



29 April 2025

VITAL STATISTICS 2024

NATURAL BALANCE WORSENS IN 2024, BUT THE GRANDE LISBOA REGION REGISTERS A POSITIVE NATURAL BALANCE FOR THE SECOND CONSECUTIVE YEAR

In 2024, 84,642 children were born to mothers residing in Portugal, 1.2% (1,057 live births) less than in 2023. One third of the children were born to foreign-born mothers (mothers who were not born in Portugal).

The number of deaths of residents in the national territory was 118,374, 0.1% (79 deaths) more than in 2023. Of these, 252 deaths were of children under 1 year of age (42 more than in 2023), which resulted in an increase in the infant mortality rate to 3.0 deaths per thousand live births (2.5‰ in 2023).

The worsening of the natural balance, in 2024, to -33,732 (-32,596 in 2023) was therefore mainly determined by the decrease in the number of live births. The Grande Lisboa was the only NUTS 2 region where, for the second consecutive year, a positive natural balance was registered (+929).

In 2024, 36,633 marriages were celebrated in Portugal, 347 (0.9%) less than in 2023, of which 35,589 were opposite-sex marriages and 1,044 same-sex marriages.

Statistics Portugal releases on the website – www.ine.pt – indicators on live births, deaths and marriages with information for 2024, by NUTS 1, 2 and 3, Municipalities and Parishes, based on the information registered in the Civil Register Offices until March 2025.

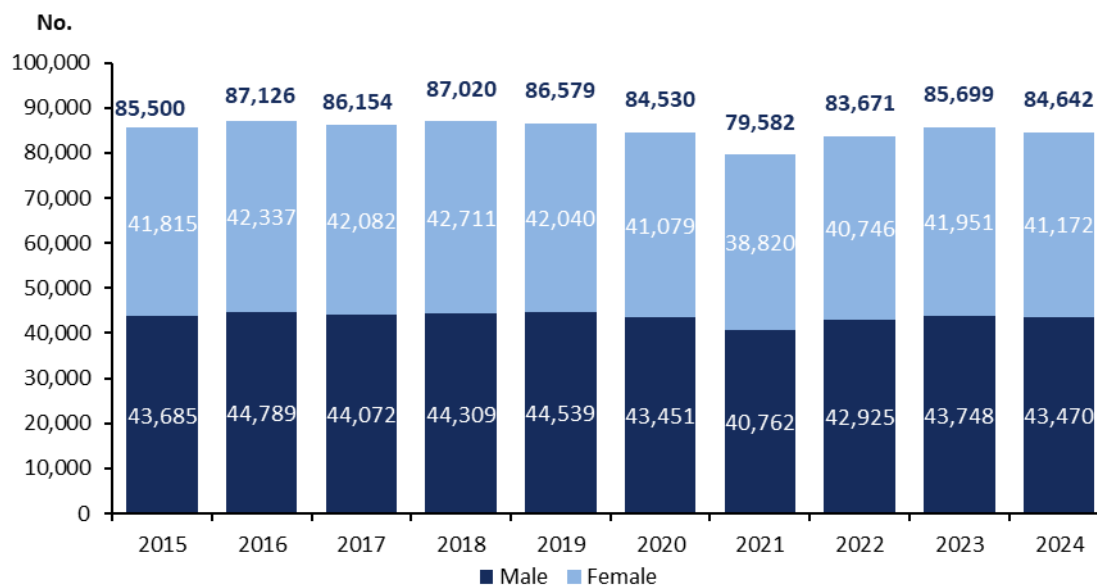
VITAL STATISTICS 2024



Number of live births decreased 1.2%

In 2024, 84,642 live births were born to mothers residing in Portugal, 1.2% less than in 2023 (85,699). Of the total live births, 43,470 were male and 41,172 were female, representing a sex ratio at birth of 106 (for every 100 females born, around 106 males were born).

Figure 1. Live births by sex, Portugal, 2015-2024

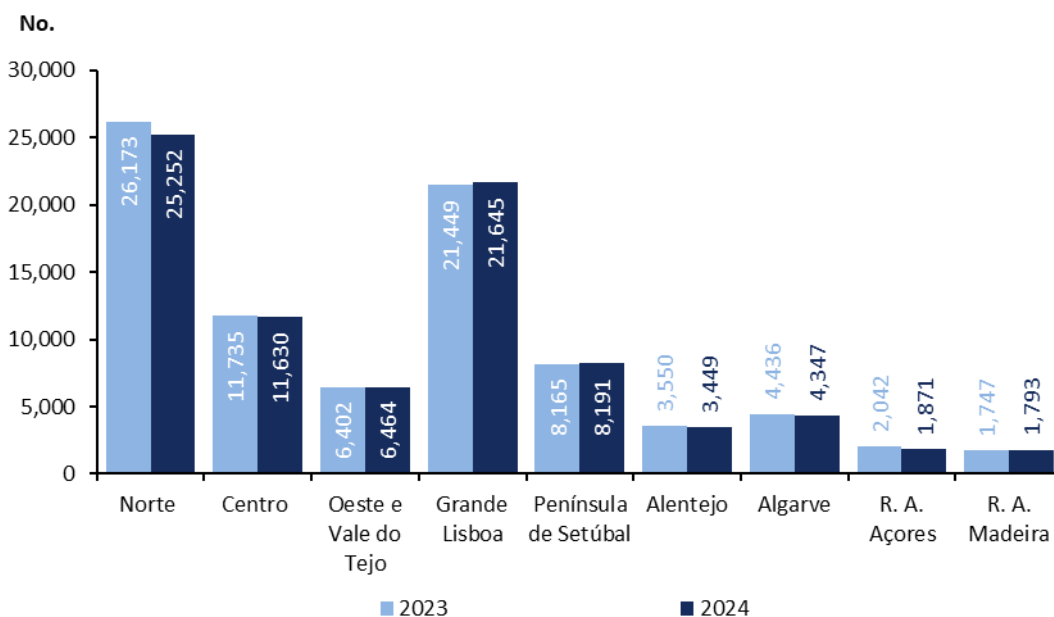


Source: Statistics Portugal, Live births.



