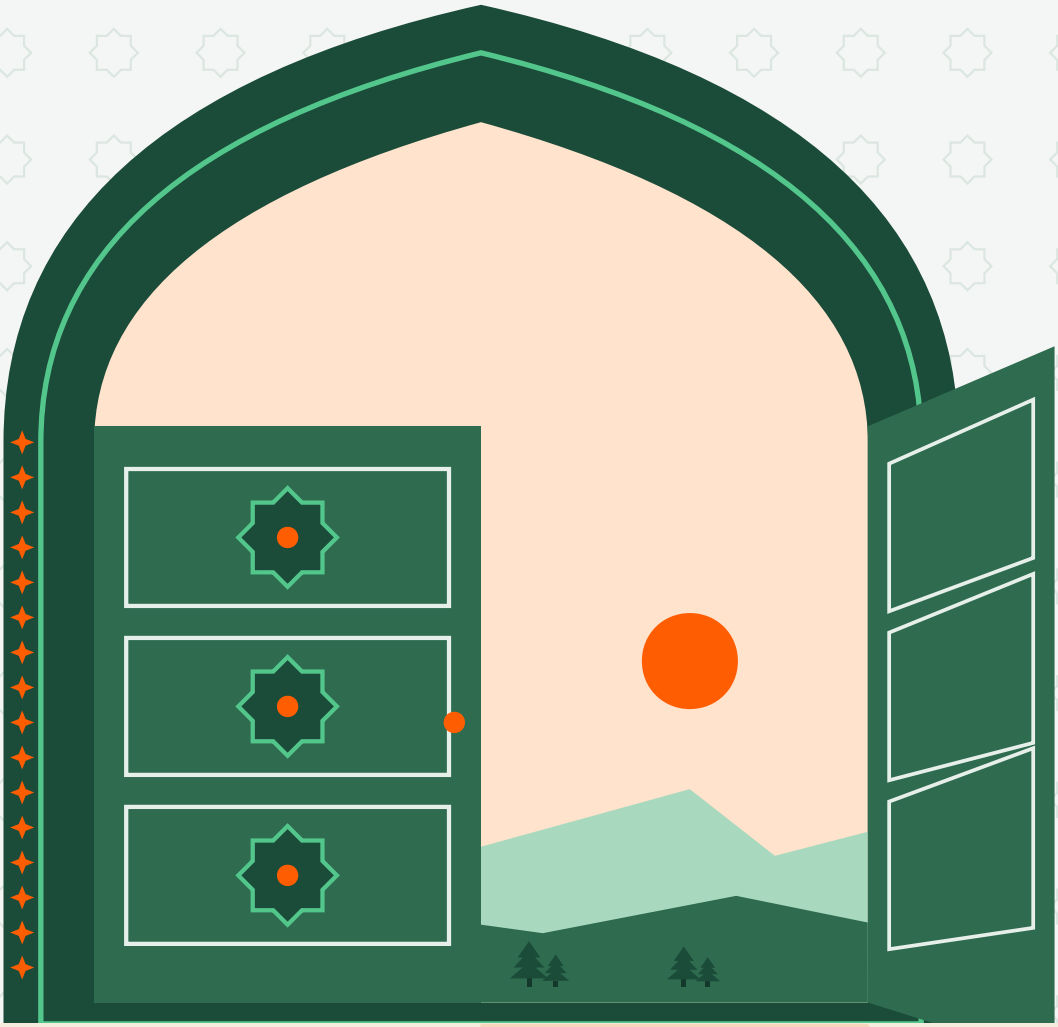
Data for Afghanistan



Enough Room to Return?

Where 7.2 million Afghan returnees settled, and whether public health services, rentals, and wages can accommodate them

Ahmad Zia Wahdat, PhD

NOVEMBER 2026

CONTENTS

In this report

Key findings 3

What this report adds 4

Where returnees are concentrated 5

Two kinds of pressure 7

Health services 10

Children and schooling 12

Housing and rent 13

Earning capacity and prices 14

Stress test: a further wave 16

What the evidence suggests 17

Province profiles 18

Annex: the 59 districts holding half of all returnees 54

Methods and assumptions 56

References and notes 57

About this report

This is an independent analysis by Data for Afghanistan. It combines open and publicly accessible data from IOM, UNHCR, the Ministry of Public Health, WFP and the National Statistics and Information Authority, and the Data for Afghanistan population grid built for the ARMO 2026 report. All figures are descriptive. They show where pressure is building, not why. Sources are numbered in the text and listed with lettered notes at the end.

KEY FINDINGS

One in seven residents arrived from abroad since 2021

Between 2021 and October 2026, about 7.2 million Afghans returned from Iran, Pakistan and elsewhere. This report places every one of them in one of 401 districts, and measures that number against the people, land, health workers, wages and prices already there.

7.2 million	13.6%	59	51 days
returnees from abroad, 2021 to October 2026	of all residents are returnees, that is 1 in 7 residents	districts of 401 hold half of all returnees	of unskilled wage a month is needed to keep a returnee household at the poverty line (median province, between Nangarhar and Jawzjan)

1 **Return is concentrated, and 2026 alone added a fifth of it.** The 1.39 million arrivals recorded in the first ten months of 2026 make up 19% of the six-year total. Ten districts hold 21% of all returnees, led by Kabul city, Herat city, Mazar-e-Sharif, Jalalabad and Injil.

2 **The heaviest load relative to population is in the north and west, not Kabul.** Returnees are close to 1 in 4 residents in Kunduz, Daykundi and Herat. In Kabul, which receives the largest absolute number, returnees are 1 in 14 residents. In 58 districts with at least 20,000 residents each, returnees are a fifth or more of the population.

3 **Concentration of returnees and spatial crowding are different pressures, and 45% of returnees live where both are high.** Comparing returnees per resident with returnees per square kilometer of inhabited land sorts districts into four types. The 90 "saturated" districts hold 3.3 million returnees.

4 **Health capacity has not kept up with returnees.** Nationally there are 252 returnees for every public health worker. In Kunduz, Takhar, Balkh and Herat the figure is 469 to 563. New public health facilities did not follow returnees: Kunduz and Daykundi, two of the three provinces with the highest returnee share, opened 8 and 10 in the last five years, against 80 in Helmand.

5 **One unskilled wage cannot keep a returnee family above the poverty line anywhere.** Even working 26 days a month, an unskilled daily wage covers between 37% and 76% of the August 2026 poverty line for a household of 6.1 members. Rent for a modest four-bedroom house alone takes 10 to 33 days of unskilled wage a month.

6 **Prices do not yet track returnee concentration.** Provincial inflation in August 2026 ranged from 0.1% in Parwan to 22.3% in Sar-e-Pul, with no relationship to the returnee share. Nationally, health (19.0%) and housing (12.1%) costs rose faster than prices overall (7.8%).

7 **A further wave of one million returnees would land mostly on the same places.** If it follows the 2026 pattern, Nangarhar, Herat and Kabul would receive 46% of it, and Kunduz's returnee share would pass 25%. Holding today's health ratios would need about 537 more health workers and 65 more public health facilities; 380,000 more children of school age would need education places.

INTRODUCTION

What this report adds

Although the International Organization for Migration (IOM) and the UN Refugee Agency (UNHCR) count returnees at the border and survey them after arrival, this report asks whether the places where returnees settle have enough room to accommodate them.

Afghanistan has absorbed one of the largest return movements anywhere in recent years. IOM's Returnee Resilience Overview counts about 6.5 million returns between September 2023 and August 2026 alone[1]. Excellent tracking exists for arrivals and for the condition of returnee households. What is harder to find in one place is a district-by-district picture that sets returnee numbers against the local population, the local health system, local wages and local prices. That is the gap this report tries to fill. Table 1 shows the exact dimensions along which this report makes a contribution.

Table 1. What this report contributes

CONTRIBUTION	WHAT IT DOES
One consolidated count of returnees	We combine IOM's 2021 to 2025 district data[2] with the 2026 border response data[3] and UNHCR's 2026 assisted-return pattern[4] into a single estimate of returnees from abroad for all 401 districts, without double counting.
Returnee share and spatial crowding	Two ways to measure returnee pressure: (i) returnees as a share of residents, and (ii) returnees per square kilometer of inhabited land, from a 1-km population grid[5].
Health load	We join the Ministry of Public Health facility registry[6] to the returnee data district by district to identify residents per public health facility, returnees per health worker, and facilities opened in the last five years.
Earning capacity	We convert WFP's unskilled daily wage[7] and the August 2026 poverty line[8] into the number of working days a returnee household needs each month, and into the days of wage needed to pay rent.
Price signals	We place provincial inflation for August 2026[9] next to returnee concentration, as a descriptive signal only.
Typology, stress test and profiles	We sort districts into four absorption types, test what a further one million arrivals would do, and profile all 34 provinces.

What "returnee" means here

Returnees are Afghans who came back from abroad, documented or undocumented, between 2021 and 31 October 2026. People displaced inside Afghanistan are not included, because the 2026 source does not record them. Population figures are IOM's, which already include returnees who arrived by the end of 2025; 2026 arrivals are added on top. The share of residents therefore answers a simple question: of the people living in a district today, how many came back from abroad since 2021? Please note that we do not subtract population outflows from each district, because such data are not available.

What this report does not claim

The analysis is descriptive. It does not estimate the effect of returns on prices, wages or services, and a district's position in a ranking is not a judgment about its administration. Where data are weak, the report says so and does not fill the gap with assumptions presented as facts.

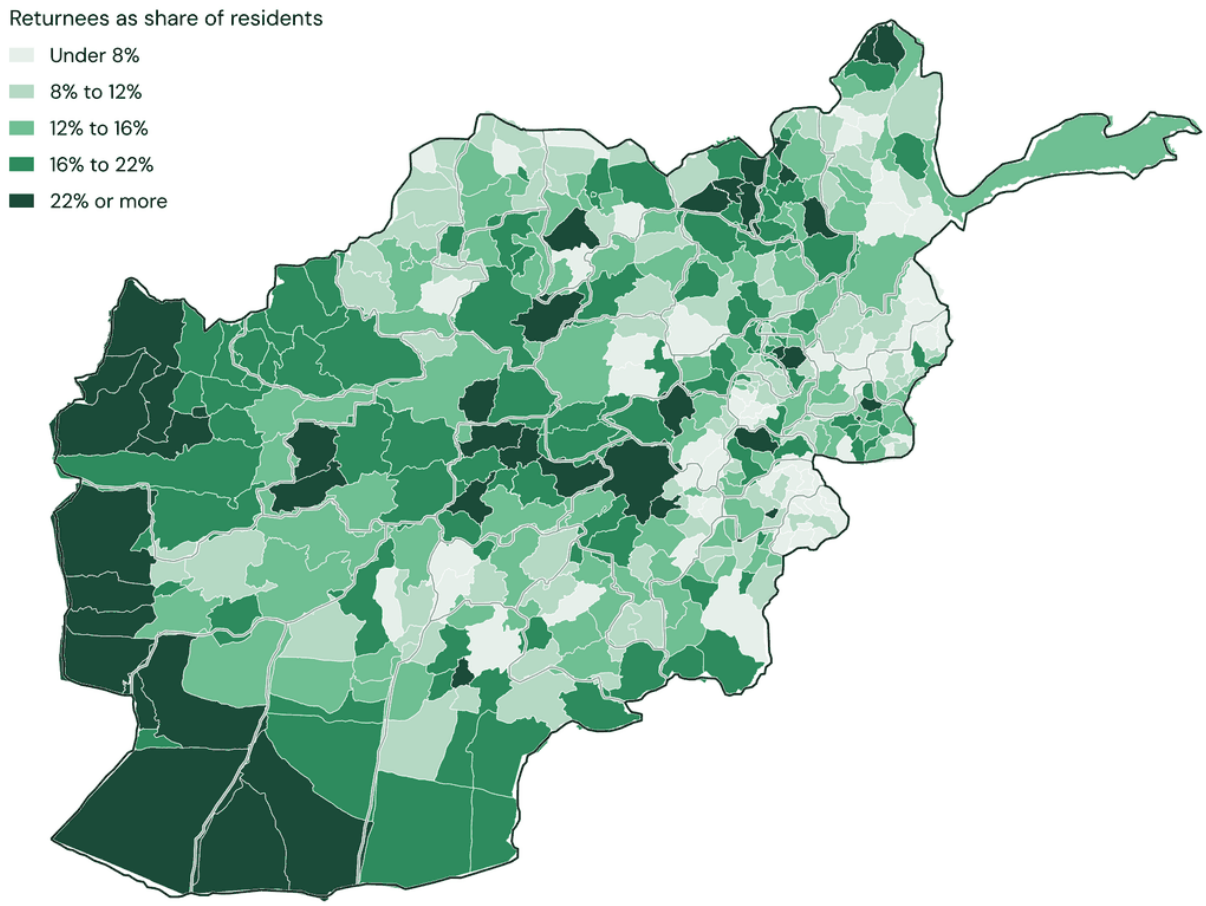
SECTION 1

Where returnees are concentrated

7.2 million returnees from abroad: 5.8 million between 2021 and 2025, and 1.39 million in the first ten months of 2026.

IOM's mobility data place 5,800,123 returnees from abroad in Afghanistan's districts between 2021 and the end of 2025[2]. The 2026 border response dashboard records 1,064,441 undocumented and 323,371 documented returnees between January and October 2026[3], and gives the intended province and district of return of undocumented returnees. Documented returnees are placed by the province pattern of UNHCR's assisted returns[4]. Within each province, 2026 documented arrivals are spread across districts in the same proportions as 2021 to 2025 arrivals. The two periods do not overlap, so they can be added.

Figure 1. Returnees as a share of residents, by district, 2021 to October 2026



Residents are IOM's 2025 population plus 2026 arrivals. Districts with fewer than 20,000 residents are shown but not ranked in tables. Sources: IOM[2,3], UNHCR[4]; boundaries geoBoundaries[10].

Return is concentrated. Half of all returnees live in just 59 districts, and the ten largest receiving districts hold 21% of returnees. The largest numbers of returnees are in the big cities and their surroundings: Kabul, Herat, Mazar-e-Sharif, Jalalabad and Injil. Measured against population, though, the picture shifts north and west. The share of returnees in resident population exceeds 20% in Kunduz (23.8%), Daykundi (23.2%) and Herat (22.3%), compared with 13.6% nationally.

Figure 2. How concentrated is return? Cumulative share of returnees across districts

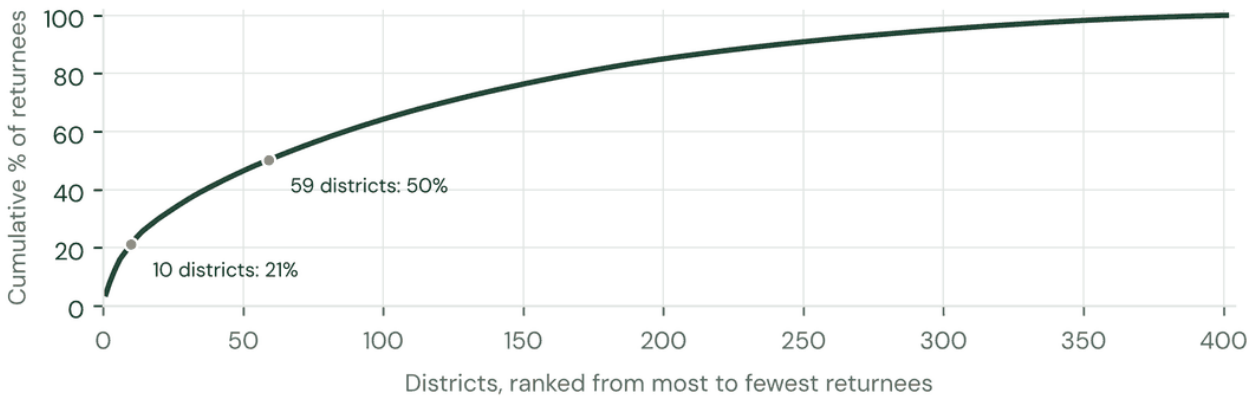


Table 2. Largest numbers of returnees

DISTRICT	PROVINCE	2021 TO 2026 RETURNEES	SHARE OF RESIDENTS
Kabul	Kabul	296,187	7%
Herat	Herat	217,700	20%
Mazar-e-Sharif	Balkh	176,173	17%
Jalalabad	Nangarhar	171,264	22%
Injil	Herat	150,218	28%
Kunduz	Kunduz	143,342	31%
Taloqan	Takhar	94,898	19%
Pul-e-Khumri	Baghlan	93,945	14%
Baghlan-e-Jadid	Baghlan	91,824	19%
Nahr-e-Shahi	Balkh	89,450	17%
Guzara	Herat	88,900	28%
Kandahar	Kandahar	84,692	10%

Table 3. Highest share of returnees among residents

DISTRICT	PROVINCE	RETURNEES	RESIDENTS	SHARE OF RESIDENTS
Mohammad Agha	Logar	25,685	43,655	59%
Qala-e-Kah	Farah	17,932	45,875	39%
Shibkoh	Farah	14,384	39,103	37%
Shaki	Badakhshan	9,455	27,536	34%
Zindajan	Herat	27,657	81,774	34%
Ghoryan	Herat	54,618	161,674	34%
Kohsan	Herat	39,353	117,433	34%
Kiti	Daykundi	22,286	71,308	31%
Kunduz	Kunduz	143,342	467,741	31%
Jaghatu	Ghazni	6,929	23,249	30%
Injil	Herat	150,218	534,086	28%
Guzara	Herat	88,900	319,757	28%

Districts with at least 20,000 residents (377 of 401). In Mohammad Agha (Logar), the estimate implies that six in ten residents are returnees; the figure follows directly from IOM's district data and is kept, but small denominators magnify any counting error.

Table 4. Top seven provinces by number of returnees (all 34 appear in the province profiles)

PROVINCE	2021 TO 2026 RETURNEES	SHARE OF RESIDENTS	SHARE OF NATIONAL TOTAL
Herat	851,664	22.3%	11.8%
Nangarhar	596,781	16.1%	8.3%
Kabul	486,124	7.2%	6.8%
Balkh	480,696	13.8%	6.7%
Baghlan	393,221	14.7%	5.5%
Kunduz	389,074	23.8%	5.4%
Takhar	378,632	17.1%	5.3%

SECTION 2

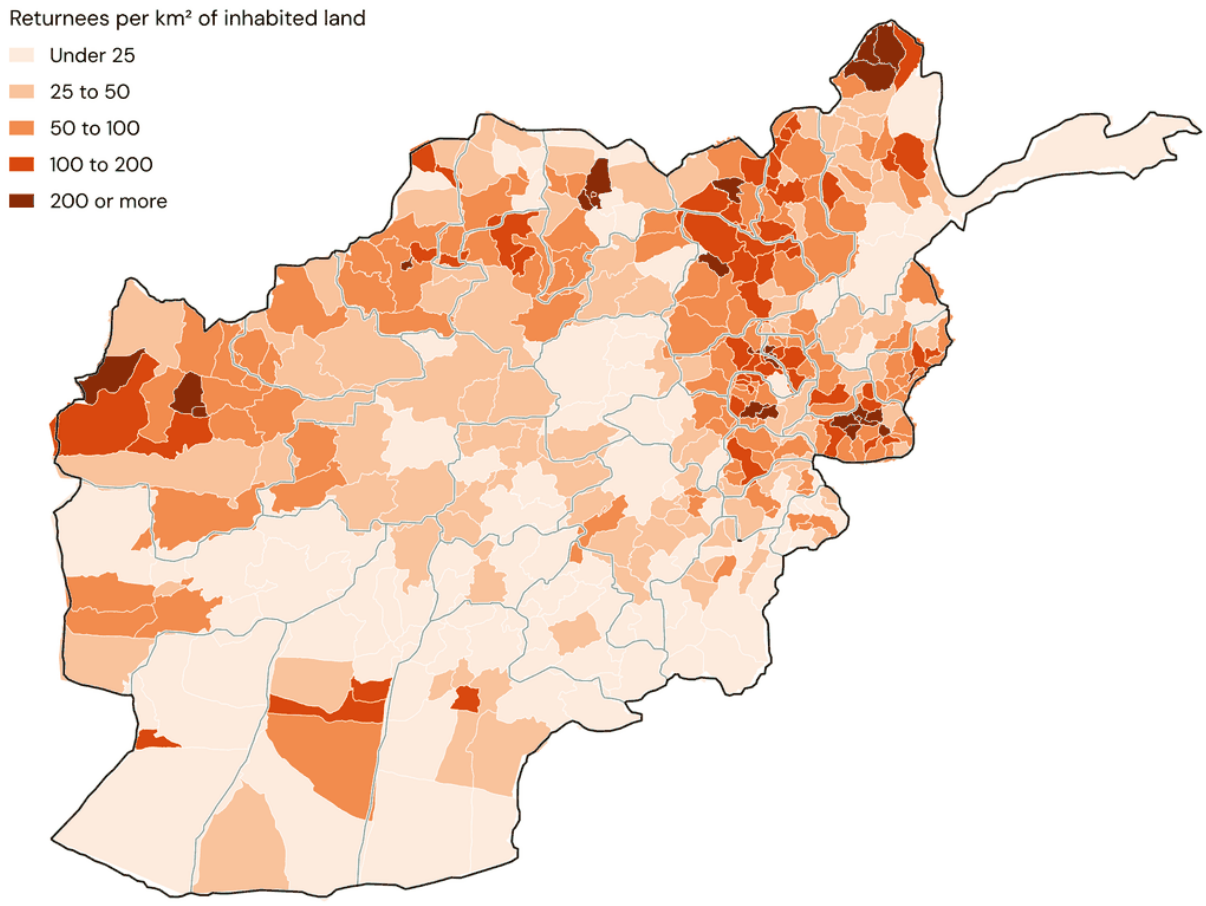
Two kinds of pressure

Returnees may create two kinds of pressure. A district's services can get stretched because returnees make up a large share of its people, or the district can get crowded because many returnees press onto little inhabited land. The two call for different responses.

