

PANAMA

Region: Central America (Global South)

Population (2022): 4.4 million (127th)

Life Expectancy at Birth (Women): 82.06 (33rd)

Governance System: Constitutional republic (democratic)

Capital: Panama City

Land Area (km²): 74,180 (113th)

Major Language: Spanish

Select Global Rankings

GDP (2022): 75th (76,522 US\$ Millions)

Human Development Index: 61st (Very High)

Fragile States Index - Inverted: 43rd (Cat. 4)

Good Country Index: 61st

Human Freedom Index: 44th

World Happiness Ranking: 38th

Select Global Rankings (Gender-Focus)

Gross National Income Per Capita (Women): 44th

Gender Social Norms Index: no ranking

Women's Power Index: 108th

Social Institutions and Gender Index (World Cup rank): 15th

Gender Inequality Index: 96th

Global Gender Gap Index: 58th

Women Peace & Security Index: 83rd

Elite Sport System Rankings

2020 Summer Olympic Women's Medals (% of Total): No medals

2022 Winter Olympic Women's Medals (% of Total): No medals

Global Cup Ranking (Women): 66th

Football/World Cup Profile

FIFA Region: CONCACAF

FIFA Ranking: 52

World Cup Appearance: 1st

Best World Cup Performance(s): Debut

Qualification: Inter-Confederation Playoff C

World Cup Group: F

Last World Cup Appearance: None

PANAMA in International (Gender) Affairs (by Alanna Harman)

Due to Panama's location "at the crossroads of the North and South American continents and the Atlantic and Pacific oceans, Panama is of immense strategic importance". The United States supported Panama's succession from Columbia and secured a sovereign zone to build the Panama Canal - which remained under US control from 1914 to 1999, following with Panama took full control, ending almost a century of US jurisdiction.

The Panama Canal is critical to trade and the economy of Panama. It is reported that more 15,000 vessels make the right-hour journey through the canal on an annual basis. However, with climate change the operation of the Canal is becoming increasingly challenging. The vice-president of water projects at the Panama Canal stated "they are working on finding solutions to ensure the canal does not run out of water".

Panama is also home to the Darien Gap, a thick rainforest that forms the border between South and Central America. The Darien Gap is known as part “of the world’s most [dangerous](#) migrant route”. It is estimated that 133,000 migrants crossed the Darien Gap in 2021 most are coming from Haiti, Cuba, and Venezuela with the hopes of settling in the [US](#).

Gender Equity

Panamanian women like most women are impacted by deep structural issues which impact social norms, self-perception, and leads to tangible issues like childcare. “Women in Panama who are impacted by these issues and others are denied a future and pay commensurate with their [abilities](#)”. As a means to address some of these issues Panama’s National Institute for Vocational Training and Training for Human Development with the support of the International Labour Organization have developed a plan to promote Panama women in non-traditional careers. Panama was also one of the first countries to partner with the Equal Pay International Coalition ([EPIC](#)). As Panama works to recover from the COVID-19 pandemic integrating women in a meaningful way in the workforce is viewed as a key strategic [priority](#).

In a March 2023 report by UN [Human Rights](#) made note of the work that has been undertaken by Panama, but also highlighted several areas for further development. The report indicated “that there were cases of forced sterilization of indigenous women and women with disabilities” as well many reports of teenage pregnancy from rape. Overall, bodily autonomy remains a critical area of development for gender equity in Panama

This will be Panama’s debut at the Women’s World [Cup](#).