Live births have decreased in more than half of the NUTS 2 regions, except for Oeste e Vale do Tejo (+1.0%), Grande Lisboa (+0.9%), Península de Setúbal (+0.3%) and Região Autónoma da Madeira (+2.6%). Apart from the Centro region (-0.9%), the decrease in the other regions was higher than the national figure (-1.2%), with the Região Autónoma dos Açores registering the highest drop (-8.4%).

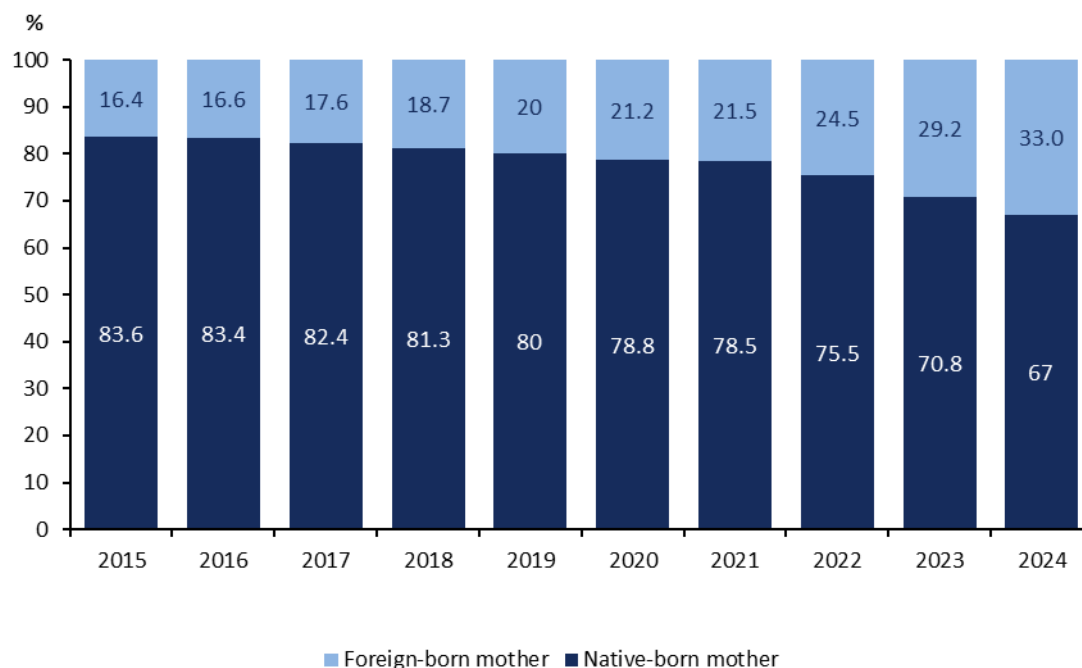
Figure 2. Live births by NUTS 2 region (NUTS 2024), 2023 and 2024



Source: Statistics Portugal, Live births.

In 2024, 33.0% of live births born in Portugal were children of foreign-born mothers, that is, live births born to foreign-born mothers (29.2% in 2023). In the last decade, the proportion of live births born to foreign-born mothers has more than doubled.

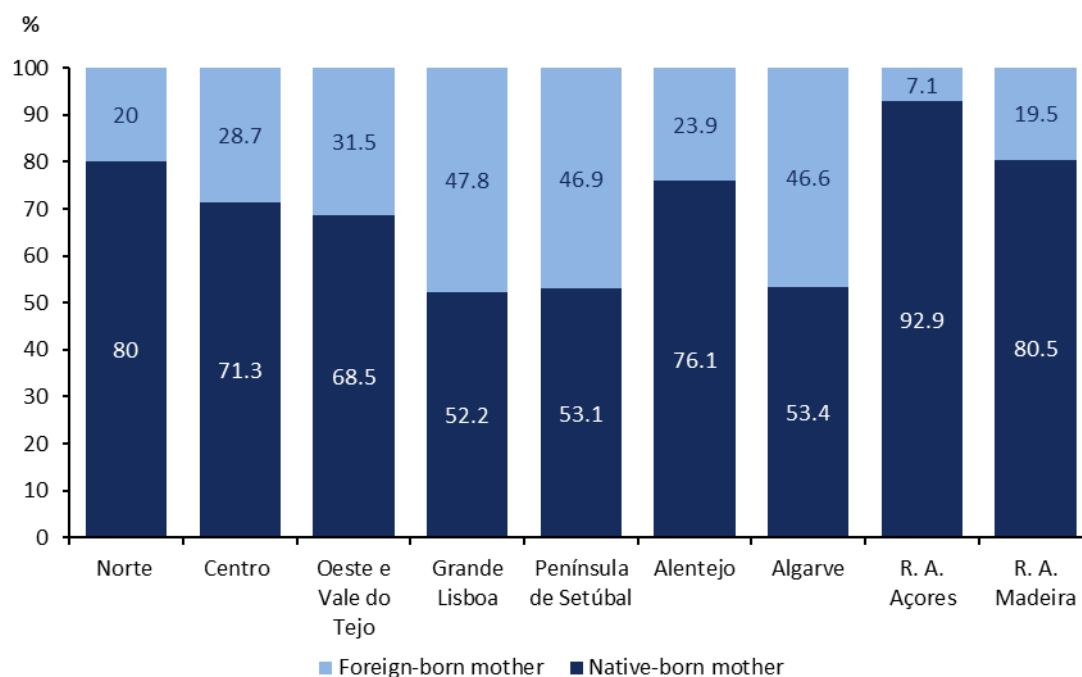
Figure 3. Live births by place of birth of the mother, Portugal, 2015-2024



Source: Statistics Portugal, Live births.

The proportion of live births born to foreign-born mothers was higher than the national value (33.0%) in Grande Lisboa (47.8%), Península de Setúbal (46.9%) and Algarve (46.6%) regions.

