THE UNITED REPUBLIC OF TANZANIA

AGE AND SEX DISTRIBUTION REPORT

TANZANIA

Key Findings

THE SIXTH CENSUS RESULTS

TANZANIA

CENSUS

2022

INCLUSIVE PLANNING FOR SUSTAINABLE DEVELOPMENT
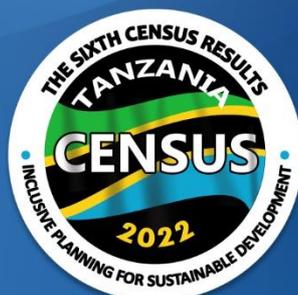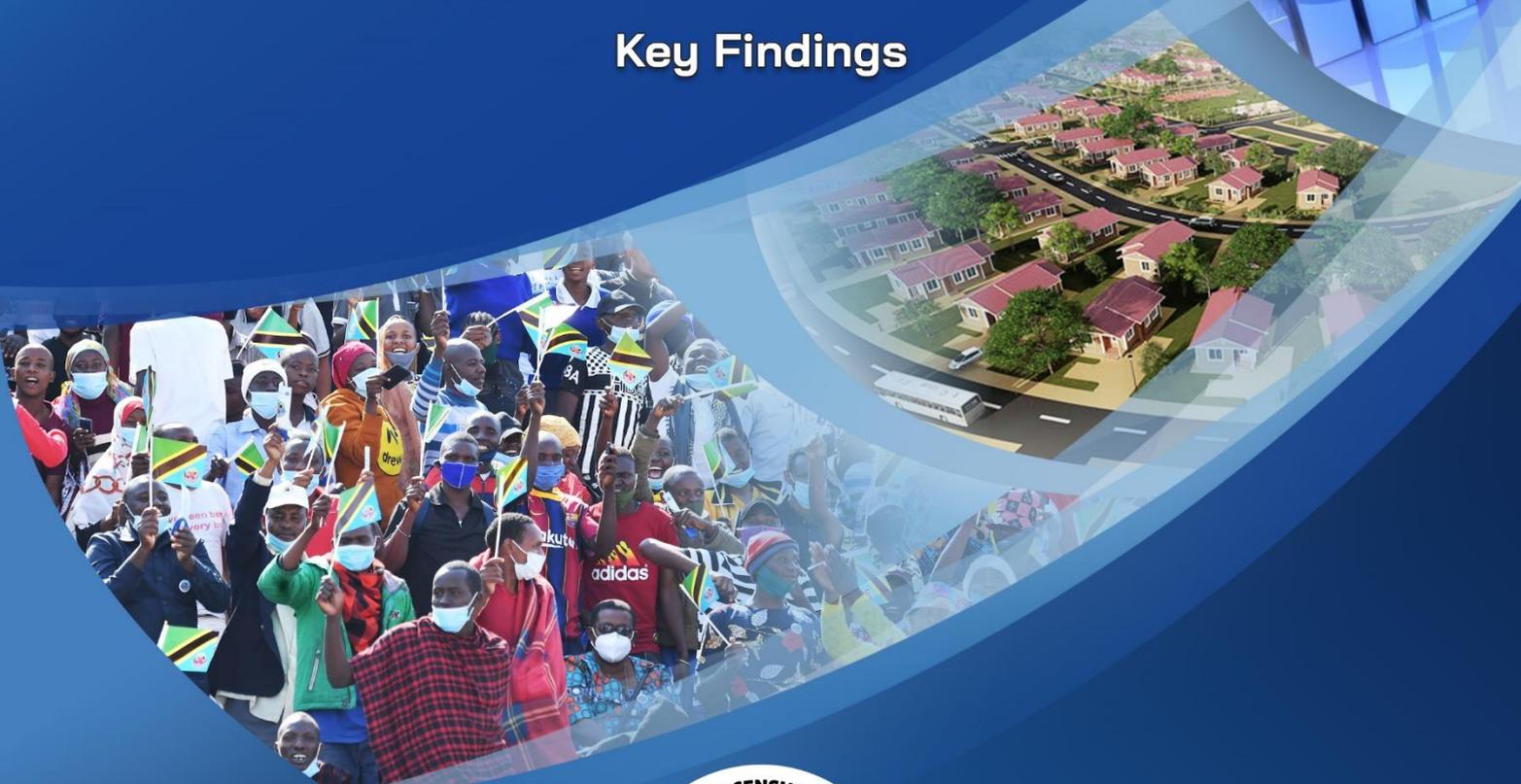
The United Republic of Tanzania

AGE AND SEX DISTRIBUTION REPORT

Key Findings

Ministry of Finance and Planning,
National Bureau of Statistics
Tanzania

and

Presidents' Office,
Ministry of Finance and Planning
Office of the Chief Government Statistician,
Zanzibar

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Footnote:

The maps used in this publication are based on the cartographic work; thus, it is for statistical use only.

Background Information

The sixth phase Government of Tanzania, like the previous phases has fulfilled its obligation of conducting the 2022 Population and Housing Census (2022 PHC). Previous censuses that were conducted after the union of Tanganyika and Zanzibar in 1964 were carried out in 1967, 1978, 1988, 2002 and 2012. The 2022 Population and Housing Census had its reference as the midnight of 22nd/23rd August 2022 and it was conducted in accordance with the Statistics Act Cap 351, which mandates the Government to conduct a Population and Housing Census every ten years.

The 2022 PHC collected information among others related to demography, economic activities, disabilities, migration, community facilities, buildings as well as physical addresses. The 2022 PHC results are for integrated plans and sustainable development of the country and will help to increase awareness and transparency in allocation of the existing resources to all levels of administration based on the available population. The Census results will as well be used by the Government and stakeholders in monitoring and evaluating various national, regional and international initiatives including the National 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; Southern African Development Community Vision 2050 and the African Development Agenda 2063. Census data will enable the country to evaluate its progress in implementing the Sustainable Development Goals; goals that aim at achieving equality and eradicating poverty of all kinds including extreme poverty by 2030 by ensuring that no one is left behind. The census data will also provide a basis for the determination of several indicators such as enrolment and literacy rates, infant and maternal mortality rates, unemployment rate and others.

The 2022 PHC provides data in single years of age as well as in five-year age groups for Tanzania, Tanzania Mainland, Tanzania Zanzibar, all regions and districts or councils for both rural and urban areas. Information on age and sex is essential for planning, implementation and evaluation of development programmes as well analysis of demographic determinants of population change (fertility, mortality and migration).

This booklet gives the key findings of 2022 PHC in terms of age and sex structures of Tanzania, Tanzania Mainland, Tanzania Zanzibar, and the country's regions. It also compares different population age groups, such as young population, the elderly, and women in the reproductive age group with population from the 2002 and 2012 Censuses. In this booklet both international and national definitions have been considered.

Table 1: Summary Results by Specific Age and Sex; 2022 PHC

Specific Population Age Group	Tanzania		Tanzania Mainland		Tanzania Zanzibar	
	Number	Percentage	Number	Percentage	Number	Percentage
Total Population	**61,741,120**	**100.0**	**59,851,347**	**96.9**	**1,889,773**	**3.1**
Male	30,053,130	48.7	29,137,638	48.7	915,492	48.4
Female	31,687,990	51.3	30,713,709	51.3	974,281	51.6
Children (Under 1 year)	**1,967,582**	**3.2**	**1,910,218**	**3.2**	**57,364**	**3.0**
Male	976,251	1.6	947,649	1.6	28,602	1.5
Female	991,331	1.6	962,569	1.6	28,762	1.5
Children (0–4 years)	**9,484,171**	**15.4**	**9,207,432**	**15.4**	**276,739**	**14.6**
Male	4,723,359	7.7	4,584,972	7.7	138,387	7.3
Female	4,760,812	7.7	4,622,460	7.7	138,352	7.3
Children (0–8 years)	**16,694,763**	**27.0**	**16,204,920**	**27.1**	**489,843**	**25.9**
Male	8,329,725	13.5	8,084,684	13.5	245,041	13.0
Female	8,365,038	13.5	8,120,236	13.6	244,802	13.0
Young Population (0–14 years)	**26,399,988**	**42.8**	**25,628,380**	**42.8**	**771,608**	**40.8**
Male	13,193,149	21.4	12,807,157	21.4	385,992	20.4
Female	13,206,839	21.4	12,821,223	21.4	385,616	20.4
Young Population (0–17 years)	**30,257,196**	**49.0**	**29,365,234**	**49.1**	**891,962**	**47.2**
Male	15,128,975	24.5	14,684,339	24.5	444,636	23.5
Female	15,128,221	24.5	14,680,895	24.5	447,326	23.7
Teenagers (13–19 years)	**9,361,667**	**15.2**	**9,071,735**	**15.2**	**289,932**	**15.3**
Male	4,639,509	7.5	4,498,315	7.5	141,194	7.5
Female	4,722,158	7.6	4,573,420	7.6	148,738	7.9
Youth Population (15–24 years)[1]	**11,848,365**	**19.2**	**11,463,718**	**19.2**	**384,647**	**20.4**
Male	5,657,379	9.2	5,474,799	9.1	182,580	9.7
Female	6,190,986	10.0	5,988,919	10.0	202,067	10.7
Youth Population (15–35 years)[2]	**21,312,411**	**34.5**	**20,612,566**	**34.4**	**699,845**	**37.0**
Male	10,159,205	16.5	9,827,426	16.4	331,779	17.6
Female	11,153,206	18.1	10,785,140	18.0	368,066	19.5
School Age Population						
Primary School (6–12years)[3]	**11,993,032**	**19.4**	**11,644,753**	**19.5**	**348,279**	**18.4**
Male	5,994,781	9.7	5,820,386	9.7	174,395	9.2
Female	**5,998,251**	**9.7**	**5,824,367**	**9.7**	**173,884**	**9.2**
Primary School (7–13 years)[4]	**11,687,074**	**18.9**	**11,344,097**	**19.0**	**342,977**	**18.1**
Male	5,846,523	9.5	5,674,835	9.5	171,688	9.1
Female	5,840,551	9.5	5,669,262	9.5	171,289	9.0
Secondary School (14-17 years)[5]	**5,461,655**	**8.8**	**5,295,019**	**8.8**	**166,636**	**8.8**
Male	2,740,448	4.4	2,658,902	4.4	81,546	4.3
Female	2,721,207	4.4	2,636,117	4.4	85,090	4.5

[1] International definition of youth
[2] National definition of youth
[3] Primary school age for Tanzania Zanzibar
[4] Primary school age for Tanzania Mainland
[5] Ordinary level secondary education

Specific Population Age Group	Tanzania		Tanzania Mainland		Tanzania Zanzibar	
	Number	Percentage	Number	Percentage	Number	Percentage
Working Age Population (15-64 years)	**33,000,224**	**53.4**	**31,936,653**	**53.4**	**1,063,571**	**56.3**
Male	15,828,450	25.6	15,323,862	25.6	504,588	26.7
Female	17,171,774	27.8	16,612,791	27.8	558,983	29.6
Elderly population (60+ years)	**3,491,983**	**5.7**	**3,406,465**	**5.7**	**85,518**	**4.5**
Male	1,586,759	2.6	1,546,222	2.6	40,537	2.1
Female	1,905,224	3.1	1,860,243	3.1	44,981	2.4
Elderly Population (65+ years)	**2,340,908**	**3.8**	**2,286,314**	**3.8**	**54,594**	**2.9**
Male	1,031,531	1.7	1,006,619	1.7	24,912	1.3
Female	1,309,377	2.1	1,279,695	2.1	29,682	1.6
Elderly population (70+ years)[6]	**1,636,823**	**2.7**	**1,601,875**	**2.7**	**34,948**	**1.8**
Male	701,684	1.1	686,155	1.1	15,529	0.8
Female	935,139	1.5	915,720	1.5	19,419	1.0
Females of Reproductive Age (15-49 years)	**14,992,288**	**47.3**	**14,501,431**	**47.2**	**490,857**	**50.4**

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[6] Age cut-off point for Universal Pension Scheme in Zanzibar

Table 2: Summary Results by Age, Sex and Place of Residence; 2022 PHC

Population Group	Tanzania			Tanzania Mainland			Tanzania Zanzibar		
	Total	Rural	Urban	Total	Rural	Urban	Total	Rural	Urban
Total Population	**61,741,120**	**40,201,425**	**21,539,695**	**59,851,347**	**39,237,927**	**20,613,420**	**1,889,773**	**963,498**	**926,275**
Male	30,053,130	19,721,926	10,331,204	29,137,638	19,249,895	9,887,743	915,492	472,031	443,461
Female	31,687,990	20,479,499	11,208,491	30,713,709	19,988,032	10,725,677	974,281	491,467	482,814
Children (Under 1 year)	**1,967,582**	**1,347,367**	**620,215**	**1,910,218**	**1,316,963**	**593,255**	**57,364**	**30,404**	**26,960**
Male	976,251	667,651	308,600	947,649	652,576	295,073	28,602	15,075	13,527
Female	991,331	679,716	311,615	962,569	664,387	298,182	28,762	15,329	13,433
Children (0–4 years)	**9,484,171**	**6,579,993**	**2,904,178**	**9,207,432**	**6,429,922**	**2,777,510**	**276,739**	**150,071**	**126,668**
Male	4,723,359	3,274,693	1,448,666	4,584,972	3,199,596	1,385,376	138,387	75,097	63,290
Female	4,760,812	3,305,300	1,455,512	4,622,460	3,230,326	1,392,134	138,352	74,974	63,378
Children (0–8 years)	**16,694,763**	**11,643,340**	**5,051,423**	**16,204,920**	**11,376,763**	**4,828,157**	**489,843**	**266,577**	**223,266**
Male	8,329,725	5,815,323	2,514,402	8,084,684	5,681,430	2,403,254	245,041	133,893	111,148
Female	8,365,038	5,828,017	2,537,021	8,120,236	5,695,333	2,424,903	244,802	132,684	112,118
Young Population (0–14 years)	**26,399,988**	**18,452,866**	**7,947,122**	**25,628,380**	**18,031,820**	**7,596,560**	**771,608**	**421,046**	**350,562**
Male	13,193,149	9,275,404	3,917,745	12,807,157	9,062,931	3,744,226	385,992	212,473	173,519
Female	13,206,839	9,177,462	4,029,377	12,821,223	8,968,889	3,852,334	385,616	208,573	177,043
Young Population (0–17 years)	**30,257,196**	**20,973,362**	**9,283,834**	**29,365,234**	**20,490,000**	**8,875,234**	**891,962**	**483,362**	**408,600**
Male	15,128,975	10,594,032	4,534,943	14,684,339	10,350,322	4,334,017	444,636	243,710	200,926
Female	15,128,221	10,379,330	4,748,891	14,680,895	10,139,678	4,541,217	447,326	239,652	207,674
Teenagers (13–19 years)	**9,361,667**	**6,171,861**	**3,189,806**	**9,071,735**	**6,021,577**	**3,050,158**	**289,932**	**150,284**	**139,648**
Male	4,639,509	3,161,030	1,478,479	4,498,315	3,085,656	1,412,659	141,194	75,374	65,820
Female	4,722,158	3,010,831	1,711,327	4,573,420	2,935,921	1,637,499	148,738	74,910	73,828
Youth Population (15–24 years)	**11,848,365**	**7,273,997**	**4,574,368**	**11,463,718**	**7,088,066**	**4,375,652**	**384,647**	**185,931**	**198,716**
Male	5,657,379	3,578,454	2,078,925	5,474,799	3,487,965	1,986,834	182,580	90,489	92,091
Female	6,190,986	3,695,543	2,495,443	5,988,919	3,600,101	2,388,818	202,067	95,442	106,625
Youth Population (15–35 years)	**21,312,411**	**12,647,509**	**8,664,902**	**20,612,566**	**12,312,403**	**8,300,163**	**699,845**	**335,106**	**364,739**
Male	10,159,205	6,139,282	4,019,923	9,827,426	5,977,729	3,849,697	331,779	161,553	170,226
Female	11,153,206	6,508,227	4,644,979	10,785,140	6,334,674	4,450,466	368,066	173,553	194,513

