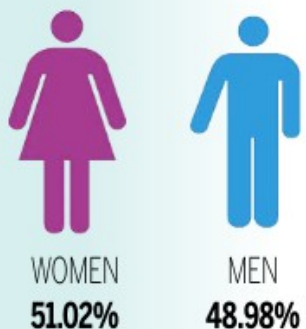


Population according to census 2021



NEPAL'S POPULATION

29,164,578

Age	Population	%
0-9	5,205,710	17.9
10-19	5,876,269	20.2
20-29	5,242,409	17.9
30-39	4,189,204	14.4
40-49	3,183,872	10.9
50-59	2,489,796	8.5
60-69	1,727,222	5.9
70-79	9,62,573	3.3
80-89	2,39,883	0.9
90 & above	47,640	0.2

5

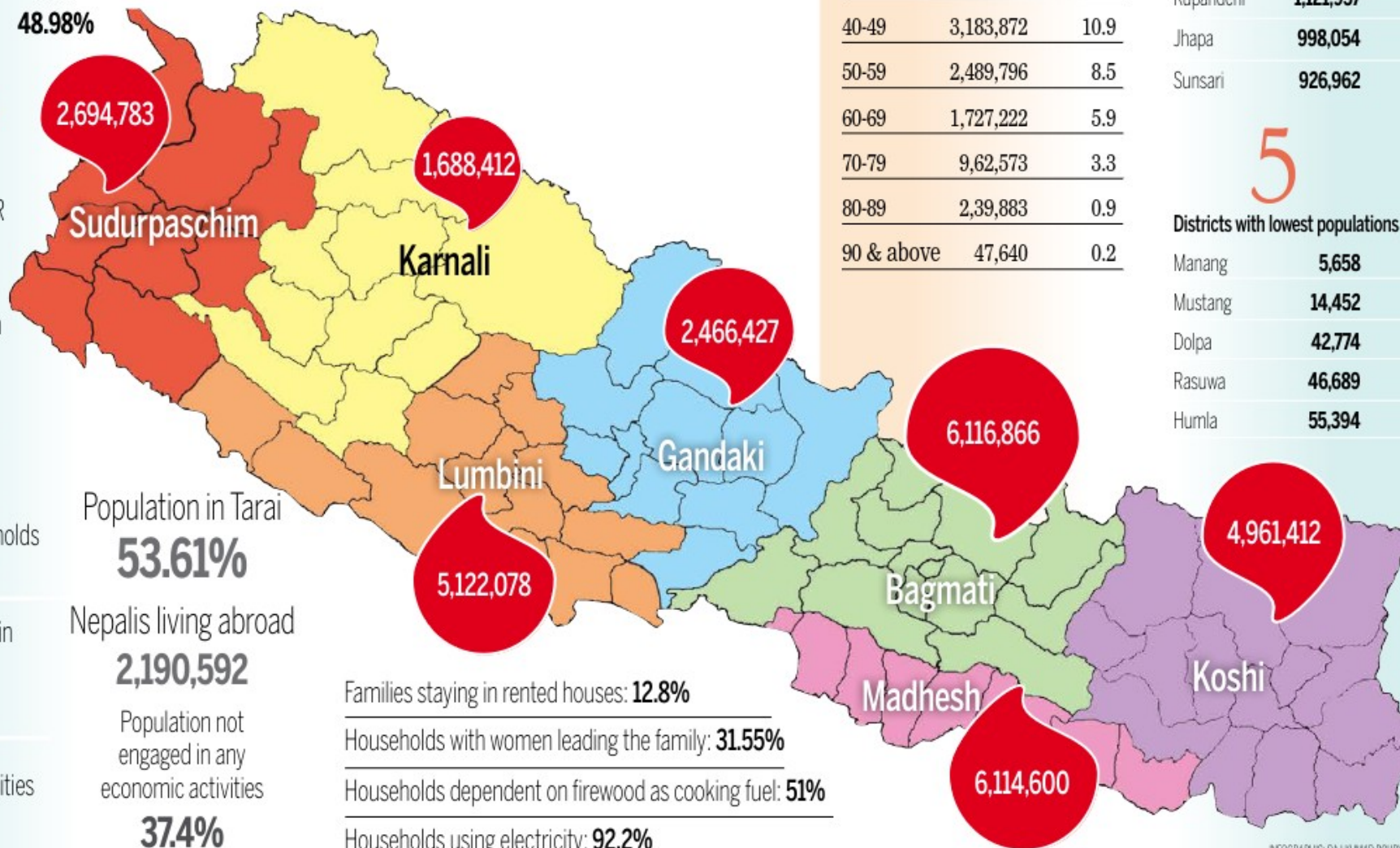
Districts with highest populations

Kathmandu	2,041,587
Morang	1,148,156
Rupandehi	1,121,957
Jhapa	998,054
Sunsari	926,962

5

Districts with lowest populations

Manang	5,658
Mustang	14,452
Dolpa	42,774
Rasuwa	46,689
Humla	55,394



Population in Tarai
53.61%

Nepalis living abroad
2,190,592

Population not engaged in any economic activities
37.4%

Families staying in rented houses: **12.8%**

Households with women leading the family: **31.55%**

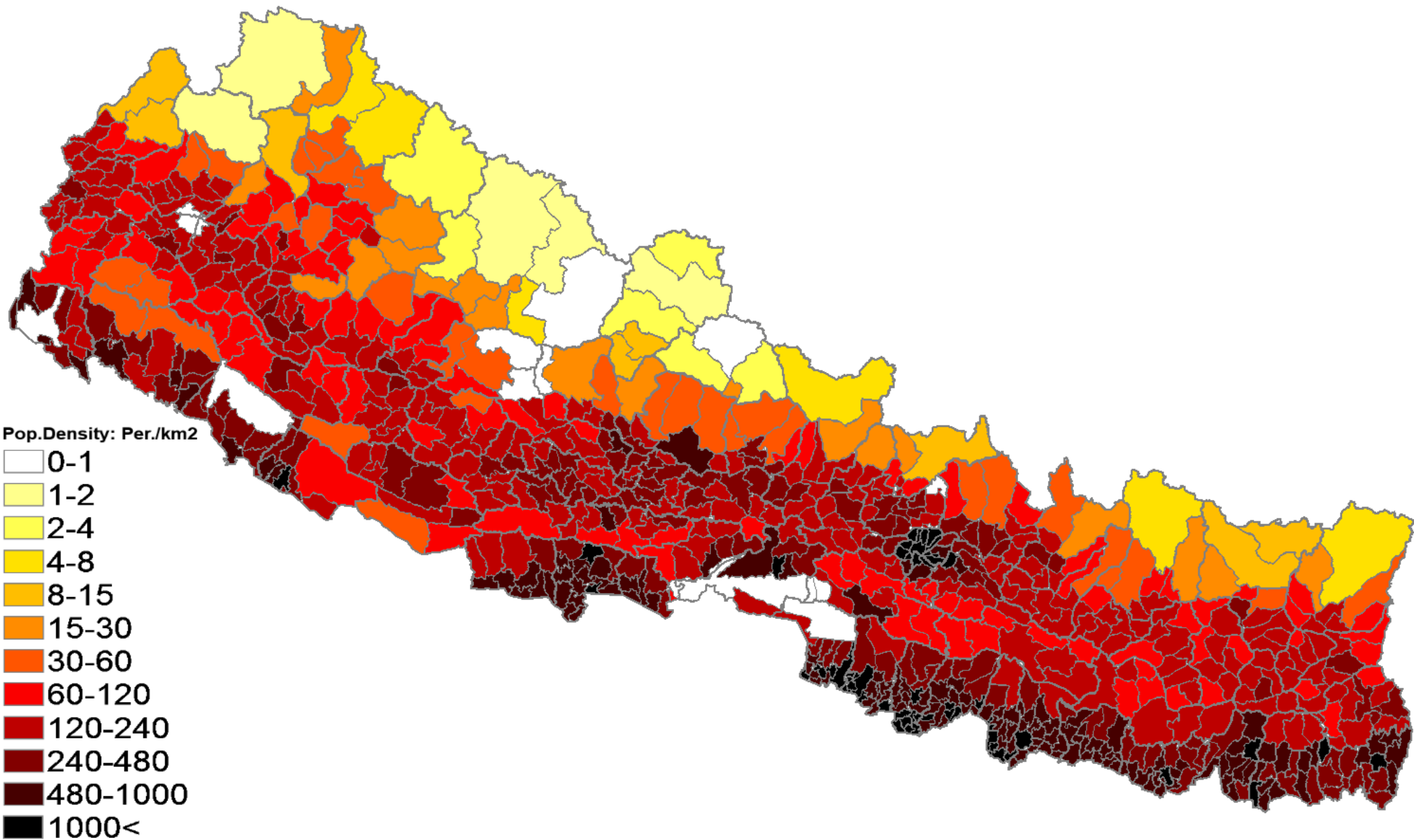
Households dependent on firewood as cooking fuel: **51%**

