

Saskatchewan Population Estimates

First Quarter 2026 (January 1 - March 31)

Quarterly Population Growth - Q1 2026 over Q4 2025

- As of April 1, 2026, Saskatchewan’s population was estimated at 1,266,092, up by 156 people compared with January 1, 2026.
- Saskatchewan’s quarterly population increased by 0.01 per cent, the third highest growth rate among the provinces and higher than the national average (Chart 1).
- Net international migration (+574) and natural increase (+446) drove Saskatchewan's population gain this quarter, partially offset by net interprovincial migration (-864).

Chart 1: Provincial Ranking of Population Growth Rates - Q1 2026 over Q4 2025

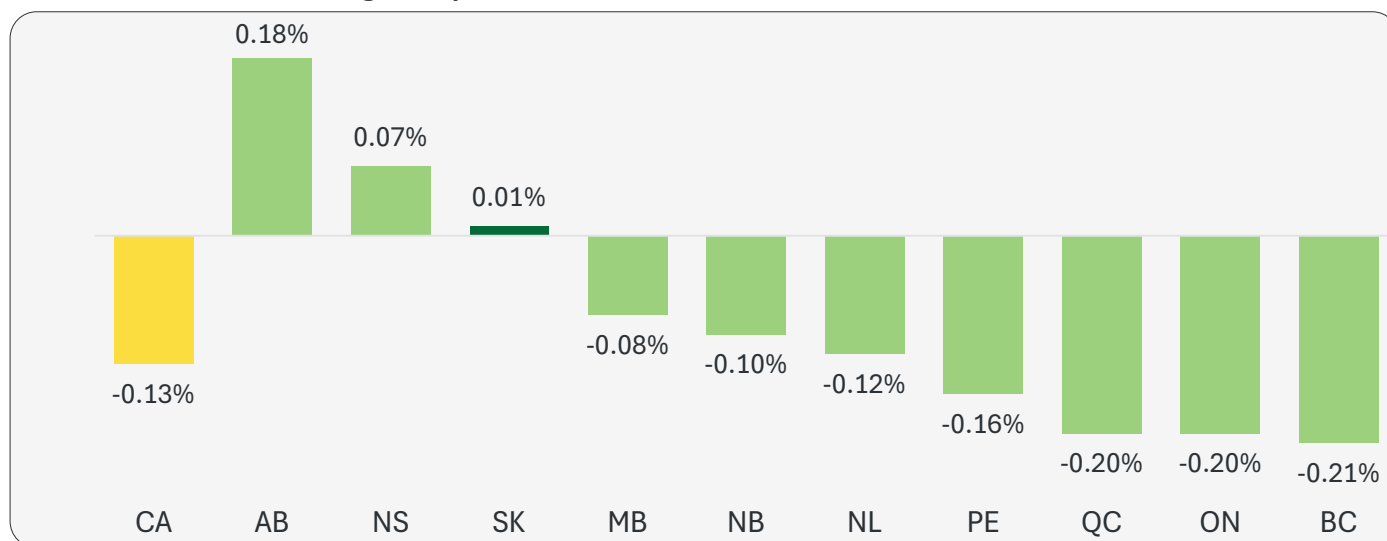


Table 1: Population and Quarterly Change (Q1 2026/Q4 2025) by Provinces & Territories

	As of April 1, 2026	Change (Q1 2026/Q4 2025)		Rank (%)
		#	%	
Canada	41,417,056	-55,025	-0.13	
Alberta	5,057,077	+8,926	+0.18	1
Nova Scotia	1,090,852	+778	+0.07	2
Saskatchewan	1,266,092	+156	+0.01	3
Manitoba	1,503,865	-1,252	-0.08	4
New Brunswick	866,497	-886	-0.10	5
Newfoundland and Labrador	547,910	-647	-0.12	6
Prince Edward Island	181,715	-286	-0.16	7
Quebec	9,016,222	-17,665	-0.20	8 (tied)
Ontario	16,103,890	-32,590	-0.20	8 (tied)
British Columbia	5,646,420	-12,108	-0.21	10
Yukon	48,493	+275	+0.57	
Northwest Territories	45,808	+5	+0.01	
Nunavut	42,215	+269	+0.64	

Source: Statistics Canada. Table 17-10-0009-01

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Saskatchewan Population Estimates

First Quarter 2026 (January 1 - March 31)

Annual Population Growth - Q1 2026 over Q1 2025

- As of April 1, 2026, Saskatchewan's population was estimated at 1,266,092, up by 1,555 people compared with April 1, 2025.
- Saskatchewan's annual population increased by 0.1 per cent, the third highest growth rate among the provinces and higher than the national average (Chart 2).
- Net international migration (+3,951) and natural increase (+1,879) drove Saskatchewan's population gain, partially offset by net interprovincial migration (-4,275).

