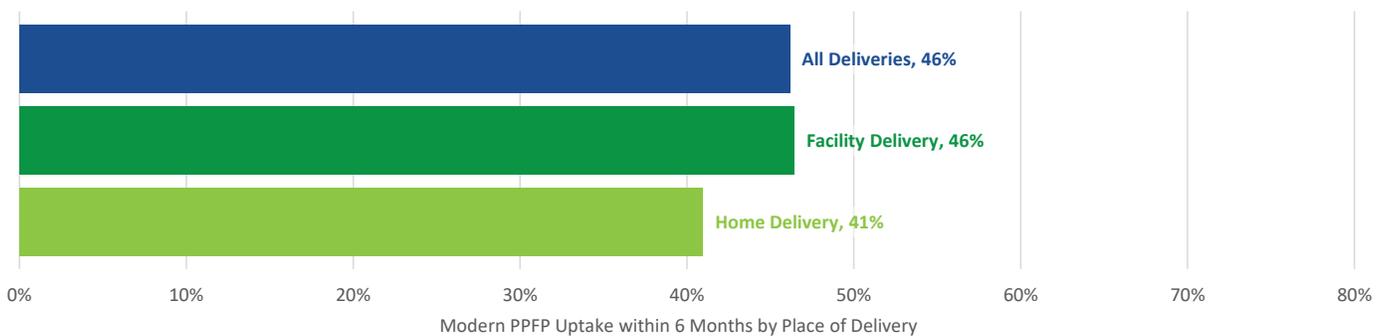


Opportunities for Family Planning Programming in the Postpartum Period in Sao Tome and Principe

# of Live births (2023)	% of WRA who are postpartum (2023)	mCPR among All WRA (2023)	Modern PPFP uptake within first 6 months postpartum (2019 MICS)	Modern PPFP use among women who delivered in facilities at 1 month postpartum (Immediate PPFP)
10,000	11%	35%	46%	data not available

Current Postpartum Contraceptive Use

The graph below shows that, overall, 46% of postpartum women begin using a modern method of family planning within the first 6 months following delivery. There are generally substantial differences in PPFP use based on location of delivery, however, in Sao Tome and Principe PPFP use is similar among women who deliver at home (41%) and those who deliver at facilities (46%).



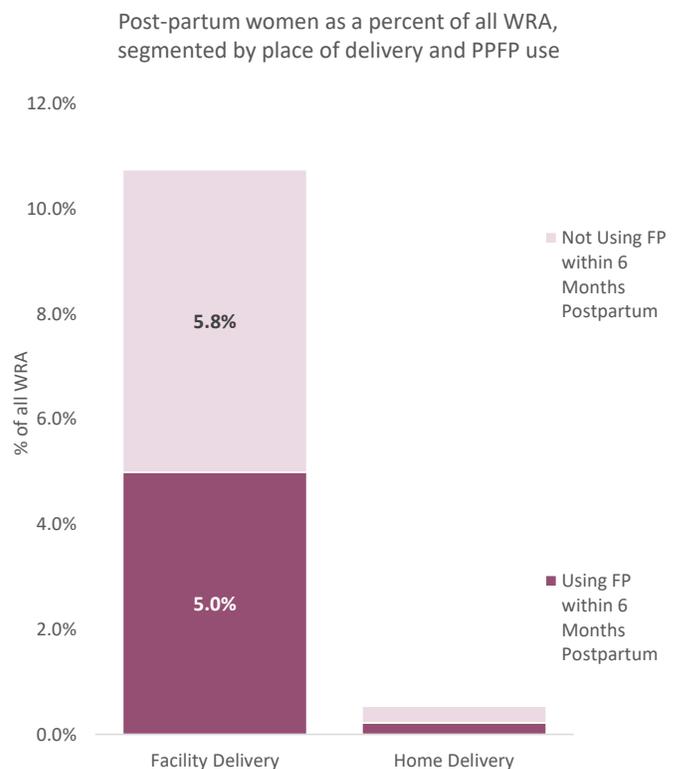
Note: we never expect PPFP uptake to reach 100%, countries with very successful programs show uptake levels around 60-70% nationally.

Assessing Opportunities for PPFP Programming

The graph to the right shows the proportion of all women of reproductive age (WRA) who are postpartum, segmented by modern PPFP use and place of delivery.

Overall, modern PPFP uptake within the first 6 months in Sao Tome and Principe is 46%. Combining this with demographic data, it is estimated that 11% of women of reproductive age in Sao Tome and Principe are postpartum in a given year and 6% are postpartum and not using a modern method of contraception. This is the most we could expect national mCPR to grow based on PPFP programming alone, although we would never expect 100% uptake of PPFP.

Places where a large proportion of women of reproductive age are postpartum and not using modern contraception present the largest opportunities for investments in PPFP to lead to growth in mCPR. Attention should be paid to what types of PPFP interventions might be most impactful, considering differential levels of postpartum use by place of delivery and rates of facility vs home delivery.



