

MICS²⁰¹⁴

MULTIPLE INDICATOR CLUSTER SURVEY

For young people of Zimbabwe

Acknowledgements

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The Multiple Indicator Cluster Survey (MICS) is an international household survey programme developed by the United Nations Children's Fund (UNICEF). MICS is designed to collect statistically sound, internationally comparable estimates of key indicators that are used to assess the situation of women and children in areas of health, education, child protection and HIV/AIDS. MICS can also be used as a data collection tool to generate data for monitoring the progress towards national goals and global commitments aimed at promoting the welfare of women and children including the Millennium Development Goals (MDGs).

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To young readers

This version of the Multiple Indicator Cluster Survey (MICS) was developed especially for you. MICS is a large study or survey. It is conducted in different countries that work with UNICEF including Zimbabwe.

In Zimbabwe, MICS is used by the government and its partners to find out the situation of women and children. MICS is also used to see whether as a country, Zimbabwe is achieving its target for the Millennium Development Goals (MDGs) and measure progress made in commitments such as the Convention on the Rights of the Child.

You can use the 2014 MICS For Young People to know what issues are affecting you and others around you. It is a report made to inform you on the situation of young people in education, health, sanitation, HIV, Information and Communication Technology and other children's rights. You can make better decisions about staying in school, staying healthy, not marrying too young or getting married too young and not to have children early in your life.

I hope that this book will give you a passion to help yourself first and those around you to make your community safer and better for women and children. A sure way to improve your environment is when you take the first step to make sure you are healthy, you stay in school and you explain to others why this is important for them and for Zimbabwe.

At UNICEF Zimbabwe Country Office, we are grateful to the Zimbabwe Statistics Agency (ZIMSTAT) for conducting the 2014 MICS Survey. We are also especially grateful to all the young people, adults and technical team who helped in the making of this book especially for you.



Reza Hossaini
Country Representative
UNICEF Zimbabwe

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Glossary

Approved	agreed to
Antenatal	before birth
Abstain	stay away from
Drop-out	stop attending
Defecate	discharge faeces
Development	growth
Exclusive	only
Exposed	leave unprotected
Hygiene	practising cleanliness to maintain health and prevent diseases
Immunisation	using vaccines to protect the body against diseases
Insecticide	a chemical that kills insects
Mortality	the number of deaths in a population
Purify	to get rid of dirt and germs
Recommended	supported or favoured
Sanitation	providing clean drinking water and getting rid of raw sewage properly
Vaccination	when medicine is injected or swallowed to help protect the body against specific diseases

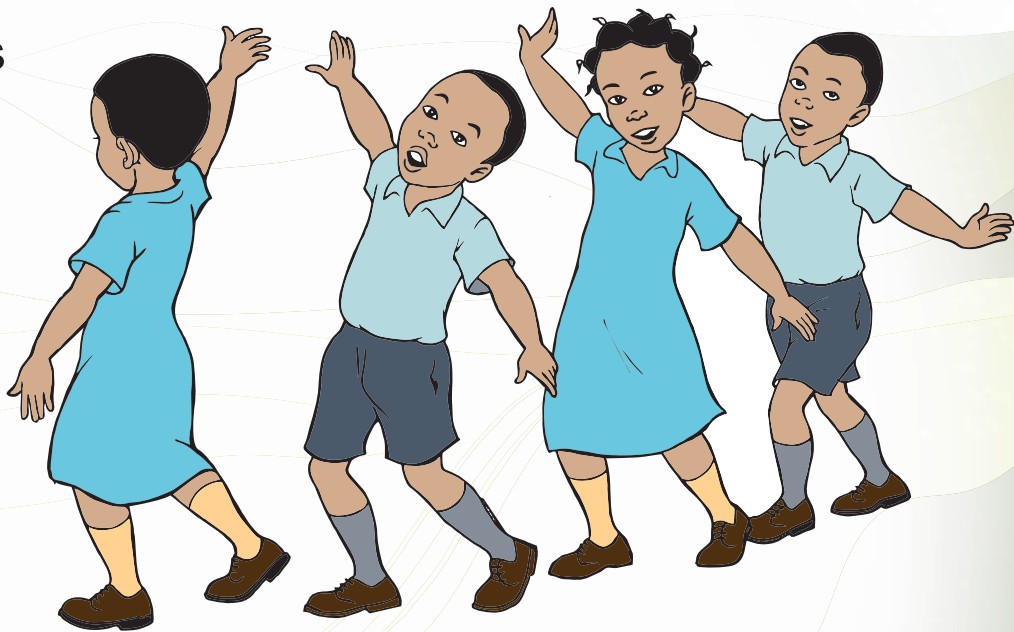
CHAPTER ONE

EARLY CHILDHOOD DEVELOPMENT

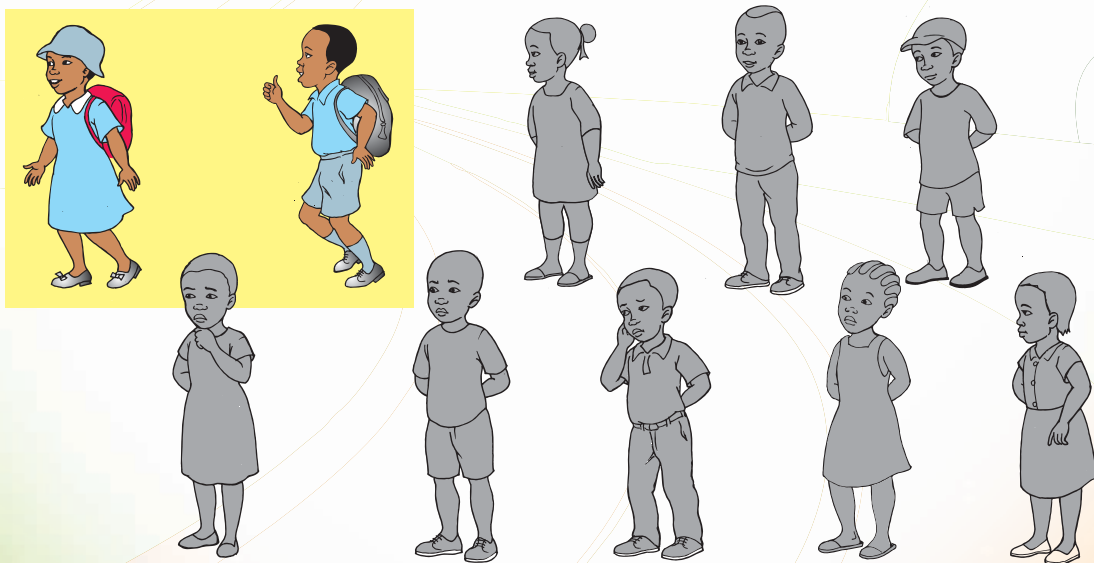
Section 1: E.C.D attendance

Preparation for a child to enter primary school is necessary. The government encourages children to be enrolled in Early Childhood Development (E.C.D) programmes before primary school.

E.C.D. programmes give young children social skills, emotional skills, physical skills and physical health practices.



SURVEY FINDINGS



2 out of 10 children between 3 and 5 years of age attended an ECD class.



EARLY CHILDHOOD CARE AND EDUCATION

- Educate family members that E.C.D is the first stage for a child to begin primary school. Therefore it is very important to enrol children aged 4-5 years in an E.C.D class.
- Encourage parents or guardians to play a role at home by preparing children for primary school.



