



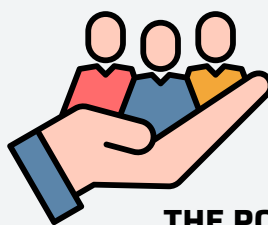
VIETNAM POPULATION PROJECTIONS

2024-2074

KEY FINDINGS

Population projections are an important source of information for planning and budgeting socioeconomic development strategies at all levels and across all sectors in Viet Nam. This factsheet presents key projections of the size and structure of Viet Nam's population up to 2074, based on the 2024 Intercensal Population and Housing Survey (IPS) and assumptions of population trend (including fertility, mortality, and migration)¹ for the next 50 years, 2024-2074. It also provides policy recommendations to adapt to future population changes.

POPULATION SIZE

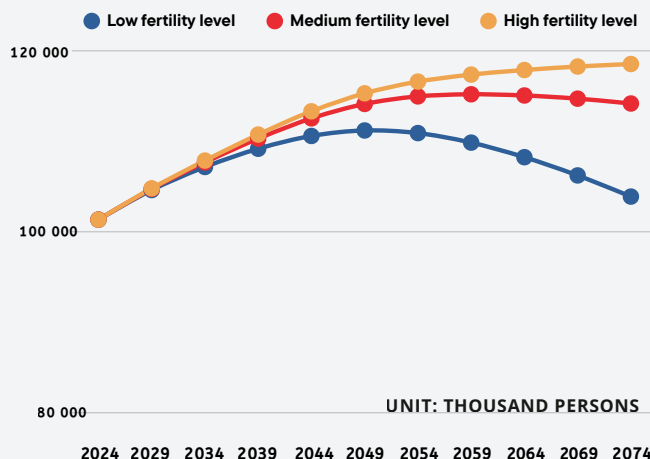


101.3

MILLION PEOPLE

THE POPULATION OF VIET NAM IN 2024

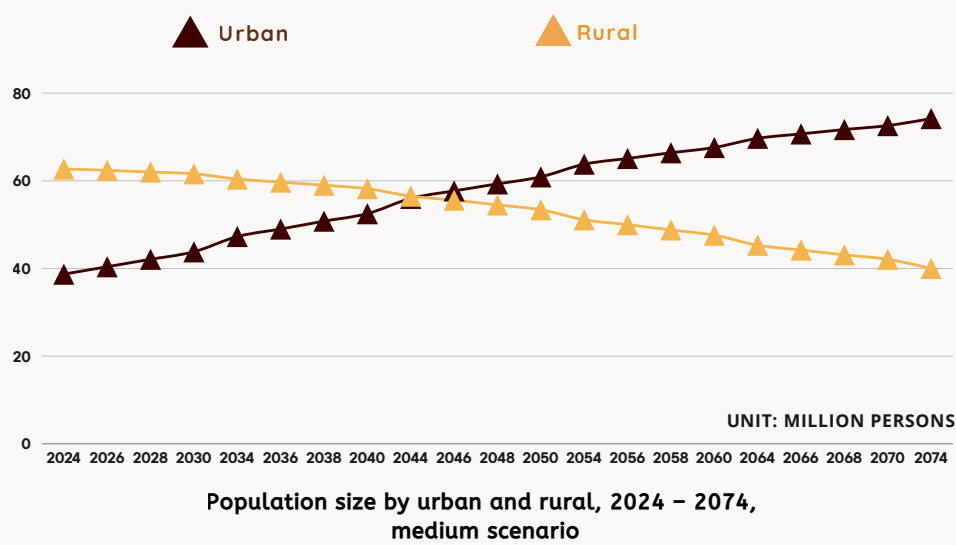
The population of Viet Nam in 2024 reached 101.3 million people. In the initial period of the projection, there is no significant difference in the population size between the three-fertility scenario. Accordingly, by 2029, Viet Nam's population would reach approximately 104.7 million under the medium fertility scenario, 104.6 million under the low fertility scenario, and 104.8 million under the high fertility scenario. The differences between scenarios begin to be evident after 2034. By 2039, the population size under the low, medium and high scenarios will be 109.2 million, 110.3 million and 110.7 million people, respectively. By the end of the forecast period, by 2074, Viet Nam's population will reach 114.2 million people in the medium scenario; according to the low scenario, it will decline to 103.9 million people; while according to the high scenario increase to 118.5 million people. Thus, within 50 years, from 2024 to 2074, Vietnam's population under the low, medium, and high fertility scenarios will increase by 2.5%, 12.7%, and 17.0%, respectively.



