This statistical report provides population estimates for Scotland, its council areas and NHS boards, by sex and age.
Scotland’s population growth has slowed

The latest estimate of Scotland’s population (on 30 June 2020) is 5,466,000.

Population growth in the latest year was 0.05% (2,700 people), the slowest since mid-2003. This was mainly due to higher numbers of deaths and lower levels of net migration.

More deaths than births slows population growth

Over the latest year
- there were 14,500 more deaths than births
- 9,000 more people moved to Scotland from the rest of the UK than left
- 7,900 more people moved to Scotland from overseas than left

Migration main driver of population growth

Migration has been adding to the population for the last two decades. However, net migration in 2019-20 was the lowest since 2012-13.

There were more deaths than births in each of the last six years. The latest natural decrease was the largest on record.
Over the last year, 20 (out of 32) of Scotland’s council areas decreased in population. Areas facing greatest depopulation were mainly in the west of the country. In contrast, the 12 areas experiencing population growth were mostly around the central belt.

It is important to remember that within every council area, there are pockets of both growth and depopulation. NRS’ small area population estimates for mid-2020 will be published in autumn 2021 – these can be used to help understand how the population of local areas are changing.
Main points

- Scotland’s population was estimated to be 5,466,000 on 30 June 2020 (referred to as mid-2020).

- The population increased by 2,700 people (0.05%) in the year to mid-2020, the slowest growth since the year to mid-2003. The average growth in the 5 years to mid-2019 was around 23,000 people (0.43%).

- There were 63,100 deaths and 48,700 births in the year ending mid-2020. There were 14,500 more deaths than births, more deaths than births for the sixth year running and the largest natural decrease on record\(^1\).

- There were 2,000 (4%) fewer births than the previous year, a decrease in line with trends seen in previous years. The number of deaths was 6,900 (12%) more than the previous year, which is a larger increase than previous years.

- Migration was the main driver of population growth, with 16,900 more people moving to Scotland than leaving in the year to mid-2020; +9,000 from the rest of the UK and +7,900 from overseas. This was lower than in recent years.

- Population change varies across Scotland. Around two thirds of council areas (20 out of 32) experienced population decline, with 12 areas seeing population growth in the last year. Areas facing the greatest population decline were mainly in the west of the country.

- Most council areas (25 out of 32) saw more people move to the area than leave in the year to mid-2020. Only one council area, Midlothian, had more births than deaths over the same period.

\(^1\) Mid-year records began in 1952. There was also more deaths than births than any calendar year back to 1855.
Impact of COVID-19 on these figures

These statistics take into account changes in the population up to 30 June 2020. This means only part of the year covered in this publication (March to June 2020) was affected by the COVID-19 pandemic. The pandemic has impacted the number of deaths across Scotland and restricted movement across the UK and overseas under the first national lockdown.

However, the population estimates do not take account of the impact of events which happened later in the year. For example, these figures do not take account of COVID-19 related deaths which occurred after 30 June 2020.

The COVID-19 pandemic has impacted many of the data sources which feed into the population estimates. More information about the impact on data sources can be found at the end of this document.
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1. The population of Scotland

Scotland’s population growth has slowed

On 30 June 2020, Scotland’s population was estimated to be 5,466,000 people. The population increased by 2,700 people (0.05%) over the latest year to mid-2020.

Scotland’s population has been increasing for the last 20 years. However, population growth over the latest year was slower than any of the previous 17 years. Population growth in the latest year was similar to the year ending mid-2003, shown in Figure 1.

Figure 1 also shows that while population growth was lower than much of the last two decades, it was still higher than most years during the late 20th century.

Figure 1: Annual population change, 1960 to 2020
Why has population growth slowed?

Population change is driven by two main components, natural change and net migration:

- **Natural change** is the number of births minus the number of deaths.
- **Net migration** is the number of people moving into an area minus the number of people leaving.

More deaths, fewer births and lower levels of overseas net migration have contributed to Scotland’s slowed population growth.

There were 14,500 more deaths than births across Scotland over the year to mid-2020. There have been more deaths than births in each of the last six years, shown in Figure 2. However, the latest natural decrease (the result of more deaths than births) was the largest since mid-year records began in 1952.

Provisional quarterly data published by NRS shows that the natural change for calendar year 2020 is around -17,300. The finalised figure will be published on 29 June 2021 in the Vital Events Reference Tables.

