



30 April 2024

VITAL STATISTICS 2023

NATURAL BALANCE, ALTHOUGH NEGATIVE, IMPROVES IN 2023, WITH THE GRANDE LISBOA REGION RECORDING A POSITIVE VALUE

In 2023, there were 85,699 live births to mothers residing in Portugal, representing an increase of 2.4% (2,028 more children) compared to the previous year. Of the total live births, 59.5% were born outside of marriage, meaning they were the children of unmarried parents.

In the same year, there were 118,295 deaths of people residing in national territory, corresponding to a decrease of 4.8% (6,016 fewer deaths) compared to 2022, and there were 210 deaths of children under 1 year old (7 less than in 2022), which is reflected in a decrease of the infant mortality rate, from 2.6 in 2022 to 2.5 deaths per thousand live births in 2023.

The increase in the number of live births and the decrease in the number of deaths determined an improvement of the natural balance from -40,640 in 2022 to -32,596 in 2023. This improvement was recorded in all NUTS 2 regions, with the Grande Lisboa region reaching a positive natural balance of +461.

In 2023, 36,980 marriages were celebrated in Portugal (0.1% more than in 2022). In 71.2% of marriages, the spouses already cohabited before marriage.

Statistics Portugal releases on the website – www.ine.pt – indicators on live births, deaths and marriages with information for 2023, by NUTS 1, 2 and 3, Municipalities and Parishes, based on the information registered in the Civil Register Offices until March 2024.

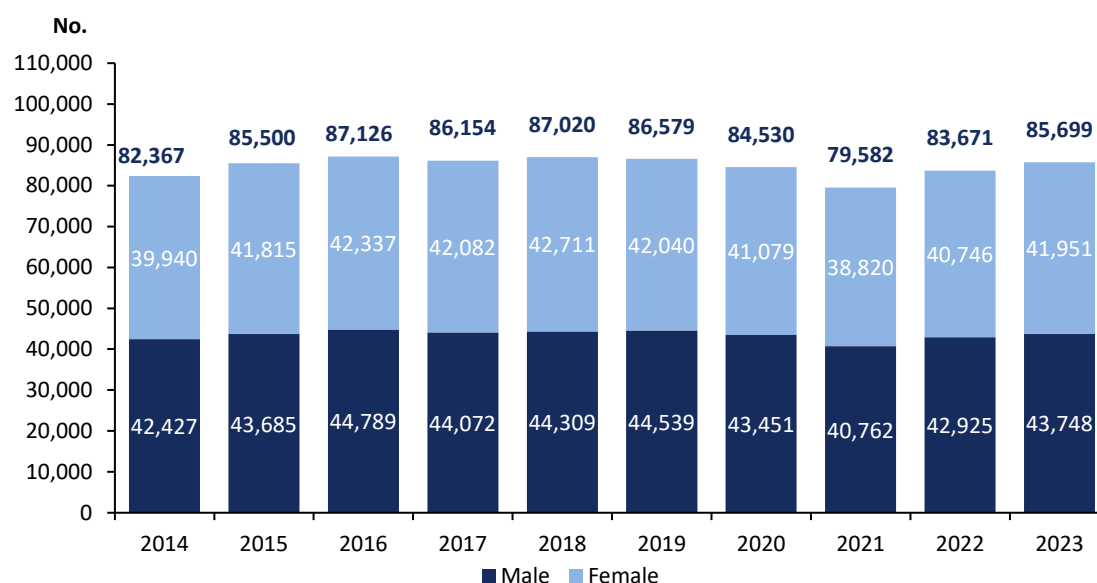
VITAL STATISTICS 2023



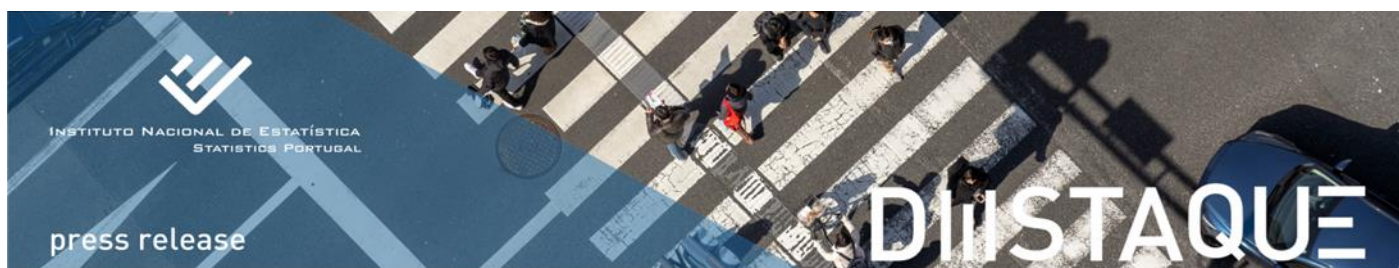
Number of live births increased 2.4%

In 2023, 85,699 live births were born to mothers residing in Portugal, 2.4% more than in 2022 (83,671). Of the total live births, 43,748 were male and 41,951 were female, representing a sex ratio at birth of 104 (for every 100 females born, around 104 males were born).

Figure 1. Live births by sex, Portugal, 2014-2023

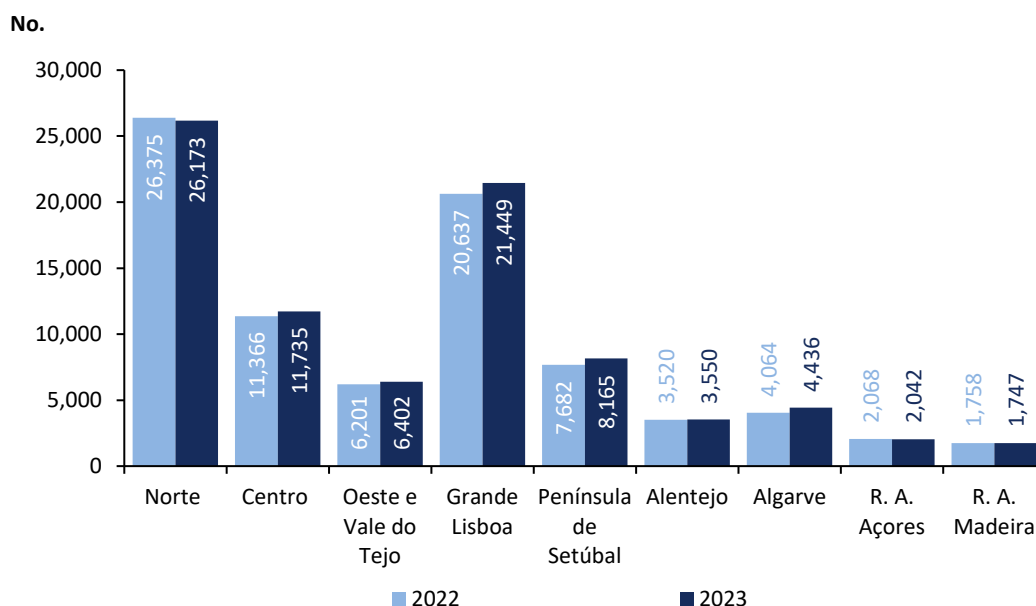


Source: Statistics Portugal, Live births.



