



EAST AND SOUTHERN AFRICA

KEY GENDER AND SOCIAL INCLUSION ISSUES IN THE REGION

High rates of poverty continue to prevail in the East and Southern Africa (ESA) region, and countries are far from achieving the targets set by the Sustainable Development Goals. Three out of four people in the region, about 260 million people, live in rural areas, and more than half of them live in extreme poverty on less than US\$1.90 per day (UNECA, 2015). About 85 per cent of these extremely poor people depend on agriculture, particularly smallholder farming, for their livelihoods (IFAD, 2018a). The extremely poor tend to be geographically concentrated in marginal areas that are typically pastoral and arid, with low population densities, poor agroecological endowments, limited access to markets and few sources of employment (UNECA, 2016). The incidence of extreme poverty is higher among rural women than men.

Moreover, numerous constraints stand in the way of economic inclusion for the extremely poor. They include insufficient access to basic infrastructure such as water, electricity, sanitation and roads, and inadequate access to public services such as health care, education, connectivity and markets (UNECA, 2016). Among the extremely poor people most likely to be left behind are rural women and youth, the elderly and persons with disabilities (Suttie, 2019). Strategies to eradicate extreme poverty need to consider the specific contexts and needs of each of these groups.

It is assumed that in each country context, and in the region as a whole, the required political leadership and commitment exist to address the root causes of extreme poverty, such as unequal access to resources, gender inequality and social discrimination.

Key issues affecting the region include, among others, income inequality; high unemployment rates, especially among young people; a high incidence of disease – in many areas related to or exacerbated by HIV/AIDS (with a prevalence of between 5 per cent and 10 per cent for east Africa and between 15 per cent and 24 per cent for southern Africa); inadequate health services; and low literacy rates. Gender-based violence and wide gender gaps in participation and decision-making at all levels pose major challenges in the region (Suttie, 2019). These issues are exacerbated in rural areas, where poverty and exclusion are widespread.

Key drivers of gender inequalities and social exclusion

Extreme poverty, inequality, exclusion and disempowerment afflict the region as a whole, and in particular rural women, who score poorly on virtually all poverty indicators. Inequality stems from systemic gender biases in the form of customs, beliefs and attitudes that confine women mainly to the domestic sphere. Gender gaps in the distribution of economic resources, combined with heavy workloads, continue to impose severe time burdens on women.

The ESA region has the world's second worst rate of maternal mortality at 455 deaths per 100,000 live births. This is the leading cause of death and disability among women of reproductive age (UNFPA ESARO, 2017). Limited access to schooling, and social norms such as child marriage and female genital mutilation (FGM), prevent girls – and rural girls in particular – from realizing their basic right to education. In Eritrea, Ethiopia and Kenya, 83 per cent, 65 per cent and 21 per cent of women between 15 and 49 have undergone FGM. Women without education are more likely to undergo FGM than more educated women. In Kenya, for instance, there is a sharp contrast in the prevalence of FGM between women with no education and women with the highest educational level, at 58 per cent and 9 per cent, respectively. Rural women are more likely to undergo FGM than are women in urban areas, according to data where available (Kashiwase, 2019).

Across the region, the enrolment rate of girls is lower than that of boys for primary school, and lower still for secondary and tertiary education (UNESCO, 2018). In most ESA countries women continue to be underrepresented in decision-making positions in the government administration, parliament and local authorities – despite affirmative action policies to include women in key governing institutions.

Household-based agricultural activity remains the foundation of rural livelihoods in east and southern Africa, and women do much of the work. Official statistics indicate that women's contribution to the agricultural labour force ranges from about 40 per cent in southern Africa to just over 50 per cent in east Africa. Nevertheless, a lack of access to land remains a major constraint on rural women.

Climate change is aggravating poverty, and women are disproportionately affected because of their close connections to the environment. Rural women and girls tend to be responsible for fetching water and fuel such as charcoal and firewood for cooking and heating (IndexMundi, n.d.). Diminished rainfall and longer dry periods add to their workload when they have to walk longer distances to fetch drinking, cooking and washing water.

GENDER TRENDS

Economic empowerment

Gender inequalities in rural economies persist across the region. The burden of productive and reproductive work, a lack of education and bargaining power, and limited access and control over assets represent significant economic disadvantages for rural women (World Bank Group, 2017). Although they are active participants in rural economies, they are paid less than men (Cramer, Oya and Sender 2008). In addition, unequal access to financial services, inputs, technology and information curtails women's economic empowerment. By way of illustration, female farm managers in Ethiopia produce on average 23 per cent less, in terms of gross value of output per hectare, than male managers. In Malawi they produce 25 per cent less (World Bank Group, 2014).

Family farming continues to be the key livelihood strategy in rural areas, accounting on average for one third of the region's GDP and employing approximately 60 per cent of the rural labour force (Proctor, 2014). Women make up half of the agricultural workforce, ranging from just over 40 per cent in southern Africa to about 50 per cent in eastern Africa (FAO, 2015). Women also play a fundamental role in ensuring food and nutrition security in all countries, making a crucial contribution to the survival of many poor rural households in the region.

Women's legal ownership of land is however very low: in Burundi it stands at 11 per cent; in Ethiopia 12 per cent, Lesotho 7 per cent, Malawi 23 per cent, Rwanda 13 per cent, Tanzania 8 per cent; Uganda; 14 per cent; Zimbabwe 11 per cent; Kenya 5 per cent; and Botswana 30 per cent (FAO, "Gender and Land Statistics"). In addition, local customs and a lack of information act as barriers to women gaining or exerting rights to land. Customary inheritance continues to play a major role in land transfers and favours male family members through inheritance, while women are only granted user rights, thus making their tenure insecure (Mutangadura, 2004). Women are therefore obliged to farm smaller or less productive family plots. Lack of secure tenure contributes to poverty among rural women and curtails their ability to invest in land or generate income (FAO, 2011).

