

Canada

Rural Nova Scotia Profile:



A Ten-year Census Analysis (1991 - 2001)

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Foreword

Rural Nova Scotia Profile is one of a series of fourteen profiles – one for each territory and province plus one national document. These profiles represent one response by the Government of Canada's Rural Secretariat to address a need for better information concerning rural areas. Distance from urban centres and population density are correlated to a number of factors that affect the well-being of Canadians. It is hoped that this document will draw attention to areas that require in-depth research. Most importantly, for government policy and programmes to meet the particular needs of rural Canadians living in zones of varying degrees of metropolitan influence, government needs to understand the differences between these zones.

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The Rural Secretariat values readers' feedback. Any suggestions or comments may be directed to:

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Profil de la Nouvelle-Écosse rurale : une analyse des données de recensement sur dix ans (1991–2001)

Executive Summary

Introduction

The Government of Canada's Rural Secretariat initiated this report to advance its goal in improving government and citizen understanding of rural conditions in the province of Nova Scotia. This report benchmarks the major socio-economic structures and trends regarding rural areas. The overall objective is to help improve policy with respect to the economic and social conditions found in rural Nova Scotia.

Research Methods

Two major classification systems form the core analysis in this report. First, the Metropolitan Influenced Zone (MIZ) system, developed by McNiven et al. (2000), is utilized to make distinctions within rural and small town Nova Scotia. The four MIZ categories are *Strong*, *Moderate*, *Weak*, and *No MIZ*, with each progressively resembling rurality. Second, a basic difference between urban centres and rural/small town zones is also presented to capture overall variance between the two sectors of the province. In total, 20 indicators from Statistics Canada's 2001, 1996 and 1991 Census of Population have been calculated and analyzed for each of four degrees of rurality, for rural and small town Nova Scotia as a whole, and for urban centres.

MAJOR FINDINGS

Population Indicators

In 2001, rural and small town residents comprised 36.7% of the total Nova Scotia population, down from 39.6% in 1991. Between 1996 and 2001 Nova Scotia's rural population decreased by 2.3%, while the urban population increased by 1.2%. Population change varied within rural and small town zones, with population growth of 4.9% occurring in one of the least populated of the rural zones, *Strong MIZ*, and population contraction of 2.1%, 3.2%, and 1.3% occurring in *Moderate*, *Weak* and *No MIZ* zones, respectively.

In 2001, Nova Scotia's rural population comprised a larger share of the total population than was the case Canada-wide (36.7% compared to 20.6%). Canada's rural population grew (by 3.9%) between 1991 and 1996, while Nova Scotia's rural population contracted (by 0.6%). After 1996, both Canada's and Nova Scotia's rural population contracted, although to a greater extent in Nova Scotia (2.3%) than in Canada (0.4%).

Compared to urban Nova Scotia, rural and small town zones have an older age profile, with smaller proportions of children, youth and young adults and higher proportions of adults and seniors. While *Weak MIZ* zones most pointedly exemplify this older age

structure, *Strong MIZ* zones have, in fact, the youngest age structure in the province. The population in all geographic zones aged between 1991 and 2001, however, *Weak MIZ* populations aged, as a group, the fastest and *Strong MIZ* populations aged at the slowest rate in the province.

The share of the Nova Scotian population that is Aboriginal is small, hovering between 1% and 2% in all but one geographic zone. The exception is found in *No MIZ* zones, where in 2001, one in three (32.3%) residents were of Aboriginal identity. Aboriginal representation increased in virtually every geographic zone of the province between 1996 and 2001. *No MIZ* zones exhibited the largest percentage increase in the province (of 3.3%), while *Weak MIZ* zones had the largest increase in absolute numbers of Aboriginal individuals in the latter half of the 1990s (of 2,450 compared to an increase of 130 *No MIZ* Aboriginal residents).

Economic, Education, Social and Health Care Indicators

Most of the results illustrate a great deal of variation in the economic, education, social, and health care situations within rural and small town Nova Scotia. Though differences between the urban and rural populations are apparent, there is often greater variation among the four *MIZ* categories. *Strong MIZ* zones are most similar to urban centres, with many indicators revealing conditions of substantial advantage relative to the rest of rural Nova Scotia and for some indicators actually exceeding urban regions. *No MIZ* zones consistently rank last in the province, although the most heavily populated *Weak MIZ* zones are also among the least advantaged in the province. *Moderate MIZ* zones typically fall somewhere between the most and least advantaged of rural zones.

The use of three consecutive census years permits a review of changes over the decade of the 1990s in rural Nova Scotia. Most apparent in this review of the indicators is the continuation of the relative disadvantage of rural zones over time, when compared to urban Nova Scotia, and the continuing advantage of *Strong MIZ* zones. For some indicators, *Weak* and *No MIZ* zones exhibited declining economic well-being between 1996 and 2001 and for other indicators, modest improvements occurred, but were not sufficient to close the gap between these zones and the more advantaged *Strong MIZ* zones and urban centres.

Examples of these patterns include the following:

Economic Indicators

- High labour force participation and low unemployment rates are consistently found across time in *Strong MIZ* zones, while low labour force participation and high unemployment rates are consistently found in *No MIZ* zones.
- *Strong MIZ* residents are highly represented in production service industries (30.3% compared to 24.9% provincially in 2001). *No MIZ* residents, in contrast, are the least likely in the province to work in production service industries.
- In 2001, *Strong MIZ* zones had the highest personal median incomes in rural Nova Scotia while the lowest incomes were observed in *No MIZ* zones.
- Despite having the largest percentage drop in the incidence of low income between 1996 and 2001, *No MIZ* zones continued in 2001 to have the highest percentage of low-income individuals in the province (22.8%) while the lowest percentage was observed in *Strong MIZ* zones (11.5%). The most heavily populated *Weak MIZ* zones had the second highest percentage of low-income residents in rural Nova Scotia in this census year (16.1%).
- Residents of *Weak* and especially *No MIZ* zones were the most likely in the province to rely upon social transfer income (21.2% and 29.4% of their total income in 2001, respectively). Residents of urban centres and *Strong MIZ* zones were the least likely (14.1% and 14.8%, respectively).

Education Indicators

- The lowest level of educational attainment was observed in *No MIZ* zones, where 45.3% of the population of at least 20 years of age had not completed high school as recently as 2001. *Strong MIZ* residents were the most likely in the province to have a post-secondary certificate or diploma (35.8% compared to 31.2% provincially in 2001) and the least likely of the rural population to have less than a high school education (36.0% compared to the rural average of 38.8%).

Social Indicators

- *No MIZ* zones had the highest incidence of, and experienced the greatest over time growth in, lone-parent families (from 21.3% in 1991 to 26.4% in 2001), while the lowest rate was observed in *Strong MIZ* zones (12.2% in 2001).
- *Strong MIZ* zones have the newest housing in the province, with 12.2% of dwellings constructed between 1996 and 2001 compared to 6.5% provincially. The smallest proportion of new housing construction occurred in *Weak* and *No MIZ* zones during this period (4.5% and 5.7%, respectively).
- Housing in urban areas is slightly less affordable than rural housing. Within rural Nova Scotia, Moderate MIZ housing is least affordable while *No MIZ* housing is most affordable.

Health Care Indicators

- In rural and small town Nova Scotia resided fewer health care providers per capita than in urban regions in 2001 (24.5 compared to 33.0 providers per 1,000 population). Within rural Nova Scotia, in *No MIZ* zones resided by far the fewest health care providers (14.4 per 1,000 population).

Rural and small town Nova Scotians are clearly not equivalent to their urban counterparts with respect to economic prosperity, social well-being, educational attainment and access to health care. The differences that exist within rural and small town Nova Scotia are, however, equally if not more apparent. Despite moderate improvements in *No MIZ* zones, residents there continued, as recently as 2001, to experience conditions of disadvantage relative to the rest of Nova Scotia. It is important to point out, however, that this zone contains only eight Census Subdivisions, six of which are First Nations and one of the remaining two was strongly affected by the closure of the cod fishery in 1992. The MIZ classification system consistently demonstrates that resources and support are increasingly needed as social and economic integration with urban centres decreases. *No MIZ* zones (and, in some cases, *Weak MIZ* zones) are in a relative position of greater need in terms of supporting policy and programs than are their more integrated *Strong MIZ* counterparts.

Introduction

The Government of Canada's Rural Secretariat initiated this study to advance its goal of improving government and citizen understanding of rural conditions in the province of Nova Scotia. This report benchmarks the major socio-economic structures and trends in rural Nova Scotia. The overall objective is to help improve policy with respect to the economic and social conditions found in rural Nova Scotia. Similar documents have been prepared profiling the rural conditions in each of Canada's nine other provinces and three territories, and for the whole country.

Rural Nova Scotians comprise one-third of the provincial population. But, this population exhibits considerable variation; ranging from the most remote, sparsely populated, and typically most disadvantaged zones to the more affluent metro-adjacent zones that have established economic and social connections with urban sites. To appropriately capture the conditions of rural Nova Scotia, therefore, it is important to recognize the diversity and varying degrees of 'rurality' within different rural sectors of the province. Accordingly, a major goal of this report is to examine how geographic zones within rural Nova Scotia exhibit variable demographic, economic, education, social, and health care characteristics.

The analysis presented here divides rural Nova Scotia into four categories, each representing a specific degree of 'rurality.' These four categories are based on the Census **M**etropolitan Area and Census **A**gglomeration **I**nfluenced **Z**ones (MIZ) classification system (McNiven et al., 2000). In addition, the comparison of the CMA/CA population (as defined in the "Research Methods" section below) and the non-CMA/CA population (also called the "rural and small town population") is used to draw distinctions between rural and urban regions of the province.

The Rural and Small Town and MIZ definitions have proven useful for developing the profiles because they have allowed us to describe rurality using broad-brush strokes, highlighting differences between types of rural based on labour market integration as a proxy for rurality. However, it is important to recognize that there are limitations to the MIZ concept. While allowing an analysis and comparison between different types of rural, MIZ glosses over some important differences within each zone. For example in No MIZ, where Aboriginal people comprise a significant proportion of the population, we cannot describe rural non-Aboriginal separately from rural Aboriginal. MIZ also tends to obscure important place-related aspects. Thus, we are describing averages and averages conceal the intra-zone variation.

Accuracy and comprehensiveness were important considerations in selecting the indicators used to examine the characteristics of rural Nova Scotia. To understand the social and economic conditions among Nova Scotians, the indicators must be accurate measures of population, economic, education, social, and health care

characteristics. Accuracy of the indicators was substantiated by previous research (see, for example, McNiven et al., 2000). Every attempt was also made to select indicators that fully represent the breadth of the Nova Scotian experience. Still, they are perhaps not as comprehensive as they could be and adding to them will enrich similar profiles in the future.

Statistics Canada Census data are used for the years 1991, 1996, and 2001 to establish evidence of trends within rural and small town Nova Scotia. It is important to understand, however, that since these data are compiled from census subdivisions, which may themselves contain a high level of variability, it is inappropriate to apply any of the findings to specific communities.

The report presents a number of findings that, together, paint a picture of diversity, both between urban and rural Nova Scotia as well as within rural and small town Nova Scotia. In addition to interpreting the findings individually, attempts are made to make sense of the data on an interrelated basis. In many of these instances, causes for differences in findings are extrapolated from the aggregation of data. These conjectures are, however, tentative since a more definitive causal analysis is beyond the scope of this report.

The following section of the report describes the research methods used in this analysis while subsequent sections (Sections A through E) present the population, economic, education, social, and health care profiles of rural Nova Scotia. Section F summarizes the findings and the Appendix contains a series of tables containing the raw numbers to compliment the percentages and ratios depicted in the tables and figures within the main body of the text.

Research Methods

Defining “Rural”

Two classification systems are used in this report; one to delineate between the rural and urban population and the other to distinguish differences among the rural population of the province.

The Rural and Small Town (RST) definition is used to demarcate between urban and rural population.¹ Residents of rural Nova Scotia are defined as individuals residing in RST areas that have a population of less than 10,000 and where less than 50% of employed individuals commute to a Census Metropolitan Area (CMA) or Census Agglomeration (CA) (Statistics Canada, 1999a). Residents of urban Nova Scotia are those residing in a CMA or CA. CMAs have an urban core population of at least 100,000 and include all neighbouring municipalities where 50% or more of the labour force commutes into the urban core. CAs have an urban core population between 10,000 and 99,999 and abide by the same commuting rules as CMAs (Statistics Canada, 1999a).

To capture varying degrees of rurality among the rural or non-metropolitan population of the province, we use a system developed by McNiven et al. (2000) whereby rural communities are classified into four groups using the Census Metropolitan Area and Census Agglomeration Influenced Zones (MIZ). The MIZ classification system (or typology) permits distinctions among rural communities that are masked by the commonly-used CMA/CA and non-CMA/CA dichotomy. MIZ is designed to measure the degree to which all CMAs/CAs influence the rural community, as measured by commuting flows. Rural communities are classified into four MIZ categories based on the proportion of the population commuting to CMAs and CAs as follows:

MIZ Zones for Rural and Small Town (RST)

1. **Strong MIZ:** Between 30% and 49% of the employed workforce commutes to the urban core of any large urban centre, suggesting that this population is strongly integrated with the urban economy².
2. **Moderate MIZ:** At least 5% but less than 30% of the employed workforce commutes to the urban core of any large urban centre, suggesting that this population is moderately integrated with the urban economy.

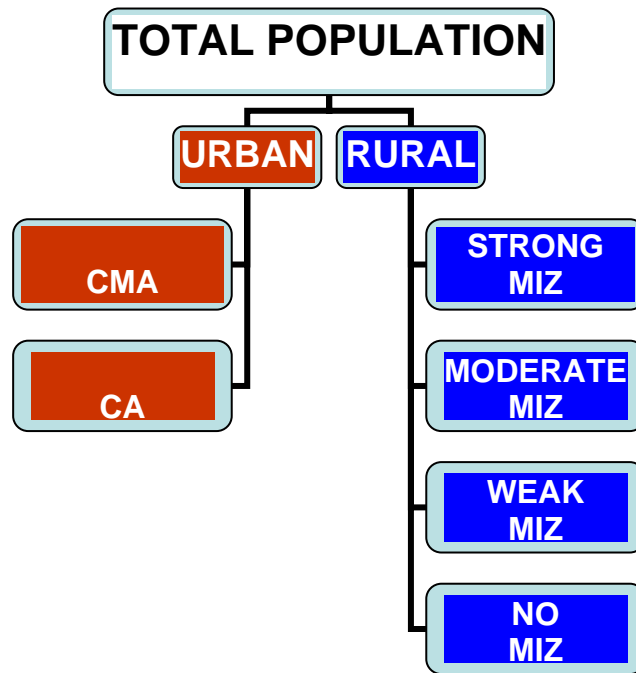
¹ RST is also known as Statistical Area Classification (SAC).

² The upper commuting limit of 49% holds for the vast majority of CSD designations. In instances where more than 49% of the employed workforce commutes to more than one CMA or CA, however, the CSD is designated as *Strong MIZ*.

3. **Weak MIZ:** More than 0% but less than 5% of the employed workforce commutes to the urban core of any large urban centre, suggesting that this population is weakly integrated with the urban economy.
4. **No MIZ:** 0% of the employed workforce commutes to the urban core of any large urban centre (plus any census subdivision that has less than 40 people in its employed labour force), suggesting that this population is not at all integrated with the urban economy.

The geographic zones presented for each indicator are depicted in Figure 1 below.

Figure 1: Geographic Zone Model



The MIZ typology is a good proxy for rurality because of its use of commuter flows. These flows are more than just a measure of home to work journeys and access to labour markets since people tend to use services provided in the same regions where they work. Hence, the MIZ classification system is a measure of rural residents' interrelation with urban centres and reflects both the economic and social connection from rural to urban regions.

Indicators

Using 2001, 1996, and 1991 Census data, several measures of rural life were examined both between rural and urban Nova Scotians as well as among the rural population of the province. The 20 indicators used to measure the population, economic, education, social, and health care conditions of Nova Scotians by geographic zone are:

Population Indicators:

- Population size
- Age distribution
- Global dependency ratio
- Gender distribution
- Aboriginal identity population
- Home language

Economic Indicators:

- Labour force participation rates
- Unemployment rates
- Industry employment distribution
- Incidence of self-employment
- Median personal income
- Incidence of low income
- Social transfer income as a proportion of total income

Education Indicators:

- Educational attainment
- Number of education providers per 1,000 residents

Social Indicators:

- Incidence of lone-parent families
- Recent housing construction
- Average dwelling (housing) values
- Dwelling (housing) affordability

Health Care Indicators:

- Number of health care providers per 1,000 residents

Data Limitations

Since the analyses in this project involve comparisons between 1991, 1996, and 2001 Census data and Statistics Canada changes definitions or compilations for some indicators between census years, only inter-census comparisons of indicators with the same definitions are made. For indicators where changes are significant, results are presented separately. For example, level of education was modified from using the population 15 years of age and older in 1991 and 1996 to using the population 20 years of age and older in the 2001 census. As such, level of education is presented for 2001 separately from 1996 and 1991. In instances where a significant change occurred between the 1991 and 1996 census (e.g., Aboriginal identity), data for the earlier year are not presented.

Second, the census data used in this report have been compiled at the Census Subdivision (CSD) level, which is generally equivalent to municipalities. However, the use of CSDs means that this analysis may be affected by area suppression. Designed to protect the confidentiality of individual respondents, area suppression refers to the practice of deleting all characteristic data for regions with total populations of less than 40 (Statistics Canada, 1999a). This process may result in minor discrepancies between these numbers and those published by Statistics Canada.³

Third, the reclassification of some CSDs to different geographic zones between census years changes the population living in each geographic zone across time. In short, since the CSDs within each geographic zone are not exactly the same between census years some of the over-time changes observed may be a function of this reclassification. Though the total provincial figures are not susceptible to this issue, care should be taken when comparing between census years within each geographic zone. For the population change data presented in Sections A.1 and A.2, however, CSD reclassification is overridden since the results for 1996 are standardized to 2001 census boundaries for calculating the 1996 to 2001 rate of population change and the 1991 results are standardized to the 1996 boundaries for calculating the 1991 to 1996 rate of population change.

Fourth, the MIZ system is, as mentioned, an appropriate measure of rurality since it incorporates the economic and social connections between smaller communities and larger urban centres. Relying exclusively on size and commuting proportions, however, can result in an over-estimation of the rural designation. For example, in instances where a community has a population of less than 10,000 and is within commuting distance to a CMA or CA, but the local job market is strong and independent such that less than 50% of the population commutes to the nearby urban centre, this community would be designated as rural. Hence, even though the community may have access to the amenities and services of the nearby urban centre, it is designated as rural because of its size and non-commuting patterns.

³ The use of the smaller CSDs, as opposed to CDs, as the building blocks of the urban / rural configuration increases the likelihood of area suppression. This limitation is somewhat offset by the ability of CSDs to provide greater precision in population size and commuting flows (McNiven et al., 2000).

Fifth, Census data in No MIZ zones and Aboriginal data everywhere have limited reliability. The proportion of Aboriginal people in No MIZ varies between just over 1% and over 67%. Some First Nations, however, do not participate in the census and are therefore not captured. Furthermore, our indicator captures people who self-identify as Aboriginal. Changes over time in that number may be due to changes in birth/death rates but also to a varying number of individuals self-identifying. Then, some of our indicators are derived from Statistics Canada's 20% sample which, in zones with small populations, becomes slightly less reliable.

Lastly, it should be understood that the least integrated MIZ zones are not necessarily the most geographically remote. Since commuting patterns may be for longer periods than just daily commutes (it can be weekly or even less often), individuals in a CSD may commute over greater distances than what is typically observed among daily commuters. Thus, a CSD that is geographically remote from an urban centre may be classified as weakly, moderately, or even strongly integrated with a CMA/CA because of its commuting patterns.

Please note, to see a map of the Statistical Area Classification for Canada in 2001, go to the Statistics Canada website (2Hwww.statcan.ca) and click on "Census," then click on "Reference Maps" and then click on "Statistical Area Classification." The exact URL, for English, is
3Hhttp://geodepot.statcan.ca/Diss/Maps/ReferenceMaps/n_sac_e.cfm
and for French is
4Hhttp://geodepot.statcan.ca/Diss/Maps/ReferenceMaps/n_sac_f.cfm

For the population count for 1996 and 2001 for the Statistical Area Classification, go to the Statistics Canada website (5Hwww.statcan.ca) and click on "Census", then click on "Data" on the left-hand panel, then click on "Population and Dwelling Counts" and then click on "Statistical Area Classification". The exact URL, for English, is
6H<http://www12.statcan.ca/english/census01/products/standard/popdwell/Table-SAC.cfm>
and for French is
7H<http://www12.statcan.ca/francais/census01/products/standard/popdwell/Table-SAC.cfm>

For selected socio-economic characteristics for larger urban centres (CMAs and CAs) and for rural and small town areas (non-CMA/CA areas), go to the Statistics Canada website (8Hwww.statcan.ca) and click on "Census", then click on "Data" on the left-hand panel, then click on "Highlight Tables" and then scroll down and click on "Statistical Area Classification." The exact URL, for English, is
9H<http://www12.statcan.ca/english/census01/products/highlight/SAC/Page.cfm?Lang=E&Geo=PR&Code=01&Table=1a&StartRec=1&Sort=2&B1=Age&B2=Counts>
and for French is
10H<http://www12.statcan.ca/english/census01/products/highlight/SAC/Page.cfm?Lang=F&Geo=PR&Code=01&Table=1a&StartRec=1&Sort=2&B1=Age&B2=Counts>

A detailed set of socio-economic characteristics by the Statistical Area Classification for the 2001 Census of Population is available for \$60 by going to the Statistics Canada website (11Hwww.statcan.ca) and click on "Census," then click on "Data" on the left-hand panel, then scroll down and click on "Profiles" and then scroll down and click on "Statistical Area Classification". The exact URL in English is
12H<http://www.statcan.ca:8096/bsolc/english/bsolc?catno=95F0495XCB2001012>
and for French is
13H<http://www.statcan.ca:8096/bsolc/francais/bsolc?catno=95F0495XCB2001012>

FINDINGS

A. Population Indicators

KEY FINDINGS

A.1 Population Distribution and Change

- In 2001, rural and small town Nova Scotians comprised 36.7% of the total population of Nova Scotia, down from 39.6% in 1991. *Weak MIZ* zones were the most heavily populated of the rural zones (comprising 22.9% of the total population), followed by *Moderate* (10.9%), *Strong* (2.4%), and, finally, *No MIZ* (0.5%) zones.
- Between 1996 and 2001 the population of urban Nova Scotia increased by 1.2% while the rural and small town total fell by 2.3%. This decline was due to population contraction in *Moderate*, *Weak* and *No MIZ* zones of 2.1%, 3.2% and 1.3%, respectively. The *Strong MIZ* population increased during this period by 4.9 %.

A.2 Nova Scotia - Canada Population Comparison

- In 2001, rural Nova Scotia comprised a significantly larger share of the total population compared to the national rural share (36.7% compared to 20.6%). Most of this difference can be attributed to the much larger proportion of *Weak MIZ* residents in Nova Scotia than in Canada (22.9% compared to 6.6%).
- The Nova Scotia rural population declined to a greater extent than did the Canadian rural population, due primarily to the greater-than-average population decline in *Moderate* and *Weak MIZ* zones of the province.

A.3 Population Age Structure and Global Dependency Ratio

- Compared to the urban population, the rural population has an older age structure, with slightly smaller proportions of children and youth and slightly larger proportions of adults and seniors. This is true of all but *Strong MIZ* zones of rural Nova Scotia.
- The populations of urban and rural Nova Scotia are aging at similar rates.

A.4 Population Gender Structure

- Rural Nova Scotia had a slightly higher proportion of men compared to urban Nova Scotia in 2001 (with 3.8 more men per 100 women), though the male-to-female ratio was the lowest in *No MIZ* zones with 91.5 men per 100 women.

A.5 Aboriginal Identity Population

- In 2001, Aboriginal individuals comprised 1.9% of the total Nova Scotian population, but comprised 32.3% of the *No MIZ* population.

A.6 Home Language

- In 2001, the population in *Weak MIZ* zones was the most likely in the province to speak French most often at home (6.2% compared to the provincial total of 2.1%).

- While a greater percentage of urbanites than rural Nova Scotians spoke a non-official language (e.g. not English and not French) in 2001 (1.8% compared to 0.7%), more than one in ten (13.7%) *No MIZ* residents spoke a non-official language most often at home.

Summary

Not only is the rural and small town share of the Nova Scotia population decreasing, its overall population is declining. Of the rural zones, only *Strong MIZ* experienced growth after 1996. Reasons for different rates of population change within rural Nova Scotia in the latter inter-census period primarily reflect varying economic conditions. In short, urban-rural differences mask the variation in population change that is apparent among the four MIZ zones, and the underlying causes for these over-time shifts.

