

TANZANIA

Capital

Dar es Salaam (de facto administrative capital), Dodoma (national capital)

Ethnic Groups

mainland - African 99% (of which 95% are Bantu consisting of more than 130 tribes), other 1% (consisting of Asian, European, and Arab); Zanzibar - Arab, African, mixed Arab and African

Languages

Kiswahili or Swahili (official), Kiunguja (name for Swahili in Zanzibar), English (official, primary language of commerce, administration, and higher education), Arabic (widely spoken in Zanzibar), many local languages

Religions

Christian 63.1%, Muslim 34.1%, folk religion 1.1%, Buddhist <1%, Hindu <1%, Jewish <1%, other <1%, unspecified 1.6%

Population

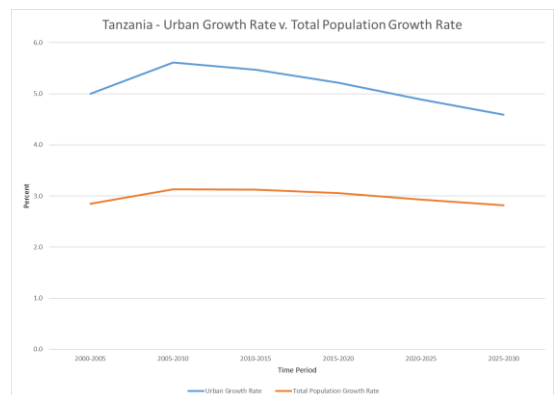
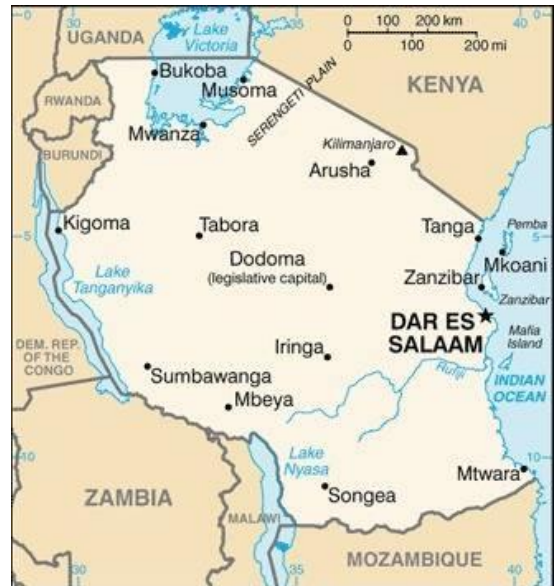
Total: 65.6 million
Median age: 18.2 years
Population growth rate: 2.75%
Urban: 37.4%
Rural 62.6%

Fertility

Birth rate: 32.9 births/1,000 population
Total fertility rate: 4.33 children born/woman
Sex ratio of population: 1 male(s)/female

Mortality

Death rate: 5.02 deaths/1,000 population
Life expectancy at birth: 70.48 years
Maternal mortality rate: 524 deaths/100,000 live births
Infant mortality rate: 30.25 deaths/1,000 live births



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Migration

Net migration rate: -0.39 migrants/1,000 population

Health

Current health expenditure: 3.8%

Physician density: 0.05 physicians/1,000 population

Adult obesity: 8.4 %

Alcohol consumption per capita: 7.81 liters of pure alcohol

Education

Education expenditures: 3.3% of GDP

Literacy: 77.9%

Population Distribution

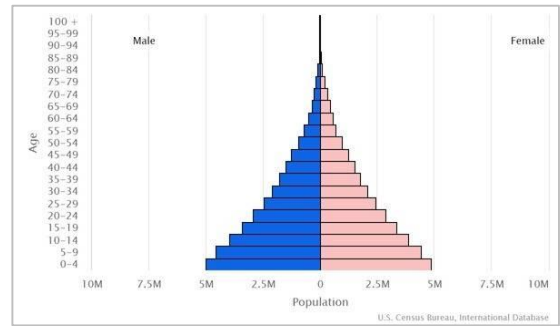
the largest and most populous East African country; population distribution is extremely uneven, but greater population clusters occur in the northern half of country and along the east coast

Demographic Profile

Tanzania has the largest population in East Africa and the lowest population density; more than a third of the population is urban. Tanzania's youthful population – over 60% of the population is under 25 as of 2020 – is growing rapidly because of the high total fertility rate of 4.4 children per woman, as of 2022. Progress in reducing the birth rate has stalled, sustaining the country's nearly 3% annual growth rate. The maternal mortality rate has improved since 2000, yet it remains very high because of early and frequent pregnancies, inadequate maternal health services, and a lack of skilled birth attendants – problems that are worse among poor and rural women. Tanzania has made strides in reducing under-5 and infant mortality rates, but a recent drop in immunization threatens to undermine gains in child health. Malaria is a leading killer of children under 5, while HIV is the main source of adult mortality.

For Tanzania, most migration is internal, rural to urban movement, while some temporary labor migration from towns to plantations takes place seasonally for harvests. Tanzania was Africa's largest refugee-hosting country for decades, hosting hundreds of thousands of refugees from the Great Lakes region, primarily Burundi, over the last fifty years. However, the assisted repatriation and naturalization of tens of thousands of Burundian refugees between 2002 and 2014 dramatically reduced the refugee population. Tanzania is increasingly a transit country for illegal migrants from the Horn of Africa and the Great Lakes region who are heading to southern Africa for security reasons and/or economic opportunities. Some of these migrants choose to settle in Tanzania.

Age Structure



Population Distribution

