

YORK REGION HEALTH AND WELL-BEING REVIEW

2025 Bulletin: Economic Stability

Understanding the economic stability of York Region residents and communities is critical for planning, policy development and advocacy, especially when focusing on poverty reduction and housing stabilization.

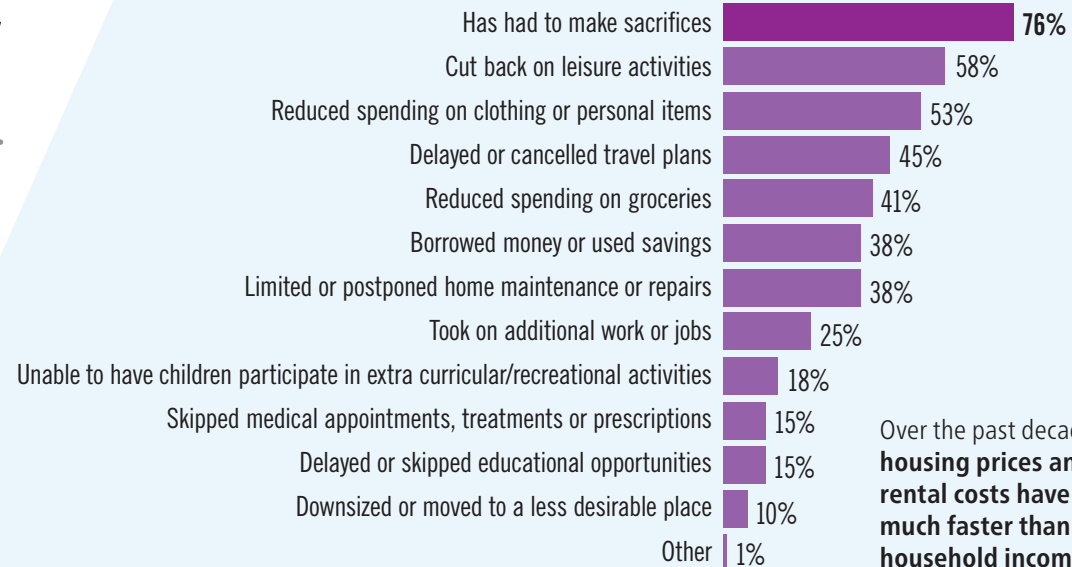
This Bulletin presents key data and trends, highlighting how rising income insecurity and higher living costs impact local needs, service demand and community priorities.

June 2026



RESIDENT REPORTED SACRIFICES DUE TO HOUSING COSTS 2025¹

SACRIFICES DUE TO HOUSING COSTS

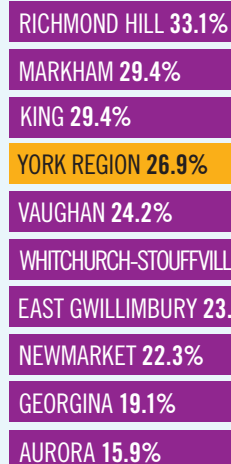


Over the past decade, housing prices and rental costs have grown much faster than household incomes.

