

# FACT BOOK ON AGING IN BRITISH COLUMBIA AND CANADA

SFU

GERONTOLOGY  
RESEARCH CENTRE

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Factbook on Aging

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# 01 The 8<sup>th</sup> Edition of the Fact Book on Aging

Published by the  
Gerontology  
Research Centre  
(GRC), SFU



Compiles the most  
up-to-date  
demographic, social  
and health data on  
older adults with  
comparisons between  
BC and Canada, as  
well as historical  
patterns



Data are drawn  
primarily from 2021  
Canadian census and  
BC STATS



Expected to  
contribute to  
gerontological  
research, knowledge,  
practice and policy in  
efforts to promote  
well-being over the  
life course



The 8<sup>th</sup> Edition of the

# Fact Book on Aging

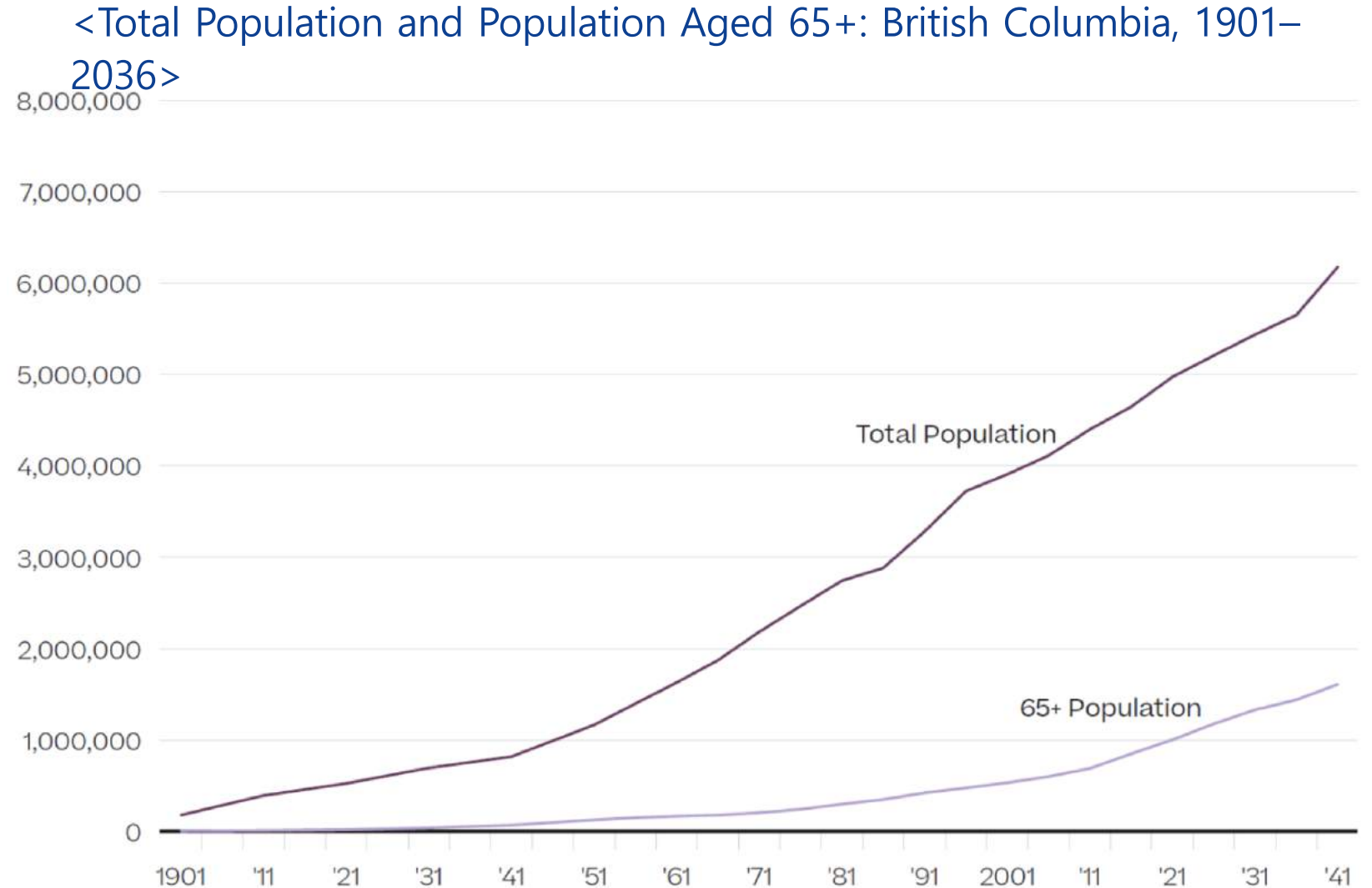
Please be noted

- Some data were not available in 2021 to update material from the prior edition
- Some tables total to 99% or 101% due to rounding
  - rounding also accounts for small discrepancies in numbers