Households using electricity: **92.2%**

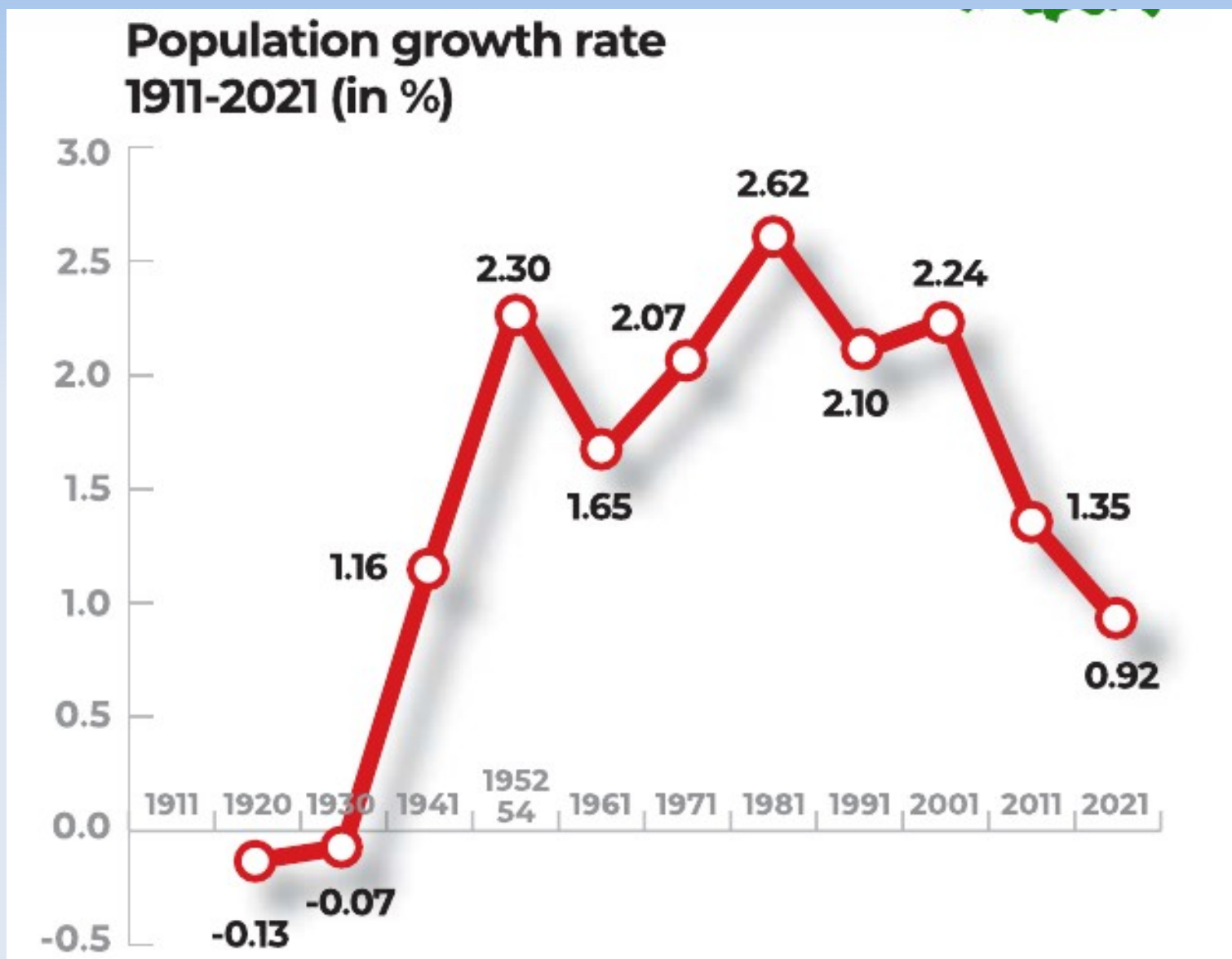
SOURCE: NATIONAL POPULATION AND HOUSING CENSUS 2021

INFOGRAPHIC: RAJ KUMAR POUDYAL

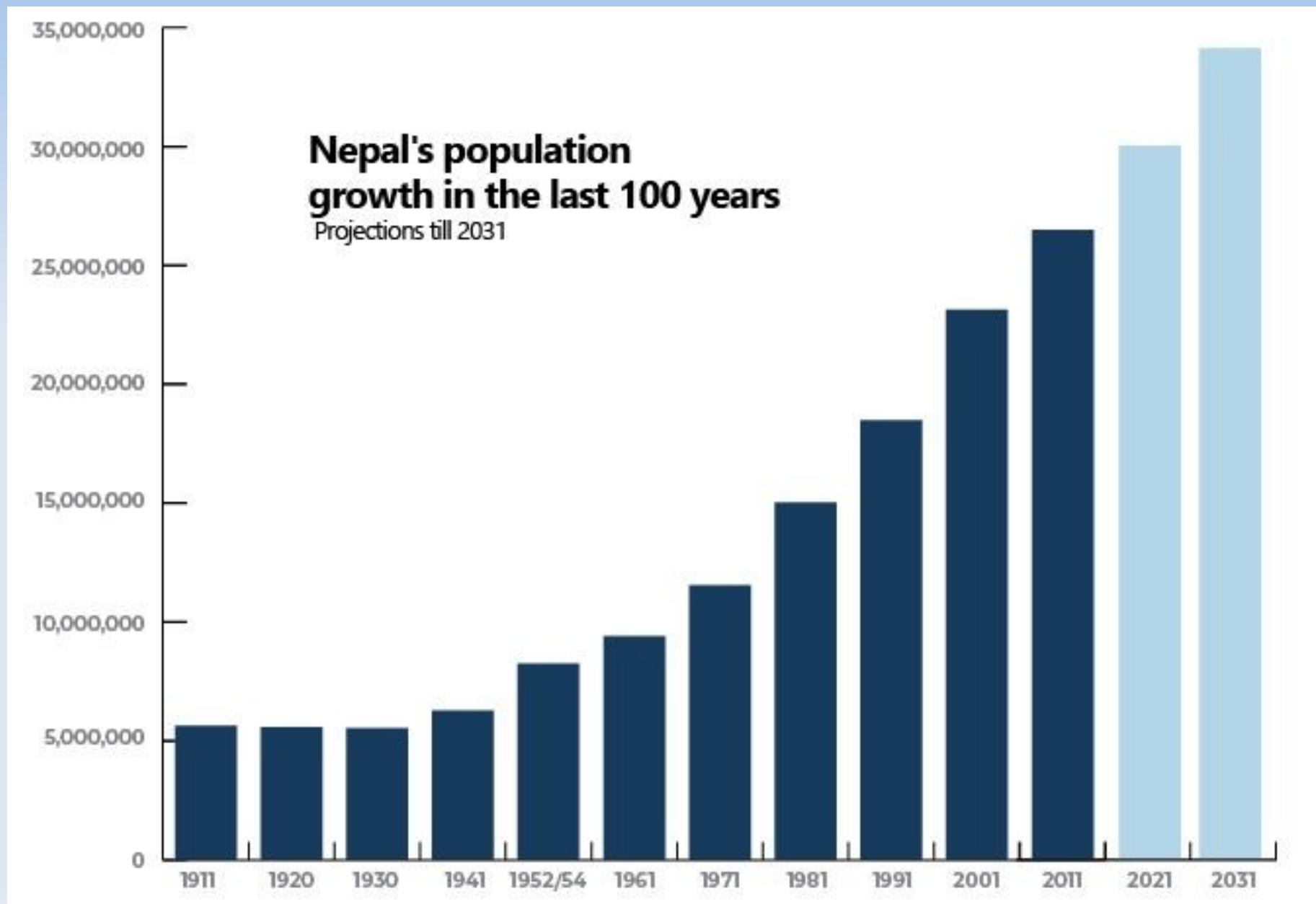
Population density (2024)



Population growth

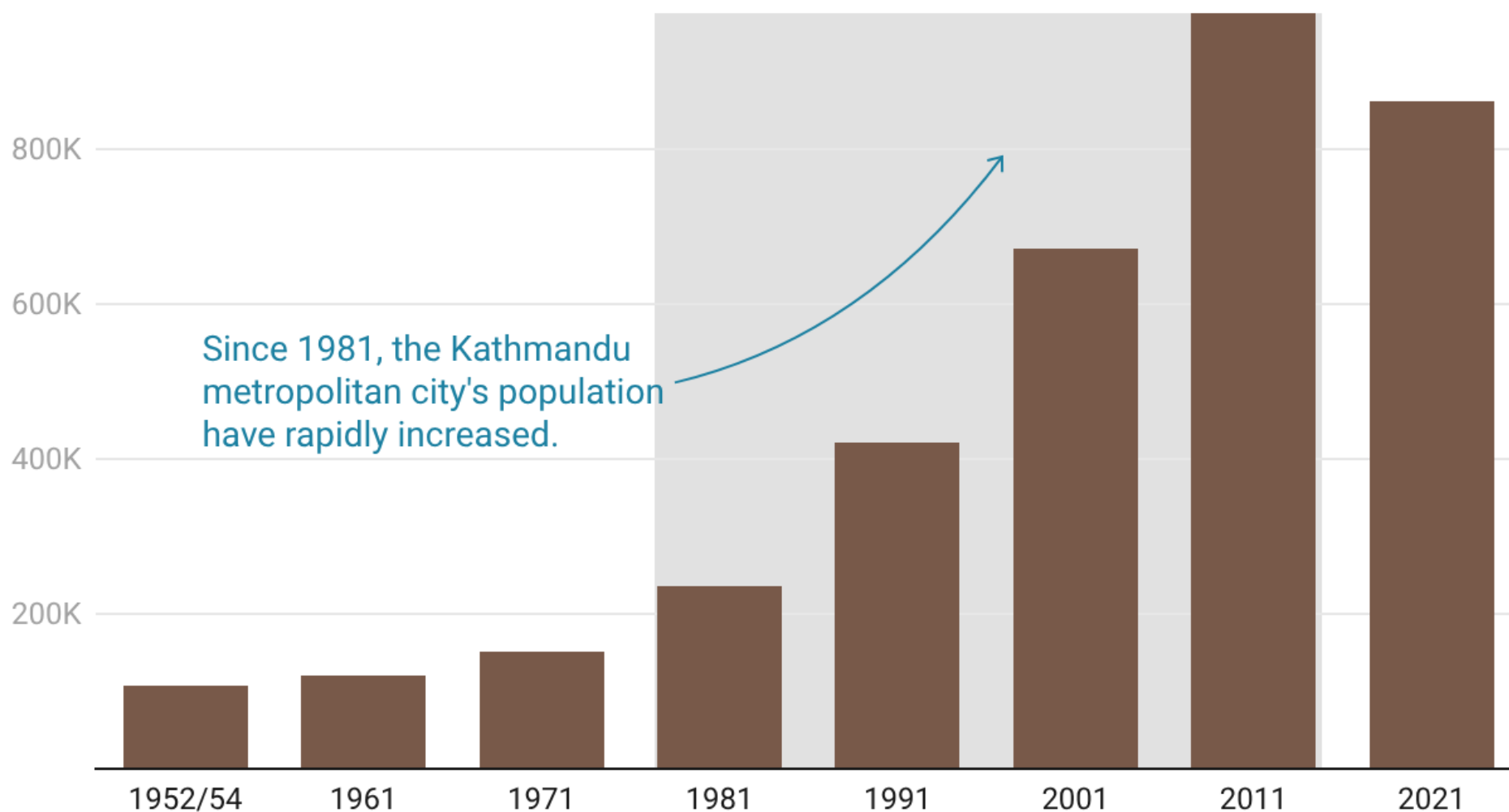


Population growth



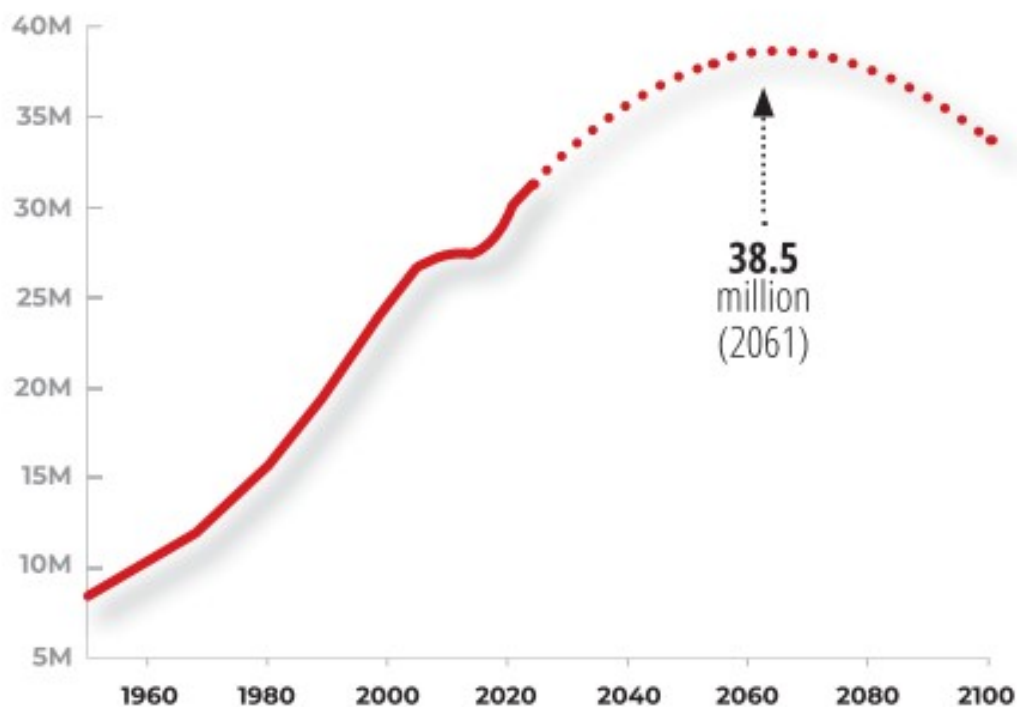
Population growth KTM

Population trend of Kathmandu metropolitan city

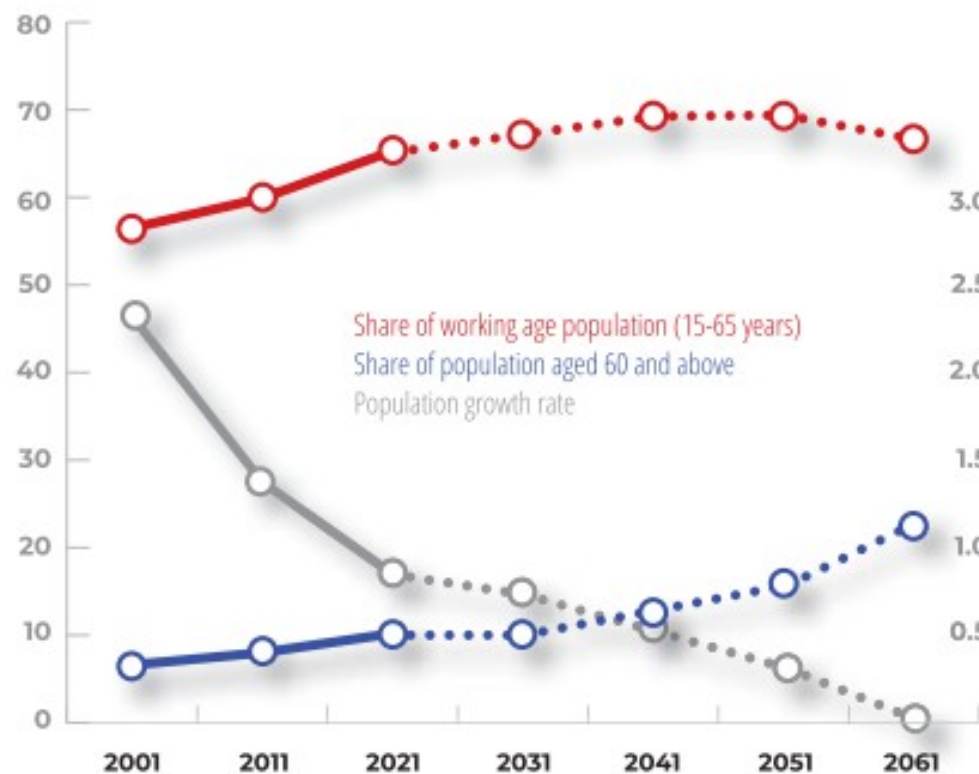


Population growth until 2100 (source: UN)

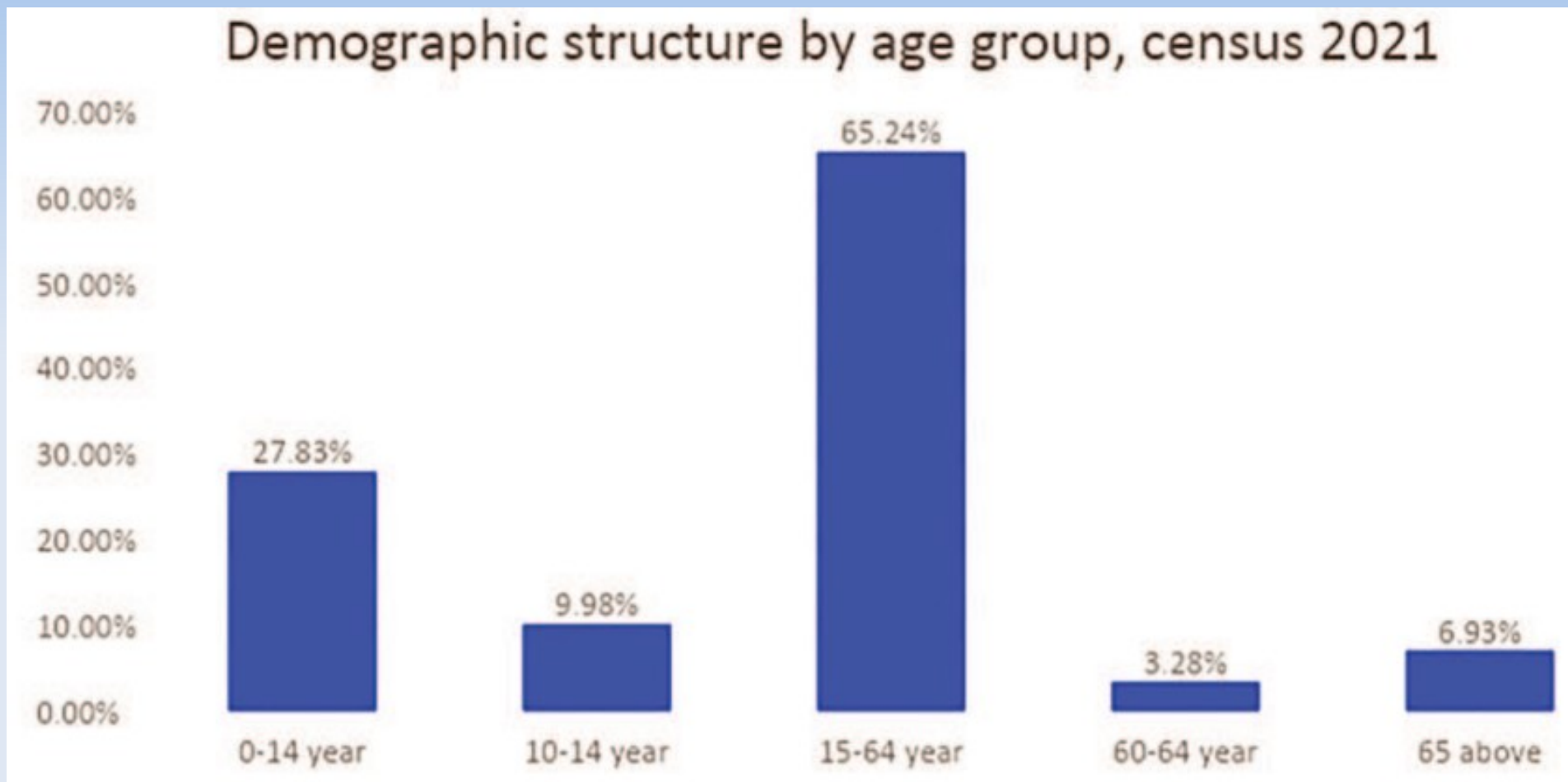
Nepal's total population and projection (in millions)



