

# Investing in family planning: The case for long-acting and permanent methods of contraception



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# Why invest in family planning? Family Planning saves lives!

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Use of effective Family Planning could

- ◆ Reduce the annual maternal deaths by 20-35%
- ◆ Reduce infant and child deaths by 20%
- ◆ Prevent mother-to-child transmission of HIV

# Why invest in family planning? The need is great

- ◆ Unmet need for FP is very high:
  - ❖ 1 of every 3 women in Africa has unmet need
  - ❖ 1 of every 4 in Asia and LAC has unmet need
  - ❖ 1 in 7 married women and 1 in 14 never-married women has unmet
- ◆ 350 million people have limited access to FP
- ◆ Only 14% of women in Africa uses modern FP

# Why invest in family planning? The need for services is growing

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- ◆ 1.5 billion more people by 2025
  - ❖ 500 million in South Asia
  - ❖ 450 million in Africa (will ↑ 60% in < 20 years)
- ◆ Just to maintain current rates of contraceptive use, FP services will need to expand 40%

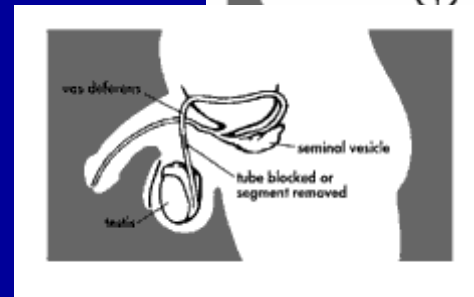
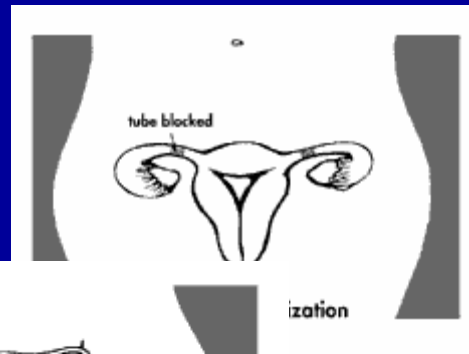
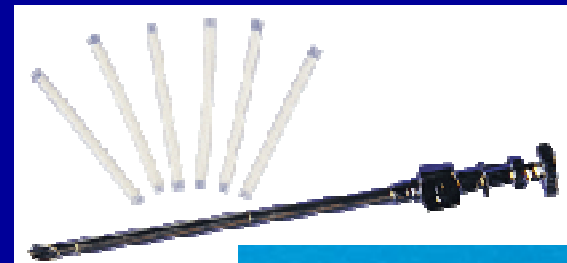
# Why invest in family planning? FP is critical to national development

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Reducing unmet need for family planning can help countries to meet the MDGs by reducing the cost of achieving the goals.

- ❖ In Uganda investing \$97 million in family planning would save an estimated \$408 million in cost associated with education, health and the environment.
- ❖ In Pakistan an investment of \$165 million would save \$1 billion.

# The Case for LAPMs



# Method Characteristics

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- ◆ The most effective FP methods  
995-999/1000 do not get pregnant
- ◆ Very safe (minor complications <10%; major, rare)
- ◆ Convenient (one act confers long protection)
- ◆ Long duration of effectiveness (up to 3-12 yrs)

# Good for People

- ◆ LAPMs are an important and attractive method option for women and men who wish
  - ❖ to delay a first birth,
  - ❖ to space births, and
  - ❖ to limit family size once they decide that they do not want to have more children.
  
- ◆ LAPMs are equally suitable for
  - ❖ young and older women
  - ❖ women who have been pregnant and those who have not
  - ❖ people living with HIV
  - ❖ postpartum and postabortion women



# Good for Health Systems

- ◆ Meet clients' needs / provides choice
- ◆ Reduce burden on other health services:
  - ❖ FP (re-supply clients)
  - ❖ Obstetric/maternity (unwanted births, abortions)
  - ❖ HIV (PMTCT)
  - ❖ Pediatric
- ◆ The most cost-effective FP
  - ❖ Discontinuation is much lower with LAPMs



# Data for Decision-Making

## What is Reality √?

A EXCEL-based forecasting tool which allows :

- ◆ Allows a user to test multiple scenarios in minutes
- ◆ Allows a user to generate data for evidence based advocacy or planning
- ◆ For multiple levels of analyses: national, regional, district, site

# Reality ✓ In Action





# Reality √: In User's Own Words

- ◆ **Data for Decision-Making is Necessary**
  - ❖ *“I will sit together with my colleagues, discuss with them the importance of proper collection, management and utilization of data in our FP service provision”*
- ◆ **Data can be used:**
  - ❖ *“Reality √ helped providers learn how to order – correctly and in time – to avoid stock-outs.”  
(Mayuge district staff)*



# Reality ✓ in action



*“.... [We] took all the health units using LAPM through the tool. Using service statistics, we showed them how it helps as a tool. The tool shows the effort we need to put in.”*

*(Sembabule provider)*

# Reality $\sqrt{\quad}$ : Global Reach

- ◆ Countries where tool has been used for local level analysis:
  - ❖ Tanzania
  - ❖ Ethiopia
  - ❖ Bangladesh
  - ❖ Nepal
  - ❖ Uganda
  - ❖ Honduras
- ◆ Capacity Building for Use of Tool
  - ❖ Tanzania – ACQUIRE field offices in four zones and JSI/DELIVER
  - ❖ Ethiopia – ACQUIRE/EngenderHealth/Packard Project
  - ❖ Uganda – MOH planners from national level and four districts