

8 June 2026  
BIRTH DELIVERIES STATISTICS  
2025

## IN 2025, THERE WERE 3 THOUSAND MORE BIRTH DELIVERIES THAN IN THE PREVIOUS YEAR

In 2025, there were 87,130 birth deliveries in Portugal, 3,071 more than in 2024 (+3.7%), reversing the decline recorded between 2023 and 2024 and resuming the upward trend that had been observed since 2022. At regional level, the relative increase in the number of births in the Norte region (+5.9%) stands out.

The proportion of birth deliveries to mothers of foreign nationality increased from 26.3% in 2024 to 28.8% in 2025, with foreign mothers giving birth mainly in municipalities in the Algarve and Grande Lisboa. The most represented foreign nationalities remained the same as in the previous one, reinforcing their share of total deliveries, especially for Brazil (10.5% of the total number of births in 2025).

Data reveal that, in the last 20 years, the age of women in labour increased: between 2003 and 2025, the proportion of births to mothers aged 35 and over rose from 17,2% to 32,0%.

In 2025, 40.4% of twin births involved mothers aged 35 or over, whilst the proportion of single births among women of the same age was 31.9%.

The number of caesarean sections increased, between 1999 and 2024, from 27.1% to 38.6% of birth deliveries performed in hospitals.

## ALMOST HALF OF THE 3.7% INCREASE IN THE NUMBER OF BIRTH DELIVERIES TOOK PLACE IN NORTE

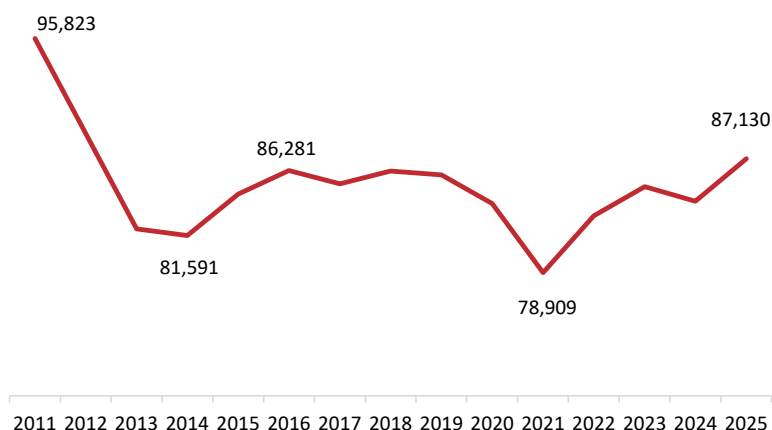
In 2025, there were 87,130 birth deliveries in Portugal, 3,071 more than in 2024, reversing the decline recorded between 2023 and 2024.

The number of births has thus returned to the upward trend observed since 2022.

Source: Statistics Portugal, [Birth Deliveries Statistics](#).

Figure 1

NUMBER OF BIRTH DELIVERIES, PORTUGAL, 2011-2025



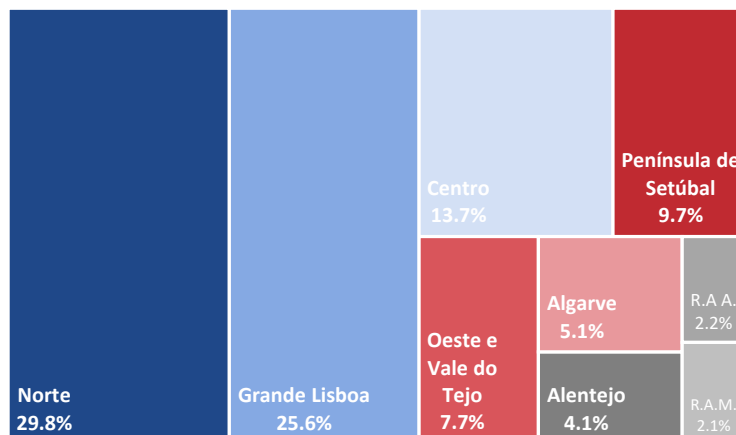
Of the total birth deliveries that occurred in 2025, 99.7% (86,869) were of mothers living in the country and 0.3% (261) of mothers living abroad. These proportions are similar to those of the last two years.

