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

May 16, 2008

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

Sandra Kong, MPH

KSC Research Series

**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.

The USAID Knowledge Services Center is operated by Bridgeborn, Inc. and Library Associates, and funded by M/CIO/KM and M/HR/TE under contract RAN-M-00-07-00003-00. The contents of this document are the sole responsibility of the Knowledge Services Center and do not necessarily reflect the views of USAID or the United States Government.

PN-ADM-023

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## 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).

N. Prata, F. Vahidnia, M. Potts, I. Dries-Daffner. Revisiting community-based distribution programs: are they still needed?. *Contraception, Volume 72, Issue 6, Pages 402 – 407.*

Brown H. Community workers key to improving Africa's primary care. *Lancet. 2007 Sep 29; 370(9593):1115-1117.*

Cleland J, Bernstein S, Ezeh A, Faundes A, Glasier A, Innis J. Family planning: the unfinished agenda. *Lancet. 2006 Nov 18; 368 (9549):1810-27. Review.*

Laverack G. Improving health outcomes through community empowerment: a review of the literature. *Journal of Health, Population and Nutrition. 2006 Mar; 24(1):113-120.*

<http://www.icddrb.org/images/jhpn2401-Improving.pdf>

Doherty, Tanya M., Coetzee, Minette. Community Health Workers and Professional Nurses: Defining the Roles and Understanding the Relationships. *Public Health Nursing, Jul/Aug2005, Vol. 22 Issue 4, p360-365, 6p; DOI: 10.1111/j.0737-1209.2005.220413.x; (AN 18035951)*

Speizer I, Magnani R, Colvin C. The effectiveness of adolescent reproductive health interventions in developing countries: a review of the evidence. *Journal of Adolescent Health, November 2003, Volume 33, Issue 5, Pages 324 – 348.*

Bradley JE, Mayfield MV, Mehta MP and Anatole Rukonge. Participatory evaluation of reproductive health care quality in developing countries. *Soc Sci Med. 2002 Jul; 55(2):269-82.*

Karen G. Fleischman Foreit, Karen Hardee, Kokila Agarwal. When Does It Make Sense to Consider Integrating STI and HIV Services with Family Planning Services? *International Family Planning Perspectives, Vol. 28, 2002*  
<http://www.guttmacher.org/pubs/journals/2810502.pdf>

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

*Scholarsh. 2001; 33(1):13-4.*

Myer L, Morroni C, Mathews C, Tholandi M. Structural and community-level interventions for increasing condom use to prevent HIV and other sexually transmitted infections. (Protocol) *Cochrane Database of Systematic Reviews* 2001, Issue 4. Art. No.: CD003363. DOI: 10.1002/14651858.CD003363.

Tsui A. Population Policies, Family Planning Programs, and Fertility: The Record. *Population and Development Review*, Vol. 27, Supplement: Global Fertility Transition (2001), pp. 184-204.

## **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.

Keele JJ, Forste R, Flake DF. Hearing native voices: contraceptive use in Matemwe Village, East Africa. *Afr J Reprod Health. 2005 Apr; 9(1):32-41. Review.*

## **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.

William R. Brieger, Grace E. Delano, Catherine G. Lane, Oladimeji Oladepo, Kola A. Oyediran. West African Youth Initiative: outcome of a reproductive health education program. *J Adolesc Health. 2001 Dec; 29(6):436-46.*

## **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.

Stella Babalola, Claudia Vondrasek, Jane Brown and Regina Traoré. The Impact of a Regional Family Planning Service Promotion Initiative in Sub-Saharan Africa: Evidence From Cameroon. *International Family Planning Perspectives: Volume 27, Issue 4, December 2001.*

<http://www.guttmacher.org/pubs/journals/2718601.html>

Speizer S, Tambashe B, and Simon-Pierre Tegang. An Evaluation of the "Entre Nous Jeunes" Peer-Educator Program for Adolescents in Cameroon. *Studies in Family Planning*, Vol. 32, No. 4 (Dec., 2001), pp. 339-351

Babalola S, Sakolsky N, Vondrasek C, Mounlom D, Brown J and Jean-Paul Tchupo. The impact of a community mobilization project on health-related knowledge and practices in Cameroon. *J Community Health*. 2001 Dec; 26(6):459-77.

## 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.

Creanga et al. Does the delivery of integrated family planning and HIV/AIDS services influence community-based workers' client loads in Ethiopia? *Health Policy Plan*. 2007 Nov;22(6):404-14. Epub 2007 Sep 26.  
<http://heapol.oxfordjournals.org/cgi/reprint/22/6/404>

Genna S, Fantahun M, Berhane Y. Sustainability of community based family planning services: experience from rural Ethiopia. *Ethiop Med J*. 2006 Jan; 44(1):1-8.

Kebede Y. Quality of family planning service in Dembia district, north west Ethiopia. *Ethiop Med J*. 2007 Jan; 45 (1):29-38.

Tawye Y, Jotie F, Shigu T, Ngom P, Maggwa N. The potential impact of community-based distribution programmes on contraceptive uptake in resource-poor settings: evidence from Ethiopia. *Afr J Reprod Health*. 2005 Dec; 9(3):15-26.

