

## UNITED NATIONS POPULATION FUND IN UZBEKISTAN



# FOREWORD



UNFPA Representative in Uzbekistan



Dear reader.

It is my pleasure to introduce this publication that gives a comprehensive overview of UN Population Fund's work in Uzbekistan.

UNFPA has been actively promoting reproductive health and rights, women's and young people's empowerment, as well as population and development concerns in this country for almost two decades. Hand-in-hand with the Government of Uzbekistan, we have worked to contribute to the country's socio-economic development through support of programmes dedicated to healthcare, education, and gender equality.

Throughout these years, UNFPA's mission in Uzbekistan, one of the largest in the region, has implemented projects worth more than USD 10 million that have benefited tens of thousands of people. For many years UNFPA has been the largest donor of modern contraceptives in this country, making it possible for thousands of men and women to plan and sustain healthy families.

Thanks to our enduring partnership with the Ministry of Health, we have considerably contributed to making reproductive health information and services more accessible for people of Uzbekistan. Through our joint work we have improved a number of medical practices related to maternal health, so that every woman in this country can experience safe pregnancy and childbirth.

Our work with young people, which comprises a majority of Uzbekistan's population, has also yielded great success. Through our youth educational network of more than 350 bright and energetic volunteers, we are able to reach out to more than 30,000 young people with countrywide informational sessions on issues related to healthy lifestyle choices.

Jointly with our partners we have been engaged in the development and promotion of the country's first ever law on gender equality. On a grassroots level, we are supporting community education on gender equality by training more than 1,500 makhallya advisers in the country. In addition, we have set up counseling and support centres to help women in need, and hundreds of women have already benefited from such services.

This publication, along with a general overview of our goals and programme, includes some basic financial data.

Thank you!

# 15 GUIDING PRINCIPLES OF ICPD (International Conference on Population and Development, Cairo, 1994) Programme of Action

- All human beings are born free and equal in dignity and rights. Everyone has the right to life, liberty and security of person.
- Human beings are at the centre of concerns for sustainable development. People are the most important and valuable resource of any nation.
- The right to development is a universal and inalienable right and an integral part of fundamental human rights.
- Advancing gender equality and equity and the empowerment of women, and eliminating all forms of violence against women, are the cornerstones of population and development-related programmes.
- Population-related goals and policies are integral parts of cultural, economic and social development, the principal aim of which is to improve the quality of life of all people.
- 6 Sustainable development requires that the interrelationships between population, resources and development are fully recognized and brought into harmonious, dynamic balance.

- 7 All States and all people shall cooperate in the essential task of eradicating poverty.
- 8 Everyone has the right to enjoy the highest attainable standard of physical and mental health. All couples and individuals have the basic right to decide freely and responsibly the number and spacing of their children and to have the information, education and means to do so.
- The family is the basic unit of society and, as such, should be strengthened. It is entitled to receive comprehensive protection and support. Various forms of the family exist.
- Everyone has the right to education. Education should be designed to strengthen respect for human rights and fundamental freedoms.
- The child has the right to an adequate standard of living, health and education and to be free from neglect, exploitation and abuse.
- Countries receiving documented migrants should provide proper treatment and adequate social welfare services for them and their families, and should ensure their physical safety and security.
- 13 Everyone has the right to seek and to enjoy in other countries asylum from persecution.
- States should recognize and support the identity, culture and interests of indigenous people and enable them to participate fully.
- Sustained economic growth and social progress require that growth be broadly based, offering equal opportunities to all people





