POPULATION PROJECTIONS

ST. JOHN'S CENSUS METROPOLITAN AREA

Summer 2026

DEPARTMENT OF FINANCE

ECONOMICS DIVISION

Newfoundland & Labrador

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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 development opportunities, 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 research reports 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

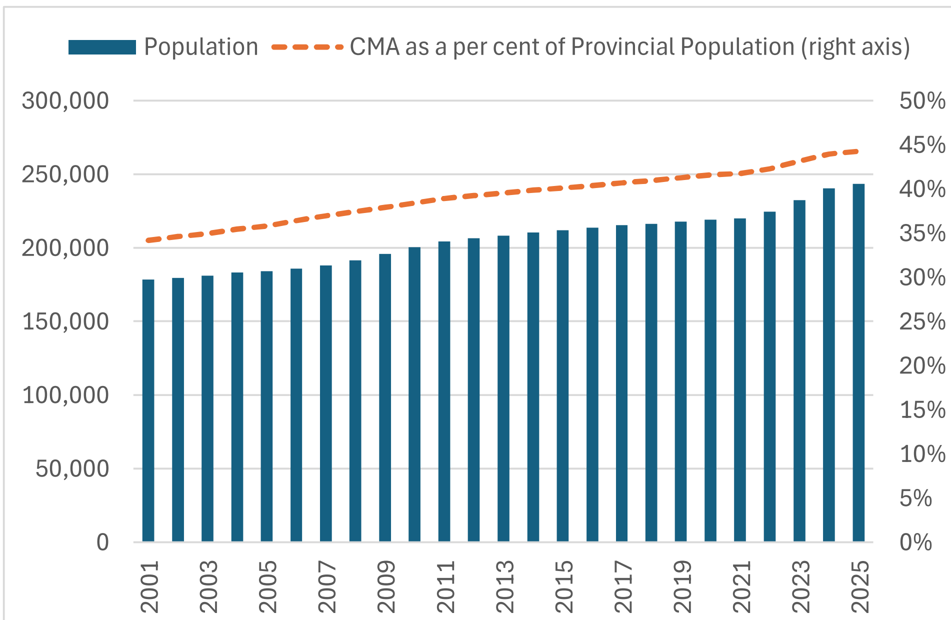
This report outlines the historical population and household trends for the St. John's Census Metropolitan Area (CMA) and presents 20-year projections for these indicators.[1] These projections were prepared by the Economics Division of the Department of Finance as part of its regular update of regional population projections.[2]

These projections are based on historical population data for the St. John's CMA produced by Statistics Canada. This is the most reliable information available on the population of the St. John's CMA and provides the benchmark for the projections. Population estimates for the St. John's CMA, combined with assumptions regarding fertility rates, life expectancy, and migration, were used to project the region's population to 2045. Three population scenarios (high, medium, and low) were developed to reflect varying projection assumptions.

Recent Trends

Population Levels

Figure 1: Total Population, St. John's CMA, 2001 to 2025



Source: Statistics Canada; Department of Finance

From 2001 to 2025, the St. John's CMA experienced consistent population growth, rising from 178,457 to 243,478, an increase of 65,021 people (or 36.4 per cent) over the period (see Figure 1). Much of this population growth can be attributed to demographic and economic factors, such as strong net in-migration, natural increase (more births than deaths), and employment opportunities associated with economic growth, particularly related to oil production and major projects. More recently, the St. John's CMA experienced a period of accelerated population growth between 2021 and 2025, largely reflecting record levels of immigration. The St. John's CMA experienced its highest and second-highest annual levels of net in-migration on record in 2024 (+8,189) and 2023 (+8,182), respectively, driven primarily by higher international migration. The share of the province's total population residing in the St. John's CMA has steadily increased, rising from 34.2 per cent in 2001 to 44.3 per cent in 2025. This trend is expected to continue.

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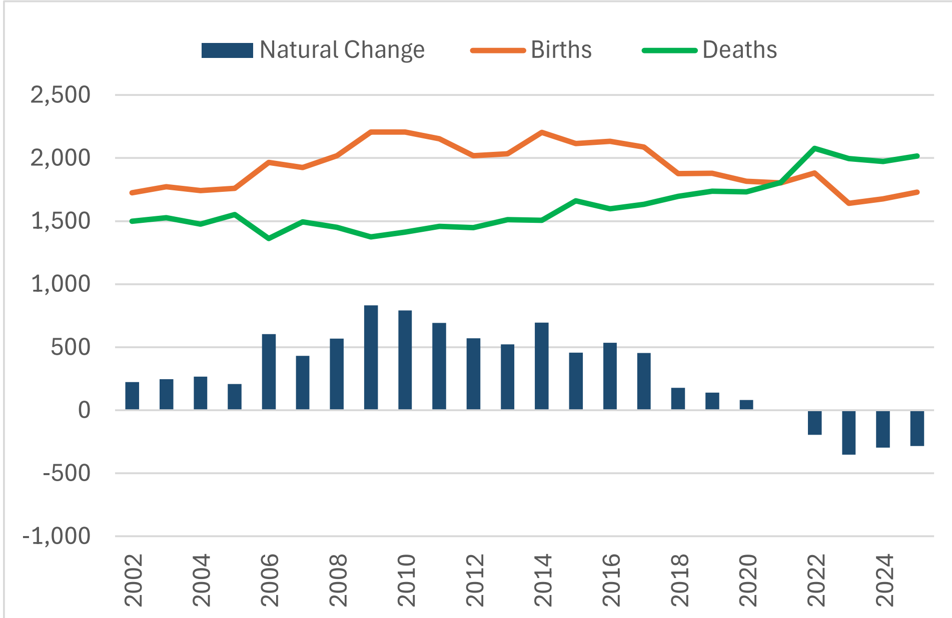
[1] The St. John's CMA in this document is based on 2021 Census boundaries, which include the municipalities of Bauline, Bay Bulls, Conception Bay South, Flatrock, Holyrood, Logy Bay-Middle Cove-Outer Cove, Mount Pearl, Paradise, Petty Harbour-Maddox Cove, Portugal Cove-St. Philip's, Pouch Cove, St. John's, and Torbay.

[2] Historical data for Newfoundland and Labrador (2001-2025) and the St John's CMA (2001-2025) are official population estimates from Statistics Canada that were available at the time of publication. Note that consistent historical data for the St. John's CMA based on 2021 Census boundaries are only available to 2001.

Natural Change

Figure 2: Natural Population Change, St. John's CMA, 2002 to 2025

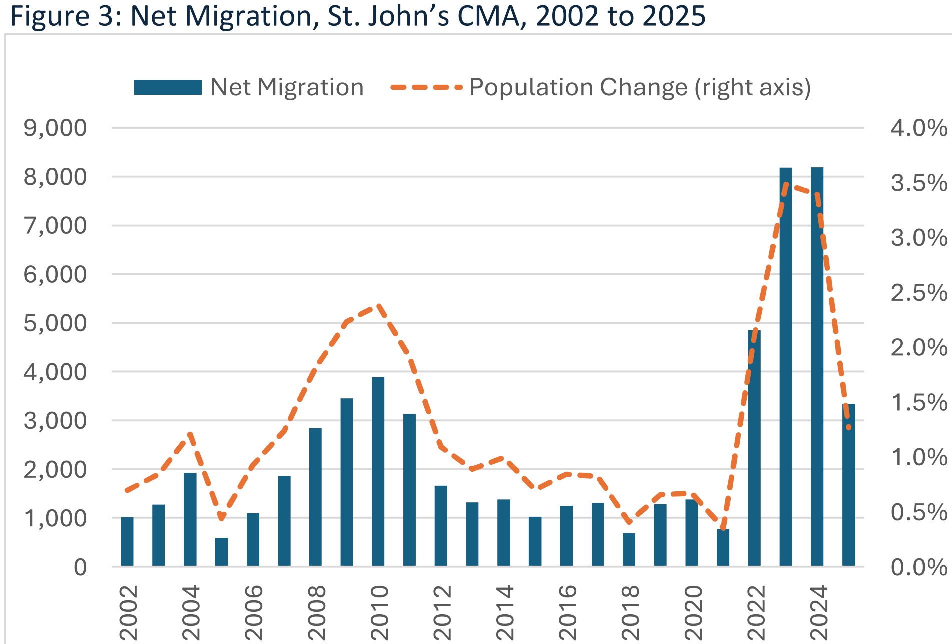


Source: Statistics Canada; Department of Finance

Natural population change, defined as the number of births minus the number of deaths, displayed three distinct periods between 2002 and 2025 in the St. John's CMA (see Figure 2). In the first period, from 2002 to 2009, natural change was positive and accelerating. This reflected a rebound in fertility rates after a period of decline in the 1990s, strong net in-migration, and a period of economic recovery and growth. Between 2010 and 2020, natural change remained positive, but rising deaths and declining births caused the natural change to decline. Since 2021, natural change has been negative, as the number of deaths exceeded the number of births, reflecting lower fertility rates, a decline in the number of women of childbearing age, and an aging population. For most of the 24-year period, the number of deaths in the St. John's CMA steadily increased, reflecting an aging population.

Migration

Figure 3: Net Migration, St. John's CMA, 2002 to 2025



Source: Statistics Canada; Department of Finance

The St. John's CMA has experienced net in-migration between 2002 and 2025 (see Figure 3). From 2002 to 2021, positive net migration was driven mainly by robust economic conditions, including those associated with the expansion of the province's oil industry. Net migration during this period peaked at 3,879 in 2010 before declining to 691 in 2018. Since 2021, however, the St. John's CMA has recorded record-high net in-migration. The surge beginning in 2022 was driven primarily by increased international migration, reflecting a high number of international visa applications, the processing refugee backlogs following the pandemic, and policy changes, including increased provincial immigration targets. High levels of in-migration continued into 2023 and 2024, with 2024 setting a record high for net migration of just under 8,200.

Projections

Population projections for the St. John's CMA were produced using the Economics Division's population projection system, which is designed to project the population by age and gender for Newfoundland and Labrador and various sub-provincial regions, including the St. John's CMA.

The system utilizes assumptions regarding fertility, mortality, and migration to generate three distinct population projection scenarios. Low, medium, and high population scenarios were developed to reflect a range of possible demographic outcomes. The medium scenario is generally consistent with the Economics Division's annual budget forecast. The assumptions for each scenario are explained in the next section.

Assumptions

Fertility Rates

Low Scenario: It was assumed that the total fertility rate for the St. John's CMA gradually declines from approximately 1.02 births per woman in recent years to 0.90 by 2045. Despite the lower fertility rate, annual births are projected to increase from about 1,730 in 2025 to 2,207 in 2045, driven by growth in the number of women of childbearing age (15 to 49 years).

Medium Scenario: It was assumed that the total fertility rate for the St. John's CMA remains stable at 1.02 throughout the projection period. As a result, annual births are projected to increase from about 1,730 in 2025 to 1,990 in 2035 and then to 2,600 in 2045, reflecting growth in the number of women of childbearing age (15 to 49 years).

High Scenario: It was assumed that the total fertility rate for the St. John's CMA gradually increases from approximately 1.02 births per woman in recent years to 1.18 by 2045, reflecting improved economic conditions. Under this scenario, annual births are projected to rise from about 1,730 in 2025 to 2,944 in 2045, driven by both the higher fertility rate and growth in the number of women of childbearing age (15 to 49 years).

Life Expectancy

Life expectancy is the average number of years a person is expected to live, assuming that current age-specific mortality rates remain constant over time. For 2025, the age-specific mortality rates used to calculate life expectancy are based on Statistics Canada's estimates of population by age and gender and deaths by age and gender for the St. John's CMA. For 2045, projected life expectancy is based on the age-specific mortality rates forecast for the CMA for that year.

Low Scenario: Life expectancy is assumed to increase at a rate below recent historical trends. Male life expectancy is projected to rise by 1.2 years between 2025 and 2045, while female life expectancy is projected to increase by 1.0 year over the same period.

Medium Scenario: Life expectancy is assumed to increase in line with recent trends in age-specific mortality rates. Male life expectancy is projected to rise by 2.2 years between 2025 and 2045, while female life expectancy is projected to increase by 1.6 years over the same period.

High Scenario: Life expectancy is assumed to increase at a rate above recent historical trends. Male life expectancy is projected to rise by 3.0 years between 2025 and 2045, while female life expectancy is projected to increase by 2.7 years over the same period.

Migration

Low Scenario: Net in-migration is assumed to fluctuate during the first few years of the projection period before increasing to a peak of approximately 6,500 in 2029. Net in-migration then declines over the remainder of the projection period. Over the entire period from 2026 to 2045, net in-migration averages about 3,150 persons per year.

Medium Scenario: Net in-migration is assumed to remain relatively stable during the first few years of the projection period, peaking at 6,739 in 2029 as major project activity increases. Following this peak, net in-migration gradually declines to a low of 2,127 in 2043. Net in-migration remains positive throughout the projection period and averages about 3,271 persons per year from 2026 to 2045.