# 01 Size of the Elderly Population

## ► 65+ Population

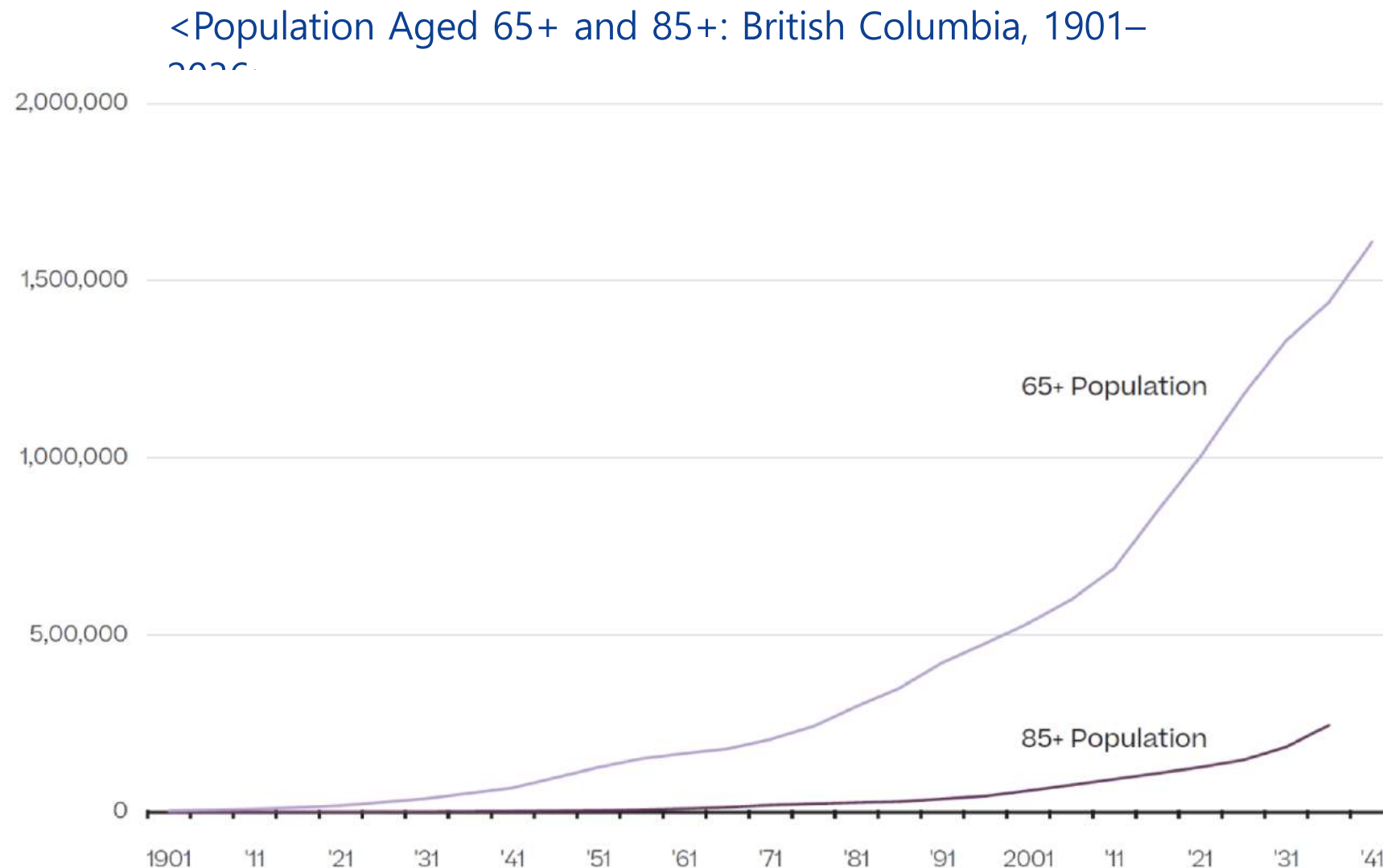
- The size of the older population of BC has grown consistently from 4,017 persons in 1901 to 1,016,360 in 2021
- The increase was substantially greater in BC than for Canada as a whole



# 01 Size of the Elderly Population

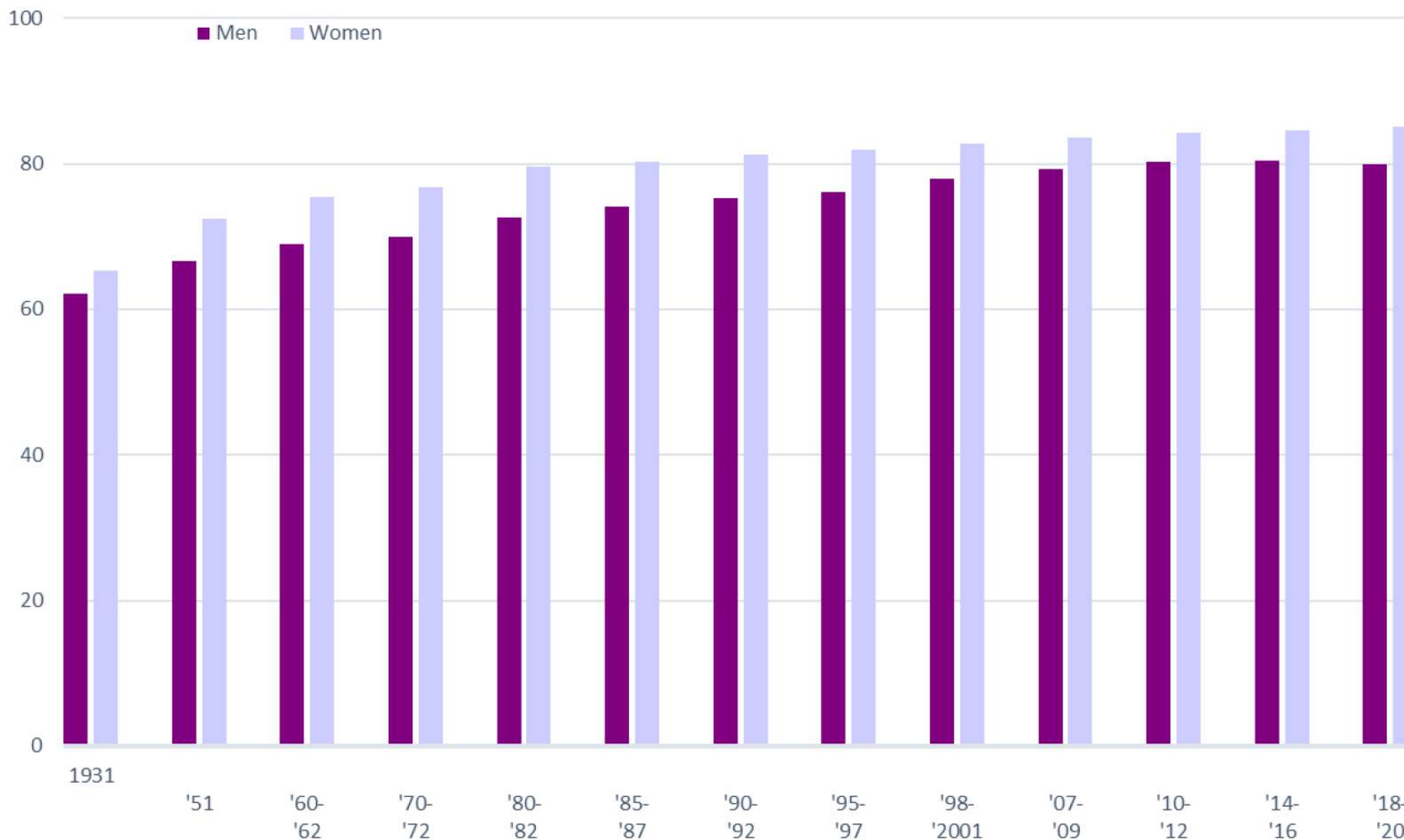
## ► 85+ Population

- The growth of the BC population aged 85+ has been even more pronounced than that of the aged 65+
- The increase in the aged 85+ was over four times than the increase in the aged 65+



