



# ZIMBABWE

How Family  
Planning Saves  
the Lives of  
Mothers and  
Children and  
Promotes  
Economic  
Development



Ministry of Health  
and Child Care



Zimbabwe National  
Family Planning Council





## ZIMBABWE

# How Family Planning Saves the Lives of Mothers and Children and Promotes Economic Development

June 2014

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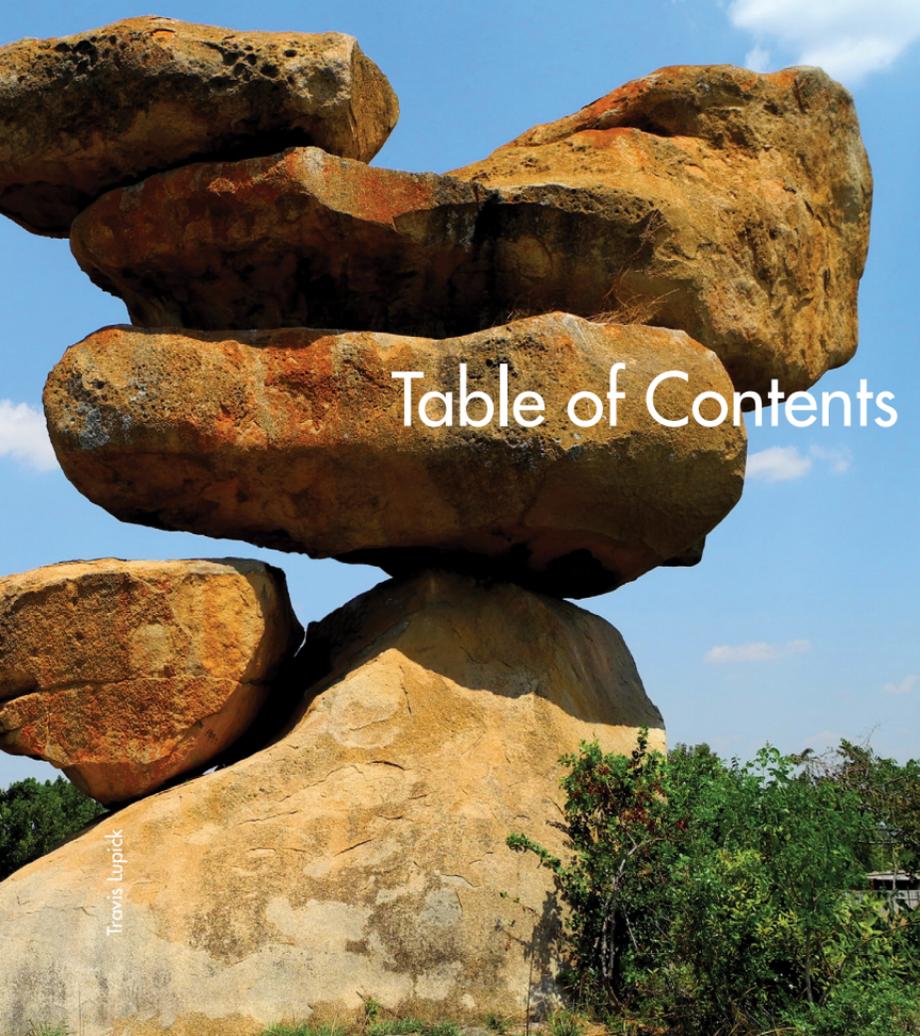
This analysis of family planning in Zimbabwe is a result of a partnership among:

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Zimbabwe

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# Overview





# This Booklet

- Presents the current status of family planning in Zimbabwe
- Explains how family planning saves the lives of women and children
- Describes how family planning saves money in other areas of development, as set forth in the United Nations Millennium Development Goals (MDGs)
- Shows how family planning promotes economic development by harnessing the demographic dividend
- Examines the funding gap that Zimbabwe must close to achieve its FP2020 objectives