In contrast, migration was the main driver of the latest population growth with 16,900 more people moving to Scotland than leaving. Migration has been adding to Scotland’s population for the last 20 years. However, net migration over the year to mid-2020 was lower than any of the previous six years.

Other changes over the year to mid-2020 resulted in a small increase of 300 people across Scotland².

² Other changes include changes in the prison population, changes in the number of armed forces personnel based in Scotland and small rounding adjustments.
2. Births and deaths

Highest number of deaths since mid-1990

In the year to mid-2020, there were 63,100 deaths in Scotland, the highest number since the year ending mid-1990. Deaths over the latest year were 6,900 higher than those in the year to mid-2019 (56,200), shown in Figure 3.

These numbers relate to the year ending 30 June 2020 so take into account the impact of the first three months of the COVID-19 pandemic in Scotland. The increased number of deaths in the year to mid-2020 can mainly be attributed to excess deaths as a result of the COVID-19 pandemic.

Between 16 March and 28 June 2020\(^3\), 4,158 deaths involving COVID-19 were registered across Scotland. The total number of deaths registered in this period was 20,837 which was 4,907 more than the five year average of this period (31% above average).

Weekly statistics on deaths involving COVID-19, as well as additional analysis are available from the National Records of Scotland (NRS) website.

\(^3\) Data based on registrations is published by week. The week commencing 29 June 2020 only covers two days of the year ending 30 June so this data has not been included.
Figure 3: Mid-year births and deaths, 1960 to 2020

Number of births continues to decrease

The 48,700 births recorded in Scotland were the lowest since mid-year records began in 1952. They are also lower than any calendar year births back to 1855.

Registration offices closed to birth registrations in March 2020 due to the COVID-19 pandemic. While registration offices reopened in June 2020, there may be a very small number of births which are still to be registered.

The number of births across Scotland has decreased in each of the last 11 years since mid-2009. Births over the latest year were around 2,000 lower than those in the year to mid-2019 (50,600). While the mid-2020 births are provisional, the decrease in births is in line with previous trends of a declining number of births across Scotland.

All of the babies born in the year to June 2020 will have been conceived before the COVID-19 pandemic began. NRS publish weekly and monthly statistics on birth registrations across Scotland which provide more recent data on the number of births being registered including those conceived since the pandemic began.
3. Migration to and from Scotland

During 2020, the COVID-19 pandemic led to travel restrictions being put in place, and the pandemic itself may have affected people’s choices about where they wanted to live. This publication contains data covering the year up to 30 June 2020, so the pandemic only affected part of the year covered in this report.

For the last two decades, net migration has been driving population growth in Scotland. Over the latest year to mid-2020, 16,900 more people moved to Scotland than left, the lowest net migration since the year to mid-2013.

In the year to mid-2020,

- 81,000 people moved to Scotland; 6,400 fewer than mid-2019
- 64,100 people left Scotland; 7,000 more than mid-2019
- This means that 16,900 more people moved to Scotland than left; 13,300 fewer than mid-2019

As well as understanding trends in overall net migration, it is useful to consider where people are coming from or moving to. As illustrated in Figure 4, there are two types of migration flows which add to Scotland’s population:

- **Rest of the UK** – moves between Scotland and other countries in the UK
- **Overseas** – moves between Scotland and countries outside of the UK

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**How is international migration calculated?**

A long-term international migrant is defined by the United Nations as someone who changes their country of residence for 12 months or more. There is no single source which counts the movements of all people into and out of the UK.

The International Passenger Survey (IPS) has previously been the main source used to estimate Long Term International Migration (LTIM) at Scotland level. However, in March 2020 the IPS was suspended due to the COVID-19 pandemic.

Overseas migration for March to June 2020 has been modelled using alternative data sources. More information on the methodology used to estimate overseas migration for the year ending mid-2020 can be found on the Office for National Statistics website.
Increase in moves to overseas

While more people moved to Scotland from overseas than left, the number of people leaving Scotland for overseas was higher than in previous years. Migration to overseas is estimated to be higher than any of the previous 13 years (since mid-2006), shown in Figure 4.

