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## SENIOR FIVE TERM 3

### TOPIC 1/3: Population and Development

**Competency:** The learner proposes strategies for managing population as a key resource in development through analysing its dynamics and their implications for development at different scales.

**Population** refers to the number of people living in a certain area (region) at a given time. The total number of people is established by carrying out population census.

**Population census** refers to the physical counting of people in the country after a given period of time. In Uganda, population census is carried out after every 10 years.

#### The importance of population census in the economy

1. It helps to determine the total population size and its distribution in the country. This is important for national planning purposes.
2. It helps to determine the population growth rate of the country over time. This helps to put in place control measures to regulate the rate of population growth.
3. Population figures are used in the calculation per capita income of the country. This gives an indication of standards of living in the country.
4. It helps to determine the sex composition of the population that is, the ratio of men to women.
5. It helps to show the geographical distribution of the population. This is important for regional resource allocation.
6. It helps to determine the rate of internal and external migration. This enables the government to come up with measures to control migration of people.
7. It helps to determine the ethnic and religious composition of the population that is, the ratio of the population which belongs to different tribes and religions.
8. It is used to determine the population density (number of people per unit area of land). This is used as a basis for demarcating districts for effective service delivery and

constituencies for political purposes.

9. It helps to determine the population structure and composition in terms of age and level of education of the people. The age structure indicates the number of dependants in the country.
10. It is used to determine the occupation composition of the population. This is important for proper manpower planning.

### **Terminologies used in population.**

- (a) **Demography.** This is the study of the population structure and its composition in terms of age, sex, education levels etc.
- (b) **Population explosion.** This refers to the rapid increase in the population of a given area relative to the available resources. Population explosion leads to over population in the long run.
- (c) **Migration.** This refers to the movement of people from one area (region) to another in a given time.
- (d) **Immigration.** This refers to the movement of people which involves entering and settling into the country from another country.
- (e) **Emigration.** This refers to the movement of people which involves moving out of the country to settle in other countries.

### **Factors which influence migration of people**

- (i) 1. Imbalances in resource distribution among regions and countries.
  - (ii) 2. Differences in levels of development between regions and countries.
  - (iii) 3. Differences in incomes and wages between regions.
  - (iv) 4. Political instabilities like wars and change of regimes.
  - (v) 5. Educational requirements where people are forced to go to other countries (regions) to acquire education.
  - (vi) 6. Differences in climatic conditions which may be favorable or unfavorable.
  - (vii) 7. Diseases which may affect certain regions there by pushing people to other regions
- (f) **Birth rate (Crude birth rate).** This refers to the number of children born alive in a year per thousand of the population. It is expressed as a percentage.

$$\text{Crude birth rate (CBR)} = \frac{\text{Number of Live born babies}}{1000} \times 100\%$$

- (g) **Death rate (crude death rate).** This refers to the number of deaths in a year per thousand of the population. It is expressed as a percentage.

$$\text{Crude death rate (CDR)} = \frac{\text{Number of deaths}}{1000} \times 100\%$$

(h) Natural population growth rate (NPGR). This is the difference between the number of live births per thousand of the population and the number of deaths per thousand of the population in a year.

OR. It is the difference between the crude birth rate and the crude death rate.

N.P.G.R = Crude birth rate (CBR) - Crude death rate (C.D.R)

$$= \frac{\text{Live births} - \text{deaths}}{1000} \times 100\%$$

### Example 1

In a certain country, the birth rate is 35 per thousand and the death rate is 15 per thousand of the population. Calculate the natural population growth rate.

Solution

$$\begin{aligned} \text{N.P.G.R} &= \frac{\text{Live births} - \text{deaths}}{1000} \times 100\% \\ &= \frac{35 - 15}{100} \times 100\% = 2\% \end{aligned}$$

(i) **Artificial population growth rate.** This is population growth rate resulting from net international migration that is the difference between immigration and emigration.

Actual population growth rate = C.B.R - C.D.R + net international migration

### Determinants of population growth rate

1. Birth rates
2. Death rates
3. Immigration
4. Emigration

(j) **Dependence burden.** This is a situation where there is a big proportion of the non-working population depending on a smaller proportion of working population

(k) **Dependence ratio.** This refers to the ratio of the non-working population to the working population.

$$\text{Dependence ratio} = \frac{\text{Number of dependents}}{\text{Working population (Labour force)}} \times 100\%$$

$$= \frac{\text{Young dependents} + \text{Old dependents}}{\text{Working population}} \times 100\%$$

Young dependents = people below 18 years; Old dependents = people above 65 years  
Active group (working group) = 18- 65 years

(m) **Fertility rate.** This is the average number of live children born per a fertile woman.  
(For Uganda's case it is six children per woman)

