Nigeria's population reaches 221.25 million

Official projections show 20.11 million more people between 2019 and 2023, with the fastest growth in the FCT and the north.

221.25m
Projected population, 2023
112.43m male, 108.82m female

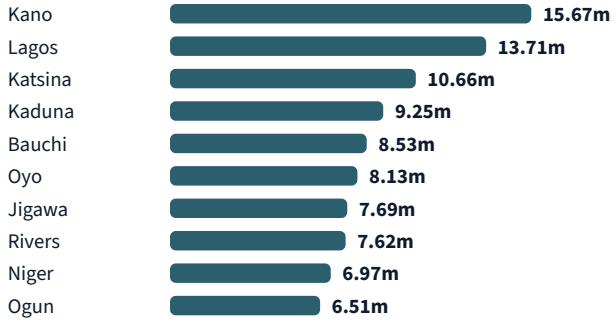
+10.0%
Growth since 2019
+20.11m; about 2.4% a year. 2026 estimate: 237.72m (not official)

15.67m
Kano, most populous
Lagos 13.71m; Katsina 10.66m

4.8
Births per woman
Yobe 7.5, Rivers 2.9 (NDHS 2023-24)

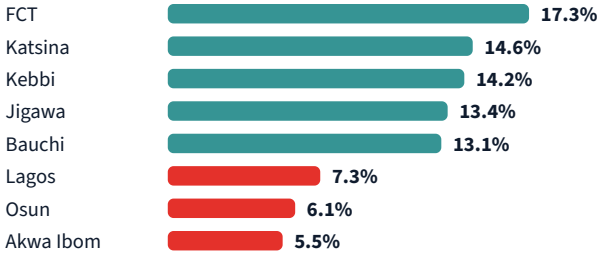
The 10 largest states, 2023

Projected population, millions



Fastest and slowest growth

Change in projected population, 2019 to 2023, %; Nigeria 10.0%



Estimates for 2024 to 2026

Eco DataPlace estimates, millions; 2023 is the official projection

AREA	2023	2024E	2025E	2026E
Nigeria	**221.25**	**226.60**	**232.09**	**237.72**
Kano	15.67	16.05	16.43	16.83
Lagos	13.71	13.96	14.21	14.46
FCT	3.17	3.30	3.44	3.58

Not official. Each state's 2019–23 average annual growth carried forward.

Why it differs

Fertility gap

7.5 vs 2.9

Births per woman in Yobe and Rivers, against 4.8 nationally. The FCT, the fastest-growing area, is at 3.2. No census since 2006.

WHAT IT MEANS For the economy, households and businesses

1 The economy

- 20.11m more people in four years lifts demand for food, housing and jobs.
- Income per person may stall unless output grows faster than 2.4% a year.

2 Households

- Large families in high-fertility states may stretch school and health budgets.
- Rising demand could push up rents and food prices in fast-growing areas.

3 Businesses

- A market of 221.25m people offers scale for food, telecoms and retail.
- With no census since 2006, market sizing rests on projections.

ECODATA

Sources: NBS, Demographic Bulletin 2023 (Apr 2026) and 2021, using National Population Commission projections; NPC and ICF, Nigeria DHS 2023-24. 2024–26: Eco DataPlace estimates (not official).

www.ecodataplace.com

Data as at 2023 (projections, published Apr 2026) · CC BY 4.0