In 2014, the 20-year review of the International Conference on Population and Development (ICPD@20) revealed what the world can achieve if it focuses on inclusive social development - including access to sexual and reproductive health for marginalized populations - that is underpinned by human rights. Zambia has indeed made significant progress in sexual and reproductive health in the past 20 years.

Fewer women are dying in pregnancy and childbirth as we have seen maternal mortality rates drop from 729 in 2002 to 398 in 2014.

More women are able to decide if, when and how often to have children as contraceptive prevalence rates have increased from 9% in 1992 to 45% in 2014. More mothers have access to maternal health services as reflected by a rise in births assisted by a skilled attendant from 50% in 1992 to 64% in 2014. However, significant inequalities remain which limits equitable access to quality SRH information and services.

The year 2014 saw the culmination of many months of hard work by UNFPA staff and the Government of Zambia; who remained committed to intensifying efforts in addressing key barriers to sexual and reproductive health and rights for women and young people across the country. This included bringing more evidence-based technical support to the Government of Zambia through increased sub-national programme support, as well as further south-to-south and cross country learning and experiences relevant for Zambia, while also taking Zambia’s story to the world.

Our key achievements for 2014 are presented in this report, and it is my pleasure to share them with you.

Thank you to each and every national partner working with UNFPA, who made 2014 special. We at UNFPA Zambia remain firmly committed to enhancing our efforts and mobilizing the broadest possible support to promote the sexual and reproductive health and reproductive rights of women and young people - which is significant for both the unfinished business of the Millennium Development Goals in 2015 and the evolution of the Sustainable Development Goals.

We also look forward to strengthening the implementation of UNFPA’s strategy for young people - focused on adolescent girls; facilitating south-south cooperation as a platform for greater exchange and better implementation; contributing to the generation of data for development; strengthening UNFPA’s humanitarian work-in particular emergency preparedness focused on sexual and reproductive health; and responding to gender-based violence.

Dr Mary Otieno
Country Representative
UNFPA Zambia
UNFPA procured approximately 50% of the forecasted reproductive health commodity needs for the country, thus contributing to a total of 918,816 Couple Years Protection (CYP) across the commodity mix for the public sector.

Male condoms were procured and distributed resulting in increased uptake of male condoms

Female condoms were procured and distributed resulting in increased uptake of female condoms

Maternity waiting homes and delivery rooms were refurbished, while 25 retired midwives were retained and engaged - thus contributing to a 50% increase in utilization of maternal health services in 14 UNFPA supported districts.
KEY STATISTICS
Women and Young People in Zambia

- Overall HIV prevalence rate: 13.3%
- Youth unemployment rate: 16.7%
- Condom use among young people: 27%
- Of girls are married by age 18: 45%
- Maternal mortality has declined from 729 deaths per 100,000 live births in 2001/2002 to 398 deaths per 100,000 live births in 2014, reflecting a 54% decline. More needs to be done to meet the MDG 5 target of 162 per 100,000 live births by the end of 2015.

1 in every 5 women has experienced physical or sexual violence

Only 45% of women have access to modern contraceptives

1 in 1,240

Only 1 midwife is available for every 1,240 women aged 15-49

Since 2011, the 7th Country Program has been supporting policy and programme interventions at national level, and in 14 districts across 6 Provinces - including Luapula, North-Western and Western as UNFPA focus Provinces.

Supported with over US$29 million, the Program is focused on (a) reproductive health and rights; (b) population and development; and (c) gender equality. UNFPA’s support is particularly aimed at meeting the sexual and reproductive health needs of women and young people, especially the most marginalized.

Our work in Zambia ensures that every pregnancy is wanted by providing information and choice of contraceptives to women and men; that every childbirth is safe through training of midwives, provision of essential medicines and equipment to avert maternal morbidity and deaths; and that every young person’s potential is fulfilled by equipping them with knowledge, skills and values that will enable them to develop a positive view of their sexuality and linking them to services; and building their capacity to participate in national development processes.
In 2014, Zambia recorded significant progress in women’s sexual and reproductive health. Maternal mortality ratio (MMR) declined from 729 deaths per 100,000 live births in 2001/2002 to 398 deaths per 100,000 live births in 2013/2014 - reflecting a 54% decline. For UNFPA, this progress is significant for the unfinished business of the Millennium Development Goals (MDGs), the International Conference on Population and Development (ICPD) beyond 2014 Programme of Action, and the emergence of the Sustainable Development Goals in the post 2015 era.

