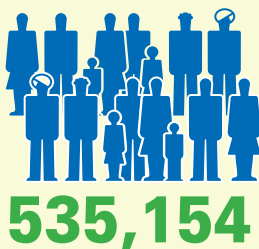




# Census

BULLETIN | 2016  
Population, age and sex

On May 10, 2016 the Census population count for Waterloo Region was



## Population counts and growth

In 2016, the Census population of Waterloo Region was 535,154. Between 2011 and 2016, the population of Waterloo Region grew by 28,058 individuals, or about 5,600 people per year. Waterloo Region's growth rate of 5.5 per cent exceeded both provincial (4.6 per cent) and national (5 per cent) growth rates for this five year span (Table 1). In the previous Census period of 2006 to 2011, Waterloo Region's growth rate was 6.1 per cent.

Within the context of southwestern Ontario, Waterloo Region had a higher growth rate than many other similarly sized areas. In particular, Waterloo Region was one of the few areas located outside the Greater Toronto Area with a growth rate above five per cent (Figure 1).



At **5.5%** Waterloo Region's growth rate was **higher** than both the national and provincial averages.

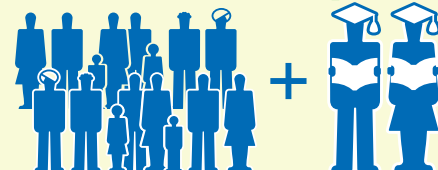
The **Kitchener-Cambridge-Waterloo Census Metropolitan Area (CMA)**, which includes the cities as well as the townships of Wilmot, Woolwich and North Dumfries, had the **10<sup>th</sup> largest population in Canada** and the **4<sup>th</sup> largest in Ontario**.

In terms of population growth, the Kitchener-Cambridge-Waterloo CMA population growth rate was the **4<sup>th</sup> highest in Ontario**.



The **Region of Waterloo's** annual estimates of **total population** are based on the Census population, plus an estimate of full-time post secondary students, the Census undercount (those who were missed from the Census) and population growth from May to year-end. The Region's estimate of total population for year-end 2016 was

**583,500**

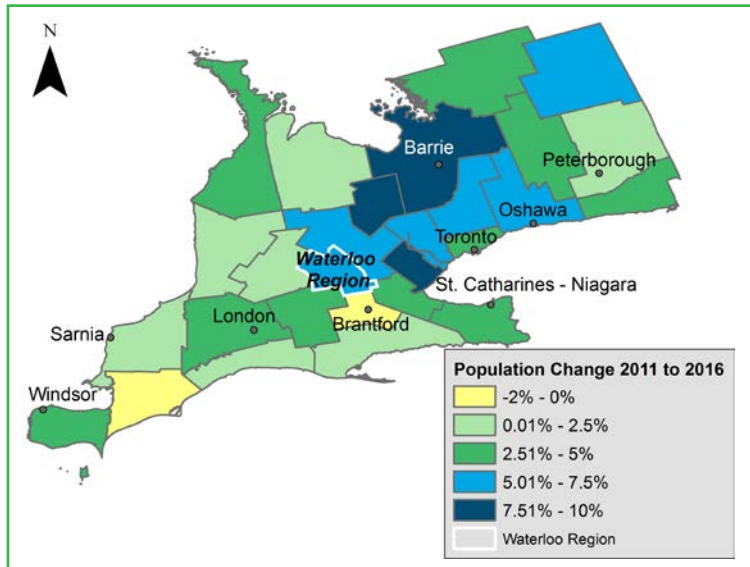


**Table 1: Population counts and growth rates by municipality, 2011-2016**

Name	Population		Absolute growth	5 year growth rate	10 year growth rate
	2011	2016			
<b>Waterloo Region</b>	<b>507,096</b>	<b>535,154</b>	<b>28,058</b>	<b>5.5%</b>	<b>11.9%</b>
Cambridge	126,748	129,920	3,172	2.5%	7.9%
Kitchener	219,153	233,222	14,069	6.4%	14.0%
Waterloo	98,780	104,986	6,206	6.3%	7.7%
North Dumfries	9,334	10,215	881	9.4%	12.7%
Wellesley	10,713	11,260	547	5.1%	15.0%
Wilmot	19,223	20,545	1,322	6.9%	20.2%
Woolwich	23,145	25,006	1,861	8.0%	27.2%
<i>Ontario</i>	12,851,821	13,448,494	596,673	4.6%	11.2%
<i>Canada</i>	33,476,688	35,151,728	1,675,040	5.0%	10.6%

