



THE UNITED REPUBLIC OF TANZANIA

NATIONAL POPULATION PROJECTIONS

2023 - 2050



SEPTEMBER, 2024



The United Republic of Tanzania

National Population Projections 2023 - 2050

National Bureau of Statistics
Ministry of Finance
Tanzania

Office of the Chief Government Statistician
President's Office - Finance and Planning
Zanzibar

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UNITED REPUBLIC OF TANZANIA, ADMINISTRATIVE BOUNDARIES



Foreword



The 2022 Population and Housing Census (PHC) for the United Republic of Tanzania had its reference as the midnight of the 22nd/23rd August 2022. This was the Sixth and the first digital Census after the Union of Tanganyika and Zanzibar in 1964. Other



post union censuses were carried out in 1967, 1978, 1988, 2002 and 2012. The Sixth Phase Government of Tanzania under the leadership of Her Excellency Dr. Samia Suluhu Hassan, and the Eighth Phase Government of Zanzibar under the leadership of His Excellency Dr. Hussein Ali Mwinyi, like the previous phases, have fulfilled their obligation of conducting the 2022 PHC according to the United Nations Principles and Recommendations for the Population and Housing Census. **We owe them much appreciation for their commitment and support during Census implementation.**

Population and Housing Census is undertaken at ten years intervals to provide current population counts and other socio-demographic indicators. However, these censuses provide statistics at a point in time, and do not account for the continuous change in population over time. It is thus important to provide information on population changes during intercensal periods to inform planning and development initiatives. Population projections will also assist the Government and stakeholders in monitoring and evaluating various national, regional and international development frameworks including the Tanzania Development Vision 2025 and Zanzibar Development Vision 2050; the Third National Five-Year Development Plan 2021/22 - 2025/26 and Zanzibar Development Plan 2021/22 - 2025/26; the East African Community Vision 2050; the Southern African Development Community Vision 2050 and the African Development Agenda 2063. Population projections will likewise assist in the development of the ongoing Tanzania Development Vision 2050.

Furthermore, population projections are important for policy updating and formulation. Key aspects of the policy process include recognition that challenges exist and placing such challenges on the policy agenda. Since population growth and distribution contribute to many of the major development challenges, population projections are required to show the future magnitude of those challenges.

The National Population Projections Report disaggregated by the United Republic of Tanzania, Tanzania Mainland and Tanzania Zanzibar is the Seventh in a series of major planned publications for the 2022 PHC. The main purpose of this report is to assist policymakers, planners and the general public to access statistical information to estimate future resource and service needs of the population and thus to plan accordingly. Projected numbers will also assist researchers to undertake research activities in various fields.

The success of both 2022 PHC depended on the cooperation and contributions from the Government, specifically Census Committees from national to the lowest administrative level. These include the National Central Census Committee; National Census Advisory Committee; National Census Technical Committee; Census Committees at regional, district, wards, village/mtaa and hamlet levels. There were also forums from Non-States Actors including Collaborators Forum, Private Sector, various institutions and the public at large.

A word of thanks goes to Government leaders at all levels, particularly, Minister for Finance; Minister for Lands, Housing and Human Settlements Development, Minister of State - President's Office, Finance and Planning, Zanzibar; Minister for Lands and Housing Development Zanzibar; Members of Parliament and Members of the House of Representatives. Further, appreciation is extended to Councillors/Shehas; Regional and District Census Committees chaired by Regional and District Commissioners of respective areas; Census Coordinators (National and Zanzibar); Regional and District Census Coordinators; Supervisors; Enumerators; Local leaders and all respondents (heads of households, members of households and other individuals).

Special gratitude is extended to the following Development Partners:- United Nations Population Fund (UNFPA); World Bank (WB); United Nations Children's Fund (UNICEF); UN-Women; International Organization for Migration (IOM); United States Agency for International Development (USAID); Foreign, Commonwealth and Development Office (FCDO); United States Census Bureau (USCB), The Republic of South Korea, The People's Republic of China and other Development Partners for providing equipment, expertise, training and financial support in making the 2022 Population and Housing Census a success. We also thank religious, traditional and political leaders, non-governmental organization leaders, the media and all citizens and non-citizens in general for their participation and contributions in the successful implementation of the Census.

Special thanks also go to Honourable Anne Semamba Makinda - Census Commissar for Tanzania Mainland and Former Speaker of the National Assembly and Honourable Ambassador Mohamed Haji Hamza - Census Commissar for Tanzania Zanzibar, for their effective leadership and management in educating and sensitizing all citizens and non-citizens to participate in the 2022 Population and Housing Census thus, resulting in enhanced quality, smooth and timely execution of the Census exercise. We also thank the Chairperson of the Governing Board of the National Bureau of Statistics (NBS), Dr. Amina Msengwa and the Chairperson of the Statistics Board of Zanzibar, Ambassador Amina Salum Ali, for their guidance throughout the implementation of the Census exercise.

Finally, we acknowledge the unprecedented efforts and commitment of the management and staff of the National Bureau of Statistics under the leadership of Dr. Albina Chuwa, the Statistician General; and staff of the Office of the Chief Government Statistician, Zanzibar under the leadership of Mr. Salum Kassim Ali; Chief Government Statistician; staff from the Ministry of Lands, Housing and Human Settlements Development; Ministry of Information, Communication and Technology; as well as other Government officials who worked tirelessly in ensuring that the 2022 Population and Housing Census was implemented successfully.



Kassim Majaliwa Majaliwa (MP)
Prime Minister of
The United Republic of Tanzania



Hemed Suleiman Abdulla (MRC)
Second Vice President of Zanzibar

Acknowledgement

The National Bureau of Statistics and Office of the Chief Government Statistician, Zanzibar conducted the 2022 Population and Housing Census and the Tanzania Buildings Census to provide necessary information for policy implementation, planning, monitoring and evaluation of development processes. The Census collected detailed information on demographic characteristics, disabilities, migration, possession of national documents and orphanhood, education, economic activities, land ownership and information related to ICT ownership and use, fertility, mortality, housing ownership and assets, agriculture, community facilities and buildings. Some information on physical addresses was also collected.

The preparation of the National Population Projections Report 2023-2050 is part of the activities in the series of further analysis and production of reports based on the 2022 Population and Housing Census data. The National Population Projections Report 2023-2050, estimates Tanzania's future population, providing the demographic changes that reflect the country's developmental challenges and opportunities.

We therefore express our appreciation to all experts who have put their time and efforts to produce this report. In particular we would like to thank Ruth Davison Minja, the Director of Population Census and Social Statistics NBS; Fahima Mohamed Issa, Director of Social Statistics, Census and Survey, (OCGS); Seif Ahmad Kuchengo, the National Census Coordinator; Abdul-majid Jecha Ramadhan, the Tanzania Zanzibar Census Coordinator, National Census Technical Team, Statisticians, Demographers, Information Technology and Geographic Information System officers for their commitment which led to successful completion of this report.

Our appreciation is as well extended to all professionals, regional and district supervisors, enumerators and field supervisors as well as the media for their dedicated work. Certainly, without their commitment and dedication, the census would not have been successful. We would also like to thank the public for their cooperation during the entire period of the Census.



Dr. Albina Chuwa
Statistician General
National Bureau of Statistics



Salum Kassim Ali
Chief Government Statistician
Office of the Chief Government
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Executive Summary

National Population Projections Report presents population projections for the period of 2023 to 2050 for Tanzania, Tanzania Mainland and Tanzania Zanzibar. These population projections are based on Cohort Component Technique and were done by using a computer application commonly known as Spectrum Version 6.36. At national level, the projections used two out of the three assumptions on components for population change, namely fertility and mortality. While the census provides no direct estimates of out-migration to counterbalance the reported in-migration, estimates show that the third component (net international migration) was negligible.

DemProj is a computer program for making population projections for countries or regions. The program requires information on the number of people by age and sex in the base year, as well as current year data and future assumptions about the Total Fertility Rate (TFR), the age distribution of fertility, life expectancy at birth by sex, the most appropriate model life table and the magnitude and pattern of international migration.

The report gives fertility and mortality, as well as estimated total population by sex in five-year age groups including a summary of key demographic indicators for Tanzania, Tanzania Mainland and Tanzania Zanzibar.

Chapter One presents an overview of the 2022 PHC. Results show that the pyramids for Tanzania, Tanzania Mainland and Tanzania Zanzibar as per the 2022 PHC each has a broad base indicative of high fertility and a youthful age structure, with a large proportion of its population in the young and/or youthful ages.

Chapter Two provides the methodology adopted for conducting the projection. Before projections were made, the 2022 population as enumerated in August, 2022 was adjusted to mid-year of 2022 using population growth rate based on estimated fertility and mortality. Evaluation and adjustment were done through Demographic Analysis and Population Projection System (DAPPS Version 3.3) spreadsheet developed by the US Census Bureau. During this process, national population projection was adjusted to accommodate 1.1 percent of under-enumerated population during census undertaking as revealed by Post-Enumeration Survey.

Chapter Three highlights projection results for selected indicators. Results from the national population projections show that, Tanzania population growth rate will decrease from 3.2 percent in 2022 (with a population of 61,741,120) to 1.8 percent in 2050 (with a population of 118,105,370). For Tanzania Mainland, population growth rate will also decrease from 3.2 percent in 2022 (with a population of 59,851,347) to 1.8 percent in 2050 (with a population of 114,468,274) while for Tanzania Zanzibar population growth rate will continue to decrease from 3.7 percent in 2022 (with a population of 1,889,773) to 1.7 percent in 2050 (with a population of 3,637,096).

Fertility levels are projected to decline in Tanzania during the projection period. Total Fertility Rate (TFR) for both Tanzania and Tanzania Mainland is projected to decline from 4.8 children per woman in 2022 (as recorded in 2022 TDHS) to 2.6 children per woman in 2050. For Tanzania Zanzibar, the TFR is expected to decline from 4.7 children per woman in 2022 (as recorded in 2022 TDHS) to 2.6 children per woman in 2050.

Mortality estimates further show that life expectancy at birth for both Tanzania and Tanzania Mainland is expected to increase from 67.3 years in 2022 to 74.6 years in 2050 while for Tanzania Zanzibar life expectancy at birth is expected to increase from 68.6 in 2022 to 75.3 years in 2050.

Age dependency ratio in Tanzania and Tanzania Mainland is expected to decrease from 90 for every 100 working persons in 2023 to 58 dependants in 2050 while for Tanzania Zanzibar it is expected to decrease from 81 in 2023 to 56 dependants in 2050.

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Abbreviations and Acronyms

AIDS	-	Acquired Immuno-Deficiency Syndrome
ASFR	-	Age Specific Fertility Rate
CBR	-	Crude Birth Rate
CDR	-	Crude Death Rate
DemProj	-	Demographic Projection Package
GR	-	Growth Rate
HIV	-	Human Immunodeficiency Virus
IMR	-	Infant Mortality Rate
IDB	-	International Database
LE	-	Life Expectancy at Birth
NBS	-	National Bureau of Statistics
NRR	-	Net Reproduction Rate
OCGS	-	Office of Chief Government Statistician
PES	-	Post-Enumeration Survey
PHC	-	Population and Housing Census
RUP	-	Rural Urban Projection
SDGs	-	Sustainable Development Goals
TDHS	-	Tanzania Demographic and Health Survey
TFR	-	Total Fertility Rate
UNFPA	-	United Nations Population Fund
USAID	-	United States Agency for International Development
e ₀	-	Life Expectancy at Birth



CHAPTER ONE

Introduction

1.0 Background

The 2022 Population and Housing Census was the sixth and the first digital census to be undertaken in Tanzania after the Union of Tanganyika and Zanzibar in 1964. Other post union censuses were carried out in 1967, 1978, 1988, 2002 and 2012. The 2022 PHC was carried out with the reference of midnight of the 22nd/23rd August 2022. The main objective of conducting the census was to provide up-to-date and reliable data that are essential for the formulation of realistic development plans and making informed decisions for socio-economic development.

Population censuses are among the most important sources of demographic and socio-economic data in the country for preparation, monitoring and evaluation of social and economic development policies and programmes. Census data with other information from administrative sources and surveys are of paramount importance for tracking the implementation of national, regional, continental and global development goals such as the Tanzania Third National Five-Year Development Plan 2021/22 - 2025/26 and Zanzibar Development Plan 2021/22 - 2025/26; the East African Community Vision 2050; the Southern African Development Community Vision 2050, the 2030 Sustainable Development Goals (SDGs) and Africa Agenda of 2063.

Between the 2022 PHC and the next census, there is a need for updated population information to provide the needed statistics to achieve those objectives. The National Bureau of Statistics and the Office of Chief Government Statistician, Zanzibar have computed population projections to offer insights into the future demographic dynamics, informing planners, policy makers, researchers and the public in general about potential changes. Population projections are computed estimates of future population sizes and structures based on the past and current situation of a population.

In this report, brief explanation of the methodology used to make projections is presented together with the projected population for the period of 2023 to 2050 at National, Tanzania Mainland and Tanzania Zanzibar levels. It is anticipated that projected numbers in this report will be used by data users for planning, as well as to monitor and evaluate progress made towards achieving national, regional and international development agenda.

Population can be projected by interpolation or extrapolation. If the desired date is between census dates, then an interpolation method is the desired one. Projected population is obtained by interpolating between the two censuses. Interpolation can be made using either the same cohort or the same age groups in the census.

Cohort interpolation is advisable if the age information is reliable. Moreover, this technique is recommended if data is available by single years for populations that have actual and significant age fluctuations. In addition, information on annual inter-censal births is needed for determining the number of persons born during the inter-censal period (i.e. those who were only enumerated in the preceding census).

Interpolation, using the same age groups in each census, is frequently used in developing countries including Tanzania, since information on single years is unreliable and the age structure usually does not have actual fluctuations. The procedure is acceptable particularly when the interpolation date is close to the census date. The interpolation can be made either linearly or exponentially. If the desired date is close to the one for the census dates, both possibilities give similar results. However, if the interpolation date is several years from the census date, linear interpolation produces higher values than exponential interpolation. In most cases, the exponential interpolation is more suitable than the linear interpolation.

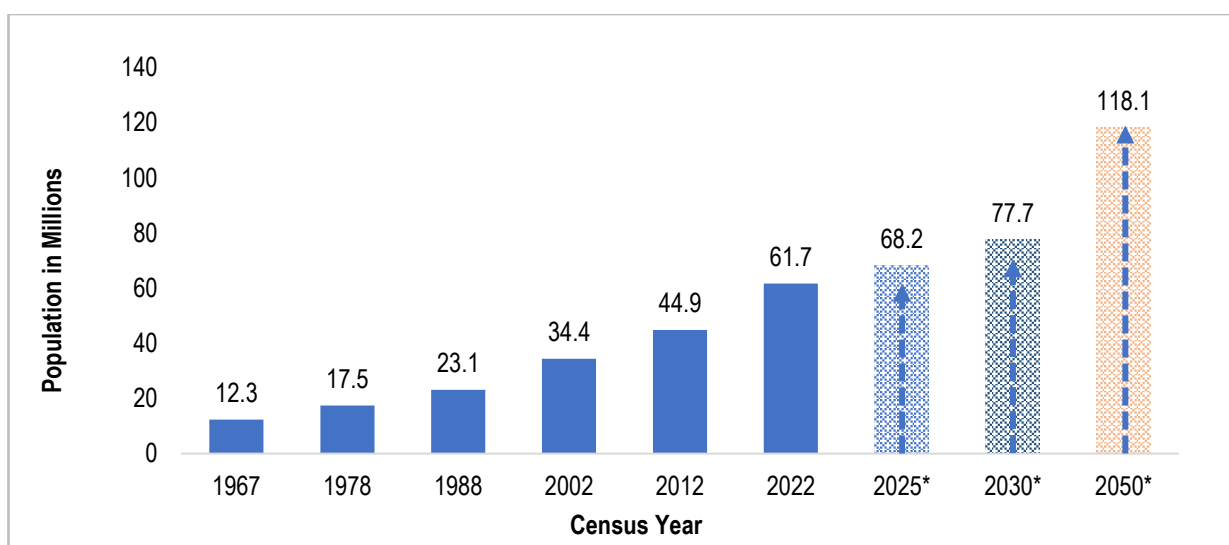
Another procedure for adjusting the population is to shift or move the population from a given date (for instance, a census date) to another date (for instance mid-year). If the total population for the desired date is available, extrapolation can be used. Another possibility is to use the levels of mortality, fertility and migration to estimate a population growth rate, and thereafter use the growth rate to calculate the total population at the desired date. Once the new total has been calculated, the age structure can be adjusted proportionately to the new total. The base population used for projections is based on extrapolated population taking into consideration the levels of mortality, fertility and migration.

Nevertheless, the most commonly used method for projecting populations is the cohort component method, which projects each age and sex cohort over time based on components of growth. Annual births create new cohorts, while existing cohorts are decreased by mortality and either increased or decreased by migration (US Census Bureau 2013). The cohort component method of population projection is used in this report, because it has an advantage over other methods.

1.1 Tanzania 2022 Population Census

Rapid population growth, as shown by the different censuses has characterized the Tanzania population for a long time. Data collected in these censuses show that the population of Tanzania has increased about five times since 1967 from 12,313,469 to 61,741,120 persons in 2022. An average annual growth rate of 3.2 percent was noted during the 2012-2022 intercensal period compared with a growth rate of 2.7 percent recorded during in the 2002-2012 period. Taking into account the birth and death rates in the country, the population for the year 2050 is estimated to reach 118.1 million.

Figure 1.1 Population Trends in Tanzania, 1967 – 2022 PHCs



Note:

*** Projected population by the end of implementation of the following development frameworks:**

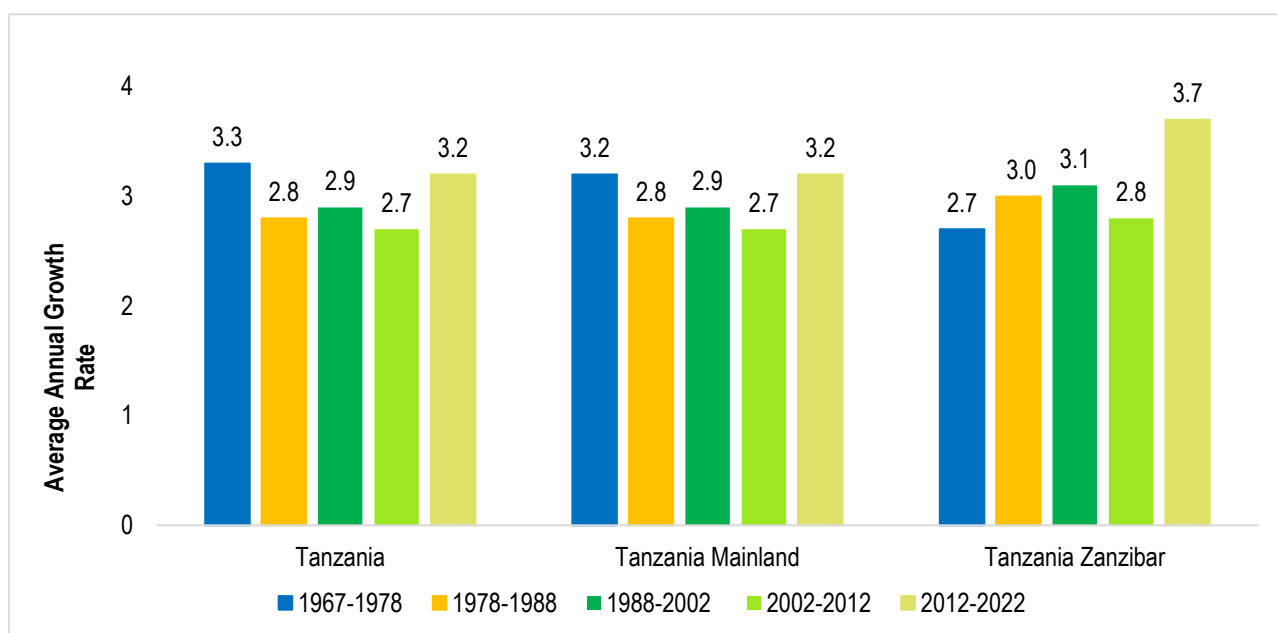
2025* - 68.0 million - Tanzania Development Vision 2025,

2030* - 79.8 million - Sustainable Development Goals 2030,

2050* - 151.3 million - East African Community Development Vision 2050 and
Southern African Development Community Vision 2050

Figure 1.2 shows that while there is evident increasing trend in the average population growth rate of the Tanzania Zanzibar population from 2.7 to 3.7 over the period, there is fluctuation in the trend for Tanzania and Tanzania Mainland.

Figure 1.2 Average Annual Inter-Censual Population Growth Rates; Tanzania, 1967–2022 Censuses



1.2 Age-Sex Structure of the Population

As shown in Figures 1.3, 1.5 and 1.6, Tanzania has a very young population as a result of high birth rates over a long period of time. A population pyramid is a graphical representation of the age and sex composition of a specific population. It provides a snapshot of the population's age and sex structure. It also provides useful insights into the patterns of vital events (birth and death rates). The pyramids for Tanzania, Tanzania Mainland and Tanzania Zanzibar as per the 2022 PHC each has a broad base indicative of high fertility and a youthful age structure, that is with a large proportion of its population in the young and/or youthful ages. It creates a high child dependency ratio that places a heavy burden on the working age population and constrains the provision of basic needs and social services. By 2050, the population pyramid of Tanzania will continue to reflect a relatively young population, though it will be gradually aging as birth rates decline and life expectancy increases. However, this demographic structure suggests a significant working-age population, which can be beneficial for economic growth if effectively harnessed.

Figure 1.3 Population Pyramid for Five Year Age Groups; Tanzania, 2022 and 2050

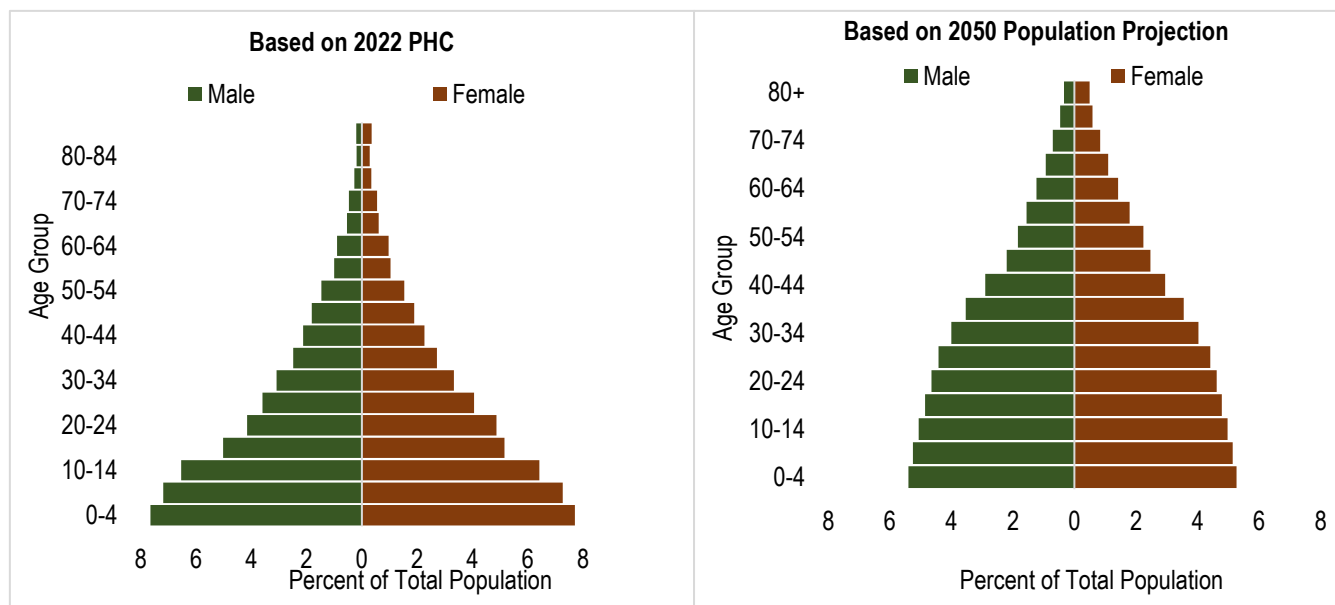


Figure 1.4 shows that there is difference between Tanzania and Germany population structure. It shows that Germany Pyramid has more evenly distributed than that for Tanzania pyramid. In Germany countries, the number of children birthed per woman is much higher than in Tanzania countries. It also shows the lower percentage of younger people, indicating declining birth rates with each succeeding age group getting smaller than the previous one.

Figure 1.4 Population Pyramid for Five Year Age Groups; Germany 2022

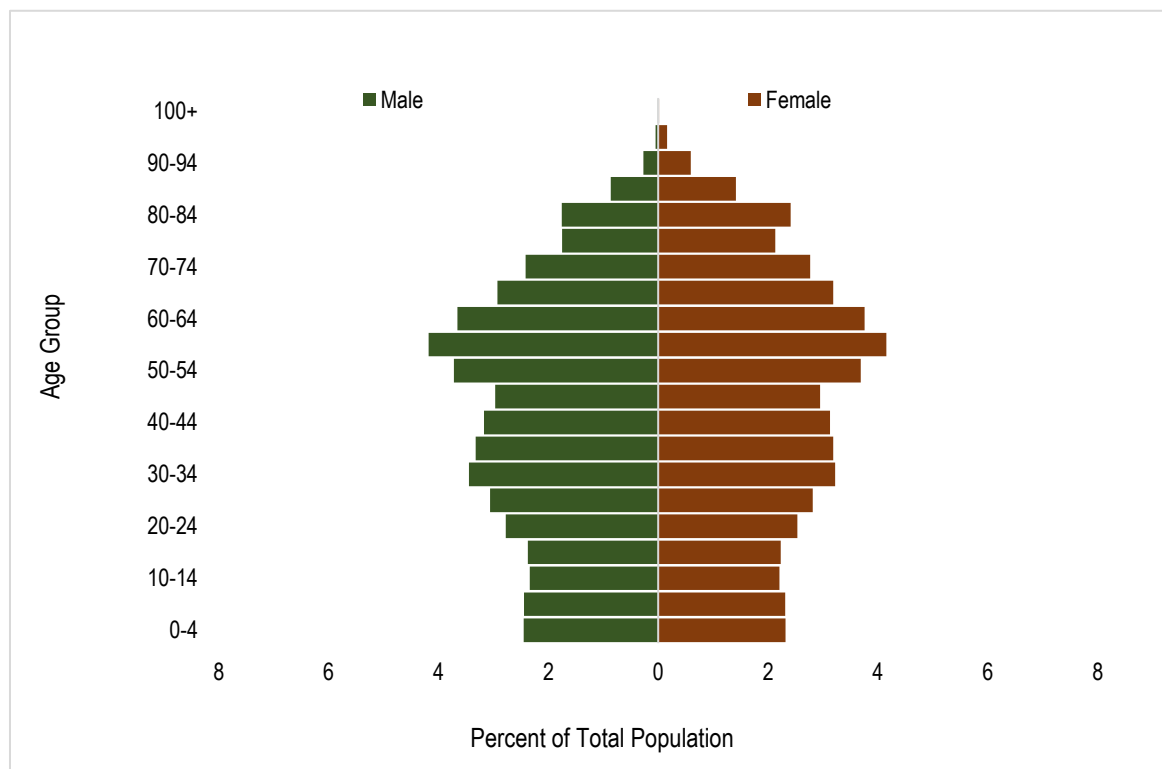


Figure 1.5 Projected Population Pyramid for Five Year Age Groups; Tanzania Mainland, 2022 and 2050

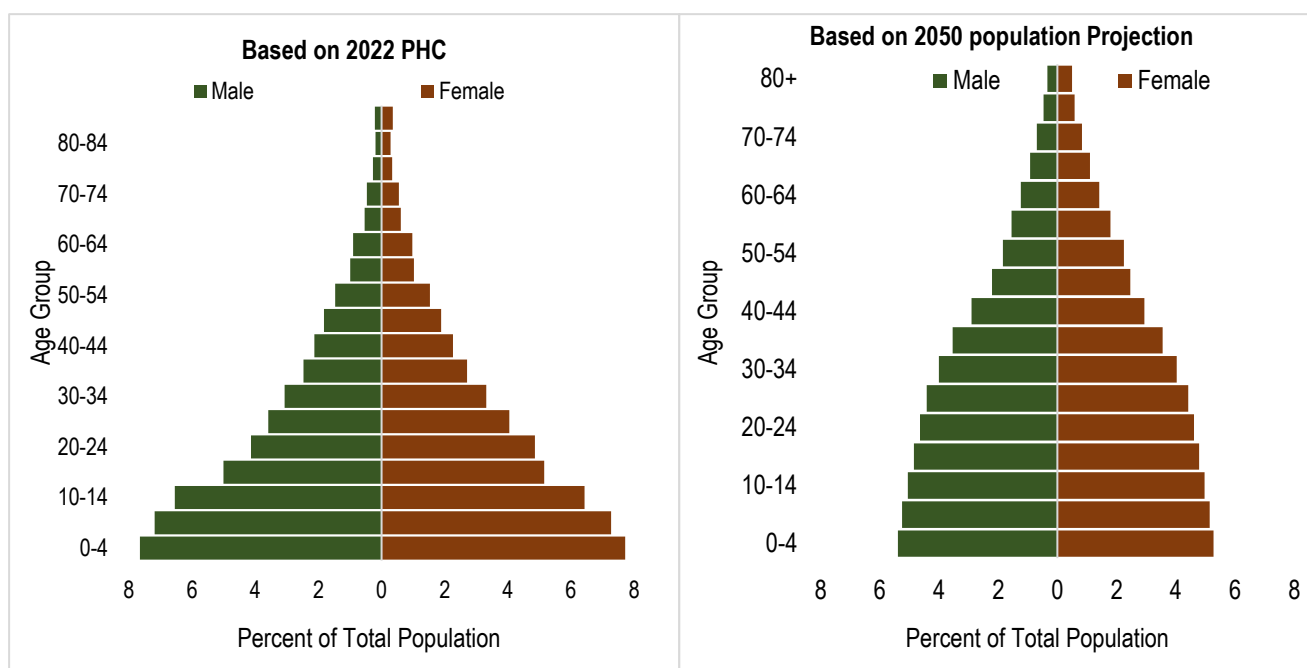
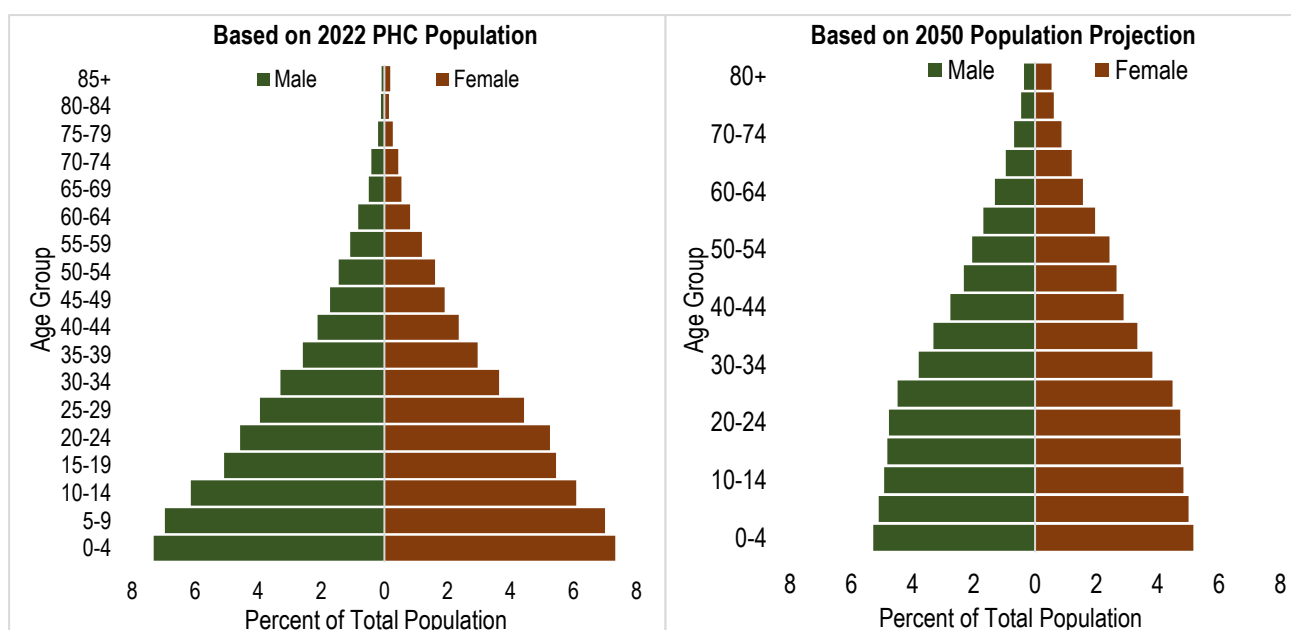


Figure 1.6 Projected Population Pyramid for Five Year Age Groups; Tanzania Zanzibar, 2022 and 2050



1.3 Importance of Demographic Projections

Population projection is an important undertaking since it facilitates the Government as well as researchers when making decisions about the future. Policymakers and program planners rely on population projections to assess future demand for resources such as food, water and energy, as well as services such as health and education.

Examples of possible use of results from population projections include:

- i. Estimating demand for basic human needs, such as food, water, power, transportations;
- ii. Planning for the construction of housing, highways etc.;
- iii. Estimating the labour forces in various places;
- iv. Estimating the potential consumption of goods and services in various regions and
- v. Facilitating sociological research, such as providing data about sex ratio or age ratio.

Population projections constitute a tool for providing demographic information about the present as well as the future at national and sub-national levels that is not available from censuses and surveys reports. Population projections also estimates the probable size and structure as well as population characteristics beyond the most recent census year. Further, they provide an indication of likely changes in the future size and age-sex structure of the school going age population. Population projections are used as the denominator for many health indicators such as fertility and mortality rate.

1.4 Population Projection Software

1.4.1 Demographic Analysis and Population Projection System (DAPPS)

Demographic Analysis and Population Projection System (DAPPS) is a program designed to help users analyse and produce population projections with ease. The software accomplishes this through a user-friendly spreadsheet interface for data entry and the projection power of Rural Urban Projection (RUP).

In order to create a population projection, DAPPS requires at least three inputs: a base year population, by age and sex (usually based on a census or estimate); a mortality structure, by age and sex (usually a life table or deaths, by age and sex); and a fertility pattern, by age of mother (births or age-specific fertility rates). A fourth input is a pattern of net migration (by age and sex of migrant), which is optional but recommended. The data for these components can originate from either a RUP input file or a spreadsheet-based program, such as Microsoft Excel or United Nations MORTPAK.

1.4.2 Population Analysis System (PAS) Software

PAS is a set of Microsoft Excel workbooks developed by the U.S. Census Bureau containing frequently used procedures and methods in basic demographic analysis.

The purpose of the workbooks is to facilitate analysis of available data for the following topics: age structure, mortality, fertility, migration, distribution of population, urbanization and population projections.

1.4.3 DemProj

DemProj is a computer program used to make projections in this report. DemProj projects the population for an entire country or region by age and sex, based on assumptions about fertility, mortality and migration. A full set of demographic indicators can be displayed for up to 50 years into the future. Urban and rural projections can also be prepared. The program requires information on the number of people by age and sex in the base year, as well as current year data and future assumptions about the Total Fertility Rate (TFR), age distribution of fertility, life expectancy at birth by sex, the most appropriate model life table, as well as the magnitude and pattern of international migration.

Generally, projections can be made for one or two areas. If two areas are projected, the program can calculate a third area as the sum of the two areas (e.g., total = rural + urban) or the difference (e.g., urban = total - rural).

DemProj has aggregate function that is used to add together several projections to produce a total for a region/country. All indicators referring to numbers of people are added across all projections. Rates, such as TFR and life expectancy, are calculated as weighted averages. Weighting is done by an appropriate population. For example, the TFR for the aggregate population calculated as the weighted average of the TFRs for each of the input projections, weighted with the number of women of reproductive age (15-49).

Flexibility of this programme has a clear advantage of allowing a demographer to create a projection model that accurately reflects the demographic situation in a country and making maximum use of available data in a manner as close as possible to its original form. However, this flexibility comes at a price as it places a burden on the demographer to decide on the best way to model the situation (since the program does not limit the options) and to provide accurate data for all the inputs required to run the program.



CHAPTER TWO

Methodology

2.0 Introduction

Population projections for Tanzania Mainland and Tanzania Zanzibar, based on the 2022 Population and Housing Census (PHC) have been made using a cohort-component model. For each domain, i.e. Tanzania Mainland and Tanzania Zanzibar, population with age and sex details from the 2022 PHC was adjusted then projected one year at a time from 2023 to 2050 using assumptions about the components of growth – fertility, mortality and international migration. Tanzania's national projection is the sum of the Tanzania Mainland and Tanzania Zanzibar projections.

2.1 Base Year Population

The projected population of Tanzania Mainland and Tanzania Zanzibar is based on adjusted 2022 age-sex-specific populations. The enumerated population was adjusted taking into account the undercount of the total population according to the Post-Enumeration Survey (PES). The population was also evaluated for age misreporting then adjusted for undercount of children under 10 years. Population under age 10 was adjusted based on fertility and mortality data. Evaluation and adjustment were done through DAPPS analysis tools. The "PopAgeEstUnder10" tool in DAPPS was used to adjust the undercount of children ages 0 to 9 years.

To obtain the base population, the following inputs were required:

- i. Population distribution in single year and sex obtained from the 2022 Population and Housing Census and adjusted basing on undercount rate from PES;
- ii. Sex ratio at birth (male births per 100 female births) was assumed to be 103;
- iii. Mortality data used are life tables at two points in time that is earlier (2012 PHC) and later (2022 IDB data); these are nM_x and nL_x values for males and females in single years; and
- iv. Earlier (2015) and later (2022) date fertility data were Age Specific Fertility Rates (ASFRs) from the Tanzania Demographic and Health Surveys (TDHS). Fertility data from TDHS is based on birth history of individual woman while the same data from the census data is collected retrospectively which makes data from survey to be more reliable.

The next step was to move the population to a desired point in time (mid-year of 2022) using population growth rate based on estimated fertility and mortality. This was done using the "PopAgeMove" tool in DAPPS.

The inputs used in the "PopAgeMove" were:

- Adjusted population disaggregated by five-year age groups and sex generated in DAPPS, with the maximum of 80 years and above;
- Life tables (nMx and nLx values) for males and females separate from the 2022 IDB data. Mortality inputs should be in age groups with maximum of age 80 and above; and
- Age-Specific Fertility Rate from the 2022 TDHS.

The adjusted population was moved from the enumerated date (23/08/2022) to the desired date (01/07/2024). After moving population to the mid-year, it was then changed from age groups to single year. The “PopAge5to1” tool in DAPPS was used to change the population from age groups to single year. DAPPS produces two files as a result of changing the population age groups to single years:

- Beers split population;
- It splits the count as the result the base is not very broader;
- Beer split population with modified ages 0 - 9;
- It splits the population with some adjustment at the base; and
- Tanzania has high fertility as a result a broader base, therefore the first file does not imply the reality of Tanzania. Hence the second file was chosen as the base population.

Table 2.1 shows that there is little difference between the reported population and smooth age-sex distributions population.

Table 2.1 Reported and Adjusted Population to mid-year by sex ratio

Age Groups	Reported Data from the 2022 PHC			Adjusted Data Based on 2022 PHC		
	Male	Female	Sex Ratio	Male	Female	Sex Ratio
Total	30,619,022	31,948,145	95.8	30,644,808	31,987,710	95.8
0 - 4	5,198,892	5,109,382	101.8	5,219,344	5,103,460	102.3
5 - 9	4,607,180	4,543,678	101.4	4,623,139	4,541,592	101.8
10 -14	4,017,796	3,944,189	101.9	4,017,579	3,943,975	101.9
15-19	3,082,934	3,171,764	97.2	3,082,767	3,171,592	97.2
20-24	2,549,496	2,991,925	85.2	2,549,357	2,991,761	85.2
25-29	2,210,763	2,496,546	88.6	2,210,643	2,496,409	88.6
30-34	1,894,423	2,044,076	92.7	1,894,323	2,043,967	92.7
35-39	1,525,401	1,668,798	91.4	1,525,321	1,668,706	91.4
40-44	1,309,396	1,390,159	94.2	1,309,323	1,390,079	94.2
45-49	1,117,037	1,162,913	96.1	1,116,978	1,162,856	96.1
50-54	902,160	943,055	95.7	902,113	943,003	95.7
55-59	614,214	633,604	96.9	614,179	633,567	96.9
60-64	552,780	593,224	93.2	552,743	593,191	93.2
65-69	328,382	372,595	88.1	328,369	372,575	88.1
70-74	286,875	336,299	85.3	287,662	336,407	85.5
75-79	213,892	262,047	81.6	208,945	271,585	76.9
80+	207,401	283,891	73.1	202,023	322,985	62.5

2.2 Fertility Assumptions and Estimation

2.2.1 Introduction

Estimation of fertility levels for Tanzania from the 2022 PHC is based on the number of live births by age of mother in the 12 months preceding the census and the number of children ever born by age of mother reported by women aged 15-49 years. However, given the limitations of the census data, fertility levels used in this report are based on data from 2022 Tanzania Demographic and Health Survey and Malaria Indicator Survey (2022 TDHS-MIS).

2.2.2 Fertility Estimation

Fertility levels (Total Fertility Rate and Age Specific Fertility Rates) are projected from levels observed in the 2022 Tanzania Demographic and Health Survey and Malaria Indicator Survey. Estimation of future fertility levels was done through UN spread sheet used to estimate the fertility rate (UNFerModel worksheet).

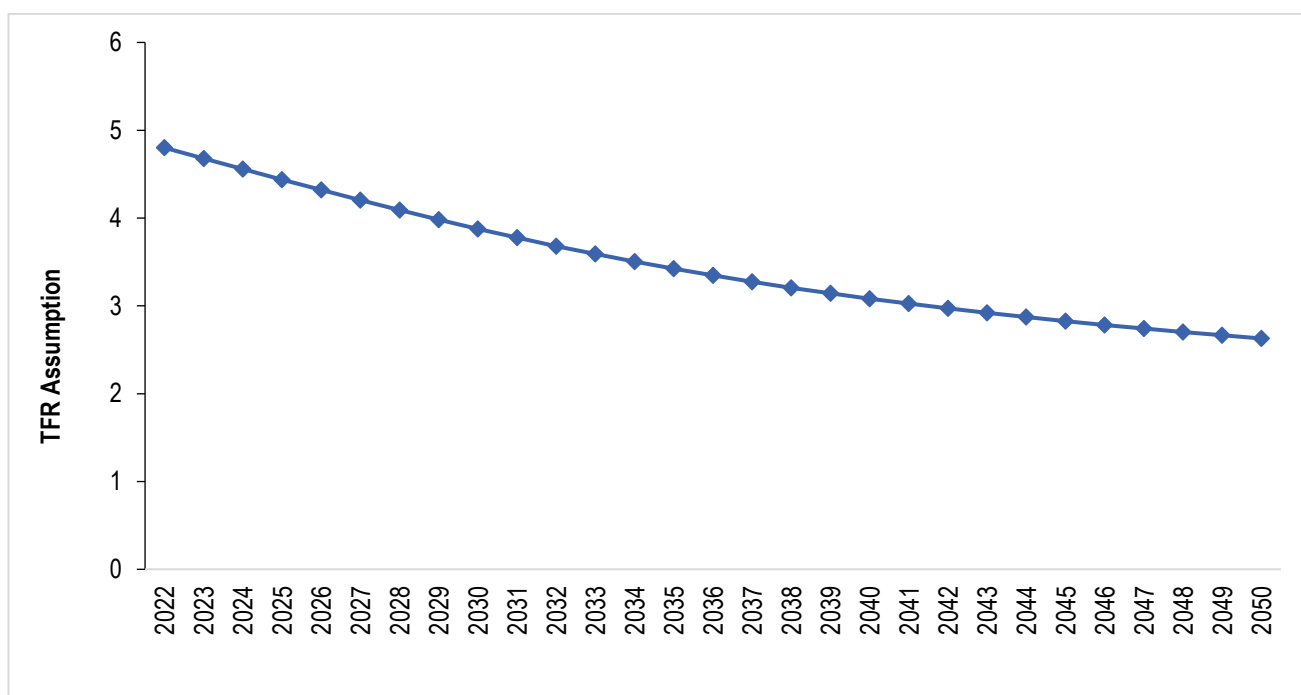
The template allows the user to make projections of the Total Fertility Rate for a considerable period of time (in this case from 2022 to 2050). Three different paces of change in the fertility level can be selected, from which the medium scenario or variant is derived. Population census data and demographic surveys undertaken in Tanzania have shown that fertility, as one of the important components of population change, is slowly decreasing and thus a medium pace was selected.

Table 2.2 Fertility Assumptions for Tanzania, Tanzania Mainland and Tanzania Zanzibar: 2022 – 2050

Year	Tanzania	Tanzania Mainland	Tanzania Zanzibar
2022	4.8	4.8	4.7
2023	4.7	4.7	4.6
2024	4.6	4.6	4.5
2025	4.4	4.4	4.3
2026	4.3	4.3	4.2
2027	4.2	4.2	4.1
2028	4.1	4.1	4.0
2029	4.0	4.0	3.9
2030	3.9	3.9	3.8
2032	3.8	3.8	3.7
2032	3.7	3.7	3.6
2033	3.6	3.6	3.5
2034	3.5	3.5	3.4
2035	3.4	3.4	3.4
2036	3.3	3.3	3.3
2037	3.3	3.3	3.2
2038	3.2	3.2	3.2

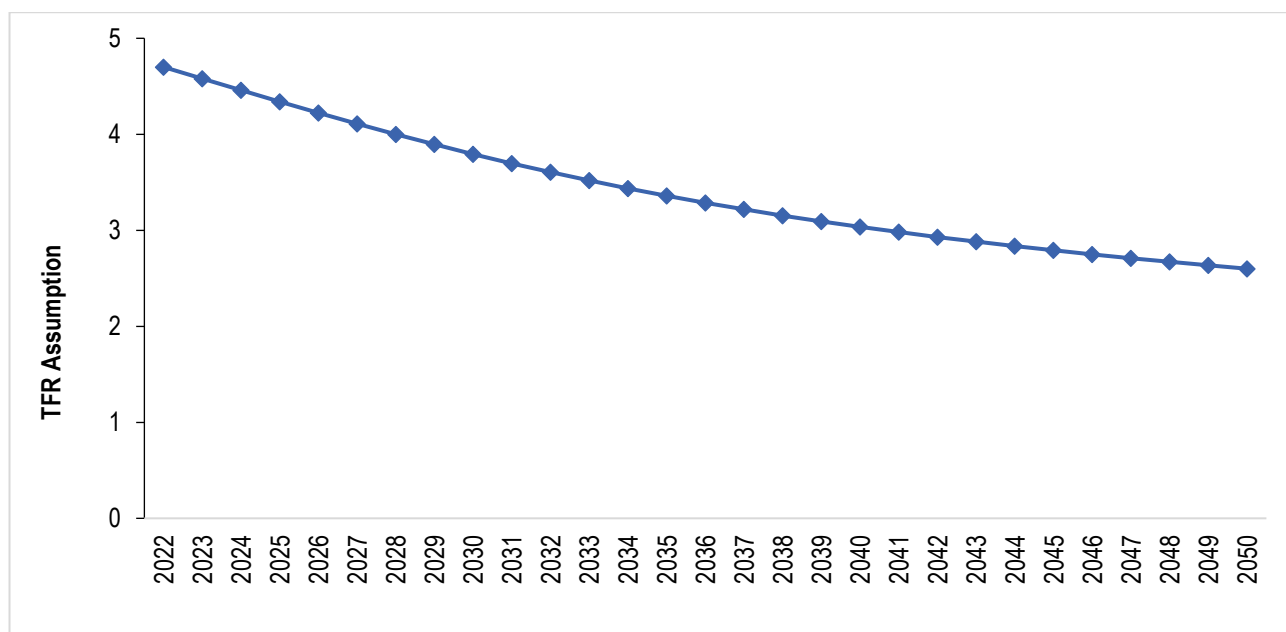
Year	Tanzania	Tanzania Mainland	Tanzania Zanzibar
2039	3.1	3.1	3.1
2040	3.1	3.1	3.0
2041	3.0	3.0	3.0
2042	3.0	3.0	2.9
2043	2.9	2.9	2.9
2044	2.9	2.9	2.8
2045	2.8	2.8	2.8
2046	2.8	2.8	2.7
2047	2.7	2.7	2.7
2048	2.7	2.7	2.7
2049	2.7	2.7	2.6
2050	2.6	2.6	2.6

Figure 2.1 Fertility Assumptions for Tanzania and Tanzania Mainland; 2022 – 2050



Note: Data for Tanzania Mainland is similar to Data for Tanzania, therefore figure 2.1 represent Tanzania and Tanzania Mainland.

Figure 2.2 Fertility Assumptions for Tanzania Zanzibar; 2022 – 2050



2.3 Mortality

2.3.1 Introduction

Population projections are affected by several factors including Infant Mortality Rate (IMR), Under Five Mortality Rate, Crude Death Rate and Life expectancy at birth. Application of any index depends mainly on the availability of information or the requirement of models to be used in the exercise. In all mortality indices, life expectancy at birth is considered to be more appropriate as an input for population projections.

2.3.2 Mortality Estimation

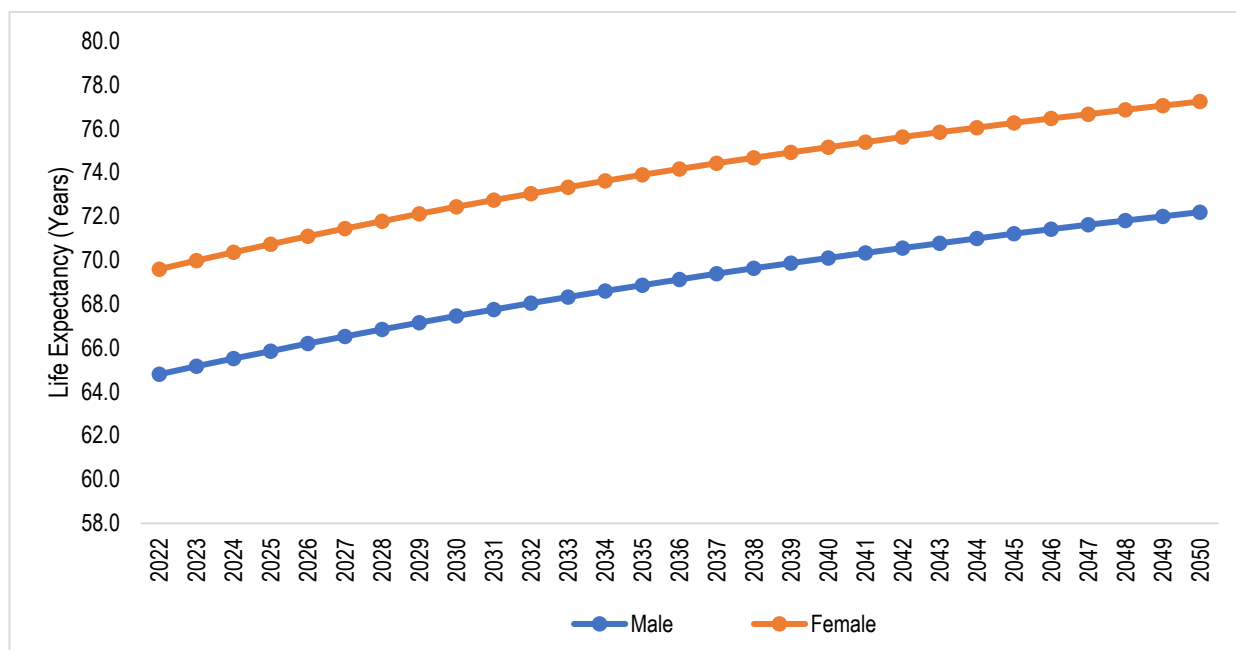
Life expectancy at birth for males and females were interpolated using a UN spread sheet for estimating the mortality rate (UNMortModel worksheet) that uses the 2022 levels projected data from the 2012 Population and Housing Census. This template allows the user to make projections of life expectancy at birth (e0) for both males and females for a considerable number of years (in this case up to 2050). For each sex, 5 different paces of change in the level of life expectancy can be selected, from which the medium scenario or variant is derived. This template also allows the user to generate high and low scenarios of life expectancy at birth, with prescribed differentials expressed in numbers of years as compared to the levels in the medium scenario, for both males and females.