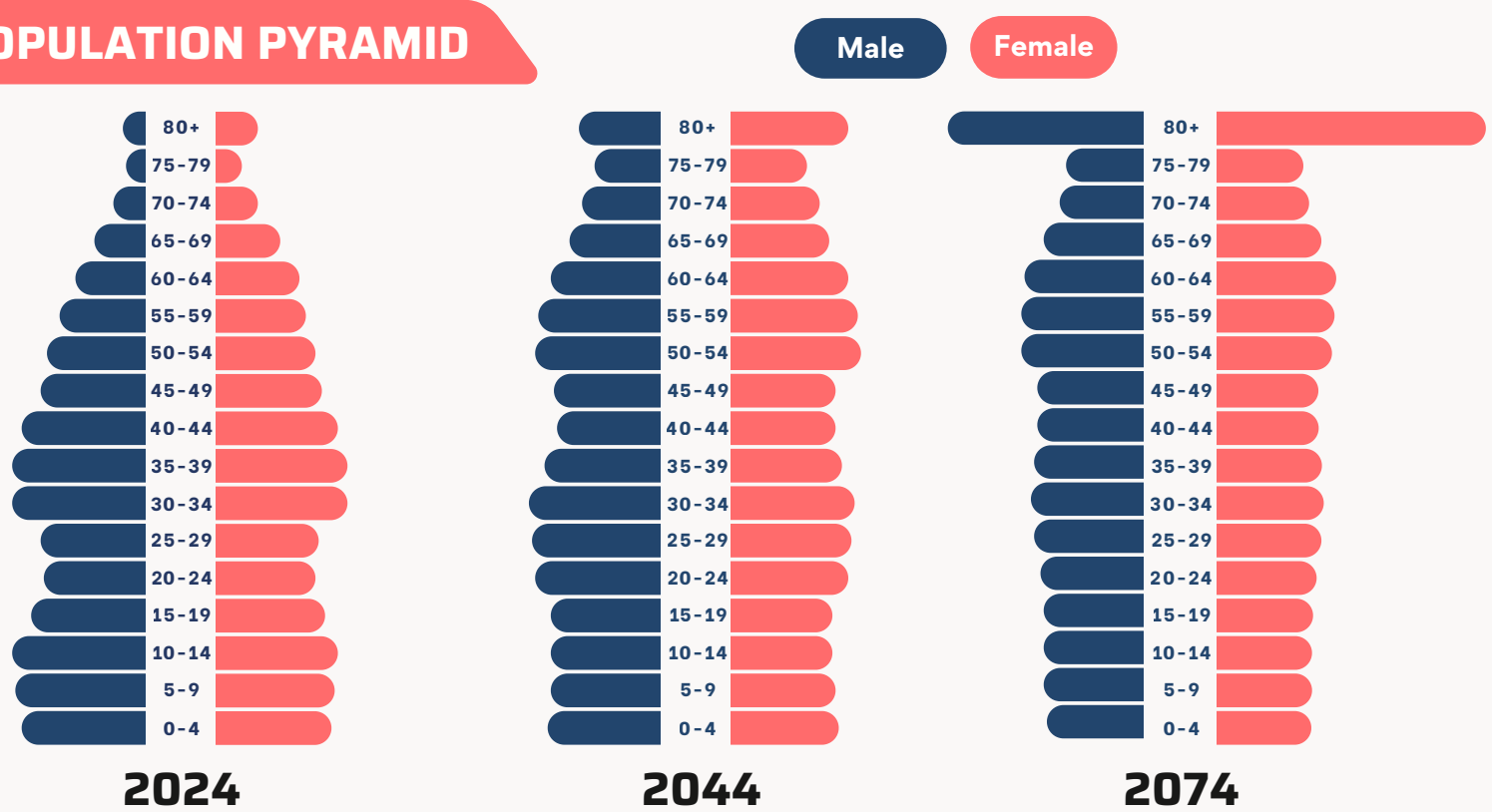
(1) This population forecast presents three scenarios of population change that share the same assumptions about mortality trends and international migration (assumed to be negligible) but differ in their fertility trend assumptions. By 2074, the total fertility rate reaches 2.01 births per woman in the high scenario, 1.85 in the medium scenario, and 1.45 in the low scenario. This summary presents results for the medium scenario.

