

# Saskatchewan Population Estimates

Fourth Quarter 2025 (October 1 - December 31)

## Quarterly Population Growth - Q4 2025 over Q3 2025

- As of January 1, 2026, Saskatchewan's population was estimated at 1,265,936, down by 298 people compared with October 1, 2025.
- Saskatchewan's quarterly population decreased by 0.02 per cent, the second highest growth rate among the provinces and was higher than the national average (Chart 1).
- Net interprovincial migration (-867) was the primary cause for the net population loss this quarter, despite positive contributions from net international migration (+546) and natural increase (+23).

Chart 1: Provincial Ranking of Population Growth Rates - Q4 2025 over Q3 2025

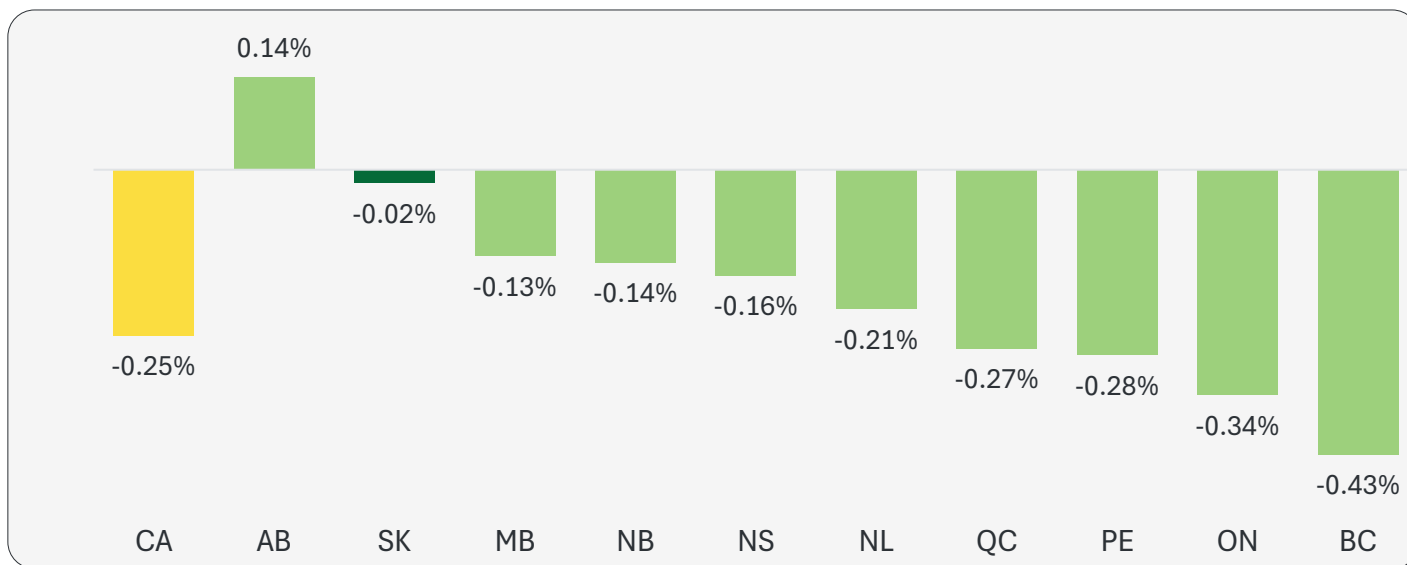


Table 1: Population and Quarterly Change (Q4 2025/Q3 2025) by Provinces & Territories

	As of January 1, 2026	Change (Q4 2025/Q3 2025)		Rank (%)
		#	%	
Canada	41,472,081	-103,504	-0.25	
Alberta	5,048,151	+7,280	+0.14	1
<b>Saskatchewan</b>	<b>1,265,936</b>	<b>-298</b>	<b>-0.02</b>	<b>2</b>
Manitoba	1,505,117	-1,940	-0.13	3
New Brunswick	867,383	-1,247	-0.14	4
Nova Scotia	1,090,074	-1,783	-0.16	5
Newfoundland and Labrador	548,557	-1,181	-0.21	6
Quebec	9,033,887	-24,202	-0.27	7
Prince Edward Island	182,001	-507	-0.28	8
Ontario	16,136,480	-54,892	-0.34	9
British Columbia	5,658,528	-24,673	-0.43	10
Yukon	48,218	-43	-0.09	
Northwest Territories	45,803	-45	-0.10	
Nunavut	41,946	+27	+0.06	

Source: Statistics Canada. Table 17-10-0009-01

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# Saskatchewan Population Estimates

Fourth Quarter 2025 (October 1 - December 31)

## Annual Population Growth - Q4 2025 over Q4 2024

- As of January 1, 2026, Saskatchewan's population was estimated at 1,265,936, up by 4,412 people compared with January 1, 2025.
- Saskatchewan's annual population increased by 0.3 per cent, the third highest growth rate among the provinces and was higher than the national average (Chart 2).
- Net international migration (+5,746) and natural increase (+1,942) drove Saskatchewan's population gain, partially offset by net interprovincial migration (-3,276).

