

Towards Healthy Timing and Spacing of
Pregnancies: Postpartum Family Planning
Use among women in rural Jimma, Ethiopia

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overview

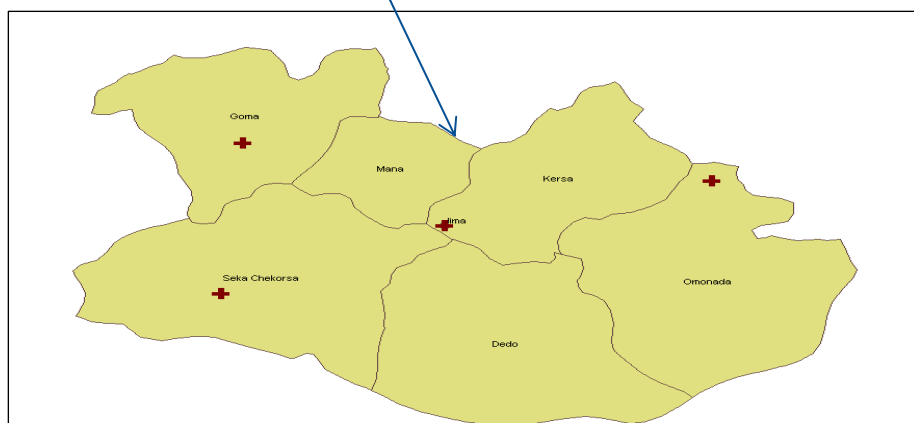
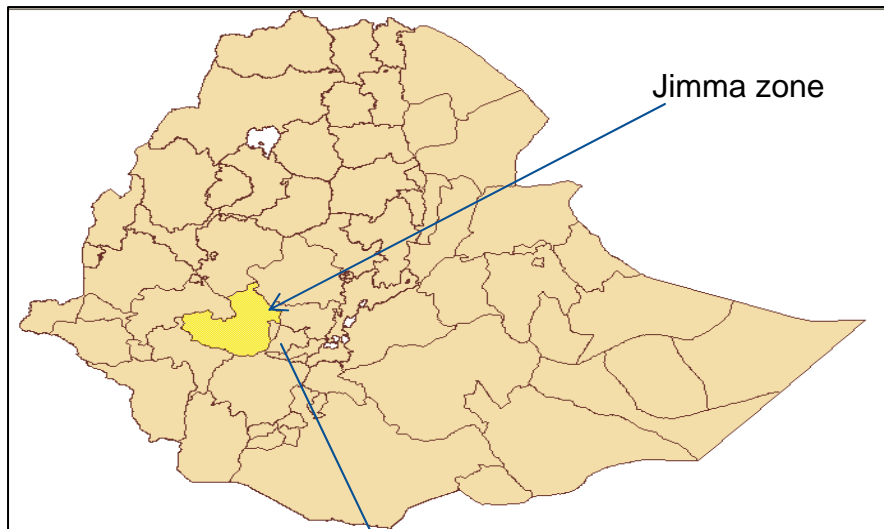
- Introduction
- Objectives
- Research Methods
- Results & discussions
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Introduction

- Family planning can reduce maternal & child mortality by;
 - preventing unintended pregnancies/ abortions
 - eliminating shorter birth intervals
- Postpartum Family Planning (PPFP) enables women to space pregnancies & achieve the healthiest outcomes for women, newborns and children.
- But $2/3^{\text{rd}}$ of pp women have unmet need for FP & few want a child within 2 years after birth (Ross & Winfrey, 2001)
- Pregnancies in the first year postpartum are more likely to be unintended & to have adverse outcomes for the mother and newborn (Access FP, 2006).

