

LESOTHO

Capital

Maseru

Ethnic Groups

Sotho 99.7%, Europeans, Asians, and other 0.3%

Languages

Sesotho (official) (southern Sotho), English (official), Zulu, Xhosa

Religions

Protestant 47.8% (Pentecostal 23.1%, Lesotho Evangelical 17.3%, Anglican 7.4%), Roman Catholic 39.3%, other Christian 9.1%, non-Christian 1.4%, none 2.3%

Population

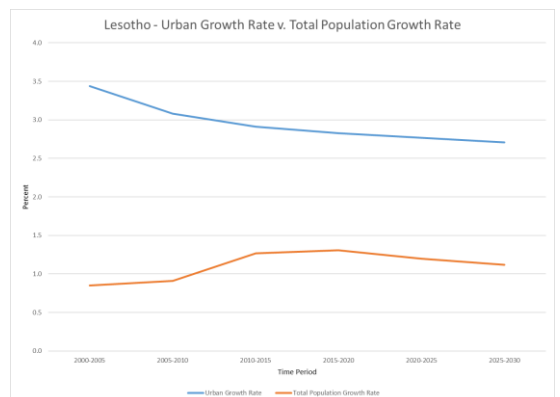
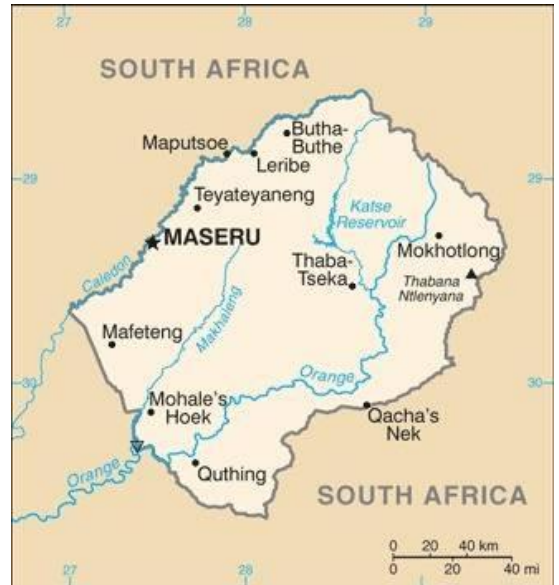
Total: 2.2 million
Median age: 24.7 years
Population growth rate: 0.76%
Urban: 30.4%
Rural 69.6%

Fertility

Birth rate: 23.01 births/1,000 population
Total fertility rate: 2.88 children born/woman
Sex ratio of population: 0.98 male(s)/female

Mortality

Death rate: 10.9 deaths/1,000 population
Life expectancy at birth: 59.87 years
Maternal mortality rate: 544 deaths/100,000 live births
Infant mortality rate: 47.04 deaths/1,000 live births



LESOTHO

Migration

Net migration rate: -4.52 migrants/1,000 population

Health

Current health expenditure: 11.8% of GDP

Physician density: 0.47 physicians/1,000 population

Adult obesity: 16.6%

Alcohol consumption per capita: 3.56 liters of pure alcohol

Education

Education expenditures: 8.7% of GDP

Literacy: 79.4%

Population Distribution

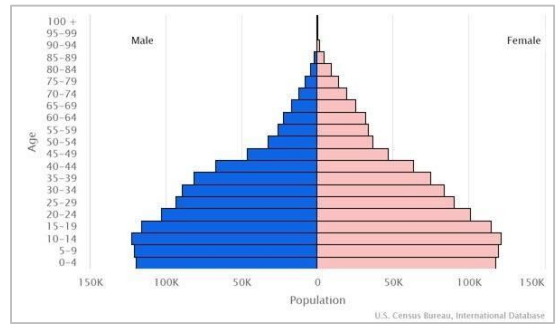
relatively higher population density in the western half of the nation, with the capital of Maseru, and the smaller cities of Mafeteng, Teyateyaneng, and Leribe attracting the most people

Demographic Profile

Lesotho faces great socioeconomic challenges. Almost half of its population lives below the poverty line as of 2017, and the country's HIV/AIDS prevalence rate is the second highest in the world as of 2021. In addition, Lesotho is a small, mountainous, landlocked country with little arable land, leaving its population vulnerable to food shortages and reliant on remittances. Lesotho's persistently high infant, child, and maternal mortality rates increased during the last decade, according to the last two Demographic and Health Surveys. Despite these significant shortcomings, Lesotho has made good progress in education; it is on-track to achieve universal primary education and has one of the highest adult literacy rates in Africa.

Lesotho's migration history is linked to its unique geography; it is surrounded by South Africa with which it shares linguistic and cultural traits. Lesotho at one time had more of its workforce employed outside its borders than any other country. Today remittances equal about 20% of its GDP. With few job options at home, a high rate of poverty, and higher wages available across the border, labor migration to South Africa replaced agriculture as the prevailing Basotho source of income decades ago. The majority of Basotho migrants were single men contracted to work as gold miners in South Africa. However, migration trends changed in the 1990s, and fewer men found mining jobs in South Africa because of declining gold prices, stricter immigration policies, and a preference for South African workers. Although men still dominate cross-border labor migration, more women are working in South Africa, mostly as domestics, because they are widows or their husbands are unemployed.

Age Structure



Population Distribution