## 02 Mortality

<Life Expectancy at Birth, by Sex: British Columbia, 1931 to 2018–2020>



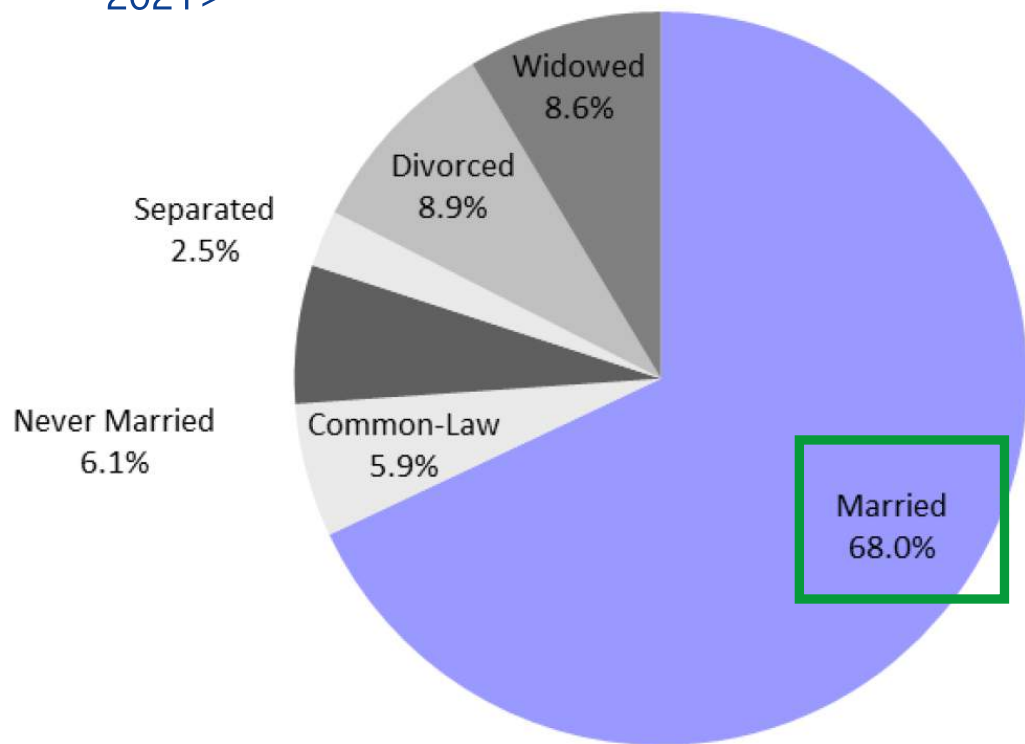
### ► Trends in Life Expectancy

- Females gained 19.7 years & Males gained 17.7 years
- Gains in life expectancy have been greater for females than for males at all ages, at least until recently.

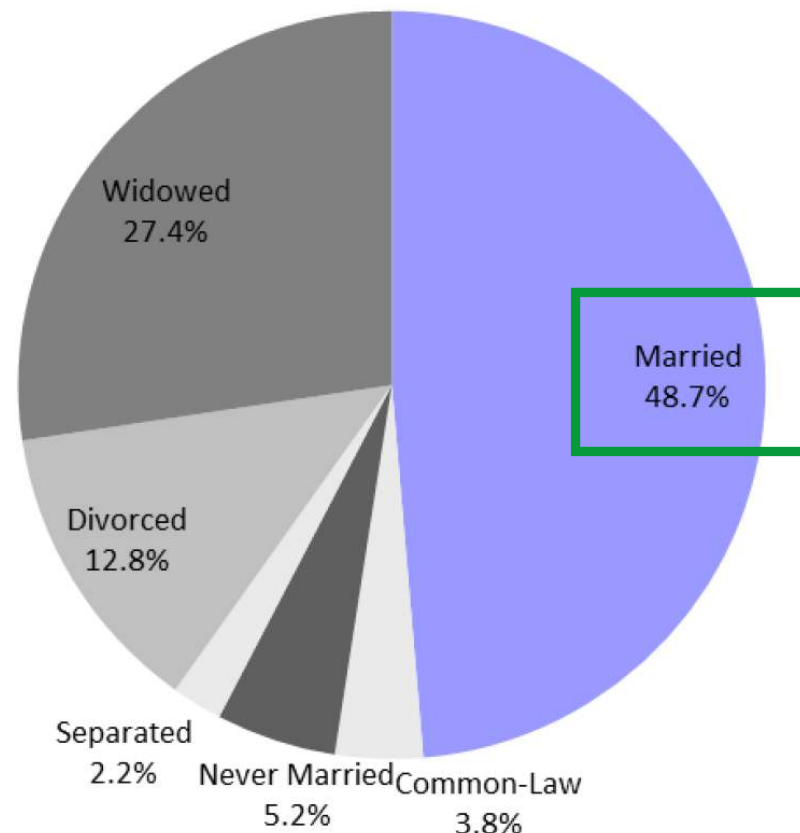


# 03 Marital Status

<Marital Status of Men Aged 65+: British Columbia, 2021>



<Marital Status of Women Aged 65+: British Columbia, 2021>



- Patterns of marital status vary significantly by sex of older adult.
- 68% of male in BC aged 65+ were married VS 48.7% of female in BC aged 65+ were married

## 04 Geographic Distribution

► The older population of BC in relation to other provinces

- Tends to be concentrated in Ontario, Quebec and British Columbia
- In 2021, the largest number of the aged resided in Ontario (2,637,710), Quebec (1,753,530) and British Columbia (1,016,365).

