



## 2021 Census Bulletin: Age and Gender

Kingston, Ontario– Census Metropolitan Area (CMA)

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The 2021 Census Day was May 11, 2021. On April 27, 2022, Statistics Canada released its second set of data from the 2021 Census on age, sex at birth, gender and type of dwelling. Data on type of dwelling is available in a separate bulletin.

This summary reflects the Kingston CMA geographic boundaries which include the City of Kingston, South Frontenac, Frontenac Islands, and Loyalist Township, based on the available census data. Additional census data will be reviewed and added following the 2021 Census release dates, available on the [Statistics Canada website](#).

### Who is counted in the Census?

In the Census, persons are counted in their “usual place of residence” defined as the dwelling in which the person usually lives.

- “Persons” refers to permanent residents (Canadian citizens, landed immigrants) and non-permanent residents (refugee claimants, persons from another country with a work or study permit and family members living here with them).
- Government representatives from other countries attached to embassies, members of armed forces from other countries stationed in Canada and residents of other countries visiting Canada temporarily (visitors on vacation or business with or without a visitor’s permit) are not included in the Census count.
- Individuals with no residence (unhoused population) are counted where they stayed on the reference day of May 11, 2021
- The usual residence for post-secondary students is that of their parents if they return to live with their parents during any part of the year, even if they live elsewhere while attending school or during employment.
- The usual residence for those living in an institutional “collective dwelling” for six months or more is the location of the collective dwelling. These include correctional institutions, hospitals, nursing homes, group homes, chronic and long-term care hospitals. Data on collective dwellings will be available at a later release date.
- Canadian government employees, including Canadian Armed Forces personnel, residing outside Canada determine a geographic location for their usual place of residence using the address they used for election purposes or their last permanent address.

