

December 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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**Note:** This report represents a snapshot of New Brunswick’s population as of July 1, 2025. For more up to date, but less detailed, analysis and data, visit the “Demographic Trends” tile on the “Labour Market Information” section of NBjobs.ca.

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

As of July 1, 2025, New Brunswick’s population was estimated to be 869,680, an increase of 1.3% (+11,389) year-over-year. While this represented a significant reduction in growth compared to the previous three years, it still marked the sixth-greatest gain on record for the province (with comparable data dating back to 1971). This was the eighth consecutive year in which the province’s population has grown by at least 0.5%, and the fourth consecutive year in which it has grown by at least 1.0%.

This slowdown in growth was partially attributable to recent cutbacks to international migration levels by the federal government. These measures, which are expected to last until at least 2027, are intended to alleviate pressures on housing, infrastructure and social services, so that over the long term, Canada can achieve well-managed, sustainable growth.

Figure 1: Population by Year – New Brunswick

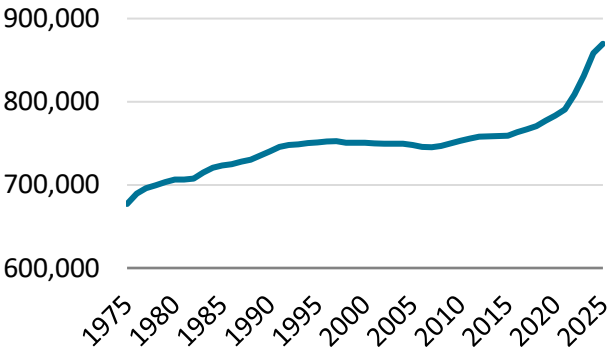
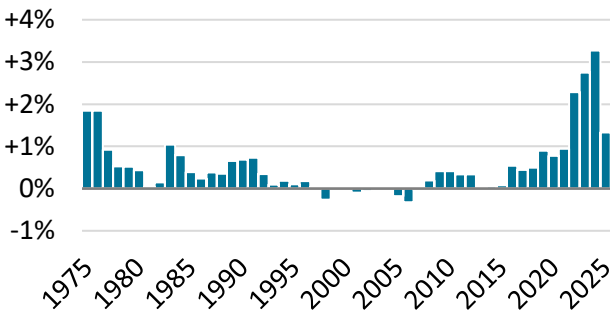
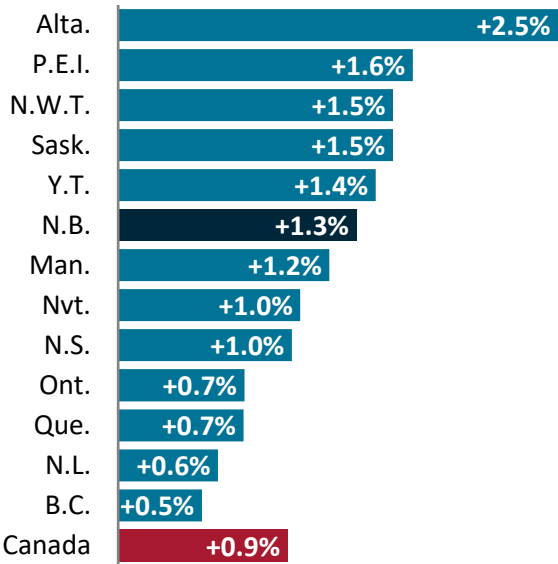


