

Sao Tome and Principe

Central Africa · Capital: São Tomé

LiveWorldStats

Country factsheet · August 2026

227,056

Population (live projection at time of download)

Sao Tome and Principe has a population of about 227,056, an economy worth \$1.1 billion — the 190th largest of 237, and income per person around \$5,000. Life expectancy is about 65 years, and the population is growing at 0.90% a year.

ECONOMY

GDP	\$1.1 billion	#190
GDP per Capita	\$5,000	#158
Inflation Rate	15.0%	#199
Unemployment Rate	9.0%	#200
Government Debt	60.0 % of GDP	#167
Exports	\$263.8 million	#190
Imports	\$284.9 million	#190

HEALTH

Life Expectancy	65.3 years	#142
Health Spending	4.0 % of GDP	#201
Fertility Rate	4.00 births/woman	#99

SOCIETY

Literacy Rate	85.0%	#171
Average Salary	\$229	#163
Smoking Rate	17.0%	#133

POPULATION

Population	227,056	#188
Population Density	235.5 /km²	#57
Median Age	20.0 years	#203
Urban Population	42.0%	#200
Birth Rate	17.0 /1,000	#115
Death Rate	8.0 /1,000	#121
Population Growth	0.90%	#126

TECHNOLOGY

Internet Users	35.0%	#204
Broadband Speed	20.0 Mbps	#203

ENVIRONMENT

CO ₂ per Capita	1.00 tonnes	#102
Renewable Energy	25.0%	#189
Forest Coverage	30.0%	#180