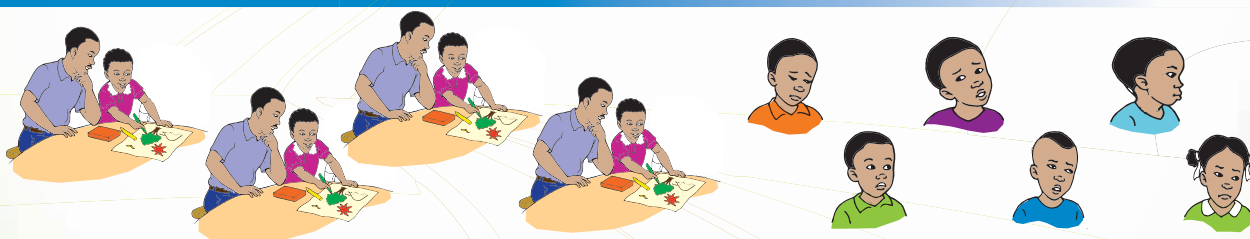
Section 2: Support for learning at home

It is important for adults to help prepare children for school. With the support of adults, children can look at picture books, tell stories and folktale, sing or draw things.

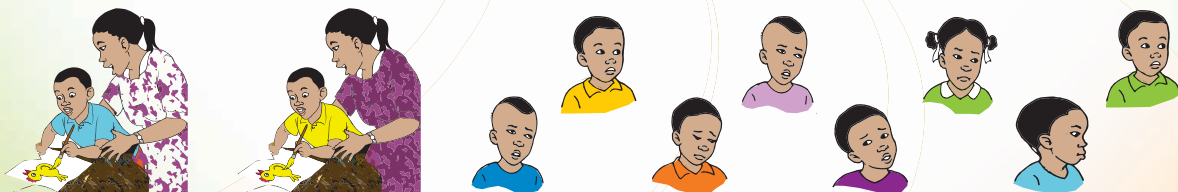
Other times can be spent outside the house playing games.



SURVEY FINDINGS



4 out of 10 children between 3-5 years were assisted in learning activities by an adult in the family.



2 out of 10 children between 3-5 years were assisted by their mothers to learn 4 or more activities.

CHAPTER TWO

LITERACY AND EDUCATION

Education is a basic human right. As such, all children have the right to go to school.

Advantages of education:

- better jobs,
- higher confidence and self-esteem.



SURVEY FINDINGS



9 out of 10 children completed primary school.



LITERACY AND EDUCATION

- Encourage family members to keep their children in school until they complete university, college or skills training.
- Tell parents that if children drop-out of school they are at high risk of abuse.
- Be a role model in your society, stay in school.

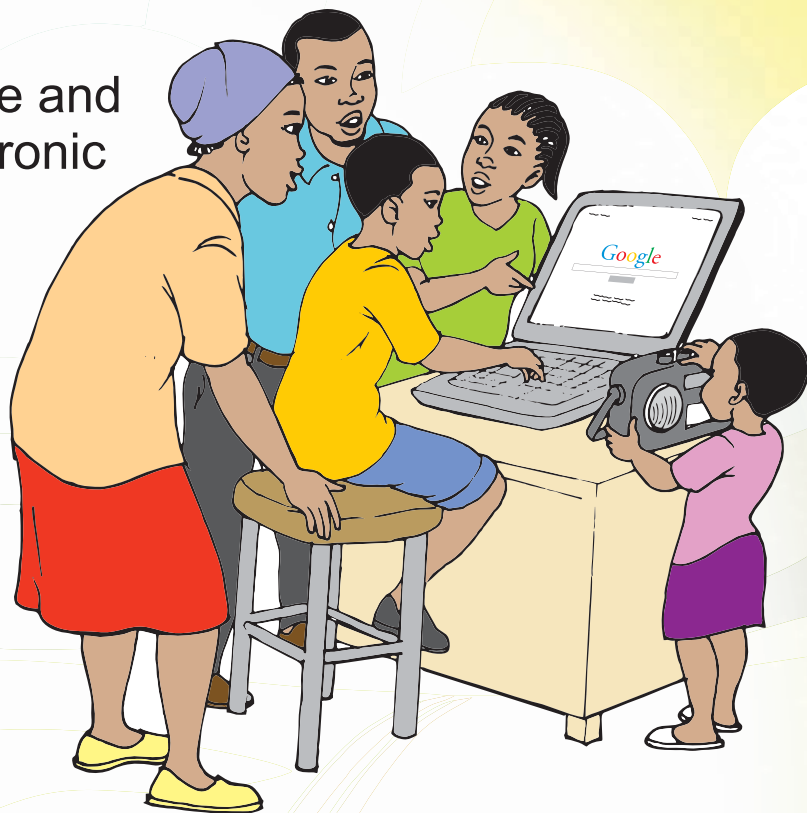


CHAPTER THREE

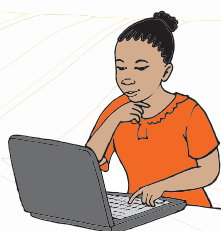
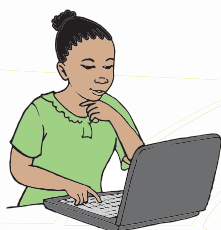
INFORMATION & COMMUNICATION TECHNOLOGY (ICT)

ICT is sharing of knowledge and communicating using electronic means.

ICT involves using computers, radios, phones, televisions, satellite systems and services connected to them.



SURVEY FINDINGS



2 out of 10 young people aged 15-24 years used a computer.



3 out of 10 young people aged 15-24 years used the internet.



ICT

- Encourage family members to use ICT to be aware of what's happening within their family, country and the world.
- Tell family members of many opportunities in ICT such as businesses and jobs.



CHAPTER FOUR

CHILD PROTECTION

Section 1: Birth Registration

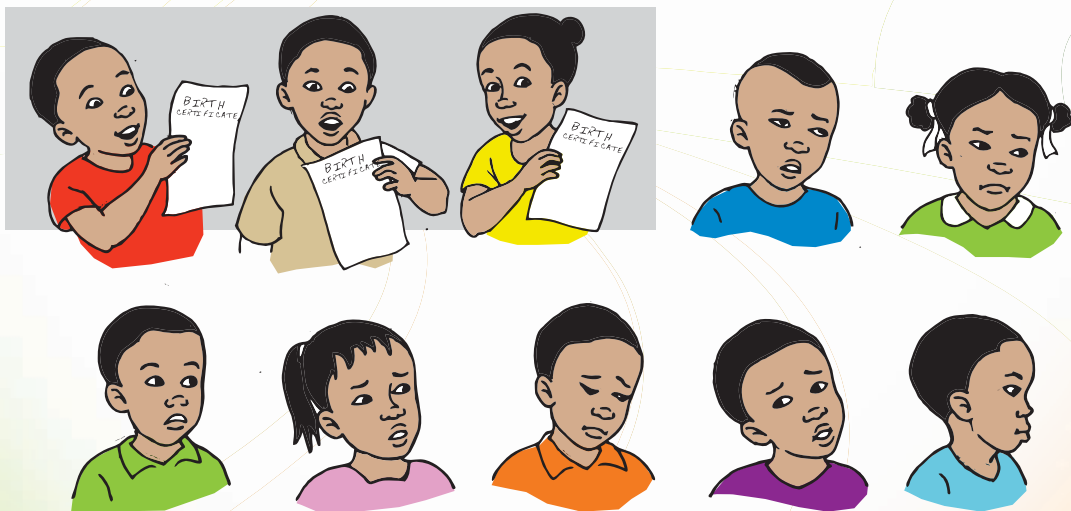
A birth certificate identifies who you are. Every child has a right to have a birth certificate.

A birth certificate:

- a. officially identifies you and enables you to get a national identity (I.D.) document and a passport.
- b. is required for enrolment in school.



SURVEY FINDINGS



3 out of 10 children who were 5 years old and below had birth certificates.



BIRTH REGISTRATION

- Enquire from your parents if you and your siblings have birth certificates. If not, encourage them to get you birth certificates.

