

THE UNITED REPUBLIC OF TANZANIA

NATIONAL POPULATION POLICY

**PRESIDENT'S OFFICE
THE PLANNING COMMISSION**

1992

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FOREWORD

The main goal of the National Population Policy is to extend the horizon of the country's development plans whose principal objective is to move Tanzanians away from poverty and extend their horizon of standard of living. Since our country's independence 30 years ago we have dealt with various issues pertaining to population, including our unfailing census taking every after ten years, and health programmes to reduce mortality in the country. Other measures have been efforts to reduce the rate of rural-urban migration – especially to Dar es Salaam – and measures taken to encourage people living in areas with problems of land scarcity to move to other areas in the country. Development plans also deal with employment issues in our country. Since 1974 the Government in collaboration with other public and non-government institutions is providing family planning services as part of maternal and child health services.

All these issues have been dealt with in isolation without due consideration of the impact of successes in these activities on population growth trends in the country. Although, for example, mortality rates in the country are still high compared to situations in other countries particularly developed countries – progress made in spreading health services in the country has reduced mortality rates to an extent that the population growth rate has been increasing from under 2 per cent per year in the 1950s to about 3 per cent in the 1980s. As the result of this situation the population in the country has increased from 9 million in 1957/58 to 23.1 in 1988.

The increase in the population – as explained in this policy – together with the poor technology used by Tanzanians has shown adverse impact on various sectors of the economy and the country's environment. Although the country's population density is still low – at 26 persons per square kilometer – settlements are spreading to agricultural marginal lands and the consumption of natural resources is increasing to the extent that threatens to turn our country into a desert.

This policy, therefore, gives our country guidelines for dealing with all population issues in an integrated manner, and its implementation will give a new dimension and direction to development plans by making population issues the basis for the preparation of these plans.

It is my expectations that every person responsible for implementation of this Policy will play his/her part fully and that the foundation of this implementation will be the people themselves.

(Signed)

Hon. J. S. Malecela

Prime Minister and First Vice-President

PREFACE

Tanzania's fundamental national goals and development strategy are largely inspired by the Arusha Declaration and have clearly been reflected in the successive national development plans. The triple goals of economic growth, equity and development through self-reliance are being pursued through emphasis on rural development, mass literacy and provision of basic needs to the people. Over 80 per cent of the adult people are now literate and enrollment in primary school has reached 75 per cent. Other basic services like health care and clean and safe water are being brought within easy reach of people.

The Gross Domestic Product (GDP) is estimated to have grown at an annual rate of about 6 per cent during the 1960's and at 4 per cent during the 1970's. During the first half of the 1980's, Tanzania faced serious economic strains which resulted into very low average GDP growth rate of only 1 per cent per annum. In the second half of the 1980's the national economy started showing signs of recovery and the average annual growth rate of GDP was put at 3.8 per cent. At the same time, the annual population growth rate was 3.2 per cent in the 1970's and 2.8 per cent in the 1980's. As a result during the period up to 1980, the GDP per capita average annual rate of growth was 2 per cent whereas during the period of 1980-85, the GDP per capita declined at 1.5 – 2.5 percent per annum. Although the average GDP per capita increased by 1 per cent per annum during the second half of the 1980's, it is evident that the high population growth rate contributes to the low rate of increase of GDP per capita in the country.

Chama cha Mapinduzi (CCM) and its Governments have been concerned, from the outset, with the implications of population growth for the achievement of various economic goals and national development, and have taken due account of population trends in the national development plans. For this reason, in recent years various programs educate Party and Government leaders on the relationship between population growth trend and national development have been instituted. In 1986, for instance, a number of awareness seminars were conducted. One among these seminars, was conducted for members of CCM National Executive Committee (NEC), Ministers of both governments and members of the Zanzibar

Revolutionary Council in November, 1986. An important outcome of that seminar was the directive to the government to prepare a comprehensive national population policy.

Historically, a population policy is an integral part of a comprehensive socio-economic development plan, as there is a clear relationship between these two issues. For instance, there is evidence that the need for the family to have many children declines if there is:

- i) Effective health services for all people which reduce levels of infant mortality and death rates in general;
- ii) Universal education, especially women education and professional employment.
- iii) Rural development, especially modern agriculture and rural electrification.
- iv) Old age pension schemes and other social security benefits.

The expected outcome of a good and long lasting population policy is therefore the promotion of rapid and sustainable economic growth and national development which in turn facilitates the provision of basic social services to all people. For this reason population policy and social – economic development are inseparable, and indeed affect each other.

The formulation, adoption and the beginning of the implementation of the National Population Policy are basic steps in ensuring that population and development are viewed as two phenomena which are mutually supportive and fully integrated. The government and people of the United Republic of Tanzania intend to deal with population growth problems in the best ways possible and which are acceptable to the society. The implementation of this policy therefore will respect individual's human rights and religious beliefs.

In short, this policy document on population and development consists of the following:-

- i) the introduction, which elaborates the historical perspective on population in Tanzania, sources of population growth, eventual outcomes of high population growth rate including the detailed goals of the policy itself;
- ii) the relationship between population and development in various socio-economic sectors;
- iii) problems of special population groups in society like women, children, youths, elderly and the disabled; and
- iv) policy objectives and responsibilities of various sectors in the implementation of this policy.

It is the duty and right of every citizen especially leaders at various levels of society, to fully participate in translating, integrating and elaborating in deeds the goals and objectives of this important policy; and eventually to prepare measures and strategies of implementation and implement them as required.

