

February 2025

NEW BRUNSWICK  
**Population  
Report**



*An analysis of population trends in New Brunswick, including statistics on immigration, interprovincial migration, births, and deaths.*

## Data Sources:

- Statistics Canada – Annual Demographic Estimates: Canada, Provinces and Territories
- Statistics Canada – Annual Demographic Estimates: Subprovincial Areas

# New Brunswick Population Report

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## **Policy, Research and Labour Market Analysis Branch**

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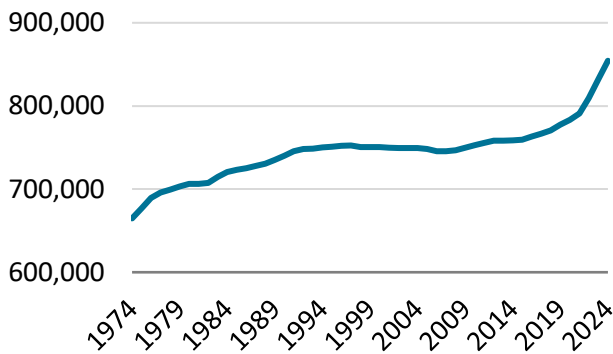
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**Note:** This report represents a snapshot of New Brunswick’s population as of July 1, 2024. For more up to date, but less detailed, analysis and data, visit the “Demographics Trends” tile on the “Labour Market Information” section of NBjobs.ca.

## Provincial Overview<sup>1</sup>

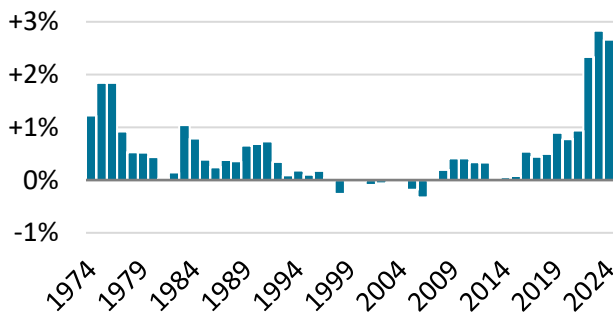
As of July 1, 2024, New Brunswick’s population was estimated to be 854,355, an increase of 2.7% (+22,165) year-over-year. This represented the second highest growth on record for the province (with comparable data dating back to 1971).

### Population by Year – New Brunswick



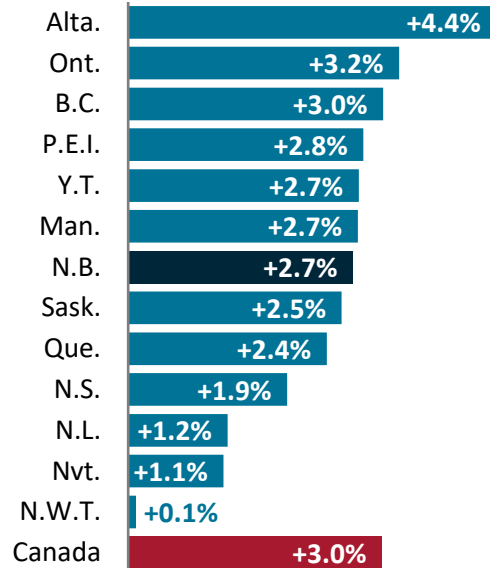
This was the seventh consecutive year in which the province’s population has grown by at least 0.5%, and the third consecutive year in which it has grown by at least 2.0%.

### Population Growth by Year – New Brunswick

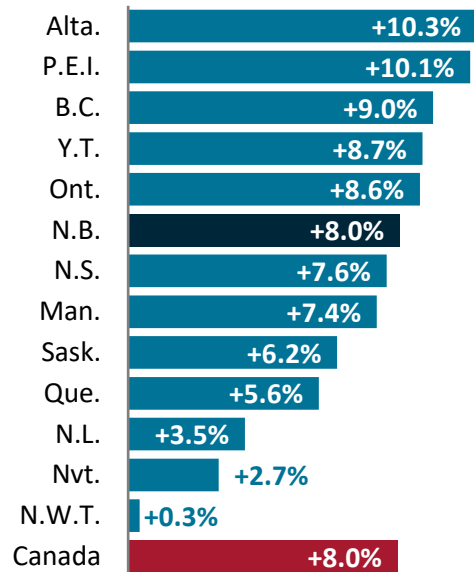


This strong growth has not been exclusive to New Brunswick, with several provinces having seen similar or even greater growth over the past few years.

