

Increasing uptake of contraceptives among female students of higher learning institutions in Mwanza- Tanzania

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Project Overview

- Since 2008, Tanzania has reinvigorated its efforts to improve Reproductive, Maternal, Newborn, Child Health through its National Roadmap Strategic Plan to Accelerate Reduction of Maternal New born and Child Deaths (2008-2015)
- The adolescent fertility rate is persistently high in Tanzania, with 119 births per 1000 women aged 15-19
 - 57% of adolescent girls are either mothers or have had their first pregnancy by age 19 (TDHS 2010).
 - It worth bearing in mind that adolescents comprise 31% of the Tanzanian population (Census 2012)
- 85% of married adolescents and 60% of unmarried sexually active adolescents are not using any modern contraception
- It is estimated that, 20-35% of maternal deaths could be avoided through the prevention of unplanned and unwanted pregnancies by the use of family planning methods
- Less than 50% of adolescents aged 15-19 years had their demand for family planning satisfied (TDHS, 2010). These births carry higher risks and poorer outcomes for the adolescent girls and their babies
 - Stillbirths and deaths in the first week of life are 50% higher in this age group, therefore contributing to high maternal and neonatal mortality, as well as other reproductive health problems including, unsafe abortions and sexually transmitted infections including HIV and AIDS



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Project Overview

To increase the uptake of modern methods of contraception among female students (age 15-24) of higher learning institutions in Mwanza region, including the three UNCoLSC FP commodities – EC, implants, and female condoms

Vision:

To increase of Contraceptive Prevalence Rates among young women in institutions of higher learning in Mwanza region of Tanzania.

Intended Audiences:

- **Primary Audiences:** Higher learning institution students in Ilemela and Nyamagana district in Mwanza region
- **Influencing Audiences:** Male partners of female students; School administrators, lectures, teachers at institutions of higher learning



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Key Activities

- Conducted formative assessment
- Advocated for youth-friendly services in college clinics (where applicable)
- Established linkages to youth-friendly services, including youth-friendly ADDO providers and PSI's Familia clinics offering youth friendly services
- Established linkages to hotlines offering HIV and family planning support
- Adapted existing MoH standards on family planning to develop and pre-test a training guide based on insights from the formative research
- Engaged the national working group for endorsement
- Developed/adapted and printed IEC material
- Recruited experienced family planning trainers who were then oriented on how to use the guide to conduct small group sessions with the target audiences
- Rolled out interpersonal communication (IPC) sessions targeting young women enrolled in institutions of higher education and vocational training



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Key Outcomes

- IPC sessions conducted at five institutions of higher learning and vocational training, reaching a total of 632 participant in Ilemla and Nyamagana districts of Mwanza regions
- Much of the sessions were spent on addressing myths and misconceptions regarding FP, including -
 - Discussions on the female anatomy, fertility and family planning methods, including side effects and common myths regarding certain methods
- Trainings created demand for modern family planning methods
 - Made evident by the number of training participants who also requested private counseling sessions and/or contacts with family planning trainers by phone
 - Trainers linked students with available youth-friendly health facilities and Accredited Drug Dispensing Outlets (ADDO) providers



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