

Mexico, a country whose population is growing up and getting old

A country with 126 million inhabitants, and 70 million of them live in poverty, this way Mexico faces a huge challenge to promote welfare to a population that is growing up and getting old

In the framework of World Population Day, we will analyze the way the Mexican population is made up, as most of them are young adults, however, in a medium-term most of the population will be elderly people. Congregación Mariana Trinitaria is a civil society with a permanent and solid social commitment to assist people who need support.

Considering a number of 126 million people currently living in Mexico according to data in the population and housing census 2020 conducted by the National Institute of Statistics and Geography (INEGI), more than half of them live in poverty and their system is complex so it is not easy to provide social assistance.

It is remarkable that the population pyramid has changed over the last thirty years (from 1990 to 2020), and now the base is smaller because the child population decreased (from 38 percent to 25 percent) and so did young people from 15 to 29 (from 29 percent to 25 percent).

The General Assembly of the United Nations decided to observe World Population Day on July 11 with the objective to raise awareness on issues regarding population, their relationship with the environment, and development.

In numbers

49 percent of the Mexican population is mainly located in seven states.

14 percent of the Mexican population lives in the State of Mexico.

7 percent of them live in Mexico City, and a similar percentage in Jalisco.

5 percent of the Mexican population live in Guanajuato, and similar percentages may be found in Nuevo León and Puebla.



INEGI mentions that the number of young adults (30 to 39 years) and older adults (over 50 years) increased evenly in the same period. In the first group of people, relative participation changed from 26% to 3 percent, while in the second group it increased from 6 percent to 12 percent.

These tendencies reveal a process of getting older, just the way it happens in other areas in the world. A demographic dynamic consolidated due to specific characteristics like a reduction in fertility, and an increase in life expectancy.

Disperse distribution makes difficult to take services to some areas

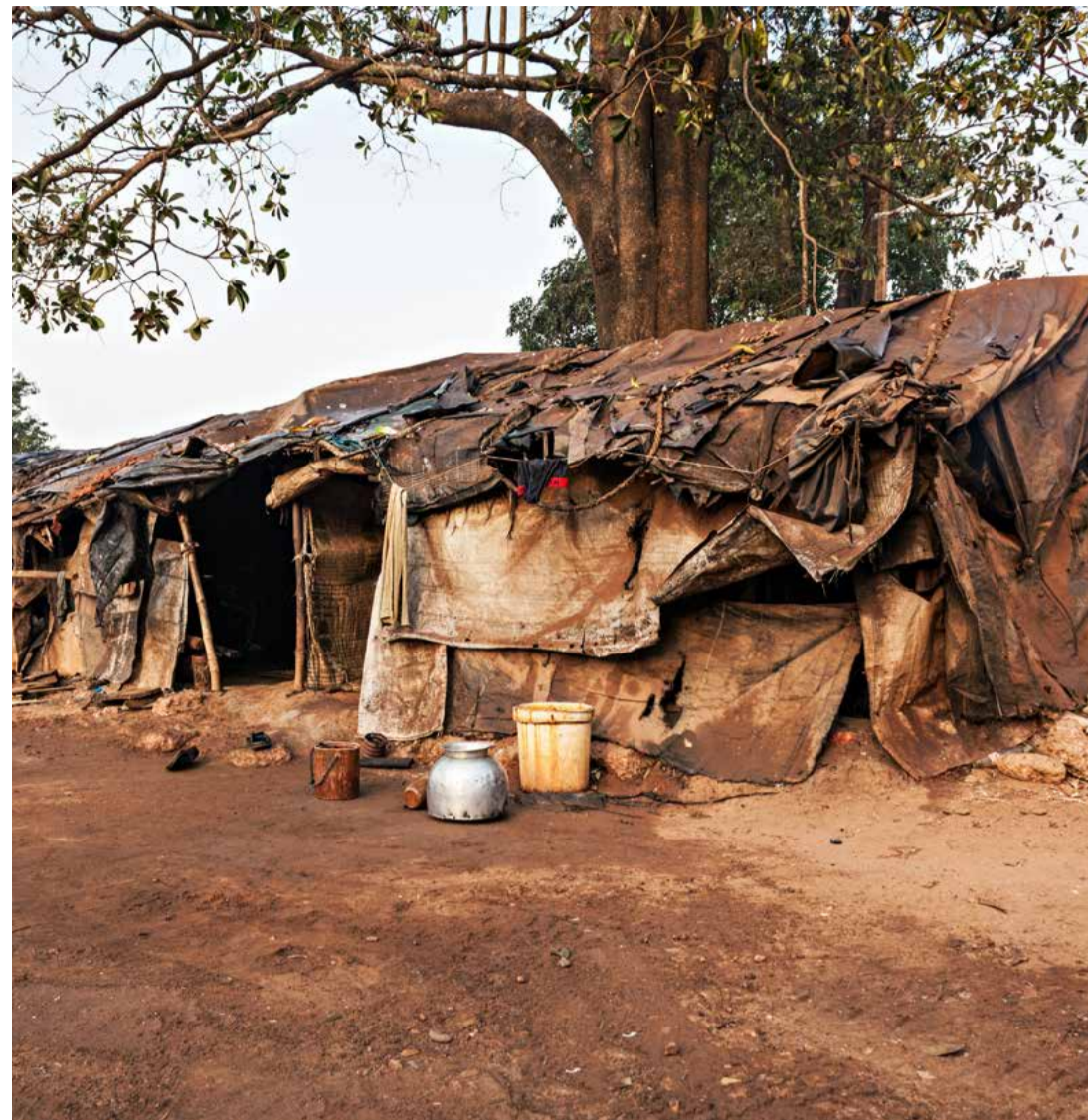
The territorial distribution of the population is an important aspect for the development of regions, particularly for small and dispersed communities with limited access to the resources and services provided by the State, INEGI emphasizes.