URBAN AND RURAL POPULATION

The urban population in 2024² was 38.7 million people, equivalent to 38.2% of the national population. According to the medium fertility scenario, by 2045, the proportion of the population living in urban areas will reach about 50%, marking the time when the urban and rural populations are balanced. Urbanization will continue to take place steadily in the second half of the forecast period and by 2074, the proportion urban will reach 65.0%.



POPULATION PYRAMID



Viet Nam’s population pyramid in 2024 shows that the country is currently in a demographic window of opportunity. During this period, the proportion of the working-age population (especially the 25–39 age group) reaches its peak. At the same time, Viet Nam is also in a period of population aging. In addition, there are more women than men among the elderly population (ages 80+) reflecting their longer life expectancy. Therefore, policies and programmes for older persons should ensure that they meet the different needs of older women and men.

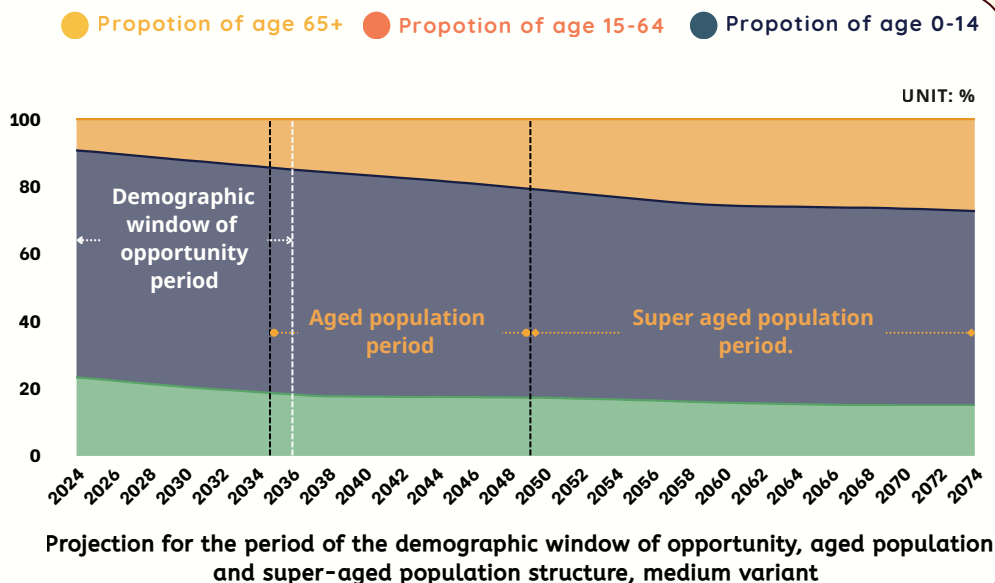
In 2044, the population pyramid will begin to shrink in the middle and the bottom. Notably, the bars at the top of the tower corresponding to the population group aged 65 years and older expand compared to the bars in the same position in 2024, reflecting that the population is no longer in a demographic window of opportunity with the population of 65+ accounting for a relatively large proportion of the population.

Viet Nam’s population pyramid in 2074 shows a gradually narrowing of the bottom, reflecting marked changes in the population age structure. The top of the pyramid has expanded significantly, showing that the proportion of the population aged 80 and over is one of the largest age groups. This is the period when Viet Nam has a “super-aged” population structure, after switching from an “aged” structure. The predominance of women among the elderly is increasingly evident, especially in the group of people aged 80 and over.

(2) The share of the population living in urban areas is recalibrated based on the results of the 2024 IPS, ensuring consistency with the classification of administrative units according to Decision No. 19/2025/QĐ-TTg promulgating the list and codes of administrative units in Viet Nam.

DEMOGRAPHIC WINDOW OF OPPORTUNITY

Viet Nam entered the period of the demographic window of opportunity in 2007, when children (ages 0–14) accounted for less than 30% of the population and elderly (ages 65+) accounted for less than 15%. During this period, the working-age population (ages 15–64) is unusually large relative to the dependent-age population (those under age 15 and age 65+). Vietnam is projected to exit this favorable age structure in 2036. Compared with the 2019 population forecast, this means the demographic window of opportunity will end three years earlier.



