



# RAPID

The Change We Seek

## ADAMAWA STATE Nigeria



Adamawa State  
Government



National Population  
Commission



Photography credit (all photos unless otherwise noted): Joshua Jacobs/UNFPA



## ADAMAWA STATE GOVERNMENT NATIONAL POPULATION COMMISSION OF NIGERIA

**RAPID**  
The Change We Seek  
Raising our Quality of Life

January 2015

# Acknowledgements

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- Adamawa State Government of Nigeria
- National Population Commission of Nigeria
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This booklet was prepared by the Health Policy Project



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# Overview

A wide-angle photograph of a sunset or sunrise. The sky is filled with wispy, streaky clouds in shades of orange, yellow, and blue. In the foreground, a large, bare tree stands prominently, its silhouette dark against the bright sky. The horizon line is visible at the bottom, showing the silhouettes of buildings and other trees. The overall mood is serene and contemplative.

## Population & Development

# Population Growth

Fast growth can hinder development

Over the course of her life, each woman in Adamawa state has an average of more than five children. The state's population continues to grow rapidly, and with less than 5 percent of married women using any method of family planning, it is unlikely that the population growth rate will slow. In this case, the state's large population will continue to hinder its progress, challenging education, health, agriculture, and economic development.



# Family Planning

Slow growth enables greater opportunity

Adamawa is in a position to influence its development prospects by strengthening its commitment to family planning state-wide. Improving access to and use of contraceptives will lead to a smaller population. With fewer people, more funds will be available to invest in primary education, a reliable and high-quality health system, food security, and more employment opportunities for all.

# Adamawa's Population

Large families, rapid population growth

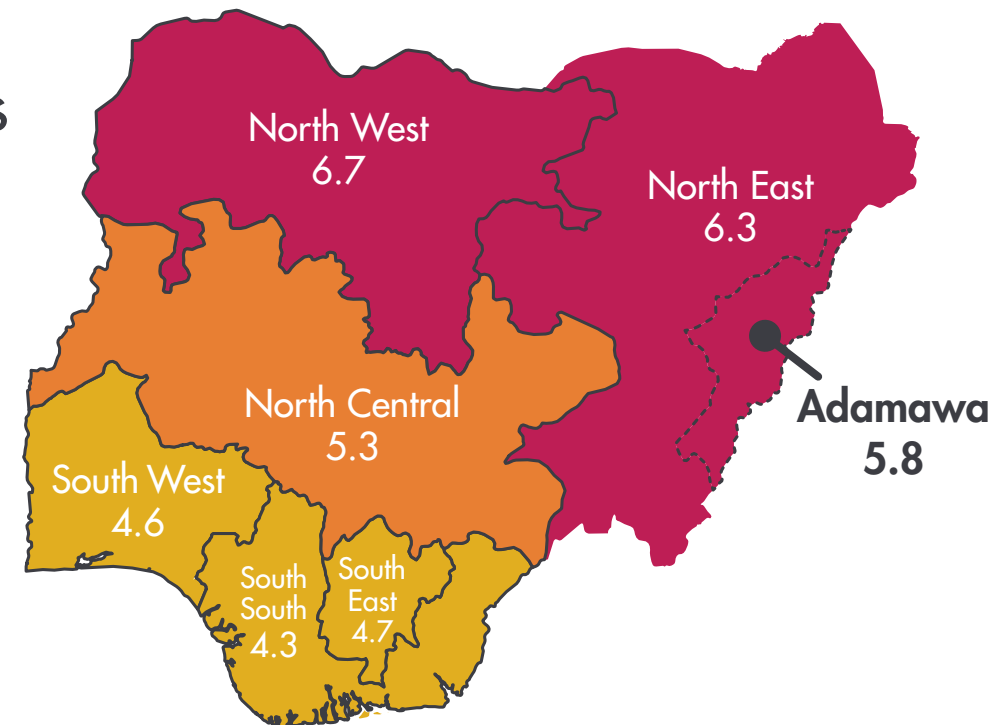
In 2006, Nigeria's census counted 3.2 million people in Adamawa state. Just 8 years later, Adamawa has a projected population of 4.2 million—a 30 percent increase in only 8 years.

A key driver of Adamawa's population is that women in the state have an average of 5.8 children, compared with the national average of 5.5.