IMPROVE LIVING STANDARDS AND REDUCE MALNUTRITION



IMPROVE MATERNAL HEALTH



PROMOTE GENDER EQUALITY
AND EMPOWER WOMEN



Ensure environmental sustainability



IMPROVE THE QUALITY OF
PRIMARY AND GENERAL
SECONDARY EDUCATION WHILE
MAINTAINING UNIVERSAL ACCESS



COMBAT HIV/AIDS, TUBERCULOSIS, AND MALARIA



REDUCE CHILD MORTALITY



UZBEKISTAN AND GLOBAL
PARTNERSHIP FOR DEVELOPMENT

# OUR MIS

UNFPA, the United Nations Population Fund, is an international development agency that promotes the right of every woman, man and child to enjoy a life of health and equal opportunity. UNFPA supports countries in using population data for policies and programmes to reduce poverty and to ensure that every pregnancy is wanted, every birth is safe, every young person is free of HIV, and every girl and woman is treated with dignity and respect.



### UNFPA GLOBALLY - THE WORLD'S LARGEST SOURCE OF POPULATION ASSISTANCE

### New Executive Director's vision



Executive Director,
Mr. Babatunde Osotimehin

UNFPA's new Executive Director,
Mr. Babatunde Osotimehin, started
his four-year tenure in 2010. As the
Fund's leader, Dr. Osotimehin puts
forth his vision focusing on the
challenges of the world's population of 7 billion and the needs of
the largest generation of young
people.

Since its establishment in 1969, the Fund helps Governments, at their request, to formulate policies and strategies to reduce poverty and support sustainable development. It also assists countries to collect and analyze population data that can help them understand population trends. Our ultimate goal is to improve the lives and expand the choices of individuals and couples worldwide.

With programmes in over 140 countries, UNFPA has contributed over \$6 billion worth of resources to developing countries. UNFPA supports initiatives that help women, men and young people:

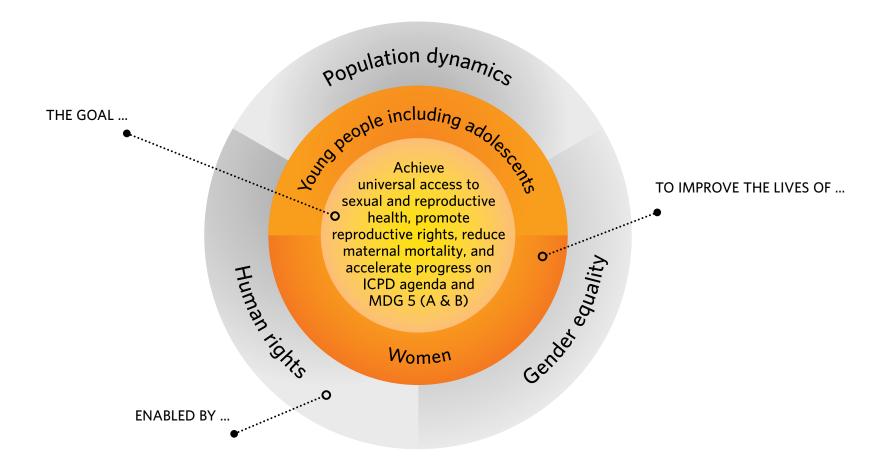
PLAN THEIR FAMILIES
AND AVOID UNWANTED
PREGNANCIES

UNDERGO PREGNANCY AND CHILDBIRTH SAFELY

PROMOTE GENDER EQUALITY

COMBAT VIOLENCE AGAINST WOMEN

AVOID SEXUALLY TRANSMITTED INFECTIONS (STIs) - INCLUDING HIV/AIDS



Two global frameworks serve to focus UNFPA's efforts: The Programme of Action adopted at the International Conference on Population and Development in Cairo (ICPD, 1994) and the Millennium Development Goals (MDGs), which the international development community committed itself to six years later at Millennium Summit. These two global frameworks promote the needs for education and health, including reproductive health, as a prerequisite for reducing poverty and sustainable development over the longer term.

UNFPA's Strategic Plan (2008–2013) puts forward the goal to achieve universal access to reproductive health, including family planning, to promote reproductive rights, to reduce maternal mortality, and to accelerate progress on the ICPD agenda and MDG 5, in order to empower and improve the lives of underserved populations, especially women and young people, enabled by an understanding of population dynamics, human rights and gender equality, and tailored to the country context.

