

National population estimates: At 30 June 2022

16 August 2022, 10:45am

National population estimates give the best available measure of the population, by age and sex, usually living in New Zealand.

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Excel spreadsheet, 22 KB

Key facts

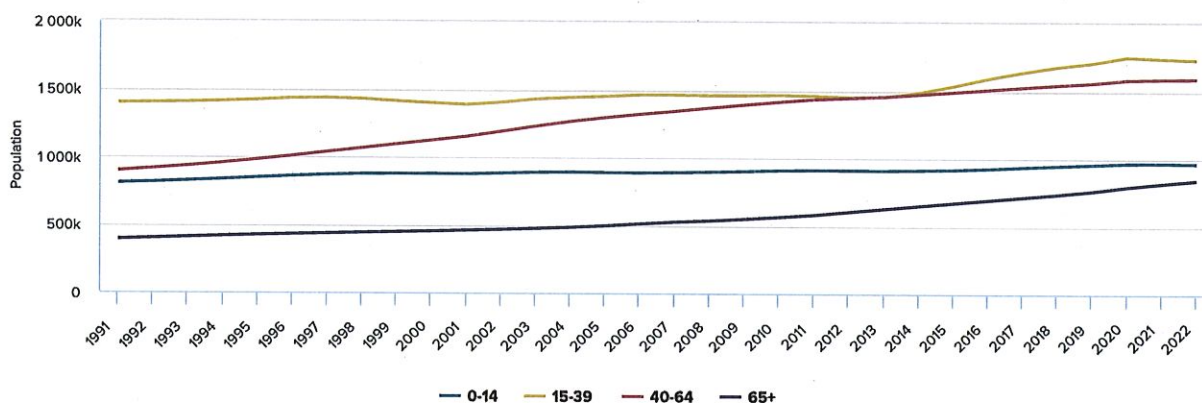
At 30 June 2022:

- New Zealand's estimated resident population was provisionally **5,124,100**
- there were 2,542,800 males and 2,581,200 females
- the median age of males and females was 37.0 and 39.1 years, respectively.

During the year ended June 2022:

- New Zealand's population grew by 12,700, or 0.2 percent
- estimated natural increase (births minus deaths) was 24,100, and estimated net migration (migrant arrivals minus migrant departures) was -11,500.

New Zealand population by broad age group, at 30 June 1991–2022



Estimates for 2021 and 2022 are provisional.

Stats NZ

The latest population estimates are based on the estimated resident population at 30 June 2018, updated for births, deaths, and net migration each quarter. The estimates are provisional until finalised six quarters after initial publication.

Net migration estimates are based on the outcomes-based migration measure, using an underlying [12/16-month rule](https://www.stats.govt.nz/about-us/what-we-do/current-projects/migration-data-transformation-project#monthrule) (<https://www.stats.govt.nz/about-us/what-we-do/current-projects/migration-data-transformation-project#monthrule>). Net migration estimates are finalised 16 months after initial publication.

The estimated births and deaths occurring in each period, in this release, differ from statistics presented elsewhere that relate to births and deaths registered during a given period of time. Estimated births and deaths are provisional until finalised one quarter after initial publication to account for delayed registrations of births and deaths.

Access data in Infoshare

Use [Infoshare](http://www.stats.govt.nz/infoshare/) (<http://www.stats.govt.nz/infoshare/>) to view and download time-series data for annual and quarterly national population estimates by single-year of age, five-year age groups, and selected age groups.

Subject category: Population

Group: Population estimates – DPE

Definitions and metadata

[National population estimates – DataInfo+](#)

(<http://datainfoplus.stats.govt.nz/item/nz.govt.stats/4c9f3523-5386-4ce0-a8bd-993bb905f119#/nz.govt.stats/3f786390-7291-45c6-bcb6-25a4146639a5/#>) gives general methodology used to produce national population estimates, and related metadata.

Media enquiries

Sandi Reily

[021 285 9191](tel:+64212859191)

(tel:+64212859191) media@stats.govt.nz (mailto:media@stats.govt.nz?

subject=National%20population%20estimates%20%E2%80%93%20media%20enquiries)

Technical enquiries

Ira Perkins

[03 964 8406](tel:+6439648406)

(tel:+6439648406) info@stats.govt.nz (mailto:info@stats.govt.nz?

subject=National%20population%20estimates%20%E2%80%93%20technical%20enquiries)

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Next releases

National population estimates: At 30 September 2022 will be released on 17 November 2022.

Māori population estimates: At 30 June 2022 will be released on 17 November 2022.

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