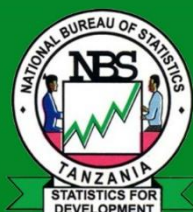




The United Republic of Tanzania

ANNUAL AGRICULTURAL SAMPLE SURVEY - AASS 2023/24 WOMEN'S EMPOWERMENT AND NUTRITION MODULE NATIONAL REPORT

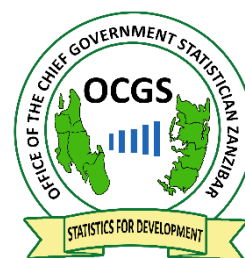


May, 2026



The United Republic of Tanzania

**ANNUAL AGRICULTURAL SAMPLE
SURVEY - AASS 2023/24
WOMEN'S EMPOWERMENT AND
NUTRITION MODULE
NATIONAL REPORT**



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TABLE OF CONTENT

List of Boxes	iii
List of Tables.....	iii
List of Figures	iv
Acknowledgment	vii
Acronyms and Abbreviations	viii
Structure of the Report	ix
CHAPTER 1	1
DESIGN AND IMPLEMENTATION OF THE WEN COMPONENT	1
1.1 Methodology	1
1.2 Sample Design	2
CHAPTER 2	3
WOMEN'S EMPOWERMENT	3
2.1 Background	3
2.2 Claiming Rights.....	5
2.2.1 Endorsement of Women's Freedom in Livelihood Choice	6
2.2.2 Endorsement of Women's Freedom in Family Formation.....	8
2.2.3 Rejection of Women's Subjection to Sexual Harassment.....	10
2.3 Making Choices	12
2.3.1 Influence Over Time Allocation	13
2.3.2 Influence on Spending Decisions	18
2.3.3 Influence on Own Health Decisions.....	21
2.4 Engaging in Society	25
2.4.1 Participation in Organizations.....	26
2.4.2 Leadership in Organizations.....	31
2.4.3 Confidence in Women's/Men's Community Engagement	37
2.5 Mobilizing Resources.....	43
2.5.1 Use of ICT	44
2.5.2 Use of Financial Services	47
2.5.3 Access to Credit	50
2.5.4 Property Ownership.....	51
2.6 Progress Towards SDG Indicator 5.a.1.....	55
2.7 Women Empowerment Score	58
2.7.1 Empowerment Results	58
2.7.2 Percentage of Disempowered People	61
CHAPTER 3	66
WOMEN'S DIETARY DIVERSITY	66
3.1 Background	66
3.2 Consumption of various food groups	67

3.3	Minimum Dietary Diversity for Women.....	69
3.4	Consumption of Other Food Groups Among Women	72
3.5	Consumption of Edible Insects, Other Small Protein Foods, and Red Palm Oil ...	74
3.6	Comparison of Dietary Diversity Indicators Between AASS-WEN 2023/24 and TDHS-MIS 2022	75
CHAPTER 4		77
RELATIONSHIPS BETWEEN EMPOWERMENT AND MDD-W.....		77
CHAPTER 5		82
ACHIEVEMENT AND CONCLUSIONS		82
5.1	Achievements and Lessons Learned.....	82
5.2	Conclusion and Policy Recommendations.....	83
APPENDICES		84
1:	Sampling Methodology	84
2:	Demographics	86
3:	WEMNS Stats	88
4:	MDD-W Stats	104
5:	SDG 5.a.1.....	108
6:	WEN Questionnaire.....	109
7:	List of Participants	116

List of Boxes

Box 1: Claiming Rights - Key Findings.....	5
Box 2: Making Choices - Key Findings	12
Box 3: Engaging in Society - Key Findings	25
Box 4: Mobilizing Resources - Key Findings.....	43
Box 5: Women Empowerment - Key Findings	58
Box 6: Women's Dietary Diversity – Key Findings	66
Box 7: Relationships Between Empowerment and MDD-W - Key Findings.....	77

List of Tables

Table 1: Distribution of the WEN Module Sampled Households by Respondent Group and Area	2
Table 2: Percentage of Women and Men Engaged in Different Types of Paid and Unpaid Activities in the Past Seven Days - National Level	13
Table 3: Percentage of Women and Men with a Lot of Influence in Time Spent on Specific Activities – National Level	14
Table 4: Participation in Organization by Type of Group (%).....	26
Table 5: Share of women and Men participating in Groups, Mainland Tanzania vs. Zanzibar (%).....	27
Table 6: Share of Women and Men in Group Membership, Disaggregated by Region and Residence (%).....	28
Table 7: Leadership in Organizations by Type of Group and Location (%)	32
Table 8: Leadership in Organizations by Type of Group and Urban–Rural Location (%).....	33
Table 9: Leadership in Organization by Type of Group and Zone (%).....	34
Table 10: Perceptions of Community Engagement and Leadership (in Percentage)	37
Table 11: Men Perception of Women's Community Engagement and Leadership (in Percentage).....	38
Table 12: Access to Financial Credit by Type of Institution and Geographic Area (in Percentage).....	51
Table 13: Property Ownership, Documentation and Perceived Tenure Security (in Percentage).....	53
Table 14: Regional Distribution of Property Ownership and Tenure Security (in Percentage).....	55
Table 15: Empowerment Results	59
Table 16: Headcount Ratios (% of respondents constrained in each indicator)	63
Table 17: MDD-W Distribution by Selected Background Characteristics	72
Table 18: Methodological Differences Between AASS-WEN 2023/24 and TDHS-MIS 2022	75

Table 19: Comparison Between TDHS-MIS 2022 and AASS-WEN 2023/24	76
Table 20: Mean Empowerment Scores by MDD-W Status (Women 18-64).....	77
Table 21: Correlation Between Empowerment Dimensions and MDD-W (Women 18-64)	78
Table 22: Percentage of Women Consuming Each Food Group by Empowerment Level.....	79
Table 23: Percentage of Women Consuming Other Foods by Empowerment Level.....	79
Table 24: Percentage of Women Consuming Small Proteins and Red Palm Oil by Empowerment Level.....	80

List of Figures

Figure 1: Conceptual Framework for Women's Domains.....	4
Figure 2: Percentage Distribution of Endorsement of Women's Freedom in Livelihood Choice by Residence.....	6
Figure 3: Percentage Distribution of Endorsement of Women's Freedom in Livelihood Choice by Zone	7
Figure 4: Percentage Distribution of Endorsement of Women's Freedom in Livelihood Choice by Education Level	7
Figure 5: Percentage Distribution of Endorsement of Freedom in Family Formation Choices by Residence.....	9
Figure 6: Percentage Distribution of Endorsement of Freedom in Family Formation by Zone	9
Figure 7: Percentage Distribution of Endorsement of Freedom in Family Formation Choices by Education Level	10
Figure 8: Percentage Distributing of Rejection of Women's Subjection to Sexual Harassment by Zone	11
Figure 9: Percentage of Influence Over Time Allocation at the National Level and by Mainland Tanzania /Zanzibar.....	15
Figure 10: Percentage of Influence Over Time Allocation by Place of Residence for Mainland Tanzania and Zanzibar	15
Figure 11: Percentage of Influence Over Time Allocation by Age Group	17
Figure 12: Percentage of Influence Over Time Allocation by Education Level.....	17
Figure 13: Percentage of Influence on Spending Decision by Geographical Location (National and Mainland Tanzania /Zanzibar)	18
Figure 14: Percentage of Influence on Spending Decision by Place of Residence for Mainland Tanzania and Zanzibar	19
Figure 15: Percentage of Influence on Spending Decision by Zone	20
Figure 16: Percentage of Influence on Spending Decision by Age Group	20
Figure 17: Percentage of Influence on Spending Decision by Education Level.....	21
Figure 18: Percentage of Influence on Own Health Decisions by Geographical Location (National and Mainland Tanzania /Zanzibar)	22

Figure 19: Percentage of Influence on Own Health Decisions by Place of Residence for Mainland Tanzania and Zanzibar	23
Figure 20: Percentage of Influence on Own Health Decisions by Zone.....	23
Figure 21: Percentage of Influence on Own Health Decisions by Age Group.....	24
Figure 22: Percentage of Influence on One's Own Health Decisions by Education Level	25
Figure 23: Percentage of Participation in At Least One Group by Zone	29
Figure 24: Percentage of Participation in At Least One Group by Age Group	30
Figure 25: Percentage of Participation in At Least One Group by Education Level	31
Figure 26: Percentage of Leadership in At Least One Group by Age Group	35
Figure 27: Percentage of Leadership in At Least One Group by Education Level	36
Figure 28: Percentage of Confidence in Community Engagement	39
Figure 29: Percentage of Levels of Confidence by Rural/Urban	40
Figure 30: Percentage of Levels of Confidence by Zone	41
Figure 31: Percentage of Levels of Confidence by Age Categories/Groups	42
Figure 32: Percentage of Levels of Confidence by Education Level.....	43
Figure 33: Percentage of ICT Use by Place of Residence for Mainland Tanzania and Zanzibar.....	45
Figure 34: Percentage of ICT Use by Zone	45
Figure 35: Percentage of ICT Use by Education Levels	46
Figure 36: Percentage of Financial Services Use by Place of Residence for Mainland Tanzania and Zanzibar	47
Figure 37: Percentage of Financial Services Use by Zone	48
Figure 38: Percentage of Financial Services Use by Age Groups	49
Figure 39: Percentage of Financial Services Use by Education Level.....	50
Figure 40: Percentage Distribution of Respondents Meeting the SDG 5.a.1 Indicator Threshold.....	56
Figure 41: Percentage Distribution of Respondents Meeting the SDG 5.a.1 Indicator Threshold by Zone.....	56
Figure 42: Percentage Distribution of Respondents Meeting the SDG 5.a.1 Indicator Threshold by Zone and Sex.....	57
Figure 43: Empowerment Score by Mainland Tanzania/Zanzibar.....	60
Figure 44: Empowerment Score – Zones Level.....	61
Figure 45: Contributions of Each Indicator to Disempowerment.....	64
Figure 46: Disempowerment by Mainland Tanzania/Zanzibar	64
Figure 47: Percentage of Disempowerment Headcount Ratio, by Zone	65
Figure 48: Percentage Distribution of Food Groups Eaten	68
Figure 49: Percentage Distribution of Food Groups Eaten by Place of Residence.....	69
Figure 50: Percentage of Women Meeting the Minimum Dietary Diversity by Location....	70
Figure 51: Percentage of MDD-W Distribution by Education Level	70

Figure 52: Percentage of MDD-W Distribution by Pregnancy and Breastfeeding Status
(Women 18-49)..... 71

Figure 53: Percentage Consumption of Other Foods by Location 73

Figure 54: Percentage Consumption of Insects, Other Small Protein Foods and Red
Palm Oil by Zone 74

Acknowledgment



We are honored to present the results of the Women's Empowerment and Nutrition (WEN), conducted as a dedicated module within the Annual Agricultural Sample Survey (AASS) 2023/24. This achievement reflects our joint commitment to building a statistical system that captures not only the economic dimensions of



agriculture but also the critical intersections of gender, nutrition, and food security.

The successful implementation of WEN was made possible through strong partnerships and generous support. We extend our sincere appreciation to the Food and Agriculture Organization of the United Nations (FAO) for its technical guidance, to the World Bank for its strategic support through the 50x2030 Initiative, and to the Bill & Melinda Gates Foundation for providing the financial resources that enabled the realization of this module. Their collaboration has been instrumental in ensuring that this work meets international standards while addressing Tanzania's specific development priorities.

We also acknowledge the dedicated efforts of the technical teams from the National Bureau of Statistics (NBS), the Office of the Chief Government Statistician (OCGS), the agriculture and community development sector lead ministries, nutrition sector institutions, and other stakeholders who worked tirelessly to ensure the quality and reliability of the data. We are grateful to the enumerators, supervisors, trainers, and all field staff whose commitment turned plans into action. Most importantly, we thank the households and communities across the country who opened their doors and shared their experiences, making it possible to produce evidence that truly reflects the realities of our people.

We believe the findings from the WEN module will serve as a valuable resource for policymakers, development partners, researchers, and civil society in designing gender-responsive and nutrition-sensitive strategies. Let this milestone inspire continued collaboration in using data to promote equity, health, and prosperity for all Tanzanians.



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Acronyms and Abbreviations

50x2030	50x2030 Initiative to Close the Agricultural Data Gap
AASS	Annual Agricultural Sample Survey
ARNS	African Region Nutrition Strategy
ASLMs	Agricultural Sector Lead Ministries
CAPI	Computer-Assisted Personal Interviewing
EA	Enumeration Area
FAO	Food and Agriculture Organization of the United Nations
FYDP III	Five-Year Development Plan III
GBV	Gender-Based Violence
GSARS	Global Strategy to Improve Agricultural and Rural Statistics
HDDS	Household Dietary Diversity Score
IDDS	Individual Dietary Diversity Score
IPV	Intimate Partner Violence
MDD-W	Minimum Dietary Diversity for Women
NBS	National Bureau of Statistics
MoCDGEC	Ministry of Community Development, Gender, Elderly and Children
MoCDGWSG	Ministry of Community Development, Gender, Women, and Special Groups
MoH	Ministry of Health
NCDs	Non-Communicable Diseases
NMNAP II	National Multisectoral Nutrition Action Plan II
OCGS	Office of the Chief Government Statistician
SDGs	Sustainable Development Goals
TFNC	Tanzania Food and Nutrition Centre
UN	United Nations
UDSM	University of Dar es Salaam
UDOM	University of Dodoma
WB	World Bank
WEN	Women's Empowerment and Nutrition
WHO	World Health Organization

Structure of the Report

The report is structured into four main chapters, beginning with an overview of the design and implementation of the Women's Empowerment and Nutrition (WEN) component and progressing through a detailed analysis of empowerment dimensions, dietary diversity, and their interlinkages.

Chapter 1 describes the *design and implementation* of the WEN component. It outlines the **methodology** used in data collection and analysis and presents details of the **sample design**. This chapter establishes the foundation for understanding how the data were collected and how the findings should be interpreted.

Chapter 2 focuses on *Women's Empowerment*, organized around four thematic sections that align with the key dimensions of empowerment measured through the WEN survey.

- The first section, **Claiming Rights**, explores attitudes toward women's autonomy and social freedoms. It includes subsections on the endorsement of women's freedom in livelihood choices, freedom in family formation, and rejection of women's subjection to sexual harassment.
- The second section, **Making Choices**, examines women's decision-making power across three areas: influence over time allocation, influence on spending decisions, and influence on their own health decisions. Each domain is further disaggregated by geographical area (Mainland Tanzania and Zanzibar, urban and rural), zone, age group, and education level.
- The third section, **Engaging in Society**, analyzes women's participation and leadership in organizations, as well as their confidence in community engagement. This section provides a detailed breakdown of participation patterns and confidence levels by region, locality, age, and education, offering insights into how empowerment manifests in collective and community contexts.
- The fourth section, **Mobilizing Resources**, focuses on women's access to and use of resources, including information and communication technologies (ICT), financial services, credit, and property ownership.

Chapter 3 shifts attention to women's *dietary diversity*, providing background information on the importance of dietary quality for women's health. It then analyzes consumption patterns across various food groups, the prevalence of minimum dietary diversity among women, and differences across regions and demographic groups. The chapter also includes

comparisons with national data from the **Tanzania Demographic and Health Survey (TDHS-MIS 2022)** to contextualize the WEN findings.

Chapter 4 concludes by examining the *relationships between women's empowerment and dietary diversity (MDD-W)*. It links the empowerment indicators from Chapter 2 with the nutrition outcomes discussed in Chapter 3, providing evidence on how empowerment dimensions such as decision-making, resource control, and community participation are associated with women's dietary quality.

Chapter 5 demonstrates that women's empowerment is a key structural determinant of household food and nutrition outcomes, rather than a peripheral social variable. The findings highlight the need to institutionalize gender and nutrition-responsive data systems and policies as a core component of Tanzania's development planning.

Together, these chapters provide a comprehensive understanding of women's empowerment and nutrition in Tanzania, integrating quantitative evidence, regional analysis, and policy-relevant insights to inform national and subnational action.

CHAPTER 1

DESIGN AND IMPLEMENTATION OF THE WEN COMPONENT

1.1 Methodology

The Women's Empowerment and Nutrition (WEN) module was implemented as an integral part of the Annual Agricultural Sample Survey (AASS) 2023/24. The methodology was designed to ensure nationally representative results, disaggregated by sex, location, and key socio-demographic characteristics. It follows international best practices while being tailored to the Tanzanian agricultural and socio-economic context.

The survey applied a cross-sectional design, using structured questionnaires administered through Computer-Assisted Personal Interviewing (CAPI) to ensure accuracy, consistency, and timeliness in data capture. Enumerators and supervisors received specialized training to strengthen their understanding of the indicators of women's empowerment, gender dynamics, and nutrition.

The WEN section covered both **Mainland Tanzania and Zanzibar**, targeting agricultural households within Enumeration Areas (EAs) selected under the AASS 2023/24 framework. The eligible population included women aged 18–64 years and men aged 18–64 years, enabling gender-disaggregated analysis of empowerment and nutrition domains.

Information collected included:

- Participation of women and men in paid and unpaid activities.
- Decision-making at household and individual levels, including time allocation, expenditure, and health-related choices.
- Awareness of rights, perceptions of gender-based violence, and autonomy in family formation and livelihood decisions.
- Access to and use of financial services, property ownership, credit, and information and communication technologies (ICT).
- Community participation, leadership, and confidence in civic engagement.
- Women's dietary diversity, assessed through a 24-hour recall of food group consumption.

Data were collected from all **26 regions of Mainland Tanzania** and **5 regions of Zanzibar**, covering both urban and rural areas.

1.2 Sample Design

The WEN questionnaire was administered to a sub-sample of agricultural households selected from the Annual Agricultural Sample Survey 2023/24. The sample was drawn from an estimated population of 17,677,467 agricultural households and was designed to produce representative and reliable estimates at the national level, which could be disaggregated for Mainland Tanzania and Zanzibar, and across urban and rural areas, nine geographical zones, and all 31 regions of Tanzania.

In total, the WEN module sample comprised 5,750 individuals, including 2,800 men and 2,950 women, as presented in Table 1. The sample design ensured gender balance and supported analysis by sex and age group, while allowing robust disaggregation across multiple levels of analysis. It is important to note that a total of 4,405 individuals (2,486 women and 1,919 men) were successfully interviewed. This reflects the subset of sampled households that completed the survey process, including those that accepted participation, had eligible members, had eligible members present at the time of the interview, and consented to respond to the WEN questionnaire, in Table 1. More details can be found in Appendix 1.

Table 1: Distribution of the WEN Module Sampled Households by Respondent Group and Area

Sub-sample	Respondent group	Mainland Tanzania	Zanzibar	Total	Sample description
Sub-sample A	Men aged 18–64 years	2,250	550	2,800	One man was randomly selected in each sampled household
Sub-sample B	Women aged 18–49 years and 50–64 years	2,400	550	2,950	One woman aged 18–49 years and one woman aged 50–64 years were randomly selected in each sampled household
Total sample		4,650	1,100	5,750	Total households covered by the WEN module

CHAPTER 2

WOMEN'S EMPOWERMENT

2.1 Background

Women's empowerment is the process of making strategic life choices in a context where these choices were previously denied. In 1995, the Beijing Declaration and Platform for Action set forth a global agenda on women's empowerment and gender equality. The 2015 adoption of the Sustainable Development Goals (SDGs) further solidified the universal importance of women's empowerment and gender equality in SDG 5. The adoption of SDG 5 also motivated the need for improved measurement of women's empowerment. Numerous metrics have been developed to consider the multidimensional nature of women's empowerment, yet many of these were sector-specific or too lengthy for inclusion in multi-topic surveys.

To address the need for a streamlined multidimensional measure of women's empowerment that is appropriate for nationally representative surveys, IFPRI, together with Oxford and Emory Universities and the World Bank, developed the Women's Empowerment Metric for National Statistical Systems (WEMNS). WEMNS can be applied to respondents regardless of age or livelihood strategy, and it uses the same methodological approach used in multidimensional poverty indices. It covers three domains of agency: intrinsic, instrumental, and collective, as well as agency-enabling resources, as illustrated in Figure 1. Each domain is comprised of three indicators. By embedding an empowerment metric into national statistical systems, countries can identify priority areas for interventions and generate evidence that informs inclusive policies and tracks progress toward gender equality over time.

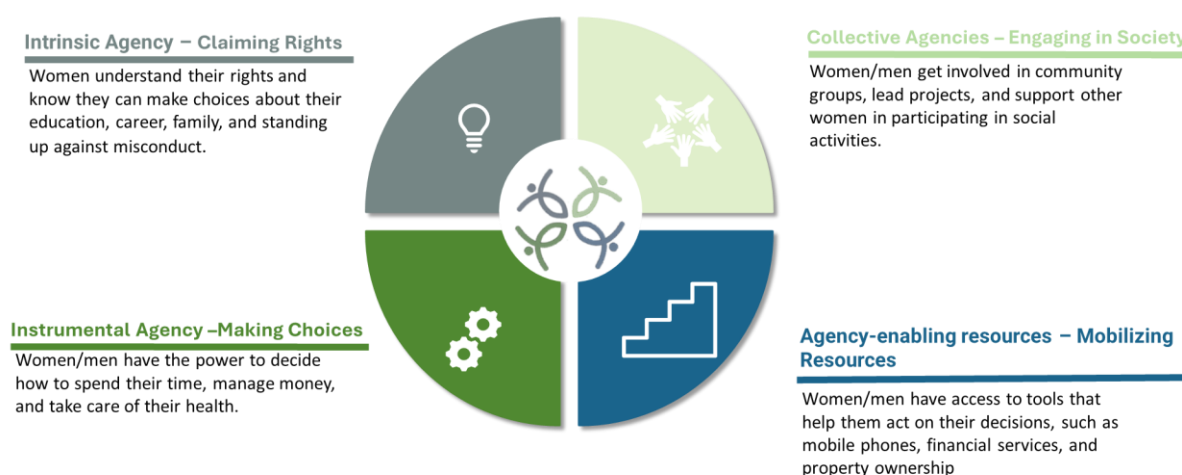
As illustrated in Figure 1, the concept of agency is structured around four key components that together determine women's ability to act upon their goals, make strategic life choices, and participate meaningfully in society.

1. **Intrinsic Agency – Claiming Rights:** This domain captures women's internal consciousness of their rights. It includes their perceived right to make decisions about livelihoods and family formation, as well as their belief in the right to be free from sexual harassment and any form of coercion that restricts personal choices. Intrinsic agency forms the foundation of other forms of agency.

2. **Instrumental Agency – Making Choices:** Instrumental agency is the power to make strategic decisions. It includes women's influence over time use, household spending, and personal health decisions, representing their ability to act on their preferences in day-to-day life.
3. **Collective Agency – Engaging in Society:** Beyond the individual focus, collective agency is the power gained from bringing multiple individuals together. It includes involvement and leadership in organizations, as well as support for women's and men's community engagement.
4. **Agency-Enabling Resources – Mobilizing Resources:** This component highlights the foundational resources for supporting strategic decisions. Key enabling factors include access to and use of information and communication technologies (ICT), financial services and credit, and secure property rights. These resources are critical for enabling and sustaining empowerment.

By integrating these four domains, the framework provides a comprehensive lens through which women's agency can be assessed, promoted, and strengthened within development programs. It reflects the understanding that true empowerment involves both internal capabilities and external opportunities.

Figure 1: Conceptual Framework for Women's Domains



Not all domains of WEMNS are applicable to both men and women. While women are assessed across all four domains, the domain on claiming rights is specific to women and is therefore not collected for men. Following the conceptual framework above, this chapter presents the results of the analysis on women's empowerment, highlighting patterns across different domains and population subgroups.

2.2 Claiming Rights

Box 1: Claiming Rights - Key Findings

- **Freedom in Livelihood Choices**
 - Only 26% of women nationally affirmed that women should have the freedom to make their own livelihood decisions. Endorsement was far higher in Zanzibar (44.9%) than on the Mainland Tanzania (23.0%).
 - Regional extremes: Southern Zone (49.0%) vs. Lake Zone (11.6%).
 - Differences by age and literacy were minimal, while education showed a non-linear pattern, with the lowest support among women with incomplete primary education (25.5%).
- **Freedom in Family Formation Choices**
 - Nationally, 34.1% of women supported women's autonomy in family formation. Support was slightly higher on the Mainland Tanzania (32.8%) than in Zanzibar (25.0%), and consistently greater in urban than rural areas.
 - Regional extremes: Southern Zone (70.2%) and Eastern Zone (57.4%) vs. Lake Zone (18.5%).
 - Education showed a U-shaped trend: women with no schooling (65.2%) and those with secondary or higher education (66.0%) reported greater support than women with primary education (54.6%).
- **Rejection of Sexual Harassment**
 - Just over half of women (54.6%) rejected all forms of harassment. The proportion was 74.9% in Zanzibar compared with 53.7% on the Mainland Tanzania. Urban women were slightly more likely than rural women to reject harassment (62.0% vs. 57.8%).
 - Regional extremes: Zanzibar (74.9%), Western (67.1%), Northern (62.8%) vs. Southern Highlands (37.3%).
 - Awareness was highest among women with no schooling (65.2%) and those with secondary or higher education (66.0%), but lowest among women with completed primary education (54.6%).

Intrinsic agency forms the foundation of women's empowerment. It refers to women's internal recognition of their rights and their belief in the legitimacy of exercising them. Without this awareness, other forms of agency, such as decision-making power in households or communities, cannot be fully realized.

In the WEMNS framework, *claiming rights* is captured through three indicators:

- **Endorsement of women's freedom in livelihood choices**, such as the right to work for pay, complete schooling, or own property.
- **Endorsement of women's freedom in family formation choices**, including the ability to marry, divorce, or decide on childbearing.
- **Rejection of women's subjection to sexual harassment**, which reflects women's awareness that such treatment is unacceptable under any circumstances.

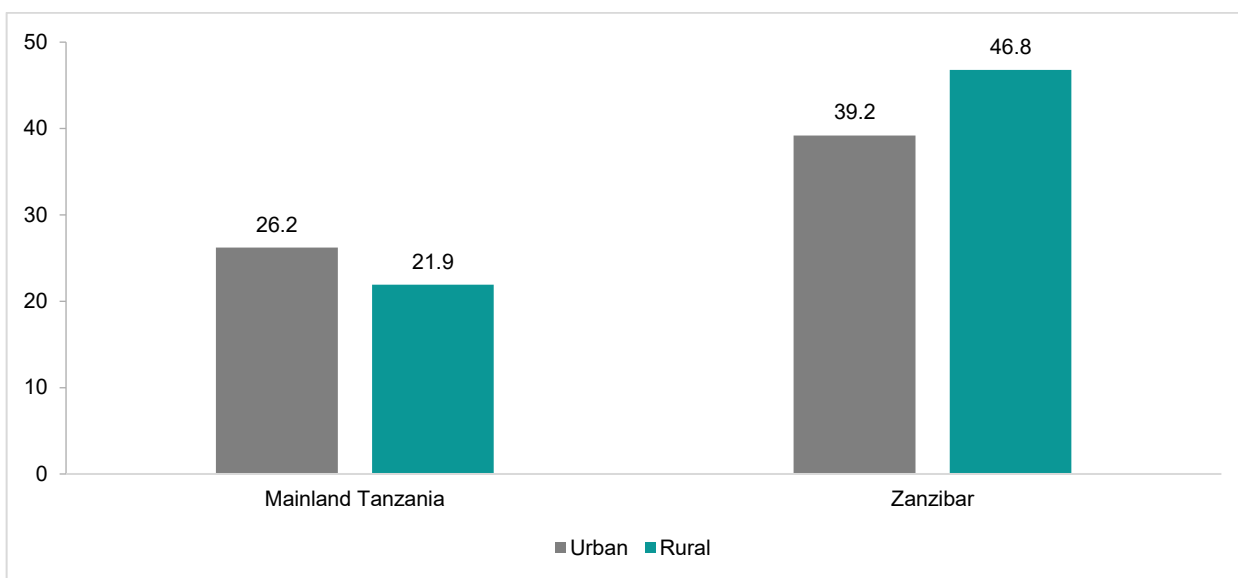
Together, these indicators assess whether women view themselves as entitled to fundamental freedoms in their personal, economic, and social lives.

2.2.1 Endorsement of Women's Freedom in Livelihood Choice

The indicator on women's freedom in livelihood choices was constructed by asking women whether they fully agreed with five statements reflecting autonomy in key life and economic decisions. These statements referred to the freedom to complete secondary school, to work for pay, to prioritize paid work over domestic responsibilities, to decide how to use one's own income, and to purchase land, housing, or other major assets. Women who fully agreed with all five statements were classified as endorsing women's freedom in livelihood choices.

Results show that in Mainland Tanzania, just over one-quarter of women (26.0%) affirmed that women should have the freedom to make their own livelihood choices. This overall figure, however, conceals sharp geographical contrasts. In Zanzibar, nearly half of women (44.9%) endorsed this freedom, compared to only 23.0 percent in Mainland Tanzania (Source: Annex Table (A 4) in Statistical Tables of AASS-WEN 2023/24).

Figure 2: Percentage Distribution of Endorsement of Women's Freedom in Livelihood Choice by Residence

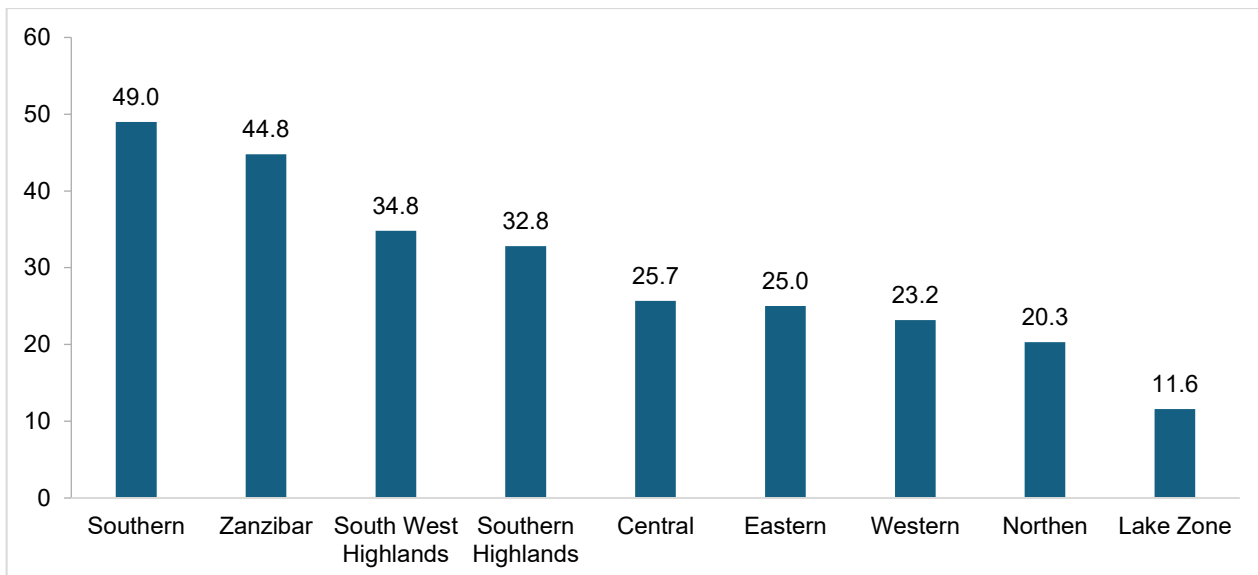


Source: Annex Table (A 4) in Statistical Tables of AASS-WEN 2023/24

Within Mainland Tanzania, endorsement was modestly higher in urban areas (26.2%) than in rural areas (21.9%), while in Zanzibar the opposite was true: rural women (46.8%) reported stronger support than their urban counterparts (39.2%).

Regional patterns add further nuance. The Southern Zone stood out with the highest level of endorsement (49.0%), followed by the South West Highlands (34.8%). At the other end of the spectrum, the Lake Zone recorded the lowest endorsement, with only one in ten women (11.6%) supporting women's freedom in livelihood choices (Figure 3).

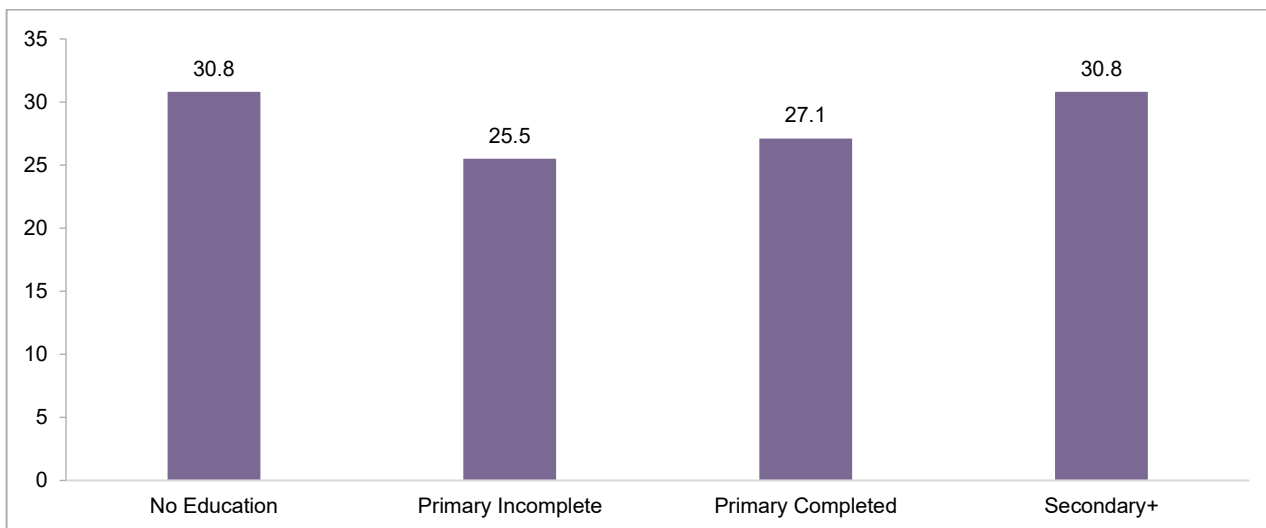
Figure 3: Percentage Distribution of Endorsement of Women's Freedom in Livelihood Choice by Zone



Source: Annex Table (A 4) in Statistical Tables of AASS-WEN 2023/24

When examining socio-demographic characteristics, endorsement rates were remarkably stable across both age groups and literacy levels. For example, endorsement ranged only slightly from 27.3 percent among older women (55–64 years) to 29.2 percent among those aged 45–54, while non-literate women (30.1%) and literate women (27.6%) reported very similar views. Education levels revealed a more complex picture: women with no formal education and those with secondary or higher education reported nearly identical endorsement (30.8%), while the lowest support came from women with incomplete primary education (25.5%).

Figure 4: Percentage Distribution of Endorsement of Women's Freedom in Livelihood Choice by Education Level



Source: Annex Table (A 4) in Statistical Tables of AASS-WEN 2023/24

Regarding education level, the findings presented in Figure 4 show that women with no formal education and those with secondary or higher education reported the same level of endorsement (30.8%). The lowest endorsement was observed among women with incomplete primary education (25.5%).

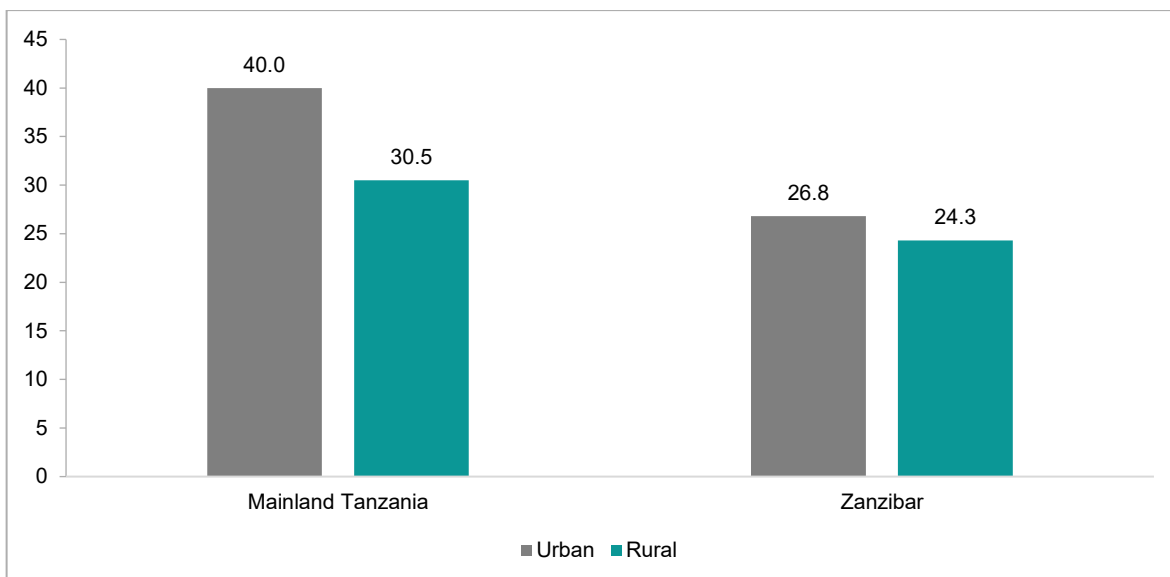
In summary, the findings on women's freedom in livelihood choices show that support remains limited overall, with only about one in four women affirming these rights. However, the averages conceal strong spatial differences: women in Zanzibar, and particularly in its rural areas, reported far higher levels of support than women in Mainland Tanzania. Endorsement was also concentrated in specific zones, such as the South and South West Highlands, while women in the Lake Zone reported extremely low levels, underscoring uneven progress across the country. Socio-demographic differences were less pronounced. Endorsement varied little by age or literacy, and education showed a non-linear pattern, with both uneducated women and those with higher education reporting similar levels, while those with incomplete primary schooling reported the lowest. These results suggest that women's perceptions of autonomy in livelihood choices are shaped more by geography and local norms than by individual characteristics, highlighting the importance of targeted, context-specific strategies to promote gender equality in economic life.

2.2.2 Endorsement of Women's Freedom in Family Formation

The indicator on women's freedom in family formation was based on four statements asked of women regarding whether they felt free to marry, to divorce or end a relationship, to have children, or to decide not to have any more children. A woman was considered unconstrained if she fully agreed with all four statements.

At the national level, 34.1 percent of women endorsed women's right to make their own family formation choices. This proportion was slightly lower in Mainland of Tanzania (32.8%) than in Zanzibar (25.0%). Urban women were more likely to support such freedoms than rural women (36.7% versus 29.0%). In mainland Tanzania, the difference was 40.0 percent in urban areas compared with 30.5 percent in rural areas; in Zanzibar, endorsement was also higher among urban women (26.8%) than among rural women (24.3%).

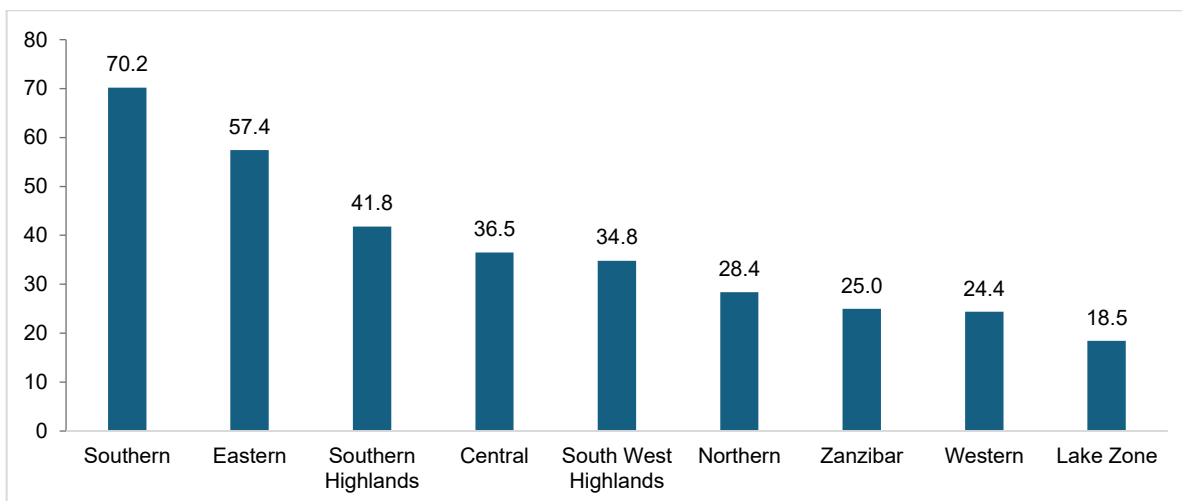
Figure 5: Percentage Distribution of Endorsement of Freedom in Family Formation Choices by Residence



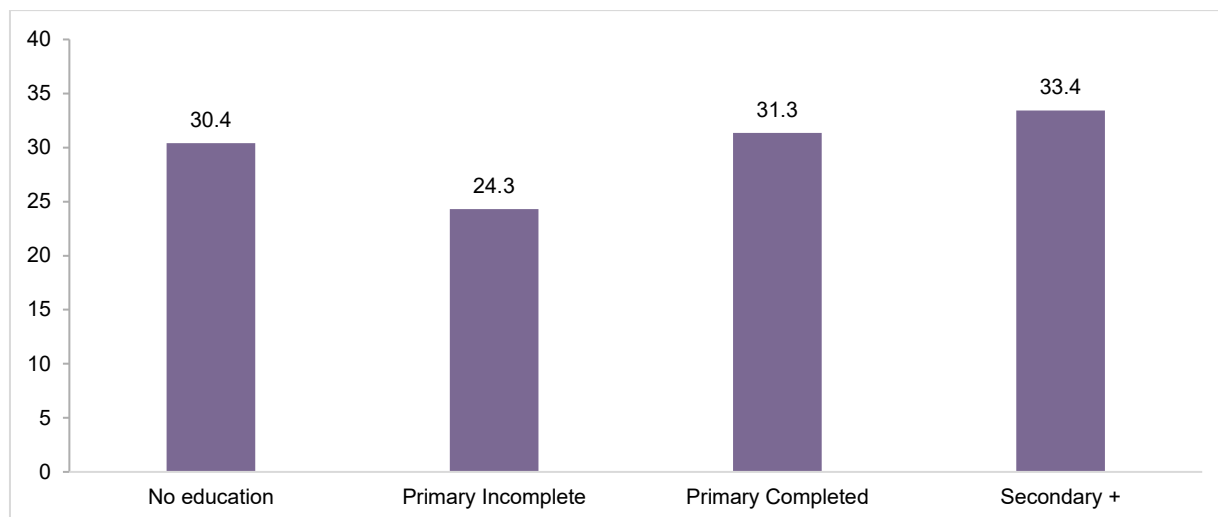
Source: Annex Table (A 4) in Statistical Tables of AASS-WEN 2023/24

Regional patterns were striking. The Southern Zone reported the highest level of support (70.2%), followed by Eastern Zone (57.4%). By contrast, the Lake Zone (18.5%) and Western Zone (24.4%) recorded the lowest levels, underscoring wide geographic disparities in attitudes toward women’s autonomy in family life.