Study area

Ethiopia/ Mana district



Ethiopia

- Large population (about 80 m)
- High maternal & child mortality
- Low CPR (15% in 2005)
- High unmet need (34% in 2005)
- 1/3rd of pregnancies unintended (EDHS,2005)

Mana district/Jimma Zone

- 370 km to SW of the capital(A.A)
- Population : 149,661(2007),
- 97% rural (ECC,2008)

Objectives

- Assess the utilization of family planning among postpartum women
- Identify reasons for non use and factors associated with contraceptive use during the first year postpartum period

Data & Methods

- Study design : cross-sectional survey
- Study popn : women from 6 rural sub-districts(kebeles) who had a live birth b/n 3 -36 months prior to the survey
- Sample size : 627 women
- Sampling procedure : simple random sampling
- Structured & pre-tested questionnaire used
- Ethical clearance (from JU) & verbal consent obtained
- Data analysis : univariate, bivariate & multivariate analysis using SPSS.
- Dependant variable : use of postpartum family planning

Results : socio-demographic s

Table 1: Socio-demographic characteristics of the study population, Mana District, 2008

Variables	All women		Postpartum women	
	Number	Percent	Number	Percent
Age				
15-24	142	24.3	82	29.2
25-34	331	56.7	152	54.1
35-49	111	19.0	47	16.7
Education				
No formal education	387	66.3	178	63.3
Primary	171	29.3	92	32.7
Secondary & above	26	4.5	11	3.9
Religion				
Muslim	553	94.7	263	93.6
Christians	31	5.3	18	6.7
total	584	100	281	100

