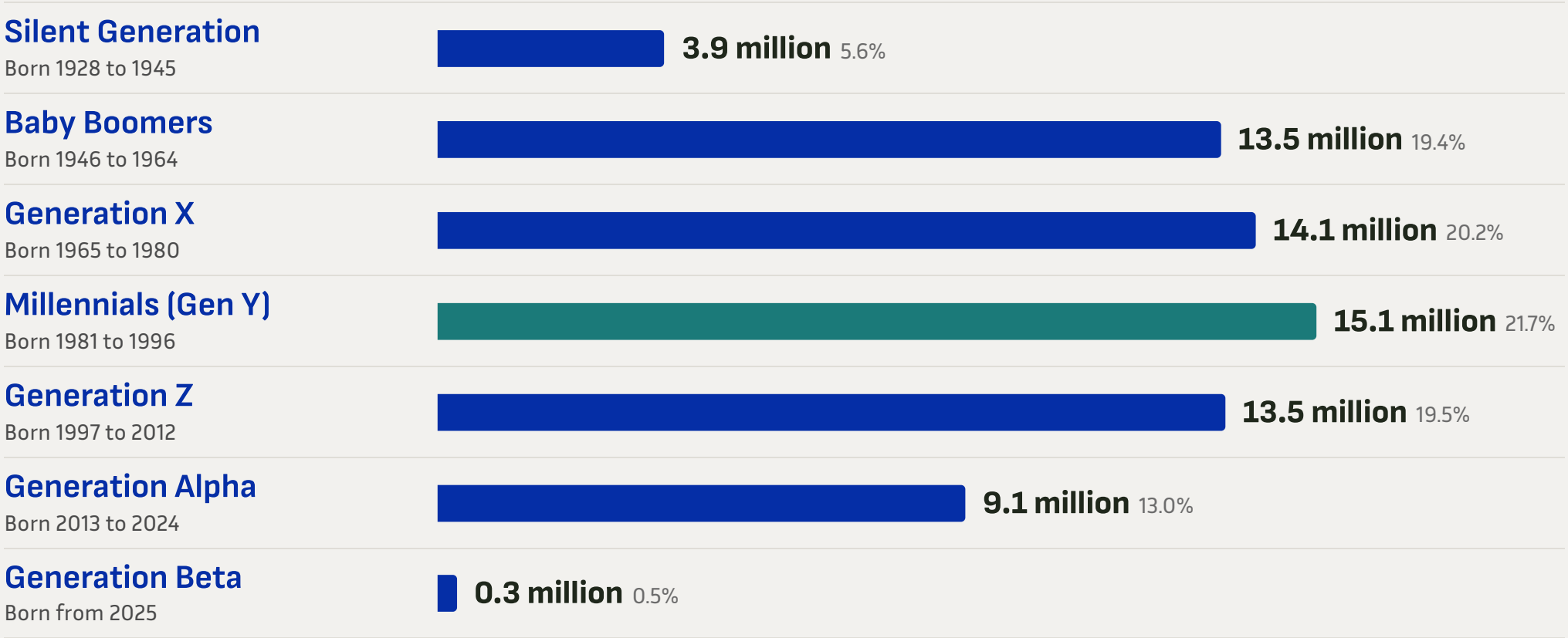
UK population by generation

Estimated UK residents by generation at mid-2025. Millennials are the largest.

alastair greener
GENERATIONALLY SPEAKING



Estimated by Generationally Speaking from ONS mid-2025 population estimates for the UK by single year of age (published 1 October 2026). Each age is split evenly across the two birth years it spans, and the 90 and over group is divided using ONS mid-2024 estimates of the very old. Generation Beta covers only those born from 1 January to 30 June 2025. About 56,000 people born before 1928 are not shown.

generationallyspeaking.co.uk/generations

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