

ADOLESCENT FERTILITY

(Source: NDHS 2022)

Nepal ranks third among countries in South Asia when it comes to the adolescent fertility rate³. The current fertility rate among adolescents is 71 births per 1,000 women, a decline from 88 births in 2016.

Around 13.1% of teenagers aged 15 to 19 years have been pregnant, 9.6% are currently mothers (Figure 6). This is a slight decline from 16.7% and 12.9%, in 2016 respectively. Around two percent of teenagers aged 15 to 19 years have had a pregnancy loss.

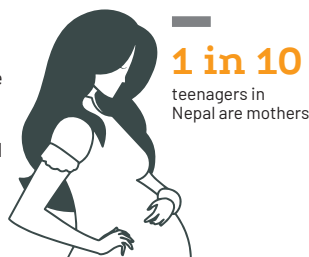
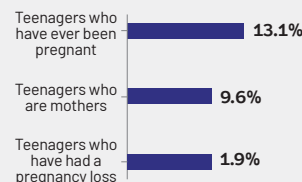


FIGURE 6: Teenage pregnancy



ACCESS TO FAMILY PLANNING SERVICES

(Source: NDHS 2022)

20.8% of currently married women aged 15 to 49 years, who desire pregnancy prevention or spacing, lack access to contraception. This prevalence is most pronounced among women aged 15 to 24 years with 29.6% of women having an unmet need for family planning, a decline from 33.3% in 2016.

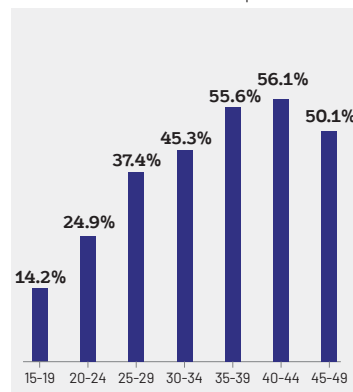
The use of modern contraceptives is lowest among women aged 15 to 19 years (14.2%) followed by women aged 20 to 24 years (24.9%).



1 in 5

currently married women have an unmet need for family planning

FIGURE 7: Use of modern contraceptive methods



EXPERIENCE OF VIOLENCE

(Source: NDHS 2022)

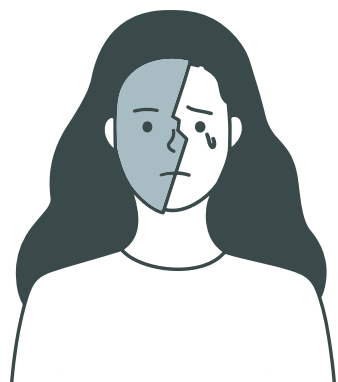
13.8% of women aged 15 to 24 years have ever experienced physical violence (more than one in ten) while 22.5% of women aged 15 to 49 years (one in five) have experienced physical violence since age 15.

Approximately 58.8% of 15 to 19 year-olds and 56.0% of 20 to 24 year-olds have never sought help or confided in anyone about their experience of violence, reflecting a decline from 2016 when the percentages were 69.1% and 67.7%, respectively.

More than

1 in 10

young women experience a form of physical or sexual violence



³ World Population Prospect 2022

Youth In Numbers



BASED ON THE 2021 CENSUS AND THE 2022 NEPAL DEMOGRAPHIC AND HEALTH SURVEY (NDHS)

The UN generally defines youth as individuals between the ages of 15 and 24 years. However, this definition is not universal and varies by country. The Government of Nepal defines youth as people between the ages of 16 and 40 years. Focus of analysis in this factsheet will be on the age groups 15 to 24 and 15 to 39, as well as the age range of 16 to 40 years wherever relevant data is available. The age group 15 to 39 allows for a close comparison with Nepal's 16 to 40 definition.

