

## PROXIMATE DETERMINANTS OF FERTILITY

This chapter presents data concerning the principal factors other than contraception that affect a woman's risk of becoming pregnant. These factors include marriage, sexual intercourse, postpartum amenorrhoea, abstinence from sexual relations, and termination of exposure to pregnancy. Marriage and the beginning of sexual activities are important indicators of exposure of women to the risk of pregnancy. Postpartum amenorrhoea and abstinence from sexual relations affect the length of birth intervals. It is therefore important to study these factors to understand fertility.

### 5.1 CURRENT MARITAL STATUS

In this report, the term "marriage" includes both formal and informal unions. Informal unions are those in which a man and a woman stay together intending to have a lasting relationship, even if a formal civil or religious ceremony has not been conducted. Table 5.1 presents the current marital status of eligible women and men at the time of the survey.

The upper panel of Table 5.1 shows the distribution of women according to their current marital status. The table shows that 23 percent of women 15-49 in Tanzania have never married; 66 percent are currently married; and 11 percent are either widowed, divorced, or no longer living together with a partner. As expected, the proportion of women who have never married declines sharply with age from 73 percent of women age 15-19 to less than 3 percent of those age 35 years and above. Thus, marriage is almost universal in Tanzania.

The proportion of women currently married increases with age up to 30-34 and then declines. As expected, the proportion of women who are widowed or divorced increases with age, while that of women who are no longer living together does not show a clear pattern.

The lower panel of Table 5.1 shows that 36 percent of men age 15-59 have never been married; 58 percent are currently married; and 5 percent are either widowed, divorced, or separated. Men tend to marry at older ages than women, which is why the overall proportion of men who have never married is higher than that of women (36 percent of men compared with 23 percent of women); however, the proportion who eventually marry is as high for men as for women. For example, the proportion never married among men decreases from 97 percent among teenage males to less than 1 percent among those in their late 40s, or about the same level as for women.

A comparison of these findings with those from the 1996 Tanzania Demographic and Health Survey shows little change in marital status over the past few years.

### 5.2 AGE AT FIRST MARRIAGE

In many societies, marriage is highly associated with fertility since it directly affects the risk of conception. Biologically, a woman has a given number of years in which she can give birth. If she spends all those years in marriage, she will produce more children than if she spends only part of the period in marriage. As such, early marriage tends to lead to early childbearing, resulting in higher fertility rates. Table 5.2 presents the percentage of women and men who have married by specific ages and the median age at first marriage according to current age.

Table 5.1 Current marital status

Percent distribution of women and men by current marital status, according to age, Tanzania 1999

Age	Current marital status						Number of Total women/men	
	Never married	Married	Living together	Widowed	Divorced	Not living together		
WOMEN								
15-19	72.8	22.2	2.8	0.2	0.7	1.4	100.0	909
20-24	22.7	59.7	8.1	1.3	3.0	5.2	100.0	811
25-29	8.0	72.8	9.4	2.3	2.9	4.7	100.0	749
30-34	4.3	75.0	8.0	3.2	5.4	4.0	100.0	490
35-39	2.5	70.0	9.7	5.3	5.8	6.6	100.0	456
40-44	1.0	70.4	9.7	7.4	6.0	5.6	100.0	299
45-49	0.8	72.8	6.8	11.5	5.3	2.8	100.0	315
Total	23.4	58.5	7.3	3.2	3.5	4.1	100.0	4,029
MEN								
15-19	96.5	2.2	0.2	0.0	0.9	0.3	100.0	790
20-24	66.9	24.9	4.5	0.4	1.6	1.8	100.0	540
25-29	19.6	69.4	4.2	0.0	2.0	4.9	100.0	546
30-34	5.6	79.3	10.7	0.3	0.4	3.8	100.0	371
35-39	6.9	84.0	1.6	1.6	2.4	3.5	100.0	445
40-44	1.9	84.5	3.4	1.7	5.3	3.2	100.0	219
45-49	0.8	85.7	5.2	1.7	3.5	3.1	100.0	259
50-54	0.5	90.4	2.8	1.3	2.1	2.8	100.0	201
55-59	0.0	87.0	3.4	4.7	0.6	4.3	100.0	171
Total	36.4	54.6	3.6	0.8	1.8	2.7	100.0	3,542

Overall, almost half of women marry before age 18 and two-thirds marry before age 20. Although the median age at first marriage appears to have risen from 17 among women age 45-49 to about 19 among women age 20-24, much of this increase could be because of recall error on the part of older respondents. Compared with the 1991-92 and 1996 TDHS results, the median age at first marriage for women has remained almost the same at slightly over 18 years.