## Population distribution

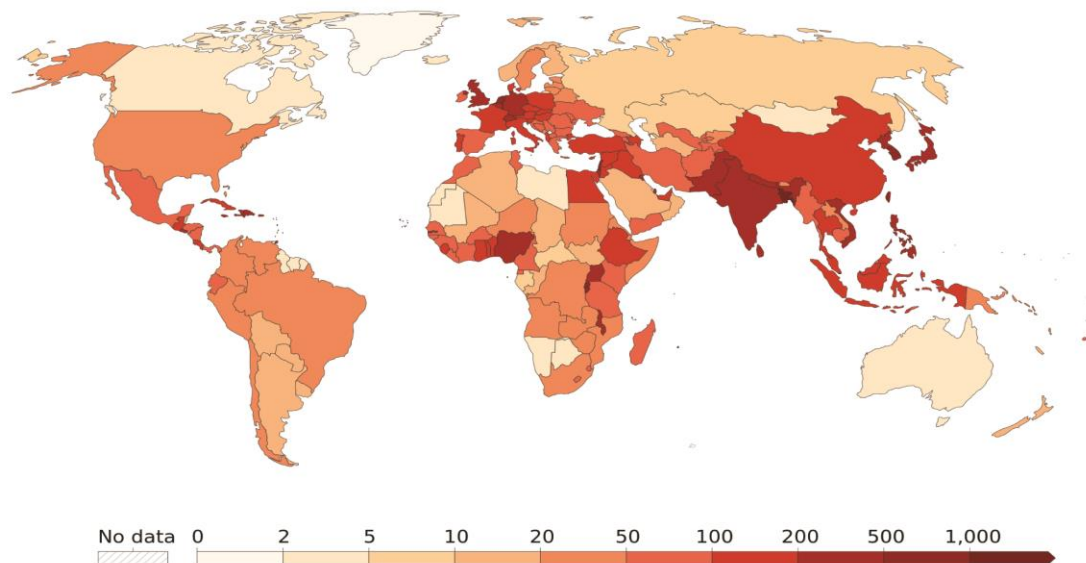
Population distribution refers to the **pattern of where people live across the Earth's surface**. It is highly uneven, with some regions densely populated and others sparsely inhabited.

### Nature of Population Distribution

- **Uneven spread:** People cluster in favorable areas (fertile valleys, coasts, cities) and avoid harsh environments (deserts, mountains, polar regions).
- **Urban vs. rural:** Urban centers attract dense populations due to jobs and services, while rural areas often remain less populated.
- **Global examples:**
  - **Dense regions:** South Asia (India, Bangladesh), East Asia (China, Japan), Europe.
  - **Sparse regions:** Sahara Desert, Arctic, Amazon rainforest, Australian interior.

