

LOOK

QUALITY OF LIFE REPORT
2 0 2 5

COL



SER

WHEN YOU LOOK.
WHEN YOU TAKE A HARD LOOK.
WHEN YOU LOOK DEEPER.
LOOK AT THE DETAILS.
LOOK BETWEEN THE LINES.

WHEN YOU TAKE A CLOSER LOOK.
AND WHEN YOU LOOK AT IT
FROM SOMEONE ELSE'S PERSPECTIVE.
YOU CAN LOOK TO MAKE IT BETTER.

*In the spirit of respect, reciprocity and truth, we honour and acknowledge
Moh'kinsstis, and the traditional Treaty 7 territory and oral practices
of the Blackfoot confederacy: Siksika, Kainai, Piikani, the îethka Nakoda
Nations: Chiniki, Bearspaw, Goodstoney and the Tsuut'ina Nation.*

*We acknowledge that this territory is home to the Otipemisiwak Métis
Government of the Métis Nation within Alberta Districts 5 and 6.*

*Finally, we acknowledge all Nations — Indigenous and non — who live,
work and play on this land, and who honour and celebrate this territory.*

A MESSAGE FROM OUR CEO



*The last few years have been difficult
for Calgarians with rising costs
causing stress and uncertainty.
While not out of the woods yet,
the pressure seems to have peaked.*

*This is reflected in this year's report,
as the number of people who rate their
quality of life as good or excellent has
increased this year. A similar upswing
holds for people reporting a positive
economic outlook.*

*Generally, people are reporting higher
levels of happiness, stronger confidence
in their financial footing, and a
renewed sense of optimism about their
lives here. These are encouraging signs
of a city moving forward together.*

*But just beneath these encouraging
results lies another truth: not everyone
is experiencing this recovery equally.*

*While many are thriving, others
are struggling to find their footing.
Those on the margins continue to face
persistent barriers to employment,
housing, and food security —
things crucial to our quality of life.*

*One group in particular stands
out this year — our young people.
Their voices reflect a deeper worry
about what lies ahead. From climate
change and housing affordability to
questions about future careers, their
concerns paint a sobering picture
of a generation that does not yet feel
fully confident in Calgary's promise.*

*Their experiences remind us that
while progress is real, it must also be
inclusive. A stronger Calgary is one
where every person feels they belong
and where no one is left behind.*

*That is the spirit of our city: resilient,
caring, and always moving forward.*

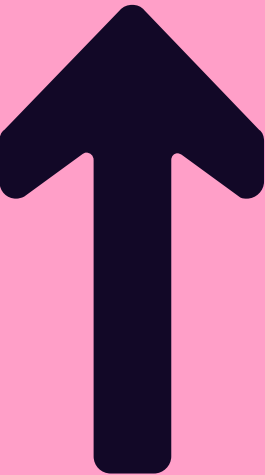
EVA FRIESEN
President and CEO
Calgary Foundation

In 2025, overall quality of life in Calgary has improved.

89% of Calgarians agree that Calgary is a good place to live, up from 81% last year.

79% of Calgarians have a strong or moderate sense of belonging to their community, up from 76% last year.

We value our relationships the most, followed by health, money, freedom, holidays, and work.



