

Healthy Timing and Spacing of Pregnancies



Mothers gather for family planning health education in Kibibi Nursing Home, Uganda.
Photo: Lovington Kambugu

With a fertility rate of 5.2 births per woman, and an average age of marriage of 17.9 years, there is continuous need to support healthy timing and spacing of pregnancies if families are to grow economically, sustain the environment, and support the development of their communities.

Since 2020, under Pathfinder's leadership and in close collaboration with Uganda's Ministry of Health, the USAID/Uganda Family Planning Activity (FPA) continues to support the Government of Uganda to accelerate progress toward its FP2030 commitments and Vision 2040 strategy objectives on healthy timing and spacing of pregnancies.

Together with local partners, Pathfinder Uganda has reached over 1.9 million community members and increased family planning uptake by over 910,000 through FPA alone, by:

- Promoting health system strengthening approaches
- Championing district-led programming
- Conducting competency-based health worker mentorship
- Community mobilization
- Supporting supply chain of family planning commodities

Pathfinder Uganda seeks to scale up its interventions to the districts with the highest need, including Karamoja, Busoga regions, and refugee hosting districts so that the young women in these areas can stay healthy, thrive, and live their lives to the fullest potential.

ABOUT KARAMOJA

- Total fertility rate is 7.9 births per woman
- 61% of the 1.2 million population live in absolute poverty
- Contraceptive Prevalence Rate (CPR) is 6.5; compared to Bugisu and Kigezi, with a CPR of 43% each.

ABOUT BUSOGA

- Total fertility rate is 6.1 births per woman
- 14.5% of people in Busoga live in absolute poverty



REACH OUT TO PARTNER WITH US ON THIS TRANSFORMATIONAL CAUSE

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