

| Geographic name | Sex | 2011 total population | 2011 population age group 0 to 14 | 2011 population age group 15 to 64 | 2011 population age 65 and over | 2011 % distribution age 0 to 14 | 2011 % distribution age group 15 to 64 | 2011 % distribution age 65 and over | 2011 median age |
|---------------------------|-------|-----------------------|-----------------------------------|------------------------------------|---------------------------------|---------------------------------|--|-------------------------------------|-----------------|
| Canada | Total | 33,476,685 | 5,607,345 | 22,924,290 | 4,945,055 | 16.8 | 68.5 | 14.8 | 40.6 |
| Newfoundland and Labrador | Total | 514,535 | 76,625 | 355,800 | 82,105 | 14.9 | 69.1 | 16.0 | 44.0 |
| Prince Edward Island | Total | 140,200 | 23,060 | 94,360 | 22,785 | 16.4 | 67.3 | 16.3 | 42.8 |
| Nova Scotia | Total | 921,725 | 138,215 | 630,140 | 153,370 | 15.0 | 68.4 | 16.6 | 43.7 |
| New Brunswick | Total | 751,170 | 113,575 | 513,960 | 123,635 | 15.1 | 68.4 | 16.5 | 43.7 |
| Quebec | Total | 7,903,000 | 1,258,625 | 5,386,695 | 1,257,685 | 15.9 | 68.2 | 15.9 | 41.9 |
| Ontario | Total | 12,851,820 | 2,180,775 | 8,792,725 | 1,878,325 | 17.0 | 68.4 | 14.6 | 40.4 |
| Manitoba | Total | 1,208,270 | 231,160 | 804,655 | 172,450 | 19.1 | 66.6 | 14.3 | 38.4 |
| Saskatchewan | Total | 1,033,380 | 197,855 | 681,815 | 153,705 | 19.1 | 66.0 | 14.9 | 38.2 |
| Alberta | Total | 3,645,260 | 684,790 | 2,554,745 | 405,720 | 18.8 | 70.1 | 11.1 | 36.5 |
| British Columbia | Total | 4,400,055 | 677,365 | 3,033,980 | 688,715 | 15.4 | 69.0 | 15.7 | 41.9 |
| Yukon Territory | Total | 33,900 | 5,865 | 24,940 | 3,095 | 17.3 | 73.6 | 9.1 | 39.1 |
| Northwest Territories | Total | 41,465 | 9,010 | 30,055 | 2,400 | 21.7 | 72.5 | 5.8 | 32.3 |
| Nunavut | Total | 31,910 | 10,425 | 20,420 | 1,060 | 32.7 | 64.0 | 3.3 | 24.1 |

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|---------------------------|------|-----------------------|-----------------------------------|------------------------------------|---------------------------------|---------------------------------|--|-------------------------------------|-----------------|
| Canada | Male | 16,414,225 | 2,871,100 | 11,344,350 | 2,198,775 | 17.5 | 69.1 | 13.4 | 39.6 |
| Newfoundland and Labrador | Male | 250,565 | 39,260 | 173,780 | 37,525 | 15.7 | 69.4 | 15.0 | 43.4 |
| Prince Edward Island | Male | 67,600 | 11,695 | 45,765 | 10,140 | 17.3 | 67.7 | 15.0 | 41.9 |
| Nova Scotia | Male | 445,590 | 70,775 | 306,885 | 67,925 | 15.9 | 68.9 | 15.2 | 42.7 |
| New Brunswick | Male | 366,440 | 57,950 | 253,220 | 55,270 | 15.8 | 69.1 | 15.1 | 42.8 |
| Quebec | Male | 3,875,865 | 642,740 | 2,686,200 | 546,920 | 16.6 | 69.3 | 14.1 | 40.7 |
| Ontario | Male | 6,263,135 | 1,117,510 | 4,312,525 | 833,105 | 17.8 | 68.9 | 13.3 | 39.4 |
| Manitoba | Male | 594,550 | 118,620 | 400,650 | 75,280 | 20.0 | 67.4 | 12.7 | 37.2 |
| Saskatchewan | Male | 511,555 | 101,015 | 342,240 | 68,305 | 19.7 | 66.9 | 13.4 | 37.0 |
| Alberta | Male | 1,827,815 | 351,085 | 1,292,605 | 184,125 | 19.2 | 70.7 | 10.1 | 35.9 |
| British Columbia | Male | 2,156,605 | 347,560 | 1,492,285 | 316,760 | 16.1 | 69.2 | 14.7 | 41.1 |
| Yukon Territory | Male | 17,055 | 3,015 | 12,400 | 1,640 | 17.7 | 72.7 | 9.6 | 39.2 |
| Northwest Territories | Male | 21,065 | 4,535 | 15,310 | 1,220 | 21.5 | 72.7 | 5.8 | 32.3 |
| Nunavut | Male | 16,400 | 5,340 | 10,490 | 570 | 32.6 | 64.0 | 3.5 | 24.0 |

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|---------------------------|--------|-----------------------|-----------------------------------|------------------------------------|---------------------------------|---------------------------------|--|-------------------------------------|-----------------|
| Canada | Female | 17,062,460 | 2,736,245 | 11,579,930 | 2,746,285 | 16.0 | 67.9 | 16.1 | 41.5 |
| Newfoundland and Labrador | Female | 263,970 | 37,365 | 182,020 | 44,580 | 14.2 | 69.0 | 16.9 | 44.5 |
| Prince Edward Island | Female | 72,605 | 11,355 | 48,590 | 12,650 | 15.6 | 66.9 | 17.4 | 43.6 |
| Nova Scotia | Female | 476,140 | 67,440 | 323,255 | 85,450 | 14.2 | 67.9 | 17.9 | 44.6 |
| New Brunswick | Female | 384,730 | 55,625 | 260,740 | 68,365 | 14.5 | 67.8 | 17.8 | 44.6 |
| Quebec | Female | 4,027,135 | 615,880 | 2,700,495 | 710,765 | 15.3 | 67.1 | 17.6 | 43.0 |
| Ontario | Female | 6,588,680 | 1,063,265 | 4,480,195 | 1,045,225 | 16.1 | 68.0 | 15.9 | 41.3 |
| Manitoba | Female | 613,715 | 112,540 | 404,005 | 97,165 | 18.3 | 65.8 | 15.8 | 39.4 |
| Saskatchewan | Female | 521,830 | 96,850 | 339,575 | 85,405 | 18.6 | 65.1 | 16.4 | 39.2 |
| Alberta | Female | 1,817,445 | 333,705 | 1,262,140 | 221,605 | 18.4 | 69.4 | 12.2 | 37.1 |
| British Columbia | Female | 2,243,455 | 329,805 | 1,541,690 | 371,960 | 14.7 | 68.7 | 16.6 | 42.7 |
| Yukon Territory | Female | 16,840 | 2,850 | 12,545 | 1,455 | 16.9 | 74.5 | 8.6 | 39.1 |
| Northwest Territories | Female | 20,400 | 4,475 | 14,745 | 1,180 | 21.9 | 72.3 | 5.8 | 32.2 |
| Nunavut | Female | 15,510 | 5,090 | 9,930 | 490 | 32.8 | 64.0 | 3.2 | 24.2 |