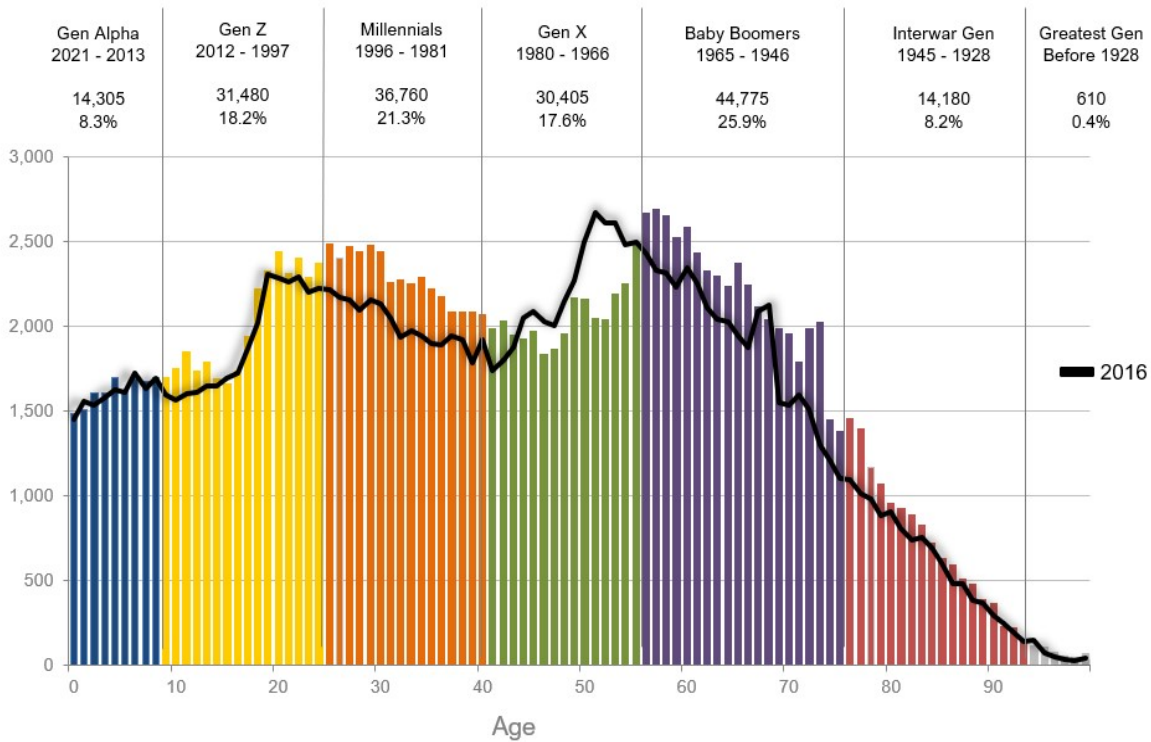
## Age Summary

- The total population of Kingston CMA in 2021 grew by 7% from 2016 to 2021, with a total population of 172,545 with the age structure continuing to shift. Some age group populations saw significantly higher increases than others.
- Age refers to the age of a person at their last birthday before May 11, 2021.
- The highest growth from 2016-2021 was in the over 65 age group, more specifically the 70 to 74 age range (30% growth). The over 65 age group representing the baby boom generation, saw an increase of 18% from 2016 to 2021 and represents 21% of the total population in 2021.
- The largest proportion of the population was in the 45 to 64 age group, representing 26% of the population, although experienced a slight decline in growth from 2016 (-2.1%). This decline is likely due to the baby boom generation aging out of this age group.
- There was also population growth in the 30 to 44 age group, with a 13% growth rate from 2016 in Kingston CMA.
- The population in the 0 to 14 age category represents the smallest proportion of the total population and experienced slight positive growth between 2016 and 2021 (4%).
- The City of Kingston had the largest population within Kingston CMA, representing the highest proportion of individuals 15 to 29 (20.8%). South Frontenac and Loyalist had the highest proportion of young children (0 to 14 years) and Frontenac Islands has the highest proportion of individuals over the age of 65 (36.5%). There was significant growth in the population over the age of 65 in all four municipalities in the CMA.
- The aging population is also identified by median age, which has been slowly increasing. Kingston CMA's mean age was 43, higher compared to Ontario (41.8). Across municipalities within Kingston CMA, Frontenac Islands reported the highest median age at 60.
- Baby boomers continue to surpass the younger working age population, creating a record number of individuals nearing retirement and increase pressures in the labour market.
- More data from the Census will be released in the coming months to help further identify demographic shifts in Kingston and the surrounding area.

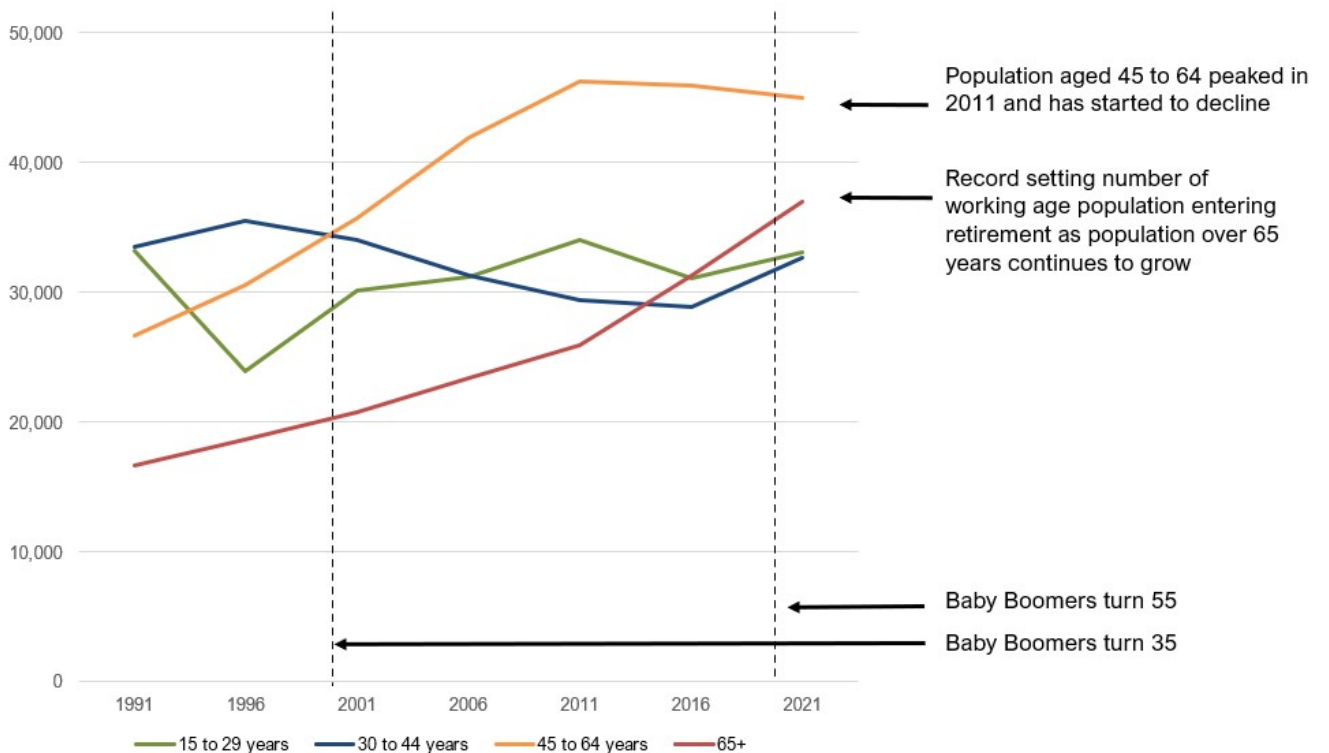
**Figure 1: Population by Age Groups, Kingston CMA, 2001 – 2021**

