UNFPA WORKS TO END...

1. UNMET NEED FOR FAMILY PLANNING

2. PREVENTABLE MATERNAL DEATHS

3. GENDER BASED VIOLENCE AND ALL HARMFUL PRACTICES, INCLUDING CHILD MARRIAGE
ZAMBIA ANNUAL REPORT
2018

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In the Picture: UNFPA Representative Ms. Gift Malunga (R) shares a joyful moment with a mother and her newborn baby (L) at the Solwezi General Hospital maternity ward in North-Western Province.

UNFPA in Zambia continues to support actions that ensure every pregnancy and childbirth is safe, in line with UNFPA’s Transformative Result of ending preventable maternal deaths.

MESSAGE FROM THE REPRESENTATIVE

The year 2018 saw the culmination of many months of hard work by UNFPA staff, in collaboration with the Government of Zambia and partners, who remained committed to deliver progress towards improving sexual and reproductive health outcomes for women and young people in Zambia.

Our collective efforts empowered more women to make their own decisions about whether, when or how often to have children (553,000 unintended pregnancies were prevented); saved the lives of mothers and newborns (1,000 maternal deaths and over 122,000 unsafe abortions were prevented); as well as empowered over 150,000 young people with information and services they require to avoid unplanned pregnancy, child marriage, HIV infection, and to make safe and healthy transitions to adulthood.
Delivering a world where every pregnancy is wanted, every childbirth is safe and every young person’s potential is fulfilled.

We will use high-quality population data to document where progress is being made and to show where additional efforts are needed.

The 2018 UNFPA Zambia Annual Report highlights the impact of our work on women and young people, and it is my pleasure to share them with you.

Thank you to each and every national partner working with UNFPA, as well as our donors, whose contribution at national and sub-national level enabled us to deliver results for women and young people in Zambia.

In 2019, we look forward to strengthening our collective efforts as the world marks 25 years of the ground breaking International Conference on Population and Development (ICPD) held in Cairo in 1994, and of its Programme of Action.

Our work will remain focused on ensuring that every woman and every young person, across the country, has the power, information and means to shape her or his own destiny. A cause worth fighting for and a mandate UNFPA defends every day, everywhere.

However, significant health and development challenges remain for women and young people in Zambia. There is a lot more that needs to be done.

Current data shows that 1 in every 5 sexually active women (21%) would like to use contraceptives but their needs are not met; that 398 women per 100,000 live births still die from preventable pregnancy and childbirth related causes; and that 1 in every 3 girls (28%) become mothers while they are still practically children themselves.

But these cycles can be broken, if we focus intensified investments on reaching those who have not yet been able to claim their rights, with a priority focus on those left furthest behind first.

This is why UNFPA in Zambia continues its journey of reaching every woman and young person through more innovative programmes, products and partnerships shaped around overcoming bottlenecks and barriers to equity.

We remain firmly committed to enhancing our collective efforts and mobilizing the broadest possible support towards UNFPA’s global transformative results of ending unmet need for family planning; ending preventable maternal deaths; and ending gender-based violence and harmful practices including child marriage.

Ms. Gift Malunga
UNFPA Representative
Towards Ending Unmet Need for Family Planning
Over the past two decades, Zambia has made significant progress in increasing the number of women empowered to decide if, when and how often to have children – with contraceptive prevalence rates increasing from 9% in 1992 to the current 45%. However, unmet need for Family Planning remains high, as 1 in every 5 sexually active women (21%) would like to use contraceptives but their needs are not met.

Will Zambia reach its Modern Contraceptive Prevalence Rate (mCPR) target by 2020?

Despite progress towards increasing mCPR, review of available data shows that if no additional efforts are made to increase access to family planning services, Zambia is not likely to meet its 2020 target of 58% as shown in Figure 1 below.

Figure 1: Actual and Projected mCPR for all Women and Married Women (Source: Track 20)

As one of the 46 countries supported by the global “UNFPA Supplies”, UNFPA sustained its collaborations with the Government of Zambia in operationalizing the National Family Planning Scale-Up Plan (2013-2020), which aims to increase the national contraceptive prevalence rate from 33% to 58% by the year 2020.