Tiara

Victoria Falls

AFRICA

Pete



# Context

## Family Planning Objectives

Zimbabwe has set the following objectives for its family planning program, pledging to achieve them by 2020:

- ▲ Increase the contraceptive prevalence rate (CPR)—the percentage of married women using a family planning method—from 59% to 68%
- ▼ Reduce unmet need for family planning—the percentage of married women who wish to either limit or postpone childbearing, but who are not currently using a contraceptive method—from 13% to 6.5%
- ▼ Reduce adolescent girls' unmet need for family planning services from 16.9% to 8.5%
- ▲ Increase access to long-acting and permanent methods (LAPMs)

# Status of Family Planning

Zimbabwe's [CPR](#) is one of the highest in Africa, at 59%. However, from 2006 to 2011, the percentage of married women using contraception declined, while the number of children per woman ([the total fertility rate](#)) increased from 3.8 to 4.1.

At the same time, the majority of Zimbabwe's family planning resources come from external donors. The government should invest its own resources to support the family planning program, which will promote sustainability and national ownership of the program. To be effective, these resources must be guided by a national family planning policy and a costed implementation plan.









# Family Planning

## Saves the Lives of Women and Children

Each pregnancy that a woman experiences poses risks to her health and the health of the child she carries. By preventing unintended pregnancies, family planning helps women avoid these risks.

Currently, family planning **averts approximately 310,000 unintended pregnancies** in Zimbabwe each year. By investing in family planning now, the country can increase this number **to almost 500,000 per year by 2020**.

Source: ImpactNOW Model. Base scenario: Constant CPR of 59% and constant method mix. Policy scenario: Increase in CPR from 59% in 2014 to 68% in 2020 and concurrent increase in proportion of women using implants and intrauterine contraceptive devices (IUCDs).

*In Zimbabwe ...*

**1 in 53  
Women**

**will die from  
maternal  
causes**

## Maternal Lives Saved

### Family Planning Reduces Maternal Deaths

Pregnancy and delivery can be a dangerous time for mothers. By extending the interval between and reducing the number of pregnancies and births a woman experiences over her lifetime, family planning helps women avoid health complications.

Increasing the uptake of contraceptives and adding LAPMs to the mix of available contraceptive options will save the lives of 15,000 mothers in Zimbabwe between 2014 and 2020—an average of more than 2,100 maternal deaths prevented each year.

Sources: Lifetime risk of maternal death—World Bank World Development Indicators: Reproductive health (<http://wdi.worldbank.org/table/2.17>). Maternal and children's lives saved—ImpactNOW Model. Base scenario: Constant CPR of 59% and constant method mix. Policy scenario: Increase in CPR from 59% in 2014 to 68% in 2020 and concurrent increase in proportion of women using implants and IUCDs.

# Children's Lives Saved

## Family Planning Reduces Child Deaths

When a woman and her partner can control the amount of time between a birth and a subsequent pregnancy ("spacing"), they are better able to care for their newborn child.

By achieving national goals for family planning, Zimbabwe will save the lives of 38,700 children by 2020 through improved birth spacing, or 6,900 lives will be saved each year.



**8 in 100  
Children**

**die before their  
5th birthday  
in Zimbabwe**

Source: Zimbabwe Demographic and Health Surveys, 2011.



**+2,600**  
Children's  
Lives Saved

**every year  
by 2020**



# Expanding Access and Use of Family Planning

## Saving More Children's Lives Every Year

Family planning currently saves the lives of 4,300 children every year in Zimbabwe, by allowing couples to time pregnancies better and avoid high-risk pregnancies.

Expanding access to and uptake of family planning services can increase the number of children's lives saved to 6,900 annually by 2020, or 2,600 more per year than in 2014.

Source: ImpactNOW Model. Base scenario: Constant CPR of 59% and constant method mix. Policy scenario: Increase in CPR from 59% in 2014 to 68% in 2020 and concurrent increase in proportion of women using implants and IUCDs.