Births have increased in almost all regions of the country, with the exceptions of regions Norte (-0.8%) and of the autonomous regions of Açores (-1.3%) and Madeira (-0.6%). In all other NUTS 2 regions the increase was higher than the national value (+2.4%), with Algarve reaching the highest increase (+9.2%), followed by Península de Setúbal (+6.3%). The Alentejo region registered the smallest increase (+0.9%), below the national value.

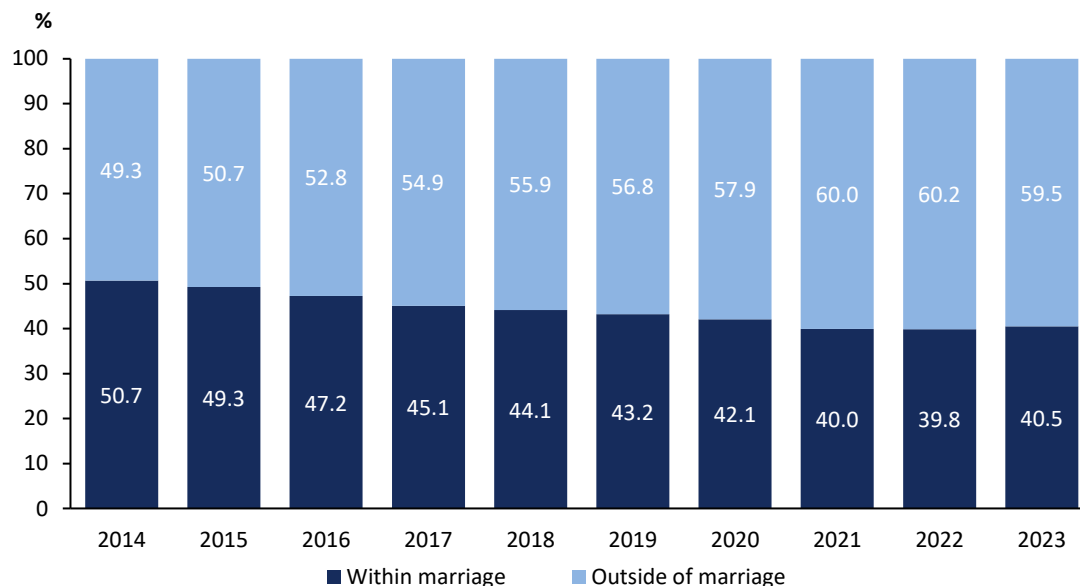
Figure 2. Live births by NUTS 2 (NUTS 2024), 2022 and 2023



Source: Statistics Portugal, Live births.

In 2023, the proportion of live births born outside of marriage, that is, children of parents who were not married to each other, decreased to 59.5% (60.2% in 2022), representing, for the ninth consecutive year, more than half of the total births in Portugal.

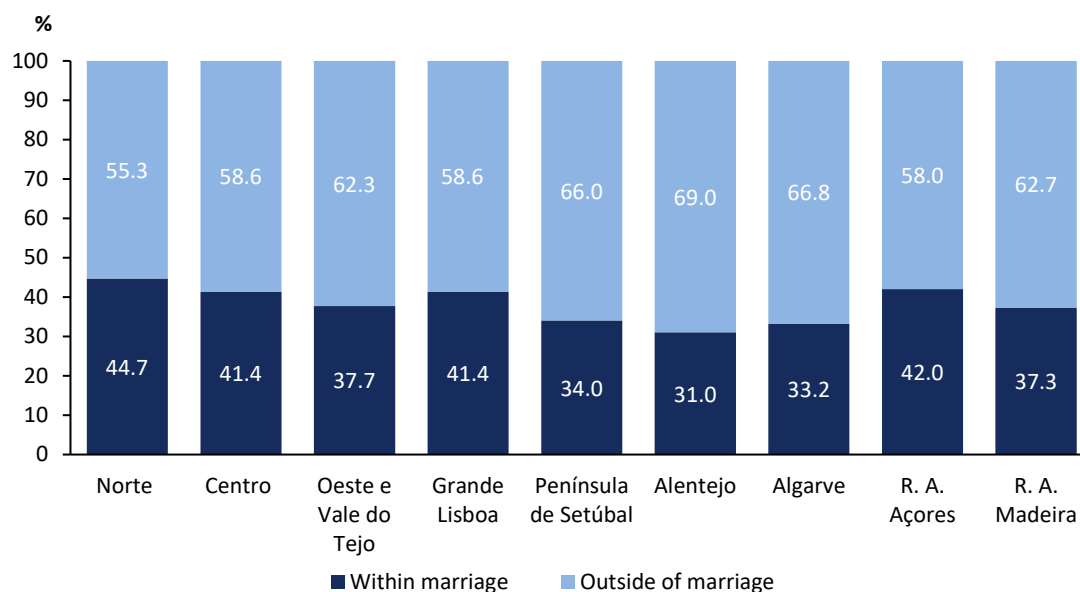
Figure 3. Live births by legitimacy status, Portugal, 2014-2023



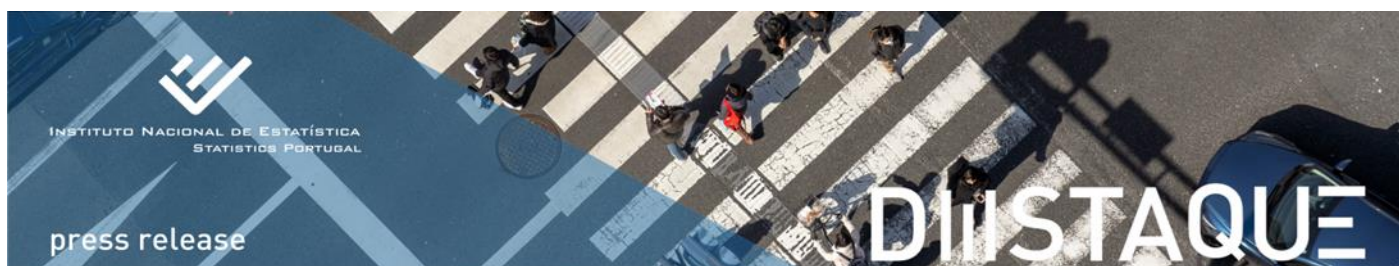
Source: Statistics Portugal, Live births.

The proportion of live births outside of marriage was below the national value (59.5%) in regions Norte (55.3%), Centro (58.6%), Grande Lisboa (58.6%), and Região Autónoma dos Açores (58.0%).

