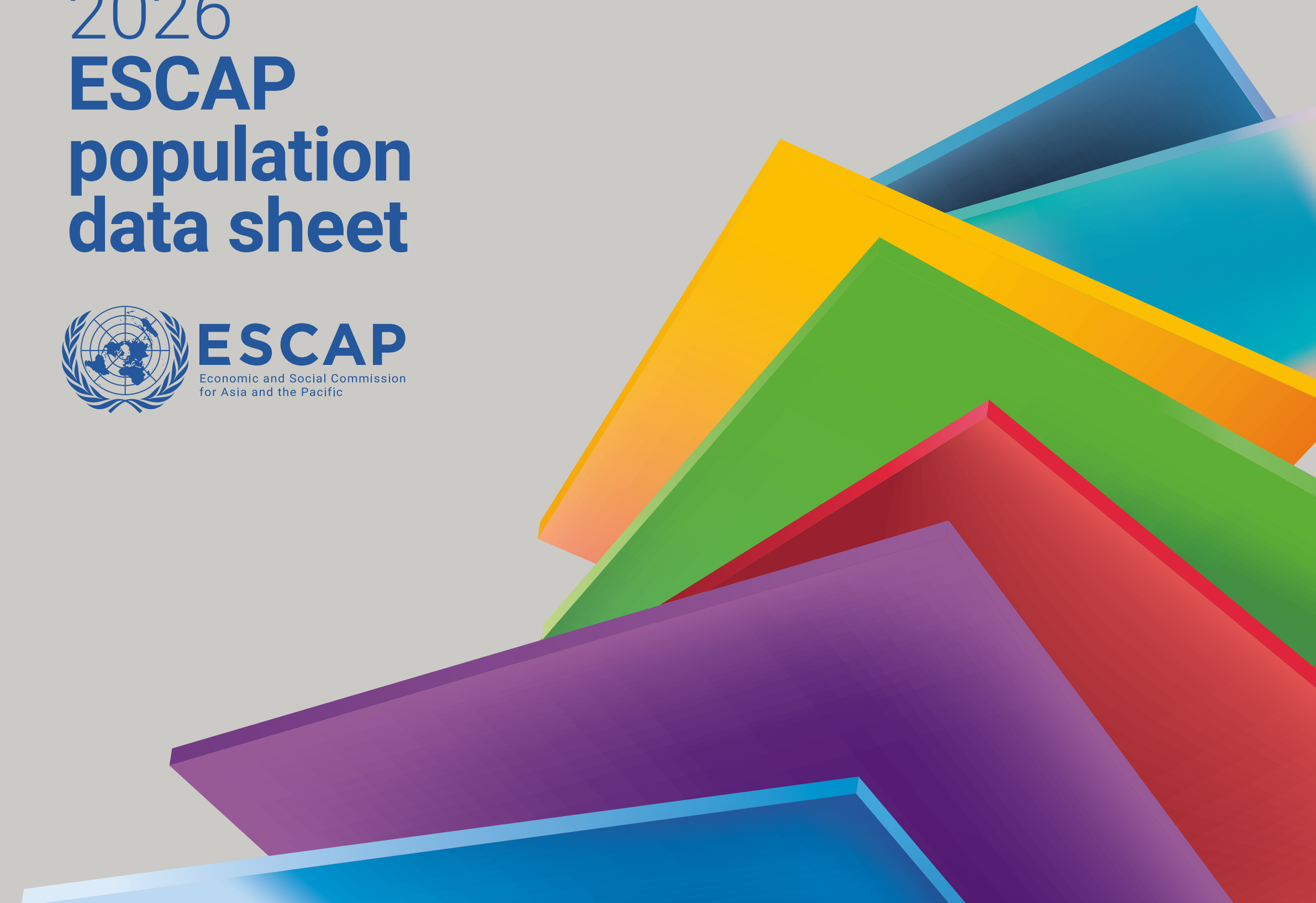
2026

ESCAP population data sheet

ESCAP
Economic and Social Commission for Asia and the Pacific



Population and development indicators for Asia and the Pacific, 2026

Region, subregion, country, territory or area	1		2		3	4	5	6	7	8	9			10		11	12	13	14		15			16			17			18				19	20	
	Population at mid-year		Female population at mid-year		Population growth rate[a]	Crude birth rate	Total fertility rate	Contraceptive prevalence rate (any method)	Unmet need for family planning (any modern method)	Crude death rate	Life expectancy at birth			Healthy life expectancy at birth		Infant mortality rate	Under-five mortality rate	Maternal mortality ratio	Median age of total population		Child population			Youth population			Working-age population			Population of older adults				Urban population[b]	International migrants	
	Thousands		Percentage		Percentage change per annum	Births per 1,000 population	Live births per woman (aged 15–49)	Contraceptive prevalence for married or in-union women (aged 15–49) (percentage)	Unmet need for family planning of married or in-union women (aged 15–49) (percentage)	Deaths per 1,000 population	Both sexes (years)	Male (years)	Female (years)	Male (years)	Female (years)	Infant deaths per 1,000 live births	Deaths under age 5 per 1,000 live births	Maternal deaths per 100,000 live births (women aged 15–49)	Years		Population aged 0–14 (thousands)		Percentage of population aged 0–14		Population aged 15–24 (thousands)		Percentage of population aged 15–24		Population aged 15–64 (thousands)		Percentage of population aged 15–64		Population aged 60 or over (thousands)		Percentage of population aged 60 or over		Population aged 65 or over (thousands)		Percentage of population aged 65 or over		Percentage of total population	In country or area	From country or area
	2026	2050	2026	2050	2026–2027	2026	2026	2026	2026	2026	2026	2026	2026	2021	2021	2026	2026	2023	2026	2050	2026	2050	2026	2050	2026	2050	2026	2050	2026	2050	2026	2050	2026	2050	2026	2050	2026	2050	2026	2024	2024
ESCAP	**4 839 812**	**5 163 507**	**49.5**	**49.8**	**0.49**	**12.9**	**1.8**	**..**	**..**	**7.5**	**75.3**	**72.7**	**78.0**	**..**	**..**	**19.5**	**24.0**	**..**	**33.5**	**40.5**	**1 024 811**	**864 359**	**21.3**	**16.8**	**719 810**	**589 264**	**14.9**	**11.5**	**3 262 261**	**3 283 784**	**67.7**	**63.8**	**773 274**	**1 330 479**	**16.1**	**25.9**	**529 728**	**995 929**	**11.0**	**19.4**	**53.8**	**64.3**	**66 984 019**	**110 322 775**
East and North-East Asia	**1 648 246**	**1 467 038**	**49.4**	**49.7**	**-0.24**	**6.2**	**1.0**	**..**	**..**	**8.5**	**79.8**	**77.1**	**82.7**	**..**	**..**	**5.3**	**6.6**	**..**	**41.4**	**52.2**	**234 721**	**146 041**	**14.4**	**10.1**	**185 676**	**97 121**	**11.4**	**6.7**	**1 123 102**	**845 430**	**69.1**	**58.4**	**385 297**	**582 207**	**23.7**	**40.2**	**267 411**	**456 132**	**16.5**	**31.5**	**69.3**	**89.7**	**10 422 962**	**16 351 737**
China	1 412 914	1 260 289	49.1	49.5	-0.22	6.1	1.0	85.4	5.3	8.1	79.0	76.4	81.8	67.2	70.1	5.4	6.8	16.3	40.6	52.1	209 164	125 321	14.8	9.9	164 475	81 894	11.6	6.5	989 973	745 291	70.1	59.1	317 458	504 007	22.5	40.0	213 777	389 677	15.1	30.9	66.8	89.7	1 638 718	11 701 619
China, Hong Kong SAR	7 379	6 091	55.0	56.7	-0.46	5.2	0.7	70.7	12.3	8.0	85.9	83.2	88.5	..	..	1.4	1.8	..	47.9	62.0	739	340	10.0	5.6	537	280	7.3	4.6	4 818	2 927	65.3	48.1	2 434	3 364	33.0	55.2	1 821	2 824	24.7	46.4	100.0	100.0	3 063 318	1 240 250
China, Macao SAR	723	669	54.0	54.9	0.23	6.1	0.7	..	..	5.0	83.6	81.5	85.6	..	..	2.4	3.2	..	40.3	56.2	97	48	13.4	7.2	65	44	8.9	6.5	511	392	70.6	58.7	164	299	22.7	44.6	115	228	15.9	34.1	100.0	100.0	426 862	149 247
Democratic People's Republic of Korea	26 634	25 787	50.5	50.4	0.22	12.3	1.8	74.8	11.2	10.1	74.0	71.8	76.2	63.2	66.4	12.8	16.1	66.9	36.8	42.9	5 032	3 926	18.9	15.2	3 323	2 913	12.5	11.3	18 137	16 341	68.1	63.4	5 109	7 195	19.2	27.9	3 465	5 521	13.0	21.4	64.5	75.9	50 439	46 379
Japan	122 428	105 123	51.3	51.6	-0.56	6.1	1.2	59.5	21.8	12.8	85.1	82.1	88.2	71.9	74.8	1.6	2.2	3.1	50.2	52.8	13 525	11 823	11.0	11.2	11 795	8 497	9.6	8.1	71 934	53 899	58.8	51.3	44 676	45 514	36.5	43.3	36 969	39 402	30.2	37.5	92.4	96.0	3 409 529	1 008 173
Mongolia	3 557	4 501	50.2	50.5	1.09	16.9	2.5	58.5	20.2	6.0	72.5	68.0	77.1	58.8	63.9	8.1	10.0	40.5	27.0	32.0	1 098	1 049	30.9	23.3	550	621	15.5	13.8	2 255	2 887	63.4	64.1	338	805	9.5	17.9	204	566	5.7	12.6	71.3	73.3	22 589	175 596
Republic of Korea	51 600	45 143	50.1	51.3	-0.14	4.8	0.8	82.8	18.6	7.5	84.6	81.6	87.5	70.7	74.1	1.9	2.5	3.8	46.2	56.7	5 066	3 534	9.8	7.8	4 931	2 872	9.6	6.4	35 475	23 694	68.7	52.5	15 118	21 023	29.3	46.6	11 060	17 915	21.4	39.7	81.2	83.3	1 811 507	2 030 473
Other non-specified areas	23 011	19 435	50.6	51.1	-0.44	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..
South-East Asia	**704 756**	**774 570**	**50.1**	**50.4**	**0.66**	**14.3**	**1.9**	**..**	**..**	**7.5**	**72.6**	**69.7**	**75.7**	**..**	**..**	**16.8**	**21.1**	**..**	**31.2**	**38.1**	**162 438**	**140 676**	**23.0**	**18.2**	**111 858**	**97 048**	**15.9**	**12.5**	**480 892**	**507 941**	**68.2**	**65.6**	**93 201**	**171 322**	**13.2**	**22.1**	**61 426**	**125 953**	**8.7**	**16.3**	**54.9**	**67.9**	**11 029 593**	**24 224 991**
Brunei Darussalam	470	520	47.0	47.8	0.72	12.7	1.7	..	..	5.6	75.8	73.8	78.1	66.3	67.9	7.3	8.8	36.4	33.2	41.3	96	81	20.4	15.6	67	61	14.2	11.6	338	338	72.0	65.1	56	137	11.8	26.3	36	100	7.6	19.3	75.2	87.9	119 933	46 552