### Population density, 2022

The number of people per km<sup>2</sup> of land area

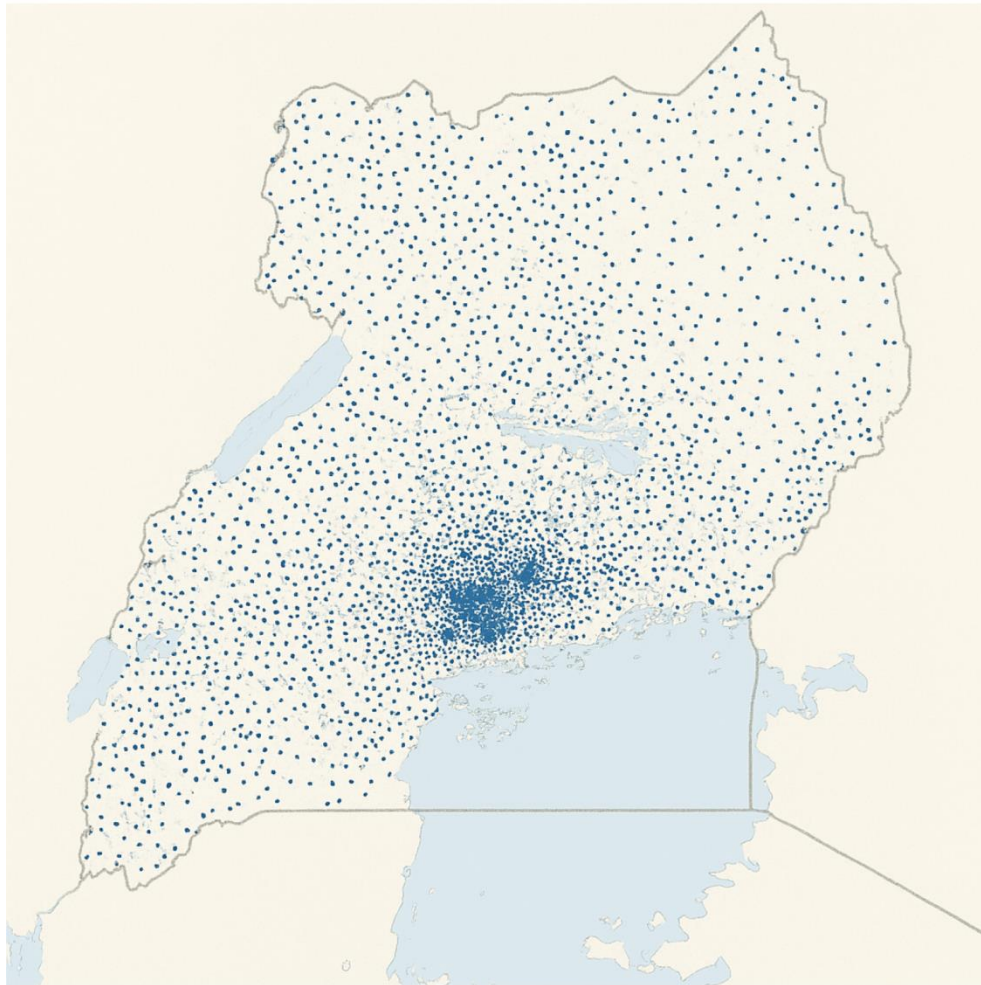


Data source: HYDE (2017); Gapminder (2022); UN WPP (2022); UN FAO (2022)

## Factors Influencing Population Distribution

- **Physical factors:** Climate, relief, soil fertility, water availability.
- **Economic factors:** Employment opportunities, trade, industrialization.
- **Social factors:** Cultural traditions, education, healthcare.
- **Political factors:** Stability, government policies, infrastructure.

A dot map showing population distribution of Uganda 2024 Census



A **dot** distribution map (or a dot density map or simply a **dot map**) is a type of thematic map that uses a point symbol to visualize the geographic distribution of a large number of related phenomena.

- **Dense clusters** around **Kampala and Wakiso**, reflecting high urban population.
- **Moderate density** in districts like **Mbale, Jinja, and Mbarara**, due to fertile land and trade.
- **Sparse dots** in **Karamoja and northern Uganda**, indicating low population density due to arid climate and pastoralist lifestyles

## Advantages of Dot Maps

- **Easy visualization:** They clearly show how phenomena (like population) are spread across a region.
- **Density differences:** Effective in highlighting areas of high vs. low concentration.
- **Flexibility:** Can represent many types of data (population, resources, events).
- **Simple interpretation:** Easy for non-specialists to understand patterns at a glance.
- **Avoids distortion:** Unlike choropleth maps, dot maps don't exaggerate large areas with small populations.

## Disadvantages of Dot Maps

- **Time-consuming:** Plotting dots accurately requires effort, especially for large datasets.
- **Overcrowding:** At small scales, too many dots can clutter the map and reduce readability.
- **Imprecise values:** Hard to retrieve exact numbers—dots show distribution, not precise counts.
- **Symbol choice issues:** Selecting dot size and value can distort perception if not carefully chosen.
- **Generalization:** Dots may be placed randomly within areas, which can mislead about exact locations.

## Population density

Population density is a measure of how many people live in a given area, usually expressed as **persons per square kilometer (km<sup>2</sup>)**. It helps us understand how crowded or spacious a region is and is a key concept in human geography.

## Choropleth map

A **choropleth map** is a type of thematic map where areas (such as countries, states, or districts) are shaded or colored in proportion to a statistical variable. It visually represents **how a measurement varies across a geographic region**, making it easy to spot patterns and differences.

