

## Portugal resident population estimates

2019

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### **Portugal registered a positive crude rate of population increase (0.19%), which hasn't happened since 2009**

On the 31<sup>st</sup> of December 2019, the resident population in Portugal was estimated at 10,295,909 persons, 19,292 more than in 2018. This resulted in a positive crude rate of increase of 0.19%.

The population increase in 2019 resulted from an increase in net migration (from 11,570 in 2018 to 44,506 in 2019), since the natural balance remained negative (-25,214 in 2019). In 2019, therefore, there was a positive crude rate of net migration of 0.43% and a negative crude rate of natural increase of 0.25%, in the latter case for the eleventh consecutive year.

The net migration was positive in all regions NUTS 2, with greater expression in Área Metropolitana de Lisboa, Centro and Norte regions. These three regions, together with Região Autónoma da Madeira, were the only ones which contributed to the population increase in 2019.

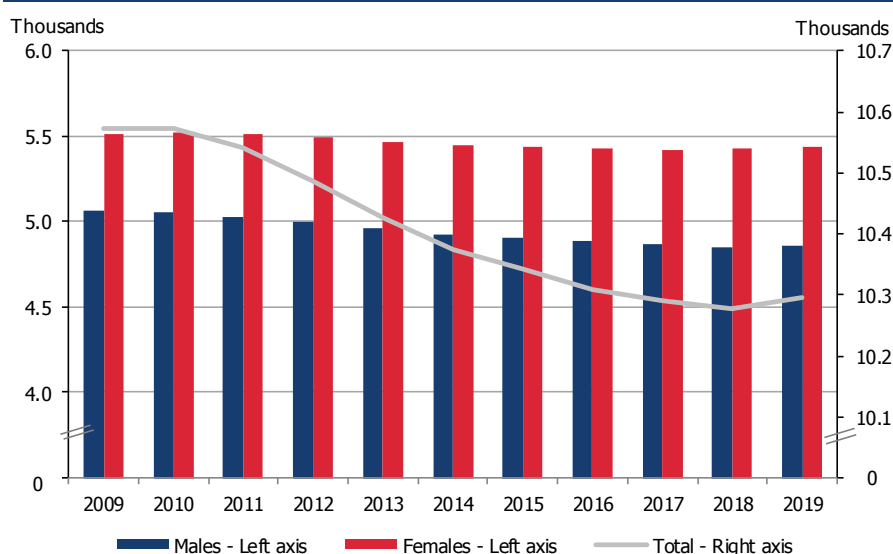
In 2019, half of the people residing in Portugal were over 45.5 years old, which represents an increase of 4.3 years compared to 2009. Demographic ageing in Portugal, however, continues to rise with an ageing ratio, which compares the population aged 65 and over (elderly population) with the population aged 0 to 14 years (younger population), of 163.2 in 2019. Região Autónoma dos Açores recorded the lowest ageing ratio (97.2 elderly people per 100 young people), remaining the only region where the number of younger people exceeds the number of elderly.

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### **Increase of the resident population by 19.3 thousand people**

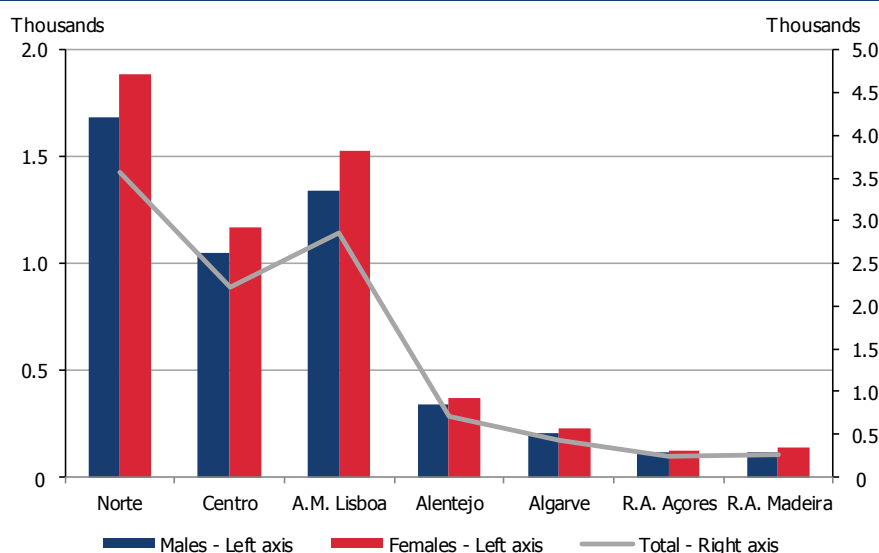
In 2019, the resident population in Portugal was estimated at 10,295,909 persons, 4,859,977 men and 5,435,932 women, corresponding to more 19,292 inhabitants than in 2018. The crude rate of increase was, therefore, positive (0.19%), after nine years of population decrease.

