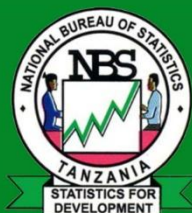




The United Republic of Tanzania

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



May, 2026

The United Republic of Tanzania

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

KEY FINDINGS REPORT

© National Bureau of Statistics and Office of the Chief Government Statistician, 2026

ISBN 978-9976-5570-5-3

With the Financial Support of



With the technical support of



**Food and Agriculture Organization
of the United Nations**

Recommended citation:

National Bureau of Statistics (NBS), Office of the Chief Government Statistician (OCGS), Ministry of Community Development, Gender, Women and Special Groups (MoCDGWSG) [Mainland Tanzania], Ministry of Community Development, Gender, Elderly and Children (MoCDGEC) and Ministry of Health (MoH) [Zanzibar], Tanzania Food and Nutrition Centre (TFNC). Annual Agriculture Sample Survey 2023/24: Women's Empowerment and Nutrition Module. May, 2026. Key Findings Report. Dodoma, Dar es Salaam and Zanzibar; Tanzania: NBS, OCGS, MoCDGWSG, MoCDGEC, TFNC.

TABLE OF CONTENTS

LIST OF FIGURES	iii
LIST OF TABLES	iv
ACCRONYMS AND ABBREVIATIONS	v
FOREWORD	vi
1 INTRODUCTION	1
1.1 Background.....	1
1.2 Objectives of the WEN Module	2
2 METHODOLOGY	3
2.1 Survey Design.....	3
2.2 Sample Design.....	3
2.3 Women Empowerment and Nutrition Indicators.....	4
2.3.1 WEMNS Indicators	4
2.3.2 Nutrition Indicators.....	6
3 KEY FINDINGS	8
3.1 National Empowerment Results.....	8
3.2 Dimension Level Findings.....	8
3.2.1 Claiming Right (Women Only)	8
3.2.2 Making Choices (Men and Women)	13
3.2.3 Engaging in Society.....	19
3.2.4 Mobilizing Resources	24
3.3 Progress Towards SDG Indicator 5.A.1	28
3.4 Empowerment Score and Results.....	30
3.5 Women’s Dietary Diversity	32
3.5.1 Background	32
3.5.2 Consumption of Various Food Groups.....	32
3.5.3 Minimum Dietary Diversity for Women (MDD-W)	33
3.5.4 Consumption of Other Foods; Indigenous and Traditional Foods.....	35
4 RELATIONSHIPS BETWEEN EMPOWERMENT AND MINIMUM DIETARY DIVERSITY FOR WOMEN (MDD-W).....	38
4.1 Empowerment Dimension and Dietary Diversity	38
4.2 How Empowerment Changes What Women Eat	38
4.3 The Double Effect of Empowerment	39

4.4	Indigenous Foods and Empowerment	39
5	CONCLUSION AND RECOMMENDATIONS	41

LIST OF FIGURES

Figure 2.1: Conceptual Framework for Women's Domains	5
Figure 3.1: Percentage Distribution of Endorsement of Women's Freedom in Livelihood Choice by Residence	9
Figure 3.2: Percentage Distribution of Endorsement of Women's Freedom in Livelihood Choice by Zone	9
Figure 3.3: Percentage Distribution of Endorsement of Women's Freedom in Livelihood Choice by Education Level.....	10
Figure 3.4: Percentage Distribution of Endorsement of Freedom in Family Formation Choices by Residence	11
Figure 3.5: Percentage Distribution of Endorsement of Freedom in Family Formation by Zone	11
Figure 3.6: Percentage Distributing of Rejection of Women's Subjection to Sexual Harassment by Zone	13
Figure 3.7: Percentage of Influence Over Time Allocation at the National Level and by Mainland Tanzania/Zanzibar.....	14
Figure 3.8: Percentage of Influence on Spending Decision by Geographical Location (National and Mainland Tanzania /Zanzibar)	15
Figure 3.9: Percentage of Influence on Spending Decision by Zone.....	16
Figure 3.10: Percentage of Influence on Spending Decision by Age Group.....	16
Figure 3.11: Percentage of Influence on Own Health Decisions by Geographical Location (National and Mainland Tanzania/Zanzibar)	17
Figure 3.12: Percentage of Influence on Own Health Decisions by Zone	18
Figure 3.13: Percentage of Influence on One's Own Health Decisions by Education Level	18
Figure 3.14: Percentage of Participation in At Least One Group by Zone	20
Figure 3.15: Percentage of Participation in At Least One Group by Education Level	21
Figure 3.16: Percentage of Leadership in At Least One Group by Age Group.....	23
Figure 3.17: Percentage of Participation in At Least One Group by Education Level	23
Figure 3.18: Percentage of ICT Use by Place of Residence for Mainland Tanzania and Zanzibar	25
Figure 3.19: Percentage of Financial Services Use by Place of Residence for Mainland Tanzania and Zanzibar	26
Figure 3.20: Percentage Distribution of Respondents Meeting the SDG 5.a.1 Indicator Threshold	29
Figure 3.21: Percentage Distribution of Respondents Meeting the SDG 5.a.1 Indicator Threshold by Zone and Sex	29

Figure 3.22: Empowerment Score by Mainland Tanzania/Zanzibar	31
Figure 3.23: Empowerment Score – Zones Level	32
Figure 3.24: Percentage Distribution of Food Groups Consumption	35
Figure 3.25: Percentage Consumption of Other Foods by Location.....	36
Figure 3.26: Percentage Consumption of Edible Insects and Other Small Protein Foods and Red Palm Oil by Zone	37

LIST OF TABLES

Table 2.1: Distribution of the WEN Module Sampled Households by Respondent Group and Area.....	4
Table 3.1: Percentage of Women and Men Engaged in Different Types of Paid and Unpaid Activities in the Past Seven Days - National Level.....	14
Table 3.2: Participation in Organization by Type of Group (%)	20
Table 3.3: Leadership in Organizations by Type of Group and Location (%).....	22
Table 3.4: Leadership in Organization by Type of Group and Zone (%).....	22
Table 3.5: Perceptions of Community Engagement and Leadership (in Percentage)	24
Table 3.6: Access to Financial Credit by Type of Institution and Geographic Area (in Percentage)	27
Table 3.7: Property Ownership, Documentation, and Perceived Tenure Security (in Percentage)	28
Table 3.8: Empowerment Results.....	30

ACCRONYMS 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

FOREWORD



It is our distinct honour to present the key findings report of the Women's Empowerment and Nutrition (WEN) module, implemented as part of the Annual Agricultural Sample Survey (AASS) 2023/24. This module marks a significant step in strengthening Tanzania's national statistical



system by integrating gender and nutrition dimensions within agricultural data collection.

The findings provide strong evidence that women's empowerment and nutrition are closely connected. When women have greater influence in decision-making, better access to financial services, secure property rights, and improved access to information and communication technologies, they are more likely to achieve better dietary diversity and contribute positively to household food and nutrition security. At the same time, the results highlight persistent gender gaps that require sustained policy attention and coordinated action.

This achievement reflects the strong partnership between the National Bureau of Statistics and the Office of the Chief Government Statistician, collaborating closely with the Agricultural Sector Lead Ministries, the Ministry of Community Development, Gender, Women, and Special Groups, the Ministry of Community Development, Gender, Elderly, and Children, Ministry of Health Zanzibar, the Tanzania Food and Nutrition Centre, the University of Dar-es-Salaam, the University of Dodoma, and development partners. We sincerely acknowledge the valuable technical support of the Food and Agriculture Organization of the United Nations and the strategic support of the World Bank through the 50x2030 Initiative. We also extend our appreciation to all technical staff, field teams, and the households across Mainland Tanzania and Zanzibar whose participation made this report possible.

We trust that this report will serve as a reliable source of evidence for policymakers, researchers, development partners, and civil society. By using data to guide action, Tanzania can accelerate progress toward gender equality, strengthen food and nutrition security, and promote equitable development for all.

Dr. Amina Msengwa
Statistician General
National Bureau of Statistics

Salum Kassim Ali
Chief Government Statistician
Office of the Chief Government Statistician, Zanzibar

1 INTRODUCTION

1.1 Background

The Women's Empowerment and Nutrition (WEN) report forms part of the Annual Agricultural Sample Survey (AASS) 2023/24. It brings together two closely linked development priorities: women's empowerment and nutrition, to better understand how gender dynamics within agricultural households influence food security, health, and overall well-being.

Women's empowerment refers to the ability of women to make strategic life choices in contexts where these choices were previously limited. Global commitments to gender equality, including the 1995 Beijing Declaration and the Sustainable Development Goals (SDGs) particularly SDG 5 have strengthened the call for improved measurement of empowerment. In response, the Women's Empowerment Metric for National Statistical Systems (WEMNS) was developed by the International Food Policy Research Institute in collaboration with the University of Oxford, Emory University, and the World Bank to provide a structured framework for assessing women's agency and access to resources. The module also aligns with SDG 5.a.1, which tracks women's and men's secure rights to land, recognizing that ownership, inheritance, and transfer rights are fundamental to economic empowerment.

Nutrition in this report is measured using the Minimum Dietary Diversity for Women (MDD-W), a global indicator endorsed by the Food and Agriculture Organization of the United Nations and the World Health Organization. MDD-W assesses whether women of reproductive age consume at least five out of ten food groups within a 24-hour period, indicating a higher likelihood of adequate micronutrient intake. It contributes to monitoring SDG Target 2.2 on ending all forms of malnutrition and emphasizes that diet quality, not only food quantity, is essential for health and productivity.

The WEN module aligns with Tanzania's broader development commitments. It supports SDG 1 (ending poverty), SDG 2 (ending hunger and improving food security and nutrition), SDG 3 (ensuring healthy lives), SDG 5 (gender equality), and SDG 10 (reducing inequalities). This commitment is further reflected in national frameworks such as Vision 2025, the Third Five-Year Development Plan (FYDP III: 2021/22–2025/26), and the National Multisectoral Nutrition Action Plan II (NMNAP II: 2021–

2026), all of which emphasize the importance of gender equality and improved nutrition for inclusive and sustainable development. In addition, Tanzania aligns with the African Union Nutrition Strategy (2015–2025), which recognizes nutrition security as a central pillar of food and nutrition security.

Evidence consistently shows that empowered women are more likely to access resources, participate in decision-making, and secure diverse and nutritious diets. By linking empowerment and dietary diversity, the WEN report provides critical evidence to inform gender-responsive agricultural and nutrition policies and to accelerate inclusive national development.

This Key Findings Report represents an overview of selected results from the 2023/24 WEN module. A comprehensive and in-depth analysis of the data will be provided in the final report.

1.2 Objectives of the WEN Module

The primary objective of the WEN Module was to generate reliable, gender-disaggregated data on key dimensions of empowerment and nutrition among agricultural households in order to inform gender- and nutrition-sensitive policies and programs in Tanzania.

Specifically, the Module intended;

- i. To assess the participation of both men and women in paid and unpaid work, community leadership, and household decision-making;
- ii. To evaluate access to and control over financial services, property, and ICTs among men and women in agricultural households;
- iii. To document women's experiences related to sexual harassment and identify areas of vulnerability; and
- iv. To measure household dietary diversity and nutritional status by collecting 24-hour food consumption data from women.
- v. To understand the link between women's empowerment and dietary diversity in agricultural households.

2 METHODOLOGY

2.1 Survey Design

The Women’s Empowerment and Nutrition (WEN) section 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. Data were collected from all 26 regions of Mainland Tanzania and 5 regions of Zanzibar, covering both rural and urban areas. Enumerators and supervisors received specialized training to strengthen their understanding of the indicators on women’s empowerment, gender dynamics, and nutrition.

2.2 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 2.1. 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 2.1.

Table 2.1: 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

The sample design ensured gender balance and supported analysis by sex and age group, while allowing robust disaggregation across multiple levels of analysis.

2.3 Women Empowerment and Nutrition Indicators

2.3.1 WEMNS Indicators

The Women’s Empowerment and Nutrition (WEN) framework brought together two complementary dimensions of human development, agency and nutrition, within the context of agriculture. At the core of this framework lies the Women’s Empowerment Metric for National Statistical Systems (WEMNS), developed by IFPRI, Oxford University, Emory University, and the World Bank, specifically designed to be integrated into multitopic national surveys, offering a concise but multidimensional measure of agency applicable to both women and men. Information collected in the Women Empowerment and Nutrition section was structured in the WEMNS and Nutrition indicators.