Source: Statistics Canada, Census 2011 and 2016 by Census Subdivision

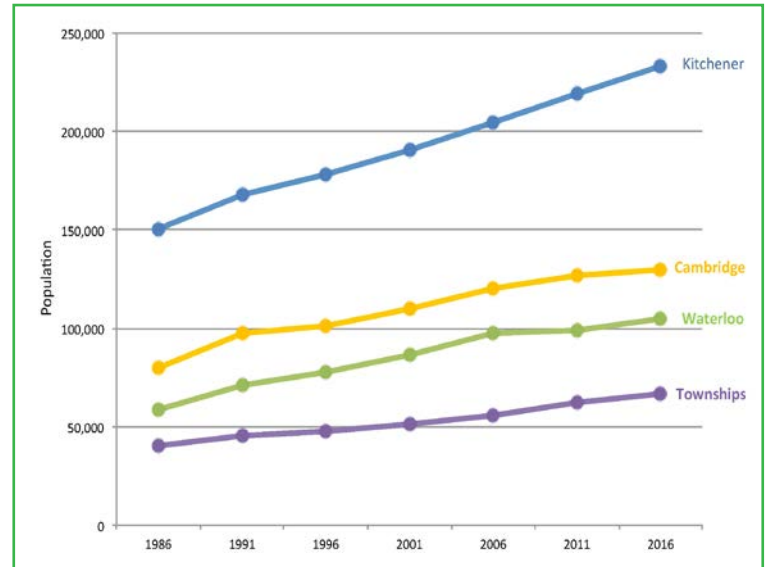
**Figure 1: Census population growth (per cent) in Southwestern Ontario, 2011-2016**



Source: Statistics Canada, Census 2011 and 2016 by Census Division

Over the last thirty years, the population of Waterloo Region has grown substantially. While in 1986, Waterloo Region had a population of 329,404, thirty years later, the population had grown to 535,154. This increase of 205,750 people (62.5 per cent) is a result of births as well as migration into the region. Over this time period, there has been steady population growth

**Figure 2: Waterloo Region long term population growth, 1986-2016**



Source: Statistics Canada, 1986-2016 Census by Census Division

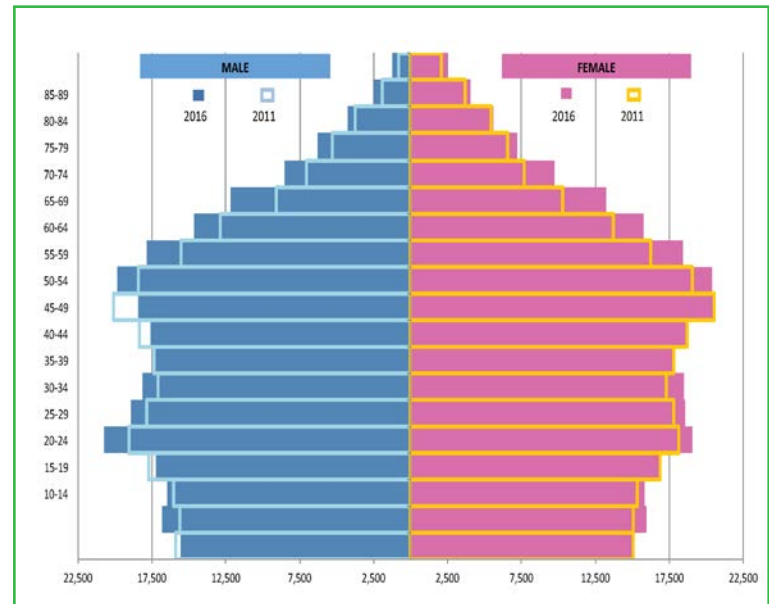
in all municipalities as shown in Figure 2. The three cities grew by a total of 23,447 people between 2011 and 2016, and represent 87 per cent of the population of Waterloo Region. The four townships, however, have generally been posting the highest percentage growth rates, averaging 7.4 per cent from 2011 to 2016.