Cambodia	18 051	21 931	51.0	50.7	1.11	19.5	2.5	64.0	27.4	6.6	71.1	68.4	73.7	59.3	62.0	17.6	21.0	137.4	26.4	32.2	5 273	4 977	29.2	22.7	3 125	3 282	17.3	15.0	11 586	14 406	64.2	65.7	1 827	3 712	10.1	16.9	1 192	2 549	6.6	11.6	41.3	43.8	83 925	778 793
Indonesia	287 887	320 713	49.8	50.0	0.74	15.4	2.1	55.1	15.3	7.8	71.6	69.4	73.8	59.9	61.5	15.6	18.8	140.5	30.7	36.8	68 709	61 516	23.9	19.2	46 019	42 170	16.0	13.1	196 696	210 640	68.3	65.7	35 199	66 369	12.2	20.7	22 482	48 557	7.8	15.1	60.0	79.4	445 726	3 745 148
Lao People's Democratic Republic	7 974	9 757	49.8	50.0	1.25	20.1	2.3	62.4	19.6	6.2	69.7	67.5	72.0	59.3	61.6	27.8	34.2	112.2	25.3	33.0	2 351	2 089	29.5	21.4	1 453	1 454	18.2	14.9	5 228	6 701	65.6	68.7	628	1 471	7.9	15.1	395	968	5.0	9.9	41.1	62.7	51 446	660 258
Malaysia	36 385	44 290	47.7	48.6	1.10	12.1	1.5	50.6	31.7	5.5	77.2	74.8	79.8	63.0	65.1	4.8	5.9	26.4	31.4	40.1	7 586	7 157	20.8	16.2	5 915	5 126	16.3	11.6	25 766	29 684	70.8	67.0	4 464	10 315	12.3	23.3	3 033	7 448	8.3	16.8	77.9	91.0	3 806 514	2 433 875
Myanmar	55 185	58 623	50.3	50.7	0.59	16.0	2.1	60.0	14.5	9.3	67.5	64.4	70.8	57.9	61.7	31.6	39.3	184.6	30.4	36.3	13 167	11 204	23.9	19.1	8 802	7 918	16.0	13.5	37 745	39 479	68.4	67.3	6 626	11 294	12.0	19.3	4 273	7 941	7.7	13.5	30.7	39.5	79 052	4 320 462
Philippines	117 724	134 373	50.1	50.4	0.79	15.7	1.9	59.7	27.3	6.6	70.2	67.2	73.2	57.1	60.8	19.1	25.5	83.8	26.6	35.9	31 093	26 367	26.4	19.6	22 311	17 800	19.0	13.2	79 623	93 019	67.6	69.2	11 008	21 953	9.4	16.3	7 008	14 987	6.0	11.2	56.1	60.4	87 212	6 988 383
Singapore	5 906	6 082	48.4	48.7	0.56	8.6	1.0	68.1	17.5	5.2	84.1	81.7	86.6	72.4	75.0	1.7	2.1	6.1	36.8	50.9	694	555	11.7	9.1	757	563	12.8	9.3	4 340	3 900	73.5	64.1	1 194	2 114	20.2	34.8	872	1 627	14.8	26.8	100.0	100.0	2 841 665	269 613
Thailand	71 560	66 383	51.4	51.9	-0.09	7.9	1.2	75.9	9.1	9.3	77.1	72.9	81.4	63.5	68.1	7.6	9.6	34.5	41.0	48.6	10 074	7 641	14.1	11.5	8 865	6 006	12.4	9.0	49 548	39 110	69.2	58.9	16 806	23 977	23.5	36.1	11 938	19 632	16.7	29.6	63.7	79.1	3 179 399	1 178 757
Timor-Leste	1 437	1 889	49.6	49.6	1.31	21.4	2.5	36.7	25.0	7.1	68.3	66.7	70.1	58.6	60.6	33.9	42.2	192.4	22.1	31.2	469	437	32.6	23.1	307	295	21.3	15.6	894	1 320	62.2	69.9	108	208	7.5	11.0	75	132	5.2	7.0	29.0	48.1	8 303	109 613
Viet Nam	102 177	110 009	51.0	51.2	0.55	12.8	1.9	79.1	18.1	6.8	75.0	70.4	79.6	62.8	68.0	14.0	18.8	47.6	33.9	40.2	22 926	18 653	22.4	17.0	14 237	12 373	13.9	11.2	69 128	69 345	67.7	63.0	15 284	29 771	15.0	27.1	10 123	22 011	9.9	20.0	39.2	46.5	326 418	3 693 537
South and South-West Asia	**2 194 197**	**2 597 095**	**49.0**	**49.4**	**0.97**	**17.3**	**2.1**	**..**	**..**	**6.4**	**72.7**	**70.9**	**74.6**	**..**	**..**	**25.0**	**30.7**	**..**	**28.0**	**36.1**	**563 260**	**513 123**	**25.7**	**19.8**	**384 297**	**354 433**	**17.5**	**13.6**	**1 470 789**	**1 729 030**	**67.0**	**66.6**	**238 668**	**497 643**	**10.9**	**19.2**	**160 147**	**354 942**	**7.3**	**13.7**	**40.3**	**48.5**	**23 543 037**	**50 746 864**
Afghanistan	45 047	76 885	49.5	49.4	2.71	33.8	4.6	31.0	26.4	5.5	66.8	65.2	68.3	49.7	51.3	40.0	51.2	520.5	17.4	23.0	19 017	25 014	42.2	32.5	9 417	14 763	20.9	19.2	24 925	48 790	55.3	63.5	1 782	4 932	4.0	6.4	1 105	3 081	2.5	4.0	26.2	41.2	98 110	7 528 994
Bangladesh	177 818	214 709	50.9	51.0	1.19	19.2	2.1	65.3	18.6	5.1	75.5	73.8	77.2	63.1	63.0	15.3	19.1	115.1	26.3	35.6	48 594	41 675	27.3	19.4	33 269	30 970	18.7	14.4	117 061	143 858	65.8	67.0	17 681	40 215	9.9	18.7	12 163	29 176	6.8	13.6	33.8	59.3	2 906 338	8 706 947
Bhutan	802	882	46.6	47.5	0.70	12.2	1.4	62.4	13.8	6.0	73.8	72.1	75.8	65.0	64.6	16.6	19.5	46.6	31.0	42.2	159	129	19.8	14.6	139	100	17.4	11.3	589	613	73.4	69.4	81	209	10.0	23.7	54	141	6.8	15.9	44.3	51.0	55 705	66 145
India	1 476 626	1 679 589	48.5	49.0	0.86	15.6	1.9	67.8	17.6	6.7	72.7	71.2	74.4	58.0	58.4	20.9	26.1	80.5	29.2	38.3	351 216	298 817	23.8	17.8	255 178	216 224	17.3	12.9	1 013 052	1 134 143	68.6	67.5	167 872	345 982	11.4	20.6	112 358	246 629	7.6	14.7	36.0	43.1	4 796 255	18 533 845
Iran (Islamic Republic of)	93 168	101 862	49.2	49.6	0.76	11.8	1.7	81.9	20.1	4.9	78.2	76.4	80.2	64.0	64.0	8.5	10.1	15.8	34.5	43.5	20 095	15 361	21.6	15.1	12 570	10 209	13.5	10.0	64 740	63 648	69.5	62.5	12 163	31 361	13.1	30.8	8 333	22 852	8.9	22.4	77.7	86.9	3 840 654	1 733 468
Maldives	532	590	38.5	42.4	0.35	9.8	1.5	25.8	33.7	2.5	81.7	80.4	83.3	66.8	66.4	4.1	5.0	31.8	33.4	49.4	98	77	18.4	13.1	66	52	12.5	8.9	405	386	76.3	65.4	44	191	8.3	32.3	28	127	5.3	21.5	43.0	62.4	75 099	2 773
Nepal	29 629	34 642	52.4	52.2	0.14	18.3	1.9	56.8	29.4	7.0	71.2	69.6	72.7	59.8	60.7	18.6	22.3	142.0	25.7	35.0	8 198	6 756	27.7	19.5	5 696	4 920	19.2	14.2	19 434	24 050	65.6	69.4	2 929	5 508	9.9	15.9	1 998	3 836	6.7	11.1	67.2	71.4	470 719	2 637 195
Pakistan	259 300	371 864	49.4	50.0	1.59	26.7	3.4	42.3	26.0	6.4	68.1	65.7	70.6	57.1	56.7	46.5	55.9	155.0	20.8	26.3	92 799	107 383	35.8	28.9	51 978	65 026	20.0	17.5	154 978	240 623	59.8	64.7	17 860	36 493	6.9	9.8	11 523	23 858	4.4	6.4	39.9	47.1	4 175 958	6 915 057
Sri Lanka	23 348	24 814	51.6	51.3	0.50	13.6	1.9	68.5	19.4	7.3	78.0	74.9	81.0	65.1	68.3	4.7	5.8	18.3	33.6	40.2	4 994	4 296	21.4	17.3	3 544	2 985	15.2	12.0	15 357	15 483	65.8	62.4	4 183	6 436	17.9	25.9	2 998	5 035	12.8	20.3	20.6	22.6	40 698	1 492 103
Türkiye	87 926	91 258	50.1	50.4	0.30	11.9	1.6	71.6	30.4	6.4	78.4	75.5	81.3	64.5	65.9	8.0	9.5	14.6	33.9	44.3	18 091	13 614	20.6	14.9	12 441	9 184	14.1	10.1	60 248	57 436	68.5	62.9	14 075	26 316	16.0	28.8	9 587	20 208	10.9	22.1	89.6	91.4	7 083 501	3 130 337
North and Central Asia	**245 508**	**267 129**	**52.4**	**51.8**	**0.41**	**13.2**	**2.1**	**..**	**..**	**10.3**	**73.6**	**68.5**	**78.5**	**..**	**..**	**9.4**	**11.5**	**..**	**35.9**	**36.3**	**54 009**	**53 524**	**22.0**	**20.0**	**31 247**	**33 225**	**12.7**	**12.4**	**157 402**	**165 446**	**64.1**	**61.9**	**47 197**	**65 468**	**19.2**	**24.5**	**34 098**	**48 159**	**13.9**	**18.0**	**65.2**	**68.3**	**12 090 577**	**17 410 190**
