

Health in Pakistan

WWS 2024



PREFACE

This report presents an insightful examination of health perceptions and behaviors among the population of Pakistan, capturing the essence of societal attitudes towards overall health, fitness, weight, stress/mental health, and sleep. With data collected by Gallup Pakistan as part of the WIN 2024 survey, this comprehensive analysis sheds light on various health-related dimensions, including self-perceptions of health, the impact of education and employment on health outlooks, and a comparative global perspective on health perceptions.

A key finding of the report is the significant majority of Pakistanis—83%—who consider themselves to be in very good or good health, contrasting sharply with the minority who perceive their health negatively. The report delves deeper into specific aspects of health, revealing disparities in perceptions of fitness and weight across different demographics, including gender, age, and socioeconomic status. Notably, mental health and stress levels are scrutinized, highlighting the challenges faced by different segments of the population, with a particular focus on the role of family, employment, and societal pressures as sources of stress.

In terms of global comparisons, Pakistan stands out in various health dimensions against a backdrop of international data, offering a unique perspective on how cultural, economic, and educational factors influence health perceptions and outcomes.

This analysis is instrumental for policymakers, health professionals, and researchers aiming to understand the complex interplay between socio-economic factors and health perceptions, with the ultimate goal of informing targeted interventions and policies to enhance public health and well-being in Pakistan and beyond.

EXECUTIVE SUMMARY

Overall Health

- A significant majority (83%) of Pakistanis consider themselves to be Very Healthy/Healthy, as compared to those who think otherwise (16%).

Fitness

- There's a 19% difference between the fitness health rating between men (88%) and women (69%) who consider their fitness to be Very good/Quite good.

Weight

- Pakistan comes in third (86%) in the list of countries with a high percentage of very good/Quite good overall health rating for weight.

Stress/Mental Health

- There is a 15% difference between the percentage of men (88%) and women (73%) who rate their stress / mental health as Very good/Quite good.

EXECUTIVE SUMMARY

Sleeping

- 28% females rate their sleeping as Quite poor/Very poor, as compared to 12% of the men who rate their sleeping similarly.

Stress in Daily Life

- Pakistan (50%) tops the list of countries with the highest percentage of respondents who never/almost never feel stress in their daily life, followed by Indonesia (46%) and Vietnam (33%).

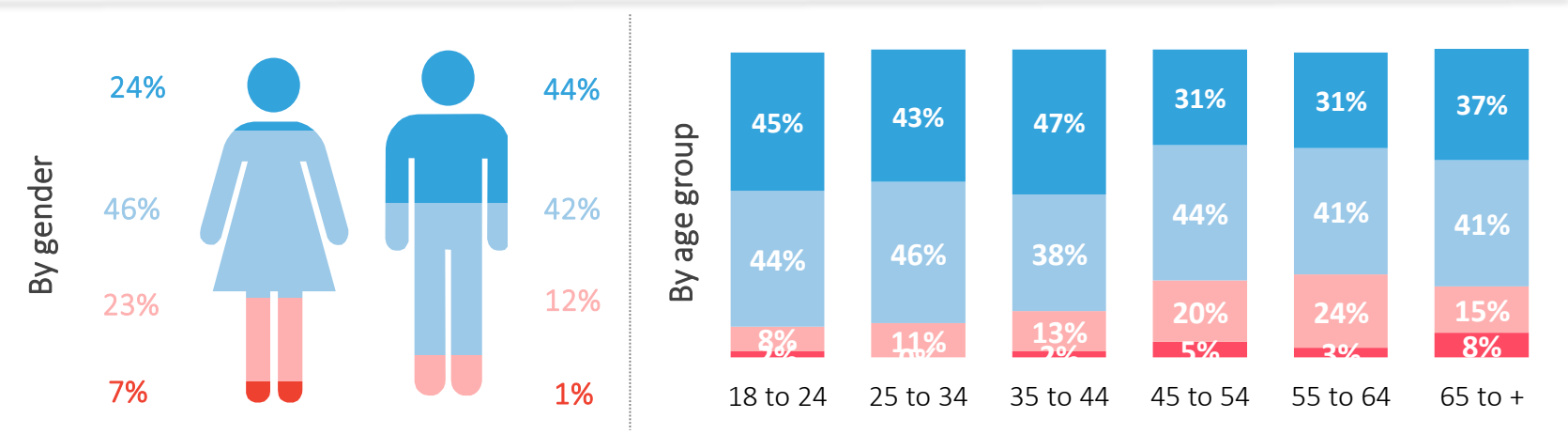
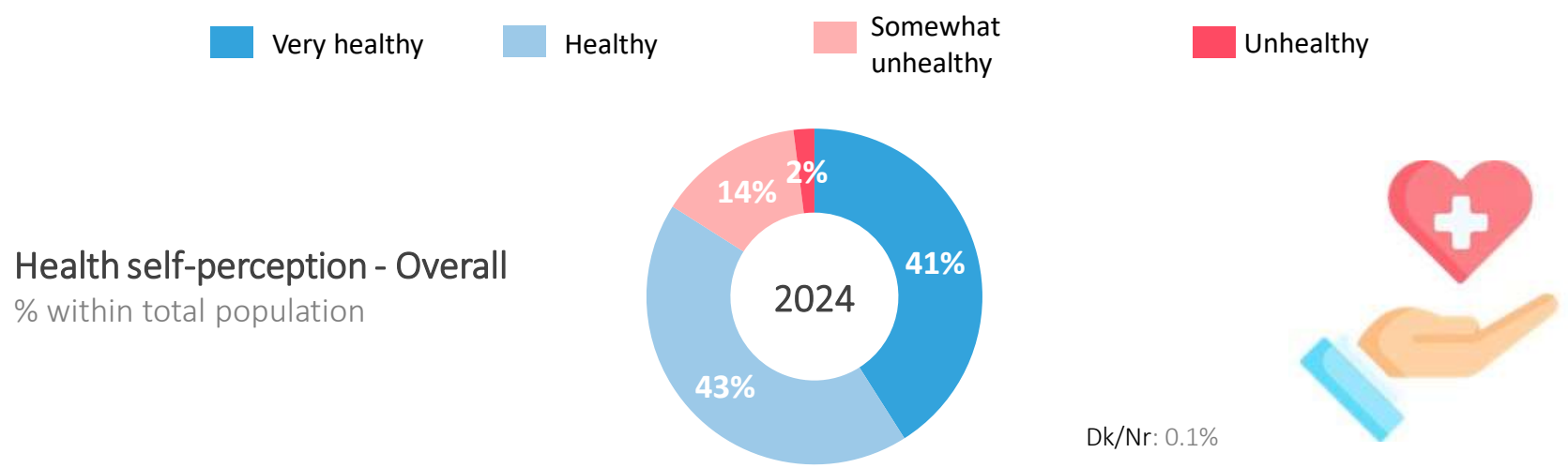
Causes of Stress

- Most Pakistanis stated their family (17%) as a recent cause of stress, followed by lack of money (15%) and lack of job/employment (14%).
- Housewives are significantly more stressed about their family (35%) as compared to any other category of employment.



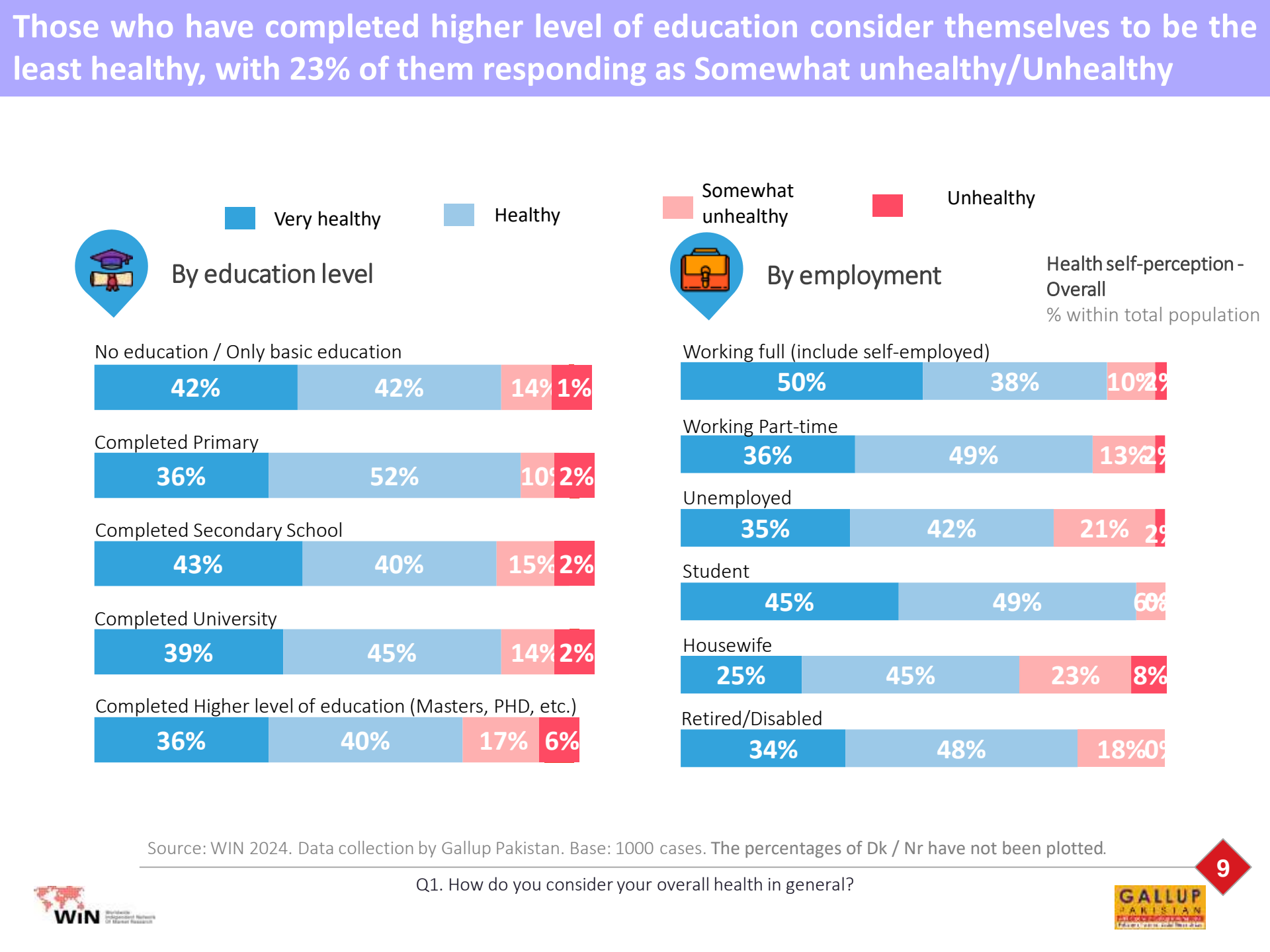
GENERAL HEALTH PERCEPTION

A significant majority (83%) of Pakistanis consider themselves to be Very Healthy/Healthy, as compared to those who think otherwise (16%).



