

Enquête québécoise – Coup d’œil sur la santé 2025

Health at a Glance 2025 – Québec Survey

Questionnaire anglais

Novembre 2025



Document réalisé à l'Institut de la statistique du Québec.

Avec la collaboration du ministère de la Santé et des Services sociaux.

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INSTITUT DE LA STATISTIQUE DU QUÉBEC (2026). *Enquête québécoise — Coup d'œil sur la santé 2025. Questionnaire anglais*, [En ligne], Québec, L'Institut, 14 p. [statistique.quebec.ca/en/fichier/enquete-quebecoise-coup-oeil-sante-2025-questionnaire.pdf].

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Mai 2026

In accordance with the Institut de la statistique du Québec's (ISQ) new social statistics practices, gender was measured in the introduction of this survey. For more information about this measure, please refer to our webpage on taking gender into account in surveys, at: statistique.quebec.ca/en/institut/methodology/classifications-and-definitions/methodology-taking-gender-into-account.

Physical activity as a means of transportation

Preamble 1 The following questions are about physical activity associated with getting from one place to another.

APH_1_1 During the **past four weeks**, to get to places such as work, school, a store, a friend's place or elsewhere, did you use a means of active transportation such as walking, cycling, rollerblading or other?
INSTRUCTION CATI / Ⓞ CAWI : Other types of active transportation include skateboarding, using a non-motorized wheelchair, snowshoeing, skiing, jogging or riding an electric bike. Do not consider electric scooters as active transportation.

- 1 Yes
- 2 No → [Preamble 2](#)
- 8 Don't know → [Preamble 2](#)
- 9 No response → [Preamble 2](#)

Source : Adaptée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes (2^e édition)*, question 1.1.

APH_1_2 During the **past four weeks**, did you use this or these means of active transportation every week?

- 1 Yes
- 2 No → [Preamble 2](#)
- 8 Don't know → [Preamble 2](#)
- 9 No response → [Preamble 2](#)

Source : Adaptée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes (2^e édition)*, question 1.1.

APH_1_3 During the **past four weeks**, approximately how many days a week did you use this or these means of active transportation?

INSTRUCTION CATI : The respondent must only select one answer. You can stop reading the response options once the respondent has given their answer.

- 1 1 day a week
- 2 2 days a week
- 3 3 days a week
- 4 4 days a week
- 5 5 days a week
- 6 6 days a week
- 7 7 days a week
- 8 Don't know
- 9 No response

Source : Adaptée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes (2^e édition)*, question 1.2.

APH_1_4 On a **typical day**, how much time **in total** did you spend on this or these means of active transportation? (Only count the time during which you were physically active.)

INSTRUCTION CATI : The respondent must only select one answer. You can stop reading the response options once the respondent has given their answer, but confirm their answer (e.g. it was 40 to 59 minutes?).

- 1 Less than 10 minutes
- 2 10 to 19 minutes
- 3 20 to 39 minutes
- 4 40 to 59 minutes
- 5 1 hour to 1 hour and 29 minutes
- 6 1 hour and 30 minutes to 1 hour and 59 minutes
- 7 2 hours or more
- 8 Don't know
- 9 No response

Source : Adaptée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes (2^e édition)*, question 1.3.

APH_1_5 **Most of the time**, when you used this or these means of active transportation, was your level of effort:

INSTRUCTION CATI : Read the response options. The respondent must only select one answer. You can stop reading the response options once the respondent has given their answer, but confirm their answer (e.g. Low, so your breathing and heart rate increased slightly?).

- 1 **Very low:** Your breathing and heart rate changed very little
- 2 **Low:** Your breathing and heart rate increased slightly
- 3 **Moderate:** Your breathing and heart rate were fairly rapid
- 4 **High:** Your breathing and heart rate were very rapid
- 8 Don't know
- 9 No response

Source : Adaptée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes (2^e édition)*, question 2.4.

Physical activity during your leisure time

Preamble 2 The following questions are about **your leisure-time physical activities**. These activities include sports, fitness activities (“working out”), outdoor activities, dance, or simply taking a walk (whether in your neighbourhood, a park or elsewhere, indoors or outdoors).

