

October 2026

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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Note: This report represents a snapshot of New Brunswick’s population as of July 1, 2026. 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 Overview¹

As of July 1, 2026, New Brunswick’s population was estimated to be 883,522 an increase of 1.0% (+8,811) year-over-year. While this represented a significant reduction in growth compared to the previous four years, it still marked the tenth-greatest gain on record for the province (with comparable data dating back to 1971). This was the ninth consecutive year in which the province’s population has grown by at least 0.5%, and the fifth 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

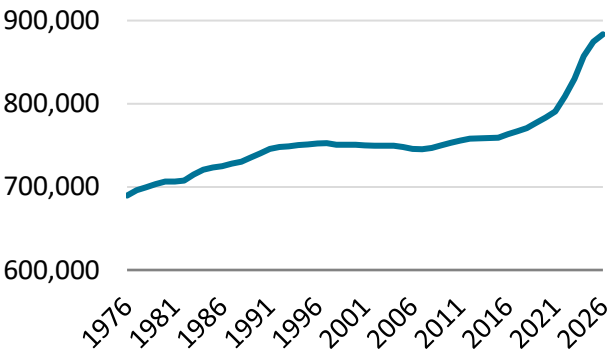
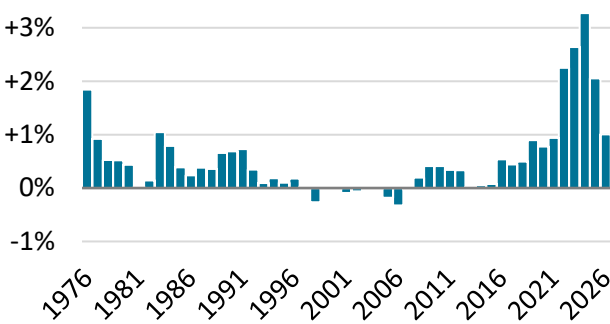
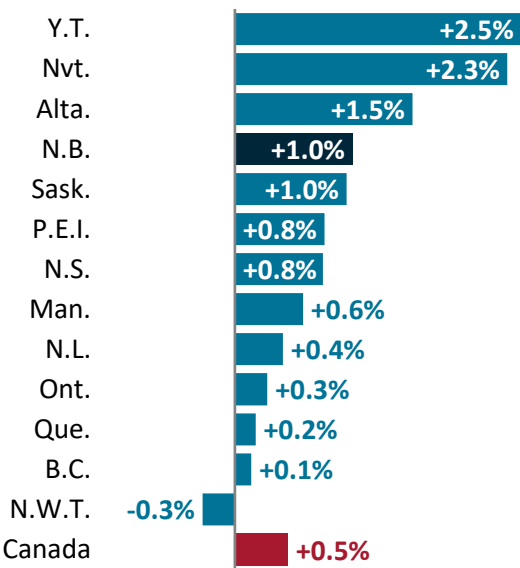


Figure 2: Population Growth by Year – New Brunswick



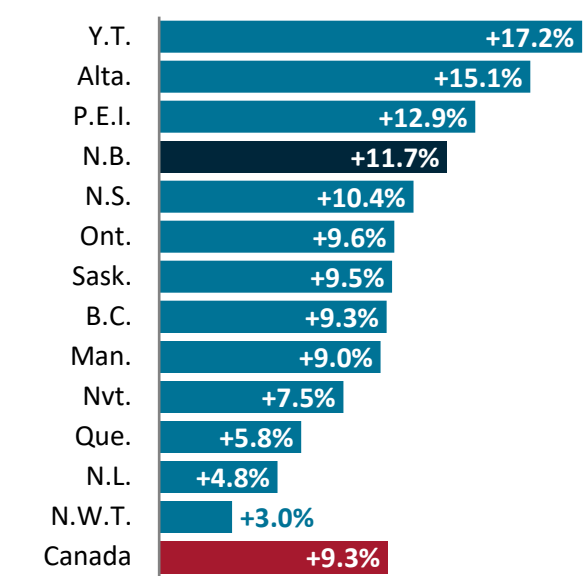
Like New Brunswick, most provinces and territories saw a reduction in growth in 2026 relative to recent levels. Between July 1, 2025 and July 1, 2026, Canada’s population grew by 0.5%, down from 1.1% during the previous year. New Brunswick ranked fourth among the provinces and territories in terms of year-over-year growth.