Linked to the drop in maternal mortality ratio, the 2013/2014 Zambia Demographic and Health Survey also recorded the following improvements in women’s sexual and reproductive health:

- More women are able to decide if, when and how often to have children as contraceptive prevalence rate has increased by a remarkable 98% - from 23% in 2001/2002 to 45% in 2013/2014.
- More mothers have access to maternal health services as reflected by a 74% increase in births assisted by a skilled provider - from 43% in 2001/2002 to 64% in 2013/2014. This has significantly reduced life threatening complications during childbirth.
- More women are taking action to prevent HIV, as seen by an increase in women who have ever tested for HIV and received the results from 19% in 2007 to 78% in 2013/2014.

However, significant inequalities remain which requires UNFPA Zambia’s sustained commitment, to collaborate with Government to enhance intensified efforts and mobilize dedicated and effective support to promote sexual reproductive health and rights of women and young people – in line with commitments of UN member countries at the 20-year review of the International Conference on Population and Development (ICPD@20). In Zambia, 1 in every 15 women is HIV positive; 43% of women have experienced physical violence since age 15; 2 in every 3 women have at least one problem in accessing health care for themselves while 37% of women are concerned about the distance to the health facility; and only one midwife is available for every 1,240 women aged 15-49.

Working together with Government and civil society organizations, UNFPA in 2014 continued to assist women to enjoy the right to give birth safely, to decide freely the number and spacing of their children, and to protect themselves from sexually transmitted infections including HIV.
“In 2012, the Luvuzi Rural Health Centre delivered an average of only 8 women a month. By 2014 the number increased to an average of 18 deliveries a month. This increase is directly attributed to the scaled-up community outreach and improvements in service delivery - including refurbishment of the maternity waiting shelter by UNFPA” said an officer in charge of the health centre in an interview.

Olivia Kaunda is among the expectant mothers living in the recently rehabilitated maternity waiting shelter at the Luvuzi Rural Health Centre - located approximately 40 kilometers from the Lukulu District in Western Zambia.

“I am expecting my 5th child. I was referred to Luvuzi Health Center by one of the Safe Motherhood Action Group (SMAG) members who visited my village. She explained to me the importance of delivering my baby at the health centre, indicating that it reduces life-threatening complications during child birth. I delivered my other 4 children at home, but this time around I decided to come and deliver at the health center because of the knowledge I gained” said Olivia.

Olivia, like many other women in Lukulu, lives many miles away from the nearest health center. This, alongside cultural norms, has often created barriers for women to deliver at health facilities – thereby increasing risk of complications in childbirth and maternal death.

“I live in Munguli village which is about 3 hours walk from here. The SMAG member who visited my village informed me that there is a shelter within the health centre where expecting mothers can temporarily stay in preparation for child birth. I was very happy to hear about this because it would have been difficult for me to get to the center when I went into labor” she said.
In 2014, the UNFPA Country Office continued to support Zambia to operationalize the National Family Planning Scale-Up Plan (2013-2020) which aims at increasing national contraceptive prevalence from 33% to 58% by the year 2020.

Specific milestones for 2014 included the development of a score card for monitoring the Family Planning 2020 (FP2020) commitments; the establishment of a national coordination mechanism for the procurement, forecasting and quantification of contraceptives at national level; capacity building of 250 health care providers and managers in supply chain management; and the identification of national family planning champions at both national and community levels to advocate for increased access and utilization of family planning commodities and services. UNFPA also procured approximately 50% of the forecasted reproductive health commodity needs for the country, thus contributing to a total of 918,816 Couple Years Protection (CYP) across the commodity mix for the public sector. In addition, a national survey was undertaken to identify the reproductive health commodity stockout situation in Zambia, results of which will be used to improve the effectiveness of systems at sub-national levels.

In 2014, UNFPA embarked on a catalytic intervention model to strengthen fistula coordination and management at policy, service delivery and community levels. The model aims to improve the capacity of national structures to deliver a comprehensive package of fistula prevention, repair and reintegration services to all women and girls in Zambia - especially the most vulnerable and marginalized.

Key deliverables included the hosting of 2 ‘fistula camps’ which resulted in the successful treatment of 212 fistula patients; commencement of 3 additional doctors in fistula surgery; commencement of a Fistula Tracking Survey; and facilitating the participation of a Zambian delegation at the 2014 International Conference on Fistula as a platform for greater knowledge exchange and better implementation.

Judith, aged 30, lives in Kapampale Village, Chienge District of Luapula Province. Married at age 15, Judith developed obstetric fistula during her 4th delivery in 2010 - as a result of a 48 hour prolonged labour.