Unpaid care work has an adverse impact on women's ability to engage in other profitable activities, and girls may drop out of school for lack of time (ActionAid, 2013).

Uganda, District Livelihoods Support Programme (DLSP)



Voice and participation

Leadership and decision-making capacity are making significant strides in the region, as most countries have constitutions guaranteeing gender equality and election laws that provide for affirmative action measures. Rwanda, with women holding 61 per cent of parliamentary seats, has taken the lead not only in the region and the continent but also in the world (IPU, 2019). Despite these relative achievements, decision-making remains in the domain of men, except in Malawi and Ethiopia where both presidents are women. Women's representation is also negligible in local power structures, village bodies and traditional authorities, where decisions concerning land allocation, management of resources and governance nevertheless have important implications for rural women.

In agricultural and rural organizations such as producers' organizations and cooperatives, women tend to represent a smaller share of the membership and are often not represented at higher levels of leadership. Traditional discriminatory practices, limited time and discriminatory criteria for membership often limit women's participation in these organizations (FAO, 1990).

With such limited access to the traditional avenues to power, women have turned to alternative structures, where they demonstrate considerable leadership. Particularly in community-based organizations and grass-roots networks, which have spread throughout the region, women articulate their own interests and concerns, and sometimes manage to place these issues on the political agenda both locally and nationally (Food Trade ESA, 2017).

The degree to which women and men share agricultural decision-making varies substantially between countries and among cultural and ethnic communities within them. It is also influenced by marriage and residency patterns – for example, whether the wife moves to the husband's home or vice versa. In most countries in the region, women tend to have limited decision-making power and men dominate decisions concerning household plots. Studies in the region show that men may remain involved in many of the most important decisions, such as which plots to use for cash or food crops, how much of the crop to sell and how to use the proceeds. Improvements in household food security and nutrition are associated with women's role in household decisions on expenditures (Food Trade ESA, 2017).

Ethiopia, Indigenous Tree Species
Restoration, Climate Change Adaptation
and Indigenous Livelihood Enhancement
Project



Workload and benefits

Rural women often manage complex households and pursue multiple livelihood strategies. Their activities typically include producing crops, tending animals, processing and preparing food, working for wages in agricultural or other rural enterprises, collecting fuel and water, engaging in trade and marketing, caring for family members and maintaining their homes (FAO, 2011). In most countries, women typically farm individual plots for family subsistence while also contributing their labour to common plots, but men control the harvest and the benefits of those plots. A woman may not see the value in investing time and energy in the production of cash crops if the income goes to her husband, who may not spend it to benefit the household.

Yet much of this work is not recognized. Patriarchal norms categorize women's contribution in the household or the subsistence sector as non-economic or non-market activity. In addition, as women's work in food production, processing and marketing is not captured in official statistics, their economic contribution to the agricultural sector is underestimated (FAO, 2011). With fewer opportunities for formal employment across the region, women working in agriculture tend to be either self-employed or unpaid family workers, and so their work is frequently not reflected in labour statistics.

Gender gaps in the distribution of unpaid household and care work mean that women are more likely to work fewer paid hours and less likely to engage in other remunerative activities (FAO, 2011). As a result, women are generally working for themselves rather than benefiting from the rural economy.

Female-headed households face more severe labour constraints than male-headed households because they typically have fewer members but more dependents. As increasing numbers of men migrate to urban jobs, either temporarily or permanently, women are left behind to take over much of the farm work as unpaid family labourers.

Institutional and political responses

Many of the African Union Member States have signed onto recommendations and declarations recognizing the need for gender and social protection and subsequently translated their political commitments into concrete actions, such as the adoption of national social protection, gender development, youth-inclusive policies and strategies geared towards inclusive growth and poverty reduction (UNDG, 2016). For example, South African Development Community (SADC) heads of state and government signed and adopted the SADC Protocol on Gender and Development in August 2008 to reduce gender inequalities in access to and control over resources and benefits from the development of the SADC region; and to advance women's equal participation in decision-making, trade and economy, agriculture and food security (SADC, 2016). Likewise, in September 2018, the East African Community launched a gender policy that seeks to achieve an inclusive region, guaranteeing equal rights and opportunities for all women and men, boys and girls.

International development partners continue to play key roles in supporting the formulation of gender, youth and socially inclusive policies and implementation of programmes – targeting poor and vulnerable households and individual women and youth and serving various purposes such as reducing poverty and vulnerability, and improving health, education and food security among beneficiaries (Tebaldi, 2016).

SCENARIOS AND RISKS

In southern Africa, the number of people living in extreme poverty is expected to rocket from 88 million today to nearly 130 million by 2040 (Porter, 2017). Across east Africa countries, poverty levels are rising and inequality is deepening – given that the top 20 per cent of the population controls about 50 per cent of the income while the bottom 20 per cent earns only about 5 per cent (AfDB, 2018).

In 2017, there were an estimated 25.7 million people living with HIV in sub-Saharan Africa, representing 70 per cent of the global HIV burden (UNAIDS, 2018). East and southern Africa remains the area most heavily affected by the HIV epidemic, with prevalence rates in the range of 5 to 10 per cent for east Africa and 10 to 24 per cent in southern Africa. Women continue to be disproportionately affected by the HIV epidemic. Prevalence rates among young women aged 15 to 24 are almost two and a half times higher than among men of the same age in the region (UNAIDS, 2012). In sub-Saharan Africa, three of four new HIV infections among 10- to 19-year-olds are girls (UNAIDS, 2019).

