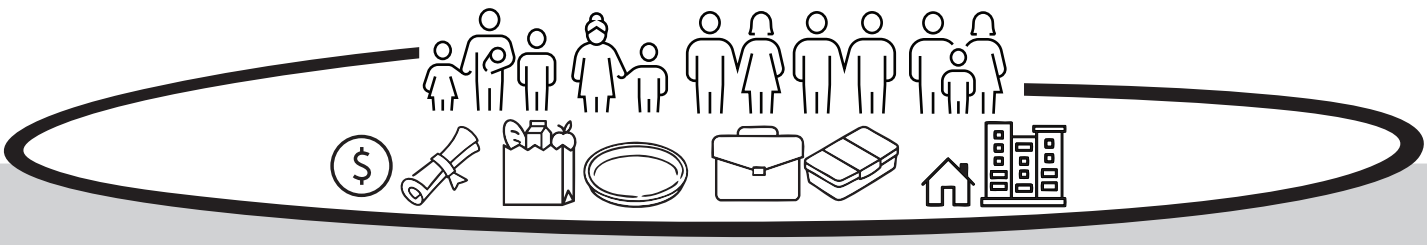
SOCIODEMOGRAPHIC PROFILE OF MIDDLESEX-LONDON

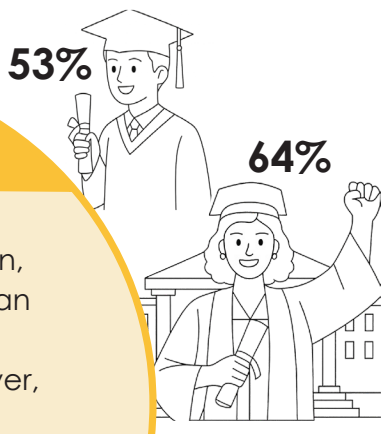


The sociodemographic profile of Middlesex-London tells us about the people who live in the community and their life situations.

It looks at things like education, income, jobs, housing, access to food, and whether someone is part of a visible minority group. These social and economic factors can affect a person's health. At the same time, a person's health can also affect their job, income, and living situation.

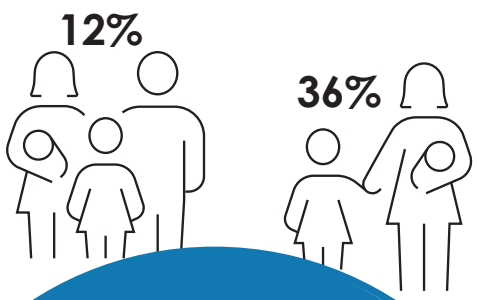
This information helps us understand patterns and trends in people's health, health behaviours, and economic conditions in the community.

EDUCATION



In 2021 in Middlesex-London, women were more likely than men to have college or university education. However, women, especially older women, were also more likely to have lower income compared to men.

LOW INCOME



In 2021, about 1 in 10 people in Middlesex-London lived with low income. Rates were highest among children and youth as well as older women. The COVID-19 income supports brought temporary relief to families in 2020 but by 2023, two-parent families with low income had increased to 12% and 36% for single-parents.

HOUSING TYPE



Middlesex-London has more **homeowners (62%) than renters (38%)**, especially in the City of London.

Homeownership is lower than the provincial average (68%). Households in London also spend a slightly larger share of their income on housing than those in the rest of the county.

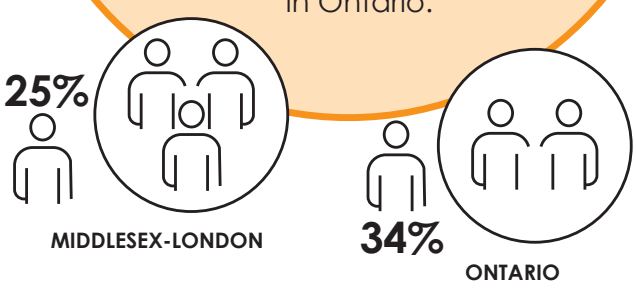
FOOD INSECURITY

Since 2019, food insecurity has increased in both Middlesex-London and Ontario, but it has risen faster in Middlesex-London.
About 1 in 4 households in Middlesex-London have trouble affording enough healthy food. Rates have increased sharply since 2022.



VISIBLE MINORITY

Since 2016, the visible minority population in Middlesex-London has grown by over 40%, about twice the rate of Ontario. Even with this growth, visible minorities make up a smaller share of the local population. About 1 in 4 residents (25%) identify as a visible minority, compared to 1 in 3 (34%) in Ontario.



Our Response:

- The Healthy Babies Healthy Children (HBHC) and Nurse-Family Partnership programs offer free home visiting services to qualifying pregnant individuals and families with children from birth until school entry.
- We serve the community by prioritizing equity-deserving populations in the planning, development, and delivery of collaborative, safe, and inclusive services.
- **Our 2026–2030 Strategic Plan**, guided by the vision Healthy people. Thriving community, is informed by the sociodemographic profile of Middlesex-London. Understanding how social and economic factors shape health, helps us identify trends and plan actions that promote health equity.

For more information, visit our Sociodemographic Dashboard:
https://www.healthunit.com/statistics-reports/community-health-status-resource/

BUREAU DE SANTÉ DE MIDDLESEX-LONDON HEALTH UNIT
www.healthunit.com