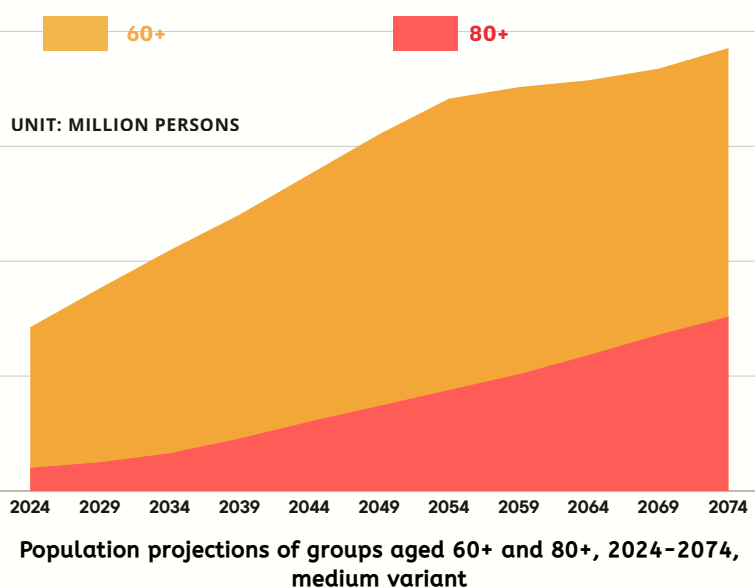
AGED AND SUPER-AGED POPULATION

Currently, Viet Nam is in a period of population aging. According to the medium fertility scenario, the country is projected to enter the aged population period⁴ from 2034, when the proportion of the population aged 65 and over will reach 14.0%. In the period from 2034 to 2036, Viet Nam will continue in a demographic window of opportunity and at the same time enter an aged population period. Vietnam's aged-population stage is forecast to last for 15 years, from 2034 to 2049. After this period, from 2050 to 2074, Viet Nam is projected to transition into a super-aged population stage corresponding to the proportion of the population aged 65 years and over accounting for over 21%.

ELDERLY POPULATION

According to the medium fertility scenario, Viet Nam's older population⁵ (aged 60 and above) is projected to grow rapidly: from 14.2 million in 2024 to 20.9 million in 2034, and to 27.5 million in 2044. By 2074, the number of older persons in Viet Nam is projected to reach 38.5 million. Women are projected to continue to make up a larger share of the older population than men, increasing from 1.9 million in 2044 to 3.2 million in 2074.

In addition, during the first ten years of the projection period, 2024–2034, the number of people in the oldest-old group (aged 80 and above), who require higher levels of care, increases from 2 million in 2024 to 3.3 million in 2034. Over the 50-year period, the population aged 80 and above is projected to grow by approximately eight times.

