

HUMAN CAPITAL INITIATIVE



Mahesh Karra is an Assistant Professor of Global Development Policy at the Frederick S. Pardee School of Global Studies at Boston University and Associate Director of the Human Capital Initiative at the Global Development Policy Center. His academic and research interests are broadly in development economics, health economics, quantitative methods, and applied demography.

Kuchuluka kwa mwayi wa utumiki wa njira zakulera pambuyo pobereka kumalimbikitsa kugwiritsa ntchito njira zakulera zamakono ndi mpata wathanzi pa kubereka

ZOTSATIRA KUCHOKERA KU KAFUKUFUKU WA MALAWI FAMILY PLANNING STUDY (MFPS)

MAHESH KARRA, DAVID CANNING, DAN MAGGIO, MUGI GAO, BAGREY NGWIRA

Chiwerengelo chakagwiritsidwe ntchito kanjila zakulera pakati pa amayi obeleka ndi oyembekezela chakwela ndi 5.9 percent. Zotsatilazi zinapezedwa patapangidwa kafufuku ogwilitsa ntchito kulera wanthawi yaitali ndipo izi zinapangitsa kuti chiwerengelo chikwele ndi 5.4 percent. Azimai omwe anapeza mwayi waulere ogwilitsa ntchito njira zamakono za uchembere wabwino ndi kulera anali pa mulingo wa 42 percent oti sangatengenso pathupi mu zaka ziwiri zakafukufuku ameneyu.

Researchers: David Canning, Mahesh Karra, Dan Maggio, Mugi Gao, Bagrey Ngwira

Context: Lilongwe, Malawi

Sample Size: Size: 2,143 pregnant and postpartum women, married, aged 18-35

Timeline: September 2016 to February 2019

This policy brief is jointly published with Innovations for Poverty Action. Visit <https://www.poverty-action.org/publications> for a full list of IPA publications.





David Canning is the Richard Saltonstall Professor of Population Sciences, Deputy Director of the Program on the Global Demography of Aging, and a Professor of Economics and International Health at the Harvard T.H. Chan School of Public Health, Harvard University. His research on demographic change focuses on the effect of changes in age structure on aggregate economic activity, and the effect of changes in longevity on economic behavior.



Daniel Maggio is a PhD Candidate at the Dyson School of Applied Economics and Management at Cornell University. He is interested in the causes of undernutrition and poor cognitive development in children and the design and evaluation of interventions that intend to reduce these.

INTRODUCTION

Bungwe la zaumoyo pa dziko lonse lapansi limalimbikitsa mzimai kuti akuyenela kusatumbidza kwa zaka ziwiri akangobeleka asanatengenso pathupi pena. Akakhala watumbidza izi zimapangitsa kuti chiwerengero cha imfa ndi matenda pakati pa mayi ndi ana chikwele.¹ Njila zamakono za uchembele wabwino zimathandiza azimai kuti asatumbidze ndipo akonzekele bwino kubeleka kwa mtsogolo, ma pulogalamu a njila zakulera afalikira ponseponse pofuna kuthana ndi mavuto amenewa. Ndi njila zochepa zokha zimene zimadziwika ndi gawo la uchembere wabwino komanso kagwilitsidwe ntchito kakulera kwa amai, kupanga chisankho cha kabelekedwe, komanso kutenga nthawi kuti abeleke mwana wina. Pofuna kuwadziwitsa anthu akafukufuku anapanga kafukufuku wamagawo awiri pakati pa amayi oti angobeleka kumene ndi oyembekezera mu boma la Lilongwe, Malawi powapatsa kuti agwilitse ntchito njila zosiyanasiyana zakulera mu zaka ziwiri kuchokela mwezi wa September 2016, kufikila February 2019.

INTERVENTION

Azimayi omwe anasankhidwa mwamwayi pokwanilitsa zolinga zakafuku anapatsidwa chithandizo/phukusi chazaumuyo ndi njila zakulera kwa zaka ziwiri. Muphukusi limeneli mzimai amayenela kulandira uphungu waulere, mayendedwe aulere opita kuchipatala, kubwezedwa ndalama akagwilitsa ntcito njila zakulera pamene alipira okha ndalama.

