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DEMOGRAPHIC AND POPULATION DYNAMICS



Males: 9.66 million
Females: 10.04 million
Growth rate: 3.5% (Africa avg: 2.4%)
Rural: 55.3%
Urban: 44.7%



Median age: 18.3 years (up from 16.9 in 2010)
Working-age (15–64): 55.2%
Dependency ratio: 82.1
Sex Ratio: 96 males per 100 females



Population Density: (Highest & Lowest)

Lusaka: 141.3 persons/km²
North Western: 10.2 persons/km²

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MARRIAGE & SOCIAL PROFILE



Marital Status (10+ years):

Never married: 49.8%
Monogamous: 38.6%
Median marriage age: 23.8 years (males), 19.6 years (females)



Religion: 98% Christian (Pentecostal dominant in urban)



Some of the major Dual nationality links:

DRC: 15.2%
Zimbabwe: 14.9%

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LITERACY & EDUCATION



Literacy rates (5 Years & Older):

Overall: 62.6%
Urban: 78.2%
Rural: 49.8%
Youth (15–24): 77.1% (rural youth 66.7%, urban youth 89.8%)



School Attendance (3 Years & Older):

Ever attended: 75.1%
Currently attending: 42.9%
Net attendance Rate:

- Primary: 72.4%
- Secondary: 41.8%
- Tertiary: 2.1%

TEVET participation: 3.5% (urban-dominant)

Sex: Males in STEM; females in education/health

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ACTIVITY LIMITATION & ALBINISM



Disability & Albinism

Over 1.8 million people with activity limitations higher in rural areas
Albinism: There were 64,026 people with albinism with rural areas accounting for the majority

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DIGITAL ACCESS



ICT ownership: 40.8%
Urban: 54%
Rural: 29.9%



Internet use: 15%
Urban: 29.2%
Rural: 5.3%



Children (5–18) ICT ownership: <12%
Gender gaps: Males 43.6% | Females 38.2%

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LABOUR & EMPLOYMENT



Labour force Participation

Participation: 39.1% of working-age
Employment-to-population ratio: 34.7%
Males: 41.7%
Females: 28.2%



Unemployment rate: 11.3%
Females: 13%
Youth (15–24): 19.7%
Urban unemployed: 13.1%
Youth (19–34) unemployment: 14.5%

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FERTILITY TRENDS



Total Fertility Rate:

4.6 children per woman
• Urban: 3.9
• Rural: 5.5



Highest: Luapula 5.4
Lowest: Lusaka 3.6



Average completed family size:

Urban: 4.5
Rural: 6.1

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MORTALITY & LIFE EXPECTANCY



Infant Mortality Rate: 31/1,000

- Urban: 25.2
- Rural: 34.7



Under-five Mortality: 45/1000

- Highest Luapula: 88
- Lowest Lusaka: 29



Life Expectancy: 67 years

- males: 64
- females: 69

Maternal Mortality Ratio: 184/100,000

Counting for Change:

Zambia's journey through the 2022 Census of Population and Housing

Let us take you on a journey through Zambia — not the one we see on maps, but the Zambia reflected in the numbers. The Zambia that is young, vibrant, full of promise... but also facing some challenges we must confront together.

As of 2022, our country was home to nearly 20 million people, with a higher proportion of women than men, and with children and youth comprising the majority. Our population is growing at an impressive rate of 3.5% per year — one of the highest rates on the continent. That means more mouths to feed, more minds to educate, and more futures to shape.

Despite the rise in population in cities and towns, more than half of Zambians still live in rural areas — about 55%. This tells us something important: development must extend beyond city limits. Rural Zambia needs the same opportunities, investments, and chances to thrive.

Now, let's talk families. Fewer people are marrying young. The average age at first marriage is just over 20 years, and men tend to marry a bit later than women. The number of children per woman has decreased over time, from 6.7 in 1990 to 4.6 in 2022. That's a big shift, especially in cities, where families tend to be smaller.

But even as our families change, our communities stay connected. Most Zambians still identify strongly with their religion, with 98% identifying as Christian. We also share deep cultural ties across borders, especially with places like the DRC and Zimbabwe.

Let's talk about learning. Overall, 63% of our people can read and write in any language. That's good, but we must admit — the gaps are still wide. In towns, literacy rates are higher, at 78%, but in villages, they drop to just 50%. And when it comes to women and girls, they still lag behind men, especially in rural areas.

The good news? Our young people are doing better. Seventy-seven per cent of youth aged 15 to 24 are literate. But here's the catch — many aren't going far in school. Only 2 out of every 100 young adults attend college or university, and in rural Zambia, the rate is even lower.

Access to technology is another area with big inequalities. Just 4 in 10 Zambians aged 5 years and above own a working ICT device — and only 15% use the internet. In cities, over half of the population owns devices, and nearly a third goes online. But in rural areas, the numbers fall sharply — only 5% of people use the internet.

This digital divide especially disadvantages our children. Fewer than 1 in 10 children aged 5 to 18 in rural areas own any kind of digital device. That's a significant obstacle in a world that's rapidly going digital.

Then coming to work — or the lack of it. Out of over 10.5 million working-age Zambians, only 39% are part of the labour force, and fewer than 35% are employed. Unemployment hits the youth hardest, especially in cities, where nearly 63% of unemployed people reside. And 1 in every 5 young people is looking for work but can't find it.

In health: we've made real progress. Life expectancy is now 67 years, higher for women than men. And child survival has improved dramatically: the infant mortality rate has dropped from 123 to just 31 deaths per 1,000 live births since 1990. That's a huge achievement.

Still, there's work to do — especially in rural areas, where maternal deaths are higher, and health services remain uneven. Nearly 9% of female adult deaths are related to maternal causes. That's a call to action.

Let's not forget our fellow citizens with disabilities. Over 1.8 million people reported some form of activity limitation, with the majority residing in rural areas. These are people who need inclusive policies, services, and support to participate in society fully.

And when it comes to language and identity, Zambia remains a remarkably diverse nation. English, though official, is mainly spoken in formal settings — only 2% of Zambians use it as their main language at home.

So, what does this all mean?

It means Zambia is growing, learning, and changing. It means we have a young and energetic population, full of ideas and dreams. However, it also means we must work harder to close the gaps between rural and urban areas, between men and women, and between those with and without opportunities.

The 2022 Census doesn't just give us numbers — it gives us a mirror. A reflection of who we are, and a map of where we need to go.

"Every number in this census represents a person, a family, a future."