

Struktura ludności miasta Hel wg wieku i płci na dzień 31.12.2025r.

| Rok | Ogółem | M | K | Rok | Ogółem | M | K |
|------|--------|----|----|--------------|-------------|-------------|-------------|
| 1931 | 1 | 1 | 0 | 1979 | 55 | 21 | 34 |
| 1932 | 2 | 0 | 2 | 1980 | 30 | 17 | 13 |
| 1933 | 1 | 0 | 1 | 1981 | 42 | 21 | 21 |
| 1934 | 3 | 0 | 3 | 1982 | 35 | 15 | 20 |
| 1935 | 4 | 1 | 3 | 1983 | 46 | 17 | 29 |
| 1936 | 2 | 0 | 2 | 1984 | 50 | 28 | 22 |
| 1937 | 4 | 2 | 2 | 1985 | 42 | 14 | 28 |
| 1938 | 10 | 4 | 6 | 1986 | 42 | 24 | 18 |
| 1939 | 10 | 1 | 9 | 1987 | 45 | 23 | 22 |
| 1940 | 10 | 2 | 8 | 1988 | 31 | 13 | 18 |
| 1941 | 11 | 2 | 9 | 1989 | 31 | 19 | 12 |
| 1942 | 14 | 5 | 9 | 1990 | 21 | 13 | 8 |
| 1943 | 12 | 6 | 6 | 1991 | 26 | 15 | 11 |
| 1944 | 12 | 4 | 8 | 1992 | 31 | 20 | 11 |
| 1945 | 13 | 5 | 8 | 1993 | 30 | 15 | 15 |
| 1946 | 18 | 10 | 8 | 1994 | 27 | 20 | 7 |
| 1947 | 25 | 7 | 18 | 1995 | 31 | 10 | 21 |
| 1948 | 34 | 10 | 24 | 1996 | 28 | 16 | 12 |
| 1949 | 33 | 9 | 24 | 1997 | 32 | 17 | 15 |
| 1950 | 31 | 8 | 23 | 1998 | 25 | 14 | 11 |
| 1951 | 36 | 15 | 21 | 1999 | 23 | 11 | 12 |
| 1952 | 32 | 16 | 16 | 2000 | 36 | 19 | 17 |
| 1953 | 38 | 17 | 21 | 2001 | 33 | 17 | 16 |
| 1954 | 34 | 14 | 20 | 2002 | 18 | 10 | 8 |
| 1955 | 37 | 16 | 21 | 2003 | 26 | 10 | 16 |
| 1956 | 43 | 19 | 24 | 2004 | 26 | 15 | 11 |
| 1957 | 53 | 22 | 31 | 2005 | 27 | 16 | 11 |
| 1958 | 38 | 10 | 28 | 2006 | 32 | 15 | 17 |
| 1959 | 39 | 25 | 14 | 2007 | 26 | 10 | 16 |
| 1960 | 41 | 19 | 22 | 2008 | 26 | 15 | 11 |
| 1961 | 38 | 14 | 24 | 2009 | 31 | 15 | 16 |
| 1962 | 47 | 24 | 23 | 2010 | 30 | 21 | 9 |
| 1963 | 34 | 15 | 19 | 2011 | 32 | 14 | 18 |
| 1964 | 37 | 18 | 19 | 2012 | 21 | 9 | 12 |
| 1965 | 34 | 20 | 14 | 2013 | 22 | 11 | 11 |
| 1966 | 37 | 23 | 14 | 2014 | 18 | 10 | 8 |
| 1967 | 28 | 16 | 12 | 2015 | 26 | 15 | 11 |
| 1968 | 37 | 19 | 18 | 2016 | 20 | 10 | 10 |
| 1969 | 37 | 18 | 19 | 2017 | 24 | 11 | 13 |
| 1970 | 40 | 22 | 18 | 2018 | 21 | 9 | 12 |
| 1971 | 50 | 22 | 28 | 2019 | 17 | 11 | 6 |
| 1972 | 47 | 31 | 16 | 2020 | 15 | 10 | 5 |
| 1973 | 43 | 28 | 15 | 2021 | 12 | 6 | 6 |
| 1974 | 54 | 27 | 27 | 2022 | 11 | 4 | 7 |
| 1975 | 48 | 27 | 21 | 2023 | 10 | 4 | 6 |
| 1976 | 46 | 20 | 26 | 2024 | 6 | 4 | 2 |
| 1977 | 46 | 31 | 15 | 2025 | 12 | 7 | 5 |
| 1978 | 47 | 24 | 23 | RAZEM | 2692 | 1310 | 1382 |