*the values in the graph and the text may not match exactly due to rounding

Opportunities for PFP Integration

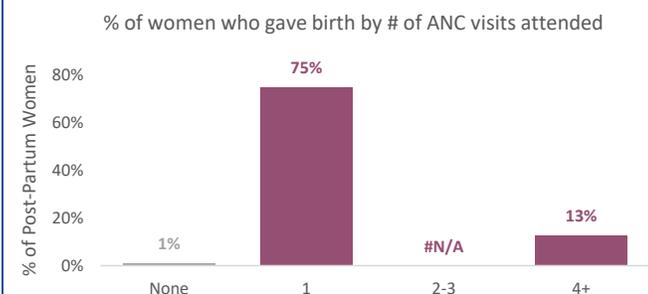
The postpartum period represents a significant opportunity for reaching women with effective family planning. During pregnancy and childbirth, as well as during the year following childbirth, women are more likely to engage with the healthcare system during antenatal care, delivery, postnatal care, and first year infant immunizations. Each of these encounters is an opportunity for health care workers to integrate family planning into their existing counseling and services to better meet the needs of postpartum women. The graphs below are designed to highlight opportunities for integration in the areas of ANC, Facility Delivery and Immediate Post-natal Care, Child Nutrition, and Immunization services. For each category, when a large proportion of women are accessing these services, that represents a substantial opportunity for integration, while a small proportion of women accessing services may indicate a need to improve this area of pre-natal or postpartum care.

Antenatal Care

98%

of women in Sao Tome and Principe receive ANC from a skilled provider

Antenatal Care provides an opportunity to discuss short-term and long-term fertility plans with women and their partners. PFP counseling can be provided during ANC, helping couples develop a plan for contraceptive use after delivery as well as discussing longer-term options depending on the desire for future pregnancies. Expanding coverage of ANC coupled with integrating PFP counseling into each ANC visit can help improve utilization of PFP following delivery.



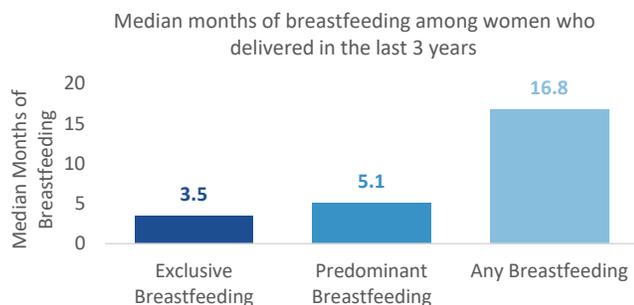
Source : 2019 MICS

Exclusive Breastfeeding - LAM

Lactation Amenorrhea Method (LAM) can be an effective method of contraception, protecting women from pregnancy for up to 6 months postpartum, when used correctly. To be effective, LAM requires: 1) that the menstrual period hasn't returned, 2) exclusive breastfeeding, 3) baby is less than 6 months old. While many women may breastfeed during the postpartum period, many women are not practicing exclusive breastfeeding and as a result are not practicing LAM. Providing women with education and counseling on effective use of LAM during ANC, Post-natal care, and infant health-related services can not only increase use of this method, but more importantly raise awareness of need to transition to another method when one of the LAM conditions no longer applies.

3.5 months

is the median duration of exclusive breastfeeding



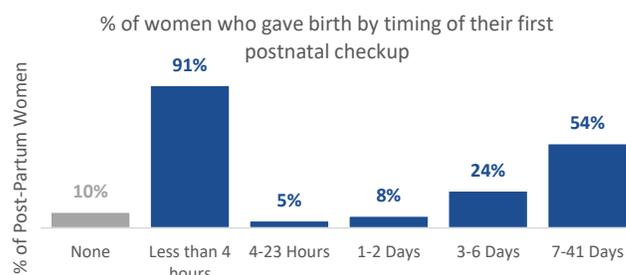
Source : 2019 MICS

Delivery/Immediate PFP Integration

95%

of women in Sao Tome and Principe deliver in a facility

Interactions with women during delivery and immediately following represent an opportunity to reach women with immediate PFP in facilities. Expanding post-natal checkups and integrating PFP counseling and services with delivery and follow-up care can improve the likelihood that women will leave with a plan or a method to prevent an early unintended pregnancy.



Source : 2019 MICS

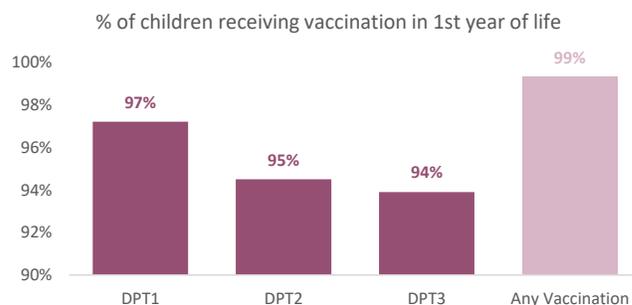
Immunization

Routine childhood immunization services are one of the most widely used and most equitable health care services globally. Integrating family planning into childhood immunization services has been identified as a promising High Impact Practice, offering a significant opportunity to reach women during the year following delivery. While each immunization represents an opportunity to reach women with PFP counseling and services, coverage with three doses of DTP vaccine often is used as a proxy for a fully immunized child and implies 3 separate, consecutive opportunities during the postpartum period to reach women with integrated services.

The HIP brief strongly cautions AGAINST integrating family planning into mass immunization campaigns, and to do so only in routine or outreach services.

99%

of children receive at least one vaccination during their 1st year



Source : 2019 MICS

Source for PFP data: 2019 MICS; Note: estimates of PFP use include LAM and are based on contraceptive use among women who delivered in the 6 months prior to the survey