William B. Ward, Dr. P.H., Alfred K. Neumann, M.A., M.D., M.P.H., Matilda E. Pappoe, M.P.H. Community Health Education in Rural Ghana: the Danfa project-an assessment of accomplishments. 1981-82. *Int Q Community Health Educ*. 2005-2006; 25 (1-2):37-48.

## Gambia

Luck, M. Mobilizing demand for contraception in rural Gambia. *Stud Fam Plann*. 2000 Dec; 31(4):325-35.

## 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.

Rapid achievement of the child survival millennium development goal: evidence from the Navrongo experiment in Northern Ghana. *Trop Med Int Health*. 2007 May; 12(5):578-83.

Mayhew SH and Sam Adjei. Sexual and reproductive health: challenges for priority-setting in Ghana's health reforms. *Health Policy Plan*. 2004 Oct; 19 Suppl 1:i50-i61.

Awoonor-Williams JK, Feinglass ES, Tobey R, Vaughan-Smith MN, Nyonator FK, Jones TC. Bridging the gap between evidence-based innovation and national health-sector reform in Ghana. *Stud Fam Plann*. 2004 Sep; 35(3):161-77.

Mayhew S. The impact of decentralisation on sexual and reproductive health services in Ghana. *Reprod Health Matters*. 2003 May; 11(21):74-87.

Debpuur C, Phillips JF, Jackson EF, Nazzar A, Ngom P, Binka FN. The impact of the Navrongo Project on contraceptive knowledge and use, reproductive preferences, and fertility. *Stud Fam Plann*. 2002 Jun; 33(2):141-64.

Mayhew SH. Integration of STI services into FP/MCH services: health service and social contexts in rural Ghana. *Reprod Health Matters*. 2000 Nov; 8(16):112-24.

## Kenya

Kaler A, Watkins SC. Disobedient distributors: street-level bureaucrats and would-be patrons in community-based family planning programs in rural Kenya. *Stud Fam Plann*. 2001 Sep; 32(3):254-69. Review.

## Madagascar

Stoebenau K, Valente TW. Using network analysis to understand community-based programs: a case study from highland Madagascar. *Int Fam Plan Perspect*. 2003 Dec; 29(4):167-73.

## Nigeria

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

Mba CI, Obi SN, Ozumba BC. The impact of health education on reproductive health knowledge among adolescents in a rural Nigerian community. *J Obstet Gynaecol.* 2007 Jul; 27(5):513-7.

Boniface A. Oye-Adeniran, Isaac F. Adewole, Augustine V. Umoh, Adesina Oladokun, Abidoye Gbadegesin, Kofo A. Odeyemi, Ekanem E. Ekanem. Sources of contraceptive commodities for users in Nigeria. *PLoS Med.* 2005 Nov; 2(11):e306. Epub 2005 Oct 18.

[http://medicine.plosjournals.org/archive/1549-1676/2/11/pdf/10.1371\\_journal.pmed.0020306-S.pdf](http://medicine.plosjournals.org/archive/1549-1676/2/11/pdf/10.1371_journal.pmed.0020306-S.pdf)

Lawrence Adeokun, Joanne E. Mantell, Eugene Weiss, Grace Ebun Delano, Temple Jagha, Jumoke Olatoregun, Dora Udo, Stella Akinso, Ellen Weiss. Promoting Dual Protection in Family Planning Clinics in Ibadan, Nigeria. *International Family Planning Perspectives*, Vol. 28, June 2002.

<http://www.guttmacher.org/pubs/journals/2808702.html>

## South Africa

Beksinska ME, Rees VH, Mazibuko S. Community-based distribution of contraception in South Africa--results of a 2-year pilot in Winterveldt, North-West Province. *S Afr Med J.* 2000 Dec; 90(12):1205.

## Tanzania

Vallely A, Shagi C, Kasindi S, Desmond N, Lees S, Chiduo B, Hayes R, Allen C, Ross D. The benefits of participatory methodologies to develop effective community dialogue in the context of a microbicide trial feasibility study in Mwanza, Tanzania. *BMC Public Health.* 2007 Jul 2;7(147):133.

<http://www.biomedcentral.com/content/pdf/1471-2458-7-133.pdf>

## 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.

Martinez R, Vivancos R, Visschers B, Namatovu L, Nyangoma E, Walley J. Training needs, practices and barriers in the work of community reproductive health workers in Masindi district, Uganda. *Trop Doct.* 2008 Apr; 38(2):93-5.

Stanback, John, Mbonye, Anthony K., Bekiita, Martha. Contraceptive injections by community health workers in Uganda: a nonrandomized community trial. *Bulletin of the World Health Organization*, Oct2007, Vol. 85 Issue 10, p768-773, 6p; DOI: 10.2471/BLT.07.040162; (AN 27245692)

Kipp W, Annette Flaherty. User feedback from family-planning clients in Uganda. *International Journal of Health Care Quality Assurance*, Volume 16, Number 7 (October 15, 2003), pp. 334-340.

Kipp W, Flaherty A. Potential role of male community-based distributors in a family-planning programme in western Uganda: results of a pilot study. *J Health Popul Nutr.* 2003 Jun; 21(2):103-11.  
[http://www.icddrb.org/images/jhpn\\_212\\_Potential-role.pdf](http://www.icddrb.org/images/jhpn_212_Potential-role.pdf)

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1300 Pennsylvania Avenue NW  
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