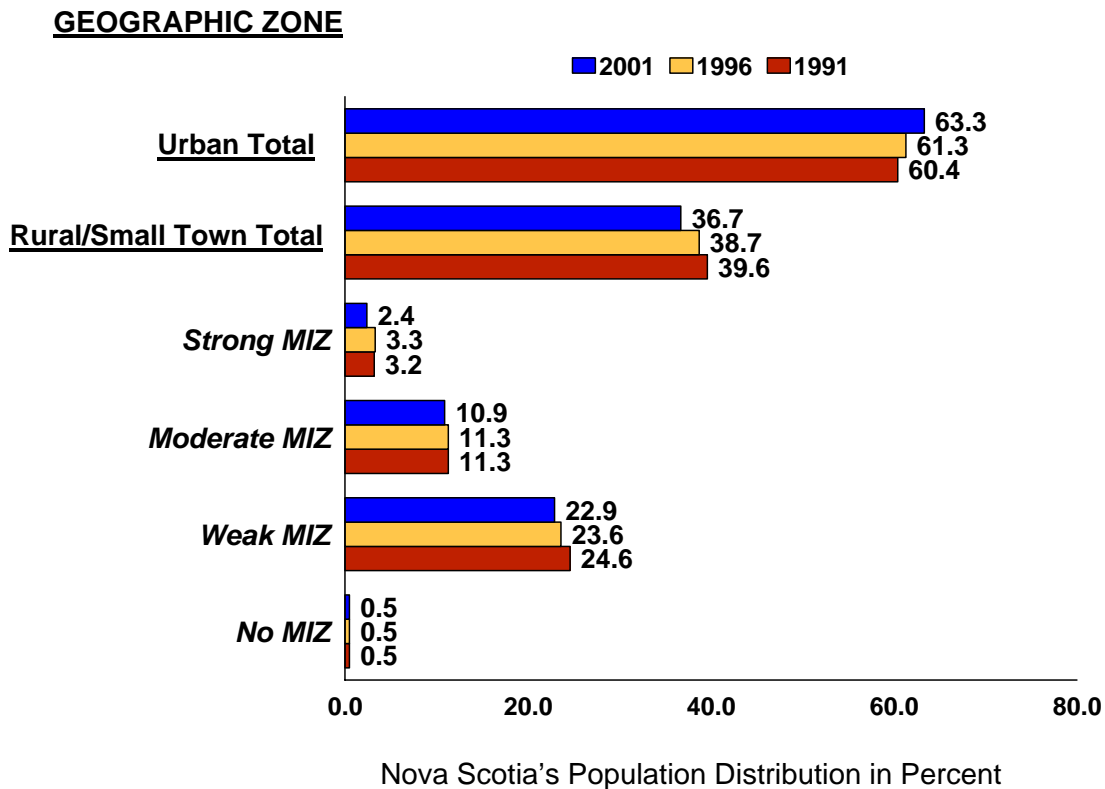
A.1 POPULATION DISTRIBUTION AND CHANGE

Between 1996 and 2001, urban and *Strong MIZ* populations increased while the populations of *Moderate*, *Weak* and *No MIZ* zones declined.

We begin our examination of population by first looking at the proportion of Nova Scotia's population distributed between urban and rural zones and between each of the four MIZ geographic zones in 2001, 1996, and 1991. Figure 2 demonstrates that rural Nova Scotia accounted for 36.7% of the total population in 2001 (333,311 of the 908,007 inhabitants of Nova Scotia resided in a rural region or a small town – see Appendix Table 1). In 2001, *Weak MIZ* zones were the most populated of the rural zones (22.9%) followed by *Moderate* (10.9%), *Strong* (2.4%), and, finally, *No MIZ* (0.5%) zones.

The share of the population residing in rural and small town zones fell by 2.9 percentage points between 1991 and 2001 (from 39.6% to 36.7%) (See Appendix tables 2 and 3). During this time, the population share of *Strong and Moderate MIZ* zones decreased marginally and *No MIZ zones* maintained their 0.5% holding of the total Nova Scotia population in all three census years. By comparison, a decrease of 1.7 percentage points is observed in the more heavily populated *Weak MIZ* zones. Hence, the 10-year decrease in rural Nova Scotia's share of the total population is primarily attributed to the decreasing share in *Weak MIZ* zones of the province.

Figure 2: Rural Nova Scotians Comprise a Steadily Decreasing Share of the Total Population



Source: Statistics Canada, Census of Population, 2001, 1996 and 1991

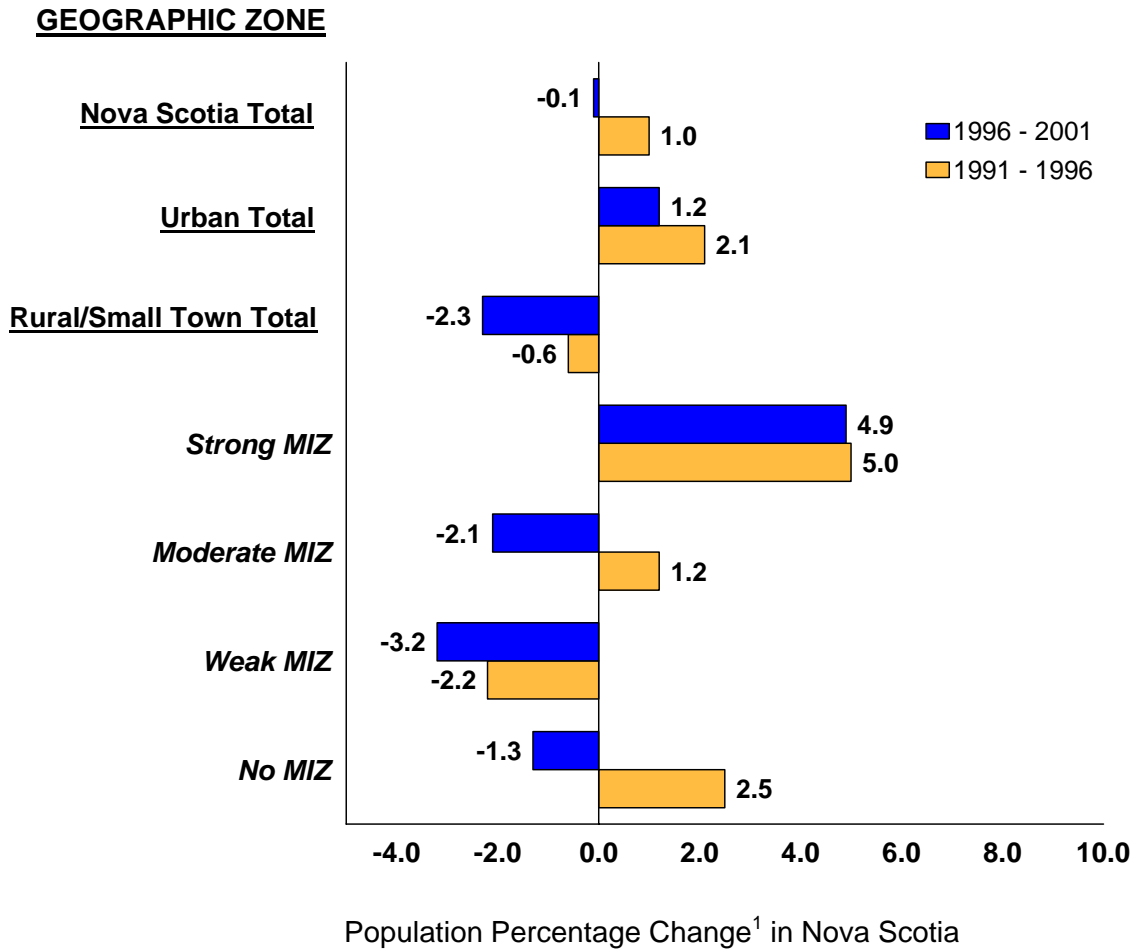
In Figure 3, the inter-census population percentage changes from 1996 to 2001 and from 1991 to 1996 are presented for each geographic zone of the province using constant boundaries.⁴

Between 1991 and 1996, Nova Scotia's urban population increased by 2.1%, while the rural and small town population declined by 0.6. Within rural Nova Scotia, only the *Weak MIZ* population declined (by 2.2%); the populations of *Strong*, *Moderate* and *No MIZ* zones increased during this period (by 5.0%, 1.2% and 2.5%, respectively). In the subsequent five-year period, the total rural population contracted even further (by 2.3%) while the urban population grew by 1.2%. Within rural Nova Scotia, three of the four MIZ zones experienced population contraction, with the most significant decline occurring in *Weak MIZ* zones (of 3.2%). Conversely, the population in *Strong MIZ*, zones

⁴ As mentioned in the Methods Section, constant boundaries are used to override the effects of CSD reclassifications between census years. Population change between 1991 and 2001 is not presented because 1991 data are not available in constant (2001) boundaries.

increased by 4.9 % between 1996 and 2001. Nonetheless, the results presented in Figure 3 demonstrate that the total rural population of Nova Scotia is declining at an increasing rate.

Figure 3: Since 1991, the Population of Urban Nova Scotia has Increased While the Population of Rural Nova Scotia has Declined



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ 1991 data are adjusted to 1996 boundaries for the calculation of 1991 to 1996 change and 1996 data are adjusted to 2001 boundaries for the calculation of 1996 to 2001 change.

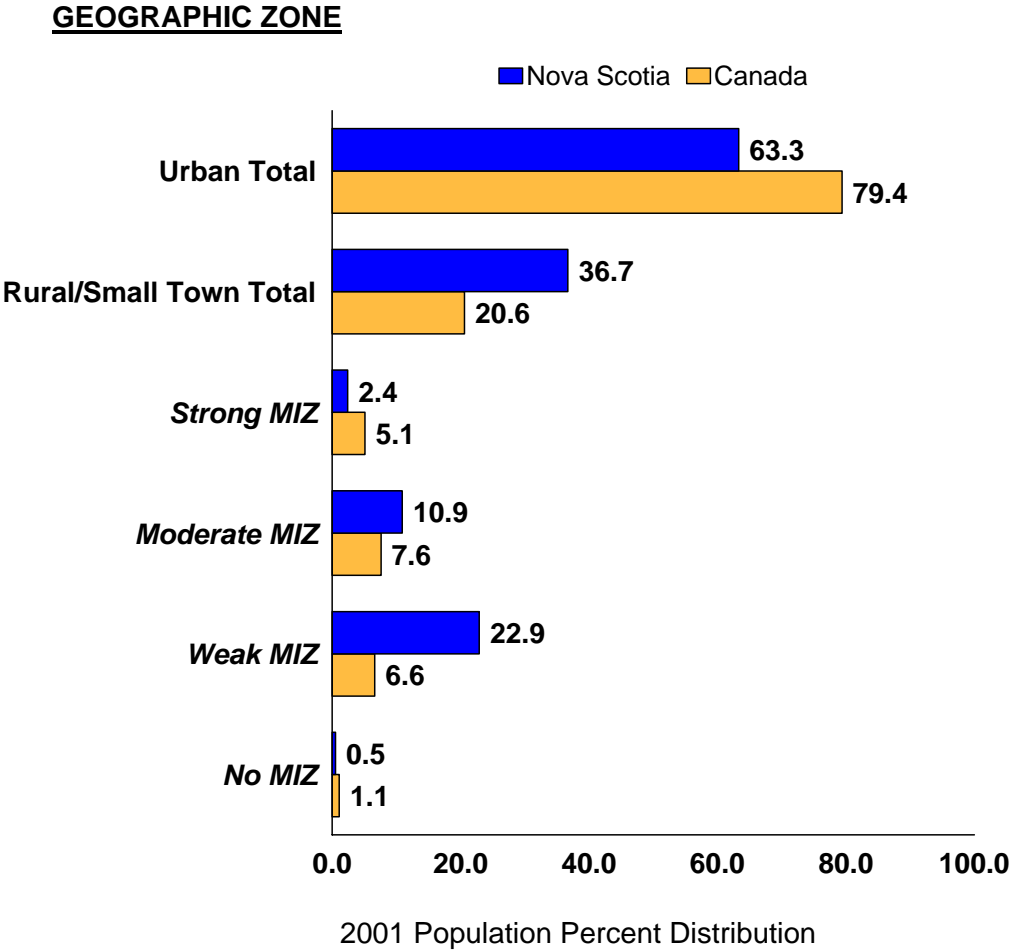
A.2 NOVA SCOTIA – CANADA POPULATION COMPARISON

Compared to Canada, Nova Scotia has a larger share of its population residing in rural and small town zones and its rural population is declining at a greater rate.

Having examined Nova Scotia's population, it is fruitful to situate these provincial data within the larger Canadian context. Figure 4 presents the population percent distribution across geographic zones for Canada and Nova Scotia (see Appendix Table 2 for the distributions for each of the 13 provinces and territories). Compared to Canada as a whole, Nova Scotia has a larger rural population (36.7% compared to 20.6% in 2001). Put another way, while urban Nova Scotia comprised 2.4% of the total Canadian urban population, rural Nova Scotia contributed 5.4% to the Canadian rural population (see Appendix Table 3). Of the Atlantic provinces, however, Nova Scotia has the smallest proportion of its population residing in rural and small town zones. Saskatchewan, the Northwest Territories, and Nunavut also have larger proportional rural populations than Nova Scotia (Appendix Table 2).

With few exceptions the distribution of the population within rural and small town zones across Canada follows a pattern whereby the smallest proportion of the population is located in *No MIZ* and *Strong MIZ* zones. Nova Scotia follows this trend as well, with only 0.5% of the provincial population residing in *No MIZ* and 2.4% in *Strong MIZ* zones in 2001. In Nova Scotia and in five other provinces, *Weak MIZ* zones comprise the largest share of the total population. Of these six provinces, however, Nova Scotia's *Weak MIZ* zones have the largest proportional *Weak MIZ* population.

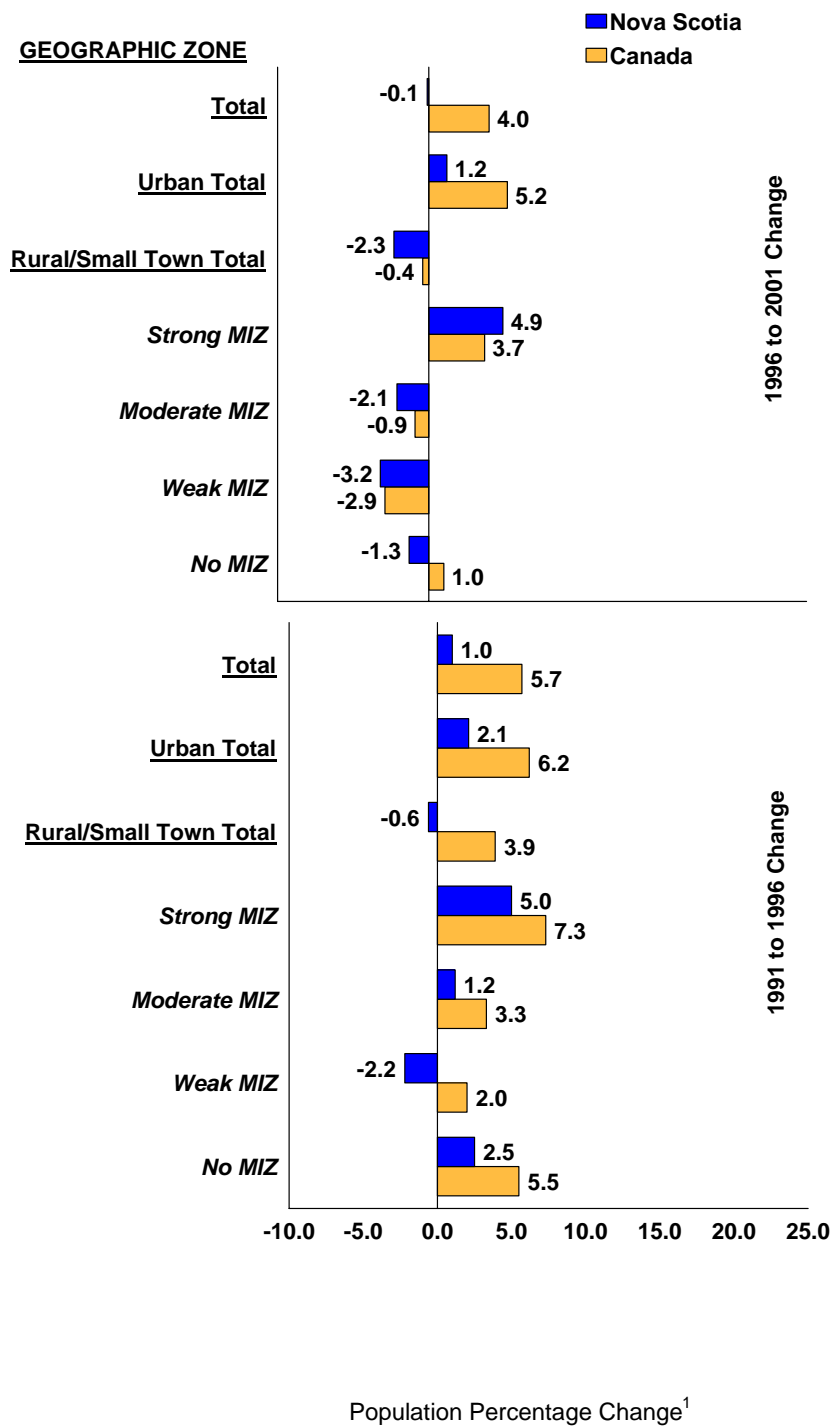
Figure 4: Nova Scotia has a Proportionally Larger Rural Population than does Canada



Source: Statistics Canada, Census of Population, 2001

Using standardized boundaries, Figure 5 highlights the Nova Scotia – Canada comparison of population percentage change in each geographic zone between 1991 and 1996 and 1996 and 2001 (see Appendix Table 3 for the population change within each province and territory). The figure reveals that Nova Scotia’s rural population decreased in the early 1990s (by 0.6%), while Canada’s rural population increased (by 3.9%). Between 1996 and 2001, both Nova Scotia and the nation experienced rural population decline (of 2.3% and 0.4%, respectively). Within rural zones, contraction occurred in both the province’s and the nation’s *Moderate* and *Weak MIZ* zones and both experienced a sizeable population increase in *Strong MIZ* zones. While the population in *No MIZ* zones of Canada increased by 1.0% in the most recent inter-census period, it contracted by 1.3 % in *No MIZ* zones of Nova Scotia. On the whole, Nova Scotia’s rural population is decreasing more consistently and more noticeably than is Canada’s rural population.

Figure 5: Nova Scotia's Rural Population Declined at a Greater Rate than did the Canadian Rural Population



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ 1991 data are adjusted to 1996 boundaries for the calculation of 1991 to 1996 change and 1996 data are adjusted to 2001 boundaries for the calculation of 1996 to 2001 change.

A.3 POPULATION AGE STRUCTURE AND GLOBAL DEPENDENCY RATIO

Nova Scotia's rural population has a slightly older age structure than the urban population.

The changing age structure of a population helps to forecast future demand for services such as education and health care. It can also inform future changes in the labour market structure and contribute to an understanding of how these changes may affect the economy.

Five age groups were used to analyze the age structure of the population. These are: 0–14 years, 15–24 years, 25–44 years, 45–64 years and 65 years of age and over. These categories were chosen because they represent five defined demographic groups; namely, children, youth, young adults, adults, and seniors.

Table 1 presents the percentage distribution of the population in 2001 across each of the five age categories, and for each of the geographic zones. Compared to urban Nova Scotia, rural zones have an older age structure with greater proportions of adults and seniors, and smaller proportions of children, youth and young adults. While in 2001, 37% of urban residents were adults or seniors, 42.1% of the rural population were within the same age categories. And, while 62.2% of urban Nova Scotians were children, youth, or young adults, 57.8% of rural residents were within the same age categories.

Within rural Nova Scotia, Table 1 reveals that *Weak MIZ* zones have the oldest age profile in the province. In 2001, 56.7% of *Weak MIZ* residents were children, youth, and young adults and 43.3% were adults or seniors. In contrast, *Strong MIZ* zones were the most youthful in 2001, with 64.7% of their population comprised of children, youth, or young adults and just 35.3% comprised of adults or seniors.

Table 2 presents the 1991 to 2001 age distribution percentage change for each age category and each geographic zone of the province. Table 2 demonstrates that the Nova Scotia population as a whole is aging. Between 1991 and 2001, the combined proportion of children, youth, and young adults in the province decreased by 7.2 percentage points. In contrast, we observe a combined increase in the proportion of adults and seniors during the same time period of 7.2 percentage points (see Appendix Tables 4 and 5).

Table 1: The Rural and Small Town Population is Slightly Less Youthful than the Urban Population of Nova Scotia

Population Age Percent Distribution; 2001

Geographic Zone	Total	Children (0-14 years)	Youth (15-24 years)	Young Adults (25-44 years)	Adults (45-64 years)	Seniors (65 years +)
Nova Scotia Total	100.0	18.4	13.1	29.7	25.5	13.3
Urban Total	100.0	18.5	13.6	30.1	24.9	12.1
Rural/Small Town Total	100.0	18.1	12.1	27.6	26.7	15.4
<i>Strong MIZ</i>	100.0	21.4	11.6	31.7	24.8	10.5
<i>Moderate MIZ</i>	100.0	18.6	12.1	28.0	26.4	14.9
<i>Weak MIZ</i>	100.0	17.5	12.2	27.0	27.1	16.2
<i>No MIZ</i>	100.0	21.4	14.1	27.4	22.9	13.9

Source: Statistics Canada, Census of Population, 2001

The same aging pattern is observed in both urban and rural Nova Scotia, and at very similar rates. Between 1991 and 2001, the rural and small town population underwent a 7.7 percentage point reduction in the proportion of children, youth, and young adults (compared to a 7.3 percentage point reduction in urban areas) and a corresponding 7.6 percentage point increase in the proportion of adults and seniors (compared to 7.4 percentage points in urban areas).

Within rural Nova Scotia, all but *Strong MIZ* zones aged at a similar rate as the total rural population. *Strong MIZ* zones aged the least rapidly in the province. Nonetheless, the population in virtually all geographic zones of the province is aging at very similar rates.

Table 2: The Urban and Rural Populations of Nova Scotia are Aging at Similar Rates

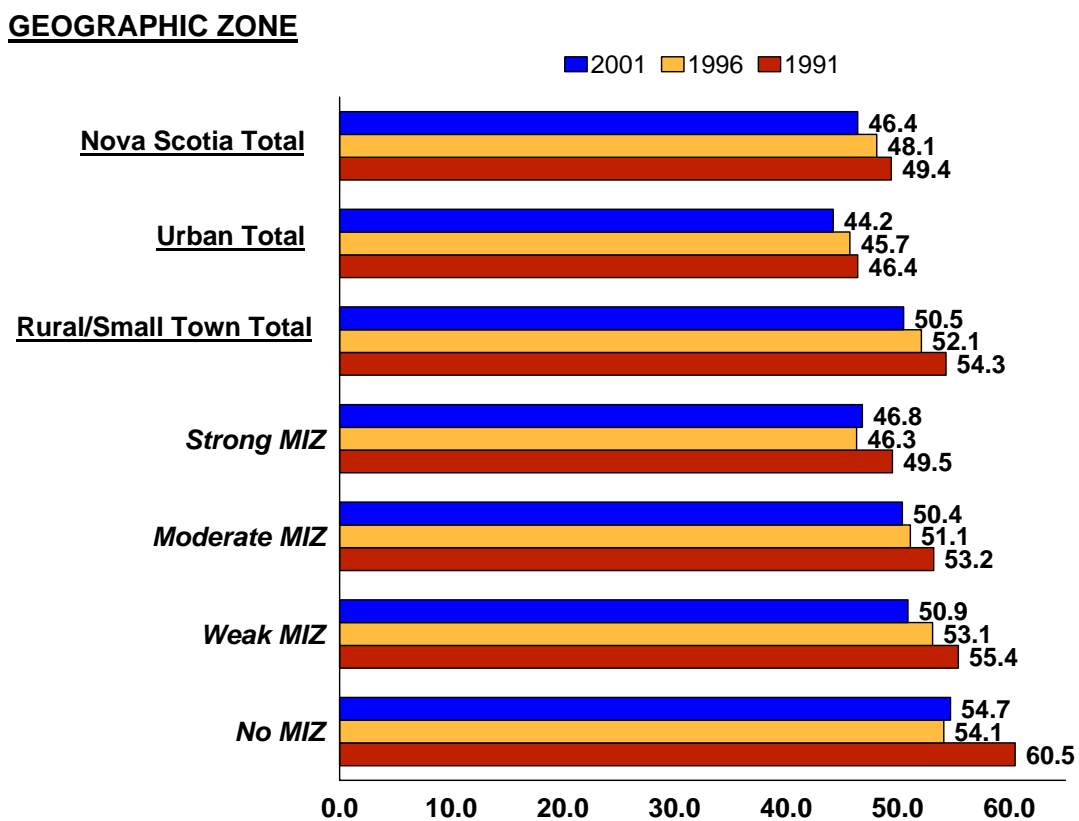
Percentage Point Change in Share of Individuals in Each Age Class; 1991-2001, 1996-2001, and 1991-1996

Geographic Zone	Children (0-14 years)			Youth (15-24 years)			Young Adults (25-44 years)			Adults (45-64 years)			Seniors (65+ years)		
	1991 - 2001	1996 - 2001	1991 - 1996	1991 - 2001	1996 - 2001	1991 - 1996	1991 - 2001	1996 - 2001	1991 - 1996	1991 - 2001	1996 - 2001	1991 - 1996	1991 - 2001	1996 - 2001	1991 - 1996
Nova Scotia Total	-2.1	-1.6	-0.5	-1.8	-0.6	-1.2	-3.3	-2.1	-1.2	6.5	3.5	3.0	0.7	0.8	-0.1
Urban Total	-2.0	-1.7	-0.3	-1.7	-0.4	-1.3	-3.6	-2.3	-1.3	6.4	3.4	3.0	0.9	0.9	0.0
Rural/Small Town Total	-2.4	-1.7	-0.7	-2.3	-1.2	-1.1	-3.0	-2.0	-1.0	6.9	3.9	3.0	0.7	0.9	-0.2
Strong MIZ	-0.7	-0.7	0.0	-2.6	-1.4	-1.2	-1.4	-2.0	0.6	5.3	3.3	2.1	-0.4	0.9	-1.3
Moderate MIZ	-2.1	-1.5	-0.6	-2.0	-1.2	-0.8	-3.1	-2.3	-0.8	6.3	3.8	2.5	0.8	1.2	-0.4
Weak MIZ	-2.6	-1.8	-0.8	-2.4	-1.1	-1.3	-3.0	-1.9	-1.1	7.4	4.0	3.4	0.7	0.8	-0.1
No MIZ	-1.3	-0.5	-0.8	-1.3	-1.1	-0.2	-3.4	-2.5	-0.9	6.7	2.9	3.8	-1.2	0.6	-1.8

Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

Since residents of *Strong* and *No MIZ* zones are the most likely in the province to be children, and those in *Moderate* and *Weak MIZ* zones are the most likely to be seniors, rural residents as a whole are less likely than urbanites to be participating in the paid labour force. This age structure means that rural Nova Scotians have a higher global dependency ratio (Figure 6). This ratio measures the proportion of children (aged 0 to 14 years) and seniors (aged 65 years and over) to the working population (aged 15 to 64).