### Population Growth by Province – July 2023 to July 2024



### Population Growth by Province – July 2021 to July 2024

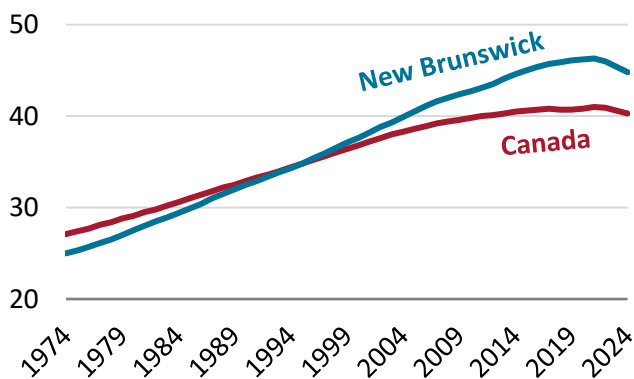


<sup>11</sup> Source(s): Statistics Canada, Annual Demographic Estimates, Table 17-10-0005.

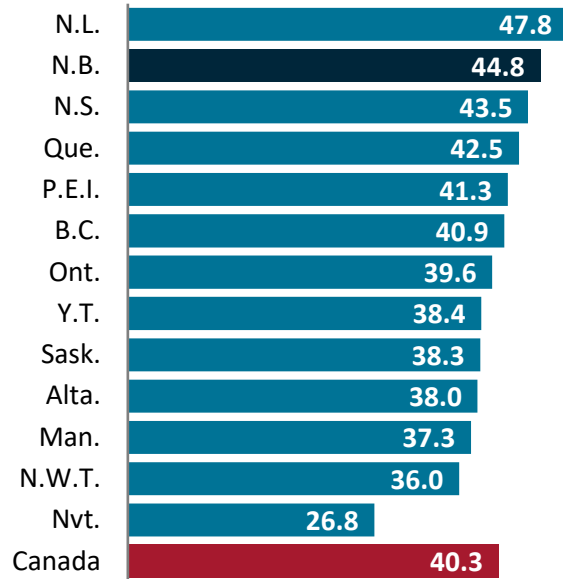
Continuing to grow the population will remain important to the long-term sustainability of both New Brunswick and Canada. Decades of declining fertility rates, increasing life expectancy and the aging of the baby boom generation have led to dramatic changes in the age structure of both the provincial and national populations. These issues have been further compounded in New Brunswick by decades of high levels of net out-migration among youth (with the exception of the last few years).

In the fifty year period from 1971 to 2021, the median age of New Brunswick’s population nearly doubled – increasing from 23.9 years to 46.3 years. Since this time however, the province’s median age has decreased in three consecutive years – reaching 44.8 years in 2024. This has been the direct result of the recent influx of young people moving to the province.