# How Family Planning Improves the Lives of Zimbabweans

Family planning is a cross-cutting human rights issue that allows women and couples to take control of their reproductive health and choose the family size that's right for them. Women are free to participate more fully in the workforce, and parents can invest in better food for their families and education for their children.









Zimbabwe

# Saving Money

Every pregnancy in which the mother seeks healthcare has associated costs, whether to the health system or out-of-pocket. These costs can escalate quickly if the mother experiences complications.

# Cost Savings Resulting from Family Planning

Currently, as a result of family planning, Zimbabwe saves \$14.2 million per year in the costs of providing maternal and child healthcare. Two national goals for family planning are increasing the CPR from 59% to 68% and improving the mix of available methods to support increased uptake of long-acting options, such as contraceptive implants, by 2020.

If Zimbabwe achieves these goals, its annual savings will rise to \$22.8 million. Between now and 2020, the cumulative amount Zimbabwe will save is approximately \$128 million.

Source: ImpactNOW Model. Base scenario: Constant CPR of 59% and constant method mix. Policy scenario: Increase in CPR from 59% in 2014 to 68% in 2020 and concurrent increase in proportion of women using implants and IUCDs.

**\$22.8M**  
Saved  
Annually

in maternal and  
child healthcare  
costs by 2020

**\$128M**  
Saved  
Cumulatively

over the next  
7 years

# Maternal and Child Healthcare Cost Savings

## Return on Family Planning Investment

High fertility contributes to more spending on maternal and child healthcare.

Every dollar that Zimbabwe spends on family planning today helps to **save \$1.50 in maternal and child healthcare costs**. As more women adopt LAPMs, **savings could increase to \$1.85 saved per dollar spent**.



Source: ImpactNOW Model. Base scenario: Constant CPR of 59% and constant method mix. Policy scenario: Increase in CPR from 59% in 2014 to 68% in 2020 and concurrent increase in proportion of women using implants and IUCDs.

By reducing the number of unintended pregnancies through family planning, Zimbabwe can save lives, save money, and promote economic development.





# Savings in Other Sectors of Development



# Family Planning Creates Savings in Other Areas

Family planning reduces the resources required to achieve other development goals, including some tied to the MDGs.

Curbing population growth decreases the need for services to prevent communicable diseases and for maternal and child healthcare. It also reduces stress on the educational system and sanitation.



From 2014 to 2030,  
Zimbabwe could save  
\$473 million in funds  
required to achieve  
MDGs 2, 4, 5, 6, and 7.

## Millennium Development Goals

1. Eradicate extreme poverty and hunger
2. Achieve universal primary education
3. Promote gender equality and empower women
4. Reduce child mortality
5. Improve maternal health
6. Combat HIV and AIDS, malaria, and other diseases
7. Ensure environmental sustainability
8. Build a global partnership for development

# Savings to Achieve Millennium Development Goals as a Result of Additional Investments in Family Planning, 2014–2030

Total: \$473M



This diagram illustrates the additional savings in other areas of development due to achieving national goals for family planning. For example, a family planning program on par with Zimbabwe's goals would save \$32M in the cost of programs to achieve MDG targets for water and sanitation.

[ diagram not to scale ]





Sustainable Sanitation Alliance



Zimbabwe

**\$473M**

## Total saved to achieve MDG targets

Source: Family Planning Cost-benefit Calculator. Base scenario: Constant CPR of 59% and constant method mix. Policy scenario: Increase in CPR from 59% in 2014 to 68% in 2020 and concurrent increase in proportion of women using implants and IUCDs.

