United Nations | Department of Economic and Social Affairs

世界人口展望
2019年

强调

st/es/ser.a/423

经济和社会事务部人口司

世界人口展望2019年

强调

联合国纽约，2019
年

联合国秘书处经济和社会事务部是经济，社会和环境领域的全球政策与国家行动之间的重要接口。该部在三个主要相互关联的领域开展工作：（i）编制，编制和分析联合国会员国审查共同问题和评估政策选择的各种经济，社会和环境数据和信息；（ii）它促进许多政府间机构的会员国就联合行动方案进行谈判，以应对当前或正在出现的全球挑战；（iii）它向有关政府提供关于将联合国会议和首脑会议制定的政策框架转化为国家一级方案的方式方法的建议，并通过技术援助帮助建设国家能力。

经济和社会事务部人口司向国际社会提供及时和可获得的人口数据，并分析世界各国和地区的人口趋势和发展成果。为此，该司定期研究人口规模和特征以及人口变化（生育率，死亡率和移徙）的所有三个组成部分。人口司成立于1946年，为人口与发展问题向联合国大会，经济及社会理事会和人口与发展委员会提供实质性支助。它还领导或参与联合国系统的各种机构间协调机制。该司的工作还有助于加强会员国监测人口趋势和解决当前和新出现的人口问题的能力。

笔记

本报告中使用的名称及其中提供的材料并不意味着联合国秘书处就任何国家，领土，城市或地区或其当局的法律地位表达任何意见，或关于其边界或边界的划界。

本报告中使用的“国家”一词也适用于领土或地区。

该报告在该司的网站上以电子格式提供www.unpopulation.org。关于本报告的进一步资料，请与联合国经济和社会事务部人口司联系，联合国两个联合国广场，DC2-1950，纽约，10017，美国;电话：+1 212-963-3209;电子邮件：population@un.org。

建议引用：

联合国经济和社会事务部人口司（2019年）。2019年世界人口前景：重点（ST / ESA / SER.A / 423）。

联合国文件的官方标志由大写字母和数字组成，如上述引文所示。

封面照片来源：Unsplash / Mauro Mora封底

照片来源：UN Photo / Cia Pack由联合国出

版

销售号：E.19.XIII.4

书号：ISBN 978－1－1 148316

eisbn：978—92 - 1 - 2 004235

什么是2019年世界人口前景？

人民和人口是可持续发展的核心。四个全球人口“大趋势” – 人口增长，人口老龄化，移民和城市化 – 中的每一个都对经济和社会发展以及环境可持续性具有重要意义。及时准确的人口估计和预测使各国政府能够预测未来的人口趋势，并将这些信息纳入发展政策和规划。

2019年“世界人口前景”修订版是联合国人口估计和预测的第二十六版。它通过对历史人口趋势的分析得出了235个国家或地区从1950年到现在的人口估计数。该最新评估考虑了1950年至2018年间进行的1,690次全国人口普查的结果，以及来自生命登记系统和2,700次全国代表性抽样调查的信息。2019年修订版还提供了到2100年的人口预测，反映了全球，区域和国家层面的一系列合理结果。

“世界人口前景”中提出的人口估计和预测描述了四个人口大趋势中的两个（人口增长和老龄化），以及人类生育率，死亡率和净国际移徙的关键趋势，这些都是可持续发展的组成部分。总的来说，这些数据构成了监测到2030年实现可持续发展目标的全球进展的证据基础的关键部分。

2019年世界人口前景：

- 确认世界人口继续增长，尽管速度放缓；
- 指出一些国家和地区面临的与高生育率驱动的人口迅速增长有关的挑战；
- 注意到由于持续的低生育率或移民，一些国家的人口规模正在减少；
- 强调最近生育率下降正在创造有利于加速经济增长的人口状况的国家可获得的机会；
- 突出了世界人口前所未有的老龄化；
- 确认全球持续增长的寿命和贫富国家之间的差距缩小，同时也表明各国和各地区的生存存在巨大差异；
- 描述了国际移民如何成为世界某些地区人口增长和变化的重要决定因素。

内容

2019年世界人口前景的主要发现

虽然全球人口仍在增长，但一些国家的总人口正在减少。事实上，所有国家都在经历人口老龄化。

1. 由于生育率下降，世界人口继续增长，尽管速度比1950年以来的任何时候都要慢。根据2019年估计的77亿人口，中变量预测[1]表明全球人口可能在2030年增长到85亿左右，2050年增长到97亿，2100年增长到109亿。

2. 由于预计将有超过10亿人口增加，撒哈拉以南非洲国家可能占2019年至2050年世界人口增长的一半以上，预计该地区的人口将在本世纪末继续增长。相比之下，东亚和东亚，中亚和南亚，拉丁美洲和加勒比以及欧洲和北美的人口预计将达到人口最高峰，并在本世纪末开始下降。

3. 预计到2050年全球人口预计增长的三分之二将受当前年龄结构的驱动，即使今天高生育率国家的生育率在一生中立即降至每名妇女生育两次左右，也会出现这种情况。这是事实，因为这些国家的大量儿童和青年将在未来几十年内达到生育年龄，并开始拥有自己的孩子。

4. 持续快速的人口增长给可持续发展带来了挑战。该
47个最不发达国家是世界上增长最快的国家之一 – 预计2019年至2050年期间人口将翻一番 – 给已经紧张的资源带来压力
旨在实现可持续发展目标并确保不让任何人掉队的具有挑战性的政策。对于许多国家或地区，包括一些小岛屿发展中国家而言，实现可持续发展的挑战因其易受气候变化，气候变化和海平面上升的影响而更加复杂。

5. 预计到2050年全球人口增长的一半以上将集中在九个国家：刚果民主共和国，埃及，埃塞俄比亚，印度，印度尼西亚，尼日利亚，巴基斯坦，坦桑尼亚联合共和国和美国美利坚合众国。世界上最大的国家中不同的人口增长率将按大小重新排序：例如，印度预计将在2027年左右超过中国成为世界上人口最多的国家。

6. 预计在2019年至2050年期间，55个国家或地区的人口将减少1%或更多，原因是生育率持续低下，而且在某些地方，移民率很高。预计保加利亚，拉脱维亚，立陶宛，乌克兰以及瓦利斯群岛和富图纳群岛的人口规模相对减少幅度最大，约为20%或更多。

7. 在撒哈拉以南非洲大部分地区以及亚洲，拉丁美洲和加勒比地区，近期生育率下降意味着工作年龄（25至64岁）人口的增长速度超过其他年龄组，提供了机会加速经济增长被称为“人口红利”。

8. 2018年，世界上65岁或以上的人数首次超过五岁以下儿童。预测表明，到2050年，65岁以上的人口将是五岁以下儿童的两倍多。到2050年，全球65岁或以上的人数也将超过15至24岁的青少年和青少年。

1. 有关与全球人口预测相关的不确定性的评估，请参见第5页。

人口规模和年龄结构的趋势形成了生育率和死亡率的最低水平，几乎普遍在全球范围内下降。在一些国家，国际移徙也已成为人口变化的重要决定因素。

9. 近几十年来，许多国家的总生育率显着下降，因此今天全球近一半的人生活在一个生育率低于每名妇女2.1活产婴儿的国家或地区，这大致是死亡率低的人群所需的水平。从长远来看，增长率为零。在2019年，撒哈拉以南非洲的平均生育率仍然高于这一水平（每名妇女活产4.6个），大洋洲除澳大利亚和新西兰（3.4），北非和西亚（2.9）以及中亚和南亚（ 2.4）。

10. 一些国家，包括撒哈拉以南非洲和拉丁美洲的一些国家，继续经历高水平的青少年生育，对年轻妇女及其子女可能产生不利的健康和社会后果。从2015年到2020年，估计全世界15至19岁的母亲将出生6200万婴儿。

11. 世界人口的出生时预期寿命在2019年达到72.6岁，比1990年增加了8年多。预计生存率的进一步提高将导致全球平均寿命在2050年达到77.1岁左右。

12. 虽然在缩小各国之间的长寿差异方面取得了相当大的进展，但差距仍然很大。最不发达国家的预期寿命滞后
比全球平均水平低7。4年，主要原因是儿童和孕产妇死亡率持续居高不下，而且在一些国家，由于暴力和冲突或艾滋病毒流行的持续影响。

13. 在世界某些地区，国际移徙已成为人口变化的主要组成部分。2010年至2020年期间，36个国家或地区正在经历超过20万移民的净流入；其中14个，在过去十年中，预计总净流入量将超过100万人。对于包括约旦，黎巴嫩和土耳其在内的一些主要接收国而言，国际移民人数的大幅增加主要是由难民流动，特别是叙利亚的难民流动造成的。

14. 据估计，2010年至2020年期间，有10个国家的移民净流出超过100万。其中许多国家由于移民造成的人口流失主要是临时工人流动，例如孟加拉国（净流出-4.2）。 2010 - 2020年期间为百万，尼泊尔（-180万）和菲律宾（-120万）。在其他国家，包括叙利亚（-750万），委内瑞拉（-370万）和缅甸（-130万），不安全和冲突导致移民在过去十年中净流出。

社会可以通过预测未来趋势并将这些信息纳入政策和规划来适应人口现实。

15. 生育率水平居高不下的国家应该做好准备，以满足越来越多的儿童和青少年的需求。生育率下降为人口红利创造机会的国家需要通过确保所有年龄段的医疗保健和教育机会以及生产性就业机会来投资人力资本。人口老龄化的国家应采取措施，使公共计划适应越来越多的老年人。所有国家都应采取措施，促进安全，有序和正常的移徙，造福所有人。

16. 人口估计和预测的质量取决于收集可靠和及时的人口统计数据，包括通过民事登记系统，人口普查，人口登记，存在和家庭调查。目前正在进行的2020年全国人口普查将提供关键的人口信息，为发展规划提供信息，并评估实现可持续发展目标的进展情况。

介绍

了解全球人口趋势并预测未来的人口变化对于实现2030年可持续发展议程至关重要。“2030年议程”强调人民处于可持续发展的中心，与1994年在开罗通过的“国际人口与发展会议行动纲领”中提出的理想相呼应。过去几十年观察到的人口趋势指出了实质性进展迄今为止已向若干可持续发展目标（SDG）做出了贡献。例子包括降低死亡率，特别是降低儿童的死亡率，以及增加获得性健康和生殖健康服务的机会以及加强性别平等，使妇女能够自由和负责任地决定子女的人数，间隔和时间。

最近的人口趋势是未来可持续发展挑战的先兆。例如，人口迅速增长的国家，其中大部分在撒哈拉以南非洲，必须为越来越多的儿童提供教育和保健服务，并确保为越来越多的青年提供教育和就业机会。人口增长放缓或停止的国家必须为越来越多的老年人做好准备，在某些情况下，还要减少人口规模。通过预测即将到来的人口趋势并将这些信息纳入政策和规划，可以部分解决这些和其他挑战。

联合国人口估计和预测构成了一套全面的人口数据，用于评估全球，区域和国家各级的人口趋势。它们被用于计算联合国系统常用的许多关键发展指标，包括超过三分之一的指标用于监测实现可持续发展目标进展情况的指标。2019年“世界人口前景”修订版是联合国人口估计和预测的第二十六版，自1951年以来由经济和社会事务部人口司编制。2019年修订版提供了从1950年到现在的235个国家或地区的人口估计数，这些数据是通过针对具体国家的历史人口趋势分析制定的。它以先前的修订为基础，纳入了2010年和2020年全国人口普查的额外结果，以及重要登记和最近具有全国代表性的住户调查的信息。2019年修订版还提供了到2100年的人口预测，反映了全球，区域和国家层面的一系列合理结果。

这些要点总结了2019年“世界人口前景”中提出的估算和预测所描述的主要人口趋势。本报告分为三部分。第一部分描述了人口规模，增长和年龄结构的趋势。第二部分讨论了人口变化的人口驱动因素，即生育率，死亡率和国际移民。第三部分考虑了人口趋势对实现可持续发展目标所需的政策和规划的影响。几个方框讨论了与人口估计和预测有关的选定问题，包括将决定未来人口增长的生育轨迹（方框1），支撑2019年世界人口前景修订的数据来源和方法（方框2），以及需要进一步加强人口数据的收集和使用，以促进可持续发展（方框3）。

联合国妇女组织/瑞安布朗在纽约市街头踩到它

人口规模，增长和年龄结构

1. 世界人口继续增长，尽管速度比1950年以来的任何时候都要慢（图1）。

世界人口在2019年中期达到77亿，自2007年以来增加了10亿人，自1994年以来增加了20亿。

世界人口的增长率在1965 – 1970年达到顶峰，平均每年增长2.1%。从那时起，全球人口增长速度减缓了一半，在2015 – 2020年间降至每年1.1%以下，预计到本世纪末将继续放缓。

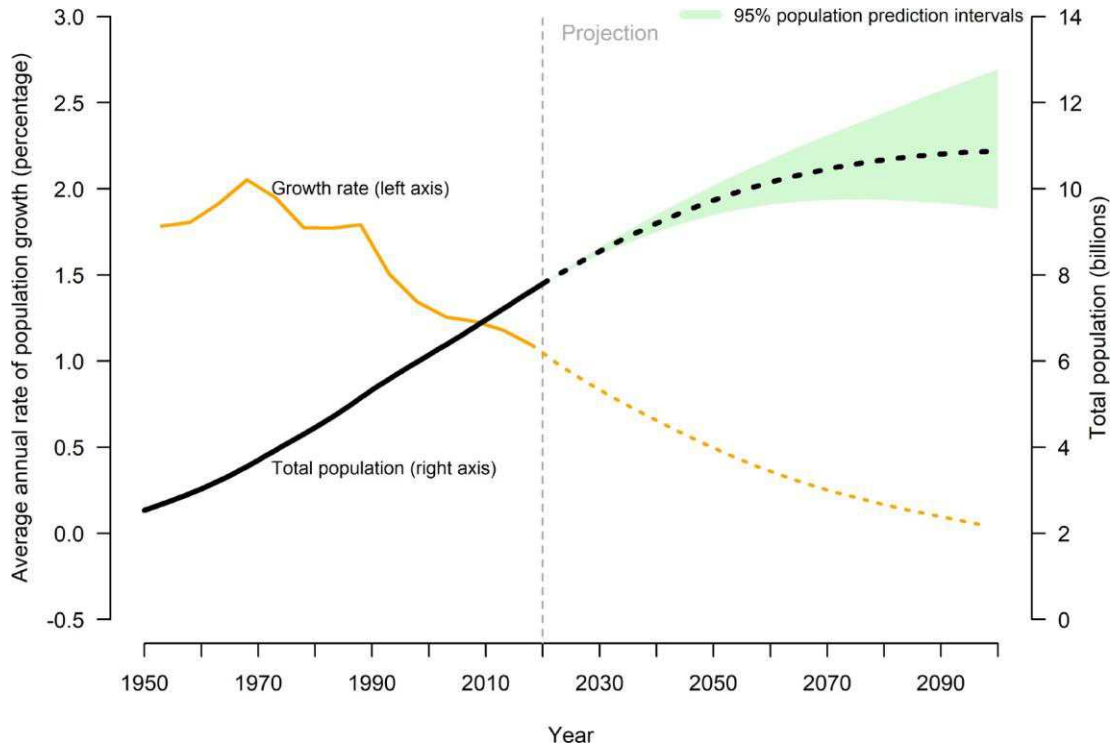
全球人口预计将在2030年达到85亿，2050年达到97亿，2100年达到109亿，

根据中等变量预测，假设大家庭仍然普遍存在的生育率下降，一些妇女平均生育次数少于两次的生育率略有提高，死亡率持续下降在所有年龄段。

人口预测存在固有的不确定性。在全球一级，不确定性取决于生育率，死亡率和国际移徙的可能未来趋势范围，这些趋势已使用人口统计和统计方法对每个国家或地区进行了评估。该分析的结论是，在确定的95%的情况下，全球人口规模将在2030年达到8.5至86亿之间，在9.4之间。
到2050年为101亿，在9.4和12.7之间
2100年亿。

图1. 世界人口规模和年增长率：1950 – 2020年的估计数和预测间隔为95%的中变量预测，2020-2100

人口增长继续在全球范围内增长，但增长速度正在放缓，世界人口可能会在本世纪末停止增长



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。

因此，在接下来的几十年里，世界人口的规模几乎肯定会上升。本世纪后期，尽管全球人口的持续增长被认为是最有可能的结果，但世界人口在2100年之前的某个时候可能稳定甚至开始减少的概率大约为27%。

2. 未来几十年，撒哈拉以南非洲地区将占世界人口增长的大部分，而其他几个地区的人口数量将逐渐减少。

在2019年至2050年期间可能增加到全球人口的20亿人口中，撒哈拉以南非洲国家可以增加10.5亿人（52%）。预计全球另外25%的人口增长将集中在中亚和南亚地区

预计2019年之间将增加5.05亿人
和2050
年。

撒哈拉以南非洲地区预计将在2062年左右成为八个地理区域[2]（以下简称“地区”或“SDG地区”）中人口最多的地区，超过东亚和东南亚以及中亚和南亚的规模（图2）。

虽然近几十年北非和西亚的人口增长速度低于撒哈拉以南非洲地区，但预计到本世纪末该地区仍将继续增长，2019年至2050年期间增加了2.37亿人口，另有1.7亿人口增加人
2050年至2100年之间。

2019年世界上人口最多的两个地区是东亚和东南亚，拥有23亿人口，占全球人口的30%，中亚和南亚地区拥有20亿人口（26%）。这两个地区自那以来人口增长迅速

2. 本报告中提到的区域是“可持续发展目标报告”中使用的区域（https://unstats.un.org/sdgs/indicators/regional-groups/）

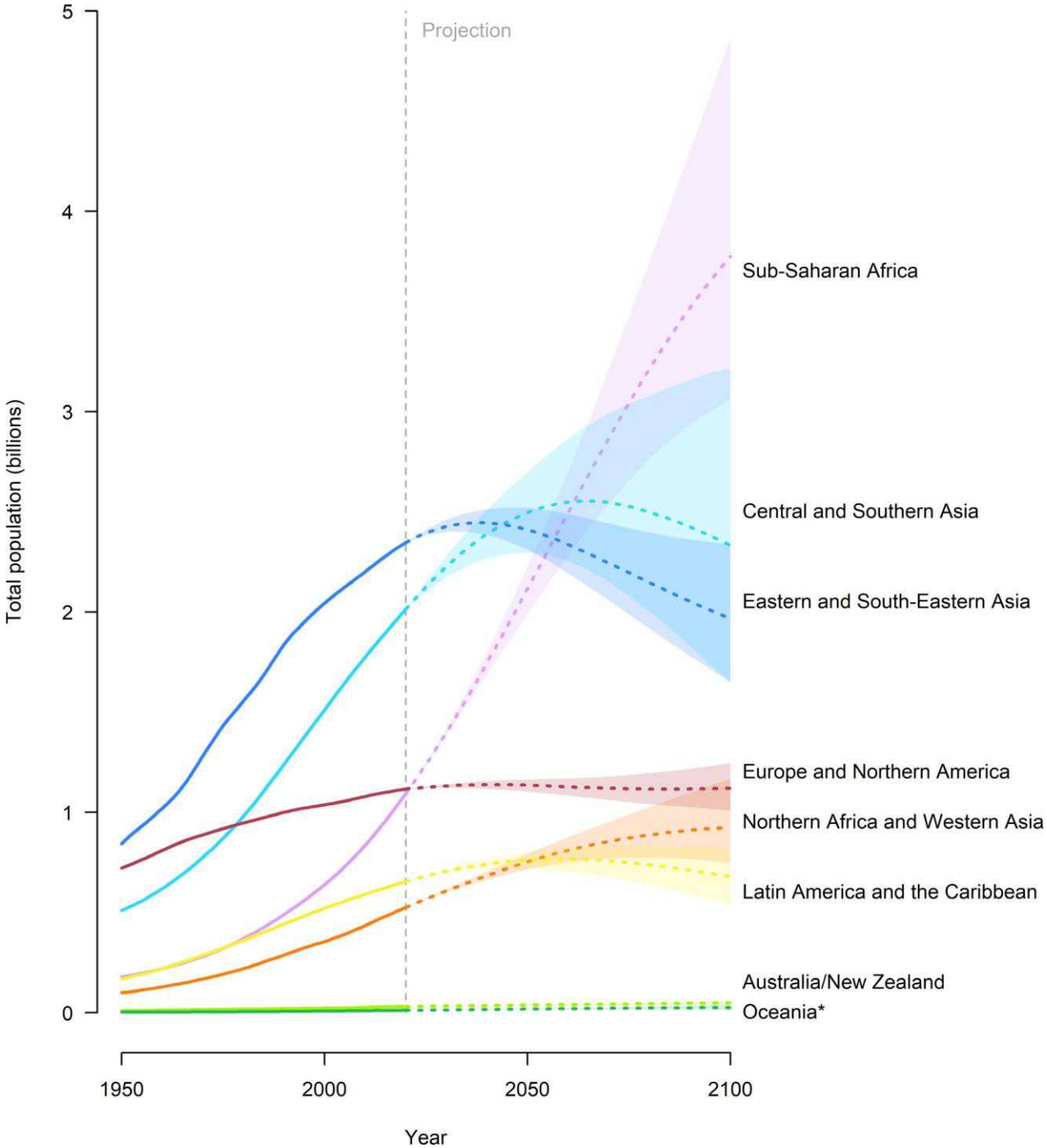
表1. 根据中变量预测，世界人口，可持续发展目标区域和选定的国家集团，2019年，2030年，2050年和2100年

	人口（百万）			
区域	2019	2030	2050	2100
世界	**7 713**	**8 548**	**9 735**	**10 875**
撒哈拉以南非洲	1 066	1 400	2 118	3 775
北非和西亚	517	609	754	924
中亚和南亚	1 991	2 227	2 496	2 334
东亚和东南亚	2 335	2 427	2 411	1 967
拉丁美洲和加勒比地区	648	706	762	680
澳大利亚/新西兰	30	33	38	49
大洋洲*	12	15	19	26
欧洲和北美洲	1 114	1 132	1 136	1 120
最不发达国家	1 033	1 314	1 877	3 047
内陆发展中国家	521	659	926	1 406
小岛屿发展中国家	71	78	87	88

数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

图2. 可持续发展目标区域的人口：1950 – 2020年的估计数和中变量预测，预测间隔为95%，2020-2100

根据中等变量预测，在八个可持续发展目标区域中，预计只有撒哈拉以南非洲地区能够在本世纪末保持人口迅速增长。



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

预计二十世纪中叶将在未来几十年达到人口最高峰。预计东部和东南亚将在2038年左右达到最大人口规模24亿，中亚和南亚预计将在27年后达到峰值，并在2065年左右达到26亿以下。

欧洲和北美的总人口正在稳定，2019年达到11.1亿，根据中等变量，预计在2042年左右缓慢增长到11.4亿以下，此后下降到本世纪末约11.2亿。

拉丁美洲和加勒比地区的人口在1950年至2019年期间增加了两倍以上，预计在2058年左右达到峰值，略低于7.68亿，之后在2100年下降到约6.8亿。

预计大洋洲*[3]的人口将在本世纪末继续增长。该地区的总人口（不包括澳大利亚和新西兰）预计将从2019年的1200多万增加到2050年的1900万和2100年的2600万。澳大利亚和新西兰，2019年是3000万人的家园，根据中型变量预测，他们的人口将在2050年增长到3800万，2100年增长到4900万。

3. 到2050年，全球人口预计增长的三分之二将受当前年龄结构的推动。即使今天高生育率国家的生育率在一生中立即降至每名妇女生育两次左右，也会发生这种情况。

在全球范围内，现在进入生育年龄的年轻人的数量比他们父母那一代要大。因此，即使全球生育率水平立即降至每名妇女生育两次左右，出生人数仍将超过几十年的死亡人数，世界人口将继续增长。

目前的人口年龄结构对未来人口增长的影响被称为

“人口动力”，可以通过预测人口来评估全球水平，同时假设 (a) 死亡率保持在当前水平；(b) 生育率立即等于与目前死亡率相关的替代水平。

根据中等变量和“动量情景”对世界人口的预计规模进行比较，表明2020年至2050年间全球人口增长的68%是由当前人口年龄结构所暗示的（图3）。也就是说，即使全球生育率在一生中立即降至每名妇女生育两次左右，这种增长也会发生。中等变量预测的剩余32%的增长是由于生育率高于平衡死亡率所需的水平，以及生存率的提高，这可能是在此期间被认为可能的。2050年后，动量情景预测的人口规模逐渐趋于平稳，约为93亿，而当前年龄结构对2050年至2100年预计增长的影响可以忽略不计。

对人口动量的这种评估意味着，在2020年至2050年的短期内，世界人口增长的有限部分可能会受到减缓或加速生育率下降的政策的影响。

在最近生育率下降的地区，包括中亚和南亚以及拉丁美洲和加勒比地区，每个妇女一生中接近两胎，从现在到2050年，几乎所有预计的人口增长都将由年轻人推动。人口年龄结构。相比之下，在生育率仍高于每名妇女生育两个地区的地区，如撒哈拉以南非洲和大洋洲*，人口增长势头分别占2019年至2050年预计增长率的42%和58%。在这些地区，未来的增长还会受到生育率水平的推动，这一水平高于平衡死亡率和长期收益零增长所需的水平。

3．在整个报告中，大洋洲*指的是大洋洲，不包括澳大利亚和新西兰。

方框1. 未来的人口增长在很大程度上取决于未来生育率的走向

在中等变量预测中，全球生育率从2019年的每名妇女生育不足2.5岁降至约
这种对世界的预测的基础假设是关于社会和经济发展的持续进展，这将影响未来的生育水平。具体而言，中等变量假设当前高生育率国家的生育率将继续下降，而且在一般女性平均生育率低于两岁的国家，生育率会略有增加。

高生育率国家的生育率持续下降的可能性有多大？

对于生育率较高的国家，中等变量的预计下降是基于一个国家自身的生育率趋势，并通过世界各地区历史生育率转变的数据得知，重点关注中期后的时期。二十世纪，现代避孕方法开始使用。这些转变是由人类发展的多种因素驱动的，包括降低儿童死亡率，提高妇女和女童的教育水平，增加城市化，扩大生殖保健服务，包括计划生育，妇女赋权和增加劳动力部队参与。因此，中等变量隐含地假设高生育率人口将经历与发展相关的生育率下降，类似于先前发展的国家中观察到的过去转变。

如果上述发展的各个方面，特别是最不发达国家的发展方面继续取得进展，那么中等变量所描述的生育率大幅下降似乎很可能发生。在获得计划生育信息和服务方面的进一步改善将使妇女和夫妇能够实现其所希望的家庭规模，随着发展水平的提高，这种规模可能会继续下降。如果国际社会没有履行其承诺，确保所有男女都了解情况并能够获得安全，有效，负担得起和可接受的计划生育方法，那么未来的生育率下降可能会更加缓慢和未来人口增长可能比中等变量中描述的更快。相反，加速扩大获得计划生育信息和服务的机会可能导致生育率下降速度更快，未来全球人口数量将低于中等变量。

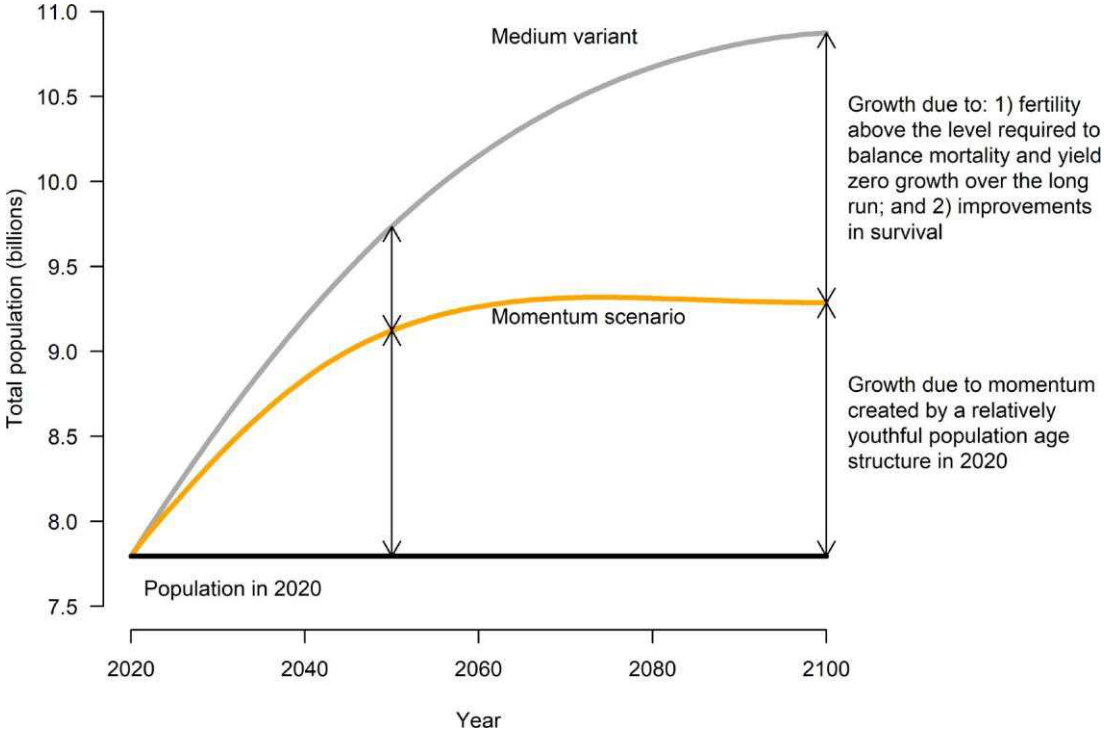
在目前的低生育率国家，生育率水平是否会持续很低？

在过去的两个世纪中，从较高水平到较低水平的生育率的转变几乎普遍在全世界范围内展开。相比之下，生育率非常低的持续时期，一生中每名妇女生育1至1.5个婴儿，没有可比较的历史先例，可以为目前生育率很低的国家的中变量生育率预测所依据的假设提供信息. .

