

# Zambia:

## On the Cusp of a Promising Future

### PRESENTATION GUIDE



# Presentation Guidelines

## ZAMBIA:

### ON THE CUSP OF A PROMISING FUTURE

#### ACKNOWLEDGMENTS

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## Introduction to the Presentation Guide

This presentation guide is designed to help users make the most of the ENGAGE presentation, *Zambia: On the Cusp of a Promising Future*, in conjunction with the user guide for all PRB ENGAGE presentations. The presentation guide includes supplemental materials such as the full presentation script, references, key messages with screenshots, FAQs, and a discussion guide that can be used to prompt interaction and dialogue among viewers.

After reviewing the presentation guide, you will know how to:

- Identify opportunities to use this ENGAGE presentation with various audiences.
- Respond to frequently asked questions about the presentation.
- Foster dialogue with audiences about key messages in the presentation.

## Presentation Goals

The goal of *Zambia: On the Cusp of a Promising Future* is to build awareness of the impact of rapid population growth on Zambia's goal of becoming a prosperous middle-income country by 2030. To achieve this goal, the presentation is designed to boost individuals' understanding of how population growth interacts with complex and interrelated challenges in the areas of education, economic growth, infrastructure development, and the health system, and reposition family planning as a national priority for improving health and well-being to help achieve Zambia's development goals.

The presentation aims to support Zambia's pursuit of its national development goals and improve the health of all Zambians by drawing attention to the challenges the country faces as a result of rapid population growth. It also aims to increase understanding and support for family planning as an effective strategy for development.

Population growth and family planning are central to Zambia's national development. They affect the well-being of all Zambians, but are often discussed in technical terms, with little consideration of what they mean for the average Zambian man or woman. This presentation is a new advocacy tool that was developed by Zambia's Population and Development Department and a Task Force of experts in population, reproductive health, education, governance, youth, and gender.

*Zambia: On the Cusp of a Promising Future* is designed to promote policy dialogue on the critical role of population growth and family planning in achieving development goals. Target policy audiences include government policymakers; donors who support reproductive health, gender, and economic development efforts; health and education sector leaders; programme officials; journalists; and others.

Specific objectives of the presentation are to:

- Explain how population growth affects Zambians' health, livelihoods, and economic opportunities.
- Foster an enabling environment for implementation of the 2019 National Population Policy and other national policies that support family planning and reproductive health.
- Encourage top-level leaders and politicians to actively and publicly promote family planning as a national development strategy.
- Provide clear, accessible evidence of the positive impact of family planning on national sustainable development.
- Highlight the benefits of slowing Zambia's population growth to combat poverty, reduce unemployment, increase access to education, improve child survival, and empower women and girls.
- Emphasize how the savings made from slowing population growth rates can be re-invested in areas that can accelerate Zambia's progress towards achieving middle-income status, such as economic diversification and good governance initiatives, as well as international commitments like the Sustainable Development Goals and the African Union's Agenda 2063.
- Foster discussion among target audience members about the need for increased investment (specifically in family planning), decentralization of funds to provincial and district levels, integrating population issues into the process of development planning, and using population and demographic data to help guide the allocation of resources and creation of policies.



- Persuade target audiences to take specific actions to reduce rapid population growth and promote family planning as a national development strategy.
- Increase commitment to mobilizing resources for family planning and reproductive health commodities at the national, regional, and district levels.
- Generate policy dialogue to ensure that family planning is high on the national agenda.

## Opportunities to Give the Presentation

This ENGAGE presentation and supporting materials are tools for professionals involved in economic development, education, family planning programmes, and health-systems strengthening at all levels—in academic, policy, and community settings. The target audiences for this presentation are:

- **Primary:** Government policymakers at all levels and development donors who are able to allocate resources and advance strategies on Zambia's policy and programme agenda to reduce population growth.
- **Secondary:** All of those who influence high-level policymakers—news media, civic and religious leaders, programme officials, and other community leaders.

## Using the Presentation With Different Audiences

The ENGAGE presentation is designed to be used in a variety of settings or environments, especially as Zambia implements the 2019 National Population Policy and continues to work towards Vision 2030 and other targets. Some ways the presentation can be used to reach different audiences are listed below.

### POLICYMAKERS

- Educate policymakers about the value of slowing population growth in Zambia.
- Demonstrate efficiency and cost savings across various sectors that can result from slowing population growth in Zambia and elsewhere.
- Emphasize the importance of fiscal decentralization and the use of population data in creating policies and allocating resources.

### HEALTH ADVOCATES

- Educate advocates about the mutually reinforcing relationship of population growth with poverty rates, malnutrition, and completing education.
- Reach individuals who attend community health days, conferences, or stakeholder meetings with information about the benefits of slowing population growth.
- Highlight how slowing population growth works for both men and women to improve lives and protect natural resources.

### CIVIC AND RELIGIOUS LEADERS

- Educate civic and religious leaders about the benefits that slowing population growth can have for families and communities.
- Sustain policy dialogue with local leaders, including civic and religious leaders at local seminars and events.

### THE MEDIA

- Educate the news media on the benefits of slowing population growth, using the ENGAGE presentation as a teaching tool.
- Provide a basis of conversation for television and radio talk shows, accompanied by local exposure for discussions and questions about population growth.

## Additional Considerations

You can make this presentation more interesting to your audience by adding information about local experiences and practices in different regions of Zambia, especially those that apply to your audience. Some considerations to make when analyzing your audience:

- **Size of the Audience.** With smaller groups, you can provide more in-depth analysis based on real-life stories or experiences because you usually know more about the individuals in the group. In larger groups, you may have to take more time during the scripted presentation to define general concepts and ensure the presentation is relevant to all viewers.
- **Knowledge Level.** It is always safest to assume that the audience may not be familiar with the technical terms you might use in the presentation. If you are giving a live presentation, we advise following the script and providing definitions for terms that may be new to some audiences.

## Presentation Instructions

This ENGAGE presentation is available in two formats:

1. A Flash presentation without a voiceover, accompanied by a presentation script so it can be delivered live by a presenter. This presentation requires you to manually click through the presentation. By following the script included in this guide, you can advance the presentation one slide at a time, reading the narration for each slide as you go. This presentation requires Adobe Flash software.
2. A presentation with a voiceover. This presentation plays as a video and does NOT require you to advance each slide. You can stream the video or download it directly from [www.prb.org](http://www.prb.org). This presentation requires a movie player such as Windows Media Player in order to be viewed on a computer.