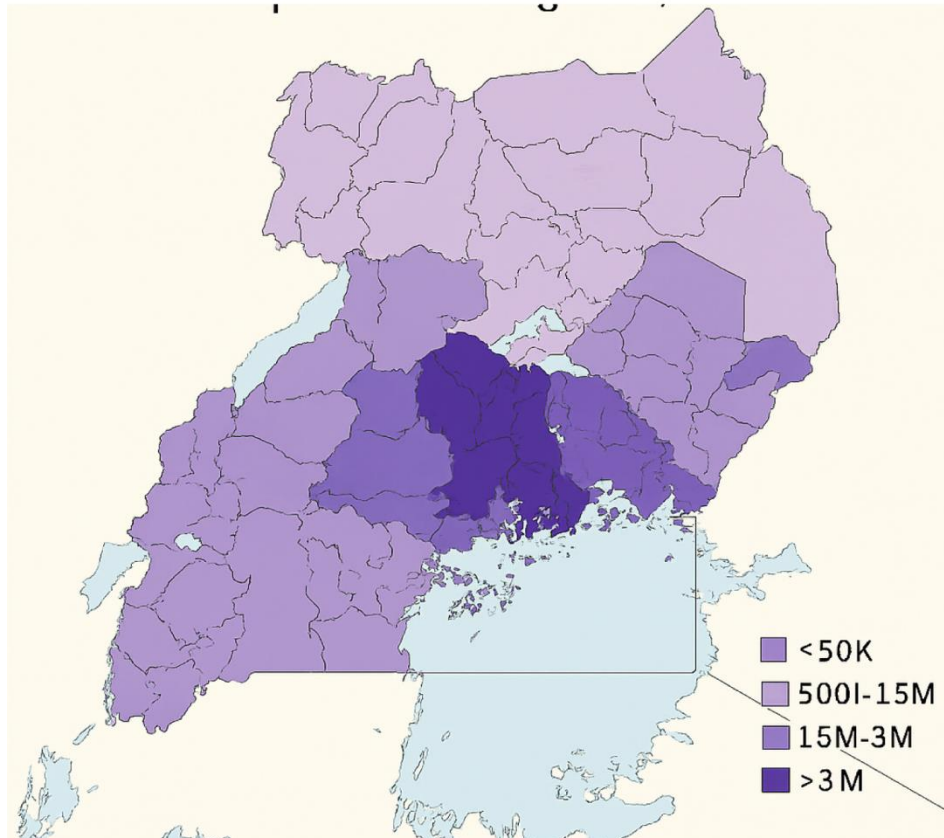
## Key Features of Choropleth Maps

- **Color-coded regions:** Each area is filled with a color or shade based on data values.
- **Data-driven visualization:** Commonly used for population, income, literacy, rainfall, or disease rates.
- **Geographic boundaries:** Uses political or administrative borders (e.g., districts, provinces).
- **Legend included:** Explains what each color or shade represents.

## Example Applications of Choropleth Maps

- **Population density:** Darker shades for more densely populated areas.
- **COVID-19 cases:** Color intensity shows infection rates by region.
- **Election results:** Different colors for political party dominance.
- **Rainfall distribution:** Shades represent precipitation levels across regions.

Choropleth map of Uganda showing population of Uganda 2025



## Advantages of Choropleth Maps

- Easy to interpret large datasets spatially.
- Highlights regional disparities and trends.
- Useful for policy-making, planning, and education.

## Limitations of Choropleth Maps

- Can be misleading if regions vary greatly in size.
- Doesn't show intra-region variation.
- Requires careful choice of color scale and classification.

## The implications of population distribution and density for resource utilisation and development in Uganda

Uganda's population distribution and density patterns have **direct consequences for how resources are used and how development unfolds**. The 2024 census shows Uganda's population at nearly **46 million**, with an average density of **227 persons/km<sup>2</sup>**, but this varies sharply across districts (Kampala >25,000/km<sup>2</sup> vs. Karamoja <50/km<sup>2</sup>).

### Implications for Resource Utilization

#### (i) Pressure on land and agriculture

- High-density areas (Central Uganda, especially Kampala and Wakiso) face **land fragmentation**, over-cultivation, and declining soil fertility.
- Low-density areas (Karamoja, northern Uganda) have underutilized land but often lack infrastructure to exploit it sustainably.

#### (ii) Water resources

- Dense populations around **Lake Victoria and River Nile** increase demand for water for domestic use, irrigation, and industry.
- Overuse risks pollution and depletion, while sparsely populated regions may struggle with access to clean water.

#### (iii) Energy demand

- Urban centers require more electricity, leading to expansion of hydropower and solar projects.
- Rural areas remain energy-poor, slowing industrialization and modern farming.

#### (iv) Social services

- High-density districts strain schools, hospitals, and housing.
- Low-density regions face challenges of accessibility, with long distances to basic services.

### Implications for Development

#### (i) Urbanization & infrastructure

- Kampala and Wakiso's density drives rapid urban growth, but also congestion, slums, and sanitation challenges.
- Balanced development requires investment in **secondary towns** (like Gulu, Mbarara, Mbale) to reduce pressure on the capital.

(ii) **Economic opportunities**

- Dense areas provide labor markets and consumer bases, attracting industries and services.
- Sparse regions risk being left behind, perpetuating inequality.

(iii) **Environmental sustainability**

- Overpopulation in fertile regions accelerates **soil degradation, deforestation, and wetland encroachment**.
- Conservation policies (terracing, agroforestry, reforestation) are critical to balance human needs with ecosystem health.

(iv) **Regional inequality**

- Central Uganda dominates economically due to density-driven development.
- Northern and Karamoja regions lag, requiring targeted policies to improve infrastructure, education, and livelihoods.

