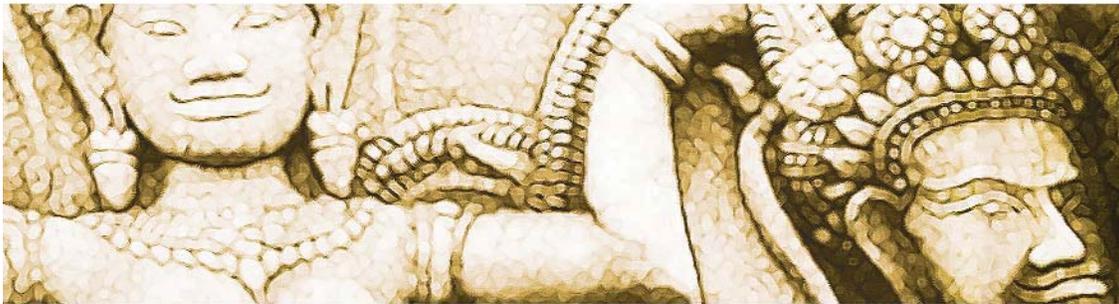




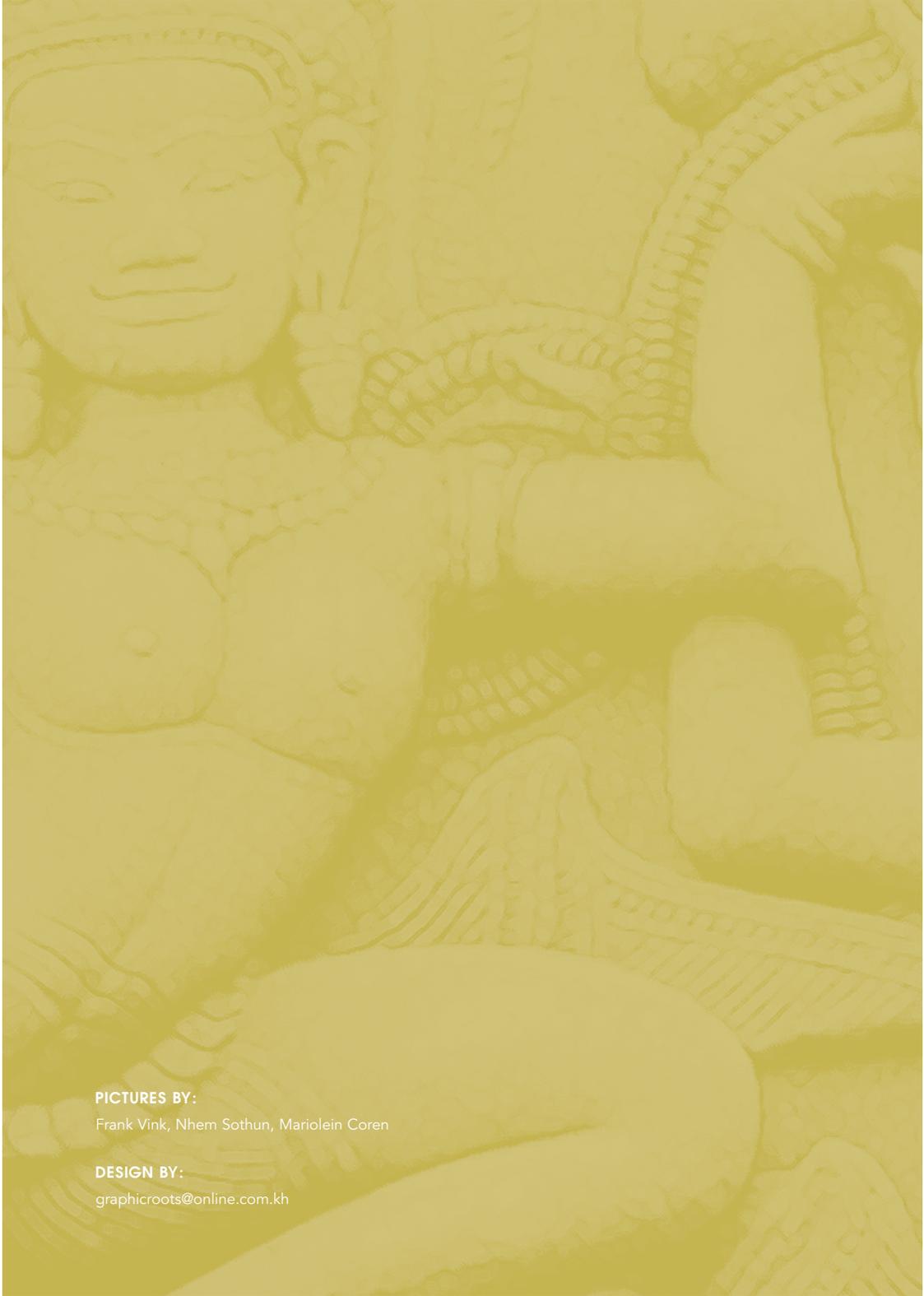
KINGDOM OF CAMBODIA
Nation — Religion — King



