

POPULATION OF ALBANIA

1st January 2026

The Population of Albania on January 1, 2026 is 2,335,930 inhabitants, decreasing by 1.16 %, compared to January 1, 2025.

The Population decline is the result of two main demographic components:

- Natural increase, which for 2025 was positive with +1,147 more births than deaths;
- Net migration, which remained negative with -28,531.

The sex ratio at birth remained almost the same as the previous year, resulting in 107.9 during 2025.

Population estimates on January 1, 2026 shows that only Tiranë prefecture recorded an increase in population, compared to the previous year, by 0.7 %.

The largest population decreases were recorded in the prefectures Kukës (-2.59 %) and Shkodër (-2.56 %).

Tiranë, Fier, Elbasan and Durrës have the highest share in the total population.

On January 1, 2026, Tiranë accounts about 32.8 % of the total population, counting to be the most prefecture in the country, followed by Fier, Elbasan and Durrës prefectures, with 9.7 %, 9.5 % and 9.4 % respectively.

Demographic Indicators	1-Jan-25	1-Jan-26
Median age	44.3 years old	45 years old
Total Population sex ratio (male per 100 female)	97.8	97.6
Youth dependency ratio	23.8 %	23.7 %
Old dependency ratio	33.3 %	35.7 %
Total dependency ratio	57.1 %	59.4 %
Net migration*	-28,836	-28,531
Births	23,310	22,541
Deaths	22,102	21,394

*Based on the best possible proxy data from statistical surveys.

Note to users:

Detailed data are available in INSTAT's statistical database: [Population Statistics](#)

Methodology

Cohort component method

Annual population estimates are based on the generation component method. This is a standard demographic method that uses a variety of data sources for the basic components of Population change. The main components of Population change are summarized as follows:

1. Natural Increase (births and deaths)

The starting point for calculating the resident population was the number of residents as of January 1 of the previous year. Births during the 12-month period were added to the population, while deaths were subtracted, respectively, according to age, sex, and the respective district.

2. Births

The Population change due to births:

Live births that occur from January 1 to December 31 of the previous year are added to the population aged zero by sex and distributed to the prefecture where the birth was registered at the civil registry office.

Birth data:

Data for birth by demographic characteristic are provided by the General Directorate of Civil Status, which sends to INSTAT only the number of Births of the residents in Albania. All Births of Albanian residents are considered during the reference period, by not considering the births of residents outside Albania (emigrants), even though they may be registered in the civil status offices, near their former settlements.

Late registered birth:

A small adjustment is made in the number of the late registered Births for the actual year, in order to include all occurred Births in a reference period. The number of late registered Births, in the previous year are considered as proxy for late registration of the actual year, considering the assumption (as a result of our continuous analyses) that the number of late registered Births does not change a lot from year to year.

3. Deaths

The Population change due to deaths:

Deaths recorded in Albania from January 1 to December 31 of the previous year are deducted from the Population by sex, age and prefecture of residence.

Death data:

Data for deaths by demographic characteristic are provided by the General Directorate of Civil Status, which send to INSTAT only the number of deaths of the residents in Albania. All deaths of Albanian residents are considered during a reference period, by not considering the deaths of residents outside Albania (emigrants), although they may be registered in the civil status offices near their former settlements.

Late registered death:

We make a small adjustment in the number of the late registered deaths for the actual year, in order to include all occurred deaths in a reference period. The number of late registered deaths in the previous year are considered as proxy for late registration of the actual year, considering the assumption (as a result of our continuous analyses) that the number of late registered deaths doesn't change a lot from year to year.

4. Net Migration

International movements (international migration: people who enters and leave the country) are the most difficult component to measure, as a population register does not exist in Albania yet. In this way we use the best "proxy" data to measure migration, based mainly on data collected from the Migration Module of the Labor Force Survey, combined with Population projection rates.

5. Internal movements

The internal movements, inside the territory of the country, are also provided yearly by the General Directorate of Civil Status. The data received contains all the internal movements of the Population, including the change of residence (prefecture) reflected in the destination civil office of the person. Internal movements of the persons which are not registered in the respective civil offices in the destination prefecture are not considered.

Definitions

Resident population: is based on the concept of usual residence. According to this definition in the resident Population of one year are included all those persons who lived or have the intention to live for at least 12 months in the country, regardless of nationality.

Population growth rate on 1st January: It is the ratio of total Population growth over a year as a result of its natural growth and net migration, compared to a year ago, expressed as a percentage.

Median age: Age in which the half of population is older and the other half is younger.

Sex ratio of population: Ratio of the number of males to the number of females, in a given period of time, usually expressed as number of males for every 100 females.

Young dependency ratio: The ratio of young people, under the working age (0-14 years) to the number of people who are part of the working age (from 15 to 64 years), expressed in percentage.

Old dependency ratio: The ratio of the elderly people, over the working age (65+ years), to the number of people who are part of the working age (from 15 to 64 years), expressed in percentage.

Total dependency ratio: The ratio of people younger than the working age (0-14 years old) and elderly people, over the working age (65+ years) to the number of people who are part of the working age (from 15 to 64 years), expressed in percentage.

Net migration: Is the difference between the number of immigrants and the number of emigrants of a population, in a specific territory, in a given period of time (I-E).

Natural increase in population: The difference between the number of live Births and the number of deaths during in a given period of time.

Sex ratio at birth: Ratio of the number of males, to the number of females, born in a given period of time, usually expressed as a number of males for every 100 females.

Live births: Births of children who showed signs of life. Is the number of Births excluding stillbirths, (total births include live births and stillbirths).

Death: Denotes the permanent disappearance of all signs of life at any time after a live birth (interruption of vital functions without the possibility of resurrection).

Late fetal death or stillbirth: This refers to the removal of a dead fetus from its mother after the time at which it would normally be assumed to be capable of independent existence outside the womb. Babies who are born alive but die shortly after birth are excluded from this category.