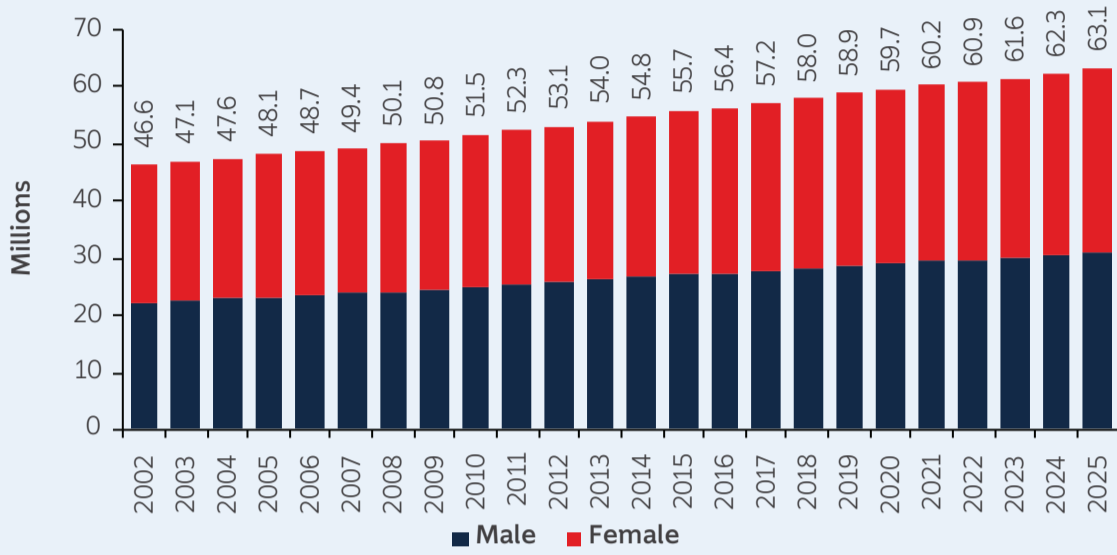


# South Africa at 63 million: A demographic overview

## Population in numbers

SA's population is estimated at 63.1 million in 2025



Women slightly outnumber men, consistent with past trends

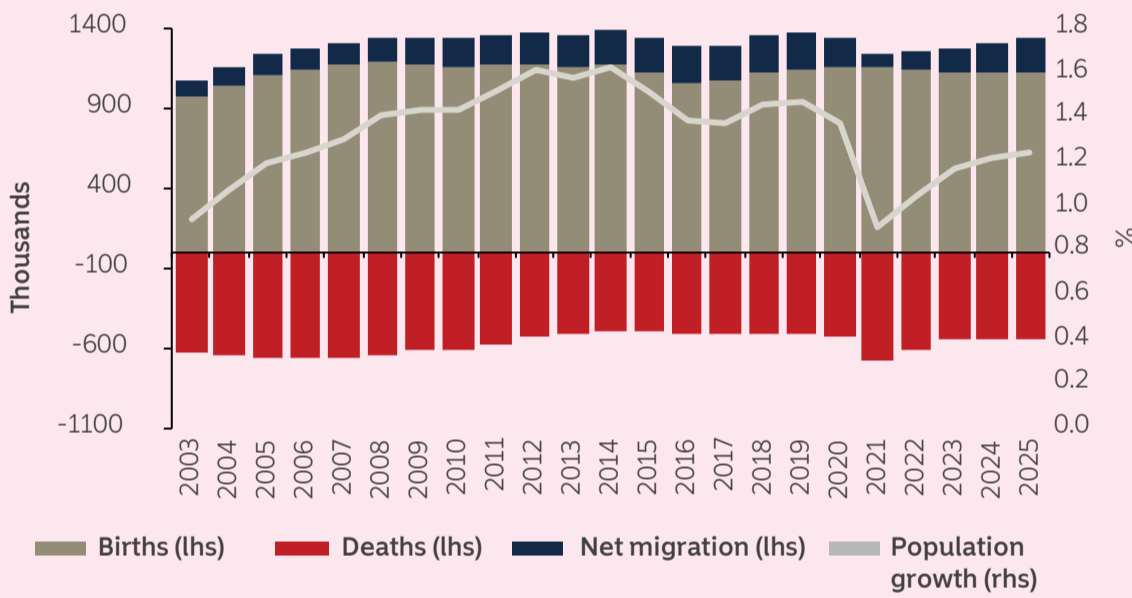


