



USAID
FROM THE AMERICAN PEOPLE

access

Family Planning Initiative
Addressing unmet need for postpartum family planning

Postpartum Family Planning in 17 countries

November 2009

Maria Borda
Futures Group

<http://www.accesstohealth.org>

Jhpiego in partnership with Save the Children, Futures, The Academy for Educational Development, The American College of Nurse-Midwives and IMA World Health

Outline

- **Data and Methodology**
- **Family Planning Use**
- **Unmet Need**
- **Factors Influencing FP Uptake**
- **Summary**
- **Programmatic Application**



USAID
FROM THE AMERICAN PEOPLE

a2cess

Family Planning Initiative
Addressing unmet need for postpartum family planning


Data and Methodology

- **Demographic and Health Surveys**

- 2003 to 2007
- 17 countries

- **Sample size**

- Postpartum women through the first year
- Number of women varied greatly from country to country

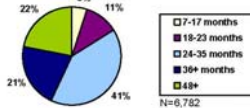


Family Planning Needs during the Extended Postpartum Period in Tanzania

This analysis is based on the 2004-2005 Demographic and Health Survey (DHS) data from Tanzania, and summarizes key findings related to birth spacing and postpartum family planning during the extended postpartum period.¹ ACCESS-FP defines the extended postpartum period as one full year post-birth.

Birth Spacing among All Women
Figure 1 presents data from all women experiencing births in the past five years. Approximately 16% of births in Tanzania occur within short intervals of less than 24 months, and another 41% occur between 24 and 35 months. Based on research findings that demonstrate improved perinatal outcomes for infants born 36-59 months after a preceding birth, experts from the World Health Organization (WHO) advise an interval of at least 24 months **before couples attempt to become pregnant** (birth-to-pregnancy interval) in order to reduce the risk of adverse maternal, perinatal and infant outcomes.²

Figure 1: Birth-to-birth spacing among all women – all births in the last five years



Interval	Percentage
7-17 months	5%
18-23 months	11%
24-35 months	41%
36+ months	21%
48+ months	22%

Unmet Need for Family Planning among Postpartum Women
Data from 1,958 women within one year post-delivery were used to examine prospective unmet need, as illustrated in Figure 2. In this analysis, unmet need is defined prospectively regarding the woman's desired timing for her next pregnancy. Prospective analysis yields higher rates of unmet need than are observed if the woman is asked about the last birth.

Among women during their first year postpartum, 74% have an unmet need, but only 19% are using any method of family planning. Consistent with findings elsewhere,³ only 4% of Tanzanian women during this 12-month postpartum period desire another birth within two years.

¹ Analysis by Maria Borda, Corsetta Futures, October 2007.
² Report of a WHO technical Consultation on Birth Spacing Geneva, Switzerland, 13-15 June 2006.
³ Ross J.A. and Wiley W. 2001. Contraceptive use, intention to use and unmet needs during the extended postpartum period. *International Family Planning Perspectives* 27(1): 20-27.