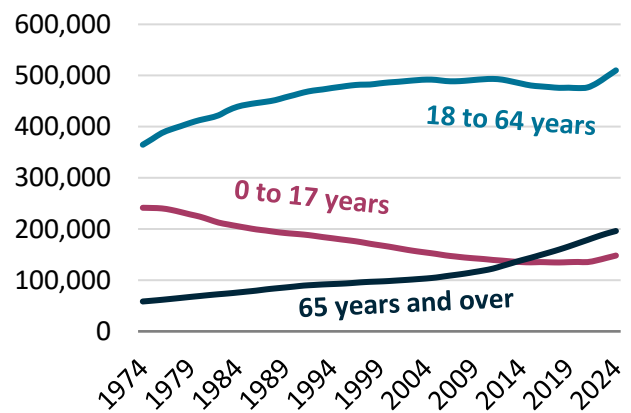
**Median Age by Year**



**Median Age by Province – July 2024**



**Population by Age Group and Year – New Brunswick**



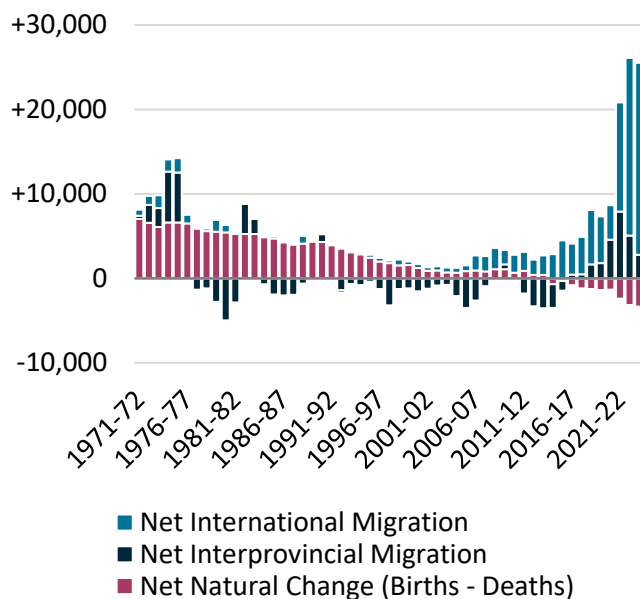
## Components of Population Change<sup>2</sup>

### Overview

At a provincial level, population change is based on three factors:

- Natural population change (i.e., births minus deaths);
- Interprovincial migration; and
- International migration.

### Components of Population Change by Year – New Brunswick

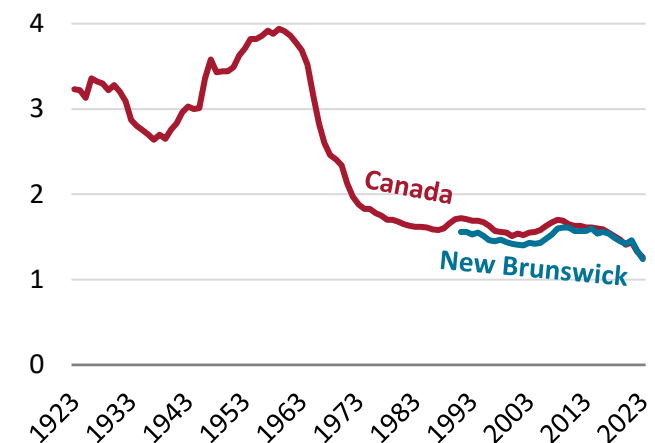


As the baby boom and pre-baby boom generations have aged, the province has seen an increasing number of deaths and a decreasing number of births. To mitigate this trend an increased focus has been placed on attracting immigrants and temporary residents (international students, temporary foreign workers, etc.) over the past several years. The combined effect of these trends has been international migration becoming the main driver of population growth in the province.

## Natural Population Change

After peaking during the baby boom era (1946 to 1965), fertility rates<sup>3</sup> dropped considerably between the mid-1960s and the early-1980s. This shift was due to a number of factors, including contraceptives becoming more effective and readily available, and women participating in higher education and the labour force at greater rates. Fertility rates remained relatively stable between the early-1980s and early-2010s; however, more recently, rates have once again begun to decline. Between 2014 and 2023, New Brunswick's fertility rate fell from 1.60 to 1.24.

### Fertility Rate by Year

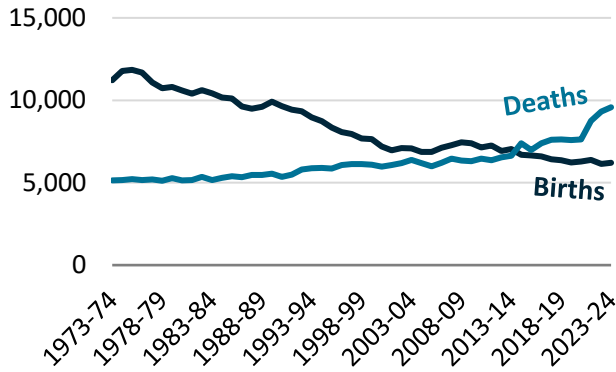


Despite declining fertility rates, the number of births in the province has begun to trend slightly upward due to growth in the total number of women aged 20 to 44 years in the province. Between July 2023 and July 2024, 6,215 babies were born in New Brunswick. This total represented a 1.2% increase relative to the previous 12-month period; however, it remained 11.8% below its 2013-2014 level, and 44.6% below its 1973-1974 level.

