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Mid-Year Population Estimates 2026

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The South African
population in 2026
is estimated at
63 522 380



UP 759 980
From 2025 estimates

1,20% growth since 2025

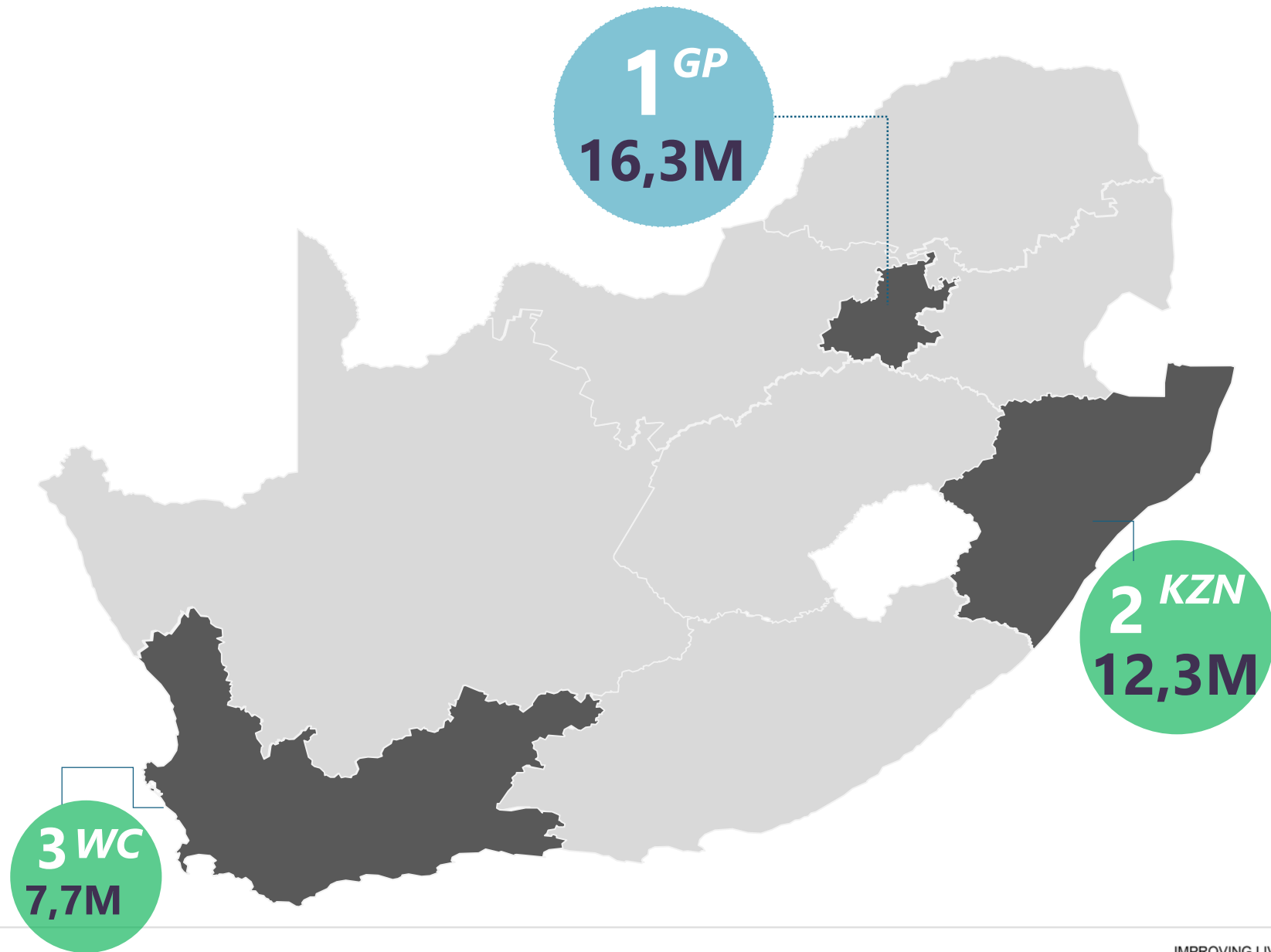


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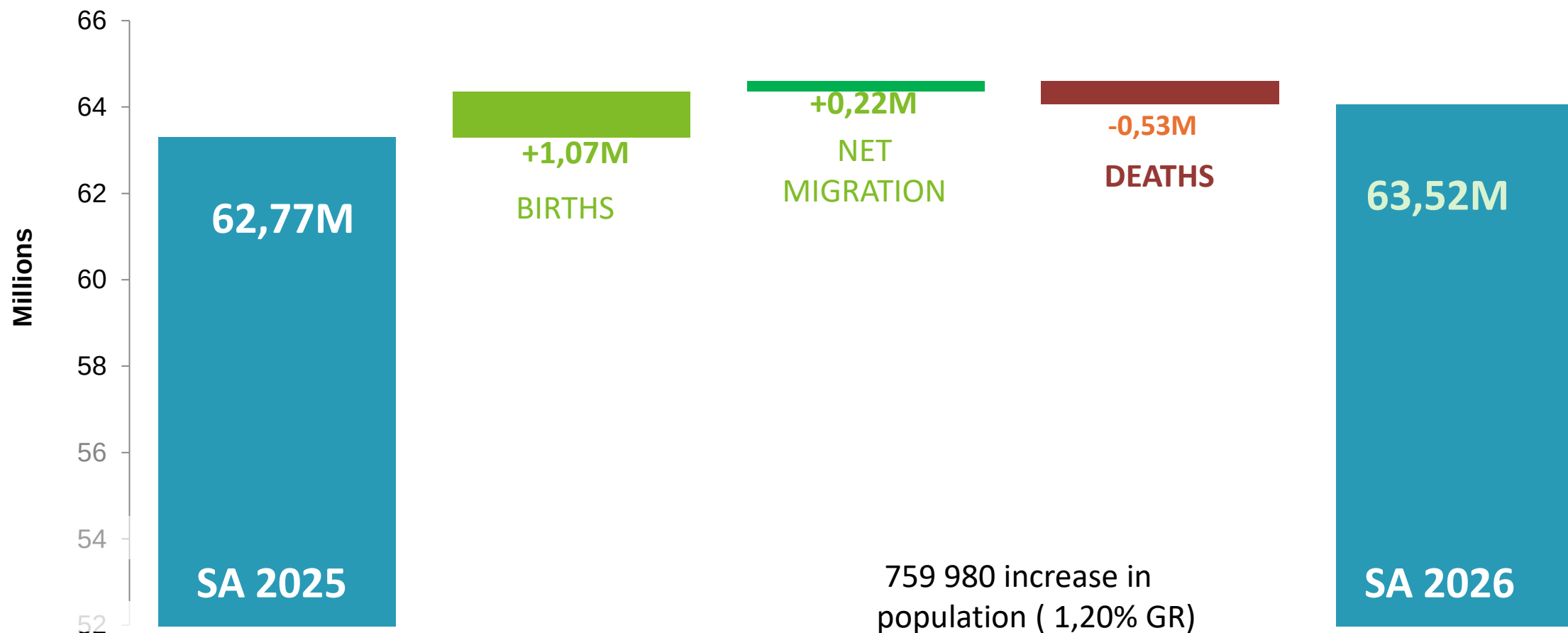


More than
half (57,2%)
of the
population
live in **just 3
provinces**



Births are the main driver of population growth in South Africa

Impact of births, deaths and migration on population, 2026

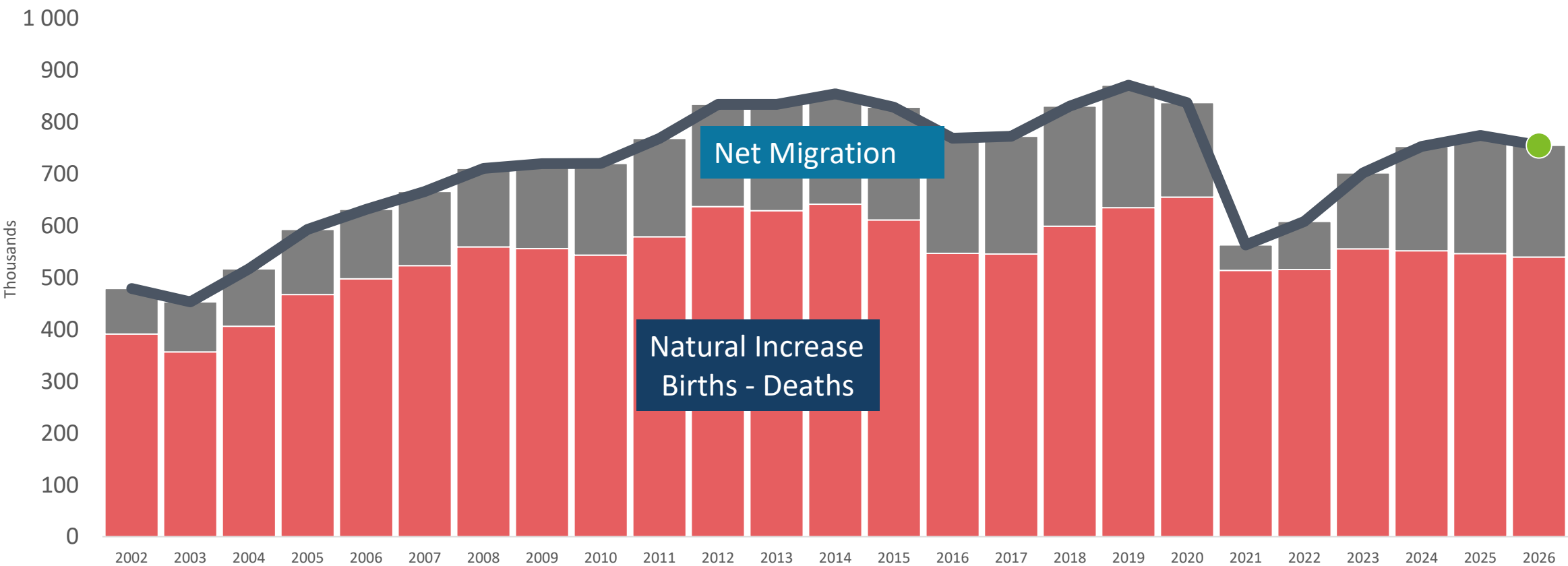


*data based 2024 series

*Due to rounding totals may not add up to the total

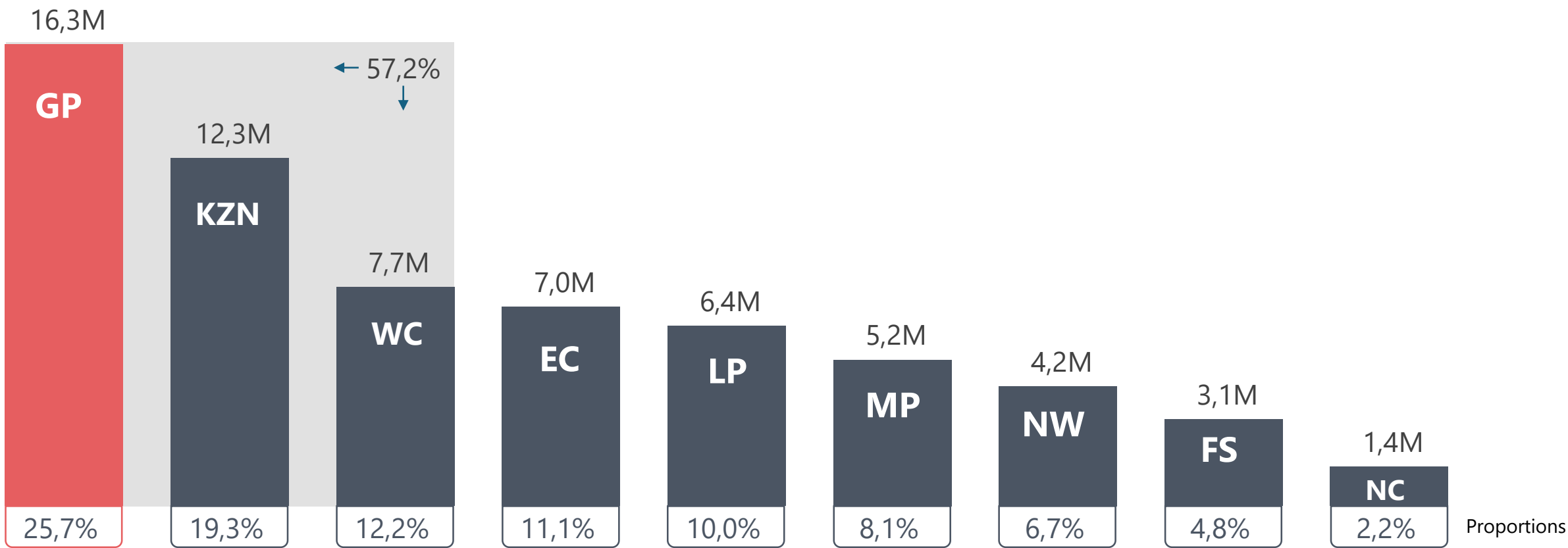
While South Africa's rate of natural increase has also declined over time, the country continues to experience overall population growth.