### UNFPA IN UZBEKISTAN

### UNFPA AND UZBEKISTAN - LONG HISTORY OF PARTNERSHIP

Uzbekistan, with its population exceeding 29 million, is the most populous country in Central Asia. The country's population is predominantly young, with children younger than the age of 15 comprising about 40% of the population, and youth under the age of 24 accounting for nearly twothirds. The government has been making significant efforts in advancing reproductive and maternal health, improving access to information and services related to family planning and ensuring youth-friendly health services.

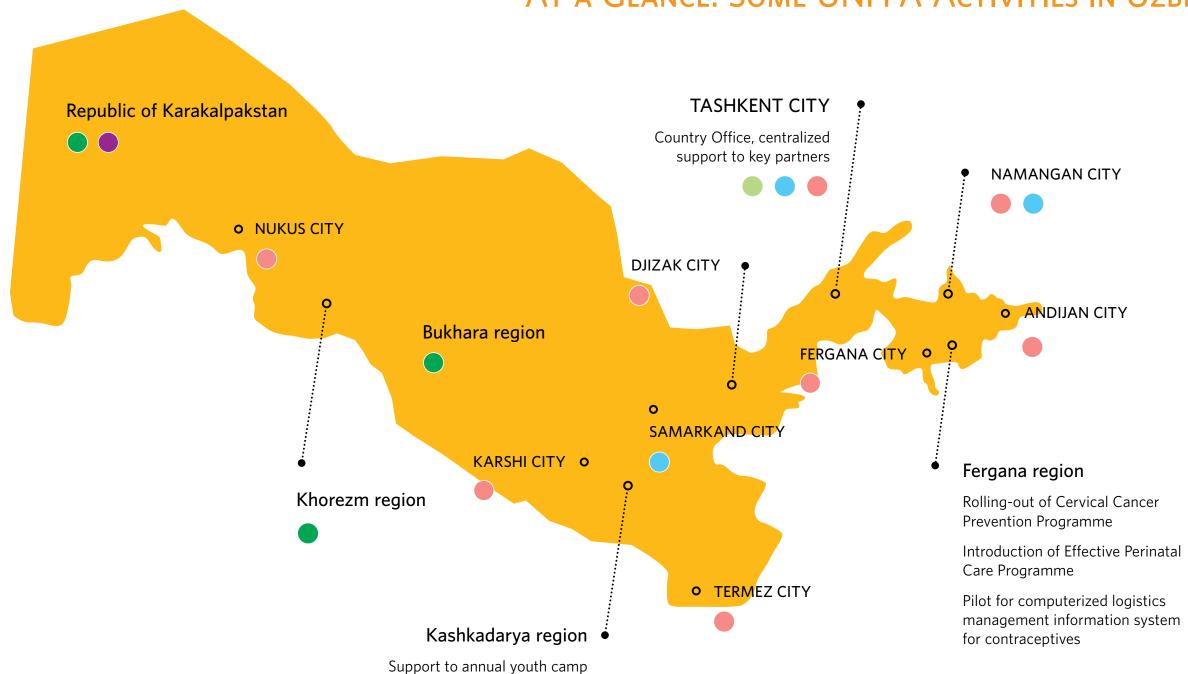
UNFPA has been supporting Uzbekistan in tackling these challenges since 1993. Under its third Country Programme (2010-2015), UNFPA continues to focus on promoting reproductive health and rights, ensuring full implementation of women's and men's rights, opportunities, and responsibilities, and advancing national capacities in using population data for development programmes.