We recommend that all potential presenters practice with the script to determine their level of comfort with each presentation. One's level of comfort should guide the decision about which version is best at a particular event.

### TECHNOLOGY REQUIREMENTS

To give ENGAGE presentations, you will need:

- A laptop or computer with:
  - At least 2.4 Ghz.
  - At least 3 GB of RAM.
  - An Intel Core 2 Duo processor.
  - Adobe Flash program. If your laptop or computer does not have Flash, you can download a free version of the program at [www.adobe.com/products/flashplayer/](http://www.adobe.com/products/flashplayer/) (required for non-voiceover presentation); OR
  - A movie player such as Windows Media Player (required for voiceover, narrated presentation).

## Presentation Instructions (Without Voiceover)

### TO OPEN THE PRESENTATION

- Double click on the red square 'f' icon ('f' stands for Flash). The end of the file name will be ".exe".
- Your computer might give a warning about the file type. This is common with .exe files. This file is safe to open and does not contain viruses or software that will harm your computer.
- Resize the window. The window may open in a small size, off-centre on your computer screen. You can maximize or minimize the presentation window by clicking the box at the bottom of the presentation which shows two diagonal arrows either pointing towards or away from each other.

## TO MOVE THROUGH THE PRESENTATION

- You can click forward and backward through the presentation in two ways: using the forward and backward arrows on your keyboard; or, pointing your mouse to the forward and backward double-arrows in the gray bottom bar of the presentation. You might find it easier to move through the presentation using the keyboard arrows because you won't have to worry about pointing your mouse to the correct location on screen.
- The **forward arrow** advances the presentation. This advancement will be the next slide, the next bullet point, or the next piece of animation.
- The **back arrow** moves you backward to the previous slide. If the previous slide included any animation, the back arrow takes you to the beginning of the slide.
- You can click on the **Menu** box in the bottom bar of the presentation in order to skip to any point in the presentation. When you click on Menu, a list of all slides in the presentations pops up. When you point your mouse to a particular slide number, a snapshot image of the beginning of that slide appears. When you click your mouse, the presentation will jump directly to this slide. You can use this menu to skip directly to the beginning, end, or any other point in the presentation.
- All of the animations are prerecorded and are not interactive.
- If you click twice by accident, **you will skip to the next slide in the sequence**. If this happens, the slide will not match what you are saying. Be careful!

Every screen in the presentation is numbered, starting with 1. These numbers correspond to the script. Some individual “screens” contain animation, and therefore change as they play.

## USING THE PRESENTATION AND SCRIPT TOGETHER

- The presentation script contains all the necessary narration for the presentation, along with instructions every time you need to click forward one slide.
- Every time the script says “Click Forward,” click the forward arrow of your keyboard to advance the presentation by one screen. Every click in the presentation is included in the script along with a number. The number corresponds to the lower left corner of the screen, and the script that follows is the narration for that screen.

## Presentation Instructions (With Voiceover)

### TO OPEN AND PLAY THE PRESENTATION

- Double click on the video file. The end of the file name will be “.mp4”.
- Resize the window. The window may open in a small size, off-centre on your computer screen. You can resize the window by dragging the top bar or dragging the corners to be smaller or larger. Enter full-screen by pressing Control + F on your keyboard.
- Check to ensure your computer speakers are working and the volume is turned up. You may find it helpful to use a portable speaker to amplify the sound for large groups.
- Click the “play” button. The presentation will play like a video.

# PRESENTATION SCRIPT

## Zambia: On the Cusp of a Promising Future

An ENGAGE multimedia presentation

### Slide 1

Zambia: On the Cusp of a Promising Future

### → Slide 2

Zambia is laying the groundwork to meet its Vision 2030 goal of becoming a prosperous middle-income country.

### → Slide 3

We've achieved significant progress since the turn of the century: Our economy has grown, more mothers are surviving childbirth, and children are healthier and more educated.

### → Slide 4

Our recent social and economic development gains show the country's potential to emerge as a key player in Africa...and the world is taking notice!

### → Slide 5

Yet despite Zambia's noteworthy progress, poverty in the country remains high.

### → Slide 6

In fact, as our economy grew, so did the number of people in poverty. During our period of economic growth, the number of Zambians living in poverty increased by 1 million. As of 2015, more than half of Zambians are in poverty.<sup>1</sup>

In other words, economic success alone did not automatically lead to overall national development and improved quality of life.

### → Slide 7

Why is there still widespread poverty if our economy is growing?

One possible explanation is that our population is growing faster than our economy.

### → Slide 8

Zambia has one of the fastest growing populations in the world. Today, we have about 17 million people.<sup>2</sup> And each year, we add close to 600,000 people to the population.<sup>3</sup>

At this rate, our country will increase to 24 million by 2030 and 41 million by 2050.<sup>4</sup>

### → Slide 9

Can rapid population growth benefit the economy?

A country's population can be an asset **if** there are enough resources that enable its citizens to thrive and become productive members of society.

### → Slide 10

For instance, to meet the basic needs of the population by 2030 the government will need to:<sup>5</sup>

- Train and absorb 25,000 doctors and nurses.
- Provide enough hospitals to accommodate 50,000 beds.
- Train and absorb 115,000 teachers.
- Educate more than 4.5 million primary and secondary school students.

### → Slide 11

...costing the government approximately:<sup>6</sup>

- 17 billion Kwacha in education expenses.
- 20 billion Kwacha in health expenses.

...a significant increase compared to what we've set aside for education and health in the 2019 budget.<sup>7</sup>

### → Slide 12

These costs would strain the national budget and pull resources away from long-term investments in other vital areas such as infrastructure, information and communications technology, and the economy.

### → Slide 13

To better understand how population growth can affect the economy, let's look at Zambia's population age structure—also known as the number of people who are young, middle-age, or old.