<Total Population and Population Aged 65+: Canada, Provinces and Territories, 2021>

Province	Total Population	Population Aged 65+	Population Aged 65–74	Population Aged 75–84	Population Aged 85+	% of Population Aged 65+ in Canada	% in Province Aged 65+
New Brunswick	775,610	177,160	106,045	52,075	19,040	2.64%	22.84%
Newfoundland	510,550	120,610	74,855	35,605	10,155	1.80%	23.62%
Nova Scotia	969,380	215,325	127,830	64,455	23,035	3.21%	22.21%
Prince Edward Island	154,330	32,705	19,690	9,505	3,515	0.49%	21.19%
Québec	8,501,835	1,753,530	997,870	541,245	214,415	26.16%	20.63%
British Columbia	5,000,880	1,016,365	591,770	302,130	122,465	15.16%	20.32%
Ontario	14,223,945	2,637,710	1,504,495	794,595	338,620	39.35%	18.54%
Manitoba	1,342,150	229,050	133,015	66,775	29,255	3.42%	17.07%
Saskatchewan	1,132,505	197,980	113,715	56,505	27,765	2.95%	17.48%
Alberta	4,262,635	629,220	381,160	175,680	72,375	9.39%	14.76%
Yukon Territory	40,230	6,050	4,135	1,530	385	0.09%	15.04%
Northwest Territories	41,070	4,110	2,765	1,040	290	0.06%	10.01%
Nunavut	36,855	1,605	1,185	325	80	0.02%	4.35%
Total	37,001,975	7,021,420	4,058,530	2,101,465	861,395	100.0%	18.98%

## 05 Predominant Groups

### ► Ethnic Origin Groups

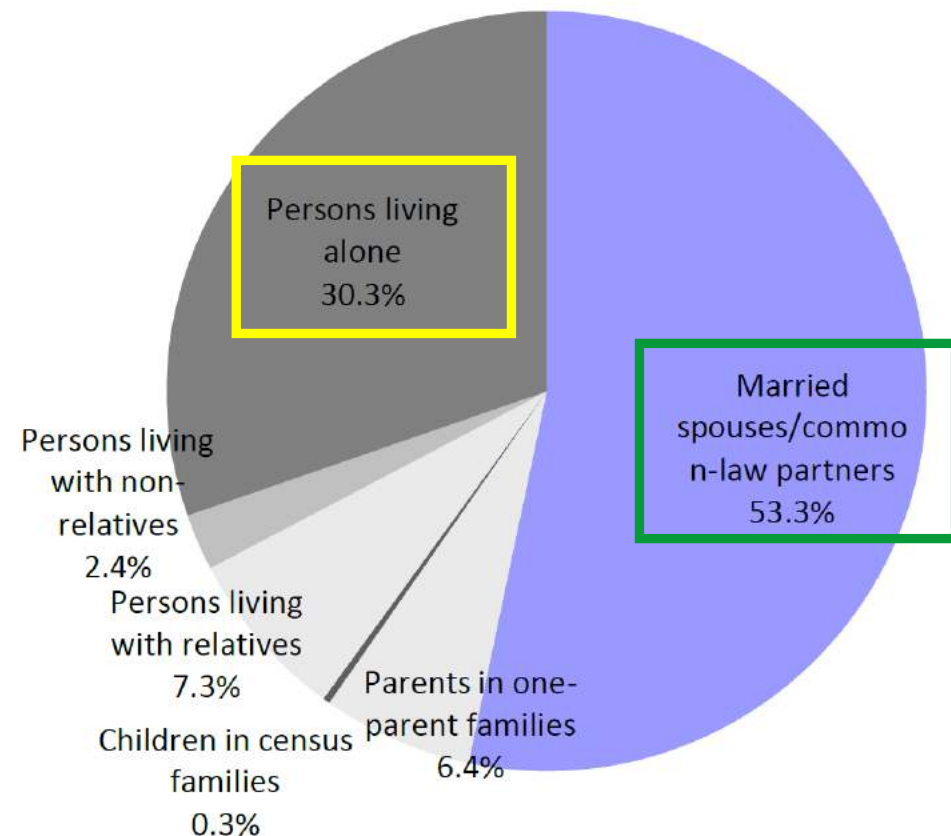
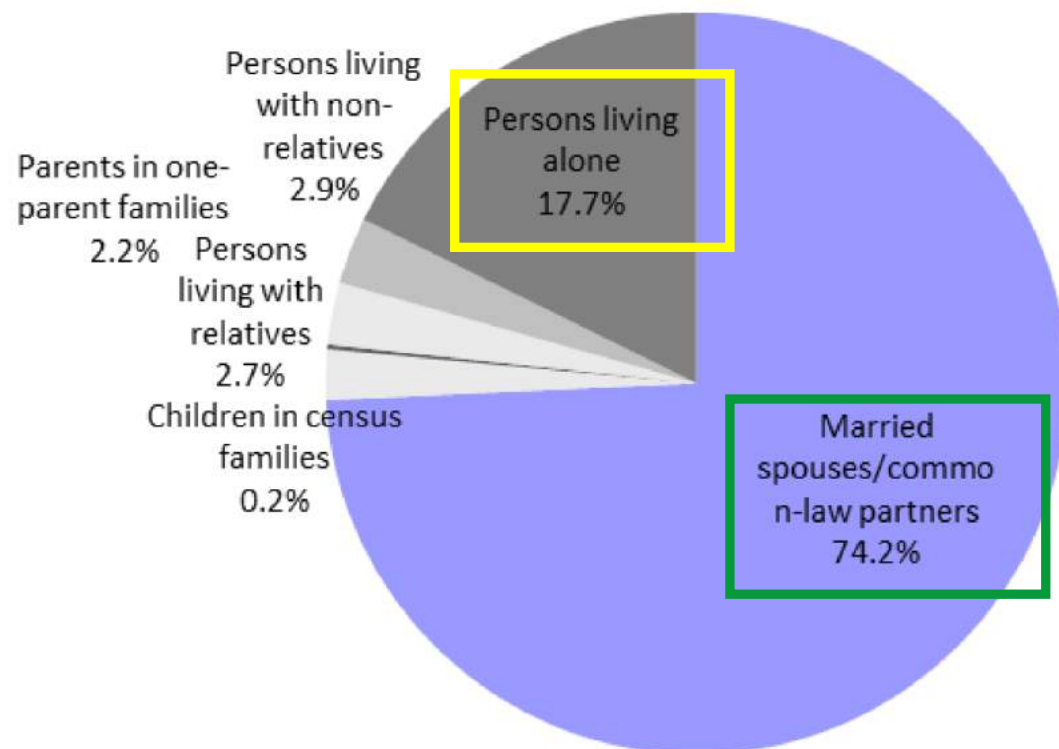
- In 2021, the English were the predominant ethnic group (as a single or multiple selection) among British Columbians for those 65+ (26.5%)
- Those of Scottish origin constituted the second largest group (17.7%), followed by Irish (13.5%) and German (10.4%)