Figure 2: Population Growth by Year – New Brunswick



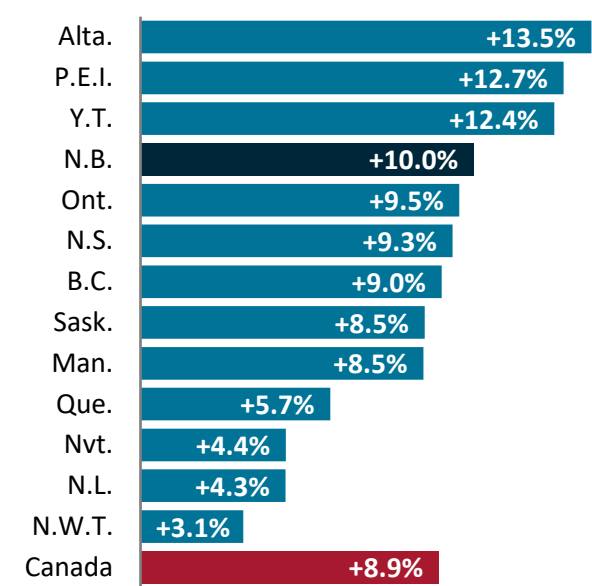
Like New Brunswick, most provinces and territories saw a reduction in growth in 2025 relative to recent levels. Between July 1, 2024 and July 1, 2025, Canada’s population grew by 0.9%, down from 3.0% during the previous year. New Brunswick ranked sixth among the provinces and territories in terms of year-over-year growth.

Figure 3: Population Growth by Province – July 2024 to July 2025



<sup>1</sup> Source(s): Statistics Canada Table 17-10-005 (Annual Demographic Estimates).

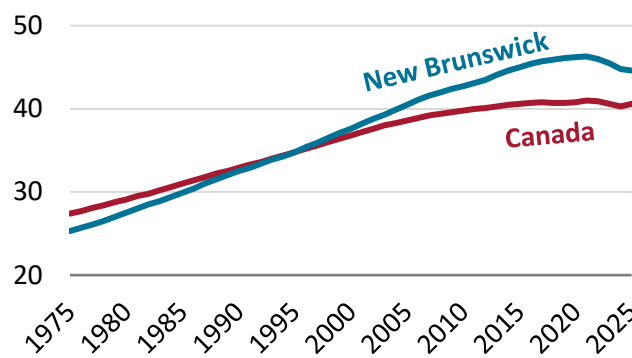
**Figure 4: Population Growth by Province – July 2021 to July 2025**



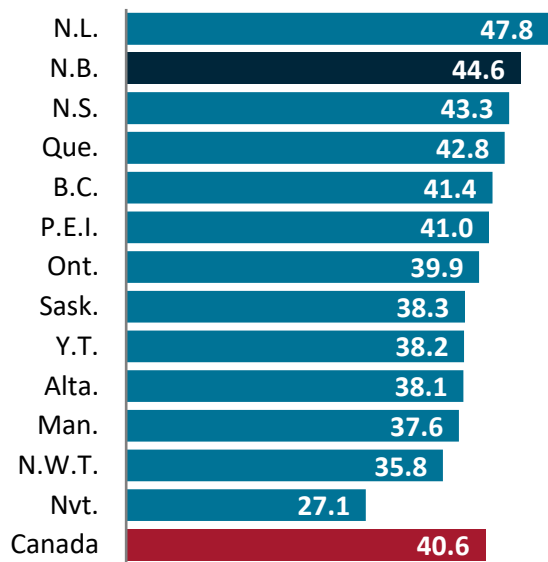
Continuing to grow the population will remain important to the long-term sustainability of both New Brunswick and Canada. Decades of declining fertility rates, increasing life expectancy and the aging of the baby boom generation have led to dramatic changes in the age structure of both the provincial 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 four consecutive years – reaching 44.6 years in 2025. This has been the direct result of the recent influx of young people moving to the province.