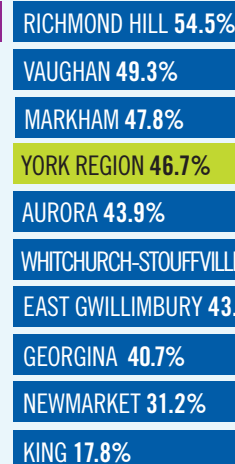


RESIDENTS SPENDING 30% OR MORE OF HOUSEHOLD INCOME ON SHELTER COSTS 2021²

OWNERS



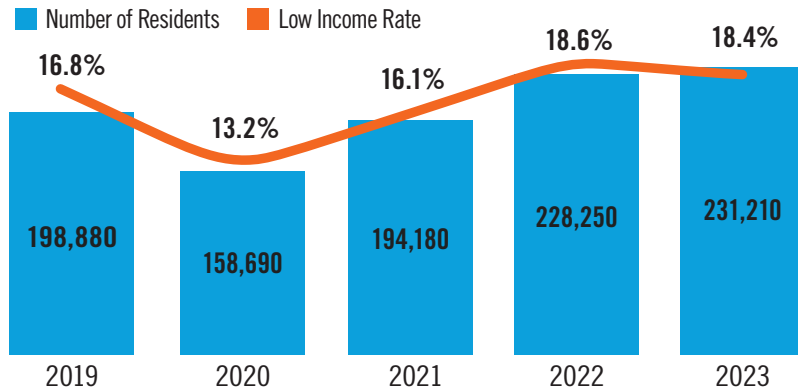
RENTERS



York Region is experiencing a housing affordability crisis. Just over a **quarter of homeowners** (26.9% or 86,449) and just under **half of renters** (46.7% or 32,485) are spending 30% or more of before-tax income on shelter. **These proportions are the highest in Ontario.**

Economic Vulnerability

LOW-INCOME TRENDS IN YORK REGION 2019 TO 2023³



The number of York Region residents living **below the low-income** threshold **decreased steadily** until 2020. **In 2021, this trend shifted** and **more people were living below the threshold** reaching 231,210 residents (18.4%) by 2023.

More residents are turning to food banks in York Region

FOOD BANK USAGE IN YORK REGION INCREASED⁷



52%

between
2021 and 2024

2024: 33,893

2023: 31,742

2022: 30,442

2021: 22,295

AGE OF INDIVIDUALS ACCESSING FOOD BANKS IN YORK REGION

2024⁶



0-17 YEARS OLD 29.7%

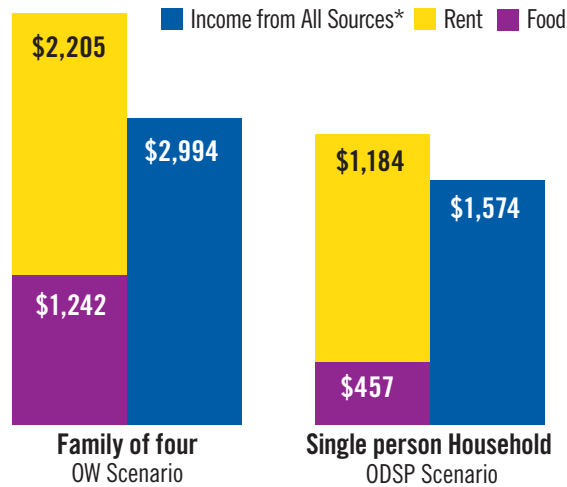
18-30 YEARS OLD 16.7%

31-64 YEARS OLD 44.2%

65+ YEARS OLD 9.4%

Social assistance is not enough

SOCIAL ASSISTANCE MONTHLY INCOME SCENARIOS 2025⁴



Social assistance is not enough to meet food and shelter expenses.

A family of four, whose main income is Ontario Works (OW), could spend **74% of its income on shelter.**

A single person, whose main income is Ontario Disability Support Program (ODSP), could face a monthly rent of **\$1,184, or 75% of the total income.**

*Income from All Sources includes employment income, investment and property income, government benefits and assistance, foreign income.

Many people in York Region are at risk of homelessness

As individuals and families struggle to make ends meet, they may struggle to afford shelter. In 2025, **2,396 people were known to be experiencing homelessness in York Region.**⁸



