

Population of the United Republic of Tanzania by Sex and Number of Households

Region/District	Population (Number)			Households	
	Males	Females	Total	Number	Average Size
Country Total	16,910,321	17,658,911	34,569,232	6,996,036	4.9
1 Dodoma Region	823,504	875,492	1,698,996	376,530	4.5
1 Kondoa District	213,724	216,100	429,824	89,893	4.8
2 Mpwapwa District	123,292	131,208	254,500	56,563	4.5
3 Kongwa District	120,098	129,662	249,760	50,877	4.9
4 Dodoma Rural District	208,921	231,644	440,565	104,283	4.2
5 Dodoma Urban District	157,469	166,878	324,347	74,914	4.3
2 Arusha Region	638,261	654,712	1,292,973	286,579	4.5
1 Monduli District	90,223	95,014	185,237	41,112	4.5
2 Arumeru District	253,143	263,671	516,814	113,002	4.6
3 Arusha District	139,037	143,675	282,712	72,444	3.9
4 Karatu District	92,895	85,539	178,434	33,299	5.4
5 Ngorongoro District	62,963	66,813	129,776	26,722	4.9
3 Kilimanjaro Region	667,865	713,284	1,381,149	297,439	4.6
1 Rombo District	116,859	129,620	246,479	50,123	4.9
2 Mwanga District	55,666	59,954	115,620	24,326	4.8
3 Same District	103,520	108,805	212,325	44,474	4.8
4 Moshi Rural District	192,998	209,433	402,431	84,862	4.7
5 Hai District	127,782	132,176	259,958	58,056	4.5
6 Moshi Urban District	71,040	73,296	144,336	35,598	4.1
4 Tanga Region	797,240	844,775	1,642,015	356,993	4.6
1 Lushoto District	191,970	228,000	419,970	90,263	4.7
2 Korogwe District	128,208	132,796	261,004	58,512	4.5
3 Muheza District	139,673	139,750	279,423	62,183	4.5
4 Tanga District	120,242	123,338	243,580	53,104	4.6
5 Pangani District	22,224	21,883	44,107	11,283	3.9
6 Handeni District	123,581	125,991	249,572	52,240	4.8

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7 Kilindi District	71,342	73,017	144,359	29,408	4.9
5 Morogoro Region	877,238	882,571	1,759,809	385,260	4.6
1 Kilosa District	244,201	245,312	489,513	105,635	4.6
2 Morogoro Rural District	129,285	134,635	263,920	56,723	4.7
3 Kilombero District	162,942	159,837	322,779	73,393	4.4
4 Ulanga District	95,915	98,294	194,209	36,988	5.3
5 Morogoro Urban District	113,639	115,224	228,863	54,207	4.2
6 Mvomero District	131,256	129,269	260,525	58,314	4.5
6 Coast Region	440,161	448,993	889,154	200,919	4.4
1 Bagamoyo District	114,699	115,465	230,164	50,359	4.6
2 Kibaha District	66,291	65,754	132,045	30,477	4.3
3 Kisarawe District	48,343	47,271	95,614	22,949	4.2
4 Mkuranga District	91,714	95,714	187,428	42,937	4.4
5 Rufiji District	98,398	104,704	203,102	44,342	4.6
6 Mafia District	20,716	20,085	40,801	9,855	4.1
7 Dar Es Salaam Region	1,261,077	1,236,863	2,497,940	596,264	4.2
1 Kinondoni District	549,929	538,938	1,088,867	260,269	4.2
2 Ilala District	321,903	315,670	637,573	148,386	4.3
3 Temeke District	389,245	382,255	771,500	187,609	4.1
8 Lindi Region	381,359	409,947	791,306	190,761	4.1
1 Kilwa District	82,817	89,033	171,850	36,185	4.7
2 Lindi Rural District	102,530	113,234	215,764	55,577	3.9
3 Nachingwea District	78,915	83,166	162,081	41,056	3.9
4 Liwale District	36,804	38,742	75,546	14,561	5.2
5 Ruangwa District	59,993	64,523	124,516	32,493	3.8
6 Lindi Urban District	20,300	21,249	41,549	10,889	3.8