**Summary table**

Aspect	High-Density Areas (e.g., Kampala, Wakiso)	Low-Density Areas (e.g., Karamoja, Northern Uganda)
Land use	Overcrowding, land fragmentation	Underutilized land, pastoralism
Water & energy	High demand, risk of pollution	Limited access, infrastructure gaps
Social services	Overstretched schools, hospitals	Sparse coverage, accessibility issues
Development	Rapid urbanization, industrial growth	Slow growth, regional inequality
Environment	Soil degradation, deforestation	Relatively intact ecosystems but vulnerable

**Comparison of the effects of population densities and distribution on development of developed and developing countries**

Population density and distribution shape development differently depending on whether a country is developed or developing.

**Developed Countries**

(i) **Urban concentration:**

- High densities in cities (e.g., Tokyo, London, New York) drive innovation, industrial growth, and service economies.
- Well-planned infrastructure absorbs population pressure more effectively.

(ii) **Rural sparsity:**

- Low-density rural areas often face aging populations and labor shortages.

- Advanced mechanization offsets low agricultural labor density.
- (iii) **Effects on development:**
  - High density supports efficient transport, healthcare, and education systems.
  - Balanced distribution allows specialization (urban = industry/services, rural = mechanized agriculture).
  - Challenges include congestion, housing costs, and environmental stress in megacities.

## Developing Countries

- (i) **Urban concentration:**
  - Rapid urbanization (e.g., Kampala, Lagos, Dhaka) leads to overcrowding, slums, and strained infrastructure.
  - High density often exceeds the capacity of housing, sanitation, and transport systems.
- (ii) **Rural density:**
  - Many rural areas remain densely populated due to subsistence farming (e.g., Nile Valley, Ganges Basin).
  - Land fragmentation and soil degradation reduce productivity.
- (iii) **Effects on development:**
  - High density in cities creates unemployment, informal economies, and social inequality.
  - Uneven distribution (dense fertile valleys vs. sparsely populated arid zones) causes regional disparities.
  - Resource pressure leads to deforestation, soil erosion, and water scarcity.

### Comparative Table

Aspect	Developed Countries	Developing Countries
<b>Urban density</b>	Drives innovation, supported by infrastructure	Causes overcrowding, slums, strained services
<b>Rural density</b>	Low, offset by mechanization	High, leading to land fragmentation & subsistence farming
<b>Distribution</b>	Balanced between urban & rural	Uneven: fertile areas overcrowded, arid zones underpopulated
<b>Development effects</b>	Efficient services, economic specialization	Inequality, unemployment, environmental degradation
<b>Challenges</b>	Congestion, housing costs	Poverty, resource strain, regional disparities

## Population growth and population size

### Population size

Population size refers to the **total number of people living in a country, region, or area at a given time.**

