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Population Projections for Canada, Provinces and Territories, 2025 to 2075

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Canada

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Population Projections for Canada, Provinces and Territories, 2025 to 2050

Introduction

Population projections for Canada, provinces and territories are periodically updated to reflect recent developments in Canadian demographics, including changes in immigration targets and the effects of the COVID-19 pandemic.

The most recent demographic projections have as their base population the 2025 population estimates and cover the 2025 to 2050 period at the provincial and territorial scale and the 2025 to 2075 period at the national level.

This document provides a summary of the various projection scenarios and highlights of the main projection results.

More information is provided in the following documents:

- The complete results are available in two tables in the Common Exit Data Warehouse: 17-10-0057-01 (population counts) and 17-10-0058-01 (components of population growth).
- Results can also be accessed using a practical interactive data visualization tool (Statistics Canada catalogue number 71-607-X-2022015).
- In-depth descriptions of the projection assumptions and their rationale are provided in the technical report accompanying these projections, entitled *Population Projections for Canada (2025 to 2075), Provinces and Territories (2025 to 2050): Technical Report on Methodology and Assumptions* (Statistics Canada catalogue number 17-20-0003 issue 2026002).

Cautionary note

The population projections produced by Statistics Canada's Centre for Demography are not intended to be interpreted as predictions about what will happen in the future. They should instead be understood as an exercise designed to investigate what the Canadian population might become in the years ahead according to various scenarios of possible future change. For this reason, Statistics Canada always publishes several scenarios and formulates several explicit assumptions regarding the main components of population growth. Accordingly, users are encouraged to consider several scenarios when they analyze the projection results. It is also worth noting that the accuracy of the projections produced depends on several factors. Various events—for example, economic crises, pandemics, wars or natural catastrophes—are difficult (or impossible) to anticipate and can affect the growth and composition of the Canadian population. For this reason, Statistics Canada revises the population projections on a regular basis, so that the context in which they are developed is taken into account.

Assumptions and selection of scenarios

The purpose of having multiple projection scenarios is to reflect the uncertainty associated with the future. The projection scenarios are constructed by combining a number of assumptions regarding the future evolution of each of the components of population growth. The six medium-growth scenarios (M1, M2, M3, M4, M5 and M6) were developed on the basis of assumptions reflecting different internal migration patterns observed in the past. Each scenario puts forward a separate assumption to reflect the volatility of this component.

The low-growth (LG) and high-growth (HG) scenarios bring together assumptions that are consistent with either lower or higher population growth than in the medium-growth scenarios at the Canada level. For example, assumptions that entail high fertility, low mortality, high immigration, low emigration and high numbers of non-permanent residents are the foundation of the high-growth scenario.

The fast-aging (FA) and slow-aging (SA) scenarios bring together assumptions that are consistent with either faster or slower population aging than in the medium-growth scenarios. For example, assumptions that entail high fertility, high mortality, high immigration, medium emigration and high numbers of non-permanent residents are the foundation of the slow-aging scenario.

The ten scenarios are intended to provide a plausible and sufficiently broad range of projected numbers to take account of the uncertainties inherent in any projection exercise. Note that the low-growth (LG), high-growth (HG), slow-aging (SA) and fast-aging (FA) scenarios all use the same interprovincial migration assumption as the one used in the M1 scenario. The migration rates of assumption M1 over the first ten years consist of a linear interpolation of the average migration rates observed between 2022/2023 and 2024/2025 towards the average rates observed between 2000/2001 and 2024/2025, rates that remain constant thereafter (after 2034/2035).

Projection assumptions and scenarios are summarized in Table 1 and Table 2.

In-depth descriptions of the projection assumptions and their rationale are provided in the technical report accompanying these projections, entitled *Population Projections for Canada (2025 to 2075), Provinces and Territories (2025 to 2050): Technical Report on Methodology and Assumptions* (Statistics Canada catalogue number 17-20-0003 issue 2026002).