Figure 4. Live births by legitimacy status, NUTS 2 (NUTS 2024), 2023

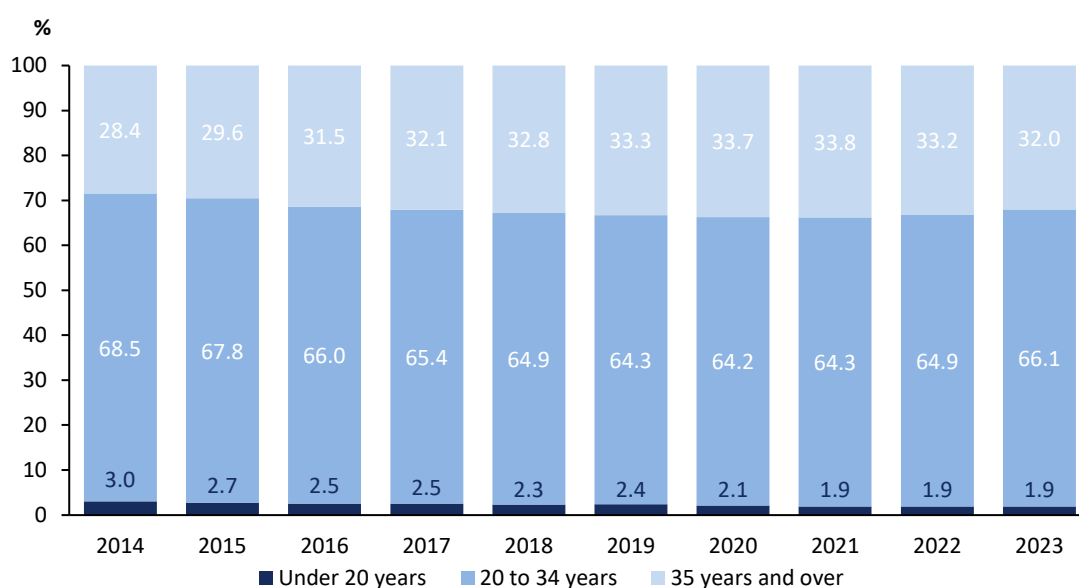


Source: Statistics Portugal, Live births.



In 2023, of the total live births, 66.1% were to mothers aged between 20 to 34 years, 32.0% to mothers aged 35 and over, and 1.9% to mothers under 20 years of age. Between 2014 and 2023, there was a decrease of 1.1 percentual points (pp) in the proportion of live births to mothers under the age of 20. Even though in 2023, in relation to 2022, there was a decrease in the proportion of live births to mothers aged 35 or over, throughout the period under analysis, there was an increase of 3.6 pp in the proportion of live births to mothers aged 35 and over.

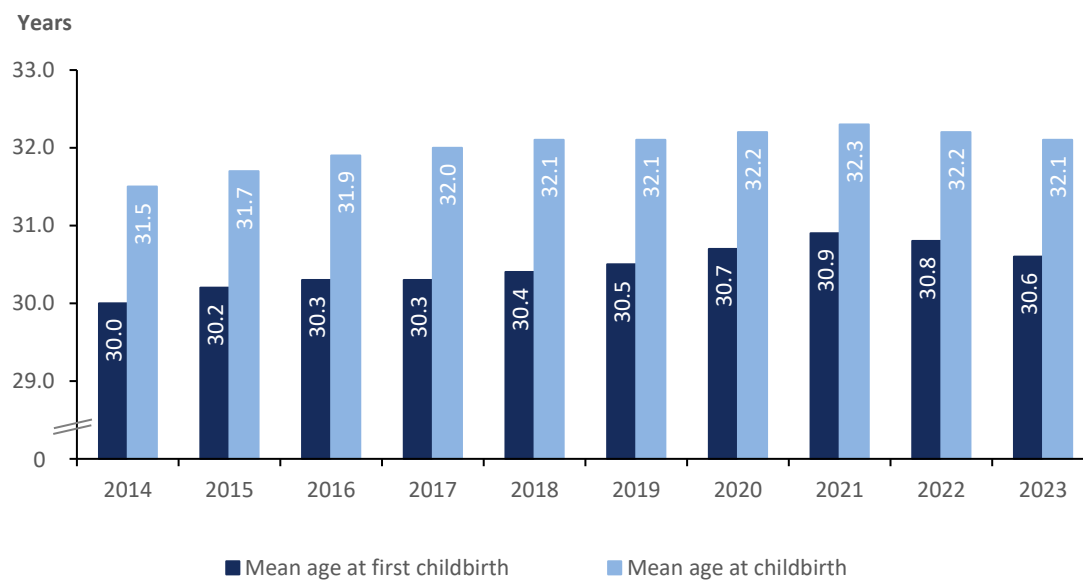
Figure 5. Live births by age group of the mother, Portugal, 2014-2023



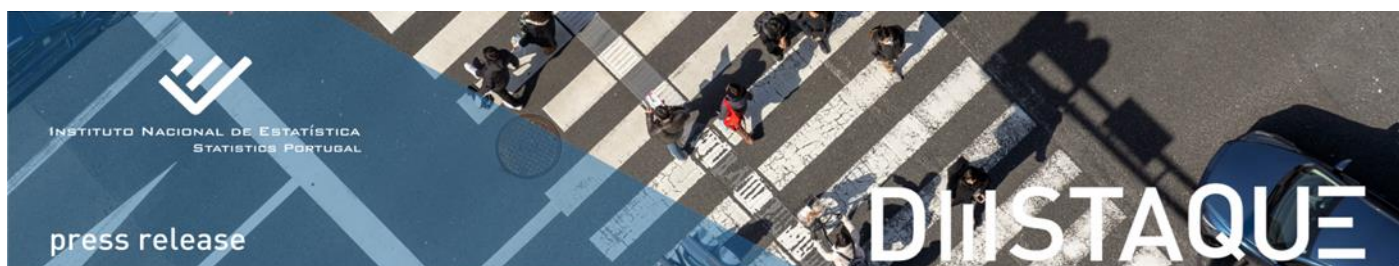
Source: Statistics Portugal, Live births.

The mean age of mother at childbirth (regardless of the birth order) was 32.1 years and the mean age of mother at first childbirth was 30.6 years. Between 2014 and 2023, there was an increase of 0.6 years both in the mean age at childbirth and in the mean age at first childbirth.

Figure 6. Mean age of mother at childbirth and at first childbirth, Portugal, 2014-2023



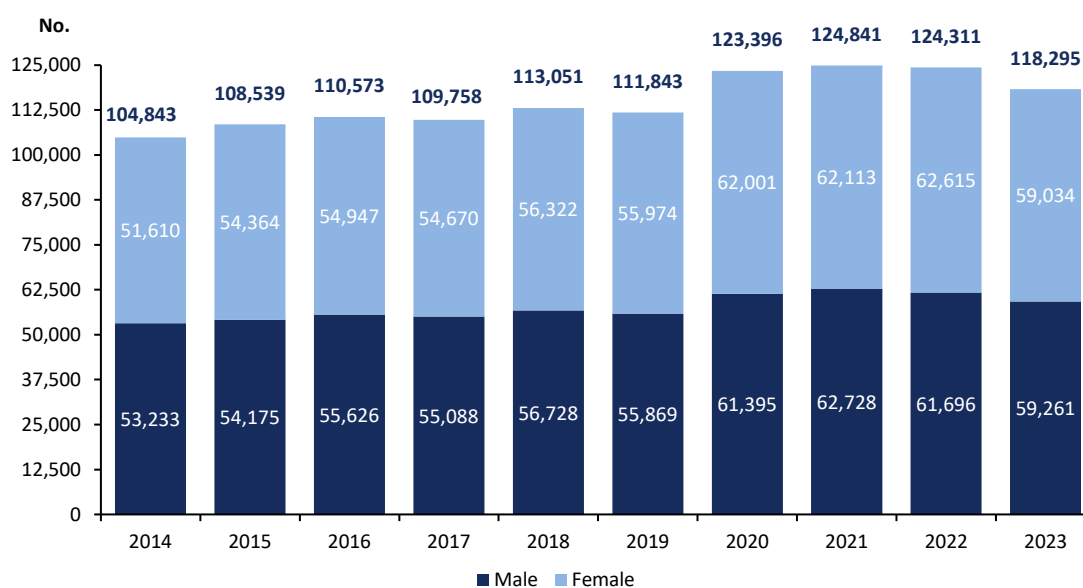
Source: Statistics Portugal, Demographic Indicators.