Sources: National Population Commission (NPC). 2010. *2006 Population and Housing Census: Population Distribution by Age and Sex*. Priority Table Vol IV. 2010. Abuja, Nigeria: NPC; Spectrum Population Projection for Adamawa, 2014; National Population Commission (NPC) and ICF International. 2014. *Nigeria Demographic and Health Survey (NDHS) 2013*. Abuja, Nigeria and Rockville, MD: NPC and ICF International

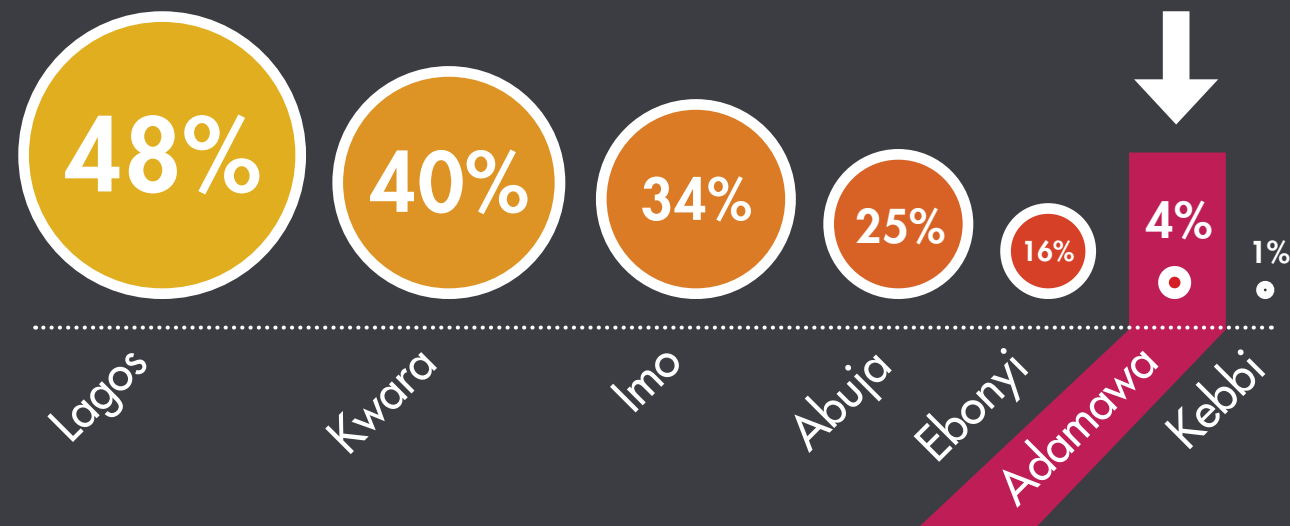
## Fertility Rates in Nigeria

All Nigeria  
5.5



## Contraceptive Use

Percent of married women ages 15–49 using contraceptives



## Family Planning Use

Low contraceptive use and slow growth in uptake

Because use of family planning is low in Adamawa, family sizes are large. The use of any method of family planning increased by only 1.5 percentage points between 2008 and 2013 or 0.3 percentage points per year.

Source: NDHS 2013. \*Family planning use includes modern and traditional methods

# Age Structure

## Adamawa's population demographics in 2014

The high fertility rate generates an age structure that is heavily concentrated among children. Forty-six percent of Adamawa's population is under age 15, and this large group is dependent on families and the government for meeting basic health, education, and food needs.

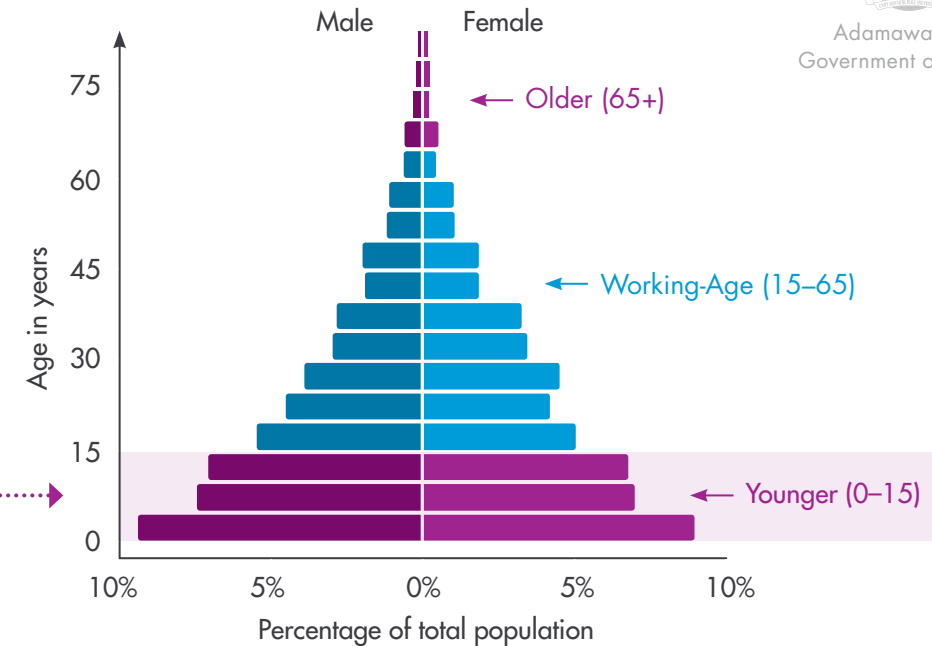
Because there are already so many young people who have not yet begun having children, Adamawa will have a powerful momentum for future population growth that challenges economic development now and in the future.

