

*Health Profile of*  
**NUNAVIK**

*Demographic and  
Socioeconomic Conditions*

*- 2011 -*



**HIGHLIGHTS**



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# *Introduction*

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This health profile was commissioned by the Nunavik Regional Board of Health and Social Services (NRBHSS) and produced in collaboration with the *Études et analyses de l'état de santé de la population* Unit of Institut national de santé publique du Québec (INSPQ). It was designed to provide regional decision-makers in the health and social services sector and elsewhere, as well as the people of Nunavik, with the information needed to make decisions to improve Nunavimmiuq health and well-being.

This summary features highlights from the first section of the *Nunavik Health Profile 2011* on demographic and socioeconomic conditions. It contains information on demographic (population, fertility) and socioeconomic (family, education, employment, income, food security) indicators.

Results on Nunavik are presented along with some comparisons with Québec as a whole, the Hudson Coast and Ungava Bay, and the Inuit Nunangat.

The full Nunavik Health Profile 2011: *Demographic and Socioeconomic Conditions*<sup>1</sup> report is available in English and French on the NRBHSS website at [www.rrsss17.gouv.qc.ca](http://www.rrsss17.gouv.qc.ca) and INSPQ website at [www.inspq.qc.ca](http://www.inspq.qc.ca), along with the English, French, and Inuktitut versions of this summary.

<sup>1</sup>For further information on the indicators discussed in this summary, please see the full report available online or contact NRBHSS at [information\\_rrsss17@sss.gouv.qc.ca](mailto:information_rrsss17@sss.gouv.qc.ca).

# Results

## Population

The population of Nunavik has more than doubled in the past three decades, from 5,860 in 1986 to 11,860 in 2011. In 2011, more than half of all Nunavimmiut (56.6%) lived on Hudson Strait and Hudson Bay, while 43.4% lived on Ungava Bay.

Nunavik has a young population: one out of every three inhabitants (34%) is under age 15. The median age in Nunavik is 22.8, roughly half that of the province as a whole (41.5).

Since the late 1990s, the population age 65 and over has been increasing steadily. This group will go from accounting for 3% of the population in 2011 to 8% in 2031. This age group has seen a particularly strong increase on the Hudson coast.

About a third of the Inuit Nunangat population is under 15 years of age, while few are 55 or over. The population of Nunavik and Nunavut is increasing steadily while that of Nunatsiavut is increasing more slowly and that of the Inuvialuit region is declining.

## Fertility

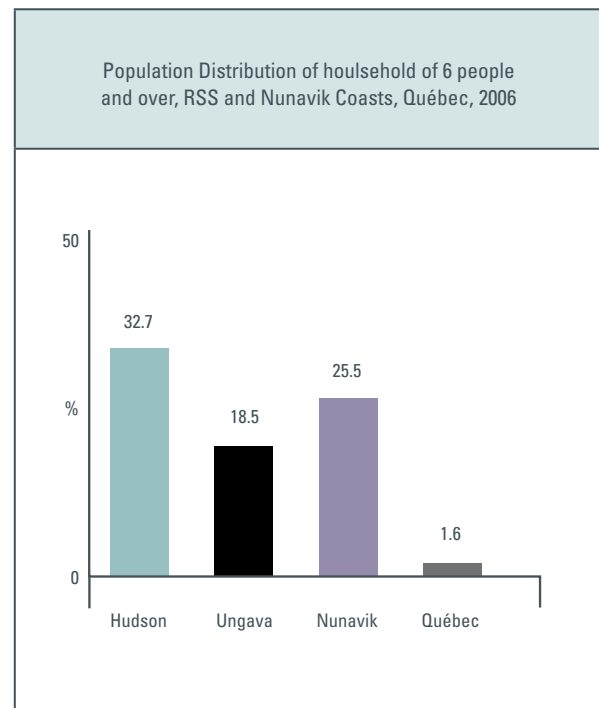
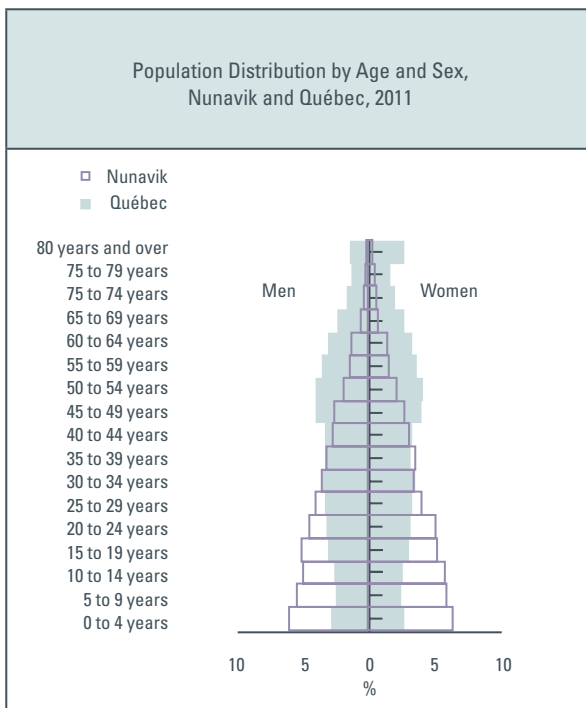
With an average of 3.2 children per woman during the 2004 to 2008 period, Nunavik is one of the few regions to meet its replacement rate. By comparison, the average for Québec as a whole over the same period was 1.6. The average number of children per woman is higher on the Hudson coast (3.5) than on Ungava Bay (2.9).

