



REGIONAL DEMOGRAPHIC PROFILES

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DEPARTMENT OF FINANCE
ECONOMICS DIVISION

Economics Division
Economics and Statistics Branch
Department of Finance
P.O. Box 8700
St. John's, NL A1B 4J6

For questions concerning this report contact:
Economics Division
Telephone: (709) 729-0864
E-mail: infoera@gov.nl.ca
www.economics.gov.nl.ca

About the Economics Division

The Economics Division is one of two divisions in the Economics and Statistics Branch of the Department of Finance. The other division is the Newfoundland and Labrador Statistics Agency. The Economics Division provides comprehensive information and advice on the provincial economy, including research, analysis and monitoring of macroeconomic trends, industry developments, economic performance, government policies and development initiatives. The division is responsible for economic forecasting, economic impact analysis, demographic analysis, population projections, occupational projections and providing a range of economic inputs into the overall budget preparation process. In addition to researching and reporting on a broad range of topics and issues relevant to the provincial economy, the division is also responsible for the publication of the budget document, The Economy, and the midyear Economic Update. Economic data and reports can be found on the division's website: www.gov.nl.ca/fin/economics.

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Introduction

A demographic report studies the trends within a population by analyzing indicators such as births, deaths, and migration. The purpose of the regional profiles in this report is to outline demographic trends across the province's regions and examine their effects on the size and composition of the population. The composition of a population influences business, social, and economic policies, especially in areas such as health care, education, taxation, the labour market, and economic development. The data used in this report are published by Statistics Canada's Centre for Demography. These data provide the most reliable and consistent source of demographic information available at both the provincial and sub-provincial levels.

Regional Definitions

Three broad regions of Newfoundland and Labrador are examined in this report: the St. John's Census Metropolitan Area (CMA), which encompasses nearly half of the province's population; the Census Agglomerations (CAs) of Grand Falls-Windsor, Gander, and Corner Brook; and rural areas, including Labrador and other rural areas.

According to Statistics Canada, CMAs and CAs are formed by one or more adjacent municipalities centered on a core population area. CMAs have a total population of at least 100,000, including a core population of 50,000. CAs have a core population of at least 10,000. To be included in a CMA or CA, adjacent municipalities must have a high degree of integration with the core. Integration is measured by commuting flows derived from census place of work data. Rural areas, for the purpose of this report, include all populated areas of the province that are not located within a CMA or CA. For analytical purposes, Labrador is presented as a separate rural region.

Components of Population Change

Population change can be broken down into two main categories: natural change and net migration. Natural change refers to the change in population resulting from the difference between the number

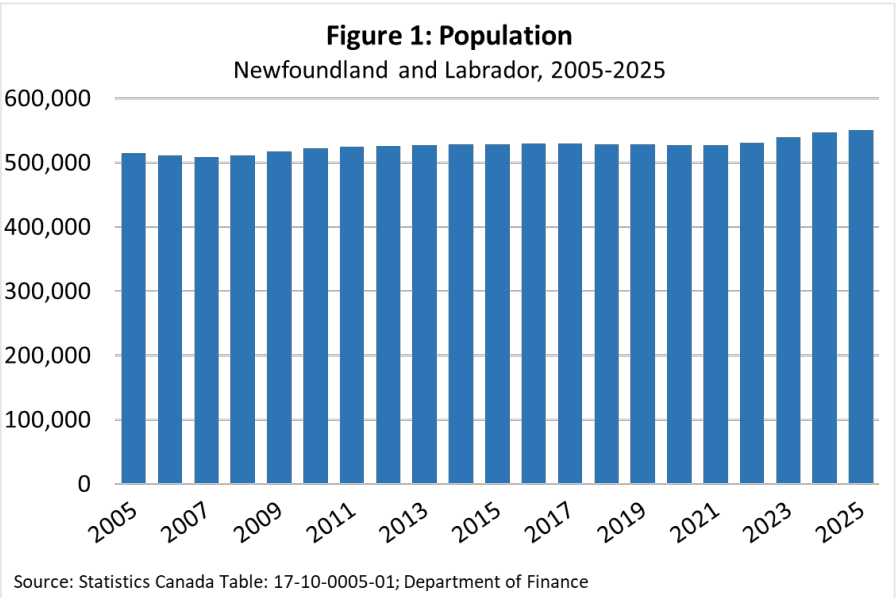
of births and deaths in a particular region over a given period. If the number of births is higher than the number of deaths during a given period, natural change is positive. Net migration refers to the difference between the migration, or movement, of people into and out of a geographical location. If there are more people moving into an area than people leaving, the result is positive net migration. Negative net migration occurs when more people leave an area than move into it.

At the provincial level, total net migration includes net international migration and net interprovincial migration. Net international migration is the difference in the number of people moving to Newfoundland and Labrador from outside Canada and the number of people leaving the province for other countries. Net interprovincial migration is the difference between the number of people moving to the province from other Canadian provinces and territories and the number of people leaving the province for other Canadian provinces and territories. This report examines the population of Newfoundland and Labrador at a sub-provincial level and includes a third migration category: net intraprovincial migration. This represents the migration of people within the province from one region to another, such as the movement of residents from rural areas to a census agglomeration.

Newfoundland and Labrador Demographic Profile

Total Population

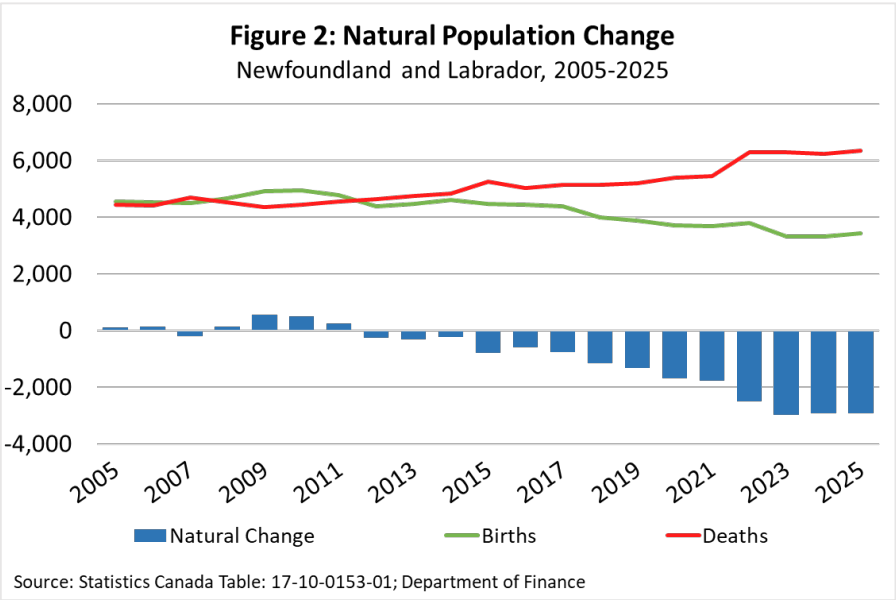
Newfoundland and Labrador experienced overall population growth between 2005 and 2025, increasing by 35,601 people (or +6.9%) over the 20-year period (see Figure 1). From 2005 to 2007, the province experienced a population decline of 5,263



people, representing an annual average decline of 0.5%. Between 2008 and 2017, the population increased by 18,173 people, with annual average growth of 0.4%, largely driven by major capital project development in the province. Population declined for the following three years at an average annual rate of 0.2%. After 2020, the population began to grow again at its fastest rate over the 20-year period, with an average annual growth rate of 1.1% between 2021 and 2025. In 2025, the population of Newfoundland and Labrador reached a record high of 549,911 people, an increase of 23,027 people (or +4.4%) compared with 2020, mainly due to high levels of net international migration.

Natural Population Change

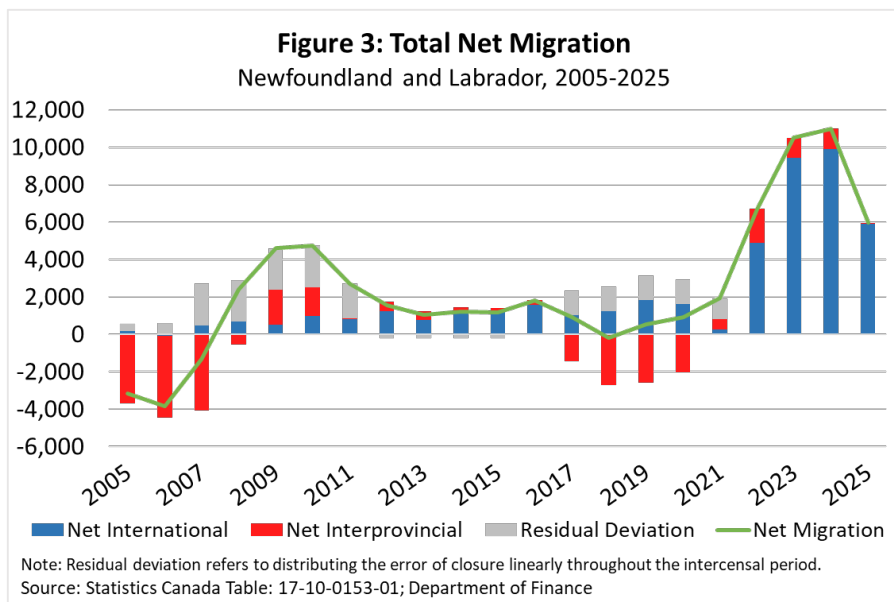
Natural population change in Newfoundland and Labrador experienced small fluctuations from 2005 to 2014 before shifting to increasingly larger declines (see Figure 2). Between 2005 and 2014, the province’s natural population change averaged 69 people per year. From 2015 to 2025, the province experienced



increasing natural population decline, with an average decrease of 1,758 people per year and a total decline of 19,337 people over the period. In 2025, there were 6,347 deaths and 3,418 births. As a result, natural population change reached its lowest level during the 20-year period, at -2,929.

Migration

The province experienced fluctuating levels of total net migration from 2005 to 2025 (see Figure 3). Net migration was negative between 2005 and 2007, as workers were still adjusting to economic shocks that occurred in the early to mid-1990s, including the collapse of the cod fishery, government fiscal restraint



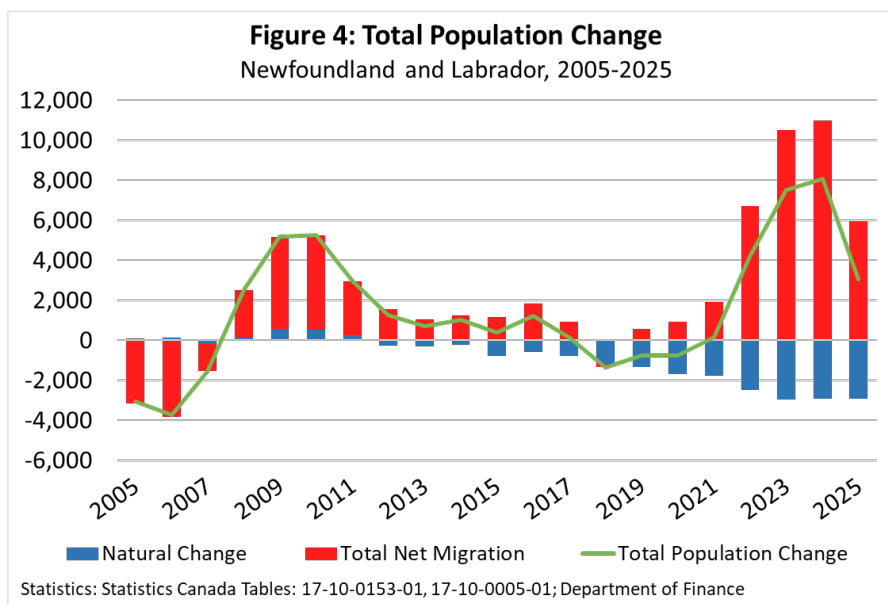
measures, and changes in labour market conditions. Between 2008 and 2017, the province experienced positive net migration as a result of increased labour demand associated with major projects, averaging 2,217 people per year. Net migration briefly became negative in 2018 before becoming positive again the following year and increasing substantially over the past four years. Net migration peaked at 10,987 people in 2024 and then declined to 5,971 people in 2025. Over the past four years, net migration increased the population by 34,154 people. This large increase was driven primarily by historically high levels of net international migration.