**Population by age**

While the population of the region continues to grow, the number of people in each age group shifts over time (see Figure 3). The baby boomer generation, represented in the population pyramid by those aged 52 to 70, peaking at the 50 to 54 year old cohort, is contributing to Waterloo Region’s steadily aging population. This generation is made up of individuals born in the time of prosperity following the end of WWII, often defined as the period between 1946 and 1964. In 2011, the first of the baby boomers reached the retirement age of 65. As this generation continues to grow older, the number of seniors will increase, and by 2029, all of the baby boomers will be 65 or older.

The age group commonly referred to as Generation X reflects those born between the mid 1960s to early 1980s, and who were between 35 and 52 years old in the 2016 Census period. This generation is a smaller cohort than its predecessor was, as shown by the corresponding dip in the population pyramid.

**Figure 3: Population pyramid for Waterloo Region, 2011-2016**



Source: Statistics Canada, Census 2011 and 2016 by Census Division

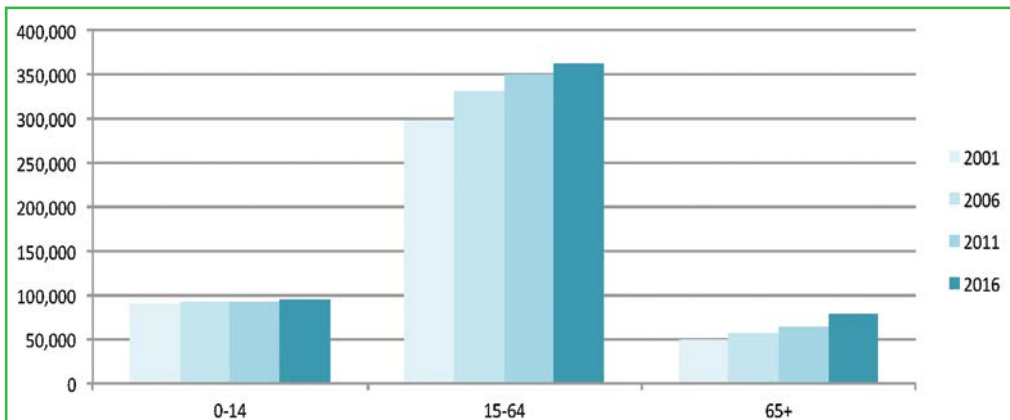
The second bulge in the population pyramid reflects the increase in births between the early 1980s to mid 1990s. This age cohort is sometimes referred to as Generation Y, or more commonly as the Millennial Generation. In the 2016 census period, the individuals in this generation ranged from their early 20s through to their mid 30s.

In Waterloo Region, **49.4%** of the population were **male** and **50.6%** percent of the population were **female**

Finally, the youngest generation, who at the time of the 2016 Census ranged from birth to 19 years old, are fewer in number than the previous two generations. Many members of this

generation's parents were part of Generation X, who were also a smaller cohort.

**Figure 4: Population by broad age groups for Waterloo Region, 2001-2016**



Source: Statistics Canada, Census 2001-2016 by Census Division

### Children and youth

In 2016, there were 95,390 children and youth (0 to 14) in Waterloo Region, representing a 2,415 individual increase since 2011. While at the national level, 2016 was the first Census year where seniors outnumbered children, in Waterloo Region, there were more children than seniors (see Figure 4). Although the population of Waterloo Region is aging, children and youth made up 17.8 per cent of the overall population while seniors made up only 14.4 per cent.

For the first time since 2001, the number of children 0 to 4 decreased in Waterloo Region, and in 2016, there were 550 (1.8 per cent) fewer children than there were in 2011 (See Table 2). This is somewhat different to the national trend where there was a slight increase (0.1 per cent) of the 0 to 4 age cohort over this same period.

The **difference** between the **number of males and females** was **largest** for **20 to 24 year olds**.

Within this age cohort, there were **1,685** more males than females.

In 2016, **children and youth** made up **18%** of the overall population in Waterloo Region, while **seniors** made up **14%**.

