

Canada's New Workplace Mobility Trends

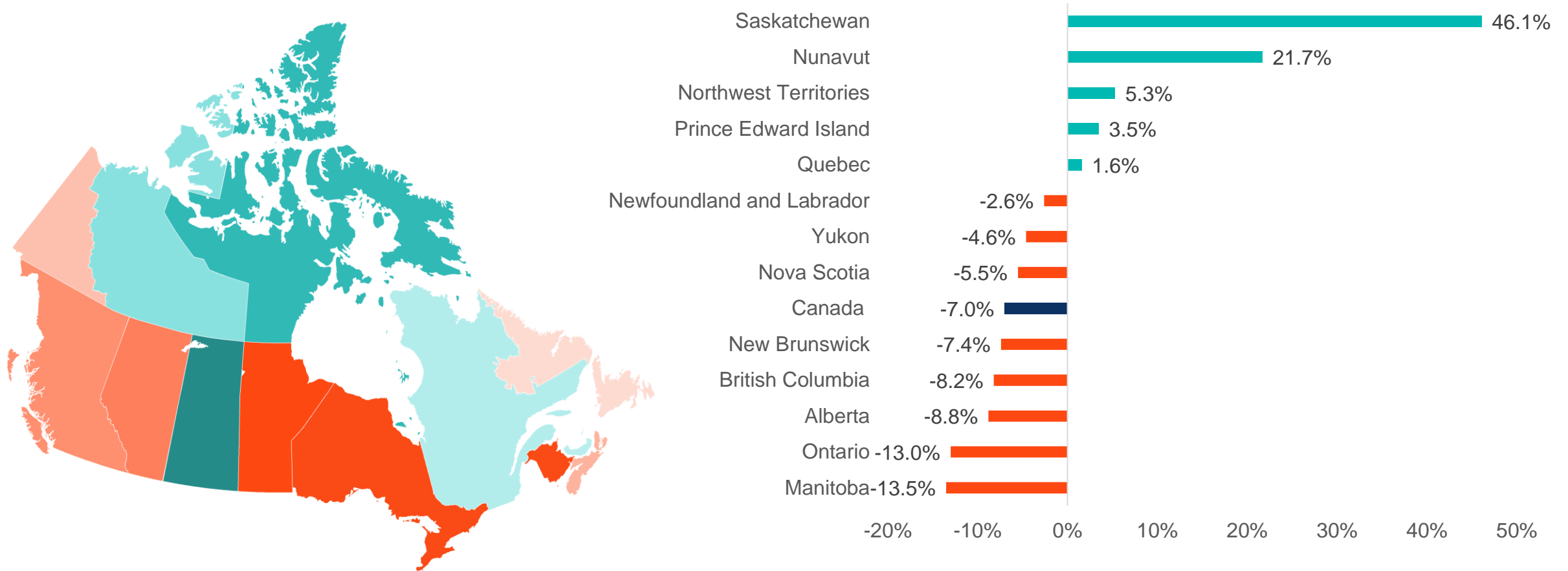
November 2022

Mobility Rankings for Downtowns, Census Metropolitan Areas, and Provinces and Territories



Mobility changes since the start of the pandemic

Mobility to workplaces, Canada, Provinces and Territories % change Sept 2022 vs. Jan 2020



Rankings for provinces and territories

Mobility to workplaces, Provinces and Territories

% change Sept 2022 vs. Jan 2020



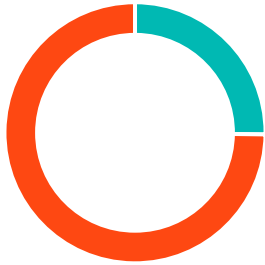
■ Recovered
■ Not Recovered

5 of 13 provinces and territories (38.5%) experienced increased mobility relative to Jan 2020.