(Signed)

Hon. S. A. Kibona

Vice Chairman Planning Commission and Minister of State

CHAPTER ONE

POPULATION TREND AND POLICY GOALS

A. A Brief Historical Population Profile of Tanzania

1. Tanzania since independence has an established system of conducting decennial population censuses. Since independence, censuses have been conducted in 1967, 1978 and 1988. Because of the absence of large-scale sample surveys and an effective vital registration system, censuses are virtually the sole source of comprehensive population data for the nation and for regions as well as the basis for demographic estimates, analysis and projections.
2. The population size of Tanzania has trebled from 7.7 million in 1948 to 23.1 million in 1988. It is estimated that the annual population increase is at present of the order of 600,000. It is, therefore, projected that by the year 2000 the population will be about 33 million on the assumption of a slight decline in fertility offset by continued falling mortality. The rate of population growth was estimated to be slightly below 2 per cent annually in the 1950s. Between the year 1967 and 1978, this rate was 3.2 per annum, and during the 1978 – 1988 period it was 2.8. The 1988 Census indicates that at regional level the estimated annual growth rates ranged from 1.4 per cent (for Mtwara) to 4.8 per cent (for Dar es Salaam). The regional levels and pattern of population growth rates are to a large extent due to current fertility levels and their regional differentials. The data from past censuses show that a positive and significant relationship exists between fertility and population growth rate if infant mortality, urbanization and literacy levels do not change.
3. A further analysis of the 1978 census data reveals even a more significant but negative relationship between regional fertility levels and the corresponding proportions of urban population. This analysis also indicates that rural-urban

migration is a more important determinant of urban growth in Tanzania than natural increase.

4. Age structure of a population at any given time is mainly determined by past levels and trends in fertility and mortality. A large number of Tanzanians are children below the age of 15 and this group constitutes 54 per cent of the total population. While the elderly above the age of 64 are less than 5 per cent. For every 6 people in the country, one is a youth aged 15-24 years. This youthful age structure entails a larger growth in the numbers added to the population in future as these young people move into their reproductive span unless fertility declines.
5. An important feature of the population profile is its spatial distribution over the national territory, especially its rural-urban migration patterns and trends. The analysis of population distribution by district carried out on the basis of the 1967 and 1978 census results indicates that about two-thirds of the population is concentrated over a quarter of the land area with no significant change in the situation during this inter-censal period. About 76 per cent of Tanzanians still live in rural areas though the urban population has been growing at a rapid rate of more than 5 per cent per annum over the past two decades. Due to this growth trend the share of urban population has risen from 5 percent in 1967 to 13 per cent in 1978 and it is estimated to have reached 24 per cent in 1988.

B. Sources of Population Growth;

6. The main components of population growth in any country are fertility, mortality and net migration. Migration in a country may be voluntary or forced like refugees fleeing from wars or natural disasters. In Tanzania, fertility and mortality are the most important factors influencing the population growth.
7. Fertility is estimated to have remained constant over the past three decades. The estimates for 1988 show that:-

- i. crude birth rate is 46 per thousand population, compared to only 27 children per thousand population for the world, and
 - ii. the total fertility rate is about 6.4 children, with minor regional differences. Whereas this rate for the world is 4 children per woman's life time.
8. High fertility level observed in paragraph 14 is an outcome of a number of factors including:-
 - i. early and universal marriage for women. The mean age at first marriage of women is 17 years and by the age of 20 years, over 95 per cent have married at least once. The 1971 Marriage Act stipulated a legal minimum age at marriage of 15 years for females and 18 for males and
 - ii. the absence of effective fertility regulation within marriage: the contraceptive prevalence rate still remains low. This rate is estimated to be below 10 per cent among women aged 15-49. To a large extent, this is due to the fact that a significant proportion of women who need family planning education has not been reached. But a more important reason is that family planning message has so far narrowly focused on women. There has also been over-emphasis on prescriptive methods which require the services of medical personnel who are in short supply.
9. Other underlying factors contributing towards high fertility and rooted in the socio-cultural value system include:-

- i. attitude among many people towards children as a source of labour when young both for domestic and agricultural chores and as old-age security when adults,
 - ii. sex preference,
 - iii. low education and status of women in society which may prevent them from taking advantage of family planning services, and
 - iv. a large difference between spouses which may bar communication on family planning.

10. Mortality has declined substantially over the decades as a result of improved access to health care, and better environmental sanitation. The crude death rate is estimated to have fallen from about 22 in mid 1960s to 17 mid 1980s. Infant mortality rate is estimated to have declined from 170 in the 1960s to 115 by mid 1980s. This declining mortality is reflected in the rising life expectancy at birth from a level of about 40 years in 1967 to about 50 years in 1988. In spite of this decline, mortality still remains high by world standards. For example, it is estimated that the world's crude death rate and infant mortality rate stand at 10 and 70 per thousand population and livebirths respectively.

11. Analysis based on the 1978 census, clearly shows significant regional mortality differentials. For example:-
 - i. infant and child mortality rates still remain high. The infant mortality rate ranged from 76 per 1000 live births in Kilimanjaro region to 170 in Rukwa region with an average of 137 for the mainland and 125 for Zanzibar, and
 - ii. life expectancy at birth varied from 40 years in Rukwa, Kigoma and Mtwara regions to 58 in Kilimanjaro region.

