

SOCIODEMOGRAPHIC BACKGROUND

Medical-administrative component
Nunavik Health Profil – 2021



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RÉGIE RÉGIONALE DE LA NUNAVIK REGIONAL
SANTÉ ET DES SERVICES BOARD OF HEALTH
SOCIAUX DU NUNAVIK AND SOCIAL SERVICES

PRODUCTION

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HIGHLIGHTS

STRONG INUIT IDENTITY AND INUKTITUT KNOWLEDGE

People living in Nunavik retain a strong Inuit identity, and the majority of the population has knowledge of Inuktitut. However, there are regional differences, such as higher proportions of non-Inuit in Kuujuaq (Ungava Coast), which may influence language use.

A RAPIDLY GROWING INUIT POPULATION

The population of Nunavik has grown significantly over the last few decades. Generally speaking, the Nunavik population is young, with a higher proportion of children and a lower proportion of adult aged 55 and over than for Québec as a whole. The total fertility¹ rate (TFR) in Nunavik has remained above the cohort replacement level of 2.1² and nearly twice the TFR for Québec as a whole. While the highest fertility rates in Nunavik are among women under 30 years of age, the greatest difference between Nunavik and Québec as a whole is for women of less than 20 years old. In terms of housing, nearly one out of every three households are living in a home too small for their needs in Nunavik. This proportion is eight times higher than that of all Québec households.

EDUCATION AND INCOME DISPARITIES

About one out of every two people in Nunavik have a high school diploma, a graduation rate that remains lower than that for Québec as a whole. Women and those living on the Ungava Coast tend to have higher education levels. Despite the unemployment rate decreasing, the low-income rate in Nunavik is now up to three times higher than in Québec, a difference that is particularly significant for single-parent families.

OBJECTIVES AND BACKGROUND

In 2018, three health profiles³ were developed to provide a comprehensive portrait of the health of Nunavik's population (INSPQ 2021a, 2021b, 2021c). These profiles presented medical-administrative data available up to 2018 and served as an updated depiction of Nunavimmiut health, building on earlier profiles based on data from 2014-2015. The current profile offers a further update, focusing on the "Sociodemographic Background" with data up to 2021.

This updated profile explores the demographic and socioeconomic context in Nunavik. It begins by examining sociocultural aspects, including Indigenous identity and Inuktitut knowledge, before analyzing demographic trends over recent decades. The profile then describes the socioeconomic context of adults, describing education levels, employment, and income. Finally, the profile discusses potential impacts of these living conditions on the region's population.

To complement this health portrait, references to the 2017 Qanuillirpita? Inuit Health Survey and to the 2022 Uvikkavut Qanuippat? Health Survey of High School Student in Nunavik can be found in footnotes when relevant.

1 The total fertility rate refers to the number of children that a hypothetical female would have over the course of her reproductive life if she experienced the age-specific fertility rates observed in a given calendar year (Statistics Canada, 2019).

2 The cohort replacement level refers to the fertility level required to replace the population in the absence of migration and taking into account mortality conditions between the ages of 0 and 15, after which the reproductive period usually begins (Provencher & Galbraith, 2024).

3 1) "Sociodemographic background" 2) "The health of mothers and children" and 3) "The health of adults and seniors".

METHODOLOGICAL NOTE

POPULATION AND DATA SOURCES

This profile concerns the sociodemographic background of **persons residing in Nunavik, regardless of age**. The demographic and socioeconomic data presented in this profile were extracted from several provincial medical-administrative databases, including registers concerning demographic events (births and deaths), the MED-ECHO database⁴ on regional hospitalizations, national databases (Canadian census information) and data on demographic projections. The primary and secondary sources are noted underneath each Figure.

Warning Regarding The Validity of The Census Data

The indicators obtained using data from the 2016 and 2021 Census should be interpreted with caution as no adjustments were made to compensate for under coverage. Given the high proportion of nonresponses in Nunavik (15% for 2016 and 23% for 2021), there is a significant risk of bias.

Warning Regarding The Interpretation of Projections

Projections must not be interpreted as forecasts of an expected future, but rather, as a possible future should trends continue. The calculation of projections is based on assumptions for predicting population growth. Despite the scientific rigour of these assumptions, actual population growth can differ from what is predicted and from data obtained from other sources, particularly at the regional level. This data should thus be interpreted with caution.

Because this profile was primarily designed to support improvements in the health services provided in Nunavik, the control population, for comparison purposes, is that of Québec as a whole. Whenever possible and relevant, the data is presented according to sex (male/female), age groups of interests (e.g., 0-14 years, 15-34 years, 35-54 years, and 55 or more years) and the home coast (Ungava Coast/Hudson Coast).

INTERPRETATION OF THE PRESENTED STATISTICS

Working with small samples is unavoidable and must be kept in mind when analyzing and interpreting data on Québec's Indigenous populations, including in Nunavik. To consider statistical and ethical issues potentially associated with the use of small numbers, the following rules of good practice were adopted (Center for Epidemiology and Evidence, 2015):

A. To avoid any breach of confidentiality, no statistics based on a numerator of less than 5 should be distributed, nor should certain categories of variables be aggregated to increase their size.

B. With the goal of increasing the power (and by extension, the stability) of the statistics presented, years are aggregated into 4- or 5-year periods and age categories are limited to no more than four.

C. To decrease the risk of bias, an asterisk (*) is placed after all data with a coefficient of variation between 16.66% and 33.33% to indicate that this information must be interpreted with caution. Data with a coefficient of variation greater than 33.33% are followed by two asterisks (**). These values (**) are provided only for information purposes.

D. Comparisons that are temporal, territorial or between various subpopulations are only considered statistically significant when there is an absence of confidence interval overlap at 99%. When variances do not meet these criteria, they are clearly identified as non-statistically significant "trends" that should be interpreted with caution.

These good practices do not apply to all sources of population data. Data from the Census rely on Statistics Canada commitment to protect the privacy and the confidentiality of the data and all Canadians.

⁴ System that comprises data on hospitalizations in Québec (MED-ECHO).

DEMOGRAPHIC AND SOCIOECONOMIC DATA

INDIGENOUS IDENTITY AND KNOWLEDGE OF INUKTITUT IN NUNAVIK

The majority of the Nunavik population claim to be Inuit⁵ and to have knowledge⁶ of Inuktitut (Figure 1). In addition, Figure 2 depicts data on the Indigenous identity and the knowledge of Inuktitut in Nunavik communities. The population of the Hudson Coast has slightly higher proportions for these two indicators than that of the Ungava Coast, possibly due to Kuujjuaq, on the Ungava coast, being the largest village with a greater proportion of non-indigenous inhabitants.