### → Slide 14

Each bar of this diagram shows how many people are a certain age. It looks like a pyramid because when couples have many children, more people are in the younger age groups at the base of the pyramid.<sup>8</sup>

Currently, women in Zambia have an average of five children.<sup>9</sup>

### → Slide 15

Half of our population is less than age 15. Together with those ages 65 and older, these groups make up Zambia's dependent population—or the segment of the population that is dependent on the working population.

The working-age population, in turn, are those between ages 15 and 64.

We have a very youthful population.<sup>10</sup>



→ **Slide 16**

If we can properly manage our population and transform our age structure into one that favors economic growth, we can use our country's youthful population to our advantage.

→ **Slide 17**

Let's look at Thailand as an example...

In 1970, about half of Thailand's population were dependents and women had an average of six children.

The government recognized that rapid population growth hindered economic growth and established policies to achieve a growth rate that sustained and supported national development.<sup>11</sup>

→ **Slide 18**

In response, the government ensured that five-year National Economic and Social Development Plans from the 1970s onward focused on slowing population growth.

During the 1980s and 1990s these plans also put in place efforts to improve the health and education of the population and further develop human resources.

And in the 2000s the plans expanded their focus to enhance the quality of life of citizens through economic reforms and good governance.<sup>12</sup>

→ **Slide 19**

With women and couples choosing to have smaller families, Thailand's population age structure is ideal for continued economic growth—now boasting a much larger share of working-age adults compared to dependents.<sup>13</sup>

Thailand produced a larger and more competitive labor force that contributed to substantial economic gains.<sup>14</sup>

→ **Slide 20**

By reducing the dependent population relative to the working population, Thailand was able to devote more resources towards strengthening the country's educational and health systems, economic policies, and government institutions.

As a result, Thailand achieved a demographic dividend and became an upper-middle income nation in less than a generation.<sup>15</sup>

→ **Slide 21**

How does Zambia compare to Thailand today?

With a dependent population at 48 percent and women having an average of five children, Zambia's population looks like Thailand's in 1970.<sup>16</sup>

→ **Slide 22**

In other words, we are about 50 years behind Thailand.

A side-by-side comparison of Zambia and Thailand shows the significant differences between the two countries.<sup>17</sup>

→ **Slide 23**

If we continue with business as usual, the demand for social services, housing, electricity, water, and sanitation will rise.

The government will also need to create more jobs, especially for youth who are entering the labor force. ...

→ **Slide 24**

...which will be a challenge since youth who enter the work force are often unable to secure stable employment opportunities or adequately meet daily expenses.

In fact, four in five young adults ages 20 to 24 years old are unemployed.<sup>18</sup>

→ **Slide 25**

Youthful populations put more pressure on government institutions to deliver social services and provide jobs. But, when the government is already financially stressed and unable to meet people's needs, especially youth, some youth may become disillusioned, feel marginalized, and resort to violence or extremism.<sup>19</sup>

→ **Slide 26**

At the community and household level, the large number of dependents restricts parents' ability to save and make it harder for families to escape poverty.

→ **Slide 27**

Poverty levels in rural areas are particularly alarming.

Of the 9 million people living in poverty today, more than 7 million, or 77 percent, live in rural areas.<sup>20</sup>

→ **Slide 28**

A significant proportion of children are malnourished, families are struggling to make ends meet, and quality of life is slow to improve.

→ **Slide 29**

How can we ensure that everyone can benefit from Zambia's current and future progress? What can we do to break the cycle of poverty, improve quality of life, and sustain economic growth in Zambia?

→ **Slide 30**

Experience has taught us that economic success alone is not enough to achieve middle-income status.

We need to focus our efforts towards shifting our age structure by investing in child health and increasing school completion rates, especially for girls.

→ **Slide 31**

One in 16 children in Zambia do not make it to his or her fifth birthday.<sup>21</sup>

Improving child health will not only help children thrive but will also influence couples' preferences for family size. Research shows that couples choose to have smaller families when they know that each child has a better chance of surviving.<sup>22</sup>

→ **Slide 32**

Child health can also be improved with increased access to voluntary family planning for women and couples. Voluntary family planning enables women and couples to choose the timing and spacing of their pregnancy and meet their desired family size.

→ **Slide 33**

And when women can decide for themselves when to have children, they can stay in school, find jobs, and contribute to the economy.<sup>23</sup>

→ **Slide 34**

In fact, experts estimate that increases in female labor participation can increase incomes by up to 21 percent!<sup>24</sup>

→ **Slide 35**

Increasing school completion rates, especially for girls, is also a critical component in shifting our age structure.

Multiple studies confirm that investing in girls' education can generate positive returns on both the household and the national level.

Women with higher education delay marriage and childbearing, hold high-skilled jobs, contribute to the economy, and better provide for themselves and their family.<sup>25</sup>

→ **Slide 36**

A World Bank analysis revealed that every extra year of secondary school for women can increase wages by 15 percent to 20 percent!<sup>26</sup>

→ **Slide 37**

Moreover, voluntary family planning and education have a mutually reinforcing relationship: Women with more education prefer smaller families than women with less or no education. Likewise, modern contraceptive use is higher among women with secondary or higher education compared to women with primary or no education.<sup>27</sup>

→ **Slide 38**

Unfortunately, national figures show that although nine in 10 girls in primary school graduate, less than one in three girls in secondary school complete their studies.<sup>28</sup>

→ **Slide 39**

Child marriage and adolescent pregnancy also pose a serious challenge to girls' education, contributing significantly to school dropout rates.

→ **Slide 40**

In 2014, more than 150,000 girls ages 15 to 19 were married, and in 2018 about one in three girls ages 15 to 19 had already given birth or are pregnant with their first child.<sup>29</sup>

→ **Slide 41**

Of the 14,000 girls who dropped out of primary and secondary school in 2017 due to pregnancy, only 7,500 returned after giving birth.<sup>30</sup>

Adolescent pregnancy greatly reduces young women's educational and employment opportunities which, in turn, can lead to increased poverty.

→ **Slide 42**

If we invest in the health and education of the population, especially in women and girls, we may see a different Zambia in the years to come.