Source: Spectrum Population Projections for Adamawa, 2014

# Population Pyramid

## State of Adamawa

Youth constitute 46% of the total population





# Link between Population and Development

## The benefits of smaller families

Adamawa's large family size and young population impact every aspect of the state's development. By averting unintended and high-risk pregnancies, smaller family sizes can prevent maternal and infant death and disability, reducing additional costs to health systems.

Smaller family sizes also allow more children to be educated and enable greater investments in the quality of children's schooling. Slower population growth also makes it easier to create jobs for young people entering the labour force.



# Learning from Asia

## Adamawa can learn from East Asia's experience

Fifty years ago, many East Asian countries had high rates of fertility and population growth and corresponding low gross domestic product (GDP) per capita. In the following decades, several of these countries—Thailand, Malaysia, South Korea, Taiwan, and Singapore—achieved rapid economic growth and emerged as some of the strongest economies in the world.

All these countries were able to significantly lower their birth rates. This transition contributed to a demographic dividend, and economists estimate that women having fewer children accounted for up to one-third of the economic expansion in these countries between 1965 and 1990.

Source: Bloom, D., and J Williamson. 1998. "Demographic transitions and economic miracles in Emerging Asia." *World Bank Economic Review* 12: 419–455; Mason, A. 2001. *Population Change and Economic Development in East Asia: Challenges Met, Opportunities Seized*. Stanford: Stanford University Press

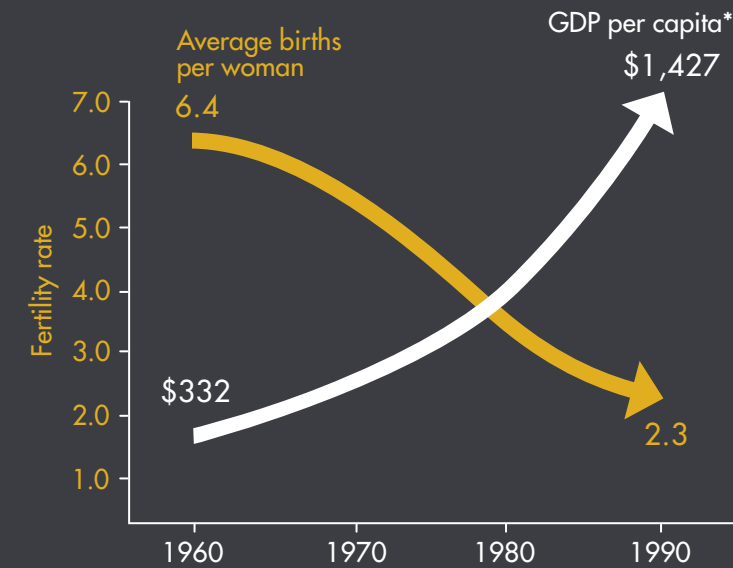
# Thailand

## Success story

In Thailand, the rapid fall in fertility helped to boost economic development.

In a single generation, Thailand moved from being a low-income country to a more prosperous middle-income country.

