

Survey Methodology and Demographics

The 2026 report is based on the survey responses of 1,000 Calgarians. To ensure an accurate representation of the population, survey respondents were randomly selected based on demographic quotas. For comparative purposes, a probability sample of 1,000 results in a margin of error of +/- 3%, 19 times out of 20.

Age

18–24, 12% • 25–34, 23% • 35–44, 20% • 45–54, 17% • 55–64, 14% • 65+, 15%

Gender

Female 49.8% • Male 49.5%
Non-binary, Transgender, Intersex, Two-spirit 0.7%

Quadrant

Northwest 30% • Northeast 17% • Southwest 24%
Southeast 20% • Other 9%

Employment

Full-time 55% • Part-time 12% • Unemployed 9% • Retired 18%
Student 2% • Homemaker 4%

Racial Identity

Consider themselves part of a racialized community • Yes 36%, No 64%

Household Income

<30,000/yr, 13% • 30,000–60,000/yr, 17% • 60,000–90,000/yr, 21%
90,000–120,000/yr, 19% • 120,000–150,000/yr, 13%
150,000–200,000/yr, 10% • >200,000/yr, 8%

About Calgary Foundation

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

2026 Calgary Foundation Stats

Assets at March 31: \$1.68 B
New Gifts: \$115.8 M
Total Granted: \$110.7 M
Number of Organizations Granted: 1,488

2026 Board of Directors

Denise Bright • Charles Buchanan • Sherry Ferronato • Narmin Ismail-Teja, Chair
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Julianna Spiropoulos • Murray Suey • Eva Friesen, President and CEO

Contributors

Project Management • Calgary Foundation
Survey • DDL Analytics, Inc.
Concept and Design • Daughter Creative
Printing • Hemlock Printers
Photography • Brit Savage and Jason Eng

This report shares faces of adversity and the real Calgarians who meet it with resilience.

FACING FORWARD
QUALITY OF LIFE REPORT '26



A Message from Our CEO

Resilience has long been one of our city’s defining strengths. It’s what helps us weather uncertainty, adapt to change, and move forward when times are hard. For another year, Calgarians are proving just how resilient we are.

And what is resilience, really?

It isn’t the absence of adversity. It’s the willingness to face reality honestly — with ardent realism — while holding onto the confidence and hope that things can get better. It’s what allows us to adapt, endure, and continue building a better future together.

As you read this report, I hope you’ll see not only a city navigating change, but one with the capacity to shape what comes next.

Resilience is not the end of the story.

It’s the foundation we build from.

Eva Friesen
President and CEO
Calgary Foundation

Land Acknowledgement

In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot Confederacy: Siksika, Kainai, Piikani, Stoney Nakoda Nations: Chiniki, Bearspaw, Goodstoney, and Tsuut'ina Nation. We acknowledge that this territory is home to the Otipemisiwak Métis Government of the Métis Nation, Calgary Nose Hill Métis District, and Calgary Elbow Métis District. Finally, we acknowledge all nations — Indigenous and non-Indigenous — who live, work, and play on this land, and who honour and celebrate this territory.



Over the past year,
most of us have been meeting our basic needs.

Most feel Calgary is a good place to live.
Most see a future here.
Most feel a sense of belonging.

By many measures, we're doing okay.
But it doesn't mean life is easy. We are under pressure.
It settles into grocery aisles,
utility bills, family responsibilities,
and the difficult calculations
we make every day.



Life here is still good.

58% of Calgarians rate their quality of life as good or excellent.

- 66% in 2025
- 75% in 2020
- 37% for those with an income below \$60,000
- 89% for those with an income above \$200,000

Despite the challenges we are facing, Calgary still feels like home.

- 86% of Calgarians agree that the city is a good place to live

It's better for both younger and older Calgarians.

- 91% of those aged 18–34 agree that this is a good place to live
- 94% of those aged 65+
- 81% of those aged 35–64

17% of Calgarians say they plan to leave the city within the next five years — the lowest level yet.

- 19% in 2025
- 30% in 2021

85% agree that Calgary is a good place to raise a family.

48%
25 to 34-year-olds
are the most optimistic
about the economy



Just not quite as good as it used to be.

14% of Calgarians rate their quality of life as below-average or poor.

- 10% in 2025
- 5% in 2020

Fewer are optimistic about Calgary's economic outlook for the coming year.

