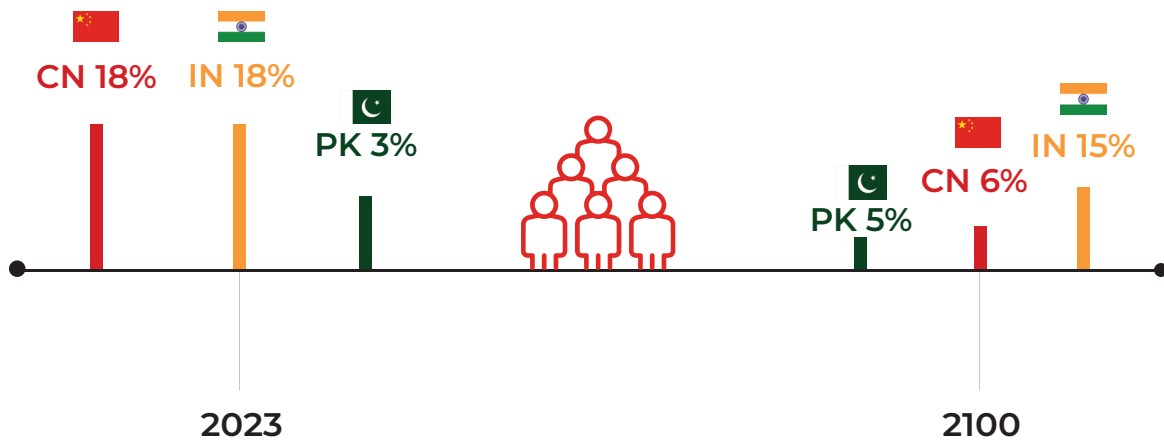


# Demographic Trajectory: PAKISTAN'S INFLUENCE FROM REGIONAL GROWTH TO GLOBAL SHIFTS

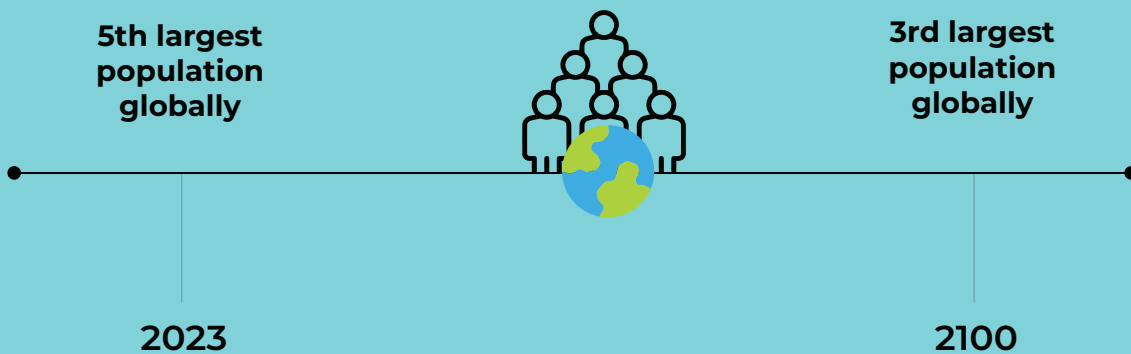
Author  
Abbas Murtaza Maken

## Population Shifts

**India** and **China** will continue to have the **1st** and **2nd largest populations**, respectively, throughout the century, but their global share will decline:



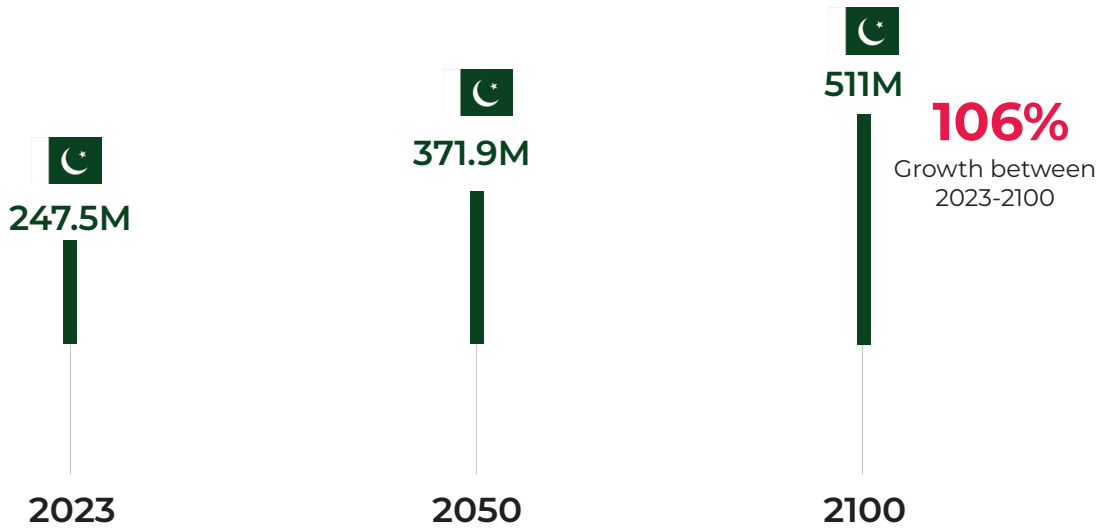
 Pakistan will rise in global population ranking



