

Population Statistics

2024



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About This Report

This report provides an analysis of the 2024 population statistics for Southern Health-Santé Sud (SH-SS) based on records of residents actively registered with Manitoba Health, Seniors, and Long-Term Care as of June 1, 2024. This population database is considered a reliable and accurate estimate of population sizes, and is helpful for understanding trends, and for health planning purposes.

Southern Health-Santé Sud acknowledges that the land on which it gathers is Treaty 1 and Treaty 3 territory, and the homeland of the Métis Nation. We respect the treaties that were made on these territories and acknowledge the harms and mistakes; and we dedicate ourselves to move forward collaboratively in the partnership with First Nations, Métis and Inuit peoples in the spirit of reconciliation.

Population Overview (2024)

Southern Health-Santé Sud (SH-SS) consists of **4 zones and 23 districts**, including **4 cities, 5 towns, 1 village, 7 First Nations communities**, and **28 municipalities**. It remains the fastest-growing regional health authority in Manitoba. Over the past decade (2014–2024), SH-SS grew by **21.7%**, adding **41,462 residents**—significantly outpacing the provincial average of **13.8%**. In the past year alone (2023–2024), SH-SS saw a **2.74%** increase, adding **6,190 new residents**. The total population of SH-SS for 2024 as of June 1st, 2024 is **232, 303**.

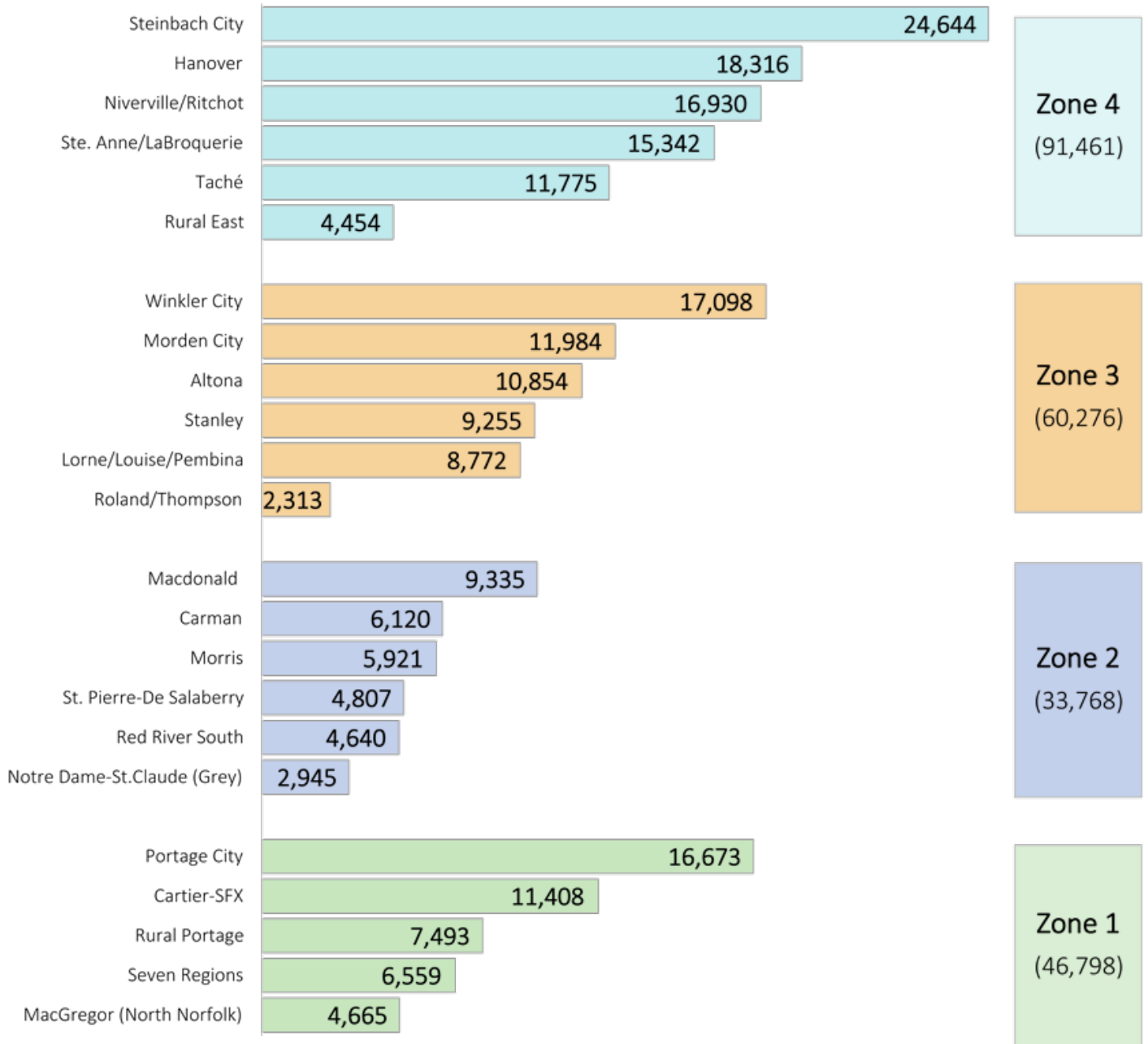
Key insights:

- **Strongest Growth Areas:** Population growth is concentrated in urban centres and nearby communities:
 - Winnipeg (Niverville Town, Ritchot RM, Headingly RM, Macdonald RM)
 - Portage la Prairie City (Portage RM)
 - Morden/Winkler Cities (Stanley RM)
 - Steinbach City (Ste. Anne Town, Hanover RM)
- **Aging Population:** In SH-SS, the **65–74** age group **grew by 49%** over the past decade, which may indicate an increased need for senior healthcare services.
- **Regional vs. Provincial Trends:** SH-SS outpaced Manitoba's growth in younger age groups (**0–24**) and seniors (**65–74**), while Manitoba sees a slight decline in working-age populations (**45–54**).
- **Population Growth in Zones 3 and 4:** These areas saw the highest growth, which may have implications for future planning.
- **Projections:** The population of SH-SS is projected to reach almost **260,000** by the year **2030**, based on current growth trends.



Population Distribution of Southern Health-Santé Sud (2024)

232,303

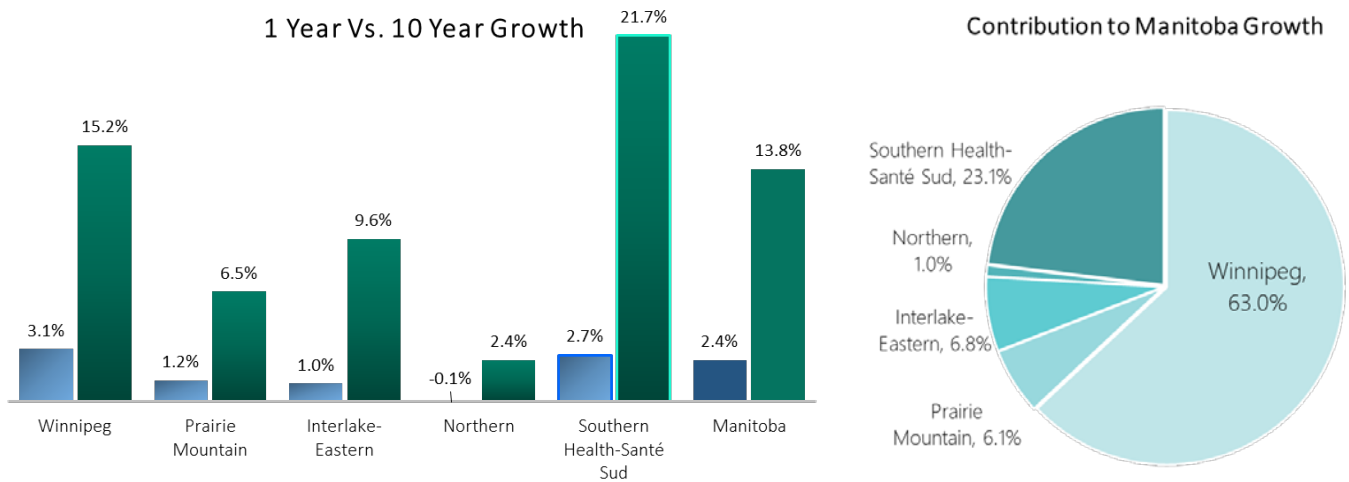


Provincial & Regional Population Trends

Over the past decade, Manitoba's population grew by 179,680 residents (+13.8%), reaching 1,485,989. Most of this growth was concentrated in Winnipeg and SH-SS, which together accounted for 86% of the total increase.

