



Demographic Report: Population Overview of China

China's population stands at approximately 1.41 billion people, making it the second most populous nation globally after being surpassed by India.

1. Key Demographic Indicators

The following table summarizes the core demographic metrics for China based on recent data from institutions like [Worldometer](#) and the [UNFPA](#):

Metric	Statistic / Value
Total Population	~1.405 to 1.412 billion
Global Ranking	2nd globally (accounts for ~17% of world population)
Population Growth Rate	Negative (~ -0.24% annually)

Median Age	~40.6 years
Total Fertility Rate (TFR)	~0.93 to 1.0 children per woman (below the 2.1 replacement level)
Urbanization Rate	~68.7% living in urban areas
Life Expectancy at Birth	~76 years for males; ~81 years for females

2. Core Trends and Structural Shifts

Accelerated Population Decline

- Consecutive Shrinking: China has entered a period of structural population contraction, recording consecutive years of total population decline. [\[1\]](#)
- Record Low Birth Rates: Annual births have dropped significantly (dipping below 8 million in recent reports), driven by high living costs, changing social norms regarding marriage, and shifting career priorities among younger generations. [\[1\]](#) [\[2\]](#)

Rapid Aging Society

- The "Silver" Wave: The proportion of citizens aged 60 and older is expanding rapidly, now accounting for over 20% (and tracking toward 30% by the next decade) of the total population. [\[1\]](#) [\[2\]](#)
- Workforce Contraction: The shrinking pool of working-age individuals (aged 15–64) places greater pressure on the country's economic productivity, pension funds, and healthcare infrastructure.

Historical Policy Impact

- Legacy of the One-Child Policy: Implemented in 1979, decades of strict birth limitations successfully curbed rapid population expansion but accelerated long-term aging and distorted demographic pyramids. [1]
 - Relaxed Restrictions: Even though the government transitioned to a two-child and subsequently a three-child policy, alongside various pro-natalist financial incentives, state measures have struggled to reverse declining fertility trends. [1, 2]
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3. Geographic Distribution & Diversity

- Regional Disparities: Population density is heavily skewed toward eastern coastal provinces and major urban hubs (such as Shanghai, Beijing, and Guangzhou). Conversely, vast western and northern regions (like Tibet, Qinghai, and Xinjiang) remain sparsely populated. [1, 2]
- Ethnic Composition: The Han Chinese majority comprises approximately 91% of the population, while officially recognized ethnic minority groups account for the remaining 9%. [1]

Would you like to explore economic implications, regional provincial breakdowns, or future projections up to 2050 in more detail?