Figure 6: Percentage Distribution of Endorsement of Freedom in Family Formation by Zone



Source: Annex Table (A 4) in Statistical Tables of AASS-WEN 2023/24

Figure 7: Percentage Distribution of Endorsement of Freedom in Family Formation Choices by Education Level

Source: Annex Table (A 4) in Statistical Tables of AASS-WEN 2023/24

Overall, the findings indicate that while one in three women in Tanzania supports women's freedom in family formation, attitudes remain far from universal and vary considerably across regions and socio-demographic groups. Support is strongest in the Southern and Eastern Zones, where endorsement is above 50 percent, but is very low in the Lake and Western Zones, pointing to entrenched social norms that continue to restrict women's autonomy. The urban–rural divide further highlights how context shapes women's perceptions of choice, with urban women consistently more supportive than rural women. Interestingly, the relationship with education is not linear: women with no formal education and those with secondary education or higher reported higher levels of support than women with partial or completed primary education. Taken together, these results underscore both progress and persistent challenges, suggesting that policy and advocacy efforts need to be tailored to local contexts and should address the social and cultural barriers that continue to limit women's autonomy in family life.

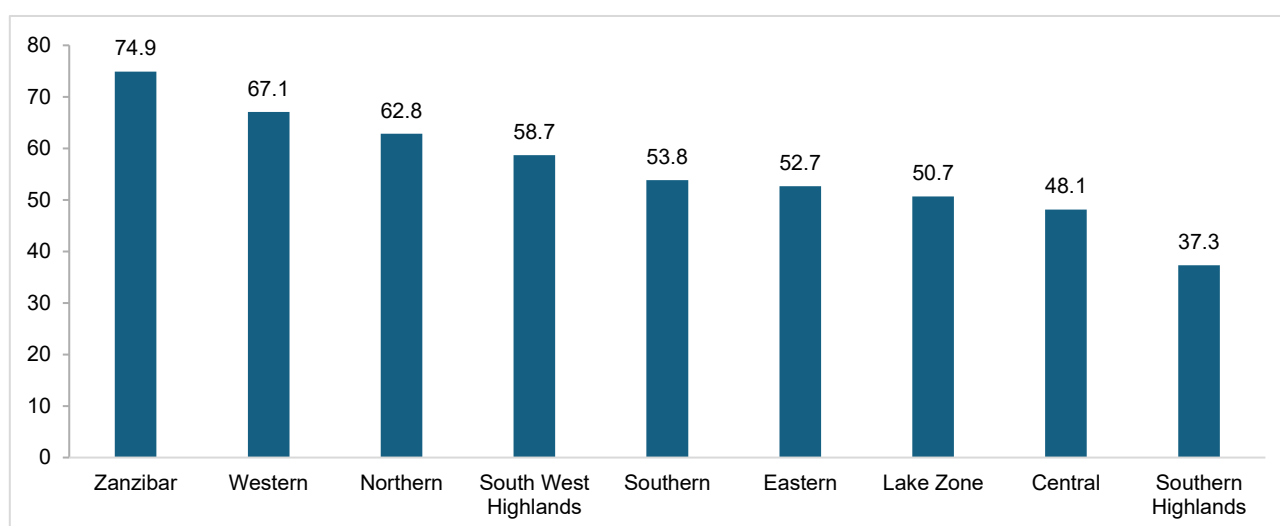
2.2.3 Rejection of Women's Subjection to Sexual Harassment

The indicator on rejection of women's subjection to sexual harassment was constructed by asking women aged 18–64 whether they considered five specific situations to be “never acceptable”. These included: being treated as lesser because of sex, being prevented from performing certain types of work, being subjected to rumors about their sexual lives, receiving unwanted romantic or sexual advances, and being offered work-related benefits in exchange for sexual favors. A woman was classified as aware if she rejected all five situations.

Nationally, 54.6 percent of women rejected all forms of harassment. In Mainland Tanzania, the proportion was 53.7 percent, compared with 74.9 percent in Zanzibar. Urban women reported slightly higher rejection (62.0%) than rural women (57.8%). In Mainland Tanzania, urban women stood at 58.3 percent compared with 52.3 percent in rural areas. In Zanzibar, the figures were 73.2 percent in urban areas and 75.5 percent in rural areas.

Marked regional disparities were observed. The highest levels were recorded in Zanzibar (74.9%), the Western Zone (67.1%), and the Northern Zone (62.8%), while the Southern Highlands (37.3%) reported the lowest value, underscoring persistent differences across the country (Figure 8).

Figure 8: Percentage Distributing of Rejection of Women's Subjection to Sexual Harassment by Zone



Source: Annex Table (A 4) in Statistical Tables of AASS-WEN 2023/24

Awareness of women's right to reject sexual harassment was relatively consistent across age groups. The highest level was reported among women aged 55–64 (61.0%), suggesting that life experience may strengthen awareness, while the lowest was observed among women aged 45–54 (56.7%)

Education showed more variation: women with secondary education or above (66.0%) and those with no formal education (65.2%) reported the highest rejection rates, while those who had completed primary education showed the lowest (54.6%). Similarly, non-literate women (63.4%) reported higher rejection rates than literate women (57.3%).

Overall, the results suggest that awareness of women's right to reject sexual harassment is relatively stable across age groups but varies more clearly by education, literacy, and household context. The high levels of awareness among women with no formal schooling, alongside those with higher education, could point to the influence of both lived experience and exposure to information in shaping attitudes. At the same time, the relatively low levels

among women with only primary education highlight a potential gap where interventions may be needed. Household relationships also play a role, with women living under the authority of grandparents or extended relatives showing greater awareness, while those in households headed by parents or spouses report lower levels. These findings underscore the importance of tailoring awareness-raising and protective measures not only by region but also across different educational and household settings.

2.3 Making Choices

Box 2: Making Choices - Key Findings

- **Overall:** Women show strong influence over unpaid domestic roles and health decisions, while men dominate financial decision-making. Gaps vary significantly across regions, between urban and rural settings, and across life stages, underscoring the uneven nature of women's ability to make choices.
- **Influence Over Time Allocation**
 - Nationally, women are slightly more likely than men to report strong influence (43.3% vs. 39.4%).
 - Regional extremes: Southern Zone (56.9% women vs. 38.1% men) vs. Western Zone (24.6% women vs. 48.1% men).
 - Women's influence is stronger in urban areas and during mid-life (45–54), while men dominate in rural Zanzibar and at older ages (55–64)
- **Influence on Large Spending Decisions**
 - Nationally, men hold more decision-making power (54.8% vs. 39.6% of women).
 - Regional extremes: Southern Zone (77.4% women vs. 65.8% men) vs. Western Zone (26.4% women vs. 52.4% men).
 - Men dominate across most contexts, especially on the Mainland Tanzania and in rural areas; women gain more ground in urban Zanzibar and with higher education.
 - Gaps are widest during working years (30–44).
- **Influence on Own Health Decisions**
 - Both sexes report high autonomy, though men maintain a modest advantage nationally (68.7% vs. 65.0%).
 - Regional extremes: Southern Highlands (84.0% women vs. 82.8% men) and Southern Zone (83.1% women vs. 77.3% men) vs. Western Zone (42.7% women vs. 70.2% men).
 - Women report greater influence in urban areas and in mid-life (45–54), while men dominate in rural areas, the Western and Lake Zones, and at younger/older ages.
 - Education increases autonomy for both sexes, with women surpassing men in the "Other" category (78.1% vs. 71.2%).

Instrumental agencies refer to women's ability to exercise power in their daily lives by making and acting upon strategic decisions. Whereas claiming rights captures awareness and endorsement of fundamental freedoms, making choices reflects how women apply this awareness in practice, influencing decisions within their households and over their own time, resources, and bodies.

This domain includes indicators on women's influence over:

- Time allocation, balancing productive, domestic, and personal responsibilities;

- Household spending, including the use of income and management of expenditures; and
- Personal health decisions that reflect women's autonomy in choices that affect their well-being.

By focusing on these aspects of day-to-day decision-making, the Making Choices domain measures whether women can convert rights into real agency. It highlights not only the extent of women's influence in their households but also the gaps where men continue to dominate decision-making.

2.3.1 Influence Over Time Allocation

To better understand the context of time-use decision-making, it is helpful to examine how women and men actually allocate their time across key household and productive activities.

Table 2: Percentage of Women and Men Engaged in Different Types of Paid and Unpaid Activities in the Past Seven Days - National Level

	HH Duties	Caring for HH Members	Going to market to purchase essential items	Non-Agricultural Work Activities	Commercial Agricultural Production	Agricultural Production for HH Consumption
Women	97.4	91.0	64.9	38.1	39.5	54.3
Men	50.7	57.1	47.5	58.8	58.9	65.7

Source: Annex Table (A 5) in Statistical Tables of AASS-WEN 2023/24

The data show a clear gendered division of roles within households. Women overwhelmingly take responsibility for household duties (97.4%) and caring for household members (91.0%), while men's participation in these tasks is far lower (50.7% and 57.1%, respectively). Women are also more engaged than men in going to the market to purchase essential items (64.9% compared to 47.5%), reflecting their central role in managing household needs. By contrast, men are more active in income-generating work, both in non-agricultural activities (58.8% versus 38.1%) and in commercial agricultural production (58.9% versus 39.5%). Agricultural production for household consumption is shared more evenly, with both men (65.7%) and women (54.3%) contributing significantly, though men remain slightly more involved. Overall, these patterns highlight how women disproportionately shoulder the unpaid domestic and caregiving workload, while men dominate more remunerative activities.

Table 3: Percentage of Women and Men with a Lot of Influence in Time Spent on Specific Activities – National Level

	Household (HH) Duties	Caring for HH Members	Going to market to purchase essential items	Non-Agricultural Work Activities	Commercial Agricultural Production	Agricultural Production for HH Consumption
Women	56.2	55.2	39.4	25.8	25.9	35.4
Men	25.6	30.9	26.4	32.9	35.9	39.6

Source: Annex Table (A 5) in Statistical Tables of AASS-WEN 2023/24

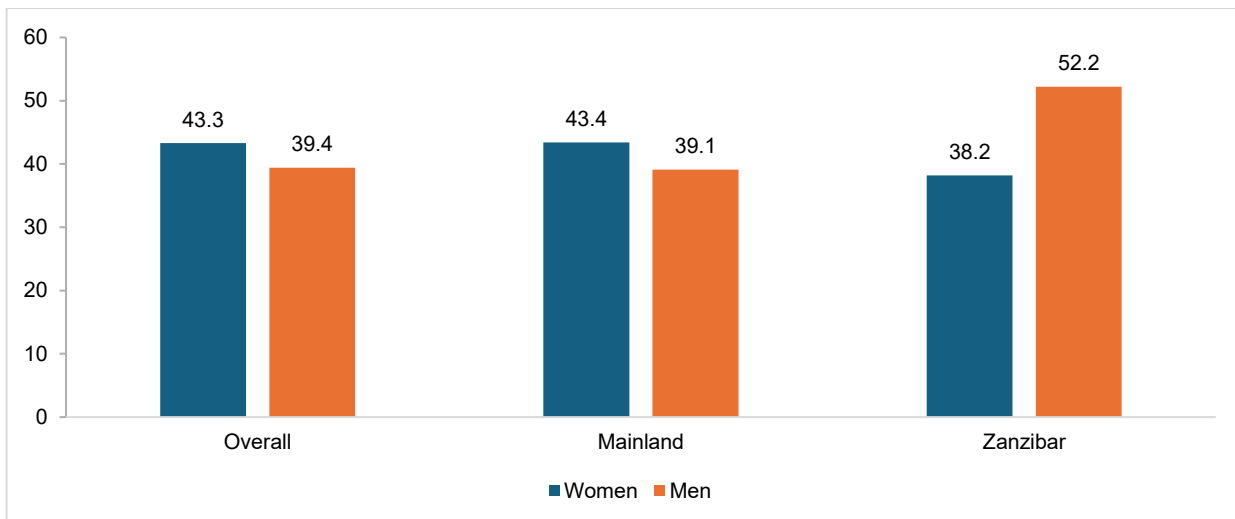
The data on influence over time spent in these activities reinforce the gendered division of roles. Women report substantially greater influence in household duties (56.2%) and caregiving (55.2%) than men (25.6% and 30.9%, respectively), reflecting their primary responsibility in these domains. Women also retain higher influence in market-related tasks (39.4% compared with 26.4% for men), consistent with their role in managing essential household purchases. In contrast, men exercise more influence over time allocation in income-generating activities, particularly in non-agricultural work (32.9% versus 25.8% for women) and commercial agricultural production (35.9% versus 25.9%). For agricultural production geared toward household consumption, influence is relatively balanced, though men hold a slight advantage (39.6% against 35.4%). Overall, women dominate decision-making in unpaid domestic and caregiving tasks, while men exert greater control over productive and income-oriented activities.

The results highlight a clear gendered division of roles. Women dominate household duties, caregiving, and essential purchases, and they also hold more influence over time spent on these tasks. Men are more engaged and influential in income-generating activities, particularly non-agricultural work and commercial farming. Agricultural production for household consumption is shared, though men remain slightly more involved. Overall, women bear a dual burden of unpaid domestic responsibilities alongside limited but important participation in productive work.

2.3.1.1 Results by Mainland Tanzania and Zanzibar

Figure 9 shows the share of individuals reporting that they had *a lot of influence over the time spent* in the activities they participated in, disaggregated by sex and location. At the national level, women (43.3%) are slightly more likely than men (39.4%) to report high influence. This pattern holds in Mainland Tanzania, where 43.4% of women versus 39.1% of men report a strong influence. However, in Zanzibar, the trend reverses: men (52.2%) are significantly more likely than women (38.2%) to report having a lot of influence. These results suggest that while women tend to have a greater reported influence nationally and in Mainland Tanzania, men in Zanzibar exercise more control over how their time is allocated.

Figure 9: Percentage of Influence Over Time Allocation at the National Level and by Mainland Tanzania /Zanzibar

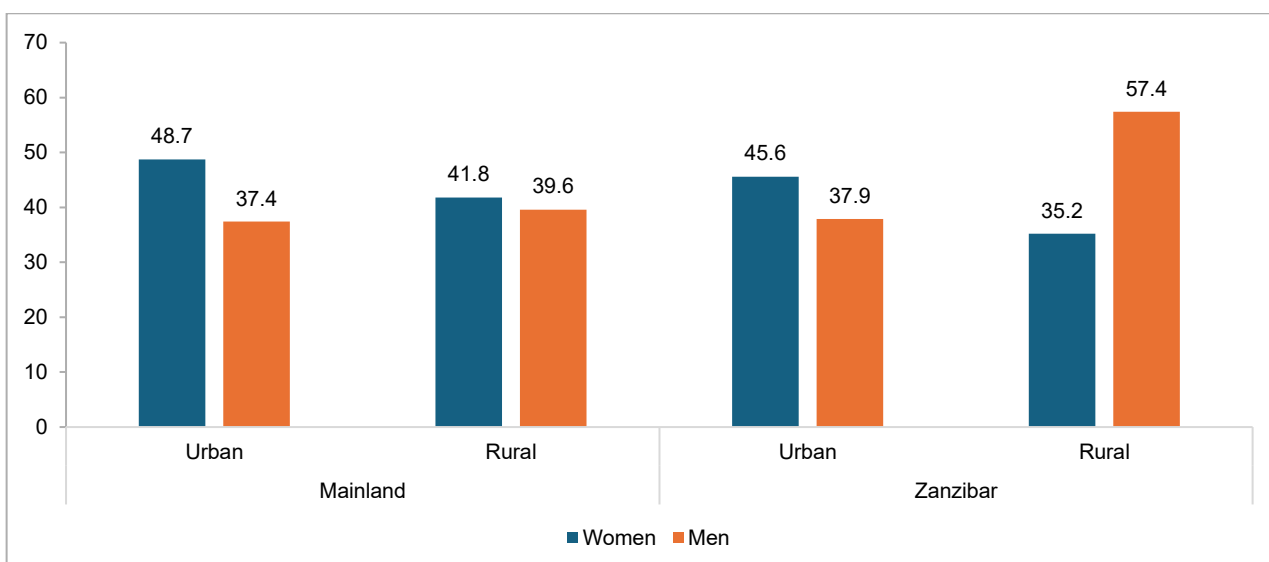


Source: Annex Table (A 5) in Statistical Tables of AASS-WEN 2023/24

2.3.1.2 Results by Place of Residence for Mainland Tanzania and Zanzibar

When disaggregated by urban–rural location, distinct patterns emerge between Mainland Tanzania and Zanzibar. In Mainland Tanzania, women report greater influence in both urban (48.7%) and rural (41.8%) areas compared to men (37.4% and 39.6%, respectively). In Zanzibar, however, the picture is different. In urban areas, women (45.6%) still report higher influence than men (37.9%), but in rural Zanzibar, men are far more likely to report having a lot of influence (57.4%) compared to women (35.2%). These findings suggest that women generally have stronger influence over time allocation in urban settings, particularly in Mainland Tanzania, whereas men dominate decision-making in rural Zanzibar.

Figure 10: Percentage of Influence Over Time Allocation by Place of Residence for Mainland Tanzania and Zanzibar



Source: Annex Table (A 5) in Statistical Tables of AASS-WEN 2023/24

2.3.1.3 Results by Zone

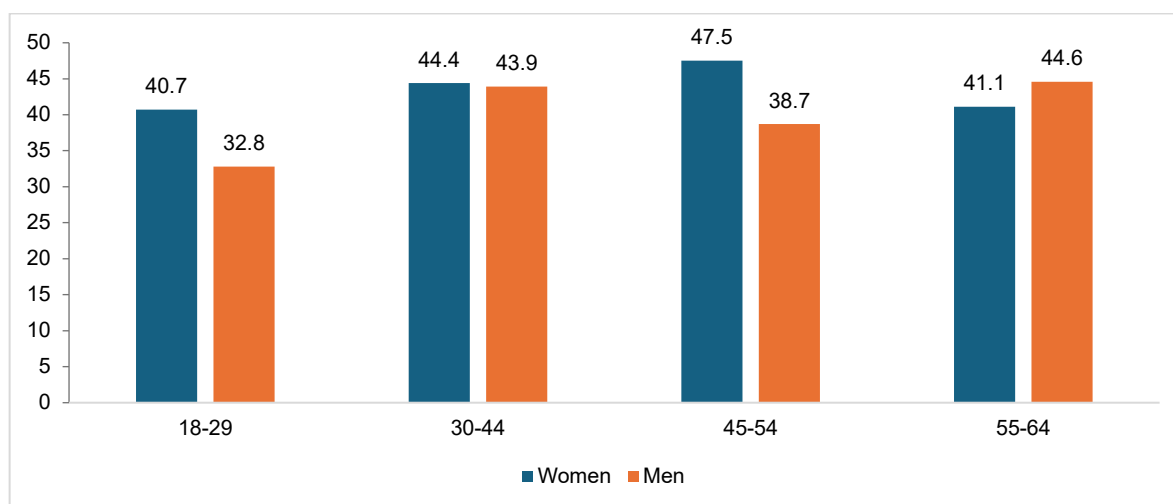
Regional patterns of influence over time allocation vary considerably across Tanzania. In the Western zone, men (48.1%) are more likely than women (24.6%) to report strong influence, while in the Northern and Central zones, women hold the advantage (43.8% and 43.9%) compared with men (31.5% and 31.9%). Women also dominate in the Southern Highlands (51.3% versus 31.9%) and especially in the Southern zone (56.9% versus 38.1%).

In contrast, men report greater influence in the South West Highlands (40.3% versus 27.3% of women) and in Zanzibar (52.2% versus 38.2%). In the Lake Zone and Eastern regions, women again report higher influence (47.9% and 48.7%) than men (40.3% and 29.8%). Overall, these results highlight a mixed picture: while women report greater decision-making power over time use in most regions, particularly the Southern zone, men maintain stronger influence in specific areas, most notably in the Western zone, South West Highlands, and Zanzibar.

2.3.1.4 Results by Age

Looking at influence over time allocation by age group, women generally report higher levels of influence in most categories. Among youth aged 18–29, women are more likely than men to report strong influence (40.7% vs. 32.8%). This advantage for women persists into ages 30–44 (44.4% vs. 43.9%) and peaks in the 45–54 age group, where nearly half of women (47.5%) report high influence compared with 38.7% of men. However, in the 55–64 age group, the pattern reverses: men report slightly higher influence (44.6%) than women (41.1%). Overall, the results suggest that women exercise greater decision-making power during most of their working and caregiving years, while men regain an edge in later stages of life.

Figure 11: Percentage of Influence Over Time Allocation by Age Group

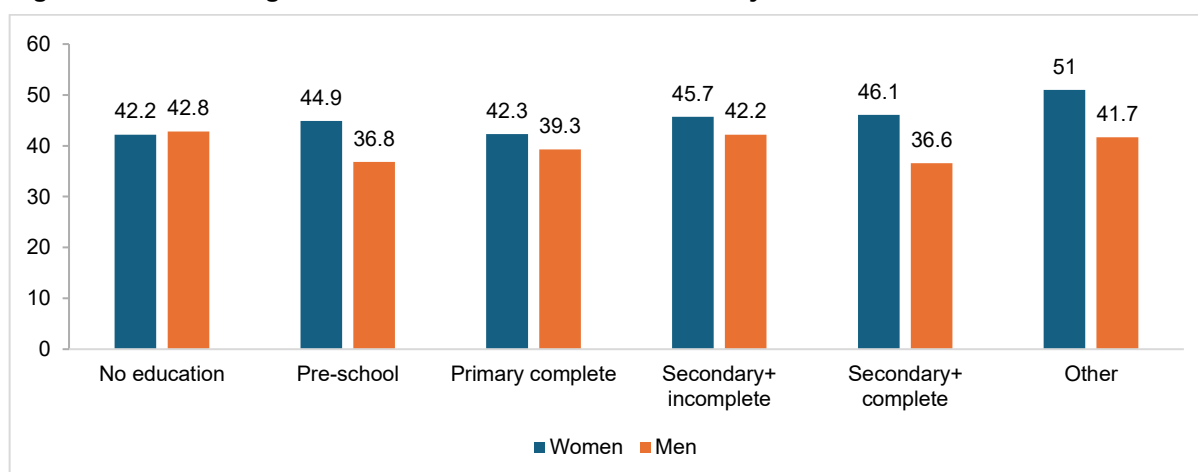


Source: Annex Table (A 5) in Statistical Tables of AASS-WEN 2023/24

2.3.1.5 Results by Education Level

By education level, the differences in reported influence over time allocation show mixed patterns. Among those with no education, women (42.2%) and men (42.8%) report almost identical levels of influence. At the preschool and primary education levels, women are more likely to report strong influence (44.9% vs. 36.8% for men, and 42.3% vs. 39.3%, respectively). The gap remains in secondary education, with women ahead both for incomplete (45.7% vs. 42.2%) and completed (46.1% vs. 36.6%) levels. In the “Other” category, women again show a significant advantage (51.0% vs. 41.7%). Overall, women report more influence across nearly all education groups, except for those with no education, where parity is observed.

Figure 12: Percentage of Influence Over Time Allocation by Education Level



Source: Annex Table (A 5) in Statistical Tables of AASS-WEN 2023/24

Overall, the analysis of influence over time allocation reveals a complex but consistent pattern of gendered differences. At the national level, women are slightly more likely than

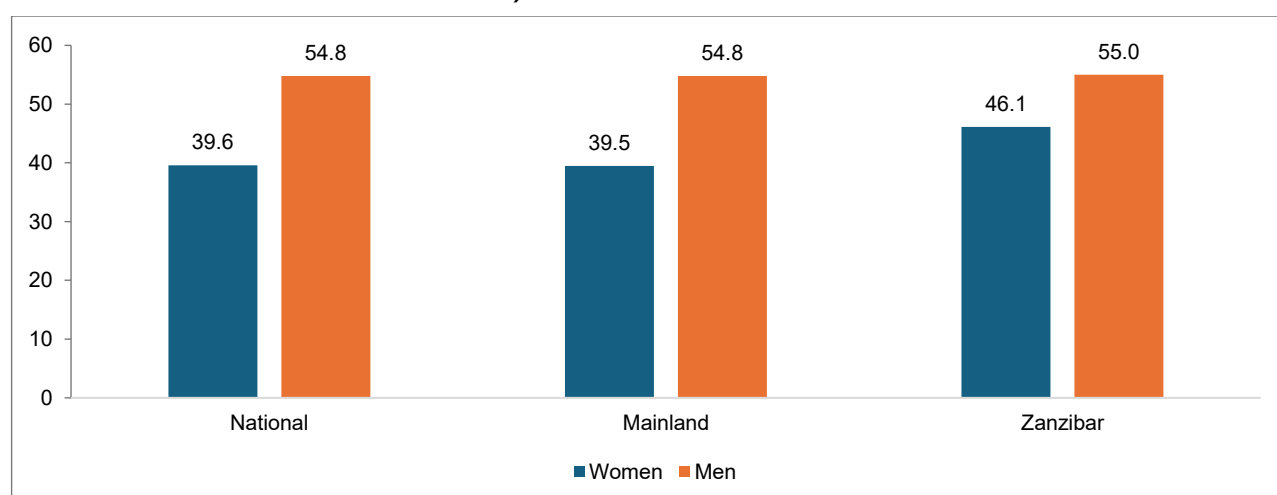
men to report strong influence, particularly in Mainland Tanzania and in urban areas, while men dominate in rural Zanzibar. Regional differences are especially pronounced: women report greater influence in much of Mainland Tanzania, with the widest gaps in the Southern and Eastern zones, whereas men hold stronger control in the Western zone, the South West Highlands, and Zanzibar. Age patterns show that women exercise greater decision-making power during their prime working and caregiving years (30–54), while men gain a slight edge in older age (55–64). By education level, women generally report higher influence across all groups, with the largest gaps observed among those with secondary education or higher. Taken together, these results suggest that women's influence over time allocation is strongest in domestic and community contexts and across many demographic groups, but men retain more control in certain geographic and social settings, particularly in rural Zanzibar and the western regions.

2.3.2 Influence on Spending Decisions

2.3.2.1 Results by Mainland Tanzania/Zanzibar - National

At the national level, men are considerably more likely than women to report having a lot of influence over spending decisions (54.8% compared to 39.6%). This pattern is consistent in Mainland Tanzania, where men (54.8%) again report higher influence than women (39.5%). In Zanzibar, while women's reported influence is somewhat higher than in Mainland Tanzania (46.1%), men still retain greater decision-making power (55.0%). These findings suggest that, unlike time allocation where women often hold an advantage, spending decisions remain predominantly under male control across both Mainland Tanzania and Zanzibar, with only a modest narrowing of the gap in Zanzibar.

Figure 13: Percentage of Influence on Spending Decision by Geographical Location (National and Mainland Tanzania /Zanzibar)

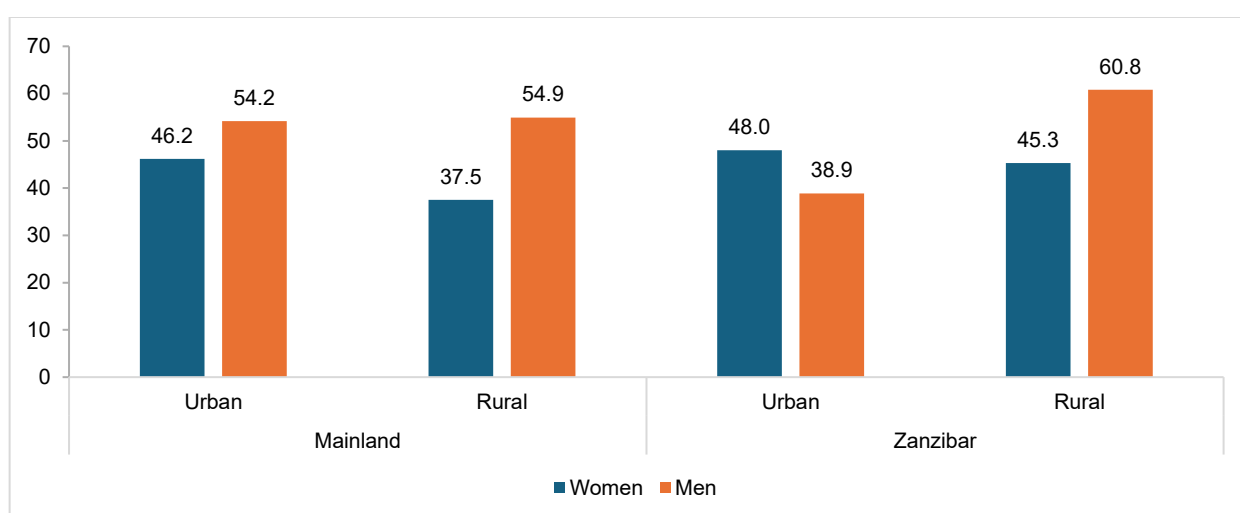


Source: Annex Table (A6) in Statistical Tables of AASS-WEN 2023/24

2.3.2.2 Results by Place of Residence for Mainland Tanzania and Zanzibar

Disaggregating by urban–rural location highlights sharper contrasts. In Mainland Tanzania, men consistently report higher influence, both in urban (54.2% vs. 46.2% for women) and rural areas (54.9% vs. 37.5%). In Zanzibar, however, the pattern differs. In urban areas, women (48.0%) surpass men (38.9%) in reported influence over spending, suggesting greater female participation in financial decision-making in these contexts. Yet in rural Zanzibar, men dominate decisively, with 60.8% reporting high influence compared to 45.3% of women. These results point to a dual reality: while men largely control spending decisions across Mainland Tanzania and rural Zanzibar, women gain more ground in urban Zanzibar.

Figure 14: Percentage of Influence on Spending Decision by Place of Residence for Mainland Tanzania and Zanzibar

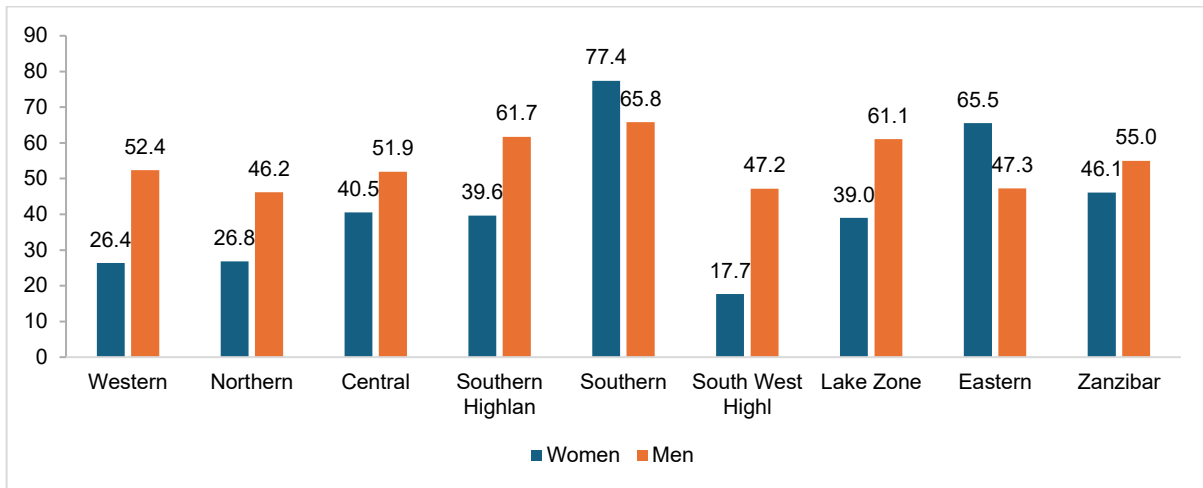


Source: Annex Table (A 6) in Statistical Tables of AASS-WEN 2023/24

2.3.2.3 Results by Zone

Regional variation in influence over spending decisions is pronounced. In most regions, men report greater influence, with especially wide gaps in the Western (52.4% vs. 26.4%), Northern (46.2% vs. 26.8%), and Lake Zone (61.1% vs. 39.0%). Men also dominate in the Central (51.9% vs. 40.5%), Southern Highlands (61.7% vs. 39.6%), and South West Highlands (47.2% vs. 17.7%). However, there are two notable exceptions. In the Southern Zone, women report substantially higher influence (77.4% vs. 65.8% for men), while in the Eastern Zone, women also hold an advantage (65.5% vs. 47.3%). In Zanzibar, men again retain stronger influence (55.0% vs. 46.1%). Overall, the findings show that men control spending decisions in most regions, with women's influence concentrated in specific areas, particularly the Southern and Eastern Zones.

Figure 15: Percentage of Influence on Spending Decision by Zone

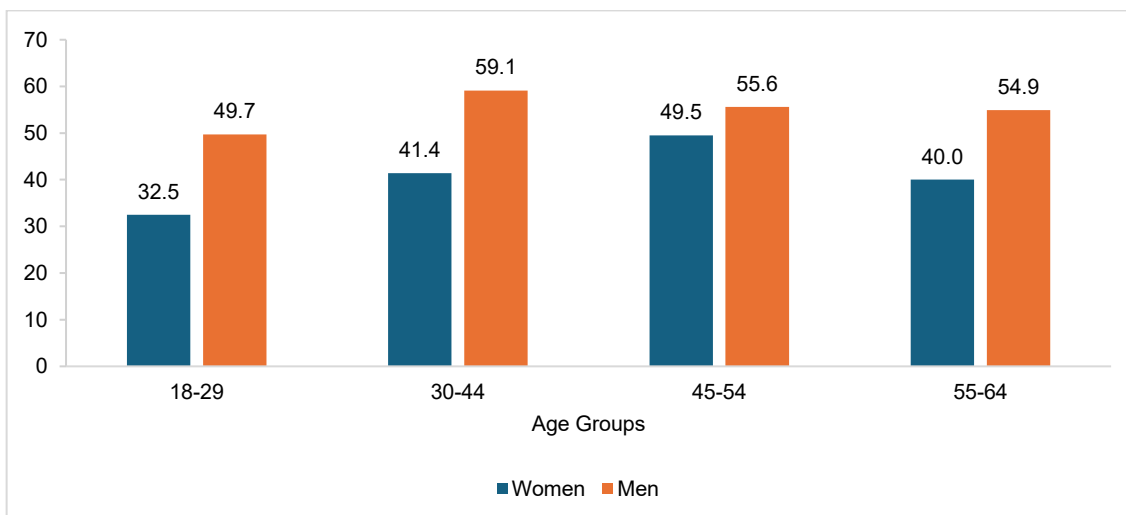


Source: Annex Table (A 6) in Statistical Tables of AASS-WEN 2023/24

2.3.2.4 Results by Age

By age group, men consistently report higher influence over spending decisions than women. The gap is widest among those aged 30–44, where nearly six in ten men (59.1%) report strong influence compared to 41.4% of women. A similar, though smaller, gap is observed among the youngest group (18–29), with 49.7% of men versus 32.5% of women. Among older adults, the differences narrow, but men still maintain an advantage: in the 45–54 group, 55.6% of men report strong influence compared to 49.5% of women, while in the 55–64 group, the figures are 54.9% for men and 40.0% for women. These results suggest that men dominate financial decision-making across all age groups, with the sharpest disparities occurring during the prime working years (30–44).

Figure 16: Percentage of Influence on Spending Decision by Age Group

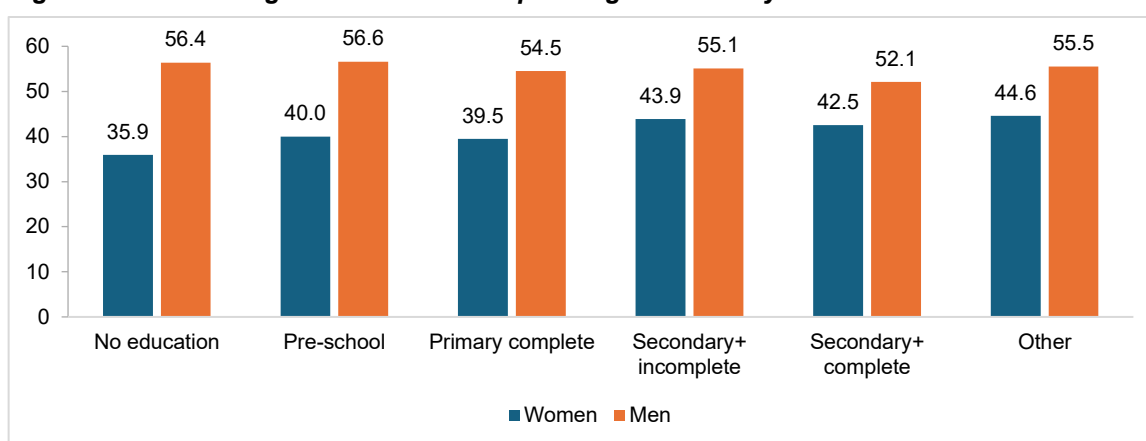


Source: Annex Table (A 6) in Statistical Tables of AASS-WEN 2023/24

2.3.2.5 Results by Education Level

Across all education levels, men consistently report higher influence over spending decisions than women. The largest gaps appear among those with no education (56.4% for men vs. 35.9% for women) and at the preschool level (56.6% vs. 40.0%). Even among those with higher education, men retain a clear advantage: 55.1% vs. 43.9% at secondary incomplete, 52.1% vs. 42.5% at secondary complete, and 55.5% vs. 44.6% in the “Other” category. Although women’s reported influence rises slightly with higher education levels, the gender gap persists, underscoring that men maintain stronger control over financial decision-making regardless of educational attainment (Figure 17).

Figure 17: Percentage of Influence on Spending Decision by Education Level



Source: Annex Table (A 6) in Statistical Tables of AASS-WEN 2023/24

Overall, the findings on influence over spending decisions point to a clear male advantage across most contexts. At the national level, men are far more likely than women to report strong influence, a pattern that holds in Mainland Tanzania and in rural areas, and is only partially narrowed in urban Zanzibar. Regional differences are particularly striking: men dominate in the Western, Northern, Central, and Lake zones as well as the Southern Highlands and South West Highlands, while women report higher influence only in the Southern and Eastern zones.

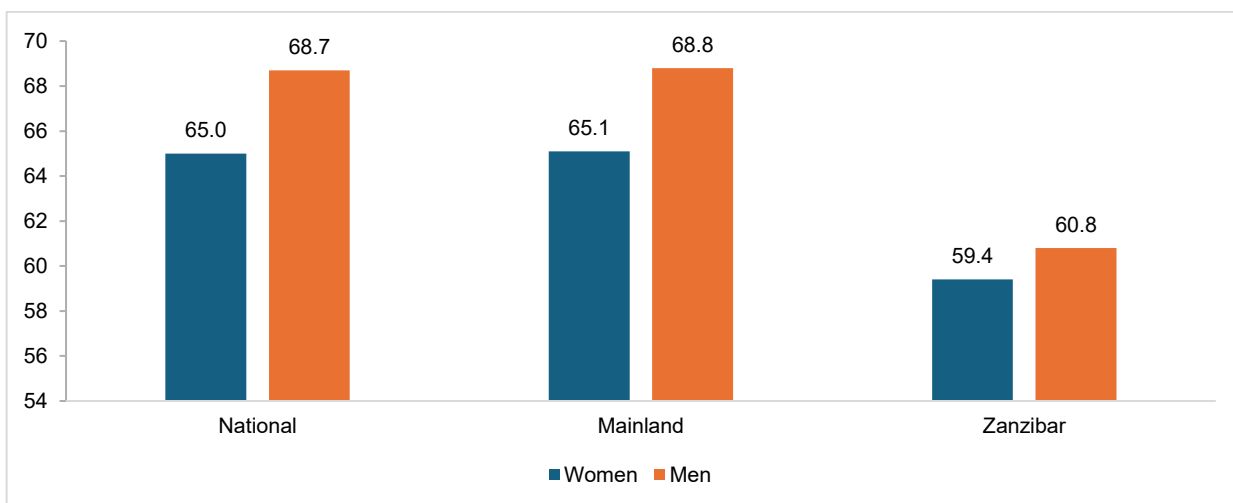
2.3.3 Influence on Own Health Decisions

2.3.3.1 Results by Mainland Tanzania/Zanzibar – National

At the national level, both women and men report relatively high levels of influence over their own health decisions, though men retain a slight advantage (68.7% vs. 65.0%). This pattern is consistent in Mainland Tanzania, where 68.8% of men and 65.1% of women report strong influence. In Zanzibar, reported influence is lower overall, but the gender gap remains: 60.8% of men versus 59.4% of women. Compared with time and spending

decisions, the differences here are smaller, suggesting that autonomy over personal health decisions is more evenly distributed across genders, though men continue to hold a modest edge (Figure 18).