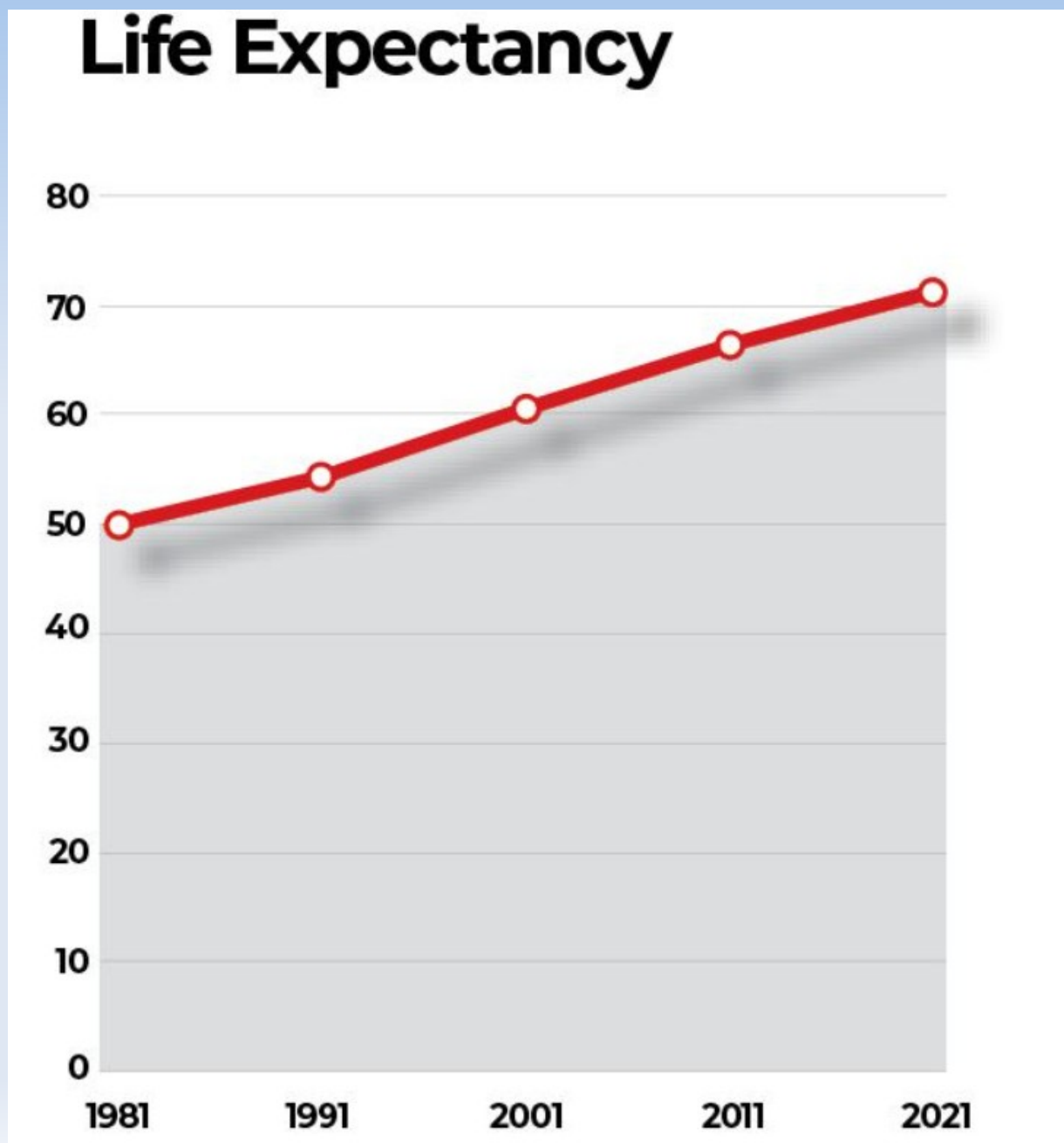
Share of youth, elderly and population growth rate (in %)



Age groups (census 2021)

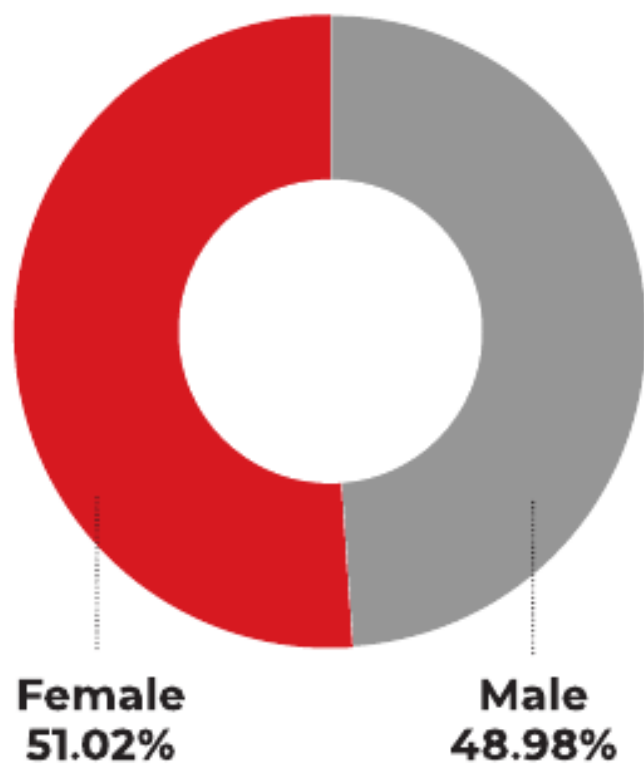


Population: Life expectancy

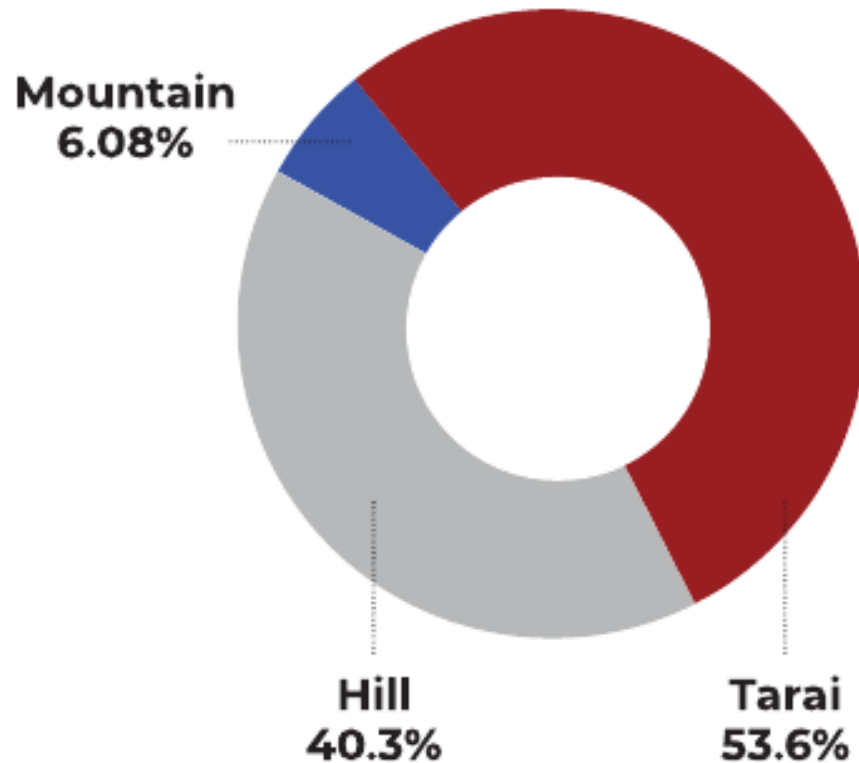


Population: Gender and region (census 2021)

