

**Mid-2019
Population:
500,000**

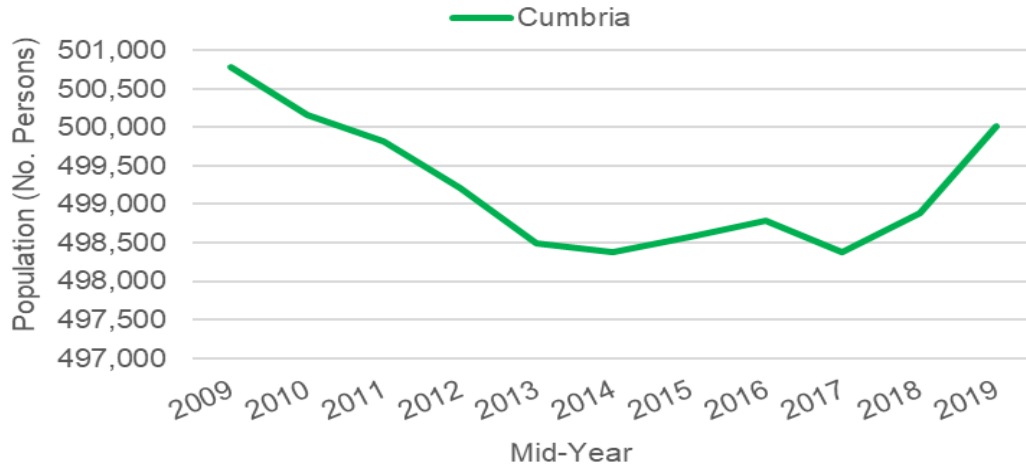
At Mid-2019 Cumbria's population was estimated to be 500,000;

When compared to England & Wales, Cumbria has lower proportions of residents in the three youngest age groups (0-44 years) and higher proportions of residents in the four oldest age groups (aged 45+);

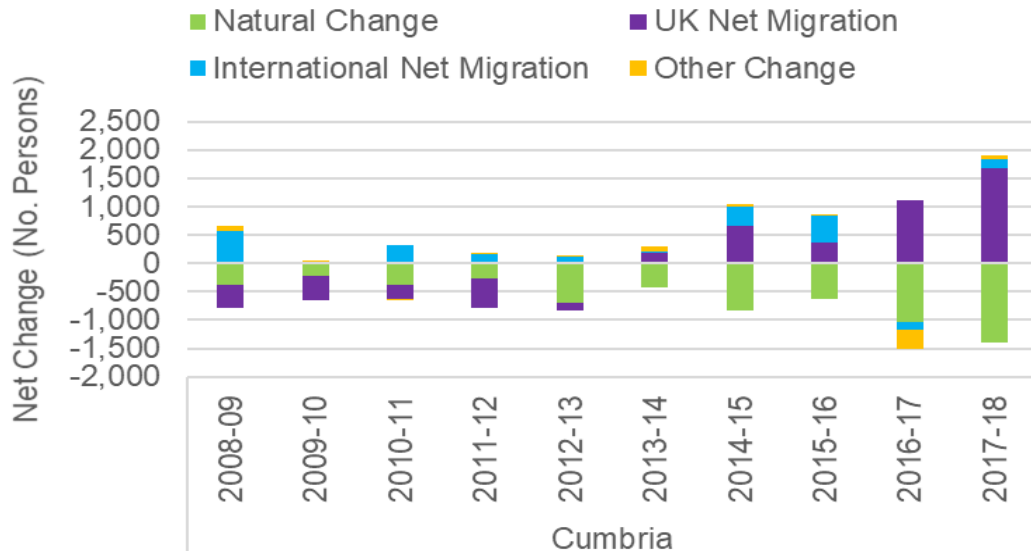
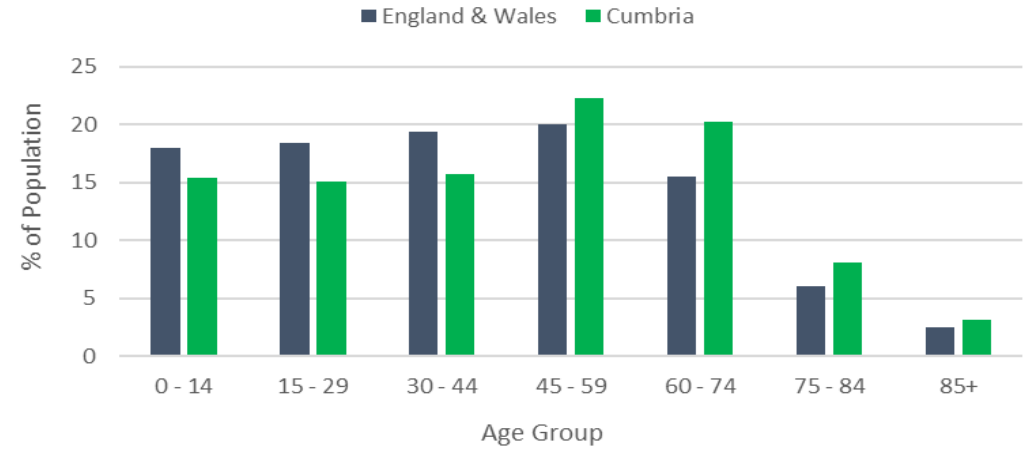
Since Mid-2018, the population of Cumbria has increased by 1,100 people (+0.2% change), with the greatest percentage increase occurring in the 75 - 84 age group (+4.1%) and the greatest percentage decreases occurring in the 15 - 29 and 45 - 59 age groups (both -0.9%);

It is the combined effect of changes in numbers of births, deaths and migrants that determine overall population change. These factors are known as the 'components of change'. Information of the components of population change in each local area will be published in June 2020.

Total Population (All Ages)



Mid-2019 Population by Age Group



	Age Group	Population		Numerical Change	Proportional Change (2018-19)
		Mid-2018	Mid-2019		
Cumbria	All Ages	498,900	500,000	1,100	0.2
	0 - 14	77,100	77,000	-200	-0.2
	15 - 29	76,200	75,500	-700	-0.9
	30 - 44	78,700	78,400	-300	-0.3
	45 - 59	112,500	111,500	-1,000	-0.9
	60 - 74	100,100	101,300	1,200	1.2
	75 - 84	38,700	40,300	1,600	4.1
	85+	15,500	15,900	400	2.5

Source: Office for National Statistics (ONS)
Please note figures may not sum due to rounding