

MOZAMBIQUE

Capital

Maputo

Ethnic Groups

African 99% (Makhuwa, Tsonga, Lomwe, Sena, and others),
Mestizo 0.8%, other (includes European, Indian, Pakistani,
Chinese) 0.2%

Languages

Makhuwa 26.1%, Portuguese (official) 16.6%, Tsonga 8.6%,
Nyanja 8.1, Sena 7.1%, Lomwe 7.1%, Chuwabo 4.7%,
Ndau 3.8%, Tswa 3.8%, other Mozambican languages
11.8%, other 0.5%, unspecified 1.8%

Religions

Roman Catholic 27.2%, Muslim 18.9%, Zionist Christian
15.6%, Evangelical/Pentecostal 15.3%, Anglican 1.7%,
other 4.8%, none 13.9%, unspecified 2.5%

Population

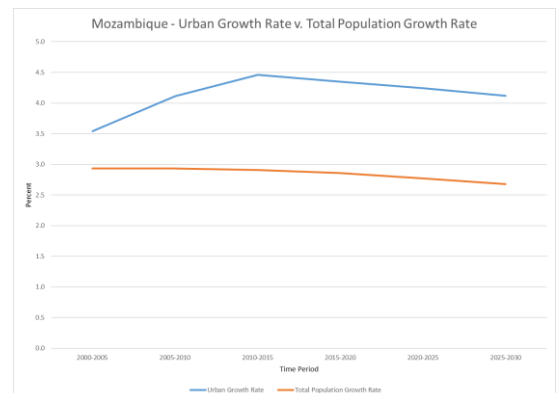
Total: 32.5 million
Median age: 17 years
Population growth rate: 2.55%
Urban: 38.8%
Rural 61.2%

Fertility

Birth rate: 36.94 births/1,000 population
Total fertility rate: 4.74 children born/woman
Sex ratio of population: 0.97 male(s)/female

Mortality

Death rate: 9.93 deaths/1,000 population
Life expectancy at birth: 57.7 years
Maternal mortality rate: 289 deaths/100,000 live births
Infant mortality rate: 59.77 deaths/1,000 live births



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Migration

Net migration rate: -1.54 migrants/1,000 population

Health

Current health expenditure: 7.6% of GDP

Physician density: 0.09 physicians/1,000 population

Adult obesity: 7.2%

Alcohol consumption per capita: 1.46 liters of pure alcohol

Education

Education expenditures: 6.3% of GDP

Literacy: 60.7%

Population Distribution

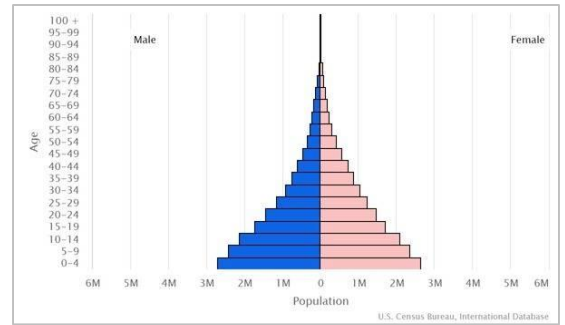
three large populations clusters are found along the southern coast between Maputo and Inhambane, in the central area between Beira and Chimoio along the Zambezi River, and in and around the northern cities of Nampula, Cidade de Nacala, and Pemba; the northwest and southwest are the least populated areas

Demographic Profile

Mozambique is a poor, sparsely populated country with high fertility and mortality rates and a rapidly growing youthful population – 45% of the population is younger than 15, as of 2020. Mozambique's high poverty rate is sustained by natural disasters, disease, high population growth, low agricultural productivity, and the unequal distribution of wealth. The country's birth rate is among the world's highest, averaging around 5 children per woman (and higher in rural areas) for at least the last three decades. The sustained high level of fertility reflects gender inequality, low contraceptive use, early marriages and childbearing, and a lack of education, particularly among women. The high population growth rate is somewhat restrained by the country's high HIV/AIDS and overall mortality rates. Mozambique ranks among the worst in the world for HIV/AIDS prevalence, HIV/AIDS deaths, and life expectancy at birth, as of 2022.

Mozambique is predominantly a country of emigration, but internal, rural-urban migration has begun to grow. Mozambicans, primarily from the country's southern region, have been migrating to South Africa for work for more than a century. Additionally, approximately 1.7 million Mozambicans fled to Malawi, South Africa, and other neighboring countries between 1979 and 1992 to escape from civil war. Labor migrants have usually been men from rural areas whose crops have failed or who are unemployed and have headed to South Africa to work as miners; multiple generations of the same family often become miners. Since the abolition of apartheid in South Africa in 1991, other job opportunities have opened to Mozambicans, including in the informal and manufacturing sectors, but mining remains their main source of employment.

Age Structure



Population Distribution