Net international migration in Newfoundland and Labrador was positive for most of the past 20 years. From 2005 to 2020, the province welcomed an average of 954 net international migrants per year, before dropping to a 15-year low of 278 people in 2021 due to pandemic-related factors. From 2022 to 2025, net international migration reached record levels, peaking at 9,896 people in 2024, the largest annual increase recorded for the province since consistent records began in 1971. The sharp increase in net international migration over this period likely reflected a combination of factors, including the processing of immigration applications delayed during the pandemic, higher levels of permanent and temporary resident admissions, and federal and provincial immigration policies aimed at addressing labour market needs and population growth. In 2025, net international migration totalled 5,906 people, accounting for 98.9% of total net migration.

Net interprovincial migration in Newfoundland and Labrador fluctuated over the past 20 years (see Figure 3). From 2005 to 2008, net interprovincial migration was negative, with average annual net out-migration of 3,162 people. Economic conditions were less favourable in the province during this period, and many residents left to seek employment opportunities elsewhere in Canada. Positive net interprovincial migration occurred between 2009 and 2016, averaging 642 people per year, reflecting lower oil prices and reduced activity in Alberta’s oil industry, as well as increased demand for skilled labour associated with major projects in Newfoundland and Labrador, including the Hebron oil project and Muskrat Falls hydroelectric development. From 2017 to 2020, there was another period of negative net interprovincial migration, with average annual net out-migration of 2,194 people. This was followed by a period of positive net interprovincial migration from 2021 to 2025, averaging 909 people per year. In 2022, Newfoundland and Labrador recorded its highest level of net interprovincial migration during the 20-year period, reaching 1,802 people. The increase over the past five years was partly attributable to individuals relocating to the province from other regions of Canada, including those able to work remotely and those seeking a lower cost of living.

Total Population Change

The natural population change and total net migration of Newfoundland and Labrador combine to produce the overall total population change of the province. Net migration has historically accounted for the majority of population change in this province and, therefore, has had a greater influence on

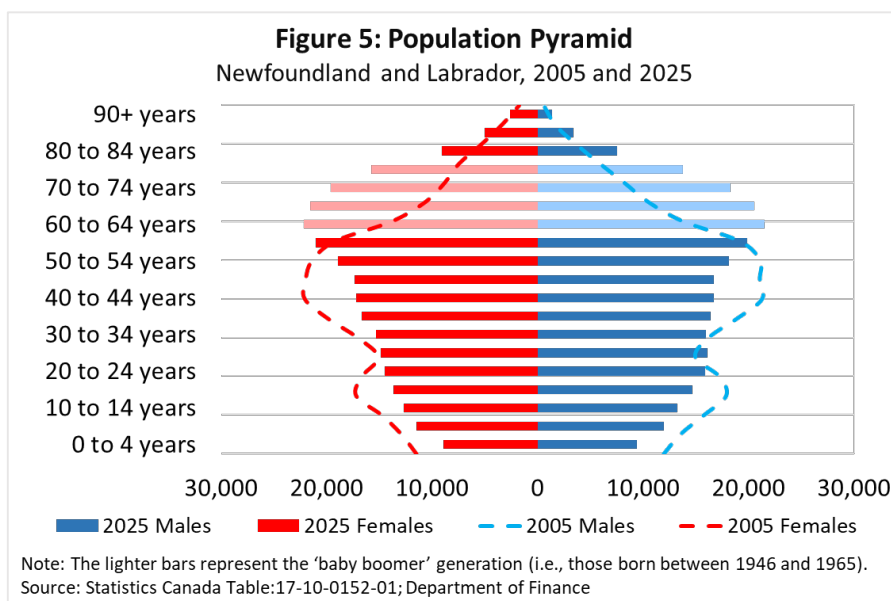


overall population growth and decline than natural population change (see Figure 4). Over the past

two decades, periods of major capital investment boosted net in-migration, contributing to population growth. Conversely, periods with fewer major capital projects were associated with weaker migration flows and population decline.

Aging

The composition of the population of Newfoundland and Labrador has changed substantially over the last two decades. The population distribution by gender and age group for the province in 2005 and 2025 is illustrated in the population pyramid (see Figure 5). A population pyramid that is larger at the



bottom reflects a younger population, while a wider pyramid at the top reflects an older population. In 2005, the upper portion of the population pyramid was narrow, and the middle was the widest portion, demonstrating that the largest proportion of the population consisted of middle-aged adults (also known as the baby boomer generation). In contrast, by 2025, the baby boomer cohort had shifted toward the top of the pyramid as the population aged, while the middle-aged demographic declined. The child population also declined, but to a lesser extent. Newfoundland and Labrador's school age population (5 to 19 years of age) declined from 92,040 in 2005, to 77,702 in 2025.

Labour markets are impacted by the composition of a region's population. In Newfoundland and Labrador, the number of people of age to enter the labour market (15 to 24 years) declined from 68,987 in 2005 to 58,742 in 2025, while the number of people approaching potential retirement and labour market exit (55 to 64 years) increased from 65,990 in 2005 to 84,554 in 2025. Beginning in 2006, the number of individuals approaching potential retirement exceeded the number of potential

new labour market entrants, creating a gap of 1,996 people. This gap grew rapidly over the remainder of the period and peaked at 32,069 people in 2021. It then declined over the following four years to 25,812 people in 2025, likely reflecting the influx of migrants during that period. The core labour force population (15 to 64 years of age) generally declined over the past 20 years, decreasing by 22,351 people from 2005 to 2025. However, it increased in years of strong net migration.

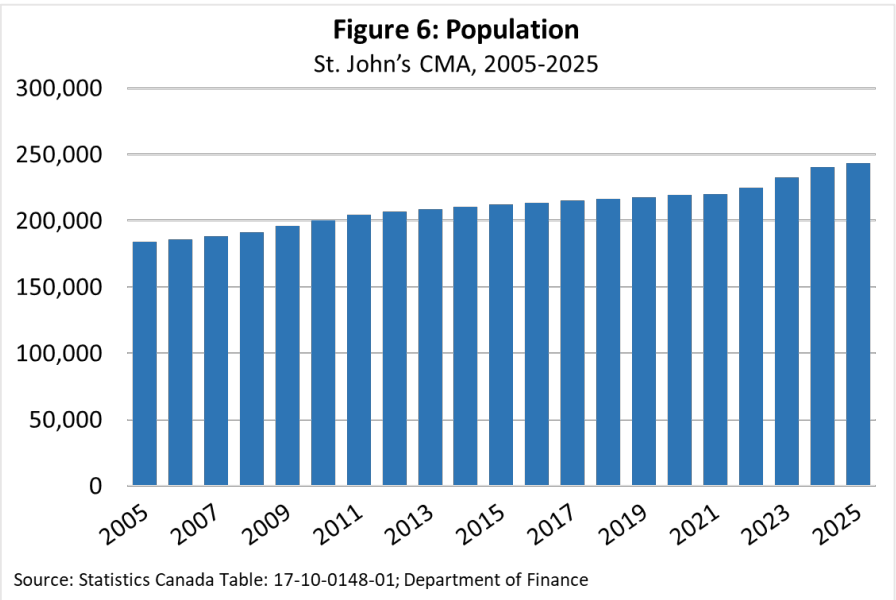
The senior population of the province grew as the baby boomer generation aged and life expectancy increased. The number of people in the province aged 65 and older increased from 70,247 in 2005 to 142,488 in 2025, more than doubling over the 20-year period. In 2025, seniors accounted for 25.9% of the total population in Newfoundland and Labrador, compared with 13.7% in 2005.

Regional Demographic Profiles

St. John’s CMA

Total Population

The St. John’s CMA experienced consistent population growth between 2005 and 2025, increasing by 59,277 people (or +32.2%) over the 20-year period (see Figure 6). From 2005 to 2021, the population grew at an average annual rate of 1.1%.

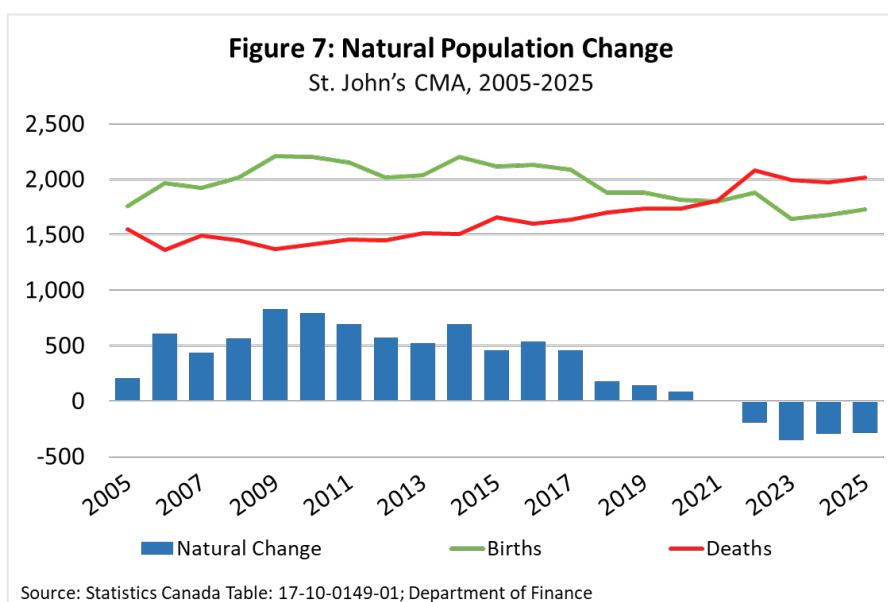


Growth accelerated in 2022, with the population increasing at an average annual rate of 2.6% from 2022 to 2025, supported by high levels of net migration. In 2025, the total population of the St. John’s CMA reached a record high of 243,478 people, up by 3,050 people (or +1.3%) from 2024.

Natural Population Change

For most of the past 20 years, the St. John's CMA had experienced positive natural population change, with the number of births exceeding the number of deaths (see Figure 7). From 2005 to 2020, natural population change in the St. John's CMA averaged 486 people annually. In 2021, the St. John's CMA recorded

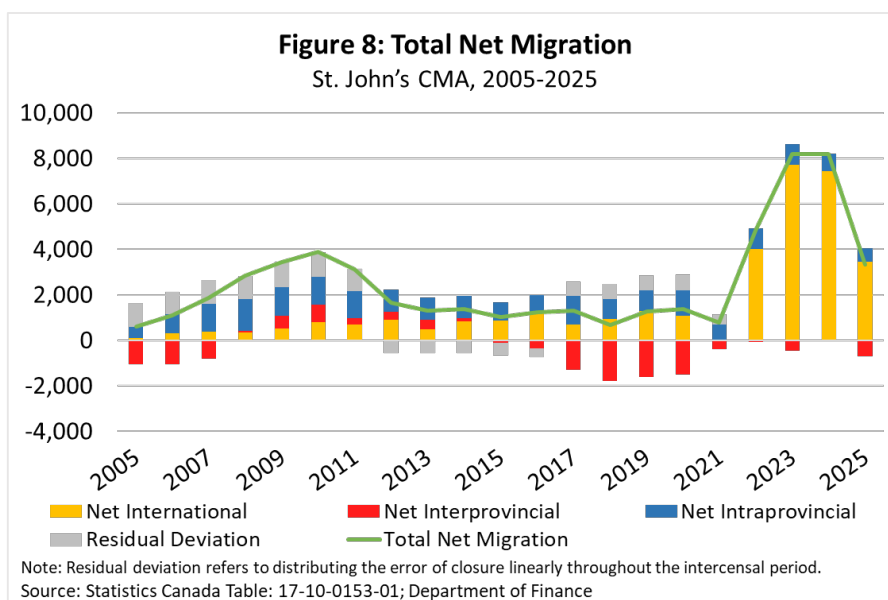
negative natural population change for the first time (-3 people), and it remained negative thereafter, averaging an annual natural population decline of 283 people from 2022 to 2025. In 2025, there were 2,015 deaths and 1,730 births in the region, resulting in a natural population decline of 285 people.