Armenia	2 931	2 495	53.6	53.2	-0.72	11.5	1.7	60.5	38.5	9.5	76.2	72.0	79.9	61.5	66.3	8.5	9.7	19.5	37.2	45.2	548	365	18.7	14.6	366	257	12.5	10.3	1 938	1 532	66.1	61.4	629	810	21.4	32.5	445	598	15.2	23.9	66.0	68.9	274 645	637 604
Azerbaijan	10 455	11 225	51.0	50.7	0.53	11.4	1.7	58.1	45.5	6.9	74.9	72.0	77.6	63.0	65.0	13.3	15.9	17.9	34.1	39.7	2 152	1 852	20.6	16.5	1 513	1 295	14.5	11.5	7 280	7 339	69.6	65.4	1 607	2 861	15.4	25.5	1 022	2 034	9.8	18.1	58.7	59.4	218 460	810 116
Georgia	3 805	3 664	53.4	52.5	-0.06	10.9	1.8	49.1	30.6	11.8	75.0	70.1	79.5	59.6	65.3	6.2	7.1	19.7	37.6	40.4	767	616	20.2	16.8	466	391	12.2	10.7	2 415	2 285	63.5	62.4	854	1 015	22.4	27.7	622	763	16.4	20.8	61.3	62.2	81 582	496 486
Kazakhstan	21 084	26 544	51.3	50.8	1.11	18.5	2.9	54.6	16.8	6.8	74.8	70.6	78.8	59.2	63.8	6.3	7.5	9.6	29.7	31.2	6 083	6 555	28.9	24.7	3 081	3 821	14.6	14.4	13 031	16 330	61.8	61.5	2 907	5 053	13.8	19.0	1 970	3 659	9.3	13.8	62.7	67.2	2 089 797	2 796 572
Kyrgyzstan	7 400	9 643	50.6	50.7	1.40	20.1	2.7	43.5	19.5	6.1	72.1	68.6	75.7	61.3	65.5	11.3	13.7	41.9	25.5	30.5	2 327	2 404	31.4	24.9	1 218	1 457	16.5	15.1	4 611	6 268	62.3	65.0	739	1 426	10.0	14.8	463	970	6.3	10.1	34.8	38.1	194 816	540 573
Russian Federation	143 394	136 133	53.7	53.3	-0.23	8.5	1.5	67.8	18.7	13.0	73.7	67.9	79.5	58.2	63.6	3.9	4.9	9.4	40.7	41.7	23 991	21 308	16.7	15.7	16 146	13 700	11.3	10.1	93 067	82 374	64.9	60.5	35 259	42 906	24.6	31.5	26 337	32 451	18.4	23.8	75.4	81.0	7 605 774	9 134 094
Tajikistan	10 979	15 575	50.8	50.3	1.74	23.8	3.0	34.7	23.7	4.6	72.2	69.9	74.5	62.6	63.6	19.8	24.4	13.9	22.4	27.9	3 889	4 291	35.4	27.6	1 881	2 537	17.1	16.3	6 618	10 061	60.3	64.6	787	1 886	7.2	12.1	471	1 222	4.3	7.8	26.1	23.6	276 777	514 478
Turkmenistan	7 737	9 640	50.9	50.6	1.48	19.2	2.6	54.0	15.2	5.9	70.5	67.2	73.3	58.8	62.8	27.1	34.0	4.5	27.3	32.8	2 384	2 209	30.8	22.9	1 106	1 310	14.3	13.6	4 959	6 389	64.1	66.3	662	1 557	8.6	16.1	394	1 042	5.1	10.8	47.1	47.5	193 763	365 787
Uzbekistan	37 724	52 211	49.5	49.7	1.75	23.7	3.4	62.5	13.7	6.1	72.8	69.8	75.8	62.7	64.0	11.6	14.0	26.5	27.0	28.2	11 867	13 924	31.5	26.7	5 470	8 456	14.5	16.2	23 484	32 867	62.3	63.0	3 754	7 954	10.0	15.2	2 373	5 419	6.3	10.4	51.1	60.6	1 154 963	2 114 480
Pacific	**47 105**	**57 674**	**49.9**	**50.0**	**1.07**	**14.7**	**2.1**	**..**	**..**	**6.9**	**79.6**	**77.3**	**81.9**	**..**	**..**	**14.3**	**17.6**	**..**	**33.6**	**37.2**	**10 384**	**10 994**	**22.0**	**19.1**	**6 732**	**7 436**	**14.3**	**12.9**	**30 075**	**35 937**	**63.8**	**62.3**	**8 911**	**13 839**	**18.9**	**24.0**	**6 645**	**10 743**	**14.1**	**18.6**	**67.7**	**72.7**	**9 897 850**	**1 588 993**
American Samoa	45	38	49.6	50.7	-1.54	14.5	2.2	..	..	7.7	73.3	70.5	76.3	..	..	7.9	9.9	..	29.1	35.6	12	8	25.7	21.1	9	5	19.0	12.3	30	23	65.3	60.1	6	9	14.3	23.8	4	7	9.0	18.8	80.1	67.9	23 684	3 362
Australia	27 227	32 507	50.4	50.3	0.91	11.1	1.6	67.2	13.4	6.9	84.3	82.6	86.1	70.1	71.1	2.5	3.0	2.3	38.5	42.0	4 770	5 105	17.5	15.7	3 337	3 628	12.3	11.2	17 429	19 649	64.0	60.4	6 557	9 703	24.1	29.9	5 028	7 753	18.5	23.9	87.8	89.6	8 111 404	430 718
Cook Islands	13	9	51.2	52.3	-3.26	10.4	2.0	56.8	24.9	10.4	75.8	72.4	79.5	..	..	5.0	6.0	0.1	38.1	38.3	3	2	22.5	19.4	2	1	16.0	8.5	8	5	62.0	52.9	3	3	22.8	33.2	2	3	15.5	27.7	72.2	84.8	4 937	20 288
Fiji	937	1 000	50.4	50.5	0.43	17.4	2.2	38.6	27.1	9.6	67.8	65.7	69.9	56.7	58.7	15.3	19.4	30.2	28.3	33.3	249	216	26.6	21.6	159	147	16.9	14.7	625	678	66.6	67.8	102	158	10.8	15.8	64	106	6.8	10.6	60.0	70.4	14 362	181 025
French Polynesia	283	285	49.5	50.4	0.21	10.3	1.5	..	..	4.1	84.4	82.2	86.9	..	..	4.9	5.7	..	36.7	47.6	51	37	17.8	12.9	42	26	15.0	9.1	197	167	69.6	58.6	52	102	18.4	35.8	36	81	12.6	28.5	61.8	67.7	30 099	2 008
Guam	170	191	49.4	49.9	0.69	16.8	2.7	66.2	19.8	7.1	77.8	74.1	81.9	..	..	9.4	11.1	..	31.6	34.7	44	41	25.7	21.2	24	26	14.1	13.7	103	115	60.7	60.3	32	44	19.1	22.9	23	35	13.6	18.5	94.3	97.9	84 159	1 179
Kiribati	138	183	51.4	50.6	1.41	24.3	3.1	33.1	28.1	7.1	66.9	64.9	68.6	51.8	55.5	41.3	52.3	79.8	23.0	27.6	47	50	34.0	27.4	24	31	17.5	16.7	85	119	61.5	65.2	11	21	7.7	11.5	6	14	4.5	7.4	64.3	77.2	3 302	6 306
Marshall Islands	35	25	48.9	50.1	-3.28	19.5	2.8	50.2	17.2	7.5	67.3	65.2	69.8	..	..	21.0	26.4	154.8	20.5	27.6	12	7	33.3	28.5	8	4	23.0	16.0	22	15	61.6	58.6	3	4	8.5	16.7	2	3	5.1	12.9	79.5	88.3	3 309	400
Micronesia (Federated States of)	114	126	50.4	50.4	0.43	22.0	2.7	..	..	7.9	67.7	63.9	71.6	56.4	59.6	18.0	21.8	128.8	23.5	29.2	36	31	31.2	24.8	23	22	19.7	17.0	71	85	62.5	67.5	11	14	9.7	11.3	7	10	6.4	7.7	22.5	23.7	2 894	13 568
Naoero	12	16	49.2	49.4	0.64	23.6	3.2	40.8	28.7	7.7	62.6	60.7	64.6	..	..	19.5	24.6	273.4	20.2	25.7	4	5	36.5	30.1	2	3	19.0	17.2	7	10	60.4	63.8	1	2	5.6	10.0	0	1	3.2	6.2	100.0	100.0	2 548	2 484
New Caledonia	298	341	50.7	50.6	0.83	13.6	1.9	..	..	6.4	79.2	76.8	81.7	..	..	7.9	10.0	..	34.8	40.6	62	58	20.9	17.1	43	41	14.4	11.9	200	209	67.0	61.3	52	94	17.4	27.6	36	74	12.1	21.6	68.4	80.1	76 738	5 082
New Zealand	5 287	5 755	50.3	49.6	0.65	11.0	1.6	80.7	11.0	7.6	82.5	80.9	84.1	69.6	70.4	3.5	4.4	7.0	38.0	42.7	933	876	17.6	15.2	680	632	12.9	11.0	3 401	3 497	64.3	60.8	1 270	1 741	24.0	30.2	954	1 382	18.0	24.0	84.1	94.7	1 467 989	679 772
Niue	2	2	52.0	51.9	0.33	14.9	2.4	..	..	14.9	70.4	67.8	73.2	..	..	18.1	22.4	..	35.1	32.8	0	0	21.7	23.5	0	0	16.5	15.3	1	1	61.1	62.8	0	0	22.8	17.5	0	0	17.2	13.8	37.6	49.7	588	4 955
Northern Mariana Islands	43	43	47.0	47.3	-1.31	10.9