National Population Policy

What does it mean for planning ?





PICTURES BY:

Frank Vink, Nhem Sothun, Mariolein Coren

DESIGN BY:

graphicroots@online.com.kh



KINGDOM OF CAMBODIA
Nation — Religion — King

National Population Policy

What does it mean for planning ?

PUBLISHED BY:

General Directorate of Planning Ministry of Planning

386, Preah Monivong Blvd. Phnom Penh, Cambodia

Telephone/fax: 023-218 895

SUPPORTED BY:



Population and sustainable development concerns all of us

When preparing a development plan for your community, commune, province, sector or the country it is important to think about the people you are planning for. You need to determine what the needs and rights of the children, women and

men are and how you can ensure these now and in the future. Involve the men, women and youth in the decision making process on what should be done so that the outcome of the development will be prosperous for all people.



Questions planners should ask themselves are:

- *What livelihood assets or opportunities (natural, physical, financial, social) do men and women have access to?*
- *What percentages of the population are children, youth, men, women and elderly? What resources are distributed to them?*
- *What are the major obstacles to the participation of youth, women and the poor in the social and economic development of your community?*
- *What natural resources do we have, how are they being used and do we know about the long term effect of this use?*
- *How do the planned activities affect the allocation of the budget?*

What is the relationship between population and development?

Think of your home and family. What if your family continued to grow? What things might change in the way you live? What would you need in your home? For instance, you might need more **resources** like food, clothes and water, and you might need more space. In order to solve this problem, you might decide to build on to your house, or move to a bigger house with more land to grow rice, or move to a new location in order to get more income. If you had a larger group of people in your household, you might also organize cooking, cleaning or farming tasks differently. If your neighbors had a smaller household size, they might organize their tasks differently.

People depend on and use all kinds of **natural resources** like water, trees, fish etc. to improve their lives and develop economically. However, using natural resources has an influence on the environment. More people using more resources can result in an increase in the production of waste, such as garbage or dirty water. And, an

overuse of natural resources, such as trees or fish, can result in a decrease in the overall supply and an increase in cost.

When many families grow larger at the same time, they need more houses, more land, more food, more water, more schools, more health clinics, more jobs, etc. But resources are often limited, and economic and social development may not be able to grow as quickly as the population. Therefore when a population grows we must take into account existing resources, the current environment, and current levels of economic and social development.

When there is a rapid population growth it is more difficult to achieve sustainable development or raise the income per person and reduce poverty, since every individual requires health care, education, employment and equipment. Therefore population dynamics, social development and **poverty reduction** within the country are closely linked.