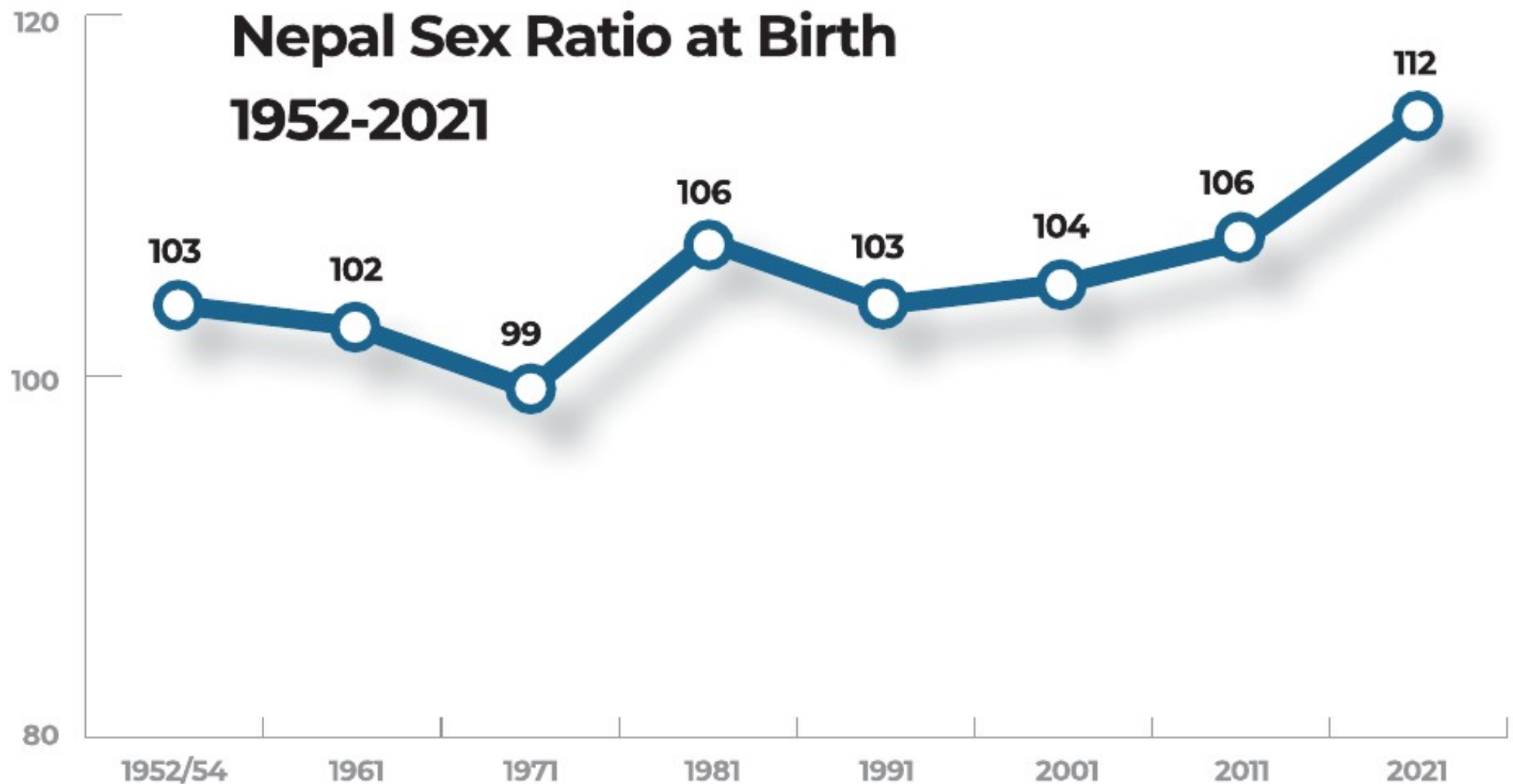
**Population
by gender**



**Population by
ecological belt**



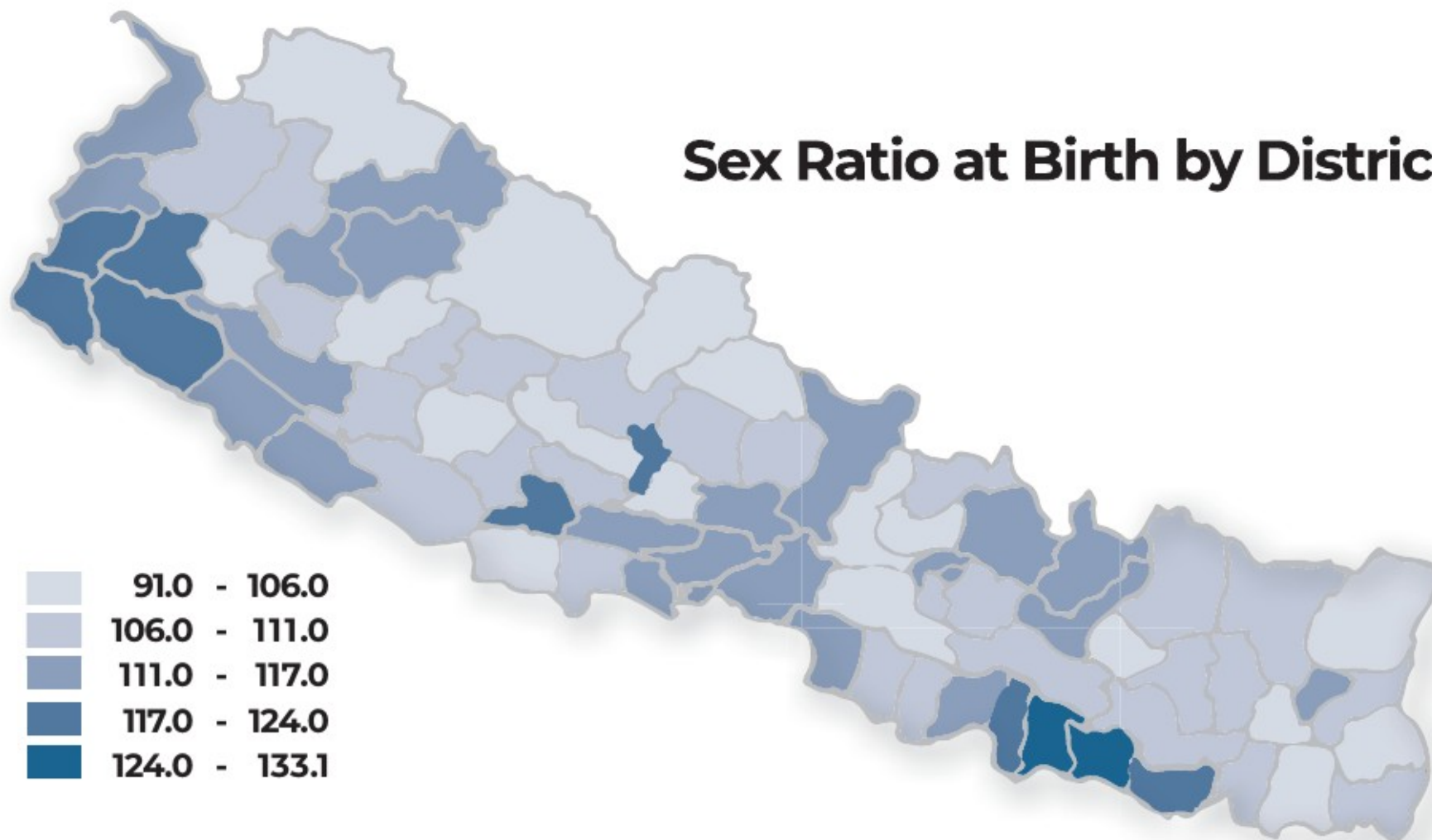
Population: Sex ratio (1952 - 2021)



SOURCE: 1952/54-2021 CENSUSES

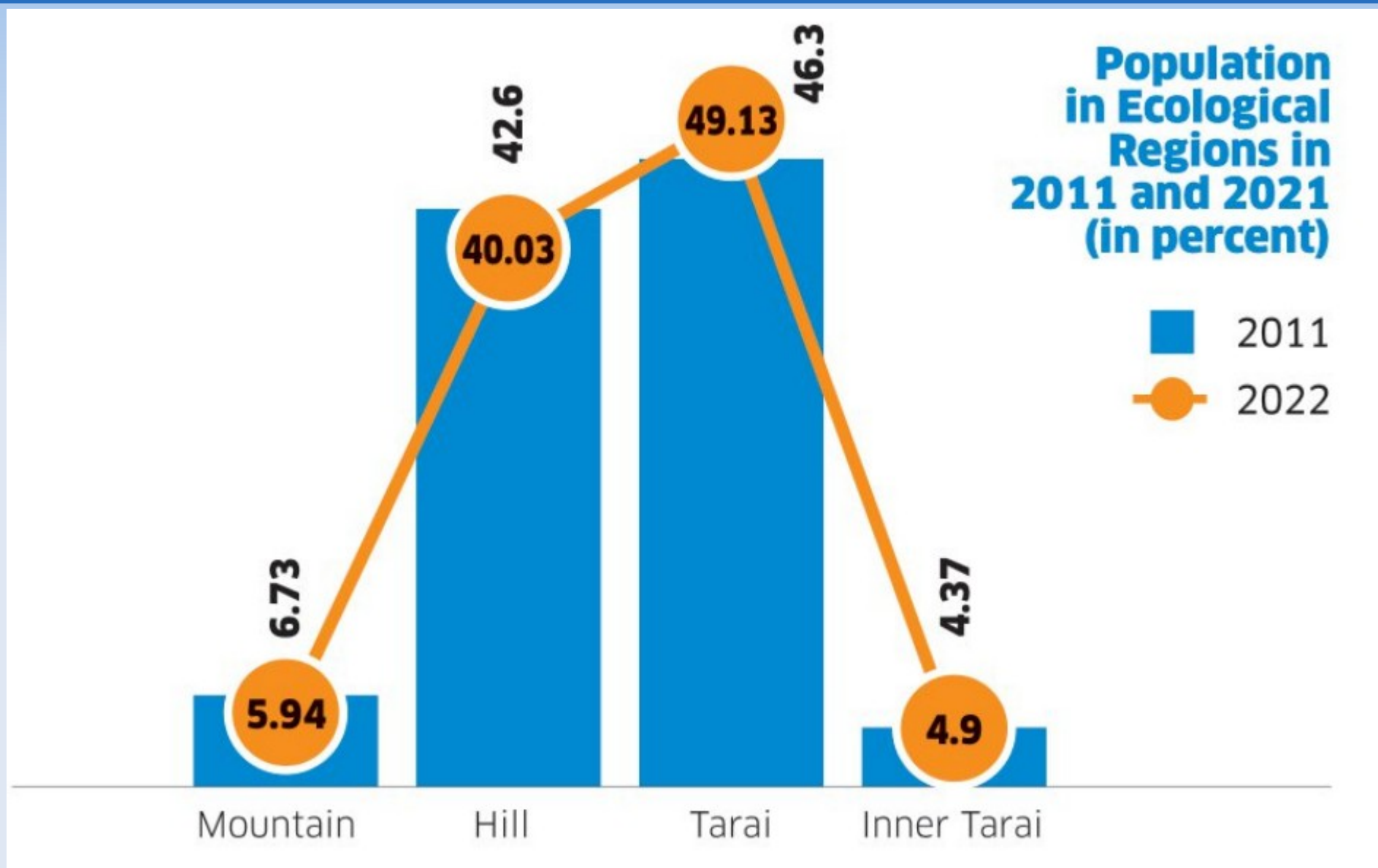
Population: Sex ratio by districts

Sex Ratio at Birth by District



SOURCE: 2021 CENSUS

Population development (2011 - 2021)



Districts with population decline (census 2021)

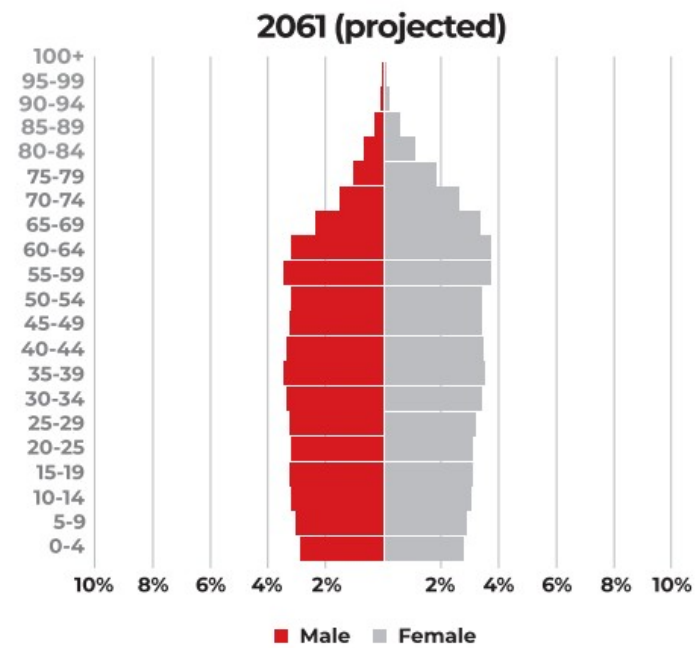
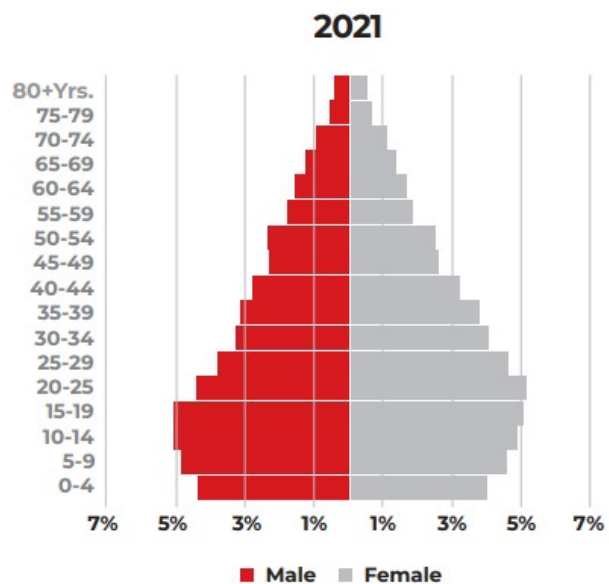
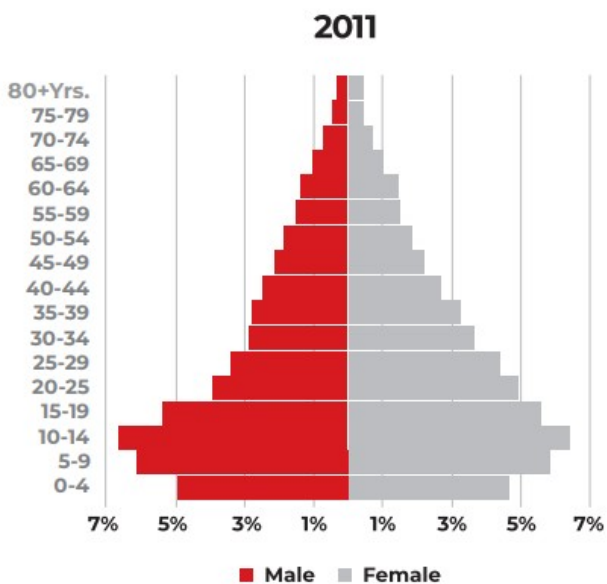
कभर स्टोरी

किन घट्यो ३४ जिल्लाको जनसंख्या ?

देशका ३४ जिल्लामा पछिल्लो १० वर्षमा जनसंख्या घटेको पाइएको छ। जसमा कोसी प्रदेशका ९, गण्डकीका ८, बागमतीका ६, सुदूरपश्चिमका ५, लुम्बिनीका ३ र कर्णालीका २ जिल्ला छन्। जुन पहाडी क्षेत्र हुन्। जनसंख्या किन घट्यो भन्ने प्रश्नमा कतिपय जनप्रतिनिधि जनगणनामै त्रुटि देखाउँछन्। सरोकारवाला भने यसमा बसाइँसराइलागत कारण देखाउँछन्।



Population pyramid



Age groups based on census 2011

Age Group	Total		Male		Female	
	Number	Percent	Number	Percent	Number	Percent
Nepal						
All Ages	26,494,504	100.00	12,849,041	100.00	13,645,463	100.00
00-04 Yrs.	2,567,963	9.69	1,314,957	10.23	1,253,006	9.18
05-09 Yrs.	3,204,859	12.10	1,635,176	12.73	1,569,683	11.50
10-14 Yrs.	3,475,424	13.12	1,764,630	13.73	1,710,794	12.54
15-19 Yrs.	2,931,980	11.07	1,443,191	11.23	1,488,789	10.91
20-24 Yrs.	2,358,071	8.90	1,043,981	8.13	1,314,090	9.63
25-29 Yrs.	2,079,354	7.85	917,243	7.14	1,162,111	8.52
30-34 Yrs.	1,735,305	6.55	770,577	6.00	964,728	7.07
35-39 Yrs.	1,604,319	6.06	740,200	5.76	864,119	6.33
40-44 Yrs.	1,386,121	5.23	660,290	5.14	725,831	5.32
45-49 Yrs.	1,172,959	4.43	575,101	4.48	597,858	4.38
50-54 Yrs.	1,005,476	3.80	505,864	3.94	499,612	3.66
55-59 Yrs.	818,263	3.09	412,892	3.21	405,371	2.97
60-64 Yrs.	756,827	2.86	368,451	2.87	388,376	2.85
65-69 Yrs.	554,449	2.09	277,782	2.16	276,667	2.03
70-74 Yrs.	395,153	1.49	199,610	1.55	195,543	1.43
75-79 Yrs.	235,135	0.89	117,358	0.91	117,777	0.86
80-84 Yrs.	128,777	0.49	62,787	0.49	65,990	0.48
85-89 Yrs.	52,526	0.20	25,810	0.20	26,716	0.20
90-94 Yrs.	20,335	0.08	8,940	0.07	11,395	0.08
95+ Yrs.	11,208	0.04	4,201	0.03	7,007	0.05

Age groups based on census 2011 (2)

9,69 % der Bevölkerung sind Jünger als 5 Jahre.

21,79% der Bevölkerung sind Jünger als 10 Jahre.

34,91% der Bevölkerung sind Jünger als 15 Jahre.

45,94% der Bevölkerung sind Jünger als 20 Jahre.

54,88% der Bevölkerung sind Jünger als 25 Jahre.

62,73% der Bevölkerung sind Jünger als 30 Jahre.

12,61% gehören zur Gruppe der 30-39jährigen.

9,66% gehören zur Gruppe der 40-49jährigen.

