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.

**Current State of Punjab’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.

**Population**

- **Average Annual Growth Rate**: 2.13% (1998-2017)
- **Estimated Population**: 121.5 million (2022)
- **Total Fertility Rate**: 3.4
  - *The average number of children a woman has during her reproductive age*

**Maternal Death**

- **5,200 Maternal Deaths occur annually**
- **2,300 Mothers will be saved!**
  - If contraceptive use rises from the current 38% to 54%

**Unmet Need for Family Planning**

- **15.8% unmet need***
  - On average couples have 1 unintended child***
  - Couples of child-bearing age who are not using contraception but want to

**Infant Mortality Rate**

- **73 Infants die before reaching one year of age (per 1000 live births)**
- **73,000 Infants will be saved!**
  - If contraceptive use rises from the current 38% to 54%

**Malnutrition**

- **23.5% children under the age of 5 are underweight**
- **High Fertility contributes to malnutrition!**

*Additional note: The information is based on the current rate of fertility decline. By 2050, it is estimated that the population of Punjab will be 176 million.*
Given 2% annual population growth rate:

66 Million
JOBS WILL BE REQUIRED BY 2040

7 Million
MORE HOUSES WILL BE NEEDED BY 2040

35,000
MORE PRIMARY SCHOOLS WILL BE NEEDED BY 2040

EVERY FOURTH CHILD (AGE 5-16), IS OUT OF SCHOOL IN PUNJAB

OUT OF WHICH
23% Boys
26% Girls

What can Pakistan do to achieve sustainable population growth?

- Promote public discourse on population dynamics as a core element in economic and social development.
- 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
Pakistan DHS 2012-13, 2017-18
Labour Force Survey (LFS) 2017-18
Pakistan Social and Living Standards Measurement Survey (PSLMS) 2019-20