Figure 18: Percentage of Influence on Own Health Decisions by Geographical Location (National and Mainland Tanzania /Zanzibar)

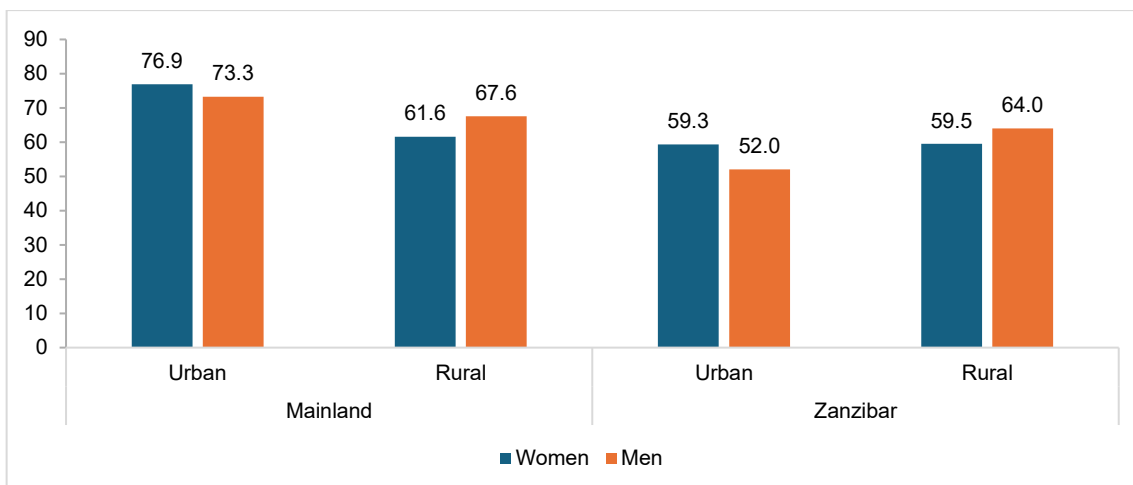


Source: Annex Table (A 7) in Statistical Tables of AASS-WEN 2023/24

2.3.3.2 Results by Place of Residence for Mainland Tanzania and Zanzibar

Urban–rural differences highlight important gender dynamics. In Mainland Tanzania, women in urban areas are more likely than men to report strong influence over their health decisions (76.9% vs. 73.3%), while in rural areas the pattern reverses, with men ahead (67.6% vs. 61.6%). In Zanzibar, urban women (59.3%) report considerably more influence than urban men (52.0%), but in rural areas, men again dominate (64.0% vs. 59.5%). These results suggest that women’s autonomy over health decisions is strongest in urban contexts, both in Mainland Tanzania and in Zanzibar, while men exercise more influence in rural settings (Figure 19).

Figure 19: Percentage of Influence on Own Health Decisions by Place of Residence for Mainland Tanzania and Zanzibar

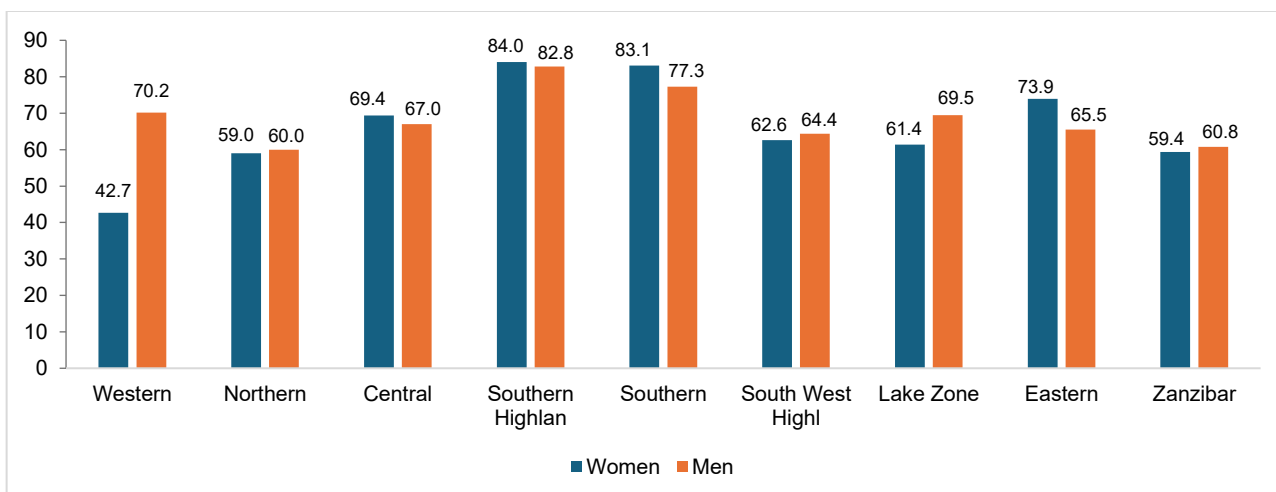


Source: Annex Table (A 7) in Statistical Tables of AASS-WEN 2023/24

2.3.3.3 Results by Zone

Regional patterns reveal both areas of gender parity and areas of sharp difference. Women report a notably high influence in the Southern Highlands (84.0%), the Southern Zone (83.1%), and the Eastern Zone (73.9%), in each case surpassing men (82.8%, 77.3%, and 65.5%, respectively). Women also report a slightly higher influence than men in the Central Zone (69.4% vs. 67.0%). By contrast, men dominate in the Western Region (70.2% vs. 42.7% for women), the Lake Zone (69.5% vs. 61.4%), and the South West Highlands (64.4% vs. 62.6%). In the Northern Region (59.0% vs. 60.0%) and Zanzibar (59.4% vs. 60.8%), levels are almost equal. These findings suggest that women’s autonomy in health decision-making is strongest in the southern and eastern regions, while men hold greater influence in the western and lake zones (Figure 20).

Figure 20: Percentage of Influence on Own Health Decisions by Zone

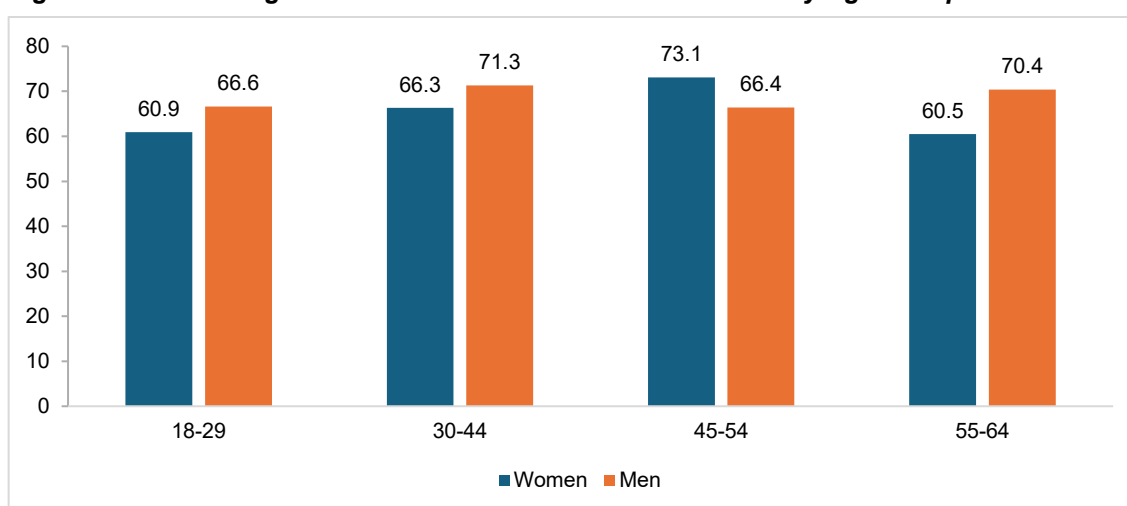


Source: Annex Table (A 7) in Statistical Tables of AASS-WEN 2023/24

2.3.3.4 Results by Age

By age group, both women and men report relatively high levels of influence, but patterns shift across the life cycle. Among younger adults (18–29 and 30–44), men hold a modest advantage, with 66.6% vs. 60.9% and 71.3% vs. 66.3%, respectively. In the 45–54 age group, however, women surpass men significantly (73.1% vs. 66.4%), indicating greater autonomy over health decisions in mid-life. By ages 55–64, men regain the lead (70.4% vs. 60.5%), suggesting that older men exercise more influence than women at later stages. Overall, men are more likely to report high influence at younger and older ages, while women's autonomy peaks during midlife (Figure 21).

Figure 21: Percentage of Influence on Own Health Decisions by Age Group



Source: Annex Table (A 7) in Statistical Tables of AASS-WEN 2023/24

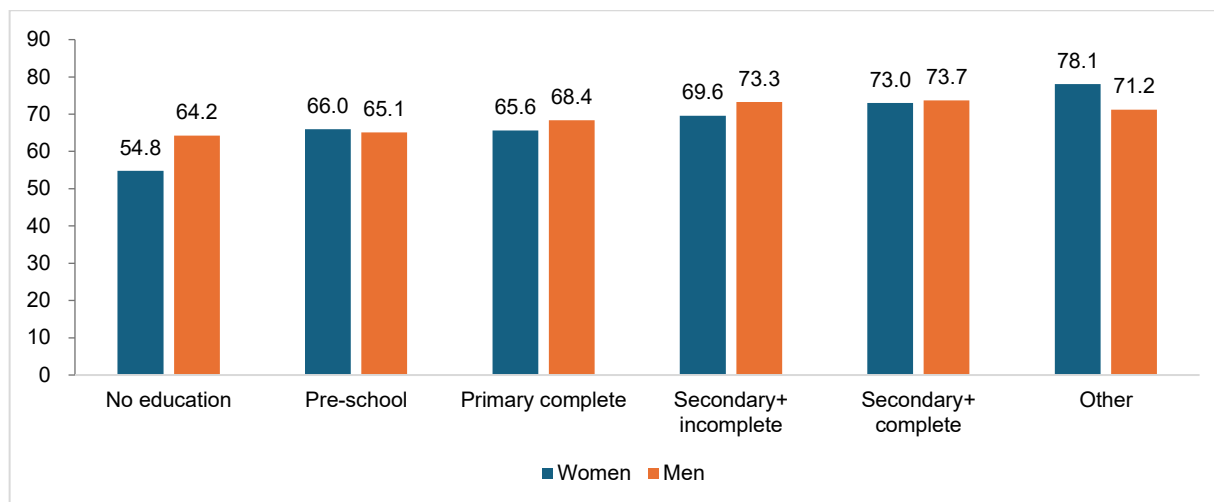
2.3.3.5 Results by Education Level

Influence over health decisions rises steadily with education for both women and men, though men retain a modest advantage at most levels. Among those with no education, men report higher influence (64.2% vs. 54.8%), while at the preschool level, women slightly surpass men (66.0% vs. 65.1%). At the primary and secondary incomplete levels, men again hold the edge (68.4% vs. 65.6% and 73.3% vs. 69.6%). At the secondary completion level, the gap narrows considerably (73.7% vs. 73.0%), showing near parity. Interestingly, in the “Other” education category, women report the highest levels of autonomy overall (78.1%), surpassing men (71.2%). These findings suggest that education is strongly associated with greater autonomy in health decisions, but gender gaps persist, with women reaching near equality or even surpassing men only at the highest levels (Figure 22).

Overall, both women and men report high autonomy over their own health decisions, though men maintain a modest advantage nationally and in Mainland Tanzania. Women's influence

is stronger in urban areas and in regions such as the Southern Highlands, Southern, and Eastern zones, while men dominate in rural areas and in the Western and Lake zones. By age, women's autonomy peaks in midlife (45 to 54), whereas men hold more influence at younger and older ages.

Figure 22: Percentage of Influence on One's Own Health Decisions by Education Level



Source: Annex Table (A 7) in Statistical Tables of AASS-WEN 2023/24

2.4 Engaging in Society

Box 3: Engaging in Society - Key Findings

- **Overall:** Women participate widely in community life but remain concentrated in informal groups, while men dominate formal spaces. Leadership is more balanced, yet men express far greater confidence to engage and be heard.
- **Active participation, but gendered spaces:** Women are active contributors to community life, mainly through informal and savings groups, while men dominate formal and institutional organizations.
- **Balanced but distinct leadership:** Overall leadership levels are similar for men and women, yet women's roles concentrate in community and financial groups, whereas men lead more in government councils and structured associations.
- **Regional contrasts:** The Southern Highlands show the strongest and most inclusive participation, while Zanzibar and Western Tanzania reflect lower engagement and wider gender gaps.
- **Participation/Leadership grows with age and education:** Women's participation and leadership increase with age and education, often matching or surpassing men's involvement among the most educated groups.
- **Confidence gap remains stark:** Only 9% of women, compared to 26% of men, feel fully confident in their ability to participate, decide, and be heard within their communities.

Engagement and leadership in groups are vital for women to participate in society. Women's active involvement and leadership in groups represent a critical dimension of empowerment, as they reflect women's ability to exercise collective agency and shape broader social dynamics. With the growing recognition of the importance of gender equality, many organizations are working to create environments that actively promote and support women

in leadership roles. Gender-balanced leadership not only ensures that diverse perspectives and experiences are represented in decision-making but also strengthens organizations' capacity to address challenges, foster innovation, and achieve sustainable growth.

2.4.1 Participation in Organizations

Participation in organizations is a key indicator of collective agency and an essential aspect of women's empowerment. Women's participation across a broad range of groups has emerged as a crucial topic of discussion. It reflects the extent to which women engage in community-based activities and contribute to group decision-making.

Individuals were asked whether they participated in any of the following five types of groups:

- Government councils or agencies
- Local service groups (e.g. water or health committees)
- Formal/informal saving and credit groups
- Livelihood-related groups (e.g. producer associations or agricultural cooperatives)
- Other community groups, such as religious groups, women's groups, or sports clubs

Table 4 presents the percentage of men and women aged 18–64 who reported participating in each type of group. The results show important differences in the types of groups women and men engage in. Women are more active in savings and credit groups (16.5% vs. 10.7%) and in religious, women's, or sports groups (32.9% vs. 29.6%). In contrast, men participate more in government councils and agencies (21.9% vs. 9.4%) and in livelihood-related groups (13.9% vs. 9.3%). Participation in local service groups is balanced, though slightly higher for men (14.3% vs. 12.2%). When considering membership in at least one group, men report a marginally higher overall participation rate than women (50.7% vs. 47.3%).

Table 4: Participation in Organization by Type of Group (%)

	Government Councils / Agencies	Local Service Groups	Savings / Credit Groups	Livelihood-related Groups	Other Groups (religious, women, sports)	Participation in at least one group
Women	9.4	12.2	16.5	9.3	32.9	47.3
Men	21.9	14.3	10.7	13.9	29.6	50.7

Source: Annex Table (A 8) in Statistical Tables of AASS-WEN 2023/24

2.4.1.1 Results by Mainland Tanzania /Zanzibar

In Mainland Tanzania, women show particularly high participation in government councils/agencies (22.0%) and other groups (29.6%), but relatively lower engagement in formal/informal savings groups (10.8%) and livelihood activities (14.0%). Men, on the other

hand, participate less in government councils (9.4%) but have a higher presence in formal/informal savings groups (16.6%) and other groups (33.2%) compared to women. Overall, about 47.5% of women and 50.8% of men in Mainland Tanzania participated in at least one group, suggesting broadly similar engagement levels, with men slightly more likely to be active in at least one group.

In Zanzibar, women's participation is somewhat more evenly distributed, with relatively high engagement in local service groups (14.9%), government councils (14.3%), and other groups (29.2%), though participation in savings groups (6.1%) is much lower compared to men. Men in Zanzibar are most active in formal/informal savings groups (12.6%) and livelihood activities (11.5%), but their involvement in government councils (10.5%) and other groups (20.6%) remains modest. In aggregate, 38.3% of women in Zanzibar participated in at least one group, compared with 45.3% of men, indicating lower overall engagement than in Mainland Tanzania (Table 5).

Table 5: Share of women and Men participating in Groups, Mainland Tanzania vs. Zanzibar (%)

	Group	Government Council/Agencies	Local Service	Formal/informal saving groups	Livelihood Activities	Other Groups	Participated in at least one group
Mainland Tanzania	Women	22.00	14.32	10.82	13.98	29.59	47.53
	Men	9.36	12.26	16.61	9.21	33.19	50.80
Zanzibar	Women	14.33	14.94	6.13	10.93	29.20	38.27
	Men	10.46	7.66	12.59	11.51	20.55	45.29

Source: Annex Table (A 8) in Statistical Tables of AASS-WEN 2023/24

2.4.1.2 Results by Place of Residence for Mainland Tanzania and Zanzibar

Patterns of group participation vary significantly across locations. In Mainland Tanzania, urban women report the highest involvement in savings groups (25.8%) and other community groups (37.3%), with 57.5% participating in at least one group overall, higher than urban men (50.7%). Rural women's participation drops to 44.6%, though they remain more active than rural men in "other" groups (32.0% vs. 29.6%). Men in Mainland Tanzania are consistently more engaged in government councils and agencies (24.2% urban, 21.4% rural) and livelihood groups (13.5% urban, 14.1% rural).

In Zanzibar, urban women's group engagement is comparatively lower, with 41.8% participating in at least one group. Their strongest involvement is in "other" groups (24.6%), while men participate more in local service groups (18.0%) and government councils (19.6%), reaching nearly half overall (49.8%). In rural Zanzibar, women are more engaged in savings groups (14.1%) than men (6.7%), but overall participation remains low (36.8% vs. 43.7% for men) (Table 6).

Table 6: Share of Women and Men in Group Membership, Disaggregated by Region and Residence (%)

		Government Council/Agencies	Local Service	Formal/informal saving groups	Livelihood Activities	Other Groups	Participated in at least one group
Mainland Tanzania/Urban	Women	10.18	16.05	25.80	8.21	37.25	57.45
	Men	24.22	14.08	12.01	13.52	29.69	50.65
Mainland Tanzania/Rural	Women	9.11	11.13	13.85	9.51	31.97	44.55
	Men	21.38	14.39	10.49	14.11	29.56	50.85
Zanzibar/Urban	Women	11.72	5.28	8.98	11.29	24.60	41.82
	Men	19.63	17.95	4.57	11.61	36.04	49.82
Zanzibar/Rural	Women	9.95	8.62	14.05	11.60	18.90	36.83
	Men	12.42	13.86	6.69	10.69	26.74	43.65

Source: Annex Table (A 8) in Statistical Tables of AASS-WEN 2023/24

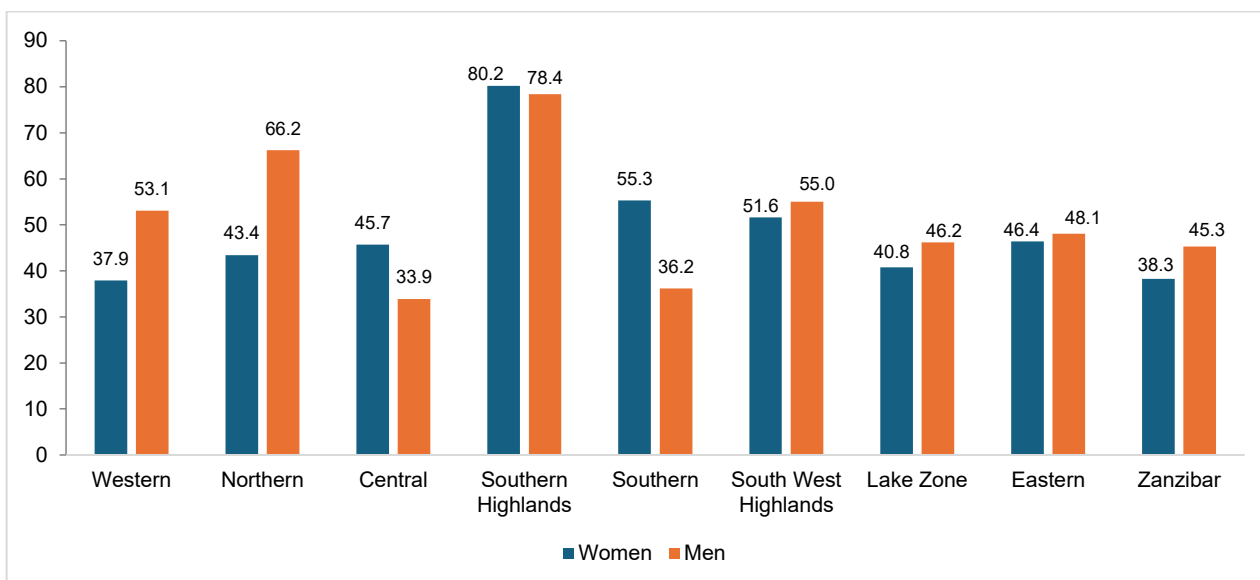
2.4.1.3 Results by Zone

Participation in at least one group shows marked variation across zones, with important gender differences. The Southern Highlands stand out as the area with the highest levels of engagement (80.2% women versus 78.4% men), where both women and men reported belonging to at least one group. In contrast, the Western (37.9% women, 53.1% men) and Central zones (45.7% women, 33.9% men) exhibit notably lower participation levels, with women's involvement falling below half and men's participation remaining relatively modest.

Clear gender disparities also emerge in certain zones. In the Northern zone, men's engagement (66.2%) far surpasses women's, who participate at a much lower level (43.4%). By contrast, in the Southern zone, the opposite pattern is observed: women's participation is substantially higher (55.3%) than men's (36.2%), highlighting differences in how men and women access or engage with groups across regions.

In the South West Highlands, both women and men report relatively high levels of participation (51.6 by 55.0 percent respectively), though men are slightly more active. In other areas, such as the Lake Zone, the Eastern Zone, and Zanzibar, participation is moderate for both sexes, hovering around 40 to 50 percent, and the gender gaps are narrower (Figure 23).

Figure 23: Percentage of Participation in At Least One Group by Zone



Source: Annex Table (A 8) in Statistical Tables of AASS-WEN 2023/24

Taken together, the data illustrate that while some zones, particularly the Southern Highlands, are characterized by very strong group participation for both men and women, other zones reveal more uneven patterns where one gender is considerably more active than the other. These findings underscore the importance of considering both geographic and gender dynamics when analyzing patterns of group participation.

2.4.1.4 Results by Age

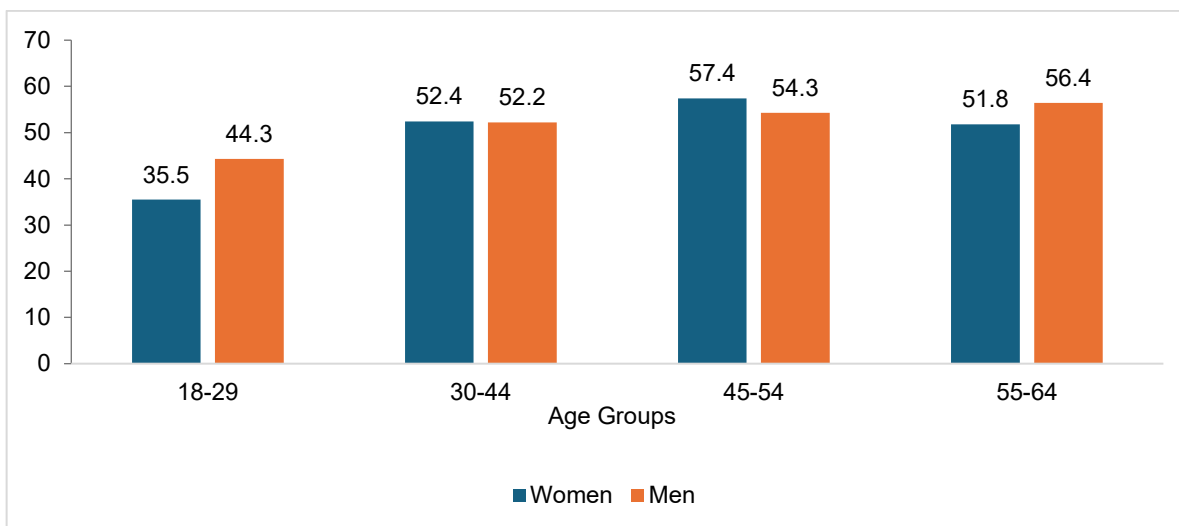
The results show that participation in at least one group tends to increase with age for both women and men. Among the youngest adults aged 18–29, participation levels are relatively low, with around 35 percent of women and 45 percent of men reporting involvement in at least one group. This indicates a notable gender gap of roughly ten percentage points, suggesting that young men are more likely than young women to take part in collective activities.

Participation rises markedly in the 30–44 age group, reaching about 52 percent for both men and women, where gender differences virtually disappear. In the 45–54 age group, participation peaks for women at nearly 58 percent and remains high for men at around 54 percent, indicating a slight reversal of the earlier pattern, with women becoming somewhat more active in group participation during midlife. Among older adults aged 55–64, participation remains relatively stable, with men (approximately 56 percent) showing slightly higher engagement than women (about 52 percent).

Overall, these patterns suggest that engagement in group activities grows with age, reaching its highest levels in mid-adulthood, while gender differences vary, with men being

more active in early adulthood, women showing higher participation in midlife, and both sexes converging again in older age (Figure 24).

Figure 24: Percentage of Participation in At Least One Group by Age Group



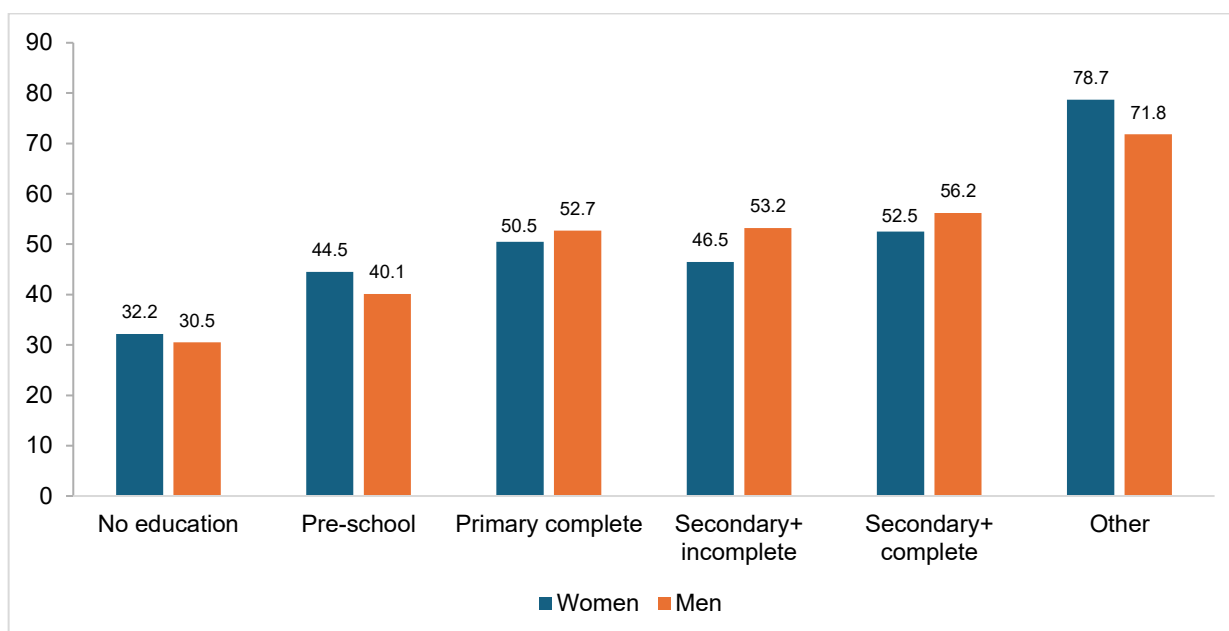
Source: Annex Table (A 8) in Statistical Tables of AASS-WEN 2023/24

2.4.1.5 Results by Education Level

As illustrated in Figure 25, participation in at least one group generally increases with educational attainment for both women and men. Among individuals with no formal education, participation is relatively low, at around 32 percent for women and 31 percent for men. Engagement rises progressively with schooling, reaching about 45 percent for women and 40 percent for men among those with preschool education.

For those who have completed primary education, participation reaches approximately 50.7 percent for women and 52.7 percent for men, indicating that greater exposure to formal education is associated with higher levels of collective engagement. Men remain slightly more active in the “secondary incomplete” and “secondary complete” categories, where participation ranges between 53.2 and 56.2 percent for men compared with 46.5 to 52.5 percent for women.

Participation peaks among respondents classified in the “other” education category, likely including vocational or tertiary education, where nearly 78.7 percent of women and 71.8 percent of men report belonging to at least one group. Overall, the data reveals a clear positive association between education and group participation, with gender differences diminishing and at times reversing at higher education levels.

Figure 25: Percentage of Participation in At Least One Group by Education Level

Source: Annex Table (A 8) in Statistical Tables of AASS-WEN 2023/24

2.4.2 Leadership in Organizations

Beyond participation in organizations, it is equally important to examine the extent to which women and men hold leadership positions within them. Leadership engagement reflects not only higher levels of agency but also greater influence and voice in collective decision-making. Women often remain underrepresented in leadership and key decision-making roles, facing structural and social barriers that limit their access to such positions.

2.4.2.1 Results by Mainland Tanzania/Zanzibar – National

At the national level, leadership participation in at least one group is nearly identical for women (23.1 percent) and men (23.7 percent). However, the types of groups in which they hold leadership roles differ considerably by gender. Men are more likely to occupy leadership positions within government councils or agencies (8.0 percent versus 4.6 percent for women) and local service groups (7.8 percent versus 5.6 percent). By contrast, women are more active in leadership roles within formal or informal saving groups (7.8 percent versus 4.8 percent for men) and in “other groups” (14.5 percent versus 10.6 percent), suggesting that women’s leadership tends to concentrate in community-based or social support structures rather than formal governance settings.

In Mainland Tanzania, overall leadership patterns mirror national averages, with 23.3 percent of women and 23.8 percent of men holding leadership roles in at least one group. The gendered pattern of participation persists, with men dominating formal and institutional spaces, while women play stronger leadership roles in informal and savings-related groups.

In Zanzibar, however, both women and men show lower levels of leadership engagement overall: 3.8 percent and 19.6 percent, respectively. Here, men continue to hold higher leadership shares across most group types, though women display relatively stronger participation in livelihood activities (6.1 percent versus 2.6 percent for men) (Table 7).

Table 7: Leadership in Organizations by Type of Group and Location (%)

		Government Council/Agencies	Local Service	Formal/informal saving groups	Livelihood Activities	Other Groups	Leadership in at least one group
National	Women 18-64	4.64	5.55	7.77	3.62	14.50	23.14
	Men 18-64	8.04	7.78	4.81	4.36	10.64	23.72
Mainland Tanzania	Women 18-64	4.68	5.61	7.84	3.56	14.70	23.34
	Men 18-64	8.12	7.82	4.86	4.39	10.64	23.80
Zanzibar	Women 18-64	2.84	2.69	4.54	6.05	5.41	13.83
	Men 18-64	4.09	5.80	2.10	2.56	10.93	19.61

Source: Annex Table (A 9) in Statistical Tables of AASS-WEN 2023/24

2.4.2.2 Results by Place of Residence for Mainland Tanzania and Zanzibar

At the national level, leadership participation differs notably between urban and rural areas and across genders. In urban settings, women display higher leadership engagement, with 29.0 percent holding leadership roles in at least one group compared to 22.7 percent of men. This gender gap is driven largely by women's stronger involvement in formal or informal saving groups (12.7 percent versus 4.3 percent for men) and "other groups" (15.0 percent versus 13.1 percent). Men, on the other hand, are more likely to lead in government councils and agencies (8.0 percent versus 4.3 percent for women) and local service groups (8.1 percent versus 7.2 percent).

In rural areas, however, the pattern reverses: men (24.0 percent) are more likely than women (21.4 percent) to hold leadership positions in at least one group. As in urban areas, men dominate formal and institutional leadership roles, particularly in government councils (8.4 percent compared to 4.7 percent for women) while women maintain stronger engagement in informal saving groups (6.3 percent versus 5.0 percent for men).

Regional differences are also pronounced. In Mainland Tanzania, women in urban areas again report the highest leadership participation (29.4 percent), while men's leadership rates remain lower (22.8 percent). By contrast, in Mainland Tanzania rural areas, men surpass women (24.1 percent versus 21.5 percent), mirroring the national rural pattern. In Zanzibar, both overall and gender-specific leadership levels are substantially lower. Urban women show the lowest rates nationally (13.2 percent), while men's leadership in urban Zanzibar (20.7 percent) and rural Zanzibar (19.2 percent) remains comparatively higher.

Data suggest that women's leadership participation is more visible in urban areas, particularly through community-based and financial groups, while men's leadership remains

more prevalent in rural and formal institutional settings. These patterns point to both geographic and gendered dimensions of leadership, with structural barriers continuing to limit women's access to formal decision-making spaces, especially in rural and Zanzibar contexts.

Table 8: Leadership in Organizations by Type of Group and Urban–Rural Location (%)

		Government Council/Agencies	Local Service	Formal/informal saving groups	Livelihood Activities	Other Groups	Leadership in at least one group
National Urban	Women 18-64	4.34	7.15	12.65	3.08	15.00	28.99
	Men 18-64	6.73	8.11	4.27	3.20	13.14	22.72
National Rural	Women 18-64	4.73	5.07	6.30	3.78	14.35	21.36
	Men 18-64	8.41	7.69	4.96	4.68	9.95	24.00
Mainland Tanzania Urban	Women 18-64	4.37	7.29	12.89	3.03	15.26	29.41
	Men 18-64	6.80	8.23	4.36	3.26	13.07	22.77
Mainland Tanzania Rural	Women 18-64	4.77	5.11	6.33	3.72	14.53	21.51
	Men 18-64	8.48	7.71	5.01	4.71	9.96	24.09
Zanzibar Urban	Women 18-64	3.07	2.21	3.88	5.11	5.35	13.19
	Men 18-64	3.51	3.20	0.70	0.39	16.07	20.74
Zanzibar Rural	Women 18-64	2.74	2.88	4.81	6.44	5.44	14.09
	Men 18-64	4.30	6.74	2.60	3.35	9.08	19.21

Source: Annex Table (A 9) in Statistical Tables of AASS-WEN 2023/24

2.4.2.3 Results by Zone

Regional patterns of leadership participation reveal significant variation across the country, in various organizations and between men and women, as tabulated in Table 9. The Southern Highlands stand out with the highest overall rates of leadership engagement for both women (48.5 percent) and men (49.1 percent). Women's participation there is particularly high in formal or informal saving groups (25.4 percent) and "other groups" (30.1 percent), suggesting strong community-based and economic collaboration structures. Men in this region, while similarly active, are more represented in government councils and agencies (23.2 percent), highlighting their stronger access to formal leadership spaces.

The Southern Zone also shows relatively high leadership participation for women (33.3 percent) compared with men (13.3 percent), marking one of the few regions where women's leadership substantially surpasses men's. This pattern is largely driven by women's engagement across multiple group types, including local service and savings groups.

In contrast, leadership rates are lowest in the Western, Lake Zone, and Zanzibar regions. In the Western and Lake Zones, women's leadership participation ranges between 16 and 20 percent, while men's varies from 15 to 25 percent, with both sexes showing modest engagement across most group types. In Zanzibar, overall leadership levels are the lowest

nationally (13.8 percent for women and 19.6 percent for men), reflecting both limited participation and restricted access to leadership positions in formal organizations.

Elsewhere, the Central and Eastern regions record moderate levels of participation (around 20 percent for both sexes), though gender differences remain visible. In the Central Zone, men are more likely to hold formal leadership roles, whereas women's involvement is concentrated in savings and community groups.

Data indicate that leadership opportunities are highly context-specific. Regions such as the Southern Highlands demonstrate broad and inclusive community engagement for both sexes, while others, particularly Zanzibar and the Western Zone, reflect lower participation and more entrenched gender disparities. Women's leadership tends to cluster in informal and savings-related networks, whereas men's predominance is more pronounced in government and institutional roles (Figure 8).

Table 9: Leadership in Organization by Type of Group and Zone (%)

		Government Council/Agencies	Local Service	Formal/informal saving groups	Livelihood Activities	Other Groups	Leadership in at least one group
Western	Women 18-64	0.67	5.89	5.17	1.73	8.71	19.79
	Men 18-64	2.05	6.05	5.71	2.79	9.34	15.50
Northern	Women 18-64	6.70	3.34	4.60	2.30	10.97	17.94
	Men 18-64	7.94	9.76	3.80	3.59	7.41	19.49
Central	Women 18-64	2.32	3.38	6.73	3.20	14.81	19.85
	Men 18-64	6.78	6.87	1.28	5.22	8.54	20.87
Southern Highlands	Women 18-64	6.44	15.89	25.43	8.72	30.14	48.53
	Men 18-64	23.24	15.24	9.57	8.92	22.84	49.11
Southern	Women 18-64	14.44	7.36	12.15	2.60	12.81	33.30
	Men 18-64	7.91	0.00	4.85	0.00	3.41	13.29
South West Highlands	Women 18-64	2.78	5.48	7.20	3.19	23.50	31.48
	Men 18-64	8.93	10.30	5.76	3.89	16.59	27.75
Lake Zone	Women 18-64	2.75	3.93	4.23	2.91	10.90	16.53
	Men 18-64	5.50	8.18	5.29	4.57	10.81	24.87
Eastern	Women 18-64	8.05	6.11	9.37	5.81	14.52	20.72
	Men 18-64	9.71	4.84	3.98	5.28	7.65	20.69
Zanzibar	Women 18-64	2.84	2.69	4.54	6.05	5.41	13.83
	Men 18-64	4.09	5.80	2.10	2.56	10.93	19.61

Source: Annex Table (A 9) in Statistical Tables of AASS-WEN 2023/24

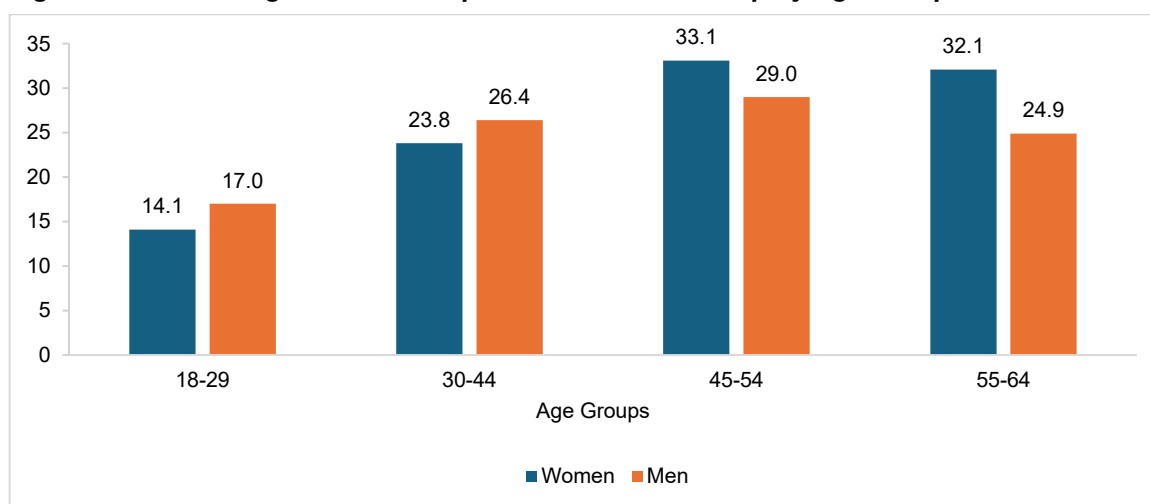
2.4.2.4 Results by Age

As illustrated in Figure 26, leadership participation in at least one group increases steadily with age for both women and men, though the gender dynamics evolve across age groups. Among younger adults aged 18–29, leadership involvement remains limited, at 14.1 percent for women and 17.0 percent for men, suggesting that men are somewhat more likely to hold leadership positions early in life.

In the 30–44 age range, participation rises for both sexes, 23.8 percent for women and 26.4 percent for men, indicating that leadership roles become more accessible as individuals gain social and professional experience. The gender gap then reverses among older adults: women's leadership participation peaks at 33.1 percent in the 45–54 age group, compared to 29.0 percent for men. A similar pattern continues among those aged 55–64, with women maintaining higher levels of leadership (32.1 percent versus 24.9 percent for men).

Overall, the data highlight a clear pattern: leadership engagement strengthens with age, and while men are more represented in leadership at younger ages, women's participation grows progressively, surpassing men's from midlife onward. This trend may reflect women's increasing social recognition, accumulated experience, and stronger roles within community and organizational networks as they age.

Figure 26: Percentage of Leadership in At Least One Group by Age Group



Source: Annex Table (A 9) in Statistical Tables of AASS-WEN 2023/24

2.4.2.5 Results by Education Level

As shown in Figure 27 below, leadership participation in at least one group generally increases with educational attainment for both women and men, though the gender gap varies across levels. Among individuals with no formal education, leadership participation is

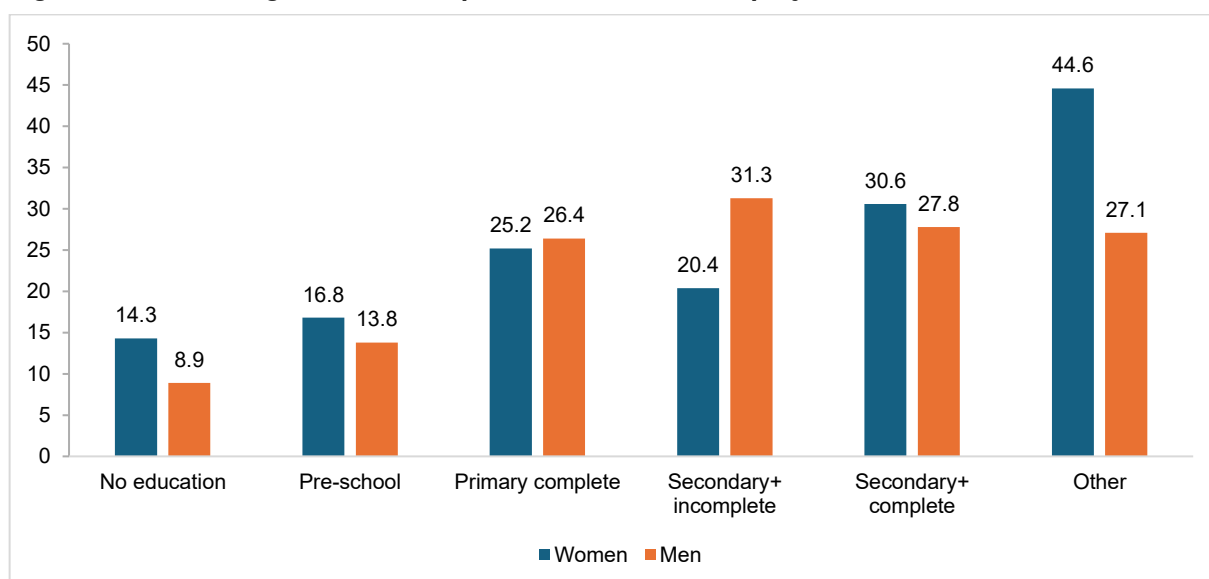
relatively low, around 14 percent for women and 9 percent for men, indicating limited access to leadership roles among the least educated.