The share of returnees in a district describes social and economic absorption, that is, whether there are enough jobs, rentals, social services and aid to accommodate the returnees. It says little about physical or spatial crowding. A mountain district where returnees are a third of a small, scattered population faces a different problem from a city where returnees are a modest share of a dense population. To capture the second dimension of spatial crowding, this report divides returnees by the area of inhabited land in each district, measured from the 1-km population grid built for ARMO 2026[5,11]. Only land where people actually live is counted, so large empty deserts and mountains do not dilute the figure.

The two measures are only weakly related (rank correlation 0.30 across ranked districts), which is why both are needed. Multiplying them into one index would count population twice and hide which pressure is at work.

Figure 3. Returnees per square kilometer of inhabited land, by district



Inhabited land is the area of population grid cells with any population (about 0.82 km² each). Sources: IOM[2,3], UNHCR[4], ARMO population grid[5].

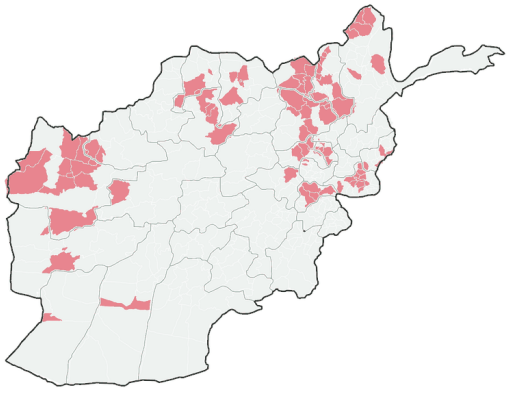
Four types of district

We compare each district against the national average for share of returnees (13.6%) and spatial crowding (60 returnees per km² of inhabited land). Depending on whether a district falls below or above the national averages, each district can be classified into four types (see also Figure 5 on the next page).

Figure 4. The four district types

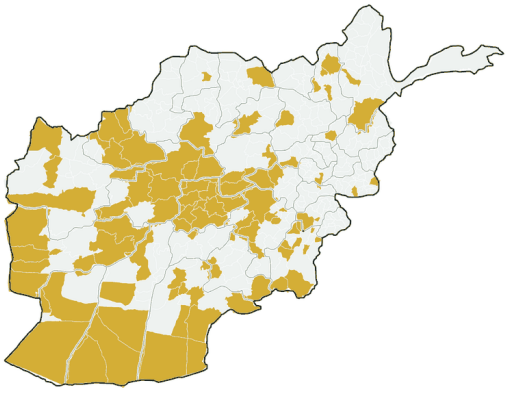
Saturated

High returnee share and high spatial crowding, both above the national average. This implies pressure on jobs, rents and social services at once. There are 90 saturated districts with 3.3 million returnees.



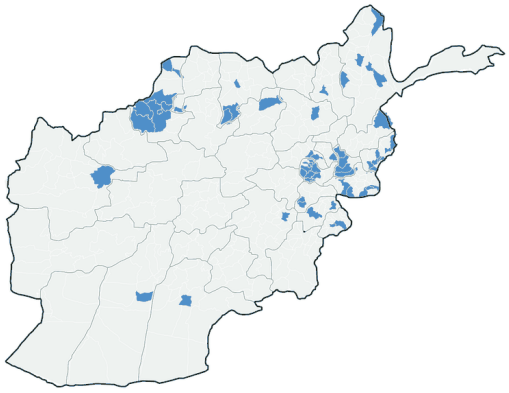
Stretched

High returnee share, but low spatial crowding. Returnees are probably spread through rural settlements, but livelihoods and services are under strain. There are 80 stretched districts with 1.2 million returnees.



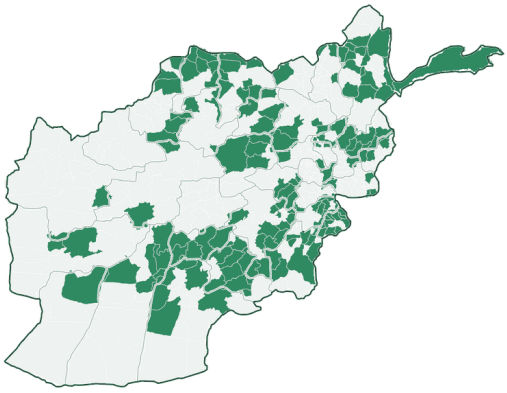
Crowded

Low returnee share, but high spatial crowding. Crowded districts are mostly large towns where returnees add to an already dense population. There are 62 crowded districts with 1.5 million returnees.



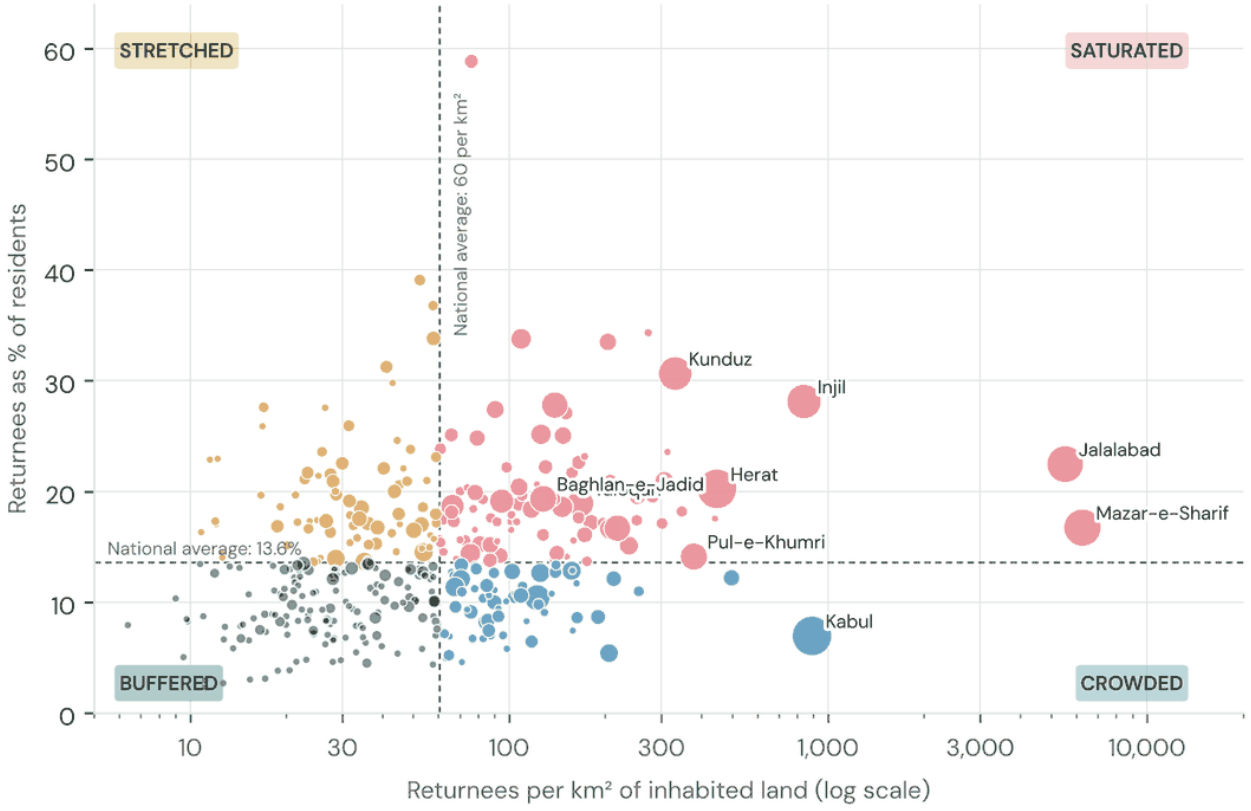
Buffered

Below the national level on both returnee share and spatial crowding. Buffered districts are not free of needs, but they have relatively more room. There are 143 buffered districts with 1.1 million returnees.



Counts are for the 377 districts with at least 20,000 residents; smaller districts are typed and mapped in the same way. Three new districts without boundaries have no crowding value.

Figure 5. Every ranked district on both measures



Districts with at least 20,000 residents. Circle size shows the number of returnees. Dashed lines are national averages. The nine largest receiving districts are labeled.

Nearly half of all returnees (45%) live in saturated districts. These form clear belts: the Herat oasis on the western border (Herat city, Injil, Guzara, Kohsan, Ghoryan), the northern corridor from Mazar-e-Sharif through Kunduz and Taloqan to Pul-e-Khumri, and a cluster around Jalalabad in Nangarhar. Stretched districts dominate the southwest and the central highlands, including much of Farah, Daykundi, Ghor and Ghazni. Kabul is the clearest crowded case: it receives the largest number of returnees, but they are 7.2% of a very large population.

Reading the types

The types are relative to the national average, which is itself high: one resident in seven is a returnee. "Buffered" does not mean a district has no returnee needs, only that its load is below that already high average on both measures.

SECTION 3

Health services

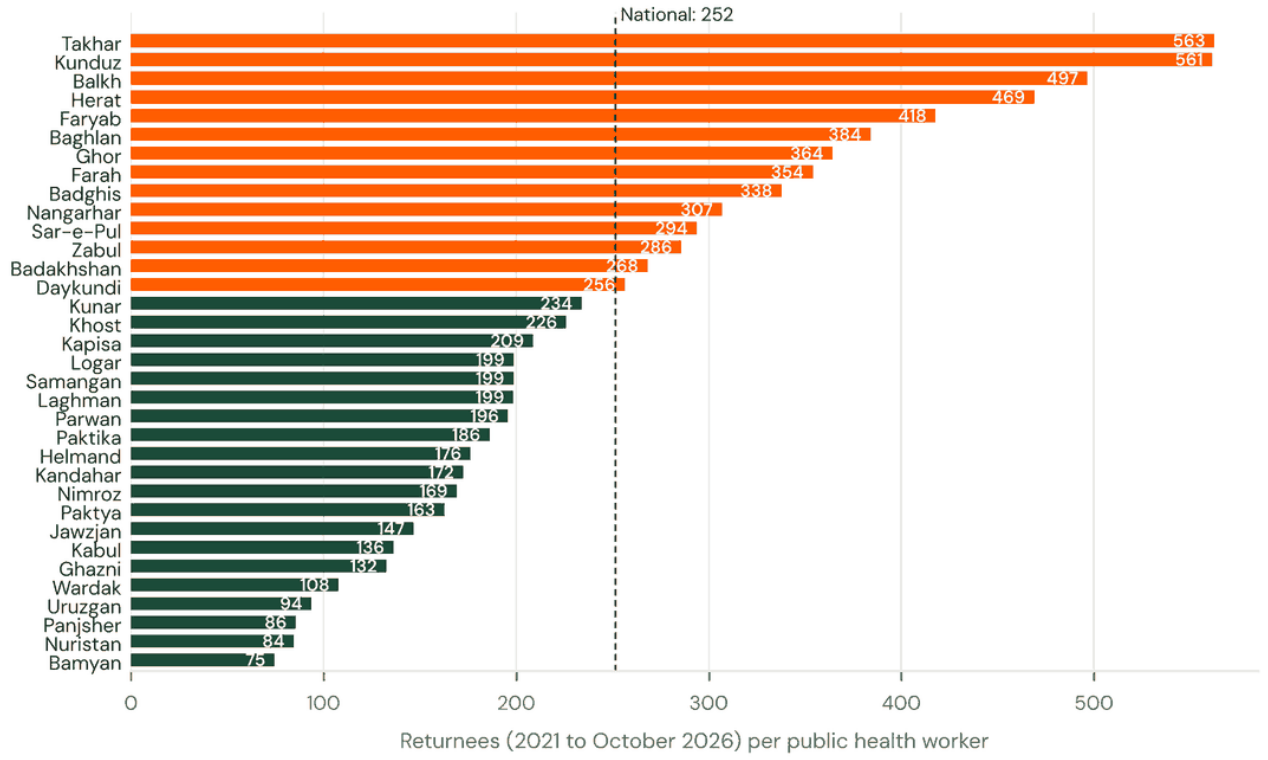
Nationally there are 252 returnees for every public health worker. 14 provinces, home to 64% of all returnees, are above that level, and 20 provinces are below it.

The heaviest loads are in the north. Takhar and Kunduz each have about 561 returnees per health worker, more than twice the national level, followed by Balkh (497), Herat (469) and Faryab (418). Faryab also has the thinnest staffing overall, 2.6 health workers per 10,000 residents. Bamyan and Panjsher, with about 17 and 16 workers per 10,000, have the most room.

Afghanistan's Ministry of Public Health maintains a National Health Facilities Registry that lists every facility by province, district, type and status, with the number of health workers[6]. The registry is actively maintained: its history table holds 18 snapshots between November 2021 and September 2026. Facilities are those in the Ministry of Public Health registry with at least one recorded health worker, resulting in 3,446 public facilities, from regional hospitals to sub health centers, family health houses and mobile teams. Private outlets and facilities without recorded staff are excluded. Together these facilities record 28,576 health workers.

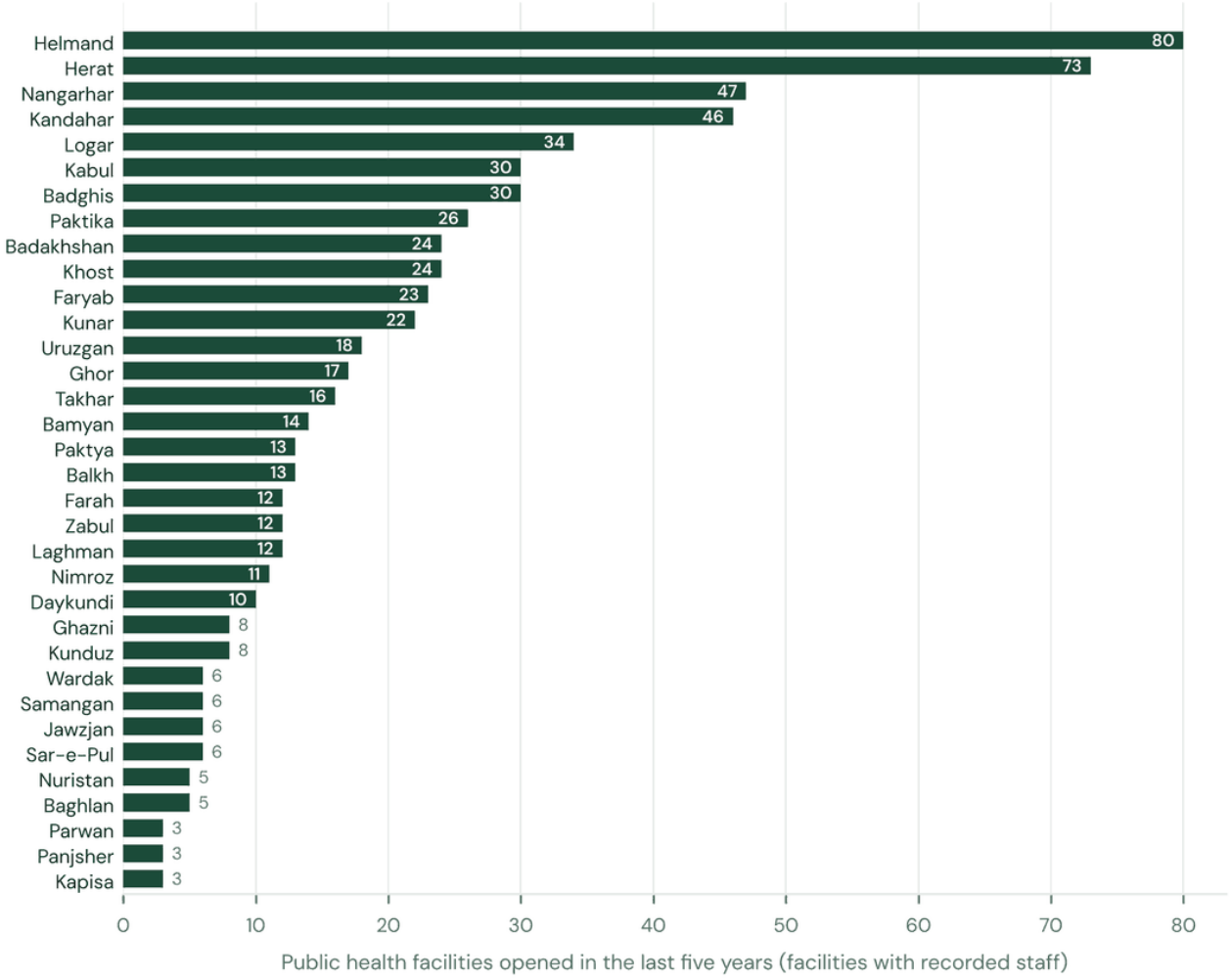
15,346	5.4	252	149
residents per public health facility	public health workers per 10,000 residents	returnees per public health worker	public hospitals with recorded staff (regional, provincial, district and specialty)

Figure 6. Returnees per public health worker, by province



Orange: more returnees per health worker than the national level of 252. Dark green: fewer. Sources: MoPH registry[6]; returnees as above.

Figure 7. Public health facilities opened in the last five years, by province



Facilities with at least one recorded health worker; private outlets excluded. Closed facilities carry no recorded staff, so closures are not part of this sample. Source: MoPH registry [6].

Of today's 3,446 facilities, 666 opened in the last five years. Almost all of them are small: 301 sub health centers, 193 basic health centers and 82 family health houses, plus 24 mobile teams. Only three comprehensive health centers and two specialty hospitals opened, and no regional, provincial or district hospital. The new capacity also did not follow returnees. Helmand (80) and Herat (73) opened the most facilities, while Kunduz (8) and Daykundi (10), two of the three provinces with the highest returnee share, opened few. Across provinces, the number of openings shows no relationship with the returnee share. IOM's survey adds the household view: 62% of returnees report no meaningful access to health services, citing cost and distance most often [1].

The registry also lists 345 active mobile health teams, of which 66 have recorded staff and are counted above, and about 3,000 private outlets (1,135 hospitals and clinics, 1,887 laboratories and diagnostic centers). Private outlets have no staff data and are not counted as capacity, since cost limits returnees' access to them.

A caution on staffing

At 5.4 per 10,000 residents, recorded public health workers are far below the WHO benchmark of 44.5 doctors, nurses and midwives per 10,000 [12]. Some of that gap is real; some may reflect how the registry records staff. The figures are reliable for comparing provinces with each other, which is how they are used here, but should not be read as a full census of the health workforce.

SECTION 4

Children and schooling

Six in ten returnees are children. About 2.7 million returnees are of school age, and IOM finds half of returnee children aged 5 to 14 are not in education.

No reliable national list of schools by district is openly available. The OpenStreetMap export of education facilities holds 3,459 features, a small and uneven fraction of the country's schools[13], so this report does not measure school capacity. It measures demand instead. IOM's Returnee Resilience Overview finds that 38% of returnees are aged 6 to 17 and 19% are under five[1]. Applying those shares to each district gives the number of school-age returnee children a district must absorb.

The same IOM survey finds 51% of returnee children aged 5 to 14 not in education or training. The most common reasons are cost and the need for children to work[1]. In other words, the gap is not only school places but household budgets, which links schooling directly to the earning capacity discussed in Section 6.

Table 5. Returnee children by province, ten provinces with the most school-age returnees

PROVINCE	RETURNEES	SCHOOL AGE (6 TO 17)	UNDER FIVE	ALL RETURNEES AS SHARE OF RESIDENTS
Herat	851,664	324,000	162,000	22.3%
Nangarhar	596,781	227,000	113,000	16.1%
Kabul	486,124	185,000	92,000	7.2%
Balkh	480,696	183,000	91,000	13.8%
Baghlan	393,221	149,000	75,000	14.7%
Kunduz	389,074	148,000	74,000	23.8%
Takhar	378,632	144,000	72,000	17.1%
Helmand	301,554	115,000	57,000	13.4%
Faryab	277,858	106,000	53,000	10.7%
Kandahar	228,638	87,000	43,000	12.2%
All 34 provinces	**7,187,935**	**2,731,000**	**1,366,000**	**13.6%**

Estimates apply national age shares from IOM's survey to each province; actual age structure varies. Children who have since turned 18 are not removed, so figures describe the returnee population at arrival.

Data gap

A district-level list of schools with their enrollment would allow this section to measure capacity as Section 3 does for health. However, we do not have access to a list of schools by district.

