



IMA WORLD HEALTH



FAMILY PLANNING

in the Democratic Republic of Congo

ASSP and ASSR | 2013 to 2022

Targeted Interventions

Service delivery for women

Provision of a full complement of family planning methods

Training of clinical providers

Increasing accessibility at the community level

Promoting family planning

Helping communities understand the value of family planning and its contribution to good health

4,089,114
new acceptors
of modern methods
of family planning

Increasing coverage of family planning in the DRC is one of the most effective ways to reduce infant and maternal mortality. According to World Bank data, DRC has the seventh highest population growth rate in the world at 3.1 percent. High fertility rates are what drives this growth.

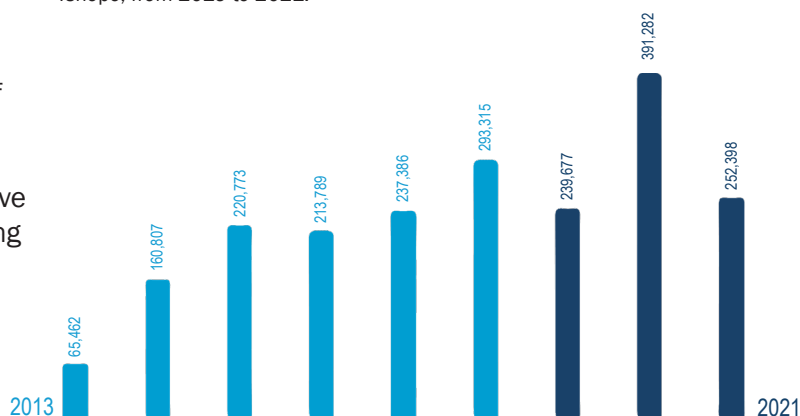
ASSP's baseline survey, completed at the beginning of the implementation phase in 2013, revealed that an average of 11.5 percent of sexually active women aged 15-49 were using modern methods of family planning in its project health zones. Nine years later, at the end of ASSR, the follow-on project for ASSP, the number has risen to 17.5 percent in project areas.

ASSP achieved this increase by improving access, integration, and utilization of Family Planning and Reproductive Health services, or FP/RH, then generating local demand for high-quality FP/RH services using innovative behavior change communication activities that promoted birth spacing and avoiding unwanted pregnancies to improve maternal health and child wellbeing. Simultaneously, ASSP integrated "youth-friendly services" into selected project-supported health centers to promote sexual reproductive health services for youth and adolescents. Finally, ASSP improved the quality and sustainability of FP/RH services through health systems strengthening and service delivery strategies.

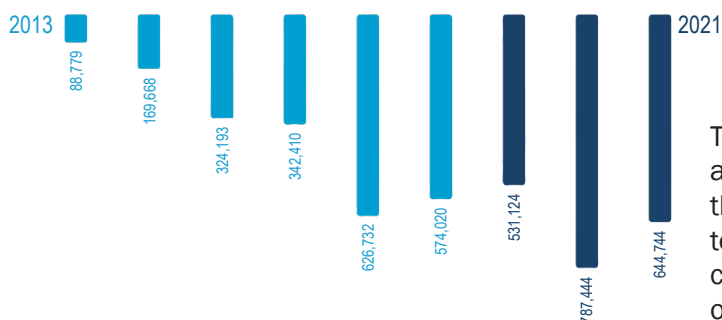
IMPACT Couple Years of Protection

Couple Years of Protection, or CYP, is the estimated protection provided by family planning services during a one-year period, based upon the volume of contraceptives sold or distributed to clients during that period. ASSP and ASSR continually increased CYP each successive quarter, enjoying the cumulative impact of improved commodity availability and strong community awareness and education.

ASSP worked in five provinces: Kasai, Kasai Central, Nord Ubangi, Tshopo, and Maniema, from 2013 to 2018. ASSR worked in only four provinces, dropping Tshopo, from 2019 to 2021.



2,074,889 CYP
achieved through family planning service provision, enabling families to exercise choice in planning their families and spacing births.



IMPACT New Acceptors of Modern Methods of Family Planning

The end of ASSR has seen a large increase in the use of long-acting contraceptives such as implants. In the last quarter, the contribution of long-acting methods was 55% compared to 45% for short-acting practices such as oral contraceptives, condoms, and cycle collars. Community-based distributors, or CBD, have remained instrumental for improving access to family planning services, especially for short-acting methods.

IMPACT The Benefits of an Integrated Health System

Pictured above, Patukola, 38, and Mumpa, 25, were brought to their local health center in Nkufulu, Kasai Central after community health workers discovered that their children were malnourished. Their children were registered in ASSR's Nutrition program and would soon begin the process of recovery. Mumpa told the head nurse, Justine, pictured right, that she became pregnant with her third daughter less than a year after her second child was born. She says she was unable to properly feed her daughter and she became acutely malnourished. Justine educated Patukola and Mumpa on the various methods of birth control available to them at the health center. Both women chose the implant method. Thanks to Justine and many more like her, women across DRC can practice birth spacing and provide better care to their children.

Justine, IT of Nkufulu health center, has performed implant surgeries for 183 women in her community since 2020.

More than 525,000 implants have been introduced since the start of ASSP.