If by 2030 women and couples have an average of three children, we can start to see a slight decline in the younger, dependent population.<sup>31</sup>

→ **Slide 43**

And if fertility continues to decline with women and couples choosing to have an average of two children by 2050, the transformation is much more apparent.<sup>32</sup>

→ **Slide 44**

By 2050, there will be more working-age adults in the labor force contributing to the economy.

Dependents will be fewer, easing the pressure for social services and freeing up resources that the government can reinvest in key sectors.<sup>33</sup>

→ **Slide 45**

And, as women and couples have smaller families, they are better able to provide for their children, save money, and escape poverty.

→ **Slide 46**

In fact, studies show that shifting the age structure of the population can lead to a 47 percent increase in per capita income!<sup>34</sup>

→ **Slide 47**

By 2050, Zambia can save about 9 billion Kwacha in health care costs and 19 billion Kwacha in education costs—a total savings of about 28 billion Kwacha!<sup>35</sup>

→ **Slide 48**

We can invest these savings in areas that help our continued progress towards becoming a middle-income country, such as infrastructure...

→ **Slide 49**

...health and education...

→ **Slide 50**

...combined with good governance practices.

→ **Slide 51**

We can reduce poverty...

→ **Slide 52**

... and inequality...

→ **Slide 53**

...all of which comprise the strategic areas of Zambia's Seventh National Development Plan.

→ **Slide 54**

And now, with the launch of the 2019 National Population Policy, policymakers and key stakeholders have the policy frameworks in place to ensure that Zambia remains on the path towards achieving its development goals.

→ **Slide 55**

If we succeed in our efforts, GDP per capita will double by 2050 and triple by 2063—effectively launching Zambia into upper-middle income status!<sup>36</sup>

→ **Slide 56**

Shifting the population age structure will not only help us meet our development goals but will also help us achieve our international commitments.<sup>37</sup>

→ **Slide 57**

The great challenges leaders face today are how to cope with growing populations, reduce poverty, compete in the global economy, and improve people's lives without compromising the environment for the well-being of future generations.<sup>38</sup>

For Zambia to seize the opportunity for sustainable economic and social development and achieve middle-income status, we must:



→ **Slide 58**

Expand access to voluntary family planning outreach and services, especially in rural areas.

→ **Slide 59**

Increase investments in child health and secondary education, especially for girls.

→ **Slide 60**

Integrate population issues into the overall development planning process.

→ **Slide 61**

Use population and demographic data to inform development policies, programs, and resource allocation.

→ **Slide 62**

Zambia is on the cusp of a promising future. With the policy frameworks in place, the time to act is now!

By investing in the health and well-being of our children, increasing access to voluntary family planning, promoting increased education for girls, and helping families escape poverty, we can keep the nation on the path to achieving our national development goals.

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- 27 Husain et al., *Fostering Economic Growth, Equity, and Resilience in Sub-Saharan Africa: The Role of Family Planning*.
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- 30 Ministry of Education, Directorate of Planning and Information, *Educational Statistical Bulletin 2017*.
- 31 Track20 and PRB analysis.
- 32 Track20 and PRB analysis.
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## Key Messages Handout

The Key Messages handout is a short handout that includes visual “snapshots” from the ENGAGE presentation. The handout is intended to be succinct, serving as a visual aid as well as a readable document. We encourage you to use this handout when giving the presentation to an audience.

# ZAMBIA: ON THE CUSP OF A PROMISING FUTURE

## KEY MESSAGES

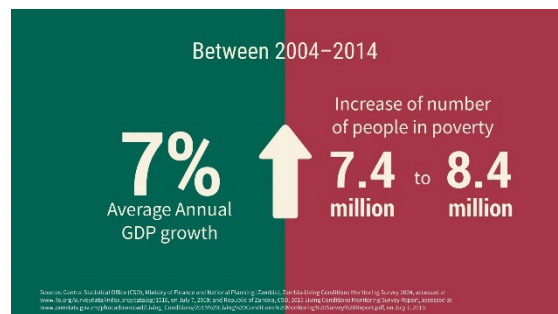
Zambia is laying the groundwork to meet its Vision 2030 goal of becoming a prosperous middle-income country.

We've achieved significant progress since the turn of the century: Our economy has grown, more mothers are surviving childbirth, and children are healthier and more educated.



Yet despite Zambia's noteworthy progress, poverty in the country remains high. During our period of economic growth, the number of Zambians living in poverty increased by 1 million. As of 2015, more than half of Zambians lived in poverty.<sup>1</sup>

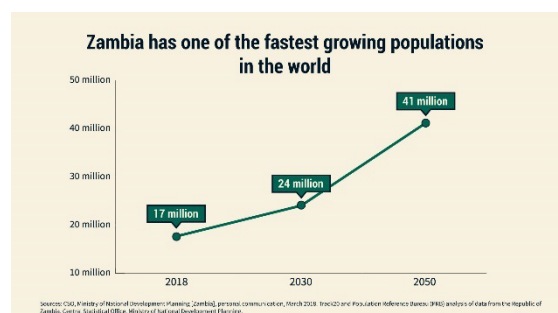
Economic success alone did not automatically lead to overall national development and improved quality of life.



Why is there still widespread poverty if our economy is growing? One possible explanation is that our population is growing faster than our economy.

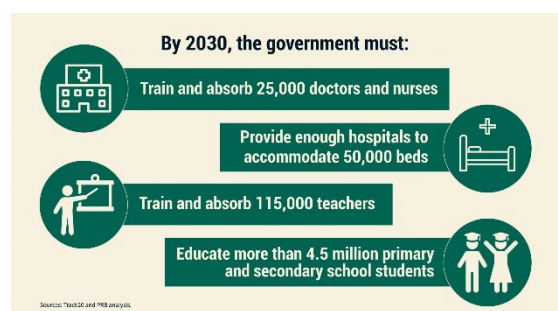
Zambia has one of the fastest-growing populations in the world. Today, we have 17 million people.<sup>2</sup> And each year, we add about 600,000 people to the population.<sup>3</sup> At this rate, our country will increase to 24 million by 2030 and 41 million by 2050.<sup>4</sup>

Half of our population is less than age 15. We have a very youthful population.