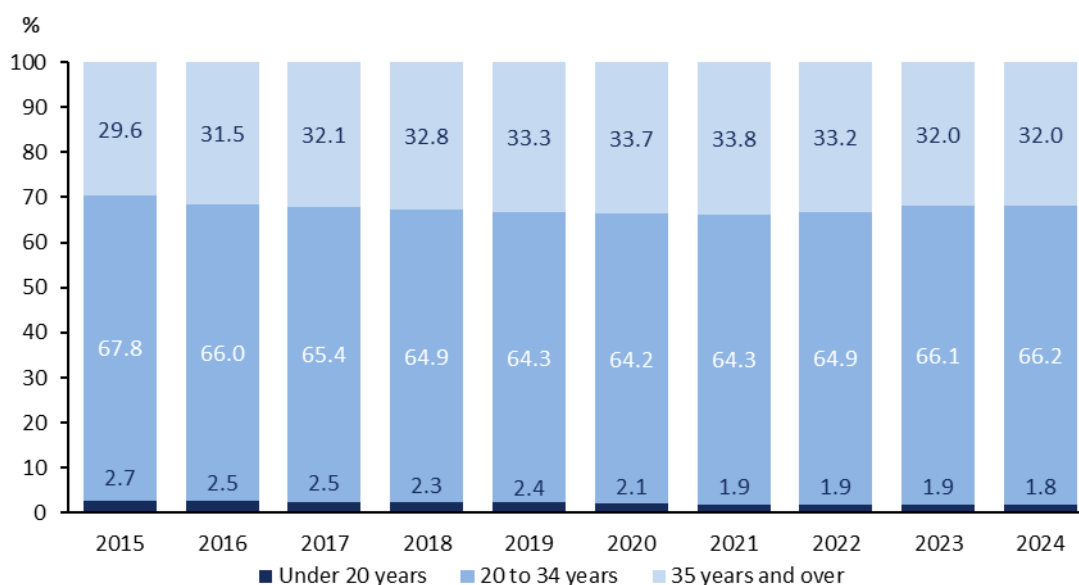
Figure 4. Live births by place of birth of the mother, NUTS 2 (NUTS 2024), 2024



Source: Statistics Portugal, Live births.

In 2024, of the total live births, 66.2% were born to mothers aged between 20 to 34 years, 32.0% to mothers aged 35 and over, and 1.8% to mothers under 20 years of age. Between 2015 and 2024, there was a decrease of 0.9 percentage points (pp) in the proportion of live births born to mothers under the age of 20. Even though in the last two years, the proportion of live births born to mothers aged 35 and over remained at 32.0%, in the period under analysis there was an increase of 2.4 pp in the proportion of live births born to mothers aged 35 and over.

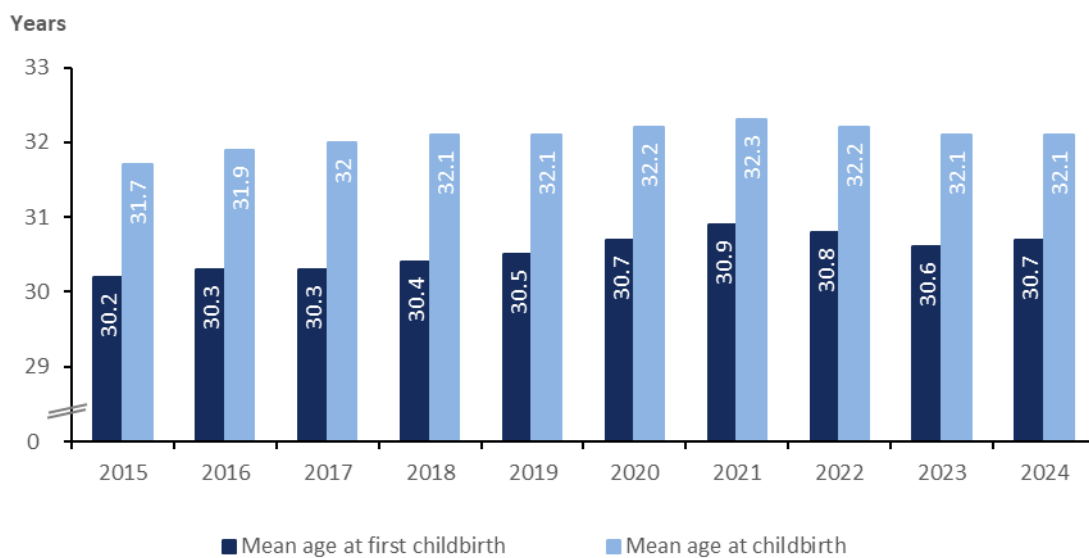
Figure 5. Live births by age group of the mother, Portugal, 2015-2024



Source: Statistics Portugal, Live births.

The mean age of mother at childbirth (regardless of the birth order) was 32.1 years (same as 2023) and the mean age of mother at first childbirth was 30.7 years (30.6 years in 2023). Between 2015 and 2024, there was an increase of 0.4 years in the mean age at childbirth and 0.5 years in the mean age at first childbirth.

Figure 6. Mean age of mother at childbirth and at first childbirth, Portugal, 2015-2024



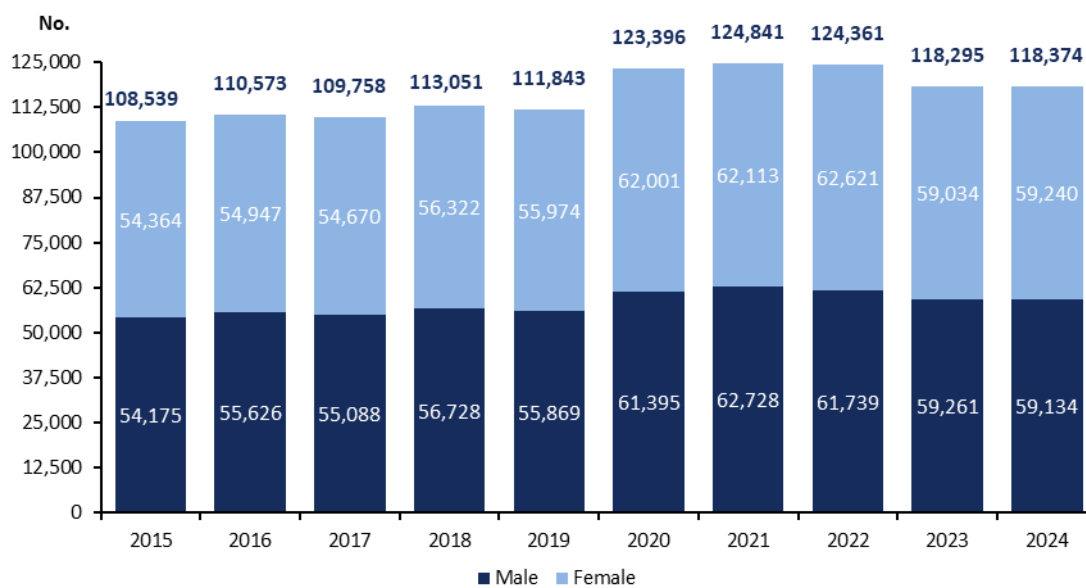
Source: Statistics Portugal, Demographic Indicators.