Source: World Bank Development Indicators  
\*GDP per capita constant 2000 US\$



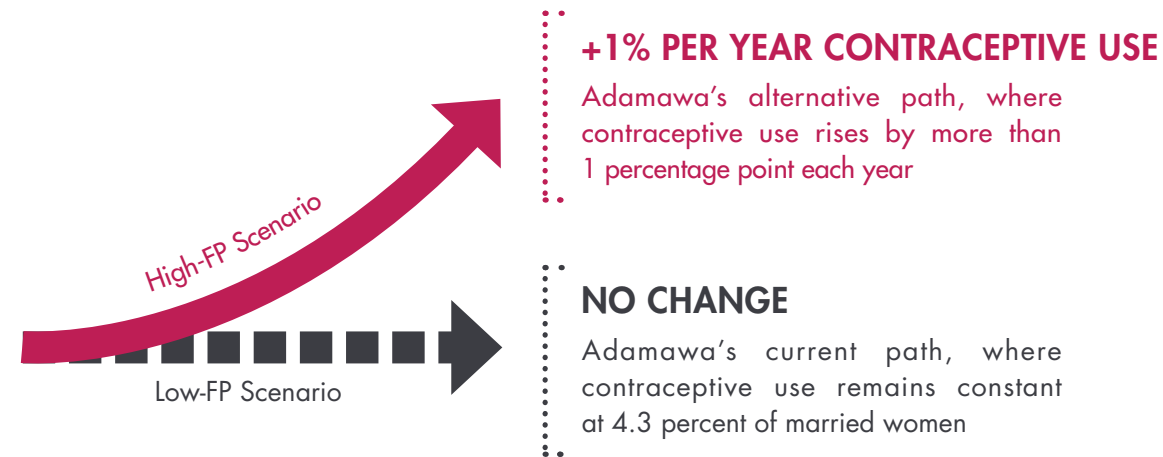


# Two Paths

## Two Paths for Family Planning

# Two Paths of Family Planning

Socioeconomic impacts of two family planning scenarios in Adamawa



## Population

3 million fewer people

If contraceptive use increases in Adamawa by approximately 1 percentage point per year, the average number of children a woman has over her lifetime would decrease from 5.8 to 3.2 by 2050.

Fertility levels will be the main driver of Adamawa's population size. If fertility remains unchanged, Adamawa's population would grow from approximately 4 million today to nearly 12 million by 2050. However, if family sizes decline through increased use of contraception, Adamawa's population would grow to 9 million—a difference of 3 million people.

**BY 2050**



1: Contraceptive use remains unchanged at 4.3% of married women

2: Contraceptive use increases 1 percentage point each year  
(Diagram not to scale)

# Impact on Development

## Consequences for development sectors

The family planning path that Adamawa chooses will have consequences in four key development sectors:

- Education
- Health
- Agriculture
- Economy



# Education



Gates Foundation

“With the continued rapid growth of the population, both the number of school-aged children in the population and school enrollments will increase phenomenally, [leading to a] worsening pupil/teacher ratio, overcrowded classrooms, shortage of educational materials, and a need for a greater funding in education.”

GOVERNMENT OF NIGERIA. 2004.  
NATIONAL POLICY ON POPULATION FOR SUSTAINABLE DEVELOPMENT  
ABUJA, NIGERIA: GOVERNMENT OF NIGERIA

## Students

503,400 more primary school students by 2050

Future family sizes will have a major impact on the number of primary students over the next four decades. If Adamawa's family sizes remain large, the number of primary students will almost triple by 2050.

However, increased contraceptive use and lower family sizes would result in roughly 503,400 fewer primary students by 2050. With fewer students, more resources can be expended per child on higher quality education.



Arne Hoel/World Bank

## Teachers

19,000 more primary school teachers needed by 2050

One of the challenges to improving primary education and motivating students to complete school is the shortage of qualified teachers.

Unless the use of family planning increases, more than 19,000 additional primary school teachers will be required by 2050 in Adamawa.

# Schools

2,106 additional primary schools needed by 2050

If family sizes remain large in Adamawa, an additional 2,106 primary schools will be needed by 2050—a heavy burden on public and family finances.







# Students, Teachers, and Schools

More primary students, teachers, and schools by 2050



Source: RAPID Model

## Primary Education Expenditures

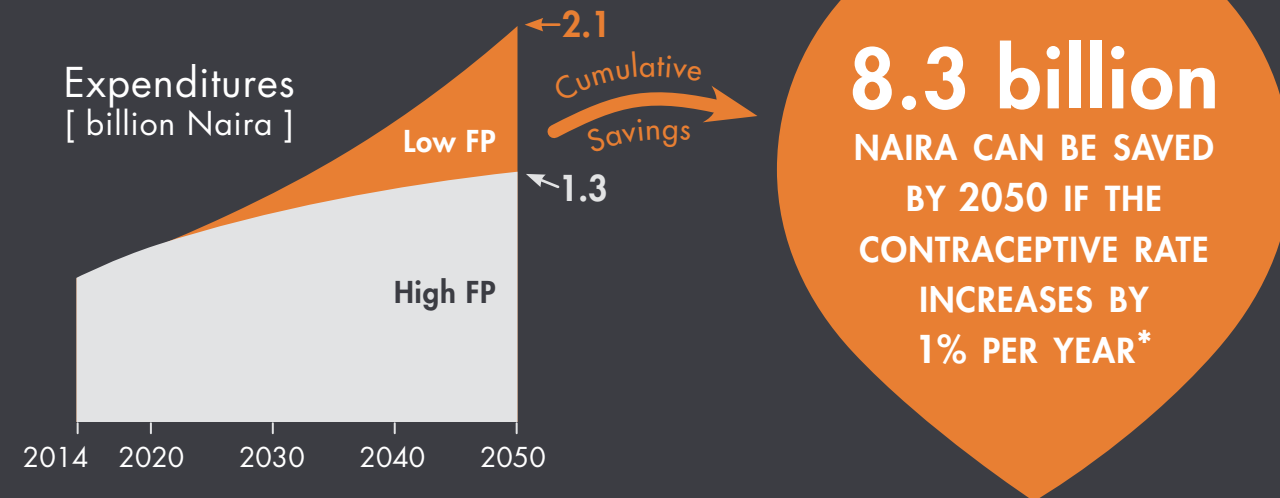
8.3 billion Naira can be saved by 2050

If contraceptive use stagnates in Adamawa, the primary school expenditures required to support a rapidly growing population are projected to increase to 2.1 billion Naira by 2050.