SECTION 5

Housing and rent

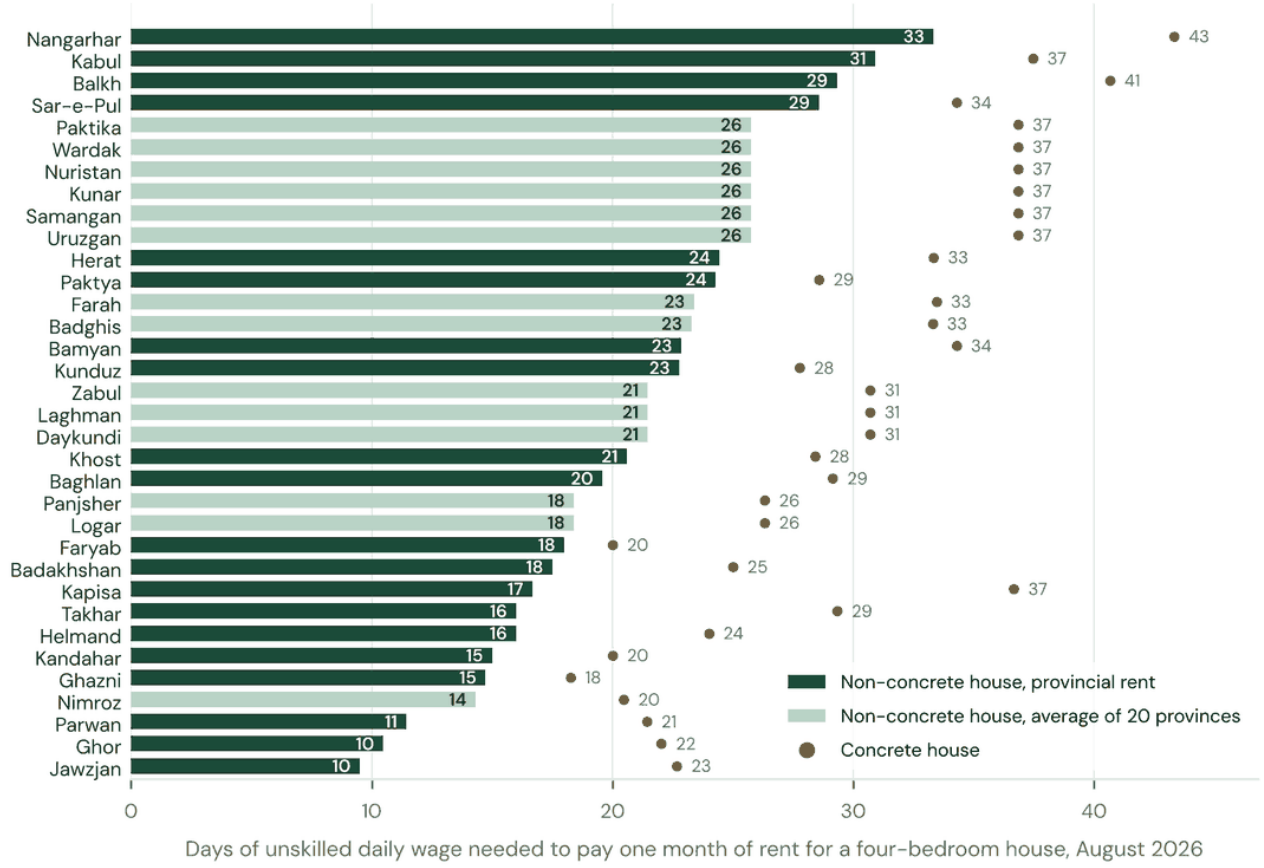
Rent for a modest four-bedroom house takes between 10 and 33 days of unskilled wage a month, before a household buys any food.

Although there is no district measure of housing stock, the saturated and crowded districts will face the most pressure from returnees due to a limited supply of homes and land. According to IOM's survey, 77% of returnees live in transitional shelter, 51% lack sufficient living space, 43% rent on verbal agreements, and 14% have been evicted since return, most often because they could not pay rent[1]. In terms of housing cost, housing price inflation rose 12.1% nationally in the year to August 2026, faster than overall inflation of 7.8%[9].

The NSIA consumer price survey also records monthly rent for a four-bedroom house in 20 provinces, for both concrete and non-concrete construction[9]. Dividing rent by the unskilled daily wage shows how many days of work it takes to keep a roof overhead. For the 14 provinces without rent data, the average of the 20 provinces is used (6,439 Afghanis a month for a non-concrete house and 9,210 for a concrete one), shown in a lighter color.

```
Days of wage for rent = monthly rent ÷ unskilled daily wage
```

Figure 8. Days of unskilled wage needed to pay one month of rent for a four-bedroom house, August 2026



Bars: non-concrete house. Dots: concrete house. Lighter bars use the average rent of the 20 provinces with data. Sources: NSIA[9], WFP[7].

The highest rent is in Nangarhar (33 days), Kabul (31) and Balkh (29), all among the largest receiving provinces. In the median province in terms of rent as a share of the poverty line (between Balkh and Khost), rent for a non-concrete house equals 42% of the monthly poverty line for a household of 6.1 members, which leaves little for food and other essentials.

SECTION 6

Earning capacity and prices

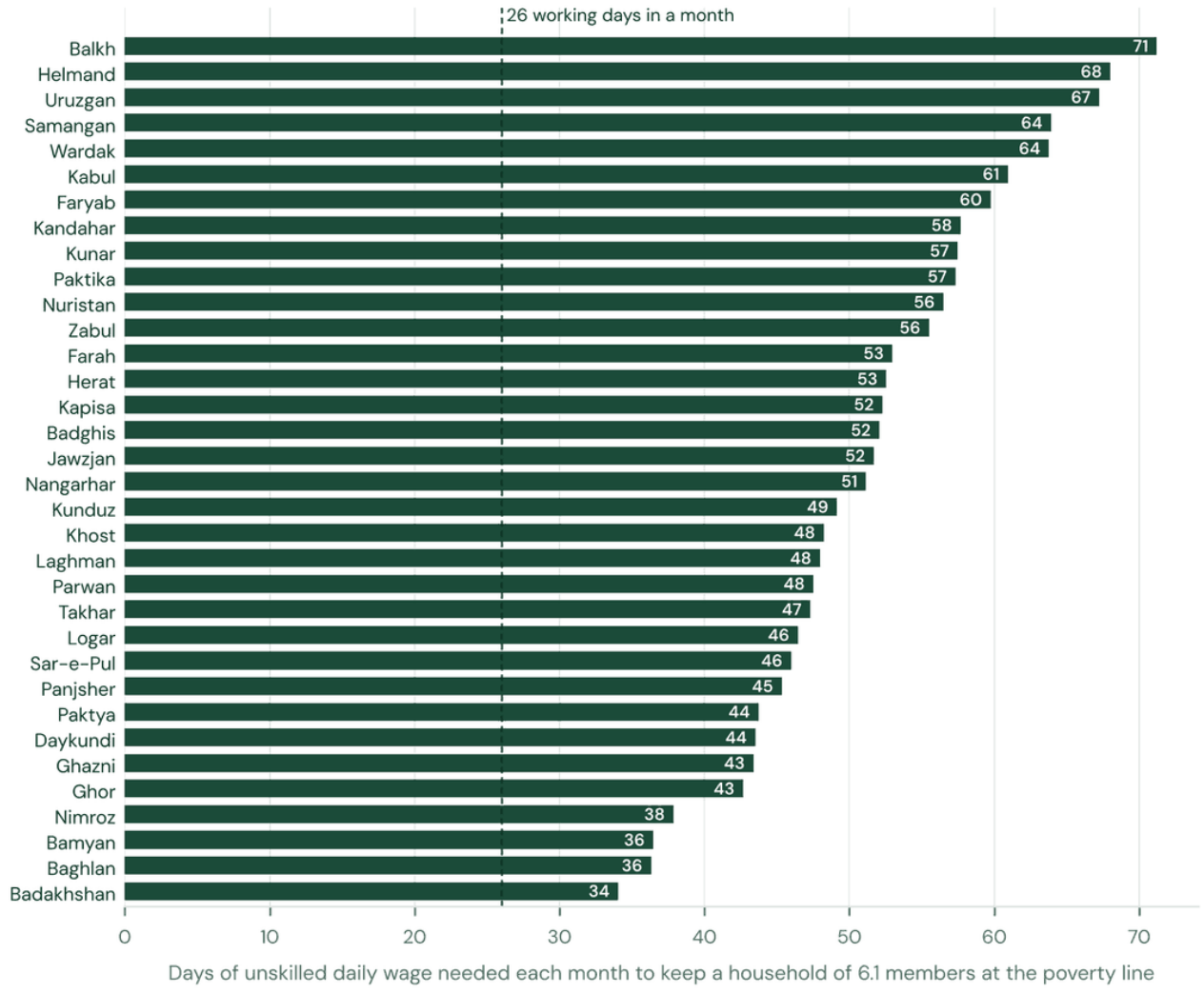
In the median province, a returnee household needs 51 days of unskilled work a month to reach the poverty line, assuming a month has about 26 working days.

WFP reports the daily wage for unskilled, non-agricultural labor in every province[7]. In August 2026 it ranged from 250 to 450 Afghanis a day, with 300 the most common. The August 2026 poverty line, which covers a minimum food basket and essential non-food spending, ranges from 2,093 to 3,996 Afghanis per person per month at the province level[8]. For a household of 6.1 members, the returnee average[1], the monthly line is 12,800 to 24,400 Afghanis.

In every province, it takes more than a working month to keep a family of 6.1 people at the poverty line for one month. One full-time unskilled earner covers between 37% (Balkh) and 76% (Badakhshan) of the line. Balkh, Helmand and Uruzgan need the most days because wages there are at the national floor of 250 Afghanis while the poverty line is above average. Most returnee households would need two or more steady earners, yet IOM finds 69% of returnees had no work in the previous 30 days and 71% of those working were only partly employed[1].

```
Days needed = poverty line per person × 6.1 ÷ unskilled daily wage
```

Figure 9. Days of unskilled wage needed each month to keep a household of 6.1 members at the poverty line, August 2026



Province poverty line is the urban and rural line weighted by urban population share. Sources: WFP[7], poverty lines[8], IOM[1].

Price signals

Year-on-year inflation in August 2026 is published for 20 provinces[9]. It varied widely, from 0.1% in Parwan to 22.3% in Sar-e-Pul. Placed next to the returnee share, there is no visible relationship (rank correlation close to zero): Kunduz, with the highest share, had inflation of 3.7%, while Sar-e-Pul, Nangarhar and Takhar, with above-average shares, had the highest rates. Province-level prices are shaped by trade routes, harvests and the exchange rate as much as by local demand, and this report draws no causal conclusion. The pattern is worth monitoring as returns continue.

Table 6. Year-on-year inflation, August 2026, in the 20 provinces with a provincial index

PROVINCE	OVERALL	FOOD	RETURNEE SHARE OF RESIDENTS	TYPE
Sar-e-Pul	22.3%	13.2%	16.9%	SATURATED
Nangarhar	11.6%	4.4%	16.1%	SATURATED
Takhar	10.1%	20.2%	17.1%	SATURATED
Kabul	9.6%	11.1%	7.2%	CROWDED
Paktya	9.5%	3.1%	8.7%	BUFFERED
Kandahar	9.5%	12.7%	12.2%	BUFFERED
Badakhshan	9.4%	14.6%	11.0%	BUFFERED
Kapisa	7.8%	8.3%	18.9%	SATURATED
Khost	6.8%	11.0%	6.2%	BUFFERED
Ghor	5.6%	6.2%	17.4%	STRETCHED
Herat	5.0%	4.0%	22.3%	SATURATED
Baghlan	4.9%	3.6%	14.7%	SATURATED
Jawzjan	4.9%	7.2%	13.3%	BUFFERED
Balkh	4.7%	-0.8%	13.8%	SATURATED
Ghazni	4.0%	4.9%	12.1%	BUFFERED
Faryab	3.8%	4.3%	10.7%	CROWDED
Kunduz	3.7%	5.3%	23.8%	SATURATED
Bamyan	3.5%	7.1%	12.9%	BUFFERED
Helmand	1.8%	4.3%	13.4%	BUFFERED
Parwan	0.1%	2.0%	12.5%	CROWDED
National	**7.8%**	**8.0%**	**13.6%**	

National items with the fastest rises: health 19.0%, fresh and dried fruit 16.0%, bread and cereals 13.7%, housing 12.1%, oils and fats 11.6%.

SECTION 7

Stress test: a further wave

What if another one million people return? Assuming they settle in the same pattern as 2026 arrivals, the pressure lands on places that are already stretched.

The following scenarios are not forecasts. They take the provincial and district distribution of 2026 arrivals and scale it to a further 1,000,000 returnees, somewhat fewer than the 1.39 million recorded in the first ten months of 2026. For each province they show the change in returnee share and returnees per health worker, and what it would take merely to hold today's ratios of residents to health workers and public health facilities, which are already thin.

15.2%
national returnee share after 1 million (relative to current 13.6%)

537
extra public health workers needed to hold current ratio

65
extra public health facilities to hold current ratio

380,000
more children of school age

Table 7. One million more returnees: the 14 provinces receiving the most

PROVINCE	ADDED RETURNEES	SHARE NOW	SHARE AFTER	RETURNEES PER HEALTH WORKER NOW	RETURNEES PER HEALTH WORKER AFTER	EXTRA HEALTH WORKERS NEEDED TO HOLD RATIO	HOUSEHOLDS
Nangarhar	193,000	16.1%	20.3%	307	406	102	32,000
Herat	146,000	22.3%	25.2%	469	549	69	24,000
Kabul	123,000	7.2%	8.9%	136	171	65	20,000
Kunduz	44,000	23.8%	25.8%	561	625	19	7,000
Faryab	40,000	10.7%	12.1%	418	478	10	7,000
Logar	35,000	19.0%	23.6%	199	262	34	6,000
Baghlan	31,000	14.7%	15.7%	384	415	12	5,000
Badghis	31,000	17.4%	19.9%	338	398	16	5,000
Balkh	30,000	13.8%	14.5%	497	528	8	5,000
Laghman	27,000	9.4%	11.3%	199	245	13	4,000
Ghor	27,000	17.4%	19.0%	364	407	13	4,000
Takhar	24,000	17.1%	18.0%	563	599	7	4,000
Kandahar	22,000	12.2%	13.2%	172	189	16	4,000
Kunar	21,000	10.2%	11.5%	234	268	9	3,000

Nangarhar, Herat and Kabul would receive 46% of a further million. In Herat the returnee share would reach a quarter of residents and returnees per health worker would reach about 549. Kunduz would see the heaviest health load, about 625 returnees per worker. About 164,000 households would need shelter, most of them in saturated or crowded districts.

Why these numbers look modest

Holding today's ratios needs only a few hundred health workers because today's ratios are low. The test shows the minimum just to stand still. Bringing returnee-receiving provinces closer to the national average, let alone international benchmarks, would require far more.

SECTION 8

What the evidence suggests

The findings point to where attention could yield the most impact, without assuming what any single agency should do.

1 **Plan by district type, not only by province totals.** Saturated districts need help on several fronts at once: jobs, rent, health and schools. Stretched rural districts need livelihoods and outreach services more than buildings. Crowded towns need housing and land solutions. A single provincial figure hides these differences.

2 **Look north and west as well as at Kabul.** Kunduz, Takhar, Balkh and Herat combine high returnee loads with the heaviest pressure on health workers. New public health facilities over the last five years went mostly elsewhere.

3 **Treat earning capacity as the binding constraint.** No province offers an unskilled wage that keeps a returnee household above the poverty line on one income. Cost is also the main reason returnee children are out of school.

4 **Watch rents and prices, especially health and housing.** Provincial inflation does not yet follow returnee concentration, but national health and housing costs are rising fastest, and rent alone takes up to 33 days of unskilled wage a month in Nangarhar and 31 in Kabul.

5 **Close the data gaps.** Two openly available datasets would sharpen this analysis considerably: a district list of schools with enrollment, and facility coordinates in the health registry so that travel time can be measured.

6 **Prepare for the next wave in the same places.** The stress test shows that a further million arrivals following the 2026 pattern would deepen the same concentrations. Preparation in Nangarhar, Herat, Kabul and Kunduz would cover about half of the likely load.

SECTION 9

Province profiles

One page for each of the 34 provinces: returnee numbers, the district types, health capacity, earning capacity, rent and prices.

Each profile shows the province map colored by district type, with the three districts receiving the most returnees labeled. The district table lists up to 16 districts by number of returnees. Districts with fewer than 20,000 residents are marked "small": their shares are shown but should be read with care. Public health facilities and health workers are those with recorded staff in the Ministry of Public Health registry; facilities in new sub-districts that could not be matched to an IOM district are counted in the province total only, so district columns may sum to slightly less. Rent marked "avg." is the average of the 20 provinces with rent data.

Badakhshan	19	Jawzjan	31	Paktika	43
Badghis	20	Kabul	32	Paktya	45
Baghlan	21	Kandahar	33	Panjsher	46
Balkh	22	Kapisa	34	Parwan	47
Bamyan	23	Khost	35	Samangan	48
Daykundi	24	Kunar	36	Sar-e-Pul	49
Farah	25	Kunduz	37	Takhar	50
Faryab	26	Laghman	38	Uruzgan	51
Ghazni	27	Logar	39	Wardak	52
Ghor	28	Nangarhar	40	Zabul	53
Helmand	29	Nimroz	41		
Herat	30	Nuristan	42		

Badakhshan

PROVINCE 01 OF 34

BUFFERED

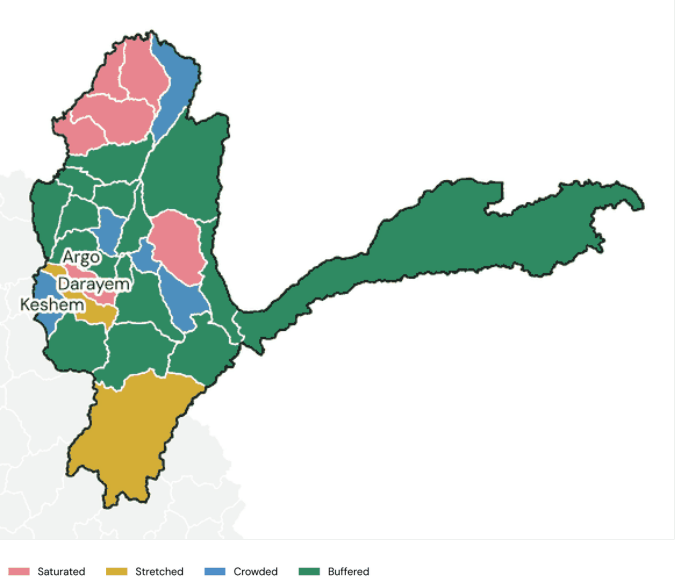
218,325
returnees, 2021 to Oct 2026

11.0%
of residents are returnees

268
returnees per health worker

34
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Badakhshan is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 9 residents is a returnee (11.0%). Each public health worker serves 268 returnees, above the national 252, and 24 public health facilities opened over five years. A household of 6.1 members needs 34 days of unskilled wage a month to reach the poverty line, and 18 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	199,996
Returnees 2026 (to October)	18,329
Residents (incl. 2026 arrivals)	1,981,425
Returnees per km² inhabited	50
Public health facilities / hospitals	141 / 4
Public health workers	814
Residents per public health facility	14,053
Public health facilities opened, 5 yrs	24
School-age returnees (est.)	83,000
Unskilled wage, Aug 2026	400 AFN/day
Poverty line, household of 6.1 members	13,617 AFN/month
Rent, 4-bedroom non-concrete house	7,000 AFN/month
Inflation, Aug 2026 YoY	9.4%
Additional returnees if 1 million more returnees arrive	+13,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Keshem	31,466	11%	109	8	58	CROWDED
Argo	20,266	9%	38	9	33	BUFFERED
Darayem	15,142	15%	61	7	42	SATURATED
Fayzabad	14,464	11%	71	13	210	CROWDED
Baharak	13,588	13%	140	2	45	CROWDED
Shahr-e-Buzorg	12,353	10%	41	4	26	BUFFERED
Shaki	9,455	34%	273	4	10	SATURATED
Teshkan	9,092	15%	44	9	21	STRETCHED
Shuhada	9,060	17%	106	3	20	SATURATED
Tagab	8,736	12%	54	4	16	BUFFERED
Darwaz	7,882	24%	314	5	25	SATURATED
Yaftal-e-Sufla	6,777	7%	28	7	32	BUFFERED
Kofab	6,491	18%	442	4	17	SATURATED
Raghestan	5,882	10%	31	6	24	BUFFERED
Yawan	5,296	8%	35	2	20	BUFFERED
Jorm	5,172	5%	28	8	31	BUFFERED

12 smaller districts not shown.