To contextualize women’s empowerment, the module measured:

- i. Participation of women and men in paid and unpaid activities;
- ii. Decision-making at household and individual levels, including time allocation, expenditure, and health-related choices;

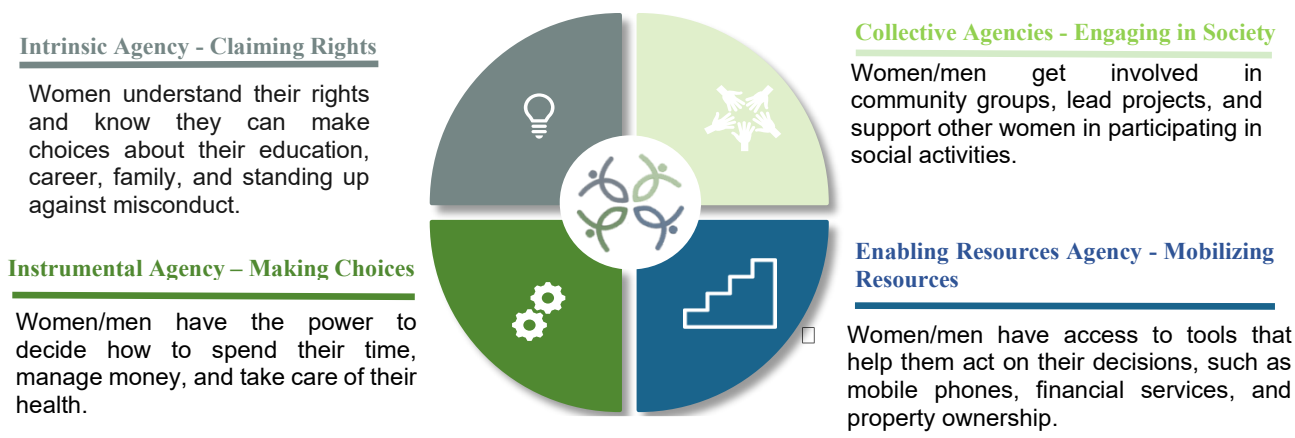
- iii. Awareness of rights, perceptions of gender-based violence, and autonomy in family formation and livelihood decisions;
- iv. Access to and use of financial services, property ownership, credit, and information and communication technologies (ICT); and
- v. Community participation, leadership, and confidence in civic engagement.

This composite approach allows empowerment to be interpreted as freedom from multiple, simultaneous constraints rather than achievement in any single area. It provides a rigorous yet intuitive basis for comparison across groups, regions, and sexes.

WEMNS assesses empowerment through **four domains of agency**:

As illustrated in Figure 2.1, 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.

Figure 2.1: 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. However, men aged 18-64 years were also interviewed on selected topics to allow for gender comparisons in decision-making, participation, and access to services.

Empowerment Scoring and Classification Framework

Respondents were classified as “**unconstrained**” when they reported high influence or agreement with gender-equitable norms.

The **empowerment score** for each individual is the weighted share of indicators in which they are unconstrained.

- Those unconstrained in at least 70 percent of indicators are considered *empowered overall*.
- Those constrained in more than 30 percent are *disempowered*.

From these, two summary measures are computed:

- **Disempowerment Headcount Ratio (H)** – the share of individuals classified as disempowered; and
- **Mean Disempowerment Score (A)** – the average intensity of deprivations among the disempowered.
- The product ($H \times A$) is subtracted from 1 to produce the **WEMNS Empowerment Score**.

2.3.2 Nutrition Indicators

To capture women’s dietary quality, the WEN module applied the **Minimum Dietary Diversity for Women (MDD-W)** indicator, endorsed by FAO and WHO as a global standard for assessing micronutrient adequacy among women of reproductive age.

Each woman was asked to recall all foods and drinks consumed during the previous 24 hours. These were grouped into **10 standard food categories** (1. Grains, roots and tubers, and plantains. 2. Pulses. 3. Nuts and seeds. 4. Milk and milk products. 5. Meat, poultry, and fish. 6. Eggs. 7. Dark-green leafy vegetables. 8. Other vitamin A-rich fruits and vegetables. 9. Other fruits; and 10. Other vegetables).

From the food list, two complementary measures were derived:

- i. **Food Group Diversity Score (FGDS):** A count variable measuring the number of distinct food groups consumed during the reference period, with values ranging from 0 (none of the ten predefined food groups consumed) to 10 (consumption of all ten predefined food groups).

- ii. **MDD-W Threshold:** Met when foods from ≥ 5 groups were eaten in the past 24 hours.

To contextualize diet quality, the module also measured:

- Consumption of healthy foods (fruits, vegetables, pulses, dairy, fish, lean meats);
- Consumption of other foods/unhealthy foods (sweets, fried snacks, sugar-sweetened beverages);
- Consumption of traditional small-protein foods (e.g., small fish, edible insects, or other culturally important sources); and
- Use of red palm oil, a key local source of vitamin A but also of saturated fat.

Together, these indicators reveal both nutritional adequacy and emerging diet-transition patterns, providing policymakers with a balanced view of dietary risks and opportunities.

Women's dietary diversity was assessed through a 24-hour recall of food group consumption.

3 KEY FINDINGS

3.1 National Empowerment Results

The national results reveal a clear and persistent gender gap in empowerment. On a scale from 0 to 1, women have an average empowerment score of 0.45 compared to 0.57 for men, resulting in a 0.12-point difference. This gap indicates that women have less decision-making power and control than men within the same communities. The disparity is evident not only in overall scores but also in both the breadth and depth of constraints experienced.

Nearly nine out of ten women are classified as disempowered, compared to about eight out of ten men. Moreover, disempowered women tend to experience a slightly higher intensity of constraints, meaning they face limitations across multiple dimensions at the same time. In absolute terms, more than 8.5 million women and 6.4 million men in agricultural households are experiencing significant empowerment deficits. Although disempowerment is widespread across the population, it remains consistently more severe for women.

The following sections present a summary of Tanzania's performance across the four WEMNS domains: Claiming Rights, Making Choices, Engaging in Society, and Mobilizing Resources.

3.2 Dimension Level Findings

3.2.1 Claiming Right (Women Only)

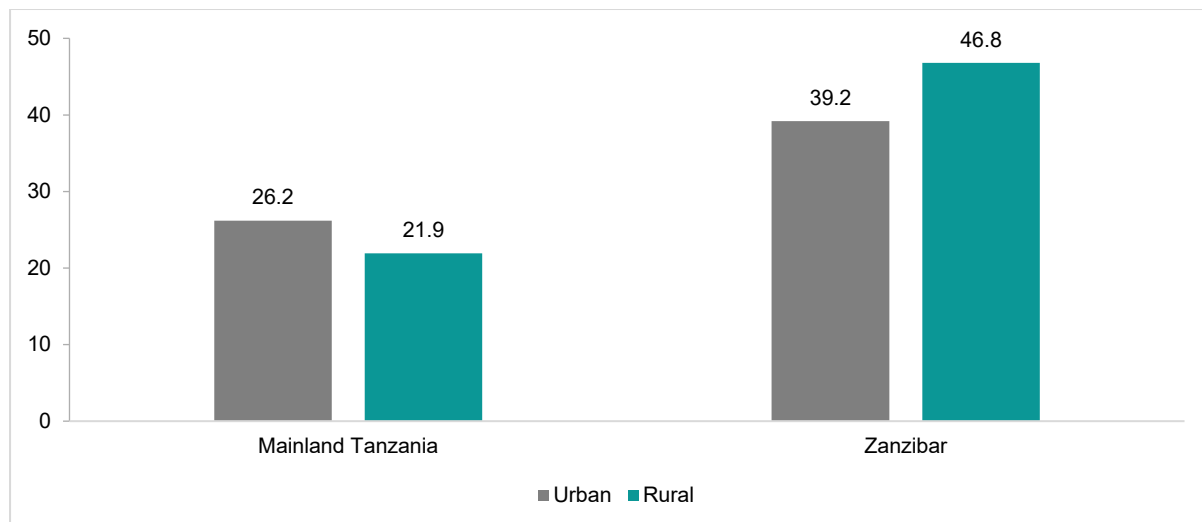
i. Freedom in Livelihood Choices

Nationally, only 646 out of 2,486 women in agricultural households, representing 26%, affirm that women should have the freedom to make their own livelihood decisions. This means that nearly three out of four women do not fully support women's economic autonomy.

There are clear regional differences. Support for women's freedom to make livelihood decisions is much higher in Zanzibar, where 268 out of 597 women (44.9%) agree, compared to 434 out of 1,889 women (23%) on Mainland Tanzania. This suggests that

attitudes toward women’s economic independence differ significantly across regions (Figure 3.1).

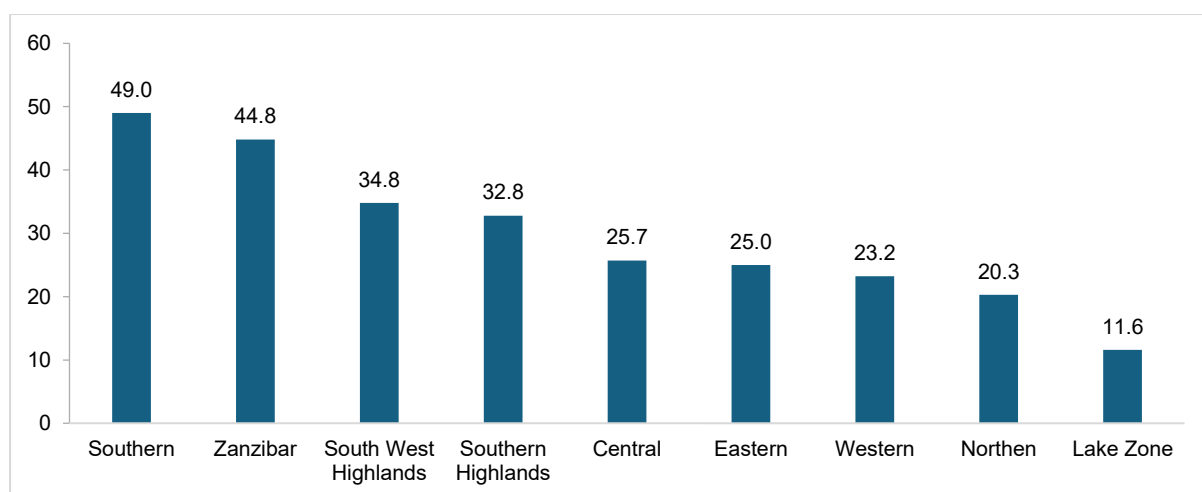
Figure 3.1: Percentage Distribution of Endorsement of Women’s Freedom in Livelihood Choice by Residence



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

At the zonal level, the contrasts are even more striking. Results in Figure 3.2 show that, in the Southern Zone, about 51 out of 104 women (49%) support women’s freedom in livelihood decisions. In contrast, in the Lake Zone, support falls dramatically to just 69 out of 596 women (11.6%), representing one of the lowest zones of endorsement observed nationally (Figure 3.2).

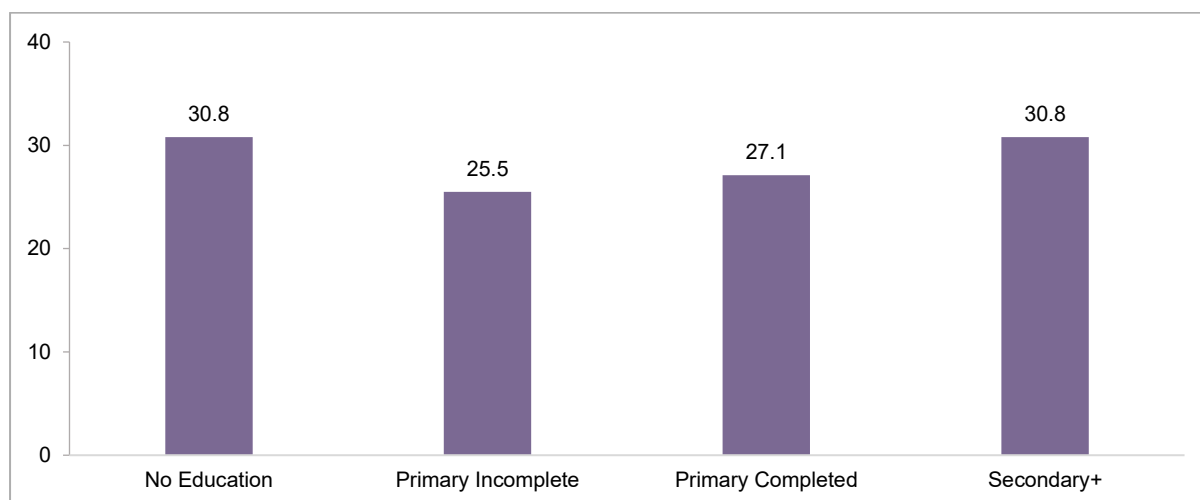
Figure 1.2: Percentage Distribution of Endorsement of Women’s Freedom in Livelihood Choice by Zone



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

Differences by age and literacy are relatively small, indicating that generational change alone is not sufficient to shift existing norms. Education shows a non-linear pattern, with particularly low support among women with incomplete primary education: 65 out of 255 (25.5%). This indicates that partial schooling does not automatically lead to stronger endorsement of women’s economic rights (Figure 3.3).