Chart 2: Provincial Ranking of Population Growth Rates - Q1 2026 over Q1 2025

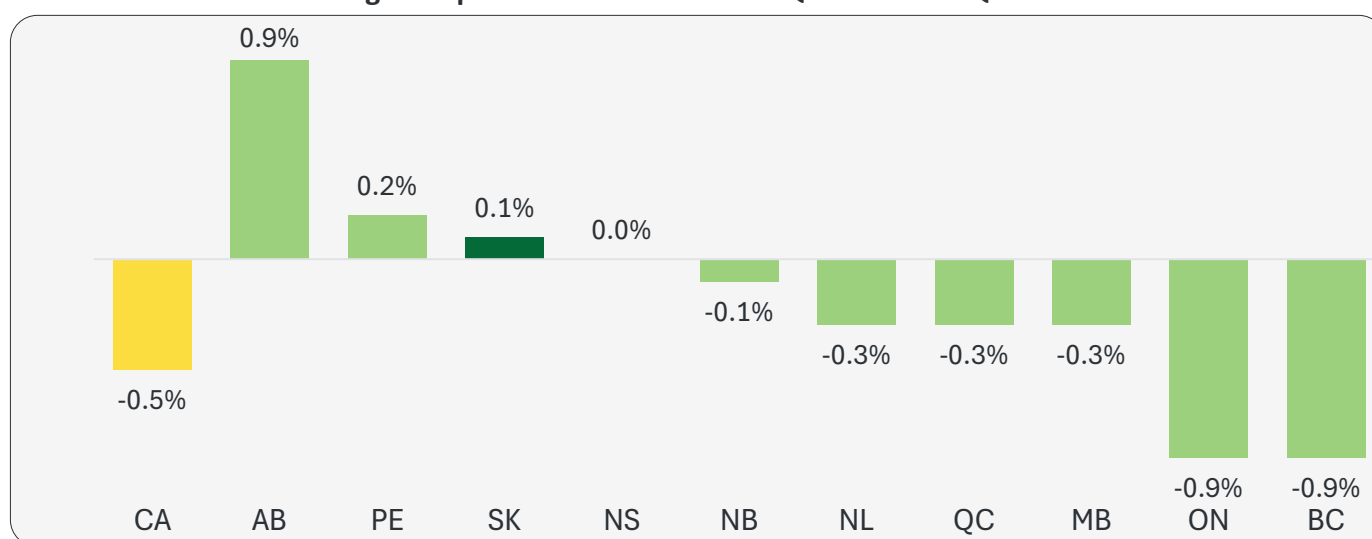


Table 2: Population and Annual Change (Q1 2026/Q1 2025) by Provinces & Territories