## Redefining Geopolitical Influence:

As **Pakistan's population** grows to become the **third largest** in the world by **2100**, it will gain significant geopolitical influence. This demographic advantage can be strategically used to negotiate trade deals, influence regional politics, and play a more assertive role in global governance, especially as other major players like China, India & Indonesia face demographic decline.

## Total Population



## Population Boom

Pakistan's population will surge by  
**263.5 million**



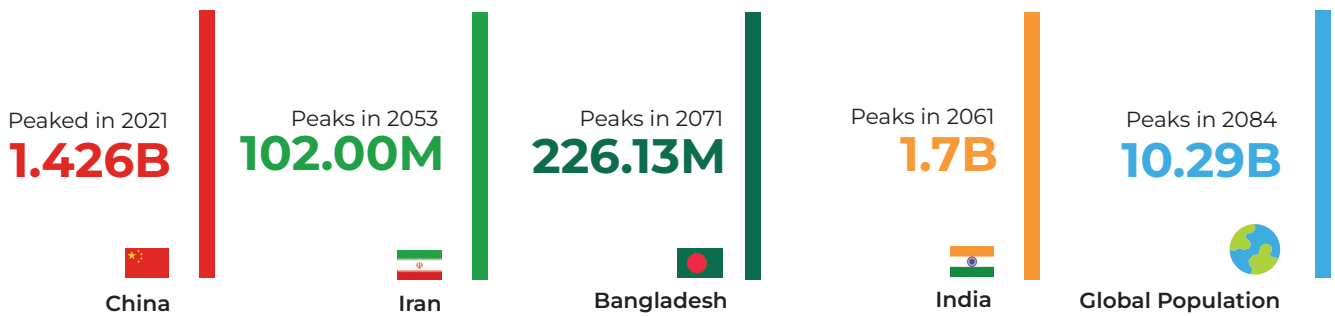
**2<sup>nd</sup> highest**

addition in population

behind only Democratic Republic of Congo (DRC)

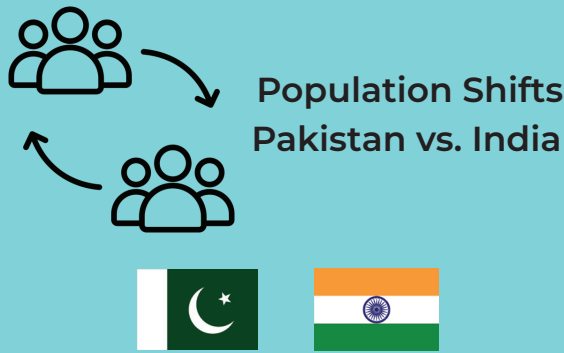
**Highest** in the world outside  
Sub-Saharan Africa

## Total Population Peaks



## 2100





In **2023**, for every person in Pakistan, there were almost **six people** in India. By **2100**, the difference will reduce substantially with there being **three Indians** for every Pakistani



Pakistan vs. China:

In **2023**, for every person in Pakistan, there were almost **six people** in China. By **2100**, the difference will shrink dramatically, with only slightly more than one Chinese person for each Pakistani

