Community-based Family Planning Programs in Sub-Saharan Africa:
Bibliography

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ABSTRACT: This document is a focused bibliography of community-based family planning (FP) programs in sub-Saharan Africa. A literature search for peer-reviewed journal articles was conducted in multiple health databases, e.g., PubMed and Popline. In addition, this bibliography contains review articles on community-based family planning programs and is organized by region and country. Links to electronic resources are noted where available.
Overview

This section provides background information on global community-based family planning programs and their successful interventions to improve reproductive health in the past several decades of implementation. Such interventions described here include community participation and empowerment, training of competent community health workers, and integration with STI and HIV/AIDS programs. Although these community-based family planning programs have contributed to an increased contraceptive prevalence rate from less than 10% to 60% in developing countries overall, the unmet need for family planning remains high in many countries of sub-Saharan Africa (Cleland et al. 2006).


Guimei M. Community workers as extension of nursing personnel. J Nurs


**East Africa**

This study by Keele *et al.* was conducted in Tanzania to determine barriers to use of modern contraceptives using a qualitative methodology of in-depth interviews with over 50 community members. The authors found that beliefs around contraceptive use was influenced by religion of Islam, gender disparities, and restricted contact with external factors.


**West Africa**

The West African Youth Initiative (WAYI) was designed to increase knowledge of family planning and reproductive health among youth in Nigeria and Ghana through community-based and school-based activities.


**Cameroon**

In Cameroon, the use of community-based educators and mobilizers to increase community member awareness and participation in family planning services was generally found to have a positive effect on increased contraceptive use.


[http://www.guttmacher.org/pubs/journals/2718601.html](http://www.guttmacher.org/pubs/journals/2718601.html)


**Ethiopia**

These following studies of community-based reproductive health agents (CBRHAs) in Ethiopia found that trained and motivated CBRHAs can increase knowledge of and provide specific services in family planning and reproductive health.


**Gambia**

Ghana

One of the notable studies conducted in Ghana concerning community-based family planning is the Navrongo Community Health and Family Planning Project. For example, results from a study by Debpuur et al. indicated that the use of community nurses contributed to an increase in community members’ preferences to limit the number of births by using contraceptive methods.


Kenya


Madagascar

Nigeria
The following studies are examples of community-based studies conducted in Nigeria to improve family planning and reproductive health knowledge and practices.


South Africa

Tanzania

Uganda
Although community health workers are valuable in improving family planning counseling and distributing certain contraceptives to community members in rural Uganda, they need supervision and support to maintain their roles. Kipp *et al.* also found that male community-based distributors of contraceptives can help
facilitate communication between couples effectively, and in some cases better than female community-based distributors.