### AT A GLANCE: SOME UNFPA ACTIVITIES IN UZBEKISTAN

- Women's Helpdesk
- Centre for Social and
  Legal Support of Women
  and their Families
- Support to local authorities on Population and Development issues
- Resource centre for young people
- Support to perinatal centres





#### PROMOTING REPRODUCTIVE HEALTH AND RIGHTS



UNFPA plays an important role in strengthening the capacity of the health care system of Uzbekistan, so that it is able to provide high quality services in the area of reproductive and maternal health. We support national efforts on the capacity building of medical personnel, provide essential equipment, ensure safe pregnancy and birth, and improve the quality of emergency obstetric care services. In recent years, we have supported the training of more than 10,000 healthcare providers throughout the country on different aspects of reproductive health and rights.

UNFPA supports national institutions in the prevention, screening and treatment of some prevalent diseases, such as cancers of the reproductive system (cervical and breast cancer). Support is also given in developing, upgrading, and introducing clinical protocols and guidelines in the area of reproductive health to conform to modern standards and practices.

Our organization works to ensure population access to reliable information, consultancy and other services aimed at the prevention of unwanted pregnancies. We provide substantial input into concerted efforts of UN agencies on supporting national programmes for the prevention of HIV and STI.

We support training of makhallya advisers and through them reach out to communities, to increase awareness of general population on basic reproductive rights.

UNFPA remained one of the major donors of modern contraceptive methods in Uzbekistan throughout recent years. In 2005-2010 modern contraceptives worth more than USD 6 million were supplied. One of our major successes has been establishment of new Contraceptives Logistics Management Information System (CLMIS) in the country (see next page).



#### PROMOTING REPRODUCTIVE HEALTH AND RIGHTS









## UNFPA BRINGS FORWARD MODERN CONTRACEPTIVES LOGISTICS MANAGEMENT INFORMATION SYSTEM (LMIS) IN UZBEKISTAN

Uzbekistan has the largest population among Central Asian states, over 29 million people. In the early 90's the country reported high birth and abortion rates, and this was partially explained by the fact that the population lacked full access to modern contraceptive methods. Starting in 1993, national programmes led by the Ministry of Health have been promoting contraceptive use for birth spacing, decreasing high-risk deliveries and preventing unwanted pregnancies. With the government's efforts and the support of international partners such as UNFPA, KFW bank, and others, all modern methods of contraceptives were made available in the country. According to the latest data, the CPR (contraceptive prevalence rate) among couples in union is slightly below 60%.

Prior to UNFPA's interventions, Uzbekistan did not have a proper system for the logistics management of contraceptives. Forecasting and distribution were done at the central level, based on outdated techniques and methodology.

Starting in 2005, UNFPA stepped in to support national efforts in establishing a new contraceptive logistics management information system (CLMIS) in Uzbekistan.

The new so-called "pull" system was designed to take into account requests for contraceptives, and use consumption-based needs assessment methodology, unlike the old demo-

graphic-based system. In addition, it legitimatized keeping reserve stocks of contraceptives at all levels, with improved storage practices, and made it possible to exchange them between same level institutions.

UNFPA first piloted the new LMIS in Fergana, one of the most populous regions in Uzbekistan. It supported the procurement of contraceptives, and organized basic logistics management training for more than 2,000 service providers.

Successful piloting of the system in the Fergana region allowed for wide outreach of results among national partners and laid the foundation for the introduction of the system nationwide. Thus, with the Ministry of Health's Order issued in April 2010, the new LMIS ensuring demand driven distribution and adequate stock level of contraceptive commodities was established nationwide.

Moreover, recognizing the need for efficient supply, the government has started procuring contraceptives from the state budget, which shows increased state ownership and commitment.

Building on successful results, UNFPA in partnership with national authorities now look forward to piloting new logistics management system that uses "CHANNEL" computer application in the Fergana region.



### Ensuring Equal Rights and Opportunities for Men and Women



Women play a significant role in the issues of sustainable development and economic wellbeing. Gender equality is one of the fundamental human rights, reflected in the MDGs. UNFPA promotes the equality of rights and opportunities for men and women, and calls for implementing necessary legal and political reforms in this area. In addition, we support collecting gender-disaggregated data and the implementation of initiatives aimed at empowering women and combating gender-based violence.

