

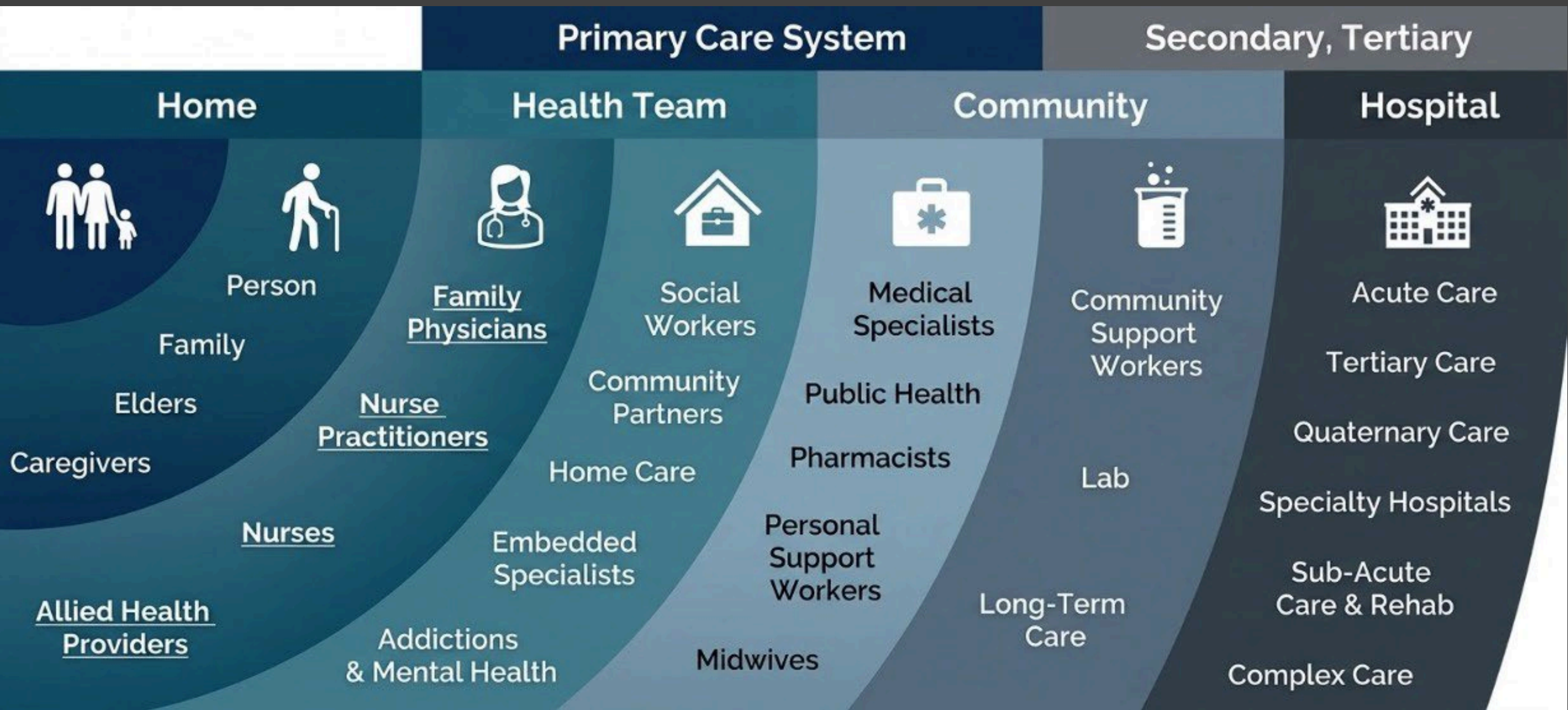
# Kanata and Stittsville

How these nine neighbourhoods compare with Ottawa

Ottawa West Four Rivers Ontario Health Team

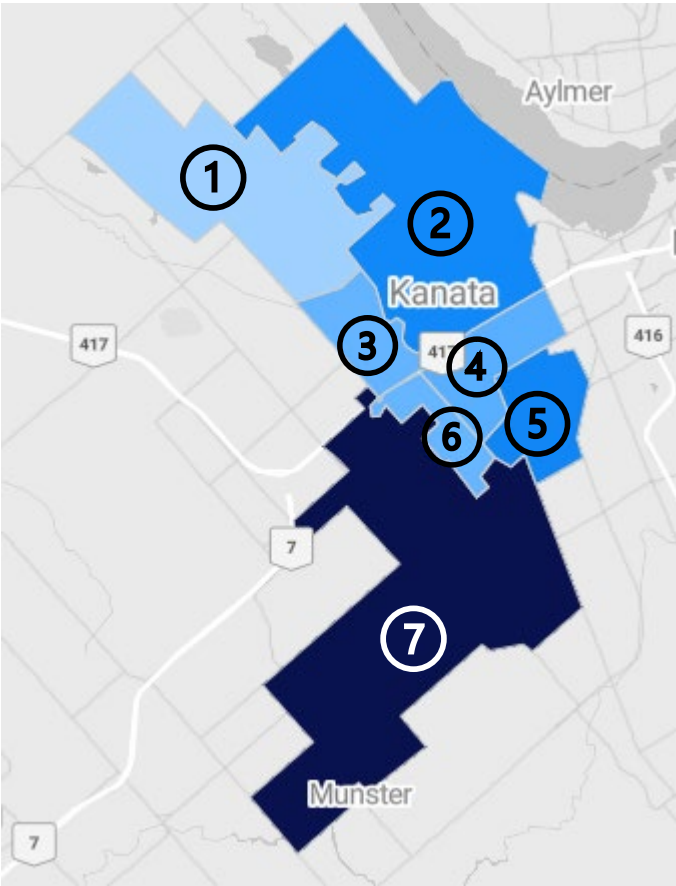
Prepared from Ottawa Neighbourhood Study Gen3 data | August 2026