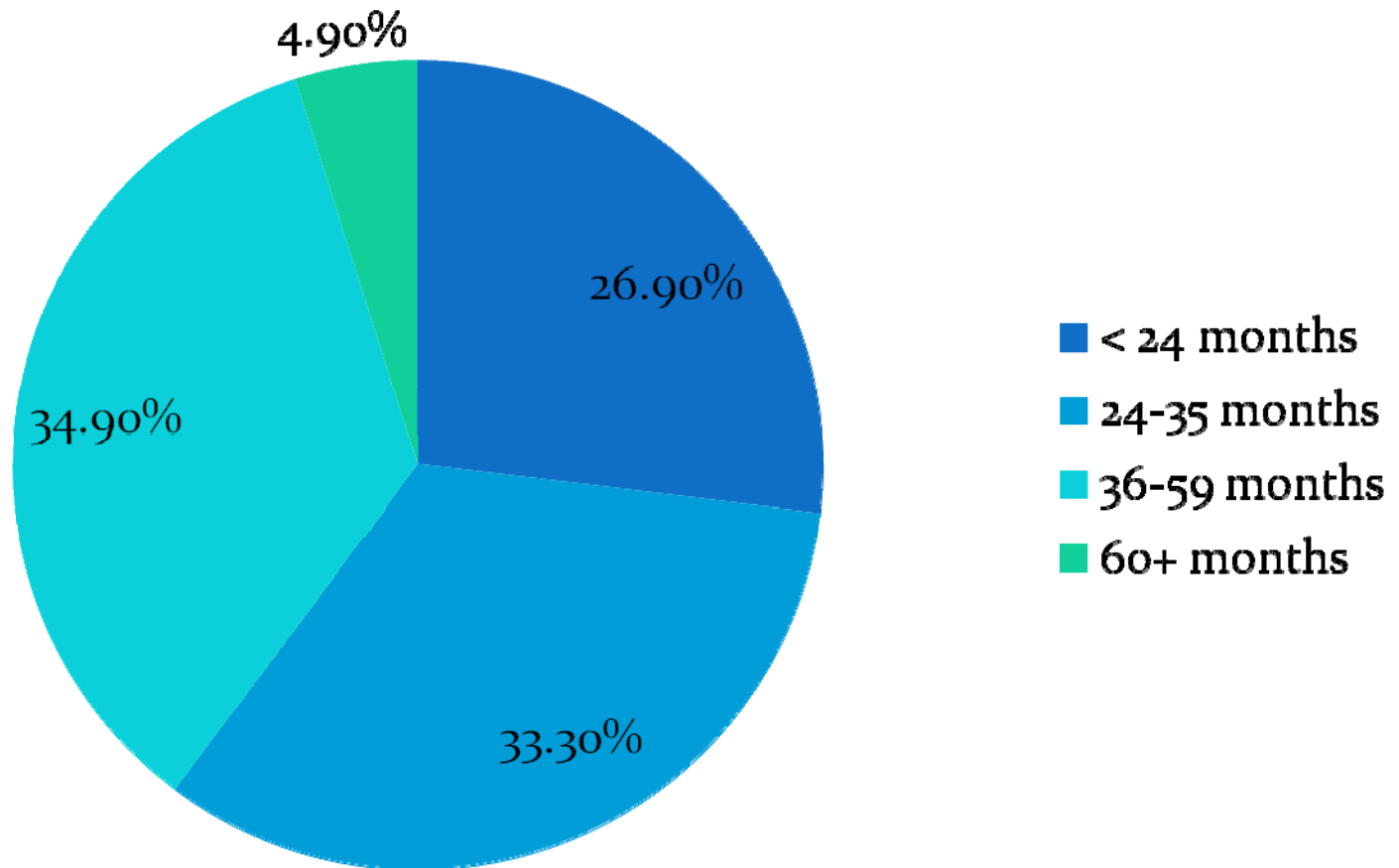
Fertility and child spacing behavior

Table 2: Fertility & child spacing behavior among women in rural Mana, Jimma, 2008(n=281)

Characteristics	% of postpartum women
No. of living children (average =3.89)	
1-3	51.2
4-5	34.5
6+	15.3
Wantedness of last pregnancy	
wanted then	61.0
wanted later(mistimed)	28.3
unwanted	10.7
Fertility preferences	
want a child in 2 years	6.40
want a child after 2 years	40.60
do not want more	45.90
undecided/up to God	7.10

