth of the first child based on gender and geographic zone (parents 18 years and over)

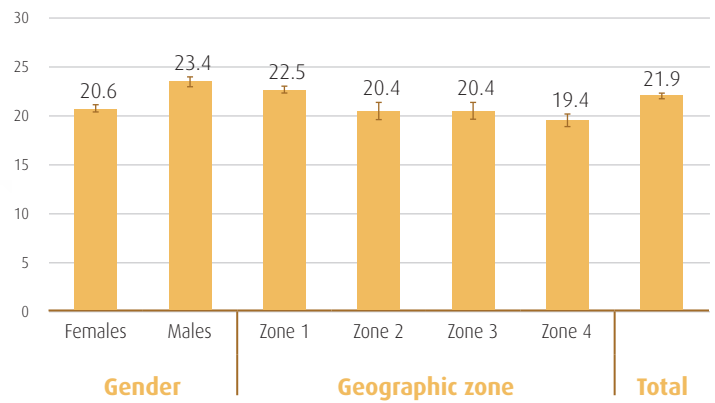
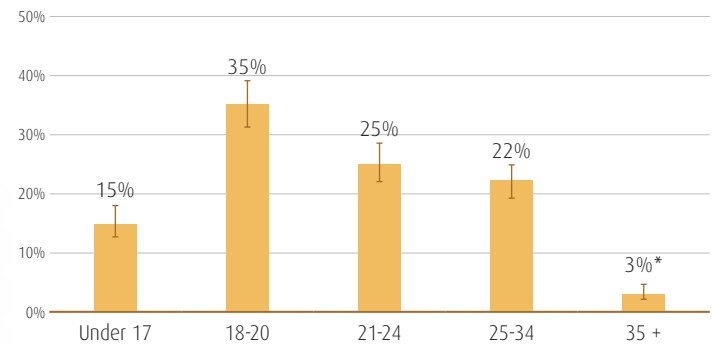


FIGURE 10
Distribution of parents based on their age on the birth of their first child (18 years and over)



Size and composition of households

According to the results of the RHS, the average household size is 4.1 people. Zone 1 appears to have the lowest average number of persons per household and the average is highest in Zone 2 (FIGURE 11). In addition, the proportion of individuals 65 years and over living alone may have increased from 2008 to 2015, reaching more than one-third (FIGURE 12).

FIGURE 11
Average household size based on geographic zone

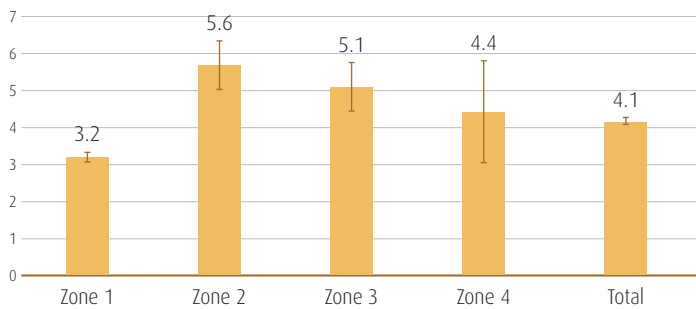


FIGURE 12
Adults living alone based on age group, in 2008 and in 2015

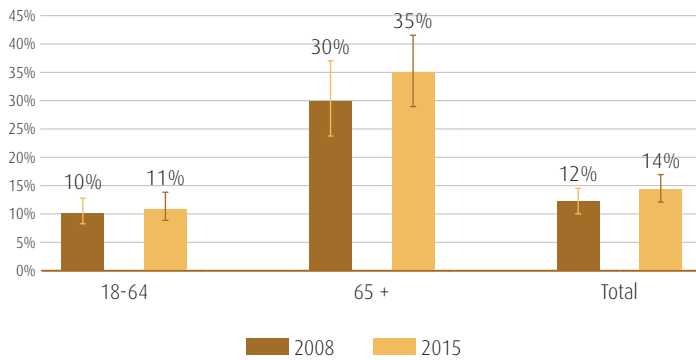


FIGURE 13 shows that more than half of children and adolescents (0-17 years old) live with both biological parents. When this is not the case, they reside more frequently with their mothers, whether they are a single parent or in a relationship with a new partner. We also note that almost one in ten young people do not live with either of their biological parents. In addition, FIGURE 14 illustrates that about one-third of young people from 0 to 17 years old live in a single-parent family, a proportion that seems stable since 2002.