Over the year to mid-2020:

- Moves in from overseas were 700 lower (-2%) than mid-2019
- Moves out to overseas were 11,600 higher (59%) than mid-2019
- 7,900 more people moved to Scotland from overseas than moved overseas from Scotland

**Overseas migration estimates for the year ending mid-2020 were calculated using an adjusted method. The COVID-19 pandemic impacted the main data source used to estimate overseas migration. More information is available in the background notes.**

**Figure 4: Movements to/from the rest of the UK and overseas, 2000 to 2020**

<table>
<thead>
<tr>
<th>Year to 30 June</th>
<th>People (thousands)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>41.8k in, 39.2k in</td>
</tr>
<tr>
<td>2005</td>
<td>40.8k in, 37.3k in</td>
</tr>
<tr>
<td>2010</td>
<td>39.2k in, 35.7k in</td>
</tr>
<tr>
<td>2015</td>
<td>37.8k in, 34.3k in</td>
</tr>
<tr>
<td>2020</td>
<td>36.4k in, 33.0k in</td>
</tr>
</tbody>
</table>

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**Fewer moves between Scotland and the rest of the UK**

Fewer people moved between Scotland and the rest of the UK in the year to mid-2020 than the previous year. Over the year to mid-2020:

- Moves in from the rest of the UK were 5,600 lower (-12%) than mid-2019
- Moves out to the rest of the UK were 4,600 lower (-12%) than mid-2019
- 9,000 more people moved to Scotland from the rest of the UK than moved to the rest of the UK from Scotland

Migration between Scotland and the rest of the UK is estimated based on GP registrations. During the pandemic, many people may have moved address without registering a change of address with their GP. In particular, students may have moved from their term-time address to their parents' address. NRS have used the established method to estimate migration between Scotland and the rest of the UK. Therefore, moves which were not registered with a GP may not have been counted.
4. The age structure of the population

The population of Scotland is ageing

Scotland’s population is ageing with an increasing number of people in older age groups compared with previous decades, as shown in Figure 5. There is also a higher ratio of females to males in older ages, reflecting the longer life expectancy of females.

The main reasons for Scotland’s ageing population are:

- People born in the post-war baby boom getting older
- The number of births dropping since the 1960s
- Increased life expectancy in comparison to earlier decades

Figure 5: Age groups as proportion of Scotland's population, mid-2000 to mid-2020

How has the age structure of the population changed?

While Scotland’s population has been increasing since 2000, growth is not consistent across all ages. In the last two decades, the number of people aged:

- 0 to 15 years (children) has decreased by 68,000 people (-7%)
- 16 to 64 years has increased by 214,400 people (+7%)
- 65 years and over has increased by 256,600 people (+32%)

The falling birth rate in Scotland has resulted in people aged 0 to 15 making up a smaller proportion of the population over the last 20 years, as shown in Figure 5.

In contrast, people aged 65 and over make up 19% of the population, an increase from 16% in 2000 due to people born in the post-war baby boom ageing into the 65 and over category.

5. Population change across Scotland

Population change varies across Scotland. In the latest year to mid-2020, the population decreased in 20 council areas and grew in the other 12 areas.

Figure 6 shows how population change varies across the country. Council areas facing greatest depopulation were mainly in the west of the country. In contrast, population growth was mainly around Edinburgh, Glasgow and their neighbouring council areas in the central belt.

In the year to mid-2020, the council areas which experienced the highest population growth (in percentage terms) were:

- East Lothian (+810 people, +0.8%)
- Midlothian (+690 people, +0.7%)
- Orkney Islands (+130 people, +0.6%)
- East Renfrewshire (+530 people, +0.6%)

Whereas the council areas which experienced greatest population decline (in percentage terms) were:

- Inverclyde (-740 people, -1.0%)
- Na h-Eileanan Siar (-220 people, -0.8%)
- West Dunbartonshire (-590 people, -0.7%)

Did you know: The Scottish Government’s National Performance Framework includes an indicator on Scotland’s population, measuring population change by council area. This sits under the National Outcome “we are open, connected and make a positive contribution internationally”.

The Scottish Government’s Ministerial Taskforce on Population is helping tackle Scotland’s population challenges – find out more information about the work of the Taskforce on the gov.scot website.
Figure 6: Population change by council area, mid-2019 to mid-2020
Why has the population of an area changed?

