



# SPECIAL RELEASE

## Migration and Overseas Workers 2020 Census of Population and Housing (2020 CPH)

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### A. Lifetime Migration

#### About three in every 10 household population aged five years and over are lifetime migrants

1. In 2020, out of the 97.60 million household population aged five years and over, 29.87 million (30.6%) were “lifetime migrants”. These are the persons whose current city/municipality of residence is different from the usual place of residence (city/municipality) of their mother at the time of their birth. In the 2020 CPH, the usual residence of the mother at the time of birth of the household member was used as proxy indicator/variable for the person’s place of birth. (Table 1 and Figure 1)
2. Of the 29.87 million lifetime migrants, 8.23 million persons (8.4%) migrated from a different city/municipality but within the same province, 21.48 million persons (22.0%) migrated from a different province, and 167,032 persons (0.2%) migrated from a foreign country. (Table 1)

Table 1. Percent Distribution of Lifetime Migrants and Non-Migrants Based on Residence of the Mother at the Time of Birth of the Household Member: Philippines, 2020

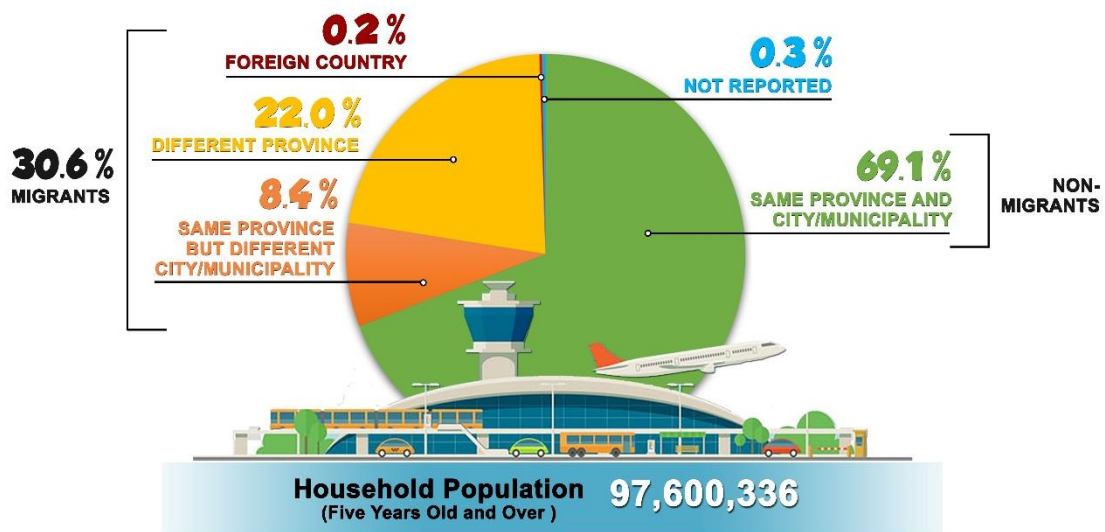
Lifetime Migration Status	Household Population 5 Years Old and Over	Percent Distribution
Total	97,600,336	100.0
Migrant	29,872,807	30.6
- Different City/Municipality within the Same Province	8,229,324	8.4
- Different Province	21,476,451	22.0
- Foreign Country	167,032	0.2
Non-migrant	67,449,174	69.1
Not reported	278,355	0.3

Source: Philippine Statistics Authority, 2020 Census of Population and Housing



- Approximately 67.45 million persons or 69.1 percent of the household population aged five years and over were “non-migrants”, that is, those persons whose current city/municipality of residence is the same as the usual residence of their mother at the time of their birth. (Table 1 and Figure 1)

Figure 1. Percent Distribution of the Household Population Five Years Old and Over by Residence of the Mother at the Time of Birth of the Household Member: Philippines, 2020