Participation rises gradually with schooling. At the preschool and primary completion levels, women's and men's leadership rates become more comparable, reaching around 17–18 percent and 25–27 percent, respectively. The pattern diverges again among those with some secondary education: men with incomplete secondary schooling are more likely to hold leadership positions (around 31 percent) than women (around 21 percent), reflecting a continued male advantage in intermediate education groups.

However, at higher levels of education, women's leadership participation catches up and even surpasses men's in some categories. Among those who have completed secondary education, women's participation (about 31 percent) slightly exceeds that of men (around 28 percent). The gap widens sharply among individuals classified under "other" education (including vocational or tertiary education) where women's leadership reaches nearly 45 percent, compared with 27 percent for men.

Overall, these findings suggest a strong positive relationship between education and leadership participation, with the gender gap narrowing and eventually reversing among the most educated. Women's increasing leadership at higher education levels points to the empowering effect of education in expanding access to decision-making and community influence.

Figure 27: Percentage of Leadership in At Least One Group by Education Level



Source: Annex Table (A 9) in Statistical Tables of AASS-WEN 2023/24

2.4.3 Confidence in Women's/Men's Community Engagement

As shown in Table 10, perceptions of participation, decision-making ability, and community influence differ significantly between women and men. Overall, men express much higher levels of confidence in their capacity to engage and be heard within their communities.

Among women, less than one in four (24.5 percent) can understand what is going on in their community, compared with 43.7 percent of men. Similarly, only about one-third of women (31.8 percent) believe they can participate effectively in community activities, and just 23.0 percent feel confident in their decision-making ability. By contrast, over half of men express agreement with these same statements (51.1 and 52.9 percent, respectively), highlighting a substantial gender gap in perceived empowerment and agency.

When asked about the importance of participation in gender-specific community issues, 38.8 percent of women agree that it is important for women to engage actively in local women's issues, while nearly 59.0 percent of men emphasize the importance of men's involvement in men's issues. Similarly, 32.4 percent of women believe community leaders would listen to them, compared to 47.2 percent of men who believe leaders would listen to men.

Finally, when looking at the composite indicator, those who *fully agree* with all the statements only 8.9 percent of women fall into this category, compared with 25.6 percent of men. This striking difference underscores persistent gender disparities in perceived agency, voice, and recognition within communities, suggesting that women face structural and social barriers that continue to limit their participation and influence in local governance and decision-making processes.

Table 10: Perceptions of Community Engagement and Leadership (in Percentage)

	Women can really understand what is going on in their community.	Women have the ability to participate effectively in community activities.	Women have the ability to participate effectively in decision-making.	It is important to women that they actively participate in local women's issues.	Most community leaders would listen to women.	Fully agree with all the statements.
Women	24.5	31.8	23.0	38.8	32.4	8.9
	Men can really understand what is going on in their community.	Men have the ability to participate effectively in community activities.	Men have the ability to participate effectively in decision-making.	It is important for men that they actively participate in local men's issues.	Most community leaders would listen to men.	Fully agree with all the statements.
Men	43.7	51.1	52.9	59.0	47.2	25.6

Source: Annex Table (A 9) in Statistical Tables of AASS-WEN 2023/24

In Tanzania, men were also asked about their views on women's participation and leadership. As shown in Table 11, men generally hold positive but moderate perceptions of women's abilities and influence. About one in three (34.8 percent) believe women understand what is happening in their community, while 39.9 percent think women can participate effectively in community activities. A similar share (34.3 percent) agrees that women can contribute effectively to decision-making.

Nearly half (44.0 percent) consider it important for women to actively participate in local women's issues, and 36.8 percent believe most community leaders would listen to women. Overall, the findings show that while men increasingly acknowledge women's capacity to participate and lead, women themselves express lower confidence in their own power and influence. This gap between external recognition and internal perception highlights the need to strengthen women's confidence and participation in community decision-making.

Table 11: Men Perception of Women's Community Engagement and Leadership (in Percentage)

	Women can really understand what is going on in their community.	Women have the ability to participate effectively in community activities.	Women have the ability to participate effectively in decision-making.	It is important to women that they actively participate in local women's issues.	Most community leaders would listen to women.
Men point of view	34.8	39.9	34.3	44.0	36.8

Source: Annex Table (A 8) in Statistical Tables of AASS-WEN 2023/24

2.4.3.1 Results by Mainland Tanzania/Zanzibar

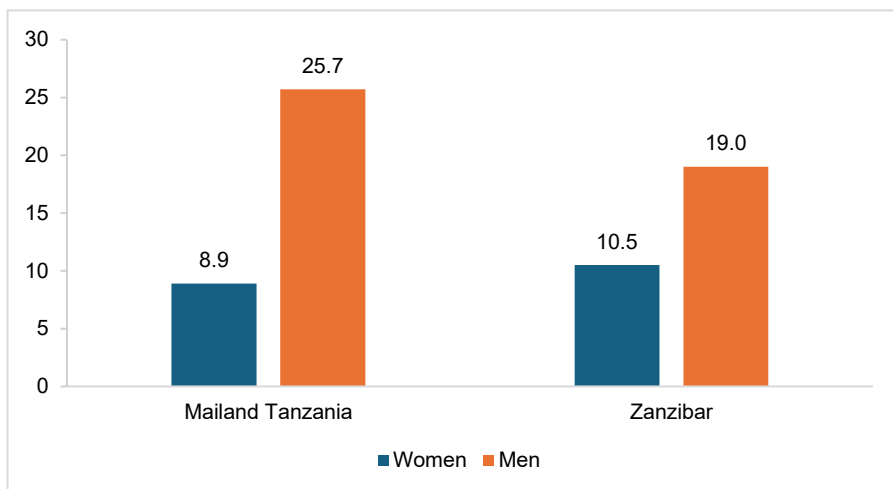
As shown in Figure 28, confidence in community engagement, measured as agreement with all statements about understanding community issues, participation, decision-making, and being listened to by leaders, differs markedly by sex and region.

In Mainland Tanzania, only about 9 percent of women fully agree with all statements, compared with around 26 percent of men, indicating that men feel substantially more confident about their ability to engage and be heard within their communities.

In Zanzibar, overall confidence levels are lower for both sexes, but the gender gap is slightly narrower. Here, about 10 percent of women and 19 percent of men fully agree with all statements.

Overall, men consistently express higher confidence in their participation and influence in community life, while women's lower levels of agreement suggest that they continue to face barriers to feeling equally empowered and heard in local decision-making processes.

Figure 28: Percentage of Confidence in Community Engagement



Source: Annex Table (A 10) in Statistical Tables of AASS-WEN 2023/24

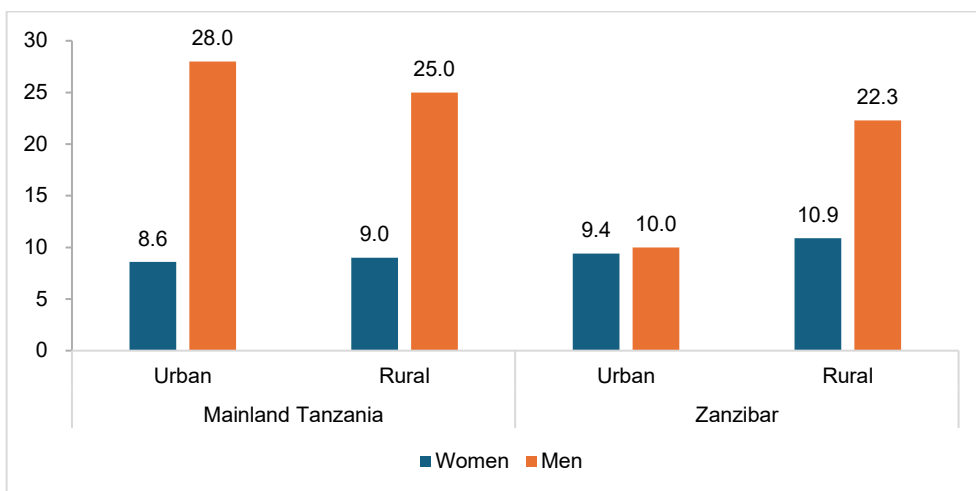
2.4.3.2 Results by Place of Residence for Mainland Tanzania and Zanzibar

As shown in Figure 29, in Mainland Tanzania, confidence levels are much higher among men than women in both urban and rural areas. In urban Mainland Tanzania areas, around 27 percent of men fully agree with all statements compared with only about 8 percent of women. The same pattern holds in rural areas, where 25 percent of men express full confidence versus 9 percent of women. This suggests that, regardless of location, men in Mainland Tanzania feel significantly more empowered and included in community affairs than women.

In Zanzibar, overall confidence is lower, but the gender gap is smaller. In urban areas, both men and women report similar levels of agreement (around 9–10 percent), indicating a more balanced perception of engagement. In rural Zanzibar, confidence rises for both sexes, about 11 percent for women and 23 percent for men, though men still express higher levels of confidence overall.

These results highlight persistent gender disparities in perceived community inclusion, particularly in Mainland Tanzania, where women report markedly lower confidence in their ability to participate and be heard in local decision-making compared to men.

Figure 29: Percentage of Levels of Confidence by Rural/Urban



Source: Annex Table (A 10) in Statistical Tables of AASS-WEN 2023/24

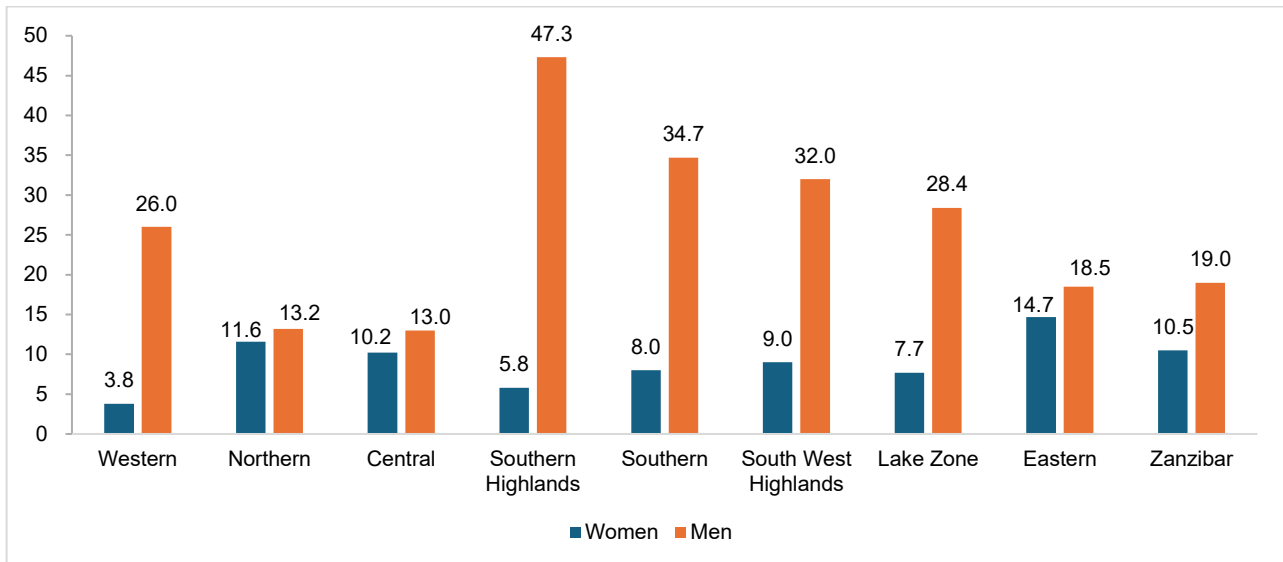
2.4.3.3 Results by Zone

As shown in Figure 30, across all regions, men consistently report much higher confidence levels than women, with the gap particularly pronounced in the Southern Highlands, where nearly 47 percent of men fully agree with all statements compared with only around 5 percent of women. Similarly wide gaps appear in the Southern (men 35 percent vs. women 7 percent), South West Highlands (men 30 percent vs. women 9 percent), and Lake Zone (men 27 percent vs. women 7 percent), suggesting that gender disparities in perceived empowerment are especially stark in these areas.

In contrast, regions such as the Northern, Central, Eastern, and Zanzibar show smaller, though still evident, gender differences. In the Eastern region, for instance, about 14 percent of women and 18 percent of men express full confidence, while in Zanzibar, around 10 percent of women and 18 percent of men do so.

Overall, the data indicate that men across all regions feel significantly more confident than women in their ability to engage and influence within their communities, with particularly large gaps in the southern and highland regions. These results suggest that women's sense of empowerment and recognition in community life remains limited and highly uneven across geographic contexts.

Figure 30: Percentage of Levels of Confidence by Zone



Source: Annex Table (A 10) in Statistical Tables of AASS-WEN 2023/24

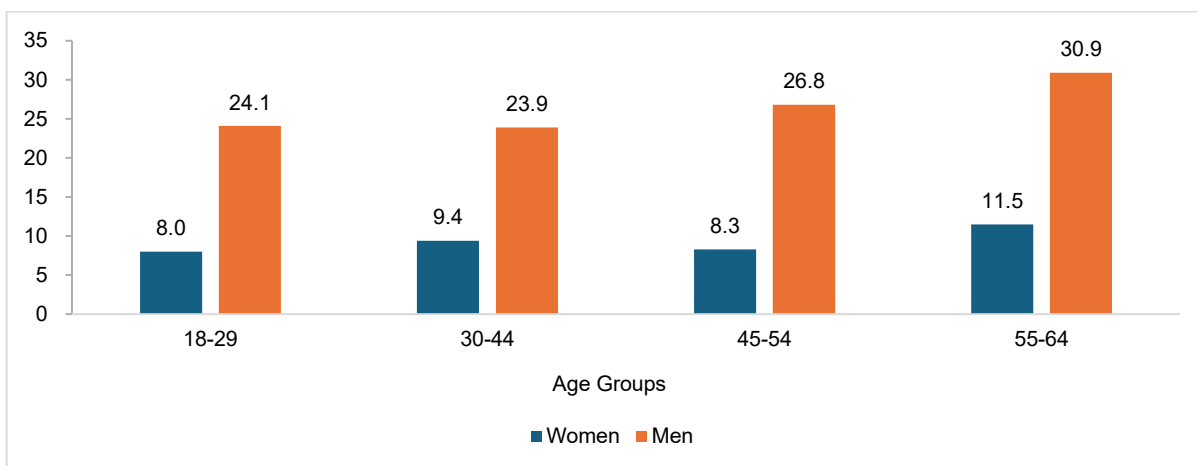
2.4.3.4 Results by Age

Across all age groups, men consistently report much higher levels of confidence than women. Among young adults aged 18–29, only 8 percent of women fully agree with all statements, compared with 24.1 percent of men. Confidence levels among men remain relatively stable across middle age, at around 24–27 percent, while women’s agreement fluctuates slightly between 8 and 9 percent.

In the oldest age group (55–64), confidence rises for both sexes, but the gap remains wide: 11.5 percent of women and 30.9 percent of men express full confidence in their ability to engage in community life.

Overall, these results suggest that while confidence increases modestly with age, gender disparities remain persistent across all age groups, with men nearly three times more likely than women to feel fully confident in their understanding, participation, and influence within their communities (Figure 31).

Figure 31: Percentage of Levels of Confidence by Age Categories/Groups



Source: Annex Table (A 10) in Statistical Tables of AASS-WEN 2023/24

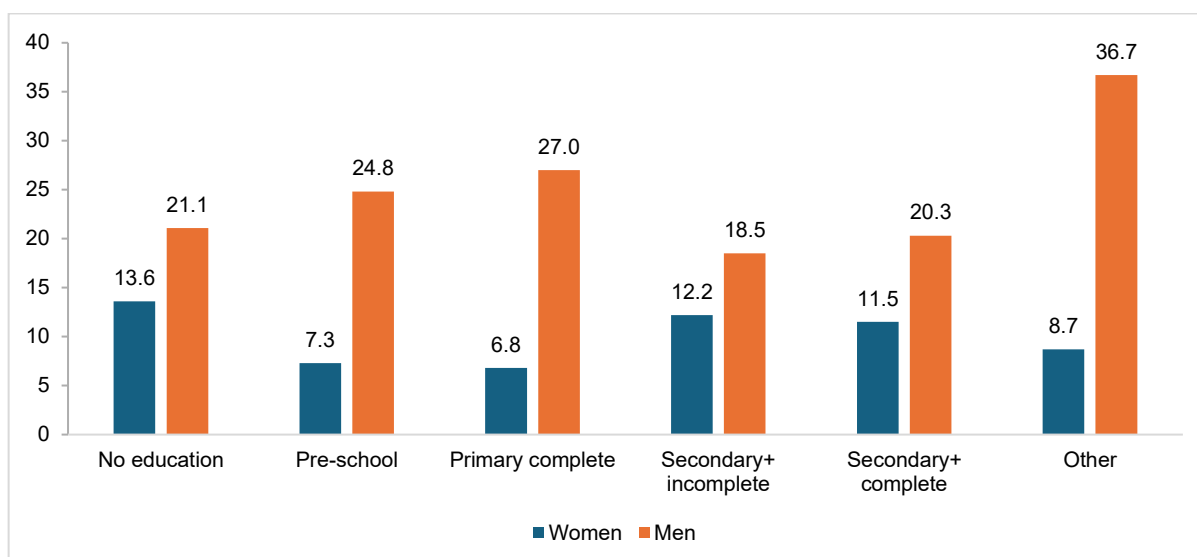
2.4.3.5 Results by Education Level

Among those with no formal education, 13 percent of women and 21 percent of men fully agree with all statements, suggesting that even at the lowest education levels, men feel more capable of engaging in community life. The gender gap widens sharply at intermediate education levels: among individuals with preschool or primary education, confidence among men reaches around 25–27 percent, compared with only 6–7 percent of women.

At higher education levels, the gap narrows slightly but remains significant. For those with secondary education or higher, about 12 percent of women and 18–20 percent of men express full confidence. The largest disparity is observed in the “other” education category, which likely includes tertiary or vocational education, where 36 percent of men report full agreement compared to just 5 percent of women.

Overall, these results indicate that education is strongly associated with greater confidence in community participation and influence, but gender inequalities persist even among the most educated. Men’s consistently higher confidence suggests that social norms and structural barriers continue to limit women’s sense of empowerment, regardless of their educational attainment (Figure 32).

Figure 32: Percentage of Levels of Confidence by Education Level



Source: Annex Table (A 10) in Statistical Tables of AASS-WEN 2023/24

2.5 Mobilizing Resources

Box 4: Mobilizing Resources - Key Findings

- **Access to enabling resources remains unevenly distributed between men and women.**
 - While most women have some access to ICT, financial services, or property, gender gaps persist across all domains.
- **ICT use has expanded but remains gendered and spatially uneven.**
 - Seven in ten women (69%) use ICT compared with almost nine in ten men (87%).
 - Use is higher in urban areas, Zanzibar, and among the educated and younger populations, but lowest among rural women and those with limited schooling, highlighting a dual digital divide (gender and education).
- **Financial inclusion has grown, yet women rely more on informal systems.**
 - 62% of women use financial services versus 80% of men.
 - Urban women (80%) are much more financially active than rural women (57%).
 - Women tend to depend on microfinance and informal credit groups, while men dominate formal banking channels, pointing to persistent barriers in collateral and institutional access.
- **Access to credit reflects both opportunity and inequality.**
 - Nationally, 44% of women and 54% of men accessed at least one form of credit in the past year.
 - The Southern Highlands show exceptional inclusion (74% of women), whereas the South West Highlands and Western Zone lag behind.
 - Women's reliance on informal and community mechanisms underscores both financial innovation and structural exclusion.
- **Property ownership is widespread but rarely formalized or independent for women.**
 - About three-quarters of women (74%) and over four-fifths of men (85%) have ownership or use rights over land or dwellings.
 - Most women's rights are joint (~58%), while men are twice as likely to hold sole ownership.
 - Only 22% of women have any formal documentation, and 6% have their names alone on a title.
 - Perceived tenure security is high overall, but informal arrangements make women's claims more vulnerable to disputes or inheritance loss.
- **Regional inequalities in property rights are pronounced.**
 - Women's legal documentation is highest in the South West Highlands (40%) and Eastern (33%) regions, and lowest in Zanzibar (7%) and the Northern region (7%).
 - Men report stronger tenure security and transfer rights across nearly all regions, reflecting both customary norms and institutional disparities in land governance.

Agency is strengthened when individuals have access to the resources and conditions that allow them to act on their choices. These enabling resources include financial services, credit, information and communication technologies (ICT), and secure ownership of land and dwellings. While resources alone do not guarantee empowerment, they provide the foundation for women to exercise agency in a meaningful, independent, and sustained way.

In this section, data are presented with selected key disaggregation, focusing on the most relevant patterns rather than a full systematic breakdown as in the previous section.

2.5.1 Use of ICT

The use of ICT reflects a critical aspect of digital inclusion and serves as a gateway to information, markets, and services. Respondents were asked about their use of mobile phones, the internet, and social media platforms such as WhatsApp, Telegram, and Facebook.

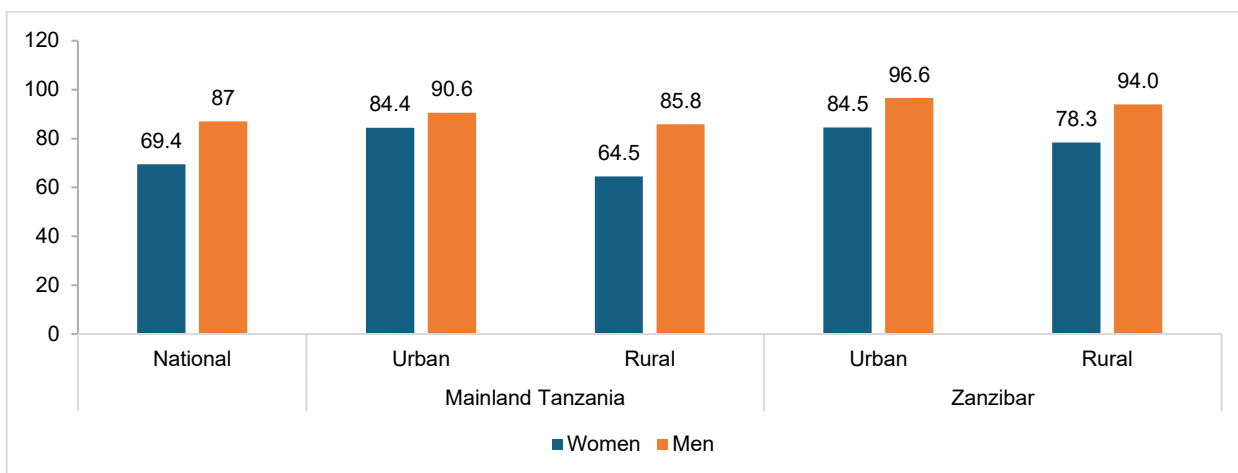
The use of information and communication technology (ICT) provides valuable insight into the level of digital inclusion and individuals' ability to access information, markets, and social networks. ICT use is a critical enabler of empowerment, as it enhances communication, facilitates financial transactions, and strengthens participation in both economic and civic life. Respondents were asked about their use of mobile phones, internet services, and social media platforms such as WhatsApp, Telegram, Facebook, and TikTok.

2.5.1.1 Results by Place of Residence for Mainland Tanzania and Zanzibar

ICT use, regardless of place of residence, is higher among men (87%) than women (69.4%) across all geographic areas in Tanzania, where men's ICT use exceeds women's by nearly 20 percentage points. In both Mainland Tanzania and Zanzibar, urban areas show higher ICT use than rural areas for both sexes, with women's usage ranging from 64.5% in rural Mainland to 84.5% in urban Zanzibar, while men range from 85.8% to 96.6% in the same areas. The gender gap is most pronounced in rural Mainland Tanzania, which records the lowest ICT use (64.5 percent) compared with not only fellow women living in rural Zanzibar (78.3) but also women and men in urban and rural Tanzania.

ICT use also differs substantially by residence. In urban areas, usage reached 84.4 percent among women and 90.6 percent among men, compared with 64.5 percent and 85.8 percent, respectively, in rural areas. These differences persist across regions, though rural residents of Zanzibar display relatively high digital inclusion (78.3 percent of women; 94.0 percent of men), suggesting more equitable access than in many parts of Mainland Tanzania (Figure 33).

Figure 33: Percentage of ICT Use by Place of Residence for Mainland Tanzania and Zanzibar

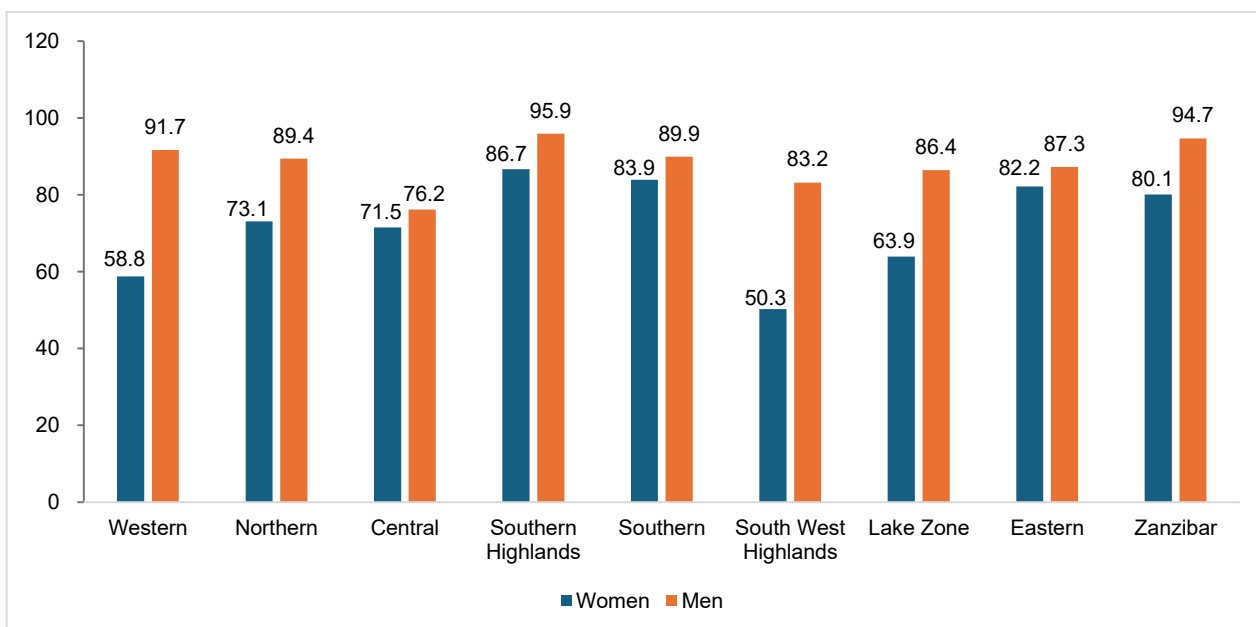


Source: Annex Table (A 11) in Statistical Tables of AASS-WEN 2023/24

4.5.1.2 Results by Zones

At the zonal level, disparities are equally evident. The Southern Highlands record the highest levels of ICT use (86.7 percent of women; 95.9 percent of men), while the South West Highlands (50.3 percent) and Western Zone (58.8 percent) show the lowest use among women. By contrast, men's ICT use remains high across nearly all zones, surpassing 90 percent in several regions, including the Northern and Eastern zones (Figure 34).

Figure 34: Percentage of ICT Use by Zone



Source: Annex Table (A 11) in Statistical Tables of AASS-WEN 2023/24

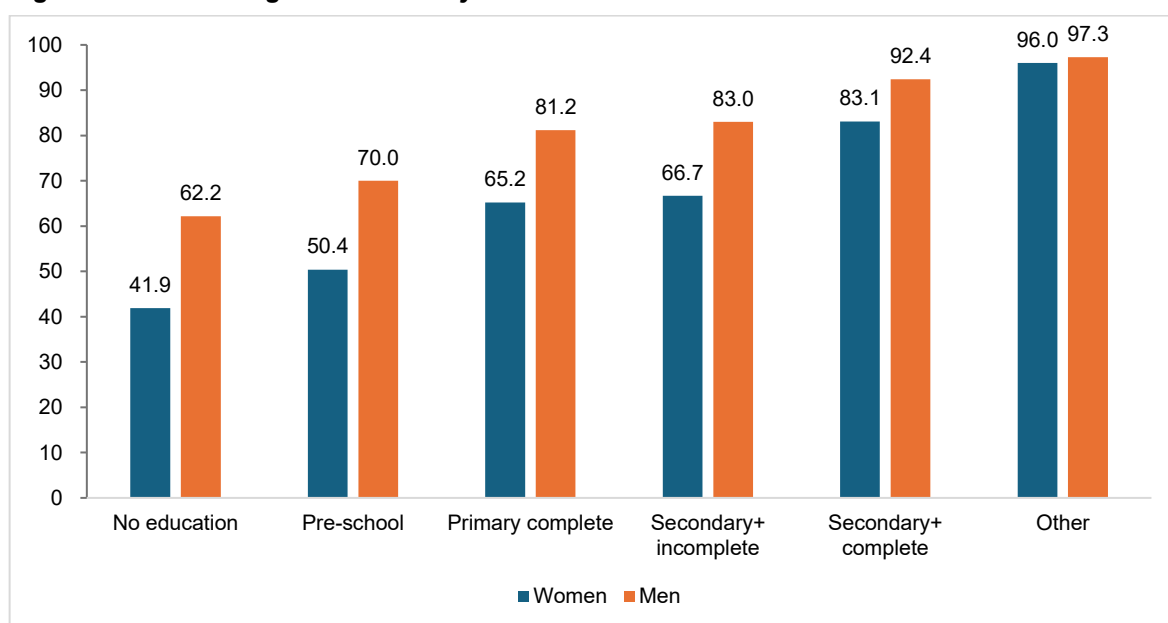
2.5.1.3 Results by Education Level

ICT use rises consistently with education level for both women and men, though the gender gap remains evident across all categories. Among women, only 49.3% of those without formal education report using ICT, compared with 95.5% among those with “other” types of education (including tertiary or vocational training). The increase is steady across educational stages: 57.8% among women with pre-school education, 73.6% with completed primary, 70.3% with incomplete secondary, and 86.5% with completed secondary, illustrating how educational attainment strongly enhances women’s access to and engagement with digital tools.

For men, ICT use is generally higher at all education levels. Even among those without formal education, nearly four in five (79.7%) report using ICT, compared with 87.3% among those who have completed primary education and 93.2% among those who have completed secondary education. ICT use is nearly universal (close to 100%) among men with “other” types of education.

Overall, these figures point to a dual divide, both gender and education-based, in digital access. While education substantially boosts ICT use for all, men maintain higher engagement at every level, suggesting that women face additional structural or sociocultural barriers to digital inclusion beyond education alone (Figure 35).

Figure 35: Percentage of ICT Use by Education Levels



Source: Annex Table (A 11) in Statistical Tables of AASS-WEN 2023/24

2.5.2 Use of Financial Services

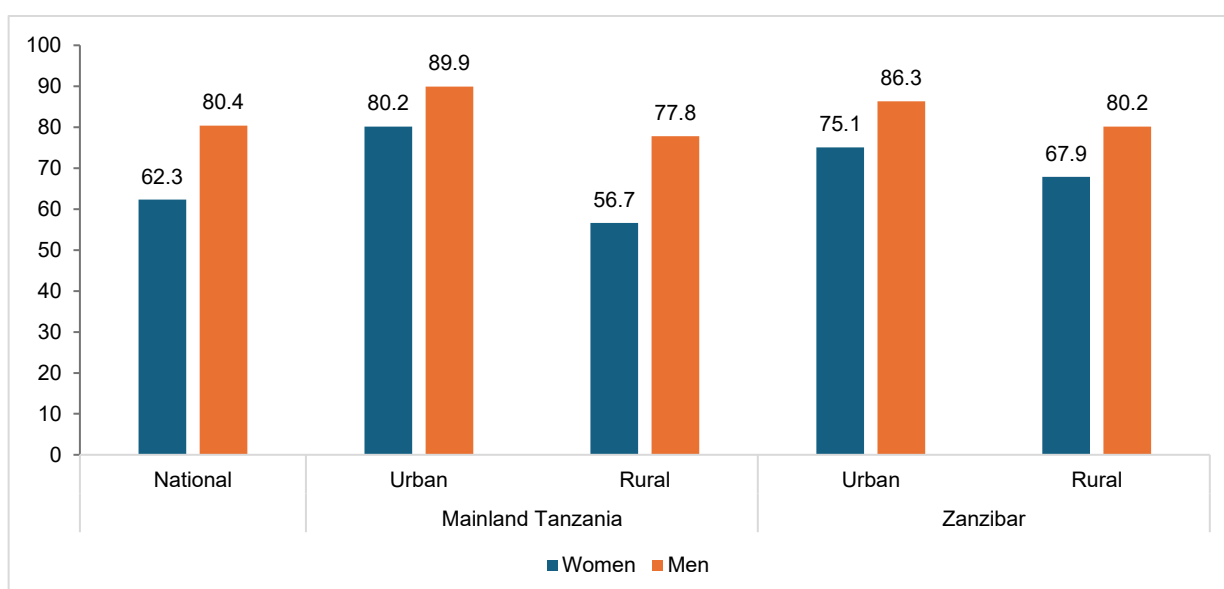
The use of financial services provides key insights into the degree of financial inclusion, levels of economic empowerment, and access to both formal and informal financial systems across Tanzania. Respondents were asked whether they had used any financial services or facilities within the past 12 months, including formal services such as bank accounts, mobile money, insurance, and savings groups, as well as informal mechanisms like community lending schemes.

2.5.2.1 Results of Financial Services by Place of Residence for Mainland Tanzania and Zanzibar

At the national level, men reported substantially higher access to financial services (80.4 percent) than women (62.3 percent). This gender gap is consistent across regions: in Mainland Tanzania, 80.4 percent of men and 62.1 percent of women reported using financial services, while in Zanzibar, the figures were 81.8 percent for men and 70.0 percent for women.

Disparities are even more pronounced by residence. In urban areas, 89.8 percent of men and 80.0 percent of women reported using financial services, compared with 77.8 percent and 56.9 percent, respectively, in rural areas. In Mainland Tanzania, urban women (80.2 percent) are far more likely than rural women (56.7 percent) to access such services; in Zanzibar, 75.1 percent of urban women and 67.9 percent of rural women reported use (Figure 36).

Figure 36: Percentage of Financial Services Use by Place of Residence for Mainland Tanzania and Zanzibar



Source: Annex Table (A 12) in Statistical Tables of AASS-WEN 2023/24

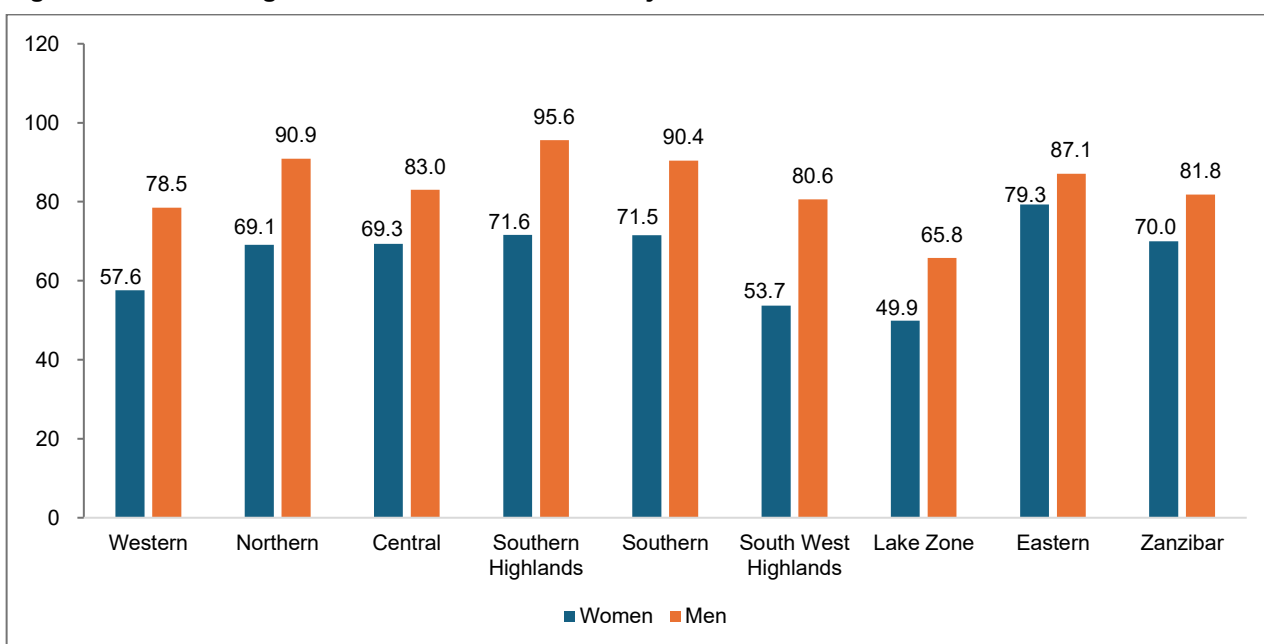
2.5.2.2 Results by Zones

Use of financial services varies across zones and between women and men. The Southern Highlands record the highest usage among men (95.6%), while women in the Eastern Zone show the highest usage (79.3%). The Southern and Northern Zones also report high usage levels for both genders, although a notable gender gap persists across these areas.

In contrast, the Lake Zone and South West Highlands show the lowest financial services use among women (around 50–55%), suggesting that geographic and infrastructural disparities contribute to unequal digital access. Men in these regions also report comparatively lower use, but the gap relative to women remains wide.

The Eastern Region and Zanzibar show smaller gender gaps, reflecting more balanced access to financial services, possibly linked to higher urbanization rates (Figure 37).

Figure 37: Percentage of Financial Services Use by Zone



Source: Annex Table (A 12) in Statistical Tables of AASS-WEN 2023/24

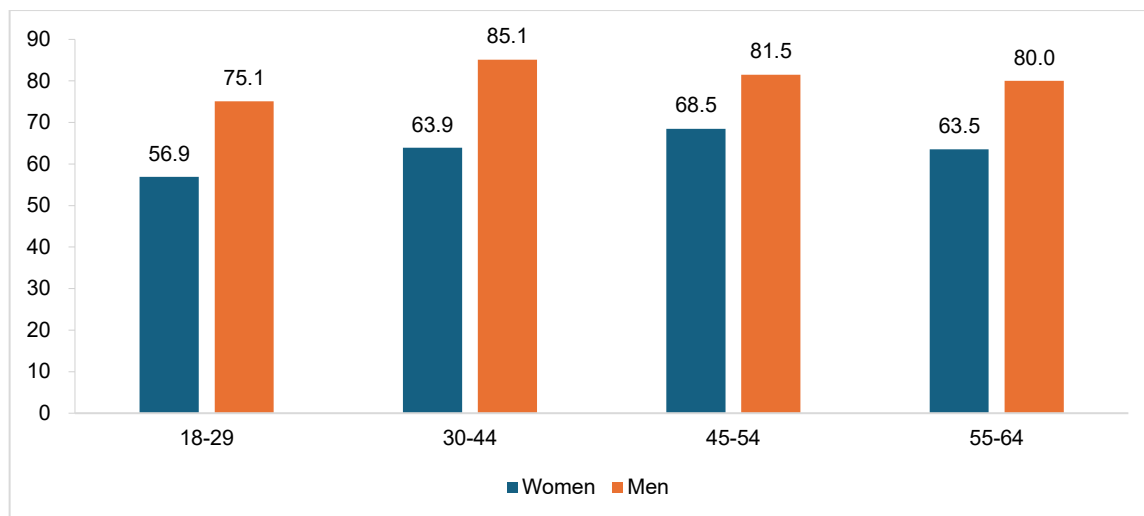
2.5.2.3 Results by Age Group

Financial services use also differs notably by age group, with younger men and women more digitally engaged than older adults, though gender gaps persist across all age categories. Among the youngest group (18–29 years), 56.9% of women and 75.1% of men report accessing financial services.

The highest access to financial services is found among individuals aged 30–44 years, where 85.1% of men and 63.9% of women report use. This age group is likely to combine greater digital exposure with access to economic resources that enable financial services.

Access remains relatively high among middle-aged adults (45–54 years), reaching 68.5% for women and 81.5% for men, and slightly declines in the 55–64 age group (63.5% for women and 80.0% for men) (Figure 38).

Figure 38: Percentage of Financial Services Use by Age Groups



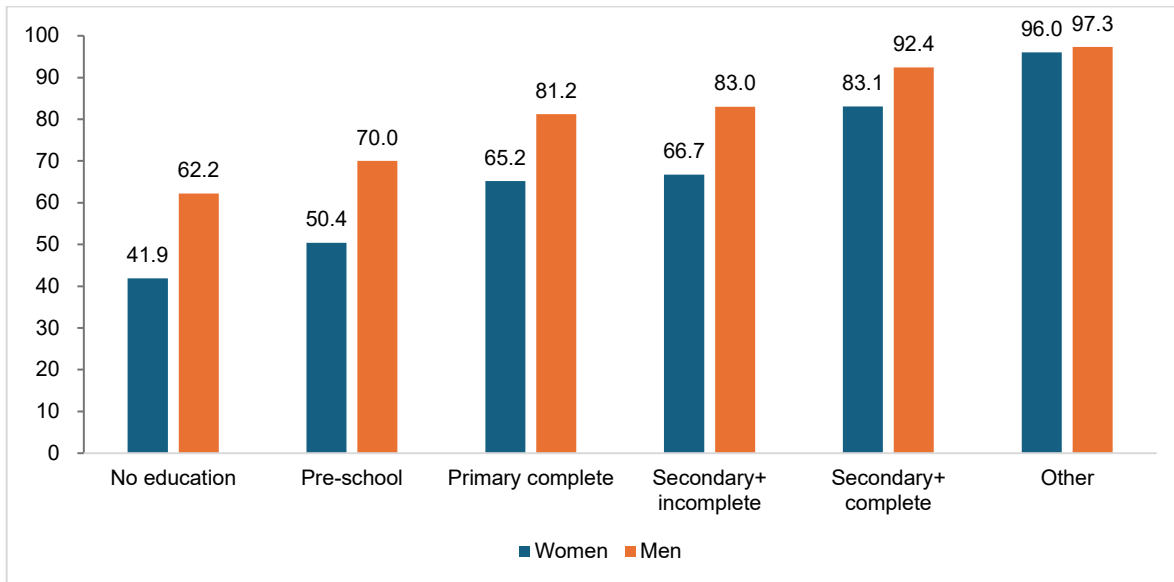
Source: Annex Table (A 12) in Statistical Tables of AASS-WEN 2023/24

2.5.2.4 Results by Education Level

Use of financial services increases steadily with education level for both women and men, although men maintain higher levels of use across all categories. Among individuals without formal education, only 41.9% of women report using report its use compared with 62.2% of men, indicating that education could amplify a lack/less knowledge.