Impact of births, deaths and migration on population, 2002 – 2026



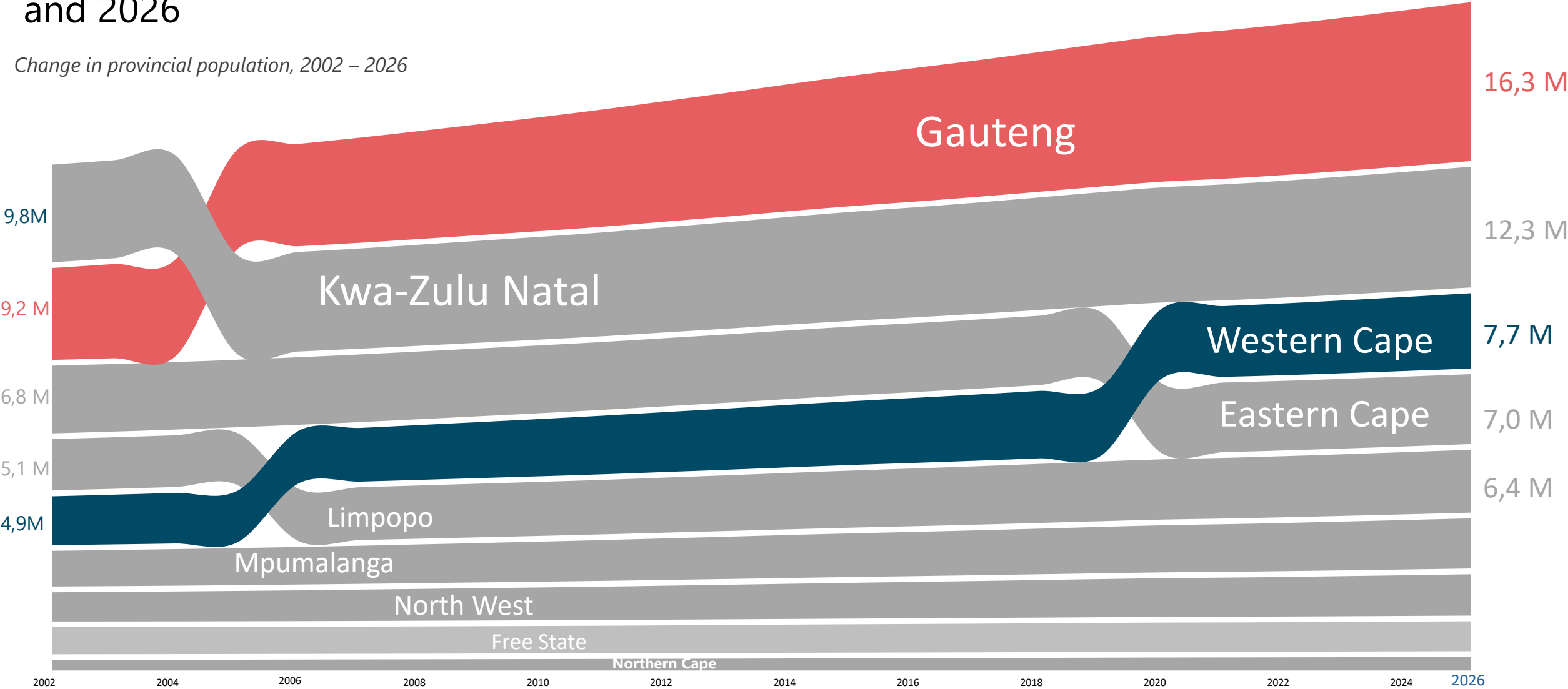
More than half of the population (36,3 million) live in 3 provinces. **GP remains SA's most populous province**

Mid-year population estimates for South Africa by province, 2026



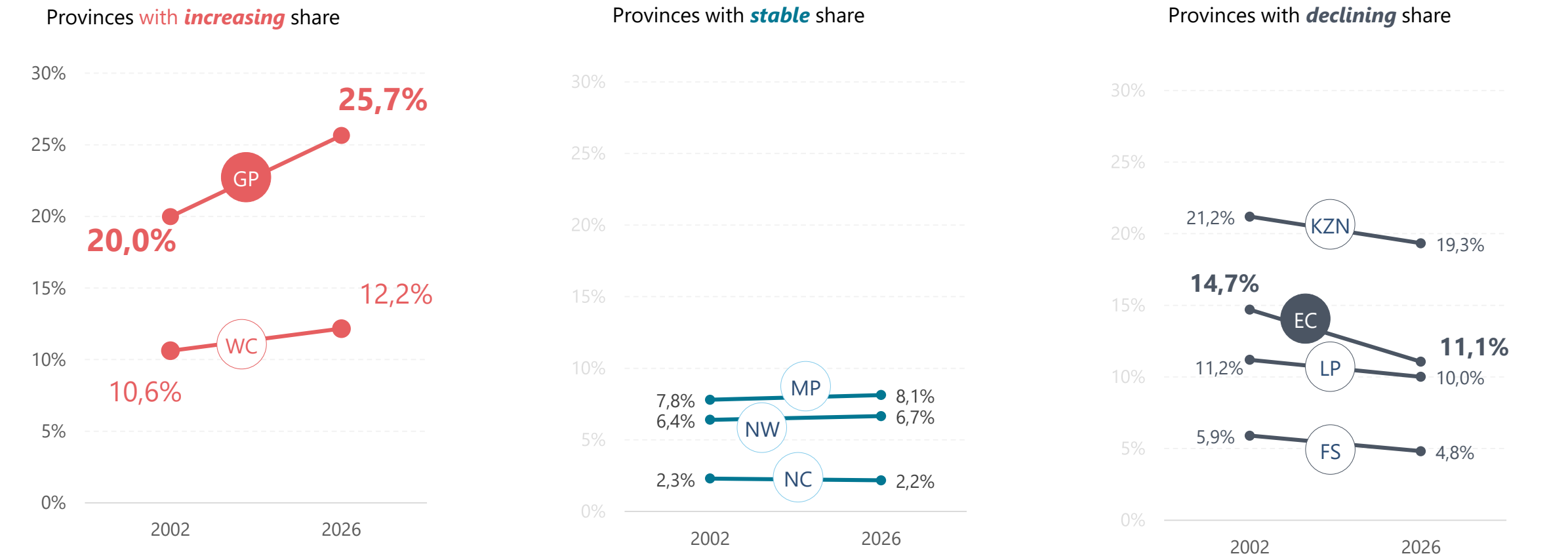
GP has increased its **share** of the total population by more than 7 million between 2002 and 2026

Change in provincial population, 2002 – 2026



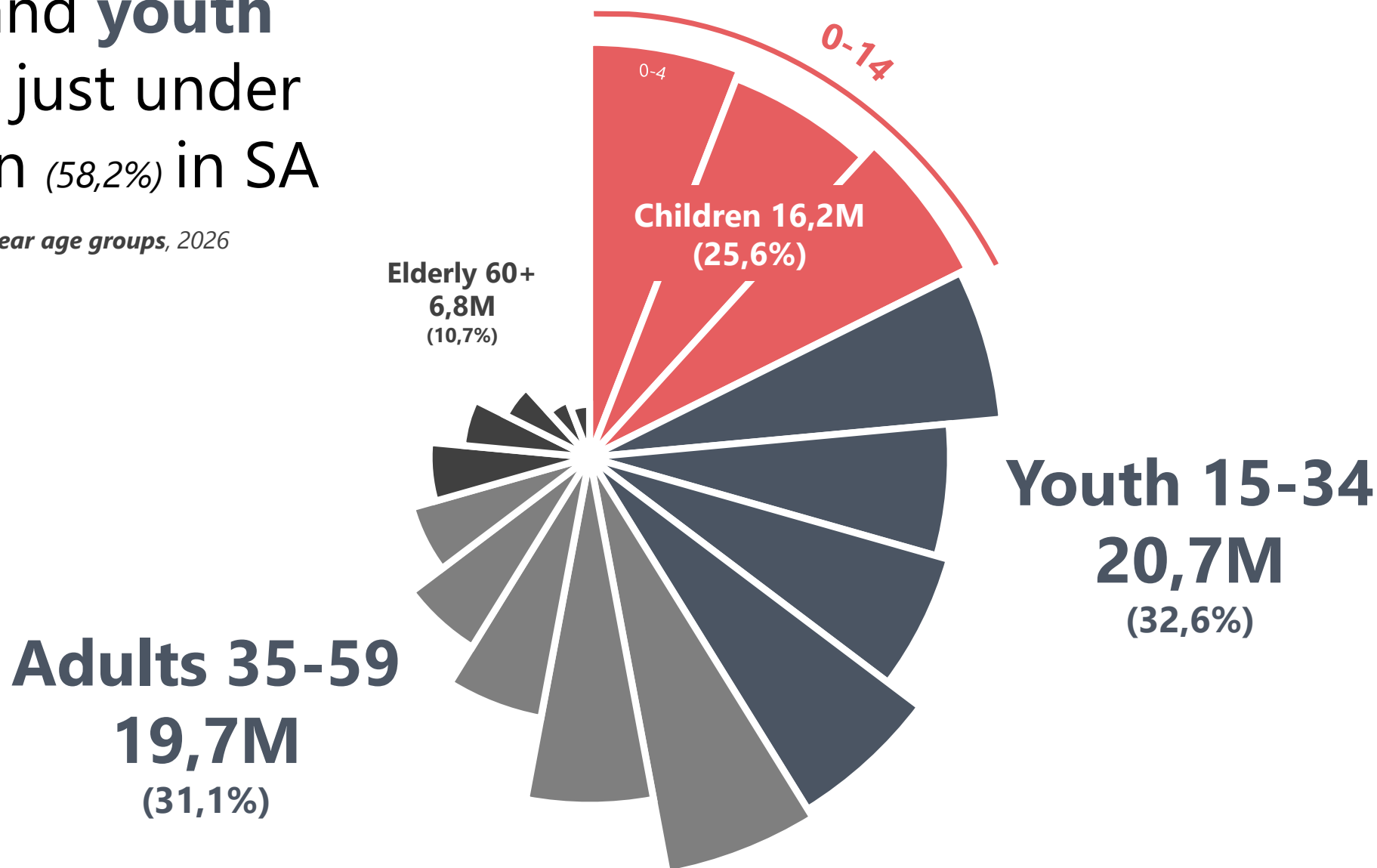
GP has increased its share of the total population from **20,0%** to **25,7%** between 2002 and 2026

Change in provincial population proportions, 2002 – 2026



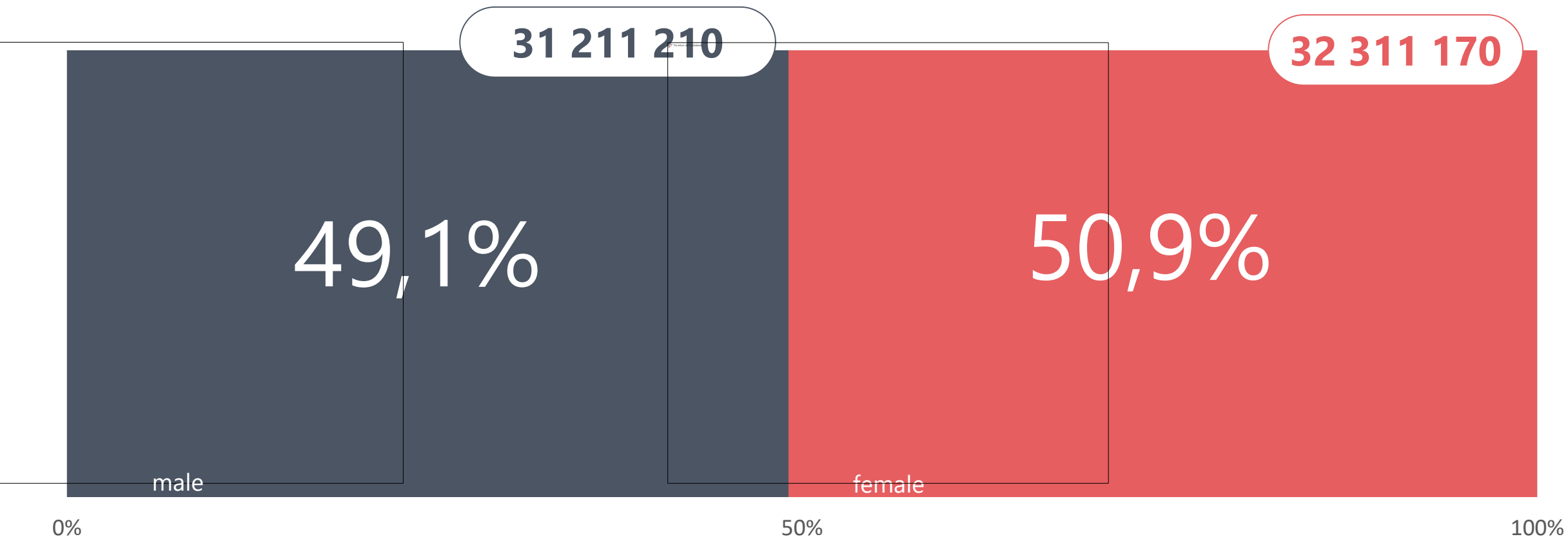
Children and youth amount to just under 37,0 million (58,2%) in SA