Chart 2: Provincial Ranking of Population Growth Rates - Q4 2025 over Q4 2024

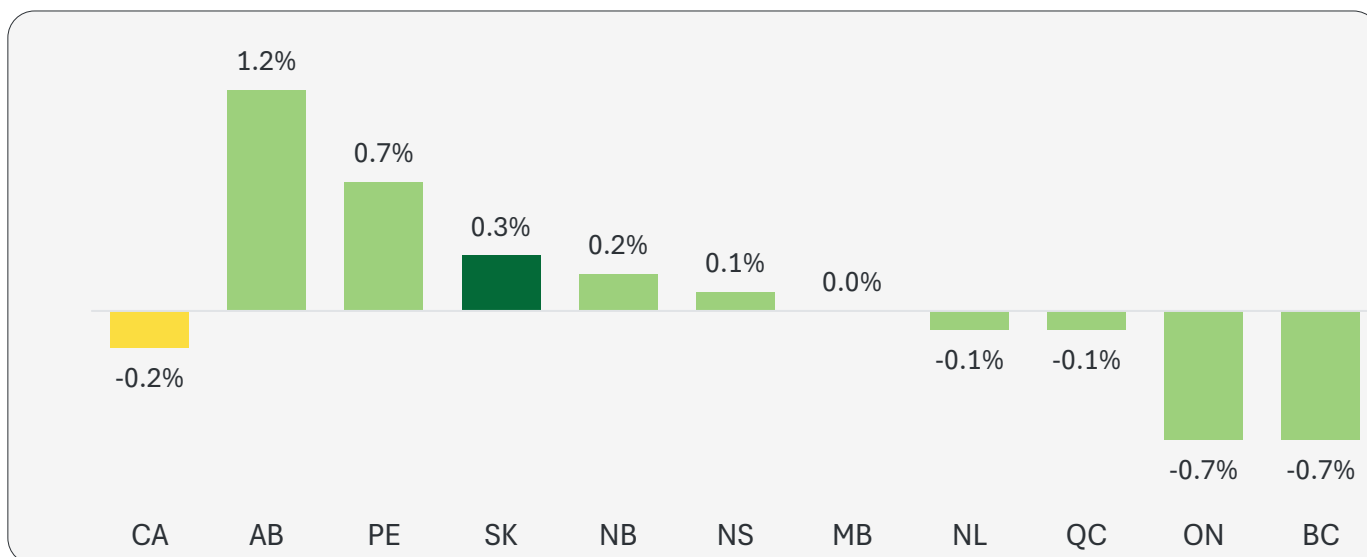


Table 2: Population and Annual Change (Q4 2025/Q4 2024) by Provinces & Territories