Number of deaths increased 0.1%

In 2024, there were 118,374 deaths of residents in the national territory, 79 more when compared to 2023 (118,295), representing a 0.1% decrease. Of the total deaths recorded, 59,240 were of women and 59,134 were of men.

Figure 7. Deaths by sex¹, Portugal, 2015-2024

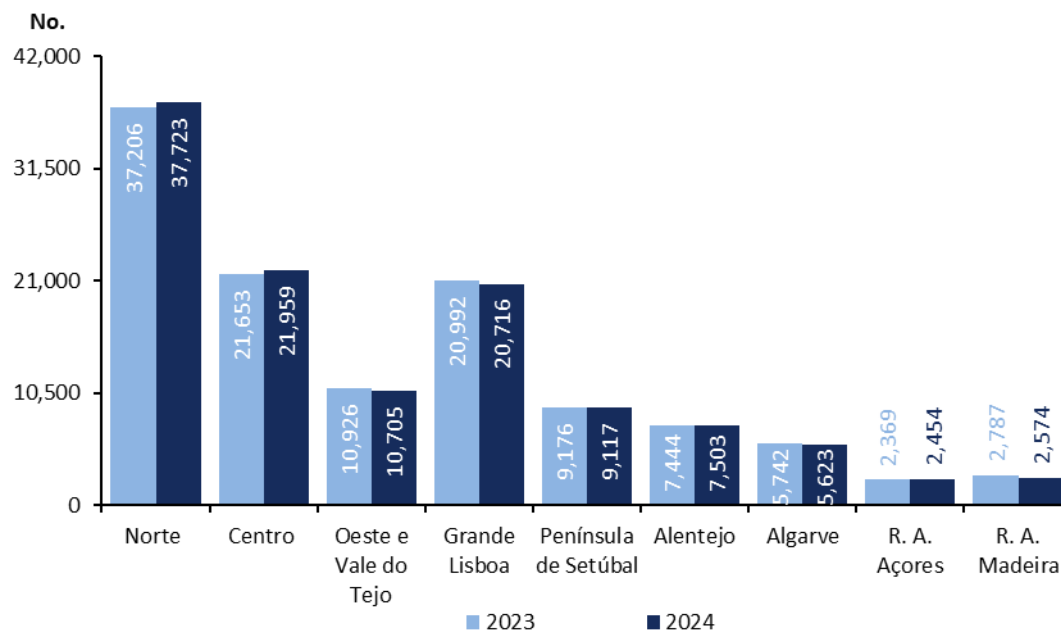


Source: Statistics Portugal, Deaths.

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 increased in four of the nine NUTS 2 regions, with increases higher than those recorded at national level (0.1%), with the Região Autónoma dos Açores standing out with the largest increase (3.6%). In contrast, the Região Autónoma da Madeira registered the highest drop in mortality (-7.6%).

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

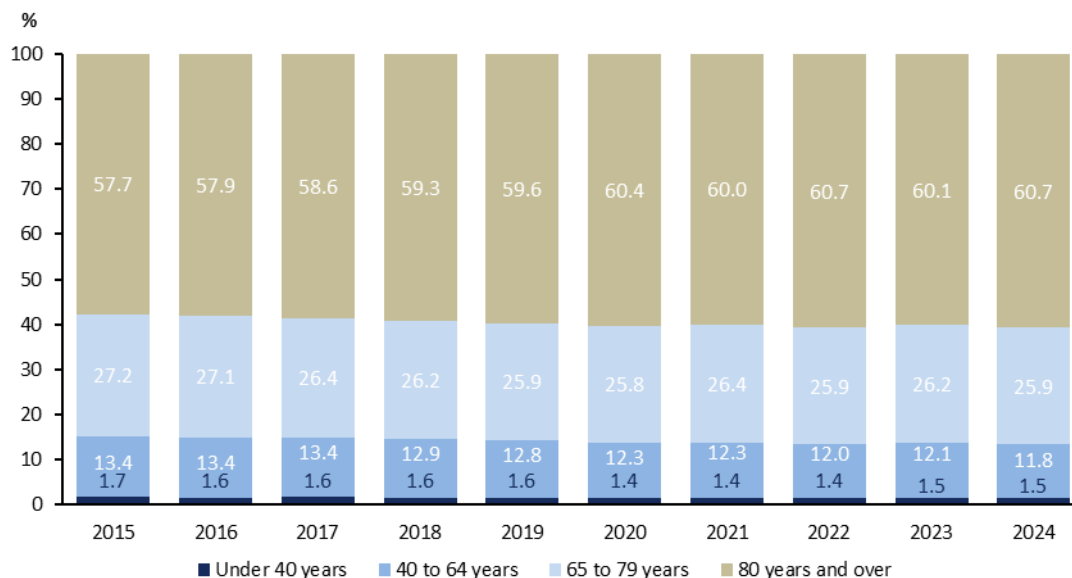


Source: Statistics Portugal, Deaths.

Most deaths occurred at older ages: 86.6% were of people aged 65 and over and 60.7% occurred at ages 80 and over.

Between 2015 and 2024, there were decreases in the proportions of deaths under the age of 65 and between the ages of 65 and 79, respectively of 1.8 and 1.2 pp. On the other hand, there was an increase of 3.0 pp in the proportion of deaths over the age of 80.