- **Uphungu:** Mzimai amalandira uphungu maulendo 6 poyendeledwa kunyumba kwawo ndi phungu oyenela amene amawaphunzitsa za ubwino ogwilitsa ntchito njila zakulera komanso kudikila asanatenge pathupi pena.
- **Ngati gawo:** lapologalamu mzimai amapatsidwa mayendedwe agalimoto mwalure kupita kuchipatala cha Good Health kumene amakalandira thandizo lokhuza zakulera.
- **Njila zobwezedwa ndalama:** Mzimai amabwezedwa ndalama yokwana 17,500 kwacha yomwe imagwilitsidwa ntchito polandira ma thandizo azakulera basi ku chipatala cha Good Health clinic.²

KUPEZEKA KWA NJIRA NDI ZIPANGIZO ZA KULERA

Ngakhale kuti chiwerengero chakaberekedwe ndikupititsa patsogolo umoyo wa amayi oyembekezela ndi ana chatsika, chiwerengero cha azimayi omwe akutenga pathupi chikadalibe chokwera muno m'Malawi. Mu chaka cha 2017, chiwerengero cha ana omwe mzimayi amakhala nawo chinali 4.2 pa mayi aliyense. Kafukufuka wa 2015-16 Malawi Demographic and Health Survey (MDHS) anapeza kuti azimayi omwe amagwiritsa ntchito njira zakulera anali okwana 59.2 pa azimayi 100 aliwonse m'Malawi amene anali pabanja komanso adakali msinkhu woti akhoza kutengabe pakati/pathupi(mimba). Zimenezi zasonyeza kuti pali kukwera kwambiri pa chiwerengero cha azimayi omwe akugwiritsa ntchito njira zakulera kuchoka pa azimayi 46.1 mwa amayi 100 aliwonse omwe kafukufuku yemweyi wa MDHS unapeza mu chaka cha 2010. Koma ngakhale kuti chiwerengero cha omwe akugwiritsa ntchito njira zakulera chakwera chomcho, kapezekedwe ka njira zakulera ndi kagwiritsidwe ntchito ka njirazi kadakalibe kotsika, ndipo azimayi 18.7 mwa azimayi 100 aliwonse

¹ World Health Organization, "Report of a WHO Technical Consultation of Birth Spacing." Geneva, Switzerland: World Health Organization, 2005.

² Azimai onse omwe anasankhidwa pofuna kukwanilitsa zolinga zakafukufuku analinso ndi mwayi oti akakumana ndi zovuta zokhuza njila zakulera amakhalanso ndi phukusi ladzidzi logwilitsa ntchito akakumana ndi vuto liri lonse lokhuzana ndi njila zakulera.

mMalawi muno amaonetsa kuti safikira njira za kulera zomwe iwo amafuna atazifikira. Izi zikutan-thauza kuti iwo amafuna atachepetsa chiwerengero cha ana kapena kuonjezera nthawi asanakha-lenso ndi mwana/ana ena koma sakugwiritsa ntchito njira yakulera ina iliyonse.

Azimayi mmalawi amakumana ndi zotchinga/ziphinjo zosiyanasiyana kuti apeze chisamaliro chabwino cha njira zakulera pamene abereka asanafike miyezi isanu ndi umodzi (6), monga;

- Kusowa kwa mauthenga (kapena kusowa kwa chidziwitso cha mauthenga okhuza njira zakulera pamene achira kumene kufikira miyezi 6).
- Zinthu zomwe zikuwapangitsa kuti asafikile njira za kulera (monga mitunda itali itali kukafika ku malo opezekera chithandizo, kutenga nthawi yochuluka kuti akafike pamalo opezekera chithandizo, kukwera mitengo yokwela ya thilansipoti kupita ku malo opezekera chithandizo, kusowa kwa njira zodalilika zoyendera popita ku malo opezekera chithandizo).
- Zotchinga zolepheletsa kaperekedwe kabwino ka njira zakulera (monga kudikira nthawi yayitali asanalandire chithandizo pa malo operekera chithandizo, ndalama zolipiritsa kuti upeze chithandizo, kusowa kwa njira komanso zipangizo zoyenelera, komanso ogwira ntchito osaphunzitsidwa bwino, mwa zinthu zina).³
- Nthawi zambiri azimayi omwe angobeleka kumene amalandilira chithandizo cha iwo ndi ana ku malo osiyanasiyana zomwe zimapangitsa azimayi kuti asankhe kupita komwe ana awo akalandilire chithandizo kulekana ndi kupita komwe akufunika kukalandira chithandizo chawo.⁴

Zotchinga zimenezi ndizomwe zimapezeka kwambiri polimbana ndi zintchito zomwe zolinga zawo ndi kuchulutsa kapezekedwe ndi kagwiritsidwe ntchito kanjira zakulera pamene azimayi abeleka kumene ndikufira miyezi 6 chiberekere, ndipo izi ndi zotchinga zenizeni zomwe tinafunisitsa kulowererapo ndi kufikira kudzela mukafukufuku wathu.