- 1 -

<http://www.accesstohealth.org>

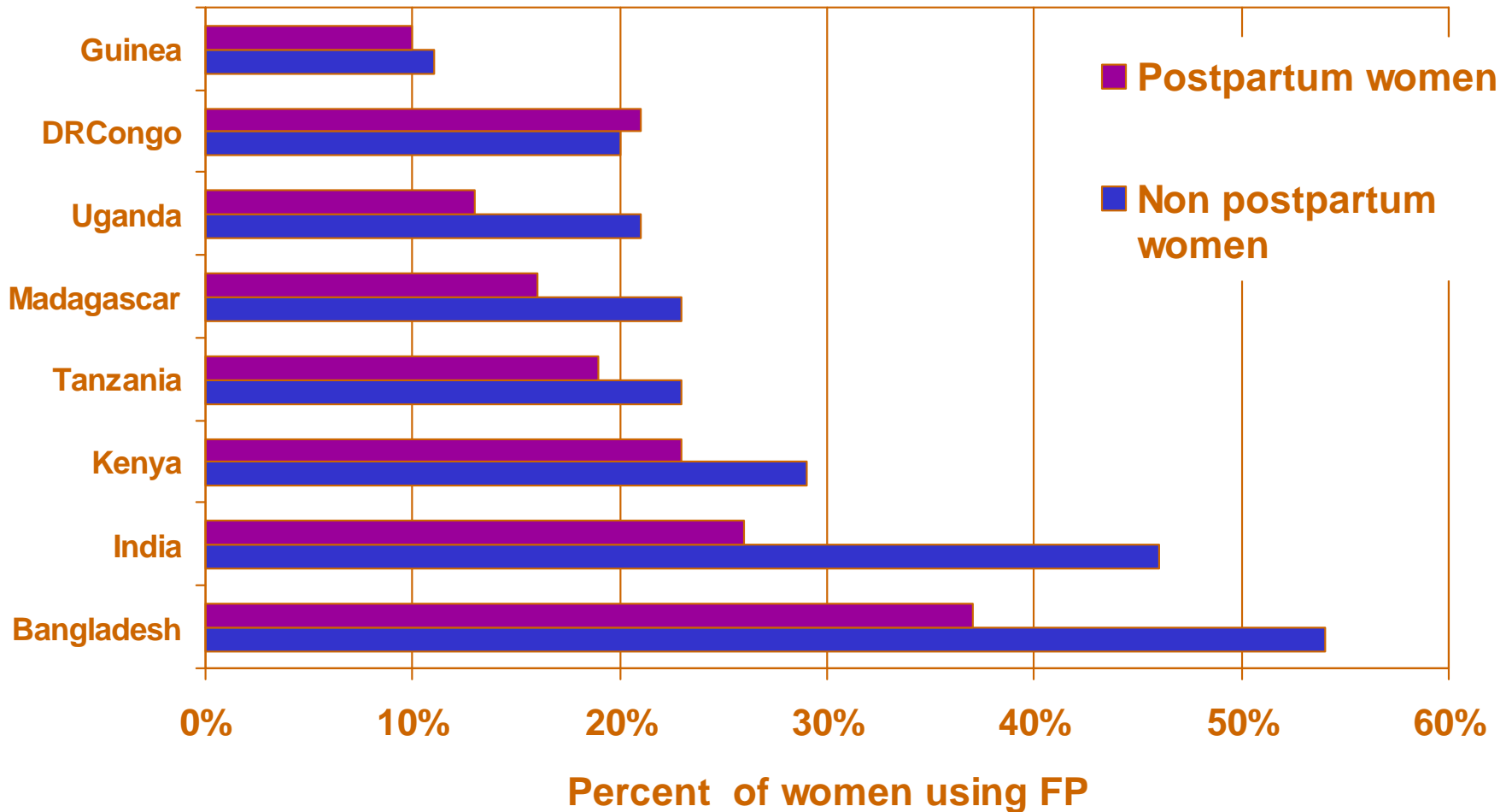


USAID
FROM THE AMERICAN PEOPLE

aaccess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Comparison of family planning use among all women and postpartum women