Number of deaths decreased 4.8%

In 2023, there were 118,295 deaths of residents in the national territory, 6,016 less when compared to 2022 (124,311), representing a 4.8% decrease. Of the total deaths recorded, 59,034 were of women and 59,261 were of men.

Figure 7. Deaths by sex¹, Portugal, 2014-2023

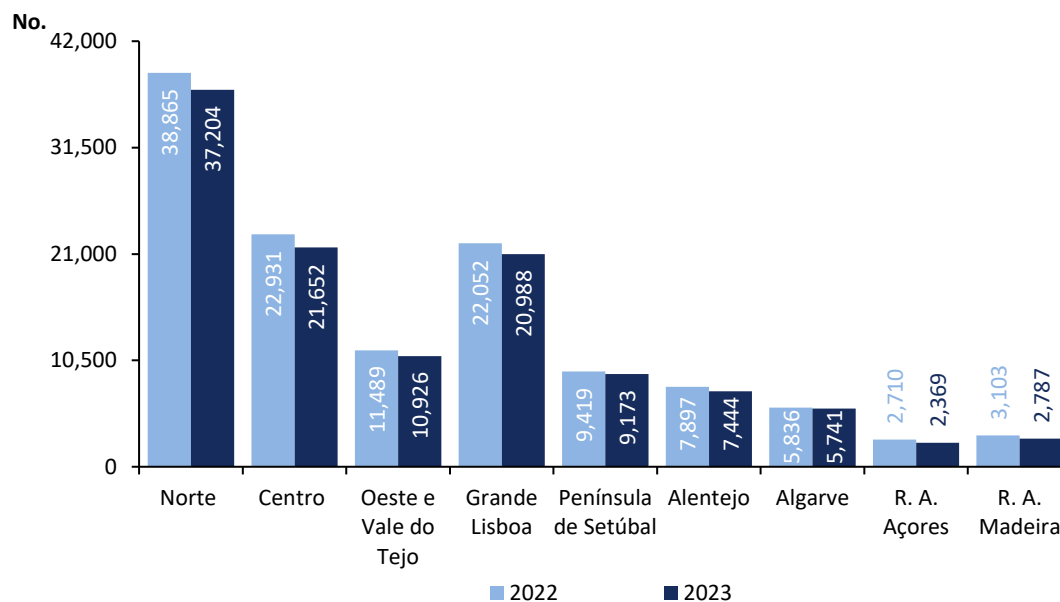


Source: Statistics Portugal, Deaths.

¹The total number of deaths may not correspond to the sum of the partial figures by sex due to the existence of records with unknown sex.

Mortality decreased in all NUTS 2 regions, with decreases higher than the national level in regions Centro (- 5.6%), Oeste e Vale do Tejo (-4.9%), Alentejo (-5.7%), and autonomous regions of Açores (-12.6%) and Madeira (-10.6%).

Figure 8. Deaths by NUTS 2 (NUTS 2024), 2022 and 2023

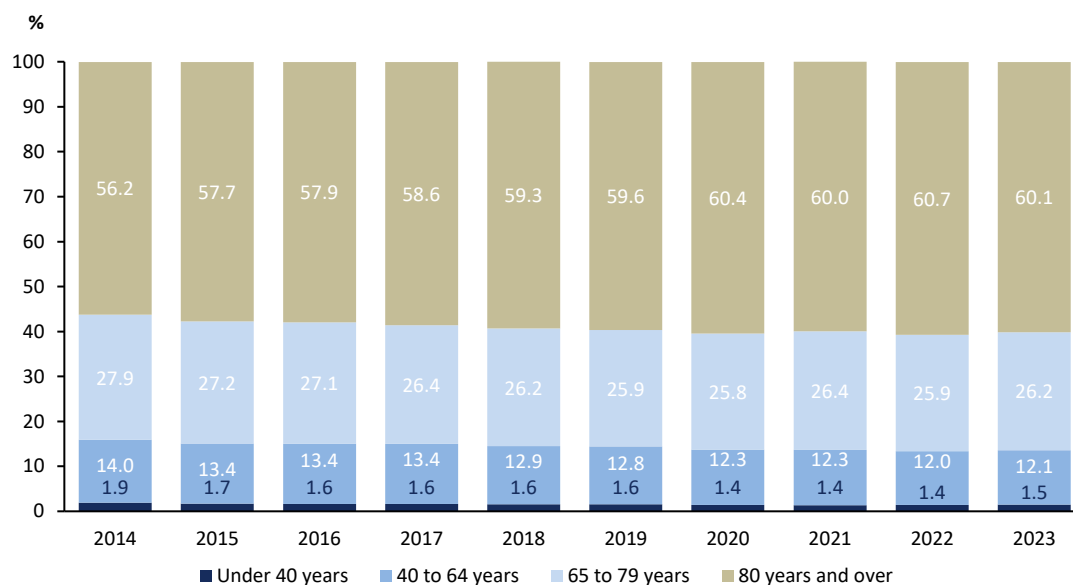


Source: Statistics Portugal, Deaths.

Most deaths occurred at older ages: 86.3% were of people aged 65 and over, and more than half (60.1%) occurred at ages 80 and over.

Between 2014 and 2023, there were decreases in the proportions of deaths under the age of 65 and between the ages of 65 and 79, respectively of 2.3 and 1.6 pp. On the other hand, there was an increase of 3.9 pp in the proportion of deaths over the age of 80.

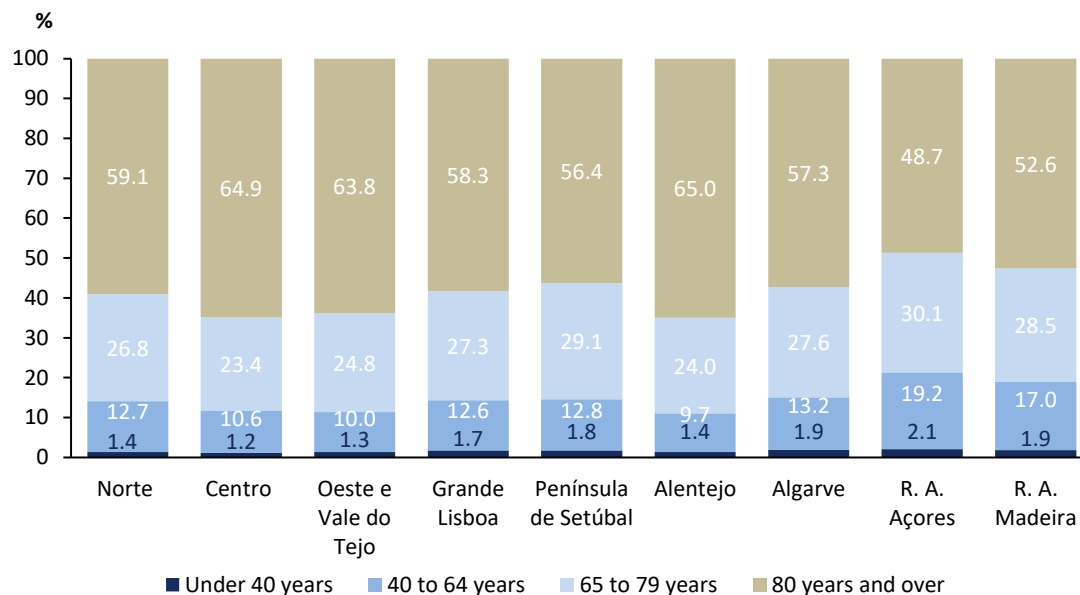
Figure 9. Deaths by age group, Portugal, 2014-2023



Source: Statistics Portugal, Deaths.