However, with increased use of family planning, by 2050, a cumulative total of 8.3 billion Naira can be saved. These funds could be used to build new schools, address shortages of qualified teachers, improve/update current infrastructure, and provide scholastic materials to students.

## Education Savings by 2050

High and low family planning scenarios



\*Cumulative savings. 2013 expenditure estimate and 2014 student projection.  
Source: RAPID Model

# Health



“As the population expands rapidly, it will become more difficult to provide sufficient personnel, facilities, and financial resources to maintain and improve health services and standards.”

GOVERNMENT OF NIGERIA, 2004.  
NATIONAL POLICY ON POPULATION FOR SUSTAINABLE DEVELOPMENT  
ABUJA, NIGERIA: GOVERNMENT OF NIGERIA

## Doctors

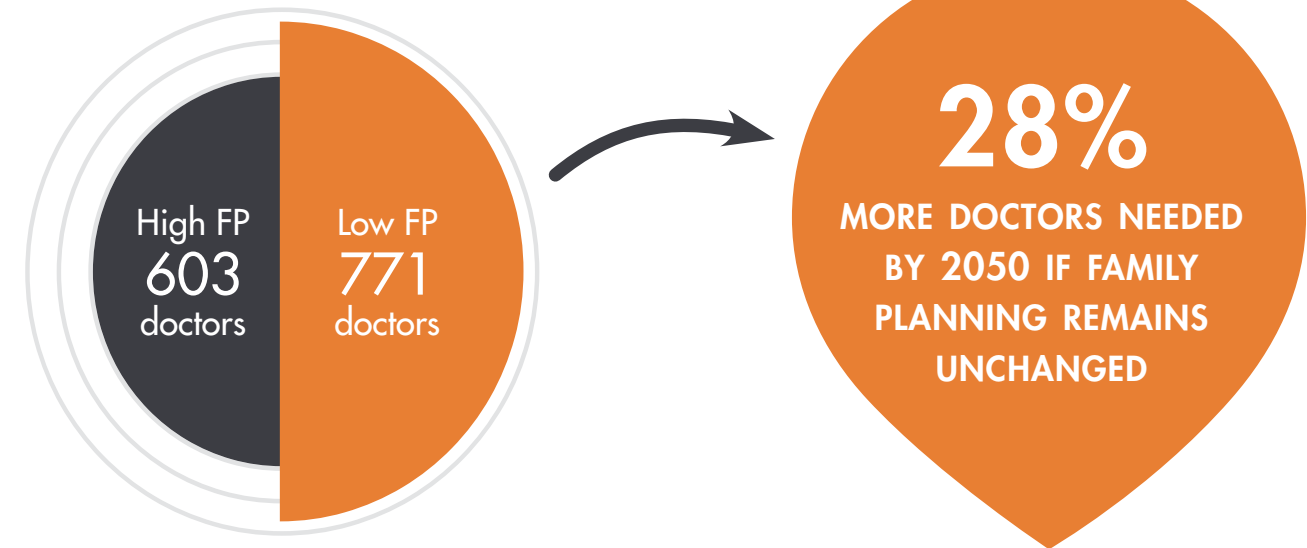
### More births increase demand for doctors

If family sizes remain large, Adamawa would need to nearly triple the number of total doctors required by 2050 to meet the basic demands of its rapidly growing population.

In contrast, if more women use family planning, the number of total doctors needed would rise more gradually. With fewer personnel required to maintain the current doctor-to-population ratio, more funding would be available for improving the coverage and quality of health services.

