| Municipality | Population | Land area in square kilometres | Population density per square kilometre | Population by age group (0-14 years) | Population by age group (15-64 years) | Population by age group (65 years and over) |
|---|---|---|---|---|---|---|
| Adjala-Tosorontio | 10,989 | 371.53 | 29.60 | 1,695 | 7,375 | 950 |
| Arnprior | 9,629 | 13.04 | 738.50 | 1,515 | 5,500 | 2,615 |
| Barrie | 147,829 | 99.01 | 1,493.10 | 24,745 | 99,570 | 23,515 |
| Beckwith | 9,021 | 239.31 | 37.70 | 1,555 | 5,995 | 1,470 |
| Belleville | 55,071 | 247.15 | 222.80 | 8,225 | 33,820 | 13,030 |
| Carleton Place | 12,517 | 9.94 | 1,259.40 | 2,240 | 7,700 | 2,575 |
| Deep River | 4,175 | 50.27 | 83.00 | 675 | 2,405 | 1,100 |

| Municipality | Population | Land area in square kilometres | Population density per square kilometre | Population by age group (0-14 years) | Population by age group (15-64 years) | Population by age group (65 years and over) |
|---|---|---|---|---|---|---|
| Drummond/North Elmsley | 8,183 | 365.67 | 22.40 | 1,175 | 4,970 | 2,040 |
| Essa | 22,970 | 279.92 | 82.10 | 4,630 | 15,615 | 2,725 |
| Gananoque | 5,383 | 7.01 | 768.40 | 645 | 3,140 | 1,595 |
| Kingston | 132,485 | 451.58 | 293.40 | 18,730 | 85,855 | 27,900 |
| Lanark Highlands | 5,737 | 1,031.52 | 5.60 | 795 | 3,485 | 1,455 |
| Laurentian Valley | 9,450 | 539.08 | 17.50 | 1,545 | 5,955 | 1,950 |

| Municipality | Population | Land area in square kilometres | Population density per square kilometre | Population by age group (0-14 years) | Population by age group (15-64 years) | Population by age group (65 years and over) |
|---|---|---|---|---|---|---|
| Mississippi Mills | 14,740 | 511.25 | 28.80 | 2,180 | 8,645 | 3,915 |
| Montague | 3,914 | 278.47 | 14.10 | 635 | 2,520 | 765 |
| Napanee | 16,879 | 462.30 | 36.50 | 2,290 | 9,825 | 4,770 |
| New Tecumseth | 43,948 | 273.87 | 160.50 | 8,395 | 27,670 | 7,880 |
| North Bay | 52,662 | 315.53 | 166.90 | 7,600 | 33,630 | 11,430 |

| Municipality | Population | Land area in square kilometres | Population density per square kilometre | Population by age group (0-14 years) | Population by age group (15-64 years) | Population by age group (65 years and over) |
|---|---|---|---|---|---|---|
| Pembroke | 14,364 | 14.32 | 1,002.80 | 2,025 | 8,525 | 3,815 |
| Petawawa | 18,160 | 164.70 | 110.30 | 3,955 | 12,485 | 1,715 |
| Renfrew | 8,190 | 12.81 | 639.30 | 995 | 4,570 | 2,630 |
| Smiths Falls | 9,254 | 9.66 | 958.10 | 1,445 | 5,380 | 2,430 |