来自生育偏好调查的证据表明，即使在生育率低或极低的人群中，女性仍然表现出平均约有两个孩子的愿望。期望和完成生育率之间差距的无数原因包括：育儿与高等教育和职业建设需求不相容，缺乏负担得起的高质量儿童保育，高龄产妇生育能力下降以及性别不平衡等因素。家务劳动和儿童保育的角色。

生育偏好仍接近每名妇女生育两个孩子的事实，即使已实现生育率远低于这一水平，这表明低生育率国家的生育率可能会随着人们学会管理和减轻某些或所有阻碍因素而增加。许多国家趋向于性别平等和赋予妇女权力，以及扩大获得性和生殖保健和服务的机会，这也表明，目前低生育率国家的更多妇女和夫妇可能有可能实现其所需的家庭规模。 ，最终提高了平均生育水平。鉴于越来越多的国家表示希望提高生育率，并且有些国家在政府政策和计划的支持下取得了这一成果，目前低生育率国家生育率趋势的反弹似乎是最合理的未来发展轨迹。从长远来看。

图3. 世界人口的预计规模，中等变量和动量情景，2020-2100今天和2050年之间将出现的大部分人口增长受到“人口增长势头”的推动，即使高生育率国家的生育率也会出现被立刻摔倒了一生中每个女人约两个孩子



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。

4. 持续快速的人口增长给可持续发展带来了挑战。

在联合国指定为最不发达国家[4]的47个国家中，人口增长率仍然特别高，其中包括撒哈拉以南非洲的32个国家。从2015年到2020年，平均每年增长2.3%，最不发达国家（LDC）的总人口增长速度是世界其他地区总人口的2.5倍（图4）。虽然最不发达国家的增长率预计将在未来放缓，但这一国家的人口预计将从2019年的10亿人口增加到2050年的19亿人口，并在2100年进一步增加到30亿人口。

2019年至2050年期间，18个最不发达国家的人口都在撒哈拉以南非洲地区，其人口规模至少翻了一番，而在一个国家，尼日尔，预计到2050年人口将增加近三倍（图5）。预计人口规模翻番的大多数最不发达国家是世界上最贫穷的国家，人均国民总收入（GNI）低于1,000美元。

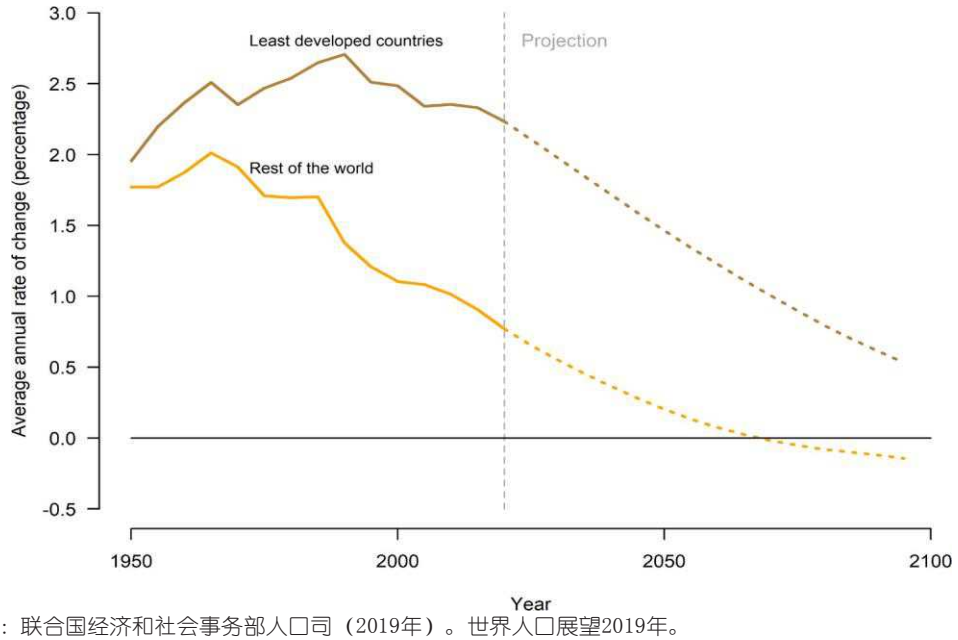
正在经历人口迅速增长的一些最不发达国家是小岛屿发展中国家（小岛屿发展中国家）[5]，如科摩罗，几内亚比绍，圣多美和普林西比，所罗门群岛和瓦努阿图。对许多小岛屿发展中国家来说，实现可持续发展的挑战因其易受气候变化，气候变化和海平面上升的影响而更加复杂。2019年，小岛屿发展中国家集体拥有7100万人口。预计这一组国家或地区将在2030年收容7800万人，2050年将收入8700万人。

4. 最不发达国家集团包括47个国家：撒哈拉以南非洲32个，北非和西亚2个，中亚和南亚4个，东亚和东南亚4个，拉丁美洲和加勒比1个，4个在大洋洲。更多信息，请访问：http://unohrlls.org/about-ldcs/

5. 小岛屿发展中国家小组由58个国家或地区组成：加勒比地区29个，太平洋地区20个，大西洋，印度洋，地中海和南海（AIMS）9个：更多信息见http://unohrlls.org/about- SIDS/图

图4. 根据中变量预测，47个最不发达国家和世界其他地区1950 – 2100年的人口增长估计和预计年增长率

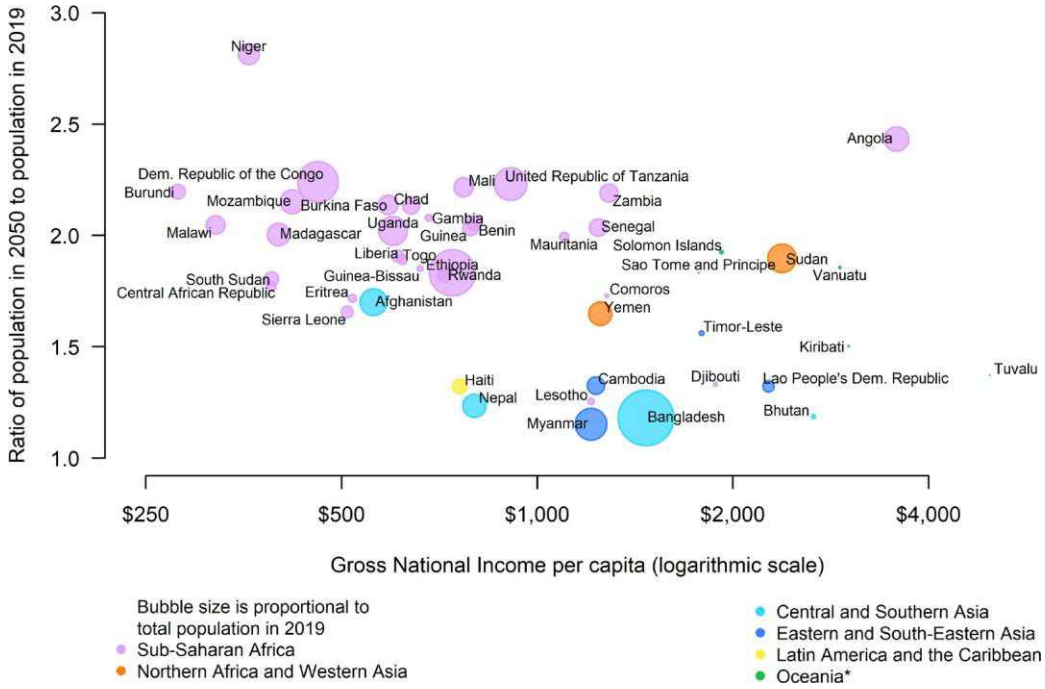
最不发达国家的总人口增长速度是世界其他国家总人口增长速度的2.5倍



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。

图5. 2050年人口中等变量预测与2019年估计人口和最不发达国家人均年国民总收入的比率

预计人口迅速增长的许多最不发达国家也属于最贫穷国家，人均年度国民总收入低于1,000美元



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口前景2019.国民总收入来自世界银行（2018年）。世界发展指标。人均GNI，Atlas方法。

*不包括澳大利亚和新西兰

5. 世界上几个最大的国家将推动预期的全球人口变化。

到2050年，全球人口预计增长的一半以上将集中在九个国家。按人口绝对增加的顺序排列，它们是：印度，尼日利亚，巴基斯坦，刚果民主共和国，埃塞俄比亚，坦桑尼亚联合共和国，印度尼西亚，埃及和美利坚合众国（图6）。

预计2019年至2050年期间印度将增加近2.73亿人口，而尼日利亚人口预计将增加2亿人口。这两个国家一起可占全球人口增长的20%至2050年。

预计2019年至2050年期间预计将增加到世界人口的20亿中的近15亿将集中在图6所列的22个国家。

世界上最大的国家中不同的人口增长率将按人口规模重新排序（图7）。

中国在2019年拥有14.3亿人口，印度拥有13.7亿人口，长期以来是世界上人口最多的两个国家，分别占2019年全球总数的19%和18%。紧随其后的是美国。美利坚合众国，2019年为3.29亿，印度尼西亚为2.71亿。

1990年至2019年期间，巴基斯坦和尼日利亚的人口规模增加了一倍以上，巴基斯坦从第8位升至第5位，尼日利亚从第10位升至第7位。

目前的预测表明，印度将在2027年左右超过中国成为世界上人口最多的国家。

在2019年至2050年重新订购之后，预计到本世纪末五大国家的排名将保持不变，届时印度仍将是世界上人口最多的国家，拥有近15亿居民，其次是中国。 11亿，尼日利亚7.33亿，美国4.34亿，巴基斯坦有4.03亿居民。

6. 越来越多的国家正在经历人口规模的减少。这是由于生育率持续低下，而且在某些地方，移民率很高。

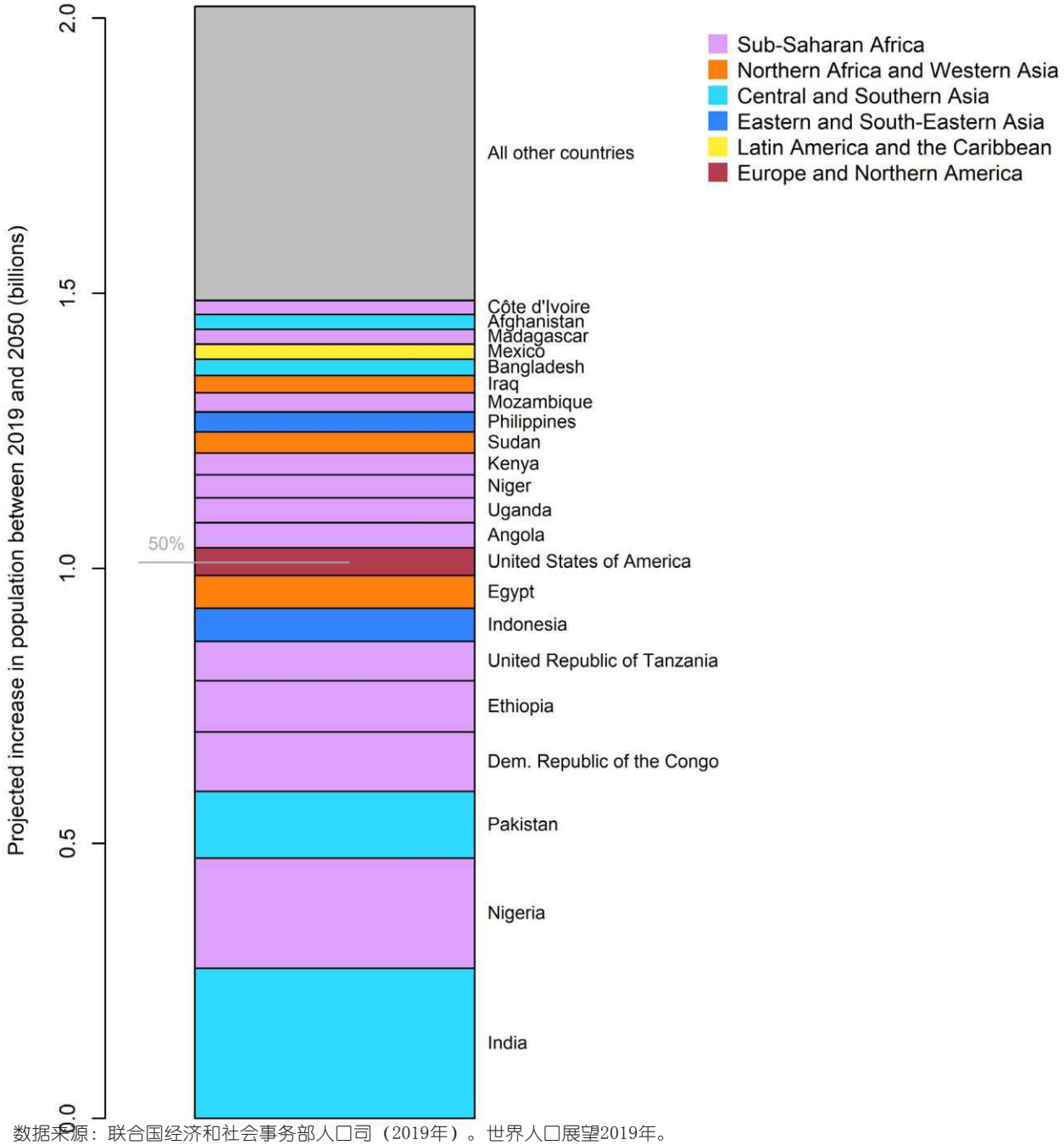
自2010年以来，总共有27个国家或地区的人口减少至少1%（图8）。阿拉伯叙利亚共和国的人口减少幅度最大，2019年的人口比2010年减少20%，原因是难民外流和与那里冲突有关的死亡风险增加。在2017年飓风玛丽亚之后，波多黎各的移民率已经进一步提高，因此，该岛的人口在2010年至2019年间减少了18%。另有8个国家或地区的人口减少超过5人自2010年以来的百分比：安道尔，波斯尼亚和黑塞哥维那，保加利亚，拉脱维亚，立陶宛，罗马尼亚，圣皮埃尔和密克隆，以及瓦利斯和富图纳群岛。

在2010年至2019年间人口下降至少1%的27个国家或地区中，有14个国家或地区中有14个在此期间自然增长率为负，即死亡人数超过了出生人数。例如，日本的死亡人数比2010年至2019年的出生人数多260万人，乌克兰的死亡人数超过了230万人。在2010年至2019年人口下降的27个国家或地区中，有23个国家离开该国的人数比抵达的人数多，即净国际移民数量为负数。

预计2019年至2050年期间，55个国家或地区的人口将减少至少1%（图9）。其中最大的一个是中国，人口预计会缩减31.4 百万，或2.2%。作为总人口的一部分，预计最大的下降是立陶宛和保加利亚，其中2050年的预计人口将比2019年减少23%，其次是拉脱维亚（22%），瓦利斯群岛和富图纳群岛（20 %）和乌克兰（20%）。预计在2019年至2050年期间，另外21个国家的人口将减少10%至20%，其中许多国家位于东欧或加勒比地区。对于预计2050年人口数量的55个国家中，有47个国家至少比其中的国家小1%

图6. 根据中等变量预测，按2019年至2050年对全球人口预测增长的贡献排名的国家

2019年至2050年期间，预计将在世界上增加的20亿人口中，将有22个国家约占15亿



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。

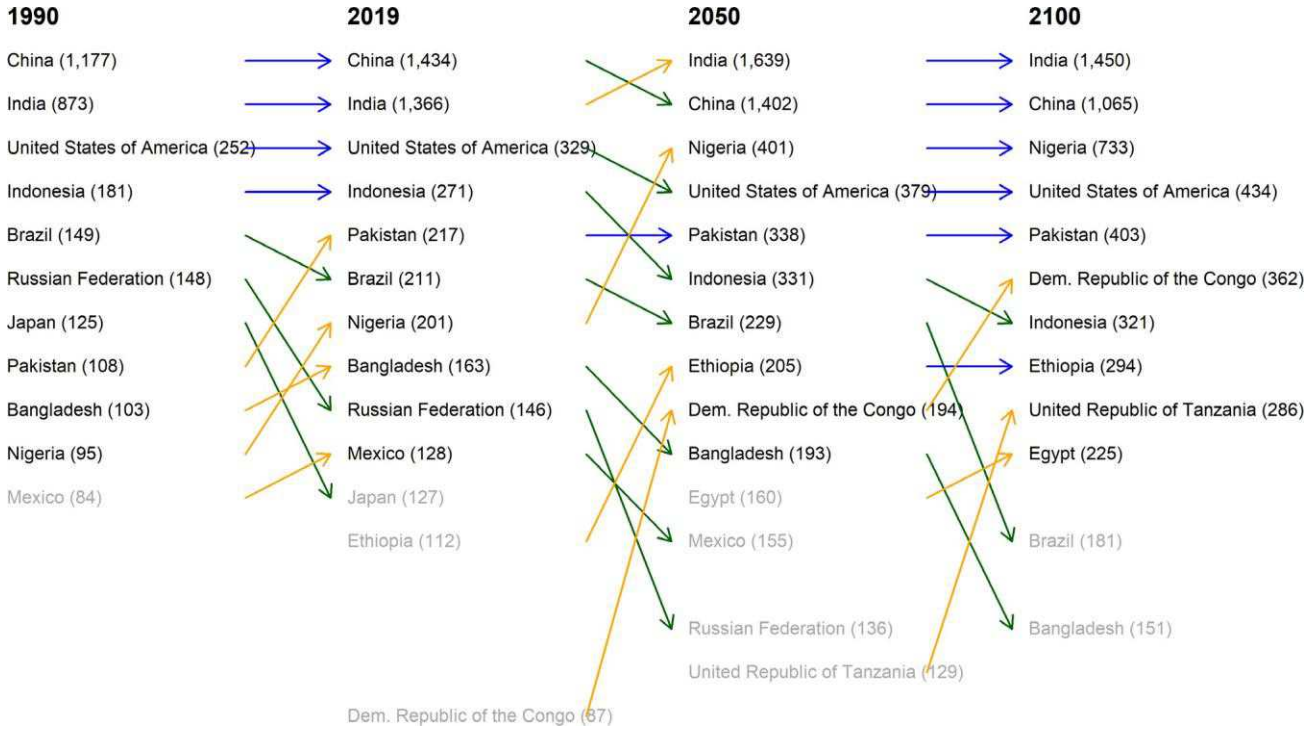
2019年，预计死亡人数超过了该期间的预计出生人数。对于55个国家中的31个国家，预计2020 – 2050年期间国际移民净额为负数。

7. 在世界的某些地方，人口仍然相对年轻。在一些国家，工作年龄的人口增长速度快于其他年龄组，为快速经济增长创造了一个被称为“人口红利”的机会之窗。

虽然预计所有国家的人口在可预见的未来都会变老，但在生育率仍然很高的地区，人口将保持相对年轻，至少在短期内如此。例如，在撒哈拉以南非洲，2019年，62%的人口年龄在25岁以下（图10）。预计这一百分比在2030年将略微下降至59%，并在2050年进一步下降至52%左右。

在撒哈拉以南非洲大部分地区，以及大洋洲*和亚洲部分地区，拉丁美洲和加勒比地区，工作年龄人口（25至64岁）的增长速度超过其他年龄组（图11）。这些条件可以为加速经济增长提供机会，称为“人口红利”。撒哈拉以南非洲25至64岁人口的百分比预计将上升几十年，从2019年的35%上升到2050年的43%，到2100年的50%。在拉丁美洲和加勒比地区，工作年龄人口比例增加的时间窗口将缩短，2039年左右达到峰值，而在中部

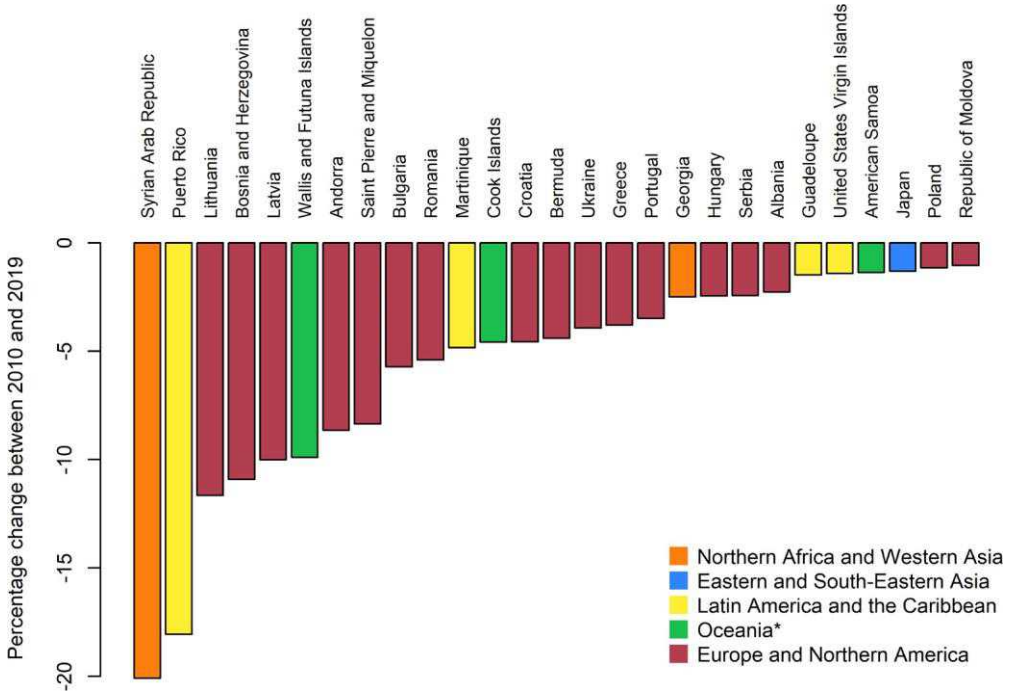
图7. 世界十大人口最多的国家，1990年和2019年的排名，以及中等变量预测，2050年和2100年（括号中的数字指总人口数百万）



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。

图8. 2010至2019年间人口减少至少1%的国家和地区

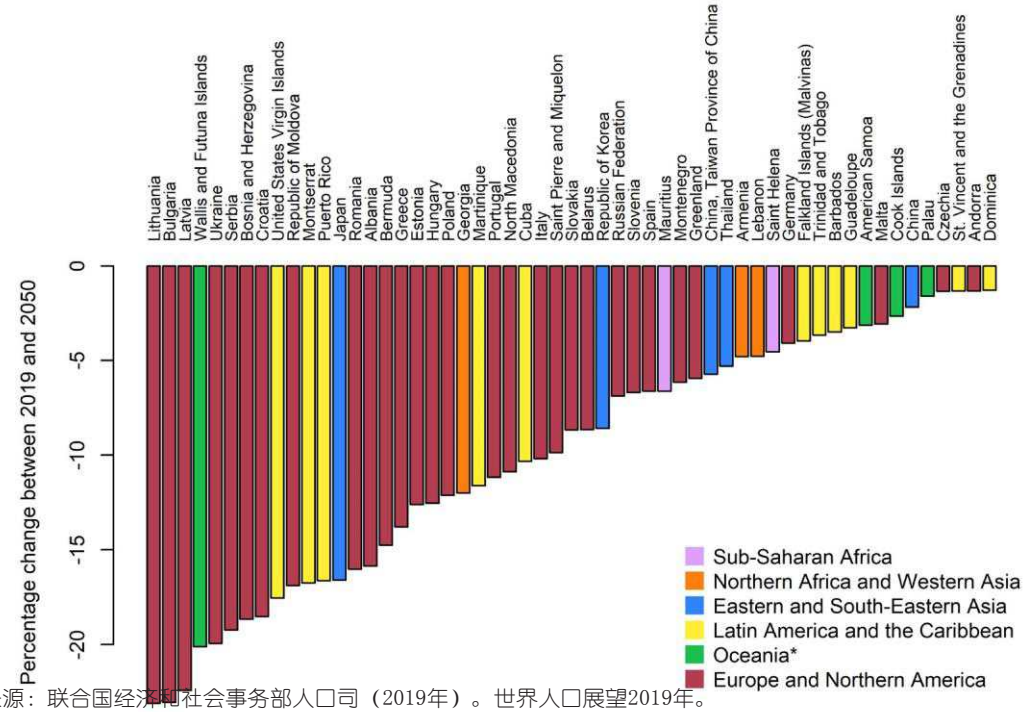
自2010年以来，27个国家或地区的人口减少至少1%



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

图9. 根据中变量预测，预计2019年至2050年人口将减少至少1%的国家和地区

预计到2019年至2050年期间，55个国家或地区的人口将减少至少1%



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

南亚地区25至64岁的比例预计将在2047年左右达到峰值。

在可持续发展目标的八个区域中，东亚和东南亚的工作年龄人口比例最高，其中56%的年龄在259岁至64岁。这一年龄组占欧洲人口的一半以上。 ，北美和澳大利亚/新西兰也是如此。然而，由于人口老龄化，预测表明，到2050年，这些地区的年龄在25岁至64岁之间的比例将降至50%以下。

8. 从历史上看，低生育率和长寿使用确保了几乎所有国家和地区的人口都在变老。

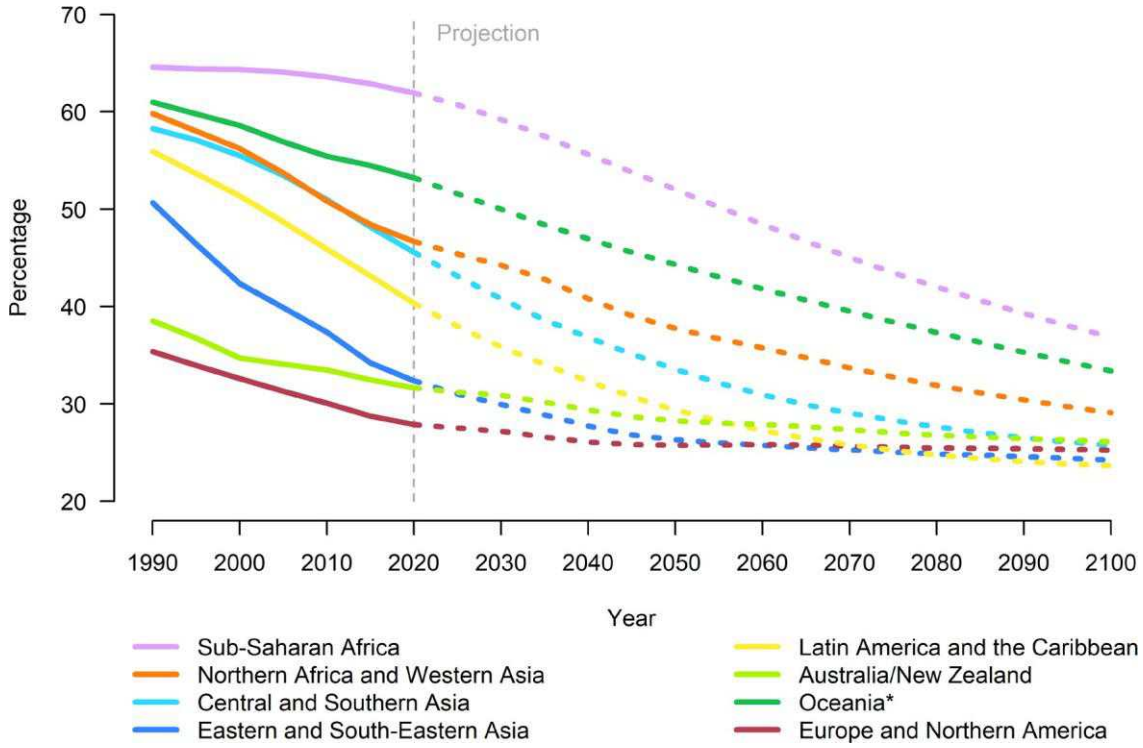
2018年，人类历史上第一次，65岁或以上的人数超过了儿童全世界五岁（图12）。在2019年至2050年期间，预计全球65岁或以上的人数将增加一倍以上，而五岁以下儿童的人数预计将保持相对不变。因此，预测表明，到2050年，老年人的数量将是五岁以下儿童的两倍多。此外，预计到2050年，全球65岁或以上的15亿人口将超过15至24岁（13亿）的青少年和青少年。

虽然全球男性和女性的总人数大致相等，但由于平均预期寿命较长，女性在年龄较大时的人数超过男性。2019年，65岁以上的女性占55%，全球80岁或以上的女性占61%。

预计2019年至少有90,000名居民的201个国家或地区将增加

图10. 根据中等变量预测，可持续发展目标区域1990 – 2100年25岁以下人口的估计和预计百分比

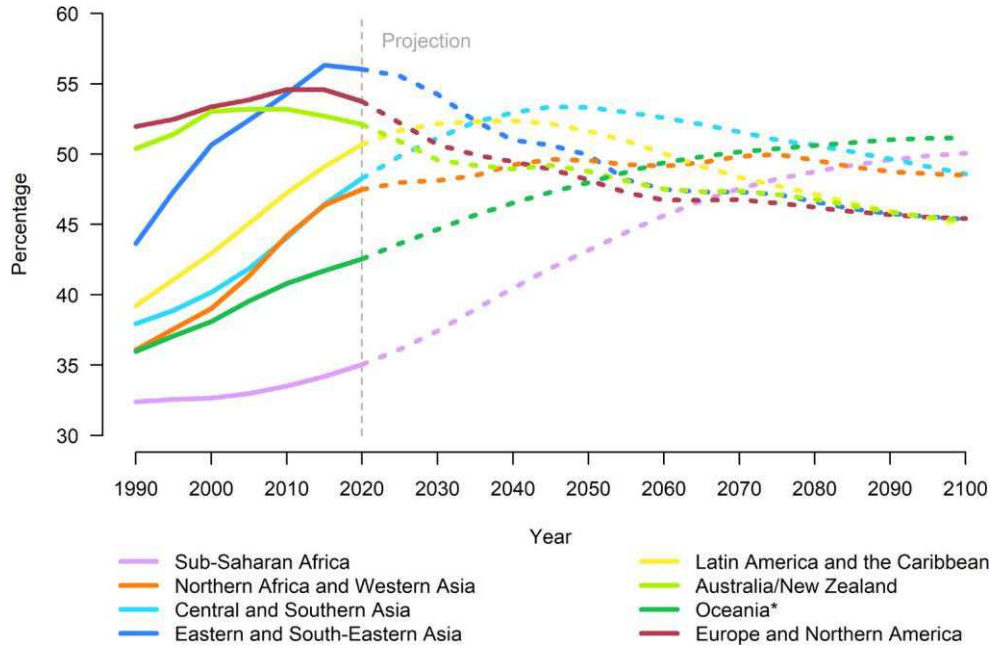
在八个可持续发展目标区域中，25岁以下人口的比例正在下降



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

图11. 根据中变量预测，可持续发展目标区域1990 – 2100年25-64岁人口的估计和预计百分比

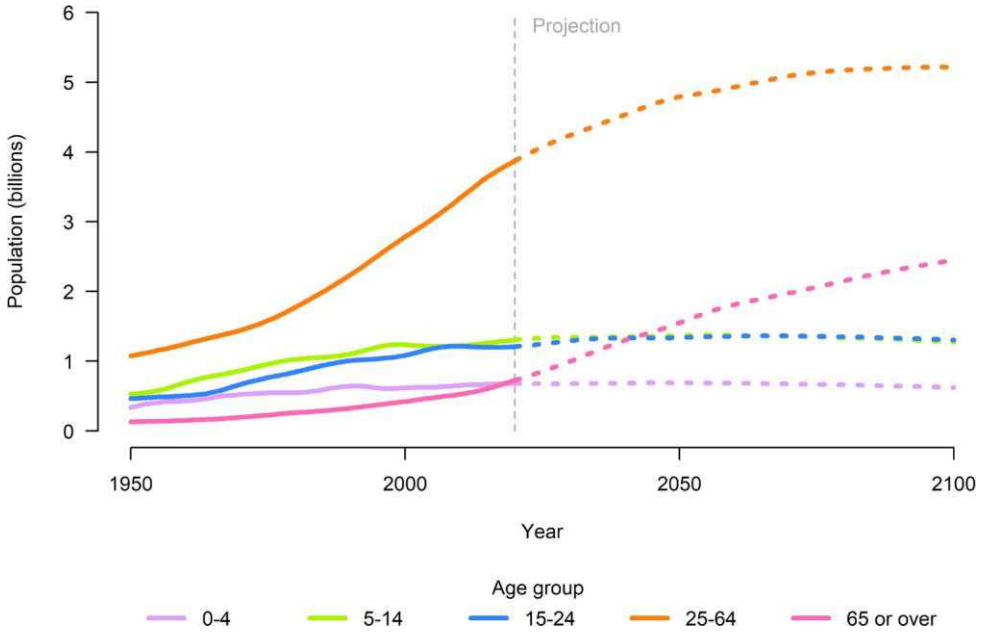
工作年龄中越来越多的人口为世界某些地区的人口红利提供了机会



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

图12. 根据中变量预测，按广泛年龄组（1950-2100）估算和预测的全球人口

65岁或以上的人构成增长最快的年龄组



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

在2019年至2050年之间，65岁或65岁以上的人口比例。在2019年的全球一级，大约9%的人年龄在65岁或以上（表2）。预计世界老年人口比例将在2030年达到近12%，2050年达到16%，到2100年可能达到近23%。欧洲和北美洲的人口数量最多的是2019年，18岁以下65岁或以上，其次是澳大利亚/新西兰（16%）。这两个地区都在继续老龄化。预测表明，到2050年，欧洲和北美洲每四个人中就有一个人年龄在65岁或以上。

预计其他地区的人口将在未来几十年内显着老化。对拉丁美洲和加勒比地区而言，65岁或以上人口的比例可能从2019年的9%增加到2050年的19%。同样，东亚和东南亚65岁或以上的比例预计将增加从2019年的11%增加到2050年的24%。撒哈拉以南非洲是最年轻的

预计八个可持续发展目标区域的年龄分布将在未来几十年内经历人口老龄化，但在较小程度上，65岁或以上人口的百分比从2019年的3%上升到约5%。 2050年

80岁以上人口的增长速度甚至超过了65岁以上的人数。1990年，世界上只有5400万80岁或以上的人口，这一数字在2019年几乎增加了两倍，达到1.43亿。全球人口数量预计到2050年，80岁或80岁以上的人口将再增加近三倍，达到4.26亿人，并在2100年进一步增加到8.81亿人。到2019年，80岁或80岁以上的人口中有38%居住在欧洲和北美洲，由于其他地区的老年人口规模继续扩大，预计在2050年将下降至26%，在2100年下降至17%。

人口老龄化将对潜在支持率产生深远影响，这里定义为数量

表2. 根据中变量预测，世界，可持续发展目标区域和选定国家集团，2019年，2030年，2050年和2100年65岁或以上人口的百分比

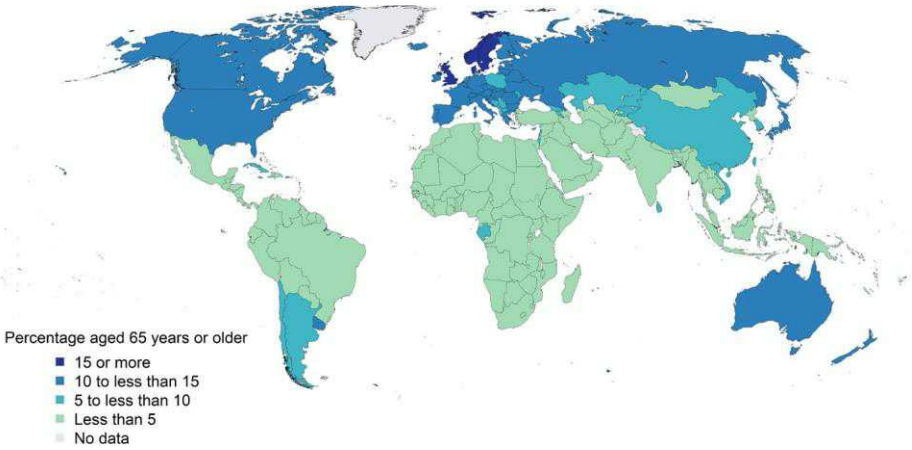
区域	2019	2030	2050	2100
世界	**9.1**	**11.7**	**15.9**	**22.6**
撒哈拉以南非洲	3.0	3.3	4.8	13.0
北非和西亚	5.7	7.6	12.7	22.4
中亚和南亚	6.0	8.0	13.1	25.7
东亚和东南亚	11.2	15.8	23.7	30.4
拉丁美洲和加勒比地区	8.7	12.0	19.0	31.3
澳大利亚/新西兰	15.9	19.5	22.9	28.6
大洋洲*	4.2	5.3	7.7	15.4
欧洲和北美洲	18.0	22.1	26.1	29.3
最不发达国家	3.6	4.2	6.4	15.3
内陆发展中国家（LLDC）	3.7	4.5	6.4	16.8
小岛屿发展中国家（SIDS）	8.7	11.9	16.1	23.7

数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

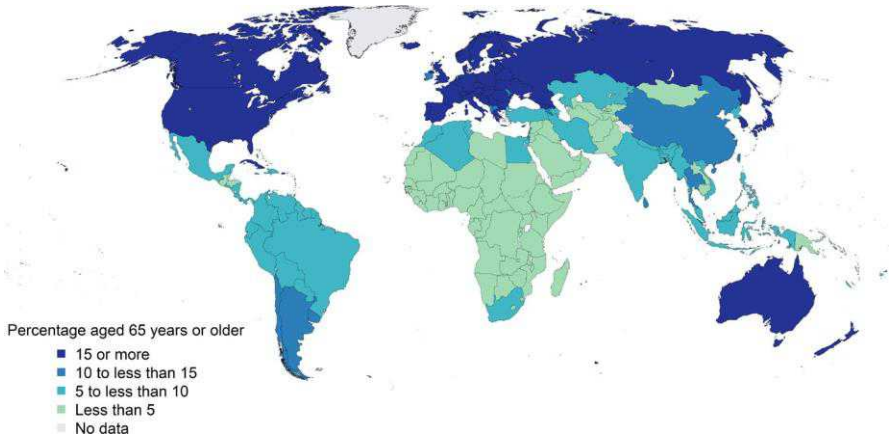
图13. 根据中变量预测，1990年，2019年和2050年65岁或以上人口的百分比