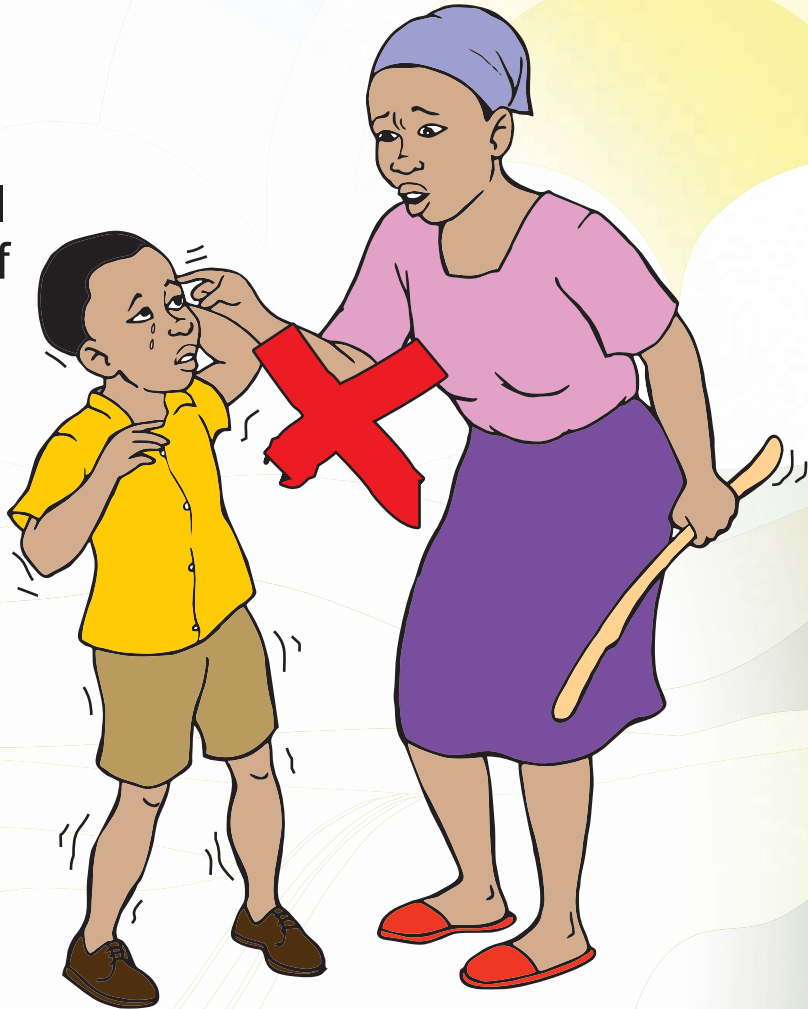


Section 2: Child Discipline

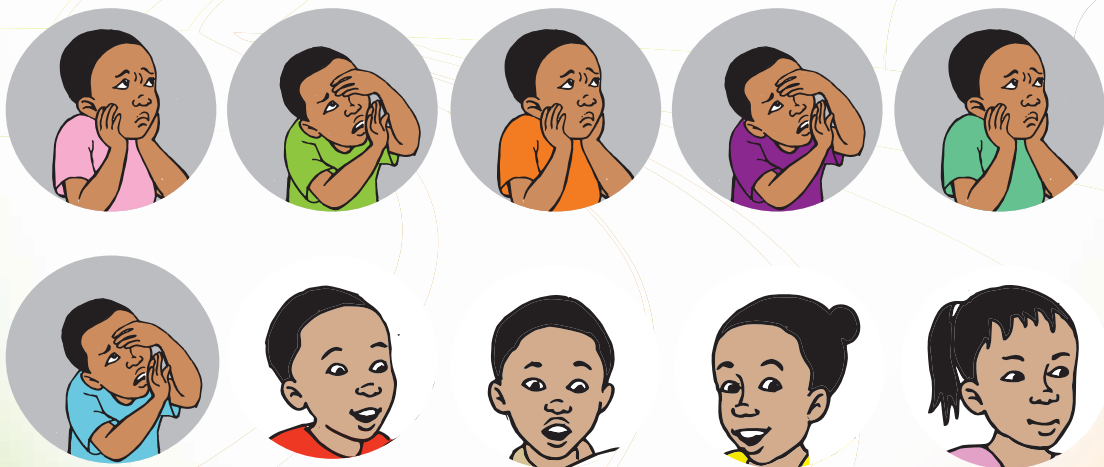
Teaching children self control and good behaviour is part of child discipline in all cultures.

However, some children are exposed to violent and harmful forms of discipline.

Severe punishment against children is bad. This is child abuse.



SURVEY FINDINGS



6 out of 10 children aged 1-14 years were violently disciplined.



CHILD DISCIPLINE

- Violence against children is an offence in Zimbabwe. If you see violence in your community, report it.
- Talk about abuse with your friends, family members or school mates.
- Encourage children, when they are abused, not to keep it a secret but to find someone to tell.
- Today it might be someone you know, but tomorrow it might be you.



Section 3: Early marriage

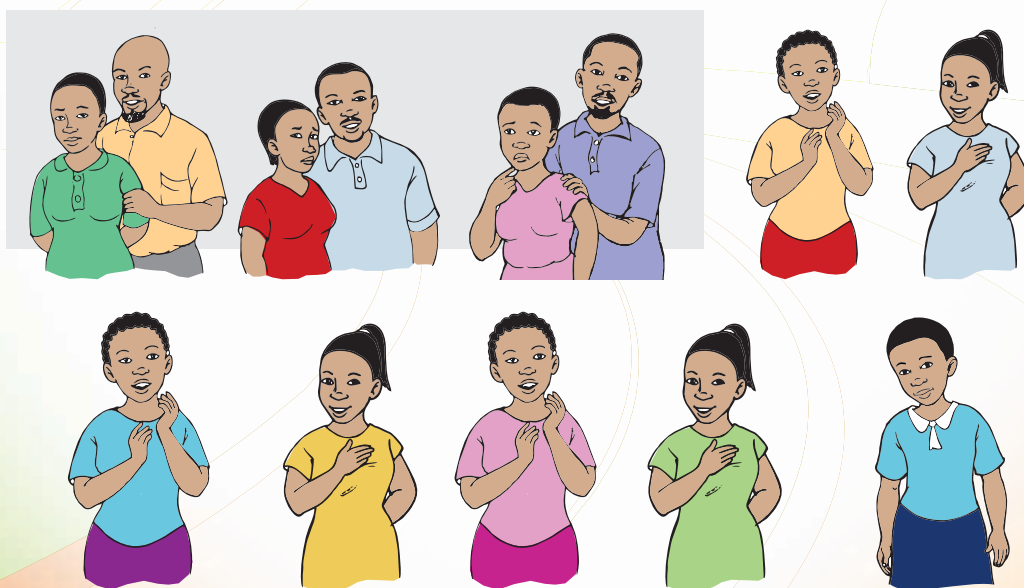
Early marriage of girls who are 18 years of age and below is bad.

**STAY
IN
SCHOOL**

A girl who marries young is at high risk of being exposed to violence and HIV infection. It becomes difficult for her to make decisions in her life.



SURVEY FINDINGS



3 out of 10 girls were married before the age of 18 years.

CHAPTER FIVE

REPRODUCTIVE HEALTH

Section 1: Early child bearing

Early child bearing is when a girl 18 years or below gives birth to a child.

These young mothers usually have health problems during pregnancy and at giving birth. They are also at risk of dying during giving birth.



SURVEY FINDINGS



2 out of 10 women aged 15-19 years had a baby



2 out of 10 women aged 20-24 years had a baby before 18 years of age.



REPRODUCTIVE HEALTH

- Advise your friends to abstain from sexual activities and avoid getting pregnant until they are older.
- Advise family members to educate young girls and boys on the dangers of giving birth when young.
- Encourage young girls who are pregnant to go for regular checkups to avoid health related problems.
- Tell parents to take care of young girls who are pregnant until they give birth.



Section 2: Antenatal care (ANC)

Antenatal Care (ANC) visits are recommended checkup visits for pregnant women and their partners to a clinic or hospital.