Men marry considerably later than women. The median age at first marriage for men age 25-59 is 24, almost six years later than the median of 18 for women. Only 19 percent of men age 25-59 were married by age 20, compared with 69 percent of women age 25-49. Compared with the 1996 TDHS results, the median age at first marriage for men has declined by one year, from 25 to 24.

Table 5.3 shows the median ages at first marriage for women age 20-49 and 25-49 years and men age 25-59 years by selected background characteristics. In all age groups, urban women and men marry later than their counterparts in rural areas. The median age at first marriage for women in the Mainland is at least one year higher than in Zanzibar; for men, there is no difference in median age at marriage between the Mainland and Zanzibar.

As expected, age at first marriage increases with increasing level of education. Among women age 25-49, the median age at first marriage for those with no formal education is 16.7 compared with 18.9 years for those who completed primary education and 23.2 years for those with secondary education or higher.

Table 5.2 Age at first marriage

Percentage of women age 15-49 and men age 15-59 who were first married by selected exact ages, and median age at first marriage, according to current age, Tanzania 1999

WOMEN								
Current age	Percentage who were first married by exact age:					Percentage who had never married	Median age at first marriage	Number of women
	15	18	20	22	25			
15-19	3.9	NA	NA	NA	NA	72.8	a	909
20-24	6.4	39.3	61.8	NA	NA	22.7	19.0	811
25-29	9.7	42.4	62.5	79.2	90.1	8.0	18.8	749
30-34	9.9	44.9	68.2	81.8	88.8	4.3	18.5	490
35-39	14.3	49.8	66.7	80.8	91.6	2.5	18.0	456
40-44	22.1	61.2	78.9	87.3	92.7	1.0	16.8	299
45-49	18.2	57.5	76.9	85.3	92.7	0.8	17.3	315
Women 20-49	11.6	46.4	66.9	80.2	87.3	9.0	18.4	3,120
Women 25-49	13.4	48.9	68.7	82.0	90.8	4.2	18.1	2,309
MEN								
Current age	Percentage who were first married by exact age:					Percentage who had never married	Median age at first marriage	Number of men
	20	22	25	28	30			
25-29	15.3	32.5	66.8	NA	NA	19.6	23.4	546
30-34	21.9	33.9	60.1	77.7	88.8	5.6	23.8	371
35-39	15.9	29.9	58.1	75.0	80.1	6.9	24.3	445
40-44	19.2	31.9	53.1	76.1	86.9	1.9	24.3	219
45-49	22.1	35.7	57.6	75.4	83.6	0.8	24.0	259
50-54	17.7	35.3	66.1	78.8	88.2	0.5	23.1	201
55-59	23.1	46.2	65.2	81.2	86.6	0.0	22.5	171
Men 25-59	18.5	33.8	61.3	77.4	84.0	7.5	23.7	2,212

NA = Not applicable.

<sup>a</sup> Omitted because less than 50 percent of women in age group 15-19 were first married by age 15.

### 5.3 AGE AT FIRST INTERCOURSE

In many societies, age at first marriage is often used as a proxy for the onset of women's exposure to the risk of conception. However, this is not the case in Tanzania, as many women and men engage in sexual activities before marriage. As such, the 1999 TRCHS collected information on the age at which men and women had their first sexual intercourse. Table 5.4 presents the percentage of women and men who had sexual intercourse by selected exact ages and the median age at first sexual intercourse.

The upper panel of the table shows that the median age at first intercourse for women is just under 17 years, more than one year less than the median age at first marriage of about 18 (Table 5.2). By age 15, about 20 percent of women have had sexual intercourse and by age 18—the legal age at marriage—68 percent of women have had sexual intercourse, whereas only 46 percent of them have married. By age 20, 85 percent of women have had sexual intercourse, although only 67 percent have ever been married by that age.