## Doctors Needed by 2050

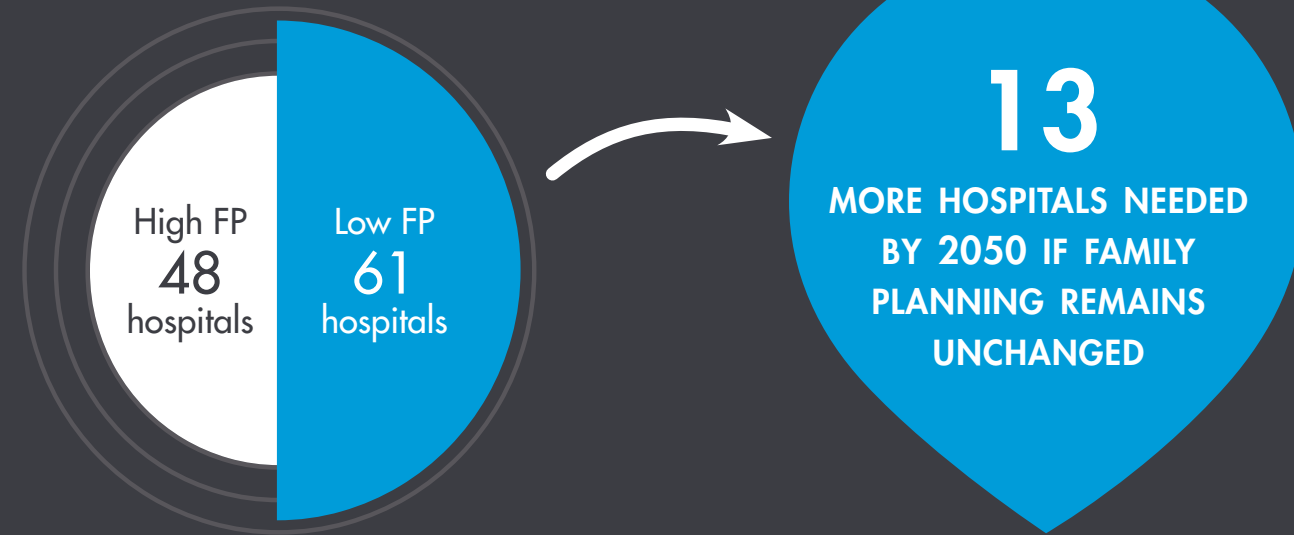
### High and low family planning scenarios



Source: RAPID Model

# Hospitals Needed by 2050

High and low family planning scenarios



Source: RAPID Model

## Hospitals

More births increase demand for hospitals

Adamawa would require an additional 13 hospitals by 2050 if increasing contraceptive use is not prioritised.

Diverting funds for the construction of many additional facilities would detract from efforts to raise the quality of healthcare and other crucial reforms in the state.

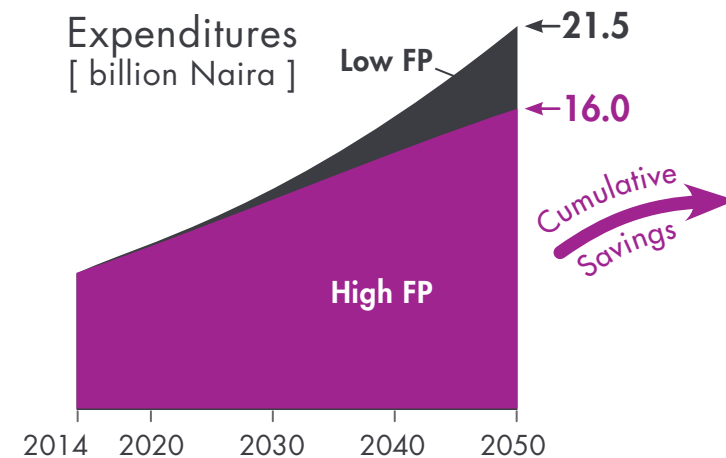
## Annual Health Expenditures

47 billion Naira can be saved by 2050

As population grows, Adamawa will need to budget millions of additional Naira for meeting basic health needs. However, with greater access to and use of contraceptives, the government would not need to budget as much—and realise a cumulative 47 billion Naira in savings by 2050. These funds can be reprogrammed for improving the quality of healthcare for Adamawa’s population.

## Health Savings by 2050

High and low family planning scenarios



**47 billion**  
NAIRA CAN BE SAVED  
BY 2050 IF THE  
CONTRACEPTIVE RATE  
INCREASES BY  
1% PER YEAR\*

\* Cumulative savings

Source: RAPID Model



# Agriculture

“Increased land fragmentation, a consequence of large family size and higher population density, results in lower productivity and makes it difficult for subsistence families to produce sufficient food to care for a large number of children.”

GOVERNMENT OF NIGERIA. 2004.  
NATIONAL POLICY ON POPULATION FOR SUSTAINABLE DEVELOPMENT  
ABUJA, NIGERIA: GOVERNMENT OF NIGERIA