**Figure 1: Resident population by sex, Portugal, 2009-2019**



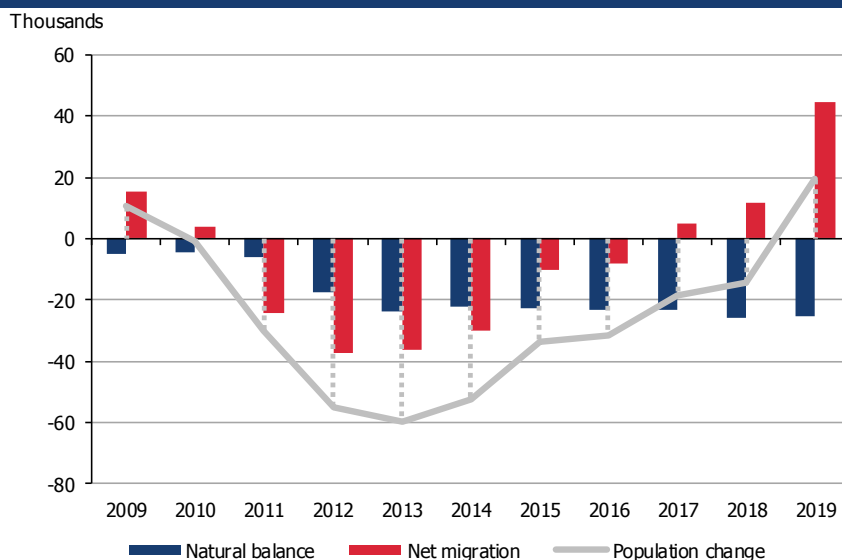
The Norte is the region NUTS 2 with the largest number of residents (3,575,338), concentrating 34.7% of the total population, followed by Área Metropolitana de Lisboa (2,863,272) and Centro (2,217,285), accounting for, respectively, 27.8% and 21.5% of the total population.

**Figure 2: Resident population by sex, NUTS 2, 2019**



With negative natural balances since 2010, which deteriorated over the period, reaching the lowest value in 2018 (-25,980), the population change has been dependent on international migration flows. The population increase registered in 2019 occurred from the improvement on net migration (from 11,570 persons in 2018 to 44,506 in 2019), that counterbalanced the negative natural balance of 25,214. Thus, in 2019, the crude rate of net migration registered a positive figure of 0.43% and the crude rate of natural increase a negative value of 0.25%.

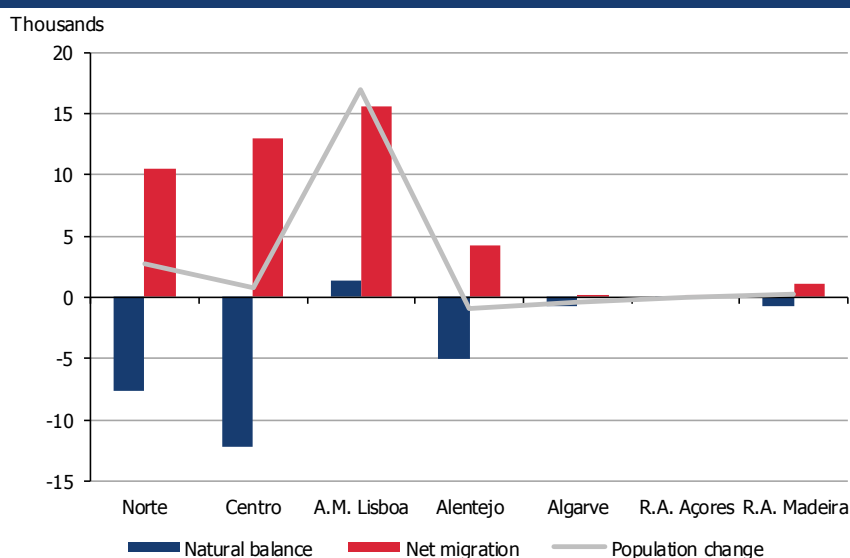
**Figure 3: Population change and its components, Portugal, 2009-2019**



Only Área Metropolitana de Lisboa registered a positive natural balance (1,382). The region Centro was the one with the highest negative natural balance (-12,195).