Climate change in different agroecological zones means that farmers have to deal with a new range of uncertainties – in the seasonal distribution of rainfall, timing of growing seasons, availability of water, drought and flooding – in addition to their day-to-day burden of work. Reliance on rainfed agriculture as their main livelihood leaves extremely poor rural people highly vulnerable to climatic shocks and weather events. There is evidence that women are more vulnerable than men to the impact of climate change because of their lack of access to assets, services and voice.

Extreme poverty influences hunger and nutritional status, affecting the ability of individuals and households to access food through purchase or production. In most ESA countries malnutrition remains critical, particularly among poor rural communities. For instance, stunting and deficiencies in iron and vitamin A are of great concern in Burundi (57.5 per cent, 44.6 per cent and 27.9 per cent, respectively); Madagascar (49.2 per cent, 68.3 per cent and 42.1 per cent); Malawi (47.8 per cent, 62.5 per cent and 59.2 per cent); Mozambique (43.1 per cent, 68.7 per cent and 68.8 per cent); and Zambia (40.1 per cent, 52.95 per cent and 54.1 per cent, respectively) (IFAD, 2016). Women play a key role in household food and nutrition security. Gender inequality is an important underlying cause of women's under-nutrition and is further exacerbated by poverty and the lack of access to resources and decision-making power (FAO, 2016). In many cultural settings in the region, boys and men traditionally eat first, and girls and women eat the leftovers. When food is short, this can mean that girls and women have very little, or nothing at all, to eat. Nutrition-sensitive investments need systematic and structured guidance and efforts made to mainstream nutrition, gender and climate change for effective intervention.

Few young people aspire to remain in rural areas and make a living out of agriculture because of challenging living conditions and the difficulty of earning a good living. Still, the region is experiencing a youth bulge, with those aged between 15 and 25 representing more than 60 per cent of the total population. Over 40 per cent of the unemployed are young people, and 70 per cent live in rural areas (AGRA, 2015).

This scenario poses significant challenges to achieving the 2030 Agenda, not least the commitment to leave no one behind.



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Kenya, Smallholder Horticulture Marketing Programme (SHOMAP)

STORIES FROM THE FIELD

Linking rural people to markets. The IFAD-funded Rural Markets Promotion Programme (PROMER) implemented from 2008 to 2018 in Mozambique supported 500 farmer organizations representing small-scale, semi-subsistence farmers and other poor farmers to increase their incomes from agriculture by helping them market their surpluses more profitably. PROMER promoted women's representation and leadership in producers' organizations and within households – which led to women making up 50 per cent of the membership of the farmer organizations.

In order to bridge some of the existing gender gaps, the project offered functional adult literacy training that enabled women to successfully conduct business, and read and sign their own contracts with no fear of being cheated by traders or their spouses, and to market their surpluses more profitably. The average earning per contract increased from US\$56 in 2012 to US\$190 in 2017 (IFAD, "Rural Markets Promotion Programme").

PROMER also worked to enhance the capacities of women to take leadership roles in cooperatives. While in 2012 at baseline women were not represented in leadership positions, by 2016 75 per cent of the organizations had women leaders holding positions such as the presidency of farmer associations and unions (IFAD, 2017).

The Gender Action Learning System (GALS) has been a powerful tool in dealing with power dynamics within the household and improving families' ability to plan joint livelihood strategies of benefit to all household members, increasing overall gender equality and youth inclusion. Youth participation in all project activities has been boosted by broadcasting empowering and inclusive messages over the radio and making use of theatre and drama.

Farmer field schools transform farmers' lives in Zanzibar

Between 2007 and 2011, two IFAD-funded programmes – the Agriculture Services Support Programme and the Agriculture Sector Development Programme-Livestock – helped set up more than 1,200 farmer field schools in Zanzibar. All of them were required to have at least 40 per cent women representation. The programme also supported women in obtaining leadership positions within their respective organizations. Due to these efforts, 35 per cent of women members of farmer field schools attained such positions (IFAD, 2018b).

Each field school concentrates on either the type of crops grown in its area, or livestock husbandry. Through learning by doing on the field school plot and analysing the results, women and men farmers learn new production and management techniques that boost production, efficiency and profits. Beyond livestock keeping, women are becoming true entrepreneurs, investing in other business areas such as grain milling, tailoring and retail shop operations using the extra funds generated through increased productivity and crop sales.

With the experience gained from the schools, farmers are now forming their own groups to share their knowledge with neighbours and non-members. In this way they are spreading knowledge about improved crop and livestock technologies beyond the immediate participants. This has also enhanced women's sense of self-worth and status within the community. Field observations indicate that improved farming practices have improved food and nutrition security among the programme beneficiaries.

Transforming youth into agents of change

The strategy of the Government of Rwanda is to empower rural youth by making agriculture a more appealing, knowledge-intensive and market-oriented sector. IFAD is supporting this transformation, not only by directly targeting youth but also by partnering with the private sector. The Rwanda Dairy Development Project (RDDP), with an implementation period of 2016-2022, is targeting over 100,000 resource-poor rural households: 80 per cent will benefit from dairy farming and 20 per cent in off-farm activities along the dairy value chain (IFAD, 2018c).

Uganda, District Livelihoods Support Programme (DLSP)



In 2016 a ministerial order on milk collection, preservation, transport and sales recognized milk collectors as part of the dairy value chain. RDDP supports the implementation of that ministerial order and provides training to support the inclusion of youth. Transporting raw milk to collection centres allows young people to earn a steady income and save money.