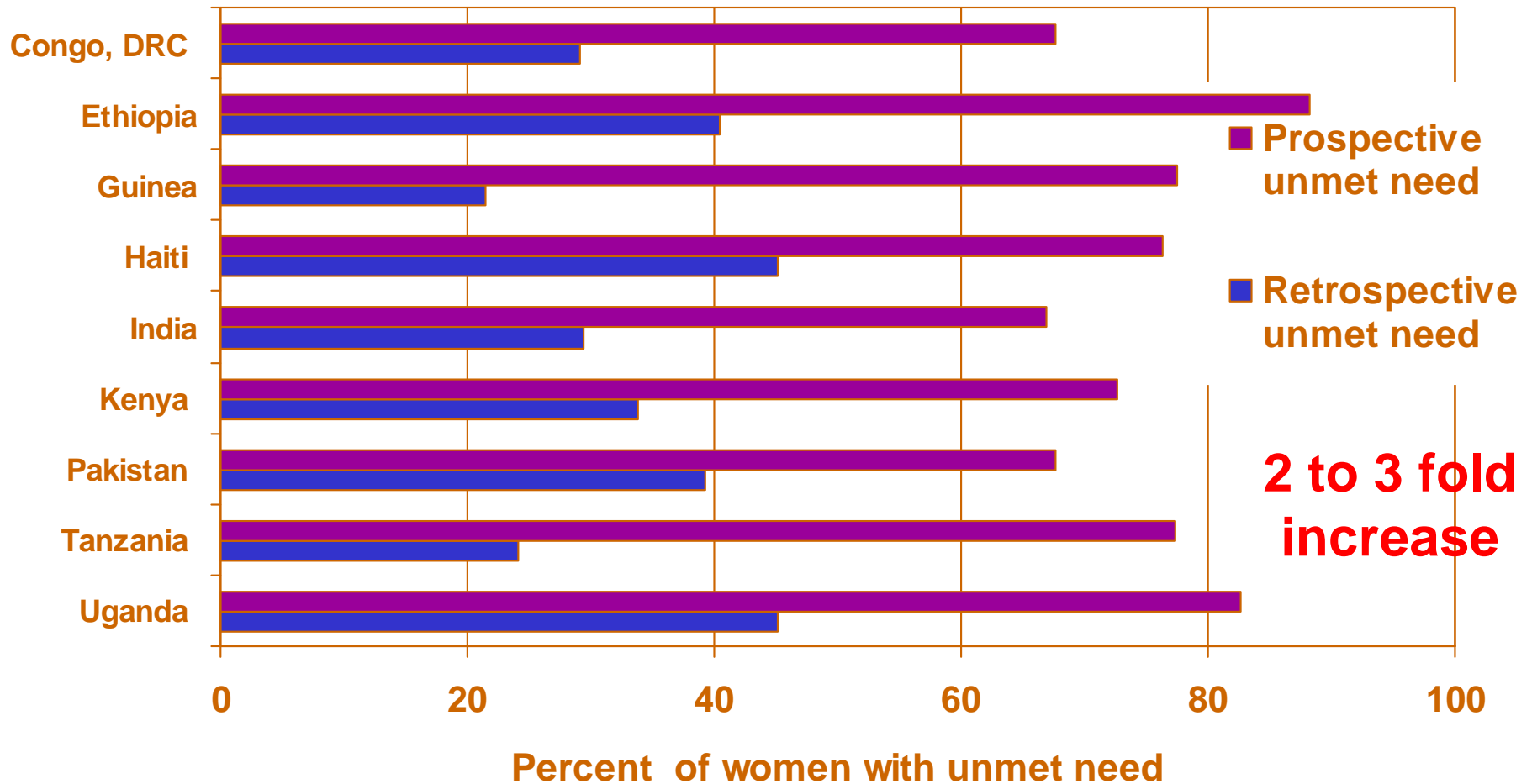


USAID
FROM THE AMERICAN PEOPLE

aécess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Comparison of prospective to retrospective unmet need



USAID
FROM THE AMERICAN PEOPLE

aécess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Factors that affect uptake of family planning during the postpartum period

- **Exclusive breastfeeding**
- **Return to sexual activity**
- **Return of menses**

