

Population Trends Kenya

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Kenya is the seventh largest country in Sub-Saharan Africa and has been one of the fastest-growing countries in the world. But the 1989 Kenya Demographic and Health Survey (KDHS) has shown that during the last decade fertility has declined for the first time in Kenya's demographic history, from a level of 7.9 children per woman in the late 1970's (KCBS, 1980) to 6.7 in the late 1980's (KNCPD and IRD, 1989). As many as 820,000 births were averted during the 1980's as a result of this decline.

Despite the decline in fertility, Kenya's population (figure 1) is still concentrated in the younger ages and will continue to grow for many years. Currently, it is growing at 3.6 percent annually and would double in 19 years if this rate continued. Even with the projected decline in fertility to 2.9 children per woman in 2020, it would double in 23 years. Between 1990 and 2020, each successive decade will add an increasing number of people to the population. During this period, Kenya will add 33 million people, more than twice as many as were living in Kenya in 1980.

Kenyans live longer, on average, than people in other Sub-Saharan African countries, except South Africa and the small island nations. Life expectancy at birth in Kenya has increased from about

41 years in 1950-55 (U.N. 1990a) to 57 years in 1980 and 62 years in 1992. As in most countries, females in Kenya live longer than males. Current life expectancy for females (64.0 years) exceeds that of males (59.8 years) by about 4 years.

Reduced infant mortality is a major factor in lengthening life expectancy at birth. The current level of infant mortality in Kenya—68 infant deaths per 1000 births—is considerably lower than the rate for the Sub-Saharan region as a whole and has been reduced by about 54 percent in the past four decades. The KDHS results show that government programs have been effective in providing health services to infants and children,

thereby reducing their mortality rates. Almost 8 in 10 births in Kenya benefit from prenatal care and for 89 percent of births, mothers received a tetanus toxoid injection.

Contraceptive Prevalence

In 1989, the KDHS showed that 27 percent of Kenyan married women of reproductive age were currently using a contraceptive method (figure 2). In 1978, only 7 percent of married women were users. Modern methods accounted for about two-thirds of the increase in contraceptive prevalence. The prevalence rate increased by more than 50 percent between 1984 and 1989. During the same period, the estimated number of women using contraception increased

Figure 1.
Total Population of Kenya: 1980 to 2020

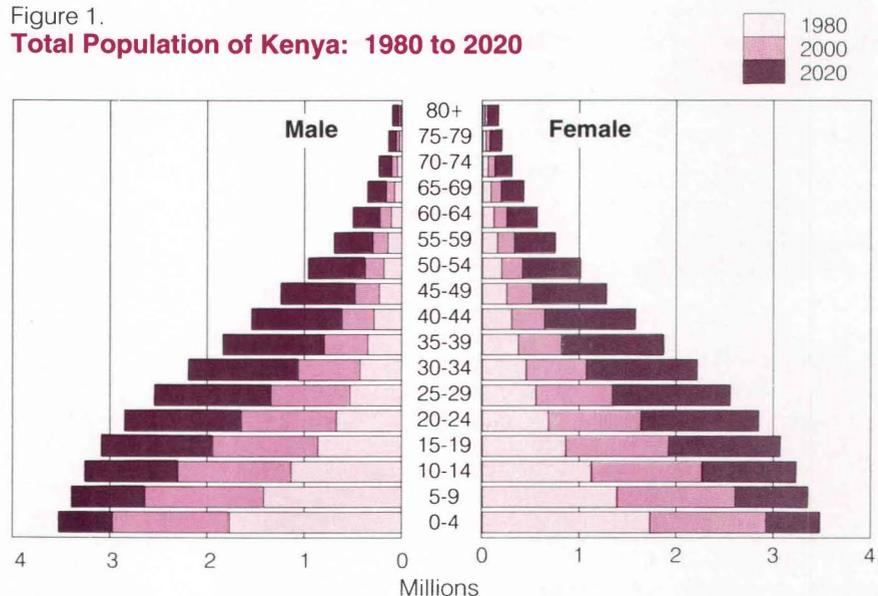
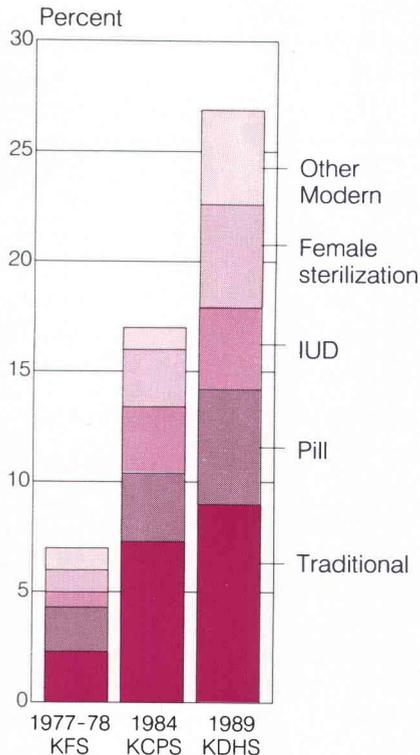