Figure 7 shows the components driving population change in council areas between mid-2019 and mid-2020. The three components of population change are:

- **Natural change**: births minus deaths
- **Net migration**: in minus out migration
- **Other changes**: changes in the prison population and number of armed forces personnel based in Scotland, and small rounding adjustments

In the year to mid-2020, net migration was positive in 25 of Scotland’s 32 council areas, meaning that more people moved to these areas than left. In contrast, Midlothian was the only council area to experience an increase in natural change with more births than deaths.

Of the 20 areas which experienced **population decline** over the latest year:

- Negative natural change (more deaths than births) was the main driver in almost all areas
- 7 areas also experienced negative net migration (more people leaving than arriving)

Of the 12 areas which experienced **population growth**:

- Net migration was the main driver of growth in all areas
- All areas had more deaths than births, with the exception of Midlothian
Figure 7: Components of population change for council areas, mid-2019 to mid-2020

Ordered by descending percentage population change.

4 Other changes includes changes in the prison population, changes in the armed forces personnel based in Scotland and small rounding adjustments.
The number of council areas facing population growth or decline varies each year. Between mid-2019 and mid-2020, 12 council areas changed from increasing in population to decreasing.

In all areas, the change from population growth to decline was driven by more deaths than births. More information about the population and components of population change for the year to mid-2020 are available from tables on the NRS website.

How does migration differ across areas in Scotland?

Figure 8 shows population change in the year to mid-2020 due to different types of migration as a percentage of the total population. It is important to remember that small changes in the population can result in large percentage changes in areas with small populations.

The most common moves within Scotland were from the largest cities (Glasgow, Edinburgh and Aberdeen) to their neighbouring council areas. More people left the largest cities for other areas in Scotland than moved to them from other areas in Scotland.

Migration from overseas contributed to growth in the population of seven council areas in the year to mid-2020. The largest percentage increases due to migration from overseas were in the four largest cities (Glasgow, Edinburgh, Aberdeen and Dundee).

Overseas migration estimates for the year ending mid-2020 were calculated using an adjusted method. The COVID-19 pandemic impacted the main data source used to estimate overseas migration. More information available in the background notes.

Migration from the rest of the UK added to the population in all but three council areas (29 of 32) in the year to mid-2020. The largest percentage increases in population due to migration from the rest of the UK tended to be in island areas, areas with armed forces bases, and areas bordering England.

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5 Table 4: Components of population change by administrative area, mid-2019 to mid-2020.
Figure 8: Components of population change due to net migration by council area, mid-2019 to mid-2020

What is the age structure of the population across Scotland?

Although the age distribution across Scotland is complex, some general themes are visible. Figure 9 shows the proportion of the population aged 0 to 15, 16 to 64 and 65 and over in each of Scotland’s council areas.
In mid-2020, the four largest cities in Scotland had the highest proportion of population **aged 16 to 64 years**, as well as some of the lowest proportions of people aged 65 and over. Whilst the cities tend to have a lower proportion of children, the areas neighbouring the cities had some of the highest proportions of children aged **0 to 15 years**.

Rural and island areas tend to have an older age profile. In mid-2020, islands and mostly rural areas had some of the highest proportions of people **aged 65 and over**. They also have some of the lowest proportions of those aged 0 to 15 and 16 to 64 years.

