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URL: [https://www.ipss.go.jp/pp-zenkoku/e/zenkoku\\_e2023/pp\\_zenkoku2023e.asp](https://www.ipss.go.jp/pp-zenkoku/e/zenkoku_e2023/pp_zenkoku2023e.asp)

## Population Projections for Japan (2023 revision): 2021 to 2070

### Summary of Results

***Japan's population is projected to decrease by 30%, and the population aged 65 and over to make up about 40% of the population by 2070. While the projected future total fertility rates are lower than those in the previous revision released in 2017, the pace of population decline would slow slightly due to an increase in life expectancy and a rise in net migration of non-Japanese nationals in this revision.***

The National Institute of Population and Social Security Research (IPSS) published the 2023 revision of population projections for Japan, using the Population Census of Japan in 2020 as the base population. These projections calculate the population size and age/sex composition at the national level based on assumptions about trends in fertility, mortality, and international migration. These projections cover all residents of Japan.

\* For details, please refer to *Population Projections for Japan (2023 revision): Summary of Results* (in Japanese) available online at [https://www.ipss.go.jp/pp-zenkoku/j/zenkoku2023/pp\\_zenkoku2023.asp](https://www.ipss.go.jp/pp-zenkoku/j/zenkoku2023/pp_zenkoku2023.asp).

### [Methodology]

The cohort-component method employing recent trends of fertility, mortality, and international migration was used to obtain the future population by sex and age from 2021 to 2070 (pp.7-12).

Based on the recent demographic trends up to 2020, the size and the age structure of the population as of October 1 for each year are projected up to 2070. Considering uncertainties in future demographics, we produced nine “basic scenarios” with varying assumptions about the future course of fertility and mortality (medium-, high-, and low-variant for each).

Moreover, we produced three additional projections: “long-range population projections” (2071-2120), “population projections for the Japanese nationals”, and “conditional population projections”.

## [Assumptions and Results]

### ● Compared to the previous projections in 2017, the 2023 revision expects a further decline in fertility, a slight increase in life expectancy, and a rise in net migration.

- Reflecting the slump that had already started before the COVID-19 pandemic, the total fertility rate in the medium-fertility scenario is projected to be 1.36 in 2070, showing a decline from 1.44 in 2065 in the 2017 revision. Furthermore, in the short term, the fertility rate will remain low mainly due to the drop in marriages during the COVID-19 pandemic (Table 4-1 on p.43, Figure 4-1 on p.47).
- Life expectancy is expected to increase from 81.58 years for men and 87.72 years for women in 2020 to 85.89 years for men and 91.94 years for women in 2070 (medium-mortality scenario). Future life expectancy is projected to be slightly higher than that in the 2017 revision (84.95 years for men and 91.35 years for women in 2065) (Table 4-2 on p.44, Figure 4-2 on p.47).
- The negative net migration for the Japanese was weakened, and this trend was incorporated into the assumption. Meanwhile, based on the recent increase in the number of international migrants during the pre-pandemic period, the net migration assumption was raised to grow from 69,000 per year (2035) in the 2017 revision to 164,000 (2040) in this projection (Tables 4-3-4-5 on pp.45-46, Figures 4-3-4-5 on p.48).

### ● In 50 years, the total population is projected to decrease to nearly 70% of the current level, and the population aged 65 and over to account for about 40% (medium-fertility/medium-mortality scenario).