Source: Philippine Statistics Authority, 2020 Census of Population and Housing

### CALABARZON posts the biggest number of lifetime migrants

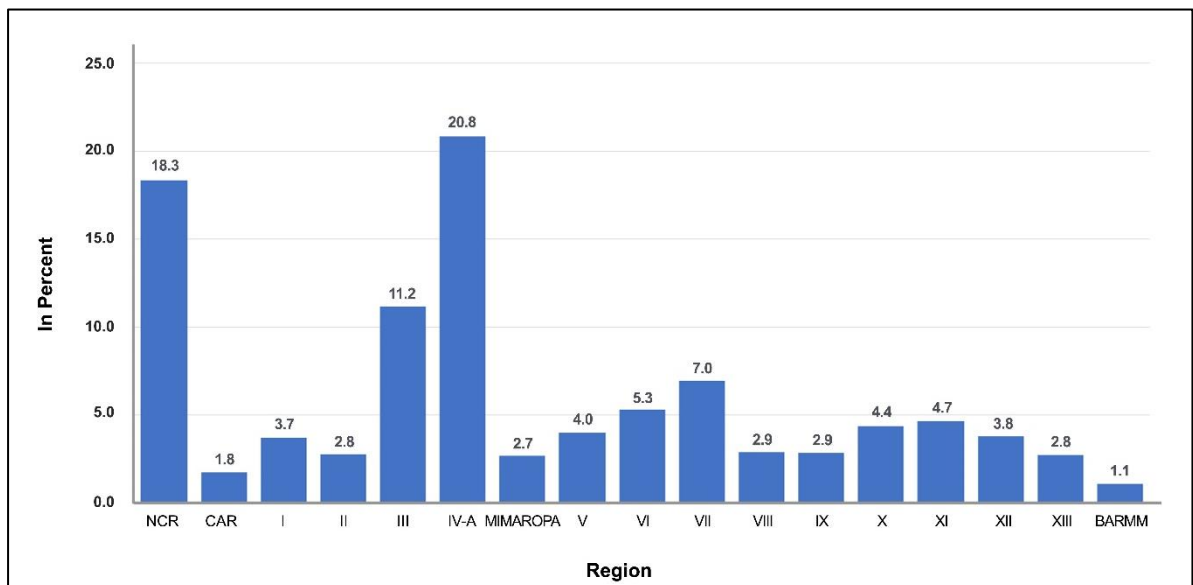
- Among the 17 regions, Region IV-A (CALABARZON) posted the biggest number of lifetime migrants, with 6.23 million persons or 20.8 percent of the total 29.87 million lifetime migrants. It was followed by the National Capital Region (NCR) with 5.47 million persons (18.3%), and Region III (Central Luzon) with 3.33 million persons (11.2%). The Bangsamoro Autonomous Region in Muslim Mindanao (BARMM) had the smallest number of lifetime migrants, with 327,316 persons (1.1%). (Table 2 and Figure 2)
- The three regions with the biggest numbers of non-migrants were the same regions that had the biggest numbers of migrants. CALABARZON had 8.33 million non-migrants, followed by Central Luzon (7.83 million persons), and the NCR (6.61 million persons). (Table 2)

Table 2. Household Population by Residence of the Mother at the Time of Birth of the Household Member and Region of Current Residence in 2020

Region of Residence in 2020	Household Population Five Years Old and Over	Residence of the Mother at the Time of Birth of the Household Member					Lifetime Migrants	
		Same City/ Municipality (Non-Migrants)	Different City/ Municipality within the Same Province (Domestic Short Distance Migrants)	Different Province (Domestic Long Distance Migrants)	Foreign Country (Immigrants)	Not Reported	Total	Percent
Philippines	97,600,336	67,449,174	8,229,324	21,476,451	167,032	278,355	29,872,807	30.6
NCR	12,124,096	6,612,391	389,582	5,040,609	44,779	36,735	5,474,970	45.2
CAR	1,632,709	1,106,725	182,640	338,324	3,850	1,170	524,814	32.1
I - Ilocos	4,812,461	3,697,119	468,280	629,105	8,662	9,295	1,106,047	23.0
II - Cagayan Valley	3,349,120	2,519,604	357,357	465,970	3,357	2,832	826,684	24.7
III - Central Luzon	11,199,347	7,828,441	891,647	2,420,874	20,200	38,185	3,332,721	29.8
IV-A - CALABARZON	14,586,677	8,325,852	1,008,798	5,187,094	31,767	33,166	6,227,659	42.7
MIMAROPA	2,880,314	2,075,692	316,830	479,676	3,734	4,382	800,240	27.8
V - Bicol	5,388,419	4,182,883	540,962	653,183	3,966	7,425	1,198,111	22.2
VI - Western Visayas	7,173,917	5,574,076	847,263	729,907	8,112	14,559	1,585,282	22.1
VII - Central Visayas	7,228,144	5,135,122	1,077,926	989,619	12,628	12,849	2,080,173	28.8
VIII - Eastern Visayas	4,055,906	3,186,443	358,577	502,305	2,914	5,667	863,796	21.3
IX - Zamboanga Peninsula	3,436,251	2,575,505	313,287	535,593	5,592	6,274	854,472	24.9
X - Northern Mindanao	4,461,503	3,143,535	422,271	884,158	4,414	7,125	1,310,843	29.4
XI - Davao	4,681,836	3,268,775	271,985	1,118,812	7,099	15,165	1,397,896	29.9
XII - SOCCSKSARGEN	3,881,544	2,717,018	309,141	825,728	3,107	26,550	1,137,976	29.3
XIII - Caraga	2,510,426	1,680,007	215,869	605,990	1,948	6,612	823,807	32.8
BARMM	4,197,666	3,819,986	256,909	69,504	903	50,364	327,316	7.8

Source: Philippine Statistics Authority, 2020 Census of Population and Housing

Figure 2. Percent Distribution of Lifetime Migrants by Region: Philippines, 2020



Source: Philippine Statistics Authority, 2020 Census of Population and Housing

## Proportion of female lifetime migrants is slightly higher than males

- Of the 29.87 million lifetime migrants, 51.5 percent were females while 48.5 percent were males. Moreover, the biggest proportion of lifetime migrants was in the age group 25 to 34 years (20.4%), followed by those in the age groups 35 to 44 years (18.9%), 15 to 24 years (15.3%), and 45 to 54 years (15.1%). (Table 3)

Table 3. Household Population of Lifetime Migrants by Age Group and Sex:  
Philippines, 2020

Age Group	Lifetime Migrants			Proportion to Total		
	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	29,872,807	14,494,079	15,378,728	100.0	48.5	51.5
5 – 14	3,231,707	1,665,238	1,566,469	10.8	5.6	5.2
15 – 24	4,558,912	2,189,670	2,369,242	15.3	7.3	7.9
25 – 34	6,101,219	2,975,001	3,126,218	20.4	10.0	10.5
35 – 44	5,652,729	2,800,126	2,852,603	18.9	9.4	9.5
45 – 54	4,497,493	2,213,794	2,283,699	15.1	7.4	7.6
55 – 64	3,302,117	1,580,874	1,721,243	11.1	5.3	5.8
65 years and over	2,528,630	1,069,376	1,459,254	8.5	3.6	4.9