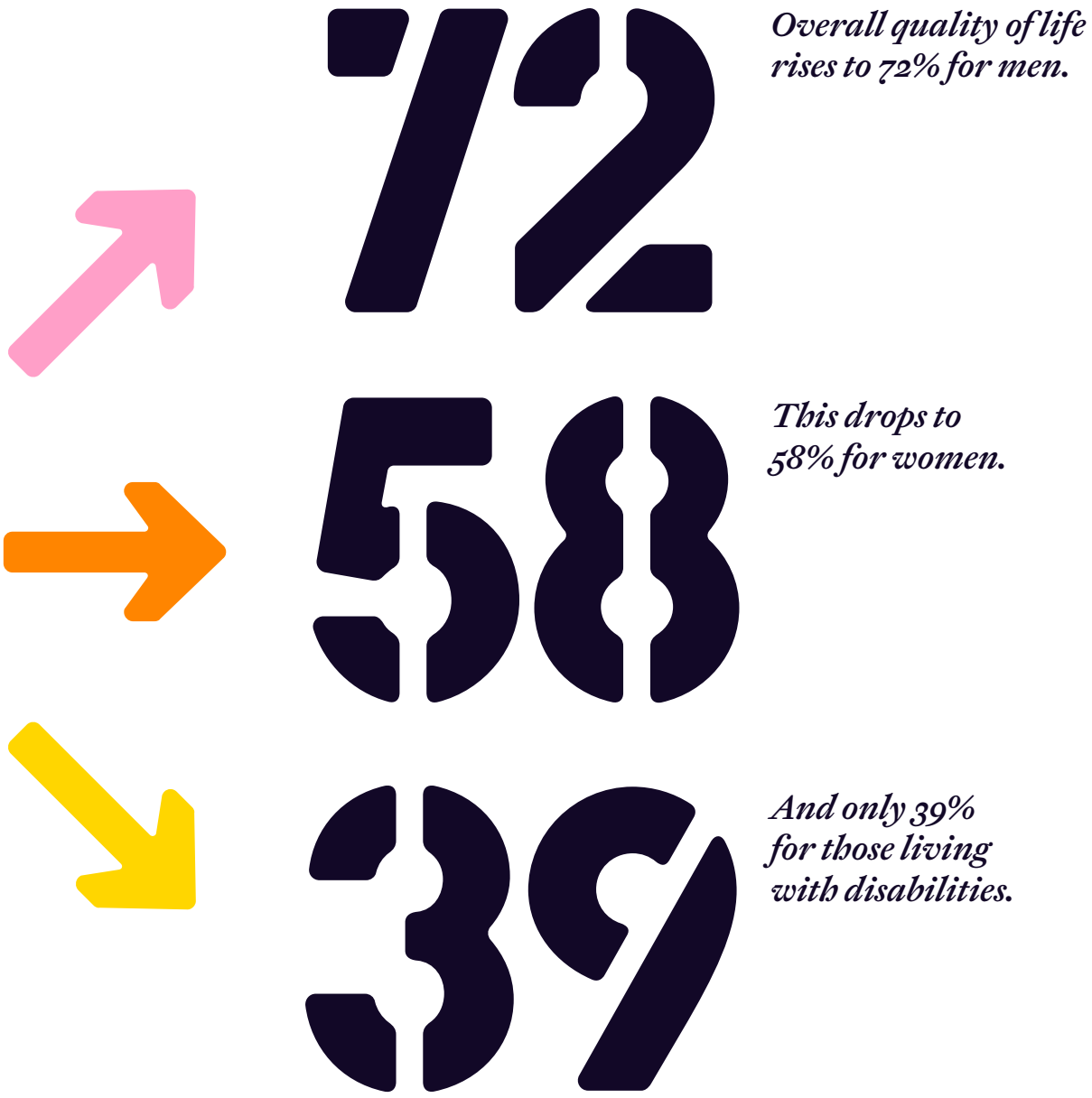
66% of Calgarians rate their quality of life as good or excellent, up from 61% last year.