The net migration was positive in all regions NUTS 2, with greater expression in Área Metropolitana de Lisboa, Centro and Norte regions. These three regions, together with Região Autónoma da Madeira, contributed to the population increase in 2019. The largest contribution was from Área Metropolitana de Lisboa, where the number of inhabitants increased by 16,940, corresponding to a positive crude rate of increase of 0.59%.

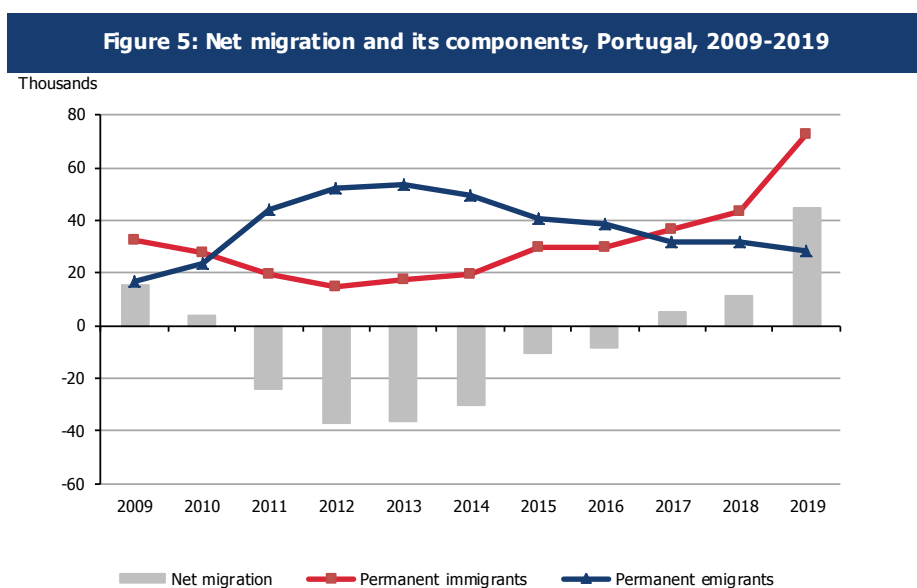
**Figure 4: Population change and its components, Portugal, NUTS II, 2019**



### Increase in immigration and reduction in emigration

The net migration, positive since 2017, increased again in 2019, as a result of the 68.5% increase of permanent immigration (from 43,170 in 2018 to 72,725 in 2019), and the 10.7% decrease of permanent emigration (from 31,600 in 2018 to 28,219 in 2019).

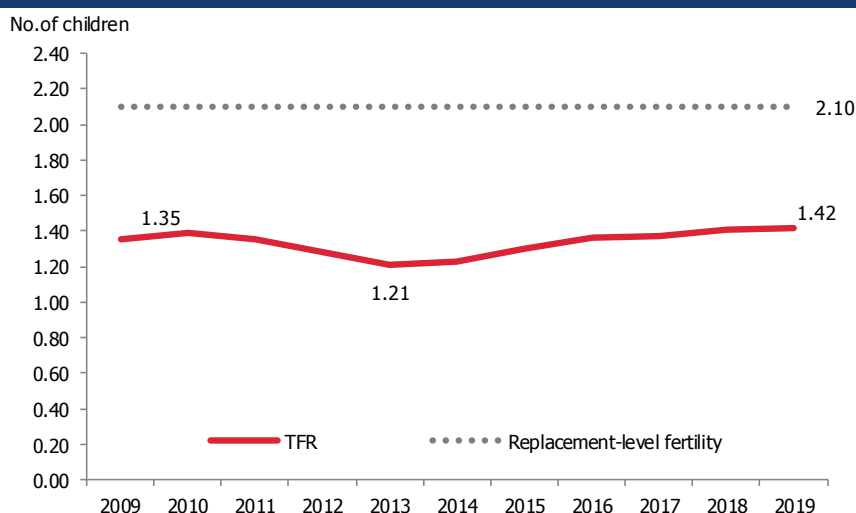
The number of temporary emigrants (48,821) remained higher than that of permanent emigrants (28,219), having, however, decreased by 2.7% when compared to 2018 (50,154).



