

Contents

List of Maps, Tables and Figures

	1 Demographic background analysis	11
	1.1 Demographic analysis	14
	1.2 Overall population development	15
	1.2.1 Population distribution	19
	1.3 Trends in population development	23
	1.3.1 Indicators of ageing	23
	1.3.2 Indicators of shrinking	32
	1.3.3 Age group indicators	41
	1.3.4 Future prospects of population development	48
	1.3.5 Main results from related studies	53
	2 Definitions of ‘shrinking regions’	57
	2.1 Shrinking regions at the NUTS 3 level	60
	2.2 Shrinking regions at the sub-regional level	61
	2.2.1 Saale-Orla-District (Thuringia, Germany)	63
	2.2.2 Oberfranken-Ost Region (Bavaria, Germany)	64
	2.2.3 Jász-Nagykun-Szolnok County (Hungary)	65
	2.2.4 Vejprty Region (Czechia)	66
	2.2.5 Po Valley (Italy)	67
	2.2.6 North-western Małopolska (Poland)	68
	2.2.7 Podravje Region and Maribor (Slovenia)	69
	3 Policies related to demographic change in Central Europe	71
	3.1 Policy review: European Union	72

3.2	Policy review: German policies on the national, federal and regional level	73
3.3	Policy review: Hungary and Észak-Alföld Region	78
3.4	Policy review: Czechia and the Ústí Region	81
3.5	Policy review: Italy, the Piedmonte Region	83
3.6	Policy review: Poland and Małopolska Region	86
3.7	Policy review: Slovenia, Podravje Region and Maribor	90
3.8	Summary of Policy Analysis	92

4 Chapters about the ADAPT2DC Pilot Regions 95

4.1	Pilot region: Saale-Orla-District (Thuringia, Germany)	97
4.2	Pilot region: Oberfranken-Ost Region (Bavaria, Germany)	98
4.3	Pilot region: Jászság Microregion, Jász-Nagykun-Szolnok County (Hungary)	100
4.4	Pilot region: Vejprty Region (Czechia)	102
4.5	Pilot region: Po Valley (Italy)	105
4.6	Pilot region: North-western Małopolska (Poland)	108
4.7	Pilot region: Podravje Region and Maribor (Slovenia)	110
4.8	Summary of the pilot region experiences	114

5 Conclusion 115

References 119

Appendix 128