



30 April 2026
VITAL STATISTICS 2025

NATURAL BALANCE WORSENS, BUT THE GRANDE LISBOA REGION REGISTERS A POSITIVE NATURAL BALANCE FOR THE THIRD CONSECUTIVE YEAR

In 2025, 87,764 live births were born to mothers residing in Portugal, 3,122 more (+3.7%) more than in 2024. About a 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 121,817, 3,421 more (+2.9%) than in 2024. Of these, 246 deaths were children under 1 year of age (eight less than in 2024). The decrease in infant deaths and the increase in the number of live births has resulted in a decrease in the infant mortality rate to 2.8 deaths per thousand live births (3.0‰ in 2024).

The worsening of the natural balance, in 2025, to -34,053 (-33,754 in 2024) was therefore determined by the increase in the number of deaths. The Grande Lisboa was the only NUTS 2 region where, for the third consecutive year, a positive natural balance was registered (+414).

In 2025, 37,714 marriages were celebrated in Portugal, 1,081 more (+3.0%) than in 2024, of which 36,651 were opposite-sex marriages and 1,063 same-sex marriages.

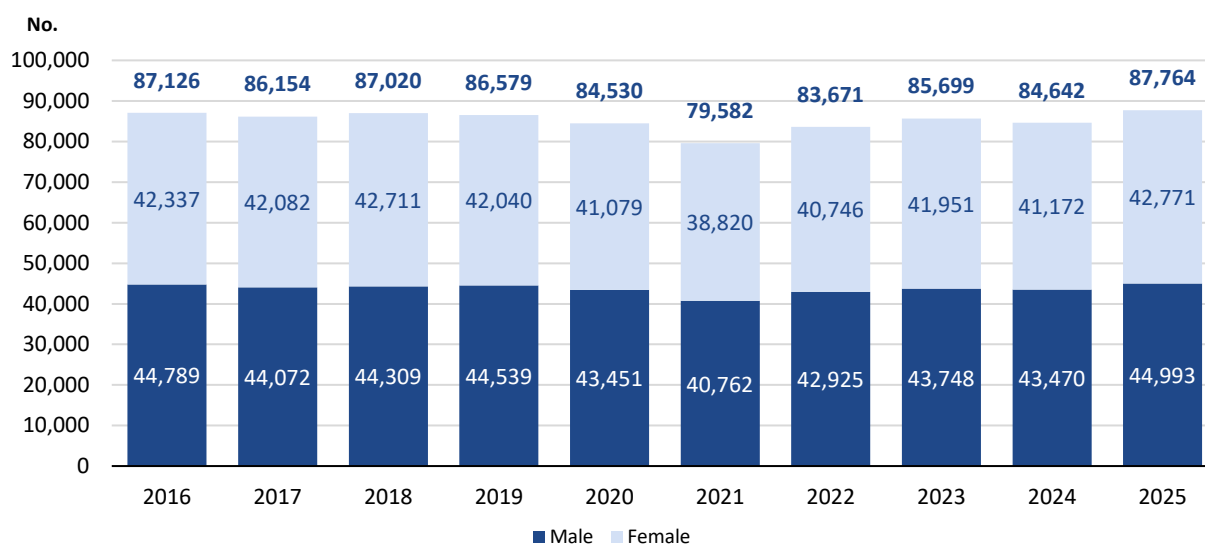
Statistics Portugal releases on the website – www.ine.pt – indicators on live births, deaths and marriages with information for 2025, by NUTS 1, 2 and 3, Municipalities and Parishes, based on the information registered in the Civil Register Offices until March 2026.

1. NUMBER OF LIVE BIRTHS INCREASED 3.7%

In 2025, 87,764 live births were born to mothers residing in Portugal, 3.7% more than in 2024 (84,642). Of the total live births, 44,993 were male and 42,771 were female, representing a sex ratio at birth of 105 (for every 100 females born, around 105 males were born).

Figure 1

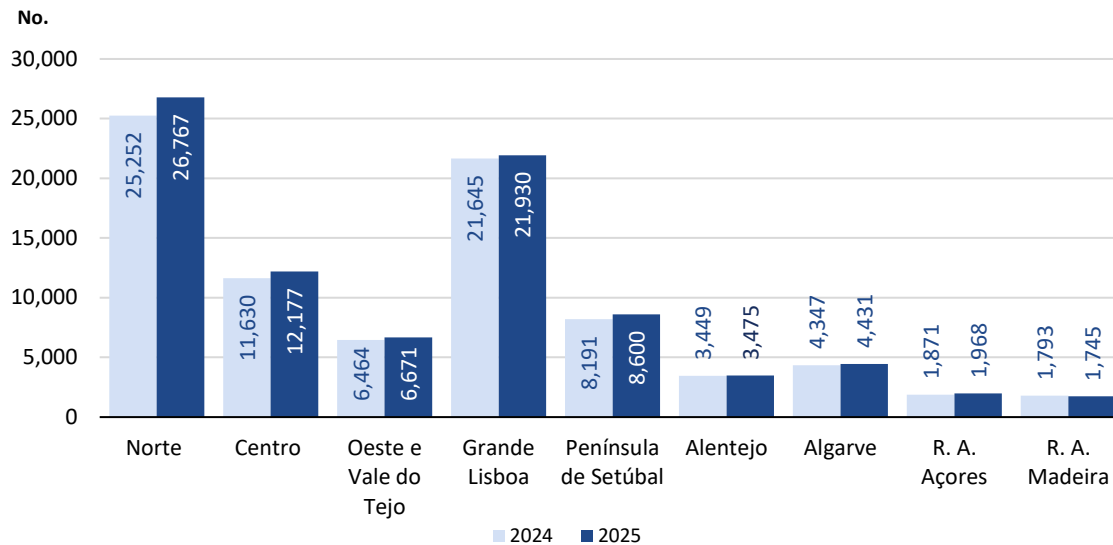
LIVE BIRTHS BY SEX, PORTUGAL, 2016-2025



Live births have increased in all of the NUTS 2 regions, except for Região Autónoma da Madeira (-2.7%). Norte (6.0%), Região Autónoma dos Açores (5.2%), Península de Setúbal (5.0%) and Centro (4.7%) regions recorded increases higher than the national figure (+3.7%). Alentejo recorded the lowest increase (+0.8%), followed by Grande Lisboa (+1.3%).