ANC provides the pregnant mother and father with information on their health and that of the baby.

ANTENATAL CARD

HEALTH FACILITY NAME: _____

PAYAM: _____ COUNTY: _____ STATE: _____

GENERAL INFORMATION

Name: _____ Date: _____ Card/Reg. No.: _____

Marital Status: _____ Age: _____ Village: _____

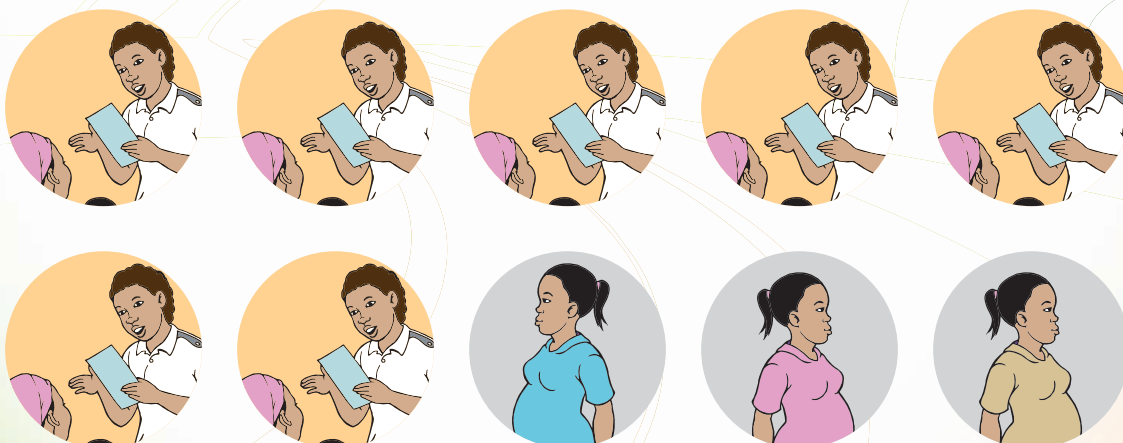
PAST MEDICAL AND SURGICAL HISTORY e.g. Hypertension, TB, Sickle Cell, Diabetes etc.

PAST FAMILY HISTORY e.g. Hypertension, TB, Sickle Cell, Diabetes etc.

PAST OBSTETRIC HISTORY GRAVIDA					PARA					Other illness	Remarks
Preg No.	Mother's Age	Abortion	Gestation Weeks	Place of Delivery	Duration of Labour	Mode of Delivery	Sex	Outcome of Foetus	APH		
1.											
2.											
3.											
4.											
5.											
6.											
7.											
8.											
9.											
10.											

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SURVEY FINDINGS



7 out of 10 pregnant mothers visited a health facility for checkup at least 4 times during pregnancy.



ANTENATAL CARE (ANC)

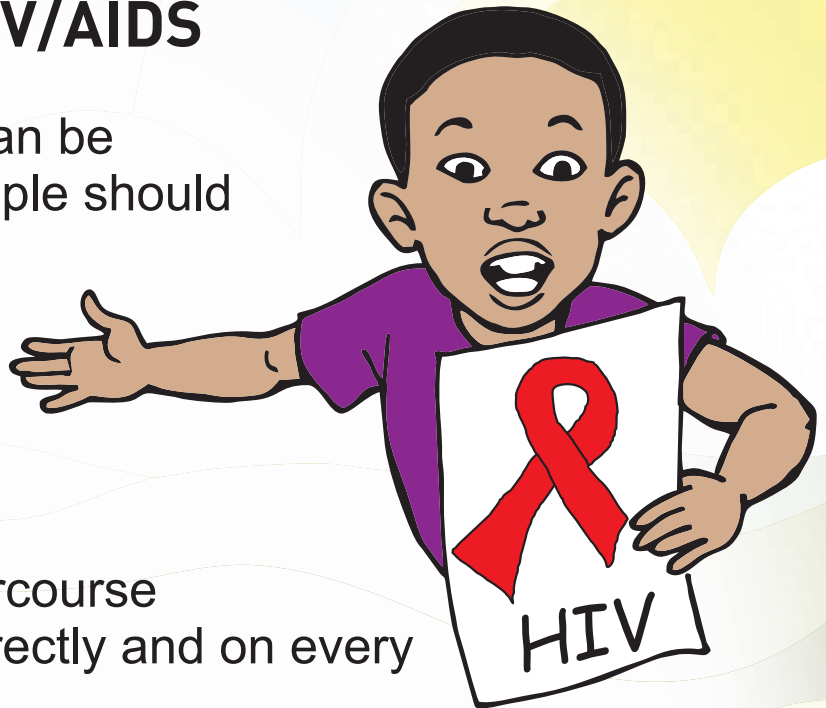
- Encourage pregnant mothers and their partners to go for checkups at the nearest clinic or hospital.
- Encourage pregnant mothers to buy and use medicines as recommended by a health expert.



CHAPTER SIX

HIV/AIDS

HIV cannot be cured, but can be prevented and treated. People should have correct information to avoid infection or receive treatment when they are infected.



HIV can be prevented by:

- a. avoiding sexual intercourse
- b. using a condom correctly and on every sexual encounter
- c. having one faithful and uninfected sexual partner and
- d. using only new razor blades and syringes.

SURVEY FIND



6 out of 10 young women age 15 – 24 years had complete knowledge on HIV.



5 out of 10 young men age 15 – 24 years had complete knowledge on HIV.



HIV & AIDS

- Discuss with family members and friends about how HIV is spread and how they can protect themselves against it.
- Encourage people to always go for an HIV test, at HIV testing and counseling centres. It is free!
- Advise family members not to think and say bad things against people infected and affected by HIV and AIDS.



CHAPTER SEVEN

BREASTFEEDING

Section 1: Exclusive breastfeeding

Proper breastfeeding of babies keeps them healthy from the day they are born, up to 2 years of age.

Exclusive breastfeeding is when babies less than 6 months old:

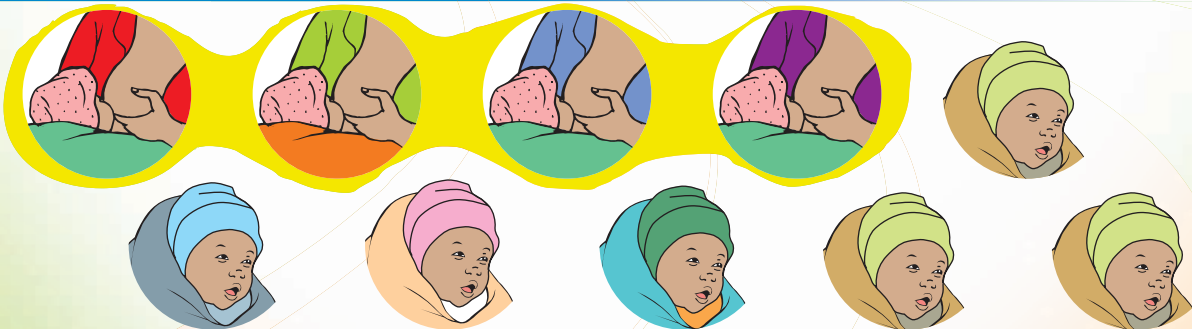
- Are fed on breast milk only, and
- Receive vitamins, mineral supplements and medicine as prescribed by a health expert.

Benefits of breastfeeding:

- Protects babies from infection;
- Provides a good source of food for babies and
- Is safe.