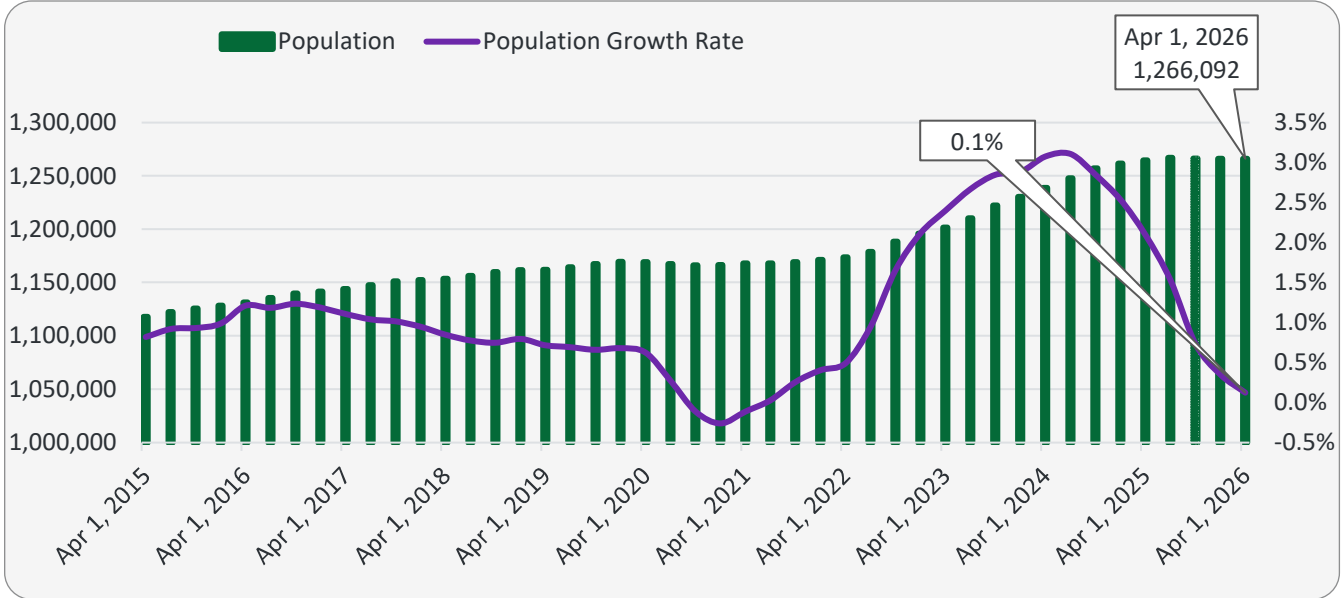
	As of April 1, 2026	Change (Q1 2026/Q1 2025)		Rank (%)
		#	%	
Canada	41,417,056	-187,499	-0.5	
Alberta	5,057,077	+46,999	+0.9	1
Prince Edward Island	181,715	+426	+0.2	2
Saskatchewan	1,266,092	+1,555	+0.1	3
Nova Scotia	1,090,852	-185	-	4
New Brunswick	866,497	-517	-0.1	5
Newfoundland and Labrador	547,910	-1,546	-0.3	6 (tied)
Quebec	9,016,222	-24,901	-0.3	6 (tied)
Manitoba	1,503,865	-4,166	-0.3	6 (tied)
Ontario	16,103,890	-152,648	-0.9	9 (tied)
British Columbia	5,646,420	-53,270	-0.9	9 (tied)
Yukon	48,493	+404	+0.8	
Northwest Territories	45,808	-67	-0.1	
Nunavut	42,215	+417	+1.0	

Source: Statistics Canada. Table 17-10-0009-01

Saskatchewan Population Estimates

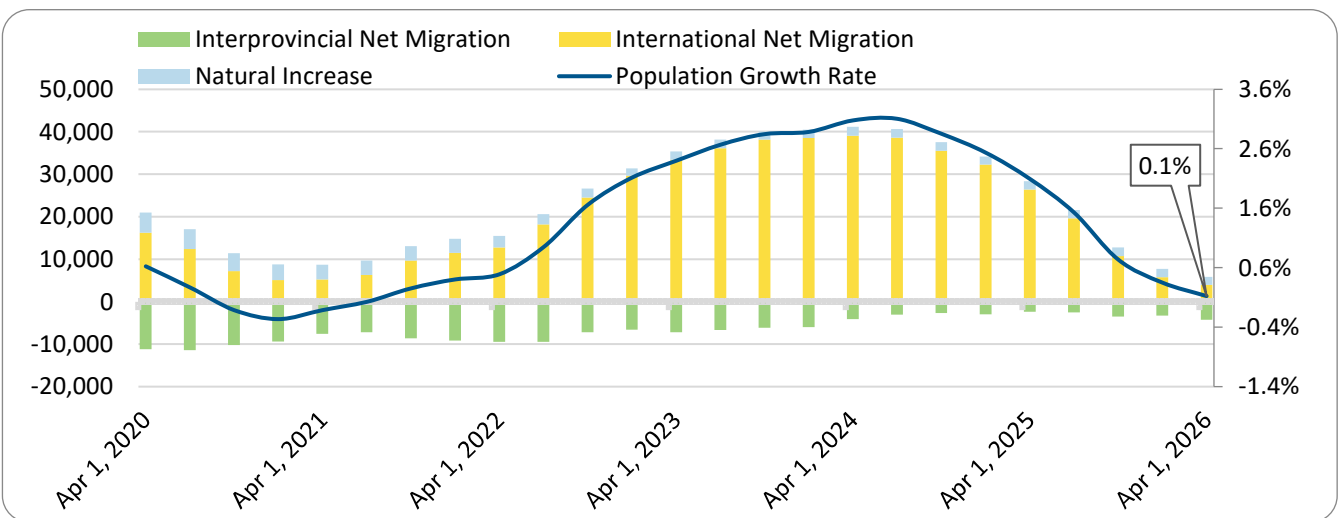
First Quarter 2026 (January 1 - March 31)

Chart 3: Saskatchewan Population Trend



- From April 2015 to April 2026, the population increased by an average annual rate of 1.1% from 1,117,736 to 1,266,092.
- The annual population growth rate shows a moderate long-term upward trend over the period April 2015 – April 2026, hitting a trough of -0.3% in January 2021 and peaking at 3.1% in July 2024.