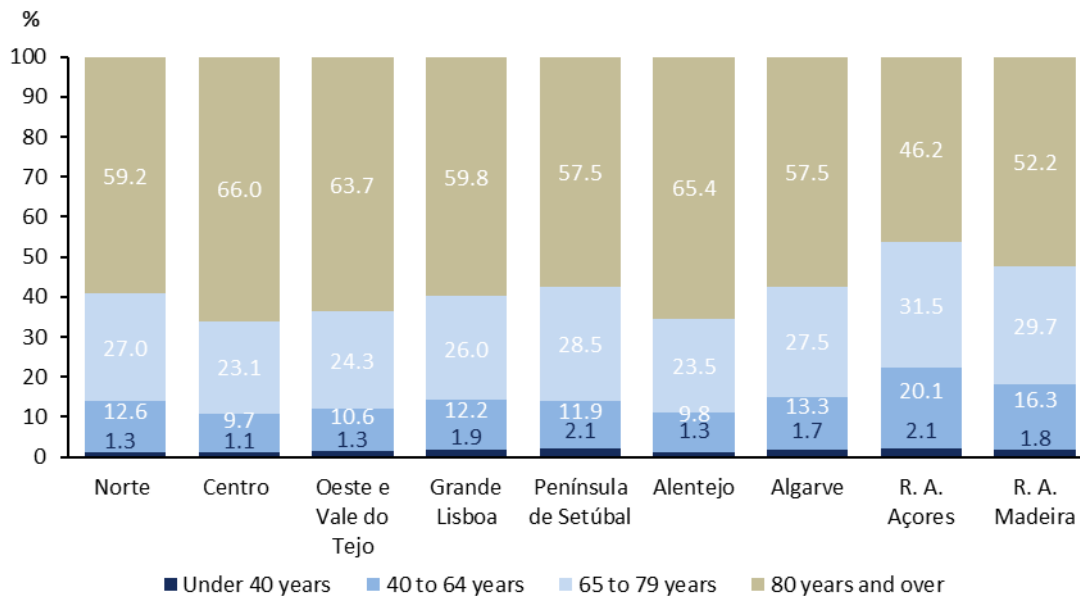
Figure 9. Deaths by age group, Portugal, 2015-2024



Source: Statistics Portugal, Deaths.

In 2024, 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 (46.2%). 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 (66.0%, 63.7% and 65.4%, respectively, against 60.7%).

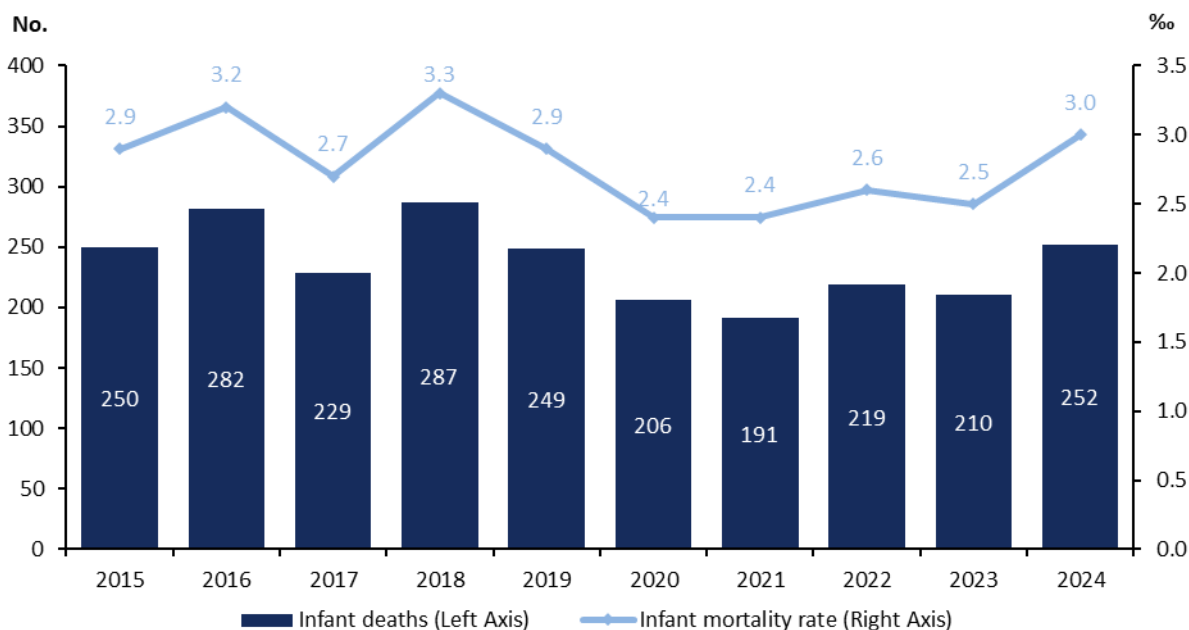
Figure 10. Deaths by age group, NUTS 2 region (NUTS 2024), 2024



Source: Statistics Portugal, Deaths.

In 2024, there were 252 deaths of children under 1 year of age (42 more than in 2023). The infant mortality rate increased from 2.5 in 2023 to 3.0 deaths per thousand live births in 2024.

