

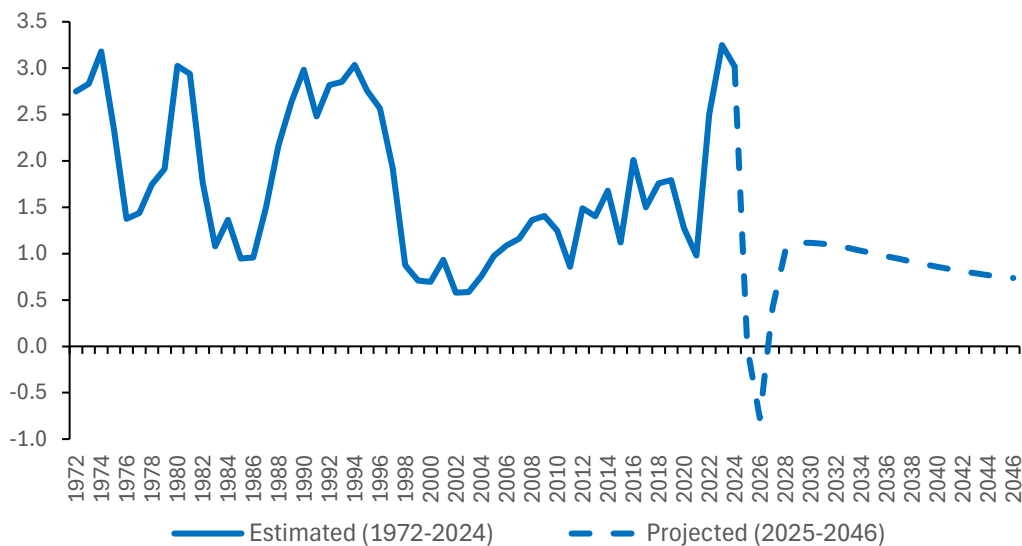
January 28, 2026

Overview

In 2024 B.C. experienced one of its strongest years of population growth since the 1970's, growing 3.0% in the 12 months ending on July 1, 2024. The province added 166,877 people reaching a population of 5.7 million.

As shown in Figure 1 below, population growth in the province is expected to reduce sharply in the short term as international migration to Canada slows down significantly under the policies announced in the [2025 - 2027 Immigration Levels Plan](#). Population change in the province is also expected to return to its long-term trend after 2028.

Figure 1: B.C.'s Annual Population Growth Rate 1972-2046 (%)



Source: Statistics Canada (January 16, 2025). Table [17-10-0005-01](#); BC Stats (2025). Population Projections.

B.C.'s Population by Regional District in 2024

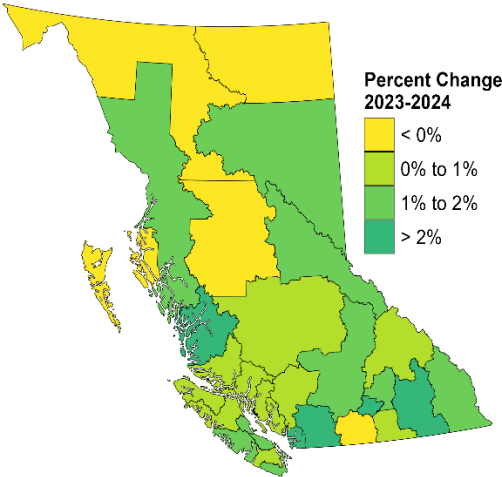
According to the estimates published by Statistics Canada on January 16th, 2025, the population of B.C. was 5,698,430 as of July 1, 2024, growing by 3.0% between July 1, 2023 and June 30, 2024.

The population increase was more pronounced in the province's most populous regional district. As shown in Table 1 below, the Metro Vancouver Regional District, which has over

half of the province’s population, saw the largest increase (4.3%), followed by Fraser Valley (2.7%), the Central Okanagan (2.0%) and the Capital Regional District (1.6%). These regional districts accounted for 73.4% of the population of B.C. in 2024 and 89.6% of the population change in the whole province for that year.