### Total fertility rate above the national value in Algarve and Área Metropolitana de Lisboa

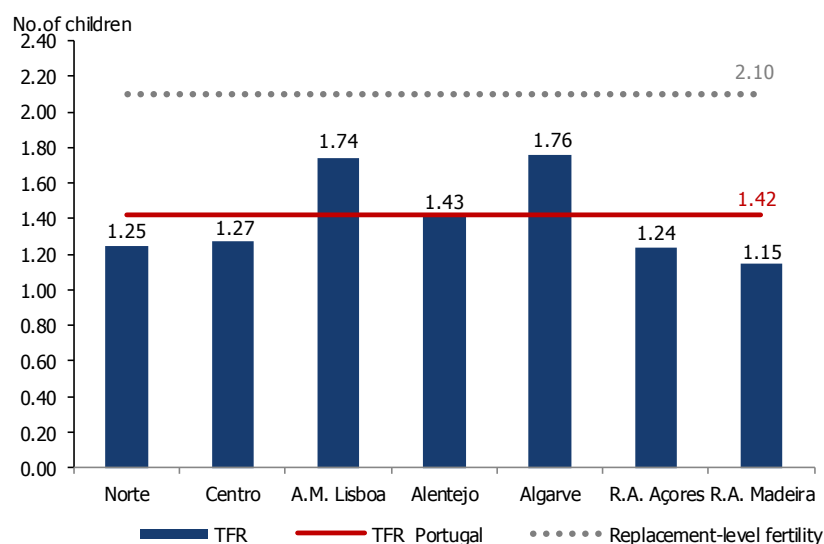
From 2009 to 2011, the total fertility rate (TFR) in Portugal ranged from 1.35 to 1.39, dropping to 1.21 children per woman at childbearing age in 2013. From 2014 onwards, there were slightly annual increases, reaching an average of 1.42 children per woman at childbearing age in 2019.

**Figure 6: Total Fertility Rate (TFR), Portugal, 2009-2019**



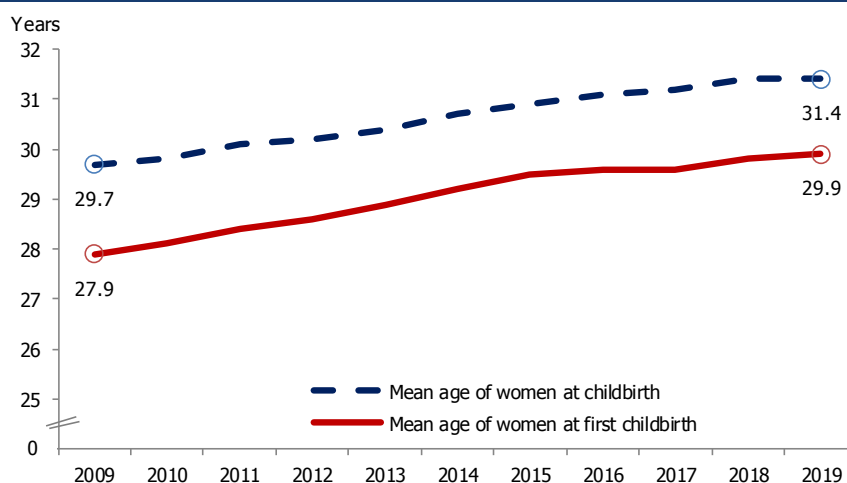
The highest average number of children per woman at childbearing age was registered in Algarve (1.76), followed by Área Metropolitana de Lisboa (1.74), which, together with Alentejo (1.43), were, in 2019, the regions NUTS 2 with the highest TFR, above the national value (1.42). The lowest TFR was registered in Região Autónoma da Madeira (1.15).

**Figure 7: Total Fertility Rate (TFR), NUTS II, 2019**



In 2019, the mean age of women at childbirth was 31.4 years, recording an increase of 1.7 years from 2009. The mean age of women at first childbirth was 29.9 years, having increased by 2.0 years from 2009.