To meet the basic needs of the population in 2030 the government will need to:<sup>5</sup>

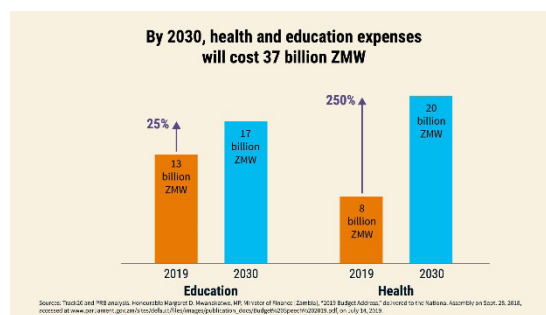
- Train and absorb 25,000 doctors and nurses.
- Provide enough hospitals to accommodate 50,000 beds.
- Train and absorb 115,000 teachers.
- Educate more than 4.5 million primary and secondary school students.



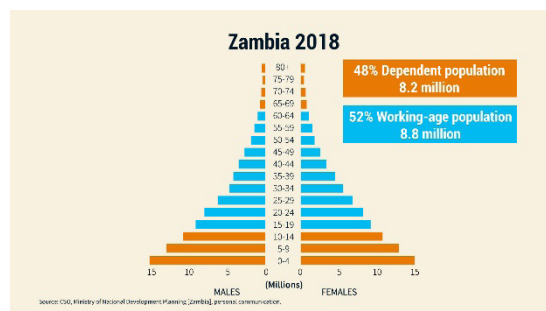
The increased demand for education and health services in 2030 will cost the government approximately:<sup>6</sup>

- 17 billion Kwacha in education expenses.
- 20 billion Kwacha in health expenses

...a significant increase from the 2019 education and health budgets.<sup>7</sup>



At the community and household level, the large number of dependents limits the working population’s ability to save money and makes it harder for families to escape poverty. Children are malnourished, families are struggling to make ends meet, and quality of life is slow to improve.



What can we do to break the cycle of poverty and open a window of opportunity for sustainable economic growth and improved quality of life in Zambia?

Experience has taught us that economic success alone is not enough to achieve middle-income status. Governments must also invest in the health and education of its people, along with sound economic policies and good governance practices.



Improve child survival and reduce fertility by promoting voluntary family planning.

Research shows that couples choose to have smaller families when they know that each child has a better chance of surviving.

And, as women and couples have smaller families, they are better able to provide for their children, save money, and escape poverty.

In fact, studies show that shifting the age structure of the population can lead to a 47 percent increase in per capita income!<sup>8</sup>



Increase secondary school completion rates among youth, especially girls.

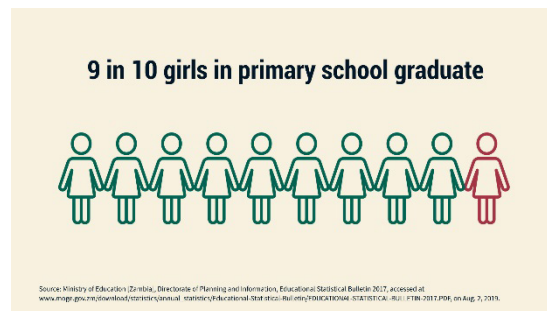
Women with higher education delay marriage and childbearing, hold high-skilled jobs, contribute to the economy, and better provide for herself and her family.<sup>9</sup>

A World Bank analysis revealed that every extra year of secondary school for women can boost wages by 15 percent to 20 percent.<sup>10</sup>





Unfortunately, national figures show that although 9 in 10 girls in primary school graduate, less than 1 in 3 girls in secondary school complete their studies.<sup>11</sup>



Child marriage and adolescent pregnancy also pose a serious challenge to girls' education, contributing significantly to school dropout rates.

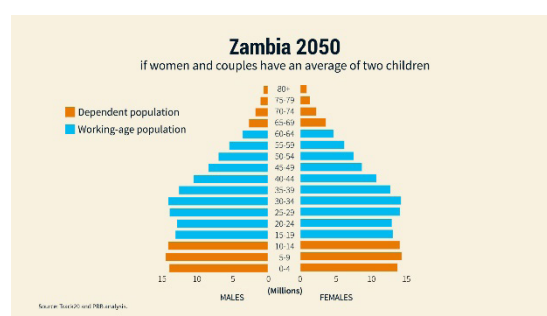
In 2014, more than 150,000 girls ages 15 to 19 were married, and in 2018 about 1 in 3 girls ages 15 to 19 had already given birth or are pregnant with their first child.<sup>12</sup>

Of the 14,000 girls who dropped out of primary and secondary school in 2017 due to pregnancy, only 7,500 returned after giving birth.<sup>13</sup>



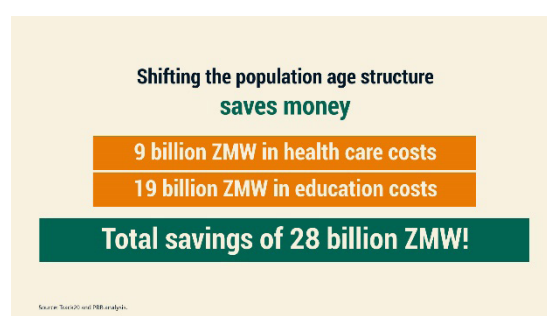
If we invest in the health and education of the population, especially in women and girls, we may see a different Zambia in the years to come.

The share of working-age adults will be higher to support the dependent population, easing the pressure on the government to keep up with the increasing demand for social services.<sup>14</sup>



The government doesn't have to spend as much money to meet the needs of the population and can save money on health and education expenditures.

By 2050, Zambia can save 9 billion Kwacha in health care costs and 19 billion Kwacha in education costs—a total savings of 28 billion Kwacha.<sup>15</sup>



We can invest these savings in areas that support our continued progress towards becoming a middle-income country, such as:

- Promoting economic diversification and job creation.
- Enhancing human development.
- Creating a conducive governance environment.
- Reducing poverty and vulnerability.

All these investments comprise the strategic areas of our Seventh National Development Plan.