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DEMOGRAPHIC CHANGES
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Sources

Indicators 1–5, 8–9, 11–12, 14–19: ESCAP calculations based on United Nations, Department of Economic and Social Affairs (2024). World Population Prospects 2024, Online Edition. https://population.un.org/wpp/.

Indicators 6–7: United Nations, Department of Economic and Social Affairs, Population Division (2024). Model-based Estimates and Projections of Family Planning Indicators 2024, custom data acquired via https://population.un.org/DataPortal/.

Indicator 10: WHO, Global Health Observatory (2024). https://www.who.int/data/gho/data/indicators/indicator-details/GHO/gho-ghe-hale-healthy-life-expectancy-at-birth.

Indicator 13: WHO, UNICEF, UNFPA, World Bank Group and the United Nations, Department of Economic and Social Affairs, Population Division (2025). Trends in maternal mortality 2000 to 2023: Estimates by WHO, UNICEF, UNFPA, World Bank Group and the United Nations Population Division. https://www.who.int/publications/i/item/9789240108462.

Indicator 20: United Nations, Department of Economic and Social Affairs, Population Division (2025). World Urbanization Prospects: The 2025 Revision, Online Edition. https://population.un.org/wup/downloads.

Indicator 21: United Nations, Department of Economic and Social Affairs, Population Division (2024). International Migrant Stock 2024. https://www.un.org/development/desa/pd/content/international-migrant-stock.

Technical notes:

a Based on the population as of 1 January of the respective years.

b This indicator tracks the population living in areas classified as urban or rural according to the administrative criteria used by each country or area, in thousands and as a percentage of the total population.

Healthy life expectancy at birth: Average number of years that a person can expect to live in "full health" by taking into account years lived in less than full health due to disease and/or injury.

Median age: Age that divides the population in two parts of equal size; that is, there are as many persons with ages above the median as there are with ages below the median.

Contraceptive prevalence: Percentage of women of reproductive age (15–49 years) who are currently using any method of contraception.

Unmet need for family planning: Percentage of women of reproductive age (15–49 years) who want to stop or delay childbearing but are not using a modern method of contraception.

International migrants: The midyear estimate of the number of people living in a country or area other than that in which they were born. Where the number of foreign-born was not available, the estimate refers to the number of people living in a country other than that of their citizenship.

.. indicates "not available."

0 indicates that the magnitude is not zero, but less than half of the unit employed.

Some values have been rounded compared to the values from the original data listed under sources.

General notes:

This publication does not imply the expression of any opinion whatsoever on the part of the Secretariat of the United Nations concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries.

Suggested citation: United Nations, Economic and Social Commission for Asia and the Pacific (2026). ESCAP Population Data Sheet 2026.