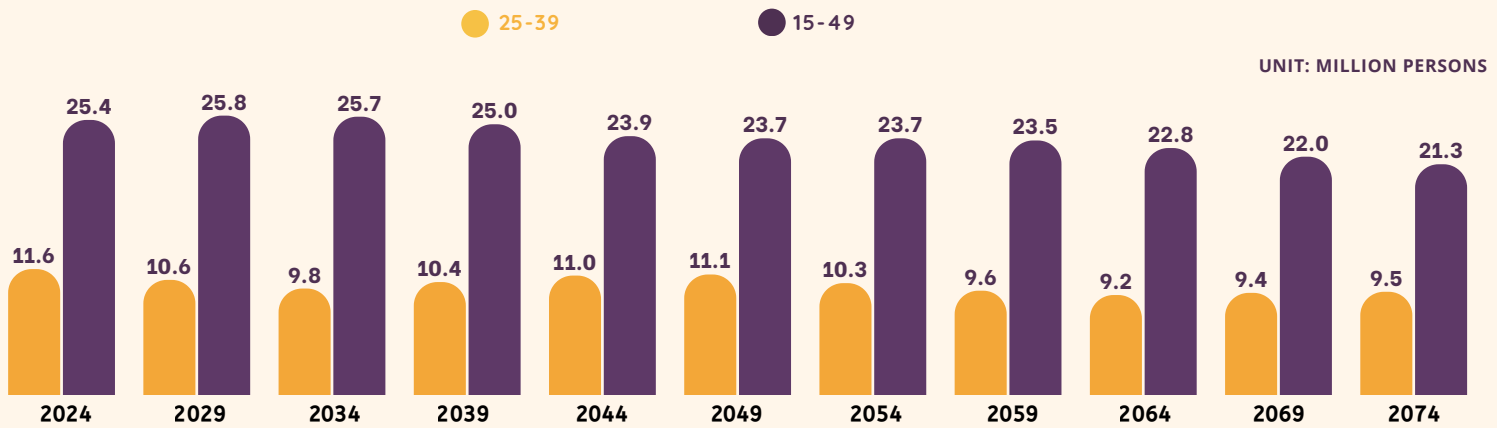


(3) As defined by the United Nations Population Fund in its report on "Capitalizing on the Golden Population Opportunity in Viet Nam – Opportunities, Challenges and Policy Recommendations": the "golden" population period occurs when the proportion of children (0–14) is less than 30% and the proportion of the elderly (65 and over) is less than 15%.

(4) According to international practice: the "aged" population period occurs when the population aged 65 years or older accounts for 14% or more; The "super-aged" population period occurs when the proportion of the population of 65+ accounts for 21% or more.

(5) According to the Law on the Elderly No. 39/2009/QH12, older persons are Vietnamese citizens aged 60 years and above.

WOMEN OF REPRODUCTIVE AGE (15 TO 49 YEARS) AND WOMEN IN THE HIGHEST-FERTILITY AGE GROUP (25-39 YEARS)



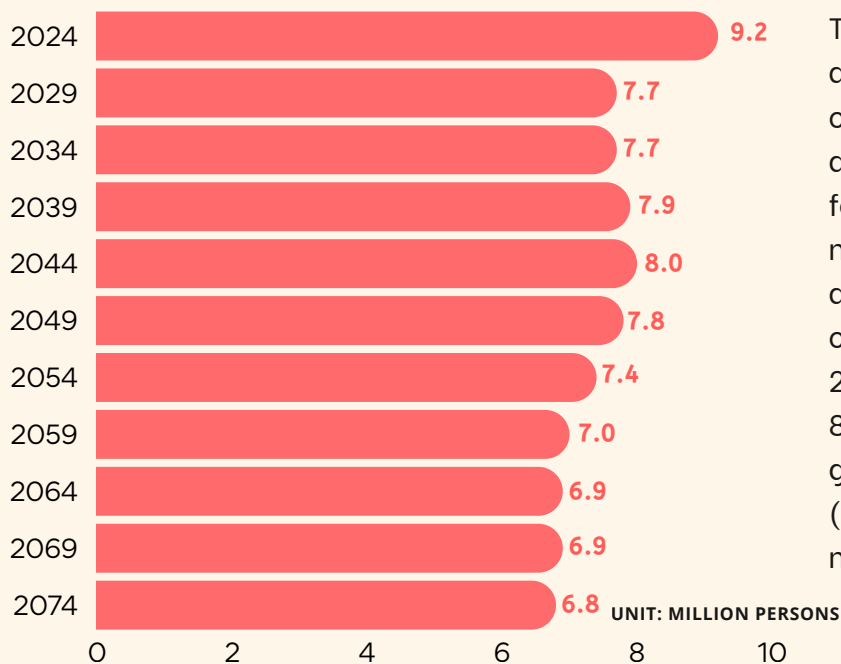
Projected number of women of reproductive age, 2024–2074, Medium Fertility Scenario

In the first 5 years of the forecast period, the female population of childbearing age between 15 and 49 years is expected to increase, from 25.4 million in 2024 to 25.8 million in 2029. Following this, the number of women of reproductive age gradually decreases to 21.3 million by 2074.

During the first 15 years of the projection period (2024–2034), the number of women in the peak fertility group (from 25 to 39 years old) is projected to decline from 11.6 million in 2024 to 9.8 million in 2034. Over the following 15 years, the number of women aged 25–39 increases from 10.4 million in 2039 to a peak of 11.2 million in 2048. After 2049, the size of the female population aged 25 to 39 decreases and bottoms out in 2063 with 9.2 million people, then increases slightly and reaches 9.5 million people by the end of the forecast period.