RDDP is collaborating with the Rwanda Youth in Agribusiness Forum (RYAF), which aims to create a critical mass of change agents. RYAF comprises 4,300 young graduates, both women and men, who have been trained in agriculture – crop and livestock farming, value addition, technical advisory services or agriculture-oriented information and communication technology (ICT). The partnership with the dairy project has allowed the Forum to place 46 young consultants in several milk collection centres. They in turn are building capacities at the centres by providing veterinary services, developing strategic and business plans, and promoting group mobilization.

Strengthening women's secure land tenure

The Community-based Integrated Natural Resources Management Project implemented in Ethiopia from 2010 to 2017 introduced land certification as a way of securing equal rights for all household members. With land certification, women heads of households are now able to assert their rights to use and transfer a landholding through heredity, donation or rent. In the Amhara region, more than half of the women heads of household received land certificates. Married women also benefited from joint titling in the land certificate, ensuring a different sense of ownership. Women are now able to invest more in land, including growing trees to protect land from erosion, and becoming members of the land administration committees of the *kebele* (village) in their own right (Romano, 2013).

IFAD is highly engaged in land issues across 14 of the 22 countries in the ESA region, with a range of measures to improve tenure security and access to land for women (IFAD, 2015a). Another example is provided by the Kirehe Community-based Watershed Management Project implemented in Rwanda from 2008 to 2015. The project facilitated systematic land registration in the Kirehe district by strengthening village land committees, training local para-surveyors on land mapping using aerial photographs, and adjudicating boundary and information ownership disputes. The data were then included in a newly established computerized national land information management system. The Kirehe district was the first rural district in the country to register all its land. Awareness around women's land rights was also enhanced among district officials and among the rural women and men involved at each stage in the land registration process.

Jeannine Niyonzima, aged 29, was placed by RYAF to support the development of the Arusha Milk Collection Centre in the Nyabihu District (Western Province of Rwanda). Jeanine is an agribusiness graduate with previous experience in microfinance institutions. With a cooling capacity of 4,500 litres, the Arusha milk collection centre has supply contracts with several different market partners. Jeannine's placement brought significant benefits to the smallholder farmers who are running the centre, notably in terms of efficiency of milk collection processes, mobilization of farmers and the development of a strategic vision. Her story is a clear illustration of how the private sector can play a crucial role in youth empowerment.

LESSONS LEARNED AND GOOD PRACTICES

Projects in East and Southern Africa are yielding important lessons about what works well for empowering rural women and supporting gender equality, as well as achieving an inclusive and sustainable rural transformation.

Comprehensive strategies for gender transformation. Interventions that have a clear transformative purpose from the project design can be more effective in breaking traditional gender roles and stereotypes. These strategies should be based on a diverse set of interventions, providing a comprehensive support package. For instance, strategies to improve women's economic opportunities and simultaneously address voice issues through leadership trainings and workload redistribution appear to be an effective way of empowering women. Specifically targeting women and youth in the interventions and involving them in community affairs is also instrumental to achieving transformative change. The use of multiple transformative approaches and complementary strategies can facilitate changes in gender roles and relations.

Household methodologies and the Gender Action Learning System in particular. GALS is an effective strategy to achieve transformative results by improving livelihood strategies, promoting more equitable workloads and increasing women's voices within the household (IFAD, 2015b).

Farmer field schools are transforming the lives of farmers by addressing their practical needs and building their skills. The knowledge acquired at the schools is being adopted and widely shared by a large proportion of farmers. Rural women are active members of farmer field schools, and they are keen to learn new skills and engage in income-generating activities. With capacity-building and joint learning through practical fieldwork, women farmers become providers of knowledge and improved practices in their communities, raising their self-esteem and status. The approach is instrumental in facilitating transformative learning and empowering farmers.

Targeting youth. Working with young people calls for specific strategies and interventions that are relevant to their needs and opportunities. Involving young people in project design can maximize the relevance of IFAD-funded projects for this target group. The most successful youth strategies are those that look at agriculture in an innovative way, opening up opportunities for entrepreneurship, partnership with the private sector and application of innovative technologies to traditional processes.

Adopting integrated approaches to climate change and land tenure. Women and men farmers have different abilities to adapt to and mitigate climate change. Climate change adaptation strategies may need to be different for women and men because of gender-differentiated access to resources and women's unequal voice in decision-making, as well as gender-based division of labour. The issue of land rights is crucial to the future of the region. IFAD is working to strengthen the implementation of women's land rights, based on prevailing laws in each case. Provision is made for legal support for rural women's land cases, awareness-raising about women's land rights and securing their rights through land registration.

ONGOING CHALLENGES AND OPPORTUNITIES

- **Secure land tenure for women:** Insecure land tenure is a widespread challenge in the region that curtails women's economic empowerment and ability to invest in agricultural production and land. Opportunities exist to scale up successful experiences from the IFAD portfolio, linking up relevant stakeholders, land policy processes and existing legal frameworks for advocating women's land rights (IFAD, 2018d).
- **Women's voice and agency:** Empowering women to gain an equal voice and equal decision-making power within rural organizations – local governments, farmers' cooperatives, and watershed and land use management committees – is key. In addition to promoting quotas to ensure women are represented on key decision-making bodies, their confidence and leadership skills must be developed. Specific support to women's groups can enhance their voices within their communities.
- **Gender differences in control and use of income:** Women's major contribution to the workforce is not reflected in their influence over the use of the income generated by their work. The growing shift towards value chain and market-led processes provides opportunities for women to expand their economic role. But it also includes risks – as women's work becomes more profitable, men sometimes try to take over decision-making functions. The issue of women's ability to profit from their labour should be addressed during project design.
- **Linking food security, nutrition and women's empowerment:** Projects should articulate clear linkages between food security, nutrition and women's empowerment, making use of already existing channels.
- **Addressing root causes of gender inequality and powerlessness in the household:** Addressing the root causes of gender inequality and powerlessness means changing deep-seated societal norms. Dismantling adverse norms of masculinity and male identities remains a challenge and an area for further effort and exploration. More needs to be done to engage men, especially traditional male leaders as gatekeepers who perpetuate gender biases. Using transformative approaches and building strategic alliances with change agents, such as government agencies, non-state actors, women's and youth organizations, and community assemblies, is critical.
- **Gender-based violence** continues to be widespread in the region, with deep links to the agricultural cycle and exacerbated by fragile situations. Projects need to better take into account this phenomenon that prevents women from achieving full empowerment, identifying strategies to address it by employing instruments such as GALS.

