Family medicine has strong representation in the postgraduate training system with the overall proportion of first year trainees (excluding visas) increasing in recent years from about 38% to 45%. Historically, a ratio of around 40% of family medicine first year positions has corresponded to about 50% in the practising physician pool.

The proportion of females in first year FM programs peaked in 2005 at 68% but then declined to 58% by 2016. The 2017 report of the Canadian Resident Matching Service shows that among Canadian medical graduates (CMGs) a slightly greater proportion of female CMGs (39%) made family medicine their first choice compared to 32% of males.