



## **HEALTH TRANSITION AND NEW CHALLENGES TO THE HEALTH SYSTEMS: A LOOK AT MOZAMBIQUE**

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### **Abstract**

**Introduction:** The health transitions that occur over time as a result of changes in fertility, mortality, socio-economic conditions and other factors impose on to health systems, new challenges in universal coverage and access to health for all. Through a bibliographical study, analysis and interpretations of the content, was described, over the last 20 years, demographic, socio-economic, epidemiological changes and current challenges of the Mozambican health system.

### **Results:**

Demographic profile: over 60 years, the population quadrupled, the crude death rate decreases, and birth rates and fertility, almost did not change. Socio-economic profile: more than half of Mozambican population still lives in absolute poverty and the evolution of GDP per capita was very slow over the last 20 years. Illiteracy rates and chronic malnutrition in children under 5 years still remain high. Epidemiological profile: infectious diseases continue to lead the "TOP10" of the causes of morbidity and mortality, especially HIV/AIDS and malaria. Maternal mortality is still very worrying matter. Health System profile: characterized by three periods of time – colonial, after colonial independence and after Mozambique civil war – with lack of coverage and access to the health care. Current challenges of the health system: still with low coverage of the health system network, existence of communicable and non-

communicable diseases simultaneously, resulting in competing needs for scarce health resources and, declining in fertility, are the main health concerns.

**Conclusion:** despite 20 years of complete peace and a number of foreign investments, Mozambique is still struggling in health care coverage and provides health indicators far from satisfactory vision. The civil war, the demographic transition, the cyclical natural disasters and the HIV/AIDS, may be kicking factors in health sector. Consequently, the evolutionary history of a particular health care system, can explain the failures and successes of health services and identify cost-effective approaches for its better development.