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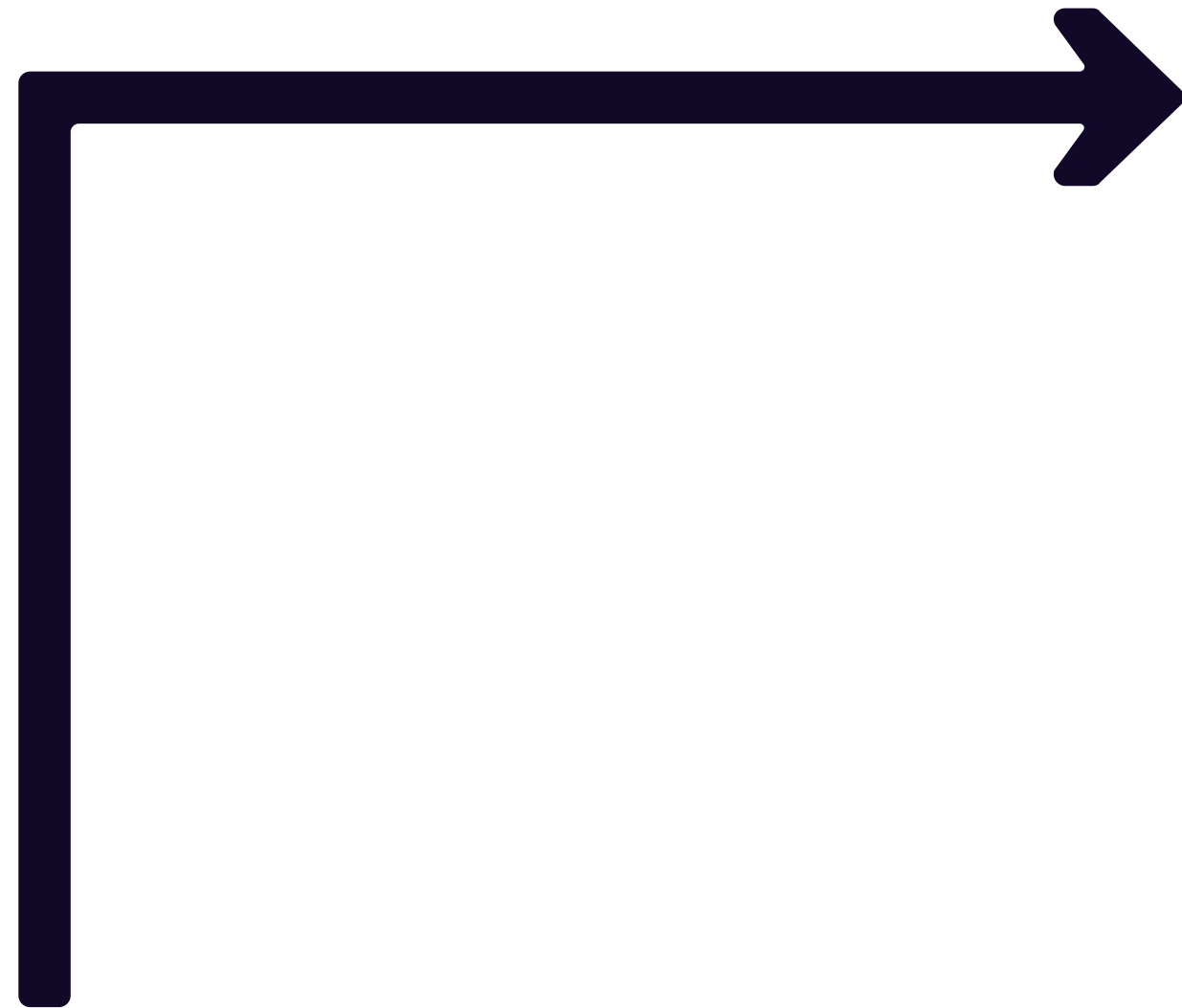
But when you look beyond the average...