Life expectancy at birth from 2022 Population and Housing Census were not used in the projections as there are abnormally high number of deaths, most likely due to COVID-19 that affected Tanzania and the world in general in 2020 and 2021 (the census question asked on the number of deaths 12 months prior to the census date). Mortality assumptions (life expectancy at birth) for Tanzania, Tanzania Mainland and Tanzania Zanzibar are summarized in Table 2.3 as well as Figures 2.3 and 2.4.

Table 2.3 Mortality Assumptions: Life Expectancy at Birth for Tanzania, Tanzania Mainland and Tanzania Zanzibar: 2022 – 2050

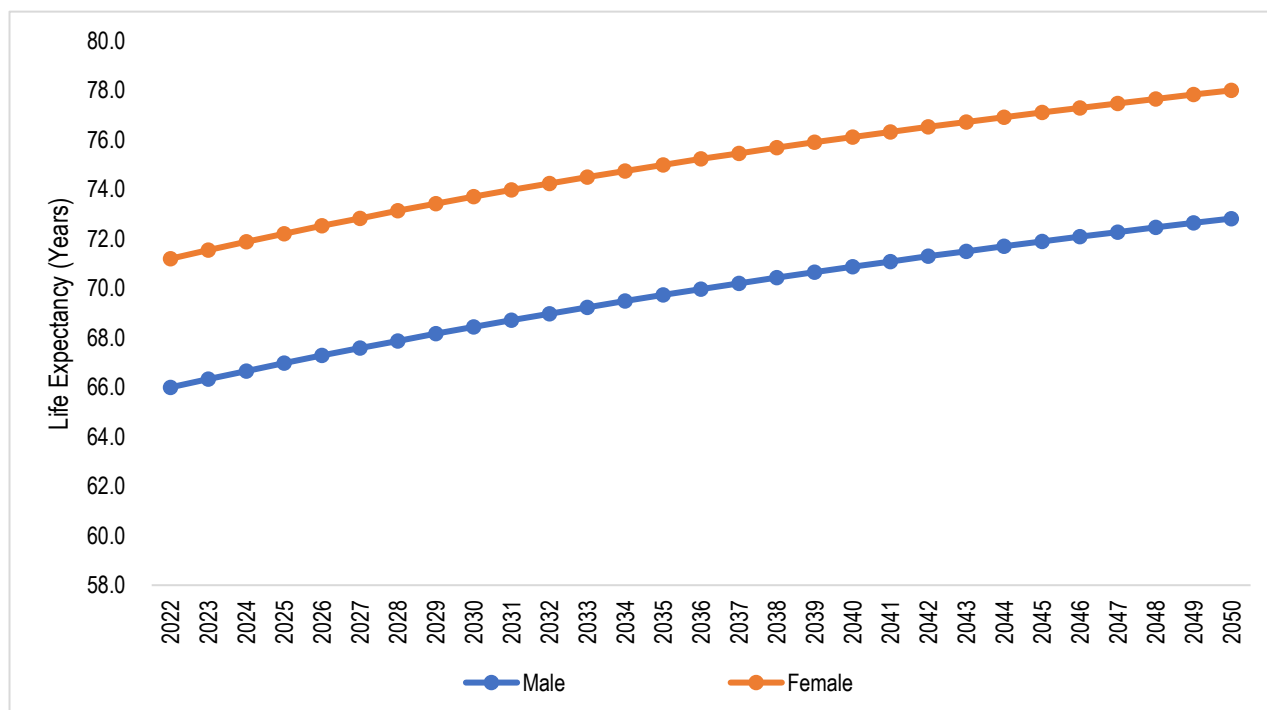
Year	Tanzania		Tanzania Mainland		Tanzania Zanzibar	
	Male	Female	Male	Female	Male	Female
2022	64.8	69.6	64.8	69.6	66.0	71.2
2023	65.2	70.0	65.2	70.0	66.3	71.5
2024	65.5	70.4	65.5	70.4	66.7	71.9
2025	65.9	70.7	65.9	70.7	67.0	72.2
2026	66.2	71.1	66.2	71.1	67.3	72.5
2027	66.5	71.5	66.5	71.5	67.6	72.8
2028	66.9	71.8	66.9	71.8	67.9	73.1
2029	67.2	72.1	67.2	72.1	68.2	73.4
2030	67.5	72.4	67.5	72.4	68.4	73.7
2031	67.8	72.8	67.8	72.8	68.7	74.0
2032	68.1	73.1	68.1	73.1	69.0	74.2
2033	68.3	73.3	68.3	73.3	69.2	74.5
2034	68.6	73.6	68.6	73.6	69.5	74.7
2035	68.9	73.9	68.9	73.9	69.7	75.0
2036	69.1	74.2	69.1	74.2	70.0	75.2
2037	69.4	74.4	69.4	74.4	70.2	75.5
2038	69.6	74.7	69.6	74.7	70.4	75.7
2039	69.9	74.9	69.9	74.9	70.7	75.9
2040	70.1	75.2	70.1	75.2	70.9	76.1
2041	70.3	75.4	70.3	75.4	71.1	76.3
2042	70.6	75.6	70.6	75.6	71.3	76.5
2043	70.8	75.8	70.8	75.8	71.5	76.7
2044	71.0	76.1	71.0	76.1	71.7	76.9
2045	71.2	76.3	71.2	76.3	71.9	77.1
2046	71.4	76.5	71.4	76.5	72.1	77.3
2047	71.6	76.7	71.6	76.7	72.3	77.5
2048	71.8	76.9	71.8	76.9	72.5	77.7
2049	72.0	77.1	72.0	77.1	72.6	77.8
2050	72.2	77.2	72.2	77.2	72.8	78.0

Figure 2.3 Mortality Assumptions: Life Expectancy at Birth for Tanzania and Tanzania Mainland; 2022 – 2050



Note: Data for Tanzania Mainland is similar to Data for Tanzania, therefore figure 2.3 represent Tanzania and Tanzania Mainland.

Figure 2.4 Mortality Assumptions: Life Expectancy at Birth for Tanzania Zanzibar; 2022 – 2050



2.4 Migration

2.4.1 Introduction

Inclusion of migration assumptions in population projections is important because it is one of the major components of population dynamics. Usually there are two types of migration data that are considered in population projections (i.e. internal migration and international migration). Projection at national level considers international migration and internal migration is considered at sub-national (regional) projections.

2.4.2 International Migration Assumptions

Net international migration was considered negligible. The census provides no direct estimates of out-migration to counterbalance the reported in-migration. Estimates of in-migration from the census are small. Further, indirect procedures for estimating net intercensal international migration risk confounding migration with differences in census undercount.

2.5 HIV/AIDS Assumptions

2.5.1 Introduction

HIV/AIDS cases were clinically diagnosed and reported for the first time in 1983 in Kagera Region. By 1986, all regions of Tanzania Mainland had reported HIV/AIDS cases.

2.5.2 HIV/AIDs Assumptions

HIV/AIDS surveys show that prevalence of HIV among persons aged 15 years and above has been steadily decreasing. The 2022-23 Tanzania HIV Impact Survey (THIS) shows that HIV prevalence among population aged 15 years and above in Tanzania is 4.4 percent. The rate has declined from 4.9 percent recorded in 2016-2017 THIS. This decline and the introduction of antiretroviral HIV drugs, implies that, deaths emanating from HIV/AIDS are unlikely to affect both life expectancy and the age and sex pattern of mortality and therefore impact of HIV/AIDS was not taken into consideration during projections.



CHAPTER THREE

Projection

3.0 Introduction

The chapter presents brief discussion and summary of selected demographic indicators for the entire projection period of 2023 to 2050.

3.1 Highlights of Population Projections Results

This section discusses key demographic indicators for mid-year population between 2023 and 2050.

3.1.1 Population Growth

Projection results show a decline in annual average population growth rates. Population growth rate for Tanzania and Tanzania Mainland is expected to decrease from 2.9 percent in 2023 to 1.8 percent in 2050. Further, over the same period, population growth rate for Tanzania Zanzibar is expected to decline from 3.2 to 1.7 percent over the same period (Table 3.1).

The population of Tanzania is projected to increase from 61,741,120 in 2022 to 118,105,370 persons in 2050 while that of Tanzania Mainland is expected to increase from 59,851,347 in 2022 to 114,468,274 persons in 2050. Total population of Tanzania Zanzibar is expected to reach 3,637,096 in 2050 from 1,889,773 persons projected in 2022 (Detail are shown in Chapter 5 at Tables A5.1 – A5.10, Tables B5.1 – B5.10 and Tables C5.1 – C5.10). For the purpose of this projection, the rates for 2022 are actual base year figures.

Table 3.1 Projected Population Growth Rates for Tanzania, Tanzania Mainland and Tanzania Zanzibar: 2022 – 2050

Year	Tanzania	Tanzania Mainland	Tanzania Zanzibar
2022 ¹	3.2	3.2	3.7
2023	2.9	2.9	3.2
2024	2.8	2.8	3.1
2025	2.8	2.8	3.0
2026	2.7	2.7	2.9
2027	2.7	2.7	2.8
2028	2.6	2.6	2.8
2029	2.6	2.6	2.7
2030	2.5	2.5	2.6
2031	2.5	2.5	2.5
2032	2.4	2.4	2.5
2033	2.4	2.4	2.4
2034	2.3	2.3	2.3
2035	2.3	2.3	2.3
2036	2.3	2.3	2.2
2037	2.2	2.2	2.2
2038	2.2	2.2	2.1
2039	2.1	2.1	2.1
2040	2.1	2.1	2.1
2041	2.1	2.1	2.0
2042	2.0	2.0	2.0
2043	2.0	2.0	2.0
2044	2.0	2.0	1.9
2045	1.9	1.9	1.9
2046	1.9	1.9	1.9
2047	1.9	1.9	1.8
2048	1.8	1.8	1.8
2049	1.8	1.8	1.7
2050	1.8	1.8	1.7

3.1.2 Total Fertility Rate

Table 3.2 shows that fertility levels are projected to decline in Tanzania during the projection period. The projected Total Fertility Rate (TFR) at the beginning of the projection period for Tanzania and Tanzania Mainland is 4.8 children per woman in 2022 and is expected to decline to 2.6 children per woman in 2050. Over this same period, projected TFR for Tanzania Zanzibar is expected to decline from 4.7 to 2.6 children per woman. Due to high fertility and population momentum, it is probable that the Tanzanian population will continue to grow for most of the remainder of the 21st century, even if fertility rates decline.

¹ Tanzania, 2022 PHC

Table 3.2 Projected Total Fertility Rates for Tanzania, Tanzania Mainland and Tanzania Zanzibar: 2022 – 2050

Year	Tanzania	Tanzania Mainland	Tanzania Zanzibar
2022 ²	4.8	4.8	4.7
2023	4.7	4.7	4.6
2024	4.6	4.6	4.5
2025	4.4	4.4	4.3
2026	4.3	4.3	4.2
2027	4.2	4.2	4.1
2028	4.1	4.1	4.0
2029	4.0	4.0	3.9
2030	3.9	3.9	3.8
2031	3.8	3.8	3.7
2032	3.7	3.7	3.6
2033	3.6	3.6	3.5
2034	3.5	3.5	3.4
2035	3.4	3.4	3.4
2036	3.4	3.4	3.3
2037	3.3	3.3	3.2
2038	3.2	3.2	3.2
2039	3.1	3.1	3.1
2040	3.1	3.1	3.0
2041	3.0	3.0	3.0
2042	3.0	3.0	2.9
2043	2.9	2.9	2.9
2044	2.9	2.9	2.8
2045	2.8	2.8	2.8
2046	2.8	2.8	2.8
2047	2.7	2.7	2.7
2048	2.7	2.7	2.7
2049	2.7	2.7	2.6
2050	2.6	2.6	2.6

3.1.3 Life Expectancy at Birth

Projected life expectancy at birth shows an upward trend in the country. Life expectancy for both sexes in Tanzania is expected to increase from 67.3 years in 2022 to 74.6 years in 2050; with that for males being expected to increase from 64.8 years in 2022 to 72.1 years in 2050 and for females from 69.6 years in 2022 to 77.0 years in 2050.

Life expectancy at birth for Tanzania Zanzibar is expected to be slightly higher than that of Tanzania and Tanzania Mainland. For both sexes, life expectancy at birth is expected to increase from 68.6 years in 2022 to 75.3 years in 2050. For males, life expectancy at birth is expected to increase from 66.0 years in 2022 to 72.7 years in 2050 and for females from 71.2 in 2022 to 77.8 years in 2050 (Table 3.3).

² Tanzania: DHS, 2022-Final Report

Table 3.3 Projected Life Expectancy at Birth for Tanzania, Tanzania Mainland and Tanzania Zanzibar: 2022 – 2050

Year	Tanzania			Tanzania Mainland			Tanzania Zanzibar		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
2022 ³	64.8	69.6	67.3	64.7	69.6	67.2	66.0	71.2	68.6
2023	65.2	70.0	67.6	65.2	70.0	67.6	66.2	71.4	68.9
2024	65.5	70.4	68.0	65.5	70.4	68.0	66.6	71.8	69.3
2025	65.9	70.7	68.3	65.9	70.7	68.3	66.9	72.1	69.6
2026	66.2	71.0	68.6	66.2	71.0	68.6	67.2	72.4	69.9
2027	66.4	71.4	69.0	66.4	71.4	69.0	67.5	72.7	70.2
2028	66.8	71.7	69.3	66.8	71.7	69.3	67.8	73.0	70.5
2029	67.1	72.0	69.6	67.1	72.0	69.6	68.1	73.3	70.8
2030	67.4	72.3	69.9	67.4	72.3	69.9	68.3	73.6	71.0
2031	67.7	72.7	70.3	67.7	72.7	70.3	68.6	73.9	71.4
2032	68.0	73.0	70.6	68.0	73.0	70.6	69.0	74.1	71.6
2033	68.2	73.2	70.8	68.2	73.2	70.8	69.2	74.5	71.9
2034	68.5	73.5	71.1	68.5	73.5	71.1	69.5	74.7	72.1
2035	68.9	73.8	71.4	68.9	73.8	71.4	69.7	75.0	72.4
2036	69.1	74.1	71.6	69.1	74.1	71.6	70.0	75.2	72.6
2037	69.4	74.4	71.9	69.4	74.4	71.9	70.2	75.4	72.9
2038	69.6	74.7	72.2	69.6	74.7	72.2	70.4	75.6	73.0
2039	69.9	74.9	72.4	69.9	74.9	72.4	70.6	75.8	73.3
2040	70.1	75.2	72.7	70.1	75.2	72.7	70.8	76.0	73.5
2041	70.3	75.4	72.9	70.3	75.4	72.9	71.0	76.2	73.6
2042	70.6	75.5	73.1	70.6	75.5	73.1	71.2	76.4	73.8
2043	70.7	75.7	73.3	70.7	75.7	73.3	71.4	76.5	74.0
2044	70.9	76.0	73.5	70.9	76.0	73.5	71.6	76.7	74.2
2045	71.1	76.2	73.7	71.1	76.2	73.7	71.8	76.9	74.4
2046	71.3	76.4	73.9	71.3	76.4	73.9	72.0	77.1	74.6
2047	71.5	76.5	74.1	71.5	76.5	74.1	72.2	77.3	74.8
2048	71.7	76.7	74.3	71.7	76.7	74.3	72.4	77.5	75.0
2049	71.9	76.9	74.4	71.9	76.9	74.4	72.5	77.6	75.1
2050	72.1	77.0	74.6	72.1	77.0	74.6	72.7	77.8	75.3

3.1.4 Dependency Ratio

The age dependency ratio is a proxy measure for economic dependence. Age dependency ratio in Tanzania and Tanzania Mainland is expected to decrease from 90 for every 100 working age persons in 2023 to 58 dependants for every 100 persons of working age in 2050. For Tanzania Zanzibar the number of dependants is expected to decrease from 81 for every 100 working persons in 2023 to 56 dependants for every 100 persons of working age in 2050 (Table 3.4 and Figures 3.1 and 3.2).

³ Tanzania, National Population Projections, 2018

Table 3.4 Projected Dependency Ratio Tanzania, Tanzania Mainland and Tanzania Zanzibar; 2023 – 2050

Year	Tanzania	Tanzania Mainland	Tanzania Zanzibar
2023	90 ⁴	90	81
2024	89	89	80
2025	87	87	80
2026	86	86	80
2027	84	84	79
2028	83	83	79
2029	81	81	78
2030	79	79	77
2031	78	78	76
2032	76	76	75
2033	75	75	74
2034	73	73	73
2035	72	72	72
2036	71	71	71
2037	69	69	70
2038	68	68	68
2039	67	67	66
2040	66	66	65
2041	65	65	64
2042	64	64	62
2043	63	63	61
2044	62	62	60
2045	61	61	59
2046	60	60	59
2047	60	60	58
2048	59	59	57
2049	58	58	57
2050	58	58	56

⁴ The 2022 census results show that the dependency ratio in Tanzania is 87, however the projected result shows an increase of four points resulting to the dependency ratio of 90 in 2023. This might be due to the adjustment made to the base population (adjustment due to PES and the under 10 adjustment).

Figure 3.1 Projected Dependency Ratio Tanzania and Tanzania Mainland; 2023 – 2050

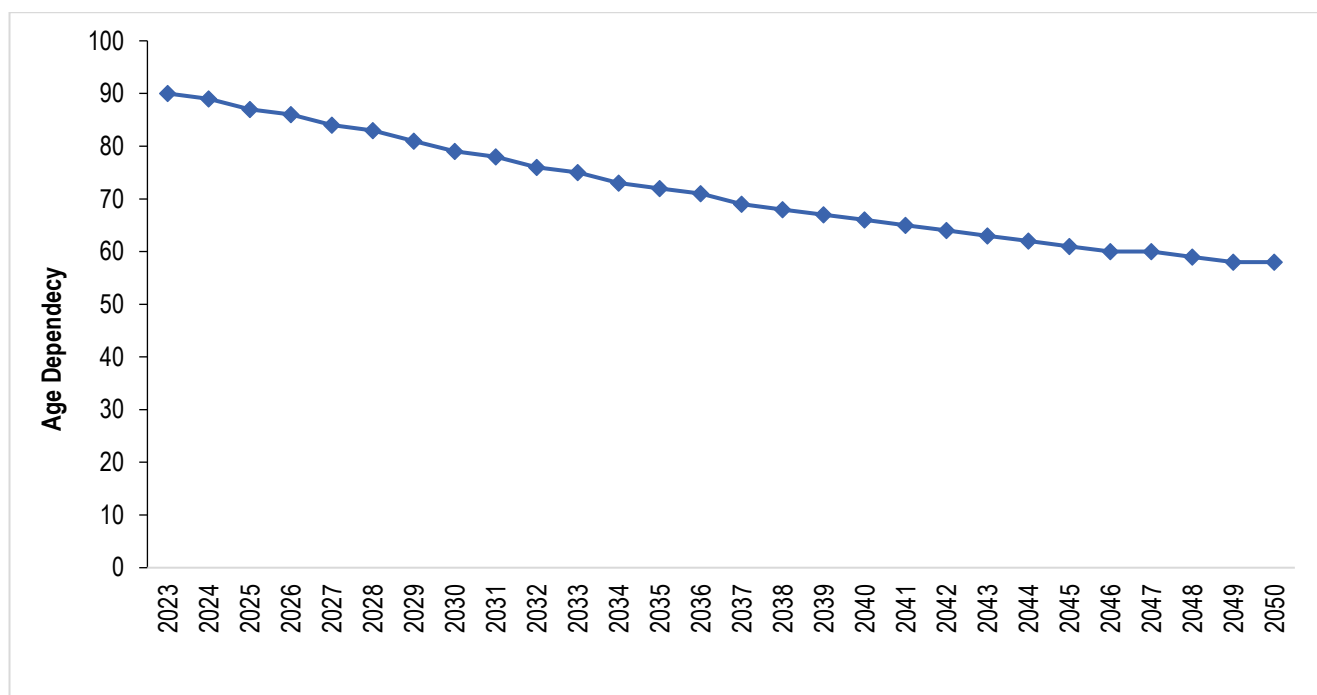
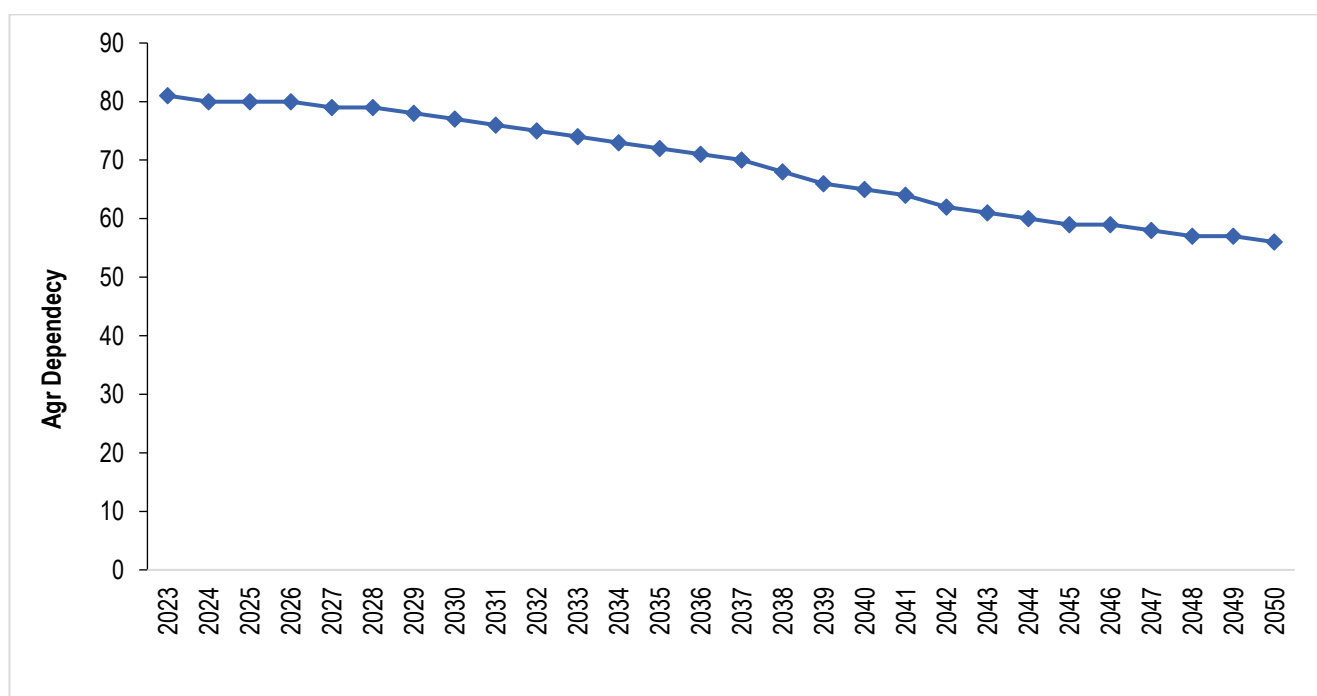


Figure 3.2 Projected Dependency Ratio Tanzania Zanzibar; 2023 – 2050



3.1.5 Summary of Demographic Indicators

This section presents a summary of the selected demographic indicators in each year of the projection period for Tanzania, Tanzania Mainland and Tanzania Zanzibar which are presented in Tables 3A.1 to 3A.3, 3B.1 to 3B.3, and 3C.1 to 3C.3.

Table 3A.1 Selected Demographic Indicators; Tanzania: Projected period 2023-2031

Indicators	2023	2024	2025	2026	2027	2028	2029	2030	2031
Fertility									
TFR	4.7	4.6	4.4	4.3	4.2	4.1	4.0	3.9	3.8
GRR	2.3	2.3	2.2	2.1	2.1	2.0	2.0	1.9	1.9
NRR	2.1	2.1	2.0	2.0	1.9	1.9	1.8	1.8	1.8
Mean Age of Childbearing	28.7	28.7	28.7	28.7	28.6	28.6	28.6	28.6	28.6
Child-Woman Ratio	0.7	0.7	0.7	0.6	0.6	0.6	0.6	0.6	0.6
Mortality									
Male LE	65.2	65.5	65.9	66.2	66.4	66.8	67.1	67.4	67.7
Female LE	70.0	70.4	70.7	71.0	71.4	71.7	72.0	72.3	72.7
Total LE	67.6	68.0	68.3	68.6	69.0	69.3	69.6	69.9	70.3
Vital Rates									
CBR per 1000	35.8	35.0	34.2	33.4	32.6	31.9	31.3	30.7	30.1
CDR per 1000	6.8	6.6	6.4	6.2	6.0	5.8	5.6	5.5	5.4
RNI Percent	2.9	2.8	2.8	2.7	2.7	2.6	2.6	2.5	2.5
GR Percent	2.9	2.8	2.8	2.7	2.7	2.6	2.6	2.5	2.5
Doubling Time	24.2	24.7	25.3	25.8	26.4	26.9	27.4	27.9	28.4
Annual Births and Deaths									
Births	2,276,705	2,288,661	2,299,507	2,309,114	2,317,378	2,329,249	2,339,274	2,353,247	2,365,245
Deaths	427,836	426,424	424,770	423,276	421,838	420,464	420,468	421,106	420,631
Population									
Percent Females 15-49	46.8	47.0	47.2	47.5	47.8	48.1	48.5	48.8	49.1
Sex Ratio	96.0	96.1	96.2	96.3	96.3	96.4	96.5	96.5	96.6
Dependency Ratio	0.9	0.9	0.9	0.9	0.8	0.8	0.8	0.8	0.8
Median Age	18	18	18	18	18	19	19	19	19

Table 3A.2 Selected Demographic Indicators; Tanzania: Projected period 2032-2040

Indicators	2032	2033	2034	2035	2036	2037	2038	2039	2040
Fertility									
TFR	3.7	3.6	3.5	3.4	3.4	3.3	3.2	3.1	3.1
GRR	1.8	1.8	1.7	1.7	1.7	1.6	1.6	1.6	1.5
NRR	1.7	1.7	1.6	1.6	1.6	1.5	1.5	1.5	1.5
Mean Age of Childbearing	28.5	28.5	28.5	28.5	28.5	28.5	28.5	28.4	28.4
Child-Woman Ratio	0.6	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Mortality									
Male LE	68.0	68.2	68.5	68.9	69.1	69.4	69.6	69.9	70.1
Female LE	73.0	73.2	73.5	73.8	74.1	74.4	74.7	74.9	75.2
Total LE	70.6	70.8	71.1	71.4	71.6	71.9	72.2	72.4	72.7
Vital Rates									
CBR per 1000	29.5	28.9	28.4	27.9	27.5	27.0	26.6	26.2	25.8
CDR per 1000	5.2	5.2	5.1	5.0	4.9	4.8	4.8	4.7	4.7
RNI Percent	2.4	2.4	2.3	2.3	2.3	2.2	2.2	2.1	2.1
GR Percent	2.4	2.4	2.3	2.3	2.3	2.2	2.2	2.1	2.1
Doubling Time	29.0	29.5	30.1	30.6	31.0	31.6	32.1	32.7	33.2
Annual Births and Deaths									
Births	2,374,649	2,387,511	2,397,771	2,411,919	2,430,513	2,439,466	2,460,597	2,471,681	2,487,078
Deaths	421,511	425,371	426,371	427,709	431,324	435,400	440,755	446,449	453,825
Population									
Percent Females 15-49	49.5	49.8	50.2	50.5	50.9	51.2	51.5	51.8	52.0
Sex Ratio	96.7	96.7	96.8	96.8	96.8	96.9	96.9	97.0	97.0
Dependency Ratio	0.8	0.8	0.7	0.7	0.7	0.7	0.7	0.7	0.7
Median Age	20	20	20	20	21	21	21	22	22

Table 3A.3 Selected Demographic Indicators; Tanzania: Projected period 2041-2050

Indicators	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050
Fertility										
TFR	3.0	3.0	2.9	2.9	2.8	2.8	2.7	2.7	2.7	2.6
GRR	1.5	1.5	1.4	1.4	1.4	1.4	1.4	1.3	1.3	1.3
NRR	1.4	1.4	1.4	1.4	1.3	1.3	1.3	1.3	1.3	1.3
Mean Age of Childbearing	28.4	28.4	28.4	28.4	28.4	28.4	28.4	28.4	28.4	28.4
Child-Woman Ratio	0.5	0.5	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4
Mortality										
Male LE	70.3	70.6	70.7	70.9	71.1	71.3	71.5	71.7	71.9	72.1
Female LE	75.4	75.5	75.7	76.0	76.2	76.4	76.5	76.7	76.9	77.0
Total LE	72.9	73.1	73.3	73.5	73.7	73.9	74.1	74.3	74.4	74.6
Vital Rates										
CBR per 1000	25.4	25.0	24.7	24.3	24.0	23.5	23.2	22.8	22.5	22.2
CDR per 1000	4.7	4.7	4.7	4.7	4.6	4.6	4.6	4.6	4.7	4.7
RNI Percent	2.1	2.0	2.0	2.0	1.9	1.9	1.9	1.8	1.8	1.8
GR Percent	2.1	2.0	2.0	2.0	1.9	1.9	1.9	1.8	1.8	1.8
Doubling Time	33.8	34.4	35.0	35.7	36.2	37.0	37.7	38.4	39.3	40.0
Annual Births and Deaths										
Births	2,506,813	2,515,535	2,529,369	2,540,123	2,556,648	2,561,329	2,571,737	2,579,176	2,583,676	2,594,930
Deaths	463,300	470,787	479,618	486,762	495,495	504,422	514,171	524,742	536,128	549,746
Population										
Percent Females 15-49	52.2	52.4	52.6	52.7	52.8	52.9	52.9	53.0	53.0	52.9
Sex Ratio	97.0	97.1	97.1	97.1	97.1	97.2	97.2	97.2	97.2	97.3
Dependency Ratio	0.7	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6
Median Age	22	22	23	23	23	24	24	24	25	25

Table 3B.1 Selected Demographic Indicators; Tanzania Mainland: Projected period 2023-2031

Indicators	2023	2024	2025	2026	2027	2028	2029	2030	2031
Fertility									
TFR	4.7	4.6	4.4	4.3	4.2	4.1	4.0	3.9	3.8
GRR	2.3	2.3	2.2	2.1	2.1	2.0	2.0	1.9	1.9
NRR	2.1	2.1	2.0	2.0	1.9	1.9	1.8	1.8	1.8
Mean Age of Childbearing	28.7	28.7	28.7	28.7	28.6	28.6	28.6	28.6	28.6
Child-Woman Ratio	0.7	0.7	0.7	0.6	0.6	0.6	0.6	0.6	0.6
Mortality									
Male LE	65.2	65.5	65.9	66.2	66.4	66.8	67.1	67.4	67.7
Female LE	70.0	70.4	70.7	71.0	71.4	71.7	72.0	72.3	72.7
Total LE	67.6	68.0	68.3	68.6	69.0	69.3	69.6	69.9	70.3
Vital Rates									
CBR per 1000	35.8	35.0	34.2	33.4	32.6	31.9	31.3	30.7	30.1
CDR per 1000	6.8	6.6	6.4	6.2	6.0	5.8	5.6	5.5	5.4
RNI Percent	2.9	2.8	2.8	2.7	2.7	2.6	2.6	2.5	2.5
GR Percent	2.9	2.8	2.8	2.7	2.7	2.6	2.6	2.5	2.5
Doubling Time	24.2	24.7	25.3	25.8	26.4	26.9	27.4	27.9	28.4
Annual Births and Deaths									
Births	2,203,244	2,215,146	2,226,056	2,235,828	2,244,165	2,256,180	2,266,420	2,280,487	2,292,447
Deaths	416,903	415,458	413,741	412,196	410,709	409,288	409,246	409,785	409,250
Population									
Percent Females 15-49	46.8	47.0	47.2	47.5	47.8	48.1	48.5	48.8	49.1
Sex Ratio	96.0	96.1	96.2	96.3	96.3	96.4	96.5	96.5	96.6
Dependency Ratio	0.9	0.9	0.9	0.9	0.8	0.8	0.8	0.8	0.8
Median Age	18	18	18	18	18	19	19	19	19

Table 3B.2 Selected Demographic Indicators; Tanzania Mainland: Projected period 2032-2040

Indicators	2032	2033	2034	2035	2036	2037	2038	2039	2040
Fertility									
TFR	3.7	3.6	3.5	3.4	3.4	3.3	3.2	3.1	3.1
GRR	1.8	1.8	1.7	1.7	1.7	1.6	1.6	1.6	1.5
NRR	1.7	1.7	1.6	1.6	1.6	1.5	1.5	1.5	1.5
Mean Age of Childbearing	28.5	28.5	28.5	28.5	28.5	28.5	28.5	28.4	28.4
Child-Woman Ratio	0.6	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Mortality									
Male LE	68.0	68.2	68.5	68.9	69.1	69.4	69.6	69.9	70.1
Female LE	73.0	73.2	73.5	73.8	74.1	74.4	74.7	74.9	75.2
Total LE	70.6	70.8	71.1	71.4	71.6	71.9	72.2	72.4	72.7
Vital Rates									
CBR per 1000	29.5	28.9	28.4	27.9	27.5	27.0	26.6	26.2	25.8
CDR per 1000	5.2	5.2	5.1	5.0	4.9	4.8	4.8	4.7	4.7
RNI Percent	2.4	2.4	2.3	2.3	2.3	2.2	2.2	2.1	2.1
GR Percent	2.4	2.4	2.3	2.3	2.3	2.2	2.2	2.1	2.1
Doubling Time	29.0	29.5	30.1	30.6	31.0	31.6	32.1	32.7	33.2
Annual Births and Deaths									
Births	2,301,870	2,314,813	2,325,008	2,339,147	2,357,568	2,366,392	2,387,290	2,397,841	2,412,565
Deaths	410,023	413,766	414,646	415,854	419,306	423,169	428,254	433,700	440,765
Population									
Percent Females 15-49	49.5	49.8	50.2	50.5	50.9	51.2	51.5	51.8	52.0
Sex Ratio	96.7	96.7	96.8	96.8	96.8	96.9	96.9	97.0	97.0
Dependency Ratio	0.8	0.8	0.7	0.7	0.7	0.7	0.7	0.7	0.7
Median Age	20	20	20	20	21	21	21	22	22

Table 3B.3 Selected Demographic Indicators; Tanzania Mainland: Projected period 2041-2050

Indicators	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050
Fertility										
TFR	3.0	3.0	2.9	2.9	2.8	2.8	2.7	2.7	2.7	2.6
GRR	1.5	1.5	1.4	1.4	1.4	1.4	1.4	1.3	1.3	1.3
NRR	1.4	1.4	1.4	1.4	1.3	1.3	1.3	1.3	1.3	1.3
Mean Age of Childbearing	28.4	28.4	28.4	28.4	28.4	28.4	28.4	28.4	28.4	28.4
Child-Woman Ratio	0.5	0.5	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4
Mortality										
Male LE	70.3	70.6	70.7	70.9	71.1	71.3	71.5	71.7	71.9	72.1
Female LE	75.4	75.5	75.7	76.0	76.2	76.4	76.5	76.7	76.9	77.0
Total LE	72.9	73.1	73.3	73.5	73.7	73.9	74.1	74.3	74.4	74.6
Vital Rates										
CBR per 1000	25.4	25.0	24.7	24.3	24.0	23.5	23.2	22.8	22.5	22.2
CDR per 1000	4.7	4.7	4.7	4.7	4.6	4.6	4.6	4.6	4.7	4.7
RNI Percent	2.1	2.0	2.0	2.0	1.9	1.9	1.9	1.8	1.8	1.8
GR Percent	2.1	2.0	2.0	2.0	1.9	1.9	1.9	1.8	1.8	1.8
Doubling Time	33.8	34.4	35.0	35.7	36.2	37.0	37.7	38.4	39.3	40.0
Annual Births and Deaths										
Births	2,431,975	2,440,216	2,453,612	2,463,986	2,479,969	2,484,202	2,494,256	2,501,423	2,505,733	2,516,588
Deaths	449,925	457,087	465,587	472,397	480,787	489,366	498,761	508,972	519,877	533,122
Population										
Percent Females 15-49	52.2	52.4	52.6	52.7	52.8	52.9	52.9	53.0	53.0	52.9
Sex Ratio	97.0	97.1	97.1	97.1	97.1	97.2	97.2	97.2	97.2	97.3
Dependency Ratio	0.7	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6
Median Age	22	22	23	23	23	24	24	24	25	25

Table 3C.1 Selected Demographic Indicators; Tanzania Zanzibar: Projected period 2023-2031

Indicators	2023	2024	2025	2026	2027	2028	2029	2030	2031
Fertility									
TFR	4.6	4.5	4.3	4.2	4.1	4.0	3.9	3.8	3.7
GRR	2.3	2.2	2.1	2.1	2.0	2.0	1.9	1.9	1.8
NRR	2.1	2.1	2.0	2.0	1.9	1.9	1.8	1.8	1.7
Mean Age of Childbearing	28.7	28.7	28.7	28.7	28.6	28.6	28.6	28.6	28.6
Child-Woman Ratio	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6
Mortality									
Male LE	66.2	66.6	66.9	67.2	67.5	67.8	68.1	68.3	68.6
Female LE	71.4	71.8	72.1	72.4	72.7	73.0	73.3	73.6	73.9
Total LE	68.9	69.3	69.6	69.9	70.2	70.5	70.8	71.0	71.4
Vital Rates									
CBR per 1000	37.8	36.7	35.5	34.4	33.4	32.4	31.5	30.6	29.8
CDR per 1000	5.6	5.5	5.3	5.2	5.1	5.0	4.8	4.8	4.7
RNI Percent	3.2	3.1	3.0	2.9	2.8	2.8	2.7	2.6	2.5
GR Percent	3.2	3.1	3.0	2.9	2.8	2.8	2.7	2.6	2.5
Doubling Time	21.9	22.6	23.3	24.1	24.8	25.6	26.4	27.2	27.9
Annual Births and Deaths									
Births	73,461	73,515	73,451	73,286	73,213	73,069	72,854	72,760	72,798
Deaths	10,933	10,966	11,029	11,080	11,129	11,176	11,222	11,321	11,381
Population									
Percent Females 15-49	49.6	49.5	49.4	49.4	49.4	49.5	49.5	49.7	49.8
Sex Ratio	94.6	94.8	94.9	95.0	95.1	95.2	95.3	95.4	95.5
Dependency Ratio	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8
Median Age	19.0	19.0	19.0	19.0	19.0	19.0	19.0	20.0	20.0

Table 3C.2 Selected Demographic Indicators; Tanzania Zanzibar: Projected period 2032-2040

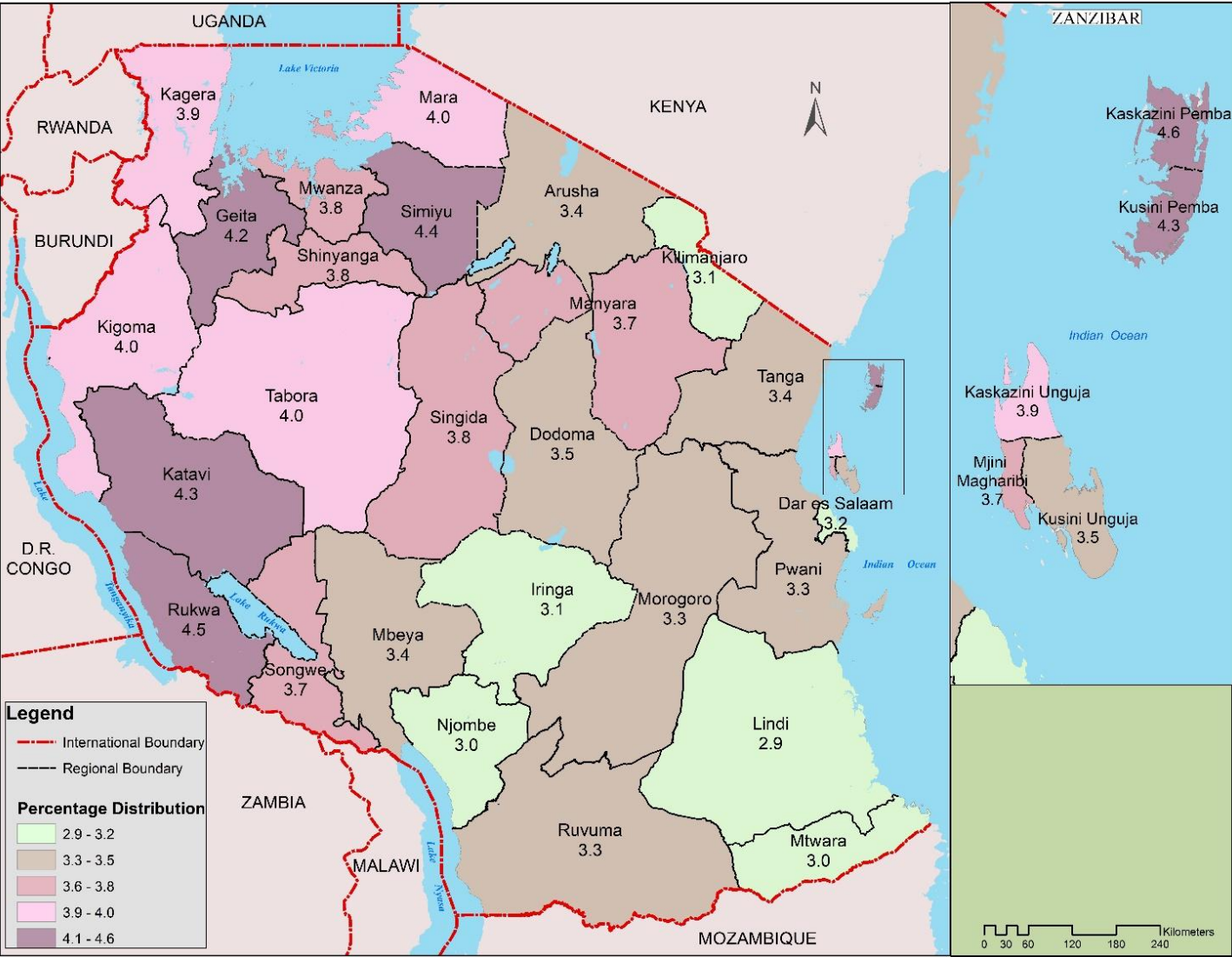
Indicators	2032	2033	2034	2035	2036	2037	2038	2039	2040
Fertility									
TFR	3.6	3.5	3.4	3.4	3.3	3.2	3.2	3.1	3.0
GRR	1.8	1.7	1.7	1.7	1.6	1.6	1.6	1.5	1.5
NRR	1.7	1.7	1.6	1.6	1.6	1.5	1.5	1.5	1.4
Mean Age of Childbearing	28.5	28.5	28.5	28.5	28.5	28.5	28.5	28.4	28.4
Child-Woman Ratio	0.6	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Mortality									
Male LE	69.0	69.2	69.5	69.7	70.0	70.2	70.4	70.6	70.8
Female LE	74.1	74.5	74.7	75.0	75.2	75.4	75.6	75.8	76.0
Total LE	71.6	71.9	72.1	72.4	72.6	72.9	73.0	73.3	73.5
Vital Rates									
CBR per 1000	29.1	28.4	27.7	27.1	26.6	26.0	25.6	25.2	24.9
CDR per 1000	4.6	4.5	4.5	4.4	4.4	4.4	4.4	4.4	4.4
RNI Percent	2.5	2.4	2.3	2.3	2.2	2.2	2.1	2.1	2.1
GR Percent	2.5	2.4	2.3	2.3	2.2	2.2	2.1	2.1	2.1
Doubling Time	28.6	29.4	30.1	30.9	31.6	32.3	33.0	33.6	34.1
Annual Births and Deaths									
Births	72,779	72,698	72,763	72,772	72,945	73,074	73,307	73,840	74,513
Deaths	11,488	11,605	11,725	11,855	12,018	12,231	12,501	12,749	13,060
Population									
Percent Females 15-49	49.9	50.1	50.3	50.4	50.6	50.8	51.2	51.6	51.9
Sex Ratio	95.6	95.6	95.7	95.8	95.8	95.9	95.9	96.0	96.1
Dependency Ratio	0.8	0.7	0.7	0.7	0.7	0.7	0.7	0.7	0.7
Median Age	20.0	20.0	20.0	21.0	21.0	21.0	22.0	22.0	22.0

Table 3C.3 Selected Demographic Indicators; Tanzania Zanzibar: Projected period 2041-2050

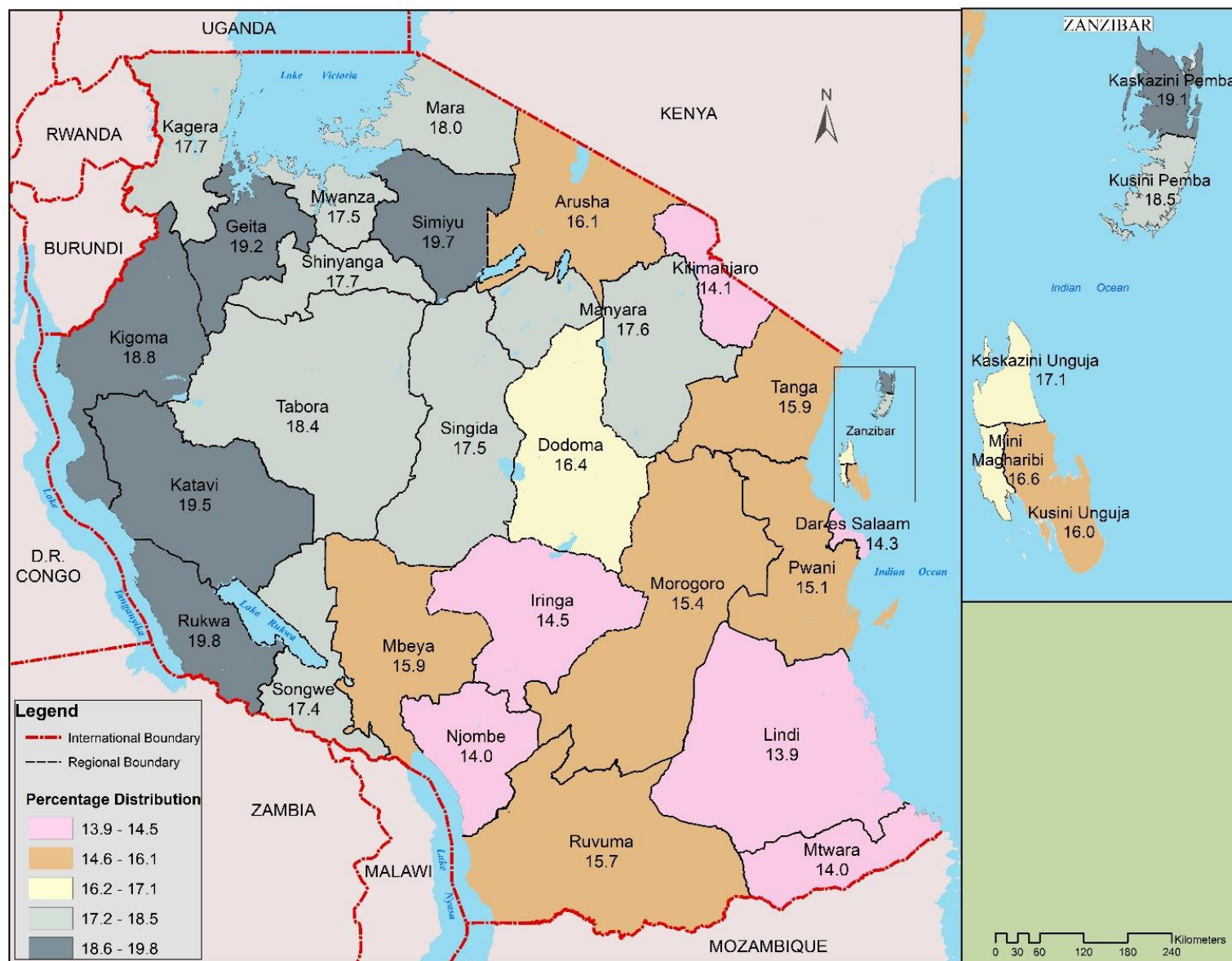
Indicators	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050
Fertility										
TFR	3.0	2.9	2.9	2.8	2.8	2.8	2.7	2.7	2.6	2.6
GRR	1.5	1.4	1.4	1.4	1.4	1.4	1.3	1.3	1.3	1.3
NRR	1.4	1.4	1.4	1.3	1.3	1.3	1.3	1.3	1.3	1.2
Mean Age of Childbearing	28.4	28.4	28.4	28.4	28.4	28.4	28.4	28.4	28.4	28.4
Child-Woman Ratio	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4
Mortality										
Male LE	71.0	71.2	71.4	71.6	71.8	72.0	72.2	72.4	72.5	72.7
Female LE	76.2	76.4	76.5	76.7	76.9	77.1	77.3	77.5	77.6	77.8
Total LE	73.6	73.8	74.0	74.2	74.4	74.6	74.8	75.0	75.1	75.3
Vital Rates										
CBR per 1000	24.5	24.2	23.9	23.5	23.3	23.0	22.7	22.3	22.0	21.7
CDR per 1000	4.4	4.4	4.4	4.4	4.5	4.5	4.5	4.5	4.6	4.6
RNI Percent	2.0	2.0	2.0	1.9	1.9	1.9	1.8	1.8	1.7	1.7
GR Percent	2.0	2.0	2.0	1.9	1.9	1.9	1.8	1.8	1.7	1.7
Doubling Time	34.7	35.3	36.0	36.6	37.2	37.9	38.5	39.3	40.2	40.8
Annual Births and Deaths										
Births	74,838	75,319	75,757	76,137	76,679	77,127	77,481	77,753	77,943	78,342
Deaths	13,375	13,700	14,031	14,365	14,708	15,056	15,410	15,770	16,251	16,624
Population										
Percent Females 15-49	52.1	52.3	52.5	52.6	52.7	52.7	52.7	52.7	52.6	52.5
Sex Ratio	96.1	96.2	96.2	96.2	96.3	96.3	96.4	96.4	96.5	96.5
Dependency Ratio	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6
Median Age	22.0	23.0	23.0	23.0	24.0	24.0	24.0	25.0	25.0	25.0