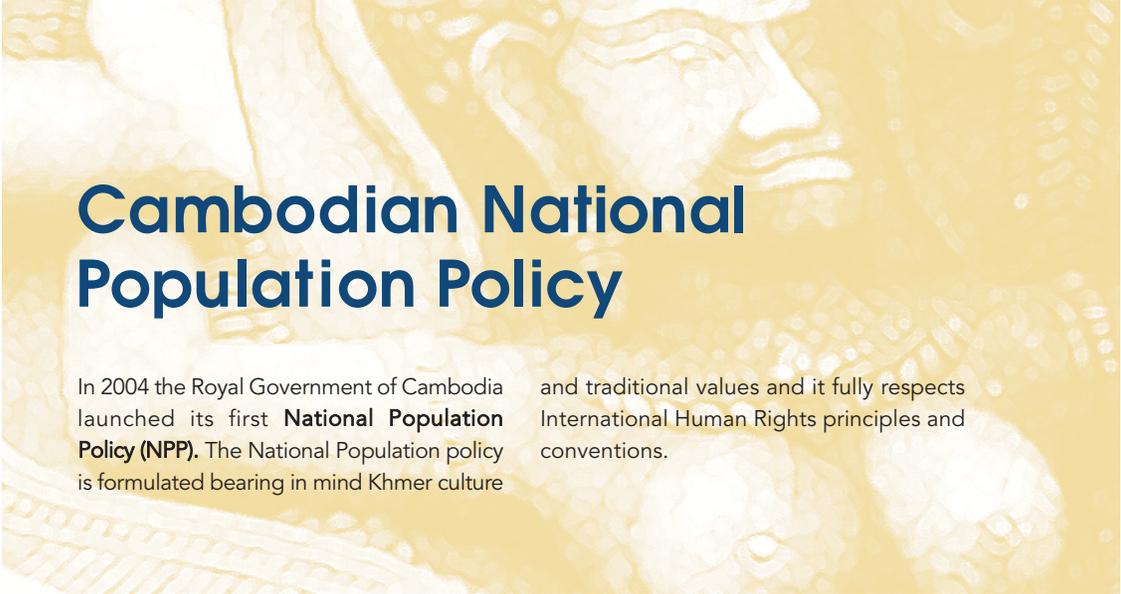
Population development policies

The number of people, the speed of growth, the quality of life, and the challenges to be faced are influenced by political, social, economic and environmental conditions.

Population development is not a one way process. People influence these conditions by the decisions they take.

Population policies help individual countries, communities and sectors to develop their own plans for sustainable and human rights based development. Clear policies help make sure that everyone is working towards the same goal. Population policies help planners to provide evidence of which area to focus on.





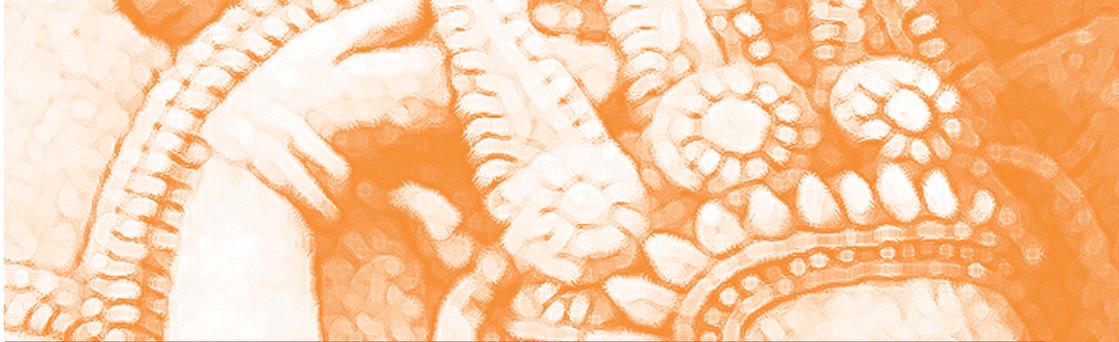
Cambodian National Population Policy

In 2004 the Royal Government of Cambodia launched its first **National Population Policy (NPP)**. The National Population policy is formulated bearing in mind Khmer culture

and traditional values and it fully respects International Human Rights principles and conventions.

The aim of this National Population Policy is to ensure **sustainable development**, and to protect the environment and natural resources, so that the **people can live happy, healthy, productive lives, free from poverty**. The National Population Policy aligns with the long-term Poverty Reduction goals of the Royal Cambodian Government, and supports achievement of the Cambodian Millennium Development Goals (CMDGs).

The National Population policy has the vision that all couples and individuals should **decide freely when they want to have children, and how many children they want to have**. The policy acknowledges that **people need access to adequate information and reproductive health services in order to make informed choices**. The National Population Policy does not fix the total number of children that a couple can have.