Figure 3: Population Growth by Province – July 2025 to July 2026



¹ Source(s): Statistics Canada Table 17-10-0005 (Annual Demographic Estimates).

Figure 4: Population Growth by Province – July 2021 to July 2026



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 five consecutive years – reaching 44.4 years in 2026. This has been the direct result of the recent influx of young people moving to the province.

Figure 5: Median Age by Year

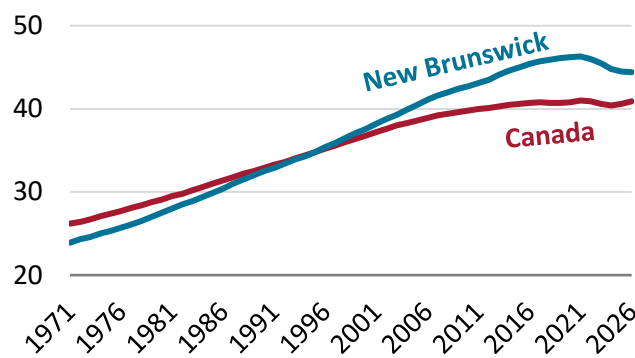


Figure 6: Median Age by Province – July 2026

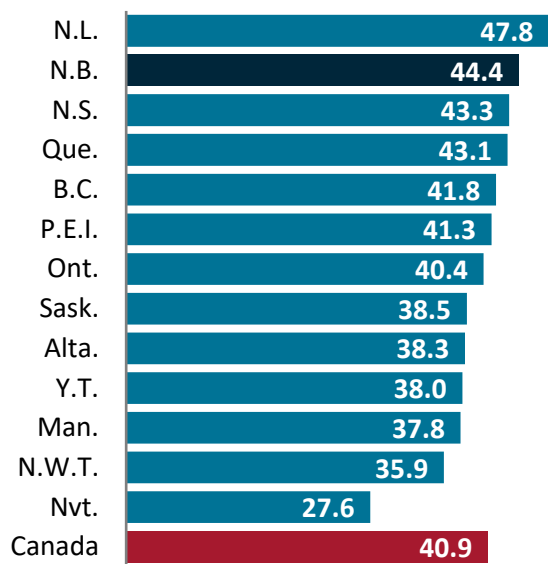
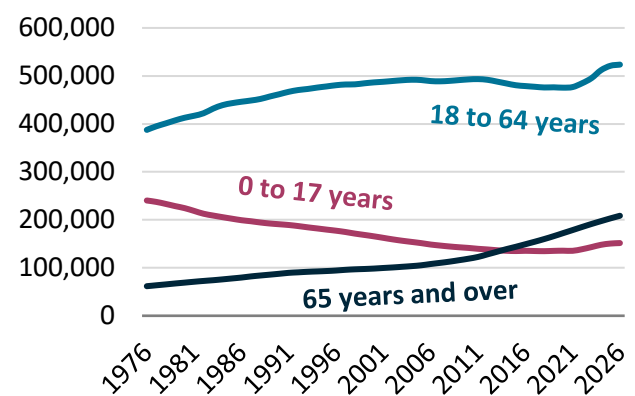