Population age structure 5-year age groups, 2026



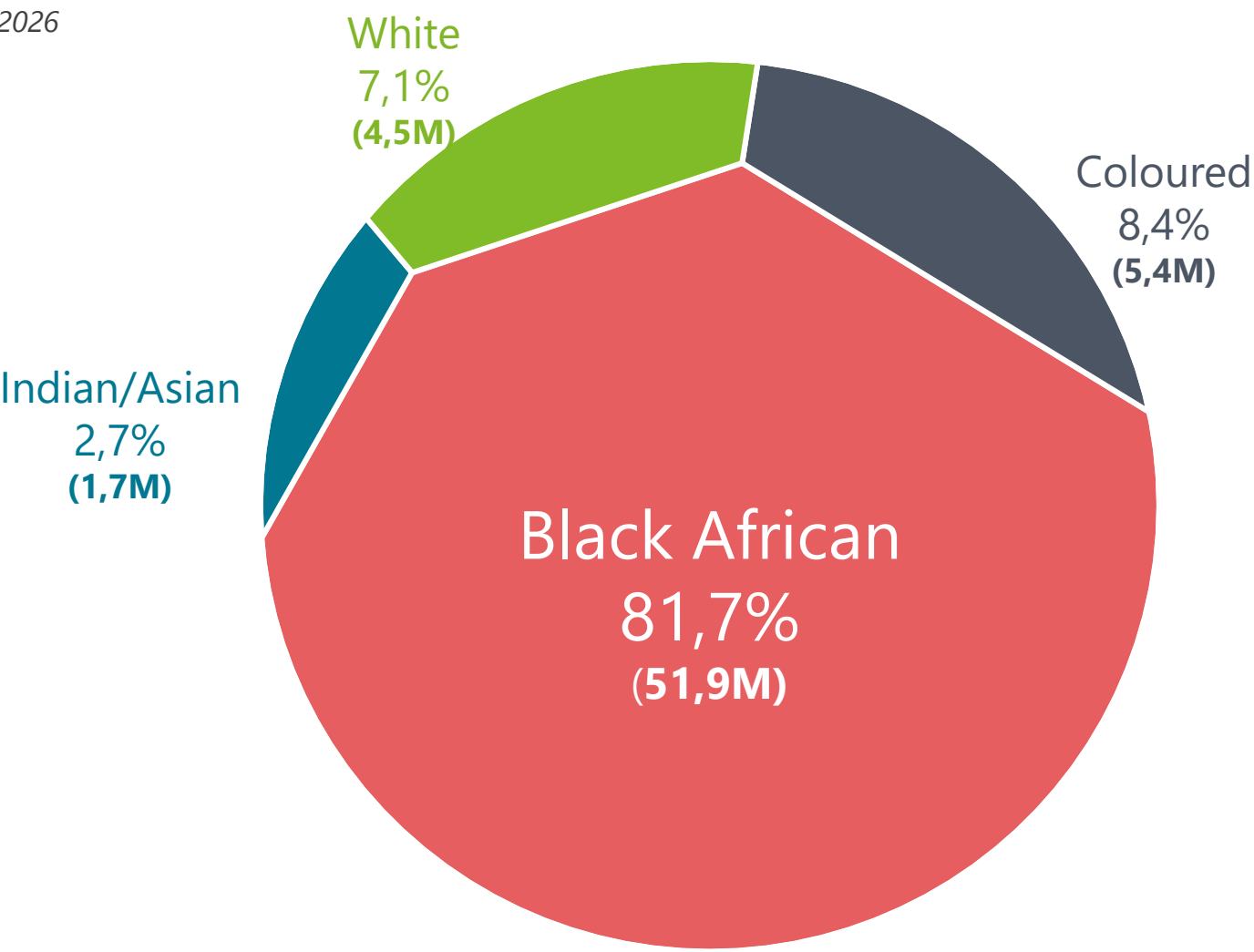
Approximately **51% (32,3 million)** of the population is **female**.

South Africa's population by sex, 2026



The **Black African population** constitutes almost **82%** of the total SA population

SA by population group, 2026

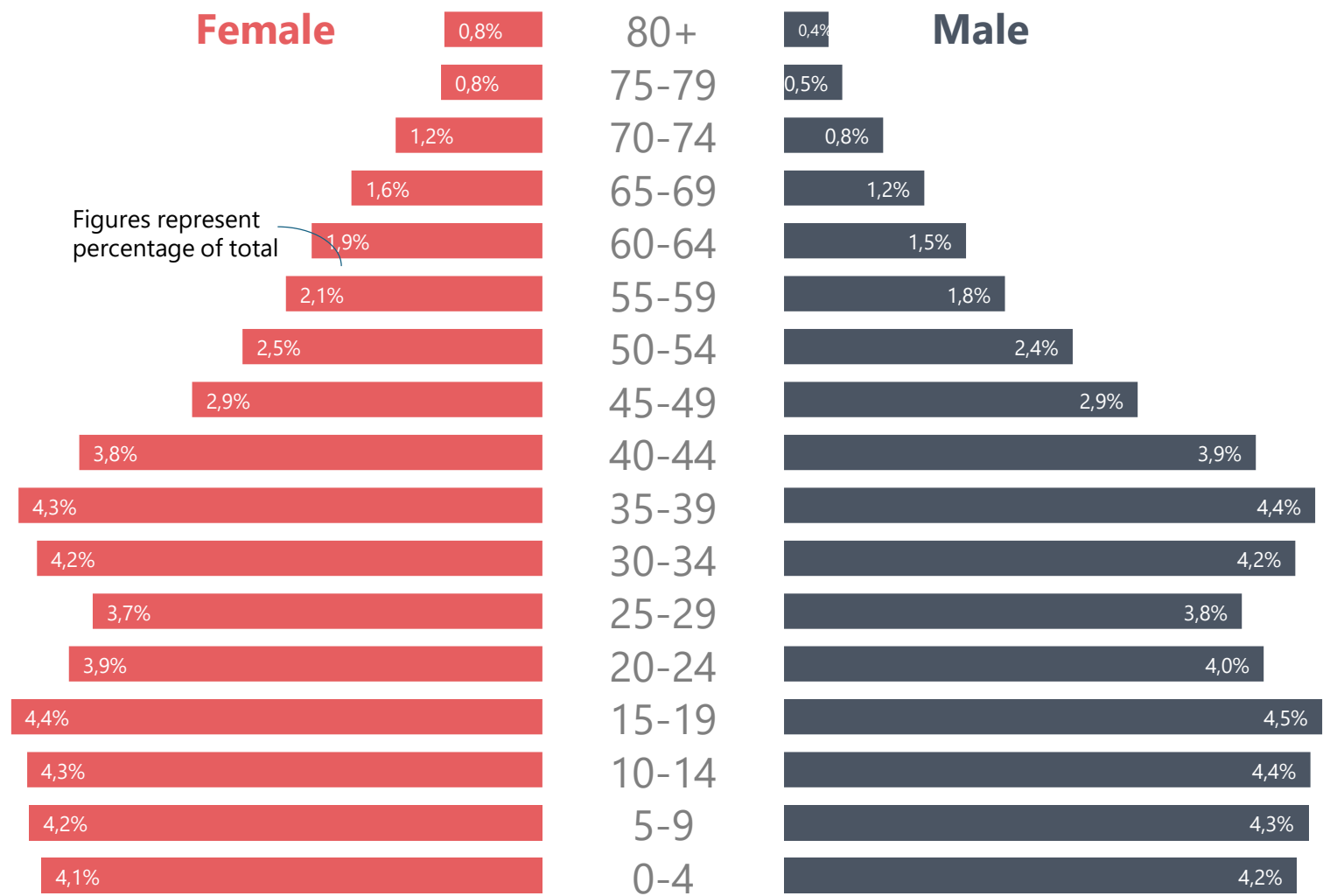


Population Structure



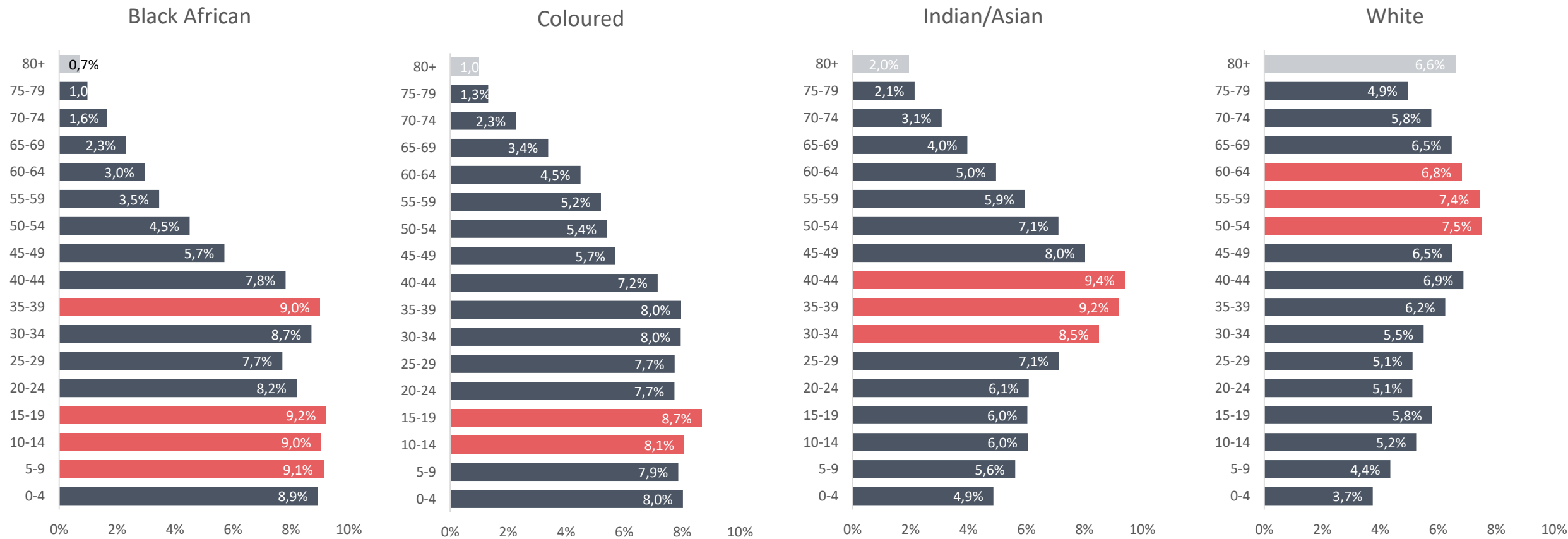
South Africa's Population structure is youthful, with a relatively large base of children.