KAFUKUFUKA WA NJIRA ZAKULERA WOTCHEDWA

Azimayi omwe anali oyenera/ololedwa kutenga nawo mbali mu kafukufuku oyambilira anali:

1. Mzimai okwatiwa
2. Oyembekezera kapena wangobeleka kumene mumiyezi yosachepera 6 (isanu ndi umodzi)
3. Anali ndi zaka pakati pa 18 ndi 35
4. Amakhala mu boma la Lilongwe, Malawi

Azimayi anasankhidwa kudzela munjira yosakondera ndipo kapena ndondomeko yakulera yokhazikika ya unduna wazaumoyo. Njira yomwe inapekedwa kwa azimayi akafukufuku inachitika pakati pa zaka ziwiri kuyambira mwezi wa November 2016 kufikira mwezi wa November 2018. Kafukufuku woyambirira anachitika kuyambira mwezi wa September m'chaka cha 2016 mpaka mwezi wa January mu chaka cha 2017, ndipo makafukufuku awiri ena otsatira anachitikanso. Kafukufuku otsatira



Muqi Guo is a second-year Ph.D. candidate in Population Health Sciences at the Department of Global Health and Population at the Harvard T.H. Chan School of Public Health. Her research interests are family planning, fertility, and women's well-being. Over the past two years, she has worked on a number of studies and impact evaluations related to the provision of family planning and reproductive health in Malawi, Sri Lanka, Tanzania, and Nepal.



Bagrey Ngwira, who passed away in April 2020, was one of first graduates from the College of Medicine in Malawi. He also earned an MSc at the London School of Hygiene & Tropical Medicine and enrolled at the Liverpool School for a PhD program, where he continued his work with an initial countrywide mapping of the prevalence of lymphatic filariasis in Malawi. The study became the platform for a national program and was published in *Filaria Journal*.

³ Jody R. Lori et al., "Characteristics of Maternity Waiting Homes and the Women Who Use Them: Findings from a Baseline Cross-Sectional Household Survey among SMGL-Supported Districts in Zambia," *PloS One* 13, no. 12 (2018): e0209815, <https://doi.org/10.1371/journal.pone.0209815>.

⁴ John Cleland, Iqbal H. Shah, and Lenka Benova, "A Fresh Look at the Level of Unmet Need for Family Planning in the Postpartum Period, Its Causes And Program Implications," *International Perspectives on Sexual and Reproductive Health* 41, no. 3 (2019): 9.

woyamba anachitika kuchokera mwezi wa August m'chaka cha 2017 kufikira mwezi wa February m'chaka cha 2018 pamene kafukufuku wotsatira wachiwiri anachitika kuchokera mwezi wa August m'chaka cha 2018 kufikira mwezi wa February m'chaka cha 2019. Mwachidule, tikuyeza zotsatira zakafukufuku zakagwilitsidwe ntchito kanjira zakulera komanso katalikidwe ka nthawi yomwe mzi-mai akuyenela kubeleka.

ZOTSATIRA

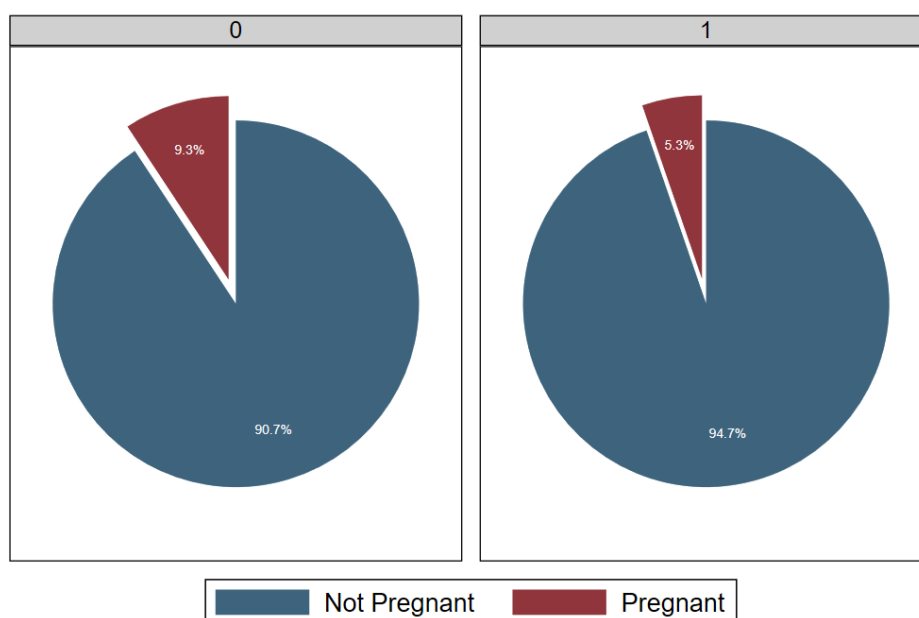
Postpartum family planning services encourage contraceptive uptake.