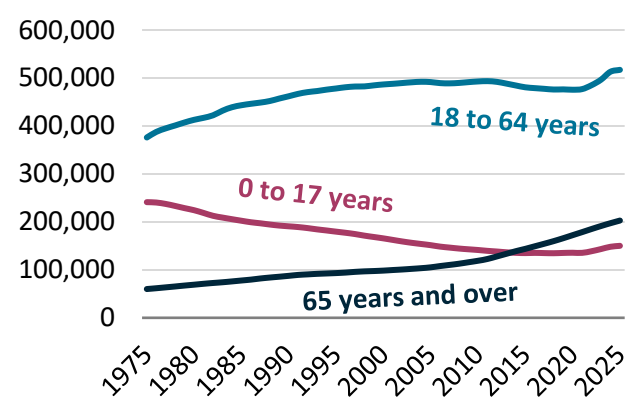
**Figure 5: Median Age by Year**



**Figure 6: Median Age by Province – July 2025**



**Figure 7: Population by Age Group and Year – New Brunswick**



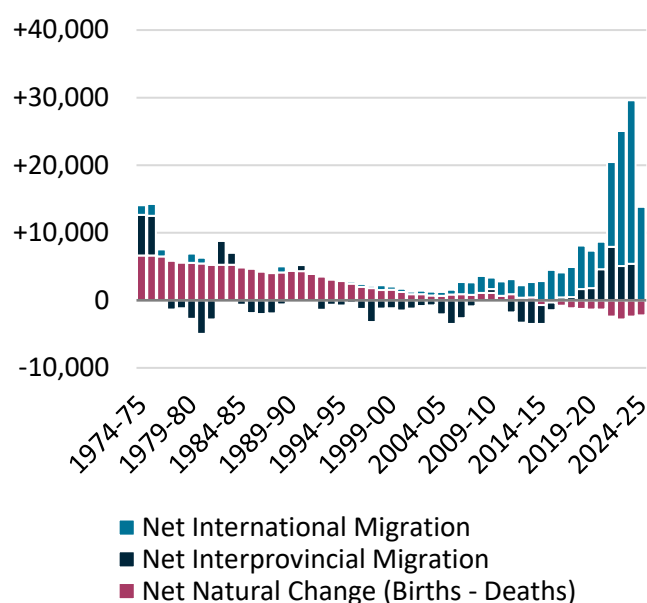
## Components of Population Change<sup>2</sup>

### 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.

**Figure 8: Components of Population Change by Year – New Brunswick**

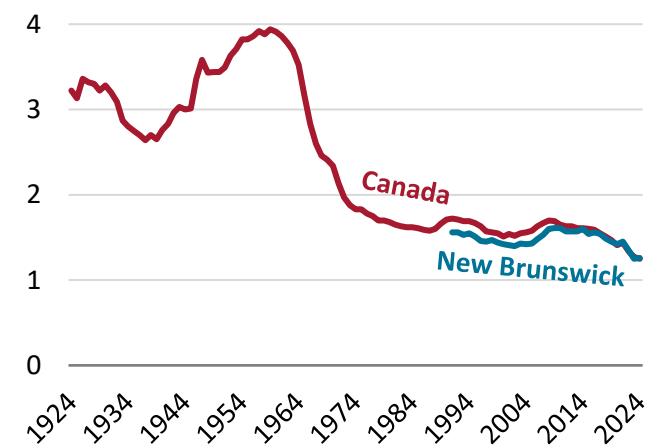


As the baby boom and pre-baby boom generations have aged, the province has seen an increasing number of deaths and a decreasing number of births. To mitigate this trend, an increased focus has been placed on attracting immigrants and temporary residents (international students, temporary foreign workers, 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 2024, New Brunswick's fertility rate fell from 1.60 to 1.26.

**Figure 9: Fertility Rate by Year**

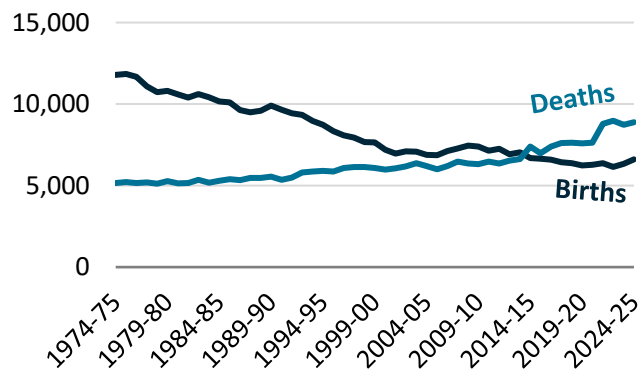


Despite declining fertility rates, the number of births in the province has begun to trend slightly upward due to growth in the total number of women aged 20 to 44 years in the province. Between July 2024 and July 2025, 6,618 babies were born in New Brunswick. This total represented a 4.4% increase relative to the previous 12-month period; however, it remained 10.5% below its 2009-2010 level, and 43.9% below its 1974-1975 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.