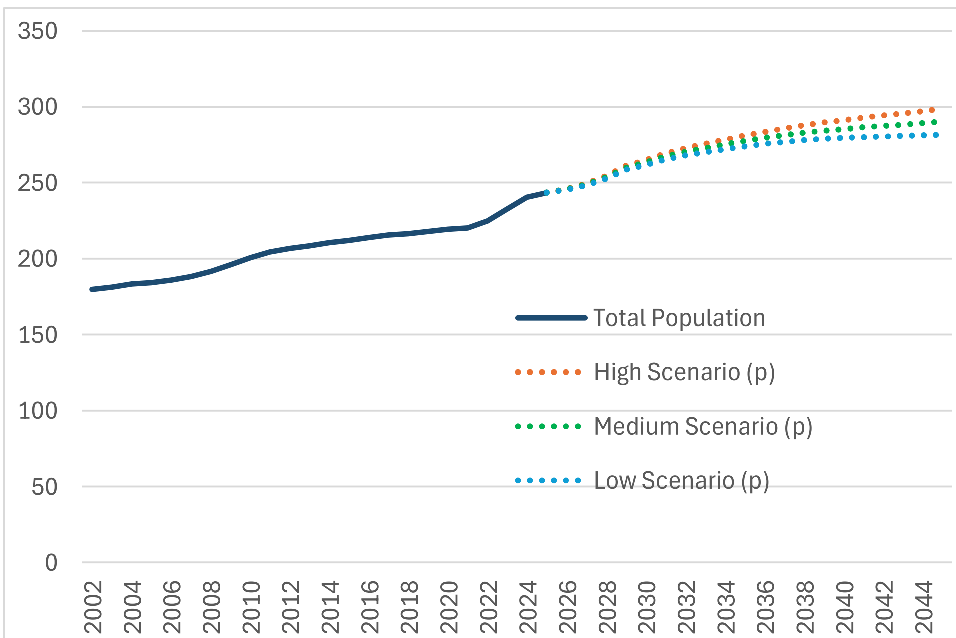
High Scenario: Net in-migration is assumed to fluctuate over the projection period, peaking at 6,987 in 2029 due to major project activity before declining to a low of 2,232 in 2043. Beyond 2043, net in-migration is assumed to increase in response to projected labour shortages associated with population aging. Over the entire projection period from 2026 to 2045, net in-migration averages about 3,424 persons per year.

Results

Total Population

The results from the three population projection scenarios are illustrated in Figure 4. In the low scenario, the population increases by 15.7 per cent from 243,478 people in 2025 to 281,588 in 2045. The medium and high scenarios project that the population will increase to 290,219 (+19.2 per cent) and 298,756 (+22.7 per cent), respectively, by 2045.

Figure 4: Total Population, St. John's CMA, 2002 to 2045p

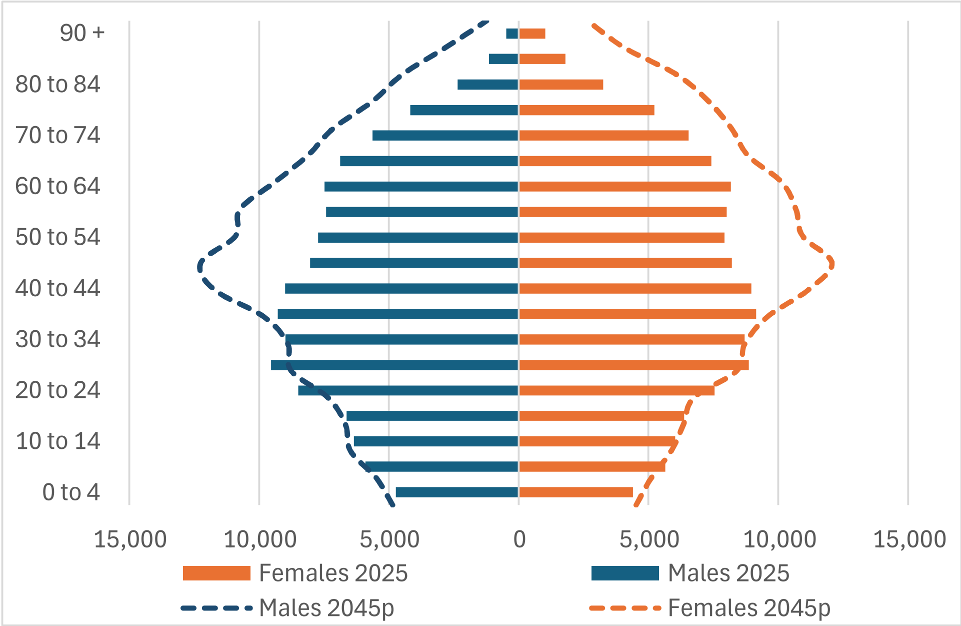


p: projection
Source: Statistics Canada; Department of Finance
Note: Left axis is in thousands.

In all three scenarios, the population continues to age, with the share of the population aged 65 years and over in the medium scenario increasing from 19.3 per cent in 2026 to 23.0 per cent in 2045 (detailed population projections by age and gender for the St. John's CMA can be found in Appendix A).

Age Distribution of Population Gains

Figure 5: Population Pyramid, St. John's CMA, 2025 and 2045p



p: projection (medium scenario)
Source: Statistics Canada; Department of Finance

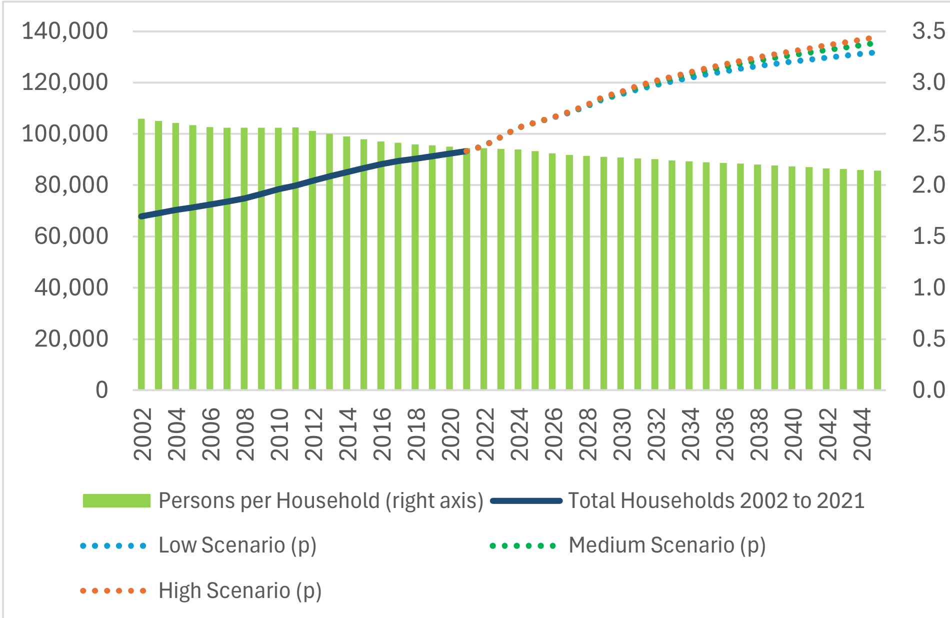
Population pyramids for the St. John's CMA for 2025 (solid bars) and 2045 (dashed lines) by gender in the medium scenario depicts a growing and aging population (see Figure 5). Population pyramids that are wide at the base and narrow near the top reflect a younger population, while those that are narrow at the base and wider at the top reflect an older population. Figure 5, which is wider in the middle age groups and tapers toward the bottom, reflects a population with a high number of middle-aged individuals.

The medium scenario projects that by 2045, the number of people aged 75 years or older will nearly double from 19,472 in 2025 to 34,346 in 2045. Similarly, the cohort of individuals aged 20 to 39 years in 2025 is projected to increase, reflecting the migration assumptions of the medium scenario, to eventually comprise much of the large middle-aged population between 40 and 59 projected for 2045. This is reflected by the dashed lines that bulge out for those aged 40 to 59 in 2045 (45,613 males; 44,825 females), representing significantly more individuals than those between ages 20 and 39 in 2025 (36,305 males; 34,257 females). Conversely, the number of young people aged 20 and 29 years in 2045 (16,130 males; 15,162 females) is not expected to be as large as it was in 2025 (18,032 males; 16,408 females). Factors such as a smaller replacement population, fewer young people in rural areas who traditionally migrate to the St. John's CMA, and ongoing out-migration among younger people are expected to contribute to the projected decline in the young adult population in 2045.

With respect to gender differences (i.e., the ratio of males to females), current trends are expected to persist throughout the projection period. Specifically, the gender distribution for all age groups under 75 years is projected to remain close to 50 per cent males and 50 per cent females. For individuals aged 75 to 79, the gender distribution is 44 per cent males and 56 per cent females, with the gender distribution of each consecutive group progressively deviating until it reaches approximately 32 per cent males to 68 per cent females for those 90 years and older.

Households

Figure 6: Total Households, St. John's, CMA, 2002 to 2045p



p: projection
Source: Statistics Canada; Department of Finance

The total number of households in the St. John's CMA has risen steadily since 2002 (see Figure 6). This can be partially attributed to total population growth, but also to the fact that the portion of the population heading households (known as the headship rate) is progressively higher in older age groups. Robust growth in the population aged 45 and over during the last 23 years also contributed to the increase in the number of households. Meanwhile, a decline in the population of younger people, who have lower household headship rates, pushed up the overall headship rate in the St. John's CMA. From 2002 to 2025, the number of households in the St. John's CMA increased from 67,885 to 104,394 (or 53.8 per cent), while the overall population in the region increased from 179,699 to 243,478 (or 35.5 per cent).

Household projections are produced by applying assumed future headship rates by age and gender to the population projections. Age-specific headship rates are expected to increase slightly over the projection period in all three scenarios, in line with historical trends. The rate of increase in households in the St. John's CMA continues to exceed the rate of population growth due to further aging of the population, for all three scenarios. In the low population scenario, the total number of households is projected to increase by 26.3 per cent from 104,394 in 2025 to 131,807 in 2045, reflecting a projected population increase of 15.7 per cent over the same period. In the medium scenario, the number of households is projected to increase by 29.8 per cent to 135,528 in 2045, reflecting a projected population increase of 19.2 per cent over the same period. In the high scenario, population growth, combined with an aging population, leads to further increases in the number of households. The number of households is projected to increase by 32.0 per cent to 137,793 in 2045, reflecting a projected population increase of 22.7 per cent over the same period.

As household formation outpaces population growth, there is a natural decline in average household size (see Figure 6). This occurs as the number of one-person and two-person households, particularly older couples and widowed individuals, increases in the St. John's CMA. As baby boomers continue to age, two-person households may become increasingly common. In addition, the death of a spouse in older households will result in more one-person households as the population ages. Over the last 23 years, the St. John's CMA has seen average household size decline from 2.65 in 2002 to about 2.33 in 2025. This downward trend is projected to continue over the next 20 years, reaching approximately 2.14 by 2045.

Appendix: Population and Household Projections for the St. John's CMA

Historical (2001-2025) and Projected (2026-2045)
Population and Household Estimates and Projections
Low, Medium, and High Scenario Results