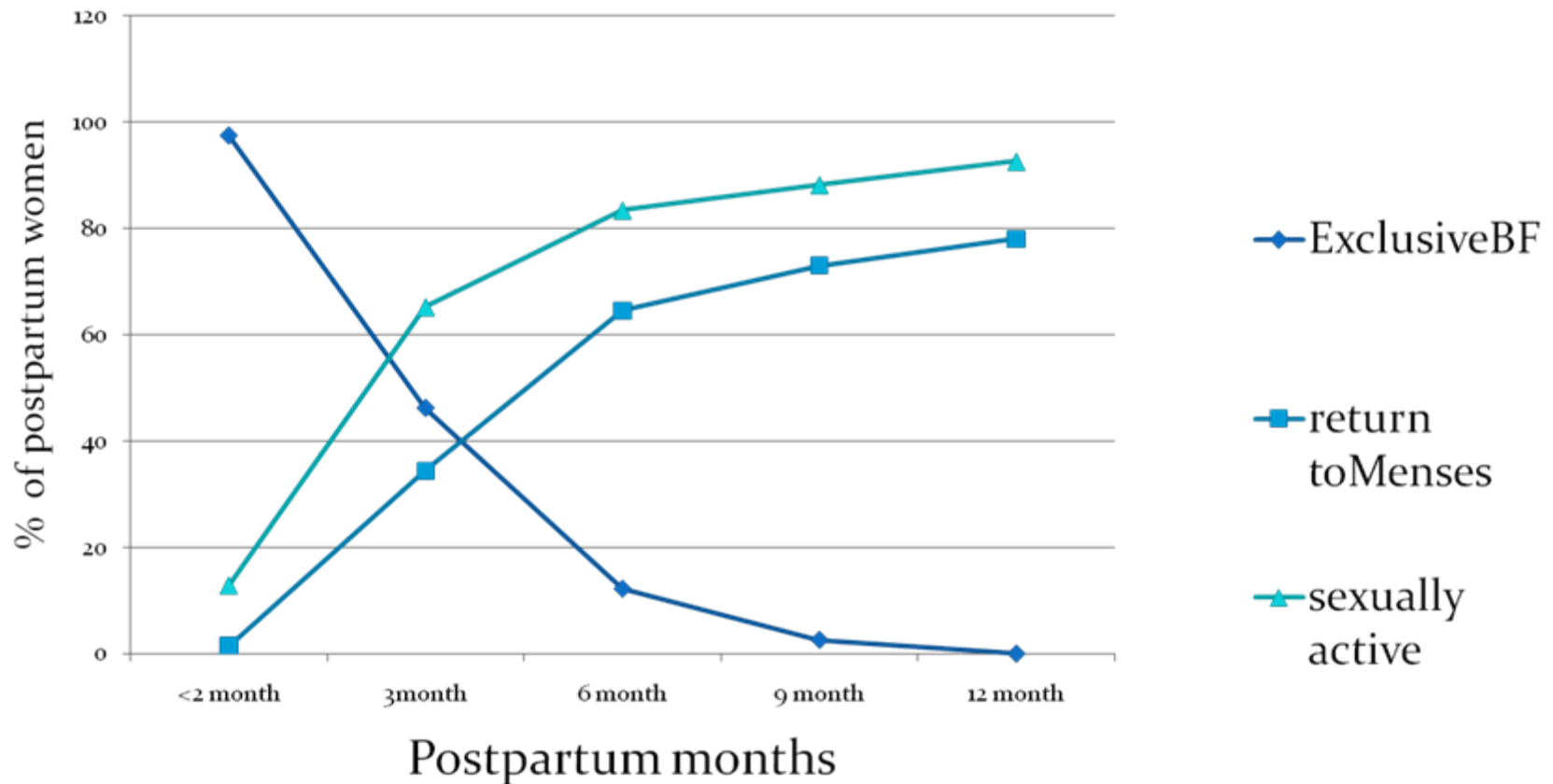
Birth spacing

Fig 1: Birth to birth interval among women with non first births, Mana 2008



Return to fertility

Fig 2: Factors that influence return to fertility among postpartum women, mana district, 2008