SA age structure by 5-year age groups, 2026



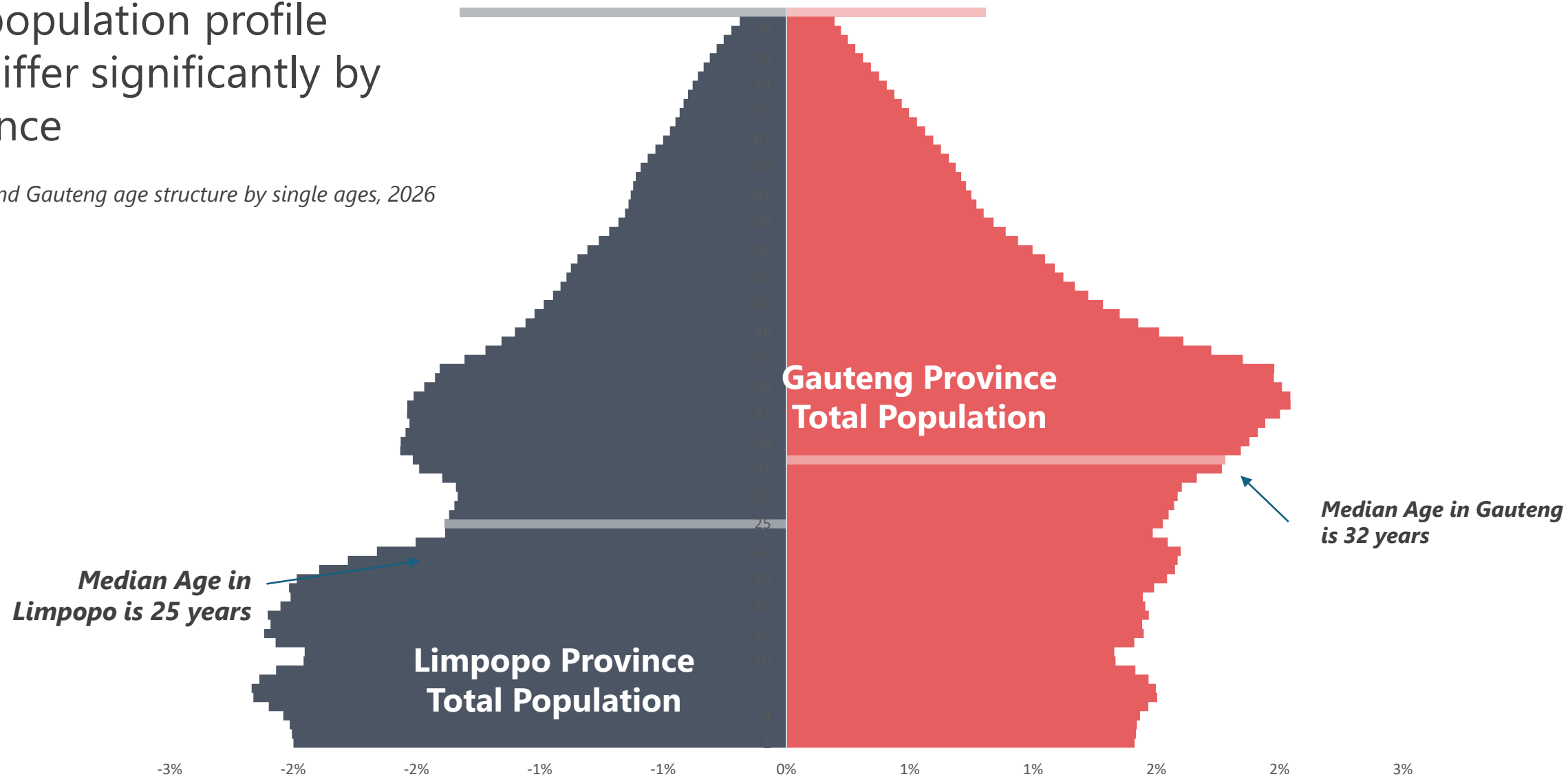
The white population group has a significantly different age profile to the majority Black African population

SA age structure by 5-year age group and population group, 2026



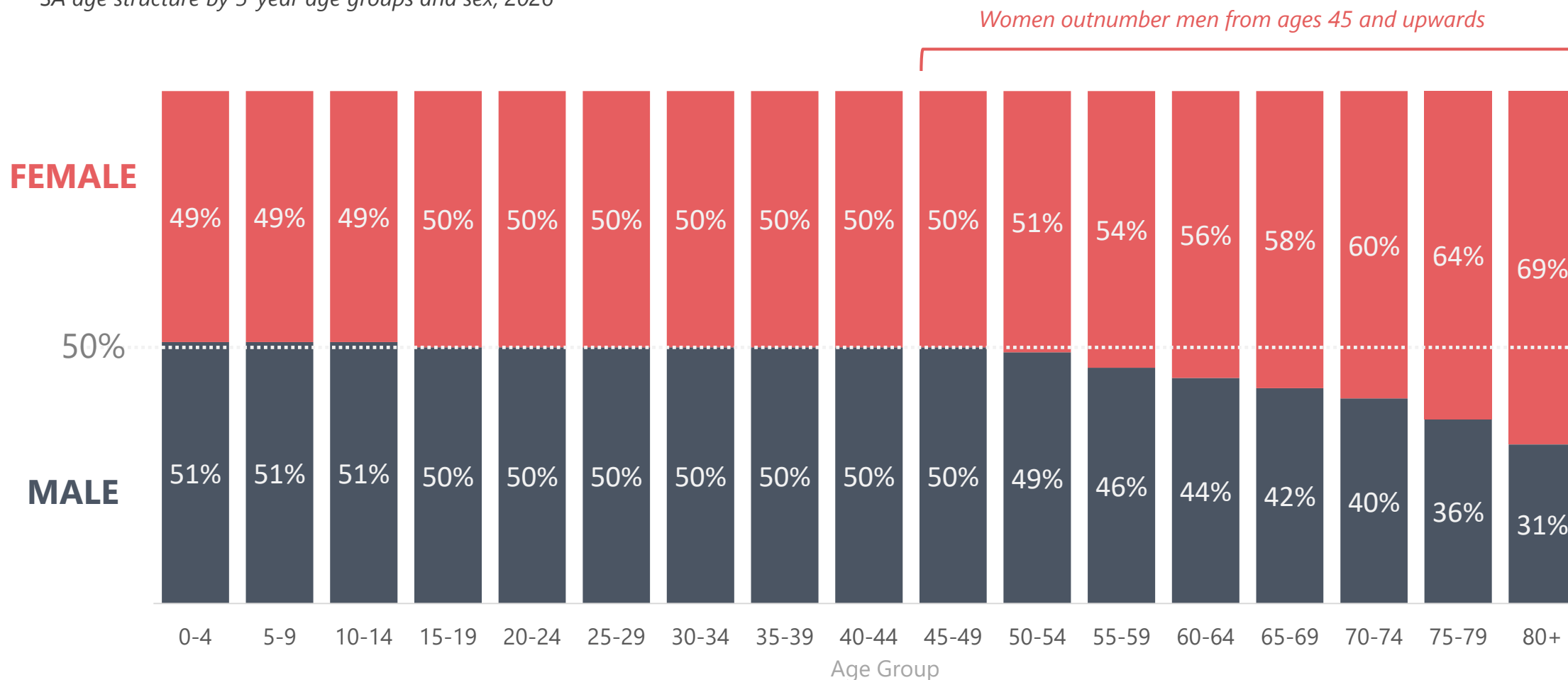
The population profile can differ significantly by province

Limpopo and Gauteng age structure by single ages, 2026



Women outnumber men from ages 45 and above

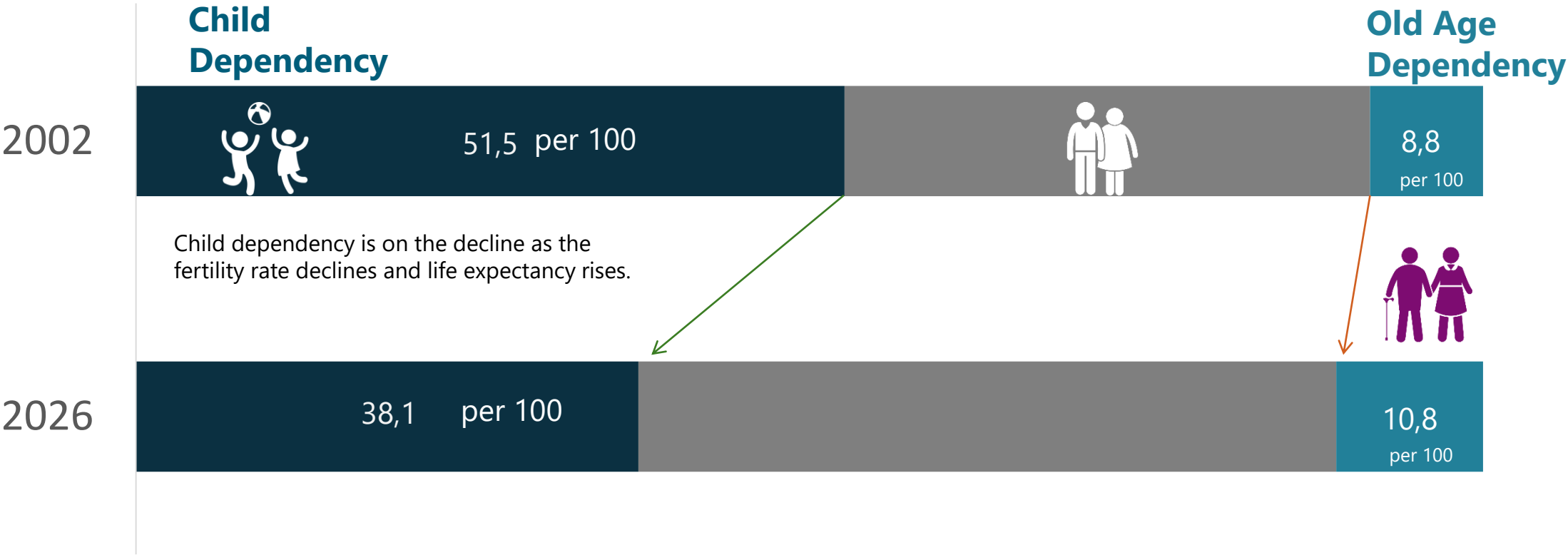
SA age structure by 5-year age groups and sex, 2026



Child dependency is on the decline as the fertility rate declines, and life expectancy rises. **Old age dependency increased** due to better health outcomes.

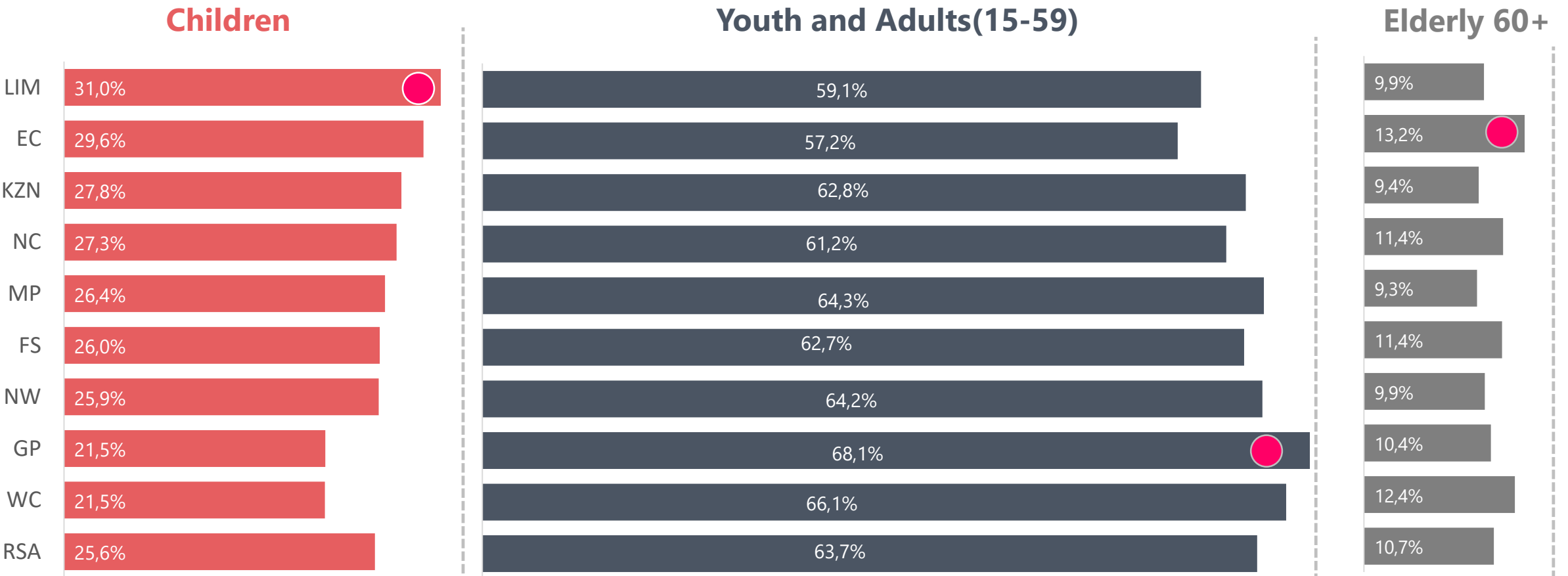
Old Age and Child Dependency Ratio's 2002 - 2026

*The dependency ratio is an indicator of the potential dependency burden of children (0-14) and the elderly (65+) on those who are of economically productive ages (15-64)



LP has the highest proportion of children under 15 whilst Gauteng has the highest proportion of Youth and Adults (15-59). EC has the highest proportion of elderly(60+).