For more information, please contact:

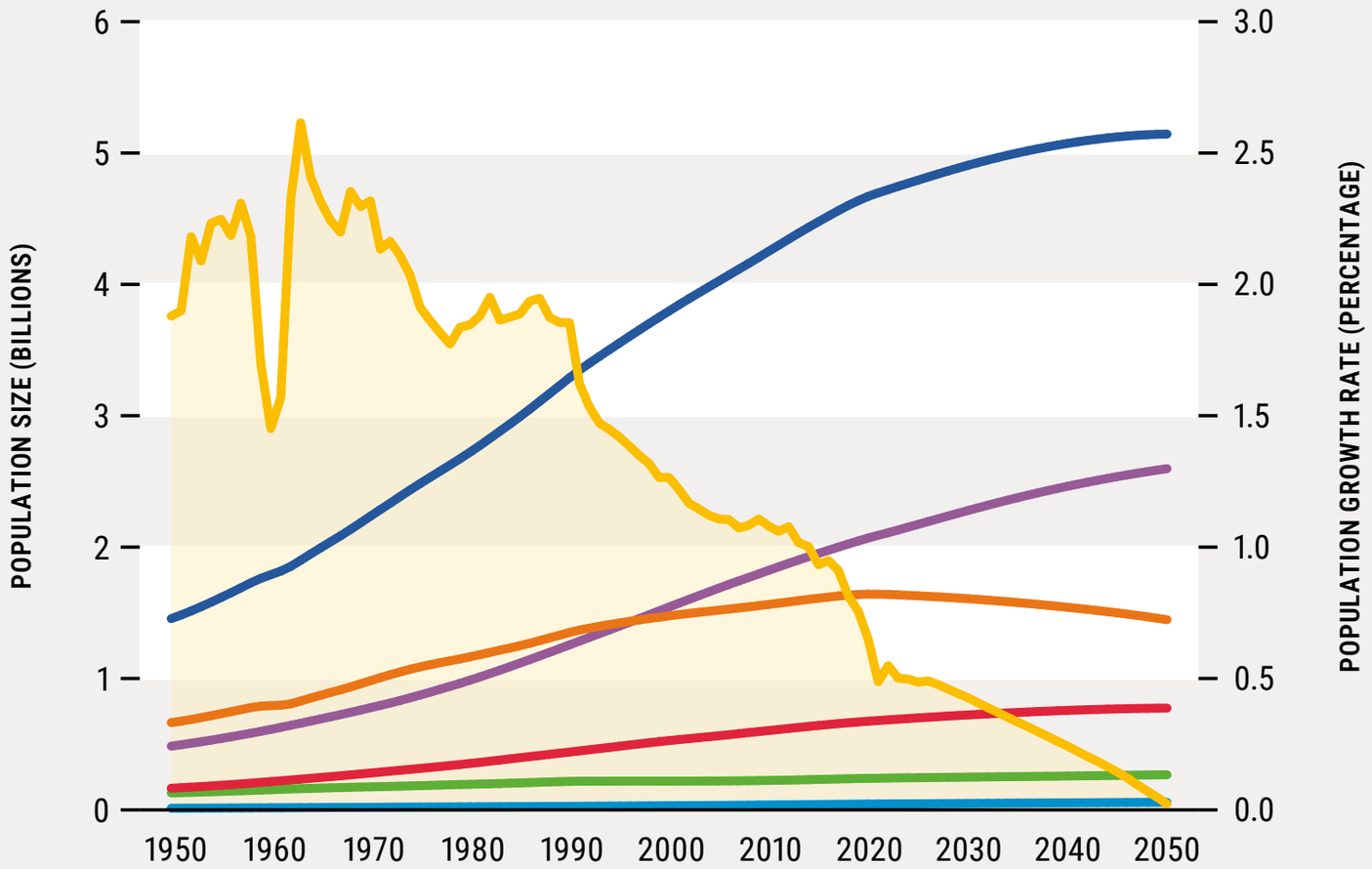
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The population in Asia and the Pacific continues to grow, yet the overall growth rate is declining

Figure 1: Population size, Asia and the Pacific and by subregion, and annual growth rate, Asia and the Pacific, 1950–2050



Source: United Nations, Department of Economic and Social Affairs, Population Division (2024). World Population Prospects 2024, Online Edition.

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In Asia and the Pacific, the populations of most countries will likely peak within this century

Figure 2: Population peaks, Asia and the Pacific, and by subregion and country/area, 1950–2100

- East and North-East Asia
- South-East Asia
- South and South-West Asia
- North and Central Asia
- Pacific
- Asia and the Pacific



Source: ESCAP calculation based on United Nations, Department of Economic and Social Affairs, Population Division (2024). World Population Prospects 2024, Online Edition.

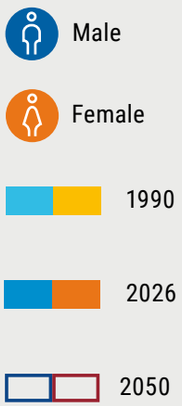
Note: Countries arranged in order of estimated/projected peak.

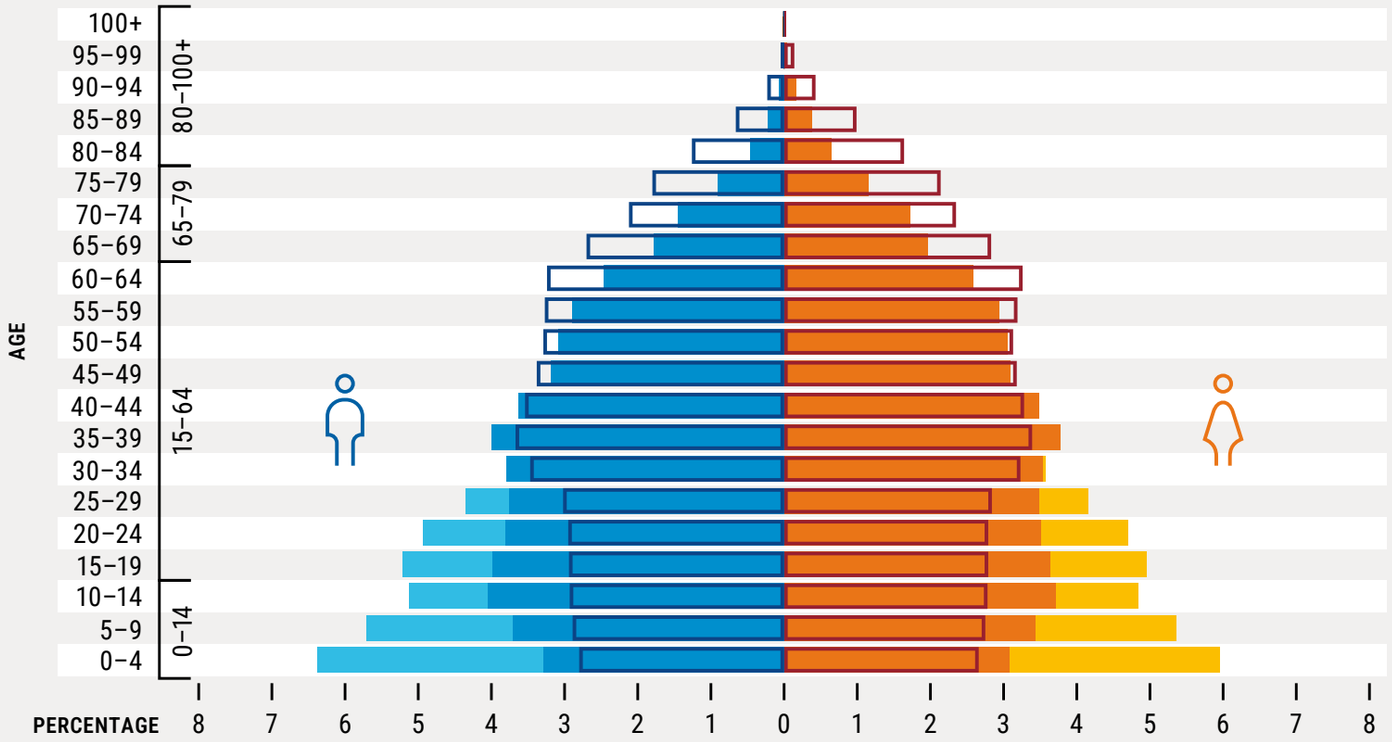
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The age structure of Asia and the Pacific is shifting from a young, broad-based profile towards an older one

Figure 3: Age and sex distribution of total population in Asia and the Pacific, 1990, 2026 and 2050





