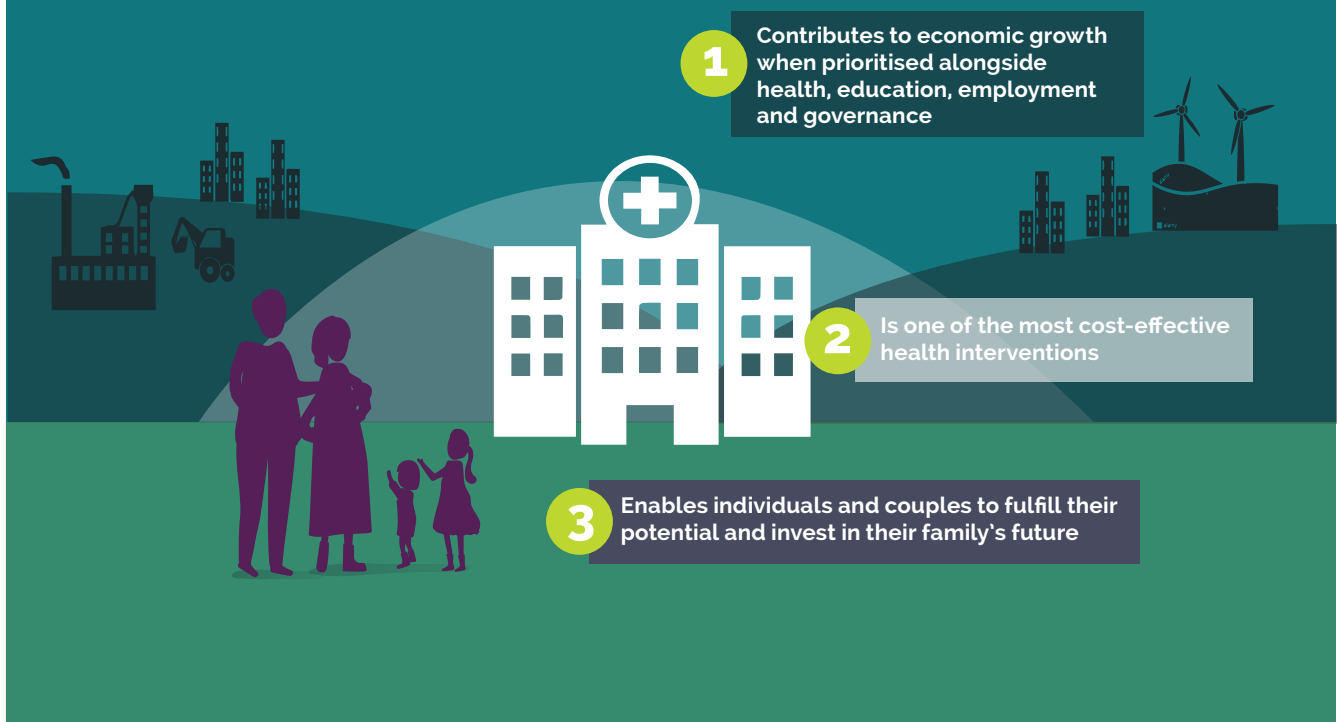


# Why invest in family planning in Tanzania?

When all components of a family planning programme are fully funded and implemented, the country will reap a series of health and economic benefits.

**Family planning (FP) is a best-buy for the Government of Tanzania because it plays a transformative role at the country, health sector and household levels.**

## Family Planning:



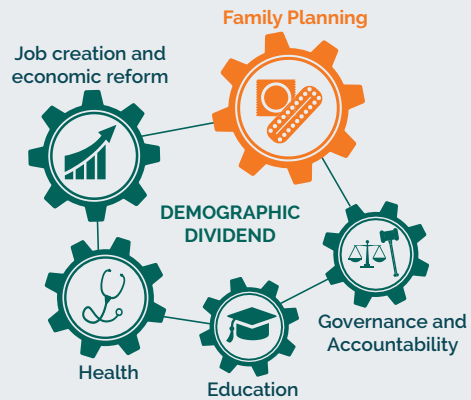
**1** Family Planning contributes to economic growth when prioritised alongside health, education, employment and governance

Family planning can help to boost the economy in the long term by enabling a change in the country's age structure such that there are more people who contribute to the economy than depend on it. When this happens, the country is said to have reaped a demographic dividend.