**Figure 9: Age structure of council areas, mid-2020 (ordered by percentage aged 65 and over)**

<table>
<thead>
<tr>
<th>Council Area</th>
<th>0-15 years</th>
<th>16-64 years</th>
<th>65 years and over</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dumfries and Galloway</td>
<td>16%</td>
<td>58%</td>
<td>26%</td>
</tr>
<tr>
<td>Na h-Eileanan Siar</td>
<td>16%</td>
<td>58%</td>
<td>26%</td>
</tr>
<tr>
<td>Argyll and Bute</td>
<td>15%</td>
<td>59%</td>
<td>26%</td>
</tr>
<tr>
<td>South Ayrshire</td>
<td>16%</td>
<td>59%</td>
<td>26%</td>
</tr>
<tr>
<td>Scottish Borders</td>
<td>16%</td>
<td>58%</td>
<td>25%</td>
</tr>
<tr>
<td>Orkney Islands</td>
<td>16%</td>
<td>60%</td>
<td>24%</td>
</tr>
<tr>
<td>Angus</td>
<td>16%</td>
<td>59%</td>
<td>24%</td>
</tr>
<tr>
<td>Perth and Kinross</td>
<td>16%</td>
<td>60%</td>
<td>24%</td>
</tr>
<tr>
<td>North Ayrshire</td>
<td>17%</td>
<td>60%</td>
<td>23%</td>
</tr>
<tr>
<td>Highland</td>
<td>16%</td>
<td>61%</td>
<td>23%</td>
</tr>
<tr>
<td>East Dunbartonshire</td>
<td>18%</td>
<td>59%</td>
<td>23%</td>
</tr>
<tr>
<td>Moray</td>
<td>17%</td>
<td>61%</td>
<td>22%</td>
</tr>
<tr>
<td>Inverclyde</td>
<td>16%</td>
<td>62%</td>
<td>21%</td>
</tr>
<tr>
<td>Shetland Islands</td>
<td>18%</td>
<td>61%</td>
<td>21%</td>
</tr>
<tr>
<td>Fife</td>
<td>17%</td>
<td>62%</td>
<td>21%</td>
</tr>
<tr>
<td>East Ayrshire</td>
<td>17%</td>
<td>62%</td>
<td>21%</td>
</tr>
<tr>
<td>Clackmannnashire</td>
<td>17%</td>
<td>62%</td>
<td>21%</td>
</tr>
<tr>
<td>East Lothian</td>
<td>18%</td>
<td>61%</td>
<td>21%</td>
</tr>
<tr>
<td>East Renfrewshire</td>
<td>20%</td>
<td>59%</td>
<td>20%</td>
</tr>
<tr>
<td>Aberdeenshire</td>
<td>19%</td>
<td>61%</td>
<td>20%</td>
</tr>
<tr>
<td>South Lanarkshire</td>
<td>17%</td>
<td>63%</td>
<td>20%</td>
</tr>
<tr>
<td>Stirling</td>
<td>16%</td>
<td>64%</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Scotland</strong></td>
<td><strong>17%</strong></td>
<td><strong>64%</strong></td>
<td><strong>19%</strong></td>
</tr>
<tr>
<td>West Dunbartonshire</td>
<td>18%</td>
<td>63%</td>
<td>19%</td>
</tr>
<tr>
<td>Falkirk</td>
<td>17%</td>
<td>64%</td>
<td>19%</td>
</tr>
<tr>
<td>Renfrewshire</td>
<td>17%</td>
<td>64%</td>
<td>19%</td>
</tr>
<tr>
<td>Midlothian</td>
<td>19%</td>
<td>62%</td>
<td>19%</td>
</tr>
<tr>
<td>North Lanarkshire</td>
<td>18%</td>
<td>64%</td>
<td>18%</td>
</tr>
<tr>
<td>Dundee City</td>
<td>16%</td>
<td>66%</td>
<td>17%</td>
</tr>
<tr>
<td>West Lothian</td>
<td>19%</td>
<td>64%</td>
<td>17%</td>
</tr>
<tr>
<td>Aberdeen City</td>
<td>16%</td>
<td>68%</td>
<td>16%</td>
</tr>
<tr>
<td>City of Edinburgh</td>
<td>15%</td>
<td>70%</td>
<td>15%</td>
</tr>
<tr>
<td>Glasgow City</td>
<td>16%</td>
<td>71%</td>
<td>13%</td>
</tr>
</tbody>
</table>

Figures are rounded so may not add up to 100%.
How has the age structure of the population changed in Scottish areas?

Figure 10 shows how the population has changed in broad age groups over the last decade to mid-2020.

Over the last decade, the three largest Scottish cities (Glasgow, Edinburgh and Aberdeen) and some of their neighbouring council areas have seen the greatest increases in the population of children aged 0 to 15. Many of these areas have also had the greatest increase in the population aged 16 to 64.

Areas which experienced the greatest decrease in population aged 0 to 15 were mainly rural and island areas. The five areas (Argyll and Bute, Na h-Eileanan Siar, Inverclyde, North Ayrshire, and Dumfries and Galloway) which experienced the greatest decrease in the population aged under 16, also experienced the greatest decline in the population aged 16 to 64.