POPULATION PROJECTIONS ST. JOHN'S CMA **Department of Finance**

Low Scenario, June 2026

	Total	0 - 4	5 - 9	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 +
2001	178,457	9,404	10,143	11,690	12,873	14,776	13,138	13,744	15,403	15,110	14,306	12,553	9,695	6,837	5,508	4,734	3,753	2,692	1,484	614
2002	179,699	9,183	10,047	11,583	12,958	14,607	13,295	13,653	15,261	15,239	14,470	12,872	10,413	7,130	5,600	4,726	3,734	2,776	1,504	648
2003	181,214	9,190	9,900	11,402	12,984	14,341	13,754	13,604	15,031	15,352	14,682	13,139	10,953	7,661	5,721	4,811	3,691	2,784	1,527	687
2004	183,401	9,309	9,833	11,226	12,848	14,521	14,092	13,639	14,693	15,678	14,790	13,538	11,457	8,149	5,917	4,851	3,807	2,780	1,539	734
2005	184,201	9,210	9,879	10,789	12,556	14,569	14,047	13,614	14,461	15,842	14,818	13,934	11,909	8,606	6,113	4,849	3,899	2,738	1,623	745
2006	185,903	9,351	9,744	10,611	12,285	14,795	14,010	13,635	14,252	15,880	15,077	14,128	12,236	9,298	6,413	4,908	3,900	2,828	1,730	822
2007	188,198	9,572	9,772	10,416	12,635	14,524	14,155	13,641	14,262	15,700	15,313	14,328	12,546	10,029	6,719	5,098	3,964	2,860	1,827	837
2008	191,605	9,880	9,956	10,343	12,788	14,674	14,444	13,993	14,263	15,495	15,515	14,550	12,858	10,644	7,277	5,228	4,111	2,890	1,842	854
2009	195,884	10,346	10,145	10,376	12,611	15,030	14,994	14,306	14,401	15,190	15,944	14,762	13,356	11,203	7,785	5,488	4,187	2,997	1,845	918
2010	200,554	10,741	10,154	10,505	12,112	15,892	15,640	14,641	14,724	15,132	16,161	15,031	13,845	11,800	8,213	5,715	4,270	3,083	1,876	1,019
2011	204,374	11,024	10,393	10,443	11,852	16,491	16,243	14,919	14,757	15,148	16,116	15,349	14,107	12,112	8,924	6,021	4,331	3,140	1,906	1,098
2012	206,603	10,992	10,648	10,419	11,753	16,008	16,426	15,301	14,798	15,256	16,151	15,601	14,261	12,440	9,662	6,219	4,463	3,156	1,898	1,151
2013	208,441	10,843	10,914	10,556	11,738	15,519	16,514	15,481	15,087	15,205	15,967	15,897	14,487	12,670	10,135	6,623	4,570	3,191	1,897	1,147
2014	210,515	10,881	11,162	10,731	11,675	15,096	16,385	15,823	15,144	15,274	15,764	16,171	14,713	13,045	10,603	6,984	4,735	3,242	1,917	1,170
2015	211,992	10,738	11,397	10,734	11,560	14,851	16,451	15,847	15,274	15,369	15,607	16,321	14,941	13,295	11,123	7,281	4,841	3,274	1,903	1,185
2016	213,775	10,732	11,506	10,944	11,367	14,890	16,362	15,894	15,410	15,188	15,541	16,380	15,231	13,518	11,396	7,930	5,019	3,328	1,909	1,230
2017	215,534	10,704	11,438	11,034	11,427	14,687	16,277	15,938	15,475	15,069	15,495	16,296	15,413	13,839	11,737	8,719	5,298	3,482	1,974	1,232
2018	216,404	10,441	11,174	11,140	11,634	14,460	15,895	15,872	15,363	15,238	15,271	15,991	15,635	14,121	12,013	9,400	5,765	3,680	2,047	1,264
2019	217,821	10,109	11,133	11,268	11,720	14,563	15,593	15,608	15,566	15,204	15,200	15,612	15,801	14,430	12,429	9,990	6,291	3,911	2,119	1,274
2020	219,282	9,829	10,908	11,501	11,603	14,827	15,193	15,515	15,663	15,226	15,205	15,341	15,920	14,689	12,817	10,588	6,733	4,174	2,229	1,321
2021	220,052	9,501	10,840	11,487	11,389	14,719	14,893	15,522	15,724	15,299	14,979	15,246	15,928	14,926	13,115	10,827	7,464	4,456	2,366	1,371
2022	224,707	9,463	10,956	11,578	12,064	15,230	15,360	15,964	16,119	15,667	15,048	15,258	15,928	15,050	13,421	11,065	8,094	4,572	2,507	1,363
2023	232,536	9,397	11,362	11,752	12,534	15,910	16,556	16,804	17,339	16,437	15,571	15,230	15,800	15,219	13,772	11,316	8,595	4,907	2,637	1,398
2024	240,428	9,345	11,636	12,236	12,872	16,351	17,991	17,598	18,051	17,423	15,949	15,491	15,633	15,470	14,074	11,801	8,990	5,303	2,776	1,438
2025	243,478	9,133	11,551	12,367	13,001	16,035	18,405	17,695	18,427	17,955	16,244	15,645	15,431	15,645	14,293	12,179	9,415	5,603	2,947	1,507
2026	245,328	8,911	11,198	12,575	12,910	15,062	19,058	17,701	18,673	18,485	16,473	15,734	15,449	15,733	14,598	12,455	9,550	6,096	3,104	1,561
2027	248,226	8,743	10,961	12,932	12,879	14,646	19,293	18,043	18,926	18,894	17,077	15,719	15,527	15,859	14,901	12,652	9,756	6,508	3,258	1,651
2028	252,659	9,010	10,797	13,100	12,864	14,584	19,251	18,923	19,262	19,457	17,705	15,990	15,628	15,955	15,099	12,977	9,972	6,952	3,412	1,719
2029	258,459	9,307	10,615	13,418	13,077	14,777	19,368	19,980	19,460	20,076	18,431	16,501	15,789	16,083	15,393	13,232	10,237	7,279	3,626	1,811
2030	261,579	9,533	10,474	13,340	13,178	15,013	18,757	20,759	19,349	20,503	19,032	16,738	16,012	15,914	15,689	13,573	10,421	7,562	3,880	1,850
2031	265,229	9,661	10,565	13,117	13,574	15,022	18,208	21,620	19,515	20,800	19,626	17,054	16,153	16,011	15,833	13,907	10,690	7,689	4,243	1,939
2032	267,959	9,706	10,508	12,914	13,998	14,942	17,842	21,811	19,850	21,026	20,002	17,669	16,120	16,096	15,964	14,197	10,861	7,875	4,534	2,045
2033	270,050	9,687	10,690	12,632	14,077	14,770	17,450	21,471	20,531	21,199	20,444	18,195	16,285	16,125	15,991	14,348	11,127	8,054	4,839	2,133
2034	272,030	9,645	10,796	12,245	14,221	14,805	17,255	21,078	21,221	21,086	20,830	18,730	16,626	16,106	15,978	14,530	11,298	8,260	5,053	2,266
2035	273,894	9,594	10,959	12,048	14,108	14,840	17,358	20,302	21,919	20,906	21,205	19,289	16,833	16,301	15,799	14,808	11,586	8,406	5,243	2,389
2036	275,492	9,522	10,990	12,063	13,802	15,154	17,140	19,494	22,596	20,933	21,378	19,793	17,075	16,377	15,841	14,916	11,856	8,627	5,337	2,600
2037	276,827	9,433	10,964	11,952	13,546	15,522	16,895	18,986	22,677	21,199	21,545	20,122	17,637	16,316	15,900	15,030	12,094	8,770	5,477	2,763
2038	278,002	9,333	10,908	12,120	13,246	15,538	16,613	18,525	22,280	21,871	21,689	20,533	18,133	16,468	15,924	15,055	12,224	9,006	5,615	2,921
2039	278,924	9,221	10,820	12,196	12,834	15,625	16,523	18,248	21,805	22,541	21,537	20,884	18,632	16,788	15,887	15,039	12,379	9,149	5,768	3,048
2040	279,480	9,093	10,712	12,324	12,595	15,418	16,398	18,233	20,929	23,199	21,305	21,207	19,136	16,968	16,058	14,866	12,621	9,381	5,873	3,163
2041	280,038	8,974	10,594	12,323	12,575	15,034	16,614	17,924	20,048	23,849	21,300	21,345	19,602	17,197	16,118	14,899	12,720	9,614	6,038	3,271
2042	280,448	8,858	10,466	12,267	12,439	14,717	16,907	17,594	19,488	23,888	21,535	21,484	19,900	17,732	16,054	14,950	12,824	9,805	6,146	3,395
2043	280,715	8,746	10,328	12,182	12,593	14,361	16,814	17,240	18,974	23,439	22,182	21,604	20,271	18,210	16,189	14,974	12,848	9,921	6,331	3,508
2044	281,111	8,652	10,198	12,083	12,668	13,895	16,860	17,121	18,689	22,935	22,849	21,449	20,617	18,702	16,505	14,933	12,840	10,050	6,442	3,622
2045	281,588	8,573	10,080	11,985	12,791	13,645	16,652	17,031	18,708	22,060	23,534	21,244	20,962	19,221	16,703	15,106	12,707	10,276	6,615	3,697

Note: Figures may not add due to rounding

Source: Statistics Canada, Department of Finance

Low Scenario, June 2026

	Males	0 - 4	5 - 9	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 +
2001	86,160	4,861	5,129	5,942	6,522	7,162	6,466	6,641	7,400	7,333	6,924	6,163	4,762	3,349	2,585	2,034	1,506	900	359	122
2002	86,848	4,751	5,102	5,873	6,575	7,105	6,567	6,640	7,287	7,378	7,027	6,289	5,103	3,478	2,683	2,021	1,528	957	360	124
2003	87,734	4,714	5,062	5,777	6,568	7,105	6,787	6,649	7,167	7,431	7,130	6,396	5,412	3,727	2,751	2,095	1,491	967	383	122
2004	88,916	4,800	5,034	5,664	6,498	7,244	6,954	6,704	7,015	7,583	7,180	6,636	5,577	4,003	2,833	2,158	1,542	977	394	120
2005	89,426	4,759	5,085	5,498	6,336	7,286	6,924	6,742	6,952	7,611	7,154	6,787	5,837	4,201	2,951	2,203	1,551	1,005	423	121
2006	90,334	4,808	5,061	5,405	6,179	7,367	6,943	6,727	6,899	7,682	7,217	6,883	5,999	4,553	3,081	2,265	1,547	1,076	488	154
2007	91,391	4,909	5,062	5,313	6,377	7,208	7,017	6,667	6,972	7,535	7,366	6,989	6,127	4,903	3,197	2,369	1,594	1,094	531	161
2008	93,024	5,025	5,142	5,270	6,443	7,288	7,191	6,843	6,959	7,437	7,493	7,081	6,233	5,246	3,449	2,387	1,697	1,086	570	184
2009	95,256	5,222	5,277	5,282	6,277	7,516	7,461	7,028	7,049	7,305	7,735	7,252	6,535	5,425	3,748	2,503	1,746	1,129	576	190
2010	97,829	5,410	5,263	5,373	6,041	7,963	7,868	7,206	7,254	7,366	7,786	7,435	6,779	5,766	3,903	2,647	1,799	1,123	619	228
2011	99,786	5,560	5,368	5,377	5,879	8,334	8,164	7,298	7,265	7,408	7,793	7,535	6,934	5,930	4,268	2,826	1,832	1,135	629	251
2012	101,038	5,561	5,486	5,412	5,876	8,033	8,260	7,552	7,233	7,481	7,810	7,642	7,025	6,104	4,631	2,902	1,949	1,166	628	287
2013	102,026	5,523	5,600	5,458	5,947	7,749	8,290	7,676	7,370	7,418	7,740	7,754	7,162	6,164	4,934	3,089	2,034	1,222	616	280
2014	103,357	5,569	5,683	5,606	5,932	7,557	8,327	7,838	7,471	7,442	7,617	7,900	7,306	6,389	5,097	3,310	2,109	1,279	631	294
2015	104,319	5,547	5,776	5,572	5,942	7,477	8,393	7,873	7,503	7,571	7,543	7,913	7,418	6,509	5,339	3,430	2,214	1,349	634	316
2016	105,367	5,604	5,825	5,655	5,941	7,478	8,410	7,947	7,482	7,521	7,561	7,926	7,492	6,596	5,458	3,781	2,303	1,395	648	344
2017	106,265	5,584	5,805	5,681	5,968	7,486	8,320	8,067	7,546	7,411	7,575	7,896	7,526	6,759	5,624	4,133	2,403	1,466	687	328
2018	106,622	5,417	5,720	5,716	6,010	7,512	8,077	8,055	7,540	7,510	7,462	7,732	7,586	6,905	5,703	4,452	2,599	1,569	735	322
2019	107,258	5,225	5,705	5,759	6,077	7,568	7,913	7,996	7,679	7,528	7,443	7,493	7,644	7,074	5,894	4,646	2,858	1,638	791	327
2020	107,925	5,051	5,592	5,907	5,984	7,741	7,762	7,900	7,834	7,482	7,514	7,390	7,665	7,173	6,082	4,865	3,028	1,771	843	341
2021	108,248	4,909	5,559	5,894	5,870	7,701	7,618	7,865	7,934	7,501	7,423	7,398	7,653	7,224	6,243	4,967	3,385	1,863	892	349
2022	110,748	4,834	5,652	5,883	6,299	8,025	7,913	8,068	8,179	7,728	7,440	7,423	7,666	7,240	6,417	5,067	3,701	1,880	968	365
2023	114,836	4,825	5,818	6,009	6,506	8,415	8,652	8,484	8,781	8,168	7,725	7,432	7,585	7,304	6,622	5,161	3,901	2,028	1,014	406
2024	118,754	4,802	5,971	6,274	6,582	8,674	9,380	8,880	9,124	8,695	7,923	7,599	7,458	7,429	6,780	5,424	4,026	2,230	1,063	440
2025	120,234	4,729	5,903	6,342	6,625	8,486	9,546	8,991	9,282	8,999	8,033	7,723	7,421	7,474	6,873	5,632	4,182	2,357	1,150	486
2026	121,065	4,663	5,622	6,512	6,543	7,909	9,955	8,972	9,458	9,271	8,107	7,834	7,510	7,427	7,035	5,713	4,284	2,525	1,251	476
2027	122,427	4,555	5,604	6,643	6,484	7,639	10,116	9,201	9,581	9,477	8,445	7,835	7,560	7,379	7,220	5,831	4,323	2,718	1,334	482
2028	124,576	4,663	5,536	6,713	6,495	7,615	9,988	9,766	9,768	9,762	8,828	7,948	7,598	7,382	7,340	5,940	4,427	2,905	1,369	533
2029	127,417	4,780	5,465	6,930	6,632	7,579	10,117	10,257	9,918	10,086	9,183	8,198	7,731	7,385	7,487	6,088	4,519	3,033	1,468	562
2030	128,892	4,928	5,402	6,880	6,612	7,758	9,798	10,676	9,822	10,340	9,478	8,238	7,943	7,314	7,494	6,307	4,636	3,134	1,556	575
2031	130,630	5,004	5,506	6,672	6,873	7,752	9,468	11,159	9,835	10,530	9,768	8,368	8,073	7,444	7,471	6,476	4,721	3,221	1,676	611
2032	131,910	5,026	5,459	6,693	7,037	7,671	9,242	11,285	10,040	10,628	9,940	8,719	8,063	7,500	7,425	6,651	4,821	3,258	1,809	642
2033	132,868	5,014	5,518	6,564	7,062	7,604	9,041	11,003	10,503	10,726	10,160	9,049	8,127	7,505	7,398	6,745	4,907	3,341	1,932	671
2034	133,760	4,992	5,535	6,386	7,187	7,655	8,787	10,878	10,805	10,709	10,363	9,298	8,293	7,551	7,336	6,832	5,011	3,407	2,014	720
2035	134,602	4,965	5,655	6,292	7,117	7,597	8,903	10,474	11,182	10,572	10,587	9,568	8,320	7,748	7,261	6,840	5,195	3,497	2,075	754
2036	135,316	4,926	5,679	6,360	6,867	7,824	8,778	10,010	11,570	10,504	10,711	9,809	8,415	7,847	7,366	6,806	5,330	3,565	2,136	815
2037	135,908	4,880	5,665	6,281	6,867	7,958	8,603	9,713	11,644	10,668	10,776	9,955	8,740	7,825	7,411	6,762	5,474	3,644	2,163	877
2038	136,440	4,829	5,634	6,333	6,738	7,941	8,485	9,478	11,334	11,132	10,854	10,159	9,060	7,880	7,417	6,739	5,553	3,718	2,227	928
2039	136,811	4,770	5,588	6,331	6,548	8,036	8,472	9,179	11,169	11,422	10,815	10,343	9,291	8,034	7,457	6,685	5,625	3,801	2,275	970
2040	137,025	4,704	5,532	6,436	6,432	7,912	8,323	9,237	10,715	11,777	10,652	10,540	9,535	8,048	7,644	6,618	5,636	3,951	2,337	995
2041	137,230	4,642	5,471	6,445	6,479	7,611	8,500	9,065	10,219	12,153	10,567	10,642	9,759	8,134	7,738	6,714	5,610	4,058	2,388	1,035
2042	137,369	4,582	5,405	6,414	6,390	7,590	8,583	8,845	9,893	12,210	10,711	10,692	9,889	8,440	7,717	6,756	5,578	4,171	2,444	1,061
2043	137,450	4,525	5,335	6,368	6,434	7,432	8,493	8,695	9,633	11,869	11,161	10,756	10,079	8,739	7,766	6,765	5,565	4,233	2,500	1,103
2044	137,573	4,475	5,267	6,316	6,431	7,205	8,572	8,665	9,328	11,692	11,447	10,714	10,263	8,959	7,924	6,805	5,526	4,289	2,562	1,133
2045	137,751	4,435	5,207	6,265	6,529	7,079	8,440	8,536	9,401	11,242	11,813	10,566	10,469	9,202	7,954	6,987	5,480	4,310	2,672	1,162