Source: Philippine Statistics Authority, 2020 Census of Population and Housing

## Nearly six in every 10 lifetime migrants crossed regional boundaries

- The total number of movements made during a given migration interval that had a common area of origin and a common area of destination is referred to as the “migration stream”.
- Among the 29.87 million lifetime migrants, 12.87 million persons (43.1%) moved within the region while 16.84 million persons (56.4%) crossed regional boundaries. The latter are also considered as “immigrants”. (Table 4)
- In terms of lifetime migration, the biggest “interregional migration stream” or movement of people between regions was from the NCR to CALABARZON, involving 1.50 million persons, followed by Region V (Bicol) to CALABARZON (755,357 persons), Bicol to NCR (651,581 persons), NCR to Central Luzon (627,719 persons), and Region VIII (Eastern Visayas) to NCR (528,030 persons). (Figure 3 and Table 4)
- Moreover, the five regions with “intraregional migration stream” or movement of people within the region that involved more than one million lifetime migrants were CALABARZON (1.72 million persons), Region VII (Central Visayas) and Central Luzon (1.31 million persons each), NCR (1.29 million persons), and Region VI (Western Visayas) with 1.14 million persons. (Table 4)

Figure 3. Lifetime Migration Stream by Region: Philippines, 2020  
(In Thousand)



Source: Philippine Statistics Authority, 2020 Census of Population and Housing

Table 4. Number of Intraregional and Interregional Migration by Region: Philippines, 2020

Region of Current Residence (2020)	Residence of the Mother at the Time of Birth of the Household Member										
	Total	Same Province and City/Municipality	NCR	CAR	I	II	III	IV-A	MIMAROPA	V	VI
Philippines	97,600,336	67,449,174	4,209,765	536,625	1,558,563	1,063,274	2,479,346	2,846,540	928,438	2,617,230	2,675,235
NCR	12,124,096	6,612,391	<b>1,290,355</b>	41,140	336,462	191,048	472,131	486,820	179,067	651,581	497,654
CAR	1,632,709	1,106,725	20,952	<b>275,143</b>	93,032	55,600	27,762	10,296	2,899	7,833	6,034
I	4,812,461	3,697,119	99,942	67,680	<b>574,163</b>	71,001	95,817	41,666	12,695	31,068	23,960
II	3,349,120	2,519,604	41,725	77,676	73,763	<b>469,486</b>	68,248	20,927	6,130	17,056	11,941
III	11,199,347	7,828,441	627,719	28,470	194,489	99,260	<b>1,311,419</b>	184,799	54,180	238,158	138,452
IV-A	14,586,677	8,325,852	1,495,147	28,861	195,796	117,594	315,111	<b>1,720,661</b>	246,017	755,357	363,057
MIMAROPA	2,880,314	2,075,692	63,246	2,527	19,958	7,888	30,516	80,143	<b>368,900</b>	45,307	80,946
V	5,388,419	4,182,883	131,691	2,491	13,540	9,081	42,677	115,417	11,859	<b>751,336</b>	27,150
VI	7,173,917	5,574,076	118,609	1,956	9,292	7,082	25,868	48,047	23,542	28,096	<b>1,142,259</b>
VII	7,228,144	5,135,122	79,226	2,173	6,183	9,643	18,698	30,291	6,236	31,395	114,574
VIII	4,055,906	3,186,443	99,217	1,257	6,416	4,337	22,374	41,775	4,696	24,436	17,999
IX	3,436,251	2,575,505	17,643	733	3,273	3,003	5,661	8,417	1,792	4,007	24,933
X	4,461,503	3,143,535	30,744	1,811	5,442	3,490	9,128	13,004	2,243	6,887	40,497
XI	4,681,836	3,268,775	32,733	2,013	9,054	6,293	11,026	14,855	3,055	8,608	41,944
XII	3,881,544	2,717,018	22,207	1,479	13,469	4,569	13,031	11,790	2,400	7,187	117,364
XIII	2,510,426	1,680,007	37,273	981	3,828	3,510	9,297	16,991	2,547	8,597	24,563
BARMM	4,197,666	3,819,986	1,336	234	403	389	582	641	180	321	1,908