Specific actions by UNFPA and the Government of Zambia included the following:

- Strategic engagements to establish a roadmap for sustainable financing for family planning commodities;
- UNFPA’s procurement of an estimated 50% of targeted commodities for the public sector;
- A 50% increase in Government’s budgetary allocation to family planning commodities; from an average of $1 million in the preceding four years to $1.6 million in 2018;
- Capacity building of supply chain managers, healthcare providers, community based distributors, as well as lecturers and tutors from pharmacy and nursing schools to improve demand, supply and access to family planning commodities.
A lower middle-income country expected to transition to sustainable financing for its contraceptive needs, Zambia secured commitment for predictable multi-year investments in reproductive health commodities.

Central level stock outs of commodities were averted due to effective resource mobilization of an additional $3million from DFID towards the 2018 commodity needs. In addition, Government’s budgetary allocation to family planning commodities increased by 50% from an average of $1million in the preceding 4 years to $1.6million in 2018.

**OUR IMPACT 2018**

- **553,000**
  - Unintended pregnancies were averted due to use of modern methods of contraception

- **122,000**
  - Unsafe abortions were averted due to use of modern methods of contraception

- **1,315,197**
  - Couple Years of Protection (i.e. 1 year of protection against unintended pregnancy) attained through UNFPA’s procurement of 50% of family planning commodity needs for the public sector, worth $4.9million

- **94%**
  - Of health facilities reported no stock out of 3 or more family planning methods
Making Every Pregnancy Wanted

In many parts of Zambia, particularly in rural areas, a number of challenges hinder women, men and young people from accessing family planning services. These include long distances to health facilities; limited knowledge about the various family planning methods that exist; various myths and misconceptions about the use of family planning; while many women are not empowered to have a say about if, when or how often to have children.

As part of key actions aimed to address critical bottlenecks to universal access to family planning commodities, particularly in underserved and hard to reach areas, the Government of Zambia, with support from UNFPA, continues to invest in community-based interventions, including training of Community-Based Distributors (CBDs), as well as scaling up awareness on the benefits of family planning.

Mathew* and Rose* are among hundreds of women and men who have benefitted from such intensified actions by Government and its partners, including UNFPA.

Sharing experiences on the benefits of family planning during Zambia’s commemoration of the 2018 World Population Day under the theme “Family Planning is a Human Right”, Mathew highlights:

“I understand the benefits of family planning and I support my wife in doing so. It has enabled us to plan for the livelihood of our family and devote resources to the education and health of each of our children”.

Family Planning saves lives! Key community engagements have also encouraged women, men and young people to be proactive in seeking sexual and reproductive health information and services, including family planning.

“I understand the benefits of family planning and I support my wife in doing so. It has enabled us to plan for the livelihood of our family and devote resources to the education and health of each of our children…”

In the Picture: Mathew* and Rose* sharing their experience on the benefits of family planning during Zambia’s commemoration of the 2018 World Population Day in rural Chongwe District
Towards Ending Maternal Deaths
Despite significant advances towards health outcomes for women and girls, Zambia’s maternal health indicators still lag behind, with 398 women per 100,000 live births dying from preventable pregnancy and childbirth related causes.

**Where do maternal deaths in Zambia occur?**

Women are still dying in childbirth, with most deaths happening in health facilities or at home. Review of available data shows that maternal deaths among women admitted to a hospital were three times higher than the internationally accepted standard of less than 1%, as shown in Figure 2 below.

**Figure 2: Maternal deaths, by place of death**  
(Source: National EmONC Assessment Report)

In 2018, UNFPA in Zambia continued to support sub-national level programmes aimed at improving emergency obstetric and neonatal care (EmONC), midwifery services, as well as prevention and repair of obstetric fistula, among other crucial needs to ensure “no woman dies giving life”. Specific actions included the following:

- **Through technical and financial support from UNFPA, the Ministry of Health finalized and disseminated its first Reproductive, Maternal, Newborn, Child, Adolescent Health and Nutrition (RMNCAH&N) Communications and Advocacy Strategy.** This strategy is a key milestone for the country as it seeks to increase coverage as well as utilization of RMNCAH&N services.

- **UNFPA supported the development and dissemination of the National Human Resources for Health Strategic Plan (2018 - 2024),** which details key approaches for addressing human resource for health challenges in the country (including skilled birth attendants), as well as the critical role of community health workers towards improving availability of services.