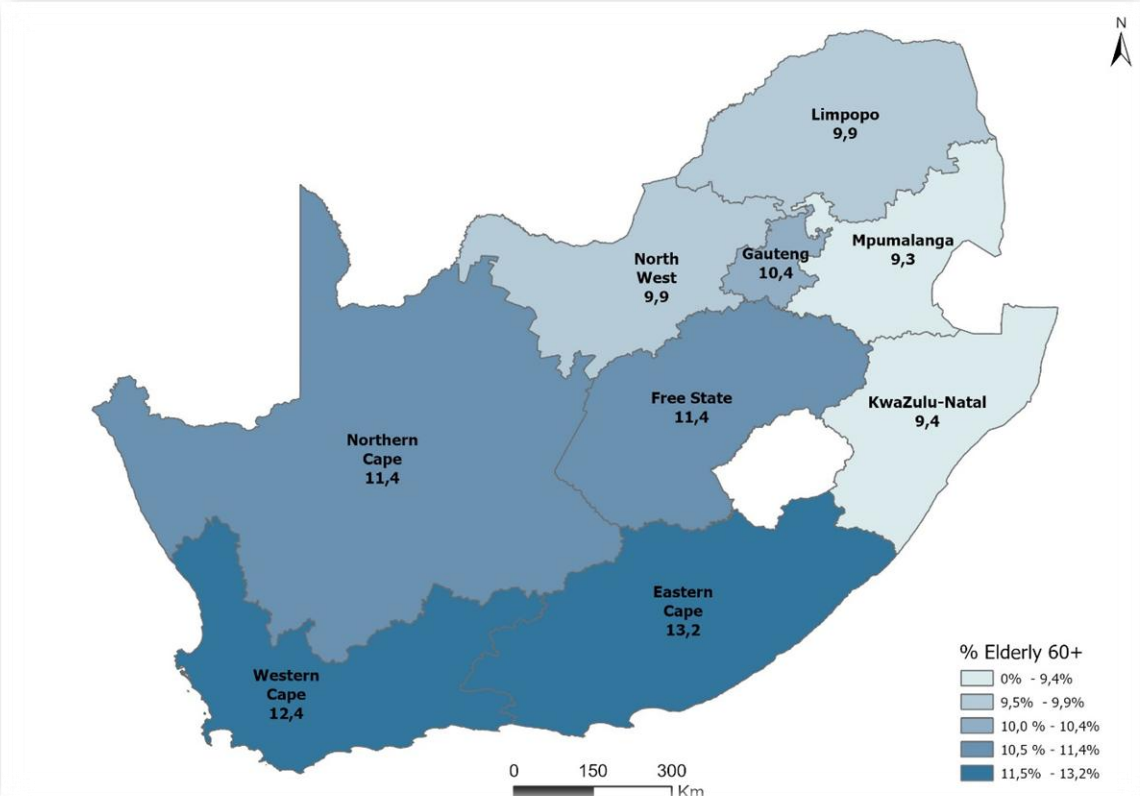
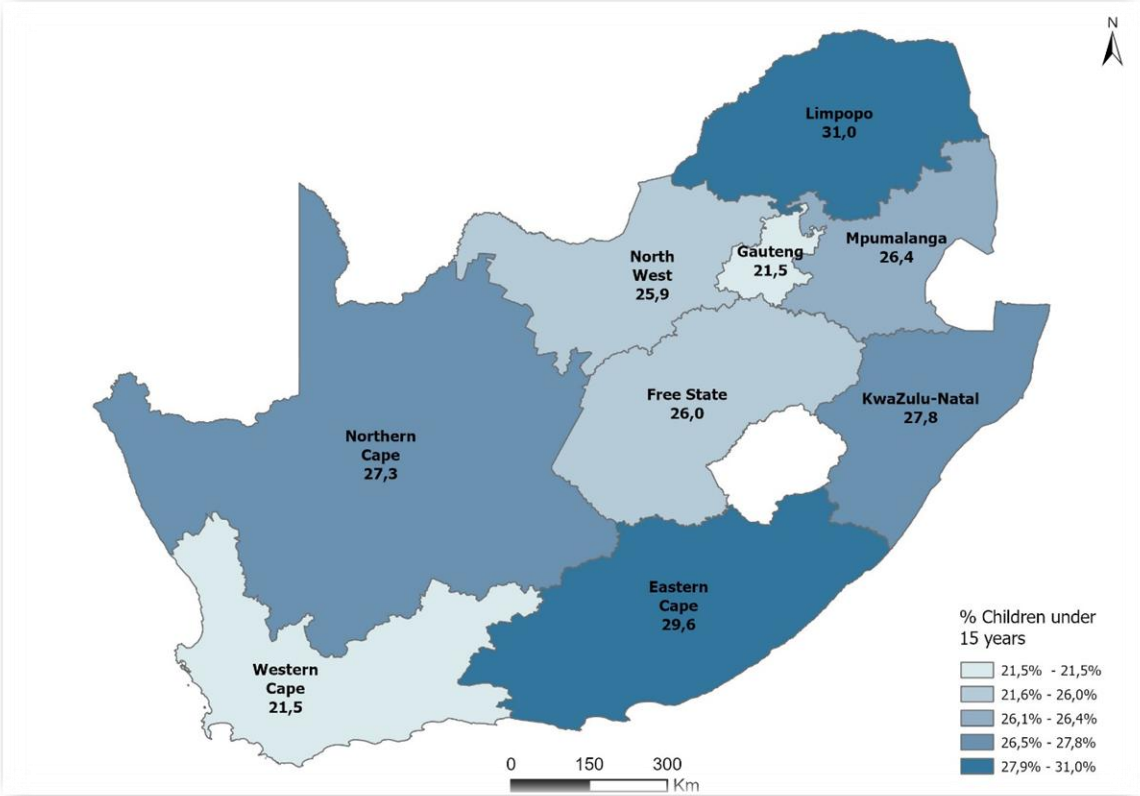
Population by age category and province, 2026



*Due to rounding totals may not add up to 100%

LP has the highest proportion of children under 15 whilst EC has the highest proportion of the elderly

Population by age category and province, 2026



Fertility (Births)



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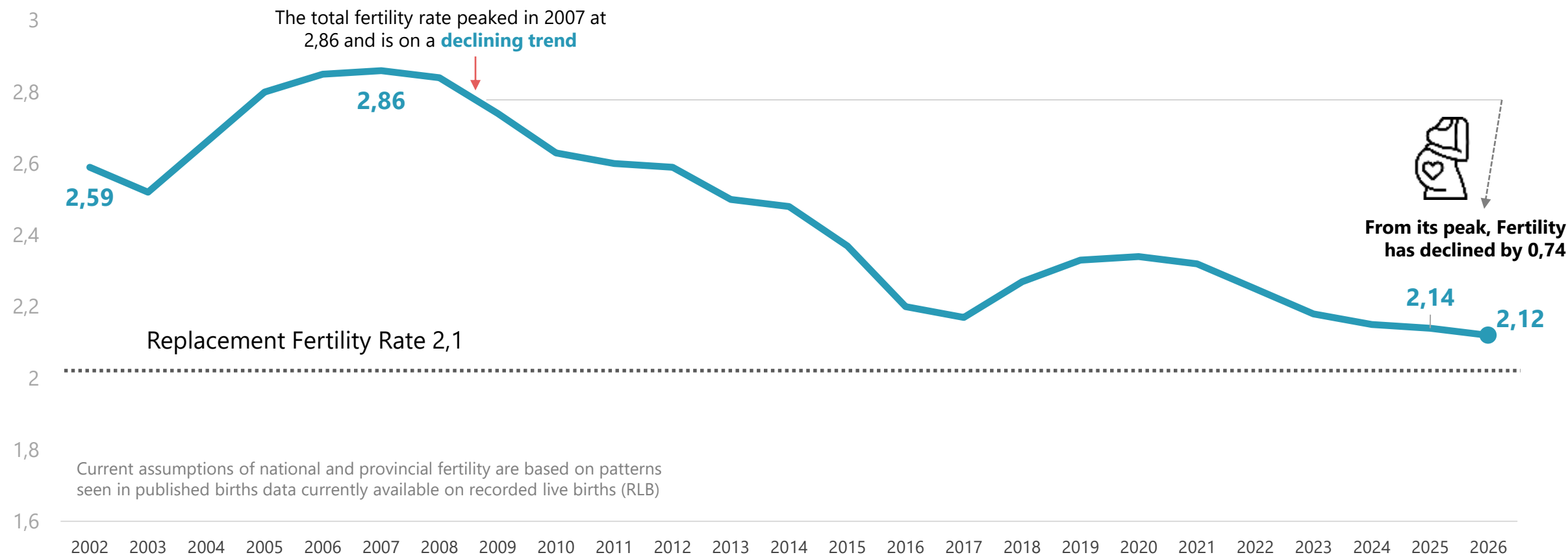
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There has been a fluctuation in Total fertility Rate in SA between 2002-2026

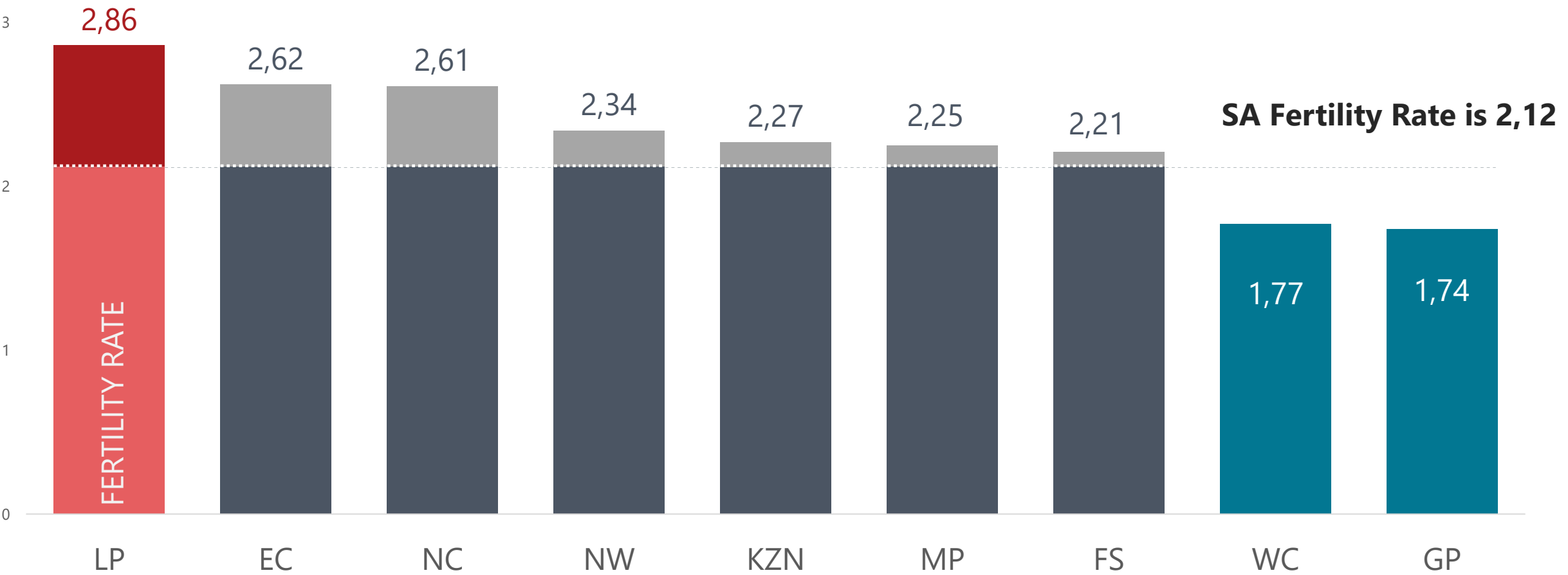
Total Fertility Rate, 2002 – 2026



*data based on 2025 series

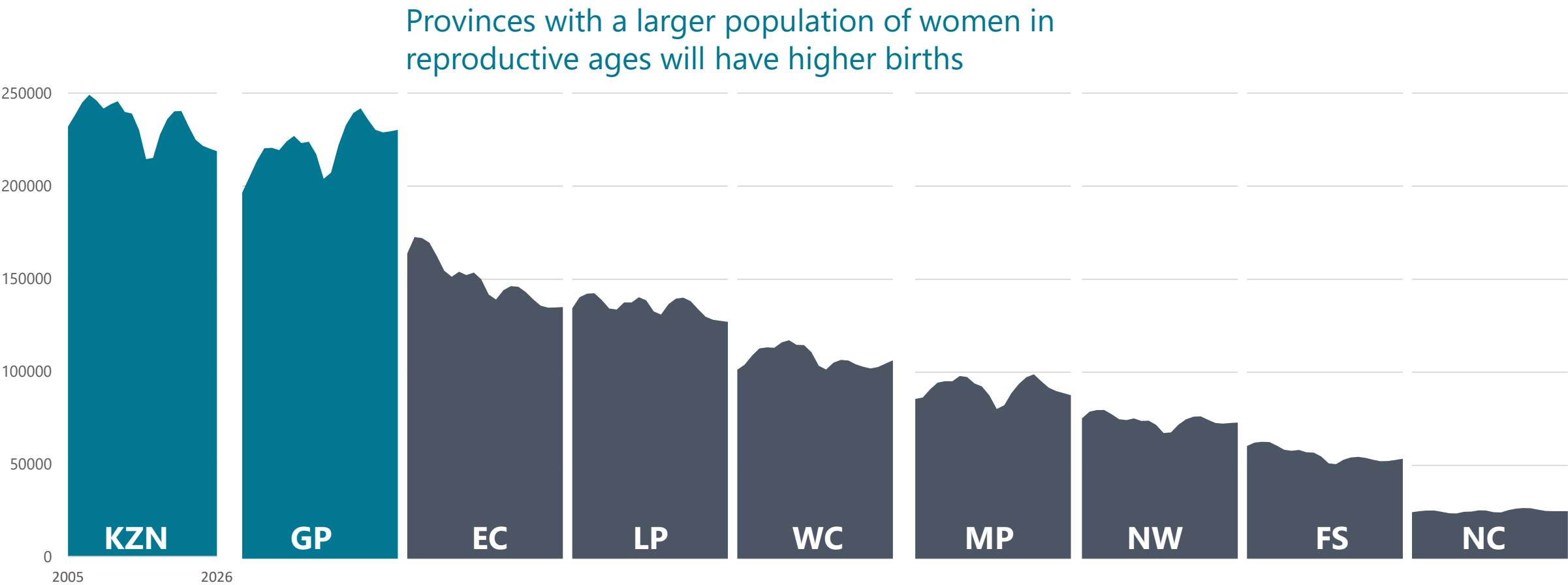
GP and WC are the only provinces below the national fertility rate of South Africa (2,12)