Figure 3.3: 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

Overall, the findings suggest that women’s economic empowerment is limited not only by access to resources but also by deeply rooted social norms about women’s role in income generation within agricultural households.

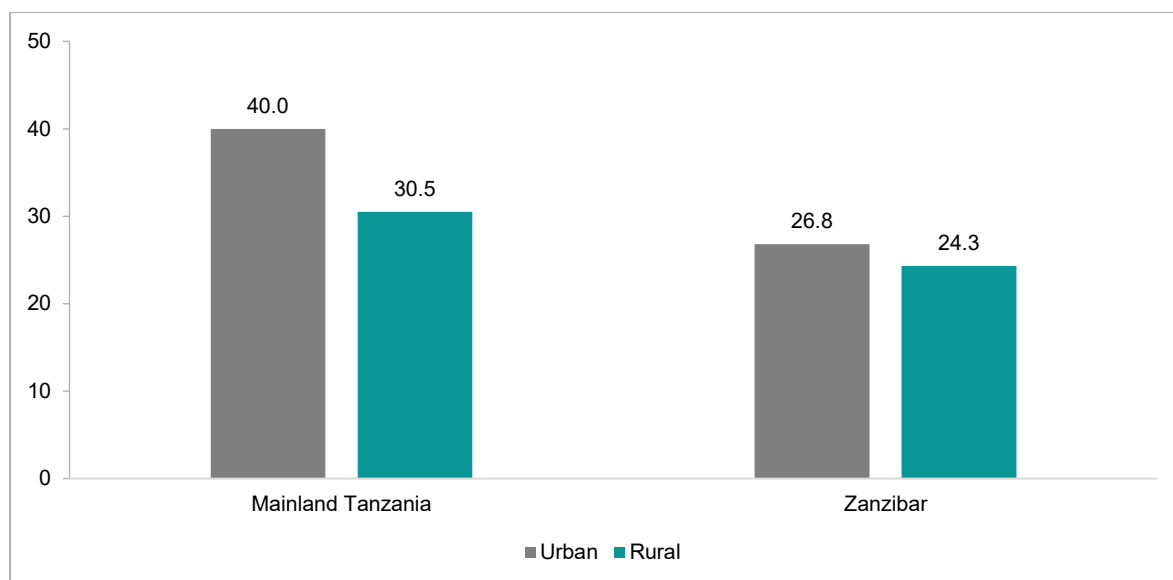
ii. Freedom in Family Formation Choices

Support for women’s autonomy in family formation decisions, such as decisions related to marriage and childbearing, remains modest at the national level. Only 646 out of 2,486 women (34.1%) in agricultural households agree that women should have the freedom to make these decisions. This means that about four in ten women fully support women’s independence in family formation choices.

Women’s support is slightly higher on Mainland Tanzania, with 620 out of 1,889 (32.8%) than in Zanzibar, with 149 out of 597 (25.0%), though both figures indicate that about one in three women fully endorse women’s independence in this area.

Urban women are consistently more supportive than rural women, suggesting that exposure to different social environments may influence attitudes (Figure 3.4).

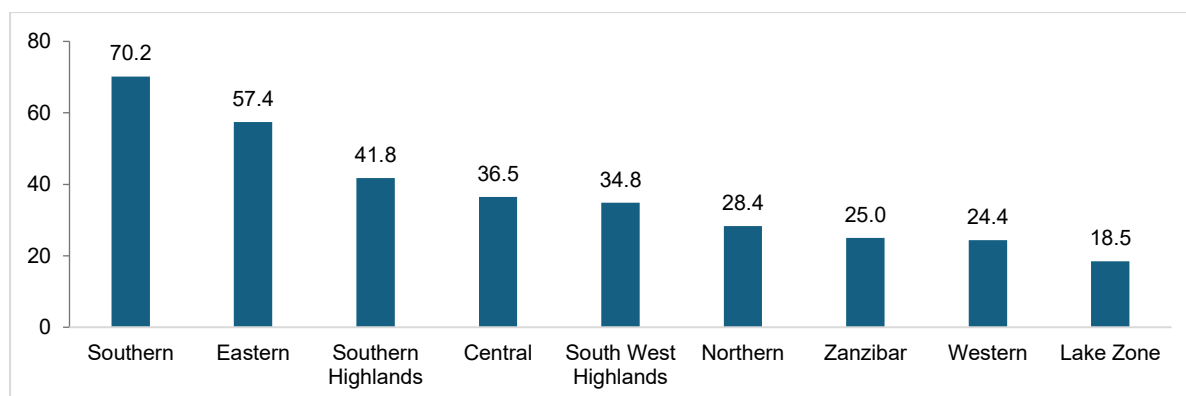
Figure 3.4: Percentage Distribution of Endorsement of Freedom in Family Formation Choices by Residence



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

Zonal variation reveals strong contrasts. In the Southern Zone, support is very high, with 73 out of 104 women (70.2%) expressing endorsement. In the Eastern Zone, 108 out of 188 women (57.4%) support women’s autonomy. In contrast, only 110 out of 596 women (18.5%) in the Lake Zone express support, indicating that restrictive norms remain strong in some parts of the country (Figure 3.5).

Figure 3.5: Percentage Distribution of Endorsement of Freedom in Family Formation by Zone



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

Differences by education levels show an inconsistent pattern. Women with no schooling, 313 out of 480 (65.2%) and those with secondary or higher education, 229 out of 347 (66.0%) report stronger support than women with completed primary education, 758 out of 1,388 (54.6%). This suggests that the relationship between education and empowerment is not always linear (Source: Annex Table (A 4) in Statistical Tables of AASS-WEN 2023/24).

Overall, these findings show that women's personal autonomy within the family remains uneven and is strongly shaped by regional and social context across Tanzania.

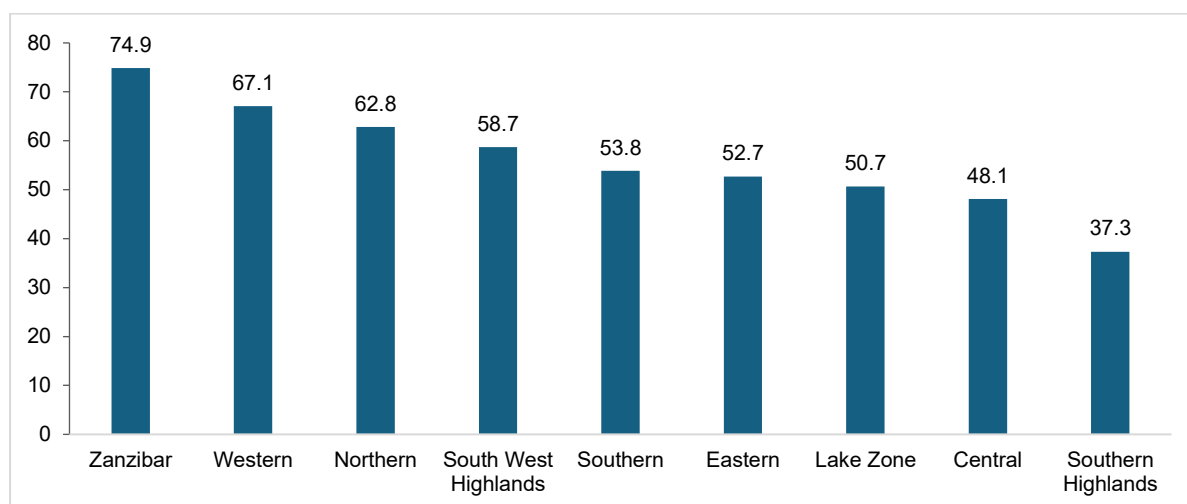
iii. Rejection of Sexual Harassment

Rejection of sexual harassment is an important indicator of awareness and internalized rights. Nationally, 1,402 out of 2,486 women (56.4%) in agricultural households reject all forms of harassment, meaning that nearly half do not fully reject it in every situation.

The geographic pattern differs from other indicators. Rejection is much higher in Zanzibar, 447 out of 597 (74.9%) than in Mainland Tanzania 1014 out of 1889 (53.7%). Urban women are slightly more likely to reject harassment than rural women: 51 out of 82 versus 42 out of 72 (62.0% versus 57.8%), suggesting that urban environments may influence attitudes.

Regional differences are stark. Rejection is relatively high in Zanzibar, 447 out of 597 (74.9%), followed by the Western Zone (67.1%), and the Northern Zone (62.8%), but very low in the Southern Highlands, 50 out of 134 (37.3%) (Figure 3.6).

Figure 3.6: 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

3.2.2 Making Choices (Men and Women)

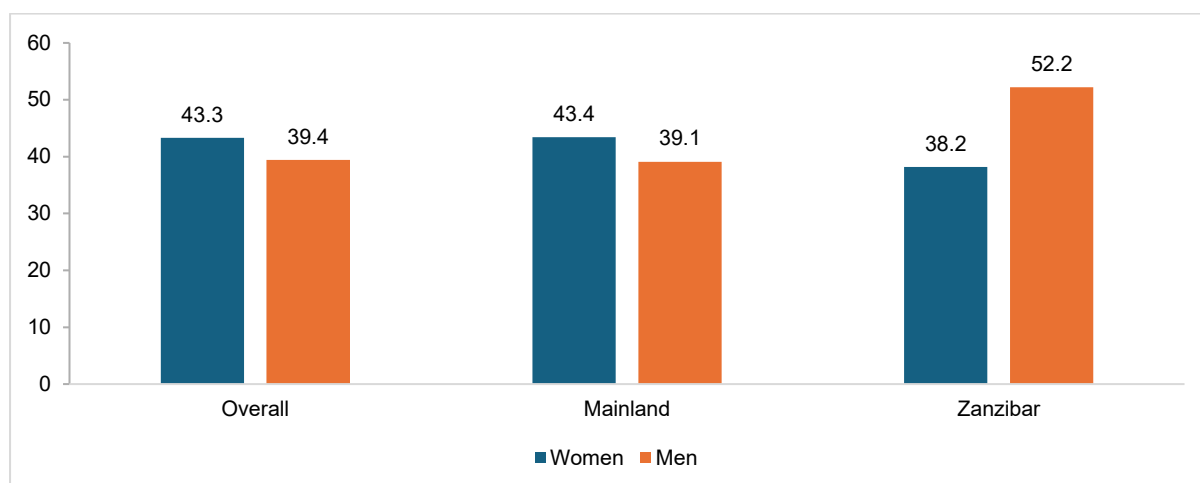
This dimension assesses whether women and men can influence how their time is used, how money is spent, and decisions about their own health. It also examines whether those rights translate into real decision-making power within households and communities.

Findings show a clear gender pattern: women have more influence in unpaid domestic roles and somewhat in their own health decisions, while men dominate financial decisions. These gaps vary across regions (zones), urban and rural areas, and life stages, highlighting uneven decision-making power.

i. Influence over Time Allocation

Women from agricultural households report slightly greater influence over time allocation than men. Among those interviewed, 1,052 out of 2,486 women (43.3%) versus 756 out of 1,919 men (39.4%) indicated strong control over how their time is used (Figure 3.7).

Figure 3.7: 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

The results show that women carry a larger share of household responsibilities and family care duties. About 97.4 percent of women were involved in household responsibilities compared to 50.7 percent of men, while 91 percent of women were engaged in caring for household members compared to 57.1 percent of men.

On the other hand, men were found to participate more in production and income-generating activities. About 58.8 percent of men were involved in non-agricultural work activities compared to 38.1 percent of women, and men also led in agricultural production for business purposes at 58.9 percent compared to 39.5 percent of women (Table 3.1).

Overall, women appear to exert greater control over unpaid domestic responsibilities, while men retain more influence over time spent in income-generating activities.