Table 5.3 Median age at first marriage

Median age at first marriage among women age 20-49 years, by current age and selected background characteristics, and among men age 25-59 years by selected background characteristics, Tanzania 1999

Background characteristic	Current age						Women age 20-49	Women age 25-49	Men age 25-59
	20-24	25-29	30-34	35-39	40-44	45-49			
<b>Residence</b>									
Urban	a	19.5	19.1	18.5	17.1	17.8	19.5	18.8	24.9
Rural	18.2	18.5	18.3	17.9	16.7	17.1	18.0	18.0	23.3
<b>Mainland/Zanzibar</b>									
Mainland	19.0	18.8	18.5	18.1	16.8	17.4	18.4	18.1	23.7
Urban	a	19.6	19.1	18.6	17.2	17.9	19.5	18.8	24.9
Rural	18.2	18.5	18.4	18.0	16.7	17.1	18.0	18.0	23.3
Zanzibar	19.1	17.9	17.7	16.3	15.2	14.8	17.3	16.9	23.6
Pemba	18.7	16.8	17.3	16.7	15.5	15.2	17.0	16.5	22.4
Unguja	19.3	18.3	17.9	15.9	15.1	14.6	17.5	17.1	24.3
<b>Education</b>									
No education	17.3	18.2	16.6	16.5	16.1	16.8	16.8	16.7	23.0
Incomplete primary	17.9	17.6	17.5	18.4	17.2	17.5	17.7	17.6	23.0
Complete primary	19.4	18.8	19.0	19.2	17.9	(20.0)	19.0	18.9	23.8
Secondary+	a	24.3	23.5	21.7	(22.2)	*	a	23.2	a
Total	19.0	18.8	18.5	18.0	16.8	17.3	18.4	18.1	23.7

<sup>a</sup> Omitted because less than 50 percent of respondents in the age group had married before entering the group.

Note: Figures in parentheses are based on 25 to 49 respondents (unweighted); an asterisk indicates that a figure has been suppressed because it is based on fewer than 25 respondents.

The lower panel of Table 5.4 shows that men become sexually active later than women. The median age at first intercourse among men is about 18. On average men enter into marriage six years later than women, but they start sexual relations only about one year later than women. Whereas the median age at first intercourse has increased slightly from 16.2 years among women age 45-49 to 16.8 years among those age 25-29, that of men declined from 18.1 years among those age 55-59 to 17.5 years among those age 20-24 years.

Table 5.5 shows differentials in the median age at first intercourse by background characteristics for women age 20-49 years and men age 25-59 years. Irrespective of the age of the woman, the median age at first intercourse among urban women is slightly higher than that of their counterparts in rural areas. There is no apparent urban-rural difference for men.

Although the median age at first sexual intercourse is slightly higher among women in Zanzibar than for those in the Mainland, the difference is much larger among men. Men in Zanzibar initiate sex about three years later than men in the Mainland. With respect to education, women with secondary education or higher start sexual relations three years later than those with no formal education.

**Table 5.4 Age at first sexual intercourse**

Percentage of women and men who had sexual intercourse by selected exact ages and median age at first intercourse, according to current age, Tanzania 1999

	Percentage who had first intercourse by exact age:					Percentage who never had intercourse	Median age at first intercourse	Number of women/ men
Current age	15	18	20	22	25			
WOMEN								
15-19	14.5	NA	NA	NA	NA	47.4	a	909
20-24	16.5	65.4	85.6	NA	NA	6.2	a	811
25-29	18.0	66.0	83.2	91.0	94.3	1.1	16.8	749
30-34	16.2	63.4	82.8	86.2	88.8	0.8	16.9	490
35-39	22.1	71.8	86.4	93.0	94.9	0.3	16.3	456
40-44	32.9	74.1	88.8	93.1	95.8	0.0	16.0	299
45-49	21.9	70.7	86.3	91.4	95.8	0.0	16.2	315
Women 20-49	19.7	67.5	85.1	90.9	93.2	2.1	16.7	3,120
Women 25-49	20.9	68.3	84.9	90.7	93.6	0.6	16.6	2,309
MEN								
15-19	23.9	NA	NA	NA	NA	43.4	a	790
20-24	14.4	56.6	81.5	NA	NA	10.5	17.5	540
25-29	12.2	53.7	75.3	89.9	97.5	1.3	17.6	546
30-34	14.4	54.4	80.7	90.6	95.1	0.5	17.6	371
35-39	9.3	53.3	73.8	86.2	94.4	0.6	17.7	445
40-44	13.2	51.3	79.1	89.1	94.0	1.0	17.9	219
45-49	7.3	48.5	78.9	90.1	95.3	0.1	18.1	259
50-54	8.7	42.2	64.1	78.6	87.1	0.5	18.4	201
55-59	11.8	48.5	74.7	89.1	97.1	0.0	18.1	171
Men 25-59	11.2	51.4	75.7	88.1	94.9	0.7	17.9	2,212