RANK Out of 13	PROVINCE/TERRITORY	% CHANGE
1	Saskatchewan	46.1%
2	Nunavut	21.7%
3	Northwest Territories	5.3%
4	Prince Edward Island	3.5%
5	Quebec	1.6%
6	Newfoundland and Labrador	-2.6%
7	Yukon	-4.6%
8	Nova Scotia	-5.5%
9	New Brunswick	-7.4%
10	British Columbia	-8.2%
11	Alberta	-8.8%
12	Ontario	-13.0%
13	Manitoba	-13.5%
	Canada	-7.0%

Rankings for Downtowns

Mobility to workplaces, Downtowns % change Sept 2022 vs. Jan 2020



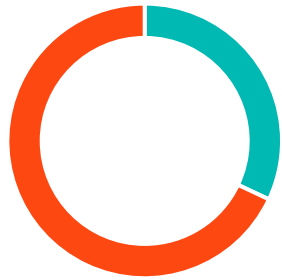
■ Recovered
■ Not Recovered

14 of 55 downtowns (25.5%)
experienced increased mobility
relative to Jan 2020.

RANK Out of 55	DOWNTOWNS	% CHANGE	RANK Out of 55	DOWNTOWNS	% CHANGE	RANK Out of 55	DOWNTOWNS	% CHANGE
1	Regina, SK	92.1%	20	Halifax, NS	-6.3%	39	Moncton, NB	-28.4%
2	Saskatoon, SK	78.1%	21	Richmond Hill, ON	-7.6%	40	Thunder Bay, ON	-31.3%
3	Chilliwack, BC	60.7%	22	Fredericton, NB	-9.5%	41	Longueuil, QC	-32.0%
4	Brantford, ON	38.5%	23	Laval, QC	-10.7%	42	Sudbury, ON	-32.7%
5	Barrie, ON	29.0%	24	Winnipeg, MB	-10.8%	43	Mississauga, ON	-33.0%
6	Trois-Rivières, QC	28.7%	25	Saguenay, QC	-11.9%	44	St. John's, NF	-33.3%
7	Kingston, ON	27.5%	26	Guelph, ON	-12.1%	45	Peterborough, ON	-34.7%
8	Brampton, ON	27.4%	27	Red Deer, AB	-13.4%	46	Markham, ON	-39.9%
9	Sherbrooke, QC	13.7%	28	Lethbridge, AB	-13.6%	47	Calgary, AB	-41.6%
10	Surrey, BC	4.8%	29	St. Catharines, ON	-16.0%	48	Edmonton, AB	-43.8%
11	London, ON	2.8%	30	Victoria, BC	-17.0%	49	Ottawa, ON	-45.1%
12	Burlington, ON	1.3%	31	Saint John, NB	-18.0%	50	Toronto, ON	-46.3%
13	Cambridge, ON	0.8%	32	Belleville, ON	-18.4%	51	Waterloo, ON	-47.3%
14	Abbotsford, BC	0.3%	33	Kamloops, BC	-18.8%	52	Vancouver, ON	-47.6%
15	Richmond, BC	-1.0%	34	Kelowna, BC	-21.4%	53	Kitchener, ON	-48.8%
16	Nanaimo, BC	-1.4%	35	Hamilton, ON	-22.0%	54	Burnaby, BC	-62.6%
17	Montréal, QC	-3.5%	36	Oakville, ON	-25.4%	55	Gatineau, QC	-74.7%
18	Windsor, ON	-4.3%	37	Vaughan, ON	-25.7%			
19	Oshawa, ON	-4.7%	38	Québec City, QC	-27.7%			

Mobility changes for CMAs in Atlantic Canada and Quebec

Mobility to workplaces, Census Metropolitan Areas % change Sept 2022 relative to January 2020



■ Recovered ■ Not Recovered

49 of 153 Canadian CMAs
(32%) experienced increased
mobility relative to Jan 2020.

Atlantic Canada

RANK Out of 153	CMAs	% CHANGE
10	Bay Roberts, NL	41.1%
22	Kentville, NS	19.3%
33	Gander, NL	8.6%
48	St. John's, NL	1.1%
61	Charlottetown, PEI	-2.8%
67	Fredericton, NB	-4.6%
70	Saint John, NB	-5.3%
71	Grand Falls-Windsor, NL	-5.4%
94	Corner Brook, NL	-8.8%
96	Halifax, NS	-10.1%
104	Cape Breton, NS	-11.3%
108	Truro, NS	-12.0%
109	Moncton, NB	-12.2%
118	Summerside, PEI	-13.8%
119	Campbellton (NB/QC)	-14.0%
123	Miramichi, NB	-16.5%
130	Bathurst, NB	-20.4%
134	New Glasgow, NS	-21.8%
137	Edmundston, NB	-22.4%