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q1. How do you consider your overall health in general?



Health self-perception -

Overall

% within total population

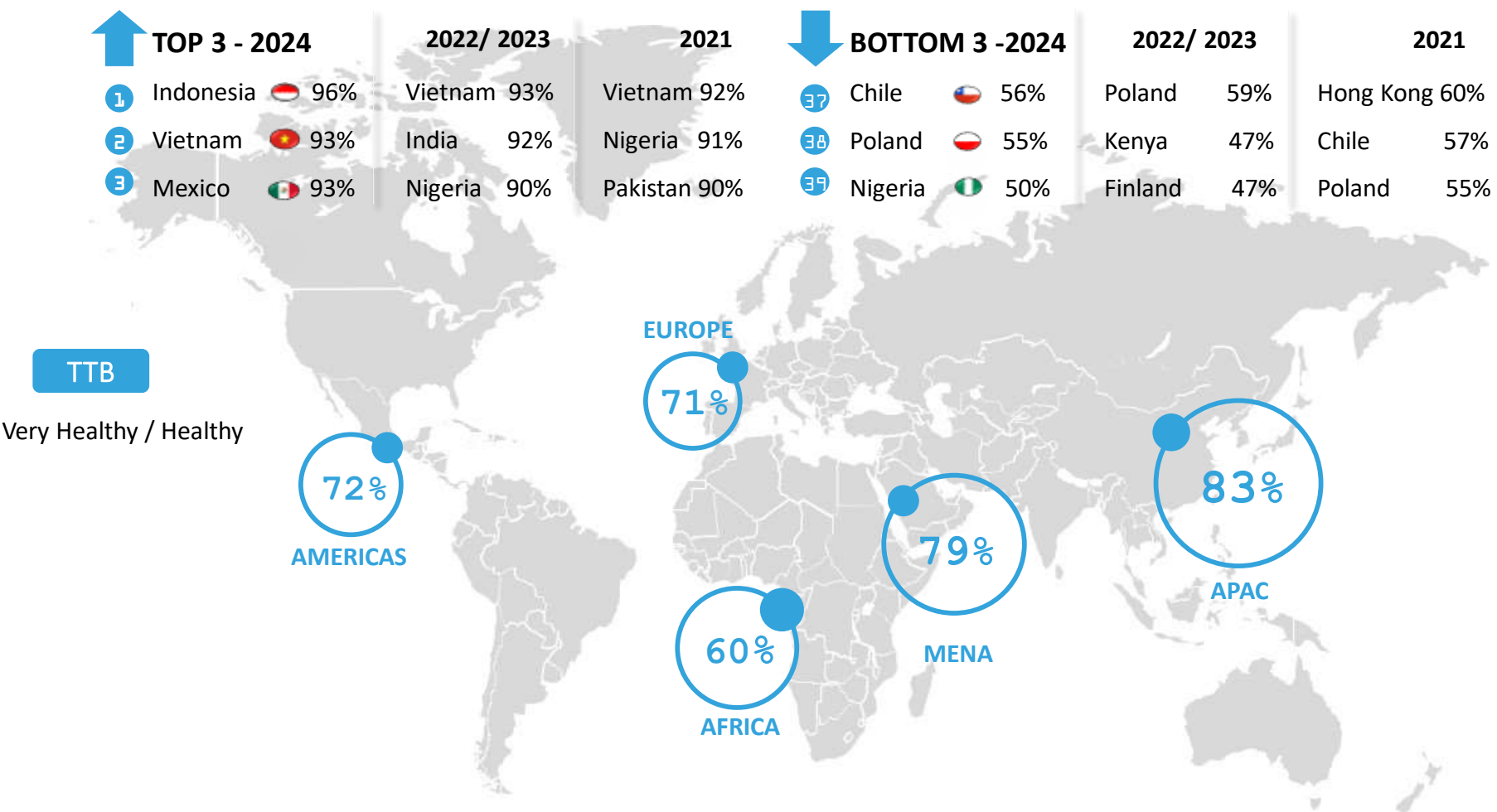
TTB	2021	2022/ 2023	2024
GLOBAL AVERAGE	77%	76%	74%
Indonesia	No data	No data	96%
Vietnam	93%	93%	93% =
Mexico	87%	88%	93% ↑
Paraguay	84%	85%	89% ↑
India	89%	92%	89% ↓
Laos	No data	No data	87%
Malaysia	88%	77%	86% ↑
Iran	No data	No data	86%
France	81%	79%	84% ↑
Pakistan	91%	85%	84% ↓
Sweden	No data	No data	83%
Italy	83%	84%	82% ↓
South Korea	No data	No data	80%
Philippines	89%	84%	78% ↓
Turkey	76%	80%	76% ↓
United States	75%	77%	75% ↓
Greece	84%	77%	75% ↓
Canada	78%	77%	75% ↓
Spain	75%	76%	75% ↓
Brazil	76%	78%	74% ↓

TTB	2021	2022/ 2023	2024
Ecuador	72%	68%	73% ↑
Argentina	80%	77%	72% ↓
Germany	71%	68%	72% ↑
Belgium	No data	No data	71%
Netherlands	No data	64%	71% ↑
United Kindom	No data	No data	70%
Croatia	68%	67%	68% ↑
Japan	70%	68%	68% =
Serbia	76%	71%	68% ↓
Slovenia	77%	64%	68% ↑
Ivory Coast	No data	83%	67% ↓
Ireland	73%	72%	67% ↓
Palestine	No data	No data	65%
Hong Kong	60%	60%	64% ↑
Peru	72%	70%	63% ↓
Finland	62%	59%	58% ↓
Chile	57%	63%	56% ↓
Poland	55%	47%	55% ↑
Nigeria	92%	90%	50% ↓

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q1. How do you consider your overall health in general?

Global Comparison: The top 3 country with the highest percentage of Very Healthy/Healthy self-perception are, Indonesia (96%), Vietnam (93%) and Mexico (93%).



Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q1. How do you consider your overall health in general?

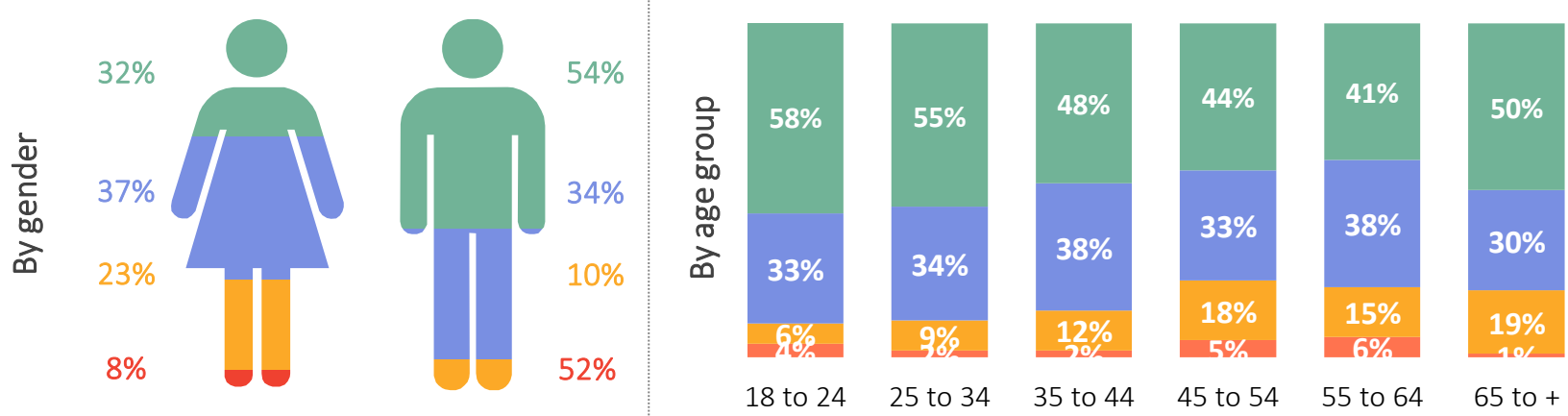
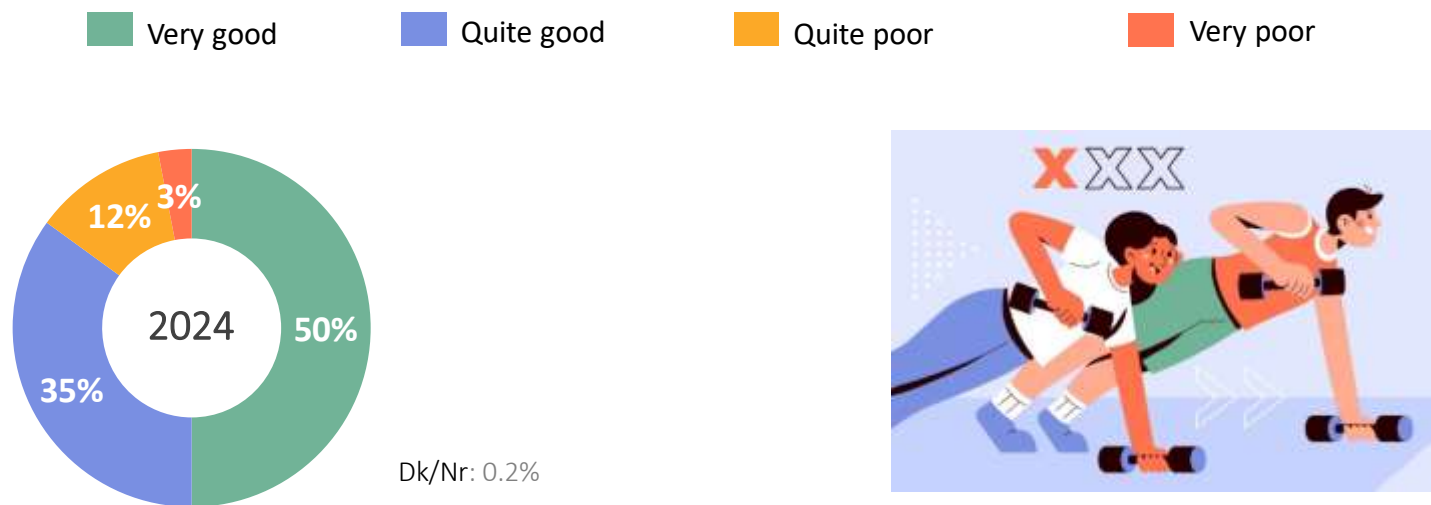
OWN OVERALL HEALTH RATING



FITNESS



There's a 19% difference between the fitness health rating between men (88%) and women (69%) who consider their fitness to be Very good/Quite good.



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Fitness

Those working full time are 23% more likely to consider their fitness Very good/Quite good, as compared to housewives.

