

FACTSHEET

DEMOGRAPHIC THINKING

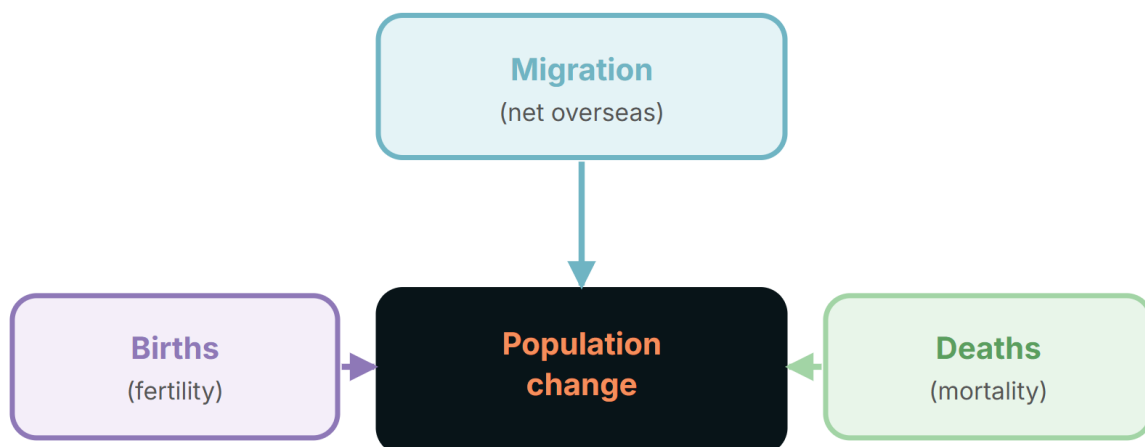
Demographic thinking is a way of understanding how populations change and why those changes matter. It looks at the core drivers of population growth and decline; including births, deaths, and migration, and examines how these forces shape the size, structure, and distribution of people across places. This approach helps explain long-term patterns such as population ageing, urbanisation, falling fertility, and the movement of people between states and regions.

By focusing on evidence and long-term patterns, demographic thinking provides a clear framework for making decisions in a changing population landscape. Population centred approaches are crucial to understanding social and economic change.

Demographic thinking helps governments, service providers, and communities:

- **Anticipate** future needs
- **Plan** for housing and infrastructure
- **Understand** challenges around workforce supply, school enrolments and health service demands

THE DRIVERS OF POPULATION CHANGE



Births, deaths, and migration are the three drivers of population change and the foundation of demographic analysis. Together, they form the **population balancing equation**: one of the most fundamental concepts in demography. Understanding these three forces, and how they interact, is the starting point for any analysis of how and why populations change over time.

REFERENCES

Australian Bureau of Statistics. (2024). *National, State and Territory Population*. ABS.
<https://www.abs.gov.au/statistics/people/population/national-state-and-territory-population/latest-release>