

HOW IS SAINT JOHN'S POPULATION CHANGING?

Saint John's population continues to grow, largely because of immigration. That said, growth has slowed as federal policies change, and our community is aging, with deaths outnumbering births.

WHAT'S DRIVING POPULATION CHANGE?

Population growth depends on natural increase (births minus deaths) and migration (international, interprovincial, and non-permanent residents). In Saint John, immigration is the main source of growth, while the higher number of deaths compared to births slows growth.



144,543
Saint John's
population in 2025



1,935
People added through
immigration in 2025

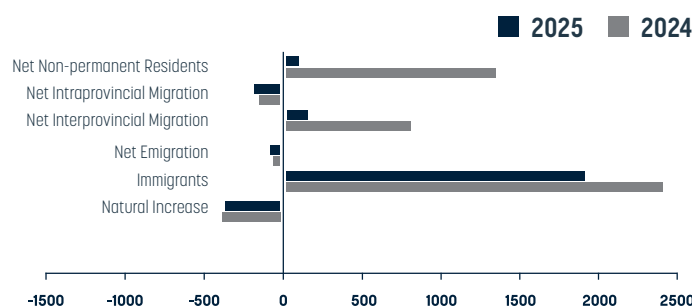


+1.1%
Population growth from
2024 to 2025



SINCE 2017
Deaths have
outnumbered births

COMPONENTS OF POPULATION GROWTH:



WHO LIVES IN SAINT JOHN?

Saint John has an older population. More than one in five residents is 65 or older, and senior population is growing faster than children and working-age residents. At the same time, the city is gradually becoming more diverse and more educated.

51% / 49%
Females / Males

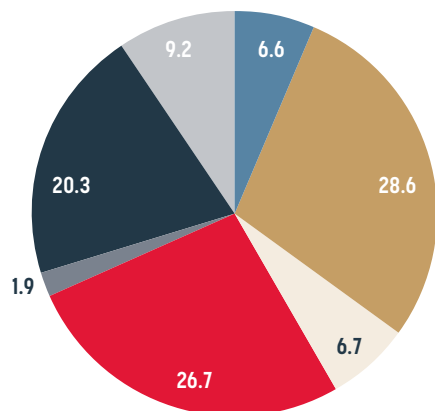
~ 2 IN 3
Residents are 15–64
(core working age)

> 1 IN 5
Residents are 65+

MEDIAN AGE
42.0 (men), 44.4 (women)

WHAT ARE SAINT JOHN'S EDUCATION LEVELS?

High school is the most common level of education attained in Saint John, with university education on the rise. That said, Saint John still trails leading peer cities in university completion.



HIGHEST EDUCATION LEVEL: SAINT JOHN, 2025 (% OF POPULATION AGED 25-64)

- Less than high school
- High school
- Apprenticeship or trades
- College certificate or diploma
- University certificate
- Bachelor's degree
- Above bachelor's

HOW DIVERSE IS SAINT JOHN?

Saint John is gradually becoming more diverse in both people and languages. About 9% of residents identify as visible minorities, with South Asian, Black and Chinese communities being the largest groups. Most residents speak only English at home, while small but growing numbers speak French or other languages such as Arabic.

LANGUAGES AT HOME

- French only (1,741 people)
- Top non-official language Arabic (1,147 people)
- English only (132,920 people)



WHO IS COMING TO SAINT JOHN?

Immigration is a major driver of Saint John's recent population growth. This snapshot highlights who is coming, how they arrive, and how well we are retaining them over time.

1,580

new permanent residents in 2025

~ 90%

one-year retention rate for newcomers in 2023, the highest in NB

72%

of NB's permanent residents are settling in Saint John, Moncton, and Fredericton

84%

of Saint John permanent residents were admitted through economic programs in 2024

WHERE ARE OUR NEWCOMERS FROM?

In 2025, 6,454 recent immigrants resided in Saint John, coming from a wide range of countries, led by India and Nigeria. More than half of all recent immigrants arrived from five countries.