Southern Health-Santé Sud was the fastest-growing Regional Health Authority (+21.7%) in Manitoba, adding 41,462 residents. This was a higher growth rate than both Winnipeg (+15.2%) and the provincial average (+13.8%).

In the last year, SH-SS grew by 6,190 new residents (+2.74%). Winnipeg and SH-SS saw the most growth, while Northern region saw a slight decline.



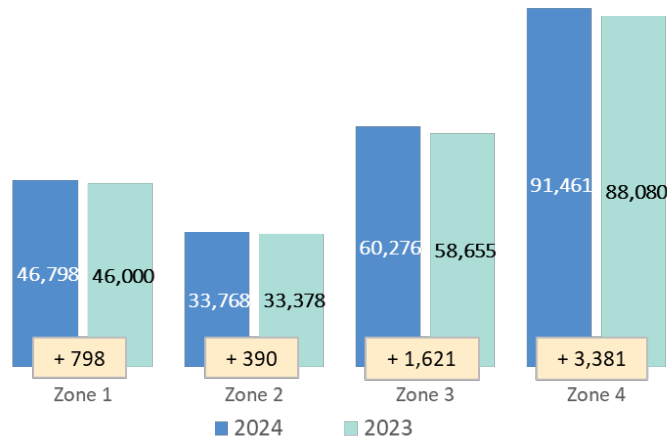
Regional Health Authority	2024	2023	1-Year Change	1-Year % Change	2014	10-Year Change	10-Year % Change	% of MB Growth
Winnipeg	858,873	833,115	25,758	3.1%	745,603	113,270	15.2%	63.0%
Prairie Mountain	178,759	176,579	2,180	1.2%	167,842	10,917	6.5%	6.1%
Interlake-Eastern	138,865	137,442	1,423	1.0%	126,674	12,191	9.6%	6.8%
Northern	77,189	77,229	-40	-0.1%	75,349	1,840	2.4%	1.0%
Southern Health-Santé Sud	232,303	226,113	6,190	2.7%	190,841	41,462	21.7%	23.1%
Manitoba Total	1,485,989	1,450,478	35,511	2.4%	1,306,309	179,680	13.8%	100%

Population Growth in Southern Health-Santé Sud

Zones

From 2023 to 2024:

- **Zone 4** (East) saw the highest growth (+3.8%, +3,381 residents)
- **Zone 3** (West) followed (+2.8%, + 1,621 residents)
- **Zone 1** (North) and **Zone 2** (Mid) had smaller increases of +1.7% and +1.2% respectively



From 2014 to 2024:

- **Zone 4** continued to lead in growth (+30.2%, +22,097)
- **Zone 3** followed (+19.1%, +9,646)
- **Zone 1** and **Zone 2** had steady increases (+16.1% and +13.9%)

Zones	2024	2023	1-Year change	1-Year % change	2014	10-Year change	10-Year % change
Zone 1	46,798	46,000	798	1.7%	40,306	6,492	16.1%
Zone 2	33,768	33,378	390	1.2%	29,641	4,127	13.9%
Zone 3	60,276	58,655	1,621	2.8%	50,630	9,646	19.1%
Zone 4	91,461	88,080	3,381	3.8%	70,264	22,097	30.2%
SH-SS Total	232,303	226,113	6,190	2.7%	190,841	41,462	21.7%