Figure 2.
Trends in Current Use of Contraception Among Currently-Married Women of Reproductive Age, by Method: 1977-78 to 1989



even more, by 84 percent, from 466,000 in 1984 to 858,000 in 1989 (figure 3). All age groups of women shared in the increase. In 1989, the number of women who were using only modern methods (571,000) was larger than the total number of women using any method in 1984. The increase in the contraceptive prevalence rate among married women has been a primary reason for the recent declines in fertility in Kenya (Dumm et al., 1990).

In 1989, 2 out of 3 married women using contraception had chosen modern methods. Urban women were more likely to use a modern method than rural women. More than 50 percent of the modern-method users had chosen, in about equal proportions, the pill or

female sterilization. Female sterilization was the most widely used method among Kenyan women over 30 years of age and is a fast-growing method (Church and Geller, 1990). In 1989, an estimated 150,000 married women of reproductive age in Kenya were using this method. Women under age 30 preferred the pill over most other methods. However, the single most popular method used was periodic abstinence.

Results from the KDHS showed a strong desire on the part of Kenyan women to limit fertility. Fifty percent of currently married women 15 to 49 years old wanted no more children, and this percentage increased rapidly with age (figure 4). Another 26 percent wanted to wait at least 2 years before having their next child. As a result of this desire among many Kenyan women to regulate their fertility, there was a substantial increase in the unmet need for family planning in Kenya. The percent of women desiring to postpone or avoid pregnancy but not using contraception more than

doubled between 1978 and 1989. In 1989, 38 percent of married women in reproductive ages (or more than 1.2 million) had an unmet need for family planning. Sixty percent of this unmet need was for spacing births, and 40 percent was for limiting births. Women under age 30 had a greater unmet need for spacing purposes, but women over age 30 had a greater unmet need for limiting fertility (figure 5). The unmet need for family planning was greater among the rural population than the urban population (Westoff and Ochoa, 1991).

Urbanization

Kenya is becoming increasingly urbanized. In 1950, less than 6 percent of the population lived in urban areas (United Nations, 1991b). Since then, urbanization has increased fourfold to 24 percent in 1990 (figure 6). Between 1950 and 1990, the number of persons living in urban areas increased seventeenfold, from 340,000 to slightly under 6 million in 1990. Currently, Kenya's urban population is larger

Figure 3.
Trends in Estimated Number of Currently Married Women Using Contraception, by Method: 1977-78 to 1989