Use rises consistently as education improves: among respondents with secondary or higher education, the use of financial services is very high; 83.1% of women and 92.4% of men with completed secondary education report using them. Among those with “other” education, such as vocational or tertiary programs, use becomes near-universal (96.6% of women and 97.3% of men) (Figure 39).

Figure 39: Percentage of Financial Services Use by Education Level



Source: Annex Table (A 12) in Statistical Tables of AASS-WEN 2023/24

2.5.3 Access to Credit

Access to credit is a critical dimension of financial inclusion, reflecting individuals' ability to invest in productive activities, meet household needs, and enhance economic resilience. This section assesses both formal credit (obtained from banks, microfinance institutions, and SACCOS) and informal credit (from community savings groups or rotating schemes), exploring gendered patterns across geographic, age, and educational subgroups.

Access to credit varies widely by gender, location, and type of financial institution, with men generally more likely than women to report using at least one source of credit (54.1% vs. 44.4% nationally). The gender gap is evident across nearly all types of credit institutions, though the difference is largest for formal banking institutions (31.9% of men vs. 20.3% of women). Women rely relatively more on informal credit sources (32.1%) and microfinance or microcredit institutions (27.5%) than on formal banks, highlighting the persistent barriers they face in accessing formal financial systems.

Urban women demonstrate the highest overall credit participation (60.4%), likely reflecting better access to financial institutions and microfinance networks. In contrast, rural women have far lower credit access (39.6%), underscoring geographic inequalities. Regionally, the Southern Highlands stand out, with the highest share of women with credit (74.4%), largely driven by participation in microfinance, cooperatives, and informal lending schemes. The South West Highlands record the lowest levels among women (28.3%), followed by the Western and Northern regions, where less than 40% of women report access to any form of credit.

Men consistently report higher access across regions, particularly in the Northern (70.2%), Eastern (61.2%), and Zanzibar (59.6%) regions. These disparities suggest that while financial inclusion is expanding, women continue to depend more on community-based and informal mechanisms, reflecting both structural and gendered constraints in accessing formal credit channels (Table 12).

2.5.3.1 Results by Geographical Location (National, Rural/Urban/Zones)

Table 12: Access to Financial Credit by Type of Institution and Geographic Area (in Percentage)

		<i>Bank/formal institution</i>	<i>Cooperative</i>	<i>Micro-finance/ Micro-credit</i>	<i>Informal Credit Institution</i>	<i>Other (NGOs)</i>	<i>At least one source of credit</i>
National	Women	20.3	16.7	27.5	32.1	9.0	44.4
	Men	31.9	20.2	33.2	26.7	13.2	54.1
Urban	Women	30.6	25.1	40.9	39.4	13.3	60.4
	Men	44.4	22.5	35.4	26.8	16.0	64.4
Rural	Women	17.1	14.2	23.4	29.9	7.8	39.6
	Men	28.4	19.5	32.6	26.7	12.4	51.3
Western	Women	15.3	8.5	19.1	17.9	6.4	30.7
	Men	31.7	25.0	21.0	27.1	14.4	47.1
Northern	Women	18.5	7.9	16.6	20.0	6.3	36.3
	Men	50.5	18.5	32.4	19.6	12.2	70.2
Central	Women	16.1	15.3	31.1	32.3	13.6	42.3
	Men	28.6	19.2	39.2	37.7	22.6	60.2
Southern Highlands	Women	28.3	36.2	47.8	60.4	14.3	74.4
	Men	26.7	19.6	47.9	58.6	9.7	73.8
Southern	Women	31.1	27.8	35.6	42.7	8.7	56.9
	Men	36.9	23.8	31.2	6.0	6.8	42.5
South West Highlands	Women	3.4	4.7	18.7	19.2	2.5	28.3
	Men	20.2	22.9	34.8	31.2	10.5	50.1
Lake Zone	Women	20.1	16.7	27.7	35.4	6.4	44.4
	Men	26.1	14.7	29.1	21.3	10.6	42.7
Eastern	Women	35.6	25.6	33.9	33.8	19.3	53.8
	Men	38.6	25.7	39.2	22.1	16.0	61.2
Zanzibar	Women	23.9	20.2	13.8	31.5	13.0	45.2
	Men	47.9	36.7	20.4	29.1	29.0	59.6

Source: Annex Table (A 13) in Statistical Tables of AASS-WEN 2023/24

2.5.4 Property Ownership

Secure rights to land and dwellings are critical agency-enabling resources that support women's autonomy and long-term empowerment. The survey explored both legal ownership and perceived security of land and dwellings, examining various rights such as use, sale, inheritance, and documentation. Property ownership is based on three key sub-indicators: having a legal document with one's name on it, feeling secure against losing ownership or use rights, and having the ability to sell or pass on the land or dwelling. These measures

help assess whether individuals truly have control and security over their property, which is essential for empowerment.

In terms of land ownership and use, around three-quarters of women (73.9%) and over four-fifths of men (84.5%) report having ownership or use rights in some form. As in many rural contexts, joint ownership or use rights are the most common arrangement for both women (58.2%) and men (58.2%), reflecting the predominance of shared or household-based tenure systems in Tanzania. However, men are nearly twice as likely as women to report sole ownership (26.3% vs. 15.7%), highlighting persistent gender inequalities in independent landholding.

When examining decision-making rights over land, men also report higher autonomy. 13.2% of women said they could sell land on their own, compared with 21.1% of men, while a larger share of women (50.9%) than men (58.1%) hold joint selling rights. Similarly, for rights to transfer land after death, 12.3% of women have this right solely, compared with 24.1% of men, and 48.5% of women report holding this right jointly. These results indicate that while access to land is relatively widespread, the nature of tenure remains predominantly joint, with women less likely to hold exclusive ownership or decision-making authority.

In Table 13, formal land documentation remains limited for both genders, with only about one in five respondents (22.1% of women and 25.2% of men) reporting that a formal ownership document exists for their land. Women are significantly less likely to have their names on land titles, either alone (6.2% vs. 13.3% for men) or jointly (10.6% vs. 10.4%). These low levels of documentation suggest that land tenure is largely informal, especially for women, which limits their ability to use land as collateral or to claim legal protection.

Perceptions of tenure security are fairly similar across genders: 63.9% of women and 62.5% of men consider it unlikely that they will lose their land rights. However, about 19.3% of women believe it is *slightly likely*, compared with 21.1% of men, with smaller proportions expressing moderate to high concern. This suggests a general sense of perceived stability, though the underlying informality of women's rights may mask potential vulnerabilities in cases of dispute or inheritance.

For dwellings, the gender patterns mirror those of land. 70.7% of women and 83.1% of men report ownership or use rights, with joint ownership being the most common arrangement (58.6% for women and 56.4% for men). As with land, men are more likely to hold dwellings in their own names (26.7% vs. 12.1%). Formal documentation for dwellings is similarly limited at about 22% for both genders, and few women have their names on documents alone (5.7%), compared to 13.2% of men.

Overall, the findings highlight a persistent gender gap in ownership, documentation, and decision-making power over both land and housing in Tanzania. Women's access to property is relatively widespread but remains largely informal or jointly held, limiting their ability to exercise independent control or use assets as economic leverage. Strengthening women's property rights awareness, expanding formal registration mechanisms, and ensuring the implementation of existing legal protections are crucial to advancing women's empowerment and tenure security in practice.

To construct the WEMNS property indicators, land and dwelling are considered together, recognizing that individuals may hold rights to either type of asset. This approach reflects the practical reality that ownership and use rights are often split across different asset types. Each indicator is met if the person has either land or a dwelling, with legal papers, secure use, or the right to pass it on, even if it's shared with someone else. This inclusive methodology ensures that diverse forms of property access and control, particularly those common among women, are fully captured.

Table 13: Property Ownership, Documentation and Perceived Tenure Security (in Percentage)

	Land		Dwelling	
	Women	Men	Women	Men
Ownership or use rights (any form)	73.9	84.5	70.7	83.1
Sole ownership or use rights	15.7	26.3	12.1	26.7
Joint ownership or use rights	58.2	58.2	58.6	56.4
Right to sell (sole)	13.2	21.1	9.8	22.6
Right to sell (joint)	50.9	58.1	46.7	51.4
Right to transfer after death (sole)	12.3	24.1	10.5	24.5
Right to transfer after death (joint)	48.5	53.4	46.4	48.8
Formal document available	22.1	25.2	22.2	23.7
Name on document (sole)	6.2	13.3	5.7	13.2
Name on document (joint)	10.6	10.4	11.0	9.1
Likelihood of losing ownership				
Not likely	63.9	62.5	63.8	69.6
Slightly likely	19.3	21.1	20.6	15.2
Moderately likely	7.1	7.7	7.3	7.9
Very likely	5.5	4.9	4.3	4.7
Extremely likely	4.3	3.8	4.2	2.7

Source: Annex Tables (A 14, A 15 and A 16) in Statistical Tables of AASS-WEN 2023/24

2.5.4.1 Results by Zones

In Table 14, regional patterns in property rights and tenure security show considerable variation across the country and between men and women. Legally documented ownership remains low overall but is unevenly distributed: women report the highest documentation in the South West Highlands (40.5%), Eastern (33.1%), and Western (31.0%) regions, while

rates are lowest in Zanzibar (7.0%) and the Northern Region (6.8%). Men, by contrast, report greater formal ownership in most regions, with particularly high levels in the Southern Highlands (44.9%), Southern (42.8%), and Northern (36.6%) regions. These patterns indicate that access to legal documentation is not only gendered but also shaped by regional institutional capacity and variations in customary land administration.

Perceived tenure security is relatively strong in most regions, though gender differences persist. The majority of men report feeling secure in their rights, with the highest confidence levels in the Southern Highlands (92.2%) and Southern region (86.7%). Among women, tenure security is highest in these same areas (77.1% and 46.0%, respectively), suggesting that women's perceptions of security tend to mirror local land governance and socioeconomic conditions. In contrast, women in the Central region (35.1%) and Zanzibar (47.5%) express the lowest levels of perceived security, reflecting both institutional fragility and limited recognition of women's tenure rights in those contexts.

Patterns in transfer rights show higher parity between men and women but still favor men in nearly all regions. Men's reported transfer rights exceed 85% in the Southern (98.2%), Central (88.5%), and Western (88.9%) regions, compared with 68–94% among women in the same areas. The South West Highlands (80.7% vs. 82.6%) and Lake Zone (70.3% vs. 71.3%) show the smallest gender gaps, suggesting that local customary or family-based arrangements may afford women relatively greater ability to transfer or inherit property.

Overall, these results indicate that while ownership and tenure security are widespread, women's property rights are often less formalized and less transferable, particularly in regions where customary systems dominate and institutional coverage is weaker. Within the WEMNS framework, these indicators reflect disparities in enabling resources, the material foundation that underpins women's economic security, bargaining power, and resilience. Strengthening formal registration systems and promoting gender-sensitive land governance would help consolidate the gains in women's property access into secure and enforceable rights.

Table 14: Regional Distribution of Property Ownership and Tenure Security (in Percentage)

	Legally Documented Ownership		Secure Tenure Rights		Transfer Rights	
	Women	Men	Women	Men	Women	Men
Western	31.0	13.5	52.8	48.5	68.0	88.9
Northern	6.8	36.6	57.7	68.3	53.1	79.7
Central	11.7	12.0	35.1	58.6	72.4	88.5
Southern Highlands	28.1	44.9	77.1	92.2	80.8	88.0
Southern	28.8	42.8	46.0	86.7	93.6	98.2
South West Highlands	40.5	28.3	52.2	50.4	80.7	82.6
Lake Zone	15.7	30.8	65.4	64.3	70.3	71.3
Eastern	33.1	31.0	54.8	83.0	66.3	87.1
Zanzibar	7.0	27.2	47.5	61.3	55.1	82.6

Source: Annex Tables (A 14, A 15 and A 16) in Statistical Tables of AASS-WEN 2023/24

2.6 Progress Towards SDG Indicator 5.a.1

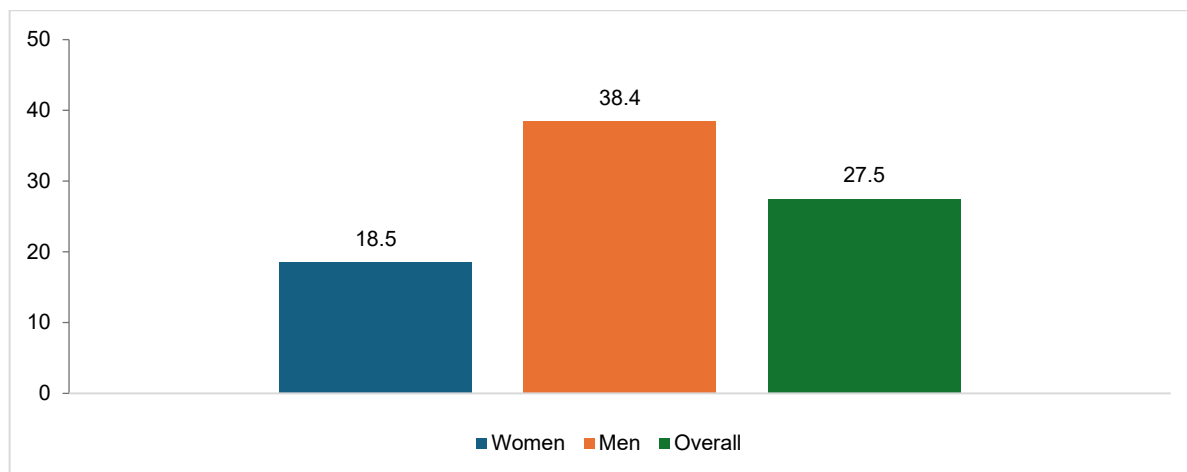
The 2015 adoption of the Sustainable Development Goals (SDGs) solidified the universal importance of women's empowerment and gender equality in SDG 5. SDG 5 motivated the need for improved measurement of women's empowerment. The SDG 5.a.1 indicator specifically measures the proportion of the agricultural population with ownership or secure rights over agricultural land, disaggregated by sex. It aims to track progress toward gender equality in land ownership and tenure. The indicator helps assess how many men and women have legal or secure access to agricultural land, which is essential for empowering women, improving livelihoods, and promoting inclusive development. Moreover, it highlights gender gaps in land rights and supports efforts to ensure equal access to economic resources, especially in rural and agricultural settings.

The SDG 5.a.1 indicator was derived from three key measures relating to women's land and property rights, namely: having one's name on a document proving ownership or rights to land/housing, having the right to bequeath land or housing, and having the right to sell land or housing. For each respondent, the indicator was coded as "1" (meets SDG 5.a.1) if they reported at least one of these rights in accordance with national definitions and legal frameworks. The national and zone-specific percentages were calculated as the proportion of respondents meeting this criterion for women, men, and all combined. Thus, the overall SDG 5.a.1 value is the weighted percentage of individuals, disaggregated by sex and geographical zone, who possess documented ownership or have legally recognized rights to transfer land or property through sale or inheritance.

The survey results revealed a clear gender gap in meeting the SDG 5.a.1 indicator threshold. Overall, 27.5 percent of respondents had documented ownership or legally recognized rights to sell or bequeath land or property. However, the proportion was more

than twice as high among men (38.4%) compared to women (18.5%), highlighting a substantial disparity in access to land and property rights between genders. This indicates that while progress has been made, women remain disadvantaged in achieving equal ownership and control over economic resources (Figure 40).

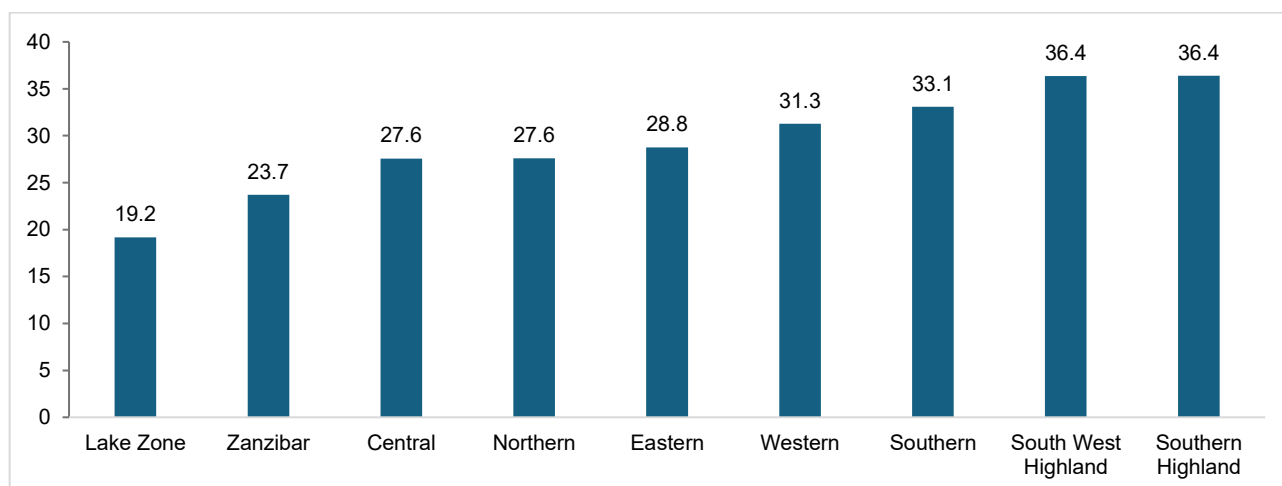
Figure 40: Percentage Distribution of Respondents Meeting the SDG 5.a.1 Indicator Threshold



Source: Annex Table (A 17, A 18 and A 19) in Statistical Tables of AASS-WEN 2023/24

The distribution of respondents meeting the SDG 5.a.1 threshold shows notable variation across Tanzania's geographical zones. The proportion of respondents meeting the SDG 5.a.1 threshold was highest in the Southern Highlands (36.4%) and South West Highlands (36.4%) zones, followed by the Southern zone (33.1%) and Western zone (31.3%). Moderate percentages were recorded in the Eastern zone (28.8%), Northern zone (27.6%), and Central zone (27.6%). Lower proportions were observed in Zanzibar (23.7%) and the Lake Zone (19.2%), indicating substantial regional disparities that call for targeted policy and programmatic interventions in the least-performing areas (Figure 41).

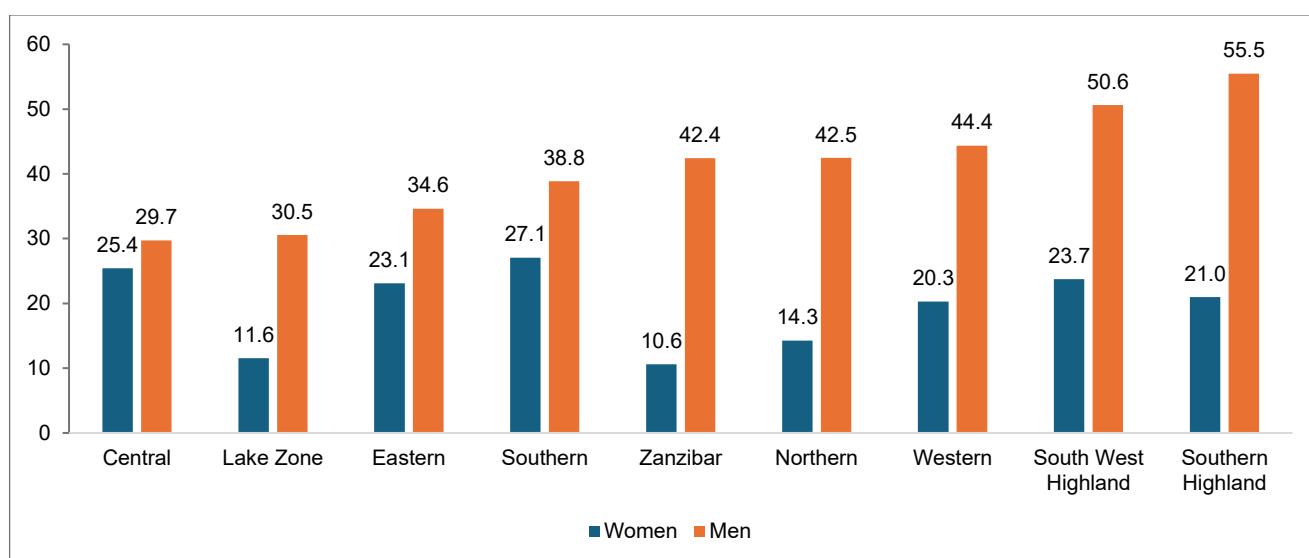
Figure 41: Percentage Distribution of Respondents Meeting the SDG 5.a.1 Indicator Threshold by Zone



Source: Annex Table (A 17, A 18 and A 19) in Statistical Tables of AASS-WEN 2023/24

Considering the percentage of respondents meeting the SDG 5.1.a indicator threshold by sex, the survey results presented in Figure 42 reveal substantial gender disparities across zones, with men consistently reporting higher values than women. The Southern Highland (55.5% for men against 21.0% for women) and South West Highland (50.6% for men vs. 23.7% for women) show the largest gaps, while the Lake Zone (30.5% for men against 11.6% for women) and Zanzibar (42.4% for men against 10.6% for women) also report marked differences. In contrast, the Central Zone reported the smallest gap (29.7% for men against 25.4% for women). Overall, men dominate the higher end of the scale in all zones, indicating pronounced gender inequality across the zones.

Figure 42: Percentage Distribution of Respondents Meeting the SDG 5.a.1 Indicator Threshold by Zone and Sex



Source: Annex Table (A 17, A 18 and A 19) in Statistical Tables of AASS-WEN 2023/24

2.7 Women Empowerment Score

Box 5: Women Empowerment - Key Findings

- **Overall:** Empowerment remains deeply gendered and geographically uneven, requiring efforts to shift social norms, enhance women's leadership, and expand access to digital, financial, and property resources.
- **The Women Empowerment Indicator reveals a persistent gender gap**
 - Women's score: 0.45 Men's score: 0.57
 - Disempowered: 89% of women vs. 79% of men
 - Women experience greater intensity of disempowerment (A = 0.62 vs. 0.55).
- **Regional disparities are strong**
 - Lowest empowerment: Zanzibar, Western, and South West Highlands.
 - Highest empowerment: Southern and Eastern zones, with near gender parity in the Southern zone.
- **Main drivers of women's disempowerment**
 - Low confidence in community engagement.
 - Limited leadership roles and voice.
 - Restrictive social norms on livelihood and family choices.
- **For men, disempowerment stems mainly from time-use pressures and limited collective participation.**

This section introduces the Empowerment Indicator, a composite measure designed to assess individuals' ability to make meaningful life choices across four domains: Awareness, Ability to Choose, Active in Society, and Access to Resources. The Awareness dimension is included only for women, reflecting the specific social and cultural barriers they face in endorsing and asserting their rights. The Empowerment Indicator equally weights the 12 component indicators for women and 9 for men. The composite indicator allows us to see the overall headcount of empowered and disempowered women and men. We can also build on the indicator to identify the primary contributors to disempowerment. These indicators highlight where gender gaps persist and where progress is being made. In doing so, the Empowerment Indicator serves as a powerful tool for communicating inequalities and tracking changes over time.

2.7.1 Empowerment Results

Table 15 presents the key results of the WEMNS methodology for women and men. The overall empowerment score, which ranges from 0 (no empowerment) to 1 (full empowerment), stands at 0.45 for women and 0.57 for men, confirming a clear gender gap in empowerment levels. This difference reflects two main components:

- The disempowerment headcount ratio (H) shows that 89.4% of women and 78.4% of men are classified as disempowered, meaning they are constrained in at least 30% of the indicators.

- Among those who are disempowered, the average intensity of disempowerment (A) is also different: 0.62 for women and 0.55 for men, suggesting that when individuals are disempowered, they tend to face multiple overlapping constraints, regardless of gender.

With over 8.5 million women and 6.4 million men in agricultural households estimated to be disempowered, these results carry significant implications for development strategies.

Table 15: Empowerment Results

Indicator	Women	Men
WEMNS score	0.45	0.57
Disempowerment headcount ratio (H)	89.4%	78.4%
Estimated disempowered population (N)	8,471,651	6,427,974
Intensity of disempowerment (A)	0.62	0.55
Total estimated population	9,481,177	8,196,290

Note: WEMNS = 1 - (H x A)

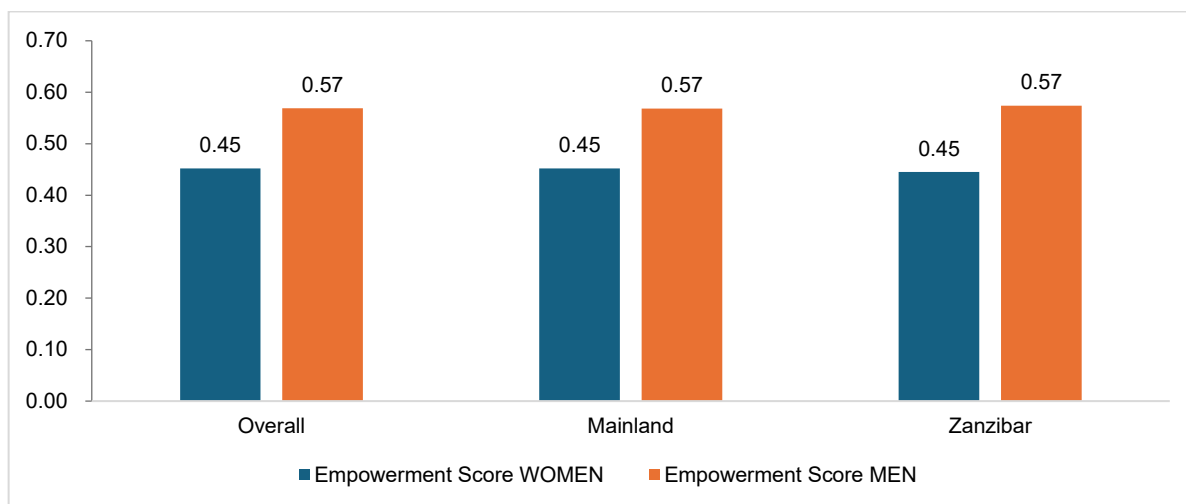
Source: Annex Table (A 1, A 18 and A 19) in Statistical Tables of AASS-WEN 2023/24

2.7.1.1 Results by Mainland Tanzania/Zanzibar and Zones

Figure 43 shows the level of empowerment taking into consideration Mainland Tanzania and Zanzibar. Empowerment scores for Tanzania reveal a consistent gender gap across all geographic groupings, with men scoring higher than women in every case. In Mainland Tanzania, the pattern closely mirrors the national average, with women scoring 0.452 and men scoring 0.568. This alignment suggests that the overall national figures are largely driven by conditions in Mainland Tanzania, where gender inequalities in empowerment remain significant and entrenched.

In Zanzibar, the women's empowerment score is slightly lower at 0.445, while the men's score is slightly higher at 0.574, resulting in the widest observed gender gap. This indicates that women in Zanzibar may face additional or more acute barriers to empowerment, potentially linked to region-specific cultural norms, institutional structures, or access to resources and opportunities.

The consistency of higher male empowerment scores across all contexts points to systemic challenges in achieving gender equality in Tanzania. While national strategies are essential to address the broad drivers of this disparity, the regional variation, particularly the larger gap in Zanzibar, underscores the need for tailored, context-specific policy responses to effectively close the empowerment gap.

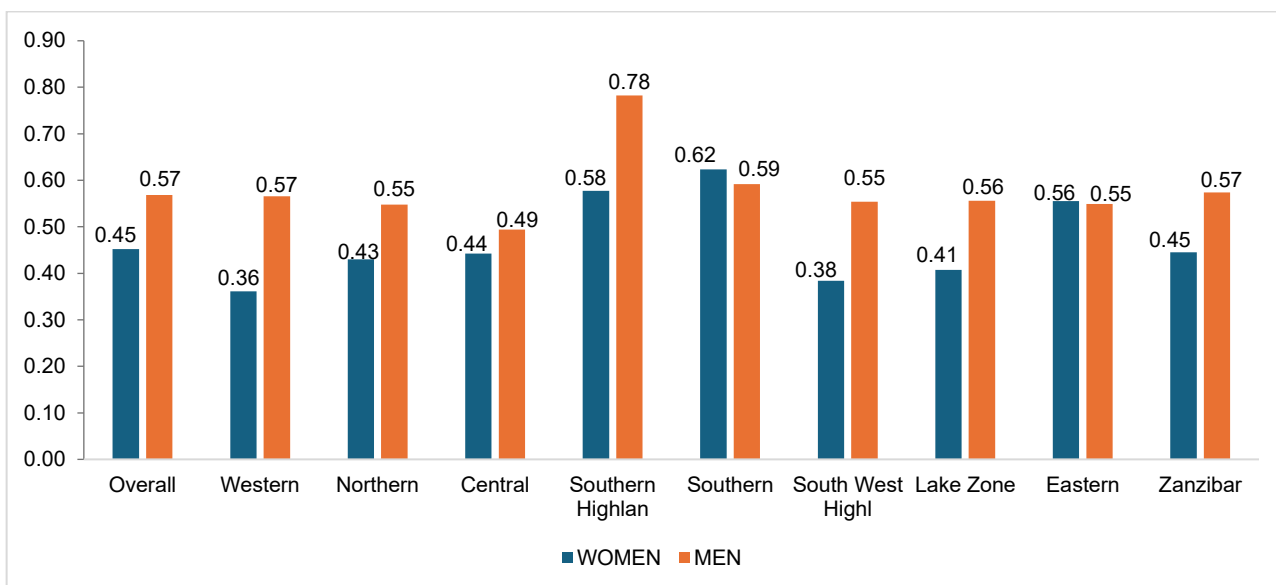
Figure 43: Empowerment Score by Mainland Tanzania/Zanzibar

Source: Annex Table (A 17, A 18 and A 19) in Statistical Tables of AASS-WEN 2023/24

Figure 44 presents the average empowerment score for women and men across the zones of Tanzania. Empowerment levels vary considerably across regions and between men and women. Nationally, women have an average empowerment score of 0.45, compared with 0.57 for men, indicating that men generally enjoy greater decision-making power, access to resources, and freedom of choice. Regional differences are pronounced; women in the Southern zone (0.62) record the highest empowerment, slightly surpassing men in the same area (0.59), making it one of the few regions where the gender gap favors women. The Southern Highlands (0.58) and the Eastern zone (0.56) also stand out as areas where women's empowerment is above the national average. In contrast, women in the Western zone (0.36) and the South West Highlands (0.38) face the greatest constraints, with scores well below the national benchmark.

For men, the Southern Highlands display the highest empowerment levels (0.78), followed by the Western zone and Zanzibar, both at 0.57. The lowest male empowerment score is observed in the Central zone (0.49). While men generally outscore women in most zones, the gender gap is particularly wide in the Western zone (0.57 for men versus 0.36 for women) and the South West Highlands (0.55 versus 0.38). By contrast, the Southern zone shows near parity, with women slightly more empowered than men, and the Eastern zone also exhibits minimal gender difference. These patterns suggest that while geography plays a key role in shaping empowerment opportunities, the extent of gender inequality varies substantially across the country.

Figure 44: Empowerment Score – Zones Level



Source: Annex Table (A 17, A 18 and A 19) in Statistical Tables of AASS-WEN 2023/24

2.7.2 Percentage of Disempowered People

Moving to a deeper analysis of the constraints faced by both men and women, Table 16 presents the headcount ratio for each empowerment indicator. The results show that women face greater constraints than men across nearly all empowerment indicators, particularly in domains related to access to resources, financial inclusion, and confidence in community participation. While both sexes experience certain structural limitations, women's constraints are broader and more systemic, reflecting persistent gender inequalities in access, opportunity, and autonomy.

In the intrinsic agency domain, the data show that many women still face strong normative barriers. Nearly three-quarters of women (74%) report constraints in endorsing women's freedom in livelihood choices, and two-thirds (65.9%) do not fully support women's autonomy in family formation decisions. These findings suggest that internalized gender norms continue to shape women's perceptions of their own agency, reinforcing social expectations that restrict their independence. Similarly, less than half of women (45.4%) reject women's subjection to sexual harassment, indicating that harmful gender norms and tolerance for harassment remain widespread.

In terms of instrumental agency, which captures decision-making power in everyday life, the gender pattern is mixed but still reveals women's relative disadvantage. Women report greater constraints in spending decisions (60.4% compared to 45.2% of men), underscoring their limited financial autonomy within households. In contrast, a slightly smaller share of women than men report constraints over time allocation (56.7% vs. 60.6%), possibly reflecting men's heavier involvement in income-generating work. Similarly, constraints in

health-related decision-making are comparable for both sexes (35.0% for women, 31.3% for men), showing that autonomy over personal well-being remains limited across the population.

Same pattern appears in collective agency. Men and women report similar constraints in organizational participation (52.7% and 49.3%, respectively) and leadership roles (76.9% and 76.3%), suggesting that opportunities for formal community leadership are scarce for both genders. However, gender differences are pronounced in confidence in community engagement, where an overwhelming 91.1% of women report low confidence compared with 74.5% of men. This 16-point gap underscores the enduring social and cultural barriers that limit women's public voice and participation, even when they have nominal access to groups or organizations.

The widest gender disparities appear in the enabling resources domain, which reflects access to the material conditions that support agency: digital, financial, and property resources. Women are more than twice as likely as men to be constrained in the use of ICT (30.6% vs. 13.0%), revealing a substantial digital divide. The same pattern is evident for financial inclusion, where 37.7% of women are constrained compared to 19.6% of men, and for access to credit, where 55.6% of women face barriers compared with 45.9% of men. These gaps indicate that while financial services have expanded, women remain more reliant on informal systems and face persistent structural barriers such as a lack of collateral, limited financial literacy, and social restrictions on borrowing.

Disparities are also evident in property-related empowerment. Women are less likely than men to have documented property rights (78.2% vs. 70.6% constrained), secure transfer rights (29.0% vs. 17.5%), or secure tenure rights (43.3% vs. 32.8%). These findings highlight the continuing gender gap in formal ownership and legal recognition, which restricts women's ability to use property as collateral, build wealth, or exercise long-term economic security.

Results reveal that women experience more widespread and multidimensional constraints than men. The largest gender gaps appear in financial inclusion, digital access, and public confidence, which are critical foundations of empowerment. While both sexes face challenges in participation and leadership, women's constraints extend further into the structural domains of resource control and property rights. Closing these gender gaps requires not only improving women's access to enabling resources but also transforming the underlying norms, institutions, and power relations that continue to limit women's agency in both private and public life (Table 16).

Table 16: Headcount Ratios (% of respondents constrained in each indicator)

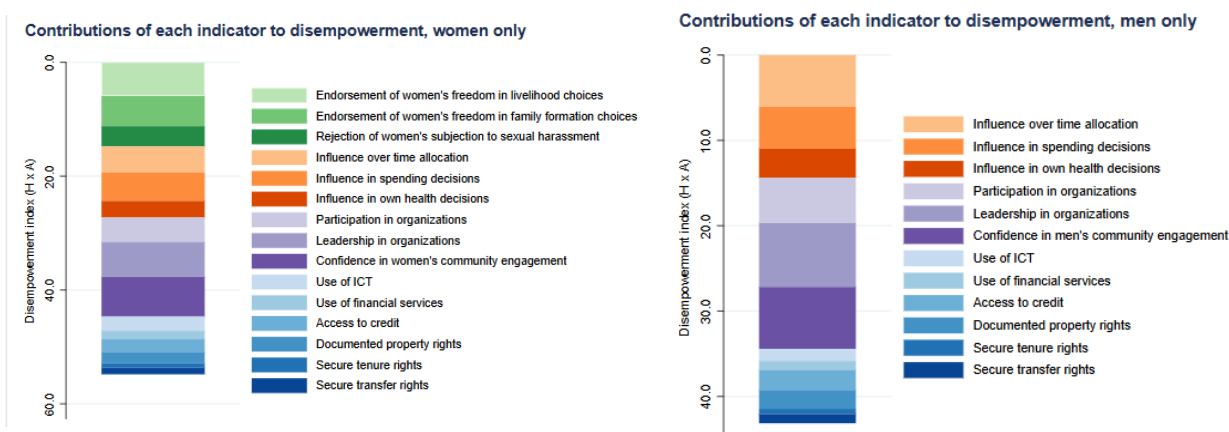
Indicator	Women	Men
Endorsement of women's freedom in livelihood choices	74.0	
Endorsement of women's freedom in family formation choices	65.9	
Rejection of women's subjection to sexual harassment	45.4	
Influence over time allocation	56.7	60.6
Influence on spending decisions	60.4	45.2
Influence on own health decisions	35.0	31.3
Participation in organizations	52.7	49.3
Leadership in organizations	76.9	76.3
Confidence in women's/men's community engagement	91.1	74.5
Use of information communication technologies (ICT)	30.6	13.0
Use of financial services	37.7	19.6
Access to credit	55.6	45.9
Documented property rights	78.2	70.6
Secure transfer rights	29.0	17.5
Secure tenure rights	43.3	32.8
Observation	2,486	1,919

Source: Annex Table (A 18) in Statistical Tables of AASS-WEN 2023/24

2.7.2.1 Contribution of Each Indicator to Disempowerment

Figure 45 presents the contribution of each indicator to disempowerment. For women, the largest contributors to disempowerment lie within the intrinsic and collective agency domains, specifically, leadership in organizations (6.1%), confidence in community engagement (7.0%), and endorsement of women's freedom in livelihood (5.9%) and family formation (5.4%) choices. These results indicate that normative and collective barriers, including restrictive gender norms, limited representation in leadership roles, and a lack of confidence in public spaces, remain the most significant sources of women's disempowerment. Together, these factors point to persistent sociocultural limitations that constrain women's agency, even when access to resources improves.

Figure 45: Contributions of Each Indicator to Disempowerment



Source: Annex Table (A 18) in Statistical Tables of AASS-WEN 2023/24

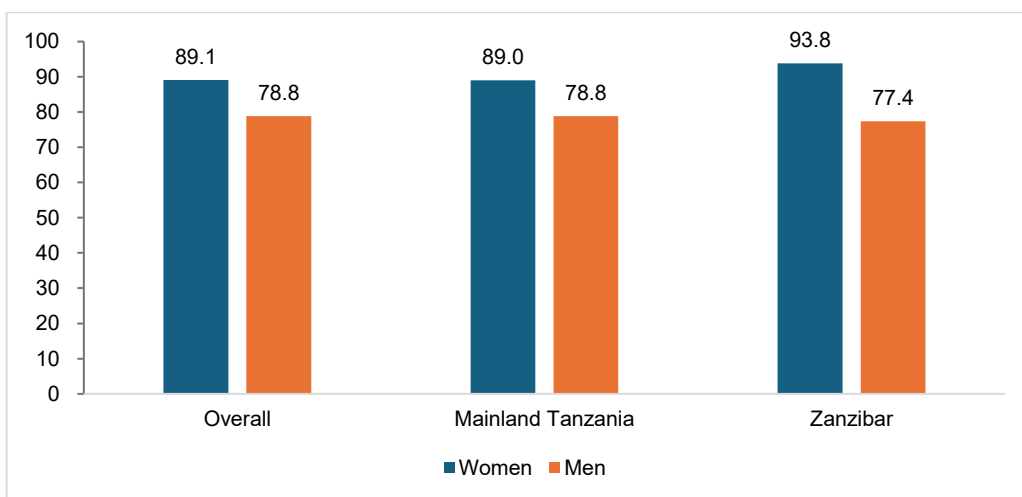
2.7.2.2 Results by Mainland Tanzania/Zanzibar and Zones

In Mainland Tanzania, 89.0% of women and 78.8% of men are disempowered. This alignment with the national average indicates that Mainland Tanzania is the main driver of the overall disempowerment levels.

In Zanzibar, the women's disempowerment rate is even higher at 93.8%, while the men's is 77.4%, the largest gender gap observed across the regions. This suggests that women in Zanzibar face particularly entrenched barriers to empowerment, possibly linked to region-specific cultural norms, legal frameworks, or resource access.

Overall, these figures show that disempowerment is distributed among both women and men in Tanzania but is consistently higher among women in every context.

Figure 46: Disempowerment by Mainland Tanzania/Zanzibar



Source: Annex Table (A 17, A 18 and A 19) in Statistical Tables of AASS-WEN 2023/24

When moving to the zones, the Western zone has one of the highest female disempowerment rates at 95.2%, alongside a male rate of 81.1%, indicating that both genders face substantial limitations, but women are more affected. Similarly, the South West Highlands (women 94.4%, men 77.1%) and Zanzibar (women 93.8%, men 77.4%) record very high female disempowerment.

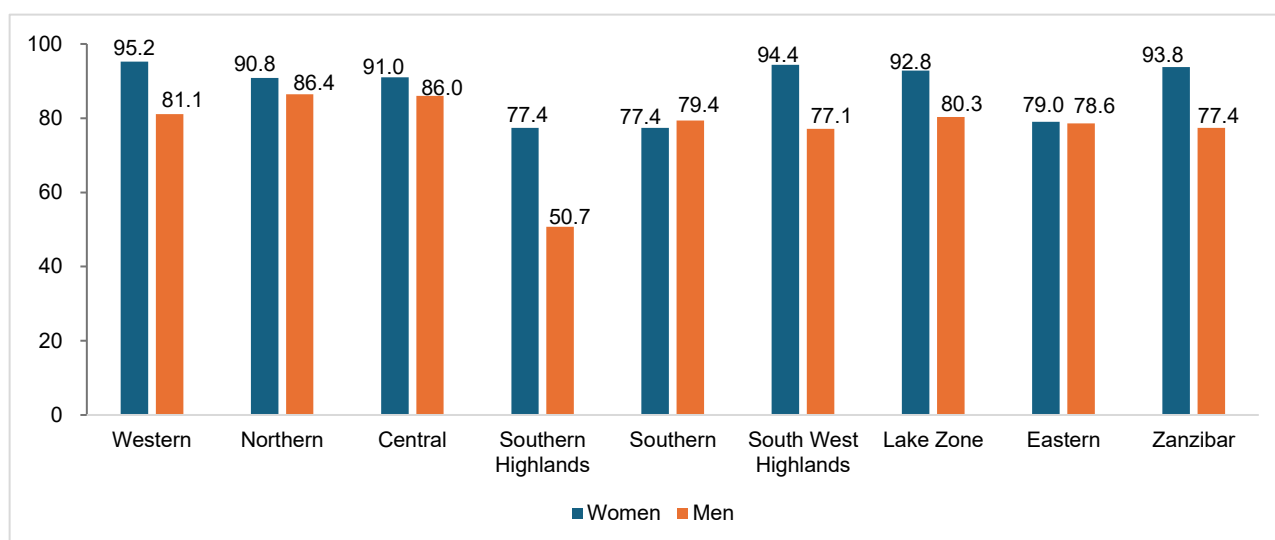
The Southern Highlands stand out for the largest gender gap: 77.4% of women are disempowered compared with only 50.7% of men. This suggests a local context in which women face structural barriers not experienced by men to the same extent.