Figure 6: Rural Nova Scotia Populations Have a Higher Global Dependency Ratio than Urban Nova Scotia Populations



Global Dependency Ratio¹: Number of Children and Seniors per 100 Adults

Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ Global dependency ratio is defined as the ratio of children (0-14 years of age) and senior (65 years of age and over) populations to the total working age population (15-64 years of age).

In 2001, there were 44.2 children and seniors per 100 urban adults, compared to 50.5 for every 100 rural and small town adults. *No MIZ* zones had the largest dependency ratio (54.7 dependents per 100 adults). Since residents of *No MIZ* zones are the least likely in

the province to be adults (Table 1) and since these zones have the lowest labour force participation rate in the province (Figure 10), they are the least likely to contribute to tax revenues. The provision of services in *No MIZ* zones is, therefore, limited by a comparatively small per capita tax base. These findings might suggest that regional governments in *No MIZ* zones are in greater need of transfer payments.

Figure 6 also generally depicts a declining dependency ratio across time in all geographic regions of Nova Scotia, reflecting a simultaneous decline in the proportion of the child population (Table 2). Still, with more dependents to care for, rural adults have a greater relative need for services targeted to seniors, children, and families.

The age distribution findings in Tables 1 and 2 and Figure 6 have important government policy implications with respect to services targeted toward children, teens, adults and seniors. First, the greater proportion of seniors in rural and small town Nova Scotia suggests that seniors-related services are in greater relative demand in these zones. Initiatives such as community-based health services and long-term care facilities will have to maintain sufficient capacity to address the demand. This demand is especially applicable to *Moderate* and *Weak MIZ* zones, which have large, and growing, proportions of seniors.

Second, although the proportion of Nova Scotians who are children decreased between 1991 and 2001 in all zones, the younger age structure of *Strong* and *No MIZ* populations suggest a greater overall need for children-related services in these rural zones than elsewhere in the province.

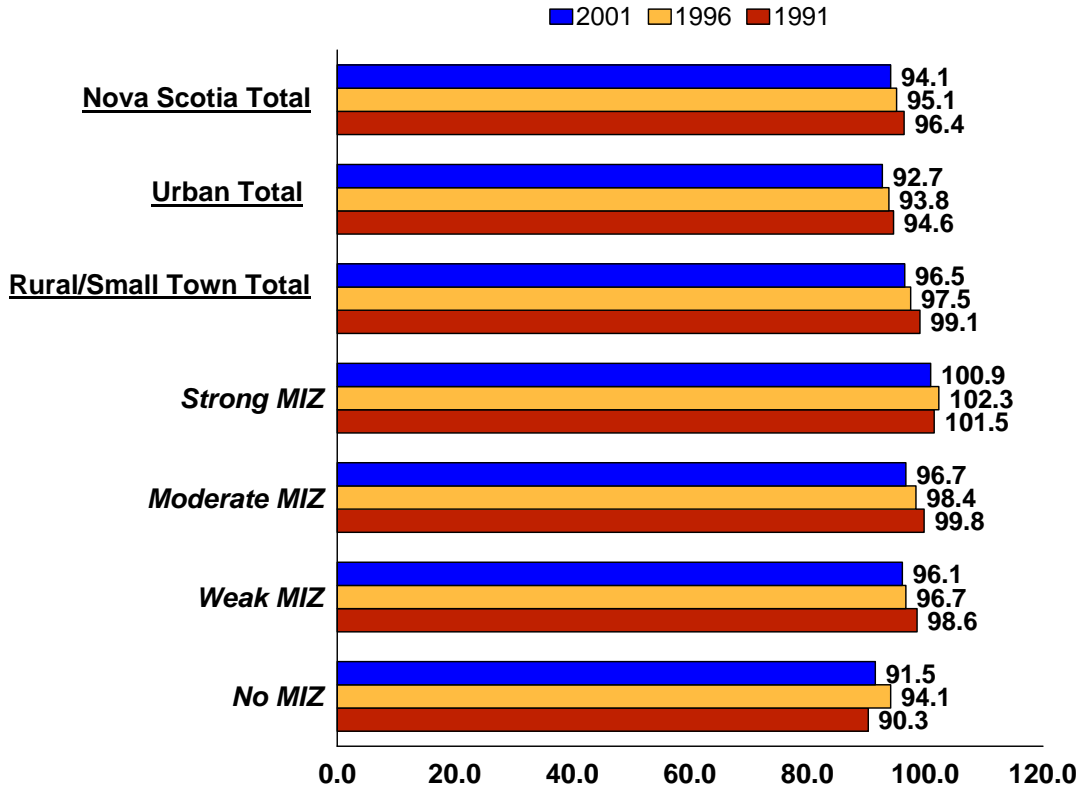
A.4 POPULATION GENDER STRUCTURE

Compared to urban zones of the province, rural Nova Scotia has a slightly higher male-to-female ratio.

Figure 7 illustrates that there are fewer men than women in Nova Scotia, and that this ratio is declining over time. At 96.5 men per 100 women, a slightly higher ratio is found in rural zones compared to urban areas, which have only 92.7 men per 100 women. *Strong MIZ* zones had the highest ratio in 2001, with 100.9 men per 100 women, while the lowest ratio was observed in *No MIZ* zones of the province (91.5 men per 100 women). The figure also demonstrates that male representation in all but *No MIZ* zones decreased between 1991 and 2001.

Figure 7: Rural Zones have Slightly Higher Proportions of Males than do Urban Centres

GEOGRAPHIC ZONE



Gender Ratio: Number of Men per 100 Women in Nova Scotia

Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

A.5 ABORIGINAL IDENTITY POPULATION⁵

A very small share of the Nova Scotia population is Aboriginal. The exception is in *No MIZ* zones, where one-in-three Nova Scotians is of Aboriginal identity.

The Aboriginal population in Canada has experienced significantly greater growth than the general population. In fact, the Registered Indian population is growing at a rate of almost twice that of the Canadian population (Corporate Information Management Directorate, 2000). Further, the Registered Indian population of Atlantic Canada is projected to grow by 25 % between 2000 and 2010 (Indian and Northern Affairs, 2000). Individuals with this ethnic background have specific needs with respect to government services and the demand for these services will likely intensify as the population grows (Aboriginal Justice Implementation Commission, 1999).

Though urban centres contained a larger number of Aboriginal people than did rural zones (9,385 compared to 7,625; see Appendix Table 6), in 2001 the proportion of the population that was Aboriginal was higher in rural than in urban Nova Scotia (2.3% compared to 1.6%; Figure 8). Aboriginal representation in rural zones, however, is very low in all but *No MIZ* zones, where one in three (32.3%) of the 4,650 residents self-identified as Aboriginal in 2001. Six of the eight Census Subdivisions in *No MIZ* are First Nations. Though *Weak MIZ* zones had the largest absolute number of Aboriginal individuals in rural Nova Scotia (3,995 in 2001), the Aboriginal population comprised just 1.9% of the *Weak MIZ* population in 2001. Aboriginal individuals also comprised 1.9% of the *Moderate MIZ* population, and just 1.3% of the population of *Strong MIZ* zones in 2001.

Figure 9 indicates that, between 1996 and 2001⁶, the proportion of Aboriginal individuals in the province increased by 0.5 percentage points (from 1.4% to 1.9%), with increases occurring in all but *Moderate MIZ* zones.⁷ Aboriginal representation in rural zones increased at a marginally greater rate between 1996 and 2001 than in urban centres (0.8% compared to 0.3%). Again, however, these growth rates mask the fact that the majority of Aboriginal Nova Scotians reside in urban centres.

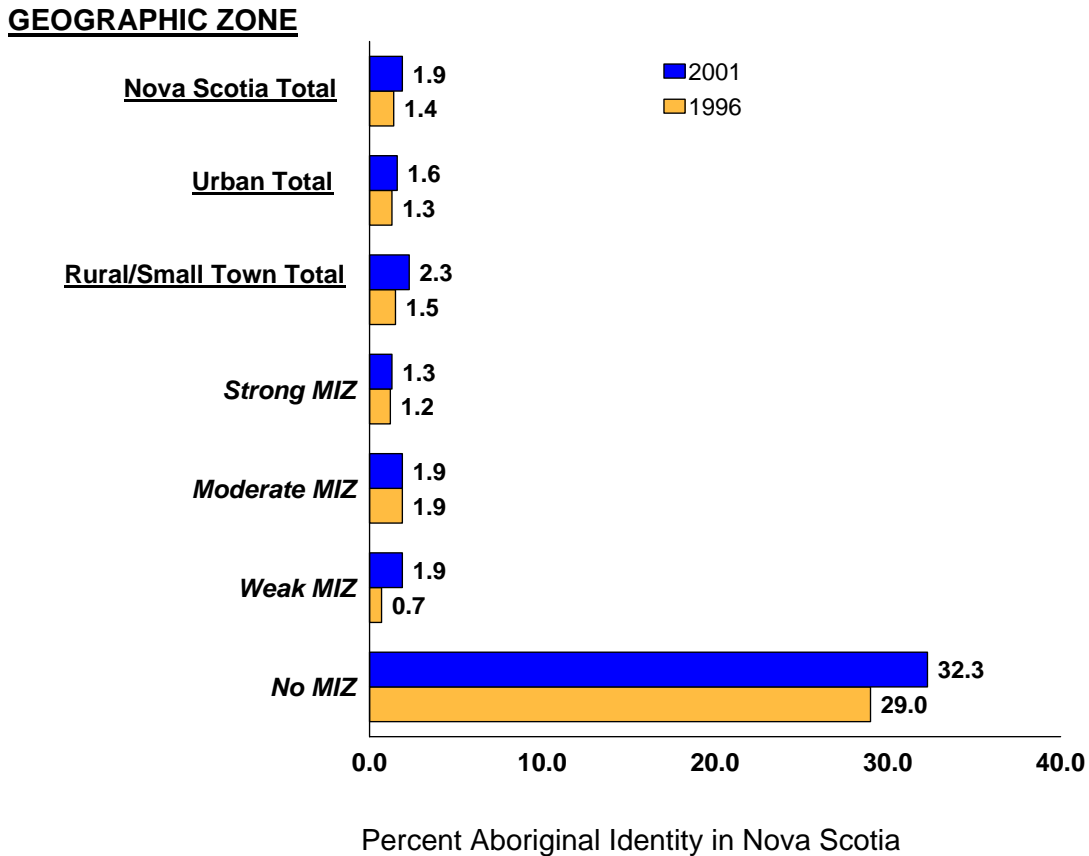
⁵ Refers to persons who reported identifying with at least one Aboriginal group, i.e. North American Indian, Métis or Inuit (Eskimo) and/or those who reported being a Treaty Indian or a Registered Indian as defined by the *Indian Act* of Canada and/or who were members of an Indian Band or First Nation (Statistics Canada, 1999a).

⁶ Aboriginal identity is not presented for 1991 because of significant differences in the definition in this year.

⁷ Some of the increase in the Aboriginal population may be a result of an increasing tendency for individuals to self-report as Aboriginal.

Figure 9 also shows that of all the geographic zones, *No MIZ* zones underwent the largest proportional increase in Aboriginal representation between 1996 and 2001 (of 3.3 percentage points). Though *Weak MIZ* zones experienced a lower proportional increase in their Aboriginal population than their *No MIZ* counterparts (1.2 compared to 3.3 percentage points), the numerical increase of Aboriginal people in *Weak MIZ* zones was much higher than in *No MIZ* zones (2,450 compared to just 130). By comparison, Aboriginal representation in *Strong* and *Moderate MIZ* zones remained virtually unchanged between 1996 and 2001.

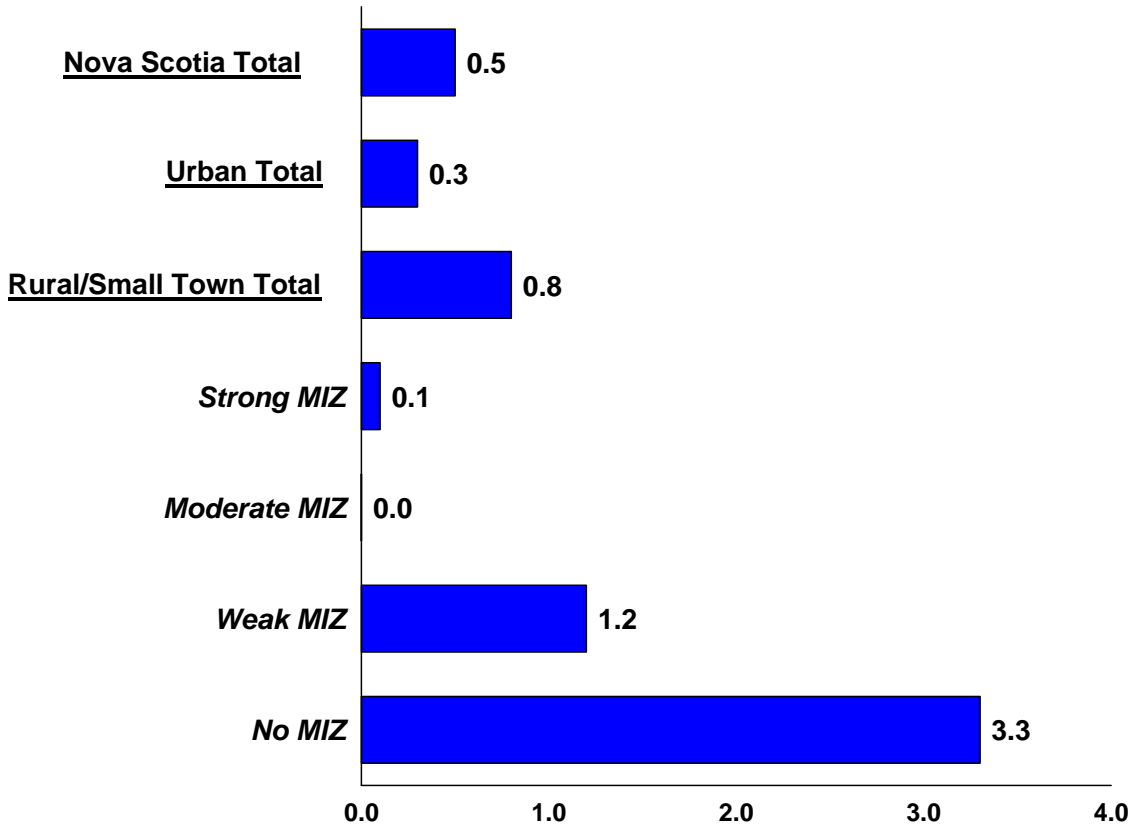
Figure 8: The Share of the Population that is Aboriginal is by Far the Highest in *No MIZ* Zones



Source: Statistics Canada, Census of Population, 2001 and 1996

Figure 9: The Share of the Population that is Aboriginal Increased Most Significantly Within No MIZ Zones

GEOGRAPHIC ZONE



1996 to 2001 Percentage Point Change in the Share of the Population that is Aboriginal Within Each Geographic Zone in Nova Scotia

Source: Statistics Canada, Census of Population, 2001 and 1996

A.6 HOME LANGUAGE

By examining the language spoken most often at home, we can garner an indication of the language diversity in rural versus urban Nova Scotia. Home language can also be used as a proxy for ethnicity. Table 3 presents the proportion of Nova Scotians speaking one of Canada’s official languages (English or French), those speaking a non-official language (not English and not French), and those speaking more than one language (multiple languages) most often at home (see also Appendix Table 7).

Three notable observations can be made from the data presented in Table 3. First, a greater proportion of rural than urban Nova Scotians spoke French most often at home in 2001 (4.5% compared to 0.7%). But, this total rural figure masks the fact that it was

primarily in *Weak MIZ* zones (6.2%) that French was being spoken. Though, 2% of the population in *Moderate MIZ* zones also spoke French, only 0.3% of *Strong MIZ* zones and none of the population in *No MIZ* zones spoke French most often at home in 2001.

Second, just 1.8% of urban and 0.7% of rural individuals spoke a non-official language in 2001, compared to 13.7% of *No MIZ* households. *No MIZ* residents were also the most likely in the province to report speaking multiple languages, likely reflecting the multilingualism of the proportionately large Aboriginal population in these zones.

Third, the data reveal over-time stability in the proportion speaking each of the language categories most often at home for each geographic zone. While a few minor fluctuations can be observed, the data are remarkably consistent over time.

Table 3: *No MIZ* Residents are the Most Likely in the Province to Speak a Non-Official Language

Home Language¹ Percent Distribution, 2001, 1996, and 1991

Geographic Zone	English			French			Non-official language ²			Multiple Responses		
	2001	1996	1991	2001	1996	1991	2001	1996	1991	2001	1996	1991
Nova Scotia Total	96.0	96.0	96.1	2.1	2.2	2.4	1.4	1.3	1.1	0.4	0.4	0.4
Urban Total	96.9	97.2	97.5	0.7	0.7	0.7	1.8	1.6	1.4	0.5	0.5	0.4
Rural/ Small Town Total	94.4	94.1	94.2	4.5	4.8	5.0	0.7	0.7	0.5	0.4	0.4	0.3
<i>Strong MIZ</i>	98.3	98.3	98.7	0.3	0.1	0.2	1.3	1.5	1.0	0.1	0.1	0.2
<i>Moderate MIZ</i>	97.1	96.7	96.8	2.0	2.2	2.5	0.5	0.6	0.4	0.4	0.4	0.3
<i>Weak MIZ</i>	93.0	92.7	92.5	6.2	6.5	7.0	0.4	0.4	0.2	0.3	0.4	0.3
<i>No MIZ</i>	82.9	82.8	85.2	0.0	0.7	0.2	13.7	13.7	13.9	2.5	2.8	0.8

Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ Home language is based on the language "most often spoken at home" for all three censuses. For the 2001 Census, the home language question asked for the language spoken "most often at home" AND the languages spoken "on a regular basis at home." The 2001 data includes only the language "most often spoken at home" which is the equivalent of "home language" in the 1991 and 1996 censuses.

² "Non-official languages" include all languages excluding English and French.

SUMMARY

The above discussion highlights some of the implications for each of the population indicators. We can also, however, explore possible inferences by linking these results together. In the first half of the 1990s, Nova Scotia's population increased in every geographic zone, except *Weak MIZ*. After 1996, only urban and *Strong MIZ* zones continued to exhibit population increase. Our focus in this summary, therefore, is on explaining why the population continued to increase in *Strong MIZ* zones in the most recent inter-census period, but declined in *Moderate*, *Weak* and *No MIZ* zones of the province.

Nova Scotia's rural population is declining. While it is possible that rural population decline is partly due to natural factors such as a declining birth rate and increasing death rate, the concurrent increase in the proportion of Nova Scotians residing in urban centres leads us to conclude that much of the rural population decline is attributable to net out-migration. In short, the growth of the urban population is likely due to the migration of rural and small town residents to urban centres in search of employment and educational opportunities, and may also reflect the lifestyle choice of some rural Nova Scotians to relocate to urban centres upon retirement.

The relatively large population decline within *Moderate* and *Weak MIZ* zones in particular is likely because of a net out-flow of individuals from these zones. Research shows that most of the population losses from rural regions are among individuals between the ages of 15 and 24 (Dupuy et al., 2000). Given the weak job market within these zones throughout the 1990s (see Section B), we might speculate that many young residents of *Moderate* and *Weak MIZ* zones relocated to one of Nova Scotia's city centres or perhaps to fill the large and growing number of production service industry jobs in *Strong MIZ* zones (Tables 4 and 5). The in-migration to *Strong MIZ* zones may also reflect a lifestyle choice to move into semi-rural settings that offer convenient access to urban amenities and employment.

Though poor economic conditions in *No MIZ* zones likely contributed to population losses in these zones, the higher birth rates of a comparatively large proportion of Aboriginal residents possibly tempered population losses here. In *No MIZ* zones, where one in three individuals self identifies as Aboriginal, we observe the highest combined child and youth populations, as well as the highest dependency ratios in the province. Though the number of Aboriginal people residing in urban centres is larger, proportionally speaking, these population trends intensify the demand on children's services in remote regions of Nova Scotia, particularly on Indian reserves. Programs such as Aboriginal Head Start and First Nations and Inuit Child Care are in high need especially within *No MIZ* zones, but they are also increasing in demand within *Weak MIZ* zones of the province. Other programs such as the Canada Pre-Natal Nutrition Program and the Community Action Program for Children may also feel added

pressure in the near future. In addition, as the *No MIZ* population matures and enters the labour force, there may be increased demand for employment and associated services. Indeed, projections over the next 20 years indicate that the registered Indian population is moving into a different phase of the demographic cycle as the proportion of working age individuals (20 - 64 years of age) increases (Indian and Northern Affairs, 2000). While still far below the average age of non-Aboriginal people, future demand will increase for services related to employment, housing, and other services required for Aboriginal people to enter the workforce (Indian and Northern Affairs, 2000).

These different explanations for population changes in rural and small town Nova Scotia highlight the importance of examining the differences within rural and not just the differences between urban and rural areas. Clearly, the urban-rural differences mask the variation in population change that is apparent among the four MIZ zones, and the underlying causes for these over-time shifts.

B. Economic Indicators

KEY FINDINGS

B.1 Labour Market Indicators

- In 2001, *Strong MIZ* zones had the highest labour force participation (LFP) rate in the province (64.4%) and *No MIZ* zones had the lowest (55.1%). Between 1996 and 2001, LFP rates increased in every geographic zone of the province.
- Unemployment rates were the lowest in *Strong MIZ* zones (8.9%) and highest in *No MIZ* zones (21.3%) in 2001. After 1996, unemployment rates fell in every zone with the exception of *No MIZ*, where the unemployment rate rose by 1.6 percentage points.
- Both the SIC industry classification system for the 1991 and 1996 census and the NAICS classification system for the 2001 census reveal that rural and small town Nova Scotians dominate employment in agriculture, forestry, fishing and hunting and in secondary industries while urbanites are more strongly represented in service industries.
- Rural and small town Nova Scotians are more likely than urbanites to be self-employed (11.9% compared to 8.4% in 2001).

B.2 Income

- *No MIZ* zones exhibit the lowest median incomes in the province in each of the three census years. In 2001, *No MIZ* incomes were just 71% of the incomes in *Strong MIZ* zones.
- *No MIZ* zones experienced the largest decrease in the incidence of low income between 1996 and 2001 (of 7.5 percentage points), but continued in 2001 to have the highest proportion of low-income individuals in Nova Scotia (22.8%). *Strong MIZ* zones, in contrast, had the lowest percentage in the province in each census year.
- In all three census years, rural and small town Nova Scotians garnered a larger proportion of their income from social transfer payments than did urban citizens. Among the former group, *No MIZ* zones were by far the most likely to rely on social transfer income in 1991, 1996, and 2001.

Summary

These indicators reveal the relative economic disadvantage of rural zones of Nova Scotia, but they also reveal the relative advantage of *Strong MIZ* compared to *No MIZ* zones. At the same time, the inter-census analyses reveal some indication of improvement in the latter zones since 1996. In all, the analyses of the indicators over time and among rural zones affirm the economic heterogeneity of rural Nova Scotia.

B.1 LABOUR MARKET INDICATORS

B.1.1 Labour Force Participation and Unemployment Rates⁸

Strong MIZ zones have the highest labour force participation and lowest unemployment rates in the province, and *No MIZ* zones the lowest labour force participation and highest unemployment rates.

In 2001, the Nova Scotia labour force had 451,380 members (Appendix Table 8) for a labour force participation (LFP) rate of 61.6% (Figure 10). Although the urban LFP rate was 4.6 percentage points higher than the rural rate in 2001 (63.3% compared to 58.7%), *Strong MIZ* zones had the highest LFP rate in the province at 64.4%. *No MIZ* zones, in contrast, had the lowest rate in each census year, ranging from a low of 50.5% in 1996 to a high of 55.1% in 2001.

In all but one geographic zone, labour force participation rates declined between 1991 and 1996, and increased in the following five-year period. *Strong MIZ* zones were the exception to this trend, where we observe increasing LFP rates in each inter-census period. *No MIZ* zones exhibit the most volatile rates, decreasing by 3.6 percentage points between 1991 and 1996 and increasing by 4.6 percentage points thereafter. Furthermore, in only *Strong* and *No MIZ* zones are the 2001 LFP rates higher than the 1991 rates. Thus, despite that *No MIZ* zones have by far the lowest LFP rate in the province, there is some indication of improvement over time.

Turning to unemployment rates, Figure 11 demonstrates a similar ranking to the LFP labour market indicator between geographic zones of the province (see also Appendix Table 9). In 2001, the urban unemployment rate was 3.0 percentage points lower than the rural and small town rate (9.8% compared to 12.8%), yet *Strong MIZ* zones continued to exhibit the most favorable labour market conditions in the province with an unemployment rate of just 8.9%. *No MIZ* zones again displayed the least favorable conditions, with an unemployment rate of 21.3% in 2001. As with LFP rates, *Moderate* and *Weak MIZ* zones fell between these extremes with unemployment rates of, respectively, 12.3% and 13.4%.