**Table 2: Population by age group for Waterloo Region, 2006-2016**

Age groups	2006		2011		2016		Absolute change 2011-2016	Per cent change 2011-2016
	Population	Per cent of total	Population	Per cent of total	Population	Per cent of total		
0 to 4 years	29,345	6.1%	30,945	6.1%	30,395	5.7%	-550	-1.8%
5 to 9 years	30,110	6.3%	30,660	6.0%	32,730	6.1%	2,070	6.8%
10 to 14 years	32,915	6.9%	31,370	6.2%	32,265	6.0%	895	2.9%
15 to 19 years	33,885	7.1%	34,585	6.8%	33,610	6.3%	-975	-2.8%
20 to 24 years	35,675	7.5%	37,220	7.3%	39,735	7.4%	2,515	6.8%
25 to 29 years	32,790	6.9%	35,680	7.0%	37,485	7.0%	1,805	5.1%
30 to 34 years	33,840	7.1%	34,370	6.8%	36,605	6.8%	2,235	6.5%
35 to 39 years	35,875	7.5%	35,205	6.9%	35,110	6.6%	-95	-0.3%
40 to 44 years	40,145	8.4%	37,075	7.3%	35,770	6.7%	-1,305	-3.5%
45 to 49 years	37,375	7.8%	40,580	8.0%	37,375	7.0%	-3,205	-7.9%
50 to 54 years	32,465	6.8%	37,410	7.4%	40,195	7.5%	2,785	7.4%
55 to 59 years	27,725	5.8%	31,785	6.3%	36,325	6.8%	4,540	14.3%
60 to 64 years	20,335	4.3%	26,625	5.3%	30,380	5.7%	3,755	14.1%
65 to 69 years	15,515	3.2%	19,360	3.8%	25,425	4.8%	6,065	31.3%
70 to 74 years	13,190	2.8%	14,745	2.9%	18,225	3.4%	3,480	23.6%
75 to 79 years	11,570	2.4%	11,830	2.3%	13,410	2.5%	1,580	13.4%
80 to 84 years	8,600	1.8%	9,180	1.8%	9,890	1.8%	710	7.7%
85+	6,750	1.4%	8,450	1.7%	10,235	1.9%	1,785	21.1%
<b>Total population</b>	<b>478,120</b>		<b>507,100</b>		<b>535,165</b>		<b>28,065</b>	<b>5.5%</b>

Source: Statistics Canada, Census 2006-2016 by Census Division

## Working age

Waterloo Region has a particularly large working age population. In 2016, there were 362,590 individuals who were between 15 and 64 years old, a 3.4 per cent increase from 2011. This age group represented 68 per cent of the population in 2016, similar to 2011 when working-age individuals made up 69 per cent of the total population. The Kitchener-Cambridge-Waterloo CMA had the second highest proportion of the population aged 15 to 64 in Ontario and the eighth highest in Canada (tied with Guelph).

The **average age** of an individual in Waterloo Region was **39.1** years old, **lower than the 41 year old average** in both Ontario and Canada.



In 2016, approximately **7** out of **10** individuals in Waterloo region were **working age** (between 15 and 64)



In Waterloo Region, there were 6,640 more individuals of the age to be entering the workforce (15 to 24 years), than the number of individuals of the age to be typically leaving it (55 to 64 years). This is a contrast to trends at the national level where there were more individuals aged 55 to 64 than there were individuals aged 15 to 24.

## Seniors

Between 2011 and 2016, the population growth rate for those over 65 was 21.4 per cent, significantly higher than the 5.5 per cent growth rate for the overall population. In 2016, there were 13,620 more individuals over 65 compared to 2011, whereas the working-age population only saw an increase of 12,055 individuals over this same five-year span. Although the

number of seniors is growing quickly, this age category still represents a relatively small proportion of the overall population. In 2016, approximately 1 out of 7 individuals in Waterloo Region was over 65, while at the national level there was a higher proportion of seniors, with this number closer to 1 in 6.

In 2016, there were **85** people who were **aged 100** and over in Waterloo Region



In 2016, **1** out of **7** individuals in Waterloo Region was **over 65**



## Census facts

- The term Census in this document refers to the Census of Canada conducted by Statistics Canada every five years. The most recent Census was conducted on May 10, 2016.
- All Canadians are required to complete a Census form. Population, age and sex data presented in this bulletin are based on a complete sample of the population.
- Students are enumerated in their usual place of residence (which is often in their parents' Census household). The Census population for Waterloo Region does not include students who are temporarily residing in Waterloo Region.
- The Kitchener-Cambridge-Waterloo Census Metropolitan Area (CMA) includes the three cities and the townships of North Dumfries, Wilmot, and Woolwich. Wilmot Township was added to the Kitchener-Cambridge-Waterloo CMA in 2016.



For further information please contact:



Region of Waterloo  
PLANNING, DEVELOPMENT  
AND LEGISLATIVE SERVICES

Planning Research and Analytics

Alternate formats of this document are available upon request.