3.2 Thematic Maps on Selected Age Groups and Indicators for the Year 2025

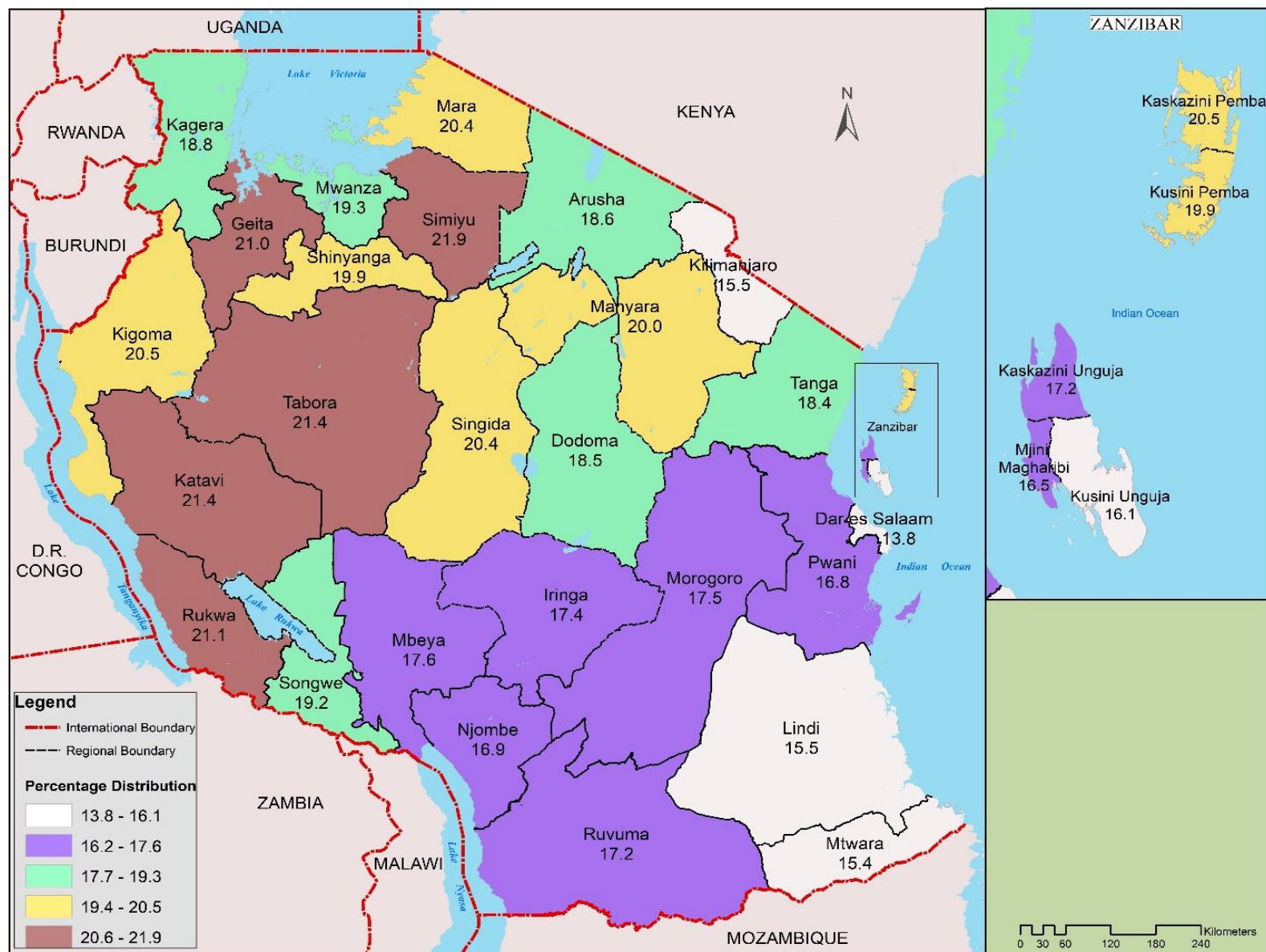
Map 3.1 Percentage Distribution of Children below Age One by Region Population Projections 2025



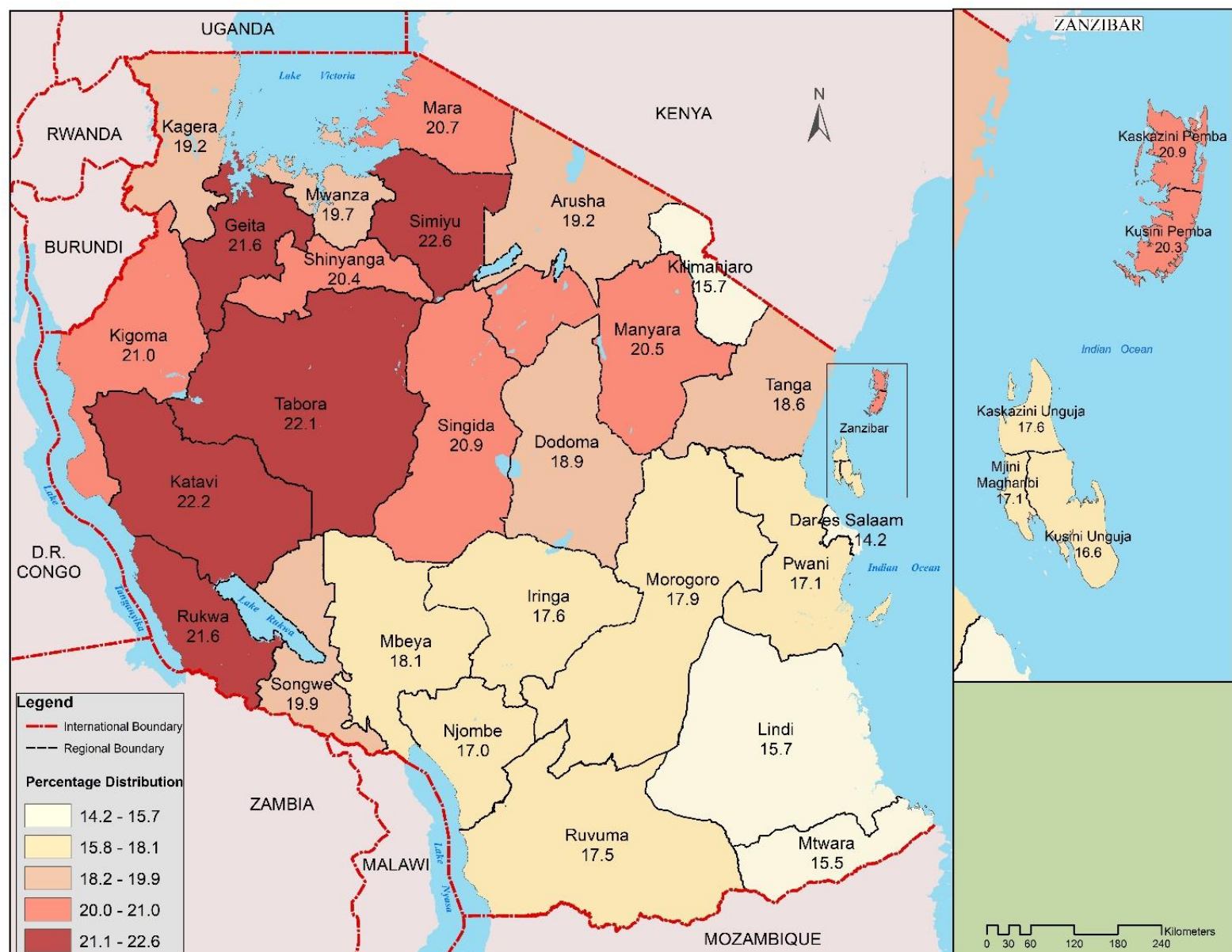
Map 3.2 Percentage Distribution of Children Aged 0 to 4 Years by Region, Population Projections 2025



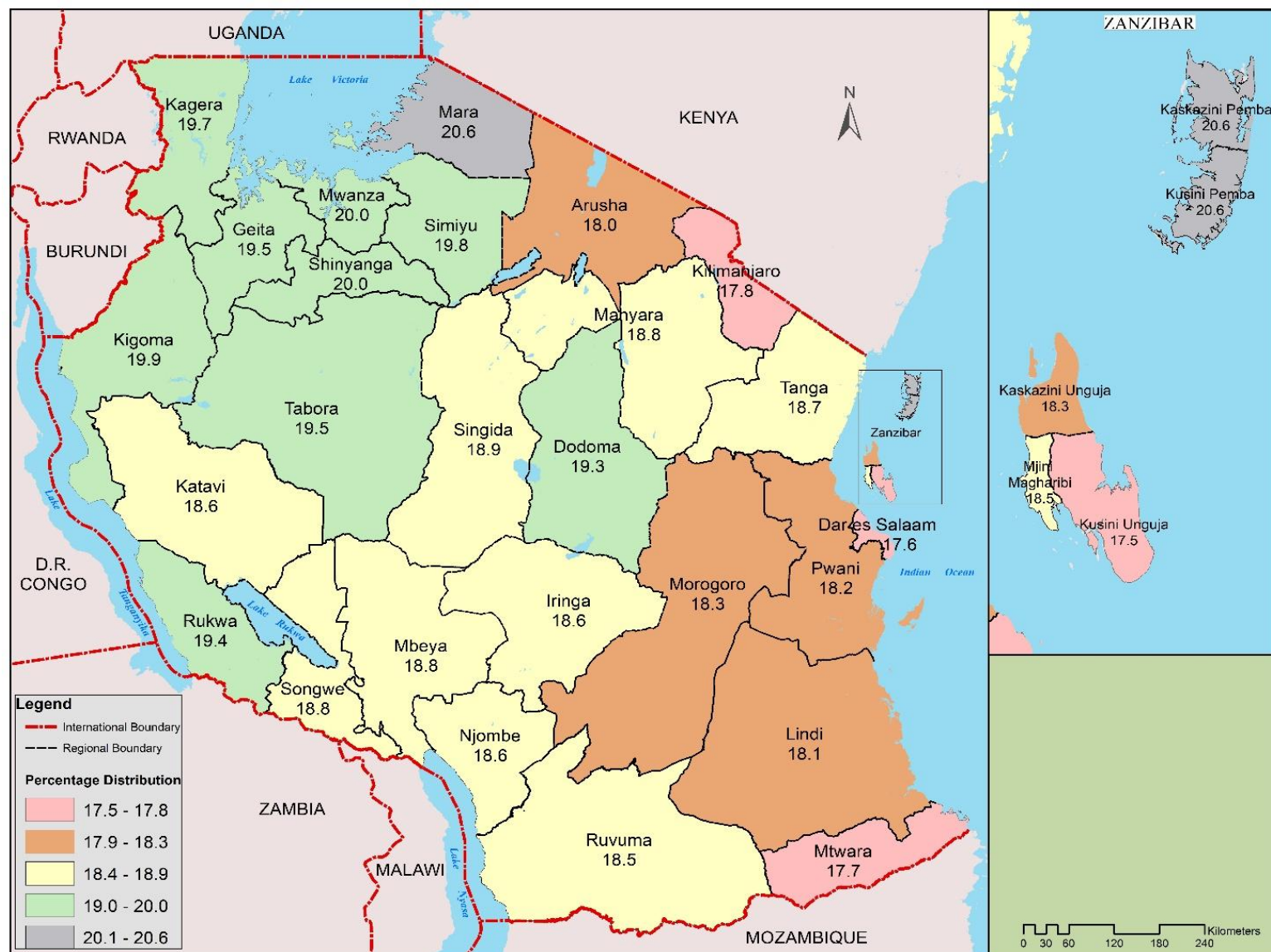
Map 3.3 Percentage Distribution of Population Aged 6 to 12 Years by Region, Population Projections 2025



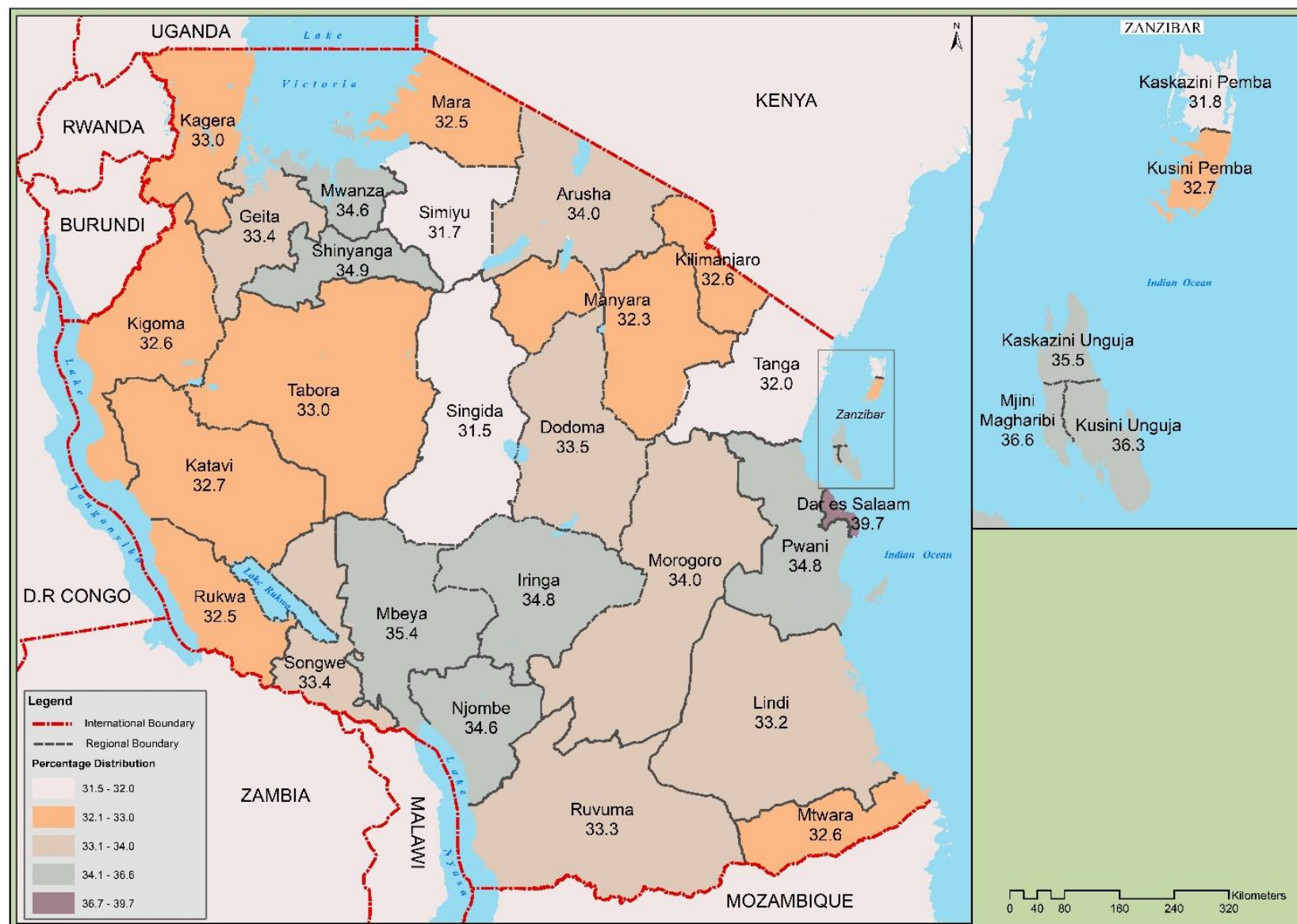
Map 3.4 Percentage Distribution of Population Aged 7 to 13 Years by Region, Population Projections 2025



Map 3.5 Percentage Distribution of Population Aged 15 to 24 Years by Region, Population Projections 2025



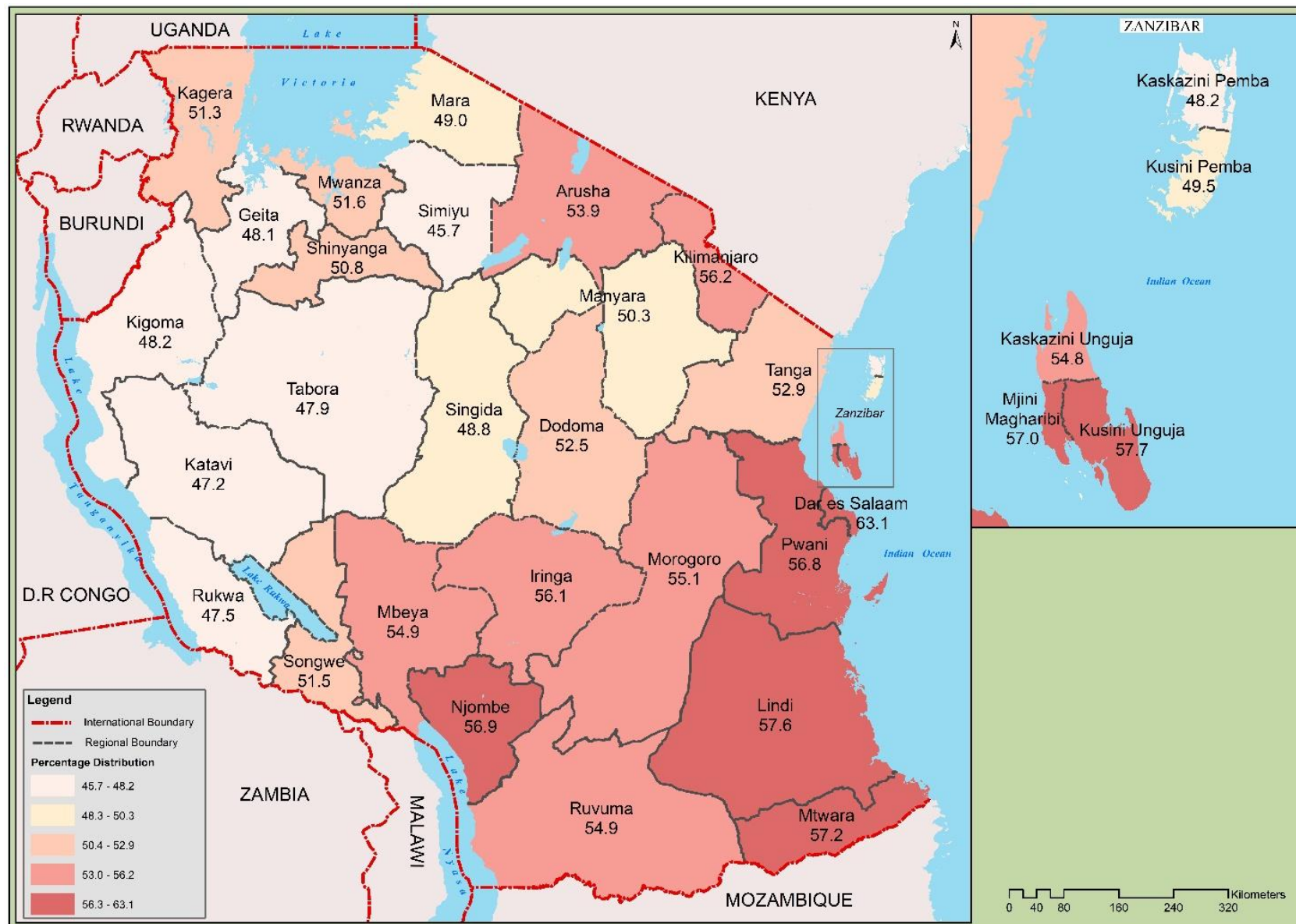
Map 3.6 Percentage Distribution of Population Aged 15 - 35 Years and Above by Region; Population Projection 2025



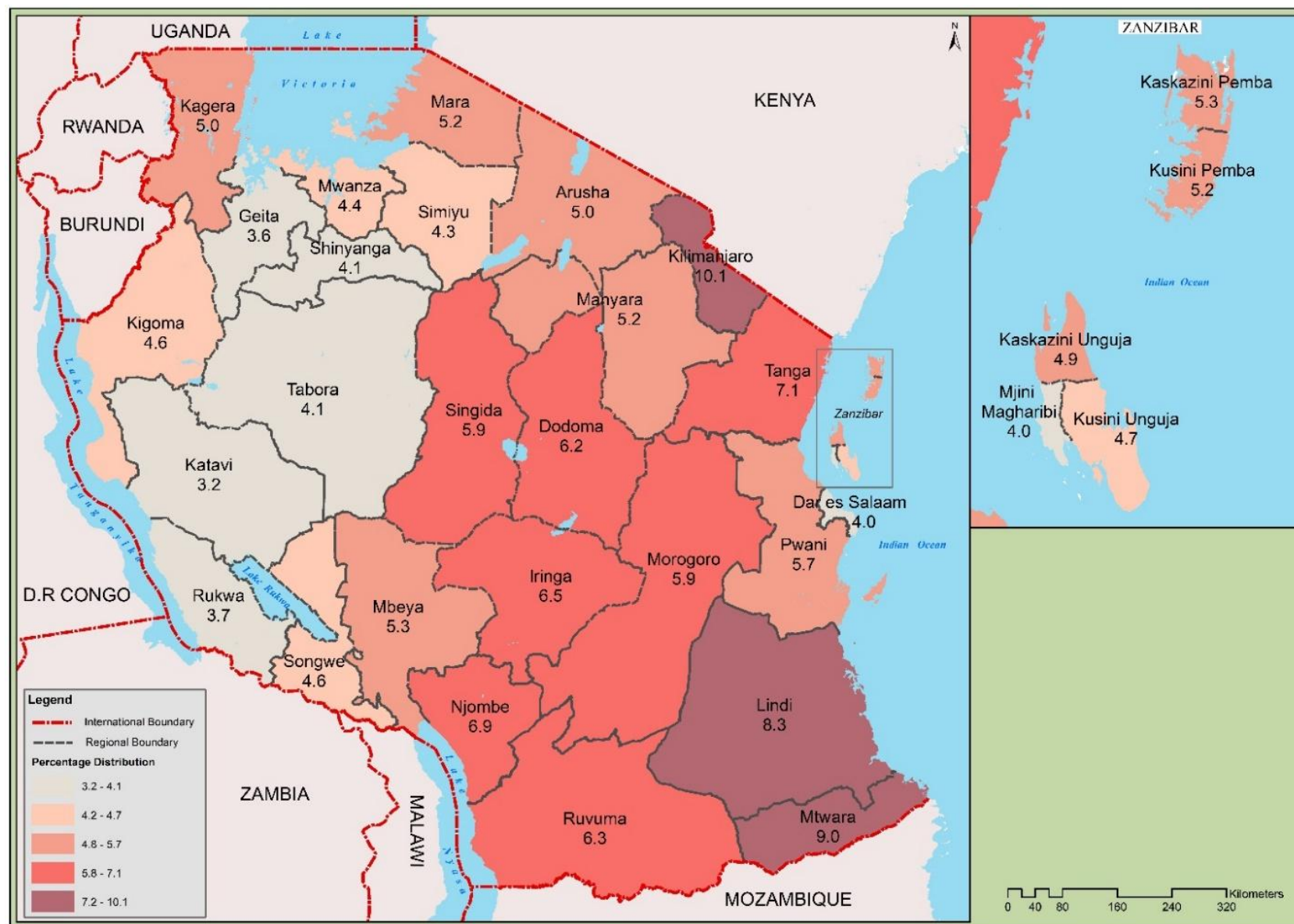
Map 3.7 Percentage Distribution of female Population Aged 15 - 49 by Region; Population Projection 2025



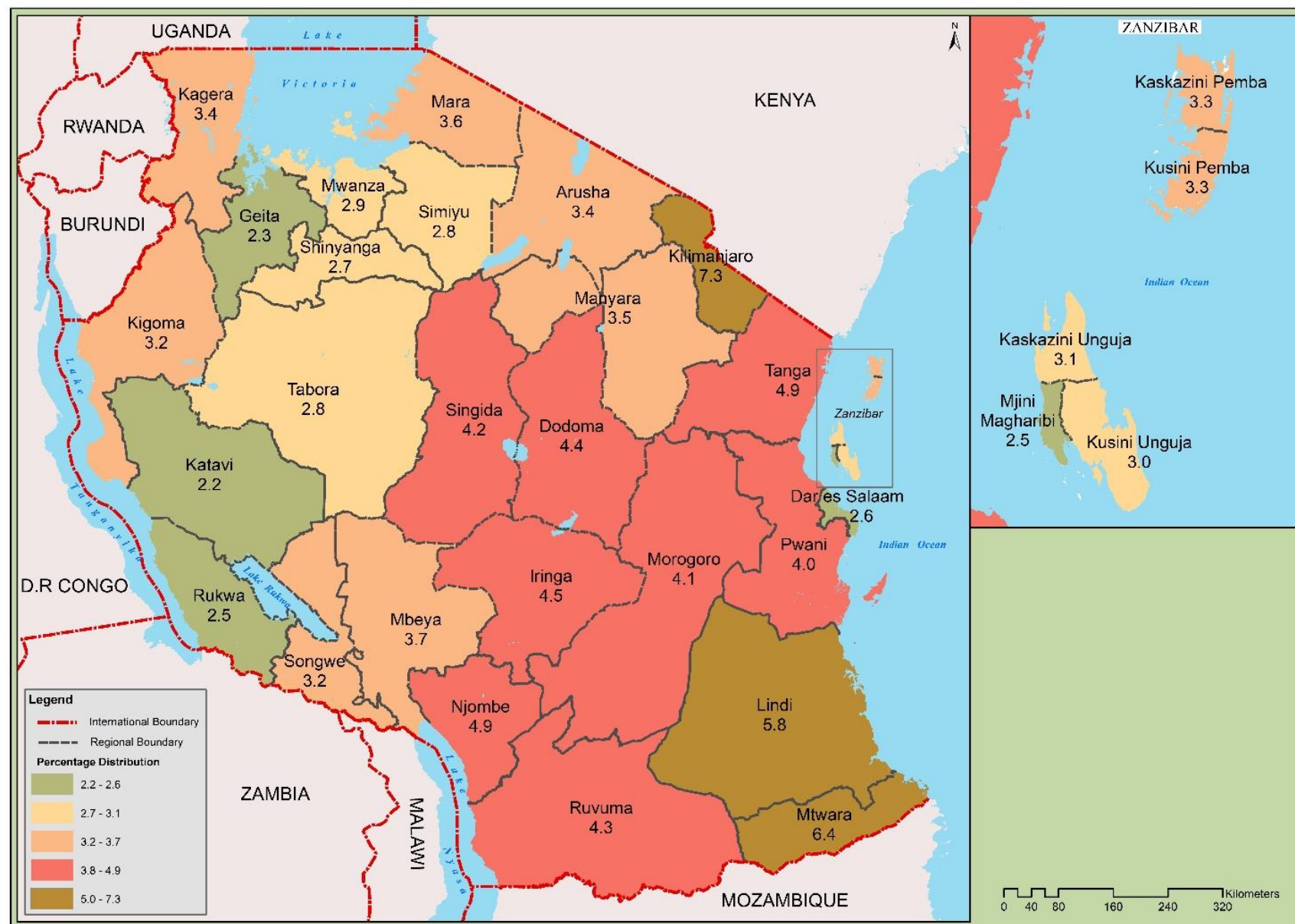
Map 3.8 Percentage Distribution of Population Aged 15 - 64 Years by Region; Population Projection 2025



Map 3.9 Percentage Distribution of Population Aged 60 Years and Above by Region; Population Projection 2025

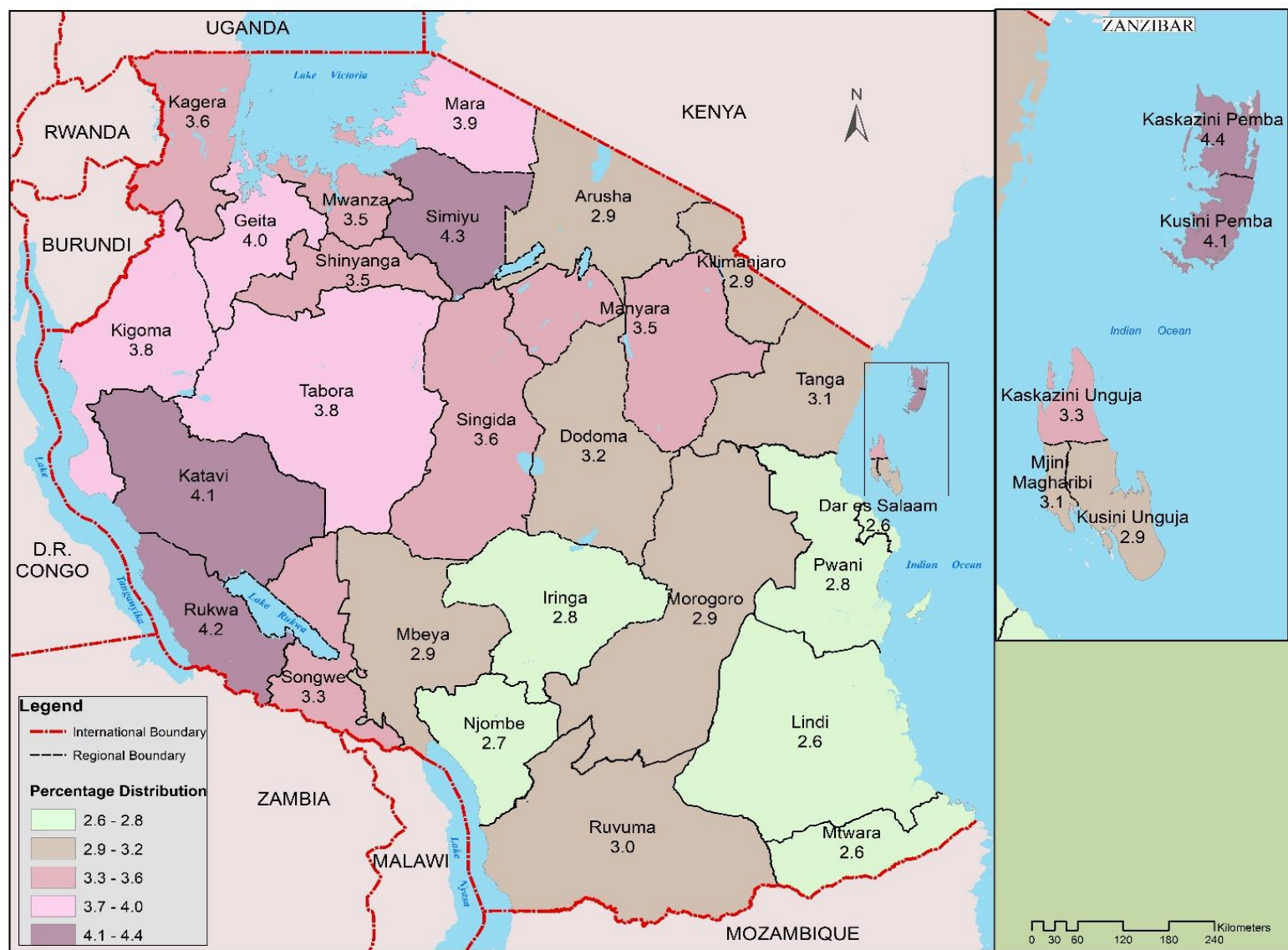


Map 3.10 Percentage Distribution of Population Aged 65 Years and Above by Region; Population Projection 2025

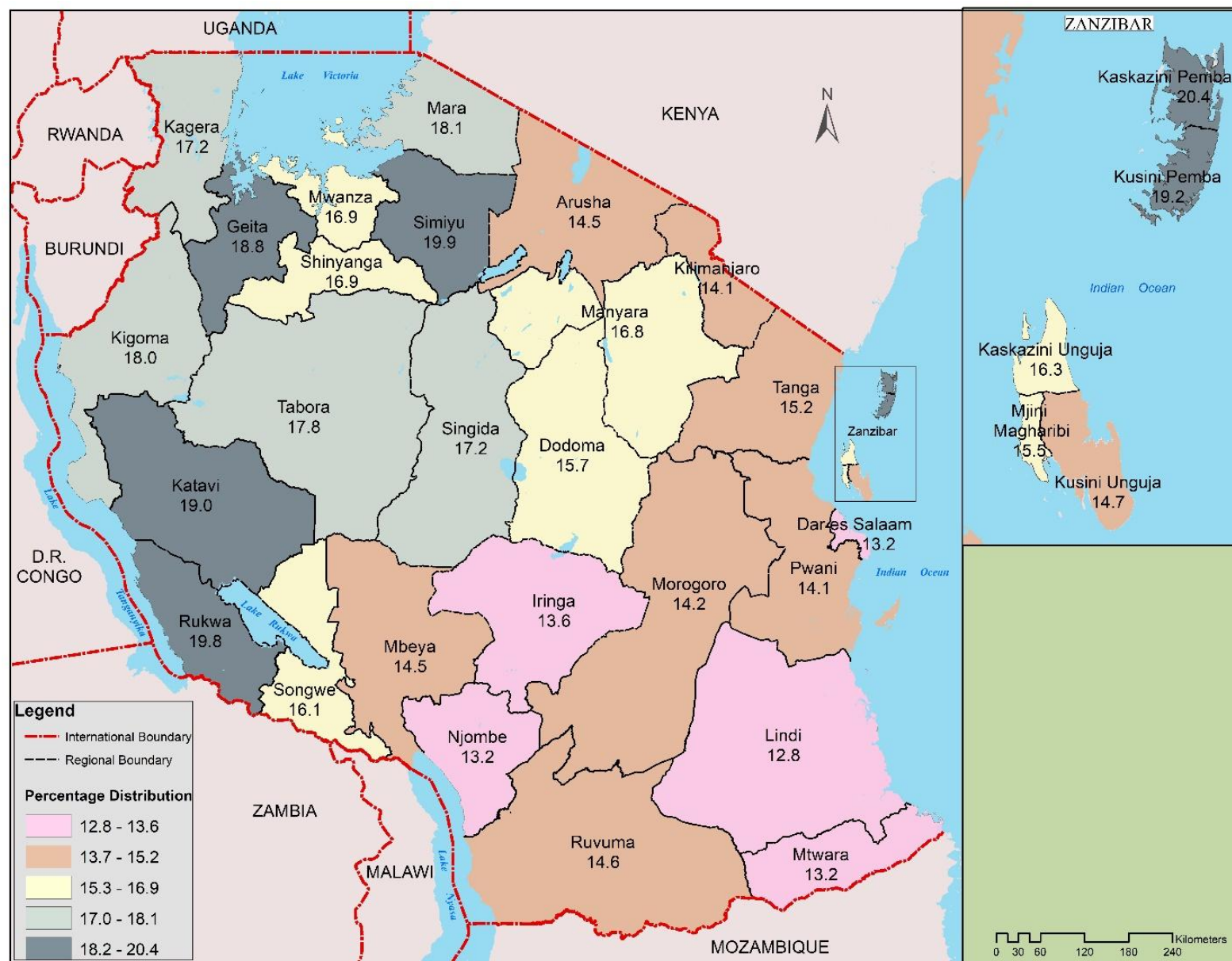


3.3 Thematic Maps on Selected Age Groups and Indicators for the Year 2030

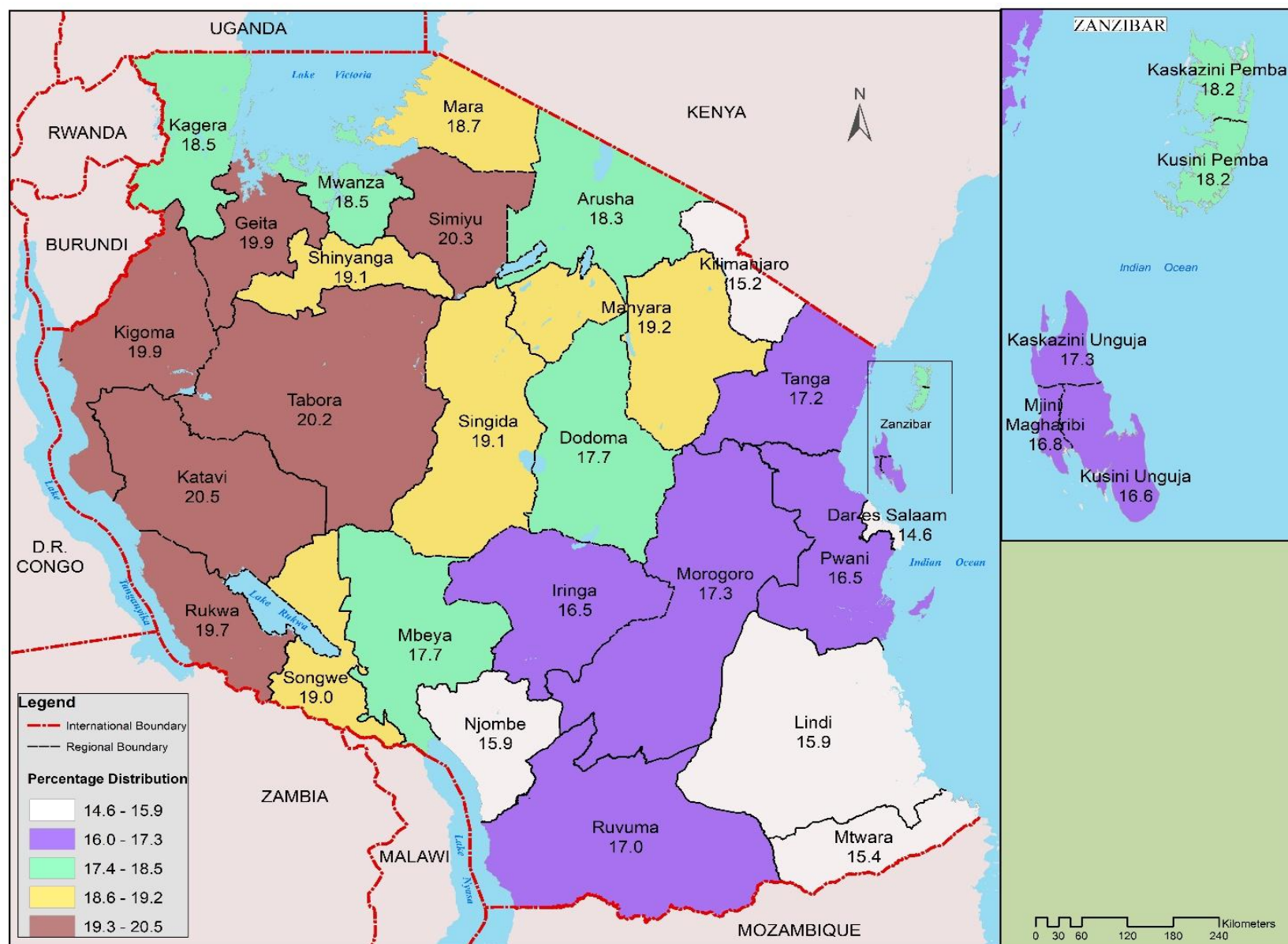
Map 3.11 Percentage Distribution of Children below Age One by Region Population Projections 2030



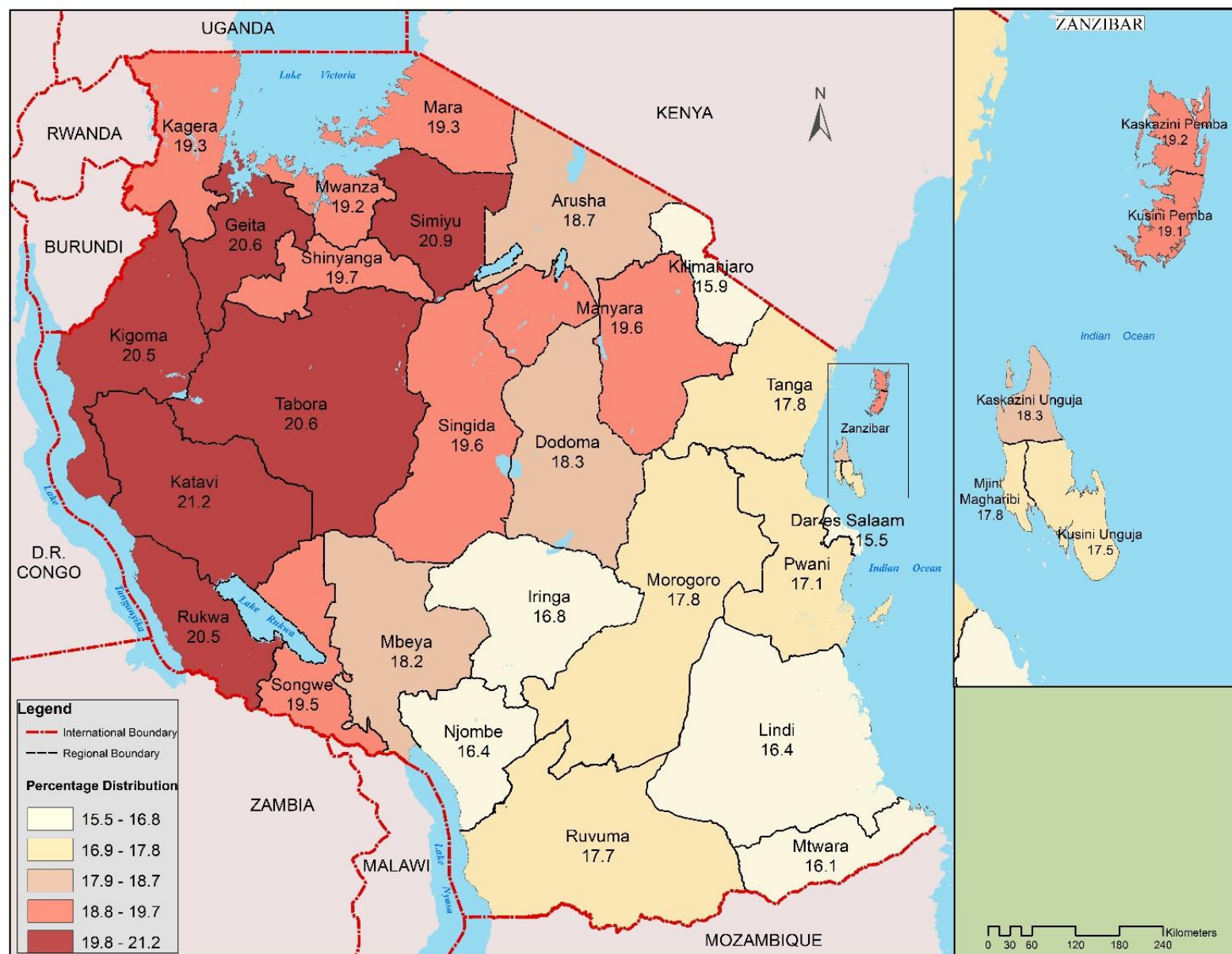
Map 3.12 Percentage Distribution of Children Aged 0 to 4 Years by Region, Population Projections 2030



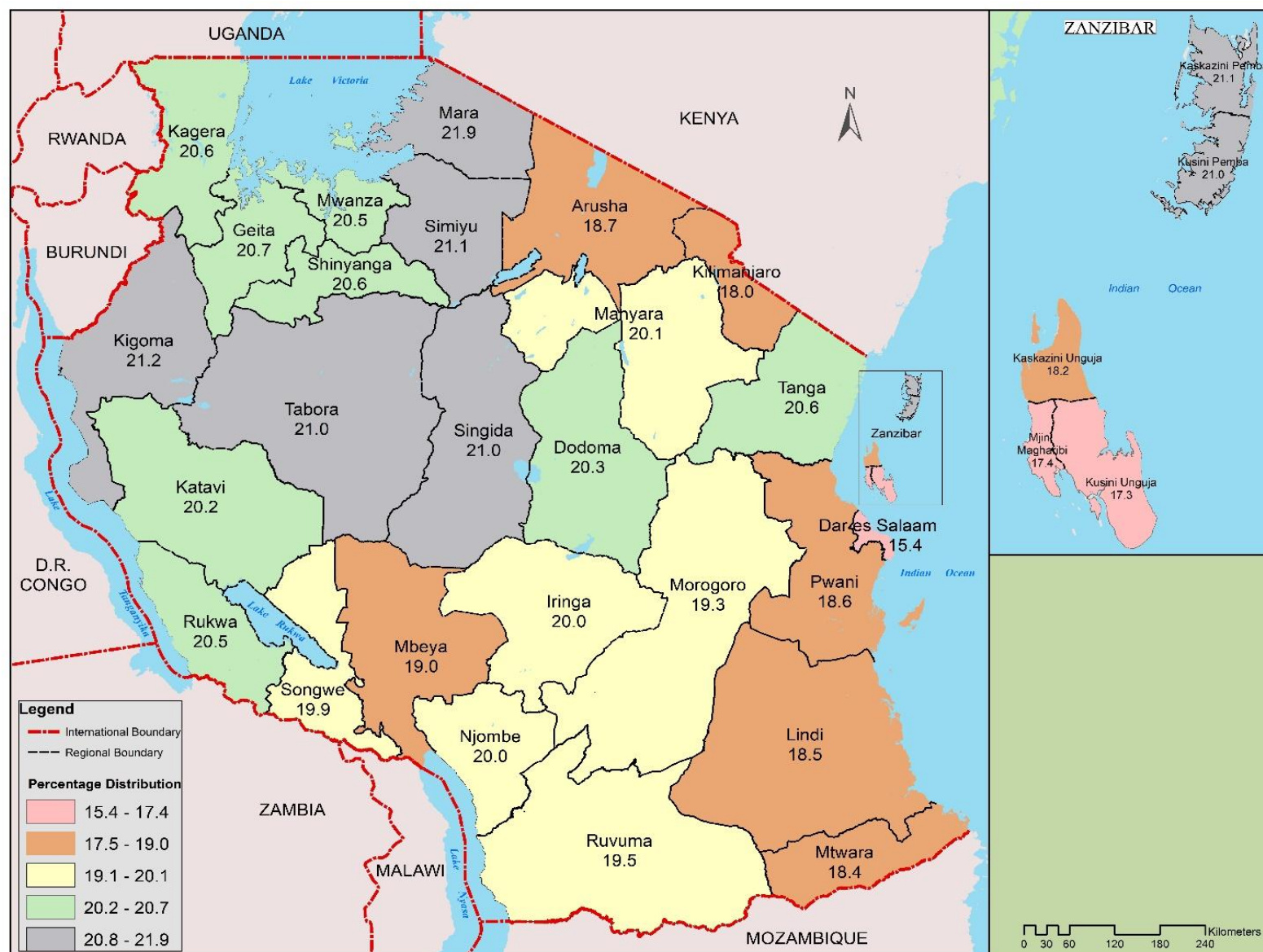
Map 3.13 Percentage Distribution of Population Aged 6 to 12 Years by Region, Population Projections 2030



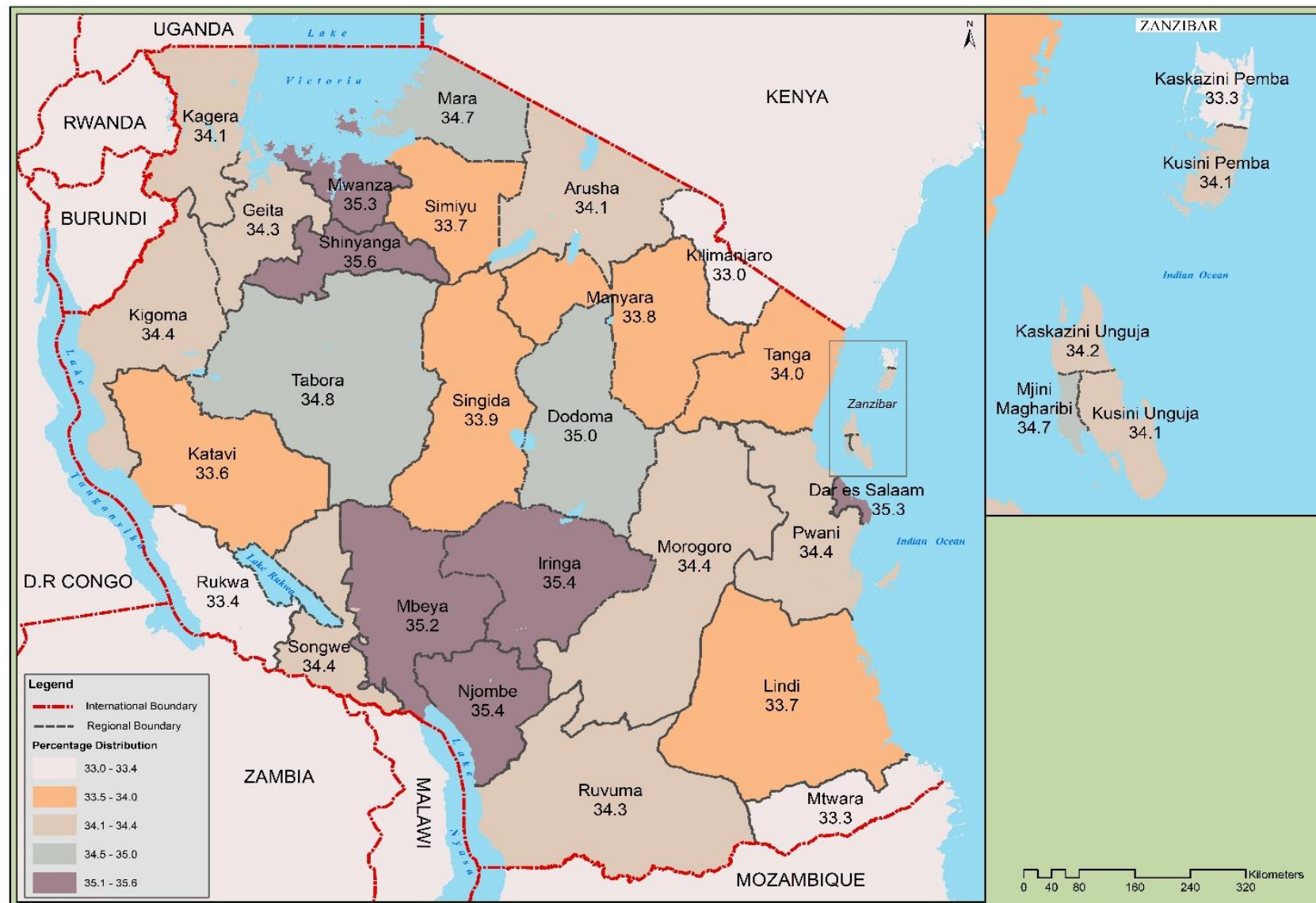
Map 3.14 Percentage Distribution of Population Aged 7 to 13 Years by Region, Population Projections 2030



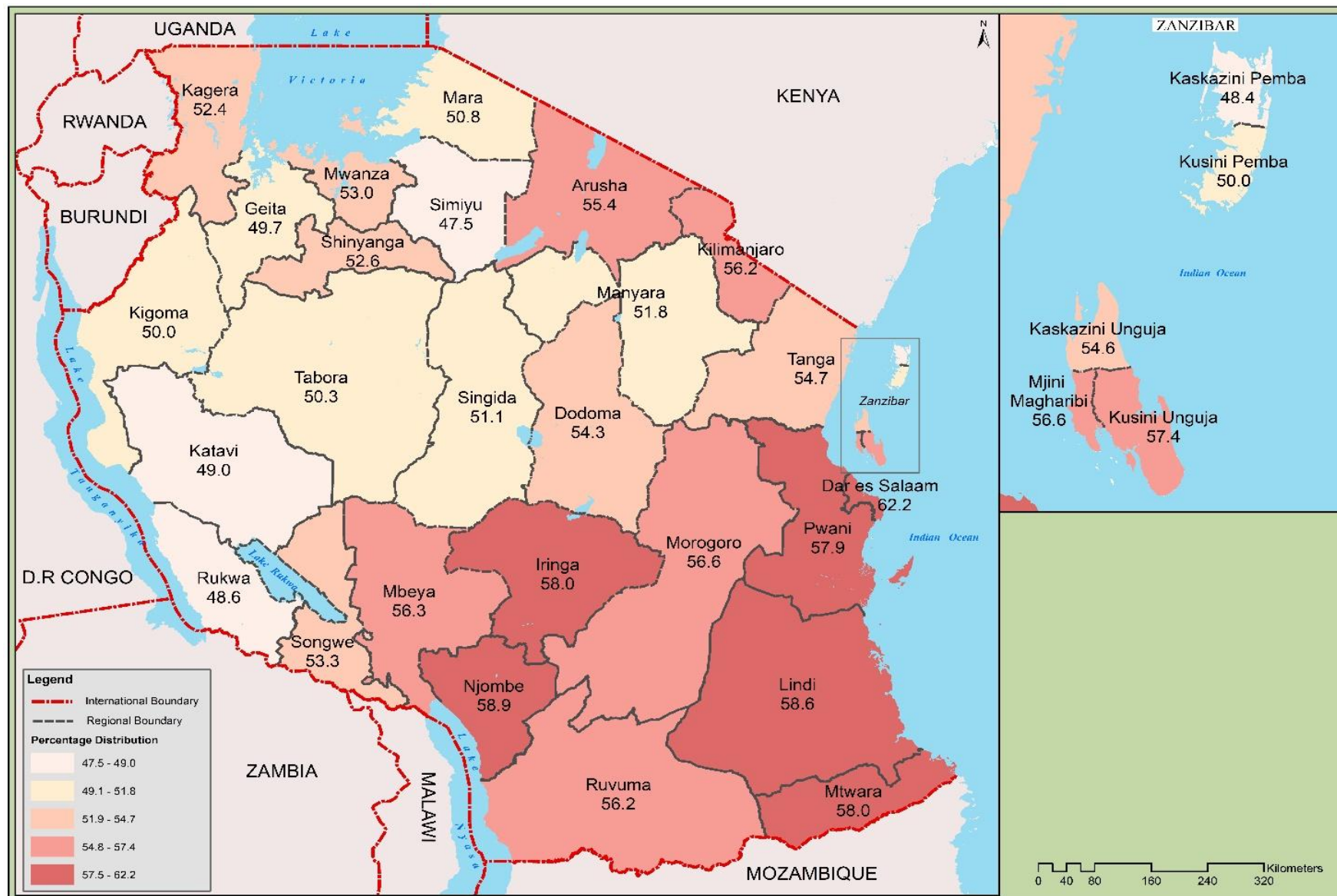
Map 3.15 Percentage Distribution of Population Aged 15 to 24 Years by Region, Population Projections 2030