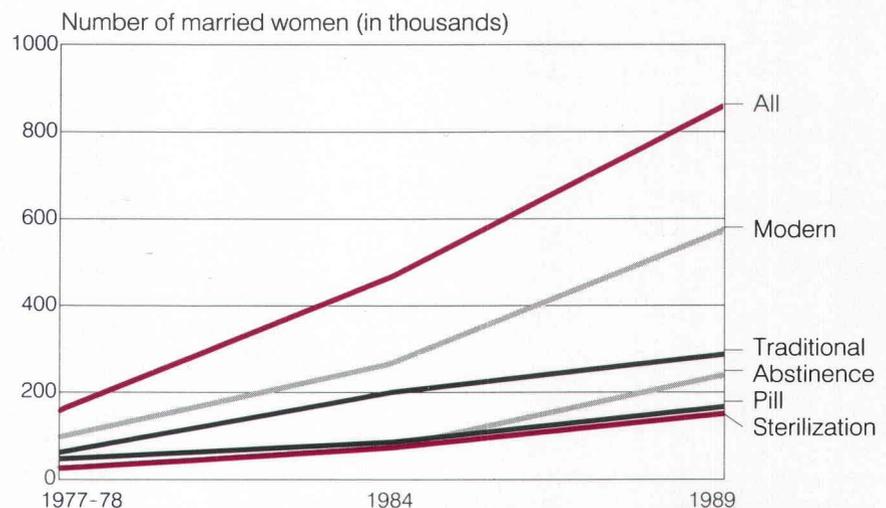


Figure 4.
**Married Women Who
Want No More Children,
by Age: 1989**

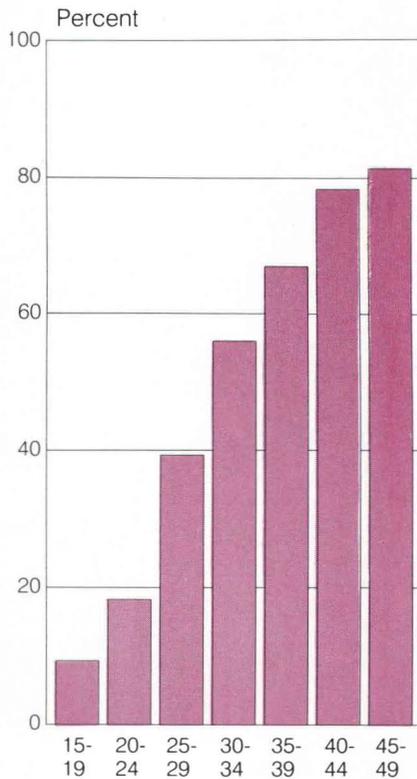


Figure 5.
**Unmet Need for Family
Planning Among
Currently Married Women,
by Age: 1989**

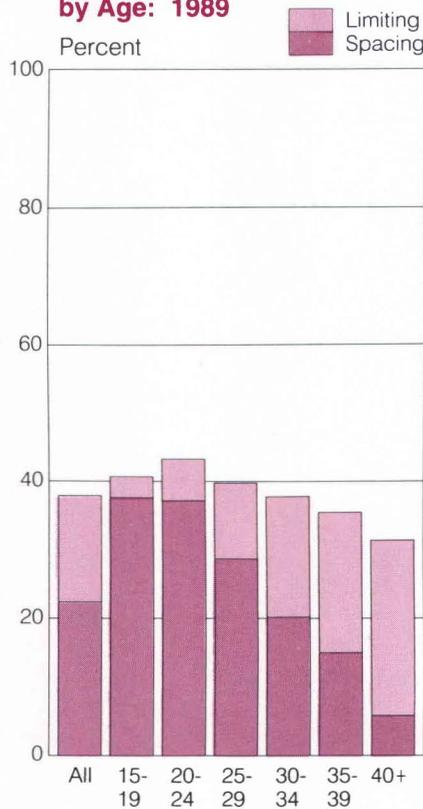
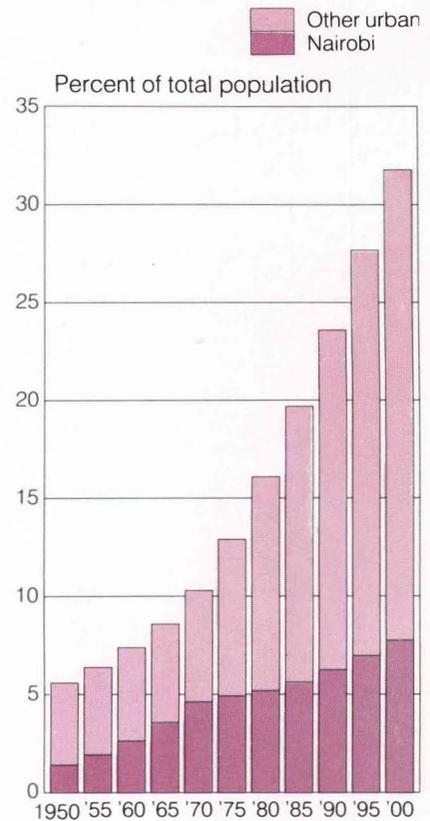


Figure 6.
**Trends in Urbanization:
1950 to 2000**



than its entire 1950 population. In 2020, about 27 million people are projected to be living in urban areas.

Population Composition

Currently, almost 50 percent of all Kenyans are under age 15. Although this percentage will decline to 35 percent in 2020, the number of children under 15 (currently just under 13 million) will be over 20 million by 2020. Even though the total population growth rate has begun to decline, the population in working ages will continue to grow faster than the total population and will increase almost three times, from under 13 million in 1992 to 35 million in 2020. During the same period, the number of women of child-

bearing ages will increase from under 6 million to more than 15 million.

