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# Intrain

## Trip Report

#0-110

**Travelers:** Dr. Gary Bergthold, IHP  
Consultant  
Dr. Mervyn Silverman, IHP  
Consultant

**Country Visited:** NIGERIA

**Date of Trip:** March 26 - April 3, 1985

**Purpose:** To conduct 2 policy level seminars  
for Imo State Officials

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Program for International Training in Health  
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Chapel Hill, North Carolina 27514 USA

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**\*(on file with INTRAH's Data Management Service)**

## EXECUTIVE SUMMARY

At the request of the Imo State Ministry of Health, Dr. Mervyn Silverman and Dr. Gary Bergthold, IHPS consultants, conducted two 3-day Policy Seminars on Population, Health and Development. The seminars were conducted at the Concorde Hotel, Owerri, March 26-28 and April 1-3, 1985.

A total of 77 top level decision-makers, representing 10 governmental and community organizations, attended the workshops. Organizations represented included the Ministries of Health, Education and Agriculture, the Military, the Police, Women's Organizations, the Churches, and the mass media.

The curriculum for the policy seminars included a presentation by Mr. Benson Morah, a Nigerian demographer, on population and development entitled "Rapid Population Growth in Nigeria." Presentations and discussion followed on the impact of population growth on families and institutions in Imo State.

Various policy responses to the problem were explored. Participants developed a wide range of specific policy recommendations which included: (1) the modification of

existing pro-natalist governmental policies; (2) the establishment of educational and family planning programs; and (3) the coordination of efforts by government, community and religious organizations.

Plans were developed to name a coordinating committee to create a cooperative program and to promote family planning in both rural and urban areas of the state. A variety of recommendations made by the consultants are included in this report. The official recommendations made by the participants were not available when this report was prepared, but will soon be sent to AID and INTRAH by Mr. Izuwah, Permanent Secretary for Health.

These seminars, the first population policy seminars held at the state level in Nigeria, were rated very highly by the participants and were successful in creating an awareness of the need for immediate and coordinated action by all the agencies.

It was the unanimous recommendation of the seminar participants that similar seminars be held in other states of Nigeria and at local community levels in Imo State.

SCHEDULE DURING VISIT

Saturday, March 16, 1985: Left San Francisco

Monday, March 18, 1985: Arrived Lagos

Tuesday, March 19, 1985: Meeting with Ms. Keys  
MacManus, AAO, American  
Embassy

Wednesday, March 20, 1985: Meeting with Dr. Benson Morah,  
National Population Bureau

Meeting with Mrs. Khadijat  
Mojida, World Bank

Travel to Owerri, Imo State

Thursday, March 21 to  
Monday, March 25, 1985: Preparation for seminars

Meetings with:  
Mrs. Nwankwo, Commissioner  
of Health;  
Mr. Izuwah, Permanent  
Secretary for Health; and  
Mrs. Ogbonna, Family  
Planning Coordinator

Tuesday, March 26 to  
Thursday, March 28, 1985: Delivery of First Seminar

Monday, April 1 to  
Wednesday, April 3, 1985: Delivery of Second Seminar

Thursday, April 4, 1985: Debriefing in Owerri with  
Mr. Izuwah and Mrs. Nwankwo

Friday, April 5, 1985: Travel to London

Monday, April 8, 1985: Travel to Chapel Hill,  
North Carolina

Tuesday, April 9, 1985: Debriefing at INTRAH

Travel to San Francisco,  
California

## I. PURPOSE OF TRIP

Dr. Gary Bergthold and Dr. Mervyn Silverman, IHP consultants, conducted two 3-day Policy Seminars on Population, Health and Development for the Ministry of Health, Imo State, Nigeria March 26 - 28 and April 1 - 3, 1985.

The objectives of the seminars were:

- . To analyze the relationship between family health policies and the quality of life in Imo State.
- . To assess how projected future population growth will impact the goals and programs of government and private institutions.
- . To explore various approaches to create population policies and programs in Imo State.
- . To determine how various institutions can contribute to a coordinated population policy.
- . To identify key problems related to family health and population and to make recommendations for the solution of these problems.