*Overall quality of life
rises to 72% for men.*

*This drops to
58% for women.*

*And only 39%
for those living
with disabilities.*



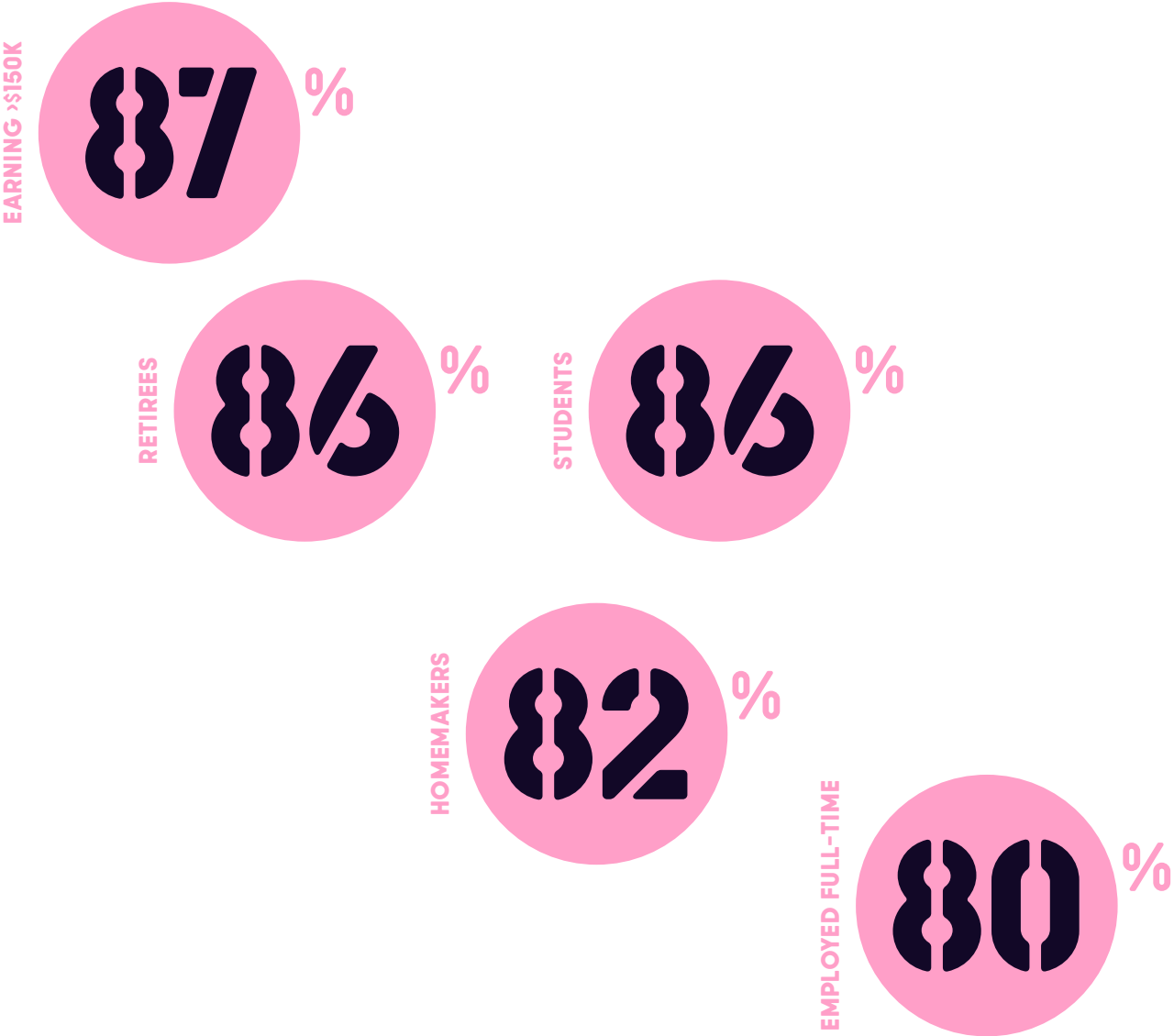
35
2024

*This year, **42%** of Calgarians reported a positive economic outlook, up from **35%** last year.*

*But only **26%** of students are feeling positive about their economic opportunities.*

*With only **23%** of unemployed Calgarians feeling optimistic.*





% OF CALGARIANS WHO REPORT A SENSE OF BELONGING TO THEIR COMMUNITY

UNEMPLOYMENT

While most Calgarians feel a sense of belonging to their community at 79%, up from 76% in 2024, those feelings are not shared by unemployed people, at only 46%.

With 42% of unemployed people and 40% of those earning less than \$30k reporting stress due to loneliness, this indicates a large gap in social connection amongst those facing financial hardship.



IS ISOLATING

WE DON'T WANT TO LEAVE

*At 89%, most of us think
Calgary is a great place
to live, regardless of
our working situation:*

*94% of retirees
93% of students
89% of full-time workers
85% of part-time workers
94% of homemakers
73% of unemployed people*

*The fewest number of
people ever are planning
to leave the city in the next
five years, at only 19%,
down from 30% in 2021.*

*But age is a huge factor: Only 6% of people aged
65+ plan to leave. Jumping to 26% for those aged
25 to 35, with 18 to 24 year olds higher still at 35%.*

WE DON'T WANT TO LEAVE

**MOST CALGARIANS BELIEVE THE ARTS BRING
VIBRANCY TO THEIR LIVES AND THE CITY**

73% agree a strong arts and culture scene is key to creating a vibrant city.