Very good Quite good Quite poor Very poor



By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Fitness

Overall health rating - Fitness

% within total population

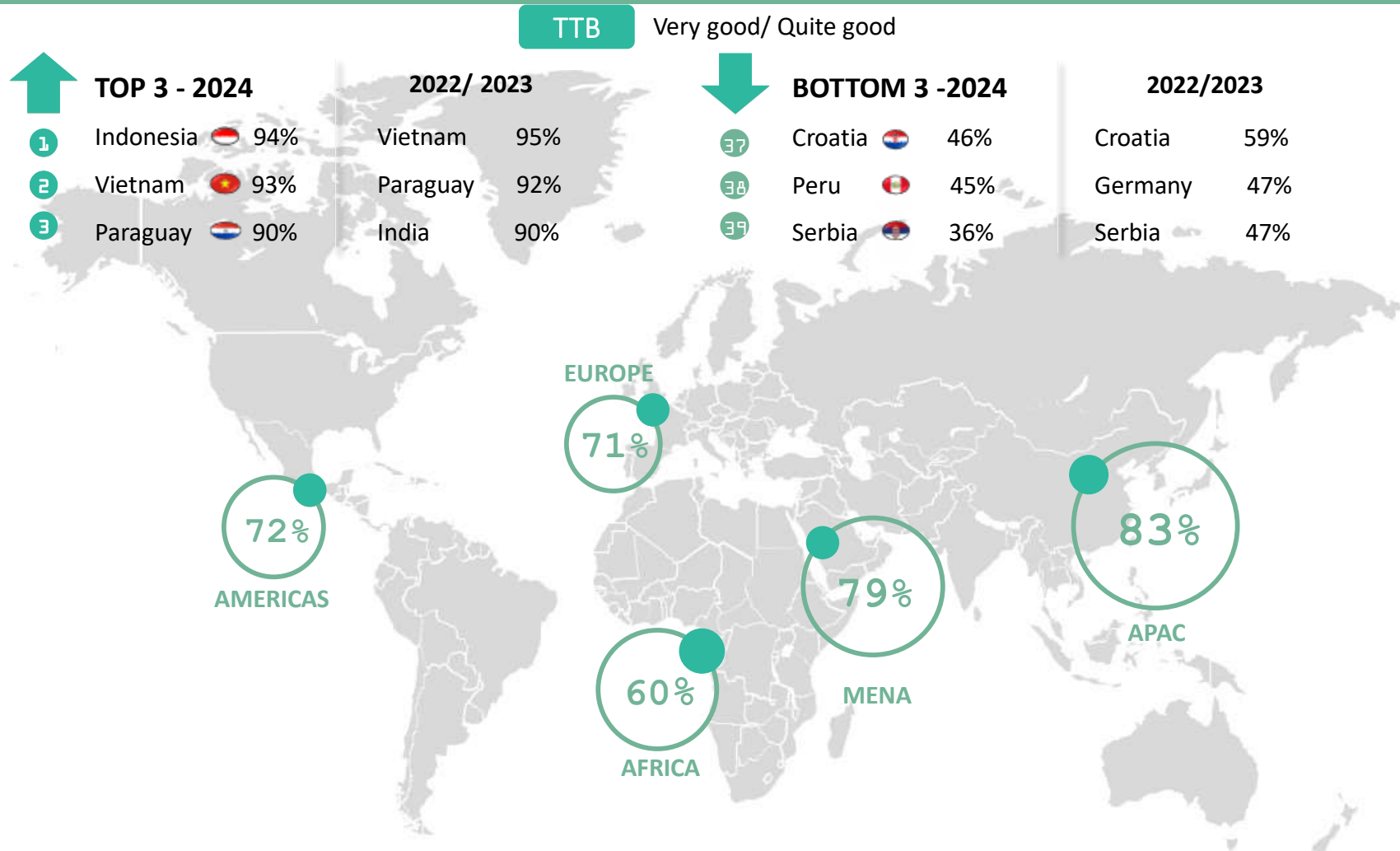
TTB	2022/ 2023	2024
GLOBAL AVERAGE	76%	74%
Indonesia	No data	94%
Vietnam	95%	93% ↓
Paraguay	92%	90% ↓
Philippines	89%	88% ↓
India	90%	86% ↓
Pakistan	87%	85% ↓
Mexico	80%	83% ↑
Iran	No data	81%
France	71%	77% ↑
Malaysia	60%	76% ↑
Palestine	No data	74%
Turkey	75%	72% ↓
Italy	75%	71% ↓
Brazil	75%	69% ↓
Ivory Coast	73%	69% ↓
Japan	71%	68% ↓
Ecuador	64%	66% ↑
Belgium	No data	66%
Slovenia	68%	65% ↓
Finland	72%	65% ↓

TTB	2022/ 2023	2024
South Korea	No data	64%
Greece	70%	64% ↓
United Kindom	64%	62% ↓
Hong Kong	67%	62% ↓
Spain	59%	61% ↓
Argentina	75%	61% ↓
United States	64%	60% ↓
Canada	63%	60% ↓
Chile	67%	58% ↓
Poland	71%	58% ↓
Germany	51%	55% ↑
Laos	No data	53% ↓
Sweden	No data	52%
Netherlands	60%	51% ↓
Nigeria	87%	50% ↓
Ireland	58%	48% ↓
Croatia	53%	46% ↓
Peru	59%	46% ↓
Serbia	No data	36%

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Fitness

Once again, Indonesia (94%) tops the list of countries with Very good/Quite good rating of fitness. Followed by Vietnam in second place (93%) and Paraguay in third (90%).



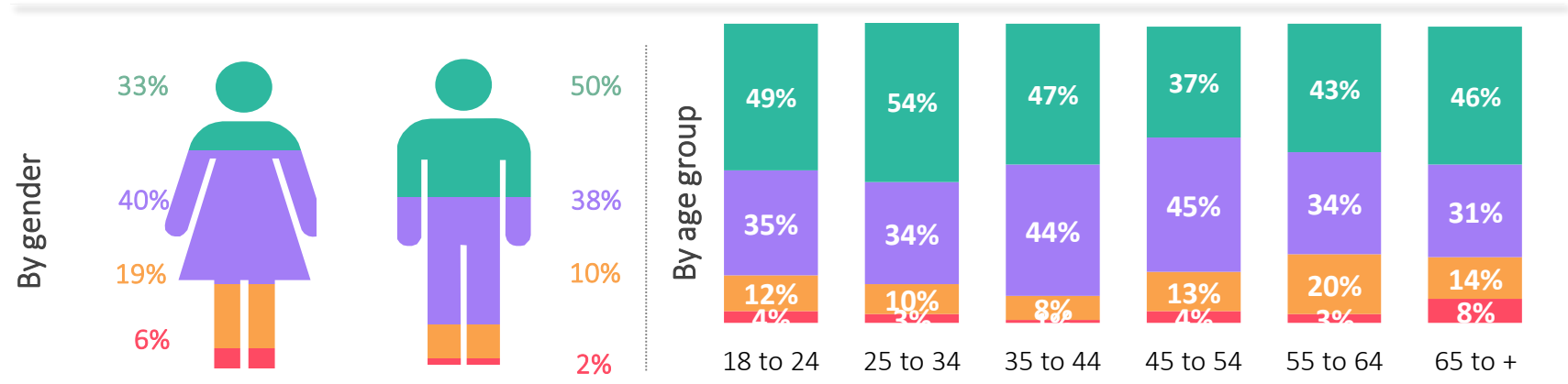
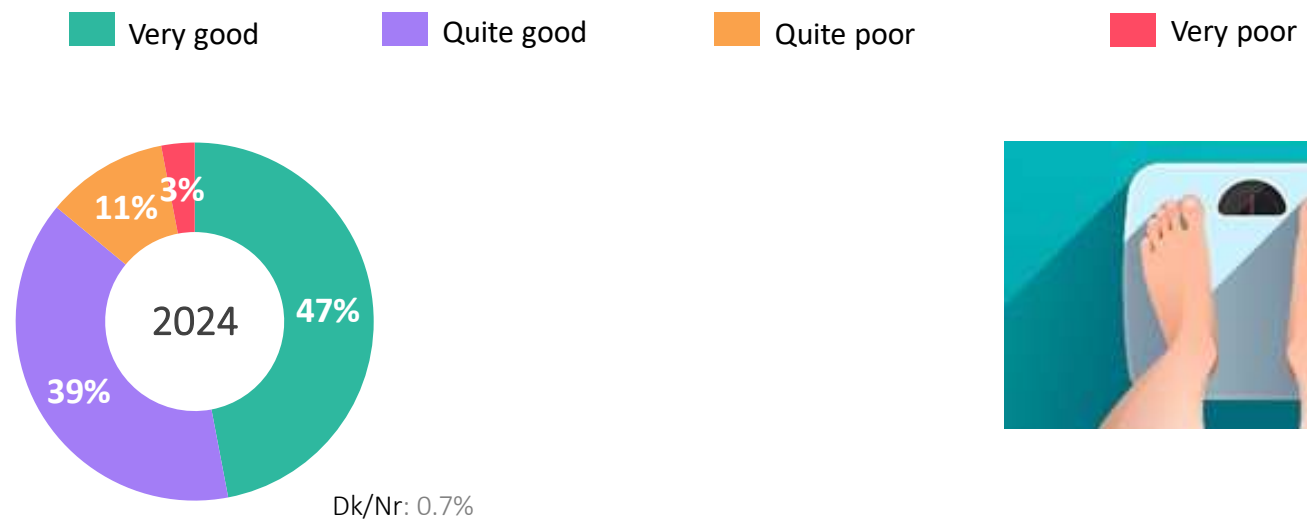
Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Fitness

WEIGHT



Those belonging to the 55-64 age group have the highest percentage (23%) of respondents whose overall health rating for weight was Quite poor/Very poor.



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

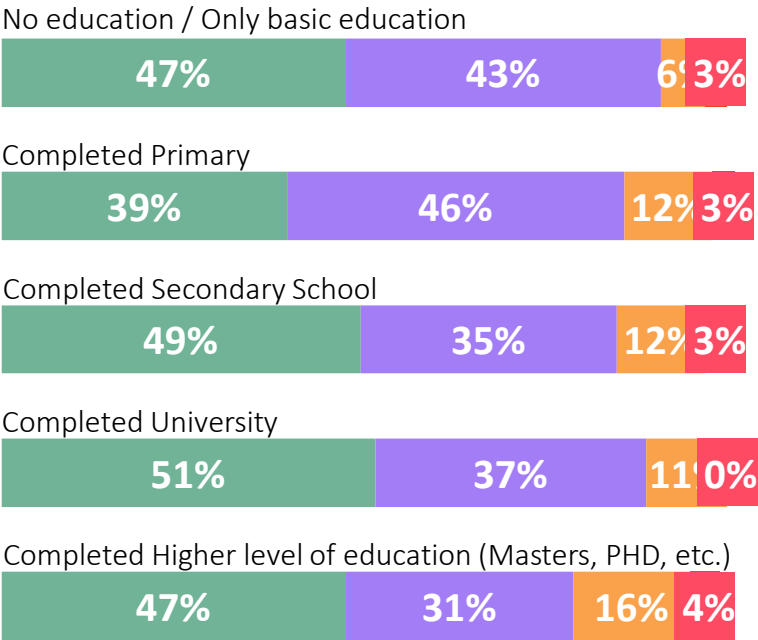
Q2. How would you rate each of the following aspects, when thinking of your overall health? - Weight

Respondents with no education/basic education have the highest percentage (90%) of overall health rating for weight as Very good/Quite good.