Figure 2

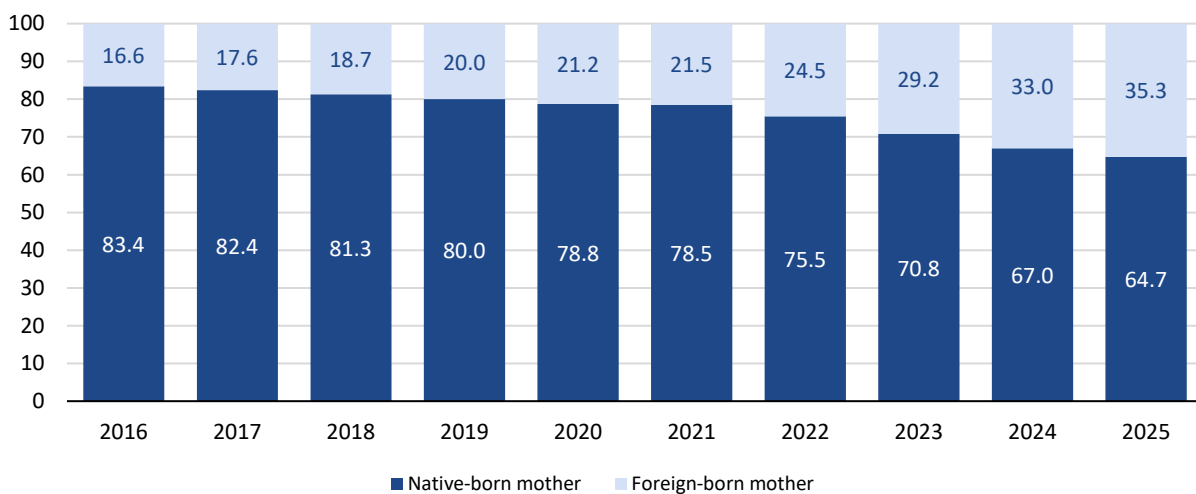
LIVE BIRTHS BY NUTS 2 REGION (NUTS 2024), 2024 AND 2025



In 2025, the proportion of live births born in Portugal to foreign-born mothers, that is, live births whose mothers were born abroad, increased by 2.3 percentage points (pp.), reaching 35.3% (33.0% in 2024).

Figure 3

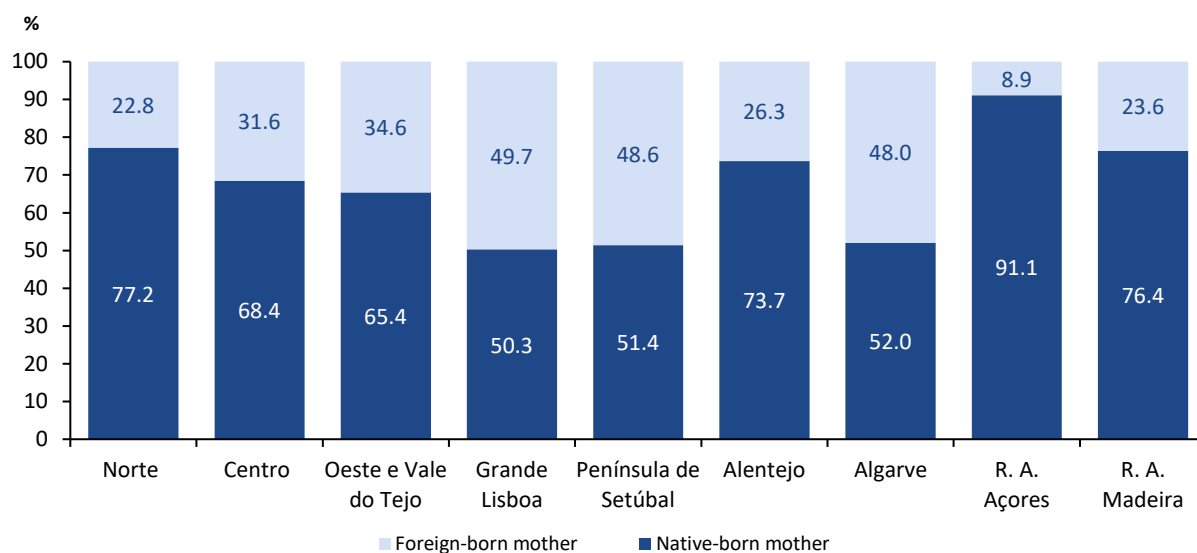
LIVE BIRTHS BY PLACE OF BIRTH OF THE MOTHER, PORTUGAL, 2016-2025



Similarly to the previous year, the proportion of live births born to foreign-born mothers was higher than the national figure (35.3%) in the Grande Lisboa (49.7%), the Península de Setúbal (48.6%) and the Algarve (48.0%) regions. The Região Autónoma dos Açores was the region where this proportion was lowest (8.9%).