UNFPA contributes to the development of effective gender-related legislation in the country. With the Fund's support, a draft law on equality of rights and opportunities for men and women was developed and submitted to national lawmaking bodies for further processing.

UNFPA is committed to supporting the government in its efforts to further promote women's roles in all spheres of life, with advocacy and capacity-building activities for local experts. With UNFPA's help, several centres for the social and legal support of women were established in the country. These centres have provided counseling and support for hundreds of women in need, including survivors of trafficking and violence, and their close ones.

In recent years, the Fund provided training on gender-based violence prevention for more than 1,500 professionals from different areas including community leaders, psychologists, and law enforcement officers.



### Ensuring Equal Rights and Opportunities for Men and Women









### UNFPA HELPS BUILD BETTER FUTURES FOR WOMEN

Zarifa, a middle-aged devout Uzbek woman from Fergana province, has had her hopes renewed. Several years ago she divorced after suffering many years of violent abuse. Her only daughter died of breast cancer. She found herself broken and completely alone.

With the help of the UNFPA-supported Centre for Social and Legal Support for Women and their Families, Zarifa received the psychological counseling and support she needed to make a fresh start.

Now a volunteer at the very same centre, Zarifa helps organize training sessions for the community and provides information on women's rights. She also advises the centre on culture and tradition so that the centre is able to better accommodate the needs of the community.

In collaboration with the Women's Committee of Uzbekistan, UNFPA has helped open and equip eight Centres for Women and their Families in the country to help women like Zarifa build better futures.

Starting in 2011, UNFPA has also been supporting a Women's Helpdesk in Tashkent and two other cities through a joint project with NGO Civic Initiatives Support Centre. UNFPA is providing support to this initiative by facilitating equipment, meeting space and support for personnel as well as organizing training and advocacy events for the staff and clients.

The Helpdesk includes a telephone hotline, and the counselling services of professional psychologist and legal expert to help women in need, with a particular focus on those who are vulnerable, such as victims of violence and trafficking, previously imprisoned women, and their families.

Since the Helpdesk was launched, it has provided counseling services to more than 1,200 women in Tashkent. More than 800 telephone calls have been received and approximately 700 women and their family members have visited the Centre.

The Helpdesk also employed a business-consultant who trained women in business skills and assisted them with registering with job centres, or obtaining microcredit. As a result, more than 40 women received a loan to start a small business.

This work is a part of UNFPA's broad initiatives on ensuring equal rights and opportunities for men and women, empowering women and girls and combating gender-based violence and discrimination. The regional Centres, along with newly-established Helpdesk in Tashkent, all serve the need of providing much-needed assistance for women through psychological counseling, legal advice and training job skills.

"This work is so important, and there probably needs to be a lot more Centres like this, ready to provide 24/7 support for women", – said UNFPA Regional Director Theodora Fierens as she visited Uzbekistan in 2011, – "I value Uzbek Government's attention to these matters, and their commitment to ideals of international agreements, such as CEDAW. In today's world, it is absolutely clear that development is just impossible if women and men don't enjoy equal rights and opportunities. For countries in transition, like Uzbekistan is, gender equality is key for development", – she added.



### LINKING POPULATION, WELLBEING AND DEVELOPMENT



UNFPA's work on population is central to the goals of the international community to improve living standards and achieve sustainable development. Population dynamics, including growth rates, age structure, fertility and mortality, migration and more, influence every aspect of human, social and economic development. Other core areas of UNFPA's work, including reproductive health and women's empowerment, powerfully influence population trends.

Linking population factors to the designing of national development programmes is especially important in Uzbekistan, which has the biggest population in Central Asia with over 29 million people, according to recent estimates.