- 38% in 2026
- 42% in 2025
- 35% in 2024
- 50% in 2023

Calgarians are more likely to leave the city if they

- work part-time 28%,
- are unemployed 33%,
- or are students 19%

28%
45 to 54-year-olds
are the least optimistic
about the economy

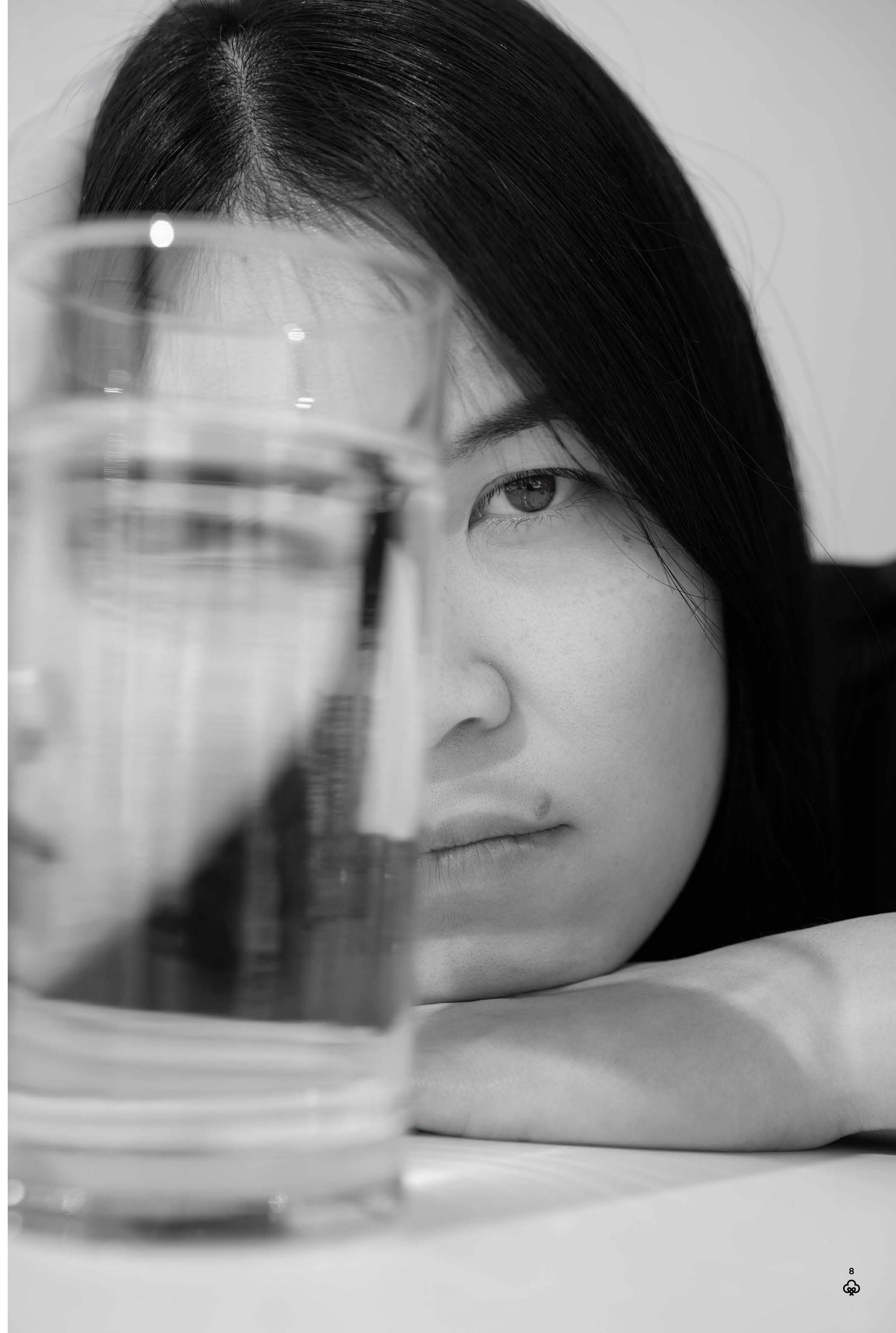


Caring isn't the problem.
Capacity is.

34% of Calgarians have not made a donation in the past year (20% in 2021, 13% in 2020). Only 10% donated more than \$1,000 to a charitable cause (14% in 2025). Older Calgarians are more likely to have reduced their charitable giving. 52% of those aged 55–64 gave less. 42% of those aged 45–54. 47% of those aged 35–44. 26% of those aged 25–34. 21% of those aged 18–24. Half did not volunteer at all in the past year.