FIGURE 13
Parents or guardians with whom young people (0-17) live most of the time

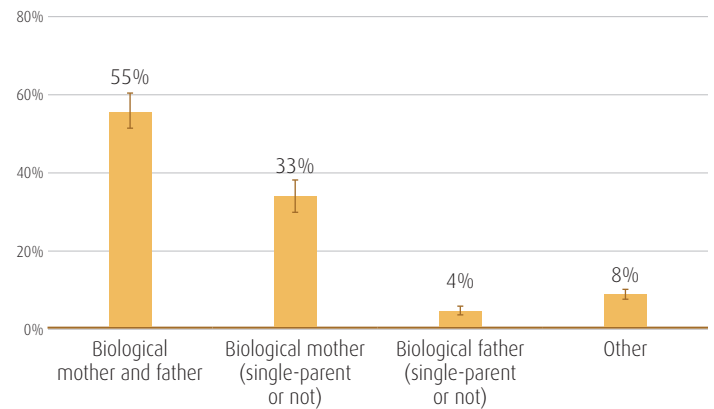
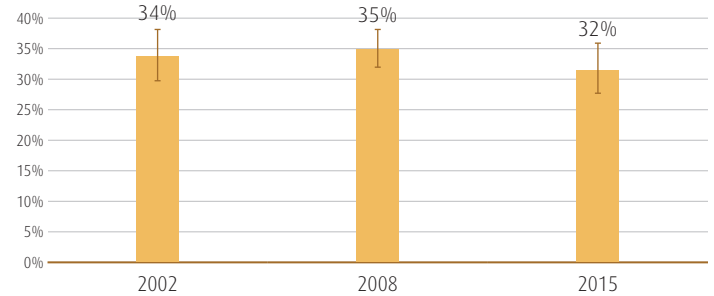


FIGURE 14
Proportion of young people (0-17) living in a single-parent family, in 2002, in 2008 and in 2015



CONCLUSION

The data from the 2015 RHS show that, overall, there has been a certain tendency towards the aging of the First Nations population since 2002. It can be anticipated that this will have an impact on the health and wellness service offer. However, the population remains younger in more geographically remote communities. Parents usually have their first child earlier and households are larger than in the urban zone.

Finally, the data reveal that the majority of children and adolescents live with both biological parents, but also that one-third live in a single-parent family. This information highlights the importance of providing services to support elders, young families and single-parent families.

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METHODOLOGY IN BRIEF

The third phase of the First Nations Regional Health Survey (RHS) aims to describe the health status of the population in First Nations communities in Quebec. It was conducted from February 2015 to May 2016 in 21 communities from eight nations and reached 3,261 people (825 children aged 0 to 11 years, 769 adolescents aged 12 to 17 years and 1,667 adults aged 18 years and over) who responded to an electronic questionnaire submitted by field agents.

Data followed by the “*” sign have a coefficient of variation of 16.6% to 33.3% and should be interpreted with caution. The sign “***” indicates a coefficient of variation greater than 33.3%. This data is not published, except for estimates below 5%, which must be interpreted with caution. The lines presented in the bar or line charts are the confidence intervals calculated using a 95% confidence level.

In certain cases, the data are presented according to the geographic zone of the community of the respondents. These zones are defined as follows:²

- Zone 1 (urban): less than 50 km from a service centre with road access;
- Zone 2 (rural): between 50 and 350 km from a service centre with road access;
- Zone 3 (isolated): more than 350 km from a service centre with road access;
- Zone 4 (difficult to access): no road.

Service centre: The nearest access to suppliers, banks and government services.

In the context of the RHS, the term “community” is used to represent “Indian reserves.”

For more details, please refer to the *Methodology* booklet of the RHS.

The RHS report consists of 20 thematic booklets. All the booklets can be consulted at the FNQLHSSC documentation center: <https://centredoc.ccsspnql.com>.

2 INAC, <http://fnp-ppn.aandc-aadnc.gc.ca/fnp/main/Definitions.aspx?lang=eng> [accessed 2018-01-03].

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