CHILDREN FROM AGED 0 TO 5



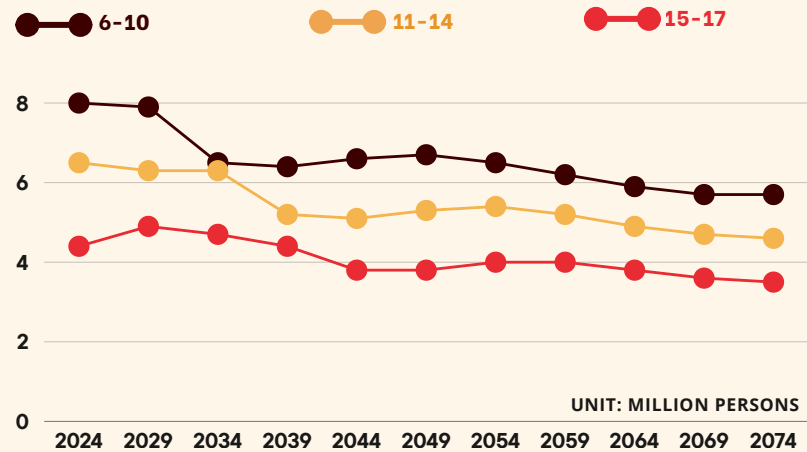
Population aged 0 to 5, 2024–2074, Medium Fertility Scenario

The forecast shows that the number of children aged 0–5 years in Viet Nam decreases markedly over the next decade, followed by a more gradual decrease in subsequent decades throughout the forecast period. In 2024, the country had about 9.2 million children aged 0–5, but this number will decrease to 7.7 million by 2029, which is a decline of 1.4 million children in just 5 years. The period 2030–2040 will see relative stability around 7.7–8.0 million children. After 2045, the size of this age group will decrease steadily from 7.8 million (2049) to 7.0 million (2059), and to 6.8–6.9 million in the period 2064–2074.

CHILDREN OF SCHOOL AGE

From 2024 through 2029, the number of children of primary school age (6–10 years old) remains stable at around 7.9–8.0 million people. The 11–14-year-old group of middle school children also remains relatively stable at 6.3–6.6 million, reflecting a slowdown in the size of children born in the earlier period.

In contrast, the group of adolescents aged 15–17 continues to increase slightly from 4.4 million in 2024 to 4.9 million in 2029, indicating an increase in the number of children at the upper secondary level.

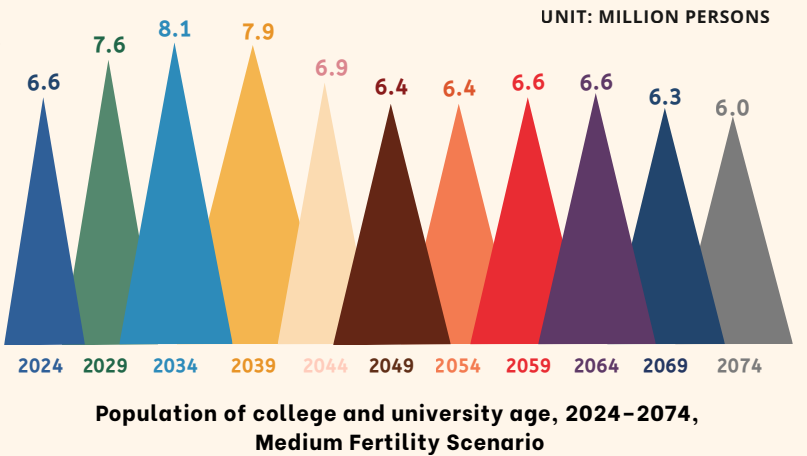


After 2030, the school-age population in all three age groups begins to decline due to the effects of low fertility in preceding years. By 2040, the number of children aged 6–10 falls to around 6.4 million; the 11–14 age group decreases to 5.1 million; and the 15–17 age group declines to about 4.1 million.

After 2040, the downward trend slows and the populations remain relatively stable through the end of the projection period.