Map 3.16 Percentage Distribution of Population Aged 15 - 35 Years and Above by Region; Population Projection 2030



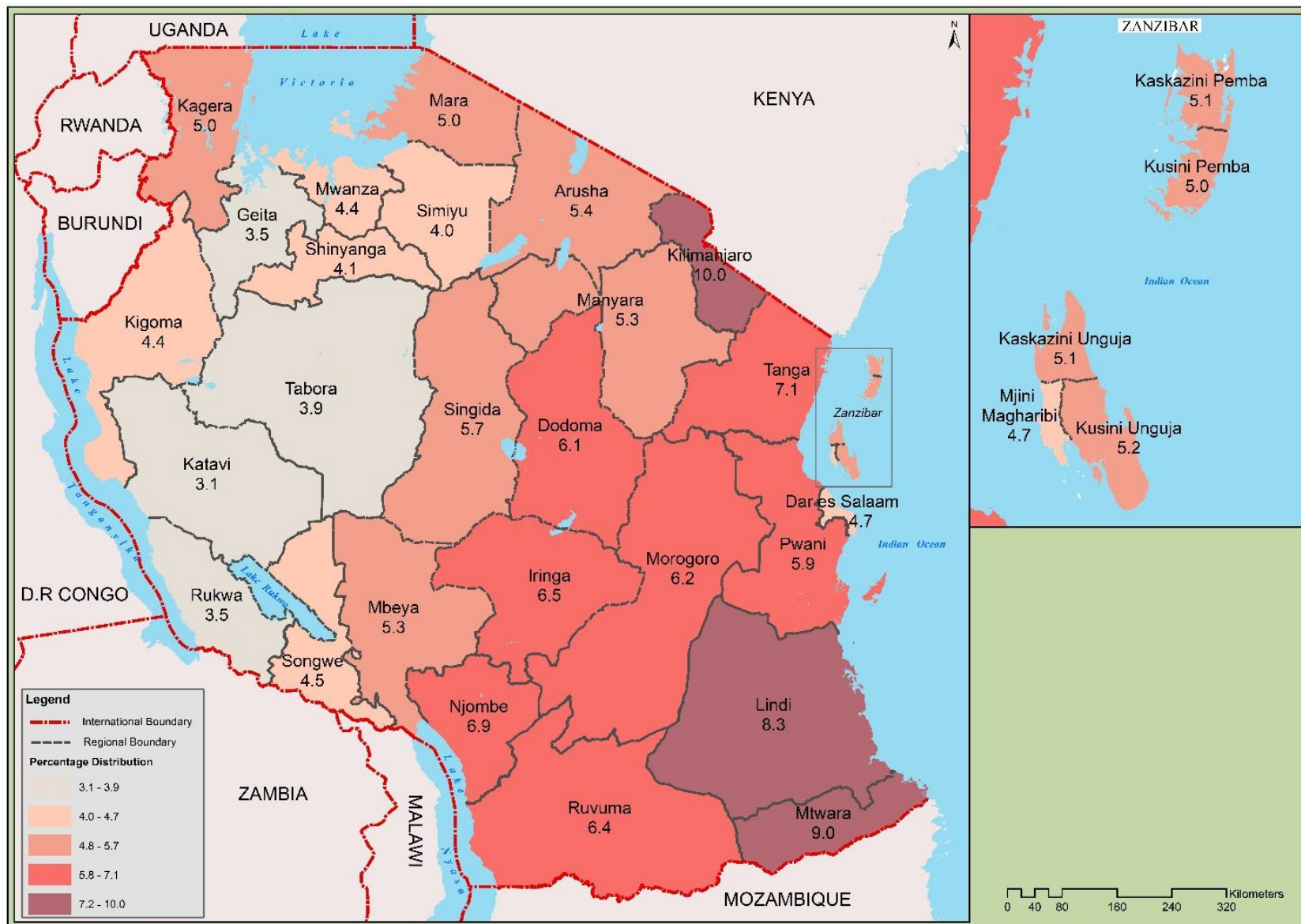
Map 3.17 Percentage Distribution of female Population Aged 15 - 49 by Region; Population Projection 2030



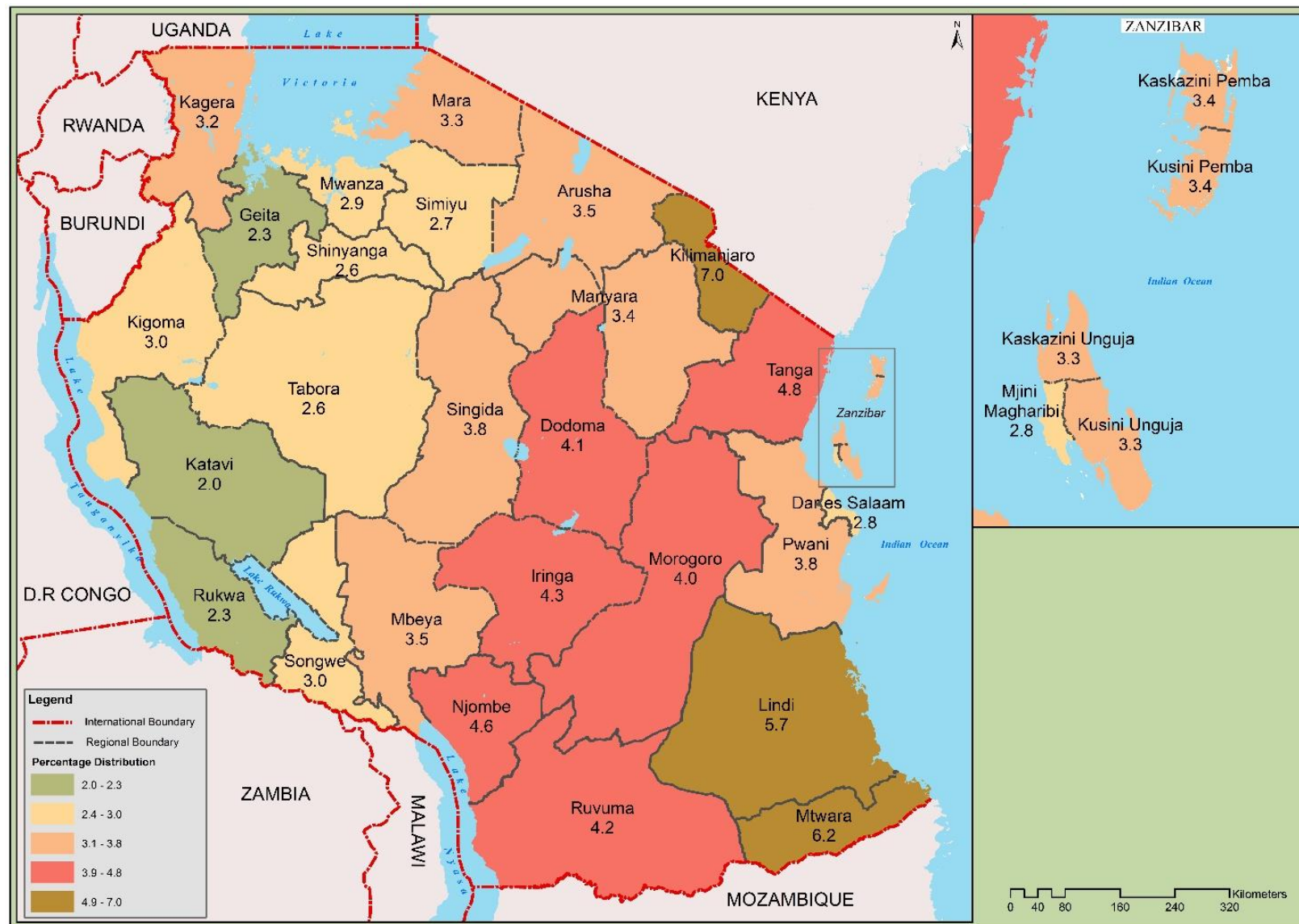
Map 3. 18 Percentage Distribution of Population Aged 15 - 64 Years by Region; Population Projection 2030



Map 3.19 Percentage Distribution of Population Aged 60 Years and Above by Region; Population Projection 2030

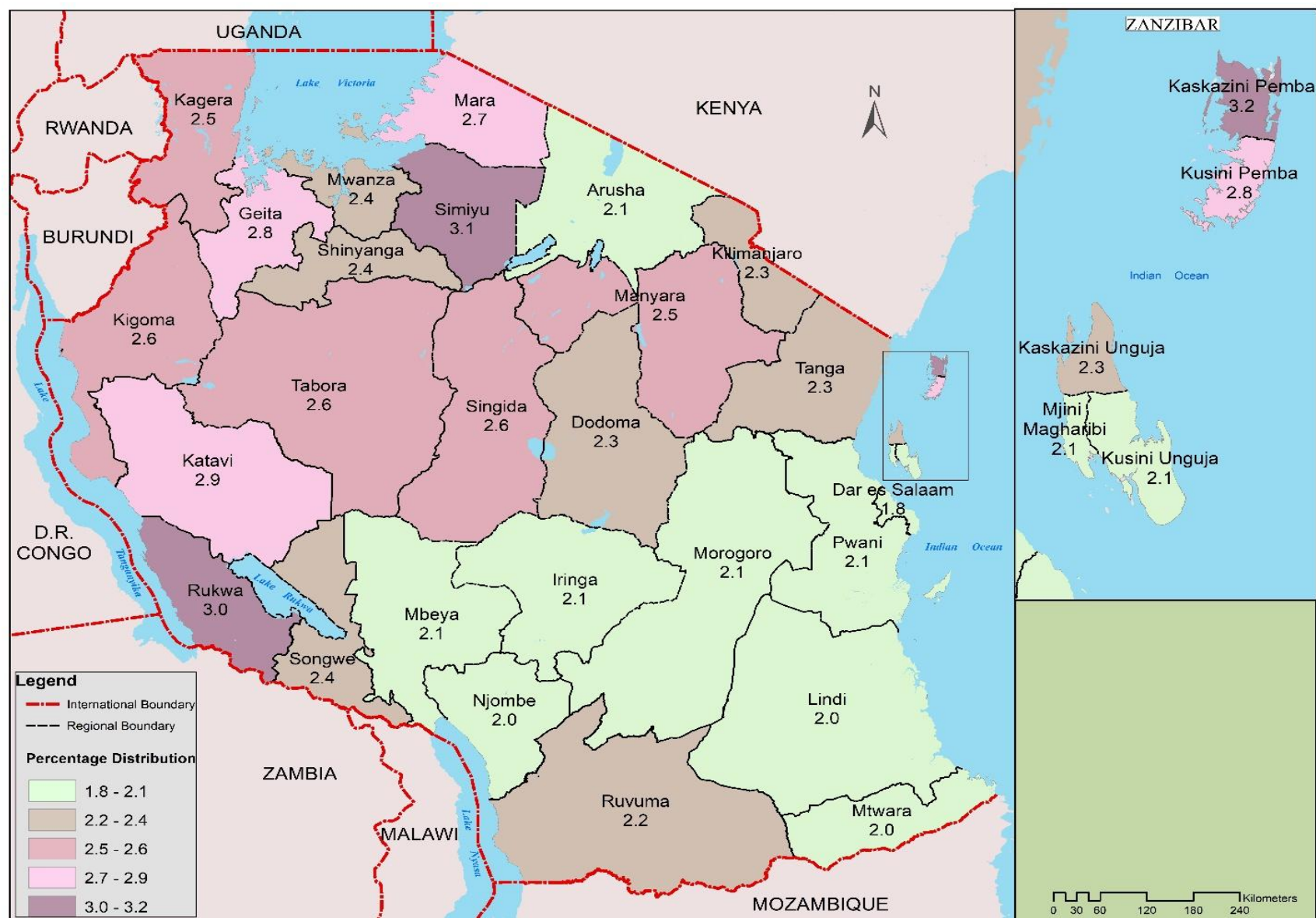


Map 3.20 Percentage Distribution of Population Aged 65 Years and Above by Region; Population Projection 2030

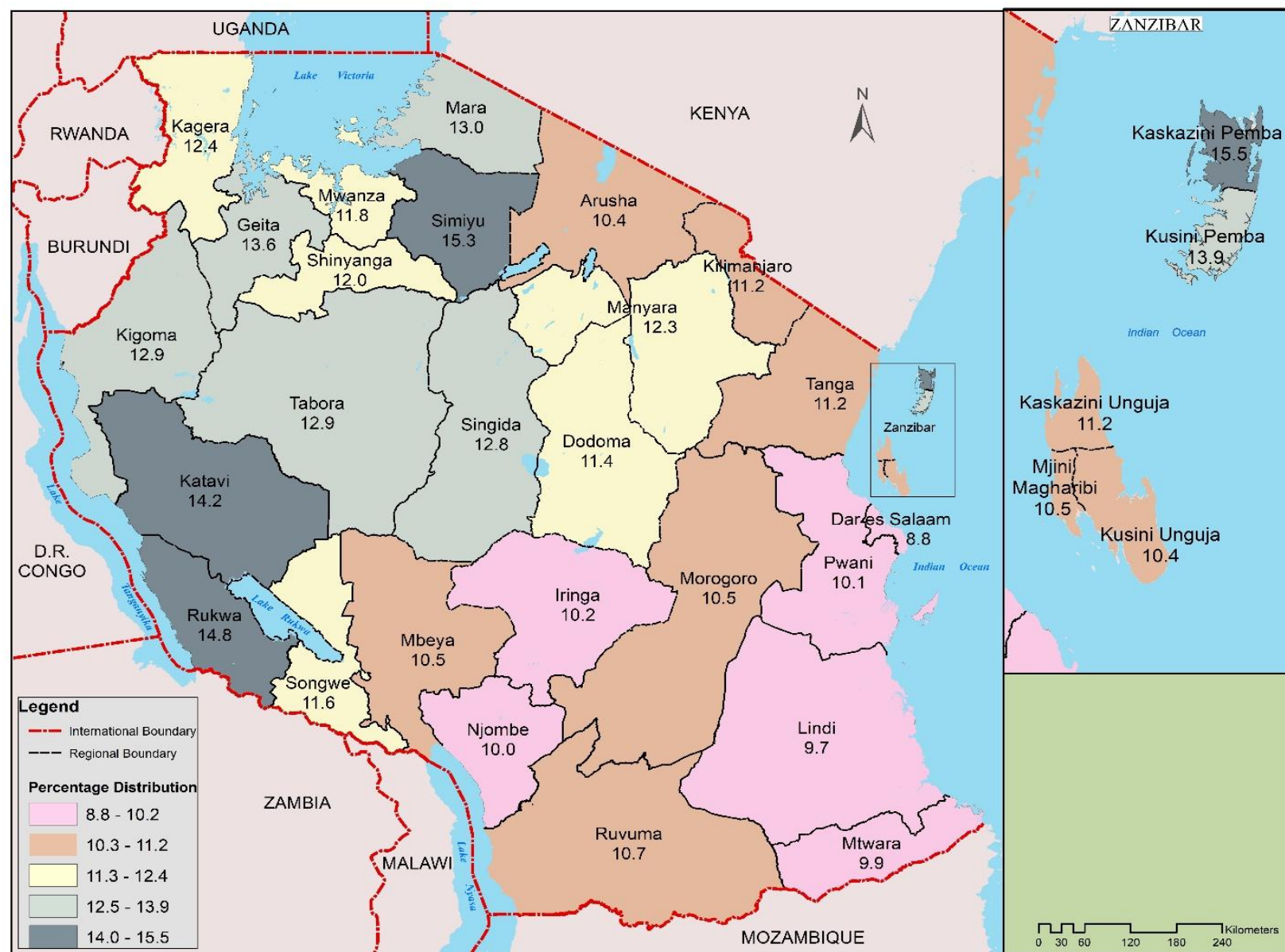


3.4 Thematic Maps on Selected Age Groups and Indicators for the Year 2050

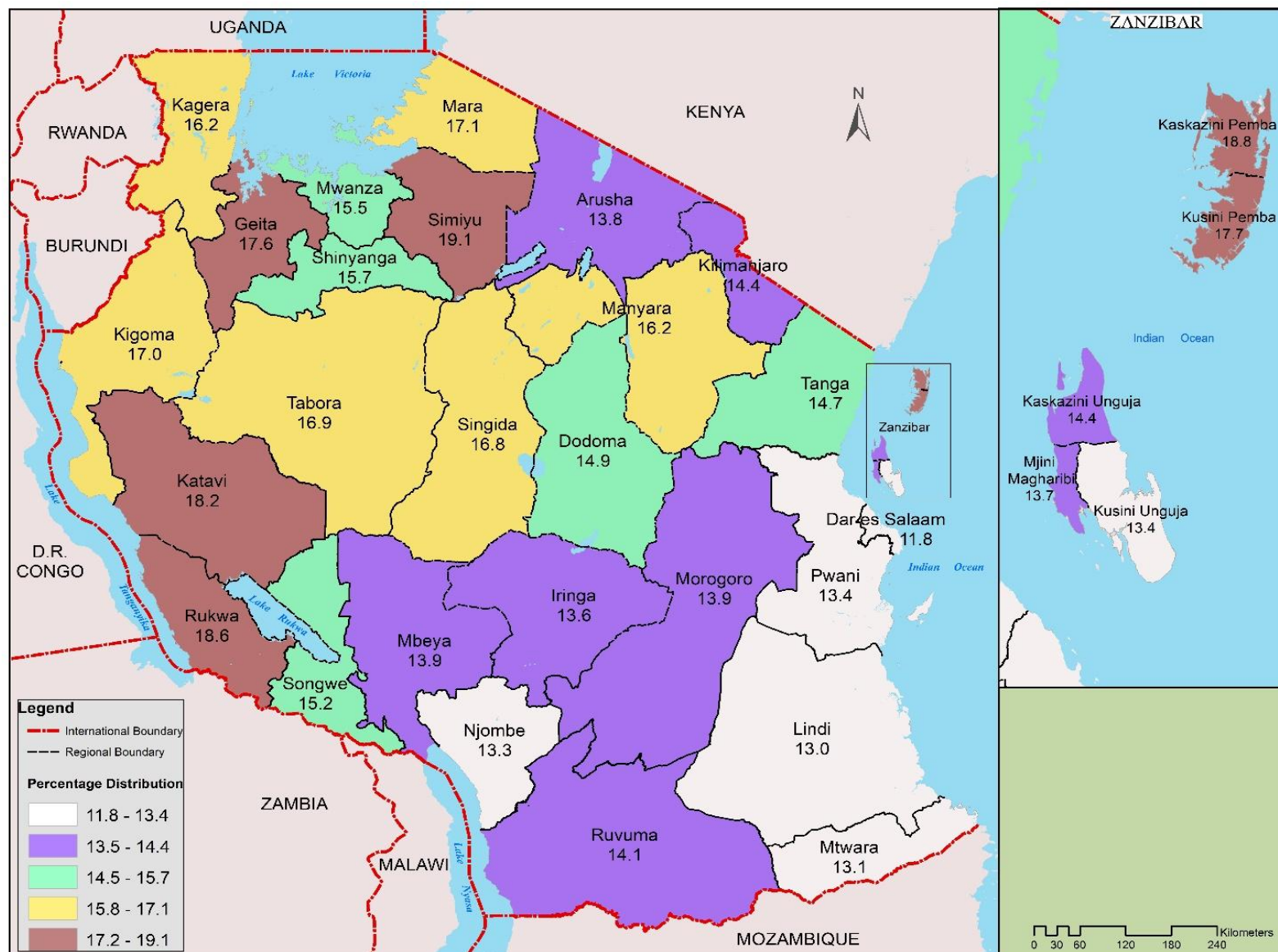
Map 3. 21 Percentage Distribution of Children below Age One by Region Population Projections 2050



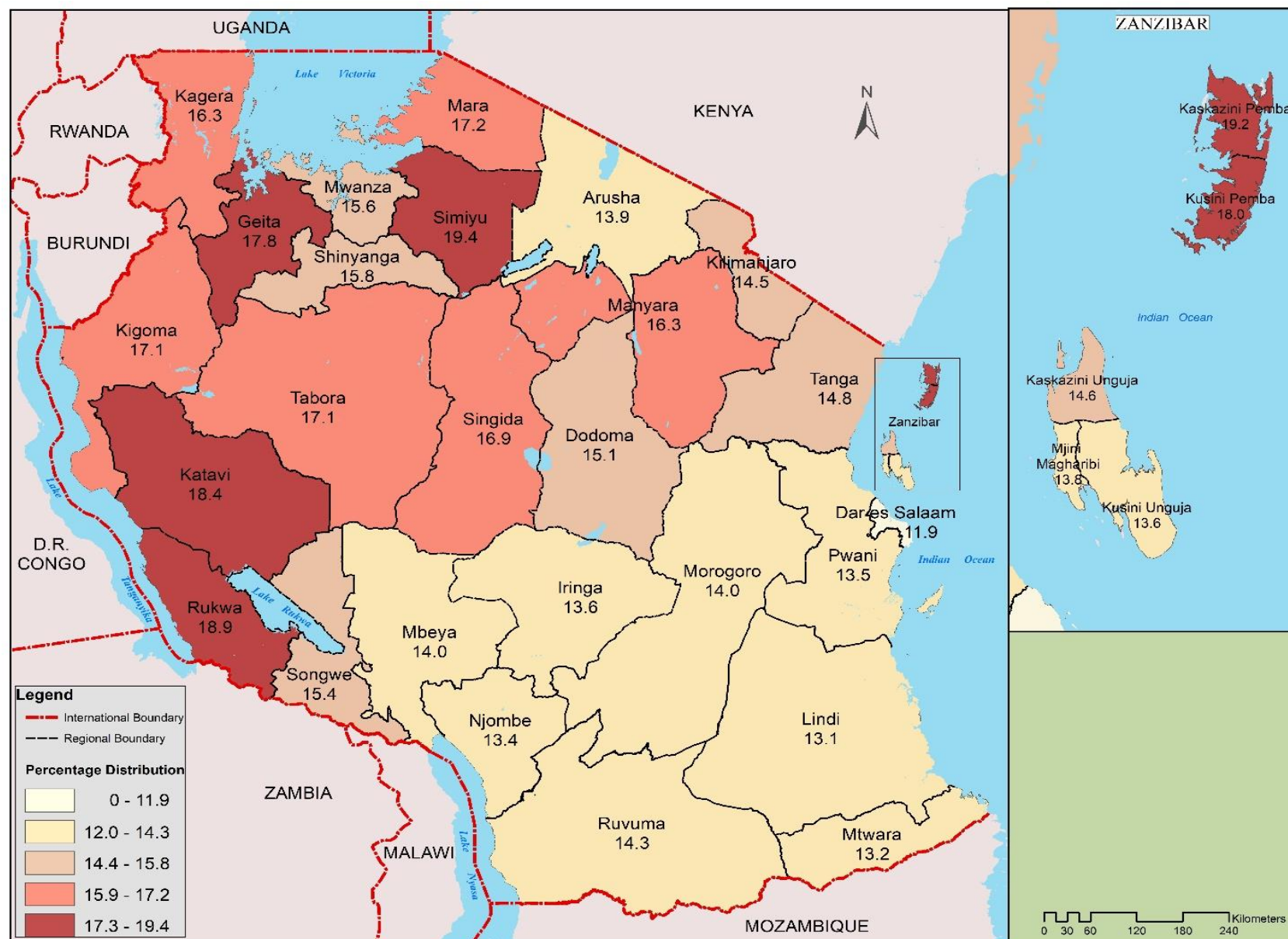
Map 3.22 Percentage Distribution of Children Aged 0 to 4 Years by Region, Population Projections 2050



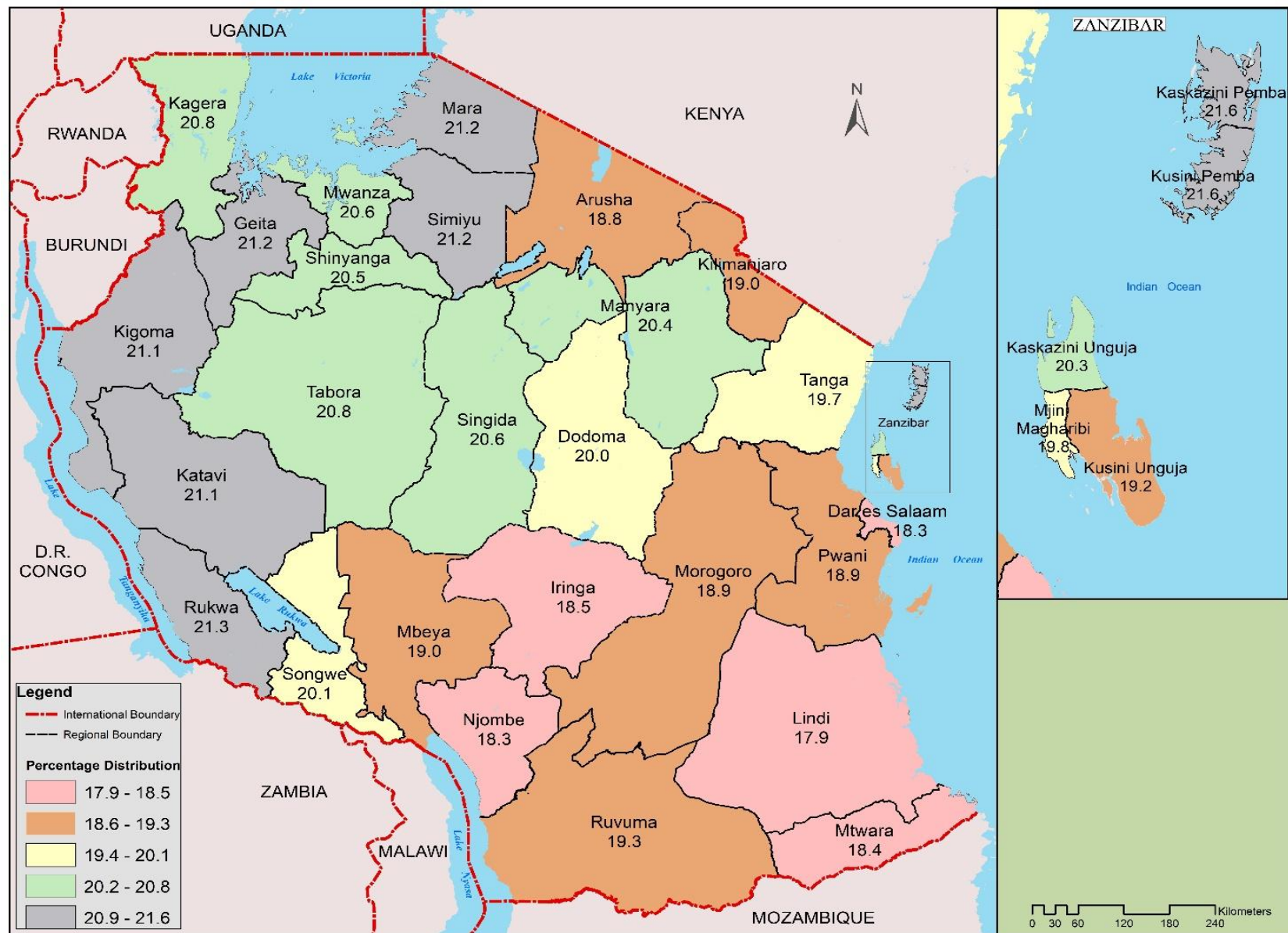
Map 3.23 Percentage Distribution of Population Aged 6 to 12 Years by Region, Population Projections 2050



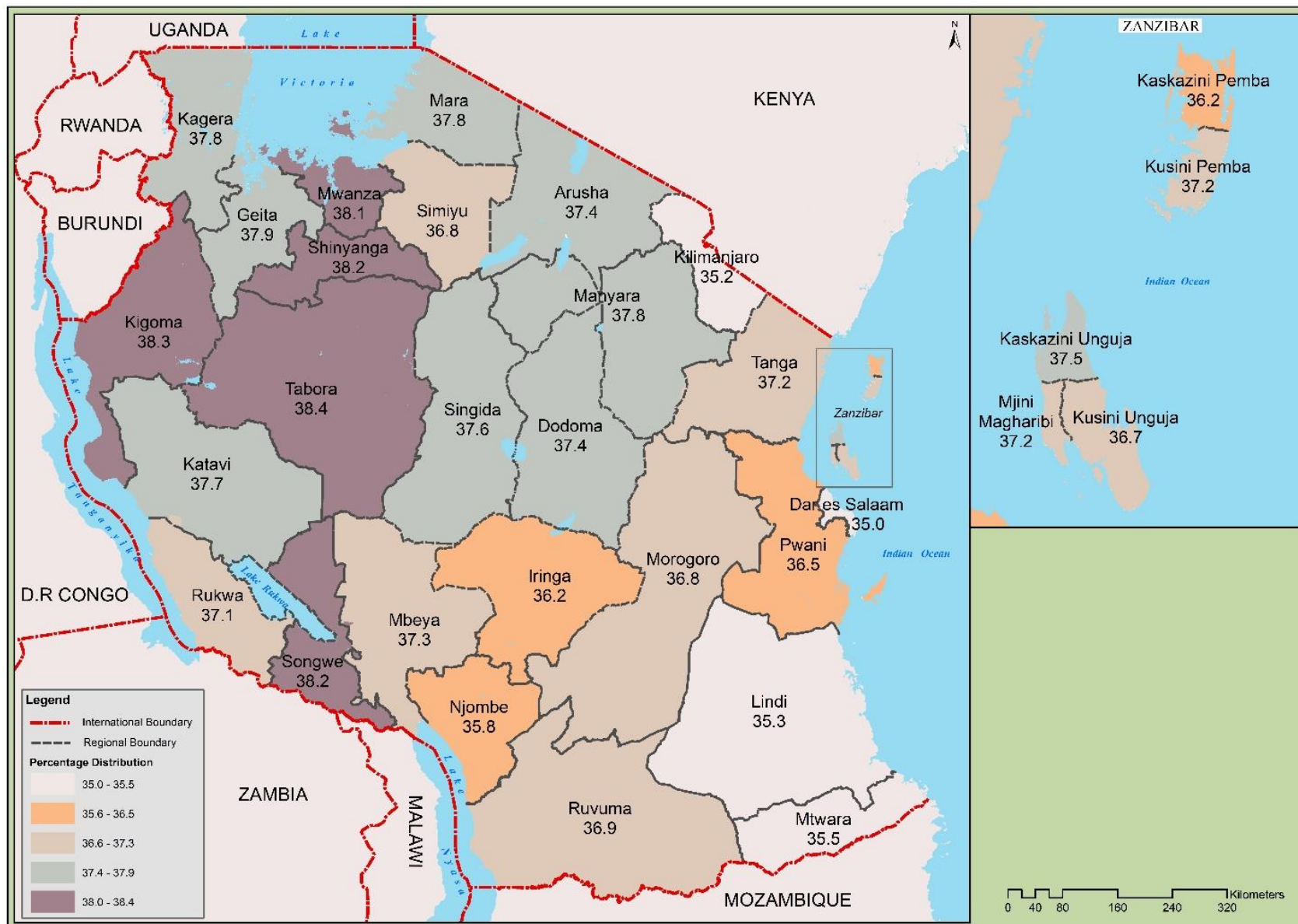
Map 3. 24 Percentage Distribution of Population Aged 7 to 13 Years by Region, Population Projections 2050



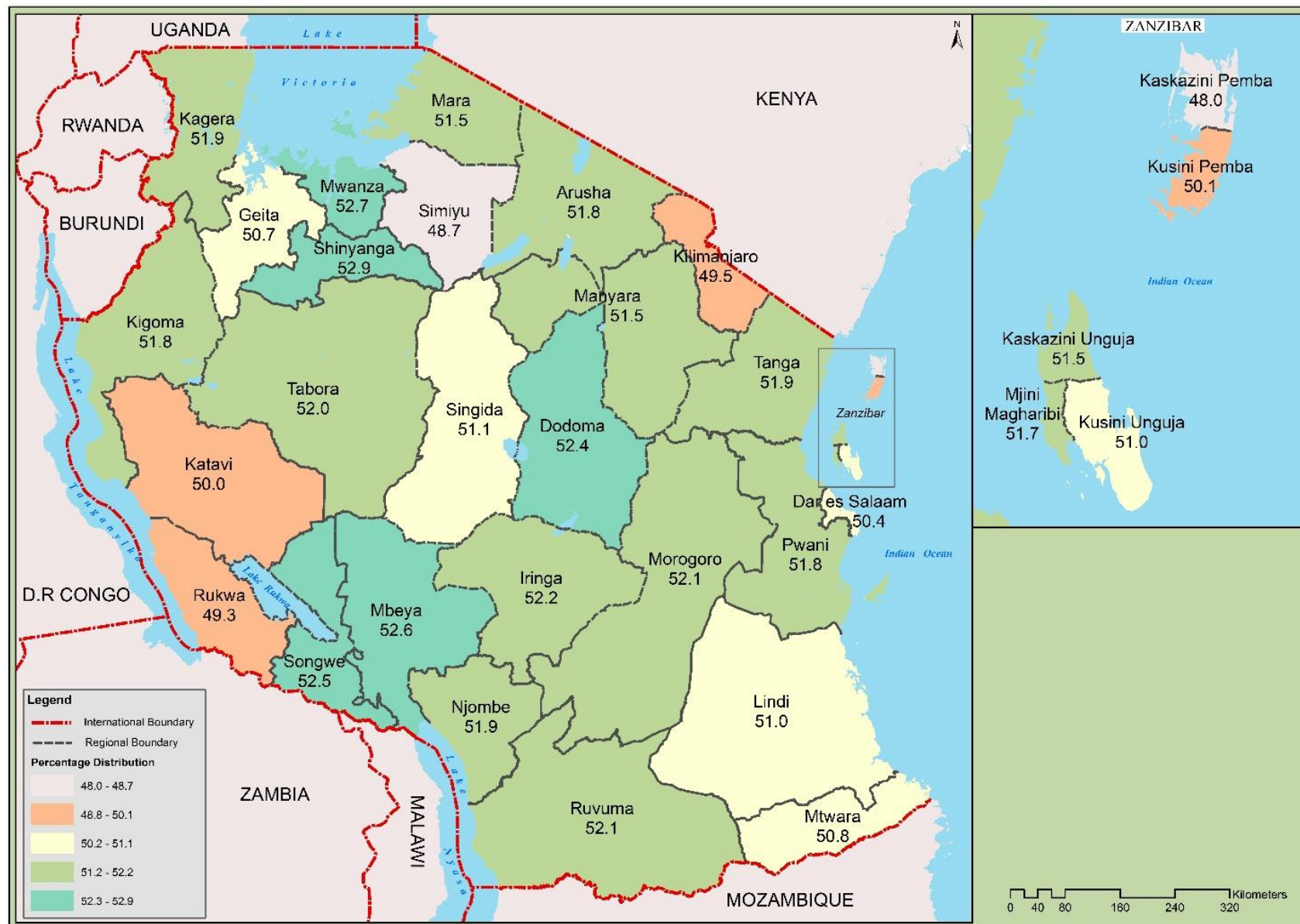
Map 3.25 Percentage Distribution of Population Aged 15 to 24 Years by Region, Population Projections 2050



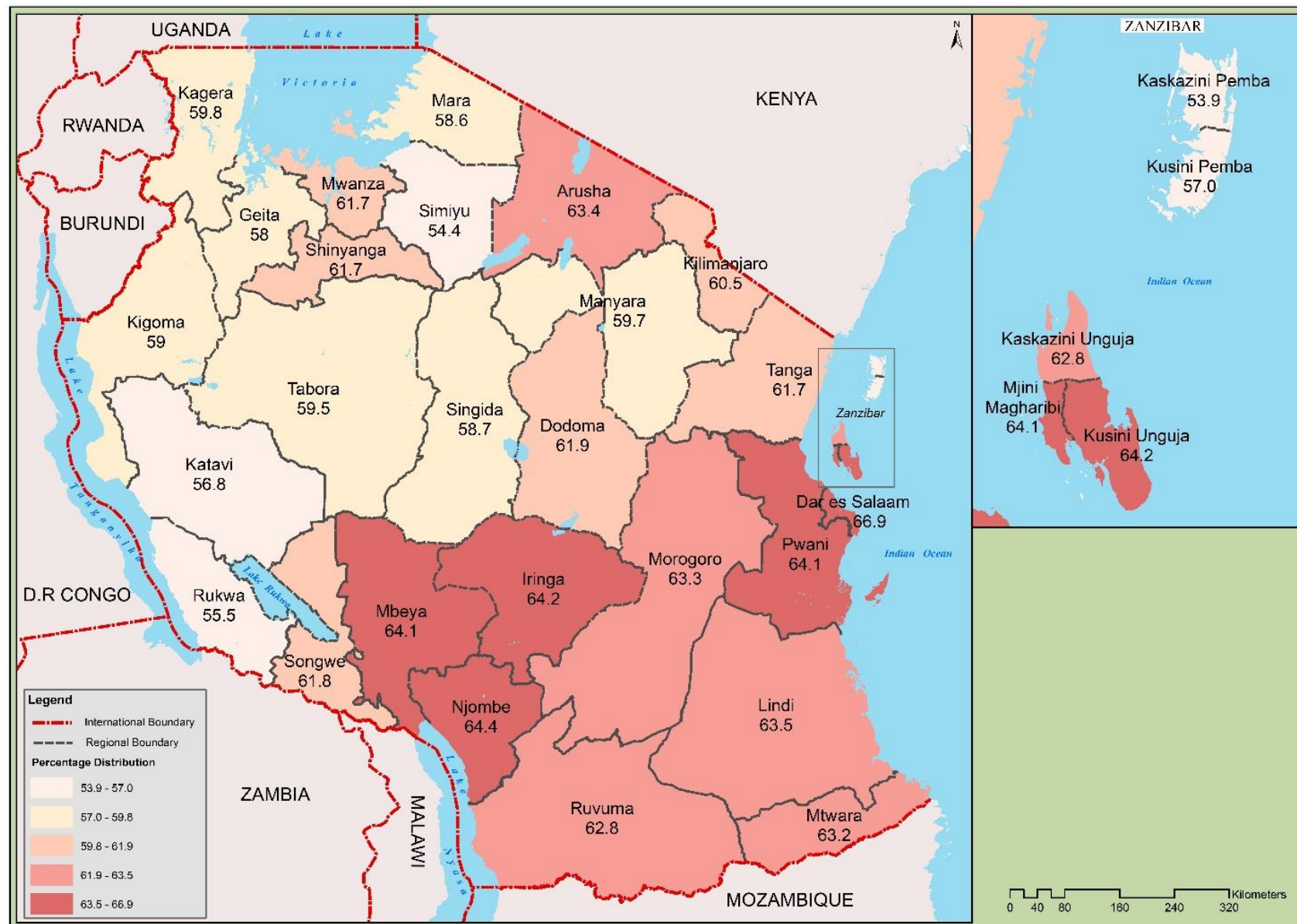
Map 3.26 Percentage Distribution of Population Aged 15 - 35 Years and Above by Region; Population Projection 2050



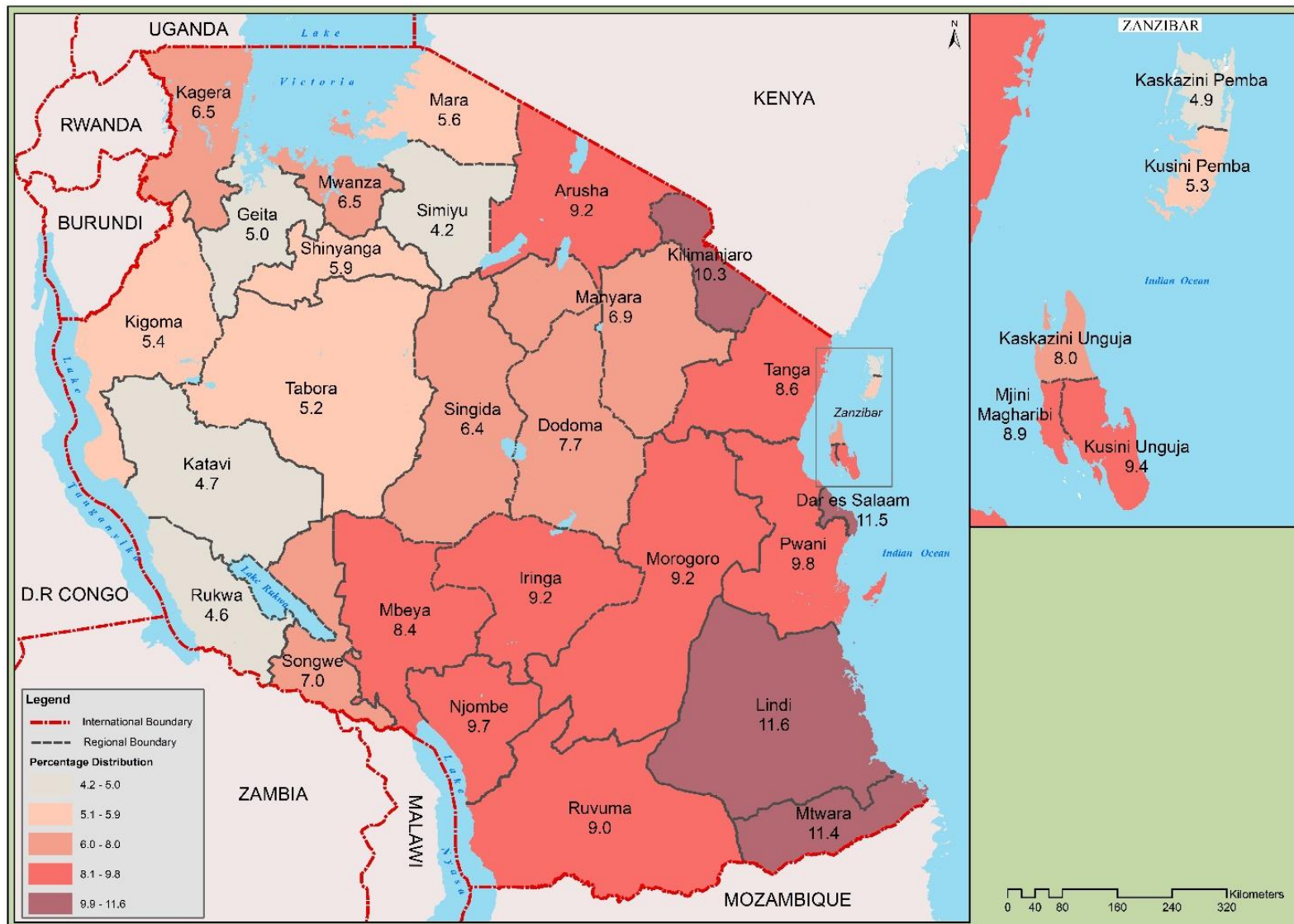
Map 3.27 Percentage Distribution of female Population Aged 15 - 49 by Region; Population Projection 2050



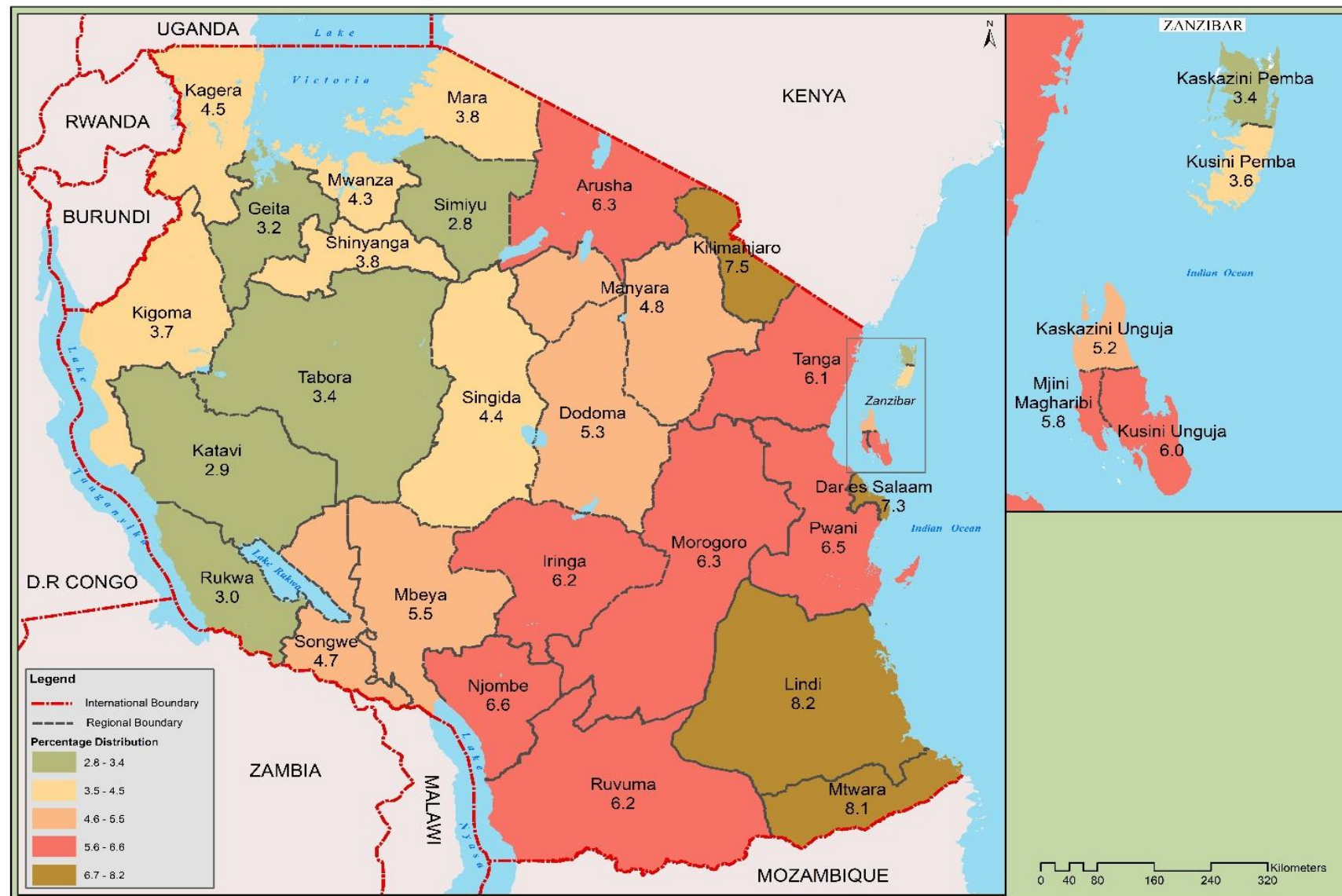
Map 3.28 Percentage Distribution of Population Aged 15 - 64 Years by Region; Population Projection 2050



Map 3.29 Percentage Distribution of Population Aged 60 Years and Above by Region; Population Projection 2050



Map 3.30 Percentage Distribution of Population Aged 65 Years and Above by Region; Population Projection 2050





CHAPTER FOUR

Policy Implication and Recommendations

4.0 Introduction

The National Population Projections Report has indicated the status of demographic indicators which are relevant for future development planning (long term, medium term and short-term plans) and policy formulation. This chapter draws conclusions in two main areas, namely population size and growth and the changing age structure of Tanzania's population in the next 28 years (2023 - 2050). It identifies key issues relevant for policy formulation and review, their implications on social, economic, environment as well as corresponding recommendations. In so doing the chapter reflects on the related indicators such as fertility rates, infant mortality, life expectancy at birth and age dependency ratio.

4.1 Population Size and Growth Rate

Population growth in Tanzania is driven by high level of fertility and reduced mortality. Contribution of international net migration is negligible. It is worth noting that some indicators like Infant Mortality Rate that were used for population projections do change over time, hence it is recommended that regular review of the projections be undertaken when new data – from surveys and other sources – becomes available. Projections show that Total Fertility Rate (TFR) levels will decline from 4.8 in 2022 to 2.6 children per woman in 2050. However, despite this decline, years of high fertility rates in the country has produced a young population age structure, which will ensure that the country's population continues to increase rapidly for many years to come.

Furthermore, improvement in health as well as healthcare in the country have resulted into the gradual increase of life expectancy at birth as a result of decline in infant and adult mortality. Projections reveal that Infant Mortality Rate is projected to decline from 33 infant deaths per 1,000 live births in 2022 to 20.5 deaths in 2050. Over the same period, life expectancy at birth is expected to increase by seven years from 67.3 years in 2022 to 74.6 years in 2050.

a) Key Findings

- i. Population of Tanzania is projected to increase from 61.7 million in 2022 to 118.1 million in 2050; and
- ii. Annual population growth rate is projected to decline from 3.2 percent in 2022 to 1.8 percent in 2050.

b) Implications for Policies and Programmes

Large population size and growth for Tanzania has widespread implications, both positive and negative, mainly on economic development and growth, social and economic services; environment and natural resources. These implications are:-

- i. On the positive side, large population size implies expansion of labour force which can boost economic productivity and growth; expansion of domestic market, leading to higher demand for goods and services and provision of economies of scale;
- ii. On the negative side, large population size may lead to strain on natural resources, unemployment and underemployment, significant spending in infrastructure such as housing, transportation, and social services;
- iii. Large population size and growth increases demand for various services such as healthcare, education, transportation, and utilities;
- iv. As the population grows, the demand for natural resources such as water, land, and energy increases leading to over exploitation and depletion of resources;
- v. Increased population contributes to climate change and higher levels of waste production and industrial processes, including air and water pollutants, toxic materials, and greenhouse gases leading to poor human health and environmental outcomes; and
- vi. High population size and density leads to strain in natural resources such as water and land as more people require land and water leading to shortages and conflicts over use of these resources as well as intensive farming practises that degrade soil quality, reduce biodiversity and increase the use fertilizers and pesticides.

C) Recommendations

The government needs to harness the positive aspects of population size and growth by putting in place measures in respective sectors. It also needs to put in place appropriate measures to mitigate the negative ones. Addressing challenges of population size and growth requires understanding population dynamics to design better policies and strategies for sustainable development practises, efficient resource management and policies that balance population growth, environmental conservation and economic development linked to improved quality of life.

Given Tanzania's population growth scenario, economic, social and environmental policy measures should focus on the following broad areas:

- i. **Sustainable Resource Management:** Ensuring that natural resources are used efficiently and sustainably;
- ii. **Education and Training:** Investing in education and skills development to enhance human capital;
- iii. **Infrastructure Development:** Building and maintaining infrastructure to support a growing population;
- iv. **Environmental Protection:** Implementing policies to protect the environment and promote sustainable development; and
- v. **Policy and Planning:** Effective policy and planning are crucial to ensure that service provision keeps pace with population changes. This includes anticipating future growth of population and adjusting infrastructure and services accordingly.