Table 3.1: Percentage of Women and Men Engaged in Different Types of Paid and Unpaid Activities in the Past Seven Days - National Level

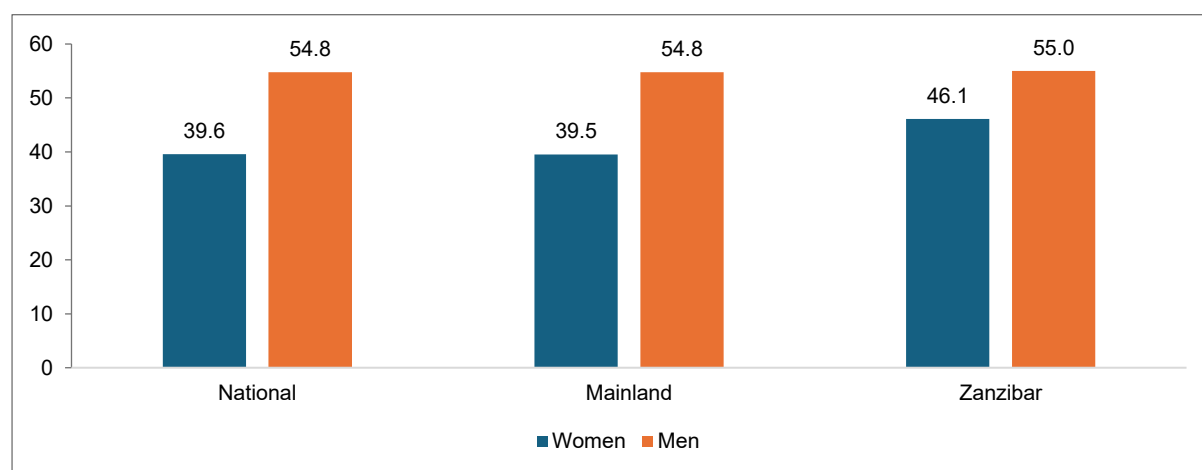
	HH Duties	Caring for HH Members	Going to market to purchase essential items	Non-Agricultural Work Activities	Commercial Agricultural Production	Agricultural Production for HH Consumption
Women	97.4	91.0	64.9	38.1	39.5	54.3
Men	50.7	57.1	47.5	58.8	58.9	65.7

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

ii. Influence on Large Spending Decisions

A substantial gender gap is evident in financial decision-making. Nationally, 984 out of 2,486 women (39.6%) report a strong influence on large spending decisions, versus 1,052 out of 1,919 men (54.8%). This implies that women have comparatively limited decision-making power over major household expenditures (Figure 3.8).

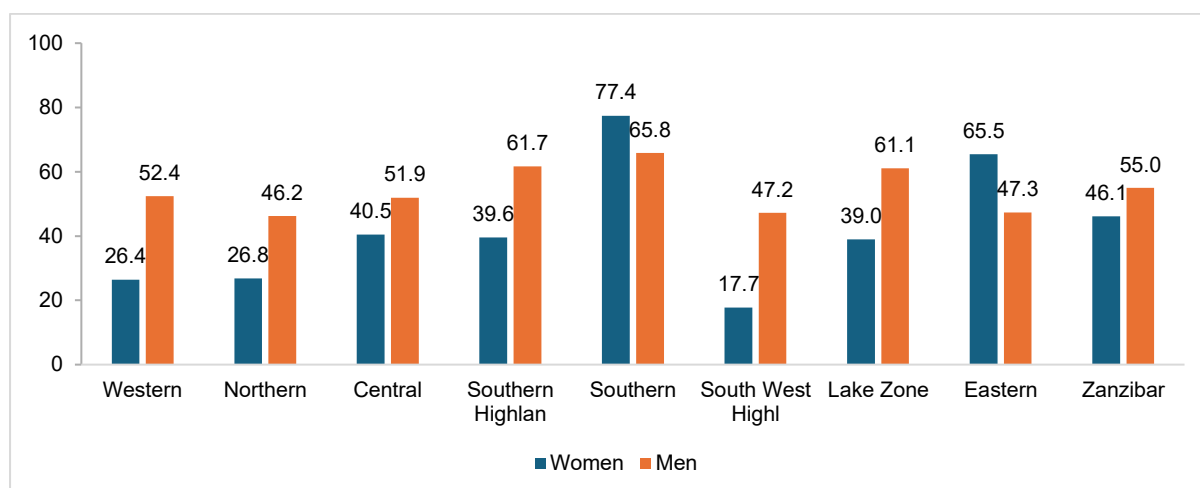
Figure 3.8: Percentage of Influence on Spending Decision by Geographical Location (National and Mainland Tanzania /Zanzibar)



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

The pattern of male dominance persists across most regions, age groups, and education levels. The Western Zone highlights a marked disparity, where 68 out of 129 (52.4%) men report a strong influence compared with only 43 out of 164 (26.4%) women. However, important exceptions emerge. In the Southern Zone, women report greater influence than men, with 80 out of 104 (77.4%) compared with 64 out of 104 (65.8%), and in parts of urban Zanzibar, women similarly demonstrate stronger participation in financial decision-making (Figure 3.9).

Figure 3.9: Percentage of Influence on Spending Decision by Zone

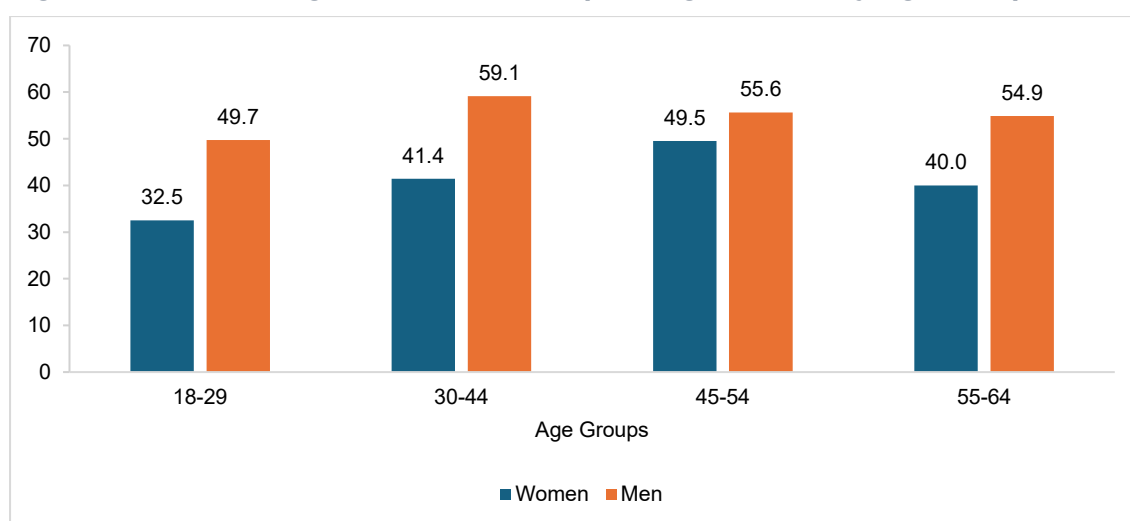


Annex Table (A 6) in Statistical Tables of AASS-WEN 2023/24

The findings show that men have a higher level of influence over financial decision-making across all age groups compared to women. The largest gap is observed among young people aged 18–29, where men accounted for 49.7 percent compared to 32.5 percent for women.

As age increases, women’s influence in financial decision-making also increases, particularly among those aged 45–54 where women reached 49.5 percent compared to 55.6 percent for men, thereby narrowing the gender gap. However, men continued to have greater influence across all age groups (Figure 3.10).

Figure 3.10: Percentage of Influence on Spending Decision by Age Group



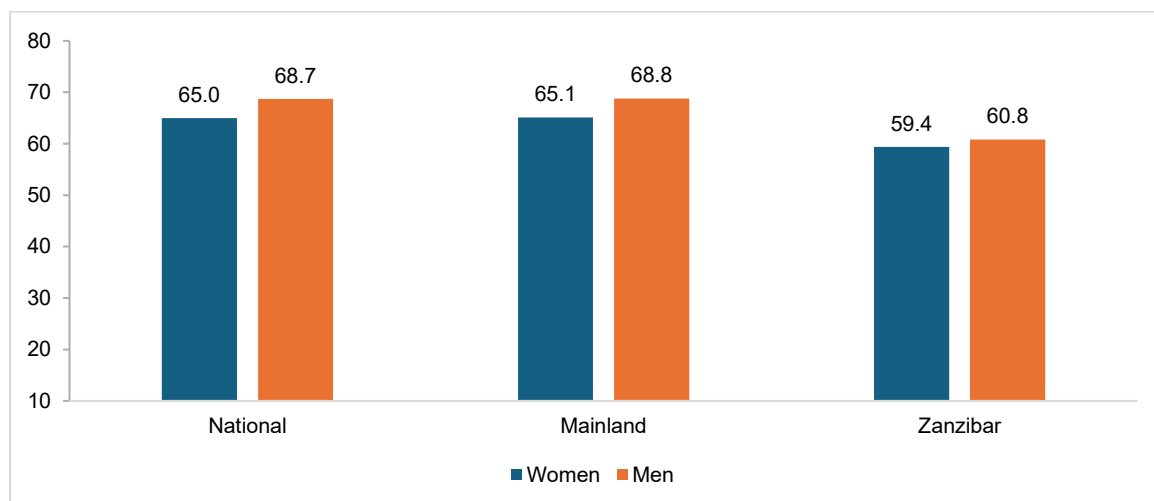
Source: Annex Table (A 6) in Statistical Tables of AASS-WEN 2023/24

The findings suggest that control over household resources and, therefore, over investments in food, health, education, and livelihoods remains largely concentrated in men’s hands.

iii. Influence on Own Health Decisions

Decision-making over personal health is relatively balanced, with women demonstrating substantial autonomy. Nationally, 1,616 out of 2,486 women (65.0%) report strong influence over their own health decisions compared to 1,318 out of 1,919 men (68.7%), indicating a notably smaller gender gap than that observed in financial decision-making (Figure 3.11).

Figure 3.11: Percentage of Influence on Own Health Decisions by Geographical Location (National and Mainland Tanzania/Zanzibar)

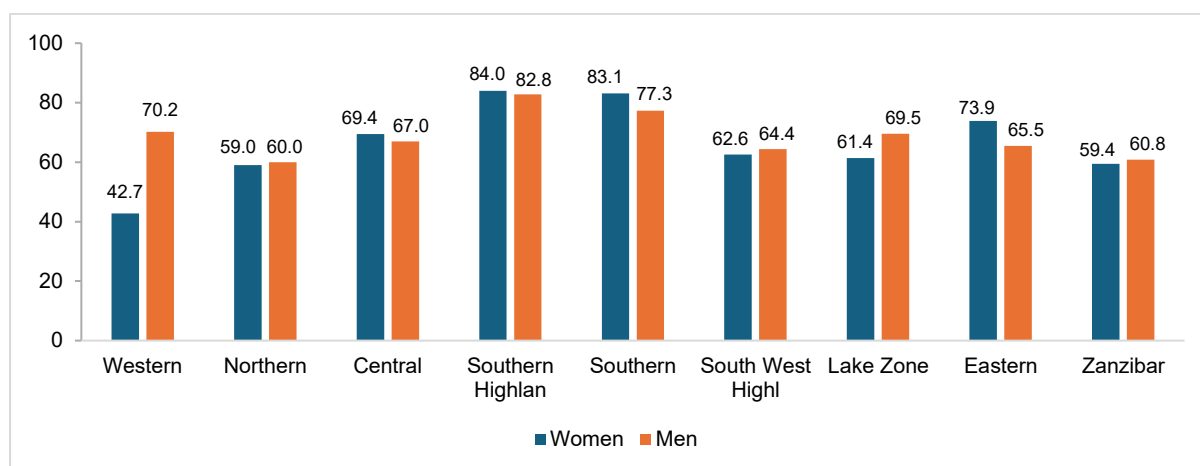


Source: Annex Table (A 7) in Statistical Tables of AASS-WEN 2023/24

In some regions, women surpass men in influence over their own health decisions. In the Southern Highlands, 113 out of 134 women (84.0%) report strong influence, slightly higher than 97 out of 117 men (82.8%). The similar pattern was observed in the Southern Zone, where 86 out of 104 women (83.1%) report strong influence versus 76 out of 98 (77.6%) for men.

However, large disparities persist elsewhere. In the Western Zone, only 70 out of 164 women (42.7%) report a strong influence over their health decisions, compared to 91 out of 129 men (70.2%) a gap of nearly 30 percentage points (Figure 3.12).

