NEW BRUNSWICK POPULATION ESTIMATES

AS OF JULY 1, 2026

Overview
(July 1, 2026)

Variable	Value	Rank Among Provinces
Population	883,522	8th
Year-over-Year Growth	+1.0% (+8,811)	4th
Median Age	44.4 years	2nd

Components of Population Change
(July 2025 to July 2026)

Variable	Value	Rank Among Provinces (Per Capita)
Births	6,565	8th
Deaths	9,139	3rd
Net Interprovincial Migration	-17	5th
Immigration	10,205	3rd
Change in Temporary Residents	1,521	1st
Emigration	324	9th

Sub-Provincial Population
July 1, 2025*

Region	Value (July 2025)	Year-over-Year Growth
RSC 1 (Northwest)	48,519	+1.1%
RSC 2 (Restigouche)	26,110	+0.0%
RSC 3 (Chaleur)	36,448	+0.5%
RSC 4 (Acadian Peninsula)	48,329	-0.1%
RSC 5 (Greater Miramichi)	39,849	+0.4%
RSC 6 (Kent)	38,716	+1.0%
RSC 7 (Southeast)	234,863	+2.7%
RSC 8 (Kings)	22,465	+1.4%
RSC 9 (Fundy)	141,281	+1.2%
RSC 10 (Southwest)	30,335	+0.1%
RSC 11 (Capital)	156,131	+1.3%
RSC 12 (Western Valley)	37,269	-0.1%

Interprovincial Migration to and from New Brunswick
July 2025 to July 2026

Province	To N.B.	Away From N.B.	Net
Ont.	5,070	3,657	+1,413
Que.	2,002	2,375	-373
N.S.	1,690	2,206	-516
Alb.	1,226	1,961	-735
B.C.	785	966	-181
Other	1,445	1,070	+375

Interprovincial Migration by Age
July 2025 to July 2026

Age Group	To N.B.	Away From N.B.	Net
0 to 17	2,374	2,458	-84
18 to 29	3,416	3,757	-341
30 to 49	3,641	3,841	-200
50+	2,787	2,179	+608

Sources

Statistics Canada:
Annual Demographic Estimates

Note(s):
*Sub-provincial population estimates for 2026 will be released in early-2027

Find the full report at:

NBjobs.ca