

No. 11

COMPLEMENTARY BASIC SURVEY REPORT  
ON  
POPULATION AND FAMILY PLANNING  
IN  
THE KINGDOM OF NEPAL

JUNE, 1987

JAPAN INTERNATIONAL COOPERATION AGENCY  
MEDICAL COOPERATION DEPARTMENT

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JAPAN INTERNATIONAL COOPERATION AGENCY  
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## PREFACE

It is with great pleasure that I present to His Majesty's Government of Nepal this report of the Basic Study on Family Planning and Maternal and Child Health.

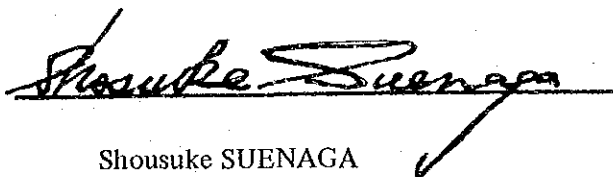
The report is based on the results of a field survey, which was carried out from 2nd December, 1986 to 26th January, 1987, by a Japanese survey team commissioned by the Japan International Cooperation Agency (JICA), following the request of His Majesty's Government of Nepal.

The survey team, headed by Dr. Tohru Sagara, had a series of discussions with the officials concerned of His Majesty's Government of Nepal and conducted a wide-ranged field survey and data analyses.

I sincerely hope that this report, as well as the Basic Survey Report on Population and Family Planning in 1986, will be useful as a basic reference for implementation of the on-going Family Planning and Maternal and Child Health Project and thereby contribute to the promotion of the health status of the people and friendly relations between our two countries.

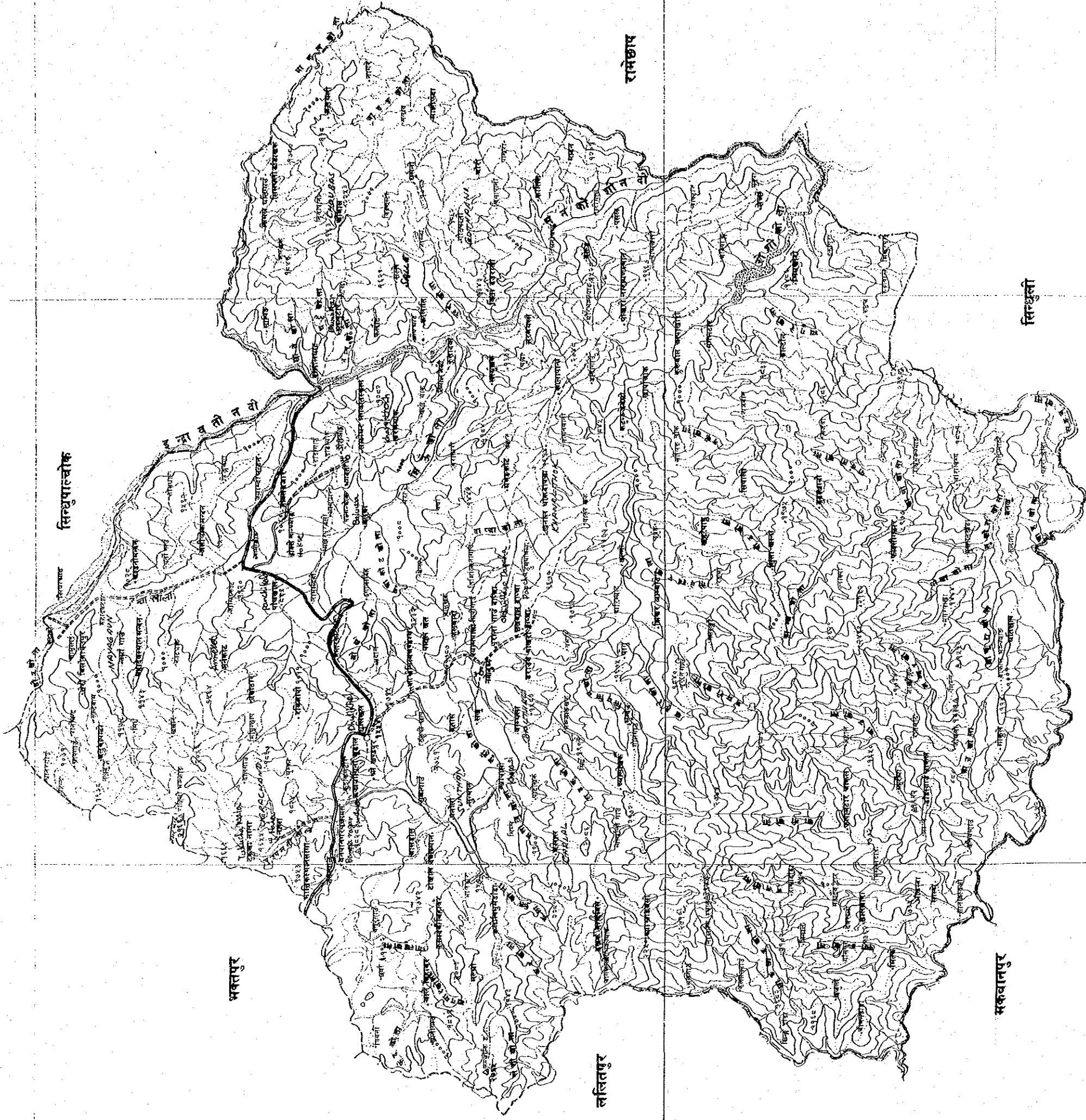
I wish to express my deep appreciation to the officials concerned of His Majesty's Government of Nepal for their sustained cooperation extended to the Japanese Team.