Who are the people that are poor and why are they poor ?

Poverty

Cambodia is at a cross-roads between post conflict rehabilitation and long-term economic and social development. Poverty remains very high, with 36 percent of the population below the poverty line. In Cambodia poverty is predominantly rural, associated with landlessness, limited diversification of economic activity, limited access to social services and large household size.

People who are poor often suffer from greater health problems, less opportunities to receive education, develop themselves and therefore often remain poor. Female headed households have a higher rate of child labor than male-headed households and therefore their children especially girls, in these households are particularly at risk of poverty.

The National Population Policy introduces seven key objectives and recommends a number of related policy measures for implementation.

NPP objective

in relation to data gathering on population dynamics

Integrate population variables into social and economic policies, plans and programmes at all levels



Cambodia's population dynamics

Cambodia's population is still increasing, but the speed of growth is slowing down. Between the 1962 census and the 1998 census the population grew from 5.7 million to 11.7 million people.

As of 2004, the population size was estimated to be 13.1 million people with an annual growth rate of 1.8%.

If Cambodia's population continues to grow in this way, it is projected that in the year 2020 Cambodia will have a population of almost 18.4 million.

Graph: Projected Population (in millions) of Cambodia, 2001 - 2020 (based on the 1998 Census)

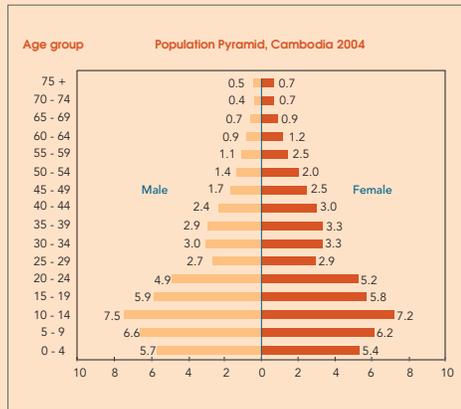


Cambodia's age and sex population structure

The age and sex composition of a country's population is useful to know, especially for a government which needs to plan for development of infrastructure and social services, like roads, water supplies, schools, and health centers.

The structure of a population is often shown as a population pyramid showing the numbers of males and females in 5-year age groups. From the shape of the 'pyramid' we can see if most people are old or young, and we can get an idea of our future infrastructure and social service needs.

The population structure of Cambodia shows that people are starting to live longer than before, and that people are starting to have fewer children. However, the majority of the population is still young, and the population curve shows that almost 50 % of the population was younger than 15 years of age as of 1998.



The age - sex pyramid shows the impact of the Khmer rouge regime between 1975 and 1979. During this period, a large number of people, particularly men, died. This can be seen in the pyramid by looking at all of the age groups between 30 and 75+ and seeing fewer men than women. The number of children born during this period also decreased. This can be seen in the pyramid by looking at the age group 25 - 29 years of age, and seeing smaller numbers of both males and females. After this period, there was a large increase in the numbers of babies born. This is called a post-war **baby boom**, and can be seen in the pyramid by looking at the 10-14 year old age group.