Figure 4

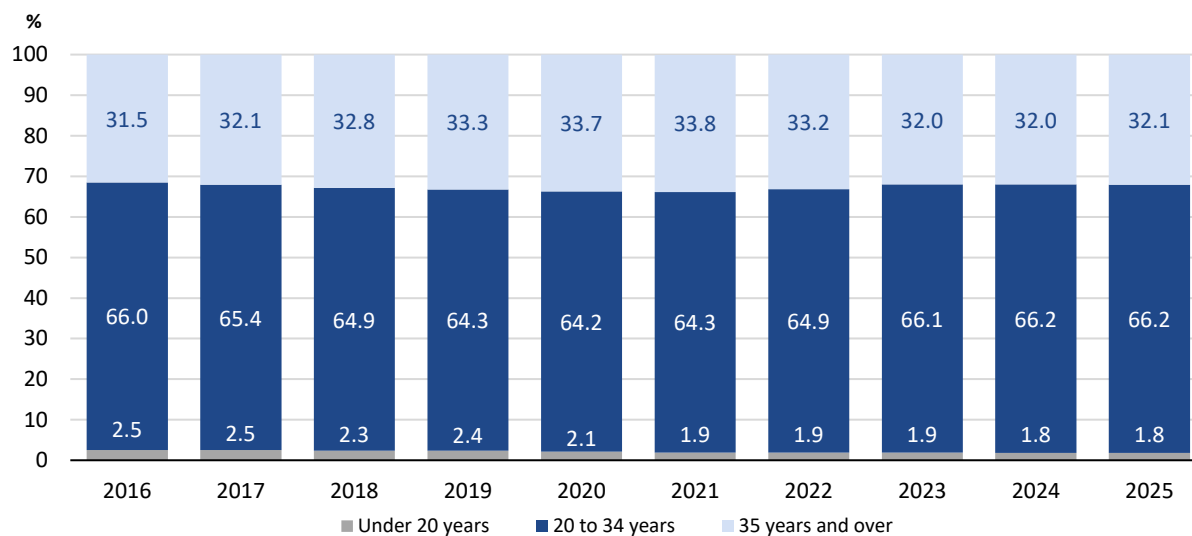
LIVE BIRTHS BY PLACE OF BIRTH OF THE MOTHER, NUTS 2 REGION (NUTS 2024), 2025



In 2025, of the total live births, 66.2% were born to mothers aged between 20 to 34 years, 32.1% to mothers aged 35 and over, and 1.8% to mothers under 20 years of age. Between 2016 and 2025, there was a decrease of 0.8 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%, in the period under analysis there was an increase of 0.6 pp in the proportion of live births born to mothers aged 35 and over.

Figure 5

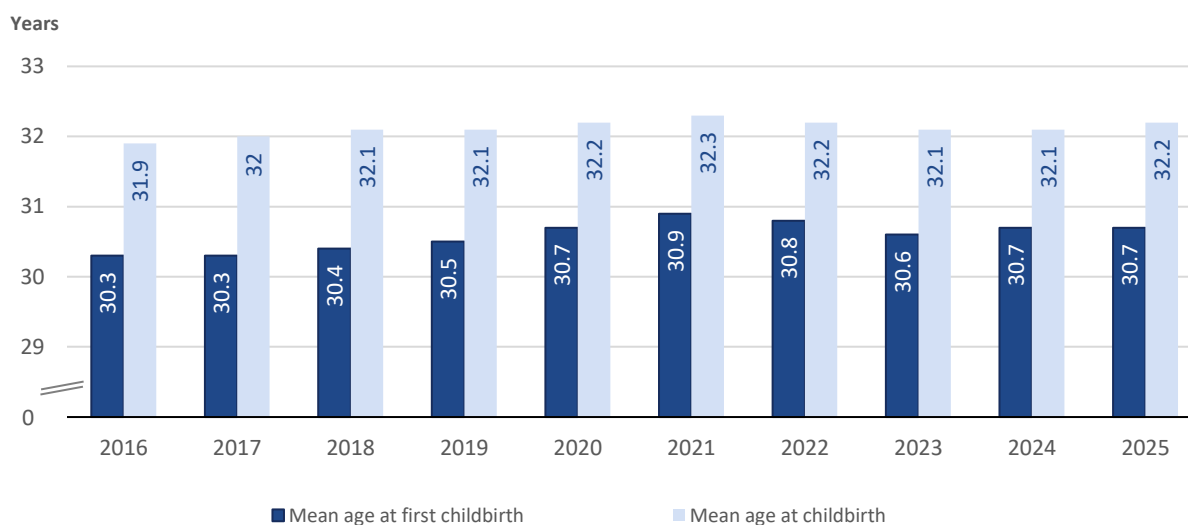
LIVE BIRTHS BY AGE GROUP OF THE MOTHER, PORTUGAL, 2016-2025



The mean age of the mother at childbirth (regardless of the birth order) was 32.2 years and the mean age of the mother at first childbirth was 30.7 years (same as 2024). Between 2016 and 2025, there was an increase of 0.3 years in the mean age at childbirth and of 0.4 years in the mean age at first childbirth.

Figure 6

MEAN AGE OF THE MOTHER AT CHILDBIRTH AND AT FIRST CHILDBIRTH, PORTUGAL, 2016-2025

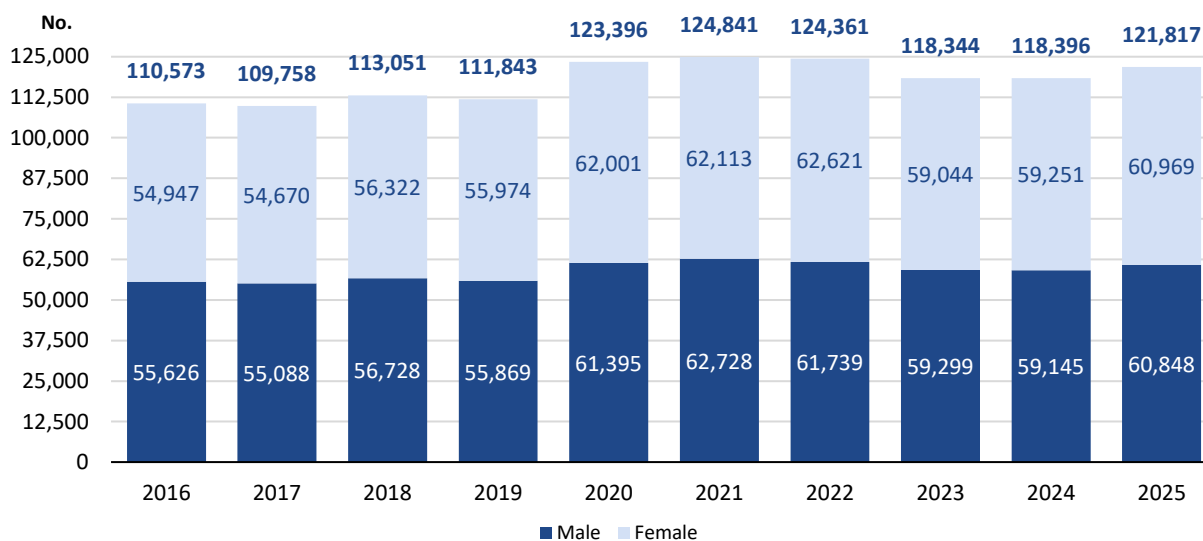


2. NUMBER OF DEATHS INCREASED 2.9%

In 2025, there were 121,817 deaths of residents in the national territory, 3,421 more when compared to 2024 (118,396), representing a 2.9% increase. Of the total deaths, 60,969 were of women and 60,848 were of men.