Badghis

PROVINCE 02 OF 34

STRETCHED

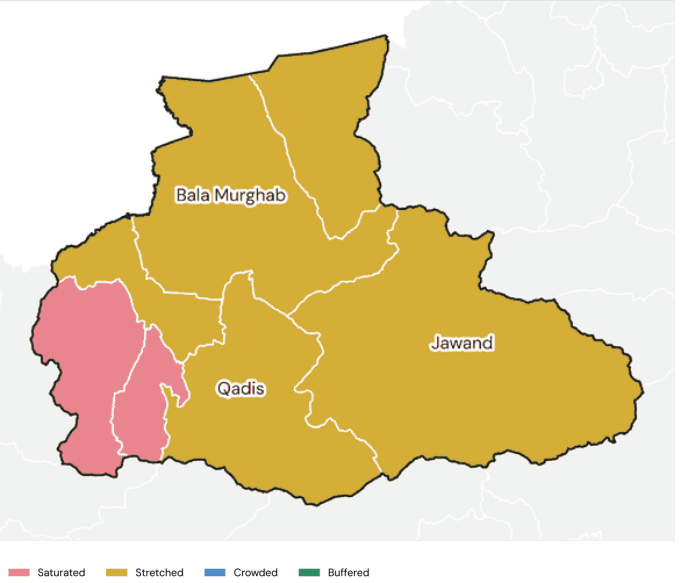
176,671
returnees, 2021 to Oct 2026

17.4%
of residents are returnees

338
returnees per health worker

52
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Badghis is a stretched province, with an above-average returnee share spread across thinly settled land (below-average spatial crowding). About 1 in 6 residents is a returnee (17.4%). Each public health worker serves 338 returnees, above the national 252, and 30 public health facilities opened over five years. A household of 6.1 members needs 52 days of unskilled wage a month to reach the poverty line, and 23 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	133,341
Returnees 2026 (to October)	43,330
Residents (incl. 2026 arrivals)	1,015,147
Returnees per km² inhabited	45
Public health facilities / hospitals	88 / 2
Public health workers	523
Residents per public health facility	11,536
Public health facilities opened, 5 yrs	30
School-age returnees (est.)	67,000
Unskilled wage, Aug 2026	277 AFN/day
Poverty line, household of 6.1 members	14,405 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+31,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Bala Murghab	34,589	16%	50	20	99	STRETCHED
Jawand	31,393	18%	34	17	62	STRETCHED
Qadis	29,477	17%	39	19	89	STRETCHED
Qala-e-Naw	26,121	18%	66	8	118	SATURATED
Ghormach	23,331	18%	45	5	18	STRETCHED
Ab Kamari	22,866	17%	67	13	73	SATURATED
Muqur	8,894	20%	29	6	64	STRETCHED

Baghlan

PROVINCE 03 OF 34

SATURATED

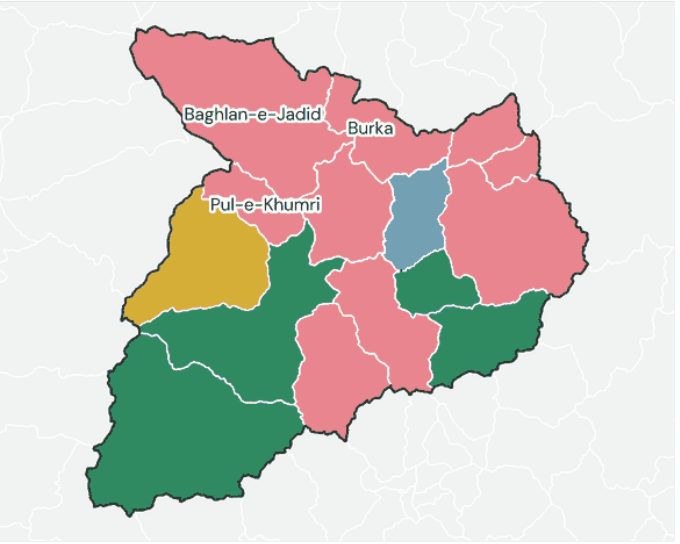
393,221
returnees, 2021 to Oct 2026

14.7%
of residents are returnees

384
returnees per health worker

36
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Baghlan is a saturated province, facing above-average pressure in terms of both returnee share and spatial crowding. About 1 in 7 residents is a returnee (14.7%). Each public health worker serves 384 returnees, above the national 252, and 5 public health facilities opened over five years. A household of 6.1 members needs 36 days of unskilled wage a month to reach the poverty line, and 20 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	349,787
Returnees 2026 (to October)	43,434
Residents (incl. 2026 arrivals)	2,674,047
Returnees per km² inhabited	119
Public health facilities / hospitals	88 / 3
Public health workers	1,024
Residents per public health facility	30,387
Public health facilities opened, 5 yrs	5
School-age returnees (est.)	149,000
Unskilled wage, Aug 2026	400 AFN/day
Poverty line, household of 6.1 members	14,526 AFN/month
Rent, 4-bedroom non-concrete house	7,830 AFN/month
Inflation, Aug 2026 YoY	4.9%
Additional returnees if 1 million more returnees arrive	+31,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Pul-e-Khumri	93,945	14%	379	9	174	SATURATED
Baghlan-e-Jadid	91,824	19%	128	14	287	SATURATED
Burka	32,995	16%	172	7	47	SATURATED
Nahrin	32,567	14%	141	5	64	SATURATED
Khost Wa Fereng	27,652	14%	87	3	40	SATURATED
Doshi	19,930	10%	58	9	78	BUFFERED
Dahana-e-Ghori	19,717	18%	59	10	86	STRETCHED
Khwaja Hejran	14,756	11%	110	4	28	CROWDED
Khinjan	13,773	17%	92	6	41	SATURATED
Andarab	10,656	18%	102	3	19	SATURATED
Tala Wa Barfak	9,705	8%	59	7	49	BUFFERED
Fereng Wa Gharu	7,571	16%	159	2	24	SATURATED
Guzargah-e-Nur	6,129	17%	102	2	20	SATURATED
Pul-e-Hisar	6,022	11%	48	4	31	BUFFERED
Deh Salah	5,979	10%	46	3	36	BUFFERED

Balkh

PROVINCE 04 OF 34

SATURATED

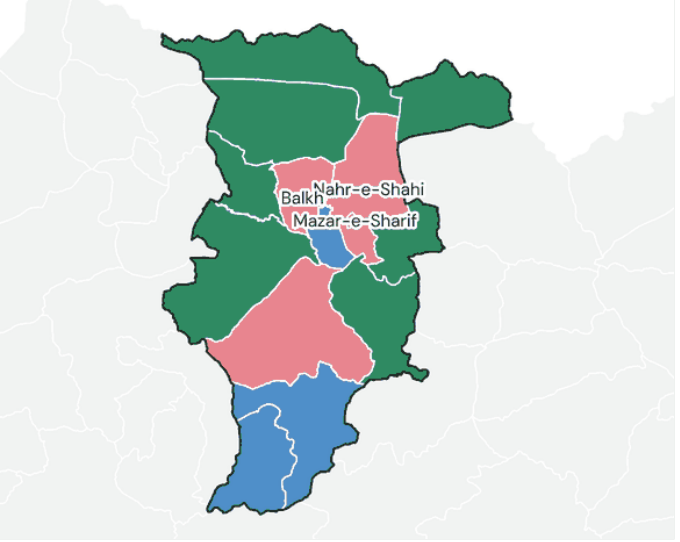
480,696
returnees, 2021 to Oct 2026

13.8%
of residents are returnees

497
returnees per health worker

71
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Balkh is a saturated province, facing above-average pressure in terms of both returnee share and spatial crowding. About 1 in 7 residents is a returnee (13.8%). Each public health worker serves 497 returnees, above the national 252, and 13 public health facilities opened over five years. A household of 6.1 members needs 71 days of unskilled wage a month to reach the poverty line, and 29 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	438,647
Returnees 2026 (to October)	42,049
Residents (incl. 2026 arrivals)	3,482,310
Returnees per km² inhabited	123
Public health facilities / hospitals	139 / 7
Public health workers	968
Residents per public health facility	25,053
Public health facilities opened, 5 yrs	13
School-age returnees (est.)	183,000
Unskilled wage, Aug 2026	250 AFN/day
Poverty line, household of 6.1 members	17,803 AFN/month
Rent, 4-bedroom non-concrete house	7,329 AFN/month
Inflation, Aug 2026 YoY	4.7%
Additional returnees if 1 million more returnees arrive	+30,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Mazar-e-Sharif	176,173	17%	6,275	23	146	SATURATED
Nahr-e-Shahi	89,450	17%	218	6	41	SATURATED
Balkh	35,560	15%	87	10	134	SATURATED
Sholgareh	34,341	25%	79	16	88	SATURATED
Dehdadi	32,197	12%	213	6	95	CROWDED
Char Bolak	20,837	10%	58	12	55	BUFFERED
Chemtal	20,144	12%	41	9	53	BUFFERED
Zari	19,498	13%	79	12	53	CROWDED
Dawlatabad	17,816	10%	49	6	27	BUFFERED
Keshendeh	17,497	5%	65	12	91	CROWDED
Charkent	6,472	11%	24	10	47	BUFFERED
Kaldar	4,003	9%	24	2	29	BUFFERED
Shortepa	2,364	3%	11	4	32	BUFFERED
Sharak-e-Hayratan	2,342	14%		0	0	NO DATA small
Marmul	2,002	13%	19	1	18	BUFFERED small

Bamyan

PROVINCE 05 OF 34

BUFFERED

80,251
returnees, 2021 to Oct 2026

12.9%
of residents are returnees

75
returnees per health worker

36
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Bamyan is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 8 residents is a returnee (12.9%). Each public health worker serves 75 returnees, below the national 252, and 14 public health facilities opened over five years. A household of 6.1 members needs 36 days of unskilled wage a month to reach the poverty line, and 23 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	73,769
Returnees 2026 (to October)	6,482
Residents (incl. 2026 arrivals)	619,727
Returnees per km² inhabited	23
Public health facilities / hospitals	116 / 4
Public health workers	1,077
Residents per public health facility	5,342
Public health facilities opened, 5 yrs	14
School-age returnees (est.)	30,000
Unskilled wage, Aug 2026	350 AFN/day
Poverty line, household of 6.1 members	12,767 AFN/month
Rent, 4-bedroom non-concrete house	8,000 AFN/month
Inflation, Aug 2026 YoY	3.5%
Additional returnees if 1 million more returnees arrive	+5,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Waras	24,781	21%	28	31	226	STRETCHED
Yakawlang	17,425	13%	22	24	217	BUFFERED
Bamyan	13,790	7%	24	19	288	BUFFERED
Panjab	9,880	17%	22	19	170	STRETCHED
Shibar	5,964	21%	25	8	42	STRETCHED
Kahmard	5,103	9%	18	7	78	BUFFERED
Sayghan	3,308	8%	13	8	56	BUFFERED

Daykundi

PROVINCE 06 OF 34

STRETCHED

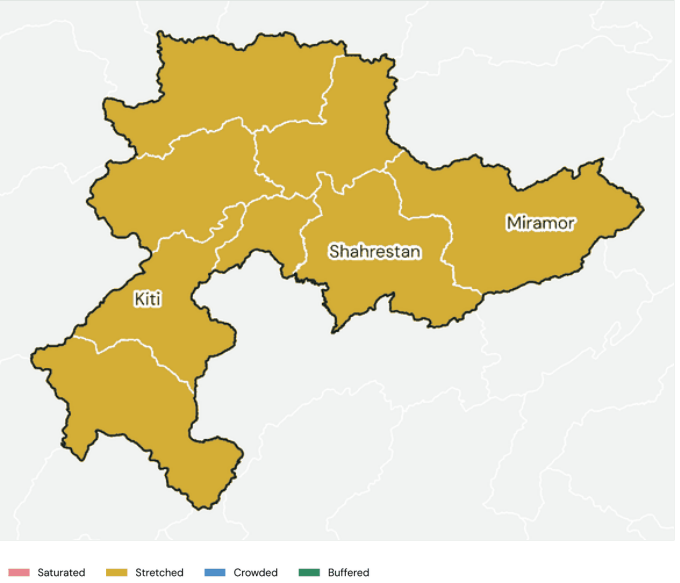
153,025
returnees, 2021 to Oct 2026

23.2%
of residents are returnees

256
returnees per health worker

44
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Daykundi is a stretched province, with an above-average returnee share spread across thinly settled land (below-average spatial crowding). About 1 in 4 residents is a returnee (23.2%). Each public health worker serves 256 returnees, above the national 252, and 10 public health facilities opened over five years. A household of 6.1 members needs 44 days of unskilled wage a month to reach the poverty line, and 21 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	132,578
Returnees 2026 (to October)	20,447
Residents (incl. 2026 arrivals)	659,473
Returnees per km² inhabited	34
Public health facilities / hospitals	108 / 4
Public health workers	597
Residents per public health facility	6,106
Public health facilities opened, 5 yrs	10
School-age returnees (est.)	58,000
Unskilled wage, Aug 2026	300 AFN/day
Poverty line, household of 6.1 members	13,054 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+15,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Miramor	23,970	23%	30	20	100	STRETCHED
Kiti	22,286	31%	41	10	66	STRETCHED
Shahrestan	21,523	22%	23	16	92	STRETCHED
Ashtarlay	18,597	26%	31	13	58	STRETCHED
Patoo	17,016	22%		8	22	NO DATA
Nili	15,138	21%	48	8	103	STRETCHED
Sang-e-Takht	15,078	24%	26	12	51	STRETCHED
Kajran	9,944	21%	29	8	43	STRETCHED
Khadir	9,473	20%	21	13	62	STRETCHED

Farah

PROVINCE 07 OF 34

STRETCHED

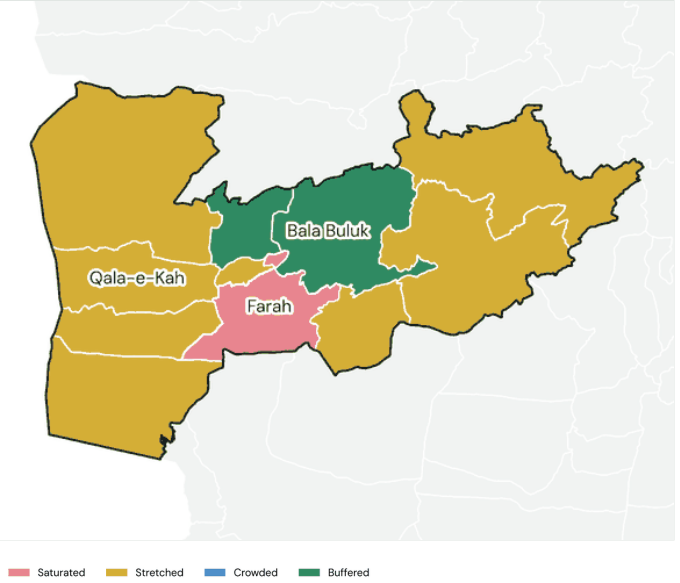
169,601
returnees, 2021 to Oct 2026

16.2%
of residents are returnees

354
returnees per health worker

53
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Farah is a stretched province, with an above-average returnee share spread across thinly settled land (below-average spatial crowding). About 1 in 6 residents is a returnee (16.2%). Each public health worker serves 354 returnees, above the national 252, and 12 public health facilities opened over five years. A household of 6.1 members needs 53 days of unskilled wage a month to reach the poverty line, and 23 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	146,693
Returnees 2026 (to October)	22,908
Residents (incl. 2026 arrivals)	1,045,718
Returnees per km² inhabited	33
Public health facilities / hospitals	76 / 2
Public health workers	479
Residents per public health facility	13,759
Public health facilities opened, 5 yrs	12
School-age returnees (est.)	64,000
Unskilled wage, Aug 2026	275 AFN/day
Poverty line, household of 6.1 members	14,585 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+17,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Farah	53,687	14%	76	20	197	SATURATED
Qala-e-Kah	17,932	39%	52	4	27	STRETCHED
Bala Buluk	16,188	10%	21	10	39	BUFFERED
Shibkoh	14,384	37%	58	4	18	STRETCHED
Pur Chaman	13,395	14%	24	11	59	STRETCHED
Pushtrod	11,894	16%	43	6	15	STRETCHED
Gulistan	11,129	15%	20	4	18	STRETCHED
Bakwa	9,423	19%	19	6	26	STRETCHED
Khak-e-Safed	8,126	11%	21	5	29	BUFFERED
Lash-e-Juwayn	7,846	28%	26	4	24	STRETCHED
Anar Dara	5,597	23%	12	2	27	STRETCHED

Faryab

PROVINCE 08 OF 34

CROWDED

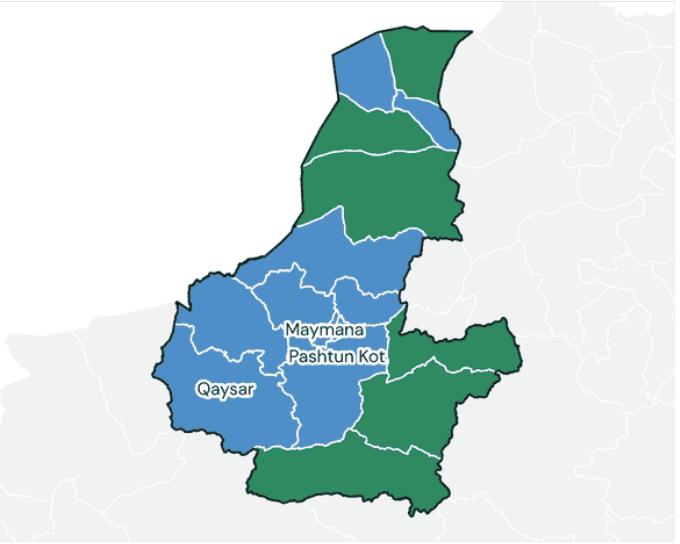
277,858
returnees, 2021 to Oct 2026

10.7%
of residents are returnees

418
returnees per health worker

60
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Faryab is a crowded province, with above-average spatial crowding but a below-average returnee share. About 1 in 9 residents is a returnee (10.7%). Each public health worker serves 418 returnees, above the national 252, and 23 public health facilities opened over five years. A household of 6.1 members needs 60 days of unskilled wage a month to reach the poverty line, and 18 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	222,536
Returnees 2026 (to October)	55,322
Residents (incl. 2026 arrivals)	2,591,795
Returnees per km² inhabited	73
Public health facilities / hospitals	105 / 3
Public health workers	665
Residents per public health facility	24,684
Public health facilities opened, 5 yrs	23
School-age returnees (est.)	106,000
Unskilled wage, Aug 2026	250 AFN/day
Poverty line, household of 6.1 members	14,938 AFN/month
Rent, 4-bedroom non-concrete house	4,500 AFN/month
Inflation, Aug 2026 YoY	3.8%
Additional returnees if 1 million more returnees arrive	+40,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Qaysar	50,154	11%	68	6	35	CROWDED
Pashtun Kot	46,247	12%	71	25	104	CROWDED
Maymana	35,521	12%	498	7	129	CROWDED
Almar	26,215	12%	85	5	51	CROWDED
Shirin Tagab	21,588	9%	93	5	48	CROWDED
Khwaja Sabz Posh	21,003	13%	140	4	29	CROWDED
Kohistan	19,069	13%	54	8	23	BUFFERED
Garzewan	12,992	7%	38	10	49	BUFFERED
Dawlat Abad	11,783	10%	44	5	33	BUFFERED
Andkhoy	9,842	9%	129	2	42	CROWDED
Bilcheragh	8,445	9%	33	6	28	BUFFERED
Qurghan	6,574	7%	158	2	18	CROWDED
Khan-e-Char Bagh	4,733	8%	27	1	8	BUFFERED
Qaram Qul	3,692	11%	25	2	7	BUFFERED

Ghazni

PROVINCE 09 OF 34

BUFFERED

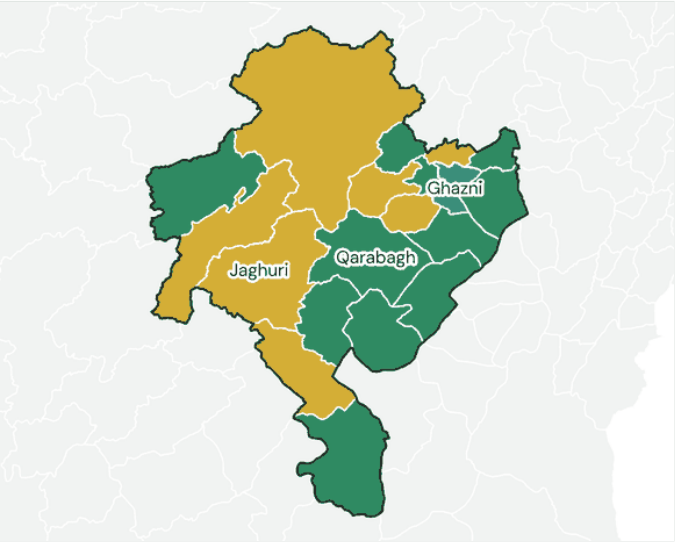
188,640
returnees, 2021 to Oct 2026

12.1%
of residents are returnees

132
returnees per health worker

43
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Ghazni is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 8 residents is a returnee (12.1%). Each public health worker serves 132 returnees, below the national 252, and 8 public health facilities opened over five years. A household of 6.1 members needs 43 days of unskilled wage a month to reach the poverty line, and 15 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	164,145
Returnees 2026 (to October)	24,495
Residents (incl. 2026 arrivals)	1,555,703
Returnees per km² inhabited	31
Public health facilities / hospitals	127 / 5
Public health workers	1,424
Residents per public health facility	12,250
Public health facilities opened, 5 yrs	8
School-age returnees (est.)	72,000
Unskilled wage, Aug 2026	306 AFN/day
Poverty line, household of 6.1 members	13,255 AFN/month
Rent, 4-bedroom non-concrete house	4,500 AFN/month
Inflation, Aug 2026 YoY	4.0%
Additional returnees if 1 million more returnees arrive	+18,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Jaghuri	25,086	19%	32	14	153	STRETCHED
Ghazni	24,572	7%	86	16	266	CROWDED
Qarabagh	22,076	13%	36	14	137	BUFFERED
Gelan	15,297	15%	36	6	47	STRETCHED
Nawur	14,673	28%	17	15	144	STRETCHED
Andar	13,288	8%	27	9	120	BUFFERED
Malistan	13,028	17%	59	8	95	STRETCHED
Waghaz	7,441	14%	36	4	32	STRETCHED
Muqur	7,178	9%	32	4	74	BUFFERED
Jaghatu	6,929	30%	43	7	60	STRETCHED
Nawa	6,345	9%	22	5	57	BUFFERED
Ajristan	6,176	13%	38	3	42	BUFFERED
Deh Yak	5,279	8%	15	4	40	BUFFERED
Ab Band	5,028	12%	22	3	26	BUFFERED
Giro	4,195	7%	13	5	28	BUFFERED
Khwaja Umari	4,050	15%	53	3	35	STRETCHED

3 smaller districts not shown.