Quebec

RANK Out of 153	CMAs	% CHANGE
12	Rimouski, QC	29.6%
13	Dolbeau-Mistassini, QC	29.2%
24	Lachute, QC	17.3%
25	Sorel-Tracy, QC	16.3%
27	Saint-Georges, QC	14.7%
31	Sainte-Marie, QC	9.0%
37	Cowansville, QC	7.1%
41	Montréal, QC	4.5%
42	Matane, QC	4.1%
46	Shawinigan, QC	3.1%
49	Sherbrooke, QC	0.3%
54	Saguenay, QC	-1.1%
55	Thetford Mines, QC	-1.3%
63	Drummondville, QC	-3.7%
75	Trois-Rivières, QC	-5.9%
76	Baie-Comeau, QC	-5.9%
83	Rouyn-Noranda, QC	-7.1%
85	Rivière-du-Loup, QC	-7.2%
89	Sept-Îles, QC	-8.6%
90	Victoriaville, QC	-8.6%
91	Québec City, QC	-8.7%
92	Joliette, QC	-8.7%
93	Salaberry-de-Valleyfield, QC	-8.8%
100	Val-d'Or, QC	-10.8%
101	Alma, QC	-10.8%
113	Granby, QC	-12.8%
132	Saint-Hyacinthe, QC	-21.2%

Mobility changes for CMAs in Ontario

Mobility to workplaces, Census Metropolitan Areas % change Sept 2022 vs. January 2020

RANK Out of 153	CMAs	% CHANGE	RANK Out of 153	CMAs	% CHANGE
6	Wasaga Beach, ON	66.9%	82	Tillsonburg, ON	-6.9%
11	Kawartha Lakes, ON	32.3%	86	Sudbury, ON	-7.3%
16	Elliot Lake, ON	24.3%	87	Cornwall, ON	-8.1%
19	Arnprior, ON	21.7%	95	Centre Wellington, ON	-9.9%
32	Kingston, ON	8.8%	99	Owen Sound, ON	-10.6%
35	Guelph, ON	7.8%	102	Belleville, ON	-10.9%
36	Thunder Bay, ON	7.6%	106	Petawawa, ON	-11.6%
39	Carleton Place, ON	7.0%	112	Hawkesbury (ON/QC)	-12.7%
40	Cobourg, ON	4.5%	114	Hamilton, ON	-13.2%
43	Barrie, ON	3.8%	116	Port Hope, ON	-13.4%
44	Kitchener - Cambridge - Waterloo, ON	3.8%	124	Stratford, ON	-16.6%
50	Brantford, ON	-0.1%	125	Ottawa - Gatineau (ON/QC)	-17.4%
52	Sarnia, ON	-1.1%	131	Chatham-Kent, ON	-20.6%
53	Oshawa, ON	-1.1%	133	Toronto, ON	-21.7%
57	Peterborough, ON	-1.4%	136	Woodstock, ON	-22.2%
59	North Bay, ON	-1.9%	138	Timmins, ON	-22.4%
65	Windsor, ON	-4.1%	139	Brockville, ON	-23.1%
68	Pembroke, ON	-4.6%	140	Norfolk, ON	-23.6%
69	Orillia, ON	-5.2%	142	Midland, ON	-27.5%
73	London, ON	-5.6%	144	Ingersoll, ON	-29.0%
78	Leamington, ON	-6.3%	150	Collingwood, ON	-42.1%
79	Sault Ste. Marie, ON	-6.3%	152	Kenora, ON	-50.2%
81	St. Catharines - Niagara, ON	-6.8%			

Mobility Changes for CMAs Western Canada and the Territories

Mobility to workplaces, Census Metropolitan Areas

% change Sept 2022 vs. January 2020

Manitoba and Saskatchewan

RANK Out of 153	CMAs	% CHANGE
1	Moose Jaw, SK	103.1%
2	Regina, SK	79.6%
3	Prince Albert, SK	76.3%
7	Saskatoon, SK	55.7%
8	Swift Current, SK	53.1%
9	North Battleford, SK	42.8%
14	Estevan, SK	28.7%
15	Yorkton, SK	25.2%
20	Steinbach, MB	21.4%
51	Weyburn, SK	-0.2%
122	Winnipeg, MB	-15.6%
143	Brandon, MB	-29.0%
147	Winkler, MB	-37.0%
151	Portage la Prairie, MB	-42.4%
153	Thompson, MB	-87.6%