The highest number of birth deliveries of women living in the country occurred in the Norte region (29.8%) and in Grande Lisboa (25.6%), followed by the Centro region (13.7%), Península de Setúbal (9.7%) and Oeste e Vale do Tejo (7.7%).

Source: Statistics Portugal, [Birth Deliveries Statistics](#).

Figure 2

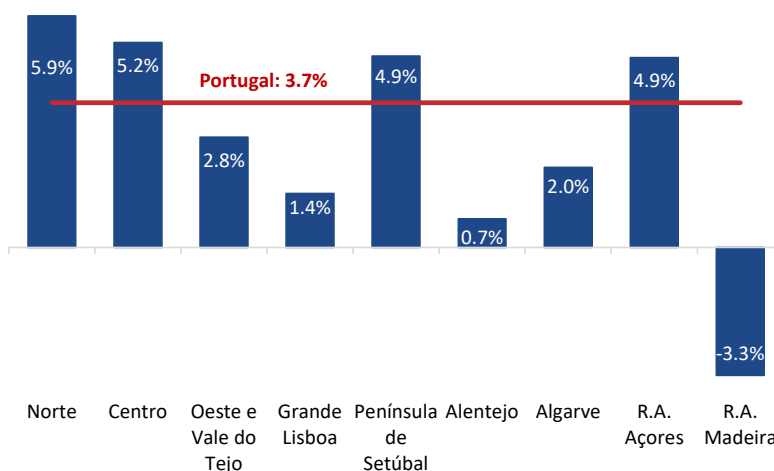
## PROPORTION OF BIRTH DELIVERIES, BY NUTS 2 REGION OF MOTHER'S RESIDENCE, 2025



Between 2024 and 2025, the number of birth deliveries increased in all regions of the country, except in Região Autónoma da Madeira, where a decrease of 3.3% was recorded. In the remaining NUTS 2 regions, the increase of almost 6% observed in the Norte region stands out, but also the increases of about 5% recorded in the Centro region, Península de Setúbal and Região Autónoma dos Açores. Combining the number of births in each region with the relative annual change observed in that region, it can be concluded that the Norte region contributed almost half (1.8 percentage points) to the 3.7% increase in the number of birth deliveries that occurred in Portugal in 2025.

Figure 3

## RATE OF CHANGE IN THE NUMBER OF BIRTH DELIVERIES, BY NUTS 2 REGION OF MOTHER'S RESIDENCE, 2024/2025



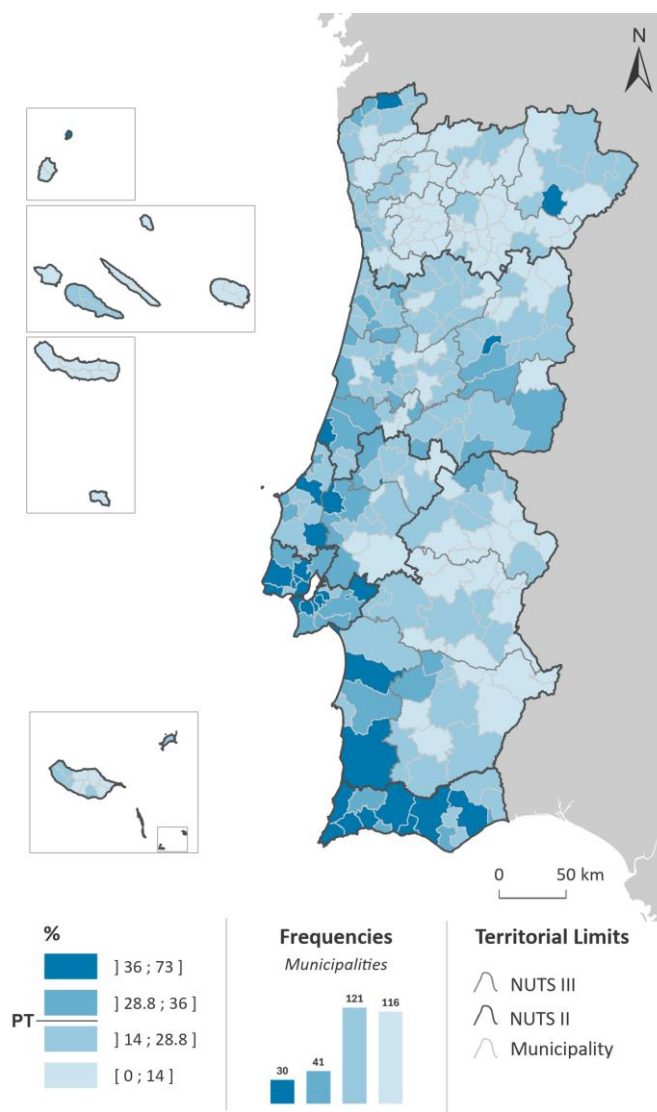
Source: Statistics Portugal, [Birth Deliveries Statistics](#).