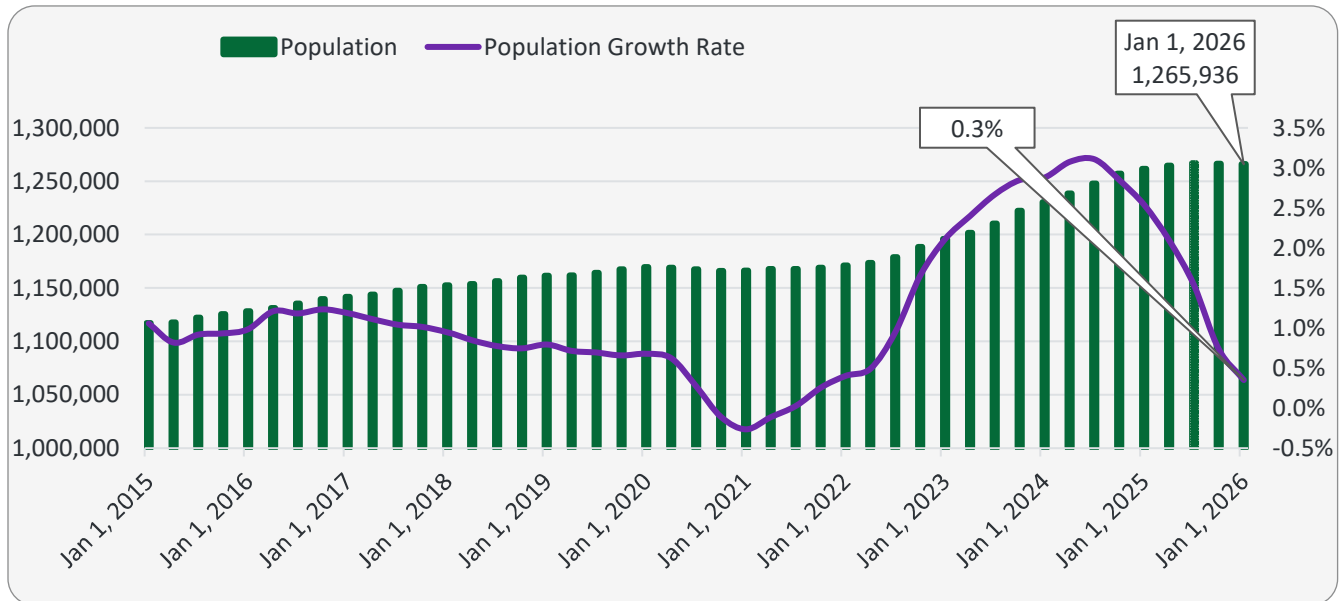
	As of January 1, 2026	Change (Q4 2025/Q4 2024)		Rank (%)
		#	%	
Canada	41,472,081	-102,436	-0.2	
Alberta	5,048,151	+59,970	+1.2	1
Prince Edward Island	182,001	+1,315	+0.7	2
<b>Saskatchewan</b>	<b>1,265,936</b>	<b>+4,412</b>	<b>+0.3</b>	<b>3</b>
New Brunswick	867,383	+1,438	+0.2	4
Nova Scotia	1,090,074	+887	+0.1	5
Manitoba	1,505,117	-527	-	6
Newfoundland and Labrador	548,557	-285	-0.1	7 (tied)
Quebec	9,033,887	-9,576	-0.1	7 (tied)
Ontario	16,136,480	-119,070	-0.7	9 (tied)
British Columbia	5,658,528	-41,461	-0.7	9 (tied)
Yukon	48,218	+42	+0.1	
Northwest Territories	45,803	+124	+0.3	
Nunavut	41,946	+295	+0.7	

Source: Statistics Canada. Table 17-10-0009-01

# Saskatchewan Population Estimates

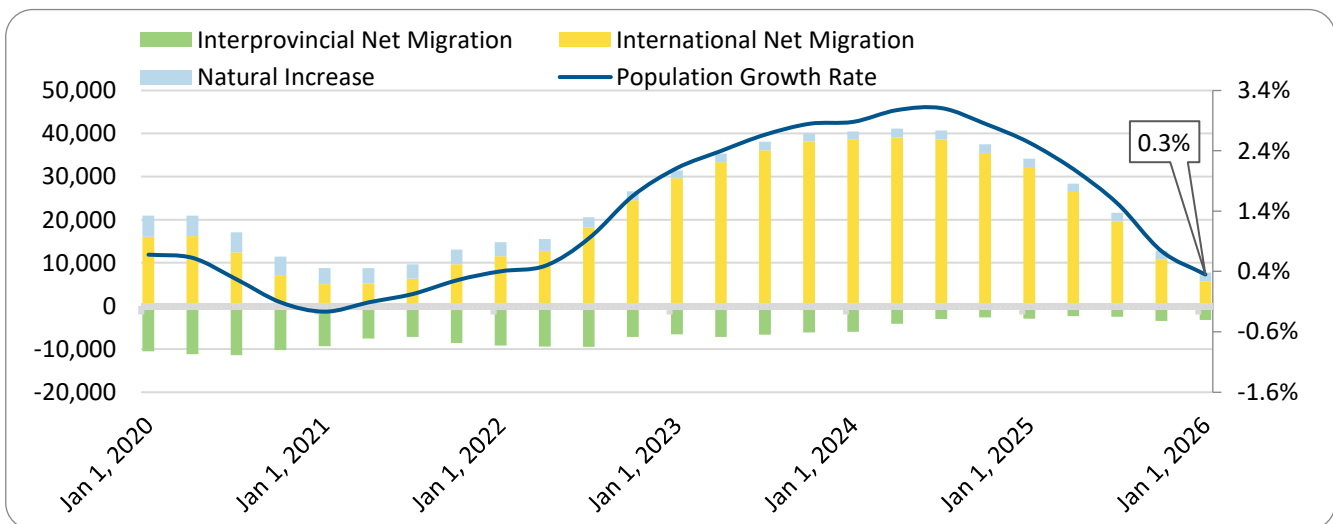
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**Chart 3: Saskatchewan Population Trend**