## II. ACCOMPLISHMENTS

The following activities were conducted by the consultants during the trip to Imo State:

1. Two 3-day population policy seminars were conducted for top level participants from government, the private sector, and church organizations. These seminars were attended by a total of 77 persons representing:
  - A. Ministry of Health
  - B. Ministry of Education
  - C. Ministry of Agriculture
  - D. Ministry of Finance
  - E. Ministry of Local Government
  - F. Nigerian Army
  - G. Nigerian Police
  - H. Women's Organizations
  - I. Mass Media (television and newspapers)
  - J. Church (Roman Catholic and Anglican)
  
2. A curriculum for population policy seminars was developed and tested which can be adapted for other Nigerian states wishing to conduct population policy seminars.

3. Comprehensive policy recommendations were adopted at both seminars which will guide future population activities in Imo State and will be disseminated to other Nigerian states.
4. Plans were made to establish an inter-organizational coordinating committee to guide and evaluate family planning activities in Imo State.
5. A briefing on the impact of population growth was provided for six commissioners and permanent secretaries on the Governor's Cabinet.
6. Discussions were held with MOH personnel, concerning preparation for the Training of Trainers workshop to be provided by INTRAH in April/May.

### III. BACKGROUND INFORMATION

The Policy Seminars on Population, Health and Development were held at the Concorde Hotel, Owerri, Nigeria March 26 - 28 and April 1 - 3, 1985. These were the first such seminars of their kind for Imo State and the country of Nigeria. The Imo State "Training of Family Planning Service Personnel" project is financed by USAID through a subcontract with INTRAH at the University of North Carolina. The idea for this seminar originated with Mr. A. Izuwah, Permanent Secretary for the Ministry of Health (MOH), Imo State. Mr. Izuwah brought together top level people from government ministries and various community groups for the purpose of sensitizing these groups to the problems of population growth in Imo State.

The country's population, including that in Imo State, is increasing at a rate of approximately 3.4% a year and will double within 23 years regardless of actions taken from this point forward. Rural villages hold festivals for women who have delivered their tenth child and this, plus the generally pro-natalist religions and traditions, make population a major factor to be dealt with in the development scheme of the state.

Family planning facilities like other clinical facilities of the MOH, are poorly attended because of the way people are

treated, the fees that are charged, and the lack of adequate equipment and medical supplies. Given these existing constraints, it will be difficult to encourage the public to utilize the services of the family planning clinics.

#### IV. DESCRIPTION OF ACTIVITIES

##### A. Preparatory Meeting in Lagos

On arrival in Lagos, Dr. Bergthold and Dr. Silverman met with Ms. Keys MacManus and received a briefing on the background of the Imo State population policy seminars, including a description of the Population and Development workshop which had been held in Ibadan on February 27 to March 1, 1985 attended by staff of federal ministries and non-governmental organizations. Some materials from that workshop were copied and utilized in the Imo State seminars.

Dr. Bergthold and Dr. Silverman also met with Mrs. Khadijat Morida of the World Bank who also briefed them on the Ibadan workshop and agreed to go to Owerri to report on the Ibadan workshop and population policy discussions taking place at the federal level.

A workshop design meeting was held with Dr. Benson Morah of the National Population Bureau. Dr. Morah described the "Rapid" presentation he was planning to make in Owerri and plans for his active participation in the seminars were discussed.

## B. Activities in Owerri, Imo State

On arrival in Owerri, Dr. Bergthold and Dr. Silverman met several times with Mr. Izuwah, Permanent Secretary for Health and Mrs. Grace Ogbonna, Population Coordinator for the Ministry of Health. During these meetings, the purpose of the seminars, the backgrounds and viewpoints of the participants, seminar design, logistics and arrangements were discussed. Mr. Izuwah had prepared an agenda for the seminars which called for a series of lectures and question and answer periods. The consultants explained that their design required much more active participation and discussion by the participants. Several animated discussions took place with the Permanent Secretary clarifying his desire that the seminars be serious and somewhat formal and the consultants explaining the importance of a free exchange of ideas among participants. These discussions were very constructive as each side began to appreciate the importance of the other's viewpoint. In fact, the final agenda very nicely combined both elements: formal presentations and discussion along with lively exchanges among participants.