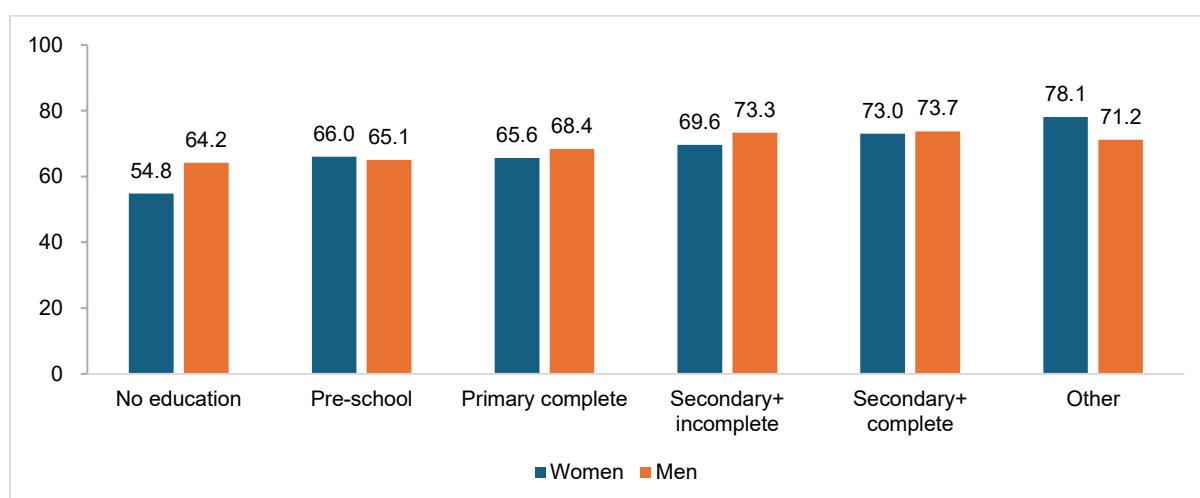
Figure 3.12: Percentage of Influence on Own Health Decisions by Zone



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

The findings indicate that influence over spending decisions increases with higher levels of education for both women and men. Individuals with no education reported the lowest levels of influence, accounting for 54.8 percent of women and 64.2 percent of men. The gender gap gradually narrowed with higher levels of education, particularly among those with secondary education and above, where women and men were nearly equal at 73.0 percent and 73.7 percent, respectively. Notably, women with other forms of education recorded a higher level of influence (78.1 percent) than men (71.2 percent), highlighting the important role of education in strengthening women’s participation in financial decision-making (Figure 3.13).

Figure 3.13: 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

iv. Overall Assessment

Overall, women's influence is concentrated in domestic and personal spheres, particularly unpaid household work and health decisions, while men retain greater control over financial resources and income-related decisions.

Although women demonstrate decision-making capacity in some areas, particularly in urban settings and regions such as the Southern Zone, financial control remains the most persistent gender gap. These disparities vary by geography, education, and life stage.

The findings suggest that advancing women's empowerment requires not only strengthening their role in domestic decisions but also expanding their authority over financial and productive resources, which are critical for long-term economic security and household well-being.

3.2.3 Engaging in Society

The dimension evaluates women's and men's participation in community life, leadership, and confidence in public engagement, capturing the collective voice beyond household decision-making. Overall, women participate widely but mainly in informal groups, while men are more present in formal spaces. Leadership levels are similar in number, yet roles differ, and a clear confidence gap favors men.

i. Participation in Organizations

Results presented in Table 2 revealed that overall participation in organizations is broadly similar between women (1,176 out of 2,486; 47.3%) and men (974 out of 1,919; 50.7%) in agricultural households, though the type of engagement differs. The difference of 3.4 percentage points suggests only a modest gender gap in overall participation.

Women are more active than men in informal groups such as savings and credit (410 out of 2,486; 16.5% versus 205 out of 1,919; 10.7%) and religious, women's, and sports groups (818 out of 2,486; 32.9% versus 568 out of 1,919; 29.6%), which provide social support and solidarity. In contrast, men are more involved in formal structures such as government councils and agencies (420 out of 1,919; 21.9% versus 234 out

of 2,486; 9.4%) and producer or livelihood groups (267 out of 1,919; 13.9% versus 231 out of 2,486; 9.3%) (Table 3.2).

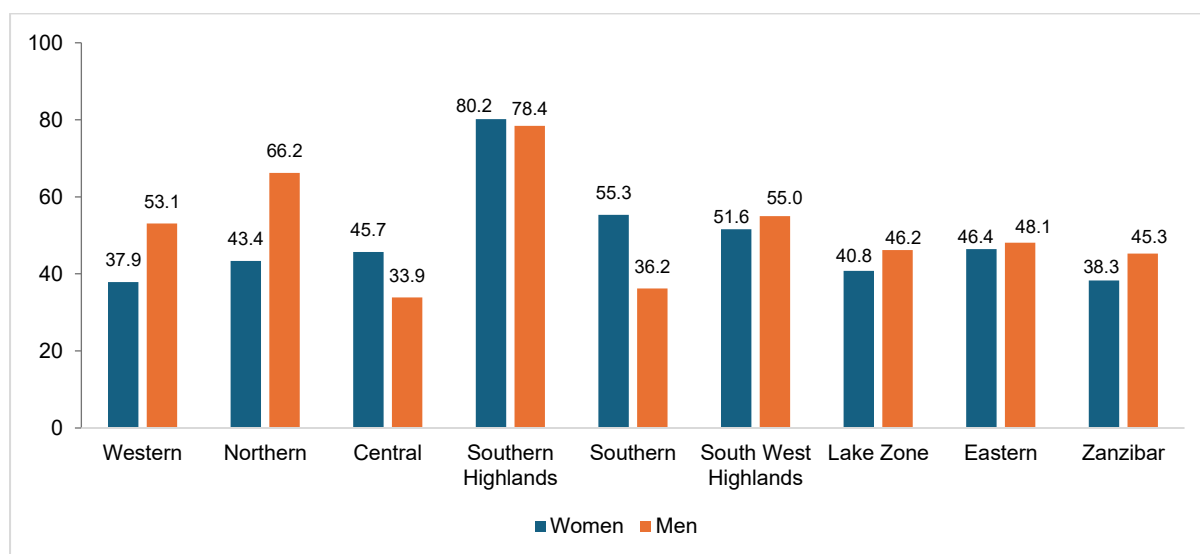
Table 3.2: Participation in Organization by Type of Group (%)

		Government Councils / Agencies	Local Service Groups	Savings / Credit Groups	Livelihood-related Groups	Other Groups (religious, women, sports)	Participation in at least one group
National	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
Mainland Tanzania	Women	22.0	14.3	10.8	14.0	29.6	47.5
	Men	9.4	12.3	16.6	9.2	33.2	50.8
Zanzibar	Women	14.3	14.9	6.1	10.9	29.2	38.3
	Men	10.5	7.7	12.6	11.5	20.6	45.3

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

The results show gender differences in decision-making capacity across various zones. Women recorded the highest levels in the Southern Highlands (84.0 percent) and the South Western Highlands (80.2 percent), while men had higher levels in the Northern Zone (66.2 percent) and the Western Zone (53.1 percent). In addition, the Southern Zone showed a large gap, where women accounted for 55.3 percent compared to 36.2 percent for men (Figure 3.14).

Figure 3.14: Percentage of Participation in At Least One Group by Zone

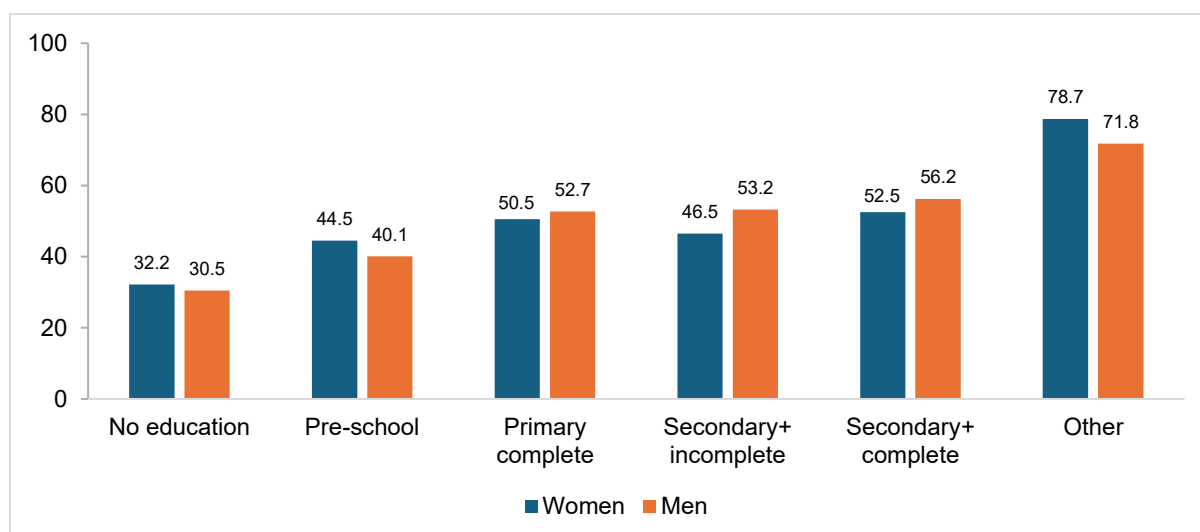


Source: Annex Table (A 8) in Statistical Tables of AASS-WEN 2023/24

The results indicate that participation in organizations increases with the level of education for both women and men. Individuals with no education had the lowest

levels, with women at 32.2 percent and men at 30.5 percent. The highest levels were observed among those with higher education, where women accounted for 78.7 percent and men 71.8 percent. In most education categories, men recorded slightly higher levels than women, except among those with primary education and higher education, where women performed better (Figure 3.15).

Figure 3.2: Percentage of Participation in At Least One Group by Education Level



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

These findings show that women play an active role in community life, especially as they gain experience and education, but their participation continues to reflect gendered social expectations.

ii. Leadership in Organizations

At the national level, leadership participation in at least one group is almost the same for women and men. About 574 out of 2,486 women (23.1%) and 455 out of 1,919 men (23.7%) hold leadership roles. This shows that women are present in leadership, but the type of leadership differs.

Women are more likely to lead in savings groups (about 194 out of 2,486; 7.8%) and other community-based organizations (around 360 out of 2,486; 14.5%). Men are more likely to lead in government councils and agencies (about 153 out of 1,919; 8.0%) and local service groups (around 150 out of 1,919; 7.8%) (Table 3.3).

Table 3.3: 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

Regional differences are clear. In the Southern Highlands, about 49% of both women and men (66 out of 134 versus 57 out of 117 respectively) hold leadership roles. In the Southern Zone, women's leadership (33.3% of 104 women) is much higher than men's (13.3% of 98 men). Zanzibar records the lowest rates, with about 82 out of 597 women (13.8%) and 91 out of 463 men (19.6%) in leadership (Table 3.4).

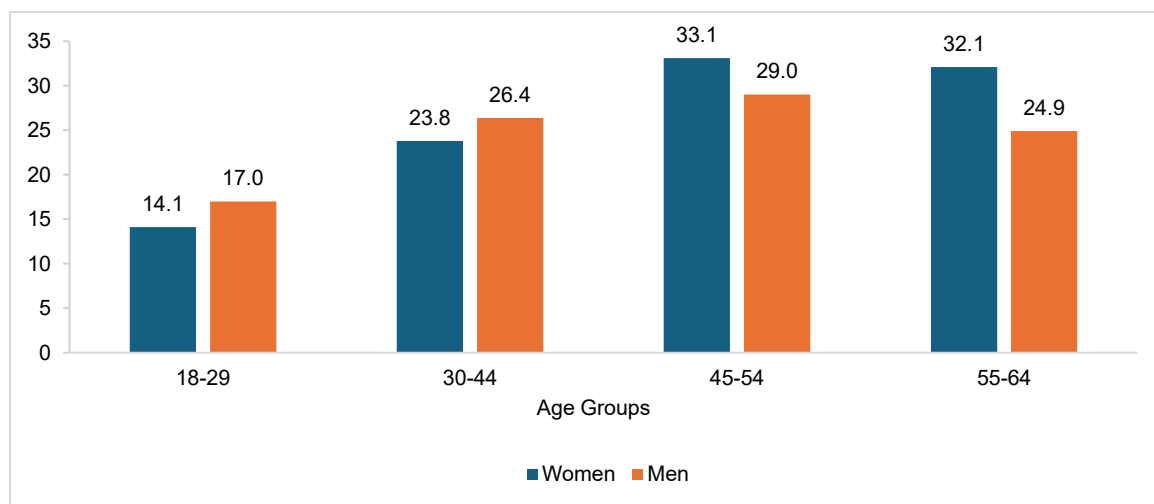
Table 3.4: Leadership in Organization by Type of Group and Zone (%)