**Female**  
32.23 million  
**(51.1%)**

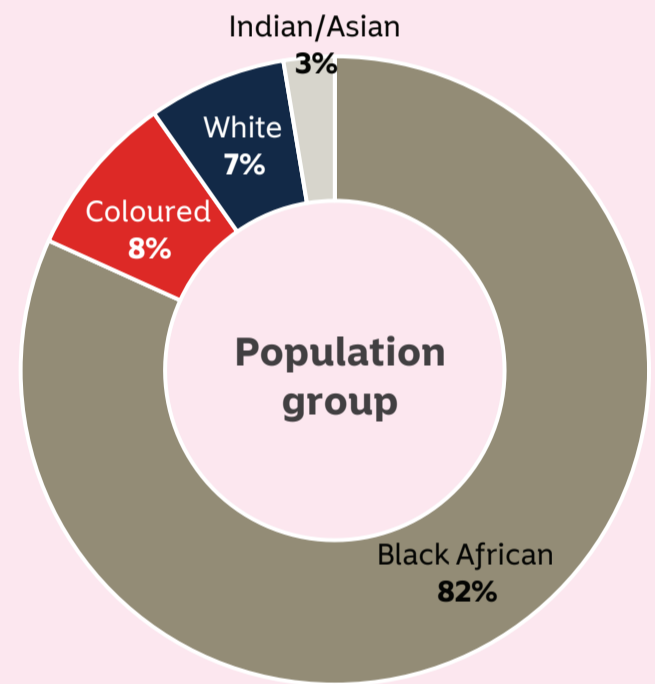


**Male**  
30.87 million  
**(48.9%)**

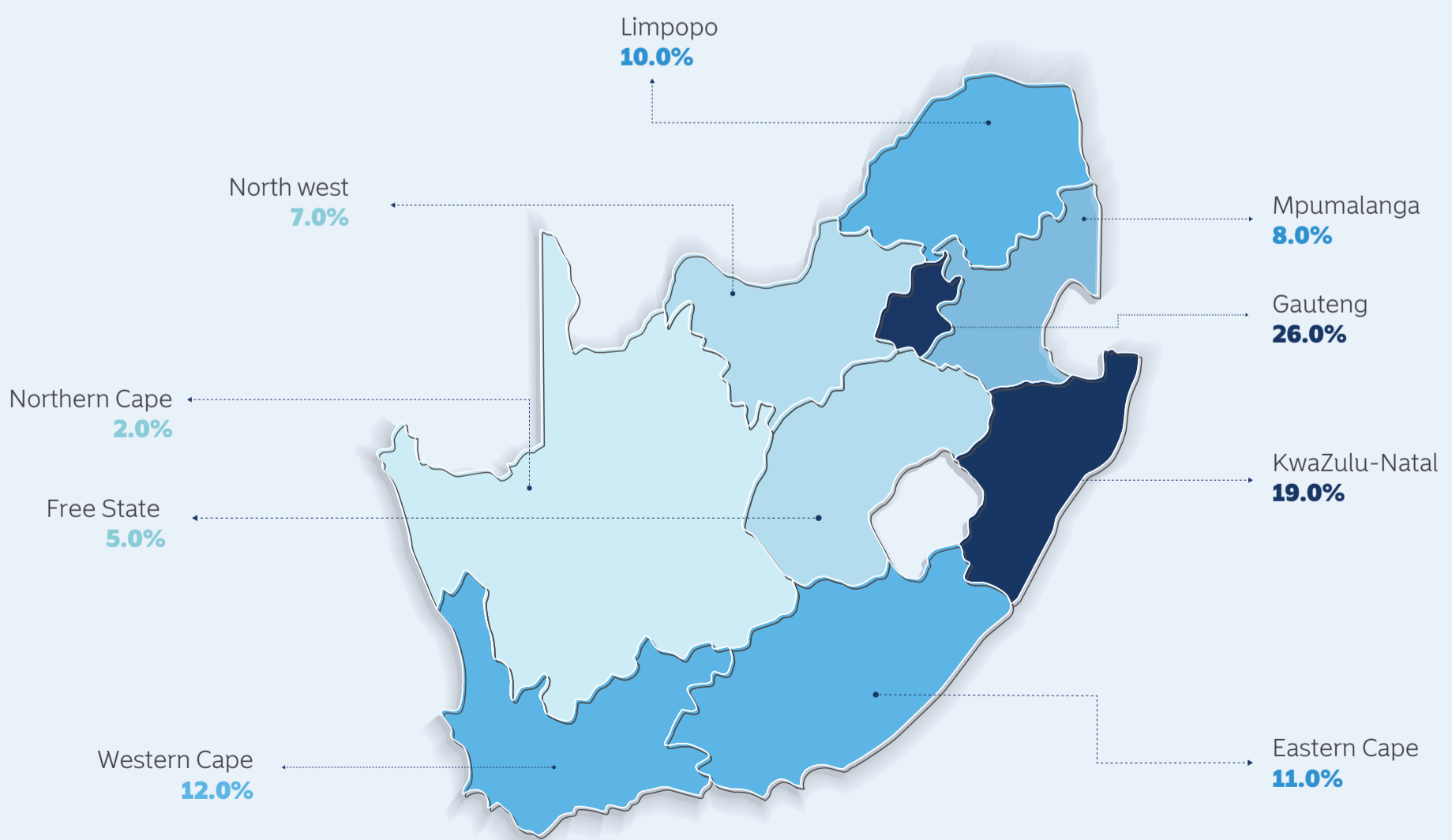
SA's population increase is driven by births. At 1.23% y/y, population growth is below pre-COVID levels



