

# Women and Children First FP tool

## Ready for pressure-testing



### The issue

Over 210m women and girls in developing countries wanting to avoid getting pregnant are not able to do so. This is often a barrier for them to thrive and achieve their potential.

### The FP tool

It supports communities to come up with local answers to support women and girls who want to plan their families. It engages community members concerned about family planning in groups and guides them through nine monthly meetings in a four phase action cycle to: a) understand family planning and why it is important; b) identify local solutions to promote family planning; c) plan and implement the solutions; and d) evaluate these solutions. Local female facilitators use discussion prompts, picture cards and other tools to stimulate discussion. In parallel community-based distribution of FP services and products.

### Evidence

The FP tool is an appropriate method that can engage men and women in discussion about FP<sup>1</sup>. It also:

- Increases contraceptive prevalence rate by 50%<sup>2</sup>
- Increases uptake of FP services<sup>2</sup>
- Increases comprehensive knowledge of FP by 9%<sup>2</sup>
- Improves support for FP by 21%<sup>2</sup>, including from men<sup>1</sup>
- Decreases perceived barriers to accessing FP by 42%<sup>2</sup>

### The PLA methodology

The FP tool is based on the Participatory, Learning and Action (PLA) a sustainable<sup>3</sup>, cost-effective<sup>4</sup> and equitable<sup>5,6</sup> methodology to support communities to find local answers to global problems.

### Application

PLA methods like the FP tool work best in rural<sup>4</sup> settings, but there is increasing evidence that they can also work in urban and humanitarian

settings. They can be scaled through local volunteers<sup>7</sup>, community health workers<sup>8</sup>, NGOs<sup>9</sup> or hybrid systems. For maximum impact, best delivered with behaviour change activities, products, services and advocacy.

### Policy

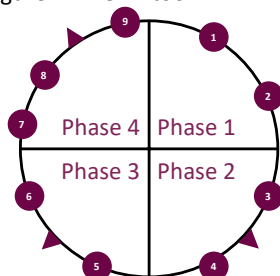
The FP tool can promote community engagement, which is a high impact practice in family planning<sup>10</sup> and a key area in the WHO Global Strategy for Women's, Children's and Adolescents' health (2016-2030). It can also accelerate progress on SRH, by creating a health enabling environment, as urged by the Guttmacher-Lancet Commission<sup>11</sup>.

### Other tools

Other tools based on PLA:

- MNH tool, which can successfully improve mother and newborn health and survival. This approach is recommended by the WHO.
- Ready for scale-up.

Figure 1: The FP tool



### Phase 1: Identify problems

- 1: Group formation
2. Understand family planning and why it is important

### Phase 2: Identify solutions

- 3: Identify solutions
- 4: Community meeting 1

### Phase 3: Implement solutions

- 5: Plan solutions
- 6: Mobilise resources

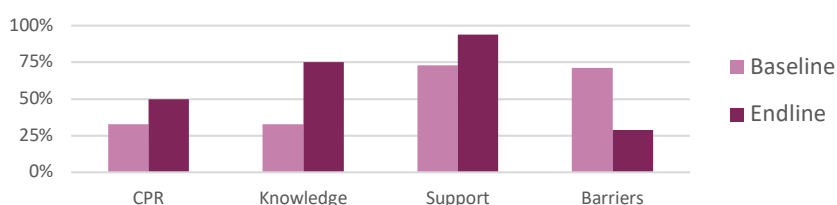
### Phase 4: Evaluate solutions

- 7: Evaluate solutions
- 8: Plan for the future
- 9: Community meeting 2

FP group member, Dedza, Malawi

*"After the meetings more men are encouraging their wives to use family planning. Men have had family planning explained so now they are supporting their wives. After [group members visited couples] door to door many woman are seeking implants."*

Figure 2: Impact of FP tool on CPR and knowledge, support and barriers to accessing FP



## Pilot > Transition > Scale-up

**Pilot:** Tool is ready for pilot testing.

**Pressure-testing:** Tool has been pilot tested and is ready for pressure-testing at scale.

**Scale-up:** Tool is effective and ready for scale-up.

## The PLA methodology was developed in collaboration with partners

BADAS—PCP – Bangladesh; Ekjut and SNEHA – India; MaiMwana and MaiKhanda – Malawi; MIRA – Nepal; UCL – UK

## References

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## More information

[www.womenandchildrenfirst.org.uk](http://www.womenandchildrenfirst.org.uk)

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