Population Group	Tanzania			Tanzania Mainland			Tanzania Zanzibar		
	Total	Rural	Urban	Total	Rural	Urban	Total	Rural	Urban
School Age Population									
Primary School (6–12 years)	**11,993,032**	**8,428,940**	**3,564,092**	**11,644,753**	**8,238,340**	**3,406,413**	**348,279**	**190,600**	**157,679**
Male	5,994,781	4,243,390	1,751,391	5,820,386	4,146,703	1,673,683	174,395	96,687	77,708
Female	5,998,251	4,185,550	1,812,701	5,824,367	4,091,637	1,732,730	173,884	93,913	79,971
Primary School (7–13 years)	**11,687,074**	**8,193,429**	**3,493,645**	**11,344,097**	**8,005,736**	**3,338,361**	**342,977**	**187,693**	**155,284**
Male	5,846,523	4,136,563	1,709,960	5,674,835	4,041,237	1,633,598	171,688	95,326	76,362
Female	5,840,551	4,056,866	1,783,685	5,669,262	3,964,499	1,704,763	171,289	92,367	78,922
Secondary School (14-17 years)	**5,461,655**	**3,637,930**	**1,823,725**	**5,295,019**	**3,550,417**	**1,744,602**	**166,636**	**87,513**	**79,123**
Male	2,740,448	1,893,590	846,858	2,658,902	1,849,685	809,217	81,546	43,905	37,641
Female	2,721,207	1,744,340	976,867	2,636,117	1,700,732	935,385	85,090	43,608	41,482
Working Age Population (15-64 years)	**33,000,224**	**20,038,499**	**12,961,725**	**31,936,653**	**19,526,215**	**12,410,438**	**1,063,571**	**512,284**	**551,287**
Male	15,828,450	9,693,994	6,134,456	15,323,862	9,448,223	5,875,639	504,588	245,771	258,817
Female	17,171,774	10,344,505	6,827,269	16,612,791	10,077,992	6,534,799	558,983	266,513	292,470
Elderly population (60+ years)	**3,491,983**	**2,507,648**	**984,335**	**3,406,465**	**2,461,986**	**944,479**	**85,518**	**45,662**	**39,856**
Male	1,586,759	1,136,546	450,213	1,546,222	1,114,757	431,465	40,537	21,789	18,748
Female	1,905,224	1,371,102	534,122	1,860,243	1,347,229	513,014	44,981	23,873	21,108
Elderly Population (65+ years)	**2,340,908**	**1,710,060**	**630,848**	**2,286,314**	**1,679,892**	**606,422**	**54,594**	**30,168**	**24,426**
Male	1,031,531	752,528	279,003	1,006,619	738,741	267,878	24,912	13,787	11,125
Female	1,309,377	957,532	351,845	1,279,695	941,151	338,544	29,682	16,381	13,301
Elderly Population (70+ years)	**1,636,823**	**1,217,169**	**419,654**	**1,601,875**	**1,197,553**	**404,322**	**34,948**	**19,616**	**15,332**
Male	701,684	524,018	177,666	686,155	515,115	171,040	15,529	8,903	6,626
Female	935,139	693,151	241,988	915,720	682,438	233,282	19,419	10,713	8,706
Female of Reproductive Age (15-49 years)	**14,992,288**	**8,865,797**	**6,126,491**	**14,501,431**	**8,633,250**	**5,868,181**	**490,857**	**232,547**	**258,310**

Table 3: Summary of Key Findings by Region; 2022 PHC

Region	Population	Population in Years (% of Total)										Age Dependency Ratio	Women of Reproductive Age (% of total female population)	Population living in Urban Areas (% of total)	Population living in Rural Areas (% of total)
		Under 1 year	0 - 4	0 - 8	0 -14	0 -17	13 – 19	15 – 64	60+	65+	70+				
Tanzania	**61,741,120**	**3.2**	**15.4**	**27.0**	**42.8**	**49.0**	**15.2**	**53.4**	**5.7**	**3.8**	**2.7**	**87.1**	**47.3**	**34.9**	**65.1**
Tanzania Mainland	**59,851,347**	**3.2**	**15.4**	**27.1**	**42.8**	**49.1**	**15.2**	**53.4**	**5.7**	**3.8**	**2.7**	**87.4**	**47.2**	**34.4**	**65.6**
Dodoma	3,085,625	3.1	14.8	26.5	42.4	48.8	15.4	52.8	6.9	4.8	3.5	89.4	45.6	35.3	64.7
Arusha	2,356,255	3.1	15.2	27.0	41.4	47.2	14.1	55.2	5.2	3.5	2.4	81.3	50.2	40.0	60.0
Kilimanjaro	1,861,934	2.5	12.1	21.6	35.1	41.2	14.0	57.6	10.4	7.3	5.1	73.7	46.7	23.8	76.2
Tanga	2,615,597	3.0	14.2	25.7	41.8	48.0	15.0	53.0	7.6	5.1	3.6	88.6	45.4	26.0	74.0
Morogoro	3,197,104	2.9	14.3	25.1	39.9	45.9	14.5	55.9	6.3	4.2	2.8	78.8	48.7	39.1	60.9
Pwani	2,024,947	2.7	13.3	23.7	37.6	43.5	14.1	58.1	6.3	4.3	3.1	72.3	51.3	41.3	58.7
Dar es Salaam	5,383,728	2.5	11.6	20.3	31.5	37.1	13.4	66.1	3.9	2.4	1.5	51.3	60.9	100.0	0.0
Lindi	1,194,028	2.6	12.7	22.0	35.6	41.7	14.1	58.4	8.6	6.0	4.4	71.3	49.1	20.7	79.3
Mtwara	1,634,947	2.5	12.3	21.4	35.4	41.4	13.9	58.2	9.1	6.4	4.5	71.7	48.6	23.7	76.3
Ruvuma	1,848,794	3.0	14.2	24.8	40.0	46.3	14.7	55.7	6.7	4.3	3.0	79.7	48.1	23.1	76.9
Iringa	1,192,728	2.7	13.3	24.0	39.1	45.3	14.6	56.1	7.0	4.7	3.3	78.1	48.1	29.9	70.1
Mbeya	2,343,754	3.0	14.8	25.7	40.3	46.5	14.8	55.7	5.9	4.0	2.8	79.6	49.6	39.4	60.6
Singida	2,008,058	3.5	16.7	29.8	46.9	53.2	15.3	48.5	6.5	4.5	3.3	106.1	41.5	16.0	84.0
Tabora	3,391,679	3.6	18.1	31.7	49.2	55.4	15.7	47.7	4.6	3.1	2.3	109.7	43.2	14.8	85.2
Rukwa	1,540,519	3.7	18.1	31.8	49.4	55.8	15.8	47.9	4.1	2.7	1.8	108.9	43.7	20.4	79.6
Kigoma	2,470,967	3.8	17.9	30.9	48.7	55.3	16.4	47.8	5.3	3.5	2.5	109.3	43.1	24.6	75.4
Shinyanga	2,241,299	3.4	16.8	29.3	46.2	52.6	16.0	50.8	4.5	3.0	2.1	96.8	45.7	31.9	68.1
Kagera	2,989,299	3.5	16.3	28.2	45.4	52.1	16.1	51.1	5.3	3.4	2.3	95.5	44.8	11.2	88.8
Mwanza	3,699,872	3.4	16.1	28.2	45.0	51.7	16.2	52.0	4.7	3.0	2.1	92.3	46.7	39.6	60.4
Mara	2,372,015	3.5	16.5	29.4	48.0	54.9	16.9	48.3	5.5	3.7	2.6	107.1	43.0	31.0	69.0
Manyara	1,892,502	3.5	16.6	29.4	45.5	51.6	15.0	50.7	5.7	3.9	2.8	97.3	43.8	15.4	84.6
Njombe	889,946	2.6	12.9	23.1	38.1	44.4	14.7	56.8	7.3	5.0	3.4	75.9	48.8	29.6	70.4
Katavi	1,152,958	3.7	18.9	32.7	50.0	56.0	15.2	47.7	3.6	2.3	1.6	109.7	43.5	23.3	76.7
Simiyu	2,140,497	3.9	18.7	33.0	51.3	57.8	16.2	45.6	4.7	3.1	2.3	119.3	41.0	19.5	80.5
Geita	2,977,608	3.7	18.1	31.5	49.2	55.7	16.0	48.3	3.9	2.4	1.7	106.8	43.7	34.7	65.3
Songwe	1,344,687	3.4	16.5	28.7	44.7	50.7	15.0	51.9	5.1	3.5	2.5	92.8	46.8	28.3	71.7

Region	Population	Population in Years (% of Total)										Age Dependency Ratio	Women of Reproductive Age (% of total female population)	Population living in Urban Areas (% of total)	Population living in Rural Areas (% of total)
		Under 1 year	0 - 4	0 - 8	0 -14	0 -17	13 – 19	15 – 64	60+	65+	70+				
Tanzania Zanzibar	**1,889,773**	**3.0**	**14.6**	**25.9**	**40.8**	**47.2**	**15.3**	**56.3**	**4.5**	**2.9**	**1.8**	**77.7**	**50.4**	**49.0**	**51.0**
Kaskazini Unguja	257,290	3.1	14.5	25.3	39.8	45.8	14.5	56.8	5.0	3.4	2.3	76.0	49.9	16.7	83.3
Kusini Unguja	195,873	3.0	13.8	23.8	37.4	42.8	13.5	59.7	4.6	2.9	1.9	67.6	52.3	20.3	79.7
Mjini Magharibi	893,169	2.9	14.0	24.5	38.1	44.1	14.7	59.6	3.9	2.4	1.5	67.9	54.0	79.5	20.5
Kaskazini Pemba	272,091	3.1	16.2	29.6	47.6	55.1	17.6	48.8	5.3	3.5	2.2	104.8	43.4	21.3	78.7
Kusini Pemba	271,350	3.3	16.1	28.9	46.5	53.9	17.4	50.0	5.3	3.5	2.2	100.0	44.4	27.9	72.1

1. Young Population

Tanzania is among African countries with youthful populations for decades hitherto. About 43 percent of the total population is under 15 years of age, which is above the average for African countries (41 percent). The high proportion of total population under age 15 defines the country's age profile today and will shape its future over the course of the next decade or two.