Migration

The St. John's CMA experienced positive net migration throughout the 2005 to 2025 period (see Figure 8). Prior to 2022, total net migration peaked between 2008 and 2011, driven by robust economic conditions and growth in industries such as oil and gas. Net migration then moderated

over the following decade before increasing sharply in 2022. It reached a record high of 8,189 people



in 2024 before declining to 3,335 people in 2025, well above historical averages. The large increase in net migration was driven by a combination of record levels of net international migration and continued positive net intraprovincial migration.

Net international migration in the St. John's CMA was positive throughout the past 20 years. From 2005 to 2020, it averaged 715 people per year. In 2021, it dropped to the lowest level recorded during the 20-year period (38 people), largely due to pandemic-related factors. It then accelerated in 2022 and reached a 20-year high of 7,711 people in 2023. Net international migration in the St. John's CMA remained elevated in 2024 (+7,453 people) and 2025 (+3,440 people). This region welcomed the majority of new immigrants arriving in the province, with a total of 13,636 immigrants from 2022 to 2025, representing 71.8% of all immigrants who arrived in Newfoundland and Labrador during that period.

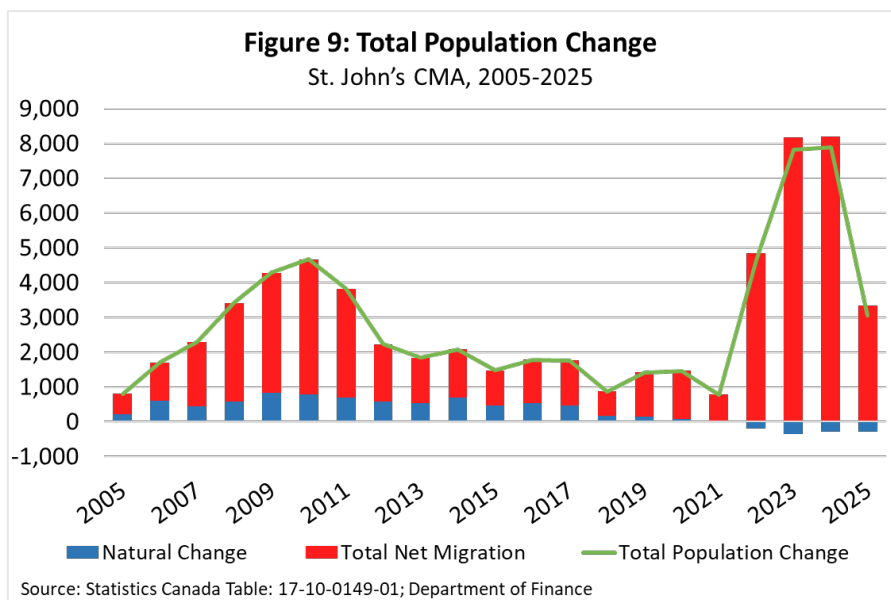
Net interprovincial migration was negative in the St. John's CMA for most of the 2005 to 2025 period, with the exception of the 2008 to 2014 period, when favourable economic conditions increased migration from other provinces to the region. Over the 20-year period, interprovincial migration averaged net out-migration of 406 people per year. It reached a low of -1,781 people in 2018. In 2025, interprovincial migration recorded net out-migration of 716 people.

Net intraprovincial migration into the St. John's CMA was positive throughout the two-decade period, reaching a high of 1,398 people in 2008 and averaging 961 people per year. This was largely due to the continued trend of people moving out of rural areas and into more populated regions in search of diverse employment opportunities and better access to health care and other services. This trend has remained a consistent feature of the province's demographic landscape over the past two decades and is expected to continue. In 2025, intraprovincial migration into the St. John's CMA totalled 611 people.

Total Population Change

The impact of natural population change and total net migration on the total population of the St. John's CMA is illustrated in Figure 9. From 2005 to 2021, both natural change and net migration were positive, resulting in annual population growth. In the following four years, natural population

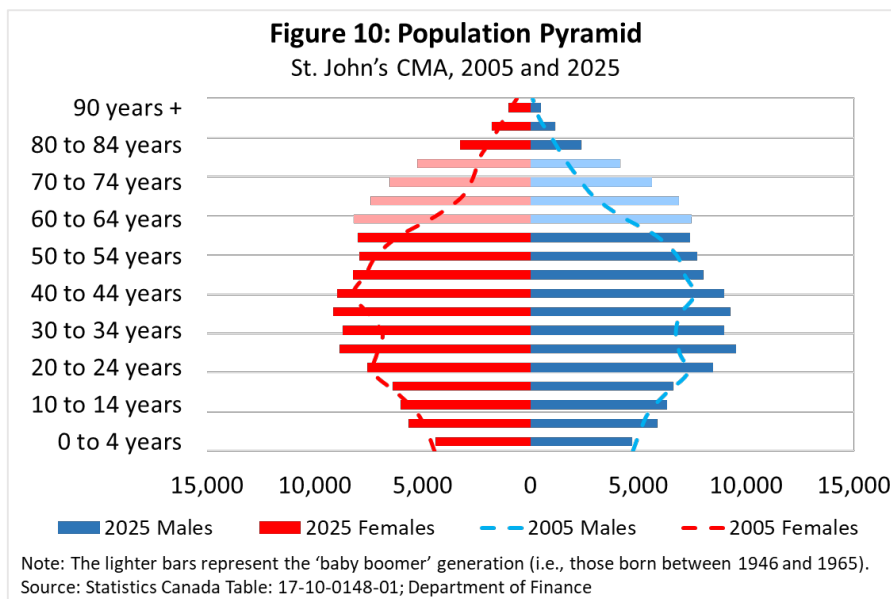
change was negative and only partially offset the impact of strong net migration, which remained the primary driver of population growth.



Aging

The composition of the population in the St. John's CMA has changed over the last 20 years (see Figure 10). In 2005, the population pyramid was wider in the middle section, slightly tapered towards the bottom, and strongly tapered towards the top. This reflects a population with a large

proportion of middle-aged individuals, a relatively strong youth population, and a comparatively small senior population. By 2025, as the population aged and the region experienced strong net



migration, the population pyramid shifted. The baby boomer generation moved up the pyramid and occupied older age categories that were relatively sparse in 2005. Unlike most regions of the province, however, the St. John's CMA experienced growth in its middle-aged population and was able to maintain its young adult and youth populations, largely through migration from other countries and other regions of the province. The St. John's CMA's school-age population (5 to 19 years of age) increased from 33,224 in 2005, to 36,919 in 2025, marking the largest increase for this age group across all regions examined in this report.

In the St. John's CMA, the number of people of age to enter the labour market (15 to 24 years) increased from 27,125 in 2005 to 29,036 in 2025, while the number of people approaching potential retirement and labour market exit (55 to 64 years) increased from 20,515 to 31,076 over the same period. Beginning in 2014, the number of individuals approaching potential retirement exceeded the number of potential new labour market entrants. This gap persisted for the remainder of the period, averaging 2,930 people per year from 2014 to 2025. The core labour force population (15 to 64 years) in the St. John's CMA generally increased over the past 20 years, unlike most other regions of the province, with an average annual increase of 1.0% from 2005 to 2025, largely due to higher levels of net migration.

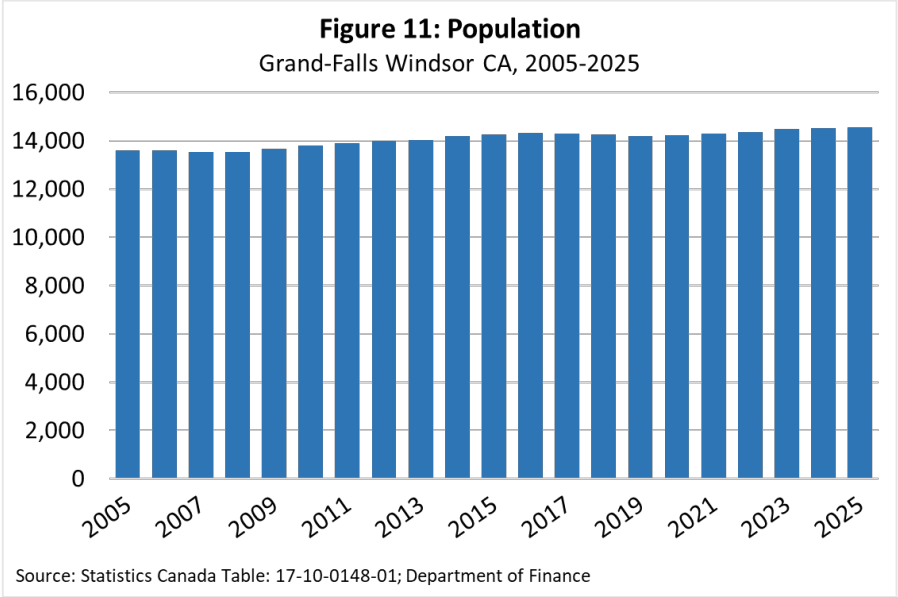
The senior population of the St. John's CMA grew significantly as the baby boomer generation aged and life expectancy increased. The number of people aged 65 and older increased by 25,977 from 2005 to 2025, more than doubling. In 2025, seniors accounted for 18.9% of the total St. John's CMA population, compared with 10.8% in 2005.

Grand Falls-Windsor CA

Total Population

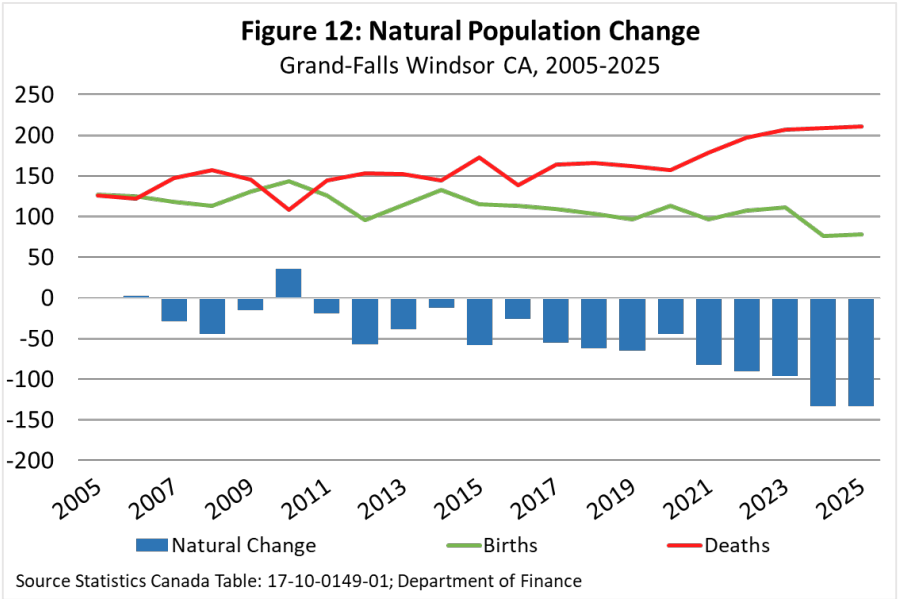
Between 2005 and 2025, the Grand Falls-Windsor CA experienced overall population growth, increasing by 937 people (or +6.9%) at an annual average growth rate of 0.3% (see Figure 11). The highest level of population growth in this region occurred between the 2009 and 2016, supported by

strong economic activity in the province. During this period, the population grew by 646 people (or +4.7%). In 2025, the population reached its highest level during the 20-year period, at 14,549 people, an increase of 33 people (or +0.2%) from 2024.