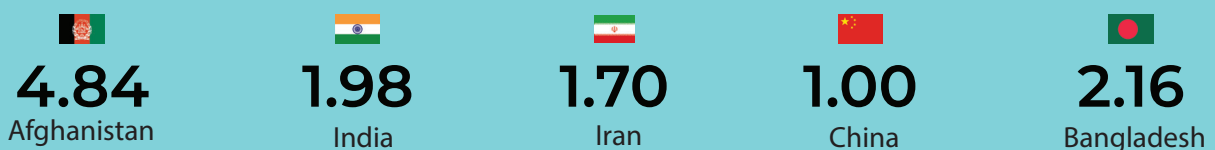
Pakistan vs. Bangladesh



TFR (Total Fertility Rate)  
2023

**3.61** 4th highest outside SSA

Regional Neighbors:



Over half of all countries already have a fertility rate below the replacement level of 2.1 births per woman

Global Average **2.1**

2100

Pakistan's TFR: declines to  **1.93** 11th highest outside SSA



**2.09**  
Afghanistan



**1.69**  
India



**1.64**  
Iran



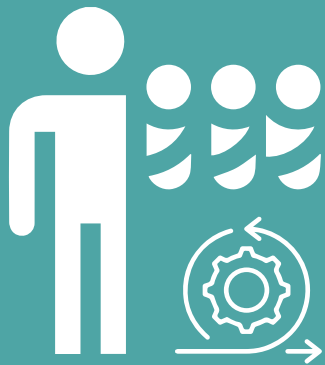
**1.35**  
China



**1.72**  
Bangladesh



Global Average **1.84**



### Planning for a Delayed Transition:

Pakistan's fertility rate is only expected to **drop below replacement in 2080** 

indicating a delayed demographic transition and necessitating continued investments in

 **Health**  **Education**  **Childcare**

over at least the next 50 years.




### Age Structure Youth (Under 25s)


**2023**  
4th Largest Youth Population  
**140.7M**  
57% of total population



**2100**  
3rd Largest Youth Population Globally  
**165.8M**  
Youth (32% of total population)







### Peak Youth Population

India, Bangladesh, Iran, and China's Youth populations had peaked by **2014** 

Pakistan's Youth Population will exceed China's in **2062** at **178.3 M** 

Pakistan Youth Peaks at **178.7M** in **2069** 

## Trends in Youth Population (2023 - 2100)

					
140.7M to 165.8M	397M to 93.3M	618.2M to 355.9M	81.6M to 49.3M	26.8M to 45.6M	32.7M to 17M
Pakistan	China	India	Bangladesh	Afghanistan	Iran
<b>+15%</b>	<b>-326%</b>	<b>-74%</b>	<b>-66%</b>	<b>+41%</b>	<b>-92%</b>

## 25-64 (Working Age Population)

2023

**39% of Total Population**

(Lowest in the region outside Afghanistan)



**Working Age (25-64) Population Trends**

India, Iran, China already have more people in the **25-64** range than **under 25**

**Bangladesh** will reach this point by 2025, **it will take Pakistan another 25 years** to reach the stage where the working age population becomes more numerous than the youth population.

## Peak Working Age Populations

**2100**

**51%**


of Total Population (among the highest globally)

**Absolute Numbers**

Pakistan's Working Age Population:

**260.4M**







**Largest Contributors Globally**

India: 14% (from 18% in 2023) 

Pakistan: 5% (from 2% in 2023) 

China: 5% (from 21% in 2023) 

## Change in Working Age Population (2023-2100)

					
96.3M to 260.4M	720.3M to 699.3M	821.4M to 249.8M	50.8M to 34.9M	13.7M to 66.1M	78.9M to 92.5M
Pakistan	India	China	Iran	Afghanistan	Bangladesh
<b>170% increase</b>	<b>3% decline</b>	<b>70% decline</b>	<b>31% decline</b>	<b>383% increase</b>	<b>17% increase</b>

## Pakistan's Working Age Population Growth: Highest increase in absolute numbers outside DRC and Nigeria



While **working age population** in **China** already **peaked** in **2019**, the **working age population** in other regional countries like **Iran, India and Bangladesh** will have **peaked by 2058**.  
Global Peak in 2072

As opposed to this, working age populations in both **Pakistan and Afghanistan** will continue growing until after the end of this century.



### Rank in Absolute Numbers (Working Age population)

**2023** 6<sup>th</sup> largest



**2100** 2<sup>nd</sup> largest  
after India

#### Driving Regional Economic Dominance

As Pakistan will only see its working-age population surpass those under 25 by 2049, the country has a window of opportunity to prepare for this demographic shift. Focus on education, job creation, and workforce development is essential to maximize the potential of this future working-age majority. Through these strategic investments, Pakistan can outpace its neighbours, many of whom will face shrinking working-age populations by the 2050s, potentially becoming a regional economic powerhouse.