All 32 Scottish council areas have seen an increase in their population aged 65 and over in the last decade – including those areas where the total population fell. The greatest increases in the population aged 65 and over were in West Lothian (32%), Orkney Islands (31%) and Clackmannanshire (31%).
Figure 10: Percentage change in age group by council area, mid-2010 to mid-2020

<table>
<thead>
<tr>
<th>Age 0 to 15 years</th>
<th>Age 16 to 64 years</th>
<th>Age 65 years and over</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of Edinburgh</td>
<td>Glasgow City</td>
<td>West Lothian</td>
</tr>
<tr>
<td>Midlothian</td>
<td>East Lothian</td>
<td>Orkney Islands</td>
</tr>
<tr>
<td>Aberdeen City</td>
<td>Stirling</td>
<td>Clackmannanshire</td>
</tr>
<tr>
<td>East Dunbartonshire</td>
<td>West Lothian</td>
<td>Aberdeenshire</td>
</tr>
<tr>
<td>Dundee City</td>
<td>Dundee City</td>
<td>Shetland Islands</td>
</tr>
<tr>
<td>South Ayrshire</td>
<td>SCOTLAND</td>
<td>South Lanarkshire</td>
</tr>
<tr>
<td>North Lanarkshire</td>
<td>Fife</td>
<td>North Ayrshire</td>
</tr>
<tr>
<td>Fife</td>
<td>Perth and Kinross</td>
<td>Stirling</td>
</tr>
<tr>
<td>Renfrewshire</td>
<td>South Lanarkshire</td>
<td>South Ayrshire</td>
</tr>
<tr>
<td>Orkney Islands</td>
<td>Moray</td>
<td>Clackmannanshire</td>
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<tr>
<td>Falkirk</td>
<td>East Dunbartonshire</td>
<td>Aberdeenshire</td>
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<tr>
<td>North Lanarkshire</td>
<td>Angus</td>
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<tr>
<td>Highland</td>
<td>Scottish Borders</td>
<td>Perth and Kinross</td>
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<td>Moray</td>
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<tr>
<td>South Lanarkshire</td>
<td>Clackmannanshire</td>
<td>South Lanarkshire</td>
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<td>Ayrshire</td>
<td>East Ayrshire</td>
<td>South Ayrshire</td>
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<td>Clackmannanshire</td>
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<td>Stirling</td>
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<tr>
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<td>West Dunbartonshire</td>
<td>North Ayrshire</td>
</tr>
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How does population density vary across Scotland?

In the year to mid-2020, the population density of Scotland was 70 people per square kilometre, although this varies significantly across the country.

In mid-2020, the four largest Scottish cities were the most densely populated areas:

- Glasgow City (3,640 people per square kilometre)
- Dundee City (2,489 people per square kilometre)
- City of Edinburgh (2,003 people per square kilometre)
- Aberdeen City (1,234 people per square kilometre)

In comparison, areas in the highlands and islands of Scotland had the fewest people per square kilometre:

- Na h-Eileanan Siar (9 people per square kilometre)
- Highland (9 people per square kilometre)
- Argyll and Bute (12 people per square kilometre)
- Shetland Islands (16 people per square kilometre)

Figure 11 shows that the most densely populated council areas are clustered around Scotland’s central belt. The exceptions to this being the cities of Aberdeen and Dundee.

More detail on the land area and population densities for mid-2020 are available in tables from the NRS website.

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6 Please note that population densities have not been rounded, while previous figures at local level have been rounded to the nearest 10.
7 Table 9: Land area and population density by administrative area, mid-2020
Figure 11: Population density by council area, mid-2020

Population density (people per square kilometre)
- Fewer than 50
- 50 to fewer than 500
- 500 or more

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6. How does Scotland compare to the rest of the UK?

In the year to mid-2020, Scotland’s population growth was the slowest of all four constituent countries of the UK, shown in Figure 12. Wales had the highest population growth, followed by England then Northern Ireland. Population growth across the UK was 0.43% in the year ending mid-2020.

![Figure 12: Annual population change across the UK, 2010 to 2020](chart)

Source: Population of the UK, England and Wales, Office for National Statistics; Population of Northern Ireland, Northern Ireland Statistics and Research Agency

7. Background notes

**How are population estimates calculated?**
Population estimates are based on the census and are updated each year to account for population change from 1 July to 30 June. They are based on the usually resident population which covers people living in Scotland for a period of at least 12 months, whatever their nationality.