1.1 Population Pyramid

Population pyramid provides a snapshot of the population age and sex structure. It also provides useful insights into the patterns of vital events (birth and death rates). The Tanzanian 2022 PHC population pyramid is characterized by a young age structure, with a large proportion of the total population found in the young and/or youthful ages. A similar pattern is observed for Tanzania Mainland and Tanzania Zanzibar as seen in Figures 1, 2 and 3.
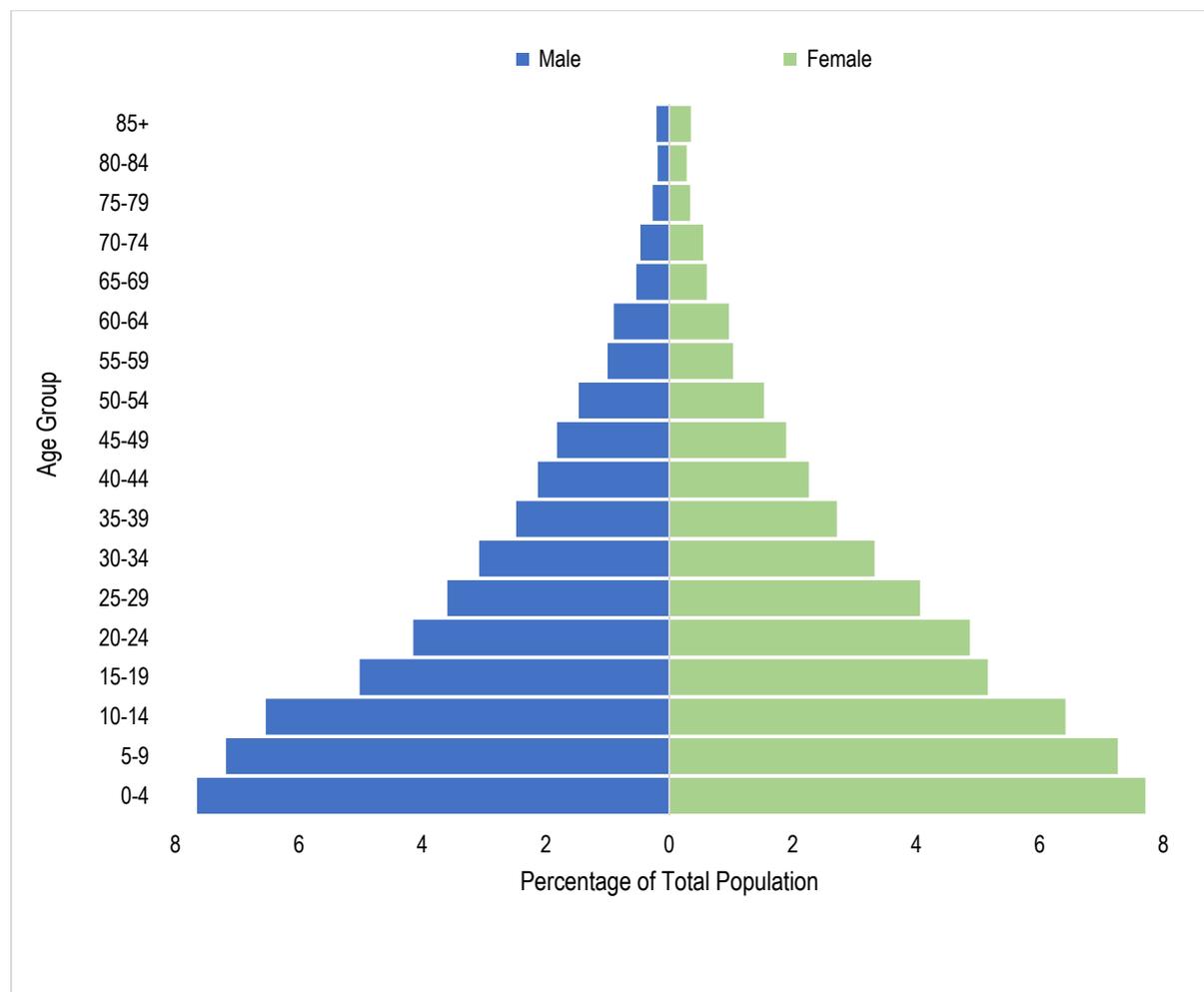
Figure 1: Population Pyramid (Five -Year Age Groups) – Tanzania; 2022 PHC
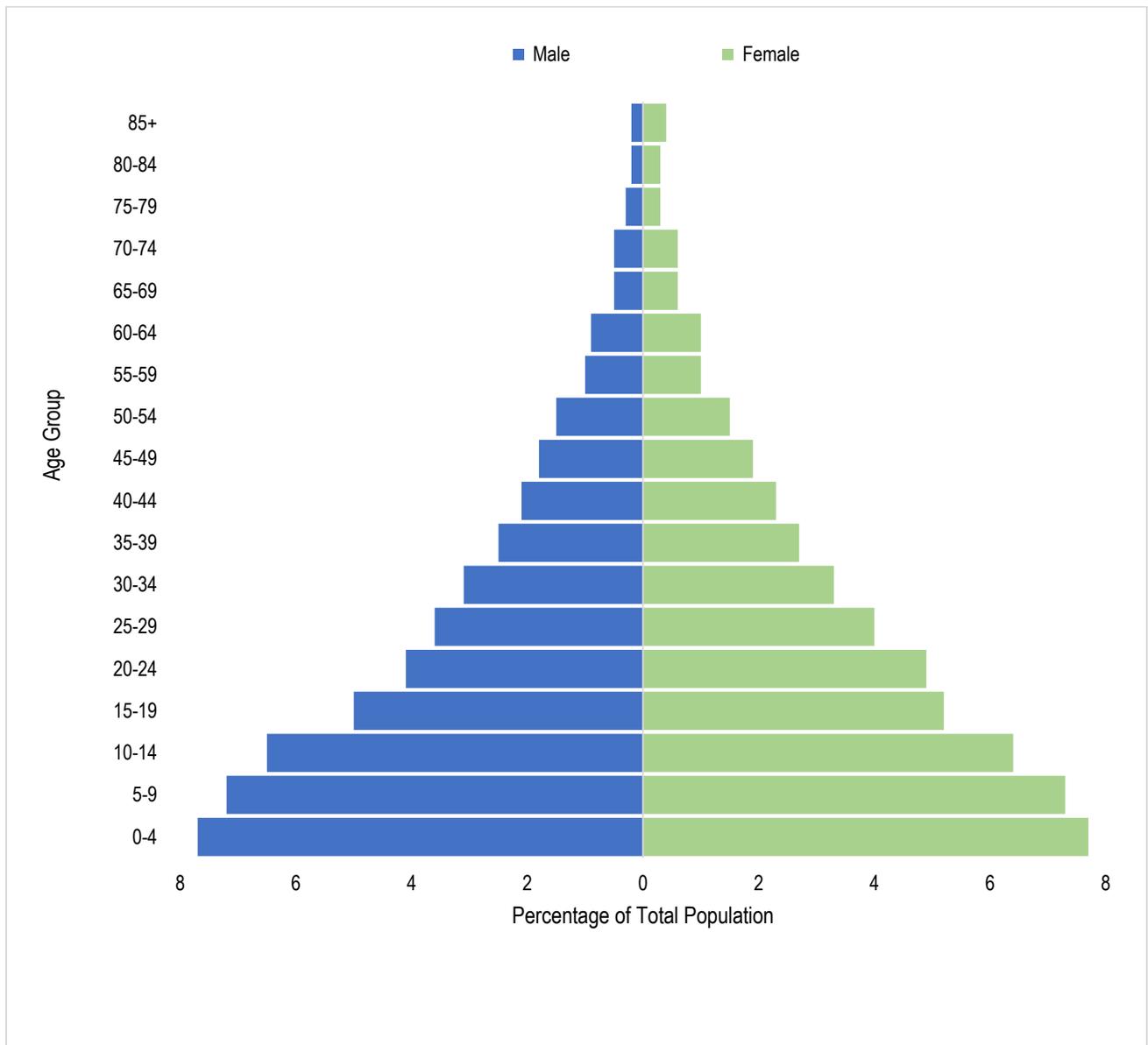
Figure 2: Population Pyramid (Five -Year Age Groups) – Tanzania Mainland; 2022 PHC
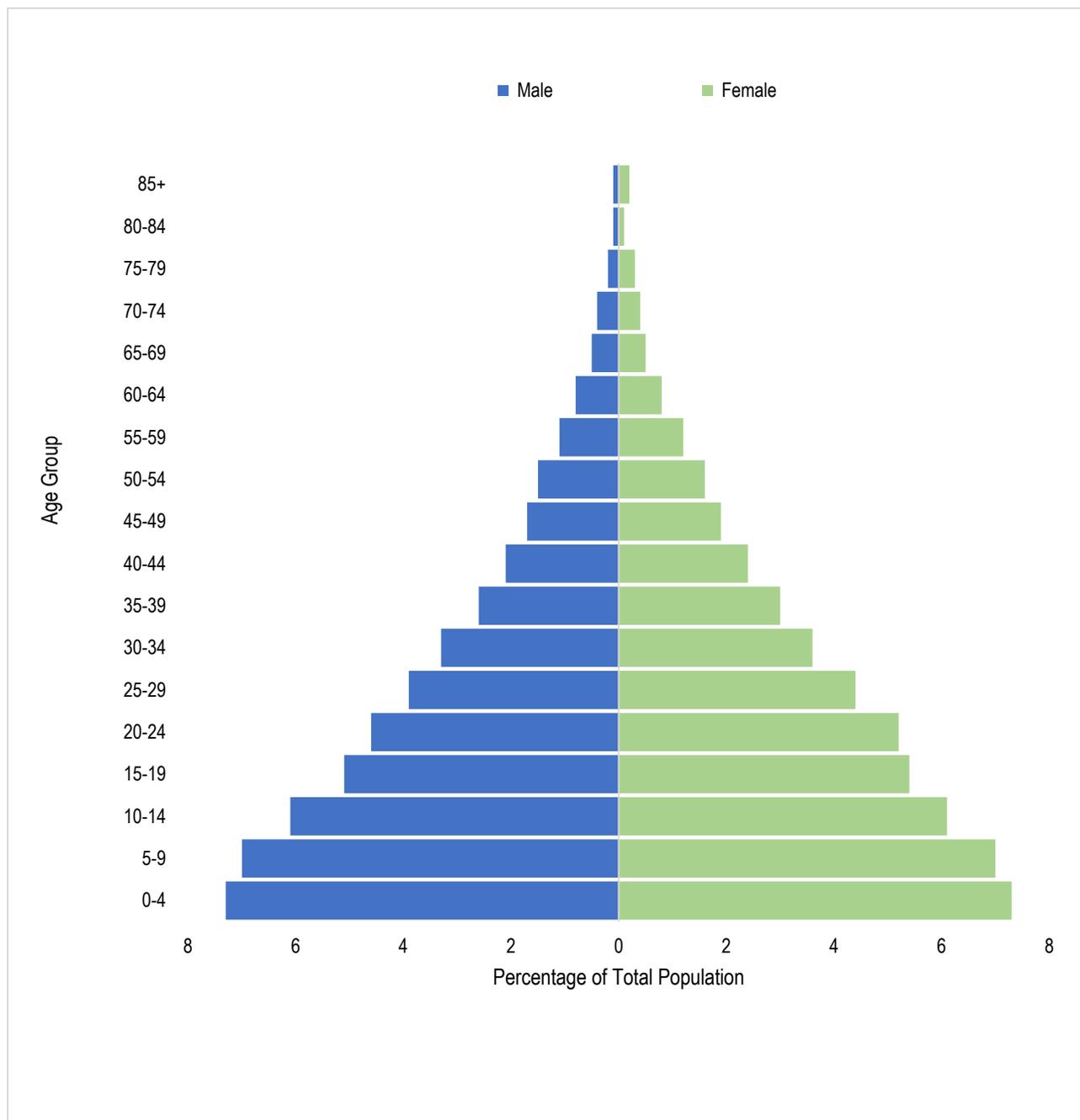
Figure 3: Population Pyramid (Five -Year Age Groups) – Tanzania Zanzibar; 2022 PHC

2. Sex Ratio

The age structure indicates that the sex ratio was 95 for Tanzania's population (for every 100 females there were 95 males). The sex ratio for population aged below 5 years was 99, decreasing to 60 for population aged 85 years or above, which indicates a relative high mortality rate for males as compared with females (Table 4).

Table 4: Sex Ratio by Age Group; 2022 PHC

Age Group	Tanzania			Tanzania Mainland			Tanzania Zanzibar		
	Male	Female	Sex Ratio	Male	Female	Sex Ratio	Male	Female	Sex Ratio
Under 1	976,251	991,331	98	947,649	962,569	98	28,602	28,762	99
0-4	4,723,359	4,760,812	99	4,584,972	4,622,460	99	138,387	138,352	100
5-9	4,434,204	4,484,375	99	4,302,575	4,352,161	99	131,629	132,214	100
10-14	4,035,586	3,961,652	102	3,919,610	3,846,602	102	115,976	115,050	101
15-19	3,096,582	3,185,807	97	3,000,548	3,082,947	97	96,034	102,860	93
20-24	2,560,797	3,005,179	85	2,474,251	2,905,972	85	86,546	99,207	87
25-29	2,220,568	2,507,604	89	2,146,065	2,423,957	89	74,503	83,647	89
30-34	1,902,825	2,053,133	93	1,840,529	1,984,387	93	62,296	68,746	91
35-39	1,532,164	1,676,186	91	1,483,255	1,620,278	92	48,909	55,908	87
40-44	1,315,192	1,396,308	94	1,275,091	1,351,839	94	40,101	44,469	90
45-49	1,121,993	1,168,071	96	1,089,463	1,132,051	96	32,530	36,020	90
50-54	906,162	947,236	96	878,677	916,837	96	27,485	30,399	90
55-59	616,939	636,403	97	596,380	613,975	97	20,559	22,428	92
60-64	555,228	595,847	93	539,603	580,548	93	15,625	15,299	102
65-69	329,847	374,238	88	320,464	363,975	88	9,383	10,263	91
70-74	288,954	337,913	86	281,115	329,640	85	7,839	8,273	95
75-79	166,357	207,937	80	162,537	202,939	80	3,820	4,998	76
80-84	117,912	173,504	68	115,800	170,813	68	2,112	2,691	78
85+	128,461	215,785	60	126,703	212,328	60	1,758	3,457	51
Total	30,053,130	31,687,990	95	29,137,638	30,713,709	95	915,492	974,281	94

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[7] Total population excludes the first row (under one year) as it is included in the age group of 0-4

3. Population Distribution by Specific Age Groups

3.1 Population Below 15 Years

Tanzania's population is characterized by a young age structure, with 42.8 percent of the total population below 15 years of age. Figure 4 shows that the proportion of population below 15 years of age declined from 43.9 percent in 2012 to 42.8 percent in 2022. Among other factors, this moderate decline indicates a slow pace of fertility decline in the country during the period as depicted by the decrease of the population under one year.
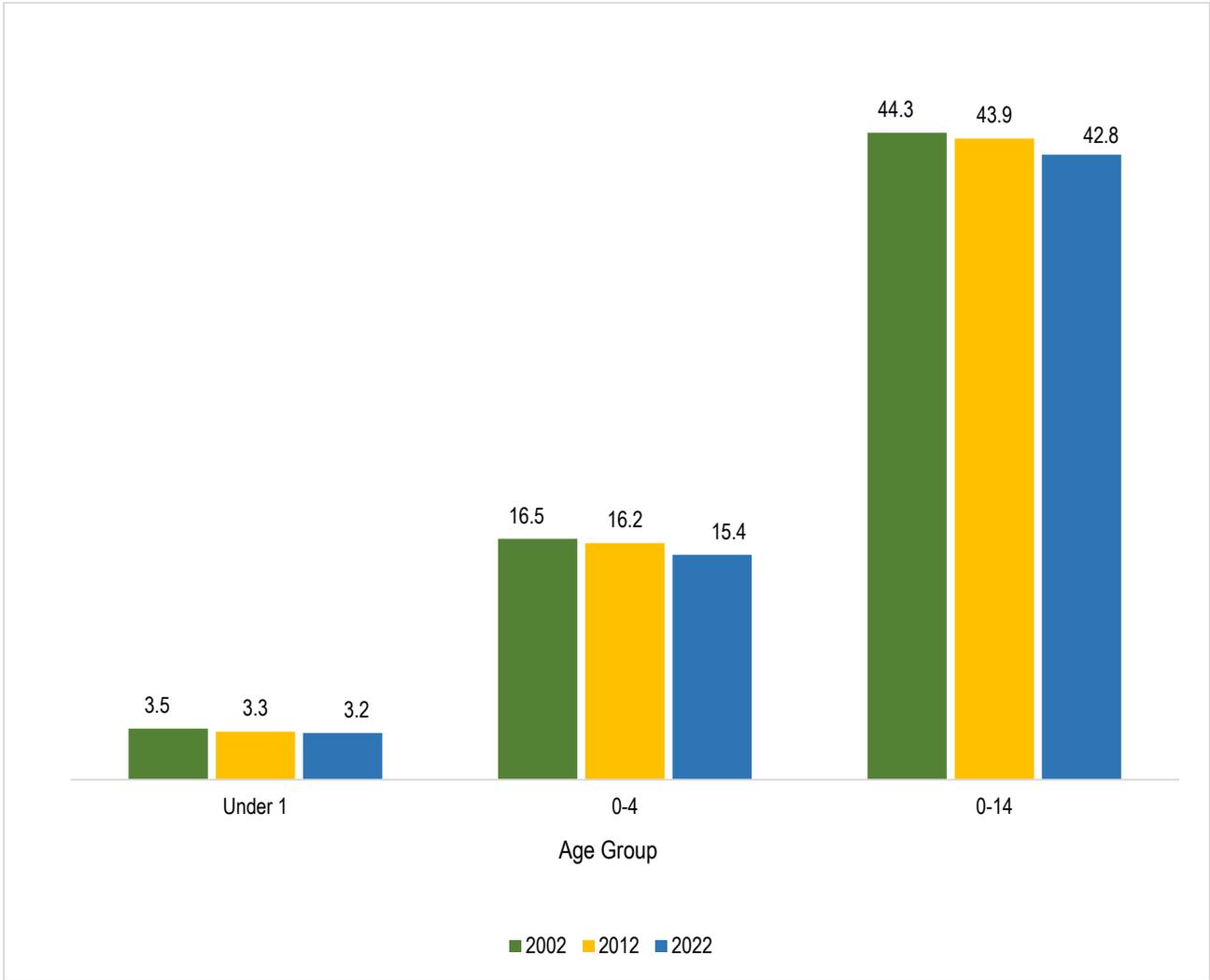
Figure 4: Percentage Distribution of Young Population (0–14 Years); 2002 – 2022 PHC