Saving Money





Zimbabwe

# How Family Planning Promotes Economic Development

# The Demographic Dividend

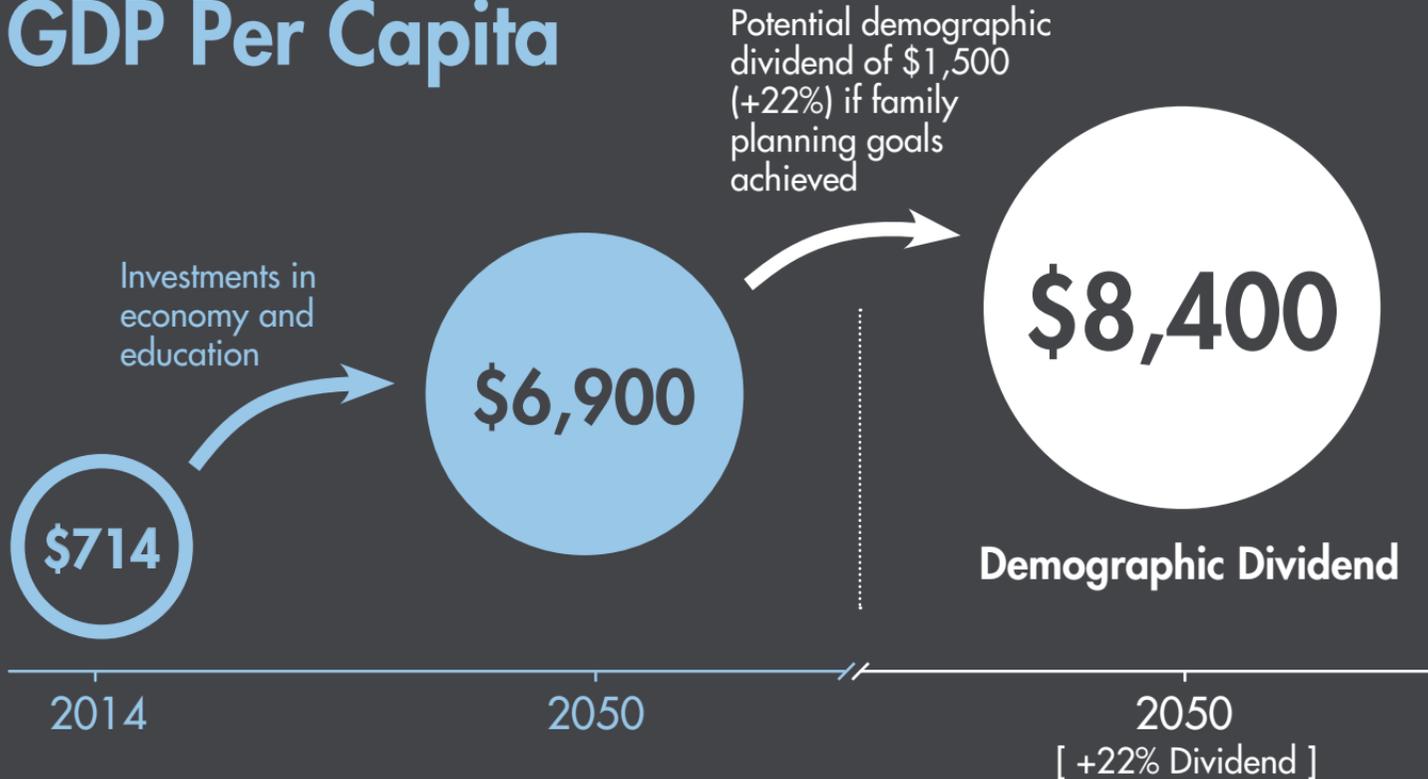
Increased use of family planning and lower fertility rates change a country's age structure, reducing the number of dependents supported by working-age adults. This proportionately large workforce, if educated and productively employed in an enabling economic environment, can boost the growth of gross domestic product (GDP) per capita over time. This effect is known as the demographic dividend.

The graph on the facing page illustrates the potential effect of the demographic dividend in Zimbabwe.

By 2050, investments in the economy and education could increase GDP per capita to \$6,900. But if the country achieves its family planning goals, GDP per capita rises even more, to \$8,400—a 22% gain.

