### Total Population

**374,730**

### Age Distribution

**Breakdown by Key Age Groups**

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Number of People</th>
<th>% of Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-15 years</td>
<td>63,680</td>
<td>17%</td>
</tr>
<tr>
<td>16-64 years</td>
<td>231,635</td>
<td>62%</td>
</tr>
<tr>
<td>65+ years</td>
<td>79,415</td>
<td>21%</td>
</tr>
</tbody>
</table>

**Breakdown by Sex**

- **FEMALES**: 192,658 (51%)
- **MALES**: 182,072 (49%)

### Total Population by Area

- **City of Dunfermline**: 54,584
- **Cowdenbeath**: 41,777
- **Glenrothes**: 49,824
- **Kirkcaldy**: 84,672
- **Levenmouth**: 37,868
- **North East Fife**: 74,685
- **South West Fife**: 50,510

### Age Range Distribution by Area

- **0-15 years**: 15%
- **16-64 years**: 51%
- **65+ years**: 34%
Fife’s population has risen since 2000. From 2000 to 2021, the population of Fife has increased by 7.6%, that is 26,390 more people.

### Trend Over Time: Increasing

Fife’s Estimated Population from 2000-2021

- Total Population by Ward:
  - Dunfermline South: 24,206
  - Cowdenbeath: 22,519
  - Leven, Kinnedway and Largo: 19,595
  - Lochgelly, Cardenden and Benarty: 19,248
  - Dunfermline Central: 18,815
  - Glenrothes North, Leslie and Markinch: 18,641
  - Buckhaven, Methil and Wemyss Villages: 18,293
  - St Andrews: 18,282
  - Inverkeithing and Dalgety Bay: 17,678
  - West Fife and Coastal Villages: 17,109
  - Dunfermline North: 15,483
  - Tay Bridgehead: 16,205
  - Kirkcaldy North: 16,188
  - Glenrothes West and Kinglassie: 15,896
  - Rosyth: 15,723
  - Glenrothes Central and Thornton: 15,287
  - Kirkcaldy East: 15,251
  - Burntisland, Kinghorn and Western Kirkcaldy: 15,012
  - Cupar: 14,404
  - Kirkcaldy Central: 14,021
  - Howe of Fife and Tay Coast: 13,383
  - East Neuk and Landward: 12,411

### Predicted Population Change: Declining

- Estimated and Projected Population
  - 2000: 348,340
  - 2007: 365,300
  - 2014: 374,730
  - Projected: 2028: 371,430

Although Fife’s population has risen since 2000, based on the population projections from the National Records of Scotland, it is predicted that Fife’s population is likely to decline by approximately 3,300 people by the year 2028.

For a more detailed summary please refer to: [Population introduction report (fife.scot)](https://www.fife.scot)

Created for [Know.fife.scot](https://www.know.fife.scot) September 2022

Data sourced from Small Area Population Estimates: [National Records of Scotland](https://www.nrscotland.gov.uk)