By investing in FP alongside investments in health, education, employment and governance, Tanzania could unlock the demographic dividend and accelerate progress towards its development vision of achieving middle income status by 2025 (GOT, 2000)

Currently, Tanzania has a very high dependency ratio (0.91), with 44% of the total population below the age of 15 (NBS, 2018). This demographic profile makes it well positioned to benefit from the demographic dividend.

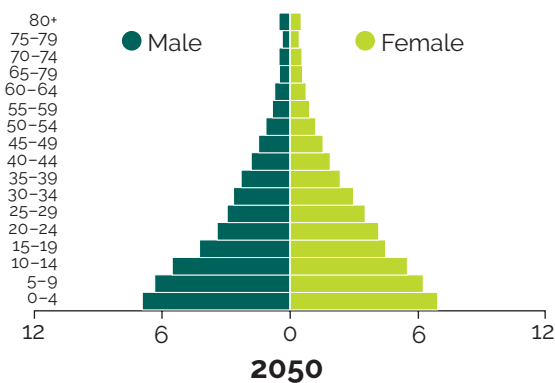
### Interacting policy reforms to achieve a demographic dividend



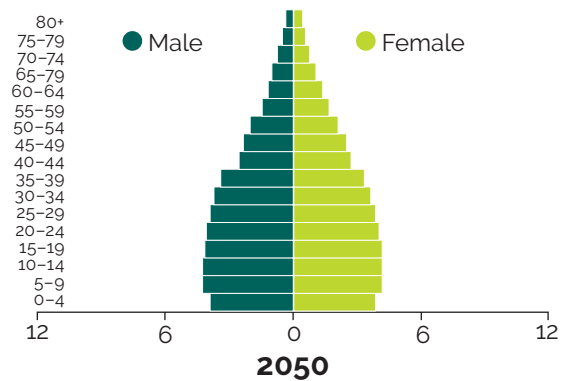
The graphs below show the projected population pyramids for Tanzania by 2050 under two scenarios; (A) business as usual and (B) where the country makes investments in FP, education and economic reform in line with the Vision 2025. If Tanzania maintains "business as usual" the dependency ratio will remain unchanged at 0.91 whereas this will fall to 0.51 in scenario B.

### Projected Population Pyramids for A) business as usual and B) Investments in FP and other reforms

**Business as usual**



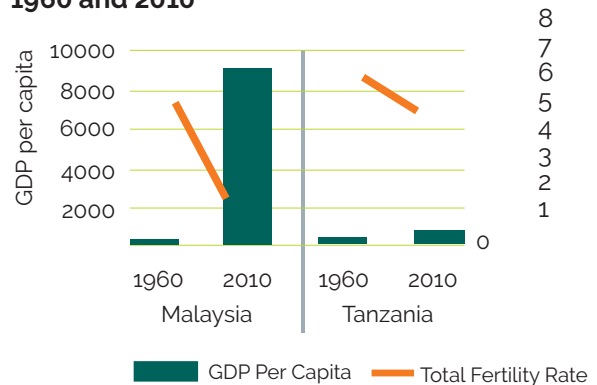
**Investments in FP and other reforms**



### An example of how the demographic dividend has been unlocked in Malaysia

Malaysia was at the same level of development and fertility as Tanzania in the 1960s, but through sustained investments in FP, education, health, and economic reforms it achieved considerable economic growth by 2000 (AFIDEP, 2014). Between 1/4 to 1/3 of this growth during this time was due to the demographic dividend. Tanzania could achieve similar levels of growth by investing in the same package of reforms, including investing in voluntary FP.