SA remains a predominantly Black African society



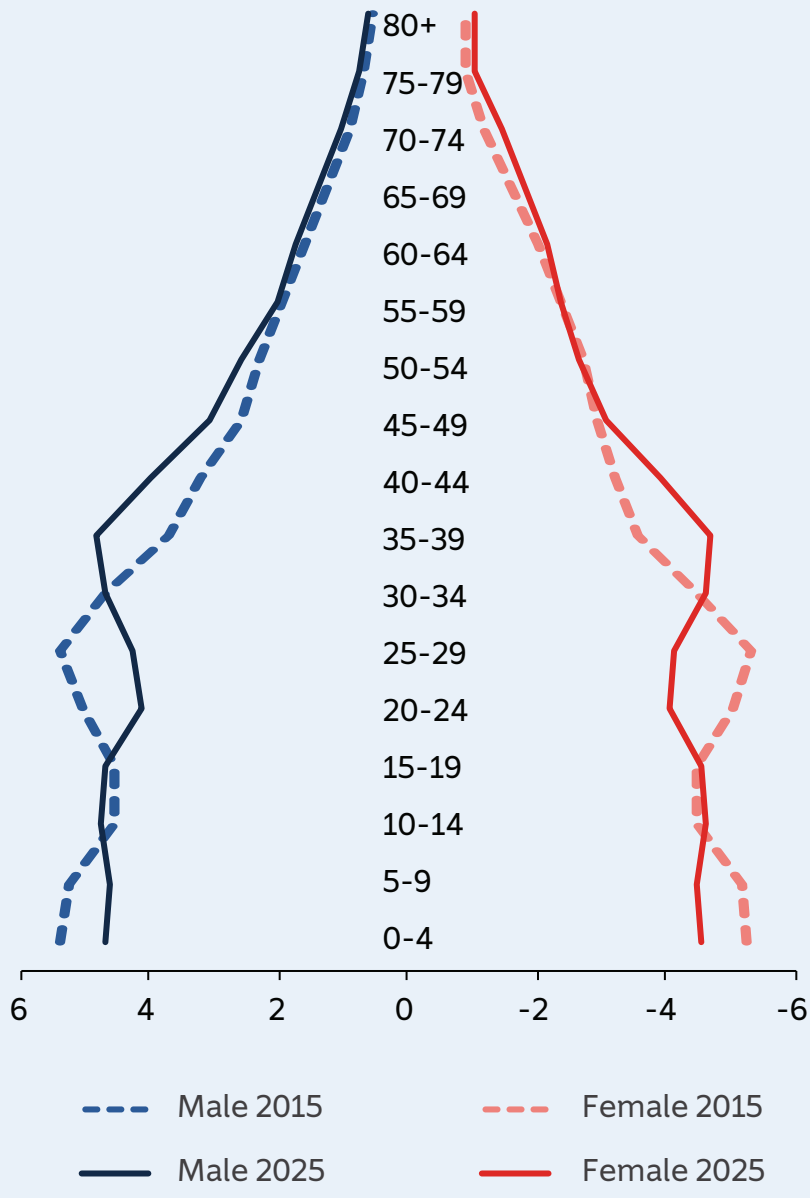
## Gauteng (25.5%) and KwaZulu-Natal (19.4%) remain the most populous provinces