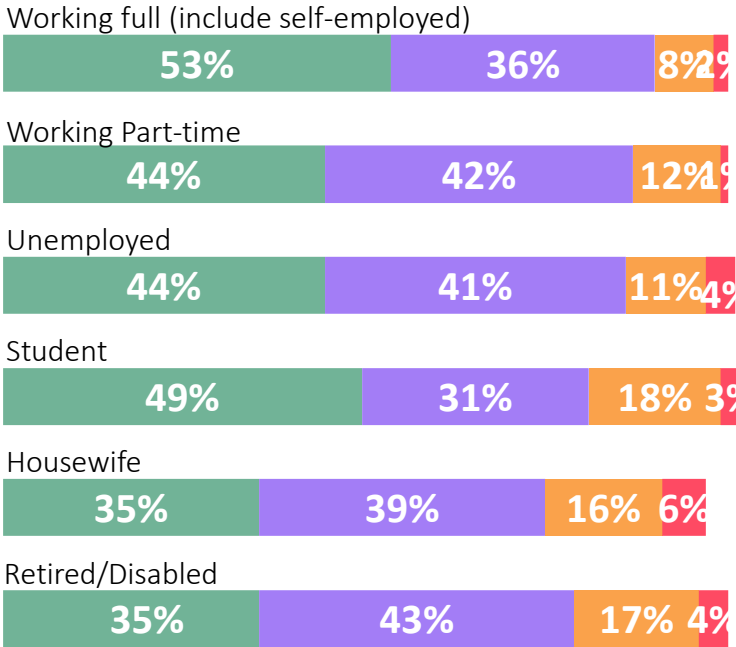
Very good Quite good Quite poor Very poor



By education level



By employment



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Weight

Overall health rating - Weight

% within total population

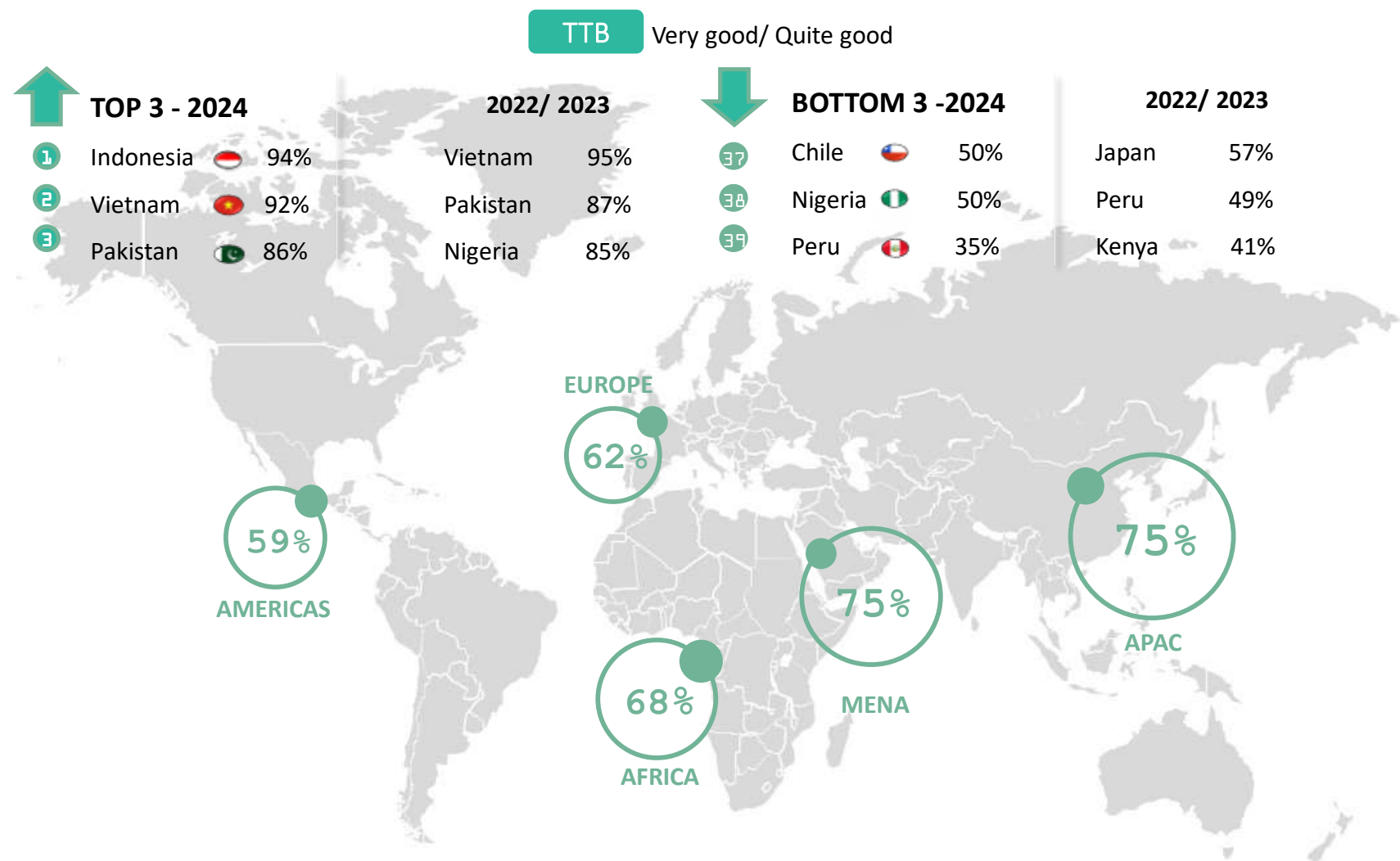
TTB	2022/ 2023	2024
GLOBAL AVERAGE	68%	67%
Indonesia	No data	94%
Vietnam	95%	92% ↓
Pakistan	87%	86% ↓
India	84%	84% =
Paraguay	84%	82% ↓
Philippines	84%	82% ↓
Ivory Coast	82%	82% =
Mexico	71%	81% ↑
Iran	No data	78%
Palestine	No data	75%
Malaysia	61%	68% ↑
Turkey	67%	68% ↑
Brazil	72%	67% ↓
Belgium	No data	67%
Slovenia	63%	66% ↓
France	59%	65% ↑
Ecuador	66%	64% ↓
South Korea	No data	64%
Hong Kong	68%	64% ↓
Spain	64%	64% =

TTB	2022/ 2023	2024
United States	65%	64% ↓
Sweden	No data	64%
Netherlands	64%	64% =
Serbia	73%	64% ↓
Italy	66%	62% ↓
United Kindom	No data	62%
Croatia	67%	62% ↓
Germany	58%	61% ↑
Finland	60%	60% =
Canada	66%	60% ↓
Argentina	68%	59% ↓
Greece	63%	58% ↓
Japan	57%	56% ↓
Poland	59%	56% ↓
Laos	No data	55%
Ireland	62%	45% ↓
Chile	53%	50% ↓
Nigeria	85%	50% ↓
Peru	49%	35% ↓

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Weight

Pakistan comes in third (86%) in the list of countries with a high percentage of very good/Quite good overall health rating for weight.



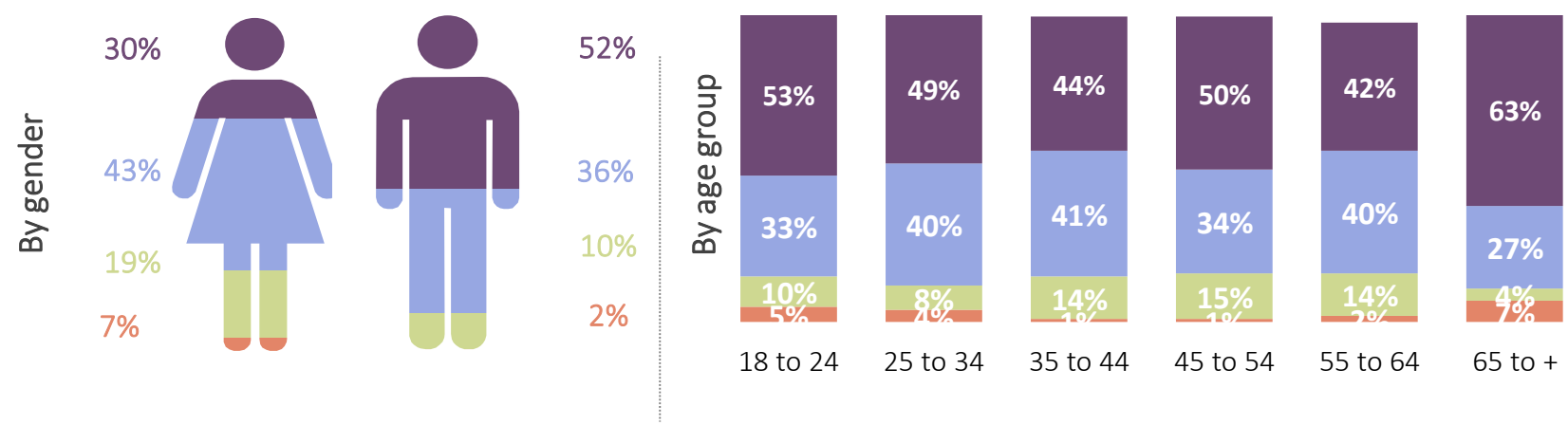
Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Weight

STRESS/ MENTAL HEALTH



There is a 15% difference between the percentage of men (88%) and women (73%) who rate their stress / mental health as Very good/Quite good.



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? – Stress/ Mental Health

30% of housewives rate their stress/mental health as Quite poor/ Very poor- which is a significant difference as compared to retired/disabled (16%), students (12%), part time employees (11%), full time employees (9%) and unemployed (5%).