### 65+ (Elderly Population)

**2023**  
**10.4M People**  
(4% of Population)

**14th Largest Elderly Population**

**2100**  
**84M People** (17% of Population);  
**4th Largest Elderly Population Globally**



**Elderly Population Share**  
Iran, India, Bangladesh, China will have their elderly populations at or  
**above 30%**

#### Above 65s Exceed Under 5s

Already Happened In



**China;**



**Iran**

Expected In

**India:**  
**2027**

**Pakistan:**  
**2064**

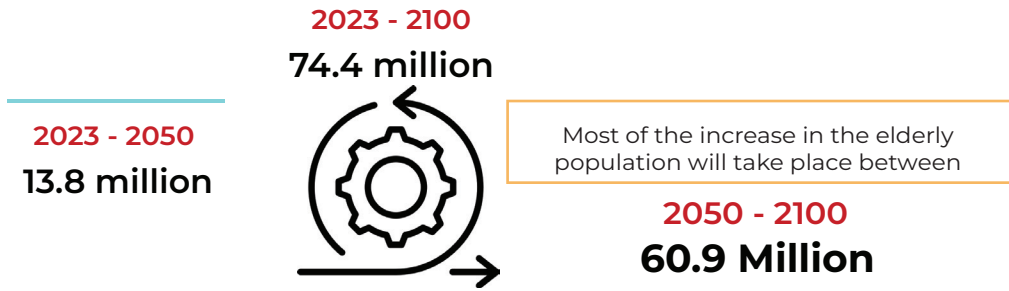
**Bangladesh:**  
**2034**

**Afghanistan:**  
**Later in 2085**



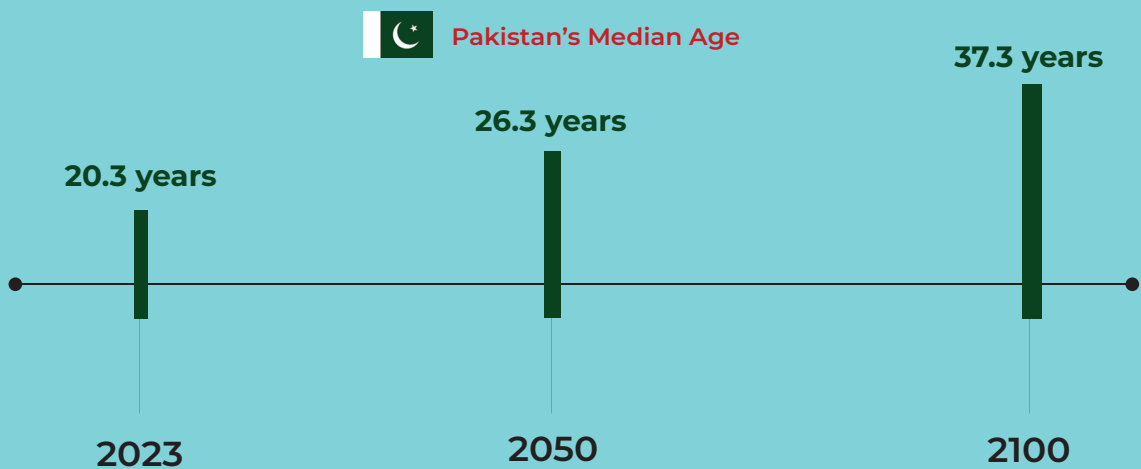
Global **2019**

## 65+ IN PAKISTAN

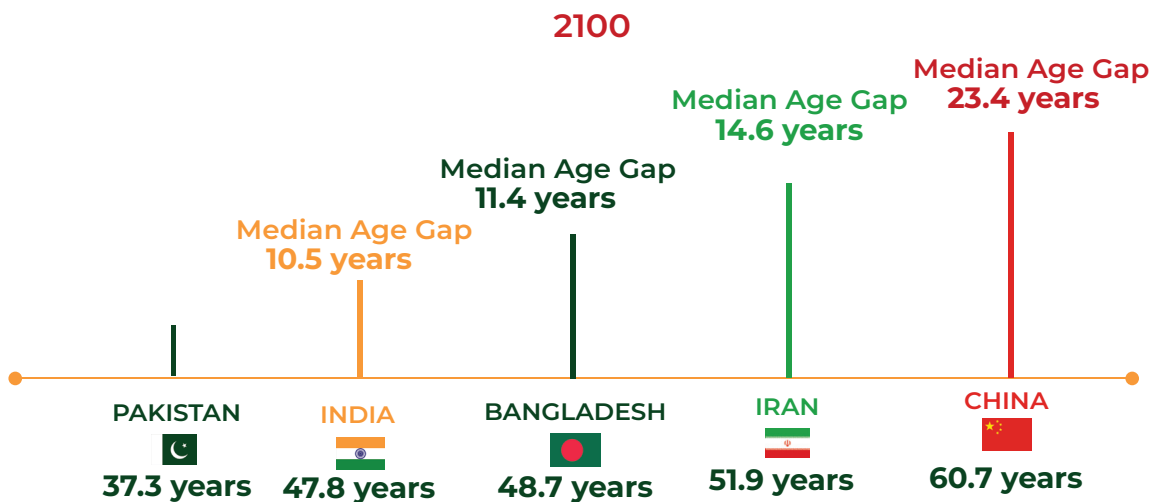


This shift would mean that towards the latter half of the century, resources would gradually need to be reallocated to elderly care and support.

### Median Ages



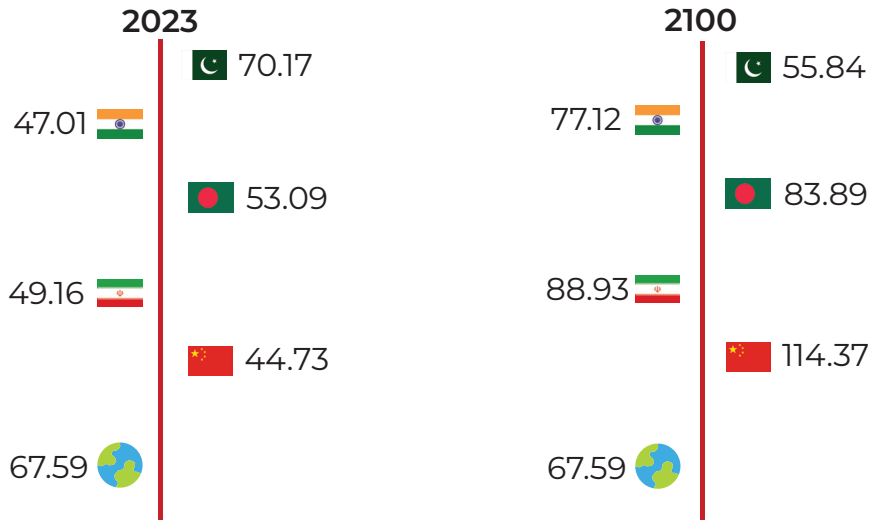
### Pakistan's Median age gap with Neighbors



#### Leveraging a Youthful Edge:

Pakistan's expected to remain one of the youngest countries in the world, compared to its more mature neighbours and as well as aging countries across the world, positioning it as a vibrant and dynamic player. Strategic investment in sectors that require youthful energy—such as technology, manufacturing, and services—can help Pakistan outmanoeuvre its older neighbours and establish itself as a hub for innovation and economic activity.