3.1.1 Percentage Distribution of Total Population below 15 Years by Region

Map 1: Percentage Distribution of Total Population below 15 Years by Region; 2022 PHC
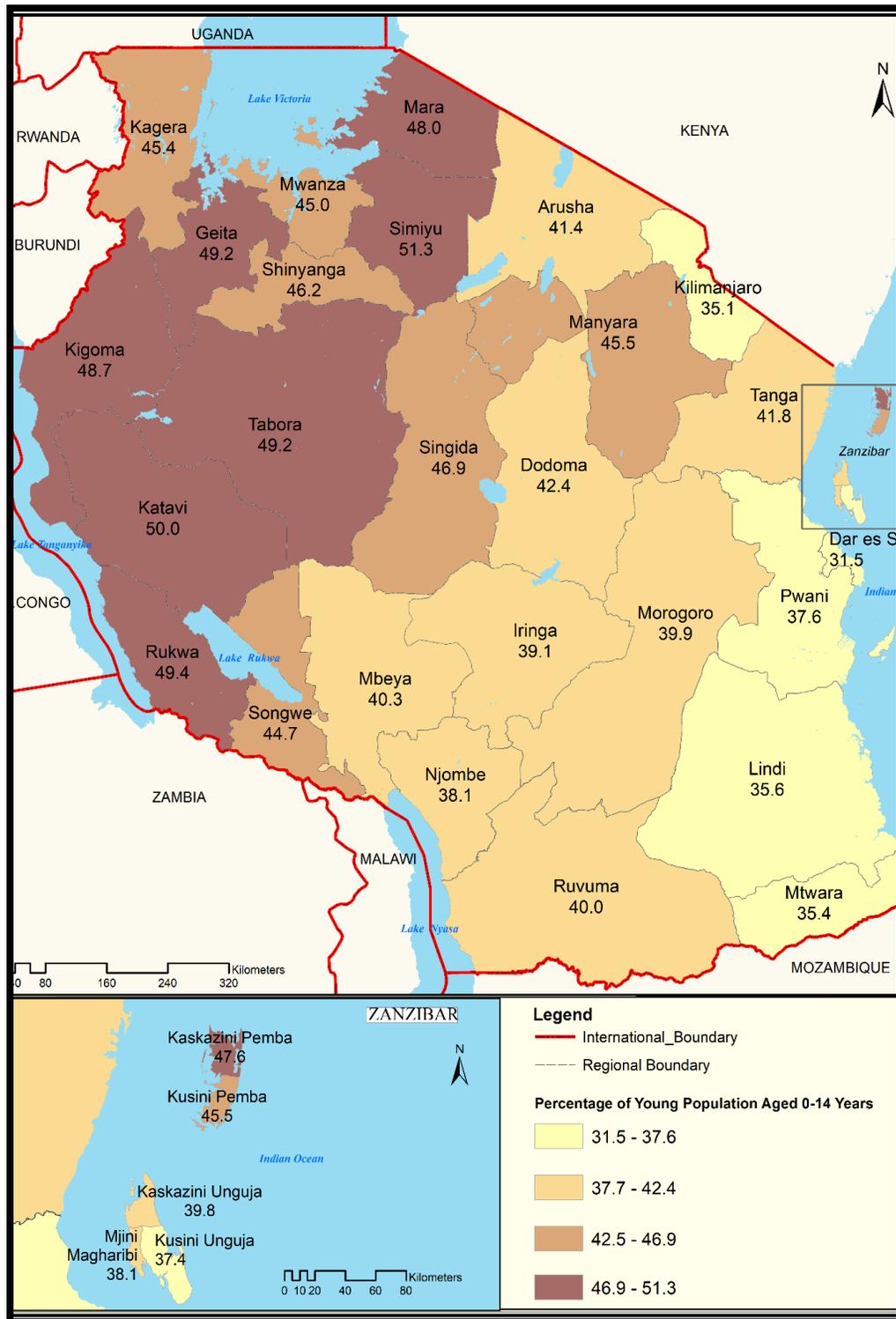
3.1.2 Percentage Distribution of Children Under One Year
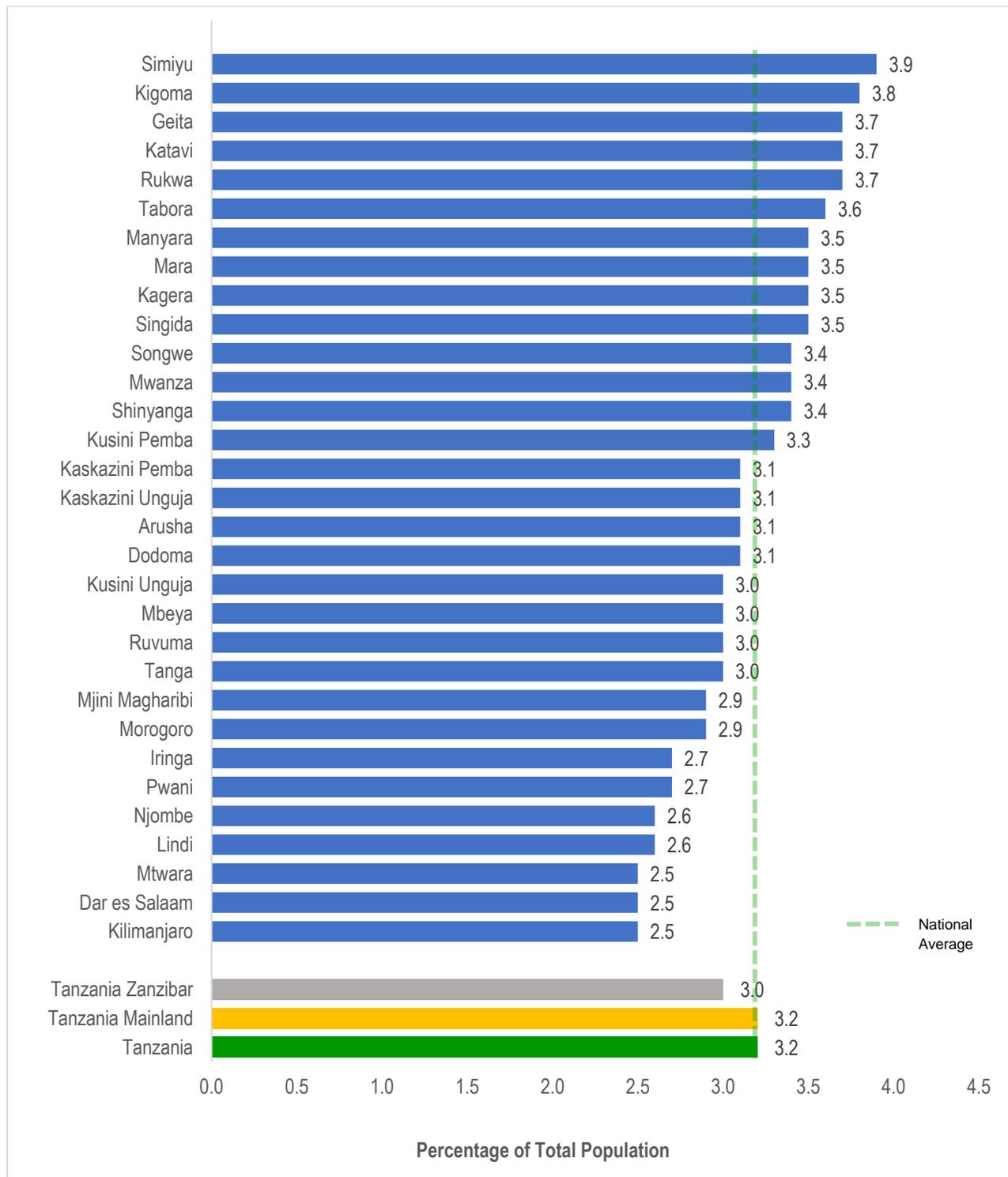
Figure 5: Percentage Distribution of Children under one year; 2022 PHC

3.1.3 Percentage Distribution of Population Under Five Year by Region
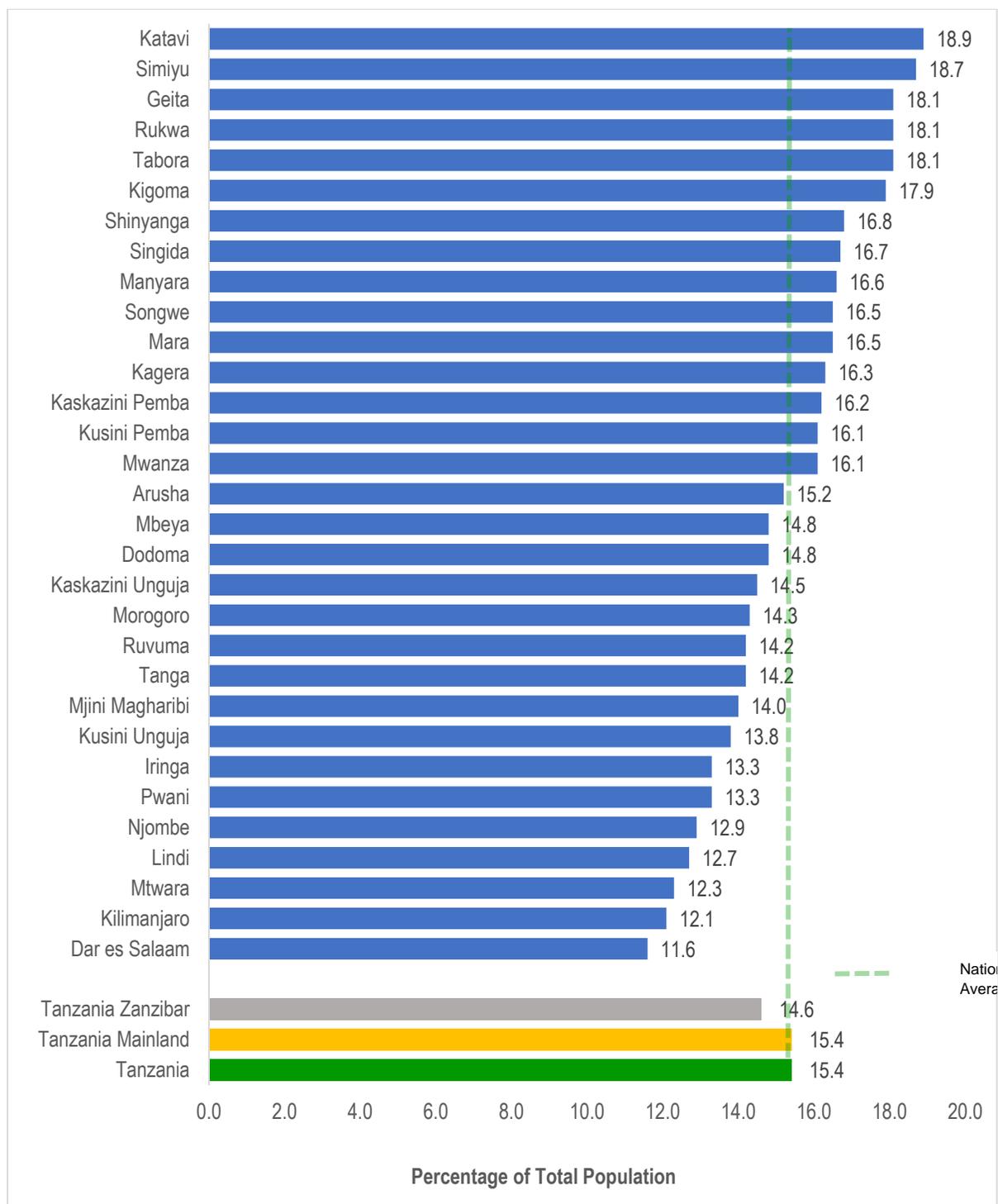
Figure 6: Percentage of Distribution Population Under five year by Region; 2022 PHC

3.2 Youth Population

3.2.1 National Definition

The National Youth Policy of 2007 defines youth as all persons aged 15 to 35 years. The proportion of population aged 15-35 years decreased slightly from 34.7 percent in 2012 to 34.5 percent in 2022 as seen in Figure 7. The same pattern is observed for Tanzania Mainland, while for Tanzania Zanzibar the proportion of population aged 15-35 increased from 36.20 percent in 2012 to 37.03 percent in 2022.

Figure 7: Percentage Distribution of Youth Population Aged 15-35 Years; 2002 - 2022 PHC

3.2.2 Percentage Distribution of Youth Population Aged 15-35 Years by Region

Map 2: Percentage Distribution of Youth Population Aged 15-35 Years by Region; 2022 PHC
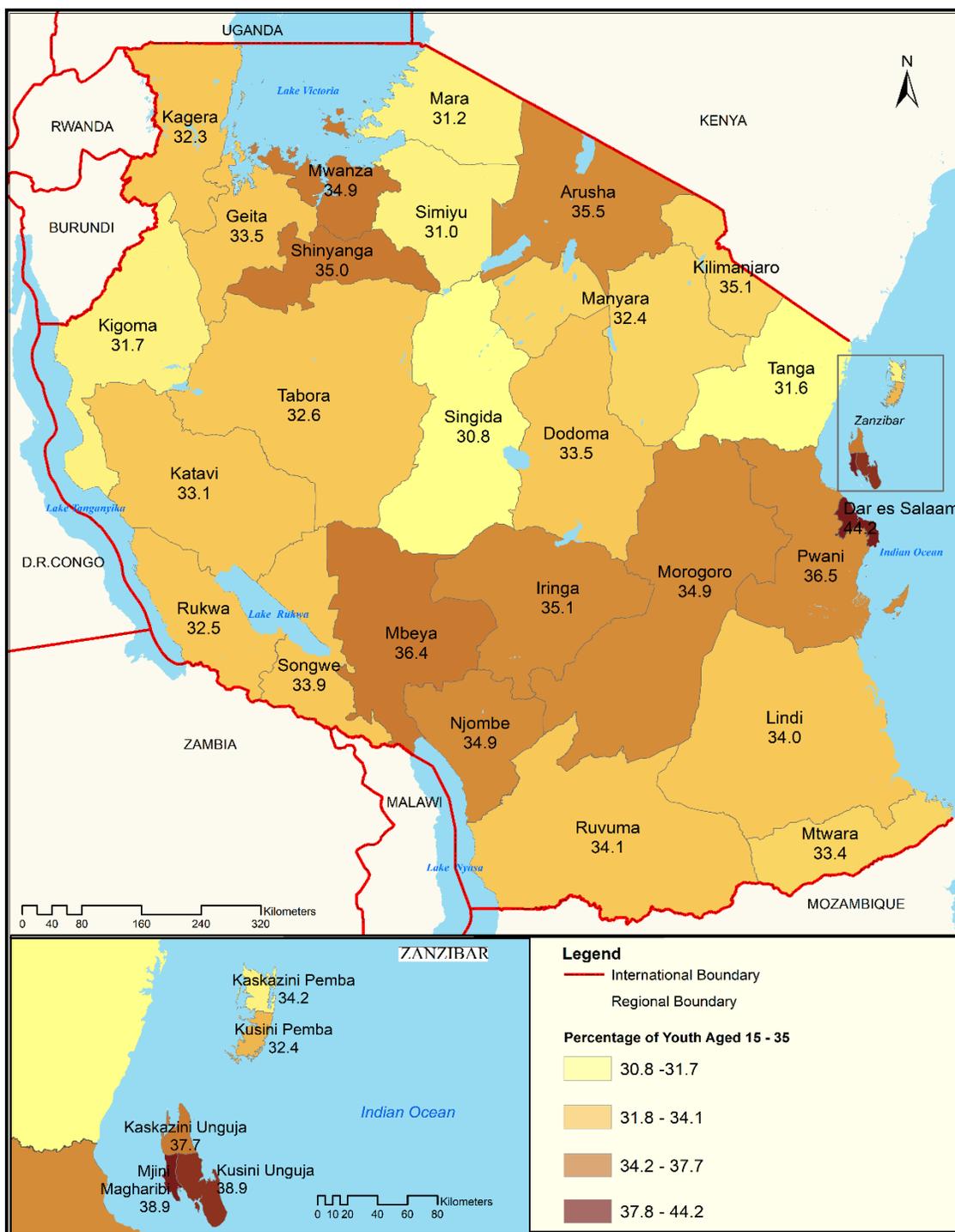
3.2.3 International Definition