**We still make room for
what moves us.**

70% of Calgarians participated in arts or cultural activities in the past year. 39% of Calgarians say that arts and cultural activities are essential or very important to them. For some, affordability is creating distance between interest and participation. 63% identify ticket and program costs as the biggest barrier to participation. 38% say it's a lack of time, and 32% say a lack of awareness of events or opportunities.



Relief has arrived.

Far fewer Calgarians are experiencing housing-related stress.

19% in 2026
28% in 2024

More renters can find suitable rental options.

63% in 2026
51% in 2024

More homeowners can find a home that meets their needs.

77% in 2026
67% in 2024

Security has not.

Nearly a third (31%) can't afford their current rent. That jumps to 51% for people with a long-term disability.

71% of renters are interested in home ownership in the future.
82% of those aged 18-34
76% of those aged 35-54
33% of those aged 55+

Affordability of a down payment (60%) and the affordability of mortgage payments (50%) are the biggest barriers.



More than anything else,
we value our connection to one another.

Relationships rank as the most important value for Calgarians,
followed by health and money.

78% of Calgarians feel a strong or moderate
sense of belonging.

And yet nearly one in four Calgarians frequently feel lonely.

29% of those aged 25–34
27% of those aged 35–44
24% of those aged 55–64

Opportunities for connection
would improve Calgarians’
sense of belonging.

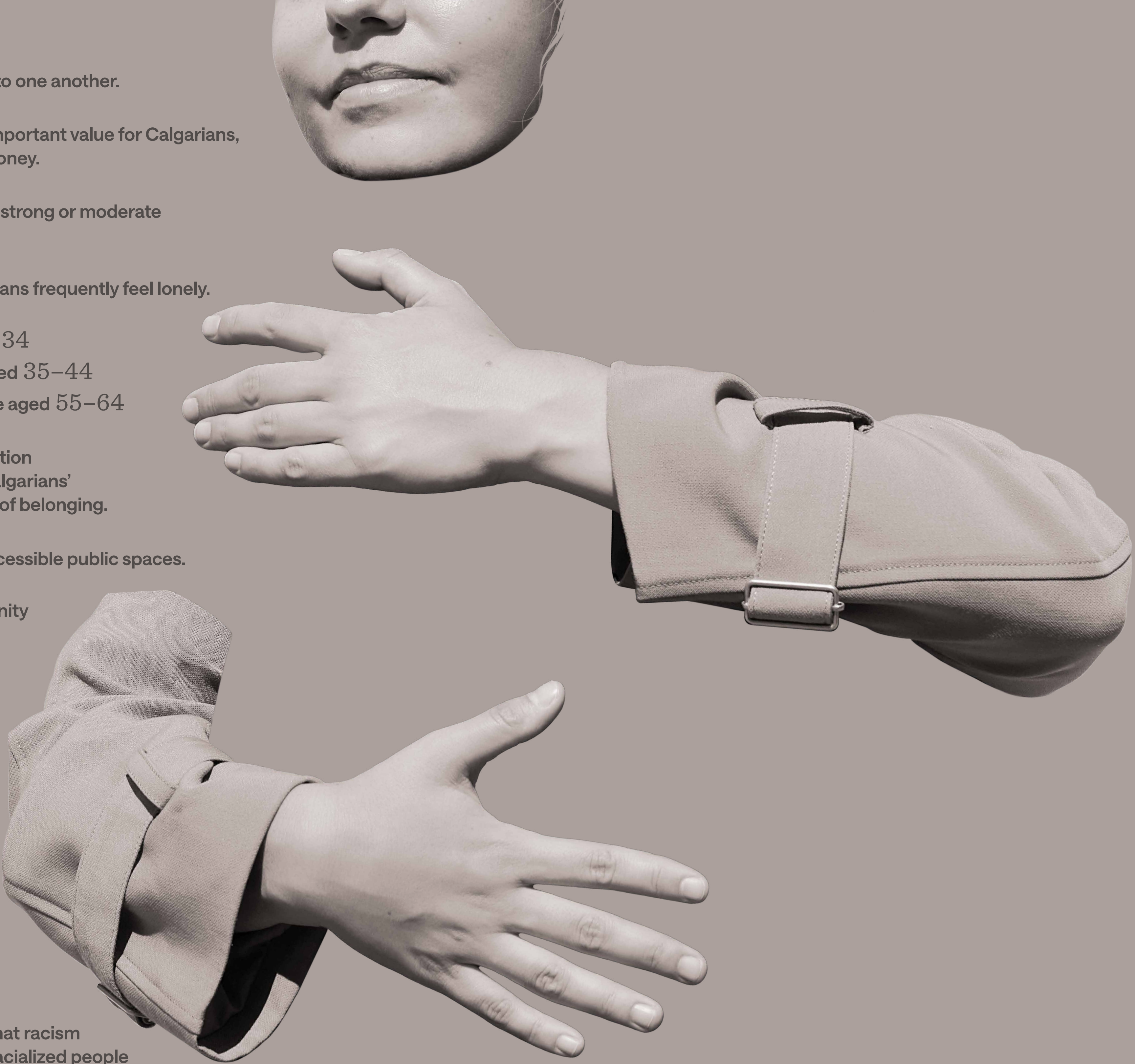
30% want more safe, accessible public spaces.