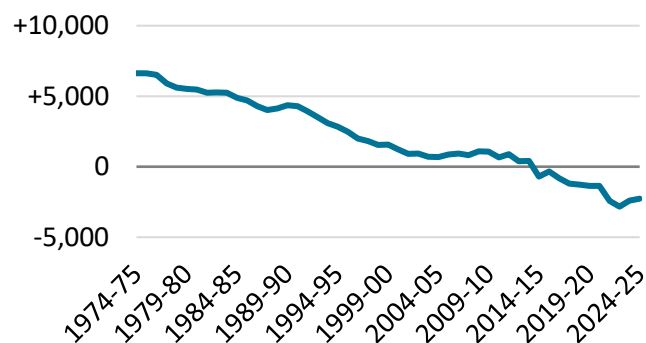
**Figure 10: Births and Deaths – New Brunswick**



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 2024 and July 2025, there were 8,888 deaths in the province, up 40.8% since 2009-2010, and up 72.0% relative to 1974-1975.

The number of deaths in the province has now exceeded the number of births in eleven consecutive years, with this gap expected to continue to grow wider going forward. In 2024-2025, four other provinces also saw deaths exceed births: Newfoundland and Labrador, Nova Scotia, Prince Edward Island, and Quebec.

**Figure 11: Natural Population Change (Births Minus Deaths) – New Brunswick**



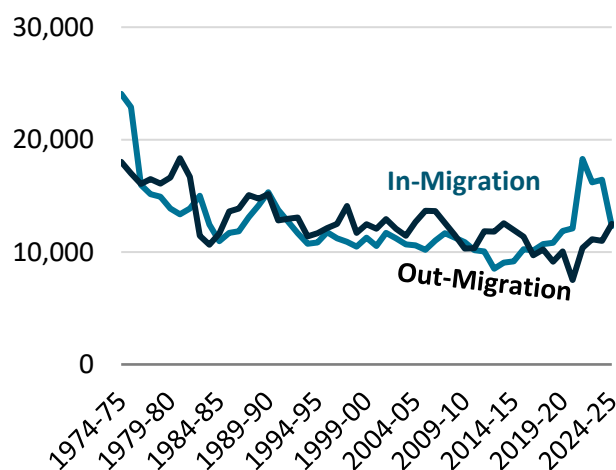
## Interprovincial Migration

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

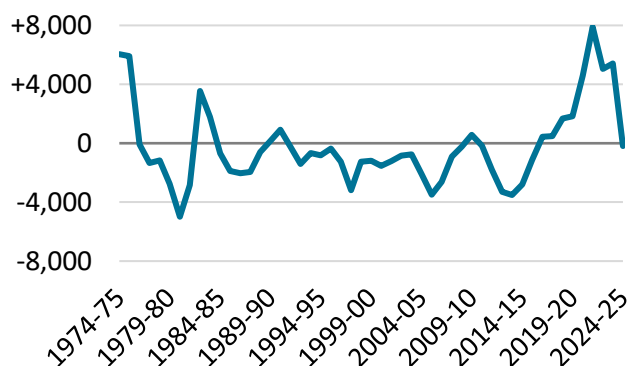
During the twenty-five year period between July 1, 1991 and June 30, 2016, a total of 304,821 individuals moved from New Brunswick to another province or territory, while only 268,639 individuals moved from other provinces or territories to New Brunswick. This resulted in a net loss of 36,182 individuals to the rest of Canada (an average of 1,447 annually). The majority of these interprovincial losses were among the youth population.

In contrast to these historical trends, New Brunswick has now gained a net total of 27,181 individuals from other provinces or territories over the past nine years (July 1, 2016 to June 30, 2025), an average gain of 3,020 individuals annually. This period of significant interprovincial population gains seems to be coming to an end however, with the number of in-migrants and out-migrants being roughly on par with each other between July 1, 2024 and June 30, 2025.

