

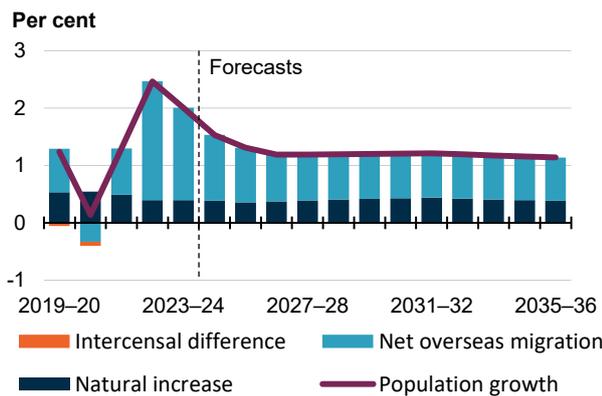


## Australia's population growth expected to moderate in the coming years<sup>1</sup>

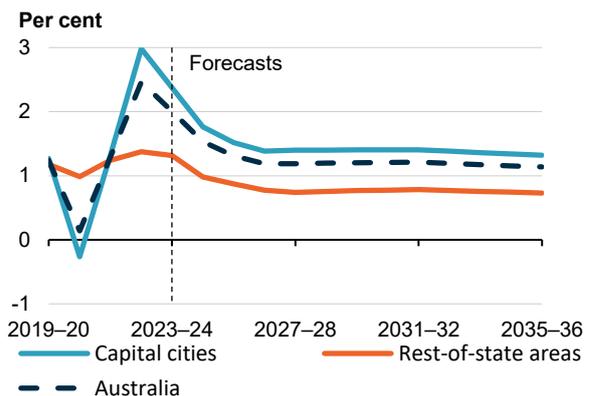
- Population growth has declined due to an easing in net overseas migration and falling fertility rates.
- The population is projected to be 31.5 million by 2035–36, 150,000 lower than projected in the 2024 Population Statement.
- Net overseas migration in 2025–26 is forecast to be 260,000. This is well below its peak of 556,000 in the year to the September quarter 2023.
- Australia remains younger than many similar economies, but we continue to age. The median age is expected to rise by 1.8 years to 40.2 years by 2035–36. Populations in rest-of-state areas are older than in capital cities in all states and territories, except the Northern Territory.
- Capital cities are projected to grow nearly twice as fast as rest-of-state areas, with Sydney and Melbourne both projected to pass 8 million in the 2050s.

**Chart 1: Population growth in Australia**

Components of growth in Australia

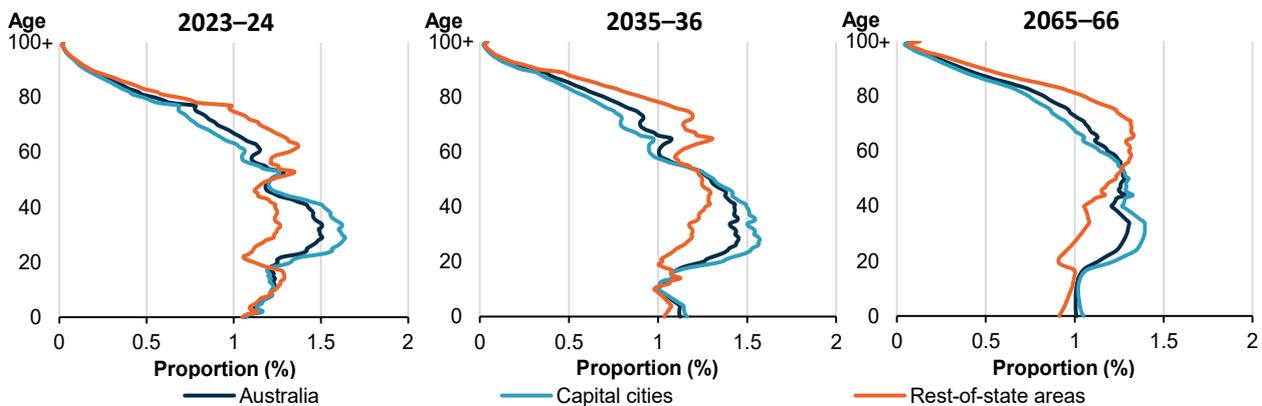


Population growth in Australia and combined capital cities and rest-of-state areas.