事实上，所有国家和地区都在经历人口老龄化

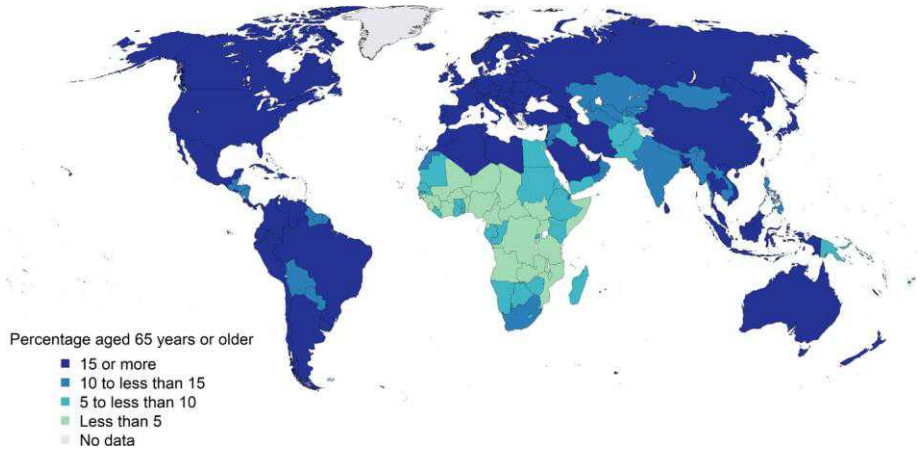
1950



2019



2050



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。

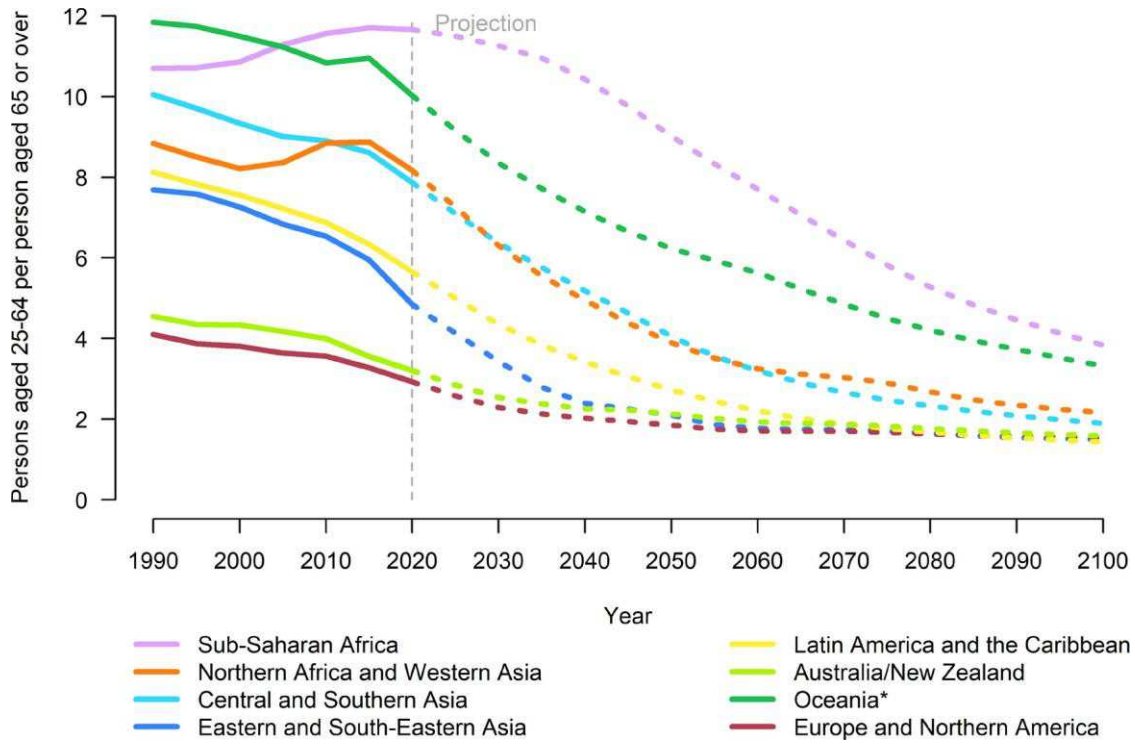
在本地图上使用的名称和材料的提供并不意味着联合国秘书处就任何国家，领土，城市或地区或其当局的法律地位或有关的任何意见表达任何意见。边界或边界的划界。虚线大约代表印度和巴基斯坦商定的查谟和克什米尔的控制线。查谟和克什米尔的最终地位尚未得到各方的同意。苏丹共和国南苏丹共和国之间的最后边界尚未确定。阿根廷政府与大不列颠及北爱尔兰联合王国政府之间就福克兰群岛（马尔维纳斯群岛）的主权问题存在争议。

每名65岁或以上的工作年龄（25至64岁）的人。在2019年，撒哈拉以南非洲地区的每个65岁或以上的人口中有11.7至25岁至64岁的人。大洋洲*为10.2，北非和西亚为8.3，中亚和南亚为8.0，拉丁美洲和加勒比为5.8，东亚和东南亚为5.0，
3.3适用于澳大利亚和新西兰，3.0适用于欧洲和北美洲。日本在2019年，所有拥有至少90,000居民的所有国家或地区的潜在支持率最低。另外29个国家或地区，主要是欧洲和加勒比地区，可能的支持率低于3。

到2050年，预计将有48个国家（主要是欧洲，北美洲，东亚或东南亚）的潜在支持率低于2。这些低值强调了人口老龄化对劳动力市场和经济表现的潜在影响，以及许多国家在未来几十年可能面临的与公共医疗保健系统，养老金和老年人社会保护计划相关的财政压力。人。

图14. 根据中变量预测，可持续发展目标区域1990 – 2100年的估计和预计潜在支持比率

人口老龄化导致潜在支持率下降，该比率描述了相对于人口中老年人数的工作年龄人口数量



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

方框2. 数据来源和方法

随着世界人口前景的每次连续修订，联合国人口司估计1950年至今的历史人口趋势，并预测到2100年以后的未来人口趋势。估计数基于所有可获得的人口数据来源生育率，死亡率和国际移徙的规模和水平，包括世界总人口的235个不同国家或地区。

有关告知最新估计数据的经验数据的说明，请参阅“数据来源”下的“世界人口前景”网页（https://population.un.org/wpp/）。总的来说，2019年修订版基于以下信息：

- 235个国家或地区的1,690人口和住房普查，包括自2010年以来进行的236次人口普查；
- 来自163个国家或地区的出生和死亡的重要登记；
- 在235个国家或地区进行了2,700次调查，包括人口和健康调查，其中540次在2010年或之后进行；
- 官方统计数据向“联合国人口统计年鉴”报告；
- 关于国际移徙统计的人口登记和其他行政来源。

除上述国家数据来源外，2019年修订版还考虑了以下来源的国际估计数：

- 联合国难民事务高级专员办事处（难民专员办事处）的难民统计数据；
- 联合国艾滋病毒/艾滋病联合规划署（艾滋病规划署）估计的成人艾滋病毒流行时间序列和抗逆转录病毒治疗的覆盖面；
- 联合国儿童死亡率估计机构间小组（UN-IGME）估计的婴儿和五岁以下儿童死亡率的时间序列；
- 估计联合国国际移民流动和外国出生者的存量；
- 国际和区域组织以及学术研究机构†制作的各种其他系列国际估计数。

这些数据源用于重建1950年至今的每个国家或地区的人口变化。在这样做时，人口司使用队列组成方法（联合国，1956年）确保按年龄和性别以及随着时间的推移以及变化的三个人口组成部分（生育率，死亡率和移徙）与所列人口之间的内部一致性. .队列成分方法还用于通过关于人口变化组成部分的各种人口统计假设来预测2100年之前的人口趋势。

在2019年修订版中，1950年至2015年中期至2020年中期的数据被视为估计数，因此每个国家或地区的预测从2020年7月1日开始，一直延续到2100年。预测未来的生育水平和死亡率，概率方法用于根据每个变量的变化的历史变化反映预测的不确定性。该方法考虑了每个国家的过去经验，同时也反映了基于类似条件下其他国家过去经验的未来变化的不确定性。

本报告中突出显示的中变量投影对应于使用随时间变化的可变性的概率模型导出的每个人口统计组件的数千个不同轨迹的中值。预测间隔反映了预测轨迹中结果分布的扩散，从而评估了中变量预测中固有的不确定性。此外，还制作了一些预测变量，以表达中变量预测对基本假设变化的敏感性，并探讨未来替代人口变化情景的影响。

†包括人类死亡率数据库和人类生命表数据库（加州大学伯克利分校，MPIDR和INED），人类生育数据库和人类生育率收集（MPIDR和VID），拉丁美洲死亡率数据库-LAMBdA（威斯康星大学麦迪逊分校），国际数据库（美国人口普查局），全球疾病负担项目（IHME，华盛顿大学）和发展中国家死亡率数据库-DCMD（浙江大学）。

2018年12月，摩洛哥马拉喀什的青年移民倡导者，联合国摄影/马克加滕

人口变化的人口驱动因素：生育率，死亡率和国际移民

9. 全球人口趋势主要受生育率趋势的推动 - 特别是一生中每名妇女的平均活产数 - 近几十年来在许多国家显着下降。

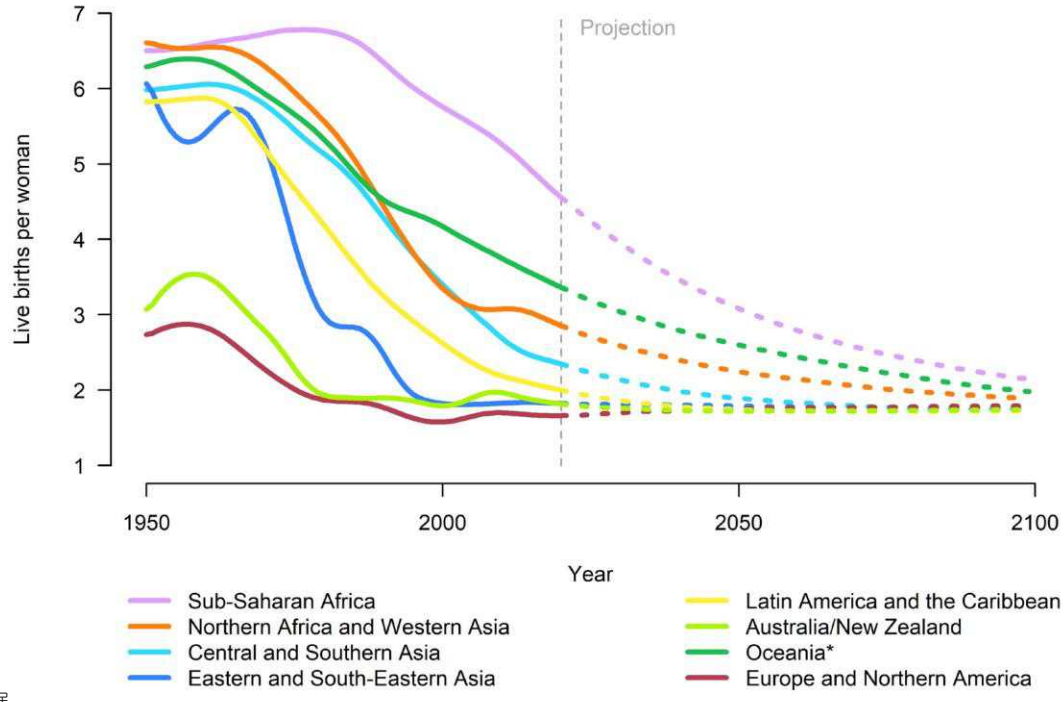
在过去几十年中，几乎所有地区都经历了生育率下降（图15）。在撒哈拉以南非洲，生育率平均水平是八个可持续发展目标区域中最高的，总生育率从1990年的每名妇女生育下降到2019年的4.6。在同一时期，北非的生育率也下降了西亚（4.4至2.9），中亚和南亚（4.3
2.4），东亚和东南亚（2.5至1.8），拉丁美洲和加勒比（3.3至2.0）和大洋洲*（4.5至3.4）。

在澳大利亚/新西兰以及欧洲和北美洲，1990年的生育水平已经低于一生中每名妇女平均生育两次，今天仍然如此，澳大利亚每名妇女平均生育1.8个活产/ 2019年新西兰，欧洲和北美洲1.7。

根据中型变量预测，在全球范围内，生育率预计将从2019年每名妇女平均2.5个活产婴儿减少到2050年的2.2个减少到2100年的1.9个。然而，在欧洲和北美洲，预计到本世纪末总生育率将略有增加
预计将在2019年的1.7至2100年的1.8。平均总生育率的最大降幅预计将发生在撒哈拉以南非洲地区

图15. 根据中变量预测，可持续发展目标区域1950-2100的估计和预计总生育率

在过去几十年中，许多地区的女性一生中平均生育的子女数量明显减少



数据
*不包括澳大利亚和新西兰

预测假设生育率将从2019年的每名妇女约4.6个活产婴儿减少到2050年的3.1个，并在2100年进一步增加到2.1个。

在大多数地区，从2020年到2050年的30年期间根据中等变量预测的出生总数与1990年至2020年的30年估计的数量相似或更少（图16）。撒哈拉以南非洲是可持续发展目标八个区域中的一个值得注意的例外：尽管生育率下降，但该地区的出生人数将继续增加。预计2020年至2050年间将出生在撒哈拉以南非洲地区的近14亿婴儿比1990年至2020年间出生的婴儿数量高出50%以上。北非和西亚预计将有更多婴儿出生。比过去30年增加了30年，尽管根据中等变量，增长幅度（13%）远小于撒哈拉以南非洲地区。

作为一个群体，47个最不发达国家，其中许多位于撒哈拉以南非洲，预计从2020年到2050年将有11亿新生儿出生，这比最不发达国家出生的8.13亿婴儿增加了38%。1990年至2020年期间。预计最不发达国家的出生人数大幅增加，这凸显了为越来越多的婴儿及其母亲提供充分保健和营养的挑战，以及为越来越多的人提供高质量的教育。孩子的。

1990年，世界上超过三分之一的人口生活在每名妇女生育率超过4个孩子的国家，到2019年，世界上只有12%的人口生活在如此高生育率的环境中（图18）。

在2019年生育率超过每名妇女4个孩子的36个国家或地区中，有33个在撒哈拉以南非洲地区。人口最多的

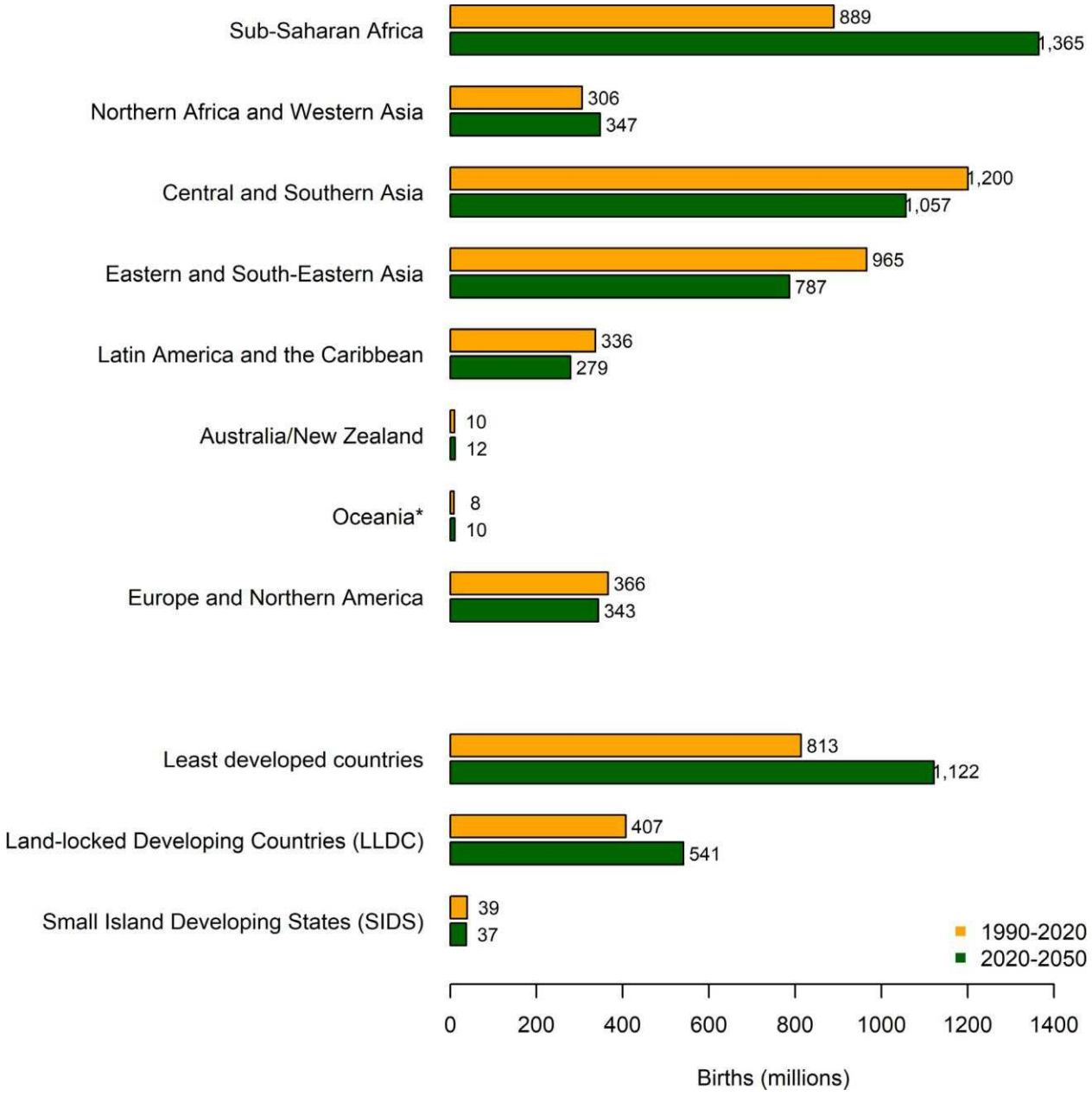
表3. 根据中变量预测，世界，可持续发展目标区域和选定国家组的总生育率，1990年，2019年，2050年和2100年

	每名妇女的平均活产数			
区域	1990	2019	2050	2100
世界	**3.2**	**2.5**	**2.2**	**1.9**
撒哈拉以南非洲	6.3	4.6	3.1	2.1
北非和西亚	4.4	2.9	2.2	1.9
中亚和南亚	4.3	2.4	1.9	1.7
东亚和东南亚	2.5	1.8	1.8	1.8
拉丁美洲和加勒比地区	3.3	2.0	1.7	1.7
澳大利亚/新西兰	1.9	1.8	1.7	1.7
大洋洲*	4.5	3.4	2.6	2.0
欧洲和北美洲	1.8	1.7	1.7	1.8
最不发达国家	6.0	3.9	2.8	2.1
内陆发展中国家	5.7	3.9	2.7	2.0
小岛屿发展中国家	3.2	2.4	2.1	1.8

数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

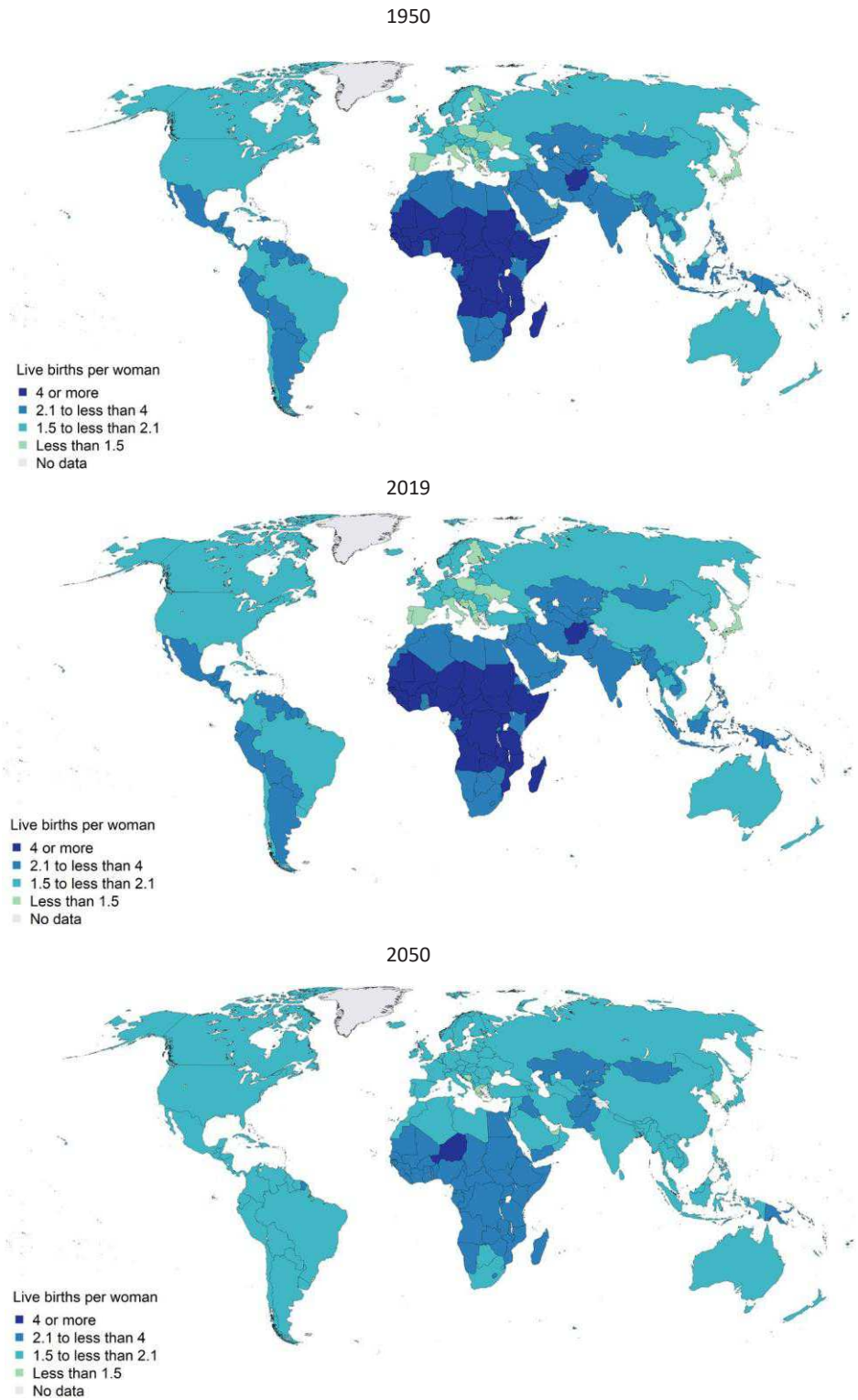
图16. 根据中等变量预测，可持续发展目标区域和选定的国家组（1990-2020和2020-2050）的出生人数

对于生育率相对较高的人群，预测表明出生人数大幅增加



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

图17. 根据中变量预测，1990年，2019年和2050年的总生育率（每名妇女的活产）



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。

在本地图上使用的名称和材料的提供并不意味着联合国秘书处就任何国家，领土，城市或地区或其当局的法律地位或有关的任何意见表达任何意见。边界或边界的划界。虚线大约代表印度和巴基斯坦商定的查谟和克什米尔的控制线。查谟和克什米尔的最终地位尚未得到各方的同意。苏丹共和国南苏丹共和国之间的最后边界尚未确定。阿根廷政府与大不列颠及北爱尔兰联合王国政府之间就福克兰群岛（马尔维纳斯群岛）的主权问题存在争议。

根据人口规模，2019年平均每名妇女的生育率等于或大于4个活产婴儿的国家是尼日利亚，埃塞俄比亚，刚果民主共和国，坦桑尼亚联合共和国，乌干达和苏丹。到2050年，预计尼日尔将成为世界上唯一一个生命水平超过一生中每名妇女生育4个孩子的国家。

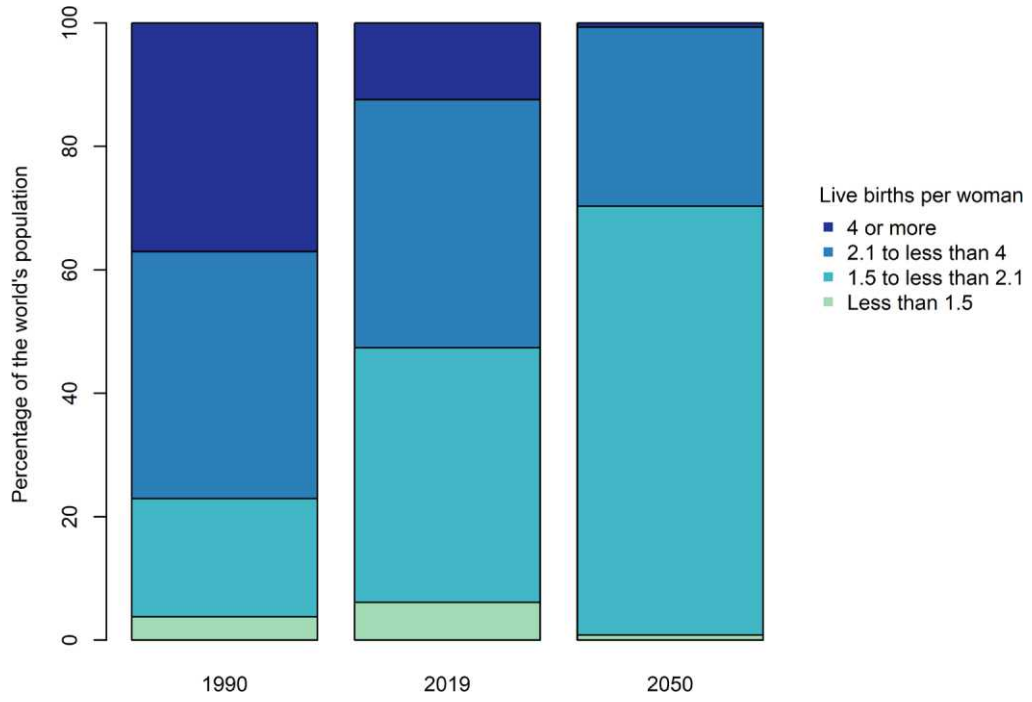
2019年，全世界约有40%的人口生活在中等生育率国家，妇女一生中平均生育2.1到4个孩子。每名妇女2.1活产婴儿的平均终身生育率大致是低死亡率人群长期生长率为零所需的水平。中等生育率国家遍布许多地区，其中最大的国家是印度，印度尼西亚，巴基斯坦，墨西哥，菲律宾和埃及。预计到2050年，世界人口中不到30%将生活在这一范围内生育率较高的国家。

2019年，全球近一半的人生活在一个生育率低于每个妇女2.1个活产婴儿的国家或地区，而1990年不到四分之一。低生育率国家现在包括欧洲和北美洲以及澳大利亚和新西兰的所有国家。 ，加上中亚和南亚的4个国家或地区，东亚和东南亚12个，拉丁美洲和加勒比20个，北非和西亚10个，大洋洲2个，撒哈拉以南非洲1个。人口最多的低生育率国家是中国，美利坚合众国，巴西，孟加拉国，俄罗斯联邦，日本和越南。预计到2050年，全世界70%的人口将生活在妇女一生中平均生育不到2.1个孩子的国家。

1990年至2019年期间，生育率极低的国家或地区，平均每名妇女生育1.5岁以下，从8个增加到25个。2019年，世界上6%的人口生活在如此低生育率的环境中。而另外几个

图18. 根据中变量预测，1990年，2019年和2050年按总生育水平分列的世界人口分布情况

全球近一半的人口生活在一个平均终身生育率低于每名妇女2.1个活产婴儿的国家或地区



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。

未来几年，各国的生育率可能会降至1.5以下，预计从长远来看，低生育率国家的生育水平会略有提高，到2050年，生育率极低的情况将不那么普遍（见专栏1）。

10. 一些国家继续经历高水平的青少年生育（15-19岁母亲的生育）。

在大多数国家，青少年生育水平对年轻母亲和她们所承受的儿童都会产生不利的健康和社会后果。在2015 – 2020年的八个可持续发展目标区域中，青少年的出生率，即每1000名15至19岁妇女的出生人数，在撒哈拉以南非洲最高，为每1 000名妇女104人，其次是拉丁美洲和加勒比地区每千人63人。拉丁美洲和加勒比地区的青少年与总生育率之比最高，其中15至19岁的出生率占总生育率的15%。

从2015年到2020年，估计全世界15至19岁的母亲将出生6200万婴儿，其中46%在撒哈拉以南非洲，18%在中亚和南亚，14%在拉丁美洲和加勒比。

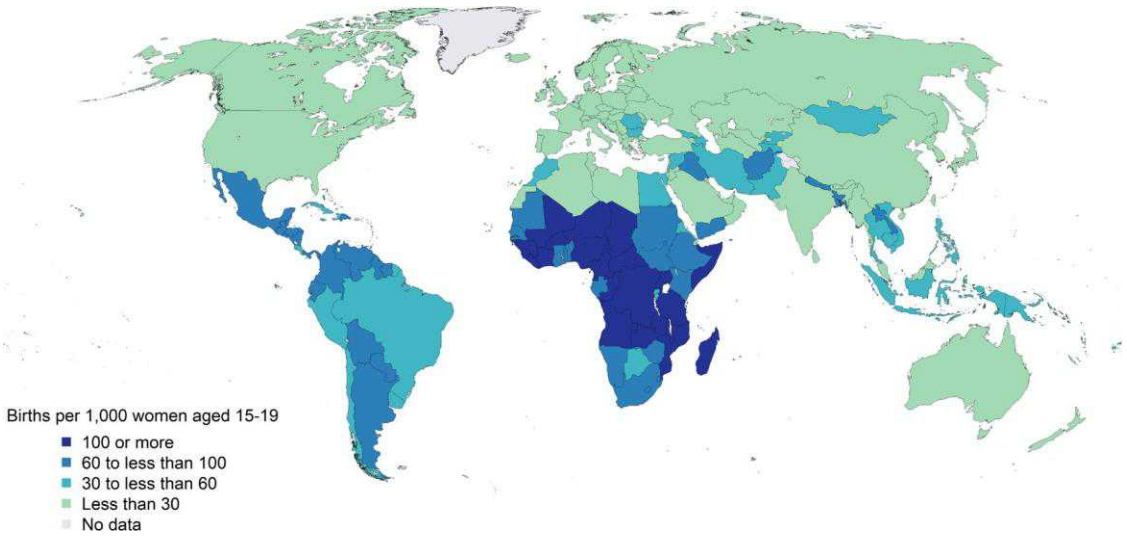
11. 达到了世界出生时的预期寿命2019年72.6岁，自1990年以来增加了8年多。

在此期间，所有地区的预期寿命都有所增加，但最大的收益来自撒哈拉以南非洲地区，其生存率的提高使自1990年以来的平均寿命延长了近12年，到2019年达到61.1岁。在中部和南部亚洲，出生时预期寿命在1990年至2019年期间增加了11年多，达到69.9岁。

预计所有地区的生存率都将继续提高，因此预计到2050年全球平均寿命将增加到77.1岁。在八个可持续发展目标区域中，预期寿命

图19. 2015 – 2020年青少年出生率（每1000名15-19岁妇女的活产）

一些国家，包括撒哈拉以南非洲和拉丁美洲的一些国家，继续经历高水平的青春期生育

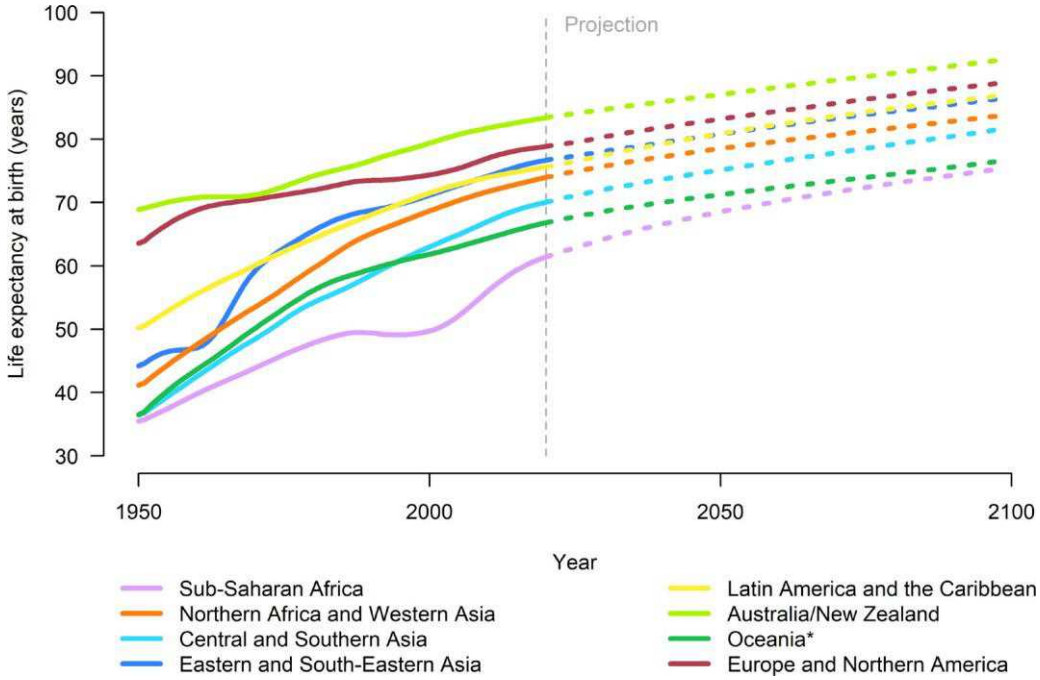


数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。

在本地图上使用的名称和材料的提供并不意味着联合国秘书处就任何国家，领土，城市或地区或其当局的法律地位或有关的任何意见表达任何意见。边界或边界的划界。虚线大约代表印度和巴基斯坦商定的查谟和克什米尔的控制线。查谟和克什米尔的最终地位尚未得到各方的同意。苏丹共和国南苏丹共和国之间的最后边界尚未确定。阿根廷政府与大不列颠及北爱尔兰联合王国政府之间就福克兰群岛（马尔维纳斯群岛）的主权问题存在争议。