“I have been delivering all my 4 children at home, with the assistance of a traditional birth attendant. Unfortunately, this time around I spent almost 48 hours in labour without progress. It was very difficult to get to the nearest health centre which is located about 14 KM from our village because we did not have transport. Fortunately, one of the Safe Motherhood Action Group members in my village heard about my ordeal and called an ambulance to take me to St Paul Mission Hospital where an operation to deliver the baby was done. However by the time I was getting there I had lost my baby. A week after I left the hospital I begun passing urine uncontrollably - of which I later learnt was a condition called fistula. I stayed with this condition for 3 years, facing a situation where I could not freely interact with my family and neighbors in the village because of the bad smell” explains Judith.

In April 2013 a SMAG member arranged for me to travel to Mansa General Hospital where I was informed that the Government with support from UNFPA had organised a ‘fistula repair camp’. Shortly after my operation, I was happy to notice that I could control the passing of urine. I came back to the hospital for review this year [2014] and I was excited when the doctor told me that my fistula is completely repaired! My life is now back to normal because I can now walk freely without fear of people staring at my wet chitenge [a fabric worn by women and wrapped around the waist]. I feel beautiful again” Says Judith with a big smile.
HIV PREVENTION

As the lead UN Agency in HIV prevention, UNFPA continued to support both national and sub-national level programmes to prevent HIV among women and young people through strengthening condom programming; building capacity for demand generation for condoms including through the CONDOMIZE! Campaign; and reducing barriers to the integration of SRH and HIV services through the SRH/HIV Linkages Project.

Key achievements in 2014 included the procurement and distribution of 24,544,000 male and 500,000 female condoms; and the successful hosting of the Global Consultation on Female Condom in December 2014, where over 100 delegates representing 20 countries in Africa, Latin America and the Caribbean gathered in Lusaka, Zambia with support from UNFPA. The consultation contributed to south-south sharing of experiences and programme innovations to strengthen and scale up female condom programming at country level. The Zambian delegation comprising of Government, CSOs and UNFPA developed an Action Plan to scale up availability and utilization of female condoms by women and girls.

CONDOMIZE! Zambia, an innovative UNFPA-supported campaign continued to improve condom access for vulnerable and at-risk populations, and in the process reducing stigma associated with condom use. In 2014 CONDOMIZE! Zambia held 11 public education events in 5 of the country’s 10 provinces - contributing to the distribution of 322,000 male condoms and 44,000 female condoms.

Acknowledging that low condom use is one of the key drivers of HIV among young people in Zambia, UNFPA also facilitated a special CONDOMIZE! campaign to reach adolescent girls during the commemoration of the International Day of the Girl Child in Western Province on 10 October 2014. Over 200 rural adolescent girls who visited the stands were keen to gain knowledge about how to prevent HIV and where to receive services and support.

“I didn’t know there are condoms for women [female condoms]. I will tell all my friends about them because it will empower us to protect ourselves from HIV and becoming pregnant when we are not ready” said a 19 year old mother.

STRATEGIC ENGAGEMENT IN WOMENS REPRODUCTIVE HEALTH AND RIGHTS

GLOBAL CONSULTATION ON FEMALE CONDOMS: LUSAKA CALL TO ACTION

Lusaka, Zambia 2-6 December 2014

The female condom is a powerful tool for triple protection. It is a technology currently available that enables men and women to prevent themselves simultaneously from unintended pregnancy, HIV and other STIs.

Access and use of the female condoms gives women more control over their bodies and reproductive health.

It offers a life-saving option and helps reduce unprotected sexual activity.

We therefore call on governments and the donor community to expand their support to:

(1) Include the female condom in the essential medicines list and national monitoring systems
(2) Ensure 10% of the total number of condoms procured is female condoms by 2020
(3) Create an enabling environment for users to be made aware of their risk, feel free to demand and access male and female condoms and have the knowledge to use them correctly and consistently
(4) Allocate funds for integrated programming, including capacity-strengthening for service provision, awareness campaigns on the important role of condoms, demand-creation to stimulate and sustain their use, and monitoring and evaluation systems to improve programme delivery and measure the effectiveness and impact of condom use
PROGRAMME ENABLERS

PROMOTING GENDER SENSITIVE PROGRAMMING AND REPRODUCTIVE RIGHTS

In line with the 1994 Programme of Action (PoA) of the International Conference on Population and Development (ICPD), and the Beijing Platform of Action, UNFPA recognizes that “the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being”; including the right to “exercise control over and make decisions about one’s sexuality, including sexual and reproductive health, free of coercion, discrimination and violence”. UNFPA in Zambia recognizes the manifestations of unfulfilled sexual and reproductive rights especially for women and girls, which are mainly fueled by gender discrimination and violence between men and women.

