CURRENT STATE OF PAKISTAN’S POPULATION
A rapidly growing population means ever-increasing demands for food, schools, health facilities, jobs and infrastructure, and rising pressure on the government to keep pace in providing these services at an equally fast pace.

POOPULATION
AVERAGE ANNUAL GROWTH RATE
2.4%

225 MILLION
(2021)
Estimated Population

PAKISTAN IS THE 5TH MOST POPULOUS COUNTRY IN THE WORLD!

TOTAL FERTILITY RATE
TFR*
3.6

Pakistan has the Highest TFR amongst the countries in South Asia

MATERNAL DEATH
11,000
Maternal Deaths occur annually

If contraceptive use rises from the current 35% to 55%

4,200 MOTHERS WILL BE SAVED!

UNMET NEED FOR FAMILY PLANNING
On average couples have 1 unintended child*

* Couples of child bearing age who are not using contraception but want to

MALNUTRITION
HIGH FERTILITY CONTRIBUTES TO MALNUTRITION!

INFANT MORTALITY RATE
62
Infants die before reaching one year of age (per 1000 live births)

140,000 INFANTS WILL BE SAVED!

If contraceptive use rises from the current 35% to 55%

CHILDREN UNDER THE AGE OF 5

40% Stunted
18% Wasted
29% Underweight

* The average number of children a women has during her reproductive age
What can Pakistan do to achieve sustainable population growth?

- Promote public discourse on population dynamics as a core element in economic and social development.
- Increase spending on population services: Pakistan’s current spending of $ 1.0 per capita should be doubled to eliminate unmet need.
- All private sector providers and outlets of the health departments must provide family planning services to improve access and information.
- Sustain political commitment and increased accountability to ensure that the system is delivering and meeting the family planning needs of the constituents.

Source: Population & Housing Census 2017-GoP
National Nutrition Survey 2018
World Population Prospects 2019 by UN Population Division
Pakistan DHS 2012-13, 2017-18
Labour Force Survey (LFS) 2017-18
Pakistan Social and Living Standards Measurement Survey (PSLMS) 2019-20