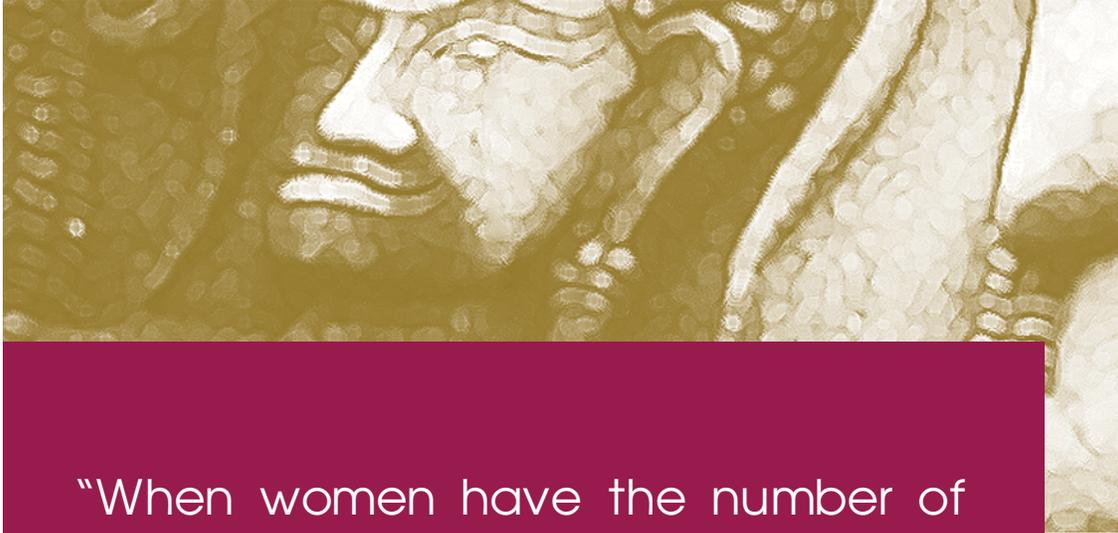
NPP measures

what should we do?

- *Plan services bearing in mind the population variables including the increased need for services targeting in and out of school youth, the increase in reproductive health services, the need for employment, land, food, infrastructure and the growing population of elderly*
- *Promote the collection, analysis and dissemination of data and information on population*
- *Enhance the technical capacity of staff relevant in government institutions regarding methods and approaches for integrated population development and gender sensitive planning and programming*

“Children and young people (0-24 years of age) constitute more than 50% of the population. Resource allocation should reflect this fact”





“When women have the number of children they want and can negotiate their reproductive health decisions with men, they tend to have a larger decision making role within families and communities that benefits all”

NPP objective

in relation to fertility

To support couples and individuals to decide freely and responsibly on the number and spacing of their children, and to have access to information, education, services and the means to do so



Fertility

Fertility is used to describe the number of children that a woman gives birth to during her life. Cambodia's total fertility rate has declined from an estimated 7 births per women in 1962, to around 4 children per women in 1998, and 3.3 in 2004. The largest decline in the fertility rate is in the cities and among women with a higher

education level. However, there is a trend to have smaller families in both rural and urban areas.

Families with a large number of children need more food, and more money for things like school and health care. However, poor families often have more children, because they fear that some children will die at a young age, and the need for increased labor and old age support. However, earnings from child labor are usually very small and it prevents children from going to school. The lack of education of poor children, in turn, helps to transfer poverty from one generation to the next.

Women who bear a lot of children often start having children at a young age, have many children close together and/or continue having children when they are older. These are factors which are harmful for the health of both women and their children. Although a decline in the fertility rate will decrease population growth, the population in Cambodia is still expected to increase, because there are many young people that are now of child bearing age or will be in the near future. This feature is known as "**population momentum**".

NPP measures

what should we do?

- *Improve the quality, accessibility and availability of primary health care services including reproductive health services to the entire population*
 - *Establish adolescent-friendly reproductive health services*
 - *Promote male and female responsibility and partnership in reproductive health at the household and community level*
 - *Target underserved areas and vulnerable groups including men, women and youth*
 - *Encourage the provision of sexual health and reproductive health education in school curricula, and through out of school programmes*
-



NPP objective

in relation to gender equity and human resource development

To promote gender equity and enhance human resource development

Gender equity

Gender relations in Cambodia are undergoing tremendous change. However, women still do not enjoy equal access to the resources and benefits of development. Women have less access to education, especially at the higher level of schooling, less access to paid employment, again especially in the higher categories of skilled and paid employment, less access to landownership and other property rights because of inheritance customs, fewer opportunities to ensure their views are included in the decision making process, and are more disadvantaged by the lack of quality health services, due to needs and risks associated with pregnancy and child bearing.

Underlining these gender inequalities are cultural and traditional norms that consider women to be of a lower status than men. This gender discrimination is deeply embedded in, and reinforced by, social attitudes.

Gender issues are multi-sectoral and are an integral part of population issues. Increasing the status of women, their educational level, their health status, their role in decision-making has proven to be an effective measure in decreasing fertility rates, reducing population growth and promoting sustainable economic and social development of the entire population.





