
This summary reflects the Kingston CMA geographic boundaries which include the following Census Sub Divisions (CSDs); City of Kingston, South Frontenac, Frontenac Islands and Loyalist Township.

Who is counted in the Age and Sex Population Counts?
In the Census, persons are counted in their “usual place of residence” defined as the dwelling in which the person usually lives.

- Persons refer 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).
- Not included in the Census count are government representatives from other countries attached to embassies; members of armed forces from other countries stationed in Canada; residents of other countries visiting Canada temporarily (visitors on vacation or business with or without a visitor’s permit).
- For those with no residence (homeless population), they are counted where they stayed on the reference day of May 10, 2016.
- The usual residence for students is that of their parents, if they return to live with their parents during the year even if they live elsewhere while attending school or working at a summer job. Therefore, many of the more than 30,000 post-secondary students attending Queens, St. Lawrence and RMC full-time and part-time are not counted in the Kingston population numbers. This difference was factored into changes in municipal electoral boundaries for the 2014 election.
- The usual residence for those who have lived 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.
- Those residing temporarily in student residences, military barracks, and hospitals that have a usual place of residence elsewhere in Canada are counted in their home community.
- 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 and Sex Summary

- Age groups refers to the age at last birthday before May 10, 2016
- Sex refers to whether a person is male or female, or the sex which they most associate themselves with.
- The 2016 population of Kingston CMA was 161,175, which is 1.2% of the population of Ontario (13,448,494). The population for the City of Kingston was 123,798.
- Kingston’s CMA population was 51% (82,710) female and 49% (78,465) male.
- The 15-64 age group was the largest proportion of the population (65.8%), this same group had the most significant population change from 2011 to 2016 (-3.4%)
- The largest population change from 2011 was 20.4% in the 65 and over broad age group, which is slightly higher than the change in Ontario within the same age group (19.9%)
- There was a slight increase in the percentage of the population 0 to 14 years of age from 2011 to 2016 (0.1%). In 2016, 14.8% of the population was 0 to 14 years of age.
- More data from the Census will be released in the coming months to help identify changes in Kingston and the surrounding area.

Figure 1: Kingston CMA – Population by Age Groups, 2001 – 2016

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<tbody>
<tr>
<td>0-14</td>
<td>26000</td>
<td>17.7</td>
<td>24,600</td>
<td>16.1</td>
<td>23,880</td>
<td>15.0</td>
<td>23,910</td>
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<td>15-29</td>
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<td>20.6</td>
<td>31,160</td>
<td>20.5</td>
<td>34,075</td>
<td>21.4</td>
<td>31,110</td>
<td>19.3</td>
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<td>30-44</td>
<td>34050</td>
<td>23.2</td>
<td>31,265</td>
<td>20.5</td>
<td>29,365</td>
<td>18.4</td>
<td>28,935</td>
<td>18.0</td>
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<td>45-64</td>
<td>35770</td>
<td>24.4</td>
<td>41,980</td>
<td>27.6</td>
<td>46,260</td>
<td>29.0</td>
<td>45,955</td>
<td>28.5</td>
</tr>
<tr>
<td>65+</td>
<td>20820</td>
<td>14.2</td>
<td>23,365</td>
<td>15.3</td>
<td>25,975</td>
<td>16.3</td>
<td>31,270</td>
<td>19.4</td>
</tr>
<tr>
<td>Total</td>
<td>146840</td>
<td>100.0</td>
<td>152,360</td>
<td>100.0</td>
<td>159,555</td>
<td>100.0</td>
<td>161,175</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Although it was the first time in census history that Canada as a whole saw a larger distribution of seniors than children, Kingston CMA first saw this trend in 2011. Since 2001 there has been a decrease in the distribution of children and an increase in adults over the age of 65.

Source: Statistics Canada, Censuses 2001-2016
In 2016, Kingston CMA’s ratio of males to females was 95 males for every 100 females. This ratio tends to decrease as age rises. In fact, within the younger age categories there were more males to females, up to the 40 to 44 age group. The ratio of males to females begins to significantly decline after the age of 85 where there are 56 males to every 100 females.

Source: Statistics Canada, Censuses 2001-2016
The total population of Kingston CMA grew by 1.0% from 2011 to 2016; there were larger growth in some age groups than others. The highest growth from 2011-2016 was between the ages of 65 to 74. This age group representing the baby boom generation saw an increase of 27% from 2011 to 2016.