12. At family level, high fertility tends to impair the health of mothers and children especially in relation to:-
 - i. pregnancies at ages below 18 or above 35,
 - ii. pregnancies at intervals of less than two years apart, and
 - iii. mothers having children beyond the fourth birth.

Moreover, a large family size imposes strains for adequate provision of nutrition, housing, education, and health care. In rural areas households; numerous household members may entail fragmentation of land holdings into uneconomical small plots and spur migration of youth to urban areas.

13. For most women, their economic, family and social roles are closely intertwined with their reproductive roles. Bearing and rearing many children, in addition to constituting health risks, threaten family welfare by imposing excessive domestic chores for mothers. For young girls, early child bearing tends to bar their educational advancement, skills acquisition and involvement in social and economic endeavors outside their homes.

C. Consequences of Rapid Population Growth

14. The national economy did not grow significantly in the last decade because of various constraints, although it has started picking up in recent years. As a result, the resources available per head had declined by between 7.5 – 10 per cent per annum during 1980 – 85, and increased by 1.0 per cent per annum between 1985 – 91.
15. This, of course, does not imply any simple cause and direct effect relationship between population growth and the national product. Population growth is not the primary obstacle to development but it aggravates the situation and renders

remedial measures more difficult. In the short run, its effects may appear marginal, but it sets into motion a cumulative process whose adverse impact on various facets of development might turn out to be very significant over the medium to long term. This is because population factors impinge on development and the welfare of individuals, families, communities at the micro level; and, the district regional and the national level as whole at the macro level. The effects and responses to population pressure interact at all these levels.

16. At the macro level, rapid population growth tends to increase outlays on private and public consumption, drawing resources away from saving for productive investment and, therefore, tends to retard growth in national output through slow capital formation. The strains caused by rapid population growth are felt most acutely and visibly in the public budgets for health, education and related fields of human resource development. The need to feed a rapidly growing population also means that part of the gains from increased agricultural production are eroded.
17. Adverse economic effects due to rapid population growth are shown explicitly by looking at projection of future population and the costs of providing health services, like education, etc. If the 1978 – 88 inter-censal population growth of 2.8 per cent per annum does not change, then costs for the provision of health services will rise by 3 per cent annually without improvement in either the quality or coverage of the current services. Hence, there will be large increases and which cannot be met in the budget of health and education sectors. It is evident, therefore, that improvement in the quality and expansion of this kind of services will not be possible without controlling rapid population growth and strengthening the national economy.
18. On the other hand, macro-economic policies such as those under the structural adjustment programmes have a direct, sharp and immediate impact on the quality of life of the population. Such programmes entail:-

- i. reduction in the public expenditure in the sensitive and basic sectors of health, education and nutrition, etc.
 - ii. sudden rises in prices of essential consumer goods,
 - iii. retrenchment of workers
19. The primary concerns of the population policy are:-
 - i. to safeguard, as much as possible, the satisfaction of the basic needs of the vulnerable groups in the population; and
 - ii. the development of human resources for current and future national socio-economic progress.

D. Goals of the National Population Policy

20. This National Population Policy has as its principal objective to reinforce national development through developing available resources in order to improve the quality of life of the people. Special emphasis shall be laid on regulating population growth rate, enhancing population quality, and improving the health and welfare of women and children. The mutual interplay between population and development shall constantly be borne in mind. Thus, the population policy shall always be the main guide of national development planning.
21. Resulting from the above objective in paragraph 20, the goal of the policy shall be to provide guidelines that would strengthen the process of integrating population variables in the preparation and implementation of socio-economic development plans so as to enable the two governments at all times to monitor and evaluate national development plans more accurately and efficiently.

22. Other Policy goals which shall be emphasized during the preparation of such a plans are as follows:

- i) promote the development of population as a nation's resource in order to ensure effective deployment of human resources in socio-economic development,
- ii) improve the standard of living and the quality of life of the people through protection and improvement in the provision of basic human needs in such areas as health, nutrition, clean and safe water, housing and environment,
- iii) promote improvement in health and welfare of the mother and child through the prevention of illness and premature deaths,
- iv) strengthen family planning services in order to promote the health and welfare of the family, community and nation and eventually reduce the rate of population growth,
- v) promote sustainable relationship between population, resources and environment,
- vi) promote a more harmonious relationship between rural, urban and regional development in order to achieve spatial distribution of the population conducive to the optimal utilization of the nation's resources,
- vii) promote and strengthen proper youth upbringing and growth including the creation of an environment that will allow optimal development of their various talents, and

- viii) urge the society at all levels to ensure that the elderly and the disabled are accorded due respect, care and assistance in securing reliable means of sustaining their lives.

CHAPTER TWO

THE RELATIONSHIP BETWEEN POPULATION GROWTH AND DEVELOPMENT OF SECTORS

23. As mentioned earlier in the second paragraph of the first chapter, annual population growth in Tanzania is rapid and the rate has been increasing in the past forty years. This situation has been the phenomenon in almost all developing countries and their current rates of population growth are unprecedented in the history of mankind. In many developing countries, Tanzania included, this population trend affects their capacity to bring about socio-economic development as elaborated in this chapter.