Source: DemDiv Model. Base scenario: Economic improvements in labor market flexibility, the use of information technology, financial market efficiency, effectiveness of public institutions, and imports as a percent of GDP. Increase in expected and mean years of education for males and females. Policy scenario: Increase in CPR from 59% to 68% in addition to economic and educational improvements

# GDP Per Capita







# The Bottom Line

Family planning investments offer significant health and development benefits for Zimbabwe that far outweigh the costs of achieving them:

- ✓ Fewer maternal deaths
- ✓ Fewer child deaths
- ✓ Savings to critical areas of health and development
  - Maternal and child healthcare (MDGs 4 and 5)
  - Education (MDG 2)
  - Malaria prevention and treatment (MDG 6)
  - Water, sanitation, and hygiene (MDG 7)
- ✓ Economic development and growth in GDP per capita

# Call to Action

At the 2012 London Summit on Family Planning, ministers and heads of state from around the world stood together and made commitments to increase access to family planning services and contraceptive choice by 2020. This global effort to promote family planning is also known as FP2020.

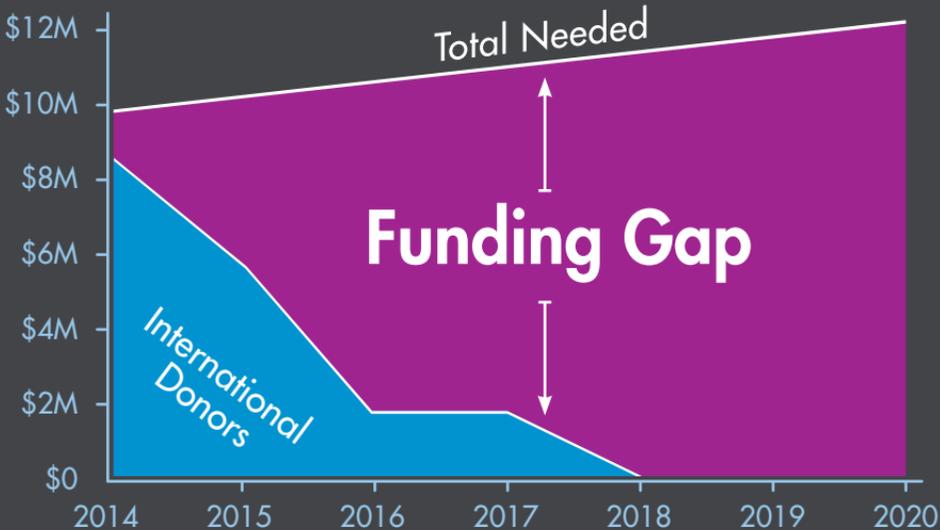
One of Zimbabwe's explicit FP2020 goals is to increase use of family planning from 59% of married women in 2014 to 68% in 2020. For the country to achieve the health and economic benefits of this increase, the Ministry of Health and Child Care must develop both a national family planning strategy and a costed implementation plan which incorporate the country's FP2020 commitments:

- Commit resources and increase funding for FP from 1.7% to at least 3% of the health budget
- Eliminate user fees for FP services
- Increase access to a full range of FP methods, including LAPMs
- Strengthen public-private partnerships in provision of community-based and outreach services
- Strengthen integration of FP with reproductive health, maternal health, and HIV services
- Develop innovative service delivery models to meet the needs and uphold the rights of adolescent girls; and reduce their unmet need from 16.9% to 8.5%

# Funding Gap to Achieve Family Planning Goals

## Family Planning Resource Gap 2014–2020

All methods except condoms\*



\* Condoms and condom-related support programs are covered by the Zimbabwean HIV program and are excluded from this analysis.

Source: GAP Tool. Scenario: Increase in CPR from 59% in 2014 to 68% in 2020 and concurrent increase in proportion of women using implants and IUCDs.





Zimbabwe

## Conclusion

Family planning is a powerful tool for development that saves lives and allows women and couples to take control of their health and economic future.

“ ... investing in voluntary family planning reduces poverty, increases participation in both education and the workforce and gives women a greater say in their households and communities. The result is higher incomes for families and improved prosperity for countries. ”

— Dr. Babatunde Osotimehin  
Executive Director, UNFPA

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