

## Health at a Glance Study 2025

November 2025

Greetings,

You have been selected to take part in the *Health at a Glance Study* conducted by the Institut de la statistique du Québec (ISQ) on behalf of the Ministère de la Santé et des Services sociaux (MSSS). The objective of this study is to collect reliable data on themes related to the health and well-being of the Québec population.

There are two easy, confidential options to participate in this study:

<b>Option 1</b>	Scan the QR code on the right or go to the address provided to access the online questionnaire.	 statistique.quebec.ca/e447e
	Enter your identifier	PIN

You will need about 10 minutes to complete the online questionnaire. If necessary, you can exit the questionnaire and return to finish it at another time.

<b>Option 2</b>	Call us if you would like to answer the questionnaire with the help of an interviewer.	1-800-561-0213
	Monday to Thursday: 9 a.m. to 8:30 p.m. Friday: 9 a.m. to 4:30 p.m. Saturday: 10 a.m. to 4:30 p.m. Sunday: 10 a.m. to 8:30 p.m.	

If you have not answered your questionnaire online or by phone, the ISQ will call you to obtain your answers. If you are not available when we call, just let us know what time would be more convenient for you.

For more information about this study or assistance, please get in touch with the ISQ using the contact information provided below. You will also find additional information on the back of this letter and at [statistique.quebec.ca](http://statistique.quebec.ca) under "Surveys".

Thank you for your cooperation. You are helping us produce the high-quality statistical information that Québec needs to provide better services to the population.

Sincerely,

Marc Sirois



Chief Statistician

## **Additional information**

### **Why should I participate?**

Your participation is voluntary, but just as important as that of the several thousand other people selected at random in Québec. Your answers will help us learn about certain aspects of the population's health and well-being, namely physical activity, alcohol intake, and mental health, and to adapt programs aimed at improving quality of life.

### **Confidentiality and data transmission**

This study is conducted in accordance with the *Act respecting the Institut de la statistique du Québec*, and your contact information was obtained under that Act. The ISQ has entered into an agreement with the MSSS, to whom the data collected will be sent, except for your name, address, and telephone number.

Your answers will be kept confidential and will only be used for statistical purposes.

### **Ethics**

The ethics committee appointed by the ISQ reviewed the study to ensure it is conducted in a way that respects participants and protects their dignity.