NA = Not applicable.

<sup>a</sup> Omitted because less than 50 percent of respondents in the age group 15 to 19 were first married by age 15.

## 5.4 RECENT SEXUAL ACTIVITY

The frequency of sexual intercourse is closely related to the probability of pregnancy, especially where use of contraception is low or not commonly practiced. Therefore, information on recent sexual activity is a useful measure of exposure to pregnancy. However, not all women and men who have ever had sex are currently sexually active. Tables 5.6.1 and 5.6.2 present information on the level of sexual activity of women and men in the four weeks prior to the survey by background characteristics.

In the four weeks before the survey, 59 percent of women age 15-49 years were sexually active, 12 percent were practicing postpartum abstinence, 17 percent were abstaining for reasons other than having recently given birth, and 12 percent had never had sexual intercourse.

Table 5.5 Median age at first intercourse

Median age at first sexual intercourse among women age 20-49 years, by age group and background characteristics, and among men age 25-59 by background characteristics, Tanzania 1999

Background characteristic	Current age						Women age 20-49	Women age 25-49	Men age 25-59
	20-24	25-29	30-34	35-39	40-44	45-49			
<b>Residence</b>									
Urban	17.2	17.1	17.8	16.8	16.5	16.7	17.1	17.0	17.9
Rural	16.8	16.7	16.7	16.2	16.0	16.0	16.5	16.4	17.9
<b>Mainland/Zanzibar</b>									
Mainland	16.9	16.8	16.9	16.3	16.1	16.3	16.7	16.6	17.8
Urban	17.1	17.1	17.8	16.8	16.5	16.7	17.0	17.0	17.8
Rural	16.8	16.7	16.6	16.2	16.0	16.0	16.5	16.4	17.8
Zanzibar	18.8	17.7	17.9	16.3	15.5	14.8	17.2	16.8	21.0
Pemba	19.2	16.6	18.0	16.9	16.8	15.0	17.3	16.8	22.2
Unguja	18.5	18.1	17.8	15.9	15.1	14.7	17.2	16.8	20.5
<b>Education</b>									
No education	16.2	16.4	15.5	15.7	15.6	16.1	15.9	15.8	17.4
Incomplete primary	16.2	16.4	16.6	15.9	16.5	16.0	16.2	16.3	18.0
Complete primary	17.0	16.9	17.2	17.4	16.4	(17.8)	17.0	17.0	17.8
Secondary+	19.2	18.8	19.6	18.2	(18.3)	*	18.9	18.8	18.5
All men/women	16.9	16.8	16.9	16.3	16.0	16.2	16.7	16.6	17.9

Note: Figures in parentheses are based on 25 to 49 respondents (unweighted); an asterisk indicates that a figure has been suppressed because it is based on fewer than 25 respondents.

The proportion of women who are sexually active varies little by age, except that the youngest women are far less likely to be having sexual intercourse. As expected, the proportion of women who are sexually active is lower for women who have never been in union than for women who are currently in union. However, there is no appreciable decline in the proportion sexually active according to the duration of marriage, except among those married for 30 years or more.

The proportion of women who are sexually active is higher in the Mainland than in Zanzibar. Recent sexual activity appears to decline with increasing education; however, the pattern is not straightforward. The proportion of women who are sexually active is highest among women with no formal education and lowest for those with some secondary education. As expected, women who are using a contraceptive method are more likely to be sexually active than those who are not.