IN 2025, YORK REGION HOMELESSNESS COMMUNITY PROGRAMS SUPPORTED⁹

5,600 people who are or at risk of homelessness

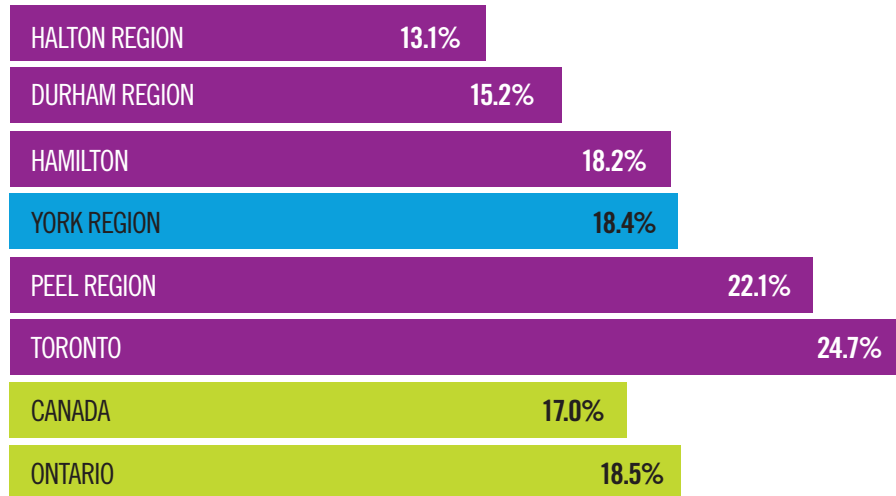


**2025
MARKED THE HIGHEST
YEAR-OVER-YEAR**

**20%
INCREASE IN
SUBSIDIZED HOUSING
WAITLIST APPLICATIONS⁵
in York Region, since 2008**

Who is at risk?

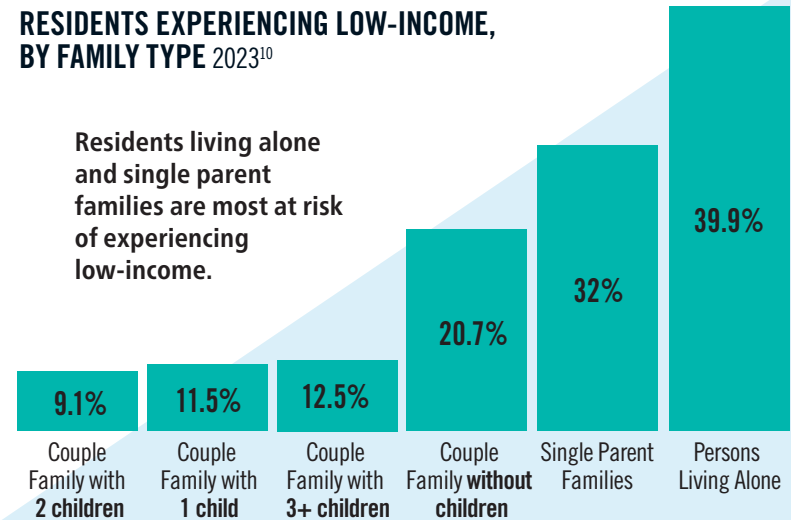
RESIDENTS EXPERIENCING LOW-INCOME IN GTHA, ONTARIO AND CANADA 2023¹³



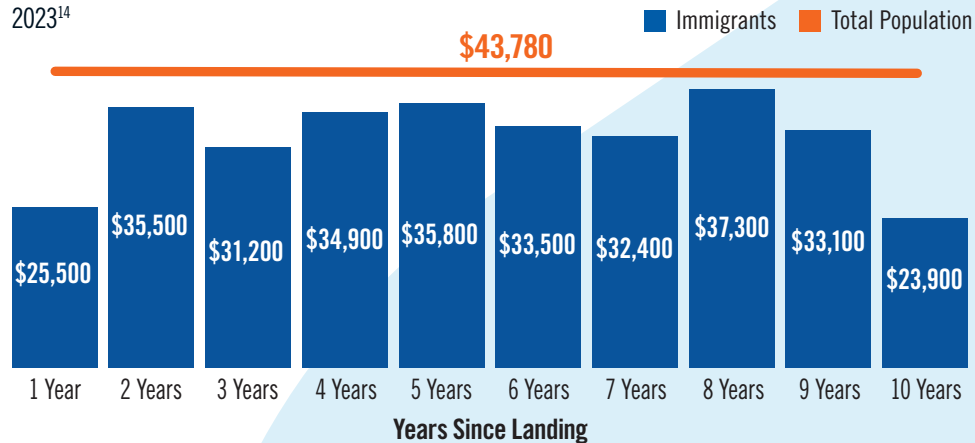
In 2023, York Region had the third highest low-income rate in the GTHA after Toronto and Peel Region.