Region of Current Residence (2020)	Residence of the Mother at the Time of Birth of the Household Member									
	VII	VIII	IX	X	XI	XII	XIII	BARMM	Foreign Country	Not Reported
Philippines	2,484,466	1,991,260	1,076,979	1,364,786	1,275,377	951,312	917,782	728,797	167,032	278,355
NCR	239,058	528,030	103,722	91,219	78,339	61,599	112,181	69,785	44,779	36,735
CAR	3,893	5,804	1,734	2,606	1,940	1,416	1,728	2,292	3,850	1,170
I	13,788	24,556	7,004	7,166	7,090	7,165	6,667	5,957	8,662	9,295
II	6,286	10,818	3,363	4,139	3,090	2,726	3,021	2,932	3,357	2,832
III	77,926	186,029	33,057	32,187	29,240	20,201	36,068	20,867	20,200	38,185
IV-A	167,493	393,515	78,969	76,381	65,935	45,257	91,546	39,195	31,767	33,166
MIMAROPA	25,809	23,712	11,548	6,753	6,007	5,749	6,731	10,766	3,734	4,382
V	21,267	35,060	6,173	6,370	5,837	3,736	6,668	3,792	3,966	7,425
VI	73,526	22,176	14,069	13,341	11,350	21,333	8,671	7,953	8,112	14,559
VII	1,313,004	110,280	84,829	116,045	52,847	20,047	58,089	13,985	12,628	12,849
VIII	68,433	504,571	8,656	11,750	14,645	5,496	21,571	3,253	2,914	5,667
IX	56,380	9,384	489,169	84,640	10,700	13,832	6,935	108,378	5,592	6,274
X	150,652	20,220	123,920	734,385	38,873	30,157	48,009	46,967	4,414	7,125
XI	136,910	47,790	34,900	61,331	719,021	140,520	97,274	23,470	7,099	15,165
XII	51,840	20,280	43,499	41,798	152,194	531,547	23,622	76,593	3,107	26,550
XIII	76,304	48,574	25,250	65,713	76,497	27,448	388,244	6,242	1,948	6,612
BARMM	1,897	461	7,117	8,962	1,772	13,083	757	286,370	903	50,364

**Notes:**

*Intraregional movers = 12,870,033 persons (total of shaded cells)*

*Interregional movers = 16,835,742 persons (total of unshaded cells within the box)*

*Source: Philippine Statistics Authority, 2020 Census of Population and Housing*

## B. Migration Over the Past Five Years

### About 95.5 percent of household population are non-movers over the past five years

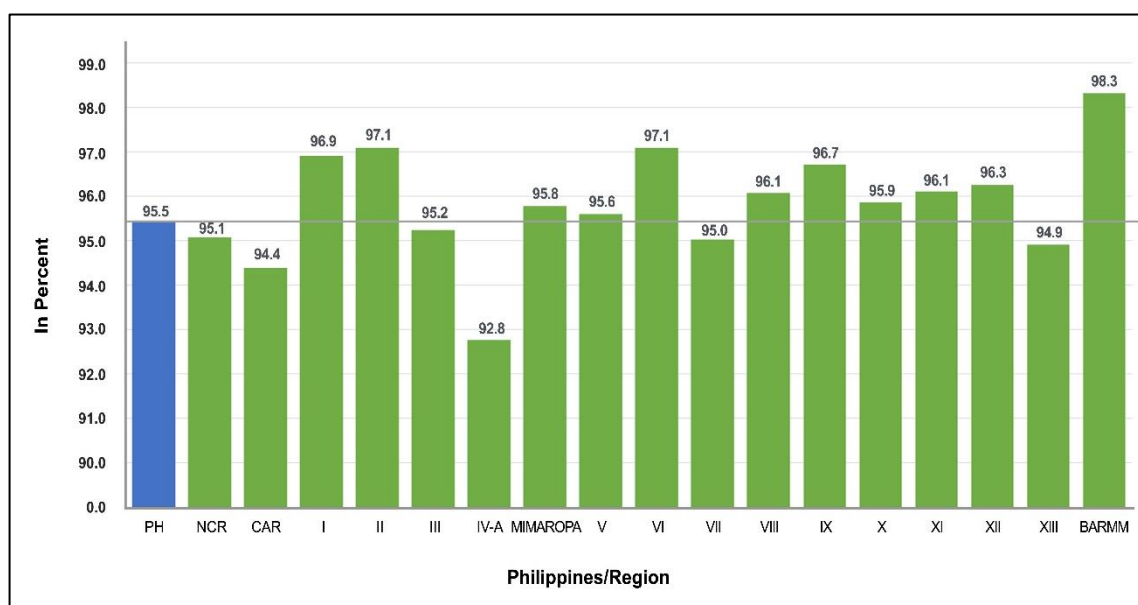
11. Of the 97.60 million household population aged five years and over, 93.16 million persons (95.5%) were “non-movers”. These are the persons whose city/municipality of residence in 2020 is the same five years ago, that is, in 2015. Eleven regions registered proportions of non-movers higher than the national figure, with percentages ranging from 95.6 percent in Bicol to 98.3 percent in BARMM. The region with the smallest proportion of non-movers was CALABARZON (92.8%). (Table 5 and Figure 4)
12. On the other hand, 4.27 million persons or 4.4 percent of the household population five years old and over were “movers”. These are the persons whose city/municipality of residence in 2020 was different from their city/municipality of residence five years ago. (Table 5)

Table 5. Household Population Five Years Old and Over by Residence Five Years Ago (2015) and Region of Residence in 2020: Philippines, 2020