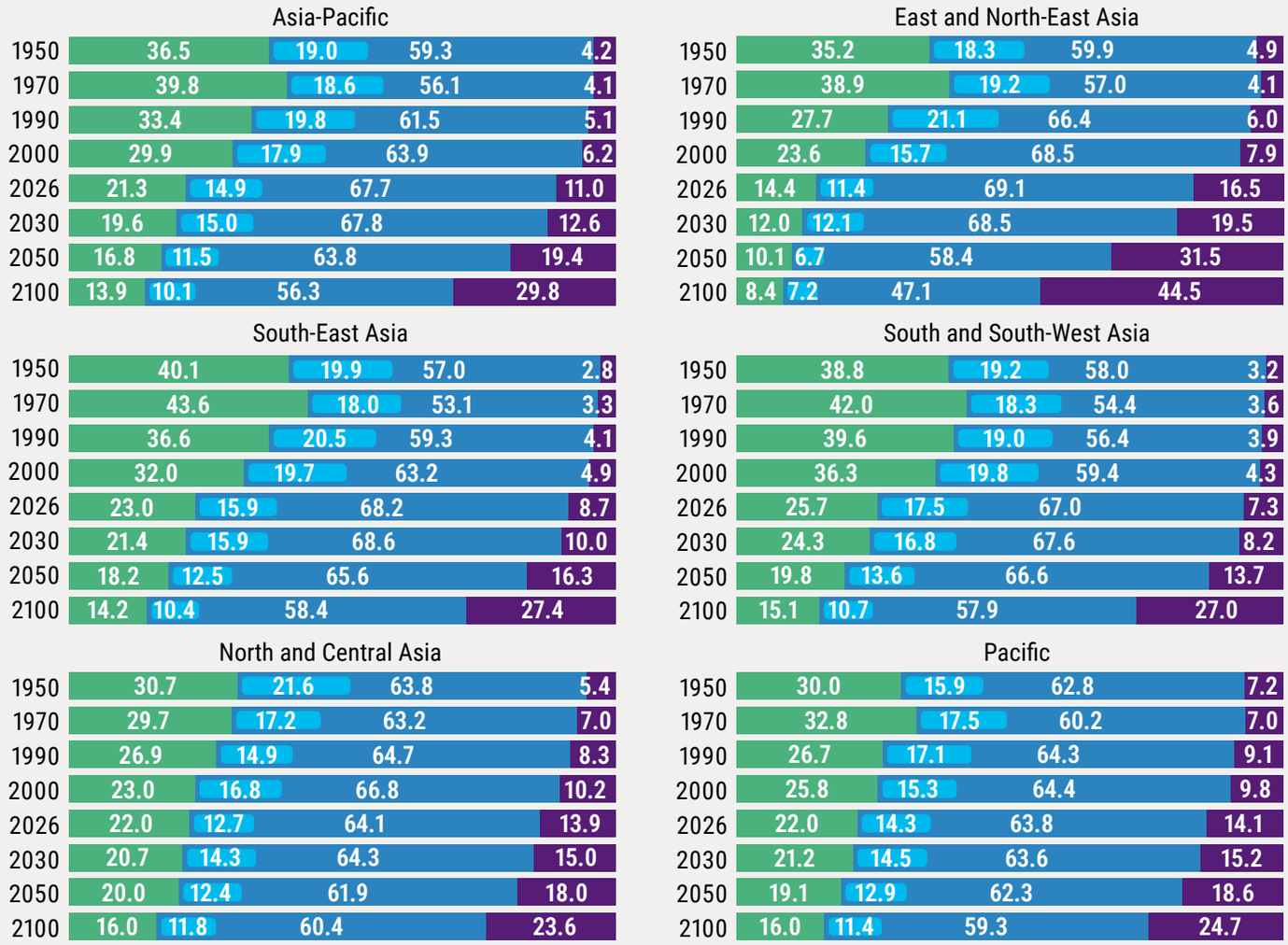
Source: United Nations, Department of Economic and Social Affairs, Population Division (2024). World Population Prospects 2024, Online Edition.

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Changes in population age structures are being experienced across Asia and the Pacific; while the share of working-age populations is peaking, the share of older populations continues to grow

Figure 4: Population age groups, Asia and the Pacific and by subregion, 1950–2100



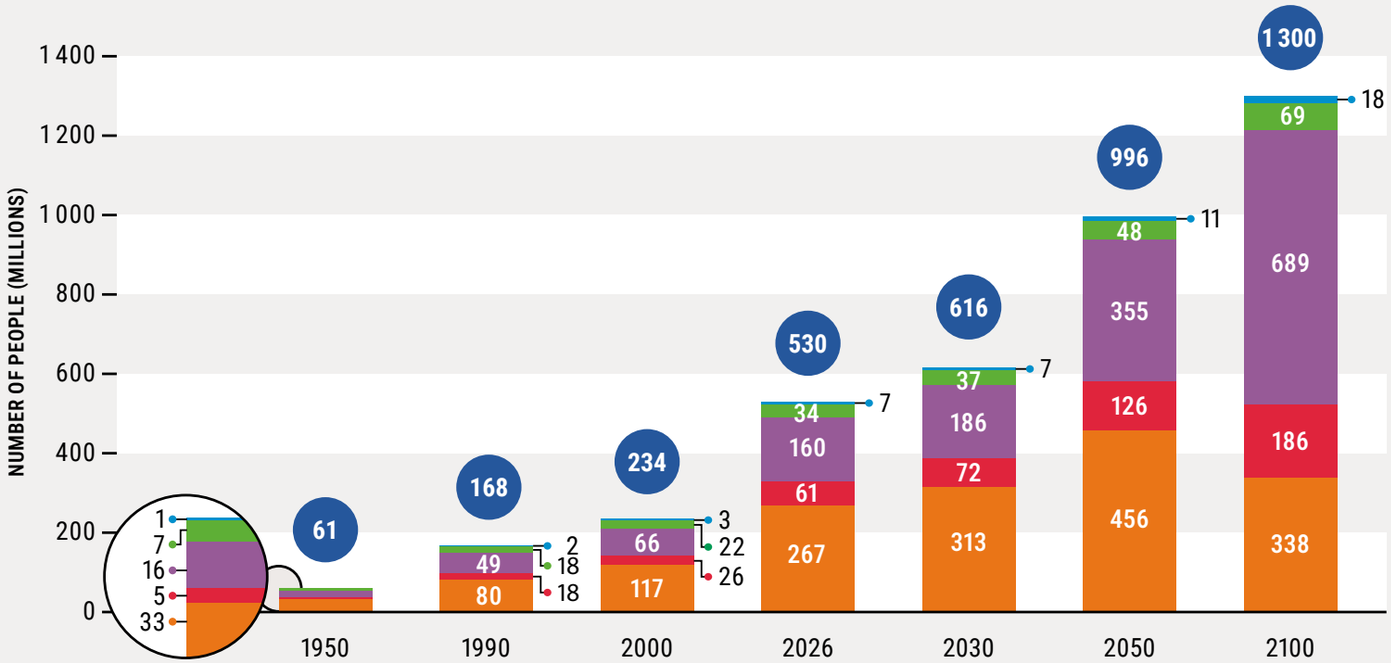
Source: United Nations, Department of Economic and Social Affairs, Population Division (2024). World Population Prospects 2024, Online Edition.

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In Asia and the Pacific, the older population is growing steadily

Figure 5: Number of persons aged 65 years or over, Asia and the Pacific and by subregion, 1950–2100



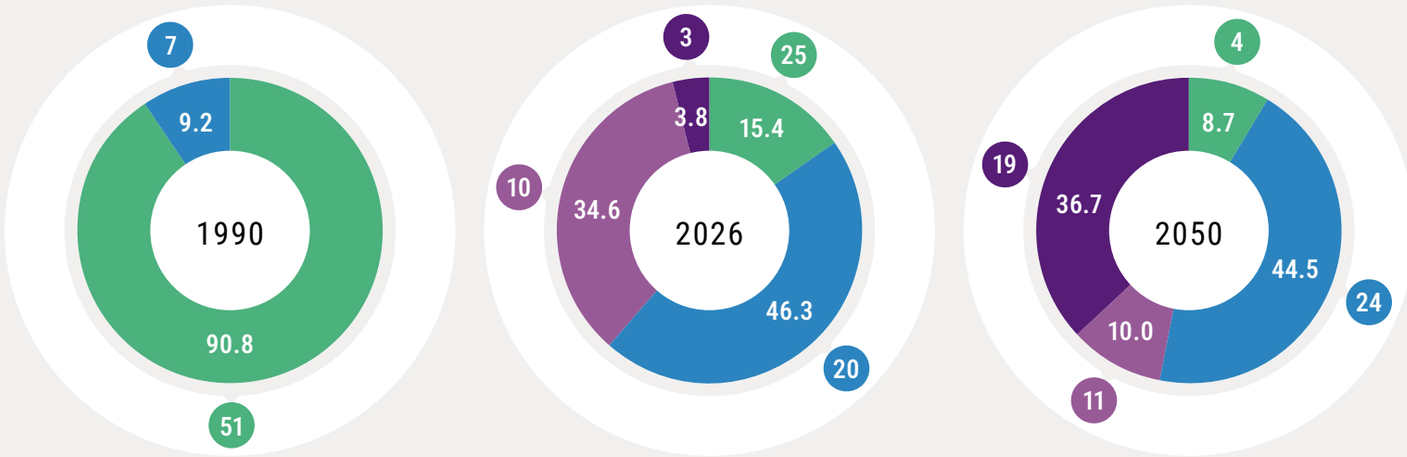
Source: United Nations, Department of Economic and Social Affairs, Population Division (2024). World Population Prospects 2024, Online Edition.

