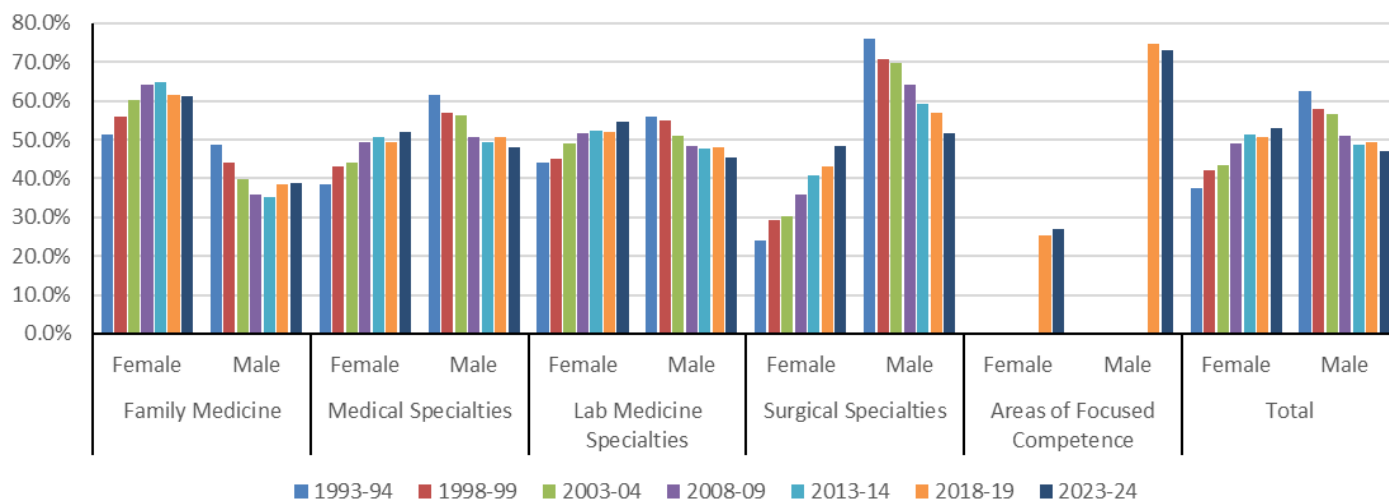


A comprehensive Analysis of Sex Distribution Trends Among Postgraduate Medical Trainees by Broad Specialty of Training Over the Past Three Decades (1993/94 – 2023/24)

The 2023-24 CAPER Census is now available on our website ([link](#)). The landscape of medical education in Canada is continuously evolving, driven by the dynamic needs of our healthcare system and the aspirations of our future medical professionals. This fact sheet provides an overview of the trends in sex distribution in Canadian postgraduate training programs, focusing on the distribution of trainees by broad specialty of training. This highlights a positive change towards sex balance amongst medical trainees, reflecting a more equitable representation in the field.

Trends in Sex Distribution of Postgraduate Medical Trainees by Broad Specialty of Training (1993/94 – 2023/24)



Note: Data collection on Areas of Focused Competence started in 2016/17, and the training year 1993-94 excludes 191 trainees in rotating internships.

Broad Specialty of Training	% Increase in Female Trainee (1993/94 – 2023/24)	1993/94 % of Female	2023/24 % of Female
Family Medicine	10.0%	51.3%	61.3%
Medical Specialties	13.6%	38.4%	52.0%
Lab Medicine Specialties	10.8%	43.9%	54.7%
Surgical Specialties	24.5%	23.8%	45.3%
Areas of Focused Competence	N/A	N/A	27.0%
Total	15.5%	37.6%	53.1%

The table and graph highlight the percentage increase in female trainees across various broad specialties of training. These trends reflect a positive shift towards sex equality in medical training in Canada, with increased female representation across various broad specialties. This indicates a broader move towards inclusivity and diversity in the medical field.

The progress in Medical Specialties and Lab Medicine Specialties is particularly noteworthy, as these areas have seen significant changes in sex distribution, shifting from a male-dominated field to a more balanced representation. Family Medicine also shows a substantial increase in female trainees, reinforcing the trend towards sex parity. The narrowing gap in Surgical Specialties, which have traditionally been male dominated, underscores significant strides towards achieving sex parity, although there is still a higher representation of males. Despite slower progress in the Areas of Focused Competence, the overall trend is encouraging and emphasizes the importance of continued efforts to support sex equality in medical education and training. Overall, this enhanced diversity can lead to a more comprehensive approach to patient care, as diverse perspectives and experiences are brought into the medical field.