**Quality of Life**

**Economic and Social Rights (2020)**

How well is Uganda doing compared to what is possible at its level of income?

<table>
<thead>
<tr>
<th>Right to</th>
<th>0</th>
<th>% of income adjusted benchmark achieved</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education</td>
<td></td>
<td>66.2%</td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td></td>
<td>80.2%</td>
<td></td>
</tr>
<tr>
<td>Health</td>
<td></td>
<td>78.6%</td>
<td></td>
</tr>
<tr>
<td>Housing</td>
<td></td>
<td>24.3%</td>
<td></td>
</tr>
<tr>
<td>Work</td>
<td></td>
<td>43.5%</td>
<td></td>
</tr>
</tbody>
</table>

Uganda scores **58.5%** on Quality of Life when scored against the 'Income adjusted' benchmark.

Compared with the other countries in Sub-Saharan Africa, Uganda is performing close to average on Quality of Life rights (this comparison is calculated using the 'Income adjusted' benchmark).

**Safety from the State**

**Civil and Political Rights (2022)**

The category Safety from the State includes the following rights:

- Arbitrary arrest
- Forced disappearance
- Death penalty
- Extrajudicial execution
- Torture and ill-treatment

Safety from the State data have not yet been produced for Uganda. We would like to expand our data to the whole world as soon as possible. To learn more about how you can help, please visit this page on the HRMI website.
Empowerment
Civil and Political Rights (2022)

The category Empowerment includes the following rights:

- Assembly and association
- Opinion and expression
- Participate in government
- Religion and belief

Empowerment data have not yet been produced for Uganda. We would like to expand our data to the whole world as soon as possible. To learn more about how you can help, please visit this page on the HRMI website.

Country details

Population
45.9m (2021)

GDP/capita
$884 (2021) $2,246 (2021)
current US dollars 2017 PPP dollars

To explore this country's scores in more detail please go to rightstracker.org