In 2023, also in the NUTS 2 regions, the highest proportion of deaths occurred in the age group of 80 and over, representing more than 50% of mortality in all regions, except for the Região Autónoma dos Açores (48.7%). In the regions Centro, Oeste e Vale do Tejo and Alentejo, the proportion of deaths in this age group was higher than the national value (64.9%, 63.8% and 65.0%, respectively, against 60.1%).

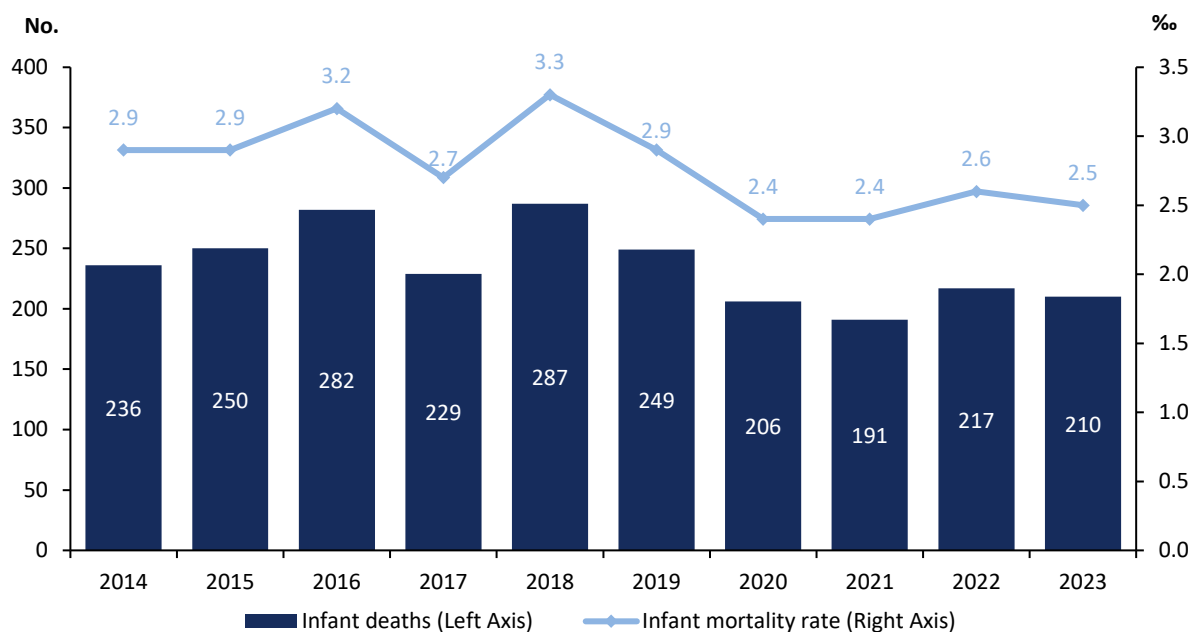
Figure 10. Deaths by age group, NUTS 2 (NUTS 2024), 2023



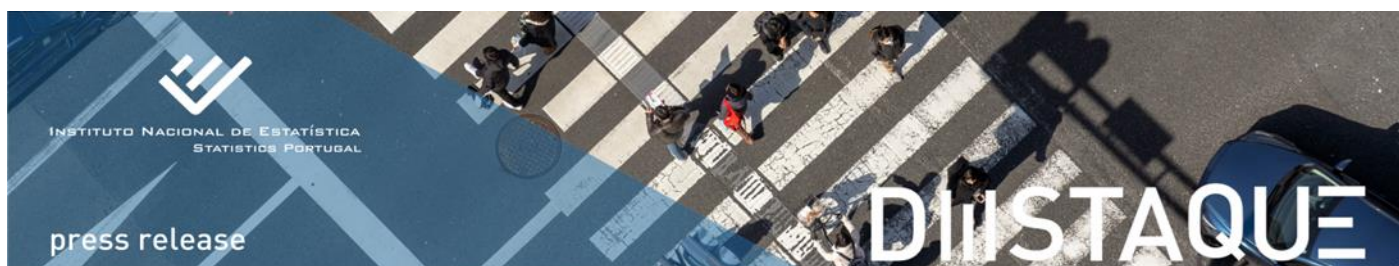
Source: Statistics Portugal, Deaths.

In 2023, there were 210 deaths of children under 1 year of age (7 fewer than in 2022). The infant mortality rate decreased from 2.6 in 2022 to 2.5 deaths per thousand live births in 2023.

Figure 11. Infant deaths and infant mortality rate, Portugal, 2014-2023



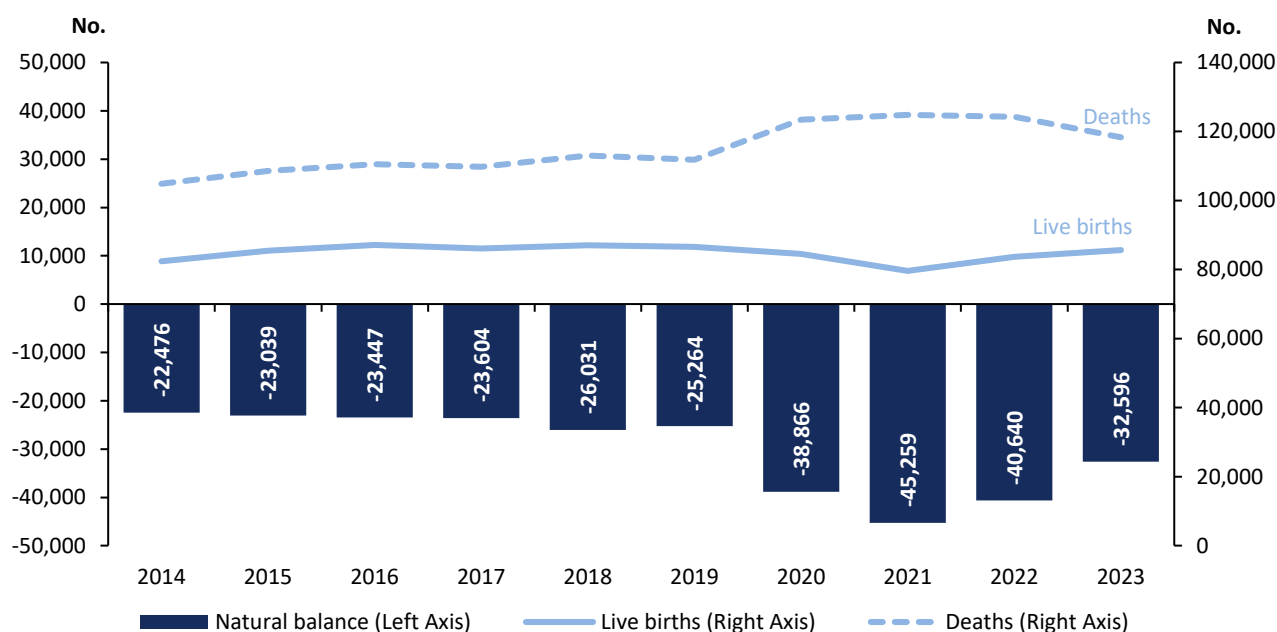
Source: Statistics Portugal, Deaths.