POPULATION

(Source: Census 2021)

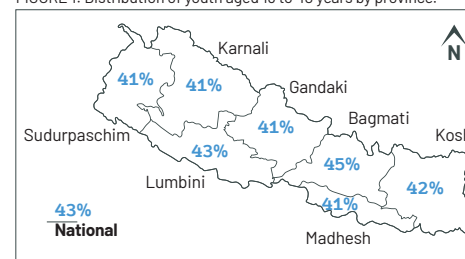


Nepal's population aged 16 to 40 has increased to

12.4 million,

up from 10.7 million in 2011. This age group now represents **42.6% of the total population**, marking the highest proportion ever recorded. (Figure 1)

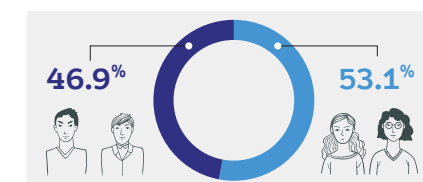
FIGURE 1: Distribution of youth aged 16 to 40 years by province.



The population share is highest in **Bagmati (45%)**, followed by **Lumbini (43%)**.

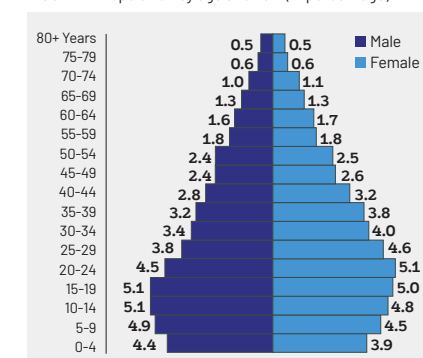
Around 5.7 million people are between the ages of 15 to 24 years, up from 5.3 million in 2011. The age group comprises 19.7 % of the total population with the highest proportion in with Karnali (21.8%) followed by Sudurpashim (20.7%).

Among individuals aged 16 to 40 years, approximately 53.1% are female, while 46.9% are male. This results in a sex ratio of 88.4 males for every 100 females, which is lower than the national sex ratio of 95.6 males for every 100 females for all ages.



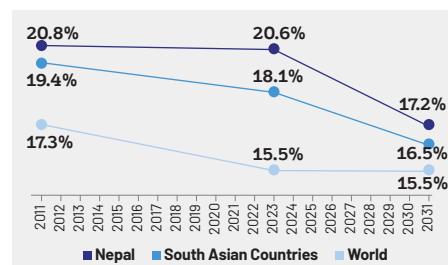
Nepal is in the middle of a "youth bulge", offering a window of opportunity to capitalize on the demographic dividend. This means, the country has a larger working age population. The data translates to two working age individuals per one dependent person.

FIGURE 2: Population by age and sex. (in percentage)



However, according to UN estimates, the share of the population aged 15 to 24 is projected to start declining. Notably, the rate of decrease in Nepal will be slower than the world average and the average of South Asian countries. Nonetheless the window of opportunity to capitalize on the demographic dividend is shrinking.

FIGURE 3: Distribution of population share of 15 to 24 years youth by year.



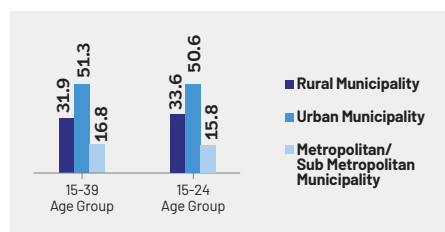
RESIDENCE

(Source: Census 2021)

Approximately 51.3% of youth aged 15 to 39 years reside in urban municipalities, 16.8% reside in metropolitan or sub-metropolitan municipalities and 31.9% reside in rural municipalities (Figure 4).

Similarly, 50.6% of youth aged 15 to 24 years reside in urban municipalities, 15.8% reside in metropolitan or sub-metropolitan municipalities and 33.6% reside in rural municipalities. This demonstrates that a slightly higher proportion of 15 to 39 year-old persons have migrated to urban municipalities, or metropolitan or sub-metropolitan municipalities compared to 15 to 24 year-old persons.

