

Panama

POPULATION AND DEMOGRAPHICS

Total Population	2024	4,515,577
Women of reproductive age (15–49 years)	2024	1,136,641
Adolescents (10–19 years)	2024	749,134
Under-five year olds	2024	355,849
Total number of births	2024	71,650
Host: UN Population Division		



Maternal mortality ratio (Host: UN Maternal Mortality Estimation Inter-agency Group (MMEIG))	2020	49.5 deaths per 100 000 live births
Stillbirth rate (Host: WHO GHO)	2021	7.5 per 1000 total births
Neonatal mortality rate (Host: UN Interagency Group on Mortality Estimates)	2022	7.5 deaths per 1000 live births
Under-five mortality rate (Host: UN Interagency Group on Mortality Estimates)	2022	13.3 deaths per 1000 live births
Adolescent mortality rate	2021	49.9 deaths per 100 000 population
Total fertility rate (Host: UN Population Division)	2024	2.1 live births per woman

CROSS-CUTTING SRMNCAH		Sexual & Reproductive	Maternal	Newborn	Child	Adolescent
National policy to improve quality of care for health services		●	●	●	●	●
National policy on free access to health services in the public sector		-	●	●	◐	◯
National law guarantees universal access to primary health care	●	Country has a dedicated law on reproductive rights				●
Country has ratified the Convention on the Rights of the Child (Source: Database of the United Nations Office of Legal Affairs (OLA))	●	Country has dedicated child rights/welfare act or law				●
National law requires every birth to be registered	●	National policy to ensure engagement of civil society organisation representatives in national level planning of RMNCAH programmes				●
National law requires every death to be registered	●	National coordinating body that looks at RMNCAH or its components				●

SEXUAL AND REPRODUCTIVE HEALTH

National policy/guideline on reproductive health care	●	National policy/guideline on cervical cancer	●
National policy/guideline on family planning/contraception	●	Comprehensive national cervical cancer prevention and control policy/guideline	●
National policy/guideline on abortion*	●	Includes HPV vaccination program	●
National policy/guideline on infertility/fertility care	●	Includes screening for cervical pre-cancer lesions	●
National policy/guideline on pre-conception care	●	National policy/guideline on sexually transmitted infections diagnoses, treatment and counselling	●
National policy/guideline on menopause	●		

For additional data on sexual and reproductive health, go to <https://www.un.org/en/development/desa/population/theme/family-planning/index.asp>

* For more information on abortion policies, go to <https://abortion-policies.srhr.org/>

VIOLENCE AGAINST WOMEN

National policy that references violence against women	●
National guidelines to address violence against women in the health sector	●

● Yes ○ No - Unknown/no data N/A Not applicable



SEXUAL, REPRODUCTIVE, MATERNAL, NEWBORN, CHILD AND ADOLESCENT HEALTH POLICY SURVEY 2018–2019

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MATERNAL AND NEWBORN HEALTH

COVERAGE

Antenatal care coverage – at least 4 visits (Host: UNICEF and WHO-Reproductive Health and Research)	2015	98.6%
Births attended by skilled health personnel (Host: UNICEF global databases)	2021	92.5%
Women who had postnatal contact with health provider within 2 days of delivery (Host: UNICEF global databases)	2013	91.8%
Newborns who had postnatal contact with health provider within 2 days of delivery (Host: UNICEF global databases)	2013	92.8%
Newborns put to the breast within one hour of birth (Host: UNICEF global databases)	2019	55.4%

POLICY / LAW / GUIDELINE

National policy/guideline on antenatal care recommends at least 8 visits	○
National policy/guideline on right of every women to have access to skilled care at childbirth	●
National policy/guideline on postnatal care for mothers and newborns	●
National policy/guideline on management of low birthweight and preterm newborns	●
National policy/guideline/law that requires neonatal deaths to be reviewed	●
National standards for the management of newborn infants with severe illness	●
National policy/guideline/law requiring all maternal deaths to be reviewed	●
National policy/guideline/law that requires stillbirths to be reviewed	●

CHILD HEALTH

RISK / MORBIDITY / COVERAGE

Children under-five years with acute respiratory infection taken to health facility (Host: UNICEF global databases)	2013	81.6%
Children under-five years with diarrhea receiving oral rehydration salts and Zinc	-	-
Prevalence of stunting among children under five (Host: UNICEF/WHO/World Bank joint child malnutrition estimates)	2022	13.8%
Prevalence of overweight among children under-five years of age (Host: UNICEF/WHO/World Bank joint child malnutrition es...)	2022	11.4%
Children under-5 who are developmentally on track (Host: Global SDG Indicators Database)	2013	80.2%

POLICY / LAW / GUIDELINE

National policy/guideline on management of childhood pneumonia	●
National policy/guidelines on management of childhood diarrhea recommends treatment with ORS, Zinc and fluid	●
National policy/guideline on management of acute malnutrition in children	●
National policy/guideline on routine assessment of children for overweight or obesity in health facilities	●
National policy/guideline on early childhood development (ECD)	●
National policy/guideline on IMCI	●
National clinical standards for the management of children with severe illness in hospitals	●

ADOLESCENT HEALTH

National policy/guideline that specifically addresses adolescent health issues							●
National adolescent health programme							●
Includes: At least one designated full-time person							●
Includes: Regular government budget allocation							○
National standards for Health Promoting Schools							●
Implementation of standards is monitored							●
National standards for delivery of health services to adolescents							●
Implementation of standards is monitored							●
Legal age limit for	Contraceptive services	Emergency contraception	HIV testing and counseling	HIV care and treatment	Harm reduction for injecting drug users	Mental health services	
Unmarried adolescents to provide consent, without parental/legal guardian consent	○	●	●	○	○	●	
Married adolescents to provide consent to the following services without spousal consent	○	○	○	○	○	○	

For additional country profiles on adolescent health, go to

<https://platform.who.int/data/maternal-newborn-child-adolescent-ageing/static-visualizations/adolescent-country-profile>

For additional country profiles on maternal, newborn and child health, go to <http://countdown2030.org/>