Very good Quite good Quite poor Very poor



By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



Retired/Disabled



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? – Stress/ Mental Health

Overall health rating – Stress/ Mental Health

% within total population

TTB	2022/ 2023	2024
GLOBAL AVERAGE	57%	66%
Paraguay	80%	97% ↑
Indonesia	No data	91%
Vietnam	76%	89% ↑
Mexico	70%	88% ↑
Pakistan	77%	86% ↑
India	58%	78% ↑
Malaysia	58%	74% ↑
Finland	60%	74% ↑
Netherlands	No data	72%
Philippines	44%	71% ↑
Palestine	No data	71%
Croatia	52%	70% ↑
Brazil	53%	69% ↑
Slovenia	60%	69% ↑
Sweden	No data	69%
United States	58%	68% ↑
Canada	63%	68% ↑
Ireland	60%	68% ↑
South Korea	No data	67%
Ivory Coast	61%	66% ↑

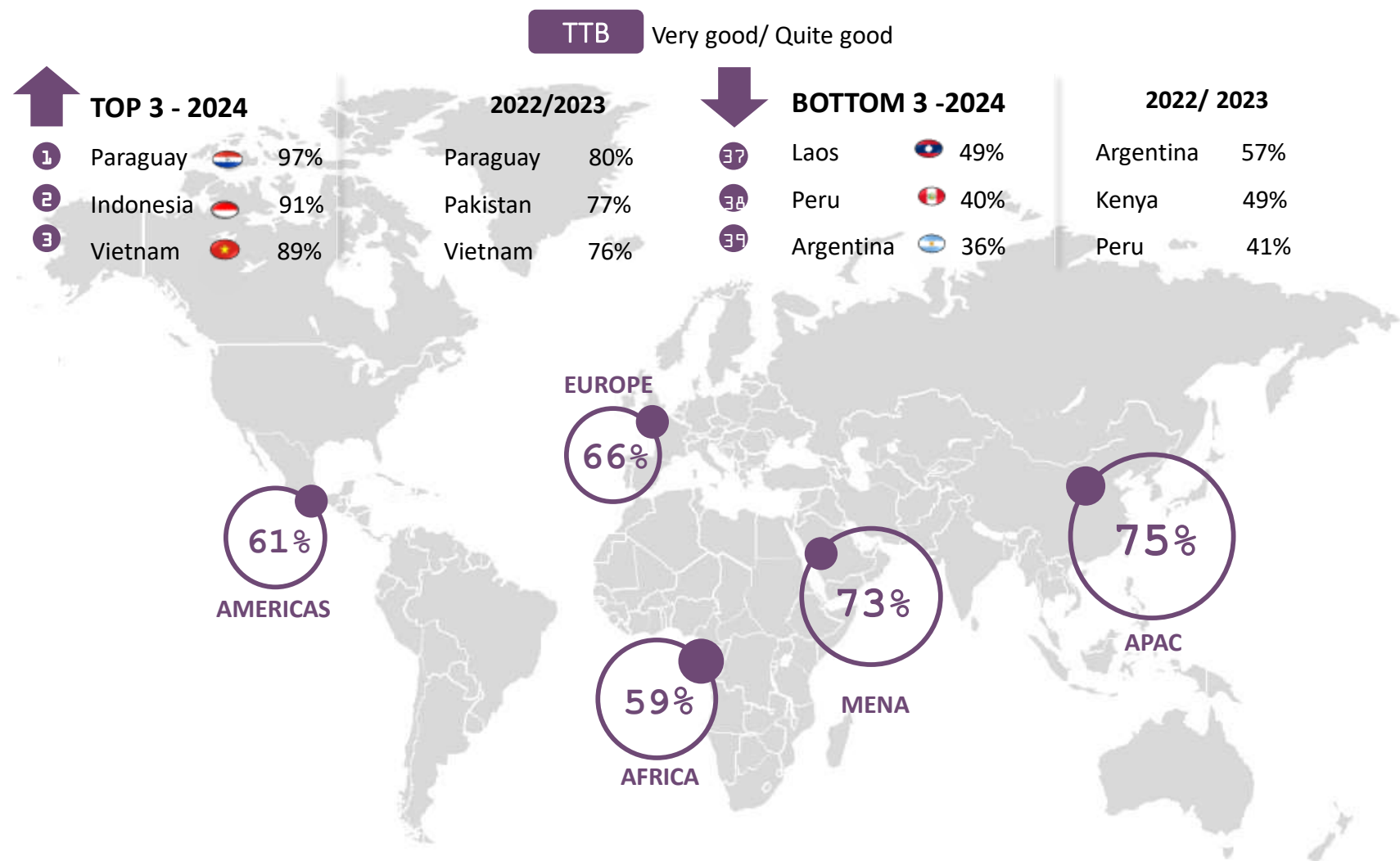
TTB	2022/ 2023	2024
Italy	52%	66% ↑
Belgium	No data	65%
Germany	60%	65% ↑
Turkey	49%	64% ↑
Spain	48%	64% ↑
Iran	No data	63%
Hong Kong	58%	63% ↑
United Kindom	No data	63%
Chile	56%	63% ↑
France	57%	60% ↑
Poland	51%	60% ↑
Serbia	47%	59% ↑
Japan	56%	58% ↑
Greece	45%	57% ↑
Ecuador	44%	51% ↑
Nigeria	63%	50% ↓
Laos	No data	49%
Peru	32%	40% ↑
Argentina	42%	36% ↓

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

*In 2022/2023, the question focused solely on stress.

Q2. How would you rate each of the following aspects, when thinking of your overall health? – Stress/ Mental Health

Laos (49%), Peru (40%) and Argentina (36%) are the bottom 3 countries when it comes to overall health rating – stress/mental health



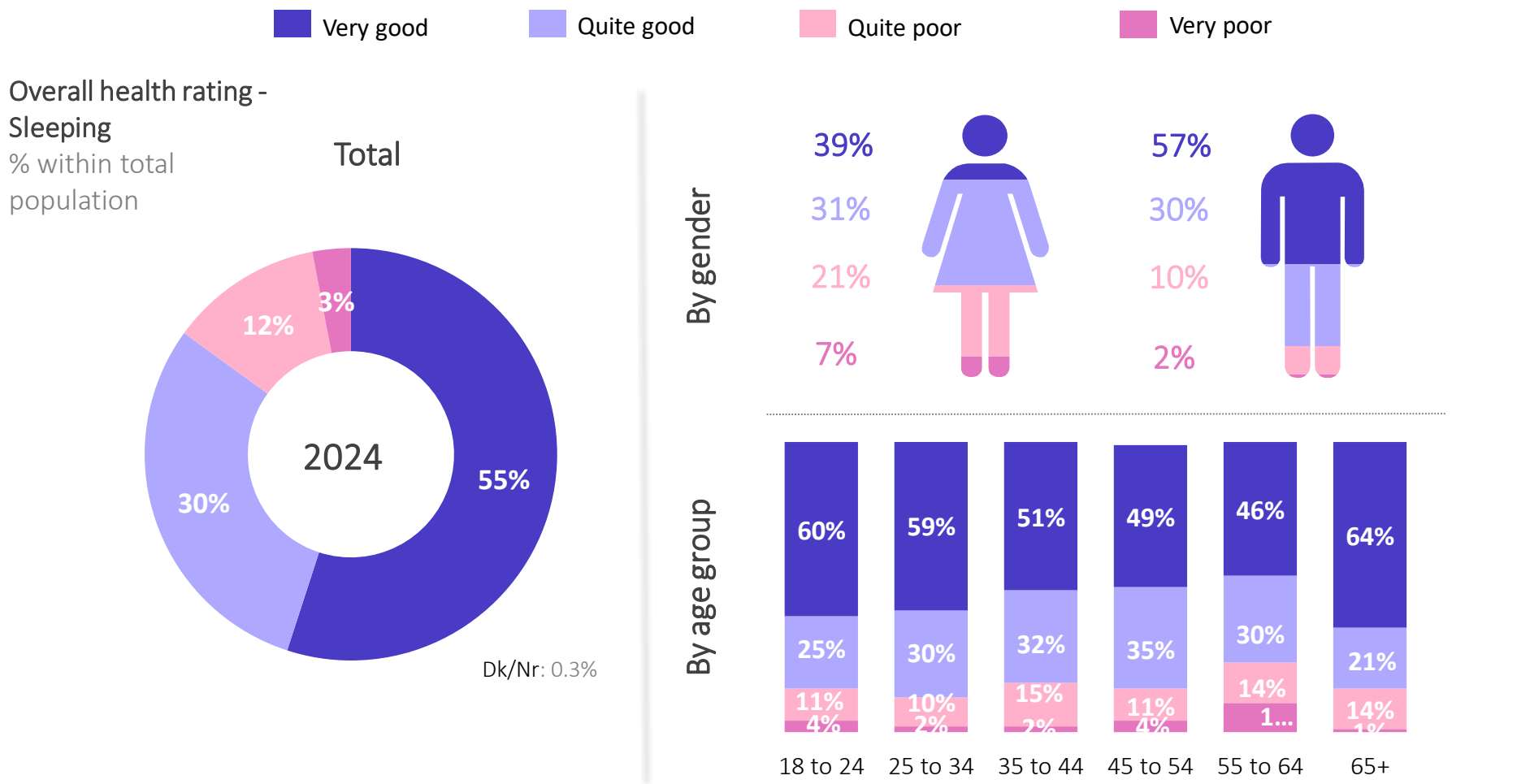
Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.
*In 2022/2023, the question focused solely on stress.

Q2. How would you rate each of the following aspects, when thinking of your overall health? – Stress/ Mental Health

SLEEPING



28% females rate their sleeping as Quite poor/Very poor, as compared to 12% of the men who rate their sleeping similarly.



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Sleeping

Those who completed University, have the highest percentage of respondents, by education level, who rated their sleeping as Very good/Quite good.

Very good Quite good Quite poor Very poor



By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



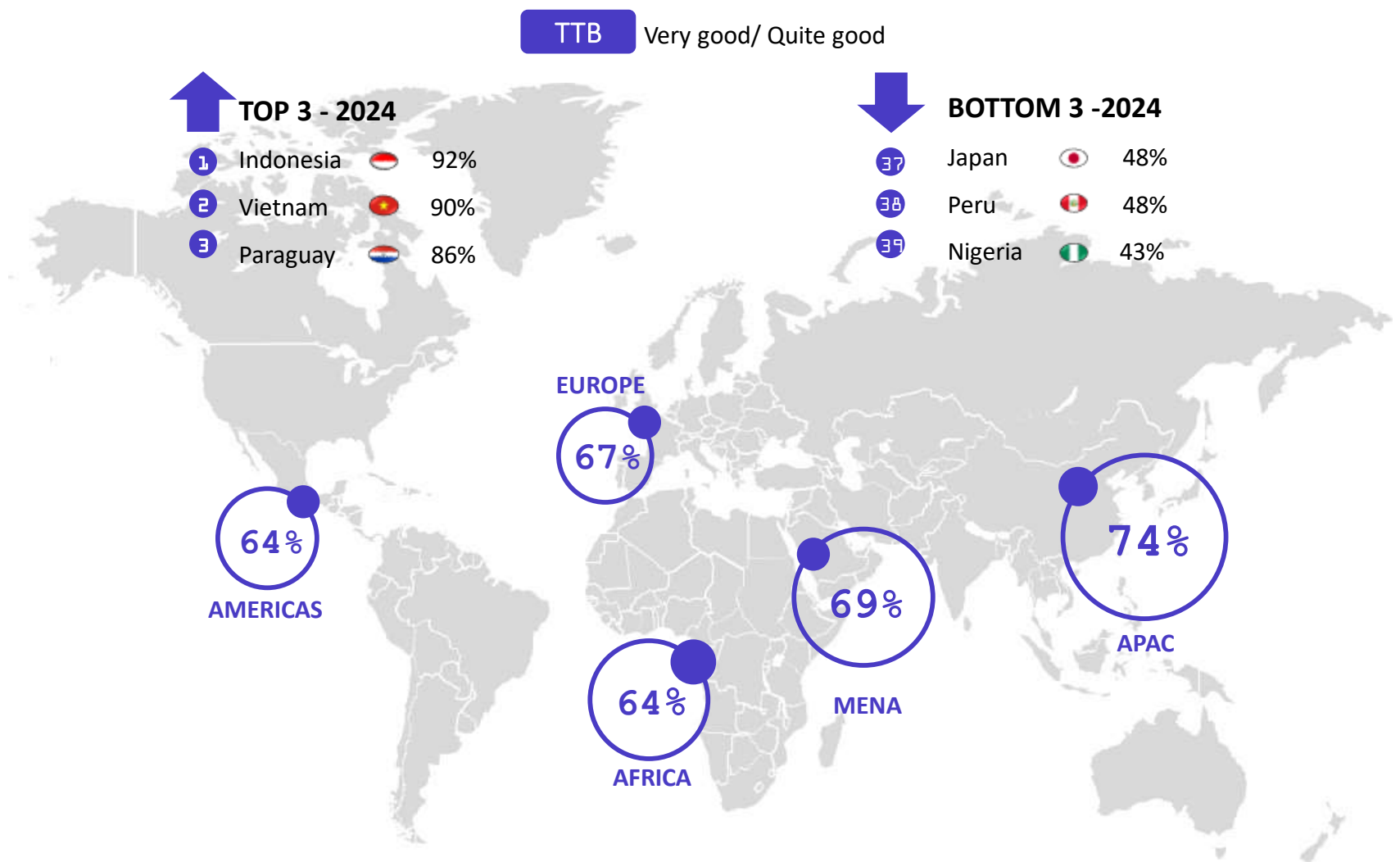
Retired/Disabled



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Sleeping

The bottom 3 countries in terms of health ratings – sleeping, are as follows: Japan (48%), Peru (48%) and Nigeria (43%).