“Investing more in young people, especially girls and young women, has direct benefits of improved health and education outcomes in the household and the longer term benefits of increased economic growth”

Human resource development

Two of the key pillars for improved human resource development, are better education and better training. Human resource development is important for the social and economic development of Cambodia, and contributes towards improved standards of well-being of the people. Due to recent political instability, educational levels are lower in Cambodia than

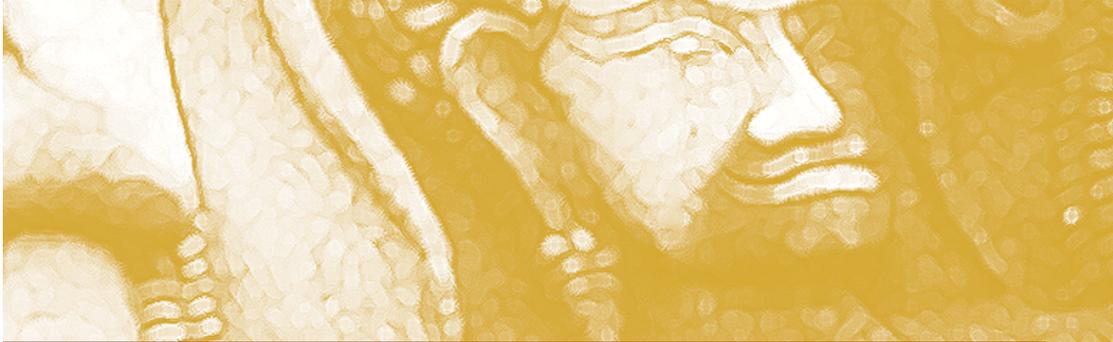
elsewhere in the region, and this limits the country's economic productivity and the potential for rapid and sustainable development.

However, the Cambodian government is prioritizing education and training in order to accelerate poverty reduction, sustain economic growth and institutionalize good governance.

NPP measures

what should we do?

- *Promote gender awareness and the importance of women's empowerment among men and women*
 - *Promote and develop actions to achieve universal access to nine years of education for boys and girls including the poor*
 - *Encourage positive gender attitudes within the household, schools, work place and in the society*
-



“Reproductive and maternal health services promote health and economic growth”

NPP objective

in relation to mortality and morbidity

To reduce infant, child and maternal morbidity and mortality rates

Mortality and morbidity

Maternal, infant and child mortality in Cambodia are still high. Due to lack of adequate sanitation, poor nutrition, limited access to quality health care, and inappropriate health seeking behaviour there is a high level of mortality in infants, children under five years of age and their mothers. According to the Cambodian Demographic and Health survey 2000, Cambodia's health care indicators are among the lowest in the region. I.e.: infant mortality rate 95 per 1000, under five mortality rate 125 per 1000 and maternal mortality 437 per 100.000 live births.

A high mortality rate means that individuals, especially infants, young children and

mothers do not have the fundamental right to a long and healthy life. Since high mortality is especially prevalent among the poor, rural groups, and those with fewer opportunities for education, it undermines the fundamental right for an equitable and just society for all Cambodians.

High mortality is directly related to high morbidity, or the high prevalence of illness and disease. High levels of morbidity increases health costs for families and means that people are less productive or are unable to work due to frequent illnesses.

NPP measures

what should we do?

- *Improve the quality and accessibility, and availability of primary health care services to the population, especially targeting underserved areas and vulnerable groups (women, children and elderly)*
 - *Increase the capacity for trained supervised deliveries and health practices related to child bearing and mother and child nutrition*
 - *Promote appropriate health seeking behavior*
 - *Promotion of equitable access to priority services, especially by the poor*
 - *Support interventions to prevent the spread of HIV/AIDS among all target groups*
 - *Support the development of social services for the HIV/AIDS affected, people living with aids, orphaned children and the elderly*
 - *Support further condom programming*
-





NPP objective

in relation to HIV/AIDS

To further strengthen the reversal of the spread of HIV/AIDS

HIV/AIDS epidemic

Although the prevalence of HIV/AIDS declined from an estimated 3.3% in the general population in 1997, to 2.6% in 2002 and 1.9% in 2003, it still poses serious threats for the development of the country.