**Figure 12: Interprovincial Migration – New Brunswick**



**Figure 13: Net Interprovincial Migration (In-Migrants Minus Out-Migrants) by Year – New Brunswick**

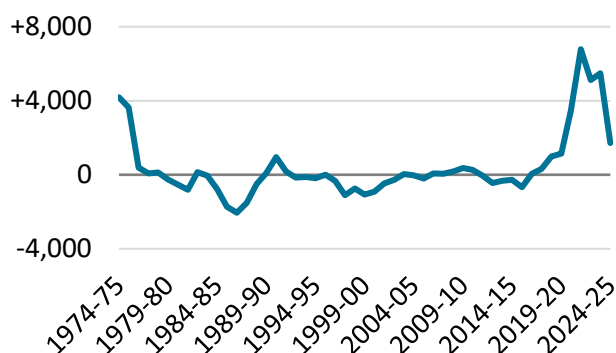


**Figure 14: Interprovincial Migration by Age Group and Gender – New Brunswick – July 1, 2016 to June 30, 2025 (9-Year Totals)**

Group	Men	Women	Total
<b>In-Migrants</b>	<b>60,055</b>	<b>58,806</b>	<b>118,861</b>
0 to 17 years	12,590	11,982	24,572
18 to 24 years	7,932	7,507	15,439
25 to 54 years	28,313	27,868	56,181
55 years and over	11,220	11,449	22,669
<b>Out-Migrants</b>	<b>46,127</b>	<b>45,553</b>	<b>91,680</b>
0 to 17 years	9,184	8,846	18,030
18 to 24 years	7,264	7,754	15,018
25 to 54 years	24,185	22,357	46,542
55 years and over	5,494	6,596	12,090
<b>Net Migration</b>	<b>+13,928</b>	<b>+13,253</b>	<b>+27,181</b>
0 to 17 years	+3,406	+3,136	+6,542
18 to 24 years	+668	-247	+421
25 to 54 years	+4,128	+5,511	+9,639
55 years and over	+5,726	+4,853	+10,579

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. However, with the gap in housing costs between the two provinces beginning to narrow, the inflow of Ontarians moving to New Brunswick has begun to slow.

**Figure 15: Net Migration to New Brunswick from Ontario by Year**



**Figure 16: Interprovincial Migration to and from New Brunswick by Province – July 1, 2024 to June 30, 2025**

Province	To N.B.	Away From N.B.	Net
Ont.	5,528	3,818	<b>+1,710</b>
B.C.	1,084	829	<b>+255</b>
P.E.I.	402	297	<b>+105</b>
Sask.	208	143	<b>+65</b>
N.W.T.	57	32	<b>+25</b>
Y.T.	23	0	<b>+23</b>
Nvt.	47	55	<b>-8</b>
Man.	319	378	<b>-59</b>
N.L.	315	447	<b>-132</b>
N.S.	1,713	2,013	<b>-300</b>
Alta.	1,287	1,807	<b>-520</b>
Que.	1,330	2,680	<b>-1,350</b>



## 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:

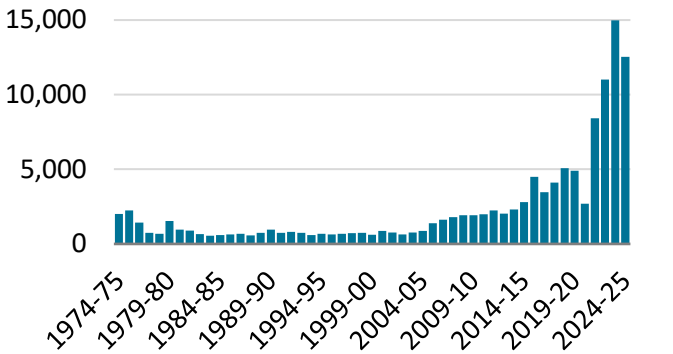
- Immigration (i.e. individuals being granted permanent resident status);
- Changes in the number of temporary residents (international students, temporary foreign workers, etc.); and,
- Emigration (i.e. individuals who leave the country to establish a residence in another country).