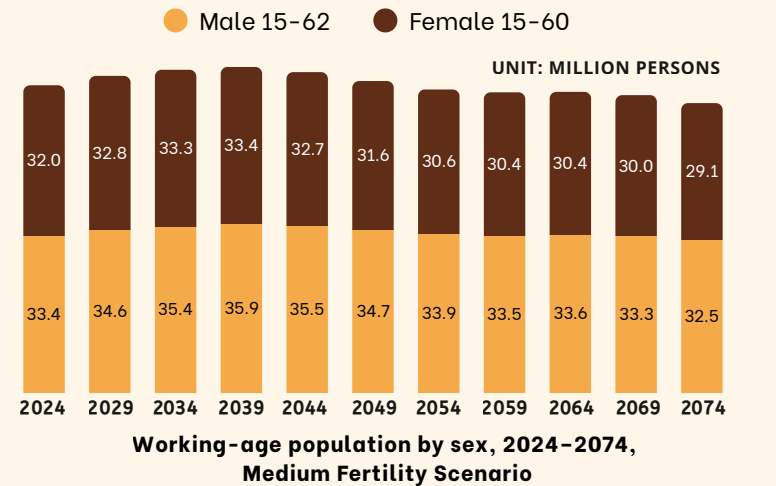
POPULATION OF COLLEGE AND UNIVERSITY AGE

The population aged 18–22, corresponding to college and university age, increases steadily from 2024 to 2033, rising from 6.6 million to a peak of around 8.1 million. This reflects the entry of cohorts born during periods of higher fertility into post-secondary education. After 2034, the size of this age group begins to decline and with a sharper decrease after 2040, falling to about 6.6 million by 2045. By the end of the projection period (2074), the population aged 18–22 is projected to continue to decline to around 6.0 million, reflecting the prolonged impact of low fertility levels in previous decades. By the end of the forecast period (2074), the size of the 18–22 age group is expected to continue shrinking to around 6.0 million, reflecting the lingering impact of declining fertility in previous decades.



THE WORKING - AGE POPULATION

The working-age population (men aged 15–62 and women aged 15–60)⁶ is projected to increase steadily from 65.4 million in 2024 to a peak of 69.5 million in 2038, driven by the continued expansion of both male and female cohorts entering working age. After reaching this peak, the working-age population begins a prolonged period of decline as cohorts born during years of lower fertility enter the working ages and replace the larger cohorts that are gradually exiting this age range. As a result, the working-age population decreases to 67.9 million in 2045 and further to 61.6 million by 2074. The projections indicate that Viet Nam has only a short remaining window of labor force expansion before entering a phase in which the labor force gradually contracts due to population ageing.



(6) According to the 2019 Labor Law, the working-age population includes men aged 15 to 62 and women aged 15 to 60.

CONCLUSION AND RECOMMENDATIONS

1 Take advantage of the favorable population structure and adapt to the aging population.

Viet Nam's population forecasts show that its favorable population age period will end in 2036. Over the next decade, the effective use of the advantages of the population structure is decisive for economic growth and national competitiveness. It is necessary to prioritize strong investment in skill development for the workforce, especially digital skills, vocational skills and technology adaptation capacity in the context of rapid digital transformation. At the same time, improving labor productivity through the renewal of vocational training contents, expanding retraining and advanced training, promoting research and development and strengthening the application of science and technology in enterprises is an urgent requirement. Along with that, improving working conditions and developing a safe and flexible working environment will contribute to retaining and maximizing the young workforce, increasing the resilience of the economy.

Making the most of the remaining opportunities of the favorable population age period is also an important preparation for the period of rapid aging in the coming decades. Vietnam will enter the "aged" population stage from 2034 and become a "super-aged country from 2050; The population aged 80 and over is growing rapidly, from about 2 million people in 2024 to more than 15.4 million people in 2074. These changes put enormous pressure on social security, health and care systems. Therefore, it is necessary to build a multi-layered and sustainable social security system; expanding long-term care services, focusing on home care and community-based care models; and effectively take advantage of the role of the elderly in socio-economic development through appropriate forms of employment. The policy also needs to pay special attention to older women – who make up a large share of the elderly – by applying gender-sensitive policy solutions to help older women access care and social protection services equitably, reduce vulnerability, increase the ability to live independently and resilience in advanced age.

At the same time, it is essential to strengthen access to and improve the quality of sexual and reproductive health services, as well as to enhance childcare, nurturing, and early childhood care and education services. These constitute foundational interventions to ensure long-term human development and, at the same time, to enable individuals and couples to realize their fertility intentions. Priority investments should be directed toward the primary level of service delivery, with a particular focus on populations at risk of being left behind, including ethnic minority groups, out-of-school adolescents, and migrants.

In parallel, family support service systems should be further developed, including the expansion of high-quality early childhood education facilities, the promotion of workplace-based childcare models, improvements in child nutrition, and strengthened support for early childhood development. These measures aim to create an enabling environment that ensures children's holistic development, encompassing physical health, cognitive development, and socio-emotional development.