<Ten Leading Ethnic Origin Groups, Population Aged 65+: British Columbia, 2021>

Ethnic Origin Group	Population Aged 65+ (964,650)*			
	Single	Multiple	Total‡	% of Pop. Aged 65+§
English	77,740	177,610	255,350	26.5%
Canadian	33,925	26,390	60,315	6.3%
Scottish	30,965	139,530	170,495	17.7%
Irish	18,120	112,295	130,415	13.5%
German	33,445	66,805	100,250	10.4%
Chinese	80,625	7,035	87,660	9.1%
French	11,950	45,325	57,275	5.9%
Indian	27,020	6,995	34,015	3.5%
Ukrainian	13,235	21,975	35,210	3.7%
Dutch	14,135	17,090	31,225	3.2%
Total ‡	341,160	621,050	962,210	N/A

## 06 Living Arrangements

<Living Arrangements, Males 65+: British Columbia, 2021>



<Living Arrangements, Females 65+: British Columbia, 2021>

- The majority (74.2%) of older men resided in with a spouse/common-law partner (cf. 53.3% of older women)
- Older women are far more likely than older men to live alone: 30.3% of women aged 65+ lived alone (cf. 17.7% of older men)

## 07 Labour Force

<Full-time and Part-time Employment for 65+, by Sex: Canada and British Columbia, 2021>

### ► Full-and Part-time Employment

- In 2021, BC older people 65+ were more likely to have part-time jobs (41.9%) than Canadian seniors (38.9%)
- In BC, over half (50.6%) of the female labour force aged 65+ was employed part-time basis compared with 36.7% of males.

Labour Status	Canada			British Columbia		
	Total	Males	Females	Total	Males	Females
Not in labour force	5,894,800	2,606,200	3,288,600	847,500	376,600	470,900
In labour force	973,600	601,600	372,000	143,000	89,200	53,700
Full-time employment	523,100	350,100	172,900	75,000	50,500	24,500
Part-time employment	<u>378,300</u>	202,400	175,800	<u>59,900</u>	<u>32,700</u>	<u>27,200</u>
Unemployment	72,300	49,100	23,300	8,100	6,100	2,000
Total	7,842,100	3,809,400	4,032,600	1,133,500	555,100	578,300

## 08 Unpaid Activities

<Percentage of providing unpaid caregiving by age and sex: British Columbia, GSS 2018\*>

- From the middle-aged group (45+), a significant number of people are providing unpaid caregiving to family member/friend

	Age group	Total	Males	Females
<b>British Columbia</b>	15-24	3.78%	3.89%	4.70%
	25-34	7.41%	7.79%	9.94%
	35-44	12.00%	11.57%	14.43%
	45-54	19.01%	17.86%	16.27%
	55-64	28.27%	27.77%	22.45%
	65-74	19.94%	21.01%	18.18%
	75+	9.58%	10.11%	14.02%
	Total	100%	100%	100%

\* Calculated based on General Social Survey (Caregiving and Care Receiving) 2018

## 08 Unpaid Activities

<Total Weekly Hours of Unpaid Caregiving by Seniors 65+: Canada and British Columbia, 2018>

### ► Canada

- A higher percentage of men aged 65+ (62.47%) were providing unpaid caregiving less than 10 hours than women aged 65+ (57.60%)
- A higher percentage of women aged 65+ (10.47%) were providing unpaid caregiving 50 hours or more compared to men aged 65+ (8.55%)

	Total Weekly Hours	Total	Males	Females
Canada	Less than 10 hours	59.64%	62.47%	57.60%
	10 to 19 hours	13.55%	12.35%	14.42%
	20 to 29 hours	9.62%	9.62%	9.61%
	30 to 39 hours	3.84%	4.16%	3.61%
	40 to 49 hours	3.69%	2.85%	4.29%
	50 hours or more	9.67%	8.55%	10.47%
British Columbia	Less than 10 hours	64.64%	66.96%	63.1%
	10 to 19 hours	11.07%	10.71%	11.31%
	20 to 29 hours	9.64%	8.04%	10.71%
	30 to 39 hours	3.57%	4.46%	2.98%
	40 to 49 hours	2.50%	3.57%	1.79%
	50 hours or more	8.57%	6.25%	10.12%

## 09 Income

### ► Poverty Rate

- For the 18-64, BC has the highest poverty rate (20.8%) in 2015, but it dropped to 9.5% in 2021

- For the 65+, Prince Edward Island has the highest poverty rate (13.2%) in 2015 but dropped to 5.7% in 2021