Chart 4: Saskatchewan Components of Population Change Trend



- A combination of net international migration and the natural increase led to Saskatchewan's population gain, which was partially offset by negative net interprovincial migration. Between April 1, 2025 and March 31, 2026, international net migration was 3,951, falling below the average for the period shown in the graph (20,663). This flow ranged from a peak of 39,052 in April 2024 to a trough of 3,951 in April 2026.
- Interprovincial net migration has improved over the six-year period, shifting from a net loss of 11,198 people in April 2020 to a current net loss of 4,275 people in April 2026. This shift places the current level better than the six-year average net loss of 6,498 people. The flow remains moderately volatile, experiencing periodic fluctuations across the cycle.

Saskatchewan Population Estimates

First Quarter 2026 (January 1 - March 31)

Natural Increase

- Saskatchewan added 446 people through natural increase, a net difference of 3,388 births and 2,942 deaths. In the same period in 2025, Saskatchewan's natural increase was 509 people.

Migration

- Interprovincially, 4,540 Canadian residents moved to Saskatchewan while 5,404 Saskatchewan residents left the province for a net loss of 864 people.
- In the same period in 2025, Saskatchewan had a net interprovincial migration gain of 135 people.
- Alberta was the primary source of Saskatchewan's interprovincial migration movement. Of Saskatchewan's total interprovincial migration, 42 per cent (1,916) came from Alberta and 49 per cent (2,668) moved to that province.
- Saskatchewan's largest net population movements were with Alberta, British Columbia and Ontario.
- Among the provinces, Alberta had the highest net interprovincial gain of 6,006 people, while Ontario had the highest net interprovincial loss of 5,774 people (Table 3).
- Net international migration was (+574) people during the first quarter of 2026, compared to (+2,369) in the same period of 2025.

Table 3: Origin and Destination of Interprovincial Migrants - January 1, 2026 to March 31, 2026

Origin (From)	Destination (To)												
	BC	AB	SK	MB	ON	QC	NB	NS	NL	PE	YT	NT	NU
BC	0	5,480	665	609	3,164	527	175	334	148	76	189	50	19
AB	4,860	0	1,916	785	3,640	371	320	510	398	152	80	223	83
SK	928	2,668	0	539	933	111	18	98	44	4	15	19	27
MB	721	1,390	480	0	1,337	177	99	158	68	27	0	20	39
ON	4,725	6,771	1,115	1,497	0	3,682	1,189	1,816	710	509	94	116	132
QC	796	860	100	211	4,538	0	526	192	124	117	102	6	26
NB	268	537	36	50	851	429	0	760	98	136	0	0	6
NS	345	610	75	110	1,243	152	433	0	151	168	16	0	59
NL	174	382	54	36	412	58	138	322	0	8	0	30	0
PE	49	281	38	16	241	164	152	305	9	0	0	0	0
YT	54	52	10	5	62	35	7	5	0	12	0	38	0
NT	91	266	37	0	72	5	24	57	34	7	59	0	10
NU	6	47	14	24	89	16	11	8	23	0	4	51	0

	BC	AB	SK	MB	ON	QC	NB	NS	NL	PE	YT	NT	NU
In	13,017	19,344	4,540	3,882	16,582	5,727	3,092	4,565	1,807	1,216	559	553	401
Out	11,436	13,338	5,404	4,516	22,356	7,598	3,171	3,362	1,614	1,255	280	662	293
Net	1,581	6,006	-864	-634	-5,774	-1,871	-79	1,203	193	-39	279	-109	108
Rate ¹	0.03%	0.12%	-0.07%	-0.04%	-0.04%	-0.02%	-0.01%	0.11%	0.04%	-0.02%	0.58%	-0.24%	0.26%