OVERVIEW OF STATISTICS – EAST AND SOUTHERN AFRICA

ESA data reveal the following:

- **Life expectancy** at birth is lower for both women and men compared to other regions of the world, although women generally fare better than men.
- **Literacy rates:** Literacy rates vary from country to country, but are generally lower for women. Lesotho, Mauritius, Seychelles, South Africa and Zimbabwe are exceptions. At the other end of the scale, Comoros, Ethiopia, Mozambique and Sudan have the lowest female literacy rates. Lesotho ranks highest in the region for literacy rates among young people.
- **Human Development Index:** Only nine countries in the region (Angola, Botswana, Eswatini, Kenya, Mauritius, Namibia, South Africa and Zambia) are ranked medium to high on the Human Development Index of the United Nations Development Programme. The remaining countries have a ranking of low.
- **Maternal mortality:** Complications of pregnancy and childbirth are the leading cause of death and disability among women of reproductive age in ESA countries. Maternal mortality is highest in the Democratic Republic of the Congo, Lesotho and Somalia, and lowest in Botswana, Mauritius and Seychelles.
- **Social Institutions and Gender Index:** This index, which measures women's decision-making power within the family, son's preference and devaluation of daughters, restrictions on entitlement over resources and civil liberties (women's access to public and political space), shows that gender discrimination is rampant across the region.
- **Rural water infrastructure.** Botswana, Lesotho, Namibia and South Africa have the highest value for water access in the region.
- **Employment in agriculture:** The data show intensive involvement in agriculture by women in Mozambique and Tanzania.
- **Land ownership:** The incidence of land ownership for men is higher than for women throughout the region.

Mozambique, PRONEA Support Project



Table 1. Life expectancy at birth, female/male (years) – by ESA region ranking (2015)

Country	Value (years–life expectancy) female	Global ranking, female	Value (years–life expectancy) male	Global ranking, male
Kenya	69.12	138	64.29	141
Rwanda	68.79	140	64.56	138
Botswana	68.71	142	62.94	151
Madagascar	67.09	149	64.00	164
Ethiopia	66.91	150	63.20	148
Tanzania	66.82	151	63.08	149
Eritrea	66.81	152	62.54	154
Namibia	66.58	153	60.64	162
Sudan	66.83	155	62.71	153
South Africa	65.23	157	58.46	173
Comoros	65.20	159	61.81	157
Malawi	65.17	160	60.04	164
Angola	64.09	163	58.42	174
Djibouti	63.94	164	60.64	163
Zambia	63.90	165	58.59	170
Zimbabwe	62.05	170	58.59	172
Uganda	61.77	171	57.36	176
Democratic Republic of the Congo	60.68	174	57.74	175
Eswatini	60.32	176	53.67	184
Mozambique	59.78	178	55.54	180
Burundi	59.09	179	55.14	182
Somalia	57.56	184	54.27	183
Lesotho	55.98	185	51.27	188

Source: <https://www.indexmundi.com/facts/indicators/SE.ADT.LITR.ZS/rankings>

Life expectancy at birth, female (years) varies by country but is lower for both women and men, although women generally fare better than men. The country with the highest value in the region is Kenya (69.12) followed by Rwanda (68.79) and Botswana (68.71). The country with the lowest value in the region is Lesotho with 55.98 years of life expectancy. Life expectancy at birth is an important indicator of health status in a country and can be used to identify vulnerable populations in the region.

Tables 2 and 3 show literacy rate as an outcome indicator to evaluate educational attainment. These data can predict future labour force quality for women, men and youth and can be used to support policies to promote life skills targeting women and youth. A high literacy rate suggests that an educational system has the capacity to provide a large population with opportunities to acquire literacy skills. Lesotho, Mauritius, Seychelles, South Africa and Zimbabwe have the highest female literacy rates in the region; while Comoros, Ethiopia, Mozambique and Sudan have the lowest literacy rates.

Lesotho ranks the highest on literacy for youth in the region, and Mozambique the lowest. Literate women are able to seek and use information to improve the health, nutrition and education of their households. Literate women are also empowered to play meaningful roles in their own lives. Eliminating gender disparities in education would help increase the status and capabilities of women.