Figure 1. Indigenous identity and knowledge of Inuktitut, Nunavik, 2021.

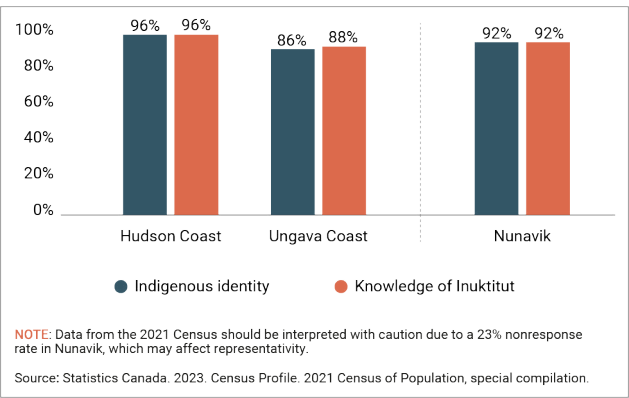
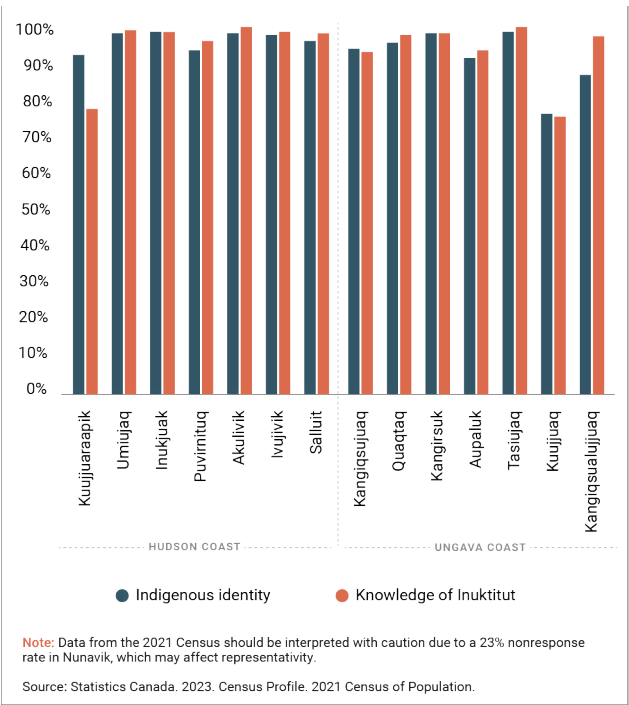
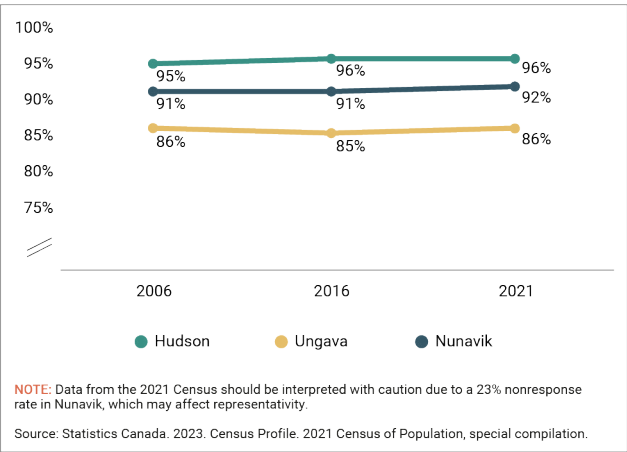


Figure 2. Indigenous identity and knowledge of Inuktitut, Nunavik communities, 2021.



The region remains mostly populated by Inuit who keep their culture alive. The proportion of people claiming an Indigenous identity has remained stable over the last Census years considered (Figure 3)⁷.

Figure 3. Indigenous identity, Nunavik and Nunavik coasts, 2006, 2016 and 2021.



In short

1. Over 9 out of 10 Nunavik residents identify as Inuit, a proportion that has remained stable between 2006 and 2021.
2. The majority of Nunavimmiut have a very good knowledge of Inuktitut.
3. A greater proportion of residents of the Hudson Coast have sufficient knowledge of Inuktitut to engage in a conversation.

5 According to Statistics Canada, the Indigenous identity refers to whether the person identified with Indigenous peoples of Canada. (Statistics Canada, 2021), and is, in this case, the Inuit identity.

6 The "knowledge" of non-official languages refers to whether the person can conduct a conversation in a language other than English or French (Statistics Canada, 2023).

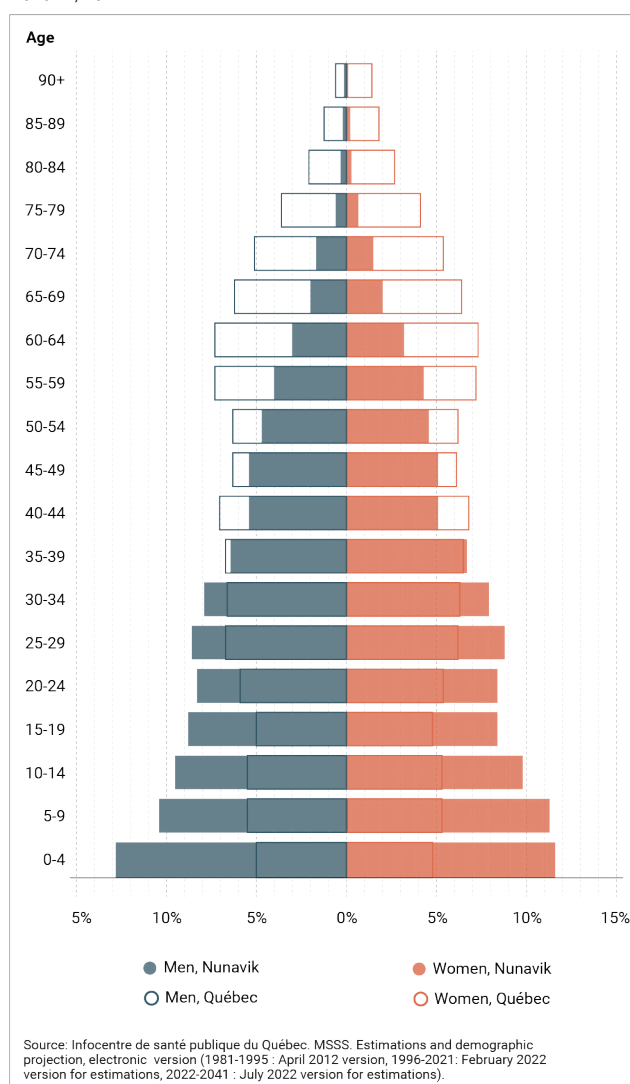
7 You may consult the Qanuillirpita? 2017 Sociodemographic report and Uvikkavut Qanuippat? 2022 full report for additional information (Riva et al. 2020a, Dupont, 2024).