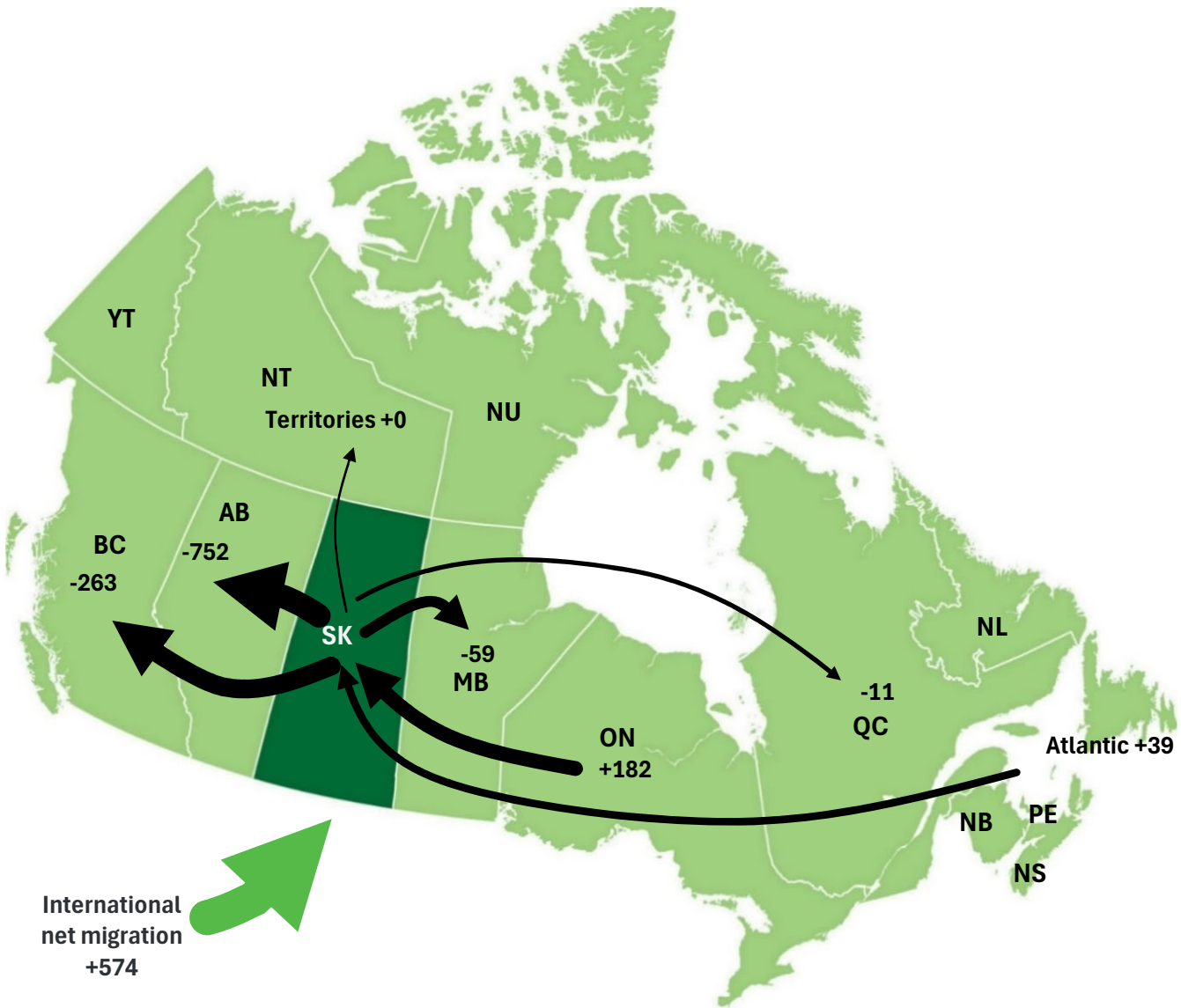
Source: Statistics Canada. Table 17-10-0045-01

¹ Net Migration Rate is quarterly net interprovincial migration expressed as a percentage of provincial population at the start of the quarter.

Saskatchewan Population Estimates

First Quarter 2026 (January 1 - March 31)

The following map displays the interprovincial movements of Canadian residents in and out of Saskatchewan and the net international migration.



Source: Statistics Canada. Table 17-10-0045-01

All data in this report are preliminary and subject to revision. For more details, contact the Saskatchewan Bureau of Statistics at (306) 787-6330 or visit: <https://www.saskatchewan.ca/stats>. Additional information is available at Statistics Canada.