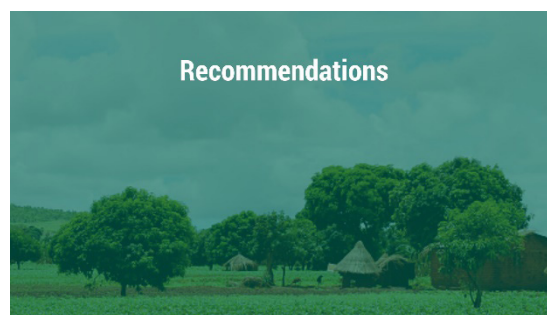


And now, with the launch of the 2019 National Population Policy, policymakers and key stakeholders have the policy frameworks in place to ensure that Zambia remains on the path towards achieving its development goals.



To shift the population age structure and achieve a population growth rate that is sustainable and beneficial to national development, Zambia must:

- Expand access to voluntary family planning outreach and services, especially in rural areas.
- Increase investments in child health and secondary education, especially for girls.
- Integrate population issues into the overall development planning process.
- Use population and demographic data to inform development policies, programs, and resource allocation.



By recognizing the importance of population growth and taking action now, we can keep the nation on the path to becoming a middle-income country.



## Key Messages Handout References

- 1 Central Statistical Office (CSO), Ministry of Finance and National Planning [Zambia], Zambia-Living Conditions Monitoring Survey 2004, accessed at [www.ilo.org/surveydata/index.php/catalog/1516](http://www.ilo.org/surveydata/index.php/catalog/1516), on July 7, 2019; and Republic of Zambia, CSO, 2015 Living Conditions Monitoring Survey Report, accessed at [www.zamstats.gov.zm/phocadownload/Living\\_Conditions/2015%20Living%20Conditions%20Monitoring%20Survey%20Report.pdf](http://www.zamstats.gov.zm/phocadownload/Living_Conditions/2015%20Living%20Conditions%20Monitoring%20Survey%20Report.pdf), on July 7, 2019.
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- 3 Track20 and Population Reference Bureau (PRB) analysis of data from the Republic of Zambia, Central Statistical Office, Ministry of National Development Planning.
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- 8 Bloom et al., "Fertility, Female Labor Force Participation, and the Demographic Dividend," Program on the Global Demography of Aging, Working Paper Series, no. 25 (2007), accessed at [https://cdn1.sph.harvard.edu/wp-content/uploads/sites/1288/2013/10/pgda\\_wp25\\_2007.pdf](https://cdn1.sph.harvard.edu/wp-content/uploads/sites/1288/2013/10/pgda_wp25_2007.pdf), on June 13, 2019.
- 9 Bloom et al., "Fertility, Female Labor Force Participation, and the Demographic Dividend."
- 10 Ishrat Husain et al., *Fostering Economic Growth, Equity, and Resilience in Sub-Saharan Africa: The Role of Family Planning*, accessed at [www.prb.org/economic-growth-equity-ishrat/](http://www.prb.org/economic-growth-equity-ishrat/), on July 15, 2018.
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- 12 CSO, Ministry of Health (MOH) [Zambia], and ICF International, Zambia Demographic and Health Survey 2013-14 (Rockville, Md.: CSO, MOH, and ICF International, 2014); and CSO, MOH, and ICF International, Zambia Demographic and Health Survey 2018: Key Indicators (Rockville, Md.: CSO, MOH, and ICF International, 2019).
- 13 Ministry of Education [Zambia], Directorate of Planning and Information, *Educational Statistical Bulletin 2017*.
- 14 Track20 and PRB analysis.
- 15 Track20 and PRB analysis.

## Discussion Guide

After giving the *Zambia: On the Cusp of a Promising Future* ENGAGE presentation, you may have the opportunity to facilitate discussion among the audience members. We encourage you make the discussion specific to the impacts of population growth in Zambia.

Sample discussion questions are listed below.

### DISCUSSION ABOUT POPULATION GROWTH

1. Were you aware of the relationship between rapid population growth, health, and the economy? What did you learn today about these relationships?
2. Were you aware of the impact of population growth on women, health, livelihoods, education, and the economy? What did you learn today about these relationships?
3. How can slowing the rate of population growth improve lives in Zambia? How did the activities and policies that were featured in this presentation help families and communities?
4. What are some of the reasons the Zambian government may decide to implement measures to reduce the rate of population growth?
5. What are some of the benefits of slowing the rate of population growth?
6. How do approaches to reduce population growth align with larger strategies and frameworks in Zambia and the international community (Vision 2030, Seventh National Development Plan, Sustainable Development Goals, etc.)?

### DISCUSSION ABOUT POPULATION GROWTH AND DYNAMICS

7. Some people say that a large population can lead to a stronger economy because there are more workers to fill the labor force. After seeing the presentation, what do you think about that argument?
8. What can Zambia learn from the experience of Thailand, which once had similar fertility and poverty rates?
9. Why might a large family size limit a household instead of helping it? After watching the presentation, can you describe how high fertility can contribute to continued poverty for families? For communities?
10. After watching this presentation, are you able to explain how total fertility can affect Zambia's ability to become a middle-income country by 2030?
11. How does the shift in population age structure open a window of opportunity for accelerated economic growth?

### DISCUSSION ABOUT POPULATION GROWTH AND ITS IMPACT ON HEALTH

12. How are health services impacted by high rates of population growth? How can slowing population growth benefit Zambia's health system?
13. How would having a large population influence Zambia's ability to treat and reduce health problems like HIV/AIDS, malnutrition, maternal mortality, or teenage pregnancy?
14. Why are smaller populations generally healthier?

### DISCUSSION ABOUT FAMILY PLANNING AND POPULATION GROWTH

15. Why would adjusting the age structure of Zambia's population create beneficial changes?
16. After watching this presentation, are you able to explain how fertility affects people's health?
17. Many people have diverse views about family planning and birth spacing. Has this presentation affected the way that you think about the issue? Did you learn anything that makes you think differently about family planning and birth spacing, especially as to how these issues affect Zambia's ability to support its people?

18. How does geographic location (for example, living in a rural area versus an urban area) affect a person's ability to access health care services or overcome poverty?
19. What are some of the ways that family planning can help improve the lives of women and girls?
20. How might strategies that reduce population growth address young people's reproductive health and other health needs?