Table 2. Literacy rate, adult female/male (% of females/males ages 15 and above) by global ranking

Country	Female (value)	Male (value)	Total value	Global ranking	Year
Seychelles	94.45	93.46	93.95	70	2010
South Africa	93.41	95.40	94.37	65	2015
Mauritius	90.65	94.86	92.71	77	2015
Zimbabwe	88.28	89.19	88.69	88	2014
Lesotho	84.93	67.75	76.64	108	2014
Eswatini	82.45	83.90	83.10	95	2010
Botswana	81.81	80.43	81.19	99	2003
Zambia	77.75	88.68	83.10	96	2010
Kenya	74.01	83.78	78.73	104	2014
Tanzania	73.09	83.20	77.89	106	2015
Madagascar	68.28	75.03	71.57	116	2012
Democratic Republic of the Congo	66.50	88.52	77.04	107	2016
Rwanda	64.66	72.45	66.03	123	2012
Uganda	61.97	79.97	70.20	120	2012
Malawi	55.20	69.75	62.14	127	2015
Eritrea	54.80	75.07	64.66	125	2008
Burundi	53.66	69.69	61.57	128	2014
Angola	53.41	79.97	66.03	124	2014
Sudan	46.70	59.80	53.52	136	2008
Comoros	42.64	56.48	49.20	139	2012
Mozambique	36.45	67.35	50.58	138	2009
Ethiopia	28.92	49.13	39.00	148	2007

Source: <https://www.indexmundi.com/facts/indicators/SE.ADT.LITR.FE.ZS/rankings>

Table 3. Literacy rate, youth (ages 15-24), gender parity index (GPI) (Various years) – regional ranking

Rank	Country	Value	Year
1	Lesotho	1.18	2014
3	Zimbabwe	1.06	2014
5	Botswana	1.04	2003
7	Rwanda	1.03	2012
9	Eswatini	1.03	2010
12	Namibia	1.02	2011
15	Malawi	1.01	2015
32	South Africa	1.01	2015
103	Kenya	0.99	2014
109	Tanzania	0.97	2015
112	Madagascar	0.96	2012
115	Uganda	0.95	2012
116	Zambia	0.95	2010
118	Comoros	0.94	2012
123	Sudan	0.91	2008
125	Eritrea	0.90	2008
130	Burundi	0.88	2014
131	Democratic Republic of the Congo	0.88	2016
137	Angola	0.83	2014
144	Ethiopia	0.75	2008
146	Mozambique	0.71	2009

Source: <https://www.indexmundi.com/facts/indicators/SE.ADT.LITR.FE.ZS/rankings>

Table 4. List of ESA countries by ranking on Human Development Index (2016-2017)

ESA rank	Global rank	Country	HDI value	Change in HDI value 2016-2017
High human development				
1	62	Seychelles	0.797	0.004
2	65	Mauritius	0.790	0.002
3	101	Botswana	0.717	0.005
Medium human development				
4	113	South Africa	0.699	0.003
5	129	Namibia	0.647	0.002
6	142	Kenya	0.590	0.005
7	144	Eswatini	0.588	0.002
8	144	Zambia	0.588	0.002
9	147	Angola	0.581	0.004
Low human development				
10	154	Tanzania	0.538	0.005
11	156	Zimbabwe	0.535	0.003
12	158	Rwanda	0.524	0.004
13	159	Lesotho	0.520	0.004
14	159	Mauritania	0.520	0.004
15	161	Madagascar	0.519	0.002
16	162	Uganda	0.516	0.006
17	165	Comoros	0.503	0.001
18	167	Sudan	0.502	0.003
19	171	Malawi	0.477	0.003
20	172	Djibouti	0.476	0.002
21	173	Ethiopia	0.463	0.006
22	176	Democratic Republic of the Congo	0.457	0.005
23	179	Eritrea	0.440	0.004
24	180	Mozambique	0.437	0.002
25	185	Burundi	0.417	0.001
26	187	South Sudan	0.388	0.006

Source: https://en.wikipedia.org/wiki/List_of_African_countries_by_Human_Development_Index

The Human Development Index is a summary measure of health, education, income and gender inequality. Only nine countries in the region (Angola, Botswana, Eswatini, Kenya, Mauritius, Namibia, Seychelles, South Africa and Zambia) have achieved a medium to high human development ranking; the remaining countries are ranked low.

The scale of the SIGI is from 0, representing low discrimination, to 1, which represents a high level of discriminatory social institutions (Ferrara, Pesando and Nowacka 2014). Table 5 shows that gender discrimination is rampant across the region. The SIGI measures discriminatory social institutions using 14 indicators grouped into five sub-indices that measure the following:

- i) Women's decision-making power within the family;
- ii) Physical integrity or restrictions on women's control over their bodies;
- iii) Son bias, or intra-household preference for sons and consequent devaluation of daughters;
- iv) Resources and entitlements, meaning access to, control of and entitlement over resources;
- v) Civil liberties, capturing restrictions on women's access to public and political space.

There is evidence that countries with higher levels of gender equality have higher levels of human development. A number of low HDI countries, including Malawi, Mozambique and Rwanda (see Table 4), perform better on the SIGI, which measures underlying drivers of gender inequality. Strong policy and legislation may be partly responsible for progress, along with women's increased political participation. However, discriminatory social institutions continue to limit women's and girls' enjoyment of many of their rights. While many countries pledge legal protection for women in areas such as access to land and credit, traditional practices continue to discriminate against women, restricting their full ability to exercise such rights.

Zambia, Smallholder Productivity
Promotion Programme in Zambia (S3P)



Table 5. Social Institutions and Gender Index 2019 (SIGI)

Country	SIGI	Discriminatory family	Restricted physical integrity	Restricted resources and assets	Restricted civil liberties
Angola	-	47.2	19	-	-
Botswana	-	39.6	-	39.9	52.4
Burundi	-	-	31.9	-	-
Democratic Republic of the Congo	39.5	53	35.1	46.4	20.7
Eritrea	-	42	-	-	-
Eswatini	-	59.2	-	-	-
Ethiopia	29.6	34.8	30.8	34	17.9
Kenya	35.5	50.5	28.9	42.2	17.2
Lesotho	38.1	46.5	26.9	40.5	37.6
Madagascar	47.5	57.2	31.6	39.2	59.4
Malawi	41.4	38.5	24.1	37.4	61.9
Mauritius	-	52.7	-	19.2	40.7
Mozambique	24.3	32	15.5	15.3	32.9
Namibia	27.1	33.1	12.6	26.2	35.1
Rwanda	27.6	38	21.4	26.5	23.5
Somalia	-	76.2	-	-	-
South Africa	22.4	33.2	15.1	19.6	21
Uganda	45.1	54	34.3	61.4	26.6
Zimbabwe	32.4	42.8	20.2	34.3	30.9
Zambia	34.8	40.7	27.6	28.2	41.8