Ghor

PROVINCE 10 OF 34

STRETCHED

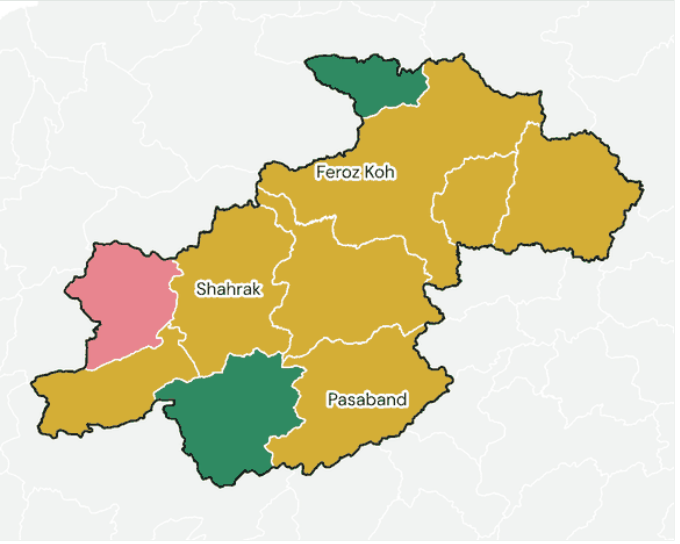
228,023
returnees, 2021 to Oct 2026

17.4%
of residents are returnees

364
returnees per health worker

43
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Ghor is a stretched province, with an above-average returnee share spread across thinly settled land (below-average spatial crowding). About 1 in 6 residents is a returnee (17.4%). Each public health worker serves 364 returnees, above the national 252, and 17 public health facilities opened over five years. A household of 6.1 members needs 43 days of unskilled wage a month to reach the poverty line, and 10 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	191,050
Returnees 2026 (to October)	36,973
Residents (incl. 2026 arrivals)	1,314,175
Returnees per km² inhabited	36
Public health facilities / hospitals	111 / 3
Public health workers	626
Residents per public health facility	11,839
Public health facilities opened, 5 yrs	17
School-age returnees (est.)	87,000
Unskilled wage, Aug 2026	312 AFN/day
Poverty line, household of 6.1 members	13,298 AFN/month
Rent, 4-bedroom non-concrete house	3,266 AFN/month
Inflation, Aug 2026 YoY	5.6%
Additional returnees if 1 million more returnees arrive	+27,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Feroz Koh	43,482	14%	35	17	151	STRETCHED
Pasaband	33,569	19%	34	8	49	STRETCHED
Shahrak	27,210	20%	44	14	44	STRETCHED
Tolak	26,088	25%	66	6	36	SATURATED
Taywarah	23,347	13%	32	10	69	BUFFERED
Lal Wa Sarjangal	21,904	20%	29	15	89	STRETCHED
Saghar	15,713	23%	59	4	35	STRETCHED
DoLayna	15,090	17%	23	8	28	STRETCHED
Dawlatyar	14,087	24%	49	9	31	STRETCHED
Charsadra	7,533	11%	20	8	35	BUFFERED

Helmand

PROVINCE 11 OF 34

BUFFERED

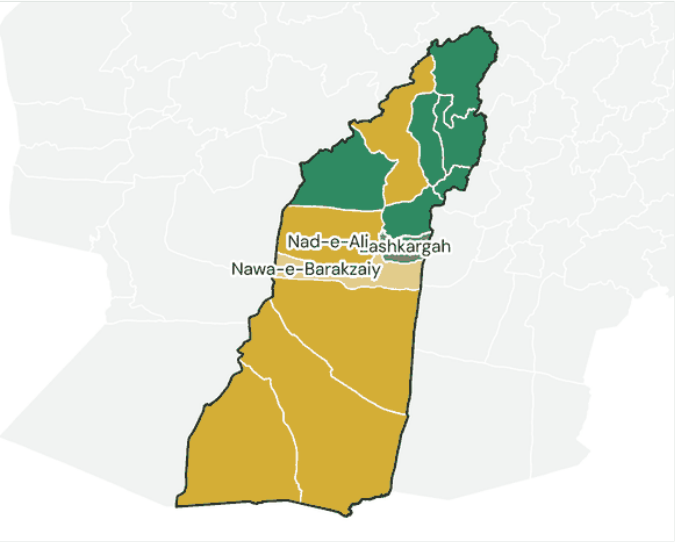
301,554
returnees, 2021 to Oct 2026

13.4%
of residents are returnees

176
returnees per health worker

68
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Helmand is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 7 residents is a returnee (13.4%). Each public health worker serves 176 returnees, below the national 252, and 80 public health facilities opened over five years. A household of 6.1 members needs 68 days of unskilled wage a month to reach the poverty line, and 16 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	279,995
Returnees 2026 (to October)	21,559
Residents (incl. 2026 arrivals)	2,248,906
Returnees per km² inhabited	32
Public health facilities / hospitals	200 / 7
Public health workers	1,710
Residents per public health facility	11,245
Public health facilities opened, 5 yrs	80
School-age returnees (est.)	115,000
Unskilled wage, Aug 2026	250 AFN/day
Poverty line, household of 6.1 members	17,005 AFN/month
Rent, 4-bedroom non-concrete house	4,000 AFN/month
Inflation, Aug 2026 YoY	1.8%
Additional returnees if 1 million more returnees arrive	+16,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Lashkargah	47,794	13%	125	31	699	CROWDED
Nad-e-Ali	43,608	14%	29	29	121	STRETCHED
Nawa-e-Barakzaiy	43,397	18%	117	14	82	SATURATED
Garmser	32,258	17%	53	12	108	STRETCHED
Nahr-e-Saraj	27,696	13%	23	17	142	BUFFERED
Nawzad	23,538	17%	19	16	78	STRETCHED
Baghran	22,800	12%	28	9	45	BUFFERED
Washer	14,383	8%	19	13	40	BUFFERED
Kajaki	13,515	10%	20	19	81	BUFFERED
Musa Qala	12,517	7%	14	14	146	BUFFERED
Deh-e-Shu	9,154	25%	45	3	15	STRETCHED
Sangin	5,943	12%	22	10	64	BUFFERED
Reg-i-Khan Nishin	4,951	23%	12	7	41	STRETCHED

Herat

PROVINCE 12 OF 34

SATURATED

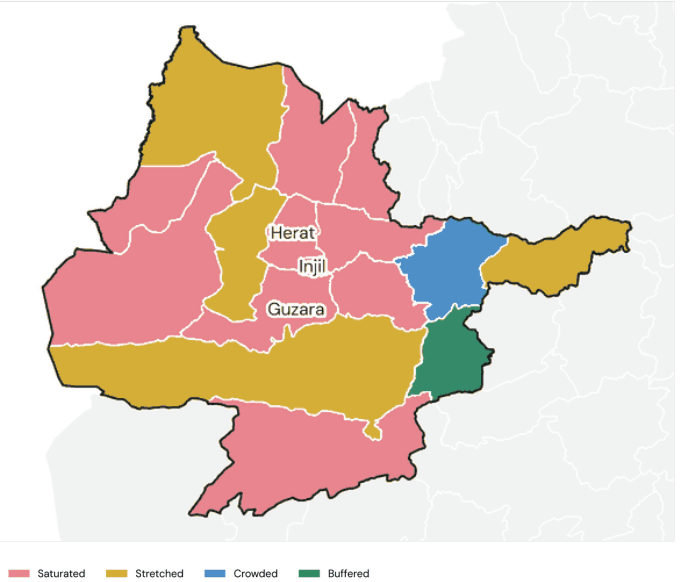
851,664
returnees, 2021 to Oct 2026

22.3%
of residents are returnees

469
returnees per health worker

53
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Herat is a saturated province, facing above-average pressure in terms of both returnee share and spatial crowding. About 1 in 4 residents is a returnee (22.3%). Each public health worker serves 469 returnees, above the national 252, and 73 public health facilities opened over five years. A household of 6.1 members needs 53 days of unskilled wage a month to reach the poverty line, and 24 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	649,104
Returnees 2026 (to October)	202,560
Residents (incl. 2026 arrivals)	3,817,253
Returnees per km² inhabited	114
Public health facilities / hospitals	249 / 5
Public health workers	1,816
Residents per public health facility	15,330
Public health facilities opened, 5 yrs	73
School-age returnees (est.)	324,000
Unskilled wage, Aug 2026	300 AFN/day
Poverty line, household of 6.1 members	15,763 AFN/month
Rent, 4-bedroom non-concrete house	7,329 AFN/month
Inflation, Aug 2026 YoY	5.0%
Additional returnees if 1 million more returnees arrive	+146,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Herat	217,700	20%	448	39	738	SATURATED
Injil	150,218	28%	841	24	181	SATURATED
Guzara	88,900	28%	139	20	125	SATURATED
Shindand	69,261	19%	66	18	104	SATURATED
Ghoryan	54,618	34%	109	15	78	SATURATED
Kohsan	39,353	34%	204	15	61	SATURATED
Kushk	37,875	18%	62	10	62	SATURATED
Pashtun Zarghun	35,233	20%	78	9	46	SATURATED
Zindajan	27,657	34%	58	9	52	STRETCHED
Obe	27,412	13%	71	14	81	CROWDED
Karukh	25,062	18%	64	15	55	SATURATED
Gulran	23,789	22%	40	17	76	STRETCHED
Adraskan	21,872	22%	28	18	51	STRETCHED
Kushk-e-Kuhna	14,740	18%	87	7	24	SATURATED
Chisht-e-Sharif	10,055	16%	33	8	42	STRETCHED
Farsi	7,919	13%	31	8	34	BUFFERED

Jawzjan

PROVINCE 13 OF 34

BUFFERED

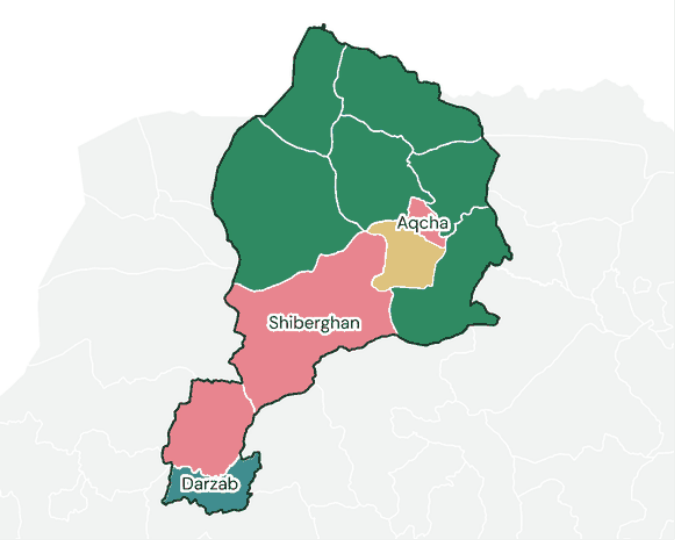
87,031
returnees, 2021 to Oct 2026

13.3%
of residents are returnees

147
returnees per health worker

52
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Jawzjan is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 8 residents is a returnee (13.3%). Each public health worker serves 147 returnees, below the national 252, and 6 public health facilities opened over five years. A household of 6.1 members needs 52 days of unskilled wage a month to reach the poverty line, and 10 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	72,199
Returnees 2026 (to October)	14,832
Residents (incl. 2026 arrivals)	654,158
Returnees per km² inhabited	49
Public health facilities / hospitals	59 / 4
Public health workers	593
Residents per public health facility	11,087
Public health facilities opened, 5 yrs	6
School-age returnees (est.)	33,000
Unskilled wage, Aug 2026	300 AFN/day
Poverty line, household of 6.1 members	15,501 AFN/month
Rent, 4-bedroom non-concrete house	2,850 AFN/month
Inflation, Aug 2026 YoY	4.9%
Additional returnees if 1 million more returnees arrive	+11,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Shiberghan	37,453	15%	81	24	294	SATURATED
Aqcha	8,210	18%	61	3	44	SATURATED
Darzab	7,663	12%	163	5	40	CROWDED
Qush Tepa	7,238	17%	78	5	36	SATURATED
Khanaqa	5,872	16%	58	4	34	STRETCHED
Fayzabad	5,343	12%	21	3	36	BUFFERED
Khwaja Dukoh	4,945	12%	29	3	28	BUFFERED
Mardyan	2,810	9%	20	3	16	BUFFERED
Qarqin	2,747	8%	28	2	26	BUFFERED
Mingajik	2,678	6%	14	5	23	BUFFERED
Khamyab	2,072	10%	31	2	16	BUFFERED

Kabul

PROVINCE 14 OF 34

CROWDED

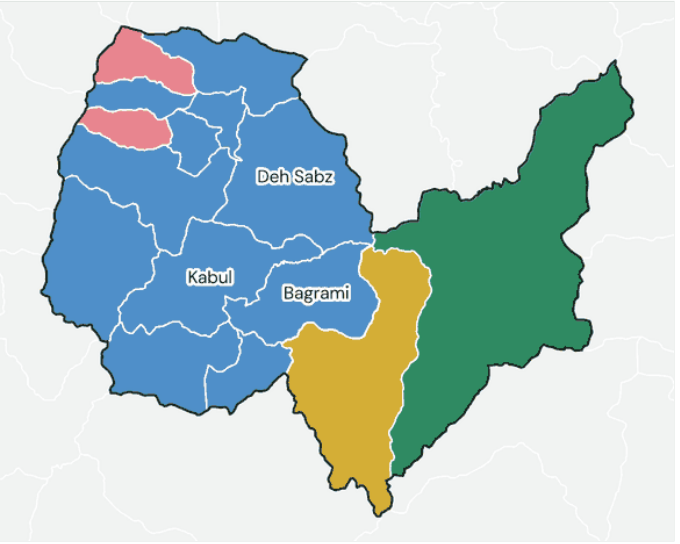
486,124
returnees, 2021 to Oct 2026

7.2%
of residents are returnees

136
returnees per health worker

61
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Kabul is a crowded province, with above-average spatial crowding but a below-average returnee share. About 1 in 14 residents is a returnee (7.2%). Each public health worker serves 136 returnees, below the national 252, and 30 public health facilities opened over five years. A household of 6.1 members needs 61 days of unskilled wage a month to reach the poverty line, and 31 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	315,364
Returnees 2026 (to October)	170,760
Residents (incl. 2026 arrivals)	6,739,446
Returnees per km² inhabited	207
Public health facilities / hospitals	210 / 38
Public health workers	3,566
Residents per public health facility	32,093
Public health facilities opened, 5 yrs	30
School-age returnees (est.)	185,000
Unskilled wage, Aug 2026	400 AFN/day
Poverty line, household of 6.1 members	24,375 AFN/month
Rent, 4-bedroom non-concrete house	12,364 AFN/month
Inflation, Aug 2026 YoY	9.6%
Additional returnees if 1 million more returnees arrive	+123,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Kabul	296,187	7%	891	115	2957	CROWDED
Bagrami	45,549	5%	206	10	71	CROWDED
Deh Sabz	28,075	8%	86	8	50	CROWDED
Paghman	23,183	6%	118	13	91	CROWDED
Surobi	18,586	13%	49	12	79	BUFFERED
Qara Bagh	17,012	10%	124	8	56	CROWDED
Shakar Dara	13,934	7%	63	12	58	CROWDED
Chahar Asyab	10,570	7%	77	6	45	CROWDED
Mir Bacha Kot	6,604	11%	136	5	50	CROWDED
Khak-e-Jabbar	5,384	17%	45	6	19	STRETCHED
Kalakan	4,703	11%	86	5	23	CROWDED
Estalef	4,510	21%	122	2	16	SATURATED
Musahi	4,371	9%	74	4	21	CROWDED
Farza	3,896	8%	113	1	20	CROWDED
Guldara	3,560	16%	87	3	10	SATURATED

Kandahar

PROVINCE 15 OF 34

BUFFERED

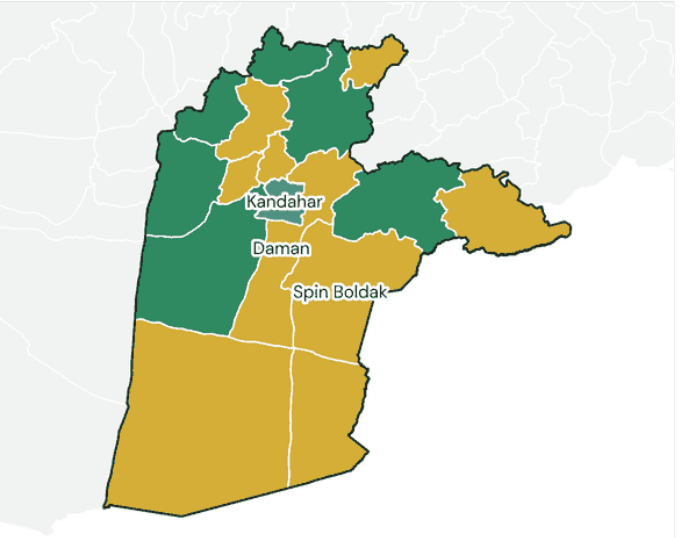
228,638
returnees, 2021 to Oct 2026

12.2%
of residents are returnees

172
returnees per health worker

58
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Kandahar is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 8 residents is a returnee (12.2%). Each public health worker serves 172 returnees, below the national 252, and 46 public health facilities opened over five years. A household of 6.1 members needs 58 days of unskilled wage a month to reach the poverty line, and 15 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	198,232
Returnees 2026 (to October)	30,406
Residents (incl. 2026 arrivals)	1,872,442
Returnees per km² inhabited	28
Public health facilities / hospitals	157 / 2
Public health workers	1,326
Residents per public health facility	11,926
Public health facilities opened, 5 yrs	46
School-age returnees (est.)	87,000
Unskilled wage, Aug 2026	300 AFN/day
Poverty line, household of 6.1 members	17,305 AFN/month
Rent, 4-bedroom non-concrete house	4,500 AFN/month
Inflation, Aug 2026 YoY	9.5%
Additional returnees if 1 million more returnees arrive	+22,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Kandahar	84,692	10%	122	20	574	CROWDED
Spin Boldak	29,243	17%	27	20	141	STRETCHED
Daman	19,761	16%	28	21	135	STRETCHED
Maywand	15,563	13%	20	11	51	BUFFERED
Shah Wali Kot	15,058	8%	17	17	68	BUFFERED
Zheray	11,148	18%	32	5	49	STRETCHED
Maruf	10,483	17%	12	12	40	STRETCHED
Panjwayi	8,456	8%	23	8	55	BUFFERED
Arghandab	7,289	37%	31	6	54	STRETCHED small
Arghestan	5,845	11%	15	10	25	BUFFERED
Khakrez	5,757	16%	11	10	44	STRETCHED
Miyanshin	4,371	14%	13	4	17	STRETCHED
Nesh	4,360	13%	14	3	24	BUFFERED
Ghorak	2,588	8%	10	7	35	BUFFERED
Shorabak	2,023	20%	13	3	14	STRETCHED small
Reg	2,001	20%	22	0	0	STRETCHED small

Kapisa

PROVINCE 16 OF 34

SATURATED

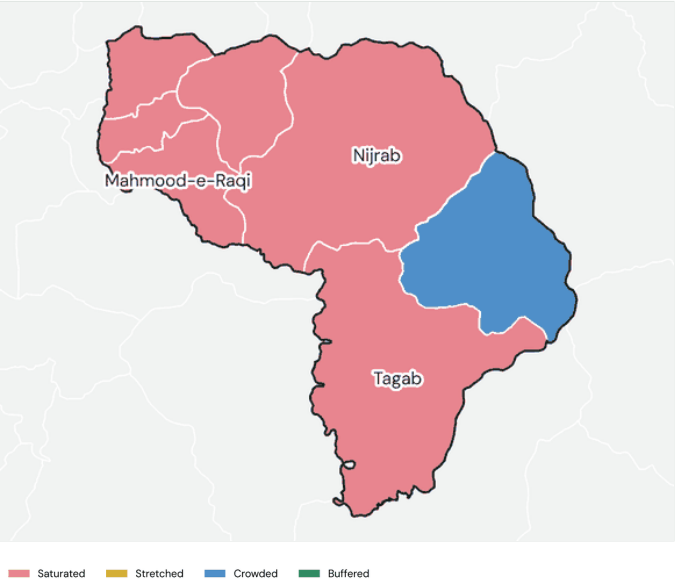
128,412
returnees, 2021 to Oct 2026

18.9%
of residents are returnees

209
returnees per health worker

52
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Kapisa is a saturated province, facing above-average pressure in terms of both returnee share and spatial crowding. About 1 in 5 residents is a returnee (18.9%). Each public health worker serves 209 returnees, below the national 252, and 3 public health facilities opened over five years. A household of 6.1 members needs 52 days of unskilled wage a month to reach the poverty line, and 17 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	111,386
Returnees 2026 (to October)	17,026
Residents (incl. 2026 arrivals)	679,219
Returnees per km² inhabited	179
Public health facilities / hospitals	57 / 3
Public health workers	615
Residents per public health facility	11,916
Public health facilities opened, 5 yrs	3
School-age returnees (est.)	49,000
Unskilled wage, Aug 2026	300 AFN/day
Poverty line, household of 6.1 members	15,683 AFN/month
Rent, 4-bedroom non-concrete house	5,000 AFN/month
Inflation, Aug 2026 YoY	7.8%
Additional returnees if 1 million more returnees arrive	+12,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Nijrab	27,660	22%	130	13	147	SATURATED
Tagab	25,326	19%	138	8	67	SATURATED
Mahmood-e-Raqi	24,157	20%	282	9	158	SATURATED
Hisa-e-Awal-e-Kohistan	18,521	17%	302	7	100	SATURATED
Hisa-e-Duwum-e-Kohistan	17,551	18%	348	6	49	SATURATED
Koh Band	8,847	23%	172	6	48	SATURATED
Alasay	6,350	11%	90	8	46	CROWDED

