



THE UNITED REPUBLIC OF TANZANIA

POPULATION DYNAMICS AND DEVELOPMENT
IN TANZANIA

SNAPSHOT



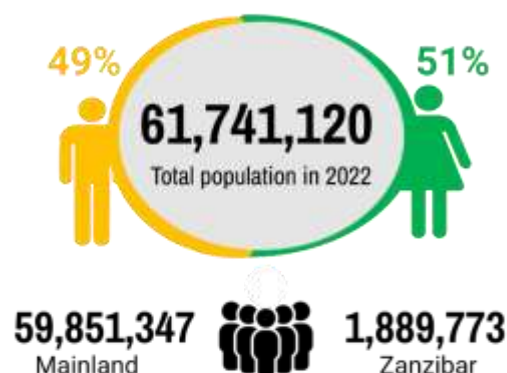
May, 2025

Population Size, Growth and Distribution



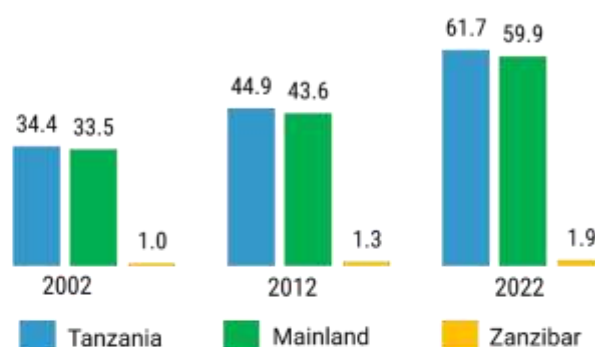
Population size, growth, and distribution are key parameters of population change, whereas changes in population size, growth rates, age structures, and spatial distribution are closely linked to national developmental challenges and solutions

The National Population, 2022 PHC



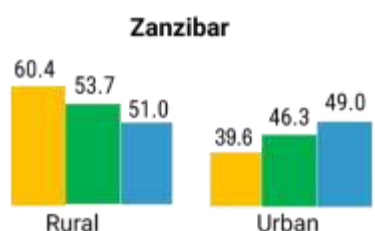
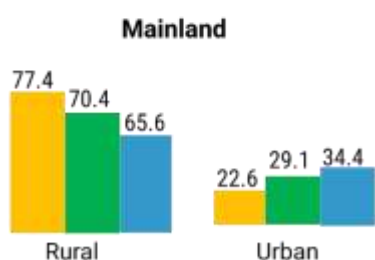
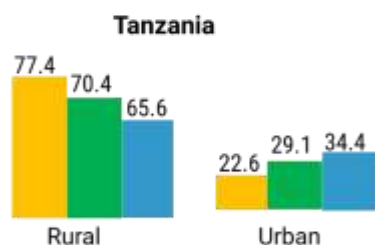
Males comprise 49% in Mainland and 48% in Zanzibar, while females make up 51% and 52% respectively