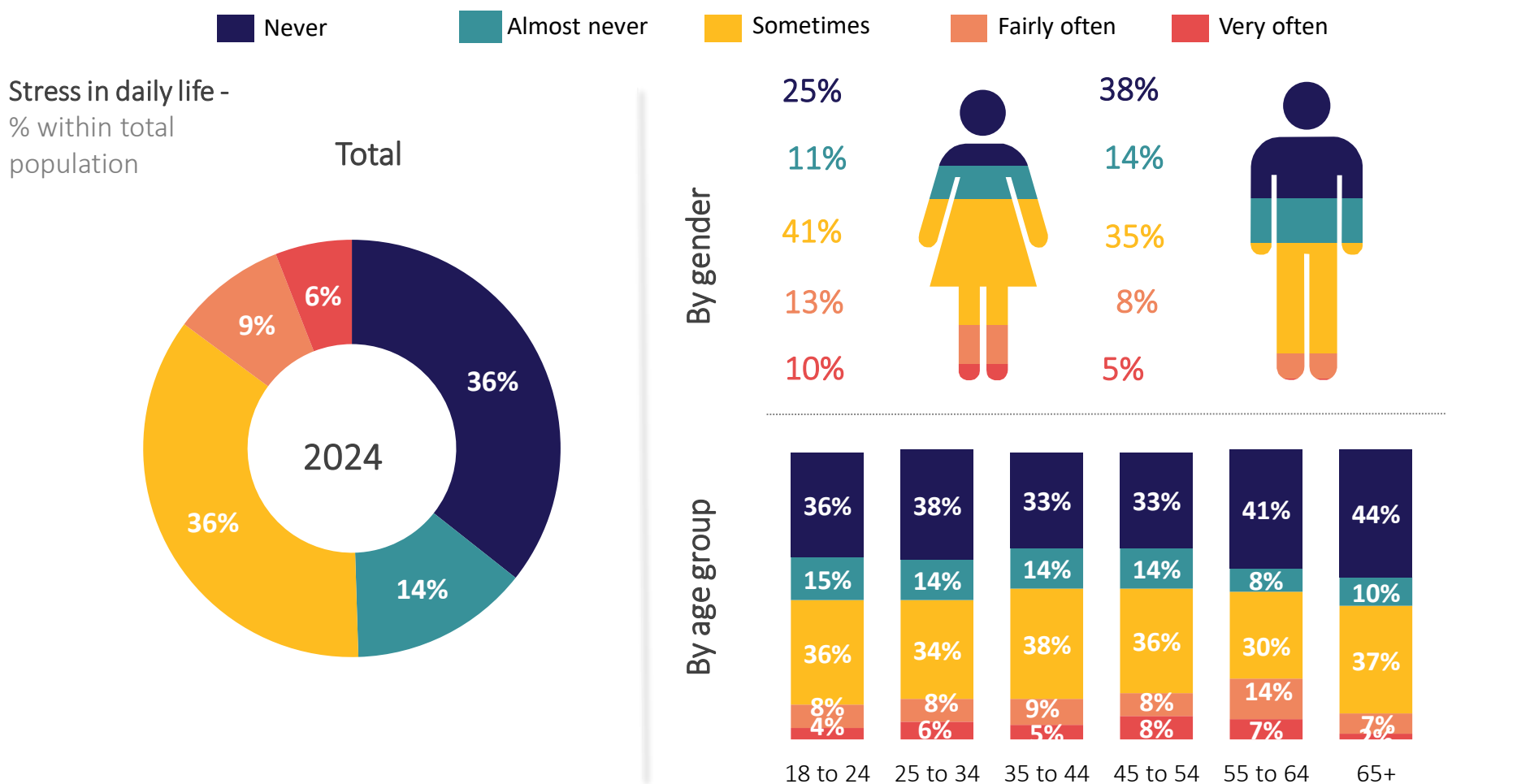
Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q2. How would you rate each of the following aspects, when thinking of your overall health? - Sleeping

STRESS IN DAILY LIFE



Half (50%) of all Pakistanis experience stress in their daily life, fairly often/very often.



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q3. How often would you say you feel stress in your daily life?

76% of those who are retired/disabled state that they never/almost never feel stress in their daily life, as compared to 39% of the housewives who feel the same; amounting to a difference of 37%.

Never
Almost never
Sometimes
Fairly often
Very often



By education level

No education / Only basic education



Completed Primary



Completed Secondary School



Completed University



Completed Higher level of education (Masters, PHD, etc.)



By employment

Working full (include self-employed)



Working Part-time



Unemployed



Student



Housewife



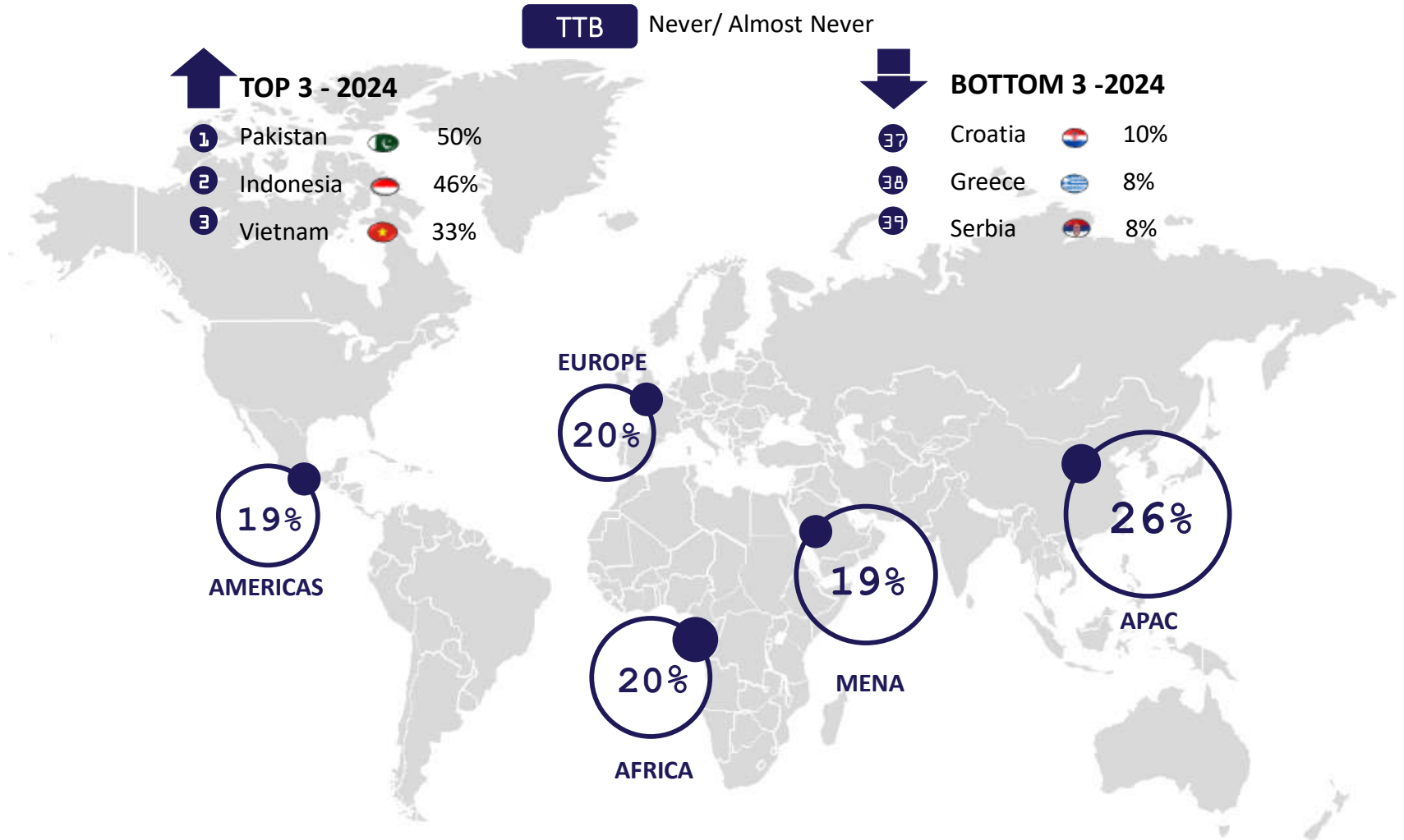
Retired/Disabled



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q3. How often would you say you feel stress in your daily life?

Pakistan (50%) tops the list of countries with the highest percentage of respondents who never/almost never feel stress in their daily life, followed by Indonesia (46%) and Vietnam (33%).