According to the international definition, youths are all persons aged 15 to 24 years. The result of Census 2022 shows that, youth population is 19.2 percent compared with 19.1 percent for 2012 Census. The same pattern is observed for Tanzania Mainland and Tanzania Zanzibar (Figure 8).
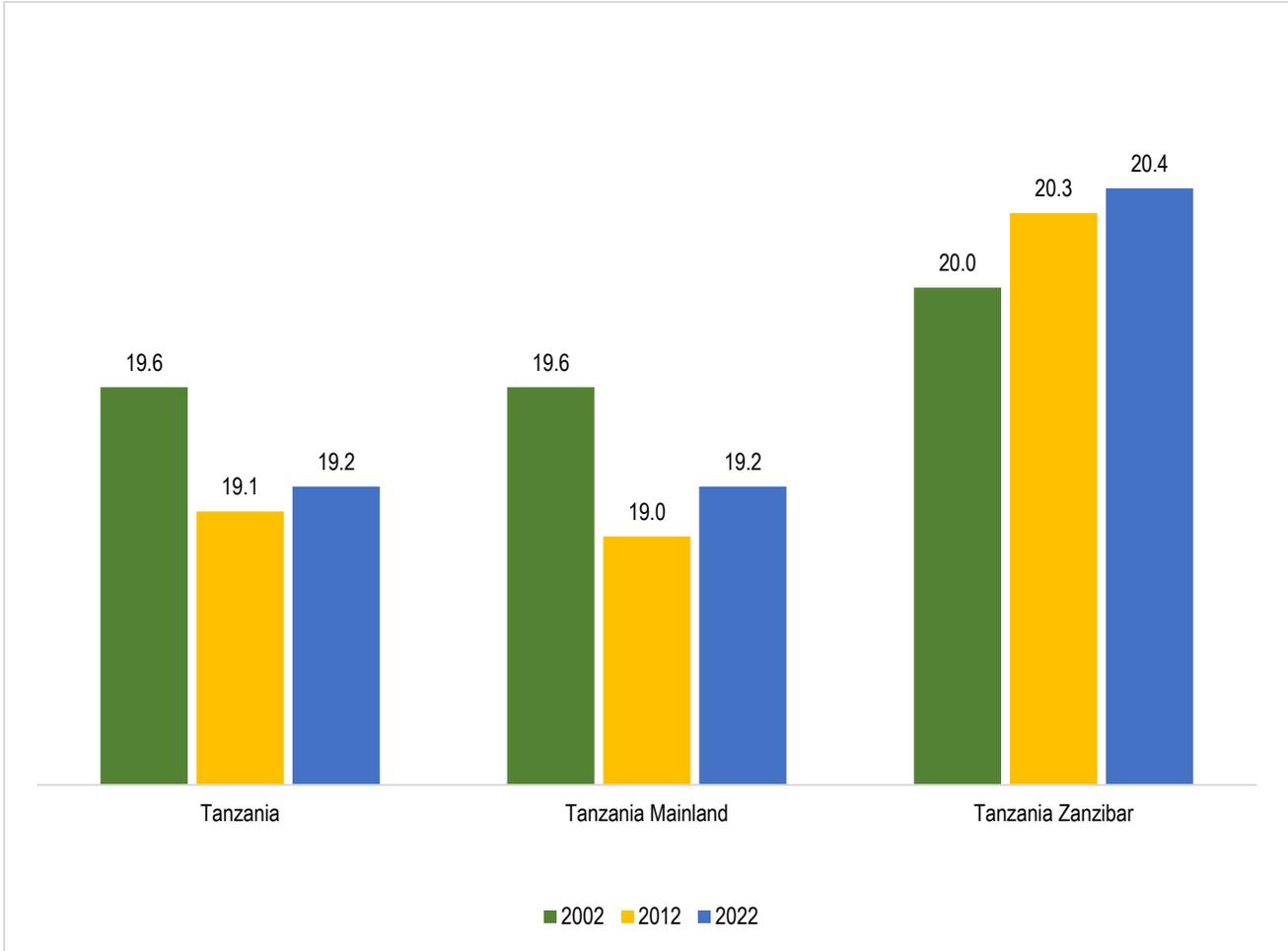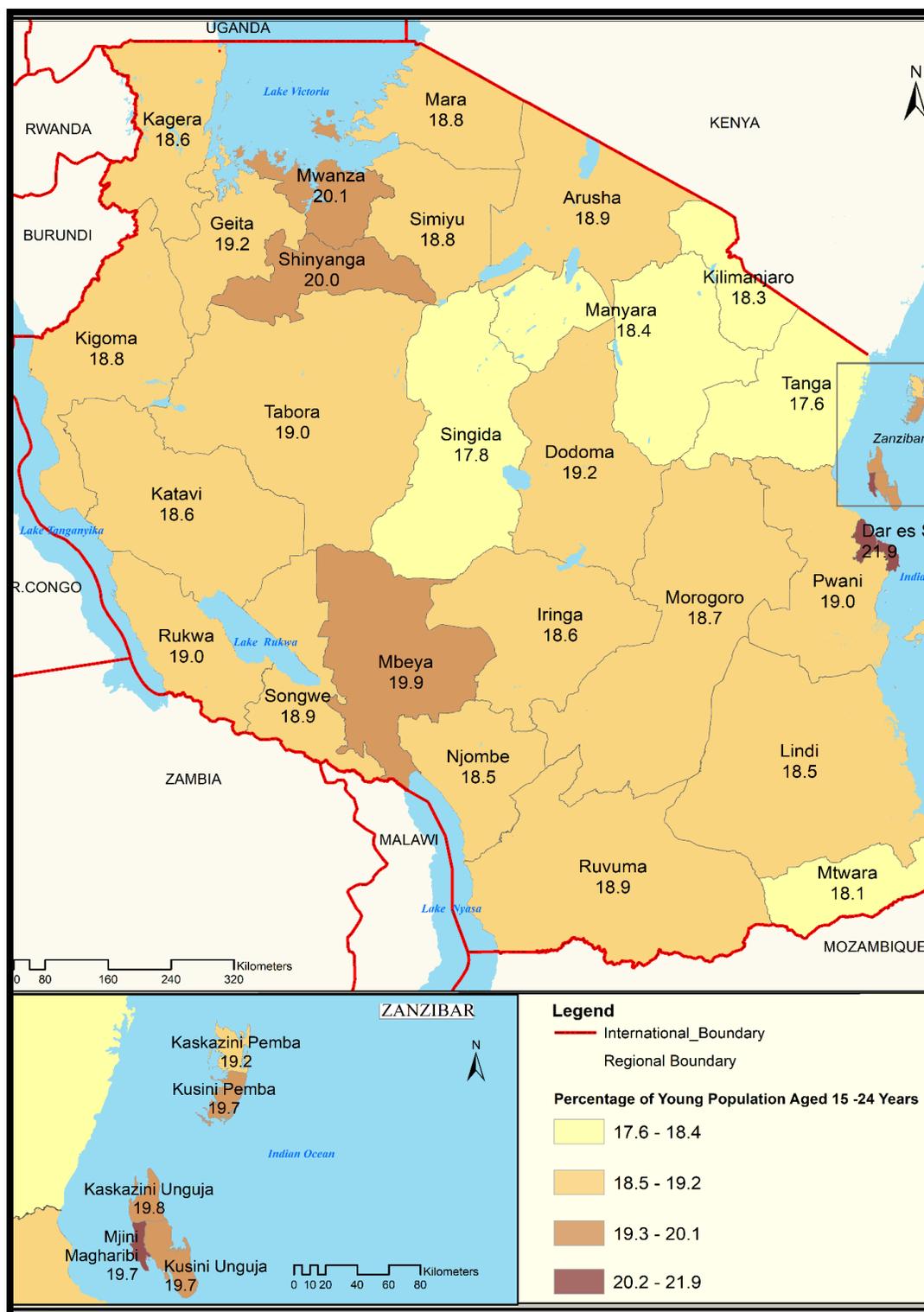

Figure 8: Percentage Distribution of Youth Population (15-24 years); 2002, 2012 and 2022 PHC

3.2.4 Percentage Distribution of Youth Population Aged 15-24 Years by Region

Map 3: Percentage Distribution of Youth Population Aged 15-24 Years by Region; 2022 PHC

3.3   Working Age Population

The proportion of working age population (15-64) has increased from 52.2 percent in 2012 to 53.4 percent in 2022 census. Similar pattern is observed for Tanzania Mainland and Tanzania Zanzibar (Figure 9).
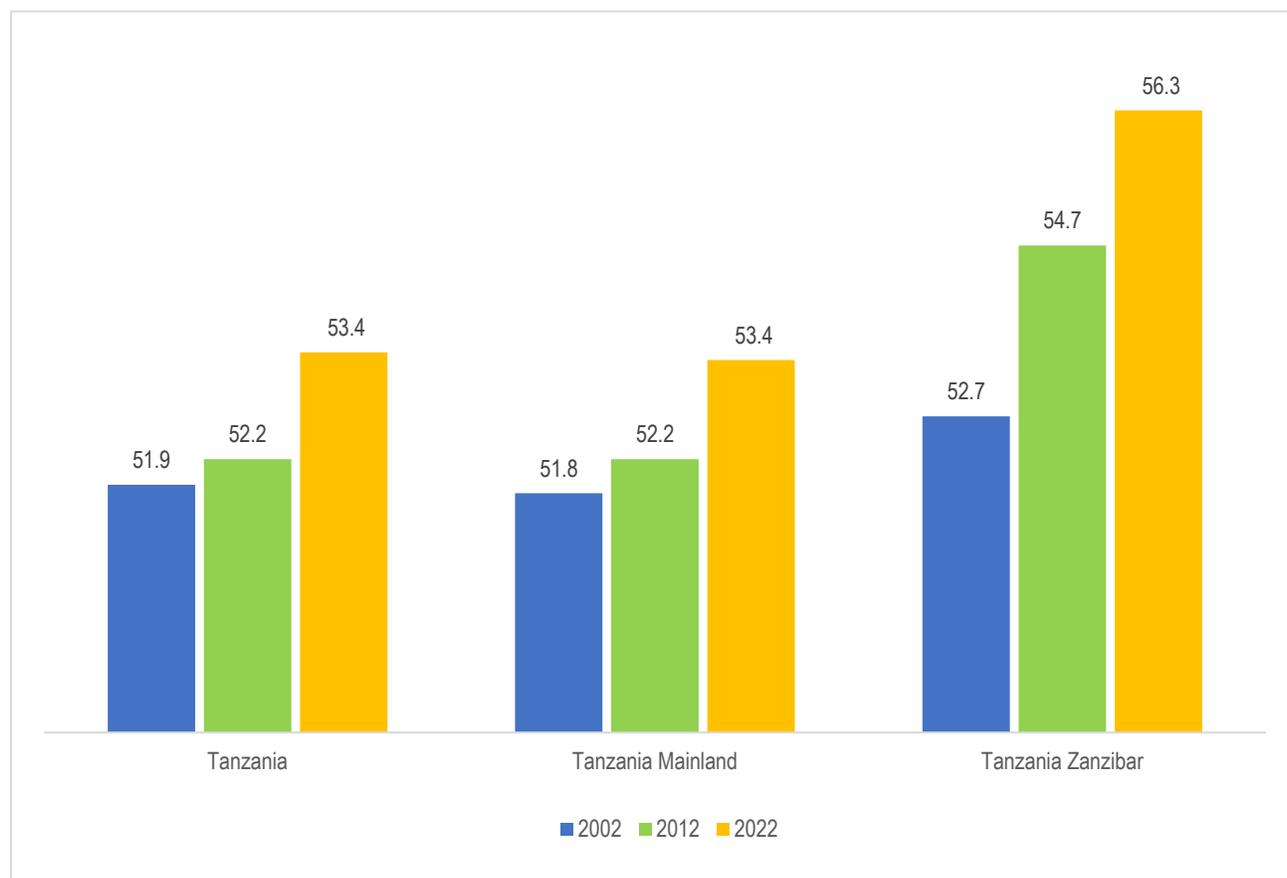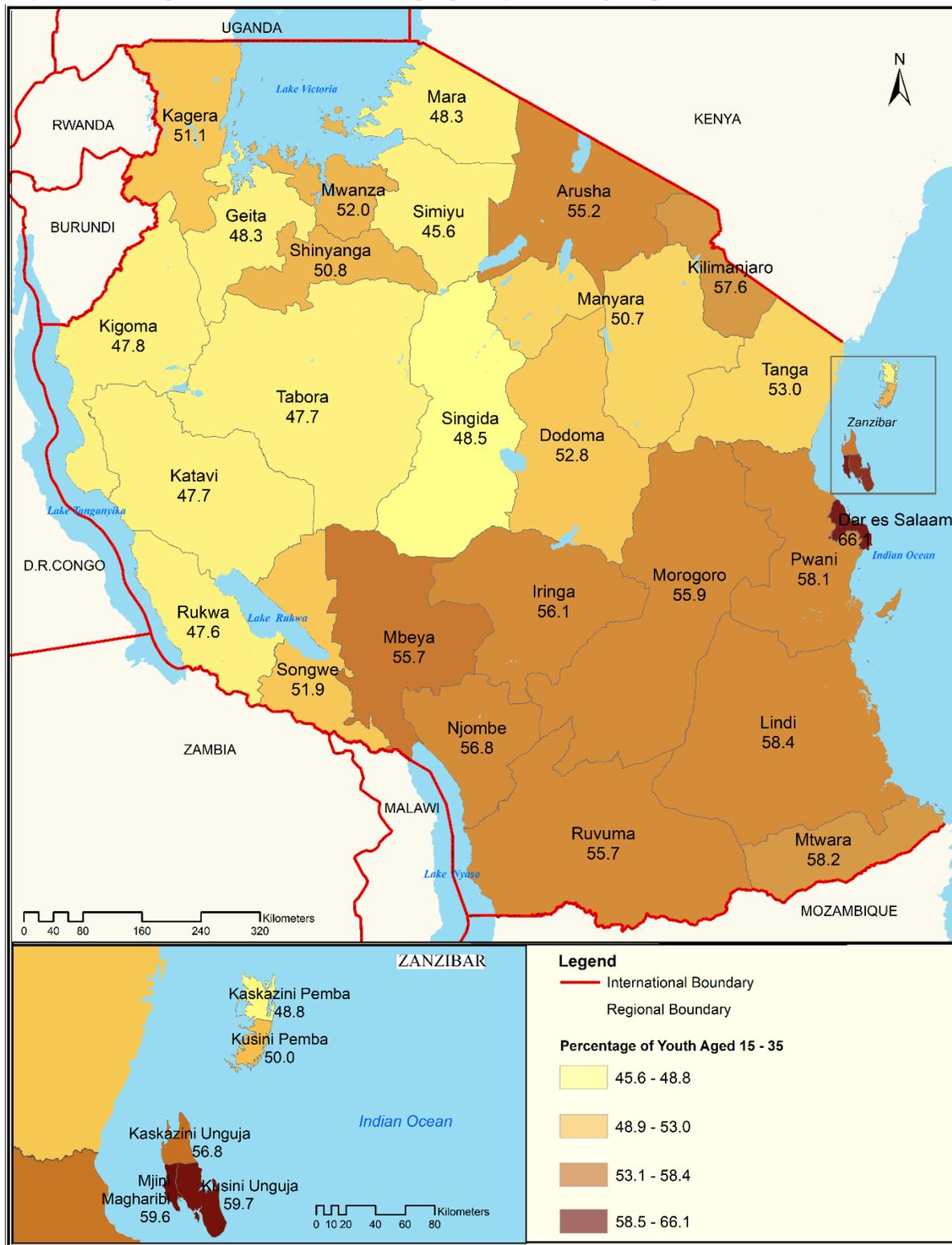

