

At A Glance

Contraception & Family Planning



Above: Nakato Joyce, an officer with the Uganda Family Planning Activity, carries condoms for distribution. Photo Credit: Lovington Kambugu

Introduction

In low- and middle-income countries (LMICs), 257 million women have an unmet need for modern contraception—that is, they want to avoid a pregnancy but are not using a modern method. Each year, 88 million unintended pregnancies occur in LMICs.

Voluntary contraception helps individuals exercise their basic human right of deciding freely whether, when, and how many children they want to have. We know contraception means better health, more girls in school, and greater resources for families, communities, and nations. Pathfinder gives individuals access to a full range of modern contraceptive methods, allowing them to exercise power over their own lives.

Strategies

Support contraceptive autonomy and client-centered care

Pathfinder promotes informed, full, and free contraceptive choice, both for adoption and switching methods, as well as for non-use and discontinuation.

Focus on sustainable change at scale

We prioritize strong health systems by partnering with government-owned and driven initiatives that contribute to client-centered, high-quality care in the long-term.

Target vulnerable and underserved groups

Groups include youth, rural populations, and populations experiencing humanitarian crises or climate shocks.

Pathfinder Impact in 2022

130 million contraceptive methods were provided through Pathfinder-supported programs.

9,982,251 family planning clients served.

5,245,482 family planning consults supported with clients younger than 25.

Identify and test promising practices to promote women's and girls' agency

We support women and girls to act on informed decisions about contraceptive use.

Demonstrate the effectiveness of innovations

Pathfinder uses digital technologies and contributes to options for self-care.

Collaborate with gatekeepers

We work with men, providers, religious, and community leaders to eliminate biases and misconceptions that prevent contraceptive use.

Women's Agency and Choice

Women must be able to exercise full contraceptive choice in order to pursue their own goals throughout life. Pathfinder works to alleviate barriers to agency and choice, including social, physical, and socioeconomic barriers. We promote equitable gender norms, facilitate access to sexual and reproductive health information and care, and support governments and communities to find solutions that increase access to modern contraception for all people. Pathfinder supports health workers to serve everyone in their communities, irrespective of their circumstance, ensuring no one is left behind.

Highlight: Initiative de Mobilisation Pour L'access a la Contraception Pour Tous (Impact 2), Niger

IMPACT 2 provided access to quality contraceptive services, including injectables and long-acting reversible contraception. In partnership with Niger's Ministry of Public Health, UNFPA, public-sector partners, and civil society organizations, IMPACT 2 contributed to the scale-up of Sayana® Press (DMPA-SC) — a contraceptive that women can self-inject, as well as receive via community health workers.

IMPACT 2 provided 40,716 clients with long-acting contraceptives. More than 650,000 clients were reached.

In its third year, IMPACT 2 worked with 46 religious leaders, who led awareness caravans about family planning in Islam. These leaders reached more than 100 villages and 15,227 people with their messages, including 8,075 women and 7,152 men.

Advocacy

Pathfinder seeks to increase access to contraception through strategic partnerships, including strong relationships with governments. We connect global strategies/frameworks for family planning with local advocates who support governments in domesticating these strategies.

We are working toward the institutionalization of contraception programs as a critical part of Universal Health Coverage. We foster and support locally led initiatives to create enduring momentum in advocating for contraceptive access.

Highlight: Advance Family Planning, Nigeria

Over the last 40 years, Pathfinder Nigeria has contributed to sustainable reproductive health and family planning programs. Since 2009, across 12 states, through the Advance Family Planning (AFP) Project, Pathfinder has:

Trained advocates on the AFP SMART Advocacy Approach and Budget Tracking for improved advocacy outcomes.

Trained journalists to investigate and develop human interest stories and media content to support advocacy for family planning.

Held seminars on family planning for local family planning champions and influencers including traditional, religious, and youth leaders.

Sustained Systems and Point of Care Readiness

Pathfinder works through partnerships to expand access to contraception by addressing barriers across health systems, including increasing the reach of diverse service delivery points, and improving the quality of services by ensuring that facilities and community-based service points are service-ready and follow continuous quality improvement practices. Pathfinder also extends access to under-represented groups and communities through digital linkages to care, and support for sexual and reproductive health self-care.

Highlight: Amplify Family Planning and Sexual Reproductive Health (AmplifyPF), Burkina Faso, Côte D'Ivoire, Niger, and Togo

AmplifyPF mobilizes partners to expand access to, and use of, quality family planning services in the West Africa region. AmplifyPF has built relationships with ministries of health and health facilities across four countries.

Reached 481,951 clients, 150,295 of those who were new family planning users.

Established 19 Integrated Learning Networks—local community networks that have mobilized resources for delivering high-impact reproductive health services to women and girls.

Pathfinder International is driven by the conviction that all people, regardless of where they live, have the right to decide whether and when to have children, to exist free from fear and stigma, and to lead the lives they choose. As a global health organization with locally led, community-driven programs, we support women to make their own reproductive health decisions. We work with local partners to advance contraceptive services, comprehensive abortion care, and young people's sexual and reproductive rights in communities around the world—including those affected by poverty, conflict, climate change, and natural disasters. Taken together, our programs enable millions of people to choose their own paths forward.

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