Figure 7: Population by Age Group and Year – New Brunswick



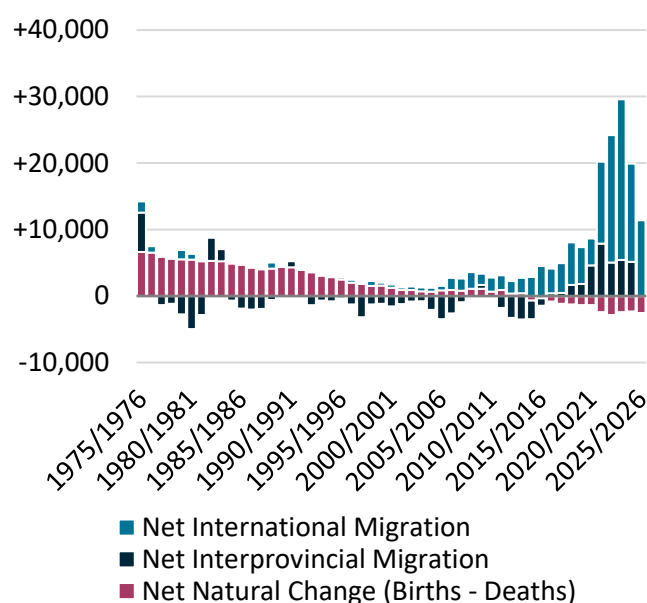
Components of Population Change²

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

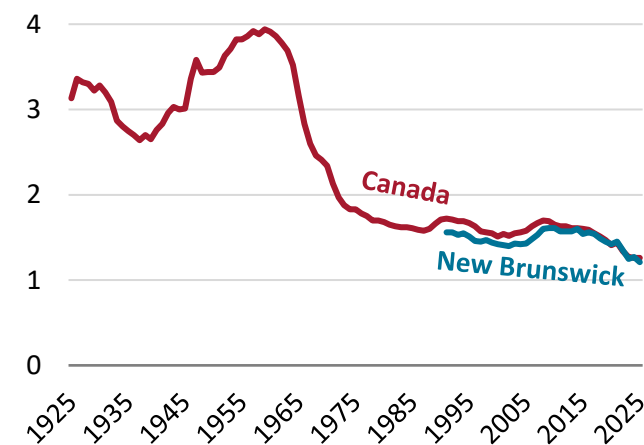


As the baby boom and pre-baby boom generations have aged, the province has seen an increasing number of deaths and a decreasing number of births. To mitigate this trend, an increased focus has been placed on attracting immigrants and temporary residents (international students, temporary foreign workers, 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 rates³ 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 2015 and 2025, New Brunswick's fertility rate fell from 1.54 to 1.21.

Figure 9: Fertility Rate by Year

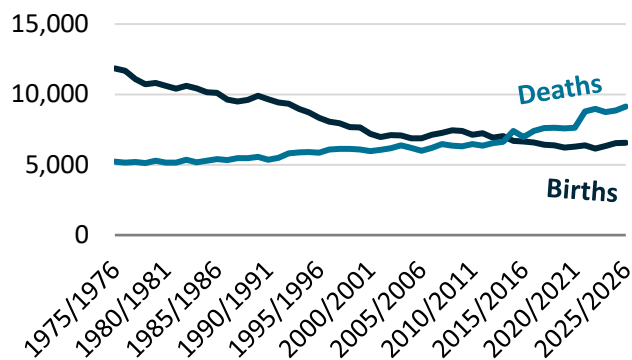


Despite declining fertility rates, the number of births in the province has begun to trend slightly upward due to growth in the total number of women aged 20 to 44 years in the province. Between July 2025 and July 2026, 6,565 babies were born in New Brunswick. This total represented a 0.4% increase relative to the previous 12-month period; however, it remained 8.1% below its 2010-2011 level, and 44.6% below its 1975-1976 level.

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

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

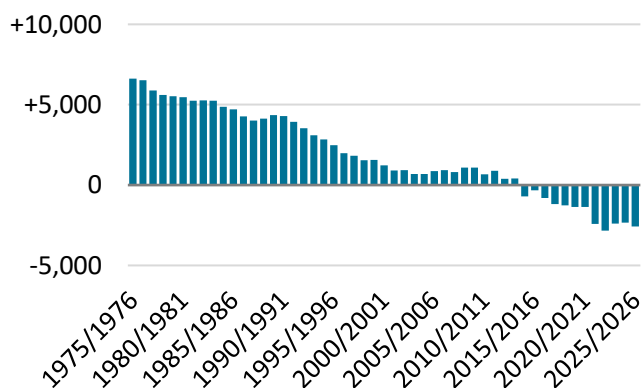
Figure 10: Births and Deaths – New Brunswick



Meanwhile, 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 2025 and July 2026, there were 9,139 deaths in the province, up 41.3% since 2010-2011, and up 75.0% relative to 1975-1976.