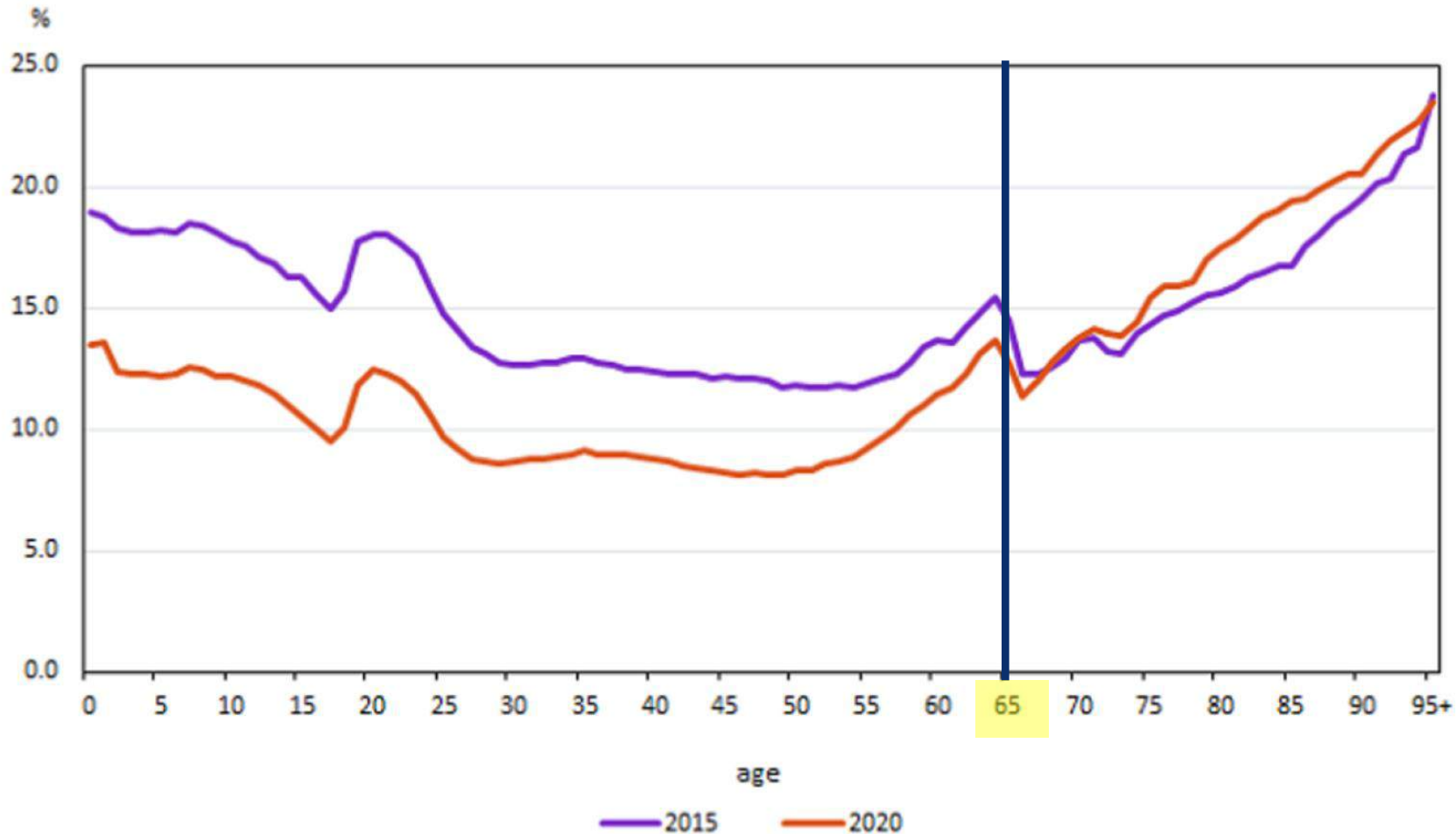
- In 2021, Nova Scotia has the highest poverty rate by 9.1% among age group 65+, followed by BC (7.0%).

<Poverty Rates by Age Group and Province: 2015 and 2021>

Province	2015		2021	
	Age 18-64	Age 65+	Age 18-64	Age 65+
Newfoundland	13.7	8.8	8.9	4.7
Prince Edward Island	15.8	13.2	8.8	5.7
Nova Scotia	17.6	10.4	9.1	<b>1st</b> 9.1
New Brunswick	16.6	11.2	7.0	5.6
Quebec	15.3	6.8	6.0	4.9
Ontario	16.4	6.1	8.7	5.1
Manitoba	14.2	5.9	9.5	5.8
Saskatchewan	12.0	6.1	10.4	5.5
Alberta	9.5	3.1	8.3	5.9
British Columbia	20.8	11.7	9.5	<b>2nd</b> 7.0
Canada	15.7	7.1	8.2	5.6

## 09 Income

<The low-income rate in Canada: 2015 and 2020>



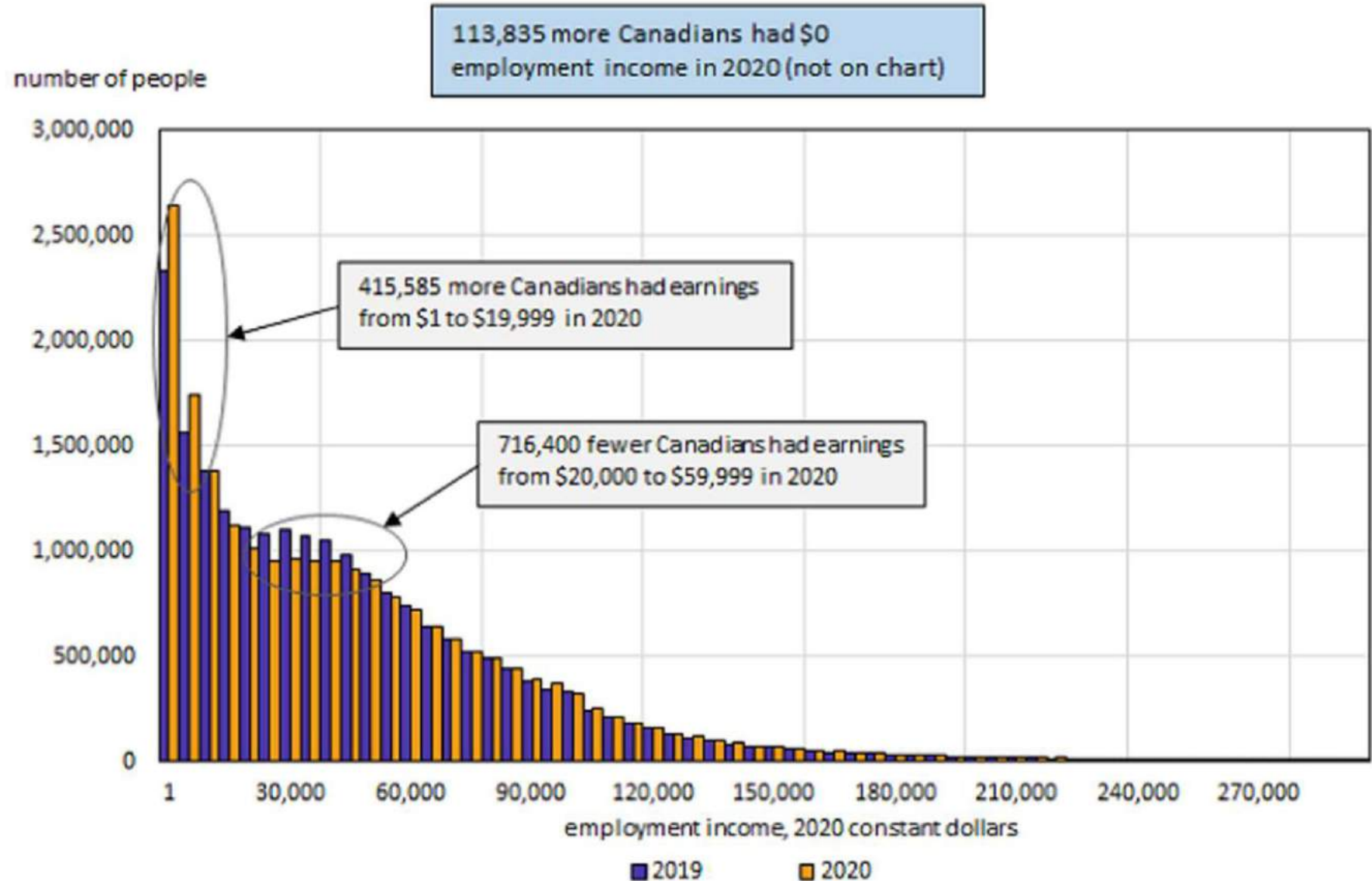
- The rate falls for all ages from 2015 to 2021—except for older people aged 65+