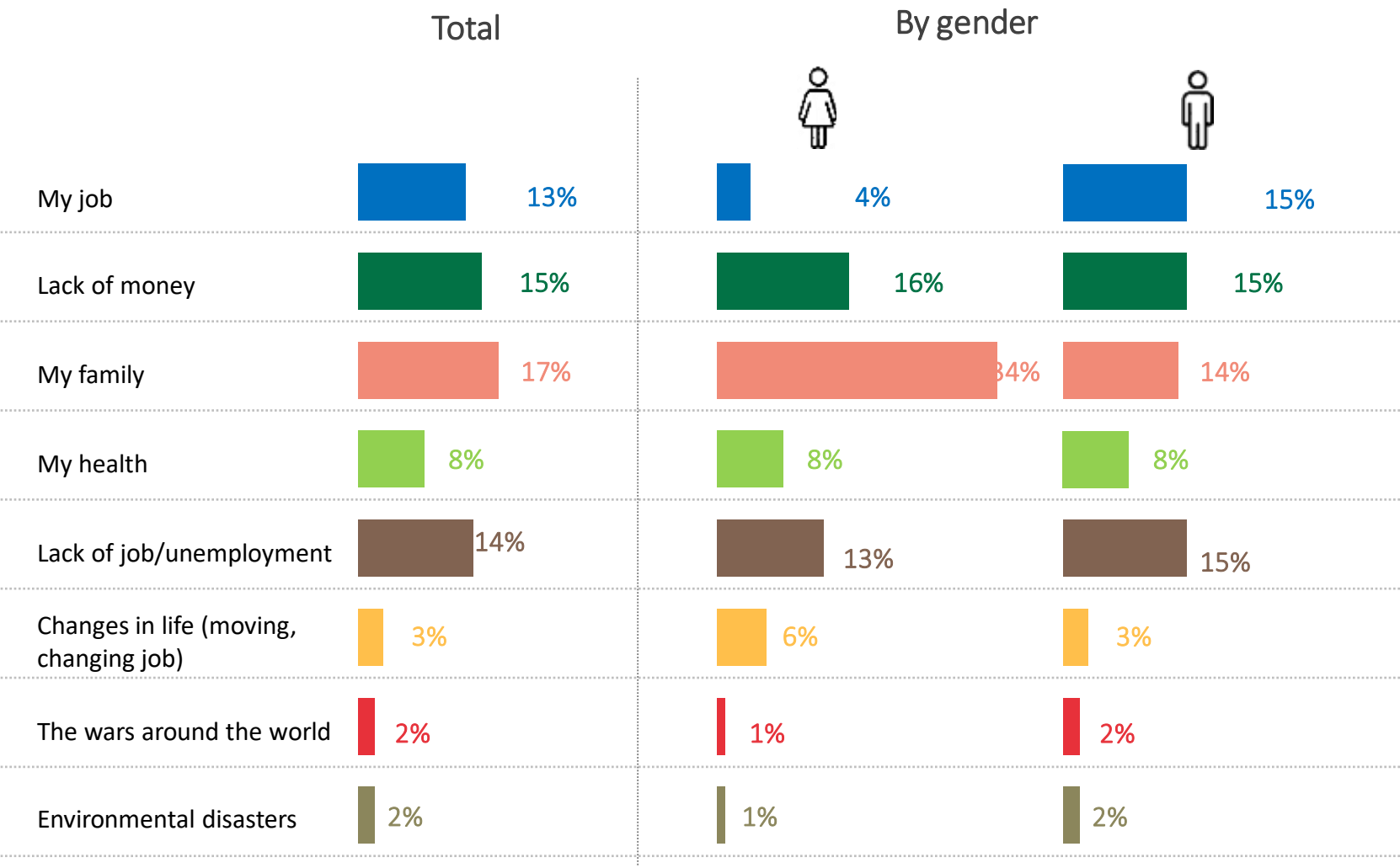
Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q3. How often would you say you feel stress in your daily life?

CAUSES OF STRESS



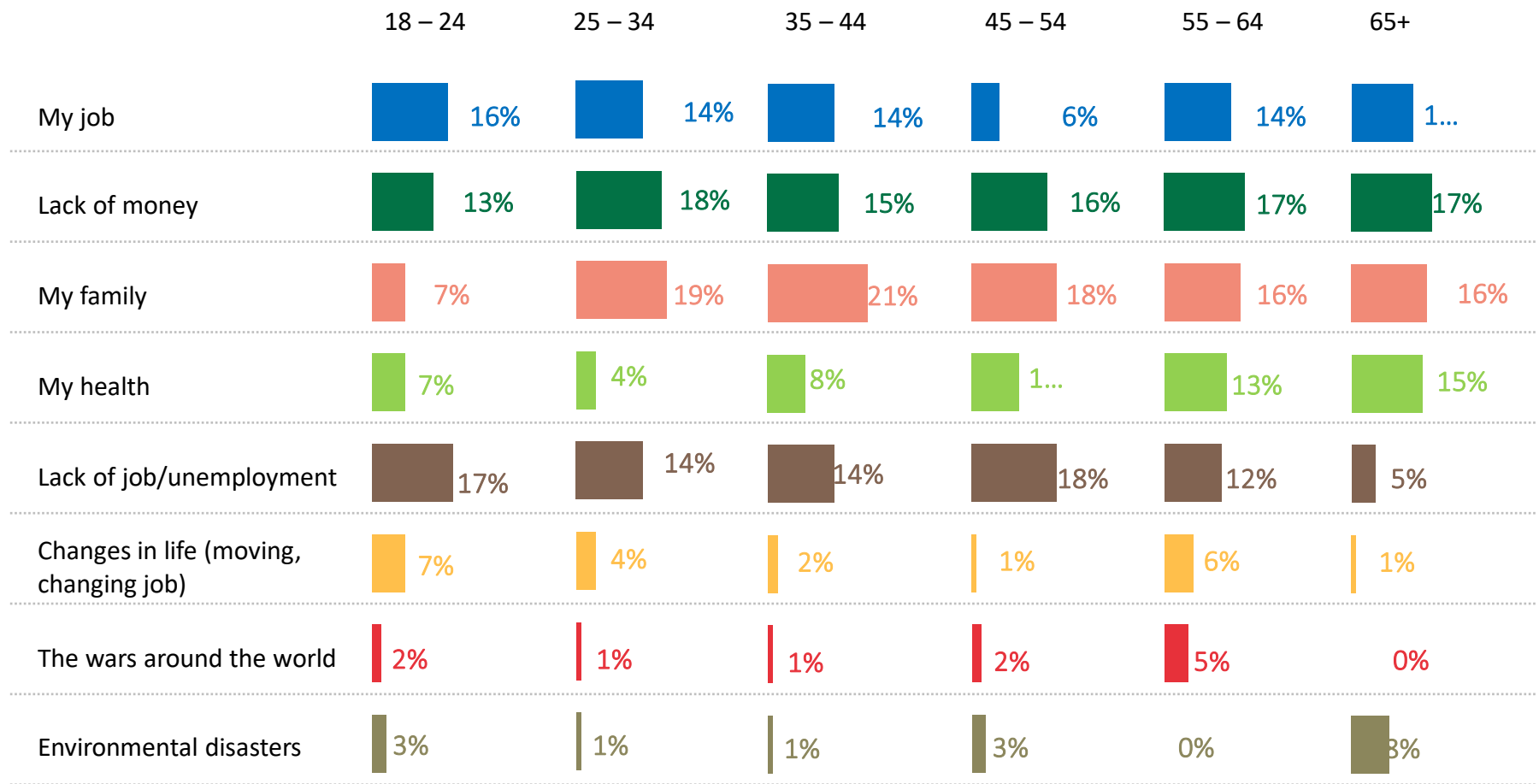
Most Pakistanis stated their family (17%) as a recent cause of stress, followed by lack of money (15%) and lack of job/employment (14%).



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q4: Thinking about the last time you were really stressed, what was it that made you stressed?

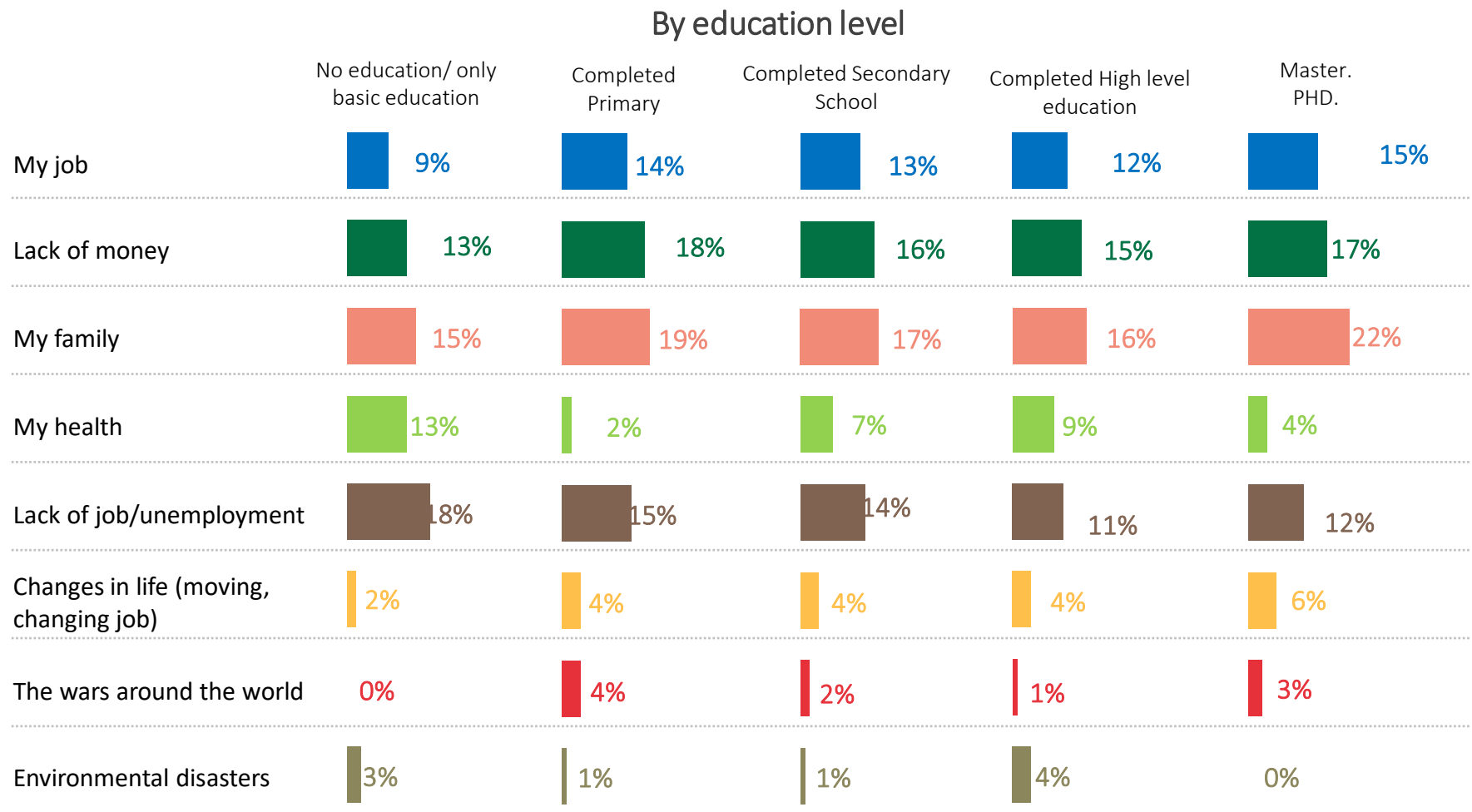
In the 18-24 bracket, 17% of the respondents stress about lack of job/unemployment. This figure falls to 5% for the same category within the 65+ age group.



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q4: Thinking about the last time you were really stressed, what was it that made you stressed?