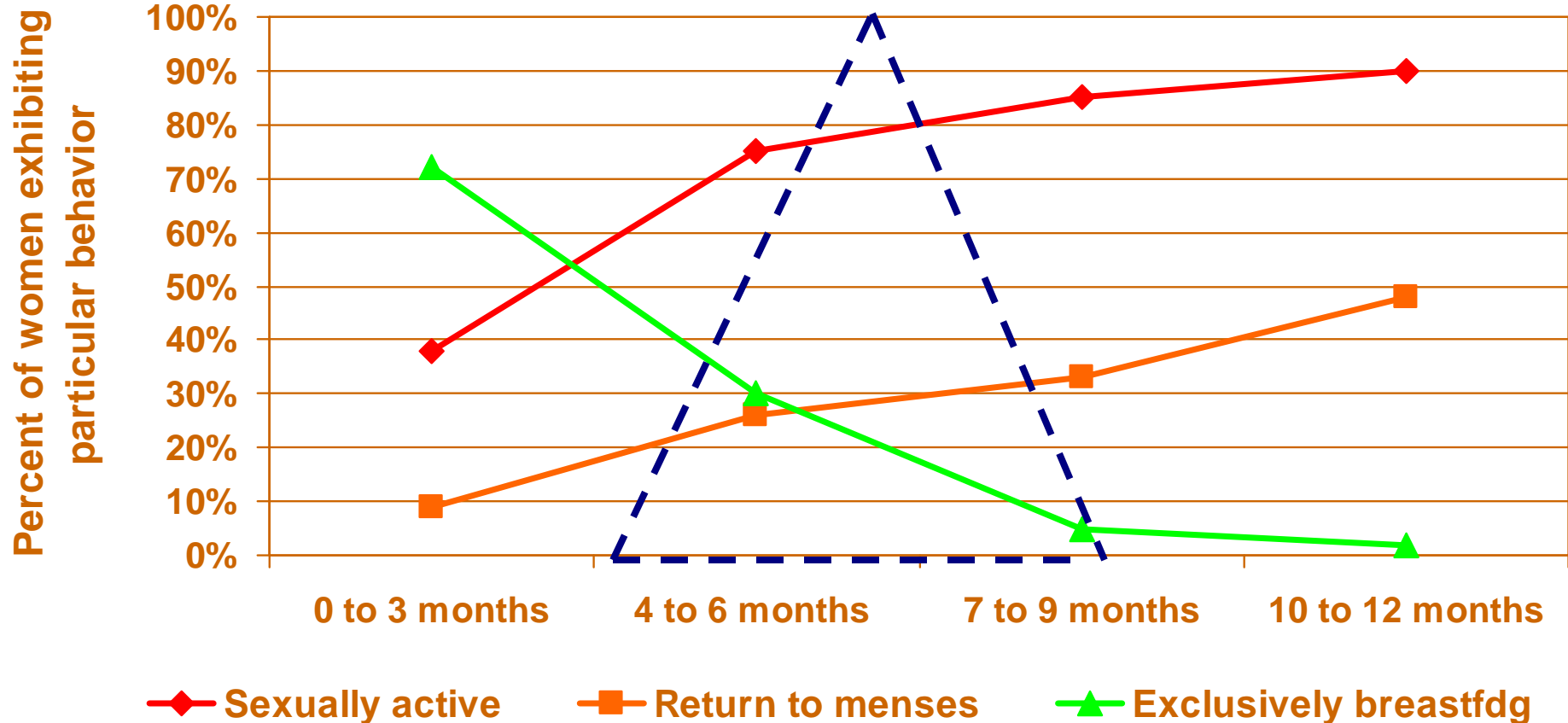


USAID
FROM THE AMERICAN PEOPLE

a^occess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Return to fertility in Uganda