6,89% gehören zur Gruppe der 50-59jährigen.

8.14% sind älter als 60 Jahre.

Age groups based on census 2021

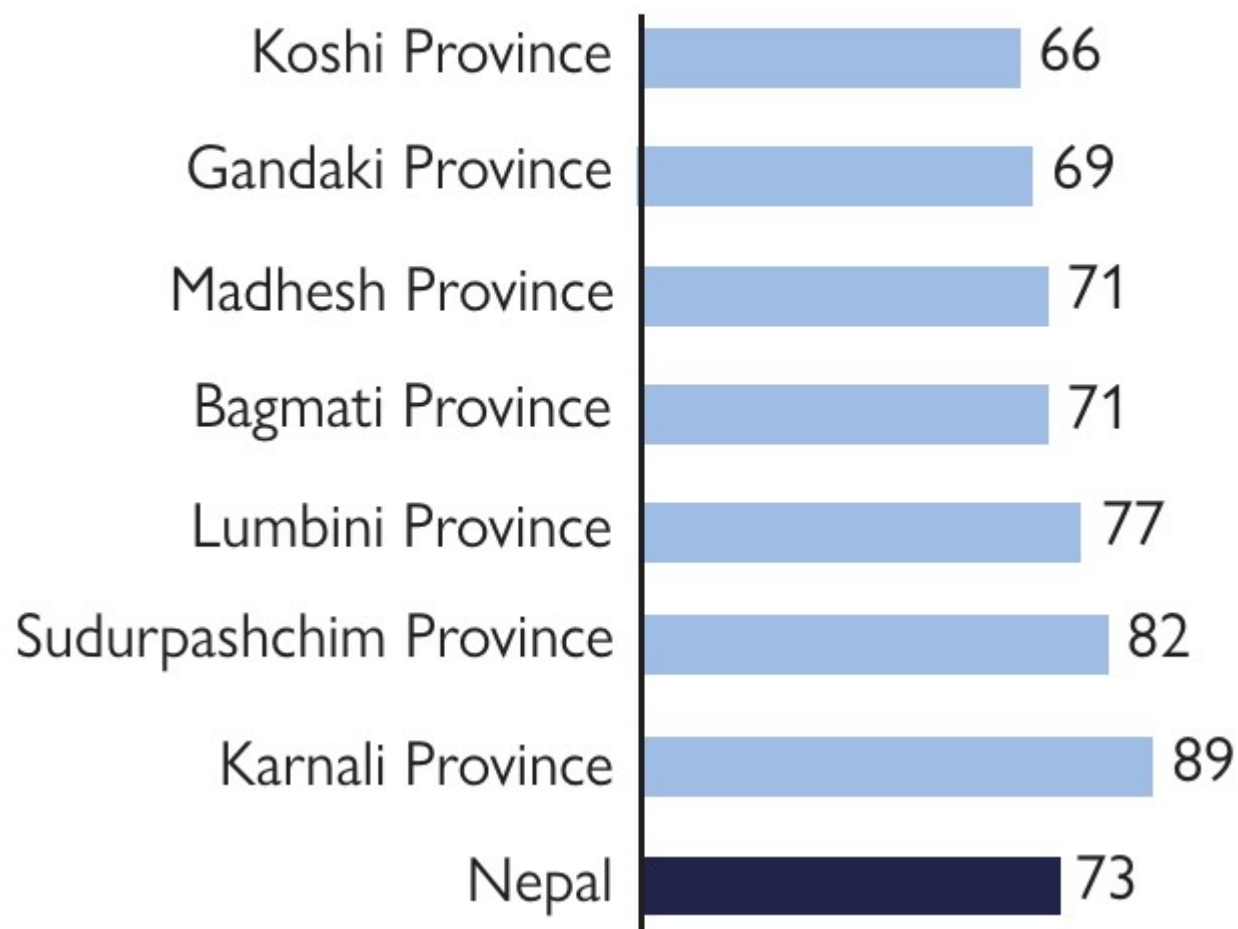
Table 3: Population Distribution by Broad Age Groups and Index of Ageing

Census year	Per cent distribution of			Index of ageing (60+)	Index of ageing (65+)
	Young	Mature	Aged		
1952/54	38.4	56.6	5.0	13.0	Data not available
1961	39.9	54.9	5.2	13.0	
1971	42.1	52.5	5.4	12.8	7.4
1981	41.4	52.9	5.7	13.8	7.9
1991	42.4	51.8	5.8	13.7	8.2
2001	39.4	54.1	6.5	16.5	10.5
2011	34.9	57.0	8.1	23.2	15.1
2021	27.8	62.0	10.2	36.7	24.9

Source: National Population and Housing Census, 2021 and respective censuses.

Age groups according to census 2021

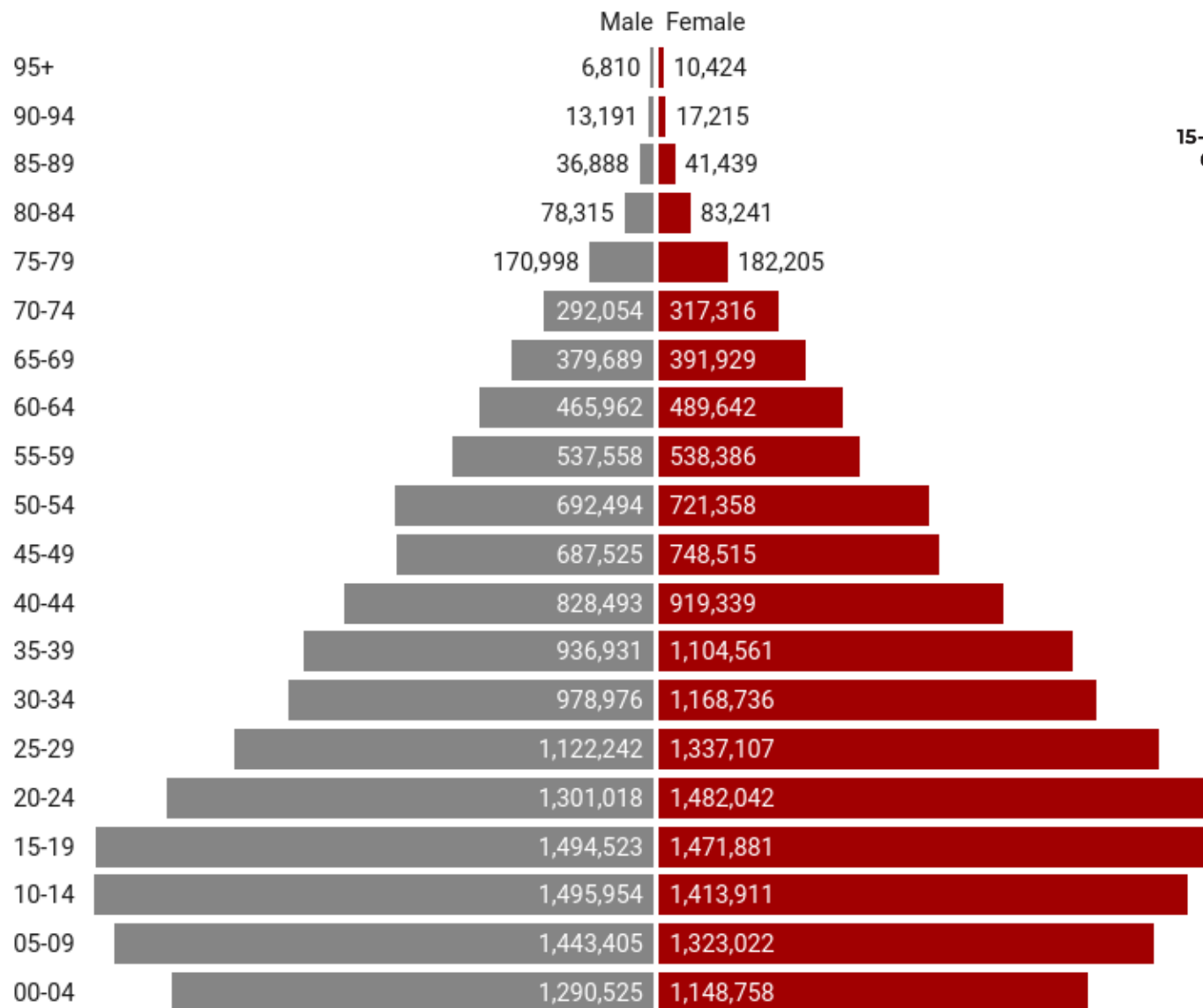
Percent of children under age 5 whose births are registered with the civil authorities