Note: Figures may not add due to rounding

Source: Statistics Canada, Department of Finance

POPULATION PROJECTIONS ST. JOHN'S CMA **Department of Finance**

Low Scenario, June 2026

	Females	0 - 4	5 - 9	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 +
2001	92,297	4,543	5,014	5,748	6,351	7,614	6,672	7,103	8,003	7,777	7,382	6,390	4,933	3,488	2,923	2,700	2,247	1,792	1,125	492
2002	92,851	4,432	4,945	5,710	6,383	7,502	6,728	7,013	7,974	7,861	7,443	6,583	5,310	3,652	2,917	2,705	2,206	1,819	1,144	524
2003	93,480	4,476	4,838	5,625	6,416	7,236	6,967	6,955	7,864	7,921	7,552	6,743	5,541	3,934	2,970	2,716	2,200	1,817	1,144	565
2004	94,485	4,509	4,799	5,562	6,350	7,277	7,138	6,935	7,678	8,095	7,610	6,902	5,880	4,146	3,084	2,693	2,265	1,803	1,145	614
2005	94,775	4,451	4,794	5,291	6,220	7,283	7,123	6,872	7,509	8,231	7,664	7,147	6,072	4,405	3,162	2,646	2,348	1,733	1,200	624
2006	95,569	4,543	4,683	5,206	6,106	7,428	7,067	6,908	7,353	8,198	7,860	7,245	6,237	4,745	3,332	2,643	2,353	1,752	1,242	668
2007	96,807	4,663	4,710	5,103	6,258	7,316	7,138	6,974	7,290	8,165	7,947	7,339	6,419	5,126	3,522	2,729	2,370	1,766	1,296	676
2008	98,581	4,855	4,814	5,073	6,345	7,386	7,253	7,150	7,304	8,058	8,022	7,469	6,625	5,398	3,828	2,841	2,414	1,804	1,272	670
2009	100,628	5,124	4,868	5,094	6,334	7,514	7,533	7,278	7,352	7,885	8,209	7,510	6,821	5,778	4,037	2,985	2,441	1,868	1,269	728
2010	102,725	5,331	4,891	5,132	6,071	7,929	7,772	7,435	7,470	7,766	8,375	7,596	7,066	6,034	4,310	3,068	2,471	1,960	1,257	791
2011	104,588	5,464	5,025	5,066	5,973	8,157	8,079	7,621	7,492	7,740	8,323	7,814	7,173	6,182	4,656	3,195	2,499	2,005	1,277	847
2012	105,565	5,431	5,162	5,007	5,877	7,975	8,166	7,749	7,565	7,775	8,341	7,959	7,236	6,336	5,031	3,317	2,514	1,990	1,270	864
2013	106,415	5,320	5,314	5,098	5,791	7,770	8,224	7,805	7,717	7,787	8,227	8,143	7,325	6,506	5,201	3,534	2,536	1,969	1,281	867
2014	107,158	5,312	5,479	5,125	5,743	7,539	8,058	7,985	7,673	7,832	8,147	8,271	7,407	6,656	5,506	3,674	2,626	1,963	1,286	876
2015	107,673	5,191	5,621	5,162	5,618	7,374	8,058	7,974	7,771	7,798	8,064	8,408	7,523	6,786	5,784	3,851	2,627	1,925	1,269	869
2016	108,408	5,128	5,681	5,289	5,426	7,412	7,952	7,947	7,928	7,667	7,980	8,454	7,739	6,922	5,938	4,149	2,716	1,933	1,261	886
2017	109,269	5,120	5,633	5,353	5,459	7,201	7,957	7,871	7,929	7,658	7,920	8,400	7,887	7,080	6,113	4,586	2,895	2,016	1,287	904
2018	109,782	5,024	5,454	5,424	5,624	6,948	7,818	7,817	7,823	7,728	7,809	8,259	8,049	7,216	6,310	4,948	3,166	2,111	1,312	942
2019	110,563	4,884	5,428	5,509	5,643	6,995	7,680	7,612	7,887	7,676	7,757	8,119	8,157	7,356	6,535	5,344	3,433	2,273	1,328	947
2020	111,357	4,778	5,316	5,594	5,619	7,086	7,431	7,615	7,829	7,744	7,691	7,951	8,255	7,516	6,735	5,723	3,705	2,403	1,386	980
2021	111,804	4,592	5,281	5,593	5,519	7,018	7,275	7,657	7,790	7,798	7,556	7,848	8,275	7,702	6,872	5,860	4,079	2,593	1,474	1,022
2022	113,959	4,629	5,304	5,695	5,765	7,205	7,447	7,896	7,940	7,939	7,608	7,835	8,262	7,810	7,004	5,998	4,393	2,692	1,539	998
2023	117,700	4,572	5,544	5,743	6,028	7,495	7,904	8,320	8,558	8,269	7,846	7,798	8,215	7,915	7,150	6,155	4,694	2,879	1,623	992
2024	121,674	4,543	5,665	5,962	6,290	7,677	8,611	8,718	8,927	8,728	8,026	7,892	8,175	8,041	7,294	6,377	4,964	3,073	1,713	998
2025	123,244	4,404	5,648	6,025	6,376	7,549	8,859	8,704	9,145	8,956	8,211	7,922	8,010	8,171	7,420	6,547	5,233	3,246	1,797	1,021
2026	124,264	4,248	5,576	6,064	6,368	7,154	9,104	8,730	9,216	9,214	8,366	7,899	7,940	8,307	7,563	6,742	5,265	3,571	1,853	1,086
2027	125,800	4,188	5,356	6,289	6,395	7,008	9,177	8,843	9,346	9,417	8,631	7,885	7,968	8,480	7,681	6,821	5,432	3,790	1,923	1,169
2028	128,085	4,347	5,260	6,388	6,370	6,970	9,263	9,158	9,494	9,695	8,877	8,042	8,030	8,574	7,759	7,038	5,545	4,047	2,042	1,187
2029	131,043	4,527	5,150	6,487	6,445	7,199	9,251	9,724	9,542	9,991	9,247	8,303	8,059	8,698	7,906	7,144	5,717	4,246	2,157	1,250
2030	132,689	4,605	5,072	6,460	6,567	7,255	8,959	10,083	9,527	10,164	9,554	8,500	8,070	8,601	8,196	7,267	5,784	4,428	2,323	1,275
2031	134,601	4,657	5,059	6,445	6,702	7,271	8,740	10,462	9,680	10,270	9,858	8,686	8,080	8,567	8,362	7,431	5,969	4,468	2,566	1,328
2032	136,050	4,680	5,049	6,221	6,961	7,271	8,601	10,527	9,811	10,399	10,062	8,949	8,057	8,596	8,538	7,545	6,039	4,617	2,724	1,403
2033	137,183	4,673	5,172	6,068	7,016	7,167	8,410	10,469	10,029	10,474	10,284	9,147	8,158	8,621	8,593	7,603	6,220	4,713	2,907	1,463
2034	138,271	4,652	5,261	5,859	7,034	7,150	8,468	10,201	10,416	10,378	10,467	9,432	8,333	8,556	8,642	7,698	6,286	4,853	3,038	1,546
2035	139,294	4,629	5,304	5,757	6,992	7,243	8,456	9,828	10,738	10,335	10,617	9,721	8,514	8,554	8,537	7,967	6,390	4,909	3,167	1,636
2036	140,177	4,595	5,311	5,703	6,935	7,330	8,363	9,484	11,026	10,430	10,666	9,983	8,660	8,531	8,476	8,110	6,525	5,062	3,200	1,786
2037	140,921	4,552	5,299	5,671	6,679	7,564	8,292	9,273	11,033	10,531	10,768	10,167	8,897	8,492	8,489	8,268	6,619	5,126	3,314	1,887
2038	141,563	4,504	5,274	5,787	6,508	7,597	8,128	9,047	10,946	10,740	10,834	10,374	9,073	8,588	8,507	8,316	6,671	5,288	3,387	1,994
2039	142,115	4,450	5,232	5,866	6,286	7,589	8,051	9,070	10,637	11,119	10,721	10,541	9,341	8,754	8,430	8,354	6,754	5,348	3,492	2,079
2040	142,455	4,389	5,180	5,888	6,164	7,507	8,075	8,996	10,213	11,422	10,652	10,667	9,601	8,921	8,414	8,248	6,984	5,430	3,535	2,169
2041	142,809	4,331	5,123	5,878	6,096	7,423	8,114	8,859	9,829	11,697	10,732	10,703	9,843	9,064	8,380	8,185	7,109	5,556	3,650	2,237
2042	143,080	4,276	5,061	5,853	6,050	7,128	8,325	8,749	9,595	11,678	10,824	10,792	10,011	9,293	8,337	8,194	7,246	5,634	3,701	2,334
2043	143,267	4,221	4,993	5,814	6,160	6,930	8,322	8,546	9,342	11,570	11,021	10,848	10,192	9,471	8,423	8,209	7,283	5,688	3,830	2,405
2044	143,539	4,176	4,931	5,766	6,237	6,691	8,289	8,456	9,361	11,244	11,402	10,734	10,355	9,744	8,580	8,128	7,313	5,761	3,880	2,490
2045	143,838	4,137	4,873	5,720	6,262	6,567	8,212	8,495	9,307	10,819	11,720	10,677	10,493	10,019	8,749	8,118	7,227	5,965	3,941	2,536