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, 2024 and June 30, 2025, a net total of 14,975 individuals moved to New Brunswick from other countries. While this represented a significant decrease relative to the previous 12-month period (25,267), it nonetheless represented one of the highest totals on record for the province. This total included:

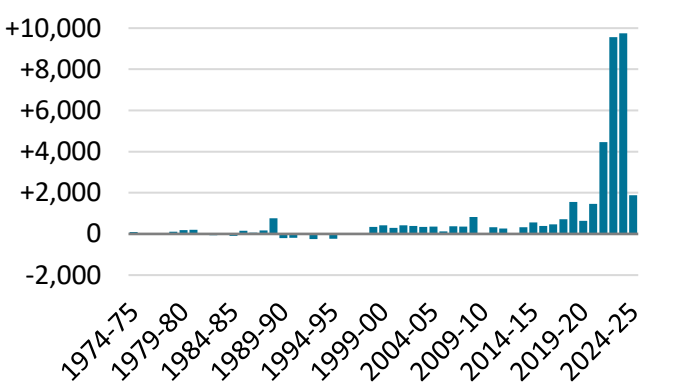
- 12,532 individuals being granted permanent resident status (immigrants);
- a net increase of 1,878 to the number of temporary residents in the province; and,
- A net loss of 565 individuals to emigration (912 New Brunswickers moved to other countries, while 347 Canadians moved back from other countries to New Brunswick)

These values (particularly temporary residents) will likely see further reductions in 2025-2026 and 2026-2027 due to the federal government’s cutbacks to international migration levels.

**Figure 17: Immigrants (Permanent Residents) Admitted by Year – New Brunswick**



**Figure 18: Net Change in Temporary Residents by Year – New Brunswick**



**Figure 19: International Migration by Year – New Brunswick**

Year	Immigration	Net Temporary Residents	Net Emigration
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	+4,460	-284
2022-23	11,021	+9,554	-560
2023-24	14,975	+9,744	-548
2024-25	12,532	+1,878	-565

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

*Note: Sub-provincial population estimates for 2025 will be released in early-2026.*

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.

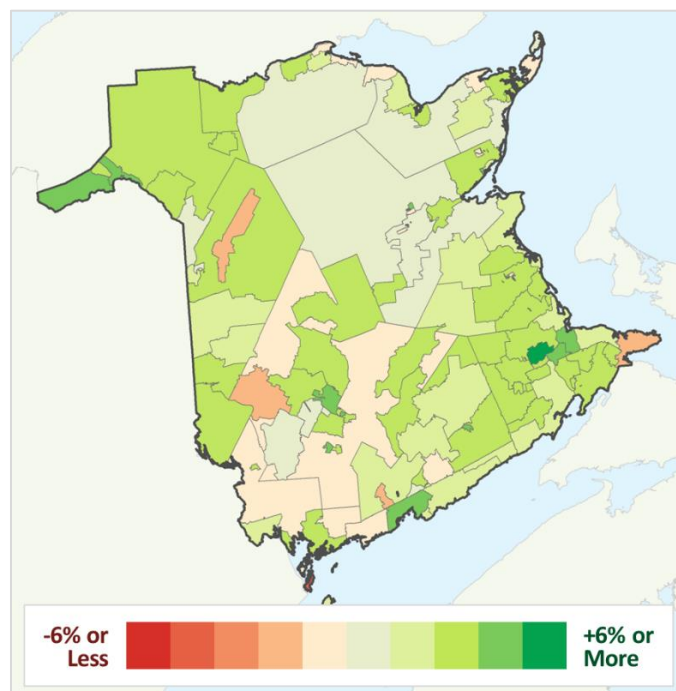
Some of the communities that saw the greatest growth between July 1, 2023 and July 1, 2024 included:

- 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)

**Figure 20: Population Change by Municipality or Rural District – July 2023 to July 2024**



<sup>4</sup> Source(s): Statistics Canada, Custom Data Order (Annual Demographic Estimates).

**Figure 21: Population by Regional Service Commission (RSC) – New Brunswick**

Region	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

**Figure 22: Map of New Brunswick Regional Service Commissions**