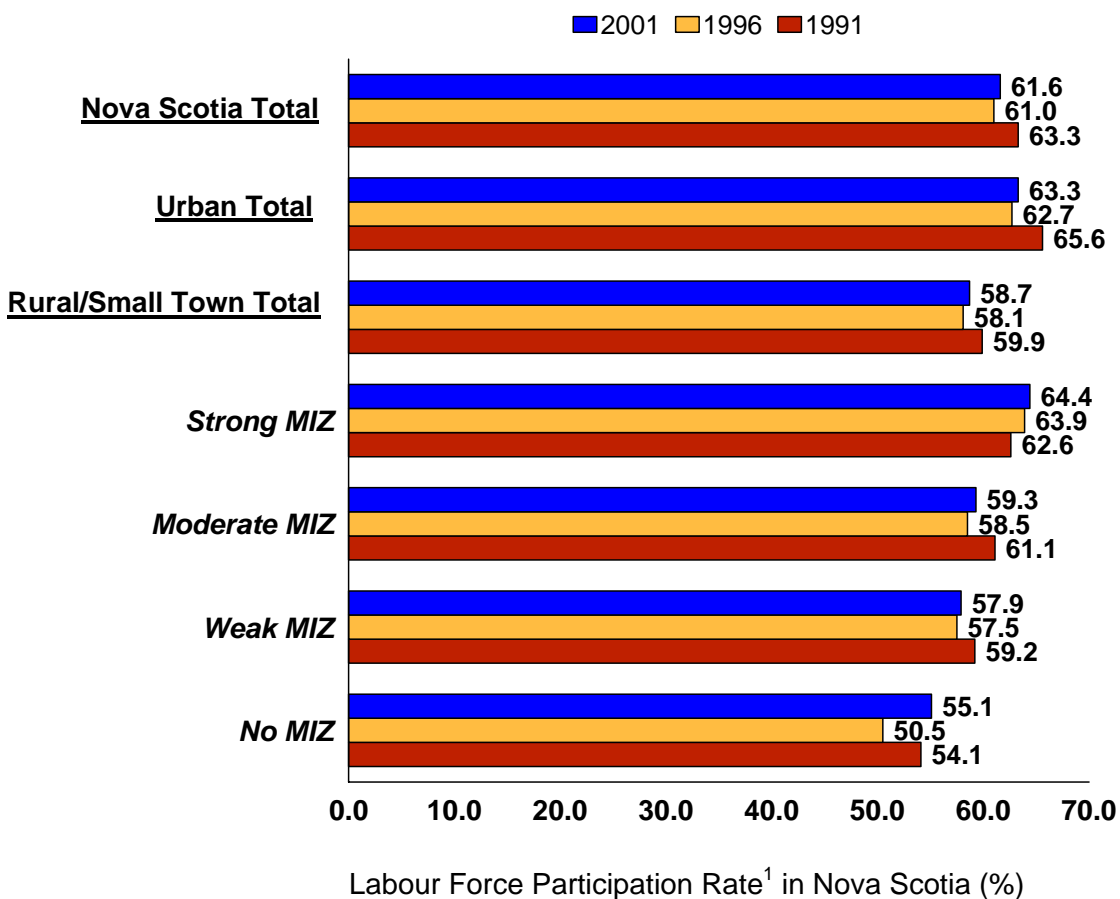
Great variation across time is observed among the geographic zones of the province. A stable urban unemployment rate is observed between 1991 and 1996, followed by a drop of 1.9 percentage points thereafter. The over-time pattern of change was much

⁸ Please note that the data for unemployment and labour force participation rates refer to one week of each Census year. Potential seasonal fluctuations or random events that affect the data are not considered. However, at this time, no better data source is available.

more dramatic in rural Nova Scotia, increasing by 1.9 percentage points between 1991 and 1996 and subsequently decreasing by 3.2 percentage points. *Moderate* and *Weak MIZ* zones most closely approximate the total rural pattern over time, while we observe steadily decreasing rates in *Strong MIZ* zones and a reversed over-time pattern within No MIZ zones of the province. Despite these variable patterns, 2001 unemployment rates are lower than they were in 1991 in all geographic zones.

Figure 10: Strong MIZ Zones Have the Highest Labour Force Participation Rate in Nova Scotia

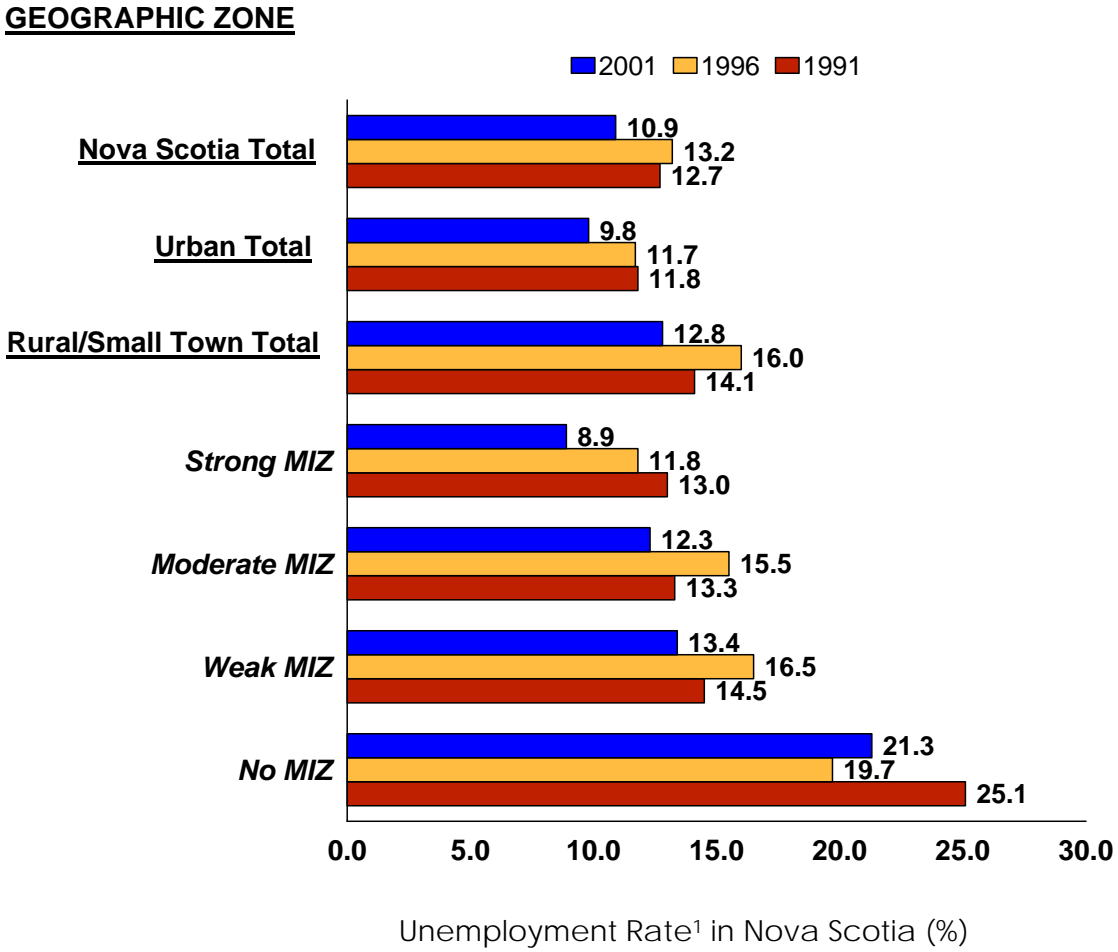
GEOGRAPHIC ZONE



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ The Labour Force Participation Rate is the ratio of individuals who are currently employed or who are out of work (but looking for work) to the total number of individuals in the population who are over the age of 15.

Figure 11: No MIZ Zones Have the Highest Unemployment Rate in Nova Scotia



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ The Unemployment Rate is based on the ratio of individuals who are currently unemployed to those who are in the labour force.

Overall, the LFP rates and, to an even greater extent, the unemployment rates presented in Figures 10 and 11 demonstrate a wide range of labour market conditions in the province. *Strong MIZ* zones consistently exhibit the most positive labour market characteristics and *Moderate* and *Weak MIZ* zones are not far behind. *No MIZ* zones, despite some improvement, are clearly the most disadvantaged of zones in the province.

Furthermore, the decrease in unemployment rates between 1996 and 2001 suggest a post-1996 strengthening of the Nova Scotia labour market. Again, however, *No MIZ* zones have not reaped the same benefits from this positive economic cycle as elsewhere in the province.

B.1.2 Industry Employment Distribution

Compared to urbanites, rural individuals are more likely to be working in primary and secondary industries and less likely to be working in production, consumer, and government-provided services.

The Nova Scotia labour force can be classified by the industry in which people are employed. This is determined by assessing the general nature of the business carried out by the individual's employer. In measuring industry employment, the 1991 and 1996 censuses used the 1980 Standard Industrial Classification (SIC) system, while the 2001 census adopted the North American Industry Classification System (NAICS). Comparisons between the two systems are inappropriate and the differences warrant presenting industry employment separately for 2001 and for 1996 and 1991. Beginning with the NAICS system, Table 4 presents seven broad industry categories for each geographic zone of the province for 2001 only (see also Appendix Table 10).

Employment in agriculture, forestry, fishing and hunting accounted for 5.2% of employment in all Nova Scotia industries in 2001. Rural and small town zones, however, eclipsed urban centres in employment in these industries by a factor of six (11.2% compared to 1.9%). Within rural Nova Scotia, *Weak MIZ* residents were the most likely (12.9%) and *Strong MIZ* residents the least likely (4.2%) to work in these industries in 2001. Oil and gas extraction has only recently emerged in Nova Scotia and, in combination with the mining industry, the sector only accounted for 1% or less of employment in all zones of the province.

Employment in secondary industries is more prevalent in rural than in urban Nova Scotia. A slightly higher percentage of rural than urban Nova Scotians were employed in construction in 2001 (7.0% compared to 5.5%), however, rural residents were twice as likely as urbanites to work in manufacturing (14.9% compared to 7.3%). This category includes food manufacturing establishments such as fish plants, which are important employers in rural/coastal Nova Scotia. Employment in construction industries declined as metropolitan influence weakened while the reverse was generally true of employment in manufacturing industries.

Table 4: Rural Nova Scotians are Much More Likely than Urban Nova Scotians to be Working in Primary and Secondary Industries

Percent Employed in Each Industry Sector (NAICS)¹, 2001

Geographic Zone	Total	Primary Industries		Secondary Industries		Service Industries		
		Agriculture, Forestry, Fishing & Hunting	Mining and Oil & Gas Extraction	Construction	Manufacturing	Production Services ²	Consumer Services ³	Government-Provided Services ⁴
Nova Scotia Total	100.0	5.2	0.8	6.0	10.0	24.9	26.4	26.8
Urban Total	100.0	1.9	0.7	5.5	7.3	28.9	26.9	28.7
Rural/Small Town Total	100.0	11.2	0.8	7.0	14.9	17.4	25.5	23.2
Strong MIZ	100.0	4.2	1.0	10.8	9.7	30.3	23.4	20.5
Moderate MIZ	100.0	9.3	1.0	7.8	13.7	18.0	23.7	26.5
Weak MIZ	100.0	12.9	0.7	6.3	16.2	15.6	26.4	21.9
No MIZ	100.0	8.6	0.5	4.7	11.6	13.8	33.0	27.7

Source: Statistics Canada, Census of Population, 2001

¹ Based on the 1997 North American Industry Classification System (NAICS).

² Production Services includes utilities, wholesale trade, transportation and warehousing, information and cultural industries, finance and insurance, real estate and rental and leasing, professional, scientific and technical services, management of companies and enterprises, administrative and support, and waste management and remediation services.

³ Consumer Services includes retail trade, arts, entertainment and recreation, accommodation and food services, and other services.

⁴ Government-Provided Services includes educational services, health care and social assistance, and public administration.

While, on average, rural Nova Scotians are more likely to be working in primary and secondary industries, Table 4 shows that urbanites are more likely to be employed in service industries. In 2001, nearly one in three (28.9%) urbanites worked in production services (e.g. information and cultural industries, wholesale trade, finance and insurance), compared to just 17.4% of rural and small town residents. The table also reveals, however, that *Strong MIZ* residents were slightly more likely than urbanites to work in production services (30.3% compared to 28.9%). *No MIZ* residents were the least likely in the province to be employed in this typically more lucrative type of service industry (13.8%). The urban-rural difference in employment in consumer services (e.g., retail trade, accommodation, food services) is much smaller, with roughly one-in-four residents of each geographic zone employed in this type of service industry. The exception to this, however, is observed in *No MIZ* zones, where three in ten residents were employed in consumer services in 2001. Finally, urbanites have slightly higher representation in government-provided services (e.g., educational services, health care and social assistance, and public administration) than the rural average (28.7% compared to 23.2%). Again, within rural Nova Scotia, employment in government services was the highest in *No MIZ* zones at 27.7% in 2001.

The overall industry patterns across geographic zones observed in Table 4 are very similar to those of 1991 and 1996, as shown in Table 5 (Appendix Table 11). For example, rural and small town Nova Scotians were more likely than their urban counterparts to be employed in agriculture, forestry, fishing and hunting, and in manufacturing and construction. Urbanites, conversely, were more highly represented in the service industries. The dominance of *No MIZ* employment in consumer and government-provided services are also observed.

Table 5 also shows small 1991-to-1996 increases in the proportion of both the urban and rural populations working in agriculture, forestry, fishing and hunting, though within rural zones, the rates declined for *Strong* and *Moderate MIZ* zones. Little over-time change is observed in mining and oil and gas extraction.

Secondary industry employment declined throughout the province between 1991 and 1996, with *No MIZ* zones exhibiting the greatest decrease in both construction (2.1%) and manufacturing (2.7%). The decrease in manufacturing employment is particularly noteworthy because it implies that Nova Scotia generally and rural zones in particular became less competitive in important value-added industries (Beshiri, 2001b).

Employment in production services, conversely, increased in every geographic zone, with the exception of *No MIZ*, where it fell by 3.8 percentage points. Consumer services employment was also higher in 1996 than in 1991 in all geographic zones, while employment in government-provided services declined in all but *No MIZ* zones, which increased by a notable 5.1 percentage points.

Table 5: Employment in Production Services Increased in all but *No MIZ* Zones of the Province

Percent Employed in Each Industry Sector (SIC)¹, 1996 and 1991

Geographic Zone	Primary Industries				Secondary Industries				Service Industries					
	Agric., Forestry, Fishing, & Hunting		Mining & Oil & Gas Extraction		Construction		Manufacturing		Production Services ²		Consumer Services ³		Government-Provided Services ⁴	
	1996	1991	1996	1991	1996	1991	1996	1991	1996	1991	1996	1991	1996	1991
Nova Scotia Total	5.8	5.7	0.9	1.2	6.1	6.7	10.7	11.8	20.2	19.2	27.7	26.4	28.5	29.1
Urban Total	2.6	2.3	1.0	1.3	5.6	6.2	8.2	9.0	23.0	22.6	28.4	27.1	31.1	31.5
Rural/Small Town Total	11.6	11.2	0.7	0.9	7.0	7.4	15.1	16.5	15.2	13.6	26.5	25.2	23.8	25.1
Strong MIZ	7.6	9.0	1.4	1.7	10.0	10.4	10.2	11.1	24.0	21.6	25.3	23.4	21.4	22.8
Moderate MIZ	10.4	10.9	1.1	1.2	7.7	8.3	13.4	14.8	14.9	13.5	26.2	23.7	26.2	27.6
Weak MIZ	12.7	11.7	0.4	0.7	6.4	6.6	16.4	18.0	14.4	12.6	26.8	26.2	22.8	24.2
No MIZ	9.4	8.8	0.0	0.0	1.7	3.8	17.5	20.2	9.4	13.2	28.6	26.1	33.0	27.9

Source: Statistics Canada, Census of Population, 1996 and 1991

¹ Based on the 1980 Standard Industry Classification (SIC) system.

² Production Services includes communication and other utilities, wholesale trade, transportation and storage, finance and insurance, real estate operator and insurance agent, and business services.

³ Consumer Services includes retail trade, accommodation, food and beverage, and other services.

⁴ Government-Provided Services includes educational services, health and social assistance, and government service.

B.1.3 Self-Employment

A greater proportion of rural than urban Nova Scotians were self-employed in 2001.

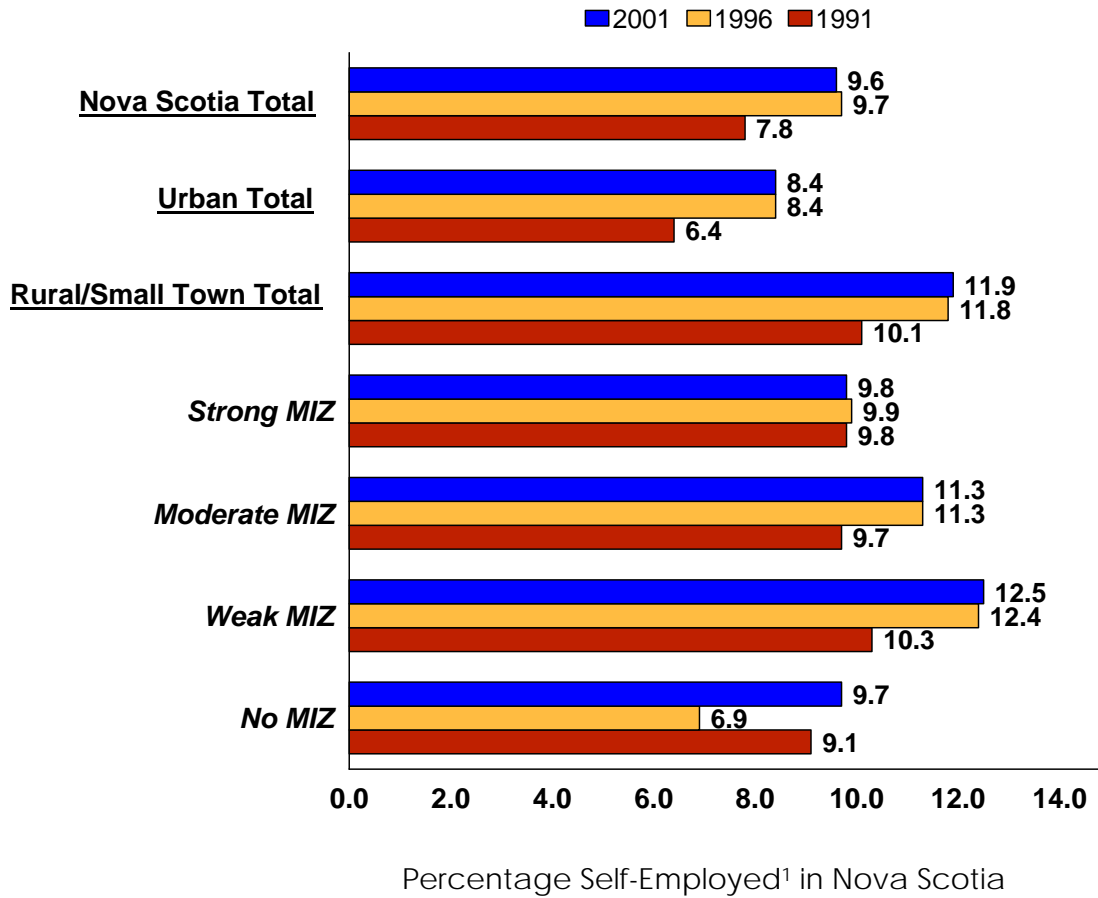
The Nova Scotia labour force can also be analyzed by examining the proportion of self-employed individuals versus those who are considered employees. Self-employment includes operating a business or professional practice, doing freelance or contract work, and farming, fishing and trapping. It also includes operating a direct distributorship selling and distributing goods such as cosmetics (Statistics Canada, 1999a).

In 2001, 9.6% of the Nova Scotia labour force was self-employed as opposed to working as an employee (Figure 12 and Appendix Table 12). Rural and small town citizens were slightly more likely than urbanites to be self-employed (11.9% compared to 8.4%). Among rural and small town zones, *Weak MIZ* individuals were the most likely to be self-employed (12.5%), while *No MIZ* residents were the least likely (9.7%). The higher incidence of self-employment in *Weak MIZ* zones may be due to the higher proportion of these residents employed in primary industries (Table 4), such as agriculture and fishing, where self-employment is the norm (du Plessis, 2004). The relatively high proportion of jobs in government-provided services might also explain the lower rate of self-employment in *No MIZ* zones of the province.

Generally, self-employment increased between 1991 and 1996 and stabilized through to 2001. *No MIZ* is the exception to this trend, where the incidence of self-employment fell from 9.1% to 6.9% in the first half of the 1990s but by 2001, had risen again to 9.7%.

Figure 12: Self-employment is More Prevalent in Rural Nova Scotia

GEOGRAPHIC ZONE



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ Self-employment is expressed as a ratio to the total labour force 15 years of age and over. Self-employment includes operating a business or professional practice, doing freelance or contract work, and farming, fishing and trapping. It also includes operating a direct distributorship selling and distributing goods such as cosmetics (Statistics Canada, 1999a).

B.2 INCOME

The incomes of rural Nova Scotians (and especially *No MIZ* residents) are below those of urban residents. And though social transfer income comprises a larger share of rural incomes, most rural zones have a smaller proportion of low income citizens.

B.2.1 Median Personal Income

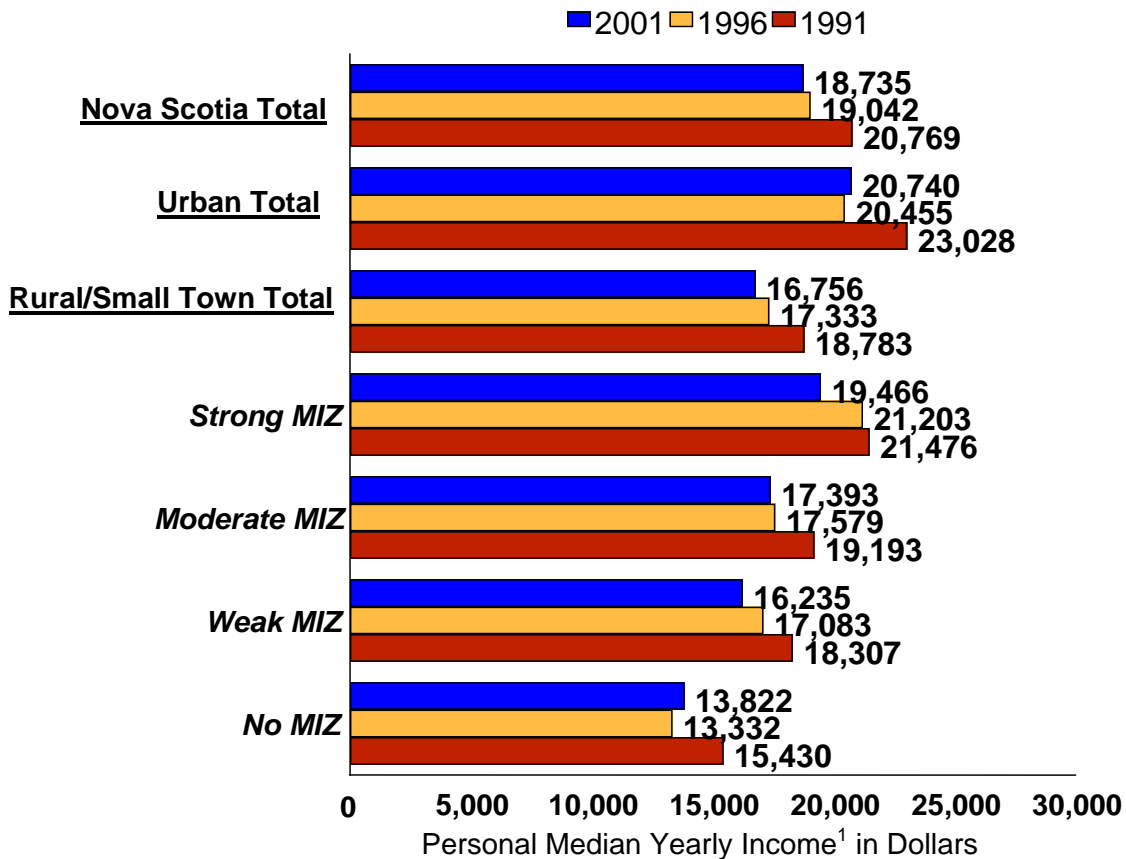
Mean income values are commonly used as an estimate of the economic well-being of the inhabitants of a given region. Median personal income is used in this report since it is a more appropriate measure when making comparisons across time.⁹ Unlike mean income values, median measures are not as unduly influenced by extreme values, whether high or low. The 1991 and 1996 annual income figures presented in Figure 13 are adjusted to 2000 real dollars.

In 2001, the provincial median income was \$18,735, down slightly from the 1996 and 1991 amounts of \$19,042 and \$20,769, respectively. At \$20,740, the urban median income was considerably higher than the rural and small town value of \$16,756. Greater variation, however, is observed within rural Nova Scotia, as we observe declining median income values as metropolitan influence weakens. While rural incomes were just 81% of the incomes of urbanites in 2001, *No MIZ* incomes were just 71% of *Strong MIZ* incomes in that census year. Despite being the only rural zones to experience a higher median income in 2001 than in 1996, *No MIZ* zones exhibit the lowest median incomes in the province in each census year, suggesting that the income disparity between the least and most advantaged Nova Scotians has not diminished.

⁹ Mean is also commonly known as the average. Median is equivalent to the 50th percentile.

