



Society / Population Studies

China's population contraction continued in 2025 for the fourth straight year, reflecting deep structural demographic stress. Persistently low birth rates combined with a rising death rate have pushed the country into what is described as a demographic winter.

This phase is characterised by sustained population decline, rapid ageing and a narrowing labour base. Over time, it increases dependency ratios and creates economic and social pressures, particularly on growth prospects and welfare systems.

APSC relevance

Relevant for GS on global demographic transitions, ageing populations and economic consequences.