The three elements of population change are:
- Natural change: births minus deaths
- Net migration: the difference between long-term moves into and out of Scotland
- Other changes: changes in the armed forces, prison population and any rounding adjustments
How are population estimates used?
Population estimates are used for a variety of purposes including:

- Resource allocation
- Planning of services such as education and health
- Informing local and national policy
- Modelling the economy
- As a base for demographic projections

Population estimates are also used to measure progress of the population indicator in Scotland’s National Performance Framework.

What method is used to estimate the population?
A methodology guide is available from the NRS website. This publication provides more detail on the method used to calculate the population estimates, data sources and known uses of the data.

When will the next set of population estimates be published?
Population estimates for mid-2021 are planned for release in spring 2022.

Revisions
Revisions and corrections to previously published statistics are dealt with in accordance with the Scottish Government Statistician Group corporate policy statement on revisions and corrections.

Strengths and limitations
It is important to have high quality statistics on the latest population (mid-year population estimates). NRS produces detailed annual estimates on the resident population of Scotland using a range of data gathered from statistical censuses and surveys, as well as administrative data. There are processes in place to check the suitability of these sources.

Quality assurance takes place throughout the production of population estimates, with checks in place to ensure consistency and completeness. More information on the quality assurance arrangements for administrative data used in population estimates is available on the NRS website, along with information on the suitability of each data source used in the production of the population estimates.

It is important to consider the limitations when using population estimates. The population estimates use the census as the base population. Population change is applied to the base population each year to create the annual population estimates.

Migration is the most difficult part of the population estimates to estimate precisely, as migratory moves are not registered in the UK, either at the national or local level.
The best proxy data available on a consistent basis, such as patient registers and surveys, are used to estimate migration. NRS are part of a cross-government transformation programme, being led by the Office for National Statistics, to improve population and migration statistics through greater use of administrative data sources.

There are no means of verifying the true population between censuses. As a result, any uncertainty in the population estimates will accumulate with time as we move further from the previous census. However, in the future, Scotland’s Census 2022 will provide a new base population and as a result, the population estimates for mid-2012 to mid-2021 will be rebased to bring them in line with the 2022 Census population.

8. Impact of the COVID-19 pandemic on data sources

The COVID-19 pandemic has impacted the availability of a number of data sources which feed into the population estimates. As a result, these statistics were delayed from their usual publication date in April to June 2021.

Overseas migration
Overseas migration was previously estimated using the International Passenger Survey (IPS) as the main source of data for measuring Long Term International Migration (LTIM) at Scotland level. However, in March 2020 the IPS was suspended due to the COVID-19 pandemic.

The Office for National Statistics led research into alternative data sources including using statistical modelling to estimate UK international migration over this period. For the year ending June 2020, overseas migration for Scotland was estimated by the following:

- **July 2019 to February 2020**: Estimate migration flows based on the established method using IPS data.
- **March to June 2020**: Migration flows estimated based on the Scottish proportion of UK modelled migration. The Scottish proportion was calculated based on the Scottish proportion of flows from July 2019 to February 2020.
- **Year to June 2020**: Include data on asylum seekers and refugees for the full year.

Internal migration and cross border flows
Migration within Scotland and between Scotland and the rest of the UK is estimated based on GP registration data. During the pandemic, many people may have moved address without registering a change of address with their GP. In particular, students may have moved from their term-time address to their parents’ address. NRS have not made any adjustments to the established method to estimate migration within
Scotland and between Scotland and the rest of the UK. Therefore, moves which were not registered with a GP will not have been captured in the migration flows.

**Birth registrations**
Registration offices were closed to the registration of births between March and late June 2020. Significant work has been undertaken to catch up with the backlog of birth registrations and most of the postponed registrations have now taken place. While there may still be a very small number of birth registrations outstanding, the impact on these statistics will be minimal.

**9. Future developments**

The methodology used in the mid-year estimates is ever-evolving as more administrative data sources become available to NRS. Any improvements to the data sources and methodology of these statistics are discussed and assessed with the Population and Migration Statistics Committee (Scotland).

**Improving the use of the NHSCR**
NRS are continuing to review the process for estimating migration flows within Scotland and from the rest of the UK using a direct extract of anonymised records from the NHS Central Register (NHSCR). This should result in more accurate migration data at council and small area level.