Note: Figures may not add due to rounding

Source: Statistics Canada, Department of Finance

Medium Scenario, June 2026

	Total	0 - 4	5 - 9	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 +
2001	178,457	9,404	10,143	11,690	12,873	14,776	13,138	13,744	15,403	15,110	14,306	12,553	9,695	6,837	5,508	4,734	3,753	2,692	1,484	614
2002	179,699	9,183	10,047	11,583	12,958	14,607	13,295	13,653	15,261	15,239	14,470	12,872	10,413	7,130	5,600	4,726	3,734	2,776	1,504	648
2003	181,214	9,190	9,900	11,402	12,984	14,341	13,754	13,604	15,031	15,352	14,682	13,139	10,953	7,661	5,721	4,811	3,691	2,784	1,527	687
2004	183,401	9,309	9,833	11,226	12,848	14,521	14,092	13,639	14,693	15,678	14,790	13,538	11,457	8,149	5,917	4,851	3,807	2,780	1,539	734
2005	184,201	9,210	9,879	10,789	12,556	14,569	14,047	13,614	14,461	15,842	14,818	13,934	11,909	8,606	6,113	4,849	3,899	2,738	1,623	745
2006	185,903	9,351	9,744	10,611	12,285	14,795	14,010	13,635	14,252	15,880	15,077	14,128	12,236	9,298	6,413	4,908	3,900	2,828	1,730	822
2007	188,198	9,572	9,772	10,416	12,635	14,524	14,155	13,641	14,262	15,700	15,313	14,328	12,546	10,029	6,719	5,098	3,964	2,860	1,827	837
2008	191,605	9,880	9,956	10,343	12,788	14,674	14,444	13,993	14,263	15,495	15,515	14,550	12,858	10,644	7,277	5,228	4,111	2,890	1,842	854
2009	195,884	10,346	10,145	10,376	12,611	15,030	14,994	14,306	14,401	15,190	15,944	14,762	13,356	11,203	7,785	5,488	4,187	2,997	1,845	918
2010	200,554	10,741	10,154	10,505	12,112	15,892	15,640	14,641	14,724	15,132	16,161	15,031	13,845	11,800	8,213	5,715	4,270	3,083	1,876	1,019
2011	204,374	11,024	10,393	10,443	11,852	16,491	16,243	14,919	14,757	15,148	16,116	15,349	14,107	12,112	8,924	6,021	4,331	3,140	1,906	1,098
2012	206,603	10,992	10,648	10,419	11,753	16,008	16,426	15,301	14,798	15,256	16,151	15,601	14,261	12,440	9,662	6,219	4,463	3,156	1,898	1,151
2013	208,441	10,843	10,914	10,556	11,738	15,519	16,514	15,481	15,087	15,205	15,967	15,897	14,487	12,670	10,135	6,623	4,570	3,191	1,897	1,147
2014	210,515	10,881	11,162	10,731	11,675	15,096	16,385	15,823	15,144	15,274	15,764	16,171	14,713	13,045	10,603	6,984	4,735	3,242	1,917	1,170
2015	211,992	10,738	11,397	10,734	11,560	14,851	16,451	15,847	15,274	15,369	15,607	16,321	14,941	13,295	11,123	7,281	4,841	3,274	1,903	1,185
2016	213,775	10,732	11,506	10,944	11,367	14,890	16,362	15,894	15,410	15,188	15,541	16,380	15,231	13,518	11,396	7,930	5,019	3,328	1,909	1,230
2017	215,534	10,704	11,438	11,034	11,427	14,687	16,277	15,938	15,475	15,069	15,495	16,296	15,413	13,839	11,737	8,719	5,298	3,482	1,974	1,232
2018	216,404	10,441	11,174	11,140	11,634	14,460	15,895	15,872	15,363	15,238	15,271	15,991	15,635	14,121	12,013	9,400	5,765	3,680	2,047	1,264
2019	217,821	10,109	11,133	11,268	11,720	14,563	15,593	15,608	15,566	15,204	15,200	15,612	15,801	14,430	12,429	9,990	6,291	3,911	2,119	1,274
2020	219,282	9,829	10,908	11,501	11,603	14,827	15,193	15,515	15,663	15,226	15,205	15,341	15,920	14,689	12,817	10,588	6,733	4,174	2,229	1,321
2021	220,052	9,501	10,840	11,487	11,389	14,719	14,893	15,522	15,724	15,299	14,979	15,246	15,928	14,926	13,115	10,827	7,464	4,456	2,366	1,371
2022	224,707	9,463	10,956	11,578	12,064	15,230	15,360	15,964	16,119	15,667	15,048	15,258	15,928	15,050	13,421	11,065	8,094	4,572	2,507	1,363
2023	232,536	9,397	11,362	11,752	12,534	15,910	16,556	16,804	17,339	16,437	15,571	15,230	15,800	15,219	13,772	11,316	8,595	4,907	2,637	1,398
2024	240,428	9,345	11,636	12,236	12,872	16,351	17,991	17,598	18,051	17,423	15,949	15,491	15,633	15,470	14,074	11,801	8,990	5,303	2,776	1,438
2025	243,478	9,133	11,551	12,367	13,001	16,035	18,405	17,695	18,427	17,955	16,244	15,645	15,431	15,645	14,293	12,179	9,415	5,603	2,947	1,507
2026	245,678	8,960	11,223	12,599	12,925	15,094	19,094	17,750	18,713	18,515	16,489	15,746	15,457	15,735	14,600	12,460	9,552	6,098	3,105	1,563
2027	248,912	8,810	11,010	12,976	12,911	14,704	19,367	18,136	19,014	18,960	17,111	15,741	15,544	15,868	14,907	12,663	9,763	6,514	3,261	1,651
2028	253,677	9,077	10,871	13,173	12,910	14,665	19,363	19,060	19,396	19,560	17,764	16,024	15,656	15,971	15,110	12,989	9,984	6,963	3,419	1,722
2029	259,825	9,372	10,707	13,518	13,141	14,876	19,517	20,163	19,635	20,225	18,515	16,550	15,827	16,108	15,410	13,252	10,256	7,298	3,638	1,816
2030	263,266	9,557	10,585	13,467	13,264	15,126	18,946	20,984	19,573	20,693	19,147	16,804	16,059	15,948	15,712	13,604	10,450	7,590	3,899	1,857
2031	267,304	9,728	10,657	13,272	13,686	15,153	18,433	21,887	19,791	21,030	19,776	17,138	16,217	16,055	15,865	13,943	10,728	7,726	4,270	1,949
2032	270,366	9,796	10,572	13,096	14,130	15,084	18,087	22,112	20,167	21,302	20,187	17,773	16,195	16,150	16,005	14,242	10,911	7,923	4,573	2,060
2033	272,810	9,812	10,731	12,838	14,238	14,924	17,710	21,801	20,891	21,519	20,668	18,325	16,372	16,194	16,040	14,403	11,188	8,114	4,890	2,154
2034	275,166	9,810	10,820	12,470	14,406	14,979	17,526	21,437	21,624	21,449	21,099	18,884	16,729	16,184	16,038	14,596	11,371	8,334	5,118	2,294
2035	277,425	9,804	10,967	12,290	14,318	15,034	17,638	20,694	22,364	21,313	21,512	19,472	16,952	16,394	15,869	14,886	11,673	8,495	5,324	2,425
2036	279,443	9,777	11,033	12,282	14,037	15,375	17,433	19,910	23,077	21,389	21,725	20,010	17,213	16,483	15,927	15,005	11,958	8,733	5,432	2,646
2037	281,210	9,736	11,043	12,144	13,807	15,769	17,203	19,424	23,193	21,699	21,937	20,373	17,798	16,437	15,998	15,134	12,212	8,893	5,589	2,821
2038	282,846	9,687	11,030	12,288	13,532	15,817	16,936	18,978	22,827	22,418	22,128	20,826	18,321	16,604	16,039	15,172	12,358	9,148	5,744	2,993
2039	284,241	9,628	10,989	12,345	13,137	15,932	16,869	18,711	22,382	23,138	22,016	21,222	18,847	16,943	16,015	15,172	12,529	9,312	5,920	3,134
2040	285,290	9,557	10,929	12,461	12,920	15,753	16,769	18,708	21,533	23,842	21,831	21,586	19,383	17,142	16,204	15,009	12,789	9,566	6,044	3,263
2041	286,378	9,499	10,862	12,496	12,878	15,396	17,016	18,411	20,675	24,535	21,877	21,760	19,886	17,393	16,281	15,061	12,906	9,823	6,234	3,388
2042	287,330	9,448	10,789	12,479	12,717	15,108	17,341	18,097	20,136	24,610	22,159	21,946	20,222	17,953	16,234	15,132	13,028	10,038	6,363	3,529
2043	288,159	9,403	10,708	12,437	12,849	14,780	17,283	17,762	19,637	24,192	22,854	22,114	20,635	18,460	16,386	15,175	13,070	10,178	6,573	3,661
2044	289,131	9,377	10,638	12,386	12,905	14,334	17,366	17,667	19,359	23,718	23,576	22,001	21,026	18,984	16,726	15,151	13,080	10,330	6,709	3,795
2045	290,219	9,376	10,580	12,341	13,017	14,103	17,189	17,607	19,393	22,871	24,312	21,840	21,415	19,538	16,946	15,345	12,965	10,581	6,910	3,890

Note: Figures may not add due to rounding

Source: Statistics Canada, Department of Finance

POPULATION PROJECTIONS ST. JOHN'S CMA

Medium Scenario, June 2026

	Males	0 - 4	5 - 9	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 +
2001	86,160	4,861	5,129	5,942	6,522	7,162	6,466	6,641	7,400	7,333	6,924	6,163	4,762	3,349	2,585	2,034	1,506	900	359	122
2002	86,848	4,751	5,102	5,873	6,575	7,105	6,567	6,640	7,287	7,378	7,027	6,289	5,103	3,478	2,683	2,021	1,528	957	360	124
2003	87,734	4,714	5,062	5,777	6,568	7,105	6,787	6,649	7,167	7,431	7,130	6,396	5,412	3,727	2,751	2,095	1,491	967	383	122
2004	88,916	4,800	5,034	5,664	6,498	7,244	6,954	6,704	7,015	7,583	7,180	6,636	5,577	4,003	2,833	2,158	1,542	977	394	120
2005	89,426	4,759	5,085	5,498	6,336	7,286	6,924	6,742	6,952	7,611	7,154	6,787	5,837	4,201	2,951	2,203	1,551	1,005	423	121
2006	90,334	4,808	5,061	5,405	6,179	7,367	6,943	6,727	6,899	7,682	7,217	6,883	5,999	4,553	3,081	2,265	1,547	1,076	488	154
2007	91,391	4,909	5,062	5,313	6,377	7,208	7,017	6,667	6,972	7,535	7,366	6,989	6,127	4,903	3,197	2,369	1,594	1,094	531	161
2008	93,024	5,025	5,142	5,270	6,443	7,288	7,191	6,843	6,959	7,437	7,493	7,081	6,233	5,246	3,449	2,387	1,697	1,086	570	184
2009	95,256	5,222	5,277	5,282	6,277	7,516	7,461	7,028	7,049	7,305	7,735	7,252	6,535	5,425	3,748	2,503	1,746	1,129	576	190
2010	97,829	5,410	5,263	5,373	6,041	7,963	7,868	7,206	7,254	7,366	7,786	7,435	6,779	5,766	3,903	2,647	1,799	1,123	619	228
2011	99,786	5,560	5,368	5,377	5,879	8,334	8,164	7,298	7,265	7,408	7,793	7,535	6,934	5,930	4,268	2,826	1,832	1,135	629	251
2012	101,038	5,561	5,486	5,412	5,876	8,033	8,260	7,552	7,233	7,481	7,810	7,642	7,025	6,104	4,631	2,902	1,949	1,166	628	287
2013	102,026	5,523	5,600	5,458	5,947	7,749	8,290	7,676	7,370	7,418	7,740	7,754	7,162	6,164	4,934	3,089	2,034	1,222	616	280
2014	103,357	5,569	5,683	5,606	5,932	7,557	8,327	7,838	7,471	7,442	7,617	7,900	7,306	6,389	5,097	3,310	2,109	1,279	631	294
2015	104,319	5,547	5,776	5,572	5,942	7,477	8,393	7,873	7,503	7,571	7,543	7,913	7,418	6,509	5,339	3,430	2,214	1,349	634	316
2016	105,367	5,604	5,825	5,655	5,941	7,478	8,410	7,947	7,482	7,521	7,561	7,926	7,492	6,596	5,458	3,781	2,303	1,395	648	344
2017	106,265	5,584	5,805	5,681	5,968	7,486	8,320	8,067	7,546	7,411	7,575	7,896	7,526	6,759	5,624	4,133	2,403	1,466	687	328
2018	106,622	5,417	5,720	5,716	6,010	7,512	8,077	8,055	7,540	7,510	7,462	7,732	7,586	6,905	5,703	4,452	2,599	1,569	735	322
2019	107,258	5,225	5,705	5,759	6,077	7,568	7,913	7,996	7,679	7,528	7,443	7,493	7,644	7,074	5,894	4,646	2,858	1,638	791	327
2020	107,925	5,051	5,592	5,907	5,984	7,741	7,762	7,900	7,834	7,482	7,514	7,390	7,665	7,173	6,082	4,865	3,028	1,771	843	341
2021	108,248	4,909	5,559	5,894	5,870	7,701	7,618	7,865	7,934	7,501	7,423	7,398	7,653	7,224	6,243	4,967	3,385	1,863	892	349
2022	110,748	4,834	5,652	5,883	6,299	8,025	7,913	8,068	8,179	7,728	7,440	7,423	7,666	7,240	6,417	5,067	3,701	1,880	968	365
2023	114,836	4,825	5,818	6,009	6,506	8,415	8,652	8,484	8,781	8,168	7,725	7,432	7,585	7,304	6,622	5,161	3,901	2,028	1,014	406
2024	118,754	4,802	5,971	6,274	6,582	8,674	9,380	8,880	9,124	8,695	7,923	7,599	7,458	7,429	6,780	5,424	4,026	2,230	1,063	440
2025	120,234	4,729	5,903	6,342	6,625	8,486	9,546	8,991	9,282	8,999	8,033	7,723	7,421	7,474	6,873	5,632	4,182	2,357	1,150	486
2026	121,267	4,688	5,638	6,524	6,550	7,927	9,977	8,999	9,479	9,287	8,119	7,842	7,514	7,428	7,037	5,716	4,286	2,526	1,253	476
2027	122,821	4,592	5,635	6,667	6,502	7,669	10,167	9,249	9,628	9,512	8,468	7,849	7,570	7,384	7,225	5,838	4,329	2,722	1,337	481
2028	125,155	4,697	5,581	6,752	6,520	7,657	10,062	9,838	9,839	9,817	8,864	7,971	7,614	7,392	7,348	5,949	4,435	2,911	1,374	533
2029	128,189	4,814	5,520	6,985	6,668	7,630	10,211	10,354	10,011	10,165	9,233	8,230	7,753	7,401	7,499	6,100	4,531	3,044	1,475	564
2030	129,848	4,942	5,467	6,949	6,662	7,818	9,914	10,798	9,944	10,439	9,544	8,281	7,971	7,336	7,511	6,325	4,654	3,149	1,567	578
2031	131,805	5,039	5,560	6,759	6,936	7,822	9,603	11,307	9,983	10,651	9,853	8,423	8,111	7,472	7,494	6,499	4,744	3,243	1,691	615
2032	133,284	5,074	5,500	6,797	7,112	7,749	9,386	11,459	10,206	10,775	10,044	8,785	8,110	7,534	7,455	6,681	4,852	3,285	1,831	648
2033	134,455	5,080	5,549	6,682	7,152	7,689	9,196	11,197	10,696	10,895	10,284	9,130	8,183	7,548	7,432	6,782	4,945	3,376	1,959	679
2034	135,569	5,079	5,557	6,517	7,291	7,754	8,951	11,091	11,023	10,902	10,512	9,394	8,358	7,602	7,378	6,876	5,057	3,450	2,049	730
2035	136,649	5,075	5,670	6,434	7,234	7,709	9,074	10,707	11,424	10,792	10,757	9,679	8,396	7,807	7,311	6,892	5,252	3,549	2,118	768
2036	137,618	5,061	5,713	6,490	7,001	7,953	8,957	10,260	11,840	10,750	10,901	9,940	8,504	7,915	7,424	6,866	5,396	3,626	2,187	832
2037	138,463	5,041	5,718	6,399	7,017	8,102	8,795	9,974	11,942	10,934	10,993	10,104	8,844	7,905	7,477	6,830	5,551	3,716	2,223	899
2038	139,270	5,016	5,710	6,438	6,902	8,104	8,687	9,751	11,652	11,428	11,095	10,331	9,180	7,970	7,495	6,817	5,640	3,801	2,296	956
2039	139,924	4,985	5,690	6,429	6,725	8,215	8,690	9,459	11,507	11,748	11,080	10,540	9,427	8,136	7,544	6,772	5,724	3,895	2,357	1,003
2040	140,428	4,948	5,658	6,529	6,621	8,106	8,559	9,526	11,072	12,130	10,943	10,759	9,690	8,163	7,743	6,713	5,745	4,059	2,429	1,035
2041	140,949	4,918	5,623	6,557	6,658	7,824	8,755	9,362	10,591	12,536	10,885	10,881	9,935	8,264	7,849	6,822	5,731	4,181	2,493	1,082
2042	141,411	4,892	5,586	6,548	6,557	7,821	8,857	9,156	10,276	12,623	11,052	10,958	10,086	8,585	7,842	6,876	5,709	4,309	2,561	1,115
2043	141,820	4,868	5,545	6,525	6,590	7,682	8,788	9,020	10,027	12,303	11,533	11,046	10,300	8,903	7,903	6,898	5,706	4,386	2,631	1,164
2044	142,281	4,855	5,509	6,499	6,581	7,469	8,889	9,006	9,728	12,149	11,851	11,029	10,509	9,140	8,076	6,949	5,679	4,457	2,706	1,202
2045	142,817	4,855	5,480	6,475	6,674	7,353	8,777	8,897	9,813	11,717	12,248	10,908	10,740	9,404	8,121	7,147	5,644	4,491	2,834	1,240