In 2014, the Country Office continued to support gender sensitive reproductive health interventions – taking into account how gender roles obstruct or advance progress for achieving maternal health.

Specific milestones for the year included the identification of 18 health facilities in Northern, Southern, Eastern, Western, Central, North-Western, Muchinga and Lusaka Provinces as potential “Centres of Excellence” for integration of gender-based violence (GBV) response in existing reproductive health packages - following an assessment of the facilities to identify existing gaps and potential synergies for integration. This support was channeled through the Planned Parenthood Association of Zambia and Ministry of Gender and Child Development - as part of the UN-GRZ Joint Programme on Gender Based Violence supported by Governments of Sweden and Ireland.

UNFPA also supported the engagement of men and boys in addressing gender-based barriers to sexual and reproductive health - reaching an estimated 2,143 men and boys with information; training of 196 men and boys as community champions for GBV prevention in 18 communities located in the Joint Programme focus Provinces; and capacity building of 48 Health Care Providers from 9 Districts on how to identify, treat and care for survivors of GBV in health facilities. This is expected to result in increased access to timely and appropriate health services for survivors.

MEN AND BOYS AS AGENTS OF CHANGE AGAINST GENDER BASED VIOLENCE

Mathew, a 25 year old man trained as a champion of GBV in Luapula Province shared his story about how he is assisting his community to address violence against women.

“I have a female neighbor, who for a long time we as community members wondered why she would have bruises on her face time and again. In all similar circumstances, all we ever did was encourage her to go to the clinic when the wounds seemed worrisome. And some community members, especially men, did not even pay attention to her health condition. It was after I participated in the training conducted by PPAZ and supported by UNFPA that I realized her situation might be a case of GBV - which we as community members chose to accept as normal. I particularly took interest in knowing what exactly and how this woman lived in her marriage and found out that she was being physically abused by her husband. With the knowledge I had acquired from the training, I decided to have a counselling session with her husband - highlighting the potential negative health consequences this may have on his wife and even the legal implication of his actions. It was a challenge to change his mindset - but over time the result was appealing. I am very glad to note that even though the couple would argue nowadays, the man does not lay his hands on his wife. I will continue advocating for the rights of women in this village - including encouraging them to access information and services on family planning, HIV and ante-natal care because they have a right to these services.
CONTEXT

To ensure young peoples’ potential is fulfilled - as they transition from childhood to adulthood, UNFPA works with young people and partners with other UN Agencies, civil society organizations and the Government to deliver comprehensive policies and programs that address young people’s challenges in line with both the context in which young people live and with relevant international standards that protect the rights of adolescents and youth. UNFPA contributes to the advancement of adolescents and youth through five strategic prongs:

1. Enabling evidence-based advocacy for comprehensive policy and program development, investment and implementation
2. Promoting comprehensive sexuality education
3. Building national capacity for sexual and reproductive health service delivery (including HIV prevention)
4. Taking bold initiatives to reach marginalized and disadvantaged adolescents - particularly girls
5. Promoting youth leadership and participation

KEY 2014 RESULTS

Taking Bold Initiatives to Reach Marginalized Adolescents

With financial support from DFID and in partnership with the Ministry of Chiefs and Traditional Affairs (MoCTA), UNFPA contributed the following key results:

(a) Strengthening the human resource capacity at MoCTA which culminated in the inclusion of the minimum age of marriage (19 years) in the draft constitution and the revision of the Marriage Act to address child marriage.

(b) Mapping of girls at risk and affected by child marriage at the sub-national level through analysis of 2010 Census data.

(c) Securing commitment of 10 chiefs as champions for addressing child marriage at community levels.

(d) Facilitating the establishment of a multi-sectoral coalition on child marriage.

(e) Facilitating the hosting of the first Africa Regional Symposium to End Child Marriage in July 2014.
With financial support from Governments of Switzerland, Sweden, United Kingdom and the European Union, UNFPA Zambia launched the “Safeguard Young People” East and Southern Africa regional programme that supports the design and implementation of innovative national programmes to improve the sexual and reproductive health outcomes of young people. The programme aims to empower adolescents and young people to protect themselves from unwanted pregnancies, unsafe abortions, STIs including HIV, child marriage and gender-based violence by addressing barriers at policy, legislative, organizational, community, household and individual levels. Hundreds of young people participated at the official launch in Western Province during the commemoration of the International Day of the Girl Child on 10 October - by sharing their experiences and challenging negative cultural norms that affect their personal development.