APH_2_1 During the **past four weeks**, did you engage in one or more of these physical activities during your leisure time? [Si AGE ≥ 15 et si AGE ≤ 24, Exclude compulsory physical education classes if you are in high school or CEGEP.] [Si APH_1_1 = 1, Exclude active transportation such as walking, cycling, rollerblading or other physical means to get from one place to another (to work, school, a store, a friend's place or elsewhere).]

- 1 Yes
- 2 No → [Preamble 3](#)
- 8 Don't know → [Preamble 3](#)
- 9 No response → [Preamble 3](#)

Source : Adaptée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes (2^e édition)*, question 2.1.

APH_2_2 During the **past four weeks**, did you engage in these types of physical activities every week?

- 1 Yes
- 2 No → [Preamble 3](#)
- 8 Don't know → [Preamble 3](#)
- 9 No response → [Preamble 3](#)

Source : Adaptée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes (2^e édition)*, question 2.1.

APH_2_3 During the **past four weeks**, approximately how many days a week did you engage in these types of physical activities?

INSTRUCTION CATI : The respondent must only select one answer. You can stop reading the response options once the respondent has given their answer.

- 1 1 day a week
- 2 2 days a week
- 3 3 days a week
- 4 4 days a week
- 5 5 days a week
- 6 6 days a week
- 7 7 days a week
- 8 Don't know
- 9 No response

Source : Adaptée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes (2^e édition)*, question 2.2.

APH_2_4 On a **typical day**, how much time did you spend **in total** on these types of physical activities? (Only count the time during which you were physically active.)

INSTRUCTION CATI : The respondent must only select one answer. Read the response options. You can stop reading the response options once the respondent has given their answer, but confirm their answer (e.g. it was 40 to 59 minutes?).

- 1 Less than 10 minutes
- 2 10 to 19 minutes
- 3 20 to 39 minutes
- 4 40 to 59 minutes
- 5 1 hour to 1 hour and 29 minutes
- 6 1 hour and 30 minutes to 1 hour and 59 minutes
- 7 2 hours or more
- 8 Don't know
- 9 No response

Source : Adaptée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes (2^e édition)*, question 2.3.

APH_2_5 **Most of the time**, when you engaged in these types of physical activities, was your level of effort:

INSTRUCTION CATI : The respondent must only select one answer. You can stop reading the response options once the respondent has given their answer, but confirm their answer (e.g. Low, so your breathing and heart rate increased slightly?).

- 1 **Very low**: Your breathing and heart rate changed very little
- 2 **Low**: Your breathing and heart rate increased slightly
- 3 **Moderate**: Your breathing and heart rate were fairly rapid
- 4 **High**: Your breathing and heart rate were very rapid
- 8 Don't know
- 9 No response

Source : Adaptée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes (2^e édition)*, question 2.4.

Alcohol use

Preamble 3 The next questions are about your use of alcohol.

ALC_Q1 During the **past 12 months**, that is from [Date d'il y a un an] to yesterday, how often did you drink alcoholic beverages? Examples include beer, wine, liquor, or any other alcoholic beverage.

INSTRUCTION CATI : Read all the response options. If the respondent stops you while you are reading the choices, confirm their answer.

- 1 Never → Preamble 4
- 2 Less than once a month
- 3 Once a month
- 4 2 to 3 times a month
- 5 Once a week
- 6 2 to 3 times a week
- 7 4 to 5 times a week
- 8 Daily or almost daily
- 98 Don't know → Preamble 4
- 99 No response → Preamble 4

Source : Adaptée de l'Enquête sur la santé dans les collectivités canadiennes (ESCC), 2023, question ALC_Q15.

ALC_Q2 How many drinks (beer, wine, liquor, or any other alcoholic beverage) did you have in the **past 7 days**, that is from [jour de la semaine il y a sept jours] to yesterday?

INSTRUCTION CATI / Ⓞ CAWI : When we use the word "drink", it means:

- one 341 ml (12 oz) bottle of beer, cider or cooler with 5% alcohol content;
- one 142 ml (5 oz) glass of wine with 12% alcohol content;
- one 43 ml (1.5 oz) glass of liquor with 40% alcohol content (whisky, vodka, gin, etc.), straight or mixed in a cocktail.
- Do not consider 0.5% beer as an alcoholic drink.