The Inuit women in Nunavik and Nunavut have similar fertility levels, averaging 3.2 and 3.0 children respectively.

## Family and Marital Status

Families are big in Nunavik, with an average of 3.9 members in 2006, of whom 2.3 were children. Multiple families often live together, increasing the number of persons per household. In 2006, 25% of private households in Nunavik had 6 or more members. Private households on the Hudson Coast had an average of 1 member more than those on Ungava Bay.

Among Nunavimmiuq children under age 18, 39% live with just one parent. In 2006, the figure for Québec as a whole was 24%. In that year in Inuit regions, 71% of Inuit children age 14 and under lived with two parents, 25% with only one parent, and 4% with another relative.



## ***Education levels***

Educational attainment remains low in Nunavik, although the number of graduates is on the rise. In 2006, 10% of those age 25 to 64 had only a high school diploma, with 30% holding a postsecondary credential below a bachelor's degree.

Trade school and apprenticeship diplomas are the most common types of qualification in Nunavik and other Inuit regions. Among 25- to 64-year-olds, 1 in 4 held this type of qualification in Nunavik and Nunavut. The rate was 2 in 5 in Nunatsiavut and the Inuvialuit Region.

## ***Employment and Unemployment***

The job situation in Nunavik varies by age and sex: as of 2006 it appeared better for those age 25 and over and for women. The employment rate for those age 25 and over was higher than for 15- to 24-year-olds (64% vs. 38%), and their unemployment rate was also lower (15% vs. 27%). Compared to men, Nunavik women age 15 and over had a slightly higher employment rate (57% vs. 55%) and a lower unemployment rate (15% vs. 20%).

Employment rates were higher on Ungava Bay. Among those 15 and over, the employment rate was 64% on Ungava Bay and 50% on the Hudson Coast.

The 2006 employment rate in Nunavik was comparable to that of Nunavut and the Inuvialuit Region at around 60% (slightly higher for women). The unemployment rate in Nunavik and Nunavut was 19%, a bit higher than that of other Inuit regions.

## ***Income***

In 2005 the median income after taxes for income earners age 15 and over was \$20,971 in Nunavik and \$22,471 in Québec as a whole, despite Nunavik's higher cost of living.

Nunavik women had higher incomes than men in 2005. Their median income was \$22,912, while that of men was \$18,793. Incomes were higher on Ungava Bay than on the Hudson Coast (\$25,413 vs. \$17,911).

## ***Food Security***

According to the Health Survey conducted among Nunavik Inuit in 2004, approximately 1 person in 4 (24%) reported having experienced food insecurity in the month prior to the survey. That rate was 32% on the Hudson Coast and 14% on Ungava Bay.

Food insecurity affected other Inuit regions as well. In 2006, 33% of Inuit children in Nunavik age 6 to 14 experienced food insecurity. According to the Aboriginal Peoples Survey, the rates were 39%, 30%, and 12% in Nunavut, Nunatsiavut, and the Inuvialuit Region, respectively.

# Conclusion

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The demographic and socioeconomic profile that emerges allows us to identify certain challenges that need to be addressed in order to improve health and well-being among the Nunavimmiut.

- **Population growth:** The population of Nunavik has increased significantly in recent years, and this trend is continuing. The regional housing supply has not kept up with this strong population growth and the needs of new families. Nunavik should obtain the necessary support from provincial and federal authorities to be able to offer adequate housing in sufficient numbers.

- **Education:** Education and employment are already major regional development issues. Young people age 15 to 24 are currently looking for work and their numbers are expected to increase, which will exert even greater pressure on the job market. It is crucial to provide meaningful education leading to quality jobs in the region. Efforts made in recent years to stimulate employment and train the population in various trades must continue.

- **Lifestyle and Food insecurity:** Nunavik incomes are lower than incomes elsewhere in the province, while the cost of living is higher. Access to a sufficient supply of quality food is a major issue in the region. Programs and initiatives are needed to eliminate this problem.

The data in this summary show a significant gap between Nunavik and Québec as a whole. They also reveal differences and similarities between the two coastlines (Hudson and Ungava Bay) as well as between Nunavik and other parts of Inuit Nunangat.