A. Population growth and health

24. Provision of a healthy and long life for all is one of Tanzania's priority goals. At independence, Tanzania inherited a setup for the delivery of health care services typified by a concentration of efforts on a handful of urban-based hospitals to provide curative services with a very thin and ineffective coverage of the rural areas. However, emphasis has been shifting from curative medicine to preventive services. Since 1970, Tanzania has pursued a health policy aimed at the provision of health services to all people.
25. During the period 1972 – 1987, a comprehensive health infrastructure was established. This comprises 152 hospitals, 250 health centres and over 2600 dispensaries. At the same time a large part of the staff, especially middle-level health workers, have been trained. As a result, by 1987 about 70 per cent of the population lived within 5 kilometres and over 90 per cent within 10 kilometres of a health facility.

26. Despite this greatly improved health care service, morbidity and mortality levels still remain high, especially among mothers and children. Poor anti-natal care-in terms of protection against disease and poor nutrition; and bad weaning practices are still responsible for the bulk of deaths to women and children. However, life expectancy at birth has increased from 40 to about 50 years over the past 30 years.
27. Continuing rapid population growth reduces the capacity for the achievement of further progress in health sector on two scores, Namely the:
- i) growth in the total population, taking account of existing weaknesses in health services, will further stretch resources – financial, qualified staff, equipment and logistics – and would delay the achievement of desire health care standards, and
 - ii) number of high health risk persons such as women in the reproductive span and children below age five are increasing faster than the rest of the population.
28. the preliminary analysis results of the 1988 census suggest that mortality levels in Tanzania when compared to those of 1978 have continued to decline. For example infant mortality rate declined from 137 per 1000 live births in 1978 to 115 in 1988. Nevertheless this level is far from the target of 50 as recommended by the world Population Plan of Action by the year 2000.

B. Population growth and Nutrition:

29. As elaborated in the Food and Nutrition Policy, nutrition is the outcome of different stages of process from when food is eaten, the body absorbs the nutrients such as energy, protein, minerals and vitamins up to when it makes use of them to enhance health. Nutrition is important for development as it is fundamental to life, work and the well – being of any society. Lack of proper and adequate feeding results into malnutrition which is one of the biggest contributors to child

- mortality in developing countries. Studies have shown that malnutrition is a primary cause in more than 50 per cent of all deaths of children aged 1 – 4.
30. In general, nutrition status in any society is a result of a complex link of things which in one way or the other relate to various sectors such as agriculture and education. It is clear that there is greater possibility for many people, especially children, to be malnourished in families or areas where food production is very low than where food situation is good. This is because good nutrition is a result of eating a variety of food which provide adequate nutrients. Inadequate food supply makes people unable to get the food combination which provides sufficient nutrients. There are also traditions and norms which cause people not to eat a balanced diet even though the sources of food are available. For example in some areas with big herds of livestock people still have the habit of not using these animals as a source of food.
 31. In Tanzania, agriculture is the mainstay of the national economy. It contributes about 50 – 60 per cent to the national product and accounts for some 85 – 90 per cent of the labour force. Nevertheless, much of the agricultural output comes from poor agriculture in small plots whose farming still depends on rain and non-scientific techniques. In addition, people more involved in agriculture are women who in many cases are constrained by competing demands on their time and energy. These demands include domestic chores, and bearing and rearing of many children. As an outcome on this agricultural situation, it is clear that many people in Tanzania are frequently faced by inadequate supplies of food, particularly during times of drought and floods. A person, especially the child, who does not get adequate food is affected both physically and mentally.
 32. Due to this poor agricultural production, families and many communities are compelled to expand land under cultivation of food crops in order to meet food needs of a rapidly growing population. This situation has started to threaten the environment in some areas in Tanzania.

C. The impact of population growth on natural resources and environment:

33. Tanzania is well endowed with natural resources such as water, land, fisheries, wildlife and vegetation. If these resources are managed properly and on a sustainable basis, they can make a major contribution to national development. However, due to rapid growth of population and increased numbers of livestock resulting from disease control, there has been an increase in pressure on resources, leading to their over-utilization and degradation. In addition, higher demands on the environment are made by:
- a. Food requirements for wildlife and fisheries,
 - b. Housing for increasing population and
 - c. Requirements for recreational amenities
34. As regards land use, concentration of population in some areas coupled with rapid population growth, and compounded by poor agriculture and animal husbandry, has led to soil erosion and loss of vegetation cover. Deforestation compounds the problem of soil erosion which has now become a serious threat and it is estimated to affect already about half of Tanzania's land area.
35. Forests supply about 97 per cent of total fuel consumed Tanzania. In addition, a substantial amount of forest is used for timber, tobacco curing and brick-burning. Energy demand has been rising with population growth and thus threatening the depletion of forests. It is estimated that over 60 per cent of the area which was covered by forest in 1920 has now been deforested and about 0.5 per cent of the forest area is at present being lost annually. Deforestation has, therefore, become among serious environmental problems.
36. Due to high rate of urban population growth of over 5 per cent per annum of which one half is due to rural-urban migration, overcrowding has become a major

urban environmental problem. This is reflected by inadequate basic amenities such as housing, clean and safe water supply, proper waste disposal and space for recreation.

D. Population growth and employment:

37. In Tanzania, population growth, particularly as a result of high fertility – gets largely translated, with a time tag of about 15 years, into labour force growth, since only a small proportion of primary school leavers are enrolled into secondary and technical schools or vocational training programmes. The present net labour force entrants per year are estimated at half a million. Most of these entrants are literate but unskilled. The economy is not able to absorb most of this addition at reasonable levels of productivity and income. This has resulted in widespread underemployment, unemployment, migration of youth to urban areas and declining labour productivity in both rural and urban areas.