Alberta

RANK Out of 153	CMAs	% CHANGE
4	Camrose, AB	69.5%
17	Okotoks, AB	23.8%
21	Wetaskiwin, AB	19.5%
23	Canmore, AB	18.5%
47	Strathmore, AB	2.1%
56	Sylvan Lake, AB	-1.3%
60	Wood Buffalo, AB	-2.3%
74	Lethbridge, AB	-5.8%
84	Medicine Hat, AB	-7.1%
97	Edmonton, AB	-10.2%
110	Calgary, AB	-12.3%
111	Grande Prairie, AB	-12.6%
117	Brooks, AB	-13.6%
120	Red Deer, AB	-14.3%
128	High River, AB	-19.1%
129	Lloydminster (SK/AB)	-19.5%
145	Lacombe, AB	-33.6%
148	Cold Lake, AB	-38.4%

British Columbia

RANK Out of 153	CMAs	% CHANGE
18	Parksville, BC	22.4%
26	Quesnel, BC	14.9%
28	Nelson, BC	12.8%
29	Chilliwack, BC	11.2%
30	Abbotsford - Mission, BC	9.0%
34	Terrace, BC	7.8%
38	Cranbrook, BC	7.1%
45	Fort St. John, BC	3.4%
58	Dawson Creek, BC	-1.9%
62	Prince George, BC	-3.1%
64	Victoria, BC	-3.8%
66	Powell River, BC	-4.3%
77	Salmon Arm, BC	-6.1%
80	Campbell River, BC	-6.4%
98	Kamloops, BC	-10.6%
103	Courtenay, BC	-11.2%
105	Vancouver, BC	-11.4%
107	Duncan, BC	-12.0%
115	Vernon, BC	-13.3%
121	Port Alberni, BC	-15.3%
126	Nanaimo, BC	-17.4%
127	Kelowna, BC	-17.7%
135	Penticton, BC	-21.9%
141	Williams Lake, BC	-27.0%
146	Squamish, BC	-34.7%
149	Prince Rupert, BC	-40.8%

Territories

RANK Out of 153	CMAs	% CHANGE
5	Iqaluit, NU	68.2%
72	Whitehorse, YT	-5.5%
88	Yellowknife, NT	-8.1%



Data sources and methodology

- **Objectives of the Study:** In this report, the Canadian Chamber of Commerce Business Data Lab (BDL) analyzes changes in mobility patterns across Canada since the start of the pandemic. Our data set includes results for Canada, 13 provinces and territories, 153 unique Census Metropolitan Areas (CMAs), and 55 Downtowns (using geographic definitions developed by Statistics Canada [2021a](#)).
- **Data Sources:** Mobility and demographic results are BDL calculations using Environics Analytics' WorkplaceNow and DemoStats datasets. Mobility data are collected weekly from January 2020 to September 2022. Demographic estimates are annuals for 2022. Employment data by industry use Statistics Canada's Labour Force Survey Tables [14-10-0022](#) and [14-10-0379](#). Remote work potential by industry uses Statistics Canada, [2021b](#).
- **Key Concepts:** "Mobility to workplaces" quantifies broad patterns using aggregated, anonymous, privacy-compliant, location-enabled, mobile devices crossing pre-defined downtown and CMA boundaries to travel to workplaces. Pre-pandemic mobility for the adult population (age 15+) is benchmarked to activity averaged over January 2020 for monthly data, and January 6-12, 2020 for weekly data. We calculate percent changes relative to these benchmarks, on a weekly and monthly basis, for each CMA and downtown region. We apply geographic analysis, time-series, scatter plots and cross-section regressions in conjunction with demographic and employment data to better understand the key drivers of these mobility patterns.
- **Contact:** For comments and questions on this research, contact Stephen Tapp, Canadian Chamber of Commerce, Chief Economist (STapp@Chamber.ca).

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