Note: Figures may not add due to rounding

Source: Statistics Canada, Department of Finance

POPULATION PROJECTIONS ST. JOHN'S CMA **Department of Finance**

Medium Scenario, June 2026

	Females	0 - 4	5 - 9	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 +
2001	92,297	4,543	5,014	5,748	6,351	7,614	6,672	7,103	8,003	7,777	7,382	6,390	4,933	3,488	2,923	2,700	2,247	1,792	1,125	492
2002	92,851	4,432	4,945	5,710	6,383	7,502	6,728	7,013	7,974	7,861	7,443	6,583	5,310	3,652	2,917	2,705	2,206	1,819	1,144	524
2003	93,480	4,476	4,838	5,625	6,416	7,236	6,967	6,955	7,864	7,921	7,552	6,743	5,541	3,934	2,970	2,716	2,200	1,817	1,144	565
2004	94,485	4,509	4,799	5,562	6,350	7,277	7,138	6,935	7,678	8,095	7,610	6,902	5,880	4,146	3,084	2,693	2,265	1,803	1,145	614
2005	94,775	4,451	4,794	5,291	6,220	7,283	7,123	6,872	7,509	8,231	7,664	7,147	6,072	4,405	3,162	2,646	2,348	1,733	1,200	624
2006	95,569	4,543	4,683	5,206	6,106	7,428	7,067	6,908	7,353	8,198	7,860	7,245	6,237	4,745	3,332	2,643	2,353	1,752	1,242	668
2007	96,807	4,663	4,710	5,103	6,258	7,316	7,138	6,974	7,290	8,165	7,947	7,339	6,419	5,126	3,522	2,729	2,370	1,766	1,296	676
2008	98,581	4,855	4,814	5,073	6,345	7,386	7,253	7,150	7,304	8,058	8,022	7,469	6,625	5,398	3,828	2,841	2,414	1,804	1,272	670
2009	100,628	5,124	4,868	5,094	6,334	7,514	7,533	7,278	7,352	7,885	8,209	7,510	6,821	5,778	4,037	2,985	2,441	1,868	1,269	728
2010	102,725	5,331	4,891	5,132	6,071	7,929	7,772	7,435	7,470	7,766	8,375	7,596	7,066	6,034	4,310	3,068	2,471	1,960	1,257	791
2011	104,588	5,464	5,025	5,066	5,973	8,157	8,079	7,621	7,492	7,740	8,323	7,814	7,173	6,182	4,656	3,195	2,499	2,005	1,277	847
2012	105,565	5,431	5,162	5,007	5,877	7,975	8,166	7,749	7,565	7,775	8,341	7,959	7,236	6,336	5,031	3,317	2,514	1,990	1,270	864
2013	106,415	5,320	5,314	5,098	5,791	7,770	8,224	7,805	7,717	7,787	8,227	8,143	7,325	6,506	5,201	3,534	2,536	1,969	1,281	867
2014	107,158	5,312	5,479	5,125	5,743	7,539	8,058	7,985	7,673	7,832	8,147	8,271	7,407	6,656	5,506	3,674	2,626	1,963	1,286	876
2015	107,673	5,191	5,621	5,162	5,618	7,374	8,058	7,974	7,771	7,798	8,064	8,408	7,523	6,786	5,784	3,851	2,627	1,925	1,269	869
2016	108,408	5,128	5,681	5,289	5,426	7,412	7,952	7,947	7,928	7,667	7,980	8,454	7,739	6,922	5,938	4,149	2,716	1,933	1,261	886
2017	109,269	5,120	5,633	5,353	5,459	7,201	7,957	7,871	7,929	7,658	7,920	8,400	7,887	7,080	6,113	4,586	2,895	2,016	1,287	904
2018	109,782	5,024	5,454	5,424	5,624	6,948	7,818	7,817	7,823	7,728	7,809	8,259	8,049	7,216	6,310	4,948	3,166	2,111	1,312	942
2019	110,563	4,884	5,428	5,509	5,643	6,995	7,680	7,612	7,887	7,676	7,757	8,119	8,157	7,356	6,535	5,344	3,433	2,273	1,328	947
2020	111,357	4,778	5,316	5,594	5,619	7,086	7,431	7,615	7,829	7,744	7,691	7,951	8,255	7,516	6,735	5,723	3,705	2,403	1,386	980
2021	111,804	4,592	5,281	5,593	5,519	7,018	7,275	7,657	7,790	7,798	7,556	7,848	8,275	7,702	6,872	5,860	4,079	2,593	1,474	1,022
2022	113,959	4,629	5,304	5,695	5,765	7,205	7,447	7,896	7,940	7,939	7,608	7,835	8,262	7,810	7,004	5,998	4,393	2,692	1,539	998
2023	117,700	4,572	5,544	5,743	6,028	7,495	7,904	8,320	8,558	8,269	7,846	7,798	8,215	7,915	7,150	6,155	4,694	2,879	1,623	992
2024	121,674	4,543	5,665	5,962	6,290	7,677	8,611	8,718	8,927	8,728	8,026	7,892	8,175	8,041	7,294	6,377	4,964	3,073	1,713	998
2025	123,244	4,404	5,648	6,025	6,376	7,549	8,859	8,704	9,145	8,956	8,211	7,922	8,010	8,171	7,420	6,547	5,233	3,246	1,797	1,021
2026	124,412	4,271	5,585	6,075	6,375	7,168	9,116	8,751	9,234	9,228	8,370	7,904	7,944	8,307	7,563	6,744	5,266	3,572	1,853	1,087
2027	126,091	4,219	5,375	6,309	6,409	7,035	9,201	8,887	9,386	9,448	8,643	7,892	7,975	8,483	7,682	6,825	5,434	3,793	1,924	1,169
2028	128,522	4,379	5,290	6,421	6,390	7,008	9,301	9,222	9,557	9,743	8,900	8,053	8,041	8,580	7,762	7,041	5,549	4,052	2,045	1,189
2029	131,636	4,558	5,187	6,533	6,472	7,245	9,306	9,809	9,624	10,061	9,283	8,321	8,074	8,707	7,911	7,152	5,725	4,254	2,163	1,252
2030	133,418	4,616	5,118	6,518	6,603	7,308	9,032	10,186	9,629	10,254	9,604	8,523	8,088	8,612	8,201	7,279	5,796	4,441	2,332	1,279
2031	135,499	4,689	5,097	6,513	6,750	7,330	8,830	10,580	9,808	10,379	9,924	8,715	8,105	8,583	8,371	7,444	5,984	4,484	2,579	1,335
2032	137,082	4,722	5,071	6,299	7,019	7,335	8,700	10,653	9,961	10,528	10,144	8,987	8,084	8,617	8,550	7,561	6,059	4,637	2,742	1,413
2033	138,355	4,731	5,182	6,155	7,086	7,234	8,514	10,604	10,195	10,624	10,384	9,195	8,190	8,646	8,608	7,621	6,242	4,739	2,931	1,475
2034	139,597	4,731	5,262	5,953	7,115	7,225	8,575	10,346	10,601	10,547	10,587	9,491	8,371	8,583	8,660	7,719	6,314	4,884	3,069	1,564
2035	140,776	4,729	5,297	5,856	7,084	7,325	8,564	9,987	10,940	10,520	10,755	9,793	8,556	8,587	8,558	7,994	6,422	4,946	3,206	1,657
2036	141,826	4,715	5,319	5,792	7,036	7,422	8,475	9,650	11,238	10,640	10,823	10,070	8,709	8,568	8,502	8,140	6,562	5,107	3,245	1,814
2037	142,747	4,695	5,325	5,745	6,789	7,667	8,408	9,451	11,251	10,765	10,945	10,269	8,953	8,532	8,521	8,303	6,661	5,178	3,366	1,923
2038	143,577	4,672	5,319	5,850	6,629	7,714	8,249	9,227	11,175	10,990	11,033	10,495	9,140	8,634	8,544	8,355	6,718	5,348	3,448	2,037
2039	144,317	4,643	5,299	5,917	6,412	7,718	8,179	9,252	10,874	11,391	10,936	10,682	9,420	8,807	8,471	8,400	6,806	5,417	3,563	2,131
2040	144,862	4,609	5,271	5,932	6,299	7,647	8,210	9,182	10,461	11,712	10,887	10,827	9,693	8,979	8,460	8,297	7,044	5,507	3,615	2,229
2041	145,429	4,581	5,238	5,939	6,220	7,572	8,260	9,048	10,084	11,999	10,992	10,879	9,951	9,129	8,432	8,239	7,175	5,642	3,741	2,306
2042	145,919	4,556	5,202	5,931	6,160	7,287	8,483	8,941	9,859	11,986	11,107	10,988	10,136	9,368	8,393	8,256	7,319	5,729	3,802	2,415
2043	146,338	4,535	5,163	5,912	6,258	7,098	8,495	8,742	9,610	11,889	11,321	11,068	10,335	9,557	8,483	8,277	7,364	5,792	3,942	2,497
2044	146,850	4,522	5,129	5,887	6,325	6,866	8,477	8,661	9,631	11,569	11,725	10,972	10,517	9,844	8,650	8,203	7,402	5,873	4,003	2,593
2045	147,402	4,521	5,100	5,865	6,344	6,750	8,412	8,710	9,580	11,154	12,064	10,932	10,675	10,134	8,826	8,198	7,321	6,090	4,076	2,650