**Figure 8: Mean age of women at childbirth and at first childbirth, Portugal, 2009-2019**

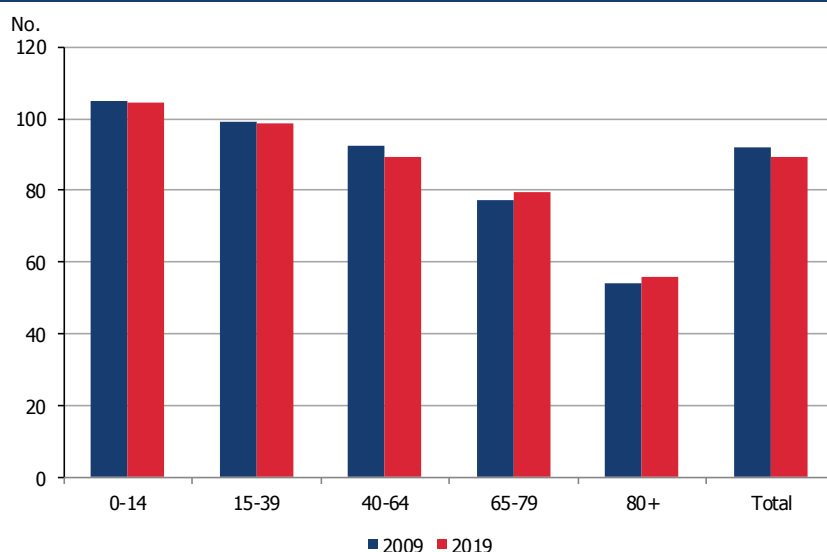


### Sex ratio increase at older ages

In 2019, the residing male population was estimated at 4,859,977 and the female population at 5,435,932. The sex ratio was of 89.4 men per 100 women, which illustrates a greater imbalance in the population sizes of both sexes, when compared to 2009, when this ratio was 91.9 men per 100 women.

The number of men was higher than that of women in younger ages (from 0 to 14 years), due mainly to a favourable men sex ratio at birth. In the group of population aged 65 and over, the number of men is significantly lower than that of women, due to male over-mortality. In 2019, in the age group from 65 to 79, there were 79.5 men per 100 women and in the group of persons aged 80 and over, this number was 56.0. However, in the groups of population above 65 years, the difference between sexes is decreasing. In the last ten years, per 100 women aged from 65 to 79 there were 77.4 men and per 100 women aged 80 and over there were 54.2 men.

Figure 9: Sex ratio by age group, Portugal, 2009 and 2019



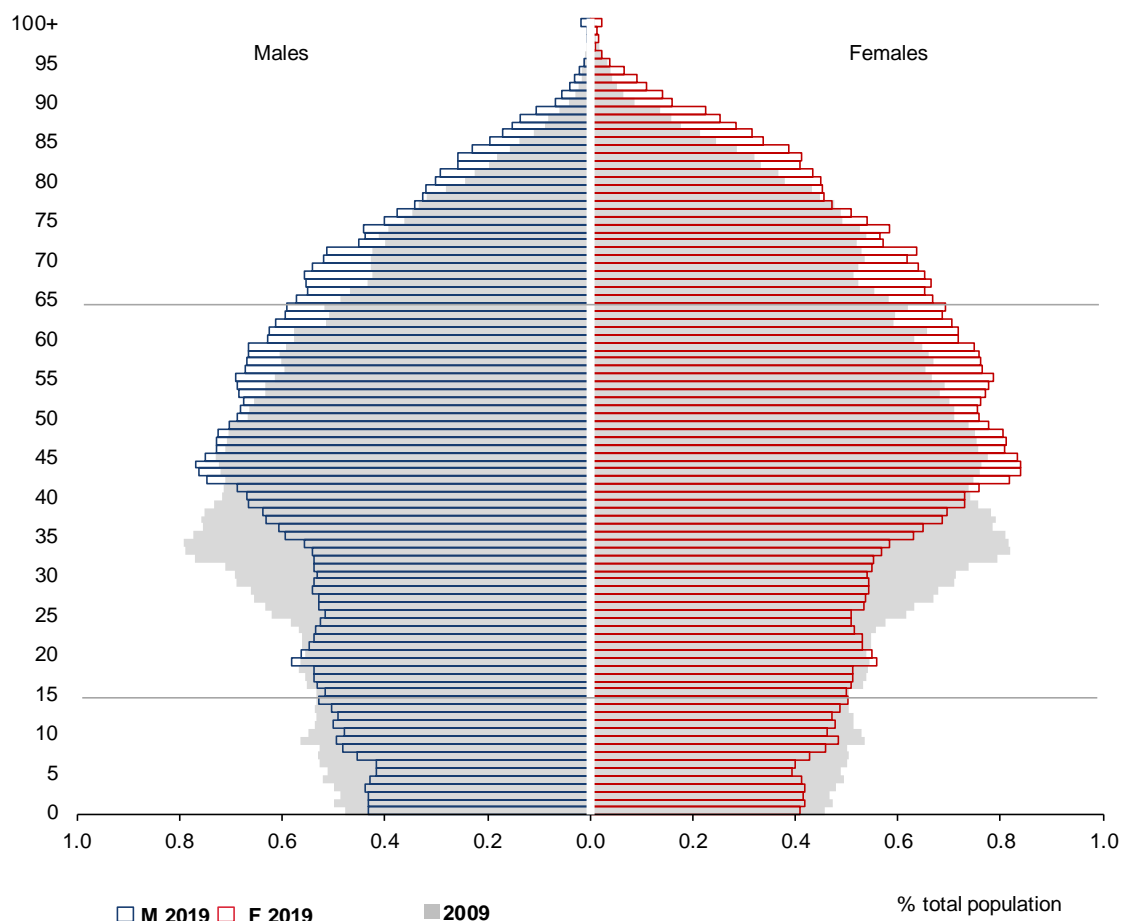
### Demographic ageing continued to increase