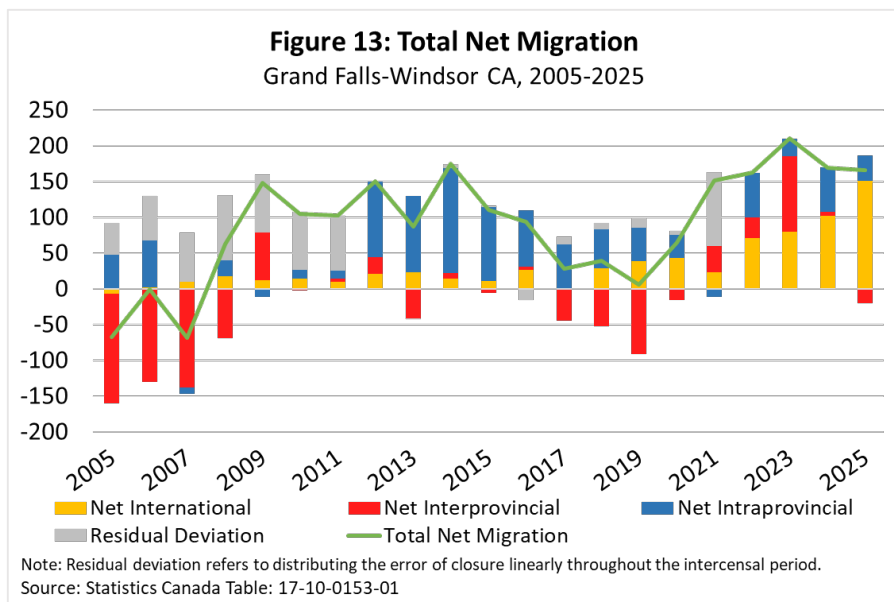
Natural Population Change

The Grand Falls-Windsor CA experienced predominately negative natural population change over the two-decade period (see Figure 12). Between 2005 and 2011, natural population change fluctuated around zero, alternating between small positive and negative values. From 2012 onward, natural population change was negative, with an average annual decline of 68 people. In 2025, there were 211 deaths and 78 births, resulting in natural population decline of 133 people, similar to the level recorded in 2024.



Migration

The Grand Falls-Windsor CA experienced positive net migration for the majority of the 2005 to 2025 period (see Figure 13). Net migration was driven primarily by net interprovincial migration and net intraprovincial migration for much of the period, until the last four years when net international migration



became a significant contributor to migration growth. In 2025, total net migration was 166 people.

Net international migration in the Grand Falls-Windsor CA was positive for most of the past 20 years with higher gains over the last four years. Between 2022 and 2025, net international migration averaged 101 people per year and reached a 20-year high of 151 people in 2025. This component accounted for 91.0% of total net migration in 2025.

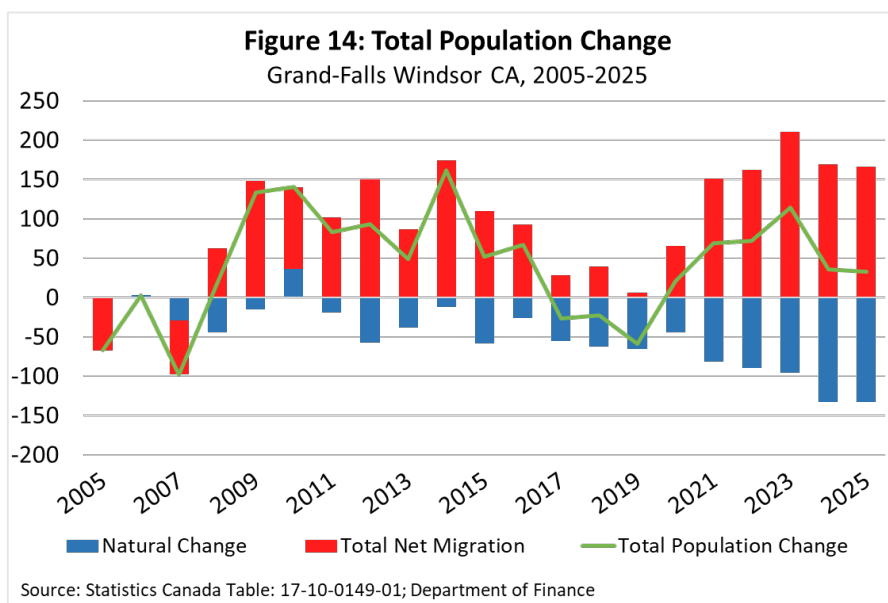
Net interprovincial migration in the Grand Falls-Windsor CA fluctuated over the 20-year period, with a low of -153 in 2005 and a high of 105 in 2023. In 2025, the region experienced net interprovincial out-migration of 20 people.

Net intraprovincial migration in the Grand Falls-Windsor CA was positive for most of the 20-year period (see Figure 13). Between 2005 and 2011, it declined from 65 to 11 people. Beginning in 2012, net intraprovincial migration increased significantly, peaking at 146 people in 2014 before declining gradually over the following years and becoming negative in 2021. It returned to positive territory from 2022 to 2025, averaging 46 people per year. In 2025, net intraprovincial migration totalled 35 people.

Total Population Change

The impact of natural population change and total net migration on the total population of the Grand Falls-Windsor CA over the 20-year period is illustrated in Figure 14. Total population growth was relatively strong between 2009 and 2016, supported by favourable economic conditions. In the 2021 to

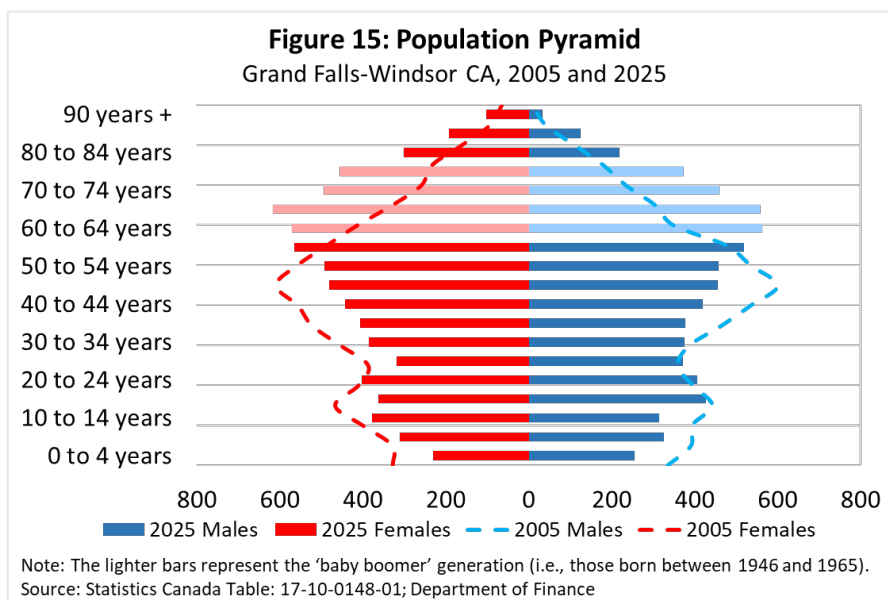
2025 period, record-high levels of net migration offset population losses resulting from natural population decline.



Aging

The composition of the population in the Grand Falls-Windsor CA has changed over the last 20 years (see Figure 15). In 2005, the population pyramid was wider in the middle and narrow at the top, reflecting a population with a high number of middle-aged individuals and a small proportion of senior citizens.

However, by 2025, as the population aged and the baby boomer generation moved up the pyramid,



middle-aged demographics became smaller. There was also a small decline in the young adult and youth populations. The Grand Falls-Windsor CA’s school-age population (5 to 19 years of age) decreased from 2,422 in 2005, to 2,119 in 2025.

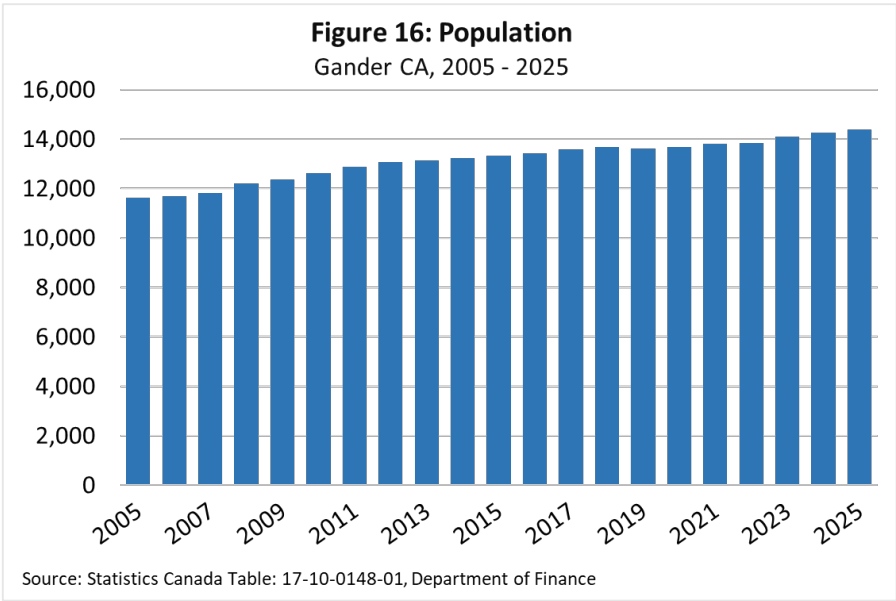
The Grand Falls-Windsor CA has experienced a labour market gap throughout the 20-year period. The number of people of age to enter the labour market (15 to 24 years) decreased from 1,716 in 2005 to 1,601 in 2025, while the number of people approaching retirement and potential labour market exit (55 to 64 years) increased from 1,726 to 2,216 over the same period. As a result, the number of individuals approaching retirement exceeded the number of potential new labour market entrants throughout the period. The gap widened for most of the 20 years, peaking at 874 people in 2019, before narrowing to 615 people in 2025, likely reflecting increased migration in recent years. The core labour force population (15 to 64 years of age) generally declined over the past 20 years, decreasing at an average annual rate of 0.3% between 2005 and 2025.

The senior population of the Grand Falls-Windsor CA grew as the baby boomer generation aged and life expectancy increased. The number of people in this region aged 65 and older increased by 1,911 people (or +94.4%) from 2005 to 2025. In 2025, seniors accounted for 27.0% of the total Grand Falls-Windsor CA population, compared with 14.9% in 2005.

Gander CA

Total Population

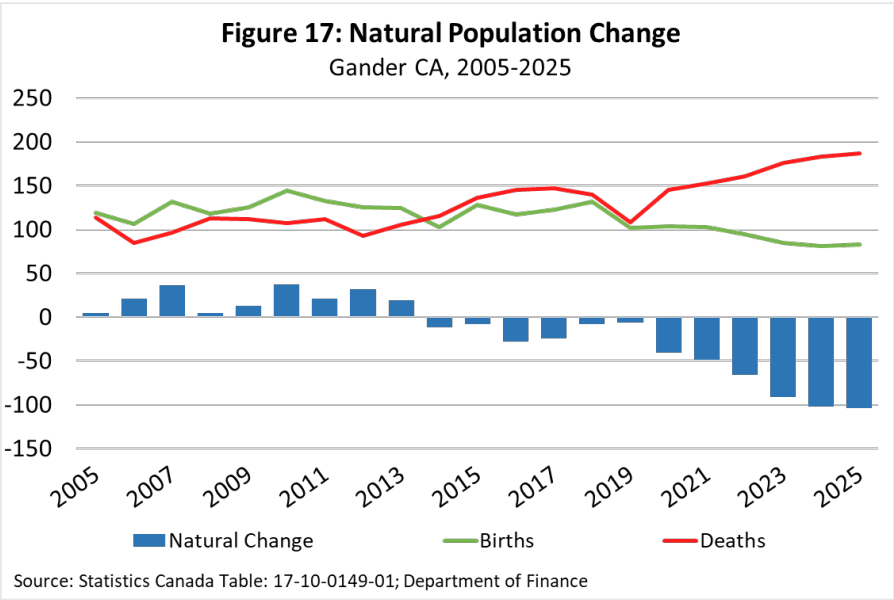
Between 2005 and 2025, the Gander CA experienced population growth of 2,764 people, representing an increase of 23.8% (see Figure 16). This region saw its highest



population growth between 2007 and 2018, supported by strong positive net migration. During this period, the population increased by 1,855 people (or +15.7%). In 2025, the population of the Gander CA reached a 20-year high of 14,389, an increase of 123 people (or +0.9%) from 2024.