Age groups according to census 2021

Population by age group

Male Female

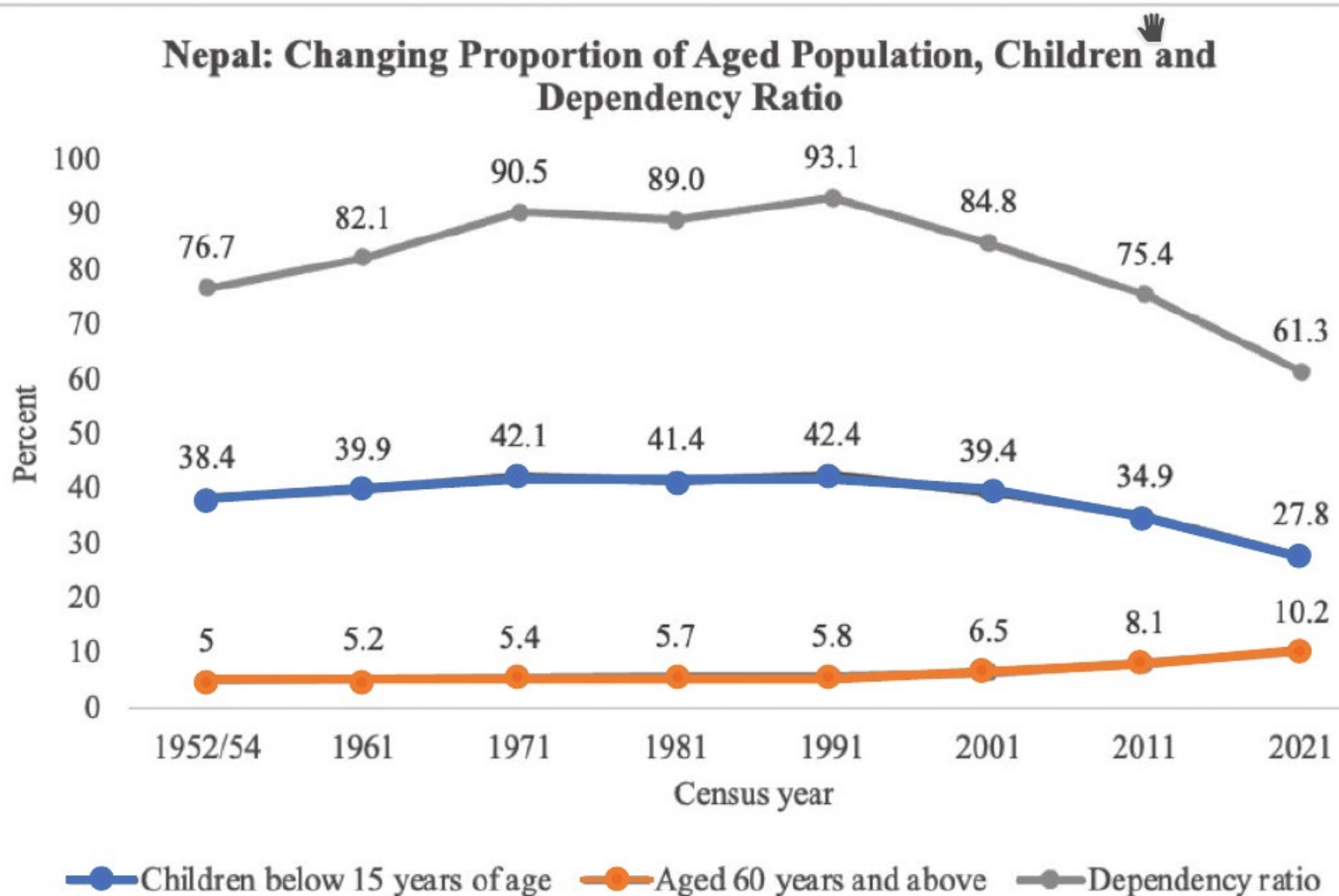


Population by age group



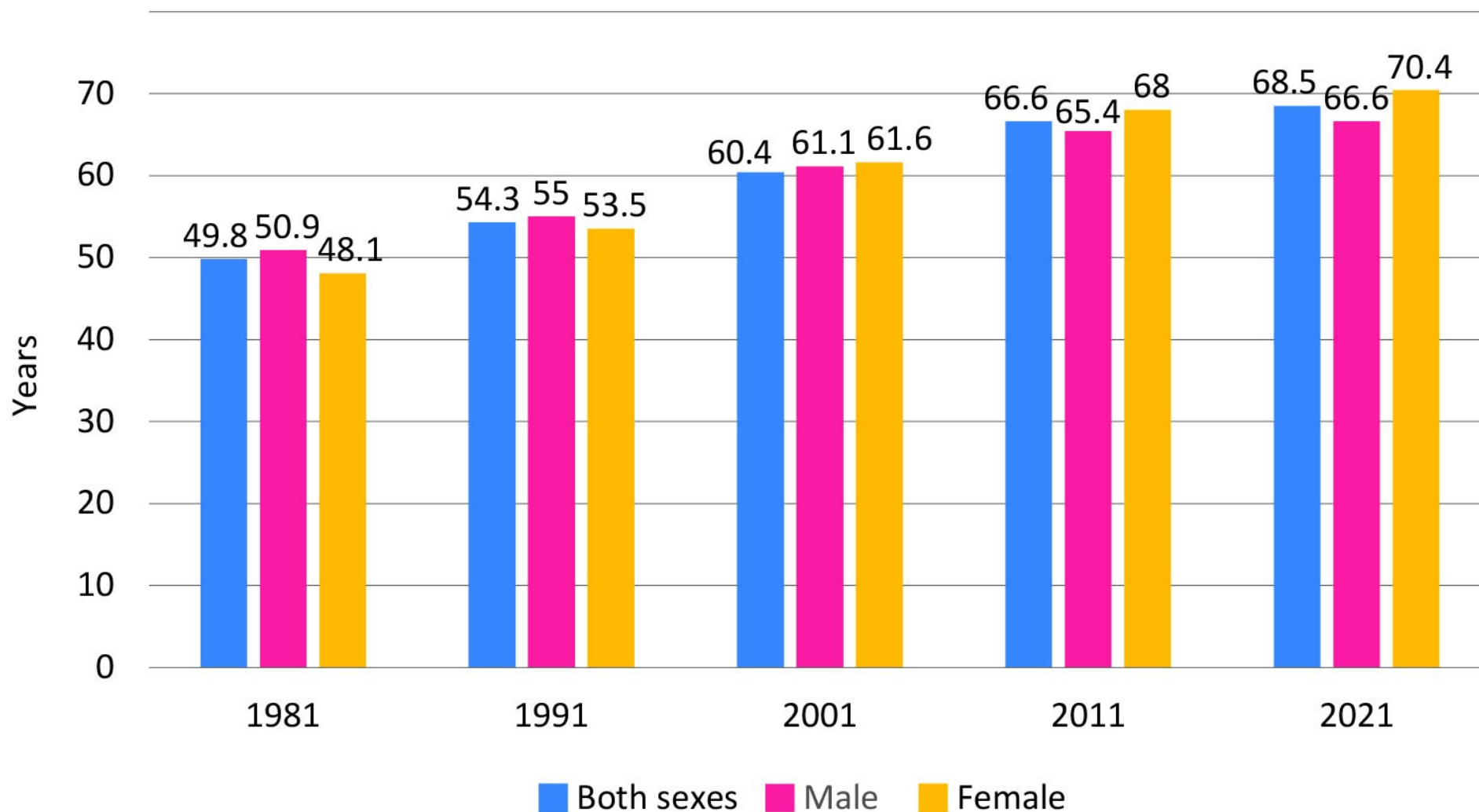
Nepali Times
14 July 2023

Age groups, changes after 1950



Life expectancy, 1981 - 2021

Figure 3: Trends in life expectancy at birth 1981 -2021



Growing population of elders, 1952 - 2021

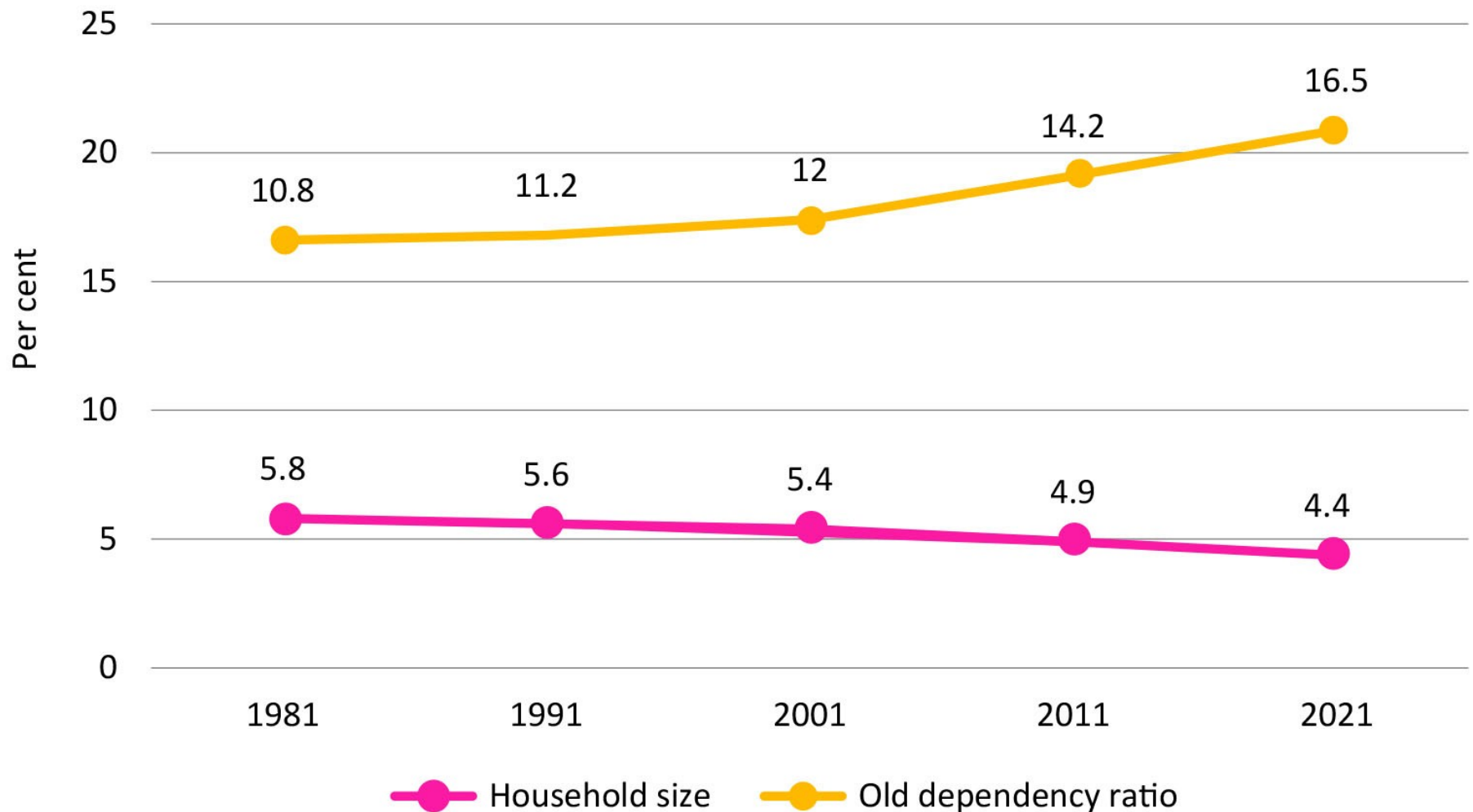
Table 1: Aged Population and Its Changing Size, 1952/54–2021

Census year	Total population	Aged population (60 years+)		Per cent of aged population
		Number	Intercensal change	
1952/54	8,256,625	409,761	-	5.0
1961	9,412,996	489,346	(+) 79,585	5.2
1971	11,555,983	621,597	(+) 132,251	5.4
1981	15,022,839	857,061	(+) 235,464	5.7
1991	18,491,097	1,071,234	(+) 214,173	5.8
2001	23,151,423	1,477,379	(+) 406,145	6.5
2011	26,494,504	2,154,410	(+) 677,031	8.1
2021	29,164,578	2,977,318	(+) 822,908	10.2

Source: National Population and Housing Census, 2021 and respective censuses.

Elders: Dependency ratio, 1981 - 2021

Figure 4: Changing household size and old dependency ratio
1981 - 2021



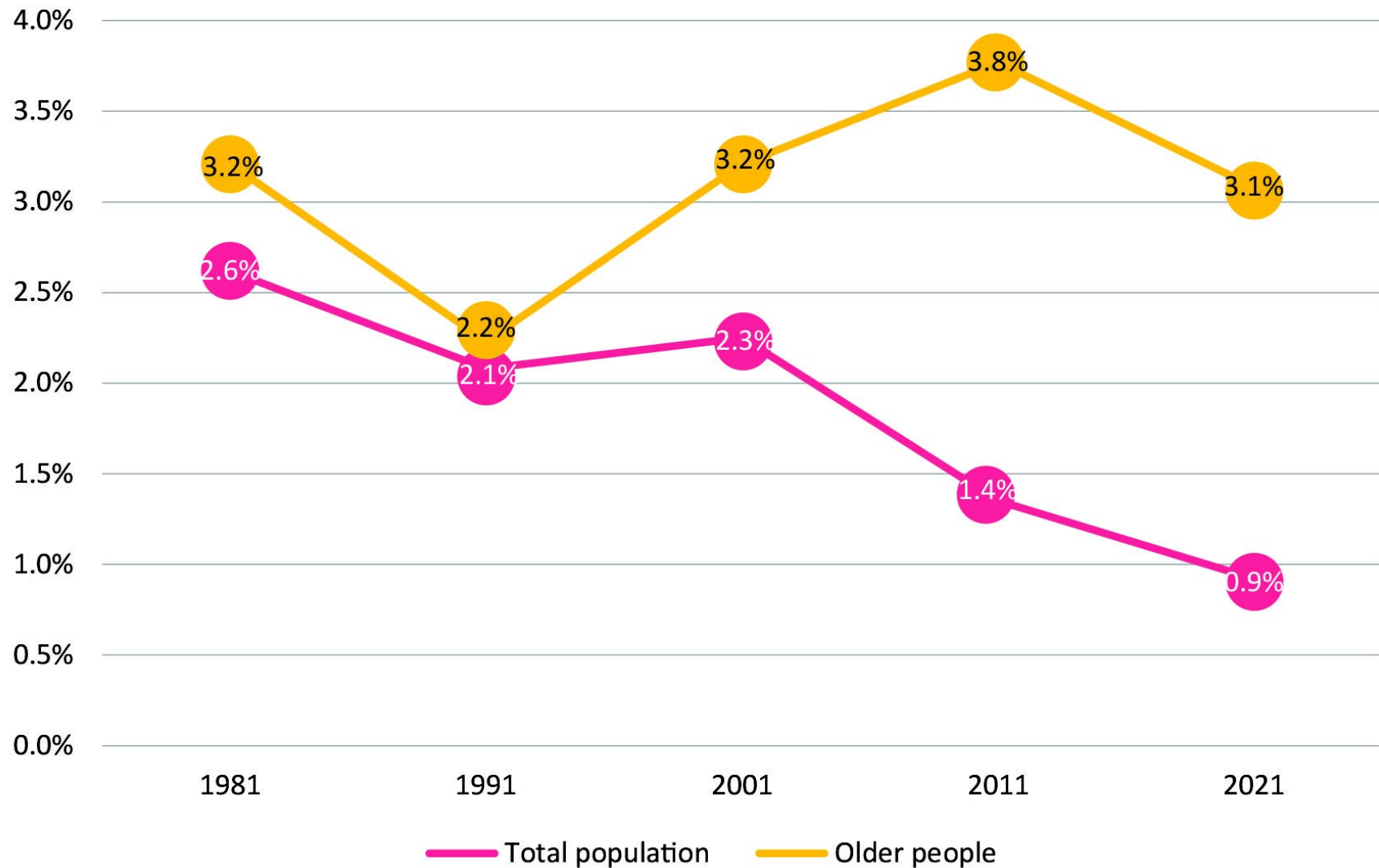
Elderly population, census 2021

Geographical regions	Population aged 60 years & above		
	Population size	Percent share in total population	Percent share of female population
Rural	1887684	11.0	51.1
Urban	1089634	9.8	51.7
Mountain	196055	11.1	51.9
Hill	1302965	11.1	52.7
Tarai	1478298	9.5	50.4
NEPAL	2977318	10.2	51.5

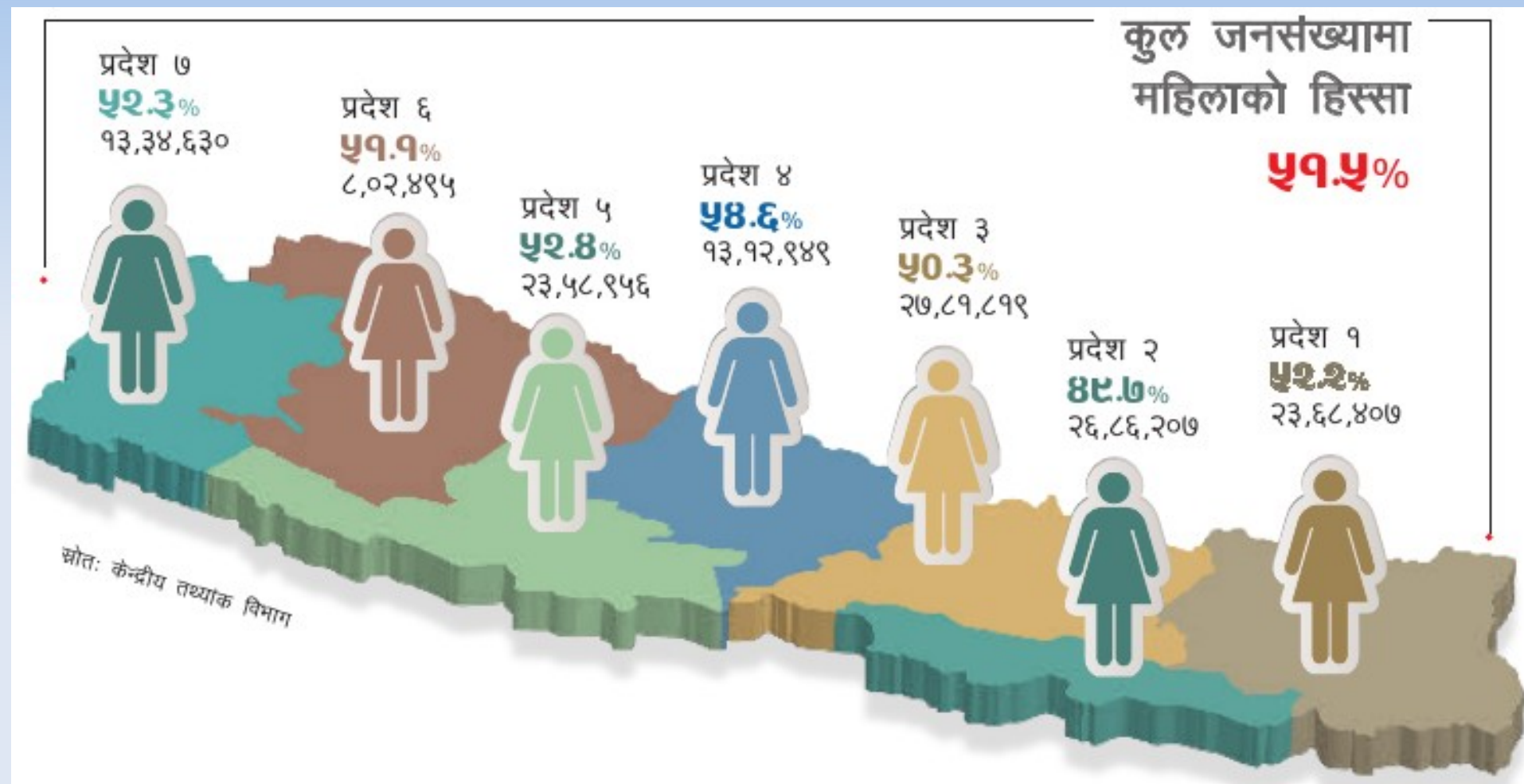
Source: Population and Housing Census, 2021