28% want more community
events and activities in their
neighbourhood.

45% of those aged
18–24 and 37% of those aged
25–34 would like more access
to community spaces.

47% of Calgarians
agree that the people in this
city are committed to anti-
racism, diversity, equity, and
inclusion, compared to 56% in
2025. Most believe that diversity
makes Calgary stronger (68%).

At the same time, 61% believe that racism
towards Black, Indigenous, and racialized people
in Calgary still exists.



Half of people report a decline in the quality of their diet.

59% of Calgarians have changed their eating habits due to rising costs.

72% of those aged 45–54

79% of those aged 55–64

49% of men

67% of women

73% of those making less than \$60,000

45% of Calgarians often or occasionally worry about running out of food.

That number jumps to 53% for people who have children in their household, and 61% for people with a long-term disability.

We're finding new ways to make food fit the budget.

1. **92%** are switching to lower-cost brands
2. **67%** are buying less fresh produce
3. **83%** are choosing lower-cost proteins
4. **58%** are serving smaller portions

Getting by is taking more work.
And more out of us.

80% of Calgarians can meet their basic financial needs (housing, utilities, food, and health care), compared to 81% in 2025, 78% in 2024 and 75% in 2023.

85% of those aged 18-24
78% of those aged 25-64
89% of those aged 65+

But at the end of the day, there's less money left over.

60% can save for the future
Only 37% of those making less than \$60,000

57% view home ownership as attainable

69% can afford gas for transportation
81% in 2025

65% of Calgarians are impacted by the economic climate. For those impacted, the effects are showing up in everyday choices:

- 32% are making general spending cutbacks
- 16% are eating out and socializing less
- 34% are working more (two jobs, more hours, etc.)
- 86% are sharing less
- 86% are putting off major purchases
- 51% of those aged 18-34
- 39% of those aged 35-54

Calgarians living with a disability find it even harder to make ends meet.

- 67% can meet basic financial needs
- 46% can afford rent
- 40% can find suitable employment
- 35% can save for the future

Financial issues are the most significant source of stress.

38% often or always feel stress related to finances

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\$4.99
\$0.00

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\$3.00
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SEQ: 307001001018

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\$10.51
\$8.47
\$7.99
\$0.00
\$1.20
\$29.52

TRANSACTION RECORD

Purchase

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TIME: 07/19/2026 13:27
PURCHASE #: 0010014600
66421579
04565F
0000031010
CERY
SM CAKE WHITE
\$2.49 ea or 2/\$4.00
1 @ \$2.49 ea
AIRY
LARGE EGGS
BEATRICE 1% MILK RQ

(403) 299-
GST# R10073089
\$13.21/kg
N BELL
\$11.00/kg
BULK
\$4.39/kg
5KG

2.49
3.79
6
3
5.49 S

DEPOSIT 1
RECYCLING FEE
6570010028
BEATRICE 1% MILK RQ
6038366414
AIRY
1 @ \$2.49

69% of Calgarians feel concerned about the level of safety in the city.

This is especially true for:

76% of women

78% of adults aged 45–64

81% of people with a long-term disability

67% of residents feel safe in their neighbourhoods after dark.

Only 24% of Calgarians feel safe downtown after dark
(33% of men, 15% of women).

Safety isn't experienced equally.



We're
making
choices
today —

76 % of Calgarians in
2026 are concerned about water
availability and drought (**73** % in 2025).

73 % are actively
reducing their water waste.

74 % worry about the impact
of climate change (**78** % in 2025).

Many are reducing
landfill waste (**59** %)
and energy
consumption (**57** %) too.

for
tomorrow.

91 % of Calgarians
value access to nature.

63 % spend time in
natural areas at least weekly.



This is Calgary in 2026.
Not a city in crisis.
And not a city untouched
by challenge.

A city showing strength
in the face of pressure.

Our quality of life is about more than
navigating change. It's about creating the conditions where
everyone can thrive beyond it.
If Calgary's story is one of resilience,
then its future is one of possibility.