38. A number of measures have been taken in Tanzania to facilitate the access of the population of working age to productive employment. These measures include:
 - i) Expansion of education,
 - ii) Promotion of improved technology,
 - iii) The passing of the 1983 Human Resources Deployment Act aimed at establishing a machinery to facilitate the engagement of all able – bodied in productive work, and
 - iv) Expansion of technical education and vocational training throughout the country in order to spread technical and vocational skills.

CHAPTER THREE

PROBLEMS OF SPECIAL GROUPS IN THE SOCIETY

39. Women, children, the youth, the elderly and the disabled are important groups in the society which need special programmes to develop them in order to participate fully in socio-economic development. Experience from any national especially developing countries, has shown that the situation of not having or failure to implement development programmes for these special groups, reduces the economic capacity of the nation thus adversely affecting the welfare of the groups themselves and that of the country as a whole. This chapter lists and analyses problems which face these groups.

A. Women:

40. Women form an important segment in the society in the country's effort to bring about its socio-economic development. Furthermore, in many families the economic contribution of women is very significant in raising families' incomes. However, they do so by carrying the burden of more responsibilities than men. Nevertheless, women still are the ones with low and humble status in society which basically is an outcome of socio-economic systems which, for quite a long time, have been governed by customs, norms and laws which discriminate against and oppresses them on the basis of gender. Though Tanzania has taken important steps to promote human equality in society, still much more deliberate measures need to be taken in order to promote rights and genuine equality not associated with wrong attitude about gender. Up-to now development differences between women and men is still wide especially in fields of education, politics, employment and division of labour in the family.

41. With regard to education, the achievement of universal primary education has facilitated sex equality at that level. Much has been done to bridge the gap

between the sexes in post primary education levels but legacy of the past in the form of the status of women in society has perpetuated the bias of subjects in which girls and boys enroll. Recognizing the historical limitations which women have in politics, there has been some specific measures taken to allow them to get into decision making organs in the Party and government. This, however, is not enough since so far it has covered only a small proportion of women. Women's positions in the field of employment continues to be poor as it has been limited by educational attainments and lack of access to resources and appropriate technology.

42. Tanzania's education system still provides few education and training opportunities to the young after completing their primary education. For example, in 1988, about 10.5 per cent of primary school leavers entered secondary schools. Those primary school leavers, who do not proceed to secondary schools are forced to make a sudden transition to adult life when they are aged 13-15 only. Girls are married early and start bearing children when they are young. In addition, the age difference between spouses tend to be large and this is more so for women in polygamous union.
43. A number of laws have been enacted in order to alleviate the disadvantages position of women, although some provisions of these laws need to be revisited particularly, those laws pertaining to marriage, divorce and inheritance. Another law is the Education Act which aims, inter alia, at protecting students, particularly girls, who are prevented from going to school by their parents or guardians those girls or who are treated in a way which obliges them to leave school.
44. In general, the problems facing women could be reduced or eliminated and enable them to participate fully in the development endeavors if the women in Development Policy will be implemented appropriately along with this policy.

B. Children:

45. The whole issue of child upbringing is very basic for the development of any nation. In general, child upbringing relates to all activities of caring for the child, educating or counseling which enables the child to properly develop his physique, brain, needs and talents so that when the child enters into adulthood is useful to himself and the nation. Proper upbringing of children should at the same time take care of their rights, welfare and security. Children's rights include; proper nutrition, shelter, clothing, health and education. In that sense, the question of child upbringing is the responsibility of parents, communities and the whole nation.

46. In order to bring harmony between growth in the population of children and their proper upbringing, it is necessary to fight against those factors which adversely influence the upbringing process. Some of these factors include customs and norms which go against principals of proper upbringing of children; low income which affects the family and nation's ability to provide for members of the family and society; short supply of food; lack of proper nutrition and absence of family planning in marriage. Basically the question of proper upbringing of children of this nation must be recognized and appreciated immediately by the whole society and must be recognized and appreciated immediately by the whole society and must be done in accordance to this policy and other important policies like "Sera ya Malezi ya Taifa kwa Watoto na Vijana Tanzania", The Tanzania Policy on Women in Development, and The Food and nutrition Policy.

C. Youth

47. for purposes of this policy, the youth are persons in the 15-24 years age group. This group has a unique place and importance in the development of communities and the nation at large. For example, youths in rural areas are the ones who are supposed to be the main actors in economic activities such as farming and fishing

as well as in providing various services including defense and peace keeping in the areas they live. Furthermore, youths have good opportunity and great ability to be developed and to be provided with scientific knowledge and skills in various fields and time. The youth are, therefore, the backbone of development of communities and the nation as whole.

48. The place and responsibility of the youths in society very much depends on how the whole society gives priority to the questions of their upbringing and development, right from their childhood in order to consolidate their conduct and social ideals, after all they are the future nation. Nevertheless, this important role of the youths in the society depends too on two major factors:
- i) Opening for secondary and tertiary education; and
 - ii) The society's ability to provide gainful employment and other important needs which enable the youth to manage their lives and remain settled.
49. Low productivity and shortage of basic needs in rural areas causes many young people to migrate to towns. Many of them, when they fail to secure employment in towns according to their expectations, end up into being loiterers, thieves and drug addicts. Migration of the youths into towns lead to the fall of income earnings of families they come from. At the same time, this migration, to a certain extent, causes the available social services in towns like water, schools, housing, transportation and health unable to meet the needs of town populations.
50. Those who stay in rural areas after completing primary education, generally are still young and unskilled, hence their ability to engage in modern crop and livestock farming is very little. With this situation, measures to solve problems facing the youths need to be given priority. Among the measures to be taken include:
- i) Restructuring educational curricula;

- ii) To increase opportunities for secondary, technical and tertiary education;
- iii) Developing talents of the youths in various fields with the aim of raising their skills and employment opportunities;
- iv) To expand and strengthen the labour market especially in the informal
- v) To motivate and educate the youths on the importance of initiating and developing cooperative activities.