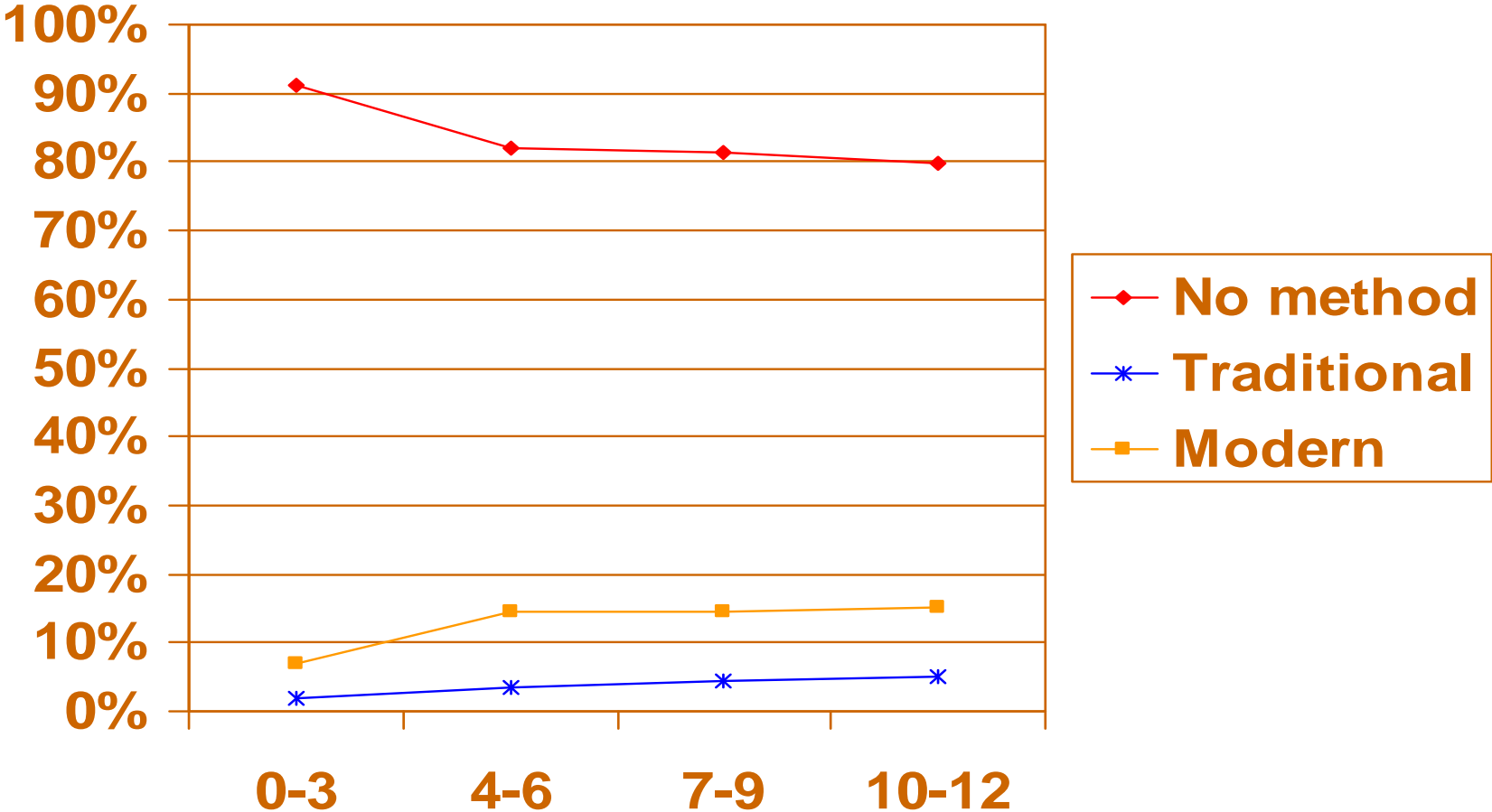


USAID
FROM THE AMERICAN PEOPLE

a&eccess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Family Planning Use and Return to Sexual Activity