The arrangements and logistics for the seminars were handled extremely well by the Ministry of Health before and during the seminars. Invitations to the participants were sent out

before our arrival and almost all of the people invited actually attended. So much interest was generated, in fact, that extra people showed up for the first seminar and were included. The seminars were held in the Concorde Hotel, a beautiful, modern facility. The seminar room was well appointed and, except for occasional noise from the hallway, the conditions were optimal. The Ministry of Health furnished binders, paper, and other material for the seminar and also provided a staff of 4 to 5 secretaries who worked full-time during the seminars. In fact, when handouts ran short because of the extra participants, the secretaries typed and reproduced entire documents so that every participant would have the materials.

The seminars were well received by the participants. All participants attended full-time and participated very actively in discussions. They also completed reading assignments in the evenings and during the final day worked very effectively in groups to produce lengthy and well thought out recommendations for population policy in Imo State.

The following is a description of the seminar venue, dates, trainees, trainers, and training design.

**Venue:** Concorde Hotel  
Owerri  
Imo State, Nigeria

**Dates:** March 26 - 28 and April 1 - 3, 1985

**Trainees:** 77 top-level government decision-makers, leaders of community organizations, members of the clergy and representatives of the media.

**Trainers:** 2 INTRAH Consultants (Dr. Bergthold and Dr. Silverman), along with Dr. Benson Morah, National Population Bureau; Ms. Khadijat Mojida, World Bank; and Ms. Grace Ogbonna, MOH.

**Training Design:**

**Day 1**

9:30 AM	Welcome - Mr. Izuwah, Permanent Secretary for Health
10:00	Keynote speech - Mrs. Bridgette Nwankwo, Commissioner of Health
10:30	Introduction and Orientation - Dr. Silverman <ul style="list-style-type: none"> <li>- Objectives and agenda</li> <li>- Discussion of family values</li> <li>- Comparative population data on Nigeria</li> </ul>
11:00	Coffee break
11:15	Rapid Population Growth in Nigeria - Dr. Morah
12:30 PM	Reactions to the Rapid Presentation - Small group discussion
1:00	Questions and discussion
1:30	Lunch
2:30	Questions (continued)
3:00	Impacts of Population Growth in Imo State - Dr. Bergthold <ul style="list-style-type: none"> <li>- Impacts on family life</li> </ul>
4:00	Closing

Day 2

- 8:00 Warm-up and Introduction  
- Ibo sayings relating to fertility
- 8:15 Impacts on Population Growth in Imo State - Dr. Bergthold  
- Effects on government and private institutions
- 9:30 Culture, Religion and Societal Factors
- 10:30 Policy Options for Imo State - Dr. Bergthold
- 1:00 Population Policy in Nigeria - Ms. Mojida
- 1:30 Lunch
- 2:30 Models of Population Policy - Dr. Silverman  
- Policies and experience in other countries
- 3:30 Plans and Programmes of the Ministry of Health - Ms. Ogbonna
- 4:00 Closing

Day 3

- 8:00 Warm-up and Introduction  
- Ibo folktales and fertility
- 8:30 Reports by participants on how their agencies can contribute to a coordinated population programme
- 10:00 Formation of work groups to discuss findings and recommendations
- 10:30 Coffee Break
- 10:45 Preparation of recommendations
- 1:30 Lunch
- 2:30 Findings and Recommendations - Reports by work groups
- 3:30 Summary, Review, Closing Remarks
- 4:00 Closing

## V. FINDINGS AND CONCLUSIONS

<u>Findings/Observations</u>	<u>Conclusions</u>
<u>A. Overall</u>	
<p>1. These policy seminars served to gain the support of key policy makers and opinion leaders on the need for an official population policy and family planning services.</p>	<p>1. Population policy seminars should be organized in other Nigerian states in order to gain support for family planning services.</p>
<p>2. Seminar participants represented a broad range of governmental and community organizations.</p>	<p>2. Participants in population policy seminars should be top level representatives of all relevant governmental agencies; church, women's and community leaders and representatives of the media.</p>
<p>3. Participants commented that these seminars were conducted at a very appropriate time. MOH family planning clinics will be opened soon but had not</p>	<p>3. Population policy seminars should be conducted before family planning programs are started and when leaders</p>

yet divided or hardened public opinion. Also, serious economic and social problems had stimulated a desire to take strong corrective action.

