The Daily

Statistics Canada

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Population projections: Canada, the provinces and territories, 2013 to 2063

According to all projection scenarios, the Canadian population would continue to grow over the next 50 years, reaching between 40.0 million people and 63.5 million people by 2063. The level of variation across scenarios demonstrates the uncertainty inherent to population projections, and is linked to different assumptions about future fertility, mortality and migration levels. In the medium-growth scenario, the Canadian population would grow from 35.2 million people in 2013 to 51.0 million people by 2063.

However, the rate of population growth would slow in the coming years according to the low- and medium-growth scenarios, as the contribution of natural increase (the difference between births and deaths) to population growth in Canada would diminish. Specifically, the number of deaths will increase in the next several decades as a result of population growth and aging.

In all scenarios, migratory increase would remain the key driver of population growth over the next 50 years, as has been the case since the early 1990s.

According to all scenarios, population aging would continue in the coming years. Over the next two decades in particular, the proportion of seniors aged 65 years and over in the population would grow rapidly as the large baby-boom (1946 to 1965) cohort reaches age 65 and over. Thus, by 2030, the year in which the youngest baby boomers will reach age 65, close to one in four persons in Canada would be aged 65 years or over (22.2% in the high-growth scenario, 22.8% in the medium-growth scenario and 23.6% in the low-growth scenario) compared with 15.3% in 2013.

The number of persons aged 65 years and over per 100 persons aged 15 to 64 years would also increase, from about 22 in 2013 to 37 in 2030 according to the medium-growth scenario.

During the same period, the working-age population—persons aged 15 to 64 years, most of them being in the labour force—would decrease according to all projection scenarios, from 68.6% in 2013 to about 60% in 2030. Between 2030 and 2063, this proportion would remain fairly stable.

The number of older seniors would also increase according to all projection scenarios. By 2063, the number of Canadians aged 80 years and over would reach nearly 5 million according to the medium-growth scenario, compared with 1.4 million in 2013. According to this scenario, the share of older seniors in the total population would increase slightly from 2013 to 2026—from 4.1% to 5.3%—and would then increase more rapidly between 2026 and 2045, from 5.3% to 9.6%, as the baby-boom cohorts reach this age group. During this period, the proportion of older seniors among the total senior population aged 65 years and over would also increase, from 26.6% in 2013 to 39.4% in 2045.

The number of centenarians in Canada would reach more than 62,000 persons in 2063 according to the medium-growth scenario, compared with just under 7,000 in 2013. This nine-fold increase in the number of centenarians over the next 50 years would be mostly a result of the arrival of baby boomers in this age group beginning in 2046, combined with a projected decline in mortality.

Provinces and territories

Between 2013 and 2038, most provinces and territories would see their populations increase, while some of the Atlantic provinces and some territories would experience population decline in certain scenarios.

At the provincial and territorial level, the five medium-growth scenarios show varying results because of the different assumptions regarding interprovincial migration, which often has a large impact on regional population growth.

Despite these variations, all scenarios show that population aging will continue in all provinces and territories over the next 25 years. The proportion of the population aged 65 years and over will be higher in the Atlantic provinces and Quebec compared with the Western provinces, with the exception of British Columbia.

Atlantic provinces

In all scenarios but one, the population of Newfoundland and Labrador would decrease over the next 25 years.

Newfoundland and Labrador would have the highest proportion of the population aged 65 and over in Canada by 2038, that is between 32% and 36% of the provincial population depending on the scenario.

According to all projection scenarios, the population of Prince Edward Island would continue to grow during the next 25 years, and its rate of population growth would be similar to that of Canada as a whole.

Most projection scenarios show a decrease in the population sizes of Nova Scotia and New Brunswick up to 2038. Positive interprovincial migration could change this trend, however, as indicated by certain medium-growth scenarios.

The proportion of seniors in Nova Scotia and New Brunswick in 2038 would surpass 30% according to all projection scenarios.

Quebec

Quebec's population would grow over the next 25 years in all projection scenarios, mostly as a result of immigration.

The rate of population growth in Quebec, however, would remain lower than that of Canada in most scenarios. As a result, Quebec's demographic weight within the nation would continue to decrease over the next 25 years.

Ontario

According to all projection scenarios, the population of Ontario would increase over the next 25 years, reaching between 14.8 million and 18.3 million inhabitants by 2038. Ontario would remain the most populous province according to all scenarios.

In all scenarios, immigration would remain the key driver of Ontario's population growth.

Prairie provinces

The populations of Manitoba and Saskatchewan would increase over the next 25 years according to all projection scenarios, with gains mostly driven by immigration in both provinces, but also as a result of positive interprovincial migration in Saskatchewan in certain scenarios.