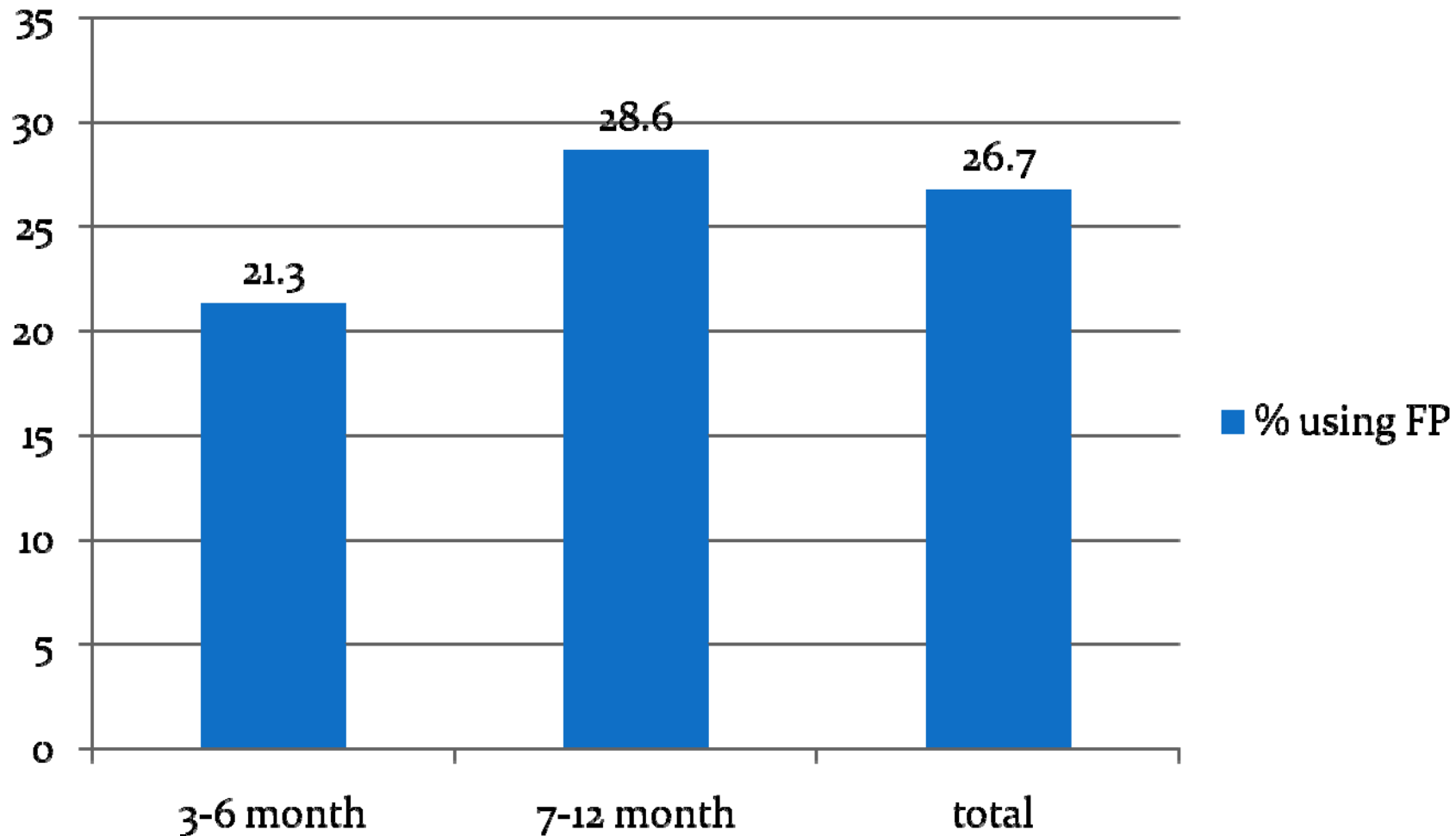


Use of family planning

Table 3 : Family planning knowledge & practice among postpartum women

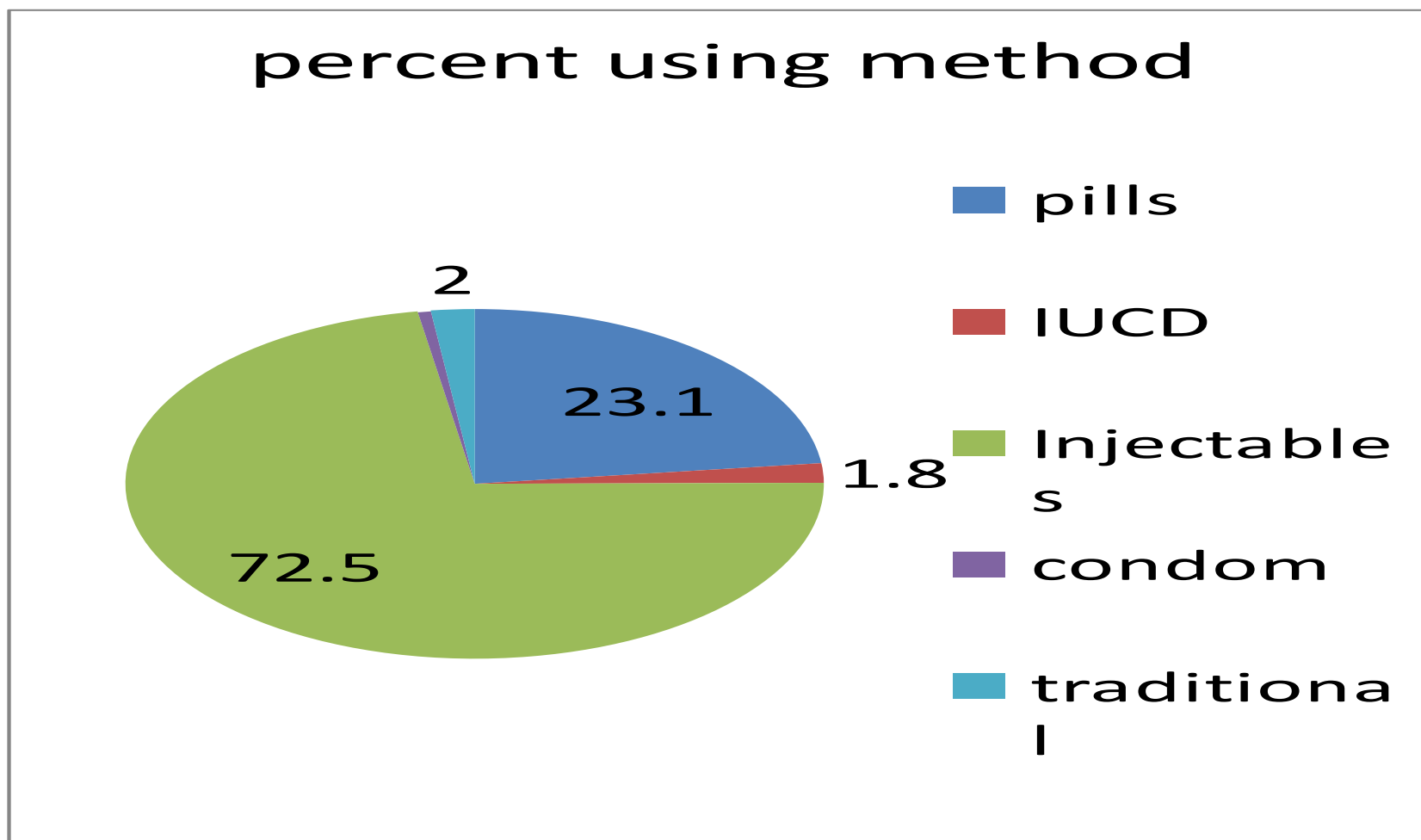
	% of Postpartum women (n=281)
Knows at least one method	94.7
Ever use of FP	39.1
Current use	26.7
Intention to use in future among non users	43.2