Region of Residence (2020)	Residence Five Years Ago (2015)						Movers	
	Household Population Five Years Old and Over	Same City/ Municipality as in 2020 (Non-Movers)	Different City/ Municipality but Same Province as in 2020 (Domestic Short-Distance Movers)	Different Province from that in 2020 (Domestic Long-Distance Movers)	Foreign Country (Immigrants)	Not Reported	Total	Percent
Philippines	97,600,336	93,164,424	1,433,988	2,658,466	173,863	169,595	4,266,317	4.4
NCR	12,124,096	11,527,028	108,896	440,870	21,194	26,108	570,960	4.7
CAR	1,632,709	1,541,155	33,085	50,450	7,083	936	90,618	5.6
I - Ilocos	4,812,461	4,663,321	50,581	75,916	15,926	6,717	142,423	3.0
II - Cagayan Valley	3,349,120	3,251,477	39,330	49,407	7,362	1,544	96,099	2.9
III - Central Luzon	11,199,347	10,666,006	162,631	330,050	19,316	21,344	511,997	4.6
IV-A - CALABARZON	14,586,677	13,530,687	295,676	710,073	33,358	16,883	1,039,107	7.1
MIMAROPA	2,880,314	2,758,549	50,916	63,751	5,947	1,151	120,614	4.2
V - Bicol	5,388,419	5,151,169	84,291	139,056	9,852	4,051	233,199	4.3
VI - Western Visayas	7,173,917	6,964,505	101,877	88,386	8,601	10,548	198,864	2.8
VII - Central Visayas	7,228,144	6,868,314	201,641	140,476	11,551	6,162	353,668	4.9
VIII - Eastern Visayas	4,055,906	3,896,885	51,600	98,522	5,710	3,189	155,832	3.8
IX - Zamboanga Peninsula	3,436,251	3,323,420	41,649	61,809	5,436	3,937	108,894	3.2
X - Northern Mindanao	4,461,503	4,276,619	69,307	107,037	5,558	2,982	181,902	4.1
XI - Davao	4,681,836	4,499,806	43,471	124,624	7,458	6,477	175,553	3.7
XII - SOCCSKSARGEN	3,881,544	3,736,148	46,295	88,530	4,799	5,772	139,624	3.6
XIII - Caraga	2,510,426	2,382,685	38,958	82,406	3,728	2,649	125,092	5.0
BARMM	4,197,665	4,126,650	13,784	7,103	984	49,145	21,871	0.5

Source: Philippine Statistics Authority, 2020 Census of Population and Housing

Figure 4. Proportion of Non-Movers to Household Population Five Years Old and Over in the Region: Philippines, 2020

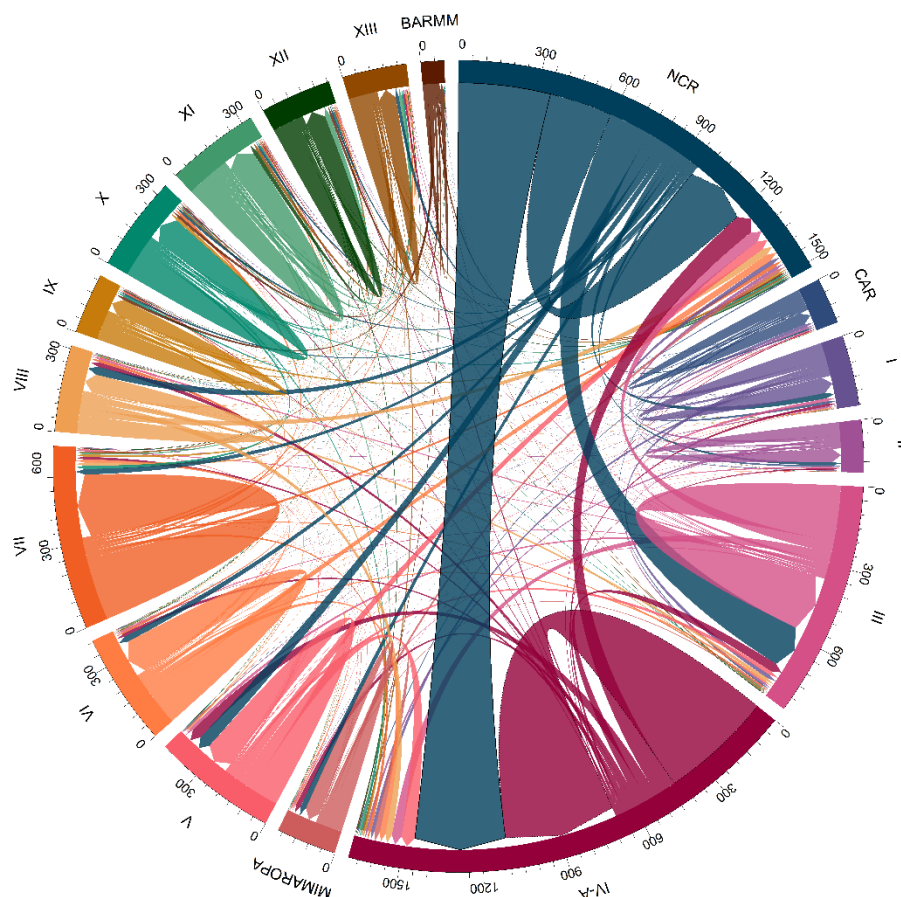


Source: Philippine Statistics Authority, 2020 Census of Population and Housing

**Proportion of movers within and across the regions are almost the same in the past five years**

13. Among the movers, 2.07 million persons (48.5%) moved within the region (intraregional) while 2.02 million persons (47.4%) crossed regional boundaries (interregional). Moreover, immigrants or movers coming from foreign countries comprised 173,863 persons or 4.1 percent of the movers. (Figure 5 and Table 6)
  
14. The five biggest intraregional migration streams during the past five years occurred within CALABARZON (428,259 persons), within NCR (239,822 persons), within Central Visayas (238,021 persons), within Central Luzon, (212,401 persons), and within Western Visayas (128,527 persons). These regions accounted for about three-fifths (60.3%) of the total number of household population aged five years and over who moved within the region from 2015 to 2020. (Table 6)
  