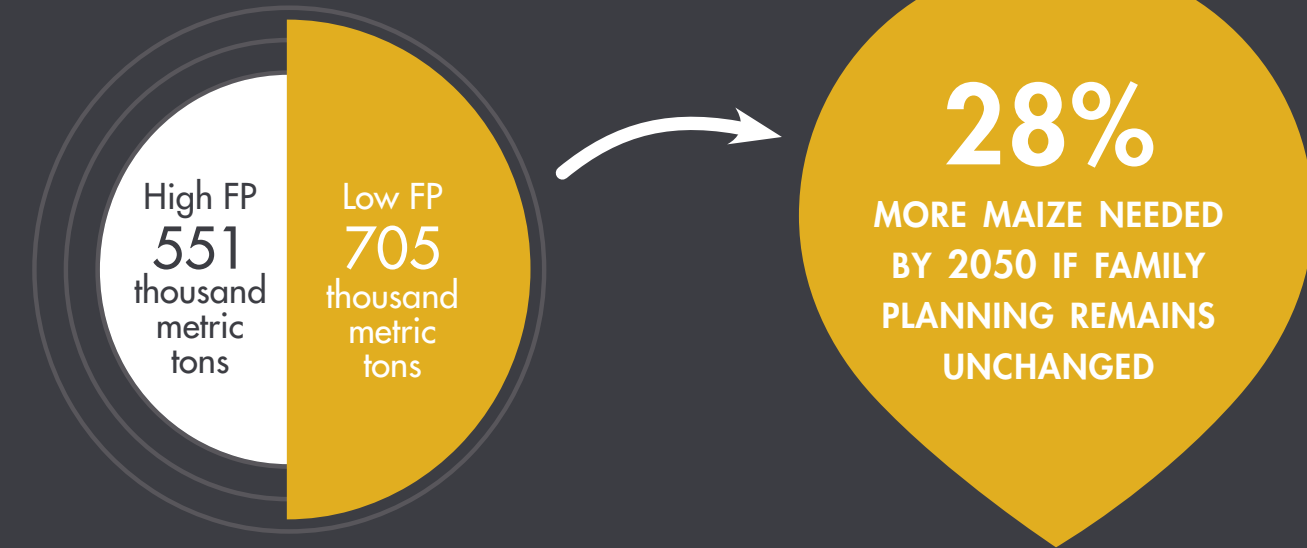
# Maize Consumption

Large families reduce food security

Population growth will remain a key determinant of major food crop demand in the future. By 2050, if family size remains large, Adamawa will require 30 percent more maize to feed its large population.

# Maize Needed by 2050

High and low family planning scenarios



Source: RAPID Model





Adamawa State  
Government of Nigeria

## Arable Land Per Person

Smaller families, more arable land per person

Rapid population growth poses major challenges to agriculture and can result in overexploitation, deforestation, erosion, loss of soil fertility, and lessened productivity. With large families, land holdings must be divided among many family members. Within a few generations, land plots are too small to support a family. By increasing use of family planning, however, the average person would gain arable land.

# Economy



“While our population is the primary asset of the nation, rapid population growth places extraordinary demands on the ability of the economy to provide jobs for all new entrants to the labour force.... Continued rapid population growth will make it difficult for Nigerians to make real gains in raising GDP per capita.”

GOVERNMENT OF NIGERIA. 2004.  
NATIONAL POLICY ON POPULATION FOR SUSTAINABLE DEVELOPMENT  
ABUJA, NIGERIA: GOVERNMENT OF NIGERIA

## Employment

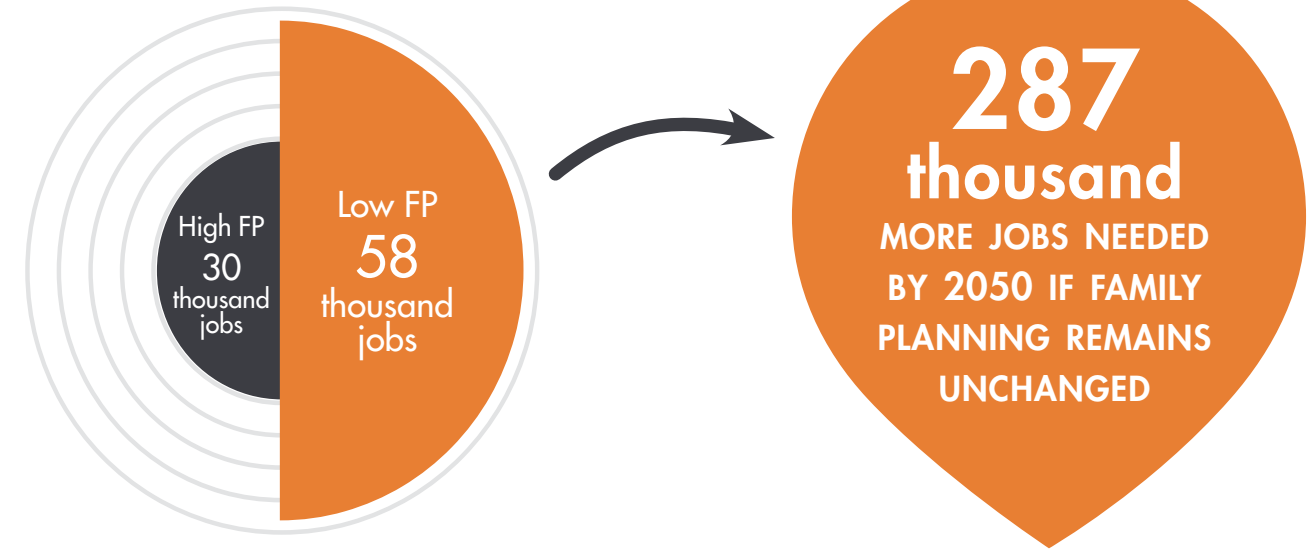
287,000 more jobs needed by 2050

With rapid population growth, many new jobs must be created each year to support the numbers of young people entering the labour force.