Another important factor that the country faces in recent years is external labour migration. In addition, despite the

government's strenuous efforts to curb human trafficking, especially trafficking targeting women, it remains a serious problem.

Thus, UNFPA supports Uzbekistan in improving the capacity of the government at the central and local level to collect, analyze and use population data for the formulation of socio-economic development strategies and to promote understanding of the linkages between population issues and development.

UNFPA also facilitates small-scale surveys to help the Government collect statistics on important population aspects, such as gender, family composition, reproductive behavior, migration and others. In addition, the Fund supports the training of local demography experts to ensure their access to international best practices in this area.



### LINKING POPULATION, WELLBEING AND DEVELOPMENT









## UNFPA-SUPPORTED SURVEY ANALYZES THE ROLE OF FAMILIES IN UZBEKISTAN, IN TIMES OF TRANSITION

Since Uzbekistan gained independence in 1991, the evolution of family relations during the transition to a market economy has been closely followed. While new realities present new challenges to both men and women, and older and younger generations, cultural traditions still greatly affect gender and age-based roles and responsibilities in Uzbek families.

In 2009-2010 UNFPA and Uzbekistan's Social Research Institute under the Cabinet of Ministers joined hands to conduct a nationwide survey that has become the first in quite a while to look at the issues of family relations, family and reproductive choices of young people, family budgets and distribution of incomes, as well as roles of men and women, parents and children in family-related decision-making. The survey was among the first to explore the sensitive issue of gender-based violence and analyze the typical causes and ways of settling family conflicts.

The survey was conducted in Tashkent city, the Republic of Karakalpakstan and 12 other regions of Uzbekistan. Altogether, it covered 2,200 households involving almost 3,330 families. Survey organizers ensured that urban and rural families were equally represented.

The survey has revealed some interesting facts about the structure and role of Uzbek families. Particularly, it has shown that the importance of family as a social institution did not diminish with the breakdown of the old system and the transition to new economy model. 90% of all respondents indicated being in officially-registered marriages, with less than 1% in

common-law marriages and only 2% divorced. These figures demonstrate strong traditional patterns of officially-registered marriages, typical elsewhere in Central Asia and south-Caucasian countries.

Interestingly enough, the survey results have demonstrated a slight change in perceptions regarding reproductive behaviors of couples. The younger generation thinks that ideally a family should have 2 children, as compared to 3-4 children preferred by older respondents (30 years old and up). This shift in outlook may be the result of changing socio-economic conditions leading younger families to view "less as more".

The survey did not show a big difference in perceptions of older and younger generations regarding gender-related roles and responsibilities. Almost half of respondents said they prefer the 'patriarchal' model of families – where a man dominates in decision-making and income, while a woman is fully responsible for household chores, the upbringing of children, and care for elder family members. Only 7% think that spouses should be equal in their aspirations and opportunities regarding education and career, while their parents or domestics could help with children and home life.

For UNFPA, and a number of national institutions, this report goes a long way to filling an important gap in statistics on family-related matters in Uzbekistan, including gender-related data. The survey results are used in the designing of national programmes, primarily by the Cabinet of Ministers, the Ministry of Economy and the Women's Committee.



#### Working with Adolescents and Youth



UNFPA promotes young people's preparedness for family life and their access to reproductive health information and services. We support national institutions in developing and integrating courses on healthy lifestyle choices that address sexual and reproductive health and HIV/AIDS prevention issues for secondary schools, colleges, lyceums and universities.

UNFPA supports the Ministry of Health in integrating the practice of youth-friendly health services in primary health care across the country. With the Fund's help, a number of legal documents on providing confidential youth friendly services were adopted in Uzbekistan.

Since 2005, UNFPA has been supporting a groundbreaking and comprehensive youth-to-youth initiative, the Y-PEER network in Uzbekistan. Through the network and using the peer-to-peer educa-

tion approach, UNFPA strives to promote a healthy life style among young people, and increase their awareness in issues of sexual and reproductive health and rights, HIV/AIDS, stigma and discrimination against people living with HIV, gender equality, and drug abuse. Currently, the network brings together more than 350 active volunteers nationwide.