The changes on size and age-sex structure of the population residing in Portugal, in particular due to the low birth rate and the increased longevity in the last decades, indicate the continuation of the demographic ageing.

In 2019, when compared with 2018, the younger population (under 15 years) diminished to 1,396,985 persons (10,581 less) and the population aged 65 and over increased to 2,280,424 persons (36,199 more), representing, respectively, 13.6% and 21.1% of the total estimated population.

The oldest population (aged 85 and over) increased to 322,609 persons (12,335 more), corresponding to 14.1% of the population aged 65 and over.

**Figure 10: Age pyramids, Portugal, 2009 and 2019**



Over the last ten years, a double demographic ageing became evident, as shown by the overlapping of the age pyramids: the base of the pyramid was narrowed, while its top was widened. In this period, the number of elderly people (aged 65 and over) increased by 350,028 and the younger population decreased by 221,008.

The number of working age population (those aged from 15 to 64) also decreased by 406,590.

**In the last ten years, the median age increased by 4.3 years**

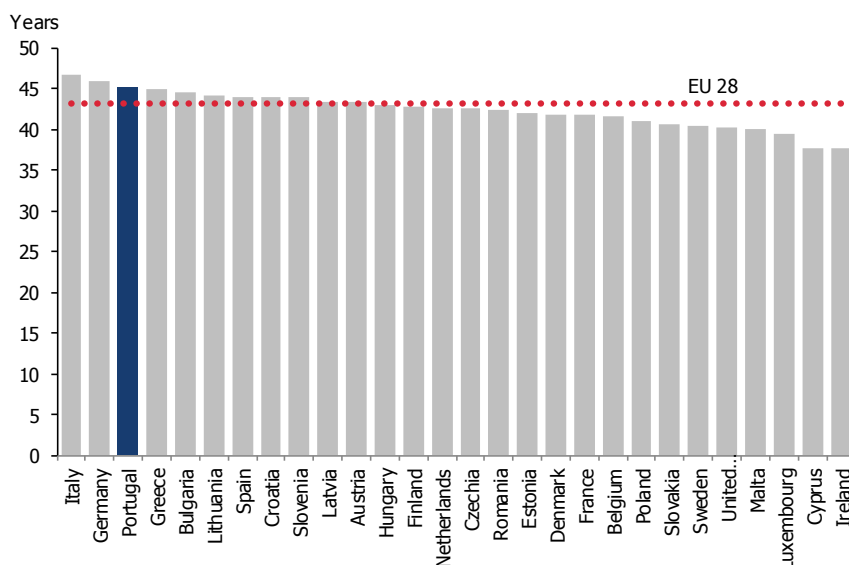
Between 2009 and 2019, the median age of the residing population, which corresponds to the age which divides the population into two numerically equivalent groups, rose from 41.2 to 45.5 years.

In 2018, the most recent data made available by Eurostat, Portugal had the 3<sup>rd</sup> higher median age of the European Union (EU 28), reaching 45.2 years, just below Italy (46.7) and Germany (46.0). Portugal was also the country, immediately after Spain, where the median age increased the most in the last decade (4.4 years; 4.6 years in Spain).