The number of deaths in the province has now exceeded the number of births in twelve consecutive years, with this gap expected to continue to grow wider going forward. In 2025-2026, 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 32,471 individuals from other provinces or territories over the past ten years (July 1, 2016 to June 30, 2026), an average gain of 3,247 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, 2025 and June 30, 2026.

Figure 12: Interprovincial Migration – New Brunswick

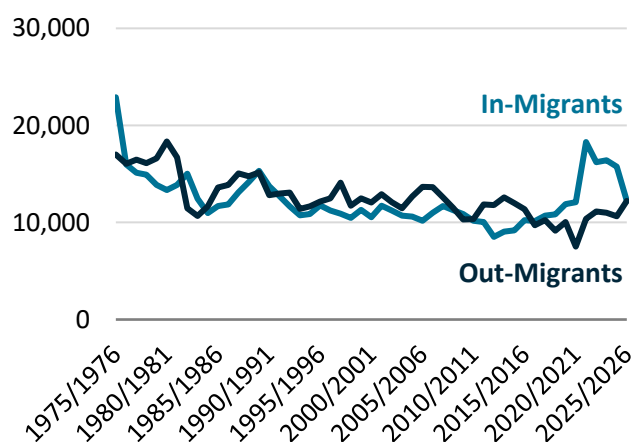


Figure 13: Net Interprovincial Migration (In-Migrants Minus Out-Migrants) by Year – New Brunswick

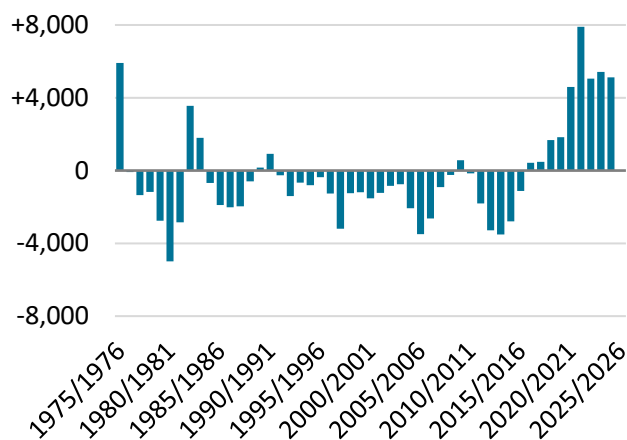


Figure 14: Interprovincial Migration by Age Group and Gender – New Brunswick – July 1, 2016 to June 30, 2026 (10-Year Totals)

Group	Men	Women	Total
In-Migrants	68,595	65,915	134,510
0 to 17 years	13,741	13,038	26,779
18 to 29 years	19,058	17,747	36,805
30 to 49 years	20,068	19,010	39,078
50 years and over	15,728	16,120	31,848
Out-Migrants	51,483	50,556	102,039
0 to 17 years	10,095	9,787	19,882
18 to 29 years	16,363	15,990	32,353
30 to 49 years	16,509	15,269	31,778
50 years and over	8,516	9,510	18,026
Net Migration	+17,112	+15,359	+32,471
0 to 17 years	+3,646	+3,251	+6,897
18 to 29 years	+2,695	+1,757	+4,452
30 to 49 years	+3,559	+3,741	+7,300
50 years and over	+7,212	+6,610	+13,822