In order to respond to the actual needs and interests of young people, in 2009 UNFPA created the UNFPA Youth Advisory Panel, which consists of young people and members of youth NGOs. The panel's objective is to provide feedback on development and implementation of UNFPA youth-related activities and advise on their improvement. The practice of the youth panel helps to ensure that UNFPA shifts from working for young people, to working in partnership with young people across all youth related areas.

### Y-PEER NETWORK HELPS YOUNG PEOPLE LEARN ABOUT REPRODUCTIVE HEALTH

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"This is my first year with Y-PEER Network, – says Mokhigul Juraeva from Samarkand, – It is amazing how the network helps us get to know each other better, learn from each other's experiences, brainstorm and come up with new fantastic ideas."

Mokhigul is relatively new to Y-PEER, but, at the age of 20, she has already delivered a number of training sessions on HIV/AIDS prevention and reproductive health to her peers in Samarkand and various other regions.

UNFPA-supported Y-PEER Education Network promotes the participation of youth in adolescent and reproductive health issues. It kicked off in Uzbekistan in 2005, and currently brings together more than 350 volunteers nationwide. Working with youth and for youth, the network aims to promote a healthy life style through the peer to peer approach and to empower young people to make responsible decisions.

Since Y-PEER was established in Uzbekistan five years ago, the network continues to grow, inspiring more and more young people with ideas of voluntarism and peer-to-peer education. In all, Y-PEER activists reach out to an estimated 30,000 young people each year with information sessions on issues related to healthy lifestyle choices.

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"We are happy to see that Y-PEER is so popular and active in the country", says Karl Kulessa, UNFPA Representative in Uzbekistan. "The network is vital in reaching out to young people, who comprise more than 65% of population in this country. We note that the scope of activities organized by Y-PEER members have changed, and now it's not limited to educational sessions in schools and outreach activities, but independently organized training of trainers in regions, and awareness campaigns. This illustrates how the Y-PEER network has evolved in last years as one of the leading youth movements in the country."

The initiative is unique in its approach of peer-to-peer education, which is seen as complement to formal education on healthy lifestyle and family issues. In addition to training on substantive issues, Y-PEER contributes to raising young people's competencies in fields like project development and management, advocacy, youth-adult partnership, and working with vulnerable groups.

#### HOW WE WORK

DURING ITS ALMOST TWO DECADES OF EXPERIENCE IN UZBEKISTAN, UNFPA HAS ESTABLISHED CLOSE PARTNERSHIPS WITH MANY DEVELOPMENT STAKEHOLDERS SUCH AS GOVERNMENT BODIES, CIVIL SOCIETY REPRESENTATIVES, ACADEMIA, THE PRIVATE SECTOR AND THE INTERNATIONAL COMMUNITY.

UNFPA aims at improving capacities of local institutions and raising the knowledge of policy and decision-makers on population and reproductive health issues. Our programmes are supported with communication and advocacy efforts to foster an environment for policy dialogue and achieve positive behavioral change.

UNFPA works in cooperation with other United Nations agencies and local communities to raise awareness and mobilize the support and resources needed to achieve its mission. We are fully committed to a more effective, coherent, and better coordinated United Nations system that 'delivers as one', which is the essence of the ongoing United Nations reform process.



#### PARTNERSHIP FOR DEVELOPMENT

The United Nations Development Assistance Framework (UNDAF) serves as a platform for designing UNFPA's programmes in Uzbekistan, along with the Fund's own strategic plan, key international agreements and development policies.