NUNAVIK POPULATION'S COMPOSITION

A Young Population

The Nunavik population is much younger than the rest of the Québec population (Figure 4). The broad-based demographic pyramid representing the Nunavik population indicates that youth make up a large proportion of the population, and the narrow top indicates that older age groups make up a small proportion of the population. More specifically, the proportion of the population that are children between the ages of 0 and 4 and those between the ages of 5 and 9 are twice those of Québec as a whole. At the other end of the spectrum, there is a lower proportion of older persons in Nunavik than in Québec as a whole, especially for those aged 60 years or more.

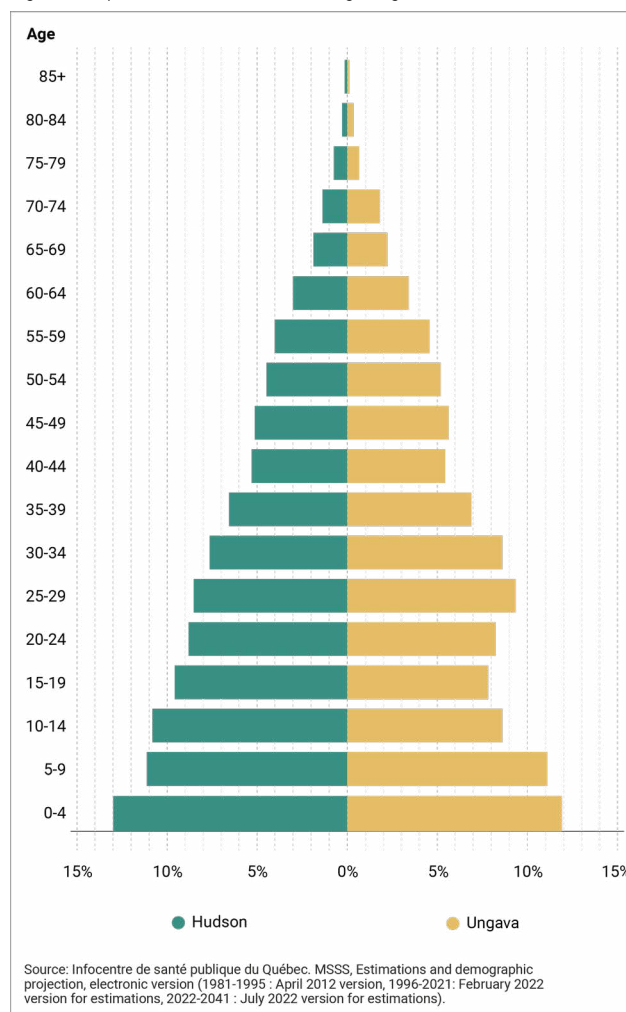
Figure 4. Population distribution according to age and sex, Québec, Nunavik, 2021.



The Onset of a Demographic Transition

A detailed analysis of data based on the coast of residence reveals that the distribution of the population according to age on the Hudson Coast corresponds to the expected pyramidal evolution of age groups where the number of residents per age group decreases as the age in question increases. This is also true for the Ungava Coast, despite a slight decrease in the population seen for the 10 to 24 age groups (Figure 5).

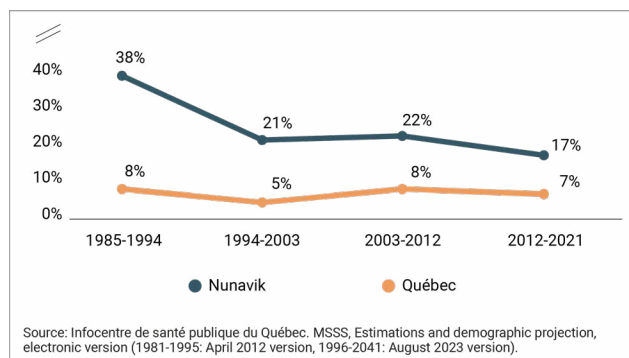
Figure 5. Population distribution according to age and Nunavik coast, 2021.



Population With a Strong Demographic Growth

The population of Nunavik has grown significantly over the last few decades. While the general growth rate was highest for the period between 1985 and 1994, the pace has slowed down since then (Figure 6). For each census period, rates are significantly higher than those for Québec as a whole.

Figure 6. Growth rate of the population, Nunavik and Québec, 1985-1994, 1994-2003, 2003-2012 and 2012-2021.