4. The leadership of the Ministry of Health had initiated the idea of the seminars and took full responsibility for their planning and implementation. For example, the Permanent Secretary of Health attended both seminars.

5. The seminars were planned for a total of 50 participants (25 each seminar). Over 75 people actually attended, creating a shortage of some material.

are motivated to work together to solve social problems.

4. It is essential that the host agency (Ministry of Health) fully support the seminars.

5. Trainers should anticipate that seminars of this type may draw more participants than planned and bring extra material.

6. The trainers handed out a total of ten different documents (see Appendix C for list of materials). Overweight baggage and photocopying costs were very high.

7. Participants in the seminars were selected for an interagency coordinating committee which will plan and monitor population activities in Imo State.

8. Participants recommended that seminars on population and development be held at the community level to create support for family planning at the local level.

6. Materials should be shipped to Nigeria well in advance of future seminars.

7. A "team building" workshop should be conducted by IHP for the coordinating committee that would focus on clarifying the group's goals.

8. Nigerian trainers should be trained to provide population and development workshops at the community level. These should be held before family planning clinics are opened to involve local leaders in planning and to create support and demand for services.

## B. Seminar Design

1. The Rapid/Nigeria presentation by Dr. Benson Morah was an essential component of the seminars.

2. All data on the impact of population growth in Nigeria and Imo State was provided by Nigerian speakers. The U.S. consultants served as facilitators and presented international data and policy for comparative purposes.

3. The policy seminars were designed to maximize participant interaction and discussion in an atmosphere that encouraged free expression of ideas.

1. The Rapid/Nigeria presentation should be included in population policy seminars and it should be presented by a Nigerian expert.

2. Information on population factors in Nigeria should come from credible Nigerian sources and be provided by Nigerian speakers. Outside consultants play a useful role as stimulators of discussion and "neutral" facilitators.

3. In order to develop positive support for population programs the seminars should encourage full discussion of all viewpoints--not attempt to "sell" a particular position or program.

4. Early in the seminars participants were asked to reflect on the pleasures they obtained from family life. This provided the focus of the seminars on "pro-family" values.

5. The seminars maintained a policy-level focus and did not include discussion of family planning methods or technology.

6. Much of the "data" on population and development was the personal experience of the participants. The

4. The seminars should emphasize and be consistent with family and social values of the participants.

5. Policy seminars should stay at the policy level of analysis and leave implementation details to the operating agencies.

6. Much of the statistical "data" on population is of poor quality and is highly controversial.

emphasis on the lives of the participants gave the seminars an emotional component was very helpful.

7. The seminar design included discussion of cultural factors (beliefs, values, local sayings and customs) that are related to population growth.

8. Discussion of the communication problems between men and women was a highlight of the seminars and the lack of open communication between husbands and wives was seen by the participants as a key obstacle in the adoption of family planning practices.

Since participants actually "live" the problems, it is much more effective to base discussions on their own experiences which have much more meaning for them.

7. It is both entertaining and useful to discuss local cultural phenomena related to fertility. These discussions are most effective if conducted in the local language.

8. Efforts should be made to determine how family dynamics influence fertility decisions and educational programs should be designed to enhance mutual decision-making by men and women regarding family size and child rearing.

## VI. RECOMMENDATIONS

Participants in both seminars presented comprehensive recommendations on policy changes and programs to deal with the population crisis in Imo State. These recommendations, referred to as "syndicate reports" in the agenda, will be forwarded to USAID and INTRAH by Mr. Izuwah, Permanent Secretary for Health.