Table 1
Summary of the projection scenarios

Scenario	Fertility	Mortality	Immigration	Emigration and returning emigration	Non-permanent residents	Internal migration
LG	Low	High	Low	High	Low	Recent trends (2022/2023 to 2024/2025) transitioning linearly in 10 years to the average of the period 2000/2001 to 2024/2025
M1	Medium	Medium	Medium	Medium	Medium	
M2	Medium	Medium	Medium	Medium	Medium	2000/2001 to 2012/2013
M3	Medium	Medium	Medium	Medium	Medium	2006/2007 to 2010/2011
M4	Medium	Medium	Medium	Medium	Medium	2008/2009 to 2016/2017
M5	Medium	Medium	Medium	Medium	Medium	2013/2014 to 2021/2022
M6	Medium	Medium	Medium	Medium	Medium	2022/2023 to 2024/2025
HG	High	Low	High	Low	High	Recent trends (2022/2023 to 2024/2025) transitioning linearly in 10 years to the average of the period 2000/2001 to 2024/2025
SA	High	High	High	Medium	High	
FA	Low	Low	Low	Medium	Low	

Notes: LG (low growth), HG (high growth), SA (slow aging) and FA (fast aging).
Source: Statistics Canada, Centre for Demography.

Table 2
Detailed summary of projection scenarios

	Scenario									
	Low growth	Medium growth						High growth	Slow aging	Fast aging
Component / Temporal horizon	LG	M1	M2	M3	M4	M5	M6	HG	SA	FA
Fertility	period total fertility rate (number of children per woman)									
Permanent population										
2029/2030	1.12	1.24	1.24	1.24	1.24	1.24	1.24	1.36	1.36	1.12
2049/2050	1.09	1.32	1.32	1.32	1.32	1.32	1.32	1.55	1.55	1.09
2074/2075	1.09	1.32	1.32	1.32	1.32	1.32	1.32	1.55	1.55	1.09
Non-permanent residents										
All years	1.06	1.06	1.06	1.06	1.06	1.06	1.06	1.06	1.06	1.06
Immigration	rate per thousand									
2029/2030	7.2	9.1	9.1	9.1	9.1	9.1	9.1	10.3	10.3	7.2
2049/2050	6.9	9.2	9.2	9.2	9.2	9.2	9.2	11.3	11.3	6.9
2074/2075	6.9	9.2	9.2	9.2	9.2	9.2	9.2	11.3	11.3	6.9
Life expectancy at birth	in years									
Males										
2029/2030	79.9	80.9	80.9	80.9	80.9	80.9	80.9	81.9	79.9	81.9
2049/2050	82.9	84.1	84.1	84.1	84.1	84.1	84.1	85.5	82.9	85.5
2074/2075	86.3	87.5	87.5	87.5	87.5	87.5	87.5	88.5	86.3	88.5
Females										
2029/2030	84.3	85.1	85.1	85.1	85.1	85.1	85.1	85.9	84.3	85.9
2049/2050	86.8	87.8	87.8	87.8	87.8	87.8	87.8	88.8	86.8	88.8
2074/2075	89.6	90.5	90.5	90.5	90.5	90.5	90.5	91.3	89.6	91.3
Proportion of non-permanent residents	percent									
2030	4.2	5.0	5.0	5.0	5.0	5.0	5.0	6.0	6.0	4.2
2050	3.2	4.6	4.6	4.6	4.6	4.6	4.6	6.2	6.2	3.2
2075	3.2	4.6	4.6	4.6	4.6	4.6	4.6	6.2	6.2	3.2
Emigration	gross migraproduction rate per thousand									
2029/2030	284	243	243	243	243	243	243	189	243	243
2049/2050	306	257	257	257	257	257	257	191	257	257
2074/2075	306	257	257	257	257	257	257	191	257	257
Return emigration	gross migraproduction rate per thousand									
2029/2030	150	128	128	128	128	128	128	99	128	128
2049/2050	169	142	142	142	142	142	142	105	142	142
2074/2075	169	142	142	142	142	142	142	105	142	142
Interprovincial migration										
Reference period	Recent trends (2022/2023 to 2024/2025) transitioning linearly in 10 years to the average of the period 2000/2001 to 2024/2025	2000/2001 to 2012/2013	2006/2007 to 2010/2011	2008/2009 to 2016/2017	2013/2014 to 2021/2022	2022/2023 to 2024/2025		Recent trends (2022/2023 to 2024/2025) transitioning linearly in 10 years to the average of the period 2000/2001 to 2024/2025		

Note: The medium growth scenarios M2, M3, M4, M5 and M6 were created in order to reflect distinct interprovincial migration assumptions in comparison with the medium growth scenario M1. For more details, see the section on internal migration in *Population Projections for Canada (2025 to 2075), Provinces and Territories (2025 to 2050): Technical Report on Methodology and Assumptions* (Statistics Canada catalogue number 17-20-0003 issue 2026002).