# PCAP: Towards an Integrated System of Primary Care



# The seven FSAs (forward sortation areas)

PCAT boundaries, shown against the rest of the OWFR OHT in grey

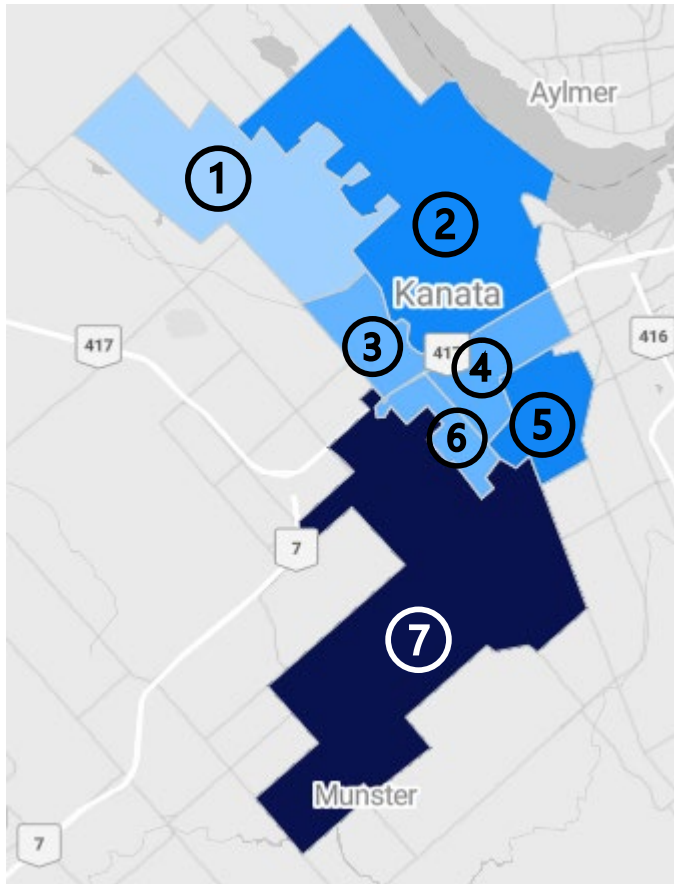


|                             | FSA - Description                               | Total Attributed Population | Total Unattached Population |
|-----------------------------|-------------------------------------------------|-----------------------------|-----------------------------|
| 1                           | K2W - Ottawa (North March)                      | 10,547                      | 1,060                       |
| 2                           | K2K - Ottawa (Beaverbrook / South March)        | 27,891                      | 3,044                       |
| 3                           | K2T - Kanata (Marchwood)                        | 15,399                      | 1,869                       |
| 4                           | K2L - Ottawa (Katimavik-Hazeldean / Glen Cairn) | 19,924                      | 2,016                       |
| 5                           | K2M - Ottawa (Bridlewood)                       | 31,141                      | 3,084                       |
| 6                           | K2V - Kanata (Terry Fox / Palladium)            | 15,001                      | 1,819                       |
| 7                           | K2S - Ottawa (Stittsville)                      | 49,473                      | 4,891                       |
| Seven FSAs together         |                                                 | 169,376<br>(34%)            | 17,783<br>(35%)             |
| Ottawa West Four Rivers OHT |                                                 | 501,363                     | 51,059                      |

*The seven cover **34%** of our OHT's attributed population and **35%** of our unattached population  
11,866 patients on the HCC waitlist (51% of our OHT's total HCC waitlist)*

# The seven FSAs (forward sortation areas)

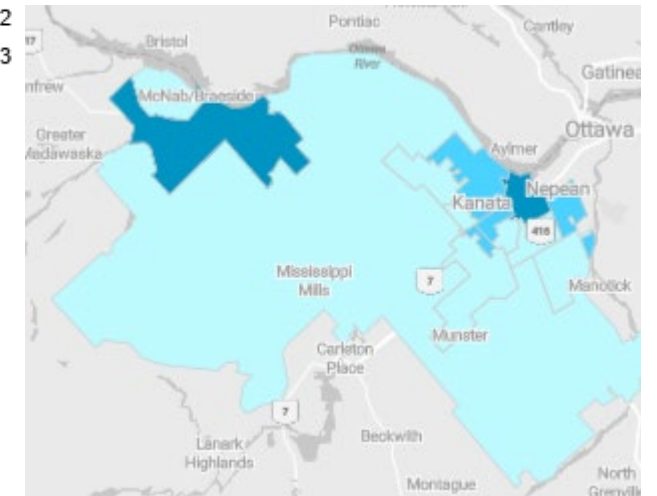
PCAT boundaries, shown against the rest of the OWFR OHT in grey



Select **Sociodemographic Indicators** are made available in the PCAT data package by FSA

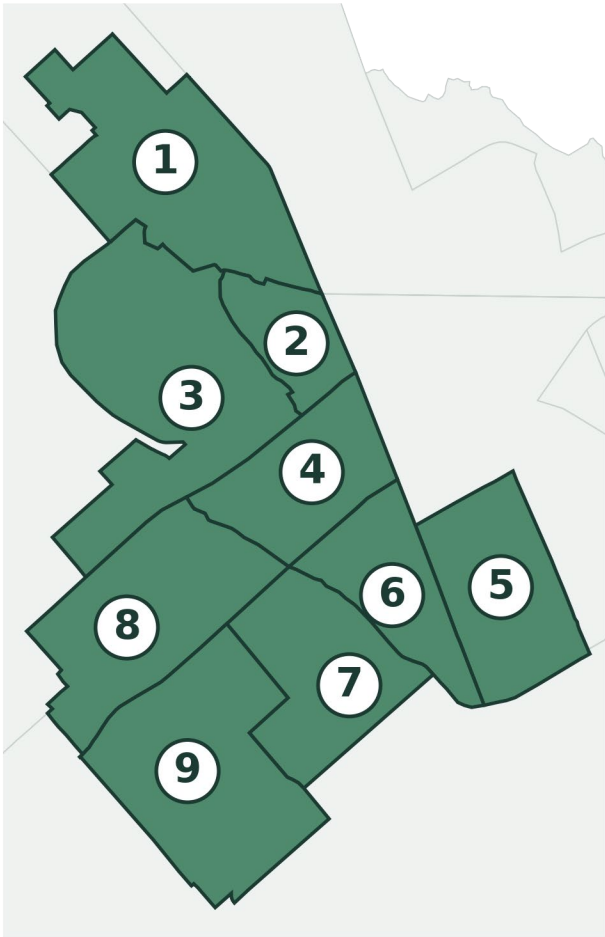


Q1 - lowest  
Q2  
Q3



# The nine neighbourhoods

ONS Gen3 neighbourhood boundaries



|                              | Neighbourhood                           | Population 2021 | ONS ID |
|------------------------------|-----------------------------------------|-----------------|--------|
| 1                            | Brookside - Briarbrook - Morgan's Grant | 15,525          | 3016   |
| 2                            | Beaverbrook                             | 6,680           | 3005   |
| 3                            | Kanata Lakes                            | 19,945          | 3060   |
| 4                            | Katimavik - Hazeldean                   | 11,440          | 3061   |
| 5                            | Bridlewood - Emerald Meadows            | 25,825          | 3014   |
| 6                            | Glen Cairn                              | 12,540          | 3048   |
| 7                            | Stittsville East                        | 10,515          | 3107   |
| 8                            | Stittsville North                       | 12,855          | 3108   |
| 9                            | Stittsville                             | 22,200          | 3106   |
| Nine neighbourhoods together |                                         | 137,525         |        |

*The nine cover 13.5% of Ottawa's 2021 population.*

*How this was calculated: Boundaries drawn from the polygon geometry in the ONS Gen3 file. Populations are the published neighbourhood totals; the area total is their sum.*

# The nine neighbourhoods differ from each other

Socioeconomic status quintile and three underlying measures

| Neighbourhood                           | SES quintile | % in low income | % of residents aged 65+ | % households in core housing need |
|-----------------------------------------|--------------|-----------------|-------------------------|-----------------------------------|
| Stittsville                             | 1            | 2.3             | 16.9                    | 3.8                               |
| Stittsville North                       | 1            | 4.7             | 9.8                     | 5.4                               |
| Stittsville East                        | 2            | 4.9             | 6.6                     | 6.3                               |
| Bridlewood - Emerald Meadows            | 2            | 4.6             | 12.3                    | 5.0                               |
| Kanata Lakes                            | 2            | 6.7             | 19.1                    | 6.4                               |
| Brookside - Briarbrook - Morgan's Grant | 2            | 5.3             | 9.0                     | 6.1                               |
| Glen Cairn                              | 3            | 5.9             | 14.7                    | 6.6                               |
| Katimavik - Hazeldean                   | 3            | 4.8             | 17.9                    | 7.6                               |
| Beaverbrook                             | 4            | 8.5             | 22.1                    | 11.0                              |
| <b>City of Ottawa</b>                   |              | <b>8.9</b>      | <b>16.0</b>             | <b>11.2</b>                       |

What the SES quintile is: an ONS index built by principal component analysis of six 2021 Census measures, namely unemployment rate, lone-parent families, residents aged 25 to 64 with no high school diploma, median market income, residents in low income (LIM-AT), and households in core housing need. Neighbourhoods are then sorted into fifths, where 1 is the least disadvantaged fifth of Ottawa neighbourhoods and 5 the most.