D. The Elderly:

51. According to 1988 census result, old people aged 65 years and above account for only 4.3 per cent of the population. However, the number of this group is growing due to improvement of health service, nutrition, etc. In appreciation of the contribution of the elderly to their communities and the nation given during their youth and early adulthood, the whole society and at various levels has a big obligation to solve problems which trouble them. The problems facing the elderly include loneliness, low income and dwindling respect.
52. There is, also, a problem which manifests itself quite clearly: and that is the elderly's inability to ascertain how to conduct their old age life. This is due to lack of proper preparation during times when they still had energy to work either in agriculture or wage employment. This situation makes old people depend either on assistance from their children or on retirement pension. In many cases this assistance is so meager to the extent of adversely affecting their standard of life.
53. In order to reduce some of their problems, at least for those in wage employment, retirement age and pension should be reviewed and adjusted upwards as life expectancy increases. Furthermore, temporary employment for retired people should be encouraged.

E. The Disabled:

54. Although the disabled is a very small proportion of all Tanzanians compared to sizes of the groups dealt with above, their population is growing due to accidents, various diseases malnutrition, poor health services, etc. Among the problems facing the disabled include loneliness, lack of training facilities and employment opportunities. Under this situation there is need for the society to establish special programmes to serve the disabled in order to raise their motivation and ability to fully participate in various activities for their development and that of the nation.

CHAPTER FOUR

GOALS AND RESPONSIBILITIES OF SECTORS

A. Goals:

55. In order to succeed in achieving the aims of the national population policy, the goals shall be to:

- i) To improve the demographic knowledge base, i.e. data collection, processing, analysis, projections and research on population and development on a regular basis. This will provide reliable data and statistics at known interval of periods for development planning purposes,
- ii) Raise the desire, among leaders and the public at large, to be aware and explain issues, including various problems related to population and development. This will create conducive environment for the family and community to participate in the preparation of their socio-economic development plans as well as in the promotion of their skills and technology,
- iii) Establish an appropriate information, education, and communication system which among other things, will encourage the provision and the use of services related to family planning and responsible parenthood, such as motivating mothers to breastfeed their children for a period of not less than two years and directing a significant part of family planning programmes to cover men so that eventually couples are able to decide and plan for the size of their family,
- iv) Make family planning means and services easily accessible so as to reduce maternal and child mortality,

- v) Prepare young people, before marriage, through proper upbringing and provision of family life education so that in future they become good and responsible parents,
- vi) Educate the public on the benefits of women marrying and bearing children after the age of eighteen years,
- vii) Improve women status in society by reviewing existing laws in areas where their rights and those of children, are undermined within the family, community and places of work. Also to provide women with adequate education and appropriate technology in order, inter alia to lessen their daily workload and assure them equal opportunity for development in the society,
- viii) Develop the labour force and emphasize its proper use by reviewing the existing employment policies with the aim of promoting efficiency and responsible attitude at work places. This includes expansion of primary school enrolment, technical education and other training so as to promote the development of skills and talents of the youths as this will provide an environment that will expand their employment opportunities,
- ix) Prepare and implement co-ordinate urban, rural and regional development plans for rapid development in the country and to reduce the rate of rural-urban migration,
- x) Prevent further degradation of environment and eventually reclaim it by controlling the current destruction of land and forests and encroachment of game reserves,

- xi) Motivate the disabled and enable them participate fully in their own development activities and those of the nation at large. This will be done through improving existing programmes which are designed to raise their welfare, including providing them with education, skills, working tools and employment, and
- xii) Raise the well being of the elderly by according them respect they deserve in the society and by reducing problems of loneliness and/or isolation by initiating programmes which will involve relatives and the communities they live in, in order to enable them lead a comfortable life.

B. Responsibilities of Sectors:

56. The main thrust of population activities in the recent past has been the reaction of awareness of population issues and the promotion of family planning. In order to attain the goals of the national population policy, emphasis should, therefore, be focused on ensuring that ministries, departments and various organization, undertake their responsibilities as outlined in this policy. Specific organs within these institutions to be given the task of carrying out implementation responsibilities have to be identified as well.

Integrated MCH/FP programmes:

57. The roles of the ministries, departments and various organizations in the implementation of the integrated maternal and child health/family planning programmes will be to:
- i) Strengthen the capacity to deliver maternal and child health services through appropriate training of personnel;
 - ii) Upgrade and equip health facilities for the delivery of MCH/FP services;

- iii) Utilize information, education and communication programme to promote various family planning methods in order to raise the number of users; and
- iv) Establish an MCH/FP service statistics system for monitoring and evaluation purpose. Special attention will be given to the cost of these services and all activities that will be carried out within the context of the existing Primary HealthCare (PHC) system. Among other issues that the programme shall focus on are to:

- a. Take appropriate measures in the spheres of law, education, social services etc. So as to protect and promote the goals of MCH/FP programme;
- b. Encourage and assist Non-government organizations (NGOs) continue with their contribution in this area; and,
- c. Reduce the incidence of pregnancies to women below the age of 18 years and those over the age of 35 years and at short intervals of less than two years.

