

## QUÉBEC POPULATION HEALTH SURVEY: YOUR PARTICIPATION IS IMPORTANT!

**Baie-Comeau, April 8<sup>th</sup>, 2021** – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord asks for the population's collaboration to take part in the Québec Population Health Survey 2020-2021.

For the North Shore, the participation of nearly 3 000 people aged 15 years and over is expected by the end of the survey in November 2021. Participants are selected randomly from the registration file of the Régie de l'assurance maladie du Québec, and they are invited to answer various questions on themes such as their physical and mental health, as well as certain lifestyle habits that influence their health.

### Important data

It is important that everyone contacted for this broad provincial survey accept to take part, in order to obtain representative data on the realities of every RCM of the North Shore and to point out particularities for each RCM. The Institut de la statistique du Québec (ISQ) ensures the anonymity of participants and the absolute confidentiality of the data collected.

The local and regional information collected as part of this exercise will be very useful to the North Shore health and social services network. The data collected will be used to plan activities to promote healthy lifestyle habits and to prevent diseases. It will also provide us with a current picture of the local and regional population's health, and help us identify various health problems in the region.

### In Québec

This survey is carried out by the ISQ on behalf of the ministère de la Santé et des Services sociaux. Its purpose is to provide a current picture of the population's health using the answers of about 42 000 Quebecers. Moreover, the results will help follow the progress of the population's health between 2008 and 2015, and then again in 2021, because this is the third edition of the survey. The results will be released in the spring of 2023. For more details, visit <https://statistique.quebec.ca/en/enquetes/en-cours-de-collecte/quebec-population-health-survey-2020-2021>.

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