### Trend in Total Fertility Rate (TFR) and GDP per capita in Malaysia and Tanzania between 1960 and 2010





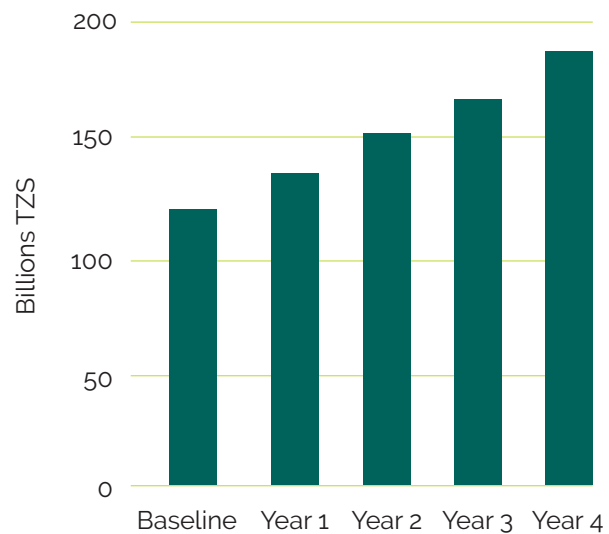
## Family planning is one of the most cost-effective health interventions

Compared to other health interventions, investments in FP have been found to be very cost-effective. It is relatively inexpensive and the return on investment is very high: every additional \$1 (TZS 2,300) invested in meeting the unmet need for contraceptives saves \$2.20 (TZS 5,000) in pregnancy-related care (Guttmacher, 2017).



### The potential savings in maternal and infant healthcare costs if the mCPR and method mix goals of the NFPCIP 2019–2023 are reached (estimate)

The National FP Costed Implementation Plan (NFPCIP) sets out an ambitious plan to increase modern contraceptive prevalence (mCPR) rate for all women from 30% in 2019 to 40% in 2023. If this goal were to be achieved, Tanzania would save an estimated TZS 762 billion in health care costs due to the maternal and infant health care costs associated with unintended pregnancies (GOT, 2019). This means that an additional TZS 762 billion would be available to be invested in other healthcare interventions.



## Family planning enables individuals and couples to fulfill their potential and invest in their family's future

When individuals and couples can decide freely and responsibly on the number and spacing of children, they are in a better position to invest in their own and their family's future. A reduction in unmet need for FP would translate to increases nutritional status and educational attainment of individual children, reduction in poverty and food insecurity and better workforce participation.

**If Tanzania were to achieve and sustain the goals outlined in the NFPCIP, it would reap the following benefits by 2030 (HP+, 2020):**

**15%**

**decrease** in the prevalence of stunting among children under 5 years of age

**8%**

**increase** in the proportion of children achieving minimum proficiency in reading at the end

**13%**

**reduction** in poverty

**38%**

**reduction** in food insecurity

**25%**

**boost** to the growth rate of individual incomes

These far-reaching benefits make investment in family planning a critical strategy for achieving Tanzania's national objectives as well as the Sustainable Development Goals.

<sup>†</sup>These figures were estimated using the FP-SDG Goals model

# A call to action

In order to reap the benefits of family planning, we call on the Government of Tanzania, both at central and local level, to fund all components of the family planning programme.



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1. A full range of contraceptive methods



2. Equipment and supplies



3. Skilled Health Providers and Community Health Workers (CHWs)



4. Quality Assurance and oversight



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5. Demand Creation Activities

## We call on the government to ensure:



A budget allocation of at least TZS 17 billion per year to FP commodities in line with Tanzania's FP 2020 commitments (FP2020, 2012).



That government budgets and other sources fully cover the TZS 71 billion needed to fund service delivery, demand creation and other non-consumables. for 2020-2021 (GOT, 2019)



A timely disbursement and use of allocated funds to ensure consistent access to quality FP services, commodities and information.

**For the 2018/2019 budget, just 11 % of government allocated funds for family planning were disbursed (Mukama, 2019)**

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