Rwanda’s population has grown to 14.1 million, up from 13.2 million in 2022, according to new data released Thursday by the National Institute of Statistics of Rwanda (NISR).

Officials say the increase, driven largely by a youthful population, marks a promising indicator of the country’s development potential and future resilience. The update follows the Fifth Population and Housing Census (RPHC5), which showed a 2.3% rise in population since the last census in 2012.

Women make up a slightly larger share of the population, with 6.8 million, or 51.5%, while men total 6.4 million, or 48.5%.

The report shows Kigali City has the country’s highest urban population rate at 86.9%, while the Southern Province remains the least urbanized, with only 14.8% living in cities.

The Eastern and Southern provinces are home to nearly half of Rwanda’s total population. Gasabo District in Kigali is the most populous, while Kicukiro has the highest population density. Nyaruguru and Nyabihu districts have the fewest residents, and Kayonza in the east records the lowest population density nationwide.

Global data platform Worldometer reports that Rwanda’s population has steadily risen from 3 million in 1960 to 7.3 million in 1990. That figure dropped to 5.6 million in 1995 following the 1994 Genocide against the Tutsi but rebounded to 8.2 million by 2000.

Looking ahead, Worldometer projects Rwanda’s population will reach 16.1 million by 2030 and 22.7 million by 2050.