- 1 None
- 2 1 or 2
- 3 3 to 6
- 4 7 to 10
- 5 11 to 15
- 6 16 or more
- 8 Don't know
- 9 No response

Source : Inspirée de l'Enquête canadienne sur la consommation de substances (ECCS), 2023, question ALC_Q13.

Well-being and mental health

Preamble 4 The next section is about your well-being and certain feelings you may have had.

(BET) During the **past two weeks**, how often have you experienced the following feelings?

		All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time	Don't know	No response
BET1	You felt cheerful and in good spirits	1	2	3	4	5	6	8	9
BET2	You felt calm and relaxed	1	2	3	4	5	6	8	9
BET3	You felt active and vigorous	1	2	3	4	5	6	8	9
BET4	You woke up feeling fresh and rested	1	2	3	4	5	6	8	9
BET5	Your daily life was filled with things that interest you	1	2	3	4	5	6	8	9

Source : Adapté de WHO Collaborating Centre in Mental Health. *Indice (en cinq points) de bien-être de l'OMS*, 1999.

(SOL) During the **past two weeks**, how often have you experienced the following feelings?

		Hardly ever	Some of the time	Often	Don't know	No response
SOL1	You felt that you lacked companionship	1	2	3	8	9
SOL2	You felt left out	1	2	3	8	9
SOL3	You felt isolated from others	1	2	3	8	9

Source : Adaptés de Hughes et al. (2004), Three-item Loneliness Scale.

Respondent profile

Preamble 5 We are now coming to [CATI] / This is [CAWI] the last part of the questionnaire. Your answers will only be used for statistical purposes.

SD2_1 Including yourself, how many people live in your home?

INSTRUCTION CATI / CAWI : Include all persons who live at least 40% of the time in your household.

INSTRUCTION CATI / CAWI : “40% of the time” means that they live with you, for example, every other week, 3 days a week, 6 days every 2 weeks, 12 days a month, or 5 months of the year.

Enter the number of people [minimum : 1; maximum : 20]

998 Don't know

999 No response

Filtre 1.

Si SD2_1 = 1 → SD3_1

Sinon → SD2_2

SD2_2 Which situation best reflects the composition of your household?

INSTRUCTION CATI : Read all the response options. If the respondent stops you while you are reading the choices, confirm their answer.

- 1 Person living alone [choix non visible ou coché automatiquement si SD2_1 = 1]
- 2 Couple without children living at home [Choix n'apparaissant pas si SD2_1 > 2]
- 3 Couple with a child or children living at home (children of any age) [Choix n'apparaissant pas si SD2_1 = 2]
- 4 Single-parent family (children of any age)
- 5 Family with other people (including related and unrelated persons) [Choix n'apparaissant pas si SD2_1 = 2]
- 6 Relatives only (brothers and sisters, etc.)
- 7 Unrelated people only (co-tenants or roommates)
- 8 Other (multiple families, etc.)
- 98 Don't know
- 99 No response

Source : Adaptée de l'Institut de la statistique du Québec et du ministère de la Santé et des Services sociaux, *Enquête québécoise sur la santé de la population* (EQSP) 2008, question Q113.

SD3_1 What is the highest level of education or the highest diploma you have attained?

INSTRUCTION CATI : Read the response options. If the respondent stops you while you are reading the choices, confirm their answer.

INSTRUCTION CATI / CAWI : If your highest level of education was attained elsewhere in Canada or in another country, choose its equivalent in the Québec school system.

- 1 Elementary school or less (Grade 7 or less)
- 2 Some secondary school (not completed) (Grade 8, 9, 10 or 11, incomplete "*cours classique*" / "*Éléments latins, Syntaxe, Méthode, Versification*")
- 3 Secondary school diploma (Grade 12, incomplete "*cours classique*" / "*Belles-lettres, Rhétorique, Philosophie I*")
- 4 Some CEGEP, trade school, or vocational school (not completed)
- 5 CEGEP, trade school, or vocational school diploma or certificate (DEP, DEC; includes completed "*cours classique*")
- 6 Some university (not completed)
- 7 University degree or diploma
- 8 Don't know / Don't remember
- 9 No response

Source : Adaptée de l'Institut de la statistique du Québec, *Enquête québécoise sur l'expérience de soins* (EQES) 2010-2011, question Q119.

SD3_2Q Currently, what is your main occupation?

INSTRUCTION CATI / CAWI : If more than one occupation, select the one you consider to be your main occupation.