Figure 13: Rural Incomes Were 81% of Urban Incomes in 2001

GEOGRAPHIC ZONE



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ Median income is yearly income for the population aged 15 years and over and is reported in 2000 real dollars.

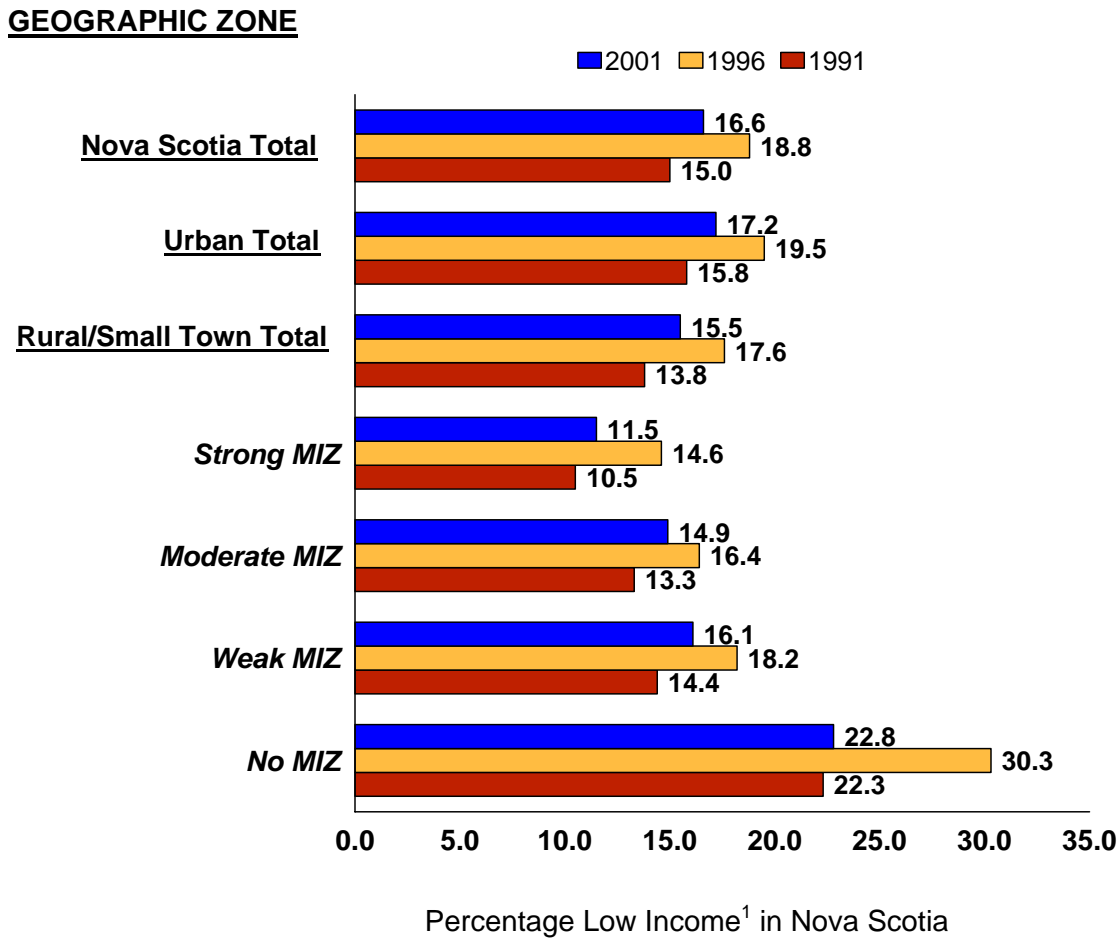
B.2.2 Incidence of Low Income

Another measure used to illustrate the relative economic well-being of residents within each geographic zone of the province is the share of the population with low incomes (as measured by the percent of the population living in households with incomes below the low-income cut-offs (LICOs)). This indicator refers to the proportion of individuals with incomes below the cost of basic necessities including food, shelter, and clothing. Along with family size, level of urbanization is factored into the estimated costs of necessities for each census individual, thereby determining the low-income cut-off value. The indicator assumes, quite rightly, that a higher cost of living amount coincides with a higher level of integration with urban centres.¹⁰

¹⁰ A few methodological considerations should be noted with the use of LICOs. First, different levels of the LICO are calculated for each family size class and for each urbanization class. The urbanization classes used for the LICO calculation are different than the rural and urban categories used in this report. For our tabulations, a household is assigned to be below LICO based on the original urbanization coding and then

Figure 14 reveals that the incidence of low income is slightly higher in urban than in rural and small town zones of the province. In 2001, 17.2% of urban Nova Scotians were considered low income, compared to 11.5% in *Strong MIZ*, 14.9% in *Moderate MIZ*, and 16.1% in *Weak MIZ* zones. *No MIZ* zones had the highest incidence of low income in the province in 2001 (22.8%) (see also Appendix Table 13).

Figure 14: No MIZ Zones Have the Highest Incidence of Low Income in the Province



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ The incidence of low income is calculated as the number of individuals living in a household with an income below the low-income cut-off (LICO) divided by the total number of individuals. The LICO is a level of income where households are judged to be in straitened circumstances, on the basis of the income required to provide food, clothing and shelter.

we retabulated the data according to our own rural-urban categories. In addition to these concerns, it should be noted that LICOs are, by Statistics Canada's admission, not a measure of poverty. There is also considerable debate about whether LICOs are a valid measurement of low income (see, for example, Webber (1998)).

The data in Figure 14 illustrate the strengthening of the Nova Scotia economy in the late 1990s with the proportion of low-income individuals decreasing in the entire province between 1996 and 2001. The greatest decrease occurred in *No MIZ* zones of the province, where the percentage dropped from 30.3% in 1996 to 22.8% in 2001. Nonetheless, the percentage of *No MIZ* residents considered low-income in 2001 remained substantially higher than any other geographic zone in the province, suggesting that improvements in the *No MIZ* economy after 1996 have not been sufficient to close the gap between the least and the most advantaged rural zones of Nova Scotia.

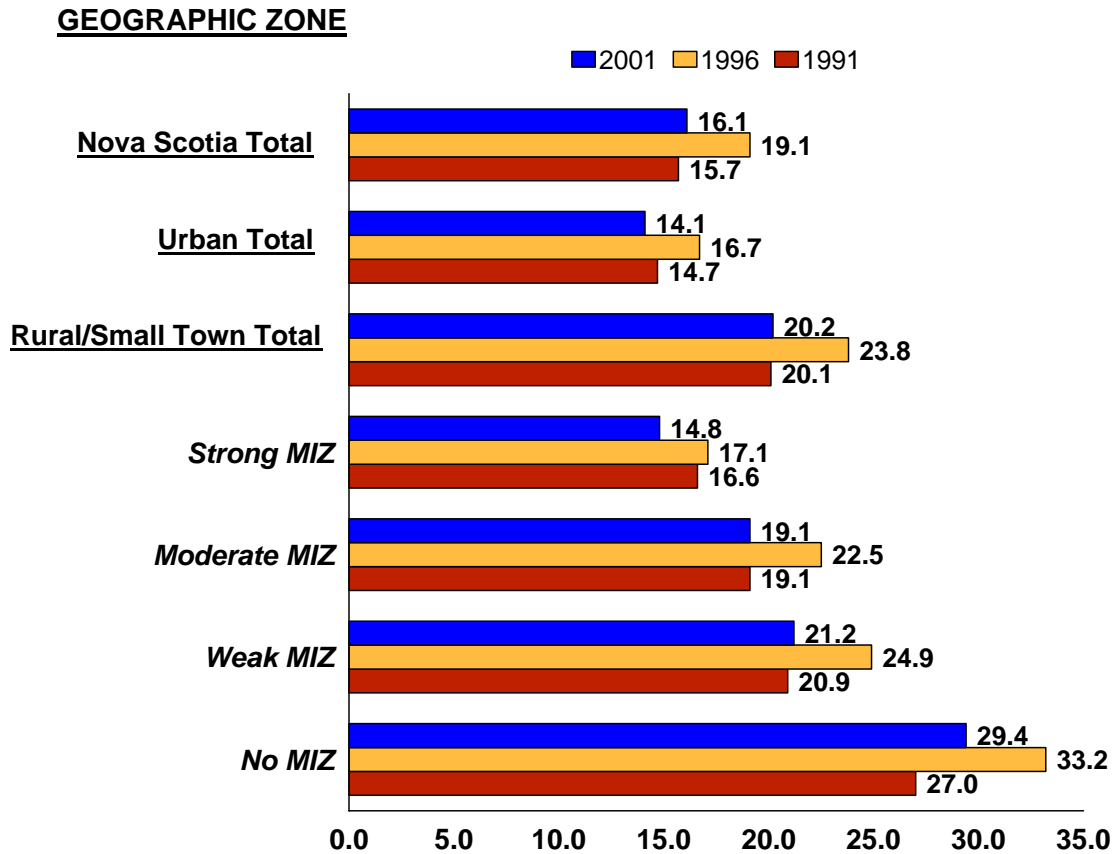
B.2.3 Share of Total Income From Social Transfer Income

We can also gain an indication of the relative economic conditions for each geographic zone of Nova Scotia by examining source of income. If a group of people derives a relatively greater percentage of income from social transfer payments, as opposed to employment income or personal investments, this suggests greater economic dependency for members of that group.

Figure 15 presents the percentage of total income derived from social transfer payments for each geographic zone and for 2001, 1996, and 1991. Most evident is the fact that the population in all four rural zones garnered a larger proportion of their income from government sources than did urban citizens in all three census years. Among the former group, *No MIZ* zones were by far the most likely to rely on social transfers income. In 2001, nearly one third of their income was derived from social transfers (29.4%), compared to the rural and small town average of one fifth of income (20.2%). *Strong MIZ* residents derived the smallest proportion of their income from this source (14.8% in 2001), providing further evidence of the economic advantages of residing in the most urban-influenced rural zones.

As was the case with the incidence of low income, dependence on social transfer income increased throughout the province in the first half of the 1990s, and declined thereafter. *No MIZ* residents were the most likely to experience this post-1996 economic improvement (a decrease of 3.8 percentage points), but remained the most likely to receive this type of assistance and were the only zones to have a larger share of their income from social transfer payments in 2001 than in 1991. In all other zones, the percentage of income from social transfer 2001 approximated or was less than the percentage of social transfer income in 1991.

Figure 15: Residents of No MIZ Zones are the Most Likely in the Province to Rely Upon Social Transfer Income



Percentage of Total Income from Social Transfer Income¹ in Nova Scotia

Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ Social transfer income refers to all government transfer payments to individuals including Old Age Security, Canadian/Quebec Pension Plans, Unemployment Insurance and Child Tax Credits and is expressed as a ratio of the amount of government transfer payments to the total average income among the population 15 years and older.

These over-time changes could be due to increasing or decreasing unemployment, old age security, Canadian Pension Plan payments, or child tax credits. The decrease in government financial dependence in most geographic zones after 1996 is likely a reflection of both decreasing reliance on unemployment insurance because of a reduction in unemployment rates¹¹ (Figure 11) and decreasing reliance on child tax credits as a result of a decrease in the share of the child population (Table 2). The

¹¹ Some of the decrease in social transfer income between 1996 and 2001 may also reflect unemployment policy reform during this period. The federal Bill C-62, which was introduced in 1996, tripled the minimum number of qualifying hours of work to receive benefits and reduced the maximum weeks benefits are provided. In Nova Scotia the Canadian Labour Congress (2003) estimates that the proportion of unemployed receiving benefits reduced from 57% in 1996 to 55% in 2001.

finding that reliance on social transfer income in *No MIZ* zones did not return to the lower levels observed in 1991 could be due to post-1996 increases in unemployment insurance payments due to increasing unemployment rates, and a smaller decrease in child tax credits as a result of a smaller decrease in the share of the population that are children in the latter half of the 1990s compared to the earlier five-year period.

SUMMARY

Most of the economic indicators presented in this report demonstrate the more robust economic conditions of the late 1990s compared to the first portion of this decade. For example, labour force participation rates were higher in 2001 than in 1996, and unemployment rates, the incidence of low income, and reliance on social transfer income were all lower in 2001 than in 1996. Throughout this economic indicator analysis, however, a number of distinctions between geographic zones of the province have been highlighted.

We observe a very healthy economy in *Strong MIZ* zones that consistently exhibits a pattern of development and growth. In fact, for some indicators, residents of these zones display a level of economic well-being that surpasses urban centres (i.e., LFP and unemployment rates, and the incidence of low income). The economic indicators also revealed worsening economic conditions with weakening metropolitan influence. *Moderate* and *Weak MIZ* zones consistently exhibit less favorable conditions than their urban and *Strong MIZ* counterparts, but more favorable conditions than *No MIZ* zones. The latter zones, in contrast, exhibit the lowest LFP and highest unemployment rates, the lowest median income values, and the greatest incidence of low income and reliance upon social transfer income in the province.

Part of the variance in economic well-being between *Strong* and *No MIZ* zones is likely attributable to patterns in industry employment. As observed in Tables 4 and 5, residents of *Strong MIZ* zones are highly represented in the typically more lucrative production services and have the lowest representation in the province in consumer services. *No MIZ* residents, conversely, are the most highly represented in consumer services and the least likely of Nova Scotians to be employed in production services.

But, *No MIZ* zones often exhibit the greatest improvements in economic conditions over time. For example, between 1996 and 2001, *No MIZ* zones underwent the greatest increase in LFP rates and the largest declines in the incidence of low-income and reliance on social transfer income. And, *No MIZ* were the only rural zones with a higher median income in 2001 than in 1996. Despite these improvements over time, however, residents of *No MIZ* zones continued in each census year to have the lowest LFP rate and median income value, and the highest unemployment rate, incidence of low income, and dependence on social transfer income in the province. Evidently, gains

made in *No MIZ* economic conditions have not been sufficient to close the gap between these zones and the more economically advantaged urban and *Strong MIZ* zones of the province.

While the urban/rural differences are perhaps not as dramatic as those found among the four rural zones, the overall lower economic standing of rural Nova Scotia as a whole should also not be overlooked. Despite the more positive economic conditions in rural Nova Scotia in 2001, the economic disparity between urban and rural Nova Scotians observed in 1996 continues for most 2001 indicators. Labour force participation rates and personal incomes are still lower in rural zones, rural zones continue to have higher unemployment rates, and rural residents continue to garner a larger share of their income from social transfer payments. Overall, the dominant story of the economic indicators is that the disparities between rural zones are as noteworthy (if not more so) as the overall differences between urban and rural Nova Scotians.

C. Education Indicators

KEY FINDINGS

C.1 Educational Attainment

- Despite modest over-time improvements, rural and small town Nova Scotians continued in 2001 to have lower levels of education than individuals in urban centres.
- The lowest levels of educational attainment are observed in *No MIZ* zones, where 45.3% of the population of at least 20 years of age had not completed high school as recently as 2001.

C.2 Education Providers

- All rural zones had fewer per capita education providers than did urban centers in 2001. Despite having among the highest levels of educational attainment in rural Nova Scotia, *Strong MIZ* zones had the lowest relative number of teachers and professors in the province in 2001 (10.1 per 1,000 population).
- While per capita education providers increased or stabilized in urban, *Moderate* and *Weak MIZ* zones between 1996 and 2001, *Strong* and *No MIZ* zones had fewer education providers per capita in 2001 than five years earlier.

Summary

The findings presented in this section suggest that while the education gap between urban and rural/small town residents is narrowing, disparity between urban and rural citizens continues in terms of educational attainment and perhaps also for access to education. The lower levels of high school completion among rural Nova Scotians is of concern, as it implies they will have more difficult labour market experiences, including perhaps unemployment and lower incomes. The lower number of per capita education providers in rural zones of the province is also noteworthy, as it may influence the education provided in these zones. Finally, the trend of lower post-secondary educational attainment in *No MIZ* zones implies a geographical and economic deterrent of access to institutions of higher learning.

C.1 EDUCATIONAL ATTAINMENT

Compared to urban centres, rural zones have lower levels of high school completion and a lower proportion of residents with a university degree.

It is generally accepted that higher educational attainment is associated with higher earnings and an increased level of well-being. As was the case for industry employment, a change to the census in 2001 precludes the ability to directly compare level of education between 2001 and the two earlier census periods.¹² Table 6 presents the highest level of educational attainment achieved by all geographic zones of the province for 2001 and Table 7 presents the same indicator for 1996 and 1991 (see also Appendix Tables 14 and 15).

Beginning with Table 6, in 2001, 31.7% of the provincial adult population had less than a high school education. A higher proportion of rural and small town Nova Scotians than urbanites had not attained a high school education (38.8% compared to 27.6%), with *No MIZ* residents by far the most highly represented at this lowest level of education (45.3%). Nearly equal proportions (hovering around 10%) of urban and rural and small town residents, however, had earned a high school diploma.

A greater proportion of urban than rural Nova Scotians had attained some post-secondary education in 2001 (13.1% compared to 10.3%), although the percentage of *No MIZ* residents with some post-secondary education (13.4%) surpassed the urban average. While urban and rural residents were equally likely to have attained a post-secondary certificate or diploma from a college or technical institute (both at about 31%), greater variation is observed within rural and small town zones. *Strong MIZ* zones had the highest percentage of residents attaining this level of education in the province (35.8%). *Moderate* and *Weak MIZ* zones approximated the urban data, with 31.7 and 30.8% of residents, respectively, having attained a post-secondary certificate or diploma. A somewhat smaller proportion (26.7%) of *No MIZ* residents had attained this level of education by 2001.

Table 6 reveals that the greatest urban/rural disparity is found for the highest educational category; as of 2001, urban Nova Scotians were nearly two times as likely as rural residents to have earned a university degree (18.6% compared to 9.6%). Once again, *No MIZ* residents were by far the least represented in this educational category, with just 4.9% of their population having attained a university degree by 2001.

¹² The data provided for 1991 and 1996 are for individuals aged 15 and over, while the 2001 census data are provided for those 20 years of age and over.

Moderate MIZ zones were the most highly represented of the rural zones in university degree attainment (11.0%), followed by *Weak MIZ* (9.3%) and *Strong MIZ* zones (7.8%).

Table 6: Rural Nova Scotians have Lower Levels of Educational Attainment than Urban Nova Scotians

Educational Attainment¹ Percent Distribution, 2001

Geographic Zone	Total	Less Than High School	High School Diploma	Some Post-Secondary	Post-Secondary Cert./Dip.	University Degree
Nova Scotia Total	100.0	31.7	9.7	12.0	31.2	15.3
Urban Total	100.0	27.6	9.6	13.1	31.1	18.6
Rural/Small Town Total	100.0	38.8	9.9	10.3	31.3	9.6
<i>Strong MIZ</i>	100.0	36.0	10.1	10.4	35.8	7.8
<i>Moderate MIZ</i>	100.0	36.2	10.2	10.8	31.7	11.0
<i>Weak MIZ</i>	100.0	40.1	9.8	10.0	30.8	9.3
<i>No MIZ</i>	100.0	45.3	9.7	13.4	26.7	4.9

Source: Statistics Canada, Census of Population, 2001

¹ 2001 educational attainment data are provided for the population 20 years of age and over.

Table 7 presents 1996 and 1991 census data on educational attainment and depicts the same geographic zone trends that were observed in 2001: rural Nova Scotians are more likely than urban residents to have less than high school, with *No MIZ* residents the most highly represented in this lowest educational attainment category. A greater percentage of urban than rural residents had some post-secondary education. In 1996 *No MIZ* residents were the most likely to have some postsecondary. The urban/rural differences are also most apparent for university degree holders and least apparent for recipients of post-secondary certificates or diplomas.

Table 7: Educational Attainment Increased in All Geographic Zones Between 1991 and 1996

Educational Attainment¹ Percent Distribution, 1996 and 1991

Geographic Zone	Less Than High School		High School Diploma		Some Post-Secondary		Post-Secondary Cert./Dip.		University Degree	
	1996	1991	1996	1991	1996	1991	1996	1991	1996	1991
Nova Scotia Total	39.0	42.8	9.9	10.3	9.4	9.4	29.5	27.1	12.2	10.4
Urban Total	34.9	38.0	9.9	10.4	10.4	10.6	29.8	27.9	14.9	13.0
Rural/Small Town Total	45.8	50.1	9.8	10.1	7.6	7.6	28.9	25.8	7.9	6.4
Strong MIZ	42.7	47.4	10.6	11.3	7.9	7.9	31.6	27.4	7.0	6.1
Moderate MIZ	43.0	48.4	9.8	9.8	8.3	8.0	30.0	26.4	8.8	7.4
Weak MIZ	47.2	51.0	9.7	10.1	7.2	7.4	28.3	25.3	7.6	6.1
No MIZ	51.5	56.6	8.7	8.9	11.5	6.3	23.4	24.6	5.0	3.6

Source: Statistics Canada, Census of Population, 1996 and 1991

¹ 1996 and 1991 educational attainment data are provided for the population 15 years of age and over.

As for over-time changes, Table 7 illustrates province-wide increases in educational attainment. In all geographic zones, greater proportions of individuals had earned a post-secondary certificate, diploma, or degree. Notably, stronger increases are observed among rural rather than urban residents for some of the educational categories. For instance, the proportion of rural Nova Scotians without high school completion fell by 4.3 percentage points, compared to a decrease of 3.1 percentage points within the urban population. As well, the percentage of urbanites with a post-secondary certificate, diploma, or degree increased by just 3.8 percentage points compared to an increase of 4.6 percentage points within the rural and small town population.

Educational improvement within rural zones also varies. *No MIZ* zones had by far the largest increase in residents attaining some post-secondary education (5.2 percentage points), but were the only zones to exhibit a decrease in the attainment of a post-secondary certificate / diploma between 1991 and 1996 (1.2 percentage points). *Moderate MIZ* zones show perhaps the greatest degree of improvement in educational attainment, with the largest percentage drop in individuals without a high school diploma (5.4 percentage points) and a relatively high percentage increase in the proportion of their population attaining a post-secondary certificate, diploma or degree (of 5.0 percentage points).

Overall, these findings suggest that while rural and small town Nova Scotians are educationally disadvantaged compared to their urban counterparts, the disparity between the two major regions is decreasing, albeit at different rates within rural and small town Nova Scotia.

C.2 EDUCATION PROVIDERS

While Education providers decreased across the province between 1991 and 2001, urban centres had a higher number of education providers per capita than rural zones.

There are many factors that might contribute to the quality of education. One practice that permits easily quantifiable comparisons is to examine the number of education providers in the region. This is calculated by determining the number of people who are employed as teachers or professors per 1,000 people.¹³ These data are presented in Figure 16 by geographic zone and for 2001, 1996, and 1991(see also Appendix Table 16).

¹³ It should be understood that education providers are designated to the geographic area where they reside and not where they teach. As such, the per capita education providers in each zone may not accurately represent the number of educators serving the population in the zones.

In 2001, the highest number of education providers is observed in urban centres at 20.8 per 1,000 population. All rural zones had per capita education providers below this figure, but *Moderate MIZ* zones most closely approximated the urban data (19.4 per 1,000 population). Interestingly, *Strong MIZ* zones, which had some of the highest levels of educational attainment among the rural population, had the lowest relative number of teachers and professors in the province in 2001 (10.1 per 1,000 population). The second lowest figure is found in *No MIZ* zones, where there were 13.3 education providers per 1,000 residents.

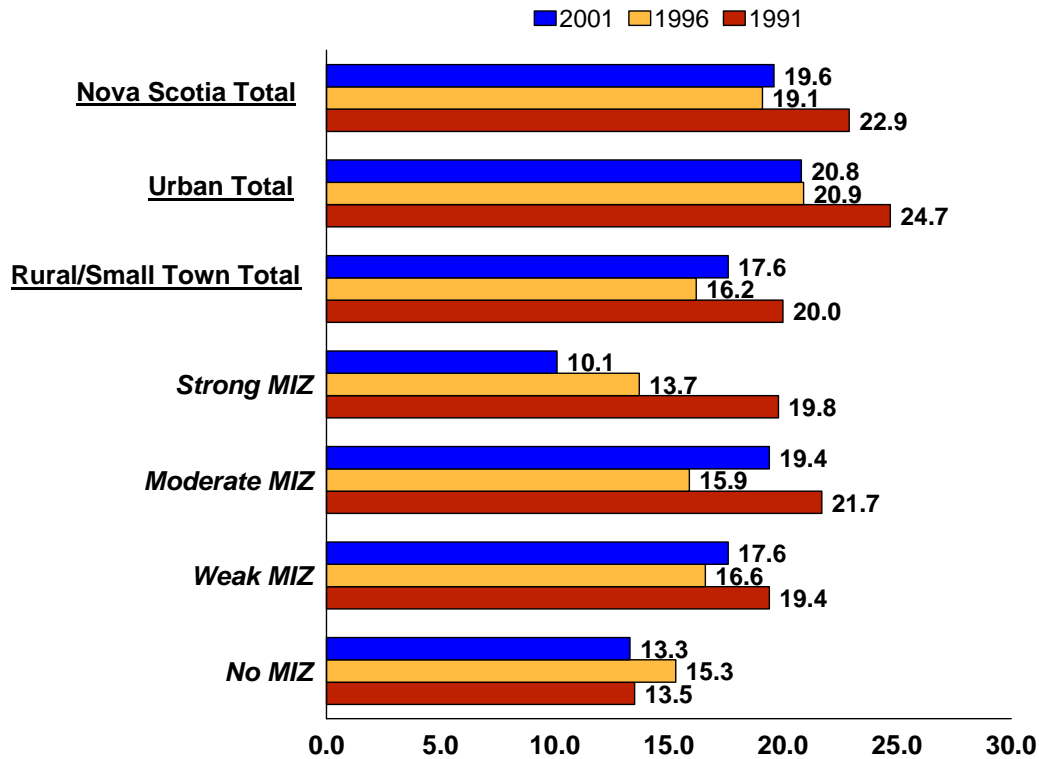
While the number of education providers per capita decreased in most geographic zones of the province between 1991 and 1996, Figure 16 reveals a mixed pattern between the 1996 and 2001 census years. Urban centres remained stable between 1996 and 2001, but per capita education providers dropped in *Strong* and *No MIZ* zones, and increased in *Moderate* and *Weak MIZ* zones within this most recent period. The largest decrease occurred within *Strong MIZ* zones, with a reduction of 3.6 teachers/professors per 1,000 population between 1996 and 2001. This drop, combined with the large decrease between 1991 and 1996, puts per capita teachers in *Strong MIZ* zones in 2001 at almost half of what it was in 1991 (from 19.8 in 1991 to 10.1 in 2001 per 1,000 population). The decrease of 2.0 providers in *No MIZ* zones between 1996 and 2001 is also noteworthy, given the low levels of educational attainment in these rural zones.