Population trend by Place or Residence (million); 2002 - 2022 PHCs

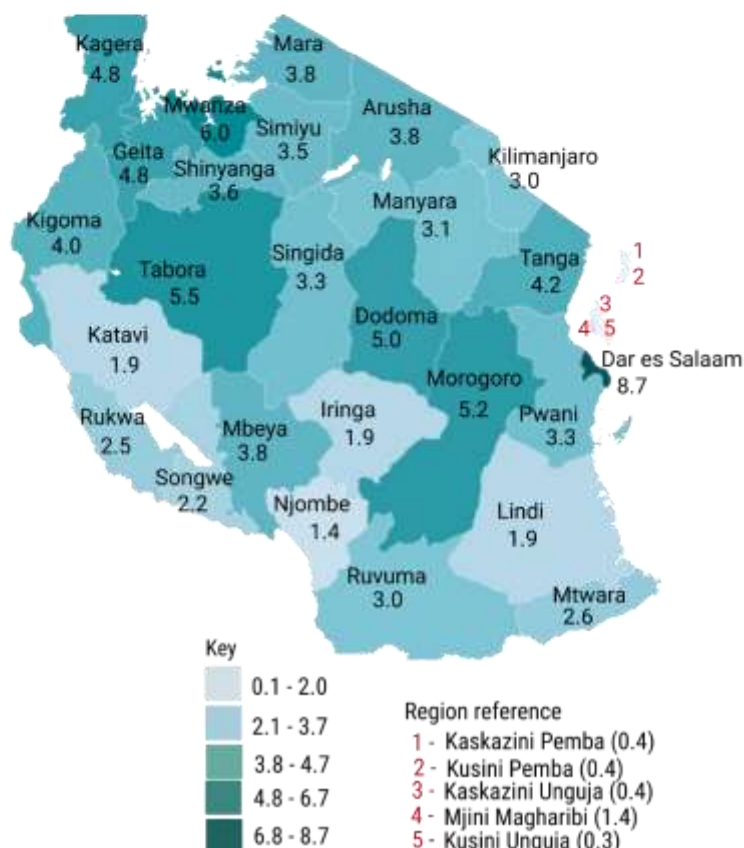


Population Distribution by Place of Residence (%)