## A HIGHER PROPORTION OF BIRTH DELIVERIES TO FOREIGN MOTHERS IN ALGARVE AND GRANDE LISBOA

In 2025, the proportion of birth deliveries to mothers of foreign nationality stood at 28.8% for the country as a whole, representing an increase compared to 2024 (26.3%). This indicator was more expressive in municipalities in the Algarve and Grande Lisboa and lower in the Autonomous Regions, in the Norte and Centro regions and in the interior of Alentejo. More than half of the women were of foreign nationality in Aljezur (72.9%), Odemira (65.9%), Corvo (60.0%, with a total record of only 5 births), Albufeira (56.8%), Entroncamento (56.1%), Barreiro (53.8%), Amadora (53.3%) and Odivelas (45.5%).

Figure 4

PROPORTION OF BIRTH DELIVERIES TO MOTHERS OF FOREIGN NATIONALITY, BY MUNICIPALITY OF MOTHER'S RESIDENCE, 2025



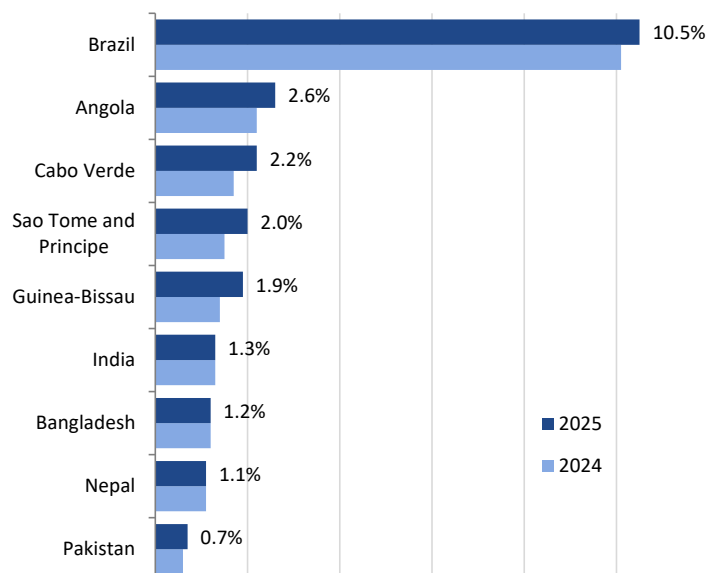
Source: Statistics Portugal, [Birth Deliveries Statistics](#).

The nationalities of the mothers most represented in the total number of birth deliveries that occurred in Portugal in 2025 remained the same in relation to 2024, with Brazil standing out: in 10.5% of the births that occurred in Portugal in 2025 the mothers were of Brazilian nationality.