4.2 Changing Age Structure

a) Key Findings

According to Shryock, Siegel and Associates (1976) population with median ages below 20 are considered "young" while those with median ages of 20 to 29 years as "intermediate". Using the above criteria, the population of Tanzania is projected to become "intermediate" in 2032 and remain so throughout the projection period. However, due to declining fertility and mortality rates, distribution of population by age groups is projected to change as indicated here: -

- i. Proportion of children under five is projected to decrease from 16.3 percent in 2023 to 10.7 in 2050. However, despite this decline, number of children under five years of age is expected to increase from 10.5 million in 2023 to 12.6 million in 2050;
- ii. Number of persons under 15 years of age is projected to increase from 28.1 million in 2023 to 36.7 million in 2050. However, its contribution to total population is expected to decrease from 43.6 to 31.1 percent over the same period;
- iii. Median age is projected to increase from 18 years in 2023 to 25 years in 2050. This will indicate shifting of population from young to intermediate;
- iv. Number of youth (age 15 - 34) is projected to increase from 21.1 million to 42.3 million in 2050. Proportion to the total population is also expected to increase from 32.8 percent in 2023 to 35.8 percent in 2050;

- v. Age-dependency ratio is projected to decline from 91 dependants per 100 persons in working age group in 2023 to 58 in 2050;
- vi. Proportion of women of reproductive age (15 – 49) is projected to increase from 46.8 percent of the total women population in 2023 to 52.9 percent in 2050. Likewise, number of women in that particular age group is expected to increase from 15.4 to 31.7 million during the projection period;
- vii. The proportion of population aged 60 (the elderly) and above is expected to increase from 5.4 percent in 2023 to 8.1 percent in 2050. Despite this slight increase, actual number of the elderly is expected to increase by 63.5 percent from 3.5 million persons in 2023 to 9.6 million persons in 2050.

b) Implications for Policies and Programmes

- i. Decline of proportion of population aged below five and 15 years indicates success of the national and sectoral initiatives in population and development, including Mother and Child Health Services in the country. However, despite this decline, the population of children under five and persons under 15 years is still high, which implies potential demand in social services including education and healthcare;
- ii. On the other hand, projected increase in number and proportion of youth (15 – 34 years) will continue to exert pressure on the economy to create more jobs and skills to absorb a growing youth population;
- iii. Projected increase in proportion of youth population, also means a potential labour force that can actively contribute to economic growth, especially when they are educated and skilled and corresponding investments in human capital development are made;
- iv. Tanzania population is going through a demographic transition - shifting from high to low fertility and mortality rates - and hence a chance to realize a demographic dividend if corresponding investments are made;
- v. The declining dependency ratio implies increases in economic growth and productivity due to increased savings and investment and higher labour force participation;
- vi. Increase of number of women in reproductive age (15 – 49 years) implies that, even though fertility rates are declining but population size will continue to grow rapidly for a longer period of time;

- vii. Increase of number of women in reproductive age also means increased demand for reproductive health services, including prenatal and postnatal care, contraception, and maternal health services; and
- viii. Increased proportion of elderly persons indicate an increased demand for social protection interventions including healthcare costs, pressure on pension systems, labour market, and home care facilities.

c) Recommendations

- i. Government to continue updating and reviewing its policies and programmes related to population and development to accommodate findings of national population projections, while ensuring allocation of enough resources to cater for education, health, social security and protection for all age groups;
- ii. The Government and stakeholders to accelerate the decline in fertility (that is already underway), further reduce child mortality, increase investments in developing its human capital and create better economic opportunities for its young people so as to benefit from youthful population and reap a demographic dividend;
- iii. Government and stakeholders to enhance measure to address the needs of women in reproductive age including infrastructure and health services; and
- iv. Government to enhance policies that promotes investing in women's health, education, and economic opportunities to maximize their contributions to society and the economy;
- v. Government and stakeholders should consider regularly reviewing social security interventions to take into account changing dynamics of population structure;
- vi. The government and stakeholders to encourage older adults to remain in the workforce longer, such as flexible working hours and retraining programs, can help mitigate the impact of an aging population; and
- vii. The existing National Population Policy was adopted in 1992 and reviewed in 2006. The 2006 policy is guided by Tanzania Development Vision 2025 and implemented through National Strategy for Growth and Reduction of Poverty Programme. It is recommended that, the policy should be reviewed to align with Tanzania Development Vision 2050.



CHAPTER FIVE

Population Projection Results

5.0 Introduction

This Chapter presents population projections for Tanzania, Tanzania Mainland, Tanzania Zanzibar and Regions from 2023 to 2050. The projection disaggregated by Sex and five years' age groups, starting with age 0-4 up to 80 and above while regional projection includes only total population. The chapter also includes regional thematic maps that show the population distribution on selected age groups for projection year 2025, 2030 and 2050. The selected age groups include under one population, 0-4; 6-12; 7-13; 15-24; 15-35; 15-49; 15-64; 60+ and 65+.

The projection results for Tanzania presented in Table A5.1 to Table A5.10, for Tanzania Mainland presented in Table B5.1 to Table B5.10, for Tanzania Zanzibar presented in Table C5.1 to Table C5.10 and for regions presented in Table D5.1 to D5.5.



Tanzania Development Vision 2050

Pathway to Inclusive Prosperity

5.1 Tanzania Projection: 2023 - 2050

Table A5.1 Tanzania: Population Projection by Five Year Age Groups and Sex: 2023

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	64,416,042	31,542,931	32,873,111	41,740,650	20,446,729	21,293,921	22,675,392	11,096,202	11,579,190
0 - 4	10,695,118	5,404,617	5,290,501	7,133,119	3,605,607	3,527,512	3,561,999	1,799,010	1,762,989
5 - 9	9,335,676	4,707,281	4,628,395	6,056,393	3,056,313	3,000,080	3,279,283	1,650,968	1,628,315
10 -14	8,200,733	4,141,046	4,059,687	5,316,593	2,689,125	2,627,468	2,884,140	1,451,921	1,432,219
15-19	6,498,278	3,231,441	3,266,837	4,207,756	2,096,395	2,111,361	2,290,522	1,135,046	1,155,476
20-24	5,626,695	2,611,660	3,015,035	3,640,507	1,690,141	1,950,366	1,986,188	921,519	1,064,669
25-29	4,840,456	2,254,587	2,585,869	3,128,653	1,456,677	1,671,976	1,711,803	797,910	913,893
30-34	4,060,931	1,947,184	2,113,747	2,620,887	1,255,886	1,365,001	1,440,044	691,298	748,746
35-39	3,300,427	1,576,992	1,723,435	2,125,661	1,014,821	1,110,840	1,174,766	562,171	612,595
40-44	2,762,660	1,334,148	1,428,512	1,775,515	856,321	919,194	987,145	477,827	509,318
45-49	2,339,000	1,143,928	1,195,072	1,499,830	732,454	767,376	839,170	411,474	427,696
50-54	1,926,403	940,822	985,581	1,230,981	599,808	631,173	695,422	341,014	354,408
55-59	1,314,133	645,585	668,548	832,252	407,953	424,299	481,881	237,632	244,249
60-64	1,157,564	559,561	598,003	730,380	351,766	378,614	427,184	207,795	219,389
65-69	751,687	353,275	398,412	466,056	217,215	248,841	285,631	136,060	149,571
70-74	609,111	280,443	328,668	373,264	170,011	203,253	235,847	110,432	125,415
75-79	475,162	208,403	266,759	285,957	124,069	161,888	189,205	84,334	104,871
80+	522,008	201,958	320,050	316,846	122,167	194,679	205,162	79,791	125,371

Table A5.2 Tanzania: Population Projection by Five Year Age Groups and Sex: 2024

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	66,278,276	32,478,878	33,799,398	42,754,791	20,966,118	21,788,673	23,523,485	11,512,760	12,010,725
0 - 4	11,068,109	5,589,612	5,478,497	7,538,180	3,808,659	3,729,521	3,529,929	1,780,953	1,748,976
5 - 9	9,512,566	4,795,875	4,716,691	6,150,245	3,105,217	3,045,028	3,362,321	1,690,658	1,671,663
10 -14	8,409,074	4,245,753	4,163,321	5,429,646	2,750,006	2,679,640	2,979,428	1,495,747	1,483,681
15-19	6,805,732	3,404,735	3,400,997	4,384,982	2,202,035	2,182,947	2,420,750	1,202,700	1,218,050
20-24	5,700,371	2,681,993	3,018,378	3,665,661	1,726,231	1,939,430	2,034,710	955,762	1,078,948
25-29	4,984,572	2,301,550	2,683,022	3,199,873	1,476,286	1,723,587	1,784,699	825,264	959,435
30-34	4,184,157	1,997,441	2,186,716	2,678,344	1,276,948	1,401,396	1,505,813	720,493	785,320
35-39	3,421,592	1,638,044	1,783,548	2,181,714	1,042,841	1,138,873	1,239,878	595,203	644,675
40-44	2,830,428	1,360,196	1,470,232	1,796,806	861,228	935,578	1,033,622	498,968	534,654
45-49	2,400,900	1,171,608	1,229,292	1,517,492	738,393	779,099	883,408	433,215	450,193
50-54	1,995,734	974,272	1,021,462	1,253,411	609,165	644,246	742,323	365,107	377,216
55-59	1,411,662	691,150	720,512	873,033	425,541	447,492	538,629	265,609	273,020
60-64	1,145,199	555,044	590,155	699,751	336,749	363,002	445,448	218,295	227,153
65-69	826,086	389,564	436,522	492,175	228,675	263,500	333,911	160,889	173,022
70-74	587,625	269,958	317,667	337,240	151,255	185,985	250,385	118,703	131,682
75-79	474,854	209,957	264,897	264,268	114,220	150,048	210,586	95,737	114,849
80+	519,615	202,126	317,489	291,970	112,669	179,301	227,645	89,457	138,188

Table A5.3 Tanzania: Population Projection by Five Year Age Groups and Sex: 2025

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	68,153,004	33,420,402	34,732,602	43,782,475	21,491,801	22,290,674	24,370,529	11,928,601	12,441,928
0 - 4	11,435,281	5,771,311	5,663,970	7,933,917	4,006,613	3,927,304	3,501,364	1,764,698	1,736,666
5 - 9	9,681,131	4,881,518	4,799,613	6,239,726	3,152,298	3,087,428	3,441,405	1,729,220	1,712,185
10 -14	8,589,876	4,334,391	4,255,485	5,525,306	2,800,276	2,725,030	3,064,570	1,534,115	1,530,455
15-19	7,142,237	3,586,362	3,555,875	4,581,646	2,313,467	2,268,179	2,560,591	1,272,895	1,287,696
20-24	5,779,802	2,763,295	3,016,507	3,694,937	1,770,241	1,924,696	2,084,865	993,054	1,091,811
25-29	5,126,790	2,350,639	2,776,151	3,270,321	1,497,643	1,772,678	1,856,469	852,996	1,003,473
30-34	4,305,726	2,044,048	2,261,678	2,735,249	1,295,997	1,439,252	1,570,477	748,051	822,426
35-39	3,549,969	1,703,049	1,846,920	2,242,954	1,073,675	1,169,279	1,307,015	629,374	677,641
40-44	2,903,055	1,388,673	1,514,382	1,821,766	868,072	953,694	1,081,289	520,601	560,688
45-49	2,463,299	1,198,813	1,264,486	1,535,962	744,292	791,670	927,337	454,521	472,816
50-54	2,055,097	1,003,073	1,052,024	1,269,975	615,889	654,086	785,122	387,184	397,938
55-59	1,525,587	744,101	781,486	925,171	448,218	476,953	600,416	295,883	304,533
60-64	1,125,370	546,923	578,447	664,970	319,855	345,115	460,400	227,068	233,332
65-69	907,340	429,113	478,227	523,734	242,854	280,880	383,606	186,259	197,347
70-74	569,106	260,905	308,201	304,321	134,052	170,269	264,785	126,853	137,932
75-79	475,929	211,824	264,105	245,141	105,254	139,887	230,788	106,570	124,218
80+	517,409	202,364	315,045	267,379	103,105	164,274	250,030	99,259	150,771

Table A5.4 Tanzania: Population Projection by Five Year Age Groups and Sex: 2026

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	70,038,850	34,366,915	35,671,935	44,823,210	22,023,587	22,799,623	25,215,640	12,343,328	12,872,312
0 - 4	11,801,707	5,952,690	5,849,017	8,324,130	4,201,648	4,122,482	3,477,577	1,751,042	1,726,535
5 - 9	9,835,692	4,960,652	4,875,040	6,321,316	3,195,429	3,125,887	3,514,376	1,765,223	1,749,153
10 -14	8,759,824	4,416,706	4,343,118	5,614,456	2,846,238	2,768,218	3,145,368	1,570,468	1,574,900
15-19	7,468,372	3,758,579	3,709,793	4,772,081	2,419,003	2,353,078	2,696,291	1,339,576	1,356,715
20-24	5,896,655	2,862,730	3,033,925	3,748,959	1,826,858	1,922,101	2,147,696	1,035,872	1,111,824
25-29	5,256,563	2,403,460	2,853,103	3,333,103	1,521,816	1,811,287	1,923,460	881,644	1,041,816
30-34	4,428,900	2,088,739	2,340,161	2,793,722	1,314,186	1,479,536	1,635,178	774,553	860,625
35-39	3,679,601	1,766,626	1,912,975	2,305,502	1,103,806	1,201,696	1,374,099	662,820	711,279
40-44	2,984,675	1,423,009	1,561,666	1,853,089	879,089	974,000	1,131,586	543,920	587,666
45-49	2,525,865	1,225,333	1,300,532	1,555,005	749,993	805,012	970,860	475,340	495,520
50-54	2,110,988	1,029,839	1,081,149	1,284,881	621,693	663,188	826,107	408,146	417,961
55-59	1,637,074	795,953	841,121	976,374	470,426	505,948	660,700	325,527	335,173
60-64	1,121,786	546,187	575,599	641,457	308,211	333,246	480,329	237,976	242,353
65-69	975,061	462,169	512,892	547,358	253,349	294,009	427,703	208,820	218,883
70-74	565,868	259,305	306,563	282,413	122,280	160,133	283,455	137,025	146,430
75-79	474,689	212,250	262,439	225,936	95,957	129,979	248,753	116,293	132,460
80+	515,530	202,688	312,842	243,428	93,605	149,823	272,102	109,083	163,019

Table A5.5 Tanzania: Population Projection by Five Year Age Groups and Sex: 2027

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	71,934,389	35,317,778	36,616,611	45,876,405	22,561,293	23,315,112	26,057,984	12,756,485	13,301,499
0 - 4	12,162,858	6,133,548	6,029,310	8,705,515	4,393,367	4,312,148	3,457,343	1,740,181	1,717,162
5 -9	9,980,450	5,032,934	4,947,516	6,398,676	3,235,058	3,163,618	3,581,774	1,797,876	1,783,898
10 -14	8,930,500	4,499,672	4,430,828	5,704,673	2,892,442	2,812,231	3,225,827	1,607,230	1,618,597
15-19	7,756,238	3,908,977	3,847,261	4,938,121	2,510,450	2,427,671	2,818,117	1,398,527	1,419,590
20-24	6,071,300	2,984,242	3,087,058	3,841,040	1,898,599	1,942,441	2,230,260	1,085,643	1,144,617
25-29	5,368,364	2,461,669	2,906,695	3,384,596	1,549,949	1,834,647	1,983,768	911,720	1,072,048
30-34	4,555,610	2,133,002	2,422,608	2,855,014	1,332,496	1,522,518	1,700,596	800,506	900,090
35-39	3,806,389	1,825,123	1,981,266	2,366,685	1,130,867	1,235,818	1,439,704	694,256	745,448
40-44	3,077,668	1,465,195	1,612,473	1,892,321	895,559	996,762	1,185,347	569,636	615,711
45-49	2,588,945	1,251,315	1,337,630	1,574,851	755,608	819,243	1,014,094	495,707	518,387
50-54	2,167,966	1,056,411	1,111,555	1,301,059	627,753	673,306	866,907	428,658	438,249
55-59	1,733,431	841,009	892,422	1,018,348	488,461	529,887	715,083	352,548	362,535
60-64	1,149,641	559,820	589,821	639,098	306,329	332,769	510,543	253,491	257,052
65-69	1,016,937	482,919	534,018	554,926	256,321	298,605	462,011	226,598	235,413
70-74	585,393	268,722	316,671	276,337	118,249	158,088	309,056	150,473	158,583
75-79	468,712	210,064	258,648	204,840	85,492	119,348	263,872	124,572	139,300
80+	513,987	203,156	310,831	220,305	84,293	136,012	293,682	118,863	174,819

Table A5.6 Tanzania: Population Projection by Five Year Age Groups and Sex: 2028

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	73,843,167	36,274,691	37,568,476	46,944,343	23,106,068	23,838,275	26,898,824	13,168,623	13,730,201
0 - 4	12,286,741	6,196,743	6,089,998	8,751,545	4,417,221	4,334,324	3,535,196	1,779,522	1,755,674
5 -9	10,351,201	5,217,136	5,134,065	6,801,141	3,437,057	3,364,084	3,550,060	1,780,079	1,769,981
10 -14	9,104,793	4,585,531	4,519,262	5,797,880	2,940,392	2,857,488	3,306,913	1,645,139	1,661,774
15-19	7,995,515	4,032,265	3,963,250	5,073,020	2,584,258	2,488,762	2,922,495	1,448,007	1,474,488
20-24	6,313,503	3,130,995	3,182,508	3,977,566	1,987,398	1,990,168	2,335,937	1,143,597	1,192,340
25-29	5,456,205	2,524,290	2,931,915	3,420,865	1,581,505	1,839,360	2,035,340	942,785	1,092,555
30-34	4,689,302	2,177,523	2,511,779	2,921,341	1,351,363	1,569,978	1,767,961	826,160	941,801
35-39	3,928,773	1,877,896	2,050,877	2,425,496	1,154,468	1,271,028	1,503,277	723,428	779,849
40-44	3,183,509	1,516,438	1,667,071	1,940,406	918,227	1,022,179	1,243,103	598,211	644,892
45-49	2,652,473	1,276,417	1,376,056	1,595,451	760,931	834,520	1,057,022	515,486	541,536
50-54	2,226,797	1,083,166	1,143,631	1,318,970	634,269	684,701	907,827	448,897	458,930
55-59	1,811,988	878,164	933,824	1,049,322	501,632	547,690	762,666	376,532	386,134
60-64	1,213,212	589,614	623,598	660,673	315,331	345,342	552,539	274,283	278,256
65-69	1,028,536	489,441	539,095	543,435	250,458	292,977	485,101	238,983	246,118
70-74	630,240	290,232	340,008	287,702	122,639	165,063	342,538	167,593	174,945
75-79	458,518	205,146	253,372	182,028	73,729	108,299	276,490	131,417	145,073
80+	511,861	203,694	308,167	197,502	75,190	122,312	314,359	128,504	185,855

Table A5.7 Tanzania: Population Projection by Five Year Age Groups and Sex: 2029

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	75,761,979	37,236,142	38,525,837	48,025,030	23,656,979	24,368,051	27,736,949	13,579,163	14,157,786
0 - 4	12,407,221	6,258,309	6,148,912	8,797,455	4,441,073	4,356,382	3,609,766	1,817,236	1,792,530
5 -9	10,714,355	5,397,162	5,317,193	7,193,701	3,633,724	3,559,977	3,520,654	1,763,438	1,757,216
10 -14	9,275,600	4,671,048	4,604,552	5,889,768	2,988,068	2,901,700	3,385,832	1,682,980	1,702,852
15-19	8,196,676	4,133,240	4,063,436	5,183,605	2,643,463	2,540,142	3,013,071	1,489,777	1,523,294
20-24	6,611,026	3,298,437	3,312,589	4,150,614	2,090,155	2,060,459	2,460,412	1,208,282	1,252,130
25-29	5,526,849	2,592,099	2,934,750	3,446,293	1,617,099	1,829,194	2,080,556	975,000	1,105,556
30-34	4,828,557	2,222,730	2,605,827	2,991,766	1,371,045	1,620,721	1,836,791	851,685	985,106
35-39	4,047,789	1,926,265	2,121,524	2,482,600	1,175,505	1,307,095	1,565,189	750,760	814,429
40-44	3,300,316	1,575,159	1,725,157	1,996,117	946,031	1,050,086	1,304,199	629,128	675,071
45-49	2,717,701	1,301,417	1,416,284	1,617,629	766,499	851,130	1,100,072	534,918	565,154
50-54	2,285,996	1,109,522	1,176,474	1,337,601	640,809	696,792	948,395	468,713	479,682
55-59	1,877,616	909,588	968,028	1,072,439	511,385	561,054	805,177	398,203	406,974
60-64	1,304,089	631,603	672,486	700,705	332,583	368,122	603,384	299,020	304,364
65-69	1,018,151	485,731	532,420	518,194	238,319	279,875	499,957	247,412	252,545
70-74	693,954	320,632	373,322	312,264	133,346	178,918	381,690	187,286	194,404
75-79	443,200	197,752	245,448	156,736	60,776	95,960	286,464	136,976	149,488
80+	512,883	205,448	307,435	177,543	67,099	110,444	335,340	138,349	196,991

Table A5.8 Tanzania: Population Projection by Five Year Age Groups and Sex: 2030

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	77,694,127	38,203,816	39,490,311	49,120,896	24,215,425	24,905,471	28,573,231	13,988,391	14,584,840
0 - 4	12,524,584	6,318,384	6,206,200	8,843,672	4,465,193	4,378,479	3,680,912	1,853,191	1,827,721
5 -9	11,073,538	5,574,935	5,498,603	7,579,086	3,826,527	3,752,559	3,494,452	1,748,408	1,746,044
10 -14	9,438,988	4,754,073	4,684,915	5,977,841	3,034,220	2,943,621	3,461,147	1,719,853	1,741,294
15-19	8,371,752	4,218,971	4,152,781	5,277,710	2,692,590	2,585,120	3,094,042	1,526,381	1,567,661
20-24	6,937,295	3,474,192	3,463,103	4,342,886	2,198,680	2,144,206	2,594,409	1,275,512	1,318,897
25-29	5,603,534	2,670,749	2,932,785	3,476,003	1,660,497	1,815,506	2,127,531	1,010,252	1,117,279
30-34	4,966,442	2,270,218	2,696,224	3,061,725	1,392,558	1,669,167	1,904,717	877,660	1,027,057
35-39	4,165,543	1,971,288	2,194,255	2,539,385	1,194,713	1,344,672	1,626,158	776,575	849,583
40-44	3,424,437	1,637,835	1,786,602	2,057,042	976,634	1,080,408	1,367,395	661,201	706,194
45-49	2,787,794	1,328,879	1,458,915	1,643,455	774,009	869,446	1,144,339	554,870	589,469
50-54	2,345,943	1,135,555	1,210,388	1,357,156	647,384	709,772	988,787	488,171	500,616
55-59	1,934,024	936,745	997,279	1,090,118	518,721	571,397	843,906	418,024	425,882
60-64	1,410,172	680,346	729,826	751,243	354,471	396,772	658,929	325,875	333,054
65-69	1,001,556	479,091	522,465	489,480	224,656	264,824	512,076	254,435	257,641
70-74	763,202	353,556	409,646	341,180	146,152	195,028	422,022	207,404	214,618
75-79	430,592	191,663	238,929	133,992	49,085	84,907	296,600	142,578	154,022
80+	514,731	207,336	307,395	158,922	59,335	99,587	355,809	148,001	207,808

Table A5.9 Tanzania: Population Projection by Five Year Age Groups and Sex: 2031

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	79,638,730	39,177,346	40,461,384	50,231,243	24,780,958	25,450,285	29,407,487	14,396,388	15,011,099
0 - 4	12,638,055	6,376,567	6,261,488	8,889,520	4,489,109	4,400,411	3,748,535	1,887,458	1,861,077
5 - 9	11,433,529	5,753,262	5,680,267	7,960,700	4,017,410	3,943,290	3,472,829	1,735,852	1,736,977
10 -14	9,589,764	4,831,290	4,758,474	6,058,899	3,076,867	2,982,032	3,530,865	1,754,423	1,776,442
15-19	8,537,182	4,299,051	4,238,131	5,366,065	2,737,840	2,628,225	3,171,117	1,561,211	1,609,906
20-24	7,254,209	3,641,191	3,613,018	4,529,560	2,301,714	2,227,846	2,724,649	1,339,477	1,385,172
25-29	5,717,102	2,767,207	2,949,895	3,530,105	1,716,266	1,813,839	2,186,997	1,050,941	1,136,056
30-34	5,092,732	2,321,570	2,771,162	3,124,542	1,416,949	1,707,593	1,968,190	904,621	1,063,569
35-39	4,285,372	2,014,719	2,270,653	2,598,005	1,213,244	1,384,761	1,687,367	801,475	885,892
40-44	3,550,096	1,699,305	1,850,791	2,119,427	1,006,662	1,112,765	1,430,669	692,643	738,026
45-49	2,866,925	1,362,113	1,504,812	1,675,629	785,611	890,018	1,191,296	576,502	614,794
50-54	2,406,285	1,161,057	1,245,228	1,377,389	653,840	723,549	1,028,896	507,217	521,679
55-59	1,987,541	962,186	1,025,355	1,106,423	525,291	581,132	881,118	436,895	444,223
60-64	1,514,021	728,100	785,921	800,896	375,923	424,973	713,125	352,177	360,948
65-69	999,901	479,158	520,743	471,057	215,729	255,328	528,844	263,429	265,415
70-74	820,801	380,965	439,836	363,143	155,775	207,368	457,658	225,190	232,468
75-79	430,204	191,382	238,822	119,904	41,564	78,340	310,300	149,818	160,482
80+	515,011	208,223	306,788	139,979	51,164	88,815	375,032	157,059	217,973

Table A5.10 Tanzania: Population Projection by Five Year Age Groups and Sex: 2032

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	81,591,874	40,154,717	41,437,157	51,353,432	25,352,298	26,001,134	30,238,442	14,802,419	15,436,023
0 - 4	12,745,617	6,431,811	6,313,806	8,933,319	4,511,975	4,421,344	3,812,298	1,919,836	1,892,462
5 - 9	11,789,598	5,931,779	5,857,819	8,335,036	4,205,820	4,129,216	3,454,562	1,725,959	1,728,603
10 -14	9,731,968	4,902,371	4,829,597	6,136,456	3,116,440	3,020,016	3,595,512	1,785,931	1,809,581
15-19	8,704,138	4,380,172	4,323,966	5,455,995	2,783,592	2,672,403	3,248,143	1,596,580	1,651,563
20-24	7,534,726	3,787,453	3,747,273	4,693,010	2,391,342	2,301,668	2,841,716	1,396,111	1,445,605
25-29	5,887,318	2,885,302	3,002,016	3,621,513	1,786,845	1,834,668	2,265,805	1,098,457	1,167,348
30-34	5,202,095	2,378,381	2,823,714	3,176,705	1,445,321	1,731,384	2,025,390	933,060	1,092,330
35-39	4,409,080	2,057,940	2,351,140	2,659,636	1,232,016	1,427,620	1,749,444	825,924	923,520
40-44	3,673,424	1,756,080	1,917,344	2,180,740	1,033,845	1,146,895	1,492,684	722,235	770,449
45-49	2,957,276	1,403,020	1,554,256	1,715,576	802,532	913,044	1,241,700	600,488	641,212
50-54	2,467,411	1,186,168	1,281,243	1,398,542	660,277	738,265	1,068,869	525,891	542,978
55-59	2,042,252	987,513	1,054,739	1,124,006	532,131	591,875	918,246	455,382	462,864
60-64	1,604,103	769,718	834,385	842,078	393,578	448,500	762,025	376,140	385,885
65-69	1,026,654	491,979	534,675	471,728	215,464	256,264	554,926	276,515	278,411
70-74	856,512	398,163	458,349	371,363	159,100	212,263	485,149	239,063	246,086
75-79	447,470	199,388	248,082	118,079	39,877	78,202	329,391	159,511	169,880
80+	512,232	207,479	304,753	119,650	42,143	77,507	392,582	165,336	227,246

Table A5.11 Tanzania: Population Projection by Five Year Age Groups and Sex: 2033

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	83,554,017	41,136,888	42,417,129	52,487,667	25,930,020	26,557,647	31,066,350	15,206,868	15,859,482
0 - 4	12,846,065	6,484,131	6,361,934	8,974,108	4,533,736	4,440,372	3,871,957	1,950,395	1,921,562
5 - 9	11,915,470	5,996,390	5,919,080	8,385,445	4,232,193	4,153,252	3,530,025	1,764,197	1,765,828
10 -14	10,094,933	5,082,629	5,012,304	6,529,500	3,313,551	3,215,949	3,565,433	1,769,078	1,796,355
15-19	8,875,205	4,464,409	4,410,796	5,549,214	2,831,231	2,717,983	3,325,991	1,633,178	1,692,813
20-24	7,768,559	3,907,720	3,860,839	4,826,515	2,464,035	2,362,480	2,942,044	1,443,685	1,498,359
25-29	6,123,533	3,028,052	3,095,481	3,756,347	1,874,082	1,882,265	2,367,186	1,153,970	1,213,216
30-34	5,288,571	2,439,653	2,848,918	3,214,299	1,477,114	1,737,185	2,074,272	962,539	1,111,733
35-39	4,539,902	2,101,582	2,438,320	2,726,356	1,251,425	1,474,931	1,813,546	850,157	963,389
40-44	3,792,769	1,807,471	1,985,298	2,239,912	1,057,764	1,182,148	1,552,857	749,707	803,150
45-49	3,060,213	1,452,730	1,607,483	1,764,165	825,467	938,698	1,296,048	627,263	668,785
50-54	2,529,113	1,210,510	1,318,603	1,420,485	666,471	754,014	1,108,628	544,039	564,589
55-59	2,098,950	1,013,133	1,085,817	1,143,330	539,455	603,875	955,620	473,678	481,942
60-64	1,677,889	804,203	873,686	873,128	406,815	466,313	804,761	397,388	407,373
65-69	1,085,451	519,072	566,379	493,860	224,798	269,062	591,591	294,274	297,317
70-74	866,953	403,743	463,210	363,479	155,129	208,350	503,474	248,614	254,860
75-79	484,160	216,390	267,770	129,644	44,460	85,184	354,516	171,930	182,586
80+	506,281	205,070	301,211	97,880	32,294	65,586	408,401	172,776	235,625

Table A5. 12 Tanzania: Population Projection by Five Year Age Groups and Sex: 2034

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	85,525,409	42,123,284	43,402,125	53,633,756	26,513,545	27,120,211	31,891,653	15,609,739	16,281,914
0 - 4	12,938,558	6,532,425	6,406,133	9,010,875	4,553,400	4,457,475	3,927,683	1,979,025	1,948,658
5 - 9	12,039,310	6,060,080	5,979,230	8,436,862	4,259,136	4,177,726	3,602,448	1,800,944	1,801,504
10 -14	10,451,899	5,259,562	5,192,337	6,914,171	3,506,169	3,408,002	3,537,728	1,753,393	1,784,335
15-19	9,043,994	4,548,910	4,495,084	5,641,864	2,878,990	2,762,874	3,402,130	1,669,920	1,732,210
20-24	7,966,452	4,006,908	3,959,544	4,937,063	2,522,907	2,414,156	3,029,389	1,484,001	1,545,388
25-29	6,414,295	3,191,251	3,223,044	3,927,167	1,975,093	1,952,074	2,487,128	1,216,158	1,270,970
30-34	5,358,941	2,506,271	2,852,670	3,241,710	1,513,010	1,728,700	2,117,231	993,261	1,123,970
35-39	4,676,698	2,146,146	2,530,552	2,797,388	1,271,767	1,525,621	1,879,310	874,379	1,004,931
40-44	3,909,500	1,854,935	2,054,565	2,297,804	1,079,390	1,218,414	1,611,696	775,545	836,151
45-49	3,174,019	1,509,760	1,664,259	1,820,267	853,408	966,859	1,353,752	656,352	697,400
50-54	2,592,872	1,234,965	1,357,907	1,444,169	673,011	771,158	1,148,703	561,954	586,749
55-59	2,156,312	1,038,530	1,117,782	1,163,483	546,874	616,609	992,829	491,656	501,173
60-64	1,740,107	833,637	906,470	897,073	417,011	480,062	843,034	416,626	426,408
65-69	1,168,543	556,804	611,739	532,442	241,343	291,099	636,101	315,461	320,640
70-74	859,442	401,162	458,280	344,173	146,080	198,093	515,269	255,082	260,187
75-79	535,008	239,815	295,193	151,164	53,641	97,523	383,844	186,174	197,670
80+	499,459	202,123	297,336	76,081	22,315	53,766	423,378	179,808	243,570

Table A5.13 Tanzania: Population Projection by Five Year Age Groups and Sex: 2035

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	87,509,630	43,115,041	44,394,589	54,793,833	27,103,487	27,690,346	32,715,797	16,011,554	16,704,243
0 - 4	13,022,351	6,575,688	6,446,663	9,042,770	4,570,135	4,472,635	3,979,581	2,005,553	1,974,028
5 - 9	12,161,437	6,122,997	6,038,440	8,489,679	4,286,795	4,202,884	3,671,758	1,836,202	1,835,556
10 -14	10,806,681	5,435,197	5,371,484	7,293,298	3,695,799	3,597,499	3,513,383	1,739,398	1,773,985
15-19	9,206,736	4,631,548	4,575,188	5,731,525	2,925,607	2,805,918	3,475,211	1,705,941	1,769,270
20-24	8,140,180	4,091,940	4,048,240	5,032,312	2,572,384	2,459,928	3,107,868	1,519,556	1,588,312
25-29	6,734,053	3,363,048	3,371,005	4,117,309	2,082,019	2,035,290	2,616,744	1,281,029	1,335,715
30-34	5,435,814	2,583,727	2,852,087	3,273,645	1,556,660	1,716,985	2,162,169	1,027,067	1,135,102
35-39	4,812,880	2,193,237	2,619,643	2,868,387	1,294,065	1,574,322	1,944,493	899,172	1,045,321
40-44	4,025,517	1,899,395	2,126,122	2,355,667	1,099,367	1,256,300	1,669,850	800,028	869,822
45-49	3,295,464	1,570,883	1,724,581	1,881,712	884,194	997,518	1,413,752	686,689	727,063
50-54	2,661,638	1,261,916	1,399,722	1,471,513	681,469	790,044	1,190,125	580,447	609,678
55-59	2,214,730	1,063,783	1,150,947	1,184,656	554,388	630,268	1,030,074	509,395	520,679
60-64	1,794,116	859,334	934,782	916,114	425,064	491,050	878,002	434,270	443,732
65-69	1,265,401	600,526	664,875	580,443	261,955	318,488	684,958	338,571	346,387
70-74	847,233	396,455	450,778	322,173	135,912	186,261	525,060	260,543	264,517
75-79	589,807	264,931	324,876	175,711	64,212	111,499	414,096	200,719	213,377
80+	495,592	200,436	295,156	56,919	13,462	43,457	438,673	186,974	251,699

Table A5.14 Tanzania: Population Projection by Five Year Age Groups and Sex: 2036

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	89,508,811	44,113,785	45,395,026	55,969,089	27,700,812	28,268,277	33,539,722	16,412,973	17,126,749
0 - 4	13,097,407	6,614,506	6,482,901	9,069,797	4,584,391	4,485,406	4,027,610	2,030,115	1,997,495
5 - 9	12,281,777	6,185,063	6,096,714	8,543,545	4,314,950	4,228,595	3,738,232	1,870,113	1,868,119
10 -14	11,164,303	5,612,399	5,551,904	7,670,432	3,884,427	3,786,005	3,493,871	1,727,972	1,765,899
15-19	9,358,770	4,709,352	4,649,418	5,815,304	2,969,318	2,845,986	3,543,466	1,740,034	1,803,432
20-24	8,305,997	4,172,232	4,133,765	5,122,854	2,618,557	2,504,297	3,183,143	1,553,675	1,629,468
25-29	7,046,059	3,527,062	3,518,997	4,302,817	2,184,055	2,118,762	2,743,242	1,343,007	1,400,235
30-34	5,549,453	2,678,916	2,870,537	3,329,822	1,612,582	1,717,240	2,219,631	1,066,334	1,153,297
35-39	4,938,634	2,244,449	2,694,185	2,932,905	1,319,358	1,613,547	2,005,729	925,091	1,080,638
40-44	4,144,385	1,942,699	2,201,686	2,415,778	1,118,899	1,296,879	1,728,607	823,800	904,807
45-49	3,418,984	1,631,112	1,787,872	1,944,882	914,564	1,030,318	1,474,102	716,548	757,554
50-54	2,739,597	1,294,629	1,444,968	1,505,203	693,959	811,244	1,234,394	600,670	633,724
55-59	2,273,942	1,088,720	1,185,222	1,206,666	561,867	644,799	1,067,276	526,853	540,423
60-64	1,845,958	883,697	962,261	934,103	432,513	501,590	911,855	451,184	460,671
65-69	1,360,363	643,403	716,960	627,649	282,162	345,487	732,714	361,241	371,473
70-74	848,293	397,577	450,716	309,242	129,826	179,416	539,051	267,751	271,300
75-79	635,290	285,729	349,561	194,554	72,225	122,329	440,736	213,504	227,232
80+	499,599	202,240	297,359	43,536	7,159	36,377	456,063	195,081	260,982

Table A5.15 Tanzania: Population Projection by Five Year Age Groups and Sex: 2037

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	91,512,886	45,114,672	46,398,214	57,153,238	28,302,448	28,850,790	34,359,648	16,812,224	17,547,424
0 - 4	13,162,784	6,648,419	6,514,365	9,091,441	4,595,900	4,495,541	4,071,343	2,052,519	2,018,824
5 - 9	12,397,365	6,244,776	6,152,589	8,596,102	4,342,415	4,253,687	3,801,263	1,902,361	1,898,902
10 -14	11,519,505	5,790,523	5,728,982	8,041,735	4,071,305	3,970,430	3,477,770	1,719,218	1,758,552
15-19	9,503,404	4,781,659	4,721,745	5,896,222	3,010,319	2,885,903	3,607,182	1,771,340	1,835,842
20-24	8,474,167	4,253,976	4,220,191	5,215,443	2,665,482	2,549,961	3,258,724	1,588,494	1,670,230
25-29	7,323,754	3,671,526	3,652,228	4,466,369	2,273,415	2,192,954	2,857,385	1,398,111	1,459,274
30-34	5,718,734	2,795,408	2,923,326	3,422,601	1,683,060	1,739,541	2,296,133	1,112,348	1,183,785
35-39	5,048,501	2,301,223	2,747,278	2,987,377	1,348,663	1,638,714	2,061,124	952,560	1,108,564
40-44	4,267,532	1,986,030	2,281,502	2,479,082	1,138,779	1,340,303	1,788,450	847,251	941,199
45-49	3,540,769	1,687,068	1,853,701	2,007,285	942,320	1,064,965	1,533,484	744,748	788,736
50-54	2,828,630	1,334,831	1,493,799	1,546,502	711,605	834,897	1,282,128	623,226	658,902
55-59	2,334,192	1,113,444	1,220,748	1,229,675	569,393	660,282	1,104,517	544,051	560,466
60-64	1,899,152	908,049	991,103	953,377	440,242	513,135	945,775	467,807	477,968
65-69	1,443,256	681,010	762,246	667,325	299,055	368,270	775,931	381,955	393,976
70-74	873,953	409,514	464,439	312,806	131,056	181,750	561,147	278,458	282,689
75-79	663,671	298,784	364,887	202,502	75,390	127,112	461,169	223,394	237,775
80+	513,517	208,432	305,085	37,394	4,049	33,345	476,123	204,383	271,740

Table A5.16 Tanzania: Population Projection by Five Year Age Groups and Sex: 2038

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	93,532,720	46,123,803	47,408,917	58,355,506	28,913,513	29,441,993	35,177,214	17,210,290	17,966,924
0 - 4	13,225,133	6,680,881	6,544,252	9,114,442	4,608,153	4,506,289	4,110,691	2,072,728	2,037,963
5 - 9	12,507,757	6,302,511	6,205,246	8,646,884	4,369,376	4,277,508	3,860,873	1,933,135	1,927,738
10 -14	11,651,569	5,858,324	5,793,245	8,099,434	4,101,118	3,998,316	3,552,135	1,757,206	1,794,929
15-19	9,865,470	4,961,434	4,904,036	6,285,098	3,205,288	3,079,810	3,580,372	1,756,146	1,824,226
20-24	8,647,718	4,339,433	4,308,285	5,312,057	2,714,663	2,597,394	3,335,661	1,624,770	1,710,891
25-29	7,557,430	3,791,470	3,765,960	4,601,605	2,346,763	2,254,842	2,955,825	1,444,707	1,511,118
30-34	5,953,268	2,936,369	3,016,899	3,558,251	1,770,031	1,788,220	2,395,017	1,166,338	1,228,679
35-39	5,136,902	2,362,747	2,774,155	3,028,099	1,381,523	1,646,576	2,108,803	981,224	1,127,579
40-44	4,398,395	2,030,113	2,368,282	2,547,769	1,159,457	1,388,312	1,850,626	870,656	979,970
45-49	3,659,400	1,738,187	1,921,213	2,067,984	967,110	1,100,874	1,591,416	771,077	820,339
50-54	2,930,241	1,383,674	1,546,567	1,596,334	735,104	861,230	1,333,907	648,570	685,337
55-59	2,395,415	1,137,621	1,257,794	1,253,628	576,764	676,864	1,141,787	560,857	580,930
60-64	1,954,619	932,868	1,021,751	974,440	448,484	525,956	980,179	484,384	495,795
65-69	1,511,870	712,493	799,377	698,026	312,108	385,918	813,844	400,385	413,459
70-74	927,065	433,390	493,675	334,751	140,299	194,452	592,314	293,091	299,223
75-79	672,786	303,266	369,520	197,902	73,055	124,847	474,884	230,211	244,673
80+	537,682	219,022	318,660	38,802	4,217	34,585	498,880	214,805	284,075

Table A5.17 Tanzania: Population Projection by Five Year Age Groups and Sex: 2039

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	95,557,952	47,134,840	48,423,112	59,571,666	29,531,044	30,040,622	35,986,286	17,603,796	18,382,490
0 - 4	13,289,076	6,713,474	6,575,602	9,144,231	4,623,370	4,520,861	4,144,845	2,090,104	2,054,741
5 - 9	12,609,783	6,356,029	6,253,754	8,693,257	4,394,049	4,299,208	3,916,526	1,961,980	1,954,546
10 -14	11,781,182	5,924,996	5,856,186	8,157,779	4,131,310	4,026,469	3,623,403	1,793,686	1,829,717
15-19	10,221,643	5,137,948	5,083,695	6,666,046	3,395,975	3,270,071	3,555,597	1,741,973	1,813,624
20-24	8,818,850	4,425,053	4,393,797	5,407,959	2,763,882	2,644,077	3,410,891	1,661,171	1,749,720
25-29	7,756,122	3,890,961	3,865,161	4,714,453	2,406,680	2,307,773	3,041,669	1,484,281	1,557,388
30-34	6,240,915	3,097,249	3,143,666	3,728,938	1,870,422	1,858,516	2,511,977	1,226,827	1,285,150
35-39	5,209,422	2,429,379	2,780,043	3,058,740	1,418,304	1,640,436	2,150,682	1,011,075	1,139,607
40-44	4,534,982	2,075,049	2,459,933	2,620,573	1,181,004	1,439,569	1,914,409	894,045	1,020,364
45-49	3,775,545	1,785,519	1,990,026	2,127,444	989,676	1,137,768	1,648,101	795,843	852,258
50-54	3,042,213	1,439,480	1,602,733	1,653,314	763,362	889,952	1,388,899	676,118	712,781
55-59	2,458,650	1,161,918	1,296,732	1,279,219	584,441	694,778	1,179,431	577,477	601,954
60-64	2,010,737	957,504	1,053,233	996,257	456,806	539,451	1,014,480	500,698	513,782
65-69	1,570,359	739,639	830,720	722,422	322,512	399,910	847,937	417,127	430,810
70-74	1,000,688	466,006	534,682	370,661	155,497	215,164	630,027	310,509	319,518
75-79	668,591	301,938	366,653	184,604	67,008	117,596	483,987	234,930	249,057
80+	569,194	232,698	336,496	45,769	6,746	39,023	523,425	225,952	297,473

Table A5.18 Tanzania: Population Projection by Five Year Age Groups and Sex: 2040

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	97,591,201	48,149,785	49,441,416	60,802,714	30,155,934	30,646,780	36,788,487	17,993,851	18,794,636
0 - 4	13,355,928	6,748,166	6,607,762	9,181,276	4,642,635	4,538,641	4,174,652	2,105,531	2,069,121
5 - 9	12,702,275	6,404,088	6,298,187	8,734,049	4,415,423	4,318,626	3,968,226	1,988,665	1,979,561
10 -14	11,908,460	5,990,590	5,917,870	8,217,038	4,161,963	4,055,075	3,691,422	1,828,627	1,862,795
15-19	10,575,275	5,312,962	5,262,313	7,041,499	3,583,641	3,457,858	3,533,776	1,729,321	1,804,455
20-24	8,983,620	4,508,649	4,474,971	5,500,627	2,811,840	2,688,787	3,482,993	1,696,809	1,786,184
25-29	7,930,980	3,976,552	3,954,428	4,812,176	2,457,350	2,354,826	3,118,804	1,519,202	1,599,602
30-34	6,556,821	3,266,519	3,290,302	3,918,430	1,976,570	1,941,860	2,638,391	1,289,949	1,348,442
35-39	5,287,991	2,506,490	2,781,501	3,093,578	1,462,579	1,630,999	2,194,413	1,043,911	1,150,502
40-44	4,670,841	2,122,358	2,548,483	2,693,219	1,204,375	1,488,844	1,977,622	917,983	1,059,639
45-49	3,890,926	1,829,910	2,061,016	2,186,802	1,010,606	1,176,196	1,704,124	819,304	884,820
50-54	3,161,547	1,499,202	1,662,345	1,715,411	794,326	921,085	1,446,136	704,876	741,260
55-59	2,526,551	1,188,526	1,338,025	1,308,216	593,895	714,321	1,218,335	594,631	623,704
60-64	2,067,888	982,027	1,085,861	1,019,017	465,209	553,808	1,048,871	516,818	532,053
65-69	1,621,529	763,518	858,011	742,425	331,040	411,385	879,104	432,478	446,626
70-74	1,086,006	503,567	582,439	414,539	174,033	240,506	671,467	329,534	341,933
75-79	661,283	299,314	361,969	169,526	60,299	109,227	491,757	239,015	252,742
80+	603,280	247,347	355,933	54,886	10,150	44,736	548,394	237,197	311,197

Table A5.19 Tanzania: Population Projection by Five Year Age Groups and Sex: 2041

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	99,634,712	49,170,413	50,464,299	62,049,464	30,789,145	31,260,319	37,585,248	18,381,268	19,203,980
0 - 4	13,426,090	6,785,210	6,640,880	9,225,618	4,666,050	4,559,568	4,200,472	2,119,160	2,081,312
5 - 9	12,785,280	6,447,354	6,337,926	8,769,273	4,433,971	4,335,302	4,016,007	2,013,383	2,002,624
10 -14	12,033,185	6,054,962	5,978,223	8,276,739	4,192,805	4,083,934	3,756,446	1,862,157	1,894,289
15-19	10,931,198	5,489,256	5,441,942	7,414,809	3,770,179	3,644,630	3,516,389	1,719,077	1,797,312
20-24	9,137,454	4,587,290	4,550,164	5,587,188	2,856,787	2,730,401	3,550,266	1,730,503	1,819,763
25-29	8,097,793	4,057,377	4,040,416	4,905,050	2,504,686	2,400,364	3,192,743	1,552,691	1,640,052
30-34	6,865,094	3,428,213	3,436,881	4,103,312	2,077,938	2,025,374	2,761,782	1,350,275	1,411,507
35-39	5,402,036	2,600,709	2,801,327	3,151,783	1,518,692	1,633,091	2,250,253	1,082,017	1,168,236
40-44	4,796,353	2,173,586	2,622,767	2,759,394	1,230,593	1,528,801	2,036,959	942,993	1,093,966
45-49	4,008,977	1,873,141	2,135,836	2,248,239	1,031,060	1,217,179	1,760,738	842,081	918,657
50-54	3,282,778	1,558,022	1,724,756	1,779,084	824,854	954,230	1,503,694	733,168	770,526
55-59	2,603,176	1,220,595	1,382,581	1,343,206	607,154	736,052	1,259,970	613,441	646,529
60-64	2,125,689	1,006,228	1,119,461	1,042,490	473,555	568,935	1,083,199	532,673	550,526
65-69	1,670,932	786,288	884,644	761,549	339,059	422,490	909,383	447,229	462,154
70-74	1,169,490	540,310	629,180	457,616	192,168	265,448	711,874	348,142	363,732
75-79	664,978	301,375	363,603	161,970	56,880	105,090	503,008	244,495	258,513
80+	634,209	260,497	373,712	62,144	12,714	49,430	572,065	247,783	324,282

Table A5.20 Tanzania: Population Projection by Five Year Age Groups and Sex: 2042

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	101,679,464	50,191,575	51,487,889	63,306,211	31,427,334	31,878,877	38,373,253	18,764,241	19,609,012
0 - 4	13,500,276	6,824,304	6,675,972	9,277,556	4,693,314	4,584,242	4,222,720	2,130,990	2,091,730
5 - 9	12,857,582	6,485,197	6,372,385	8,798,222	4,449,316	4,348,906	4,059,360	2,035,881	2,023,479
10 -14	12,152,395	6,116,590	6,035,805	8,334,535	4,222,644	4,111,891	3,817,860	1,893,946	1,923,914
15-19	11,284,062	5,666,068	5,617,994	7,782,109	3,954,765	3,827,344	3,501,953	1,711,303	1,790,650
20-24	9,283,565	4,660,340	4,623,225	5,670,588	2,898,924	2,771,664	3,612,977	1,761,416	1,851,561
25-29	8,266,372	4,139,349	4,127,023	4,999,546	2,552,567	2,446,979	3,266,826	1,586,782	1,680,044
30-34	7,139,719	3,570,786	3,568,933	4,266,611	2,166,890	2,099,721	2,873,108	1,403,896	1,469,212
35-39	5,569,984	2,715,533	2,854,451	3,245,447	1,588,893	1,656,554	2,324,537	1,126,640	1,197,897
40-44	4,906,106	2,230,093	2,676,013	2,815,559	1,260,617	1,554,942	2,090,547	969,476	1,121,071
45-49	4,131,057	1,916,315	2,214,742	2,312,670	1,051,789	1,260,881	1,818,387	864,526	953,861
50-54	3,402,239	1,612,685	1,789,554	1,841,949	852,836	989,113	1,560,290	759,849	800,441
55-59	2,690,255	1,259,701	1,430,554	1,385,372	625,264	760,108	1,304,883	634,437	670,446
60-64	2,184,424	1,030,181	1,154,243	1,066,862	481,910	584,952	1,117,562	548,271	569,291
65-69	1,721,566	809,051	912,515	781,837	347,330	434,507	939,729	461,721	478,008
70-74	1,242,760	572,706	670,054	494,259	207,547	286,712	748,501	365,159	383,342
75-79	688,404	311,846	376,558	167,702	59,167	108,535	520,702	252,679	268,023
80+	658,698	270,830	387,868	65,387	13,561	51,826	593,311	257,269	336,042

Table A5.21 Tanzania: Population Projection by Five Year Age Groups and Sex: 2043

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	103,729,219	51,215,179	52,514,040	64,578,911	32,073,533	32,505,378	39,150,308	19,141,646	20,008,662
0 - 4	13,575,660	6,863,363	6,712,297	9,336,501	4,723,693	4,612,808	4,239,159	2,139,670	2,099,489
5 - 9	12,925,075	6,520,660	6,404,415	8,827,019	4,464,602	4,362,417	4,098,056	2,056,058	2,041,998
10 -14	12,264,984	6,175,523	6,089,461	8,389,487	4,251,426	4,138,061	3,875,497	1,924,097	1,951,400
15-19	11,417,430	5,734,546	5,682,884	7,843,322	3,986,044	3,857,278	3,574,108	1,748,502	1,825,606
20-24	9,641,251	4,837,767	4,803,484	6,053,071	3,090,527	2,962,544	3,588,180	1,747,240	1,840,940
25-29	8,439,271	4,224,472	4,214,799	5,097,360	2,602,336	2,495,024	3,341,911	1,622,136	1,719,775
30-34	7,370,726	3,689,176	3,681,550	4,401,821	2,240,038	2,161,783	2,968,905	1,449,138	1,519,767
35-39	5,800,979	2,853,907	2,947,072	3,380,543	1,674,982	1,705,561	2,420,436	1,178,925	1,241,511
40-44	4,994,380	2,290,966	2,703,414	2,857,942	1,293,935	1,564,007	2,136,438	997,031	1,139,407
45-49	4,260,187	1,960,010	2,300,177	2,382,041	1,073,157	1,308,884	1,878,146	886,853	991,293
50-54	3,518,424	1,662,596	1,855,828	1,903,018	877,906	1,025,112	1,615,406	784,690	830,716
55-59	2,789,039	1,306,862	1,482,177	1,435,504	648,848	786,656	1,353,535	658,014	695,521
60-64	2,243,913	1,053,542	1,190,371	1,092,024	490,077	601,947	1,151,889	563,465	588,424
65-69	1,774,171	832,201	941,970	803,692	356,043	447,649	970,479	476,158	494,321
70-74	1,303,722	599,953	703,769	523,180	219,715	303,465	780,542	380,238	400,304
75-79	733,481	331,391	402,090	188,050	67,587	120,463	545,431	263,804	281,627
80+	676,526	278,244	398,282	64,336	12,617	51,719	612,190	265,627	346,563