Source: Statistics Canada, Centre for Demography.

Highlights

For exhaustive insights on the most recent population projections for Canada, provinces and territories, see the interactive dashboard "Population projections for Canada, Provinces and Territories".

Canada

- According to the various projection scenarios, the Canadian population, estimated at 41.7 million in 2025, would continue to increase over the next decades to between 44.0 million (low-growth (LG) scenario) and 75.8 million (high-growth (HG) scenario) by 2075. Under the medium-growth (M1) scenario, the Canadian population would reach 57.4 million in 2075.
- From an average of 1.23% over the last 25 years, the annual rate of growth would diminish to 0.67% by 2074/2075 according to the medium-growth (M1) scenario. In comparison, by 2074/2075, Canada's rate would be 1.34% under the high-growth scenario (HG) and -0.01% under the low-growth scenario (LG).
- In the short term, a substantial reduction in admissions of new permanent residents and a decrease in the number of non-permanent residents would result in much lower population growth than recently observed. Population growth would even be slightly negative in 2025/2026 and 2026/2027 under the low-growth (LG) and fast-ageing (FA) scenarios.
- In all scenarios, migratory increase would be the main driver of population growth at the national level, continuing a pattern that began in the early 1990s.
- The share of persons aged 65 and over within the total population would increase from 19.5% in 2025 to between 22.6% (slow-aging (SA) scenario) and 32.5% (fast-aging (FA) scenario) in 2075. However, the growth in the proportion of persons aged 65 and over would be less pronounced after 2030, when all baby-boomers will have reached or passed this age.
- The share of children (aged between 0 and 14) in the Canadian population has greatly decreased since 1962, when it peaked at 34.0%. Estimated at 15.0% in 2025, the projected proportion of children decreases in all scenarios except in the slow aging (SA) scenario.
- The number of persons aged 85 and over would continue to increase rapidly in the coming years, particularly between 2031 and 2050 as the many baby-boom cohorts enter this age group where needs for health care and health services are important. According to the projection scenarios, the population aged 85 and over would increase from 951,833 people in 2025 to between 3.3 million (scenario LG) and 4.2 million (scenario HG) by 2075.
- The average age of Canada's population would reach between 43.4 years (scenario SA) and 50.5 years (scenario FA) in 2075, up from 41.8 years in 2025.

Provinces and territories

- If recent trends continue over the long term, the weight of the population of Newfoundland and Labrador, Nova Scotia and Quebec within Canada would experience a decrease in their demographic weight from 2025 to 2050 under almost all scenarios. Conversely, the demographic weight of Manitoba, Saskatchewan and Alberta would increase under all scenarios.
- In all projection scenarios, Ontario and Quebec would continue to be the most populous provinces in Canada over the next 25 years. However, the demographic weight of Quebec, which was 21.7% in 2025, would decline to reach between 18.1% and 19.1% in 2050. Conversely, that of Alberta, which was 12.1% in 2025, would increase to reach between 13.5% and 16.1% in 2050, therefore surpassing British Columbia in all scenarios, except medium growth scenario M5.
- Average annual growth rates would vary considerably among the provinces and territories. Among others, Newfoundland and Labrador, Quebec and Northwest Territories would experience a population decrease in certain scenarios.
- As population aging continues, all provinces and territories would see an increase in the proportion of the population aged 65 and over in the coming years, under almost all scenarios. The number of persons aged 85 and over would also increase rapidly in all provinces and territories.

Related Products

Population Projections for Canada, Provinces and Territories: Interactive Dashboard (statcan.gc.ca)

Population estimates on July 1, by age and gender (statcan.gc.ca)

Estimates of the components of demographic growth, annual (statcan.gc.ca)

Crude birth rate, age-specific fertility rates and total fertility rate (live births) (statcan.gc.ca)

Mortality rates, by age group (statcan.gc.ca)

Life expectancy and other elements of the complete life table, single-year estimates, Canada, all provinces except Prince Edward Island (statcan.gc.ca)

Life expectancy and other elements of the abridged life table, three-year estimates, Prince Edward Island and the territories (statcan.gc.ca)