## The range within the area

- Stittsville has the third lowest low-income rate in Ottawa, at 2.3%.
- Beaverbrook falls in the fourth quintile. It has 22.1% of residents aged 65 and over and 20.9% one-parent families, both above city levels, and 11.0% of households in core housing need, close to the city figure of 11.2%.
- Glen Cairn has the highest crime rate of the nine, at 47.5 per 1,000, and the highest diabetes rate, at 11.1 per 100 adults.
- An average for the whole area would not show any of this.

*How this was calculated: Every figure in the table is a published neighbourhood or city value. Nothing on this slide is aggregated across the nine, because the quintile cannot be averaged.*

Source: Ottawa Neighbourhood Study Gen3; ONS-derived SES index using 2021 Census of Population data. The City of Ottawa is not assigned a quintile.

# Five ways the area differs from Ottawa overall

1

## More families with children

19.8% of residents are children, compared with 16.7% across Ottawa, and 52.1% of couple families have children at home, compared with 44.3%. Fewer people live on their own here: 6.5% versus 11.6%.

2

## A diverse population, outside the core

28.3% of residents are immigrants and 33.1% are racialized, both a little above the city figures. Some neighbourhoods are much more diverse than others.

3

## Fewer francophone residents

3.8% speak French most often at home, compared with 10.7% across Ottawa. About 0.4% know French but not English, compared with 1.4%.

4

## Lower disadvantage on most social measures and higher health measure outcomes, higher housing costs

5.0% of residents live in low income, compared with 8.9% across Ottawa. Average rent is \$1,937 a month, compared with \$1,422.

5

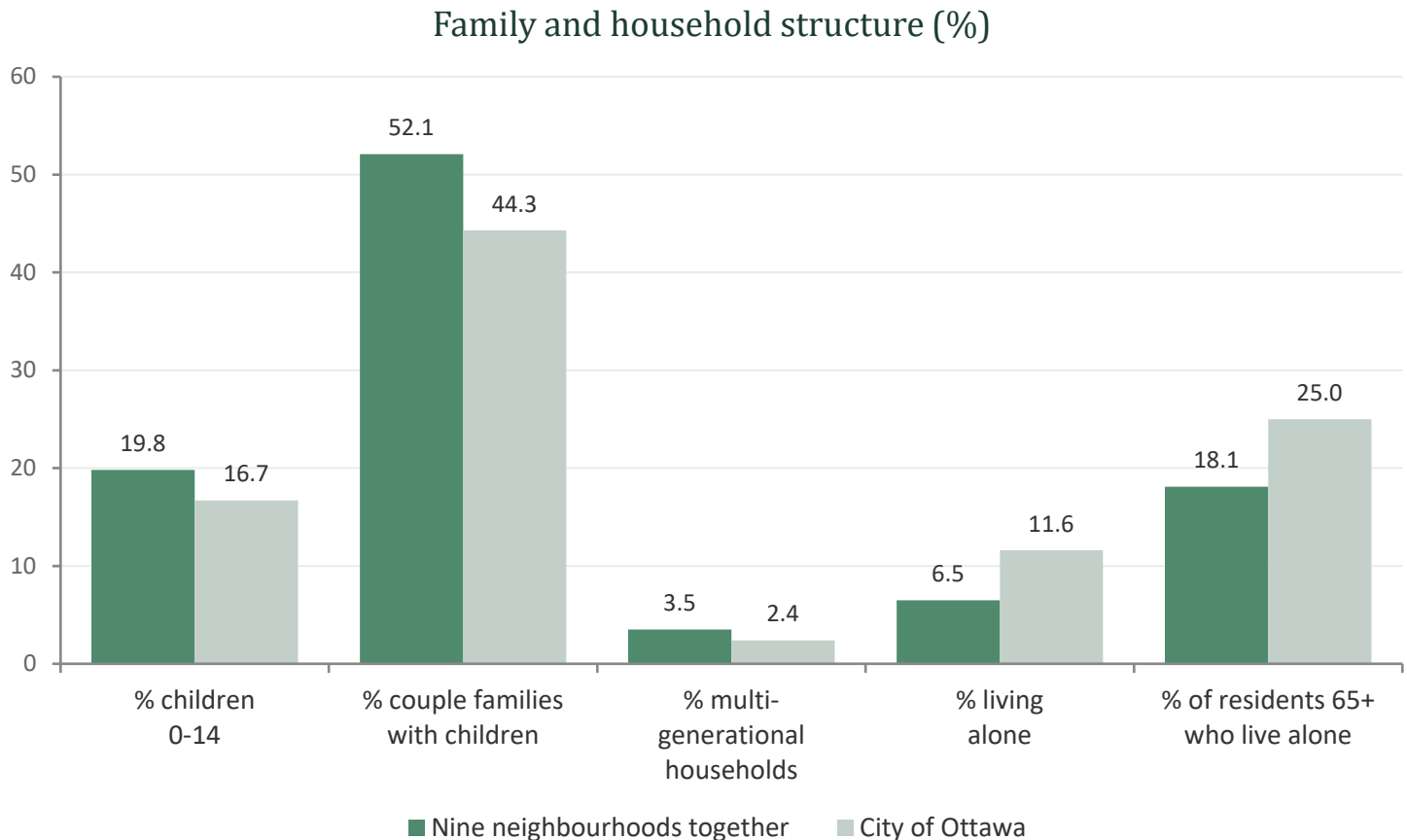
## Fewer health services located nearby

One of Ottawa's 60 mental health services is in the area. 5.7% of residents live within a 15-minute walk of a community health or resource centre, compared with 17.5% across Ottawa.

*How this was calculated: Every percentage on this slide for the nine neighbourhoods together is a population-weighted average of the nine neighbourhood values. The service counts are sums. Each figure is set out on its own slide later in the deck.*

# More families with children than the city average

Household and family structure, the nine neighbourhoods compared with the City of Ottawa



3.1

**Largest households**

Brookside - Briarbrook - Morgan's Grant has the largest average household size of the nine, and the third largest in Ottawa.

24.0%

**Most children**

Nearly a quarter of Stittsville East residents are under 15, the third highest percentage in Ottawa.