58. Institutions which will facilitate the implementation of these tasks include:

- i) Ministry of Health,
- ii) Tanzania Food and Nutrition Centre, and
- iii) Attorney General's Office.

Information, Education and Communication (IEC):

59. The IEC activities shall be apportioned appropriately to reach particular target groups. These include policy maker, policy implementers and the grassroots actors. These programmes should, therefore, provide the decision makers with the needed information to explaining the relationship between population issues and development. To achieve this, a system of accumulating and retrieving population and development information shall be established. Special

arrangement shall also be developed to popularize family planning by interactive education and by eradicating misconceptions regarding family planning methods and consolidating the need to promote these services. Appropriate environment for this purpose entails measures to motivate the public and training of specialists in population IEC for various mass media i.e radio, the press etc. The roles of the ministries, departments and various organizations responsible for information, education and communication are as follows:

- i) To make the IEC strategy an important link in shaping positive attitudes in population and family planning issues. Use should be made of existing mass organizations (UWT, WAZAZI, VIJANA, OTTU) and the mass media for this purpose,
- ii) To set up an IEC programme which will provide guidelines, coordination and technical support to all population education activities and to maintain working links with other sectors,
- iii) To prepare inventories and conduct complete evaluation of all IEC materials on population and development existing in the country. This exercise will include an assessment of the coverage and efficacy of the various methods used. This would constitute the basis for revision and updating the IEC strategies to suit changing circumstances,
- iv) Family Life Education shall progressively be incorporated into primary, secondary and teacher education curricula and in all education activities of various ministries, and
- v) To give priority to training of specialists in population information and dissemination.

60. Institutions that shall be involved in implementation of this programme include:

- i) The planning Commission,
- ii) Ministry of Broadcasting and Information,
- iii) Prime Minister's office and the Chief Ministers' office,
- iv) Ministry of Education and Culture,
- v) Institute of Adult Education, and
- vi) Ministry of Community Development Women Affairs and Children.

Women in development:

61. Emphasis shall be on a systematic inclusion of women in the country's development programmes. The role of ministries, departments and organization in involving women in development activities will, therefore, be as follows:

- i) Increase employment opportunities for women at all levels. This should be done gradually with due attention paid to merit;
- ii) Review and amend laws, especially those relating to marriage, family, property and employment, that are inherently sex discriminatory;
- iii) Raise the minimum age at marriage for girls to 18 years;
- iv) Conduct research and ensure proper documentation of women's economic contribution;
- v) Promote women's education at post-primary level. Young women should be encouraged and assisted in taking up science and technical education and vocational training;
- vi) Enable women benefit fully from their contribution to agriculture, through credit and marketing, community development, and social welfare. Also their specific needs and interests should be adequately addressed;
- vii) Lighten the heavy burden of work of rural women, through the application of appropriate technology in agriculture, cottage industry and domestic chores;

- viii) In recognition of the dual role of women as mothers and workers, day care services for infants and children shall be established wherever possible; and;
 - ix) Increase number of women in decision making positions.
62. Institutions which will be responsible for implementing these tasks are as follows:
- i) Ministry of Community Development, Women Affairs and Children;
 - ii) Ministry of Labour and Youth Development, Women Affairs and Children;
 - iii) Chief Minister's Office;
 - iv) UWT;
 - v) WAZAZI;
 - vi) Attorney General's Office;

Children, Youths, Elderly and the Disabled:

63. This programme shall take cognizance of the dominance of this group in the population. At the same, and with regard to children and the youths, the programme shall be the link and integral part of the implementation of all policies on the development of children and the youths. In particular, the following issues shall be stressed: education and training; employment; family life education; recreation; and problems of the elderly and the disabled. Ministries, departments and various organizations will, therefore, have to take the following specific measures:
- i) Continue with emphasis on vocational and technical education, as well as on skills formation programmes outside the educational system, tailored to the needs of the labour market, self employment and income generating schemes;

- ii) Take measures to moderate the flow of rural migrants to urban areas through special programmes for youths in the rural areas; and
 - iii) Take measures to mitigate problems of low income and loneliness of the elderly and the disable.
64. In order to effect the implementation of the National Population Policy, in relation to children, youths, elderly and the disabled, the following institutions shall participate fully:
- i) Ministry of labour and Youth Development.
 - ii) Ministry of Community Development Women Affairs and Children;
 - iii) Chief Minister's Office;
 - iv) U.W.T.;
 - v) WAZAZI;
 - vi) Ministry of Education and Culture;
 - vii) SIDO;
 - viii) CDTF;
 - ix) Presidential Trust Fund for Self Reliance; and
 - x) VIJANA.

Agriculture, Food and Nutrition:

65. In order to solve the problems of agriculture, food and nutrition, the policy shall aim at mitigating the burden of rural women who play a major role in providing the basic family needs, ensuring food security for the nation, and expanding nutrition education. Therefore, various ministries, departments and organizations will have the following responsibilities:
- i) Promotion of the use of better farm implements as well as techniques and practices of modern farming;

- ii) Improving storage, processing and distribution of food crops produced at the household, community and national level;
 - iii) Pay special attention to the needs of children, pregnant women and lactating mothers as well as providing systematic education on food and nutrition.
66. The responsible institutions in the implementation of the above are:
- i) Ministry of Agriculture and livestock Development and Cooperative;
 - ii) Tanzania Food and Nutrition Centre (TFNC);
 - iii) Sokoine University of Agriculture (SUA);
 - iv) Ministry of Tourism, Natural Resources and Environment: and
 - v) Ministry of Community Development, Women Affairs and Children.