		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

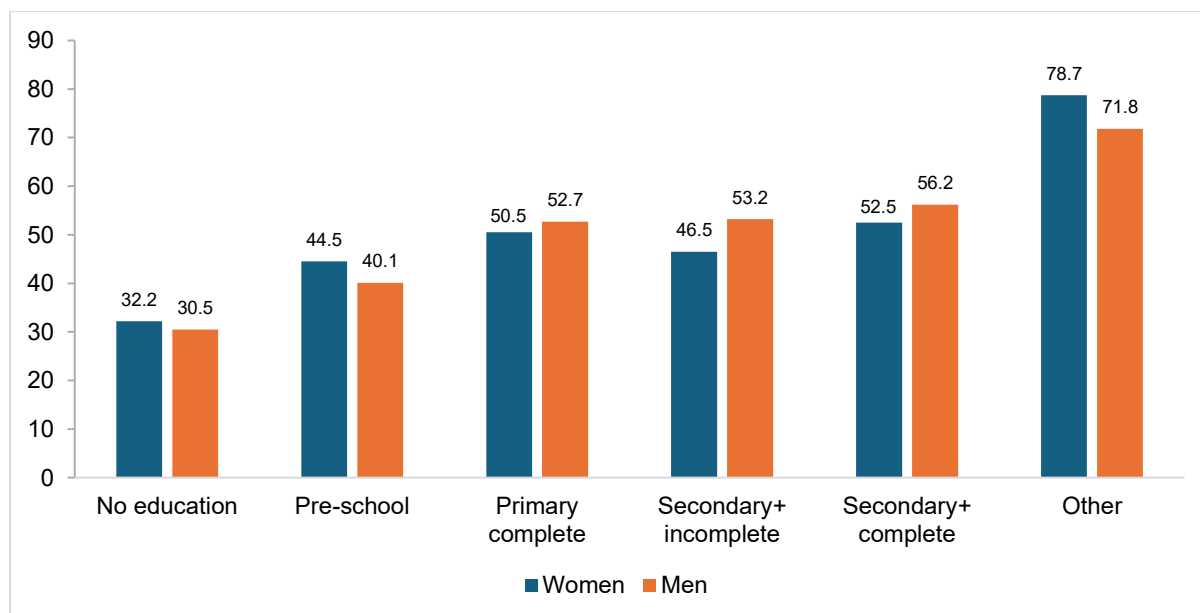
Leadership also increases with age and education. For example, in young women aged 18–29, only about 117 out of 835 (14%) hold leadership roles, but this rises to about 154 out of 466 (33%) for women aged 45–54. Among those with higher or vocational education, nearly 45% (156 out of 347) of women hold leadership roles compared to 27% (84 out of 310) of men (Figures 3.16 and 3.17).

Figure 3.16: Percentage of Leadership in At Least One Group by Age Group



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

Figure 3.17: Percentage of Participation in At Least One Group by Education Level



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

Overall, women’s leadership is more common in informal and financial groups, while men remain more represented in formal institutions.

iii. Confidence in Community Engagement

The findings show that men reported higher levels of confidence, participation, and influence in community matters across all statements compared to women. Among women, the highest agreement was on the importance of actively participating in local women’s issues (38.8 percent), while only 8.9 percent fully agreed with all statements. Among men, the highest agreement was on the importance of actively participating in local men’s issues (59.0 percent), and 25.6 percent fully agreed with all statements. Men were also more likely to believe that community leaders would listen to them (47.2 percent) compared to women (32.4 percent), indicating that men generally perceive themselves as having greater recognition and influence in community affairs (Table 3.5).

Table 3.5: 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

3.2.4 Mobilizing Resources

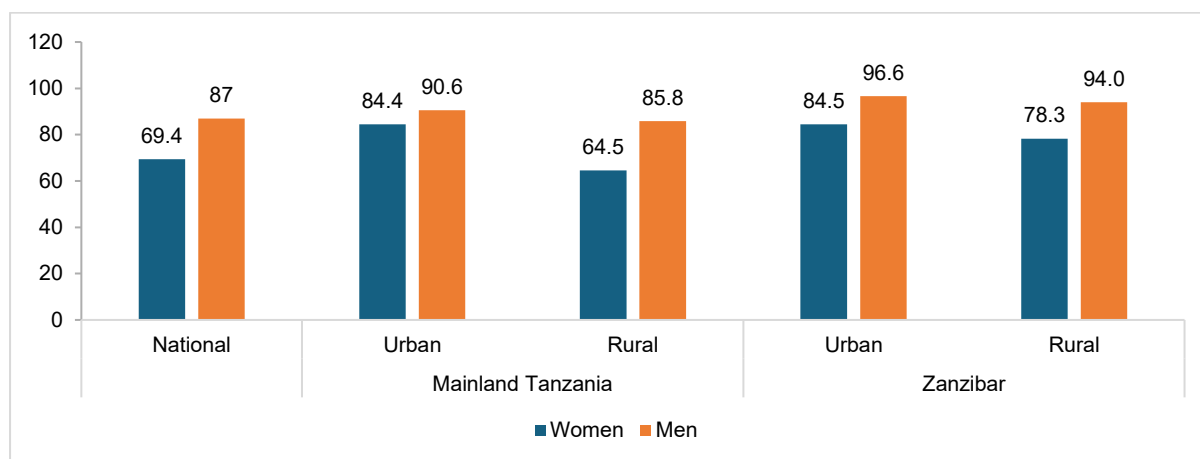
The dimension examines whether women and men have the material and institutional foundations necessary to exercise agency, namely, access to digital tools, financial services, credit, and property rights. These resources do not guarantee empowerment on their own, but they are critical enablers of economic participation, decision-making power, and long-term security.

Overall, access to enabling resources remains unevenly distributed between men and women. While a majority of women report some access to ICT, financial services, or property, gender gaps persist across every domain. These disparities are compounded by geography, education, and rural–urban divides, revealing structural inequalities that continue to shape women’s economic opportunities.

i. ICT Use

Digital access has expanded considerably in Tanzania, but it remains gendered and spatially uneven. Nationally, 1,715 out of 2,486 women (69%) report using ICT compared with 1,670 out of 1,919 men (87%), reflecting a gap of nearly 18 percentage points (Figure 3.18).

Figure 3.18: Percentage of ICT Use by Place of Residence for Mainland Tanzania and Zanzibar

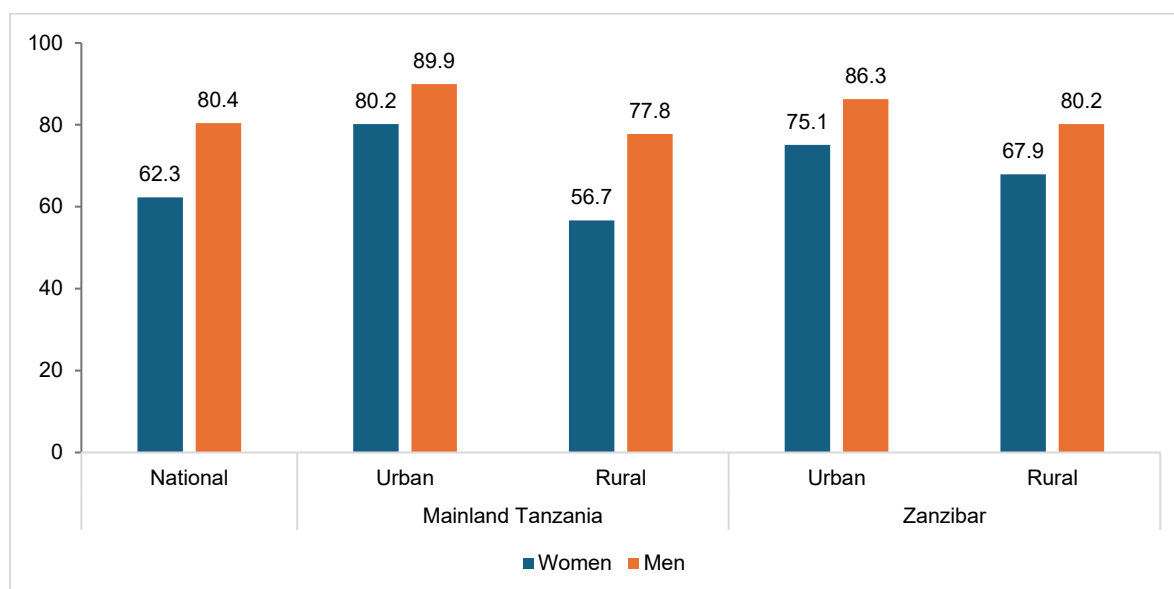


Source: Annex Table (A 11) in Statistical Tables of AASS-WEN 2023/24

ii. Financial Services

Financial inclusion has improved, yet a notable gender gap persists. Nationally, 1,541 out of 2,486 women (62%) report using financial services compared with 1,535 out of 1,919 men (80%). Urban-rural disparities are also evident. In urban areas, 66 out of 82 women (80%) use financial services, while in rural areas this declines to 30 out of 52 (57%), with men consistently reporting higher participation across both settings (Figure 3.19).

Figure 3.19: 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

iii. Access to Credit

Credit access reflects both opportunity and inequality. Nationally, 1,094 out of 2,486 women (44%) and 1,036 out of 1,919 men (54%) reported accessing at least one form of credit in the past year.

Regional differences are striking. In the Southern Highlands, credit access among women reaches 1,840 out of 2,486 (74%), suggesting a highly inclusive local financial ecosystem. In contrast, the South West Highlands and Western Zone show lower access, underscoring geographic disparities in financial infrastructure and opportunity (Table 3.6).

Table 3.6: Access to Financial Credit by Type of Institution and Geographic Area (in Percentage)

		Bank/formal institution	Cooperative	Micro-finance/ Micro-credit	Informal Credit Institution	Other (NGOs)	At least one source of credit
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

Women's reliance on informal and community-based credit mechanisms highlights both resilience and constraint. While such systems provide flexibility and accessibility, they often involve smaller loan sizes and limited growth potential, potentially restricting women's capacity to invest in larger productive activities.

iv. Property Ownership

Property ownership appears widespread on paper, yet women's rights are often less secure, less formalized, and less independent than men's. Approximately 1,840 out of 2,486 women (74%) and 1,631 out of 1,919 men (85%) report ownership or use rights over land or dwellings. However, women's rights are largely joint, with about 1,442 out of 2,486 (58%) while men are roughly twice as likely to hold sole ownership.

Formal documentation is limited. Only 547 out of 2,486 women (22%) report having any formal documentation of property rights, and just 115 out of 1,919 men (6%) have their names alone on a title. Despite generally high perceived tenure security, informal or joint arrangements may leave women more vulnerable to disputes, inheritance loss, or shifts in household circumstances (Table 3.7).

Table 3.7: Property Ownership, Documentation, and Perceived Tenure Security (in Percentage)

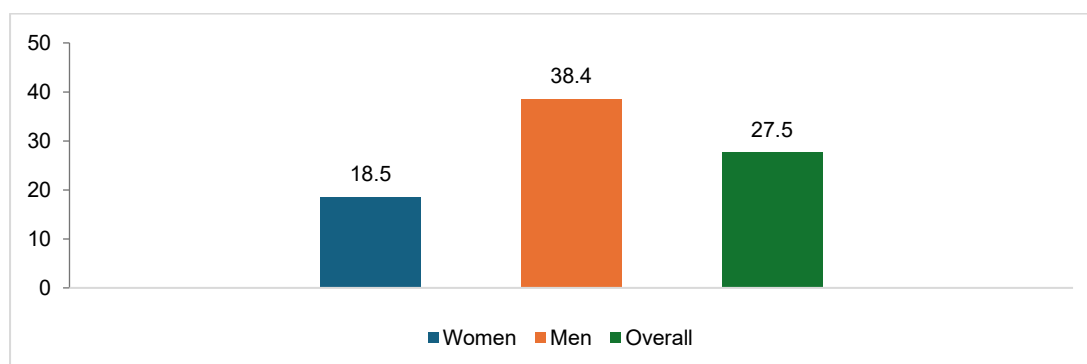
Property Ownership/Documentation/Tenure Security	Land		Dwelling	
	Women	Men	Women	Men
Property Ownership/Documentation				
Ownership or use rights (any form)	73.9	84.5	70.7	83.1
Sole ownership or use rights	15.7	26.3	12.1	26.7
Joint ownership or use rights	58.2	58.2	58.6	56.4
Right to sell (sole)	13.2	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

3.3 Progress Towards SDG Indicator 5.A.1

The survey reveals a pronounced gender gap in meeting the SDG 5.a.1 threshold. Overall, 1,211 out of 4,405 respondents (27.5%) reported documented ownership or legally recognized rights to sell or bequeath land or property. Among women, 460 out of 2,486 (18.5%) reported such rights, compared with 737 out of 1,919 men (38.4%), highlighting substantial gender disparities in access to land and property rights (Figure 3.20).