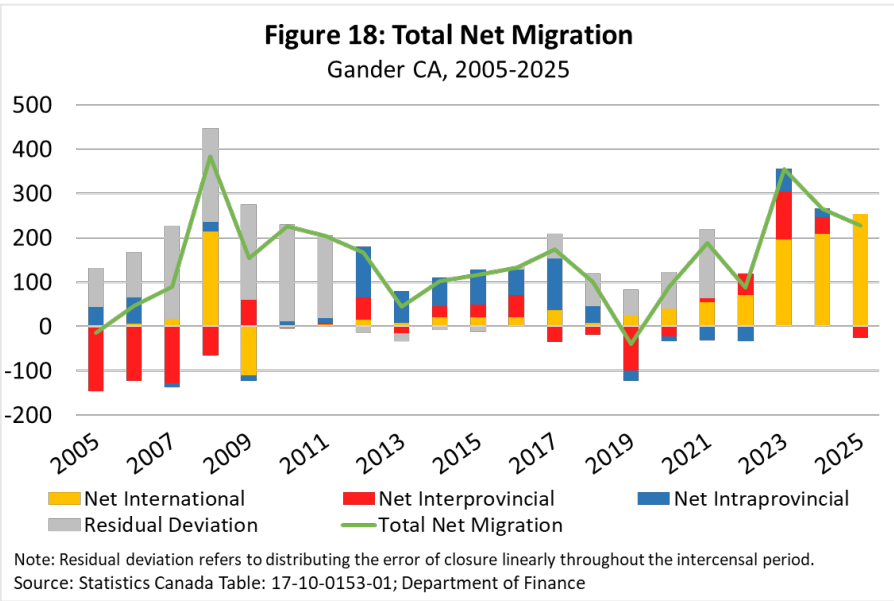
Natural Population Change

The Gander CA recorded relatively low levels of natural population growth between 2005 and 2013 before natural population change became negative in 2014. Natural population decline remained modest until 2020, after which it increased annually over the remainder of the period (see Figure 17). In 2025, natural population decline in the Gander CA reached a low of -104 people, with 187 deaths and 83 births.



Migration

The Gander CA experienced positive total net migration for most years over the 2005 to 2025 period (see Figure 18). In 2008, an outlier figure was recorded; total net migration peaked at 383 reflecting a significant increase in net international migration. From



2012 to 2018, positive intraprovincial migration had the largest influence on total net migration. In 2019, total net migration was negative, as a higher number of people left the region for other provinces or territories. From 2020 to 2025, total net migration was positive once again, largely influenced by increasing international migration. It reached a peak of 355 people in 2023, supported by relatively high net international migration and net interprovincial migration. In 2025, total net migration into the Gander CA was 227 people, with net international migration of 253 people slightly mitigated by negative net interprovincial and net intraprovincial migration.

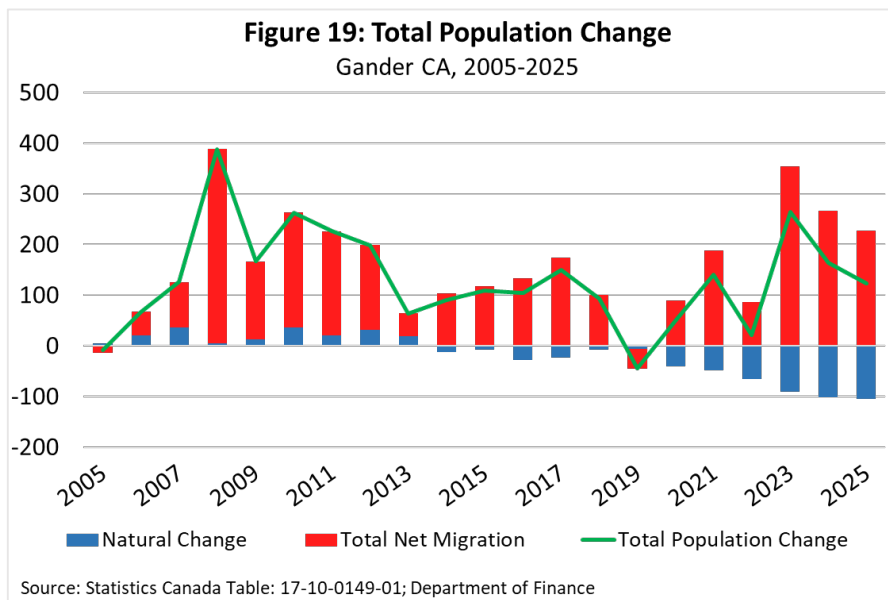
Net international migration in the Gander CA was very low for most of the two-decade period until the last several years. There were two clear outliers over the 20-year period; the first occurred in 2008, when positive net international migration was relatively high (214 people), and the second occurred in 2009, when negative net international migration reached its lowest level (-111 people). In the following years, net international migration remained near zero until 2020, when it began to increase. In 2025, net international migration reached a high of 253 people and accounted for all the growth in total net migration in the Gander CA that year.

Net interprovincial migration in the Gander CA fluctuated over the past 20 years but has recorded net out-migration overall, averaging -12 people annually from 2005 to 2025. Following the pandemic, net interprovincial migration was positive for several years and peaked at 107 people in 2023. In 2025, it became negative again with a net loss of 25 people to other provinces or territories.

Net intraprovincial migration into the Gander CA was relatively small for most of the 20-year period, with one distinct period of positive intraprovincial migration. From 2012 to 2017, there was a notable number of people moving into the region from other regions of the province, with net intraprovincial migration peaking at 116 people in 2017. In 2025, the Gander CA recorded negative net intraprovincial migration of one person.

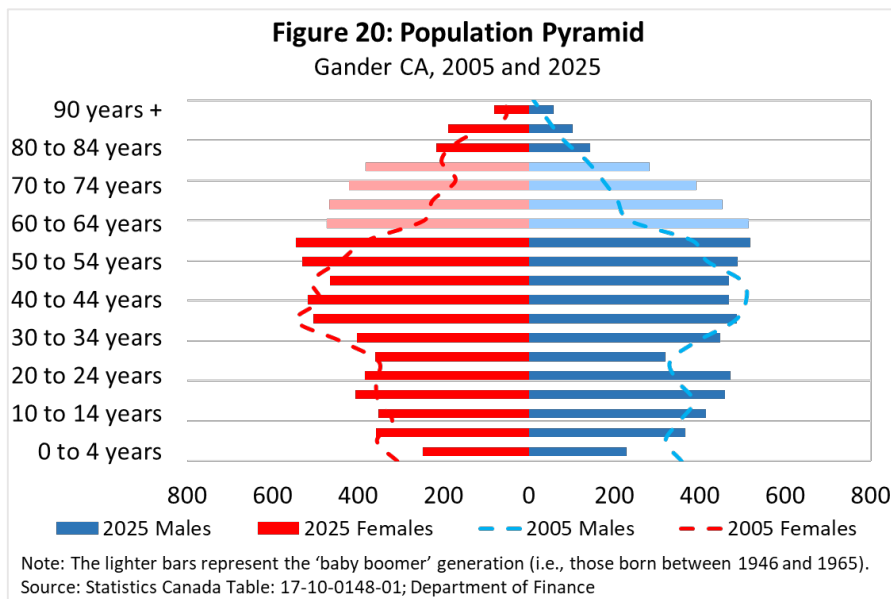
Total Population Change

The total population change in the Gander CA was mostly positive over the 2005 to 2025 period, supported by strong net migration levels (see Figure 19). Over the 20-year period, total population growth averaged 131 people annually.



Aging

The composition of the population in the Gander CA has changed over the last 20 years (see Figure 20). In 2005, the population pyramid for the Gander CA was much narrower at the top and wider in the middle, showing a robust middle-aged population with a small proportion of elderly



individuals. In 2025, however, the top of the pyramid expanded significantly due to the aging baby boomer generation. The middle-aged population remained similar to 2005, while the youth demographic increased somewhat, reflecting strong positive net migration. The Gander CA's school-age population (5 to 19 years of age) increased from 2,085 in 2005, to 2,355 in 2025, making it one of only two regions in the province to record an increase for this age category. The other region was the St. John's CMA.

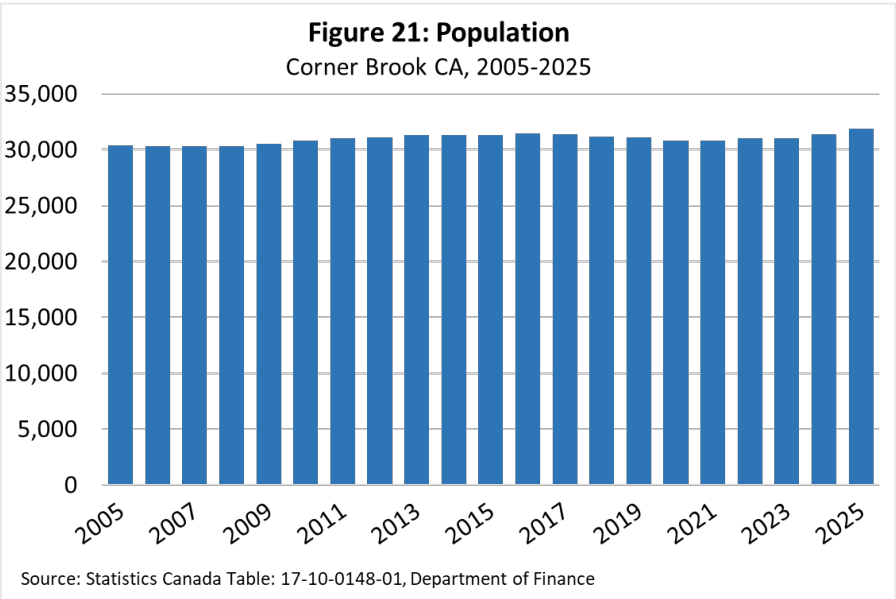
The Gander CA experienced a labour market gap for most of the 20-year period. The number of people of age to enter the labour market (15 to 24 years) increased from 1,443 in 2005 to 1,720 in 2025, while the number of people approaching retirement and potential labour market exit (55 to 64 years) increased from 1,242 to 2,050 over the same period. Beginning in 2009, the number of individuals approaching retirement exceeded the number of potential new labour market entrants. The gap widened over the following years, peaking at 446 people in 2020, before narrowing to 330 people in 2025, likely reflecting increased migration in recent years. The core labour force population (15 to 64 years of age) increased at an average annual rate of 0.6% between 2005 and 2025 and reached 9,230 people in 2025.

The senior population of the Gander CA grew as the baby boomer generation aged and life expectancy increased. The number of people in this region aged 65 and older increased by 1,669 people (or +109.8%) from 2005 to 2025. In 2025, the senior population accounted for 22.2% of the total Gander CA population, compared with 13.1% in 2005.

Corner Brook CA

Total Population

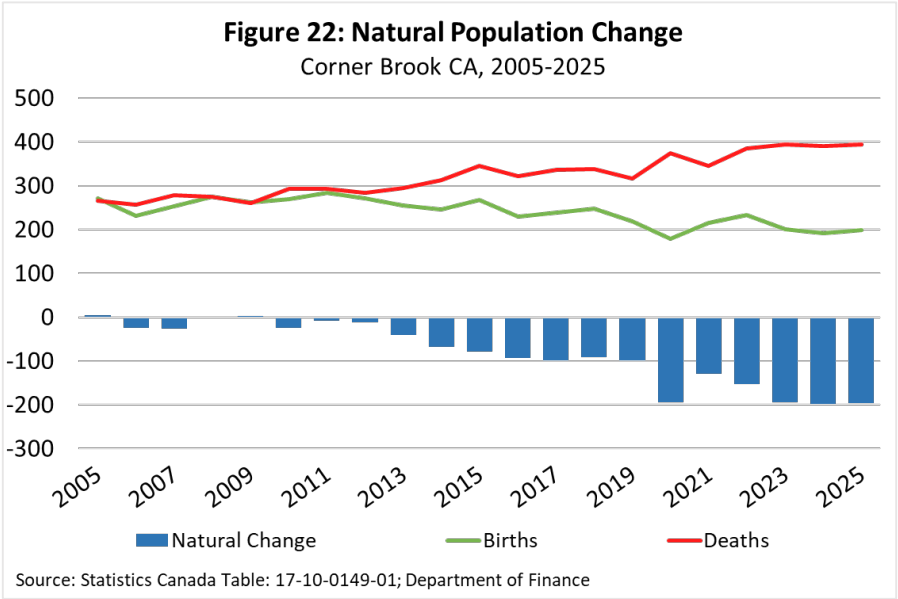
The Corner Brook CA experienced population growth between 2005 and 2025, with an overall increase of 1,498 people, or 4.9% (see Figure 21). This region experienced its highest population growth during the final four years of the period. Population in this region



increased by 1,053 people from 2021 to 2025. In 2025, the population of the Corner Brook CA reached a 20-year high of 31,880 people.