Some zones display relatively lower disempowerment among women, such as the Southern zone (77.4%) and the Eastern zone (79.0%), where women's rates are closer to men's (79.4% and 78.6% respectively), suggesting narrower gender gaps but still high overall disempowerment levels.

In the Northern and Central zones, women's disempowerment is high (90.8% and 91.0%) but the gender gap is smaller because men's disempowerment is also high (86.4% and 86.0%). This points to shared structural challenges that affect both genders, possibly linked to economic constraints or community-wide norms.

Overall, these figures indicate that while high disempowerment is common across Tanzania, certain regions, particularly the Southern Highlands, Western, South West Highlands, and Zanzibar, require urgent, targeted interventions to address both the depth and the gender disparity in empowerment deficits.

Figure 47: Percentage of Disempowerment Headcount Ratio, by Zone



Source: Annex Table (A 17, A 18 and A 19) in Statistical Tables of AASS-WEN 2023/24

CHAPTER 3

WOMEN'S DIETARY DIVERSITY

Box 6: Women's Dietary Diversity – Key Findings

- **Dietary diversity remains moderate overall**
 - Women consume on average 4.9 food groups, with cereals dominating diets (95%).
 - Intake of nutrient-dense foods like eggs (9%), dairy (26%), and fruits (24%) remains limited, reducing micronutrient adequacy.
- **Urban–rural differences are evident**
 - Urban women consistently consume more diverse and nutrient-rich foods than rural women, especially meat, vitamin A-rich produce, and pulses.
 - Both groups show very low intake of eggs, milk, and fruits.
- **Education improves diet quality**
 - Women with secondary or higher education are most likely to meet the Minimum Dietary Diversity threshold.
- **Overall dietary diversity is improving**
 - 56.7% of women meet the MDD-W benchmark, up from 25% in TDHS-MIS 2022, possibly reflecting better post-harvest food availability.
- **Urbanization drives a dual nutrition trend**
 - Greater diversity coexists with higher intake of unhealthy foods, signaling a nutrition transition.
- **Traditional foods remain localized**
 - Insects and red palm oil are important in the Western Zone, but consumption is minimal elsewhere.

3.1 Background

Minimum Dietary Diversity for Women (MDD-W) is a population-level indicator that measures diet quality by capturing micronutrient adequacy through food group diversity. It is based on whether women of reproductive age (15-49) consume foods from at least five out of ten pre-defined food groups in the previous 24 hours. The indicator is validated as a simple and feasible proxy for micronutrient adequacy, summarizing intake adequacy across 10 micronutrients. Unlike more detailed dietary surveys, MDD-W offers a cost-effective way to assess and compare women's diet quality across regions and over time while avoiding overestimation by excluding foods usually eaten in trivial amounts.

Importantly, MDD-W is now part of the global monitoring framework as SDG indicator 2.2.4.b. It is considered a core dietary diversity (healthy diet) indicator within the SDG framework and is used to monitor progress toward SDG Target 2.2, which aims to end all forms of malnutrition and address the nutritional needs of women, children, and older

persons. Its inclusion reflects growing recognition that dietary quality, not just calorie availability, is essential for women's health and well-being.

Within this framework, the consumption of at least 5 food groups serves as a threshold for minimum dietary diversity, signaling a higher likelihood of adequate micronutrient intake. Diverse diets are associated with improved pregnancy outcomes, enhanced immune function, and reduced risk of micronutrient deficiencies and diet-related noncommunicable diseases.

For the AASS-2023/24 survey, the women covered by the analysis are those aged 18–64 years, reflecting the scope of the questionnaire. In presenting results, we, therefore, distinguish between two groups:

- Women of reproductive age (18–49 years), consistent with the global definition of MDD-W.
- All women aged 18–64 years, to reflect the full survey population and provide broader insights into dietary diversity across the adult female population.

3.2 Consumption of various food groups

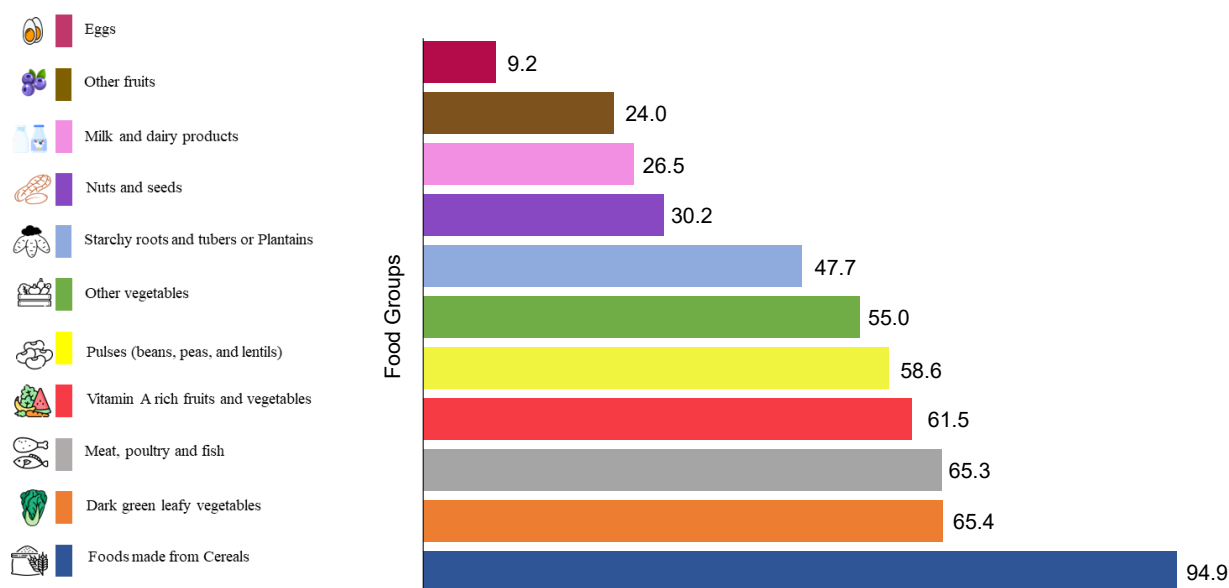
The consumption of diverse food groups provides insights into women's nutritional status. This analysis considers a range of food categories: cereals; starchy roots, tubers, and plantains; pulses (beans, peas, and lentils); nuts and seeds; milk and dairy products; meat, poultry, and fish; eggs; dark green leafy vegetables; vitamin A-rich fruits and vegetables; other vegetables; and other fruits. Regular intake of these food groups is essential to ensure adequate consumption of micronutrients such as iron, vitamin A, and folate, which are particularly important for women's health.

On average, women in Tanzania consumed 4.9 food groups, with little variation across geographic zones, residence, age, or maternal status. The lowest average was observed among women with no formal education (4.3 food groups), while the highest was recorded among women who were both pregnant and breastfeeding (7.8) (Annex Table A 20).

As shown in Figure 48, consumption was highest for cereals (94.9%). Roughly two-thirds of women consumed dark green leafy vegetables (65.4%) and meat, poultry, and fish (65.3%), while vitamin A-rich fruits and vegetables (61.5%) and pulses (58.6%) also represented important contributions to diet quality. More moderate levels were reported for other vegetables (55.0%) and starchy roots, tubers, and plantains (47.7%). By contrast, the

consumption of nuts and seeds (30.2%), dairy products (26.5%), and other fruits (24.0%) was much lower, while eggs showed the lowest consumption overall (9.2%).

Figure 48: Percentage Distribution of Food Groups Eaten



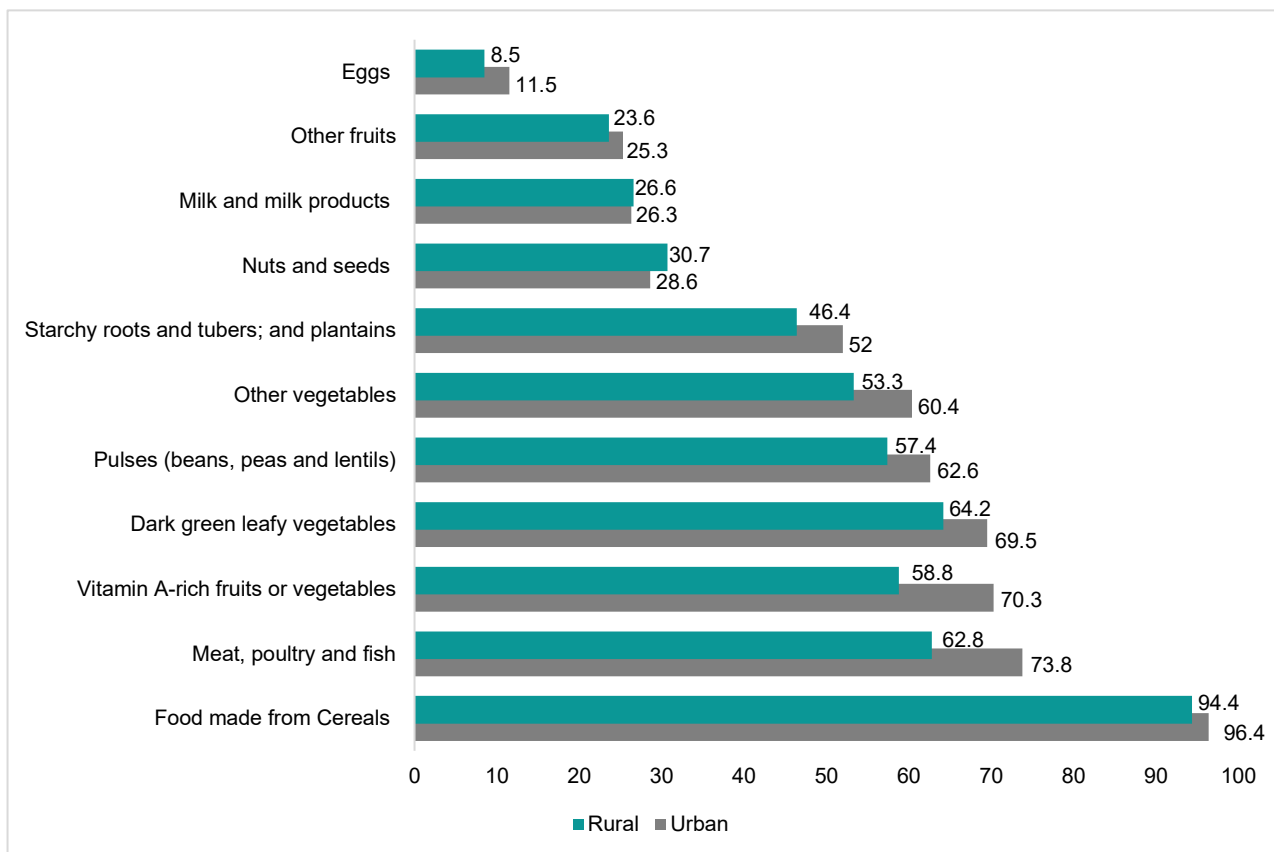
Note: Source: Annex Table (A 20 and A 21) in Statistical Tables of AASS-WEN 2023/24

These patterns highlight a reliance on cereals as the foundation of women's diets, with lower and less consistent intake of other nutrient-rich foods limiting overall dietary diversity.

When disaggregated by urban–rural location, Figure 49 shows that consumption of cereal-based foods is universally high, reported by 96.4% of urban women and 94.4% of rural women well above any other food group. Beyond cereals, urban women reported higher intake of most nutrient-rich foods, including meat, poultry, and fish (73.8% vs. 62.8% in rural areas), vitamin A-rich fruits and vegetables (70.3% vs. 58.8%), dark green leafy vegetables (69.5% vs. 64.2%), and starchy roots, tubers, and plantains (52.0% vs. 46.4%). Rural women, however, consumed slightly more nuts and seeds (30.7% vs. 28.6%). Although overall intake of pulses was moderate, urban women again reported higher consumption than rural women (62.6% vs. 57.4%). In both urban and rural areas, consumption of milk and milk products (26.3% and 26.6%), other fruits (25.3% and 23.6%), and especially eggs (11.5% and 8.5%) remained consistently low.

These results suggest that urban women generally have more diverse diets than rural women; yet, both groups face consistently low intake of certain nutrient-dense foods, such as dairy, eggs, and fruits (Figure 49).

Figure 49: Percentage Distribution of Food Groups Eaten by Place of Residence



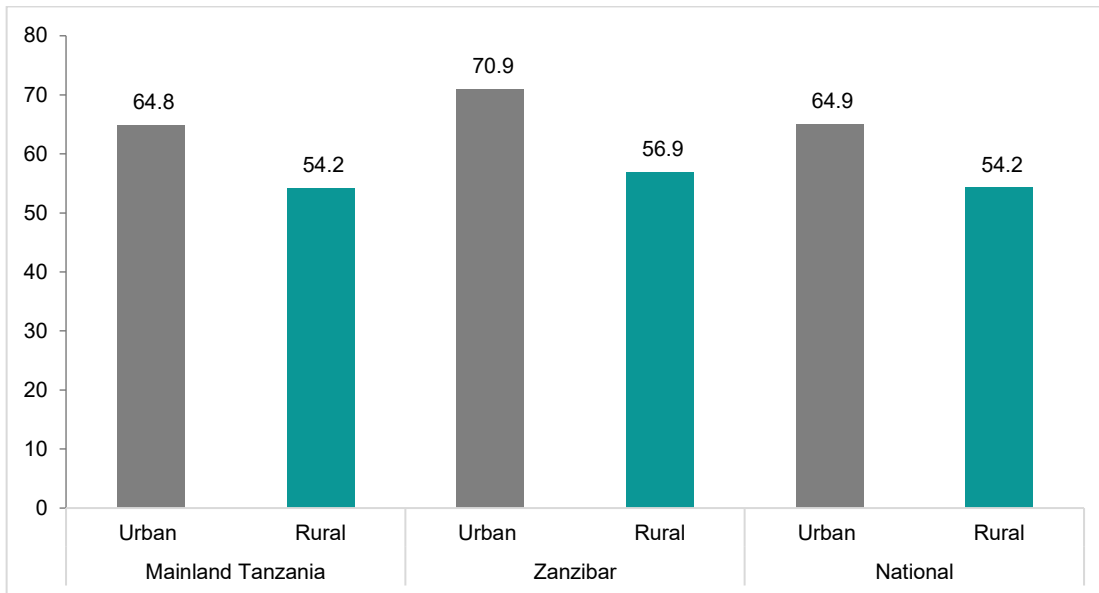
Note: Source: Annex Table (A 20 and A 21) in Statistical Tables of AASS-WEN 2023/24

3.3 Minimum Dietary Diversity for Women

The consumption of at least five food groups, known as the Minimum Dietary Diversity for Women (MDD-W), is a key measure of diet quality. It assesses whether women of reproductive age consumed foods from at least five of ten pre-defined food groups in the 24 hours preceding the survey. Meeting this threshold is an important benchmark for nutritional adequacy, as dietary diversity is strongly associated with improved health outcomes and a reduced risk of micronutrient deficiencies. Evidence shows that women achieving the MDD-W threshold experience better pregnancy outcomes, stronger immune function, and a lower prevalence of diet-related chronic diseases.

As shown in Figure 50, 64.9% of urban women in Tanzania met the MDD-W threshold, compared with 54.2% of rural women, highlighting an urban advantage in dietary diversity. Comparing Zanzibar and Mainland Tanzania, women in Zanzibar reported higher dietary diversity in both urban (70.9%) and rural (56.9%) areas than their Mainland counterparts (urban 64.8% and rural 54.2%).

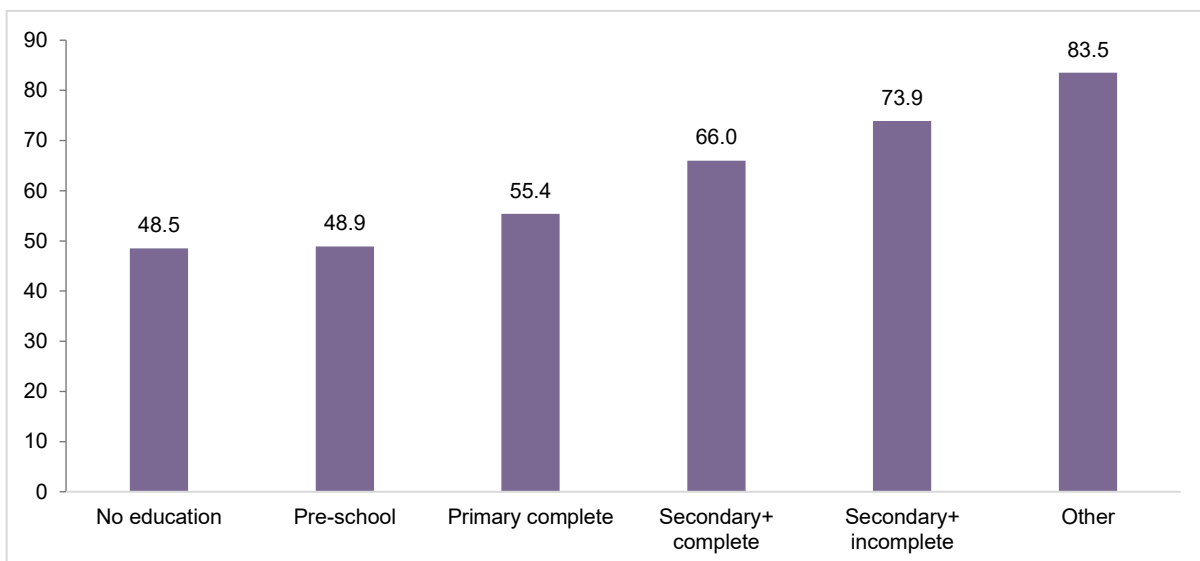
Figure 50: Percentage of Women Meeting the Minimum Dietary Diversity by Location



Note: Source: Annex Table (A 20 and A 21) in Statistical Tables of AASS-WEN 2023/24

The findings presented in Figure 51 show an increase in dietary diversity across educational levels among Tanzanian women aged 18-64. Women with secondary or higher education levels met the minimum dietary diversity threshold of consuming at least five food groups by 76.0%. Moreover, women who completed primary school showed higher dietary diversity (57.9%) compared with those who did not complete primary education (52.1%). However, the findings showed that women with no education met the minimum dietary diversity threshold of consuming at least five food groups at 44.8%.

Figure 51: Percentage of MDD-W Distribution by Education Level



Note: Source: Annex Table (A 20 and A 21) in Statistical Tables of AASS-WEN 2023/24

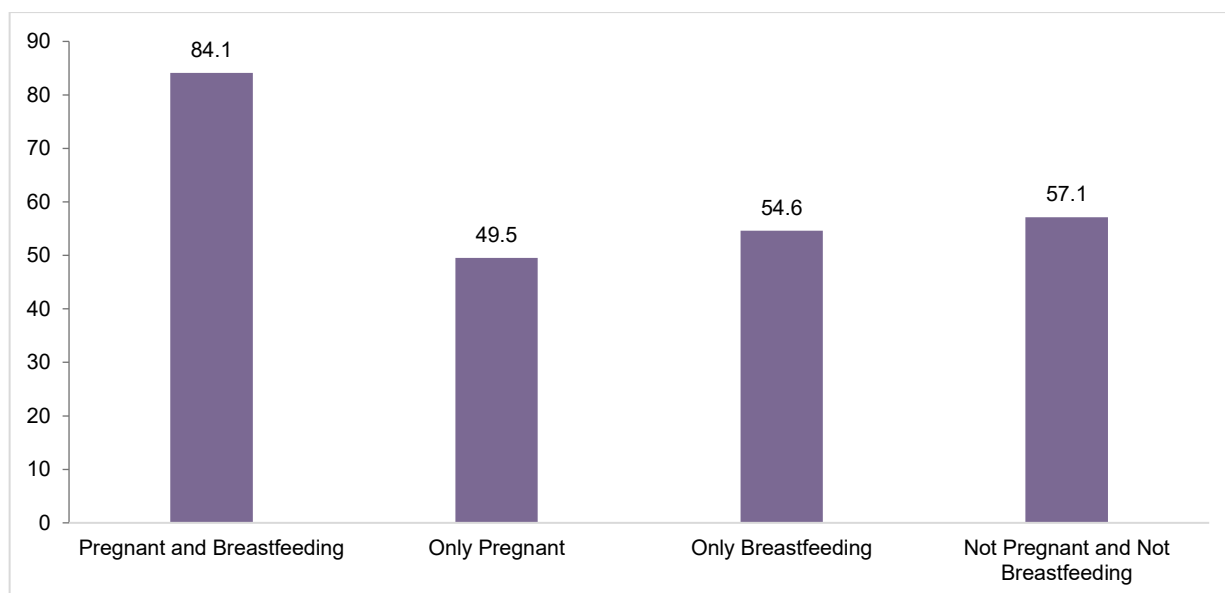
The results from Figure 52 indicate clear differences in dietary diversity by pregnancy and breastfeeding status. Women who were both pregnant and breastfeeding reported the

highest MDD at 84.1%, followed by those who were pregnant only (57.1%) and those who were only breastfeeding (54.6%). By contrast, women who were neither pregnant nor breastfeeding had an MDD of 49.5%.

It is important to note that, for this specific analysis, only women of reproductive age (18–49 years) were considered, in line with the definition of the MDD-W indicator and to ensure comparability across pregnancy and breastfeeding categories.

These findings suggest that pregnancy and breastfeeding are associated with higher dietary diversity, reflecting increased physiological needs as well as greater attention to diet quality during these periods. Access to more diverse foods may be influenced by household food allocation, nutritional counselling during antenatal and postnatal care, or participation in health and nutrition programs that target women in these vulnerable stages.

Figure 52: Percentage of MDD-W Distribution by Pregnancy and Breastfeeding Status (Women 18-49)



Note: Source: Annex Table (A 20 and A 21) in Statistical Tables of AASS-WEN 2023/24

Table 17 presents MDD-W across a range of background characteristics, providing a consolidated view of dietary diversity among Tanzanian women aged 18–64. Overall, 56.7% of women met the minimum dietary diversity threshold.

Some differences emerge by household headship: women in male-headed households reported slightly higher dietary diversity (58.1%) compared to those in female-headed households (53.1%). By age, MDD-W levels were relatively similar across groups, with women aged 30–39 (58.1%) and 50–64 (58.4%) showing marginally higher dietary diversity than younger women (55.1% among those 18–29).

Household composition also influenced outcomes: women in households with one or two young children (58.1%) reported higher dietary diversity compared to those with no children (55.6%) or three or more children under five (53.0%).

Among women of reproductive age (18–49), dietary diversity was slightly lower among pregnant women (53.8%) compared to non-pregnant women (56.4%). A similar pattern was observed for breastfeeding women (55.8%) relative to their non-breastfeeding peers (56.4%).

Taken together, these findings highlight that while overall differences across subgroups are modest, certain characteristics such as household headship, age, and number of young children are associated with small but notable variations in women's dietary diversity.

Table 17: MDD-W Distribution by Selected Background Characteristics

Background Characteristics	Minimum Dietary Diversity (%)
<i>Overall</i>	56.7
Gender of the Household Head	
<i>Respondent member of a MALE-headed household</i>	58.1
<i>Respondent member of a FEMALE-headed household</i>	53.1
Age	
<i>18-29</i>	55.1
<i>30-39</i>	58.1
<i>40-49</i>	55.8
<i>50-64</i>	58.4
Number of Children in HH <= 5 years	
<i>No children</i>	55.6
<i>One/Two children</i>	58.1
<i>Three or more</i>	53.0
Maternal Status (age 18-49)	
<i>Pregnant</i>	53.8
<i>Not pregnant</i>	56.4
Breast-feeding Status (age 18-49)	
<i>Breastfeeding</i>	55.8
<i>Not breastfeeding</i>	56.4

Note: Source: Annex Table (A 20 and A 21) in Statistical Tables of AASS-WEN 2023/24

3.4 Consumption of Other Food Groups Among Women

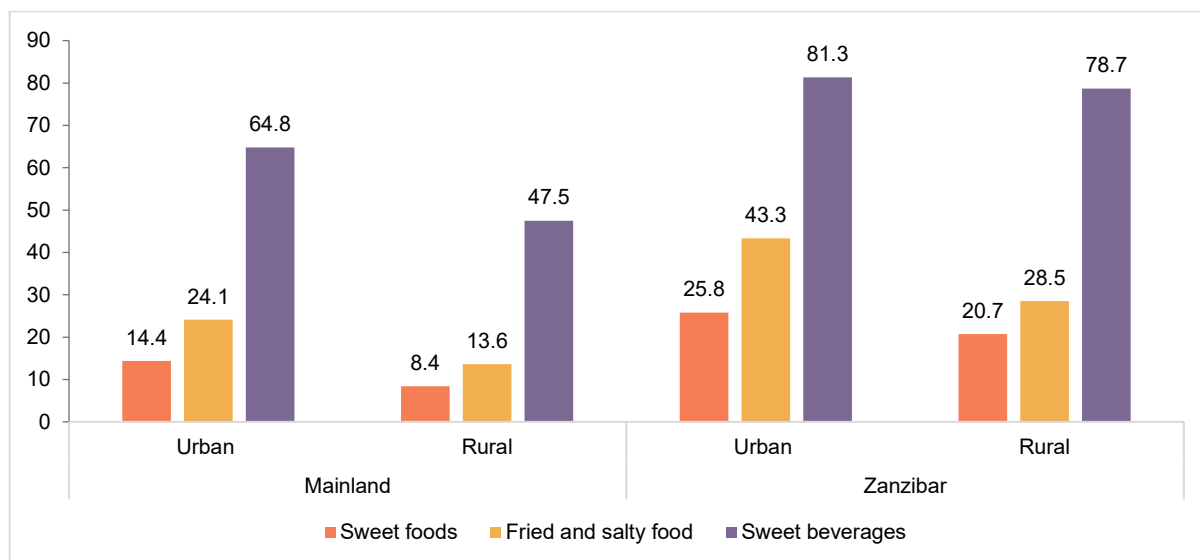
Despite the recognized benefits of dietary diversity, increasing consumption of processed and unhealthy foods presents rising public health challenges. Unhealthy eating patterns, characterized by excessive intake of processed foods high in sugars, salt, and unhealthy fats, have emerged as a major driver of overweight and obesity, both of which are key risk factors for non-communicable diseases (NCDs). Dietary patterns are particularly concerning

for women's health, as excess weight gain can adversely affect reproductive outcomes and increase pregnancy-related complications. The Food and Agriculture Organization of the United Nations (FAO, 2021) identifies "sentinel unhealthy foods," including fried items and products with high levels of refined sugars, sodium, and trans fats, as critical markers of poor dietary quality that warrant close monitoring in nutrition surveillance and intervention programs.

The findings indicate that urban areas show higher consumption of unhealthy foods across all categories (sweet foods, fried and salty foods, and sweetened beverages) compared to rural areas, in both Mainland Tanzania and Zanzibar. In urban Zanzibar, consumption of sweet beverages was particularly high (81.3% of women), followed by urban Mainland Tanzania (64.8%). Similarly, fried and salty foods were more commonly consumed in urban Zanzibar (43.3%) than in urban Mainland Tanzania (24.1%). Even in rural settings, consumption remained substantial: 78.7% of women in rural Zanzibar reported consuming sweet beverages, compared with 47.5% in rural Mainland Tanzania (Figure 53).

Taken together, these findings point to the nutrition transition underway in Tanzania, where urbanization is associated not only with higher dietary diversity (as shown in the earlier results) but also with greater consumption of unhealthy, processed foods. This dual pattern underscores the need for nutrition-sensitive policies that both promote diverse diets and discourage excessive intake of unhealthy foods to address the double burden of malnutrition.

Figure 53: Percentage Consumption of Other Foods by Location



Note: Source: Annex Table (A 22 and A 23) in Statistical Tables of AASS-WEN 2023/24

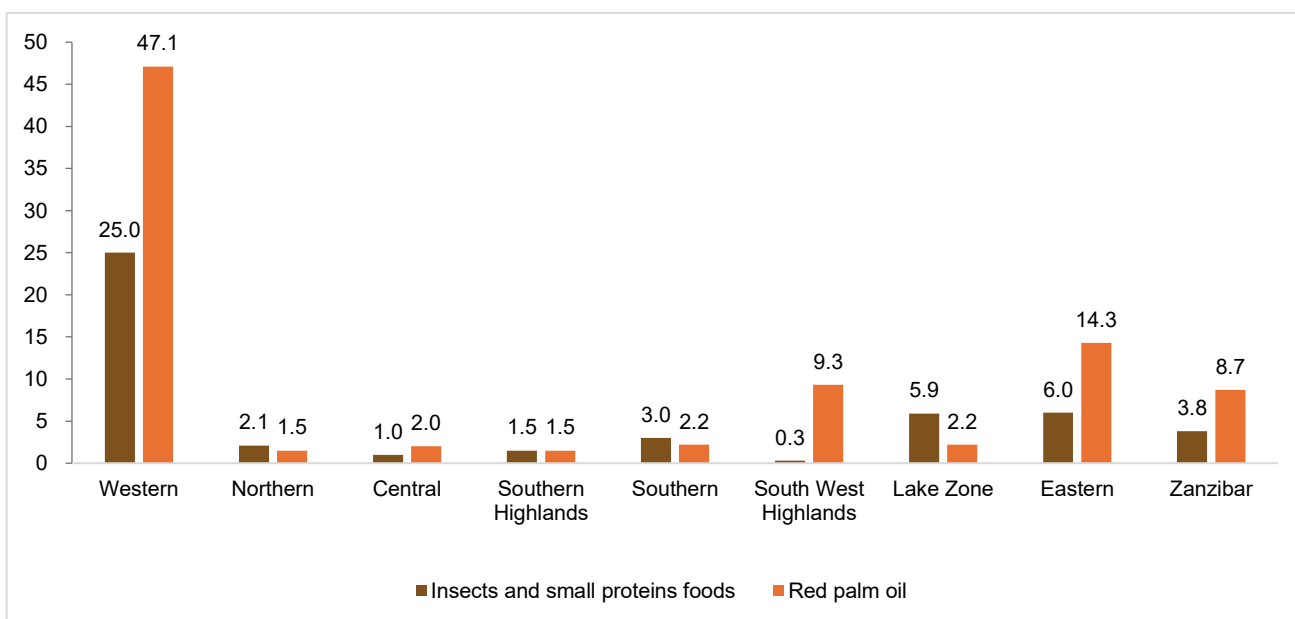
3.5 Consumption of Edible Insects, Other Small Protein Foods, and Red Palm Oil

In addition to the common food groups, edible insects (as a source of protein) and red palm oil (as a source of provitamin A) form part of traditional diets in some parts of Tanzania. Both edible insects and red palm oil, as well as other indigenous foods, contribute to local food systems, food security, and nutrition security. Their inclusion in dietary assessments provides a broader understanding of women's nutritional intake patterns across diverse cultural contexts.

The results in Figure 54 indicate that the Western Zone recorded the highest consumption of both insects and other small protein foods, as well as red palm oil. In this zone, 25.0% of women consumed insects and small protein foods, while nearly half (47.1%) reported consuming red palm oil. By contrast, consumption of these foods was low across most other zones. For example, in the Eastern Zone, only 6.0% consumed insects and 14.3% red palm oil, while in the South West Highlands, insect consumption was negligible (0.3%) but red palm oil use reached 9.3%.

In Zanzibar, the pattern was similar but less pronounced, with 3.8% of women reporting insect consumption and 8.7% consuming red palm oil. The Northern, Central, Southern Highlands, and Southern Zones showed consistently low consumption levels, all below 3% for both categories.

Figure 54: Percentage Consumption of Insects, Other Small Protein Foods and Red Palm Oil by Zone



Note: Source: Annex Table (A 22 and A 23) in Statistical Tables of AASS-WEN 2023/24

3.6 Comparison of Dietary Diversity Indicators Between AASS-WEN 2023/24 and TDHS-MIS 2022

This section establishes the framework for comparing the current study's findings with the 2022 Tanzania Demographic Health Survey and Malaria Indicator Survey (TDHS-MIS, 2022), a nationally representative household survey that collected information on dietary patterns and nutritional status. The comparison focuses on food group consumption and the Minimum Dietary Diversity for Women (MDD-W) indicator.

Because the two surveys differ in design, results should be interpreted with caution. Table 18 summarizes the key methodological differences.

Table 18: Methodological Differences Between AASS-WEN 2023/24 and TDHS-MIS 2022

Dimension	AASS-WEN 2023/24	TDHS-MIS, 2022
<i>Population covered</i>	Women aged 18–49 from farming households	Women aged 15–49 from the general population
<i>Timing of data collection</i>	November to mid-February (post-harvest season)	24 February – 21 July (lean season)
<i>Geographic focus</i>	Rural agricultural areas	Both rural and urban areas, nationwide
<i>Probing approach</i>	Detailed food probes; disaggregated animal-source foods	More aggregated questions: some food groups not individually captured
<i>Sample size</i>	2,486 women (1,939 aged 8-49, 547 aged 50-64)	~15,000 women
<i>Objective</i>	Measure dietary diversity and patterns in farming women	Provide general nutrition indicators for national monitoring

Note: Source: Annex Table (A 1, A 2 and A 3) in Statistical Tables of AASS-WEN 2023/24 and TDHS-MIS 2022 Report

With these differences in mind, Table 19 compares the consumption of pre-defined food groups between the two surveys (please note that for the Tanzania AASS 2023, for this specific comparison we use only data from women in reproductive age).

Table 19: Comparison Between TDHS-MIS 2022 and AASS-WEN 2023/24

Food Group	Food items	TDHS-MIS, 2022 (%)	AASS-WEN 2023/24 (%)	Trend
Group 1	<i>Foods made from grains</i>	95.3	94.9	--
	<i>Starchy roots, tubers, or plantains</i>	30.2	47.7	↑
Group 2	<i>Pulses (beans, peas, lentils)</i>	43.8	58.6	↑
Group 3	<i>Nuts and seeds</i>	7.1	30.2	↑
Group 4	<i>Milk and dairy products</i>	19.3	26.5	↑
Group 5	<i>Meat, poultry, and fish</i>	56.1	65.3	↑
Group 6	<i>Eggs</i>	4.0	9.2	↑
Group 7	<i>Dark green leafy vegetables</i>	54.8	65.4	↑
Group 8	<i>Vitamin A-rich fruits & vegetables</i>	17.7	61.5	↑
Group 9	<i>Other vegetables</i>	33.2	55.0	↑
Group 10	<i>Other fruits</i>	27.6	24.0	↓
	<i>Sweet foods</i>	4.5	10.0	↑
Other Food	<i>Fried & salty foods</i>	11.3	16.4	↑
	<i>Sweet beverages</i>	28.2	52.1	↑
	MDD-W ≥5	25.0	56.7	↑↑
	Number of women	15,254	1,939	

Source: Annex Tables (A 20 and A 21) in Statistical Tables of AASS-WEN 2023/24 and TDHS-MIS 2022 Report

The results highlight a marked increase in dietary diversity, with the share of women meeting the minimum dietary diversity threshold rising from 25 percent in TDHS-MIS to 56.7 percent in AASS-WEN. Some of the largest differences were found in the consumption of vitamin A-rich fruits and vegetables, which increased from 17.7 to 61.5 percent, and in nuts and seeds, which rose from 7.1 to 30.2 percent. Consumption of other vegetables also increased sharply from 33.2 to 55.0 percent, while dark green leafy vegetables rose from 54.8 to 65.4 percent. Animal-source foods showed moderate increases, with meat, poultry, and fish rising from 56.1 to 65.3 percent and eggs from 4.0 to 9.2 percent. In contrast, foods made from grains remained stable at around 95 percent in both surveys, while other fruits declined slightly from 27.6 to 24.0 percent.

Consumption of sweet beverages is 52.1 percent compared to 28.2 percent in TDHS-MIS, while fried and salty foods and sweet foods are also reported at higher levels.

Taken together, the findings suggest that the higher dietary diversity observed in AASS-WEN reflects both real seasonal and contextual differences linked to post-harvest availability and the rural agricultural focus, and improvements in survey methodology, particularly the use of detailed food probes and disaggregated food groups. The results should therefore not be interpreted as a strict time trend, but rather as complementary evidence that provides additional insight into women's diets under different survey conditions.

CHAPTER 4

RELATIONSHIPS BETWEEN EMPOWERMENT AND MDD-W

Box 7: Relationships Between Empowerment and MDD-W - Key Findings

Key Findings:

- **Empowered women have more diverse diets.**
 - Women meeting the **Minimum Dietary Diversity** have a **higher empowerment score** than those who do not, confirming a **strong positive link** between empowerment and nutrition quality.
- **Economic empowerment is most influential.**
 - Strongest correlations with dietary diversity are found in **access to credit, use of, and use of financial services.**
 - Collective engagement especially **participation in organizations**, also supports better diets.
- **Empowerment improves consumption of nutrient-rich foods.**
 - Highly empowered women consume more animal-source foods, vegetables, and fruits while staple food consumption remains high across all groups.
- **Empowerment can also drive unhealthy choices.**
 - Empowered women are more likely to consume processed foods, reflecting increased market access and urban exposure.
- **Traditional food consumption is less affected.**
 - Intake of **insects, small proteins, and red palm oil** remains low and relatively unchanged across empowerment levels, shaped mainly by **geography and cultural practices** rather than agency.

The relationship between women's empowerment and nutrition has been widely documented in both research and policy debates.

The results from Tanzania (Table 20) show that women who achieved minimum dietary diversity (MDD \geq 5) had a significantly higher mean empowerment score (0.47, 95% CI: 0.46–0.48) compared to those who did not (0.40, 95% CI: 0.39–0.42). The difference in means (-0.07 , $p < 0.001$) confirms a positive association between empowerment and dietary diversity, suggesting that empowered women are more likely to consume diverse diets.

Table 20: Mean Empowerment Scores by MDD-W Status (Women 18-64)

	Observations	Mean Empowerment Score	95%CI		p-value
Women not meeting MDD-W	1,119	0.40	0.39	0.42	
Women meeting MDD-W	1,367	0.47	0.46	0.48	
Combined	2,486	0.44	0.43	0.45	
Difference (MDD<5 -MDD \geq 5)		-0.07	-0.08	-0.05	< 0.001

Source: Annex Table (A 19, A20 and A21) in Statistical Tables of AASS-WEN 2023/24

To better understand which aspects of empowerment are most influential, correlations were estimated between dietary diversity and the specific empowerment dimensions. Table 21 shows that the strongest associations are found in the mobilizing resources domain, particularly access to credit ($r = 0.149$), use of ICT ($r = 0.121$), and use of financial services ($r = 0.108$). The engaging in society domain also shows notable associations, especially participation in organizations ($r = 0.106$). By contrast, the claiming rights domain and most tenure-related indicators show weak correlations, suggesting that while these areas are essential for broader gender equality, their direct influence on short-term dietary outcomes may be limited.

Table 21: Correlation Between Empowerment Dimensions and MDD-W (Women 18-64)

	Empowerment Dimension	MDD-W
Claiming Rights	Endorsement of women's freedom in livelihood choices	-0.029
	Endorsement of women's freedom in family formation choices	0.045
	Rejection of women's subjection to sexual harassment	0.015
Making Choices	Influence over time allocation	0.055
	Influence on spending decisions	0.086
	Influence on own health decisions	0.065
Engaging in Society	Participation in organizations	0.106
	Leadership in organizations	0.069
	Confidence in women's/men's community engagement	0.064
Mobilizing Resources	Use of ICT	0.121
	Use of financial services	0.108
	Access to credit	0.149
	Documented property rights	0.066
	Secure transfer rights	0.020
	Secure tenure rights	0.026

Taken together, the results suggest that while empowerment is broadly associated with improved dietary diversity, economic empowerment and collective agency that provide the strongest pathways for achieving better diets.

While correlations highlight the domains of empowerment most strongly linked to dietary diversity, disaggregating by food groups provides further insight into how empowerment translates into actual dietary patterns. Table 22 presents the share of women consuming each food group, disaggregated into low, medium, and high empowerment categories.

The results show that highly empowered women are consistently more likely to consume nutrient-rich foods, especially animal-source foods: meat, poultry, and fish (74.5% vs. 54.4% among low empowerment); eggs (12.0% vs. 6.1%); and milk and milk products (28.1% vs.

25.2%). Similarly, dark green leafy vegetables (71.3% vs. 56.6%) and other vegetables (64.5% vs. 45.0%) show marked increases with empowerment.

By contrast, staple foods such as grains and roots are almost universally consumed across empowerment groups (around 95–99%). Some food groups, such as nuts and seeds, show weaker or inconsistent patterns, which may reflect differences in seasonal availability or cultural preferences rather than empowerment effects.

Overall, the analysis highlights that empowerment matters most for the consumption of micronutrient-rich foods, particularly animal-source foods, vegetables, and fruits, rather than staples, reinforcing the importance of women's agency and access to resources for achieving diverse and nutritious diets.

Table 22: Percentage of Women Consuming Each Food Group by Empowerment Level

	Low Empowerment	Medium Empowerment	High Empowerment
Foods made from grains	94.2	94.9	95.5
White roots and tubers or plantains	42.5	51.1	49.8
Grains, white roots and tubers, and plantains	97.4	98.6	99.3
Pulse (beans, peas, and lentils)	56.3	58.2	61.3
Nuts and seeds	31.0	28.1	31.3
Milk and milk products	25.2	26.2	28.1
Meat, poultry, and fish	54.4	67.5	74.5
Eggs	6.1	9.5	12.0
Dark green leafy vegetables	56.6	68.9	71.3
Other vitamin A-rich fruits and vegetables	58.4	59.3	66.5
Other vegetables	45.0	55.6	64.5
Other fruits	16.2	25.4	30.8

Source: Annex Tables (A 17, A 20 and A 21) in Statistical Tables of AASS-WEN 2023/24

For other foods, Table 23 shows that their consumption also rises with empowerment, particularly for sweet beverages (63.9% among highly empowered women vs. 40.8% among low-empowered women).