Figure 7

DEATHS BY SEX, PORTUGAL, 2016-2025

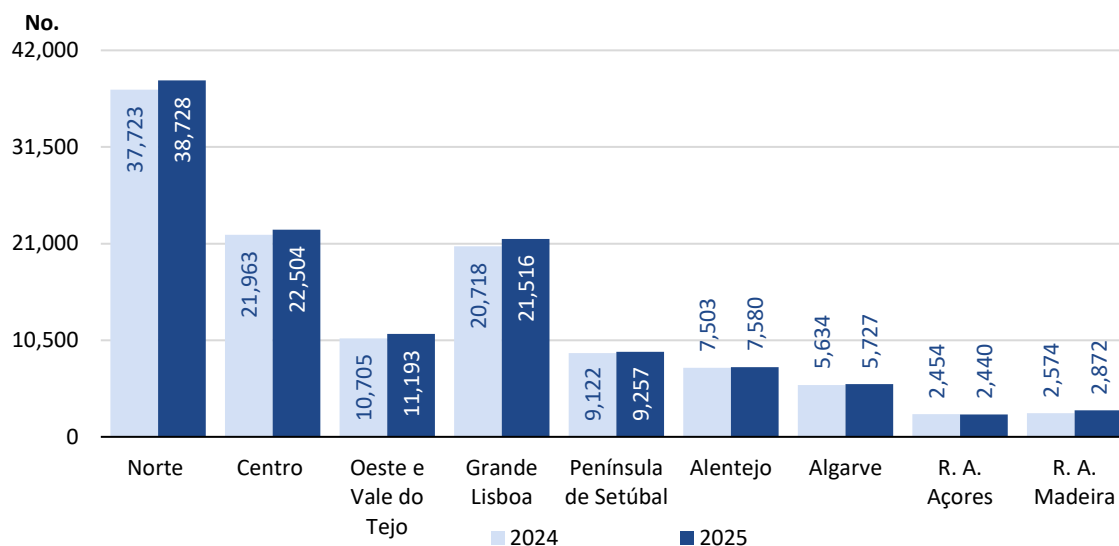


Note: The total number of deaths may not correspond to the sum of the partial figures by sex due to the existence of records with unknown sex.

Mortality increased in all NUTS 2 regions, except for the Região Autónoma dos Açores (-0.6%). The Região Autónoma da Madeira recorded the largest increase (+11.6%). This region and the regions Oeste and Vale do Tejo (+4.6%) and Grande Lisboa (+3.9%), registered increases higher than the national figure (+2.9%). The Alentejo (+1.0%) and Algarve (+1.7%) regions registered the smallest increases.

Figure 8

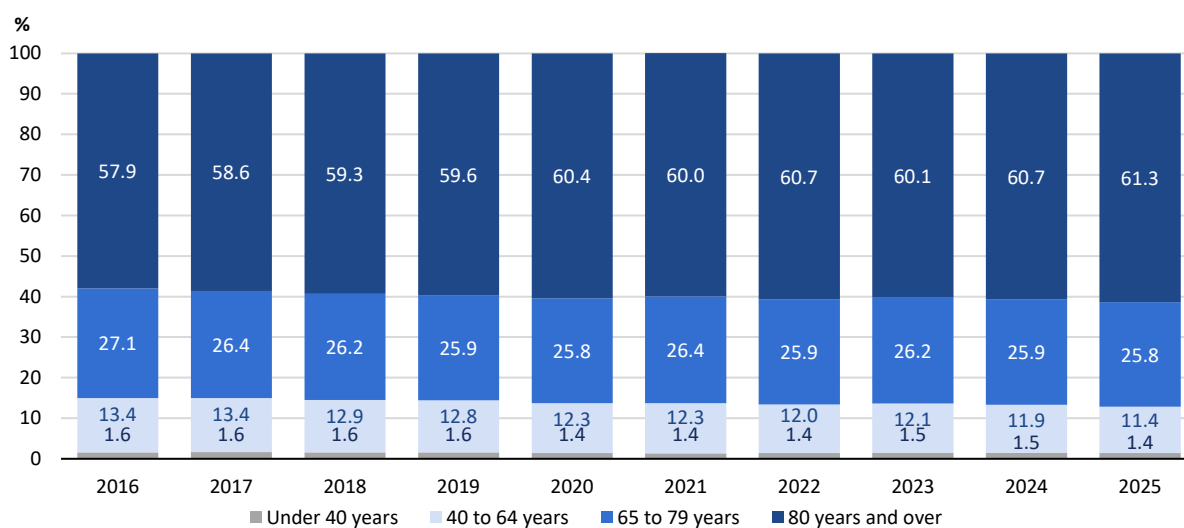
DEATHS BY NUTS 2 REGION (NUTS 2024), 2024 AND 2025



Most deaths occurred at older ages: 87.1% were of people aged 65 and over and 61.3% occurred at ages 80 and over. Between 2016 and 2025, there were decreases in the proportions of deaths under the age of 65 and between the ages of 65 and 79, respectively of 2.1 and 1.3 pp. On the other hand, there was an increase of 3.4 pp in the proportion of deaths over the age of 80.

Figure 9

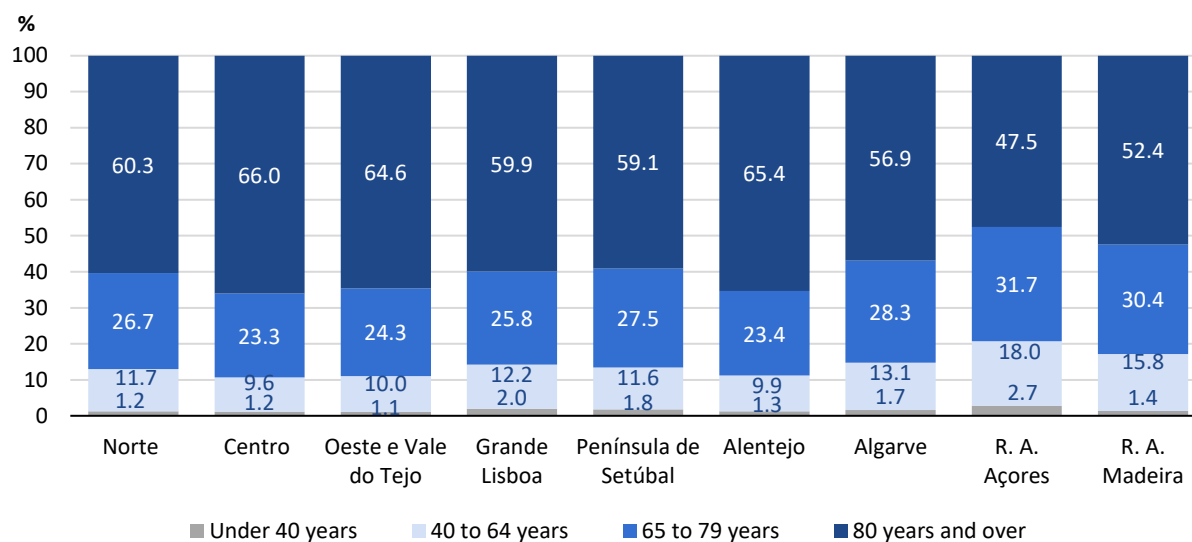
DEATHS BY AGE GROUP, PORTUGAL, 2016-2025



In 2025, 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 (47.5%). In the Centro, Oeste e Vale do Tejo and Alentejo regions, the proportion of deaths in this age group was higher than the national figure (66.0%, 64.6% and 65.4%, respectively, against 61.3%).

Figure 10

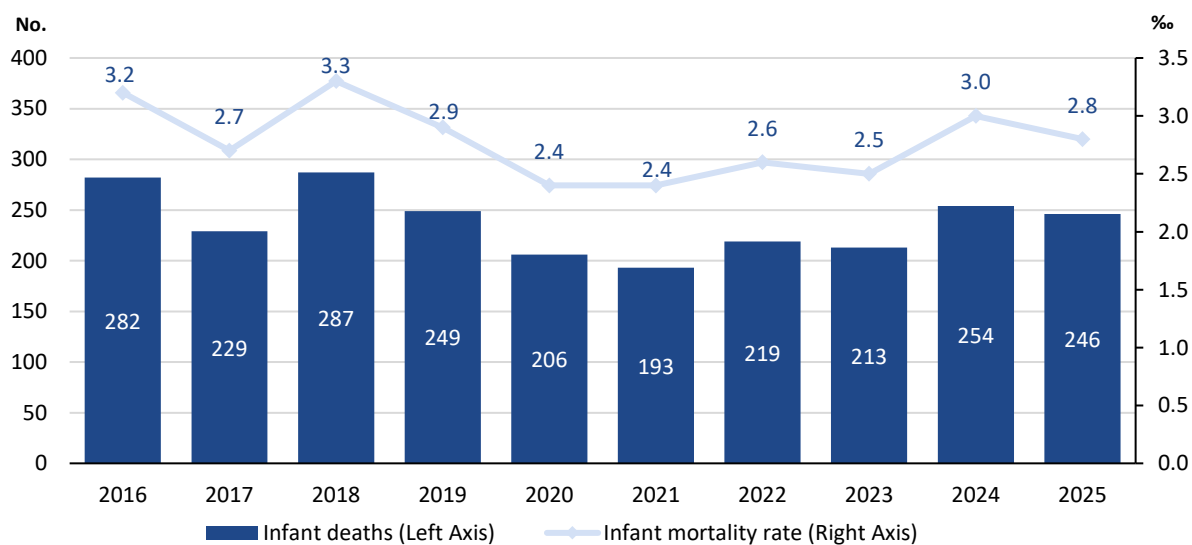
DEATHS BY AGE GROUP, NUTS 2 REGION (NUTS 2024), 2025



In 2025, there were 246 deaths of children under 1 year of age (eight fewer than in 2024). The infant mortality rate decreased from 3.0 to 2.8 deaths per thousand live births.

Figure 11

INFANT DEATHS AND INFANT MORTALITY RATE, PORTUGAL, 2016-2025

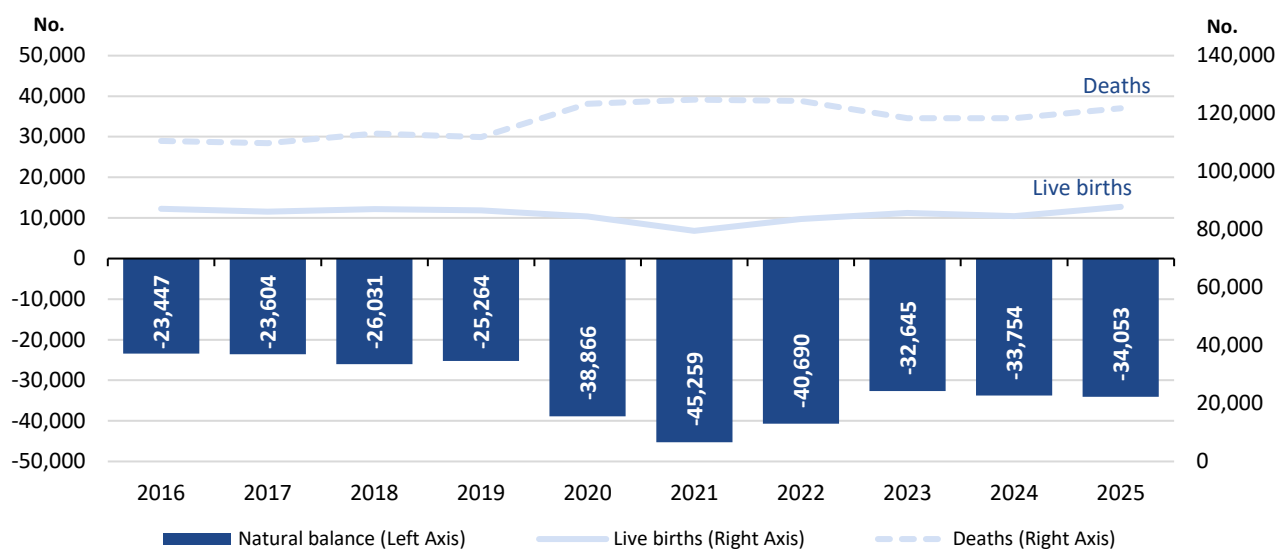


3. NEGATIVE NATURAL BALANCE OF -34,053

Although there was an increase in the number of live births, the increase in the number of deaths determined the worsening of the natural balance, from -33,754 in 2024 to -34,053 in 2025.

Figure 12

LIVE BIRTHS, DEATHS AND NATURAL BALANCE, PORTUGAL, 2016-2025

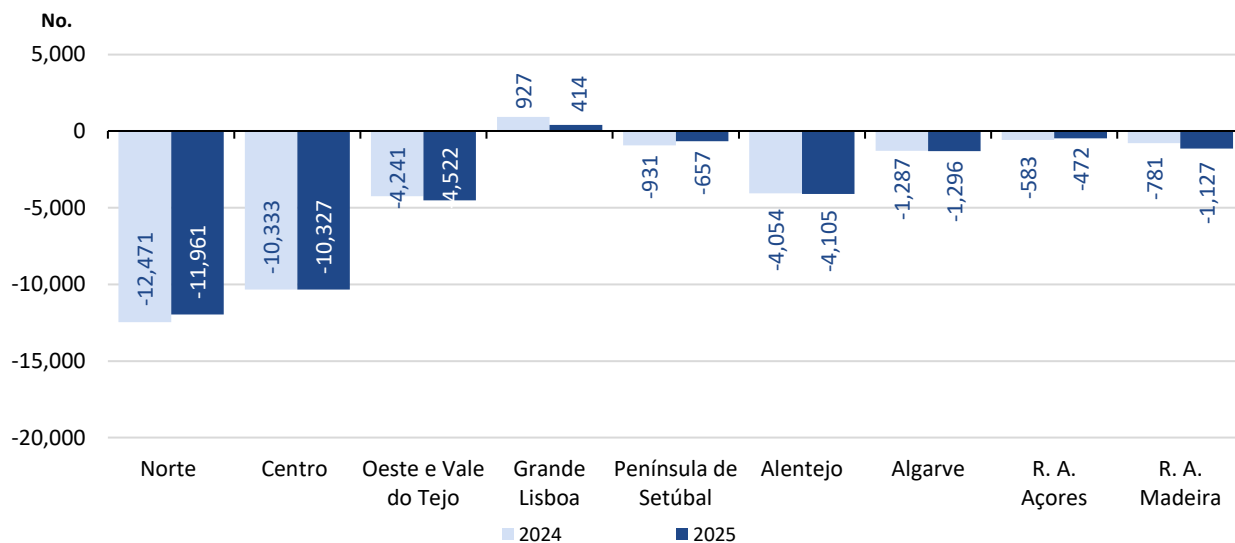


Note: Due to the treatment of records with ignored residence, natural balance may not correspond to the difference between the number of live births and the number of deaths.

Five of the nine NUTS 2 regions registered a worsening in the natural balance. Despite registering a slight improvement, the Norte region was the one where the most pronounced negative natural balance was recorded (-11,961) and the Região Autónoma dos Açores where the least negative value was registered (-472). Grande Lisboa, for the third consecutive year, was the only NUTS 2 region to register a positive natural balance (+414).

Figure 13

NATURAL BALANCE BY NUTS 2 REGION (NUTS 2024), 2024 AND 2025



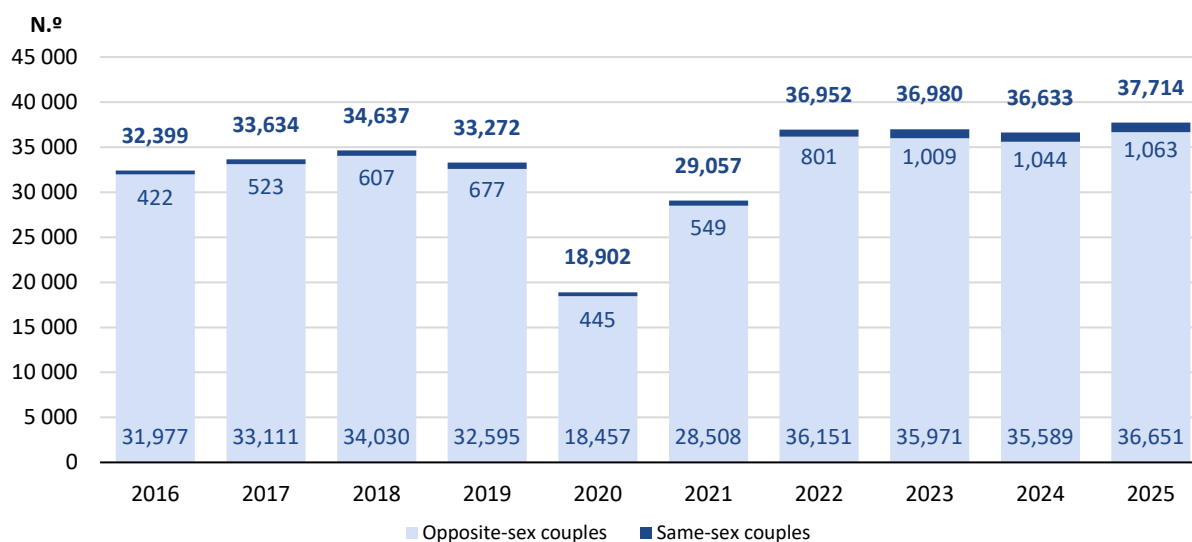
4. NUMBER OF MARRIAGES INCREASED 3.0%

In 2025, 37,714 marriages were celebrated in Portugal¹, 1,081 more than in the previous year, representing an increase of 3.0%.

Of the celebrated marriages, 36,651 were opposite-sex marriages (35,589 in 2024) and 1,063 were same-sex marriages (1,044 in 2024), of which 512 marriages between men and 551 marriages between women (526 and 518, respectively, in 2024).

Figure 14

MARRIAGES BY MARRIAGE TYPE, PORTUGAL, 2016-2025

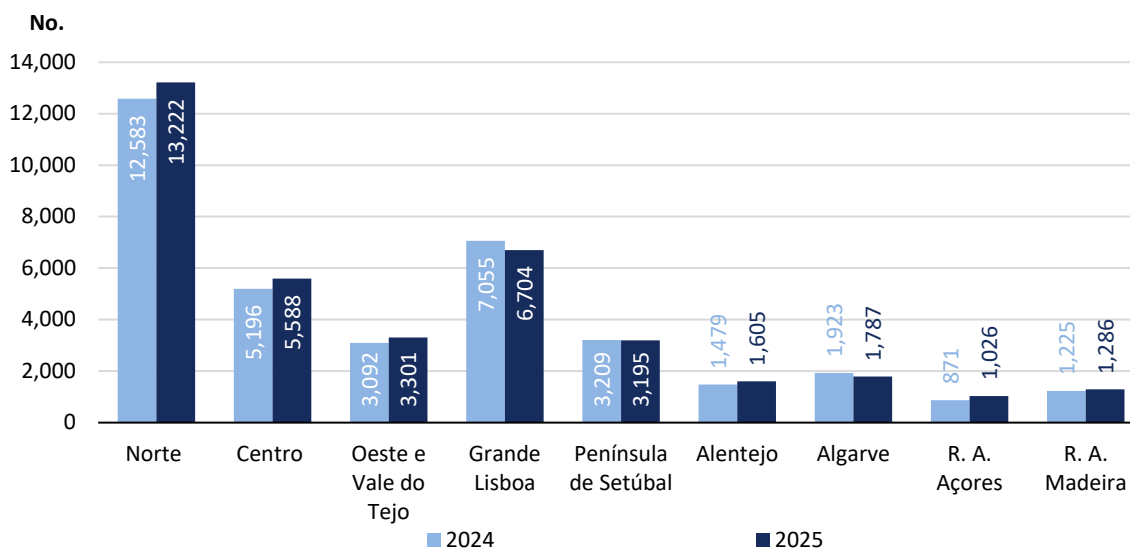


In 2025, the number of celebrated marriages increased in six of the nine NUTS 2 regions of the country. These six regions registered increases higher than the national figure (+3.0%), and the Região Autónoma dos Açores recorded the highest increase (+17.8%). The Península de Setúbal, Grande Lisboa and Algarve regions were the regions where the number of celebrated marriages was lower than in 2024, with the Algarve having the largest decrease (-7.1%).

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

Figure 15

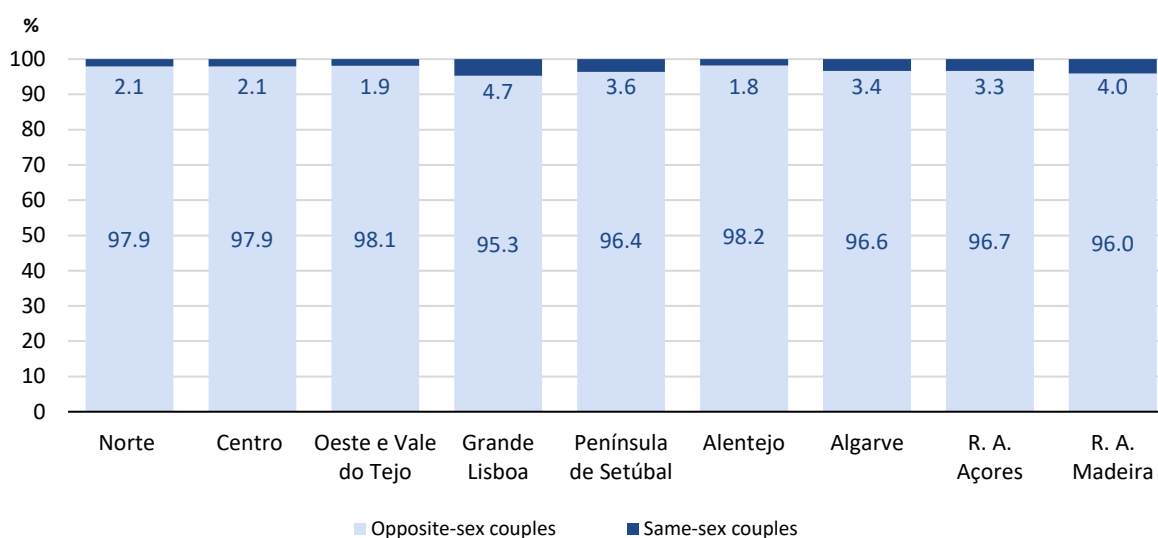
MARRIAGES BY NUTS 2 REGION (NUTS2024), 2024 AND 2025



Ein 2025, Grande Lisboa and Região Autónoma da Madeira were the regions where the highest proportion of marriages between same-sex couples were celebrated (respectively 4.7% and 4.0%).

Figure 16

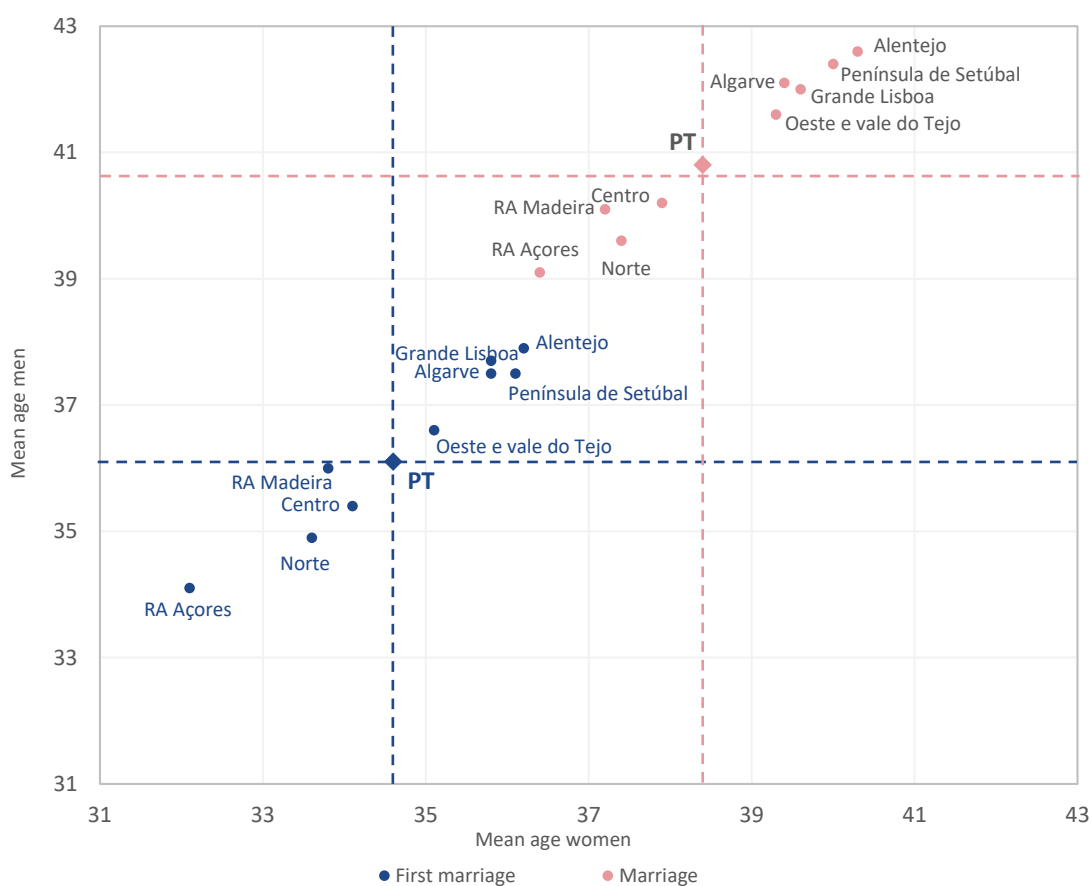
MARRIAGES BY MARRIAGE TYPE, NUTS 2 REGION (NUTS2024), 2025



In 2025, the mean age at marriage was 40.8 years for men and 38.4 years for women. The mean age at first marriage was 36.1 years for men and 34.6 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, Região Autónoma dos Açores and Região Autónoma da Madeira regions registered mean ages lower than the national mean age at first marriage and at marriage. The Região Autónoma dos Açores was the one where both men and women married earlier, followed by the Norte region.

Figure 17

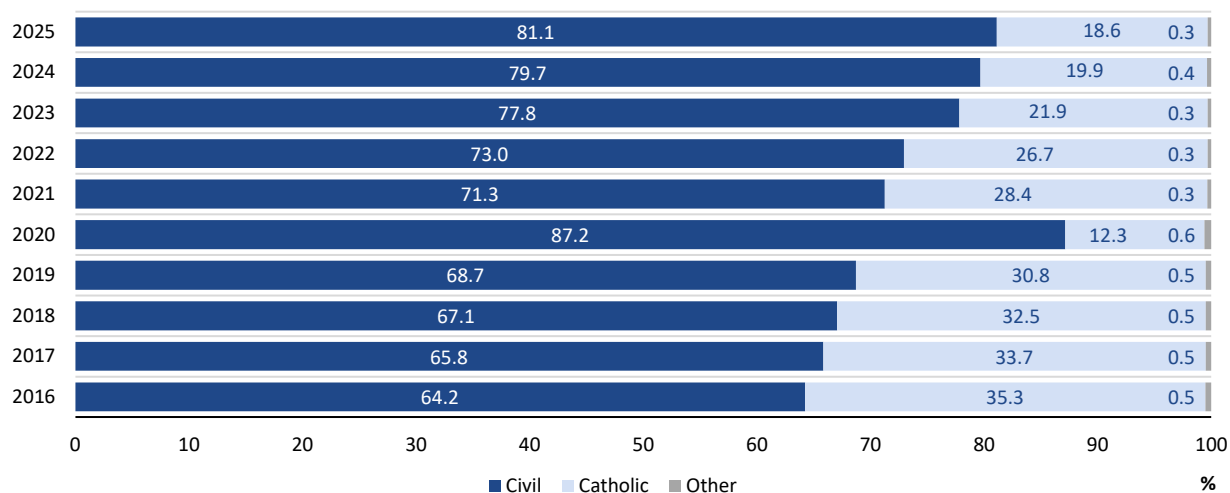
MEAN AGE AT MARRIAGE AND AT FIRST MARRIAGE. BY SEX, PORTUGAL AND NUTS 2 REGION (NUTS 2024), 2025



Of the total of celebrated marriages between opposite-sex couples in 2025, 18.6% (6,809) were celebrated according to the Catholic rite, 81.1% (29,728) were celebrated only in the civil form and 0.3% (114) according to other religious forms². Between 2016 and 2025, the proportion of Catholic marriages decreased 16.7 pp and the proportion of civil marriages increased 16.9 pp.

Figure 18

MARRIAGES BETWEEN OPPOSITE-SEX COUPLES BY CELEBRATION TYPE, PORTUGAL, 2016-2025



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).

CONCEPTS

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.

Next Press Release – 29 April 2027
