

Accelerating Progress Toward the Sustainable Development Goals in Tanzania: Invest in Family Planning

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THE SUSTAINABLE DEVELOPMENT GOALS IN TANZANIA

Unanimously adopted by all member states of the United Nations in 2015, the Sustainable Development Goals (SDGs) aspire to end poverty, protect the planet, and ensure prosperity for all by 2030. Tanzania is pursuing the SDGs through its medium-term development plans and further mainstreaming the goals into annual sectoral plans and budgets.¹ These plans reinforce Tanzania’s development vision, with the goal to achieve middle-income status by 2025.

Through its initiatives, including free education up to lower secondary school and manufacturing and agricultural transformation, Tanzania is making progress across eight goals. However, nine additional goals—including ending poverty—require further effort.² With just six years left to realize its vision—and a decade to achieve the SDGs—Tanzania must pursue investments that sustain existing development progress and maximize new gains for each shilling spent.

FAMILY PLANNING: A CATALYTIC INVESTMENT

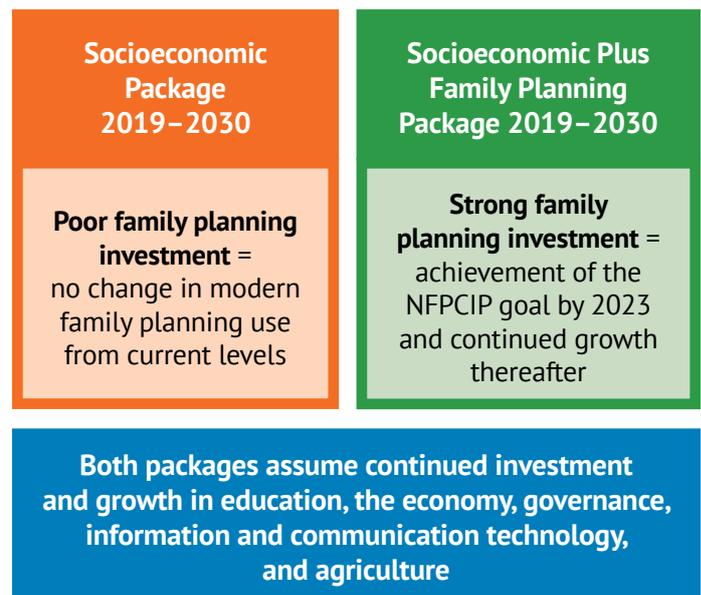
One core transformational investment is family planning, which is classified as one of the three most cost-effective SDG focus areas, reaping social, economic, and environmental benefits.³ Directly, contraception reduces the risk of maternal and newborn mortality by decreasing exposure to pregnancy and high-risk births. Increased contraceptive use also reduces total fertility at the country-level, which favorably shapes population dynamics. These population dynamics facilitate economic growth and prosperity, human capital development, food security and agriculture production, the availability and improved quality of social services, and much more.

In July 2019, Tanzania launched its second National Family Planning Costed Implementation Plan (NFPCIP) for the 2019–2023 period. The

plan aims to increase uptake of modern methods of family planning from 30 percent in 2019 to 40 percent by 2023 among all women.⁴ While Tanzania has made commitments to support increased use of contraception, progress in domestic financing has been slow.⁵ Specifically, the share of the domestic budget allocated to family planning has stagnated at TSh 14 billion, and the amount disbursed remains extremely low.⁶

TWO DEVELOPMENT PATHS

Realizing and sustaining Tanzania’s family planning commitment would substantially accelerate progress toward achieving its national objectives and the SDGs, including in areas where it is currently lagging behind. To demonstrate the size of this impact, two investment paths were modeled for Tanzania for the 2019–2030 period using the Family Planning–Sustainable Development Goals Model.⁷ Both paths assume that Tanzania makes identical, strong investments in core socioeconomic reforms, while the level of family planning investment varies. Family planning investments stagnate in the first scenario while the second path models strong investment, resulting in the realization of the 2019–2023 NFPCIP’s goal and continued growth in uptake through 2030.



RESULTS BY SECTOR: ACCELERATED PROGRESS TOWARD THE SDGS BY 2030

If Tanzania were to realize and sustain its current family planning goals compared to a future in which it does not invest adequately, it would reap impressive benefits, bolstering the achievement of national objectives as well as the SDGs.