SURVEY FINDINGS

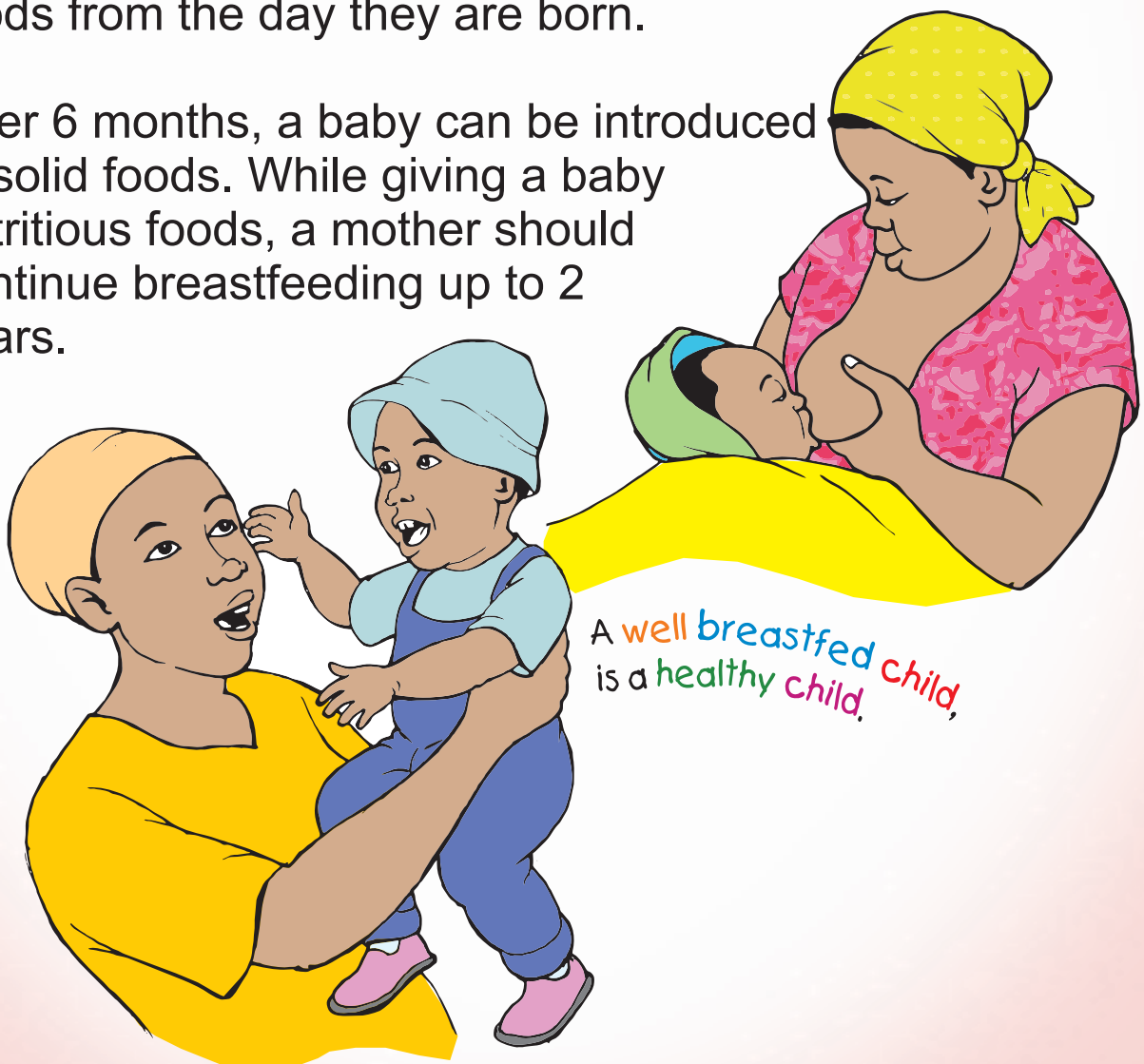


4 out of 10 babies were breast-fed for 6 months without taking any solid foods.



BREASTFEEDING

- Encourage parents to breastfeed babies for 6 months without giving them any solid foods from the day they are born.
- After 6 months, a baby can be introduced to solid foods. While giving a baby nutritious foods, a mother should continue breastfeeding up to 2 years.



A well breastfed child,
is a healthy child.

Section 2: Infant and child feeding

For children to grow up healthy, they need proper feeding.

Children under the age of 5 years must get frequent feeding from at least 4 food groups. The food groups are:

1. Proteins
2. Carbohydrates
3. Vitamins
4. Mineral salts and
5. Water



SURVEY FINDINGS



6 out of 10 children aged 6-23 months were fed 3 times a day.



3 out of 10 children ate foods from at least 4 food groups.



1 out of 10 children aged 6-23 months were fed from all recommended food groups more than 3 times a day.

CHAPTER EIGHT

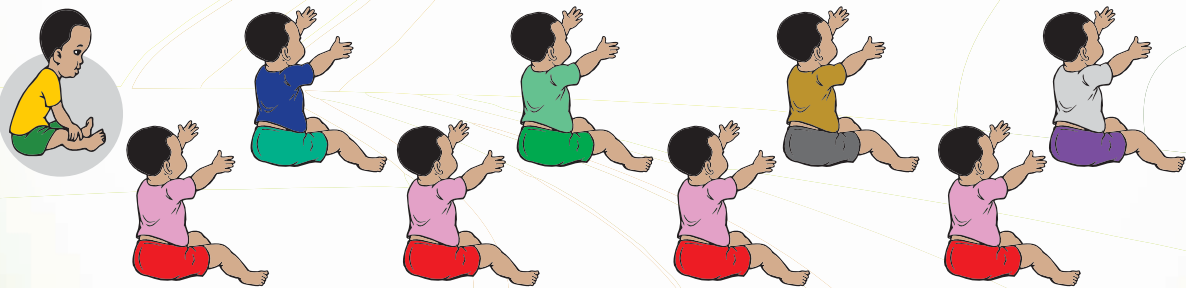
HEALTHY EATING

Food is very important to us. Our bodies depend mostly on food and water. It is very important that we eat enough food.

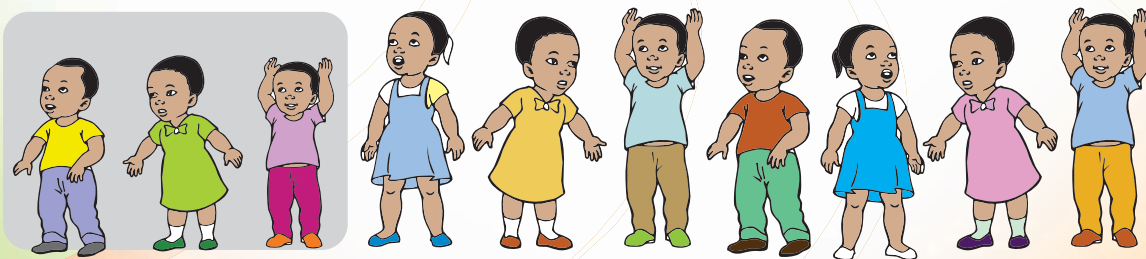
Children can become ill if they do not get enough healthy food. Children must eat balanced diet meals to grow well.



SURVEY FINDINGS



1 out of 10 babies weighed too little for their age.



3 out of 10 babies were too short for their age.



HEALTHY EATING

- Talk to family members about the importance of eating a balanced diet.
- A healthy mother gives birth to a healthy baby.
- Encourage mothers with newly born babies to visit clinics or hospitals to have some checkups on both the mother and the baby. By visiting a clinic or hospital, health workers weigh and measure the baby.
- We should avoid bad foods with a lot of sugar, too much salt and oily foods.