15. On the other hand, the five biggest interregional migration streams from 2015 to 2020 were from NCR to CALABARZON (349,184 persons), NCR to Central Luzon (158,386 persons), CALABARZON to NCR (78,937 persons), Bicol to CALABARZON (52,551 persons), and Central Luzon to NCR (43,658 persons). (Table 6)

Figure 5. Migration Stream in the Past Five Years by Region: Philippines, 2020  
(In Thousand)



Source: Philippine Statistics Authority, 2020 Census of Population and Housing



Table 6. Number of Intraregional and Interregional Movers by Region: Philippines, 2020

Region of Current Residence (2020)	Residence 5 Years Ago (2015)										
	Total	Same Province and City/Municipality	NCR	CAR	I	II	III	IV-A	MIMAROPA	V	VI
Philippines	97,600,336	93,164,424	971,073	83,658	127,853	99,543	356,313	679,222	102,483	227,323	215,576
NCR	12,124,096	11,527,028	<b>239,822</b>	4,821	17,037	12,132	43,658	78,937	12,083	35,022	26,423
CAR	1,632,709	1,541,155	5,821	<b>45,442</b>	12,210	7,909	4,473	3,072	483	764	587
I	4,812,461	4,663,321	21,268	10,090	<b>59,371</b>	5,097	11,771	9,305	1,024	1,976	1,274
II	3,349,120	3,251,477	11,375	7,327	3,861	<b>50,327</b>	5,721	4,999	531	1,096	721
III	11,199,347	10,666,006	158,386	5,217	15,071	7,878	<b>212,401</b>	34,506	4,227	15,196	8,160
IV-A	14,586,677	13,530,687	349,184	4,459	12,659	8,793	36,718	<b>428,259</b>	20,988	52,551	22,464
MIMAROPA	2,880,314	2,758,549	21,175	467	1,074	735	4,185	19,212	<b>55,325</b>	2,366	4,232
V	5,388,419	5,151,169	47,358	854	1,841	1,217	11,736	40,462	1,629	<b>107,031</b>	2,203
VI	7,173,917	6,964,505	22,837	750	868	729	4,511	12,309	2,565	2,325	<b>128,527</b>
VII	7,228,144	6,868,314	20,952	906	738	1,318	4,466	10,072	1,045	3,185	11,957
VIII	4,055,906	3,896,885	31,294	493	989	617	7,108	16,651	702	2,570	1,561
IX	3,436,251	3,323,420	6,619	284	219	430	1,324	3,085	341	400	955
X	4,461,503	4,276,619	9,275	545	521	443	2,245	4,560	355	728	1,708
XI	4,681,836	4,499,806	7,211	762	471	678	1,738	3,664	365	706	1,353
XII	3,881,544	3,736,148	5,956	398	481	517	1,543	3,168	357	510	2,254
XIII	2,510,426	2,382,685	12,089	334	394	595	2,616	6,753	448	763	1,135
BARMM	4,197,666	4,126,650	451	509	48	128	99	208	15	134	62

Region of Current Residence (2020)	Residence 5 Years Ago (2015)									
	VII	VIII	IX	X	XI	XII	XIII	BARMM	Foreign Country	Not Reported
Philippines	319,759	162,224	115,047	167,603	168,868	120,726	110,992	64,191	173,863	169,595
NCR	13,681	27,167	9,040	6,335	5,840	5,170	6,236	6,362	21,194	26,108
CAR	620	613	220	395	304	178	227	217	7,083	936
I	972	1,356	515	503	591	521	485	378	15,926	6,717
II	498	615	300	397	267	242	265	195	7,362	1,544
III	5,099	11,759	2,830	2,854	2,521	1,830	2,714	2,032	19,316	21,344
IV-A	11,387	25,390	7,255	6,266	5,593	4,011	6,358	3,414	33,358	16,883
MIMAROPA	1,375	1,007	755	575	582	427	479	696	5,947	1,151
V	2,178	3,067	695	782	685	522	702	385	9,852	4,051
VI	6,587	1,456	1,309	1,159	1,236	1,697	776	622	8,601	10,548
VII	<b>238,021</b>	12,379	9,639	12,544	5,672	2,183	5,645	1,395	11,551	6,162
VIII	10,606	<b>70,603</b>	845	1,250	1,727	707	2,049	350	5,710	3,189
IX	5,074	622	<b>61,781</b>	8,045	1,467	1,776	908	10,128	5,436	3,937
X	10,005	1,268	11,816	<b>108,224</b>	5,301	3,294	5,566	10,490	5,558	2,982
XI	4,784	1,659	2,588	6,023	<b>105,900</b>	16,264	11,662	2,267	7,458	6,477
XII	2,260	797	2,994	4,085	19,400	<b>78,218</b>	2,669	9,218	4,799	5,772
XIII	6,411	2,420	1,722	6,952	11,441	2,534	<b>64,143</b>	614	3,728	2,649
BARMM	201	46	743	1,214	341	1,152	108	<b>15,428</b>	984	49,145

**Notes:**

*Intraregional movers = 2,068,823 persons (total of shaded cells)*

*Interregional movers = 2,023,631 persons (total of unshaded cells within the box)*