- 1 Worker
- 2 Student
- 3 Retired (pensioner)
- 4 At home
- 5 On parental leave
- 6 On employment insurance (EI)
- 7 On social assistance (income security)
- 8 On disability or sick leave
- 97 Other
- 98 Don't know
- 99 No response

Source : Adaptée de l'Institut de la statistique du Québec et du ministère de la Santé et des Services sociaux, *Enquête québécoise sur la santé de la population* (EQSP) 2008, question Q115.

SD3_7_1 There is a strong association between income and health. We would appreciate if you could answer the following question so that we can study this association.

For the **past 12 months**, which category best reflects the total income of all members of your household from all sources, before taxes and other deductions? Don't forget to include all the amounts received, such as Canada child benefits, old age pension, investment income, etc. (This information is used to get an overview of groups of people with similar incomes and then compare these different groups. Individual responses are of no use when taken separately.)

INSTRUCTION CATI : Read the response options.

- 1 Less than \$[seuil 1]
- 2 \$[seuil 1] to less than \$[seuil 2]
- 3 \$[seuil 2] to less than \$[seuil 3]
- 4 \$[seuil 3] or more
- 8 Don't know
- 9 No response

Source : Tiré de l'Institut de la statistique du Québec et du ministère de la Santé et des Services sociaux, *Étude sur les services offerts aux fumeurs et aux anciens fumeurs québécois*, 2022, question Q10.10.

[Message de fin de section CATI]

QRESSOURCES (This information is provided to everybody). We are aware that our questionnaire deals with topics that can be difficult for some people. If you need help, you can call 811, the Info-Santé / Info-Social number. This service is free and is available from anywhere in Québec, 24/7.

INSTRUCTION CATI : 811 isn't just a service that allows you to speak with a nurse. You can also get a referral to organizations in your region for the social problem you would like to get help for.

[Message de fin de section CAWI]

QRESSOURCES This questionnaire deals with topics that could be difficult for some people. If you need help, you can call 811, the Info-Santé / Info-Social number ☐. This service is free and is available from anywhere in Québec, 24/7.

811 isn't just a service that allows you to speak with a nurse. You can also get a referral to organizations in your region for the social problem you would like to get help for. Please note that information is provided to everybody.

MERCI The Institut de la statistique du Québec thanks you for taking the time to complete this questionnaire.



Annexe

SD3_7_1 Seuils de faible revenu

Seuils de l'indicateur de niveau de revenu du ménage basés sur la mesure de faible revenu (MFR)¹ avant impôt. Le seuil de référence utilisé pour calculer ces seuils est une projection (pour 2024) basée sur les données de 2017-2023. (octobre 2025)

Nombre de personnes dans le ménage	Faible revenu (seuil 1)	Revenu moyen-faible (seuil 1-seuil 2)	Revenu moyen-élevé (seuil 2-seuil 3)	Revenu élevé (seuil 3)
1	< 34 500 \$	34 500 \$ à 69 000 \$	69 000 \$ à 103 000 \$	≥ 103 000 \$
2	< 48 500 \$	48 500 \$ à 97 000 \$	97 000 \$ à 146 000 \$	≥ 146 000 \$
3	< 59 500 \$	59 500 \$ à 119 000 \$	119 000 \$ à 178 500 \$	≥ 178 500 \$
4	< 69 000 \$	69 000 \$ à 137 500 \$	137 500 \$ à 206 500 \$	≥ 206 500 \$
5	< 77 000 \$	77 000 \$ à 154 000 \$	154 000 \$ à 230 500 \$	≥ 230 500 \$
6	< 84 000 \$	84 000 \$ à 168 500 \$	168 500 \$ à 252 500 \$	≥ 252 500 \$
7	< 91 000 \$	91 000 \$ à 182 000 \$	182 000 \$ à 273 000 \$	≥ 273 000 \$
8	< 97 000 \$	97 000 \$ à 194 500 \$	194 500 \$ à 291 500 \$	≥ 291 500 \$
Plus de 8	< 97 000 \$	97 000 \$ à 194 500 \$	194 500 \$ à 291 500 \$	≥ 291 500 \$

¹ Cette mesure permet d'estimer la situation économique d'un ménage d'après son revenu avant impôt et sa taille.

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