Among the challenges caused by HIV/AIDS are the increase of families that have lost their main source of income, an increase in

the number of orphaned children, and an increase in the number of grandparents who need to take on the burden of caring and providing for their grandchildren. Another real challenge is the financial cost of the epidemic, including reduced economic growth and increased costs for both prevention and care activities.

NPP measures

what should we do ?

- *Support interventions to prevent the spread of HIV/AIDS among all target groups*
 - *Support the development of social services for the HIV/AIDS affected, people living with aids, orphaned children and the elderly*
 - *Promote condom use and expand programmes*
-

“Investing in sexual and reproductive health helps curb the HIV/AIDS epidemic and falling deeper into poverty”





Are people migrating from your community?, Why? What effect does this have on the people left behind?

NPP objective

related to migration

To reduce the potential negative impact of rural-rural and rural-urban migration

Migration

The term migration is used to describe people moving from one place to another. Migration takes place at many levels, from rural to urban areas, from rural to rural, and from in-country migration to international migration.

There are a number of factors why people decide to move to another place. The factors in the decision are called PUSH or PULL factors.

Migration can have positive benefits as it can provide necessary laborers to areas in need, and it can support economic growth and development. However, migration does

not always turn out as the migrants or planners hope. Many migrants remain poor because they are unable to find a job in their new location and often no proper place to live. Rural to urban migrants are often most at risk from poor sanitation, contamination from industries, hazards such as flooding and fires, and labor or sexual exploitation. Migration may also act as a bridge for the spread of HIV/AIDS from urban to rural areas.

Cambodia has experienced a great deal of internal and international migration since 1970, largely as a result of war and political instability. While migration remained high

PUSH FACTORS	PULL FACTORS
Lack of land to farm	Better chance of employment
Unemployment and under-employment in the region	Prospect of higher living standards
Rural poverty and debt	Better educational or medical facilities
Lack of educational and medical facilities	Safe place
Environmental degradation caused by overpopulation	The prospect of a more prosperous, interesting and challenging life.
Emergency or -natural- disaster situations	
Dissatisfaction with traditional way of life	

during the last decade, this was often due to "pull factors" related to economic and educational opportunities. The impact of young people moving away from their villages can also create issues, such as sex and age imbalances in rural areas; and a loss of human and

social capital in the community. However, the effects are often mixed, as migrants who receive an income often send money back to their families in rural areas, and therefore contribute towards the economic development of these communities.

“Stimulate social and economic growth in the local community to avoid too much migration of young people out of the community”

NPP measures

what should we do ?

- *Improve the availability of data on migration, including magnitude and composition of migrants*
- *Support the economic and social development in the rural areas, including education and health services and infrastructure*
- *Reduce the obstacles in urban infrastructure and strengthen the infrastructure and services*



Use natural resources wisely, so that they can be replaced and do not cause damage to the environment

NPP objective

in relation to population pressure on natural resources and environment

To alleviate the impact of population pressure on the environment and natural resources

Population pressure on natural resources and environment

The overall population density in Cambodia is not high by regional standards, but population pressure is contributing to environmental degradation and undermining the local population's means of livelihoods in certain areas. This is especially the case where some of the land -or water - traditionally controlled by the