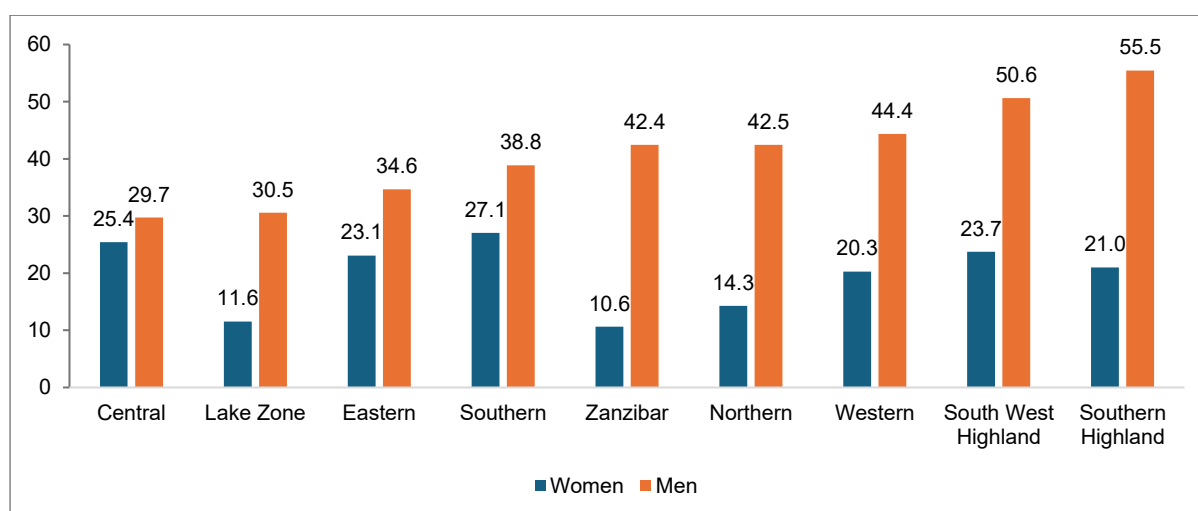
Figure 3.20: Percentage Distribution of Respondents Meeting the SDG 5.a.1 Indicator Threshold



Source: Annex Table (A 24, A 25 and A 26) in Statistical Tables of AASS-WEN 2023/24

Regional disparities remain pronounced. In the Southern Highlands, 522 out of 2,486 women (21.0%) report rights versus 65 out of 117 men (55.5%). In the South West Highlands, 48 out of 2,486 women (23.7%) compared with 971 out of 1,919 men (50.6%) show the largest disparities. The Lake Zone (69 out of 596 women, 11.6% vs. 136 out of 446 men, 30.5%) and Zanzibar (63 out of 597 women, 10.6% vs. 196 out of 463 men, 42.4%) also reflect marked differences. In contrast, the Central Zone reports the smallest gap, with 61 out of 241 women (25.4%) versus 55 out of 188 men (29.7%) (Figure 3.21).

Figure 3.21: Percentage Distribution of Respondents Meeting the SDG 5.a.1 Indicator Threshold by Zone and Sex



Source: Annex Table (A 24 and A 25) in Statistical Tables of AASS-WEN 2023/24

Overall, women consistently occupy the lower end of documented ownership across all zones, indicating persistent and pronounced gender inequality in land and property rights.

3.4 Empowerment Score and Results

The overall empowerment score is measured on a scale ranging from 0 to 1 (where 0 indicates no empowerment and 1 indicates full empowerment). Table 3.9 presents key results of the WEMNS methodology for women and men, showing that at the national level, the empowerment score was 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 3.8: 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

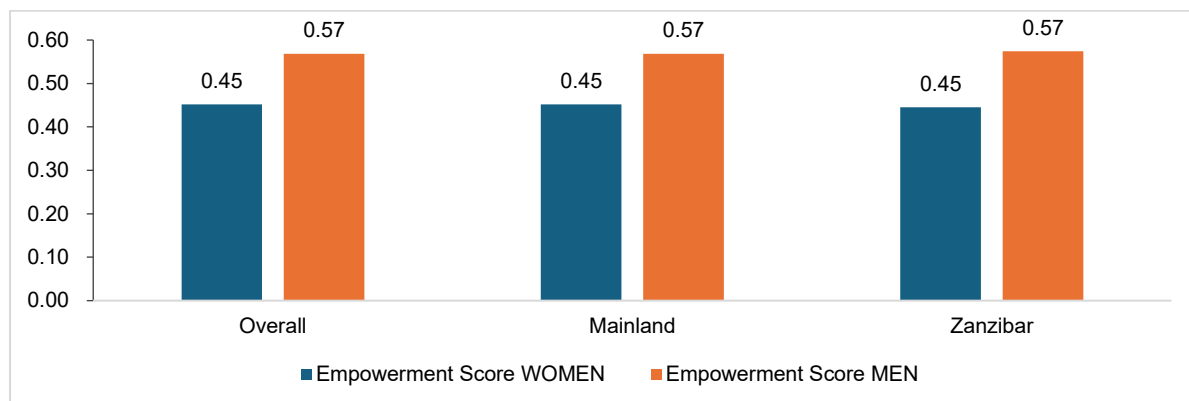
Note: $WEMNS = 1 - (H \times A)$

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

Empowerment scores for Mainland Tanzania and Zanzibar indicate the existence of a gender gap in both areas, where women recorded an empowerment score of 0.45

compared to 0.57 for men. These findings show that men continue to have higher levels of empowerment than women in both Mainland Tanzania and Zanzibar, suggesting the continued presence of barriers that limit women’s opportunities to achieve full empowerment (Figure 3.22).

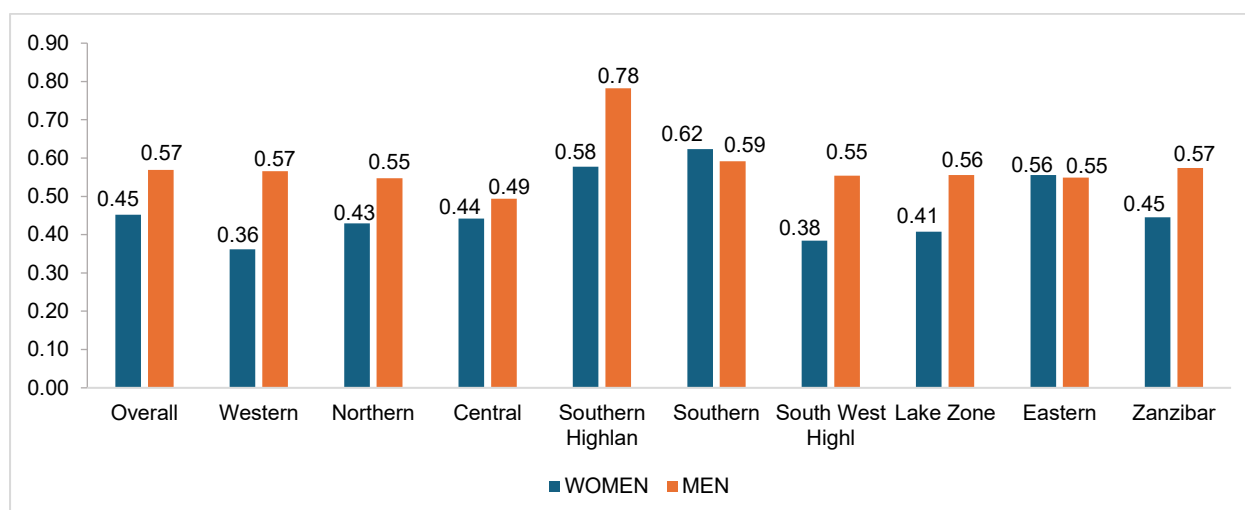
Figure 3.22: Empowerment Score by Mainland Tanzania/Zanzibar



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

Figure 3.23 shows the existence of gender differences in empowerment scores across most areas, where men recorded higher scores than women in nearly all zones. The largest gap was observed in the Western Zone, where women recorded a score of 0.36 compared to 0.57 for men. However, the Southern Zone was the only exception, where women had a higher score (0.62) than men (0.59). Overall, women recorded an empowerment score of 0.45 while men recorded 0.57, indicating the continued existence of a gender gap in empowerment levels. Zonal differences are evident, and this pattern suggests that although geography plays a significant role in shaping empowerment opportunities, the level of gender inequality varies considerably across different parts of the country.

Figure 3.23: Empowerment Score – Zones Level



Source: Annex Table (A 17, A 18 and A 19) in Statistical Tables of AASS-WEN 2023/2

3.5 Women’s Dietary Diversity

3.5.1 Background

Good nutrition is essential for women’s health and well-being, with diet quality depending on adequate and diverse food intake. The WEN Module assesses dietary diversity among women aged 18–64 years using the Minimum Dietary Diversity for Women (MDD-W) indicator, while also allowing international comparison for women aged 18–49 years in line with the global SDG 2.2 standard for women aged 15–49 years. However, increasing consumption of unhealthy processed foods and sugary products poses growing risks of overweight, obesity, and other non-communicable diseases.

3.5.2 Consumption of Various Food Groups

The findings show that, on average, women from agricultural households in Tanzania consume 4.9 food groups out of 10 pre-defined groups per day, just below the recommended threshold of five (5).

Dietary patterns reveal a strong dependence on staple foods:

- Cereals dominate the diet, with 94.9 percent of women (2,359 out of 2,486 interviewed) reporting consumption. This confirms cereals as the primary staple food.

- Approximately two-thirds of women consume dark green leafy vegetables and animal-source foods. Specifically, 65.4 percent (1,626 women) consume dark green leafy vegetables, while 65.3 percent (1,623 women) consume meat, poultry, or fish.
- Moderate levels of consumption are observed for vitamin A-rich fruits and vegetables and pulses. About 61.5 percent (1,529 women) reported consuming vitamin A-rich fruits and vegetables, and 58.6 percent (1,457 women) consumed pulses.
- Lower consumption levels are recorded for nuts and seeds, milk and dairy products, and other fruits. Intake stands at 30.2 percent (751 women) for nuts and seeds, 26.5 percent (659 women) for milk and dairy, and 24.0 percent (597 women) for other fruits.
- Egg consumption remains very low, with only 9.2 percent (229 women) reporting intake, highlighting limited consumption of one of the most affordable and high-quality protein sources.

Urban women generally consume more nutrient-rich foods than rural women. For example, 451 out of 611 (73.8%) urban women consume meat, poultry, or fish, compared with 1178 out of 1875 (62.8%) in rural areas. Consumption of vitamin A-rich foods is more common in urban diets, where 430 out of 611 versus 1103 out of 1875 in rural (70.3% versus 58.8% respectively). However, low consumption of dairy foods, eggs, and fruits remains a concern across both settings.

Overall, the diets of women in agricultural households are mainly cereals, with insufficient and inconsistent inclusion of diverse, nutrient-dense foods (Source: Annex Table (A 24 and A 25) in Statistical Tables of AASS-WEN 2023/24).

3.5.3 Minimum Dietary Diversity for Women (MDD-W)

Nationally, 1,410 out of 2,486 (56.7%) of women from agricultural households meet the minimum dietary diversity threshold, meaning nearly half do not consume enough variety to ensure likely micronutrient adequacy.

Clear disparities emerge:

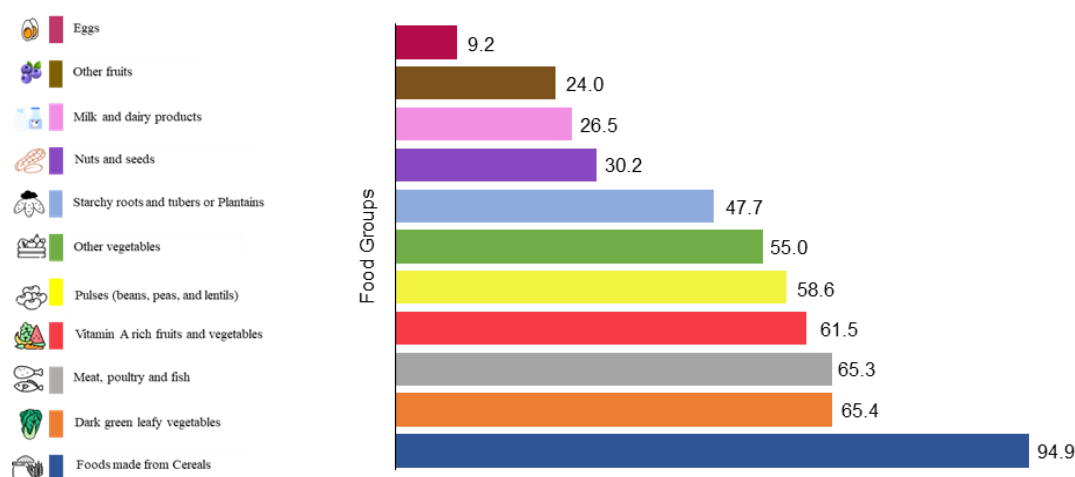
- Women in Zanzibar show higher dietary diversity, particularly in urban areas: 70.9% (108 out of 153) compared to 64.8% (297 out of 458) in Mainland Tanzania.
- Urban women, 64.9% (397 out of 611) are more likely to meet the threshold than rural women, 54.2% (1016 out of 1875).
- Education plays a strong role:
 - Only 215 out of 480 (44.8%) women with no education meet the threshold.
 - This rises to 264 out of 347 (76.0%) among women with secondary or higher education.