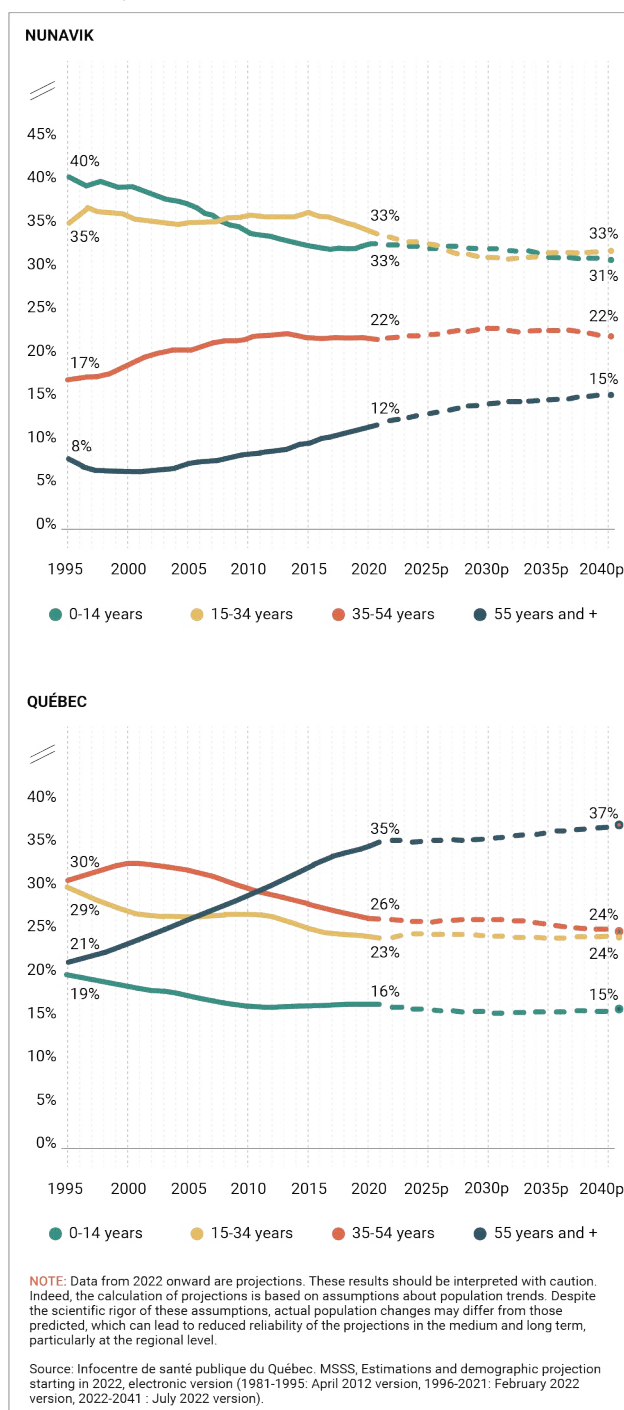


The evolution of growth rates varies according to age groups and time period (data not shown). The 0-14 years old and 15-64 years old age groups historically exhibit lower growth rates in both Québec and Nunavik in comparison to the eldest age group (65 years old or more). In Nunavik, growth rates have remained positive for all age groups over time while the 0-14 years old age group in Québec has seen negative trends in the 1994-2003 (-9%) and the 2003-2012 (-5%) time periods. Greater growth rates among the eldest age group indicate an aging population in both Quebec and Nunavik. The negative growth rates observed for Québec indicate that the age group of interest experienced periods where its population was decreasing (data not shown).

Breakdown Based on Age Groups

The growth rates previously described directly impact changes in the breakdown of these populations, based on age. Despite continuing to be nearly double those of Québec as a whole (Figure 7), the proportion of children (0 to 14 years) has dropped significantly in Nunavik since 1981 and may continue decreasing slightly over time⁸. It can also be seen that the proportion of persons aged 55 years or more is rising in both Nunavik and Québec. While the proportion of persons aged 55 years or more is higher in Quebec, the population of persons aged 55 and older is growing faster in Nunavik.

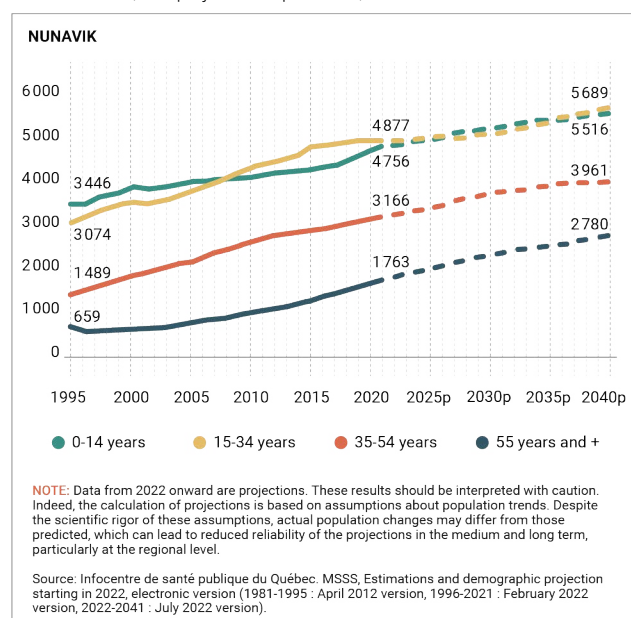
Figure 7. Evolution and projections of the population breakdown, by age categories between 1995 and 2021, and projections up to 2041, Nunavik and Québec.



⁸ These are scenario-based projections. They reflect expected trends if current conditions persist and should be interpreted with caution.

Based on these projections, the illustrated trends should persist for several decades. Figure 8 illustrates these trends in terms of the number of persons according to the different age groups.

Figure 8. Evolution of the population by age group, between 1995 and 2021, and projections up to 2041, Nunavik.



In short

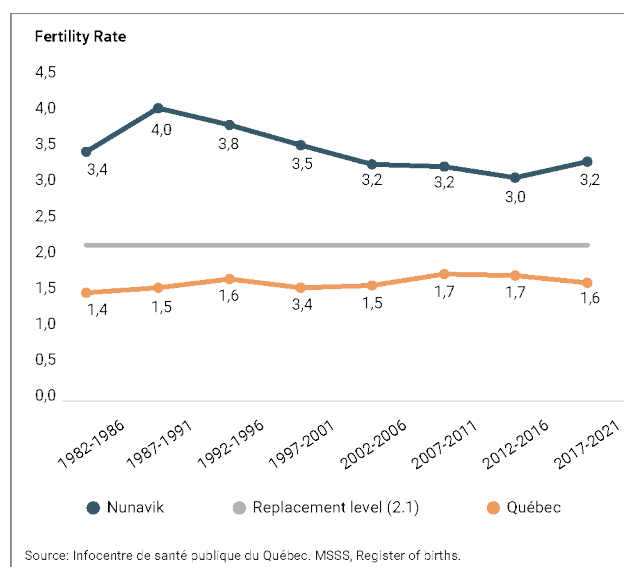
1. The Nunavik population is younger than the Québec population.
2. The Nunavik population continues to grow, at a rate that is constantly greater than the population of Québec.
3. While the proportion of children (0-14 years) and youth (15-34 years) have been decreasing overtime in Nunavik, the proportion of persons aged 55 years or more is on the rise.

FAMILIES

Families with numerous children

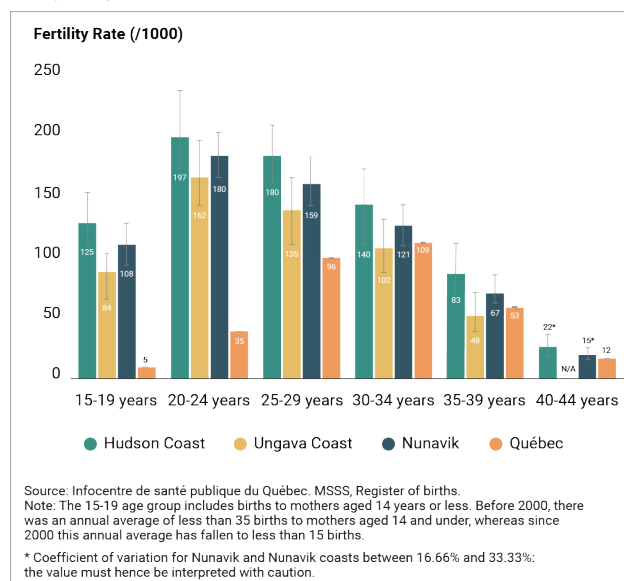
For over 40 years now, the total fertility rate in Nunavik⁹ has remained high, at nearly twice that for Québec as a whole (Figure 9). Despite a very slight drop since the 1990s in Nunavik, the fertility rates¹⁰ have nonetheless stayed above the cohort replacement level threshold¹¹ (2.1) during all of the periods examined.