SDG 1: REDUCED POPULATION BELOW THE POVERTY LINE

By helping the age structure mature—decreasing the share of young dependents relative to working-age adults—family planning increases average individual earnings. Through its impact on survival and educational attainment, family planning increases productivity and wages. Together, these effects help families escape poverty.

Through increased investment in family planning, **an additional 4.3 million people** could escape poverty (13 percent reduction) in Tanzania by 2030.

SDG 2: REDUCED FOOD INSECURITY

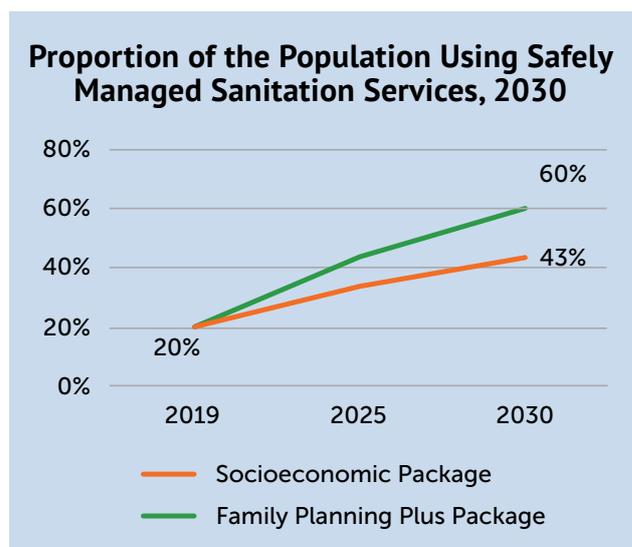
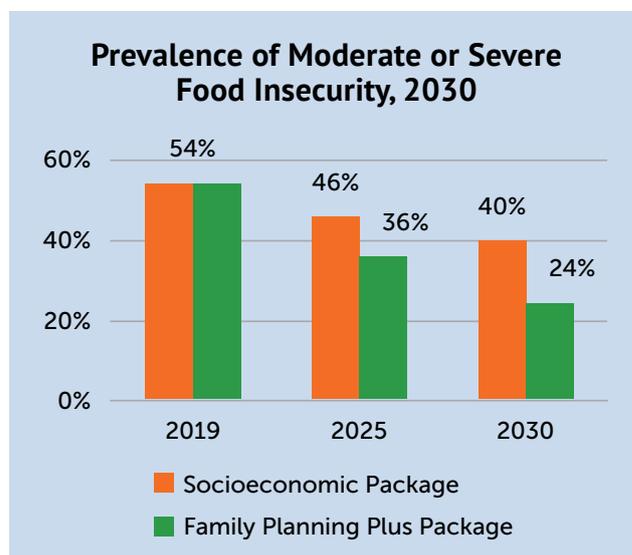
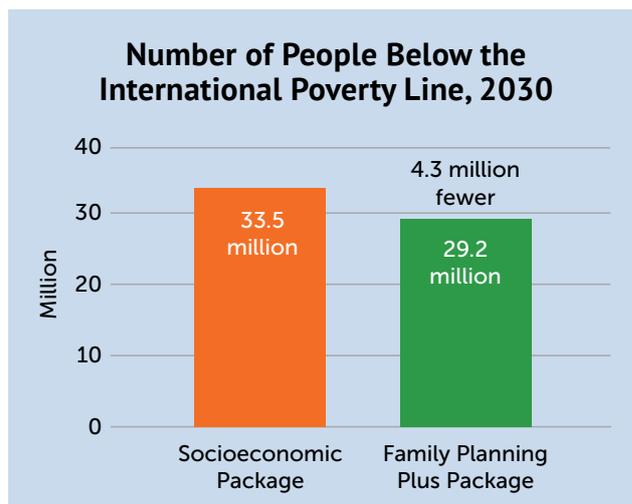
Family planning helps decrease food demands and alleviates strain around food supply and production.

Unlocking additional resources for Tanzania’s family planning program could reduce food insecurity by **an additional 38 percent** by 2030. Fourteen million fewer people could be food insecure than if Tanzania invests in socioeconomic sectors only.