## Dependency Ratios



## Pakistan's Demographic Dividend

From 2023 to 2100, while most countries, including India, Bangladesh, Iran, and China, will see a rise in dependency ratios, Pakistan and Afghanistan will experience a decrease. This shift offers Pakistan a unique chance to capitalize on a potential demographic dividend. To do so, Pakistan must implement policies that enhance labor market flexibility, increase female workforce participation, and promote youth entrepreneurship to maximize economic benefits.

## Net Migration

Throughout the rest of the 21st century, Pakistan is expected to have the highest net outflow of people globally, surpassing not only its regional peers, India and China, but also ranking as the highest in the world. This persistent trend of high emigration highlights the socio-economic challenges within Pakistan, yet also presents an opportunity to harness the potential of the diaspora for economic development.

## Population Density

2023

**321.1 people/km<sup>2</sup>** (higher than China, Iran and Afghanistan), behind India & Bangladesh



2100

**662.9 people/km<sup>2</sup>**, 2nd highest among the top 50 most populous countries, only behind Bangladesh

### Managing Population Pressure:

As Pakistan's population density significantly increases, the country will face heightened pressure on land and resources. Strategic urban planning, infrastructure development, and sustainable resource management will be critical to accommodate this growth and ensure a high quality of life for its citizens.

Source: UN, World Population Prospects (2024)

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