Figure 9. Total fertility rate per period of 5 years, Nunavik and Québec, 1982-1986 to 2017-2021.



While the difference is not statistically significant, Figure 10 reveals that women living on the Hudson Coast have slightly higher fertility rates than do women from the Ungava Coast. In addition, fertility rates for persons aged 15 to 19 years are higher in Nunavik than in Québec (Figure 10)¹². The highest fertility rates in Nunavik are found among women under 30 years of age, but the greatest difference with Québec as a whole is for women less than 20 years old. In Québec, highest fertility rates are seen in the 30 to 34 age group. Before 1998, the fertility rate was higher on the Ungava Coast than on the Hudson Coast. However, this trend has reversed in the 21st century (data not shown) based on the MSSS birth records.

Figure 10. Fertility rate (/1000) based on age for Nunavik coasts, Nunavik and Québec, 2018-2022.



9 The total fertility rate refers to the number of children that a hypothetical female would have over the course of her reproductive life if she experienced the age-specific fertility rates observed in a given calendar year (Statistics Canada, 2019).

10 The fertility rate referred to for a given period is the average number of live births among mothers in a determined age group within the female population in this age group for a same period (MSSS, 2019).

11 The cohort replacement level threshold refers to the number of children per female necessary for the population to independently replace itself, and this considering mortality from birth to the age of 15 years and in the absence of migration (Provencher & Galbraith, 2024).

12 You may consult the Qanuillipitaa? 2017 Sexual and Reproductive Health report (Moisan et al., 2021) for additional information.

Housing

While still higher than Québec as a whole, the average number of persons per household¹³ in Nunavik dropped slightly between 2006 and 2021 (Figure 11). And while the decrease in the average number of persons per household is true across Nunavik, a greater decrease is seen for the Hudson Coast¹⁴.

Figure 11. Evolution over time of the average number of persons per household, Nunavik, Nunavik coasts and Québec, 2006, 2016 and 2021.

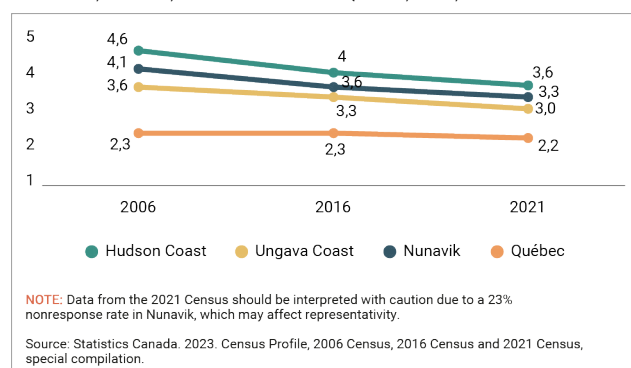
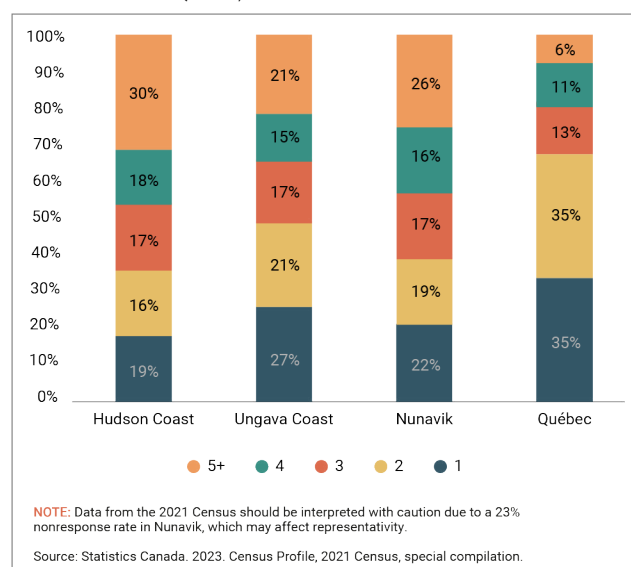


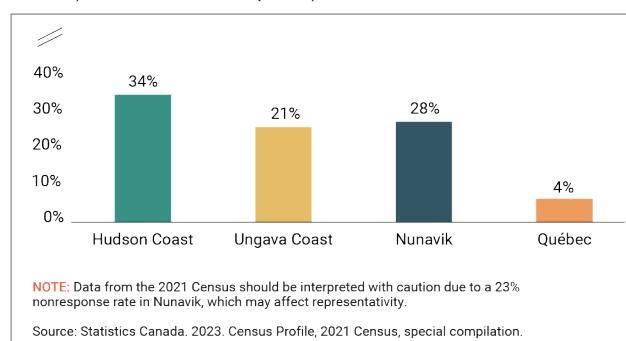
Figure 12 depicts population distribution according to size of the household. A greater proportion of households on the Hudson Coast are 4 or more members compared to the Ungava Coast. Moreover, one out of every four households in Nunavik is comprised of 5 persons or more. This proportion is only 6% for the province as a whole (i.e. almost five times less than in Nunavik).

Figure 12. Population distribution according to size of households, Nunavik, Nunavik coasts and Québec, 2021.



In Nunavik, slightly more than one in every 4 households lives in housing that is too small¹⁵; this proportion is 7 times greater than that of all Québec households (Figure 13). The Hudson Coast has more housing units of an insufficient size than does the Ungava Coast, which is coherent with the average number of persons per household being greater on the Hudson versus the Ungava Coast.

Figure 13. Proportion of households living in a lodging of insufficient size, Nunavik, Nunavik coasts and Québec, 2021.



The matter of overcrowded housing in the region is compounded by the need for major repairs. In both 2016 and 2021, close to one out of four housing units in Nunavik (22%) required major repairs¹⁶. This proportion remains 4 times higher than that of Québec as a whole, which is at 6% (Statistics Canada, 2017a, Statistics Canada, 2023)¹⁷.

In short

1. Fertility rates have remained above the cohort replacement level threshold in Nunavik for at least the last 40 years.
2. The fertility rate is higher on the Hudson Coast in all age groups. The rate for the 15-19 age group is particularly high in Nunavik, compared with Québec.
3. The average number of persons per household is 1.5 times higher in Nunavik compared to the province. Moreover, the proportion of households composed of 5 people or more is more than 4 times higher in Nunavik than Québec as a whole.
4. Slightly more than one in every 4 households in Nunavik lives in a lodging that is too small; this proportion is 7 times greater than that of all Québec households.