- **UNFPA supported the development of Nursing and Midwifery Protocols,** whose implementation is expected to facilitate improved quality of care in health facilities across the country, towards reducing maternal mortality and morbidity.
In Zambia, UNFPA supports national actions to strengthen health service delivery systems for improving the four pillars of maternal health, which include:

1. The timing and spacing of pregnancies using modern contraceptives;

2. Antenatal care, safe delivery and post-delivery care;

3. Emergency obstetric care, including prevention and treatment of obstetric fistulas;

4. Universal coverage of sexual and reproductive health services, including HIV prevention as well as midwifery education, regulation and association.

1,000
Maternal deaths were averted due to use of modern methods of contraception

80
Midwives were trained; thus contributing to an increase in the number births attended by skilled personnel; while 117 health care providers acquired skills and knowledge to provide emergency health services to mothers and their newborn babies (EmONC)

220
Women with Obstetric Fistula were repaired, thus restoring their dignity

203
Health facilities with improved capacities to provide quality emergency health services to mothers and their newborns
So, she started the 2 hours walk to seek the much needed treatment and for the first time in close to a decade, she was hopeful about her prospects to regain her health and dignity.

RESTORING WOMEN’S HEALTH AND DIGNITY

Taonga is among thousands of women and girls who have recounted the utmost joy and exhilaration following successful Fistula repair. One can only imagine their sense of restored hope, healing, and restored dignity, first and foremost to themselves, but also to their families.

For over a decade, the Government of Zambia, in collaboration with partners such as UNFPA, has invested in over 2,300 life-transforming surgeries, to heal the physical and psychological wounds of Fistula survivors.

However, Fistula repair services are not enough. In Zambia, UNFPA and partners continue to draw the attention of policymakers, communities and individuals, to key actions and investments required to ensure all women and girls are able to access key components of safe motherhood – before, during and after pregnancy, including:

- Before pregnancy, by providing family planning commodities for spacing and delaying pregnancy;
- During pregnancy, by facilitating access to at least 8 contacts with a health care provider;
- During childbirth, by supporting efforts aimed at ensuring skilled attendance for all births; and more importantly, facilitating availability of skilled staff, medicines and supplies to bolster Emergency Obstetric Care for all women who develop complications during delivery;
- After child birth, by providing postnatal care, including family planning, as well as addressing underlying factors that contribute to women and girls’ marginalization – including lack of access to quality health services and education, gender and socioeconomic inequality, child marriage and adolescent pregnancy.

Pregnancy and childbirth should be among the happiest moments in a woman’s life. Sadly, this is not the case for thousands of women in Zambia, where an estimated 33,400 women and young girls have suffered from one of the serious injuries that can occur during childbirth – known as Obstetric Fistula.

Obstetric Fistula is an abnormal opening in the birth canal caused by prolonged, obstructed labor due to the lack of timely and adequate medical care. The condition often leaves the woman with chronic incontinence (meaning leaking of urine and/or stool) and usually results in the death of the child.

The story of Taonga* typifies the stories of these women and young girls.

“Everywhere I sat, I left a mark, and people would come to see, and gossip about my condition. I was helpless and could not do anything about it. My life has been hell,” says Taonga.

For 9 years, Taonga endured the shame and discomfort of having Fistula, until May 2018, when she heard a radio announcement that gave her hope. The District Hospital in Lundazi would be setting up a Fistula Camp supported by UNFPA to treat women with Obstetric Fistula.

Can Childbirth be Harmful? Obstetric Fistula from a Survivors’ Lens!

Field Focus

Can Childbirth be Harmful? Obstetric Fistula from a Survivors’ Lens!

Before pregnancy, by providing family planning commodities for spacing and delaying pregnancy;

12
As a midwife, I know I have been trained to provide quality care to as many women, adolescents and newborn babies as possible in the communities. I work in a remote and poor area, and I often have to borrow a motorbike or pay for a canoe ride to get to hard to reach locations to provide midwifery services. This has saved many women from dying due to pregnancy related complications. I feel proud when I make a difference as a midwife!