13.1%

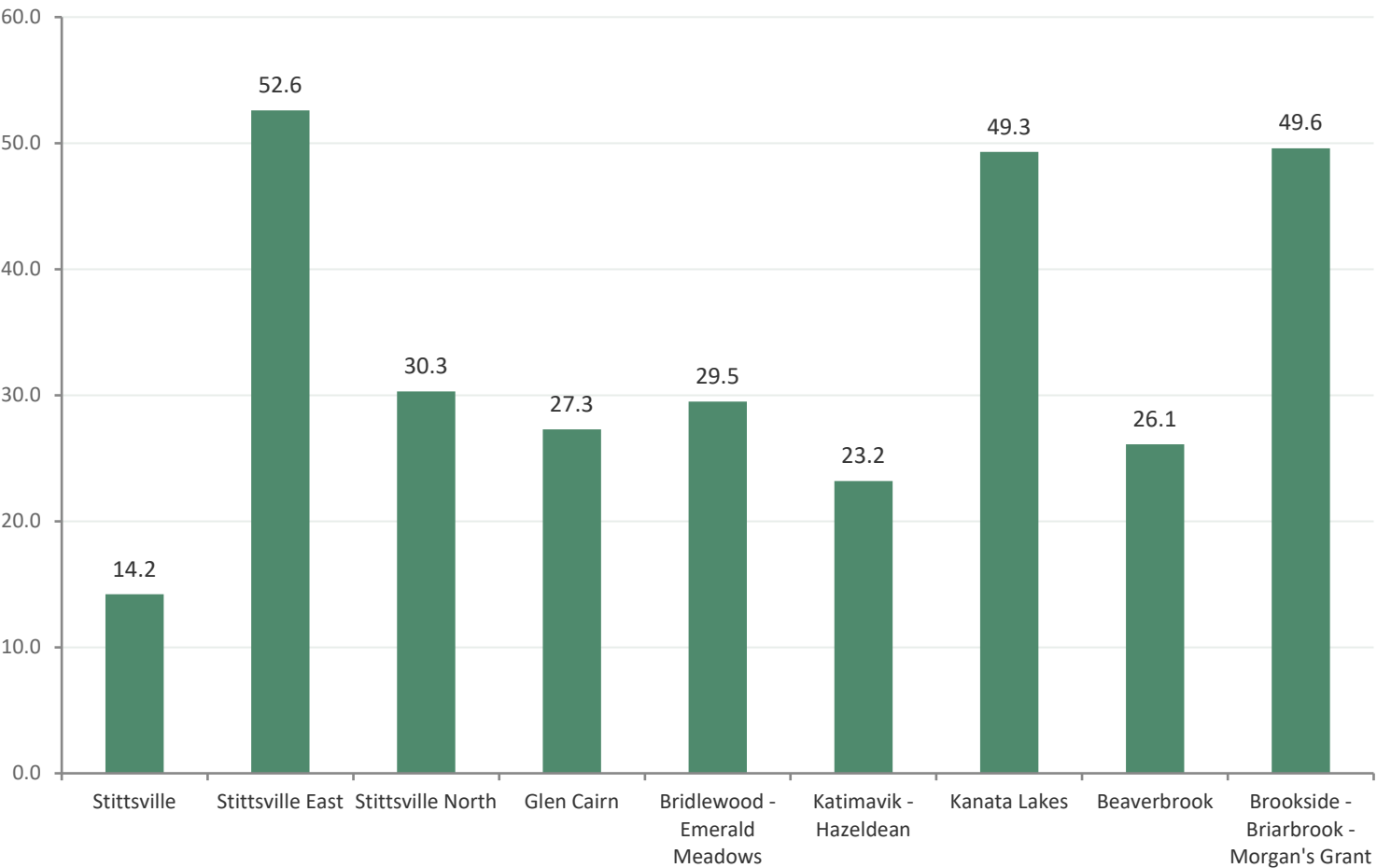
**One-parent families**

Lower than the city figure of 16.0%.

*How this was calculated: Figures for the nine neighbourhoods together are averages of the nine neighbourhood values, weighted by 2021 population. Calculating them from the underlying counts instead gives the same values to one decimal.*

# Racialized population varies widely by neighbourhood

Percentage of residents who are racialized (City of Ottawa: 32.5%)



**52.6%**

**Stittsville East**

The highest of the nine. 18.9% of residents are South Asian, the highest percentage of any Ottawa neighbourhood.

**25.1%**

**East Asian residents, Kanata Lakes**

Chinese, Korean and Japanese residents added together, against 5.2% across Ottawa. Its 23.6% Chinese figure is the highest in the city.

**14.2%**

**Stittsville**

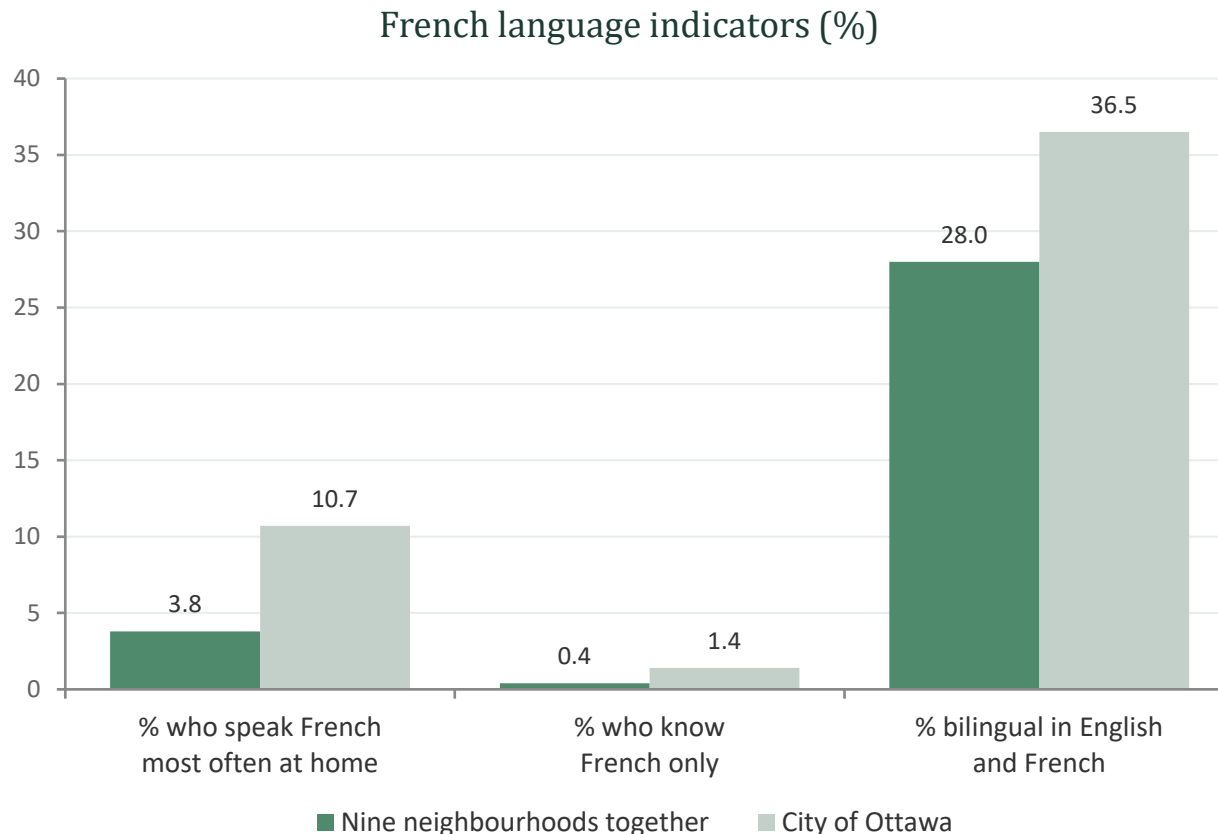
The lowest of the nine, and below the city figure.