图20. 根据中等变量预测，可持续发展目标区域1950 – 2100年两性的预计和预计预期寿命

在缩小各国之间的长寿差异方面取得了相当大的进展，但仍然存在巨大差距



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

表4. 根据中变量预测，1990年，2019年和2050年世界，可持续发展目标区域和选定国家组的按性别分列的出生时预期寿命

	出生时的预期寿命（年）								
	1990			2019			2050		
区域	男性	女性	两性	男性	女性	两性	男性	女性	两性
世界	**61.9**	**66.5**	**64.2**	**70.2**	**75.0**	**72.6**	**74.8**	**79.4**	**77.1**
撒哈拉以南非洲	47.7	51.1	49.4	59.3	62.9	61.1	66.3	70.8	68.5
北非和西亚	62.8	67.6	65.1	71.6	76.0	73.8	76.6	80.6	78.5
中亚和南亚	57.9	59.2	58.6	68.5	71.3	69.9	73.3	77.1	75.2
东亚和东南亚	66.7	71.0	68.8	74.0	79.2	76.5	78.8	82.9	80.8
拉丁美洲和加勒比地区	65.0	71.3	68.1	72.3	78.7	75.5	78.5	83.2	80.9
澳大利亚/新西兰	73.6	79.7	76.7	81.3	85.2	83.2	85.4	88.7	87.1
大洋洲*	58.0	61.1	59.5	65.1	68.2	66.6	69.3	73.4	71.3
欧洲和北美洲	69.6	77.3	73.5	75.7	81.7	78.7	80.9	85.5	83.2
最不发达国家	49.8	52.5	51.1	63.3	67.0	65.2	69.5	74.2	71.8
内陆发展中国家	50.0	54.2	52.1	63.5	67.9	65.8	69.7	74.7	72.2
小岛屿发展中国家	63.4	67.8	65.5	70.1	74.8	72.4	74.7	79.4	77.0

数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

出生率在澳大利亚/新西兰最高，2019年为83.2岁，预计到2050年将进一步增加到87.1。预计2019年至2050年将增加7。4年，届时可能达到68.5岁，撒哈拉以南地区在八个可持续发展目标区域中，非洲对出生时预期寿命的预期改善最大。在所有国家和地区，预期的预期寿命增长取决于预防和治疗导致死亡的疾病，包括艾滋病毒/艾滋病和其他传染病和非传染性疾病的持续进展，以及战争等灾难性事件的缺失。或致命疾病的主要流行病。

12. 虽然在降低死亡率和缩小各国之间的长寿差异方面取得了相当大的进展，但差距仍然很大。

最不发达国家作为一个群体的出生时预期寿命比全球平均水平落后7。4年，主要原因是儿童和孕产妇死亡率持续居高不下，以及冲突的后果以及一些国家艾滋病相关死亡率的持续影响。

世界上寿命最长的国家和最短寿国家之间的平均寿命差异达30年。由于2019年出生时的预期寿命超过84岁，日本和中国的港澳特别行政区是世界上寿命最长的国家或地区。世界上生活最短的国家是中非共和国，乍得，莱索托，尼日利亚和塞拉利昂，每个国家的出生时预期寿命在2019年低于55岁。

最短寿命和最长寿群体之间长寿差距的很大一部分归因于五岁以下儿童死亡率的差异，这表示出生和年龄之间死亡的概率5.降低五岁以下儿童死亡率的进展很大近年来还有很长的差距，但仍存在差距。在全球范围内，五岁以下儿童死亡率从1990年的每千名活产婴儿死亡93人下降到2019年的38人。但是，2019年在撒哈拉以南非洲出生的儿童在其五岁生日之前死亡的可能性是其五倍。出生在澳大利亚/新西兰的孩子（图21）。

虽然艾滋病毒/艾滋病流行病仍然是一个主要的公共卫生问题，但在过去十年中，受艾滋病影响严重的大多数国家的成人艾滋病相关死亡率似乎达到了顶峰，这主要得益于抗逆转录病毒治疗。然而，在艾滋病毒流行率很高的国家，这一流行病在发病率，死亡率和人口增长速度方面的影响仍然很明显。因此，在南部非洲[6]，该疾病流行率最高的次区域，出生时预期寿命从1990年为62。9年，2004年为52.6岁，此后恢复到略高于1990年的水平，到2019年已达到63.8岁。这表明南部非洲生存率有可能提高20年。

在整个世界大部分地区，老年人的生存状况正在改善。65岁时的预期寿命反映了一名65岁的人如果在其生命的剩余时间内遭受特定时期的特定年龄死亡风险，他们的平均寿命。在全球范围内，在1990年至1995年期间，65岁的女性可以期望再过16年，65岁的男性可以再过13年（图22）。在2015 - 2020年，65岁时的生活预期已增至女性18岁，男性16岁，预计将进一步增加，2045 - 2050年女性为20岁，男性为18岁。1990年至1995年至今，在澳大利亚/新西兰，男性和女性的65岁以上存活率绝对增幅最大，65岁时的预期寿命分别增加了4。4年和3。3年，其次是欧洲和北美的男性（3。3年），东亚和东南亚的女性（3。2年），拉丁美洲和加勒比地区的女性（2。9年）。

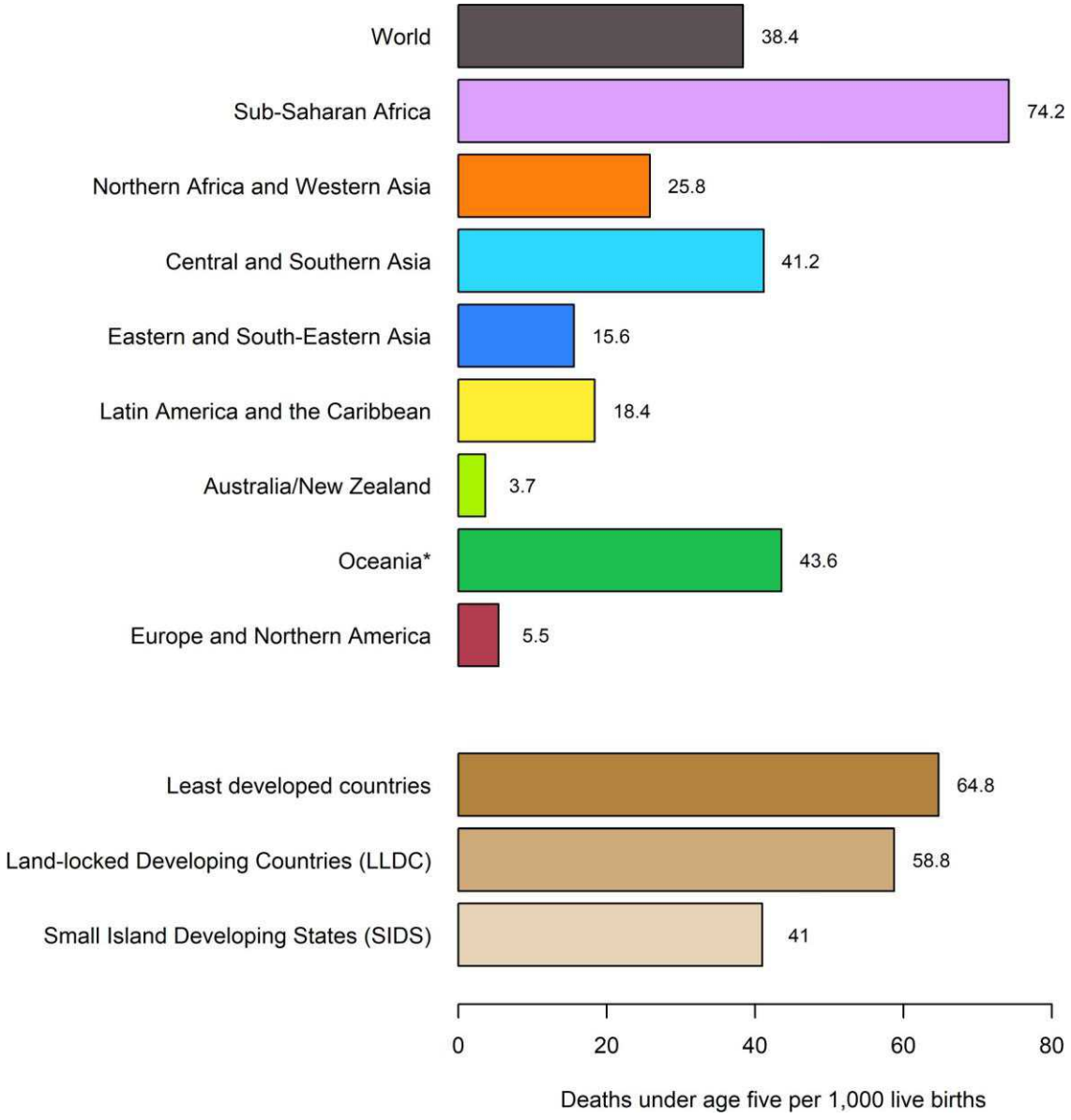
近几十年来，一些发达国家面临着改善生存的挑战。在东欧的一些国家，出生时的预期寿命实际上在1980年代末和1990年代期间下降。这些国家在2000年代期间恢复了生存方面的进展，但这些挫折的持久影响在欧洲各国的广泛差异中仍然明显，预期寿命为

6. 包括博茨瓦纳，埃斯瓦蒂尼，莱索托，纳米比亚和南非。

出生于2019年，从摩尔多瓦共和国和乌克兰的72年不等，到意大利，西班牙和瑞士的近84年。最近，自2015年左右以来，出现了一些证据，表明欧洲和北美一些人口的预期寿命减缓了。在加拿大，例如，英国和美国最近的生命统计数据显示，2015 – 2020年的预期寿命低于先前根据每个国家生存率改善的历史轨迹预测的预期寿命。

图21. 世界，可持续发展目标区域和选定国家集团的五岁以下儿童死亡率，2019年

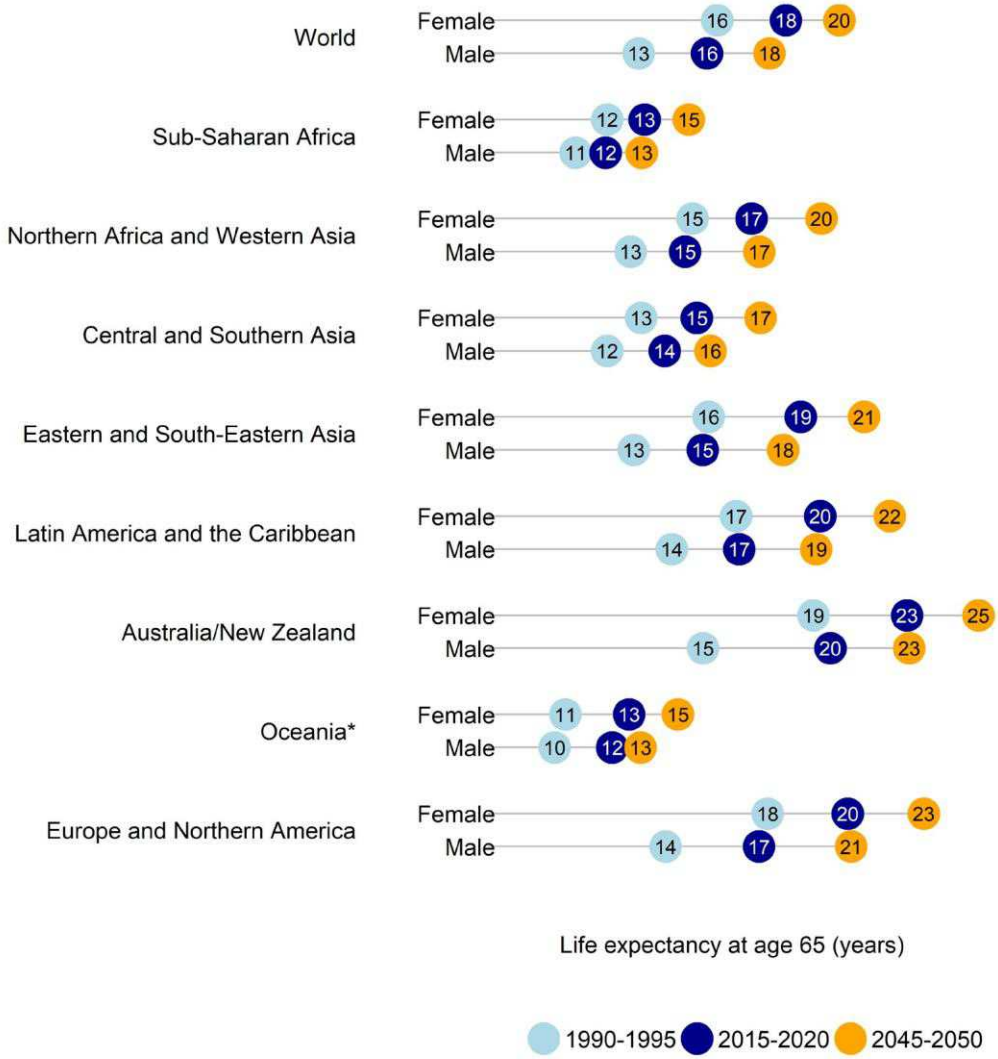
出生在撒哈拉以南非洲的孩子在澳大利亚/新西兰出生的孩子五周岁前死亡的可能性是其20倍



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

图22. 根据中等变量预测，可持续发展目标区域，1990 – 1995年，2015 – 2020年，2045 – 2050年65岁的预期和预计预期寿命

在八个可持续发展目标区域的每个区域，65岁以后的男性和女性的生存率均有所提高



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

13. 在世界一些地区，国际移徙已成为人口变化的主要组成部分。

在八个可持续发展目标区域中，有三个是国际移民的净收入者（图23）[7]。这些包括欧洲和北美洲的估计2010-2020十年期间，该地区的移民人数超过移民人数2590万，北非和西亚（220万），澳大利亚和新西兰（190万）。其余五个地区在2010年至2020年期间一直是国际移民的净发送者。估计移民人数超过中亚和南亚移民人数最多，2010 – 2020年该地区的净国际移民人数为减少1510万，其次是拉丁美洲和加勒比地区（-540万），东亚和东南亚（-520万），撒哈拉以南非洲（-410万）和大洋洲，不包括澳大利亚和新西兰（-208,000）。

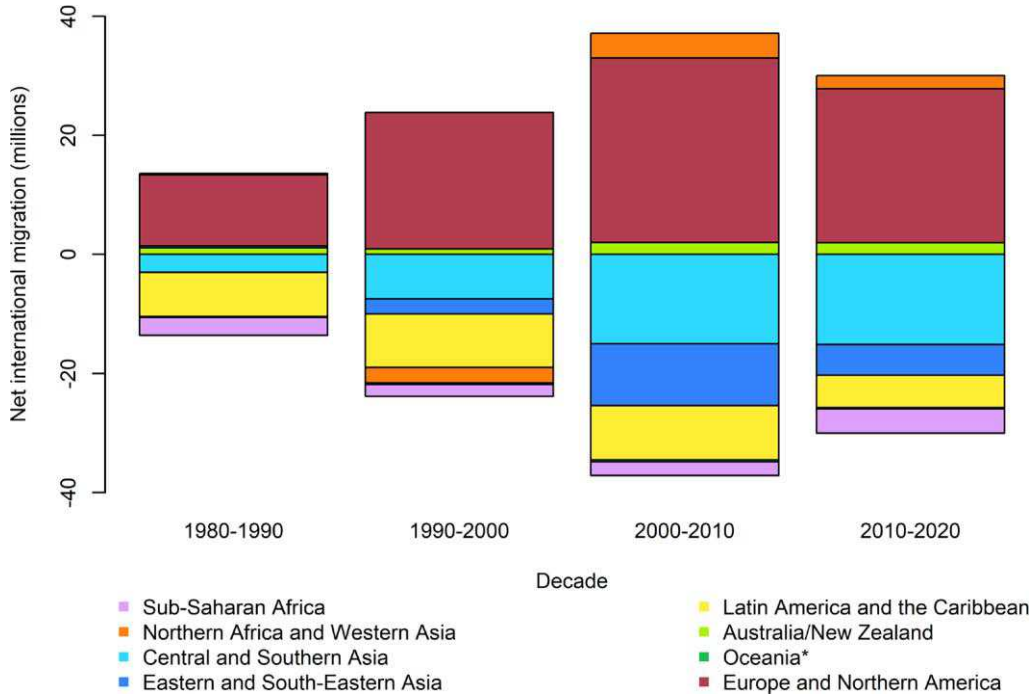
7. 净移徙包括包括难民在内的国际移徙者的流动。它反映了一段时间内移民人数减去移民人数，从而无法反映移民流量的总量。大多数国际移民发生在地理位置接近的彼此靠近的国家之间。因此，跨区域净移民的水平和趋势在很大程度上代表了世界上国际移民的总量。关于全球，区域和国家各级国际移民的估计数量，见：联合国（2017b）。

对大多数地区而言，2010 – 2020年国际移民造成的绝对人口增加或减少的幅度小于2000 – 2010年的前十年。与2000 – 2010年相比，2010 – 2020年向欧洲和北美洲的净移民减少了16%。对于北非和西亚，2010 – 2020年的净移民比2000 – 2010年减少了48%。同样，在拉丁美洲和加勒比地区，2010 – 2020年国际移民造成的人口净流失比2000 – 2010年减少了40%，而东亚和东南亚则从十年减少了一半。下一个。在八个地区中，只有撒哈拉以南非洲国际移民造成的人口净变化大幅增加：2010 – 2020年的净损失为410万，比2000 – 2010年的230万净损失高出76%。.

2010年至2020年期间，36个国家或地区的净流入总量超过20万移民;其中14个国家净流入在过去十年中超过100万人。所有14个国家都是世界银行2018年分类的高收入或中高收入国家（图24）。对于包括约旦，黎巴嫩和土耳其在内的一些主要接收国来说，大量国际移民流入主要是难民运动，特别是来自叙利亚。

据估计，2010年至2020年期间，有10个国家的移民净流出超过100万。其中许多国家由于移民造成的人口流失主要是临时工人流动，例如孟加拉国（净流出-4.2）。百万（2010-2020），尼泊尔（-180万）和菲律宾（-120万）。在其他国家，包括叙利亚（-750万），委内瑞拉（-370万）和缅甸（-130万），不安全，危机和冲突导致移民在过去十年中净流出。

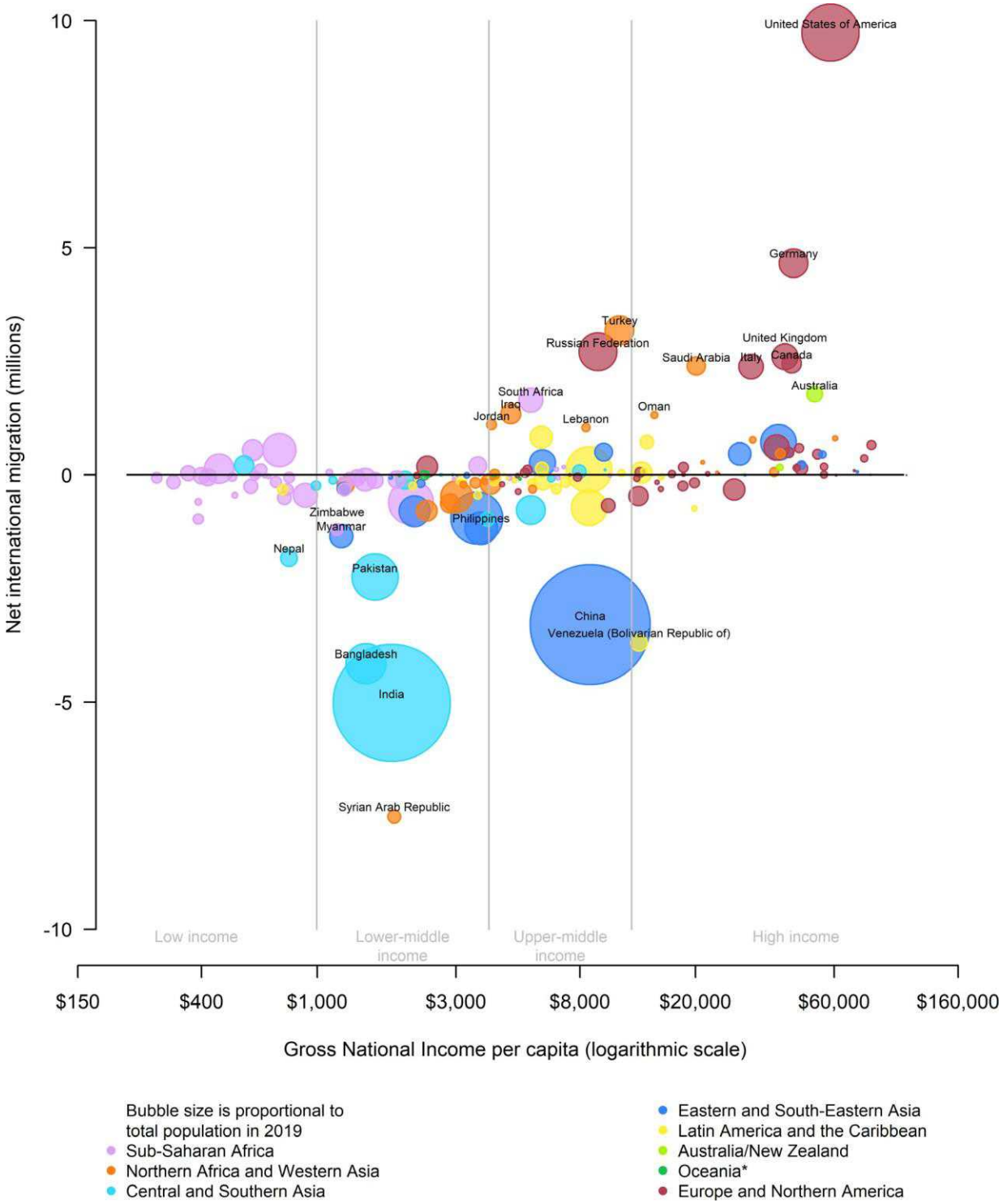
图23. 可持续发展目标区域，1980 – 1990年，1990 – 2000年，2000 – 2010年和2010 – 2020年的净国际移民



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。
*不包括澳大利亚和新西兰

图24. 2010 – 2020年期间的国际移民净额和人均年度国民总收入

移民净数最多的国家是高收入或中高收入国家



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口前景2019.国民总收入来自世界银行（2018年）。世界发展指标。人均GNI，Atlas方法。

*不包括澳大利亚和新西兰

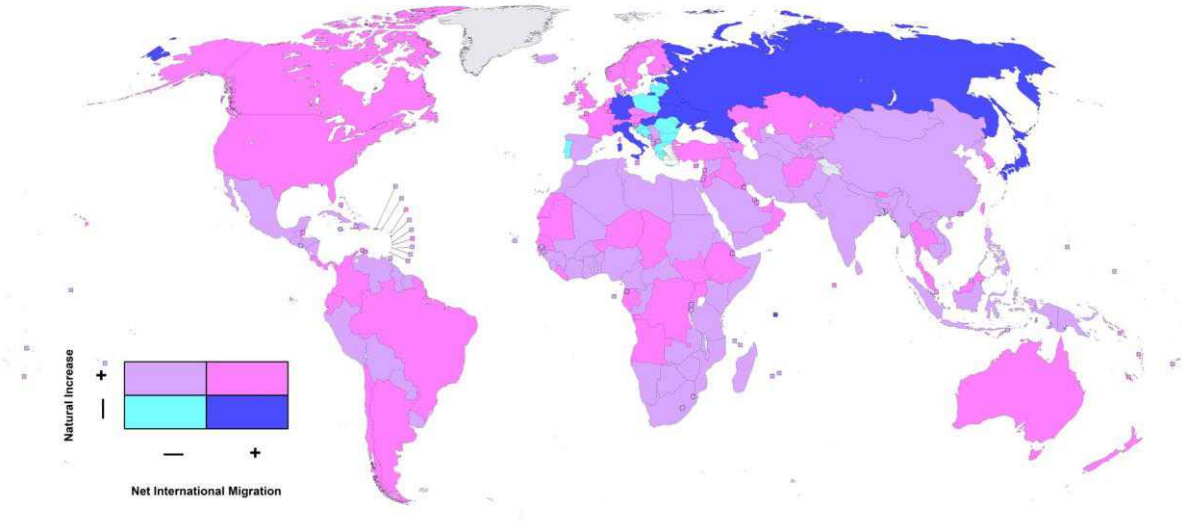
注：标记国家是2010 – 2020年国际移民净收益或损失超过100万的国家。

14. 国际移民可以减少死亡人数超过出生人数的国家人口规模的减少。

在2010-2020十年间，有九个国家的净移民人数（移民人数超过移民人数）抵消了自然增长的负面影响（死亡人数超过了出生人数）：白俄罗斯，爱沙尼亚，德国，匈牙利，意大利，日本，俄罗斯联邦，塞尔维亚和乌克兰（图25）。在九个国家中的四个国家（白俄罗斯，德国，意大利和俄罗斯联邦），净移民量足以抵消自然增长的负面影响，并在过去十年中维持人口的正增长。在其余五个国家，积极的净移民减缓了这一速度人口减少，但估计到2020年的人口仍然比2010年少。

相反，负净移民可能会加剧由于负面自然增长导致的人口规模减少。在2010 – 2020年期间，欧洲的10个国家经历了负面的自然增长和负净移民。其中包括波斯尼亚和黑塞哥维那，保加利亚，克罗地亚，希腊，波兰，葡萄牙，拉脱维亚，立陶宛，摩尔多瓦共和国和罗马尼亚。因此，十年来所有十个国家的人口规模都在减少，从摩尔多瓦共和国的减1%到立陶宛的减13%不等。

图25. 2010 – 2020年净国际移民（移民 – 移民）和自然增长（出生 – 死亡）的方向



数据来源：联合国经济和社会事务部人口司（2019年）。世界人口展望2019年。

在本地图上使用的名称和材料的提供并不意味着联合国秘书处就任何国家，领土，城市或地区或其当局的法律地位或有关的任何意见表达任何意见。边界或边界的划界。虚线大约代表印度和巴基斯坦商定的查谟和克什米尔的控制线。查谟和克什米尔的最终地位尚未得到各方的同意。苏丹共和国南苏丹共和国之间的最后边界尚未确定。阿根廷政府与大不列颠及北爱尔兰联合王国政府之间就福克兰群岛（马尔维纳斯群岛）的主权问题存在争议。


SUSTAINABLE DEVELOPMENT GOALS
1 NO POVERTY
2 ZERO HUNGER
3 GOOD HEALTH AND WELL-BEING
4 QUALITY EDUCATION
5 GENDER EQUALITY
6 CLEAN WATER AND SANITATION
7 AFFORDABLE AND CLEAN ENERGY
8 DECENT WORK AND ECONOMIC GROWTH
9 INDUSTRY, INNOVATION AND INFRASTRUCTURE
10 REDUCED INEQUALITIES
11 SUSTAINABLE CITIES AND COMMUNITIES
12 RESPONSIBLE CONSUMPTION AND PRODUCTION
13 CLIMATE ACTION
14 LIFE BELOW WATER
15 LIFE ON LAND
16 PEACE, JUSTICE AND STRONG INSTITUTIONS
17 PARTNERSHIPS FOR THE GOALS
SUSTAINABLE DEVELOPMENT GOALS

人口动态与可持续发展目标

15. 社会可以通过预测未来趋势并将这些信息纳入政府政策和规划来适应人口现实。

需要包容性的经济增长来支持不断增长的全球人口，2019年至2030年之间可能会增加8.35亿人，这是实现17个可持续发展目标的目标日期。许多增长最快的人口居住在世界上最贫穷的国家，人口增长正在给已经紧张的资源施加压力，并挑战旨在实现可持续发展目标并确保不让任何人掉队的政策。

撒哈拉以南非洲地区预计将在未来几十年内占世界人口增长的一半以上，预计在2020年至2050年之间出生的婴儿数量（近14亿）将超过1990年之间出生的婴儿数量。和2020年超过50%。出生人数迅速增加对努力扩大母亲和新生儿服务的国家构成了特别严重的挑战（可持续发展目标1,3和5）。

越来越多的婴儿预示着未来越来越多的学龄儿童和青少年和青少年。在47个最不发达国家，15至24岁的青少年和青年人数预计将从2019年的2.07亿增加到2050年的3.36亿。利用人口红利所带来的机会，关键取决于对健康和教育的投资（可持续发展目标3和4）即将加入劳动力队伍的年轻人，并确保他们成功融入劳动力市场，为所有人提供充分的生产性就业和体面的工作（可持续发展目标8）。

许多产妇死亡率最高和计划生育需求未得最大的国家继续经历增长

在育龄妇女人数。扩大获得避孕药具的计划必须与人口增长保持同步，以维持目前的保险水平。在所有国家和地区，实现性别平等和赋予妇女权力需要消除一切形式的暴力和对妇女的歧视（可持续发展目标5），促进女性教育（可持续发展目标4），并确保妇女能够获得安全有效的家庭手段。规划（可持续发展目标3），以及平等进入劳动力市场（可持续发展目标8），社会保障和政治进程（可持续发展目标8,5和16）。

65岁或以上的人构成了世界上增长最快的年龄组。事实上，所有国家都预计其人口中老年人比例会增加。各国需要制定人口老龄化计划，通过保护其人权和经济安全，确保获得适龄的医疗保健服务，终身学习机会以及正式和非正式支持网络，确保老年人的福祉（可持续发展目标1,3， 4,5,8,10和16）。

预计城市地区几乎可以吸收世界人口的所有未来增长（联合国，2018年）。快速的城市增长提供了一个重要的机会，但它也对实施雄心勃勃的城市发展议程提出了挑战，该议程旨在使城市和人类住区具有包容性，安全性，适应性和可持续性（可持续发展目标11）。

国际移徙可以成为一种变革力量，使数百万人摆脱贫困，并为原籍国和目的地国的可持续发展作出贡献。促进安全，有序和定期移徙，同时减少对非正常移徙的激励，是利用移徙的全部发展潜力的最佳方式（可持续发展目标8,10和16）。解决移徙的不利因素，例如贫穷，不安全和缺乏体面工作，

可以帮助让所有人都可以选择留在一个国家。

而人口规模，消费，技术和环境之间的关系是

远非简单的人口趋势突出了将人口动态纳入发展规划的重要性（可持续发展目标6, 7, 9, 12, 13, 14)
和15）。

方框3. 加强可持续发展的人口证据基础

人口数据对于发展规划和评估实现发展目标的进展至关重要。需要有关人口规模，增长，分布和特征以及出生，死亡和移徙的可靠和及时的数据。

至关重要的是加强国家收集，使用和传播通过人口动态统计系统和其他行政登记收集的人口数据的能力，以及人口普查和国家代表性调查。

在许多国家，民事登记和人口动态统计系统迫切需要加强，以提高此类数据的可用性，及时性和可靠性。民事登记系统为计算人口中生育率和死亡率水平的统计数据提供了首选数据，并用于跟踪人口规模的变化及其按年龄和性别的分布情况。按照可持续发展目标的要求，普遍登记出生和死亡也有助于确保所有人获得合法身份。

维护良好的集中式人口登记是获得人口估计的最可靠信息来源。特别是，它们提供了有关移徙的宝贵信息，包括国际移徙者的到达和离开。

通过人口普查收集的信息对于国家规划目的至关重要。为此，联合国建议各国政府承诺每十年至少进行一次人口普查（联合国，2017a）。人口普查涉及人口的完整列举，同时记录个人和家庭的基本特征。正在利用信息和通信技术的进步来提高人口普查数据的收集，处理和传播效率。

住户调查为评估可持续发展目标的进展提供了必要的信息，包括按个人主要特征分类的数据。将调查方案纳入国家统计系统有助于促进与其他数据来源的协同作用。联合国为收集，记录和传播此类数据提供了国际准则。

人口统计数据通常按性别和年龄分类，有时按收入，种族，民族，移民身份，残疾，地理位置和国家背景下的其他特征分类。开放数据政策有助于从人口普查，调查和其他来源传播个人数据，但也需要适当的保障措施，以确保机密性和保护隐私。地理参考数据为用户提供了指定次国家分析单位的最大灵活性。

通过确保计算和登记每一个出生和死亡，以及鼓励参加2020年人口普查，可以改善可持续发展的证据基础。

参考

联合国（1956年）。手册III。按性别和年龄分列的人口预测方法。联合国出版物，出售品编号56.XIII.3。

_____(2015).改变我们的世界：2030年可持续发展议程。2015年9月25日大会决议（A / RES / 70/1）。

_____(*2017a).人口和住房普查的原则和建议：修订3（ST / ESA / STAT / SER.M / 67 / Rev.3）*。

_____(2017b).国际移民股票趋势：2017年修订版（POP / DB / MIG / Stock / Rev.2017）。可在https://population.un.org/wpp/获取。

_____(2018).世界城市化前景：2018年修订：关键事实。可在https://population.un.org/wup/Publications/Files/WUP2018-KeyFacts.pdf 获取。

_____(2019).世界人口前景2019.可在https://population.un.org/wpp /获取。

世界银行（2018年）。世界发展指标。人均国民总收入。图集方法。华盛顿特区：世界银行集团。

2019年“世界人口前景”修订版是联合国官方人口估计和预测的第二十六版。它通过对历史人口趋势的分析得出了235个国家或地区从1950年到现在的人口估计数。该最新评估考虑了1950年至2018年间进行的1,690次全国人口普查的结果，以及来自生命登记系统和2,700次全国代表性抽样调查的信息。2019年修订版还提供了到2100年的人口预测，反映了全球，区域和国家层面的一系列合理结果。

ISBN 978-92-1-148316

United Nations | Department of Economic and Social Affairs

World Population Prospects 2019

Highlights

ST/ESA/SER.A/423

Department of Economic and Social Affairs
Population Division

World Population Prospects 2019

Highlights

United Nations
New York, 2019

The Department of Economic and Social Affairs of the United Nations Secretariat is a vital interface between global policies in the economic, social and environmental spheres and national action. The Department works in three main interlinked areas: (i) it compiles, generates and analyses a wide range of economic, social and environmental data and information on which States Members of the United Nations draw to review common problems and take stock of policy options; (ii) it facilitates the negotiations of Member States in many intergovernmental bodies on joint courses of action to address ongoing or emerging global challenges; and (iii) it advises interested Governments on the ways and means of translating policy frameworks developed in United Nations conferences and summits into programmes at the country level and, through technical assistance, helps build national capacities.

