



REPORT

Household savings in Sweden

24 March 2025



Summary

Swedes' holdings of financial assets have increased sharply over the past 20 years. Assets in the form of, for example, savings accounts, funds and shares provide individuals with financial security and the possibility to smooth their consumption across their lifetime. But Swedes also have large loans. Those that have large loans and small holdings of assets are vulnerable to adverse economic events. Assets also affect the resilience of the financial system. Therefore, how assets and liabilities are distributed between individuals is important.

Finansinspektionen (FI) is tasked with promoting a stable financial system and high level of consumer protection. This assignment includes monitoring assets and savings. In this report, we describe how financial assets are distributed in Sweden and how different groups choose to save over time.

Swedes hold a large amount of financial assets, but the distribution of these assets is very uneven. Most Swedes hold a small amount of financial assets, while 5 per cent of the population holds approximately half of all assets. Few have direct savings in shares or funds. Those with large loans can be vulnerable to weakened economic conditions and therefore in general have a greater need for a financial buffer. FI's data indicates that many mortgagors hold a small amount of assets, at least with the same bank where they have their mortgage.

In general, the differences between men and women are small. Overall, men held a larger percentage of assets in 2024, but this appears to be primarily because the largest holdings are unevenly distributed. Men held two-thirds of all holdings over SEK 1 million. For holdings of less than SEK 1 million, in general the assets are evenly distributed between men and women. However, men and women often choose different savings forms. Both hold a majority of their assets in savings accounts, but men hold a larger percentage in shares while women hold a larger percentage in funds. This indicates that men take greater risks in their saving, a pattern found in many other surveys.

New savings follow the general economic trend. In 2021, total new savings amounted to approximately SEK 400 billion. In 2022 and 2023, inflation rose and the Riksbank raised the policy rate several times. Costs thus went up for many Swedes, and their new savings decreased sharply. In 2022, new savings decreased to just under SEK 280 million. The decrease in new savings was driven by those that hold a smaller amount of assets.

How individuals distribute their new savings differs by age. The youngest and oldest age groups mainly save in their savings accounts, while a larger portion of new savings for middle-aged Swedes is in shares and funds. Amortisation payments represent a significant portion of new savings, primarily for groups where many have (large) mortgages, and amortisation payments' proportion of savings increased when individuals experienced a deterioration in economic conditions in 2023. This was due to both borrowers amortising more when the interest rates were high and a decrease in other savings.