Source: ABS, *National, state and territory population, March 2025*; and Centre for Population.

**Chart 2: Proportional age structures of Australia, capital cities, and rest-of-state areas**



Source: ABS, *National, state and territory population, March 2025*; and Centre for Population analysis of ABS customised consultancy data.

<sup>1</sup> All insights refer to over the projection period (2024–25 to 2065–66) unless otherwise specified. The main data source for these projections is the Australian Bureau of Statistics (ABS), *National, state and territory population, March 2025*, released in September 2025. After the projections in this statement were prepared, the ABS released the *National, state and territory population, June 2025*.

Table 1: Population projections and key statistics, Australia

Population projections	2023–24 <sup>2</sup>	2024–25	2025–26	2026–27	2027–28	2035–36	2065–66 <sup>3</sup>
<b>Population ('000)</b>							
Australia	27,194	27,610	27,972	28,304	28,641	31,470	41,003
<i>Capital cities</i>	18,427	18,753	19,037	19,300	19,570	21,833	29,603
<i>Rest-of-state areas</i>	8,767	8,853	8,930	8,999	9,066	9,632	11,396
<b>Population growth (per cent)</b>							
Australia	2	1.5	1.3	1.2	1.2	1.1	0.7
<i>Capital cities</i>	2.4	1.8	1.5	1.4	1.4	1.3	0.8
<i>Rest-of-state areas</i>	1.3	1	0.9	0.8	0.7	0.7	0.5
<b>Natural increase ('000)</b>							
Australia	105.2	105.4	99.2	105.2	110.6	119	69.3
<i>Capital cities</i>	89.5	95.7	92.1	97	101.5	115.1	93.4
<i>Rest-of-state areas</i>	16.9	9.7	7.1	8.2	9.1	3.9	-24.1
<b>Net overseas migration ('000)</b>							
Australia	428.7	311.1	262.4	227.3	226.1	235	235
<i>Capital cities</i>	372.6	261.8	219.5	189.7	189.3	196.9	196.9
<i>Rest-of-state areas</i>	62.2	49.4	43	37.6	36.8	38.1	38.1
<b>Net internal migration ('000)</b>							
<i>Capital cities</i>	-34.7	-30	-27	-23.3	-20.8	-27.9	-43.7
<i>Rest-of-state areas</i>	34.6	30	27	23.3	20.8	27.9	43.7
<b>Total fertility rate (children per woman)<sup>4</sup></b>							
Australia	1.49	1.45	1.42	1.45	1.48	1.62	1.62
<i>Capital cities</i>	1.42	1.40	1.36	1.40	1.43	1.55	1.55
<i>Rest-of-state areas</i>	1.72	1.61	1.58	1.61	1.65	1.81	1.81
<b>Median age (years)</b>							
Australia	38.3	38.4	38.6	38.8	39.0	40.2	43.7
<i>Capital cities</i>	36.9	37.0	37.2	37.3	37.5	38.5	41.7
<i>Rest-of-state areas</i>	42.0	42.2	42.4	42.7	42.9	44.6	49.2
<b>Old-age dependency ratio (%)</b>							
Australia	26.5	26.9	27.4	27.9	28.4	31.0	38.7
<i>Capital cities</i>	22.8	23.0	23.3	23.7	24.1	26.1	33.7
<i>Rest-of-state areas</i>	35.2	36.1	37.0	37.9	38.8	43.3	53.2

Source: ABS, *National, state and territory population, March 2025*; ABS, *Regional population, 2023–24*; and Centre for Population.

2 The Greater Capital City Statistical Area (GCCSA) population statistics are from ABS, *Regional population, 2023–24*, released on 27 March 2025. These estimates do not sum to the state and territory estimates largely due to the implementation of the net interstate migration review, released by the ABS on 19 June 2025. Corresponding sub-state revisions will be included in the next scheduled release of *Regional population, 2024–25*, on 31 March 2026.

3 Estimates beyond 2035–36 are experimental.

4 The total fertility rates for capital city and rest-of-state areas have been estimated.