In 2018, the median age of the population residing in EU 28 was 43.3 years. Among the Member States, the median age ranged from 37.7 years in Ireland and Cyprus to 46.7 years in Italy.



**Figure 11: Median age of resident population, EU 28, 2018**



Source: EUROSTAT

**Total dependency ratio continued to rise, stressing the demographic pressure on the working age population**

Between 2009 and 2019, the evolution of summary measures concerning the resident population’s age structure also indicates the demographic ageing in Portugal.

The ageing ratio, which compares the population aged 65 and over (elderly population) with the population from 0 to 14 years (younger population) continued to rise. In 2009, per 100 youngest residing in Portugal there were 119.3 elderly, a number that rose to 163.2 in 2019.

Similarly, the total dependency ratio, which corresponds to the number of young and elderly people per 100 persons aged from 15 to 64 years, continued to increase, stressing the demographic pressure on the working age population. In 2009, for every 100 persons at working age residing in Portugal there were 50.5 young and elderly people, a number that increased to 55.6 in 2019.

The ageing of the working age population is also evident, as shown by the decline in the renewal index of the population in active age, corresponding to the number of people aged between 20 and 29 per 100 people aged between 55 and 64. In 2009, per 100 people aged from 55 to 64 years, there were 100.6 persons aged between 20 and 29 years, a number that reduced to 77.5 in 2019. Since 2010, the number of people potentially leaving the labour market has not been compensated by the number of people potentially entering the labour market, with the index systematically assuming values below 100.

**Table 1: Resident population summary measures, Portugal, 2009-2019**

		2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Total dependency ratio	(No.)	50.5	51.0	51.4	51.9	52.5	53.0	53.4	54.1	54.7	55.1	55.6
Young-age dependency ratio	(No.)	23.0	22.8	22.6	22.5	22.3	22.0	21.7	21.6	21.4	21.2	21.1
Old-age dependency ratio	(No.)	27.5	28.2	28.8	29.4	30.3	31.1	31.8	32.5	33.3	33.9	34.5
Ageing ratio	(No.)	119.3	123.9	127.6	131.1	136.0	141.3	146.5	150.9	155.4	159.4	163.2
Renewal index of the population in active age	(No.)	100.6	96.2	93.0	88.8	86.2	83.5	81.3	79.7	78.7	77.7	77.5

By region, the highest ageing ratio was registered in Alentejo, where there were 206.1 elderly people per 100 youngest, followed closely by Centro, where this number was of 203.6 elderly people for every 100 young people. Together with the region Norte, these three regions showed ageing ratios above the national value (163.2). Região Autónoma dos Açores registered the lowest ageing ratio, remaining the only region where the number of young people exceeds the number of elderly (97.2 elderly people per 100 young people). The demographic pressure on the working age population, represented by the total dependency ratio, is highest in Área Metropolitana de Lisboa and in Alentejo, both with 61.2 young and elderly people per 100 people of working age.

**Table 2: Resident population summary measures, NUTS II, 2019**

		Portugal	Norte	Centro	A.M. Lisboa	Alentejo	Algarve	R.A. Açores	R.A. Madeira
Total dependency ratio	(No.)	55.6	50.5	57.7	61.2	61.2	58.4	43.5	43.0
Young-age dependency ratio	(No.)	21.1	19.0	19.0	25.6	20.0	23.7	22.0	18.8
Old-age dependency ratio	(No.)	34.5	31.5	38.7	35.6	41.2	34.7	21.4	24.3
Ageing ratio	(No.)	163.2	165.8	203.6	139.0	206.1	146.5	97.2	129.5
Renewal index of the population in active age	(No.)	77.5	77.1	73.2	80.4	70.0	77.2	106.2	89.9

## Technical note:

### Resident population estimates 2019

On this date, Statistics Portugal releases on its website, at [www.ine.pt](http://www.ine.pt), the 2019 resident population estimates as well as other demographic indicators, according to the administrative division in force since 31<sup>st</sup> December 2019 and the NUTS 2013 version.

Resident population estimates adopt the cohort component method, rely on the census concept of resident population, and are calculated by sex and age, up to the geographic breakdown level of municipality. Their calculation is based on the natural and migration demographic components and relies on information from other statistical operations of Statistics Portugal: live births, deaths, and emigration and immigration estimates.