Source: Statistics Canada, Censuses 2001-2016
The City of Kingston has the largest population within Kingston CMA and also represents the highest proportion of individuals in the working age group of 15-64 (66%). South Frontenac and Loyalist had the highest proportion of young children in 2016 and Frontenac Islands has the highest proportion and population change within individuals over the age of 65 from 2011 to 2016. There was significant growth in the population of individuals over the age of 65 in all four areas of Kingston CMA.

Source: Statistics Canada, Censuses 2001-2016
### Figure 7: Kingston CMA and CSDs – Population by 5 year Age Groups, 2016

| Age Group   | Kingston CMA Total | Kingston CMA Male | Kingston CMA Female | Kingston CY Total | Kingston CY Male | Kingston CY Female | Frontenac Islands TP Total | Frontenac Islands TP Male | Frontenac Islands TP Female | South Frontenac TP Total | South Frontenac TP Male | South Frontenac TP Female | Loyalist TP Total | Loyalist TP Male | Loyalist TP Female |
|-------------|--------------------|-------------------|--------------------|-------------------|------------------|------------------|----------------------|---------------------------|---------------------------|---------------------------|----------------------|------------------------|------------------------|----------------|---------------|----------------|
| Total - Age | 161175             | 76470             | 8270               | 123795            | 59580            | 64215            | 1760                 | 885                       | 870                       | 18645                    | 9305                  | 9345                   | 16970                 | 8995           | 8275          |
| 0 to 4 years| 7625               | 3915              | 3700               | 5870              | 3035             | 2835             | 50                   | 20                        | 25                        | 900                      | 440                   | 455                    | 805                   | 415            | 390           |
| 5 to 9 years| 8280               | 4200              | 4080               | 6255              | 3155             | 3095             | 65                   | 40                        | 25                        | 1025                     | 525                   | 505                    | 930                   | 480            | 450           |
| 10 to 14 years| 8005              | 4145              | 3865               | 5930              | 3100             | 2880             | 90                   | 45                        | 45                        | 1060                     | 535                   | 530                    | 875                   | 460            | 415           |
| 15 to 19 years| 8945              | 4530              | 4415               | 6855              | 3450             | 3410             | 80                   | 45                        | 35                        | 1120                     | 575                   | 540                    | 885                   | 455            | 435           |
| 20 to 24 years| 11335             | 5625              | 5710               | 9500              | 4640             | 4865             | 55                   | 35                        | 20                        | 920                      | 480                   | 440                    | 865                   | 470            | 395           |
| 25 to 29 years| 10830             | 5460              | 5370               | 9155              | 4595             | 4560             | 50                   | 25                        | 25                        | 740                      | 370                   | 370                    | 885                   | 465            | 420           |
| 30 to 34 years| 10245             | 5130              | 5110               | 8240              | 4135             | 4110             | 40                   | 15                        | 30                        | 940                      | 450                   | 490                    | 1020                  | 535            | 485           |
| 35 to 39 years| 9570              | 4815              | 4765               | 7440              | 3740             | 3700             | 70                   | 36                        | 30                        | 975                      | 475                   | 505                    | 1090                  | 570            | 515           |
| 40 to 44 years| 9115              | 4555              | 4560               | 6790              | 3360             | 3425             | 80                   | 35                        | 45                        | 1115                     | 550                   | 565                    | 1130                  | 500            | 530           |
| 45 to 49 years| 10300             | 5035              | 5265               | 7650              | 3690             | 3960             | 100                  | 55                        | 50                        | 1445                     | 705                   | 740                    | 1105                  | 590            | 515           |
| 50 to 54 years| 12645             | 6200              | 6445               | 9320              | 4535             | 4780             | 165                  | 35                        | 85                        | 1735                     | 845                   | 890                    | 1425                  | 735            | 690           |
| 55 to 59 years| 12045             | 5650              | 6395               | 8830              | 4075             | 4760             | 180                  | 35                        | 95                        | 1750                     | 835                   | 915                    | 1280                  | 650            | 630           |
| 60 to 64 years| 10960             | 5170              | 5790               | 7910              | 3670             | 4240             | 195                  | 100                       | 100                       | 1500                     | 750                   | 810                    | 1255                  | 510            | 645           |
| 65 to 69 years| 10045             | 4700              | 5345               | 7255              | 3290             | 3970             | 200                  | 100                       | 105                       | 1350                     | 715                   | 635                    | 1240                  | 595            | 640           |
| 70 to 74 years| 7480              | 3545              | 3935               | 5545              | 2545             | 3000             | 145                  | 75                        | 75                        | 930                      | 470                   | 425                    | 900                   | 460            | 445           |
| 75 to 79 years| 5395              | 2510              | 2880               | 4190              | 1865             | 2315             | 90                   | 55                        | 35                        | 585                      | 300                   | 285                    | 545                   | 290            | 255           |
| 80 to 84 years| 4085              | 1760              | 2325               | 3395              | 1430             | 1960             | 50                   | 25                        | 25                        | 230                      | 145                   | 145                    | 355                   | 160            | 200           |
| 85 to 89 years| 2640              | 1060              | 1580               | 2255              | 880              | 1375             | 30                   | 10                        | 20                        | 140                      | 70                    | 70                     | 220                   | 100            | 115           |
| 90 to 94 years| 1245              | 380               | 865                | 1075              | 325              | 745              | 10                   | 0                         | 0                         | 45                       | 15                    | 25                     | 120                   | 35             | 90            |
| 95 to 99 years| 330               | 80                | 250                | 285               | 70               | 210              | 0                    | 0                         | 5                         | 15                       | 0                     | 15                    | 30                    | 10             | 25            |
| 100 years and over| 40               | 5                 | 35                 | 30                | 5                | 25                | 0                    | 0                         | 0                         | 5                        | 0                     | 0                     | 5                     | 0               | 5             |