In all, these data add further evidence to the earlier conclusion of educational disparity between urban and rural Nova Scotia. Despite higher per capita education providers in *Moderate* and *Weak MIZ* zones in 2001 than in 1996, for instance, urban centres continue to have a higher per capita number of education providers and, interestingly, higher levels of attainment in virtually all educational categories. The very large over-time decrease in per capita teachers and professors residing in *Strong MIZ* zones is a finding that merits further investigation.

Part of the explanation for the urban/rural differences lies in the propensity for post-secondary institutions (and particularly large universities) to be located in cities rather than in rural regions of Nova Scotia. Insofar as the post-secondary system continues to expand in urban centres, so too will the disparity between the number of professors serving urban as opposed to rural citizens. But since educators are predominantly primary and secondary school teachers, the urban/rural difference is not entirely explained by geography, but must also be a function of true educational disparity. While all geographic zones experienced a reduction in the proportion of children, the fact remains that *Strong* and *No MIZ* zones have larger proportions of children than urban centres, suggesting that the teacher component of the education provider indicator should be higher than it is in these rural zones of the province.

Figure 16: Rural Nova Scotia Has Fewer Per Capita Education Providers than Urban Nova Scotia

GEOGRAPHIC ZONE



Number of Education Providers¹ per 1,000 Population in Nova Scotia

Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ The number of individuals working in Statistics Canada’s occupational classification category of ‘teachers or professors’ per 1,000 people.

SUMMARY

The education indicators presented in this section suggest that the gap between urban and rural educational attainment is, in some respects, lessening over time. These improvements, however, have not overcome the urban-rural disparity in terms of levels of educational attainment and perhaps also for access to education. This disparity, moreover, explains some of the urban/rural differences found in the economic and labour market indicators presented in Section B. First, the lower levels of high school completion among rural Nova Scotians implies more difficult labour market experiences such as unemployment, long work hours and, of course, lower incomes. This relationship is borne out with these data, but especially for *No MIZ* residents who have the lowest levels of high school completion, the highest unemployment rates and the lowest incomes. The economic benefits of providing programs that encourage school

attendance and completion such as mentoring, tutoring, peer support, and parental involvement might be further examined.

Second, the lower number of education providers per capita in rural zones of the province suggests this finding should be more fully explored since the implications for educational quality are not clear. For example, the relationship between per capita education providers, class size, and the number of school-age children needs to be investigated further, given that our findings imply that classroom sizes may vary between MIZ zones. Classroom sizes may be, on average, larger in *Strong* and *No MIZ* zones since they have the largest proportions of children combined with the lowest, and decreasing, per capita number of teachers and professors.

Third, the general trend of decreasing post-secondary educational attainment as metropolitan influence weakens implies a geographical and economic deterrent of access to institutions of higher learning. The educational attainment data presented in this report suggest that for rural residents colleges and technical institutes are more easily accessible than are universities. Previous studies have found that individuals living further away from a university are more likely to attend a non-university post-secondary institution, if they choose to continue their education (Frenette, 2002). It is, therefore, possible that the distance from universities (most of which are housed in urban centres) is a deterrent to attending, whereas it may not have such an influence on attending other educational institutions. Other factors such as family income also influence post-secondary choices. The lower incomes in rural Nova Scotia likely impose a barrier to attending university, perhaps compelling individuals to choose the typically less expensive route of enrolling in college or a technical institute. Further research that examines the implications of increasing access among rural residents to post-secondary institutions, and especially universities, is implied from these findings. Programs aimed at distance-learning or at encouraging further education, through scholarships, for example, may be of value to rural Nova Scotians.

D. Social Indicators

KEY FINDINGS

D.1 Family Structure (Lone-Parent Families)

- In 2001, lone-parent families were more prevalent in urban than in rural Nova Scotia (18.1% compared to 14.7%). The incidence of lone-parent families, however, increased as metropolitan influence weakened, with *Strong MIZ* zones having 12.2% lone parents, *Moderate* and *Weak MIZ* zones each having 14.7%, and *No MIZ* zones having 26.4% lone parents in 2001.

D.2 Housing

- In 2001, *Strong MIZ* individuals were the most likely of all Nova Scotians to be residing in new housing (12.2% of houses were constructed in these zones since 1996, compared to 5.5% of rural and 7.0% of urban housing).
- Dwelling values were consistently higher in urban than in rural and small town Nova Scotia. Within rural Nova Scotia, *Strong MIZ* zones generally had the highest dwelling values while *No MIZ* generally had the lowest.
- In 2001, housing was least affordable in urban areas and *Moderate MIZ* zones. *No MIZ* zones contained the lowest proportion of owner households that spent more than 30% of their income on shelter.
- The percentage of Nova Scotia households spending significant portions of their income on shelter increased throughout the province between 1991 and 2001, with the largest increase occurring in *Moderate MIZ* zones (6.1%).

Summary

The social indicators presented in this section contribute to a recurring finding revealed in this report: although urban-rural differences are apparent, the considerable variation among rural zones should also be considered when creating social policy. The data also suggest that housing indicators are strongly influenced by economic indicators.

D.1 FAMILY STRUCTURE (LONE-PARENT FAMILIES)

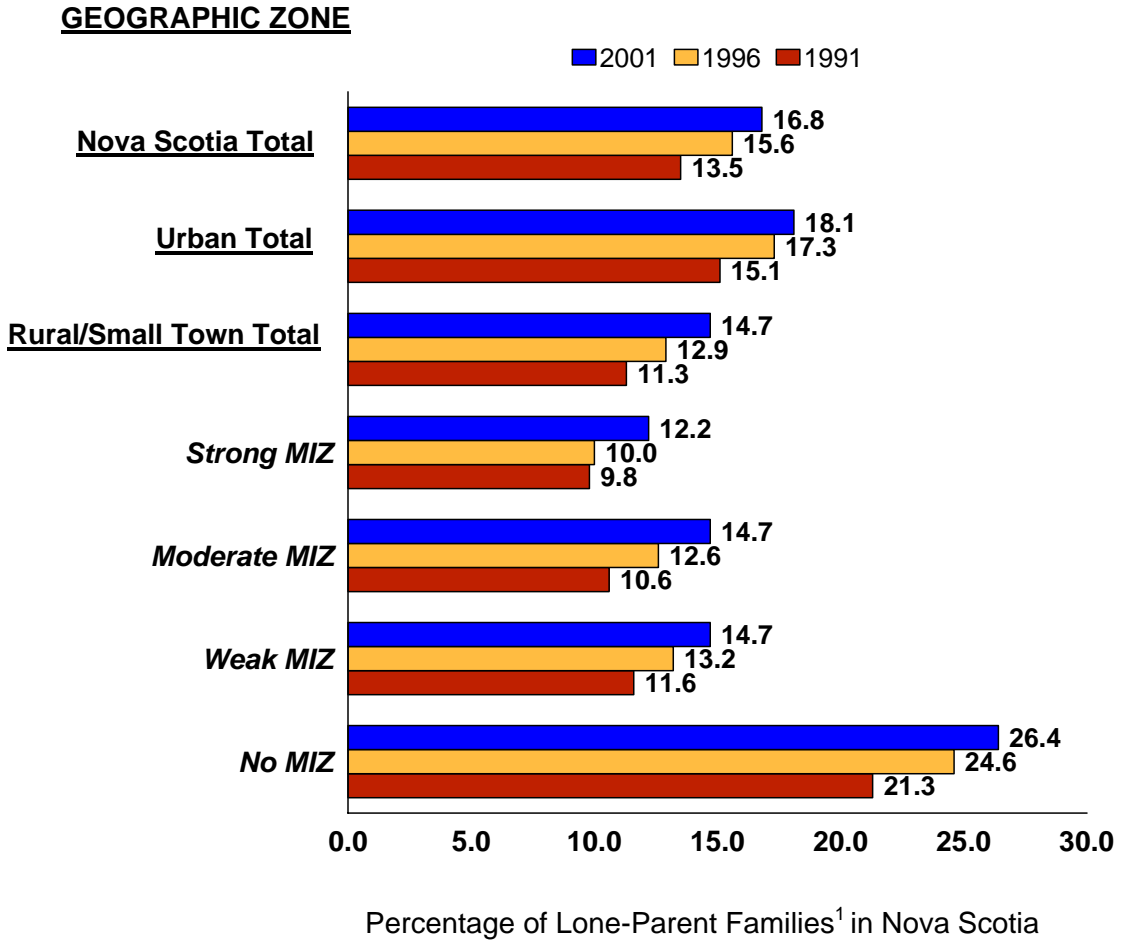
Compared to urban regions, a smaller proportion of rural and small town Nova Scotia families are lone-parent families. *No MIZ* zones, however, have the highest percentage of lone-parent families in the province.

In Canada, as in many countries, family structures have been changing. The frequency of divorce has risen and common law relationships are increasingly popular (Statistics Canada, 2002). Studies have shown that the growth in lone-parent families has been one of Canada's most significant social trends (Ross et al., 1998). Nova Scotia is no exception to this rising trend, with 16.8% (Figure 17) of families considered lone-parent in 2001, compared to 15.7% of Canadian families.

Figure 17 (Appendix Table 17) reveals that, compared to rural and small town Nova Scotians, lone-parent families were more prevalent in urban centres in 2001 (18.1% compared to 14.7%). Within rural zones, the incidence of lone-parent families increased as metropolitan influence weakened, with *Strong MIZ* zones having 12.2% lone parents, *Moderate* and *Weak MIZ* zones each having 14.7%, and *No MIZ* zones having 26.4% lone-parent families in 2001.

Steady over-time increases in lone-parent families are apparent in all geographic zones. The increase within *No MIZ* zones, however, is the most noteworthy, at 5.1 percentage points between 1991 and 2001. The high and growing incidence of lone-parent families in *No MIZ* zones may reflect the high rates of this family structure among Aboriginal people living in Canada (26.6%; Corporate Information Management Directorate, 2000). Further the higher incidence combined with the larger proportion of children in *No MIZ* zones increases the likelihood that single parents in these zones cope with running larger families than elsewhere in the province. *Strong MIZ* zones, on the other hand, exhibit not only the lowest proportion of lone-parent families in the province, but also the smallest percentage increase in this family structure between 1991 and 2001 (+2.4%).

Figure 17: Lone-Parent Families are Most Prevalent in No MIZ Zones of Nova Scotia



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ A change to the measurement of lone-parent families in 2001 marginally inflates the percentage in this year.

D.2 HOUSING

Despite being the newest and among the most expensive, *Strong MIZ* housing is the most affordable in Nova Scotia.

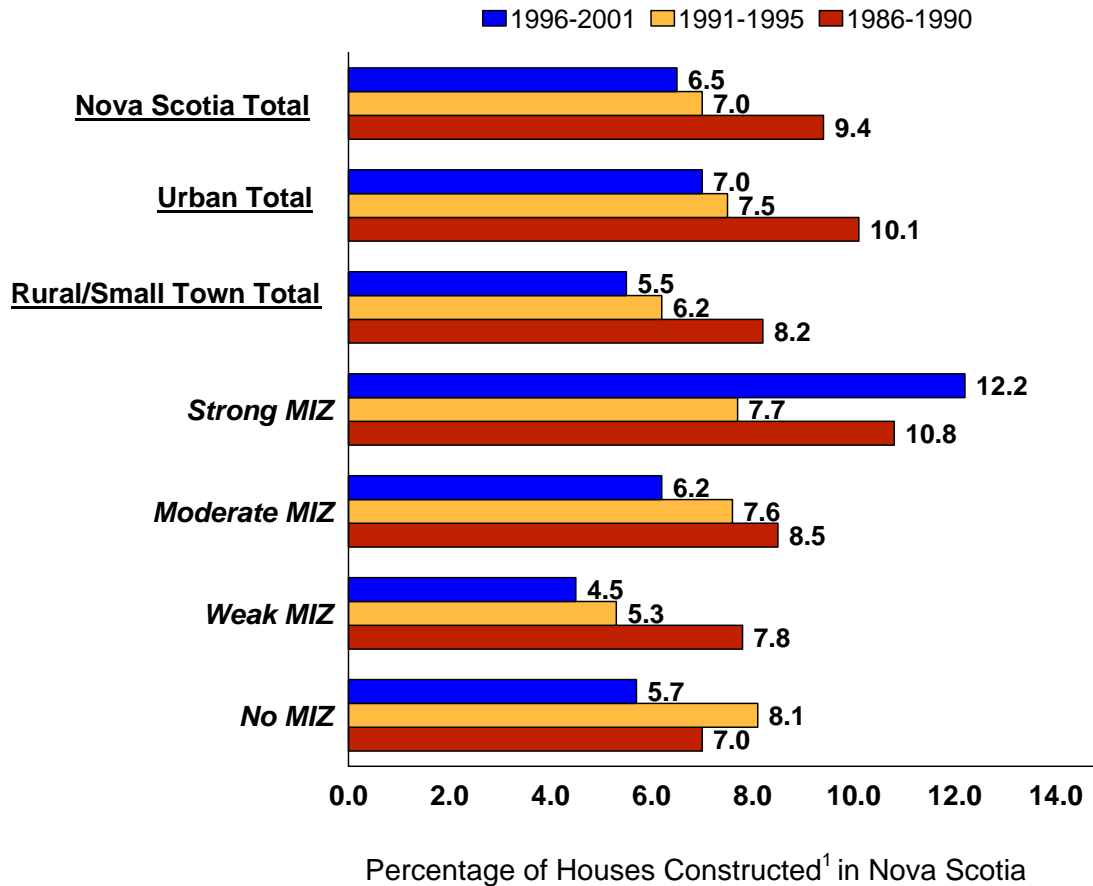
D.2.1 Recent Housing Construction

The period of housing construction provides an indication of economic and population growth in the various geographic zones of Nova Scotia. The greater the percentage of houses constructed more recently in a region, the greater the likelihood that communities in that region have experienced economic and population growth. Figure 18 presents the percentage of houses constructed between 1996 and 2001, 1991 and 1995, and 1986 and 1990 for each geographic zone (see also Appendix Table 18).

Provincially, 6.5% of dwellings were constructed between 1996 and 2001 (compared to the nation-wide figure of 7.1%). A slightly higher rate of construction is observed for urban centres (7.0%) than in rural zones (5.5%). Within rural Nova Scotia, *Weak MIZ* zones had the smallest percentage of houses constructed in this period (4.5%), followed by *No MIZ* (5.7%) and *Moderate MIZ* (6.2%) zones. New housing construction in *Strong MIZ* zones, however, far exceeded that of any other zone, with 12.2% of construction occurring in the most recent inter-census period. That residents of *Strong MIZ* zones are the most likely in Nova Scotia to be residing in recently constructed housing is not surprising, however, given that these were the only rural zones to exhibit steady population growth (Figure 3) and increasingly favorable labour market characteristics in each inter-census period. Nor is it surprising that *Moderate* and *Weak MIZ* zones experienced comparatively low proportions of new housing construction after 1996, given the population contraction occurring in *Moderate MIZ* zones in the latter half of the 1990s and the steady contraction in the *Weak MIZ* population throughout the decade.

Figure 18: Strong MIZ Zones Had the Largest Percentage of Houses Constructed Between 1996 and 2001

GEOGRAPHIC ZONE



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

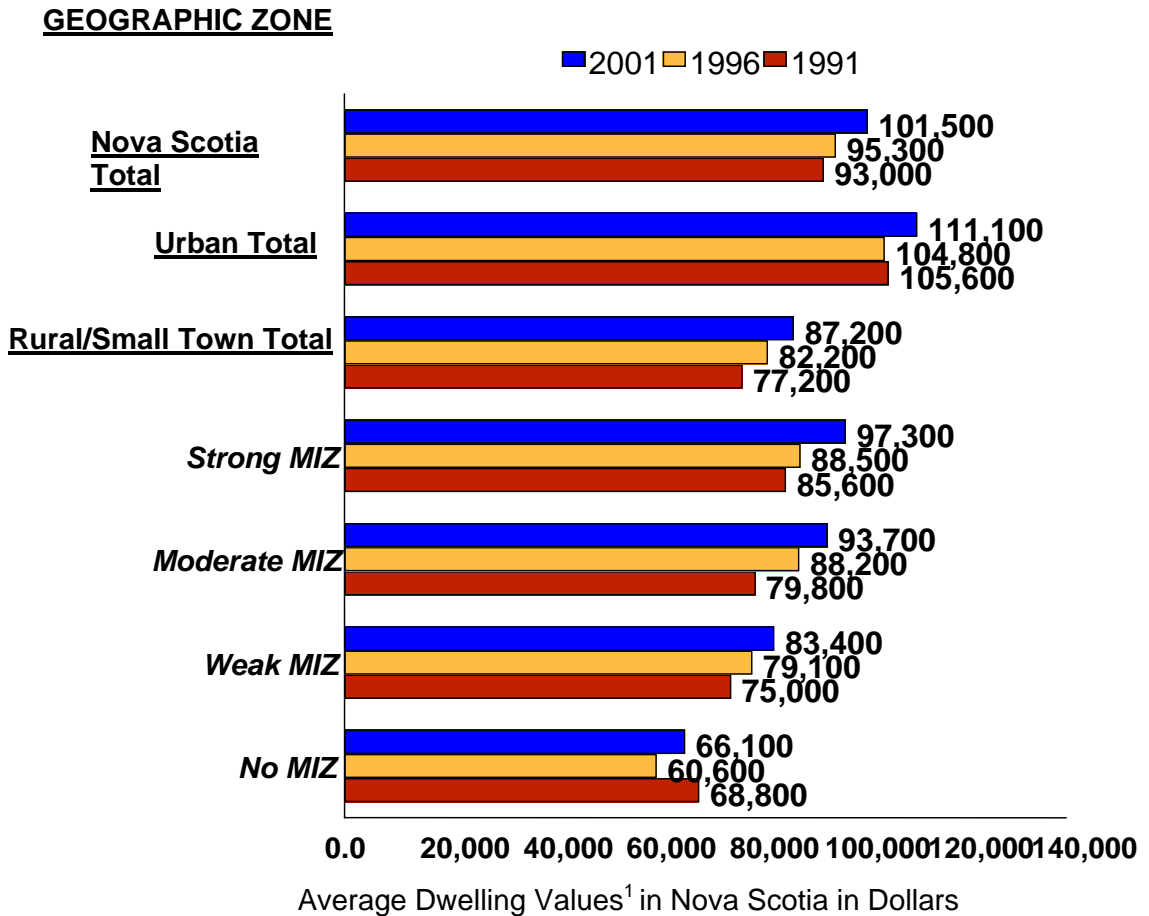
¹ Expressed as a percentage of the total number of occupied private dwellings.

D.2.2 Average Dwelling (Housing) Values

Dwelling cost is a relevant indicator of prosperity and may illustrate the ability of a family or individual to purchase 'big-ticket' items.

As indicated in Figure 19, the average dwelling value in Nova Scotia in 2001 was \$101,500. Housing values were, on average, \$23,900 less in rural and small town zones than in urban centres. Yet again, considerable variation exists among the four MIZ categories. In 2001, housing values were highest in *Strong MIZ* zones (\$97,300), followed by *Moderate* and *Weak MIZ* zones (\$93,700 and \$83,400, respectively). *No MIZ* housing values were the lowest in the province at \$66,100.

Figure 19: Dwelling (Housing) Values are Highest in Urban Centres and Lowest in No MIZ Zones



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ Average dwelling (housing) values are for owner-occupied non-farm, non-reserve dwellings and are reported in 2001 real dollars.

Figure 19 also reveals that housing values increased throughout the province between 1991 and 2001 in most zones. Urban housing values increased by 5.2% during this period, while, on average, rural and small town housing values increased by 13.0%. Housing values in *Moderate MIZ* zones increased the most (+17.4%), followed by *Strong MIZ* (+13.7%) and *Weak MIZ* (+11.2%). *No MIZ* housing values, however, decreased by 3.9% between 1991 and 2001.

The increase in *Strong MIZ* housing values coincides with the increase in new housing construction, population growth, and increasingly favorable labour market characteristics of these zones. The increase in *Moderate* and *Weak MIZ* housing values

between 1996 and 2001 is somewhat surprising, given the declining proportions of new housing construction and population contraction in each of these zones during this time period.

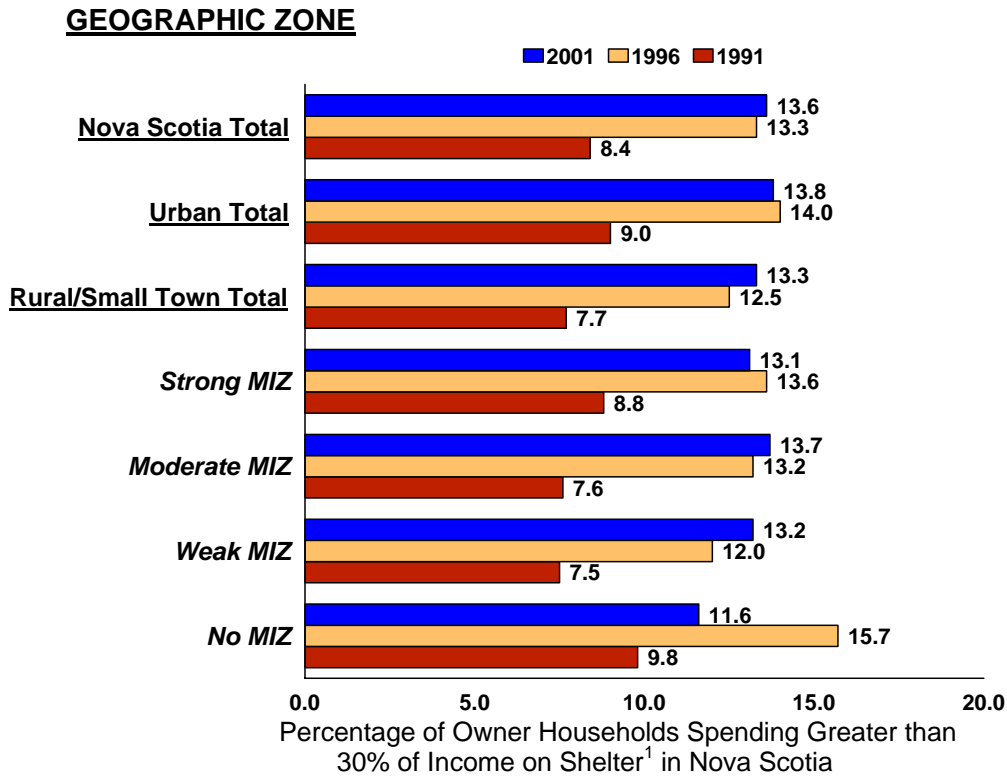
D.2.3 Dwelling (Housing) Affordability

The proportion of household owners spending greater than 30% of their income on shelter costs is generally accepted to be an indicator of housing affordability. Figure 20 highlights the proportion of Nova Scotia household owners in each geographic zone spending more than 30% of their income on shelter costs (see also Appendix Table 19).

In 2001, 13.6% of household owners in the province exceeded this 30% spending cutoff, with urbanites marginally more likely than their rural counterparts to exceed this amount on shelter-related costs (13.8% compared to 13.3%). While *Strong MIZ* had the greatest proportion of new houses (Figure 18) and the highest housing values in rural Nova Scotia (Figure 19), *Moderate MIZ* residents were the most likely in the province to spend more than 30% of their income on shelter (13.7%). Conversely, *No MIZ* zones, with the lowest housing values in the province, were the least likely to exceed the 30% spending limit: by 2001, 11.6% of *No MIZ* household owners lived in unaffordable housing situations.

The percentage of Nova Scotia households spending significant portions of their income on shelter increased in every geographic zone between 1991 and 1996. The increase was quite similar in size in both urban and rural Nova Scotia (of 5 and 4.8 percentage points respectively). Within RST areas the increase ranged from 4.5 percentage points in *Weak MIZ* to 5.9 percentage points in *No MIZ*. However, between 1996 and 2001 affordability trends diverged. Whereas urban areas experienced almost no change over time (a decrease of 0.2 percentage points), RST showed considerable variability. In *Weak MIZ* owner-households that spent more than 30% of their income on shelter increased by 1.2 percentage points whereas *No MIZ* experienced a decline of 4.1%. Overall, then, the trend of rapidly declining affordability that was evident between 1991 and 1996 slowed dramatically between 1996 and 2001 and was reversed in some areas.

Figure 20: Housing affordability decreased in all geographical zones between 1991 and 1996



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ Refers to total household income which is spent on shelter costs for owners only (not renters) and refers to payments for electricity, fuel, water, municipal services, mortgage payments, property taxes and condominium fees.