INDIA – 1,336



NIGERIA – 553



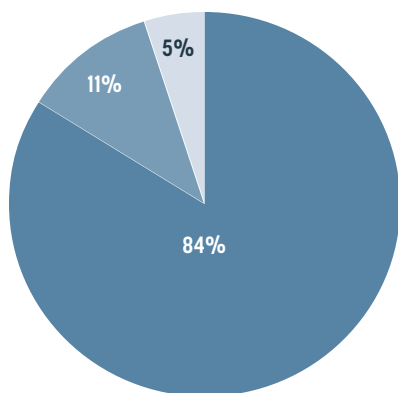
SYRIA – 496



PHILIPPINES – 464



AFGHANISTAN – 417



HOW DO NEWCOMERS ARRIVE?

Most permanent residents arrive through economic immigration programs that connect newcomers with local employers.

PERMANENT RESIDENT ADMISSIONS

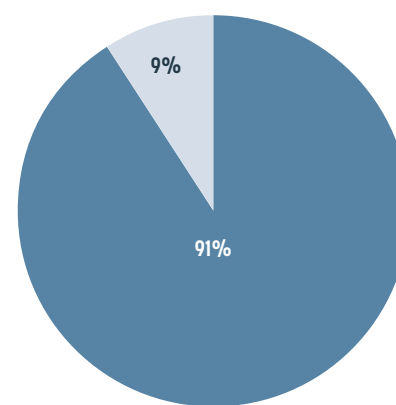
■ Economic class ■ Refugees/protected persons ■ Family

Newcomers are spread across child, young adult, and working-age groups, with very few seniors.

WHO ARE SAINT JOHN'S TEMPORARY WORKERS?

Temporary workers are a growing part of Saint John's labour force and are concentrated in a few key occupation groups.

Work permit holders in Saint John increased from 1,885 in 2022 to 2,925 in 2023, a 55% rise. New TFWP permits remain above pre-pandemic levels, led by service supervisors, transport and heavy equipment operators, and technical science occupations. Move away, and longer-term retention has not improved.



ARE NEWCOMERS STAYING?

Saint John has made progress in keeping newcomers in the short term, with the strongest one-year retention rate in New Brunswick. Over time, however, more people move away, and longer-term retention has not improved.

WORK PERMIT HOLDERS BY PROGRAM TYPE

■ International Mobility Program (IMP)
■ Temporary Foreign Worker Program (TFWP)

ONE-YEAR VS FIVE-YEAR RETENTION

1-YEAR RETENTION (2023 COHORT): ~ 90%

5-YEAR RETENTION (2019 COHORT): 58%

Saint John has strong first-year retention, but fewer than 6 in 10 newcomers remain after five years. Three- and five-year retention rates have generally weakened in Saint John and province-wide since 2016.

ABOUT THE DATA

**All references to Saint John refer to the Census Metropolitan Area (CMA) as defined by Statistics Canada. In addition to the City of Saint John, the Saint John CMA includes the towns of Rothesay, Quispamsis, Grand Bay-Westfield, and Hampton, along with the following surrounding villages and parishes: St. Martins, St. Martins (parish), Upham, Norton, Kingston, Greenwich, Petersville, Westfield, Lepreau, Musquash, Simonds, Rothesay (parish), and Hampton (parish).*

Immigration data is sourced from Immigration, Refugees and Citizenship Canada unless noted otherwise. Annual data are based on the calendar year. References to Saint John, and other cities in this report, refer to census metropolitan areas as defined by Statistics Canada. Not all indicators are available through 2025. The most recent available data are presented.

Population is measured on July 1 each year. Data are sourced from Statistics Canada and Environics Analytics. Statistics Canada table references are available upon request. References to Saint John refer to the Census Metropolitan Area (CMA) as defined by Statistics Canada. For all indicators, Saint John is compared to seven peer cities, chosen based on geographic proximity, comparable population and similar industry profile. These include other Atlantic region CMAs and three CMAs outside the region: Trois-Rivières (QC), Kingston (ON) and Greater Sudbury (ON).