The Population Division of the Department of Economic and Social Affairs provides the international community with timely and accessible population data and analysis of population trends and development outcomes for all countries and areas of the world. To this end, the Division undertakes regular studies of population size and characteristics and of all three components of population change (fertility, mortality and migration). Founded in 1946, the Population Division provides substantive support on population and development issues to the United Nations General Assembly, the Economic and Social Council and the Commission on Population and Development. It also leads or participates in various interagency coordination mechanisms of the United Nations system. The work of the Division also contributes to strengthening the capacity of Member States to monitor population trends and to address current and emerging population issues.

Notes

The designations employed in this report and the material presented in it do not imply the expression of any opinions 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.

The term "country" as used in this report also refers, as appropriate, to territories or areas.

This report is available in electronic format on the Division's website at www.unpopulation.org. For further information about this report, please contact the Population Division, Department of Economic and Social Affairs, United Nations, Two United Nations Plaza, DC2-1950, New York, 10017, USA; phone: +1 212-963-3209; email: population@un.org.

Suggested citation:

United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019: Highlights* (ST/ESA/SER.A/423).

Official symbols of United Nations documents are composed of capital letters combined with numbers, as illustrated in the above citation.

Front cover photo credit: Unsplash/Mauro Mora

Back cover photo credit: UN Photo/Cia Pack

Published by the United Nations

Sales no.: E.19.XIII.4

ISBN: 978-92-1-148316-1

eISBN: 978-92-1-004235-2

What is *World Population Prospects 2019*?

People, and thus populations, are at the centre of sustainable development. Each of the four global demographic "megatrends"– population growth, population ageing, migration and urbanization – holds important implications for economic and social development and for environmental sustainability. Timely and accurate population estimates and projections allow Governments to anticipate future demographic trends and to incorporate that information into development policies and planning.

The 2019 revision of the *World Population Prospects* is the twenty-sixth edition of the United Nations population estimates and projections. It presents population estimates from 1950 to the present for 235 countries or areas, underpinned by analyses of historical demographic trends. This latest assessment considers the results of 1,690 national population censuses conducted between 1950 and 2018, as well as information from vital registration systems and from 2,700 nationally representative sample surveys. The 2019 revision also presents population projections to the year 2100 that reflect a range of plausible outcomes at the global, regional and country levels.

The population estimates and projections presented in the *World Population Prospects* describe two of the four demographic megatrends (population growth and ageing), as well as key trends in human fertility, mortality, and net international migration that are integral to sustainable development. Collectively, these data constitute a critical piece of the evidence base for monitoring global progress towards the achievement of the Sustainable Development Goals by 2030.

World Population Prospects 2019:

- Confirms that the world's population continues to grow, albeit at a slowing rate;
- Points to the challenges facing some countries and regions related to rapid population growth driven by high fertility;
- Notes that population size is decreasing in some countries due to sustained low fertility or emigration;
- Underscores the opportunities available to countries where a recent decline in fertility is creating demographic conditions favourable for accelerated economic growth;
- Highlights the unprecedented ageing of the world's population;
- Confirms the ongoing global increase in longevity and the narrowing gap between rich and poor countries, while also pointing to significant disparities in survival that persist across countries and regions;
- Describes how international migration has become an important determinant of population growth and change in some parts of the world.

Contents

Key findings from *World Population Prospects 2019*

While the global population is still growing, some countries are experiencing a decrease in their total population. Virtually all countries are experiencing population ageing.

1. The world's population continues to grow, albeit at a slower pace than at any time since 1950, owing to reduced levels of fertility. From an estimated 7.7 billion people worldwide in 2019, the medium-variant projection[1] indicates that the global population could grow to around 8.5 billion in 2030, 9.7 billion in 2050, and 10.9 billion in 2100.

2. With a projected addition of over one billion people, countries of sub-Saharan Africa could account for more than half of the growth of the world's population between 2019 and 2050, and the region's population is projected to continue growing through the end of the century. By contrast, populations in Eastern and South-Eastern Asia, Central and Southern Asia, Latin America and the Caribbean, and Europe and Northern America are projected to reach peak population size and to begin to decline before the end of this century.

3. Two-thirds of the projected growth of the global population through 2050 will be driven by current age structures and would occur even if childbearing in high-fertility countries today were to fall immediately to around two births per woman over a lifetime. This is true because the large population of children and youth in such countries will reach reproductive age over the next few decades and begin to have children of their own.

4. Continued rapid population growth presents challenges for sustainable development. The 47 least developed countries are among the world's fastest growing – many are projected to double in population between 2019 and 2050 – putting pressure on already strained resources and challenging policies that aim to achieve the Sustainable Development Goals and ensure that no one is left behind. For many countries or areas, including some Small Island Developing States, the challenges to achieving sustainable development are compounded by their vulnerability to climate change, climate variability and sea-level rise.

5. More than half of the projected increase in the global population up to 2050 will be concentrated in just nine countries: the Democratic Republic of the Congo, Egypt, Ethiopia, India, Indonesia, Nigeria, Pakistan, the United Republic of Tanzania, and the United States of America. Disparate population growth rates among the world's largest countries will re-order their ranking by size: for example, India is projected to surpass China as the world's most populous country around 2027.

6. The populations of 55 countries or areas are projected to decrease by one per cent or more between 2019 and 2050 because of sustained low levels of fertility, and, in some places, high rates of emigration. The largest relative reductions in population size over that period, with losses of around 20 per cent or more, are expected in Bulgaria, Latvia, Lithuania, Ukraine, and the Wallis and Futuna Islands.

7. In most of sub-Saharan Africa, as well as in parts of Asia, Latin America and the Caribbean, recent reductions in fertility mean that the population at working ages (25 to 64 years) is growing faster than in other age groups, providing an opportunity for accelerated economic growth known as the "demographic dividend".

8. In 2018, for the first time in history, persons aged 65 years or over worldwide outnumbered children under age five. Projections indicate that by 2050 there will be more than twice as many persons above 65 as children under five. By 2050, the number of persons aged 65 years or over globally will also surpass the number of adolescents and youth aged 15 to 24 years.

1. See page 5 for an assessment of the uncertainty associated with global population projections.

Trends in population size and age structure are shaped mostly by levels of fertility and mortality, which have declined almost universally around the globe. In some countries, international migration also has become an important determinant of population change.

9. Total fertility has fallen markedly over recent decades in many countries, such that today close to half of all people globally live in a country or area where lifetime fertility is below 2.1 live births per woman, which is roughly the level required for populations with low mortality to have a growth rate of zero in the long run. In 2019, fertility remains above this level, on average, in sub-Saharan Africa (4.6 live births per woman), Oceania excluding Australia and New Zealand (3.4), Northern Africa and Western Asia (2.9), and Central and Southern Asia (2.4).

10. Some countries, including several in sub-Saharan Africa and Latin America, continue to experience high levels of adolescent fertility, with potentially adverse health and social consequences for both the young women and their children. Between 2015 and 2020, an estimated 62 million babies will be born to mothers aged 15-19 years worldwide.

11. Life expectancy at birth for the world's population reached 72.6 years in 2019, an improvement of more than 8 years since 1990. Further improvements in survival are projected to result in an average length of life globally of around 77.1 years in 2050.

12. While considerable progress has been made towards closing the longevity differential between countries, the gaps remain wide. Life expectancy in the least developed countries lags 7.4 years behind the global average, due largely to persistently high levels of child and maternal mortality and, in some countries, to violence and conflicts or the continuing impact of the HIV epidemic.

13. In some parts of the world, international migration has become a major component of population change. Between 2010 and 2020, 36 countries or areas are experiencing a net inflow of more than 200 thousand migrants; in 14 of those, the total net inflow is expected to exceed 1 million people over the decade. For several of the top receiving countries, including Jordan, Lebanon and Turkey, large increases in the number of international migrants have been driven mostly by refugee movements, in particular from Syria.

14. It is estimated that ten countries are experiencing a net outflow of more than 1 million migrants between 2010 and 2020. For many of these, losses of population due to migration are dominated by temporary labour movements, such as for Bangladesh (net outflow of -4.2 million during 2010-2020), Nepal (-1.8 million) and the Philippines (-1.2 million). In others, including Syria (-7.5 million), Venezuela (-3.7 million), and Myanmar (-1.3 million), insecurity and conflict have driven the net outflow of migrants over the decade.

Societies can adapt to demographic realities by anticipating future trends and incorporating that information into policies and planning.

15. Countries where fertility levels remain high should prepare to meet the needs of growing numbers of children and young people. Countries where a decline in fertility is creating an opportunity for a demographic dividend need to invest in human capital by ensuring access to health care and education at all ages and opportunities for productive employment. Countries with ageing populations should take steps to adapt public programmes to the growing proportion of older persons. All countries should take steps to facilitate safe, orderly and regular migration for the benefit of all.

16. The quality of population estimates and projections hinges on the collection of reliable and timely demographic data, including through civil registration systems, population censuses, population registers, where they exist, and household surveys. The 2020 round of national population censuses, which is currently under way, will provide critical demographic information to inform development planning and to assess progress towards the achievement of the Sustainable Development Goals.

Introduction

Understanding global population trends and anticipating the demographic changes to come are crucial to the achievement of the 2030 Agenda for Sustainable Development. The 2030 Agenda emphasizes that people are at the centre of sustainable development, echoing the ideals set forth in the Programme of Action of the International Conference on Population and Development adopted in Cairo in 1994. Population trends observed over the past few decades point to substantial progress made towards several of the Sustainable Development Goals (SDGs) so far. Examples include reduced mortality, particularly among children, as well as increased access to sexual and reproductive health care and enhanced gender equality that have empowered women to decide freely and responsibly the number, spacing and timing of their children.

Recent demographic trends are harbingers of the future challenges to sustainable development. For example, countries experiencing rapid population growth, most of which are in sub-Saharan Africa, must provide schooling and health care to growing numbers of children, and ensure education and employment opportunities to increasing numbers of youth. Countries where population growth has slowed or stopped must prepare for an increasing proportion of older persons and, in some cases, decreasing population size. These and other challenges can be addressed in part by anticipating coming demographic trends and incorporating that information into policies and planning.

The United Nations population estimates and projections form a comprehensive set of demographic data to assess population trends at the global, regional and national levels. They are used in the calculation of many of the key development indicators commonly used by the United Nations system, including for more than one third of the indicators used to monitor progress towards the achievement of the SDGs. The 2019 revision of the *World Population Prospects* is the twenty-sixth edition of the United Nations population estimates and projections, which have been prepared since 1951 by the Population Division of the Department of Economic and Social Affairs. The 2019 revision presents population estimates from 1950 until the present for 235 countries or areas, which have been developed through country-specific analyses of historical demographic trends. It builds on previous revisions by incorporating additional results from the 2010 and 2020 rounds of national population censuses as well as information from vital registration and recent nationally representative household surveys. The 2019 revision also presents population projections to the year 2100 that reflect a range of plausible outcomes at the global, regional and country levels.

These *Highlights* summarise key population trends described by the estimates and projections presented in *World Population Prospects 2019*. This report is organized in three parts. The first describes trends in population size, growth and age structure. Part two discusses the demographic drivers of population change, that is, fertility, mortality and international migration. Part three considers the implications of population trends for the policies and planning needed to achieve the SDGs. Several boxes discuss selected issues related to the population estimates and projections, including the fertility trajectories that will determine future population growth (box 1), the data sources and methods that underpin the 2019 revision of the *World Population Prospects* (box 2), and the need to further strengthen the collection and use of demographic data for sustainable development (box 3).

Stepping it up on the streets of New York City, UN Women/Ryan Brown

Population size, growth and age structure

1. The world's population continues to grow, albeit at a slower pace than at any time since 1950 (figure 1).

The world's population reached 7.7 billion in mid-2019, having added one billion people since 2007 and two billion since 1994.

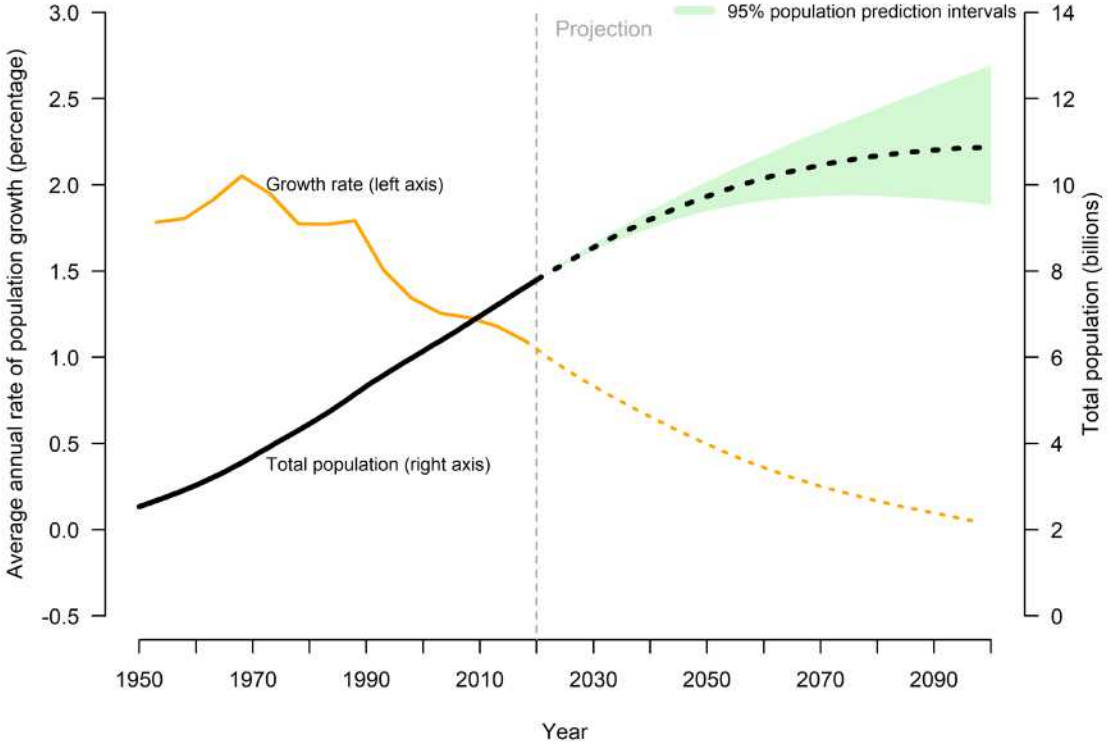
The growth rate of the world's population peaked in 1965-1970, when it was increasing by 2.1 per cent per year, on average. Since then, the pace of global population growth has slowed by half, falling below 1.1 per cent per year in 2015-2020, and it is projected to continue to slow through the end of this century.

The global population is expected to reach 8.5 billion in 2030, 9.7 billion in 2050 and 10.9 billion in 2100, according to the medium-variant projection, which assumes a decline of fertility for countries where large families are still prevalent, a slight increase of fertility in several countries where women have fewer than two live births on average over a lifetime, and continued reductions in mortality at all ages.

There is inherent uncertainty in population projections. At the global level that uncertainty depends on the range of plausible future trends in fertility, mortality and international migration, which have been assessed for each country or area using demographic and statistical methods. This analysis concludes that, with a certainty of 95 per cent, the size of the global population will stand between 8.5 and 8.6 billion in 2030, between 9.4 and 10.1 billion in 2050, and between 9.4 and 12.7 billion in 2100.

Figure 1. Population size and annual growth rate for the world: estimates, 1950-2020, and medium-variant projection with 95 per cent prediction intervals, 2020-2100

Population growth continues at the global level, but the rate of increase is slowing, and the world's population could cease to grow around the end of the century



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.

Thus, the size of the world's population is virtually certain to rise over the next few decades. Later in the century, although a continued increase of the global population is considered the most likely outcome, there is roughly a 27 per cent chance that the world's population could stabilize or even begin to decrease sometime before 2100.

2. Sub-Saharan Africa will account for most of the growth of the world's population over the coming decades, while several other regions will begin to experience decreasing population numbers.

Of the additional 2.0 billion people who may be added to the global population between 2019 and 2050, 1.05 billion (52 per cent) could be added in countries of sub-Saharan Africa. Another 25 per cent of global population growth is expected to be concentrated in Central and Southern Asia, which is projected to add 505 million people between 2019 and 2050.

Sub-Saharan Africa is projected to become the most populous of the eight geographic regions[2] (hereafter "regions" or "SDG regions") around 2062, surpassing both Eastern and South-Eastern Asia and Central and Southern Asia in size (figure 2).

While population growth in Northern Africa and Western Asia has been slower than in sub-Saharan Africa over recent decades, the region is also projected to continue to grow through the end of this century, adding 237 million people between 2019 and 2050 and another 170 million people between 2050 and 2100.

The world's two most populous regions in 2019 are Eastern and South-Eastern Asia, with 2.3 billion people, representing 30 per cent of the global population, and Central and Southern Asia, with 2.0 billion (26 per cent). Both regions, which experienced rapid population growth since

2. The regions referred to throughout this report are those used in *The Sustainable Development Goals Report* (https://unstats.un.org/sdgs/indicators/regional-groups/)

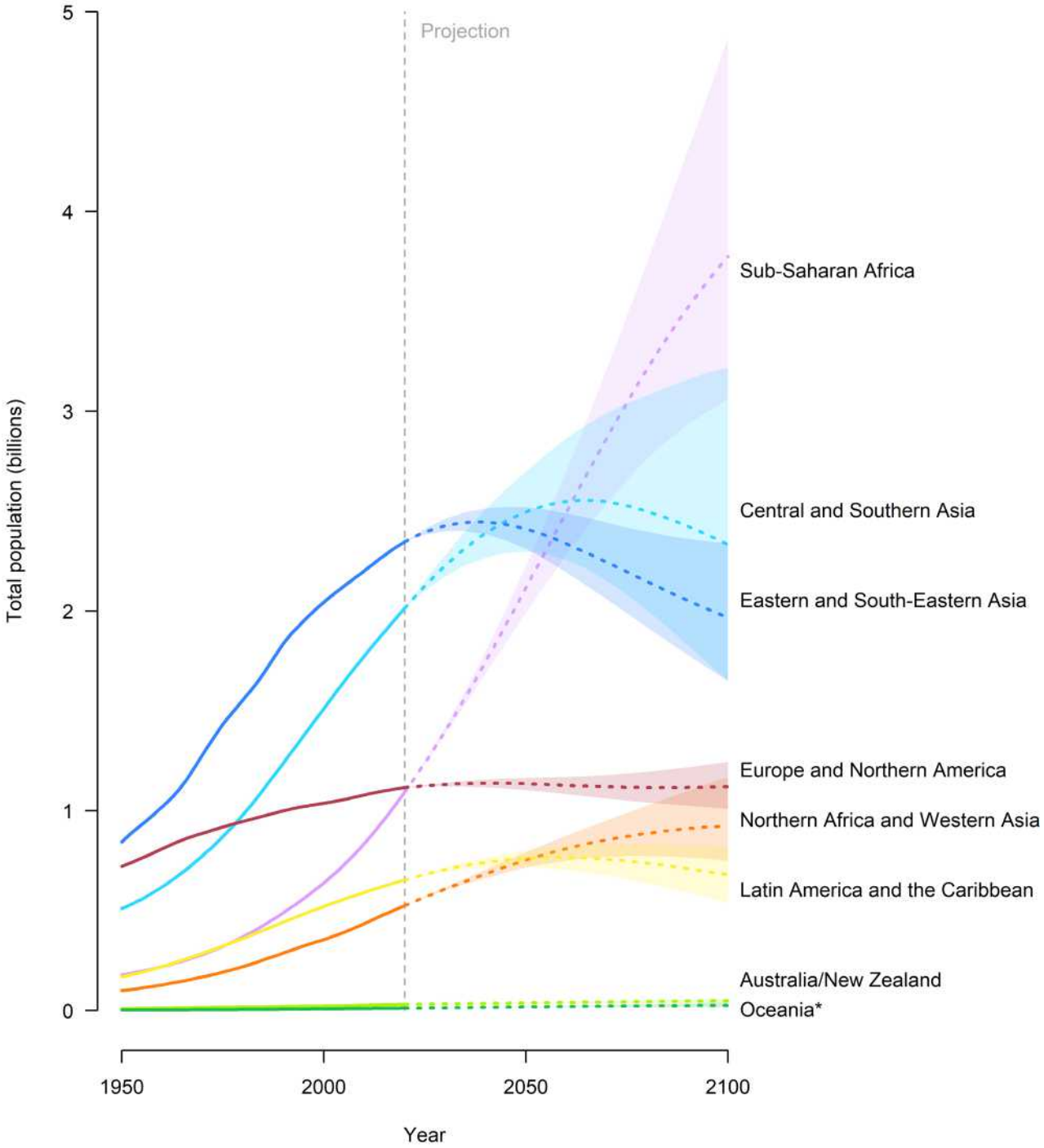
Table 1. Population of the world, SDG regions and selected groups of countries, 2019, 2030, 2050 and 2100, according to the medium-variant projection

	Population (millions)			
Region	2019	2030	2050	2100
World	**7 713**	**8 548**	**9 735**	**10 875**
Sub-Saharan Africa	1 066	1 400	2 118	3 775
Northern Africa and Western Asia	517	609	754	924
Central and Southern Asia	1 991	2 227	2 496	2 334
Eastern and South-Eastern Asia	2 335	2 427	2 411	1 967
Latin America and the Caribbean	648	706	762	680
Australia/New Zealand	30	33	38	49
Oceania*	12	15	19	26
Europe and Northern America	1 114	1 132	1 136	1 120
Least developed countries	1 033	1 314	1 877	3 047
Land-locked Developing Countries	521	659	926	1 406
Small Island Developing States	71	78	87	88

Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

Figure 2. Population by SDG region: estimates, 1950-2020, and medium-variant projection with 95 per cent prediction intervals, 2020-2100

Of the eight SDG regions, only sub-Saharan Africa is projected to sustain rapid population growth through the end of the century, according to the medium-variant projection



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

the mid-twentieth century, are expected to reach their peak population size in the coming decades. Eastern and South-eastern Asia is projected to reach a maximum population size of 2.4 billion around 2038 and Central and Southern Asia is projected to peak some 27 years later at under 2.6 billion around 2065.

The combined population of Europe and Northern America is stabilizing, having reached 1.11 billion in 2019 and, according to the medium variant, projected to grow slowly to just under 1.14 billion around 2042 and decline thereafter to about 1.12 billion at the end of the century.

The population of Latin America and the Caribbean, which more than tripled in size between 1950 and 2019, is projected to peak at just below 768 million around 2058 and decline thereafter to about 680 million in 2100.

The population of Oceania*[3] is projected to continue to grow through the end of the century. The total population of the region, excluding Australia and New Zealand, is expected to increase from just over 12 million in 2019 to 19 million in 2050 and 26 million in 2100. Australia and New Zealand, which are home to 30 million people in 2019, could see their population grow to 38 million in 2050 and 49 million in 2100, according to the medium-variant projection.

3. Two-thirds of the projected growth of the global population through 2050 will be driven by current age structures. It would occur even if childbearing in high-fertility countries today were to fall immediately to around two births per woman over a lifetime.

Globally, the generation of young people now entering their reproductive years is larger than their parents' generation. Thus, even if the global level of fertility were to fall immediately to around two births per woman, the number of births would still exceed the number of deaths for several decades, and the world's population would continue to grow.

The implication of the current population age structure for future population growth is called "population momentum" and can be assessed at the global level by projecting the population while assuming that (a) mortality rates remain constant at current levels; and (b) fertility instantly equals the replacement level associated with the current level of mortality.

A comparison of the projected size of the world's population according to the medium variant and the "momentum scenario" indicates that 68 per cent of global population growth between 2020 and 2050 is implied by the current population age structure (figure 3). That is, this growth would occur even if global fertility were to fall immediately to around two births per woman over a lifetime. The remaining 32 per cent of the growth projected by the medium variant is due to fertility above the level required to balance mortality, as well as improvements in survival, that are considered likely over that period. After 2050, the population size projected by the momentum scenario gradually levels off at around 9.3 billion, and the impact of the current age structure on projected growth between 2050 and 2100 is negligible.

This assessment of population momentum implies that over the short term, between 2020 and 2050, only a limited portion of world population growth can be influenced by policies that slow or accelerate fertility decline.

In regions where fertility has declined recently such that it is close to two births per woman over a lifetime, including Central and Southern Asia and Latin America and the Caribbean, virtually all of the projected population growth between now and 2050 will be driven by relatively youthful population age structures. By contrast, in regions where lifetime fertility remains well above two births per woman, such as sub-Saharan Africa and Oceania*, population momentum accounts for 42 and 58 per cent, respectively, of projected growth between 2019 and 2050. In these regions, future growth is additionally driven by levels of fertility above the level required to balance mortality and yield zero growth over the long run.

3 . Oceania* refers to Oceania excluding Australia and New Zealand, throughout this report.

Box 1. Future population growth is highly dependent on the path that future fertility will take

In the medium-variant projection, global fertility falls from just under 2.5 births per woman in 2019 to around 2.2 in 2050 and further to 1.9 in 2100. Underlying such projections for the world are implicit assumptions about ongoing progress in social and economic development, which will influence future fertility levels. Specifically, the medium variant assumes that fertility rates will continue to decline in current high-fertility countries and will increase slightly in countries where women on average are now having well under two live births in a lifetime.

How likely is continued fertility decline in high-fertility countries?

For countries with high levels of fertility, the projected decline built into the medium variant is based on a country's own fertility trend, informed as well by data on historical fertility transitions from all regions of the world, focusing on the period after the middle of the twentieth century when modern methods of contraception came into use. These transitions were driven by multiple factors of human development, including reductions in child mortality, increased levels of education in particular for women and girls, increased urbanization, expanded access to reproductive health-care services including for family planning, and women's empowerment and growing labour force participation. Thus, the medium variant implicitly assumes that high-fertility populations will experience development-related fertility decline similar to past transitions observed in countries that developed earlier.

The substantial reductions in fertility depicted in the medium variant seem likely to occur if there is continued progress in all facets of development noted above, especially in the least developed countries. Further improvements in access to family planning information and services will enable women and couples to achieve their desired family size, which is likely to continue falling with increased levels of development. If the international community does not follow through on its commitment to ensure that all men and women are informed and have access to safe, effective, affordable and acceptable methods of family planning of their choice, then future fertility declines may occur more slowly, and future population growth may be faster than what is depicted in the medium variant. Conversely, an accelerated expansion in access to family planning information and services could result in a more rapid fertility decline and a smaller global population in the future than projected under the medium variant.

Will very low fertility levels be sustained in current low-fertility countries?

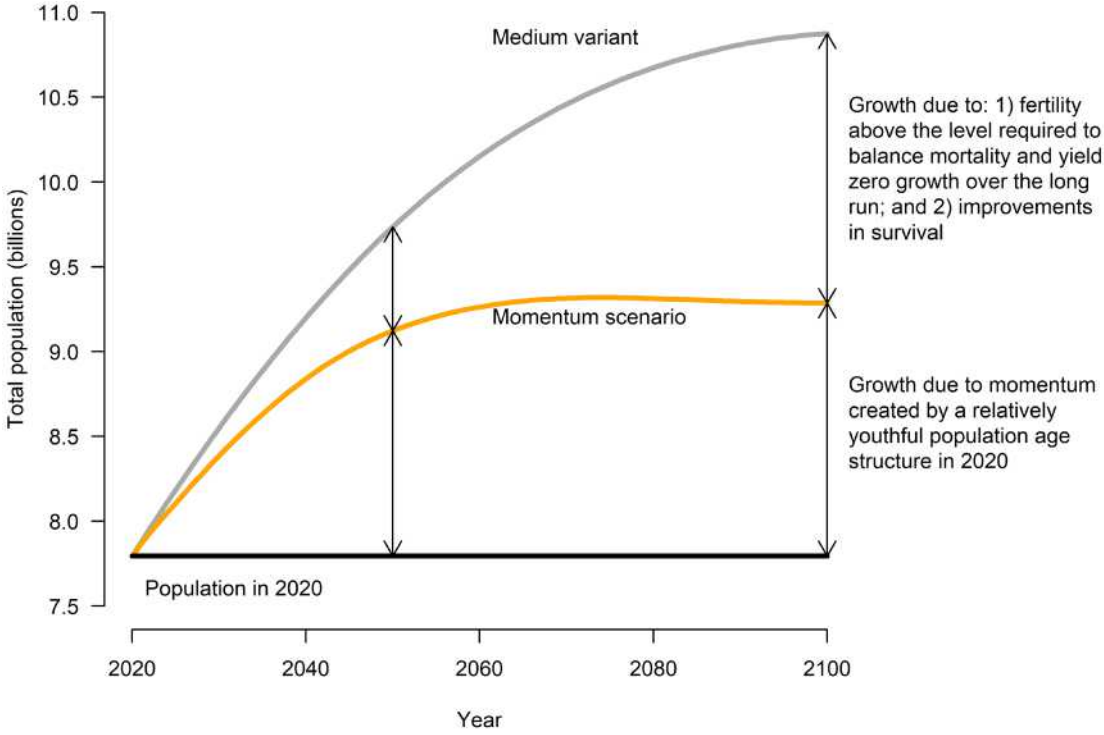
The transition from higher to lower levels of fertility has unfolded almost universally around the world over the past two centuries. By contrast, sustained periods of very low fertility, in a range of 1 to 1.5 births per woman over a lifetime, are without a comparable historical precedent to inform the assumptions underlying the medium-variant fertility projection for countries currently with very low levels of fertility.

Evidence from surveys of childbearing preferences indicate that even in populations with low or very low fertility for decades, women continue to express a desire for around two children on average. The myriad reasons for the gap between desired and completed fertility include such factors as an incompatibility between childrearing and the demands of higher education and career building, a lack of affordable high-quality child care, the decline of reproductive capacity at advanced maternal ages, and imbalanced gender roles for housework and child care.

The fact that fertility preferences remain close to two children per woman, even as realized fertility has fallen well below that level, suggests that the fertility rate in low-fertility countries may increase as populations learn to manage and mitigate some or all impeding factors. The trend in many countries towards gender equality and women's empowerment, as well as expanded access to sexual and reproductive health care and services, also indicates that it may become possible for more women and couples in current low-fertility countries to achieve their desired family size, eventually raising the average fertility levels. Given that a growing number of countries is expressing a desire to increase the fertility rate and that some have achieved this outcome, supported by government policies and programmes, a rebound in the fertility trend in current low-fertility countries seems the most plausible future trajectory over the long run.

Figure 3. Projected size of the world's population, medium variant and momentum scenario, 2020-2100

Most of the population growth that will occur between today and 2050 is driven by "population momentum" and would occur even if fertility rates in high-fertility countries were to fall immediately to around two children per woman over a lifetime



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.

4. Continued rapid population growth presents challenges for sustainable development.

The rate of population growth remains especially high in the group of 47 countries designated by the United Nations as least developed[4], including 32 countries in sub-Saharan Africa. With an average growth of 2.3 per cent annually from 2015 to 2020, the total population of the least developed countries (LDCs) as a group is growing 2.5 times faster than the total population of the rest of the world (figure 4). Although the growth rate of LDCs is projected to slow in the future, the population of this group of countries is projected to nearly double in size from 1 billion inhabitants in 2019 to 1.9 billion in 2050, and to increase further to 3.0 billion in 2100.

Between 2019 and 2050, the populations of 18 LDCs, all in sub-Saharan Africa, have a high probability of at least doubling in size, while in one country, Niger, the population is projected to nearly triple by 2050 (figure 5). Most of the LDCs that are expected to double in population size are the world's poorest countries, with gross national income (GNI) per capita below US$1,000.

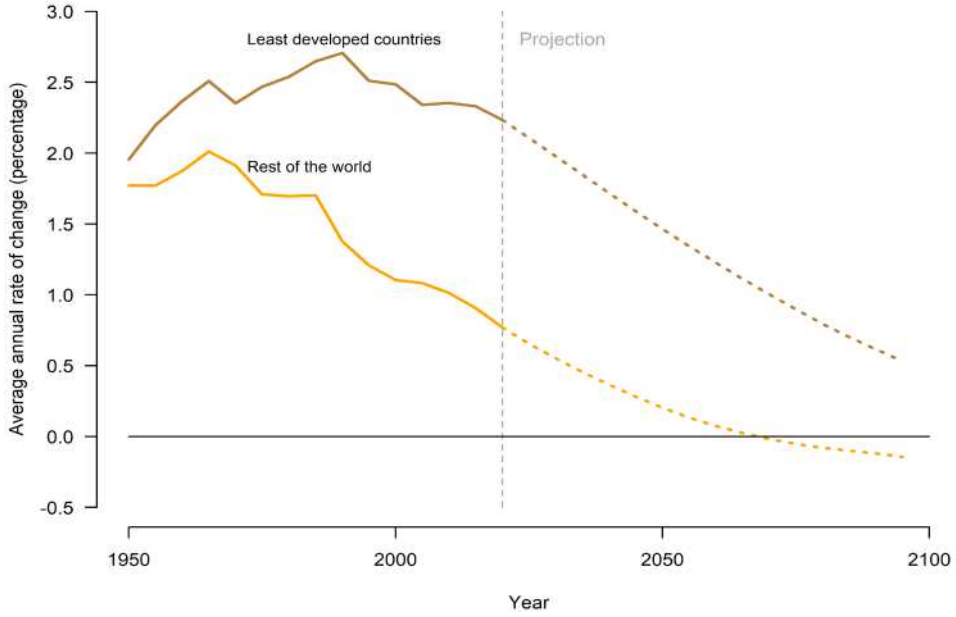
Several of the least developed countries that are experiencing rapid population growth are Small Island Developing States (SIDS)[5], such as Comoros, Guinea-Bissau, Sao Tome and Principe, the Solomon Islands and Vanuatu. For many SIDS, the challenges to achieving sustainable development are compounded by their vulnerability to climate change, climate variability and sea-level rise. The SIDS collectively are home to 71 million people in 2019. It is projected that this group of countries or areas will house 78 million people in 2030 and 87 million in 2050.