Districts

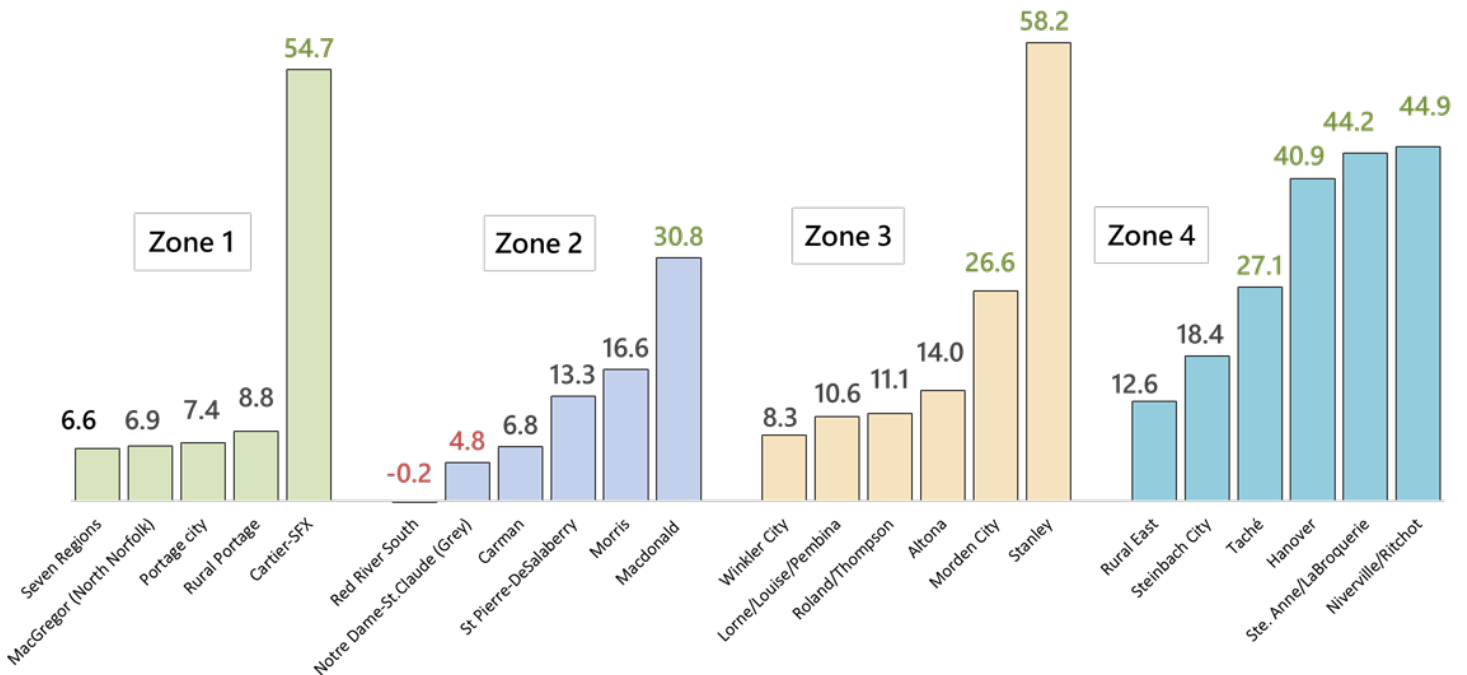
Over the last decade, districts with high growth of over 25% are:

- Stanley (+58.2%)
- Cartier-SFX (+54.7%)
- Niverville - Ritchot (+44.9%)
- Ste Anne – La Broquerie (+44.2%)
- Hanover (+40.9%)
- Macdonald (+30.8%)
- Taché (+27.1%) and
- Morden City (+26.6%).

In contrast, the districts which experienced the least population change of 5% or less are:

- Red River South (-0.2%) and
- Grey (Notre Dame-St. Claude) (4.8%)