70% believe the arts help them appreciate other perspectives and cultures.

69% think public art improves quality of life for residents and visitors.

63% think public art helps create a sense of belonging to their community.

MORE PEOPLE ARE ABLE TO AFFORD HEALTHY FOOD



But 44% of parents skipped a meal so their children could eat.

23% indicated the whole family skipped meals.

88% made adjustments to their lives to afford rising food costs.

28% of us occasionally or frequently used community based food services, up from 20% in 2024.

This jumps to 44% for those aged 18-34.

91

% OF CALGARIANS SAY THEY ARE PROUD TO BE CANADIAN

Over the past year, pride in being Canadian has increased for 34% of Calgarians, with 40% of retirees, 34% of full-time workers, 32% of students, and 31% of part-time workers reporting an increase.



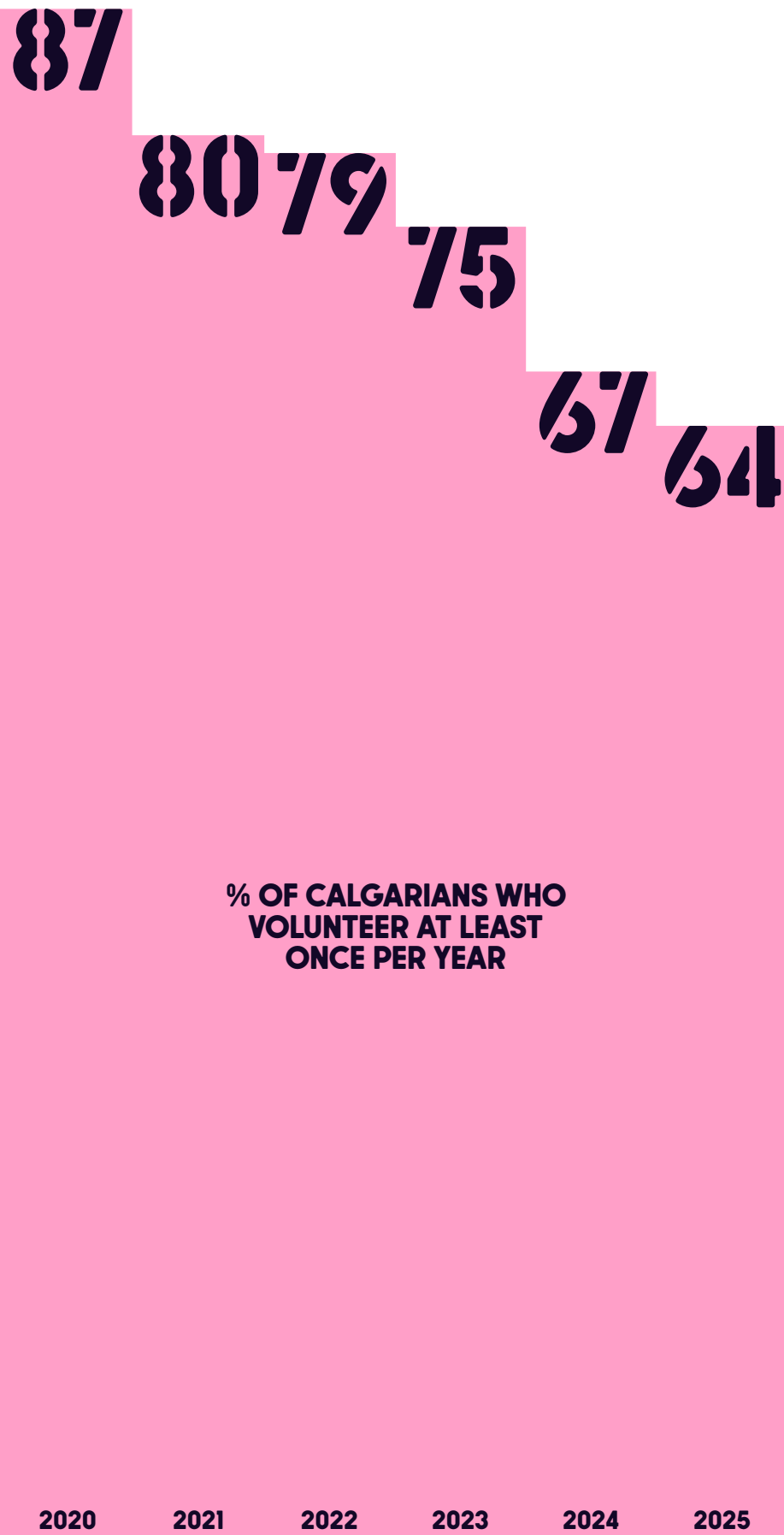
NATIONAL AND CIVIC PRIDE ARE STRONG

85

% OF CALGARIANS SAY THEY ARE PROUD TO BE CALGARIAN

Over the past year, pride in being Calgarian has remained fairly consistent across age groups at 86% for 18–34 year olds, 89% for 35–54 year olds, and 85% for those 55 and over.

However, this sentiment is not consistent across income brackets, with pride levels dropping to 70% for those earning less than \$60k annually.



**BUT PEOPLE SEEM
TO BE STRUGGLING
TO GIVE BACK**