RESIDENTS EXPERIENCING LOW-INCOME, BY FAMILY TYPE 2023¹⁰

Residents living alone and single parent families are most at risk of experiencing low-income.

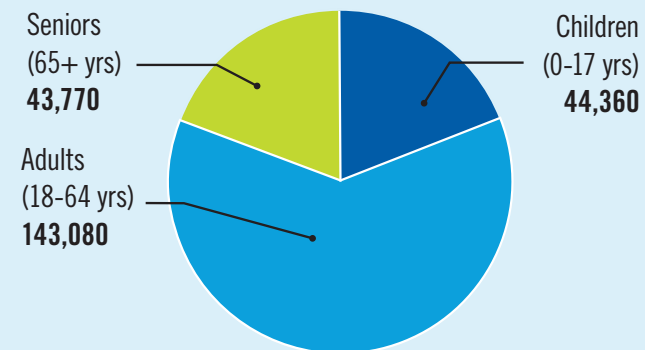


MEDIAN INCOME OF IMMIGRANTS BY YEARS SINCE LANDING IN CANADA, YORK REGION 2023¹⁴



Despite high levels of skill and experience, an **income gap continues to persist between immigrants and Canadian born residents**. In 2023, the median individual income in York Region was \$43,780, compared to \$35,800 for immigrants who had arrived in Canada five years prior.

NUMBER OF RESIDENTS EXPERIENCING LOW INCOME BY AGE GROUP, 2023¹²



The **low income rate for children** under 18 years of age has **outpaced other age groups** rising from about 12% to 19% in just three years. **Seniors were less likely to experience low income, compared to 2022.**

Turn Insights Into Action

Demand for health and human services is increasing in York Region.

The 2025 York Region Health and Well-Being Review highlighted growing economic vulnerability. Increased cost of living and rising levels of low-income contribute to food insecurity and homelessness in York Region, putting pressure on essential human services.

Regional Council investments and advocacy are making a difference but more support is needed.

The Region is one player in the human services system, working with partners to respond to the evolving needs of residents. However, additional supports and sustained funding from senior levels of government are critical to ensure programs and services can continue to support residents.

DATA SOURCES

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3. Statistics Canada. (2023). T1 Family File: Custom tabulation [Unpublished data]. Statistics Canada.
4. York Region. (2025). Food Insecurity in York Region: The 2025 Nutritious Food Basket.
5. York Region. Community and Health Services Department. Housing and Homelessness Services Branch. (2025). [Program Data].
6. Food Bank of York Region. (2025). Report on Food Insecurity 2024.
7. Food Bank of York Region. Report on Food Insecurity 2021 and Report on Food Insecurity 2024.
8. York Region. (2025). Community and Health Services Department. Housing and Homelessness Services Branch. York Region By-Names List. [Administrative dataset].
9. York Region, Community and Health Services Department, Social Services Branch. (2025). [Program Data].
10. Statistics Canada. (2023). T1 Family File: Custom tabulation [Unpublished data]. Statistics Canada.
11. Statistics Canada. (2023). T1 Family File: Custom tabulation [Unpublished data]. Statistics Canada.
12. Statistics Canada. (2023). T1 Family File: Custom tabulation [Unpublished data]. Statistics Canada.
13. Statistics Canada. (2023). T1 Family File: Custom tabulation [Unpublished data]. Statistics Canada.
14. Statistics Canada. (2023). Longitudinal Immigration Database (IMDB).



Access the **York Region Health and Well-Being Review** and related resources
york.ca/HealthAndWellBeingReview

Accessible formats or communication supports are available upon request.
Please email CHSDataAndPolicy@york.ca or call **1-877-464-9675**.

YORK REGION

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