Age and Gender Population Profile

A Younger Community
Port Coquitlam has a younger population than the region as a whole. Population peaks include teens and middle aged adults, reflecting the predominance of families with children. Comparatively, the region has greater proportions of young adults and seniors. The median age of residents is 39 years of age, which is lower than the regional median age of 40.2.

In 2011, the total population was 56,342. The largest age group includes those residents aged 40-55, and youth in their late teens make up a secondary age group concentration.

The population is evenly distributed between male and female residents. In 2011, 28,035 males and 28,310 females were reported in the Census. There are slightly more male children than female, and more female seniors, particularly within the 85+ years age group.
A Shifting Age Demographic
While the population remains younger than the regional average, the age demographic is shifting. Over the last 15 years, there has been a decline in the number and proportion of children and a growing number and proportion of adults over 50 years of age. Those residents under 20 years of age declined from 32% of the population in 1996 to 25% in 2011, while those over 50 have increased from 17% in 1996 to 31% in 2011. There has also been a significant decline in the proportion of residents in their 30s, while the most significant increase has been in the 50-64 years age group. These shifts reflect an aging population, which is a common demographic trend across municipalities.
Median Age in Port Coquitlam

The map depicts the median age of residents in Port Coquitlam in 2011. Median age represents the exact age where half the population are older and half are younger. The data are provided by dissemination area, which is a small geographic area created by Statistics Canada to represent an area with a population of between 400 to 700 people. The highest median age is seen in the agricultural areas and part of downtown where several seniors’ residences are located. Many of the areas with the lowest median age include areas with smaller lots and multi-family developments.