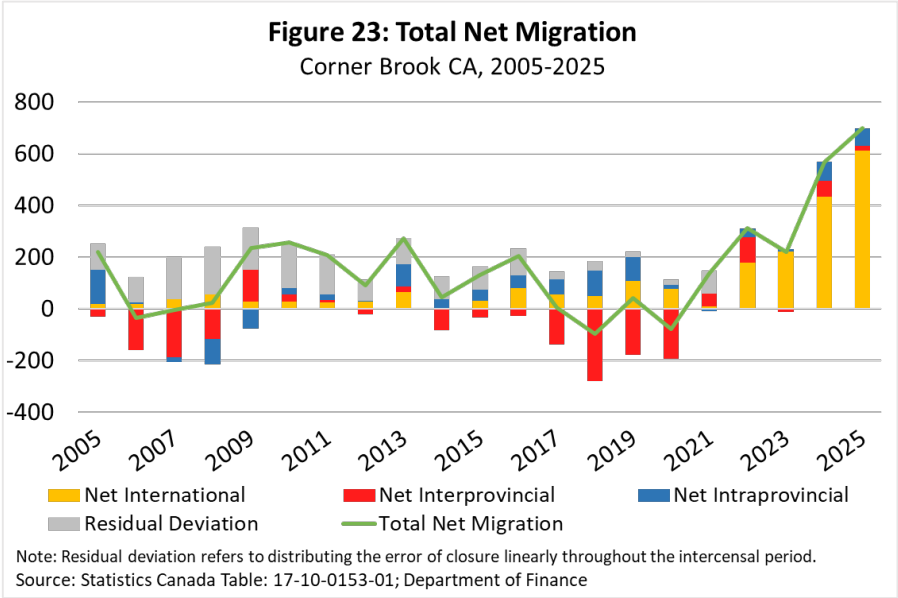
Natural Population Change

The Corner Brook CA had mostly negative levels of natural population change over the last 20 years (see Figure 22). From 2005 to 2012, natural population change remained relatively stable near zero, and then from 2013 to 2025, it was negative and generally trended downward. In 2025, there were 395 deaths and 198 births, resulting in natural population decline of 197 people.



Migration

Total net migration in the Corner Brook CA fluctuated considerably over the 20-year period (see Figure 23). From 2005 to 2021, total net migration was mostly influenced by net interprovincial migration and net intraprovincial migration.



From 2022 to 2025, historically high levels of net international migration increased total net migration to a 20-year high of 698 people in 2025.

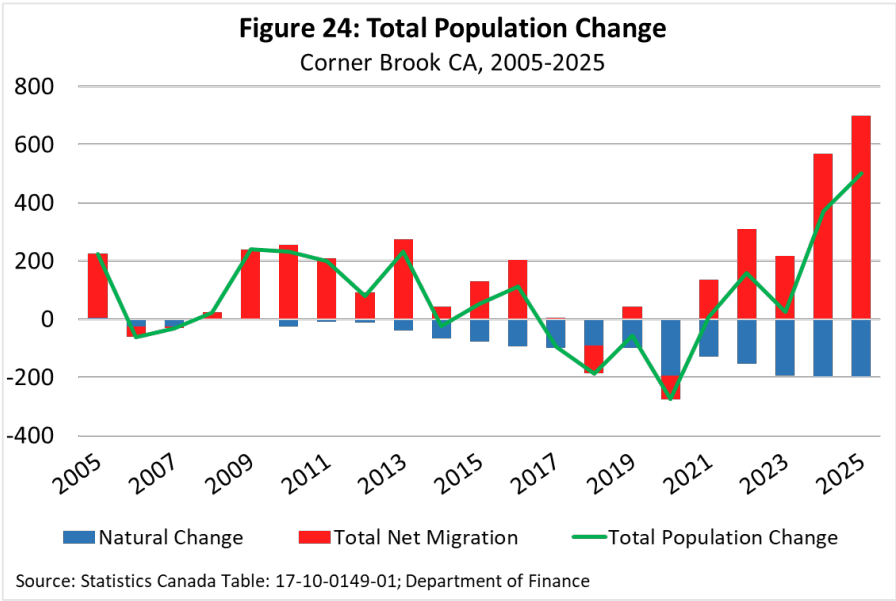
Net international migration in the Corner Brook CA was positive for the entirety of the 20-year period. From 2005 to 2021, net international migration fluctuated, with an average of 41 people per year. It then increased dramatically over the 2022 to 2025 period, averaging 360 people annually. This growth coincided with the high number of refugees and skilled workers that arrived in the province during this period. In 2025, net international migration peaked at 611 people and was the largest contributor to total net migration, accounting for 87.5%.

Net interprovincial migration in the Corner Brook CA was mostly negative from 2005 to 2025. It reached a 20-year high of 125 people in 2009 and reached a 20-year low of -279 people in 2018. In 2025, net interprovincial migration was 20 people and accounted for 2.9% of total net migration.

Net intraprovincial migration in the Corner Brook CA fluctuated over the 2005 to 2025 period, with smaller movements compared with the other two components. It averaged 31 people annually over the 20-year period. In 2025, net intraprovincial migration was 67 people and accounted for 9.6% of total net migration.

Total Population Change

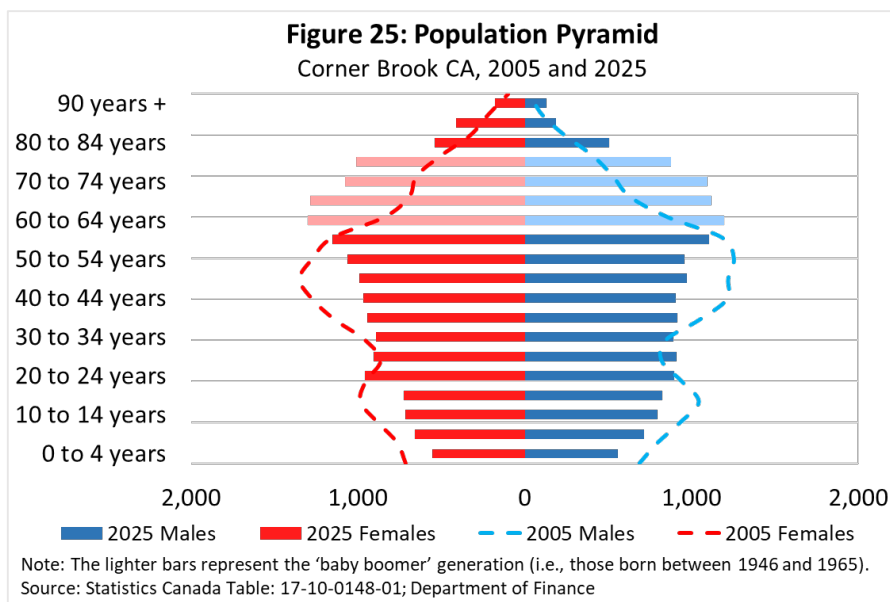
The total population change of the Corner Brook CA over the past 20 years was largely supported by total net migration (see Figure 24). Over the course of this period,



there was an average total population increase of 82 people annually.

Aging

The composition of the Corner Brook CA population has changed over the last 20 years (see Figure 25). In 2005, the population pyramid for the area depicted a small elderly population, a large middle-aged population, and a relatively strong young demographic. In 2025, as the population aged 20 years, the



elderly population increased as the baby boomer generation shifted toward the top of the pyramid. The middle-aged population decreased, as did the youth demographic. The young adult group (20 to 34 years), however, remained relatively similar to 2005 levels. The Corner Brook CA's school-aged population (5 to 19 years of age) decreased from 5,398 in 2005, to 4,432 in 2025.

The Corner Brook CA experienced a labour market gap throughout the 20-year period. The number of people of age to enter the labour market (15 to 24 years) decreased from 3,919 in 2005 to 3,401 in 2025, while the number of people approaching retirement and potential labour market exit (55 to 64 years) increased from 4,034 to 4,751 over the same period. As a result, the number of individuals approaching retirement exceeded the number of potential new labour market entrants throughout the period. The gap widened for most of the 20 years, peaking at 1,656 people in 2021, before narrowing to 1,350 people in 2025, likely reflecting increased migration in recent years. The core labour force population (15 to 64 years of age) generally declined over the past 20 years, decreasing at an average annual rate of 0.4% between 2005 and 2025. In 2025, the core labour force population totalled 19,465 people.

The senior population of the Corner Brook CA grew significantly as the baby boomer generation aged and life expectancy increased. The number of people in this region aged 65 and older increased by 4,003 people (or 91.2%). In 2025, the senior population accounted for 26.4% of the total Corner Brook CA population, compared with 14.5% in 2005.

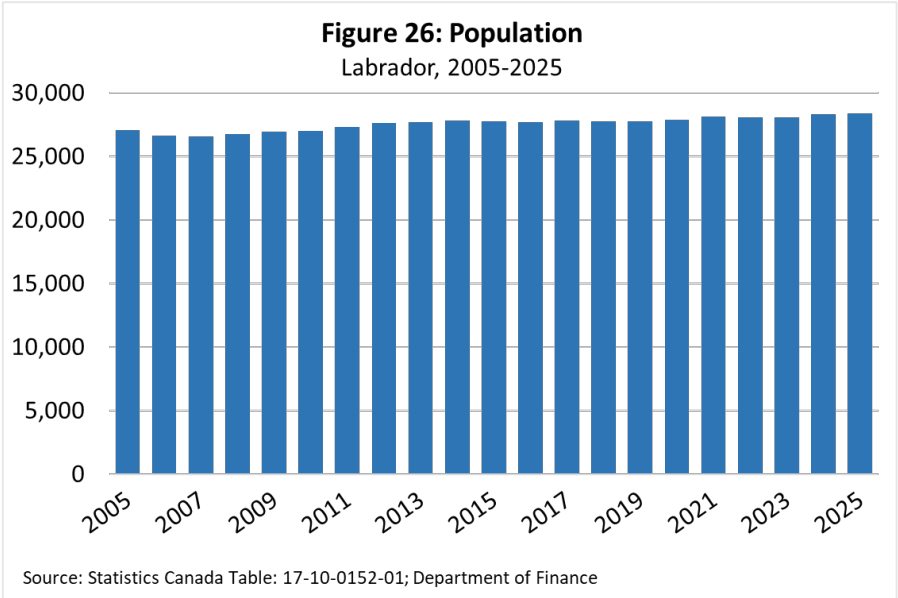
Rural Areas

Rural areas are considered to be all populated regions of the province that do not fall within the St. John’s CMA or any of the CA areas for the purpose of this report. Labrador is featured as a separate rural area, as the demographic shifts of this region are different from those of other rural regions of the province. The remainder of the rural population is grouped within the ‘Other Rural Areas’ region.

Labrador

Total Population

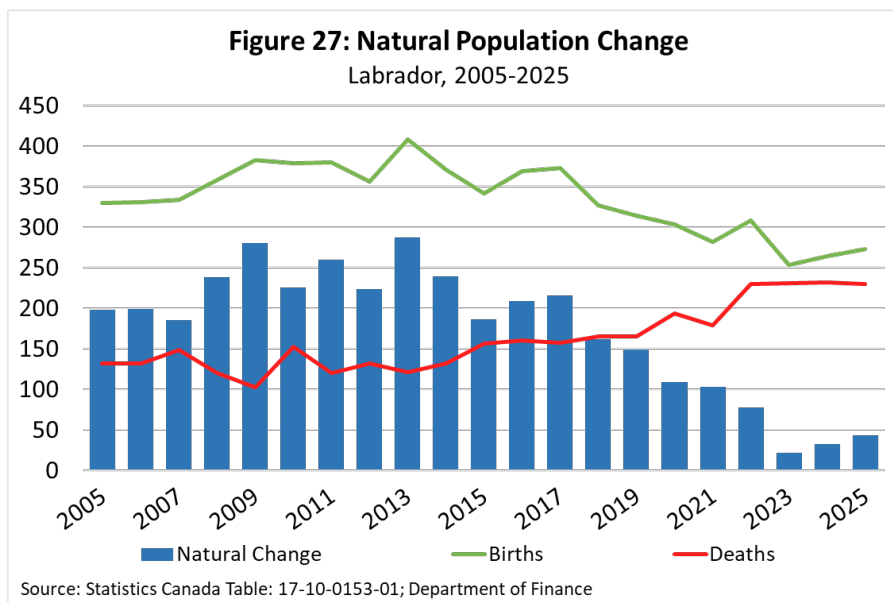
The Labrador region experienced population growth from 2005 to 2025, with an increase of 1,337 people, or 4.9% (see Figure 26). Overall, population growth averaged 58 people per year during this period. Population initially declined to



a low of 26,562 people in 2007, before increasing for most of the remainder of the period. In 2025, the total population of Labrador reached a 20-year high of 28,380 people.

