

S.No.	District	Region	Population (2014)	Population (2023 est.)
1	Buikwe	Central Region	422771	499800
2	Bukomansimbi	Central Region	151413	158400
3	Butambala	Central Region	100840	110900
4	Buvuma	Central Region	89890	154200
5	Gomba	Central Region	159922	180300
6	Kalangala	Central Region	54293	74500
7	Kalungu	Central Region	183232	189200
8	Kampala	Central Region	1507080	1766500
9	Kasanda	Central Region	271544	334100
10	Kayunga	Central Region	368062	427100
11	Kiboga	Central Region	148218	183300
12	Kyankwanzi	Central Region	214693	323900
13	Kyotera	Central Region	224878	271100
14	Luweero	Central Region	456958	558100
15	Lwengo	Central Region	274953	297200
16	Lyantonde	Central Region	93753	119600
17	Masaka	Central Region	297004	364800
18	Mityana	Central Region	328964	378800
19	Mpigi	Central Region	250548	305300
20	Mubende	Central Region	412804	641800
21	Mukono	Central Region	596804	757500
22	Nakaseke	Central Region	197373	254900
23	Nakasongola	Central Region	181795	233400
24	Rakai	Central Region	291431	338900
25	Sembabule	Central Region	252597	319300
26	Wakiso	Central Region	1997418	3519300
27	Amuria	Eastern Region	183348	248500
28	Budaka	Eastern Region	207597	278600
29	Bududa	Eastern Region	210173	307200
30	Bugiri	Eastern Region	382913	536400
31	Bugweri	Eastern Region	164886	205600
32	Bukedea	Eastern Region	203600	291800
33	Bukwa	Eastern Region	89356	137200
34	Bulambuli	Eastern Region	174513	264500
35	Busia	Eastern Region	323662	416700
36	Butaleja	Eastern Region	244153	332200
37	Butebo	Eastern Region	144971	125700
38	Buyende	Eastern Region	323067	468400
39	Iganga	Eastern Region	339311	436800
40	Jinja	Eastern Region	471242	535800
41	Kaberamaido	Eastern Region	105152	148700
42	Kalaki	Eastern Region	109874	155400
43	Kaliro	Eastern Region	236199	317900
44	Kamuli	Eastern Region	486319	596100
45	Kapchorwa	Eastern Region	105186	133900
46	Kapelebyong	Eastern Region	87580	112500

47	Katakwi	Eastern Region	166231	209700
48	Kibuku	Eastern Region	202033	278200
49	Kumi	Eastern Region	239268	309500
50	Kween	Eastern Region	93667	118000
51	Luuka	Eastern Region	238020	281600
52	Manafwa	Eastern Region	153447	186300
53	Mayuge	Eastern Region	473239	615200
54	Mbale	Eastern Region	488960	639700
55	Namayingo	Eastern Region	215443	247400
56	Namisindwa	Eastern Region	200378	247900
57	Namutumba	Eastern Region	252557	336400
58	Ngora	Eastern Region	141919	178400
59	Pallisa	Eastern Region	241919	399500
60	Serere	Eastern Region	285903	401800
61	Sironko	Eastern Region	242421	290500
62	Soroti	Eastern Region	296833	401000
63	Tororo	Eastern Region	517080	639700
64	Abim	Northern Region	107966	182800
65	Adjumani	Northern Region	225251	240000
66	Agago	Northern Region	227792	262500
67	Alebtong	Northern Region	227541	286400
68	Amolatar	Northern Region	147166	182000
69	Amudat	Northern Region	105769	151900
70	Amuru	Northern Region	186696	232500
71	Apac	Northern Region	185322	249600
72	Arua	Northern Region	442586	557900
73	Dokolo	Northern Region	183093	232900
74	Gulu	Northern Region	275613	352500
75	Kaabong	Northern Region	116346	134400
76	Karenga	Northern Region	51533	73100
77	Kitgum	Northern Region	204048	232900
78	Koboko	Northern Region	206495	287500
79	Kole	Northern Region	239327	308800
80	Kotido	Northern Region	181050	219700
81	Kwania	Northern Region	183304	234600
82	Lamwo	Northern Region	134371	148100
83	Lira	Northern Region	408043	516000
84	Madi-Okollo	Northern Region	140188	176800
85	Maracha	Northern Region	186134	219500
86	Moroto	Northern Region	103432	126300
87	Moyo	Northern Region	95951	116400
88	Nabilatuk	Northern Region	68409	102500
89	Nakapiripirit	Northern Region	88281	128100
90	Napak	Northern Region	142224	166200
91	Nebbi	Northern Region	238757	306300
92	Nwoya	Northern Region	133506	314300
93	Obongi	Northern Region	43061	52300

94	Omoro	Northern Region	160732	216400
95	Otuke	Northern Region	104254	150600
96	Oyam	Northern Region	383644	491600
97	Pader	Northern Region	178004	206700
98	Pakwach	Northern Region	158037	219000
99	Terego	Northern Region	199303	251500
100	Yumbe	Northern Region	484822	775000
101	Zombo	Northern Region	240081	306100
102	Buhweju	Western Region	120720	156900
103	Buliisa	Western Region	113161	171300
104	Bundibugyo	Western Region	224387	285000
105	Bunyangabu	Western Region	170247	208000
106	Bushenyi	Western Region	234443	254200
107	Hoima	Western Region	305531	413100
108	Ibanda	Western Region	249625	290900
109	Isingiro	Western Region	486360	658100
110	Kabale	Western Region	230609	256900
111	Kabarole	Western Region	298989	357500
112	Kagadi	Western Region	351033	474700
113	Kakumiro	Western Region	293108	601900
114	Kamwenge	Western Region	270668	372000
115	Kanungu	Western Region	252144	235400
116	Kasese	Western Region	694987	843900
117	Kazo	Western Region	151023	240400
118	Kibaale	Western Region	140947	234800
119	Kikuube	Western Region	267455	414400
120	Kiruhura	Western Region	177054	205300
121	Kiryandongo	Western Region	266197	339200
122	Kisoro	Western Region	281705	332200
123	Kitagwenda	Western Region	143786	197800
124	Kyegegwa	Western Region	281637	551900
125	Kyenjojo	Western Region	422204	584400
126	Masindi	Western Region	291113	366900
127	Mbarara	Western Region	344904	414000
128	Mitooma	Western Region	183444	198900
129	Ntoroko	Western Region	67005	80700
130	Ntungamo	Western Region	483841	569200
131	Rubanda	Western Region	196896	213400
132	Rubirizi	Western Region	129149	151500
133	Rukiga	Western Region	100726	107200
134	Rukungiri	Western Region	314694	342000
135	Rwampara	Western Region	127725	153100
136	Sheema	Western Region	207343	226300