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

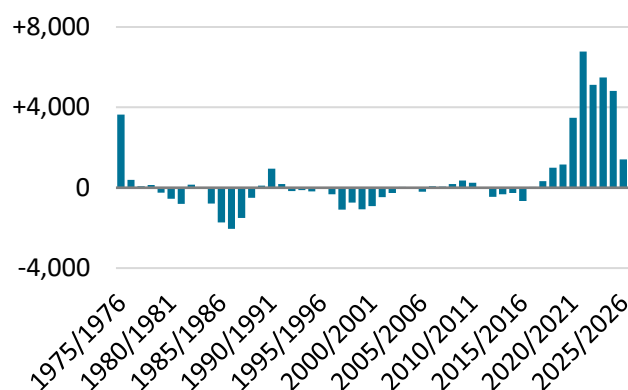


Figure 16: Interprovincial Migration to and from New Brunswick by Province – July 1, 2025 to June 30, 2026

Province	To N.B.	Away From N.B.	Net
Ont.	5,070	3,657	+1,413
N.L.	470	338	+132
Man.	287	156	+131
P.E.I.	396	316	+80
N.W.T.	37	12	+25
Sask.	156	141	+15
Nvt.	63	65	-2
Y.T.	36	42	-6
B.C.	785	966	-181
Que.	2,002	2,375	-373
N.S.	1,690	2,206	-516
Alta.	1,226	1,961	-735

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, 2025 and June 30, 2026, a net total of 11,402 individuals moved to New Brunswick from other countries. While this represented a significant decrease relative to the levels that had been seen during the previous three years, it nonetheless represented one of the highest totals on record for the province. This total included:

- 10,205 individuals being granted permanent resident status (immigrants);
- a net increase of 1,521 to the number of temporary residents in the province; and,
- A net loss of 324 individuals to emigration (629 New Brunswickers moved to other countries, while 305 Canadians moved back from other countries to New Brunswick)

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

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

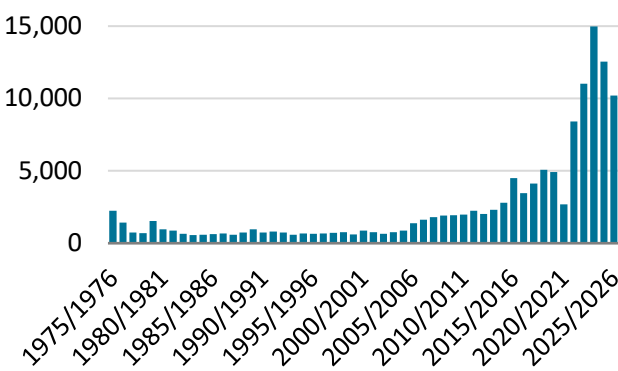


Figure 18: Net Change in Temporary Residents by Year – New Brunswick

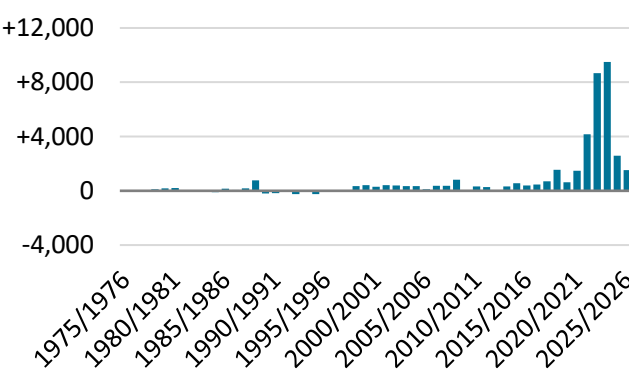


Figure 19: International Migration by Year – New Brunswick

Year	Immigration	Net Temporary Residents	Net Emigration
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	+4,170	-284
2022-23	11,021	+8,671	-560
2023-24	14,975	+9,498	-311
2024-25	12,538	+2,587	-320
2025-26	10,205	+1,521	-324

Sub-Provincial Population Estimates⁴

Note: Sub-provincial population estimates for 2026 will be released in early-2027.

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, some 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.