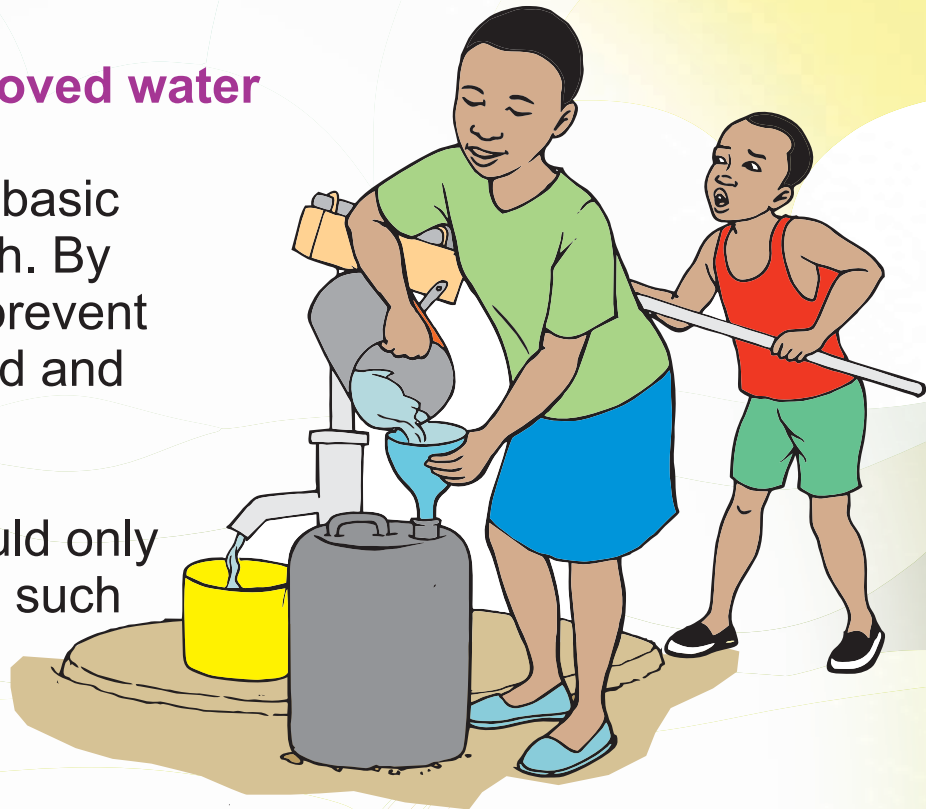
CHAPTER NINE

WATER AND SANITATION

Section 1: Use of improved water sources

Safe drinking water is a basic necessity for good health. By drinking safe water we prevent diseases such as typhoid and cholera.

The water we drink should only come from safe sources such as boreholes, protected wells, protected springs and treated tap water.



SURVEY FINDINGS

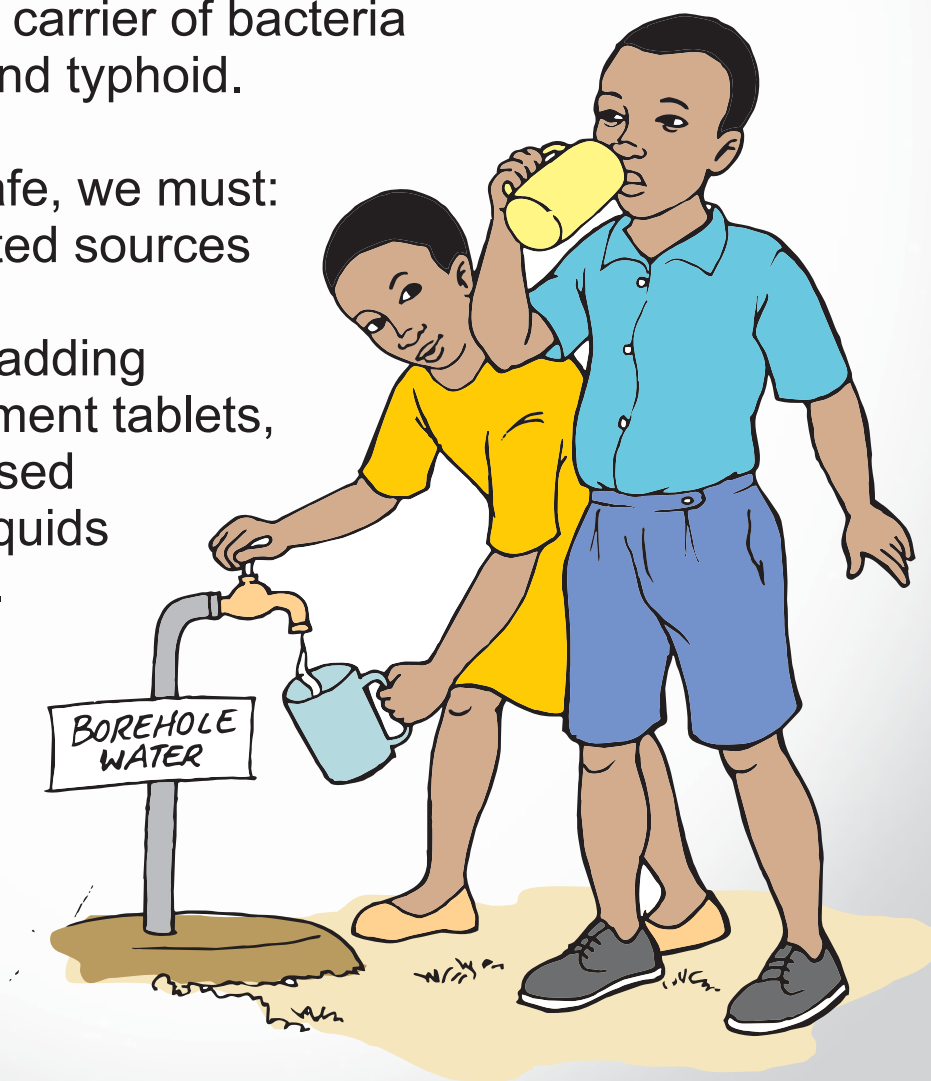


7 out of the 10 children were using a safe source of drinking water.



USE OF IMPROVED WATER SOURCES

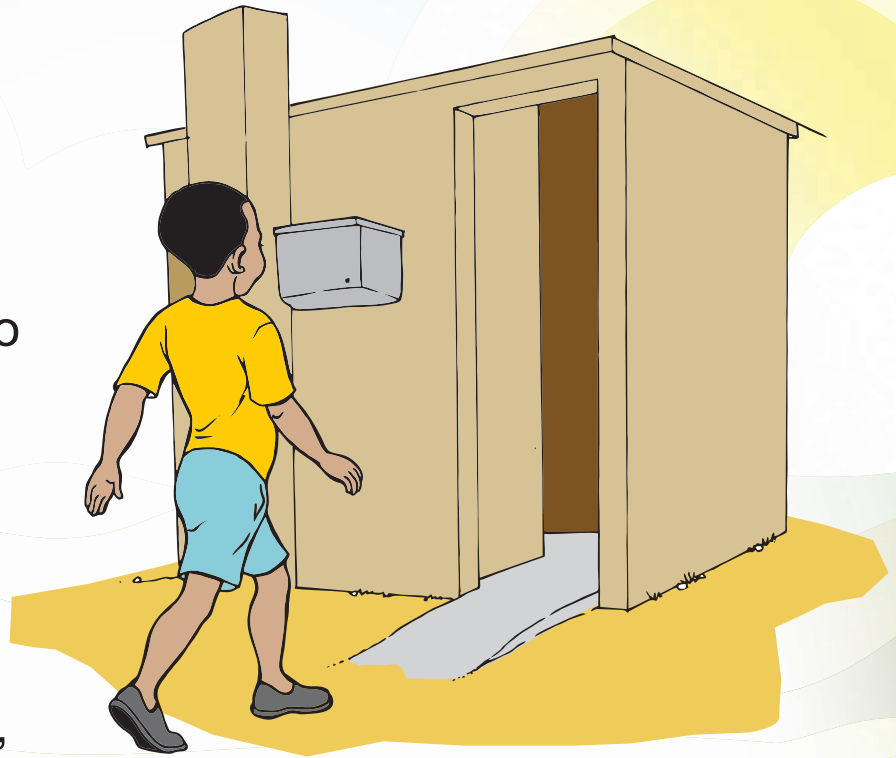
- Encourage your friends and family to use safe water at all times. Tell people that water is the major carrier of bacteria such as cholera and typhoid.
- For water to be safe, we must:
 - a. Use protected sources of water;
 - b. Purify it by adding water treatment tablets, chlorine based powders, liquids or boiling it.