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An increasing number of Asia-Pacific countries are becoming aged and super-aged societies

Figure 6: Proportion of Asia-Pacific population (and number of countries/areas) in ageing, aged and super-aged societies, 1990, 2026 and 2050



Other
(65+: < 7 per cent)

Ageing
(65+: 7–14 per cent)

Aged
(65+: 14–21 per cent)

Super-aged
(65+: ≥ 21 per cent)

Number of countries/areas

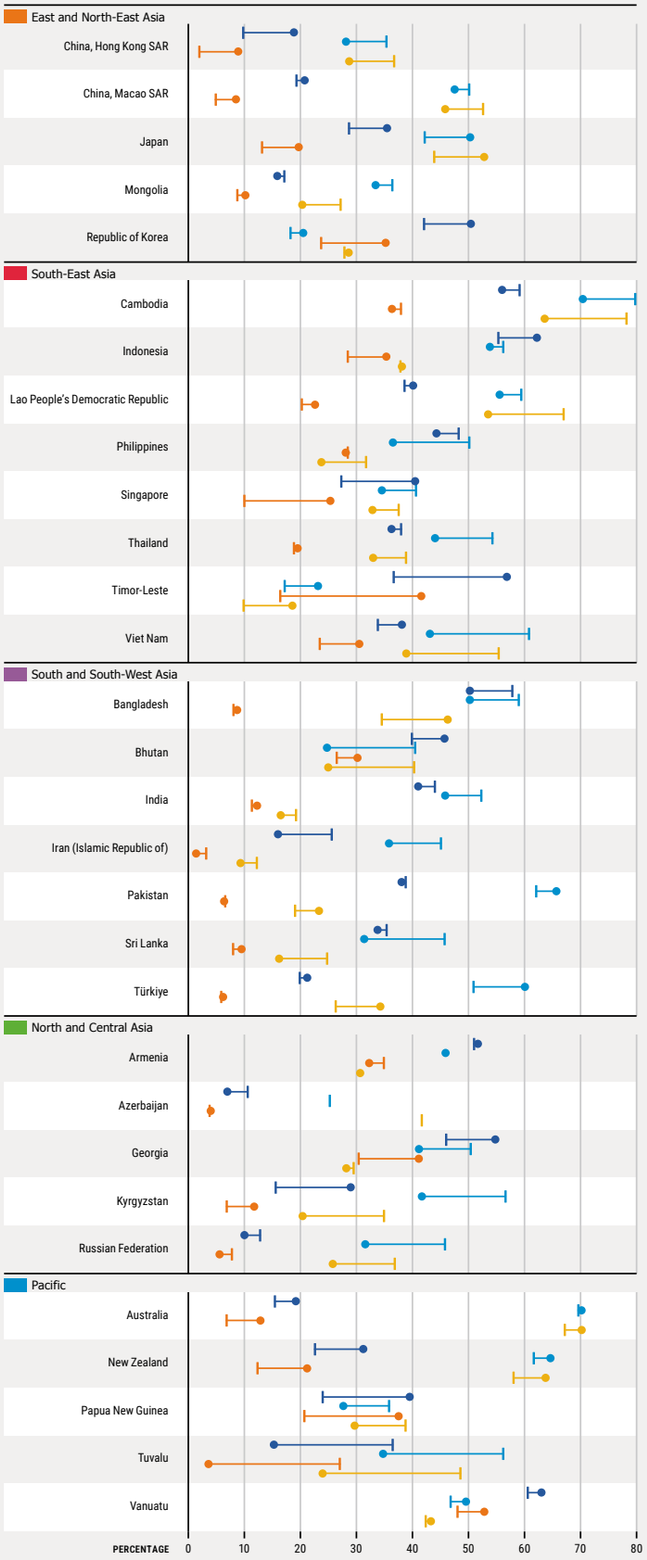
Source: ESCAP calculation based on United Nations, Department of Economic and Social Affairs, Population Division (2024). World Population Prospects 2024, Online Edition.

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Across Asia and the Pacific, many older persons remain in the labour force after age 65, while participation differs markedly between women and men at both ends of working life

Figure 7: Labour force participation rates of youth (15–24) and older persons (65+), by sex, selected Asia-Pacific countries/areas, 2010 and latest available year



KEY

2010 — Latest year

- Male 65+
- Male 15–24
- Female 65+
- Female 15–24

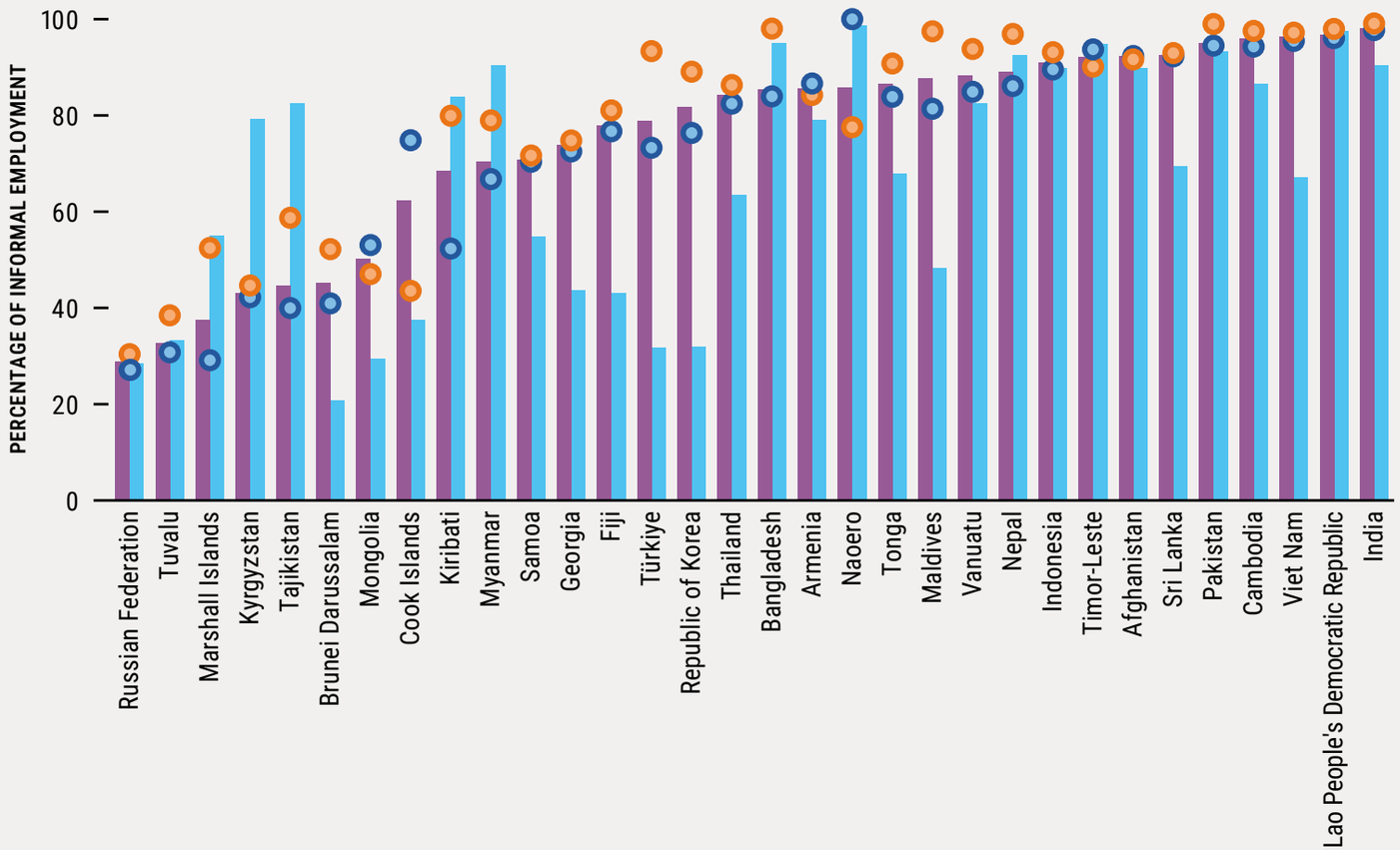
Source: ESCAP calculation based on International Labour Organization, ILOSTAT database.

