

# MNP Consumer Debt Index

MNP Consumer Debt Index rebounds to 88 points.

**MNP**  
LTD

Toll Free 310-DEBT

April 2025

Significantly fewer Canadians say they are financially insolvent

**26%** (-9 pts)

Say they are financially insolvent.

**43%** (-7 pts)

Report being \$200 or less away from financial insolvency each month.

**52%** (-5 pts)

Express worry about being in financial trouble if interest rates rise.



Canadians are feeling more optimistic about their finances

**40%** (+9 pts)

Rate their personal debt situation positively.

**30%** (+3 pts)

Expect their debt situation one year from now to improve.

**39%** (+2 pts)

Feel better about their expected debt situation five years from now.



Canadians are taking steps to safeguard personal finances

**74%**

Say they have cut back on spending due to economic uncertainty.

**50%**

Are relying more on financial advice and planning.

**81%**

Say economic uncertainty has made them more cautious about taking on new debt.



Canadians anticipate rising housing costs

**44%**

Are bracing for an increase in housing costs within the next year.

**65%**

Of renters expect rising housing costs.

**52%**

Of those earning under \$40,000 expect housing costs to increase.



## Take a 3-Minute Debt Break

Get up to speed quickly with the bite-sized insights you need to better manage your debt and stay on top of your finances. Every MNP 3-Minute Debt Break episode delivers one key money management tip in less time than it takes to brew yourself a cup of coffee.

## About the MNP Consumer Debt Index

The MNP Consumer Debt Index measures Canadians' attitudes toward their consumer debt and gauges their ability to pay their bills, endure unexpected expenses, and absorb interest-rate fluctuations without approaching insolvency. Conducted by Ipsos and updated quarterly, the Index is an industry-leading barometer of financial pressure or relief among Canadians.

Now in its thirty-second wave, the Index has rebounded to 88 points, up nine points since last quarter. The data was compiled by Ipsos on behalf of MNP LTD between March 11 and March 14, 2025.

#MNPcdi

[MNPdebt.ca/CDI](https://MNPdebt.ca/CDI)