Percentage using Family planning by duration after birth



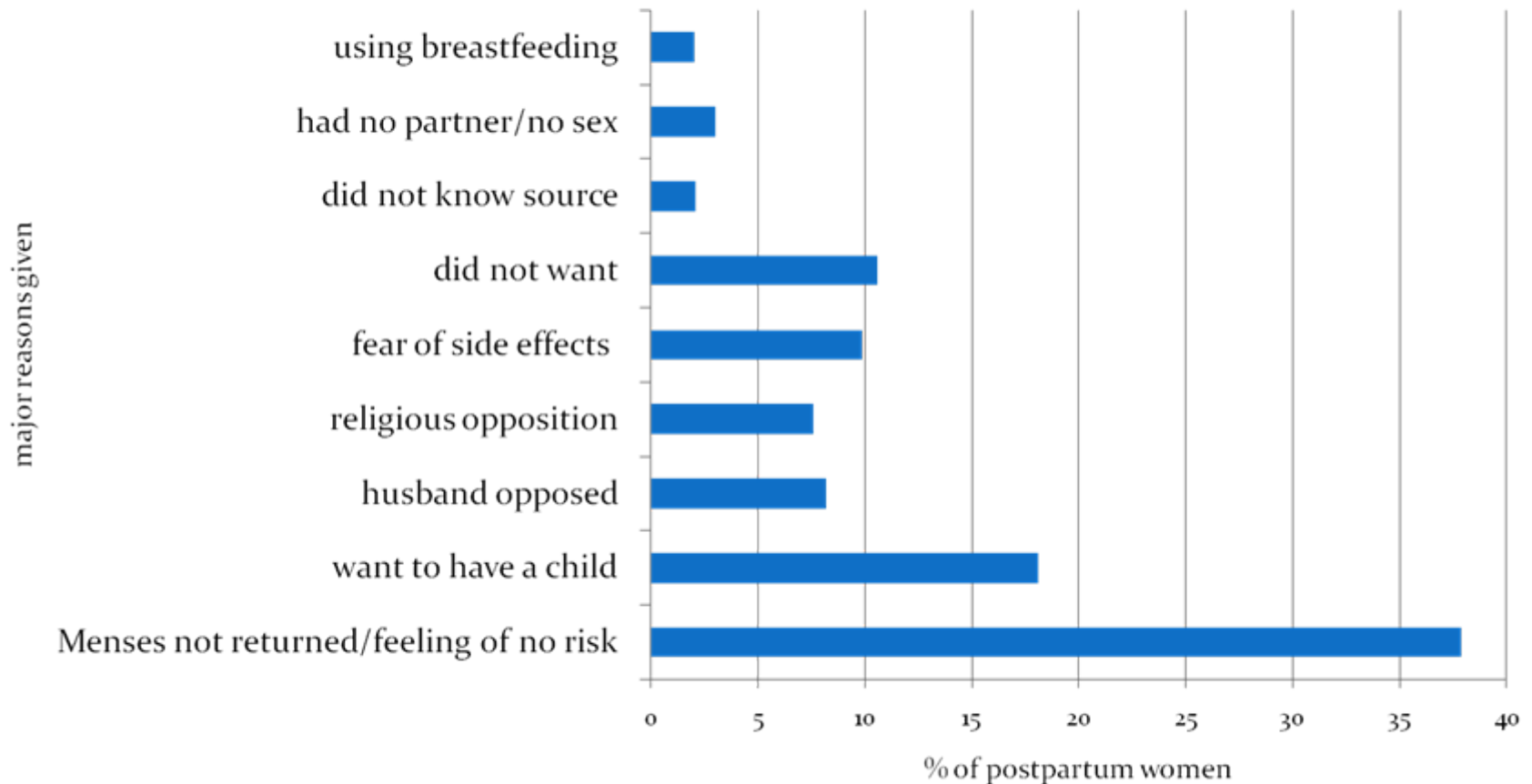
Family planning method mix

Fig 3: Family planning method mix among postpartum women, Mana, 2008



Reported reasons for not using PFP (n=206)

Fig 4: Major reasons for not using Contraceptives during the postpartum period ,Mana district, 2008

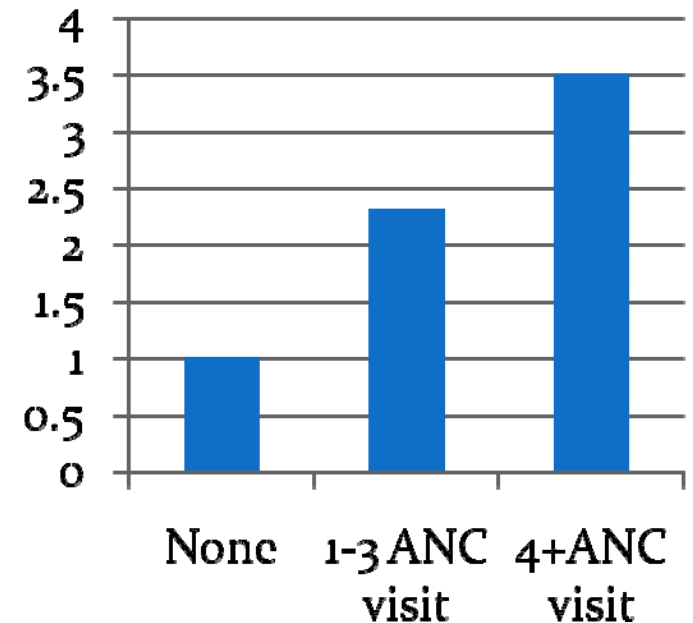


Opportunities for providing FP information (integration)

- ANC visit during previous pregnancy – 45.5%
 - 4⁺ ANC visit – 19.6%
 - heard about FP during ANC counselling = 16.6%*
- Institutional delivery – 4.6 %
 - heard about FP during hospital/HC delivery – 54%*
- Postnatal health facility visit – 7.8%
 - FP counseling during PNC visit – 86%*

Factors associated with postpartum family planning use

- The following variables are associated with use of postpartum family planning ($P < 0.05$) in this study;
 - Secondary education
 - ANC utilization
 - postnatal care use
 - husband approval of FP
 - desire to limit child bearing



Conclusion

- Most births are not adequately spaced, but most women prefer to space births for at least 2 years
- Low use of family planning & limited method mix
- Missed opportunities of integrating PFP with other maternal health services
- Thus, important to provide information & education on the benefits of birth spacing
- Counsel women on return to fertility, breast feeding & postpartum contraception
- Promote Integration of PFP with other maternal and newborn services

Acknowledgment

- Jimma University : provided funds to conduct the study

Thank you !