Figure 11. Infant deaths and infant mortality rate, Portugal, 2015-2024

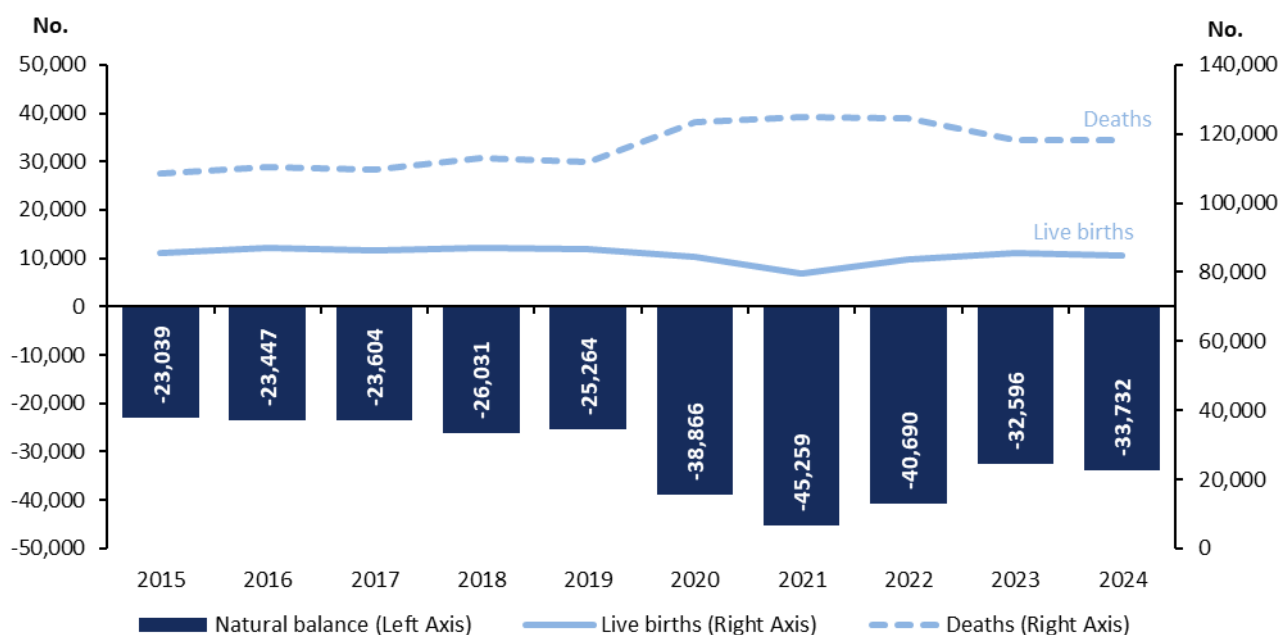


Source: Statistics Portugal, Deaths.

Negative natural balance of -33,732

Although there was a slight increase in the number of deaths, it was mainly the decrease in the number of live births that determined the worsening of the natural balance, from -32,596 in 2023 to -33,732 in 2024.

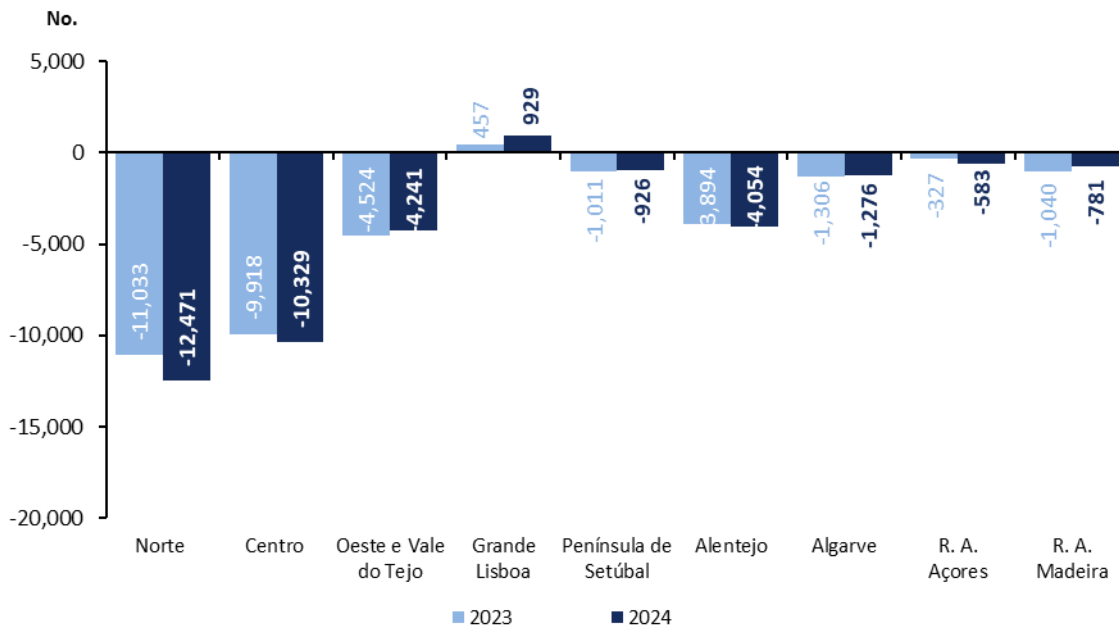
Figure 12. Live births, deaths and natural balance, Portugal, 2015-2024



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

Four of the nine NUTS 2 regions recorded a worsening in the natural balance. The Norte region was the one where the most pronounced negative natural balance was recorded (-12,471) and the Região Autónoma dos Açores where the least negative value was registered (-583). Grande Lisboa, for the second consecutive year, was the only NUTS 2 region to register a positive natural balance (+929).

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



Source: Statistics Portugal, Demographic Indicators.

Number of marriages decreased 0.9%

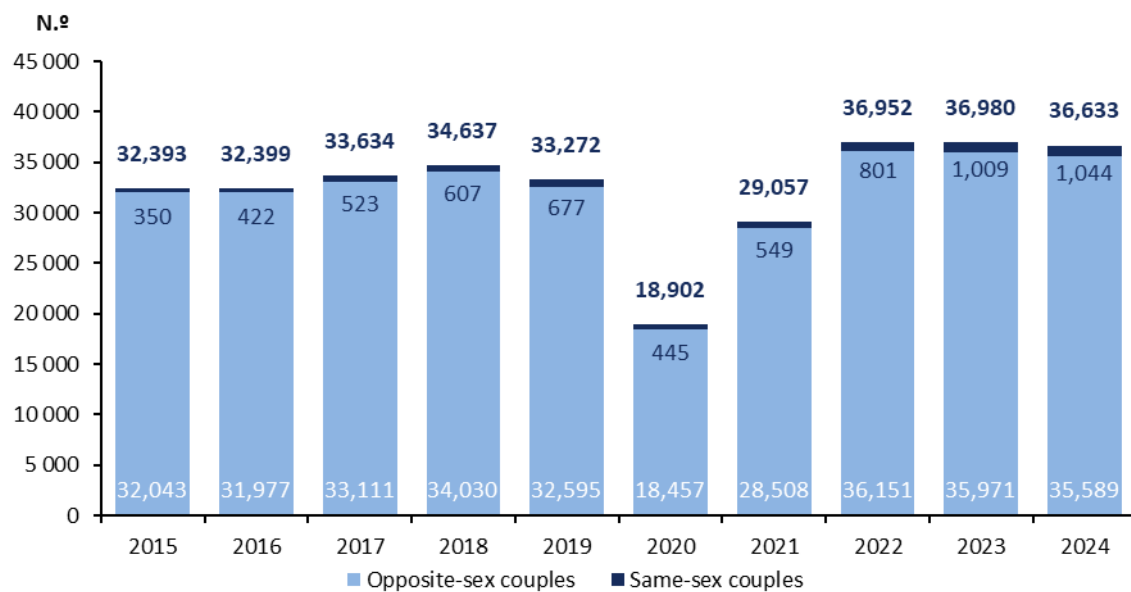
In 2024, 36,633 marriages were celebrated in Portugal¹, 347 less than in the previous year, representing a decrease of 0.9%.

