

# **Standard Days Method – Use in Senegal 2008 - 2011**



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# Standard Days Method in Senegal 2008-9

## Current data on Senegal

Total Fertility Rate – 5.3

Mean ideal # of children: Men – 7.3, women – 5.2

Unmet need for FP – 37% of MWRA or 600,000

Median birth interval - 34 months

Median age at first childbearing – 21 years

Contraceptive Prevalence Rate (all methods) – 18%

CPR (modern methods) – 16%

(Injectables – 6%, pills – 5%, implants – 3%, IUD – 1%, male condom – 0.6%, female sterilization – 0.3%)



## Background:



In 2004, World Vision included Birth Spacing messages within ongoing nutrition programs as an effective strategy to reduce malnutrition. Messages replaced “family planning” with “contraception” because of negative connotations.

In 2008, under the Flex Fund, World Vision introduced the Integrated Birth Spacing Project (IBSP) that focused on improving health, to a part of Fatick Region with a CPR of 4.7% County.

In 2008, the MOH increased their support for Health Huts (Cases de Sante) and added OCPs to the condoms and CycleBeads (colliers) they already stocked in Health Huts.

# SDM in Senegal

- IBSP manager hired the nurse/midwife from the nearest Health Post to train 18 Health Hut teams (22 ASC and matrons and 47 relais) and 2 Health Post teams (10) (106 staff) in Balanced Counselling on pills, condoms, CycleBeads and LAM, and to refer to the Health Post for other methods.
- IBSP monitored contraceptive use monthly.
- Best data was for a 12 month period, 2008 – 2009, the data reported on today.







**Nurse/Midwife and WV staff show CycleBeads and Pills at community rally in Fatick**





A client, the Health Hut matron and the village imam in their Health Hut





### Reasons for Non-use

1. Women are simply opposed – 26%
2. Women are breast feeding (but don't know if they have begun ovulation again) – 25%
3. Infrequent sex – 18%
4. Health concerns and fear of side-effects – 14%

### Results

- Health Huts distributed:

Pills – 599 cycles

Condoms – 533

CycleBeads – 8 (out of a total stock of 480 in 16 Health Huts)

- Health Huts sold pills - 100 cfa / package, CycleBeads- 500 cfa, condoms – free
- 78% of Health Huts had no stockouts
- In 12 months, CPR rose from 4.7% to 9.5%

# Conclusions: SDM in Senegal 2008 - 20011

## IBSP found that:

- SDM requires champions to build acceptance and sustain use
- SDM appeals to Roman Catholic service providers concerned with how FP methods function & to Muslim leaders concerned about healthy timing and spacing of pregnancies to improve community health
- SDM promotes couple communication
- CycleBeads are an excellent teaching tool that providers, women and men understand
- SDM is an essential option for Roman Catholic clients to have
- World Vision is now promoting SDM with religious leaders (Protestant, Catholic, and cult) in Siaya County and in Isiolo county - 98% Muslim in Kenya.



Questions?





