

Population

Population statistics give you information about people who live in New Zealand.

Find out the number of people in New Zealand and in different areas of New Zealand. These areas include regions, cities and towns, local board areas, and area units/Statistical Area 2.

Information is broken down by groups within the population, for example by age, ethnicity, and sex.

Population statistics also include information on births and deaths, migration, and census results.

For advice on using the different population statistics, see [Population statistics – user guide](#) (methods/population-statistics-user-guide) .

[Population estimates and projections](#) (topics/population-estimates-and-projections) show how the population is changing. The latest population estimates are based on the 2018 Census, following the release of the [2018-base estimated resident population](#) (information-releases/estimated-resident-population-2018-base-at-30-june-2018) on 23 September 2020.

Estimated resident population of New Zealand: At 30 June 2023

As at	Estimated resident population
Mar-91	3,488,000
Jun-91	3,495,100
Sep-91	3,504,600
Dec-91	3,516,000
Mar-92	3,526,500
Jun-92	3,531,700
Sep-92	3,539,600
Dec-92	3,552,200
Mar-93	3,564,400
Jun-93	3,572,200
Sep-93	3,582,900
Dec-93	3,597,800
Mar-94	3,611,500
Jun-94	3,620,000
Sep-94	3,631,800
Dec-94	3,648,300
Mar-95	3,663,700
Jun-95	3,673,400
Sep-95	3,688,600
Dec-95	3,706,700
Mar-96	3,723,400
Jun-96	3,732,000
Sep-96	3,745,600
Dec-96	3,762,300
Mar-97	3,775,200
Jun-97	3,781,300
Sep-97	3,791,300
Dec-97	3,802,700
Mar-98	3,811,200
Jun-98	3,815,000
Sep-98	3,821,000
Dec-98	3,829,200
Mar-99	3,833,000
Jun-99	3,835,100
Sep-99	3,841,100
Dec-99	3,851,100

As at	Estimated resident population
Mar-00	3,855,900
Jun-00	3,857,700
Sep-00	3,864,900
Dec-00	3,873,100
Mar-01	3,876,200
Jun-01	3,880,500
Sep-01	3,895,400
Dec-01	3,916,200
Mar-02	3,935,700
Jun-02	3,948,500
Sep-02	3,967,600
Dec-02	3,989,500
Mar-03	4,013,300
Jun-03	4,027,200
Sep-03	4,044,600
Dec-03	4,061,600
Mar-04	4,078,700
Jun-04	4,087,500
Sep-04	4,100,600
Dec-04	4,114,300
Mar-05	4,126,600
Jun-05	4,133,900
Sep-05	4,145,900
Dec-05	4,161,000
Mar-06	4,176,100
Jun-06	4,184,600
Sep-06	4,195,500
Dec-06	4,209,100
Mar-07	4,219,400
Jun-07	4,223,800
Sep-07	4,234,300
Dec-07	4,245,700
Mar-08	4,255,600
Jun-08	4,259,800
Sep-08	4,269,600
Dec-08	4,280,300

As at	Estimated resident population
Mar-09	4,293,500
Jun-09	4,302,600
Sep-09	4,317,300
Dec-09	4,332,100
Mar-10	4,345,700
Jun-10	4,350,700
Sep-10	4,362,700
Dec-10	4,373,900
Mar-11	4,382,500
Jun-11	4,384,000
Sep-11	4,392,000
Dec-11	4,399,400
Mar-12	4,406,500
Jun-12	4,408,100
Sep-12	4,415,600
Dec-12	4,425,900
Mar-13	4,436,000
Jun-13	4,442,100
Sep-13	4,457,900
Dec-13	4,477,400
Mar-14	4,501,100
Jun-14	4,516,500
Sep-14	4,540,300
Dec-14	4,564,400
Mar-15	4,591,900
Jun-15	4,609,400
Sep-15	4,636,300
Dec-15	4,663,700
Mar-16	4,695,000
Jun-16	4,714,100
Sep-16	4,741,200
Dec-16	4,767,600
Mar-17	4,796,700
Jun-17	4,813,600
Sep-17	4,836,300
Dec-17	4,859,500

As at	Estimated resident population
Mar-18	4,886,100
Jun-18	4,900,600
Sep-18	4,921,300
Dec-18	4,941,200
Mar-19	4,965,300
Jun-19	4,979,200
Sep-19	5,006,900
Dec-19	5,040,400
Mar-20	5,082,800
Jun-20	5,090,200
Sep-20	5,098,700
Dec-20	5,103,700
Mar-21	5,107,900
Jun-21	5,111,300
Sep-21	5,115,000
Dec-21	5,116,500
Mar-22	5,114,900
Jun-22	5,117,200
Sep-22	5,130,200
Dec-22	5,157,100
Mar-23	5,198,200
Jun-23	5,223,100

Latest information releases about population