In all scenarios, population growth in Alberta would be the highest among Canadian provinces over the next 25 years. By 2038, Alberta's population would number between 5.6 million and 6.8 million people depending on the scenario, compared with 4.0 million in 2013.

Alberta's population would surpass that of British Columbia by 2038 according to most scenarios.

In 2038, the proportion of seniors aged 65 years and over would be lower than the national average in both Manitoba and Saskatchewan, varying between 19% and 23% depending on the scenario.

Alberta would continue to have the lowest proportion of seniors among the Canadian provinces by 2038, at less than 20% in all scenarios.

British Columbia

British Columbia's population would continue to grow over the next 25 years according to all scenarios, primarily as a result of immigration and, in some scenarios, interprovincial migration.

The proportion of the population aged 65 and over would reach between 24% and 27% in British Columbia in 2038 according to the scenarios, levels higher than the national average.

Territories

Population growth in Yukon and in the Northwest Territories over the next 25 years would be largely influenced by interprovincial migration flows.

By 2038, Yukon's population would number between 35,900 and 62,000 persons, depending on the scenario. In 2013, Yukon's population numbered 36,700.

The population of the Northwest Territories is projected to number between 38,300 and 48,800 by 2038. The territory had 43,500 inhabitants in 2013.

As a result of much higher fertility than elsewhere in Canada, the population of Nunavut would increase over the next 25 years to reach between 43,800 and 53,300 by 2038, depending on the scenario. Nunavut's population was 35,600 persons in 2013.

In 2038, the population of Nunavut is projected to remain the youngest in Canada in all scenarios. The proportion of seniors aged 65 years and over would be 9% at the most, compared with 3.5% in 2013.

Note to readers

This release presents new population projections by age and sex for Canada, the provinces and territories. Population projections are not forecasts. While forecasts tell what will most likely occur in the future, projections represent an attempt to establish plausible long-term scenarios based on assumptions of fertility, life expectancy and migration. These assumptions are usually developed on the basis of past trends, among other things.

These projections use the postcensal population estimates for July 1, 2013, as a base population. The population of the provinces and territories is projected up to the year 2038, and that of Canada up to the year 2063.

This release presents the main results of seven projections scenarios including a low-growth scenario, five different medium-growth scenarios that only differ in terms of their assumptions about interprovincial migration, and a high-growth scenario. For Canada, the medium-growth scenario assumes a continuation, for the most part, in recent demographic trends. It is bracketed by high- and low-growth scenarios, in which fertility, mortality and immigration levels are higher or lower as the case may be.

The publication Population Projections for Canada, Provinces and Territories, 2013 to 2063 (91-520-X), includes an analysis of the key projection results. The publication Population Projections for Canada (2013 to 2063), Provinces and Territories (2013 to 2038): Technical Report on Methodology and Assumptions includes a description of the underlying projection methods, as well as the methodologies used to derive the different assumptions.

Detailed data tables for each of the projection scenarios are available on CANSIM.

Available in CANSIM: tables 052-0005 and 052-0006.

Definitions, data sources and methods: survey number 3602.

The publication *Population Projections for Canada, Provinces and Territories,* 2013 to 2063 (91-520-X), is now available from the *Browse by key resource* module of our website under *Publications*.

The publication *Population Projections for Canada (2013 to 2063), Provinces and Territories (2013 to 2038): Technical Report on Methodology and Assumptions* (91-620-X), is also now available from the *Browse by key resource* module of our website under *Publications*.

The public is also invited to chat with an expert on September 19, from 12:30 to 1:30 p.m., Eastern Time.

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; infostats@statcan.gc.ca) or Media Relations (613-951-4636; mediahotline@statcan.gc.ca).

Travel between Canada and other countries, July 2014

Travel between Canada and overseas countries reached record levels in July, while travel between Canada and the United States decreased.

Travel by Canadian residents to the United States fell 4.3% in July compared with June. The number of overnight trips by Canadians declined 5.5% to 1.9 million trips.

Car travel to the United States decreased as Canadian residents took 6.3% fewer overnight car trips and 3.4% fewer same-day car trips.

Travel by US residents to Canada decreased 1.1% in July to 1.7 million trips, primarily because of a 2.0% decrease in same-day car trips.

Travel by Canadian residents to overseas countries continued its upward trend with 888,000 trips in July. This was the highest number since record keeping began in 1972.

Residents of overseas countries made 439,000 trips to Canada in July (+1.5%), the highest number since record keeping began in 1972.