*How this was calculated: Each bar is a single published neighbourhood value, so no aggregation is involved. The 25.1% East Asian figure is the sum of the Chinese, Korean and Japanese percentages for Kanata Lakes; the census has no combined East Asian category.*

Source: Ottawa Neighbourhood Study Gen3, 2021 Census of Population. Ranks are among the 109 neighbourhoods reporting the indicator.

# Fewer residents speak French

French-language indicators, the nine neighbourhoods compared with the City of Ottawa



*How this was calculated: Figures for the nine neighbourhoods together are averages of the nine neighbourhood values, weighted by 2021 population. The 5,215 figure is the sum of the nine neighbourhood counts.*

Source: Ottawa Neighbourhood Study Gen3, 2021 Census of Population.

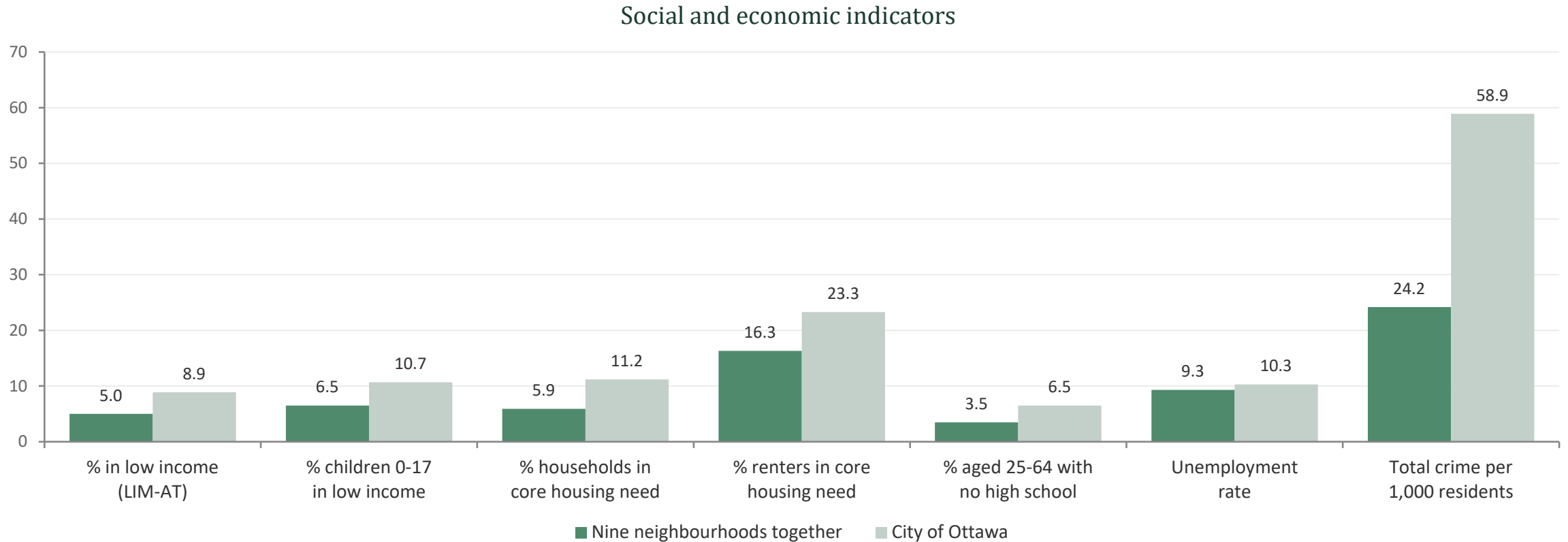
## What the numbers show

- About one in 26 residents speaks French most often at home. Across Ottawa it is about one in nine.
- The number of residents who know French but not English is small, so any French-language service here would draw from a wide area.
- Brookside - Briarbrook - Morgan's Grant and Bridlewood - Emerald Meadows have the highest French-at-home percentages of the nine, at 5.4% and 4.6%.
- Bilingualism is 8.5 percentage points below the city figure, which means a smaller local pool of bilingual staff and volunteers.

*5,215 residents across the nine neighbourhoods speak French most often at home, a real population, but one spread thinly across nine large suburban neighbourhoods.*

# Lower disadvantage on most social measures

The nine neighbourhoods compared with the City of Ottawa



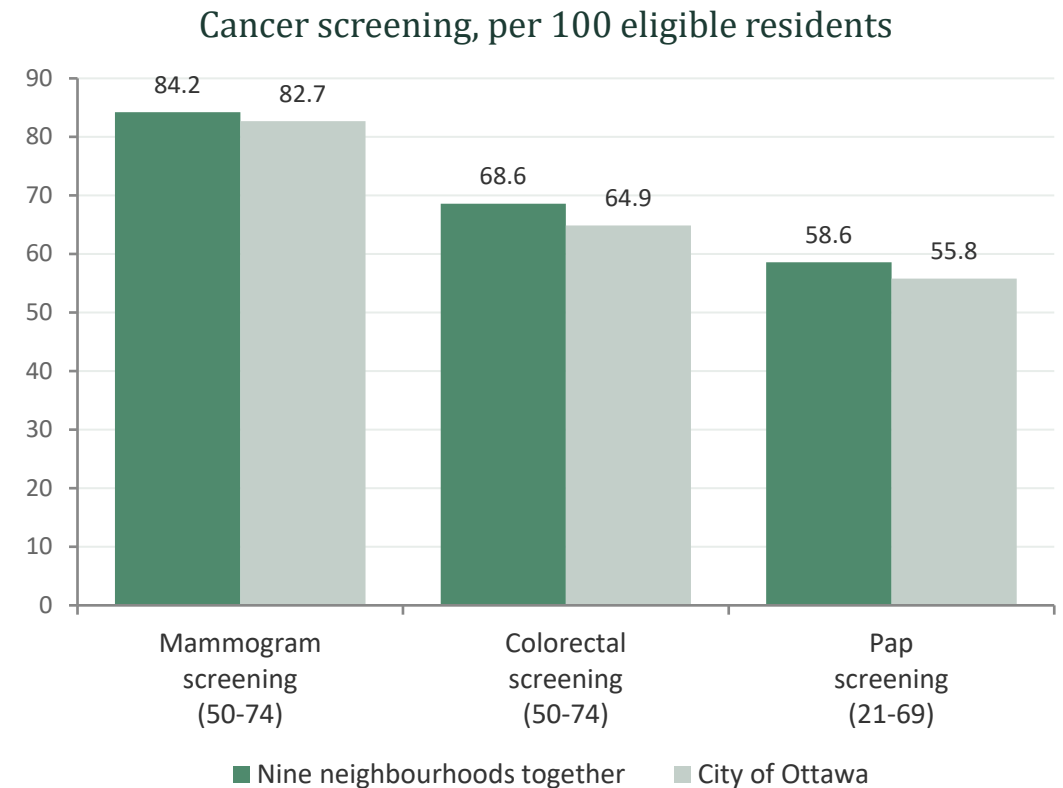
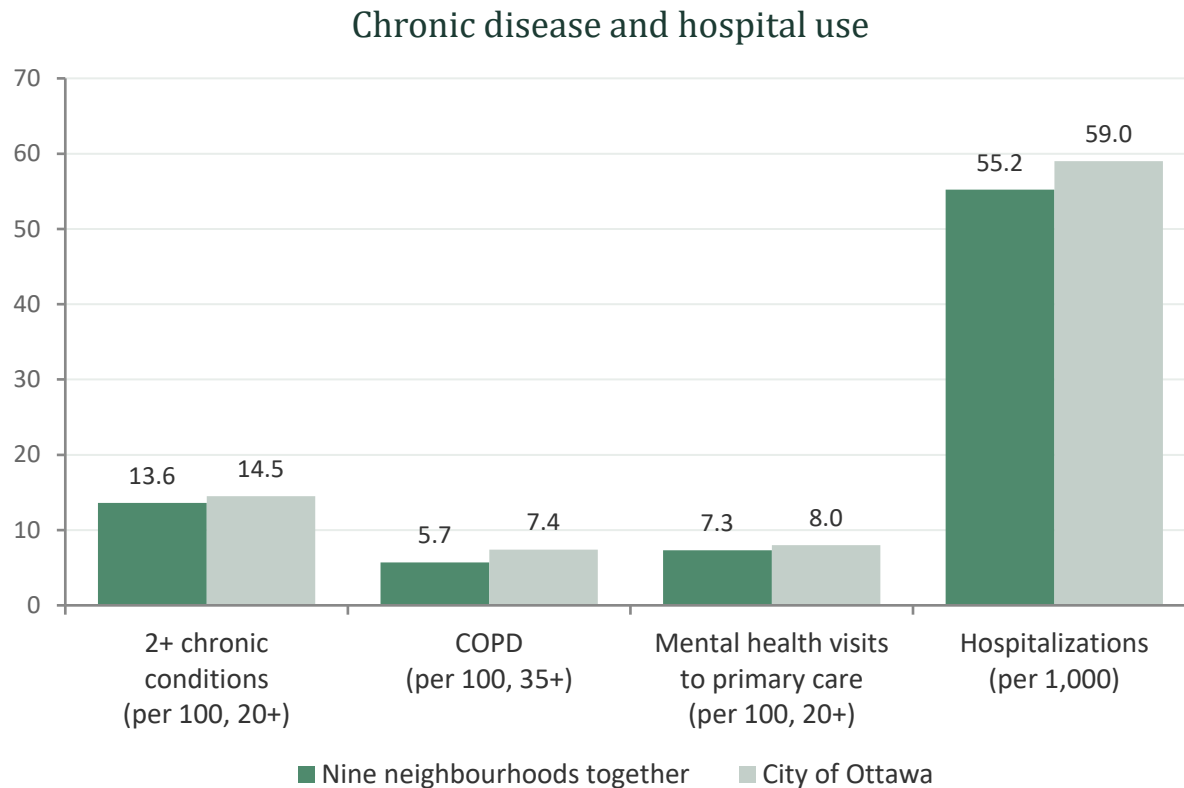
*82.2% of residents aged 25 to 64 have a postsecondary credential, compared with 76.8% across Ottawa.*