- From January 2015 to January 2026, the population increased by an average annual rate of 1.1% from 1,117,137 to 1,265,936.
- The annual population growth rate shows a moderate long-term upward trend over the period January 2015 – January 2026, hitting a trough of -0.3% in January 2021 and peaking at 3.1% in July 2024.

**Chart 4: Saskatchewan Components of Population Change Trend**



- International net migration is the primary driver of Saskatchewan population gain, which is partially offset by the effect of net interprovincial migration. Between January 1, 2025 and December 31, 2025, international net migration was 5,746, falling below the average for the period shown in the graph (21,146). This flow ranged from a peak of 39,052 in April 2024 to a trough of 5,062 in January 2021.
- Interprovincial net migration has improved over the six-year period, shifting from a net loss of 10,548 people in January 2020 to a current net loss of 3,276 people in January 2026. This shift places the current level better than the six-year average net loss of 6,749 people. The flow remains moderately volatile, experiencing periodic fluctuations across the cycle.

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## Natural Increase

- Saskatchewan added 23 people through natural increase, a net difference of 3,194 births and 3,171 deaths. In the same period in 2024, Saskatchewan's natural increase was 66 people.

## Migration

- Interprovincially, 2,629 Canadian residents moved to Saskatchewan while 3,496 Saskatchewan residents left the province for a net loss of 867 people.
- In the same period in 2024, Saskatchewan had a net interprovincial migration loss of 1,081 people.
- Alberta was the primary source of Saskatchewan's interprovincial migration movement. Of Saskatchewan's total interprovincial migration, 37 per cent (968) came from Alberta and 44 per cent (1,546) moved to that province.
- Saskatchewan's largest net population movements were with Alberta, British Columbia and New Brunswick.
- Among the provinces, Alberta had the highest net interprovincial gain of 3,684 people, while Ontario had the highest net interprovincial loss of 1,598 people (Table 3).
- Net international migration was (+546) people during the fourth quarter of 2025, compared to (+5,556) in the same period of 2024.

**Table 3: Origin and Destination of Interprovincial Migrants - October 1, 2025 to December 31, 2025**

Origin (From)	Destination (To)												
	BC	AB	SK	MB	ON	QC	NB	NS	NL	PE	YT	NT	NU
BC	0	3,761	466	309	2,139	452	94	308	66	124	50	42	9
AB	3,655	0	968	253	2,450	386	135	404	201	57	37	132	0
SK	663	1,546	0	271	773	102	52	60	19	0	10	0	0
MB	631	948	256	0	782	150	79	57	41	0	38	0	24
ON	2,775	3,926	801	993	0	2,480	787	1,182	366	173	48	29	5
QC	539	905	85	118	3,558	0	296	155	6	101	25	0	13
NB	120	361	7	28	688	426	0	396	114	18	0	0	0
NS	222	355	17	35	896	103	243	0	67	101	0	0	0
NL	126	230	11	36	363	33	53	139	0	0	0	10	0
PE	98	111	0	0	191	33	36	148	28	0	0	0	0
YT	127	53	0	0	0	0	21	10	32	0	0	0	1
NT	91	128	18	0	61	29	0	6	33	0	13	0	10
NU	0	38	0	51	66	28	0	0	0	0	0	8	0

	BC	AB	SK	MB	ON	QC	NB	NS	NL	PE	YT	NT	NU
In	9,047	12,362	2,629	2,094	11,967	4,222	1,796	2,865	973	574	221	221	62
Out	7,820	8,678	3,496	3,006	13,565	5,801	2,158	2,039	1,001	645	244	389	191
Net	1,227	3,684	-867	-912	-1,598	-1,579	-362	826	-28	-71	-23	-168	-129
Rate <sup>1</sup>	0.02%	0.07%	-0.07%	-0.06%	-0.01%	-0.02%	-0.04%	0.08%	-0.01%	-0.04%	-0.05%	-0.37%	-0.31%