13 This profile refers to private households only, where the lodging is occupied by one or more persons (Statistics Canada, 2017b). The average number of persons per private household = Number of persons living in private households / Number of private households.

14 You may consult the Qanuillirpitaa? 2017 Sociodemographic report for additional information (Riva et al. 2020a)..

15 According to the National Occupancy Standard (NOS), a lodging of acceptable size includes the number of bedrooms required given the household's size and composition. This standard further specifies that "number of bedrooms required" refers to one bedroom for a couple (two adults), two children of the same sex if under 18 years of age, and two children of the opposite sex if under 5 years of age (Statistics Canada, 2017c).

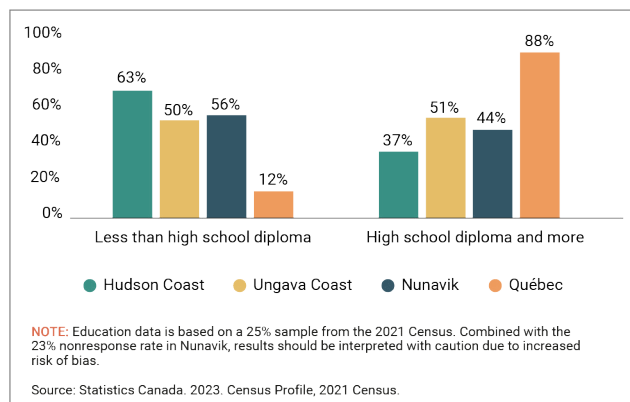
16 Major repairs include repairs to the electrical or plumbing systems as well as structural repairs of the walls, floors/ground or ceilings (Statistics Canada, 2017d).

17 You may consult the Qanuillirpitaa? 2017 Housing and drinking water report for additional information (Riva et al. 2020b).

LEVEL OF EDUCATION

In 2021, almost one out of every two adults in Nunavik had obtained at least a high school diploma¹⁸ (Figure 14). The proportion of adults who have not finished high school was then nearly 5 times greater in Nunavik than in Québec. Moreover, the population living on the Ungava Coast has a higher level of education than that on the Hudson Coast¹⁹.

Figure 14. Proportion of the population with a high school diploma, aged between 25 and 64 years, Nunavik, Nunavik coasts and Québec, 2021.



A more in-depth analysis of the different postsecondary education levels reveals that there are proportionally more women than men in Nunavik with a university diploma (Figure 15). There is also a difference in holders of a university diploma between the two coasts. Figure 16 shows that, in general, levels of education in Nunavik have been steadily increasing with regards to the high school diploma while decreasing when it comes to postsecondary diploma and above. Conversely, in Québec, Figure 16 shows an increase in bachelor's degrees or higher obtained, while the proportion of individuals with postsecondary education below a bachelor's degree has remained relatively stable.

Figure 15. Proportion of the population with a university diploma, aged between 25 and 64 years and by sex, Nunavik, Nunavik coasts and Québec, 2021.

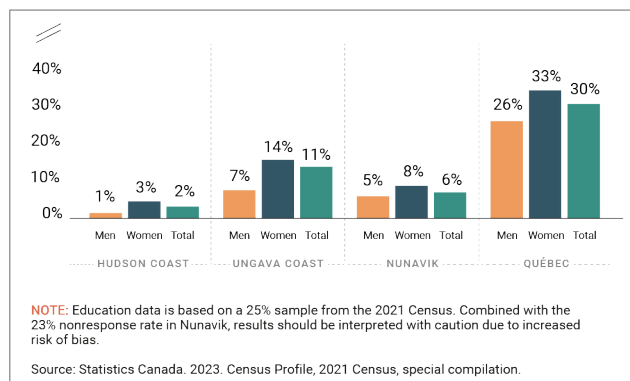
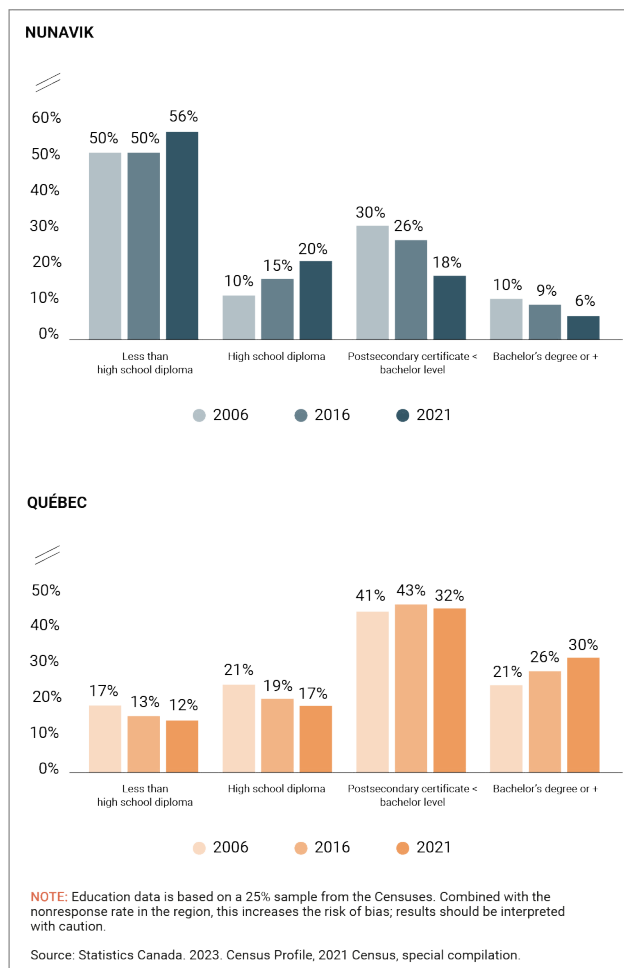


Figure 16. Evolution of the level of education, population aged between 25 and 64 years, Nunavik and Québec, 2006, 2016 and 2021.



In short

1. In 2021, slightly fewer than one in two adults in Nunavik had a high school diploma, with this rate being higher on the Ungava Coast compared to the Hudson Coast.
2. In general, levels of education in Nunavik have been steadily increasing with regards to the high school diploma while decreasing when it comes to postsecondary diploma and above.
3. A greater proportion of women than men have a university diploma, an observation that also applies to the Ungava Coast, the Hudson Coast and the province as a whole.

EMPLOYMENT AND UNEMPLOYMENT

This section considers the labour market in Nunavik, which is described from two different perspectives, namely employment rate and unemployment rate. Appendix A includes more information on the definitions of these concepts and the related calculations.