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Informal employment is common among both young and older workers in Asia and the Pacific, leaving many people at the beginning and end of working life without adequate social protection

Figure 8: Informal employment of youth (15–24) and older persons (65+) as a percentage of total non-agricultural employment, by sex, selected Asia-Pacific countries, latest available year



Total 65+
Total 15–24
Female 65+
Male 65+

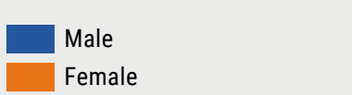
Source: ESCAP calculation based on International Labour Organization, ILOSTAT database.

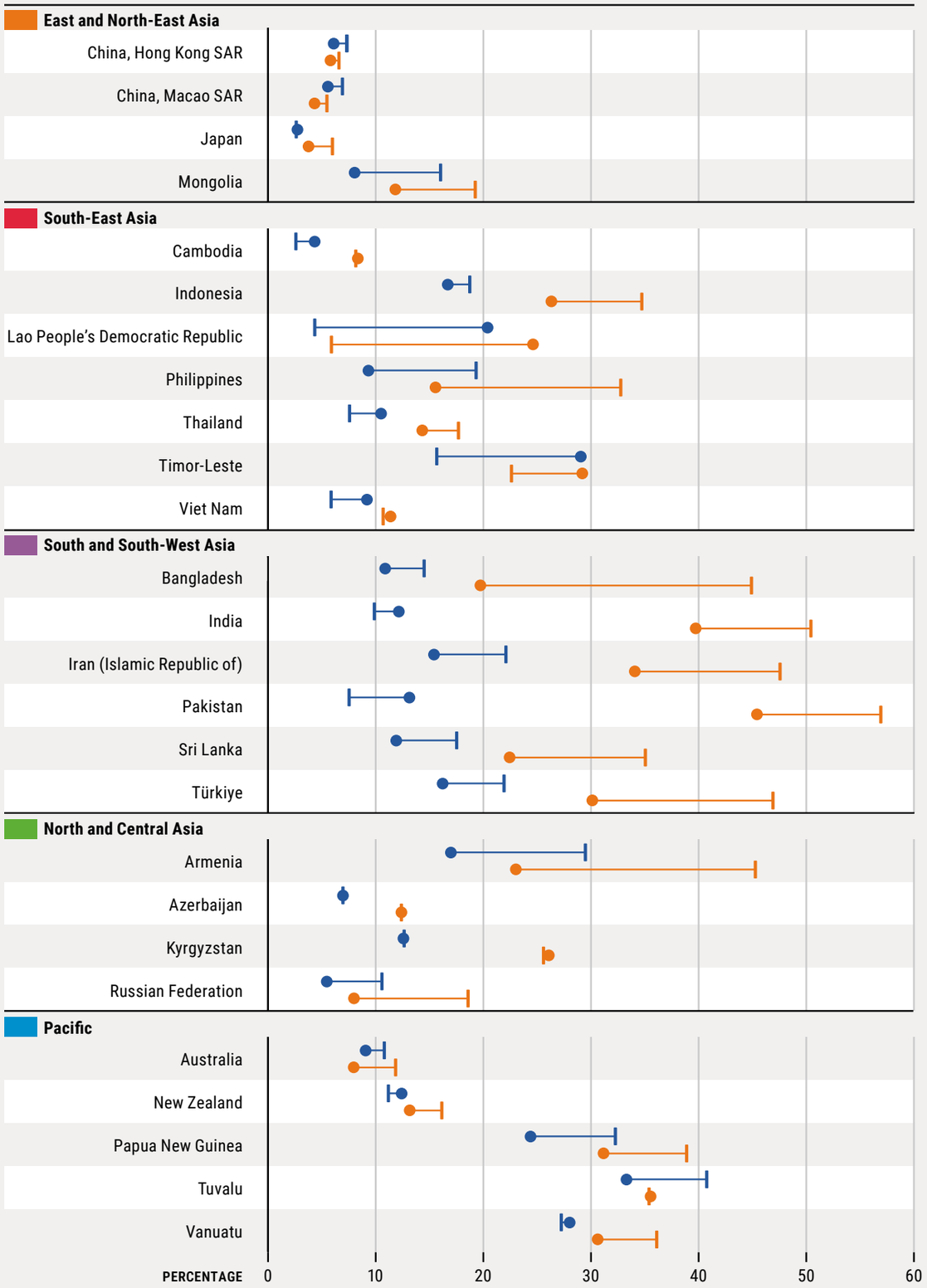
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Young women in Asia and the Pacific are far more likely than young men to be out of employment, education or training

Figure 9: Share of youth (15–24) not in employment, education or training (NEET), by sex, by Asia-Pacific subregion and selected countries/areas, 2010 and latest available year





Source: ESCAP calculation based on International Labour Organization, ILOSTAT database.

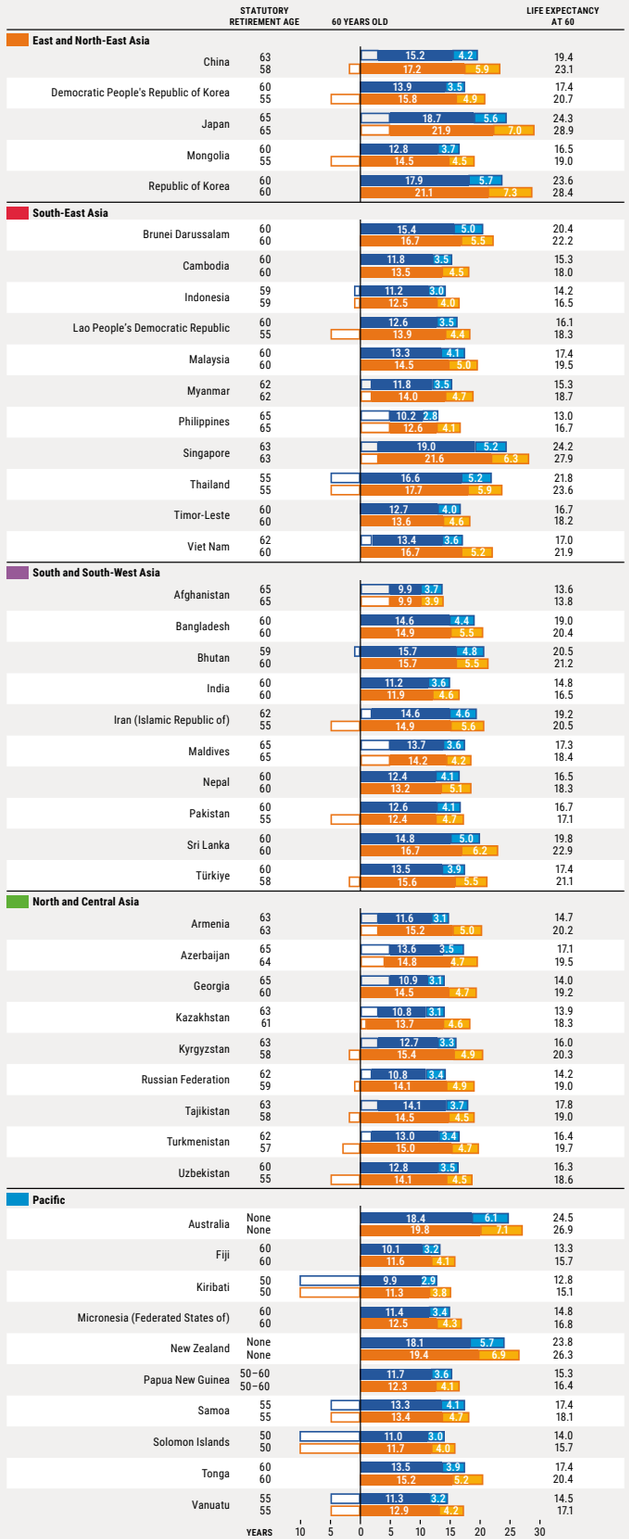
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Across Asia and the Pacific, people reaching statutory retirement age can expect many more years of life

Figure 10: Statutory retirement ages, life expectancy at age 60 and healthy life expectancy at age 60, by sex, selected Asia-Pacific countries/areas, latest available year





Sources: ESCAP database based on available country-level data sources. Available at https://www.population-trends-asiapacific.org/data/population-development/data-insight. Life expectancy and healthy life expectancy at age 60: ESCAP calculation based on World Health Organization, Global Health Observatory (2024)

Note: Owing to rounding to one decimal place, the sum of HALE and (LE – HALE) may differ slightly from total LE.