*How this was calculated: Figures for the nine neighbourhoods together are averages of the nine neighbourhood values, weighted by 2021 population. For the three household measures, weighting by household counts instead moves each value by no more than 0.2 of a percentage point.*

Source: Ottawa Neighbourhood Study Gen3, 2021 Census of Population; Ottawa Police Service crime data. LIM-AT is the after-tax low income measure.

# Most health measures are better than the city average

Age-standardized rates, the nine neighbourhoods compared with the City of Ottawa



*Hospital stays for conditions that good primary care can usually prevent run at 213.5 per 100,000 residents aged 0 to 74, compared with 355.2 across Ottawa.*

*How this was calculated: Figures for the nine neighbourhoods together are averages of the nine age-standardized rates, weighted by 2021 population. They are not re-standardized against a reference population, so they approximate an area rate rather than equalling one. The 213.5 figure was produced the same way.*

Source: ONS Gen3 health indicators derived from ICES data. Age-standardized means each rate is adjusted for the age structure of the population it describes.

# Few health services are located in the area

Mental health and community health services physically located inside the nine neighbourhoods

**1 of 60**

**Mental health services**

The area has 13.5% of Ottawa's population and 1.7% of its mental health services.

**1 of 43**

**Counselling services**

The one service is in Katimavik - Hazeldean.

**7 of 103**

**Support groups**

About 7% of the city total.

**5.7%**

**Live within a 15-minute walk of a community health or resource centre**

Across Ottawa the figure is 17.5%. In seven of the nine neighbourhoods, no one does.

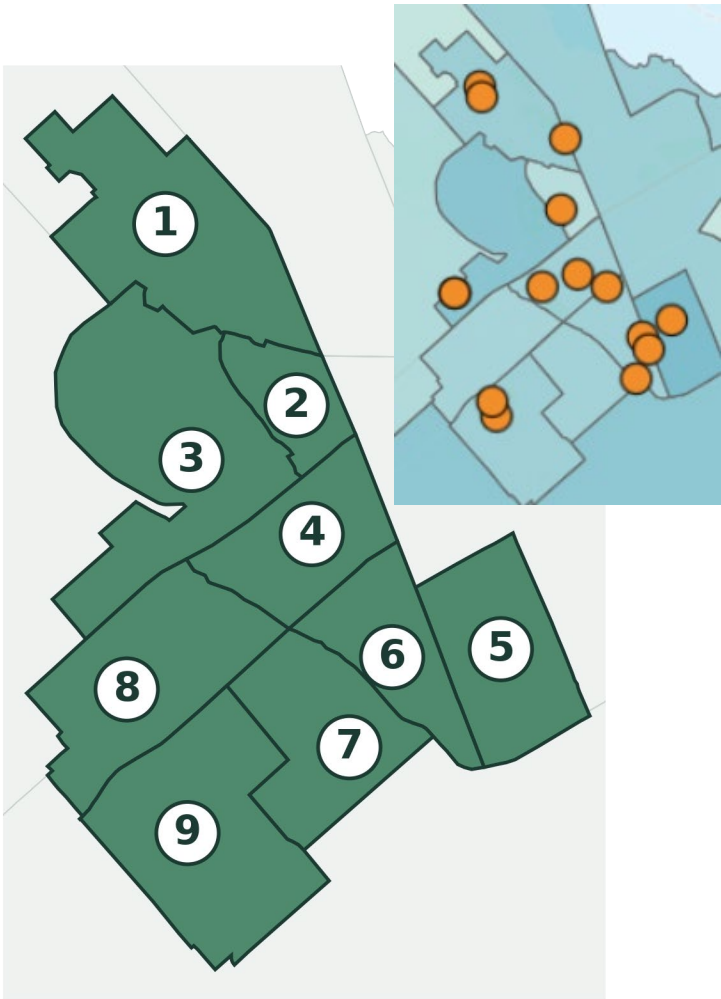
7,889 of the 137,525 residents can reach a community health or resource centre on foot within 15 minutes. The average resident lives 4.9 km from the nearest one, and 7.0 km from the closest three mental health services, a little further than the city average of 6.6 km.

***Across Ottawa there is roughly one mental health service for every 17,000 residents. In these nine neighbourhoods there is one for all 137,525.***

*How this was calculated: Service counts are sums of services located inside the neighbourhood boundaries plus a 50 metre buffer, so a service just outside a boundary is not counted. The 5.7% and the distances are population-weighted averages of the nine neighbourhood values.*

Source: ONS Mental Health Support Database (2023), drawing on Ottawa Public Health, Champlain Healthline and Alcoholics Anonymous listings; ONS community health and resource centre locations.