Khost

PROVINCE 17 OF 34

BUFFERED

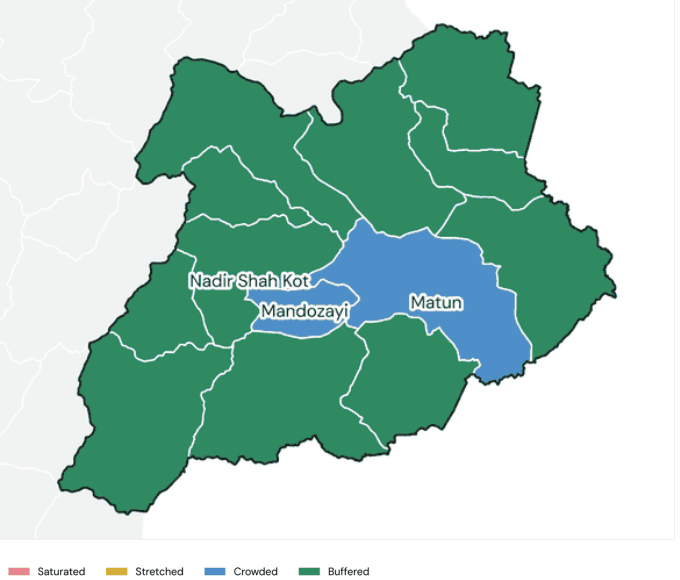
101,505
returnees, 2021 to Oct 2026

6.2%
of residents are returnees

226
returnees per health worker

48
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Khost is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 16 residents is a returnee (6.2%). Each public health worker serves 226 returnees, below the national 252, and 24 public health facilities opened over five years. A household of 6.1 members needs 48 days of unskilled wage a month to reach the poverty line, and 21 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	78,720
Returnees 2026 (to October)	22,785
Residents (incl. 2026 arrivals)	1,639,427
Returnees per km² inhabited	37
Public health facilities / hospitals	87 / 1
Public health workers	449
Residents per public health facility	18,844
Public health facilities opened, 5 yrs	24
School-age returnees (est.)	39,000
Unskilled wage, Aug 2026	300 AFN/day
Poverty line, household of 6.1 members	14,469 AFN/month
Rent, 4-bedroom non-concrete house	6,178 AFN/month
Inflation, Aug 2026 YoY	6.8%
Additional returnees if 1 million more returnees arrive	+16,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Matun	35,076	8%	85	16	106	CROWDED
Mandozayi	11,368	7%	96	4	31	CROWDED
Nadir Shah Kot	10,481	8%	59	5	29	BUFFERED
Tani	9,955	7%	24	12	51	BUFFERED
Gurbuz	6,330	5%	33	6	39	BUFFERED
Terezayi	5,792	5%	22	6	16	BUFFERED
Jaji Maydan	5,447	7%	27	3	15	BUFFERED
Bak	4,345	7%	35	4	17	BUFFERED
Sabari	3,946	3%	15	7	27	BUFFERED
Spera	3,707	3%	13	6	22	BUFFERED
Musa Khel	2,929	4%	20	11	55	BUFFERED
Qalandar	1,130	7%	24	5	26	BUFFERED small
Shamal	999	2%	11	2	15	BUFFERED

Kunar

PROVINCE 18 OF 34

CROWDED

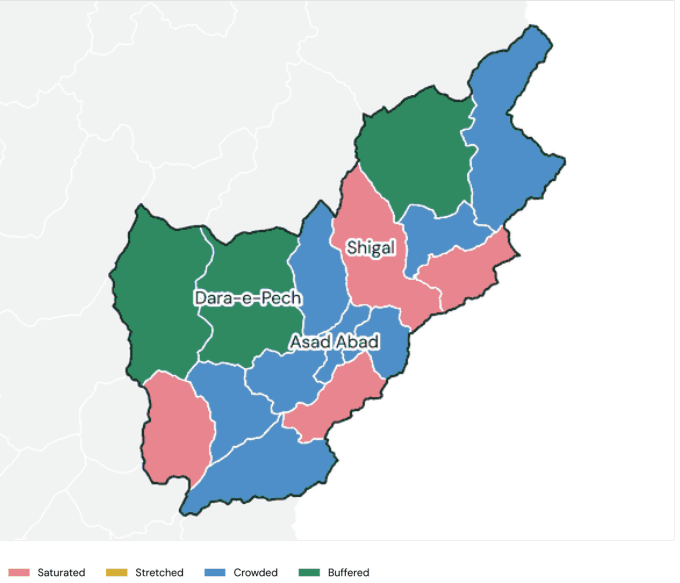
143,621
returnees, 2021 to Oct 2026

10.2%
of residents are returnees

234
returnees per health worker

57
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Kunar is a crowded province, with above-average spatial crowding but a below-average returnee share. About 1 in 10 residents is a returnee (10.2%). Each public health worker serves 234 returnees, below the national 252, and 22 public health facilities opened over five years. A household of 6.1 members needs 57 days of unskilled wage a month to reach the poverty line, and 26 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	114,515
Returnees 2026 (to October)	29,106
Residents (incl. 2026 arrivals)	1,410,849
Returnees per km² inhabited	82
Public health facilities / hospitals	87 / 3
Public health workers	614
Residents per public health facility	16,217
Public health facilities opened, 5 yrs	22
School-age returnees (est.)	55,000
Unskilled wage, Aug 2026	250 AFN/day
Poverty line, household of 6.1 members	14,367 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+21,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Shigal	20,687	18%	165	7	34	SATURATED
Asad Abad	16,069	11%	255	6	136	CROWDED
Dara-e-Pech	13,336	9%	54	7	70	BUFFERED
Khas Kunar	12,695	12%	67	3	26	CROWDED
Sar Kani	10,547	14%	87	6	28	SATURATED
Chawkay	10,066	11%	78	6	58	CROWDED
Nurgal	8,926	16%	70	11	33	SATURATED
Narang	8,469	11%	86	4	21	CROWDED
Watapur	8,275	7%	77	6	33	CROWDED
Chapa Dara	7,039	6%	40	7	33	BUFFERED
Dangam	6,966	15%	90	3	17	SATURATED
Marawara	6,300	9%	93	0	0	CROWDED
Bar Kunar	5,173	11%	104	7	34	CROWDED
Nari	5,157	5%	71	5	38	CROWDED
Ghazi Abad	3,916	5%	45	4	25	BUFFERED

Kunduz

PROVINCE 19 OF 34

SATURATED

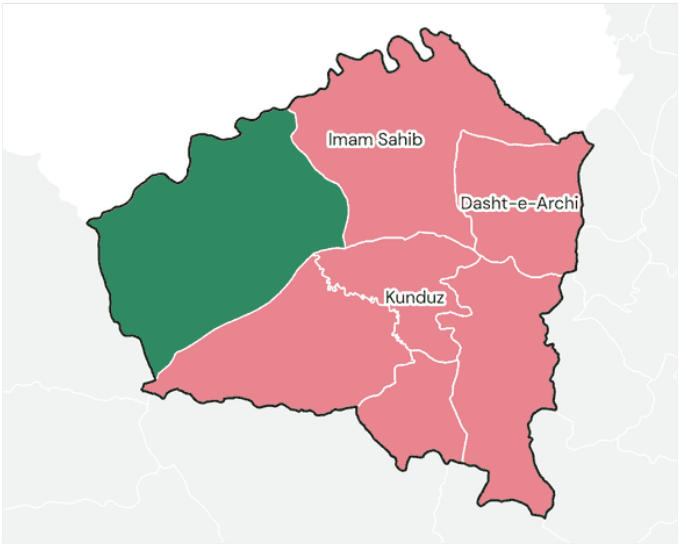
389,074
returnees, 2021 to Oct 2026

23.8%
of residents are returnees

561
returnees per health worker

49
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Kunduz is a saturated province, facing above-average pressure in terms of both returnee share and spatial crowding. About 1 in 4 residents is a returnee (23.8%). Each public health worker serves 561 returnees, above the national 252, and 8 public health facilities opened over five years. A household of 6.1 members needs 49 days of unskilled wage a month to reach the poverty line, and 23 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	328,132
Returnees 2026 (to October)	60,942
Residents (incl. 2026 arrivals)	1,637,057
Returnees per km² inhabited	136
Public health facilities / hospitals	92 / 2
Public health workers	693
Residents per public health facility	17,794
Public health facilities opened, 5 yrs	8
School-age returnees (est.)	148,000
Unskilled wage, Aug 2026	300 AFN/day
Poverty line, household of 6.1 members	14,743 AFN/month
Rent, 4-bedroom non-concrete house	6,829 AFN/month
Inflation, Aug 2026 YoY	3.7%
Additional returnees if 1 million more returnees arrive	+44,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Kunduz	143,342	31%	332	22	252	SATURATED
Imam Sahib	74,549	19%	95	13	149	SATURATED
Dasht-e-Archi	53,874	25%	126	12	73	SATURATED
Khan Abad	41,594	27%	90	12	44	SATURATED
Chahar Darah	39,785	25%	148	9	39	SATURATED
Ali Abad	21,766	16%	128	6	24	SATURATED
Qala-e-Zal	14,164	12%	45	6	40	BUFFERED

Laghman

PROVINCE 20 OF 34

CROWDED

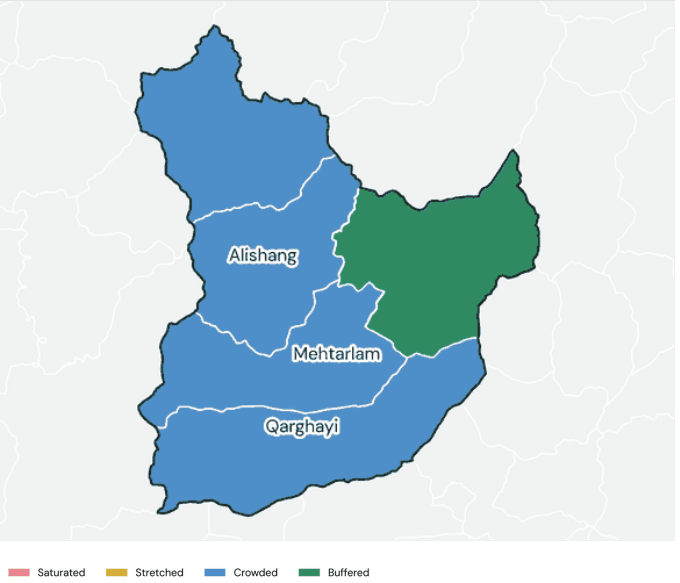
116,929
returnees, 2021 to Oct 2026

9.4%
of residents are returnees

199
returnees per health worker

48
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Laghman is a crowded province, with above-average spatial crowding but a below-average returnee share. About 1 in 11 residents is a returnee (9.4%). Each public health worker serves 199 returnees, below the national 252, and 12 public health facilities opened over five years. A household of 6.1 members needs 48 days of unskilled wage a month to reach the poverty line, and 21 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	79,233
Returnees 2026 (to October)	37,696
Residents (incl. 2026 arrivals)	1,250,233
Returnees per km² inhabited	90
Public health facilities / hospitals	76 / 3
Public health workers	589
Residents per public health facility	16,450
Public health facilities opened, 5 yrs	12
School-age returnees (est.)	44,000
Unskilled wage, Aug 2026	300 AFN/day
Poverty line, household of 6.1 members	14,391 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+27,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Mehtarlam	47,363	13%	157	17	190	CROWDED
Qarghayi	30,368	10%	90	16	114	CROWDED
Alishang	17,746	13%	90	12	58	CROWDED
Alingar	13,514	5%	36	19	135	BUFFERED
Dawlatshah	7,938	6%	98	3	39	CROWDED

Logar

PROVINCE 21 OF 34

SATURATED

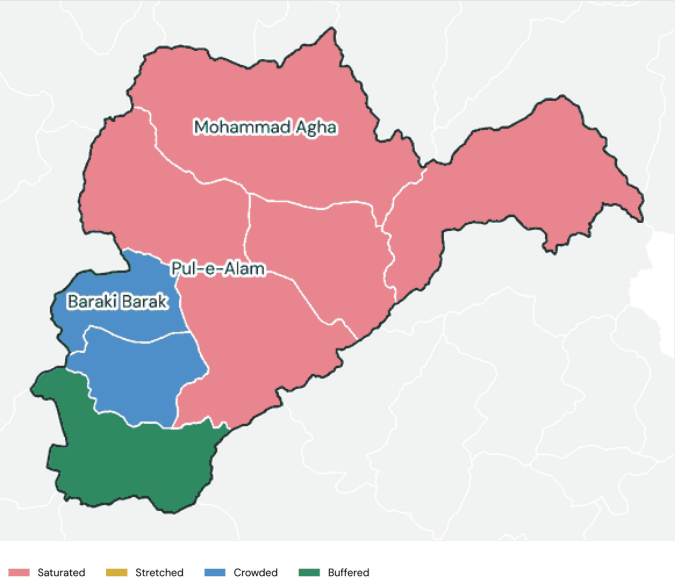
111,709
returnees, 2021 to Oct 2026

19.0%
of residents are returnees

199
returnees per health worker

46
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Logar is a saturated province, facing above-average pressure in terms of both returnee share and spatial crowding. About 1 in 5 residents is a returnee (19.0%). Each public health worker serves 199 returnees, below the national 252, and 34 public health facilities opened over five years. A household of 6.1 members needs 46 days of unskilled wage a month to reach the poverty line, and 18 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	62,705
Returnees 2026 (to October)	49,004
Residents (incl. 2026 arrivals)	588,493
Returnees per km² inhabited	82
Public health facilities / hospitals	95 / 4
Public health workers	562
Residents per public health facility	6,195
Public health facilities opened, 5 yrs	34
School-age returnees (est.)	42,000
Unskilled wage, Aug 2026	350 AFN/day
Poverty line, household of 6.1 members	16,258 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+35,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Pul-e-Alam	41,743	20%	107	28	182	SATURATED
Mohammad Agha	25,685	59%	76	22	109	SATURATED
Baraki Barak	13,543	10%	83	16	110	CROWDED
Azra	10,593	18%	77	9	52	SATURATED
Charkh	7,643	12%	72	5	45	CROWDED
Kharwar	6,903	13%	48	6	32	BUFFERED
Khoshi	5,599	16%	61	9	32	SATURATED

Nangarhar

PROVINCE 22 OF 34

SATURATED

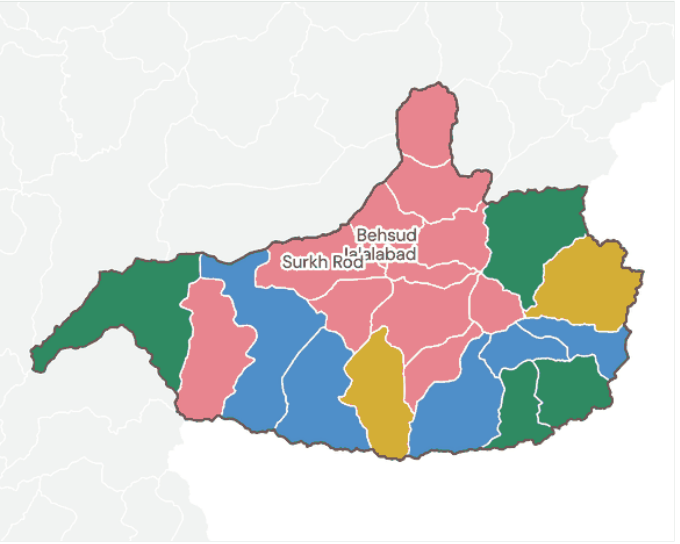
596,781
returnees, 2021 to Oct 2026

16.1%
of residents are returnees

307
returnees per health worker

51
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Nangarhar is a saturated province, facing above-average pressure in terms of both returnee share and spatial crowding. About 1 in 6 residents is a returnee (16.1%). Each public health worker serves 307 returnees, above the national 252, and 47 public health facilities opened over five years. A household of 6.1 members needs 51 days of unskilled wage a month to reach the poverty line, and 33 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	328,622
Returnees 2026 (to October)	268,159
Residents (incl. 2026 arrivals)	3,699,598
Returnees per km² inhabited	166
Public health facilities / hospitals	194 / 6
Public health workers	1,945
Residents per public health facility	19,070
Public health facilities opened, 5 yrs	47
School-age returnees (est.)	227,000
Unskilled wage, Aug 2026	300 AFN/day
Poverty line, household of 6.1 members	15,343 AFN/month
Rent, 4-bedroom non-concrete house	10,000 AFN/month
Inflation, Aug 2026 YoY	11.6%
Additional returnees if 1 million more returnees arrive	+193,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Jalalabad	171,264	22%	5,540	47	773	SATURATED
Surkh Rod	54,813	17%	207	8	64	SATURATED
Behsud	46,253	15%	238	1	7	SATURATED
Chaparhar	44,237	21%	306	9	73	SATURATED
Khogyani	35,897	13%	102	17	162	CROWDED
Kama	35,880	20%	253	11	122	SATURATED
Bati Kot	26,839	21%	207	10	45	SATURATED
Kuz Kunar	25,863	23%	165	11	72	SATURATED
Shinwar	20,565	9%	163	5	70	CROWDED
Rodat	18,091	16%	73	5	37	SATURATED
Kot	17,240	17%	197	8	41	SATURATED
Achin	16,746	13%	78	4	35	CROWDED
Muhmand Dara	12,117	7%	88	9	34	CROWDED
Sherzad	11,524	15%	62	10	46	SATURATED
Dara-e-Nur	11,402	17%	102	6	31	SATURATED
Pachir Wa Agam	9,599	7%	83	5	79	CROWDED

6 smaller districts not shown.

Nimroz

PROVINCE 23 OF 34

STRETCHED

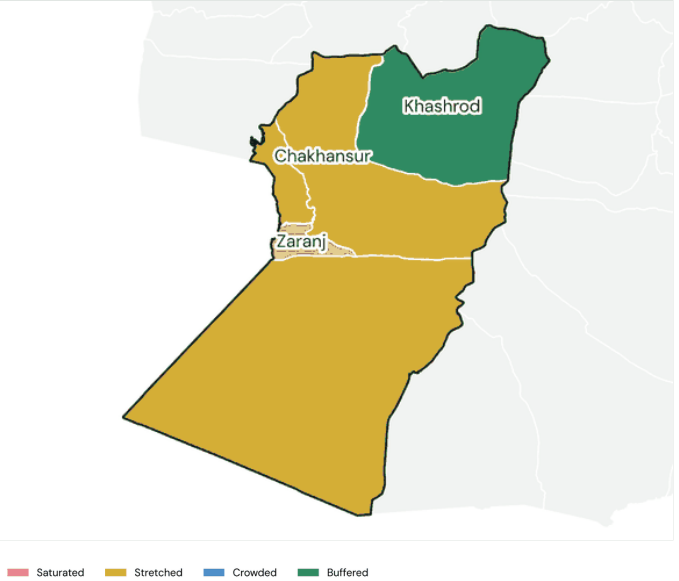
57,519
returnees, 2021 to Oct 2026

17.2%
of residents are returnees

169
returnees per health worker

38
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Nimroz is a stretched province, with an above-average returnee share spread across thinly settled land (below-average spatial crowding). About 1 in 6 residents is a returnee (17.2%). Each public health worker serves 169 returnees, below the national 252, and 11 public health facilities opened over five years. A household of 6.1 members needs 38 days of unskilled wage a month to reach the poverty line, and 14 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	48,530
Returnees 2026 (to October)	8,989
Residents (incl. 2026 arrivals)	333,993
Returnees per km² inhabited	25
Public health facilities / hospitals	38 / 1
Public health workers	340
Residents per public health facility	8,789
Public health facilities opened, 5 yrs	11
School-age returnees (est.)	22,000
Unskilled wage, Aug 2026	450 AFN/day
Poverty line, household of 6.1 members	17,037 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+6,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Zaranj	32,947	17%	181	19	202	SATURATED
Khashrod	13,188	13%	12	7	36	BUFFERED
Chakhansur	4,376	28%	14	2	15	STRETCHED small
Char Burjak	3,557	30%	7	3	31	STRETCHED small
Kang	3,451	33%	18	3	30	STRETCHED small

Nuristan

PROVINCE 24 OF 34

BUFFERED

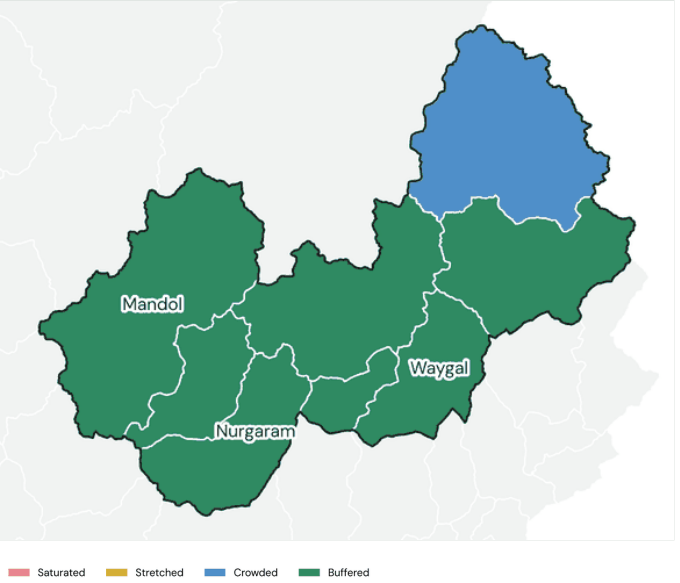
26,012
returnees, 2021 to Oct 2026

7.6%
of residents are returnees

84
returnees per health worker

56
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Nuristan is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 13 residents is a returnee (7.6%). Each public health worker serves 84 returnees, below the national 252, and 5 public health facilities opened over five years. A household of 6.1 members needs 56 days of unskilled wage a month to reach the poverty line, and 26 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	25,573
Returnees 2026 (to October)	439
Residents (incl. 2026 arrivals)	342,495
Returnees per km² inhabited	34
Public health facilities / hospitals	41 / 3
Public health workers	308
Residents per public health facility	8,354
Public health facilities opened, 5 yrs	5
School-age returnees (est.)	10,000
Unskilled wage, Aug 2026	250 AFN/day
Poverty line, household of 6.1 members	14,122 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+0

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Waygal	6,144	7%	59	5	35	BUFFERED
Mandol	4,608	12%	38	5	27	BUFFERED
Nurgaram	3,361	8%	14	7	39	BUFFERED
Duab	3,007	9%	39	5	37	BUFFERED
Kamdesh	2,480	5%	23	6	33	BUFFERED
Parun	2,219	11%	38	2	19	BUFFERED
Barg-e-Matal	2,144	5%	63	5	29	CROWDED
Wama	2,049	9%	58	2	18	BUFFERED

Paktika

PROVINCE 25 OF 34

BUFFERED

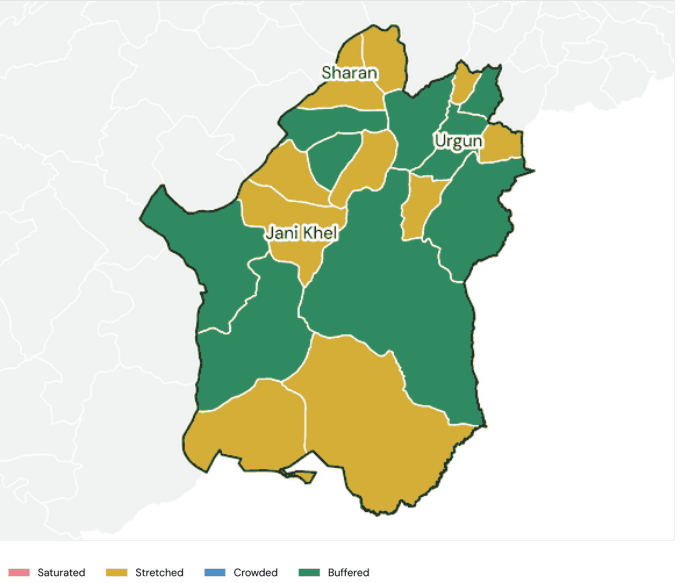
84,340
returnees, 2021 to Oct 2026

13.3%
of residents are returnees

186
returnees per health worker

57
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Paktika is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 8 residents is a returnee (13.3%). Each public health worker serves 186 returnees, below the national 252, and 26 public health facilities opened over five years. A household of 6.1 members needs 57 days of unskilled wage a month to reach the poverty line, and 26 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	73,269
Returnees 2026 (to October)	11,071
Residents (incl. 2026 arrivals)	636,109
Returnees per km² inhabited	17
Public health facilities / hospitals	80 / 3
Public health workers	453
Residents per public health facility	7,951
Public health facilities opened, 5 yrs	26
School-age returnees (est.)	32,000
Unskilled wage, Aug 2026	250 AFN/day
Poverty line, household of 6.1 members	14,329 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+8,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Sharan	9,173	15%	32	7	98	STRETCHED
Jani Khel	7,680	19%	32	5	21	STRETCHED
Urgun	6,920	12%	28	5	50	BUFFERED
Barmal	6,283	10%	9	8	12	BUFFERED
Wazakhah	5,758	13%	18	3	28	BUFFERED
Wormamay	5,391	17%	12	4	13	STRETCHED
Zarghun Shahr	5,174	14%	25	3	40	STRETCHED
Dila	4,948	13%	13	7	20	BUFFERED
Sarobi	4,485	17%	25	4	17	STRETCHED
Mata Khan	4,347	14%	26	3	17	STRETCHED
Gomal	4,287	8%	6	5	20	BUFFERED
Yahya Khel	3,446	9%	26	3	18	BUFFERED
Yosuf Khel	2,740	11%	19	5	17	BUFFERED
Giyan	2,596	14%	15	1	9	STRETCHED small
Nika	2,558	18%	30	2	11	STRETCHED small
Turwo	2,498	17%	16	1	7	

STRETCHED
small

3 smaller districts not shown.