¹ The number of celebrated marriages includes marriages of residents abroad whose marriage was celebrated in national territory.



Of the celebrated marriages, 35,589 were opposite-sex marriages (35,971 in 2023) and 1,044 were same-sex marriages (1,009 in 2023), of which 526 marriages between men and 518 marriages between women (548 and 461, respectively, in 2023).

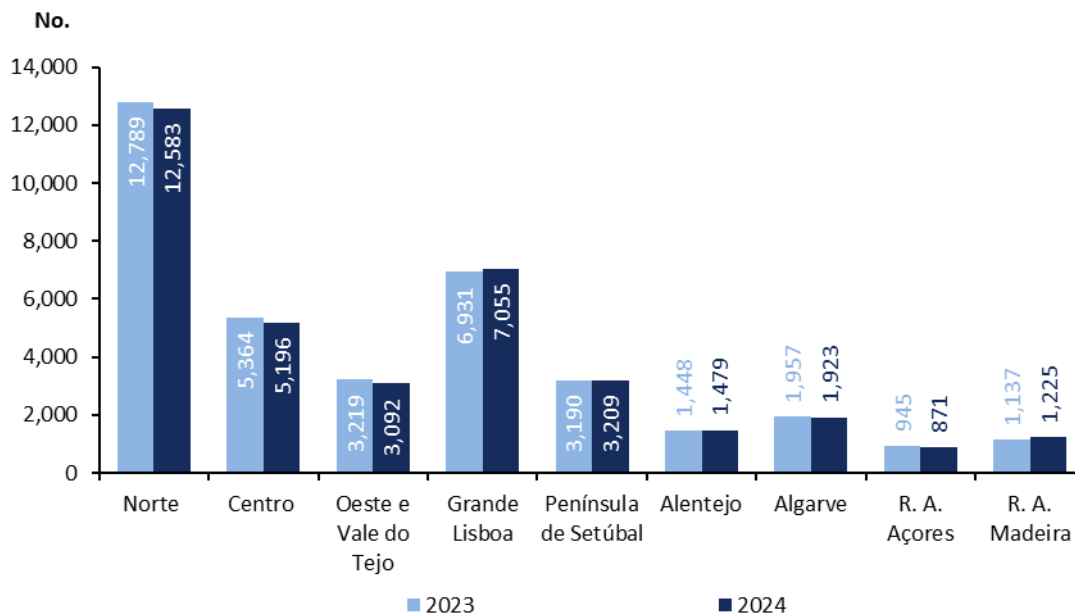
Figure 14. Marriages by marriage type, Portugal, 2015-2024



Source: Statistics Portugal, Marriage Statistics.

In 2024, the number of marriages celebrated increased in the regions Grande Lisboa (+1.8%), Península de Setúbal (+0.6%), Alentejo (+2.1%) and the Região Autónoma da Madeira (+7.7%). On the other hand, there were decreases, highest than the national figure (-0.9%), in the number of marriages celebrated in the other NUTS 2 regions, with the Região Autónoma dos Açores recording the highest drop (-7.8%).

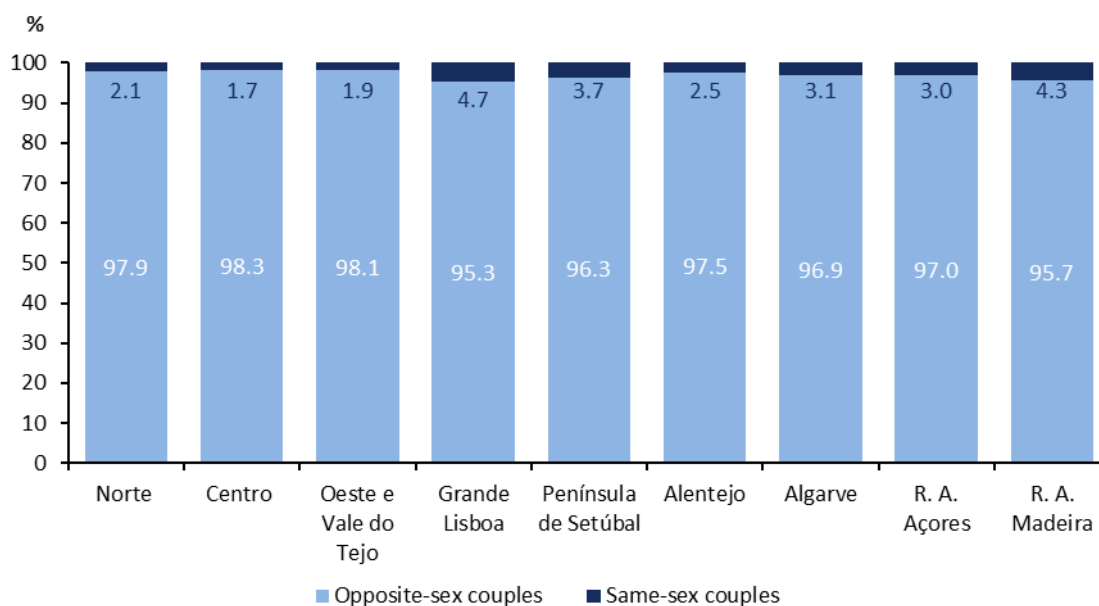
Figure 15. Marriages by NUTS 2 region (NUTS 2024), 2023 and 2024



Source: Statistics Portugal, Marriage Statistics.

Grande Lisboa and Região Autónoma da Madeira were the regions where the highest proportion of marriages celebrated between same-sex couples were celebrated (respectively 4.7% and 4.3%).