Figure 9: Percentage Distribution of Working Age Population; 2002 - 2022 PHC

3.3.1   Percentage Distribution of Working Age Population by Region

Map 4: Percentage Distribution of Working Age Population by Region; 2022 PHC

3.3.2 Working Age Population by Sex

Among male population, the percentage in working age group (15-64 years) increased from 51.1 percent in 2012 to 52.7 percent in 2022 census. On other hand, female population of the same age group, has increased from 53.3 percent to 54.2 percent over the same period (Figure 10).
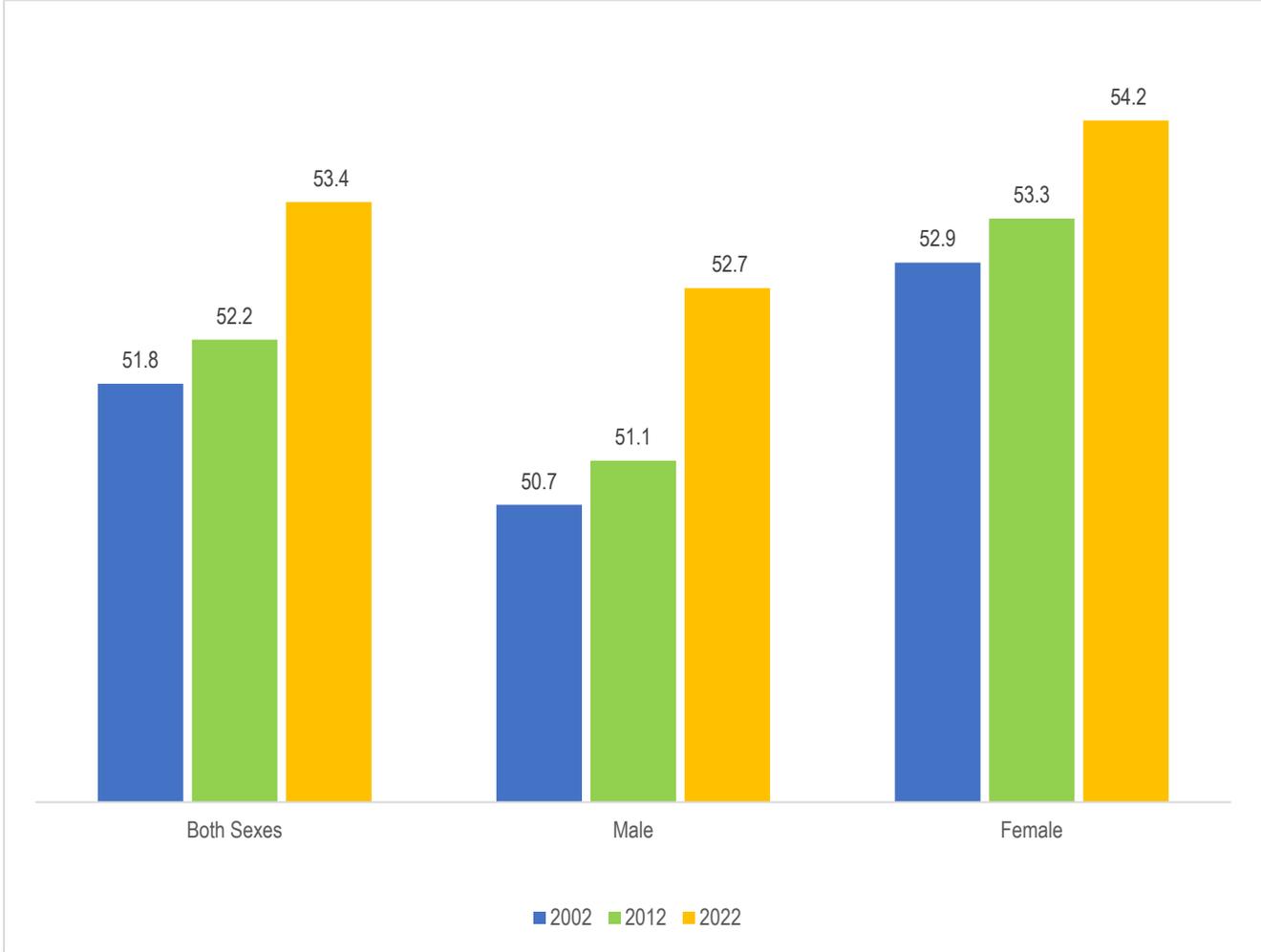

Figure 10: Percentage Distribution of Working Age Population (15-64 years) by Sex; 2002 – 2022 PHC

3.4   The Elderly Population

3.4.1 Population Aged 60 Years and Above

The proportion of population aged 60 years and above in Tanzania and Tanzania Mainland remained the same at about 6 percent in all three censuses of 2002, 2012 and 2022 censuses. For Tanzania Zanzibar the proportion of the elderly remained at almost 5 percent in the three Censuses (Figure 11).
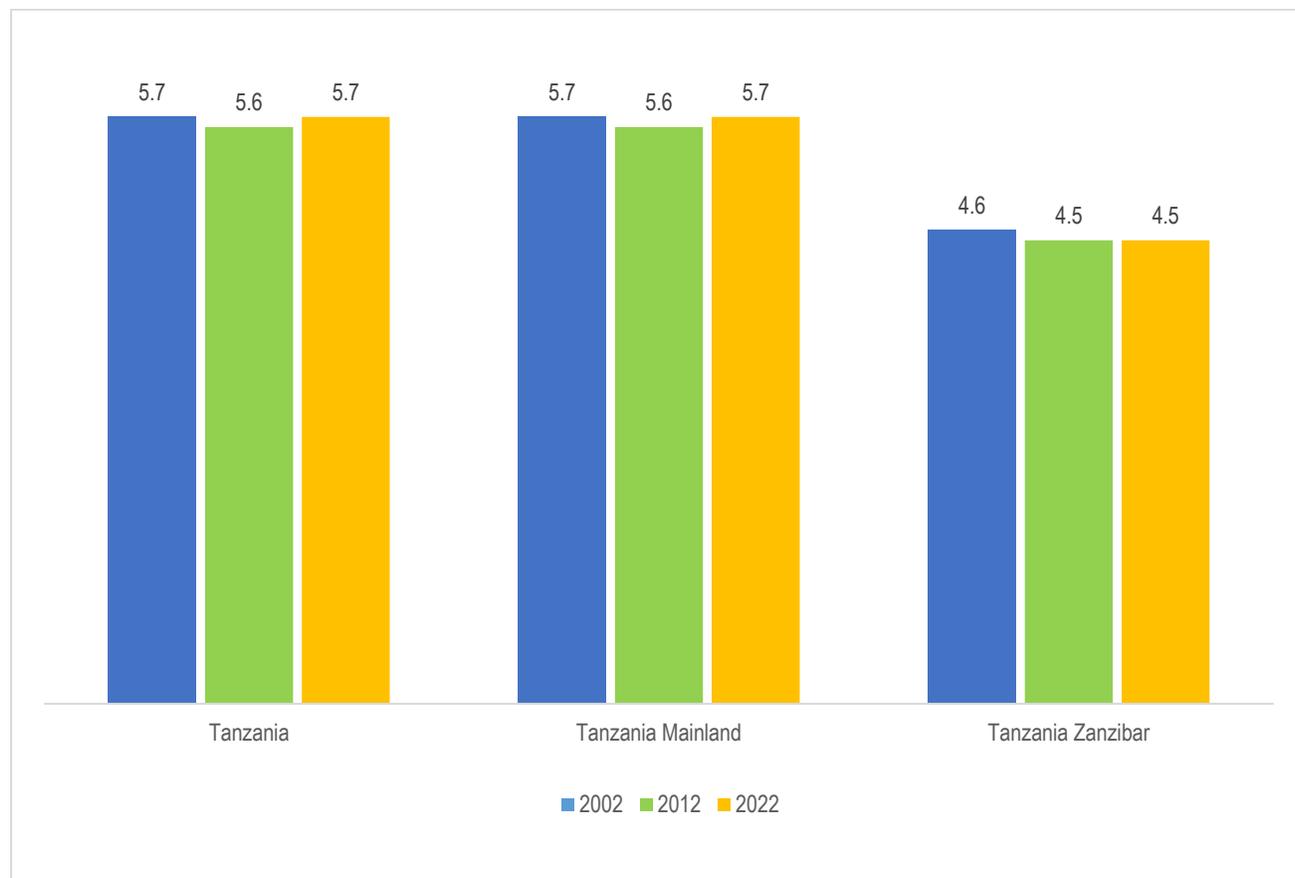

Figure 11: Percentage Distribution of Population Aged 60 Years and Above; 2002 - 2022 PHC

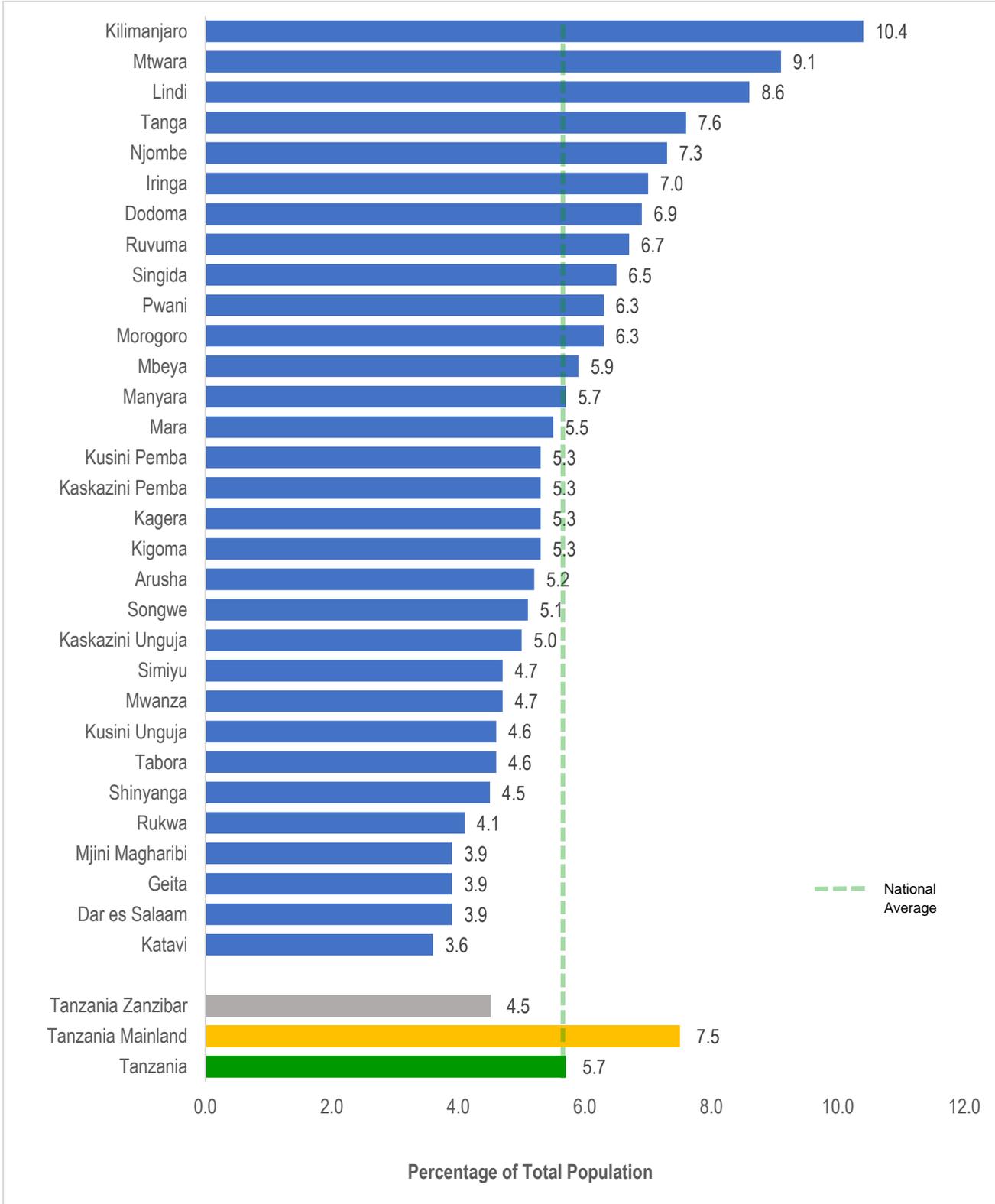## 3.4.2 Percentage of Distribution Population Aged 60 Years and Above by Region

Figure 12: Percentage of Distribution Population Aged 60 Years and Above by Region; 2022 PHC

3.4.3 Population Aged 65 Years and Above

Figure 13 reveals that, 3.8 percent of Tanzania's population is aged 65 years and above. The same proportion is observed in Tanzania Mainland, while in Tanzania Zanzibar the corresponding figure is 2.9 percent. The highest proportion is observed in Kilimanjaro Region (7.3 percent), followed by Mtwara Region (6.4 percent) while Katavi had the lowest proportion of the elderly (2.3 percent), followed by Dar es Salaam, Mjini Magharibi and Geita with 2.4 percent each.

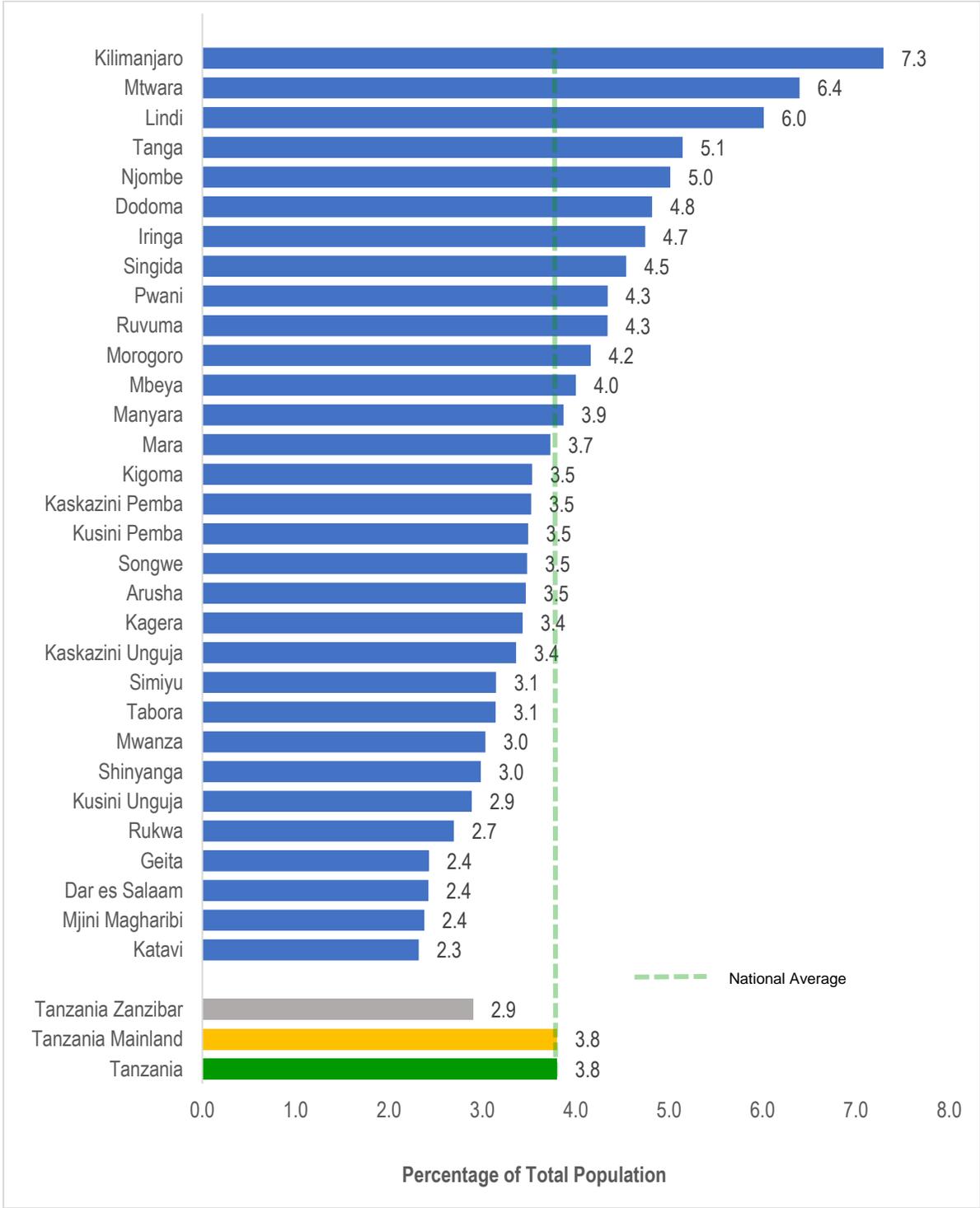## 3.4.4 Percentage Distribution of Population Aged 65 Years and Above by Region

