

# UGANDA

## Capital

Kampala

## Ethnic Groups

Baganda 16.5%, Banyankole 9.6%, Basoga 8.8%, Bakiga 7.1%, Iteso 7%, Langi 6.3%, Bagisu 4.9%, Acholi 4.4%, Lugbara 3.3%, other 32.1%

## Languages

English (official language, taught in schools, used in courts of law and by most newspapers and some radio broadcasts), Ganda or Luganda (most widely used of the Niger-Congo languages), other Niger-Congo languages, Nilo-Saharan languages, Swahili (official), Arabic

## Religions

Protestant 45.1% (Anglican 32.0%, Pentecostal/Born Again/Evangelical 11.1%, Seventh Day Adventist 1.7%, Baptist .3%), Roman Catholic 39.3%, Muslim 13.7%, other 1.6%, none 0.2%

## Population

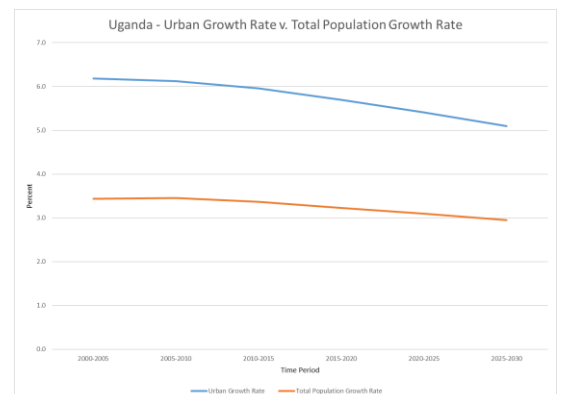
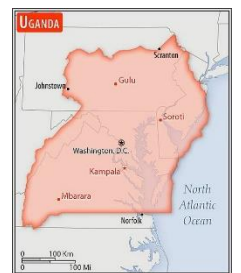
Total: 47.7 million  
Median age: 15.7 years  
Population growth rate: 3.22%  
Urban: 26.8%  
Rural 73.2%

## Fertility

Birth rate: 40.27 births/1,000 population  
Total fertility rate: 5.26 children born/woman  
Sex ratio of population: 0.95 male(s)/female

## Mortality

Death rate: 4.87 deaths/1,000 population  
Life expectancy at birth: 69.32 years  
Maternal mortality rate: 375 deaths/100,000 live births  
Infant mortality rate: 29.44 deaths/1,000 live births



# UGANDA

## Migration

Net migration rate: -3.16 migrants/1,000 population

## Health

Current health expenditure: 4% of GDP

Physician density: 0.15 physicians/1,000 population

Adult obesity: 5.3%

Alcohol consumption per capita: 6.82 liters of pure alcohol

## Education

Education expenditures: 2.7% of GDP

Literacy: 76.5%

## Population Distribution

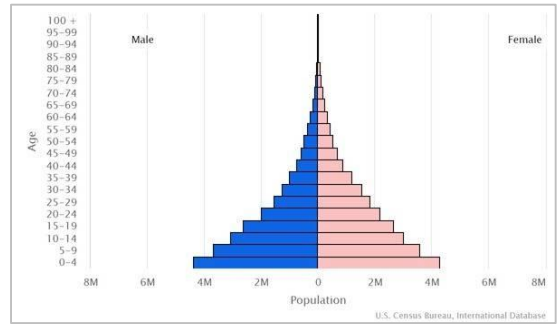
population density is relatively high in comparison to other African nations; most of the population is concentrated in the central and southern parts of the country, particularly along the shores of Lake Victoria and Lake Albert; the northeast is least populated

## Demographic Profile

Uganda has one of the youngest and most rapidly growing populations in the world; its total fertility rate is among the world's highest at close to 5.5 children per woman in 2022. Except in urban areas, actual fertility exceeds women's desired fertility by one or two children, which is indicative of the widespread unmet need for contraception, lack of government support for family planning, and a cultural preference for large families. High numbers of births, short birth intervals, and the early age of childbearing contribute to Uganda's high maternal mortality rate. Gender inequities also make fertility reduction difficult; women on average are less-educated, participate less in paid employment, and often have little say in decisions over childbearing and their own reproductive health. However, even if the birth rate were significantly reduced, Uganda's large pool of women entering reproductive age ensures rapid population growth for decades to come.

Unchecked, population increase will further strain the availability of arable land and natural resources and overwhelm the country's limited means for providing food, employment, education, health care, housing, and basic services. The country's north and northeast lag even further behind developmentally than the rest of the country as a result of long-term conflict (the Ugandan Bush War 1981-1986 and more than 20 years of fighting between the Lord's Resistance Army (LRA) and Ugandan Government forces), ongoing inter-communal violence, and periodic natural disasters.

Age Structure



Population Distribution