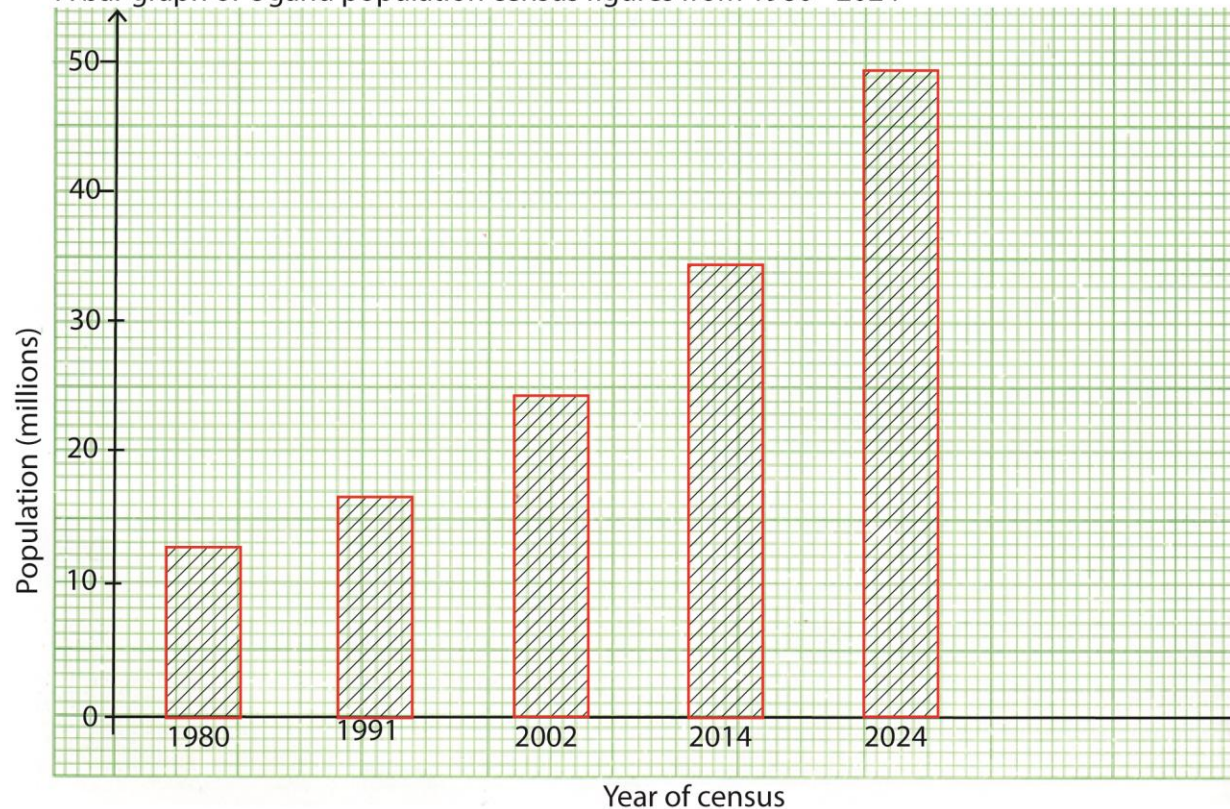
### Population growth

Population growth refers to the **increase in the number of people in a given area over time.**

**The table below shows the population size of Uganda from population census of 1980 - 2024**

Year	Population (millions)
1980	12.6
1991	16.7
2002	24.2
2014	34.6
2024	49.9

A bar graph of Ugand population census figures from 1980 - 2024



### Trends and patterns in population growth rate of Uganda between 1980 and 2024

- **Steady growth:** Uganda's population has nearly quadrupled in 45 years.
- **Acceleration in 1990s–2000s:** Growth rate peaked around 3.5% annually.

- **Youthful structure:** Over 50% of Ugandans are under 18, fueling continued growth.
- **Urbanization:** Kampala–Wakiso corridor shows the fastest expansion, while Karamoja remains sparsely populated.

### Factors Driving Growth of Uganda

- High fertility rates:** Around 5 children per woman in recent decades.
- Declining mortality:** Improved healthcare, immunization, and maternal-child survival.
- Demographic momentum:** Large youth cohorts sustain growth even as fertility slowly declines.
- Migration:** Rural-to-urban migration increases city populations.

### Positive implications of high populations growth of Uganda

- Large labor force:** Uganda’s youthful population (over 50% under age 18) provides a growing workforce that can drive industrialization, agriculture, and services.
- Expanding domestic market:** More people mean greater demand for goods and services, encouraging local production and attracting foreign investment.
- Demographic dividend potential:** If fertility declines and education improves, Uganda could benefit from a favorable age structure where more people are working than dependent.
- Innovation and entrepreneurship:** A youthful population often brings creativity, adaptability, and entrepreneurial energy, fueling new businesses and tech adoption.
- Cultural vibrancy and diversity:** High population growth sustains Uganda’s rich cultural traditions and provides a dynamic social environment.
- Regional influence:** A large population enhances Uganda’s geopolitical weight in East Africa, strengthening its bargaining power in trade and diplomacy.

### Negative implications of high population growth of Uganda

- Pressure on land and agriculture**
  - Land fragmentation reduces farm sizes, leading to declining productivity.
  - Overcultivation causes soil erosion and degradation, threatening food security.
- Strain on social services**
  - Schools overcrowded, lowering education quality.
  - Hospitals overstretched, limiting access to healthcare.
  - Housing shortages fuel slums in Kampala and other towns.
- Unemployment and underemployment**
  - Rapidly growing labor force outpaces job creation.

- Many youths turn to informal or precarious work, increasing poverty risks.

(iv) **Urbanization challenges**

- Kampala–Wakiso corridor faces congestion, poor sanitation, and inadequate transport.
- Unplanned settlements expand, creating environmental and health hazards.

(v) **Environmental degradation**

- Deforestation for fuel and farmland.
- Wetland encroachment and water pollution.
- Loss of biodiversity due to human pressure.

(vi) **Regional inequality**

- Central Uganda grows fastest, widening disparities with sparsely populated regions like Karamoja.
- Uneven development fuels migration and social tensions.

### Population control measures in a developed country

Developed countries use **voluntary, rights-based population control measures** such as access to contraception, family planning education, incentives for smaller families, and policies that balance fertility with economic sustainability.

### Common Population Control Measures in Developed Countries

- (i) **Access to contraception:** Widespread availability of birth control methods (pills, IUDs, sterilization) ensures individuals can plan family size.
- (ii) **Family planning education:** Comprehensive sex education in schools and public campaigns promote informed reproductive choices.
- (iii) **Healthcare systems:** Universal healthcare covers reproductive health services, reducing unintended pregnancies.
- (iv) **Legal frameworks:** Laws support reproductive rights, safe abortion access, and gender equality in decision-making.
- (v) **Economic incentives:** Tax benefits or subsidies encourage smaller families, while in aging societies, policies may shift to support higher fertility.
- (vi) **Immigration policies:** Developed countries often balance low fertility with controlled immigration to sustain workforce size.