4. The group of least developed countries includes 47 countries: 32 in Sub-Saharan Africa, 2 in Northern Africa and Western Asia, 4 in Central and Southern Asia, 4 in Eastern and South-Eastern Asia, 1 in Latin America and the Caribbean, 4 in Oceania. Further information is available at http://unohrlls.org/about-ldcs/

5. The group of Small Island Developing States (SIDS) is composed of 58 countries or territories: 29 in the Caribbean, 20 in the Pacific and 9 in the Atlantic, Indian Ocean, Mediterranean and South China Sea (AIMS): Further information is available at http://unohrlls.org/about-sids/Figure

Figure 4. Estimated and projected annual rates of population growth for the 47 least developed countries and the rest of the world, 1950-2100, according to the medium-variant projection

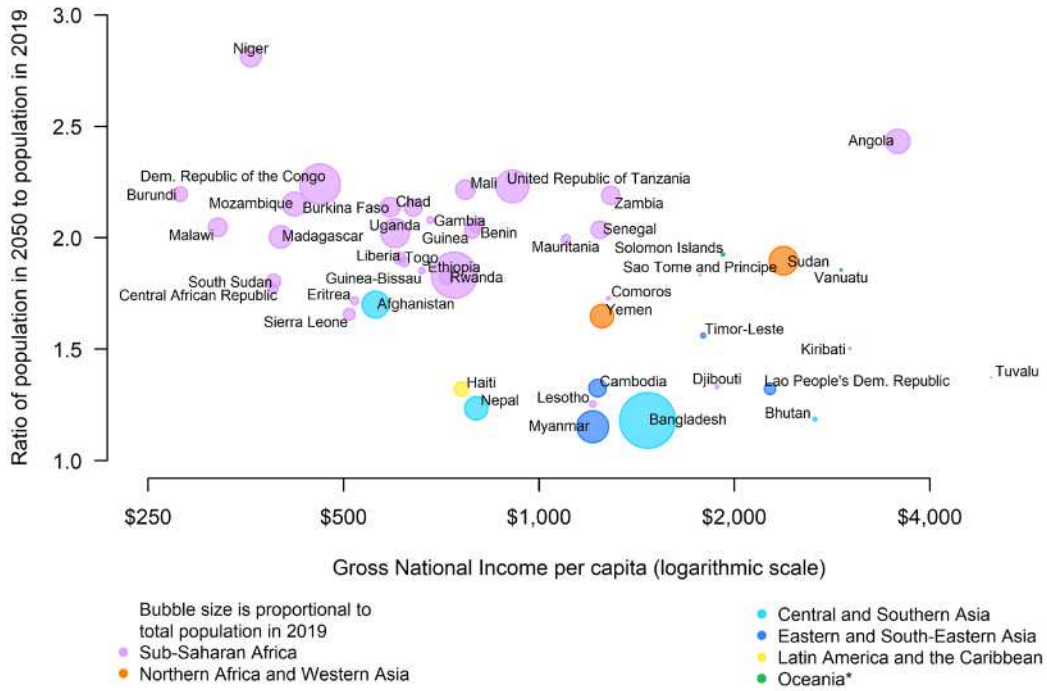
The total population of the least developed countries is growing at a rate that is 2.5 times faster than the growth rate of the total population of the rest of the world



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.

Figure 5. Ratio of medium-variant projection of population in 2050 to estimated population in 2019 and per capita annual gross national income of the least developed countries

Many of the least developed countries that are anticipating rapid population growth are also among the poorest, with per capita annual GNI below US$1,000



Data sources: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*. GNI is from World Bank (2018). *World Development Indicators. GNI per capita, Atlas method.*

* excluding Australia and New Zealand

5. Several of the world's largest countries will drive much of anticipated global population change.

More than half of the projected increase in the global population to 2050 will be concentrated in just nine countries. Ordered by the absolute increase in population, they are: India, Nigeria, Pakistan, Democratic Republic of the Congo, Ethiopia, the United Republic of Tanzania, Indonesia, Egypt and the United States of America (figure 6).

India is expected to add nearly 273 million people between 2019 and 2050, while the population of Nigeria is projected to grow by 200 million. Together, these two countries could account for 23 per cent of the global population increase to 2050.

Close to 1.5 billion of the 2.0 billion projected to be added to the world's population between 2019 and 2050 is expected to be concentrated in the 22 countries listed in figure 6.

Disparate population growth rates among the world's largest countries will re-order their ranking by population size (figure 7).

China, with 1.43 billion people in 2019, and India, with 1.37 billion, have long been the two most populous countries of the world, comprising 19 and 18 per cent, respectively, of the global total in 2019. They are followed by the United States of America, with 329 million in 2019, and Indonesia, with 271 million.

The populations of both Pakistan and Nigeria more than doubled in size between 1990 and 2019, with Pakistan moving up in rank from the 8th to the 5th position and Nigeria from the 10th to the 7th position.

Current projections indicate that India will surpass China as the world's most populous country around 2027.

After this re-ordering between 2019 and 2050, the ranking of the five largest countries is projected to be preserved through the end of the century, when India could remain the world's most populous country with nearly 1.5 billion inhabitants, followed by China with just under 1.1 billion, Nigeria with 733 million, the United States with 434 million, and Pakistan with 403 million inhabitants.

6. A growing number of countries are experiencing a decrease in population size. This is due to sustained low levels of fertility and, in some places, high rates of emigration.

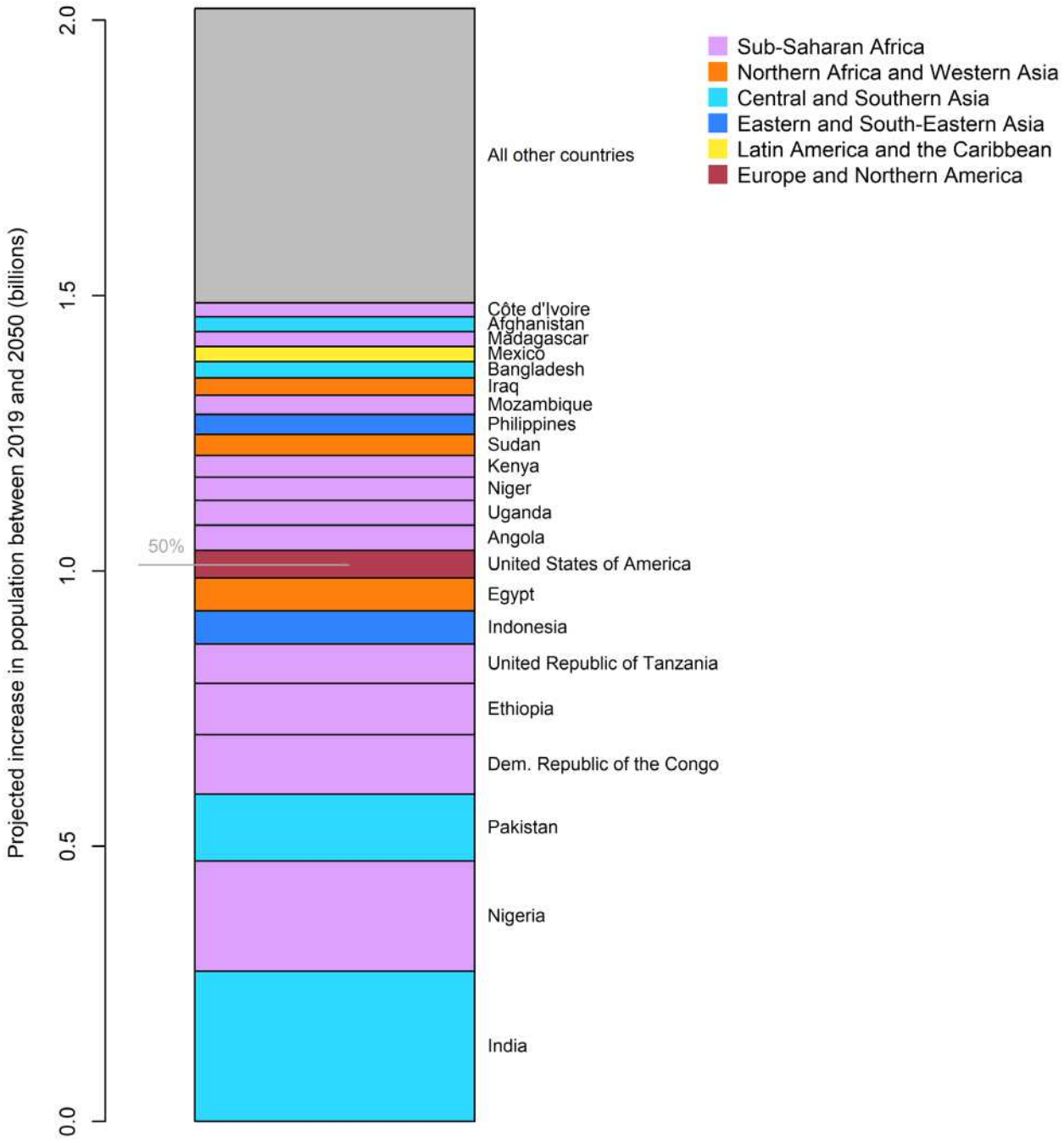
In total, 27 countries or areas have experienced population decrease of at least one per cent since 2010 (figure 8). The largest decline was observed in the Syrian Arab Republic, where the population in 2019 is 20 per cent smaller than in 2010, due to the outflow of refugees and heightened mortality risks associated with the conflict there. Already high rates of emigration from Puerto Rico increased further in the wake of Hurricane Maria in 2017 and, as a result, the island's population decreased by 18 per cent between 2010 and 2019. Another eight countries or areas also experienced population decrease of more than five per cent since 2010: Andorra, Bosnia and Herzegovina, Bulgaria, Latvia, Lithuania, Romania, Saint Pierre and Miquelon, and Wallis and Futuna Islands.

In 14 of the 27 countries or areas where the population declined by at least one per cent between 2010 and 2019, the rate of natural increase was negative over that period, that is, the number of deaths exceeded the number of births. Examples include Japan, which recorded 2.6 million more deaths than births from 2010 to 2019, and Ukraine, where deaths exceeded births by close to 2.3 million over that period. In 23 of the 27 countries or areas where the population declined between 2010 and 2019, more people left the country than arrived, that is, net international migration was negative.

Between 2019 and 2050, 55 countries or areas are expected to see their populations decrease by at least one per cent (figure 9). In the largest of these, China, the population is projected to shrink by 31.4 million, or 2.2 per cent. As a proportion of the total population, the largest projected declines are for Lithuania and Bulgaria, where the projected population in 2050 will be 23 per cent smaller than in 2019, followed by Latvia (22 per cent), the Wallis and Futuna Islands (20 per cent), and Ukraine (20 per cent). Another 21 countries are projected to experience population decrease of between 10 and 20 per cent between 2019 and 2050, many of which are located in Eastern Europe or the Caribbean. For 47 of the 55 countries with a projected population in 2050 that is at least one per cent smaller than in

Figure 6. Countries ranked by their contribution to projected global population growth between 2019 and 2050, according to the medium-variant projection

Twenty-two countries will account for around 1.5 billion of the total 2.0 billion people expected to be added to the world between 2019 and 2050



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.

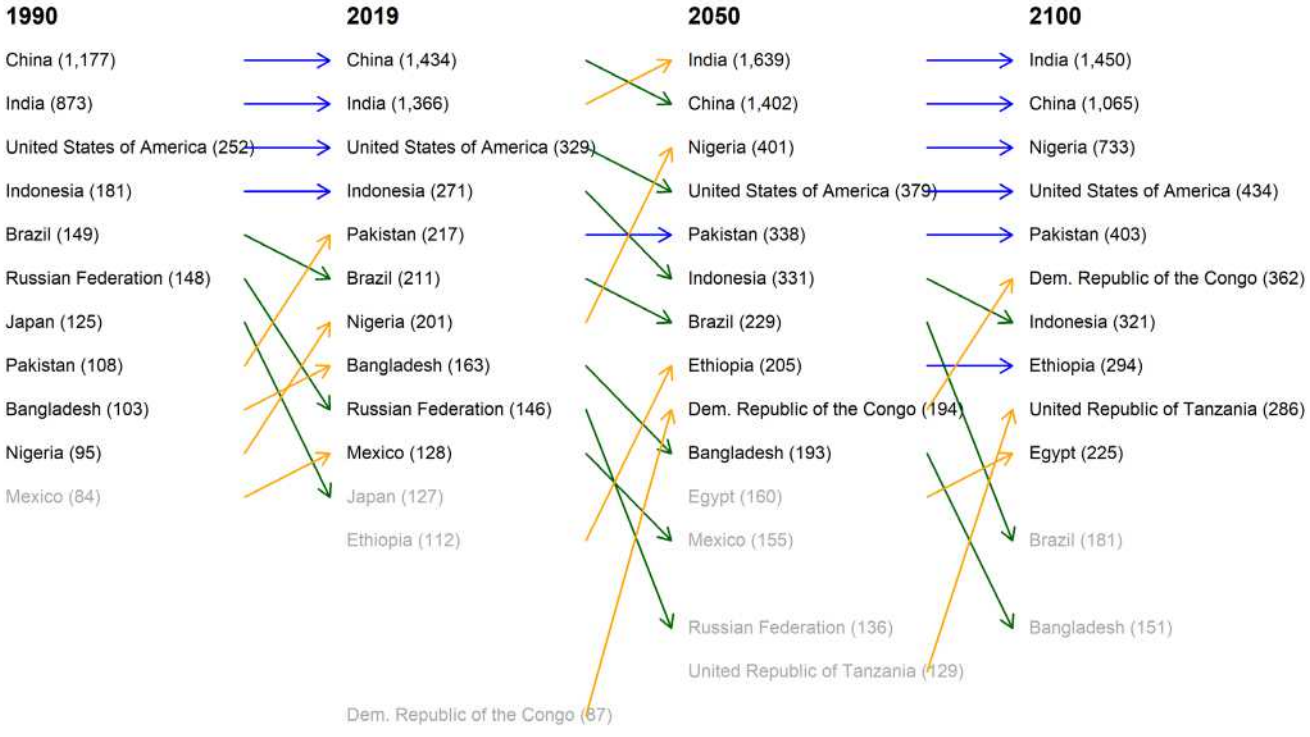
2019, the projected number of deaths exceeds the projected number of births over that period. For 31 of the 55 countries, projected net international migration during 2020-2050 is negative.

7. In some parts of the world, populations are still relatively young. In some countries, the number of people in the working ages is growing faster than in other age groups, creating a window of opportunity for rapid economic growth known as the "demographic dividend".

Although the populations of all countries are expected to grow older within the foreseeable future, populations will remain relatively young, at least for the short-term, in regions where fertility is still high. In sub-Saharan Africa, for example, 62 per cent of the population is below age 25 in 2019 (figure 10). This percentage is expected to fall only slightly to 59 per cent in 2030 and to decline further to around 52 per cent in 2050.

In most of sub-Saharan Africa, as well as in Oceania* and parts of Asia, Latin America and the Caribbean, the working-age population (25 to 64 years) is growing faster than other age groups (figure 11). These conditions can yield an opportunity for accelerated economic growth known as the "demographic dividend". The percentage of the population that is aged 25 to 64 years in sub-Saharan Africa is projected to rise for several decades, from 35 per cent in 2019 to 43 per cent in 2050 and to 50 per cent in 2100. In Latin America and the Caribbean, the window of time for an increasing proportion of the population at working ages will be shorter, with a peak around 2039, while in Central

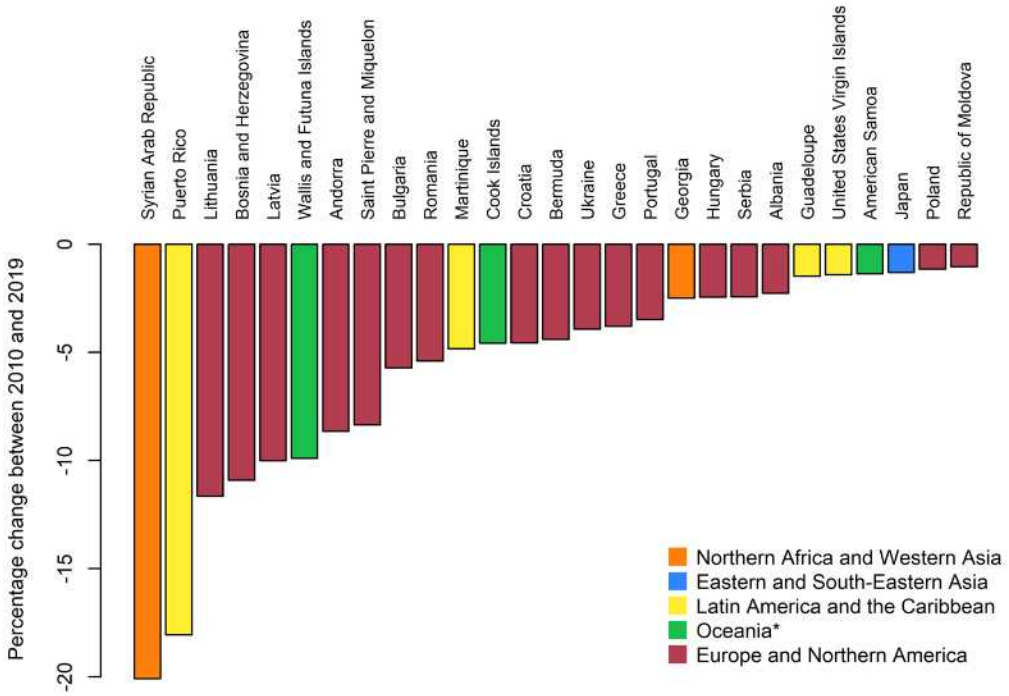
Figure 7. Rankings of the world's ten most populous countries, 1990 and 2019, and medium-variant projection, 2050 and 2100 (numbers in parentheses refer to total population in millions)



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.

Figure 8. Countries and areas where population decreased by at least one per cent between 2010 and 2019

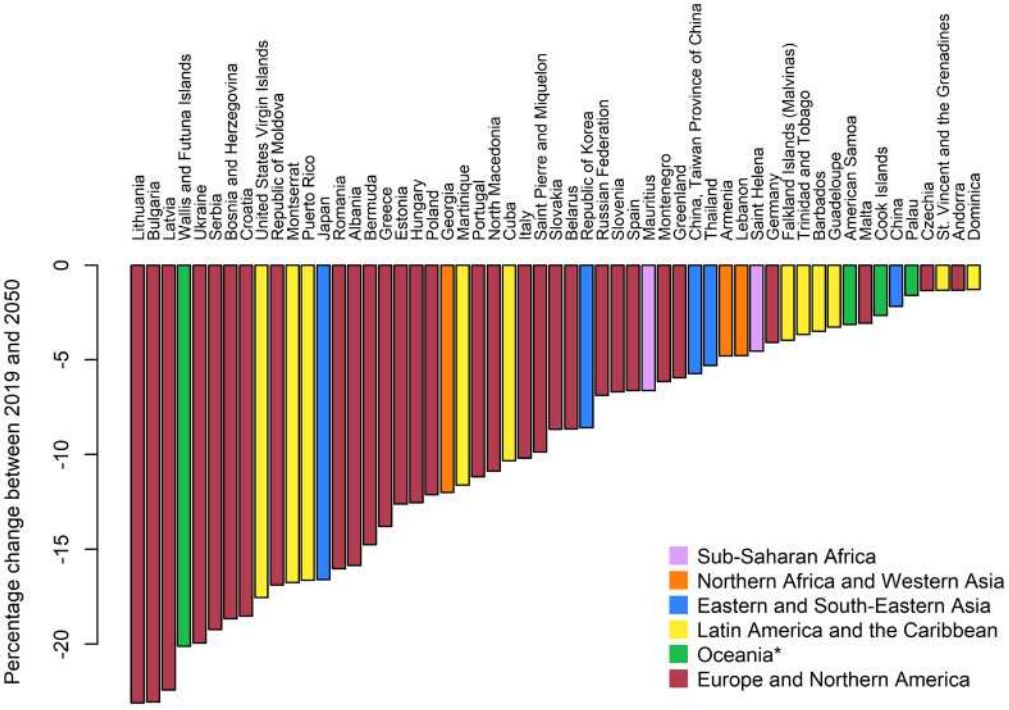
Twenty-seven countries or areas have experienced population decrease of at least one per cent since 2010



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

Figure 9. Countries and areas where population is projected to decrease by at least one per cent between 2019 and 2050 according to the medium-variant projection

Fifty-five countries or areas are expected to see their populations decrease by at least one per cent between 2019 and 2050



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

and Southern Asia the proportion aged 25 to 64 is expected to peak around 2047.

Of the eight SDG regions, the proportion of the population of working age is highest in Eastern and South-Eastern Asia, where 56 per cent are aged 25 to 64 years in 2019. This age group accounts for more than half of the population in Europe, Northern America and Australia/New Zealand as well. However, as a result of population ageing the projections indicate that by 2050 the proportion aged 25 to 64 years will fall below 50 per cent in each of these regions.

8. Historically low levels of fertility combined with increased longevity ensure that populations in virtually all countries and areas are growing older.

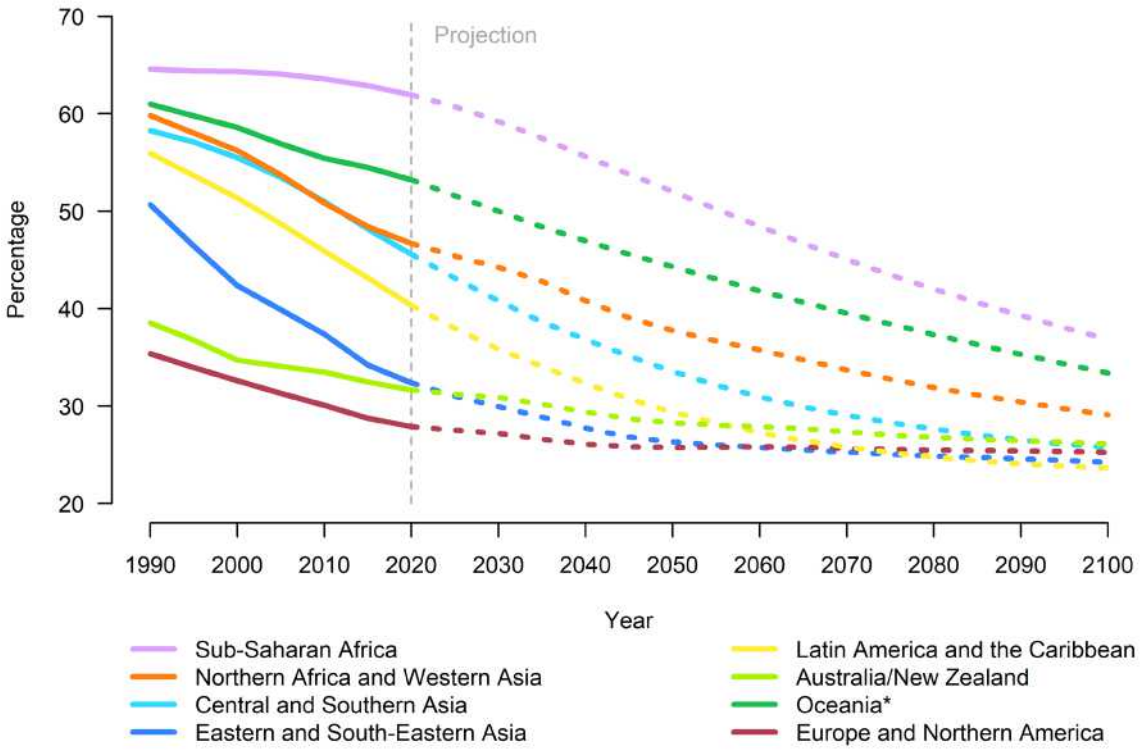
In 2018, for the first time in human history, persons aged 65 years or over outnumbered children under five years of age worldwide (figure 12). Between 2019 and 2050, the number of persons aged 65 or over globally is projected to more than double, while the number of children under five is projected to remain relatively unchanged. Consequently, the projections indicate that in 2050 there will be more than twice as many older persons as children under five. Moreover, it is expected that in 2050 the 1.5 billion people aged 65 years or over worldwide will outnumber adolescents and youth aged 15 to 24 years (1.3 billion).

Whereas the overall numbers of males and females globally are about equal, women outnumber men at older ages owing to their longer average life expectancy. In 2019, women comprise 55 per cent of those aged 65 years or over and 61 per cent of those aged 80 years or over globally.

All 201 countries or areas with at least 90,000 inhabitants in 2019 are projected to see an increase

Figure 10. Estimated and projected percentage of population under 25 years of age by SDG region, 1990-2100, according to the medium-variant projection

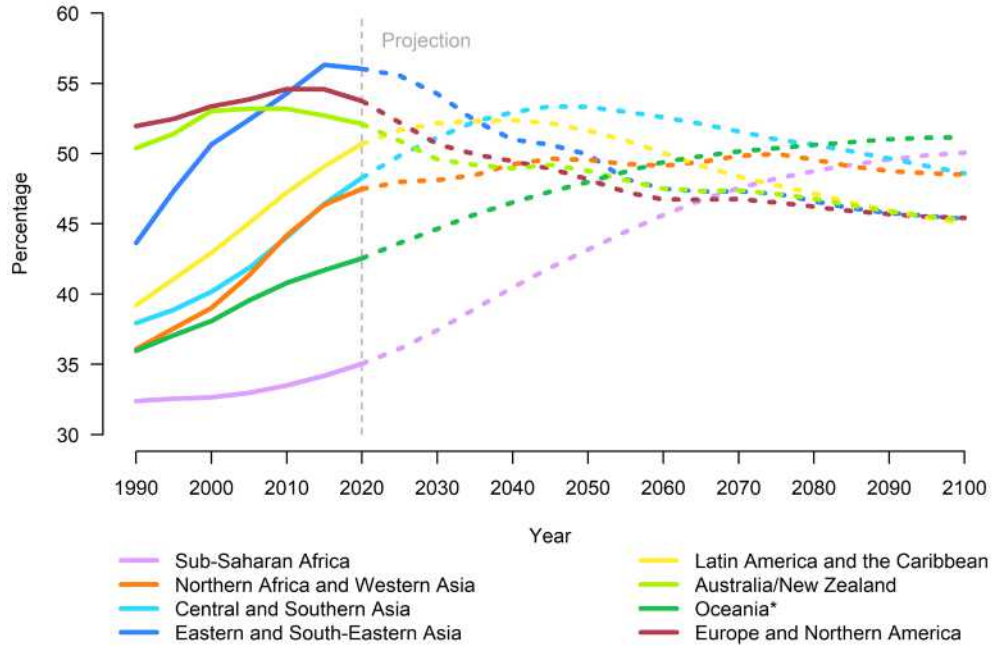
The share of the population under age 25 is declining in each of the eight SDG regions



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

Figure 11. Estimated and projected percentage of population aged 25-64 years by SDG region, 1990-2100, according to the medium-variant projection

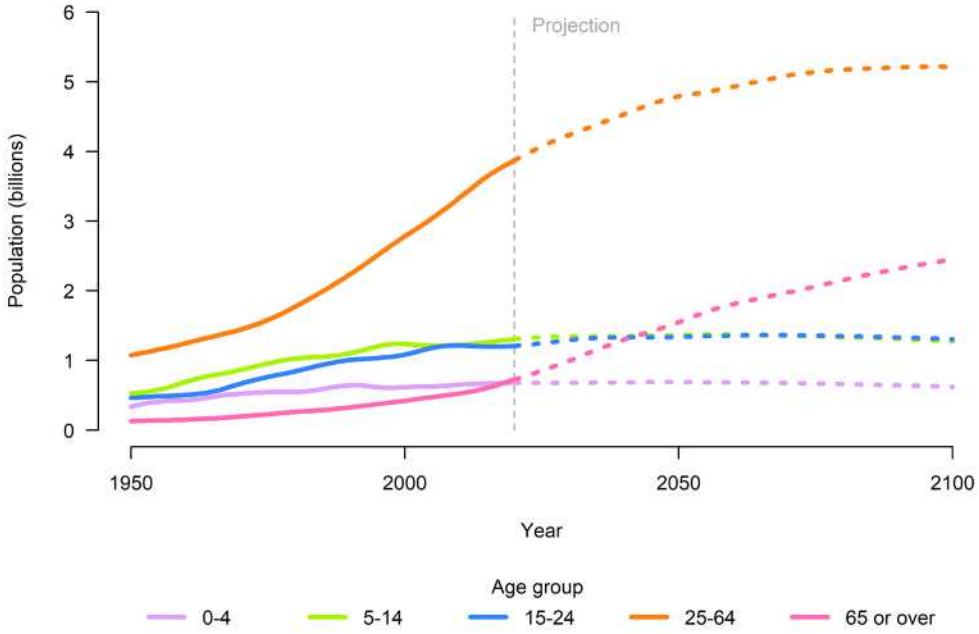
An increasing proportion of population in the working ages is presenting an opportunity for a demographic dividend in some parts of the world



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

Figure 12. Estimated and projected global population by broad age group, 1950-2100, according to the medium-variant projection

Persons aged 65 years or over make up the fastest-growing age group



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

in the proportion of persons aged 65 or over between 2019 and 2050. At the global level in 2019, approximately nine per cent of people are aged 65 or over (table 2). The proportion of older persons in the world is projected to reach nearly 12 per cent in 2030, 16 per cent in 2050 and it could reach nearly 23 per cent by 2100. Europe and Northern America have the most aged population in 2019, with 18 per cent aged 65 or over, followed by Australia/New Zealand (16 per cent). Both regions are continuing to age further. Projections indicate that by 2050 one in every four persons in Europe and Northern America could be aged 65 years or over.

Populations in other regions are also projected to age significantly over the next several decades. For Latin America and the Caribbean, the share of the population aged 65 years or over could increase from 9 per cent in 2019 to 19 per cent in 2050. Similarly, the proportion aged 65 or over in Eastern and South-Eastern Asia is expected to increase from 11 per cent in 2019 to 24 per cent in 2050. Sub-Saharan Africa, which has the youngest age distribution of the eight SDG regions, is also projected to experience population ageing over the coming decades, but to a much lesser extent, with the percentage of the population aged 65 or over rising from three per cent in 2019 to around five per cent in 2050.

The number of people above age 80 years is growing even faster than the number above age 65. In 1990 there were just 54 million people aged 80 or over in the world, a number that nearly tripled to 143 million in 2019. Globally, the number of persons aged 80 or over is projected to nearly triple again to 426 million in 2050 and to increase further to 881 million in 2100. In 2019, 38 per cent of all persons aged 80 or over reside in Europe and Northern America, a share that is expected to decline to 26 per cent in 2050 and to 17 per cent in 2100 as the older populations of other regions continue to increase in size.

Population ageing will have a profound effect on the potential support ratio, defined here as the number

Table 2. Percentage of population aged 65 years or over for the world, SDG regions and selected groups of countries, 2019, 2030, 2050 and 2100, according to the medium-variant projection

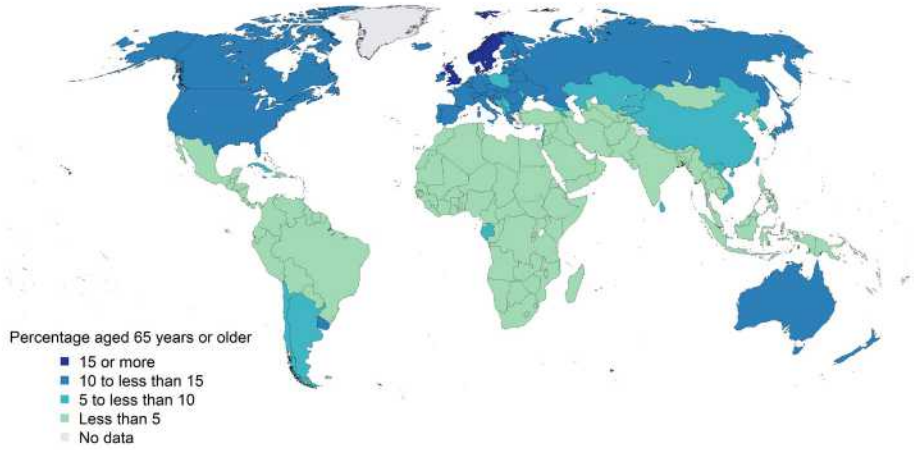
Region	2019	2030	2050	2100
World	**9.1**	**11.7**	**15.9**	**22.6**
Sub-Saharan Africa	3.0	3.3	4.8	13.0
Northern Africa and Western Asia	5.7	7.6	12.7	22.4
Central and Southern Asia	6.0	8.0	13.1	25.7
Eastern and South-Eastern Asia	11.2	15.8	23.7	30.4
Latin America and the Caribbean	8.7	12.0	19.0	31.3
Australia/New Zealand	15.9	19.5	22.9	28.6
Oceania*	4.2	5.3	7.7	15.4
Europe and Northern America	18.0	22.1	26.1	29.3
Least developed countries	3.6	4.2	6.4	15.3
Land-locked Developing Countries (LLDC)	3.7	4.5	6.4	16.8
Small Island Developing States (SIDS)	8.7	11.9	16.1	23.7

Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019.*
* excluding Australia and New Zealand

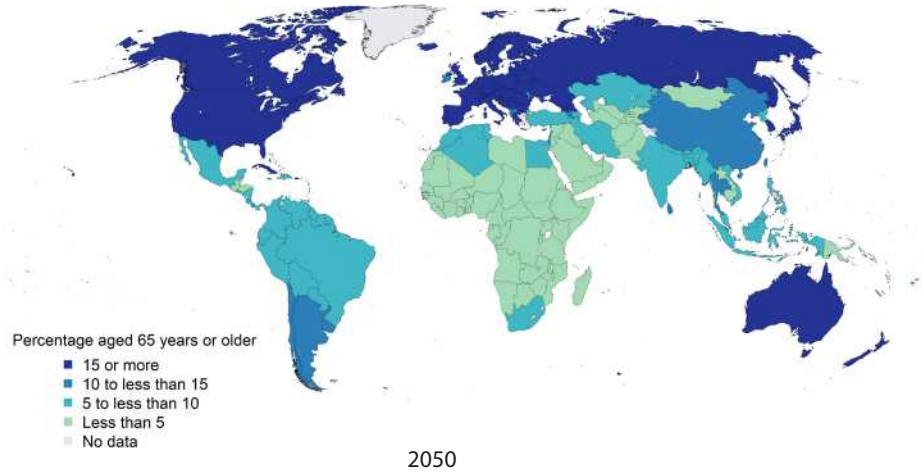
Figure 13. Percentage of population aged 65 years or over in 1990, 2019 and 2050, according to the medium-variant projection

Virtually all countries and areas are experiencing population ageing

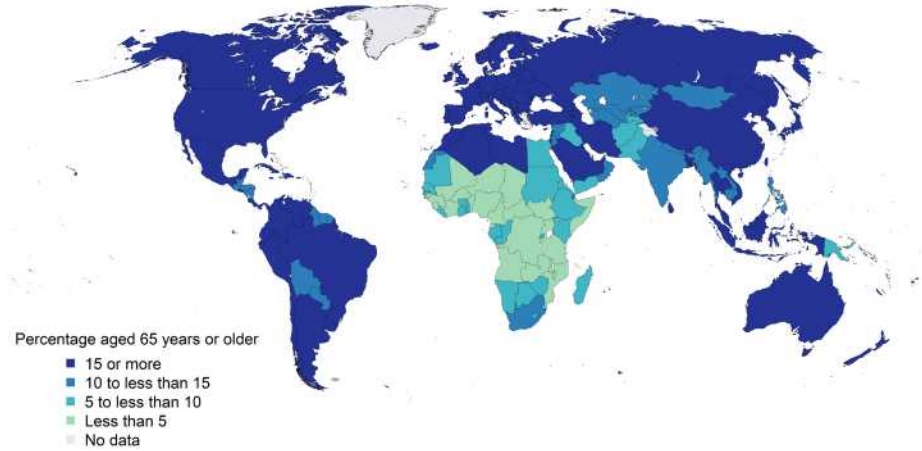
1950



2019



2050



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.