18 This category incorporates: high school diploma (DES), DCS (diploma of college or university studies) and diploma of vocational studies (DVS).

19 You may consult the Qanuillirpitaa? 2017 Sociodemographic and Housing and drinking water reports for additional information (Rivas et al. 2020a; Rivas et al. 2020b).

Employment rate

The employment rate is the proportion of individuals aged 15 years old and more that are working. Figure 17 illustrates that the employment rate is lower on the Hudson Coast than on the Ungava Coast. It also reveals that the employment rate in Nunavik is relatively similar to that in Québec as a whole. Similar to the situation in Québec as a whole, the employment rate of Nunavik women is slightly lower than that of their male counterparts. Whereas Nunavik men have a lower employment rate than men in all of Québec, the respective employment rates for women in Nunavik and Québec are similar. In addition, Figure 18 indicates that the Nunavik employment rate rose to catch up to Québec's rate in the mid-90s. However, between 2016 and 2021, the employment rate in Québec remained similar but decreased in Nunavik²⁰.

Figure 17. Employment rate by sex, population aged 15 years or more, Nunavik, Nunavik coasts and Québec, 2021

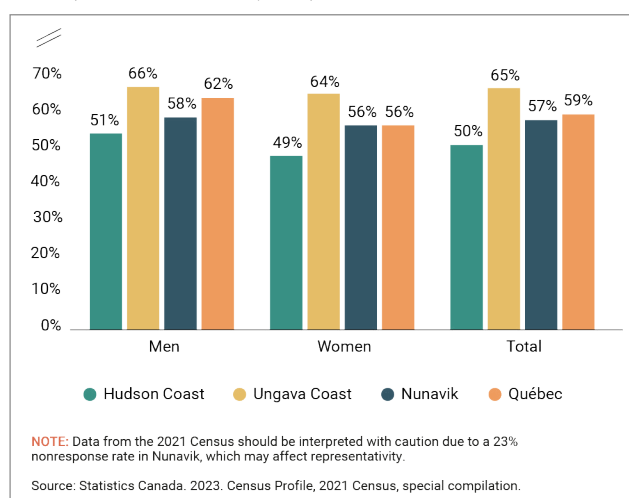
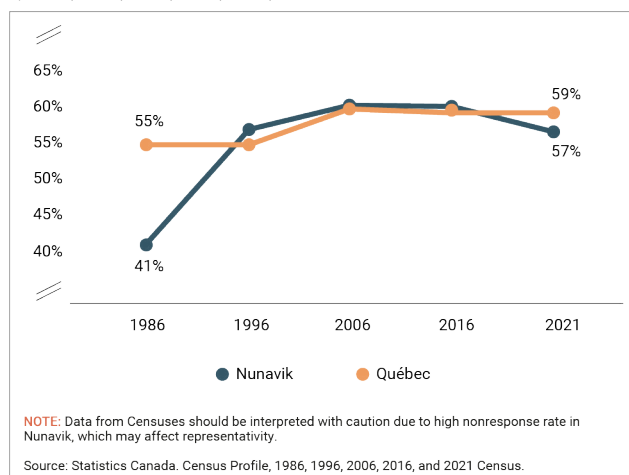


Figure 18. Employment rate, population aged 15 years or more, Nunavik and Québec, 1986, 1996, 2006, 2016, and 2021.



Unemployment Rate

The unemployment rate is the proportion of individuals (15 years old or more) that are fit to work that do not currently have a job. It does not consider people that are unable to work for health reasons, are still in school or have retired. The unemployment rate in Nunavik has decreased since 2016 (15% vs. 10%), making it closer to the rate observed in Québec as a whole. Furthermore, the unemployment rate among residents of the Hudson Coast is slightly higher than for the population of the Ungava Coast. Differences in the unemployment rate between men and women are minimal on both coasts (Figure 19).

Figure 19. Unemployment rates by sex, population aged 15 years or more, Nunavik, Nunavik coasts and Québec, 2021.

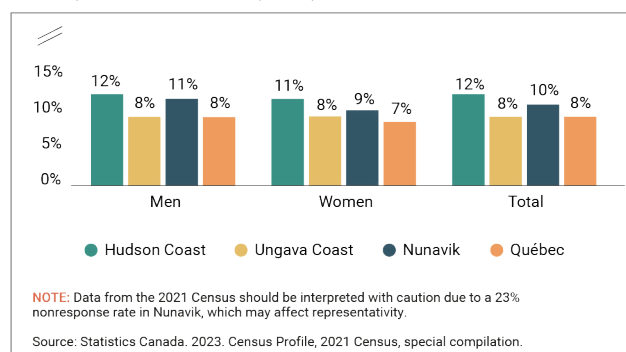
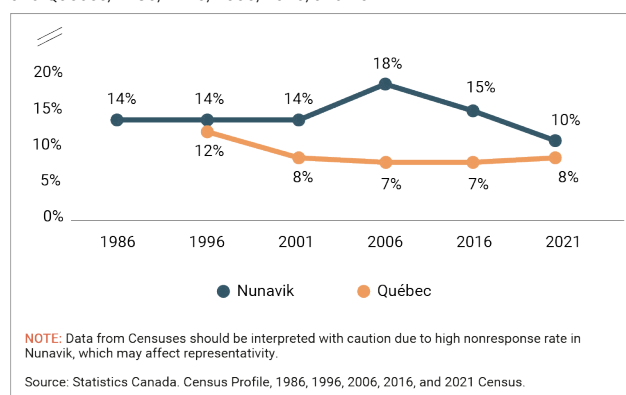


Figure 20 shows that the unemployment rate in Nunavik rose slightly at the time of the 2006 Census while the opposite occurred in Québec as a whole during this same period. This hike had the effect of bringing Nunavik's unemployment rate to more than twice that of Québec in 2006. This difference in the unemployment rate between Nunavik and Québec has been decreasing since then.

Figure 20. Unemployment rates, population aged 15 years or more, Nunavik and Québec, 1986, 1996, 2006, 2016, and 2021.