Population growth and elders, 1981 - 2021

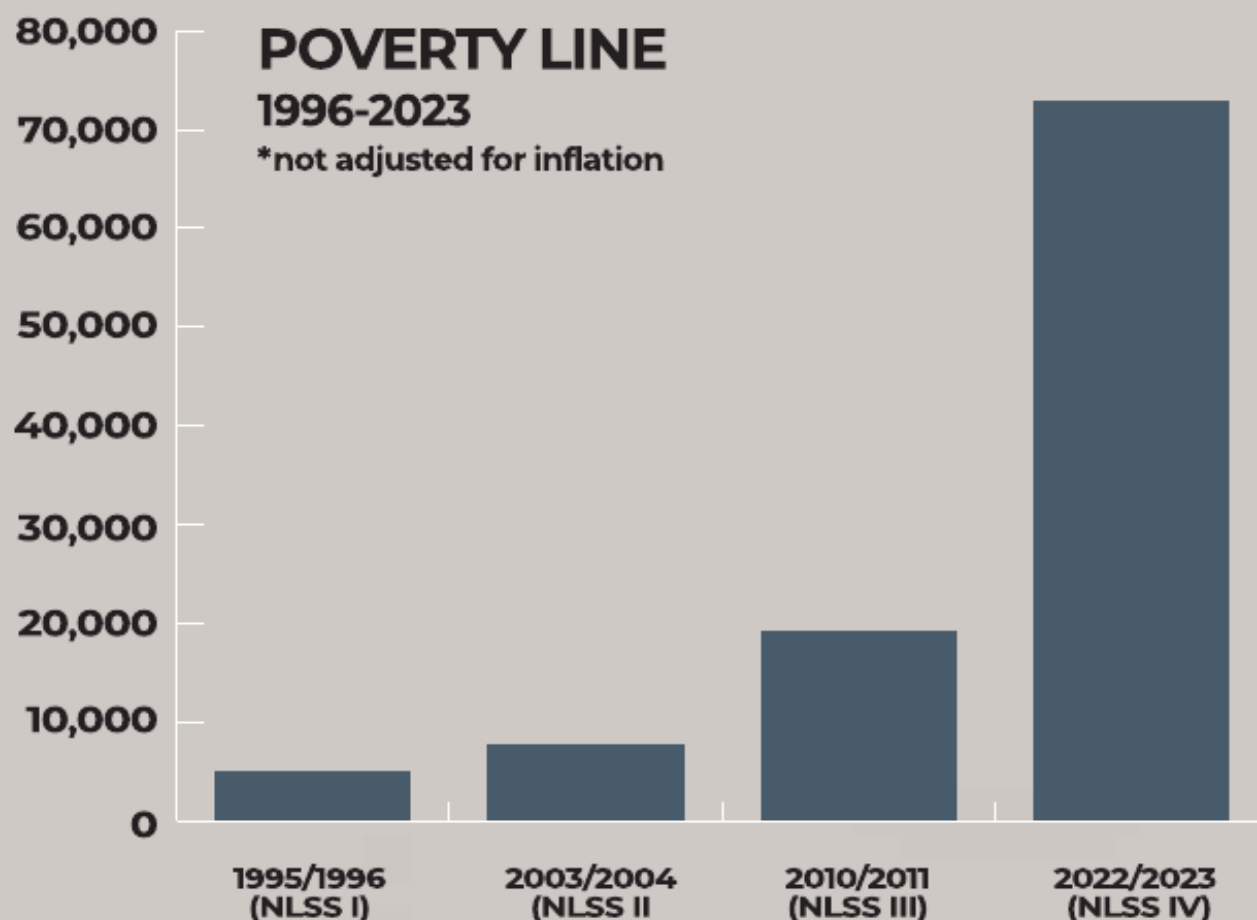
Figure 1: Growth rate of older people and total population, 1981-2021



Share of women (nation and provinces, 2011)



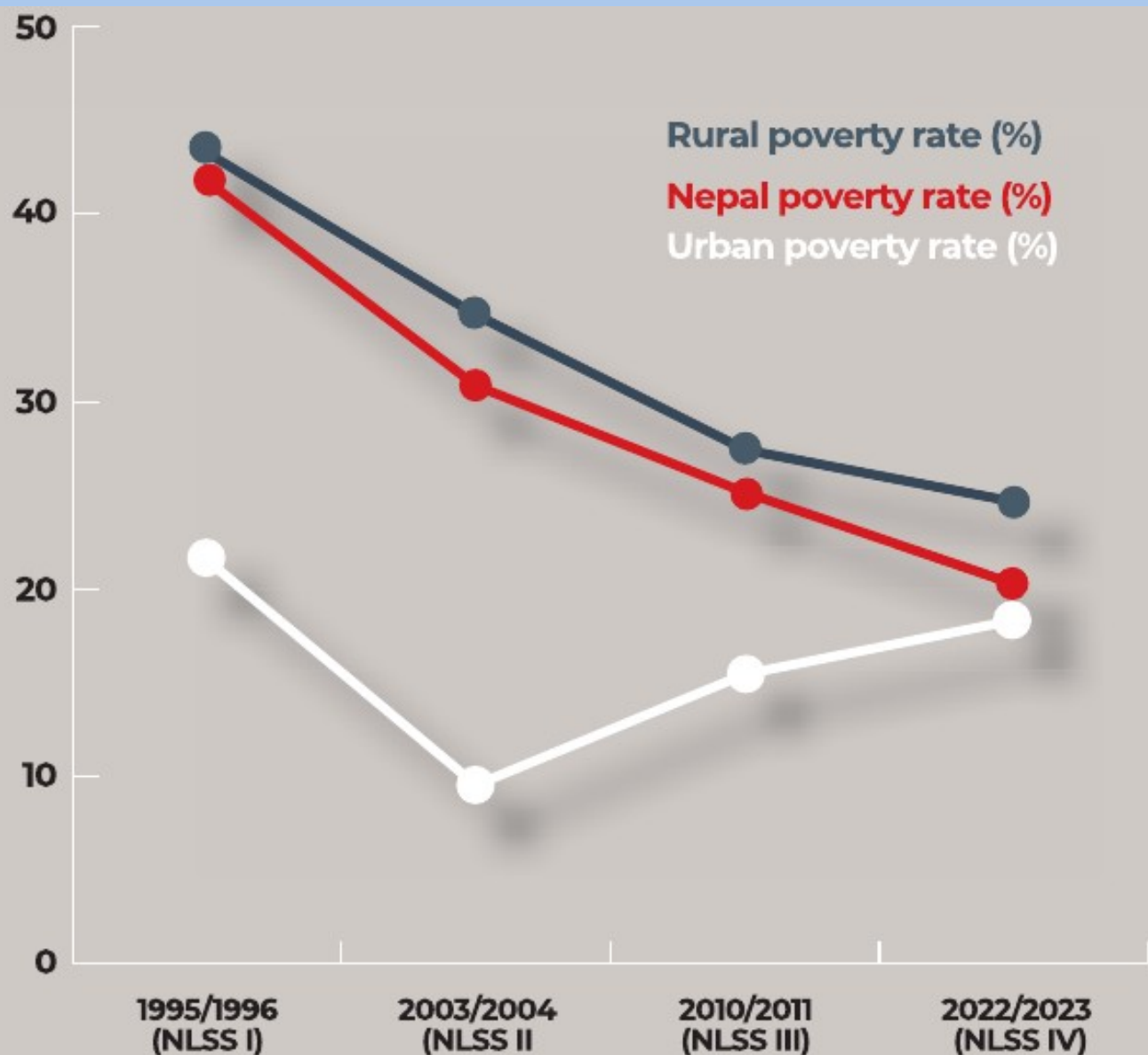
Poverty



Could be better

Nepal's poverty line, which is the minimum expenditure needed by an individual to fulfil their basic food and non-food needs, has been revised to Rs72,908. The poverty line in 2011 was Rs19,261 per person annually, which when adjusted for inflation in 2023 is Rs42,845. The poverty line was then calibrated as per international standards, improved consumption patterns, and monetisation of the economy.

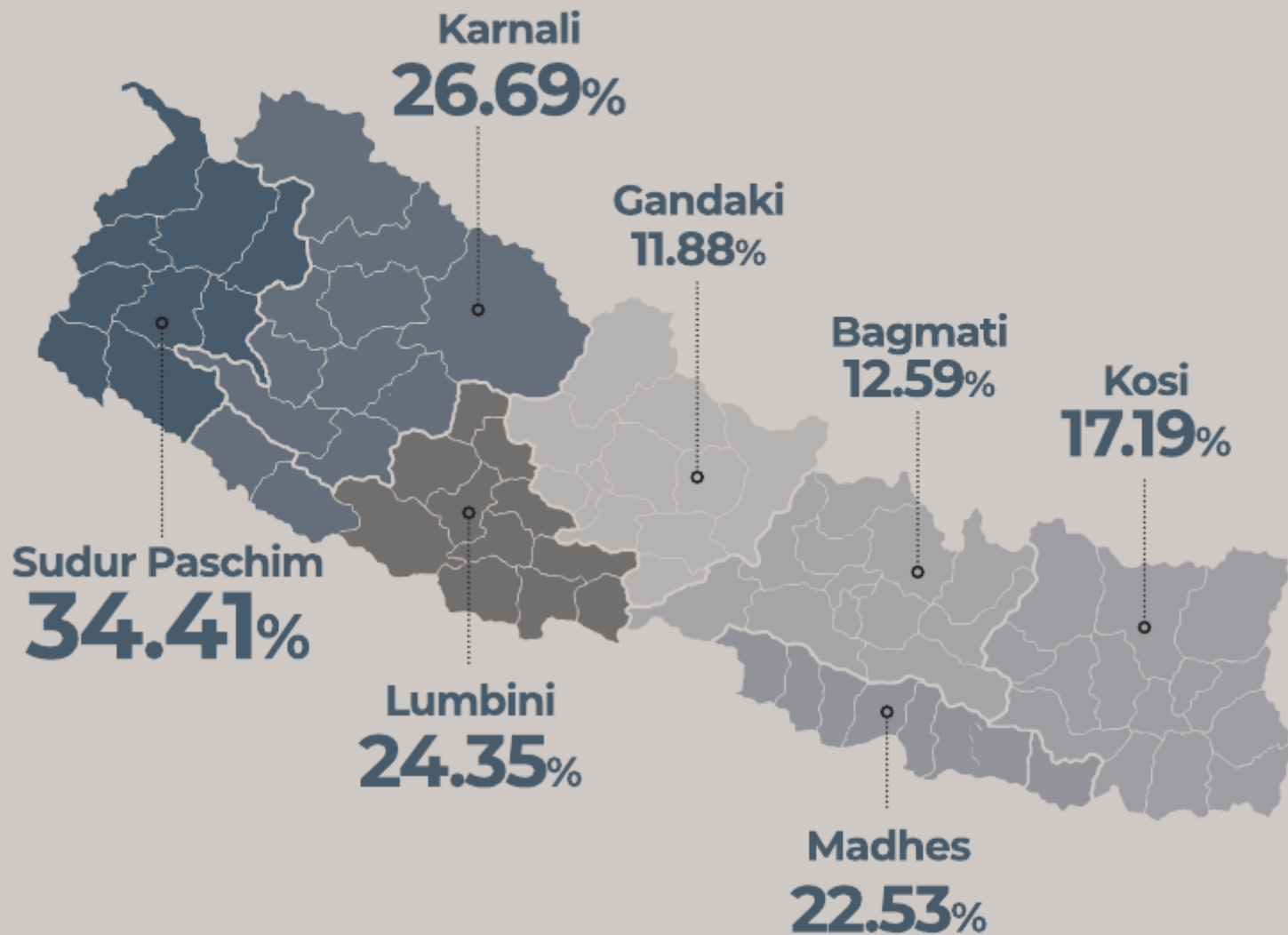
Poverty



Centre-Periphery

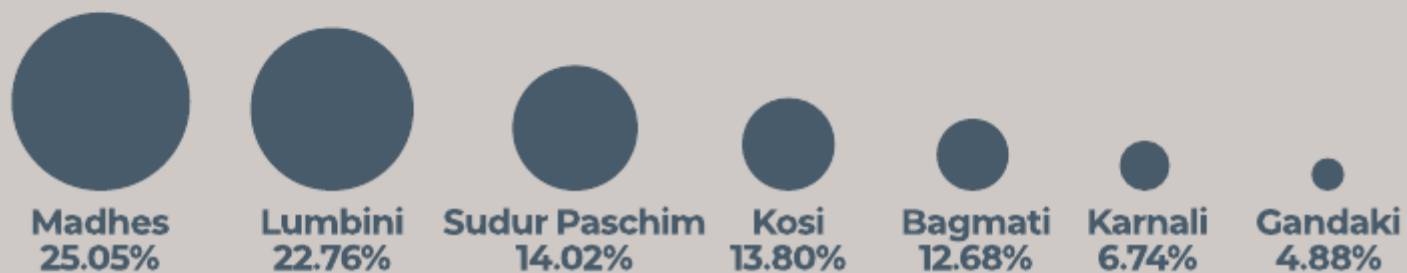
One-fifth of Nepal's 30 million people live below the poverty line, down from 41.76% when the survey was first conducted in 1995. Nepalis living in urban areas are more prosperous than those who live in rural Nepal, but while the rural poverty rate has declined over the years, the proportion of city-dwellers who are poor has been increasing since 2004. Sixty-six percent of Nepalis now live in urban or peri-urban areas.