Natural Population Change

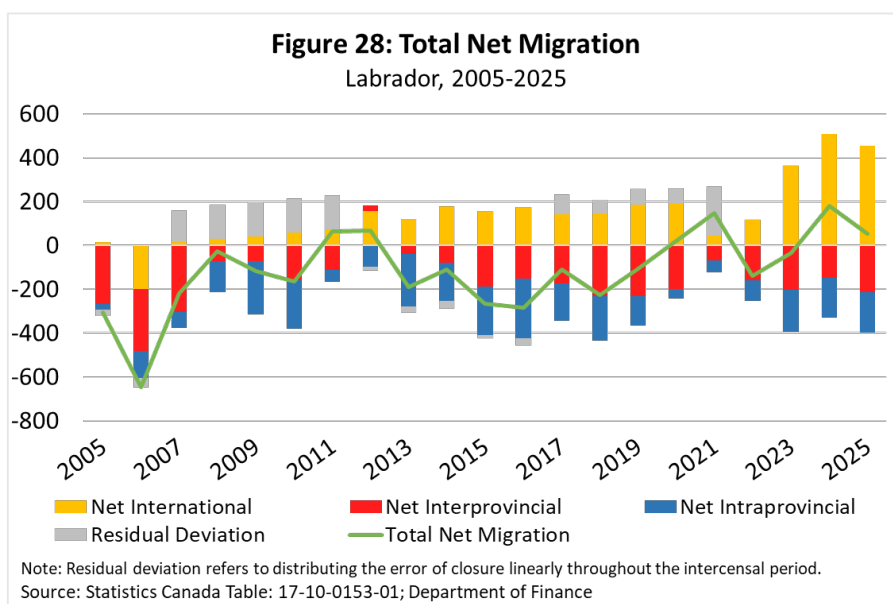
The Labrador region is the only region that had positive natural population change for the entirety of the 20-year period (see Figure 27). Natural population remained relatively high from 2005 to 2017 before trending downward thereafter. In 2025, there were 273 births and 230 deaths, resulting in a natural



population change of 43 people. Despite lower levels of natural population growth, the Labrador region was the only region in the province with a positive natural population change in 2025. Many communities in this area have Indigenous populations, which statistically tend to have higher natural population growth and younger age distributions than non-Indigenous communities.

Migration

In contrast to other areas, the Labrador region has mostly experienced negative net migration over the 20-year period (see Figure 28). This region saw the largest out-migration in 2006, with a net loss of 648 people. For the remainder of the two-decade period, the region mostly experienced relatively lower



levels of out-migration, with average net migration of -100 people per year from 2007 to 2023. Net

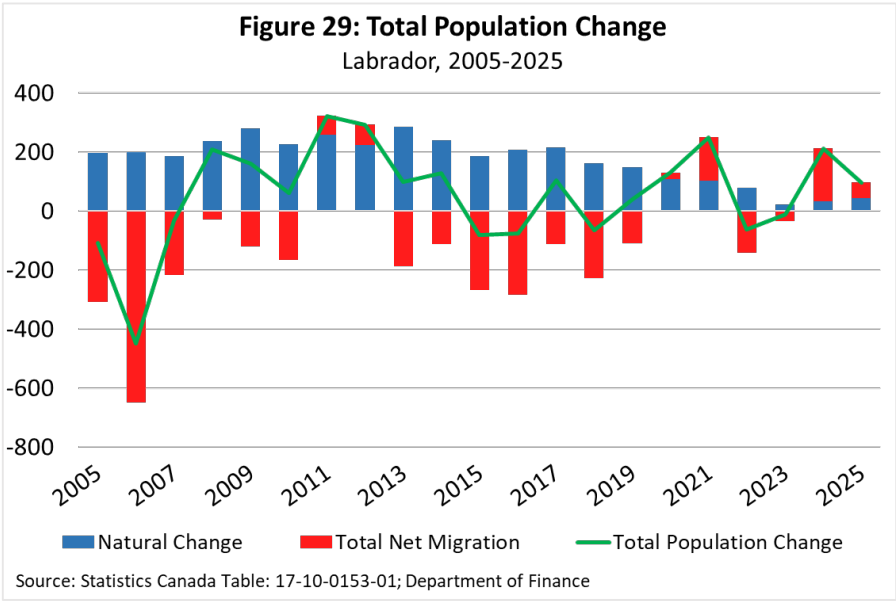
migration became positive in 2024, reaching a peak of 181 people. In 2025, total net migration was 54 people.

Net international migration in the Labrador region was mostly positive for the 2005 to 2025 period. In 2006, an outlier was recorded, with a net loss of 200 people. Net international migration became positive in 2007 and averaged 114 people annually from 2007 to 2022 before it increased rapidly to average 442 people per year from 2023 to 2025. In 2025, net international migration was 453 people, the second-highest level behind a peak of 509 people in 2024, and it accounted for all the growth in total net migration in the Labrador region.

Net intraprovincial migration in the Labrador region fluctuated but was negative for most of the 2005 to 2025 period. Net out-migration due to intraprovincial migration averaged 150 people per year and reached a low of 272 people in 2016. Although the region continued to experience net intraprovincial out-migration in most years, the magnitude of these losses varied over time. This pattern may reflect movement from Labrador to more populated areas of the province for employment, education, and other opportunities.

Total Population Change

Total population change in the Labrador region over the past 20 years fluctuated significantly (see Figure 29). Despite the fluctuations, total population growth averaged 58 people annually. The positive levels of natural population change were partly offset by elevated net out-



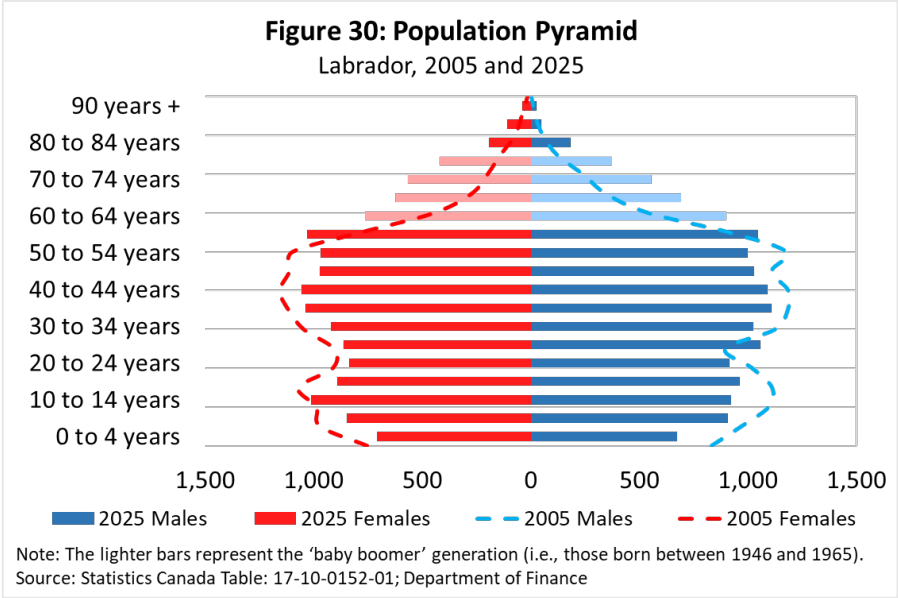
migration for more than half of the period. In 2024 and 2025, positive total net migration supported positive natural population change.

Aging

The population composition of the Labrador region has not changed to the same extent as other more populated regions in the province (see Figure 30). In

2005, the Labrador region had a robust middle-aged population, as well as a relatively high youth population, with a low elderly population. In 2025, the baby boomer generation shifted toward the top of the pyramid, expanding the

population aged 60 and older, while the middle-aged population and the youth demographic experienced a small population decline. In comparison to other regions, Labrador has a higher proportion of its population in the youth and middle-aged categories. The Labrador region’s school-aged population (5 to 19 years) decreased from 6,201 in 2005, to 5,543 in 2025.



Labrador did not experience a labour market gap for most of the 20-year period. The number of people of age to enter the labour market (15 to 24 years) decreased from 4,111 in 2005 to 3,604 in 2025, while the number of people approaching retirement and potential labour market exit (55 to 64 years) increased from 2,690 to 3,740 over the same period. From 2005 to 2020, the number of potential labour market entrants exceeded the number of individuals approaching retirement. However, beginning in 2021, the number of individuals approaching retirement exceeded the number of potential new labour market entrants, and this trend continued through 2025. The core labour force population (15 to 64 years of age) declined only marginally over the past 20 years compared

with other regions, decreasing at an average annual rate of 0.1% between 2005 and 2025. In 2025, the core labour force population totalled 19,473 people, a decrease of 427 people from 2005.

Similar to all other regions, the senior population of Labrador grew as the baby boomer generation aged and life expectancy increased. The number of people in this region aged 65 and over increased by 2,302 people (or +150.0%) from 2005 to 2025. The senior population is notably smaller than other regions, accounting for 13.5% of the total population in Labrador in 2025, compared with 5.7% in 2005.

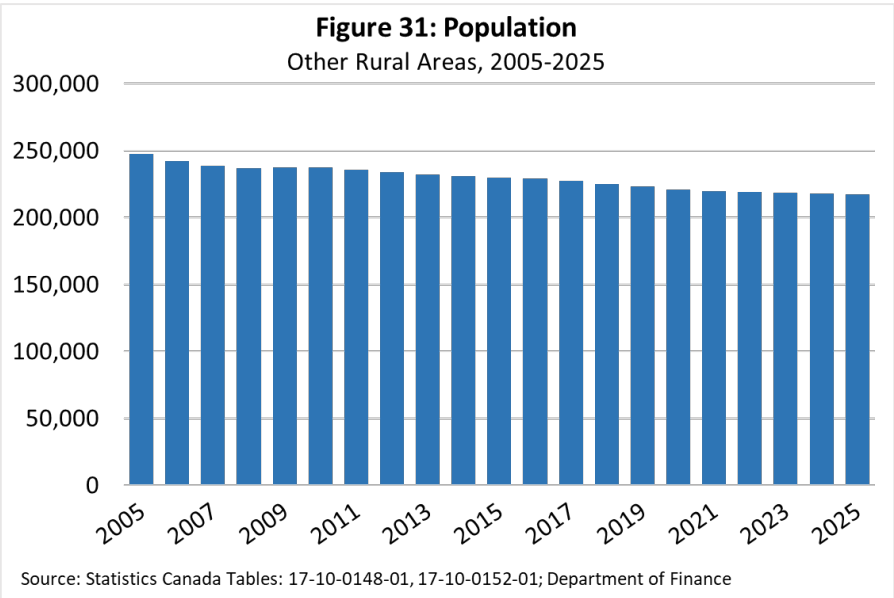
Other Rural Areas

All remaining regions of the province fall within the Other Rural Areas region. It consists of all populated regions of Newfoundland and Labrador that do not fall within the St. John’s CMA, any of the CAs, or the Labrador region.

Total Population

Total population in the Other Rural Areas region declined over the past two decades, down by 30,212 people (or -12.2%) from 2005 to 2025 (see Figure 31).