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Table 1.
Population Indicators for Kenya: 1980 to 2020
(Population in thousands)

Indicator	1980	1990	1992	2000	2020
POPULATION					
Total country	16,681	24,342	26,164	34,258	57,258
Urban	2,686	5,745	6,604	10,894	27,254
Rural	13,995	18,597	19,560	23,364	30,004
Male, total country					
All ages	8,287	12,126	13,036	17,069	28,439
0 to 14	4,329	6,055	6,420	7,919	10,174
6 to 12	1,823	2,603	2,767	3,514	4,676
13 to 18	1,132	1,782	1,918	2,458	3,769
15 to 44	3,128	4,881	5,336	7,416	14,047
15 to 49	3,358	5,209	5,689	7,896	15,288
15 to 64	3,792	5,829	6,355	8,791	17,443
65+	167	241	261	359	822
Female, total country					
All ages	8,393	12,216	13,128	17,189	28,818
0 to 14	4,246	5,944	6,309	7,804	10,052
6 to 12	1,793	2,560	2,722	3,468	4,627
13 to 18	1,128	1,751	1,886	2,427	3,742
15 to 44	3,225	4,940	5,383	7,429	14,110
15 to 49	3,477	5,294	5,764	7,944	15,384
15 to 64	3,952	5,983	6,505	8,938	17,698
65+	196	289	313	447	1,068
Married females					
15 to 49	2,408	3,328	3,625	5,083	10,353
15 to 19	216	252	273	354	564
20 to 24	491	690	749	1,024	1,782
25 to 29	486	693	775	1,108	2,110
30 to 34	404	561	607	913	1,879
35 to 39	332	466	504	709	1,617
40 to 44	267	373	401	548	1,344
45 to 49	212	293	316	427	1,057
DEPENDENCY RATIO					
Both sexes	115.4	106.1	103.4	93.2	62.9
LIFE EXPECTANCY AT BIRTH					
Both sexes	56.9	61.2	61.9	64.6	70.4
Male	55.4	59.2	59.8	62.2	67.2
Female	58.5	63.2	64.0	67.1	73.7
INFANT MORTALITY RATE (per 1000 births)					
Both sexes	91.9	71.3	67.5	53.9	30.0
Male	93.9	74.6	71.2	58.9	35.6
Female	89.8	67.9	63.7	48.8	24.2
TOTAL FERTILITY RATE					
Fertility rate per woman ...	7.7	6.5	6.2	5.0	2.9

Note: Dependency ratio is the ratio of persons under age 15 and over age 65 to those ages 15 to 64 years.

Source: U.S. Bureau of the Census, Center for International Research, International Data Base.

Table 2.
Contraceptive Prevalence Among Married Women 15 to 49 Years of Age, by Method

Method	Percent current users			Percent distribution of users		
	1977-78	1984	1989	1977-78	1984	1989
All	7.0	17.0	26.9	100	100	100
Oral	2.0	3.1	5.2	29	18	19
IUD	0.7	3.0	3.7	10	18	14
Injection	0.6	0.5	3.3	8	3	12
Female sterilization	1.0	2.6	4.7	14	15	17
Other modern	0	0.5	1.0	0	3	4
Periodic abstinence	1.1	3.8	7.5	16	22	28
Other traditional	1.6	3.5	1.5	23	21	6
CHILDLESS WOMEN: 1989						
Percent of ever-married women aged 45 to 49						
2.6						
AVERAGE DURATION OF POSTPARTUM INFECUNDABILITY: 1989						
Number of months						
12.6						

Source: KCBS, 1980, p. 133; 1984, table 7.10; KNCPD and IRD, 1989, table 4.6; and Stover et al., 1991, tables 3 and 5.

Table 3.
Average Age of Users of Selected Methods: 1989

Method	Average age
Oral	28.8
IUD	33.1
Injections	33.3
Condom	27.2
Female sterilization ..	37.8
Periodic abstinence ..	31.4

Source: Stover et al., 1991, table 12.

Table 4.
Fertility Rates
(Per 1,000 women)

Age	1977	1984	1989
15 to 19 ..	177	163	152
20 to 24 ..	369	339	315
25 to 29 ..	356	325	300
30 to 34 ..	284	268	254
35 to 39 ..	216	200	187
40 to 44 ..	132	112	96
45 to 49 ..	51	43	36

Total fertility rate per woman 7.9 7.2 6.7

Source: U.S. Bureau of the Census, Center for International Research, International Data Base.