In short

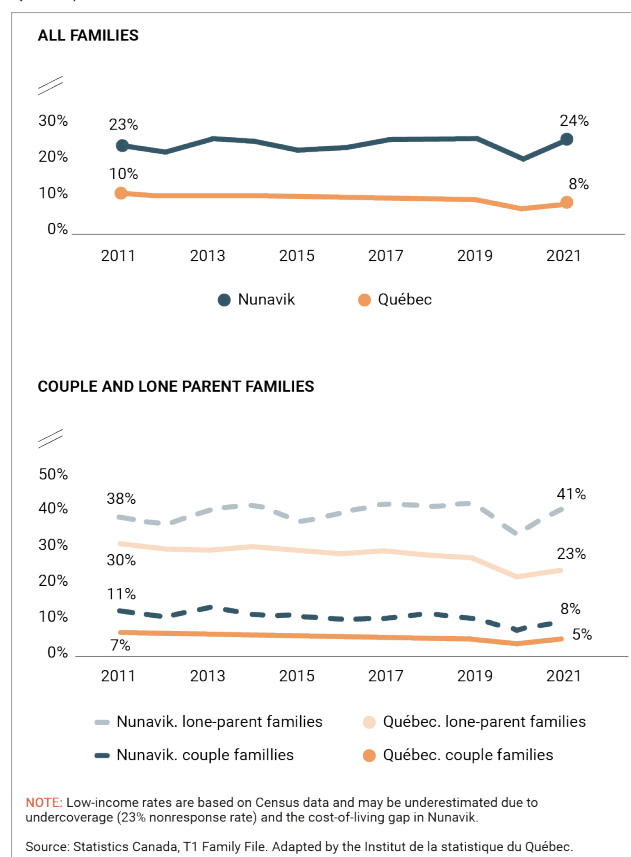
1. The employment rate in Nunavik has increased over the past few decades, with higher rates seen on the Ungava coast compared to the Hudson Coast for both men and women.
2. The unemployment rate in Nunavik has been decreasing since 2006 and is now much closer to the unemployment rate for Québec as a whole.

20 You may consult the Qanuillipitaa? 2017 Sociodemographic report and Uvikkavut Qanuippat? 2022 full report for additional information (Riva et al. 2020a, Dupont, 2024).

INCOME

Despite the employment rate in Nunavik being comparable to that of Québec as a whole, the income, high cost of living and larger family sizes contribute to significant financial challenges for many families²¹. In fact, the low-income rate²² in Nunavik is three times greater than that of Québec as a whole. These differences are greater for single-parent families than for couples with children²³ (Figure 21).

Figure 21. Low-income rates according to the type of family, Nunavik and Québec, 2011 to 2021



In short

1. The low-income rate in Nunavik is 3 times higher as it is in Québec as a whole and these differences are more prominent for single-parent families than for families comprised of a couple.

DISCUSSION AND CONCLUSION

Nunavimmiut have always retained a strong Inuit identity, and the population in Nunavik remains composed largely of people of Inuit descent. Inuktitut remains alive and well, with conservative data showing that the vast majority of the population has knowledge of the language that allows them to engage in conversations. While the data do not allow for confirmation of causal relationships, it is likely that the higher proportions for both these indicators on the Ungava Coast relate to the greater proportion of non-Inuit living in Kuujuaq, which is the primary administrative center and largest village in Nunavik. However, on the Hudson Coast, Kuujuarapik – largely integrated with Whapmagostui – is home to a large number of Cree, which may influence a shift in what language is most frequently used at home and practiced over time.

The population of Nunavik is growing rapidly. The proportion of elders is increasing and, according to projections, will likely continue to do so in the coming years. However, the population remains younger than that of Québec as a whole with particularly high fertility rates among the 15 to 19 age group and young adults. The size and number of housing units/lodgings remain insufficient in light of this population growth, resulting in several families living in overcrowded housing units that often require repairs. The average number of persons per household in Nunavik remains significantly higher than in Québec overall. Indeed, the proportion of households composed of five people or more is up to five times higher in Nunavik than in the rest of Québec. In addition, and nearly one in every three households in Nunavik lives in a lodging that is too small, a proportion seven times higher than the proportion seen for the province. This represents an important risk to adequate and healthy living conditions and calls for infrastructure and service development informed and influenced by the ongoing population growth.

When it comes to education, nearly half of all adults has a high school diploma in Nunavik, with residents of the Ungava Coast and women being more likely to have a university diploma. Despite improvement in the last 20 years, regional and sex disparities in education persist, calling for improved access and targeted support in this sector. The unemployment rate in Nunavik has been decreasing since 2006, but it remains slightly higher than the provincial average, particularly for the Hudson coast. However, the low-income rate in Nunavik remains persistently high and is three times higher than in Québec as a whole, with these differences being more prominent for single-parent families than for families comprised of a couple. This suggests that while unemployment has decreased, income disparities remain a significant issue for many households and may exacerbate inequities, particularly given the high cost of living in the region²⁴.

21 Data on families include couples and single-parent families. Hence, families comprised of "a couple" usually have two incomes, while single-parent families have only one.

22 The low-income rate is calculated using the low-income measure (LIM), based on 50% of the median after-tax family income in Québec. The low-income cut-off (LICO) corresponds to an income threshold below which a family will likely need to allocate a larger part of its income to the purchase of necessities such as food, lodgings and clothing than would the average family (Statistics Canada, 2024). This threshold is unfortunately not tailored to the cost of living, which is generally much higher in Nunavik than elsewhere in Québec; for this reason, these statistics underestimate the true proportion of families in the region that are living in poverty.

23 Families comprised of a couple are often dubbed as 'intact' families, i.e., a couple with children who are all the biological or adopted children of two spouses who are married or two partners living together. This does not include blended families with at least one biological or adopted children of only one of the married spouses or partners living together who was born or adopted prior to the beginning of the present relationship (Statistics Canada, 2016).

24 60% of the expenses of the average Nunavik household are dedicated to food and lodging (Robitaille et al., 2018). This data provides a clear example of the high cost of living in the region.

The challenges faced during the COVID-19 pandemic, including travel restrictions and quarantine measures, further underscored the importance of addressing disparities, notably in terms of proper access to education, employment and housing. As outlined by Inuit Tapiriit Kanatami (2014), the understanding of Inuit health is historically defined with narrow indicators that cannot fully reflect the holistic view of well-being and health of the Nunavik population. This health profile hence presents only part of the large array of information needed to inform programs, services and interventions for Nunavimmiut. Health gaps within the Nunavik population could potentially be largely and sustainably reduced by taking actions to improve the numerous social determinants of health as defined through the Ilusirsusiani, qanuinnngisiani, inuuqatigiitsiani model of health (Fletcher et al. 2022).

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APPENDIX A

Note that the unemployment rate and employment rate have distinct denominators; this must be considered when interpreting the data.

$$\text{LABOR FORCE} = \text{Unemployed persons} + \text{Persons working}$$

$$\text{LABOR FORCE PARTICIPATION RATE} = \frac{\text{Persons working}}{\text{Total population aged 15 years or more}}$$

$$\text{UNEMPLOYMENT RATE} = \frac{\text{Unemployment persons}}{\text{Labor force}}$$