SUMMARY

The social indicators presented in this section contribute to a recurring story line revealed in this report: although urban-rural differences are apparent, considerable variation within rural and small town Nova Scotia should also be considered when creating social policy.

For instance, the percentage of lone-parent families is generally higher in urban centres than in rural settings, however, in zones with higher metropolitan influence, the incidence is relatively low. In contrast, the percentage of lone-parent families in zones that experience no metropolitan influence is much higher than that observed in cities (26.4% in *No MIZ* zones versus 18.1% in urban Nova Scotia) in 2001.

Research suggests that the growing trend of lone-parent families is of significance. For example, the National Longitudinal Survey of Children and Youth (Ross et al., 1998) found that when measuring behavioural outcomes such as emotional disorders and aggression, children in lone-parent family situations fared relatively poorly, compared to the general population of children. In addition, the parents in these situations may experience further barriers when raising children, including an increased likelihood of poverty. This economic factor may be just as instrumental in the development patterns of children as is their family situation (Ross et al., 1998). Therefore, programs designed to mediate these effects are advisable. Possible examples include childcare support or subsidies, and financial support for low-income single parents. It is also essential that early intervention is emphasized, as poor performance in social and academic arenas is not likely to resolve itself with age, and may, in fact, worsen (Ross et al., 1998). These recommendations are especially pertinent to *No MIZ* zones where we see increasing rates of lone-parent families combined with the lowest income values in the province.

The housing situation for rural Nova Scotians is more complex but also demonstrates rural variability: in the more rural zones, housing is generally older and housing values are lower. These lower values, however, helped residents of *No MIZ* zones to be the most likely in the province to reside in affordable housing in 2001. Conversely, residents of *Moderate MIZ* zones are most likely to live in housing that is difficult to afford. *Strong MIZ* residents, conversely, are in a good position provincially, with the largest proportion of new housing construction and high housing values. On the whole, it appears that housing indicators in rural Nova Scotia are strongly influenced by the pattern of the greater labour market and economic advantage demonstrated by *Strong MIZ* zones and the disadvantages evident among residents of more rural zones.

E. Health Care Indicators

KEY FINDINGS

E.1 Health Care Providers

- Compared to urban centres, rural and small town zones had fewer health care providers per capita in 2001 (24.5 compared to 33.0 per 1,000 population). The gap in health care providers between rural and urban Nova Scotia increased from 7.4 in 1996 to 8.5 providers per 1,000 in habitants in 2001.
- In 2001, *No MIZ* zones had by far the fewest health care providers per 1,000 population in the province (14.4) and between 1991 and 2001 these zones experienced the greatest relative decline in health care providers (to 11.4 providers per 1,000).
- Rural zones are also disadvantaged with respect to their access to professional health care providers (e.g., physicians), Registered Nurse (RN) supervisors and RNs, and technical occupations and therefore must rely more heavily upon the services offered by assisting health care providers.

Summary

The results suggest a health care disadvantage for rural and small town citizens of Nova Scotia (and particularly for *No MIZ* zones). The ability of rural residents to access health care is further exacerbated by the greater distance needed to travel to services and specialists that are typically located in urban zones. Access to adequate health care among the growing Aboriginal population residing in *No MIZ* zones of the province is of particular concern.

E.1 HEALTH CARE PROVIDERS

Compared to urban centres, rural Nova Scotia has fewer health care providers per capita.

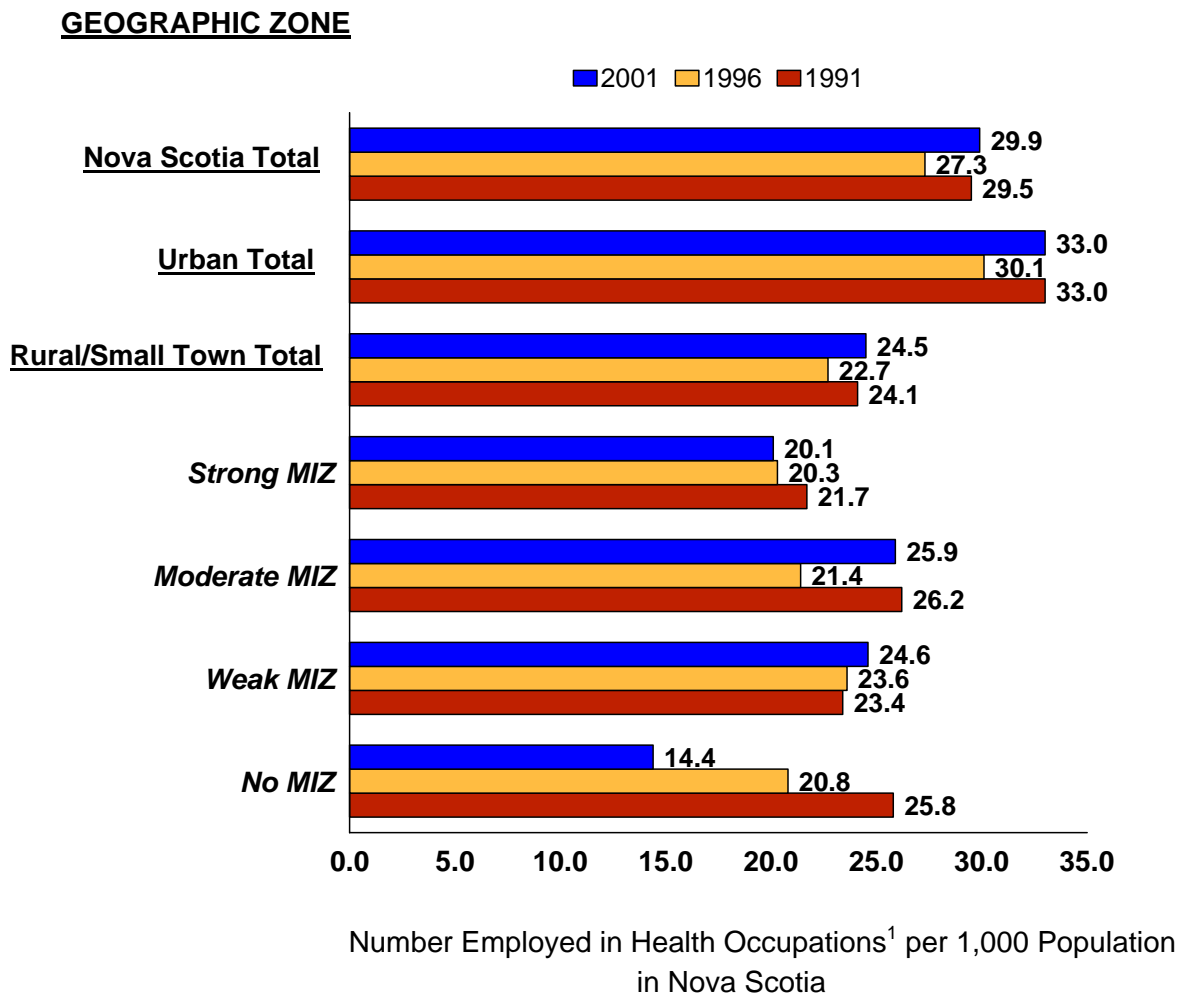
Access to health services is a concern to all Nova Scotians and especially to those residing outside urban centres. One measure of access to health care is the number of health care providers per capita in a given region. In this instance, the number of health care providers per 1,000 people is used to illustrate accessibility to health services.¹⁴

As demonstrated in Figure 21, in 2001, the number of health care providers in urban centres was considerably higher than in rural Nova Scotia (33.0 compared to 24.5 per 1,000; see also Appendix Table 20). Among rural zones, the highest number of health care providers per 1,000 residents was in *Moderate MIZ* (25.9), followed by *Weak* (24.6) and *Strong MIZ* zones (20.1). *No MIZ* zones had, by far, the smallest number of health care providers per 1,000 population (14.4).

The gap between urban and rural health care providers is also evident from changes occurring over time. For example, in 1996, the number of health care providers in urban Nova Scotia was 7.4 providers per 1,000 higher than in rural and small town zones, but by 2001, this gap had increased to 8.5 providers per 1,000. The increasing urban/rural gap is most evident in *No MIZ* zones; in 1996, urban centers had 9.3 more providers per 1,000 than *No MIZ* zones, but by 2001, the disparity doubled to a difference of 18.6 providers per 1,000 residents. These data suggest that not only are rural and particularly *No MIZ* zones having to cope with fewer per capita health care providers than those residing in urban zones, but that this gap is widening over time.

¹⁴ It should be understood that health care providers are designated to the geographic area where they reside and not where they work. As such, the per capita health care providers in each zone may not accurately represent the number of providers serving the population of that zone.

Figure 21: Per Capita Health Care Providers is Lower in Rural than in Urban Nova Scotia



Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ The number of individuals working in Statistics Canada’s occupational classification category of ‘health occupations’ per 1,000 people.

Table 8 presents a more detailed picture of the type of health care providers per 1,000 population for each geographic zone and for the 2001 and 1996 censuses only (see also Appendix Table 21).¹⁵

Compared to urban centres, rural and small town zones had considerably fewer health care providers working in professional occupations such as physicians in 2001 (7.0 versus 3.4 per 1,000). As we move across the table, the rural disadvantage is still apparent in

¹⁵ Detailed occupational information on health care providers is not available for 1991.

the per 1,000 population number of RN Supervisors/RNs, with 3.4 fewer providers in rural than in urban zones (7.7 compared to 11.1 per 1,000). The difference in technical providers is, however, smaller, with rural zones having 1.8 fewer providers per 1,000 compared to urban centres. Rural zones, in contrast, had a slightly higher number of workers in assisting occupations compared to urban centers (7.1 compared to 6.8 per 1,000). These findings suggest that rural Nova Scotians must rely more heavily upon the services of assisting health care providers to meet their health care needs.

Table 8: Per Capita Professional Health Care Providers is Lower in Rural than Urban Nova Scotia

Number Employed in Health Occupational Categories per 1,000 People, 2001 and 1996

Geographic Zone	Professional Occupations		RN Supervisors & RNs		Technical & Related Occupations		Assisting Occupations in Support of Health	
	2001	1996	2001	1996	2001	1996	2001	1996
Nova Scotia Total	5.7	4.8	9.9	10.5	7.5	5.9	6.9	6.1
Urban Total	7.0	5.9	11.1	12.0	8.1	6.5	6.8	5.6
Rural and Small Town Total	3.4	2.9	7.7	8.1	6.3	4.8	7.1	6.9
Strong MIZ	1.8	1.6	6.3	8.3	5.2	5.7	6.3	4.7
Moderate MIZ	3.4	2.3	7.7	6.9	6.4	5.3	8.3	6.9
Weak MIZ	3.6	3.3	7.9	8.7	6.4	4.4	6.6	7.1
No MIZ	4.4	0.0	5.5	5.5	2.2	4.4	4.4	7.7

Source: Statistics Canada, Census of Population, 2001 and 1996

As we move down Table 8, we continue to observe an advantage in terms of access to health care providers in the most populated *Moderate* and *Weak MIZ* zones, with one exception. While the typically disadvantaged *No MIZ* zones had the lowest relative number of RN Supervisors/RNs and health care providers in technical and assisting occupations in 2001, these zones had the highest relative number of health care professionals (e.g. physicians) in rural and small town Nova Scotia (4.4 per 1,000 population). Despite this comparatively high number of professionals per capita, the conditions of disadvantage in *No MIZ* zones continues to be observed in terms of over-

time change. Between 1996 and 2001, the per 1,000 number of RN Supervisors/RNs remained stable in *No MIZ* but technical occupations declined by 2.2 per 1,000 and assisting occupations by 3.3 per 1,000, thereby explaining the decline in providers per capita observed in *No MIZ* zones in Figure 21.

Strong MIZ zones also had some of the lowest relative numbers of health care providers in each of the occupational categories in 2001, with the fewest professionals (e.g. physicians) in the province (1.8 per 1,000) and the second fewest technical (5.2) and assisting occupations (6.3). In terms of over-time change, *Strong MIZ* zones also fared poorly, with an increase in professionals of just 0.2 per 1,000 population between 1996 and 2001, and decreases in RN Supervisors/RNs and in technical occupation of 2.0 and 0.5 per 1,000, respectively. The only significant improvement observed in *Strong MIZ* zones, in fact, is the increase in assisting occupations of 1.6 per 1,000 between 1996 and 2001. In contrast, *Moderate MIZ* zones exhibited increases in every occupational category. Urban centres experienced an increase in every category but RN Supervisors/RNs. *Weak MIZ* zones exhibited increases only in professional and technical occupations.

SUMMARY

The results from Figure 21 and Table 8 suggest a health care disadvantage for rural and small town citizens of Nova Scotia. Not only do rural and small town zones have fewer health care providers per capita, they also have a greater distance to travel to access services and specialists located in urban centres. This further limits the ability of residents of rural Nova Scotia to access needed health care services. These concerns are especially problematic for *No MIZ* residents who have the lowest number of health care providers per capita and are likely (but not always) required to travel the furthest distance to access health care services.

In 2001, rural zones had 24.5 health care providers per 1000 people, 3.4 of whom were health care professionals such as doctors. While this figure is slightly higher than it was five years earlier, compared to urban centres this remains a low number and may put a strain on those physicians who choose to practice in these rural zones. This is especially the case when one considers that the majority (over 80%) of consultations with health care providers are with physicians (Statistics Canada, 1999b). There may also be an extra burden placed on other health care providers such as RNs who, no doubt, are relied upon to fulfill the health care needs of rural residents more than urban RNs. This may be particularly problematic in *No MIZ* zones, where an increase in professionals per capita was accompanied by decreases in the number of technical and assisting occupations per capita. While relatively low numbers of doctors per capita are observed throughout rural and small town Nova Scotia, the higher ratios of lower-level occupations in *Moderate* and *Weak MIZ* zones, in contrast, may reduce the burden on

physicians practicing in these zones somewhat. Finally, it should be noted that rural residents living near urban centres may well be accessing health services there. Still, the findings suggest further investigation would be required to more fully understand the urban-rural disparity in health care providers.

Other aspects of health care must also be considered. For instance, the larger proportion of seniors in rural zones places greater demand on home care services such as personal care, housework, and meal preparation, all of which play into the wellness of the elderly. Use of these services, however, is influenced by other factors. Individuals with low incomes and education levels, for example, are more likely to use home care services (Statistics Canada, 1999b). Both of these characteristics are found most predominantly in *No MIZ* zones. Hence, supporting home care programs may be a viable way to promote health and decrease health care costs by delaying or avoiding institutionalization. However, care must be taken to not unduly burden informal caregivers who may lack support because of the isolation of their rural communities.

The wellness of the Aboriginal population should also not be overlooked. Though Aboriginal people are more likely to reside in urban centres of the province, their higher proportional representation in rural zones is an important consideration when assessing health care. This is especially the case in *No MIZ* zones, where, as shown in Figures 8 and 9, Aboriginal individuals comprise a large and growing proportion of the population.

It is becoming increasingly apparent that the health of Aboriginal Canadians is well below that of other citizens. Aboriginal people have higher rates of chronic conditions such as diabetes, cardiovascular disease and cancer, and are more likely to be exposed to infectious diseases such as hepatitis, meningitis, and HIV/AIDS, to name a few (Kinnon, 2002). The distance required to access health care may limit the ability of Aboriginal people in many rural communities to access needed health care services. Access to adequate health care among the Aboriginal population residing in rural Nova Scotia is therefore worthy of further investigation.

F. Conclusions

The rural and small town share of the total Nova Scotia population is decreasing, as is the size of its population. Of the rural zones, only the population of *Strong MIZ* zones increased between 1996 and 2001, while the population of the largest of the rural zones, *Weak MIZ*, decreased steadily between 1991 and 2001. Positive economic conditions in *Strong MIZ* zones likely explain the attraction to these zones, while an aging population and less favorable economic conditions in *Moderate* and *Weak MIZ* zones, no doubt, underlie the population decrease in these zones of the province. That *No MIZ* zones exhibited the smallest population loss is likely explained, in part, by the younger average age and higher birth-rate of the proportionately larger Aboriginal population in these most rural zones.

The report further demonstrates that the economic, educational, social and health care advantages typifying Nova Scotia's urban centres are not equally apparent in all rural zones. These advantages, furthermore, have escalated between 1996 and 2001, but not equally so across all rural zones. *Strong MIZ* zones have reaped the same (and, by some measures, even more) benefits from a positive economic cycle as those residing in urban centres and *Moderate* and *Weak MIZ* zones display some positive signs of economic progress. The economic and educational improvements found in *No MIZ* zones, however, have not been sufficient to close the gap between these most disadvantaged zones and the more economically and educationally well-off *Strong MIZ* zones.

The conclusion that *No MIZ* zones are the most disadvantaged of the geographic zones is an important one, but we have no indication of the source of this outcome. It is well documented that Aboriginal populations endure a high level of disadvantage no matter where they reside. In the case of *No MIZ* zones, lack of metropolitan influence is confounded with a high proportion of Aboriginal people. Further research into this issue, therefore, would help clarify our understanding of rural conditions in Nova Scotia.

An important objective of this document is to provide information that will inform policy makers with respect to the economic and social conditions found in rural Nova Scotia. Some of these policy implications have been noted throughout the report. Perhaps the single most important implication of this analysis, however, is that decision makers should recognize the range of conditions across the four MIZ zones of the province when drafting policy and implementing programs. The metropolitan influenced zones classification system consistently demonstrates that resources and support are increasingly needed as economic and social integration with urban communities decreases. Being the least integrated with urban centres, *No MIZ* zones are in a relative position of greater need in terms of supporting policy and programs than are their more integrated *Strong MIZ* counterparts.

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APPENDIX: SUPPLEMENTARY TABLES

This Appendix contains the numbers used to calculate the data presented in the charts and tables in the text. The numbers are reported within each geographic zone for each of the census years -- 1991, 1996 and 2001. In some cases, census subdivisions (CSDs) (incorporated towns and municipalities) were classified to a different MIZ zone in one census, compared to another census. Thus, in the text, we calculated the proportion of individuals within each MIZ zone with a particular characteristic, such as the unemployment rate. In the text, we did not calculate the change in the number of unemployed within a MIZ zone over time. Readers should be cautioned that such a calculation, using the data provided here, would need to include two components: (a) the actual change in the number of unemployed individuals; AND (b) the change in the number of unemployed individuals in a zone that was due to a CSD being reclassified into this zone or being reclassified out of this zone. The calculation of population change removes the impact from reclassification by using "constant boundaries" for the 1991 to 1996 calculation of population change and for the 1996 to 2001 calculation of population change.

Appendix Table 1: Population¹ and Population Percentage Change in Nova Scotia by Geographic Zone; 1996 to 2001 and 1991 to 1996

Geographic Zone	1996 Population (2001 Boundaries)	2001 Population (2001 Boundaries)	% Change (1996 – 2001)	1991 Population (1996 Boundaries)	1996 Population (1996 Boundaries)	% Change (1991 – 1996)
Nova Scotia Total	909,282	908,007	-0.1	899,942	909,282	1.0
Urban Total	568,062	574,696	1.2	546,052	557,614	2.1
Rural/Small Town Total	341,220	333,311	-2.3	353,890	351,666	-0.6
Strong MIZ	21,172	22,209	4.9	28,370	29,777	5.0
Moderate MIZ	100,647	98,571	-2.1	101,241	102,422	1.2
Weak MIZ	214,691	207,881	-3.2	219,618	214,691	-2.2
No MIZ	4710	4,650	-1.3	4,661	4,778	2.5

Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹Population figures for urban and rural do not add up to the provincial total because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 2: Population Percent Distribution¹ in Canada
by Province / Territory and Geographic Zone; 2001, 1996 and 1991**

	Percent		
	2001	1996	1991
Canada	100.0	100.0	100.0
Urban Total	79.4	77.8	77.2
Rural and Small Town (RST) Total	20.6	22.2	22.8
.. Strong MIZ	5.1	5.4	5.8
.. Moderate MIZ	7.6	8.2	8.6
.. Weak MIZ	6.6	7.2	7.1
.. No MIZ	1.1	1.2	1.1
.. Territories ¹	0.2	0.2	0.2
Nova Scotia	100.0	100.0	100.0
Urban Total	63.3	61.3	60.4
Rural and Small Town (RST) Total	36.7	38.7	39.6
.. Strong MIZ	2.4	3.3	3.2
.. Moderate MIZ	10.9	11.3	11.3
.. Weak MIZ	22.9	23.6	24.6
.. No MIZ	0.5	0.5	0.5
Newfoundland/Labrador	100.0	100.0	100.0
Urban Total	46.5	44.4	44.6
Rural and Small Town (RST) Total	53.5	55.6	55.4
.. Strong MIZ	3.5	3.6	3.4
.. Moderate MIZ	24.4	25.5	24.3
.. Weak MIZ	20.9	21.6	22.2
.. No MIZ	4.7	5.0	5.5
Prince Edward Island	100.0	100.0	100.0
Urban Total	55.1	54.4	56.0
Rural and Small Town (RST) Total	44.9	45.6	44.0
.. Strong MIZ	14.0	14.1	12.0
.. Moderate MIZ	21.7	22.1	22.0
.. Weak MIZ	8.6	8.9	9.4
.. No MIZ	0.5	0.5	0.6
New Brunswick	100.0	100.0	100.0
Urban Total	52.3	51.5	52.0
Rural and Small Town (RST) Total	47.7	48.5	48.0
.. Strong MIZ	6.9	7.0	7.9
.. Moderate MIZ	20.0	20.3	18.9
.. Weak MIZ	18.6	19.0	19.0
.. No MIZ	2.3	2.2	2.2

... Continued

Appendix Table 2 Continued
Percent

	2001	1996	1991
Quebec	100.0	100.0	100.0
Urban Total	78.5	77.6	77.3
Rural and Small Town (RST) Total	21.5	22.4	22.7
.. Strong MIZ	6.1	6.0	6.1
.. Moderate MIZ	10.9	11.2	11.4
.. Weak MIZ	3.9	4.4	4.4
.. No MIZ	0.6	0.8	0.8
Ontario	100.0	100.0	100.0
Urban Total	87.0	85.2	84.2
Rural and Small Town (RST) Total	13.0	14.8	15.8
.. Strong MIZ	6.1	7.0	7.5
.. Moderate MIZ	4.3	5.0	5.8
.. Weak MIZ	2.4	2.5	2.2
.. No MIZ	0.2	0.3	0.3
Manitoba	100.0	100.0	100.0
Urban Total	66.6	66.7	66.8
Rural and Small Town (RST) Total	33.4	33.3	33.2
.. Strong MIZ	4.4	4.1	5.2
.. Moderate MIZ	10.4	10.3	9.2
.. Weak MIZ	14.9	15.4	15.6
.. No MIZ	3.6	3.5	3.2
Saskatchewan	100.0	100.0	100.0
Urban Total	57.7	56.7	56.4
Rural and Small Town (RST) Total	42.3	43.3	43.6
.. Strong MIZ	2.7	2.6	2.5
.. Moderate MIZ	10.3	10.4	11.3
.. Weak MIZ	19.8	20.5	19.9
.. No MIZ	9.5	9.8	9.9
Alberta	100.0	100.0	100.0
Urban Total	75.4	74.3	74.7
Rural and Small Town (RST) Total	24.6	25.7	25.3
.. Strong MIZ	4.5	4.3	4.5
.. Moderate MIZ	6.8	6.3	6.4
.. Weak MIZ	12.1	14.0	13.4
.. No MIZ	1.2	1.2	1.0
British Columbia	100.0	100.0	100.0
Urban Total	86.2	84.5	84.6
Rural and Small Town (RST) Total	13.8	15.5	15.4
.. Strong MIZ	1.8	2.1	2.5
.. Moderate MIZ	4.8	5.7	5.4
.. Weak MIZ	6.1	6.9	6.8
.. No MIZ	1.1	0.8	0.7

... Continued

Appendix Table 2 Continued
Percent

	2001	1996	1991
Yukon¹	100.0	100.0	100.0
Urban Total	74.6	70.9	64.5
Territories	25.4	29.1	35.5
Northwest Territories¹	100.0	100.0	100.0
Urban Total	44.3	43.6	41.8
Territories	55.7	56.4	58.2
Nunavut¹	100.0	100.0	100.0
Urban Total	0.0	0.0	0.0
Territories	100.0	100.0	100.0

Source: Statistics Canada, Census of Population, 1991, 1996, and 2001

¹ The statistical area classification for the northern territories does not specify MIZ zones. "Territories" is the equivalent of "Rural and Small Town Total."

