The Role of Family Planning in Improving the Health of Women and Girls

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Sexual, reproductive and maternal health (SRMH) programming is critical to improve survival and well-being, while also reducing poverty and increasing social justice.
CARE’s Approach to SRMH

- Rights-based framing
- Across the humanitarian response – development continuum
- Focus on overcoming barriers to service utilization and health system quality
- Integrate technical and cross-cutting strategies
- Rigorous documentation of impacts for global learning and advocacy
Achieving Rights and Results

Adequate Resources

Quality Services

Family Planning Coverage, Quality & Equity

Participation & Inclusion

Transparency & Accountability

Enabling Policy Environment
SRH in Conflict and Emergency Settings

- In 2011, 61 m people affected by humanitarian crises
- UNFPA estimates over 25% of maternal deaths in refugee settings from unsafe abortion
- CARE’s Supporting Access to Family Planning and Post Abortion Care (SAF-PAC) initiative
  - Work with government and local partners
  - Focus on long acting, reversible FP methods
  - Service delivery & social and behavior change strategies

<table>
<thead>
<tr>
<th>Country</th>
<th>MMR</th>
<th>CPR</th>
<th>% LA methods in new acceptors</th>
<th>% FP post-abortion</th>
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</thead>
<tbody>
<tr>
<td>Chad</td>
<td>1,200</td>
<td>1.6%</td>
<td>74%</td>
<td>45%</td>
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<tr>
<td>DRC</td>
<td>670</td>
<td>5.4%</td>
<td>77%</td>
<td>64%</td>
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<tr>
<td>Pakistan</td>
<td>280</td>
<td>21.7%</td>
<td>33%</td>
<td>59%</td>
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Integration of Maternal Health and Family Planning

- CARE maternal health programs often integrate FP
  - Service strengthening at government facilities in MH & FP
  - Intervention across the RMNCH continuum
- Programs also include cross-cutting strategies to increase impact
  - Bihar – integrated program including multiple innovations
  - Mali – women’s empowerment and gender equity
  - Malawi – participatory governance
  - Benin – ICT
Integrated Family Health Initiative, Bihar, India

- **Capacity building**
  - Mobile training teams and skill labs
  - Mobile phone job aids: scheduler/reminders, algorithms, counseling messages and videos

- **Team building and integration**
  - Sub-center level meetings of frontline workers

- **Monitoring, quality improvement & data-driven management**
  - Periodic assessments – observation of deliveries; LQAS
  - Quality improvement

- **Public-private partnership**
  - FP network and mobile vans for IUD and training of nurse midwives
Gender Equity & Women’s Empowerment

- “Beginning-to-end” gender programming
  - Gender Analysis – identify gender inequalities and social & structural causes
  - Social Analysis and Action – approaches and tools to surface, question and transform gender & social norms
  - Women’s empowerment measurement tool – survey of empowerment across its multiple dimensions (WE-MEASR)

SRMH Programming ➔ Women’s Empowerment/Gender Equity ➔ Improved Health & Development Outcomes
Family Planning “Results Initiative”
Kenya & Ethiopia

- 4 yr program to assess impacts of empowerment & increased gender equity on FP uptake
- Evaluation in baseline & endline surveys of women and men
- Key preliminary results
  - Significant increase in current FP use reported by women (Kenya, 32% to 51%; Ethiopia, 32 to 61%)
  - Exposure to program activities significantly associated with FP use
  - Program exposure in Kenya and FP use also associated with belief in women’s right to refuse sex (p<.01); self-efficacy to use FP (p<.01); and equitable participation in household decision-making (p<.01)
Participatory Governance for Social Accountability

• Inclusive and expanded spaces for dialogue and negotiation engaging communities, healthcare providers and local government

• Emphasize mutual responsibility and accountability

• Community Score Card (CSC) approach being evaluated in a Malawi cluster randomized trial
Summary of Strategies for Achieving Impact

- Work with **communities** to overcome barriers (including unequal social and gender norms) to the timely use of health services and improve healthy behaviors.

- Work with **health systems** to strengthen the continuum of services from the community to facility level; facilitate ongoing quality improvement; and enhance acceptability and responsiveness to community needs.

- Build **participatory governance** for shared oversight, responsibility and accountability.