Table 1: Estimated Population in B.C.’s Regional Districts, 2023-2024 (Thousands)

Regional District	2023	2024	% Change
Metro Vancouver	2,981	3,109	4.3
Capital	453	460	1.6
Fraser Valley	353	363	2.7
Central Okanagan	247	252	2.0
Nanaimo	183	186	1.7
Thompson-Nicola	156	159	1.7
Fraser-Fort George	104	106	1.7
North Okanagan	99	100	1.1
Cowichan Valley	94	95	0.9
Others	861	869	0.9
Total	5,532	5,698	3.0



Source: Statistics Canada (January 16, 2025). Table [17-10-0152-01](#)

Stikine and Northern Rockies (Census Divisions) and the Regional Districts of Okanagan-Similkameen, Bulkley-Nechako and North Coast recorded population declines of 0.7%, 0.04%, 0.2%, 0.1% and 0.04%, respectively, between 2023 and 2024. In general, all the regional districts with less than 200,000 people each (which totalled 1.5 million people in 2024) grew at a combined rate of 0.9%.

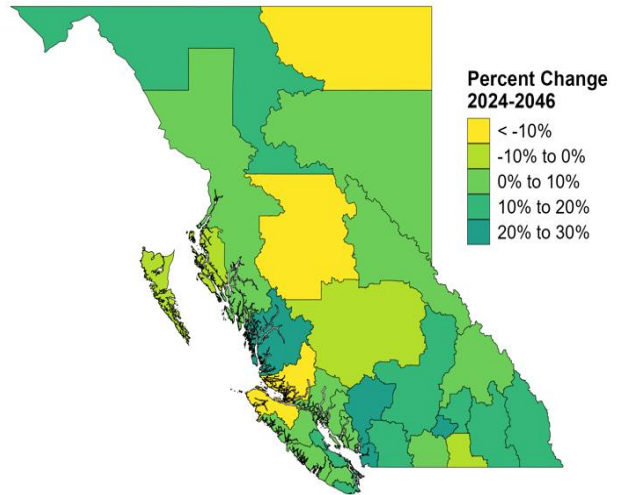
B.C.’s Population by Regional District in 2046

According to the latest population projections published by BC Stats on December 19, 2025, British Columbia’s population is expected to reach 6.8 million by July 1, 2046, an increase of 1.1 million (or 18.9%). This would represent an average annual population growth of 0.8% during this period.

Population growth in B.C. is expected to concentrate in certain parts of the province in the coming years. Table 2 below shows the projected population change between 2024 and 2046 for the regional districts with the highest populations, while all of B.C.’s regional districts are shown in the accompanying map. The projections are based on the current demographics of each region, as well as the migration flows projected by BC Stats, which are derived from current economic trends, immigration policies, and historical trends.

Table 2: Projected Population in B.C.'s Regional Districts, 2024-2046 (Thousands)

Regional District	2024	2046	% Change
Metro Vancouver	3,109	3,892	25.2
Capital	460	524	13.7
Fraser Valley	363	428	18.0
Central Okanagan	252	303	20.4
Nanaimo	186	213	14.5
Thompson-Nicola	159	177	11.2
Fraser-Fort George	106	110	3.3
North Okanagan	100	110	10.3
Cowichan Valley	95	104	9.2
Others	869	918	5.6
Total	5,698	6,778	18.9



Source: BC Stats (December 19, 2025). [Population projections](#).

Metro Vancouver is expected to be the fastest-growing among the most populous regional districts, with a projected growth of 25.2% between 2024 and 2046. It is expected to reach 3.9 million people by 2046 driven by its large projected share of international migrants.

The Central Okanagan Regional District would reach 303,000 people by 2046, increasing 20.4% from 2024 mainly driven by intra-provincial and international migrants.

Fraser Valley's population is also expected to increase significantly in this period, as intra-provincial and international migration should increase its population by 18.0%, reaching 428,000 people by 2046. Similarly, the Capital Regional District is expected to grow 13.7% during this period, reaching 524,000 people.

In contrast, the more rural regions, such as the northeast of the province and the north of Vancouver Island, are expected to receive low levels of international and intra-provincial migration. Combined with their aging populations, these factors are projected to lead to modest population declines.

B.C. is one of the provinces that welcomes the highest number of international migrants in the country. International migration has been the province's primary driver of population change in recent years and this trend is expected to continue for the foreseeable future. BC Stats will continue updating its population projections in response to new data and as Canada's international immigration policy evolves.

Using the Information

Visit the [Population](#) page on the BC Stats website for more information. Population estimates and projections for other regions are available in the [Population App](#).

Contact Us

We welcome your questions and feedback – please contact us through the [BC Stats Request System](#).