The proportion of women who have been abstaining for less than two years declines at older ages and at longer marital durations. Women in rural areas and those who are not using any form of contraception, as well as those who use periodic abstinence as a method of family planning, are more likely to be postpartum abstaining. The proportion of women who have been abstaining for reasons other than child birth is higher among women age 35-49 years and among women who have been married for more than 20 years.

Table 5.6.1 Recent sexual activity: women

Percent distribution of women by sexual activity in the four weeks preceding the survey, and among those not sexually active, the length of time they have been abstaining and whether postpartum or not postpartum, according to selected background characteristics and contraceptive method currently used, Tanzania 1999

Background characteristic/ contraceptive method	Sexually active in past 4 weeks	Not sexually active in past four weeks				Never had sex	Missing	Total	Number of women
		Abstaining (postpartum)		Abstaining (not postpartum)					
		0-1 years	2+ years	0-1 years	2+ years				
<b>Age</b>									
15-19	28.8	8.6	0.6	13.9	0.6	47.4	0.1	100.0	909
20-24	64.9	13.2	1.9	13.4	0.2	6.2	0.2	100.0	811
25-29	68.1	15.0	1.8	13.1	0.4	1.1	0.5	100.0	749
30-34	68.6	13.3	0.7	13.9	2.1	0.8	0.5	100.0	490
35-39	70.8	8.6	0.5	13.8	5.3	0.3	0.7	100.0	456
40-44	72.1	5.2	0.4	14.1	7.6	0.0	0.6	100.0	299
45-49	68.6	2.0	0.9	18.1	10.1	0.0	0.3	100.0	315
<b>Duration of union (years)</b>									
Never married	19.4	6.8	0.5	19.0	1.4	52.5	0.3	100.0	943
0-4	69.5	16.2	3.4	10.7	0.0	0.0	0.1	100.0	713
5-9	72.0	14.6	1.0	11.2	0.5	0.0	0.7	100.0	684
10-14	75.3	11.3	0.2	10.6	2.1	0.0	0.5	100.0	551
15-19	69.6	12.5	0.7	14.0	3.2	0.0	0.0	100.0	395
20-24	73.1	6.5	0.1	14.0	5.3	0.0	1.0	100.0	307
25-29	76.5	2.4	1.0	14.2	6.0	0.0	0.0	100.0	275
30+	57.5	3.5	0.7	22.0	15.6	0.0	0.7	100.0	161
<b>Residence</b>									
Urban	60.3	7.9	0.4	16.2	3.5	11.5	0.2	100.0	1,122
Rural	58.9	11.5	1.4	13.1	2.1	12.6	0.4	100.0	2,907
<b>Mainland/Zanzibar</b>									
Mainland	59.6	10.5	1.1	14.0	2.4	12.0	0.4	100.0	3,929
Urban	60.8	7.9	0.4	16.3	3.4	11.0	0.2	100.0	1,088
Rural	59.2	11.5	1.4	13.1	2.0	12.4	0.4	100.0	2,841
Zanzibar	45.1	9.4	1.3	13.2	5.9	24.7	0.5	100.0	100
Pemba	41.4	10.1	1.9	13.4	6.7	26.1	0.4	100.0	44
Unguja	48.0	8.9	0.8	13.0	5.2	23.6	0.6	100.0	56
<b>Education</b>									
No education	64.0	11.0	1.6	11.9	4.6	6.2	0.6	100.0	1,093
Incomplete primary	53.3	7.9	0.8	12.4	1.8	23.5	0.3	100.0	854
Complete primary	61.2	11.3	1.0	14.4	1.5	10.4	0.2	100.0	1,866
Secondary+	42.3	12.1	0.3	27.0	2.7	14.8	0.8	100.0	215
<b>Contraceptive method</b>									
No method	53.9	12.5	1.3	13.3	2.8	15.8	0.4	100.0	3,131
Pill	89.0	0.8	1.1	9.2	0.0	0.0	0.0	100.0	186
IUD	66.1	0.0	0.0	33.4	0.5	0.0	0.0	100.0	19
Sterilisation	76.3	0.0	0.0	13.4	10.4	0.0	0.0	100.0	62
Periodic abstinence	65.2	16.2	0.7	15.0	3.0	0.0	0.0	100.0	89
Other	77.3	3.0	0.0	19.1	0.4	0.0	0.3	100.0	543
Total	59.3	10.5	1.1	14.0	2.5	12.3	0.4	100.0	4,029