<sup>2</sup> Source(s): Statistics Canada Tables 17-10-0008, 17-10-0015, 17-10-0014 and 17-10-0022 (Annual Demographic Estimates).

<sup>3</sup> The 'fertility rate' represents an estimate of the average number of children a woman can be expected to have in her life.

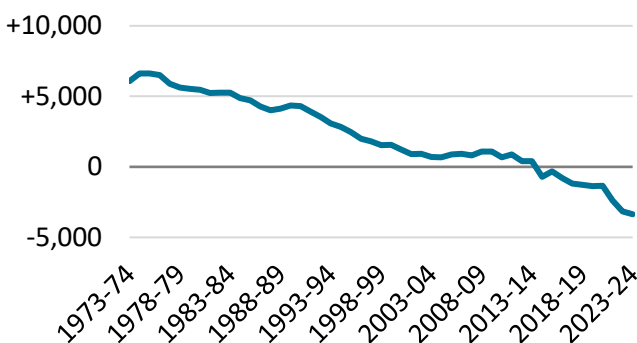
### Births and Deaths – New Brunswick



On the other hand, as the baby boom and pre-baby boom generations have aged into the senior-age category, the number of deaths in the province has increased significantly in recent years. Between July 2022 and July 2023, there were 9,577 deaths in the province, up 44.4% since 2013-2014, and up 86.1% relative to 1973-1974.

The number of deaths in the province has now exceeded the number of births in ten consecutive years, with this gap expected to continue to grow wider going forward. In 2023-24, five other provinces also saw deaths exceed births: Newfoundland and Labrador, Nova Scotia, Prince Edward Island, Quebec, and British Columbia.

### Natural Population Change (Births Minus Deaths) – New Brunswick



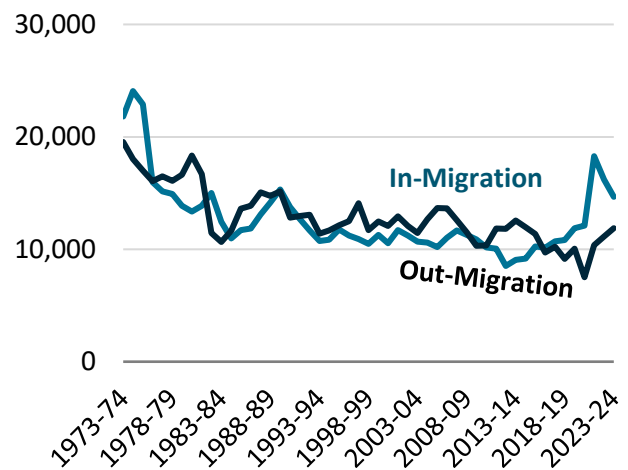
### Interprovincial Migration

Interprovincial migration represents movement from one province or territory to another involving a permanent change in residence.

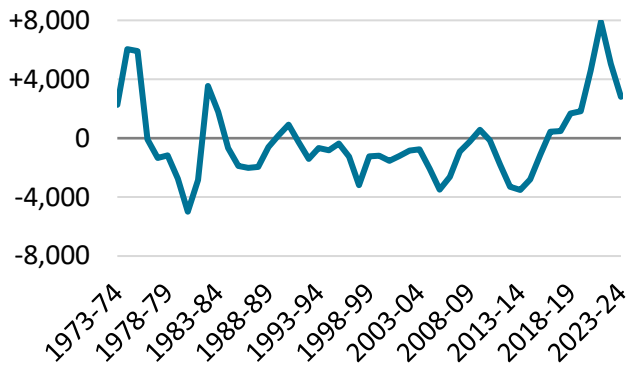
During the thirty-year period between July 1, 1989 and June 30, 2019, a total of 361,870 individuals moved from New Brunswick to another province, while only 329,364 individuals moved from other provinces to New Brunswick. This resulted in a net loss of 32,506 individuals to other provinces (an average of 1,084 annually). The majority of these interprovincial losses were among the youth population.