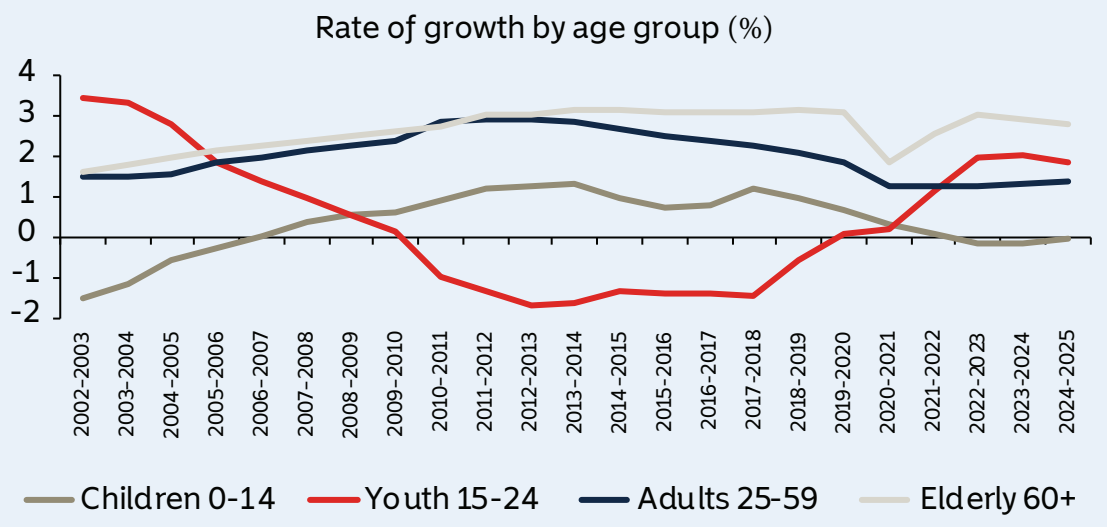


**Median age slowly increasing, showing democratic transition**

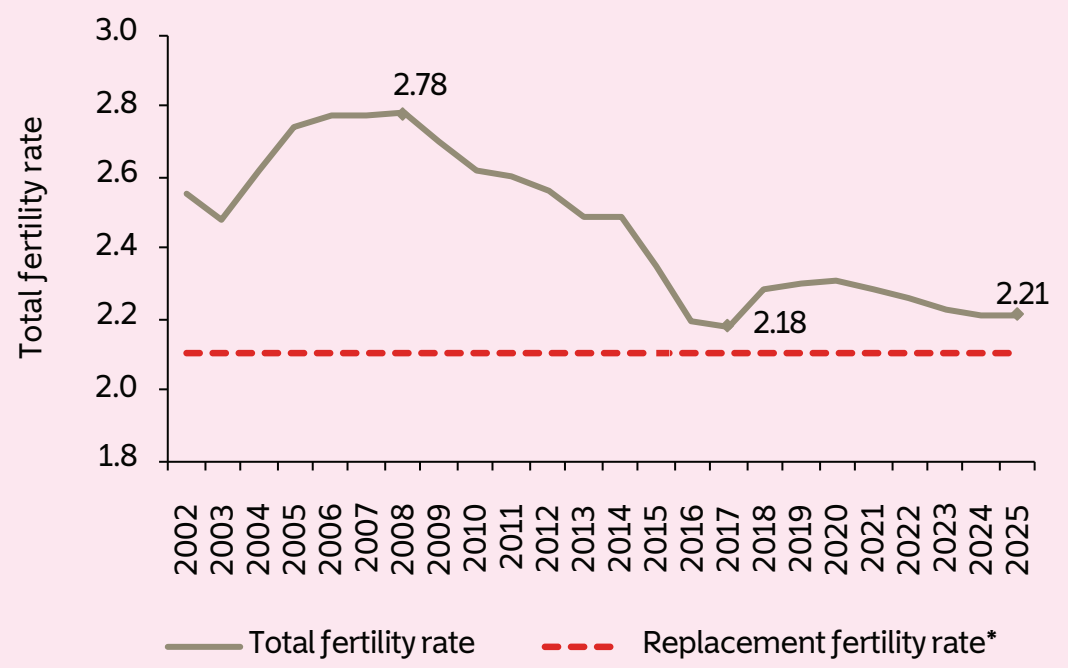
SA's population remains youth heavy (42% of the population is under 25), but there are early signs of emerging demographic transition



The child population is now shrinking, and youth growth is slowing, while the elderly population is expanding the fastest. This demographic transition has long-term implications for social services, labour markets and public health.