Section 2: Use of improved toilets

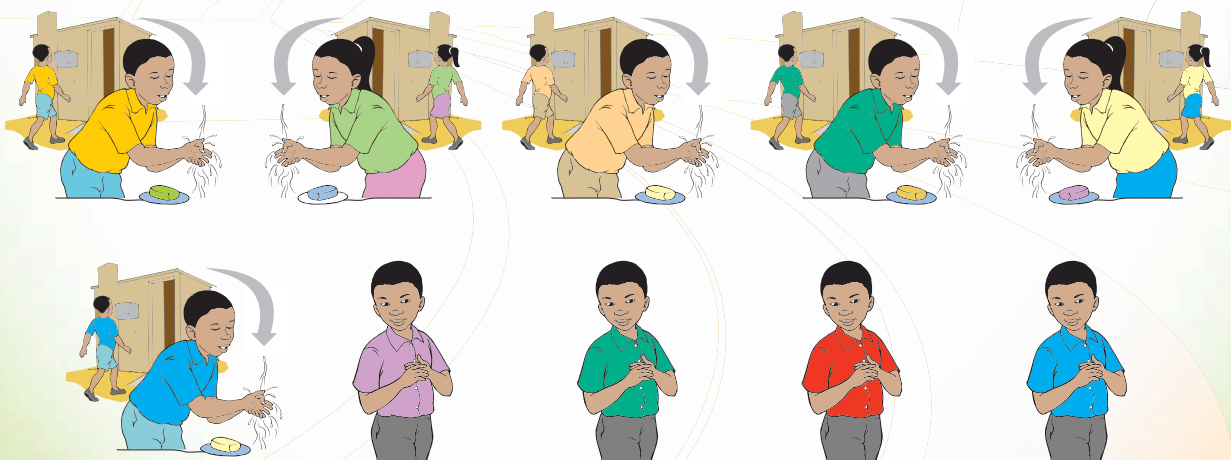
Using toilets is the best and most hygienic way to protect ourselves from diseases.

We should only urinate and defecate in improved toilets to avoid diarrhoea (typhoid, cholera and dysentery).



The recommended improved toilets are ventilated pit latrines, flush or pour into an approved sewer system.

SURVEY FINDINGS



6 out of 10 people were living in families using improved toilet facilities.



USE OF IMPROVED TOILETS

- Alert your friends on the dangers of open defecation (using the bush or walls as toilets) and urinating at open spaces.
- We must build toilets at home, public places and at schools.
- Encourage family members to keep toilets clean at all times.
- Always educate family members about the importance of washing hands after a visit to the toilet.



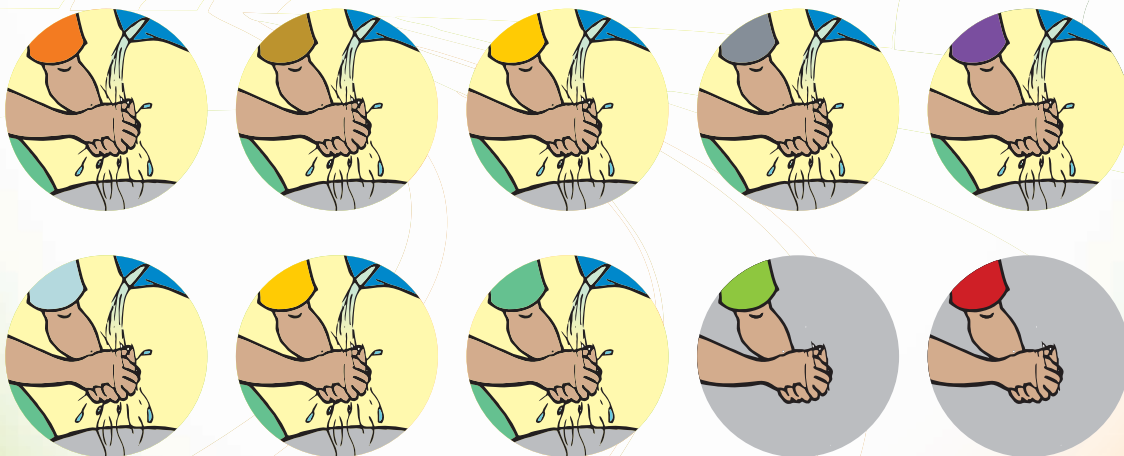
Section 3: Hand washing

Our hands are major carriers of germs. We should wash our hands before and after eating food or after visiting a toilet.

The most effective and recommend method, is to wash our hands under running water (run-to-waste) using soap or ash.



SURVEY FINDINGS



8 out of 10 families washed their hands under running water.

CHAPTER TEN

CHILD HEALTH

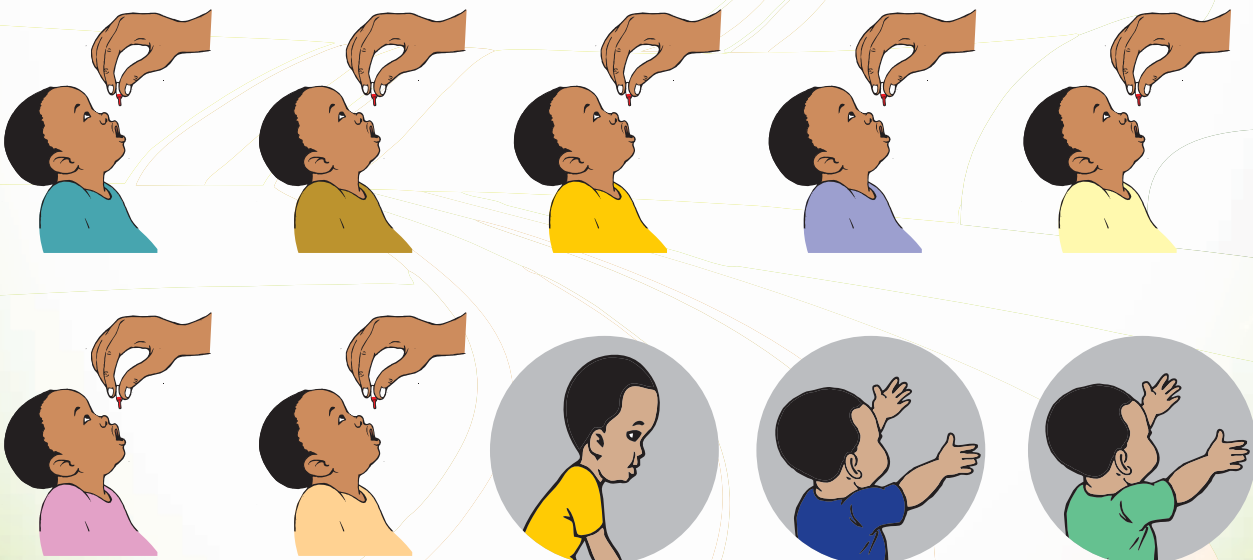
Section 1: Vaccination

When babies are born, they are at high risk of catching diseases. Some of these diseases are tuberculosis (TB), tetanus, polio, measles, influenza and pneumonia.

In order to protect children from the diseases mentioned, they should get vaccinated and immunised.