While more than half of women meet the minimum dietary diversity standard, a large share still falls short. The findings show that 43% of women (1,069 out of 2,486) do not meet the minimum requirement, indicating a continued risk of micronutrient deficiencies. This risk is likely to be higher among women in rural areas and those with lower levels of education.

Pregnancy and breastfeeding were positively associated with dietary diversity in several model specifications, indicating that heightened nutritional awareness and health service contact during these periods may contribute to improved diet quality. Within this module, 53.8% of pregnant women (95 of 177) achieved the Minimum Dietary Diversity (MDD) threshold. Among breastfeeding women, the proportion meeting MDD was slightly higher at 55.0%. These findings suggest a moderate but consistent pattern of improved dietary adequacy during biologically vulnerable periods, although nearly half of women in both groups still failed to meet recommended diversity standards.

Differences by age, household headship, and number of children are present but relatively modest. For example, 58.5% (165 out of 282) of women aged 55–64 show slightly higher dietary diversity compared to 55.1% (426 out of 835) of younger women aged 18–29 (Figure 3.24).

Figure 3.24: Percentage Distribution of Food Groups Consumption



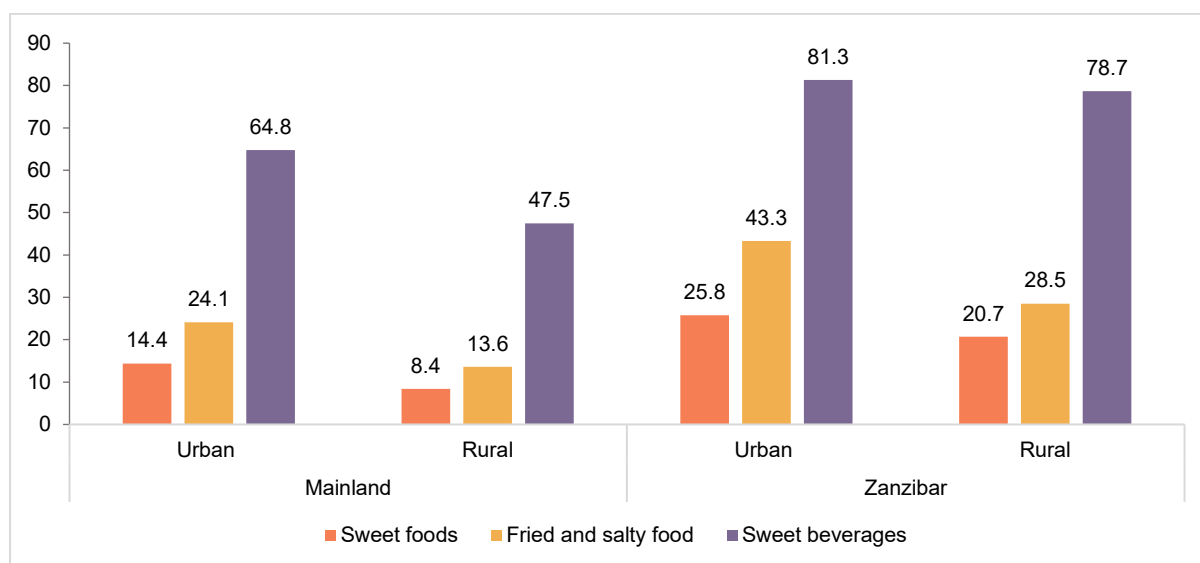
Source: Annex Table (A 24 and A 25) in Statistical Tables of AASS-WEN 2023/24

3.5.4 Consumption of Other Foods; Indigenous and Traditional Foods

Alongside improvements in dietary diversity, Tanzania is experiencing a clear nutrition transition. Women in agricultural households in urban areas report significantly higher consumption of unhealthy foods. In urban Zanzibar, 81.3% of women (124 out of 153) consume sweetened beverages compared to 64.8% (297 out of 458) in urban Mainland. Consumption of fried and salty foods is higher in urban areas, particularly in urban Zanzibar, where 43.3% of women (66 out of 153) reported intake compared with 24.1% (110 out of 458) in urban Mainland Tanzania.

Rural areas also show a high intake of sweetened beverages; for example, 78.7% of women in rural Zanzibar. Policies must therefore promote both improved dietary diversity and healthier food choices (Figure 3.25).

Figure 3.25: Percentage Consumption of Other Foods by Location



Source: Annex Table (A 24 and A 25) in Statistical Tables of AASS-WEN 2023/24

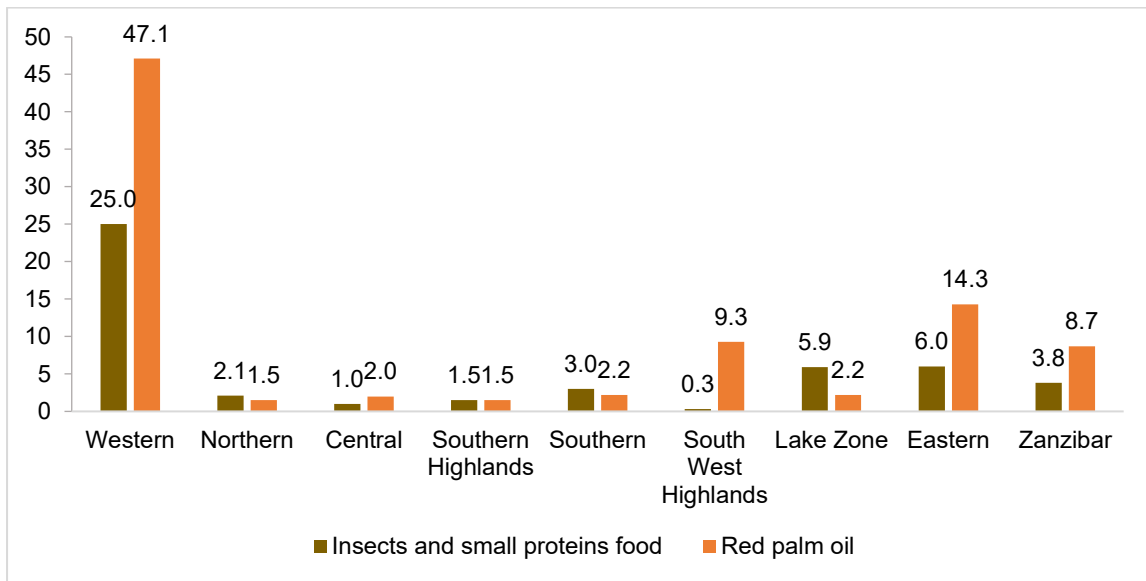
For the case of consumption of traditional foods such as edible insects and red palm oil, results revealed that:

The foods are regionally concentrated:

- In the Western Zone, 25% of women (41 out of 164) consumed edible insects, and nearly half, 47.1% (77 out of 164) consumed red palm oil.
- In most other zones, consumption is between 3–10% (between 70 and 232 women out of 1094).

These foods can contribute important nutrients, particularly protein and vitamin A, and reflect culturally rooted food systems. Their inclusion highlights the importance of localized food strategies (Figure 3.26).

Figure 3.26: Percentage Consumption of Edible Insects and Other Small Protein Foods and Red Palm Oil by Zone



Source: Annex Table A22 in Statistical Tables of AASS-WEN 2023/24

4 RELATIONSHIPS BETWEEN EMPOWERMENT AND MINIMUM DIETARY DIVERSITY FOR WOMEN (MDD-W)

A growing body of evidence shows that women's empowerment plays a critical role in improving nutrition outcomes. The Tanzania results confirm this relationship: women who achieved minimum dietary diversity (consuming at least five food groups) had significantly higher empowerment scores than those who did not. On average:

- Women not meeting MDD-W had an empowerment score of 0.40.
- Women meeting MDD-W had a higher score of 0.47.
- The difference of 0.07 points is statistically significant ($p < 0.001$).

This confirms a clear and meaningful association: more empowered women are more likely to consume diverse and nutritious diets.

4.1 Empowerment Dimension and Dietary Diversity

Not all dimensions of empowerment influence diet equally. The strongest links to dietary diversity were found in the economic and resource-based dimensions:

- Access to credit ($r = 0.149$) showed the strongest association.
- Use of ICT ($r = 0.121$) and
- Use of financial services ($r = 0.108$) also showed strong positive relationships.
- Participation in organizations ($r = 0.106$) was another important factor.

By contrast, awareness-based indicators such as endorsement of women's rights or tenure security indicators showed much weaker direct associations with short-term dietary diversity. This suggests that while rights and norms matter for long-term equality, economic empowerment and access to resources are the most immediate drivers of improved diet quality (Source: Annex Tables in Statistical Tables of AASS-WEN 2023/24).

4.2 How Empowerment Changes What Women Eat

Looking beyond the overall MDD score, dietary patterns vary significantly by empowerment level. Highly empowered women are consistently more likely to consume nutrient-rich foods than less empowered women. Between the empowered and less empowered women, the differences are especially evident as follows:

- Meat, poultry, and fish: 74.5% among highly empowered women vs. 54.4% among low-empowered women.
- Eggs: 12.0% vs. 6.1%.
- Milk and dairy: 28.1% vs. 25.2%.
- Dark green leafy vegetables: 71.3% vs. 56.6%.
- Other vegetables: 64.5% vs. 45.0%.
- Other fruits: 30.8% vs. 16.2%.

By contrast, staple foods such as grains are consumed almost universally across all groups (95–99%), regardless of empowerment. This pattern highlights an important insight:

- Empowerment affects access to higher-value, micronutrient-rich foods, not staple foods.
- Staples are widely available, but diverse and nutrient-dense foods require purchasing power, market access, and decision-making authority.

4.3 The Double Effect of Empowerment

Empowerment is not associated only with healthier diets but also with greater consumption of processed and unhealthy foods:

- **Sweet beverages:** 63.9% among highly empowered women vs. 40.8% among low-empowered women.
- **Fried and salty foods:** empowered women 19.7% vs. low-empowered women 12.3%.

This reflects greater market access and exposure to urban food environments. As women gain income, mobility, and purchasing power, they gain access to both healthy and unhealthy foods.

4.4 Indigenous Foods and Empowerment

Unlike purchased foods, indigenous foods such as edible insects and red palm oil show little variation across empowerment levels in agricultural households:

- Edible insect consumption ranges from 99 to 174 women out of 2,486 (4–7%).
- Red palm oil consumption ranges from 149 to 273 women out of 2,486 (6–11%).

These foods appear to be shaped more by geography, culture, and seasonal availability than by empowerment status; hence, empowerment primarily influences market-based food choices, while traditional dietary patterns are more culturally embedded.

Overall, women's empowerment is not only a matter of rights and equality; it is directly linked to food choices and nutritional outcomes. Strengthening women's economic agency and collective participation can significantly improve diet quality. However, empowerment must be accompanied by broader nutrition-sensitive policies to ensure that increased purchasing power translates into healthier diets rather than increased consumption of processed foods.

Empowerment and nutrition policy should therefore be designed together, not separately, to maximize impact on both gender equality and public health.

5 CONCLUSION AND RECOMMENDATIONS

In conclusion, the WEN module has provided strong national evidence on the link between women's empowerment, agriculture, and nutrition outcomes in Tanzania. The findings confirm that empowering women contributes directly to improved household food security and dietary diversity. Its integration into the AASS marks a strategic advancement in institutionalizing gender and nutrition statistics within the national data system.

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

- i. **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, and markets to enhance their contribution to agricultural production and household well-being.
- ii. **Promote Gender-Responsive Agricultural and Nutrition Programs:** Agricultural interventions and nutrition initiatives should incorporate gender considerations explicitly, ensuring that women's voices and priorities are addressed in planning and implementation.
- iii. **Institutionalize Gender and Nutrition Statistics:** Regular integration of women's empowerment 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.
- iv. **Enhance Community Awareness and Participation:** Expanding sensitization campaigns on the role of women in agriculture and nutrition can improve community support and reduce cultural barriers that hinder women's empowerment.
- v. **Strengthen Inter-Agency Collaboration:** Effective coordination among NBS, OCGS, ministries, and development partners 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 nutrition outcomes, and the Sustainable Development Goals (SDGs).

To accelerate impact, priority actions should include expanding women's access to productive resources and services; mainstreaming gender-responsive approaches in agriculture and nutrition programs; institutionalizing regular collection of empowerment and nutrition indicators; strengthening community-level awareness to address restrictive norms; and enhancing coordination among NBS, OCGS, sector ministries, and development partners. These measures are essential to advance inclusive agricultural growth, improved nutrition, and achievement of the Sustainable Development Goals.