Volunteering and donations are at an all time low.

THE NUMBERS FOR RENTERS LOOK GOOD

58 66 7.2

58% of renters can find
suitable options,
up from 51% in 2024.

66% of renters feel they
have affordable options,
up from 61% in 2024.

7.2% decrease
in average rental
prices since 2024 *

* www.rentals.ca via Calgary Herald, Jan 10 2025. Dates cover January 2024–January 2025, for two bedroom apartments.

BUT THEY DON'T

ADD UP

70% of renters saw their
rent increase since 2024.

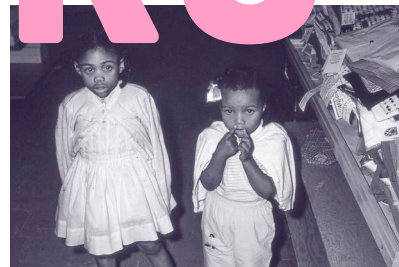
1 in 5 missed a rent payment.

2 in 3 had to make changes
to their budgets to afford the
rent increase.

HOUSING IS



BUT MANY STILL RELY ON OTHERS



MORE AFFORDABLE



1 in 10 people are living with friends or relatives for free. At least 7 in 10 of those people do so because they can't find or afford suitable rentals, much less own.

27% of homeowners in Calgary have adult children who don't live at home.

21% of those parents are assisting their children financially in the form of:

*down payments: 39%
mortgage payments: 44%
rental payments: 43%*

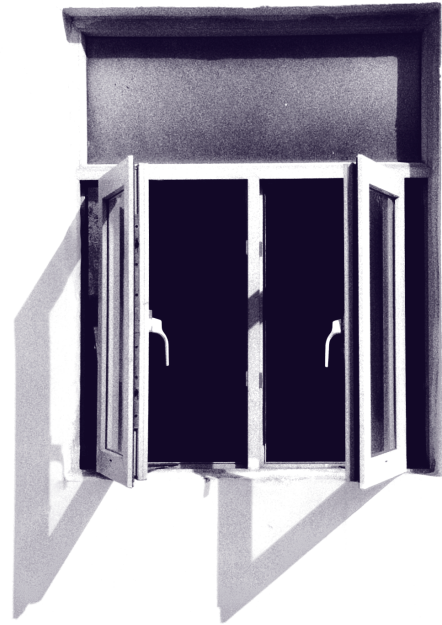
Of 18–34 year olds; 40% rent, 37% own, and 23% live with friends/family

Of unemployed people; 40% rent, 27% own, and 33% live with friends/family



TO HELP





**72% OF RENTERS
WANT TO OWN A
HOME ONE DAY,
BUT ONLY 46%
FEEL OPTIMISTIC
THEY WILL**

What's stopping us?