- Amai anali okwanila 5.9 pelesenti kuti ali ndikuthekera kotu akhonza kugwilitsa ntchito njira zakulera pakatha zaka ziwiri atatenga nawo mbali mukafukufuku.
- Azimayi 5.4 pa azimayi 100 aliwonse (5.4%) omwe amagwiritsa ntchito njira zakulera ana-sankha njira zakulera za nthawi yotalikilapo.
- Chiwerengero cha azimayi ofuna kuyikidwa zipangizo za kulera wapamkono chidakwera ndi 4% (azimayi 4 pa azimayi 100 aliwonse) kamba ka ndondomeka zomwe zinayikidwa za kafukufukuyi.

Women with greater access to postpartum family planning services are at lower risk of short birth spacing.

- Amayi omwe anatenga nawo mbali mukafukufuku mwa azimayi 43 pelesenti anali ndikuthekela kochepe kotu akhonza kukhala pachiopsezo chotenga mimba pa nyengo yok-wanira miyezi 24(zaka ziwir).
- Kutsika kwa chiwerengelo cha amai omwe alipa chiopsezo chotenga mimba zikutsatirana ndi 44 pelesenti yakutsika kwa chiopsezo cha azimai otenga pakati kawiri mu zaka ndi miyezi 9.

Figure 1: Proportion of Women who are Pregnant by Endline



Source: Boston University Global Development Policy Center, 2021.



The Human Capital Initiative (HCI) is a research initiative at Boston University's Global Development Policy Center. The GDP Center is a University wide center in partnership with the Frederick S. Pardee School for Global Studies. The Center's mission is to advance policy-oriented research for financial stability, human wellbeing, and environmental sustainability.

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MALAMULO OMWE ANGATSATIDWE

Zopeza zathu zikunena kuti:

- Kupititsa patsogolo kagwilitsidwe ntchito kamakono kanjira zakulera zikhonza kuthandiza azimai ndi mabanja awo kukhala ndi nthawi yabwino yodikila kuti athe kukhalanso ndi mwana wina.
- Mene zikukhalira ntchito zanjila zakulera pakati pa amai oti angobeleka kumene ndi umuyo wa amai amakumana ndi zokhoma zosiyanasiana. Kafukufuku yemwe tinapanga anatipatsa umboni oti kagwilitsidwe ntchito kapamwamba kanjila zakulera waulere akhonza kuthetsa ena mwa mavuta ngati amenewa.

Ngakhale kafukufuku wathu anali wapamwamba, tikukhulupira kuti ndondomeko zimenezi zinali zamtengo wapatali. Muzaka zopitilira ziwiri, mtengo pamuthu wa aliyense yemwe timacheza naye, kuphatikiza anthu omwe amapeleka uphungu, oyendetsa galimoto, njila yobwezeredwa ndalama akagwilitsa ntchito njila zakulera, ndi ndalama zonse zogwilitsa ntchito zinali zopitilira \$50. Ngati njila imodzi yofunana kufananitsa, kapena kusiyanita zinthu ziwiri. Kafukufuku ngati yemweyi anachitikanso ku Matlab, Bangladesh yemwe anagwilitsa ntchito ndalama zopitilira \$180 pa munthu aliyense.

Kuphatikizilapo zotsatira zabwino zokhudza imfa ndi matenda pakati pa mwana ndi mai, tikhonza kumena kuti mwazinthu zina zokhudza phindu lomwe anthu akupeza kudela kwawo komanso chitukuko zikhonza kuzakhala ndi phindu muzaka khumi zikubwerazi. Amayi omwe ali ndi mwayi wopeza kulera ali ndi kuthekera kopeza maphunziro apamwamba komanso kupeza mwayi wantchito. Kulimbikitsa kuchepetsa kubeleka pafupipafupi zikhonza kuchepetsa imfa za amayi pobeleka zomwe zikhonza kuthandiza atsikana kuti azakhale odalilika patsogolo. Mwachitsanzo, zikhonza kuzathandiza kufananiza maphunziro pakati pa anyamata ndi atsikana, pachifukwa chakuti atsikana ambiri akaphunzira zizapangitsa kuti amayi ambiri azakhale ndi umoyo wautali. Zotsatila zimenezi zikhonza kupangitsa kuti pasakhale kusiyana pakati pa abambo ndi amayi ndi chitukuko monga mene zinakhazikitsidwira mu ndondomeko ya Malawi Growth and Development Strategy II (MGDS II). Malamulo womwe amapindulira amayi alumikizitsidwa ndi kupita patsogolo kwa zachuma ndi chitukuko (mwa njira zina/vice versa), ndipo lamulo limeneli silosiyana ndi malamulo ena. Makamaka munjira yomwe boma likulimbikitsa kupitsa patsogolo chitukuko, lamulo lomwe likubweletsa njila zakulera ndi kulimbikitsa kusabeleka pafupipafupi sizithandiza amayi ndi ana okha, koma mudera lonse.