June, 1987

A handwritten signature in black ink, reading "Shousuke Suenaga", written over a horizontal line. The signature is cursive and includes a checkmark-like flourish at the end.

Shousuke SUENAGA  
Executive Director,  
Japan International  
Cooperation Agency

Kavrepalanchok



सिन्धुपाल्चोक

नावती नदी

भक्तपुर

ललितपुर

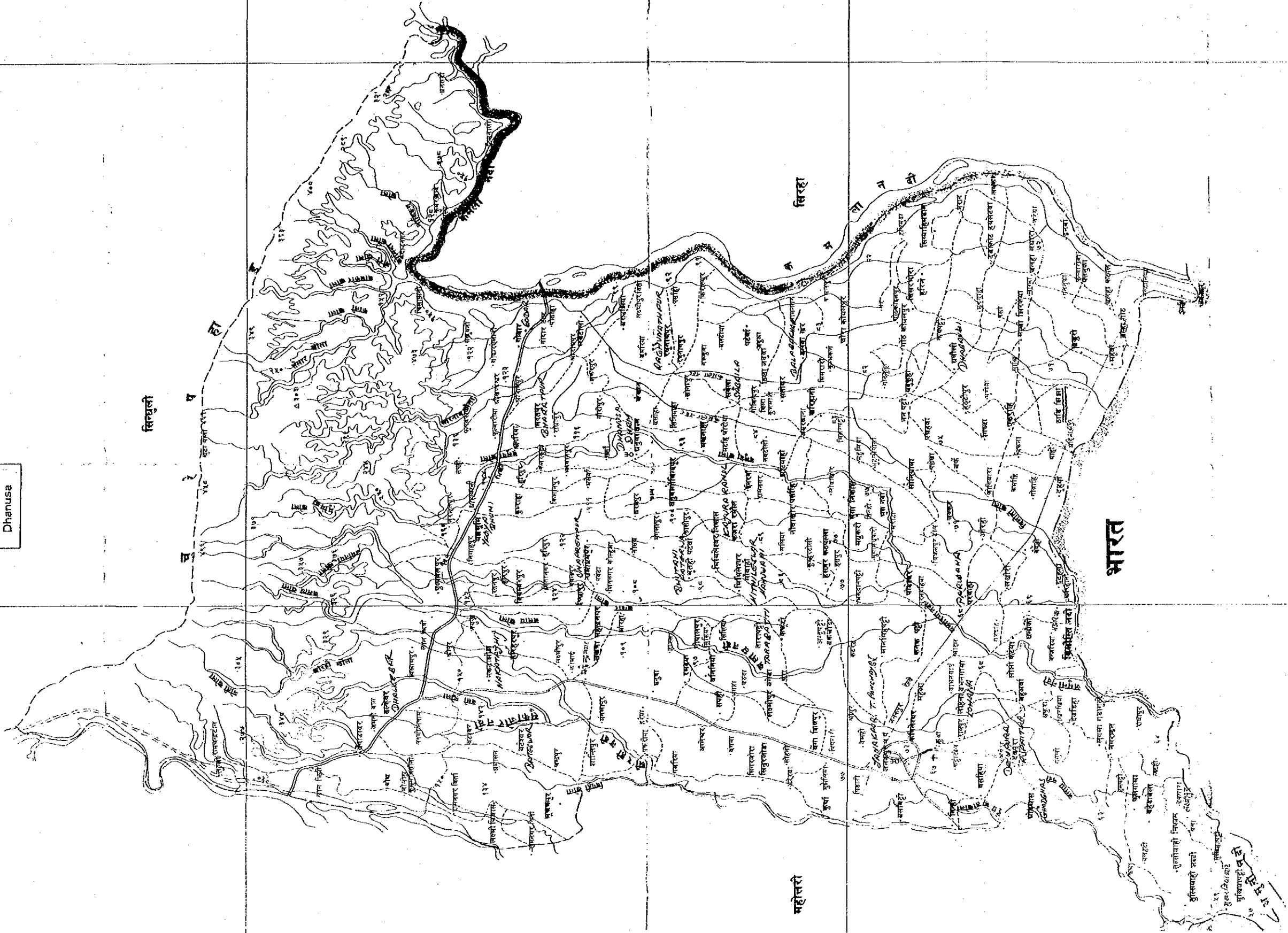
रामेछाप

सकवानपुर

सिन्धुली



Dhanusa



सिन्धुली

हा

महेसरी

सिरहा

भारत

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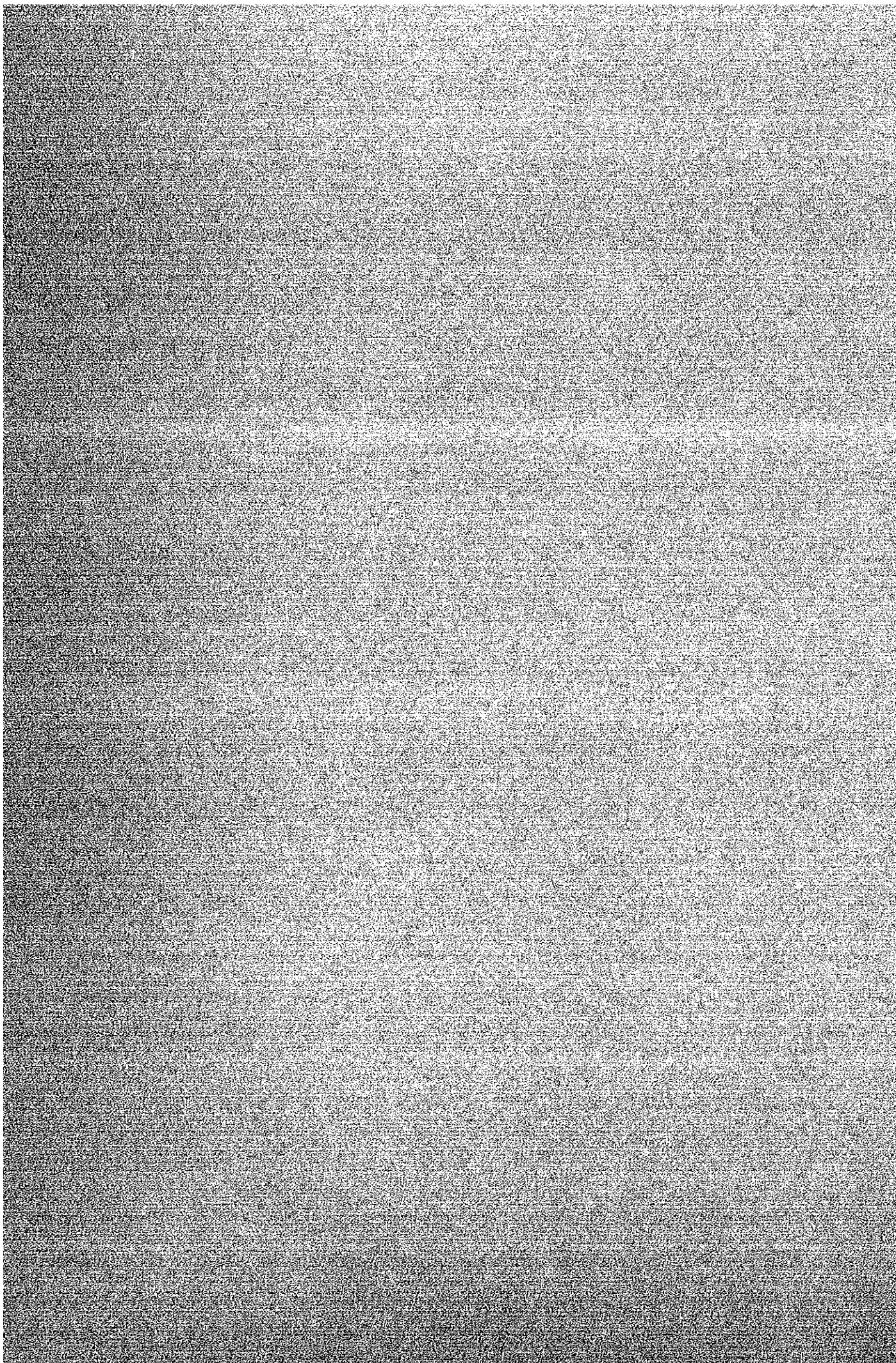
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Chapter 1