The natural balance, although still negative, improved

The increase in the number of live births and the decrease in the number of deaths determined an improvement of the natural balance from -40,640 in 2022 to -32,596 in 2023.

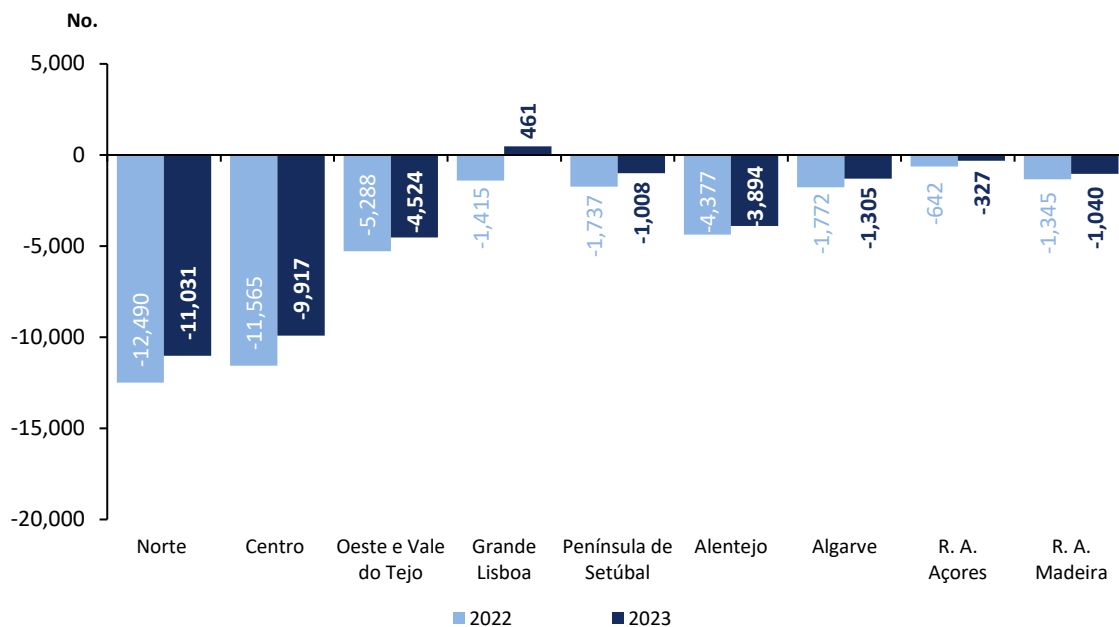
Figure 12. Live births, deaths and natural balance¹, Portugal, 2014-2023



Source: Statistics Portugal, Live-births, Deaths and Demographic Indicators.

All NUTS 2 regions recorded an improvement in the natural balance. The region Norte was the one where the most pronounced negative natural balance was recorded (-11,031) and the Região Autónoma dos Açores where the least negative value was recorded (-327). Grande Lisboa was the only NUTS 2 region to record a positive natural balance (+461).

Figure 13. Natural balance by NUTS 2 (NUTS 2024), 2022 and 2023



Source: Statistics Portugal, Demographic Indicators.

Number of marriages increased 0.1%

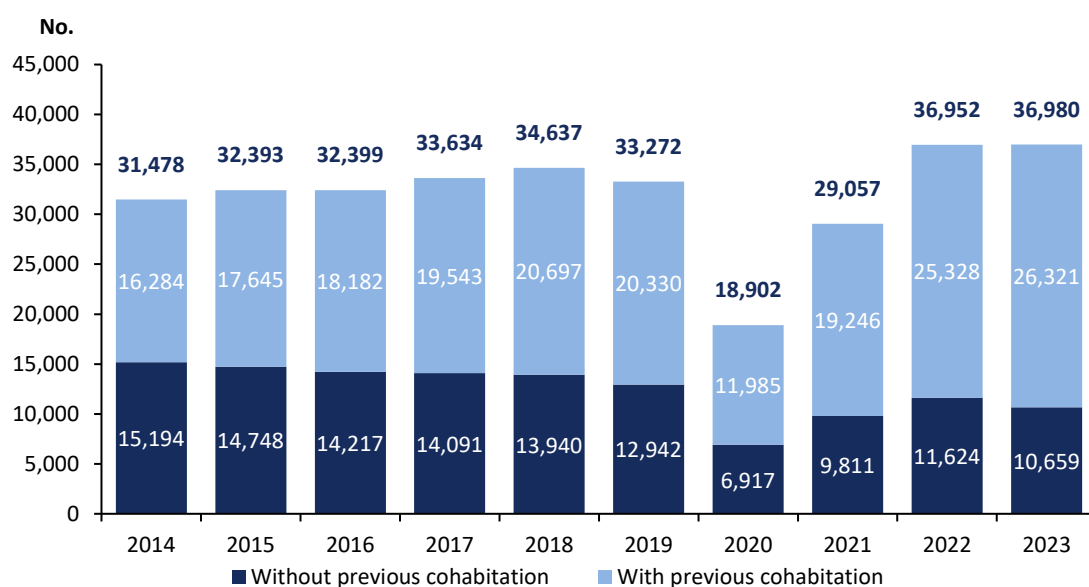
In 2023, 36,980 marriages were celebrated in Portugal, 28 more than in the previous year, representing an increase of 0.1%.



Of the celebrated marriages, 35,971 were opposite-sex marriages (36,151 in 2022) and 1,009 were same-sex marriages (801 in 2022), of which 548 marriages between men and 461 marriages between women (413 and 388, respectively, in 2022).

In more than half of the marriages held in 2023, spouses already cohabited (26,321 marriages). This proportion has grown considerably over the recent years, with an increase of 19.4 pp since 2014 (51.7% in 2014 against 71.2% in 2023).