# The nine neighbourhoods



0.84

Physicians per 1,000 residents

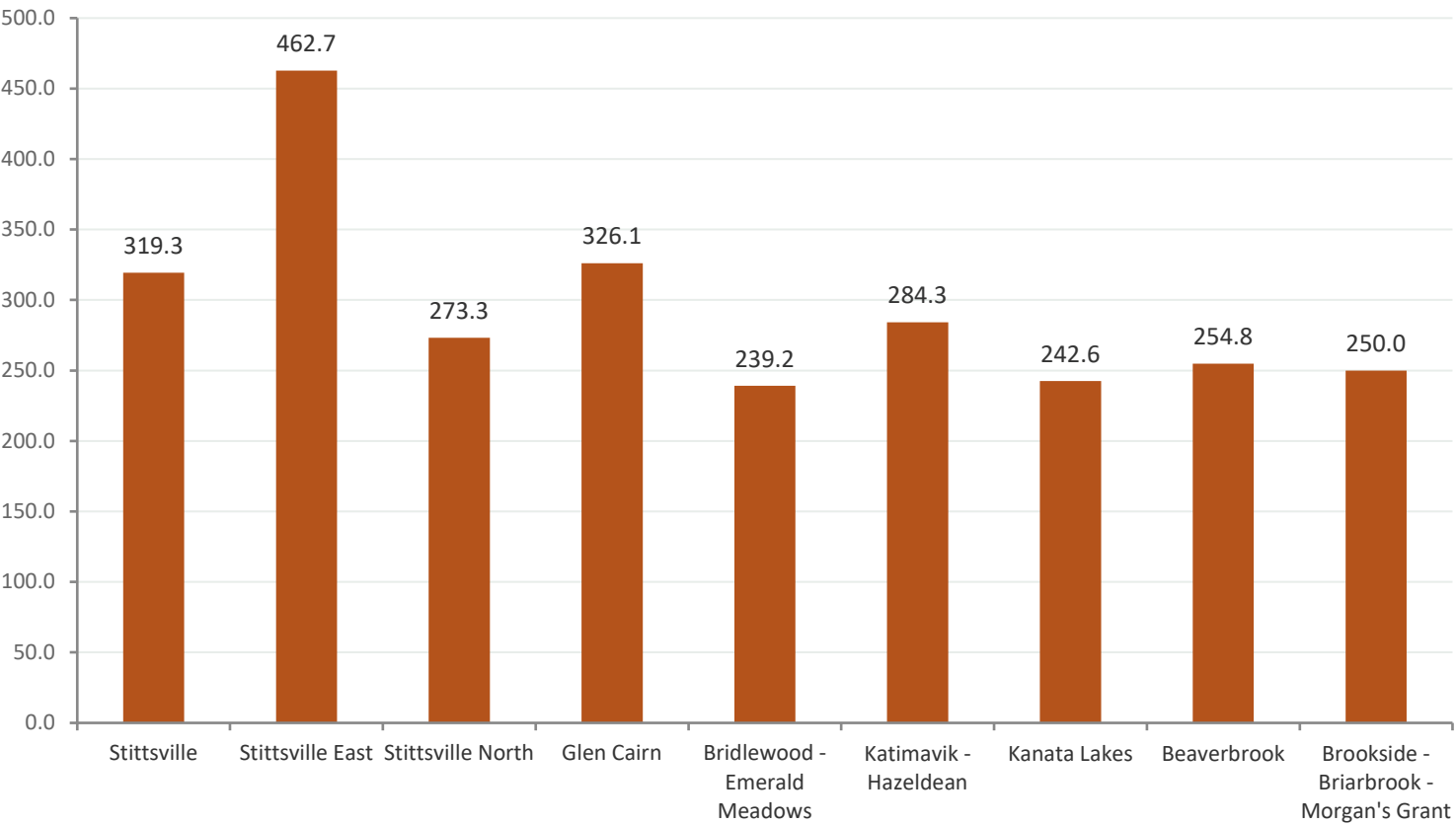
Across Ottawa the rate is 1.28. The area has 115 of the city's 1,303 family physicians (8.8%)

|                              | Neighbourhood                           | Family Physicians per 1,000 population | ONS ID |
|------------------------------|-----------------------------------------|----------------------------------------|--------|
| 1                            | Brookside - Briarbrook - Morgan's Grant | 1.4                                    | 3016   |
| 2                            | Beaverbrook                             | 1.2                                    | 3005   |
| 3                            | Kanata Lakes                            | 0.9                                    | 3060   |
| 4                            | Katimavik - Hazeldean                   | 1.8                                    | 3061   |
| 5                            | Bridlewood - Emerald Meadows            | 0.0                                    | 3014   |
| 6                            | Glen Cairn                              | 2.9                                    | 3048   |
| 7                            | Stittsville East                        | 0.3                                    | 3107   |
| 8                            | Stittsville North                       | 0.0                                    | 3108   |
| 9                            | Stittsville                             | 0.4                                    | 3106   |
| Nine neighbourhoods together |                                         | 0.84                                   |        |

How this was calculated: Boundaries drawn from the polygon geometry in the ONS Gen3 file. Populations are the published neighbourhood totals; the area total is their sum.

# Emergency department use is higher than expected

All emergency department visits, age-standardized rate per 1,000 residents (City of Ottawa: 295.3)



*Stittsville East is the youngest of the nine, with a median age of 32, the lowest Walk Score, three family physicians and no community health centre. Its population of 10,515 is small, so its rates move more easily than those of the larger neighbourhoods.*

*How this was calculated: Each bar is a published neighbourhood age-standardized rate, so no aggregation is involved. The area figure quoted in the notes, 86.0 low-urgency visits per 1,000, is a population-weighted average of the nine rates and is approximate.*

Source: ONS Gen3 health indicators derived from ICES data, age-standardized. Ranks are among the 106 neighbourhoods reporting the indicator.

## Stittsville East stands out

2nd

of 106 for all ED visits

Only Wateridge Village is higher.

2nd

of 106 for hospitalizations

99.9 per 1,000 residents, compared with 59.0 across Ottawa.

4th

of 106 for low-urgency ED visits

136.2 per 1,000, compared with 82.5 across Ottawa.

# What the numbers suggest

1

## **The usual measures of need do not pick this area up**

On income, low income, housing need, education, crime and chronic disease, the area looks better than the city average. What is different here is how few services are located nearby, not how residents are doing on these measures.

2

## **Distance to services looks like the main access issue**

One mental health service in the area, 5.7% of residents within walking distance of a community health centre, 0.84 family physicians per 1,000 residents, and 86.4% of commuters driving to work.

3

## **The population is mostly families with children**

26,990 children under 15, an average household size of 2.8, about half of couple families with children at home, and fewer people living alone than across the city.

4

## **Newcomer services would mostly be needed in English (and language spoken at home / interpretation services)**

28.3% of residents are immigrants and 33.1% are racialized. French-language needs are lower here than in most of the city.