In contrast to these historical trends however, New Brunswick has now gained a net total of 22,167 individuals from other provinces over the past five years (July 1, 2019 to June 30, 2024), an average gain of 4,433 individuals annually.

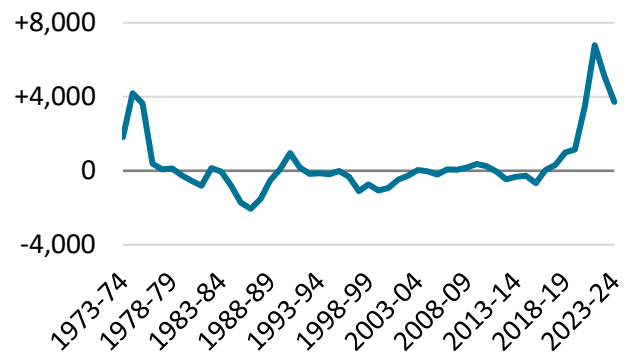
### Interprovincial Migration – New Brunswick



**Net Interprovincial Migration (In-Migrants Minus Out-Migrants) by Year – New Brunswick**



**Net Migration to New Brunswick from Ontario by Year**



**Interprovincial Migration by Age Group and Gender – New Brunswick – July 1, 2019 to June 30, 2024 (5-Year Totals)**

	Men	Women	Total
<b>In-Migrants</b>	<b>36,691</b>	<b>36,434</b>	<b>73,125</b>
0 to 17 years	7,913	7,627	15,540
18 to 24 years	4,558	4,289	8,847
25 to 54 years	16,809	17,018	33,827
55 years and over	7,411	7,500	14,911
<b>Out-Migrants</b>	<b>25,530</b>	<b>25,428</b>	<b>50,958</b>
0 to 17 years	5,187	4,981	10,168
18 to 24 years	3,697	4,108	7,805
25 to 54 years	13,435	12,462	25,897
55 years and over	3,211	3,877	7,088
<b>Net Migration</b>	<b>+11,161</b>	<b>+11,006</b>	<b>+22,167</b>
0 to 17 years	+2,726	+2,646	+5,372
18 to 24 years	+861	+181	+1,042
25 to 54 years	+3,374	+4,556	+7,930
55 years and over	+4,200	+3,623	+7,823

**Interprovincial Migration to and from New Brunswick by Province – July 1, 2023 to June 30, 2024**

Province	To N.B.	Away From N.B.	Net
Ont.	7,243	3,518	<b>+3,725</b>
B.C.	1,149	784	<b>+365</b>
N.S.	1,924	1,731	<b>+193</b>
Y.T.	107	0	<b>+107</b>
Man.	299	195	<b>+104</b>
N.W.T.	68	6	<b>+62</b>
Sask.	160	130	<b>+30</b>
P.E.I.	296	276	<b>+20</b>
Nvt.	25	41	<b>-16</b>
N.L.	372	440	<b>-68</b>
Alta.	1,461	2,148	<b>-687</b>
Que.	1,561	2,593	<b>-1,032</b>

This recent shift has been primarily driven by increased in-migration from Ontario, a trend in large part attributable to socio-economic factors resulting from the COVID-19 pandemic and the province’s relatively affordable housing costs.