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9 Mtwara Region	534,402	594,121	1,128,523	293,908	3.8
1 Mtwara Rural District	96,869	107,901	204,770	50,637	4.0
2 Newala District	84,916	99,014	183,930	49,726	3.7
3 Masasi District	213,469	229,104	442,573	116,763	3.8
4 Tandahimba District	94,026	110,622	204,648	53,790	3.8
5 Mtwara Urban District	45,122	47,480	92,602	22,992	4.0
10 Ruvuma Region	545,547	571,619	1,117,166	232,340	4.8
1 Tunduru District	120,597	127,379	247,976	53,057	4.7
2 Songea Rural District	72,330	75,594	147,924	31,514	4.7
3 Mbinga District	198,405	206,394	404,799	84,669	4.8
4 Songea Urban District	63,145	68,191	131,336	30,102	4.4
5 Namtumbo District	91,070	94,061	185,131	32,998	5.6
11 Iringa Region	708,927	786,406	1,495,333	346,815	4.3
1 Iringa Rural District	119,487	126,136	245,623	56,682	4.3
2 Mufindi District	133,828	149,204	283,032	66,058	4.3
3 Makete District	48,598	57,463	106,061	27,672	3.8
4 Njombe District	196,130	224,218	420,348	98,825	4.3
5 Ludewa District	60,715	67,805	128,520	27,729	4.6
6 Iringa Mjini District	49,925	56,743	106,668	24,512	4.4
7 Kilolo District	100,244	104,837	205,081	45,337	4.5
12 Mbeya Region	990,825	1,079,221	2,070,046	491,929	4.2
1 Chunya District	103,762	102,853	206,615	45,282	4.6
2 Mbeya Rural District	119,214	135,683	254,897	63,522	4.0
3 Kyela District	83,342	91,128	174,470	42,964	4.1
4 Rungwe District	145,611	161,659	307,270	74,450	4.1
5 Ileje District	51,786	58,408	110,194	26,832	4.1
6 Mbozi District	245,151	270,119	515,270	119,308	4.3
7 Mbarali District	115,280	119,628	234,908	55,374	4.2
8 Mbeya Urban District	126,679	139,743	266,422	64,197	4.2

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13 Singida Region	531,015	559,743	1,090,758	217,572	5.0
1 Iramba District	179,002	189,129	368,131	71,677	5.1
2 Singida Rural District	196,000	205,850	401,850	78,494	5.1
3 Manyoni District	100,185	105,238	205,423	42,889	4.8
4 Singida Urban District	55,828	59,526	115,354	24,512	4.7
14 Tabora Region	846,196	871,712	1,717,908	291,369	5.9
1 Nzega District	203,371	213,726	417,097	73,579	5.7
2 Igunga District	159,667	165,880	325,547	51,176	6.4
3 Uyui District	139,998	142,274	282,272	43,166	6.5
4 Urambo District	183,229	187,567	370,796	62,633	5.9
5 Sikonge District	66,569	66,819	133,388	22,249	6.0
6 Tabora Urban District	93,362	95,446	188,808	38,566	4.9
15 Rukwa Region	559,120	582,623	1,141,743	222,868	5.1
1 Mpanda District	202,466	210,217	412,683	74,221	5.6
2 Sumbawanga Rural District	182,312	190,768	373,080	76,701	4.9
3 Nkasi District	102,790	105,707	208,497	41,476	5.0
4 Sumbawanga Urban District	71,552	75,931	147,483	30,470	4.8
16 Kigoma Region	807,859	871,250	1,679,109	242,533	6.9
1 Kibondo District	200,381	214,383	414,764	58,572	7.1
2 Kasulu District	299,506	329,171	628,677	85,810	7.3
3 Kigoma Rural District	237,342	253,474	490,816	72,085	6.8
4 Kigoma Urban District	70,630	74,222	144,852	26,066	5.6
17 Shinyanga Region	1,369,581	1,435,999	2,805,580	445,020	6.3
1 Bariadi District	286,785	318,724	605,509	85,559	7.1
2 Maswa District	147,317	158,156	305,473	48,921	6.2
3 Shinyanga Rural District	135,421	142,097	277,518	45,517	6.1