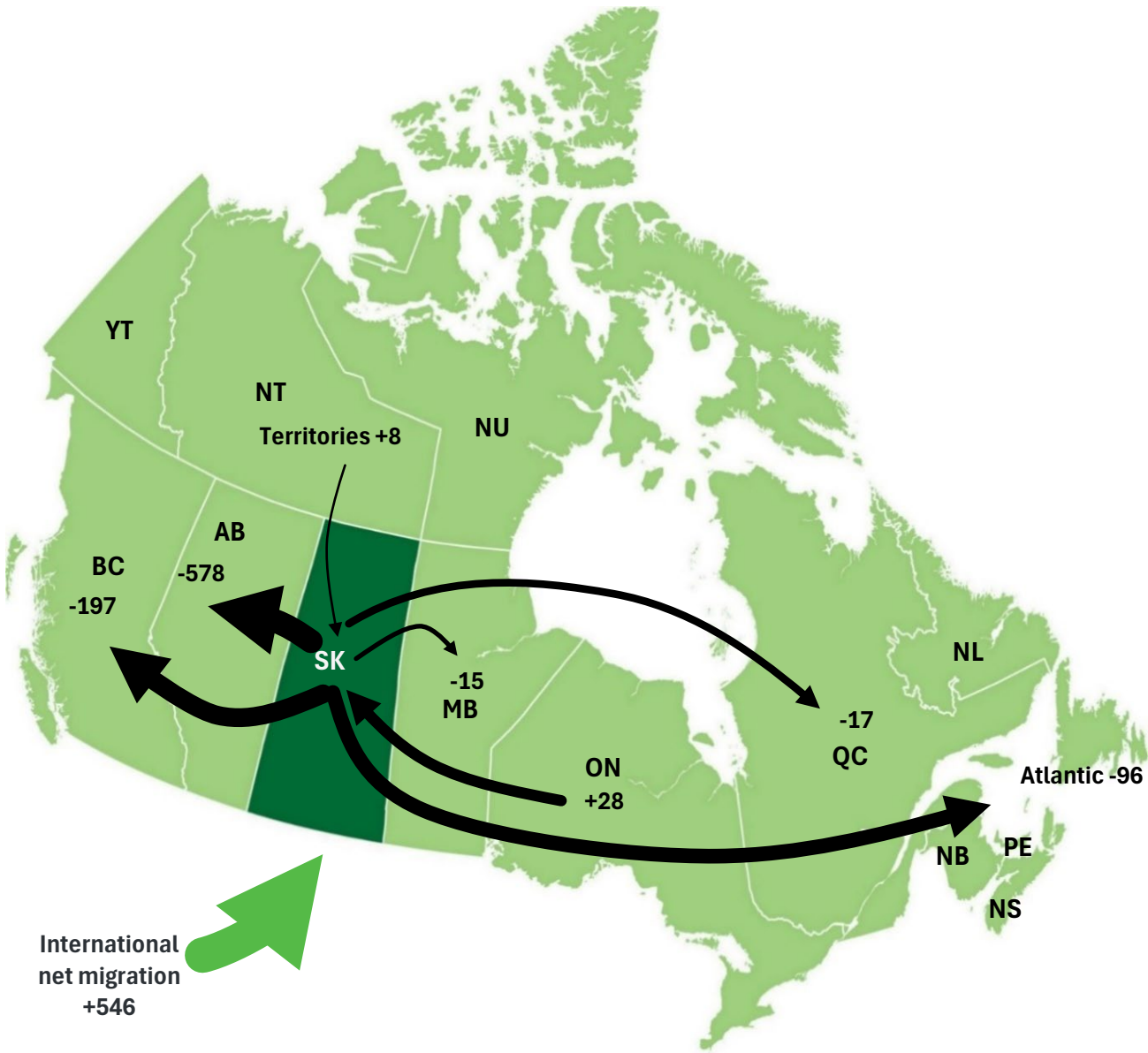
Source: Statistics Canada. Table 17-10-0045-01

<sup>1</sup> Net Migration Rate is quarterly net interprovincial migration expressed as a percentage of provincial population at the start of the quarter.

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The following map displays the interprovincial movements of Canadian residents in and out of Saskatchewan and the net international migration.



Source: Statistics Canada. Table 17-10-0045-01

All data in this report are preliminary and subject to revision. For more details, contact the Saskatchewan Bureau of Statistics at (306) 787-6330 or visit: <https://www.saskatchewan.ca/stats>. Additional information is available at Statistics Canada.