In July, 7 of the top 12 overseas markets recorded increases in travel to Canada compared with June. Residents of India took 18,000 trips to Canada, the highest monthly figure ever from that country. The 15.2% increase in travel from India was the largest percentage increase among the top 12 overseas countries.

Travel to Canada by residents of China rose 3.5% to cross the 40,000 mark for the first time on record.

Note to readers

Monthly data are seasonally adjusted. For more information on seasonal adjustment, see Seasonally adjusted data – Frequently asked questions.

Table 1
Travel between Canada and other countries – Seasonally adjusted

	July 2013[r]	June 2014[r]	July 2014[p]	June to July 2014
	thousands			% change[1]
Canadian trips abroad[2]	**5,474**	**5,489**	**5,295**	**-3.5**
To the United States	4,675	4,606	4,407	-4.3
To other countries	799	883	888	0.6
Same-day car trips to the United States	2,716	2,603	2,516	-3.4
Total trips, one or more nights	2,720	2,841	2,739	-3.6
United States[3]	1,921	1,958	1,851	-5.5
Car	1,137	1,167	1,094	-6.3
Plane	675	689	668	-3.1
Other modes of transportation	109	101	89	-12.4
Other countries[4]	799	883	888	0.6
Travel to Canada[2]	**2,094**	**2,150**	**2,138**	**-0.6**
From the United States	1,711	1,718	1,699	-1.1
From other countries	383	432	439	1.5
Same-day car trips from the United States	606	601	589	-2.0
Total trips, one or more nights	1,372	1,433	1,440	0.5
United States[3]	1,001	1,019	1,017	-0.2
Car	575	575	572	-0.5
Plane	319	347	350	0.8
Other modes of transportation	108	97	95	-1.7
Other countries[4]	370	414	423	2.1
Travel to Canada: Top overseas markets, by country of origin[5]				
United Kingdom	56	58	59	1.9
France	37	42	43	3.0
China	30	39	40	3.5
Germany	26	27	28	0.9
Australia	24	25	25	-2.8
Japan	19	23	25	7.0
India	12	16	18	15.2
South Korea	13	15	15	3.9
Mexico	13	15	15	-1.5
Hong Kong	11	12	11	-8.1
Italy	8	10	10	-1.6
Switzerland	9	10	10	-0.6

[r] revised
[p] preliminary
1. Percentage change is based on unrounded data.
2. Totals exceed the sum of "same-day car trips" and "total trips, one or more nights" because they include all of the same-day trips.
3. Data for the United States include counts of cars and buses, and data for planes, trains, boats and other methods of transportation.
4. Figures for other countries exclude same-day entries by land only via the United States.
5. Includes same-day and overnight trips.

Available in CANSIM: tables 427-0001 to 427-0006.

Definitions, data sources and methods: survey number 5005.

The July 2014 issue of *International Travel, Advance Information*, Vol. 30, no. 7 (66-001-P), is now available from the *Browse by key resource* module of our website under *Publications*.

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; infostats@statcan.gc.ca) or Media Relations (613-951-4636; mediahotline@statcan.gc.ca).

Health Reports, September 2014

Positive mental health and mental illness

Based on results of the 2012 Canadian Community Health Survey – Mental Health, 76.9% of Canadians aged 15 or older were categorized as having flourishing mental health. That is, they generally felt good about and functioned well in daily life. A further 1.5% were classified as languishing (low positive emotions, low positive functioning), while 21.6% were in moderate mental health (neither flourishing nor languishing).

When these mental health classifications were combined with information on the presence or absence of a mental illness, an estimated 72.5% of Canadians (19.8 million) were considered to have complete mental health. That is, they were flourishing, and they did not meet the criteria for any of six major mental disorders: depression, bipolar disorder, generalized anxiety disorder, and alcohol, cannabis or other drug abuse or dependence.

Men and women were equally likely to have complete mental health: 72% and 73%, respectively. However, a number of other factors were associated with the likelihood of having complete mental health: age, marital status, income, education, employment status, spirituality, and physical health.

The percentage of people with complete mental health tended to be higher at older ages, rising from 65% at ages 15 to 24 to almost 80% at age 65 or older.

Having a partner was also associated with complete mental health. While 77% of people with a partner were in complete mental health, the figure was 72% among those who were widowed, separated or divorced, and 64% among those who were single.

Lower income and levels of education were associated with a lower likelihood of complete mental health. About two-thirds of people who lived in households in the lowest income quintile were in complete mental health, compared with more than three-quarters of those in the highest household income quintile. As well, while 69% of people who had not completed postsecondary education were in complete mental health, the percentage was 74% among those who had completed postsecondary studies.