INTRODUCTION

—SURVEY OBJECTIVES—





## CHAPTER 1 INTRODUCTION – SURVEY OBJECTIVES –

According to the 1981 census, the population of Nepal was 15,022,839, and the annual growth rate between last two censuses was 2.6%. If this growth rate continues, Nepal's population will double in the next 27 years.

The annual population growth rate was 2.1% between the 1961 and 1971 censuses and 2.6% between the 1971 and 1981 censuses. The reason for the accelerated increase is that the birth rate has remained high while the mortality rate has been declining. The decline in infant and child mortality is generally considered one of the prerequisites for a fertility decline. The decline in infant mortality is already in the process<sup>1)</sup>.

According to the results of the WFS (World Fertility Survey) conducted in 1976 as the first nationwide sample survey in Nepal, it is estimated that the infant mortality rate is 152 to 1,000 live births. On the other hand, the estimated infant mortality rate based on the U.N. statistics in 1985 is 130, still considerably high compared to other Asian nations.

The purpose of this survey is to conduct a sampling survey concerning basic items of maternal and child health and family planning and to determine assessment indicators for evaluation of future projects. In light of the objectives of this survey, one of the problems is that Nepal's infant mortality rate is at a relatively high level compared to other nations, and this fact reflects deficient medical conditions in Nepal. In order to accelerate the decline in mortality, especially in infant mortality, a special program needs to be launched to improve the delivery of health services, environmental sanitation, living conditions and nutrition of the population at large. Another problem to be pointed out is that the actual level of infant mortality for the recent period is highly debatable, because a standard source of infant mortality data is not available. For the intensification of the MCH services, Kavrepalanchok in the hills and Dhanusa in the Terai have been deliberately selected. As mentioned above, it is difficult to obtain data on each district, especially concerning child and maternal health and family planning. Therefore, in order to grasp the present situation when starting a project in this field, and to enable evaluation at the end of it, nine indicators were proposed by the 1985 R/D (Record of Discussion). Those indicators were later revised into eleven indicators in the request proposal presented by the Nepal Family Planning and Maternal Child Health Project (NFP/MCH Project). These eleven indicators are as follows:

- 1) Incidence of pregnant women attending antenatal clinic
- 2) Incidence of children (under 5 years) attending health clinic

- 3) Incidence of immunization
- 4) Incidence and causes of illness
- 5) Infant mortality rate
- 6) Causes of child death
- 7) Contraceptive prevalence rate
- 8) Birth rate
- 9) Food habits of the people
- 10) Nutritional status of children
- 11) Others

The questionnaire prepared for this survey was designed to obtain necessary information for the estimation of the above indicators, with emphasis on the field of child and maternal health and nutritive conditions for which we had not had enough data.

In addition to the establishment of the above indicators, short-term objectives such as identification of people's medical needs and health behavior to basic health services from health posts/MCH clinics in communities were pointed out by the 1986 Request Proposal. Item (1) through (4) and (7) of the 1986 Proposal indicators corresponding to these short-term objectives.

The contents of following chapters of this report are:

Chapter 2 introduces the geographical features and socio-economic background of the districts surveyed and the present situation of medical services and child and maternal health;

Chapter 3 explains organization of survey, the sampling method and survey items;

Chapter 4 presents an analysis of the results obtained from field survey; and, to sum up,

Chapter 5 evaluates the eleven indicators based on research results.

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Note)

- 1) The estimated infant mortality rate based on each sample survey is shown in the table below.

Year	Estimated Infant Mortality Rate (‰)		
	Male	Female	Total
1954	260	250	
1961 – 71	200	186	
1965 – 66			130 – 208
1971			172
1974 – 75	141	123	133
1974 – 76	135	130	133
1978	128	138	134
1977 – 1978	110	98	104

Source) ESCAP, *ESCAP Country Monograph Series No. 6, Population of Nepal*, Bangkok, 1980.