APPENDIX A

**Persons Contacted**

**PERSONS CONTACTED**

USAID (Lagos)

Ms. Keys MacManus: AID Administrative Officer, Lagos

National Population Bureau (Lagos)

Dr. Benson C. Morah, Demographer

World Bank (Lagos)

Mrs. Khadijat Mojida

Ministry of Health (Owerri)

Mrs. B. C. Nwankwo - Commissioner of Health

Mr. A. E. N. Izuwah - Permanent Secretary for Health

Mrs. Grace Ogbonne - Family Planning Coordinator

APPENDIX B

**Agenda**

# **POLICY SEMINAR**

**ON**

**Population, Health & Development**

**26TH - 28TH MARCH, 1985**

**AND**

**1ST - 3RD APRIL, 1985**

**AT**

**CONCORDE HOTEL, OWERRI.**

# **POLICY SEMINAR**

ORGANISED UNDER

MINISTRY OF HEALTH (IMO STATE)/INTRAH

**Agreement on International  
Health Training**

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### SEMINAR OBJECTIVES

- (i) To analyse the relationship between family health policies and the quality of life in Imo State.
- (ii) To assess how projected future population growth will impact the goals and programmes of government and private institutions.
- (iii) To explore various approaches of creating population policies and programmes in Imo State.
- (iv) To determine how various institutions can contribute to a co-ordinated population policy.
- (v) To identify key problems related to family health and population and make recommendations for the solution of these problems.

### SEMINAR OFFICIALS

DIRECTOR: - A.E.N. Izuwah  
PROGRAMME DIRECTOR: - Dr. R.A. Eke  
APPOORTEUR GENERAL: - Dr. S.N. Ugorji  
ADMINISTRATION: - O.K. Ekwenye  
R. Ezigbo (Mrs);  
S.A. Chidi Ebere (Mrs)  
WELFARE: - Mrs. C.L. Oriuwa  
SECRETARIAL STAFF: - C.C. Okoro  
I.N. Nwaneto

### FACULTY

Dr. Mervyn Silverman  
Dr. Gary Bergthold  
Dr. Benson Morah  
Mrs Kodijat Mojidi  
Mrs G. Cgbonna

SEMINAR PROGRAMME

Seminar 1  
26TH - 28TH MARCH, 1985

DAY ONE

26TH MARCH, 1985

- 9.30-10.30a.m. - Formal Opening by the  
Commissioner for Health,  
Mrs B.C. Nwankwo.
- 10.30-11.15a.m. - Briefing by Seminar Officials  
and Overview of Seminar by  
Faculty.
- 11.15-11.30a.m. - Coffee Break
- 11.30- 1.15p.m. - Presentation and Discussion  
(Rapid/Nigeria)
- 1.30- 2.30p.m. - Lunch
- 2.30- 4.00p.m. - Lecture/Discussion

DAY TWO

27th March 1985

- 8.00- 9.30a.m. - Lecture/Discussion
- 9.30-11.00a.m. - Group Discussion
- 11.00-11.15a.m. - Coffee Break
- 11.30- 1.15p.m. - Lecture/Discussion
- 1.30- 2.30p.m. - Luncheon
- 2.30- 4.00p.m. - Lecture/Discussion.

DAY THREE

28th March, 1985

- 8.00-11.30a.m. - Discussion/Mobilisation
- 1.30- 2.30p.m. - Luncheon
- 2.30- 4.00p.m. - Plenary Session and Seminar  
Resolutions.

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SEMINAR I  
LIST OF PARTICIPANTS

1. Prof. S.N. Nwosu
2. G.A. Chonna
3. Mrs. C.A. Ckezie
4. Dr. M.C. Okoronkwo
5. Dr. (Mrs) A.C. Nwaejike
6. Mrs B.I. Chukwu
7. Mrs Julie Onum-Nwariaku
8. Dr. N. Okoro
9. B.O. Nworom
10. Mrs. J. U. Madumihe
11. Mrs. M.C. Aguta
12. Dr. H. A. Akanwa
13. Dr. (Mrs) S. Chukwu
14. Dr. (Mrs) V. Nwigwe
15. Dr. (Mrs) P. Njemanze
16. Dr. (Mrs) I.U.N. Izuwah
17. Mrs. D. Nwankiti
18. C.I. Ononwu
19. P.C. Okoli
20. Chudi Onuzo
21. Army Rep.
22. Police Rep.
23. Two Community Leaders.
24. G.M., N.T.A. Channel 6, Aba.