With regard to live births and deaths, the information relies on the so-called vital statistics, using, for statistical purposes, facts that are subject to compulsory civil registration – live births and deaths. Hence, the natural balance was obtained from data on the number of live births and deaths, occurred in 2018 and obtained from information registered in civil registries up to March 2019 (not incorporating possible revisions that may occur within the process of codification of causes of death in the death registers for 2018 and previous years).

Given that migration flows in Portugal are not subject to direct registration, the results of the latest general population censuses and information stemming from other statistical operations of Statistics Portugal – the outbound migration survey and the labour force survey – play a particularly important role in the estimation of migration flows, as well as in the analysis of information produced by the Portuguese Immigration and Borders Service.

In the calculation of resident population estimates, which is based on the concept of habitual residence, the values used for migration flows stem from annual estimates of permanent emigrants and annual estimates of permanent immigrants.

### Concepts:

- **Permanent emigrant** - A person (national or foreign) who, in the reference period, and after having remained in the country continuously for at least one year, left it with the intention of residing in another country for a continuous period of one year or more.
- **Temporary emigrant** - A person (national or foreign) who, in the reference period, and after having remained in the country continuously for at least one year, left it with the intention of residing in another country for a period of less than one year.
- **Median age** - The age which divides a population into two numerically equivalent groups.
- **Mean age at childbearing** - Mean age of women when their children are born, usually for a given calendar year.
- **Mean age of women at first birth** - The mean age of women when their first child is born, during a given period, usually a calendar year.
- **Permanent immigrant** - A person (national or foreign) who, in a certain period of reference, entered the country with the intention of remaining here for one year or more, having previously resided abroad continuously for one year or more.
- **Old-age dependency ratio** - The ratio of the number of elderly persons of an age when they are generally economically inactive (aged 65 and over) to the number of persons of working age (from 15 to 64).
- **Age dependency ratio of the young (young-age dependency ratio)** - The ratio of the number of young persons of an age when they are generally economically inactive (either under 15 or under 20 depending on the context) to the number of persons of working age (from 15 to 64 or from 20 to 59 depending on the context).
- **Total dependency rate** - The ratio of the elderly (ages 65 and older) plus the young (under age 15) to the population in the working ages (ages 15-64), (usually expressed as 100 (10<sup>2</sup>) people aged 15-64 years).
- **Ageing index** - The ratio of the number of elderly persons of an age when they are generally economically inactive (aged 65 and over) to the number of young persons (from 0 to 14).
- **Working age population renewal ratio** - The ratio between the population that is potentially entering and that which is leaving the labour market, normally defined as the quotient between the number of people aged between 20 and 29 years and the number of people aged between 55 and 64.
- **Total fertility rate (TFR)** - The mean number of children that would be born alive to a woman during her lifetime if she were to pass through her childbearing years conforming to the fertility rates by age of a given year. It is therefore the completed fertility of a hypothetical generation, computed by adding the fertility rates by age for women in a given year (the number of women at each age is assumed to be the same). The total fertility rate is also used to indicate the replacement level fertility; in more developed countries, a rate of 2.1 is considered to be replacement level.

- **Resident population** - Set of persons who, regardless of being present or absent in a given housing unit at the moment of observation, have lived in the place of their usual residence for a continuous period of 12 months prior to the moment of observation, or have arrived to the place of their usual residence during the period of 12 months prior to the moment of observation, with the purpose of living there for a year, at least.
- **Sex ratio** - The ratio of males to females in a population usually expressed per 100 ( $10^2$ ) women).
- **Net migration** - The difference between immigration into and emigration from the country or region during a given period, usually a calendar year.
- **Natural balance** - The difference between the number of live births and the number of deaths during a given period, usually a calendar year.
- **Crude rate of increase** - The ratio of the total population change during the year to the average population of the area in question in that year. The value is expressed per 1,000 inhabitants.
- **Crude rate of net migration** - The ratio of the net migration during the year to the average population in that year. The value is expressed per 1,000 inhabitants.
- **Crude rate of natural increase** - The difference between the number of live births and the number of deaths occurring during a given period, usually a calendar year divided by the mid-year population of that period (usually expressed per 100 ( $10^2$ ) or 1,000 ( $10^3$ ) inhabitants).

Detailed methodological information available at [www.ine.pt](http://www.ine.pt), under the option Products, Metadata System.

Detailed statistical information available at [www.ine.pt](http://www.ine.pt), under the option Products, Statistical Data, Database, theme Population, sub theme Population estimates.