Paktya

PROVINCE 26 OF 34

BUFFERED

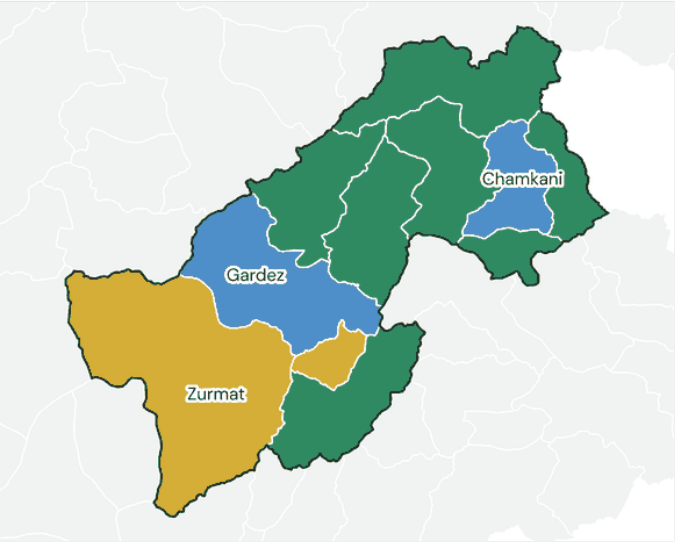
86,766
returnees, 2021 to Oct 2026

8.7%
of residents are returnees

163
returnees per health worker

44
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Paktya is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 12 residents is a returnee (8.7%). Each public health worker serves 163 returnees, below the national 252, and 13 public health facilities opened over five years. A household of 6.1 members needs 44 days of unskilled wage a month to reach the poverty line, and 24 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	63,333
Returnees 2026 (to October)	23,433
Residents (incl. 2026 arrivals)	1,001,283
Returnees per km² inhabited	42
Public health facilities / hospitals	63 / 4
Public health workers	533
Residents per public health facility	15,893
Public health facilities opened, 5 yrs	13
School-age returnees (est.)	33,000
Unskilled wage, Aug 2026	350 AFN/day
Poverty line, household of 6.1 members	15,305 AFN/month
Rent, 4-bedroom non-concrete house	8,500 AFN/month
Inflation, Aug 2026 YoY	9.5%
Additional returnees if 1 million more returnees arrive	+17,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Gardez	28,142	9%	76	14	131	CROWDED
Zurmat	22,653	15%	38	8	91	STRETCHED
Chamkani	7,656	7%	65	6	78	CROWDED
Jaji	5,218	6%	35	6	42	BUFFERED
Zadran	4,449	9%	18	1	18	BUFFERED
Sayed Karam	3,859	9%	23	3	25	BUFFERED
Ahmadaba	3,857	5%	30	2	19	BUFFERED
Lija Ahmad Khel	3,622	8%	33	10	54	BUFFERED
Jani Khel	3,008	4%	58	2	14	BUFFERED
Shawak	2,195	32%	52	1	8	STRETCHED small
Dand Wa Patan	2,107	4%	19	4	21	BUFFERED

Panjsher

PROVINCE 27 OF 34

STRETCHED

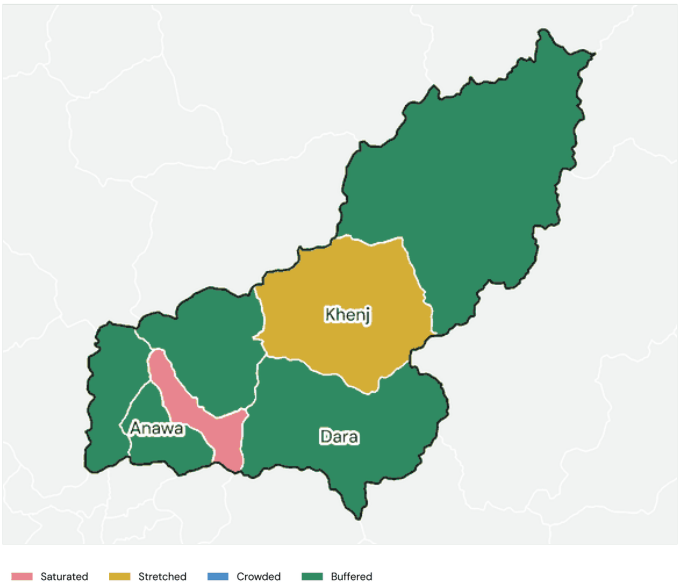
21,320
returnees, 2021 to Oct 2026

13.7%
of residents are returnees

86
returnees per health worker

45
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Panjsher is a stretched province, with an above-average returnee share spread across thinly settled land (below-average spatial crowding). About 1 in 7 residents is a returnee (13.7%). Each public health worker serves 86 returnees, below the national 252, and 3 public health facilities opened over five years. A household of 6.1 members needs 45 days of unskilled wage a month to reach the poverty line, and 18 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	18,625
Returnees 2026 (to October)	2,695
Residents (incl. 2026 arrivals)	155,348
Returnees per km² inhabited	43
Public health facilities / hospitals	33 / 1
Public health workers	249
Residents per public health facility	4,708
Public health facilities opened, 5 yrs	3
School-age returnees (est.)	8,000
Unskilled wage, Aug 2026	350 AFN/day
Poverty line, household of 6.1 members	15,866 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+2,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Khenj	5,069	16%	57	7	54	STRETCHED
Dara	4,771	13%	53	3	26	BUFFERED
Anawa	3,002	12%	57	3	21	BUFFERED
Paryan	2,900	13%	22	6	41	BUFFERED
Rukha	2,690	19%	73	3	40	SATURATED small
Bazarak	1,797	13%	27	4	30	BUFFERED small
Shutul	1,091	11%	42	3	18	BUFFERED small

Parwan

PROVINCE 28 OF 34

CROWDED

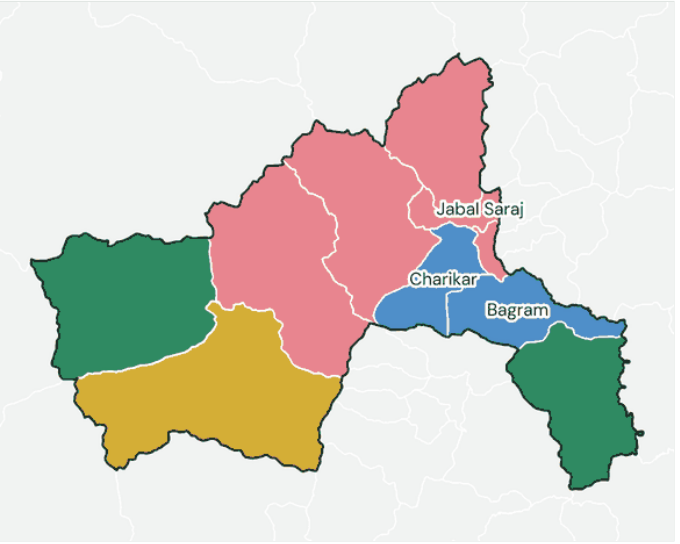
135,700
returnees, 2021 to Oct 2026

12.5%
of residents are returnees

196
returnees per health worker

48
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Parwan is a crowded province, with above-average spatial crowding but a below-average returnee share. About 1 in 8 residents is a returnee (12.5%). Each public health worker serves 196 returnees, below the national 252, and 3 public health facilities opened over five years. A household of 6.1 members needs 48 days of unskilled wage a month to reach the poverty line, and 11 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	115,224
Returnees 2026 (to October)	20,476
Residents (incl. 2026 arrivals)	1,085,389
Returnees per km² inhabited	99
Public health facilities / hospitals	89 / 3
Public health workers	693
Residents per public health facility	12,195
Public health facilities opened, 5 yrs	3
School-age returnees (est.)	52,000
Unskilled wage, Aug 2026	350 AFN/day
Poverty line, household of 6.1 members	16,631 AFN/month
Rent, 4-bedroom non-concrete house	4,000 AFN/month
Inflation, Aug 2026 YoY	0.1%
Additional returnees if 1 million more returnees arrive	+15,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Charikar	29,993	9%	190	17	210	CROWDED
Bagram	24,597	11%	104	14	119	CROWDED
Jabal Saraj	17,754	17%	251	6	43	SATURATED
Ghorband	15,970	19%	83	12	61	SATURATED
Shinwari	15,164	14%	175	8	45	SATURATED
Surkh-e-Parsa	9,340	21%	55	9	47	STRETCHED
Salang	8,207	20%	74	9	68	SATURATED
Sayed Khel	7,137	14%	152	4	33	SATURATED
Shekh Ali	4,289	12%	28	6	41	BUFFERED
Koh-e-Safi	3,249	8%	22	4	26	BUFFERED

Samangan

PROVINCE 29 OF 34

BUFFERED

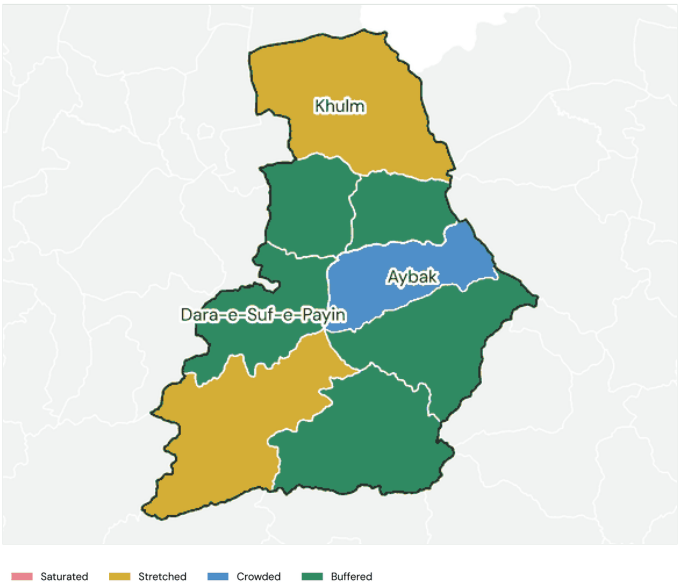
97,103
returnees, 2021 to Oct 2026

12.6%
of residents are returnees

199
returnees per health worker

64
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Samangan is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 8 residents is a returnee (12.6%). Each public health worker serves 199 returnees, below the national 252, and 6 public health facilities opened over five years. A household of 6.1 members needs 64 days of unskilled wage a month to reach the poverty line, and 26 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	88,753
Returnees 2026 (to October)	8,350
Residents (incl. 2026 arrivals)	769,435
Returnees per km² inhabited	40
Public health facilities / hospitals	46 / 5
Public health workers	489
Residents per public health facility	16,727
Public health facilities opened, 5 yrs	6
School-age returnees (est.)	37,000
Unskilled wage, Aug 2026	250 AFN/day
Poverty line, household of 6.1 members	15,979 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+6,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Aybak	21,960	10%	68	5	195	CROWDED
Dara-e-Suf-e-Payin	16,351	13%	36	5	27	BUFFERED
Khulm	14,803	21%	45	8	72	STRETCHED
Dara-e-Suf-e-Bala	13,996	17%	32	9	118	STRETCHED
Hazrat-e-Sultan	12,069	12%	57	4	22	BUFFERED
Ruy-e-Duab	9,059	11%	37	11	53	BUFFERED
Khuram Wa Sarbagh	6,015	12%	21	4	2	BUFFERED
Feroz Nakhchir	2,850	8%	20	0	0	BUFFERED

Sar-e-Pul

PROVINCE 30 OF 34

SATURATED

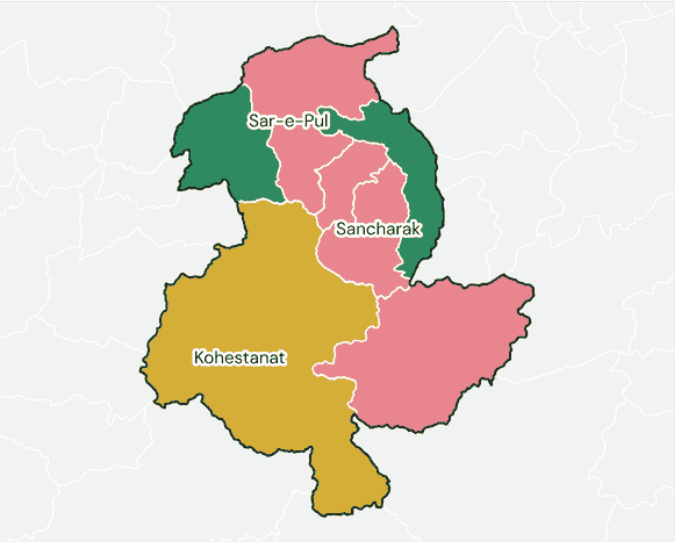
179,211
returnees, 2021 to Oct 2026

16.9%
of residents are returnees

294
returnees per health worker

46
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Sar-e-Pul is a saturated province, facing above-average pressure in terms of both returnee share and spatial crowding. About 1 in 6 residents is a returnee (16.9%). Each public health worker serves 294 returnees, above the national 252, and 6 public health facilities opened over five years. A household of 6.1 members needs 46 days of unskilled wage a month to reach the poverty line, and 29 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	158,627
Returnees 2026 (to October)	20,584
Residents (incl. 2026 arrivals)	1,057,799
Returnees per km² inhabited	74
Public health facilities / hospitals	81 / 4
Public health workers	610
Residents per public health facility	13,059
Public health facilities opened, 5 yrs	6
School-age returnees (est.)	68,000
Unskilled wage, Aug 2026	350 AFN/day
Poverty line, household of 6.1 members	16,093 AFN/month
Rent, 4-bedroom non-concrete house	10,000 AFN/month
Inflation, Aug 2026 YoY	22.3%
Additional returnees if 1 million more returnees arrive	+15,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Sar-e-Pul	58,105	19%	147	13	152	SATURATED
Sancharak	30,960	14%	94	12	105	SATURATED
Kohestanat	27,170	17%	36	6	65	STRETCHED
Balkhab	19,328	24%	61	10	88	SATURATED
Sozmaqala	17,870	20%	110	5	51	SATURATED
Sayad	13,530	13%	58	12	48	BUFFERED
Gosfandi	12,248	13%	52	8	37	BUFFERED

Takhar

PROVINCE 31 OF 34

SATURATED

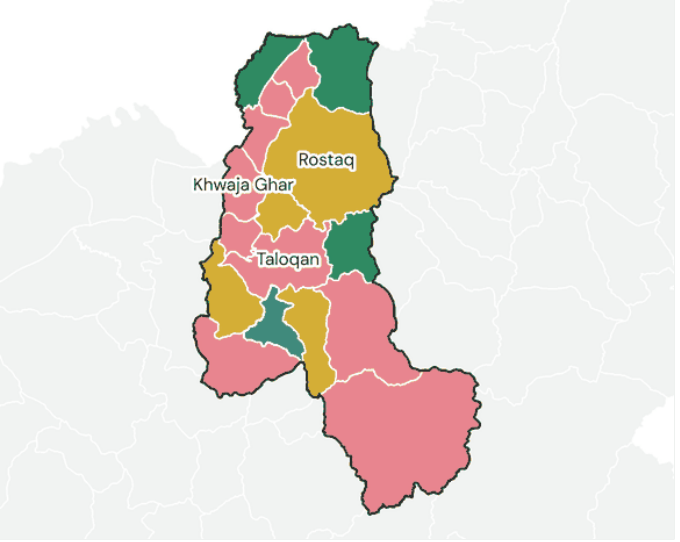
378,632
returnees, 2021 to Oct 2026

17.1%
of residents are returnees

563
returnees per health worker

47
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Takhar is a saturated province, facing above-average pressure in terms of both returnee share and spatial crowding. About 1 in 6 residents is a returnee (17.1%). Each public health worker serves 563 returnees, above the national 252, and 16 public health facilities opened over five years. A household of 6.1 members needs 47 days of unskilled wage a month to reach the poverty line, and 16 days to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	344,821
Returnees 2026 (to October)	33,811
Residents (incl. 2026 arrivals)	2,208,475
Returnees per km² inhabited	91
Public health facilities / hospitals	94 / 4
Public health workers	673
Residents per public health facility	23,494
Public health facilities opened, 5 yrs	16
School-age returnees (est.)	144,000
Unskilled wage, Aug 2026	300 AFN/day
Poverty line, household of 6.1 members	14,188 AFN/month
Rent, 4-bedroom non-concrete house	4,800 AFN/month
Inflation, Aug 2026 YoY	10.1%
Additional returnees if 1 million more returnees arrive	+24,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Taloqan	94,898	19%	167	21	224	SATURATED
Rostaq	46,843	15%	54	11	30	STRETCHED
Khwaja Ghar	28,741	19%	149	8	47	SATURATED
Eshkmesh	27,014	19%	107	9	50	SATURATED
Dasht-e-Qala	25,871	27%	151	2	42	SATURATED
Baharak	20,448	22%	157	4	19	SATURATED
Farkhar	17,662	22%	98	6	50	SATURATED
Yangi Qala	16,768	14%	139	2	16	SATURATED
Khwaja Bahawuddin	16,595	18%	171	2	40	SATURATED
Bangi	16,024	19%	54	2	12	STRETCHED
Warsaj	13,013	20%	70	6	23	SATURATED
Chahab	12,192	10%	49	4	37	BUFFERED
Kalafgan	11,830	12%	52	8	27	BUFFERED
Darqad	11,460	10%	51	2	6	BUFFERED
Chal	8,710	13%	66	4	21	CROWDED
Namak Ab	6,056	15%	39	2	19	STRETCHED

1 smaller districts not shown.