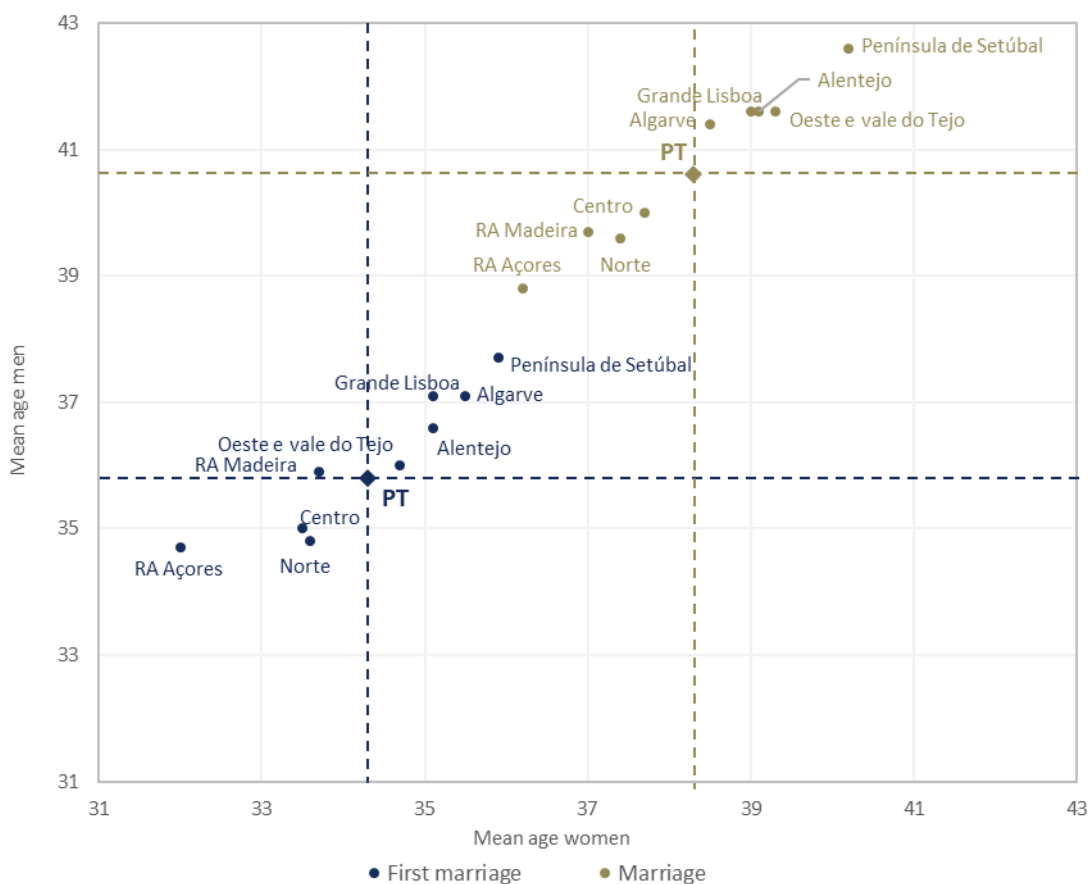
Figure 16. Marriages by marriage type, NUTS 2 region (NUTS 2024), 2024



Source: Statistics Portugal, Marriage Statistics.

In 2024, the mean age of marriage was 40.6 years for men and 38.3 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. The Norte, Centro and Região Autónoma dos Açores registered mean ages lower than the national mean age at first marriage. These three regions, together with the Região Autónoma da Madeira, recorded mean ages at marriage lower than the national mean age. The Região Autónoma dos Açores was the only region where both men and women married earlier.

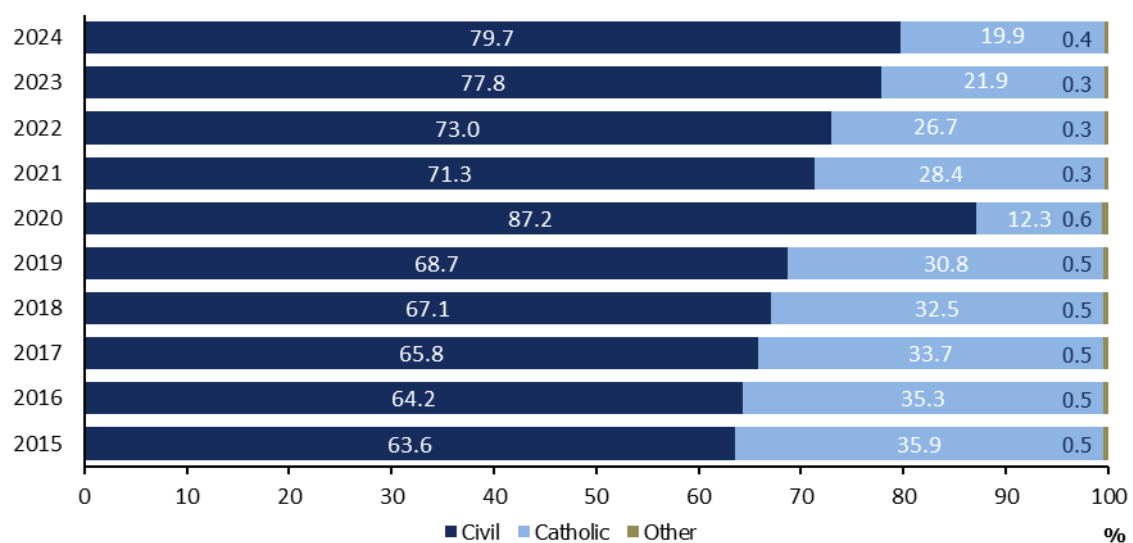
Figure 17. Mean age at marriage and at first marriage by sex, NUTS 2 region (NUTS 2024), 2024



Source: Statistics Portugal, Marriage Statistics.

Of the total number of celebrated marriages between opposite-sex couples in 2024, 19.9% (7,094) were celebrated according to the Catholic rite, 79.7% (28,361) were celebrated only in the civil form and 0.4% (134) according to other religious forms². Between 2015 and 2024, the proportion of Catholic marriages decreased, and the proportion of civil marriages increased by around 16 percentage points.

Figure 18. Marriages between opposite-sex couples, by celebration type, Portugal, 2015-2024



Source: Statistics Portugal, Marriage Statistics.

² 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 2024 classifications, based on the information registered in the Civil Register Offices until the end of March 2025. 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.

Place of birth: Place where a person was born or the mother's usual place of residence on the date of birth.

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 2026: "Vital Statistics 2025".
