What are SQL SQL Server Statistics?

SQL Server statistics are metadata stored in the form of binary large objects (BLOBs) in SQL Server system tables. These statistics is information related to the distribution of values in one or more columns of a table or indexed view.

The Importance of SQL Server Statistics

SQL Server statistics are very important since they are used by SQL Server Query Optimizer in order to build execution plans that improve the performance of queries. SQL Server Query Optimizer achieves that, by estimating the cardinality or number of rows in the query result, all these based on the statistics.

When are SQL Server Statistics Updated?

When an index is rebuilt, SQL Server automatically updates the relevant statistics as well. Note however, with an index rebuild, column statistics are not automatically updated. Therefore, it is a good practice, after an index rebuild, to also update the column statistics.