Table 5.6.2 Recent sexual activity: men

Percent distribution of men by sexual activity in the four weeks preceding the survey, according to selected background characteristics, Tanzania 1999

Background characteristic	Sexually active in past 4 weeks	Not sexually active in past 4 weeks	Never had sex	Total	Number of men
<b>Age</b>					
15-19	28.4	28.2	43.4	100.0	790
20-24	57.4	32.2	10.5	100.0	540
25-29	76.7	22.0	1.3	100.0	546
30-34	80.9	18.6	0.5	100.0	371
35-39	78.3	21.1	0.6	100.0	445
40-44	80.4	18.5	1.0	100.0	219
45-49	81.4	18.5	0.1	100.0	259
50-54	82.0	17.5	0.5	100.0	201
55-59	77.9	22.1	0.0	100.0	171
<b>Marital status</b>					
Never married	34.5	33.4	32.2	100.0	1,289
In union	84.1	15.9	0.0	100.0	2,063
Formerly married	56.2	43.8	0.0	100.0	190
<b>Residence</b>					
Urban	61.8	29.1	9.1	100.0	941
Rural	65.5	21.8	12.7	100.0	2,601
<b>Mainland/Zanzibar</b>					
Mainland	65.0	23.8	11.2	100.0	3,452
Urban	62.4	29.3	8.3	100.0	909
Rural	66.0	21.8	12.2	100.0	2,543
Zanzibar	46.8	22.3	30.9	100.0	90
Pemba	46.4	21.4	32.2	100.0	36
Unguja	47.1	22.9	30.1	100.0	55
<b>Education</b>					
No education	65.2	22.4	12.4	100.0	495
Incomplete primary	58.0	23.0	18.9	100.0	1,000
Complete primary	68.5	23.8	7.7	100.0	1,791
Secondary+	61.0	28.8	10.2	100.0	256
Total	64.6	23.7	11.7	100.0	3,542

Two-thirds of the men interviewed were sexually active in the four weeks before the survey. About one-quarter of the men interviewed had had sex, but not in the preceding four weeks, and 12 percent had never had sex. Sexual activity increases with age up to the late 20s and then remains remarkably constant. Men in union are much more likely to be sexually active (84 percent) than those who were formerly married (56 percent) or who have never been married (35 percent). As with women, men in Zanzibar are less likely than men in the Mainland to have had sex in the four weeks before the survey.



## 5.5 POSTPARTUM AMENORRHOEA, ABSTINENCE, AND INSUSCEPTIBILITY

For women who are not using contraceptives, exposure to the risk of pregnancy in the period after birth is influenced by two factors, namely, breastfeeding and sexual abstinence. Breastfeeding can prolong the postpartum protection from conception through its effect on the duration of amenorrhoea (the period after a birth prior to return of menses). Protection can also be prolonged by delaying the resumption of sexual relations. Women who are insusceptible are those who are not exposed to the risk of pregnancy either because they are amenorrhoeic or are still abstaining after a birth. Table 5.7 presents information on the percentage of women who gave birth in the three years prior to the survey and who are still amenorrhoeic, abstaining, and insusceptible. The data are grouped in intervals of two months to minimise fluctuations in the estimates.

Within the first two months of delivery, all women are insusceptible to the risk of pregnancy. By 4-5 months after birth, 79 percent of the women remain amenorrhoeic, and 85 percent are still insusceptible, but only 45 percent are abstaining from sexual relations. At 18-19 months postpartum, 31 percent remain amenorrhoeic, 20 percent are still abstaining, and 40 percent are insusceptible to pregnancy. The results show that the median duration of insusceptibility (either due to amenorrhoea or abstinence) for Tanzanian women is 15 months. The proportion of women experiencing postpartum insusceptibility falls from 100 percent in the period less than two months after birth to 66 percent at 10-11 months and to 15 percent among women who had a birth 22-23 months before the survey.

Table 5.8 shows the median duration of postpartum amenorrhoea, abstinence and insusceptibility by background characteristics for women who gave birth in the three years prior to the survey. Women age 30 years and older have a longer period of insusceptibility (18 months) than younger ones (14 months) due to longer periods of amenorrhoea. The period of amenorrhoea is considerably higher among rural women (13 months) than among their counterparts in urban areas (4 months). Differences between women in the Mainland and in Zanzibar are minimal.