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4 Kahama District	295,578	300,878	596,456	100,853	5.9
5 Bukombe District	197,122	199,301	396,423	61,271	6.5
6 Meatu District	119,721	129,228	248,949	35,238	7.1
7 Shinyanga Urban District	66,835	68,331	135,166	28,217	4.8
8 Kishapu District	120,802	119,284	240,086	39,444	6.1
18 Kagera Region	999,941	1,033,947	2,033,888	394,128	5.2
1 Karagwe District	208,620	216,856	425,476	89,047	4.8
2 Bukoba Rural District	191,364	203,766	395,130	90,502	4.4
3 Muleba District	192,252	194,076	386,328	79,107	4.9
4 Biharamulo District	204,234	206,560	410,794	67,131	6.1
5 Ngara District	162,649	172,290	334,939	49,082	6.8
6 Bukoba Urban District	40,822	40,399	81,221	19,259	4.2
19 Mwanza Region	1,459,570	1,482,578	2,942,148	495,400	5.9
1 Ukerewe District	129,547	132,397	261,944	40,729	6.4
2 Magu District	202,077	214,036	416,113	70,065	5.9
3 Nyamagana District	105,316	105,419	210,735	49,138	4.3
4 Kwimba District	152,733	163,447	316,180	49,891	6.3
5 Sengerema District	254,733	247,182	501,915	76,632	6.5
6 Geita District	355,823	356,372	712,195	115,640	6.2
7 Misungwi District	125,970	131,185	257,155	39,956	6.4
8 Ilemela District	133,371	132,540	265,911	53,349	5.0
20 Mara Region	653,449	715,153	1,368,602	246,600	5.5
1 Tarime District	233,301	259,497	492,798	96,608	5.1
2 Serengeti District	84,263	92,346	176,609	31,213	5.7
3 Musoma Rural District	159,326	171,627	330,953	54,213	6.1
4 Bunda District	124,711	135,289	260,000	42,605	6.1
5 Musoma Urban District	51,848	56,394	108,242	21,961	4.9

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21 Manyara Region	534,565	505,896	1,040,461	199,860	5.2
1 Babati District	156,169	146,844	303,013	59,970	5.1
2 Hanang District	104,492	100,641	205,133	36,597	5.6
3 Mbulu District	120,535	117,347	237,882	38,729	6.1
4 Simanjiro District	76,753	64,923	141,676	32,582	4.3
5 Kiteto District	76,616	76,141	152,757	31,982	4.8
22 Zanzibar North Region	67,093	69,860	136,953	27,854	4.9
1 North 'A' District	40,721	43,627	84,348	17,252	4.9
2 North 'B' District	26,372	26,233	52,605	10,602	5.0
23 Zanzibar South Region	47,830	46,674	94,504	19,937	4.7
1 Central District	32,278	30,259	62,537	12,987	4.8
2 South District	15,552	16,415	31,967	6,950	4.6
24 Zanzibar Town/West Region	190,937	200,065	391,002	74,363	5.3
1 West District	91,429	93,281	184,710	37,244	5.0
2 Town District	99,508	106,784	206,292	37,119	5.6
25 Pemba North Region	90,943	95,070	186,013	33,019	5.6
1 Wete District	50,048	52,434	102,482	17,571	5.8
2 Micheweni District	40,895	42,636	83,531	15,448	5.4
26 Pemba South Region	85,816	90,337	176,153	29,776	5.9
1 Chake Chake District	40,434	42,917	83,351	14,289	5.8
2 Mkoani District	45,382	47,420	92,802	15,487	6.0