Table 23: Percentage of Women Consuming Other Foods by Empowerment Level

	Low Empowerment	Medium Empowerment	High Empowerment
Fried and salty food	12.3	17.2	19.7
Sweet food	8.4	10.9	11.0
Sweet beverages	40.8	51.7	63.9

Source: Annex Tables (A 17, A 22 and A 23) in Statistical Tables of AASS-WEN 2023/24

These results suggest that empowerment is a double-edged factor when it comes to diet quality. On the one hand, empowered women are more likely to consume diverse and micronutrient-rich foods. On the other hand, they are also more likely to consume processed and unhealthy foods, particularly sweetened beverages and fried foods. This could reflect greater market access and exposure to urban food environments, which can facilitate both healthy and unhealthy dietary choices.

The analysis also considered the consumption of indigenous and culturally significant foods, such as insects and small protein foods, and red palm oil. Unlike the clear associations observed for nutrient-rich and other foods, these items show weaker and less consistent associations with empowerment. As shown in Table 24, consumption of insects and small protein foods remains low across empowerment levels (4–7%), while red palm oil intake is slightly higher but does not vary substantially between groups (6–11%). This suggests that the consumption of indigenous foods is shaped more by geographic availability, cultural traditions, and seasonality than by empowerment itself. In other words, while empowerment expands women's access to purchased and market-based foods, the role of empowerment in shaping traditional food consumption appears more limited.

Table 24: Percentage of Women Consuming Small Proteins and Red Palm Oil by Empowerment Level

	Low Empowerment	Medium Empowerment	High Empowerment
Insects and small protein foods	6.8	4.2	5.1
Red palm oil	11.2	6.7	6.6

Source: Annex Tables (A 17, A22 and A 23) in Statistical Tables of AASS-WEN 2023/24

Overall, the findings confirm that women's empowerment is a key determinant of diet quality, but its influence is not uniform across all food groups. Empowered women are more likely to achieve minimum dietary diversity and to consume micronutrient-rich foods such as animal-source foods, vegetables, and fruits, reinforcing international evidence that empowerment enhances nutritional outcomes through improved access to and control over resources. At the same time, empowerment is also associated with higher consumption of processed and unhealthy foods, particularly sweet beverages, suggesting that greater market access can facilitate both healthy and unhealthy dietary choices. By contrast, the consumption of insects and red palm oil shows little variation by empowerment level, reflecting stronger ties to geography, cultural practices, and seasonality rather than women's agency.

Taken together, these results underscore the importance of pairing empowerment efforts with nutrition education and food environment interventions. Strengthening women's

agencies in agriculture, markets, and collective organizations can thus play a dual role in advancing both gender equality and nutrition, while policies must also address the risks of dietary transitions toward less healthy foods.

CHAPTER 5

ACHIEVEMENT AND CONCLUSIONS

5.1 Achievements and Lessons Learned

The Women's Empowerment and Nutrition (WEN) module has made substantial progress in advancing the integration of gender and food and nutrition statistics within the framework of the Annual Agricultural Sample Survey (AASS). One of the major achievements has been the successful collection of nationally representative data that links women's empowerment to household nutrition outcomes, providing valuable evidence for policymaking. This has enabled the development of key indicators on women's decision-making power, access to resources, and dietary diversity, thereby filling critical information gaps in the agricultural and food and nutrition data landscape.

Another significant achievement lies in the strengthened collaboration among key stakeholders, including the National Bureau of Statistics (NBS), the Office of the Chief Government Statistician (OCGS), agriculture sector ministries, Tanzania Food and Nutrition Centre (TFNC), the Ministry of Health (MoH), the Ministry of Community Development, Gender, Women and Special Groups (MoCDGWSG), the Ministry of Community Development, Gender, Elderly and Children (MoCDGEC), the University of Dar es Salaam (UDSM), the University of Dodoma (UDOM) and international partners under the 50x2030 Initiative. The collective effort has improved technical capacity in designing, implementing, and analyzing gender-sensitive and nutrition-related data. Additionally, the use of digital data collection tools and standardized methodologies has enhanced data quality, timeliness, and consistency across regions.

From the implementation process, several lessons were learned. First, the exercise highlighted the importance of continuous training and capacity building for field staff. The complexity of empowerment and nutrition indicators requires an in-depth understanding of the concepts, careful interviewing skills, probing techniques, patience, and sensitivity to cultural norms to ensure accurate responses. Second, community awareness and sensitization proved essential, as respondents were more forthcoming when they clearly understood the purpose of the survey. Third, the experience emphasized the need for stronger coordination and collaboration across government agencies to harmonize concepts and reduce duplication of efforts. Lastly, logistical challenges, such as delays in accessing some households and difficulties in reaching remote areas, underscored the importance of robust planning and resource allocation in large-scale surveys.

5.2 Conclusion and Policy Recommendations

In conclusion, the WEN module has provided reliable and policy-relevant evidence on the interlinkages between women's empowerment, agricultural production, food and nutrition, and community welfare outcomes in Tanzania. The results demonstrate that empowered women are more likely to contribute positively to household food and nutrition security and dietary diversity, thereby advancing national development goals. The integration of this module within the AASS represents a critical step toward mainstreaming gender and nutrition-related statistics in national data systems.

Based on these findings and experiences, several policy recommendations emerge:

1. **Strengthen Women's Access to Resources and Services:** Policies should focus on ensuring that women have equitable access to productive assets, extension services, financial support, markets, information, and awareness to enhance their contributions to agricultural production, food and nutrition security, and household well-being.
2. **Promote Gender-Responsive Agricultural and Nutrition Programs:** Agricultural interventions, food and nutrition, as well as community welfare initiatives, should incorporate gender considerations explicitly, ensuring that women's voices and priorities are addressed in planning and implementation.
3. **Institutionalize Gender and Nutrition Statistics:** Regular integration of women's empowerment and food and nutrition modules into national agricultural surveys will provide continuous monitoring and support evidence-based policymaking. This requires sustained investment in capacity building and digital data systems.
4. **Enhance Community Awareness and Participation:** Expanding sensitization campaigns on the role of women in agriculture, food and nutrition, and gender and community development can improve community support and reduce cultural barriers that hinder women's empowerment.
5. **Strengthen Inter-Agency Collaboration:** Effective coordination among NBS, OCGS, government ministries, institutions, and departments, development partners, and other related agencies is essential for harmonizing methodologies, improving resource efficiency, and sustaining progress in gender-responsive data collection and use.

Through these measures, Tanzania can accelerate progress toward achieving inclusive agricultural growth, improved food and nutrition outcomes, community welfare, and the Sustainable Development Goals (SDGs).

APPENDICES

1: Sampling Methodology

The WEN questionnaire was administered to a sub-sample of agricultural households selected for the annual agricultural survey 2023/24. Following the sampling design of the main survey, first, Enumeration Areas were selected using probability proportional to the number of agricultural households; then, 12 agricultural households were randomly sampled in each selected EA. Among these, 3 or 4 households were randomly chosen for the WEN interviews. Within these households, women aged 18–64 years were interviewed on empowerment and dietary diversity. Men aged 18–64 years were also interviewed on selected topics to allow for gender comparisons in decision-making, participation, and access to services.

For the WEN survey, two independent sub-samples of households were drawn:

- **Sub-sample A:** households where one man (18-64) would be randomly selected
 - Mainland Tanzania: 2,250 households
 - Zanzibar: 550 households
- **Sub-sample B:** households where one woman (18-49) and one woman (50-64) would be randomly selected
 - Mainland Tanzania: 2,400 households
 - Zanzibar: 550 households

Working with two independent sub-samples helped guarantee gender matching between enumerators and respondents. The sample sizes shown above were calculated to yield accurate estimates at the national level and for the Mainland Tanzania and Zanzibar states for the following domains: women (18-49), women (50-64), men (18-64).

To calculate the minimum number of individuals in each estimation domain, the standard formula (1) was applied to several proxy indicators extracted from the Tanzania DHS 2019 (see table below).

$$n' = \frac{1}{g} \times Deff \times Z_{\alpha/2}^2 \frac{\hat{p}(1-\hat{p})}{\varepsilon^2} \quad (1)$$

Where:

- \hat{p} was the value of the proxy indicator for the concerned population group.
- $Z_{\alpha/2}$ is the z-score for (1- α) 100% confidence interval. It was set equal to 1.96.
- ε was set equal to 5%
- The expected response rate g was set equal to 80 percent.
- $Deff$ was set equal to 3.5.

DIMENSION	PROXY INDICATORS
INSTRUMENTAL	<ul style="list-style-type: none"> Percentage of individuals with influence on spending decision¹
INSTRUMENTAL	<ul style="list-style-type: none"> Percentage of individuals with influence on health decisions²
INTRINSIC	<ul style="list-style-type: none"> Percentage of individuals aware of their rights regarding sexual harassment³
RESOURCES	<ul style="list-style-type: none"> Percentage of individuals using financial services⁴
RESOURCES	<ul style="list-style-type: none"> Percentage of individuals with access to credit⁵
RESOURCES	<ul style="list-style-type: none"> Percentage of individuals with legally documented land ownership of land⁶
DIETARY DIVERSITY	<ul style="list-style-type: none"> Percentage of individuals eating meat, fish, poultry, and organ meats (group closest to 50%)
DIETARY DIVERSITY	<ul style="list-style-type: none"> Percentage of individuals eating at least five food groups

The number of households (m) for each domain of interest was calculated as follows.

$$m = \left[\frac{1}{1 - \rho} \frac{n}{m^*} \right] + 1 \quad (2)$$

Where:

- m^* is the fixed number of targeted adult individuals planned to be selected per household.
- ρ is the proportion of households without any of the targeted adult individuals.

The final number of households for the WEN module was computed as the maximum of the sample size of households computed for each domain of interest. To reduce sampling errors, the sub-sample of households was allocated to the EAs of the main agricultural survey in a homogeneous way, ensuring all EAs are covered.

Finally, in each selected household, the list of eligible adults (aged 18-64) was established and categorized into three strata according to gender and age group as follows: (i) women 18-49, (ii) women 50-64 and (iii) men 18-64. In sub-sample A, one man was randomly selected, while in sub-sample B, two women (18-49 and 50-64) were randomly selected. Neither households nor individuals were replaced.

¹ Variable question [v739]: person who usually decides how to spend the respondent's earnings

² Variable question [v743a]: person who usually decides on respondent's health care

³ Variable question [v744d]: beating justified if wife refuses to have sex with husband

⁴ Variable question [v170]: has an account in a bank or other financial institution

⁵ Variable question [v169b]: use mobile telephone for financial transactions

⁶ Variable question [v745b]: owns land alone or jointly

2: Demographics

Table A 1: Demographic, by Socio-demographic Background

Variables		W-Sample size Overall (n)	W-Population size Overall (N)	M-Sample size Overall (n)	M-Population size Overall (N)	Sample size Overall (n)	Estimated Population size Overall (N)
Country	Total (Tanzania)	2,486	9,481,177	1,919	8,196,290	4,405	17,677,467
Tanzania	Mainland Tanzania	1,889	9,280,720	1,456	8,041,641	3,345	17,322,361
	Zanzibar	597	200,457	463	154,649	1,060	355,106
Residence	Urban	82	2,201,801	52	1,787,463	134	3,989,264
	Rural	72	7,279,377	37	6,408,827	109	13,688,203
	Mainland Tanzania Urban	73	2,144,028	21	1,746,536	94	3,890,564
	Mainland Tanzania Rural	116	7,136,693	74	6,295,104	190	13,431,797
	Zanzibar Urban	102	57,773	100	40,926	202	98,700
	Zanzibar Rural	39	142,684	42	113,723	81	256,407
	Zone	Western	164	856,690	129	735,525	293
Northern		261	1,177,846	132	989,397	393	2,167,244
Central		241	1,054,326	186	1,003,756	427	2,058,082
Southern Highlands		134	778,851	117	664,819	251	1,443,669
Southern		104	626,979	98	607,425	202	1,234,404
South West Highlands		201	1,046,308	175	814,291	376	1,860,599
Lake Zone		596	2,754,511	446	2,319,305	1,042	5,073,816
Eastern		188	985,209	173	907,123	361	1,892,331
Zanzibar		597	200,457	463	154,649	1,060	355,106
Age	Young Adults: 18-29	835	3,328,029	557	2,619,893	1,392	5,947,922
	Early Middle Age: 30-44	903	3,272,870	717	2,731,360	1,620	6,004,230
	Late Middle Age: 45-54	466	1,789,376	389	1,677,674	855	3,467,050
	Pre-retirement Age: 55-64	282	1,090,903	256	1,167,362	538	2,258,265
Education level	No education	480	1,676,862	208	878,069	688	2,554,931
	Primary Incomplete	255	958,711	267	978,938	522	1,937,648
	Primary Completed	1,388	5,830,894	1,111	5,151,442	2,499	10,982,335
	Secondary +	347	936,154	310	1,095,175	657	2,031,330
	Other	16	78,557	23	92,666	39	171,223
Literacy	No	601	2,121,078	270	1,288,570	871	3,409,647
	Yes	1,885	7,360,100	1,649	6,907,720	3,534	14,267,820
Relation with HoH	Head of Household	475	1,900,646	1,475	6,138,083	1,950	8,038,729
	Spouse	1,597	5,656,383	33	130,307	1,630	5,786,690
	Son/Daughter	267	1,216,069	308	1,527,827	575	2,743,896
	Father/Mother	14	95,058	1	254	15	95,312
	Grand Son/Daughter	23	100,415	32	96,621	55	197,037
	Other Relative	45	172,780	39	202,164	84	374,943
	Other not Relative	65	339,825	31	101,032	96	440,858
Gender of Household Head	Members of Male Headed Household	1,851	6,878,893	1,741	7,584,584	3,592	14,463,477
	Members of Female Headed Household	635	2,602,285	178	611,706	813	3,213,990

Table A 2: From Sampled HHs to Sampled Individuals

Zone	Sampled Household	Sampled M WEN	Sampled W WEN	Actually Interviewed	Actually Interviewed - M	Actually Interviewed - W
Western	423	189	234	289	129	160
Northern	624	287	337	380	132	248
Central	634	296	338	422	186	236
Southern Highlands	331	168	163	246	117	129
Southern	236	118	118	200	98	102
South West Highlands	553	276	277	373	175	198
Lake Zone	1307	652	655	1005	446	559
Eastern	597	294	303	358	173	185
Zanzibar	1280	652	628	1018	463	555
Total	5985	2932	3053	4291	1919	2372

Table A 3: Women Interviewed

Zone	Women 18-49 only	Women 50-64 only	Both women age categories
Western	128	28	4
Northern	180	55	13
Central	182	49	5
Southern Highlands	97	27	5
Southern	75	25	2
South West Highlands	159	36	3
Lake Zone	446	76	37
Eastern	148	34	3
Zanzibar	410	103	42
Total	1825	433	114

3: WEMNS Stats

Table A 4: Dimension 1 - Claiming Rights – Stats (in Percentage)

		Endorsement of women's freedom in livelihood choices			Endorsement of women's freedom in family formation choices			Rejection of women's subjection to sexual harassment		
		Average	CI		Average	CI		Average	CI	
Country Level	Total (Tanzania)	26	23	29	34	31	37	55	52	58
Tanzania	Mainland Tanzania	23	21	25	33	31	35	54	51	56
	Zanzibar	45	41	49	25	21	28	75	71	78
Residence	Urban	29	26	33	37	33	40	62	58	66
	Rural	28	26	30	29	27	31	58	56	60
	Mainland Tanzania Urban	26	22	30	40	35	44	58	54	63
	Mainland Tanzania Rural	22	20	24	30	28	33	52	50	55
	Zanzibar Urban	39	31	47	27	20	34	73	66	80
	Zanzibar Rural	47	42	52	24	20	28	75	71	79
	Zone	Western	23	17	30	24	18	31	67	60
	Northern	20	15	25	28	23	34	63	57	69
	Central	26	20	31	37	30	43	48	42	54
	Southern Highlands	33	25	41	42	33	50	37	29	46
	Southern	49	39	59	70	61	79	54	44	63
	South West Highlands	35	28	41	35	28	41	59	52	66
	Lake Zone	12	9	14	18	15	22	51	47	55
	Eastern	25	19	31	57	50	65	53	45	60
	Zanzibar	45	41	49	25	21	28	75	71	78
Age	Young Adults: 18-29	29	25	32	29	26	32	59	55	62
	Early Middle Age: 30-44	28	25	31	33	30	36	59	56	62
	Late Middle Age: 45-54	29	25	33	33	29	37	57	52	61
	Pre-retirement Age: 55-64	27	22	33	26	21	31	61	55	67
Education level	No education	31	27	35	30	26	35	65	61	69
	Primary Incomplete	25	20	31	24	19	30	60	54	66
	Primary Completed	27	25	29	31	29	34	55	52	57
	Secondary +	31	26	36	33	28	38	66	61	71
	Other	38	13	62	56	31	81	63	38	87
Literacy	No	30	26	34	33	29	37	63	60	67
	Yes	28	26	30	30	28	32	57	55	60
Relation with HoH	Household Head	32	28	37	37	32	41	59	54	63
	Spouse	26	24	28	29	27	31	58	56	60
	Son/Daughter	36	30	42	35	29	41	60	54	66
	Father/Mother	50	23	77	36	10	62	57	30	84
	Grand son/Granddaughter	26	8	44	30	11	50	78	61	96
	Other Relative	36	21	50	36	21	50	64	50	79
	Other Non-Relative	17	8	26	18	9	28	63	51	75
Gender of Household Head	Members of Male-Headed Household	27	25	29	29	27	31	59	57	61
	Members of Female-Headed Household	32	28	35	36	32	40%	58	55	62

Table A 5: Dimension 2 - Making Choices – Influence Over Time Allocation (in Percentage)

		Influence over time allocation					
		WOMEN			MEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	43	40	47	39	36	43
Tanzania	Mainland Tanzania	43	40	47	39	36	43
	Zanzibar	38	30	47	52	43	61
Residence	Urban	49	42	55	37	30	45
	Rural	42	38	46	40	36	44
	Mainland Tanzania Urban	49	42	56	37	30	45
	Mainland Tanzania Rural	42	38	46	40	36	44
	Zanzibar Urban	46	30	62	38	21	55
	Zanzibar Rural	35	25	45	57	47	68
	Zone	Western	25	15	35	48	36
Northern		44	36	52	32	21	42
Central		44	36	52	32	23	40
Southern Highlands		51	41	62	60	48	71
Southern		57	44	69	38	26	51
South West Highlands		27	19	35	40	30	50
Lake Zone		48	41	55	40	33	47
Eastern		49	37	61	30	21	39
Zanzibar		38	30	47	52	43	61
Age	Young Adults: 18-29	41	36	46	33	27	39
	Early Middle Age: 30-44	44	39	50	44	39	49
	Late Middle Age: 45-54	47	41	54	39	32	46
	Pre-retirement Age: 55-64	41	32	50	45	33	56
Education level	No education	39	33	46	38	28	47
	Primary Incomplete	45	36	54	35	27	42
	Primary Completed	43	39	48	39	35	44
	Secondary +	45	35	54	43	34	52
	Other	75	53	98	59	29	90
Literacy	No	41	35	47	30	22	39
	Yes	44	40	48	41	37	45
Relation with HoH	Household Head	43	37	49	41	37	45
	Spouse	44	41	48	50	25	75
	Son/Daughter	42	32	51	31	22	39
	Father/Mother	40	8	72	0		
	Grand son/Granddaughter	52	17	87	55	31	78
	Other Relative	35	15	55	41	19	63
	Other Non-Relative	35	19	51	26	6	47
Gender of Household Head	Members of Male-Headed Household	44	40	48	40	36	43
	Members of Female-Headed Household	40	35	46	36	25	47

Table A 6 Dimension 2 - Making Choices – Influence on Spending Decisions (in percentage)

		Influence in spending decisions					
		WOMEN			MEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	40	36	43	55	51	58
Tanzania	Mainland Tanzania	40	36	43	55	51	58
	Zanzibar	46	40	52	55	49	61
Residence	Urban	46	40	52	54	47	61
	Rural	38	34	41	55	51	59
	Mainland Tanzania Urban	46	40	52	54	47	61
	Mainland Tanzania Rural	37	34	41	55	51	59
	Zanzibar Urban	48	34	62	39	28	50
	Zanzibar Rural	45	39	52	61	54	67
	Western	26	16	37	52	41	64
	Northern	27	20	33	46	33	59
Zone	Central	41	33	48	52	43	61
	Southern Highlands	40	29	50	62	51	73
	Southern	77	68	87	66	58	74
	South West Highlands	18	11	24	47	37	57
	Lake Zone	39	33	45	61	55	67
	Eastern	65	56	75	47	37	57
	Zanzibar	46	40	52	55	49	61
	Age	Young Adults: 18-29	33	28	37	50	44
Early Middle Age: 30-44		41	37	46	59	54	64
Late Middle Age: 45-54		50	43	56	56	48	63
Pre-retirement Age: 55-64		40	31	49	55	43	67
Education level	No education	35	29	42	55	44	66
	Primary Incomplete	41	32	50	54	45	62
	Primary Completed	41	37	45	55	50	59
	Secondary +	38	30	46	54	45	63
	Other	68	41	96	79	60	98
Literacy	No	36	30	42	52	40	64
	Yes	41	37	44	55	52	59
Relation with HoH	Household Head	56	50	62	58	54	61
	Spouse	35	32	39	54	29	79
	Son/Daughter	38	28	48	45	37	53
	Father/Mother	33	2	63	0		
	Grand son/Granddaughter	51	16	86	45	22	69
	Other Relative	37	17	57	55	32	78
	Other Non-Relative	29	14	44	42	21	64
Gender of Household Head	Members of Male-Headed Household	35	31	39	56	52	59
	Members of Female-Headed Household	52	46	58	46	35	57

Table A 7: Dimension 2 - Making Choices – Influence on Own Health Decisions (in percentage)

		Influence on own health decisions					
		WOMEN			MEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	65	62	68	69	65	72
Tanzania	Mainland Tanzania	65	62	68	69	65	72
	Zanzibar	59	54	65	61	55	67
Residence	Urban	76	71	82	73	67	79
	Rural	62	58	65	68	63	72
	Mainland Tanzania Urban	77	71	82	73	67	79
	Mainland Tanzania Rural	62	58	65	68	63	72
	Zanzibar Urban	59	50	69	52	41	62
	Zanzibar Rural	59	53	66	64	57	71
	Western	43	32	53	70	59	81
	Northern	59	52	66	60	45	75
Zone	Central	69	62	77	67	58	76
	Southern Highlands	84	77	91	83	75	90
	Southern	83	75	91	77	69	85
	South West Highlands	63	53	72	64	55	74
	Lake Zone	61	55	68	70	64	75
	Eastern	74	66	82	65	55	76
	Zanzibar	59	54	65	61	55	67
	Young Adults: 18-29	61	56	66	67	61	72
Age	Early Middle Age: 30-44	66	62	71	71	67	76
	Late Middle Age: 45-54	73	68	79	66	59	74
	Pre-retirement Age: 55-64	60	52	69	70	57	84
	No education	53	46	60	60	49	71
Education level	Primary Incomplete	68	60	76	64	56	72
	Primary Completed	66	63	70	69	64	73
	Secondary +	74	67	81	76	69	84
	Other	84	62	107	92	82	103
	Literacy	No	54	48	60	57	45
Yes		68	65	71	71	68	74
Relation with HoH	Household Head	74	70	79	71	67	75
	Spouse	63	60	67	75	56	95
	Son/Daughter	63	54	72	61	53	69
	Father/Mother	63	30	96	0		
	Grand son/Granddaughter	63	31	94	69	47	91
	Other Relative	52	30	73	64	43	85
	Other Non-Relative	54	39	70	70	51	88
	Gender of Household Head	Members of Male-Headed Household	64	60	67	69	65
Members of Female-Headed Household		69	64	74	67	57	77

Table A 8: Dimension 3 - Engaging in Society – Participation in Organizations (in percentage)

		Participation in organizations					
		WOMEN			MEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	47	45	50	51	47	54
Tanzania	Mainland Tanzania	48	45	50	51	47	54
	Zanzibar	38	32	44	45	38	53
Residence	Urban	57	51	63	51	44	57
	Rural	44	41	48	51	47	55
	Mainland Tanzania Urban	57	51	63	51	44	57
	Mainland Tanzania Rural	45	41	48	51	47	55
	Zanzibar Urban	42	30	54	50	38	62
	Zanzibar Rural	37	30	44	44	35	53
	Western	38	29	46	53	42	65
	Northern	43	37	50	66	55	78
Zone	Central	46	39	53	34	26	42
	Southern Highlands	80	73	87	78	70	87
	Southern	55	46	65	36	26	46
	South West Highlands	52	42	62	55	45	65
	Lake Zone	41	35	47	46	40	52
	Eastern	46	38	55	48	38	58
	Zanzibar	38	32	44	45	38	53
	Young Adults: 18-29	36	31	40	44	38	50
Age	Early Middle Age: 30-44	52	48	57	52	47	57
	Late Middle Age: 45-54	57	51	63	54	47	61
	Pre-retirement Age: 55-64	52	43	60	56	46	67
	No education	33	27	39	36	26	46
Education level	Primary Incomplete	47	38	56	38	31	46
	Primary Completed	49	46	53	53	49	58
	Secondary +	61	51	71	58	49	67
	Other	72	46	98	78	56	100
	No	38	32	43	43	31	55
Literacy	Yes	50	47	53	52	49	56
	Head of Household	57	51	62	53	49	57
Relation with HoH	Spouse	51	48	55	62	36	87
	Son/Daughter	25	18	33	42	34	51
	Father/Mother	32	2	62	0		
	Grand Son/Daughter	11	0	25	42	19	65
	Other Relative	50	29	71	43	21	66
	Other not relative	22	8	35	47	26	68
	Members of Male-Headed Household	47	44	51	51	48	55
Gender of Household Head	Members of Female-Headed Household	48	43	53	42	32	53

Table A 9: Dimension 3 - Engaging in Society – Leadership in Organizations (in percentage)

		Leadership in organizations					
		MEN			WOMEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	23	21	26	24	21	27
Tanzania	Mainland Tanzania	24	21	27	23	21	26
	Zanzibar	20	16	24	14	10	18
Residence	Urban	29	23	35	23	17	29
	Rural	21	19	24	24	21	27
	Mainland Tanzania Urban	29	24	35	23	17	29
	Mainland Tanzania Rural	22	19	24	24	21	27
	Zanzibar Urban	13	7	19	21	13	29
	Zanzibar Rural	14	9	19	19	15	24
	Western	20	12	28	16	7	24
	Northern	18	13	23	19	9	30
Zone	Central	20	14	26	21	15	27
	Southern Highlands	49	38	59	49	38	60
	Southern	33	23	43	13	5	22
	South West Highlands	31	22	41	28	19	37
	Lake Zone	17	13	20	25	20	30
	Eastern	21	13	28	21	14	28
	Zanzibar	14	10	18	20	16	24
	Age	Young Adults: 18-29	14	11	18	17	12
Early Middle Age: 30-44		24	20	28	26	22	31
Late Middle Age: 45-54		33	27	39	29	22	36
Pre-retirement Age: 55-64		32	24	41	25	17	33
Education level	No education	12	8	17	12	5	19
	Primary Incomplete	17	10	25	13	8	19
	Primary Completed	25	22	28	26	22	30
	Secondary +	34	26	43	30	22	39
	Other	52	19	85	25	3	47
Literacy	No	16	11	20	17	8	26
	Yes	25	23	28	25	22	28
Relation with HoH	Head of Household	32	27	38	25	22	29
	Spouse	23	20	27	29	6	53
	Son/Daughter	11	6	16	18	11	25
	Father/Mother	20	0	47	0		
	Grand Son/Daughter	0			5	0	13
	Other Relative	36	14	59	20	3	36
	Other not relative	10	0	23	34	14	53
Gender of Household Head	Members of Male-Headed Household	22	19	25	24	21	28
	Members of Female-Headed Household	27	22	31	14	6	22

Table A 10: Dimension 3 - Engaging in Society – Confidence in Women's/Men's Community Engagement (in Percentage)

		Confidence in women's/men's community engagement					
		MEN			Women		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	9	7	11	26	23	28
Tanzania	Mainland Tanzania	9	7	11	26	23	28
	Zanzibar	10	7	14	19	13	25
Residence	Urban	9	6	12	28	22	33
	Rural	9	6	12	25	22	28
	Mainland Tanzania Urban	9	6	12	28	22	34
	Mainland Tanzania Rural	9	6	12	25	22	28
	Zanzibar Urban	9	2	17	10	4	16
	Zanzibar Rural	11	7	15	22	15	30
	Western	4	1	7	26	17	35
	Northern	12	7	17	13	6	20
Zone	Central	10	6	15	13	7	19
	Southern Highlands	6	1	11	47	37	58
	Southern	8	3	13	35	24	46
	South West Highlands	9	5	13	32	24	40
	Lake Zone	8	3	12	28	23	34
	Eastern	15	1	29	19	12	25
	Zanzibar	10	7	14	19	13	25
	Age	Young Adults: 18-29	8	5	11	24	19
Early Middle Age: 30-44		9	6	12	24	20	28
Late Middle Age: 45-54		8	4	12	27	21	33
Pre-retirement Age: 55-64		12	4	19	31	21	41
Education level	No education	11	6	16	17	10	23
	Primary Incomplete	7	3	11	22	16	28
	Primary Completed	9	6	12	27	23	30
	Secondary +	9	5	13	27	19	35
	Other	9	-5	23	61	30	92
Literacy	No	12	8	16	15	10	21
	Yes	8	6	11	27	24	30
Relation with HoH	Head of Household	9	6	13	26	23	29
	Spouse	8	6	10	15	0	31
	Son/Daughter	13	5	21	24	17	31
	Father/Mother	0	0	1	100		
	Grand Son/Daughter	32	-6	70	12	0	23
	Other Relative	5	-2	12	38	16	60
	Other not relative	8	0	16	16	2	29
Gender of Household Head	Members of Male-Headed Household	9	6	12	26	23	29
	Members of Female-Headed Household	8	5	11	22	13	30

Table A 11: Dimension 4 - Engaging in Society – Use of ICT (in Percentage)

		Use of ICT					
		WOMEN			MEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	69	67	72	87	85	89
Tanzania	Mainland Tanzania	69	66	72	87	85	89
	Zanzibar	80	75	85	95	92	97
Residence	Urban	84	79	89	91	86	95
	Rural	65	62	68	86	83	89
	Mainland Tanzania Urban	84	79	90	91	86	95
	Mainland Tanzania Rural	65	61	68	86	83	88
	Zanzibar Urban	84	78	91	97	93	100
	Zanzibar Rural	78	72	84	94	91	97
	Zanzibar	80	75	85	95	92	97
Zone	Western	59	48	69	92	85	98
	Northern	73	66	80	89	83	96
	Central	71	65	78	76	68	85
	Southern Highlands	87	81	93	96	92	99
	Southern	84	75	93	90	83	97
	South West Highlands	50	40	61	83	75	91
	Lake Zone	64	58	70	86	82	91
	Eastern	82	74	90	87	81	94
Age	Young Adults: 18-29	64	59	69	86	82	90
	Early Middle Age: 30-44	72	68	77	88	84	92
	Late Middle Age: 45-54	77	72	83	89	86	93
	Pre-retirement Age: 55-64	64	56	73	83	75	91
	Zanzibar	80	75	85	95	92	97
Education level	No education	50	43	56	77	69	85
	Primary Incomplete	62	53	70	82	76	88
	Primary Completed	73	70	76	88	85	91
	Secondary +	88	79	97	95	91	99
	Other	100			100		
Literacy	No	50	44	56	7	72	86
	Yes	75	72	78	88	86	91
Relation with HoH	Head of Household	74	68	79	90	87	92
	Spouse	70	66	73	74	47	100
	Son/Daughter	66	57	76	81	75	87
	Father/Mother	37	5	69	100		
	Grand Son/Daughter	40	8	73	57	34	80
	Other Relative	81	64	97	83	69	97
	Other not Relative	62	47	78	61	39	83
Gender of Household Head	Members of Male-Headed Household	69	65	72	89	86	91
	Members of Female-Headed Household	72	66	77	67	56	78

Table A 12: Dimension 4 - Engaging in society – Use of financial services (in percentage)

		Use of Financial Services					
		WOMEN			MEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	62	59	65	80	78	83
Tanzania	Mainland Tanzania	62	59	65	80	78	83
	Zanzibar	70	65	75	82	76	87
Residence	Urban	80	75	85	90	86	94
	Rural	57	53	60	78	75	81
	Mainland Tanzania Urban	80	75	85	90	86	94
	Mainland Tanzania Rural	57	53	60	78	74	81
	Zanzibar Urban	75	64	86	86	73	99
	Zanzibar Rural	68	62	74	80	74	86
	Western	58	47	68	78	70	87
	Northern	69	62	76	91	85	97
Zone	Central	69	63	76	83	76	90
	Southern Highlands	72	62	81	96	92	99
	Southern	72	62	81	90	84	97
	South West Highlands	54	43	64	81	72	89
	Lake Zone	50	44	56	66	60	71
	Eastern	79	72	87	87	76	98
	Zanzibar	70	65	75	82	76	87
	Young Adults: 18-29	57	52	62	75	70	80
Age	Early Middle Age: 30-44	64	59	68	85	82	89
	Late Middle Age: 45-54	68	63	74	82	76	87
	Pre-retirement Age: 55-64	63	55	72	80	72	88
	No education	42	35	48	63	52	75
Education level	Primary Incomplete	52	43	61	73	66	80
	Primary Completed	65	62	69	82	78	85
	Secondary +	87	81	94	94	91	98
	Other	100			93	80	106
	No	43	37	49	66	56	76
Literacy	Yes	68	65	71	83	81	86
	Head of Household	71	66	77	84	81	87
Relation with HoH	Spouse	60	57	64	62	35	90
	Son/Daughter	65	56	75	72	64	79
	Father/Mother	17	-3	36	0		
	Grand Son/Daughter	38	6	69	50	27	73
	Other Relative	69	51	88	68	46	90
	Other not relative	52	36	68	70	49	91
	Members of Male-Headed Household	59	56	63	82	79	85
	Members of Female-Headed Household	70	64	75	63	52	73

Table A 13: Dimension 4 - Engaging in Society – Access to Credit (in Percentage)

		Access to credit					
		WOMEN			MEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	44	41	47	54	51	58
Tanzania	Mainland Tanzania	44	41	48	54	51	57
	Zanzibar	45	39	51	60	54	66
Residence	Urban	60	55	66	64	58	71
	Rural	40	36	43	51	47	55
	Mainland Tanzania Urban	61	55	67	64	58	71
	Mainland Tanzania Rural	39	36	43	51	47	55
	Zanzibar Urban	47	37	57	63	51	74
	Zanzibar Rural	44	37	52	59	52	66
	Western	31	22	40	47	35	59
	Northern	36	29	43	70	59	82
Zone	Central	42	35	50	60	52	69
	Southern Highlands	74	65	84	74	62	85
	Southern	57	48	66	43	34	51
	South West Highlands	28	20	37	50	40	60
	Lake Zone	44	38	50	43	37	49
	Eastern	54	43	64	61	51	72
	Zanzibar	45	39	51	60	54	66
	Age	Young Adults: 18-29	37	33	42	48	42
Early Middle Age: 30-44		47	43	52	60	55	65
Late Middle Age: 45-54		51	45	58	54	47	61
Pre-retirement Age: 55-64		46	38	55	55	44	66
Education level	No education	31	25	36	38	28	48
	Primary Incomplete	33	25	41	42	34	50
	Primary Completed	47	43	50	55	51	60
	Secondary +	64	54	75	69	61	77
	Other	75	49	100	85	67	102
Literacy	No	32	27	38	39	27	51
	Yes	48	44	51	57	54	60
Relation with HoH	Head of Household	51	45	56	57	53	61
	Spouse	44	41	48	61	35	88
	Son/Daughter	38	28	47	44	36	53
	Father/Mother	11	-4	26	0		
	Grand Son/Daughter	24	-2	50	19	0	37
	Other Relative	53	31	74	50	26	74
	Other not relative	48	32	64	65	44	86
Gender of Household Head	Members of Male-Headed Household	43	40	47	55	51	58
	Members of Female-Headed Household	47	42	53	46	35	57

Table A 14: Dimension 4 - Engaging in Society – Documented Property Rights (in Percentage)

		Documented property rights					
		WOMEN			MEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	22	19	24	29	26	33
Tanzania	Mainland Tanzania	22	19	25	29	26	33
	Zanzibar	7	4	10	27	21	34
Residence	Urban	34	28	40	38	31	45
	Rural	18	15	21	27	23	31
	Mainland Tanzania Urban	35	28	41	38	31	45
	Mainland Tanzania Rural	18	16	21	27	23	31
	Zanzibar Urban	9	3	15	38	27	48
	Zanzibar Rural	6	3	9	23	16	31
	Western	31	20	42	13	7	20
	Northern	7	3	11	37	22	51
Zone	Central	12	7	17	12	6	18
	Southern Highlands	28	19	38	45	33	56
	Southern	29	19	39	43	32	54
	South West Highlands	40	30	51	28	20	36
	Lake Zone	16	12	19	31	25	36
	Eastern	33	25	42	31	22	40
	Zanzibar	7	4	10	27	21	34
	Age	Young Adults: 18-29	14	10	19	17	12
Early Middle Age: 30-44		25	21	29	33	28	38
Late Middle Age: 45-54		28	22	33	36	29	42
Pre-retirement Age: 55-64		25	18	32	39	27	52
Education level	No education	13	9	18	22	14	30
	Primary Incomplete	28	19	37	19	12	25
	Primary Completed	21	18	24	30	26	34
	Secondary +	33	24	43	41	32	50
	Other	55	23	87	45	15	76
Literacy	No	12	8	15	26	14	39
	Yes	25	22	28	30	27	33
Relation with HoH	Head of Household	35	29	40	34	30	38
	Spouse	20	17	23	15	1	29
	Son/Daughter	16	5	27	15	9	21
	Father/Mother	13	-5	30	0		
	Grand Son/Daughter	15	-9	39	9	-2	21
	Other Relative	13	-4	29	15	-1	31
	Other not Relative	6	-2	14	17	2	31
Gender of Household Head	Members of Male-Headed Household	19	16	22	31	27	34
	Members of Female-Headed Household	29	24	34	13	6	20

Table A 15: Dimension 4 - Engaging in Society – Secure Transfer Rights (in Percentage)

		Secure transfer rights					
		WOMEN			MEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	71	69	73	82	80	85
Tanzania	Mainland Tanzania	71	69	74	82	80	85
	Zanzibar	55	49	61	83	77	88
Residence	Urban	72	68	77	75	69	82
	Rural	71	68	73	84	82	87
	Mainland Tanzania Urban	73	68	78	75	69	82
	Mainland Tanzania Rural	71	68	74	84	82	87
	Zanzibar Urban	58	47	68	78	70	86
	Zanzibar Rural	54	47	61	84	77	91
	Zone	Western	68	59	77	89	83
	Northern	53	46	60	80	70	89
	Central	72	65	80	88	83	94
	Southern Highlands	81	73	89	88	77	99
	Southern	94	89	98	98	95	102
	South West Highlands	81	74	88	83	75	91
	Lake Zone	70	66	75	71	65	77
	Eastern	66	59	74	87	81	93
	Zanzibar	55	49	61	83	77	88
Age	Young Adults: 18-29	61	56	65	62	56	68
	Early Middle Age: 30-44	73	69	77	89	85	93
	Late Middle Age: 45-54	84	80	88	94	91	98
	Pre-retirement Age: 55-64	76	67	84	96	93	99
Education level	No education	72	66	78	86	81	92
	Primary Incomplete	70	63	78	80	73	86
	Primary Completed	72	69	75	85	81	88
	Secondary +	62	53	70	73	64	82
	Other	86	69	103	66	34	98
Literacy	No	72	67	77	86	81	92
	Yes	71	68	74	82	79	85
Relation with HoH	Head of Household	80	76	85	93	91	95
	Spouse	76	73	79	95	85	104
	Son/Daughter	40	29	50	47	38	55
	Father/Mother	59	27	92	0		
	Grand Son/Daughter	39	5	72	57	33	80
	Other Relative	62	41	82	51	30	71
	Other not Relative	60	44	75	44	23	65
Gender of Household Head	Members of Male-Headed Household	71	68	73	84	81	87
	Members of Female-Headed Household	72	68	77	65	54	76

Table A 16: Dimension 4 - Engaging in Society – Secure Tenure Rights (in Percentage)

		Secure tenure rights					
		MEN			WOMEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	57	54	59	67	64	70
Tanzania	Mainland Tanzania	57	54	60	67	64	71
	Zanzibar	47	40	55	61	55	68
Residence	Urban	59	53	65	66	60	73
	Rural	56	53	59	68	64	71
	Mainland Tanzania Urban	59	53	65	66	60	73
	Mainland Tanzania Rural	56	53	59	68	64	71
	Zanzibar Urban	53	36	69	62	49	74
	Zanzibar Rural	45	37	53	61	54	69
	Western	53	43	62	48	37	60
	Northern	58	51	65	68	57	79
Zone	Central	35	28	42	59	49	68
	Southern Highlands	77	69	86	92	87	97
	Southern	46	36	56	87	78	95
	South West Highlands	52	43	62	50	41	60
	Lake Zone	65	60	71	64	58	71
	Eastern	55	47	63	83	77	89
	Zanzibar	47	40	55	61	55	68
	Young Adults: 18-29	47	42	52	56	49	62
Age	Early Middle Age: 30-44	58	53	62	67	62	72
	Late Middle Age: 45-54	67	61	72	79	73	85
	Pre-retirement Age: 55-64	65	57	74	78	69	88
	No education	56	50	62	64	54	74
Education level	Primary Incomplete	55	47	64	63	55	71
	Primary Completed	57	54	61	68	64	73
	Secondary +	54	45	63	67	58	76
	Other	71	44	98	73	41	105
	Literacy	No	59	53	65	68	59
Yes		56	53	59	67	64	70
Relation with HoH	Head of Household	67	62	73	73	70	76
	Spouse	57	54	61	63	37	90
	Son/Daughter	40	30	50	51	43	60
	Father/Mother	59	27	92	0		
	Grand Son/Daughter	28	-1	56	44	21	67
	Other Relative	68	50	87	40	20	60
	Other not relative	47	31	62	41	20	62
	Gender of Household Head	Members of Male-Headed Household	55	52	58	68	65
Members of Female-Headed Household		62	57	67	55	44	66