Theophilous Minyoi, an enrolled midwife in Sikongo District of Western Province
“As a midwife, I know I have been trained to provide quality care to as many women, adolescents, children and new-born babies as possible in the communities. I work in a remote and poor area, and I often have to borrow a motorbike or pay for a canoe ride to get to hard to reach locations to provide midwifery services. This has saved many women from dying due to pregnancy related complications. I feel proud when I make a difference as a midwife”.

MAKING EVERY CHILDBIRTH SAFE

Theophilous is among over 3,000 midwives who are leading the way in providing quality health care and saving the lives of thousands of women, adolescent girls, young people, children and infants across Zambia.

Midwives often do more than deliver babies. When trained and supported, midwives can provide more than 85% of all integrated health services, including sexual and reproductive health services – such as ante-natal care, providing skilled attendance at childbirth, newborn care, post-natal care, provision of modern contraceptives, management of sexually transmitted infections, including HIV, among others.

Over the past decade, Zambia has recorded significant progress in reducing maternal mortality rates. Ensuring the availability of skilled midwifery personnel has been critical in securing this achievement. This underscores the evidence that when deployed in adequate numbers, trained midwives can avert approximately two thirds of preventable maternal deaths.

However, more needs to be done to sustain these gains. UNFPA in Zambia remains committed to collaborate with the Government and people of Zambia in addressing critical bottlenecks that continue to constrain effective midwifery services within the health system.

UNFPA also applauds all midwives in Zambia, who work beyond the call of duty to ensure no woman dies giving life, most often in difficult circumstances, hard to reach locations and with limited resources.
Towards Ending Gender-Based Violence and Harmful Practices
**CONTEXT**

- Almost **1 in every 2** women (43%) have experienced physical violence, while about 1 in every 6 (17%) have experienced sexual violence.
- **1 in every 3** girls (31%) becomes a bride by age 18; and similarly 1 in every 3 girls (29%) becomes pregnant by age 18.
- **1 in every 2** young people (66%) drop out of school by 12th grade, mainly due to child marriage or teenage pregnancy.  
  (Source: ZDHS 2014)

**OUR IMPACT**

**2018**

- **29,335**  
  Adolescent girls were equipped with health, social and economic assets required to enhance self-efficacy and confidence, thereby preventing child marriage and teenage pregnancy.

- **157,212**  
  Young people accessed adolescent friendly information and health services required to protect them from teenage pregnancy, child marriage and HIV infection.

- **235**  
  Chiefs made public declarations to eliminate harmful practices, including child marriage and gender-based violence.

**ACTION**

In 2018, the Country Office continued to use disaggregated data and evidence to support gender sensitive interventions, taking into account how gender roles can obstruct or advance progress towards sexual and reproductive health outcomes. Specific actions included the following:

- Launch of a new regional SIDA funded SRH/HIV/SGBV UN Joint Programme.
- Integration of gender-based violence response within health services in refugee settlements of Nchelenge District.
- Adolescent and young people centered programmes aimed at addressing child marriage and teenage pregnancy, as part of the UNFPA-UNICEF Global Programme to Accelerate Action to End Child Marriage.
"At age 15, I dropped out of school to get married.

I have a message for girls who are caught up in the same situation... Speak up, learn your rights.”

- Chipasha, Zambia
Chipasha, a 25-year-old young mother and former child bride from Kaoma, a rural district in Western Zambia, shares how life skills taught through a “safe space” within her school helped her assert herself and claim her rights against child marriage.

“At age 15, I dropped out of school to get married to an army sergeant who was 20 years older than me. My family was experiencing financial problems, and as such, my father was happy to receive 300 Zambian Kwacha ($30) as bride price from him. My husband abused me physically, emotionally and sexually even during my pregnancy. Being very young, I found it very difficult to stand up to him even when I knew what he was doing was wrong.

However, my reality changed 1 year later, when I participated in a child marriage awareness raising activity in my village, which encouraged me to return to school and complete my education.

I was also pleased to learn that the school had a safe space for girls, which empowers girls like me to claim our rights and fulfil their potential. With the help of our mentor, I finally moved out of my abusive marriage, together with my baby.

In 2014, Chipasha completed high school and was among the highest scoring students in her class. Based on her outstanding performance, she was awarded a full Government scholarship to study at the University of Zambia, and graduated with merit in March 2019.