Source: Philippine Statistics Authority, 2020 Census of Population and Housing



## More domestic movers in the Philippines over the past five years are residing in CALABARZON, NCR, and Central Luzon

18. Of the domestic short-distance movers, 295,676 persons (20.6%) resided in CALABARZON, 201,641 persons (14.1%) in Central Visayas, and 162,631 persons (11.3%) in Central Luzon. These three regions comprised nearly half (46.0%) of all the domestic short-distance movers in the Philippines during the past five years. (Table 7)
19. On the other hand, 710,073 persons (26.7%) of the domestic long-distance movers resided in CALABARZON, 440,870 persons (16.6%) in NCR, and 330,050 persons (12.4%) in Central Luzon. These three regions accounted for more than half (55.7%) of all the domestic long-distance movers in the country from 2015 to 2020. (Table 7)

Table 7. Number and Percent Distribution of Domestic Short- and Long-Distance Movers and Immigrants from Foreign Country of Household Population by Region: Philippines, 2020

Region of Residence (2020)	Different City/Municipality but Same Province as in 2020 (Domestic Short-Distance Movers)		Different Province from that in 2020 (Domestic Long-Distance Movers)		Foreign Country (Immigrants)	
	Number	Percent	Number	Percent	Number	Percent
Philippines	1,433,988	100.0	2,658,466	100.0	173,863	100.0
NCR	108,896	7.6	440,870	16.6	21,194	12.2
CAR	33,085	2.3	50,450	1.9	7,083	4.1
I - Ilocos	50,581	3.5	75,916	2.9	15,926	9.2
II - Cagayan Valley	39,330	2.7	49,407	1.9	7,362	4.2
III - Central Luzon	162,631	11.3	330,050	12.4	19,316	11.1
IV-A - CALABARZON	295,676	20.6	710,073	26.7	33,358	19.2
MIMAROPA	50,916	3.6	63,751	2.4	5,947	3.4
V - Bicol	84,291	5.9	139,056	5.2	9,852	5.7
VI - Western Visayas	101,877	7.1	88,386	3.3	8,601	4.9
VII - Central Visayas	201,641	14.1	140,476	5.3	11,551	6.6
VIII - Eastern Visayas	51,600	3.6	98,522	3.7	5,710	3.3
IX - Zamboanga Peninsula	41,649	2.9	61,809	2.3	5,436	3.1
X - Northern Mindanao	69,307	4.8	107,037	4.0	5,558	3.2
XI - Davao	43,471	3.0	124,624	4.7	7,458	4.3
XII - SOCCSKSARGEN	46,295	3.2	88,530	3.3	4,799	2.8
XIII - Caraga	38,958	2.7	82,406	3.1	3,728	2.1
BARMM	13,784	1.0	7,103	0.3	984	0.6

Source: Philippine Statistics Authority, 2020 Census of Population and Housing

## C. Overseas Workers

### Overseas workers comprise 2.6 percent of the household population 15 years old and over

20. In 2020, about 1.97 million persons or 2.6 percent of the household population 15 years old and over were overseas workers. Of this total overseas workers, 51.8 percent were females while 48.2 percent were males. (Table 8)

21. Of the total overseas workers by age group, the biggest number of overseas workers was in the ages 30 to 34 years with 339,098 persons (17.2%), followed by those in the age groups 35 to 39 years with 315,291 persons (16.0%), 25 to 29 years with 294,926 persons (15.0%), and 40 to 44 years with 268,335 persons (13.6%). Other age groups recorded less than 10.0 percent each. (Table 8)

Table 8. Overseas Worker Population 15 Years Old and Over by Age Group and Sex: Philippines, 2020