Total Fertility Rate, by province, 2021 – 2026



All provinces in SA have shown a fluctuation in births over time. KZN and GP have the highest proportion of newborns in 2026

Newborns by province, 2002 – 2026



Mortality (Deaths)



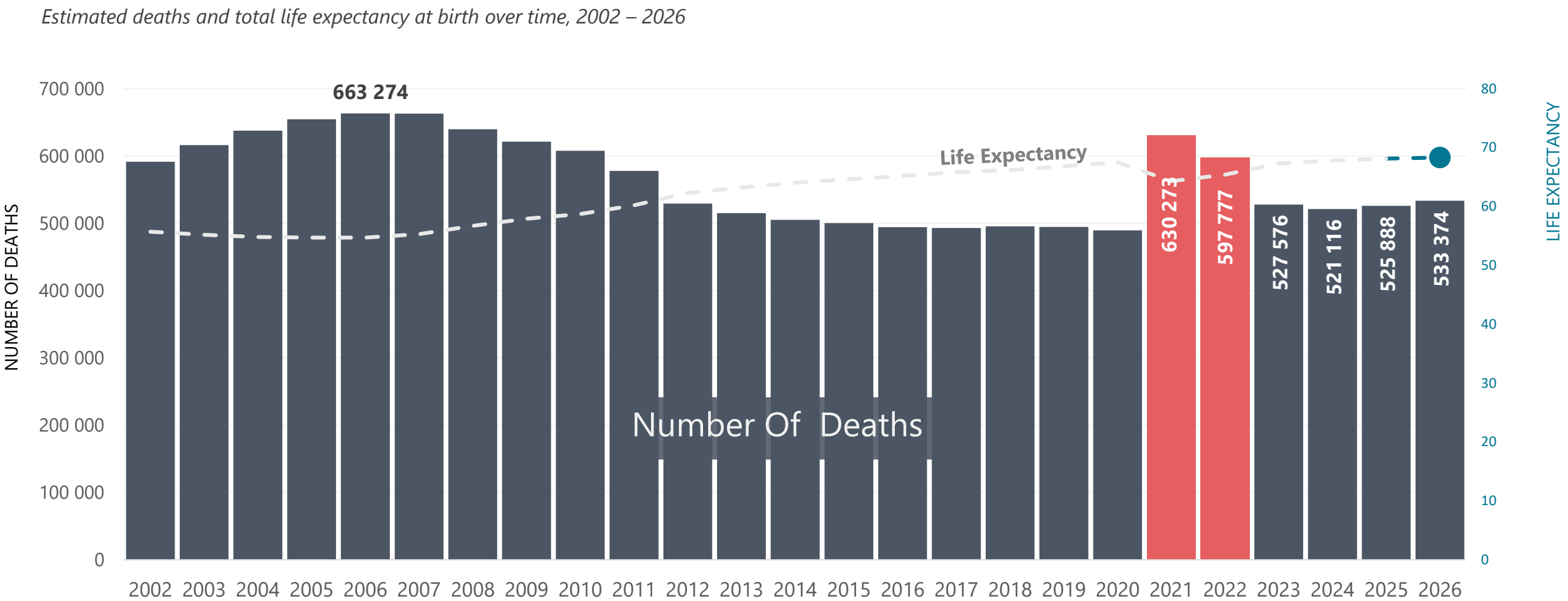
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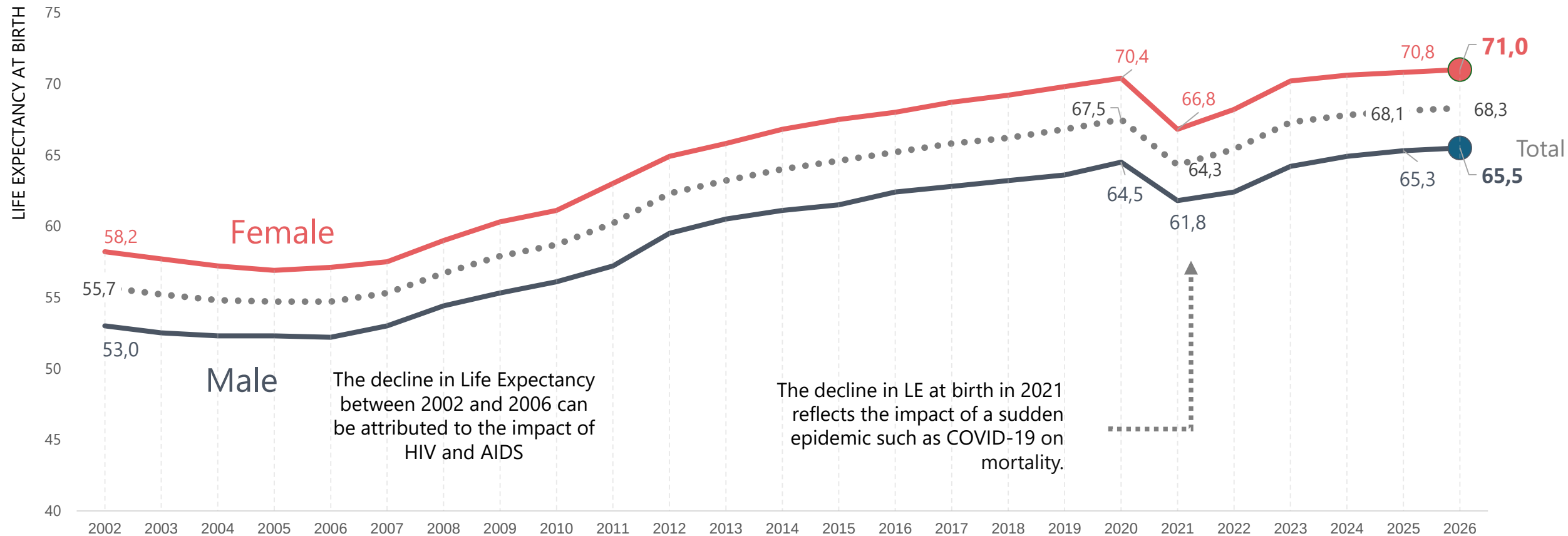
Death peaked in 2021 due to the COVID-19 pandemic



Total Life Expectancy (LE) at birth increased from 55,7 years in 2002 to **68,3** years in 2026.

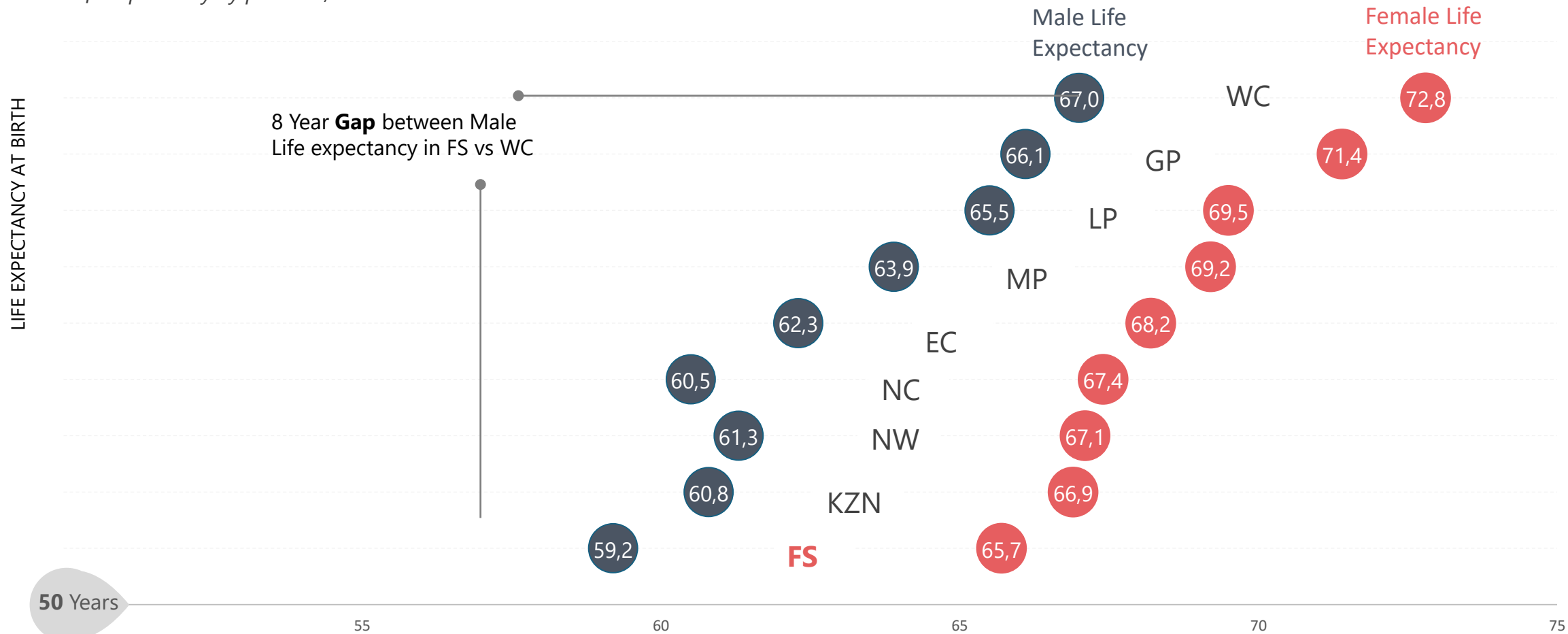
Life Expectancy by sex, 2002 – 2026

Recovery from COVID-19 is reflected in the LE 2022-2026



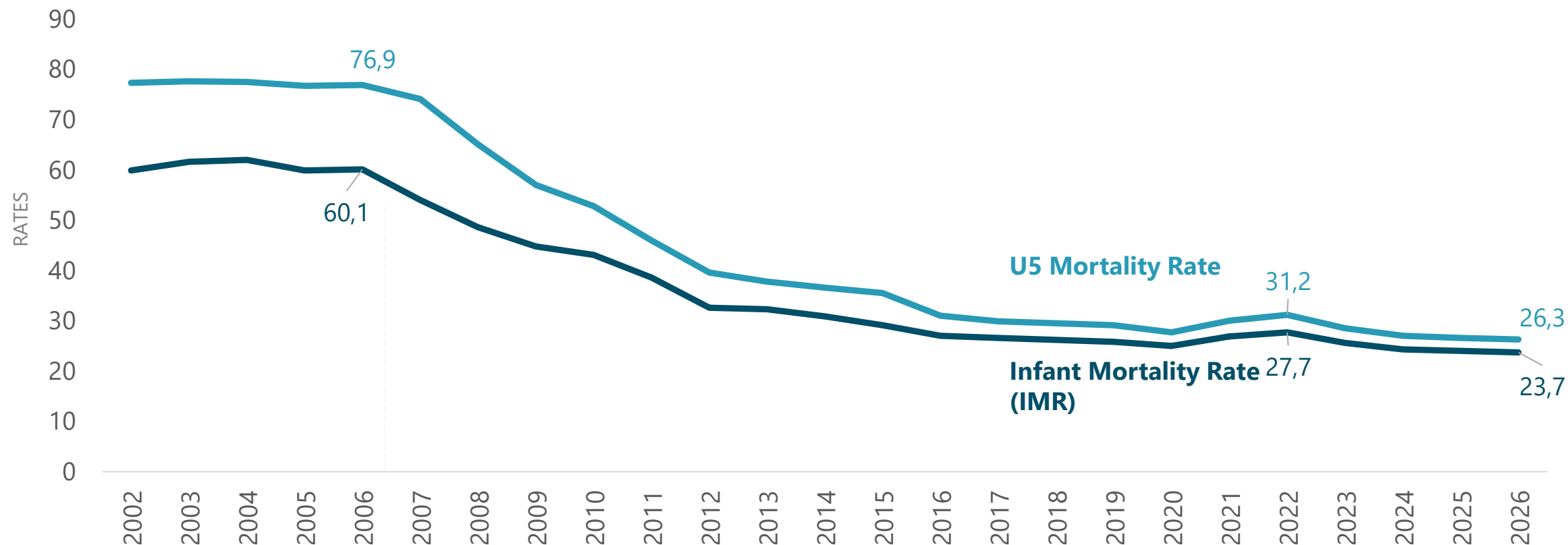
Free State has the lowest life expectancy at birth in comparison to other provinces