SA's total fertility rate has declined sharply since 2008 but remains above the upper-middle-income countries' average (1.48)



\* The level at which a population replaces itself from one generation to the next

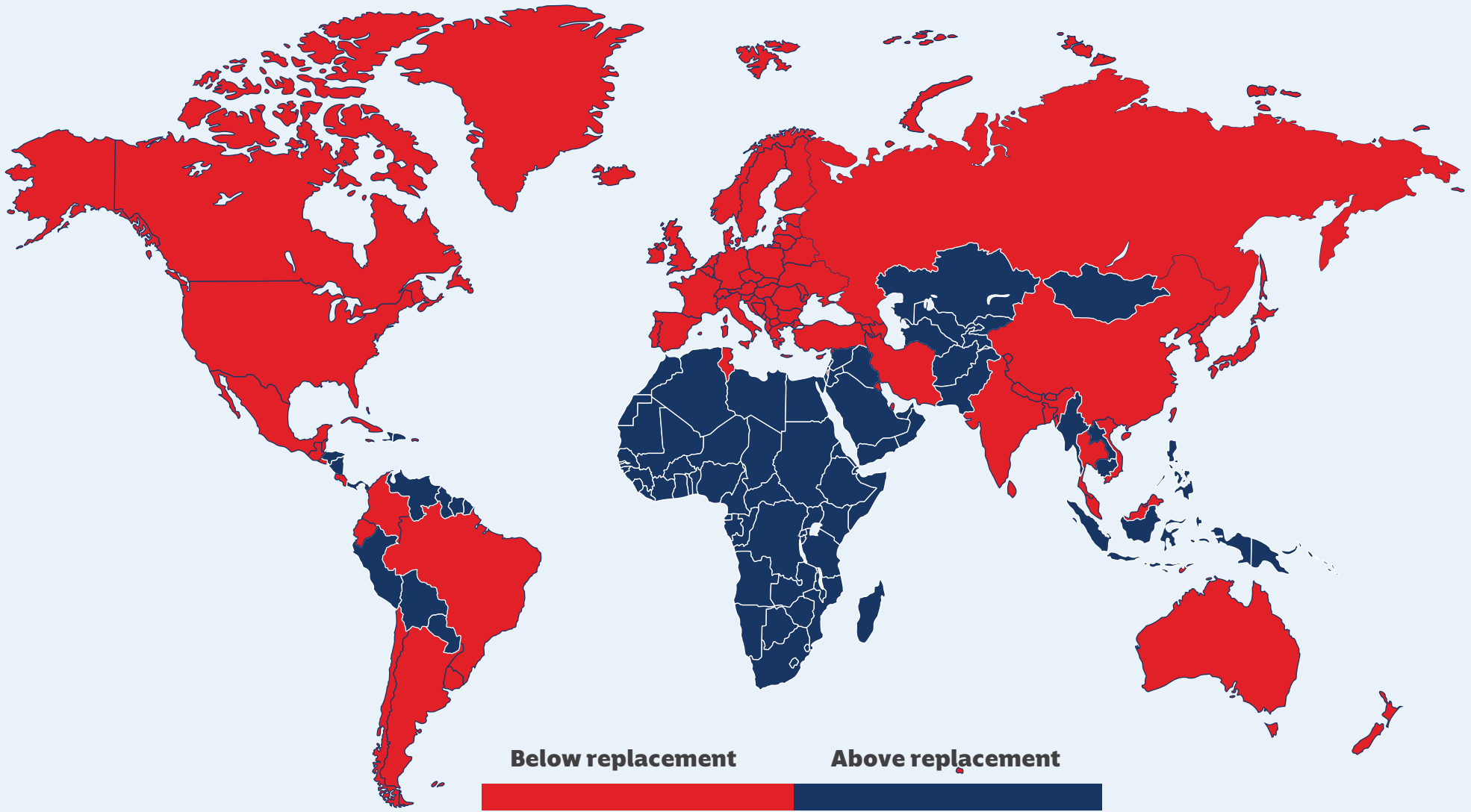
**According to the "Our World in Data" - 2021 data:**

- Somalia had the highest total fertility rate (**6.13**) and Macao (in China) had the lowest (**0.66**)
- Low-income countries = **4.53**
- Low-middle income countries = **2.55**
- Upper-middle income countries = **1.48**
- High-income countries = **1.47**

**A demographically divided world: Economic, social and environmental pressures plague low fertility regions**

**Countries with fertility rates above or below replacement level, 2021**

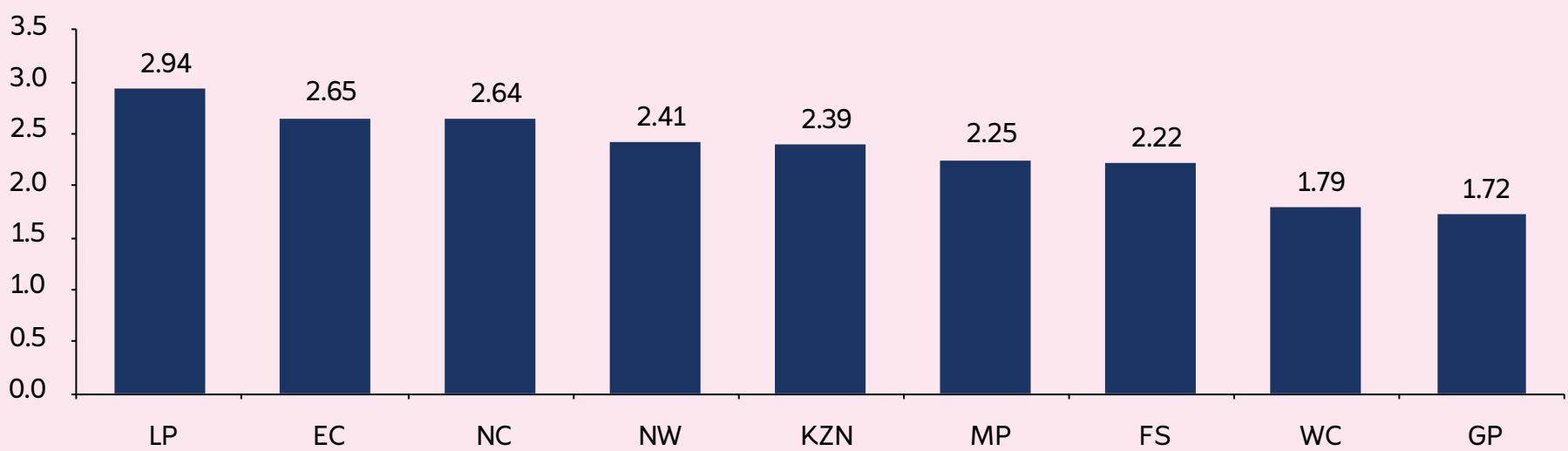
Fertility rates measure the average number of live births per woman. The "replacement level" is the rate at which population size remains constant from generation to generation; this is crudely defined as 2.1 births per woman.



Data source: UN, World Population Prospects (2022)

Rural provinces (Limpopo and Eastern Cape) have higher fertility rates while those in urban provinces (Gauteng and Western Cape) are lower

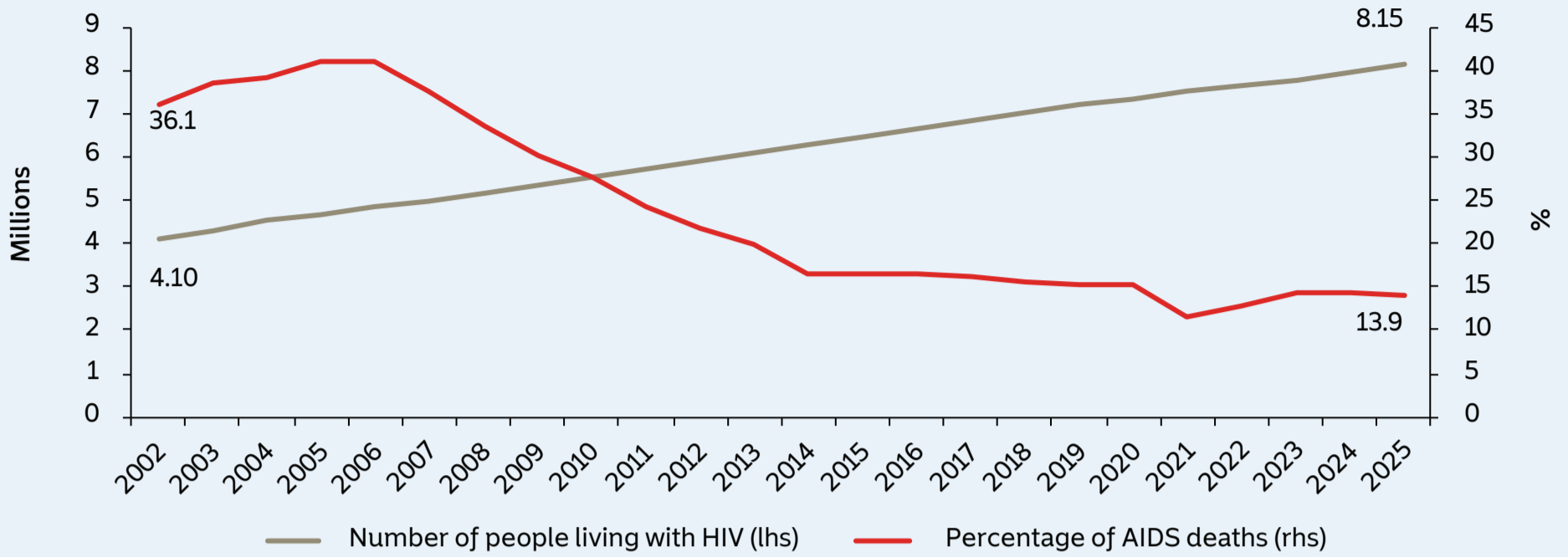
Provincial average total fertility rate (2021 to 2026)