Population Growth in Percent (%) by Districts 2014- 2024



Population Growth by Age Group

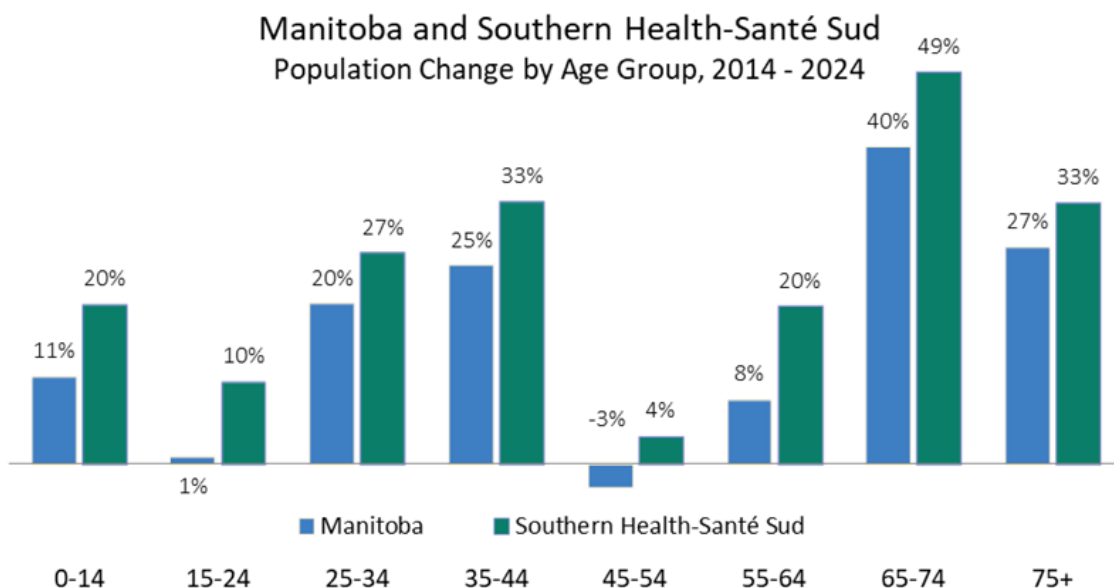
From 2014-2024

Older Ages

- Southern-Health Santé Sud is experiencing a rapid aging population, particularly in the **65-74** age group which grew **49% in the past decade** – outpacing **Manitoba's 40%** growth in the same group.
- Although the **75+** age group remains the smallest, it recorded **significant growth** rates in both SH-SS and Manitoba.

Young and Middle Ages

- At the same time the **0-14** and **15-24** age groups **grew faster than Manitoba's** average, showing presence of young families and children in the region.
- The **25-34** age group recorded 27% growth, **outpacing Manitoba** by 7%.
- The **35-44** age group saw slow annual growth until 2018, but has since **accelerated** significantly. This group recorded **second-highest growth**, increasing 33.2% in the last decade.
- The **45-54** age group is **shrinking provincially** (-3%), whereas **SH-SS saw a 4% increase** – a shift from a period of no growth observed between 2013-2023.
- The **55-64** age group **grew at a much higher rate in SH-SS** (+20%) than in Manitoba (+8%).