UNFPA is also a member of several UN Theme Groups that were created for better synergy between individual agencies. Some examples of UNFPA's joint work with UN Agencies include:

- UNFPA, United Nations Development Programme and UN Women work on the implementation of the recently adopted National Action Plan on CEDAW (Convention on Elimination of All Forms of Violence and Discrimination against Women).
- UNFPA and World Health Organization work together on introducing and implementing the 'Beyond the Numbers' initiative in the country. Since 2009 the agencies have cooperated within the framework of a joint project that targets the introduction of a maternal mortality audit and 'near miss case review' methodologies in maternal hospitals. In 2010 the methodology was introduced in eight provincial maternal hospitals. The work of the National Committee on Near Miss Case Review was also supported.

- UNFPA and UNESCO have worked together since 2006 on the 'Silk Road' radio soap-opera project aimed at educating the population about reproductive health, HIV/AIDS, gender equality and other development issues. UNFPA and UNESCO also successfully cooperate on improving the quality of the secondary school course, "Basics of Health Generation", which addresses adolescents' reproductive health and HIV prevention issues.
- UNFPA and UN Children's Fund (UNICEF) work on improving the quality of maternal health care services with a focus on emergency obstetric care. For the last three years the agencies have partnered on implementing the Effective Perinatal Care training course nationwide.

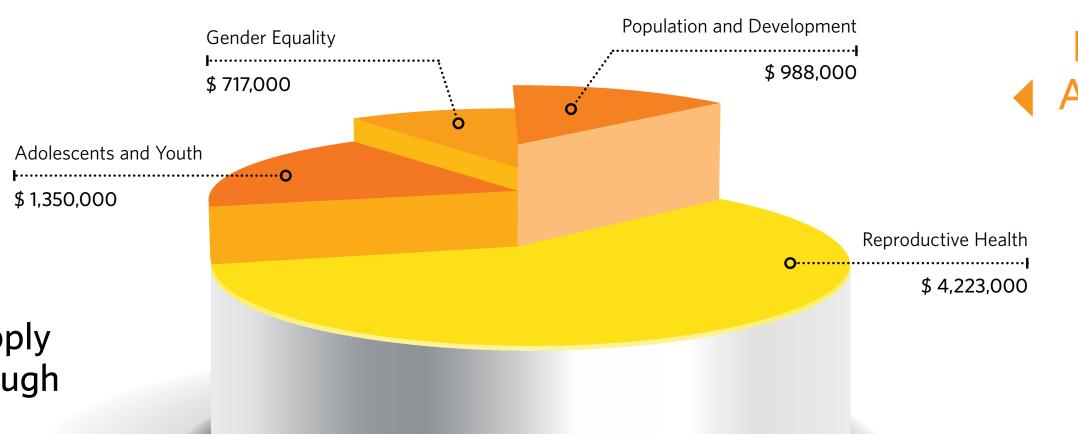
UNFPA also actively cooperates with other development partners working in Uzbekistan, such as GIZ (German Technical Cooperation Agency), USAID (US Agency for International Development), the World Bank, Asian Development Bank, and many others. Our joint activities mostly target improvement of quality of reproductive health services and access of population and particularly young people to reproductive health related information, including HIV prevention issues. UNFPA is a long-standing partner of IPPF (International Planned Parenthood Federation) and its affiliated organization, Uzbek Association on Reproductive Health (UARH).

\$ 7,278,000 — **UNFPA** Uzbekistan programme expenditures, 2005-2011

\$ 1,350,000

\$ 6,206,000 **— Contraceptives Supply** in 2005-2010, through Global Programme of RH Commodity Security

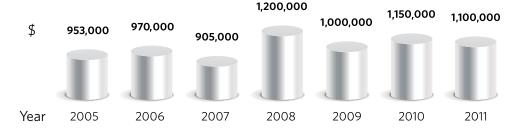
In total 2005-2011 — \$ 13,484,000



**PROGRAMME EXPENDITURES BY** ◀ AREAS, 2005-2011

> DYNAMICS OF **PROGRAMME** EXPENDITURES, 2005-2011





#### **CREDITS**

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because everyone counts!

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