Table A5.22 Tanzania: Population Projection by Five Year Age Groups and Sex: 2044

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	105,782,585	52,239,742	53,542,843	65,869,700	32,728,225	33,141,475	39,912,885	19,511,517	20,401,368
0 - 4	13,646,352	6,899,989	6,746,363	9,399,417	4,756,046	4,643,371	4,246,935	2,143,943	2,102,992
5 - 9	12,994,301	6,556,325	6,437,976	8,862,303	4,482,675	4,379,628	4,131,998	2,073,650	2,058,348
10 -14	12,369,734	6,230,502	6,139,232	8,440,286	4,278,048	4,162,238	3,929,448	1,952,454	1,976,994
15-19	11,548,755	5,802,087	5,746,668	7,905,410	4,017,797	3,887,613	3,643,345	1,784,290	1,859,055
20-24	9,993,535	5,012,172	4,981,363	6,428,137	3,278,041	3,150,096	3,565,398	1,734,131	1,831,267
25-29	8,610,167	4,309,954	4,300,213	5,194,655	2,652,248	2,542,407	3,415,512	1,657,706	1,757,806
30-34	7,568,011	3,787,881	3,780,130	4,515,389	2,300,226	2,215,163	3,052,622	1,487,655	1,564,967
35-39	6,084,094	3,011,818	3,072,276	3,549,980	1,774,217	1,775,763	2,534,114	1,237,601	1,296,513
40-44	5,067,388	2,356,930	2,710,458	2,890,574	1,331,125	1,559,449	2,176,814	1,025,805	1,151,009
45-49	4,395,077	2,004,604	2,390,473	2,455,503	1,095,399	1,360,104	1,939,574	909,205	1,030,369
50-54	3,632,515	1,709,032	1,923,483	1,963,032	900,915	1,062,117	1,669,483	808,117	861,366
55-59	2,897,811	1,360,692	1,537,119	1,492,504	676,980	815,524	1,405,307	683,712	721,595
60-64	2,305,461	1,077,085	1,228,376	1,118,799	498,558	620,241	1,186,662	578,527	608,135
65-69	1,827,553	855,277	972,276	826,322	364,869	461,453	1,001,231	490,408	510,823
70-74	1,356,386	623,768	732,618	546,852	229,755	317,097	809,534	394,013	415,521
75-79	794,397	357,389	437,008	219,396	80,508	138,888	575,001	276,881	298,120
80+	691,048	284,237	406,811	61,141	10,818	50,323	629,907	273,419	356,488

Table A5.23 Tanzania: Population Projection by Five Year Age Groups and Sex: 2045

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	107,843,728	53,268,146	54,575,582	67,180,819	33,393,003	33,787,816	40,662,909	19,875,143	20,787,766
0 - 4	13,716,134	6,936,191	6,779,943	9,468,602	4,791,606	4,676,996	4,247,532	2,144,585	2,102,947
5 - 9	13,066,208	6,593,978	6,472,230	8,904,372	4,504,576	4,399,796	4,161,836	2,089,402	2,072,434
10 -14	12,465,122	6,280,135	6,184,987	8,485,522	4,301,405	4,184,117	3,979,600	1,978,730	2,000,870
15-19	11,677,817	5,868,604	5,809,213	7,968,421	4,050,019	3,918,402	3,709,396	1,818,585	1,890,811
20-24	10,343,467	5,185,187	5,158,280	6,798,025	3,462,648	3,335,377	3,545,442	1,722,539	1,822,903
25-29	8,774,851	4,393,465	4,381,386	5,288,753	2,700,917	2,587,836	3,486,098	1,692,548	1,793,550
30-34	7,742,155	3,873,123	3,869,032	4,614,218	2,351,437	2,262,781	3,127,937	1,521,686	1,606,251
35-39	6,395,029	3,178,054	3,216,975	3,737,889	1,879,148	1,858,741	2,657,140	1,298,906	1,358,234
40-44	5,146,277	2,433,097	2,713,180	2,927,256	1,375,599	1,551,657	2,219,021	1,057,498	1,161,523
45-49	4,529,388	2,051,555	2,477,833	2,528,844	1,119,424	1,409,420	2,000,544	932,131	1,068,413
50-54	3,745,928	1,752,667	1,993,261	2,022,969	922,361	1,100,608	1,722,959	830,306	892,653
55-59	3,013,734	1,418,266	1,595,468	1,554,428	707,683	846,745	1,459,306	710,583	748,723
60-64	2,371,489	1,102,851	1,268,638	1,148,813	508,724	640,089	1,222,676	594,127	628,549
65-69	1,882,051	878,314	1,003,737	849,875	373,783	476,092	1,032,176	504,531	527,645
70-74	1,402,981	644,913	758,068	566,878	238,270	328,608	836,103	406,643	429,460
75-79	864,519	387,126	477,393	256,975	95,917	161,058	607,544	291,209	316,335
80+	706,578	290,620	415,958	58,979	9,486	49,493	647,599	281,134	366,465

Table A5.24 Tanzania: Population Projection by Five Year Age Groups and Sex: 2046

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	109,900,638	54,294,339	55,606,299	68,504,403	34,063,914	34,440,489	41,396,235	20,230,425	21,165,810
0 - 4	13,783,000	6,970,248	6,812,752	9,542,324	4,829,001	4,713,323	4,240,676	2,141,247	2,099,429
5 - 9	13,139,598	6,633,031	6,506,567	8,952,336	4,529,895	4,422,441	4,187,262	2,103,136	2,084,126
10 -14	12,549,626	6,324,267	6,225,359	8,524,192	4,321,431	4,202,761	4,025,434	2,002,836	2,022,598
15-19	11,802,954	5,933,214	5,869,740	8,030,927	4,081,943	3,948,984	3,772,027	1,851,271	1,920,756
20-24	10,694,458	5,358,844	5,335,614	7,165,173	3,645,764	3,519,409	3,529,285	1,713,080	1,816,205
25-29	8,927,839	4,471,649	4,456,190	5,376,253	2,746,331	2,629,922	3,551,586	1,725,318	1,826,268
30-34	7,907,579	3,953,284	3,954,295	4,707,779	2,399,125	2,308,654	3,199,800	1,554,159	1,645,641
35-39	6,697,878	3,336,593	3,361,285	3,920,900	1,979,226	1,941,674	2,776,978	1,357,367	1,419,611
40-44	5,259,129	2,525,636	2,733,493	2,986,351	1,431,436	1,554,915	2,272,778	1,094,200	1,178,578
45-49	4,653,093	2,102,068	2,551,025	2,595,562	1,146,071	1,449,491	2,057,531	955,997	1,101,534
50-54	3,861,666	1,795,062	2,066,604	2,084,756	943,273	1,141,483	1,776,910	851,789	925,121
55-59	3,131,183	1,474,852	1,656,331	1,617,707	737,906	879,801	1,513,476	736,946	776,530
60-64	2,445,577	1,133,618	1,311,959	1,184,370	522,389	661,981	1,261,207	611,229	649,978
65-69	1,936,931	900,955	1,035,976	873,974	382,590	491,384	1,062,957	518,365	544,592
70-74	1,448,239	665,214	783,025	586,200	246,380	339,820	862,039	418,834	443,205
75-79	932,811	416,031	516,780	293,746	110,928	182,818	639,065	305,103	333,962
80+	729,077	299,773	429,304	61,853	10,225	51,628	667,224	289,548	377,676

Table A5.25 Tanzania: Population Projection by Five Year Age Groups and Sex: 2047

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	111,958,206	55,320,925	56,637,281	69,843,376	34,742,475	35,100,901	42,114,830	20,578,450	21,536,380
0 - 4	13,847,825	7,003,306	6,844,519	9,620,962	4,868,932	4,752,030	4,226,863	2,134,374	2,092,489
5 - 9	13,217,002	6,674,114	6,542,888	9,007,810	4,559,018	4,448,792	4,209,192	2,115,096	2,094,096
10 -14	12,623,848	6,363,208	6,260,640	8,556,848	4,338,403	4,218,445	4,067,000	2,024,805	2,042,195
15-19	11,922,932	5,995,267	5,927,665	8,091,778	4,112,982	3,978,796	3,831,154	1,882,285	1,948,869
20-24	11,042,744	5,533,152	5,509,592	7,526,825	3,827,130	3,699,695	3,515,919	1,706,022	1,809,897
25-29	9,073,548	4,544,521	4,529,027	5,460,814	2,789,080	2,671,734	3,612,734	1,755,441	1,857,293
30-34	8,074,946	4,034,685	4,040,261	4,803,063	2,447,419	2,355,644	3,271,883	1,587,266	1,684,617
35-39	6,968,212	3,476,712	3,491,500	4,083,044	2,067,336	2,015,708	2,885,168	1,409,376	1,475,792
40-44	5,424,655	2,638,305	2,786,350	3,080,107	1,501,038	1,579,069	2,344,548	1,137,267	1,207,281
45-49	4,761,619	2,157,794	2,603,825	2,652,608	1,176,458	1,476,150	2,109,011	981,336	1,127,675
50-54	3,981,461	1,837,462	2,143,999	2,149,516	964,470	1,185,046	1,831,945	872,992	958,953
55-59	3,247,177	1,527,597	1,719,580	1,680,325	765,748	914,577	1,566,852	761,849	805,003
60-64	2,529,628	1,171,044	1,358,584	1,226,726	540,611	686,115	1,302,902	630,433	672,469
65-69	1,992,874	923,465	1,069,409	898,965	391,424	507,541	1,093,909	532,041	561,868
70-74	1,494,693	685,552	809,141	606,569	254,702	351,867	888,124	430,850	457,274
75-79	993,151	441,665	551,486	325,369	123,800	201,569	667,782	317,865	349,917
80+	761,891	313,076	448,815	72,047	13,924	58,123	689,844	299,152	390,692

Table A5.26 Tanzania: Population Projection by Five Year Age Groups and Sex: 2048

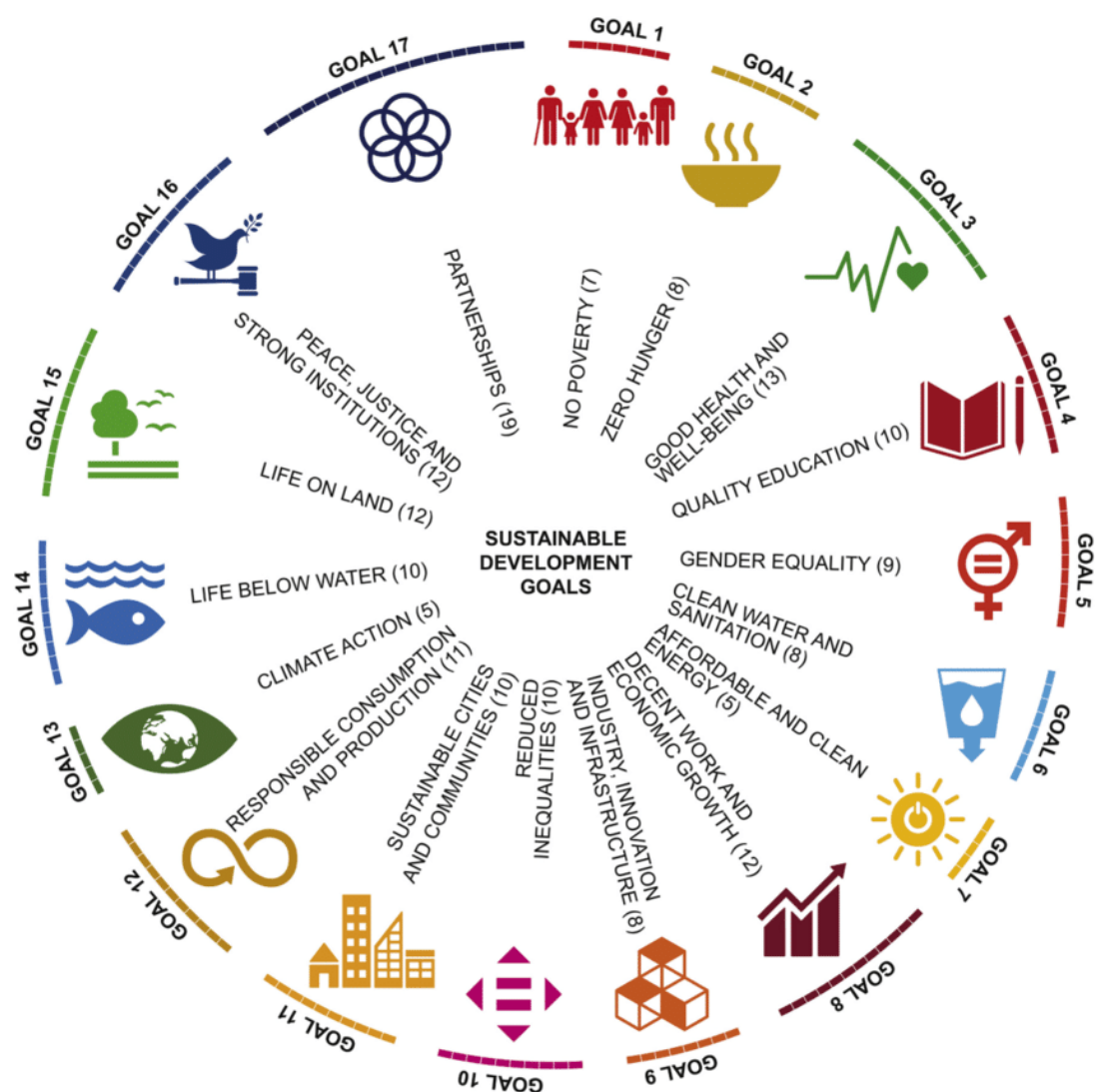
Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	114,012,639	56,346,017	57,666,622	71,195,755	35,427,702	35,768,053	42,816,884	20,918,315	21,898,569
0 - 4	13,908,395	7,034,187	6,874,208	9,699,998	4,909,049	4,790,949	4,208,397	2,125,138	2,083,259
5 - 9	13,295,156	6,714,935	6,580,221	9,069,885	4,591,055	4,478,830	4,225,271	2,123,880	2,101,391
10 -14	12,693,025	6,399,629	6,293,396	8,589,123	4,355,185	4,233,938	4,103,902	2,044,444	2,059,458
15-19	12,036,179	6,054,571	5,981,608	8,149,711	4,142,917	4,006,794	3,886,468	1,911,654	1,974,814
20-24	11,176,291	5,601,757	5,574,534	7,590,614	3,859,605	3,731,009	3,585,677	1,742,152	1,843,525
25-29	9,425,943	4,719,128	4,706,815	5,836,406	2,976,977	2,859,429	3,589,537	1,742,151	1,847,386
30-34	8,246,360	4,119,084	4,127,276	4,901,499	2,497,512	2,403,987	3,344,861	1,621,572	1,723,289
35-39	7,195,964	3,593,275	3,602,689	4,217,765	2,140,048	2,077,717	2,978,199	1,453,227	1,524,972
40-44	5,651,623	2,773,859	2,877,764	3,214,263	1,586,090	1,628,173	2,437,360	1,187,769	1,249,591
45-49	4,849,146	2,217,714	2,631,432	2,696,172	1,210,012	1,486,160	2,152,974	1,007,702	1,145,272
50-54	4,108,114	1,880,377	2,227,737	2,219,059	986,277	1,232,782	1,889,055	894,100	994,955
55-59	3,360,116	1,575,859	1,784,257	1,741,248	790,824	950,424	1,618,868	785,035	833,833
60-64	2,624,745	1,216,025	1,408,720	1,276,575	563,946	712,629	1,348,170	652,079	696,091
65-69	2,049,535	945,431	1,104,104	924,654	400,053	524,601	1,124,881	545,378	579,503
70-74	1,543,029	706,297	836,732	628,316	263,395	364,921	914,713	442,902	471,811
75-79	1,043,884	463,465	580,419	350,856	134,228	216,628	693,028	329,237	363,791
80+	805,134	330,424	474,710	89,611	20,529	69,082	715,523	309,895	405,628

Table A5.27 Tanzania: Population Projection by Five Year Age Groups and Sex: 2049

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	116,060,182	57,367,860	58,692,322	72,559,753	36,118,760	36,440,993	43,500,429	21,249,100	22,251,329
0 - 4	13,965,199	7,063,808	6,901,391	9,777,331	4,948,759	4,828,572	4,187,868	2,115,049	2,072,819
5 - 9	13,367,997	6,753,035	6,614,962	9,135,445	4,624,843	4,510,602	4,232,552	2,128,192	2,104,360
10 -14	12,763,374	6,436,003	6,327,371	8,627,401	4,374,540	4,252,861	4,135,973	2,061,463	2,074,510
15-19	12,141,274	6,109,771	6,031,503	8,203,264	4,170,575	4,032,689	3,938,010	1,939,196	1,998,814
20-24	11,307,430	5,669,260	5,638,170	7,655,030	3,892,427	3,762,603	3,652,400	1,776,833	1,875,567
25-29	9,772,759	4,890,649	4,882,110	6,204,761	3,160,888	3,043,873	3,567,998	1,729,761	1,838,237
30-34	8,415,548	4,203,702	4,211,846	4,999,279	2,547,665	2,451,614	3,416,269	1,656,037	1,760,232
35-39	7,390,567	3,690,573	3,699,994	4,331,230	2,200,082	2,131,148	3,059,337	1,490,491	1,568,846
40-44	5,929,237	2,928,388	3,000,849	3,381,825	1,683,924	1,697,901	2,547,412	1,244,464	1,302,948
45-49	4,921,694	2,282,538	2,639,156	2,730,176	1,247,306	1,482,870	2,191,518	1,035,232	1,156,286
50-54	4,240,210	1,924,103	2,316,107	2,292,481	1,008,889	1,283,592	1,947,729	915,214	1,032,515
55-59	3,471,131	1,620,852	1,850,279	1,801,190	813,943	987,247	1,669,941	806,909	863,032
60-64	2,729,092	1,267,131	1,461,961	1,332,788	591,466	741,322	1,396,304	675,665	720,639
65-69	2,108,199	967,617	1,140,582	951,843	408,967	542,876	1,156,356	558,650	597,706
70-74	1,592,133	727,026	865,107	650,743	272,178	378,565	941,390	454,848	486,542
75-79	1,088,408	482,795	605,613	372,269	143,061	229,208	716,139	339,734	376,405
80+	855,930	350,609	505,321	112,697	29,247	83,450	743,233	321,362	421,871

Table A5.28 Tanzania: Population Projection by Five Year Age Groups and Sex: 2050

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	118,105,370	58,388,643	59,716,727	73,937,738	36,816,804	37,120,934	44,167,632	21,571,839	22,595,793
0 - 4	14,017,977	7,091,345	6,926,632	9,852,963	4,987,575	4,865,388	4,165,014	2,103,770	2,061,244
5 - 9	13,439,510	6,790,456	6,649,054	9,206,968	4,661,670	4,545,298	4,232,542	2,128,786	2,103,756
10 -14	12,835,969	6,474,123	6,361,846	8,672,082	4,397,518	4,274,564	4,163,887	2,076,605	2,087,282
15-19	12,236,797	6,159,524	6,077,273	8,251,100	4,194,900	4,056,200	3,985,697	1,964,624	2,021,073
20-24	11,436,022	5,735,583	5,700,439	7,720,196	3,925,606	3,794,590	3,715,826	1,809,977	1,905,849
25-29	10,117,127	5,060,750	5,056,377	6,568,131	3,342,014	3,226,117	3,548,996	1,718,736	1,830,260
30-34	8,578,425	4,286,260	4,292,165	5,093,806	2,596,528	2,497,278	3,484,619	1,689,732	1,794,887
35-39	7,562,467	3,774,688	3,787,779	4,430,251	2,251,331	2,178,920	3,132,216	1,523,357	1,608,859
40-44	6,233,935	3,090,981	3,142,954	3,567,392	1,787,290	1,780,102	2,666,543	1,303,691	1,362,852
45-49	4,999,773	2,357,204	2,642,569	2,768,005	1,291,638	1,476,367	2,231,768	1,065,566	1,166,202
50-54	4,371,736	1,970,112	2,401,624	2,365,764	1,033,219	1,332,545	2,005,972	936,893	1,069,079
55-59	3,581,462	1,663,171	1,918,291	1,861,027	835,563	1,025,464	1,720,435	827,608	892,827
60-64	2,840,275	1,321,773	1,518,502	1,393,663	621,384	772,279	1,446,612	700,389	746,223
65-69	2,171,014	991,837	1,179,177	981,999	419,400	562,599	1,189,015	572,437	616,578
70-74	1,642,360	747,788	894,572	673,994	281,032	392,962	968,366	466,756	501,610
75-79	1,128,334	500,188	628,146	390,875	150,776	240,099	737,459	349,412	388,047
80+	912,187	372,860	539,327	139,522	39,360	100,162	772,665	333,500	439,165



5.2 Tanzania Mainland Projection: 2023 - 2050

Table B5.1 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2023

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	62,442,136	30,581,513	31,860,623	40,716,836	19,940,681	20,776,155	21,725,300	10,640,832	11,084,468
0 - 4	10,181,283	5,134,239	5,047,044	6,811,918	3,436,299	3,375,619	3,369,365	1,697,940	1,671,425
5 - 9	9,091,181	4,573,699	4,517,482	5,925,876	2,982,955	2,942,921	3,165,305	1,590,744	1,574,561
10 -14	8,000,475	4,039,017	3,961,458	5,210,545	2,633,735	2,576,810	2,789,930	1,405,282	1,384,648
15-19	6,326,815	3,148,403	3,178,412	4,124,159	2,054,355	2,069,804	2,202,656	1,094,048	1,108,608
20-24	5,465,629	2,536,243	2,929,386	3,571,135	1,656,911	1,914,224	1,894,494	879,332	1,015,162
25-29	4,700,457	2,188,832	2,511,625	3,069,409	1,428,715	1,640,694	1,631,048	760,117	870,931
30-34	3,944,754	1,892,030	2,052,724	2,569,240	1,231,037	1,338,203	1,375,514	660,993	714,521
35-39	3,207,214	1,533,542	1,673,672	2,082,462	994,468	1,087,994	1,124,752	539,074	585,678
40-44	2,688,194	1,299,128	1,389,066	1,741,924	840,317	901,607	946,270	458,811	487,459
45-49	2,279,389	1,115,827	1,163,562	1,473,649	720,326	753,323	805,740	395,501	410,239
50-54	1,875,811	916,987	958,824	1,208,255	589,438	618,817	667,556	327,549	340,007
55-59	1,274,883	627,056	647,827	813,692	399,390	414,302	461,191	227,666	233,525
60-64	1,130,087	545,760	584,327	717,572	345,267	372,305	412,515	200,493	212,022
65-69	733,307	344,452	388,855	456,851	212,972	243,879	276,456	131,480	144,976
70-74	599,313	275,445	323,868	368,850	167,544	201,306	230,463	107,901	122,562
75-79	460,031	206,658	253,373	277,478	123,205	154,273	182,553	83,453	99,100
80+	483,313	204,195	279,118	293,821	123,747	170,074	189,492	80,448	109,044

Table B5.2 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2024

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	64,241,822	31,478,472	32,763,350	41,682,980	20,430,092	21,252,888	22,558,842	11,048,380	11,510,462
0 - 4	10,331,575	5,208,905	5,122,670	7,056,842	3,559,932	3,496,910	3,274,733	1,648,973	1,625,760
5 - 9	9,297,061	4,675,440	4,621,621	6,038,693	3,040,655	2,998,038	3,258,368	1,634,785	1,623,583
10 -14	8,231,293	4,153,196	4,078,097	5,340,040	2,701,734	2,638,306	2,891,253	1,451,462	1,439,791
15-19	6,655,916	3,332,039	3,323,877	4,313,241	2,165,924	2,147,317	2,342,675	1,166,115	1,176,560
20-24	5,558,890	2,615,386	2,943,504	3,608,483	1,698,170	1,910,313	1,950,407	917,216	1,033,191
25-29	4,858,174	2,242,271	2,615,903	3,151,141	1,453,328	1,697,813	1,707,033	788,943	918,090
30-34	4,079,247	1,947,713	2,131,534	2,635,885	1,256,455	1,379,430	1,443,362	691,258	752,104
35-39	3,336,982	1,598,543	1,738,439	2,144,526	1,025,325	1,119,201	1,192,456	573,218	619,238
40-44	2,763,365	1,328,945	1,434,420	1,768,755	847,886	920,869	994,610	481,059	513,551
45-49	2,347,818	1,146,709	1,201,109	1,495,875	728,487	767,388	851,943	418,222	433,721
50-54	1,951,094	953,416	997,678	1,235,282	600,982	634,300	715,812	352,434	363,378
55-59	1,375,281	674,137	701,144	856,651	418,225	438,426	518,630	255,912	262,718
60-64	1,119,850	542,501	577,349	688,823	331,330	357,493	431,027	211,171	219,856
65-69	809,088	381,251	427,837	484,366	225,022	259,344	324,722	156,229	168,493
70-74	580,285	266,150	314,135	334,358	149,481	184,877	245,927	116,669	129,258
75-79	461,213	207,136	254,077	257,285	112,768	144,517	203,928	94,368	109,560
80+	484,690	204,734	279,956	272,734	114,388	158,346	211,956	90,346	121,610

Table B5.3 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2025

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	66,054,123	32,382,175	33,671,948	42,661,334	20,926,138	21,735,196	23,392,789	11,456,037	11,936,752
0 - 4	10,459,530	5,272,438	5,187,092	7,283,568	3,674,197	3,609,371	3,175,962	1,598,241	1,577,721
5 -9	9,498,093	4,776,385	4,721,708	6,149,579	3,097,984	3,051,595	3,348,514	1,678,401	1,670,113
10 -14	8,436,371	4,252,098	4,184,273	5,452,112	2,759,283	2,692,829	2,984,259	1,492,815	1,491,444
15-19	7,016,400	3,525,215	3,491,185	4,523,913	2,284,259	2,239,654	2,492,487	1,240,956	1,251,531
20-24	5,659,492	2,706,455	2,953,037	3,649,561	1,747,435	1,902,126	2,009,931	959,020	1,050,911
25-29	5,015,696	2,298,507	2,717,189	3,233,122	1,479,894	1,753,228	1,782,574	818,613	963,961
30-34	4,213,499	2,000,433	2,213,066	2,701,894	1,279,961	1,421,933	1,511,605	720,472	791,133
35-39	3,475,094	1,668,032	1,807,062	2,214,351	1,060,086	1,154,265	1,260,743	607,946	652,797
40-44	2,844,167	1,361,560	1,482,607	1,798,641	857,209	941,432	1,045,526	504,351	541,175
45-49	2,417,175	1,177,346	1,239,829	1,520,102	736,962	783,140	897,073	440,384	456,689
50-54	2,017,235	985,607	1,031,628	1,256,166	609,972	646,194	761,069	375,635	385,434
55-59	1,493,078	729,062	764,016	912,465	442,717	469,748	580,613	286,345	294,268
60-64	1,102,159	535,713	566,446	655,041	315,220	339,821	447,118	220,493	226,625
65-69	892,653	421,731	470,922	518,114	240,066	278,048	374,539	181,665	192,874
70-74	562,323	257,534	304,789	301,236	132,398	168,838	261,087	125,136	135,951
75-79	464,942	208,767	256,175	240,226	103,736	136,490	224,716	105,031	119,685
80+	486,216	205,292	280,924	251,243	104,759	146,484	234,973	100,533	134,440

Table B5.4 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2026

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	67,877,764	33,290,742	34,587,022	43,651,253	21,427,681	22,223,572	24,226,511	11,863,061	12,363,450
0 - 4	10,568,372	5,326,135	5,242,237	7,495,039	3,780,406	3,714,633	3,073,333	1,545,729	1,527,604
5 -9	9,688,761	4,873,143	4,815,618	6,254,339	3,152,715	3,101,624	3,434,422	1,720,428	1,713,994
10 -14	8,633,014	4,345,873	4,287,141	5,558,758	2,812,848	2,745,910	3,074,256	1,533,025	1,541,231
15-19	7,368,896	3,709,962	3,658,934	4,730,716	2,397,783	2,332,933	2,638,180	1,312,179	1,326,001
20-24	5,798,963	2,816,630	2,982,333	3,716,934	1,810,257	1,906,677	2,082,029	1,006,373	1,075,656
25-29	5,162,986	2,359,365	2,803,621	3,306,974	1,509,078	1,797,896	1,856,012	850,287	1,005,725
30-34	4,350,690	2,051,801	2,298,889	2,772,028	1,303,606	1,468,422	1,578,662	748,195	830,467
35-39	3,615,873	1,736,807	1,879,066	2,283,871	1,093,589	1,190,282	1,332,002	643,218	688,784
40-44	2,934,722	1,400,282	1,534,440	1,836,758	871,467	965,291	1,097,964	528,815	569,149
45-49	2,487,407	1,207,608	1,279,799	1,543,492	744,689	798,803	943,915	462,919	480,996
50-54	2,080,431	1,015,998	1,064,433	1,276,243	618,304	657,939	804,188	397,694	406,494
55-59	1,609,735	783,466	826,269	966,893	466,519	500,374	642,842	316,947	325,895
60-64	1,100,860	536,365	564,495	633,212	304,600	328,612	467,648	231,765	235,883
65-69	963,204	455,993	507,211	543,487	251,305	292,182	419,717	204,688	215,029
70-74	558,986	256,023	302,963	279,143	120,649	158,494	279,843	135,374	144,469
75-79	466,869	209,450	257,419	222,987	94,620	128,367	243,882	114,830	129,052
80+	487,995	205,841	282,154	230,379	95,246	135,133	257,616	110,595	147,021

Table B5.5 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2027

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	69,711,225	34,203,389	35,507,836	44,652,099	21,934,427	22,717,672	25,059,126	12,268,962	12,790,164
0 - 4	10,651,723	5,368,286	5,283,437	7,684,051	3,875,841	3,808,210	2,967,672	1,492,445	1,475,227
5 -9	9,873,932	4,966,244	4,907,688	6,358,639	3,206,429	3,152,210	3,515,293	1,759,815	1,755,478
10 -14	8,833,517	4,441,993	4,391,524	5,668,923	2,868,136	2,800,787	3,164,594	1,573,857	1,590,737
15-19	7,684,947	3,873,461	3,811,486	4,914,767	2,497,682	2,417,085	2,770,180	1,375,779	1,394,401
20-24	5,998,102	2,950,007	3,048,095	3,821,994	1,888,412	1,933,582	2,176,108	1,061,595	1,114,513
25-29	5,294,578	2,426,645	2,867,933	3,371,434	1,542,910	1,828,524	1,923,144	883,735	1,039,409
30-34	4,492,829	2,103,291	2,389,538	2,843,868	1,327,010	1,516,858	1,648,961	776,281	872,680
35-39	3,755,243	1,801,210	1,954,033	2,354,986	1,125,179	1,229,807	1,400,257	676,031	724,226
40-44	3,037,659	1,447,216	1,590,443	1,881,689	890,716	990,973	1,155,970	556,500	599,470
45-49	2,558,866	1,237,683	1,321,183	1,568,990	752,923	816,067	989,876	484,760	505,116
50-54	2,145,167	1,046,367	1,098,800	1,297,316	626,724	670,592	847,851	419,643	428,208
55-59	1,712,325	831,566	880,759	1,013,432	486,802	526,630	698,893	344,764	354,129
60-64	1,131,548	551,573	579,975	632,566	303,737	328,829	498,982	247,836	251,146
65-69	1,008,005	478,084	529,921	552,851	255,057	297,794	455,154	223,027	232,127
70-74	578,936	265,664	313,272	273,683	116,999	156,684	305,253	148,665	156,588
75-79	463,781	207,693	256,088	203,040	84,137	118,903	260,741	123,556	137,185
80+	490,067	206,406	283,661	209,870	85,733	124,137	280,197	120,673	159,524

Table B5.6 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2028

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	71,558,106	35,123,257	36,434,849	45,666,397	22,448,443	23,217,954	25,891,709	12,674,814	13,216,895
0 - 4	10,716,808	5,402,085	5,314,723	7,693,294	3,881,309	3,811,985	3,023,514	1,520,776	1,502,738
5 -9	10,052,182	5,055,629	4,996,553	6,624,326	3,341,076	3,283,250	3,427,856	1,714,553	1,713,303
10 -14	9,040,631	4,542,755	4,497,876	5,783,590	2,925,842	2,857,748	3,257,041	1,616,913	1,640,128
15-19	7,953,176	4,009,869	3,943,307	5,068,515	2,580,290	2,488,225	2,884,661	1,429,579	1,455,082
20-24	6,267,148	3,110,022	3,157,126	3,973,886	1,985,118	1,988,768	2,293,262	1,124,904	1,168,358
25-29	5,403,948	2,499,350	2,904,598	3,420,841	1,580,440	1,840,401	1,983,107	918,910	1,064,197
30-34	4,643,186	2,155,510	2,487,676	2,921,723	1,351,113	1,570,610	1,721,463	804,397	917,066
35-39	3,891,495	1,860,546	2,030,949	2,423,582	1,153,379	1,270,203	1,467,913	707,167	760,746
40-44	3,154,382	1,503,602	1,650,780	1,937,233	916,842	1,020,391	1,217,149	586,760	630,389
45-49	2,631,433	1,267,236	1,364,197	1,594,949	760,818	834,131	1,036,484	506,418	530,066
50-54	2,212,084	1,077,060	1,135,024	1,320,297	635,626	684,671	891,787	441,434	450,353
55-59	1,798,047	872,242	925,805	1,048,684	502,063	546,621	749,363	370,179	379,184
60-64	1,198,834	583,312	615,522	656,473	313,936	342,537	542,361	269,376	272,985
65-69	1,022,180	485,940	536,240	542,626	249,894	292,732	479,554	236,046	243,508
70-74	625,267	287,804	337,463	285,804	121,683	164,121	339,463	166,121	173,342
75-79	457,888	204,565	253,323	181,826	72,973	108,853	276,062	131,592	144,470
80+	489,417	205,730	283,687	188,748	76,041	112,707	300,669	129,689	170,980

Table B5.7 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2029

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	73,415,286	36,048,047	37,367,239	46,692,397	22,968,406	23,723,991	26,722,889	13,079,641	13,643,248
0 - 4	10,779,941	5,434,962	5,344,979	7,703,218	3,887,158	3,816,060	3,076,723	1,547,804	1,528,919
5 - 9	10,206,434	5,132,808	5,073,626	6,870,988	3,465,740	3,405,248	3,335,446	1,667,068	1,668,378
10 -14	9,247,317	4,644,978	4,602,339	5,898,162	2,984,350	2,913,812	3,349,155	1,660,628	1,688,527
15-19	8,184,006	4,123,988	4,060,018	5,199,318	2,648,742	2,550,576	2,984,688	1,475,246	1,509,442
20-24	6,594,675	3,292,367	3,302,308	4,163,407	2,096,493	2,066,914	2,431,268	1,195,874	1,235,394
25-29	5,497,540	2,578,233	2,919,307	3,459,710	1,622,248	1,837,462	2,037,830	955,985	1,081,845
30-34	4,800,619	2,208,938	2,591,681	3,004,768	1,376,506	1,628,262	1,795,851	832,432	963,419
35-39	4,025,610	1,916,039	2,109,571	2,491,351	1,179,355	1,311,996	1,534,259	736,684	797,575
40-44	3,283,324	1,568,032	1,715,292	2,000,518	948,249	1,052,269	1,282,806	619,783	663,023
45-49	2,706,326	1,296,975	1,409,351	1,623,120	769,134	853,986	1,083,206	527,841	555,365
50-54	2,279,769	1,107,504	1,172,265	1,343,937	644,525	699,412	935,832	462,979	472,853
55-59	1,871,466	907,504	963,962	1,076,618	514,030	562,588	794,848	393,474	401,374
60-64	1,294,747	627,805	666,942	699,606	332,826	366,780	595,141	294,979	300,162
65-69	1,013,902	483,453	530,449	518,147	238,199	279,948	495,755	245,254	250,501
70-74	691,669	319,301	372,368	311,830	132,960	178,870	379,839	186,341	193,498
75-79	444,388	197,978	246,410	156,853	60,126	96,727	287,535	137,852	149,683
80+	493,553	207,182	286,371	170,846	67,765	103,081	322,707	139,417	183,290

Table B5.8 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2030

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	75,285,994	36,979,427	38,306,567	47,732,900	23,495,836	24,237,064	27,553,094	13,483,591	14,069,503
0 - 4	10,845,814	5,469,146	5,376,668	7,717,294	3,895,096	3,822,198	3,128,520	1,574,050	1,554,470
5 - 9	10,338,560	5,198,780	5,139,780	7,100,585	3,581,513	3,519,072	3,237,975	1,617,267	1,620,708
10 -14	9,449,198	4,746,381	4,702,817	6,010,753	3,042,451	2,968,302	3,438,445	1,703,930	1,734,515
15-19	8,389,318	4,222,962	4,166,356	5,312,951	2,706,870	2,606,081	3,076,367	1,516,092	1,560,275
20-24	6,953,389	3,484,158	3,469,231	4,374,293	2,214,525	2,159,768	2,579,096	1,269,633	1,309,463
25-29	5,598,367	2,668,880	2,929,487	3,502,363	1,672,024	1,830,339	2,096,004	996,856	1,099,148
30-34	4,957,887	2,265,113	2,692,774	3,087,981	1,403,770	1,684,211	1,869,906	861,343	1,008,563
35-39	4,159,558	1,968,623	2,190,935	2,558,757	1,203,569	1,355,188	1,600,801	765,054	835,747
40-44	3,420,521	1,636,870	1,783,651	2,071,193	983,338	1,087,855	1,349,328	653,532	695,796
45-49	2,786,765	1,329,440	1,457,325	1,654,599	779,326	875,273	1,132,166	550,114	582,052
50-54	2,348,387	1,137,706	1,210,681	1,369,419	653,624	715,795	978,968	484,082	494,886
55-59	1,936,211	938,765	997,446	1,098,846	523,678	575,168	837,365	415,087	422,278
60-64	1,406,953	679,525	727,428	754,416	356,660	397,756	652,537	322,865	329,672
65-69	999,254	478,008	521,246	489,568	224,876	264,692	509,686	253,132	256,554
70-74	764,326	353,647	410,679	343,018	146,531	196,487	421,308	207,116	214,192
75-79	432,184	192,140	240,044	133,225	48,259	84,966	298,959	143,881	155,078
80+	499,302	209,283	290,019	153,639	59,726	93,913	345,663	149,557	196,106

Table B5.9 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2031

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	77,169,182	37,916,200	39,252,982	48,787,076	24,029,725	24,757,351	28,382,106	13,886,475	14,495,631
0 - 4	10,913,945	5,504,377	5,409,568	7,735,041	3,904,759	3,830,282	3,178,904	1,599,618	1,579,286
5 - 9	10,451,873	5,255,159	5,196,714	7,315,869	3,689,776	3,626,093	3,136,004	1,565,383	1,570,621
10 -14	9,640,838	4,843,679	4,797,159	6,117,334	3,098,012	3,019,322	3,523,504	1,745,667	1,777,837
15-19	8,586,333	4,316,893	4,269,440	5,421,140	2,761,019	2,660,121	3,165,193	1,555,874	1,609,319
20-24	7,304,327	3,667,682	3,636,645	4,581,522	2,327,870	2,253,652	2,722,805	1,339,812	1,382,993
25-29	5,737,731	2,778,431	2,959,300	3,570,907	1,735,125	1,835,782	2,166,824	1,043,306	1,123,518
30-34	5,105,078	2,325,882	2,779,196	3,163,304	1,433,694	1,729,610	1,941,774	892,188	1,049,586
35-39	4,296,510	2,019,908	2,276,602	2,630,047	1,227,807	1,402,240	1,666,463	792,101	874,362
40-44	3,560,457	1,705,053	1,855,404	2,141,929	1,017,376	1,124,553	1,418,528	687,677	730,851
45-49	2,876,838	1,367,909	1,508,929	1,693,745	794,129	899,616	1,183,093	573,780	609,313
50-54	2,417,945	1,167,576	1,250,369	1,394,306	662,141	732,165	1,023,639	505,435	518,204
55-59	1,998,242	968,356	1,029,886	1,120,105	532,588	587,517	878,137	435,768	442,369
60-64	1,518,106	730,746	787,360	808,049	379,977	428,072	710,057	350,769	359,288
65-69	999,906	479,408	520,498	471,959	216,453	255,506	527,947	262,955	264,992
70-74	825,561	382,607	442,954	366,529	156,751	209,778	459,032	225,856	233,176
75-79	431,856	191,931	239,925	118,746	40,632	78,114	313,110	151,299	161,811
80+	503,636	210,603	293,033	136,544	51,616	84,928	367,092	158,987	208,105

Table B5.10 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2032

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	79,061,040	38,857,098	40,203,942	49,852,630	24,569,338	25,283,292	29,208,410	14,287,760	14,920,650
0 - 4	10,982,799	5,540,024	5,442,775	7,755,159	3,915,615	3,839,544	3,227,640	1,624,409	1,603,231
5 - 9	10,539,917	5,300,305	5,239,612	7,509,595	3,787,824	3,721,771	3,030,322	1,512,481	1,517,841
10 -14	9,827,047	4,937,403	4,889,644	6,223,460	3,152,580	3,070,880	3,603,587	1,784,823	1,818,764
15-19	8,787,216	4,413,188	4,374,028	5,532,864	2,816,910	2,715,954	3,254,352	1,596,278	1,658,074
20-24	7,619,242	3,830,268	3,788,974	4,766,175	2,427,760	2,338,415	2,853,067	1,402,508	1,450,559
25-29	5,936,239	2,910,952	3,025,287	3,677,052	1,813,504	1,863,548	2,259,187	1,097,448	1,161,739
30-34	5,236,708	2,393,024	2,843,684	3,229,181	1,468,178	1,761,003	2,007,527	924,846	1,082,681
35-39	4,438,408	2,071,350	2,367,058	2,703,421	1,251,990	1,451,431	1,734,987	819,360	915,627
40-44	3,699,091	1,768,996	1,930,095	2,213,946	1,049,414	1,164,532	1,485,145	719,582	765,563
45-49	2,979,089	1,414,447	1,564,642	1,740,073	814,091	925,982	1,239,016	600,356	638,660
50-54	2,488,735	1,197,294	1,291,441	1,421,004	671,046	749,958	1,067,731	526,248	541,483
55-59	2,061,809	997,967	1,063,842	1,142,703	541,754	600,949	919,106	456,213	462,893
60-64	1,616,062	776,131	839,931	853,626	399,709	453,917	762,436	376,422	386,014
65-69	1,029,867	493,951	535,916	474,185	217,069	257,116	555,682	276,882	278,800
70-74	864,557	401,284	463,273	375,954	160,539	215,415	488,603	240,745	247,858
75-79	449,869	200,281	249,588	117,723	39,308	78,415	332,146	160,973	171,173
80+	504,385	210,233	294,152	116,509	42,047	74,462	387,876	168,186	219,690

Table B5. 11 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2033

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	80,962,085	39,802,301	41,159,784	50,930,084	25,114,801	25,815,283	30,032,001	14,687,500	15,344,501
0 - 4	11,051,329	5,575,309	5,476,020	7,776,761	3,927,040	3,849,721	3,274,568	1,648,269	1,626,299
5 -9	10,609,304	5,336,698	5,272,606	7,524,152	3,796,252	3,727,900	3,085,152	1,540,446	1,544,706
10 -14	10,006,242	5,027,319	4,978,923	6,490,656	3,287,658	3,202,998	3,515,586	1,739,661	1,775,925
15-19	8,994,583	4,514,026	4,480,557	5,649,024	2,875,142	2,773,882	3,345,559	1,638,884	1,706,675
20-24	7,886,715	3,966,021	3,920,694	4,920,839	2,510,562	2,410,277	2,965,876	1,455,459	1,510,417
25-29	6,203,929	3,069,723	3,134,206	3,829,347	1,910,077	1,919,270	2,374,582	1,159,646	1,214,936
30-34	5,346,194	2,465,459	2,880,735	3,280,048	1,506,259	1,773,789	2,066,146	959,200	1,106,946
35-39	4,588,394	2,123,450	2,464,944	2,782,527	1,276,736	1,505,791	1,805,867	846,714	959,153
40-44	3,834,632	1,827,914	2,006,718	2,283,567	1,078,132	1,205,435	1,551,065	749,782	801,283
45-49	3,094,808	1,470,187	1,624,621	1,796,513	840,605	955,908	1,298,295	629,582	668,713
50-54	2,560,561	1,226,457	1,334,104	1,448,207	679,631	768,576	1,112,354	546,826	565,528
55-59	2,127,426	1,027,837	1,099,589	1,166,901	551,275	615,626	960,525	476,562	483,963
60-64	1,698,125	814,591	883,534	888,957	414,960	473,997	809,168	399,631	409,537
65-69	1,093,075	523,231	569,844	498,456	227,432	271,024	594,619	295,799	298,820
70-74	877,276	408,004	469,272	368,580	156,841	211,739	508,696	251,163	257,533
75-79	488,286	217,990	270,296	129,828	44,071	85,757	358,458	173,919	184,539
80+	501,206	208,085	293,121	95,721	32,128	63,593	405,485	175,957	229,528

Table B5.12 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2034

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	82,872,432	40,751,914	42,120,518	52,019,172	25,666,049	26,353,123	30,853,260	15,085,865	15,767,395
0 - 4	11,119,941	5,610,676	5,509,265	7,799,730	3,939,135	3,860,595	3,320,211	1,671,541	1,648,670
5 -9	10,676,823	5,372,198	5,304,625	7,539,603	3,805,152	3,734,451	3,137,220	1,567,046	1,570,174
10 -14	10,161,617	5,105,135	5,056,482	6,739,377	3,413,019	3,326,358	3,422,240	1,692,116	1,730,124
15-19	9,201,576	4,616,345	4,585,231	5,765,215	2,934,227	2,830,988	3,436,361	1,682,118	1,754,243
20-24	8,117,252	4,079,809	4,037,443	5,052,754	2,579,375	2,473,379	3,064,498	1,500,434	1,564,064
25-29	6,529,687	3,250,631	3,279,056	4,019,184	2,021,280	1,997,904	2,510,503	1,229,351	1,281,152
30-34	5,440,060	2,544,030	2,896,030	3,320,437	1,548,564	1,771,873	2,119,623	995,466	1,124,157
35-39	4,745,473	2,176,778	2,568,695	2,866,802	1,302,769	1,564,033	1,878,671	874,009	1,004,662
40-44	3,968,177	1,883,110	2,085,067	2,352,355	1,104,636	1,247,719	1,615,822	778,474	837,348
45-49	3,222,579	1,533,827	1,688,752	1,860,777	872,424	988,353	1,361,802	661,403	700,399
50-54	2,634,723	1,255,828	1,378,895	1,477,500	688,572	788,928	1,157,223	567,256	589,967
55-59	2,193,866	1,057,505	1,136,361	1,191,785	560,834	630,951	1,002,081	496,671	505,410
60-64	1,768,770	848,095	920,675	917,363	427,114	490,249	851,407	420,981	430,426
65-69	1,182,297	563,877	618,420	540,535	245,730	294,805	641,762	318,147	323,615
70-74	871,160	406,262	464,898	348,830	147,598	201,232	522,330	258,664	263,666
75-79	542,033	242,584	299,449	152,534	53,672	98,862	389,499	188,912	200,587
80+	496,398	205,224	291,174	74,391	21,948	52,443	422,007	183,276	238,731

Table B5.13 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2035

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	84,795,739	41,707,787	43,087,952	53,122,605	26,224,405	26,898,200	31,673,134	15,483,382	16,189,752
0 - 4	11,188,802	5,646,246	5,542,556	7,823,784	3,951,806	3,871,978	3,365,018	1,694,440	1,670,578
5 - 9	10,747,118	5,408,980	5,338,138	7,559,321	3,816,069	3,743,252	3,187,797	1,592,911	1,594,886
10 -14	10,295,016	5,171,827	5,123,189	6,971,505	3,529,695	3,441,810	3,323,511	1,642,132	1,681,379
15-19	9,403,844	4,717,880	4,685,964	5,879,419	2,992,896	2,886,523	3,524,425	1,724,984	1,799,441
20-24	8,322,620	4,178,694	4,143,926	5,167,854	2,638,064	2,529,790	3,154,766	1,540,630	1,614,136
25-29	6,886,515	3,440,966	3,445,549	4,230,226	2,139,065	2,091,161	2,656,289	1,301,901	1,354,388
30-34	5,541,111	2,634,267	2,906,844	3,364,710	1,598,847	1,765,863	2,176,401	1,035,420	1,140,981
35-39	4,902,462	2,232,849	2,669,613	2,951,209	1,330,621	1,620,588	1,951,253	902,228	1,049,025
40-44	4,101,669	1,935,488	2,166,181	2,421,081	1,129,547	1,291,534	1,680,588	805,941	874,647
45-49	3,358,549	1,601,827	1,756,722	1,932,093	907,723	1,024,370	1,426,456	694,104	732,352
50-54	2,714,386	1,287,892	1,426,494	1,510,362	699,526	810,836	1,204,024	588,366	615,658
55-59	2,261,300	1,086,982	1,174,318	1,218,373	570,499	647,874	1,042,927	516,483	526,444
60-64	1,831,418	877,956	953,462	940,583	437,234	503,349	890,835	440,722	450,113
65-69	1,286,272	610,918	675,354	592,827	268,148	324,679	693,445	342,770	350,675
70-74	860,164	402,332	457,832	326,085	137,345	188,740	534,079	264,987	269,092
75-79	600,171	269,046	331,125	179,002	64,743	114,259	421,169	204,303	216,866
80+	494,322	203,637	290,685	54,171	12,577	41,594	440,151	191,060	249,091

Table B5.14 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2036

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	86,733,996	42,670,127	44,063,869	54,241,769	26,790,115	27,451,654	32,492,227	15,880,012	16,612,215
0 - 4	11,263,364	5,684,514	5,578,850	7,852,723	3,966,824	3,885,899	3,410,641	1,717,690	1,692,951
5 - 9	10,819,281	5,446,665	5,372,616	7,582,383	3,828,589	3,753,794	3,236,898	1,618,076	1,618,822
10 -14	10,409,577	5,228,927	5,180,650	7,189,569	3,638,986	3,550,583	3,220,008	1,589,941	1,630,067
15-19	9,595,877	4,815,304	4,780,573	5,987,623	3,049,013	2,938,610	3,608,254	1,766,291	1,841,963
20-24	8,519,743	4,272,573	4,247,170	5,277,426	2,692,743	2,584,683	3,242,317	1,579,830	1,662,487
25-29	7,235,717	3,623,171	3,612,546	4,437,785	2,252,294	2,185,491	2,797,932	1,370,877	1,427,055
30-34	5,680,277	2,743,165	2,937,112	3,434,407	1,662,189	1,772,218	2,245,870	1,080,976	1,164,894
35-39	5,049,411	2,293,433	2,755,978	3,027,882	1,361,155	1,666,727	2,021,529	932,278	1,089,251
40-44	4,238,143	1,986,577	2,251,566	2,493,393	1,154,340	1,339,053	1,744,750	832,237	912,513
45-49	3,497,218	1,669,174	1,828,044	2,003,760	942,144	1,061,616	1,493,458	727,030	766,428
50-54	2,803,433	1,325,779	1,477,654	1,550,256	714,726	835,530	1,253,177	611,053	642,124
55-59	2,329,635	1,116,122	1,213,513	1,244,557	579,727	664,830	1,085,078	536,395	548,683
60-64	1,891,562	906,273	985,289	962,687	446,540	516,147	928,875	459,733	469,142
65-69	1,389,157	657,423	731,734	644,109	290,185	353,924	745,048	367,238	377,810
70-74	862,829	404,396	458,433	313,060	131,292	181,768	549,769	273,104	276,665
75-79	648,808	291,117	357,691	198,879	73,100	125,779	449,929	218,017	231,912
80+	499,964	205,514	294,450	41,270	6,268	35,002	458,694	199,246	259,448