People who reported that religious or spiritual beliefs were important in their daily lives were significantly more likely to be in complete mental health than were those not classified as having strong spirituality: 76% versus 66%, respectively.

Those with pain that prevented most activities were less likely to be in complete mental health than were people with no pain: 55% versus 75%.

Note to readers

Mental health and mental illness are separate but related concepts. The former refers to the presence or absence of mental health; the latter, to the presence or absence of mental illness.

The Mental Health Continuum – Short Form contains 14 questions that assess perceptions of emotional well-being (feeling happy and satisfaction with and interest in life) and positive functioning (for example, self-acceptance, personal growth, purpose in life or positive relationships with others).

Flourishing mental health *requires a response of "almost every day" or "every day" to 1 or more of the 3 emotional well-being questions, and to 6 or more of the 11 positive functioning questions.*

Languishing mental health *requires a response of "once or twice a month" or "never" to 1 or more of the 3 emotional well-being questions and to 6 or more of the 11 positive functioning questions.*

Moderate mental health *refers to people who are neither flourishing nor languishing.*

Complete mental health *means both flourishing and being free of mental illness.*

To estimate the prevalence of complete mental health, the percentages of Canadians age 15 or older in three mental health categories (flourishing, languishing and moderate mental health) were assessed in combination with the presence or absence of six mental illnesses measured in the 2012 Canadian Community Health Survey – Mental Health: depression, bipolar disorder, generalized anxiety disorder, and alcohol, cannabis or other drug abuse or dependence.

These data are based on self-reported responses and do not include all possible mental disorders.

Definitions, data sources and methods: survey number 5015.

The study, "Positive mental health and mental illness," is available in the September 2014 online issue of *Health Reports*, Vol. 25, no. 9 (82-003-X) from the *Browse by key resource* module of our website under *Publications*.

To enquire about the concepts, methods or data quality of this release, contact Heather Gilmour (613-951-2114; heather.gilmour@statcan.gc.ca), Health Analysis Division.

This issue of *Health Reports* contains another article, "Symptom onset, diagnosis and management of osteoarthritis ."

To enquire about the concepts, methods or data quality of this release, contact Karen MacDonald (karenv.macdonald@ucalgary.ca), Department of Community Health Sciences, University of Calgary.

For more information, contact us (toll-free 1-800-263-1136; 514-283-8300; infostats@statcan.gc.ca).

For information about *Health Reports*, contact Janice Felman (613-951-6446; janice.felman@statcan.gc.ca), Health Analysis Division.

StatCan Blog, September 2014

Projecting the population

It's more crystal clear thinking than crystal balls when the experts in Statistics Canada's Demography Division project what this country's population might be 25 or 50 years down the road. The September 2014 edition of the StatCan Blog looks at the process involved in coming up with solid, fact-based population projections for Canada and its provinces and territories.

What is the difference between a projection and a prediction?

A projection uses current data to estimate what might happen in the future, based on various assumptions and scenarios. A prediction is more like a forecast, with a high degree of confidence in the specific outcome, says Patrice Dion, manager of the population projections.

The agency then uses current data to look at a variety of scenarios, accounting for possible changes over time in fertility, mortality, immigration, emigration and interprovincial migration to build a range of projections. Governments, the private sector and non-governmental agencies then take these projections and plan accordingly to ensure they are ready to deal with the challenges that come as societal needs change.

The September 2014 edition of the StatCan Blog is now available from the *Stay Connected* module of our website.

For more information, contact us (toll-free 1-800-263-1136; 514-283-8300; infostats@statcan.gc.ca).

To enquire about the concepts, methods or data quality of this release, contact Penny Stuart (613-951-2005; penny.stuart@statcan.gc.ca), Communications Division.

Monthly Survey of Large Retailers, July 2014

Data from the Monthly Survey of Large Retailers are now available for July.

Available in CANSIM: table 080-0009.

Definitions, data sources and methods: survey number 5027.

A data table is also available from the *Browse by key resource* module of our website under *Summary tables*.

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; infostats@statcan.gc.ca) or Media Relations (613-951-4636; mediahotline@statcan.gc.ca).

New products and studies

New products

International Travel: Advance Information, July 2014, Vol. 30, no. 7
Catalogue number 66-001-P (HTML | PDF)

Health Reports, Vol. 25, no. 9
Catalogue number 82-003-X (HTML | PDF)

Population Projections for Canada, Provinces and Territories, 2013 to 2063
Catalogue number 91-520-X (HTML)

Population Projections for Canada (2013 to 2063), Provinces and Territories (2013 to 2038): Technical Report on Methodology and Assumptions
Catalogue number 91-620-X (HTML)

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