

Abstract

Improving Maternal and Child Health through Integrating Family Planning and Maternal Infant Young Child Nutrition [FP/MIYCN] in Bondo, Kenya

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Introduction

According to the KDHS for 2008-2009, Bondo district has poor maternal and newborn indicators with MMR of 620/100,000 and NMR of 208/1000 against national ratios of 488/100,000 and 31/1000, respectively. Short birth intervals and high fertility rates increase the risk of maternal and perinatal deaths. It is against this background that integrated FP/MIYCN interventions were initiated in health facilities and community units in Bondo.

Method

A cross-sectional FP/MIYCN baseline assessment was conducted in 6 health facilities and 8 affiliated community units to guide program design, development of messages and supplementary FP/MIYCN registers to facilitate integration.

Results

FP/MIYCN program adapted critical behavior change strategies to strengthen integration of FP/MIYCN and developed materials. 26 frontline service providers, 7 CHEWs and 111 CHWs trained on integrated FP/MIYCN, use of the piloted and endorsed materials and supplementary registers. Supportive supervision revealed 55.6% nurses' demonstrated knowledge and skills in promotion of FP and exclusive breastfeeding, and 87.5% CHWs reported intensive FP/MIYCN messaging. In exit interviews, 54.23% and 58.3% clients reported that nurses discussed mother and infant nutrition and benefits of child spacing, respectively.

Conclusion

Integrating FP and infant feeding facilitates counseling on FP and nutrition which prevents malnutrition, meets the mother's contraceptive (LAM) requirements and has been embraced by health care workers.

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