Uruzgan

PROVINCE 32 OF 34

BUFFERED

51,798
returnees, 2021 to Oct 2026

9.0%
of residents are returnees

94
returnees per health worker

67
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Uruzgan is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 11 residents is a returnee (9.0%). Each public health worker serves 94 returnees, below the national 252, and 18 public health facilities opened over five years. A household of 6.1 members needs 67 days of unskilled wage a month to reach the poverty line, and 26 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	48,686
Returnees 2026 (to October)	3,112
Residents (incl. 2026 arrivals)	578,447
Returnees per km² inhabited	17
Public health facilities / hospitals	75 / 2
Public health workers	553
Residents per public health facility	7,713
Public health facilities opened, 5 yrs	18
School-age returnees (est.)	20,000
Unskilled wage, Aug 2026	250 AFN/day
Poverty line, household of 6.1 members	16,808 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+2,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Tirinkot	14,792	9%	27	15	184	BUFFERED
Khas Uruzgan	9,305	9%	17	10	69	BUFFERED
Gizab	7,880	14%	13	8	64	STRETCHED
Shahid-e-Hassas	6,621	7%	15	14	86	BUFFERED
Chora	5,064	13%	11	11	40	BUFFERED
Dehrawud	4,302	5%	10	14	81	BUFFERED
Chinarto	3,834	10%		3	29	NO DATA

Wardak

PROVINCE 33 OF 34

BUFFERED

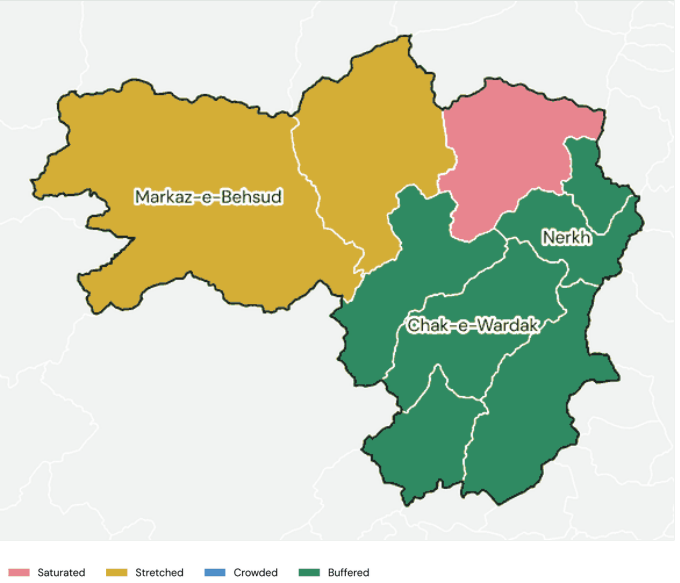
76,164
returnees, 2021 to Oct 2026

9.1%
of residents are returnees

108
returnees per health worker

64
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Wardak is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 11 residents is a returnee (9.1%). Each public health worker serves 108 returnees, below the national 252, and 6 public health facilities opened over five years. A household of 6.1 members needs 64 days of unskilled wage a month to reach the poverty line, and 26 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	65,774
Returnees 2026 (to October)	10,390
Residents (incl. 2026 arrivals)	836,646
Returnees per km² inhabited	28
Public health facilities / hospitals	80 / 3
Public health workers	706
Residents per public health facility	10,458
Public health facilities opened, 5 yrs	6
School-age returnees (est.)	29,000
Unskilled wage, Aug 2026	250 AFN/day
Poverty line, household of 6.1 members	15,942 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+7,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Markaz-e-Behsud	17,105	21%	23	20	128	STRETCHED
Nerkh	9,885	10%	51	7	51	BUFFERED
Chak-e-Wardak	8,978	7%	28	12	73	BUFFERED
Jalrez	7,801	14%	68	6	37	SATURATED
Saydabad	7,482	3%	17	13	149	BUFFERED
Maydan Shahr	7,354	11%	57	7	148	BUFFERED
Daymirdad	6,076	13%	28	5	49	BUFFERED
Hesa-e-Awal-e-Behsud	5,904	26%	17	4	33	STRETCHED
Jaghatu	5,579	6%	27	6	38	BUFFERED

Zabul

PROVINCE 34 OF 34

BUFFERED

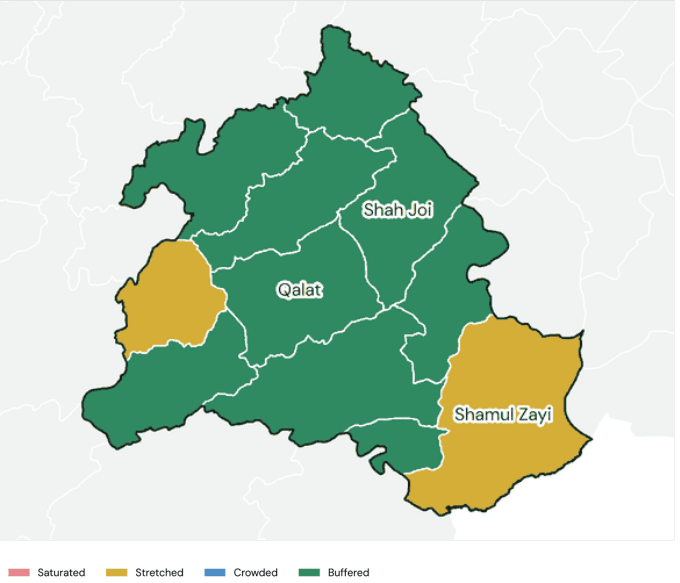
84,017
returnees, 2021 to Oct 2026

12.0%
of residents are returnees

286
returnees per health worker

56
days of wage to reach poverty line (a month holds 26 wage days per assumption)

Zabul is a buffered province, facing below-average pressure in terms of returnee share and spatial crowding. About 1 in 8 residents is a returnee (12.0%). Each public health worker serves 286 returnees, above the national 252, and 12 public health facilities opened over five years. A household of 6.1 members needs 56 days of unskilled wage a month to reach the poverty line, and 21 days (at the 20-province average rent) to pay rent for a four-bedroom house.



INDICATORS	
Returnees 2021 to 2025	78,159
Returnees 2026 (to October)	5,858
Residents (incl. 2026 arrivals)	700,292
Returnees per km² inhabited	20
Public health facilities / hospitals	64 / 1
Public health workers	294
Residents per public health facility	10,942
Public health facilities opened, 5 yrs	12
School-age returnees (est.)	32,000
Unskilled wage, Aug 2026	300 AFN/day
Poverty line, household of 6.1 members	16,650 AFN/month
Rent, 4-bedroom non-concrete house	6,439 AFN/month (avg.)
Inflation, Aug 2026 YoY	7.8% (national)
Additional returnees if 1 million more returnees arrive	+4,000

DISTRICT	RETURNEES	SHARE OF DISTRICT RESIDENTS	RETURNEES PER KM²	PUBLIC HEALTH FACILITIES	HEALTH WORKERS	TYPE
Shah Joi	15,895	13%	24	8	62	BUFFERED
Qalat	13,234	13%	28	12	37	BUFFERED
Shamul Zayi	9,133	20%	17	4	15	STRETCHED
Kakar	7,202	12%	22	4	18	BUFFERED
Shinkay	6,950	13%	21	4	11	BUFFERED
Tarnak Wa Jaldak	6,459	11%	18	5	40	BUFFERED
Mizan	6,246	17%	24	7	28	STRETCHED
Arghandab	6,086	7%	17	8	28	BUFFERED
Daychopan	5,161	9%	11	4	12	BUFFERED
Nawbahar	4,965	11%	22	3	13	BUFFERED
Atghar	2,686	9%	16	2	13	BUFFERED

ANNEX

The 59 districts holding half of all returnees

#	DISTRICT	PROVINCE	2021 TO 2025	2026	TOTAL	SHARE OF RESIDENTS	RETURNEES PER KM²	RETURNEES PER HEALTH WORKER	TYPE
1	Kabul	Kabul	181,448	114,739	296,187	7%	891	100	CROWDED
2	Herat	Herat	175,827	41,873	217,700	20%	448	295	SATURATED
3	Mazar-e-Sharif	Balkh	161,628	14,545	176,173	17%	6,275	1,207	SATURATED
4	Jalalabad	Nangarhar	65,322	105,942	171,264	22%	5,540	222	SATURATED
5	Injil	Herat	132,368	17,850	150,218	28%	841	830	SATURATED
6	Kunduz	Kunduz	119,608	23,734	143,342	31%	332	569	SATURATED
7	Taloqan	Takhar	87,373	7,525	94,898	19%	167	424	SATURATED
8	Pul-e-Khumri	Baghlan	85,426	8,519	93,945	14%	379	540	SATURATED
9	Baghlan-e-Jadid	Baghlan	78,518	13,306	91,824	19%	128	320	SATURATED
10	Nahr-e-Shahi	Balkh	87,005	2,445	89,450	17%	218	2,182	SATURATED
11	Guzara	Herat	73,949	14,951	88,900	28%	139	711	SATURATED
12	Kandahar	Kandahar	70,279	14,413	84,692	10%	122	148	CROWDED
13	Imam Sahib	Kunduz	61,703	12,846	74,549	19%	95	500	SATURATED
14	Shindand	Herat	42,582	26,679	69,261	19%	66	666	SATURATED
15	Sar-e-Pul	Sar-e-Pul	50,782	7,323	58,105	19%	147	382	SATURATED
16	Surkh Rod	Nangarhar	34,237	20,576	54,813	17%	207	856	SATURATED
17	Ghoryan	Herat	37,307	17,311	54,618	34%	109	700	SATURATED
18	Dasht-e-Archi	Kunduz	47,138	6,736	53,874	25%	126	738	SATURATED
19	Farah	Farah	44,610	9,077	53,687	14%	76	273	SATURATED
20	Qaysar	Faryab	38,780	11,374	50,154	11%	68	1,433	CROWDED
21	Lashkargah	Helmand	41,128	6,666	47,794	13%	125	68	CROWDED
22	Mehtarlam	Laghman	34,887	12,476	47,363	13%	157	249	CROWDED
23	Rostaq	Takhar	40,749	6,094	46,843	15%	54	1,561	STRETCHED
24	Behsud	Nangarhar	27,404	18,849	46,253	15%	238	6,608	SATURATED
25	Pashtun Kot	Faryab	37,222	9,025	46,247	12%	71	445	CROWDED
26	Bagrami	Kabul	29,870	15,679	45,549	5%	206	642	CROWDED
27	Chaparhar	Nangarhar	30,887	13,350	44,237	21%	306	606	SATURATED
28	Nad-e-Ali	Helmand	41,408	2,200	43,608	14%	29	360	STRETCHED
29	Feroz Koh	Ghor	37,407	6,075	43,482	14%	35	288	STRETCHED
30	Nawa-e-Barakzaiy	Helmand	41,304	2,093	43,397	18%	117	529	SATURATED
31	Pul-e-Alam	Logar	21,216	20,527	41,743	20%	107	229	SATURATED
32	Khan Abad	Kunduz	34,701	6,893	41,594	27%	90	945	SATURATED
33	Chahar Darah	Kunduz	34,090	5,695	39,785	25%	148	1,020	SATURATED
34	Kohsan	Herat	29,291	10,062	39,353	34%	204	645	SATURATED
35	Kushk	Herat	26,543	11,332	37,875	18%	62	611	SATURATED
36	Shiberghan	Jawzjan	30,943	6,510	37,453	15%	81	127	SATURATED
37	Khogyani	Nangarhar	19,947	15,950	35,897	13%	102	222	CROWDED
38	Kama	Nangarhar	21,516	14,364	35,880	20%	253	294	SATURATED
39	Balkh	Balkh	27,417	8,143	35,560	15%	87	265	SATURATED
40	Maymana	Faryab	24,599	10,922	35,521	12%	498	275	CROWDED
41	Pashtun Zarghun	Herat	24,968	10,265	35,233	20%	78	766	SATURATED

42	Matun	Khost	24,086	10,990	35,076	8%	85	331	CROWDED
43	Bala Murghab	Badghis	22,424	12,165	34,589	16%	50	349	STRETCHED
44	Sholgareh	Balkh	31,593	2,748	34,341	25%	79	390	SATURATED
45	Pasaband	Ghor	28,667	4,902	33,569	19%	34	685	STRETCHED
46	Burka	Baghlan	29,180	3,815	32,995	16%	172	702	SATURATED
47	Zaranj	Nimroz	27,372	5,575	32,947	17%	181	163	SATURATED
48	Nahrin	Baghlan	28,661	3,906	32,567	14%	141	509	SATURATED
49	Garmser	Helmand	28,720	3,538	32,258	17%	53	299	STRETCHED
50	Dehdadi	Balkh	30,116	2,081	32,197	12%	213	339	CROWDED
51	Keshem	Badakhshan	27,915	3,551	31,466	11%	109	543	CROWDED
52	Jawand	Badghis	29,043	2,350	31,393	18%	34	506	STRETCHED
53	Sancharak	Sar-e-Pul	26,870	4,090	30,960	14%	94	295	SATURATED
54	Qarghayi	Laghman	18,260	12,108	30,368	10%	90	266	CROWDED
55	Charikar	Parwan	25,091	4,902	29,993	9%	190	143	CROWDED
56	Qadis	Badghis	22,646	6,831	29,477	17%	39	331	STRETCHED
57	Spin Boldak	Kandahar	20,285	8,958	29,243	17%	27	207	STRETCHED
58	Khwaja Ghar	Takhar	27,480	1,261	28,741	19%	149	612	SATURATED
59	Gardez	Paktya	18,090	10,052	28,142	9%	76	215	CROWDED

Returnees per km² is returnees per square kilometer of inhabited land. District 2026 figures combine undocumented returnees by intended district (border dashboard) and documented returnees split by the district pattern of 2021 to 2025. Returnees per health worker uses health workers matched to the district; district health staff can serve a wider catchment, especially in provincial capitals.

METHODS

Methods and assumptions

ITEM	ASSUMPTION OR METHOD
Returnees 2021 to 2025	IOM mobility dashboard, round 3, column "returnees from abroad, 2021 to 2025", by district[2]. Internally displaced people and IDP returnees excluded.
Undocumented returnees 2026	1,064,441 undocumented returnees allocated by the intended province and district shares on the border dashboard[3]. Province totals are rounded to whole people so that they sum exactly to the national total; district totals sum exactly to their province.
Documented returnees 2026	323,371 documented returnees allocated by each province's share of UNHCR assisted returns, 1 January to 7 November 2026[4], then split across districts by each district's share of 2021 to 2025 returnees.
Residents	IOM total population for 2025 (which includes earlier returnees) plus 2026 arrivals. IOM's national total of 51.5 million is higher than official estimates; using it gives conservative (lower) shares. Population outflows are not subtracted because no such data exist by district.
Share of residents	`Returnees 2021 to Oct 2026 ÷ (IOM population 2025 + returnees 2026)`
Inhabited land	Area of populated cells in the Kontur population grid used for ARMO 2026 (H3 cells, about 0.82 km² each)[5,11], assigned to districts by geoBoundaries district boundaries[10]. Three new districts without boundaries (Chinarto, Patoo, Sharak-e-Hayratan) have no crowding value.
Typology	Above or below the national share (13.6%) and the national returnees per km² of inhabited land (60). Rankings use districts with at least 20,000 residents (377 of 401).
Health capacity	MoPH registry export of 9 November 2026[6]. Facilities with at least one recorded health worker, excluding 202 private outpatient clinics: 3,446 public facilities and 28,576 health workers. Registry district names matched to IOM names; new sub-districts such as Marjah, Gereshk, Babaji, Takhta Pul and Kshata Maiwand assigned to their parent district, and 118 facilities in other new sub-districts counted at province level only.
Facilities opened	Registry column "opened in last 5 years" for the same facilities. Closed facilities have no recorded staff and so fall outside the sample; closures are therefore not measured.
Earning capacity	`Days = poverty line per person × 6.1 ÷ daily unskilled wage` Poverty line August 2026[8], urban and rural lines weighted by the urban population share in the ARMO grid; WFP unskilled non-agricultural daily wage, August 2026 province median[7]. Household size 6.1 from IOM[1]. A full working month is taken as 26 days.
Rent	`Days = monthly rent ÷ daily unskilled wage` NSIA average monthly rent for a four-bedroom house, August 2026, concrete and non-concrete, 20 provinces[9]; the other 14 provinces take the average of the 20.
Children	National age shares from IOM's survey (38% aged 6 to 17, 19% under five) applied to every district[1].
Stress test	A further 1,000,000 returnees distributed by the 2026 province and district pattern. "Extra workers needed to hold ratio" = added returnees ÷ residents × current health workers; facilities likewise. Households = added returnees ÷ 6.1.
Limitations	Dashboard values were transcribed from screenshots and checked against all province and national totals. All indicators are descriptive and make no causal claim. Health worker counts may be incomplete. School capacity is not measured.

SOURCES

References

[1] International Organization for Migration (2026). Returnee Resilience Overview, Afghanistan, Round 3. Kabul: IOM Displacement Tracking Matrix. https://dtm.iom.int/afghanistan [a]

[2] International Organization for Migration (2026). Afghanistan Mobile Population Dashboard, Round 3. Kabul: IOM Displacement Tracking Matrix. https://dtm.iom.int/online-interactive-resources/afghanistan-mobile-population-dashboard [b]

[3] International Organization for Migration (2026). Afghanistan Returnee Border Response Dashboard. Kabul: IOM Afghanistan. https://app.powerbi.com/view?r=eyJrIjoiZjQyYzRiOGEtNzdhMC00NjRmLTliMWUtMDI5Zjg1YmM4MzU4IiwidCI6IjE1ODgyNjJkLTIzZmItNDNiNC1iZDZlLWJjZTQ5YzhlNjE4NiIsImMiOjh9 [c]

[4] United Nations High Commissioner for Refugees (2026). Afghanistan: Assisted Returnees by Province of Destination, 2026. Kabul: UNHCR. https://data.unhcr.org/en/country/afg [d]

[5] Wahdat, A. Z. (2026). Afghanistan Rural Marketplace Opportunity (ARMO) 2026. Data for Afghanistan. https://dataforafghanistan.org/armo [e]

[6] Ministry of Public Health (2026). National Health Facilities Registry Dashboard. Kabul: MoPH. https://dhismfl.moph.gov.af/ [f]

[7] World Food Programme (2026). Afghanistan – Food Prices. Humanitarian Data Exchange. https://data.humdata.org/dataset/wfp-food-prices-for-afghanistan [g]

[8] Data for Afghanistan (2026). Afghanistan Poverty Lines for August 2026. https://dataforafghanistan.org/reports/2026/aug/Afghanistan-Poverty-Lines-August-2026-DfA.pdf [h]

[9] National Statistics and Information Authority (2026). National Consumer Price Index, August 2026. Kabul: NSIA. [i]

[10] Runfola, D. et al. (2020). geoBoundaries: A global database of political administrative boundaries. PLoS ONE 15(4): e0231866. https://www.geoboundaries.org [j]

[11] Kontur (2023). Afghanistan: Population Density for 400m H3 Hexagons. Humanitarian Data Exchange. https://data.humdata.org/dataset/kontur-population-afghanistan

[12] World Health Organization (2016). Global Strategy on Human Resources for Health: Workforce 2030. Geneva: WHO. https://www.who.int/publications/i/item/9789241511131

[13] Humanitarian OpenStreetMap Team (2026). Afghanistan Education Facilities (OpenStreetMap Export). Humanitarian Data Exchange. https://data.humdata.org/dataset/hotosm_afg_education_facilities [k]

Notes

[a] Published September 2026. Household and individual indicators (household size 6.1; 58 percent under 18, of whom 38 percent of all returnees are aged 6 to 17 and 19 percent under five; employment, shelter, documentation and service access) come from this survey of returnees who arrived between July and December 2025. They are applied nationally and are not province estimates.

[b] Round 3 data were collected in November and December 2025; the total population view by province and district was used. Values for all 34 provinces and 401 districts were transcribed from dashboard views, because the dashboard does not offer a download. District sums were checked against province rows and the national total, and all checks matched exactly. Only the column "returnees from abroad, 2021 to 2025" is used; internally displaced people and IDP returnees are excluded because the 2026 source does not cover them.

[c] Filtered to 1 January to 31 October 2026. The dashboard reports 1,387,812 returnees for the period: 1,064,441 undocumented and 323,371 documented. Undocumented returnees from Pakistan draw on IOM Afghanistan from January 2025 and IOM Pakistan for September 2023 to December 2024; undocumented returnees from Iran draw on IOM Afghanistan; documented returnees draw on UNHCR Afghanistan. The dashboard gives the intended province and district of return of undocumented returnees as percentages to two decimals; these were applied to 1,064,441, with province totals rounded so that they sum exactly to the national figure.

[d] Assisted returnees by province of destination and month, 1 January to 7 November 2026, from Pakistan, Iran and Tajikistan. The file covers 205,816 assisted returnees, fewer than the 323,371 documented returnees on the border dashboard. Only the provincial distribution is used: each province's share of assisted returnees is applied to the 323,371 documented total.

[e] The ARMO population grid distributes official provincial population totals over Kontur population cells (about 0.82 km² each). Here it is used only to measure inhabited land and the urban share, never as a population count, so the difference between IOM and official population totals does not affect the ratios.

[f] Master Facility List: Facilities, History and Workforce tables; export of 9 November 2026, latest history snapshot 22 September 2026. Facilities are those with at least one recorded health worker, excluding 202 private outpatient clinics: 3,446 public facilities from regional hospitals to sub health centers, family health houses and mobile teams, with 28,576 health workers. A further 3,886 active facilities have no recorded staff (mostly private laboratories, hospitals and clinics, but also some public units) and are excluded. Because closed facilities carry no staff, the sample contains openings but no closures. Registry district names were matched to IOM district names; 118 facilities in newly created sub-districts with no clear parent are counted at province level only.

[g] Includes daily wage rates for non-qualified non-agricultural labor and qualified labor by province, with data to 15 October 2026. The August 2026 province median of the daily wage for non-qualified, non-agricultural labor is used, to match the month of the poverty line, the inflation data and the rent data.

[h] Dataset prepared by Data for Afghanistan: poverty lines by province and urban or rural area at August 2026 prices (food, non-food and total, Afghanis per person per month), updated from the 2019 to 2020 base lines with provincial food and non-food price indices. The food line is 1,669 AFN per person per month everywhere; non-food lines differ by province and by urban or rural area. Seven provinces have rural lines only. A province line is the urban and rural lines weighted by the urban share of population in the ARMO population grid.

[i] Provincial inflation and rent data are all taken from the August 2026 National CPI. The release gives year-on-year inflation for August 2026, national by item and for 20 provinces, and average prices by province, including monthly rent for a four-bedroom house. Fourteen provinces have no provincial index; for them the national rate of 7.8 percent is shown and marked as national. Housing (12.1 percent) and health (19.0 percent) inflation are national only. Rent for a four-bedroom concrete and non-concrete house is published for the same 20 provinces; the other 14 provinces are given the average of the 20 (6,439 Afghanis a month non-concrete, 9,210 concrete).

[j] Afghanistan ADM1 (province) and ADM2 (district) boundaries, gbOpen release.

[k] Snapshot of 2 November 2026, 3,459 features, ODbL license. Reviewed and not used for measurement. The 3,459 features are a small fraction of the country's schools and are unevenly distributed (one district holds 204).

Recommended citation: Wahdat, A. Z. (2026). *Enough Room to Return? Where 7.2 million Afghan returnees settled, and whether public health services, rentals, and wages can accommodate them*. Data for Afghanistan, November 2026.



Data for Afghanistan

DATAFORAFGHANISTAN.ORG

Independent analysis built on free and open data.