2002 2012 2022



Population Share by Region (%), 2022 PHC



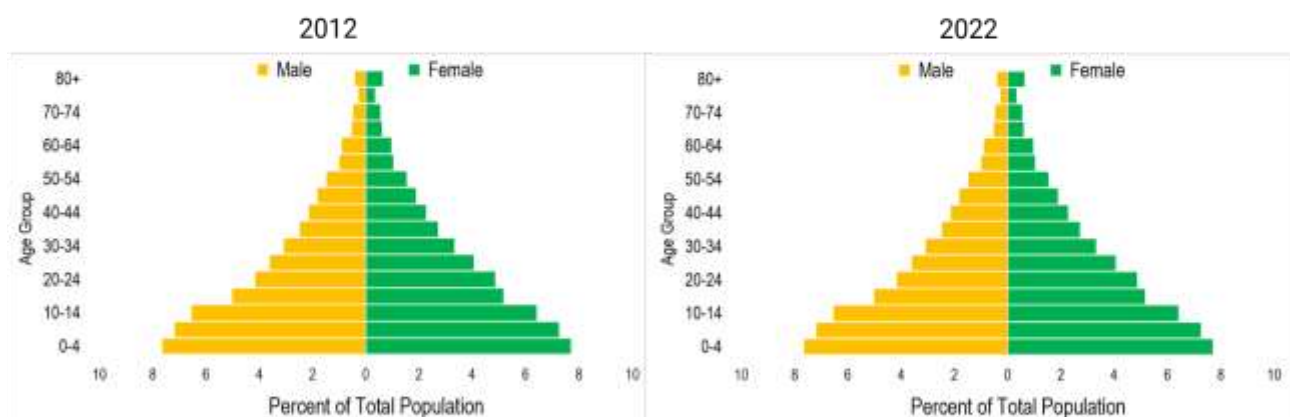
Age-Sex Structure of the Population



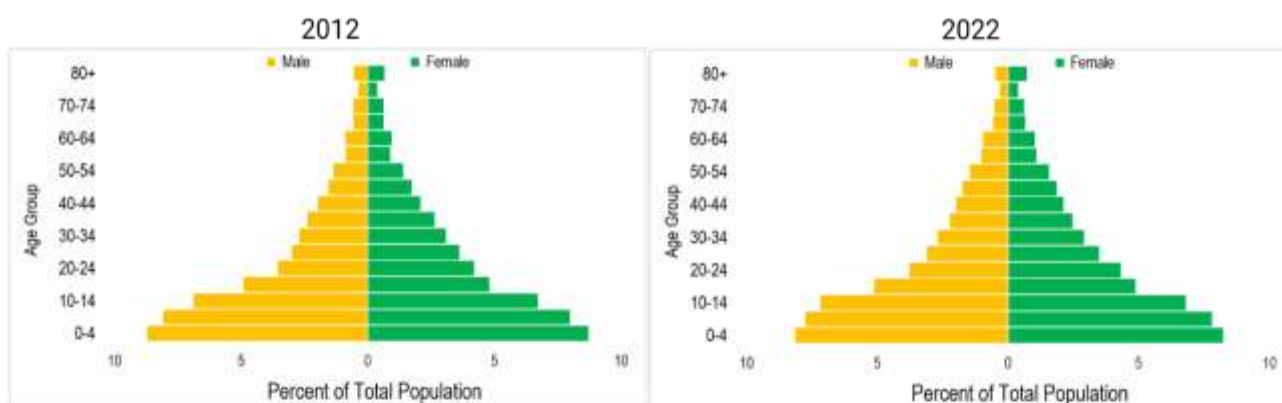
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Trend of Population Pyramids in Tanzania