Average age: 42.5, 41.4, 43.6, 42.3, 40.9, 43.5, 50.4, 50.2, 50.7, 43, 42.9, 43, 43.3, 42.6, 44.1
Figure 8: Kingston – Percent of Census Tract Population 0-4 years of age, 2016

% of Census Tract Population 0 to 4 years of age
City of Kingston & Kingston CMA

- 0.0 - 3.3%
- 3.4 - 4.1%
- 4.2 - 5.0%
- 5.1 - 10.2%

Census Tract is a Statistics Canada geography defined as an area that is small and relatively stable with a population between 2,500 and 8,000 persons.

Source: Statistics Canada, Census, 2016
Figure 9: Kingston – Percent of Census Tract Population 0-14 years of age, 2016

% of Census Tract Population 0 to 14 years of age
City of Kingston & Kingston CMA

- 0.0 -10.1%
- 10.2 – 13.2%
- 13.3 – 16.3%
- 16.4 – 26.1%

Census Tract is a Statistics Canada geography defined as an area that is small and relatively stable with a population between 2,500 and 8,000 persons.

Source: Statistics Canada, Census, 2016
Figure 10: Kingston – Percent of Census Tract Population 15-29 years of age, 2016

% of Census Tract Population 16 to 29 years of age
City of Kingston & Kingston CMA

- 0.0 - 15.3%
- 15.4 - 17.2%
- 17.3 - 24.2%
- 24.3 - 66.7%

Census Tract is a Statistics Canada geography defined as an area that is small and relatively stable with a population between 2,500 and 8,000 persons.

Source: Statistics Canada, Census, 2016
Figure 11: Kingston – Percent of Census Tract Population 30 – 64 years of age, 2016

% of Census Tract Population 30 to 64 years of age
City of Kingston & Kingston CMA

- 0.0 - 41.7%
- 41.8 - 46.1%
- 46.2 - 49.6%
- 49.7 - 53.4%

Census Tract is a Statistics Canada geography defined as an area that is small and relatively stable with a population between 2,500 and 8,000 persons.

Source: Statistics Canada, Census, 2016
Figure 12: Kingston – Percent of Census Tract Population over the age of 65, 2016

% of Census Tract Population over the age of 65
City of Kingston & Kingston CMA

- **0.0 -15.0%**
- **15.1 - 20.5%**
- **20.6 - 23.7%**
- **23.8 - 38.1%**

Census Tract is a Statistics Canada geography defined as an area that is small and relatively stable with a population between 2,500 and 8,000 persons.

Source: Statistics Canada, Census, 2015