Age	2001		2006		2011		2016		2021	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
0-14	26,000	17.7	24,600	16.1	23,880	15.0	23,910	14.8	24,810	14.4
15-29	30,210	20.6	31,160	20.5	34,075	21.4	31,110	19.3	33,135	19.2
30-44	34,050	23.2	31,265	20.5	29,365	18.4	28,935	18.0	32,630	18.9
45-64	35,770	24.4	41,980	27.6	46,260	29.0	45,955	28.5	45,010	26.1
65+	20,820	14.2	23,365	15.3	25,975	16.3	31,270	19.4	36,965	21.4
Total	146,840	100.0	152,360	100.0	159,555	100.0	161,175	100.0	172,545	100.0

**Figure 2: Population by Generations, Kingston CMA, 2021 and 2016**



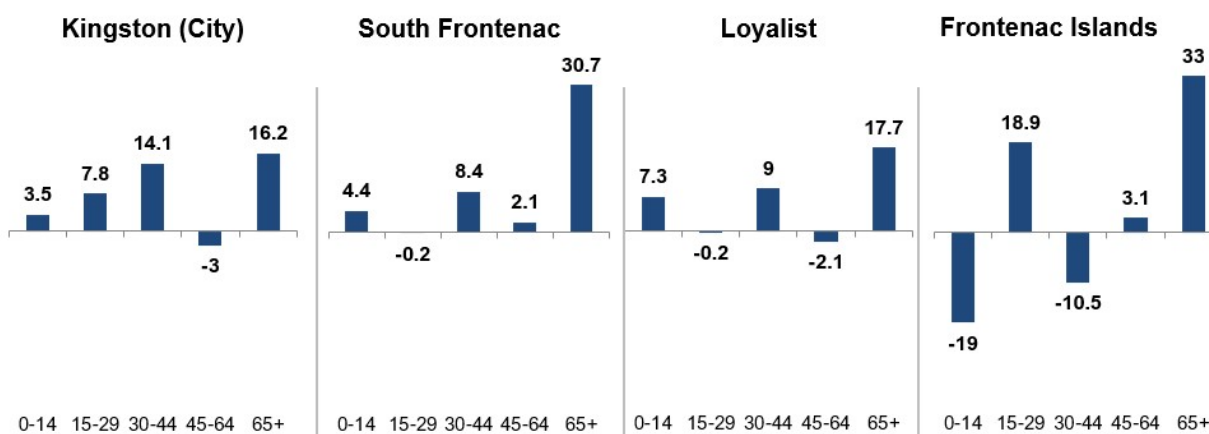
**Figure 3: Changes in Working Age Population, Kingston CMA, 1991 - 2021**