If contraceptive use remains low, Adamawa will need to create nearly 287,000 additional jobs by 2050, compared with a scenario where family planning use rises steadily over time.

## Jobs Needed by 2050

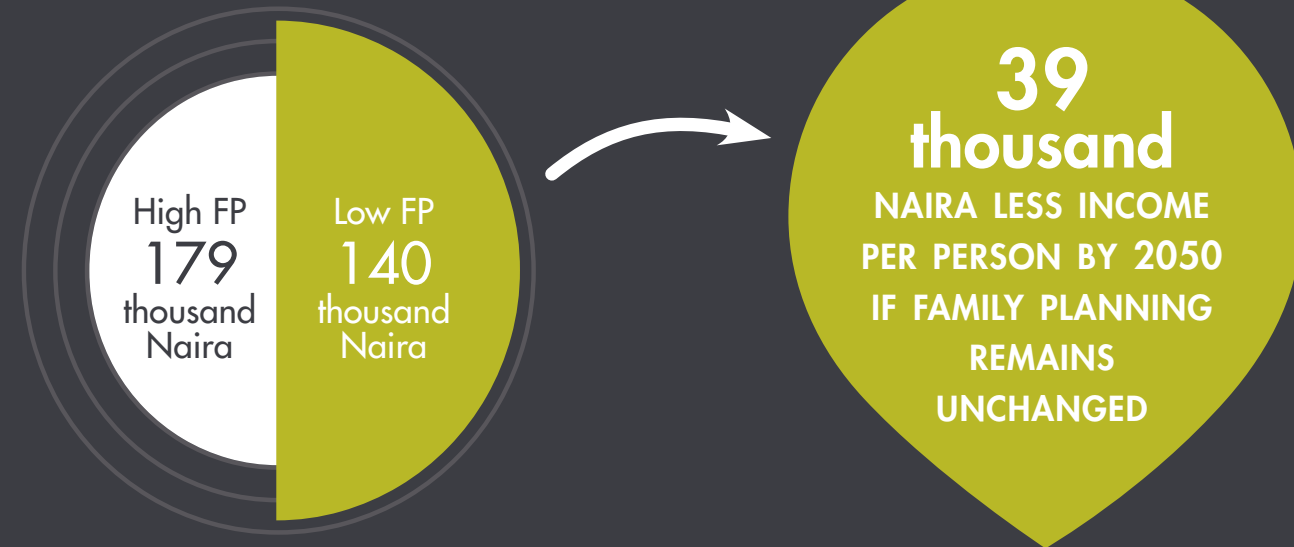
High and low family planning scenarios



Source: RAPID Model

# Per Capita Income by 2050

High and low family planning scenarios



Source: RAPID Model

## GDP per Capita

Large families reduce personal incomes

Assuming the annual gross domestic product (GDP) growth rate remains constant at 6.4 percent, the estimated GDP per capita would more than quadruple from current levels by 2050 if more women used family planning.

Importantly, continued low contraceptive use and larger family sizes would reduce the GDP per capita by 39,000 Naira compared to a scenario where more women use family planning.



# Conclusion

## The Change We Seek

### Family planning encourages sustainable growth

Family planning lowers fertility, encouraging more sustainable population growth. By prioritising investments in family planning, Adamawa can enjoy

- Reduced pressure on the health and education systems, saving money in both sectors
- Increased food security
- Higher levels of economic growth, including incomes per person

Family planning can bring a better quality of life to Adamawa.





## Let's Take Action

### Family planning investments offer health and development benefits

Family planning investments offer significant health and development benefits for Adamawa that far outweigh the costs of achieving them. To achieve these benefits

- ✓ Develop and implement a state-level family planning/population strategy, as well as an accompanying costed implementation plan
- ✓ Commit resources for state-level family planning commodity storage and distribution to ensure universal access in both urban and rural areas
- ✓ Expand the supply of state-sponsored family planning providers, thereby enhancing access to services at the community level and in rural areas
- ✓ Reach citizens with family planning messages and education, thereby dispelling myths and misconceptions and promoting strong reproductive outcomes

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The views expressed in this publication do not necessarily reflect the views of the United Nations Population Fund.