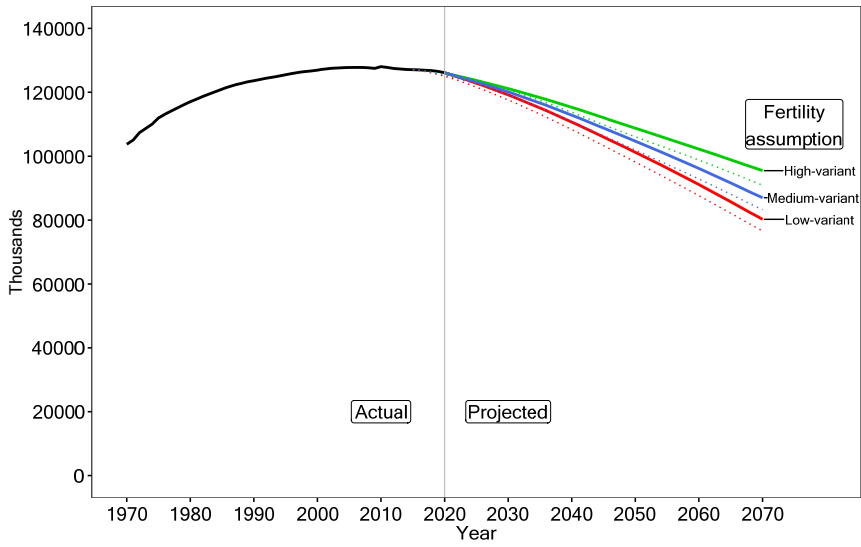
- The total population of Japan, 126.15 million counted in the Population Census in 2020, is projected to decrease to 87 million in 2070 (down to 69.0% of the population in 2020) (medium-fertility/medium-mortality scenario) (Table 1-1 on p.19, Figure 1-1 on p.26).
- The percentage of the population aged 65 and over is expected to rise from 28.6% in 2020 to 38.7% in 2070 (Table 1-1 on p.19, Figure 1-2 on p.26).
- While the previous revision projected the total population in 2065 to be 88.08 million, the figure is expected to be 91.59 million in this projection. Moreover, according to the assumption of this revision, the total population will fall below 100 million in 2056, a delay of 3 years (2053) from the previous projection. The pace of population decline is expected to slow down slightly, mainly due to the increase in international migration (p.13, Table 1-1 on p.19).

- The projected percentage of the population aged 65 and over in 2065 remains unchanged from the previous revision at 38.4%. However, the size of the population aged 65 and over peaks at 39.53 million in 2043 in this revision, slightly more than 39.35 million in 2042 in the previous revision (Table 1-1 on p.19).

### ● **Projections based on high and low-fertility scenarios and projections limited to the Japanese population**

- In 2070, the total population and the percentage of the population aged 65 and over are expected to be 95.49 million and 35.3%, respectively, in the high-fertility scenario (TFR of 1.64). In the meantime, based on the low-fertility scenario (TFR of 1.13), the figures are 80.24 million and 42.0%, respectively (Tables 1-2-1-3 on pp.20-21, Figures 1-1-1-2 on p.26).
- In the medium-fertility/medium-mortality scenario, the Japanese population in 2070 is projected to be 77.61 million, and the percentage of the population aged 65 and over is 40.9% (Table 1 on p.59, Figures 1-2 on p.61).

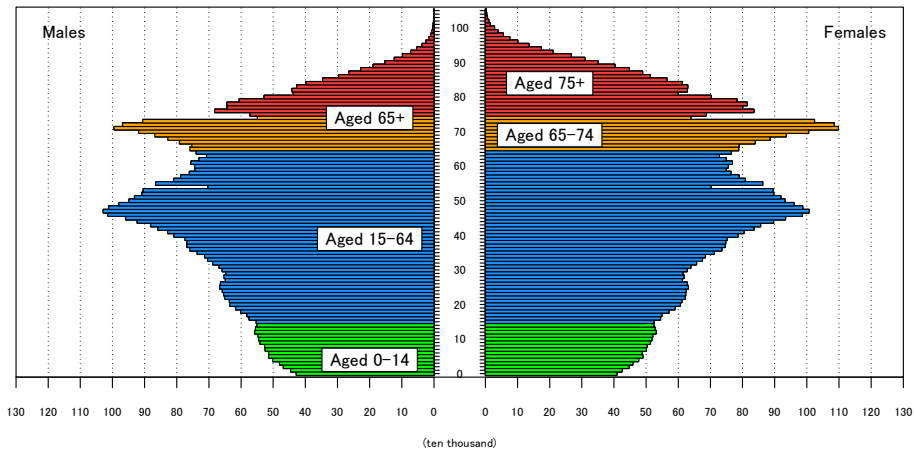
Actual and projected population of Japan: Medium-, high-, and low-fertility (medium-mortality) projections



Present projections are shown in solid lines and previous projections are shown in broken lines.

Population pyramid: Three fertility variant projections with a medium-mortality assumption

(1) 2020



(2) 2070