**Figure 4: Population by Age Groups by Kingston CMA municipalities, 2021**

	<b>Kingston CMA</b>	<b>Kingston (City)</b>	<b>South Frontenac</b>	<b>Loyalist</b>	<b>Frontenac Islands</b>
	Count (Proportion)	Count (Proportion)	Count (Proportion)	Count (Proportion)	Count (Proportion)
<b>0 to 14</b>	24,810 (14.4%)	18,730 (14.1%)	3,115 (15.4%)	2,800 (15.6%)	170 (8.8%)
<b>15 to 29</b>	33,135 (19.2%)	27,500 (20.8%)	2,775 (13.7%)	2,630 (14.7%)	220 (11.4%)
<b>30 to 44</b>	32,630 (18.9%)	25,640 (19.4%)	3,285 (16.3%)	3,530 (19.7%)	170 (8.8%)
<b>45 to 64</b>	45,010 (26.1%)	32,710 (24.7%)	6,670 (33.0%)	4,960 (27.6%)	665 (34.5%)
<b>65 and over</b>	36,965 (21.4%)	27,900 (21.1%)	4,340 (21.5%)	4,020 (22.4%)	705 (36.5%)
<b>Total</b>	172,545	132,485	20,190	17,945	1,930
<b>Median Age</b>	43	41	49	45	60

**Figure 5: Five Year Population Change by Age Groups in Kingston CMA municipalities, 2016 to 2021**



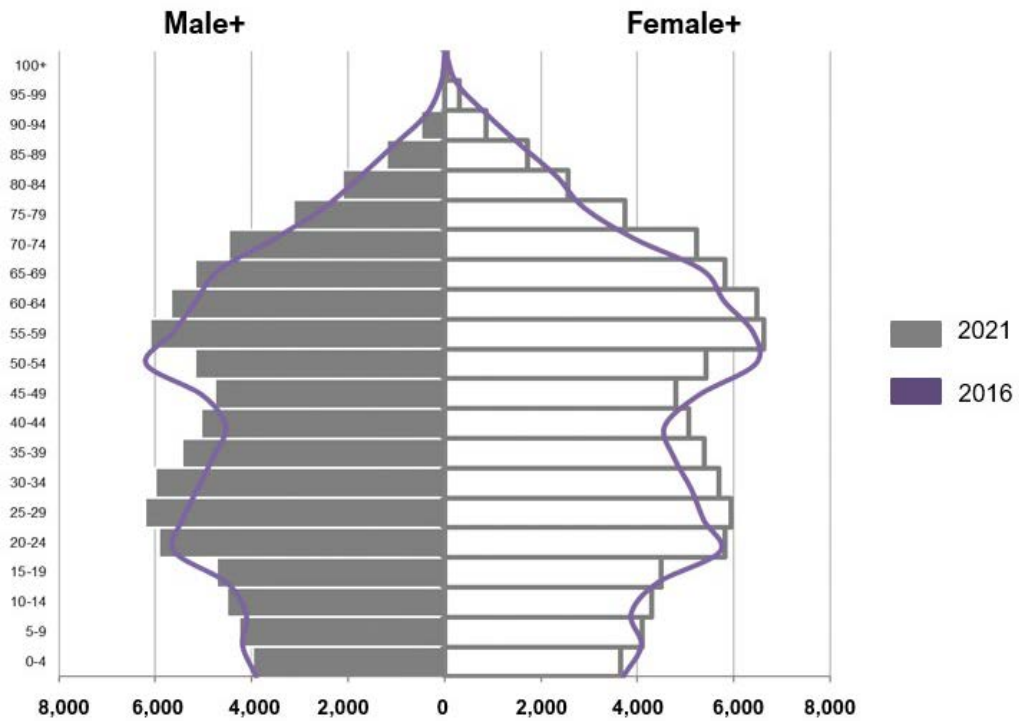
## Gender Summary

- The 2021 census introduced the concept of gender for the first time and makes the distinction between gender and sex at birth. This allowed the opportunity to address an important information gap while allowing all cisgender, transgender, and non-binary individuals to report their gender.
- ‘Sex at birth’ refers to sex assigned at birth, which is typically assigned based on a person's reproductive system and other physical characteristics. ‘Gender’ refers to an individual’s personal and social identity as a man, woman, or non-binary person (a person who is not exclusively a man or a woman).
- Both concepts are different but interrelated, therefore Statistics Canada now uses ‘Male+’ and ‘Female+’ categories to capture both. Moving forward ‘gender’ will be the default indicator, while maintaining backward comparability with historical census data.
- In 2021, Kingston’s CMA population was 51% (88,020) female+ and 49% (84,525) male+, with the ratio declining with age.
- Younger age categories reported more male+ than female+, up to the age of 45 to 49 where the trend switches. The ratio of male+ to female+ significantly declines over the age of 85 where the proportion of female+ is 62% of the population.
- Across Canada, one in 300 (0.33%) people aged 15 years and over identified as transgender or non-binary.
- Although there was small population counts in the transgender and non-binary categories, Kingston represented a higher proportion of transgender and non-binary individuals when compared to other CMAs in Ontario. Due to the small population counts there is limited availability of data on these concepts.
- Within the population of Kingston CMA, 0.52% identified as transgender or non-binary. The proportions include; 0.14% transgender male, 0.13% transgender women and 0.25% identified as non-binary.

