Caithness and Sutherland

• Total population was 38,267 in 2018, a decrease of 3.9% from 2011.
• Population density (5 people per sq. km) is significantly lower than both the Highlands and Islands (12 people per sq. km) and Scottish averages (70 people per sq. km).
• An older age profile than both the Highlands and Islands and Scotland.
• A higher Economic Activity rate (84.6%) than the Highlands and Islands (80.9%) and Scotland (77.9%).
• A self-employed rate (10.3%) lower than that of the Highlands and Islands (11.0%) but higher than Scotland (8.7%).
• An Employment rate (82.2%) higher than the Highlands and Islands (78.6%) and Scotland (74.7%).
• An unemployment rate higher than the Highlands and Islands overall. In September 2019, Caithness and Sutherland had a rate of 3.3%, compared to 2.3% in the Highlands and Islands and 3.2% in Scotland.
• Productivity in the Nuts 3 area of Caithness and Sutherland and Ross and Cromarty 89.0% of UK level.

<table>
<thead>
<tr>
<th>TOTAL POPULATION</th>
<th>2011</th>
<th>2018</th>
<th>% CHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caithness and Sutherland</td>
<td>39,809</td>
<td>38,267</td>
<td>-3.9%</td>
</tr>
<tr>
<td>Highlands and Islands</td>
<td>467,043</td>
<td>469,365</td>
<td>+0.5%</td>
</tr>
<tr>
<td>Scotland</td>
<td>5,299,900</td>
<td>5,438,100</td>
<td>+2.6%</td>
</tr>
</tbody>
</table>

Source: NRS Mid-year estimates 2018

By age breakdown, Caithness and Sutherland had an older age profile than the Highlands and Islands and Scotland. In 2018, 55.9% of the Caithness and Sutherland population was aged over 45 years, compared to 52.5% in the Highlands Islands and 46.5% in Scotland. While 24.1% of the Caithness and Sutherland population was aged 0-24 years, compared to 25.6% of the Highlands and Islands and 27.6% of Scotland’s population.
Employment
In 2018, compared with the Highlands and Islands and Scotland, Caithness and Sutherland had a higher share of employment by industry in mining, quarrying and utilities, retail; accommodation and food services; education and arts, entertainment, recreation and other services.

Caithness and Sutherland had a higher share of employment by occupation in managers, directors and senior officials; administrative and secretarial and skilled trades occupations compared to the Highlands and Islands and Scotland.

Unemployment
The Caithness and Sutherland unemployment rate has been above that of the Highlands and Islands over the period. The latest figures for September 2019 show that Caithness and Sutherland had a rate of 3.3%, compared to the Highlands and Islands (2.3%) and Scotland (3.2%).