Poverty



Distribution of the poor

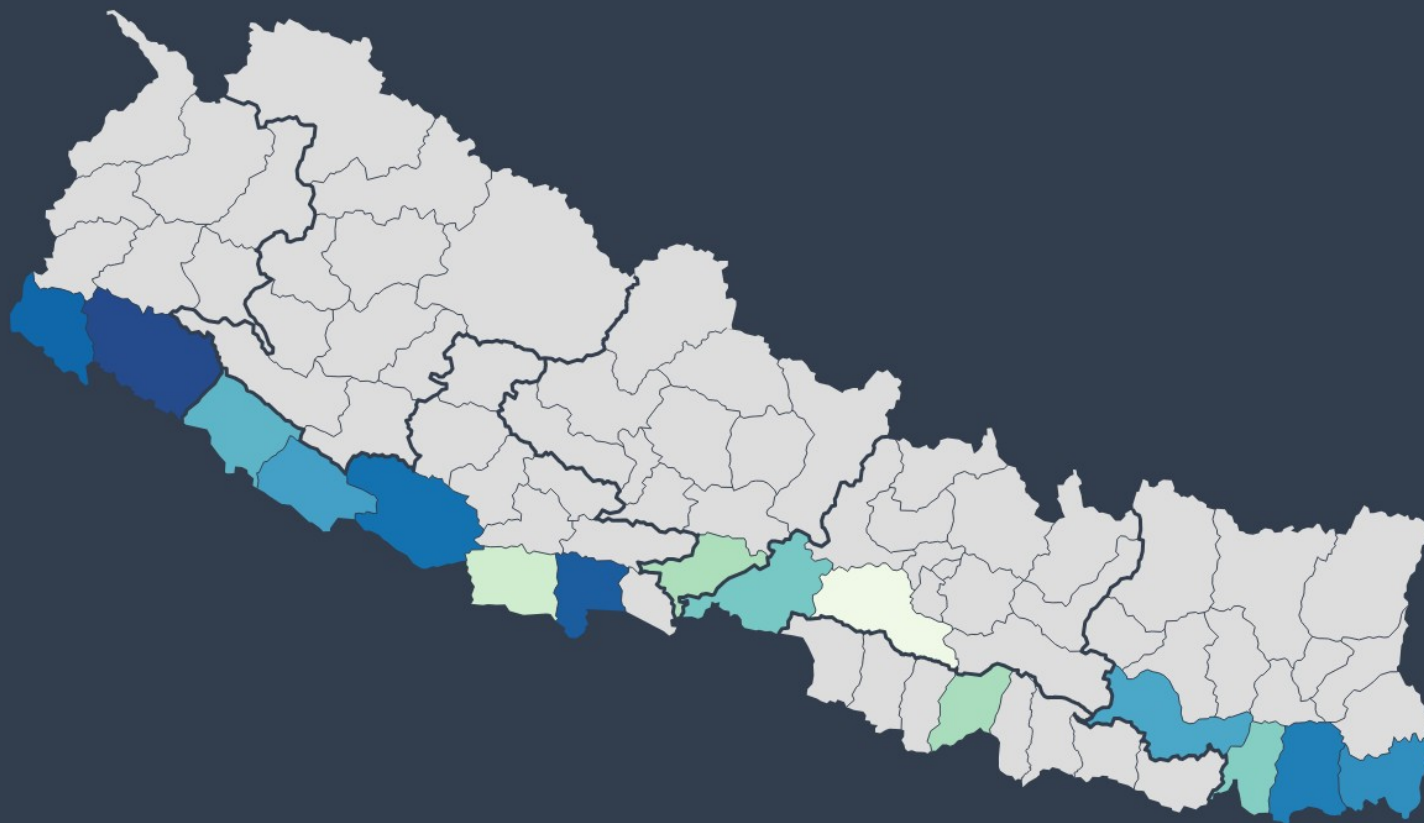
(in % of total population below poverty line)



Districts with great number of squatters

Districts affected by squatters

15 districts with the highest number of squatters



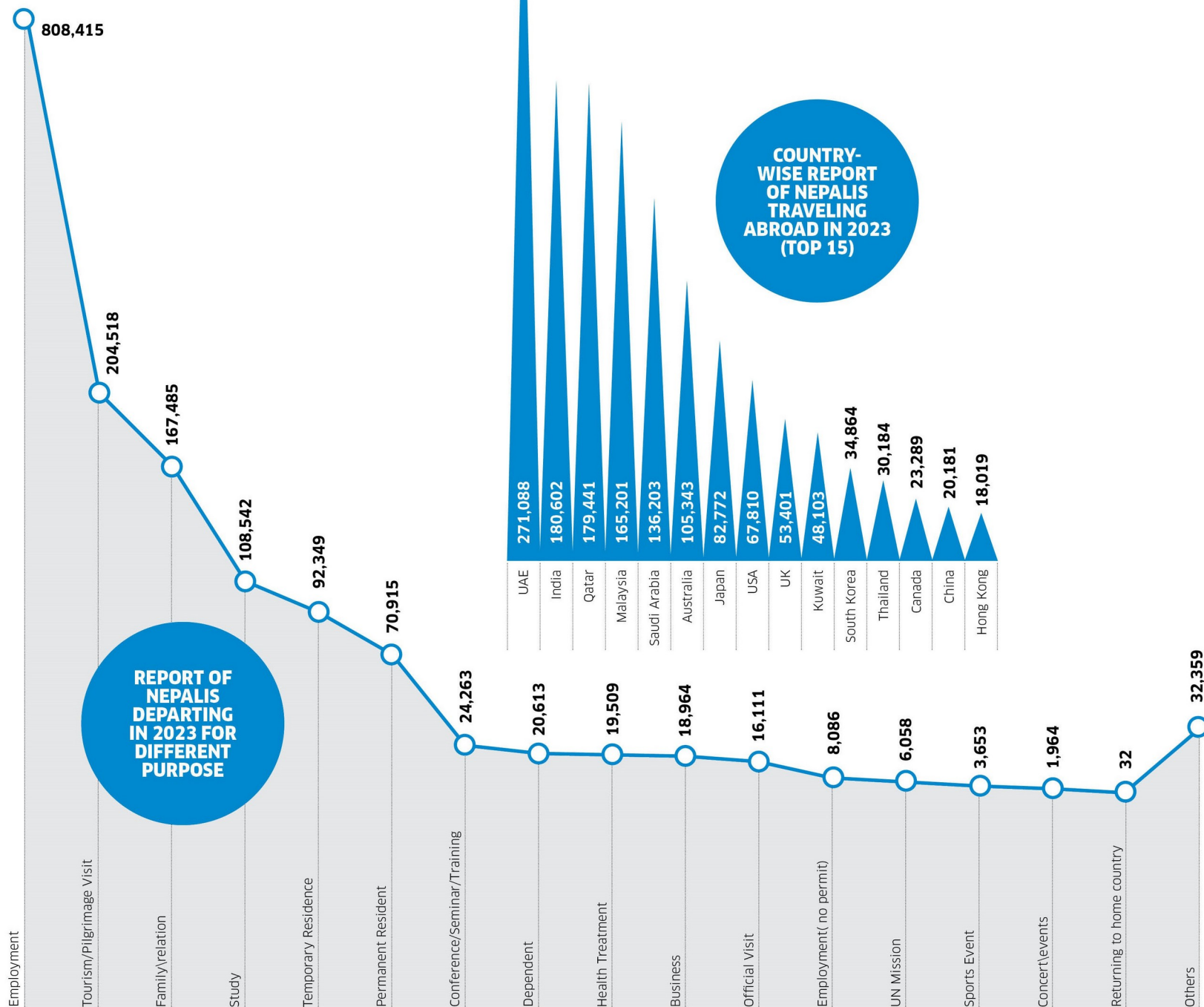
This map was prepared based on the number of landless Dalit, landless squatters, and unorganized settlements registered with the Land Problems Resolution Commission.

Map: Gopal Dahal • Source: Land Issue Resolving Commission • Created with Datawrapper

Nepal News
11 February 2026

Migration 2023

Annapurna Express
10 January 2024



Migration and Elders (2021)

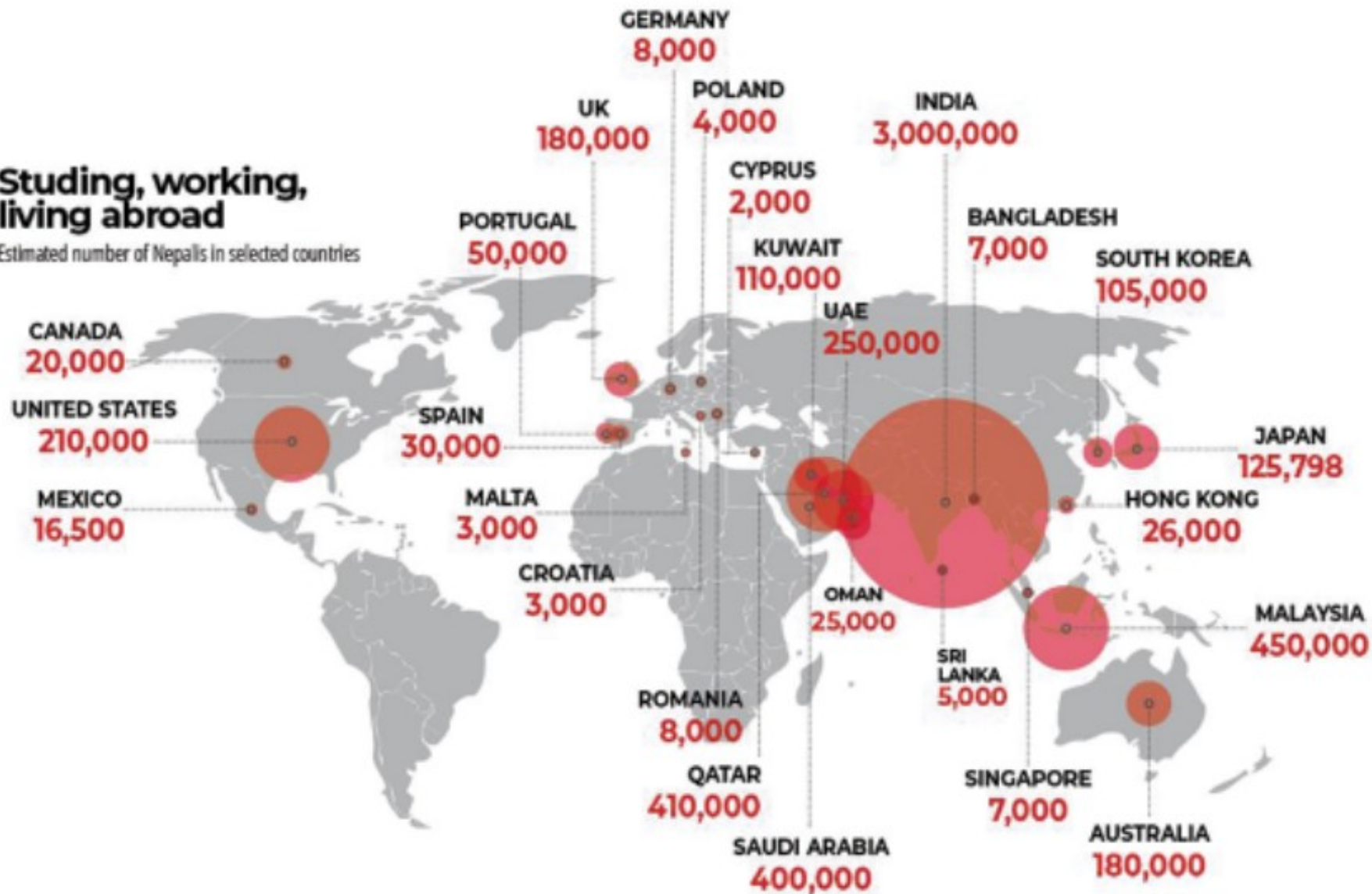
Table 4: Absent Population, Absent Ratio and Per cent of Older People, 2021

Spatial unit	Population, 2021				Absent ratio	Per cent older people
	Total	Absent abroad	Absent internal	Total absent		
Urban–rural residence						
Urban	19,296,788	1,468,517	1,183,202	2,651,719	13.7	9.8
Rural	9,867,790	722,075	1,084,034	1,806,109	18.3	11.0
Geographical region						
Mountain	1,772,948	116,060	266,719	382,779	21.6	11.1
Hill	11,757,624	990,723	1,399,384	2,390,107	20.3	11.1
Tarai	15,634,006	1,083,809	601,133	1,684,942	10.8	9.5
Province						
Koshi	4,961,412	343,034	347,361	690,395	13.9	11.2
Madhesh	6,114,600	304,286	188,548	492,834	8.1	9.1
Bagmati	6,116,866	397,930	713,688	1,111,618	18.2	10.7
Gandaki	2,466,427	286,593	362,874	649,467	26.3	13.3
Lumbini	5,122,078	420,906	323,011	743,917	14.5	9.6
Karnali	1,688,412	94,320	121,647	215,967	12.8	8.0
Sudurpaschim	2,694,783	343,523	210,107	553,630	20.5	9.4
Nepal	29,164,578	2,190,592	2,267,236	4,457,828	15.3	10.2

Source: National Population and Housing Census, 2021 and respective censuses.

Studing, working, living abroad

Estimated number of Nepalis in selected countries



Map of Nepal

(Political and Administrative)