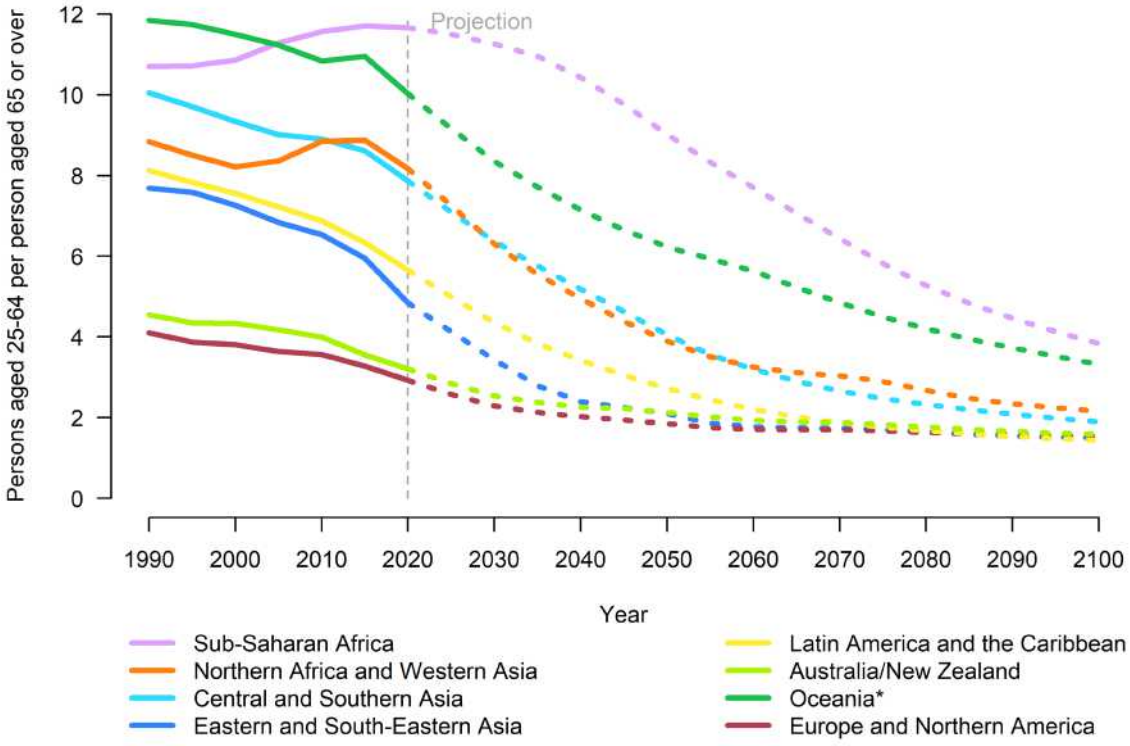
The designations employed and the presentation of material on this map do not imply the expression of any opinion whatsoever on the part of the Secretariat of the United Nations concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted line represents approximately the Line of Control in Jammu and Kashmir agreed upon by India and Pakistan. The final status of Jammu and Kashmir has not yet been agreed upon by the parties. Final boundary between the Republic of Sudan the Republic of South Sudan has not yet been determined. A dispute exists between the Governments of Argentina and the United Kingdom of Great Britain and Northern Ireland concerning sovereignty over the Falkland Islands (Malvinas).

of people of working age (25 to 64 years) per person aged 65 years or over. In 2019, sub-Saharan Africa has 11.7 persons aged 25 to 64 for each person aged 65 or over. This ratio is 10.2 for Oceania*, 8.3 for Northern Africa and Western Asia, 8.0 for Central and Southern Asia, 5.8 for Latin America and the Caribbean, 5.0 for Eastern and South-Eastern Asia, 3.3 for Australia and New Zealand, and 3.0 for Europe and Northern America. At 1.8, Japan in 2019 has the lowest potential support ratio of all countries or areas with at least 90,000 inhabitants. An additional 29 other countries or areas, mostly in Europe and the Caribbean, have potential support ratios below three.

By 2050, 48 countries, mostly in Europe, Northern America, Eastern Asia or South-Eastern Asia, are expected to have potential support ratios below two. These low values underscore the potential impact of population ageing on the labour market and economic performance as well as the fiscal pressures that many countries are likely to face in the coming decades in relation to public systems of health care, pensions and social protection schemes for older persons.

Figure 14. Estimated and projected potential support ratio by SDG region, 1990-2100, according to the medium-variant projection

Population ageing leads to a decline in the potential support ratio, which describes the number of working-age persons relative to the number of older persons in the population



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

Box 2. Data sources and methods

With each successive revision of the *World Population Prospects*, the Population Division of the United Nations estimates historical demographic trends for the period from 1950 to the present and projects future population trends out to 2100. The estimates are based on all available sources of data on population size and levels of fertility, mortality and international migration for 235 distinct countries or areas comprising the total population of the world.

A description of the empirical data that inform the latest set of estimates is available on the *World Population Prospects* web page (https://population.un.org/wpp/) under 'Data sources.' In total, the 2019 revision is based on information from:

- 1,690 population and housing censuses for 235 countries or areas, including 236 censuses conducted since 2010;
- vital registration of births and deaths from 163 countries or areas;
- 2,700 surveys, including demographic and health surveys, conducted in 235 countries or areas, among which 540 were administered in 2010 or later;
- official statistics reported to the Demographic Yearbook of the United Nations;
- population registers and other administrative sources on international migration statistics.

In addition to the national data sources described above, the 2019 revision has considered international estimates from the following sources:

- refugee statistics from the Office of the United Nations High Commissioner for Refugees (UNHCR);
- estimated time series of adult HIV prevalence and coverage of antiretroviral treatment from the Joint United Nations Programme on HIV/AIDS (UNAIDS);
- estimated time series of infant and under-five mortality from the United Nations Inter-agency Group for Child Mortality Estimation (UN-IGME);
- estimates of international migration flows and stocks of foreign-born persons from the United Nations;
- various other series of international estimates produced by international and regional organizations, and academic research institutions†.

These data sources served to reconstruct population changes in each country or area from 1950 until the present. In doing so, the Population Division used the cohort-component method (United Nations, 1956) to ensure internal consistency by age and sex and over time, and between the three demographic components of change (fertility, mortality and migration) and the enumerated population. The cohort-component method was also used to project population trends until 2100 using a variety of demographic assumptions concerning the components of population change.

In the 2019 revision, the figures from 1950 through the period from mid-2015 to mid-2020 are treated as estimates, and thus the projections for each country or area begin on 1 July 2020 and extend until 2100. In projecting future levels of fertility and mortality, probabilistic methods were used to reflect the uncertainty of the projections based on the historical variability of changes in each variable. The method takes into account the past experience of each country, while also reflecting uncertainty about future changes based on the past experience of other countries under similar conditions.

The medium-variant projection highlighted in this report corresponds to the median of several thousand distinct trajectories of each demographic component derived using the probabilistic model of the variability in changes over time. Prediction intervals reflect the spread in the distribution of outcomes across the projected trajectories and thus provide an assessment of the uncertainty inherent in the medium-variant projection. In addition, a number of projection variants were produced to convey the sensitivity of the medium-variant projection to changes in the underlying assumptions, and to explore the implications of alternative future scenarios of population change.

† Including the Human Mortality Database and Human Life Table Database (UC Berkeley, MPIDR and INED), the Human Fertility Database and Human Fertility Collection (MPIDR and VID), the Latin American Mortality Database–LAMBdA (University of Wisconsin-Madison), the International Data Base (U.S. Census Bureau), the Global Burden of Disease project (IHME, University of Washington) and the Developing Countries Mortality Database–DCMD (Zhejiang University).

Youth migration advocates in Marrakech, Morocco, December 2018, UN Photo/Mark Garten

Demographic drivers of population change: fertility, mortality and international migration

9. Global population trends are driven largely by trends in fertility – especially in the average number of live births per woman over a lifetime – which has fallen markedly over recent decades in many countries.

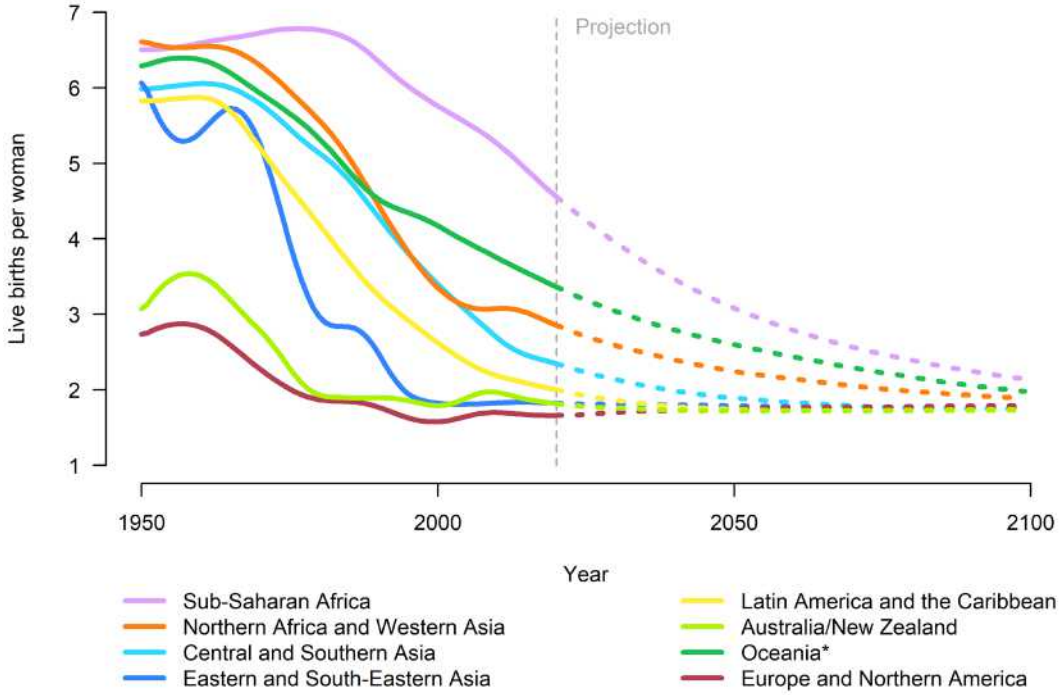
Over the past several decades, virtually all regions have experienced fertility decline (figure 15). In sub-Saharan Africa, where the average level of fertility is the highest of the eight SDG regions, total fertility has fallen from 6.3 births per woman in 1990 to 4.6 in 2019. Over the same period, fertility levels also fell in Northern Africa and Western Asia (from 4.4 to 2.9), Central and Southern Asia (4.3 to 2.4), Eastern and South-Eastern Asia (2.5 to 1.8), Latin America and the Caribbean (3.3 to 2.0), and Oceania* (4.5 to 3.4).

In Australia/New Zealand and in Europe and Northern America the levels of fertility in 1990 were already below an average of two live births per woman over a lifetime and they remain so today, with 1.8 live births per woman, on average, in Australia/New Zealand in 2019 and 1.7 in Europe and Northern America.

Globally, the level of fertility is expected to fall from an average of 2.5 live births per woman in 2019 to 2.2 in 2050 and to 1.9 in 2100, according to the medium-variant projection. However, in Europe and Northern America, total fertility is projected to increase slightly by the end of the century from 1.7 in 2019 to 1.8 in 2100. The largest reductions in the average total fertility are projected to occur in sub-Saharan Africa where the medium-variant

Figure 15. Estimated and projected total fertility by SDG region, 1950-2100, according to the medium-variant projection

The average number of children born to women over a lifetime has fallen markedly in many regions over the past several decades



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

projection assumes that fertility will fall from around 4.6 live births per woman in 2019 to 3.1 in 2050 and further to 2.1 in 2100.

In most regions, the total number of births projected according to the medium variant over the 30-year period from 2020 to 2050 is similar to or less than the number estimated for the 30 years from 1990 to 2020 (figure 16). Sub-Saharan Africa is a notable exception among the eight SDG regions: despite falling fertility levels, the number of births in the region will continue to increase. The nearly 1.4 billion babies projected to be born in sub-Saharan Africa between 2020 and 2050 is more than 50 per cent greater than the number of babies born between 1990 and 2020. Northern Africa and Western Asia is also projected to have more births in the coming 30 years than over the past 30, although the magnitude of the increase (13 per cent) is much smaller than for sub-Saharan Africa according to the medium variant.

As a group, the 47 least developed countries, many of which are located in sub-Saharan Africa, are projected to see 1.1 billion births from 2020 to 2050, which marks a 38 per cent increase over the 813 million babies born in LDCs during the period from 1990 to 2020. The substantial increase in the number of births projected for the least developed countries underscores the challenges of providing adequate health care and nutrition to growing numbers of infants and their mothers, as well as access to high quality education for growing numbers of children.

Whereas in 1990 more than a third of the world's population lived in countries where fertility was above four births per woman, in 2019 only 12 per cent of the world's population lives in such high-fertility contexts (figure 18).

Of the 36 countries or areas with fertility levels above four births per woman in 2019, 33 are found in sub-Saharan Africa. The most populous

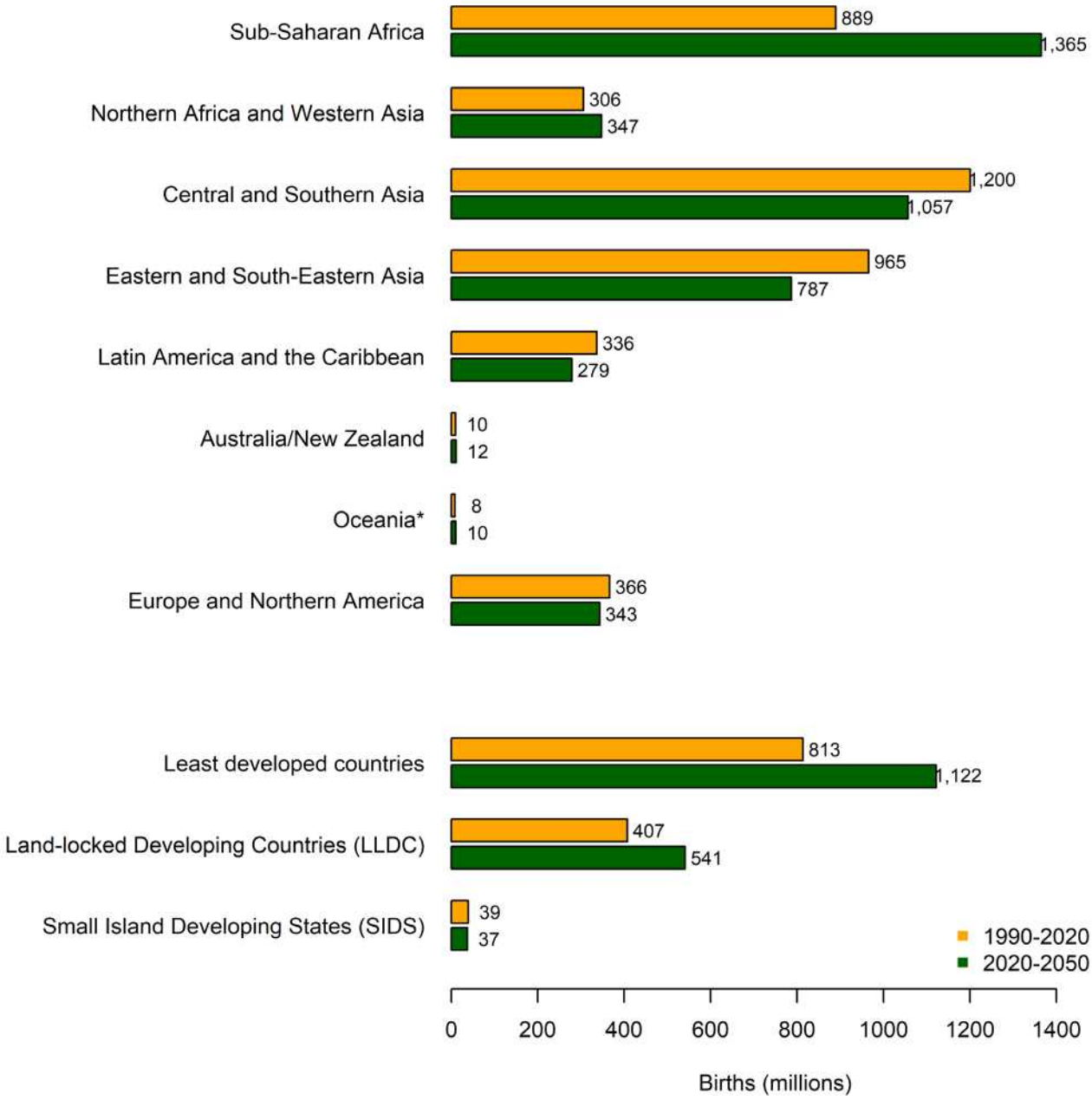
Table 3. Total fertility for the world, SDG regions and selected groups of countries, 1990, 2019, 2050 and 2100, according to the medium-variant projection

	Average number of live births per woman			
Region	1990	2019	2050	2100
World	**3.2**	**2.5**	**2.2**	**1.9**
Sub-Saharan Africa	6.3	4.6	3.1	2.1
Northern Africa and Western Asia	4.4	2.9	2.2	1.9
Central and Southern Asia	4.3	2.4	1.9	1.7
Eastern and South-Eastern Asia	2.5	1.8	1.8	1.8
Latin America and the Caribbean	3.3	2.0	1.7	1.7
Australia/New Zealand	1.9	1.8	1.7	1.7
Oceania*	4.5	3.4	2.6	2.0
Europe and Northern America	1.8	1.7	1.7	1.8
Least developed countries	6.0	3.9	2.8	2.1
Land-locked Developing Countries	5.7	3.9	2.7	2.0
Small Island Developing States	3.2	2.4	2.1	1.8

Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

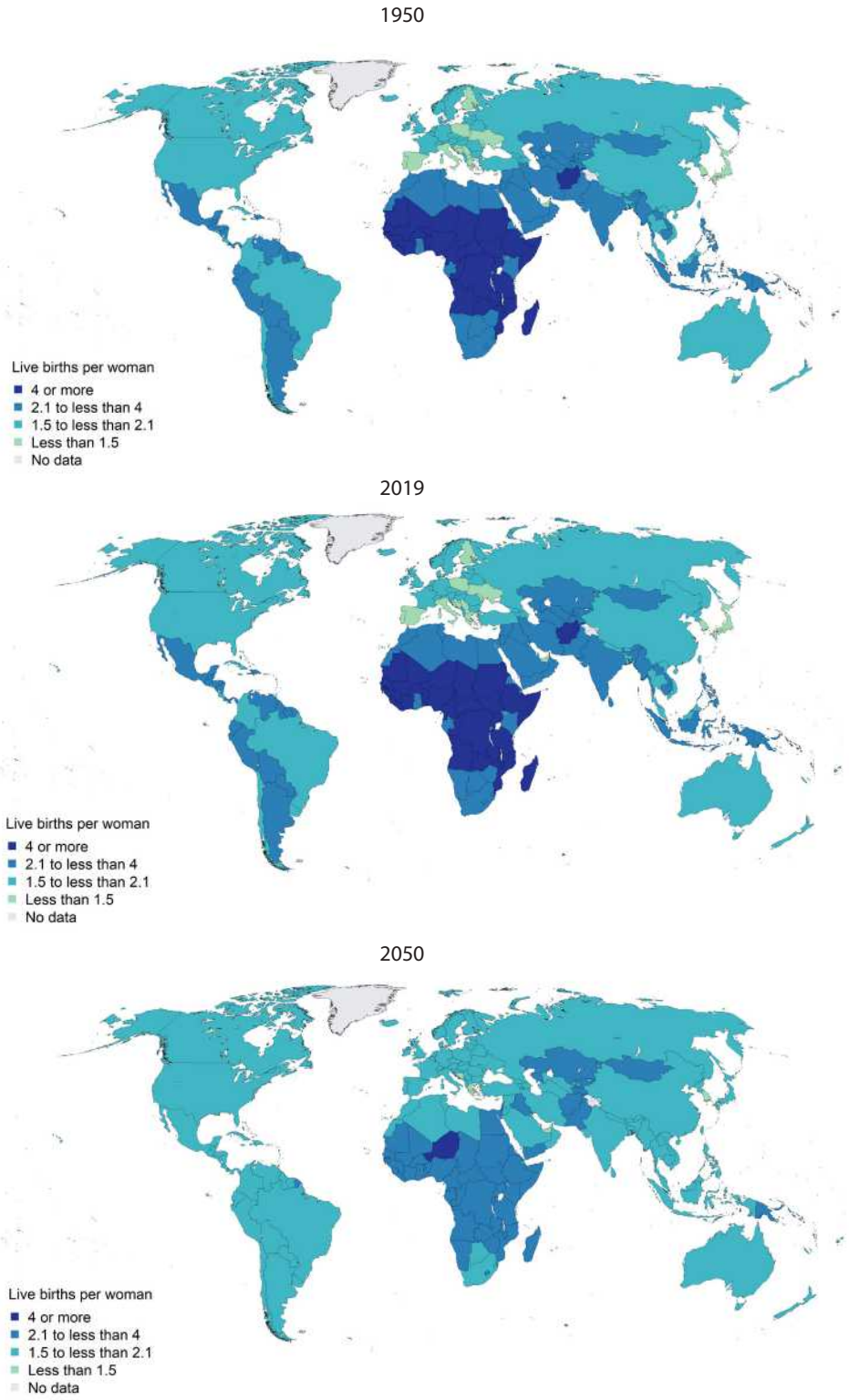
Figure 16. Number of births by SDG region and selected groups of countries, 1990-2020 and 2020-2050, according to the medium-variant projection

For populations with relatively high levels of fertility, projections point to substantial increases in the number of births



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

Figure 17. Total fertility (live births per woman) in 1990, 2019 and 2050 according to the medium-variant projection



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.

The designations employed and the presentation of material on this map do 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. Dotted line represents approximately the Line of Control in Jammu and Kashmir agreed upon by India and Pakistan. The final status of Jammu and Kashmir has not yet been agreed upon by the parties. Final boundary between the Republic of Sudan the Republic of South Sudan has not yet been determined. A dispute exists between the Governments of Argentina and the United Kingdom of Great Britain and Northern Ireland concerning sovereignty over the Falkland Islands (Malvinas).

countries with fertility equal to or greater than four live births per woman, on average, in 2019, ranked according to population size, are Nigeria, Ethiopia, the Democratic Republic of Congo, the United Republic of Tanzania, Uganda and Sudan. In 2050, it is expected that Niger will be the only country in the world experiencing a fertility level greater than four births per woman over a lifetime.

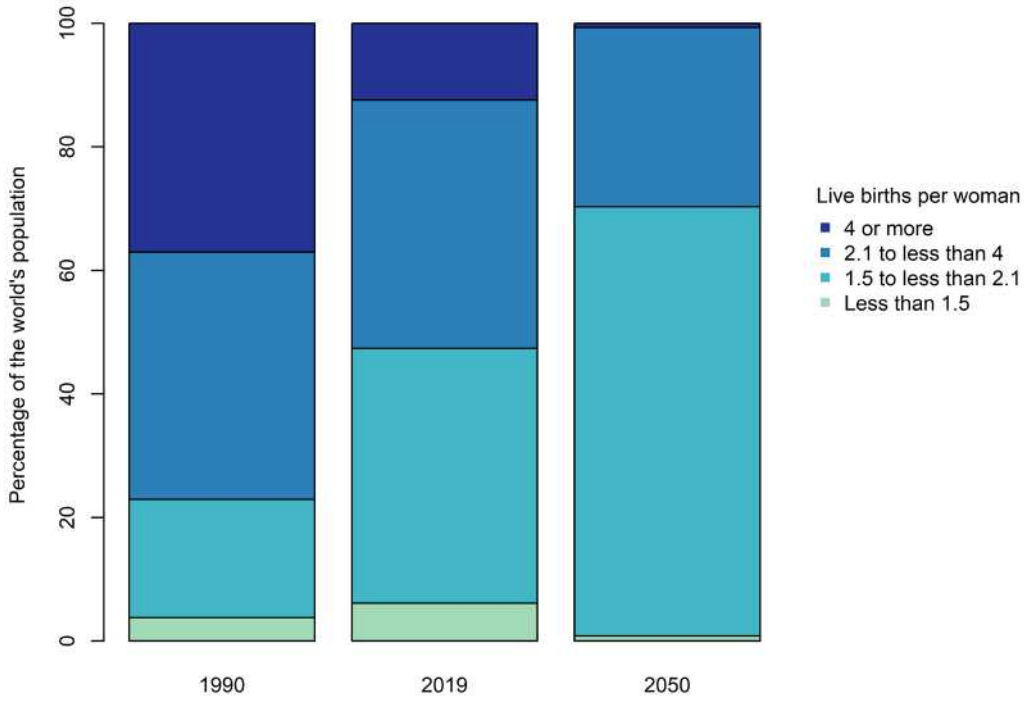
In 2019, around 40 per cent of the world's population lives in intermediate-fertility countries, where women have on average between 2.1 and four births over a lifetime. Average lifetime fertility of 2.1 live births per woman is roughly the level required for populations with low mortality to have a growth rate of zero in the long run. Intermediate-fertility countries are found in many regions, with the largest being India, Indonesia, Pakistan, Mexico, the Philippines and Egypt. In 2050, it is expected that slightly less than 30 per cent of the world's population will live in countries with fertility in this range.

In 2019, close to half of people globally live in a country or area where fertility is below 2.1 live births per woman compared to less than a quarter in 1990. Low-fertility countries now include all of Europe and Northern America and Australia and New Zealand, plus 4 countries or areas of Central and Southern Asia, 12 in Eastern and South-Eastern Asia, 20 in Latin America and the Caribbean, 10 in Northern Africa and Western Asia, 2 in Oceania* and 1 in sub-Saharan Africa. The most populous low-fertility countries are China, the United States of America, Brazil, Bangladesh, the Russian Federation, Japan and Viet Nam. In 2050, it is expected that 70 per cent of the world's population will live in countries where women give birth to fewer than 2.1 children on average over a lifetime.

Between 1990 and 2019 the number of countries or areas with very low levels of fertility, below 1.5 births per woman on average, increased from 8 to 25. In 2019, six per cent of the world's population lives in such low-fertility contexts. While several additional

Figure 18. Distribution of the world's population by level of total fertility, 1990, 2019 and 2050, according to the medium-variant projection

Close to half of people globally live in a country or area where the average lifetime fertility is below 2.1 live births per woman



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.

countries will likely see fertility fall below 1.5 in the coming years, it is expected that over the long term low-fertility countries will experience a slight increase in fertility levels and that very low fertility contexts will be less prevalent by 2050 (see box 1).

10. Some countries continue to experience high levels of adolescent fertility (births to mothers aged 15-19 years).

Levels of adolescent childbearing, which can have adverse health and social consequences both for the young mothers and for the children they bear, have fallen in most countries. Among the eight SDG regions in 2015-2020, the adolescent birth rate, that is, the number of births per 1,000 women aged 15 to 19, was highest in sub-Saharan Africa, at 104 per 1,000 women, followed by Latin America and the Caribbean at 63 per 1,000. The ratio of adolescent to total fertility was highest in Latin America and the Caribbean, where the birth rate at ages 15 to 19 years contributed 15 per cent of total fertility.

From 2015 to 2020, an estimated 62 million babies will be born to mothers aged 15 to 19 years worldwide, 46 per cent of them in sub-Saharan Africa, 18 per cent in Central and Southern Asia, and 14 per cent in Latin America and the Caribbean.

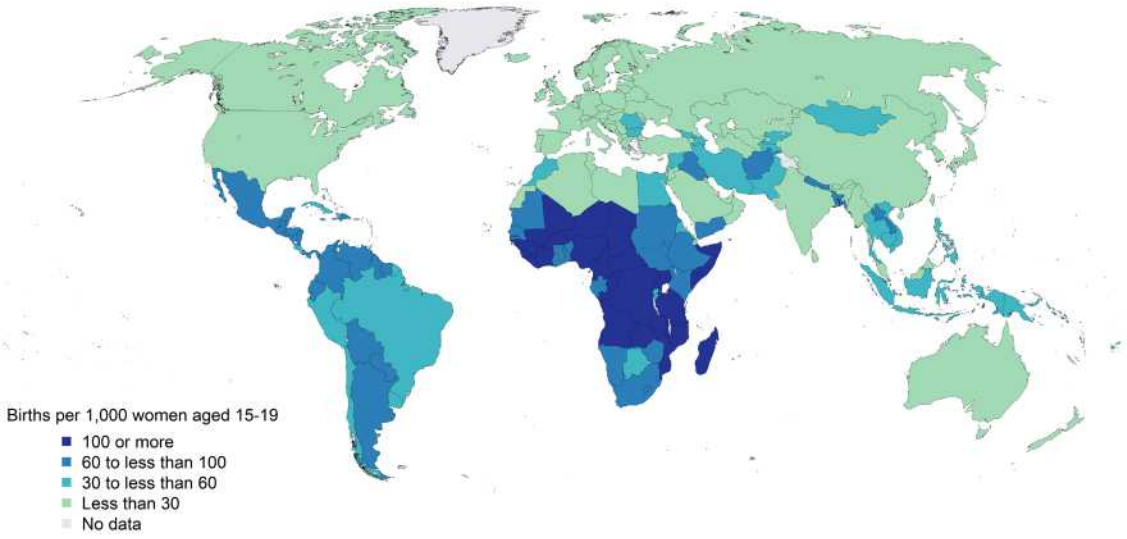
11. Life expectancy at birth for the world reached 72.6 years in 2019, having added more than 8 years since 1990.

All regions shared in the rise of life expectancy over this period, but the greatest gains were in sub-Saharan Africa, where improvements in survival have added nearly 12 years to the average length of life since 1990, reaching 61.1 years in 2019. In Central and Southern Asia, the life expectancy at birth increased by more than 11 years between 1990 and 2019, when it reached 69.9 years.

Improvements in survival are expected to continue in all regions such that in 2050 the average length of life is projected to have increased to 77.1 years globally. Of the eight SDG regions, life expectancy

Figure 19. Adolescent birth rate (live births per 1,000 women aged 15-19 years), 2015-2020

Some countries, including several in sub-Saharan Africa and Latin America, continue to experience high levels of adolescent fertility

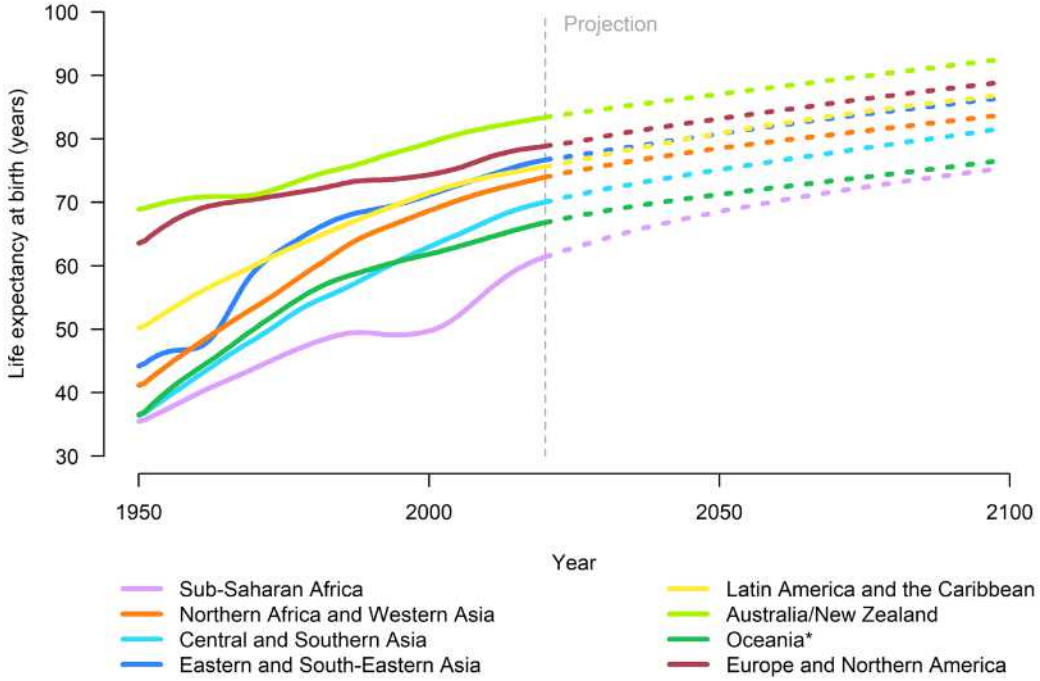


Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.

The designations employed and the presentation of material on this map do 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. Dotted line represents approximately the Line of Control in Jammu and Kashmir agreed upon by India and Pakistan. The final status of Jammu and Kashmir has not yet been agreed upon by the parties. Final boundary between the Republic of Sudan the Republic of South Sudan has not yet been determined. A dispute exists between the Governments of Argentina and the United Kingdom of Great Britain and Northern Ireland concerning sovereignty over the Falkland Islands (Malvinas).