## International Migration

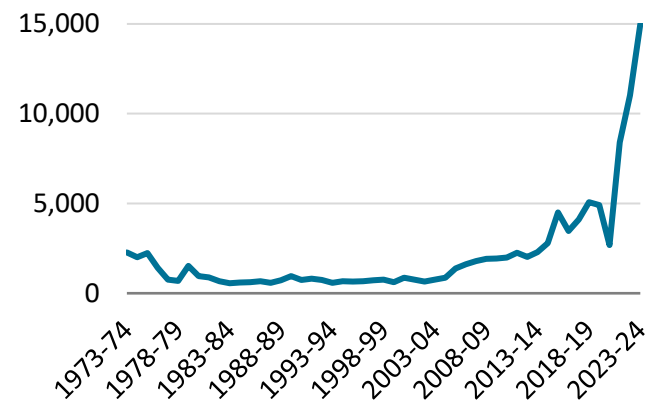
International migration represents movement of individuals between Canada and a foreign country involving a change of the usual place of residence. International migration can be divided into three categories:

- Immigration (i.e. individuals being granted permanent resident status);
- Changes in the number of temporary residents (international students, temporary foreign workers, etc.); and,
- Emigration (i.e. individuals who leave the country to establish a residence in another country).

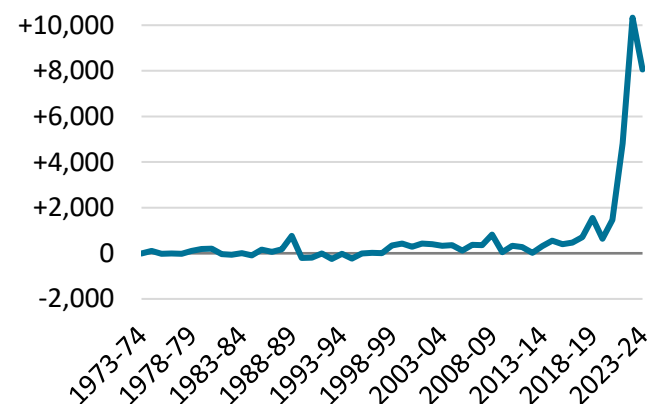
While, historically, New Brunswick’s international migration levels have been quite low, over the past several years they have risen dramatically, and now account for the majority of population growth in the province. Between July 1, 2023 and June 30, 2024, a net total of 22,724 individuals moved to New Brunswick from other countries. This total included:

- 14,988 individuals being granted permanent resident status (immigrants);
- a net increase of 8,056 to the number of temporary residents in the province; and,
- A net loss of 320 individuals to emigration (889 New Brunswickers moved to other countries, while 569 Canadians moved back from other countries to New Brunswick)

**Immigrants (Permanent Residents) Admitted by Year – New Brunswick**



**Net Change in Temporary Residents by Year – New Brunswick**



**International Migration by Year – New Brunswick**

	Immigration	Net Temporary Residents	Net Emigration
2013-14	2,300	+321	-316
2014-15	2,797	+557	-484
2015-16	4,500	+393	-393
2016-17	3,459	+467	-243
2017-18	4,116	+707	-379
2018-19	5,076	+1,556	-208
2019-20	4,910	+639	-36
2020-21	2,688	+1,467	-77
2021-22	8,410	+4,825	-284
2022-23	11,021	+10,331	-312
2023-24	14,988	+8,056	-320

## Sub-Provincial Population Estimates<sup>4</sup>

In recent decades, New Brunswick's population growth has been largely concentrated in or around the cities of Moncton and Fredericton, and to a lesser degree, Saint John. This trend is primarily a reflection of the greater number of employment opportunities in these centres, leading to higher immigration levels and more individuals from other parts of the province moving to these areas. Furthermore, due to their relatively younger populations, these areas see more births and fewer deaths compared to rural communities.

Prior to the last few years, most communities in the province outside of these centres saw little-to-no population growth, or in many cases, saw their populations decline. However, while population growth has continued to be greatest in and around the province's major cities, many rural communities have also experienced moderate-to-high population in recent years. This trend has in large part been driven by unusually high in-migration levels from Ontario.