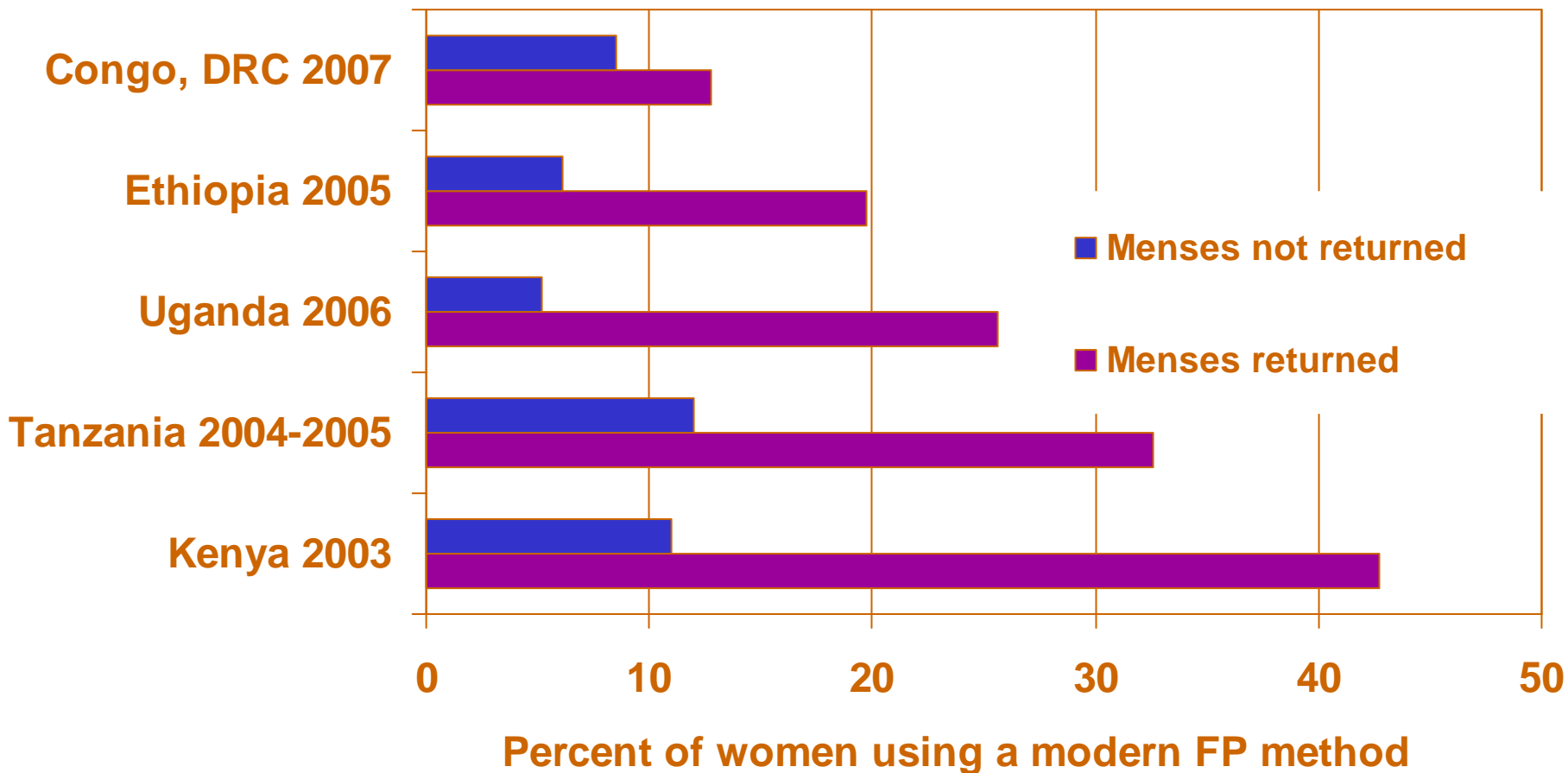


USAID
FROM THE AMERICAN PEOPLE

a²ccess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Family Planning Use and Return of Menses



USAID
FROM THE AMERICAN PEOPLE

aécess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Relationship between FP and MCH services