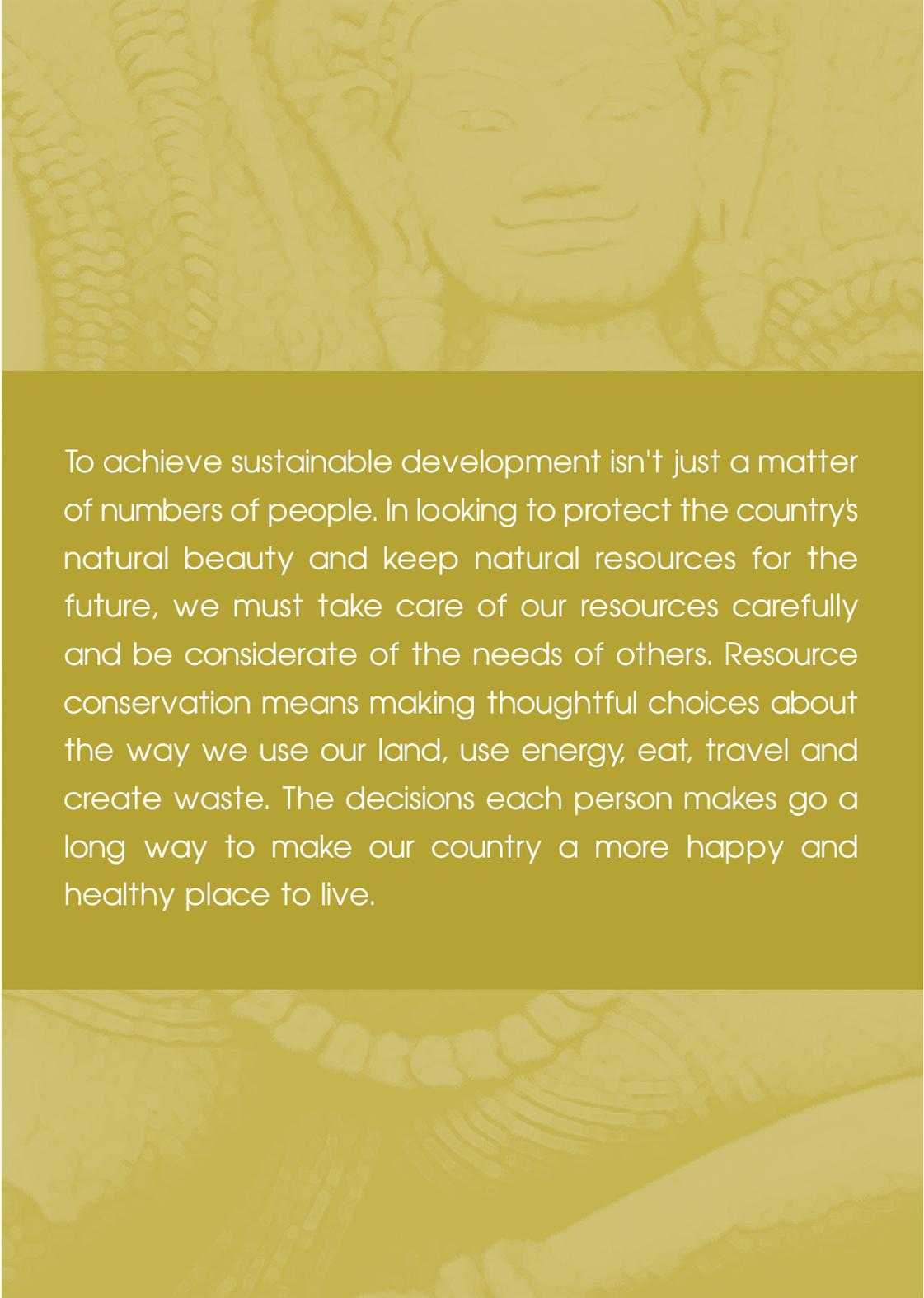
local community is taken and used for large scale commercial projects, for example logging or fishing concessions, or a plantation.

Growing industrialization and the use of chemicals for agricultural purposes can also lead to contamination of land, water and air, can destroy natural resources, and lead to increased health hazards for the population and animals living in that area.

NPP measures

what should we do ?

- *Improve the availability of data on the impact of population pressure on the environment and natural resources*
- *Ensure compatibility between population size and growth with access to clean water and sanitation waste disposal systems*
- *Encourage reforestation*
- *Enforce legislation pertaining to common community property and right to use open access resources*



To achieve sustainable development isn't just a matter of numbers of people. In looking to protect the country's natural beauty and keep natural resources for the future, we must take care of our resources carefully and be considerate of the needs of others. Resource conservation means making thoughtful choices about the way we use our land, use energy, eat, travel and create waste. The decisions each person makes go a long way to make our country a more happy and healthy place to live.

PUBLISHED BY:

**General Directorate of Planning
Ministry of Planning**

386, Preah Monivong Blvd.
Phnom Penh, Cambodia
Telephone/fax: 023-218 895

MAY 2005

SUPPORTED BY:

