

FAMILY PLANNING/CHILD BIRTH SPACING SAVES LIVES AND PROMOTES ECONOMIC PROSPERITY

(Fact Sheet)



BACKGROUND

Plateau State is located in the North-Central geo-political zone of Nigeria with a population of 4.3 million people. Broadly, the family planning profile of the state shows that majority of the women of reproductive age (15-49 years) are not able to access and use the necessary services that should adequately support their survival and health.

For Plateau State to meet its share of the national goal, Plateau State must achieve a Contraceptive Prevalence Rate (CPR) of 27% from the current 21.4% percent (NDHS 2018). In effect, women of reproductive age (15 – 49 year) should have unhindered access and use of right-based family planning services across the state. In addition, Plateau State requires to address client concerns around availability, accessibility, and affordability of a full range of family planning methods.

By increasing government funding and spending for family planning services, the quality and coverage of the program would improve, number of trained family planning service providers increased, and consumables required for the provision of more effective methods of contraception (long acting reversible contraceptive (LARC) methods) procured. Doing so would not only increase access and use but would also save the lives of women and children while reducing the cost of providing healthcare.

KEY ISSUES

- ▶ Annual budgetary allocations to family planning are not released.
- ▶ Average out-of-pocket expenditure prevents the poor women in the communities to access FP services.
- ▶ Inadequate skilled service providers and uneven distribution (skewed to urban areas).
- ▶ Recurring commodity stock-outs due to funding deficits and poor logistic management system.
- ▶ Prevailing cultural and religious barriers to family planning have been a hindrance to service uptake by women.



ACTIONS REQUIRED

- ▶ Ensure adequate annual budgetary allocation to the FP programme at the State and LGA levels.
- ▶ The Executive Governor approves and directs the release of approved funds for Family Planning services.
- ▶ Policy makers, religious and traditional leaders should publicly speak in support of Family Planning.
- ▶ The media educate and enlighten the public on the benefits of FP and ensure accountability for FP by government.

BENEFITS

- ▶ Reduced maternal and infant mortality by 35% - 40%.
- ▶ Improved the quality of lives of children, mothers and entire household.
- ▶ Improved the health indices of Plateau State.
- ▶ Improved economic of the state with more women participating in economic activities.

STATE DEMOGRAPHICS	ESTIMATES FROM NDHS 2018
Maternal Mortality Ratio	710/100,000
Total fertility rate	5.4
Adolescents who have begun child bearing	8.2%
Delivery in Health Facility	43.9%
Annual Growth Rate	2.7
Unmet need for Family Planning	19.8%
Contraceptive Prevalence Rate	22.7%
Modern Contraceptive Prevalence Rate	21.4
ANC attendance	72.4%



DEFINITION OF TERMS

- **Contraceptive:** a device or drug which can be used to delay/space pregnancy by preventing pregnancy.
- **Family Planning:** An informed decision by an individual or a couple on how many children to have and when to have them; and using modern contraceptive methods to adequately space pregnancy.
- **Reproductive Age:** Women age 15 – 49 and men 15 -59 years.
- **Costed Implementation Plan (CIP):** Five Years Roadmap of targeted activities on Family Planning Services.
- **Unmet Needs:** The percentage of persons of reproductive age who want to use contraceptives but do not have access to them either due to unavailability or lack of information.
- **High-Risk Pregnancy:** A pregnancy where the mother is younger than 18 years or above 35 years or where the time of last birth to the next is less than 24 months apart or where the parity (number of pregnancies resulting in delivery) is 5 or higher.
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FAMILY PLANNING/CHILDBIRTH SPACING SAVES LIVES AND PROMOTES ECONOMIC PROSPERITY

(Role of Male Involvement)



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For Plateau State to meet its share of the FP 2020 national goal, Plateau State must achieve a Contraceptive Prevalence Rate (CPR) of 27 percent from the current 21.4 percent (NDHS 2018). In effect, women of reproductive age (15 – 49 year) should have unhindered access to family planning services across the state. In addition, Plateau State requires to address client concerns around availability, accessibility, and affordability of a full range of family planning services.

Historically, men being heads of families to a large extent determine access to health care including family planning services within the household. Therefore, men should bear the responsibility of reducing high maternal death that has bedeviled our Community.

In addition, when men are engaged in family planning; gender norms and stereotypes, rumors, myths and misconceptions about the use of modern family planning methods will be corrected and uptake of FP services will increase in our communities.



ACTIONS REQUIRED

- ▶ **Men as supportive partners:** since men play a key role in decision-making, foster men as allies in FP and MCH services.
- ▶ **Men as clients:** encourage men to seek health information and services.
- ▶ **Men as change agents in family and community:** help men examine gender norms that negatively affect their lives. Encourage men to engage other men in their communities to promote gender equity in RH/FP.

BENEFITS

- ▶ Reduced risks of illness and death for women and their children.
- ▶ Healthier women and children and improved quality of life of families.
- ▶ Health indices of Plateau State will improve.
- ▶ Improved economy because more women will be empowered to participate in the development of Plateau State.