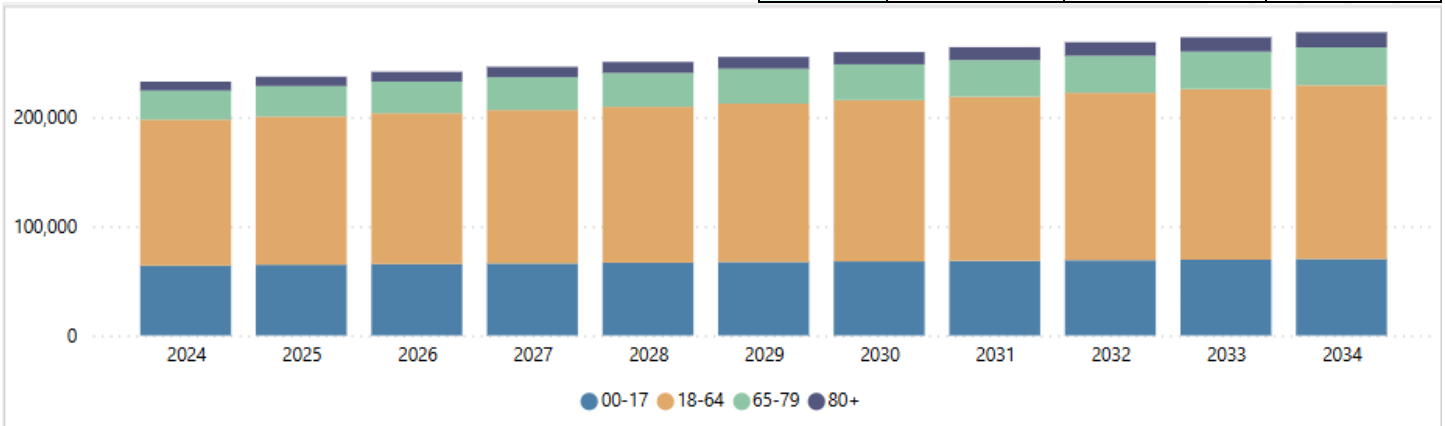


Population Projections

In The Year 2034:

- Southern Health-Santé Sud is projected to grow steadily, with different demographic scenarios influencing the rate of change
- Under the **medium-growth scenario (MMM)**, the population is expected to reach **277,566 by 2034**, an increase of 19%.
- The senior population (65-79) is projected to grow significantly (30.7%), with the 80+ age group increasing to 13,806 in 2034 (+75.6%)
- The working-age population (18-64) is projected to remain the largest age group, reaching 159,128 (+18.5%) in 10 years.

Age Group	2024 Actual	2034 Projections	% Change
0-17	63,663	69,975	9.9%
18-64	134,262	159,128	18.5%
65-79	26,517	34,657	30.7%
80+	7,861	13,806	75.6%



Year	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034
Projected Population (MMM)	236,910	241,430	245,946	250,466	254,979	259,490	263,994	268,505	273,031	277,566

Data Source: PIMA – Population Projections
 Database : Manitoba Health Insurance Registry
 Figure: Performance & Monitoring, Shared Health



Tables & Figures

Tables: Community Growth by District and Zones

The following tables provide a detailed breakdown of population growth across the four zones in Southern Health-Santé Sud (SH-SS). Each table presents:

- **Annual population changes (2023–2024)**, including the total number of new residents and the percentage change.
- **Long-term growth trends (2014–2024)**, highlighting population shifts over the past decade.
- **Growth comparisons at different geographic levels**, including **districts, municipalities, and first nations communities** within each zone.

Table 1. Zone 1 (North)

ZONE 1	2024	2023	1-Year Change	1-Year % Change	2014	10-Year Change	10-Year % Change
District: Seven Regions	6,559	6,525	34	0.5	6,153	406	6.6
Westlake-Gladstone Municipality	3,118	3,079	39	1.3	2,914	204	7.0
Alonsa RM	864	831	33	4.0	767	97	12.6
Sandy Bay Ojibway First Nations	2,577	2,615	-38	-1.5	2,472	105	4.2
District: North Norfolk Municipality	4,665	4,631	34	0.7	4,362	303	6.9
District: Rural Portage	7,493	7,383	110	1.5	6,889	604	8.8
Dakota Tipi First Nation	135	137	-2	-1.5	124	99	79.8
Dakota Plains First Nation	53	54	-1	-1.9	38	15	39.5
Long Plain First Nation	905	905	0	0.0	857	48	5.6
Portage RM	6,400	6,287	113	1.8	4,362	2,038	46.7
District: Cartier-SFX	11,408	11,072	336	3.0	7,373	4,035	54.7
Cartier RM	3,444	3,386	58	1.7	3,151	293	9.3
St François Xavier RM	1,453	1,443	10	0.7	1,206	247	20.5
Headingley RM	6,511	6,243	268	4.3	3,016	3,495	115.9
District: Portage City	16,673	16,389	284	1.7	15,529	1,144	7.4
ZONE 1 SUBTOTAL	46,798	46,000	(+798)	1.7%	40,306	(+6,492)	16.1%

Table 2. Zone 2 (Mid)

ZONE 2	2024	2023	1-Year Change	1-Year % Change	2014	10-Year Change	10-Year % Change
District: Grey Municipality	2,945	2,906	39	1.3	2,809	136	4.8
District: Macdonald RM	9,335	9,211	124	1.3	7,136	2,199	30.8
District: Red River South	4,640	4,654	-14	-0.3	4,648	-8	-0.2
Emerson-Franklin Municipality	2,957	2,955	2	0.1	2,904	53	1.8
Montcalm RM	1,165	1,172	-7	-0.6	1,174	-9	-0.8
Roseau River FN	518	527	-9	-1.7	570	-52	-9.1
District: Carman	6,120	6,057	63	1.0	5,728	392	6.8
Carman Town	4,449	4,366	83	1.9	3,905	544	13.9
Dufferin RM	1,671	1,691	-20	-1.2	1,823	-152	-8.3
District: Morris	5,921	5,824	97	1.7	5,076	845	16.6
Morris RM	3,224	3,145	79	2.5	2,796	428	15.3
Morris Town	2,697	2,679	18	0.7	2,280	417	18.3
District : St Pierre-De Salaberry	4,807	4,726	81	1.7	4,244	563	13.3
St. Pierre Jolys Village	1,704	1,690	14	0.8	1,422	282	19.8
De Salaberry RM	3,103	3,036	67	2.2	2,822	281	10.0
ZONE 2 SUBTOTAL	33,768	33,378	+390	1.2%	29,641	4,127	13.9

Table 3. Zone 3 (West)

ZONE 3	2024	2023	1-Year Change	1-Year % Change	2014	10-Year Change	10-Year % Change
District: Lorne/Louise/Pembina	8,772	8,708	64	0.7	7,930	842	10.6
Lorne Municipality	3,561	3,559	2	0.1	3,449	112	3.2
Louise Municipality	1,994	1,988	6	0.3	1,901	93	4.9
Pembina Municipality	2,942	2,890	52	1.8	2,349	593	25.2
Swan Lake First Nations	275	271	4	1.5	231	44	19.0
District: Altona	10,854	10,470	384	3.7	9,522	1,332	14.0
Rhineland Municipality	4,719	4,555	164	3.6	4,474	245	5.5
Altona Town	6,135	5,915	220	3.7	5,048	1,087	21.5
District: Stanley RM	9,255	8,915	340	3.8	5,851	3,404	58.2
District: Morden City	11,984	11,599	385	3.3	9,464	2,520	26.6
District: Roland/Thompson	2,313	2,291	22	1.0	2,082	231	11.1
Roland RM	1,037	1,031	6	0.6	911	126	13.8
Thompson RM	1,276	1,260	16	1.3	1,171	105	9.0
District: Winkler City	17,098	16,672	426	2.6	15,781	1,317	8.3
ZONE 3 SUBTOTAL	60,276	58,655	1,621	2.8%	50,630	9,646	19.1

Table 4. Zone 4 (East)

ZONE 4	2024	2023	1-Year Change	1-Year % Change	2014	10-Year Change	10-Year % Change
District: Niverville/Ritchot	16,930	16316	614	3.8	11,684	5,246	44.9
Niverville Town	7,110	6811	299	4.4	4,635	2,475	53.4
Ritchot RM	9,820	9505	315	3.3	7,049	2,771	39.3
District : Ste. Anne/La Broquerie	15,342	14689	653	4.4	10,642	4,700	44.2
Ste Anne Town	3,681	3540	141	4.0	2,554	1,127	44.1
Ste Anne RM	4,753	4569	184	4.0	4,024	729	18.1
La Broquerie RM	6,908	6580	328	5.0	4,064	2,844	70.0
District: Taché	11,775	11289	486	4.3	9,263	2,512	27.1
District: Steinbach City	24,644	23628	1016	4.3	20,817	3,827	18.4
District: Hanover	18,316	17760	556	3.1	13,002	5,314	40.9
District: Rural East	4,454	4398	56	1.3	3,956	498	12.6
Piney RM	1,823	1801	22	1.2	1,728	95	5.5
Stuartburn RM	2,065	2043	22	1.1	1,737	328	18.9
Unorganized Territory	536	527	9	1.7	462	74	16.0
Buffalo Point First Nations	30	27	3	11.1	29	1	3.4
ZONE 4 SUBTOTAL	91,461	88,080	3,381	3.8%	69,364	22,097	33.9%

Figure 1. Age Group Distribution of SH-SS Vs. Manitoba, 2024