FIGURE 4: Distribution of youth by place of residence (in percentage)



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68.1%
of youth aged 15 to 39 years reside in urban areas

LITERACY STATUS AND EDUCATIONAL ATTAINMENT

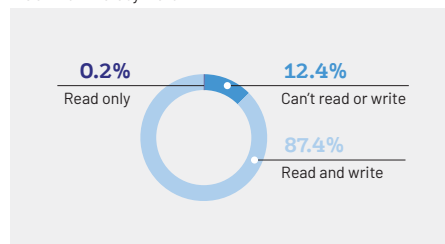
(Source: Census 2021)

87.4% of youth aged 15 to 39 years in Nepal are literate i.e. can read and write (Figure 5), up from 74.3% in 2011. Gender-wise, literacy stands at 83.3% for females and 92.0% for males. In the 15 to 24 year age group, 93.9% are literate, up from 84.8% in 2011. There is a narrower gap between gender in this age group (92.5% for females and 95.2% for males) for 2021.

Both men and women aged 15 to 39 years show comparable rates of completing undergraduate education (6.7% for men and 6.6% for women). Slightly more men have attained post-graduate degrees (3.0%) compared to women (2.3%).

In terms of the field of education, most youth aged 25 to 39 years took up management (35.0%), followed by education (33.6%) and medicine (5.0%).

FIGURE 5: Literacy status



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ECONOMIC ACTIVITY

(Source: Census 2021)

Around 69.4% of the youth aged 15 to 39 years are economically active¹, i.e., they have engaged in income generating activities in the past year. Gender-wise, 74.9% of men are economically active compared to 64.4% of women.

In comparison, the 2011 Census recorded that, 61.6% of youth aged 16 to 40 years were economically active, indicating an increase in the proportion of youth engaging in income-generating activities.



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DISABILITY STATUS

(Source: Census 2021)

Approximately 1.5% of youth aged 15 to 39 years, as well as youth aged 15 to 24 years, reported some form of disability, with physical disability being the most common type recorded. Among youth aged 15 to 19 years, a higher percentage of males (1.8%) experience disabilities compared to females (1.2%). In 2011, a similar proportion of youth aged 16 to 40 years (1.5%) had a form of disability.



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MIGRATION

(Source: Census 2021)

There was a 14.0% increase in the total population that migrated abroad from 1.9 million in 2011 to 2.2 million in 2021. The gender balance in migration abroad has shifted towards female migrants. The proportion of migrants that are male fell from 87.6% to 82.2% while the proportion of migrants that are female increased from 12.4% to 17.8%.

Overall, 14.8% of youth aged 15 to 39 years and 17.0% of youth aged 15 to 24 years are living abroad. More than 80% of the migrant youth are male in both age groups. The main reason for migration among youth aged 15 to 24 years was work (70.7%) followed by search for employment (11.7%) and pursuit of education (11.6%). In 2011, 14.0% of total youth aged 16 to 40 years were abroad indicating a gradual increase in youth migrating abroad.



1.8 Million
youth aged 15 to 39 years are abroad

AGE AT MARRIAGE

(Source: NDHS 2022)

Nepal ranks second in South Asia in terms of child marriage prevalence². 53.9% of women and 18.8% of men aged 20 to 24 years married before the age of 20, in the 2022 NDHS, compared to 59.2% and 22.7%, respectively, in the 2016 NDHS. Additionally, 35.0% of women and 7.0% of men were married before reaching 18 years of age, compared to 39.5% and 10.3%, respectively, in 2016.



1 in 3
women in Nepal marry as children

¹ According to the National Statistics Office, economically active population are those persons aged 10 years or above, who either performed any economic work for any length of time irrespective of whether they searched for work or not, or searched for work (part-time or full time) if they had not performed any economic work in the last 12 months preceding the census. While the persons who neither performed any kind of economic work nor searched for any work in the reference period are classified as economically not active population.

² The State of the World's Children 2023