Promoting Comprehensive Sexuality Education

Acknowledging that comprehensive and correct knowledge around sexual and reproductive health is critical for positive behavior change and uptake of services, UNFPA in partnership with Zambia Health Education and Communication Trust (ZHECT), disseminated information on sexuality, reproductive health and teenage pregnancy to 7, 478 in school pupils in 18 targeted schools across three Provinces as illustrated in Figure 1.

Sexual and Reproductive Health and HIV Integration

UNFPA continued its efforts to strengthen HIV and SRH linkages towards achieving MDGs 4, 5 and 6. With funding from Sweden and the European Union, UNFPA supported the Ministry of Community Development Mother and Child Health (MCDMCH) and National AIDS Council (NAC) to implement a national HIV and SRH linkages project. In 2014, 112 health service providers were trained and acquired skills and knowledge in integrated youth friendly services. This has improved access to and provision of effective Sexual Reproductive Health and HIV services to young people in the three UNFPA focus Provinces.
Youth Leadership and Participation

Youth participation in decision making is critical for meaningful and sustainable development. Successful passage through adulthood requires that young people have opportunities and ability to express their views to decision makers. In 2014, UNFPA provided technical and financial support to the Ministry of Youth and Sports (MoYS) to strengthen their documentation of strategic information, lesson’s learned and best practices, through development of the State of the Youth Report, mapping of youth led and youth serving organizations and development of a National Youth database. UNFPA also provided support through MoYS, to strengthen the capacity of the National Youth Network on Population and Development (NYPD) to convene coordination and networking for youth-led activities that aims to address young people’s issues in Zambia.

In December 2014, UNFPA and its partners supported more than 200 youth leaders, adolescents, peer educators, youth living with HIV/AIDS and youth workers from 27 countries in the African Region to participate in the Pre-Youth Symposium on barriers to Adolescent Sexual Reproductive Health and Rights (ASRHR) Information and Services, held in Lusaka, Zambia - where a Youth Call to Action for Africa Region was developed.
UNFPA was an important source of news and information at the Youth Pre-Symposium, of the ASRH/HIV Regional Symposium held in December 2014 in Lusaka, including through social media - garnering positive attention from Zambian media, Government officials and youth delegates. The Youth Pre-Symposium Official event hashtag #ASRHR2014 reached thousands of online visitors - where majority of hashtagged tweets came from accounts in Zambia, followed by accounts across Sub-Saharan Africa. The UNFPA #Showyourselfie campaign was also launched during the Youth Pre-Symposium - with tens of African adolescents posting their photos on the campaign site. The #Showyourselfie campaign is a UNFPA global campaign aimed to urge world leaders to prioritize the needs and rights of young people in the post - 2015 development agenda.

Launch of the #showyourselfie campaign in Zambia

Programme Enablers

Population Dynamics and Data for Development

Population trends - including fertility, mortality, migration, growth rates and age structure - play a critical role in development and must therefore be factored into planning and policy decisions.

In 2014, UNFPA Zambia continued to provide both technical and financial support to the Government of Zambia - particularly the Central Statistics Office in the Ministry of Finance to scale up national capacity to generate and utilize statistical data and evidence on population, in order to inform national policy and planning. Specific results for the year included the production and dissemination of provincial monographs from the 2010 Census of Population and Housing to inform national and sub-national development planning; training of 60 officers from the Central Statistics Office on in-depth data analysis resulting in data showing vulnerability of adolescents by district and constituency level; contribution to data collection for the 2013/2014 Zambia Demographic and Health Survey and dissemination of its preliminary results; conducting of the Zambia Demographic Dividend Study - that refers to the economic benefits a society enjoys when fertility and mortality decline rapidly and the ratio of working-aged adults significantly increases relative to young dependents. The figure below highlights key areas of intervention needed to realize a demographic dividend.

Figure 2: Four wheels of investment to achieve a demographic dividend
Part of the youth delegates from 27 African countries who attended the UNFPA supported Youth Pre-Symposium in Lusaka, Zambia.
UNFPA Zambia staff at a social soccer game with Planned Parenthood Association of Zambia, aimed at creating awareness about adolescent pregnancy and advocating for increased action to address it.
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