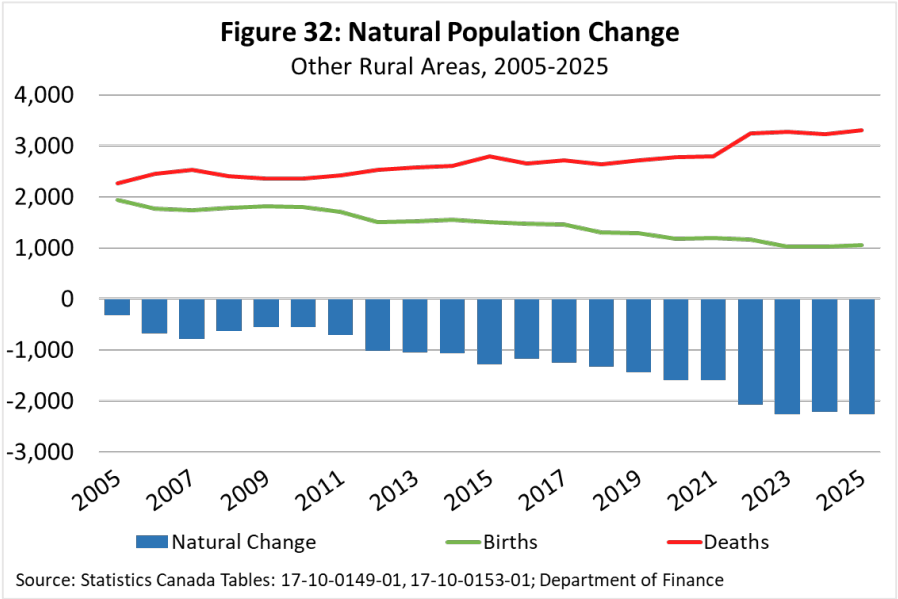
Within this period, this region lost population at an average of 1,625 people per year (or -0.7%). In 2025, the population of the Other Rural Areas region was 217,235. This was the only area among the regions presented in this



report to experience consistent and overall population decline from 2005 to 2025.

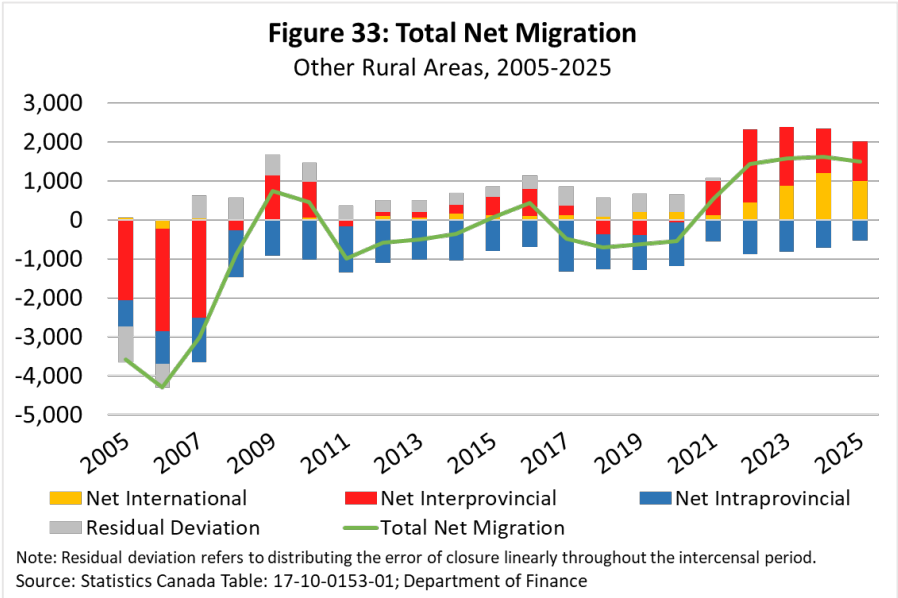
Natural Population Change

Over the 2005 to 2025 period, Other Rural Areas of the province experienced natural population decline averaging 1,230 people annually, with the magnitude of decline increasing for most of this period (see Figure 32). Total births declined from 1,939 in 2005 to 1,056 in 2025, while deaths increased from 2,258 in 2005 to 3,309 in 2025. The natural population change was -2,253 people in 2025.



Migration

Over the course of the 20-year period, Other Rural Areas mostly experienced negative total net migration until the last five years (see Figure 33). Net out-migration averaged 932 people annually from 2005 to 2020, largely due to negative net intraprovincial migration. From 2021 to 2025, net migration was positive and averaged 1,326 people per year, supported by record high



interprovincial and international migration. It reached a 20-year high of 1,614 people in 2024, then declined to 1,491 people in 2025.

Net international migration in Other Rural Areas remained relatively low and fluctuated around zero throughout most of the 20-year period until the last several years. Between 2022 and 2025, net international migration averaged 877 people annually, with a peak of 1,192 people in 2024. In 2025, it remained high but declined to 998 people. This component accounted for 49.4% of total net migration in 2025.

Interprovincial migration fluctuated in Other Rural Areas from 2005 to 2025. Out-migration to other Canadian provinces and territories was high from 2005 to 2007, averaging 2,391 people per year. It was mostly positive for the remainder of the 20-year period with several dips below zero, until it increased notably from 2021 to 2025, averaging net inflows of 1,285 people annually. In 2025, net interprovincial migration recorded a net inflow of 1,021 people and accounted for 50.6% of total net migration.

Similar to the Labrador region, Other Rural Areas experienced net intraprovincial out-migration for the entirety of the 20-year period. This is consistent with more populated regions of the province experiencing primarily intraprovincial in-migration, such as the CAs and the St. John's CMA. Intraprovincial out-migration averaged 923 people per year and reached a 20-year low of -1,326 in 2017. In 2025, intraprovincial out-migration was -528 people.

Total Population Change

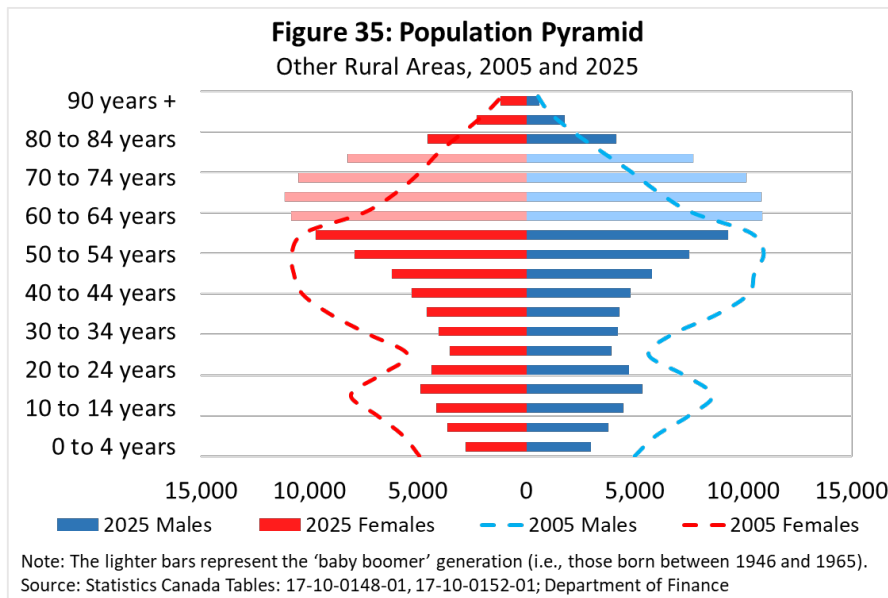
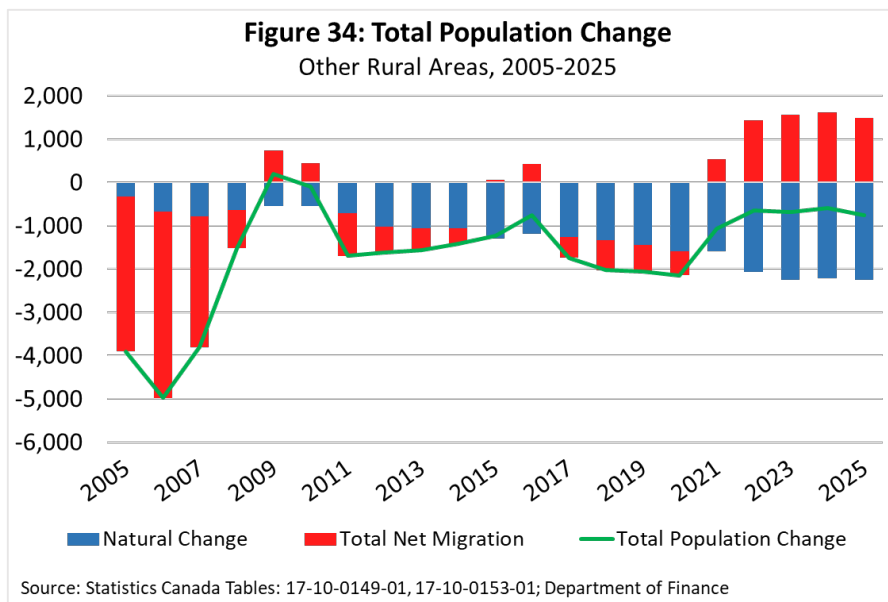
Total population change for Other Rural Areas was negative for most of the two-decade period (see Figure 34). Total population decline was relatively high in the late 2000s; however, it moderated somewhat for the remainder of the 20-year period. Natural population change became increasingly negative over

most of the 20-year period, while total net out-migration was highest in the early years of the period, moderated thereafter with some fluctuations, and became positive in the last five years.

Aging

The population composition in Other Rural Areas changed significantly between 2005 and 2025 (see Figure 35). In 2005, Other Rural Areas had a proportionately larger middle-aged, young adult, and youth population in comparison to the other regions studied in this report. In 2025, the baby boomer generation shifted up

the pyramid, significantly increasing the number of people aged 60 and over, while the middle-aged, young adult, and youth demographics decreased substantially. In comparison to the other regions, Other Rural Areas experienced the largest decline, proportionately, in these age groups. This region's



school-aged population (5 to 19 years) decreased from 42,710 in 2005, to 26,334 in 2025, a decline of 38.3%.

Other Rural Areas experienced a labour market gap for most of the 20-year period. The number of people of age to enter the labour market (15 to 24 years) decreased from 30,673 in 2005 to 19,380 in 2025, while the number of people approaching retirement and potential labour market exit (55 to 64 years) increased from 35,783 to 40,721 over the same period. Beginning in 2008, the number of individuals approaching retirement exceeded the number of potential new labour market entrants. The gap widened over the following years, peaking at 24,648 people in 2020, before narrowing to 21,341 people in 2025, likely reflecting increased migration in recent years. The core labour force population (15 to 64 years of age) generally declined over the past 20 years, decreasing at an average annual rate of 1.7% between 2005 and 2025. In 2025, the core labour force population totalled 122,196 people.

The senior population of Other Rural Areas grew significantly as the baby boomer generation aged and life expectancy increased. The number of people in this region aged 65 and older increased by 34,743 people (or +99.6%) from 2005 to 2025. In 2025, the senior population accounted for 33.7% of the total population, compared with 15.5% in 2005.

Conclusion

Demographic trends varied considerably across regions of Newfoundland and Labrador between 2005 and 2025, reflecting differences in migration patterns, age structure, and economic conditions. Population growth occurred in the St. John's CMA, the census agglomerations of Grand Falls-Windsor, Gander, and Corner Brook, as well as in Labrador, while the Other Rural Areas region experienced sustained population decline over the period. Despite these differences, population aging emerged as a common trend across all regions. Seniors accounted for an increasing share of the population, while the number of people approaching retirement generally exceeded the number of potential new labour market entrants.

Natural population change became increasingly negative across most regions as deaths exceeded births by growing margins. Labrador remained the only region to record positive natural population change throughout the entire period and was also the only region to do so in 2025. At the same time, migration became an increasingly important driver of population growth. Strong gains in both international and interprovincial migration over the past several years helped offset natural population decline in many regions and contributed to population growth across the province. Migration was particularly important in the St. John's CMA, which attracted the largest share of newcomers to Newfoundland and Labrador, while also benefiting from continued population inflows from other parts of the province.

The findings highlight the growing role of migration in shaping the province's demographic outlook. Recent population gains have helped moderate some demographic pressures, including labour force challenges and population decline in certain regions. However, continued population aging and low birth rates suggest that many regions will remain dependent on migration to support population growth and labour force renewal in the years ahead. As demographic trends continue to evolve, understanding regional differences will remain important for planning and policy development in areas such as healthcare, education, housing, labour markets, and economic development.