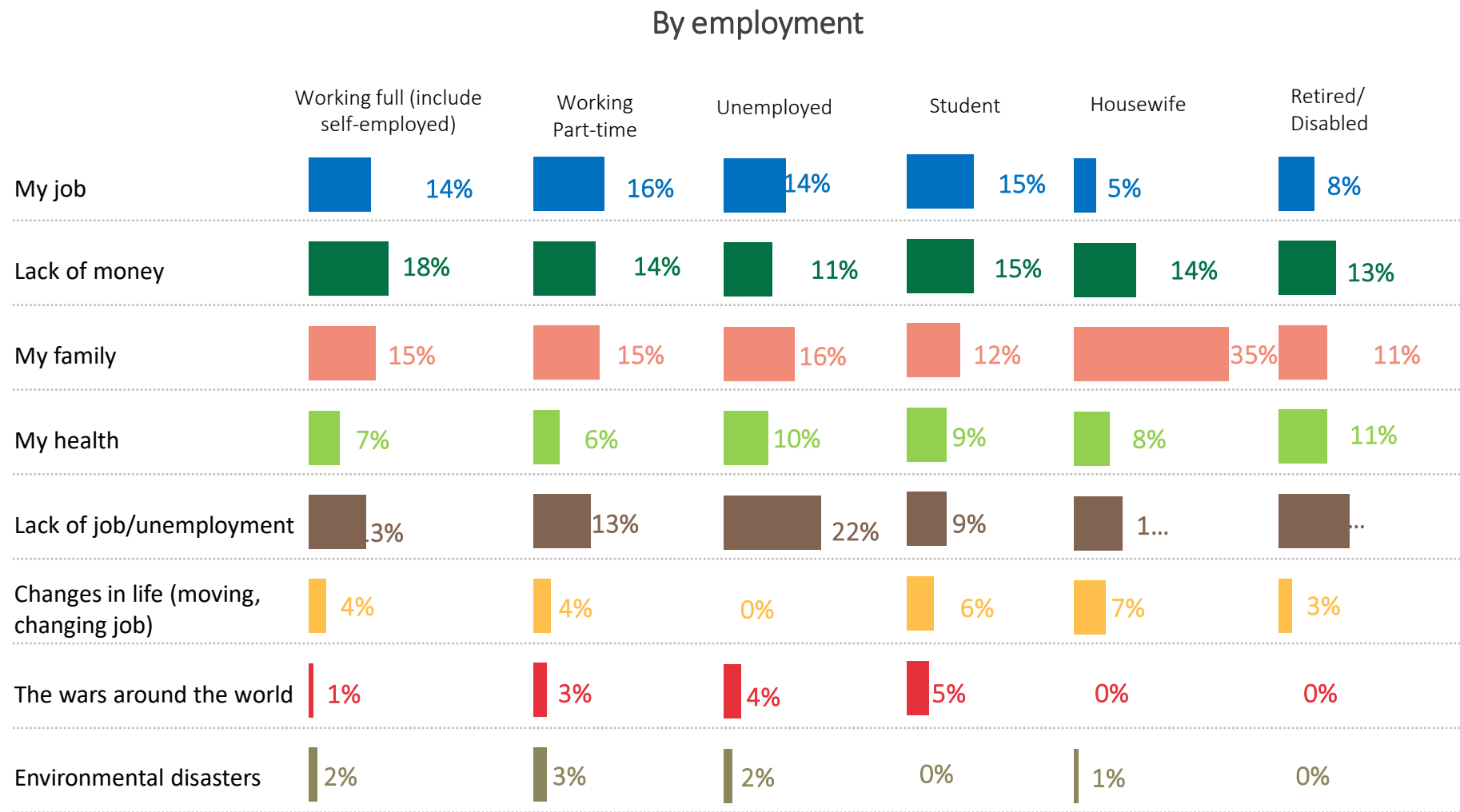
The percentage of respondents who experience stress regarding unemployment decreases as the level of education increases, with the difference between the last two being the only anomaly: Completed high level (11%), Master, PhD. (12%).



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q4: Thinking about the last time you were really stressed, what was it that made you stressed?

Housewives are significantly more stressed about their family (35%) as compared to any other category of employment.



Source: WIN 2024. Data collection by Gallup Pakistan. Base: 1000 cases. The percentages of Dk / Nr have not been plotted.

Q4: Thinking about the last time you were really stressed, what was it that made you stressed?



In terms of “Wars around the World”, none of the bottom 3 countries expressed it as a stressor in their lives. In comparison, Palestine (39%) tops the list of countries where wars around the world is a stressor for it’s citizens.

↑ TOP 3 ↓ BOTTOM 3			
My job		Lack of money	
Paraguay	51%	Ireland	15%
Mexico	48%	Ecuador	14%
Vietnam	45%	Pakistan	13%
Lack of job/unemployment		Changes in life	
Ecuador	27%	Netherlands	2%
Argentina	17%	Ireland	2%
Ivory Coast	16%	Belgium	2%
My family		Environmental disasters	
Croatia	28%	Chile	12%
Iran	28%	Indonesia	12%
Ivory Coast	27%	Nigeria	12%
My health		The wars around the world	
Poland	17%	Turkey	4%
Netherlands	16%	Paraguay	4%
Germany	16%	Brazil	4%
Philippines	42%	Slovenia	11%
Malaysia	39%	Paraguay	10%
Laos	34%	Netherlands	10%
Belgium	12%	Pakistan	3%
Paraguay	11%	Japan	3%
Netherlands	11%	South Korea	3%
Turkey	11%	United Kingdom	1%
India	9%	Argentina	1%
Japan	8%	Finland	1%
Palestine	39%	Nigeria	0%
Turkey	12%	Malaysia	0%
Germany	10%	Paraguay	0%

Source: WIN 2024. Base: 33866 cases. The percentages of Dk / Nr have not been plotted.

Q4. Thinking about the last time you were really stressed, what was it that made you stressed?

METHODOLOGY

SAMPLE SIZE	1000
INTERVIEW METHOD	Random Digit Dialing Phone Survey Methodology
ERROR MARGIN	±2 to 3% at 95% confidence level for national level results
FIELDWORK DATES	3-17 January 2024
NOTE	Gallup Pakistan's usual approach of fieldwork is conducting face-to-face interviews in households using geographical sampling. The sampling is done using the census as the frame. Due to coronavirus lockdown, as well as health and safety concerns, we have halted all face-to-face interviews, therefore CATI methodology has been employed. This methodology uses Random Digit Dialing approach where all mobile phone numbers in Pakistan (130 million active sims) are the universe.
EXCLUSION IN SAMPLE	According to PSLM (a government survey), 90% of households in Pakistan claim someone in their household owns a mobile phone. This means that 10% households are excluded from the sample.

METHODOLOGY

	Country	Company Name	Methodology	Sample	Coverage	2023-2024 Fieldwork Dates
1	Argentina	Voices Research & Consultancy	CAWI	1035	NATIONAL	1-6 December 2023
2	Belgium	IRB Europe	CAWI	500	NATIONAL	26-31 January 2024
3	Brazil	Market Analysis Brazil	CAWI	1000	NATIONAL	9-24 January 2024
4	Canada	LEGER	CAWI	1000	NATIONAL	3-14 January 2024
5	Chile	Activa Research	CAWI	1094	NATIONAL	January 2024
6	Croatia	Institute for market and media research, Mediana Fides	CAWI	585	NATIONAL	23-29 January 2024
7	Ecuador	Centro de Estudios Y Datos - CEDATOS	CAPI	505	NATIONAL	28 Jan – 3 Feb 2024
8	Finland	Taloustutkimus Oy	Online Panel	1128	NATIONAL	13-18 December 2023
9	France	BVA	CAWI	1000	NATIONAL	17-19 January 2024
10	Germany	Produkt+Markt	CAWI	1000	NATIONAL	22 Dec 2023- 22 Jan 2024
11	Greece	Alternative Research Solutions	CAWI	500	NATIONAL	10-15 January 2024
12	Hong Kong	Consumer Search Group (CSG)	Online Panel	500	TERRITORY WIDE	1-6 December 2023
13	India	DataPrompt International Pvt. Ltd.	CAWI	1000	NATIONAL	19 Dec 2023 - 25 Jan 2024
14	Indonesia	DEKA	Face to Face	1000	NATIONAL	5-26 December 2023
15	Iran	EMRC	CATI	1000	URBAN	18-31 December 2023
16	Republic of Ireland	RED C Research & Marketing Ltd	CAWI	1002	NATIONAL	5-10 January 2024
17	Italy	BVA Doxa	CAWI	1000	NATIONAL	17-19 January 2024
18	Ivory Coast	EMC	CAPI	1200	NATIONAL	9-28 January 2024
19	Lao PDR	Indochina Research (LAOS) Ltd	CATI	500	4 KEY REGIONS	15 Dec 2023- 8 Jan 2024
20	Japan	Nippon Research Center, LTD.	CAWI	1118	NATIONAL	9-16 January 2024

METHODOLOGY

	Country	Company Name	Methodology	Sample	Coverage	2023-2024 Fieldwork Dates
21	Malaysia	Central Force International	Online	1000	NATIONAL	7-13 December 2023
22	Mexico	Brand Investigation S.A.de C.V	Online	500	NATIONAL	11-20 December 2023
23	Nigeria	Market Trends International	CATI	1000	NATIONAL	15 Dec 2023- 24 Jan 2024
24	Pakistan	Gallup Pakistan	CATI	1000	NATIONAL	3-17 January 2024
25	Palestine	Palestinian Center for Public Opinion	TAPI	483	NATIONAL	26 Sep - 5 Oct 2023
26	Paraguay	ICA Consultoría Estratégica	CATI	480	NATIONAL	18 Dec 2023 – 11 Jan 2024
27	Peru	Datum Internacional	P2P	1210	NATIONAL	6-9 January 2024
28	Philippines	Philippine Survey and Research Center, Inc. (PSRC)	F2F CAPI	1000	NATIONAL	12-27 January 2024
29	Poland	Mareco Polska	CAWI	1080	NATIONAL	2-5 January 2024
30	Republic of Korea	Gallup Korea	MOBILE ONLINE	1029	NATIONAL	24-30 January 2024
31	Serbia	Institute for market and media research, Mediana Adria	CAWI	501	NATIONAL	23-29 January 2024
32	Slovenia	Institute for market and media research, Mediana	CAWI	700	NATIONAL	23-27 January 2024
33	Spain	Instituto DYM	CAWI	1011	NATIONAL	13-15 December 2023
34	Sweden	DEMOSKOP AB	CAWI	1068	NATIONAL	4 Dec 2023 – 31 Jan 2024
35	The Netherlands	Motivaction International B.V.	CAWI	1005	NATIONAL	2-5 February 2024
36	Turkey	Barem	CATI	523	NATIONAL	26-30 January 2024
37	United Kingdom	ORB International	CAWI	1000	NATIONAL	
38	USA	LEGER	CAWI	1007	NATIONAL	3-14 January 2024
39	Vietnam	Indochina Research (Vietnam) Ltd	CAPI	600	Hanoi, Ho Chi Minh city, Danang urban population	29 Dec 2023 – 18 Jan 2024