In 2020, 79 percent of the Mexican population lived in areas with two thousand 500 inhabitants or more, while 20 percent lived in smaller areas (with less than two thousand 500 inhabitants).

Mexicans migrate to improve their living conditions

3 percent of the population in Mexico moved to another state over the last five years, and more than 800 thousand people moved to another country, most of them migrated to improve their living conditions.

In 2020, 3.3 percent of the population aged 5 and over did not live in the same city they used to in March 2015, that is to say, they recently became migrants in a different state.



Reasons why mexican people change their place of residence

37 percent of Mexican people changed their place of residence from 2015 to 2020 because they decided to be with their families.



21 percent to find a job.



14 percent to study.



7 percent due to marriage or union.

Between March 2015 and March 2020, 802 thousand 807 people moved to another country. The states with the highest rates of expulsion of population are Guanajuato (7.8 percent), Jalisco (7.5 percent), and Michoacán (6.3 percent).

More than half of the population (57 percent) who left the country between March 2015 and March 2020 mentioned that they moved due to reasons related to a job, 18 percent moved to be with their families, to get married or to live with somebody, 12 percent moved to study, and 6 percent for other reasons (insecurity or violence, natural disasters, or because they were sent to their countries of origin, among others).

CMT fights tirelessly to spread welfare

Paying attention to a population of about 126 million people is a big challenge. In Mexico, a country where poverty has invaded the society for many years, the strategies implemented by the government have not succeeded completely.

In order to face that, Congregación Mariana Trinitaria A.C. (CMT) has been committed for more than 24 years to help vulnerable people, and also to collaborate with the three levels in the government and citizens to combat social deprivations.

According to the National Council for the Evaluation of Social Development Policy (CONEVAL), 56 percent of Mexican people, that is to say 70 million people, live in poverty due to social deprivations. This is the moment when CMT through its Welfare Ecosystem Model promotes strategies to combat those deprivations.

CMT has delivered millions of liters of milk in Mexico, during the last delivery it was possible to help 36 thousand families in Durango, a state where agricultural producers also received seeds and fertilizers. For a long time, hundreds of thousands of people living in areas where it is difficult to get water have received water containers and solar heaters. Recent deliveries took place in Hidalgo, Tamaulipas, and many other states all over the country.

To promote education, thousands of computers, tablets, and connectivity plans to be able to make calls and to have access to high-speed internet service were also delivered. Additionally, partnerships were established with different universities in the country.

Those strategies and many others are developed by CMT with the objective of allowing Mexican population, about 126 million people, to have a decent life; and we will not stop until we succeed on that.