



RURAL ONTARIO FACTS

Age Factsheet



HIGHLIGHTS

- The median age of people in rural areas is 47 years, compared with a median age of 44 years for the urban population.
- People living in Indigenous communities have a much younger median age of 31 years.
- 24% of the rural population are over 65, compared with an urban senior population of 17%.
- Women+ are slightly older than men+ in both rural and urban areas.

Overview - What do demographic statistics tell us?

Census data allows us to examine how Ontario’s population is aging. This factsheet presents median age and age structure statistics by gender for rural and urban municipalities in Ontario. We can look at the median age of communities and explore how many people are in different life stages. Summary statistics for census divisions and economic regions are presented in the appendices.

For interactive maps and data visualizations, please see the [Demographics dashboard](#).



Data source: Statistics Canada. 2022. Census Profile. 2021 Census. Statistics Canada Catalogue no. [98-316-X2021001](#).

Table 1. Overview of age statistics.

Geography	Median Age	Median Age Women+	Median Age Men+	Proportion of people in life stages			
				Children (0-14)	Youth (15-24)	Adult (25-64)	Senior (65+)
Rural	47	48	46	15%	10%	50%	24%
Urban	44	45	42	16%	12%	54%	17%
Indigenous communities	31	32	30	26%	15%	48%	11%
Ontario	46	47	45	16%	12%	54%	19%

Rural – any municipality outside of census metropolitan areas.

Urban – any municipality within a census metropolitan area.

For details about ROI's rural classification, please see our [website](#).



[Statistics Canada Definitions](#)

Gender: an individual's personal and social identity as a man, woman or non-binary person.

Women+: includes women (and/or girls), as well as some non-binary persons.

Men+: includes men (and/or boys), as well as some non-binary persons.

Municipality: Census subdivisions, municipalities, and areas treated as municipal for statistical purposes, including unorganized territories and Indigenous reserves and settlements.

Median Age

Ontario's overall median age is 46 (Table 2). At a median age of 47 years, women+ are slightly older than men+. The median age of men+ is 45. Women+ are generally older than men+, however the difference is slightly greater in urban areas.

Table 2. Median age.

Geography	Median Age	Median Age Women+	Median Age Men+
Rural	47	48	46
Urban	44	45	42
Indigenous communities	31	32	30
Ontario	46	47	45

Rural populations are older than urban populations. The median age is 47 years in rural areas but 44 in urban areas. The median age for urban areas ranges from 36 to 60. In rural communities, median age ranges from a low of 19 to a high of 63 years. The youngest people live in Indigenous reserves and settlements, where the median age is 31 years.

It is important to note that all of the rural municipalities with a median age between 18-29 years are located in Northern Ontario (Table 3). All but one of these communities are Indigenous reserves and settlements. Most urban communities have a median age between 40-49. Rural areas have more communities in the 50-59 median age category than urban areas.

Table 3. Number of municipalities in median age categories.

Median age category	Rural Municipalities	% Rural Total	Urban Municipalities	% Urban Total	Ontario Municipalities	% Ontario Total
18-29	50	11%	0	0%	50	9%
30-39	63	13%	21	19%	84	15%
40-49	152	32%	74	69%	226	39%
50-59	148	32%	12	11%	160	28%
60+	19	4%	0	0%	19	3%
No data	37	8%	1	1%	38	7%
Total	469	100%	108	100%	577	100%

Age Structure

About half of rural and urban populations are adults (Table 4). Rural areas have a slightly smaller proportion of youth and children than urban areas. The most noticeable difference is in the senior life stage. Rural areas have a greater proportion of seniors (24%) than urban areas (17%).

Table 4. Proportion of people in life stages.

Geography	Children (0-14)	Youth (15-24)	Adult (25-64)	Senior (65+)
Rural	15%	10%	50%	24%
Urban	16%	12%	54%	17%
Indigenous communities	26%	15%	48%	11%
Ontario	16%	12%	54%	19%

Indigenous communities have a higher proportion of people in younger life stages. Approximately one quarter of people in Indigenous communities are under the age of 15 years. Children and youth make up approximately 41% of the population in Indigenous communities. In contrast, people under 25 represent less than 30% of Ontario's overall population.

Tables 5-7 show the number of women+ and men+ by age group in rural communities. There are more men+ than women+ in younger age groups until mid adulthood (35-39). However, there are more women+ than men+ starting at age 45. There are noticeably more women+ than men+ in senior age groups, especially in the oldest age group where women+ make up 62% of the population.

Table 5. Number of children and youth in rural communities.

Gender	0-4	5-9	10-14	14-19	20-24	Total
Women+	58,500	63,730	64,655	60,735	57,035	304,655
Men+	61,420	67,575	68,270	65,350	63,435	326,050
Total	119,920	131,305	132,925	126,085	120,470	630,705

Table 6. Number of adults in rural communities.

Gender	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	Total
Women+	64,275	70,020	69,750	65,720	68,030	77,760	103,620	109,325	628,500
Men+	67,670	71,080	69,475	65,155	66,810	74,815	98,240	104,480	617,725
Total	131,945	141,100	139,225	130,875	134,840	152,575	201,860	213,805	1,246,225

Table 7. Number of seniors in rural communities.