# 09 Income

<Disproportionate earnings distribution in Canada during the COVID-19 pandemic

## ► Disproportionately Impacted Low Income Group During the COVID-19

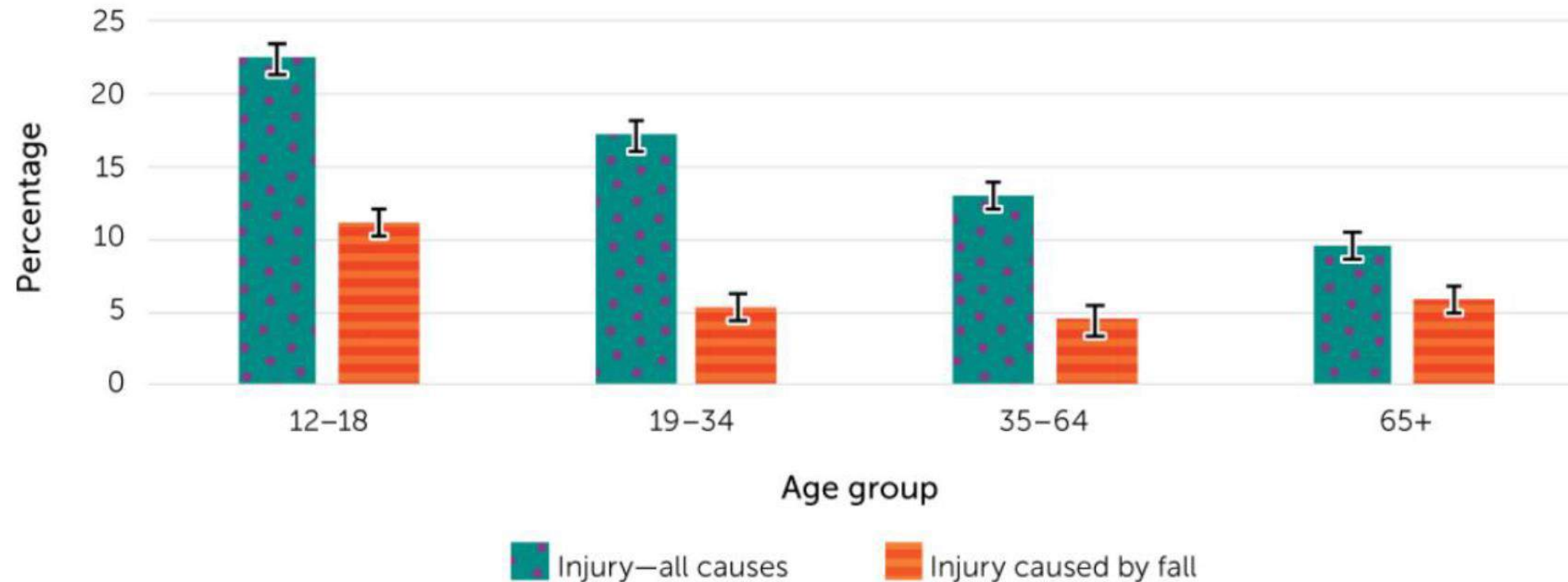
- Additional 113,835 Canadians did not receive employment income in 2020



Source(s): Census of Population, 2021.

# 10 Falls and Injury

<Prevalence of self-reported injuries (all cause versus fall-related) by age: Canada, 2017-2018>



- Among adults aged 19+, the prevalence of injuries consistently declined at older ages  
However; the proportion of fall-related injuries increased
- In the age 65+, 9.5% reported an injury, 61% of which were resulted from a fall

# 11 Health Services Utilization

<Contact with Medical Doctors in the Past 12 Months: British Columbia, 2016\*

Age	Both Sexes	Males	Females
18–34	64.2%	52.2%	76.1%
35–49	74.2%	70.4%	77.9%
50–64	80.8%	74.6%	86.8%
65+	88.8%	87.7%	89.9%

\*2016 was the most recent available data for this table

- The majority of persons aged 65+ had contact with their medical doctor (88.8%)
- Contact rates for seniors were higher than those for younger age groups
- Females consistently have higher rates of contact with medical doctors across the life course

# 11 Health Services Utilization

<Health services expenditures by age and sex: British Columbia, 2020\*>

Age	Both Sexes	Males	Females
65-69	2,078.6	1,112.2	966.4
70-74	2,156.4	1,140.6	1,015.8
75-79	1,872.6	952.5	920.1
80-84	1,680.1	788.1	892.0
85-89	1,664.9	699.0	965.9
90+	1,351.5	429.7	921.8
Total	25,621.8	12,449.2	13,172.6

\*Million dollars

- Aged 70-74 spent the highest amount of money on health services, followed by aged 65-69.
- Health services expenditure decreased among those older than 75 years
- Health expenditures for females were higher than their male counterparts after aged 80+, whereas males spent more money on health services before age 80.