SDG 6: INCREASED USE OF SAFELY MANAGED SANITATION

Through its impact on reducing population growth, family planning decreases water and sanitation requirements, reducing strain on governments. Moreover, smaller families enable parents to invest household resources in improved sanitation facilities.

Through increased funding for Tanzania’s family planning program, **an additional 38 percent** of people could use safely managed sanitation services by 2030.



ADDITIONAL BENEFITS BY 2030

The benefits of investing in family planning are vast and touch on a broader set of SDGs. Compared to a scenario in which Tanzania invests in socioeconomic sectors of development only, investing in family planning could reap the following:



15% decrease in the prevalence of stunting among children under 5 years of age



20% increase in the proportion of the population using safely managed drinking water services



47% reduction in the maternal mortality ratio
41% reduction in adolescent fertility



25% boost to the growth rate of individual incomes
23% decrease in the proportion of children engaged in child labor



8% increase in the proportion of children achieving minimum proficiency in reading at the end of primary school

HOW TO ACHIEVE THESE BENEFITS?

To realize these gains, Tanzania must achieve the family planning aspirations of its 2019–2023 NFPCIP. However, based on recent trends, Tanzania would fail to increase modern method use to the desired 40 percent of all women by 2023 without additional effort. Creating a conducive environment for the national family planning program requires the following key strategies:

- Increase the domestic budget allocation for family planning commodities to reach—at a minimum—Tanzania's global commitment of TSh 17 billion by 2020.⁵
- Ensure full and timely disbursements of allocated funds. For the 2018/2019 budget, just 11 percent of government allocated funds for family planning were disbursed.⁸
- Mobilize additional resources for family planning from various sources to meet gaps, including through innovative funding mechanisms like public and private health insurance.
- Be accountable for the milestones articulated within the NFPCIP as well as the commitments made at the 2012 and 2017 global family planning summits.
- Promote the integration of family planning in other sectors as a fundamental element of any long-term development strategy. For instance, promote the integration of key family planning messages into the activities of various extension workers (such as water, agriculture, and fisheries and forestry extension workers).

NOTES AND REFERENCES

¹ Tanzania's main development plans are the *Second National Five-Year Development Plan 2016/17-2020/21* and the *Third Zanzibar Strategy for Growth and Reduction of Poverty 2016-2020*.

² United Republic of Tanzania. 2019. *Voluntary National Review 2019*. Available at: <https://sustainabledevelopment.un.org/memberstates/tanzania>.

³ Copenhagen Consensus Center. 2016. "Smart Development Goals." Available at: http://www.copenhagenconsensus.com/sites/default/files/outcomedocument_bw.pdf.

⁴ Ministry of Health, Community Development, Gender, Elderly and Children. 2019. *Tanzania National Family Planning Costed Implementation Plan 2019–2023*.

⁵ Family Planning 2020. n.d. "Tanzania: Commitment Maker Since 2012." Available at: <https://www.familyplanning2020.org/tanzania>.

⁶ Family Planning 2020. 2019. "FP2020 Commitment 2019 Update Questionnaire: Tanzania." Available at: http://www.familyplanning2020.org/sites/default/files/Tanzania_Questionnaire_2019_FINAL.pdf.

⁷ The Health Policy Plus (HP+) Family Planning-Sustainable Development Goals Model is an Excel-based tool that projects the country-level effects of family planning use on 13 health and non-health SDG indicators (across seven SDGs) by 2030 and 2050. HP+ applied the model in Tanzania in August 2018 in collaboration with the Family Planning Unit of the Reproductive and Child Health Sector within the Ministry of Health, Community Development, Gender, Elderly and Children. Three scenarios were designed, two of which are profiled here: the socioeconomic package and the socioeconomic plus family planning package. Both scenarios assume *identical* improvements in key development areas (e.g., education, economy, and governance). However, the second scenario models improvements in family planning uptake aligned with Tanzania's NFPCIP. Modern contraceptive use grows to 40 percent among all women by 2023, and further to 57.5 percent by 2030 (extrapolation of the NFPCIP growth trend).

⁸ Mukama, M.E. 2019. *Consultancy Report for Analyzing RCHS Performance in Tanzania: Prepared for and Submitted to Health Promotion Tanzania (HDT)*. Dar es Salaam, Tanzania: HDT.

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