Table B5.15 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2037

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	88,677,227	43,635,463	45,041,764	55,369,930	27,360,690	28,009,240	33,307,297	16,274,773	17,032,524
0 - 4	11,337,262	5,722,730	5,614,532	7,882,235	3,982,319	3,899,916	3,455,027	1,740,411	1,714,616
5 - 9	10,891,935	5,484,656	5,407,279	7,607,587	3,842,185	3,765,402	3,284,348	1,642,471	1,641,877
10 -14	10,498,925	5,274,841	5,224,084	7,386,458	3,738,218	3,648,240	3,112,467	1,536,623	1,575,844
15-19	9,782,515	4,909,209	4,873,306	6,095,344	3,104,152	2,991,192	3,687,171	1,805,057	1,882,114
20-24	8,720,744	4,368,852	4,351,892	5,390,533	2,749,188	2,641,345	3,330,211	1,619,664	1,710,547
25-29	7,549,343	3,784,782	3,764,561	4,622,961	2,352,249	2,270,712	2,926,382	1,432,533	1,493,849
30-34	5,878,064	2,874,808	3,003,256	3,541,615	1,740,773	1,800,842	2,336,449	1,134,035	1,202,414
35-39	5,180,915	2,360,342	2,820,573	3,095,057	1,396,161	1,698,896	2,085,858	964,181	1,121,677
40-44	4,379,545	2,037,854	2,341,691	2,568,141	1,179,258	1,388,883	1,811,404	858,596	952,808
45-49	3,634,680	1,732,419	1,902,261	2,076,385	974,475	1,101,910	1,558,295	757,944	800,351
50-54	2,904,376	1,371,543	1,532,833	1,597,639	735,209	862,430	1,306,737	636,334	670,403
55-59	2,399,200	1,145,155	1,254,045	1,272,243	589,209	683,034	1,126,957	555,946	571,011
60-64	1,953,198	934,645	1,018,553	986,427	456,256	530,171	966,771	478,389	488,382
65-69	1,479,988	698,717	781,271	687,382	308,685	378,697	792,606	390,032	402,574
70-74	891,129	417,725	473,404	317,796	133,176	184,620	573,333	284,549	288,784
75-79	679,687	305,250	374,437	207,209	76,335	130,874	472,478	228,915	243,563
80+	515,721	211,935	303,786	34,918	2,842	32,076	480,803	209,093	271,710

Table B5.16 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2038

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	90,636,253	44,607,728	46,028,525	56,516,790	27,940,093	28,576,697	34,119,463	16,667,635	17,451,828
0 - 4	11,419,031	5,764,657	5,654,374	7,920,114	4,001,862	3,918,252	3,498,917	1,762,795	1,736,122
5 - 9	10,964,736	5,522,528	5,442,208	7,634,518	3,856,472	3,778,046	3,330,218	1,666,056	1,664,162
10 -14	10,569,797	5,312,086	5,257,711	7,404,485	3,748,124	3,656,361	3,165,312	1,563,962	1,601,350
15-19	9,962,262	4,999,349	4,962,913	6,364,257	3,239,647	3,124,610	3,598,005	1,759,702	1,838,303
20-24	8,928,267	4,469,642	4,458,625	5,508,092	2,807,948	2,700,144	3,420,175	1,661,694	1,758,481
25-29	7,816,165	3,919,955	3,896,210	4,778,608	2,435,406	2,343,202	3,037,557	1,484,549	1,553,008
30-34	6,144,563	3,032,457	3,112,106	3,694,447	1,837,276	1,857,171	2,450,116	1,195,181	1,254,935
35-39	5,290,537	2,432,506	2,858,031	3,147,365	1,434,734	1,712,631	2,143,172	997,772	1,145,400
40-44	4,529,081	2,089,812	2,439,269	2,648,437	1,204,657	1,443,780	1,880,644	885,155	995,489
45-49	3,769,262	1,790,786	1,978,476	2,146,847	1,003,626	1,143,221	1,622,415	787,160	835,255
50-54	3,018,555	1,426,265	1,592,290	1,654,665	761,907	892,758	1,363,890	664,358	699,532
55-59	2,469,895	1,173,679	1,296,216	1,300,582	598,452	702,130	1,169,313	575,227	594,086
60-64	2,016,923	963,288	1,053,635	1,011,569	466,236	545,333	1,005,354	497,052	508,302
65-69	1,556,533	733,865	822,668	721,824	323,414	398,410	834,709	410,451	424,258
70-74	948,335	443,510	504,825	341,480	143,208	198,272	606,855	300,302	306,553
75-79	690,146	310,364	379,782	202,480	73,956	128,524	487,666	236,408	251,258
80+	542,165	222,979	319,186	37,020	3,168	33,852	505,145	219,811	285,334

Table B5.17 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2039

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	92,600,394	45,583,187	47,017,207	57,676,705	28,526,421	29,150,284	34,923,689	17,056,766	17,866,923
0 - 4	11,500,928	5,806,931	5,693,997	7,962,985	4,024,119	3,938,866	3,537,943	1,782,812	1,755,131
5 - 9	11,037,512	5,560,444	5,477,068	7,662,642	3,871,352	3,791,290	3,374,870	1,689,092	1,685,778
10 -14	10,638,760	5,348,437	5,290,323	7,423,372	3,758,491	3,664,881	3,215,388	1,589,946	1,625,442
15-19	10,118,285	5,077,481	5,040,804	6,614,916	3,365,519	3,249,397	3,503,369	1,711,962	1,791,407
20-24	9,135,443	4,571,953	4,563,490	5,625,759	2,867,608	2,758,151	3,509,684	1,704,345	1,805,339
25-29	8,046,467	4,033,487	4,012,980	4,911,661	2,504,730	2,406,931	3,134,806	1,528,757	1,606,049
30-34	6,468,698	3,212,063	3,256,635	3,884,730	1,948,395	1,936,335	2,583,968	1,263,668	1,320,300
35-39	5,384,644	2,510,776	2,873,868	3,189,218	1,477,475	1,711,743	2,195,426	1,033,301	1,162,125
40-44	4,685,671	2,143,019	2,542,652	2,733,850	1,231,351	1,502,499	1,951,821	911,668	1,040,153
45-49	3,901,958	1,845,559	2,056,399	2,216,451	1,030,579	1,185,872	1,685,507	814,980	870,527
50-54	3,144,498	1,488,691	1,655,807	1,719,532	793,905	925,627	1,424,966	694,786	730,180
55-59	2,542,892	1,202,444	1,340,448	1,330,847	607,973	722,874	1,212,045	594,471	617,574
60-64	2,081,481	991,794	1,089,687	1,037,395	476,294	561,101	1,044,086	515,500	528,586
65-69	1,622,802	764,678	858,124	749,903	335,342	414,561	872,899	429,336	443,563
70-74	1,027,877	478,817	549,060	380,798	160,052	220,746	647,079	318,765	328,314
75-79	686,257	309,327	376,930	187,938	67,352	120,586	498,319	241,975	256,344
80+	576,221	237,286	338,935	44,708	5,884	38,824	531,513	231,402	300,111

Table B5.18 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2040

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	94,572,197	46,561,740	48,010,457	58,850,617	29,119,339	29,731,278	35,721,580	17,442,401	18,279,179
0 - 4	11,582,431	5,848,871	5,733,560	8,010,122	4,048,391	3,961,731	3,572,309	1,800,480	1,771,829
5 - 9	11,110,035	5,598,214	5,511,821	7,691,374	3,886,495	3,804,879	3,418,661	1,711,719	1,706,942
10 -14	10,710,337	5,385,967	5,324,370	7,446,377	3,770,784	3,675,593	3,263,960	1,615,183	1,648,777
15-19	10,252,332	5,144,488	5,107,844	6,849,087	3,482,704	3,366,383	3,403,245	1,661,784	1,741,461
20-24	9,337,846	4,673,435	4,664,411	5,741,349	2,926,792	2,814,557	3,596,497	1,746,643	1,849,854
25-29	8,251,783	4,132,244	4,119,539	5,028,146	2,564,069	2,464,077	3,223,637	1,568,175	1,655,462
30-34	6,823,658	3,400,994	3,422,664	4,095,973	2,065,967	2,030,006	2,727,685	1,335,027	1,392,658
35-39	5,485,771	2,600,536	2,885,235	3,234,997	1,528,171	1,706,826	2,250,774	1,072,365	1,178,409
40-44	4,842,134	2,198,898	2,643,236	2,819,273	1,259,765	1,559,508	2,022,861	939,133	1,083,728
45-49	4,034,636	1,897,558	2,137,078	2,286,235	1,056,079	1,230,156	1,748,401	841,479	906,922
50-54	3,278,457	1,555,319	1,723,138	1,791,025	829,114	961,911	1,487,432	726,205	761,227
55-59	2,621,255	1,233,791	1,387,464	1,364,887	619,592	745,295	1,256,368	614,199	642,169
60-64	2,147,075	1,020,126	1,126,949	1,064,773	486,366	578,407	1,082,302	533,760	548,542
65-69	1,682,007	792,299	889,708	773,452	345,566	427,886	908,555	446,733	461,822
70-74	1,120,057	519,394	600,663	428,511	180,050	248,461	691,546	339,344	352,202
75-79	679,365	306,996	372,369	171,663	60,363	111,300	507,702	246,633	261,069
80+	613,018	252,610	360,408	53,373	9,071	44,302	559,645	243,539	316,106

Table B5.19 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2041

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	96,554,244	47,545,389	49,008,855	60,040,818	29,720,289	30,320,529	36,513,426	17,825,100	18,688,326
0 - 4	11,663,543	5,890,635	5,772,908	8,061,388	4,074,760	3,986,628	3,602,155	1,815,875	1,786,280
5 - 9	11,187,940	5,638,697	5,549,243	7,724,566	3,903,888	3,820,678	3,463,374	1,734,809	1,728,565
10 -14	10,783,651	5,424,381	5,359,270	7,472,586	3,784,637	3,687,949	3,311,065	1,639,744	1,671,321
15-19	10,367,509	5,201,934	5,165,575	7,069,220	3,592,504	3,476,716	3,298,289	1,609,430	1,688,859
20-24	9,529,991	4,770,837	4,759,154	5,850,916	2,983,432	2,867,484	3,679,075	1,787,405	1,891,670
25-29	8,448,861	4,226,060	4,222,801	5,138,982	2,619,383	2,519,599	3,309,879	1,606,677	1,703,202
30-34	7,171,090	3,581,940	3,589,150	4,303,846	2,179,106	2,124,740	2,867,244	1,402,834	1,464,410
35-39	5,624,583	2,708,750	2,915,833	3,305,717	1,591,682	1,714,035	2,318,866	1,117,068	1,201,798
40-44	4,988,580	2,259,238	2,729,342	2,897,124	1,290,905	1,606,219	2,091,456	968,333	1,123,123
45-49	4,170,271	1,948,325	2,221,946	2,359,307	1,081,349	1,277,958	1,810,964	866,976	943,988
50-54	3,415,102	1,621,359	1,793,743	1,863,192	863,665	999,527	1,551,910	757,694	794,216
55-59	2,708,727	1,270,793	1,437,934	1,405,329	635,115	770,214	1,303,398	635,678	667,720
60-64	2,213,606	1,048,212	1,165,394	1,092,010	496,198	595,812	1,121,596	552,014	569,582
65-69	1,739,107	818,655	920,452	795,928	355,031	440,897	943,179	463,624	479,555
70-74	1,211,215	559,509	651,706	475,488	199,866	275,622	735,727	359,643	376,084
75-79	684,075	309,669	374,406	163,635	56,812	106,823	520,440	252,857	267,583
80+	646,393	266,395	379,998	61,584	11,956	49,628	584,809	254,439	330,370

Table B5.20 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2042

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	98,537,374	48,530,259	50,007,115	61,239,930	30,326,052	30,913,878	37,297,444	18,204,207	19,093,237
0 - 4	11,743,091	5,931,650	5,811,441	8,115,867	4,102,776	4,013,091	3,627,224	1,828,874	1,798,350
5 - 9	11,264,750	5,678,720	5,586,030	7,757,845	3,921,380	3,836,465	3,506,905	1,757,340	1,749,565
10 -14	10,857,288	5,462,986	5,394,302	7,500,755	3,799,454	3,701,301	3,356,533	1,663,532	1,693,001
15-19	10,457,508	5,248,233	5,209,275	7,268,428	3,692,325	3,576,103	3,189,080	1,555,908	1,633,172
20-24	9,716,752	4,864,758	4,851,994	5,959,935	3,039,092	2,920,843	3,756,817	1,825,666	1,931,151
25-29	8,649,752	4,322,245	4,327,507	5,253,272	2,676,429	2,576,843	3,396,480	1,645,816	1,750,664
30-34	7,483,304	3,742,563	3,740,741	4,489,451	2,279,103	2,210,348	2,993,853	1,463,460	1,530,393
35-39	5,821,484	2,839,459	2,982,025	3,413,843	1,670,384	1,743,459	2,407,641	1,169,075	1,238,566
40-44	5,119,681	2,325,825	2,793,856	2,965,383	1,326,405	1,638,978	2,154,298	999,420	1,154,878
45-49	4,310,821	1,999,307	2,311,514	2,435,147	1,106,915	1,328,232	1,875,674	892,392	983,282
50-54	3,550,700	1,683,474	1,867,226	1,936,026	896,058	1,039,968	1,614,674	787,416	827,258
55-59	2,807,807	1,315,444	1,492,363	1,453,526	655,987	797,539	1,354,281	659,457	694,824
60-64	2,281,477	1,076,304	1,205,173	1,120,507	506,204	614,303	1,160,970	570,100	590,870
65-69	1,797,826	845,212	952,614	820,339	365,071	455,268	977,487	480,141	497,346
70-74	1,292,113	595,350	696,763	514,980	216,432	298,548	777,133	378,918	398,215
75-79	709,789	321,310	388,479	170,420	59,642	110,778	539,369	261,668	277,701
80+	673,231	277,419	395,812	64,206	12,395	51,811	609,025	265,024	344,001

Table B5.21 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2043

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	100,525,403	49,517,505	51,007,898	62,454,752	30,939,585	31,515,167	38,070,651	18,577,920	19,492,731
0 - 4	11,814,303	5,968,494	5,845,809	8,170,212	4,130,756	4,039,456	3,644,091	1,837,738	1,806,353
5 - 9	11,348,830	5,722,310	5,626,520	7,798,829	3,942,688	3,856,141	3,550,001	1,779,622	1,770,379
10 -14	10,930,886	5,501,421	5,429,465	7,530,434	3,814,888	3,715,546	3,400,452	1,686,533	1,713,919
15-19	10,529,002	5,285,892	5,243,110	7,289,217	3,703,294	3,585,923	3,239,785	1,582,598	1,657,187
20-24	9,896,582	4,954,952	4,941,630	6,229,735	3,174,674	3,055,061	3,666,847	1,780,278	1,886,569
25-29	8,857,027	4,422,906	4,434,121	5,371,904	2,735,742	2,636,162	3,485,123	1,687,164	1,797,959
30-34	7,749,105	3,877,080	3,872,025	4,645,818	2,362,551	2,283,267	3,103,287	1,514,529	1,588,758
35-39	6,086,448	2,995,899	3,090,549	3,566,930	1,766,700	1,800,230	2,519,518	1,229,199	1,290,319
40-44	5,229,011	2,397,602	2,831,409	3,018,837	1,365,423	1,653,414	2,210,174	1,032,179	1,177,995
45-49	4,459,370	2,050,972	2,408,398	2,516,257	1,132,877	1,383,380	1,943,113	918,095	1,025,018
50-54	3,683,559	1,740,912	1,942,647	2,006,904	925,458	1,081,446	1,676,655	815,454	861,201
55-59	2,919,697	1,368,758	1,550,939	1,510,807	682,739	828,068	1,408,890	686,019	722,871
60-64	2,350,502	1,103,981	1,246,521	1,149,778	516,074	633,704	1,200,724	587,907	612,817
65-69	1,858,573	872,103	986,470	845,966	375,352	470,614	1,012,607	496,751	515,856
70-74	1,360,836	626,152	734,684	547,352	230,117	317,235	813,484	396,035	417,449
75-79	758,656	342,592	416,064	192,291	68,736	123,555	566,365	273,856	292,509
80+	693,016	285,479	407,537	63,481	11,516	51,965	629,535	273,963	355,572

Table B5.22 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2044

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	102,517,006	50,505,682	52,011,324	63,686,482	31,561,145	32,125,337	38,830,524	18,944,537	19,885,987
0 - 4	11,884,776	6,004,730	5,880,046	8,230,564	4,161,621	4,068,943	3,654,212	1,843,109	1,811,103
5 - 9	11,432,107	5,765,519	5,666,588	7,843,909	3,966,051	3,877,858	3,588,198	1,799,468	1,788,730
10 -14	11,004,195	5,539,703	5,464,492	7,560,997	3,830,723	3,730,274	3,443,198	1,708,980	1,734,218
15-19	10,598,479	5,322,567	5,275,912	7,310,765	3,714,642	3,596,123	3,287,714	1,607,925	1,679,789
20-24	10,052,751	5,033,157	5,019,594	6,481,411	3,300,662	3,180,749	3,571,340	1,732,495	1,838,845
25-29	9,063,872	4,524,989	4,538,883	5,490,644	2,795,930	2,694,714	3,573,228	1,729,059	1,844,169
30-34	7,978,671	3,990,134	3,988,537	4,779,639	2,432,215	2,347,424	3,199,032	1,557,919	1,641,113
35-39	6,408,523	3,174,007	3,234,516	3,757,294	1,877,534	1,879,760	2,651,229	1,296,473	1,354,756
40-44	5,322,928	2,475,355	2,847,573	3,061,844	1,408,496	1,653,348	2,261,084	1,066,859	1,194,225
45-49	4,614,899	2,103,824	2,511,075	2,602,392	1,160,086	1,442,306	2,012,507	943,738	1,068,769
50-54	3,814,692	1,794,859	2,019,833	2,076,912	952,656	1,124,256	1,737,780	842,203	895,577
55-59	3,043,063	1,429,472	1,613,591	1,575,921	714,702	861,219	1,467,142	714,770	752,372
60-64	2,421,904	1,131,907	1,289,997	1,180,889	526,157	654,732	1,241,015	605,750	635,265
65-69	1,920,358	898,923	1,021,435	872,391	385,759	486,632	1,047,967	513,164	534,803
70-74	1,421,113	653,423	767,690	574,350	241,454	332,896	846,763	411,969	434,794
75-79	825,362	371,093	454,269	226,892	83,124	143,768	598,470	287,969	310,501
80+	709,313	292,020	417,293	59,668	9,333	50,335	649,645	282,687	366,958

Table B5.23 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2045

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	104,516,172	51,497,535	53,018,637	64,938,003	32,192,494	32,745,509	39,578,169	19,305,041	20,273,128
0 - 4	11,956,231	6,041,551	5,914,680	8,297,938	4,196,108	4,101,830	3,658,293	1,845,443	1,812,850
5 - 9	11,514,544	5,808,186	5,706,358	7,892,782	3,991,219	3,901,563	3,621,762	1,816,967	1,804,795
10 -14	11,077,137	5,577,792	5,499,345	7,591,962	3,846,735	3,745,227	3,485,175	1,731,057	1,754,118
15-19	10,670,495	5,360,396	5,310,099	7,336,338	3,727,881	3,608,457	3,334,157	1,632,515	1,701,642
20-24	10,187,038	5,100,335	5,086,703	6,716,751	3,418,056	3,298,695	3,470,287	1,682,279	1,788,008
25-29	9,265,948	4,626,272	4,639,676	5,607,212	2,855,617	2,751,595	3,658,736	1,770,655	1,888,081
30-34	8,183,469	4,088,604	4,094,865	4,897,137	2,492,083	2,405,054	3,286,332	1,596,521	1,689,811
35-39	6,761,185	3,361,379	3,399,806	3,968,362	1,994,729	1,973,633	2,792,823	1,366,650	1,426,173
40-44	5,423,755	2,564,465	2,859,290	3,108,840	1,459,514	1,649,326	2,314,915	1,104,951	1,209,964
45-49	4,770,283	2,159,327	2,610,956	2,688,425	1,188,950	1,499,475	2,081,858	970,377	1,111,481
50-54	3,945,888	1,846,167	2,099,721	2,147,370	978,600	1,168,770	1,798,518	867,567	930,951
55-59	3,174,222	1,494,271	1,679,951	1,647,201	749,626	897,575	1,527,021	744,645	782,376
60-64	2,498,483	1,162,340	1,336,143	1,215,911	538,408	677,503	1,282,572	623,932	658,640
65-69	1,983,179	925,656	1,057,523	900,146	396,113	504,033	1,083,033	529,543	553,490
70-74	1,475,507	678,154	797,353	597,604	251,490	346,114	877,903	426,664	451,239
75-79	901,901	403,540	498,361	267,748	99,657	168,091	634,153	303,883	330,270
80+	726,907	299,100	427,807	56,276	7,708	48,568	670,631	291,392	379,239

Table B5.24 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2046

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	106,511,008	52,487,072	54,023,936	66,201,006	32,829,384	33,371,622	40,310,002	19,657,688	20,652,314
0 - 4	12,012,848	6,070,849	5,941,999	8,361,042	4,228,409	4,132,633	3,651,806	1,842,440	1,809,366
5 - 9	11,596,650	5,850,737	5,745,913	7,945,800	4,018,506	3,927,294	3,650,850	1,832,231	1,818,619
10 -14	11,155,463	5,618,595	5,536,868	7,627,279	3,864,962	3,762,317	3,528,184	1,753,633	1,774,551
15-19	10,744,247	5,399,106	5,345,141	7,365,099	3,742,673	3,622,426	3,379,148	1,656,433	1,722,715
20-24	10,302,594	5,158,046	5,144,548	6,938,257	3,528,179	3,410,078	3,364,337	1,629,867	1,734,470
25-29	9,457,895	4,723,554	4,734,341	5,717,864	2,912,810	2,805,054	3,740,031	1,810,744	1,929,287
30-34	8,380,164	4,182,228	4,197,936	5,008,980	2,547,937	2,461,043	3,371,184	1,634,291	1,736,893
35-39	7,106,496	3,540,924	3,565,572	4,176,230	2,107,625	2,068,605	2,930,266	1,433,299	1,496,967
40-44	5,561,940	2,671,835	2,890,105	3,180,375	1,523,118	1,657,257	2,381,565	1,148,717	1,232,848
45-49	4,915,806	2,219,248	2,696,558	2,767,145	1,220,594	1,546,551	2,148,661	998,654	1,150,007
50-54	4,080,088	1,896,313	2,183,775	2,220,863	1,004,212	1,216,651	1,859,225	892,101	967,124
55-59	3,308,105	1,558,545	1,749,560	1,719,510	784,112	935,398	1,588,595	774,433	814,162
60-64	2,583,865	1,198,188	1,385,677	1,256,692	554,185	702,507	1,327,173	644,003	683,170
65-69	2,047,005	952,217	1,094,788	928,064	406,408	521,656	1,118,941	545,809	573,132
70-74	1,528,321	701,916	826,405	619,927	260,856	359,071	908,394	441,060	467,334
75-79	977,531	435,561	541,970	308,185	116,174	192,011	669,346	319,387	349,959
80+	751,990	309,210	442,780	59,694	8,624	51,070	692,296	300,586	391,710

Table B5.25 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2047

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	108,506,504	53,476,889	55,029,615	67,478,790	33,473,587	34,005,203	41,027,714	20,003,302	21,024,412
0 - 4	12,071,032	6,100,832	5,970,200	8,431,077	4,264,165	4,166,912	3,639,955	1,836,667	1,803,288
5 - 9	11,677,121	5,892,431	5,784,690	8,002,016	4,047,392	3,954,624	3,675,105	1,845,039	1,830,066
10 -14	11,232,658	5,658,896	5,573,762	7,662,604	3,883,245	3,779,359	3,570,054	1,775,651	1,794,403
15-19	10,818,287	5,437,977	5,380,310	7,395,777	3,758,395	3,637,382	3,422,510	1,679,582	1,742,928
20-24	10,393,089	5,204,665	5,188,424	7,139,231	3,628,514	3,510,717	3,253,858	1,576,151	1,677,707
25-29	9,644,476	4,817,346	4,827,130	5,827,947	2,968,995	2,858,952	3,816,529	1,848,351	1,968,178
30-34	8,580,616	4,278,155	4,302,461	5,124,249	2,605,485	2,518,764	3,456,367	1,672,670	1,783,697
35-39	7,416,954	3,700,377	3,716,577	4,362,003	2,207,513	2,154,490	3,054,951	1,492,864	1,562,087
40-44	5,757,635	2,801,403	2,956,232	3,289,216	1,601,840	1,687,376	2,468,419	1,199,563	1,268,856
45-49	5,046,126	2,285,285	2,760,841	2,836,243	1,256,463	1,579,780	2,209,883	1,028,822	1,181,061
50-54	4,219,142	1,946,642	2,272,500	2,297,440	1,030,253	1,267,187	1,921,702	916,389	1,005,313
55-59	3,441,061	1,619,033	1,822,028	1,792,166	816,335	975,831	1,648,895	802,698	846,197
60-64	2,680,357	1,241,269	1,439,088	1,305,327	575,230	730,097	1,375,030	666,039	708,991
65-69	2,112,136	978,750	1,133,386	956,875	416,692	540,183	1,155,261	562,058	593,203
70-74	1,582,652	725,826	856,826	644,201	270,761	373,440	938,451	455,065	483,386
75-79	1,044,953	464,236	580,717	341,954	129,823	212,131	702,999	334,413	368,586
80+	788,209	323,766	464,443	70,464	12,486	57,978	717,745	311,280	406,465

Table B5.26 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2048

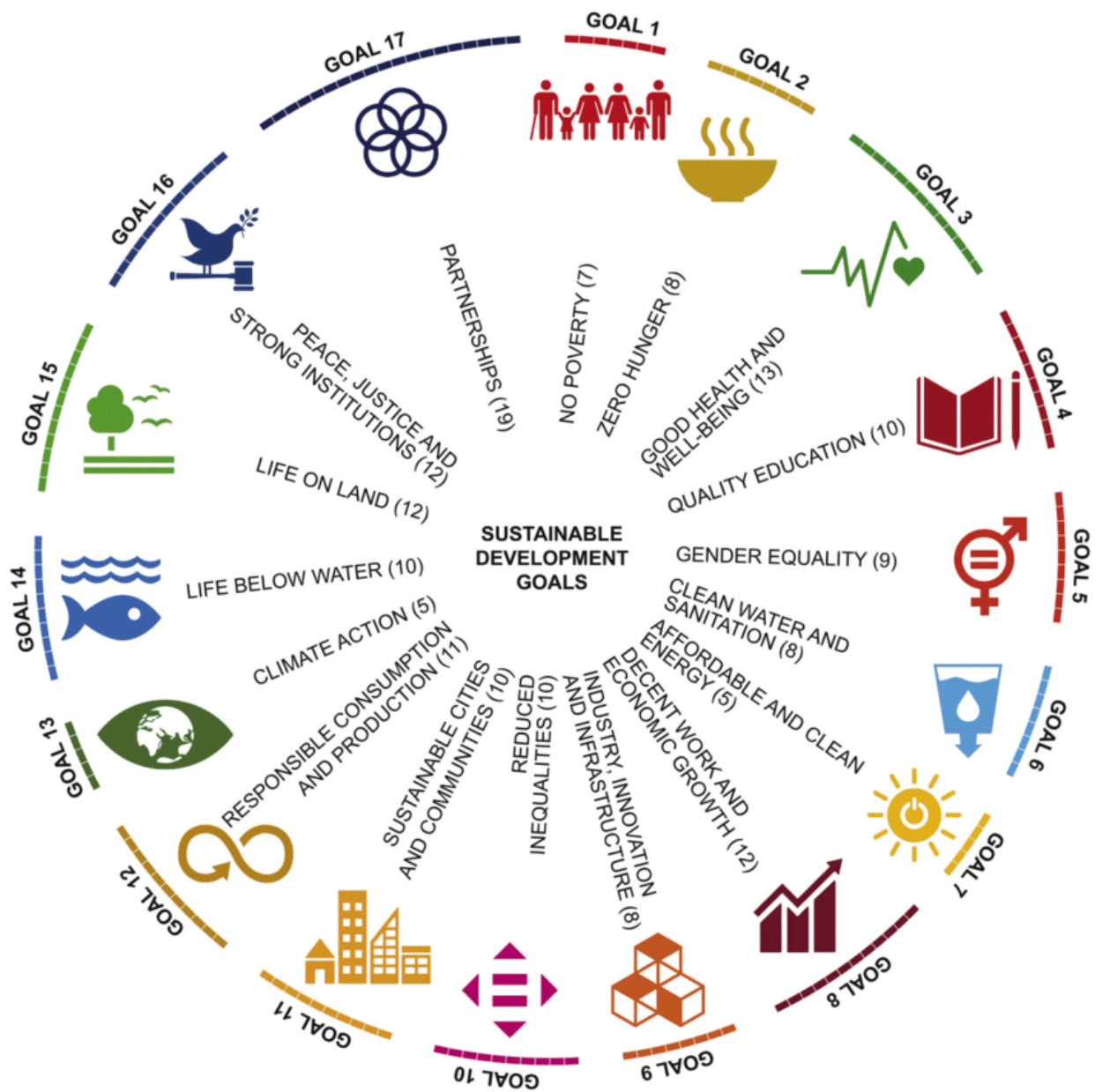
Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	110,498,954	54,465,185	56,033,769	68,769,459	34,124,167	34,645,292	41,729,495	20,341,018	21,388,477
0 - 4	12,123,142	6,127,769	5,995,373	8,499,994	4,299,372	4,200,622	3,623,148	1,828,397	1,794,751
5 - 9	11,749,330	5,929,976	5,819,354	8,058,204	4,076,275	3,981,929	3,691,126	1,853,701	1,837,425
10 -14	11,317,109	5,702,759	5,614,350	7,705,543	3,905,309	3,800,234	3,611,566	1,797,450	1,814,116
15-19	10,892,300	5,476,685	5,415,615	7,427,952	3,774,734	3,653,218	3,464,348	1,701,951	1,762,397
20-24	10,465,223	5,242,739	5,222,484	7,162,763	3,640,742	3,522,021	3,302,460	1,601,997	1,700,463
25-29	9,824,223	4,907,474	4,916,749	6,098,243	3,104,577	2,993,666	3,725,980	1,802,897	1,923,083
30-34	8,787,452	4,378,546	4,408,906	5,243,880	2,665,293	2,578,587	3,543,572	1,713,253	1,830,319
35-39	7,681,506	3,834,070	3,847,436	4,518,944	2,291,117	2,227,827	3,162,562	1,542,953	1,619,609
40-44	6,020,763	2,956,416	3,064,347	3,442,400	1,697,874	1,744,526	2,578,363	1,258,542	1,319,821
45-49	5,154,961	2,356,457	2,798,504	2,890,732	1,295,813	1,594,919	2,264,229	1,060,644	1,203,585
50-54	4,366,149	1,997,673	2,368,476	2,379,064	1,056,615	1,322,449	1,987,085	941,058	1,046,027
55-59	3,571,534	1,675,085	1,896,449	1,863,129	845,771	1,017,358	1,708,405	829,314	879,091
60-64	2,789,149	1,292,585	1,496,564	1,362,413	601,718	760,695	1,426,736	690,867	735,869
65-69	2,178,491	1,004,959	1,173,532	986,584	426,916	559,668	1,191,907	578,043	613,864
70-74	1,638,941	750,089	888,852	669,503	280,861	388,642	969,438	469,228	500,210
75-79	1,102,915	489,153	613,762	370,513	141,511	229,002	732,402	347,642	384,760
80+	835,766	342,750	493,016	89,598	19,669	69,929	746,168	323,081	423,087

Table B5.27 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2049

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	112,484,807	55,450,242	57,034,565	70,070,975	34,780,152	35,290,823	42,413,832	20,670,090	21,743,742
0 - 4	12,169,207	6,151,733	6,017,474	8,565,507	4,332,928	4,232,579	3,603,700	1,818,805	1,784,895
5 - 9	11,820,755	5,966,934	5,853,821	8,120,391	4,108,079	4,012,312	3,700,364	1,858,855	1,841,509
10 -14	11,400,753	5,746,249	5,654,504	7,752,592	3,929,446	3,823,146	3,648,161	1,816,803	1,831,358
15-19	10,966,013	5,515,245	5,450,768	7,460,953	3,791,456	3,669,497	3,505,060	1,723,789	1,781,271
20-24	10,535,342	5,279,851	5,255,491	7,187,068	3,653,364	3,533,704	3,348,274	1,626,487	1,721,787
25-29	9,980,483	4,985,756	4,994,727	6,350,738	3,230,757	3,119,981	3,629,745	1,754,999	1,874,746
30-34	8,993,867	4,480,379	4,513,488	5,363,730	2,726,038	2,637,692	3,630,137	1,754,341	1,875,796
35-39	7,910,204	3,946,595	3,963,609	4,653,506	2,361,088	2,292,418	3,256,698	1,585,507	1,671,191
40-44	6,340,442	3,132,866	3,207,576	3,632,701	1,808,381	1,824,320	2,707,741	1,324,485	1,383,256
45-49	5,248,543	2,433,541	2,815,002	2,934,866	1,339,153	1,595,713	2,313,677	1,094,388	1,219,289
50-54	4,520,047	2,049,910	2,470,137	2,465,623	1,084,215	1,381,408	2,054,424	965,695	1,088,729
55-59	3,700,431	1,727,845	1,972,586	1,933,216	873,052	1,060,164	1,767,215	854,793	912,422
60-64	2,908,889	1,350,922	1,557,967	1,427,139	633,242	793,897	1,481,750	717,680	764,070
65-69	2,247,141	1,031,463	1,215,678	1,017,923	437,283	580,640	1,229,218	594,180	635,038
70-74	1,696,237	774,374	921,863	695,531	291,098	404,433	1,000,706	483,276	517,430
75-79	1,154,402	511,534	642,868	394,783	151,398	243,385	759,619	360,136	399,483
80+	892,051	365,045	527,006	114,708	29,174	85,534	777,343	335,871	441,472

Table B5.28 Tanzania Mainland: Population Projection by Five Year Age Groups and Sex: 2050

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	114,468,274	56,435,139	58,033,135	71,386,082	35,443,460	35,942,622	43,082,192	20,991,679	22,090,513
0 - 4	12,210,144	6,173,225	6,036,919	8,628,514	4,365,302	4,263,212	3,581,630	1,807,923	1,773,707
5 - 9	11,893,139	6,004,479	5,888,660	8,189,651	4,143,553	4,046,098	3,703,488	1,860,926	1,842,562
10 -14	11,483,550	5,789,207	5,694,343	7,803,449	3,955,407	3,848,042	3,680,101	1,833,800	1,846,301
15-19	11,039,349	5,553,622	5,485,727	7,494,298	3,808,352	3,685,946	3,545,051	1,745,270	1,799,781
20-24	10,607,965	5,318,117	5,289,848	7,215,379	3,667,873	3,547,506	3,392,586	1,650,244	1,742,342
25-29	10,115,008	5,053,141	5,061,867	6,587,184	3,348,542	3,238,642	3,527,824	1,704,599	1,823,225
30-34	9,195,556	4,581,456	4,614,100	5,481,409	2,786,293	2,695,116	3,714,147	1,795,163	1,918,984
35-39	8,114,376	4,044,734	4,069,642	4,772,069	2,421,473	2,350,596	3,342,307	1,623,261	1,719,046
40-44	6,690,420	3,318,517	3,371,903	3,843,455	1,925,155	1,918,300	2,846,965	1,393,362	1,453,603
45-49	5,348,921	2,521,846	2,827,075	2,983,077	1,390,438	1,592,639	2,365,844	1,131,408	1,234,436
50-54	4,673,777	2,104,781	2,568,996	2,551,991	1,113,415	1,438,576	2,121,786	991,366	1,130,420
55-59	3,829,456	1,778,126	2,051,330	2,003,988	899,263	1,104,725	1,825,468	878,863	946,605
60-64	3,036,051	1,413,151	1,622,900	1,497,479	667,429	830,050	1,538,572	745,722	792,850
65-69	2,320,629	1,060,353	1,260,276	1,053,140	449,795	603,345	1,267,489	610,558	656,931
70-74	1,754,467	798,664	955,803	722,538	301,191	421,347	1,031,929	497,473	534,456
75-79	1,201,378	532,137	669,241	416,100	160,362	255,738	785,278	371,775	413,503
80+	954,088	389,583	564,505	142,361	39,617	102,744	811,727	349,966	461,761



5.3 Tanzania Zanzibar Projection: 2023 – 2050

Table C5.1 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2023

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	1,973,906	959,746	1,014,160	998,312	491,340	506,972	975,594	468,406	507,188
0 - 4	314,578	158,445	156,133	169,022	84,866	84,156	145,556	73,579	71,977
5 -9	272,832	137,166	135,666	148,835	75,545	73,290	123,997	61,621	62,376
10 -14	236,944	119,230	117,714	129,706	66,430	63,276	107,238	52,800	54,438
15-19	202,583	98,709	103,874	104,859	52,682	52,177	97,724	46,027	51,697
20-24	187,702	87,721	99,981	87,085	41,373	45,712	100,617	46,348	54,269
25-29	162,992	76,447	86,545	73,960	34,866	39,094	89,032	41,581	47,451
30-34	135,495	64,386	71,109	64,306	30,790	33,516	71,189	33,596	37,593
35-39	108,907	50,920	57,987	53,410	25,290	28,120	55,497	25,630	29,867
40-44	87,545	41,332	46,213	41,740	19,914	21,826	45,805	21,418	24,387
45-49	70,611	33,500	37,111	32,659	15,424	17,235	37,952	18,076	19,876
50-54	59,543	28,228	31,315	27,699	12,812	14,887	31,844	15,416	16,428
55-59	45,285	21,513	23,772	21,925	10,337	11,588	23,360	11,176	12,184
60-64	32,662	16,343	16,319	15,640	7,977	7,663	17,022	8,366	8,656
65-69	20,728	10,001	10,727	9,984	4,842	5,142	10,744	5,159	5,585
70-74	15,348	7,132	8,216	7,181	3,568	3,613	8,167	3,564	4,603
75-79	10,685	4,774	5,911	5,129	2,497	2,632	5,556	2,277	3,279
80+	9,466	3,899	5,567	5,172	2,127	3,045	4,294	1,772	2,522

Table C5.2 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2024

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,036,454	990,898	1,045,556	1,025,746	504,992	520,754	1,010,708	485,906	524,802
0 - 4	326,143	164,289	161,854	173,846	87,195	86,651	152,297	77,094	75,203
5 -9	279,391	140,416	138,975	152,112	77,040	75,072	127,279	63,376	63,903
10 -14	243,898	122,804	121,094	132,745	67,974	64,771	111,153	54,830	56,323
15-19	208,283	102,412	105,871	109,961	55,534	54,427	98,322	46,878	51,444
20-24	189,532	89,048	100,484	89,165	42,989	46,176	100,367	46,059	54,308
25-29	168,704	78,765	89,939	75,857	35,481	40,376	92,847	43,284	49,563
30-34	140,443	66,625	73,818	66,280	31,659	34,621	74,163	34,966	39,197
35-39	113,711	53,377	60,334	55,068	26,126	28,942	58,643	27,251	31,392
40-44	91,016	42,735	48,281	43,594	20,751	22,843	47,422	21,984	25,438
45-49	73,289	34,774	38,515	33,651	15,856	17,795	39,638	18,918	20,720
50-54	61,177	28,957	32,220	28,026	13,067	14,959	33,151	15,890	17,261
55-59	47,947	22,691	25,256	22,339	10,331	12,008	25,608	12,360	13,248
60-64	34,460	16,991	17,469	16,527	8,207	8,320	17,933	8,784	9,149
65-69	22,324	10,926	11,398	10,147	5,011	5,136	12,177	5,915	6,262
70-74	15,503	7,197	8,306	6,891	3,451	3,440	8,612	3,746	4,866
75-79	10,920	4,885	6,035	4,674	2,368	2,306	6,246	2,517	3,729
80+	9,713	4,006	5,707	4,863	1,952	2,911	4,850	2,054	2,796

Table C5.3 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2025

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,098,881	1,021,983	1,076,898	1,053,310	518,694	534,616	1,045,571	503,289	542,282
0 - 4	336,485	169,530	166,955	177,809	89,192	88,617	158,676	80,338	78,338
5 -9	285,771	143,590	142,181	155,337	78,532	76,805	130,434	65,058	65,376
10 -14	250,858	126,245	124,613	135,749	69,250	66,499	115,109	56,995	58,114
15-19	214,850	106,516	108,334	115,460	58,751	56,709	99,390	47,765	51,625
20-24	191,056	90,411	100,645	91,039	44,462	46,577	100,017	45,949	54,068
25-29	174,236	81,036	93,200	78,303	36,564	41,739	95,933	44,472	51,461
30-34	145,393	68,785	76,608	67,756	32,153	35,603	77,637	36,632	41,005
35-39	118,705	55,972	62,733	56,472	26,995	29,477	62,233	28,977	33,256
40-44	94,666	44,214	50,452	45,306	21,399	23,907	49,360	22,815	26,545
45-49	76,225	36,157	40,068	34,356	16,394	17,962	41,869	19,763	22,106
50-54	62,711	29,643	33,068	28,579	13,154	15,425	34,132	16,489	17,643
55-59	50,636	23,916	26,720	22,878	10,546	12,332	27,758	13,370	14,388
60-64	36,271	17,590	18,681	17,485	8,384	9,101	18,786	9,206	9,580
65-69	24,192	11,991	12,201	10,581	5,303	5,278	13,611	6,688	6,923
70-74	15,693	7,271	8,422	6,845	3,379	3,466	8,848	3,892	4,956
75-79	11,165	5,002	6,163	4,368	2,300	2,068	6,797	2,702	4,095
80+	9,968	4,114	5,854	4,987	1,936	3,051	4,981	2,178	2,803

Table C5.4 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2026

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,161,086	1,052,940	1,108,146	1,080,958	532,415	548,543	1,080,128	520,525	559,603
0 - 4	345,461	174,098	171,363	180,674	90,690	89,984	164,787	83,408	81,379
5 -9	292,065	146,722	145,343	158,576	79,893	78,683	133,489	66,829	66,660
10 -14	257,806	129,626	128,180	139,722	71,196	68,526	118,084	58,430	59,654
15-19	221,807	110,694	111,113	119,780	61,276	58,504	102,027	49,418	52,609
20-24	193,115	92,154	100,961	94,334	46,627	47,707	98,781	45,527	53,254
25-29	179,109	83,135	95,974	80,447	37,554	42,893	98,662	45,581	53,081
30-34	150,454	70,932	79,522	68,755	32,523	36,232	81,699	38,409	43,290
35-39	123,775	58,562	65,213	58,370	27,880	30,490	65,405	30,682	34,723
40-44	98,571	45,880	52,691	47,322	22,233	25,089	51,249	23,647	27,602
45-49	79,330	37,580	41,750	35,856	17,163	18,693	43,474	20,417	23,057
50-54	64,378	30,398	33,980	29,170	13,412	15,758	35,208	16,986	18,222
55-59	53,150	25,068	28,082	23,326	10,674	12,652	29,824	14,394	15,430
60-64	38,216	18,261	19,955	18,111	8,465	9,646	20,105	9,796	10,309
65-69	26,123	13,023	13,100	11,136	5,611	5,525	14,987	7,412	7,575
70-74	16,074	7,460	8,614	6,842	3,265	3,577	9,232	4,195	5,037
75-79	11,417	5,120	6,297	3,910	2,195	1,715	7,507	2,925	4,582
80+	10,235	4,227	6,008	4,627	1,758	2,869	5,608	2,469	3,139

Table C5.5 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2027

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,223,164	1,083,835	1,139,329	1,108,602	546,181	562,421	1,114,562	537,654	576,908
0 - 4	353,005	177,938	175,067	184,016	92,463	91,553	168,989	85,475	83,514
5 -9	298,500	149,950	148,550	160,823	80,802	80,021	137,677	69,148	68,529
10 -14	264,720	132,998	131,722	143,103	72,699	70,404	121,617	60,299	61,318
15-19	228,787	114,698	114,089	124,099	63,803	60,296	104,688	50,895	53,793
20-24	196,311	94,514	101,797	97,623	48,782	48,841	98,688	45,732	52,956
25-29	183,012	84,990	98,022	82,566	38,736	43,830	100,446	46,254	54,192
30-34	155,686	73,116	82,570	69,968	32,882	37,086	85,718	40,234	45,484
35-39	128,843	61,051	67,792	60,209	28,804	31,405	68,634	32,247	36,387
40-44	102,768	47,797	54,971	49,387	23,117	26,270	53,381	24,680	28,701
45-49	82,544	38,998	43,546	37,409	17,843	19,566	45,135	21,155	23,980
50-54	66,350	31,307	35,043	29,624	13,635	15,989	36,726	17,672	19,054
55-59	55,364	26,074	29,290	24,379	11,068	13,311	30,985	15,006	15,979
60-64	40,362	19,079	21,283	18,584	8,512	10,072	21,778	10,567	11,211
65-69	27,975	13,910	14,065	11,856	5,939	5,917	16,119	7,971	8,148
70-74	16,746	7,826	8,920	6,615	3,175	3,440	10,131	4,651	5,480
75-79	11,678	5,245	6,433	3,945	2,209	1,736	7,733	3,036	4,697
80+	10,513	4,344	6,169	4,396	1,712	2,684	6,117	2,632	3,485

Table C5.6 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2028

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,285,061	1,114,625	1,170,436	1,136,627	560,065	576,562	1,148,434	554,560	593,874
0 - 4	353,050	177,993	175,057	183,956	92,466	91,490	169,094	85,527	83,567
5 -9	311,155	156,333	154,822	166,148	83,219	82,929	145,007	73,114	71,893
10 -14	271,520	136,349	135,171	146,653	74,631	72,022	124,867	61,718	63,149
15-19	235,693	118,445	117,248	127,460	65,572	61,888	108,233	52,873	55,360
20-24	200,851	97,589	103,262	102,487	51,530	50,957	98,364	46,059	52,305
25-29	185,777	86,542	99,235	84,712	40,064	44,648	101,065	46,478	54,587
30-34	161,191	75,374	85,817	71,655	33,586	38,069	89,536	41,788	47,748
35-39	133,840	63,395	70,445	61,961	29,495	32,466	71,879	33,900	37,979
40-44	107,278	49,998	57,280	51,105	24,074	27,031	56,173	25,924	30,249
45-49	85,853	40,385	45,468	39,259	18,571	20,688	46,594	21,814	24,780
50-54	68,681	32,400	36,281	30,169	13,955	16,214	38,512	18,445	20,067
55-59	57,233	26,910	30,323	24,881	11,190	13,691	32,352	15,720	16,632
60-64	42,740	20,067	22,673	19,146	8,673	10,473	23,594	11,394	12,200
65-69	29,713	14,624	15,089	12,571	6,106	6,465	17,142	8,518	8,624
70-74	17,789	8,399	9,390	6,850	3,298	3,552	10,939	5,101	5,838
75-79	11,895	5,358	6,537	3,695	2,093	1,602	8,200	3,265	4,935
80+	10,802	4,464	6,338	3,919	1,542	2,377	6,883	2,922	3,961

Table C5.7 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2029

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,346,693	1,145,276	1,201,417	1,164,829	574,053	590,776	1,181,864	571,223	610,641
0 - 4	352,820	177,909	174,911	184,025	92,532	91,493	168,795	85,377	83,418
5 -9	322,758	162,202	160,556	171,072	85,616	85,456	151,686	76,586	75,100
10 -14	278,098	139,609	138,489	149,920	76,131	73,789	128,178	63,478	64,700
15-19	242,649	122,017	120,632	130,544	67,132	63,412	112,105	54,885	57,220
20-24	206,549	101,280	105,269	107,545	54,355	53,190	99,004	46,925	52,079
25-29	187,635	87,878	99,757	86,826	41,691	45,135	100,809	46,187	54,622
30-34	166,888	77,682	89,206	73,565	34,205	39,360	93,323	43,477	49,846
35-39	138,769	65,622	73,147	64,008	30,397	33,611	74,761	35,225	39,536
40-44	112,049	52,430	59,619	52,697	24,873	27,824	59,352	27,557	31,795
45-49	89,292	41,773	47,519	41,172	19,437	21,735	48,120	22,336	25,784
50-54	71,316	33,647	37,669	31,132	14,364	16,768	40,184	19,283	20,901
55-59	58,838	27,622	31,216	25,283	11,486	13,797	33,555	16,136	17,419
60-64	45,295	21,186	24,109	19,421	8,591	10,830	25,874	12,595	13,279
65-69	31,393	15,218	16,175	13,549	6,404	7,145	17,844	8,814	9,030
70-74	19,197	9,197	10,000	7,026	3,447	3,579	12,171	5,750	6,421
75-79	12,044	5,415	6,629	3,586	2,003	1,583	8,458	3,412	5,046
80+	11,103	4,589	6,514	3,458	1,389	2,069	7,645	3,200	4,445

Table C5.8 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2030

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,408,133	1,175,798	1,232,335	1,193,390	588,199	605,191	1,214,743	587,599	627,144
0 - 4	352,541	177,790	174,751	184,315	92,704	91,611	168,226	85,086	83,140
5 -9	333,171	167,484	165,687	175,170	87,693	87,477	158,001	79,791	78,210
10 -14	284,499	142,794	141,705	153,154	77,633	75,521	131,345	65,161	66,184
15-19	249,606	125,453	124,153	133,529	68,405	65,124	116,077	57,048	59,029
20-24	213,097	105,362	107,735	113,036	57,558	55,478	100,061	47,804	52,257
25-29	189,188	89,249	99,939	88,678	43,144	45,534	100,510	46,105	54,405
30-34	172,408	79,946	92,462	76,048	35,305	40,743	96,360	44,641	51,719
35-39	143,703	67,770	75,933	65,468	30,884	34,584	78,235	36,886	41,349
40-44	117,008	54,998	62,010	54,165	25,770	28,395	62,843	29,228	33,615
45-49	92,913	43,238	49,675	42,818	20,046	22,772	50,095	23,192	26,903
50-54	74,210	35,002	39,208	31,873	14,919	16,954	42,337	20,083	22,254
55-59	60,350	28,292	32,058	25,832	11,572	14,260	34,518	16,720	17,798
60-64	47,875	22,344	25,531	20,015	8,844	11,171	27,860	13,500	14,360
65-69	33,091	15,771	17,320	14,450	6,563	7,887	18,641	9,208	9,433
70-74	20,833	10,106	10,727	7,425	3,715	3,710	13,408	6,391	7,017
75-79	12,225	5,482	6,743	3,676	1,928	1,748	8,549	3,554	4,995
80+	11,415	4,717	6,698	3,738	1,516	2,222	7,677	3,201	4,476