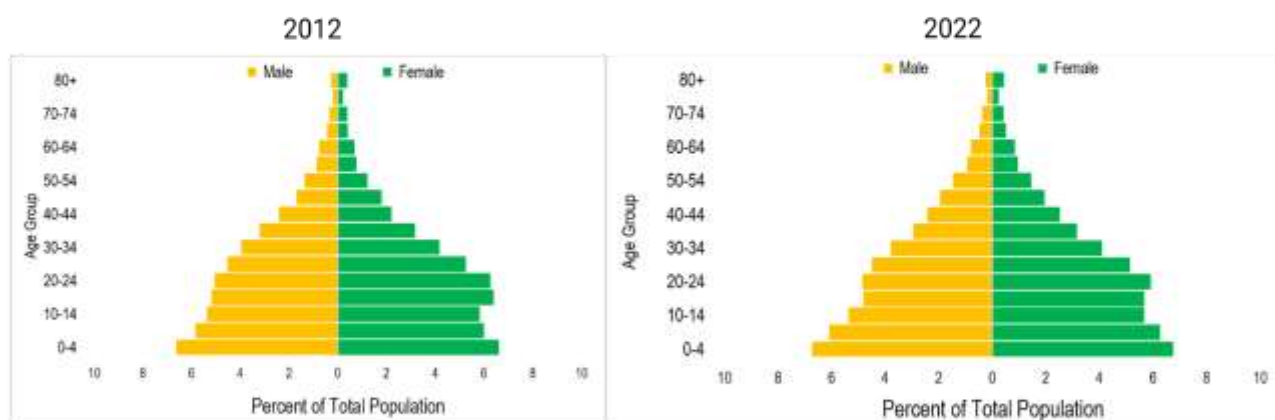
Tanzania Pyramid 2012 – 2022 PHCs



Rural Pyramid 2012 – 2022 PHCs



Urban Pyramid 2012 – 2022 PHCs



Population and Development

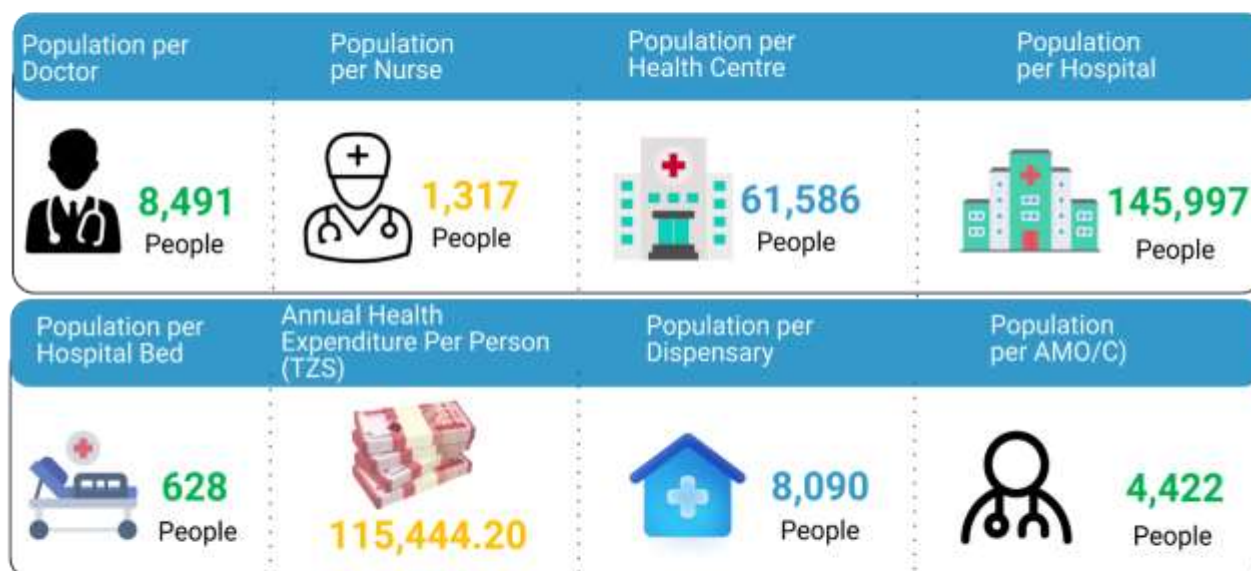


Population and Health

Population and health are deeply interconnected areas that influence various aspects of human development and societal well-being

Health Sector Inputs by Base Year, Tanzania; 2022

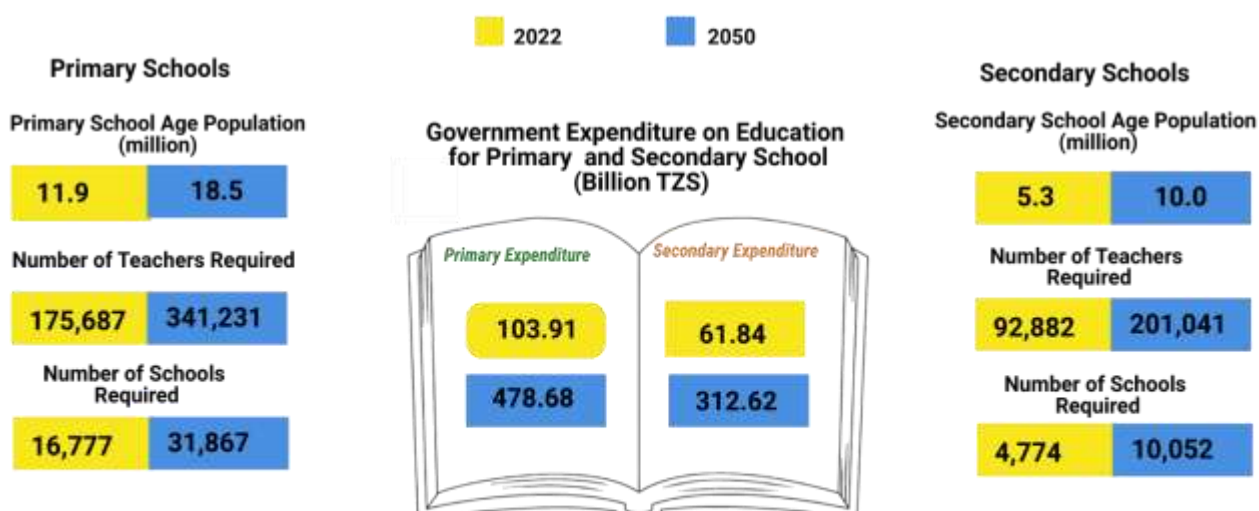
Health Inputs in Tanzania (Population per unit)



Population and Education

Population and education development focuses on the interconnected relationship between the size, growth and composition of a population and the role which education plays in shaping and influencing future population

Primary and Secondary School Resource Requirements; 2022 and 2050





Population Dynamics and Urbanization

Population dynamics and urbanization are deeply interrelated phenomena influencing social, economic, and environmental landscapes globally

Urbanization Inputs by Base Year, Tanzania; 2022

Percent Urban Population



34.9%

Of Tanzania's population lives in urban areas, higher in Zanzibar (34.9%) than in Mainland (34.4%).