Overall, the nine most represented foreign nationalities accounted for 23.5% of birth deliveries in Portugal, reflecting an increase compared to 2024 (21.1%). It should be recalled that in 2025, the overall proportion of births to mothers of foreign nationality was 28.8%.

Figure 5

PROPORTION OF BIRTH DELIVERIES BY FOREIGN NATIONALITIES OF THE MOST REPRESENTED MOTHERS, 2025



Source: Statistics Portugal, Birth Deliveries Statistics.

### 32% OF WOMEN GIVING BIRTH WERE AGED 35 AND OVER

In 80.6% of birth deliveries in 2025, mothers were between 25 and 39 years old (70,182 births), and in 33.5% of all births, women were between 30 and 34 years old. In the same year, there were 24 birth deliveries of parturients aged between 10 and 14 years.

In the last 20 years, the age of women in labour has increased: between 2003 and 2025, the number of birth deliveries of women between 45 and 49 years old increased from 196 to 573 and the number of parturients aged 50 or over grew from 6 to 51. In the same period, the proportion of births to mothers aged 35 and over rose from 17.2% to 32.0%.

Figure 6

## PROPORTION OF BIRTH DELIVERIES BY MOTHER'S AGE GROUP, 2003-2025

Mother's age group	10-14 years	15-19 years	20-24 years	25-29 years	30-34 years	35-39 years	40-44 years	45-49 years	50 years and over
2003	0.0%	4.4%	15.6%	31.6%	31.1%	13.9%	3.0%	0.2%	0.0%
2004	0.0%	4.2%	15.1%	30.6%	32.2%	14.3%	3.3%	0.2%	0.0%
2005	0.0%	4.1%	14.4%	29.5%	33.4%	15.1%	3.3%	0.2%	0.0%
2006	0.1%	4.6%	14.7%	30.0%	33.2%	14.3%	2.9%	0.1%	0.0%
2007	0.1%	4.7%	14.1%	28.9%	34.0%	15.2%	2.9%	0.1%	0.0%
2008	0.1%	4.3%	13.8%	27.7%	34.2%	16.0%	3.0%	0.1%	0.0%
2009	0.1%	4.4%	13.5%	27.2%	34.5%	17.0%	3.2%	0.2%	0.0%
2010	0.1%	4.0%	13.2%	26.5%	34.6%	18.0%	3.5%	0.2%	0.0%
2011	0.1%	3.8%	12.2%	25.5%	34.7%	19.8%	3.8%	0.2%	0.0%
2012	0.1%	3.6%	12.1%	25.0%	34.6%	20.5%	4.0%	0.2%	0.0%
2013	0.1%	3.4%	11.2%	24.3%	34.8%	21.6%	4.4%	0.2%	0.0%
2014	0.1%	3.0%	10.7%	23.2%	34.7%	23.2%	4.9%	0.3%	0.0%
2015	0.1%	2.7%	10.3%	22.4%	35.2%	24.0%	5.2%	0.2%	0.0%
2016	0.0%	2.5%	10.4%	21.7%	34.1%	24.9%	6.1%	0.3%	0.0%
2017	0.1%	2.5%	10.3%	22.0%	33.2%	25.0%	6.6%	0.3%	0.0%
2018	0.0%	2.3%	10.0%	22.0%	32.9%	25.4%	6.9%	0.4%	0.0%
2019	0.0%	2.4%	10.3%	21.7%	32.5%	25.4%	7.3%	0.4%	0.0%
2020	0.0%	2.1%	10.0%	22.2%	32.1%	25.6%	7.5%	0.5%	0.0%
2021	0.0%	1.9%	9.5%	21.7%	33.2%	25.2%	7.8%	0.6%	0.1%
2022	0.0%	1.9%	9.8%	22.2%	33.0%	24.9%	7.6%	0.6%	0.0%
2023	0.0%	1.9%	10.1%	22.8%	33.2%	23.8%	7.4%	0.7%	0.0%
2024	0.0%	1.8%	10.0%	23.2%	33.0%	23.7%	7.5%	0.7%	0.1%
2025	0.0%	1.8%	9.6%	23.1%	33.5%	23.9%	7.3%	0.7%	0.1%

Source: Statistics Portugal, [Birth Deliveries Statistics](#).