Table C5.9 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2031

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,469,548	1,206,304	1,263,244	1,222,353	602,568	619,785	1,247,195	603,736	643,459
0 - 4	352,459	177,772	174,687	184,928	93,038	91,890	167,531	84,734	82,797
5 -9	342,246	172,112	170,134	178,240	89,297	88,943	164,006	82,815	81,191
10 -14	290,820	145,942	144,878	156,369	78,994	77,375	134,451	66,948	67,503
15-19	256,559	128,834	127,725	137,520	70,358	67,162	119,039	58,476	60,563
20-24	220,039	109,519	110,520	117,317	60,066	57,251	102,722	49,453	53,269
25-29	191,270	90,996	100,274	92,028	45,328	46,700	99,242	45,668	53,574
30-34	177,276	82,039	95,237	78,159	36,277	41,882	99,117	45,762	53,355
35-39	148,749	69,908	78,841	66,590	31,311	35,279	82,159	38,597	43,562
40-44	122,046	57,565	64,481	55,953	26,603	29,350	66,093	30,962	35,131
45-49	96,785	44,886	51,899	45,013	20,977	24,036	51,772	23,909	27,863
50-54	77,270	36,398	40,872	33,247	15,611	17,636	44,023	20,787	23,236
55-59	61,995	29,032	32,963	26,593	11,912	14,681	35,402	17,120	18,282
60-64	50,291	23,437	26,854	20,294	8,882	11,412	29,997	14,555	15,442
65-69	34,915	16,391	18,524	15,196	6,713	8,483	19,719	9,678	10,041
70-74	22,525	10,984	11,541	7,917	3,964	3,953	14,608	7,020	7,588
75-79	12,564	5,639	6,925	3,777	1,900	1,877	8,787	3,739	5,048
80+	11,739	4,850	6,889	3,212	1,337	1,875	8,527	3,513	5,014

Table C5.10 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2032

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,530,834	1,236,758	1,294,076	1,251,672	617,114	634,558	1,279,162	619,644	659,518
0 - 4	352,417	177,781	174,636	185,710	93,460	92,250	166,707	84,321	82,386
5 -9	349,907	176,020	173,887	181,740	91,160	90,580	168,167	84,860	83,307
10 -14	297,276	149,183	148,093	158,614	79,912	78,702	138,662	69,271	69,391
15-19	263,480	132,209	131,271	140,929	71,875	69,054	122,551	60,334	62,217
20-24	227,005	113,508	113,497	121,650	62,594	59,056	105,355	50,914	54,441
25-29	194,476	93,351	101,125	95,257	47,447	47,810	99,219	45,904	53,315
30-34	181,188	83,896	97,292	80,304	37,466	42,838	100,884	46,430	54,454
35-39	153,968	72,083	81,885	67,763	31,655	36,108	86,205	40,428	45,777
40-44	127,084	60,032	67,052	57,849	27,543	30,306	69,235	32,489	36,746
45-49	100,945	46,781	54,164	47,014	21,824	25,190	53,931	24,957	28,974
50-54	80,437	37,788	42,649	34,817	16,289	18,528	45,620	21,499	24,121
55-59	63,933	29,918	34,015	27,024	12,132	14,892	36,909	17,786	19,123
60-64	52,422	24,394	28,028	21,471	9,343	12,128	30,951	15,051	15,900
65-69	36,926	17,146	19,780	15,571	6,723	8,848	21,355	10,423	10,932
70-74	24,159	11,742	12,417	8,620	4,278	4,342	15,539	7,464	8,075
75-79	13,137	5,939	7,198	3,578	1,805	1,773	9,559	4,134	5,425
80+	12,074	4,987	7,087	3,761	1,608	2,153	8,313	3,379	4,934

Table C5. 11 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2033

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,591,932	1,267,089	1,324,843	1,281,102	631,713	649,389	1,310,830	635,376	675,454
0 - 4	352,418	177,803	174,615	186,628	93,941	92,687	165,790	83,862	81,928
5 -9	350,106	176,168	173,938	181,829	91,249	90,580	168,277	84,919	83,358
10 -14	309,927	155,560	154,367	163,939	82,338	81,601	145,988	73,222	72,766
15-19	270,283	135,558	134,725	144,494	73,814	70,680	125,789	61,744	64,045
20-24	233,899	117,240	116,659	125,008	64,356	60,652	108,891	52,884	56,007
25-29	199,016	96,414	102,602	100,152	50,206	49,946	98,864	46,208	52,656
30-34	183,970	85,451	98,519	82,474	38,799	43,675	101,496	46,652	54,844
35-39	159,458	74,331	85,127	69,458	32,362	37,096	90,000	41,969	48,031
40-44	132,054	62,359	69,695	59,641	28,245	31,396	72,413	34,114	38,299
45-49	105,412	48,953	56,459	48,769	22,806	25,963	56,643	26,147	30,496
50-54	83,697	39,148	44,549	36,665	17,010	19,655	47,032	22,138	24,894
55-59	66,214	30,979	35,235	27,561	12,440	15,121	38,653	18,539	20,114
60-64	54,229	25,191	29,038	21,964	9,458	12,506	32,265	15,733	16,532
65-69	39,155	18,056	21,099	16,121	6,870	9,251	23,034	11,186	11,848
70-74	25,704	12,357	13,347	9,296	4,436	4,860	16,408	7,921	8,487
75-79	14,008	6,402	7,606	3,832	1,947	1,885	10,176	4,455	5,721
80+	12,382	5,119	7,263	3,271	1,436	1,835	9,111	3,683	5,428

Table C5.12 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2034

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,652,977	1,297,405	1,355,572	1,310,779	646,465	664,314	1,342,198	650,940	691,258
0 - 4	352,683	177,969	174,714	187,783	94,547	93,236	164,900	83,422	81,478
5 -9	350,022	176,172	173,850	182,034	91,395	90,639	167,988	84,777	83,211
10 -14	321,536	161,429	160,107	168,886	84,749	84,137	152,650	76,680	75,970
15-19	276,870	138,822	138,048	147,737	75,312	72,425	129,133	63,510	65,623
20-24	240,847	120,801	120,046	128,138	65,931	62,207	112,709	54,870	57,839
25-29	204,702	100,087	104,615	105,168	53,000	52,168	99,534	47,087	52,447
30-34	185,852	86,795	99,057	84,621	40,439	44,182	101,231	46,356	54,875
35-39	165,137	76,629	88,508	71,384	32,989	38,395	93,753	43,640	50,113
40-44	136,958	64,569	72,389	61,758	29,179	32,579	75,200	35,390	39,810
45-49	110,141	51,357	58,784	50,297	23,567	26,730	59,844	27,790	32,054
50-54	87,092	40,513	46,579	38,624	17,900	20,724	48,468	22,613	25,855
55-59	68,798	32,192	36,606	28,498	12,826	15,672	40,300	19,366	20,934
60-64	55,788	25,874	29,914	22,420	9,782	12,638	33,368	16,092	17,276
65-69	41,542	19,080	22,462	16,275	6,731	9,544	25,267	12,349	12,918
70-74	27,204	12,873	14,331	10,304	4,763	5,541	16,900	8,110	8,790
75-79	15,154	7,028	8,126	3,973	2,059	1,914	11,181	4,969	6,212
80+	12,651	5,215	7,436	2,879	1,296	1,583	9,772	3,919	5,853

Table C5.13 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2035

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,713,891	1,327,623	1,386,268	1,341,227	661,416	679,811	1,372,664	666,207	706,457
0 - 4	353,039	178,173	174,866	189,105	95,238	93,867	163,934	82,935	80,999
5 -9	349,894	176,146	173,748	182,460	91,648	90,812	167,434	84,498	82,936
10 -14	331,964	166,719	165,245	173,047	86,856	86,191	158,917	79,863	79,054
15-19	283,281	142,011	141,270	150,969	76,818	74,151	132,312	65,193	67,119
20-24	247,801	124,232	123,569	131,104	67,198	63,906	116,697	57,034	59,663
25-29	211,237	104,150	107,087	110,659	56,197	54,462	100,578	47,953	52,625
30-34	187,432	88,173	99,259	86,456	41,874	44,582	100,976	46,299	54,677
35-39	170,646	78,885	91,761	73,903	34,105	39,798	96,743	44,780	51,963
40-44	141,873	66,706	75,167	63,200	29,655	33,545	78,673	37,051	41,622
45-49	115,050	53,890	61,160	51,818	24,488	27,330	63,232	29,402	33,830
50-54	90,663	41,951	48,712	40,204	18,466	21,738	50,459	23,485	26,974
55-59	71,626	33,506	38,120	29,269	13,400	15,869	42,357	20,106	22,251
60-64	57,265	26,521	30,744	22,984	9,872	13,112	34,281	16,649	17,632
65-69	43,953	20,142	23,811	16,899	7,015	9,884	27,054	13,127	13,927
70-74	28,731	13,359	15,372	11,128	4,898	6,230	17,603	8,461	9,142
75-79	16,479	7,736	8,743	4,344	2,272	2,072	12,135	5,464	6,671
80+	12,957	5,323	7,634	3,678	1,416	2,262	9,279	3,907	5,372

Table C5.14 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2036

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,774,815	1,357,881	1,416,934	1,371,865	676,703	695,162	1,402,950	681,178	721,772
0 - 4	353,509	178,451	175,058	190,596	96,022	94,574	162,913	82,429	80,484
5 -9	349,950	176,219	173,731	183,197	92,059	91,138	166,753	84,160	82,593
10 -14	341,063	171,362	169,701	176,239	88,511	87,728	164,824	82,851	81,973
15-19	289,608	145,162	144,446	154,148	78,177	75,971	135,460	66,985	68,475
20-24	254,750	127,609	127,141	135,119	69,167	65,952	119,631	58,442	61,189
25-29	218,159	108,287	109,872	114,910	58,688	56,222	103,249	49,599	53,650
30-34	189,534	89,924	99,610	89,862	44,075	45,787	99,672	45,849	53,823
35-39	175,509	80,977	94,532	75,982	35,061	40,921	99,527	45,916	53,611
40-44	146,899	68,833	78,066	64,450	30,141	34,309	82,449	38,692	43,757
45-49	120,045	56,428	63,617	53,499	25,268	28,231	66,546	31,160	35,386
50-54	94,481	43,570	50,911	42,560	19,490	23,070	51,921	24,080	27,841
55-59	74,619	34,861	39,758	30,504	13,998	16,506	44,115	20,863	23,252
60-64	58,869	27,234	31,635	23,878	10,284	13,594	34,991	16,950	18,041
65-69	46,212	21,144	25,068	17,025	6,964	10,061	29,187	14,180	15,007
70-74	30,374	13,905	16,469	11,942	5,077	6,865	18,432	8,828	9,604
75-79	17,847	8,415	9,432	4,706	2,484	2,222	13,141	5,931	7,210
80+	13,387	5,500	7,887	3,248	1,237	2,011	10,139	4,263	5,876

Table C5.15 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2037

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,835,659	1,388,073	1,447,586	1,402,716	692,087	710,629	1,432,943	695,986	736,957
0 - 4	354,082	178,771	175,311	192,249	96,882	95,367	161,833	81,889	79,944
5 - 9	350,028	176,305	173,723	184,098	92,552	91,546	165,930	83,753	82,177
10 -14	348,745	175,284	173,461	179,815	90,409	89,406	168,930	84,875	84,055
15-19	296,072	148,405	147,667	156,382	79,097	77,285	139,690	69,308	70,382
20-24	261,662	130,974	130,688	138,545	70,691	67,854	123,117	60,283	62,834
25-29	225,110	112,259	112,851	119,258	61,217	58,041	105,852	51,042	54,810
30-34	192,750	92,277	100,473	93,036	46,166	46,870	99,714	46,111	53,603
35-39	179,422	82,830	96,592	78,155	36,255	41,900	101,267	46,575	54,692
40-44	152,096	70,997	81,099	65,583	30,471	35,112	86,513	40,526	45,987
45-49	125,038	58,865	66,173	55,451	26,223	29,228	69,587	32,642	36,945
50-54	98,585	45,430	53,155	44,495	20,294	24,201	54,090	25,136	28,954
55-59	77,720	36,211	41,509	32,096	14,687	17,409	45,624	21,524	24,100
60-64	60,760	28,088	32,672	24,297	10,491	13,806	36,463	17,597	18,866
65-69	48,217	22,024	26,193	18,290	7,481	10,809	29,927	14,543	15,384
70-74	32,192	14,571	17,621	12,212	5,062	7,150	19,980	9,509	10,471
75-79	19,183	9,005	10,178	5,366	2,751	2,615	13,817	6,254	7,563
80+	13,997	5,777	8,220	3,388	1,358	2,030	10,609	4,419	6,190

Table C5.16 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2038

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,896,467	1,418,242	1,478,225	1,434,039	707,697	726,342	1,462,428	710,545	751,883
0 - 4	354,915	179,221	175,694	194,119	97,853	96,266	160,796	81,368	79,428
5 - 9	350,142	176,404	173,738	185,123	93,101	92,022	165,019	83,303	81,716
10 -14	348,983	175,459	173,524	179,966	90,530	89,436	169,017	84,929	84,088
15-19	308,707	154,773	153,934	161,688	81,524	80,164	147,019	73,249	73,770
20-24	268,458	134,318	134,140	142,129	72,640	69,489	126,329	61,678	64,651
25-29	231,986	115,975	116,011	122,610	62,972	59,638	109,376	53,003	56,373
30-34	197,283	95,327	101,956	97,965	48,938	49,027	99,318	46,389	52,929
35-39	182,214	84,388	97,826	80,351	37,594	42,757	101,863	46,794	55,069
40-44	157,561	73,232	84,329	67,283	31,184	36,099	90,278	42,048	48,230
45-49	129,969	61,168	68,801	57,276	26,935	30,341	72,693	34,233	38,460
50-54	102,986	47,562	55,424	46,279	21,300	24,979	56,707	26,262	30,445
55-59	80,913	37,533	43,380	33,935	15,388	18,547	46,978	22,145	24,833
60-64	62,977	29,107	33,870	24,818	10,793	14,025	38,159	18,314	19,845
65-69	49,928	22,764	27,164	18,762	7,577	11,185	31,166	15,187	15,979
70-74	34,199	15,370	18,829	12,731	5,188	7,543	21,468	10,182	11,286
75-79	20,462	9,488	10,974	5,922	2,892	3,030	14,540	6,596	7,944
80+	14,784	6,153	8,631	3,082	1,288	1,794	11,702	4,865	6,837

Table C5.17 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2039

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	2,957,558	1,448,574	1,508,984	1,465,936	723,617	742,319	1,491,622	724,957	766,665
0 - 4	356,183	179,892	176,291	196,235	98,953	97,282	159,948	80,939	79,009
5 -9	350,496	176,629	173,867	186,374	93,766	92,608	164,122	82,863	81,259
10 -14	348,934	175,487	173,447	180,236	90,708	89,528	168,698	84,779	83,919
15-19	320,302	160,633	159,669	166,647	83,947	82,700	153,655	76,686	76,969
20-24	275,036	137,576	137,460	145,346	74,130	71,216	129,690	63,446	66,244
25-29	238,914	119,524	119,390	125,785	64,568	61,217	113,129	54,956	58,173
30-34	202,949	98,980	103,969	102,938	51,701	51,237	100,011	47,279	52,732
35-39	184,108	85,734	98,374	82,526	39,246	43,280	101,582	46,488	55,094
40-44	163,212	75,518	87,694	69,224	31,819	37,405	93,988	43,699	50,289
45-49	134,838	63,359	71,479	59,466	27,904	31,562	75,372	35,455	39,917
50-54	107,644	49,917	57,727	47,732	22,013	25,719	59,912	27,904	32,008
55-59	84,243	38,865	45,378	35,929	16,297	19,632	48,314	22,568	25,746
60-64	65,482	30,271	35,211	25,721	11,154	14,567	39,761	19,117	20,644
65-69	51,423	23,407	28,016	19,264	7,918	11,346	32,159	15,489	16,670
70-74	36,351	16,271	20,080	12,757	5,008	7,749	23,594	11,263	12,331
75-79	21,724	9,906	11,818	6,880	3,217	3,663	14,844	6,689	8,155
80+	15,719	6,605	9,114	2,876	1,268	1,608	12,843	5,337	7,506

Table C5.18 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2040

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	3,019,004	1,479,073	1,539,931	1,498,777	739,914	758,863	1,520,227	739,159	781,068
0 - 4	358,068	180,873	177,195	198,694	100,220	98,474	159,374	80,653	78,721
5 -9	350,919	176,889	174,030	187,776	94,513	93,263	163,143	82,376	80,767
10 -14	348,831	175,482	173,349	180,715	90,988	89,727	168,116	84,494	83,622
15-19	330,714	165,914	164,800	170,847	86,068	84,779	159,867	79,846	80,021
20-24	281,437	140,758	140,679	148,571	75,637	72,934	132,866	65,121	67,745
25-29	245,848	122,942	122,906	128,733	65,829	62,904	117,115	57,113	60,002
30-34	209,458	103,020	106,438	108,421	54,891	53,530	101,037	48,129	52,908
35-39	185,702	87,116	98,586	84,341	40,665	43,676	101,361	46,451	54,910
40-44	168,692	77,762	90,930	71,778	32,949	38,829	96,914	44,813	52,101
45-49	139,713	65,476	74,237	60,890	28,368	32,522	78,823	37,108	41,715
50-54	112,483	52,405	60,078	49,310	22,961	26,349	63,173	29,444	33,729
55-59	87,744	40,268	47,476	37,440	16,824	20,616	50,304	23,444	26,860
60-64	68,226	31,533	36,693	26,535	11,740	14,795	41,691	19,793	21,898
65-69	52,845	24,019	28,826	19,844	8,018	11,826	33,001	16,001	17,000
70-74	38,528	17,205	21,323	13,405	5,303	8,102	25,123	11,902	13,221
75-79	23,021	10,308	12,713	7,614	3,326	4,288	15,407	6,982	8,425
80+	16,775	7,103	9,672	3,863	1,614	2,249	12,912	5,489	7,423

Table C5.19 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2041

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	3,080,468	1,509,588	1,570,880	1,531,905	756,456	775,449	1,548,563	753,132	795,431
0 - 4	360,089	181,917	178,172	201,247	101,529	99,718	158,842	80,388	78,454
5 -9	351,429	177,195	174,234	189,329	95,337	93,992	162,100	81,858	80,242
10 -14	348,907	175,568	173,339	181,498	91,421	90,077	167,409	84,147	83,262
15-19	339,793	170,544	169,249	174,141	87,755	86,386	165,652	82,789	82,863
20-24	287,756	143,904	143,852	151,711	76,995	74,716	136,045	66,909	69,136
25-29	252,779	126,308	126,471	132,764	67,806	64,958	120,015	58,502	61,513
30-34	216,349	107,133	109,216	112,642	57,363	55,279	103,707	49,770	53,937
35-39	187,809	88,864	98,945	87,796	42,882	44,914	100,013	45,982	54,031
40-44	173,533	79,843	93,690	73,821	33,887	39,934	99,712	45,956	53,756
45-49	144,702	67,585	77,117	62,252	28,913	33,339	82,450	38,672	43,778
50-54	117,403	54,892	62,511	50,879	23,677	27,202	66,524	31,215	35,309
55-59	91,486	41,845	49,641	39,942	17,922	22,020	51,544	23,923	27,621
60-64	71,128	32,833	38,295	27,632	12,255	15,377	43,496	20,578	22,918
65-69	54,389	24,696	29,693	20,849	8,470	12,379	33,540	16,226	17,314
70-74	40,574	18,089	22,485	13,384	5,182	8,202	27,190	12,907	14,283
75-79	24,423	10,763	13,660	8,393	3,528	4,865	16,030	7,235	8,795
80+	17,919	7,609	10,310	3,625	1,534	2,091	14,294	6,075	8,219

Table C5.20 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2042

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	3,142,090	1,540,184	1,601,906	1,565,653	773,288	792,365	1,576,437	766,896	809,541
0 - 4	362,444	183,133	179,311	203,961	102,919	101,042	158,483	80,214	78,269
5 -9	352,041	177,543	174,498	191,045	96,239	94,806	160,996	81,304	79,692
10 -14	349,007	175,669	173,338	182,446	91,937	90,509	166,561	83,732	82,829
15-19	347,461	174,458	173,003	177,767	89,672	88,095	169,694	84,786	84,908
20-24	294,215	147,145	147,070	153,933	77,913	76,020	140,282	69,232	71,050
25-29	259,672	129,664	130,008	136,212	69,345	66,867	123,460	60,319	63,141
30-34	223,271	111,082	112,189	117,003	59,893	57,110	106,268	51,189	55,079
35-39	191,023	91,209	99,814	90,914	44,941	45,973	100,109	46,268	53,841
40-44	177,431	81,688	95,743	76,020	35,089	40,931	101,411	46,599	54,812
45-49	149,856	69,728	80,128	63,349	29,230	34,119	86,507	40,498	46,009
50-54	122,326	57,286	65,040	52,882	24,651	28,231	69,444	32,635	36,809
55-59	95,507	43,658	51,849	41,809	18,690	23,119	53,698	24,968	28,730
60-64	74,137	34,130	40,007	29,237	12,934	16,303	44,900	21,196	23,704
65-69	56,201	25,503	30,698	21,264	8,680	12,584	34,937	16,823	18,114
70-74	42,395	18,868	23,527	14,699	5,720	8,979	27,696	13,148	14,548
75-79	25,967	11,313	14,654	8,558	3,499	5,059	17,409	7,814	9,595
80+	19,136	8,107	11,029	4,554	1,936	2,618	14,582	6,171	8,411

Table C5.21 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2043

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	3,203,816	1,570,834	1,632,982	1,599,580	790,243	809,337	1,604,236	780,591	823,645
0 - 4	365,000	184,448	180,552	206,716	104,334	102,382	158,284	80,114	78,170
5 -9	352,914	178,024	174,890	192,976	97,250	95,726	159,938	80,774	79,164
10 -14	349,138	175,781	173,357	183,513	92,507	91,006	165,625	83,274	82,351
15-19	347,720	174,646	173,074	177,976	89,817	88,159	169,744	84,829	84,915
20-24	306,806	153,483	153,323	159,221	80,332	78,889	147,585	73,151	74,434
25-29	266,452	132,998	133,454	139,814	71,304	68,510	126,638	61,694	64,944
30-34	230,122	114,782	115,340	120,350	61,641	58,709	109,772	53,141	56,631
35-39	195,541	94,243	101,298	95,875	47,726	48,149	99,666	46,517	53,149
40-44	180,222	83,245	96,977	78,236	36,433	41,803	101,986	46,812	55,174
45-49	155,281	71,945	83,336	65,050	29,947	35,103	90,231	41,998	48,233
50-54	127,190	59,549	67,641	54,731	25,366	29,365	72,459	34,183	38,276
55-59	99,817	45,732	54,085	43,614	19,704	23,910	56,203	26,028	30,175
60-64	77,241	35,404	41,837	31,056	13,615	17,441	46,185	21,789	24,396
65-69	58,319	26,461	31,858	21,762	8,957	12,805	36,557	17,504	19,053
70-74	43,964	19,530	24,434	15,142	5,793	9,349	28,822	13,737	15,085
75-79	27,670	11,971	15,699	8,996	3,597	5,399	18,674	8,374	10,300
80+	20,419	8,592	11,827	4,552	1,920	2,632	15,867	6,672	9,195

Table C5.22 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2044

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	3,265,579	1,601,512	1,664,067	1,634,004	807,457	826,547	1,631,575	794,055	837,520
0 - 4	367,401	185,682	181,719	209,295	105,659	103,636	158,106	80,023	78,083
5 -9	354,211	178,717	175,494	195,149	98,386	96,763	159,062	80,331	78,731
10 -14	349,510	176,019	173,491	184,800	93,191	91,609	164,710	82,828	81,882
15-19	347,691	174,687	173,004	178,298	90,017	88,281	169,393	84,670	84,723
20-24	318,362	159,318	159,044	164,189	82,757	81,432	154,173	76,561	77,612
25-29	273,013	136,246	136,767	143,007	72,784	70,223	130,006	63,462	66,544
30-34	237,026	118,315	118,711	123,572	63,261	60,311	113,454	55,054	58,400
35-39	201,180	97,872	103,308	100,806	50,463	50,343	100,374	47,409	52,965
40-44	182,124	84,590	97,534	80,444	38,098	42,346	101,680	46,492	55,188
45-49	160,890	74,212	86,678	67,009	30,591	36,418	93,881	43,621	50,260
50-54	131,998	61,704	70,294	56,982	26,369	30,613	75,016	35,335	39,681
55-59	104,377	48,022	56,355	45,000	20,372	24,628	59,377	27,650	31,727
60-64	80,472	36,683	43,789	33,068	14,527	18,541	47,404	22,156	25,248
65-69	60,702	27,549	33,153	22,619	9,286	13,333	38,083	18,263	19,820
70-74	45,351	20,112	25,239	15,678	6,132	9,546	29,673	13,980	15,693
75-79	29,490	12,704	16,786	8,901	3,394	5,507	20,589	9,310	11,279
80+	21,781	9,080	12,701	5,187	2,170	3,017	16,594	6,910	9,684

Table C5.23 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2045

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	3,327,556	1,632,307	1,695,249	1,669,070	824,852	844,218	1,658,486	807,455	851,031
0 - 4	369,680	186,854	182,826	211,724	106,908	104,816	157,956	79,946	78,010
5 -9	356,122	179,719	176,403	197,662	99,690	97,972	158,460	80,029	78,431
10 -14	349,951	176,291	173,660	186,239	93,958	92,281	163,712	82,333	81,379
15-19	347,612	174,698	172,914	178,830	90,320	88,510	168,782	84,378	84,404
20-24	328,741	164,577	164,164	168,434	84,897	83,537	160,307	79,680	80,627
25-29	279,404	139,423	139,981	146,232	74,295	71,937	133,172	65,128	68,044
30-34	243,939	121,721	122,218	126,500	64,514	61,986	117,439	57,207	60,232
35-39	207,660	101,888	105,772	106,285	53,645	52,640	101,375	48,243	53,132
40-44	183,731	85,973	97,758	82,241	39,503	42,738	101,490	46,470	55,020
45-49	166,332	76,438	89,894	69,598	31,736	37,862	96,734	44,702	52,032
50-54	136,813	63,788	73,025	58,384	26,819	31,565	78,429	36,969	41,460
55-59	109,113	50,440	58,673	46,623	21,340	25,283	62,490	29,100	33,390
60-64	83,880	38,038	45,842	34,519	15,012	19,507	49,361	23,026	26,335
65-69	63,311	28,729	34,582	23,464	9,874	13,590	39,847	18,855	20,992
70-74	46,681	20,672	26,009	16,265	6,238	10,027	30,416	14,434	15,982
75-79	31,337	13,466	17,871	9,561	3,677	5,884	21,776	9,789	11,987
80+	23,249	9,592	13,657	6,509	2,426	4,083	16,740	7,166	9,574

Table C5.24 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2046

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	3,389,630	1,663,159	1,726,471	1,704,342	842,527	861,815	1,685,288	820,632	864,656
0 - 4	372,078	188,087	183,991	214,156	108,167	105,989	157,922	79,920	78,002
5 -9	358,174	180,786	177,388	200,264	101,032	99,232	157,910	79,754	78,156
10 -14	350,479	176,609	173,870	187,825	94,799	93,026	162,654	81,810	80,844
15-19	347,708	174,799	172,909	179,658	90,774	88,884	168,050	84,025	84,025
20-24	337,796	169,191	168,605	171,838	86,634	85,204	165,958	82,557	83,401
25-29	285,713	142,561	143,152	149,341	75,644	73,697	136,372	66,917	69,455
30-34	250,846	125,072	125,774	130,551	66,500	64,051	120,295	58,572	61,723
35-39	214,520	105,974	108,546	110,475	56,098	54,377	104,045	49,876	54,169
40-44	185,846	87,718	98,128	85,749	41,738	44,011	100,097	45,980	54,117
45-49	171,142	78,503	92,639	71,610	32,658	38,952	99,532	45,845	53,687
50-54	141,745	65,866	75,879	59,860	27,429	32,431	81,885	38,437	43,448
55-59	113,933	52,861	61,072	48,084	21,990	26,094	65,849	30,871	34,978
60-64	87,519	39,558	47,961	37,141	16,174	20,967	50,378	23,384	26,994
65-69	66,073	29,944	36,129	24,423	10,286	14,137	41,650	19,658	21,992
70-74	48,131	21,291	26,840	17,360	6,703	10,657	30,771	14,588	16,183
75-79	33,078	14,187	18,891	9,375	3,492	5,883	23,703	10,695	13,008
80+	24,849	10,152	14,697	6,632	2,409	4,223	18,217	7,743	10,474

Table C5.25 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2047

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	3,451,702	1,694,018	1,757,684	1,739,943	860,365	879,578	1,711,759	833,653	878,106
0 - 4	374,353	189,258	185,095	216,449	109,356	107,093	157,904	79,902	78,002
5 -9	360,557	182,022	178,535	203,031	102,458	100,573	157,526	79,564	77,962
10 -14	351,107	176,971	174,136	189,570	95,718	93,852	161,537	81,253	80,284
15-19	347,830	174,913	172,917	180,646	91,308	89,338	167,184	83,605	83,579
20-24	345,448	173,094	172,354	175,527	88,582	86,945	169,921	84,512	85,409
25-29	292,161	145,795	146,366	151,552	76,558	74,994	140,609	69,237	71,372
30-34	257,724	128,418	129,306	134,026	68,051	65,975	123,698	60,367	63,331
35-39	221,412	109,902	111,510	114,857	58,633	56,224	106,555	51,269	55,286
40-44	189,057	90,051	99,006	88,809	43,767	45,042	100,248	46,284	53,964
45-49	175,026	80,339	94,687	73,831	33,865	39,966	101,195	46,474	54,721
50-54	146,846	67,981	78,865	60,930	27,733	33,197	85,916	40,248	45,668
55-59	118,762	55,192	63,570	50,136	22,983	27,153	68,626	32,209	36,417
60-64	91,424	41,301	50,123	38,942	16,895	22,047	52,482	24,406	28,076
65-69	68,939	31,158	37,781	26,032	10,964	15,068	42,907	20,194	22,713
70-74	49,821	22,024	27,797	17,772	6,919	10,853	32,049	15,105	16,944
75-79	34,639	14,826	19,813	10,696	4,010	6,686	23,943	10,816	13,127
80+	26,596	10,773	15,823	7,137	2,565	4,572	19,459	8,208	11,251

Table C5.26 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2048

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	3,513,685	1,724,848	1,788,837	1,775,899	878,394	897,505	1,737,786	846,454	891,332
0 - 4	376,469	190,349	186,120	218,590	110,470	108,120	157,879	79,879	78,000
5 -9	363,140	183,358	179,782	205,831	103,908	101,923	157,309	79,450	77,859
10 -14	351,995	177,462	174,533	191,531	96,745	94,786	160,464	80,717	79,747
15-19	347,982	175,041	172,941	181,752	91,896	89,856	166,230	83,145	83,085
20-24	345,741	173,305	172,436	175,796	88,760	87,036	169,945	84,545	85,400
25-29	304,704	152,102	152,602	156,830	78,975	77,855	147,874	73,127	74,747
30-34	264,488	131,743	132,745	137,645	70,023	67,622	126,843	61,720	65,123
35-39	228,238	113,583	114,655	118,202	60,377	57,825	110,036	53,206	56,830
40-44	193,561	93,069	100,492	93,806	46,568	47,238	99,755	46,501	53,254
45-49	177,814	81,890	95,924	76,071	35,217	40,854	101,743	46,673	55,070
50-54	152,213	70,169	82,044	62,634	28,452	34,182	89,579	41,717	47,862
55-59	123,537	57,399	66,138	52,010	23,702	28,308	71,527	33,697	37,830
60-64	95,612	43,296	52,316	40,756	17,909	22,847	54,856	25,387	29,469
65-69	71,904	32,354	39,550	27,805	11,596	16,209	44,099	20,758	23,341
70-74	51,789	22,893	28,896	18,247	7,167	11,080	33,542	15,726	17,816
75-79	36,004	15,378	20,626	11,085	4,057	7,028	24,919	11,321	13,598
80+	28,494	11,457	17,037	7,308	2,572	4,736	21,186	8,885	12,301

Table C5.27 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2049

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	3,575,375	1,755,539	1,819,836	1,812,092	896,561	915,531	1,763,283	858,978	904,305
0 - 4	378,381	191,333	187,048	220,567	111,494	109,073	157,814	79,839	77,975
5 - 9	365,567	184,613	180,954	208,455	105,267	103,188	157,112	79,346	77,766
10 -14	353,305	178,166	175,139	193,725	97,896	95,829	159,580	80,270	79,310
15-19	348,372	175,290	173,082	183,070	92,595	90,475	165,302	82,695	82,607
20-24	345,741	173,365	172,376	176,180	88,992	87,188	169,561	84,373	85,188
25-29	316,215	157,908	158,307	161,809	81,409	80,400	154,406	76,499	77,907
30-34	271,036	134,983	136,053	140,822	71,496	69,326	130,214	63,487	66,727
35-39	235,115	117,097	118,018	121,465	62,016	59,449	113,650	55,081	58,569
40-44	199,173	96,673	102,500	98,695	49,277	49,418	100,478	47,396	53,082
45-49	179,727	83,235	96,492	78,309	36,893	41,416	101,418	46,342	55,076
50-54	157,759	72,403	85,356	64,605	29,103	35,502	93,154	43,300	49,854
55-59	128,256	59,502	68,754	54,316	24,730	29,586	73,940	34,772	39,168
60-64	100,033	45,495	54,538	42,069	18,528	23,541	57,964	26,967	30,997
65-69	74,986	33,555	41,431	29,807	12,490	17,317	45,179	21,065	24,114
70-74	53,987	23,870	30,117	19,042	7,456	11,586	34,945	16,414	18,531
75-79	37,219	15,867	21,352	11,623	4,370	7,253	25,596	11,497	14,099
80+	30,503	12,184	18,319	7,533	2,549	4,984	22,970	9,635	13,335

Table C5.28 Tanzania Zanzibar: Population Projection by Five Year Age Groups and Sex: 2050

Age Groups	Total			Rural			Urban		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Total	3,637,096	1,786,250	1,850,846	1,849,030	914,997	934,033	1,788,066	871,253	916,813
0 - 4	380,155	192,250	187,905	222,438	112,463	109,975	157,717	79,787	77,930
5 - 9	367,871	185,805	182,066	210,927	106,550	104,377	156,944	79,255	77,689
10 -14	355,231	179,177	176,054	196,257	99,212	97,045	158,974	79,965	79,009
15-19	348,831	175,576	173,255	184,542	93,379	91,163	164,289	82,197	82,092
20-24	345,695	173,399	172,296	176,764	89,325	87,439	168,931	84,074	84,857
25-29	326,561	163,144	163,417	166,108	83,578	82,530	160,453	79,566	80,887
30-34	277,411	138,150	139,261	144,042	73,007	71,035	133,369	65,143	68,226
35-39	242,005	120,490	121,515	124,378	63,264	61,114	117,627	57,226	60,401
40-44	205,616	100,657	104,959	104,168	52,455	51,713	101,448	48,202	53,246
45-49	181,346	84,616	96,730	80,086	38,279	41,807	101,260	46,337	54,923
50-54	163,142	74,598	88,544	67,229	30,261	36,968	95,913	44,337	51,576
55-59	132,995	61,541	71,454	55,711	25,176	30,535	77,284	36,365	40,919
60-64	104,627	47,815	56,812	43,741	19,510	24,231	60,886	28,305	32,581
65-69	78,237	34,825	43,412	31,194	12,937	18,257	47,043	21,888	25,155
70-74	56,389	24,927	31,462	19,925	8,032	11,893	36,464	16,895	19,569
75-79	38,401	16,344	22,057	12,224	4,482	7,742	26,177	11,862	14,315
80+	32,583	12,936	19,647	9,296	3,087	6,209	23,287	9,849	13,438

5.4 Regional Projection 2023 – 2050

Table D5.1 Regional Population Projection: 2023 – 2027

Region	2023	2024	2025	2026	2027
Tanzania	64,416,042	66,278,276	68,153,004	70,038,850	71,934,389
Tanzania Mainland	62,442,136	64,241,822	66,054,123	67,877,764	69,711,225
Dodoma	3,211,342	3,300,186	3,389,537	3,479,323	3,569,687
Arusha	2,453,164	2,524,141	2,593,834	2,662,094	2,728,991
Kilimanjaro	1,934,278	1,976,588	2,018,855	2,061,256	2,103,797
Tanga	2,720,044	2,790,841	2,861,741	2,932,548	3,003,393
Morogoro	3,322,152	3,405,761	3,488,328	3,569,719	3,649,897
Pwani	2,092,960	2,144,928	2,195,974	2,245,859	2,294,741
Dar es Salaam	5,600,194	5,739,734	5,874,418	6,003,954	6,128,961
Lindi	1,237,901	1,262,641	1,286,839	1,310,539	1,333,826
Mtwara	1,702,874	1,738,231	1,772,766	1,806,609	1,839,833
Ruvuma	1,933,611	1,982,240	2,030,461	2,078,301	2,125,776
Iringa	1,234,438	1,260,104	1,285,523	1,310,690	1,335,636
Mbeya	2,434,636	2,495,901	2,556,431	2,616,176	2,675,208
Singida	2,102,316	2,166,130	2,231,481	2,298,443	2,366,909
Tabora	3,542,880	3,657,677	3,775,329	3,895,504	4,017,735
Rukwa	1,619,636	1,680,335	1,742,773	1,806,971	1,872,776
Kigoma	2,584,236	2,669,703	2,757,544	2,847,496	2,939,246
Shinyanga	2,337,809	2,410,306	2,483,928	2,558,483	2,633,614
Kagera	3,131,795	3,226,032	3,322,078	3,419,918	3,519,544
Mwanza	3,869,312	3,992,565	4,116,854	4,242,495	4,368,971
Mara	2,485,120	2,565,172	2,647,733	2,732,719	2,819,751
Manyara	1,973,968	2,035,641	2,098,332	2,161,860	2,226,178
Njombe	922,044	939,503	956,702	973,707	990,505
Katavi	1,209,848	1,253,158	1,297,568	1,343,010	1,389,482
Simiyu	2,254,092	2,338,396	2,425,871	2,516,511	2,610,340
Geita	3,127,548	3,241,053	3,357,323	3,476,462	3,598,116
Songwe	1,403,938	1,444,855	1,485,900	1,527,117	1,568,312
Tanzania Zanzibar	1,973,906	2,036,454	2,098,881	2,161,086	2,223,164
Kaskazini Unguja	267,219	275,531	283,792	291,967	300,043
Kusini Unguja	204,063	209,534	214,888	220,102	225,203
Mjini Magharibi	933,760	962,135	989,928	1,017,138	1,043,739
Kaskazini Pemba	284,963	295,724	306,849	318,290	330,141
Kusini Pemba	283,901	293,530	303,424	313,589	324,038

Table D5.2 Regional Population Projection: 2028 – 2033

Region	2028	2029	2030	2031	2032	2033
Tanzania	73,843,167	75,761,979	77,694,127	79,638,730	81,591,874	83,554,017
Tanzania Mainland	71,558,106	73,415,286	75,285,994	77,169,182	79,061,040	80,962,085
Dodoma	3,660,248	3,751,224	3,842,746	3,934,620	4,026,277	4,117,799
Arusha	2,794,732	2,859,527	2,923,574	2,986,933	3,049,748	3,112,266
Kilimanjaro	2,146,573	2,189,153	2,231,853	2,274,862	2,317,910	2,361,155
Tanga	3,074,483	3,145,771	3,217,333	3,289,046	3,360,401	3,431,599
Morogoro	3,729,242	3,807,690	3,885,320	3,962,170	4,038,497	4,114,070
Pwani	2,342,691	2,389,956	2,436,522	2,482,102	2,526,897	2,571,190
Dar es Salaam	6,249,872	6,365,748	6,478,076	6,585,939	6,690,130	6,790,836
Lindi	1,356,702	1,379,170	1,401,377	1,423,137	1,444,643	1,466,002
Mtwara	1,872,543	1,904,606	1,936,158	1,967,057	1,997,404	2,027,527
Ruvuma	2,172,815	2,219,230	2,265,349	2,311,018	2,356,278	2,401,257
Iringa	1,360,423	1,384,967	1,409,309	1,433,514	1,457,708	1,481,814
Mbeya	2,733,489	2,790,874	2,847,650	2,904,047	2,959,810	3,015,332
Singida	2,437,163	2,508,962	2,582,577	2,657,847	2,734,699	2,812,687
Tabora	4,142,821	4,270,651	4,400,981	4,534,132	4,669,324	4,806,357
Rukwa	1,940,435	2,009,959	2,081,343	2,154,715	2,229,802	2,306,557
Kigoma	3,033,052	3,128,723	3,226,277	3,325,330	3,425,653	3,527,440
Shinyanga	2,709,494	2,785,944	2,862,989	2,940,491	3,018,183	3,095,965
Kagera	3,620,516	3,722,625	3,825,704	3,929,940	4,035,281	4,141,256
Mwanza	4,496,275	4,623,886	4,751,841	4,880,088	5,008,283	5,136,227
Mara	2,909,164	3,000,497	3,093,774	3,188,987	3,285,611	3,383,644
Manyara	2,291,394	2,357,563	2,424,749	2,492,900	2,561,837	2,631,430
Njombe	1,007,163	1,023,649	1,039,986	1,056,208	1,072,293	1,088,318
Katavi	1,437,134	1,486,046	1,536,214	1,587,675	1,640,229	1,693,993
Simiyu	2,707,534	2,808,236	2,912,426	3,020,328	3,131,457	3,245,874
Geita	3,722,673	3,849,980	3,979,910	4,112,744	4,247,937	4,385,427
Songwe	1,609,475	1,650,649	1,691,956	1,733,352	1,774,748	1,816,063
Tanzania Zanzibar	2,285,061	2,346,693	2,408,133	2,469,548	2,530,834	2,591,932
Kaskazini Unguja	308,019	315,919	323,742	331,456	339,049	346,537
Kusini Unguja	230,161	234,993	239,718	244,345	248,888	253,342
Mjini Magharibi	1,069,743	1,095,060	1,119,779	1,144,070	1,167,872	1,191,228
Kaskazini Pemba	342,370	354,980	367,949	381,308	394,990	408,972
Kusini Pemba	334,768	345,741	356,945	368,369	380,035	391,853

Table D5.3 Regional Population Projection: 2034 – 2039

Region	2034	2035	2036	2037	2038	2039
Tanzania	85,525,409	87,509,630	89,508,811	91,512,886	93,532,720	95,557,952
Tanzania Mainland	82,872,432	84,795,739	86,733,996	88,677,227	90,636,253	92,600,394
Dodoma	4,209,226	4,300,787	4,392,583	4,484,136	4,576,225	4,668,251
Arusha	3,174,327	3,236,572	3,299,007	3,361,216	3,423,830	3,486,462
Kilimanjaro	2,404,578	2,447,969	2,491,472	2,535,041	2,579,019	2,623,288
Tanga	3,502,880	3,574,048	3,645,531	3,716,708	3,788,562	3,860,263
Morogoro	4,189,590	4,265,255	4,340,958	4,416,602	4,492,705	4,568,622
Pwani	2,615,096	2,658,677	2,702,126	2,745,348	2,788,574	2,832,050
Dar es Salaam	6,887,971	6,982,340	7,074,645	7,164,689	7,254,034	7,341,923
Lindi	1,487,261	1,508,483	1,529,814	1,551,203	1,572,736	1,594,287
Mtwara	2,057,492	2,087,339	2,117,213	2,146,788	2,176,772	2,206,745
Ruvuma	2,446,052	2,490,827	2,535,560	2,580,223	2,625,333	2,670,514
Iringa	1,505,726	1,529,649	1,553,701	1,577,635	1,601,699	1,625,765
Mbeya	3,070,578	3,125,729	3,181,138	3,236,477	3,292,259	3,348,007
Singida	2,891,756	2,972,106	3,053,622	3,135,801	3,218,702	3,301,715
Tabora	4,945,459	5,086,764	5,230,113	5,374,295	5,519,410	5,665,137
Rukwa	2,384,839	2,464,802	2,546,378	2,629,230	2,713,577	2,799,096
Kigoma	3,630,544	3,734,965	3,840,714	3,947,266	4,054,765	4,162,465
Shinyanga	3,174,168	3,252,753	3,331,784	3,410,674	3,489,923	3,569,102
Kagera	4,247,308	4,353,925	4,461,278	4,569,271	4,677,917	4,786,710
Mwanza	5,264,234	5,391,998	5,520,212	5,647,826	5,775,966	5,904,231
Mara	3,482,675	3,582,771	3,683,871	3,785,365	3,887,696	3,990,271
Manyara	2,701,686	2,772,696	2,844,434	2,916,492	2,989,181	3,062,056
Njombe	1,104,242	1,120,201	1,136,215	1,152,207	1,168,353	1,184,476
Katavi	1,748,959	1,805,144	1,862,439	1,920,588	1,979,541	2,039,158
Simiyu	3,363,371	3,484,061	3,607,555	3,733,462	3,861,797	3,992,179
Geita	4,524,977	4,666,925	4,810,817	4,955,896	5,102,543	5,250,134
Songwe	1,857,437	1,898,953	1,940,816	1,982,788	2,025,134	2,067,487
Tanzania Zanzibar	2,652,977	2,713,891	2,774,815	2,835,659	2,896,467	2,957,558
Kaskazini Unguja	353,960	361,297	368,595	375,838	383,037	390,229
Kusini Unguja	257,714	262,041	266,330	270,592	274,824	279,044
Mjini Magharibi	1,214,184	1,236,753	1,259,082	1,281,145	1,302,998	1,324,756
Kaskazini Pemba	423,275	437,823	452,599	467,548	482,684	498,093
Kusini Pemba	403,844	415,977	428,209	440,536	452,924	465,436

Table D5.4 Regional Population Projection: 2040 – 2045

Region	2040	2041	2042	2043	2044	2045
Tanzania	97,591,201	99,634,712	101,679,464	103,729,219	105,782,585	107,843,728
Tanzania Mainland	94,572,197	96,554,244	98,537,374	100,525,403	102,517,006	104,516,172
Dodoma	4,760,616	4,853,558	4,946,161	5,039,221	5,132,323	5,225,801
Arusha	3,549,162	3,612,239	3,675,173	3,737,928	3,800,562	3,863,339
Kilimanjaro	2,667,683	2,712,289	2,757,175	2,802,795	2,848,591	2,894,833
Tanga	3,932,059	4,004,203	4,076,233	4,148,594	4,220,874	4,293,700
Morogoro	4,644,764	4,721,059	4,797,368	4,873,757	4,950,182	5,026,607
Pwani	2,875,554	2,919,268	2,962,878	3,006,442	3,049,994	3,093,712
Dar es Salaam	7,429,317	7,515,856	7,601,547	7,686,889	7,771,717	7,856,164
Lindi	1,615,860	1,637,520	1,659,005	1,680,532	1,702,032	1,723,660
Mtwara	2,236,804	2,266,872	2,296,786	2,326,916	2,357,090	2,387,382
Ruvuma	2,715,781	2,761,272	2,806,730	2,852,227	2,897,874	2,943,654
Iringa	1,649,900	1,674,095	1,698,196	1,722,226	1,746,314	1,770,460
Mbeya	3,403,775	3,459,604	3,515,417	3,571,446	3,627,400	3,683,538
Singida	3,385,231	3,469,187	3,553,093	3,636,875	3,721,038	3,805,253
Tabora	5,811,152	5,957,849	6,104,664	6,251,386	6,397,962	6,544,892
Rukwa	2,885,737	2,973,584	3,062,273	3,151,745	3,242,022	3,332,996
Kigoma	4,270,640	4,378,946	4,487,502	4,596,188	4,705,000	4,813,808
Shinyanga	3,648,632	3,728,464	3,808,314	3,888,119	3,967,879	4,047,869
Kagera	4,895,595	5,005,023	5,114,524	5,224,507	5,334,732	5,445,490
Mwanza	6,032,238	6,160,870	6,289,278	6,417,621	6,546,385	6,675,484
Mara	4,093,205	4,196,785	4,300,327	4,403,842	4,507,597	4,611,616
Manyara	3,135,153	3,208,703	3,282,223	3,355,566	3,429,042	3,502,790
Njombe	1,200,601	1,216,734	1,232,867	1,249,040	1,265,196	1,281,343
Katavi	2,099,433	2,160,388	2,221,715	2,283,341	2,345,255	2,407,581
Simiyu	4,124,764	4,259,236	4,394,886	4,532,123	4,670,726	4,810,734
Geita	5,398,689	5,548,203	5,697,863	5,848,082	5,998,392	6,149,653
Songwe	2,109,852	2,152,437	2,195,176	2,237,995	2,280,827	2,323,813
Tanzania Zanzibar	3,019,004	3,080,468	3,142,090	3,203,816	3,265,579	3,327,556
Kaskazini Unguja	397,437	404,634	411,804	418,978	426,123	433,292
Kusini Unguja	283,290	287,510	291,712	295,925	300,105	304,311
Mjini Magharibi	1,346,432	1,367,939	1,389,409	1,410,802	1,432,087	1,453,302
Kaskazini Pemba	513,785	529,679	545,769	562,013	578,444	595,053
Kusini Pemba	478,060	490,706	503,396	516,098	528,820	541,598

Table D5.5 Regional Population Projection: 2046 – 2050

Region	2046	2047	2048	2049	2050
Tanzania	109,900,638	111,958,206	114,012,639	116,060,182	118,105,370
Tanzania Mainland	106,511,008	108,506,504	110,498,954	112,484,807	114,468,274
Dodoma	5,318,909	5,412,174	5,505,368	5,598,122	5,690,472
Arusha	3,925,813	3,988,022	4,049,692	4,111,054	4,171,784
Kilimanjaro	2,941,310	2,987,781	3,034,566	3,081,575	3,129,691
Tanga	4,366,107	4,438,544	4,510,725	4,582,475	4,654,139
Morogoro	5,102,757	5,178,733	5,254,246	5,329,079	5,403,285
Pwani	3,137,205	3,180,531	3,223,461	3,266,145	3,308,376
Dar es Salaam	7,939,329	8,022,219	8,103,996	8,184,300	8,263,872
Lindi	1,745,017	1,766,161	1,787,174	1,807,998	1,828,625
Mtwara	2,417,402	2,447,237	2,477,027	2,506,432	2,535,647
Ruvuma	2,989,101	3,034,316	3,079,422	3,124,278	3,168,857
Iringa	1,794,397	1,818,199	1,841,907	1,865,336	1,888,603
Mbeya	3,739,077	3,794,406	3,849,614	3,904,250	3,958,677
Singida	3,889,305	3,973,525	4,057,705	4,141,862	4,226,069
Tabora	6,691,943	6,839,162	6,985,960	7,132,548	7,278,989
Rukwa	3,424,512	3,516,351	3,608,458	3,700,632	3,792,831
Kigoma	4,922,764	5,031,509	5,140,535	5,249,160	5,357,808
Shinyanga	4,127,933	4,207,777	4,287,769	4,367,332	4,446,882
Kagera	5,555,968	5,666,764	5,777,575	5,887,989	5,998,392
Mwanza	6,804,539	6,933,624	7,062,388	7,191,029	7,319,629
Mara	4,715,589	4,819,505	4,923,492	5,027,254	5,131,279
Manyara	3,576,465	3,650,016	3,723,498	3,797,009	3,870,260
Njombe	1,297,297	1,313,236	1,328,980	1,344,576	1,360,029
Katavi	2,469,863	2,532,480	2,595,023	2,657,535	2,720,225
Simiyu	4,951,163	5,092,396	5,234,467	5,376,727	5,519,653
Geita	6,300,552	6,452,152	6,603,469	6,755,135	6,906,710
Songwe	2,366,691	2,409,684	2,452,437	2,494,975	2,537,490
Tanzania Zanzibar	3,389,630	3,451,702	3,513,685	3,575,375	3,637,096
Kaskazini Unguja	440,447	447,622	454,753	461,861	468,991
Kusini Unguja	308,487	312,650	316,793	320,894	324,980
Mjini Magharibi	1,474,530	1,495,657	1,516,674	1,537,457	1,558,130
Kaskazini Pemba	611,789	628,640	645,566	662,545	679,608
Kusini Pemba	554,377	567,133	579,899	592,618	605,387

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