FACT VS. FICTION

COMMON MISCONCEPTIONS ABOUT FAMILY PLANNING IN ETHIOPIA (and the facts)

PROGRESS ON THE HIV FRONT
2017 DKT IN REVIEW
SIDA GRANT, YETERESA KAL,
PARTNER CLINICS
FACT VS. FICTION
COMMON MISCONCEPTIONS ABOUT FAMILY PLANNING IN ETHIOPIA

FICTION

#1 Contraceptives cause infertility

#2 IUCDs can disappear inside the body

#3 Contraceptives cause general health problems like anemia and high blood pressure

#4 Implants cause pain in the arm

#5 IUCDs can harm the man’s penis

FACT

Contraceptives work during their efficacy periods, but don’t affect long-term fertility. Most women return to normal fertility shortly after stopping most methods.

Once placed in the cervix by a trained provider, IUCDs are unlikely to become displaced. IUCDs can stay in the cervix for as long as 10 years.

Actually, many contraceptives have positive health benefits like regulating menstrual flow and protecting against certain types of cancer.

Implants may cause mild discomfort when first inserted. However, this wears off and providers use pain medication during the procedure.

Sorry guys. IUCDs are placed inside the cervix, not the vaginal canal. Some men report feeling guide strings at first, but this is rare.

Greetings DKT Supporter,
Can an IUCD get lost in the cervix? Do contraceptives make women infertile? Are implants painful?

Misconceptions about family planning (FP) persist in Ethiopia despite decades of work. The younger population profile of the country will need continuous education about FP. Newer technologies like implant contraceptives also require ongoing education.

Trust is essential in this context. Ethiopians can take confidence in the Federal Ministry of Health’s visionary policies and strategic plans dating back decades that have laid the groundwork for impressive FP gains. Partners like DKT Ethiopia - active in the country for nearly 30 years - and whose mission is to, “provide couples and individuals with an affordable, safe and wide range of options for family planning,” should be a source of confidence and help dispel misconceptions.

Given that roughly half of Ethiopian women and men obtain information about FP from the radio and television, the media has a key role to play in understanding and supporting these essential products.

- Rory

Sosena Tesfaye, a journalist with Sheger FM 102.1’s program, Betegna, contributed to the above infographic.
PROGRESS ON THE HIV FRONT

The 2016 Ethiopian Demographic and Health Survey (EDHS) spells good news for Ethiopia’s fight against HIV/AIDS, though experts caution that the fight is far from over.

According to the EDHS, overall prevalence decreased from 1.5% in 2011 to 0.9% in 2016. Prevalence continues to be higher among women as well as in Gambella Region and urban areas. 1.2% of women are HIV-positive compared to 0.6% of men. In Addis Ababa, prevalence is 3.4% and in Gambella, it’s 4.8%. These are both important decreases from 2011, but high nationally.

What’s Driving the Change?

According to Yenenesh Tarekegn, DKT Ethiopia’s HIV Coordinator, several factors are behind the decrease. “Coordinated national efforts, including anti-retroviral therapy (ART), HIV testing and counseling, condom distribution and interventions like DKT’s Wise-Up Program and USAID’s MULU/MARPs Project, have all contributed.”

“While HIV is still a concern for the general population, we now see a concentrated epidemic among key groups and geographies that will be the focus for the coming years.”

Little change was observed in male circumcision rates, which has been shown to reduce the risk of heterosexually acquired HIV infection in men by approximately 60% (WHO).

Yenenesh cautions against complacency, pointing out that continued urbanization and poverty as well as Ethiopia’s young population that has no memory of the devastation of HIV from the 1990s and 2000s, are all risks for resurgence.

“We can celebrate our success while remaining vigilant,” says Yenenesh.

About the EDHS

The EDHS is a nationwide survey conducted every five years that includes interviews with tens of thousands of individuals and households across Ethiopia. The EDHS provides... (cont’d at www.dktethiopia.org)

A YEAR OF RESULTS FOR DKT, MORE TO COME IN 2018

2017 was another strong year for DKT Ethiopia. The organization more than tripled its Partner Clinic network (see back), introduced new Sensation Xtra extensions as well as orange-flavoured LemLem, and helped UNFPA roll out the next generation implant contraceptive, Implanon NXT.

DKT delivered 5,267,814 CYPs in 2017, a large percentage of which came from IUCD distribution in support of the Federal Ministry of Health’s IUCD scale-up program, which seeks to increase IUCD usage to 15.0% of modern method mix by 2020.

DKT has distributed a total of 2.3 million IUCDs to the FMoH and NGO partners since 2014.

<table>
<thead>
<tr>
<th>Product</th>
<th>#</th>
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</thead>
<tbody>
<tr>
<td>Condoms (male)</td>
<td>47,593,617</td>
</tr>
<tr>
<td>Condoms (female)</td>
<td>54,059</td>
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<tr>
<td>OCPs</td>
<td>4,657,860</td>
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<tr>
<td>Injectable contraceptives</td>
<td>3,666,035</td>
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<tr>
<td>IUDs</td>
<td>733,691</td>
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<tr>
<td>Implants</td>
<td>27,734</td>
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<tr>
<td>Emergency contraceptives</td>
<td>3,602,492</td>
</tr>
<tr>
<td>Oral Rehyd. Salts (ORS)</td>
<td>1,480,968</td>
</tr>
<tr>
<td>Lubricant</td>
<td>73,791</td>
</tr>
<tr>
<td>Clean Birth Kits</td>
<td>1,290</td>
</tr>
</tbody>
</table>
DKT’s Partner Clinics delivered 28,363 non-abortion couple years protection (CYPs) in 2017 as well as 24,019 first-time family planning users. Long-term methods made up 55% of CYP.

DKT ended 2017 with 88 Partner Clinics spread across six regions: Addis Ababa (33%), Amhara (18%), Benishangul-Gumuz (2%), Oromia (28%), SNNP (14%), and Tigray (5%). Most clinics are Medium Clinics though Ob/Gyn and Maternal and Child Health (MCH) Centers are also part of the network. In 2018, DKT will add a minimum of 20 clinics.

A supplemental grant from the Swedish International Development Cooperation Agency (SIDA) will enable DKT to provide 15 - 20 million condoms worth of seed stock to Young Marketers (YM) clubs.

YM clubs are a nationwide network of youth and anti-AIDS clubs that wholesale DKT condoms to retail outlets. The supplement follows a larger, regional grant from SIDA that includes DKT offices in the Democratic Republic of Congo, Kenya, Uganda, Mozambique, and Tanzania.

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A supplemental grant from the Swedish International Development Cooperation Agency (SIDA) will enable DKT to provide 15 - 20 million condoms worth of seed stock to Young Marketers (YM) clubs. Yeteresa Kal, DKT’s new FP radio drama

Radio audiences in Ethiopia have a new serial drama to enjoy: Yeteresa Kal.

DKT Ethiopia’s weekly family planning (FP) radio drama is produced in Amharic, Oromiffa and Tigrigna and is broadcast on Radio Fana, Oromia Radio and Dimtsi Woyane. The program airs on Radio Fana on Saturday from 11:30–12:00, Oromia Radio on Saturday from 6:30–7:00, and Dimtsi Woyane on Saturday from 1:50–2:20 (all times in Ethiopia time).