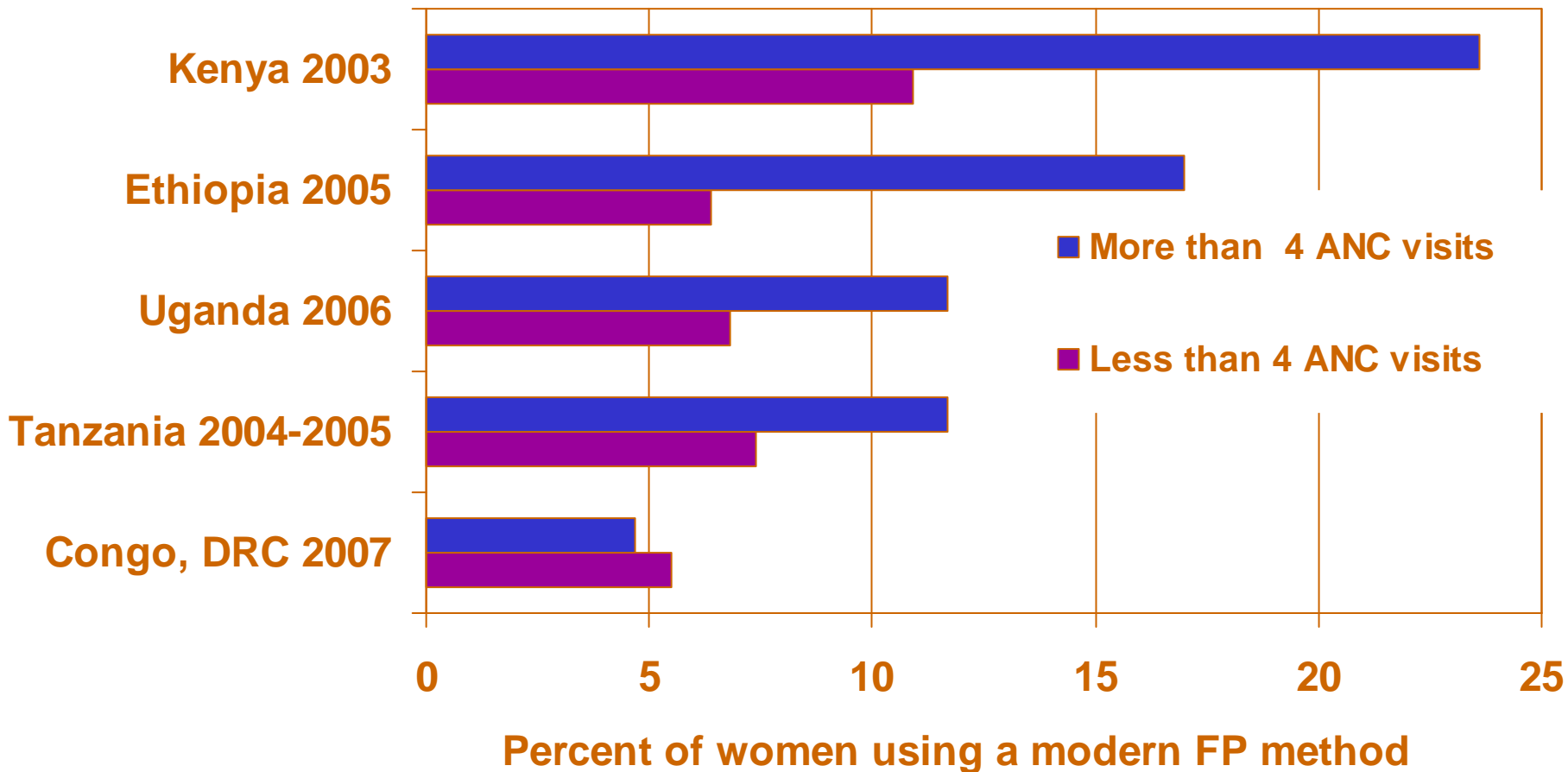


USAID
FROM THE AMERICAN PEOPLE

a2cess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Greater FP use among women who have had adequate ANC.