Note: Figures may not add due to rounding

Source: Statistics Canada, Department of Finance

POPULATION PROJECTIONS ST. JOHN'S CMA **Department of Finance**

High Scenario, June 2026

	Total	0 - 4	5 - 9	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 +
2001	178,457	9,404	10,143	11,690	12,873	14,776	13,138	13,744	15,403	15,110	14,306	12,553	9,695	6,837	5,508	4,734	3,753	2,692	1,484	614
2002	179,699	9,183	10,047	11,583	12,958	14,607	13,295	13,653	15,261	15,239	14,470	12,872	10,413	7,130	5,600	4,726	3,734	2,776	1,504	648
2003	181,214	9,190	9,900	11,402	12,984	14,341	13,754	13,604	15,031	15,352	14,682	13,139	10,953	7,661	5,721	4,811	3,691	2,784	1,527	687
2004	183,401	9,309	9,833	11,226	12,848	14,521	14,092	13,639	14,693	15,678	14,790	13,538	11,457	8,149	5,917	4,851	3,807	2,780	1,539	734
2005	184,201	9,210	9,879	10,789	12,556	14,569	14,047	13,614	14,461	15,842	14,818	13,934	11,909	8,606	6,113	4,849	3,899	2,738	1,623	745
2006	185,903	9,351	9,744	10,611	12,285	14,795	14,010	13,635	14,252	15,880	15,077	14,128	12,236	9,298	6,413	4,908	3,900	2,828	1,730	822
2007	188,198	9,572	9,772	10,416	12,635	14,524	14,155	13,641	14,262	15,700	15,313	14,328	12,546	10,029	6,719	5,098	3,964	2,860	1,827	837
2008	191,605	9,880	9,956	10,343	12,788	14,674	14,444	13,993	14,263	15,495	15,515	14,550	12,858	10,644	7,277	5,228	4,111	2,890	1,842	854
2009	195,884	10,346	10,145	10,376	12,611	15,030	14,994	14,306	14,401	15,190	15,944	14,762	13,356	11,203	7,785	5,488	4,187	2,997	1,845	918
2010	200,554	10,741	10,154	10,505	12,112	15,892	15,640	14,641	14,724	15,132	16,161	15,031	13,845	11,800	8,213	5,715	4,270	3,083	1,876	1,019
2011	204,374	11,024	10,393	10,443	11,852	16,491	16,243	14,919	14,757	15,148	16,116	15,349	14,107	12,112	8,924	6,021	4,331	3,140	1,906	1,098
2012	206,603	10,992	10,648	10,419	11,753	16,008	16,426	15,301	14,798	15,256	16,151	15,601	14,261	12,440	9,662	6,219	4,463	3,156	1,898	1,151
2013	208,441	10,843	10,914	10,556	11,738	15,519	16,514	15,481	15,087	15,205	15,967	15,897	14,487	12,670	10,135	6,623	4,570	3,191	1,897	1,147
2014	210,515	10,881	11,162	10,731	11,675	15,096	16,385	15,823	15,144	15,274	15,764	16,171	14,713	13,045	10,603	6,984	4,735	3,242	1,917	1,170
2015	211,992	10,738	11,397	10,734	11,560	14,851	16,451	15,847	15,274	15,369	15,607	16,321	14,941	13,295	11,123	7,281	4,841	3,274	1,903	1,185
2016	213,775	10,732	11,506	10,944	11,367	14,890	16,362	15,894	15,410	15,188	15,541	16,380	15,231	13,518	11,396	7,930	5,019	3,328	1,909	1,230
2017	215,534	10,704	11,438	11,034	11,427	14,687	16,277	15,938	15,475	15,069	15,495	16,296	15,413	13,839	11,737	8,719	5,298	3,482	1,974	1,232
2018	216,404	10,441	11,174	11,140	11,634	14,460	15,895	15,872	15,363	15,238	15,271	15,991	15,635	14,121	12,013	9,400	5,765	3,680	2,047	1,264
2019	217,821	10,109	11,133	11,268	11,720	14,563	15,593	15,608	15,566	15,204	15,200	15,612	15,801	14,430	12,429	9,990	6,291	3,911	2,119	1,274
2020	219,282	9,829	10,908	11,501	11,603	14,827	15,193	15,515	15,663	15,226	15,205	15,341	15,920	14,689	12,817	10,588	6,733	4,174	2,229	1,321
2021	220,052	9,501	10,840	11,487	11,389	14,719	14,893	15,522	15,724	15,299	14,979	15,246	15,928	14,926	13,115	10,827	7,464	4,456	2,366	1,371
2022	224,707	9,463	10,956	11,578	12,064	15,230	15,360	15,964	16,119	15,667	15,048	15,258	15,928	15,050	13,421	11,065	8,094	4,572	2,507	1,363
2023	232,536	9,397	11,362	11,752	12,534	15,910	16,556	16,804	17,339	16,437	15,571	15,230	15,800	15,219	13,772	11,316	8,595	4,907	2,637	1,398
2024	240,428	9,345	11,636	12,236	12,872	16,351	17,991	17,598	18,051	17,423	15,949	15,491	15,633	15,470	14,074	11,801	8,990	5,303	2,776	1,438
2025	243,478	9,133	11,551	12,367	13,001	16,035	18,405	17,695	18,427	17,955	16,244	15,645	15,431	15,645	14,293	12,179	9,415	5,603	2,947	1,507
2026	245,817	8,982	11,231	12,605	12,928	15,094	19,124	17,761	18,731	18,525	16,497	15,746	15,461	15,740	14,604	12,461	9,555	6,101	3,107	1,563
2027	249,403	9,072	11,026	12,991	12,917	14,705	19,421	18,163	19,047	18,977	17,127	15,744	15,550	15,877	14,915	12,665	9,768	6,518	3,264	1,654
2028	254,484	9,521	10,897	13,195	12,922	14,666	19,439	19,109	19,442	19,593	17,786	16,033	15,664	15,983	15,121	12,998	9,994	6,972	3,423	1,727
2029	260,994	10,028	10,745	13,549	13,160	14,879	19,605	20,232	19,699	20,271	18,544	16,566	15,837	16,128	15,428	13,266	10,273	7,314	3,647	1,824
2030	264,817	10,422	10,634	13,509	13,289	15,134	19,038	21,083	19,649	20,759	19,185	16,829	16,074	15,975	15,736	13,625	10,476	7,616	3,916	1,869
2031	269,201	10,597	10,878	13,324	13,718	15,164	18,521	22,019	19,880	21,115	19,824	17,173	16,234	16,089	15,897	13,978	10,763	7,763	4,298	1,967
2032	272,681	10,707	10,989	13,156	14,172	15,099	18,176	22,269	20,273	21,402	20,246	17,817	16,217	16,191	16,047	14,289	10,960	7,976	4,611	2,085
2033	275,472	10,708	11,359	12,903	14,286	14,944	17,789	21,971	21,014	21,631	20,738	18,375	16,402	16,235	16,091	14,460	11,251	8,184	4,946	2,185
2034	278,215	10,736	11,637	12,546	14,462	15,002	17,601	21,613	21,764	21,574	21,178	18,941	16,766	16,233	16,098	14,666	11,452	8,421	5,192	2,334
2035	280,897	10,772	11,986	12,376	14,382	15,062	17,711	20,862	22,529	21,446	21,608	19,538	16,997	16,448	15,941	14,970	11,772	8,603	5,418	2,478
2036	283,344	10,783	12,082	12,546	14,107	15,409	17,503	20,067	23,269	21,534	21,839	20,086	17,267	16,539	16,007	15,104	12,077	8,863	5,548	2,714
2037	285,568	10,796	12,098	12,612	13,885	15,811	17,272	19,574	23,407	21,856	22,062	20,462	17,862	16,500	16,088	15,247	12,353	9,047	5,729	2,909
2038	287,673	10,798	12,082	12,979	13,618	15,867	17,008	19,115	23,053	22,595	22,263	20,928	18,394	16,674	16,137	15,301	12,521	9,330	5,910	3,099
2039	289,563	10,784	12,067	13,242	13,235	15,992	16,945	18,846	22,611	23,334	22,169	21,337	18,930	17,026	16,122	15,316	12,713	9,521	6,112	3,262
2040	291,131	10,757	12,052	13,566	13,024	15,819	16,851	18,841	21,756	24,067	21,993	21,718	19,478	17,237	16,320	15,169	12,997	9,804	6,266	3,415
2041	292,727	10,736	12,022	13,633	13,161	15,470	17,106	18,542	20,887	24,790	22,051	21,915	19,991	17,500	16,407	15,237	13,136	10,094	6,487	3,565
2042	294,202	10,718	12,000	13,623	13,201	15,191	17,442	18,225	20,338	24,885	22,346	22,113	20,341	18,077	16,369	15,322	13,283	10,344	6,648	3,735
2043	295,570	10,708	11,969	13,579	13,553	14,872	17,390	17,892	19,827	24,482	23,064	22,293	20,772	18,598	16,538	15,379	13,348	10,513	6,897	3,896
2044	297,097	10,713	11,943	13,558	13,812	14,437	17,484	17,802	19,547	24,011	23,807	22,197	21,178	19,137	16,892	15,371	13,380	10,698	7,069	4,062
2045	298,756	10,741	11,925	13,557	14,130	14,217	17,316	17,749	19,579	23,157	24,571	22,047	21,587	19,703	17,127	15,582	13,283	10,984	7,311	4,189

Note: Figures may not add due to rounding

Source: Statistics Canada, Department of Finance

POPULATION PROJECTIONS ST. JOHN'S CMA **Department of Finance**

High Scenario, June 2026

	Males	0 - 4	5 - 9	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 +
2001	86,160	4,861	5,129	5,942	6,522	7,162	6,466	6,641	7,400	7,333	6,924	6,163	4,762	3,349	2,585	2,034	1,506	900	359	122
2002	86,848	4,751	5,102	5,873	6,575	7,105	6,567	6,640	7,287	7,378	7,027	6,289	5,103	3,478	2,683	2,021	1,528	957	360	124
2003	87,734	4,714	5,062	5,777	6,568	7,105	6,787	6,649	7,167	7,431	7,130	6,396	5,412	3,727	2,751	2,095	1,491	967	383	122
2004	88,916	4,800	5,034	5,664	6,498	7,244	6,954	6,704	7,015	7,583	7,180	6,636	5,577	4,003	2,833	2,158	1,542	977	394	120
2005	89,426	4,759	5,085	5,498	6,336	7,286	6,924	6,742	6,952	7,611	7,154	6,787	5,837	4,201	2,951	2,203	1,551	1,005	423	121
2006	90,334	4,808	5,061	5,405	6,179	7,367	6,943	6,727	6,899	7,682	7,217	6,883	5,999	4,553	3,081	2,265	1,547	1,076	488	154
2007	91,391	4,909	5,062	5,313	6,377	7,208	7,017	6,667	6,972	7,535	7,366	6,989	6,127	4,903	3,197	2,369	1,594	1,094	531	161
2008	93,024	5,025	5,142	5,270	6,443	7,288	7,191	6,843	6,959	7,437	7,493	7,081	6,233	5,246	3,449	2,387	1,697	1,086	570	184
2009	95,256	5,222	5,277	5,282	6,277	7,516	7,461	7,028	7,049	7,305	7,735	7,252	6,535	5,425	3,748	2,503	1,746	1,129	576	190
2010	97,829	5,410	5,263	5,373	6,041	7,963	7,868	7,206	7,254	7,366	7,786	7,435	6,779	5,766	3,903	2,647	1,799	1,123	619	228
2011	99,786	5,560	5,368	5,377	5,879	8,334	8,164	7,298	7,265	7,408	7,793	7,535	6,934	5,930	4,268	2,826	1,832	1,135	629	251
2012	101,038	5,561	5,486	5,412	5,876	8,033	8,260	7,552	7,233	7,481	7,810	7,642	7,025	6,104	4,631	2,902	1,949	1,166	628	287
2013	102,026	5,523	5,600	5,458	5,947	7,749	8,290	7,676	7,370	7,418	7,740	7,754	7,162	6,164	4,934	3,089	2,034	1,222	616	280
2014	103,357	5,569	5,683	5,606	5,932	7,557	8,327	7,838	7,471	7,442	7,617	7,900	7,306	6,389	5,097	3,310	2,109	1,279	631	294
2015	104,319	5,547	5,776	5,572	5,942	7,477	8,393	7,873	7,503	7,571	7,543	7,913	7,418	6,509	5,339	3,430	2,214	1,349	634	316
2016	105,367	5,604	5,825	5,655	5,941	7,478	8,410	7,947	7,482	7,521	7,561	7,926	7,492	6,596	5,458	3,781	2,303	1,395	648	344
2017	106,265	5,584	5,805	5,681	5,968	7,486	8,320	8,067	7,546	7,411	7,575	7,896	7,526	6,759	5,624	4,133	2,403	1,466	687	328
2018	106,622	5,417	5,720	5,716	6,010	7,512	8,077	8,055	7,540	7,510	7,462	7,732	7,586	6,905	5,703	4,452	2,599	1,569	735	322
2019	107,258	5,225	5,705	5,759	6,077	7,568	7,913	7,996	7,679	7,528	7,443	7,493	7,644	7,074	5,894	4,646	2,858	1,638	791	327
2020	107,925	5,051	5,592	5,907	5,984	7,741	7,762	7,900	7,834	7,482	7,514	7,390	7,665	7,173	6,082	4,865	3,028	1,771	843	341
2021	108,248	4,909	5,559	5,894	5,870	7,701	7,618	7,865	7,934	7,501	7,423	7,398	7,653	7,224	6,243	4,967	3,385	1,863	892	349
2022	110,748	4,834	5,652	5,883	6,299	8,025	7,913	8,068	8,179	7,728	7,440	7,423	7,666	7,240	6,417	5,067	3,701	1,880	968	365
2023	114,836	4,825	5,818	6,009	6,506	8,415	8,652	8,484	8,781	8,168	7,725	7,432	7,585	7,304	6,622	5,161	3,901	2,028	1,014	406
2024	118,754	4,802	5,971	6,274	6,582	8,674	9,380	8,880	9,124	8,695	7,923	7,599	7,458	7,429	6,780	5,424	4,026	2,230	1,063	440
2025	120,234	4,729	5,903	6,342	6,625	8,486	9,546	8,991	9,282	8,999	8,033	7,723	7,421	7,474	6,873	5,632	4,182	2,357	1,150	486
2026	121,308	4,700	5,639	6,527	6,551	7,925	9,985	9,000	9,485	9,290	8,121	7,842	7,516	7,430	7,038	5,716	4,288	2,527	1,254	476
2027	123,021	4,725	5,639	6,673	6,504	7,669	10,177	9,256	9,638	9,517	8,473	7,850	7,573	7,388	7,227	5,839	4,331	2,724	1,338	482
2028	125,503	4,926	5,589	6,762	6,525	7,657	10,079	9,851	9,855	9,827	8,871	7,975	7,618	7,397	7,352	5,953	4,440	2,915	1,375	536
2029	128,706	5,151	5,532	6,998	6,677	7,631	10,233	10,373	10,033	10,179	9,242	8,237	7,759	7,409	7,507	6,108	4,541	3,052	1,478	566
2030	130,545	5,389	5,486	6,968	6,672	7,821	9,937	10,825	9,967	10,462	9,555	8,292	7,980	7,346	7,522	6,337	4,668	3,162	1,574	582
2031	132,661	5,488	5,668	6,780	6,950	7,826	9,624	11,343	10,009	10,682	9,868	8,437	8,122	7,487	7,509	6,519	4,764	3,261	1,702	621
2032	134,327	5,543	5,707	6,820	7,129	7,754	9,409	11,499	10,239	10,809	10,062	8,804	8,123	7,552	7,475	6,707	4,880	3,312	1,847	656
2033	135,676	5,543	5,864	6,708	7,173	7,699	9,215	11,240	10,733	10,935	10,307	9,151	8,201	7,568	7,458	6,815	4,980	3,411	1,984	689
2034	136,986	5,558	5,969	6,547	7,315	7,765	8,969	11,138	11,065	10,947	10,538	9,418	8,381	7,626	7,409	6,917	5,103	3,494	2,082	744
2035	138,283	5,577	6,188	6,468	7,264	7,723	9,092	10,752	11,475	10,837	10,792	9,708	8,423	7,837	7,348	6,940	5,308	3,605	2,160	787
2036	139,468	5,583	6,249	6,619	7,031	7,970	8,976	10,301	11,897	10,798	10,944	9,973	8,536	7,949	7,468	6,923	5,464	3,693	2,240	856
2037	140,543	5,589	6,257	6,633	7,051	8,122	8,813	10,015	12,006	10,988	11,037	10,142	8,882	7,943	7,528	6,895	5,631	3,796	2,287	930
2038	141,590	5,590	6,249	6,788	6,939	8,129	8,707	9,787	11,718	11,488	11,145	10,375	9,224	8,014	7,551	6,891	5,734	3,895	2,373	994
2039	142,494	5,582	6,241	6,884	6,768	8,244	8,713	9,494	11,576	11,813	11,136	10,590	9,475	8,188	7,607	6,854	5,830	4,005	2,445	1,049
2040	143,265	5,568	6,234	7,095	6,667	8,139	8,583	9,562	11,140	12,205	11,001	10,817	9,743	8,220	7,814	6,803	5,864	4,185	2,534	1,089
2041	144,040	5,557	6,218	7,142	6,797	7,858	8,784	9,398	10,655	12,621	10,946	10,949	9,993	8,327	7,928	6,923	5,861	4,325	2,612	1,145
2042	144,762	5,548	6,207	7,137	6,797	7,860	8,891	9,191	10,338	12,713	11,118	11,031	10,151	8,659	7,925	6,987	5,852	4,473	2,697	1,189
2043	145,444	5,543	6,191	7,115	6,943	7,724	8,824	9,057	10,084	12,396	11,606	11,124	10,374	8,985	7,997	7,017	5,862	4,567	2,786	1,250
2044	146,182	5,546	6,178	7,104	7,036	7,515	8,931	9,045	9,782	12,244	11,929	11,113	10,589	9,229	8,180	7,079	5,846	4,655	2,880	1,299
2045	147,006	5,561	6,169	7,104	7,236	7,407	8,822	8,937	9,869	11,811	12,336	10,992	10,831	9,501	8,232	7,291	5,820	4,706	3,031	1,349