Appendix Table 3: Population Percentage Change¹ in Canada
By Province / Territory and Geographic Zone; 1996 to 2001 and 1991 to 1996

	1996 (2001 boundaries)	2001 (2001 boundaries)	1996-2001 % Change	1991 (1996 boundaries)	1996 (1996 boundaries)	1991-1996 % Change
Canada	28,846,761	30,007,094	4.0	27,318,076	28,871,473	5.7
Urban Total	22,654,692	23,839,086	5.2	21,140,156	22,449,855	6.2
RST Total	6,192,069	6,168,008	-0.4	6,177,920	6,421,618	3.9
.. Strong MIZ	1,470,493	1,524,579	3.7	1,458,941	1,564,837	7.3
.. Moderate MIZ	2,307,387	2,285,538	-0.9	2,290,094	2,365,371	3.3
.. Weak MIZ	2,027,488	1,969,211	-2.9	2,078,315	2,119,337	2.0
.. No MIZ	330,616	333,847	1.0	329,353	347,361	5.5
.. Territories ²	56,085	54,833	-2.2	n.a.	n.a.	n.a.
Nova Scotia	909,282	908,007	-0.1	899,942	909,282	1.0
Urban Total	568,062	574,696	1.2	546,052	557,614	2.1
RST Total	341,220	333,311	-2.3	353,890	351,668	-0.6
.. Strong MIZ	21,172	22,209	4.9	28,370	29,777	5.0
.. Moderate MIZ	100,647	98,571	-2.1	101,241	102,422	1.2
.. Weak MIZ	214,691	207,881	-3.2	219,618	214,691	-2.2
.. No MIZ	4,710	4,650	-1.3	4,661	4,778	2.5
Newfoundland/ Labrador	551,792	512,930	-7.0	568,474	551,792	-2.9
Urban Total	244,868	238,538	-2.6	244,889	244,868	0.0
RST Total	306,924	274,392	-10.6	323,585	306,924	-5.1
.. Strong MIZ	19,947	17,804	-10.7	20,770	19,947	-4.0
.. Moderate MIZ	140,596	125,213	-10.9	150,471	140,672	-6.5
.. Weak MIZ	118,960	107,024	-10.0	122,833	119,012	-3.1
.. No MIZ	27,421	24,351	-11.2	29,511	27,293	-7.5
Prince Edward Island	134,557	135,294	0.5	129,765	134,557	3.7
Urban Total	73,225	74,558	1.8	69,885	73,225	4.8
RST Total	61,332	60,736	-1.0	59,880	61,332	2.4
.. Strong MIZ	18,966	18,989	0.1	17,902	18,966	5.9
.. Moderate MIZ	29,713	29,371	-1.2	29,227	29,713	1.7
.. Weak MIZ	11,925	11,690	-2.0	11,940	11,925	-0.1
.. No MIZ	728	686	-5.8	811	728	-10.2
New Brunswick	738,133	729,498	-1.2	723,900	738,133	2.0
Urban Total	380,153	381,169	0.3	370,439	380,149	2.6
RST Total	357,980	348,329	-2.7	353,461	357,984	1.3
.. Strong MIZ	51,349	50,527	-1.6	50,342	51,353	2.0
.. Moderate MIZ	150,795	145,567	-3.5	148,540	150,380	1.2
.. Weak MIZ	139,698	135,618	-2.9	140,434	140,113	-0.2
.. No MIZ	16,138	16,617	3.0	14,145	16,138	14.1

... Continued

Appendix Table 3 Continued

	1996 (2001 boundaries)	2001 (2001 boundaries)	1996-2001 % Change	1991 (1996 boundaries)	1996 (1996 boundaries)	1991-1996 % Change
Quebec	7,138,795	7,237,479	1.4	6,895,963	7,138,795	3.5
Urban Total	5,569,642	5,681,453	2.0	5,353,846	5,543,060	3.5
RST Total	1,569,153	1,556,026	-0.8	1,542,117	1,595,735	3.5
.. Strong MIZ	429,851	439,797	2.3	391,396	422,875	8.0
.. Moderate MIZ	800,113	789,980	-1.3	785,081	802,485	2.2
.. Weak MIZ	292,140	279,400	-4.4	313,032	315,625	0.8
.. No MIZ	47,049	46,849	-0.4	52,608	54,750	4.1
Ontario	10,753,573	11,410,046	6.1	10,084,885	10,753,573	6.6
Urban Total	9,291,331	9,925,949	6.8	8,559,726	9,157,435	7.0
RST Total	1,462,242	1,484,097	1.5	1,525,159	1,596,138	4.7
.. Strong MIZ	668,346	695,979	4.1	710,094	756,992	6.6
.. Moderate MIZ	489,985	489,378	-0.1	520,565	539,257	3.6
.. Weak MIZ	278,623	270,527	-2.9	266,562	269,132	1.0
.. No MIZ	25,288	28,213	11.6	27,938	30,757	10.1
Manitoba	1,113,898	1,119,583	0.5	1,091,942	1,113,898	2.0
Urban Total	742,444	746,184	0.5	736,318	742,560	0.8
RST Total	371,454	373,399	0.5	355,624	371,338	4.4
.. Strong MIZ	47,324	48,808	3.1	62,279	45,593	7.8
.. Moderate MIZ	114,608	116,659	1.8	110,237	115,127	4.4
.. Weak MIZ	169,348	167,188	-1.3	167,254	171,105	2.3
.. No MIZ	40,174	40,744	1.4	35,854	39,513	10.2
Saskatchewan	990,237	978,933	-1.1	988,928	990,237	0.1
Urban Total	561,672	565,222	0.6	551,776	561,672	1.8
RST Total	428,565	413,711	-3.5	437,152	428,565	-2.0
.. Strong MIZ	25,788	25,990	0.8	26,511	26,013	-1.9
.. Moderate MIZ	103,051	100,376	-2.6	105,203	102,823	-2.3
.. Weak MIZ	203,012	193,996	-4.4	207,229	202,570	-2.2
.. No MIZ	96,714	93,349	-3.5	98,209	97,159	-1.1
Alberta	2,696,826	2,974,807	10.3	2,545,553	2,696,826	5.9
Urban Total	2,004,641	2,244,336	12.0	1,901,066	2,002,352	5.3
RST Total	692,185	730,471	5.5	644,487	694,474	7.8
.. Strong MIZ	118,425	133,432	12.7	103,035	115,974	12.6
.. Moderate MIZ	190,335	201,612	5.9	158,227	169,300	7.0
.. Weak MIZ	352,527	358,995	1.8	356,885	377,669	5.8
.. No MIZ	30,898	36,432	17.9	26,340	31,531	19.7
British Columbia	3,724,500	3,907,738	4.9	3,282,061	3,724,500	13.5
Urban Total	3,179,571	3,369,035	6.0	2,770,905	3,147,837	13.6
RST Total	544,929	538,703	-1.1	511,156	576,663	12.8
.. Strong MIZ	69,325	71,044	2.5	67,749	77,210	14.0
.. Moderate MIZ	187,544	188,811	0.7	181,119	212,996	17.6
.. Weak MIZ	246,564	236,892	-3.9	236,084	256,500	8.6
.. No MIZ	41,496	41,956	1.1	26,204	29,957	14.3

... Continued

Appendix Table 3 Continued

	1996 (2001 boundaries)	2001 (2001 boundaries)	1996-2001 % Change	1991 (1996 boundaries)	1996 (1996 boundaries)	1991-1996 % Change
Yukon²	30,766	28,674	-6.8	27,797	30,766	10.7
Urban Total	21,808	21,405	-1.8	20,075	21,808	8.6
Territories	8,958	7,269	-18.9	7,722	8,958	16.0
Northwest Territories²	39,672	37,360	-5.8	36,343	39,672	9.2
Urban Total	17,275	16,541	-4.2	15,179	17,275	13.8
Territories	22,397	20,819	-7.0	21,164	22,397	5.8
Nunavut²	24,730	26,745	8.1	21,217	24,712	16.5
Urban Total	N/A	N/A	N/A	N/A	N/A	N/A
Territories	24,730	26,745	8.1	21,217	24,712	16.5

Source: Statistics Canada, Census of Population, 1991, 1996, and 2001

¹ Population figures for urban and rural do not add up to the provincial / Canadian total because data are suppressed if there are fewer than 40 residents in any Census Subdivision.

² The statistical area classification for the northern territories does not specify MIZ zones. "Territories" is the equivalent of "Rural and Small Town Total."

Appendix Table 4: Population Age Distribution in Nova Scotia by Geographic Zone; 2001, 1996, and 1991

Geographic Zone	Percent														
	Children (0-14 years)			Youth (15-24 years)			Young Adults (25-44 years)			Adults (45-64 years)			Seniors (65 years +)		
	2001	1996	1991	2001	1996	1991	2001	1996	1991	2001	1996	1991	2001	1996	1991
Nova Scotia Total	18.4	20.0	20.5	13.1	13.7	14.9	29.7	31.8	33.0	25.6	22.0	19.0	13.3	12.5	12.6
Urban Total	18.5	20.2	20.5	13.6	14.0	15.3	30.9	33.2	34.5	24.9	21.5	18.5	12.1	11.2	11.2
Rural/Small Town Total	18.1	19.8	20.5	12.1	13.3	14.4	27.6	29.6	30.6	26.7	22.8	19.8	15.4	14.5	14.7
<i>Strong MIZ</i>	21.4	22.1	22.1	11.6	13.0	14.2	31.8	33.8	33.2	24.7	21.5	19.4	10.5	9.6	10.9
<i>Moderate MIZ</i>	18.6	20.1	20.7	12.1	13.3	14.1	28.0	30.3	31.1	26.4	22.6	20.1	14.9	13.7	14.1
<i>Weak MIZ</i>	17.5	19.3	20.1	12.2	13.3	14.6	27.0	28.9	30.0	27.1	23.1	19.7	16.2	15.4	15.5
<i>No MIZ</i>	21.4	21.9	22.7	14.1	15.2	15.4	27.4	29.9	30.8	22.9	20.0	16.2	13.9	13.3	15.1

Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

Appendix Table 5: Population Age in Nova Scotia by Geographic Zone; 2001, 1996, and 1991

Geographic Zone	Number														
	Children (0-14 years)			Youth (15-24 years)			Young Adults (25-44 years)			Adults (45-64 years)			Seniors (65+ years)		
	2001	1996	1991	2001	1996	1991	2001	1996	1991	2001	1996	1991	2001	1996	1991
Nova Scotia Total¹	165195	179985	184355	117345	123560	134250	266360	286485	296795	229295	197770	171140	119360	112150	113395
Urban Total	105520	113405	110925	77445	78630	82675	175605	186645	187205	141470	120855	100415	68715	63265	60835
Rural/Small Town Total	59685	66595	73335	39910	44925	51575	90745	99845	109515	87820	76945	70730	50655	48875	52555
Strong MIZ	4740	4670	6735	2570	2760	4215	7040	7150	10110	5490	4555	5915	2335	2030	3330
Moderate MIZ	18020	19930	21025	11700	13170	14325	27135	29990	31615	25635	22430	20435	14475	13605	14305
Weak MIZ	35955	41005	44535	24995	28300	32230	55335	61350	66375	55650	49020	43635	33215	32655	34225
No MIZ	965	1000	1040	635	695	705	1235	1365	1415	1035	915	745	625	610	695

Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 6: Aboriginal Population¹ in Nova Scotia
by Geographic Zone; 2001 and 1996**

Geographic Zone	Number	
	2001	1996
Nova Scotia Total²	17,010	12,380
Urban Total	9,385	7,385
Rural/Small Town Total	7,625	4,995
<i>Strong MIZ</i>	290	255
<i>Moderate MIZ</i>	1,880	1,875
<i>Weak MIZ</i>	3,995	1,545
<i>No MIZ</i>	1,455	1,325

Source: Statistics Canada, Census of Population, 2001 and 1996

¹ Refers to persons who reported identifying with at least one Aboriginal group, i.e. North American Indian, Métis or Inuit (Eskimo) and/or those who reported being a Treaty Indian or a Registered Indian as defined by the *Indian Act* of Canada and/or who were members of an Indian Band or First Nation (Statistics Canada, 1999a).

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 7: Home Language¹ Population in Nova Scotia
by Geographic Zone; 2001, 1996 and 1991**

Geographic Zone	Number											
	English			French			Non-official language ³			Multiple Response		
	2001	1996	1991	2001	1996	1991	2001	1996	1991	2001	1996	1991
Nova Scotia Total²	861,765	864,235	856,585	19,000	19,970	21,590	12,820	11,695	9,530	3,985	4,070	3,240
Urban Total	551,260	547,025	523,340	4,210	3,800	3,770	10,515	9,305	7,615	2,700	2,650	2,195
Rural/Small Town Total	310,340	317,210	333,075	14,785	16,175	17,815	2,250	2,390	1,900	1,255	1,420	1,005
Strong MIZ	21,800	20,795	29,945	70	30	60	285	320	300	20	15	50
Moderate MIZ	94,150	95,820	97,035	1,940	2,235	2,530	485	635	450	410	440	285
Weak MIZ	190,735	196,805	202,310	12,775	13,880	15,215	875	805	535	715	835	635
No MIZ	3,655	3,785	3,785	0	30	10	605	625	615	110	130	35

Source: Statistics Canada, Census of Population, 2001, 1996, and 1991

¹ Home language is based on the language "most often spoken at home" for all three censuses. For the 2001 Census, the home language question asked for the language spoken "most often at home" AND the languages spoken "on a regular basis at home." The 2001 data includes only the language "most often spoken at home."

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

³ "Non-official languages" include all languages excluding English and French.

**Appendix Table 8: Population Participating in Labour Force¹ in Nova Scotia
By Geographic Zone; 2001, 1996 and 1991**

Geographic Zone	Number		
	2001	1996	1991
Nova Scotia Total²	451,380	438,970	447,525
Urban Total	293,340	281,850	279,435
Rural/Small Town Total	158,040	157,120	168,065
<i>Strong MIZ</i>	11,230	10,540	14,745
<i>Moderate MIZ</i>	46,820	46,310	48,405
<i>Weak MIZ</i>	98,035	98,470	103,065
<i>No MIZ</i>	1,950	1,805	1,850

Source: Statistics Canada, Census of Population, 2001, 1996 and 1991

¹ The Labour Force Participation Rate is the ratio of individuals who are currently employed or who are out of work (but looking for work) to the total number of individuals in the population who are over the age of 15.

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 9: Population Unemployed¹ in Nova Scotia
by Geographic Zone; 2001, 1996 and 1991**

Geographic Zone	Number		
	2001	1996	1991
Nova Scotia Total²	49,085	58,180	56,735
Urban Total	28,800	33,105	32,930
Rural/Small Town Total	20,285	25,080	23,750
<i>Strong MIZ</i>	1,000	1,245	1,920
<i>Moderate MIZ</i>	5,765	7,200	6,425
<i>Weak MIZ</i>	13,110	16,285	14,940
<i>No MIZ</i>	415	355	465

Source: Statistics Canada, Census of Population, 2001, 1996 and 1991

¹ The Unemployment Rate is based on the ratio of individuals who are currently unemployed to those who are in the labour force.

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 10: 2001 Labour Force Population by Industry Sector (NAICS)¹ in Nova Scotia
by Geographic Zone**

Geographic Zone	Number						
	Agriculture, Forestry, Fishing & Hunting	Mining and Oil & Gas Extraction	Construction	Manufacturing	Production Services ²	Consumer Services ³	Government- Provided Services ⁴
Nova Scotia Total⁵	22,910	3,370	26,755	44,195	110,055	116,615	118,520
Urban Total	5,600	2,085	15,820	21,065	83,140	77,165	82,545
Rural/Small Town Total	17,310	1,285	10,930	23,135	26,920	39,450	35,982
<i>Strong MIZ</i>	470	110	1,200	1,070	3,360	2,595	2,275
<i>Moderate MIZ</i>	4,260	455	3,570	6,275	8,270	10,885	12,180
<i>Weak MIZ</i>	12,425	715	6,080	15,575	15,040	25,365	21,025
<i>No MIZ</i>	155	10	85	210	250	595	500

Source: Statistics Canada, Census of Population, 2001

¹ Based on the 1997 North American Industry Classification System (NAIC).

² Production Services includes utilities, wholesale trade, transportation and warehousing, information and cultural industries, finance and insurance, real estate and rental and leasing, professional, scientific and technical services, management of companies and enterprises, and administrative and support waste management and remediation services.

³ Consumer Services includes retail trade, arts, entertainment and recreation, accommodation and food services, and other services.

⁴ Government-Provided Services includes educational services, health care and social assistance, and public administration.

⁵ Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 11: 1996 and 1991 Labour Force Population by Industry Sector (SIC)¹ in Nova Scotia
by Geographic Zone**

Geographic Zone	Number													
	Agric., Forestry, Fishing, & Hunting		Mining & Oil & Gas Extraction		Construction		Manufacturing		Production Services ²		Consumer Services ³		Government- Provided Services ⁴	
	1996	1991	1996	1991	1996	1991	1996	1991	1996	1991	1996	1991	1996	1991
Nova Scotia Total⁵	24,790	24,925	3,885	5,150	26,065	29,290	45,415	51,805	85,895	84,585	117,810	116,000	120,960	128,085
Urban Total	7,040	6,325	2,795	3,600	15,385	16,990	22,305	24,575	62,760	61,885	77,340	74,290	84,630	86,485
Rural/Small Town Total	17,745	18,480	1,085	1,525	10,680	12,250	23,110	27,205	23,130	22,475	40,470	41,575	36,335	41,410
Strong MIZ	775	1,305	140	245	1,030	1,500	1,045	1,595	2,460	3,115	2,600	3,375	2,190	3,295
Moderate MIZ	4,680	5,190	510	580	3,470	3,965	6,030	7,020	6,705	6,400	11,760	11,265	11,770	13,150
Weak MIZ	12,125	11,835	435	700	6,145	6,720	15,735	18,245	13,810	12,735	25,615	26,490	21,800	24,490
No MIZ	160	150	0	0	30	65	300	345	160	225	490	445	565	475

Source: Statistics Canada, Census of Population, 1996 and 1991

¹ Based on the 1980 Standard Industry Classification (SIC) system.

² Production Services includes communication and other utilities, wholesale trade, transportation and storage, finance and insurance, real estate operator and insurance agent, and business services.

³ Consumer Services includes retail trade, accommodation, food and beverage, and other services.

⁴ Government-Provided Services includes educational services, health and social assistance, and government services.

⁵ Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 12: Self-Employed¹ Population in Nova Scotia
By Geographic Zone; 2001, 1996 and 1991**

Geographic Zone	Number		
	2001	1996	1991
Nova Scotia Total²	42,675	42,410	34,295
Urban Total	24,180	23,825	17,440
Rural/Small Town Total	18,500	18,600	16,705
<i>Strong MIZ</i>	1,085	1,040	1,415
<i>Moderate MIZ</i>	5,190	5,215	4,630
<i>Weak MIZ</i>	12,050	12,215	10,505
<i>No MIZ</i>	175	125	155

Source: Statistics Canada, Census of Population, 2001, 1996 and 1991

¹ Self-employment includes operating a business or professional practice, doing freelance or contract work, and farming, fishing and trapping. It also includes operating a direct distributorship selling and distributing goods such as cosmetics (Statistics Canada, 1999a).

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 13: Low-Income Population¹ in Nova Scotia
By Geographic Zone; 2001, 1996 and 1991**

Geographic Zone	Number		
	2001	1996	1991
Nova Scotia Total²	147,020	167,005	131,050
Urban Total	96,705	108,510	82,985
Rural/Small Town Total	50,300	58,490	48,080
<i>Strong MIZ</i>	2,545	3,085	3,075
<i>Moderate MIZ</i>	14,250	16,015	13,190
<i>Weak MIZ</i>	32,830	38,440	31,060
<i>No MIZ</i>	675	950	755

Source: Statistics Canada, Census of Population, 2001, 1996 and 1991

¹ The incidence of low income is calculated as the number of individuals living in a household with an income below the low-income cut-off (LICO) divided by the total number of individuals. The LICO is a level of income where households are judged to be in straitened circumstances, on the basis of the income required to provide food, clothing and shelter.

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 14: 2001 Population Educational Attainment¹ in Nova Scotia
By Geographic Zone**

Geographic Zone	Number				
	Less Than High School	High School Diploma	Some Post-Secondary	Post-Secondary Cert./Dip.	University Degree
Nova Scotia Total²	212,675	65,435	80,835	209,395	102,585
Urban Total	117,175	40,995	55,455	132,245	78,880
Rural/Small Town Total	95,505	24,445	25,370	77,160	23,710
<i>Strong MIZ</i>	5,745	1,610	1,655	5,705	1,240
<i>Moderate MIZ</i>	26,120	7,345	7,820	22,890	7,945
<i>Weak MIZ</i>	62,170	15,175	15,465	47,695	14,365
<i>No MIZ</i>	1,470	315	435	865	160

Source: Statistics Canada, Census of Population, 2001

¹ 2001 educational attainment data are provided for the population 20 years of age and over.

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 15: 1996 and 1991 Population Educational Attainment¹ in Nova Scotia
by Geographic Zone**

Geographic Zone	Number									
	Less Than High School		High School Diploma		Some Post-Secondary		Post-Secondary Cert./Dip.		University Degree	
	1996	1991	1996	1991	1996	1991	1996	1991	1996	1991
Nova Scotia Total²	280,880	302,185	70,970	72,880	67,635	66,685	212,410	191,450	88,075	73,475
Urban Total	157,030	161,840	44,545	44,515	46,950	45,310	134,085	118,975	66,770	55,425
Rural/Small Town Total	123,855	140,255	26,425	28,335	20,690	21,345	78,320	72,260	21,305	18,030
Strong MIZ	7,050	11,155	1,755	2,650	1,310	1,870	5,210	6,445	1,160	1,425
Moderate MIZ	34,085	38,340	7,805	7,800	6,545	6,335	23,775	20,910	7,000	5,825
Weak MIZ	80,890	88,815	16,550	17,580	12,425	12,925	48,500	44,060	12,965	10,655
No MIZ	1,840	1,945	310	305	410	215	835	845	180	125

Source: Statistics Canada, Census of Population, 1996 and 1991

¹ 1996 and 1991 educational attainment data are provided for individuals 15 years of age and over.

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 16: Number of Education Providers¹ in Nova Scotia
By Geographic Zone; 2001, 1996 and 1991**

Geographic Zone	Number		
	2001	1996	1991
Nova Scotia Total²	17,620	17,235	20,390
Urban Total	11,835	11,780	13,245
Rural/Small Town Total	5,780	5,455	7,090
<i>Strong MIZ</i>	225	290	600
<i>Moderate MIZ</i>	1,885	1,580	2,180
<i>Weak MIZ</i>	3,610	3,520	4,250
<i>No MIZ</i>	60	70	60

Source: Statistics Canada, Census of Population, 2001, 1996 and 1991

¹ The number of individuals working in Statistics Canada's occupational classification category of teachers or professors.

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 17: Number of Lone-Parent Families in Nova Scotia
By Geographic Zone; 2001, 1996 and 1991**

Geographic Zone	Number		
	2001 ¹	1996	1991
Nova Scotia Total²	44,140	39,680	33,120
Urban Total	29,550	27,120	21,960
Rural/Small Town Total	14,590	12,560	11,125
<i>Strong MIZ</i>	815	615	840
<i>Moderate MIZ</i>	4,305	3,595	2,980
<i>Weak MIZ</i>	9,145	8,070	7,055
<i>No MIZ</i>	325	285	250

Source: Statistics Canada, Census of Population, 2001, 1996 and 1991

¹ A minor change in the measurement of lone-parent families in 2001 marginally inflates the percentage in this year.

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

Appendix Table 18: Number of Houses Constructed Between 1996 and 2001, 1991 and 1995, and 1986 and 1990 in Nova Scotia by Geographic Zone

Geographic Zone	Number of Houses		
	1996 - 2001	1991 - 1995	1986 - 1990
Nova Scotia Total¹	23,295	25,355	33,750
Urban Total	16,105	17,255	23,030
Rural/Small Town Total	7,195	8,100	10,730
<i>Strong MIZ</i>	985	620	875
<i>Moderate MIZ</i>	2,400	2,920	3,290
<i>Weak MIZ</i>	3,705	4,410	6,430
<i>No MIZ</i>	105	150	130

Source: Statistics Canada, Census of Population, 2001, 1996 and 1991

¹ Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

Appendix Table 19: Number of Owner Households Spending Greater than 30% of Income on Shelter¹ in Nova Scotia by Geographic Zone; 2001, 1996 and 1991

Geographic Zone	Number of Households		
	2001	1996	1991
Nova Scotia Total²	81,160	31,870	19,265
Urban Total	56,515	19,390	11,400
Rural/Small Town Total	24,650	12,480	7,875
<i>Strong MIZ</i>	1,380	850	790
<i>Moderate MIZ</i>	7,355	3,755	2,185
<i>Weak MIZ</i>	15,525	7,755	4,815
<i>No MIZ</i>	390	125	85

Source: Statistics Canada, Census of Population, 2001, 1996 and 1991

¹ Refers to total household income spent on shelter costs for owners only (not renters) and refers to payments for electricity, fuel, water and municipal services.

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 20: Number Employed in Health Occupations¹ in Nova Scotia
by Geographic Zone; 2001, 1996 and 1991**

Geographic Zone	Number		
	2001	1996	1991
Nova Scotia Total²	26,850	24,575	26,325
Urban Total	18,790	16,915	17,720
Rural/Small Town Total	8,050	7,650	8,520
<i>Strong MIZ</i>	445	430	660
<i>Moderate MIZ</i>	2,515	2,120	2,625
<i>Weak MIZ</i>	5,040	5,015	5,120
<i>No MIZ</i>	65	95	115

Source: Statistics Canada, Census of Population, 2001, 1996 and 1991

¹ The number of individuals working in Statistics Canada's occupational classification category of 'health occupations.'

² Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.

**Appendix Table 21: Number Employed in Health Occupational Categories in Nova Scotia
By Geographic Zone; 2001 and 1996**

Geographic Zone	Number							
	Professional Occupations		RN Supervisors & RNs		Technical & Related Occupations		Assisting Occupations in Support of Health	
	2001	1996	2001	1996	2001	1996	2001	1996
Nova Scotia Total¹	5,100	4,310	8,855	9,470	6,700	5,275	6,200	5,525
Urban Total	3,975	3,330	6,320	6,740	4,635	3,670	3,870	3,180
Rural/Small Town Total	1,125	975	2,535	2,730	2,070	1,610	2,330	2,340
Strong MIZ	40	35	140	175	115	120	140	100
Moderate MIZ	335	225	750	685	620	525	810	680
Weak MIZ	745	700	1,625	1,845	1,320	945	1,355	1,515
No MIZ	20	0	25	25	10	20	20	35

Source: Statistics Canada, Census of Population, 2001 and 1996

¹ Population figures for urban and rural do not add up to the provincial totals because data are suppressed if there are fewer than 40 residents in any Canadian Census Subdivision.