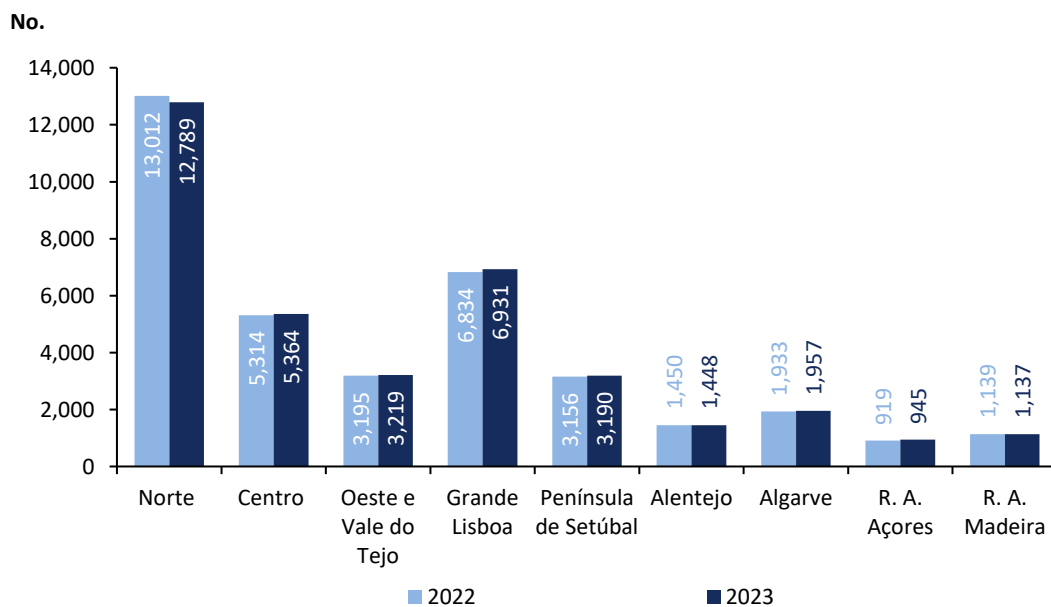
Figure 14. Marriages, with or without previous cohabitation, Portugal, 2014-2023



Source: Statistics Portugal, Marriage Statistics.

Except for regions Norte, Alentejo and Região Autónoma da Madeira, which recorded decreases in the number of marriages (respectively, of 1.7%, 0.1% and 0.2%), the remaining NUTS 2 regions recorded increases above the national value (0.1%).

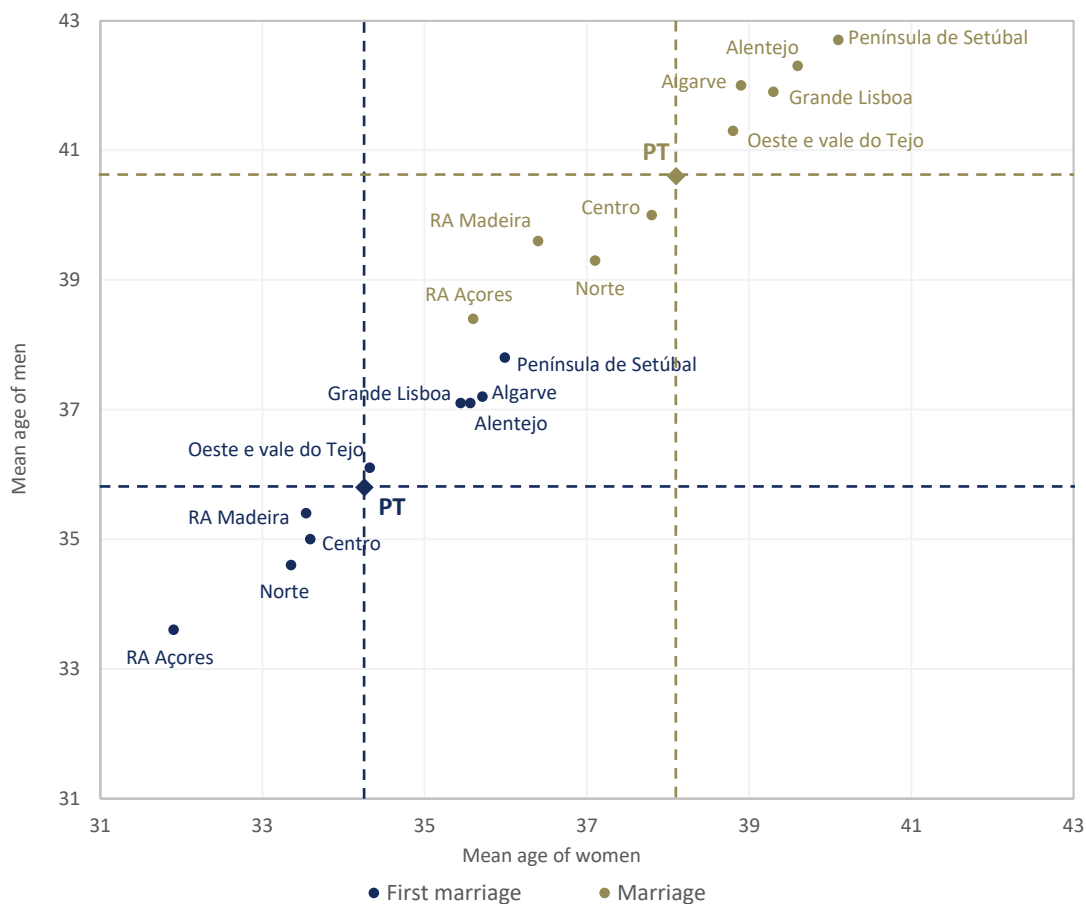
Figure 15. Marriages by NUTS 2 (NUTS 2024), 2022 and 2023



Source: Statistics Portugal, Marriage Statistics.

In 2023, the mean age at marriage was 40.6 years for men and 38.1 years for women; the mean age at first marriage was 35.8 years for men and 34.3 years for women. In all NUTS 2 regions, the mean age at first marriage and at marriage was higher for men than for women. Regions Norte, Centro, and autonomous regions of Açores and Madeira recorded mean ages lower than the national mean age at first marriage and at marriage, with the Região Autónoma dos Açores being the one where both men and women married earlier.

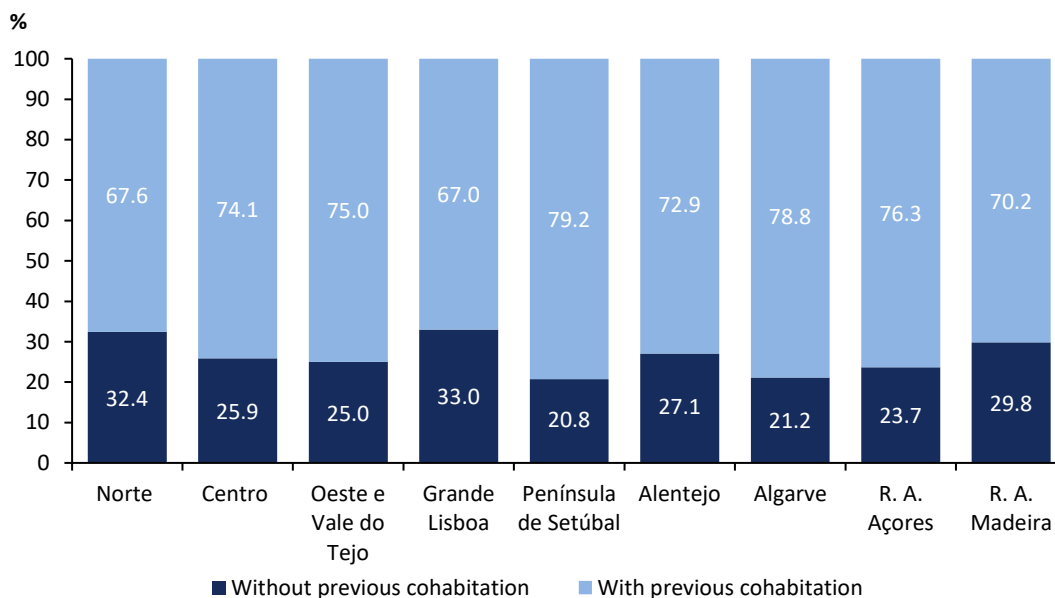
Figure 16. Mean age at marriage and at first marriage by sex, NUTS 2 (NUTS 2024), 2023



Source: Statistics Portugal, Marriage Statistics.