Life Expectancy by province, 2021 – 2026



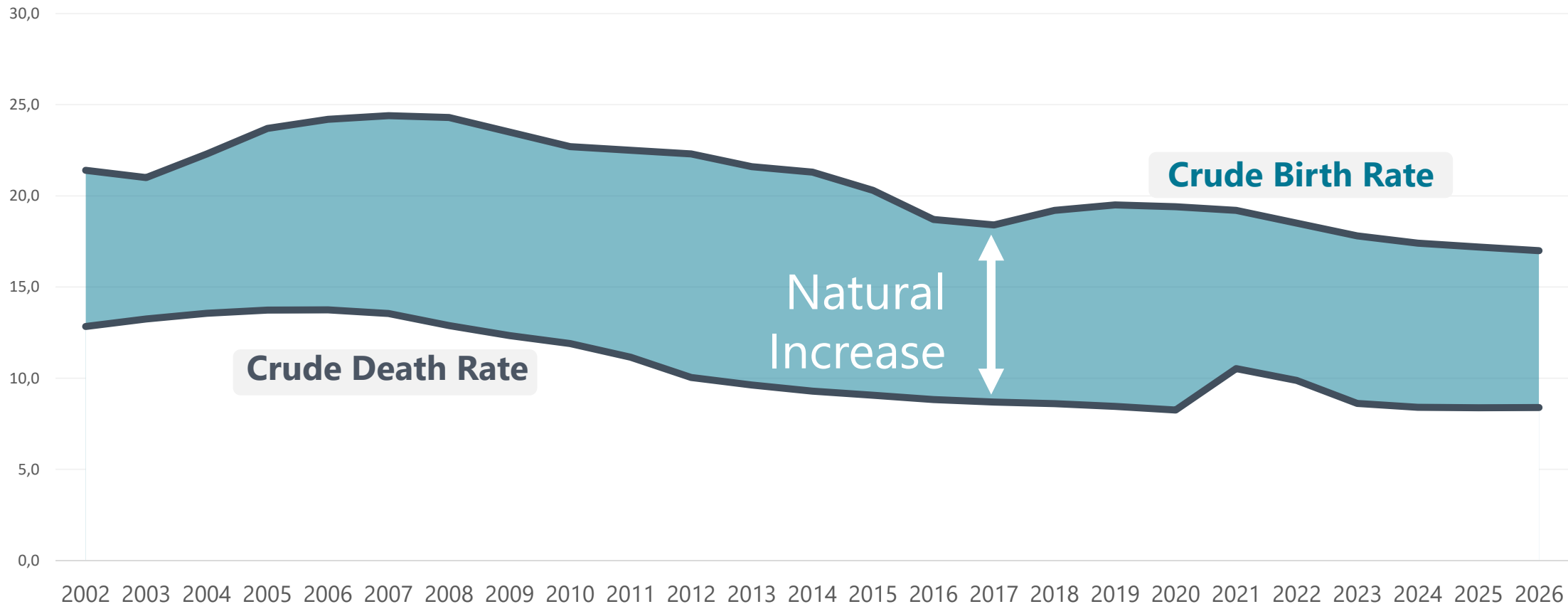
There has been an overall **decline** in child mortality in South Africa **since 2006**.

U5MR and IMR per 1000 live births for the period, 2002 – 2026



While South Africa's rate of natural increase has declined in recent years, the country continues to experience overall population growth.

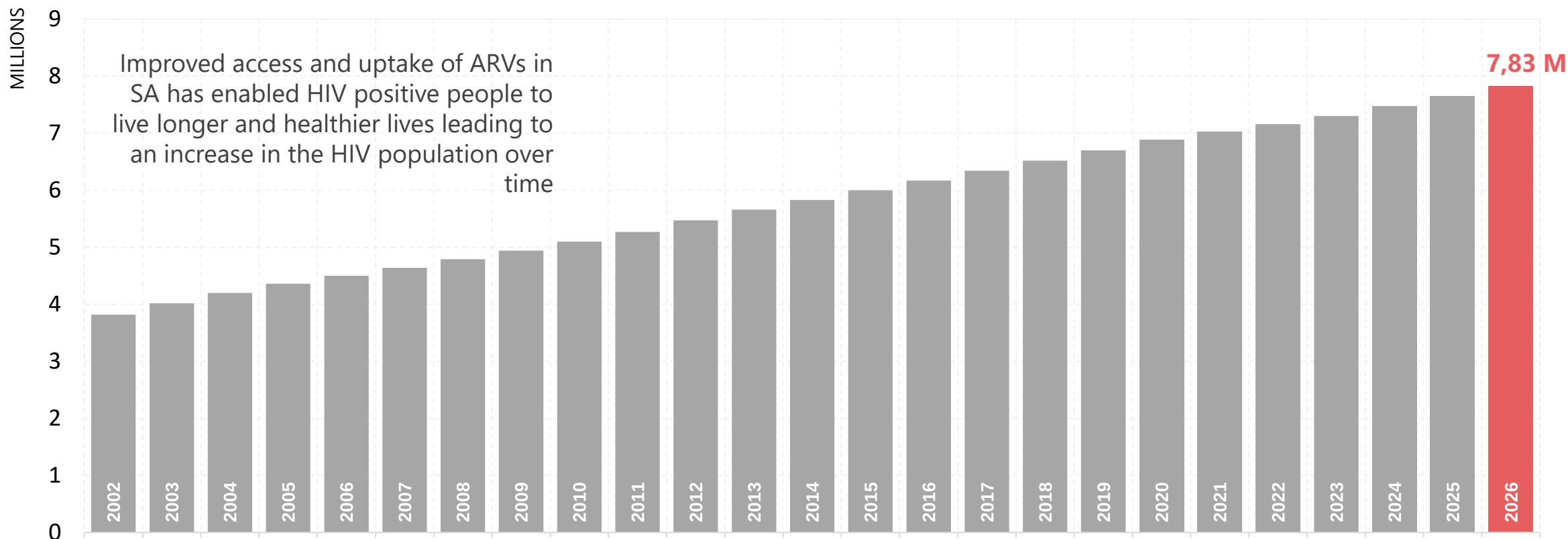
CBR, CDR and RNI per 1000 population over time, 2002 – 2026



Current assumptions of national and provincial fertility are based on patterns seen in published births data currently available on recorded live births (RLB)

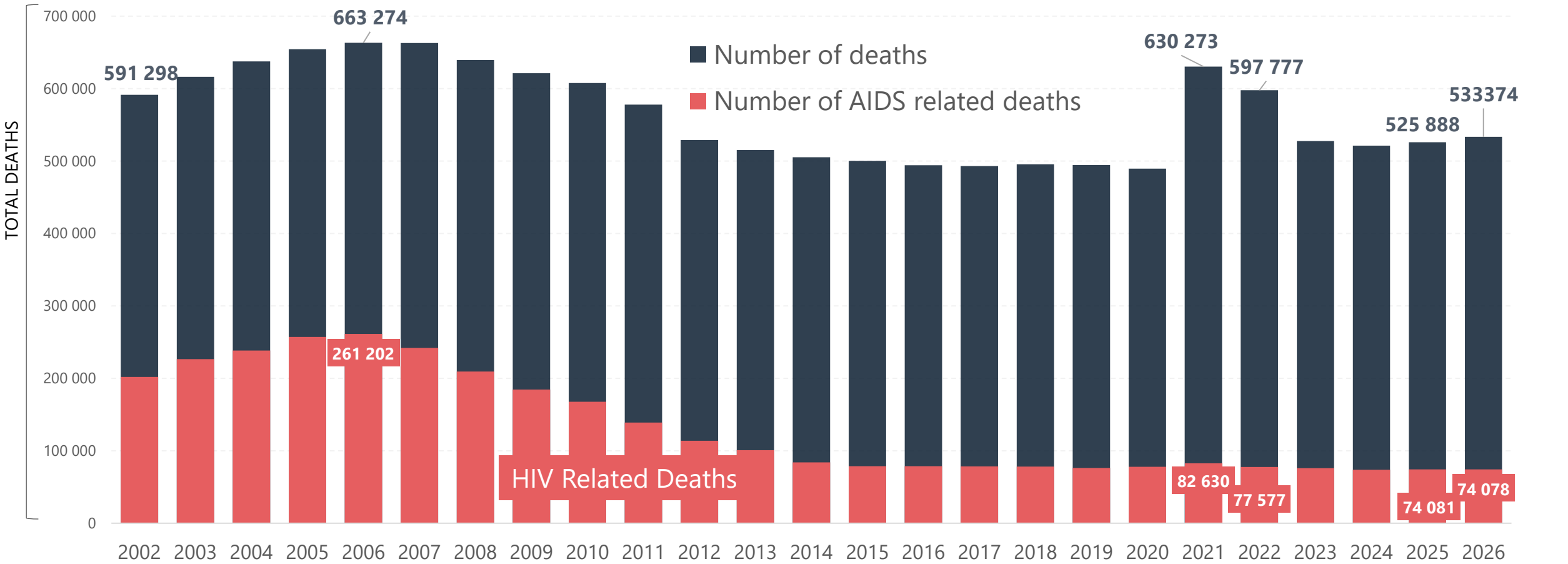
There are **7,83 million** people in SA living with HIV in 2026.

Number of people (in millions) living with HIV, 2002 – 2026



There has been a decline in HIV related deaths due to Antiretroviral therapy (ART) rollout in SA.