### **BENEFITS OF SLOWING POPULATION GROWTH ON THE ECONOMY**

21. After watching the presentation, are you able to recall the ways that slowing population growth can benefit people's livelihoods?
22. Did the presentation make a clear link between livelihoods and population growth?
23. How can slowing population growth improve livelihood opportunities for young people? How could this contribute to a demographic dividend?
24. How would having a smaller population influence Zambia's need for infrastructure? What about its needs for agriculture?

### **DISCUSSION ABOUT POPULATION GROWTH AND SUSTAINABLE DEVELOPMENT**

25. After watching this presentation, do you agree that slowing population growth complements Vision 2030?
26. How does slowing population growth address key sectors in the Seventh National Development Plan (for example, agriculture, poverty, educational enrollment, etc.)?
27. How can slowing population growth improve Zambians' economic well-being? Social well-being?
28. Based on your understanding, how might efforts to reduce population growth address the non-health targets in the Sustainable Development Goals (SDGs)?

### **DISCUSSION ABOUT POPULATION GROWTH AND GENDER**

29. How does slowing population growth impact women's health? Livelihoods? Empowerment?
30. What are some of the specific benefits to men?
31. How can slowing population growth also reduce inequalities between men and women?

### **DISCUSSION ABOUT RECOMMENDATIONS**

32. Why is it important to increase investments in education, especially for girls?
33. What can we do to increase funding for activities that slow population growth at the national and district levels?
34. What role can civil society play to make slowing population growth more mainstream? Which policymakers have a role in mainstreaming the reduction of population growth?
35. What can nongovernment organisations (NGOs) and civil society organisations (CSOs) do to become more involved in efforts to slow population growth?
36. How can policymakers integrate population issues into their development planning?
37. How can policymakers use demographic and population data to inform their policies and allocate resources?
38. The presentation included several actions recommended for government and CSOs in the conclusion. In addition to those actions, what else do you think you can do, in your personal life or in your job, to support efforts to reduce population growth? (Encourage people to be specific and feasible in the actions they suggest.)

## Frequently Asked Questions

Often, audience members have questions about the presentation. Some of these questions may be specific to the actual presentation (data, pictures, figures, sources of information) while other questions may be related to the content of the presentation.

Below are some frequently asked questions and scripted answers.

### QUESTIONS ABOUT THE PRESENTATION

**Q. Are the photos and videos in the presentation really of the projects that you are describing?**

**A.** All of the footage in the presentation where we reference a specific project comes from the country being described.

**Q. Have the people in the photographs and videos in your presentation given their consent?**

**A.** We have the legal right to use every photograph and video that was included in this presentation.

### QUESTIONS ABOUT ZAMBIA'S COMMITMENTS AND ACTIVITIES AROUND POPULATION GROWTH

**Q. How does slowing population growth help accomplish Zambia's international commitments and priorities?**

**A.** Zambia is a party to numerous international efforts to improve health and development, such as Family Planning 2020 (to increase the number of users of contraception and amount of government money budgeted to family planning), the 90/90/90 HIV goals (to increase testing, knowledge of status, and treatment), the Maputo Protocol, UN Sustainable Development Goals, and the African Union's Agenda 2063. Slowing population growth is shown to be an effective way of creating a healthier, more prosperous population, which is a goal of all of these different commitments.

**Q. What are Zambia's existing policies related to population growth?**

**A.** Zambia's Vision 2030 document includes "maintaining population trends which are commensurate with sustainable socioeconomic development" as one of its target goals. In addition, the Seventh National Development Plan (2017-2021) includes a section on population and development, specifically a focus on "harnessing demographic dividends" that includes goals such as "accelerating fertility reduction" and "preventing child marriages and teenage pregnancies." In 2019, Zambia also launched an updated National Population Policy to help reduce the rate of population growth.

### QUESTIONS ABOUT POPULATION STRUCTURES

**Q. Why is the age structure of a population important?**

**A.** Having a well-balanced age structure is important to ensuring that Zambia has a large and productive work force who can use the money they make to lead healthier lives. In a country with a high proportion of young people (like Zambia) it is the working-age population—those ages 15 to 64—that have to support more dependents on their income. A large dependent population restricts the working population's ability to save, reduces purchasing power, and leads to slower economic development. And if Zambia continues to grow at its current rate (50 million people by 2050, with 22 million less than the age of 15) increasingly large amounts of money will be needed, both from individuals and the government, to meet the nutritional, economic, educational, and health needs of all these people. Increased demands in social services and basic living essentials would slow economic growth with fewer jobs, put more pressure on our natural resources, and lower quality of life.

**Q. How does changing the population structure save money?**

**A.** At the most basic level, having a smaller population reduces the amount of money the government must spend on its citizens, while having a larger percentage of the population in the workplace means more people working and fewer children and young people who need financial support. Having smaller families eases the pressure on the government to keep up with the increasing demand for social



services: There would be fewer students to educate, and the government wouldn't have to provide as many school buildings, hospitals, and jobs in a short amount of time.

**Q. Some people say that a large and growing population is needed for a country to be economically prosperous. How will making Zambia's population smaller over time improve the country's economic condition?**

**A.** The idea that large numbers of people are needed to drive economic growth is untrue. Statistical analysis from more than 100 countries over the past four decades show that countries with high rates of fertility (and with very youthful populations) are less likely to achieve development goals. On the other hand, once fertility declines below three children per woman, a country has at least a 50 percent chance of achieving upper middle-income status.<sup>1</sup> And at the individual level, studies show that shifting the age structure of the population can lead to a 47-percent increase in per capita income.<sup>2</sup>

## QUESTIONS ABOUT SLOWING POPULATION GROWTH

**Q. Some people say small family size is just a Western idea being forced onto developing nations by outsiders. What do you think about this statement?**

**A.** Women and couples have the right to decide freely the number and spacing of their children. Yet, 21 percent of married women in Zambia have an unmet need for family planning, meaning that they want to delay their next birth or not have any more children but are not using any form of family planning.<sup>3</sup> Unmet need for contraception can lead to unintended pregnancies, which pose risks for women, their families, and societies, and in turn harms economic growth and development for many nations, including Zambia. Article 14 of the Maputo Protocol, developed by African countries through the African Union, supports women's rights, stating that "parties shall ensure that the right to health for women, including sexual and reproductive health, is respected and promoted which includes: the right for women to control their fertility; the right for women to decide whether to have children; the number of children and the spacing of children; the right to choose any method of contraception; the right to family planning education; and the right to adequate, affordable, and accessible health services including information, education, and communication programs to women, especially in rural areas."<sup>4</sup>

**Q. Some people say that family planning is an instrument of population control to keep poor people from having too many children. What do you think about this statement?**

**A.** We are against population control, and we oppose coercion in reproductive health matters. We want to reduce the number of unintended pregnancies because unintended pregnancies have a higher risk of poor health outcomes for mothers and babies. By promoting family planning, we hope that women and couples can choose the timing, spacing, and size of their families, leading to better health and well-being for the family, community, and ultimately the entire nation.