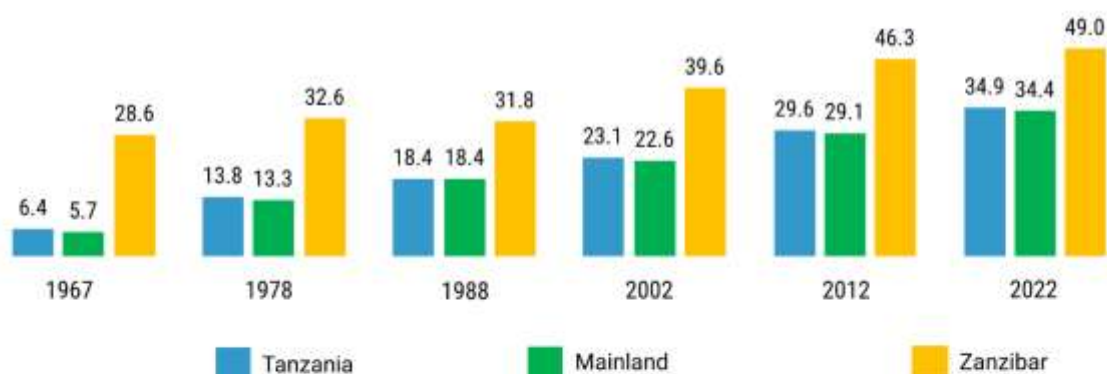
Percent of Urban Population in Major Cities



3.8

The national average urban household size was 3.8 persons

Trends of Urbanization in Tanzania (%); 1967 – 2022 PHCs



Policy Recommendations

In order to address the unemployment challenge, the government need to:

- i. Prioritizing industrialization through investments in manufacturing to enhance economic diversification, and increase the country's export capacity while, steadily investing in key sectors with high potential for job creation such as manufacturing, agriculture, construction, ICT and services and investing in skills development;
- ii. Develop and strengthen entrepreneurial programs and promote start-ups and small and medium sized enterprises (SMEs) to stimulate job creation;
- iii. Enhance public-private partnerships (PPPs) to stimulate investment in job-rich sectors such as construction, agribusiness, and technology; and
- iv. Improve the business environment by implementing policies that attract foreign investment and expand employment opportunities.

To address the increased demand for health facilities, health personnel and health expenditure the government and stakeholders need to:

- i. Continue prioritize the construction of new health facilities in both urban and rural areas, particularly in underserved regions;
- ii. Expand the capacity of existing medical schools and invest in new training institutions to scale up the number of medical professionals being trained; and
- iii. Continue to implement sustainable fiscal planning and financing strategies, and an emphasis on efficiency and effectiveness in health spending to ensure long-term viability.

To address the evolving needs of urban expansion and urban households, the government need to:

- i. Adopt a comprehensive urban strategy focused on urban planning, sustainable development, and social equity;
- i. Continue to implement affordable housing programs to accommodate growing urban populations;
- ii. Continue to upgrade and formalize informal settlements to improve living conditions; and



- iii. Continue with infrastructure development and expand transportation networks to support urban mobility and economic activities.

In order to address challenges of future pressure on agricultural arable land, policymakers should;

- i. Encourage sustainable land use-practices that maintain soil health and productivity.
- ii. Ensure effective implementation of the Building a Better Tomorrow for Tanzania in Agriculture initiative to achieve its planned objectives.
- iii. Emphasize economic diversification to ensure the population needs are met.