Figure 13: Percentage Distribution of Population Aged 65 Years and Above by Region; 2022 PHC

3.4.5 Population Aged 65 Years and Above by Sex

About four percent (3.8 percent) of the total population of Tanzania is aged 65 years and above. The proportion of the elderly female population slightly increased from 4.0 percent in 2012 to 4.1 percent in 2022 while for male, the proportion decreased from 3.7 percent in 2012 to 3.4 percent in 2022 as shown in Figure 14.
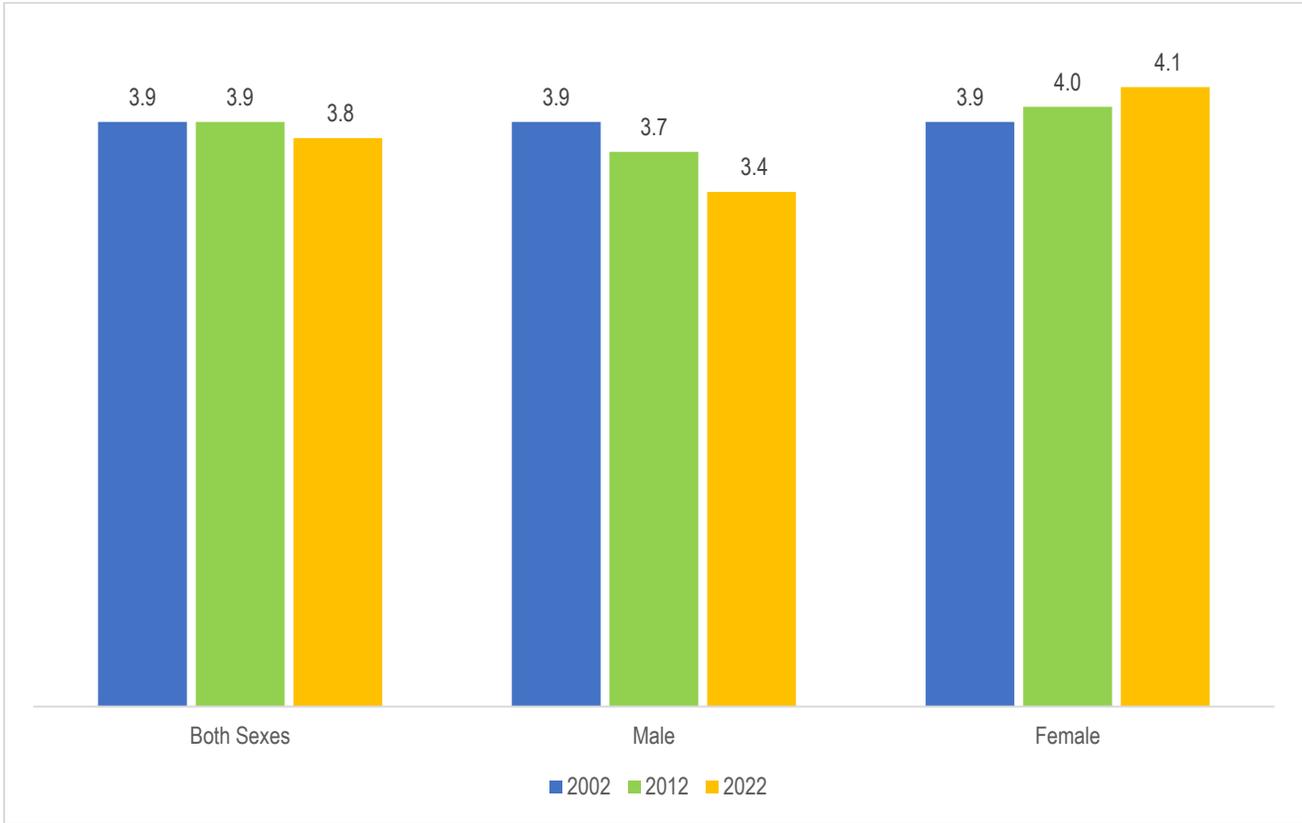

Figure 14: Percentage Distribution of Population Aged 65 Years and Above by Sex; 2002 – 2022 PHC

3.5   Age Dependency Ratio

Age-dependency ratio is the ratio of persons in the "dependant" ages (those under the age of 15 years and the age of 65 years and above) to the "working age population" (15-64 years). It is expressed as a number of dependants per 100 persons of the working age population.

Age dependency ratio in Tanzania declined from 2012 to 2022 censuses. According to the 2022 PHC, about 87 persons out of every 100 were in the dependant ages. However, age-dependency ratio decreased from 91.5 in 2012 to 87.1 in 2022 for Tanzania and from 91.7 to 87.4 over the same period for Tanzania Mainland, while in Tanzania Zanzibar, the ratio decreased from 83.0 in 2012 to about 77.7 in 2022 (Figure 15).

The ratio was highest in Simiyu Region (119.3), followed by Tabora and Katavi with about 109.7 each, while Dar es Salaam and Kusini Unguja had the lowest dependency ratio of 51.3 and 67.6 respectively (Figure 16).
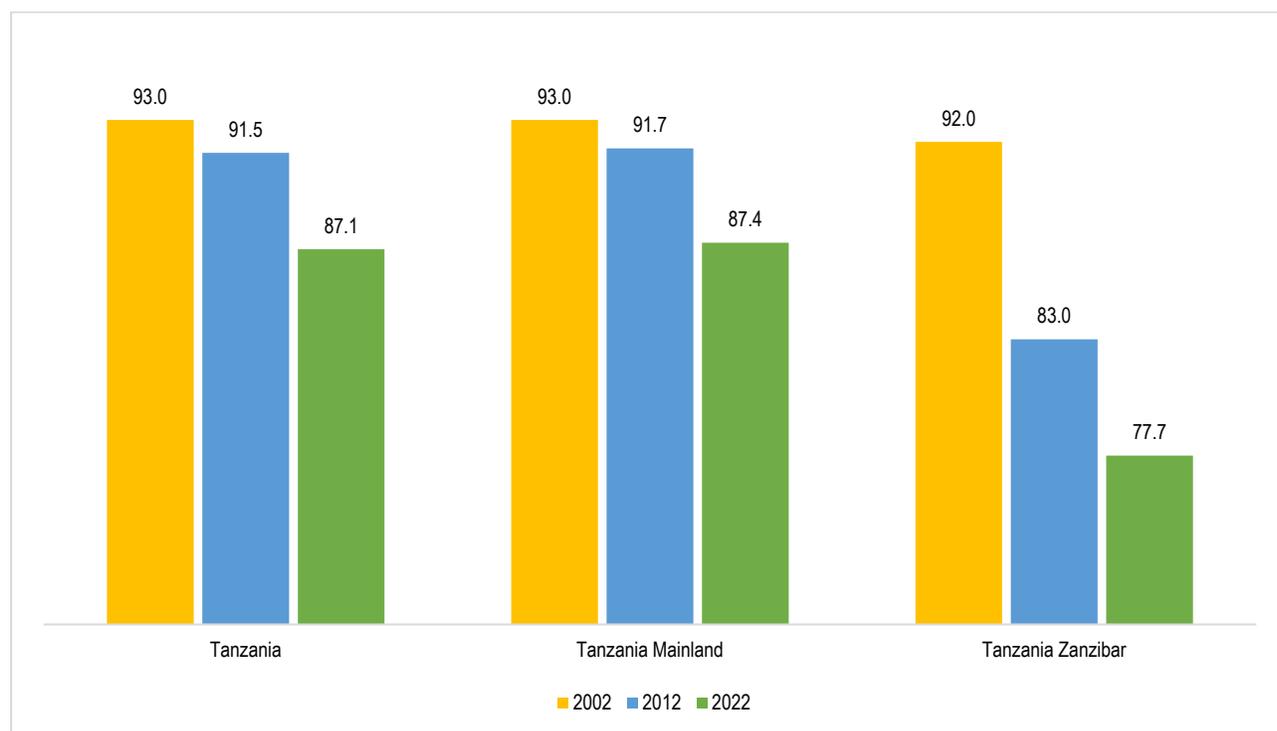
Figure 15: Age Dependency Ratio; 2002 - 2022 PHC

3.5.1 Age Dependency Ratio by Region
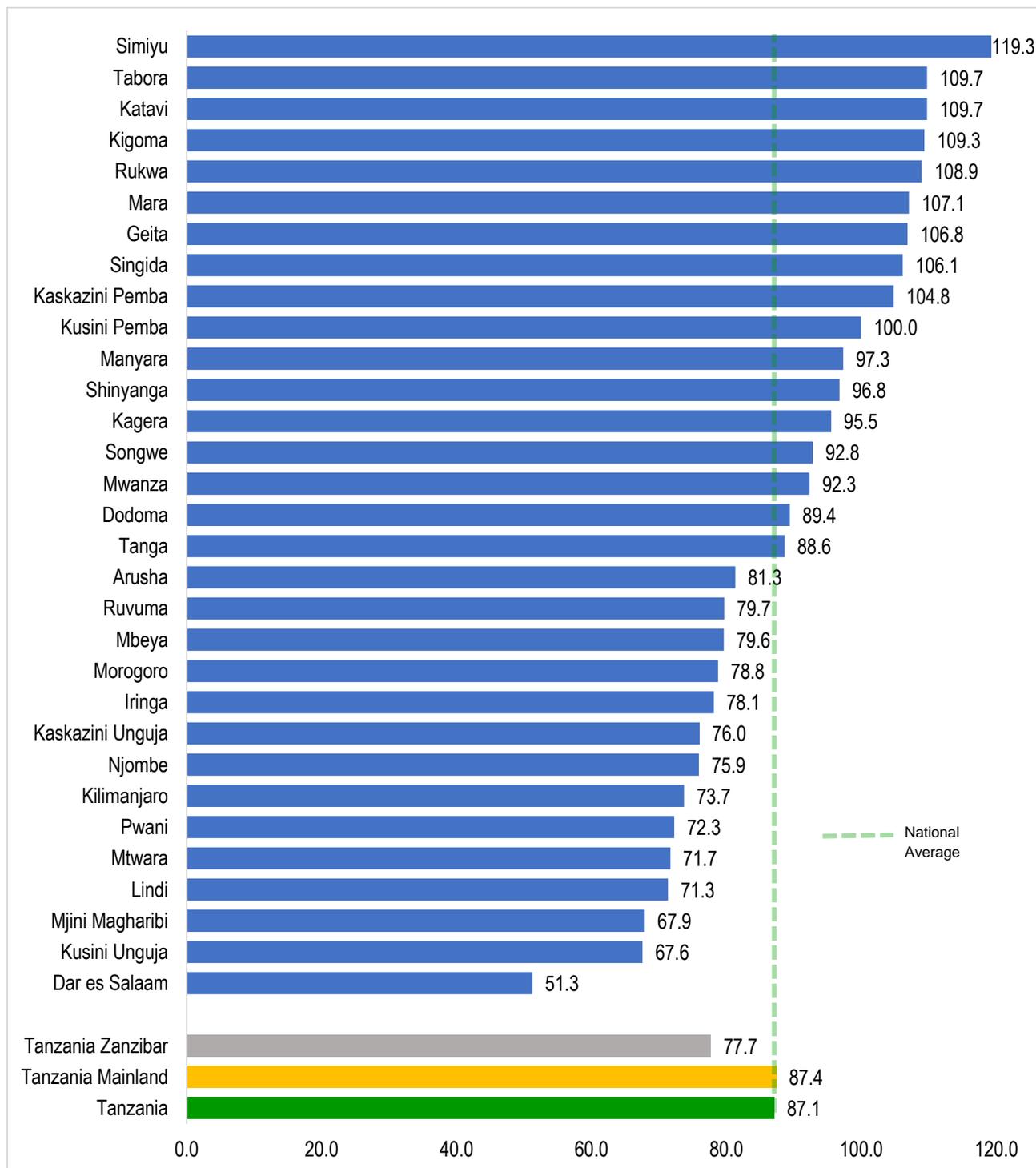
Figure 16: Age Dependency Ratio by Region; 2022 PHC

3.6　Females in the Reproductive Age (15 - 49 years)

Nearly half of the female population (47.3 percent) in Tanzania is in the reproductive age (15 – 49 years). For Tanzania Mainland, 47.2 percent were in reproductive age and the corresponding figure for Tanzania Zanzibar was 50. 4 percent. Dar es Salam Region had the highest proportion of women of childbearing age (60.9 percent), followed by Mjini Magharibi (54.0 percent) and Kusini Unguja (52.3 percent). Regions with lowest proportion of women of reproductive age are Simiyu and Singida with 41.0 and 41.5 percent respectively (Figure 17).

3.6.1 Percentage Distribution of Females in the Reproductive Age (15-49 years) by Region
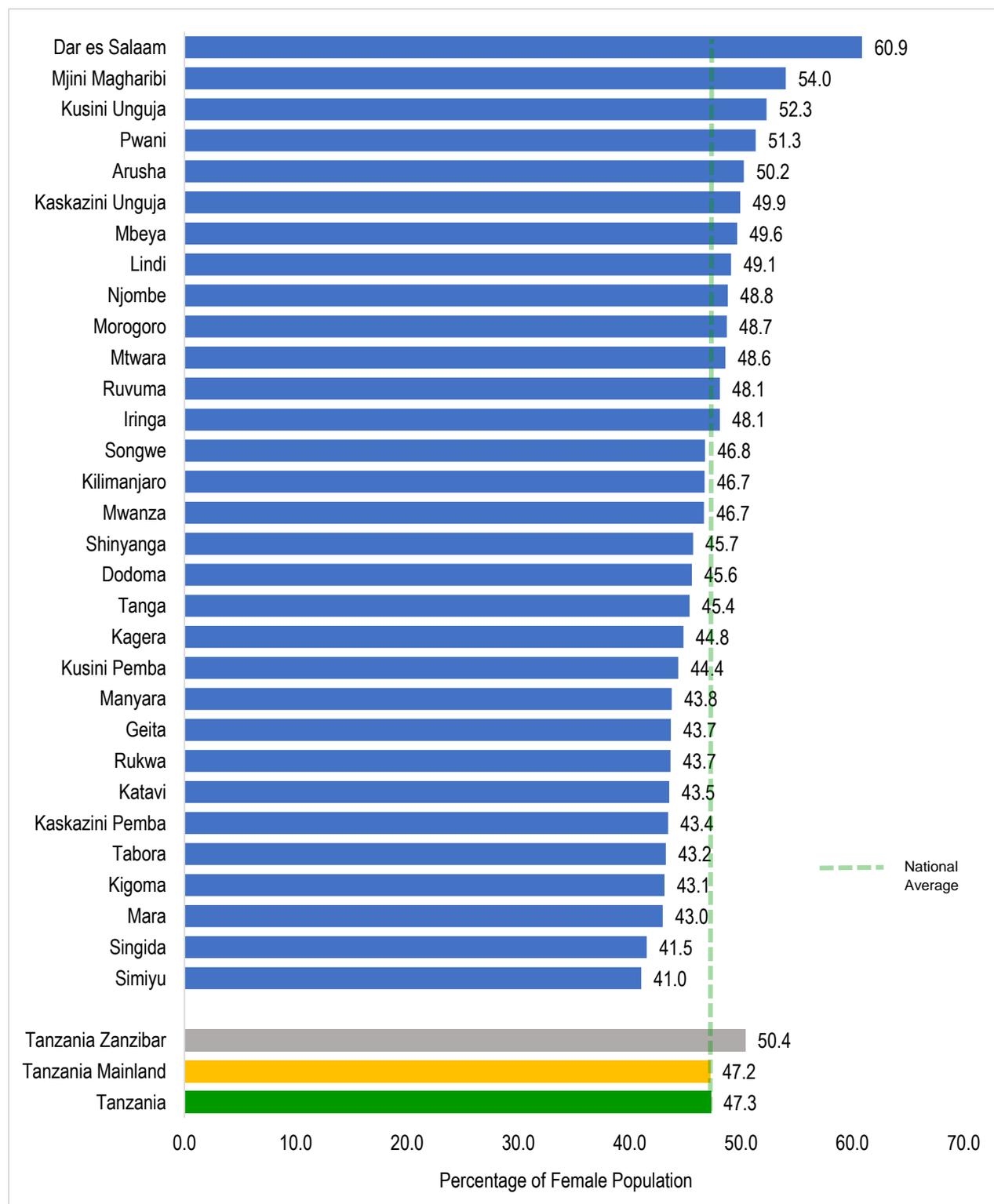
Figure 17: Percentage Distribution of Females in the Reproductive Age (15-49 years) by Region; 2022 PHC