Using her past experiences and knowledge acquired through the safe space, Chipasha is now encouraging other girls affected and at risk of child marriage through public talks and group discussions at various fora in Zambia as well as other countries within the region.

Sharing her message to all adolescent girls in Zambia, Chipasha highlights:

“Today, I have a message for girls who are caught up in the same situation I was 10 years ago. I urge you all to speak up, learn about your rights and seek to get back to school. Time has come for you to stand up and say NO to child marriage.

Once you are educated, you can be whatever you want to be - a doctor, engineer or a lawyer…anything you want to be! You will also have the power to make a difference in the lives of other people and contribute to our country’s development. I am a living testimony of this,” says Chipasha with a smile.
Empowering the Next Generation

Growing up, Sarah aspired to make a positive contribution to her community. Today, as a member of a “Youth Hub” in Lusaka, she is realizing this ambition.

“The hub inspires and encourages me to do more for my community” says Sarah, who regularly visits the hub.

Established in 2016 by Action Aid with support from UNFPA, the Youth Hub has become a very popular hang-out for many young people in Lusaka, providing youth capacity development and interaction around sexual reproductive health issues.

“It is a very supportive space with programs that teach and challenge you to make the most of your youthfulness, as well as to positively impact your community and country at large!” says Gerry Sikazwe who is among over 2,000 young people who have visited the hub between 2016 and 2017.
Population trends - including fertility, mortality, migration, growth rates and age structure - play a critical role in development planning, policy and investments.

In 2018, UNFPA Zambia continued to provide both technical and financial support to the Government of Zambia, particularly the Central Statistical Office to scale up national capacity to generate and utilize statistical data and evidence in order to inform national policy and planning.

Specific results for the year included the following:

- The development of a comprehensive National Population Policy (2018-2030) which provides guidelines to address population issues in order to improve the quality of life for all Zambians;

- Sub-national level analysis of key socio-demographic and economic indicators, including the generation of constituency maps profiling the status of key indicators to inform planning and resource allocation.

- Provision of technical and financial support to the Central Statistical Office, towards the undertaking of the 2018 Zambia Demographic Health Survey as well as the 2020 Census preparedness.

Zambia was identified as one of six African countries to implement the Geo-Referenced Infrastructure and Demographic Data for Development (GRID3) project, aimed at promoting investments in efficient data systems that help put everyone on the map, including strengthening systems for the generation and use of core, high resolution geo-referenced population data.
HUMANITARIAN ACTION

During crisis situations, women and girls of reproductive age remain among the most severely affected population groups – with a heightened need for special hygiene and reproductive health services.

To meet the reproductive health, hygiene and safety needs of displaced women and girls at Kenani Transit Centre and Mantapala Refugee Settlement, UNFPA - with funding from the UN Central Emergency Fund (CERF) and as part of the UN Zambia joint response to the Democratic Republic of Congo emergency situation - facilitated provision of sexual and reproductive health services among the refugee population.

In the Picture: Two mothers smile as they access under-5 health care services at the Maternal and Child Health clinic in Mantapala refugee settlement.

OUR IMPACT 2018

7,459
Women and young people were reached with sexual and reproductive health services in refugee settlements of Nchelenge District, including those affected by gender-based violence.

356
Women in refugee settlements of Nchelenge District delivered safely with assistance from skilled health personnel, including 24 cases of obstetric complications that were referred to a first level hospital and successfully managed.

3,464
Adolescent girls and boys acquired knowledge on sexual and reproductive health, including HIV prevention, teenage pregnancy and child marriage.

21
Nowhere is the risk of dying during childbirth greater than in humanitarian crisis settings. Current data estimates 1 in every 2 (60%) of maternal deaths occur in countries affected by humanitarian crises and fragility as a result of pregnancy or childbirth related complications.

As of December 2018, Nchelenge District of Luapula Province hosted over 13,668 refugees who fled the Democratic Republic of Congo.

Over 70% of the refugee population is comprised of women and children, including about 50% women of reproductive age (15 to 49 years). Among these, over 400 were pregnant and faced increased risks of complications, due to limited access and uptake of quality services - including health, nutrition and protection, among others.