In all NUTS 2 regions, more than 50% of the spouses already cohabited before marriage, with the Península de Setúbal recording the highest proportion in the country (79.2%). In the Norte region (67.6%), in Grande Lisboa (67.0%) and in the Região Autónoma da Madeira (70.2%), this proportion was below than that of Portugal (71.2%).

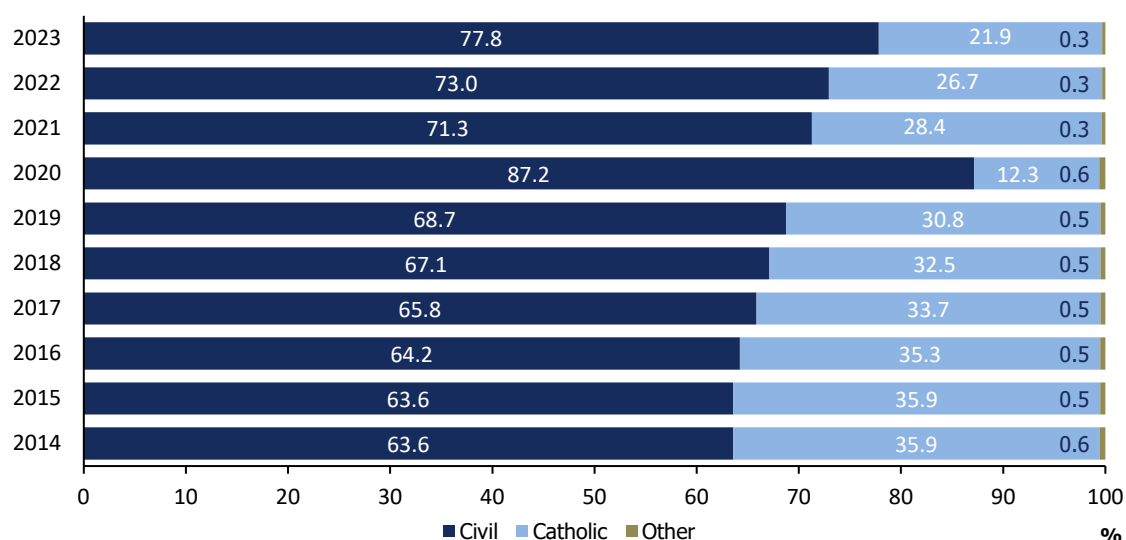
Figure 17. Marriages, with or without previous cohabitation, NUTS 2 (NUTS 2024), 2023



Source: Statistics Portugal, Marriage Statistics.

Of all opposite-sex marriages celebrated, 21.9% (7,862) were Catholic marriages, 77.8% (27,999) were civil marriages only, and 0.3% (110) were celebrated according to other religious ceremonies¹.

Figure 18. Marriages between opposite-sex couples, by celebration type, Portugal, 2014-2023



Source: Statistics Portugal, Marriage Statistics.

¹ Decree-Law No 324/2007 – Marriages celebrated in religious form before a minister of worship of a church or religious community based in Portugal, which, as from 2007, began to produce civil effects, similar to Catholic marriage.



TECHNICAL NOTE

Statistics Portugal releases indicators on live births, deaths, and marriages with information for 2023, by NUTS 1, 2, 3, Municipalities and Parishes geographical breakdowns according to the NUTS 2013 and NUTS 2024 classifications, based on the information registered in the Civil Register Offices until the end of March 2024. Revisions of mortality data may occur after the codification of the causes of death.

Data on live births, deaths and marriages are obtained from statistical operations of direct and exhaustive collection of information on these demographic events that occurred in Portuguese territory using facts that are subject to compulsory civil registration (birth, death, and marriage) in the Sistema Integrado do Registo e Identificação Civil (SIRIC).

In addition to administrative information obtained from Civil Register Offices, Statistics Portugal also collects an additional set of variables identified as statistically relevant and which are included in data collection Instruments.

Data are recorded and sent electronically, in compliance with the requirements set out by Statistics Portugal and laid down in liaison with the Instituto de Registos e Notariado, IP (IRN) and the Instituto de Gestão Financeira e Equipamentos da Justiça, IP (IGFEJ).

DEFINITIONS

Marriage: contract signed by two persons that intend to start a family in full partnership and cohabitation according to legislation. Note: marriage can be held between persons from different or same sex.

Mean age at marriage: the mean age of women (or men) when they get married, during a given period, usually a calendar year.

Mean age at first marriage: the mean age of women (or men) when they first get married, during a given period, usually a calendar year.

Live birth: complete expulsion or extraction from the mother's body, irrespective of the duration of the pregnancy, of a product of fertilization that, after separation, breathes or shows any other signs of life, such as a beating of the heart or umbilical cord or actual contraction of any muscle subject to voluntary movement, whether the umbilical cord has been severed or not and whether the placenta is retained or not.

Mean age of mother at childbirth: mean age of women when their children are born, usually for a given calendar year.

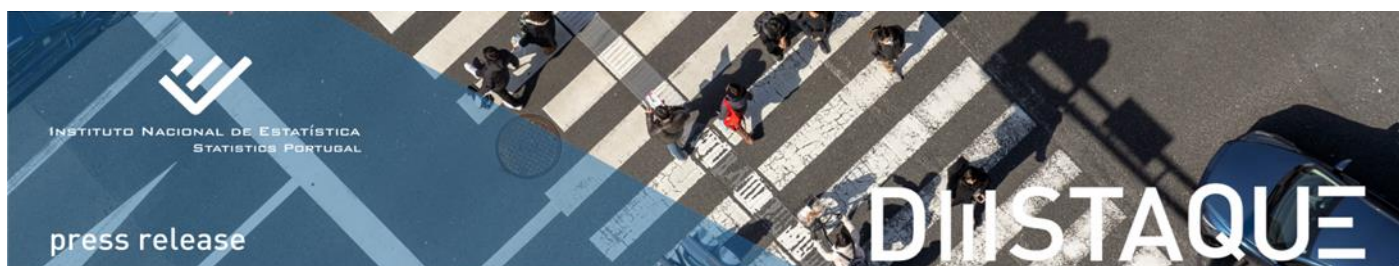
Mean age of mother at first childbirth: mean age of women when their first child is born, during a given period, usually a calendar year.

Sex ratio at birth: ratio between male and female live births in a certain period (usually expressed as 100 female live births).

Death: the permanent disappearance of vital functions.

Infant mortality: deaths of live-born children aged less than one year.

Infant mortality rate: the ratio of the number of deaths of children under one year of age during a specific period, usually a calendar year, to the number of live births in that period (usually expressed as the number of deaths of children under one year of age per 1000 live births).



Natural balance: the difference between the number of live births and the number of deaths during a given period, usually a calendar year.

Annual change: the annual change compares the level of a variable between two reference years (year t and year t-1).

Year-on-year change: the year-on-year change compares the level of a variable between the reference month and the same month of the previous year.

Detailed methodological information available at: www.ine.pt, option Products, Metadata system.

Detailed statistical information available at: www.ine.pt, option Products, Statistical data, database, theme Population.

Next press release

30th April 2025: “Vital Statistics 2024”.