Source: SIGI from the Organisation for Economic Co-operation and Development (OECD): <https://stats.oecd.org/Index.aspx?DataSetCode=SIGI2014>

The maternal mortality ratio measures the number of women who die from pregnancy-related causes while pregnant or within 42 days of pregnancy termination, per 100,000 live births. Complications of pregnancy and childbirth are the leading cause of death and disability among women of reproductive age in ESA countries. The ratio is highest in Lesotho, Somalia and the Democratic Republic of the Congo; and lowest in Mauritius, Seychelles and Botswana (Table 6).

Table 6. Maternal mortality ratio (national estimate, per 100,000 live births) – Country ranking: Africa

Rank	Country	Value	Year
3	Lesotho	1 024.00	2013
4	Somalia	1 000.00	2006
7	Democratic Republic of the Congo	850.00	2014
10	Ethiopia	679.00	2011
11	Zimbabwe	651.00	2015
14	Eswatini	589.00	2007
16	Malawi	570.00	2014
19	Tanzania	530.00	2016
20	Burundi	500.00	2010
21	Eritrea	490.00	2010
22	Madagascar	480.00	2013
24	Mozambique	443.00	2011
26	Uganda	432.00	2011
30	Zambia	398.00	2014
31	Djibouti	380.00	2012
33	Kenya	362.00	2014
34	Namibia	358.00	2013
39	Rwanda	253.00	2015
40	Sudan	220.00	2010
41	South Africa	200.00	2013
42	Comoros	172.00	2012
43	Botswana	160.00	2010
49	Seychelles	57.00	2004
51	Mauritius	22.00	2003

Source: <https://www.indexmundi.com/facts/indicators/SH.STA.MMRT.NE/rankings/africa>, United Nations Children's Fund (UNICEF), State of the World's Children, and demographic and health surveys

The rural poverty headcount ratio is the percentage of the rural population living below the national poverty line. The country with the highest value in the ESA region is South Africa, with a value of 87.60, and the country with the lowest value is Uganda. These data are not disaggregated by gender (Table 7).

In the ESA region, Botswana, Namibia, South Africa and Lesotho have the highest value for water access, while Somalia, Angola, the Democratic Republic of the Congo and Madagascar rank the lowest in the region (Table 8). Women and children spend millions of hours each year fetching water. The chore diverts their time from other activities (for example attending school, caring for children and participating in the economy). When water is not available on the premises and has to be collected, women and girls are almost two and a half times more likely than men and boys to be the main water carriers for their families. Many international organizations use access to safe drinking water and hygienic sanitation facilities as a proxy for progress in the fight against poverty, disease and death.

Table 7. Rural poverty headcount ratio at national poverty lines (% of rural population)

ESA Rank	Country	Value	Year
1	South Africa	87.60	2005
2	Zimbabwe	84.30	2011
4	Madagascar	78.20	2001
10	Eswatini	73.10	2009
12	Burundi	68.80	2014
19	Lesotho	61.20	2010
21	Angola	58.30	2008
22	Sudan	57.60	2009
25	Mozambique	56.90	2008
28	Malawi	56.60	2010
36	Kenya	49.10	2005
37	Comoros	48.70	2004
37	Rwanda	48.70	2010
52	Namibia	37.40	2009
53	Seychelles	37.20	2006
60	Tanzania	33.30	2011
63	Ethiopia	30.40	2011
73	Botswana	24.30	2009
74	Uganda	22.40	2012

Source: <https://www.indexmundi.com/facts/indicators/SI.POV.NAHC/rankings>

Table 8. Improved water source, rural (% of rural population with access) in 2015

Rank	Country	Value
88	Botswana	92.30
117	Namibia	84.60
123	South Africa	81.40
130	Lesotho	77.00
131	Uganda	75.80
136	Burundi	73.80
139	Rwanda	71.90
145	Eswatini	68.90
149	Zimbabwe	67.30
154	Djibouti	64.70
162	Kenya	56.80
164	Eritrea	53.30
166	Zambia	51.30
168	Sudan	50.20
169	Ethiopia	48.60
175	Tanzania	45.50
179	Mozambique	37.00
180	Madagascar	35.30
184	Democratic Republic of the Congo	31.20
185	Angola	28.20
186	Somalia	8.80 (Year 2011)

Source: <https://www.indexmundi.com/facts/indicators/SH.H2O.SAFE.RU.ZS>

The above table shows that female employment in agriculture is highest in Burundi, Rwanda and Mozambique and lowest in South Africa, Angola and Djibouti.

The above table illustrates female intensity in agriculture, which is calculated as the female share of agricultural employment in total agricultural employment. A share higher than 50 per cent suggests that the sector is female-intensive – as in Tanzania and Mozambique.

As shown in the above table, Rwanda and Mozambique have more women than men participating in the labour force, while Somalia, Comoros and Sudan register the lowest female labour force participation. Estimates of the number of women in the labour force and employment are generally lower than those of men. In ESA countries women often work on farms or in other family enterprises without pay, and such work is not factored into economic statistics as a contribution to the GDP.