Table 5.7 Postpartum amenorrhoea, abstinence, and insusceptibility

Percentage of births in the three years preceding the survey for which mothers are postpartum amenorrhoeic, abstaining and insusceptible, by number of months since birth, and median and mean durations, Tanzania 1999

Months since birth	Amenor-rhoeic	Abstaining	Insus-ceptible	Number of births
<2	97.0	93.5	100.0	102
2-3	75.4	68.0	92.5	130
4-5	78.7	45.3	85.2	111
6-7	62.8	32.6	70.5	118
8-9	61.8	33.4	69.8	111
10-11	54.1	21.3	65.8	112
12-13	51.9	14.3	58.8	83
14-15	41.1	24.9	52.9	141
16-17	28.1	18.2	41.3	115
18-19	30.5	19.6	39.5	107
20-21	17.5	13.5	26.5	99
22-23	12.3	3.6	14.8	105
24-25	6.3	9.7	14.3	99
26-27	5.3	9.4	10.5	121
28-29	6.4	2.1	8.4	107
30-31	1.8	5.6	7.4	125
32-33	5.5	0.9	6.4	126
34-35	2.7	3.6	6.2	88
Total	35.7	23.7	43.2	2,001
Median	12.0	4.4	14.7	-
Mean	13.0	8.7	15.7	-
Prevalence/incidence mean <sup>1</sup>	12.7	8.4	15.3	-

<sup>1</sup> The prevalence-incidence mean is defined as the number of children whose mothers are amenorrhoeic (prevalence) divided by the average number of births per month (incidence).

Postpartum amenorrhoea is inversely related to mother's education, decreasing from 14 months for women with no education to 11 months for women with secondary education and above. The median duration of insusceptibility for women with no education is 19 months, compared with 12 months for those with secondary education and above.

## 5.6 TERMINATION OF EXPOSURE TO PREGNANCY

The onset of infertility with increasing age reduces the proportion of women who are exposed to the risk of pregnancy. One indication of this reduced risk is the proportion of women who are menopausal. Table 5.9 presents data on menopause.

In this report, women are considered menopausal if they are neither pregnant nor postpartum amenorrhoeic, but have not had a menstrual period in the six months preceding the survey. As expected, the proportion of women who are menopausal increases with age from less than 3 percent for women age 30-34 years to 43 percent for women age 48-49 years.

**Table 5.8 Median duration of postpartum insusceptibility by background characteristics**

Median number of months of postpartum amenorrhoea, postpartum abstinence, and postpartum insusceptibility, by selected background characteristics, Tanzania 1999

Background characteristic	Median duration of postpartum:			Number of births
	Amenorrhoea	Abstinence	Insusceptibility	
<b>Age</b>				
<30	10.7	4.9	13.9	1,330
30+	14.0	3.8	17.9	671
<b>Residence</b>				
Urban	3.8	6.1	8.7	384
Rural	13.2	4.2	15.0	1,617
<b>Mainland/Zanzibar</b>				
Mainland	12.1	4.5	14.8	1,951
Urban	3.7	6.2	8.8	371
Rural	13.2	4.2	15.1	1,580
Zanzibar	11.2	3.6	11.5	50
Pemba	11.9	3.5	12.2	24
Unguja	9.3	3.7	10.7	26
<b>Education</b>				
No education	14.2	4.3	19.0	533
Incomplete primary	8.8	5.2	11.1	344
Complete primary	12.6	4.2	14.8	1,042
Secondary+	10.6	7.8	11.7	83
Total	12.0	4.4	14.7	2,001

Note: Medians are based on current status.

**Table 5.9 Menopause**

Indicators of menopause among women age 30-49, by age, Tanzania 1999

Age	Menopause <sup>†</sup>	
	Percent	Number
30-34	2.4	490
35-39	3.9	456
40-41	5.7	171
42-43	14.5	97
44-45	30.5	108
46-47	15.7	118
48-49	43.2	120
Total	10.1	1,560

<sup>†</sup> Percentage of all women who are not pregnant, not postpartum amenorrhoeic and whose last menstrual period occurred six or more months preceding the survey.