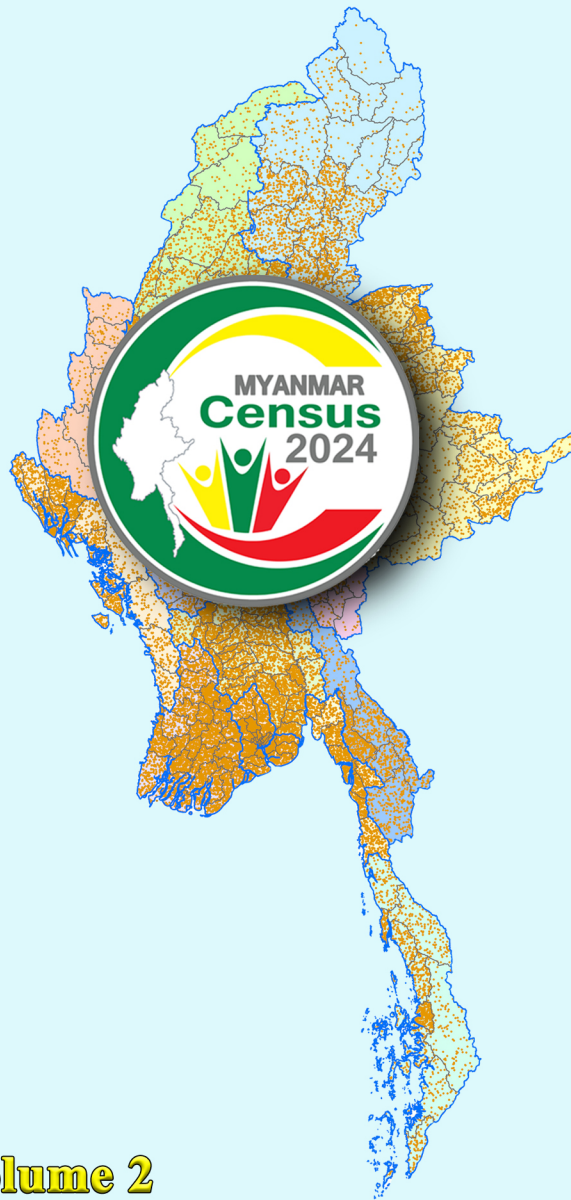


THE REPUBLIC OF THE UNION OF MYANMAR

The 2024 Myanmar Population and Housing Census

Highlights of the Union Report



Census Report Volume 2

Department of Population

Ministry of Immigration and Population

October 2025



The Republic of the Union of Myanmar

The 2024 Myanmar Population and Housing Census



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Department of Population

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Introduction

The 2024 Population and Housing Census is a landmark effort for Myanmar. Conducted ten years after the last census, it provides the most complete picture of the country's people, families, and communities today. Having reliable population data is essential for good decision-making — from planning schools and hospitals to improving infrastructure, creating jobs, and monitoring progress toward national development goals.

This Highlights Booklet presents the main findings from the full census report in a simple and accessible way. Each chapter captures the key results on population size, urbanization, migration, education, work and employment, housing, disability, and other social and economic issues. Charts, tables, and short explanations are included to make the data easy to understand at a glance.

The census was conducted under challenging conditions. In some areas affected by conflict or other difficulties, it was not possible to directly count everyone. In these cases, careful statistical methods were used to produce estimates. For this reason, readers are encouraged to interpret subnational figures with care, especially in states and regions where enumeration was incomplete.

Despite these challenges, the 2024 Census remains the largest and most important source of information about the people of Myanmar. It shines a light on how our society is changing, the opportunities that exist, and the issues that need attention. The census data will support government, civil society, and communities in planning for a better future for all.

This booklet is not a replacement for the full census report. Rather, it provides a quick reference to the most important highlights, designed to be useful for policymakers, researchers, development partners, and the general public alike.

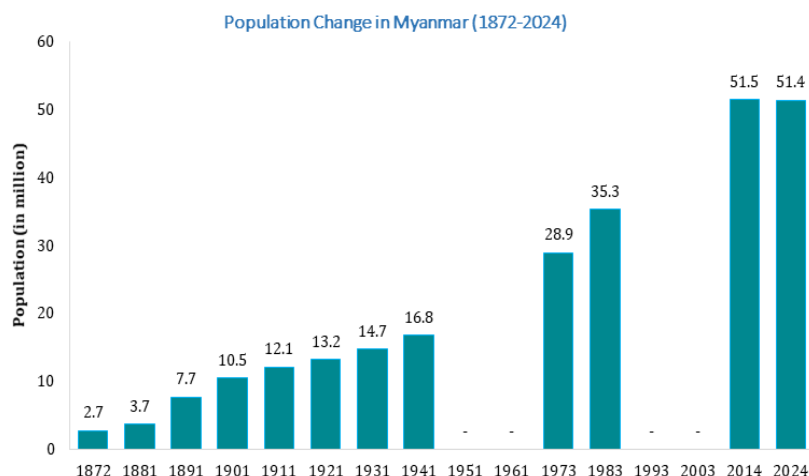
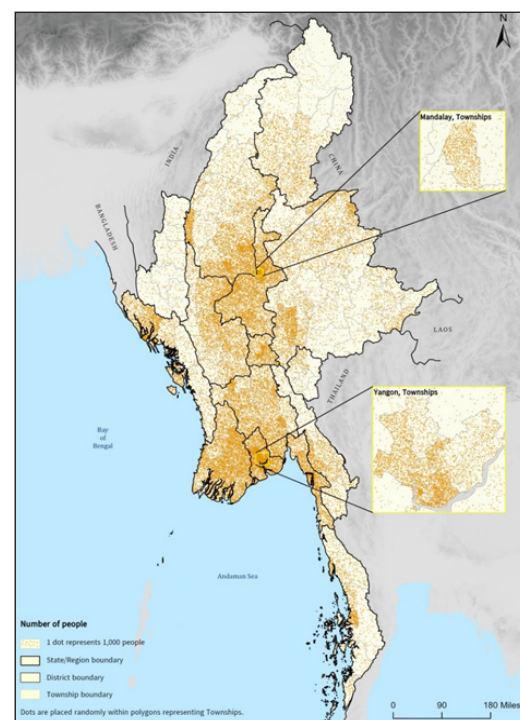


Demographic Characteristics

The 2024 Census provides a detailed picture of Myanmar's people: their size, age structure, family formation, fertility and mortality, household living arrangements, identity documentation and birth registration. These insights are essential for understanding where the country stands today and how it is changing.

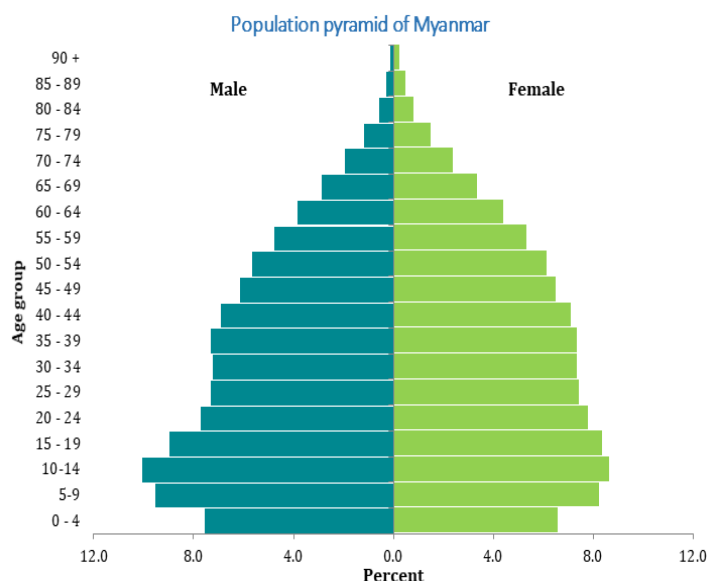
Population Size and Distribution

- **51.4 million people** in Myanmar (including estimated population 19.2 million)
- **Women (53%) outnumber men (47%)**, reflecting a higher proportion of females overall
- Yangon is the largest region with **7.37 million people**, while Kayah (0.29 million) and Chin (0.37 million) remain the least populated
- Population growth has slowed: rapid increases before 2000 have given way to a plateau since 2014

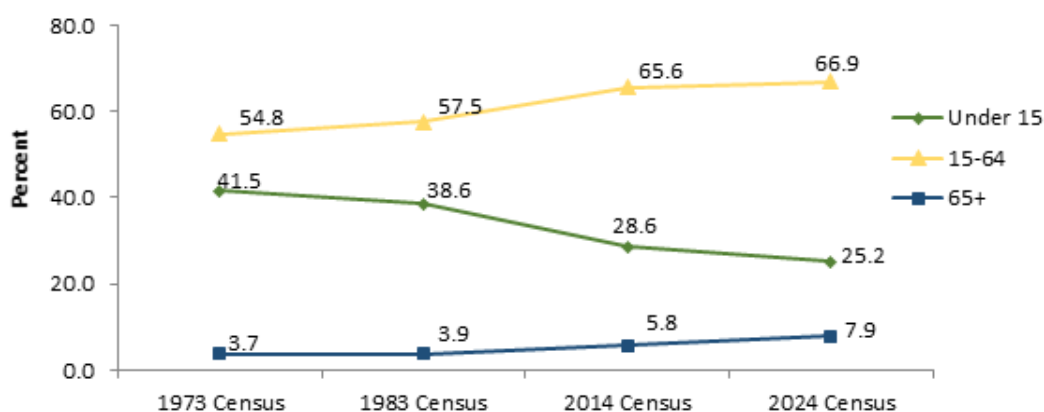


Age and Sex Structure

- **One-quarter (25.2%) of the population is under the age of 15**, down from 28.6% in 2014
- About **66.9% are of working age (15–64)** — the highest share ever recorded
- **Older persons** (aged 65 and over) now make up **7.9%** of the population, double the share in 1973
- The **sex ratio** (number of males for every 100 females) of the population at the national level is **90**
- The **population pyramid still has a broad base**, but narrowing at younger ages signals declining fertility and migration of youth



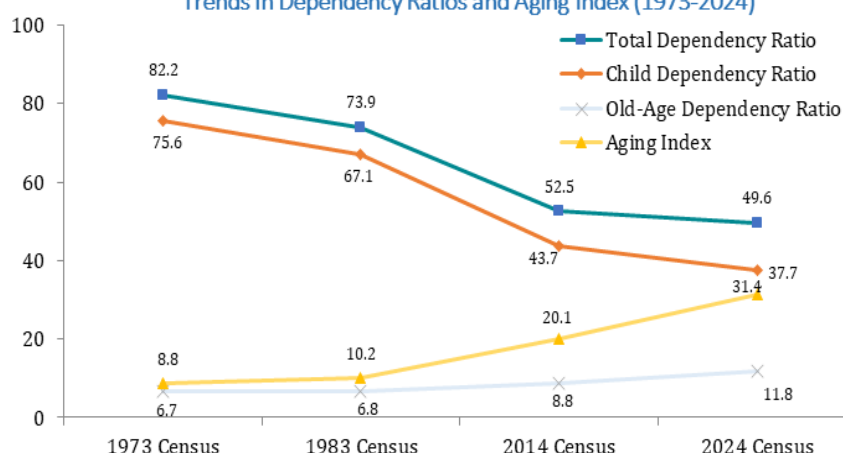
Changing population composition by broad age groups (1973-2024)



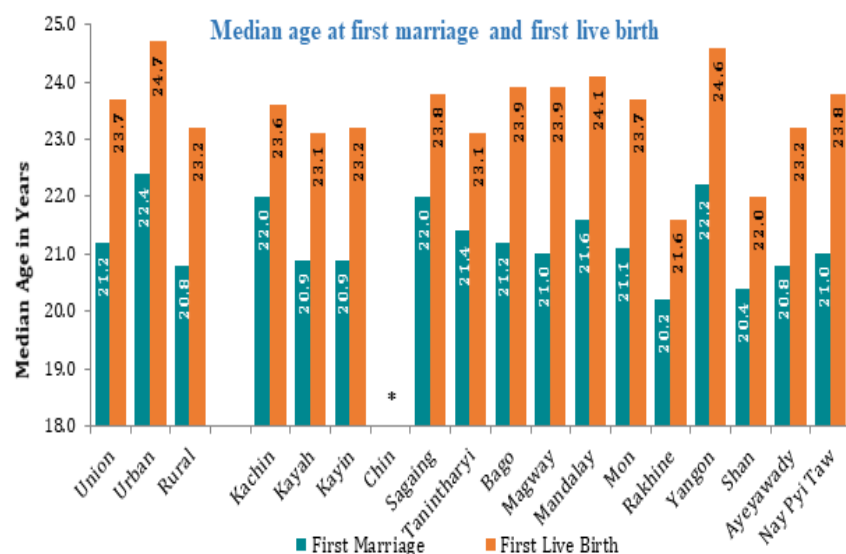
Dependency and Aging Index

- The **total dependency ratio** fell from 82.2 (1973) to **49.6** (2024)
- Child dependency** declined sharply (from 75.6 in 1973 to **37.7** in 2024)
- Old-age dependency** rose (from 6.7 to **11.8** per 100 working-age adults)
- Aging index** increased from 8.8 (1973) to **31.4** (2024) — suggesting lower birth rates and longer life expectancies

Trends in Dependency Ratios and Aging Index (1973-2024)



Marriage and Childbearing

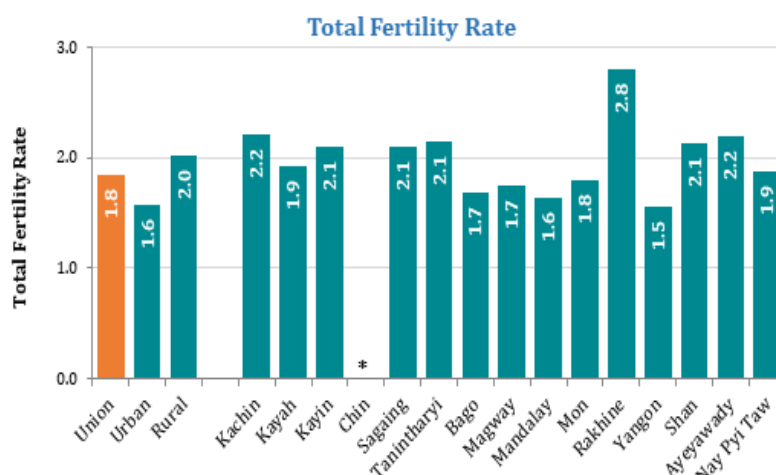


- Median age at first marriage** (women 15–49): **21.2 years**
- Median age at first live birth** (women 15–49): **23.7 years**
- Urban women marry and have children about 2 years later than rural women
- Early marriage persists:** 8.7% of women aged 20–24 married before age 18, with the highest rates in Rakhine and Shan
- Singulate Mean Age at Marriage:** 26.6 years (male), 24.6 years (female)

* Data not available due to an insufficient number of cases for statistical reliability.

Fertility

- Fertility has fallen below replacement level (2.1) children per women:
 - Total Fertility Rate (TFR): 1.8**
- Urban TFR: 1.6; rural TFR: 2.0
- Highest fertility:** Rakhine, Ayeyawady and Kachin (2.2–2.8)
- Lowest fertility:** Yangon, Mandalay, Bago and Magway (1.5–1.7)
- Adolescent fertility:** 13 births per 1,000 girls aged 15–19; highest in Rakhine and Shan

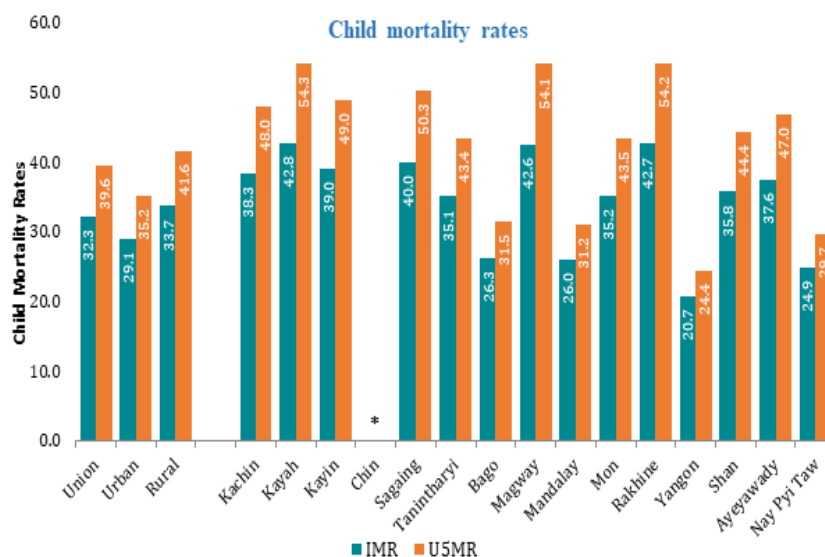


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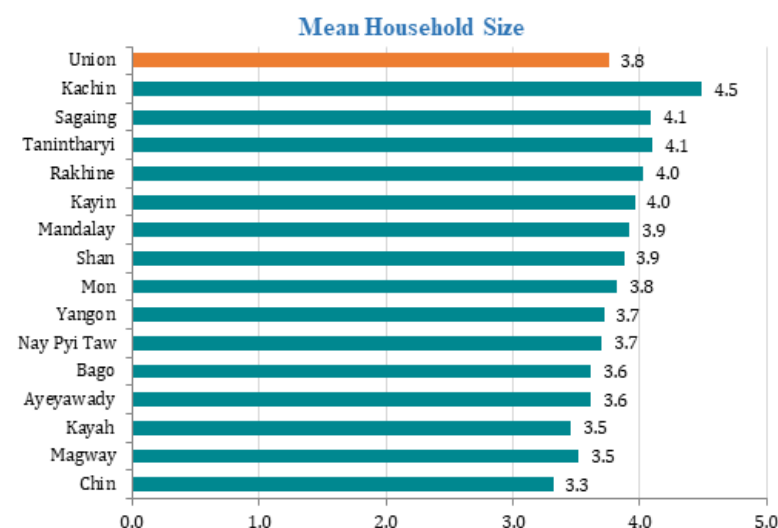
Mortality and Life Expectancy

- Infant mortality:** 32.3 per 1,000 live births
- Under 5 mortality:** 39.6 per 1,000 live births
- Life expectancy:** 69.0 years overall (72.0 for women, 66.5 for men)
- Regional contrasts: Yangon has the longest life expectancy (72.5)
- Diseases account for 91.6% of deaths, with accidents, violence and other categories making up smaller shares

Census	Life expectancy at birth		
	Both sexes	Male	Female
2014 Census	66.8	63.9	69.9
2024 Census	69.0	66.5	72.0



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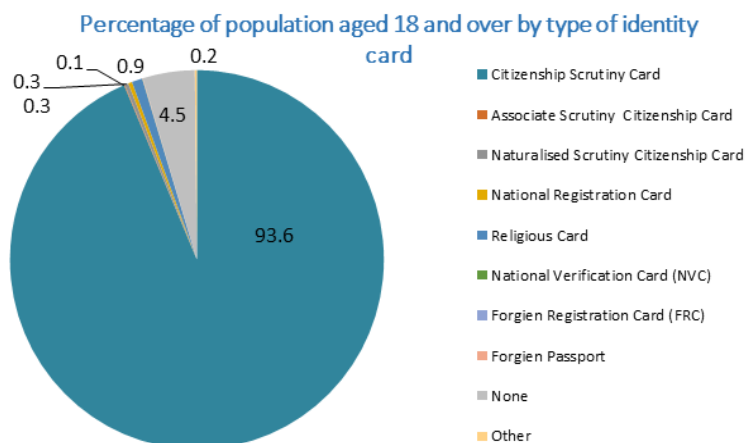


Households and Composition

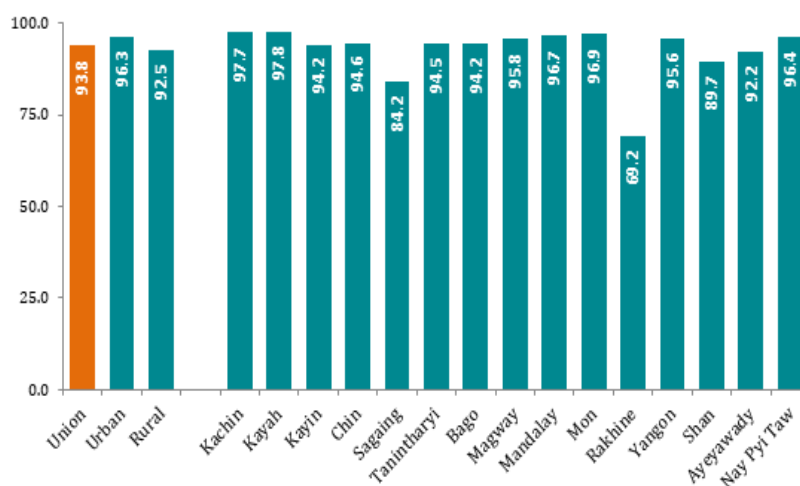
- Mean household size:** 3.8 persons (down from 4.4 in 2014)
- Kachin has the largest households (4.5)
- Female-headed households:** 27% nationwide (higher in urban areas, lower in rural)
- Among the elderly (85+), most households are female-headed, reflecting women's longer life expectancy

Identity Documentation and Birth Registration

- **93.6%** of population aged 18 and over hold a **Citizenship Scrutiny Card**
- About 4.5% lack any identity card
- **93.8%** of children aged 15 and below have a **birth certificate**, but gaps remain:
 - Rakhine (69.2%) and Sagaing (84.2%) show the lowest coverage



Percentage of population aged 15 and below by birth certificate

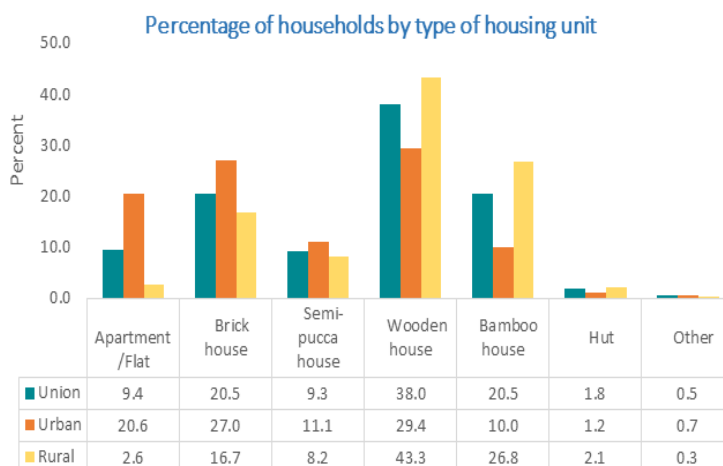


Housing Characteristics

The 2024 Census shows how Myanmar's families live — their homes, rooms, cooking arrangements, amenities, and access to water and sanitation. The results highlight an **urban-rural divide**: cities benefit from modern housing and services, while rural areas continue to rely more on traditional materials and practices.

Types and Quality of Housing

- **Most common house types:**
 - Wooden (38%), Bamboo (21%), Brick (21%)
- **Apartments/flats:** 21% of urban homes, but only 3% in rural areas
- **Construction materials:**
 - Walls: tile/brick/concrete (35%), wood (25%), bamboo (23%)
 - Roofs: corrugated sheet (81%)
 - Floors: wood (48%), tile/ brick/ concrete (36%), bamboo (12%)



- Clear urban-rural divide: urban homes favor **tile/brick/concrete**, rural homes favor **wood/bamboo**

Housing Tenure and Ownership

- **85% of households own their homes**
- Rural: 94% owners, 4% renters
- Urban: 69% owners, 23% renters (more mobility and apartments)
- Government quarters (3%) and private quarters (1%) are a small but notable share in urban areas

Rooms and Living Space

- **Most common:** 3-room dwellings (34%)
- **One-room units:** more common in cities (16%) than rural areas (9%)
- **Bedrooms:** 62% of households have only **1 bedroom**, 28% have 2, and only 9% have 3 bedrooms and more
- **Overcrowding:**
 - 20% of households exceed 1.5 persons per room
 - Severe crowding (more than 2 persons per room): 12% in urban vs 8% in rural
 - Tanintharyi, Yangon and Kayin face the highest crowding

Average number of persons per room by urban/rural area

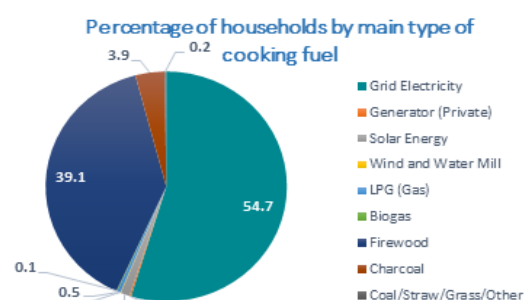
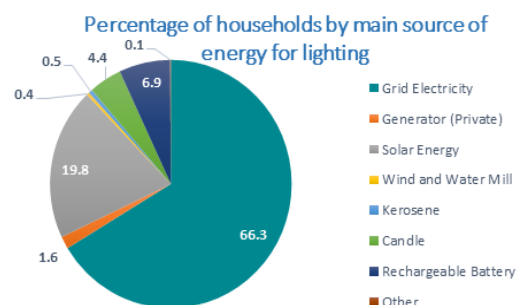
Area	No. of persons per room			
	1.5 and below	1.51 to 2	More than 2	Total
Union	80.1	10.4	9.5	100
Urban	76.6	11.5	11.9	100
Rural	82.3	9.7	8.0	100

Cooking Facilities

- **81% of households use a separate kitchen** (slightly more in rural areas)
- **No kitchen at all:** 10% in urban areas, 7% in rural
- **Cooking outside the dwelling:** 5%

Energy and Amenities

- **Lighting:**
 - Grid electricity: 66% overall, (urban 91%, rural 52%)
 - Solar: 20% overall, (urban 3%, rural 30%)
- **Cooking fuel:**
 - Electricity: 55% overall (urban 83%, rural 38%)
 - Firewood: 39% overall (rural 57%, urban 10%)
- **Renewables:** 20% use solar for lighting; only 1% use renewable sources for cooking

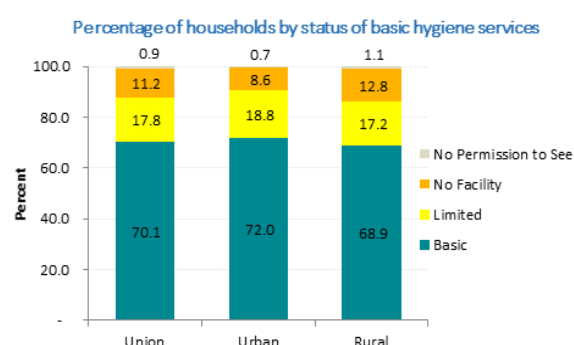
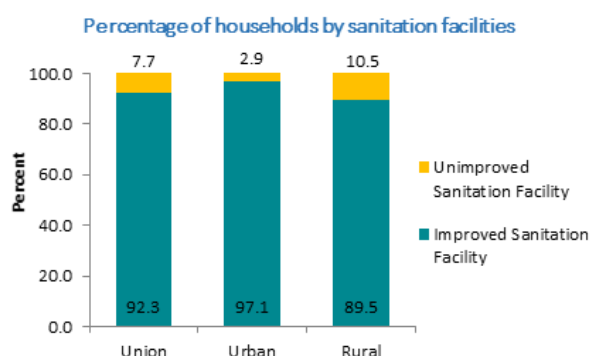
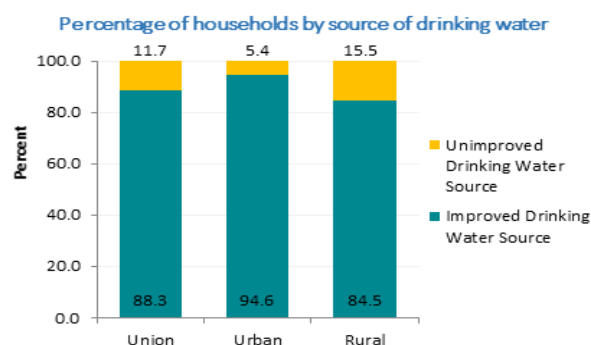


Household Assets

- **Communication devices:**
 - Mobile phones/landlines: 83% of households (urban 92%, rural 78%)
 - Internet access at home (including mobile connection): 57% (urban 66%, rural 52%)
 - TVs: 46% (urban 59%, rural 39%)
 - Computers: 4% (urban 9%, rural 1%)
- **Transportation items:**
 - Motorcycles/mopeds/tuk-tuk: 50% (urban 48%, rural 51%)
 - Bicycles: 30% (urban 33%, rural 29%)
 - Cars/vans: 7% (urban 12%, rural 4%)
 - Bullock carts still used by 11% of households (urban 1%, rural 16%)

Water, Sanitation, and Hygiene (WASH)

- **Drinking water:**
 - **Improved sources: 88%** (urban 95%, rural 85%)
 - Bottled water: 23% (urban 46%, rural 10%)
 - Unimproved sources: higher in Ayeyawady (25%), Rakhine (13%) Sagaing (12%)
- **Sanitation:**
 - **92% use improved facilities** (urban 97%, rural 90%)
 - Flush toilets: 10% (urban 19%, rural 4%)
 - Rakhine has the highest unimproved sanitation (19%)
- **Hygiene:**
 - **70% of households have basic handwashing facilities:** access to a handwashing station with both soap and water (urban 72%, rural 69%)
 - 11% have no hygiene facility at all
- **Solid waste disposal:**
 - **30% covered by formal collection services** (urban 69%, rural 7%)
 - Rural households mostly **burn, bury, or dump waste**



Percentage of households with access to service providers for waste disposal

Solid waste disposal	Union	Urban	Rural
Collected by formal service provider	30.2	69.1	7.0
Collected by informal service provider	3.1	4.7	2.2
Disposed of in designated area/within household/buried/burned	48.9	21.3	65.4
Disposed of elsewhere and others	17.8	4.9	25.4

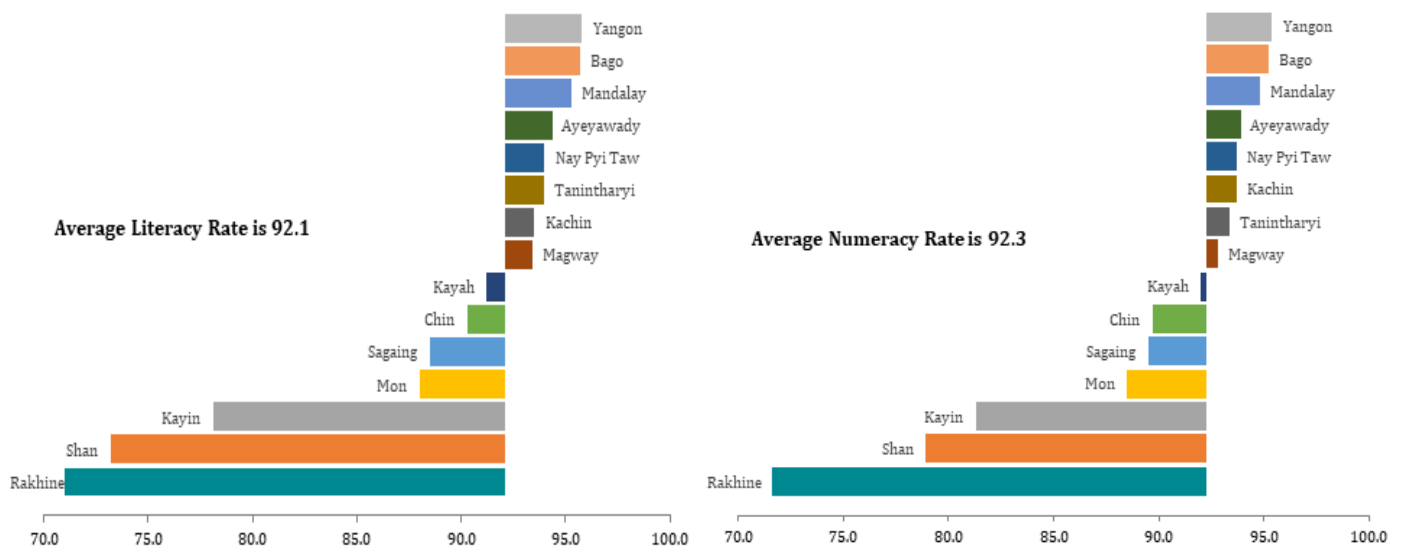


Education

Education is the cornerstone of Myanmar's human capital. The 2024 Census shows impressive progress in literacy and school participation, while also revealing **regional gaps, rural disadvantages, and gender differences**.

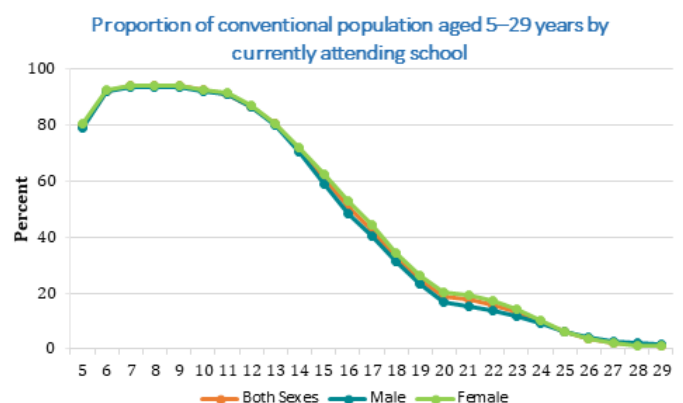
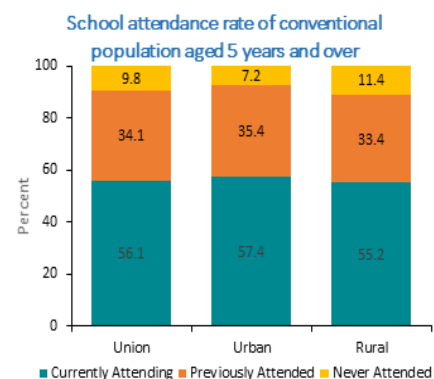
Adult Literacy and Numeracy

- **92.1%** of adults (aged 15+) are **literate**; **numeracy** is nearly identical at **92.3%**
- **Urban advantage:** 95.0% in urban vs. 90.1% in rural areas
- **Top performers:** Yangon, Bago, Mandalay, Ayeyawady (>94%)
- **Lagging states:** Rakhine (71.0% literacy), Shan (73.2%), Kayin (78.1%)
- **Gender gap:** Men slightly outperform women (93.5% vs. 90.9%)

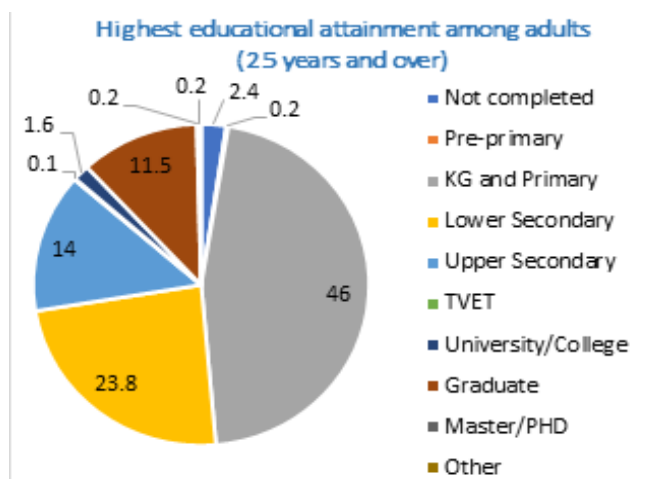


School Attendance

- Of 10.5 million people aged 3–25:
 - **56.1% currently in school**
 - **34.1% previously attended**
 - **9.8% never attended**
- **Urban advantage:** Only 7.2% never attended vs. 11.4% in rural
- **Regional contrasts:**
 - Highest current enrolment: Nay Pyi Taw (64.9%), Kachin (64.5%)
 - Lowest: Rakhine (39.4%), Shan (48.8%)
- By age 15, only **3 in 5 teenagers remain in school**
- By 20, **only 1 in 6** are still studying



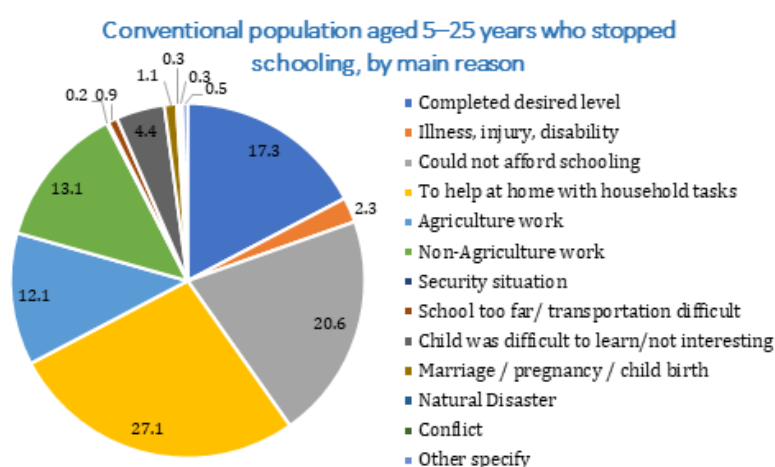
Highest Educational Attainment (Adults 25+)



- **Basic schooling dominates:**
 - 46.0% completed only KG/primary (more women)
 - 23.8% reached lower secondary (more men)
 - 14.0% completed upper secondary
- **Tertiary education is rare:**
 - University/college: 1.6%
 - Graduate degree: 11.5% (women outnumber men 13.2% vs. 9.5%)
 - Postgraduate (Master's/PhD): <1%
- Women lead at graduate level, while men dominate

Why Do Students Leave School? (Aged 5-25)

- **Family duties:** 27.1% leave to help at home
- **Economic barriers:** 20.6% can't afford schooling; 25.2% leave for work (12.1% agricultural, 13.1% non-agricultural)
- Other reasons (illness, disinterest, marriage, pregnancy, security) together account for <10%



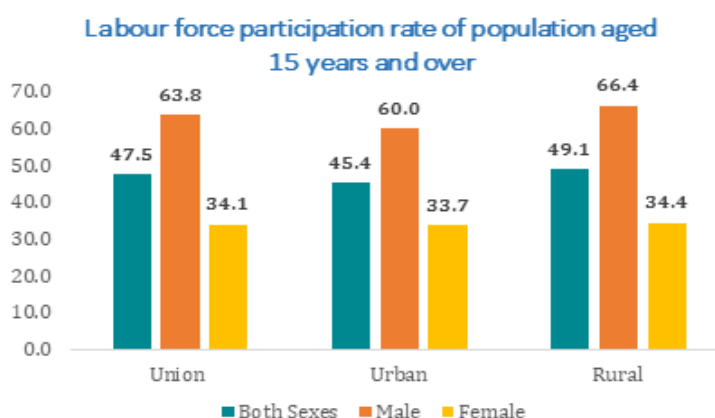
Economic Activity



The 2024 Census offers a snapshot of Myanmar's workforce. It reveals low overall labour participation, strong gender gaps, and a workforce dominated by informal and self-employment.

Labour Force Participation

- **47.5% of adults (15+) are in the labour force**
- Men: 63.8% vs. Women: 34.1% – a 30-point gender gap
- Rural participation (49.1%) slightly exceeds urban (45.4%)



Unemployment

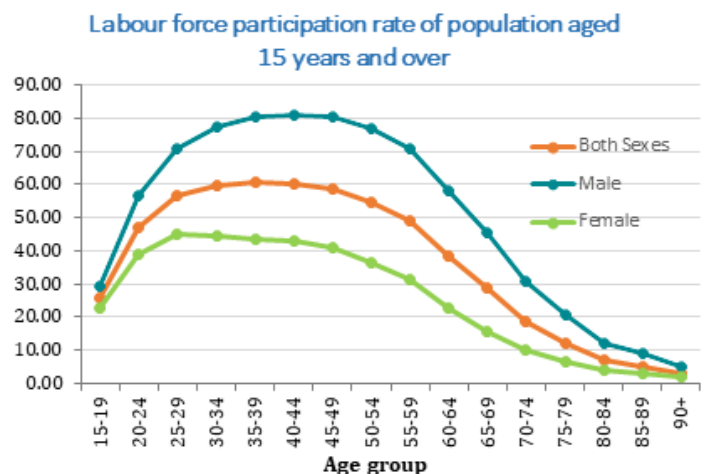
- **Very low nationally (0.7%)**, higher in urban (0.8%) than rural (0.6%)
- Women (0.9%) is higher than men (0.6%)
- Chin (6.0%) and Rakhine (4.6%) stand out with higher unemployment

Employment to Population Ratio (EPR)

- **47.2% of adults** are employed
- Mirrors LFPR trends with wide gender gaps
- Shan (60.6%) highest; Chin (23.4%) and Rakhine (21.8%) lowest

Age Patterns

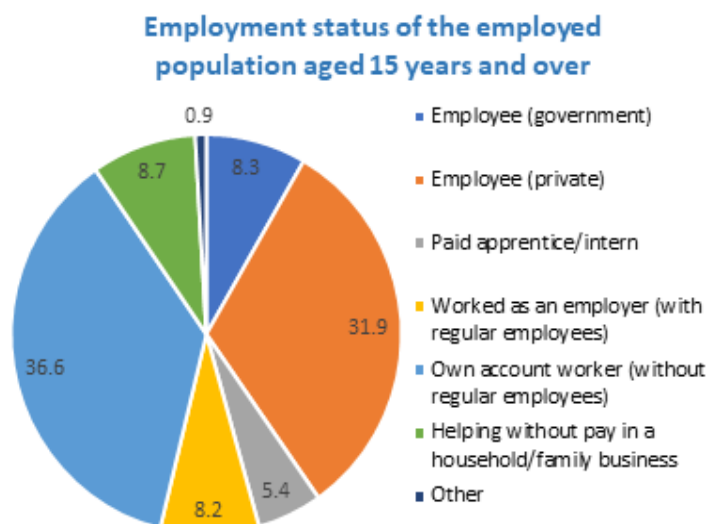
- Participation starts low at 15–19 (**25.8%**), rises to a peak in the 30s–40s
- Men peak at **80.8%** (age 40–44); women peak lower (**45%** at 25–29) and decline earlier
- Gender gap persists at all ages, widest during prime working years



Employment Status

Among employed persons:

- **Own account workers (self-employed):** 36.6% – the largest group
- **Private employees:** 31.9% – shared equally by men and women
- **Government employees:** 8.3% – slightly more women than men
- **Unpaid family helpers:** 8.7% – heavily female (11.9%) vs. men (6.6%)
- **Employers:** 8.2% – men dominate
- **Apprentices/interns:** 5.4%



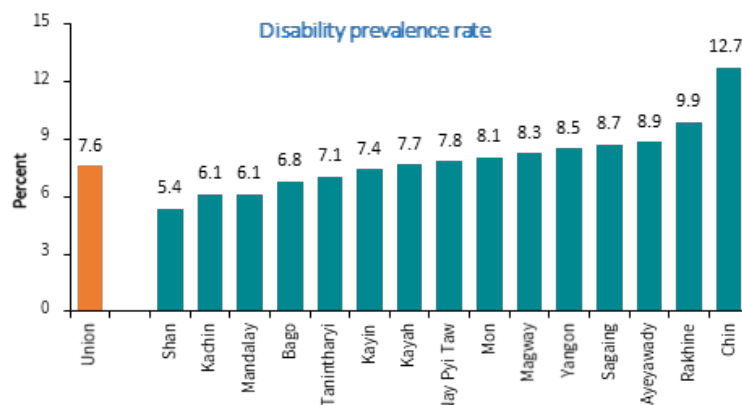


Disability

The 2024 Census is using the **Washington Group Short Set of Questions**, covering six core domains: seeing, hearing, carrying items/walking/climbing steps, remembering/concentrating, self-care, and communication.

Prevalence of Disability

- **2.29 million people** live with a disability — **7.6% of the population aged 5+**
- **Highest prevalence:** Chin (12.7%), Rakhine (9.9%), Ayeyawady (8.9%)
- **Lowest prevalence:** Shan (5.4%), Kachin and Mandalay (6.1%)
- **Largest absolute numbers:** Yangon (594k), Ayeyawady (455k), Mandalay (257k)



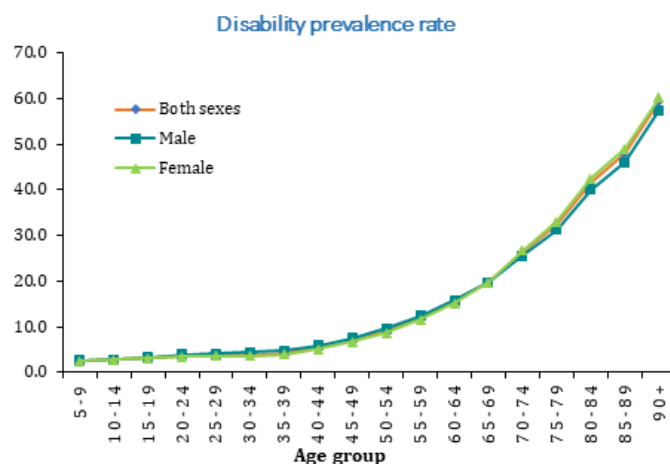
Types of Disability

- Most common impairments (Union level):
 - **Seeing** (4.1%)
 - **Carrying items/walking/climbing steps** (3.1%)
 - **Remembering/concentrating** (2.8%)
 - **Hearing** (2.7%)
- Chin State stands out with highest rates across almost all categories (e.g. 7.1% seeing, 7.3% remembering, 6.4% communication)
- Rakhine also elevated: 5.5% seeing, 5.3% remembering, 4.5% communication

Type of disability	Union	Male	Female
Seeing	4.1	3.9	4.4
Hearing	2.7	2.5	2.9
Carrying items/walking/climbing steps	3.1	3.0	3.2
Remembering/ concentrating	2.8	2.7	3.0
Self-care	2.6	2.5	2.7
Communication	2.4	2.3	2.4

Age and Gender Patterns

- Disability prevalence **increases sharply with age**:
 - <5% among children and youth (5–29 years)
 - ~12% by ages 55–59
 - Over 40% among 80+
- Men and women have **similar prevalence at younger ages**
- After 60, **female prevalence rises faster**, showing higher disability among older women



Severity of Difficulty

- Most report only **“some difficulty”** in one domain
- Less than **0.5%** say they have “a lot of difficulty” or “cannot do at all”
- Women consistently report **slightly higher prevalence** than men across domains



Migration and Urbanization

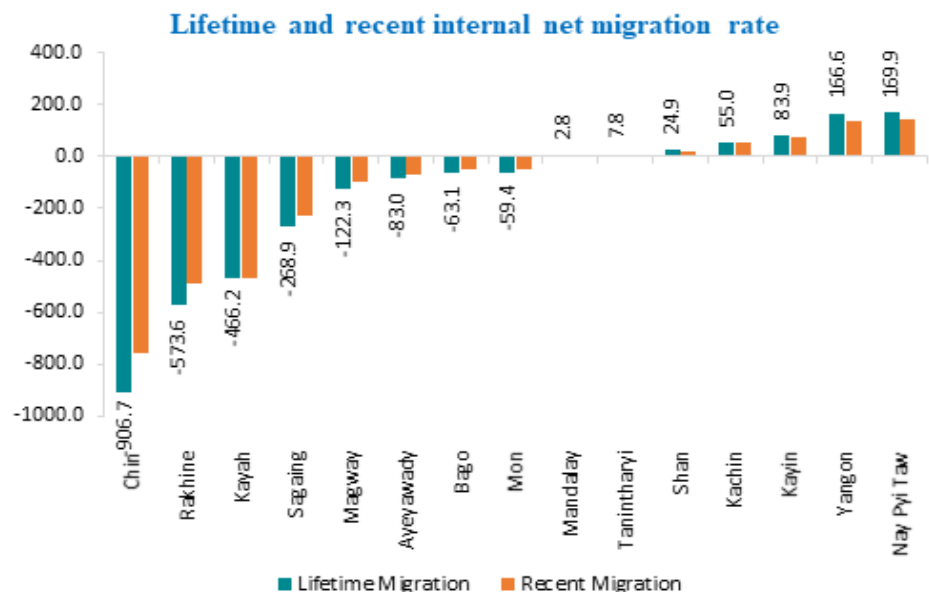
Migration and urbanization are reshaping Myanmar's population. The 2024 Census shows strong flows of people within the country, a significant number working abroad, and steady but uneven urban growth.

Internal Migration

- **Scale:** Nearly **12% of enumerated population** (3.9 million) are internal migrants (lifetime or recent)
- **Destinations:**
 - **Yangon** (+167 per 1,000 population for lifetime, +135 per 1,000 population for recent)
 - **Nay Pyi Taw** (+170 per 1,000 population for lifetime, +144 per 1,000 for recent population) are the main net-gaining regions
 - **Kachin and Kayin** also record positive net migration
- **Areas losing population:**
 - **Chin** (-907 per 1,000 population for lifetime, -759 per 1,000 population for recent)
 - **Kayah** (-466 per 1,000 population for lifetime, -467 per 1,000 population for recent)
 - **Rakhine** (-574 per 1,000 population, -489 per 1,000 population)
 - Sagaing, Magway, Ayeyawady, and Bago also record steady net losses

Gender differences:

- Women migrate more to **Yangon and Nay Pyi Taw** than men
- In out-migration states like Chin, Kayah, and Rakhine, **female losses are much higher** (e.g., Chin: -1,005 per 1,000 population lifetime female vs -800 per 1,000 population male)



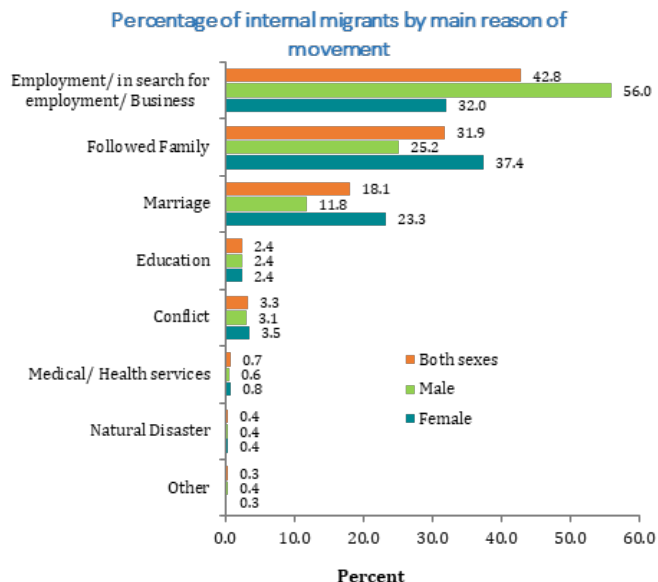
Migration Streams

- **Urban-to-urban is dominant:** Over 50% of moves are between cities
- **Rural-to-urban:** Around 1 in 4 moves, reflecting pull of jobs, schools, and services
- **Rural-to-rural & urban-to-rural:** Smaller shares (about 18% and 7%)
- **Gender differences:** Minor — both men and women follow the same patterns

Migration stream	Urban-urban	Rural-urban	Rural-rural	Urban-rural
Lifetime migration	50.3	24.7	18.4	6.6
Recent migration	50.6	23.9	17.9	7.6

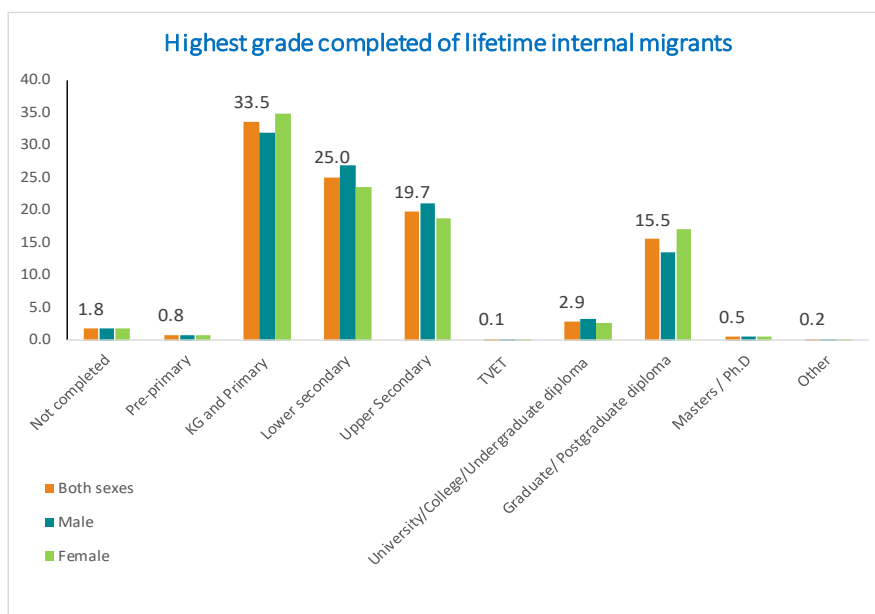
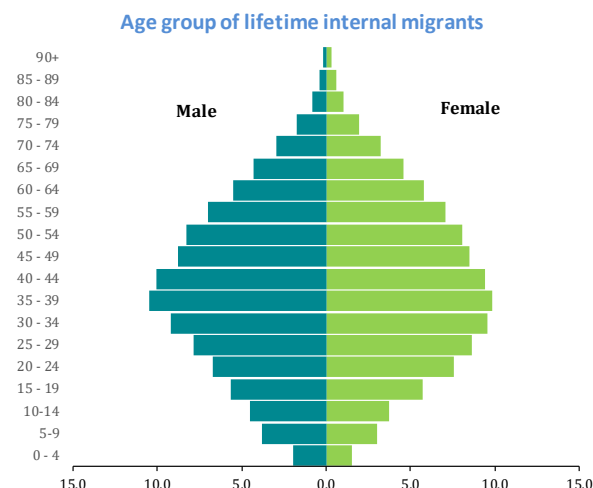
Why Do People Move?

- **Employment and livelihood:** 43% (men 56%, women 32%)
- **Followed family:** 32% (women 37%, men 25%)
- **Marriage:** 18% (women 23%, men 12%)
- **Conflict displacement:** 3.3% nationally



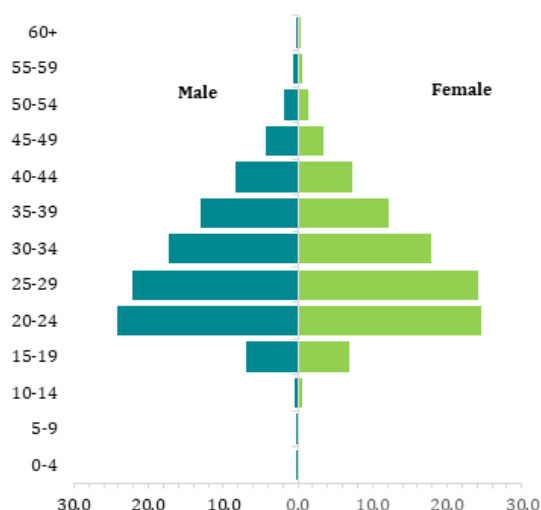
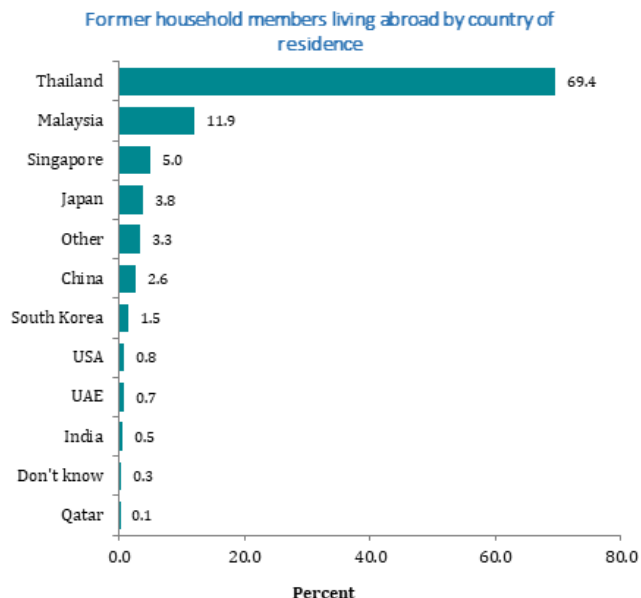
Who Are the Migrants?

- **Age:** Migration peaks among young adults — especially 20–34 years old
- **Marital status:** Recent migrants are more likely to be single (36%), compared to lifetime migrants (25%)
- **Education:** Mostly basic schooling (primary 34%, lower secondary 25%). Only 2.9% hold university/college degrees, and 16% graduate-level
- **Labour force:**
 - Men: 65% of lifetime migrants are employed
 - Women: Only 33% employed; two-thirds are outside labour force



International Migration

- **Scale:** The enumerated households reported that more than 1.12 million Myanmar nationals are residing abroad
- **Destinations:**
 - **Thailand dominates (69%),** followed by **Malaysia (12%)** and **Singapore (5%)**
 - Yangon-origin migrants are more diversified (Singapore, Malaysia, Japan, Korea, USA)
 - **Chin migrants** — unique pattern: nearly **40% in USA**
- **Sending regions:** Kayin, Mon, Tanintharyi, Bago, and Ayeyawady together contribute **over half of all migrants abroad**



Profile of International Migrants

Age: Two-thirds are aged 20–34; migration peaks at 20–29

Gender: Men and women migrate in similar shares, but women are slightly more represented at graduate level

Education:

- Primary: 32%
- Lower secondary: 30%
- Upper secondary: 22%
- Graduate/postgraduate: 6.5% (higher among women)

Majority are **semi-skilled young workers**, but a **small educated group** (esp. women) also move abroad

Urbanization

- **Urban population:** 31% of Myanmar's people live in towns and cities (15.7 million)
- **Most urbanized:** Yangon (68% urban) and Mandalay (34%), plus Mon and Nay Pyi Taw (35%)
- **Least urbanized:** Ayeyawady (16%), Magway (17%), Sagaing (18%), Rakhine (19%), Chin (22%)