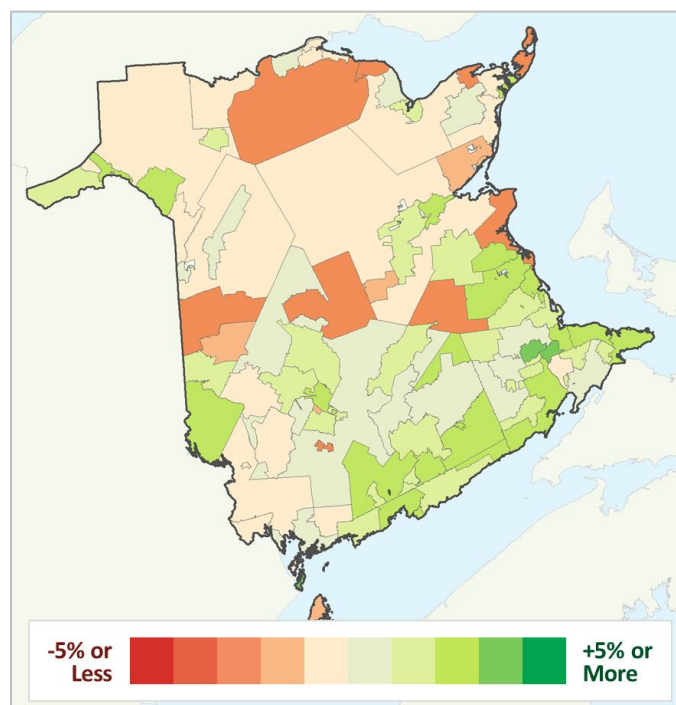
Some of the communities that saw the greatest growth between July 1, 2024 and July 1, 2025 included:

- Campobello Island: +4.1% (948 to 987)
- Dieppe: +4.0% (35,543 to 36,959)
- Moncton: +3.7% (99,414 to 103,056)
- Esogenoôpetitj: +3.0% (1,288 to 1,326)
- Shediac: +2.9% (12,934 to 13,309)
- Shippagan: +2.7% (5,237 to 5,378)
- Sussex: +2.5% (6,509 to 6,674)
- Beaurivage: +2.5% (6,626 to 6,790)

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

- Tobique: -3.9% (1,084 to 1,042)
- Upper Miramichi: -2.4% (2,276 to 2,222)
- Acadian Peninsula rural district: -2.4% (551 to 538)
- Fredericton Junction: -2.3% (787 to 769)
- Kent rural district: -1.6% (3,933 to 3,869)
- Carleton North: -1.4% (9,542 to 9,408)
- Rivière-du-Nord: -1.3% (3,727 to 3,678)
- Belledune: -1.3% (1,397 to 1,379)

Figure 20: Population Change by Municipality or Rural District – July 2024 to July 2025



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

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

Region	July 2025 Population	1-Year Change (%)	1-Year Change (Total)	5-Year Change (%)	5-Year Change (Total)
RSC 1 (Northwest)	48,519	+1.1%	+507	+6.2%	+2,850
RSC 2 (Restigouche)	26,110	+0.0%	+6	+1.8%	+452
RSC 3 (Chaleur)	36,448	+0.5%	+172	+4.2%	+1,467
RSC 4 (Acadian Peninsula)	48,329	-0.1%	-65	+1.9%	+907
RSC 5 (Greater Miramichi)	39,849	+0.4%	+174	+6.2%	+2,329
RSC 6 (Kent)	38,716	+1.0%	+386	+9.1%	+3,227
RSC 7 (Southeast)	234,863	+2.7%	+6,153	+21.6%	+41,747
RSC 8 (Kings)	22,465	+1.4%	+317	+7.2%	+1,517
RSC 9 (Fundy)	141,281	+1.2%	+1,728	+9.3%	+12,079
RSC 10 (Southwest)	30,335	+0.1%	+37	+5.7%	+1,642
RSC 11 (Capital)	156,131	+1.3%	+2,021	+11.6%	+16,265
RSC 12 (Western Valley)	37,269	-0.1%	-51	+4.0%	+1,429

Figure 22: Map of New Brunswick Regional Service Commissions