These elements represent core pillars for ensuring sustainable development of human capital and for strengthening the demographic foundations for the future. Moreover, in the context of declining fertility as a global trend, in addition to using the total fertility rate indicator, it is also necessary to consider alternative indicators to help measure the country's adaptability.

2 Proactively addressing the consequences of sex imbalance at birth

Sex imbalance at birth in Viet Nam has emerged since the early years of the twenty-first century, persisted to the present, and is projected to continue for at least the next five years before gradually declining. However, the consequences of this imbalance are expected to extend over several decades, most visibly reflected in a significant surplus of men over women in marriageable ages. This imbalance will directly affect families, the basic unit of society, and may contribute to further fertility decline, while also posing potential risks to social stability. Therefore, it is essential to develop and implement timely policy responses to address these consequences over the medium and long term.

3 Developing smart urban systems adapted to demographic transition trends

Viet Nam's urban population is projected to reach 50 per cent by 2045 and further increase to 65 per cent by 2074, in a context of continued fertility decline and rapid population ageing. These demographic shifts require urban systems to be planned and developed in a more flexible and adaptive manner. Policies should prioritize the modernization and expansion of urban infrastructure, ensure equitable access to housing and public services, promote efficient land-use management, improve environmental quality and urban transport, and advance green and smart city models. Evidence-based urban planning informed by demographic trends will be a critical factor in ensuring long-term sustainable development.

4 Strengthening international cooperation to address population-related challenges

In the context of demographic challenges that are increasingly global in nature and closely interconnected with regional trends, Viet Nam needs to strengthen international cooperation in the formulation and implementation of population policies. Collaboration with other countries and international organizations will enable Viet Nam to access international experience, evidence, and effective intervention models for addressing low fertility, population ageing, gender inequalities, and migration management. At the same time, international cooperation contributes to enhancing technical capacity in population projections, policy impact analysis, and the mobilization of financial and technical resources for targeted intervention programmes, thereby improving the quality and effectiveness of population policy implementation at the national level.

5 Improve the population data and statistics system for policy making.

Changes in population size, age structure, and spatial distribution over the coming decades will have far-reaching implications for education, health, employment, social protection, and urban development. As demographic transitions accelerate, Viet Nam needs to strengthen its capacity to use data and projection models in policy formulation and monitoring. Modernizing population-civil registration-migration data systems, ensuring interoperability and information sharing across sectors, and integrating demographic analysis into strategic planning at both national and local levels will help improve policy decision-making and support long-term sustainable development. To ensure effective policy formulation and monitoring, Viet Nam needs to further strengthen a modern, integrated, and interoperable population information and statistical system. A key priority is the development of a national population database that links the population register with sectoral databases on civil registration, health, education, social insurance, and labour and employment, and leverages these data sources to inform macroeconomic and social development policymaking.

A comprehensive and timely data system will contribute to enhancing state management effectiveness and support proactive, evidence-based, and accurate policy decision-making.

Note: (*) The forecast presents three population-change scenarios based on assumptions about fertility, mortality, and migration, as follows:

- Fertility (three scenarios). Three fertility paths are specified. In the low scenario, the total fertility rate (TFR) declines from 1.91 children per woman in 2024 to 1.45 in 2074. In the medium (baseline) scenario, TFR declines more gradually and reaches 1.85 by 2074. In the high scenario, TFR increases slightly and reaches 2.01 children per woman by 2074. The age pattern of fertility is assumed to remain constant over the forecast period. The sex ratio at birth (SRB) is assumed to decline gradually from 111.4 boys per 100 girls in 2024 to 109.5 in 2034, 107.9 in 2044, and 106.0 in 2074.
- Mortality (one scenario). A single mortality scenario is used, in which life expectancy rises from 72.3 years for men and 77.3 years for women in 2024 to 77.9 years and 82.4 years, respectively, by 2074. The age pattern of mortality is assumed to transition gradually from the current observed schedule toward the Model West standard over the projection period.
- Migration (one scenario). A single migration scenario assumes zero net international migration, consistent with the 2024 Intercensal Population and Housing Census framework, which focuses on Vietnamese citizens (in Viet Nam and those living and studying abroad). The number of foreigners who naturalize in Viet Nam is small relative to the total population and is assumed not to materially affect national population size. Assumptions related to internal migration and urbanization are examined and presented in the report.



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