64% of renters say that affordability of a down payment is the single biggest barrier to owning a home.

50% of renters consider qualifying for a mortgage to be a significant barrier.

Followed by 41% of renters stating income stability as a significant barrier.

WE SEE AS EQUALS

71% of all Calgarians agree that diversity makes their city stronger.

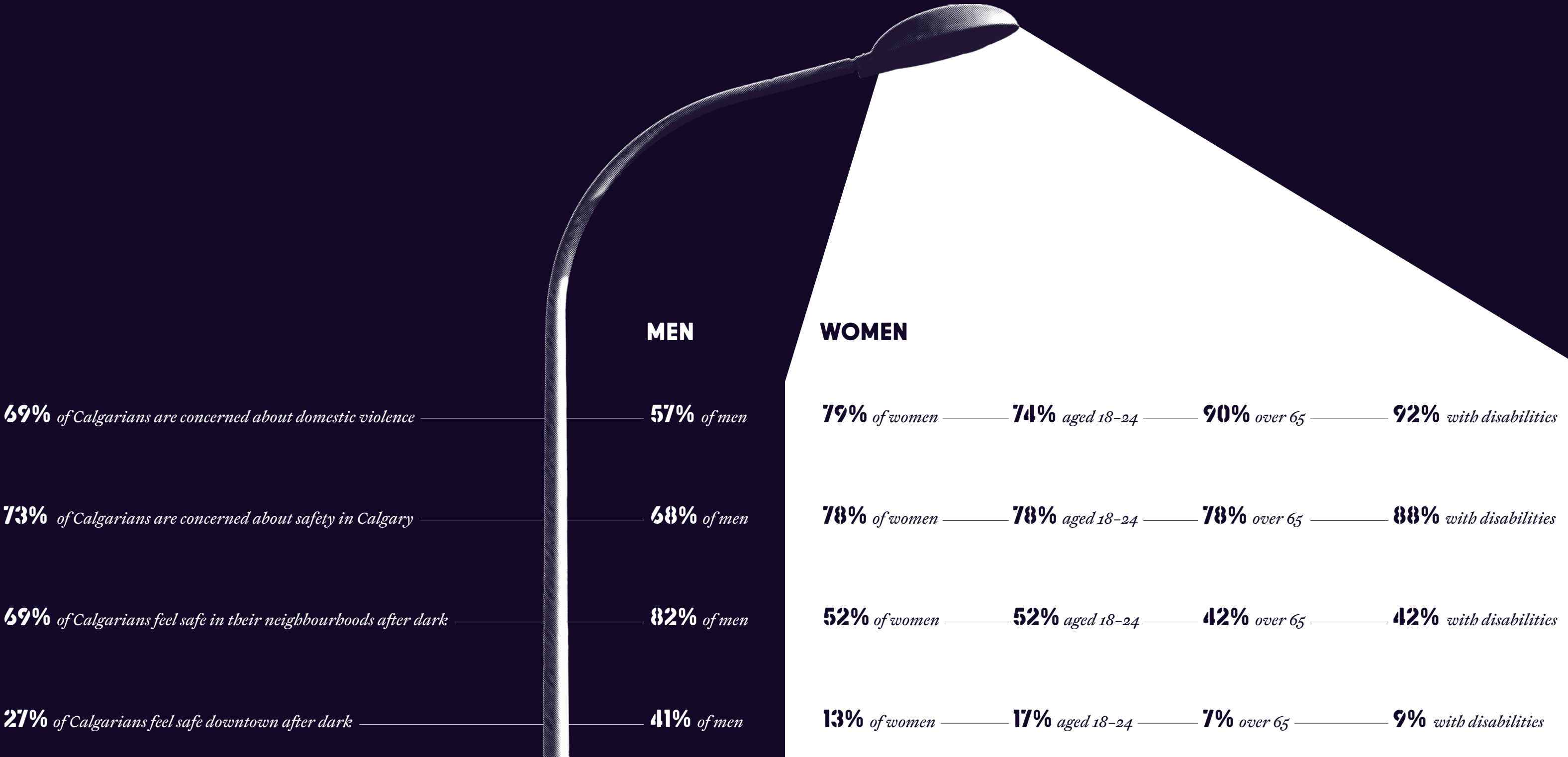
69% of all Calgarians, regardless of race, gender or age, agree that racism exists in the city.