Table 9. Labour force participation rate for ages 15-24, female/male (%) (Modeled ILO estimate)

Rank	Country	Value female	Value male	Total
3	Rwanda	76.47	75.05	76.47
5	Mozambique	74.46	66.02	77.46
7	Madagascar	73.55	78.15	73.55
8	Ethiopia	69.93	74.48	72.20
9	Tanzania	69.93	74.48	69.93
12	Eritrea	68.46	75.63	68.46
13	Zimbabwe	68.17	79.40	68.17
19	Malawi	61.57	65.18	61.57
22	Burundi	57.66	47.18	57.66
23	Angola	56.86	57.25	56.86
34	Zambia	53.90	55.90	53.90
38	Democratic Republic of the Congo	51.82	42.79	51.82
42	Uganda	50.65	55.98	50.65
65	Botswana	42.11	48.17	42.11
77	Djibouti	38.07	37.88	38.07
79	Mauritius	37.62	48.23	37.62
81	Lesotho	37.09	51.25	37.09
101	Kenya	32.11	36.21	32.11
112	Eswatini	31.06	43.85	31.06
117	Namibia	30.48	34.29	30.48
143	South Africa	23.26	28.78	23.26
169	Sudan	15.14	38.73	15.14
172	Comoros	13.91	12.91	13.91
173	Somalia	13.46	51.64	13.46

Source: <https://www.indexmundi.com/facts/indicators/SL.TLF.ACTI.1524.FE.ZS>

Table 10. Employment in agriculture, female/male (% of F/M employment) (modelled ILO estimate)

Country	Female	Male	Total	Global ranking
Burundi	98.80	86.20	91.10	1
Rwanda	86.70	61.20	75.00	5
Mozambique	85.30	63.30	75.00	5
Somalia	84.20	66.60	72.00	10
Malawi	80.60	59.00	69.90	13
Madagascar	76.40	72.10	74.20	7
Comoros	76.00	56.20	62.00	22
Uganda	76.00	68.30	72.00	10
Democratic Republic of the Congo	75.60	55.10	65.30	19
Kenya	75.00	50.90	61.90	23
Zimbabwe	71.40	63.80	67.50	17
Eritrea	69.80	45.70	57.00	30
Tanzania	69.80	64.30	66.90	18
Zambia	66.70	44.30	54.80	34
Ethiopia	61.70	77.90	70.50	12
Eswatini	43.60	8.90	22.00	84
Namibia	27.50	30.50	29.10	65
Lesotho	27.50	48.80	39.70	51
Sudan	23.20	35.80	32.90	56
Botswana	20.40	30.20	25.70	74
Djibouti	17.20	25.80	22.80	81
Angola	8.70	0.70	4.20	140
South Africa	3.60	8.00	6.10	131

Source: <https://www.indexmundi.com/facts/indicators/SL.AGR.EMPL.FE.ZS>

Table 11. Rural employment in selected ESA countries

	Tanzania	Mozambique	South Africa
Agriculture as share of GDP	45.8	23.1	3.1
Employment in agriculture as share of total employment	75.1	78.0	11.3
Female intensity of agriculture	53.6	59.5	34.2
Female employment in agriculture as share of total female employment	80.0	90.9	6.0
Male employment in agriculture as share of total male employment	72.7	64.3	8.6
Rural population as share of total population	76.2	66.3	41.2
Share of the rural population which is poor	38.7	71.3	-

Source: FAO/IFAD/ILO 2010 Gender Pathways Out of Poverty, Gender dimensions of agricultural and rural employment: Differentiated pathways out of poverty, Status, trends and gaps.

Table 12. Distribution of agricultural holders by sex in the ESA region

Country	Year	Total number	Total female	% female	Total male	% male
Botswana	2004	50 690	17 576	34.7%	33 114	65.3%
Comoros	2004	52 464	17 094	32.6%	35 370	67.4%
Democratic Republic of the Congo	1990	4 479 600	398 400	8.9%	4 081 200	91.1%
Ethiopia	2011/12	15 039 400	2 928 300	19.5%	12 103 000	80.5%
Lesotho	1999-2000	337 795	103 878	30.8%	233 917	69.2%
Madagascar	2004-2005	2 428 492	371 158	15.3%	2 057 334	84.7%
Malawi	1993	1 561 416	501 919	32.1%	1 059 497	67.9%
Mozambique	1999-2000	3 064 195	708 353	23.1%	2 355 842	76.9%
Seychelles	2011	642	120	18.7%	522	81.3%
Tanzania	2002	4 901 837	966 076	19.7%	3 935 761	80.3%
Uganda	1991	1 704 721	277 693	16.3%	1 427 028	83.7%
Zambia	2000	1 305 783	250 710	19.2%	1 055 073	80.8%

Source: FAO, Gender and Land Statistics <http://www.fao.org/gender-landrights-database/data-map/statistics/en/> accessed 16/12/18

The above table focuses on primary managers of agricultural holdings, with the understanding that holders may or may not be legal owners of the holding. Across the region men surpass women as agricultural holders, with Botswana and Comoros registering the highest number of female agricultural holders, and Zambia and Uganda the lowest.

Table 13. Incidence of female and male agricultural landowners

Country	% female sole/joint	% female sole only	% male sole/joint	% male sole only
Burundi	54%	11%	64%	50%
Ethiopia	50%	12%	54%	28%
Lesotho	38%	7%	34%	9%
Malawi	48%	23%	-	-
Rwanda	54%	13%	55%	25%
Tanzania	30%	8%	-	-
Uganda	36%	14%	60%	46%
Zimbabwe	36%	11%	36%	22%

Source: FAO, Gender and Land Statistics <http://www.fao.org/gender-landrights-database/data-map/statistics/en/>

The above table illustrates that the incidence of landowners for men is higher than for women across the selected countries in the region.

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LINKS

IFAD policy on gender equality and women's empowerment
http://www.ifad.org/gender/policy/gender_e.pdf

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