KEY ISSUES

- ▶ Prevailing cultural, religious and gender norms to family planning have been a hinderance to service uptake.
- ▶ High maternal deaths in the Community due to increase in high-risk pregnancies and births.
- ▶ Low level of male partner involvement in family planning decision making.

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(Role of Media)



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For Plateau State to meet its share of the national goal, Plateau State must achieve a Contraceptive Prevalence Rate (CPR) of 27% from the current 21.4% percent (NDHS 2018). In effect, women of reproductive age (15 – 49 year) should have unhindered access and use of right-based family planning services across the state. To achieve this, Plateau State needs to address client concerns around availability, accessibility, and affordability of a full range of quality family planning methods.

Media professionals as agenda setters have a social responsibility to enlighten the general populace on family planning services, support to dispel myths and misconceptions by promoting inform media engagement on family planning information and services. The media plays important role in creating and changing community values, ideas and attitudes on family planning as well as advocating for an enabling policy environment for family planning programming.



ACTIONS REQUIRED

- ▶ Allocate Airtime and spaces to create visibility and awareness on Family Planning in the state.
- ▶ Engage in public dialogues with decision makers, religious, traditional and community leaders on family planning issues in the state.
- ▶ Use media platforms to drive Government investment and actions on family planning.
- ▶ Use the media to educate and enlighten the public on the benefits of FP and ensure accountability for FP by government.
- ▶ Use the media to amplify voices in support of Family Planning.

KEY ISSUES

- ▶ Low reportage of FP and other SRHR issues in the state.
- ▶ Few publications with the low quality and content of Family planning in the media.
- ▶ A number of myths and misconception around family planning information and services in the communities and on the media.

BENEFITS

- ▶ Reduced maternal death and infant mortality in the state.
- ▶ Improved quality of lives of mothers, children and the entire household.
- ▶ Improved the Health indices of Plateau State.
- ▶ Improved economic well-being on the Plateau with women engaged in meaningful economic activities.

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(Role of Executives & Policy Makers)



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There are several challenges that prevent the Government of Plateau State from achieving its desired commitments to the unmet need for family planning services by women of reproductive age. As contained in the Plateau State Costed Implementation Plan (CIP) which seeks to increase FP uptake and improve CPR to 27 percent. Key among these challenges is inadequate funding of family planning program. By increasing government funding and spending for family planning services, the quality and coverage of FP service would improve with more women accessing services, increase number of trained family planning service providers and procurement of consumables required for the provision of more effective methods of contraception (long acting reversible contraceptive (LARC) methods).

KEY ISSUES

- ▶ Annual budgetary allocations to family planning are not released.
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- ▶ Inadequate skilled service providers and uneven distribution (skewed to urban areas).
- ▶ Recurring commodity stock-outs due to funding deficits and poor logistic management system.
- ▶ Prevailing cultural and religious barriers to family planning have been a hindrance to service uptake by women.



ACTIONS REQUIRED

- ▶ Allocate adequate funds for Family Planning program at the State and LGA levels.
- ▶ The Executive Governor approves and directs the release of approved funds for Family Planning services.
- ▶ Recruit more FP service providers and ensure balance in deployment and spread CBS services in all public facilities.
- ▶ Policy makers should publicly speak in support of Family Planning.

BENEFITS

- ▶ Reduce the rate of maternal death and infant mortality in the state.
- ▶ Improve the Healthier women and children and improved quality of life of families.
- ▶ Health indices of Plateau State will improve.
- ▶ Improved economy because more women will be empowered to participate in the development of Plateau State.

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(Role of Religious/Traditional Leaders)



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Traditional rulers and Religious leaders as opinion molders in the Society have a critical role to play in changing the perception of their subjects to accept family planning for the wellbeing of the Society. Consequently, they can help to dispel myths and misconceptions by promoting the use of modern family planning information and services.



KEY ISSUES

- ▶ Prevailing cultural and religious barriers to family planning have been a hindrance to service uptake.
- ▶ High maternal deaths in the Community due to increase in number of high-risk pregnancies and births.
- ▶ Low level of male partner involvement in the family planning decision making.

ACTIONS REQUIRED

- ▶ Traditional and Religious leaders publicly speak on Family Planning and encourage their followers to access services.
- ▶ Traditional and religious leaders to use their platforms and offices to call on Government and influential individuals to fund and support family planning programs in the state.
- ▶ Incorporate childbirth spacing messaging in religious sermons and use every opportunity to speak on CBS.
- ▶ Encourage male involvement and Community members on family planning use in the community.

BENEFITS

- ▶ Reduced risks of maternal and infant mortality by 35% - 40%.
- ▶ Improved quality of lives of children, mothers and the entire household.
- ▶ Improved the health indices of Plateau State.
- ▶ Improved economic wellbeing of the state with more women empowered to participate in economic activities on the Plateau State.

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