Figure 20. Estimated and projected life expectancy at birth for both sexes by SDG region, 1950-2100, according to the medium-variant projection

Considerable progress has been made towards closing the longevity differential between countries, but wide gaps remain



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

Table 4. Life expectancy at birth by sex for the world, SDG regions, and selected groups of countries, 1990, 2019, and 2050, according to the medium-variant projection

	Life expectancy at birth (years)								
	1990			2019			2050		
Region	Males	Females	Both sexes	Males	Females	Both sexes	Males	Females	Both sexes
World	**61.9**	**66.5**	**64.2**	**70.2**	**75.0**	**72.6**	**74.8**	**79.4**	**77.1**
Sub-Saharan Africa	47.7	51.1	49.4	59.3	62.9	61.1	66.3	70.8	68.5
Northern Africa and Western Asia	62.8	67.6	65.1	71.6	76.0	73.8	76.6	80.6	78.5
Central and Southern Asia	57.9	59.2	58.6	68.5	71.3	69.9	73.3	77.1	75.2
Eastern and South-Eastern Asia	66.7	71.0	68.8	74.0	79.2	76.5	78.8	82.9	80.8
Latin America and the Caribbean	65.0	71.3	68.1	72.3	78.7	75.5	78.5	83.2	80.9
Australia/New Zealand	73.6	79.7	76.7	81.3	85.2	83.2	85.4	88.7	87.1
Oceania*	58.0	61.1	59.5	65.1	68.2	66.6	69.3	73.4	71.3
Europe and Northern America	69.6	77.3	73.5	75.7	81.7	78.7	80.9	85.5	83.2
Least developed countries	49.8	52.5	51.1	63.3	67.0	65.2	69.5	74.2	71.8
Land-locked Developing Countries	50.0	54.2	52.1	63.5	67.9	65.8	69.7	74.7	72.2
Small Island Developing States	63.4	67.8	65.5	70.1	74.8	72.4	74.7	79.4	77.0

Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

at birth is highest in Australia/New Zealand, at 83.2 years in 2019, and it is expected to increase further to 87.1 in 2050. With a projected gain of 7.4 years between 2019 and 2050, when it could reach 68.5 years, sub-Saharan Africa has the largest expected improvement to the life expectancy at birth among the eight SDG regions. Across all countries and regions, projected gains in life expectancy are contingent on continued progress in the prevention and treatment of diseases that cause mortality, including HIV/AIDS and other infectious and non-communicable diseases, as well as the absence of catastrophic events, such as war or major epidemics of fatal diseases.

12. While considerable progress has been made in reducing mortality and closing the longevity differential between countries, the gaps remain wide.

Life expectancy at birth in the least developed countries as a group lags 7.4 years behind the global average, due largely to persistently high child and maternal mortality rates, as well as the consequences of conflict and the continuing impact of HIV-related mortality in some countries.

Disparities in the average length of life between the world's longest-lived countries and shortest-lived countries amount to 30 years. With life expectancy at birth above 84 years in 2019, Japan and the Hong Kong and Macao special administrative regions of China are the world's longest-lived countries or areas. The world's shortest-lived countries are the Central African Republic, Chad, Lesotho, Nigeria and Sierra Leone, each with life expectancy at birth below 55 years in 2019.

A large portion of the longevity gaps between the shortest- and longest-lived populations is attributable to disparities in the under-five mortality rate, which represents the probability of dying between birth and age 5. Progress in reducing under-five mortality has been substantial and far-reaching in recent years, yet gaps remain. Globally, the under-five mortality rate fell from 93 deaths per 1,000 live births in 1990 to 38 in 2019. Still, a child born in sub-Saharan Africa in 2019 is 20 times as likely to die before his or her fifth birthday as a child born in Australia/New Zealand (figure 21).

Although the HIV/AIDS epidemic continues to be a major public health concern, HIV-related mortality among adults appears to have reached a peak over the past decade in most countries that have been highly affected by the epidemic, thanks mostly to the increasing availability of antiretroviral treatments. Nevertheless, in countries where HIV prevalence has been high, the impact of the epidemic in terms of morbidity, mortality and slower population growth continues to be evident. Thus, in Southern Africa[6], the sub-region with the highest prevalence of the disease, life expectancy at birth fell from 62.9 years in 1990 to 52.6 years in 2004 and has since recovered to just above the 1990 level, having reached 63.8 years in 2019. This represents a loss of two decades of potential improvements in survival rates for Southern Africa.

Throughout most of the world, survival at older ages is improving. The life expectancy at age 65 reflects the average number of additional years of life a 65-year-old person would live if subjected to the age-specific mortality risks of a given period throughout the remainder of his or her life. Globally, in 1990-1995, 65-year-old women could expect to live an additional 16 years and 65-year-old men an additional 13 years (figure 22). In 2015-2020, the expectation of life at age 65 has increased to 18 years for women and 16 years for men and it is projected to increase further, reaching 20 years for women and 18 years for men in 2045-2050. Between 1990-1995 and the present period, the largest absolute gains in survival past age 65 were observed for men and women in Australia/New Zealand, with an addition of 4.4 years and 3.3 years, respectively, to the life expectancy at age 65, followed by males in Europe and Northern America (3.3 years), women in Eastern and South-Eastern Asia (3.2 years), and women in Latin America and the Caribbean (2.9 years).

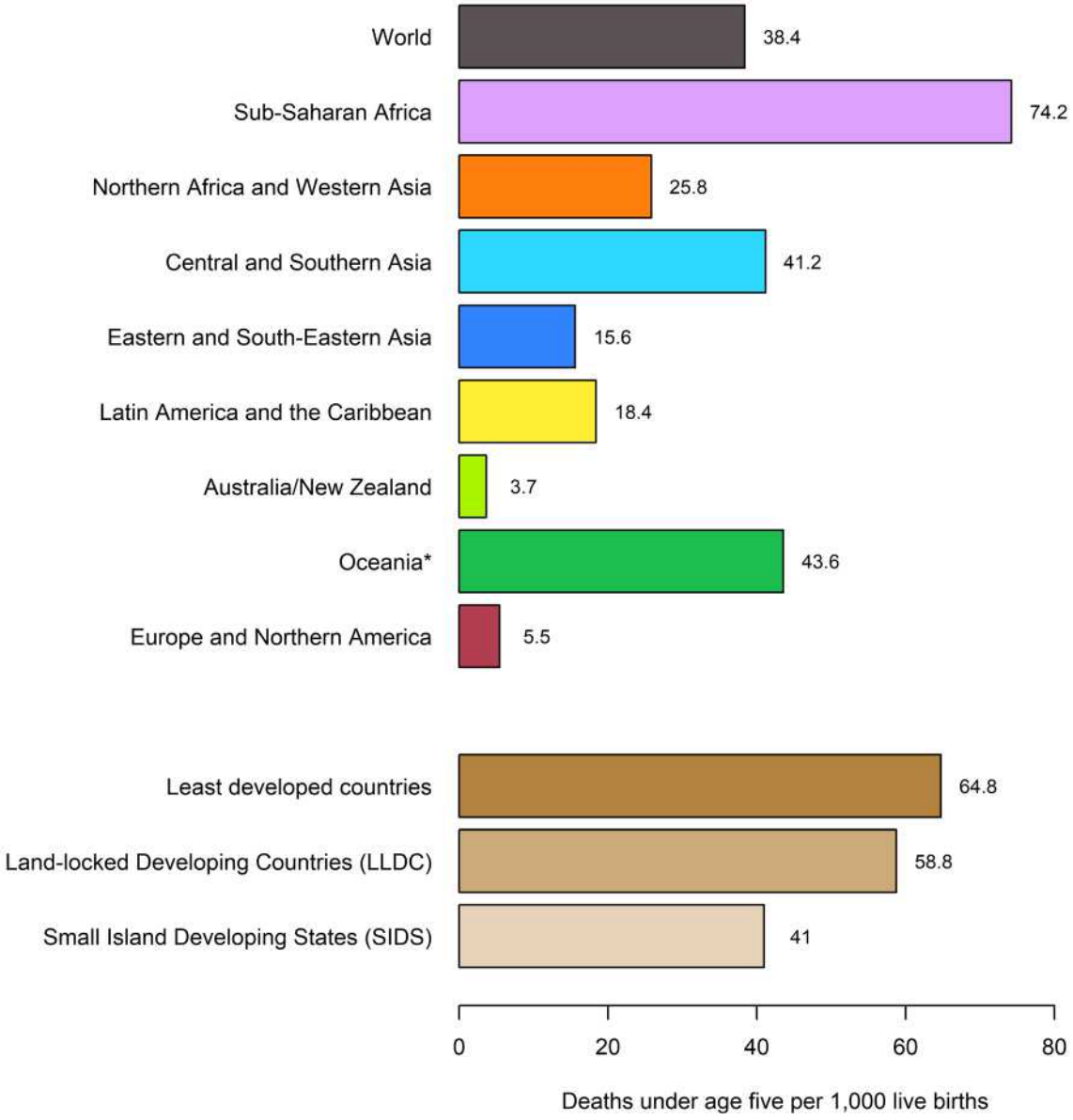
Several developed countries have faced challenges to improving survival over recent decades. In some countries of Eastern Europe, the life expectancy at birth actually declined during the late 1980s and 1990s. Progress in survival resumed in these countries during the 2000s, but the lasting effects of those setbacks remain evident in wide disparities across countries of Europe, with life expectancy at

6. Includes Botswana, Eswatini, Lesotho, Namibia and South Africa.

birth in 2019 ranging from 72 years in the Republic of Moldova and Ukraine, to near 84 years in Italy, Spain and Switzerland. More recently, since around 2015, there is emerging evidence of slowing or stalled progress in life expectancy in some populations of Europe and Northern America. In Canada, the United Kingdom and the United States, for example, recent vital statistics point to life expectancy in 2015-2020 that is lower than was previously projected based on the historical trajectory of improvement in survival in each country.

Figure 21. Under-five mortality rate for the world, SDG regions and selected group of countries, 2019

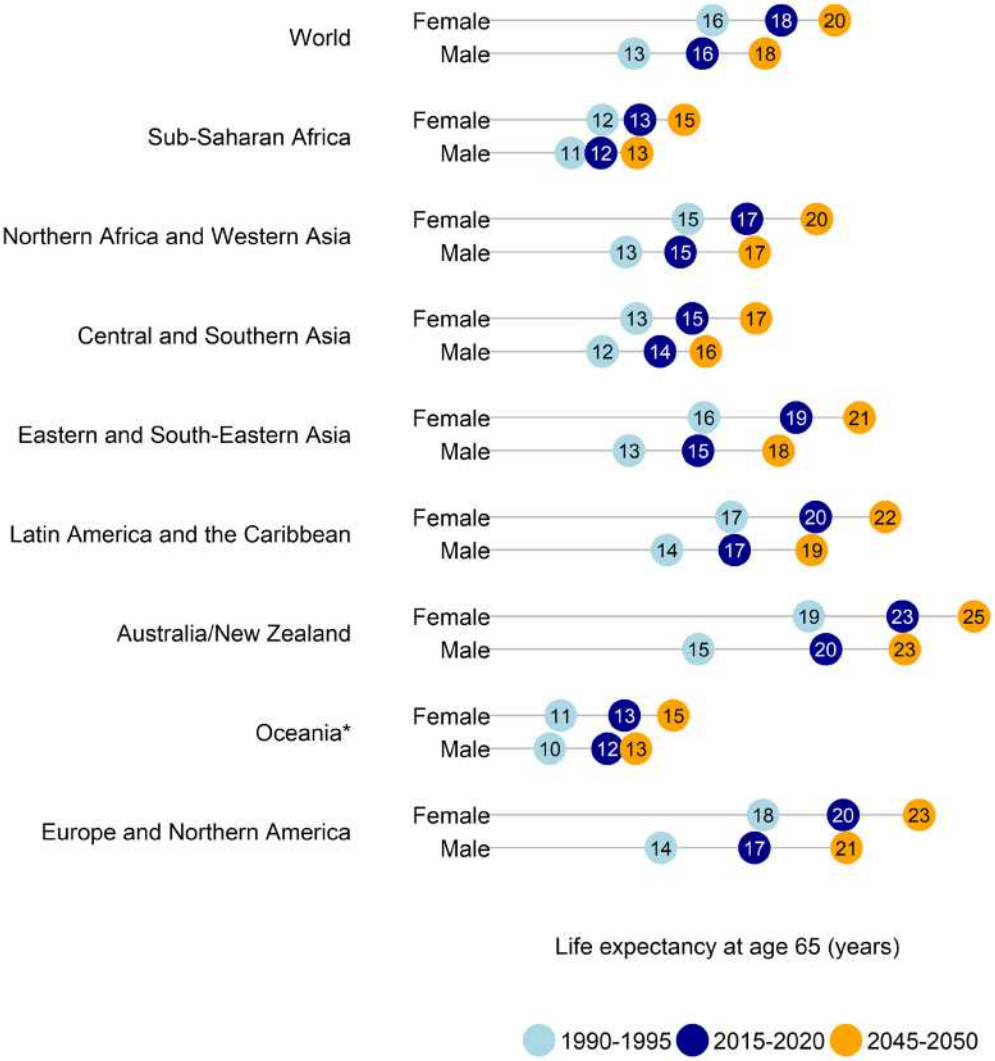
A child born in sub-Saharan Africa is 20 times as likely to die before his or her fifth birthday as a child born in Australia/New Zealand



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

Figure 22. Estimated and projected life expectancy at age 65 years for SDG regions, 1990-1995, 2015-2020, 2045-2050, according to the medium-variant projection

Survival after age 65 has increased for both men and women in each of the eight SDG regions



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

13. In some parts of the world, international migration has become a major component of population change.

Among the eight SDG regions, three are net receivers of international migrants (figure 23)[7]. These include Europe and Northern America, where the estimated number of immigrants to the region exceeded the number of emigrants by 25.9 million during the decade 2010-2020, Northern Africa and Western Asia (2.2 million), and Australia and New Zealand (1.9 million). The remaining five regions have been net senders of international migrants during 2010-2020. The estimated number of emigrants exceeded the number of immigrants the most in Central and Southern Asia, where net international migration for the region is minus 15.1 million in 2010-2020, followed by Latin America and the Caribbean (-5.4 million), Eastern and South-Eastern Asia (-5.2 million), sub-Saharan Africa (-4.1 million) and Oceania, excluding Australia and New Zealand (-208,000).

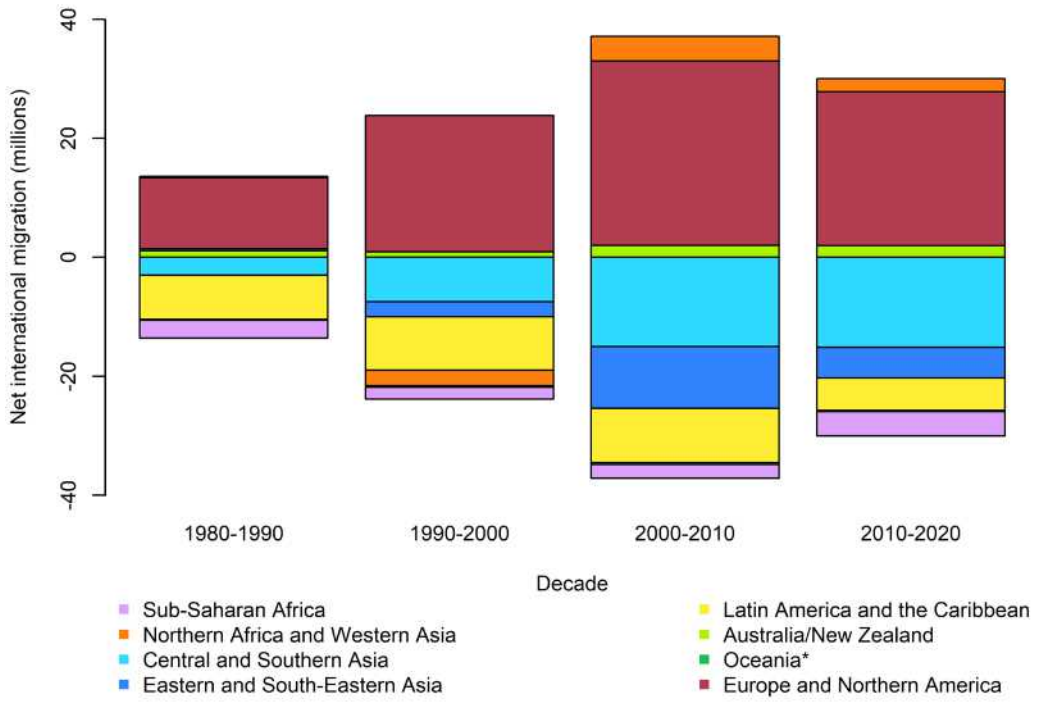
7. Net migration includes movements of international migrants, including refugees. It reflects the number of immigrants less the number of emigrants over a period and thus does not capture the total volume of migration flows. Most international migration occurs between countries that are close to each other in geographic proximity. Levels and trends of net migration across regions thus vastly underrepresent the total volume of international migration in the world. For estimated numbers of international migrants at the global, regional and national levels, see: United Nations (2017b).

For most regions, the absolute population gains or losses due to international migration were smaller in 2010-2020 than in the previous decade 2000-2010. Net migration to Europe and Northern America was 16 per cent less in 2010-2020 compared to 2000-2010. For Northern Africa and Western Asia, net emigration in 2010-2020 was 48 per cent less than in 2000-2010. Similarly, in Latin America and the Caribbean, the net loss of population due to international migration was 40 per cent less in 2010-2020 compared to 2000-2010 and in Eastern and South-Eastern Asia, it fell by half from one decade to the next. Of the eight regions, only sub-Saharan Africa experienced a substantial increase in the net population change due to international migration: the net loss of 4.1 million in 2010-2020 was 76 per cent greater than the net loss of 2.3 million over 2000-2010.

Between 2010 and 2020, 36 countries or areas experienced a total net inflow of more than 200,000 migrants; in 14 of those countries net inflow exceeded 1 million people over the past decade. All 14 were among the high-income or upper-middle income countries classified in 2018 by the World Bank (figure 24). For several of the top receivers, including Jordan, Lebanon and Turkey, the large inflows of international migrants have been dominated by refugee movements, in particular from Syria.

It is estimated that ten countries are experiencing a net outflow of more than 1 million migrants between 2010 and 2020. For many of these, losses of population due to migration are dominated by temporary labour movements, such as for Bangladesh (net outflow of -4.2 million during 2010-2020), Nepal (-1.8 million) and the Philippines (-1.2 million). In others, including Syria (-7.5 million), Venezuela (-3.7 million), and Myanmar (-1.3 million), insecurity, crisis and conflict have driven the net outflow of migrants over the decade.

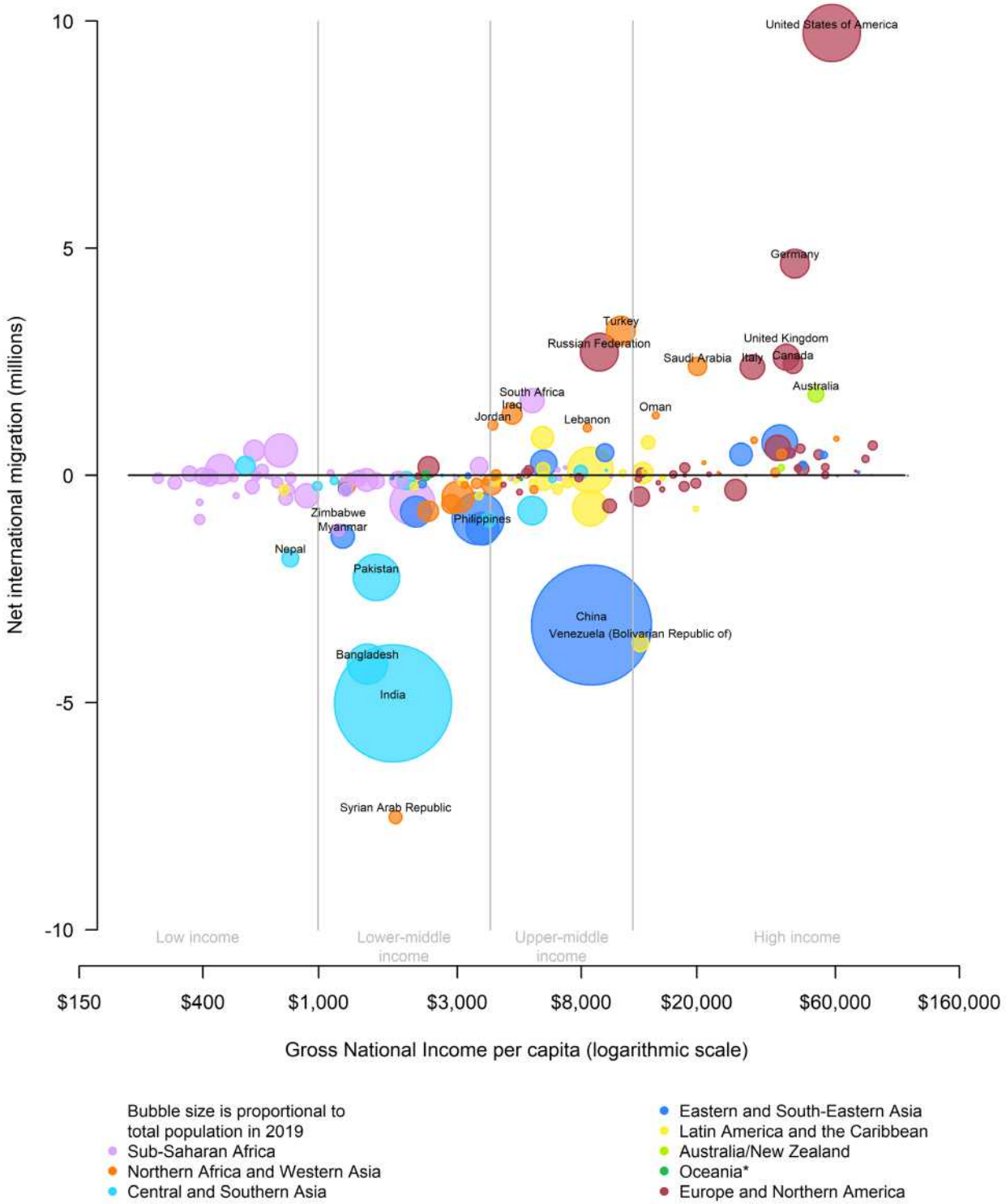
Figure 23. Net international migration by SDG region, 1980-1990, 1990-2000, 2000-2010, and 2010-2020



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.
* excluding Australia and New Zealand

Figure 24. Net international migration during 2010-2020 and per capita annual gross national income

The countries with the largest net numbers of immigrants are high-income or upper-middle-income countries



Data sources: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*. GNI is from World Bank (2018). *World Development Indicators. GNI per capita, Atlas method*.
* excluding Australia and New Zealand

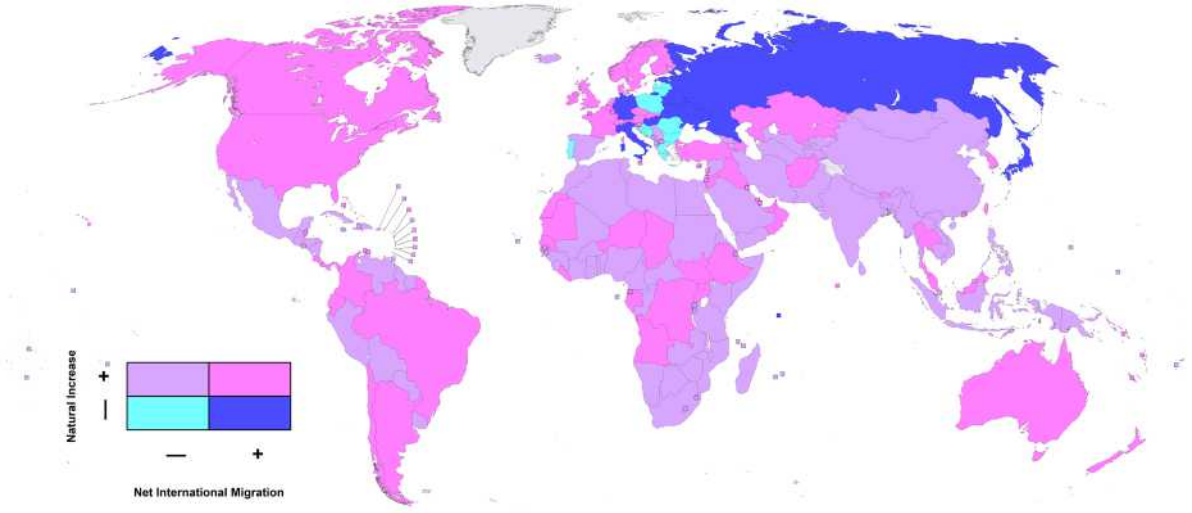
Note: Labelled countries are those where the net gains or losses due to international migration exceeded 1 million in 2010-2020.

14. International migration can attenuate decreasing population size in countries where the number of deaths exceeds the number of births.

Over the decade 2010-2020, nine countries experienced positive net migration (the number of immigrants exceeding the number of emigrants) that countered negative natural increase (the number of deaths exceeding the number of births): Belarus, Estonia, Germany, Hungary, Italy, Japan, the Russian Federation, Serbia and Ukraine (figure 25). In four of the nine countries (Belarus, Germany, Italy and the Russian Federation), the volume of net immigration was sufficient to offset the negative natural increase and maintain positive population growth over the decade. In the remaining five countries, positive net migration slowed the rate of population decrease, but the population estimated for 2020 is still smaller than in 2010.

Conversely, negative net migration can exacerbate decreasing population size caused by negative natural increase. During 2010-2020, ten countries, all in Europe, experienced both negative natural increase and negative net migration. These include Bosnia and Herzegovina, Bulgaria, Croatia, Greece, Poland, Portugal, Latvia, Lithuania, the Republic of Moldova and Romania. Consequently, all ten countries experienced a decrease in population size over the decade, ranging from minus 1 per cent in the Republic of Moldova to minus 13 per cent in Lithuania.

Figure 25. Direction of net international migration (immigrants-emigrants) and natural increase (births-deaths), 2010-2020



Data source: United Nations, Department of Economic and Social Affairs, Population Division (2019). *World Population Prospects 2019*.

The designations employed and the presentation of material on this map do 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. Dotted line represents approximately the Line of Control in Jammu and Kashmir agreed upon by India and Pakistan. The final status of Jammu and Kashmir has not yet been agreed upon by the parties. Final boundary between the Republic of Sudan the Republic of South Sudan has not yet been determined. A dispute exists between the Governments of Argentina and the United Kingdom of Great Britain and Northern Ireland concerning sovereignty over the Falkland Islands (Malvinas).


SUSTAINABLE DEVELOPMENT GOALS
1 NO POVERTY
2 ZERO HUNGER
3 GOOD HEALTH AND WELL-BEING
4 QUALITY EDUCATION
5 GENDER EQUALITY
6 CLEAN WATER AND SANITATION
7 AFFORDABLE AND CLEAN ENERGY
8 DECENT WORK AND ECONOMIC GROWTH
9 INDUSTRY, INNOVATION AND INFRASTRUCTURE
10 REDUCED INEQUALITIES
11 SUSTAINABLE CITIES AND COMMUNITIES
12 RESPONSIBLE CONSUMPTION AND PRODUCTION
13 CLIMATE ACTION
14 LIFE BELOW WATER
15 LIFE ON LAND
16 PEACE, JUSTICE AND STRONG INSTITUTIONS
17 PARTNERSHIPS FOR THE GOALS
SUSTAINABLE DEVELOPMENT GOALS

Population dynamics and the Sustainable Development Goals

15. Societies can adapt to demographic realities by anticipating future trends and incorporating that information into Government policies and planning.

Inclusive economic growth is needed to support a growing global population, which could increase by 835 million people between 2019 and 2030, the target date for the achievement of the 17 Sustainable Development Goals. Many of the fastest growing populations reside in the world's poorest countries, where population growth is putting pressure on already strained resources and challenging policies that aim to achieve the SDGs and ensure that no one is left behind.

In sub-Saharan Africa, the region that is expected to account for more than half of the world's population growth over the coming decades, the number of babies projected to be born between 2020 and 2050 (nearly 1.4 billion) exceeds the number born between 1990 and 2020 by more than 50 per cent. A rapidly increasing number of births poses particularly significant challenges for countries striving to expand services for mothers and newborns (SDGs 1, 3 and 5).

A growing number of infants foreshadows growing numbers of school-aged children and adolescents and youth in the future. In the 47 least developed countries, the number of adolescents and youth aged 15 to 24 years is projected to grow from 207 million in 2019 to 336 million in 2050. Leveraging the opportunity presented by the demographic dividend depends critically on investing in the health and education (SDGs 3 and 4) of the young people who will soon join the labour force, and on ensuring their successful integration into the labour market, with full and productive employment and decent work for all (SDG 8).

Many of the countries with the highest levels of maternal mortality and the greatest unmet need for family planning continue to experience growth in the number of women of reproductive age. Programmes to expand access to contraceptives must keep pace with population growth just to maintain current levels of coverage. In all countries and areas, achieving gender equality and the empowerment of women requires eliminating all forms of violence and discrimination against women (SDG 5), promoting female education (SDG 4), and ensuring that women have access to safe and effective means of family planning (SDG 3), as well as equal access to the labour market (SDG 8), social security and the political process (SDGs 8, 5 and 16).

Persons aged 65 or over make up the world's fastest-growing age group. Virtually all countries are anticipating an increase in the percentage of older persons in their populations. Countries need to plan for population ageing and ensure the well-being of older persons by protecting their human rights and economic security and by ensuring access to age-appropriate health care services, lifelong learning opportunities, and formal and informal support networks (SDGs 1, 3, 4, 5, 8, 10 and 16).

Urban areas are expected to absorb virtually all of the future growth of the world's population (United Nations, 2018). Rapid urban growth presents an important opportunity, but it also poses challenges to the implementation of an ambitious urban development agenda that seeks to make cities and human settlements inclusive, safe, resilient and sustainable (SDG 11).

International migration can be a transformative force, lifting millions of people out of poverty and contributing to sustainable development in both countries of origin and countries of destination. Facilitating safe, orderly and regular migration, while reducing incentives for irregular migration, is the best possible way to harness the full development potential of migration (SDGs 8, 10 and 16). Addressing the adverse drivers of migration, such as poverty, insecurity and lack of decent work,

can help to make the option of remaining in one's country viable for all people.

While the relationships between population size, consumption, technology and the environment are far from simple, demographic trends highlight the importance of integrating population dynamics into development planning (SDGs 6, 7, 9, 12, 13, 14 and 15).

Box 3. Strengthening the demographic evidence base for sustainable development

Demographic data are essential for development planning and for assessing progress towards the achievement of development goals. Reliable and timely data are needed on the size, growth, distribution and characteristics of populations, and on births, deaths and migration.

It is critical to strengthen national capacities to collect, use and disseminate demographic data gathered through vital statistics systems and other administrative registers, as well as population censuses and nationally-representative surveys.

In many countries, systems of civil registration and vital statistics urgently require strengthening to improve the availability, timeliness and reliability of such data. Civil registration system provide the preferred data for computing statistics on levels of fertility and mortality in a population, and for tracking changes in population size and its distribution by age and sex. Universal registration of births and deaths also helps to ensure access to legal identity for all persons, as called for by the SDGs.

Well-maintained, centralized population registers are the most reliable source of information for deriving population estimates. In particular, they provide invaluable information on migration, including both arrivals and departures of international migrants.

Information gathered through a population census is critical for national planning purposes. For this reason, the United Nations recommends that national governments commit to taking a census at least once per decade (United Nations, 2017a). A census involves the complete enumeration of the population while recording the basic characteristics of individuals and households. Advances in information and communication technologies are being leveraged to improve efficiency in the collection, processing and dissemination of census data.

Household surveys provide essential information for assessing progress toward the SDGs, including data disaggregated by key characteristics of individuals. Integrating survey programmes within national statistical systems helps to promote synergies with other data sources. The United Nations provides international guidelines for the collection, documentation and dissemination of such data.

Demographic statistics are typically disaggregated by sex and age, and sometimes by income, race, ethnicity, migratory status, disability, geographic location and other characteristics relevant in national contexts. Open-data policies facilitate the dissemination of individual-level data from censuses, surveys and other sources, but also require adequate safeguards to ensure confidentiality and protect privacy. Geographically referenced data provide users with maximum flexibility to specify sub-national units of analysis.

The evidence base for sustainable development can be improved by ensuring that every birth and death is counted and registered, and by encouraging participation in the 2020 round of population censuses.

References

United Nations (1956). *Manual III. Methods for population projections by sex and age*. United Nations publication, Sales No. 56.XIII.3.

_____ (2015). *Transforming our world: the 2030 Agenda for sustainable development*. Resolution adopted by the General Assembly on 25 September 2015 (A/RES/70/1).

_____ (2017a). *Principles and Recommendations for Population and Housing Censuses: Revision 3* (ST/ESA/STAT/SER.M/67/Rev.3).

_____ (2017b). *Trends in International Migrant Stock: The 2017 Revision* (POP/DB/MIG/Stock/Rev.2017). Available at https://population.un.org/wpp/.

_____ (2018). *World Urbanization Prospects: The 2018 Revision: key facts*. Available at https://population.un.org/wup/Publications/Files/WUP2018-KeyFacts.pdf.

_____ (2019). *World Population Prospects 2019*. Available at https://population.un.org/wpp/.

World Bank (2018). *World Development Indicators. GNI per capita. Atlas method*. Washington, D.C.: The World Bank Group.

The 2019 revision of the *World Population Prospects* is the twenty-sixth edition of the official United Nations population estimates and projections. It presents population estimates from 1950 to the present for 235 countries or areas, underpinned by analyses of historical demographic trends. This latest assessment considers the results of 1,690 national population censuses conducted between 1950 and 2018, as well as information from vital registration systems and from 2,700 nationally representative sample surveys. The 2019 revision also presents population projections to the year 2100 that reflect a range of plausible outcomes at the global, regional and country levels.

ISBN 978-92-1-148316-1