5

## **It may help to look at each neighbourhood separately**

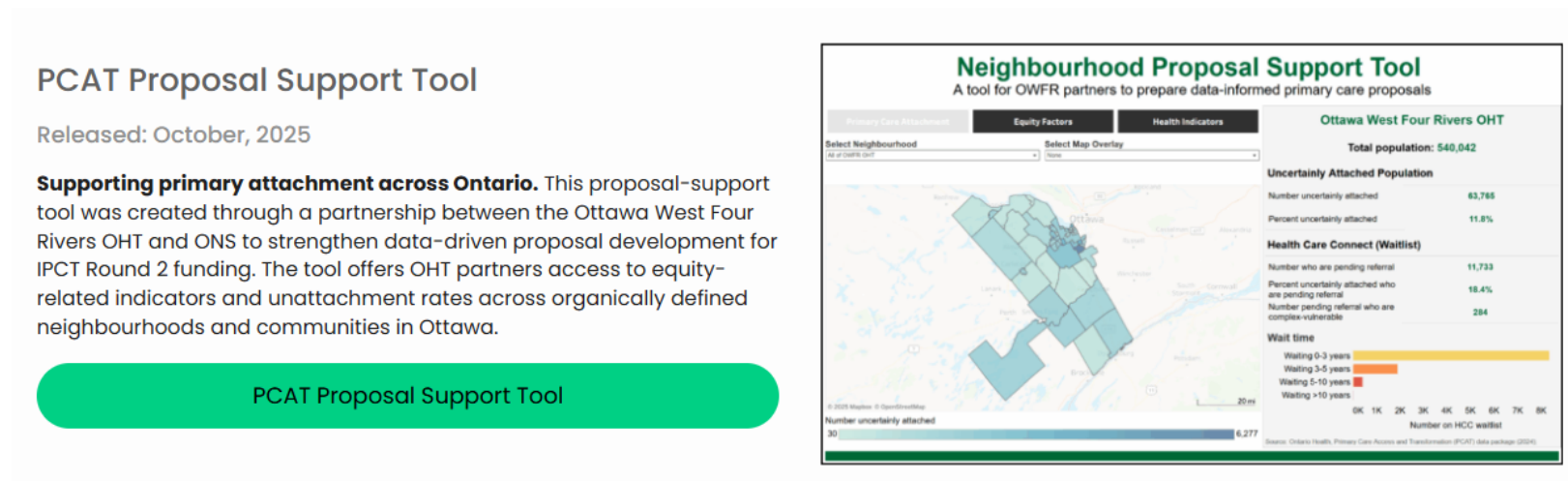
Beaverbrook, Glen Cairn and Katimavik - Hazeldean show the most disadvantage. Stittsville East shows the highest emergency department use. Stittsville and Stittsville North show neither, so a single approach for the whole area may not fit.

# Data tools available to support program planning



## PCAT Data Package & OWFR-ONS PCAT Proposal Support Tool

- updated by Ontario Health and released to OHT likely along with the call for proposal details
- This data was provide to ONS to develop our [PCAT Proposal Support Tool - Ottawa Neighbourhood Study](#)
- **Recorded webinar** reviewing the tool and information included [ONS Turning Neighbourhood Insights into Action! 20260326](#)
- Working on updating this tool now (and with the updated PCAT data one released)



## Integrating Information and Data into IPCT Proposals

- OWFR OHT team compiled resources during round 2 from various sources aligned to PCAT objectives to support proposal development
- Currently available and may be reviewed and updated for round 2
- Hosted data drop-in sessions to explore more

# Data tools available to support program planning



## [Telling Stories Through Data - Ottawa Neighbourhood Study](#)

ONS has partnered and supported many groups locally to provide data at a neighbourhood level that can information new and integrated program planning

Supporting Neighbourhood Attachment

*Updated: May 6, 2026*

**A tool to help family doctors understand community context.**

A Health Profile of Ottawa's Neighbourhoods

*Released: January, 2026*

**A dashboard developed in partnership with Ottawa Public Health (OPH).**

A Tool for Ottawa Community Resource Centres to Understand Community Contexts

*Released: November, 2025*

**Supporting Community Resource Centres.**

PCAT Proposal Support Tool

*Released: October, 2025*

**Supporting primary attachment across Ontario created through a partnership between the Ottawa West Four Rivers OHT.**

... and more.... food bank visits, housing profile, naturally occurring retirement communities

| Interim 2022 Ward Boundary Estimates - Year-end 2025 |            |
|------------------------------------------------------|------------|
| Ward                                                 | Population |
| Ward 1 – Orléans East-Cumberland                     | 49,720     |
| Ward 2 – Orléans West-Innes                          | 47,120     |
| Ward 3 – Barrhaven West                              | 62,520     |
| Ward 4 – Kanata North                                | 47,770     |
| Ward 5 – West Carleton-March                         | 23,850     |
| Ward 6 – Stittsville                                 | 55,740     |
| Ward 7 – Bay                                         | 51,440     |
| Ward 8 – College                                     | 55,940     |
| Ward 9 – Knoxdale-Merivale                           | 39,850     |
| Ward 10 – Gloucester-Southgate                       | 48,570     |
| Ward 11 – Beacon Hill-Cyrville                       | 35,160     |
| Ward 12 – Rideau-Vanier                              | 56,130     |
| Ward 13 – Rideau-Rockcliffe                          | 41,790     |
| Ward 14 – Somerset                                   | 50,650     |
| Ward 15 – Kitchissippi                               | 48,700     |
| Ward 16 – River                                      | 50,670     |
| Ward 17 – Capital                                    | 44,260     |
| Ward 18 – Alta Vista                                 | 45,980     |
| Ward 19 – Orléans South-Navan                        | 51,820     |
| Ward 20 – Osgoode                                    | 32,230     |
| Ward 21 – Rideau-Jock                                | 35,130     |
| Ward 22 – Riverside South-Findlay Creek              | 45,840     |
| Ward 23 – Kanata South                               | 50,090     |
| Ward 24 – Barrhaven-East                             | 45,220     |
| Total                                                | 1,116,170  |
| Source: City of Ottawa Building Permits              |            |
| Note: Numbers may not add due to rounding            |            |

| City of Ottawa 2021 Year-End Population Estimate by Ward |            |
|----------------------------------------------------------|------------|
| Ward                                                     | Population |
| Ward 1 – Orléans East-Cumberland                         | 49,250     |
| Ward 2 – Orléans West-Innes                              | 47,630     |
| Ward 3 – Barrhaven West                                  | 52,870     |
| Ward 4 – Kanata North                                    | 43,950     |
| Ward 5 – West Carleton-March                             | 23,160     |
| Ward 6 – Stittsville                                     | 48,200     |
| Ward 7 – Bay                                             | 50,610     |
| Ward 8 – College                                         | 52,800     |
| Ward 9 – Knoxdale-Merivale                               | 39,950     |
| Ward 10 – Gloucester-Southgate                           | 48,530     |
| Ward 11 – Beacon Hill-Cyrville                           | 33,090     |
| Ward 12 – Rideau-Vanier                                  | 50,470     |
| Ward 13 – Rideau-Rockcliffe                              | 39,730     |
| Ward 14 – Somerset                                       | 45,680     |
| Ward 15 – Kitchissippi                                   | 42,960     |
| Ward 16 – River                                          | 48,820     |
| Ward 17 – Capital                                        | 41,840     |
| Ward 18 – Alta Vista                                     | 44,440     |
| Ward 19 – Orléans South-Navan                            | 46,410     |
| Ward 20 – Osgoode                                        | 32,040     |
| Ward 21 – Rideau-Jock                                    | 30,980     |
| Ward 22 – Riverside South-Findlay Creek                  | 37,720     |
| Ward 23 – Kanata South                                   | 49,830     |
| Ward 24 – Barrhaven-East                                 | 45,460     |
| Total                                                    | 1,046,440  |
| Note: Numbers may not add due to rounding                |            |