**Population changes by region, 2020-2025**

| | | 2020 | 2021 | 2022 | 2023 | 2024 | 2025 |
|---|---|---|---|---|---|---|---|
| Deaths, number | Kainuu | 1065 | 1083 | 1186 | 1159 | 1000 | |
| | Lapland | 2073 | 2155 | 2490 | 2306 | 2224 | |
| | North Ostrobothnia | 3492 | 3839 | 4029 | 3937 | 3866 | |
| Delivery rate per 1000 | Kainuu | 39,0 | 44,6 | 36,8 | 35,5 | 31,1 | |
| women aged 15-49 | Lapland | 41,8 | 43,3 | 39,4 | 38,1 | 36,2 | |
| | North Ostrobothnia | 48,7 | 47,8 | 44,1 | 41,5 | 40,7 | |
| Emigrants, number | Kainuu | 3330 | 3408 | 3403 | 3420 | 3448 | 3220 |
| | Lapland | 9818 | 9554 | 9419 | 9569 | 9719 | 9541 |
| | North Ostrobothnia | 20088 | 19842 | 20370 | 19708 | 19722 | 19988 |
| Excess of births | Kainuu | -605 | -562 | -757 | -751 | -636 | -677 |
| | Lapland | -704 | -742 | -1194 | -1025 | -988 | -1003 |
| | North Ostrobothnia | 672 | 295 | -170 | -264 | -235 | -68 |
| Immigrants, number | Kainuu | 3293 | 3561 | 3422 | 3815 | 3550 | 3465 |
| | Lapland | 10004 | 10126 | 9912 | 10931 | 10681 | 10629 |
| | North Ostrobothnia | 20476 | 21375 | 21475 | 21617 | 20095 | 19701 |
| Intermunicipal net migration | Kainuu | -3,3 | -3,9 | -7,8 | -8,3 | -9,2 | -6,5 |
| 1000 inhabitants | Lapland | -1,4 | 0,5 | -0,7 | -0,1 | -2,7 | 1,0 |
| | North Ostrobothnia | -1,2 | 0,3 | -1,3 | -2,5 | -3,3 | -4,4 |
| Live births | Kainuu | 460 | 521 | 429 | 408 | 364 | 405 |
| | Lapland | 1369 | 1413 | 1296 | 1281 | 1236 | 1266 |
| | North Ostrobothnia | 4164 | 4134 | 3859 | 3673 | 3631 | 3825 |

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