| country_name | region | y_1995 | y_2005 |
|---------------------|-------------|----------|----------|
| Australia | Australasia | 18072000 | 20394800 |
| New Zealand | Australasia | 3673400 | 4133900 |
| Papua New Guinea | Melanesia | 4894276 | 6314709 |
| Solomon Islands | Melanesia | 359225 | 469885 |
| New Caledonia | Melanesia | 193816 | 232250 |
| Vanuatu | Melanesia | 168235 | 209370 |
| French Polynesia | Polynesia | 215196 | 254886 |
| Samoa | Polynesia | 170157 | 179929 |
| Tonga | Polynesia | 96076 | 101041 |
| Tuvalu | Polynesia | 9230 | 10027 |