SEMINAR II

1ST - 3RD APRIL, 1985

Day one

1st April, 1985

- 9.30-10.30a.m. - Formal Opening by the  
Commissioner for Health,  
Mrs. B.C. Nwankwo.
- 10.30-11.15a.m. - Briefing by Seminar Officials.  
Overview of Seminar by Dr. Silverman
- 11.30- 1.15p.m. - Presentation and Discussion  
(Rapid/Nigeria).
- 1.30- 2.30p.m. - Lunch.
- 2.30- 4.30p.m. - Lecture/Discussion

DAY TWO

2nd April, 1985

- 8.00- 9.30a.m. - Lecture/Discussion
- 9.30-11.00a.m. - Group Discussion
- 11.00-11.15a.m. - Coffee Break
- 11.30- 1.15p.m. - Lecture/Discussion
- 1.30- 2.30p.m. - Luncheon.
- 2.30- 4.00p.m. - Lecture/Discussion

DAY THREE

3rd April, 1985

- 8.00-11.30a.m. - Discussion/Mobilisation
- 1.30- 2.30p.m. - Luncheon
- 2.30- 4.00p.m. - Plenary Session and  
Seminar Resolution.

LIST OF PARTICIPANTS

1st - 3rd April, 1985

1. A.C. Ejiaku
2. Dr. C. Ndukwe
3. Mrs. P.E.N. Cjike
4. G.N. Eke
5. Dr. U.W. Uche
6. Mrs S.N. Chibundu
7. S. C. Agbasi
8. G.C. Azuike
9. Mrs. R.U. Onyike
10. Mrs I. Eronini
11. J.U. Durueke
12. Miss R.A. Ahanonu
13. Dr. (Mrs) R. Nwagbara.
14. Mrs R. Njoku
15. N. Osuji
16. Mrs. C.N. Ukanwoke
17. Army Rep.
18. Police Rep.
19. Three Comm. Representatives
20. Enyioma Igboke
21. Dr. (Mrs) R. Ekeleme
22. G.N., N.T.A., Channel 6, Aba
23. Chigbokwu Ckenze
24. C.K. Ogbu (Mrs)

Special Participants

1. Zonal Co-ordinators
2. Heads of Division, Ministry of Health, Overri.

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APPENDIX C

**List of Materials Distributed**

## LIST OF MATERIALS DISTRIBUTED

1. Population Handbook.
2. Rapid Population in Sub-Saharan Africa - Issues and Policies (World Bank Staff Working Papers Number 559).
3. Nigeria - The Effects of Population Factors on Social and Economic Development - The Futures Group (RAPID - RESOURCES FOR THE AWARENESS OF POPULATION IMPACTS ON DEVELOPMENT).
4. Speech of Head of Federal Military Government on Population in Nigeria to the International Conference on Population held in Mexico City from August 6 - 13, 1984.
5. Report of the Main Committee International Conference Mexico City, August 6-13, 1984.
6. Kilimanjaro Program of Action for African Population.
7. Population Policy: A Comparative Review and Guide for Action (Prepared for the Interim Ministerial Conference on Population - Ibadan, Nigeria, February 27 - March 1, 1984) by Stephen L. Isaacs, J.D.
8. Nigeria: Population Policy Background Paper (Fadayomi and Morah).
9. Reproductive Health Management in Africa by Dr. Fred T. Sai.
10. Population Growth - Its Magnitude and Implications for Development by Nancy Birdsall (Finance and Development, September 1984, Volume 21, Number 3).

Other materials used included the 1984 World Population Data Sheet of the Population Reference Bureau, Inc.; Population Policy - A Manual for Policymakers and Planners by Issacs, Cairns and Heckel; as well as other background papers that were incorporated into presentations by the facilitators.