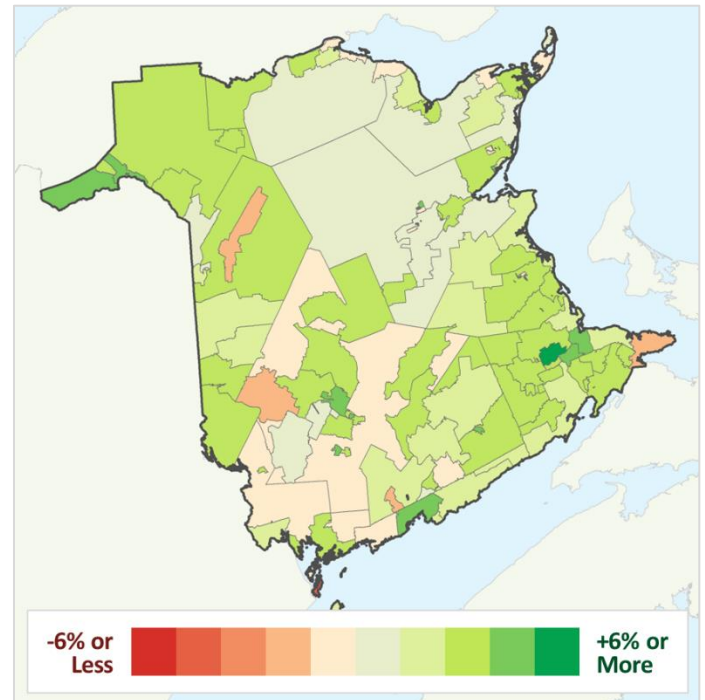
Some of the communities that saw the greatest growth between July 1, 2023 and July 1, 2024 included:

- Moncton: +7.0% (91,818 to 98,208)
- Dieppe: +5.9% (33,254 to 35,214)
- Esogenoôpetitj: +5.8% (1,256 to 1,329)
- Shediac: +4.8% (11,707 to 12,265)
- Fredericton: +4.3% (74,520 to 77,736)
- Sitansisk: +4.1% (1,099 to 1,144)
- Tracy: +4.1% (611 to 636)
- Saint John: +3.9% (75,263 to 78,165)

On the other hand, the communities that saw the greatest declines during this time were:

- Campobello Island: -3.0% (952 to 923)
- Nackawic-Millville: -0.9% (4,129 to 4,093)
- Grand Bay-Westfield: -0.8% (6,075 to 6,028)
- Tobique Valley: -0.7% (2,856 to 2,836)
- Strait Shores: -0.6% (2,090 to 2,077)
- Heron Bay: -0.6% (5,568 to 5,536)
- Elsipogtog: -0.4% (2,142 to 2,133)
- Hampton: -0.4% (10,010 to 9,974)

### Population Change by Municipality or Rural District – July 2023 to July 2024



<sup>4</sup> Source(s): Statistics Canada, Annual Demographic Estimates (custom data order).

## Population by Regional Service Commission (RSC) – New Brunswick

	July 2024 Population	1-Year Change (%)	1-Year Change (Total)	5-Year Change (%)	5-Year Change (Total)
RSC 1 (Northwest)	48,048	+2.2%	+1,041	+4.9%	+2,245
RSC 2 (Restigouche)	25,999	+0.9%	+226	+1.2%	+312
RSC 3 (Chaleur)	36,254	+1.6%	+560	+3.8%	+1,328
RSC 4 (Acadian Peninsula)	48,499	+0.8%	+371	+1.9%	+923
RSC 5 (Greater Miramichi)	39,673	+1.7%	+673	+5.8%	+2,160
RSC 6 (Kent)	38,219	+1.7%	+621	+9.0%	+3,149
RSC 7 (Southeast)	226,078	+4.7%	+10,139	+19.3%	+36,652
RSC 8 (Kings)	22,161	+1.8%	+400	+7.1%	+1,477
RSC 9 (Fundy)	139,090	+2.4%	+3,294	+8.3%	+10,663
RSC 10 (Southwest)	30,092	+1.0%	+303	+5.2%	+1,478
RSC 11 (Capital)	153,317	+2.6%	+3,940	+10.5%	+14,528
RSC 12 (Western Valley)	37,490	+1.2%	+433	+4.5%	+1,611

## Map of New Brunswick Regional Service Commissions