SURVEY FINDINGS



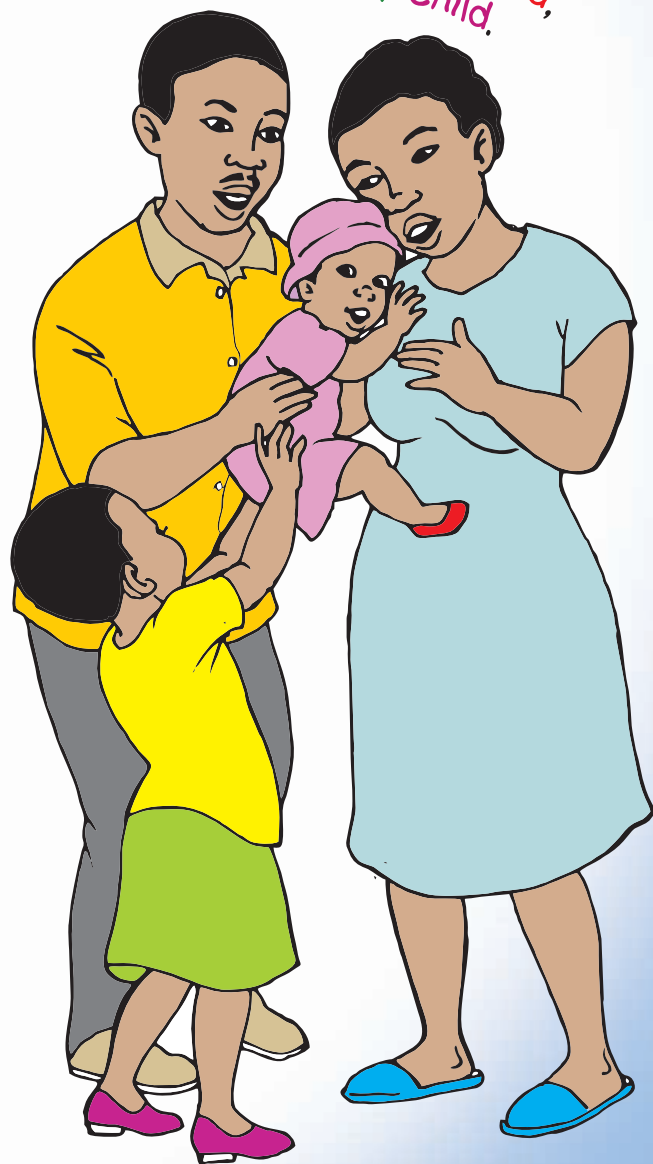
7 out of 10 children aged 12-23 months had been fully vaccinated by their first birthday.



VACCINATION

- Assist in educating family members about the importance of immunisation and vaccination.
- When children complete their immunisation, they are now fully vaccinated.
- Encourage parents to check the baby card to know the next visit to a clinic or hospital.

A vaccinated child,
is a healthy child.

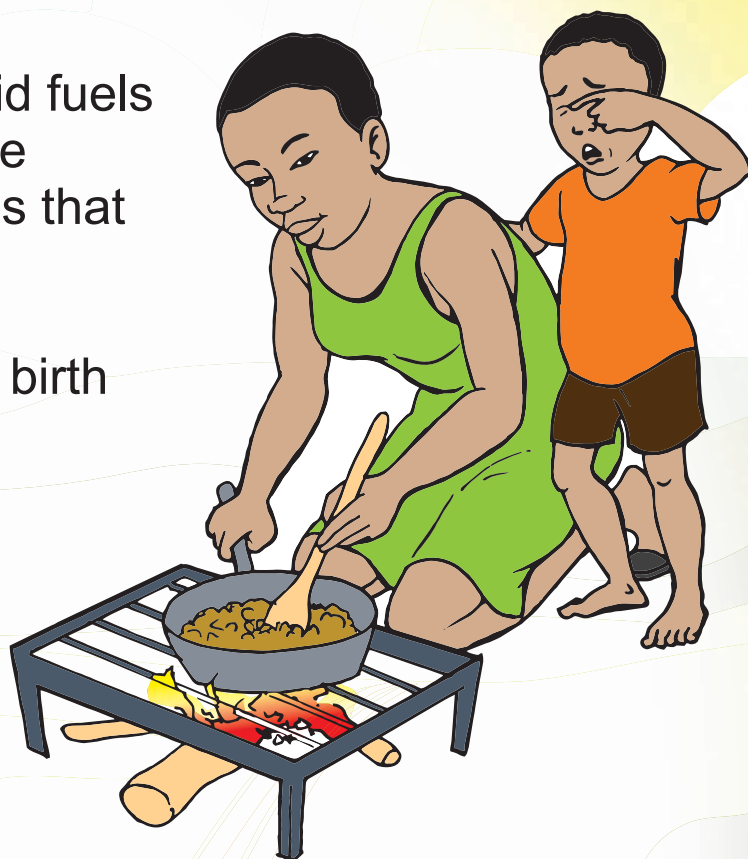


Section 2: Solid fuels

Cooking and heating with solid fuels leads to indoor smoke. Smoke contains dangerous chemicals that can cause diseases.

Smoke may contribute to low birth weight of new babies.

Solid fuels include wood, charcoal, cow dung, shrubs, straw and saw dust.



SURVEY FINDINGS



7 out of 10 families used solid fuels for cooking.

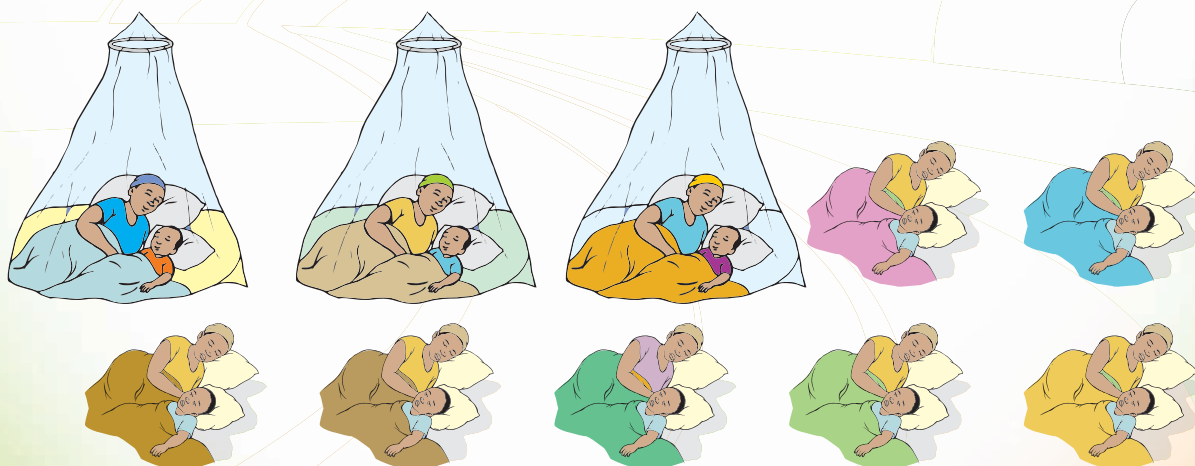
Section 3: Malaria

Malaria is one of the main killer diseases in Zimbabwe.

Pregnant women and children under the age of 5 years are more at risk of being killed by malaria.



SURVEY FINDINGS



3 out of 10 children under 5 years had slept under a treated mosquito net (ITN) the previous night.

CHAPTER ELEVEN

CHILD MORTALITY

When children under the age of 5 years die it is called child mortality.

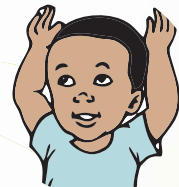
Major causes of child mortality are diseases such as:

- malaria
- diarrhoea
- measles
- pneumonia

HIV/AIDS is also related to some of the deaths. Deaths of children below 5 years can be prevented by methods such as giving sugar and salt solution in diarrhoeal cases and practising good hygiene.



SURVEY FINDINGS



2 out of 10 children die before the age of 5 years.



CHILD MORTALITY

- Advise family members to take sick children to the nearest clinic or hospital.
- Advise family members to feed children with balanced diet meals.
- Advise them to practice good hygiene, e.g washing of hands.
- Advise them to sleep under insecticide treated mosquito nets.
- Advise them to keep children warm and dry.