## Practical birth control measures in developing countries like Uganda

In Uganda and other developing countries, practical birth control measures include **widespread access to modern contraceptives, family planning education, adolescent reproductive health programs, community outreach, and supportive government policies.**

- (i) **Modern contraceptives:** Pills, injectables, implants, IUDs, condoms, and sterilization are promoted through health centers. USAID and UNFPA ensure uninterrupted supply chains for contraceptives.
- (ii) **Family planning education:** Community health workers and NGOs like Pathfinder International run awareness campaigns. School-based programs teach adolescents about reproductive health.
- (iii) **Adolescent reproductive health programs:** Nearly 1 in 4 Ugandan girls aged 15–19 is pregnant or already a mother. Youth-friendly clinics and peer education groups provide counseling and contraceptives.
- (iv) **Government policies:** Uganda’s **Family Planning Costed Implementation Plan II (2020/21–2024/25)** sets national targets for contraceptive uptake and aligns with SDGs.
- (v) **Community outreach:** Village health teams distribute contraceptives and educate households. Religious and cultural leaders are engaged to reduce stigma around family planning.

## Population Structure

A **population structure** is the composition of a population in terms of **age, sex, and other demographic characteristics**. It shows how people are distributed across different age groups and genders, often visualized using a **population pyramid**.

### Features of Uganda’s Population Structure

- (i) **Age distribution:**
  - Over **50% of Ugandans are below 18 years**.
  - Median age is **16.9 years**, among the lowest globally.
  - Only about **3% are aged 65+**, showing limited elderly population.
- (ii) **Sex ratio:**
  - 2024 census recorded **22.5 million males** and **23.4 million females**, giving a sex ratio of **96 males per 100 females**.
- (iii) **Households:**
  - Average household size is **4.4 persons**.
  - Total households: **10.8 million** in 2024.
- (iv) **Fertility and mortality:**
  - Fertility rate  $\approx$  **4.7 children per woman** (still high compared to global averages).
  - Declining infant and child mortality due to improved healthcare.
- (v) **Urbanization:**

- About **26% of Ugandans live in urban areas**, with Kampala–Wakiso corridor being the fastest growing.
- Rural areas remain dominant, but migration to towns is accelerating.

### Implications of Uganda’s population structure

Uganda’s population structure is **very youthful**, with over half the population under 18 and a median age of 16.9 years. This creates opportunities for a large labor force and market growth, but also challenges such as high dependency ratios, pressure on resources, and unemployment.

### Key Implications of Uganda’s Population Structure

- (i) **High dependency ratio:** With more than 50% of Ugandans below 18, the working-age population supports a large number of dependents. This strains household incomes and government budgets for education and healthcare.
- (ii) **Potential demographic dividend:** If fertility declines and investments in education, skills, and jobs increase, Uganda could benefit from a favorable age structure where more people are productive than dependent.
- (iii) **Pressure on education and health services:** A youthful population requires massive investment in schools, teachers, and healthcare facilities. Overcrowded classrooms and overstretched hospitals are common challenges.
- (iv) **Urbanization and infrastructure demand:** Rapid growth in urban centers like Kampala–Wakiso corridor creates housing shortages, traffic congestion, and sanitation issues. Infrastructure expansion is critical to absorb this growth.
- (v) **Employment challenges:** Each year, hundreds of thousands of young Ugandans enter the labor market. Job creation lags behind, leading to youth unemployment and underemployment.
- (vi) **Environmental stress:** High population growth accelerates deforestation, wetland encroachment, and soil degradation as land is subdivided and overused.
- (vii) **Regional inequality:** Central Uganda grows fastest, while northern and Karamoja regions remain sparsely populated and underdeveloped. Uneven distribution fuels migration and social disparities

### Population Migrations

Migration is the process by which people **leave their usual place of residence** to settle in a new location, temporarily or permanently.

#### Types of Migration:

- **Internal migration:** Movement within the same country (e.g., rural to urban migration in Uganda).
- **International migration:** Movement across national borders (e.g., Ugandans moving to Kenya or the Middle East for work).

- **Voluntary migration:** People move by choice, often for jobs, education, or better living conditions.
- **Forced migration:** People are displaced due to conflict, natural disasters, or persecution.
- **Seasonal migration:** Temporary movement linked to agriculture, tourism, or climate.

#### Duration:

The UN defines a **long-term migrant** as someone living outside their country of origin for at least 12 months.

#### Causes of migration

Migration is driven by a mix of **economic, social, political, and environmental factors**. People move to seek better opportunities, escape hardships, or reunite with family.