Table A 17: Empowerment Score Stats

		Empowerment Score					
		WOMEN			MEN		
		Average	CI	CI	Average	CI	CI
Country Level	Total (Tanzania)	0.45	0.43	0.47	0.57	0.55	0.59
Tanzania	Mainland Tanzania	0.45	0.43	0.47	0.57	0.55	0.59
	Zanzibar	0.45	0.42	0.47	0.57	0.54	0.61
Residence	Urban	0.53	0.50	0.56	0.59	0.56	0.63
	Rural	0.43	0.41	0.45	0.56	0.54	0.58
	Mainland Tanzania Urban	0.53	0.50	0.56	0.59	0.56	0.63
	Mainland Tanzania Rural	0.43	0.41	0.45	0.56	0.54	0.58
	Zanzibar Urban	0.45	0.42	0.49	0.52	0.47	0.57
	Zanzibar Rural	0.44	0.41	0.47	0.59	0.56	0.63
	Western	0.36	0.31	0.41	0.57	0.51	0.62
	Northern	0.43	0.39	0.47	0.55	0.50	0.59
Zone	Central	0.44	0.41	0.48	0.49	0.44	0.54
	Southern Highlands	0.58	0.51	0.64	0.78	0.74	0.83
	Southern	0.62	0.58	0.66	0.59	0.55	0.64
	South West Highlands	0.38	0.35	0.42	0.55	0.50	0.61
	Lake Zone	0.41	0.38	0.44	0.56	0.53	0.59
	Eastern	0.56	0.48	0.64	0.55	0.49	0.61
	Zanzibar	0.45	0.42	0.47	0.57	0.54	0.61
	Young Adults: 18-29	0.39	0.37	0.41	0.50	0.47	0.53
Age	Early Middle Age: 30-44	0.47	0.45	0.50	0.60	0.57	0.63
	Late Middle Age: 45-54	0.52	0.49	0.56	0.60	0.56	0.63
	Pre-retirement Age: 55-64	0.46	0.41	0.52	0.60	0.55	0.65
	No education	0.37	0.34	0.40	0.48	0.42	0.54
Education level	Primary Incomplete	0.42	0.38	0.47	0.49	0.45	0.53
	Primary Completed	0.47	0.44	0.49	0.58	0.56	0.60
	Secondary +	0.52	0.47	0.56	0.64	0.59	0.68
	Other	0.73	0.55	0.91	0.84	0.71	0.96
	No	0.38	0.35	0.41	0.48	0.44	0.52
Literacy	Yes	0.47	0.45	0.49	0.59	0.57	0.60
	Head of Household	0.53	0.50	0.57	0.60	0.58	0.62
Relation with Head of Household	Spouse	0.44	0.42	0.46	0.59	0.46	0.71
	Son/Daughter	0.42	0.36	0.48	0.46	0.42	0.50
	Father/Mother	0.37	0.27	0.47	0.22		
	Grand Son/Daughter	0.34	0.27	0.40	0.41	0.32	0.49
	Other Relative	0.44	0.37	0.51	0.50	0.41	0.59
	Other not relative	0.36	0.27	0.45	0.47	0.36	0.59
	Members of Male-Headed Household	0.44	0.42	0.46	0.58	0.56	0.60
	Members of Female-Headed Household	0.49	0.46	0.52	0.46	0.41	0.51
Gender of Household Head							

Table A 18: Disempowerment Headcount Ratio, Stats (in Percentage)

		Disempowerment Headcount Ratio (H)					
		WOMEN			MEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	89	87	91	79	76	81
Tanzania	Mainland Tanzania	89	87	91	79	76	81
	Zanzibar	94	91	97	77	73	82
Residence	Urban	85	80	90	77	71	82
	Rural	90	88	93	79	76	82
	Mainland Tanzania Urban	85	80	90	77	71	82
	Mainland Tanzania Rural	90	87	93	79	77	82
	Zanzibar Urban	94	90	98	85	78	93
	Zanzibar Rural	94	90	97	75	69	80
	Western	95	90	100	81	72	90
	Northern	91	86	95	86	80	93
Zone	Central	91	87	95	86	80	92
	Southern Highlands	77	66	88	51	39	62
	Southern	77	70	85	79	71	88
	South West Highlands	94	91	98	77	69	85
	Lake Zone	93	90	96	80	76	85
	Eastern	79	65	93	79	71	86
	Zanzibar	94	91	97	77	73	82
	Young Adults: 18-29	94	91	97	86	82	90
Age	Early Middle Age: 30-44	88	84	91	75	70	79
	Late Middle Age: 45-54	83	78	89	77	72	82
	Pre-retirement Age: 55-64	88	80	96	75	68	83
	No education	95	92	98	85	78	92
Education level	Primary Incomplete	90	84	97	89	84	94
	Primary Completed	88	85	92	78	75	82
	Secondary +	84	78	90	70	62	78
	Other	52	18	86	37	5%	68
	No	94	90	97	89	84	94
Literacy	Yes	88	85	91	77	74	80
	Head of Household	81	76	87	75	72	78
Relation with Head of Household	Spouse	91	88	93	77	58	95
	Son/Daughter	89	80	97	89	85	94
	Father/Mother	100	99	100	100		
	Grand Son/Daughter	100			95	87	103
	Other Relative	97	91	103	91	79	103
	Other not relative	94	84	105	85	70	100
	Members of Male-Headed Household	91	88	94	78	75	81
	Members of Female-Headed Household	85	81	89	89	82	96

Table A 19: Mean Disempowerment Among Disempowered, Stats

		Mean Disempowerment Score Among Disempowered (A)					
		WOMEN			MEN		
		Average	CI		Average	CI	
Country Level	Total (Tanzania)	0.62	0.61	0.63	0.55	0.54	0.56
Tanzania	Mainland Tanzania	0.62	0.61	0.63	0.55	0.54	0.56
	Zanzibar	0.59	0.58	0.61	0.55	0.53	0.58
Residence	Urban	0.56	0.54	0.57	0.53	0.51	0.56
	Rural	0.63	0.62	0.64	0.55	0.54	0.57
	Mainland Tanzania Urban	0.55	0.54	0.57	0.53	0.50	0.56
	Mainland Tanzania Rural	0.63	0.62	0.65	0.55	0.54	0.57
	Zanzibar Urban	0.58	0.55	0.61	0.57	0.54	0.59
	Zanzibar Rural	0.60	0.58	0.62	0.54	0.51	0.58
	Western	0.67	0.63	0.71	0.54	0.50	0.57
	Northern	0.63	0.61	0.65	0.52	0.50	0.55
Zone	Central	0.61	0.58	0.64	0.59	0.55	0.63
	Southern Highlands	0.55	0.52	0.57	0.43	0.39	0.47
	Southern	0.49	0.45	0.52	0.51	0.49	0.54
	South West Highlands	0.65	0.62	0.68	0.58	0.55	0.61
	Lake Zone	0.64	0.62	0.66	0.55	0.53	0.58
	Eastern	0.56	0.53	0.59	0.57	0.53	0.62
	Zanzibar	0.59	0.58	0.61	0.55	0.53	0.58
	Young Adults: 18-29	0.65	0.63	0.66	0.58	0.56	0.60
Age	Early Middle Age: 30-44	0.60	0.59	0.62	0.54	0.52	0.56
	Late Middle Age: 45-54	0.57	0.55	0.59	0.53	0.50	0.55
	Pre-retirement Age: 55-64	0.61	0.58	0.64	0.52	0.49	0.56
	No education	0.66	0.64	0.68	0.61	0.57	0.66
Education level	Primary Incomplete	0.64	0.61	0.67	0.57	0.55	0.60
	Primary Completed	0.60	0.59	0.62	0.54	0.52	0.55
	Secondary +	0.57	0.55	0.60	0.52	0.49	0.55
	Other	0.52	0.44	0.59	0.44	0.30	0.58
	Literacy	No	0.66	0.64	0.68	0.59	0.56
Yes		0.60	0.59	0.61	0.54	0.53	0.55
Relation with HoH	Head of Household	0.58	0.56	0.60	0.53	0.52	0.54
	Spouse	0.61	0.60	0.63	0.54	0.46	0.62
	Son/Daughter	0.66	0.63	0.68	0.60	0.57	0.63
	Father/Mother	0.63	0.54	0.73	0.78		
	Grand Son/Daughter	0.66	0.60	0.73	0.62	0.55	0.69
	Other Relative	0.58	0.52	0.64	0.55	0.48	0.62
	Other not relative	0.68	0.62	0.73	0.62	0.55	0.69
	Gender of Household Head	Members of Male-Headed Household	0.62	0.61	0.63	0.54	0.53
Members of Female-Headed Household		0.60	0.58	0.62	0.61	0.57	0.64

4: MDD-W Stats

Table A 20: Percentage of Women Age 18–49/50-64 by Type of Foods and Liquids Consumed in the Day or Night Preceding the Interview, by Geographical Location

Background Characteristics	MDD-W >=5	Women interviewed	FG 1a	FG 1b	FG 1	FG 2	FG 3	FG 4	FG 5	FG 6	FG 7	FG 8	FG 9	FG 10	Average number of FG consumed
			Foods made from grains	Starchy roots and tubers or plantains	Cereals and starchy roots	Pulses (beans, peas, and lentils)	Nuts and seeds	Milk and milk products	Meat, poultry, and fish	Eggs	Dark green leafy vegetables	Other vitamin A-rich fruits or vegetables	Other vegetables	Other fruits	
Overall	56.7	2486	94.9	47.7	98.4	58.6	30.2	26.5	65.3	9.2	65.4	61.5	55.0	24.0	4.9
Residence															
Urban	64.9	611	96.4	52.0	98.6	62.6	28.6	26.3	73.8	11.5	69.5	70.3	60.4	25.3	5.3
Rural	54.2	1875	94.4	46.4	98.4	57.4	30.7	26.6	62.8	8.5	64.2	58.8	53.3	23.6	4.8
State															
Mainland Tanzania	56.6	1889	95.0	47.2	98.5	59.2	30.6	26.5	64.9	9.1	65.8	61.2	55.1	23.3	4.9
Zanzibar	60.9	597	90.0	69.7	97.6	32.0	12.6	28.1	87.5	13.7	48.7	73.2	49.0	59.6	5.0
Mainland Tanzania /Zanzibar															
<i>Mainland Tanzania</i>															
Urban	64.8	458	96.5	51.5	98.6	63.5	28.9	26.1	73.4	11.4	70.0	70.2	60.4	24.3	5.3
Rural	54.2	1431	94.5	45.9	98.4	57.9	31.1	26.6	62.3	8.4	64.5	58.5	53.5	23.0	4.8
<i>Zanzibar</i>															
Urban	70.9	153	91.5	69.6	98.4	30.5	16.5	35.4	86.7	13.4	52.5	74.8	57.6	64.9	5.3
Rural	56.9	444	89.4	69.7	97.3	32.7	11.0	25.2	87.8	13.8	47.2	72.6	45.5	57.5	4.9
Zone															
Western	70.8	164	88.1	62.8	94.8	71.3	46.3	27.7	68.6	15.7	66.8	79.1	52.0	19.8	5.4
Northern	56.7	261	97.1	41.3	98.7	44.6	12.2	45.5	60.2	4.1	69.3	56.9	67.9	34.8	4.9
Central	41.8	241	99.4	31.8	99.4	51.1	32.6	31.2	47.5	3.5	63.7	48.2	51.2	15.4	4.4
Southern Highlands	52.3	134	100.0	43.5	100.0	58.6	17.9	12.9	50.9	3.6	89.4	46.5	66.8	41.0	4.9
Southern	79.0	104	95.0	41.7	99.3	57.8	47.8	11.9	85.8	15.0	68.0	87.1	83.5	17.9	5.7
South West Highlands	56.5	201	95.6	45.7	99.0	73.0	32.0	33.0	72.7	11.4	71.5	49.9	35.3	17.7	5.0
Lake Zone	52.9	596	92.8	49.8	98.0	59.6	36.7	22.0	65.2	5.8	52.3	59.9	53.3	18.0	4.7
Eastern	59.8	188	95.0	57.9	99.2	60.1	17.4	23.1	74.2	22.6	74.4	75.7	45.6	31.0	5.2
Zanzibar	60.9	597	90.0	69.7	97.6	32.0	12.6	28.1	87.5	13.7	48.7	73.2	49.0	59.6	5.0

Table A 21: Percentage of Women Age 18–49/50-64 by Type of Foods and Liquids Consumed in the Day or Night Preceding the Interview, Socio-Demographic Characteristics

Background Characteristics	MDD-W >=5	Women interviewed	FG 1a	FG 1b	FG 1	FG 2	FG 3	FG 4	FG 5	FG 6	FG 7	FG 8	FG 9	FG 10	Average n. FG
			Foods made from grains	Starchy roots and tubers or plantains	Cereals and starchy roots	Pulses (beans, peas, and lentils)	Nuts and seeds	Milk and milk products	Meat, poultry, and fish	Eggs	Dark green leafy vegetables	Other vitamin A- rich fruits or vegetables	Other vegetables	Other fruits	
Gender of the Household Head															
Respondent member of a male-headed household	58.1	1851	94.7	48.2	98.3	61.0	29.4	28.4	66.3	10.4	64.5	61.9	55.5	24.6	5.0
Respondent member of a female-headed household	53.1	635	95.4	46.3	98.7	52.1	32.3	21.5	62.8	6.0	68.0	60.3	53.7	22.5	4.8
Age															
18-29	55.1	835	96.5	47.2	98.7	58.4	30.6	26.9	65.6	9.4	63.2	61.5	55.1	22.4	4.9
30-39	58.1	668	94.7	50.0	98.5	58.7	29.7	28.3	67.9	9.8	64.6	60.3	55.5	25.0	5.0
40-49	55.8	436	95.1	44.0	99.0	57.6	31.2	21.9	61.6	8.1	67.8	61.2	51.0	23.2	4.8
50-64	58.4	547	92.3	48.4	97.6	59.6	29.6	27.1	64.7	8.9	68.1	62.9	57.1	26.1	5.0
Number of children in the HH <= 5 years															
No children	55.6	1025	94.8	46.1	98.7	57.3	28.5	26.0	68.2	11.7	66.4	62.0	52.5	27.0	5.0
One/Two children	58.1	1281	95.8	48.6	98.5	60.3	30.3	26.9	63.5	7.7	64.2	60.5	58.4	23.1	4.9
Three or more	53.0	180	88.7	49.2	96.8	53.3	39.0	26.7	63.3	6.6	69.5	65.3	43.4	14.3	4.8
Maternity Status (only women 18-49)															
Pregnant	53.8	177	96.5	47.6	98.9	59.1	30.5	26.3	60.5	16.0	67.6	59.6	56.3	35.4	5.1
Not pregnant	56.4	1762	95.5	47.5	98.7	58.3	30.4	26.3	65.9	8.7	64.4	61.2	54.2	22.4	4.9
Breastfeeding Status (only women 18-49)															
Breastfeeding	55.8	509	97.2	50.0	98.3	58.2	28.0	25.6	64.7	10.2	65.7	59.5	59.5	20.1	4.9
Not breastfeeding	56.4	1430	95.1	46.6	98.8	58.4	31.2	26.6	65.8	8.9	64.3	61.6	52.7	24.5	4.9
Pregnancy/Breastfeeding (only women 18-49)															
Pregnant and Breastfeeding	84.1	22	100.0	79.1	100.0	82.5	78.0	65.3	91.3	56.2	81.9	86.9	81.9	57.4	7.8
Only pregnant	49.5	155	96.0	43.1	98.7	55.7	23.7	20.6	56.0	10.1	65.5	55.6	52.6	32.2	4.7
Only breastfeeding	54.6	487	97.1	48.8	98.2	57.2	25.9	24.0	63.7	8.4	65.0	58.4	58.5	18.6	4.8
No pregnant and no breastfeeding	57.1	1275	95.0	47.0	98.8	58.6	31.9	27.2	66.7	8.8	64.2	62.2	52.7	23.8	4.9
Education															
No school	44.8	480	93.8	37.8	96.9	50.5	30.2	25.6	53.9	7.0	56.7	51.5	49.0	12.9	4.3
Primary Incomplete	52.1	271	95.2	52.0	99.3	56.5	28.4	24.8	67.5	12.9	73.9	55.4	51.3	24.1	4.9
Primary complete	57.9	1388	95.0	47.3	98.5	60.7	29.6	24.9	65.6	8.9	64.3	63.2	55.4	25.1	5.0
Secondary +	76.0	347	95.7	63.0	99.9	62.5	35.9	40.1	81.9	10.7	78.6	75.6	67.0	37.4	5.9

Table A 22: Percentage of Women Age 18–49/50–64 by Type of Foods and Liquids Consumed in the Day or Night Preceding the Interview, According to Geographical Location

Background Characteristics	Sweet foods	Fried and Salty Food	Sweet beverages	Insects and small proteins foods	Red palm oil
Overall	10.0	16.4	52.1	5.4	8.3
Place of Residence					
Urban	14.7	24.6	65.2	5.2	8.4
Rural	8.6	13.9	48.2	5.5	8.2
State					
Mainland Tanzania	9.8	16.0	51.5	5.5	8.2
Zanzibar	22.1	32.8	79.4	3.8	8.7
Mainland Tanzania					
Urban	14.4	24.1	64.8	5.3	8.4
Rural	8.4	13.6	47.5	5.5	8.2
Zanzibar					
Urban	25.8	43.3	81.3	3.3	7.0
Rural	20.7	28.5	78.7	4.0	9.4
Zone					
Western	7.3	16.2	34.5	25.0	47.1
Northern	6.3	27.0	64.4	2.1	1.5
Central	9.0	13.0	39.1	1.0	2.0
Southern Highlands	14.2	21.3	60.5	1.5	1.5
Southern	14.7	19.1	77.2	3.0	2.2
South West Highlands	8.1	12.1	43.3	0.3	9.3
Lake Zone	9.7	8.5	47.3	5.9	2.2
Eastern	12.6	25.0	61.1	6.0	14.3
Zanzibar	22.1	32.8	79.4	3.8	8.7

Table A 23: Percentage of Women Age 18–49/50-64 by Type of Foods and Liquids Consumed in the Day or Night Preceding the Interview, according to socio-demographic characteristics

Background Characteristics	Sweet foods	Fried and Salty Food	Sweet beverages	Insects and small proteins foods	Red palm oil
Gender of the Household Head					
Respondent member of a MALE-headed household	9.6	15.8	51.9	5.9	8.9
Respondent member of a FEMALE-headed household	11.2	17.9	52.7	4.2	6.4
Age					
18-29	15.3	19.8	50.9	4.4	6.8
30-39	7.1	15.3	55.0	5.3	7.9
40-49	6.5	15.6	46.1	4.5	7.6
50-64	7.9	12.8	55.2	7.9	11.4
Number of children in the HH ≤ 5 years					
No children	9.0	19.2	52.6	8.0	11.5
One/Two children	10.5	15.1	52.3	4.0	6.1
Three or more	12.9	9.9	48.1	2.1	6.1
Maternity Status					
Pregnant	15.1	15.7	45.6	10.6	12.4
Not pregnant	10.3	17.5	51.7	4.2	6.9
Breastfeeding Status					
Breastfeeding	10.9	13.1	47.6	5.7	8.5
Not breastfeeding	10.6	18.8	52.4	4.4	7.0
Pregnancy/Breastfeeding					
Pregnant and breastfeeding	56.5	56.5	83.8	56.2	60.4
Only pregnant	9.2	9.9	40.1	4.0	5.5
Only breastfeeding	9.1	11.4	46.2	3.6	6.4
No pregnant and no breastfeeding	10.7	19.7	53.6	4.4	7.1
Education					
No school	5.0	5.3	36.3	5.3	10.4
Primary Incomplete	9.6	11.0	50.2	4.3	6.7
Primary complete	10.1	17.2	53.6	5.8	8.8
Secondary +	19.4	36.9	73.6	4.2	2.4

5: SDG 5.a.1

Men

Table A 24: SDG 5.a.1 Indicators for Men by Zone (in Percentage)

Region	Name on the Document	Can Bequeath	Can Sell	SDG
Western	7.0	37.1	35.2	44.4
Northern	21.9	19.8	37.8	42.5
Central	6.8	22.2	26.9	29.7
Southern Highlands	23.3	36.2	37.7	55.5
Southern	17.2	27.2	23.5	38.8
South West Highlands	21.5	40.2	37.0	50.6
Lake Zone	12.6	23.6	24.0	30.5
Eastern	15.4	21.3	26.4	34.6
Zanzibar	14.3	35.8	36.4	42.4
Overall	15.0	27.1	29.9	38.4

Women

Table A 25: SDG 5.a.1 Indicators for Women by Zone (in Percentage)

Region	Name on the Document	Can Bequeath	Can Sell	SDG
Western	15.5	19.6	15.6	20.3
Northern	2.9	13.7	12.5	14.3
Central	4.7	19.3	20.5	25.4
Southern Highlands	13.3	19.0	19.6	21.0
Southern	8.0	26.0	26.4	27.1
South West Highlands	10.8	20.9	23.3	23.7
Lake Zone	2.2	9.2	6.5	11.6
Eastern	10.6	21.2	20.8	23.1
Zanzibar	2.3	8.6	7.5	10.6
Overall	6.9	16.3	15.4	18.5

All Together

Table A 26: SDG 5.a.1 Indicators (All Together), by Zone (in Percentage)

Region	Name on the Document	Can Bequeath	Can Sell	SDG
Western	11.3	27.5	24.4	31.3
Northern	11.7	16.3	24.4	27.6
Central	5.8	20.6	23.6	27.6
Southern Highlands	18.5	25.7	27.1	36.4
Southern	12.7	26.7	25.1	33.1
South West Highlands	15.8	30.1	30.0	36.4
Lake Zone	7.0	14.8	13.7	19.2
Eastern	12.6	21.3	23.7	28.8
Zanzibar	6.8	19.3	18.7	23.7
Overall	10.6	21.1	21.7	27.5

6: WEN Questionnaire



ANNUAL AGRICULTURAL SAMPLE SURVEY 2023/24
 (This information is collected under the Statistics Act, [Cap 351 R.E 2019])
 THIS INFORMATION IS STRICTLY CONFIDENTIAL AND IS TO BE USED FOR STATISTICAL PURPOSES ONLY



WOMEN'S EMPOWERMENT AND NUTRITION (DIETARY DIVERSITY) QUESTIONNAIRE

TANZANIA



Selection of the individuals within the sampled households: Instructions

Household members are eligible for the WEN questionnaire if:

1. they are between 18 and 64 years old
2. they are in the Enumeration Area before the survey team leaves the EA.

Once the eligible household members are identified, in some households, the CAPI application will randomly select one man. In other households, the CAPI application will randomly select one woman aged 18-49 and one woman aged 50-64.

Module A: Contact and Consent

A01 Time

DD	MM	YYYY	HH:	MM:	SS
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 stamp:

A02 – Is [NAME] found?
 1 = Yes >> go to A03
 0 = No >> INTERVIEW ENDS.

A03– ENUMERATOR READS: Hello, my name is [ENUMERATOR NAME] from the National Bureau of Statistics and the Office of the Chief Government Statistician (Zanzibar). We are conducting a national agricultural survey, and your household has been chosen to participate in this survey. The survey includes a questionnaire on the capacity of men and women to pursue their own goals, influence decisions in the household and in the broader community, the use of technology, property rights, etc. Further, we ask about women's diet.

You have been randomly selected to respond to this questionnaire. The interview will last approximately 20 minutes. The collected information will be used by the government and other organizations for planning purposes. The household will not receive any benefit because of this interview. The information will be kept strictly confidential, and you may skip the questions that make you feel uncomfortable.

Please let me know if I can go ahead with the interview.
 1 – Yes, respondent is available >> MODULE D
 0 – No, the respondent declines the interview >> MODULE O, Q4a

Module D: Paid and unpaid activities

D_START. Start of module D date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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INTERVIEWER, READ ALOUD: Now I am going to ask you about the activities you did over the past 7 days and how much influence you had over the time you spent on these activities.		
ACTIVITIES NOTE TO INTERVIEWER: When examples are given, they should be read exactly as written and should NOT be skipped.	D01. During the last 7 days, did you spend any time on [ACTIVITY], even if for one hour? 1 = Yes 2 = No >> NEXT ROW	[CAPI: IF D01A/B/C/D/E/F==1/Yes] D02. During the last 7 days, how much influence did you have in deciding the amount of time you spent on [ACTIVITY]? READ RESPONSE OPTIONS 1 = No influence 2 = Some influence 3 = A lot of influence (97 = DO NOT READ: Don't know) (98 = DO NOT READ: Refused)
A. Household duties, such as cooking, cleaning, washing clothes, or collecting water or cooking fuel		
B. Caring for household members, such as children or older family members		
C. Going to the market to purchase essential items		
D. Non-agricultural work activities, including: working for pay, in cash or in kind, for someone else; running or doing any kind of business or other activity to earn income; and helping in a family business		
E. Commercial agricultural production, including: working on the household farm to produce crops, livestock, or fish products, mainly for sale		
F. Agricultural production for household consumption, including: producing crops, livestock, or fish products.		

D_END. End of module D date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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Module E: Participation and leadership in community

E_START. Start of module E date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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INTERVIEWER, READ ALOUD: Now, I will ask you about your participation in different types of organizations during the last 12 months.		
ORGANIZATIONS	E01. In the last 12 months, have you participated in [ORGANIZATION]? Yes 1 >> GO TO E02 No 2 >> NEXT ROW (DO NOT READ: Refused...98 >> NEXT ROW) (DO NOT READ: Organization not present in this community 99>> NEXT ROW)	E02. In the last 12 months, have you acted in a leadership position in [ORGANIZATION]? Yes 1 No 2 (DO NOT READ: Refused 98)
A. Government councils or agencies		
B. Groups that provide local services, such as resource user groups, community health and education service groups, or mutual aid groups.		
C. Formal or informal savings or credit groups, such as microfinance groups, village savings and loan associations (for example, Upai), or merry-go-round savings schemes.		
D. Groups related to livelihood activities, such as agricultural groups, cooperatives, and craft or trade associations.		
E. Other groups, such as religious groups, women's groups, or sports groups, etc.		

INTERVIEWER: The question below is asked only if the randomly selected individual is female (B04==2)

E03. INTERVIEWER, READ ALOUD: Please listen to the following statements and indicate how often this happens in your community	
A	Are women informed about what is going on within the community (e.g., main social and political changes, etc.)
B	Women can participate effectively in community activities
C	Women can participate effectively in decision-making
D	It is important to women in this community that they actively participate in local women's issues
E	Many community leaders listen to women
	Never..... 0 Sometimes 1 Often 2 Always 3 DO NOT READ: Don't know 97 DO NOT READ: Refused..... 98

INTERVIEWER: The question below is asked only if the randomly selected individual is male (B04==1)

E04. INTERVIEWER, READ ALOUD: Please listen to the following statements and indicate how often this happens in your community	
A	Are men informed about what is going on within the community (e.g., main social and political changes, etc.)
B	Men participate effectively in community activities
C	Men participate effectively in decision-making
D	It is important to men in this community that they actively participate in local men's issues
E	Many community leaders listen to men
	Never..... 0 Sometimes 1 Often 2 Always 3 DO NOT READ: Don't know 97 DO NOT READ: Refused..... 9

E_END. End of module E date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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Module F: Life transitions and awareness of rights

INTERVIEWER: Module F is asked only if the randomly selected individual is female (B04==2)

F_START. Start of module F date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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F01. INTERVIEWER, READ ALOUD: Please listen to the following statements and indicate your level of agreement with each statement.	
READ RESPONSE OPTIONS	
A	Every woman should be free to choose whether to complete secondary school.
B	Every woman should be free to choose whether to work for pay.
C	Every woman should be free to choose to prioritize her work for pay over domestic duties.
D	Every woman should be free to choose what to do with any money that she earns.
E	Every woman should be free to choose to purchase land, a house, or other valuable goods.
F	Every woman should be free to choose when to get married.
G	Every woman should be free to choose to divorce or end her marriage or relationship.
H	Every woman should be free to choose whether and when to have children.
I	Every woman should be free to choose not to have any more children.
	Fully disagree 0 Partly disagree 1 Partly agree..... 2 Fully agree 3 (DO NOT READ: Don't know 97) (DO NOT READ: Refused..... 98)

F_END. End of module F date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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Module G: Financial services and credit

G_START. Start of module G date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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INTERVIEWER, READ ALOUD: Now, I am going to ask about your use of different financial services.	
G01. In the past 12 months, have you ever:	
A	Used any mobile money account, either yours or anyone else's, to make a payment, buy something, or send money to someone?
B	Deposited or received money into or withdrawn money from any bank account, either yours or anyone else's?
C	Used any bank card, ATM card or debit card, either yours or anyone else's, to make a purchase or pay a bill such as a utility bill?
D	Used any credit card, either yours or anyone else's, to make a purchase or pay a bill such as a utility bill?
	Yes 1 No 2 (DO NOT READ: Refused..... 98)
INTERVIEWER, READ ALOUD: Now, I am going to ask you about loans from different types of lenders.	
G02. If you need it, could you take a loan from any of the following:	
A	Bank or formal financial institution
B	Cooperative
C	Group based micro-finance / micro-credit
D	Informal credit / savings groups, such as private moneylenders, a village savings and loan group (for example Upatu), merry-go-rounds, or funeral societies
E	Other NGO program
	Yes 1 No 2 (DO NOT READ: Refused..... 98)

G_END. End of module G date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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Module H: Property ownership

H_START. Start of module H date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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INTERVIEWER, READ ALOUD: Now I am going to ask you about your rights over agricultural land and your dwelling		
H01	Do you own or have the right to use <i>any agricultural parcels of land</i> , either alone or jointly with someone else? This refers to all the parcels to which you can have rights, either alone or together with others. (agricultural land also includes backyard gardens) READ RESPONSE OPTIONS	Yes, alone..... 1 Yes, jointly 2 Yes, both alone and jointly 3 No.....4>>H07 (DO NOT READ: Refused..... 98)
H02	Do you have the right, either alone or jointly with someone else, to sell <i>any agricultural parcels of land</i> ? READ RESPONSE OPTIONS	Yes, alone..... 1 Yes, jointly 2 Yes, both alone and jointly 3 No..... 4 (DO NOT READ: Don't know 97) (DO NOT READ: Refused 98)
H03	Do you have the right, either alone or jointly with someone else, to give any agricultural parcels of land, by oral or written will, to other persons after your death? READ RESPONSE OPTIONS	Yes, alone..... 1 Yes, jointly 2 Yes, both alone and jointly 3 No..... 4 (DO NOT READ: Don't know 97) (DO NOT READ: Refused 98)
H04	Is there a document for any agricultural parcels that is issued by or registered at the Land Registry/ Cadastral Agency, such as a purchase certificate or a lease or rental contract? READ RESPONSE OPTIONS	Yes 1 No.....2 >>H06 (DO NOT READ: Don't know ... 97 >>H06) (DO NOT READ: Refused 98 >>H06)
H05	Is your name listed on any of these documents as an owner or rights holder, either alone or jointly with someone else? READ RESPONSE OPTIONS	Yes, alone..... 1 Yes, jointly 2 Yes, both alone and jointly 3 No..... 4 (DO NOT READ: Don't know 97) (DO NOT READ: Refused 98)
H06a	How likely are you to involuntarily lose ownership of any land you own or have the right to use in the next 5 years? READ RESPONSE OPTIONS	Not all likely.....1 Slightly likely.....2 Moderately likely.....3 Very likely.....4 Extremely likely.....5 (DO NOT READ: Don't know. 97) (DO NOT READ: Refused 98)
H06b	How likely are you to involuntarily lose use rights to any land you own or have the right to use in the next 5 years? READ RESPONSE OPTIONS	Not all likely.....1 Slightly likely.....2 Moderately likely.....3 Very likely.....4 Extremely likely.....5 (DO NOT READ: Don't know. 97) (DO NOT READ: Refused 98)
H07	Do you own or have the right to use the dwelling in which you live, either alone or jointly with someone else? READ RESPONSE OPTIONS	Yes, alone..... 1 Yes, jointly 2 No.....4>> END MODULE (DO NOT READ: Refused 98>> END MODULE)
H08	Do you have the right, either alone or jointly with someone else, to sell the dwelling in which you live? READ RESPONSE OPTIONS	Yes, alone..... 1 Yes, jointly 2 No..... 4 (DO NOT READ: Don't know 97) (DO NOT READ: Refused 98)
H09	Do you have the right, either alone or jointly with someone else, to give your dwelling, by oral or written will, to other persons after your death? READ RESPONSE OPTIONS	(DO NOT READ: Refused 98)
H10	Is there a document for the dwelling in which you live that is issued by or registered at a government agency, such as a purchase certificate, a site plan, a building permit, or a lease/rental contract? READ RESPONSE OPTIONS	Yes 1 No.....2 >>H12 (DO NOT READ: Don't know ... 97 >> H12) (DO NOT READ: Refused 98 >> H12)
H11	Is your name listed on any of these documents as an owner or rights holder, either alone or jointly with someone else? READ RESPONSE OPTIONS	Yes, alone..... 1 Yes, jointly 2 No..... 4 (DO NOT READ: Don't know 97) (DO NOT READ: Refused 98)

H12a	How likely are you to involuntarily lose ownership of the dwelling in which you live in the next 5 years? READ RESPONSE OPTIONS	Not all likely.....1 Slightly likely.....2 Moderately likely.....3 Very likely.....4 Extremely likely.....5 (DO NOT READ: Don't know97) (DO NOT READ: Refused98)
H12b	How likely are you to involuntarily lose the right to use the dwelling in which you live in the next 5 years? READ RESPONSE OPTIONS	Not all likely.....1 Slightly likely.....2 Moderately likely.....3 Very likely.....4 Extremely likely.....5 (DO NOT READ: Don't know97) (DO NOT READ: Refused98)

H_END. End of module H date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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Module I: Decision-making and control over income

I_START. Start of module I date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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INTERVIEWER, READ ALOUD: Now I am going to ask you about how much influence you have in decisions and control over income.

I01	How much influence do you have regarding the use of money earned or received by yourself or other family members? READ RESPONSE OPTIONS.	No influence.....1 Some influence2 A lot of influence3 (DO NOT READ: Don't know97) (DO NOT READ: Refused98)
I02. Now, please tell me how much influence you have on:		
A	Making large household purchases, such as cars, motorbikes, furniture, and electric appliances. READ RESPONSE OPTIONS.	No influence.....1 Some influence2 A lot of influence3 (DO NOT READ: Don't know97) (DO NOT READ: Refused98)
B	Your own healthcare (like specialist visits, hospital bills, or surgeries) READ RESPONSE OPTIONS.	

I_END. End of module I date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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Module J: Information communication technologies (ICT)

J_START. Start of module J date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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J01. INTERVIEWER, READ ALOUD: Next, I am going to ask you **how often** you use **different types of technology**. Please indicate how often you use:

A	Mobile phone READ RESPONSE OPTIONS	Daily1 Weekly2 Monthly.....3 Less than monthly4 Never5 (DO NOT READ: Refused98)
B	Internet (including WhatsApp, Telegram, Facebook, TikTok, and other social media) READ RESPONSE OPTIONS	

J_END. End of module J date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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Module L: Sexual Harassment

INTERVIEWER: The module L is asked only if the randomly selected individual is a female (B04==2)

L_START. Start of module L date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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L00. INTERVIEWER DO NOT READ ALOUD: PLEASE MAKE SURE THERE IS NO PERSON 5 YEARS AND OVER WHO COULD OVERHEAR THE INTERVIEW.
L01. INTERVIEWER READ ALOUD: Now, I will ask you some questions about experiences women in your community may have. In your opinion, how acceptable is it that: READ RESPONSE OPTIONS

A	A man treats a woman as "lesser" because she is a woman, for example, speaks badly, interrupts, or ignores her?	Never acceptable 1 Sometimes acceptable 2 Usually acceptable 3 (DO NOT READ: Don't know 97) (DO NOT READ: Refused 98)
B	A man prevents a woman from doing certain kinds of work, even if she wants to?	
C	A man spreads unwelcome rumors about a woman's sex life?	
D	A man tries to have a romantic or sexual relationship with a woman when she doesn't want it?	
E	A man offers work-related benefits to a woman with the expectation of receiving sexual favors?	

L_END. End of module L date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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Module M: Food and Drinks Consumed in Last 24 Hours

INTERVIEWER: The module M is asked only if the randomly selected individual is a female (B04==2)

M_START. Start of module M date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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M01. INTERVIEWER, READ ALOUD: Now I'd like to ask you some yes-or-no questions about foods and drinks that you consumed yesterday during the day and night. First, I would like you to think about what you ate and drank yesterday, whether at home or somewhere else. Think about the first thing you ate or drank after you woke up in the morning ... Think about what you had to eat or drink in the middle of the day ... Think about what you ate and drank at your evening meal ... Think about any food or drink you had in the evening or later at night... Think about any other snacks or drinks you had between meals. Please listen to the list of foods, and if you ate or drank any one of them, say yes. If you did not have any of them, say no. I am interested in whether you had the food items I will mention even if they were combined with other foods. Yesterday during the day or at night, did you eat or drink:		
A1	Ugali made from refined maize flour, whole meal flour, yellow maize, or sorghum? Porridge made from sorghum or millet?	YES..... 1 NO..... 2
A2	Popcorn, maize, rice, bread, chapati, rice bun, makande, pasta or macaroni?	
N	Carrots, pumpkins, or orange-fleshed sweet potatoes?	
B	Cassava, green bananas, Irish potatoes, ugali made from cassava, bread fruit (shelisheli), white or pale yellow sweet potatoes, yams or taro (magimbi), or Ming'oko	
C	Beans, peas, cowpeas, pigeon/chick peas, green gram, lentils (dengu), dhal, Bambara nuts, soya beans, or soya milk?	
D	Groundnuts, peanut butter, almonds, cashew nuts, pumpkin seeds, sunflower seeds or sesame?	
E	Fresh milk, powdered milk, milk tea, or porridge with milk?	
F	Yoghurt, mtindi, sour milk, cheese or loshoroo?	
G	Beef, goat meat, sheep meat, minced meat, pork, rabbit or game meat?	
H	Liver, kidneys, intestines, heart, gizzard, spleen, tongue or lungs?	
I	Sausage (soseji), ham, bacon, salami or tinned meat?	
J	Chicken, duck, guinea fowl (kanga), or pigeon/dove?	
K	Sardines (dagaa), fish, prawns, squid (ngisi), octopus, crab or shellfish (kombe)?	
L	Eggs?	
M1	Amaranth leaves, collard greens (sukuma wiki/figiri), spinach, cowpea leaves, pumpkin leaves, pigeon pea leaves, or cassava leaves?	
M2	Sweet potato leaves, black nightshade, spider plant, African nightshade, bitter leaves, or chaya?	
O	Mangoes, papaya, passion fruits, or plums?	
P	Cabbage, tomatoes, bitter tomatoes, sweet peppers, eggplant, cucumber, okra, cauliflower, broccoli, fresh peas, green beans, or seaweed?	
Q1	Oranges, tangerines, ripe bananas, pineapple, pears, apples, watermelon, baobab fruit, or avocado?	
Q2	Guava, jackfruit, grapes, sour/black plum, coconut fruit (dafu), mulberry, tamarind, soursop, star fruit, or dates?	
R	Cassava crisps, potato crisps, banana crisps, or others like Lays, Pringles?	
S	Doughnuts, fried meat, bhajias, chips, fried cassava, fried sweet potatoes, kachori, samosas, mandazi, rice buns (vitumbua), or half cake?	
T	Instant noodles?	
U	Shawarma or foods purchased from modern restaurants like Pizza Hut, KFC, Subway, Mary Brown, Mr. Burger?	
V	Cakes, sweet biscuits, candy, chocolate, ice cream, halwa, kashata, condensed milk, or visheti?	
X	Tea or coffee with sugar, Milo, cocoa, fruit juice, sweet drinks with artificial fruit flavors, drinks like Coca-Cola, Pepsi, Fanta or Mirinda?	
Z	Sweet infusion (chai ya viungo bila majani ya chai/kahawa)	
	Grasshoppers, winged termites or other edible insects?	
	Red palm oil?	

M_END. End of module M date and time stamp:

DD	MM	YYYY	HH:	MM:	SS
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Module N: Information on respondent

N01	INTERVIEWER: What is [NAME]'s sex?	MALE.....1 FEMALE2
N02	What is your age? (<i>Age should be in complete years</i>)	
N03	Can you read and write in any language?	Yes1 No.....2
N04	Have you ever attended school?	Yes1 No.....2
N05	What is the highest educational level you completed?	NURSERY/PRESCHOOL.....0 PRIMARY EDUCATION INCOMPLETE.....1 PRIMARY EDUCATION COMPLETE.....2 SECONDARY/ADVANCED EDUCATION INCOMPLETE.....3 SECONDARY/ADVANCED EDUCATION COMPLETE.....4 VOCATIONAL TRAINING5 UNIVERSITY.....6 OTHER TRAININGS.....7

Module O: Result of interview

O01	INTERVIEWER: Was the respondent interviewed alone?	Yes.....1>> O03 No, one person attended the interview.....2 No, more than one person attended the interview3
O02	INTERVIEWER: Who attended the interview? TICK ALL THAT APPLY.	Children1 Adult males2 Adult females3
O03	INTERVIEWER: Interview status	Interview completed1 Interview partially completed2
O04	INTERVIEWER: Reason for incomplete interview	Respondent had to leave1 Respondent was busy2 Other (spec)9
O04a	(if A03 ==0) INTERVIEWER: Reason for refusing the interview	1 – no time to participate to the interview 2 – respondent does not want to be interviewed 3 – household head did not allow him/her to participate to the interview 4 – person is sick or physically / mentally impaired 9 – other (specify)
O07	END OF INTERVIEW DATE/TIME STAMP	

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