### AN UPWARD TREND IN THE NUMBER OF CAESAREAN SECTIONS

In 2025, 98.5% of birth deliveries occurred in a hospital and 1.0% in the birthing woman's home, with the remaining 0.5% corresponding to births that occurred elsewhere.

Almost all the deliveries (99.9%) were attended by a doctor (72.3%) or nurse-midwife (26.7%).

Table 1

## PROPORTION OF BIRTH DELIVERIES BY PLACE OF BIRTH AND TYPE OF CARE, 2025

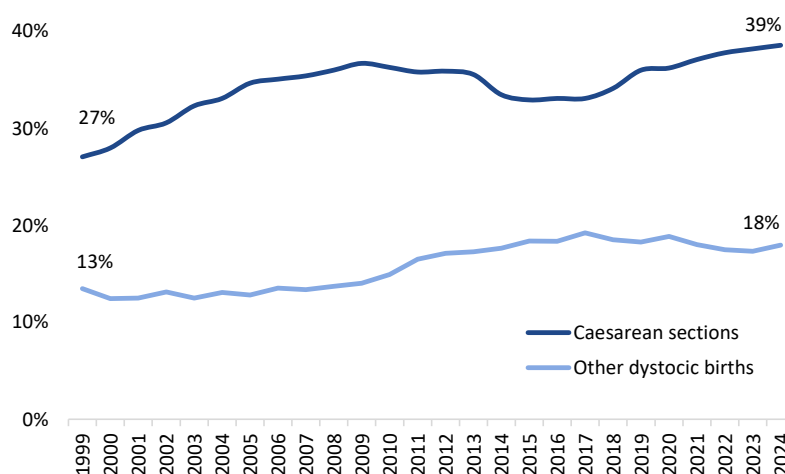
	No.	%
<b>Total</b>	87,130	100.0%
<b>By delivery place</b>		
Domiciliate	836	1.0%
Hospital establishment	85,822	98.5%
Another place	472	0.5%
<b>By type of attendance</b>		
By physician	63,021	72.3%
By midwife	23,274	26.7%
By non-midwife nurse, unassisted or unknown	835	1.0%

Source: Statistics Portugal, [Birth Deliveries Statistics](#).

The proportion of dystocic birth deliveries (with instrumental interventions such as forceps and cupping, or by caesarean section) performed in hospitals has increased, representing more than half of the deliveries since 2009. In particular, the number of caesarean sections increased between 1999 and 2024 from 27.1% to 38.6% of births performed in hospitals.

Figure 7

## PROPORTION OF DYSTOCIC DELIVERIES, 1999-2024



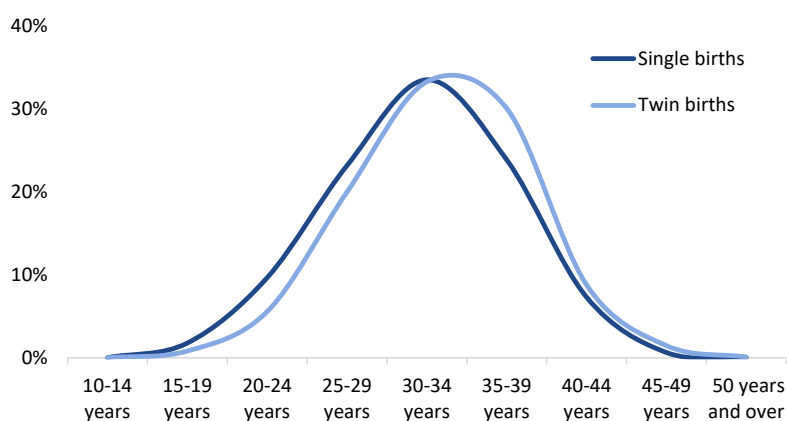
Source: Statistics Portugal, [Hospitals Survey](#).