- Economic opportunities:** People migrate to find jobs, higher wages, or better living standards. For example, rural–urban migration in Uganda is fueled by the search for employment in Kampala.
- Education:** Students move to cities or abroad to access better schools, universities, and training opportunities.
- Social factors:** Family reunification, marriage, or cultural ties often motivate migration.
- Political instability:** Conflict, persecution, or poor governance can force people to leave their homes. Refugees and asylum seekers are examples of politically driven migration.
- Environmental changes:** Natural disasters, droughts, floods, and climate change push people to relocate to safer or more fertile areas.
- Healthcare access:** People may migrate to regions with better medical facilities and services.
- Poverty alleviation:** Migration is often seen as a way to escape poverty, with remittances sent back home supporting families.

#### Positive Effects of Migration

- Economic growth:** Migrants provide labor in receiving countries and send remittances home, supporting families.
- Cultural diversity:** Migration enriches societies with new traditions, languages, and cuisines.
- Skill transfer:** Migrants bring new knowledge and skills, improving productivity.
- Population balance:** In aging societies, migration helps sustain the workforce.

#### Negative Effects of Migration

- Brain drain:** Skilled workers leaving developing countries weaken local economies.
- Urban overcrowding:** Rapid migration to cities causes congestion, slums, and strained infrastructure.

- (iii) **Social tensions:** Cultural differences may lead to discrimination or conflict.
- (iv) **Pressure on services:** Receiving areas face increased demand for housing, healthcare, and education.
- (v) **Environmental stress:** Migration can accelerate deforestation, pollution, and land use changes.

### Policies of Uganda on migration

Uganda has adopted a **National Migration Policy (2025)** to manage internal, regional, and international migration. It emphasizes **poverty reduction, national development, refugee protection, labor migration regulation, diaspora engagement, and regional integration.**

### Key Policies of Uganda on Migration

- (i) **National Migration Policy (2025):** Uganda's first comprehensive migration framework, designed to coordinate migration management for development.
- (ii) **Refugee protection:** Uganda hosts over **1.9 million refugees**, one of the largest refugee populations globally. Policies guarantee freedom of movement, access to land, education, and healthcare.
- (iii) **Labor migration regulation:** Policies regulate Ugandans working abroad, especially in the Middle East, to protect them from exploitation and ensure safe recruitment practices.
- (iv) **Irregular migration control:** Measures to combat human trafficking, smuggling, and undocumented migration, with stronger border management.
- (v) **Diaspora engagement:** Policies encourage Ugandans abroad to invest back home, send remittances, and contribute skills to national development.
- (vi) **Regional integration:** Uganda supports free movement of persons within the **East African Community (EAC)** and **IGAD region**, aligning with regional treaties.

### Uganda policies on population

- (i) Uganda's population policies focus on **managing rapid growth, promoting family planning, improving health and education, and harnessing the demographic dividend** for sustainable development.
- (ii) **Key Population Policies in Uganda**
- (iii) **National Population Policy (2008, revised 2020):** Recognizes population as Uganda's most important resource. It emphasizes **family planning, reproductive health, gender equality, and education** as tools to manage growth.
- (iv) **Demographic Dividend Roadmap (2018):** Aims to shift Uganda's age structure by reducing child dependency and increasing the working-age population. Focuses on **keeping girls in school, improving child survival, and expanding family planning.**
- (v) **Vision 2040:** Uganda's long-term development plan links population management to economic transformation. It stresses **mindset change, skilling, and digital transformation** to turn population growth into wealth creation.

- (vi) **Family Planning Costed Implementation Plan (FP-CIP II, 2020/21–2024/25):** Sets targets for contraceptive uptake, aiming to reduce unmet need for family planning and lower fertility rates.
- (vii) **State of Uganda Population Reports (annual):** Provide updates on population trends, challenges, and policy directions. The 2023 report emphasized **mindset change for a favorable age structure** as key to wealth creation

### **Possible solutions to the population problems in developing countries**

The solutions aimed at solving the problems of increasing population are contained in the population policy. Therefore the population policy is aimed at attaining optimum population by checking on population growth and increasing resources and production capacity. Such population policies include the following;

- Family planning. This includes the use of contraceptive pills, condoms and other intra-uterine devices. However, this method has not been effectively used due to high levels of illiteracy and fear of side effects.
- Encouraging higher education. Emphasis should be put on female education so as to check on the fertility rates and emphasize the quality of children other than the quantity. In addition, education also helps to postpone marriages for the future.
- Adopting production policies aimed at increasing food supply to reduce on food shortages. This helps to reduce on the diseases associated with malnutrition.
- Rural development policies aimed at making rural areas attractive so as to check on rural urban migration. Such policies include rural electrification, security, water supply etc. This also promotes agricultural production.
- Disease control measures. Health programs should be set up to educate the people on how to control and reduce on the spread of diseases through primary health care.
- Legalizing abortion as a way of controlling unwanted pregnancies and population growth.

**Thank You**

**Dr. Bbosa Science**