56% of all Calgarians, regardless of race, believe Calgary is committed to equity and anti-racism.



UN— **WHETHER AT HOME, IN THEIR NEIGHBOURHOOD, OR DOWNTOWN, MEN LIVE WITH FAR LESS CONCERN FOR THEIR SAFETY THAN WOMEN.**

F E A R F U L .



ON AVERAGE WE'RE
FEELING PRETTY GOOD.

BUT WE'RE NOT
ALL AVERAGE.

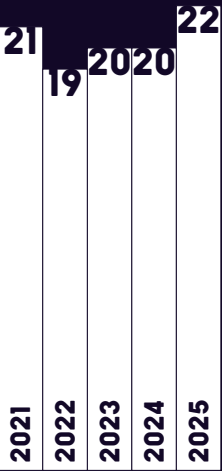


Stress due to finances Stress due to health concerns Stress due to housing concerns Those reporting good mental health Access to addiction services

LONELIER
THAN
LOCKDOWN

22% of us are feeling more lonely than during the pandemic, up from 20% last year and 19% in 2022.

Amongst young adults the number is a staggering 41%.



Stress due to loneliness

OPEN TO CHANGE



CLOSED TO ACTION



Young adults are the most worried about the environment, but the least likely to act.

87% of young people are concerned about climate change, vs. 79% of those aged 25–34, 81% of 35–54 year olds, and 72% of those aged 55 and over.

85% of young people are concerned about wildlife and biodiversity loss.

96% of 18–34 year olds believe access to nature and green spaces are important to their quality of life, vs. 88% of those aged 55 and over.

79% of 18–34 year olds spend time outdoors daily or weekly, vs. 55% of those aged 55 and over.

However,

Only **46%** of those aged 18–24 made efforts to reduce waste, compared to 69% of those over 55.

Only **50%** of 18–24 year olds reduced their energy consumption in 2024, vs. 64% of those aged 55+.

Those aged 18–34 have increased use of public transit the most, at 32% vs. 21% overall. Though this is likely due to income, as that number rises to 48% for students, and 34% for those living with friends and family.

Across all demographics, appreciation, use of, and concern for the environment is high at 94%, 69%, and 79% respectively. However, women and those with disabilities consistently report higher levels of involvement in environmental action.

SURVEY METHODOLOGY
AND DEMOGRAPHICS

The 2025 report is based on the survey responses of 1,000 Calgarians. To ensure an accurate representation of the population, survey respondents were randomly selected based on demographic quotas. For comparative purposes, a probability sample of 1,000 results in a margin of error of +/- 3%, 19 times out of 20.

AGE		GENDER	
18-24	11%	Female	49.5%
25-34	19%	Male	49.7%
35-44	21%	Non-binary	0.8%
45-54	17%	Transgender	
55-64	15%	Intersex	
65+	17%	Two-spirit	

QUADRANT		EMPLOYMENT	
North West	30%	Full-time	53%
North East	19%	Part-time	13%
South West	20%	Unemployed	5%
South East	20%	Retired	22%
Other	11%	Student	4%
		Homemaker	3%

RACIAL IDENTITY		INCOME (\$/YR)	
Consider themselves part of a racialized community	32%	>30,000	10%
		30,000-50,000	19%
		60,000-90,000	19%
		90,000-120,000	17%
Yes	32%	120,000-150,000	11%
No	68%	150,000-200,000	9%
		>200,000	10%

ABOUT CALGARY
FOUNDATION

Each year, Calgary Foundation flows millions of dollars to every corner of our city, supporting causes as myriad as our population. As those funds spread, our hope is that they bring something else with them — the knowledge that a city is a profound thing to share.

2025 CALGARY FOUNDATION STATS

Asset Base	\$1.55 billion
New Contributions	\$81.2 million
New Funds	81
Total Granted	\$83.5 million
Number of Organizations Granted to	1,313

2025 BOARD OF DIRECTORS

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