Eva fled the Democratic Republic of Congo in 2017 and had just delivered a healthy baby at St Paul’s Mission Hospital – located 10 kilometers from Kenani refugee transit center, her temporary home.
She is among thousands of women and girls, who are benefitting from the life-saving interventions through support from UNFPA, including deployment of midwives and Safe Motherhood Action Groups (SMAGs), as well as provision of essential medicines, equipment and supplies. Each day, the health staff at the maternal and child health clinic in Kenani and Mantapala refugee settlements, as well as the referral hospital [St Paul’s Mission Hospital located 10KM and 45KM from Kenani and Mantapala respectively] provides integrated sexual reproductive health services to the women, adolescent girls and young people.

In line with UNFPA’s global “Safe Birth Even Here” campaign; and as part of the UN Zambia joint response to the DRC emergency situation funded by the UN Central Emergency Response Fund (CERF), UNFPA Zambia worked to ensure women, adolescent girls and young people within the refugee settlements in Nchelenge had access to quality health care they needed.

Speaking during a joint monitoring visit by Government and UNFPA, the Permanent Secretary, Luapula Province, Dr. Buleti Nsemukila; UNFPA Zambia Deputy Representative Ms. Chinwe Ogbonna and Luapula Provincial Health Director, Dr Peter Bwalya reaffirmed collective commitments to ensure “zero maternal deaths”, including in humanitarian settings.

**In the Photo:** UNFPA Representative (R) handing over a mama-pack to a mother who is expecting the safe delivery of her baby at the maternity clinic in Mantapala refugee settlement.

The Central Emergency Response Fund (CERF) enabled UNFPA and its partners to provide life-saving gender based violence and sexual reproductive health services among the refugee population and host communities in Nchelenge district in timely manner. These included:

- Deployment of 5 midwives and 2 professional counsellors to the health facilities at the transit center and refugee settlement
- Provision of 19 Emergency Reproductive Health Kits for clean delivery
- Distribution of 2,645 dignity kits among women and girls of reproductive age, as well as 145 mama packs to new mothers who delivered at the UNFPA supported facility
- Capacity building of 30 community volunteers in the promotion of safe motherhood practices; 17 peer educators in adolescent health issues; and 10 health workers in provision of emergency health services to mothers and newborns.
ADVOCACY AND STRATEGIC PARTNERSHIPS

In 2018, UNFPA sustained strategic engagements with key decision makers including parliamentarians, traditional leaders as well as the Office of the First Lady of Zambia, towards advancing sexual and reproductive health outcomes for women and young people.

UNFPA also provided technical support to high-level events as the Commission on Population and Development, Commission on the Status of Women, as well as the national review of the International Conference on Population and Development (ICPD).

MILESTONES

2018

Donor countries, trust and thematic funds sustained collaboration with UNFPA in Zambia, thus enabling the Country Office to advance health and development outcomes for women and young people, in line with Zambia’s development aspirations.

£2.5 Million

Additional funds were mobilized from DFID through UNFPA to support health systems strengthening for Reproductive, Maternal, Neonatal, Child, Adolescent Health and Nutrition (RMNCAH&N)

UNFPA Zambia sincerely thanks the donors, trust and thematic funds listed below, who contribute to the overall resource envelope for UNFPA’s 8th Country Programme with the Government of Zambia (2016-2020)

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2019 is a significant year for UNFPA, as we mark our 50th anniversary as well as 25 years of the groundbreaking International Conference on Population and Development (ICPD) held in Cairo in 1994, and of its Programme of Action.

The Programme of Action placed individual dignity and human rights, including the right to plan one’s family, at the very heart of development. It underscored that investing in individual human rights, capabilities and dignity – across multiple sectors and through the life course – is the foundation of sustainable development.

During the year, UNFPA globally will host a series of engagements, including a global summit on ICPD@25. The events, including the summit, will aim to re-energize the ICPD movement, reconfirm commitment to its vision and forge new partnerships to fulfill the promise of Cairo.

In Zambia, UNFPA will build upon key millstones recorded over the past two decades to facilitate a platform for all stakeholders to engage around priority actions required to achieve the goals of the ICPD.

The national review will also serve to strengthen linkages between the ICPD, the 2030 Agenda for Sustainable Development and Zambia’s Vision 2030; as well as enhance integration of population dynamics into development planning.

A national report covering trends and developments since the last review in 2013 will also be presented and discussed at the global summit in November 2019.