**Q. Some people say that women want to have large families. Do many women in Zambia want to limit the number of children they have?**

**A.** Each woman should be able to make her own decision about future pregnancies. In 2014, the total fertility rate, or the number of children a woman would have in her lifetime, was 5.3 children yet women prefer 4.7 children, which suggests that they want to have fewer children. Many women want to avoid a pregnancy but lack access to contraceptive methods. We believe that women want to make the best decision about each pregnancy, for themselves and for their families, and that sometimes that decision is to use family planning to either space or limit the number of children they have. By reducing barriers to family planning, we can ensure that women who want access to family planning are not being denied the right to choose what is best for them and their family.

## QUESTIONS ABOUT YOUTH AND POPULATION GROWTH

**Q. Why should Zambia focus on young people to slow population growth?**

**A.** As death rates and fertility rates continue to decline in Zambia, the government has an opportunity to capitalize on the demographic dividend. With more investments in family planning, Zambia's young population will grow smaller in relation to its working-age population. With fewer people to support, working-age adults can then foster rapid economic growth. However, this rapid economic growth is not

automatic; it depends on policy and programme investments in young people to ensure they can lead healthy, productive lives and contribute to national development efforts.

The right policies need to be in place to ensure young people are educated and have the necessary skills to build a productive labour force. Investments in youth sexual and reproductive health is key—they ensure that more young people have a healthy transition into adulthood by preventing unintended pregnancies, reducing the spread of sexually transmitted infections such as HIV, and helping young people take advantage of education and employment opportunities.

**Q. How can we realistically make youth sexual and reproductive health a part of these large, national economic development/poverty reduction programmes when there are so many competing agendas?**

**A.** Sexual and reproductive health is an important component of youth well-being and a powerful tool in harnessing youth's potential to combat poverty. Young people make up more than half of Zambia's population and helping them realize their full potential is essential to achieve national economic and social development goals. Contraceptive services and programs create conditions that enable women to enter the labour force and families to devote more resources to each child, thereby improving family nutrition, education levels, and quality of life.

Slower population growth also cuts the cost of social services and eases demand for water, food, education, health care, housing, transportation, and jobs. Effective reproductive health programs, including contraceptive services, targeted to meet young people's needs can promote youth health and well-being, ultimately resulting in a healthier, more qualified labour force and progress towards poverty reduction and other national development goals.

**Q. How can we make sure there is sufficient budget to ensure all young people have access to sexual and reproductive health information and services, including contraceptives?**

**A.** In the face of economic shortfalls, it may seem difficult to increase national budgets for comprehensive youth sexual and reproductive health services. However, the quality and availability of sexual and reproductive health services benefit from strong health systems and financing mechanisms.

Using evidence-based research to advocate for increased resource allocation from the government and donors can help ensure that funding for sexual and reproductive health is targeted and used efficiently. Integrating sexual and reproductive health for young people into other key sectors like education, labour, planning, and gender can also increase national funding streams for sexual and reproductive health commodities and services. In addition, budgeting for contraception and sexual health services requires a long-term perspective since using contraceptive services is not a one-time event for individuals and couples but a need that lasts throughout an individual's reproductive life. Finally, advocates and policymakers who articulate support for sexual and reproductive health can help put the issue on the national agenda and increase budget support for such services. With greater involvement from NGOs and the private sector, countries can better provide sexual and reproductive health information and services to all young men and women.

## Frequently Asked Questions References

- 1 Elizabeth Leahy Madsen, "Three Takeaways on the Four Dividends: How Age Structure Change Can Benefit Development," Population Reference Bureau, March 14, 2018, accessed at <https://www.prb.org/insight/three-takeaways-on-the-four-dividends-how-age-structure-change-can-benefit-development/> on July 2, 2019.
- 2 Bloom et al., "Fertility, Female Labor Force Participation, and the Demographic Dividend," Program on the Global Demography of Aging, Working Paper Series, no. 25 (2007), accessed at [https://cdn1.sph.harvard.edu/wp-content/uploads/sites/1288/2013/10/pgda\\_wp25\\_2007.pdf](https://cdn1.sph.harvard.edu/wp-content/uploads/sites/1288/2013/10/pgda_wp25_2007.pdf), on June 13, 2019.
- 3 StatCompiler, accessed March 2019.
- 4 Protocol to the African Charter on Human and Peoples' Rights on the Rights of Women in Africa (2003), accessed at [www.un.org/en/africa/osaa/pdf/au/protocol\\_rights\\_women\\_africa\\_2003.pdf](http://www.un.org/en/africa/osaa/pdf/au/protocol_rights_women_africa_2003.pdf), on Sept. 26, 2019.

## Additional Resources

### RESEARCH

Population Action International (PAI),  
*Why Population Matters* (Washington, DC:  
PAI, 2011)

### BLOGS

PAI, All Access  
<https://pai.org/blog/>

Pathfinder International  
Pathfinder International Blog,  
<https://pai.org/blog/>

### WEBSITES

Advance Family Planning  
[www.advancefamilyplanning.org/](http://www.advancefamilyplanning.org/)

Family Planning 2020  
[www.familyplanning2020.org/](http://www.familyplanning2020.org/)

Global Gender and Climate Alliance,  
<https://genderandenvironment.org/actors/the-global-gender-and-climate-alliance-ggca/>

National AIDS Council  
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Population Media Center  
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[www.prb.org](http://www.prb.org)

The PACE Project  
<https://thepaceproject.org/>

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