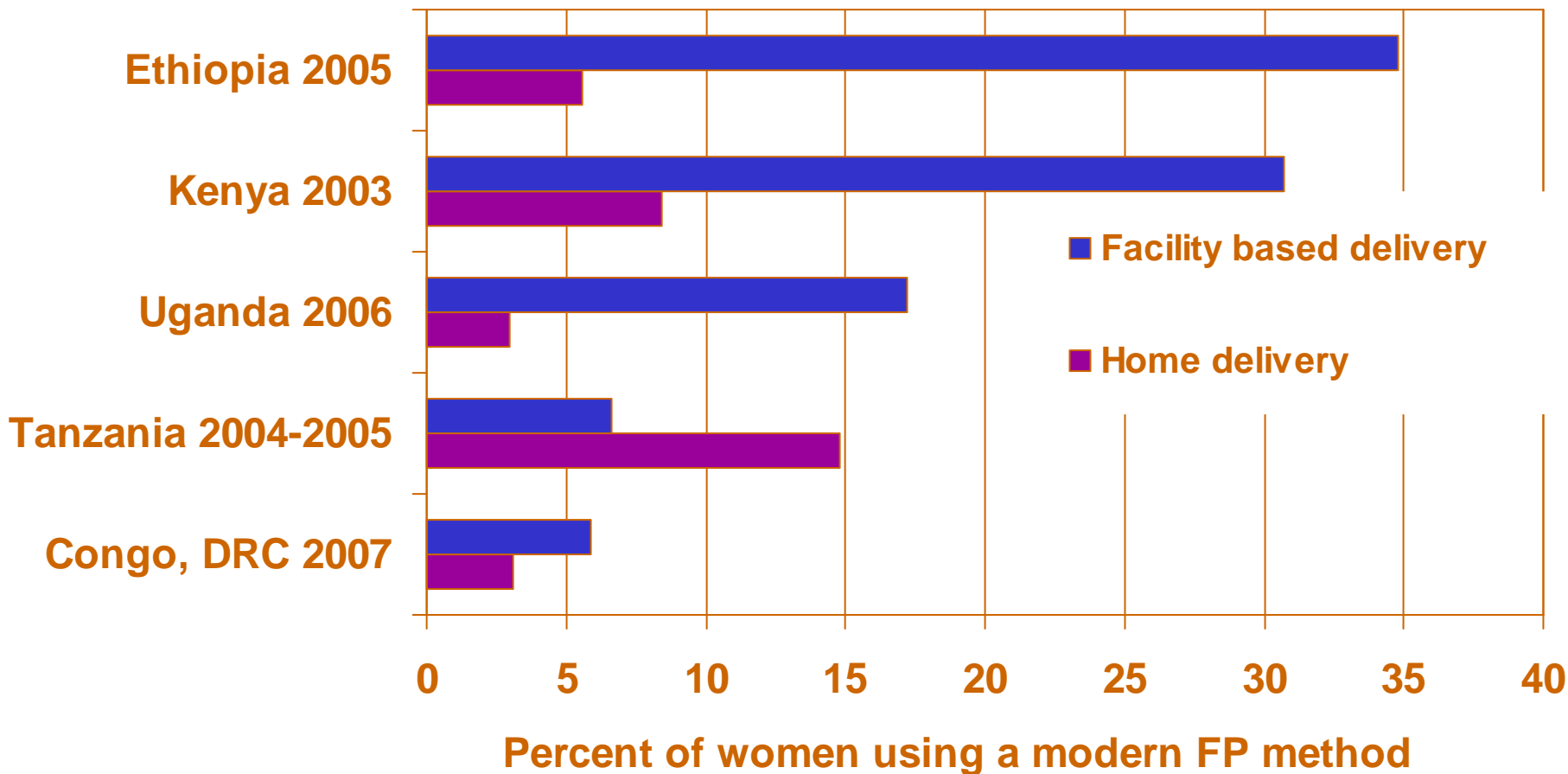


USAID
FROM THE AMERICAN PEOPLE

aécess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Greater FP use among women who delivered at a health facility.



USAID
FROM THE AMERICAN PEOPLE

aécess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Summary

- **There is high unmet need among postpartum women.**
- **Postpartum women do not think they are at risk of pregnancy during the first year after giving birth and therefore are less likely to use FP.**
- **Higher FP use among women who have had adequate ANC and among women who delivered at a facility**



USAID
FROM THE AMERICAN PEOPLE

aécess

Family Planning Initiative
Addressing unmet need for postpartum family planning

Programmatic Application

- **Build awareness that return of fecundity often precedes menses and encourage early FP use**
- **Where PP abstinence is limited to a short period, ensure that postpartum women and couples are aware of pregnancy risk and have access to methods**
- **Encourage use of maternal health services**



USAID
FROM THE AMERICAN PEOPLE

a^occess

Family Planning Initiative
Addressing unmet need for postpartum family planning