**Transformation of population and migration statistics**
In Scotland, NRS are working with the Office for National Statistics, and other Government Statistical Service partners, as part of the transformation programme to improve international migration statistics. This should help address user demand for more evidence on the impacts of international migration, particularly at local level, as well as provide the best estimate of international migration to feed into Scotland’s population statistics.

One of the objectives of Scotland’s Census 2022 Programme is to make recommendations for future censuses. In order to feed in to this recommendation, a project to create Administrative Data Population and Household Estimates was commissioned. The aim of this project is to look at the future use of administrative data collected by public bodies and services to augment or replace NRS’ data collected by a traditional census.

NRS are working to create admin-based population outputs from various sets of administrative data, and the first set of administrative based population estimates for 2016 were published in November 2020. These were published as experimental statistics under the Code of Practice for Official Statistics, and allow a discussion with users about the use of administrative data within the field of demographic
statistics. As this area of statistics develops, information will be updated on the following webpage: https://www.scotlandscensus.gov.uk/administrative-data

If you have an interest in attending any future stakeholder events where administrative data is being discussed, please contact: Scotlandscensus@nrscotland.gov.uk

10. Links to related statistics

Population projections for Scotland and sub-national areas (2018-based) are available from the NRS website.

Population estimates for the UK and its constituent countries are available from the Office for National Statistics website.

Population estimates for small areas and other areas within Scotland for mid-2020 will be released in autumn 2021.

The Vital Events Reference Tables for 2020 including calendar year births and deaths across Scotland will be published on 29 June 2021 on the NRS website.

Deaths involving COVID-19 are published weekly every Wednesday by NRS. This includes all deaths where COVID-19 is mentioned on the death certificate. These figures are broken down by age, sex, location of death and geographic area.

Population estimates of centenarians and people aged 90 and over at Scotland and sub-national levels for mid-2020 will be published in autumn 2021.

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<thead>
<tr>
<th>What are you looking for?</th>
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<tr>
<td>The population data in Excel and CSV format.</td>
<td>Data and charts</td>
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<td>Time series population estimates.</td>
<td>Times series data</td>
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<td>Open data (mid-2020 population estimates will be available within one month of publishing). Detailed tables on migration statistics.</td>
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<td>Demographic profiles of Scottish council areas.</td>
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<td>Compare population estimates for Scotland and its council areas.</td>
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11. Notes on statistical publications

National Statistics

The United Kingdom Statistics Authority (UKSA) has designated these statistics as National Statistics, in line with the Statistics and Registration Service Act 2007 and signifying compliance with the Code of Practice for Official Statistics (available on the UKSA website).

National Statistics status means that official statistics meet the highest standards of trustworthiness, quality and public value.

All official statistics should comply with all aspects of the Code of Practice for Official Statistics. They are awarded National Statistics status following an assessment by the Authority’s regulatory arm. The Authority considers whether the statistics meet the highest standards of Code compliance, including the value they add to public decisions and debate.

It is National Records of Scotland’s responsibility to maintain compliance with the standards expected of National Statistics. If we become concerned about whether these statistics are still meeting the appropriate standards, we will discuss any concerns with the Authority promptly. National Statistics status can be removed at any point when the highest standards are not maintained, and reinstated when standards are restored.

Information on background and source data

Further details on data source(s), timeframe of data and timeliness, continuity of data, accuracy, etc. can be found in the metadata that is published alongside this publication on the NRS website.

National Records of Scotland

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Preserving the past – We look after Scotland’s national archives so that they are available for current and future generations, and we make available important information for family history.

Recording the present – At our network of local offices, we register births, marriages, civil partnerships, deaths, divorces and adoptions in Scotland.
Informing the future – We are responsible for the Census of Population in Scotland which we use, with other sources of information, to produce statistics on the population and households. You can get other detailed statistics that we have produced from the Statistics section of our website. Scottish Census statistics are available on the Scotland’s Census website.

We also provide information about future publications on our website. If you would like us to tell you about future statistical publications, you can register your interest on the Scottish Government ScotStat website.

You can also follow us on twitter @NatRecordsScot

Enquiries and suggestions

Please contact our Statistics Customer Services if you need any further information. Email: statisticscustomerservices@nrscotland.gov.uk