The 2006 Statistics Canada population for the District of North Vancouver was 82,560. The DNV revised population was 85,238. The revised population accounts for the net census undercount and population in the Seymour Creek Reserve and Seymour Non-Residential neighbourhoods. During the 1950s and through to the 1970s the population grew rapidly but since then the rate of growth has slowed. The number of youth has declined since 1971. In 1971, 41.5% of the population was 19 years old or younger compared to 26.2% in 2006. Conversely, the percent of adults 65 years old and over has increased since 1971 from 4.1% to 13.5% in 2006. As the population of the DNV ages, the number of seniors will increase and the number of youth will continue to remain steady over the next few years.

- Population: 82,560
- DNV Revised Population: 85,238
- Median Age: 41.7
- Percent of youth (0-19 years old): 26.2%
- Percent of middle age (20-64 years old): 50.2%
- Percent of seniors (65 years and over): 13.5%
- Most populous neighbourhood: Valley Centre, 4,500
- Least populous neighbourhood: Roche Point, 270