

SAO TOME AND PRINCIPE

Capital

Sao Tome

Ethnic Groups

Mestico, Angolares, Forros, Servicais, Tongas, Europeans, Asians

Languages

Portuguese 98.4% (official), Forro 36.2%, Cabo Verdian 8.5%, French 6.8%, Angolar 6.6%, English 4.9%, Lunguie 1%, other (including sign language) 2.4%; note - shares sum to more than 100% because some respondents gave more than one answer on the census; other Portuguese-based Creoles are also spoken

Religions

Catholic 55.7%, Adventist 4.1%, Assembly of God 3.4%, New Apostolic 2.9%, Mana 2.3%, Universal Kingdom of God 2%, Jehovah's Witness 1.2%, other 6.2%, none 21.2%, unspecified 1%

Population

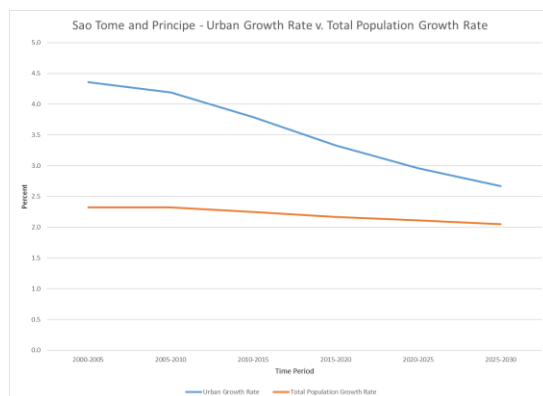
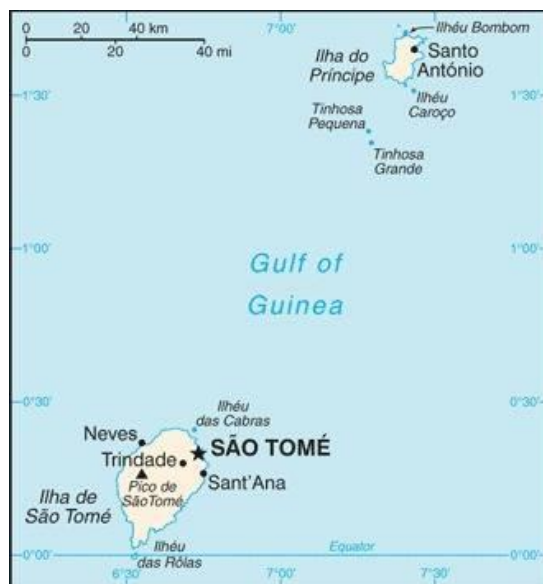
Total: 220,370
Median age: 19.3 years
Population growth rate: 1.45%
Urban: 76.4%
Rural 23.6%

Fertility

Birth rate: 27.43 births/1,000 population
Total fertility rate: 3.44 children born/woman
Sex ratio of population: 1 male(s)/female

Mortality

Death rate: 6.07 deaths/1,000 population
Life expectancy at birth: 67.39 years
Maternal mortality rate: 130 deaths/100,000 live births
Infant mortality rate: 43.48 deaths/1,000 live births



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Migration

Net migration rate: -6.84 migrants/1,000 population

Health

Current health expenditure: 4.9% of GDP

Physician density: 0.49 physicians/1,000 population

Adult obesity: 12.4%

Alcohol consumption per capita: 4.23 liters of pure alcohol

Education

Education expenditures: 5% of GDP

Literacy: 92.8%

Population Distribution

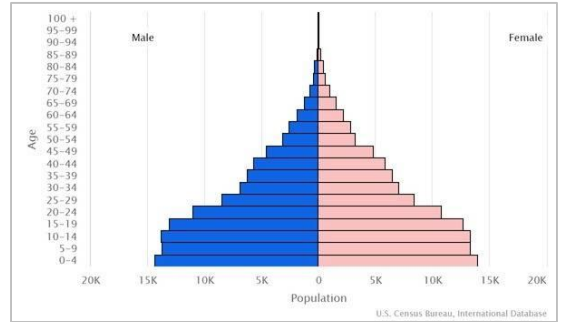
Sao Tome, the capital city, has roughly a quarter of the nation's population; Santo Antonio is the largest town on Principe; the northern areas of both islands have the highest population densities

Demographic Profile

Sao Tome and Principe's youthful age structure – more than 60% of the population is under the age of 25 as of 2020 – and high fertility rate ensure future population growth. Although Sao Tome has a net negative international migration rate, emigration is not a sufficient safety valve to reduce already high levels of unemployment and poverty. While literacy and primary school attendance have improved in recent years, Sao Tome still struggles to improve its educational quality and to increase its secondary school completion rate. Despite some improvements in education and access to healthcare, Sao Tome and Principe has much to do to decrease its high poverty rate, create jobs, and increase its economic growth.

Sao Tomean population consists of mesticos (creole descendants of the European immigrants and African slaves that first inhabited the islands), forros (descendants of freed African slaves), angolares (descendants of runaway African slaves that formed a community in the south of Sao Tome Island and today are fishermen), servicais (contract laborers from Angola, Mozambique, and Cape Verde), tongas (locally born children of contract laborers), and lesser numbers of Europeans and Asians.

Age Structure



Population Distribution