**Living longer, fighting HIV/AIDS**

**Over eight million people are living with HIV, as HIV-related deaths have declined**

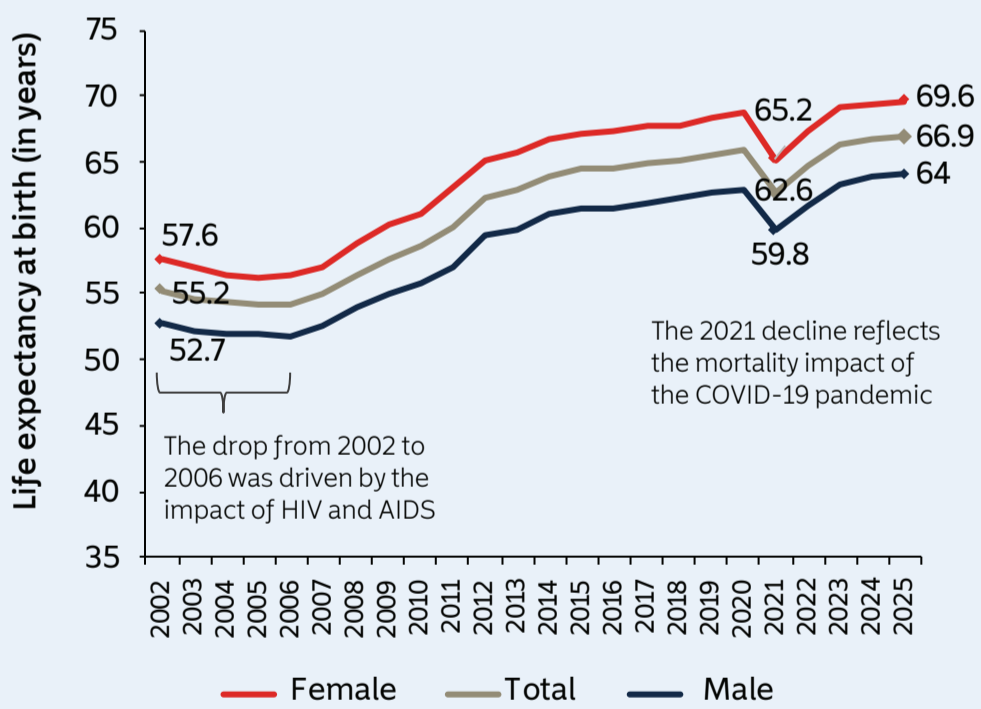


- ▶ 12.9% of SA's population is HIV-positive in 2025
- ▶ Among adults aged 15-49, the rate rises to 18.1%, with nearly 1 in 4 women aged 15 to 49 affected
- ▶ The United States President's Emergency Plan for AIDS Relief (PEPFAR) has been a critical funder of antiretroviral treatment, HIV prevention and health system strengthening

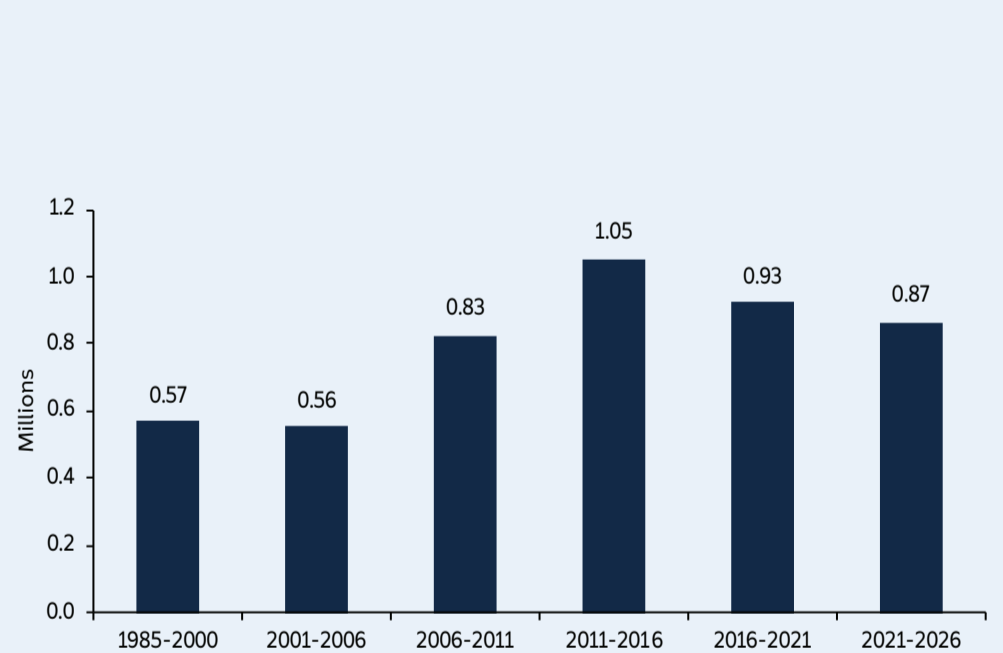
**The withdrawal of US aid is a threat to:**