Environment and Rural Development:

67. The roles of the respective ministries, departments and various institutions in relation to environment and rural development programmes shall include to:
- i) Review and up-date laws pertaining to encroachment of protected lands in order to bring them in line with current situation and facilitate their effective enforcement
 - ii) Promote research on the conservation of environment. In particular, in relation to fuel wood conservation the search for new and alternative sources of energy shall be stepped up: and with regard to degraded land and other natural resources appropriate reclamation measures shall be initiated. In addition, examination of the current use of available resources shall be carried out with a view to rationalize allocation of resources among various uses;

- iii) Prevent encroachment, and promote the safeguarding of protected areas because their size is dwindling due to the establishment of human settlements in these areas. The encroaching population shall be provided with alternative land;
 - iv) Encourage and support the introduction of scientific farming practices in order to raise productivity in agriculture while guaranteeing the conservation of land. These measures shall go together with the formulation of land policy to safe guard the interests of nationals. Integrated rural and urban planning shall be promoted in order to mitigate the degradation of the urban environment; and
 - v) Include environmental issues in formal and non-formal education and using mass media to create awareness and sensitizing public opinion on this subject.
68. Institutions responsible for the implementation of Environment and Rural Development are:
- i) Ministry of Agriculture, Livestock Development and Cooperative,
 - ii) Ministry of Land, Housing and Urban Development,
 - iii) Ministry of Tourism, Natural Resources and Environment,
 - iv) Ministry of Local Government,
 - v) Ministry of Works and Housing, Zanzibar,
 - vi) Ministry of Forests and Ocean, Zanzibar,
 - vii) Planning Commission,
 - viii) National Productivity Council,
 - ix) University of Dar es Salaam and,
 - x) Sokoine university of Agriculture.

Training, Statistic and Research:

69. Being aware of the importance of training, statistics and research in the implementation of the policy, ministries, departments and various institutions will have the following responsibilities in the implementation of this programme:

- i) Ensure that demography and population studies are a permanent feature of the teaching and research programmes at higher learning institutions in the country. A module on population shall be made part of a central course such as development planning and programming,
- ii) Conducting workshops regularly at the national and regional levels in the use of demographic data and projections in population and development planning and programming,
- iii) Implement the existing laws with the aim of improving the vital registration systems and ensure timely processing/analysis and dissemination of population and development data,
- iv) Intensify efforts to collect, process, analyze and utilize statistics for planning and programme implementation. In this, priority should be placed on the collection and analysis of data needed for integrating population variables in planning at regional as well as district and ward levels,
- v) Find ways of conducting an inter-censal national demographic survey. Such a survey will provide better estimates of mortality and fertility rates, checks on population projections based on previous census for the benefit of various programmes,
- vi) Conduct research designed to provide answers to questions of a practical nature and thereby aid in the implementation of the policy,
- vii) Launching a research programme which addresses the needs of implementation of the population policy including the need to change the direction of the policy,

- viii) Accord priority on special research into the problems related to particular issues of the policy such as gender issues, and problems of the youths, the elderly and the disabled, and
 - ix) Consolidate the IEC programme by producing and presenting research results in a form that facilitates communication among the various persons dealing with population issues.
70. Institutions responsible for the implementation of the above include:
- i) The Planning Commission,
 - ii) The University of Dar es Salaam,
 - iii) Sokoine University of Agriculture,
 - iv) Institute of Development Management (Mzumbe), and
 - v) Attorney General's Office.

C. Conclusion:

An effective implementation of the National Population Policy will mitigate and possibly wipe out socio-economic development problems, caused by rapid increase of the population in Tanzania. The success of its implementation, however, will depend on the following main issues:

- i) Commitment of individuals, families, departments, ministries, parastatal and non-governmental organizations, religious bodies and other mass organizations, to their implementation role as stipulated in the National Population Policy;
- ii) Proper implementation of various plans, programmes and policies on socio-economic development such as:
 - improving and consolidating adult, primary and technical education as well as primary health care and family planning; and

- policies related to agriculture, livestock, food and nutrition, women and development, energy, science and technology, water etc.
72. The Government at all levels should ensure that everybody involved in the implementation of this policy plays her/his part as required.
73. The Government and the people of Tanzania are committed to solving the problems caused by the rapid population increase, through strategies acceptable to the Tanzania society, and by paying due attention to and respecting human rights and religious beliefs. The basic strategies of implementing this policy, therefore, shall be educating each other on the policy itself and the requirements of its implementation. Implementation of this policy, therefore is to educate people on the policy itself and the requirements for its implementation. Laws will be enacted to provide for particular aspects of the policy which otherwise cannot be implemented.
74. The implementation of this policy will necessitate the formation and consolidation of implementation coordinating institutions. This includes:
- i) The formation of the Tanzania Council for Population and Development,
 - ii) Strengthening the Population Planning and Policy Unit into a department, and
 - iii) Strengthening the existing National Population Committee by according it the requisite status.
75. The roles and responsibilities of these institutions will be elaborated in the programme of implementation of the policy. In general, the implementation in every sector will be, to a large extent, through the existing institutional arrangement in those sectors which in turn will have to be strengthened.