## OLDER MOTHERS IN TWIN BIRTH DELIVERIES

In 2025, the proportion of twin birth deliveries (with two or more births) increased with the age of the mothers: 40.4% of twin births in 2025 were for mothers aged 35 and over, while the proportion of single births at the same ages was 31.9%.

Figure 8

PROPORTION OF TWIN BIRTH DELIVERIES BY MOTHER'S AGE GROUP, 2025

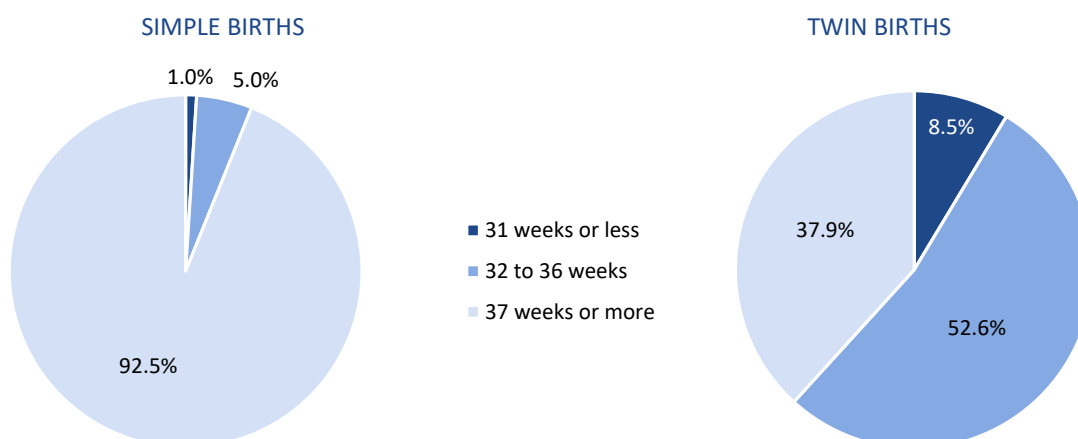


Source: Statistics Portugal, [Birth Deliveries Statistics](#).

In 2025, for 92.5% of simple birth deliveries, women in labour had a pregnancy lasting more than 37 weeks. In the case of twin births, that proportion decreased to 37.9%. In this type of delivery, the pregnancy lasted between 32 and 36 weeks in 52.6% of the cases.

Figure 9

DISTRIBUTION OF SINGLE AND TWIN BIRTH DELIVERIES BY LENGTH OF PREGNANCY, 2025



Source: Statistics Portugal, Birth Deliveries Statistics.



## NOTE

Birth Deliveries Statistics result from the collection and processing of statistical information on the number of births that occurred in the country, and some associated characteristics, based on vital statistics, using information on live births and stillbirths for this purpose. The collection of basic information on live births and foetal deaths comes from the databases received at Statistics Portugal through electronic transmission by the Civil Registry Offices (CRC) within the scope of the Integrated System of Civil Registration and Identification (SIRIC), as well as within the scope of the Death Certificates Information System (SICO). In this context, the statistical operation in question is in the nature of a census by means of administrative data.

## CONCEPTS

**Assisted child delivery:** Child delivery performed with the assistance of a doctor or nurse.

**Caesarean section:** Dystocic delivery that consists of the extraction of a foetus through incisions in the abdominal wall (laparotomy) and the uterine wall (hysterotomy).

**Birth delivery:** The complete expulsion or extraction from the mother of one or more foetuses with 22 weeks of gestation or more, weighing 500 grams or more, regardless of the existence of life and whether it is spontaneous or induced.

**Dystocic delivery:** Delivery carried out with instrumental interventions such as forceps and suction cups, or by caesarean section.

**Eutocic delivery:** Vaginal delivery performed without instrumental intervention and with or without episiotomy.

**Pregnancy duration:** The period of time, measured in full weeks, from the first day of the last normal menstrual period to the date of delivery.

**Single birth:** Birth with only one baby.

**Twin birth:** Birth with two or more babies.