Gender	65-69	70-74	75-79	80-84	85+	Total
Women+	98,000	82,695	56,395	38,590	42,880	318,560
Men+	93,575	80,090	52,765	32,570	26,130	285,130
Total	191,575	162,785	109,160	71,160	69,010	603,690

Summary

Understanding the median age and age structure of rural areas can help policy makers adjust policies or design programs to address important issues. For example, governments may identify a need to increase social support in rural communities with a greater number of seniors who rely on pension income that may not keep pace with the rising cost of living. In addition, a higher proportion of seniors may reflect increased demand for health care services. Alternatively, communities with more children and youth may require more investment in childcare, youth programs, and education.



This factsheet was prepared by Danielle Letang, Data Analyst for the Rural Ontario Institute. Questions about data sources and any comments or feedback can be directed to facts@ruralontarioinstitute.ca.

This factsheet is part of the [Rural Ontario Facts](#) series. Each factsheet provides insight and analysis of rural facts and trends featured in the dashboards.

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Appendix 1. Summary age statistics for Census Divisions.

Census Division	Median Age	Men+ Median Age	Women+ Median Age	Proportion of people in life stages			
				Children (0-14)	Youth (15-24)	Adult (25-64)	Senior (65+)
Haliburton	59	59	60	9%	7%	49%	35%
Prince Edward	56	56	58	12%	7%	48%	33%
Frontenac	55	56	56	14%	12%	52%	22%
Manitoulin	54	55	55	15%	9%	49%	27%
Parry Sound	54	54	55	12%	8%	50%	30%
Hastings	53	54	54	15%	10%	51%	24%
Muskoka	53	52	55	12%	9%	51%	28%
Kawartha Lakes	51	50	53	13%	9%	50%	28%
Leeds and Grenville	51	51	52	14%	9%	50%	27%
Nipissing	51	52	51	14%	11%	52%	23%
Algoma	50	51	51	14%	10%	50%	26%
Lanark	50	48	51	15%	9%	51%	25%
Northumberland	50	49	52	13%	9%	49%	29%
Grey	49	46	51	15%	10%	49%	26%
Peterborough	49	49	50	14%	11%	50%	25%
Sudbury	49	48	51	14%	8%	52%	25%
Cochrane	48	46	47	17%	11%	53%	20%
Huron	48	48	49	17%	10%	47%	26%
Lennox and Addington	48	47	50	15%	9%	52%	25%
Renfrew	48	47	50	16%	10%	51%	23%
Stormont, Dundas and Glengarry	48	47	49	16%	10%	50%	24%
Timiskaming	48	48	48	16%	10%	50%	25%
Greater Sudbury	46	46	46	15%	12%	53%	20%
Haldimand-Norfolk	46	45	47	16%	10%	50%	24%
Simcoe	46	45	47	16%	11%	53%	20%

Chatham-Kent	45	46	46	16%	11%	50%	24%
Essex	45	43	46	16%	13%	52%	19%
Niagara	45	43	47	15%	11%	51%	23%
Prescott and Russell	45	44	47	17%	10%	54%	20%
Bruce	44	43	46	16%	9%	49%	26%
Elgin	44	42	44	18%	11%	50%	20%
Lambton	44	43	46	15%	10%	50%	25%
Thunder Bay	44	42	44	15%	11%	52%	22%
Middlesex	43	42	44	17%	13%	53%	18%
Wellington	43	41	45	17%	13%	53%	18%
Halton	42	41	43	19%	13%	53%	16%
Perth	42	42	43	18%	11%	50%	21%
York	42	41	43	16%	13%	54%	17%
Dufferin	41	40	42	18%	12%	54%	16%
Brant	40	41	40	17%	12%	52%	19%
Durham	40	38	41	18%	12%	54%	16%
Hamilton	40	39	42	16%	12%	54%	18%
Ottawa	40	39	41	16%	13%	54%	17%
Oxford	40	40	42	18%	11%	51%	20%
Peel	40	39	42	17%	14%	55%	15%
Rainy River	39	39	39	17%	11%	50%	22%
Toronto	39	38	41	14%	11%	58%	17%
Waterloo	39	38	40	17%	13%	54%	16%
Kenora	27	27	27	21%	12%	50%	16%

Appendix 2. Summary population statistics for Economic Regions.

Economic Region	Median Age	Men+ Median Age	Women+ Median Age	Proportion of people in life stages			
				Children (0-14)	Youth (15-24)	Adult (25-64)	Senior (65+)
Muskoka--Kawarthas	52	51	53	13%	9%	50%	28%
Kingston--Pembroke	50	50	51	15%	10%	51%	24%
Northeast / Nord-est	50	50	50	15%	10%	52%	23%
Ottawa	50	49	51	16%	12%	53%	19%
Stratford--Bruce Peninsula	46	44	48	17%	10%	49%	25%
Windsor--Sarnia	45	43	46	16%	12%	51%	21%
Hamilton--Niagara Peninsula	44	43	46	16%	11%	52%	21%
London	43	42	44	17%	12%	52%	19%
Kitchener--Waterloo--Barrie	42	42	43	17%	12%	53%	18%
Toronto	41	40	43	16%	12%	56%	16%
Northwest / Nord-ouest	32	33	33	17%	11%	51%	20%