## 00 Resources



Gerontology Research Centre

<https://www.sfu.ca/grc/stories/blog/fact-book-8th-edition.html>



Available Resources



Fact Book on Aging

Download

chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.sfu.ca/content/dam/sfu/grc/research/projects/fact-book-on-aging-archive/Fact%20Book%20on%20Aging,%208th%20edition.pdf



# Connect!Age

## Social Connectedness and Resilience Among Marginalized Older Adults and Caregivers: Co-Produced Intersectoral Knowledge Implemented with Community Organizations

### The Overarching Goal

---

To foster social connections and resilience post-pandemic among four groups of older adults identified as high risk for social isolation



Visible minority older adults



Those with symptoms of stress, depression and anxiety



Those with challenges in completing daily tasks of living



Caregivers



Based on a Participatory Action Translational Approach

- ▶ Senior-serving organizations having limited human resources, best evidence
- ▶ Studies on social isolation facing difficulty in converting interdisciplinary findings to a form that organizations can use.

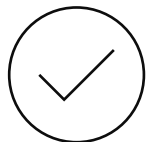
### 3 Action Items



**Establish an intersectoral network** of advocacy groups/organizations providing services to older adults/caregivers to **define social isolation challenges** and **to identify current knowledge gaps**



**Work with representative community stakeholders** to review academic research findings on the four target groups and generate new findings (e.g., scoping reviews, CLSA analyses)  
※ the process will focus on organizational needs, to revitalize social connections



We will co-produce, translate and implement priority strategic innovations within/between organizations  
▶ Develop and test **new approaches and techniques to reduce social isolation** for the four target groups



The anticipated results of this project

Will ultimately be filling service gaps among organizations supporting older adults living in the community

## What are the potential benefits of the participating organization?

### Key objectives

How best to revitalize social connections through intersectoral knowledge co-produced with service/advocacy organizations?



Contribute to identify, share, and create information/data to meet your organizational needs  
▶ **Develop of interventions to address social isolation among older adults**



Learn from each other and **learn about effective evidence-based approaches** to address social isolation among older adults



This project will support the **development of new programs addressing social isolation** among high-risk older adults that your organization serves

SSHRC funded project

# 00 Connect!Age



## Webpage on Gerontology Research Centre (GRC)

<https://www.sfu.ca/grc/research/projects/connect-age.html>

The screenshot shows the website's header with the SFU logo and 'GERONTOLOGY RESEARCH CENTRE' text. A navigation bar contains 'ABOUT US', 'RESEARCH', 'STORIES', 'EVENTS', and 'CONTACT'. A search bar and language selector are in the top right. The breadcrumb trail reads 'Gerontology Research Centre > Research > Projects > Connect Age'. A left sidebar lists 'CHALLENGE AREAS' and 'PROJECTS', with 'Connect Age' highlighted. The main content area features a large image of a city street with a red 'CONNECT AGE' banner overlaid. Below the image, a paragraph describes the project's focus on social connections and resilience for older adults.

**SFU** SIMON FRASER UNIVERSITY **GERONTOLOGY RESEARCH CENTRE**

SIGN IN SEARCH

This Site SFU.ca

ABOUT US RESEARCH STORIES EVENTS CONTACT

Gerontology Research Centre > Research > Projects > **Connect Age**

RESEARCH

CHALLENGE AREAS

PROJECTS

- CLSA
- Connect Age**
- Tong Louie Living Lab
- Real Estate Foundation of BC
- Fact Book on Aging
- SPARK
- DemSCAPE
- Lived experience of people with SCI

The project will examine how to foster social connections and resilience post-pandemic among four groups of older adults (65+) identified as being at high risk for social isolation: 1) invisible minorities; 2) those with symptoms of stress, anxiety and depression; 3) those with challenges completing daily tasks such as dressing, cooking, shopping, transportation, and cleaning the home; and 4) their caregivers.

## Social Isolation and Loneliness Fact Sheet

<https://www.sfu.ca/content/dam/sfu/grc/research/projects/connect-age/SSHRC%20Social%20Isolation%20Fact%20Sheet.pdf>

## Social Isolation and Loneliness Fact Sheet

Prepared by: Boah Kim, Ph.D. Candidate, Cari Randa-Beaulieu M.A., & Andrew V. Wister, Ph.D.  
Gerontology Research Centre  
Simon Fraser University

- **Social isolation and loneliness (SI/L)** are common public health concerns that affect the physical and mental health of older adults, including reduced engagement in healthy behaviours and higher mortality.
- Estimates indicate that between 20 - 30% of older adults experience loneliness some of the time or more, and over 50% experienced loneliness during the pandemic.
- Being older, female, living alone, and a member of a marginalized group places older adults at higher risk of SI/L.
- Some of these risks include race/ethnicity, partnership status, living low income, poverty, lower education, living in remote/rural environments, and poor health status, such as having multiple chronic conditions, functional challenges and/or mental health conditions.
- SI/L has also been linked to negative health outcomes for older adults such as depression, sleep problems, and anxiety. Other impacts include reduced happiness, and lower life satisfaction and psychological well-being.
- Older adults experiencing SI/L have been shown to have lower access to community and health care services. It is therefore vital to build supports for community organizations serving older adults.
- Protective factors that foster resilience against SI/L include: strong support networks, leisure pursuits, social participation, living with others, and access to technologies.



### Additional Resources:

- Understanding the Factors Driving the Epidemic of Social Isolation and Loneliness among Older Canadians <https://shorturl.at/FORV4>
- Social Isolation and Loneliness in Older Adults : Opportunities for the Health Care System <https://pubmed.ncbi.nlm.nih.gov/32510896/>
- Our Epidemic of Loneliness and Isolation <https://shorturl.at/hyA16>
- Promising Approaches Revisited: Effective action on loneliness in later life <https://shorturl.at/sMNO2>

To learn more, read the Chief Public Health Officer of Canada's 2023 Report on the State of Public Health  
<https://shorturl.at/hozF2>





Thank you!!

Any questions?  
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