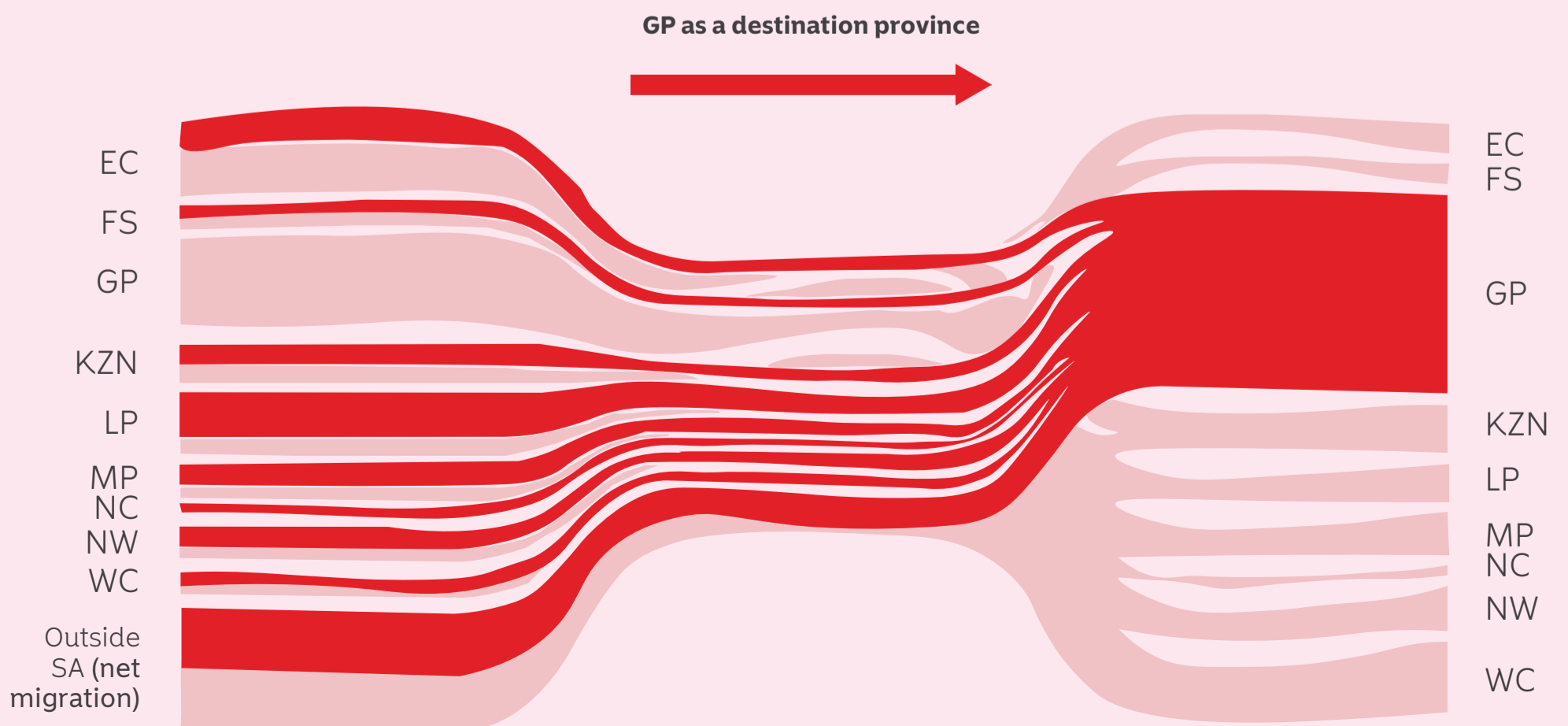
**Life expectancy has recovered from the pandemic drop**



**Despite post-COVID recovery, net international migration remains below pre-pandemic levels.**



Gauteng leads with the largest inflow. Approximately 1.4 million migrants are expected to flow to Gauteng between 2021 and 2026 -> intensifying pressure on housing, water and basic services in an already strained environment



## The economics research desk

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**momentum**  
investments

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