3.7   Population Distribution by Place of Residence

More than one third (34.9 percent) of Tanzania's population resides in urban areas and 65.1 percent in rural areas. Similar pattern is observed in Tanzania Mainland while about half of the populations (49.0 percent) in Tanzania Zanzibar were living in urban areas (Figure 18).
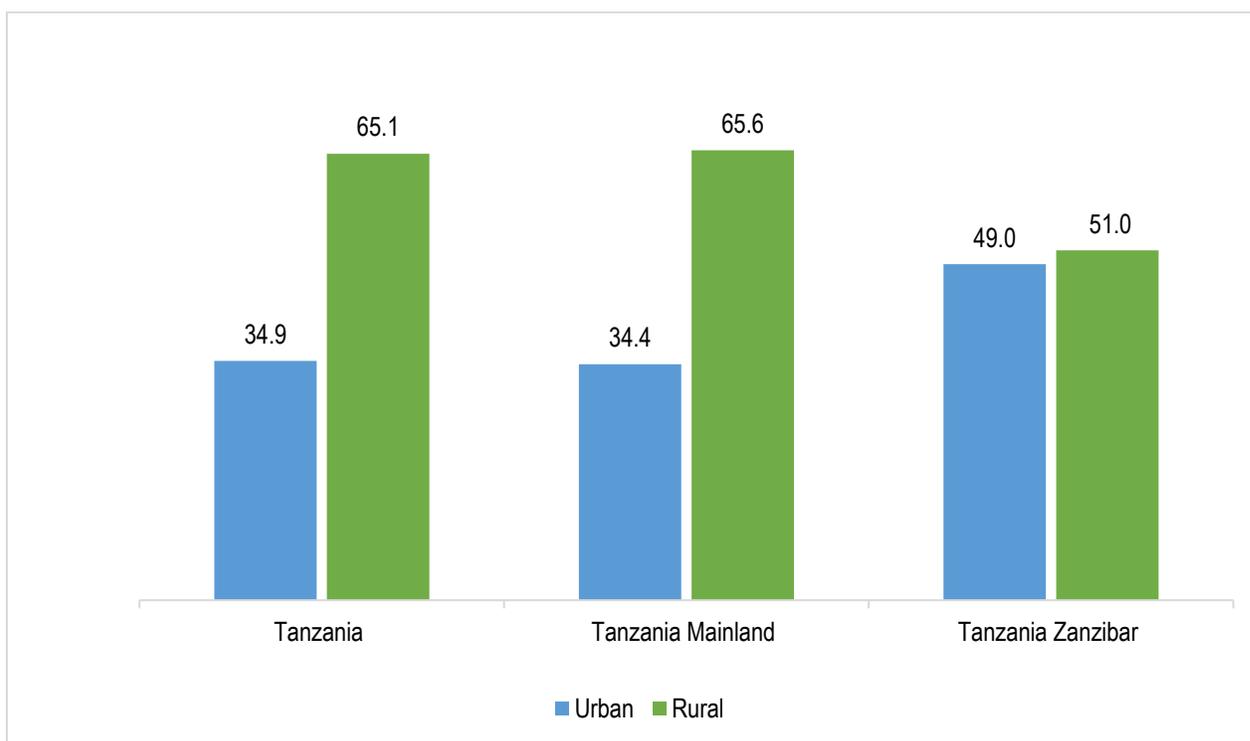
Figure 18: Percentage Distribution of Population by Place of Residence; 2022 PHC

3.7.1 Population Living in Urban Areas

More than one third (34.9 percent) of Tanzania's population resides in urban areas. The proportion of the population living in urban areas increased by 5 percent during the intercensal period. Figure 15 illustrates that, about half of the population (49.0 percent) in Tanzania Zanzibar were living in urban compared with 34.4 percent for Tanzania Mainland. Also the results show that, Kagera Region has the lowest percentage of people living in urban areas (11.2 percent) as seen in Figure 19.
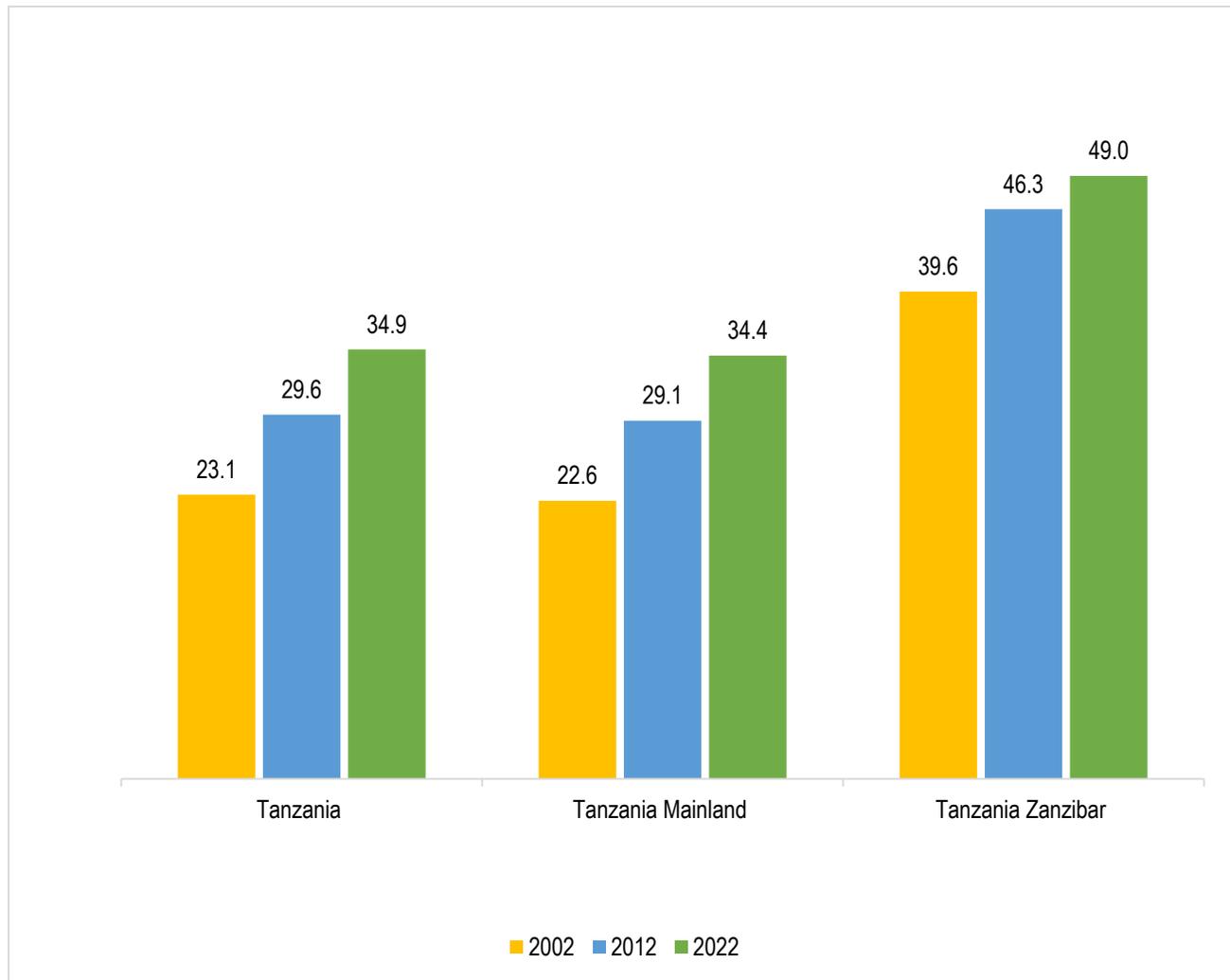
Figure 19: Percentage Distribution of Persons Living in Urban Areas; 2002-2022 PHC

Map 5: Percentage Distribution of Population Living in Urban Areas by Region; 2022 PHC

UGANDA

Lake Victoria

RWANDA

Kagera
11.2

Mara
31.0

KENYA

Mwanza
39.6

Geita
34.7

Simiyu
19.5

Arusha
40.0

BURUNDI

Shinyanga
31.9

Kilimanjaro
23.8

Kigoma
24.6

Manyara
15.4

Tanga
26.0

Zanzibar

Tabora
14.9

Singida
16.0

Dodoma
35.3

Katavi
23.3

Lake Tanganyika

Dar es S
100

CONGO

Morogoro
39.9

Pwani
41.3

Indian

Iringa
30.1

Rukwa
20.4

Lake Rukwa

Mbeya
39.5

Songwe
44.7

Njombe
29.6

Lindi
20.7

ZAMBIA

MALAWI

Ruvuma
23.1

Mtwara
35.4

Lake Nyasa

MOZAMBIQUE

Kilometers
0 80 160 240 320

ZANZIBAR

Kaskazini Pemba
21.3

N

Kusini Pemba
27.9

Indian Ocean

Kaskazini Unguja
16.7

Mjini
Magharibi
79.5

Kusini Unguja
20.3

Kilometers
0 10 20 40 60 80

Legend

International_Boundary

Regional Boundary

Percentage of Population living in Urban Area

	11.2 - 21.3
	21.4 - 31.9
	32.0 - 41.3
	41.4 -100.0

4. Table for Population Distribution by five-year Age Group and Place of Residence

Table 5: Population Distribution by five-year Age Group and Place of Residence - Tanzania: PHC 2022

Age Group	Total		Rural		Urban	
	Number	Percent	Number	Percent	Number	Percent
Total	**61,741,120**	**100.0**	**40,201,425**	**100.0**	**21,539,695**	**100.0**
0 - 4	9,484,171	15.4	6,579,993	16.4	2,904,178	13.5
5 - 9	8,918,579	14.4	6,256,073	15.6	2,662,506	12.4
10 - 14	7,997,238	13.0	5,616,800	14.0	2,380,438	11.1
15 - 19	6,282,389	10.2	4,026,622	10.0	2,255,767	10.5
20 - 24	5,565,976	9.0	3,247,375	8.1	2,318,601	10.8
25 - 29	4,728,172	7.7	2,653,105	6.6	2,075,067	9.6
30 - 34	3,955,958	6.4	2,256,614	5.6	1,699,344	7.9
35 - 39	3,208,350	5.2	1,892,184	4.7	1,316,166	6.1
40 - 44	2,711,500	4.4	1,647,034	4.1	1,064,466	4.9
45 - 59	2,290,064	3.7	1,450,839	3.6	839,225	3.9
50 - 54	1,853,398	3.0	1,222,464	3.0	630,934	2.9
55 - 59	1,253,342	2.0	844,674	2.1	408,668	1.9
60 - 64	1,151,075	1.9	797,588	2.0	353,487	1.6
65 - 69	704,085	1.1	492,640	1.2	211,445	1.0
70 - 74	626,867	1.0	454,010	1.1	172,857	0.8
75 - 79	374,294	0.6	277,676	0.7	96,618	0.4
80 - 84	291,416	0.5	221,272	0.6	70,144	0.3
85+	344,246	0.6	264,462	0.7	79,784	0.4

Table 6: Population Distribution by five-year Age Group and Place of Residence- Tanzania Mainland: PHC 2022

Age Group	Total		Rural		Urban	
	Number	Percent	Number	Percent	Number	Percent
Total	**59,851,347**	**100.0**	**39,237,927**	**100.0**	**20,613,420**	**100.0**
0 - 4	9,207,432	15.4	6,429,922	16.4	2,777,510	13.5
5 - 9	8,654,736	14.5	6,112,023	15.6	2,542,713	12.3
10 - 14	7,766,212	13.0	5,489,875	14.0	2,276,337	11.0
15 - 19	6,083,495	10.2	3,926,225	10.0	2,157,270	10.5
20 - 24	5,380,223	9.0	3,161,841	8.1	2,218,382	10.8
25 - 29	4,570,022	7.6	2,580,480	6.6	1,989,542	9.7
30 - 34	3,824,916	6.4	2,193,535	5.6	1,631,381	7.9
35 - 39	3,103,533	5.2	1,840,085	4.7	1,263,448	6.1
40 - 44	2,626,930	4.4	1,606,434	4.1	1,020,496	5.0
45 - 59	2,221,514	3.7	1,418,149	3.6	803,365	3.9
50 - 54	1,795,514	3.0	1,194,471	3.0	601,043	2.9
55 - 59	1,210,355	2.0	822,901	2.1	387,454	1.9
60 - 64	1,120,151	1.9	782,094	2.0	338,057	1.6
65 - 69	684,439	1.1	482,088	1.2	202,351	1.0
70 - 74	610,755	1.0	445,359	1.1	165,396	0.8
75 - 79	365,476	0.6	272,558	0.7	92,918	0.5
80 - 84	286,613	0.5	218,602	0.6	68,011	0.3
85+	339,031	0.6	261,285	0.7	77,746	0.4

Table 7: Population Distribution by five-year Age Group and Place of Residence- Tanzania Zanzibar, PHC 2022

Age Group	Total		Rural		Urban	
	Number	Percent	Number	Percent	Number	Percent
Total	1,889,773	100.0	963,498	100.0	926,275	100.0
0 - 4	276,739	14.6	150,071	15.6	126,668	13.7
5 - 9	263,843	14.0	144,050	15.0	119,793	12.9
10 - 14	231,026	12.2	126,925	13.2	104,101	11.2
15 - 19	198,894	10.5	100,397	10.4	98,497	10.6
20 - 24	185,753	9.8	85,534	8.9	100,219	10.8
25 - 29	158,150	8.4	72,625	7.5	85,525	9.2
30 - 34	131,042	6.9	63,079	6.5	67,963	7.3
35 - 39	104,817	5.5	52,099	5.4	52,718	5.7
40 - 44	84,570	4.5	40,600	4.2	43,970	4.7
45 - 59	68,550	3.6	32,690	3.4	35,860	3.9
50 - 54	57,884	3.1	27,993	2.9	29,891	3.2
55 - 59	42,987	2.3	21,773	2.3	21,214	2.3
60 - 64	30,924	1.6	15,494	1.6	15,430	1.7
65 - 69	19,646	1.0	10,552	1.1	9,094	1.0
70 - 74	16,112	0.9	8,651	0.9	7,461	0.8
75 - 79	8,818	0.5	5,118	0.5	3,700	0.4
80 - 84	4,803	0.3	2,670	0.3	2,133	0.2
85+	5,215	0.3	3,177	0.3	2,038	0.2