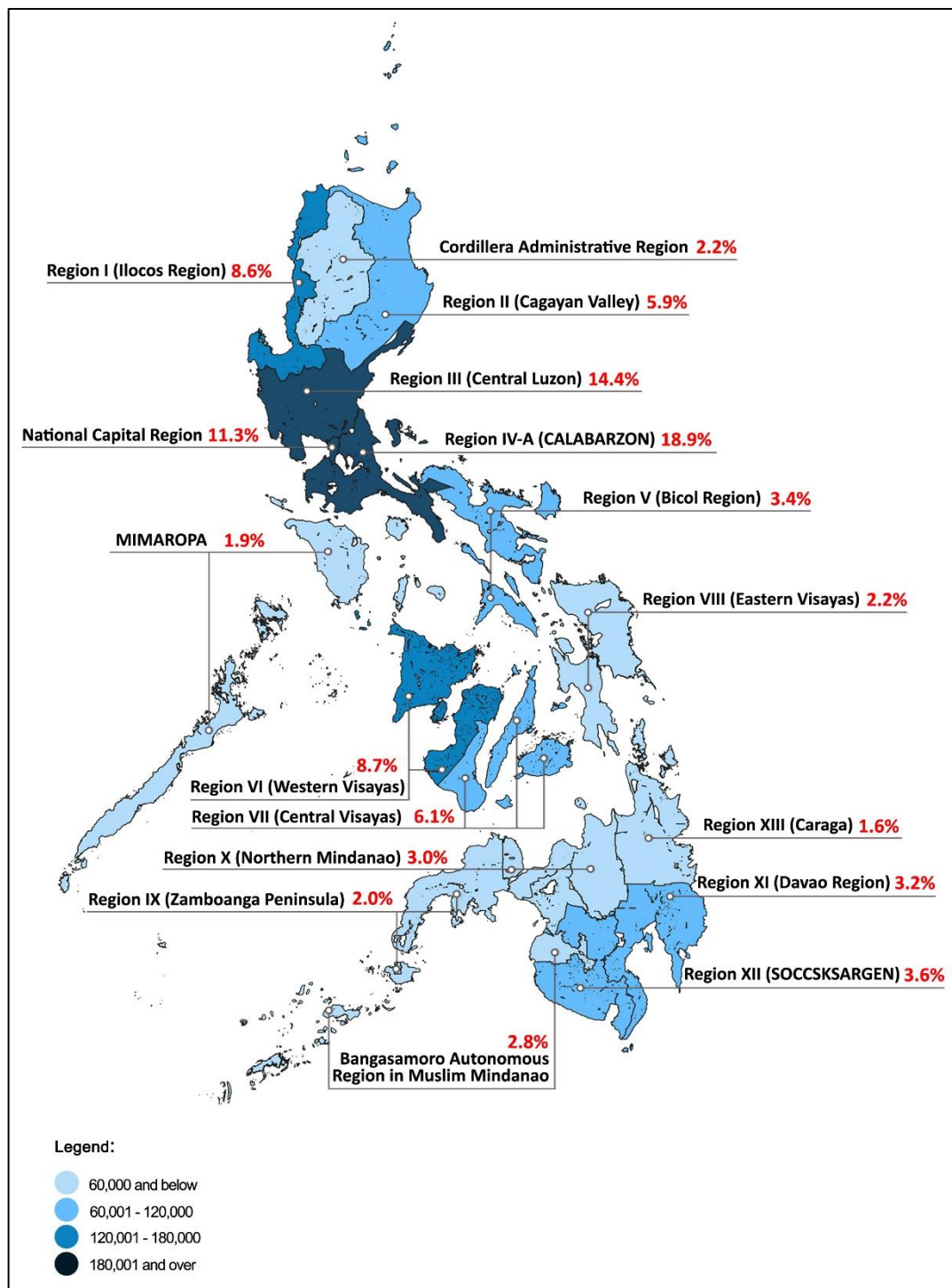
Age Group	Household Population 15 Years Old and Over			Overseas Worker		
	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	75,252,798	37,748,207	37,504,591	1,967,632	947,667	1,019,965
15 - 19	10,459,186	5,344,532	5,114,654	76,150	38,131	38,019
20 - 24	9,969,846	5,073,881	4,895,965	147,254	71,379	75,875
25 - 29	9,172,896	4,669,488	4,503,408	294,926	132,568	162,358
30 - 34	8,120,568	4,175,658	3,944,910	339,098	148,773	190,325
35 - 39	7,179,320	3,676,838	3,502,482	315,291	142,838	172,453
40 - 44	6,491,312	3,326,411	3,164,901	268,335	129,733	138,602
45 - 49	5,571,168	2,843,263	2,727,905	191,412	99,876	91,536
50 - 54	4,941,712	2,486,661	2,455,051	127,837	70,985	56,852
55 - 59	4,124,118	2,048,881	2,075,237	84,348	48,645	35,703
60 - 64	3,367,223	1,627,460	1,739,763	55,027	30,712	24,315
65 years and over	5,855,449	2,475,134	3,380,315	67,954	34,027	33,927

Source: Philippine Statistics Authority, 2020 Census of Population and Housing

## CALABARZON registers the biggest proportion of overseas workers

22. Among all regions, CALABARZON accounted for the biggest proportion of overseas workers, with 18.9 percent, followed by Central Luzon with 14.4 percent, and NCR with 11.3 percent. (Figure 7 and Table 9)

Figure 7. Distribution of Overseas Workers by Region: Philippines, 2020



Note: The total may not sum up to 100 percent due to rounding

Source: Philippine Statistics Authority, 2020 Census of Population and Housing

Table 9. Household Population of Overseas Workers by Sex and Region of Residence: Philippines, 2020

Region of Residence	Number of Overseas Workers			Percent Distribution		
	Both Sexes	Male	Female	Both Sexes	Male	Female
Philippines	<b>1,967,632</b>	<b>947,667</b>	<b>1,019,965</b>	100	48.2	51.8
NCR	221,368	120,394	100,974	11.3	6.1	5.1
CAR	44,046	14,771	29,275	2.2	0.8	1.5
I - Ilocos	169,750	68,451	101,299	8.6	3.5	5.1
II - Cagayan Valley	116,359	35,135	81,224	5.9	1.8	4.1
III - Central Luzon	284,267	146,211	138,056	14.4	7.4	7.0
IV-A - CALABARZON	372,301	204,896	167,405	18.9	10.4	8.5
MIMAROPA	37,233	17,335	19,898	1.9	0.9	1.0
V - Bicol	67,477	31,652	35,825	3.4	1.6	1.8
VI - Western Visayas	171,520	87,701	83,819	8.7	4.5	4.3
VII - Central Visayas	119,881	73,069	46,812	6.1	3.7	2.4
VIII - Eastern Visayas	43,466	23,391	20,075	2.2	1.2	1.0
IX - Zamboanga Peninsula	39,322	16,185	23,137	2.0	0.8	1.2
X - Northern Mindanao	59,653	28,376	31,277	3.0	1.4	1.6
XI - Davao	62,561	24,734	37,827	3.2	1.3	1.9
XII - SOCCSKSARGEN	71,619	21,219	50,400	3.6	1.1	2.6
XIII - Caraga	31,599	13,364	18,235	1.6	0.7	0.9
BARMM	55,210	20,783	34,427	2.8	1.1	1.7

Note: Percent distribution may not sum up to 100 due to rounding.

Source: Philippine Statistics Authority, 2020 Census of Population and Housing

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