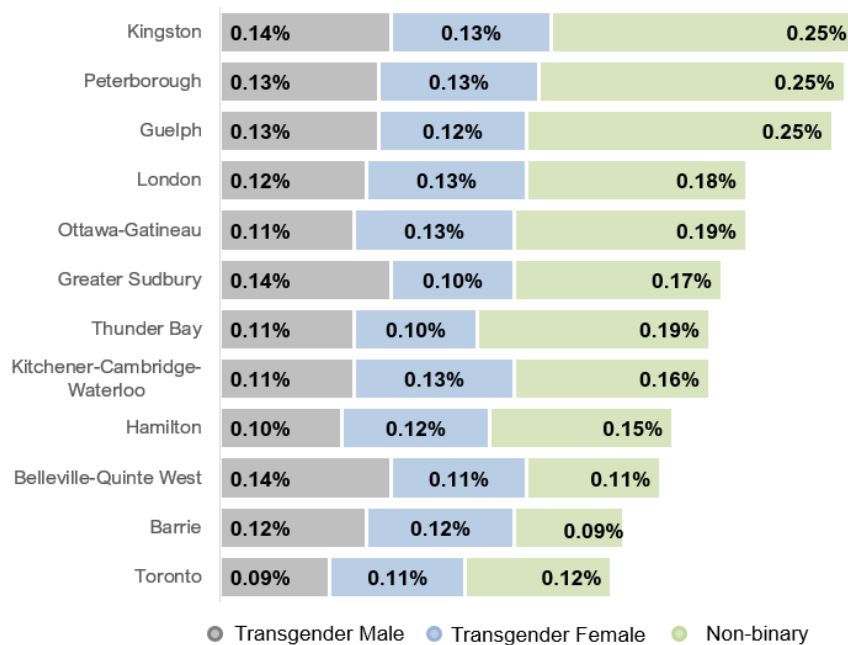
**Figure 6: Population by Gender and Age Group in Kingston CMA municipalities, 2021**

	Kingston CMA		Kingston City		South Frontenac		Loyalist		Frontenac Islands	
	Female +	Male +	Female +	Male +	Female +	Male +	Female +	Male +	Female +	Male +
<b>0 to 14</b>	12,055	12,755	9,145	9,590	1,495	1,615	1,340	1,460	75	95
<b>15 to 29</b>	16,260	16,875	13,645	13,855	1,340	1,450	1,175	1,450	95	135
<b>30 to 44</b>	16,145	16,485	12,730	12,915	1,665	1,620	1,665	1,865	90	85
<b>45 to 64</b>	23,300	21,715	17,140	15,560	3,405	3,255	2,400	2,560	340	340
<b>65 +</b>	20,265	16,700	15,725	12,175	2,115	2,225	2,085	1,935	350	360
<b>Total</b>	88,020	84,525	68,385	64,095	10,030	10,160	8,670	9,270	935	995
<b>Median Age</b>	44	41	43	40	49	48	46	44	60	60

**Figure 7: Population Pyramid by Age and Gender, Kingston CMA, 2016 and 2021**



**Figure 8: Largest proportions of Transgender and Non-binary populations across Ontario CMAs, 2021**

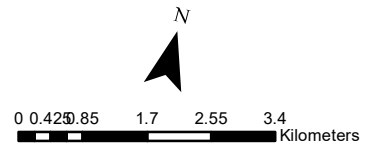


Source: [Statistics Canada, The Daily article, released April 27, 2022](#)

This document is available in alternate format upon request by contacting [contactus@cityofkingston.ca](mailto:contactus@cityofkingston.ca) or 613-546-0000.



# Total Population by Predominant Age Group, 2021 City of Kingston



June 2022