Note: Figures may not add due to rounding

Source: Statistics Canada, Department of Finance

POPULATION PROJECTIONS ST. JOHN'S CMA **Department of Finance**

High Scenario, June 2026

	Females	0 - 4	5 - 9	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 +
2001	92,297	4,543	5,014	5,748	6,351	7,614	6,672	7,103	8,003	7,777	7,382	6,390	4,933	3,488	2,923	2,700	2,247	1,792	1,125	492
2002	92,851	4,432	4,945	5,710	6,383	7,502	6,728	7,013	7,974	7,861	7,443	6,583	5,310	3,652	2,917	2,705	2,206	1,819	1,144	524
2003	93,480	4,476	4,838	5,625	6,416	7,236	6,967	6,955	7,864	7,921	7,552	6,743	5,541	3,934	2,970	2,716	2,200	1,817	1,144	565
2004	94,485	4,509	4,799	5,562	6,350	7,277	7,138	6,935	7,678	8,095	7,610	6,902	5,880	4,146	3,084	2,693	2,265	1,803	1,145	614
2005	94,775	4,451	4,794	5,291	6,220	7,283	7,123	6,872	7,509	8,231	7,664	7,147	6,072	4,405	3,162	2,646	2,348	1,733	1,200	624
2006	95,569	4,543	4,683	5,206	6,106	7,428	7,067	6,908	7,353	8,198	7,860	7,245	6,237	4,745	3,332	2,643	2,353	1,752	1,242	668
2007	96,807	4,663	4,710	5,103	6,258	7,316	7,138	6,974	7,290	8,165	7,947	7,339	6,419	5,126	3,522	2,729	2,370	1,766	1,296	676
2008	98,581	4,855	4,814	5,073	6,345	7,386	7,253	7,150	7,304	8,058	8,022	7,469	6,625	5,398	3,828	2,841	2,414	1,804	1,272	670
2009	100,628	5,124	4,868	5,094	6,334	7,514	7,533	7,278	7,352	7,885	8,209	7,510	6,821	5,778	4,037	2,985	2,441	1,868	1,269	728
2010	102,725	5,331	4,891	5,132	6,071	7,929	7,772	7,435	7,470	7,766	8,375	7,596	7,066	6,034	4,310	3,068	2,471	1,960	1,257	791
2011	104,588	5,464	5,025	5,066	5,973	8,157	8,079	7,621	7,492	7,740	8,323	7,814	7,173	6,182	4,656	3,195	2,499	2,005	1,277	847
2012	105,565	5,431	5,162	5,007	5,877	7,975	8,166	7,749	7,565	7,775	8,341	7,959	7,236	6,336	5,031	3,317	2,514	1,990	1,270	864
2013	106,415	5,320	5,314	5,098	5,791	7,770	8,224	7,805	7,717	7,787	8,227	8,143	7,325	6,506	5,201	3,534	2,536	1,969	1,281	867
2014	107,158	5,312	5,479	5,125	5,743	7,539	8,058	7,985	7,673	7,832	8,147	8,271	7,407	6,656	5,506	3,674	2,626	1,963	1,286	876
2015	107,673	5,191	5,621	5,162	5,618	7,374	8,058	7,974	7,771	7,798	8,064	8,408	7,523	6,786	5,784	3,851	2,627	1,925	1,269	869
2016	108,408	5,128	5,681	5,289	5,426	7,412	7,952	7,947	7,928	7,667	7,980	8,454	7,739	6,922	5,938	4,149	2,716	1,933	1,261	886
2017	109,269	5,120	5,633	5,353	5,459	7,201	7,957	7,871	7,929	7,658	7,920	8,400	7,887	7,080	6,113	4,586	2,895	2,016	1,287	904
2018	109,782	5,024	5,454	5,424	5,624	6,948	7,818	7,817	7,823	7,728	7,809	8,259	8,049	7,216	6,310	4,948	3,166	2,111	1,312	942
2019	110,563	4,884	5,428	5,509	5,643	6,995	7,680	7,612	7,887	7,676	7,757	8,119	8,157	7,356	6,535	5,344	3,433	2,273	1,328	947
2020	111,357	4,778	5,316	5,594	5,619	7,086	7,431	7,615	7,829	7,744	7,691	7,951	8,255	7,516	6,735	5,723	3,705	2,403	1,386	980
2021	111,804	4,592	5,281	5,593	5,519	7,018	7,275	7,657	7,790	7,798	7,556	7,848	8,275	7,702	6,872	5,860	4,079	2,593	1,474	1,022
2022	113,959	4,629	5,304	5,695	5,765	7,205	7,447	7,896	7,940	7,939	7,608	7,835	8,262	7,810	7,004	5,998	4,393	2,692	1,539	998
2023	117,700	4,572	5,544	5,743	6,028	7,495	7,904	8,320	8,558	8,269	7,846	7,798	8,215	7,915	7,150	6,155	4,694	2,879	1,623	992
2024	121,674	4,543	5,665	5,962	6,290	7,677	8,611	8,718	8,927	8,728	8,026	7,892	8,175	8,041	7,294	6,377	4,964	3,073	1,713	998
2025	123,244	4,404	5,648	6,025	6,376	7,549	8,859	8,704	9,145	8,956	8,211	7,922	8,010	8,171	7,420	6,547	5,233	3,246	1,797	1,021
2026	124,509	4,283	5,592	6,078	6,377	7,169	9,140	8,761	9,246	9,235	8,376	7,904	7,946	8,310	7,566	6,745	5,267	3,574	1,854	1,087
2027	126,382	4,347	5,388	6,319	6,413	7,036	9,244	8,907	9,409	9,461	8,655	7,894	7,978	8,488	7,688	6,826	5,437	3,794	1,926	1,171
2028	128,982	4,595	5,308	6,433	6,397	7,009	9,361	9,257	9,587	9,766	8,915	8,058	8,045	8,586	7,769	7,046	5,554	4,057	2,048	1,192
2029	132,288	4,877	5,212	6,551	6,483	7,248	9,372	9,860	9,666	10,092	9,302	8,329	8,078	8,718	7,921	7,158	5,732	4,262	2,168	1,258
2030	134,272	5,033	5,148	6,541	6,617	7,313	9,101	10,258	9,682	10,296	9,630	8,537	8,094	8,629	8,214	7,287	5,807	4,454	2,341	1,288
2031	136,541	5,109	5,210	6,543	6,769	7,338	8,897	10,676	9,871	10,433	9,956	8,736	8,112	8,602	8,388	7,459	5,999	4,502	2,595	1,346
2032	138,354	5,164	5,282	6,336	7,043	7,345	8,768	10,770	10,034	10,593	10,184	9,013	8,094	8,639	8,572	7,582	6,080	4,664	2,764	1,429
2033	139,796	5,165	5,495	6,195	7,113	7,245	8,574	10,731	10,281	10,696	10,430	9,223	8,201	8,667	8,633	7,646	6,270	4,773	2,962	1,495
2034	141,228	5,177	5,668	5,999	7,147	7,237	8,632	10,475	10,699	10,627	10,640	9,523	8,385	8,607	8,689	7,749	6,349	4,927	3,110	1,590
2035	142,614	5,195	5,799	5,908	7,118	7,339	8,619	10,110	11,054	10,609	10,817	9,830	8,573	8,610	8,593	8,030	6,463	4,998	3,258	1,691
2036	143,876	5,200	5,834	5,927	7,076	7,440	8,527	9,766	11,372	10,736	10,895	10,113	8,731	8,591	8,539	8,181	6,613	5,169	3,308	1,858
2037	145,025	5,207	5,841	5,979	6,834	7,689	8,459	9,559	11,401	10,868	11,024	10,320	8,981	8,557	8,560	8,352	6,721	5,251	3,442	1,979
2038	146,082	5,208	5,833	6,192	6,679	7,738	8,300	9,329	11,335	11,107	11,118	10,553	9,171	8,661	8,586	8,409	6,787	5,435	3,537	2,106
2039	147,069	5,202	5,826	6,358	6,467	7,747	8,232	9,353	11,035	11,521	11,033	10,747	9,455	8,839	8,515	8,462	6,883	5,516	3,667	2,212
2040	147,866	5,189	5,818	6,471	6,358	7,680	8,268	9,279	10,616	11,862	10,992	10,901	9,735	9,017	8,506	8,366	7,133	5,619	3,732	2,326
2041	148,687	5,178	5,804	6,491	6,363	7,612	8,321	9,144	10,232	12,169	11,106	10,965	9,998	9,173	8,479	8,314	7,275	5,769	3,875	2,419
2042	149,440	5,170	5,793	6,486	6,404	7,331	8,551	9,034	10,001	12,172	11,228	11,082	10,190	9,418	8,444	8,336	7,431	5,871	3,951	2,546
2043	150,126	5,165	5,778	6,464	6,611	7,148	8,566	8,835	9,744	12,086	11,458	11,169	10,398	9,613	8,542	8,362	7,485	5,946	4,112	2,646
2044	150,916	5,167	5,765	6,454	6,776	6,922	8,553	8,757	9,765	11,767	11,877	11,083	10,589	9,908	8,712	8,292	7,534	6,042	4,189	2,763
2045	151,750	5,181	5,756	6,453	6,894	6,811	8,494	8,812	9,710	11,346	12,234	11,055	10,756	10,202	8,895	8,291	7,462	6,278	4,280	2,840

Note: Figures may not add due to rounding

Source: Statistics Canada, Department of Finance

Household Projections

St. John's CMA

	Scenario		
	Low	**Medium**	**High**
2002	67,885	67,885	67,885
2003	69,051	69,051	69,051
2004	70,359	70,359	70,359
2005	71,276	71,276	71,276
2006	72,450	72,450	72,450
2007	73,507	73,507	73,507
2008	74,823	74,823	74,823
2009	76,519	76,519	76,519
2010	78,368	78,368	78,368
2011	79,790	79,790	79,790
2012	81,694	81,694	81,694
2013	83,368	83,368	83,368
2014	85,095	85,095	85,095
2015	86,628	86,628	86,628
2016	88,162	88,162	88,162
2017	89,363	89,363	89,363
2018	90,248	90,248	90,248
2019	91,259	91,259	91,259
2020	92,323	92,323	92,323
2021	93,284	93,284	93,284
2022	95,271	95,271	95,271
2023	98,770	98,770	98,770
2024	102,396	102,396	102,396
2025	104,394	104,394	104,394
2026	106,245	106,362	106,417
2027	108,231	108,476	108,591
2028	110,712	111,093	111,280
2029	113,622	114,153	114,418
2030	115,355	116,041	116,396
2031	117,351	118,205	118,653
2032	118,996	120,007	120,560
2033	120,495	121,668	122,310
2034	121,888	123,231	123,973
2035	123,233	124,755	125,605
2036	124,381	126,088	127,056
2037	125,409	127,309	128,397
2038	126,428	128,530	129,747
2039	127,366	129,677	131,022
2040	128,141	130,663	132,155
2041	128,955	131,707	133,343
2042	129,744	132,726	134,513
2043	130,375	133,596	135,538
2044	131,133	134,599	136,700
2045	131,807	135,528	137,793

Note: Figures may not add due to rounding

Source: Statistics Canada, Department of Finance