Total number of deaths estimated over time vs AIDS-related deaths, 2002 – 2026

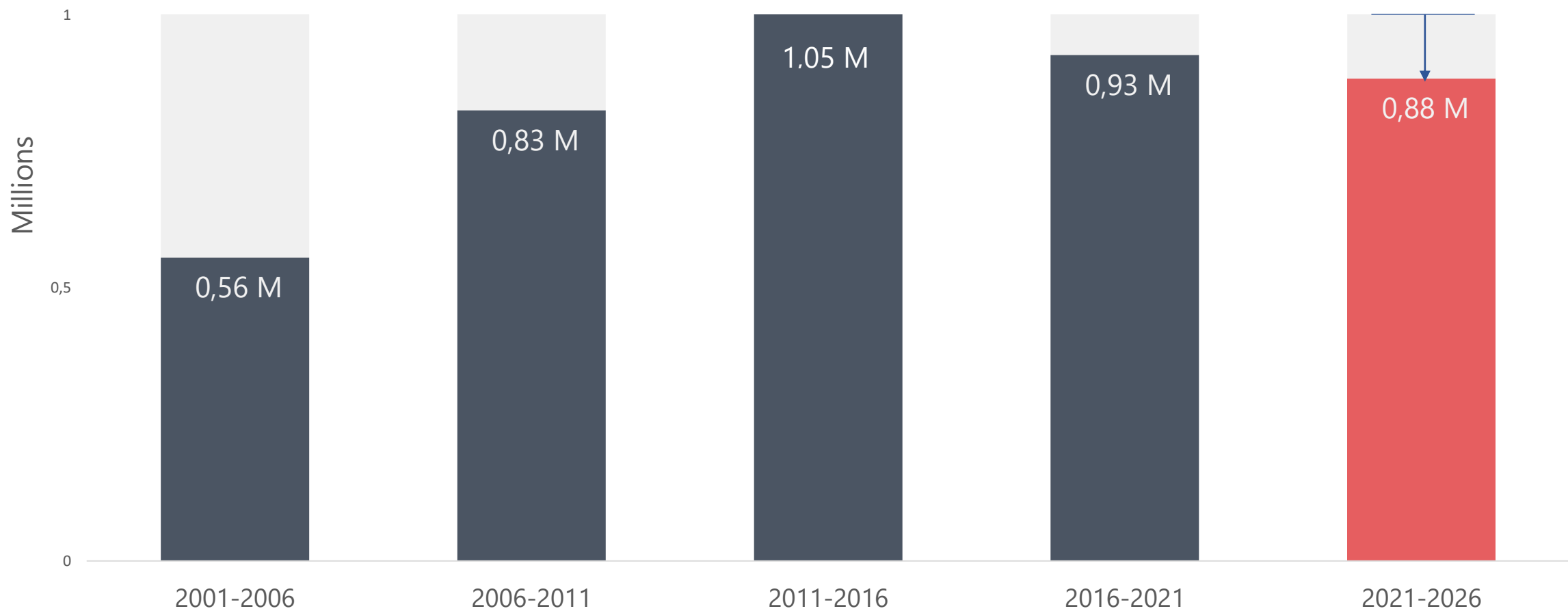


Migration



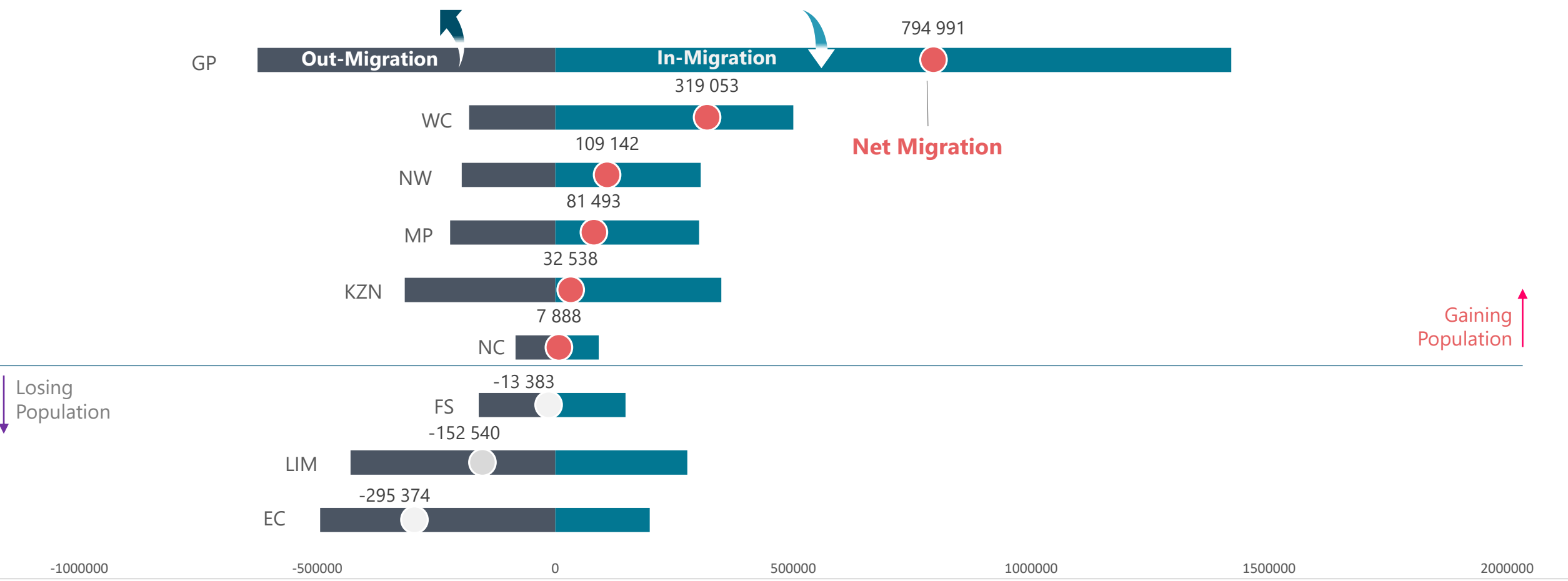
Despite recovery of international migration post-COVID-19, net international migration in 2021-2026, is estimated to be lower at 883 807

Net International migration, 2001 – 2026



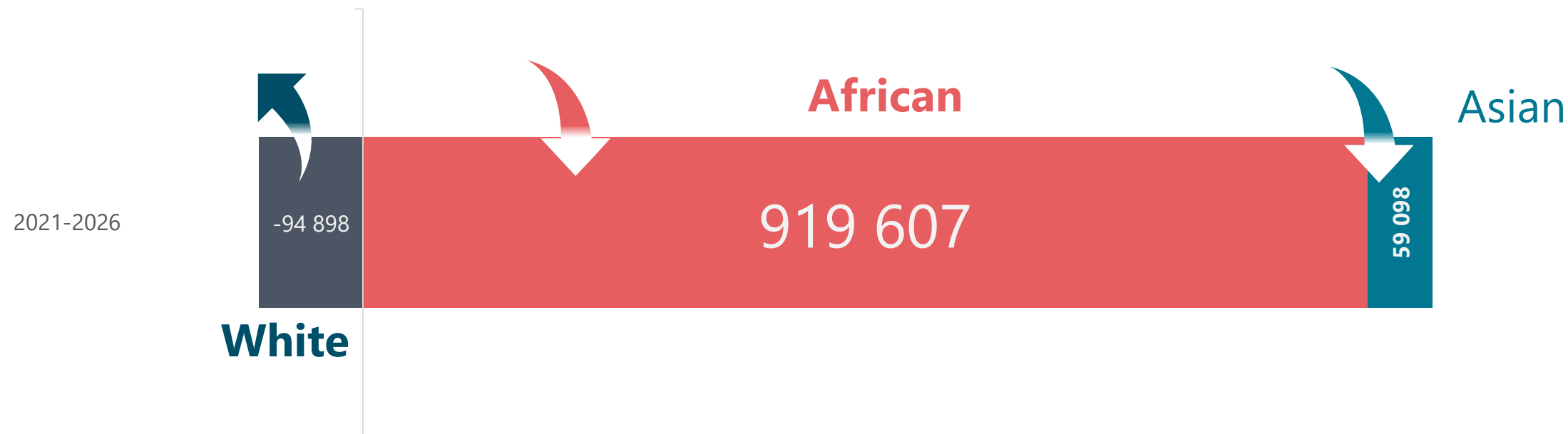
Gauteng will gain the most migrants. Over the period 2021 to 2026, six provinces are estimated to have a positive net migration of people.

Net migration, 2021 – 2026 by province



For the period 2021 to 2026, international migration will be led by **African migrants**

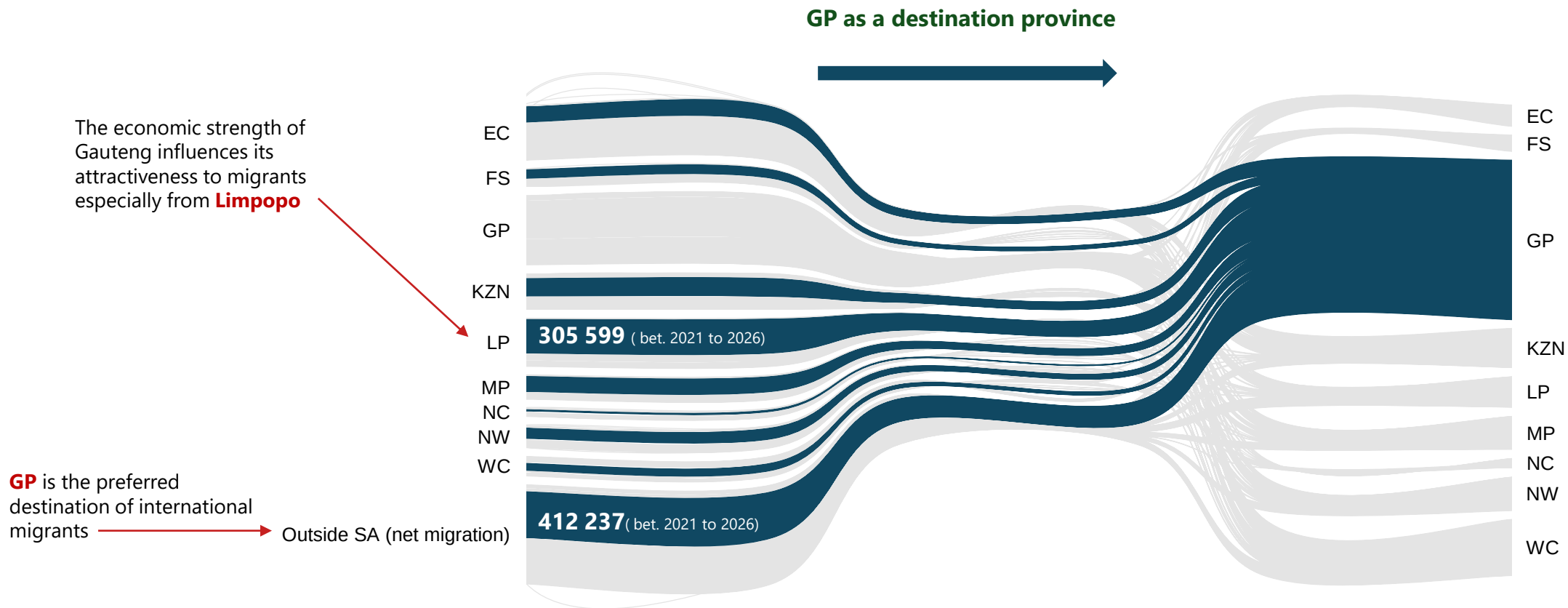
International **Net-migration** by population group, 2021 – 2026



Migration flows

GP is estimated to experience the largest inflow of migrants of approx. **1 420 447** in-migrants for the period, 2021 to 2026

Provincial Migration streams, 2021 – 2026: GP as a destination province

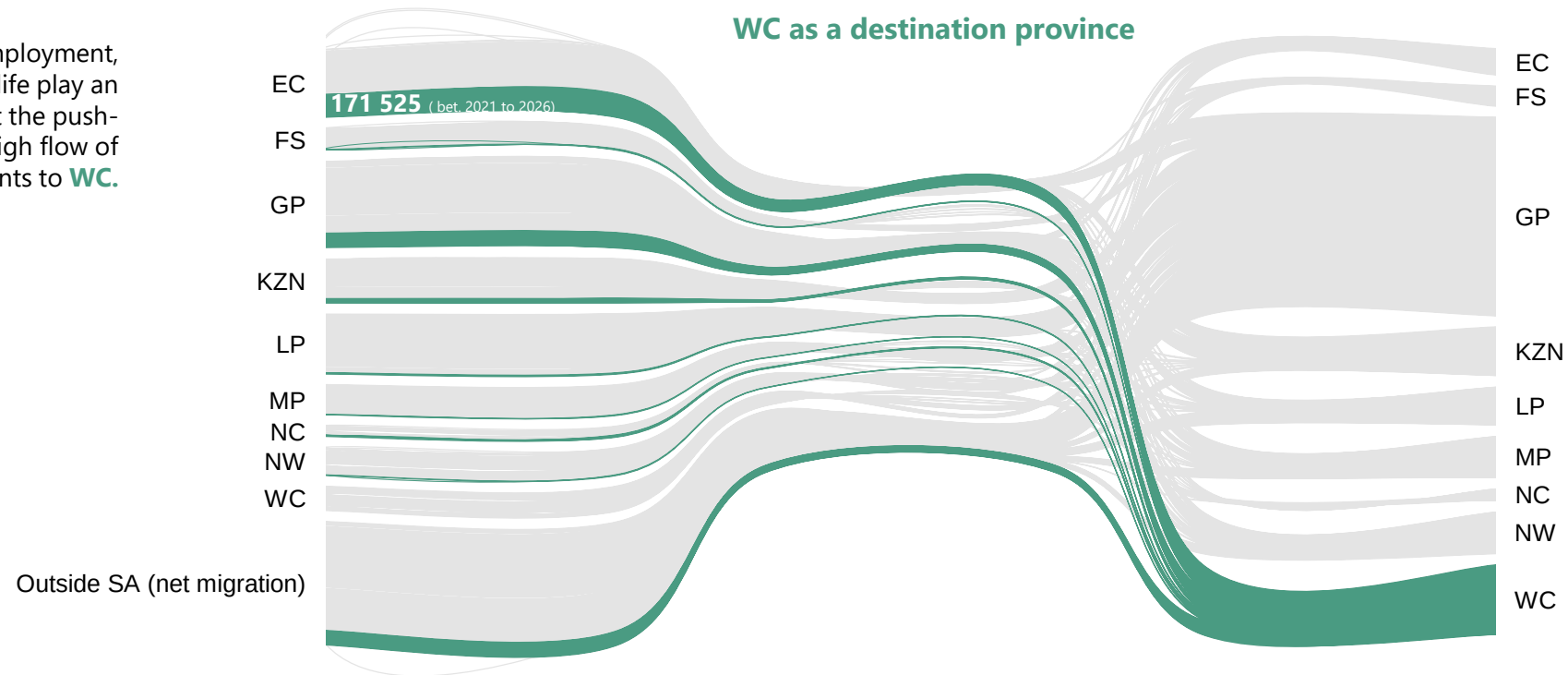


Migration flows

WC is estimated to experience the second highest inflow of migrants for the period, 2021 to 2026 of approx. **500 093**

Provincial Migration streams, 2021 – 2026: WC as a destination province

Opportunities for employment, study and quality of life play an important role amongst the push-pull factors resulting in high flow of migrants to **WC**.



RECAP, MYPE 2026

For 2026, Statistics South Africa (Stats SA) estimates the mid-year population at **63,52 million**

By Province

LP has the highest proportion of children under 15 within the province whilst GP has the highest proportion of Youth and Adults (15-59). EC has the highest proportion of elderly (60+).

Life Expectancy

Life Expectancy has improved to **68,3** years in 2026.

People estimated to be living with HIV

There are **7,83 million** people living with HIV in 2026.



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MYPE
2026

Ndzi hela kwala!



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