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Speech level 4 : FAMILY PLANNING

OPENING

Good morning,

Fellows Toastmasters and guests,

Dear Ladies and gentlemen,

It is an great pleasure for me to deliver my speech today.

My address will focus on Family Planning (FP)

Here, the outline:

1. The definition of FP
2. The situation of FP
3. The difficulties to develop FP
4. The importances of FP
5. The promotion of FP
6. Conclusion

I. Definition

FP is the methods of birth control

These methods can be naturals, with chemistries substances, with medical material or chirurgical acts.

Family planning takes place us an essential component of primary health care and reproductive health.

II. Situation

Sub-Saharan Africa has the highest fertility rate in the world.

The average rate is 5.5 births per woman.

This rate is double that of Asia and almost four times that of Europe.

The region's mid-2007 population of 788 million is projected to increase to 1.2 billion by 2025. A big factor underlying high birth rates is the low use of modern contraception. In the world the rate of married women who use modern methods of family planning is :

- In sub-Saharan Africa, only 16%
- In Asia 60%
- In Europe, 70% .

Today, an estimated 350 million couple's worldwide lack access to effective and affordable family planning.

In 2003 in Burkina Faso, 14 % of married women under 15 to 49 years olds have used any method of contraception.

III. IMPORTANCE OF FP

FP plays a major role in reducing maternal and newborn morbidity and mortality and transmission of HIV. It contributes to the achievement of the Millennium Development Goals (MDGs).

In 2004, African ministers of health adopted a framework (2005–2014) for accelerated action to reposition family planning in reproductive health services. This framework calls for increase in efforts to advocate for recognition of “the pivotal role of family planning” in achieving health and development objectives at all levels.

The need for quality family planning services is all the more urgent today.

Provision of family planning services in Africa is hindered by :

- poverty,
- poor access to services and commodities,
- conflicts,
- poor coordination of the programmes,
- and dwindling donor funding.

Although family planning enhances efforts :

- to improve health
- to accelerate development,

These factors have affected its importance in recent years are :

- shifting international priorities,

- health sector reform,
- the HIV/AIDS crisis,
- others, ...

The Importances of FP :

1. Family planning helps couples limit their family size.
2. It safeguards individual health and rights
3. It preserves natural resources, and can improve the economic outlook for families and communities.
4. Family planning also saves lives.
5. Family planning up to one third of all maternal deaths and illness could be prevented if women had access to contraception.

DIFFICULTIES TO DEVELOP FP

These factors have weakened family planning interventions :

- Traditional beliefs favouring high fertility,
- religious barriers,
- lack of male involvement

The combination of these factors has led :

- to low contraceptive use,
- high fertility rates in many countries,
- high unmet needs for family planning throughout the region

Only the Family planning advocates, you, me and others advanced level in the society must take action to change this situation.

PROMOTING FAMILY PLANNING

Some of the causes of unmet need for family planning services are:

1. Lack of services or barriers to their access;

2. Poor quality of services, such as suboptimal interactions between clients and providers, substandard technical competence of providers, inadequate information, poor design and management of service delivery systems;
3. Technology issues, such as limited or inappropriate choice of methods and fear, or experience, of side effects;
4. Broader social issues, such as an individual's lack of knowledge, power imbalances within couples and families, and sociocultural, religious and gender barriers.

In seeking to ensure that the maximum numbers of people are able to access the services they need, the Department of Reproductive Health and Research (RHR) focuses on four objectives:

1. To increase the availability of high-quality services;
2. To broaden the range of safe, effective, acceptable and affordable family planning and infertility technologies and interventions that is available to all women and men;
3. To strengthen the capacity of national health systems to ensure the availability of high-quality and sustainable family planning programmes and services in resource-poor settings;
4. To promote an environment at international level that is supportive of family planning.

FAMILY PLANNING AND THE HEALTH OF WOMEN AND CHILDREN

Abortion

Unsafe abortions account for 13% of all maternal deaths globally.

African women have the highest risk of abortion-related deaths in the world.

The risk of abortion-related death is four times greater for an African woman than for an Asian woman, and 650 times greater than for a North American woman.

Complications associated with pregnancy

Family planning reduces the number of women who are at risk of death from complications of pregnancy and childbirth.

The pregnancy-related deaths are caused by :

- Lack of family planning
- Poverty,
- Gender inequality,
- Undernourishment,
- Low levels of education.

Adolescent pregnancies

Adolescents suffer a number of health consequences from unintended pregnancies.

Africa's adolescent pregnancy rates are the highest in the world : 12% of African women aged 15–19 give birth each year, compared with 6% globally and 3% in developed countries

Birth spacing

Short birth intervals (<27 months) are associated with :

- Elevated risk of infant,
- Neonatal and perinatal mortality;
- Low birth weight;
- Small size for gestational age;
- Preterm delivery.

How to help in spacing births ?

How to have an interval recommended for the health of the mother and the baby ?

The promotion of Family planning education, counselling, and contraceptive services must take place forever in the society.

Family planning and AIDS

Family planning has been largely overlooked as a vehicle for preventing HIV infection.

Family planning has been a vehicle for identifying those who are infected else.

Family planning and economic development

FP can yield economic benefits at both the household and national levels.

A small family can generate household benefits in terms of improved women's and children's health, greater total assets, healthier, better educated, skilled workforce benefited the economies

of the country, greater involvement of women in activities outside the home and made the country more competitive globally.

Family planning and women's status

Access to family planning is an essential prerequisite for improving the status of women.

Without the ability to space and limit births, women would be vulnerable to poor reproductive health, and their capacity to become fully empowered would be difficult if not impossible.

Family planning and the Millennium Development Goals

Family planning is essential in achieving three of the United Nations' Millennium Development Goals :

1. Reducing child mortality,
2. Improving maternal health,
3. Promoting gender equality.

Family planning also supports achievement of the goals of eradicating extreme poverty and hunger, achieving universal primary education, combating HIV/AIDS, and ensuring environmental sustainability, since population growth exacerbates pollution and threatens fragile ecosystems.

On the follow tables, you will see some birth control methods. They are effective, safe, comfortable methods for FP.

CONCLUSION

If too much people deny the FP, the over population will grow like a cancer.

If we don't take care for the birth control, the poverty will grow and destruct our liberty.

The safety society will leave any day forever !

Family planning services can be safe, effective and affordable.

Governments, national health systems, community organizations, policymakers, and health care providers can :

Improve the safety, efficacy, and quality of family planning services

FP ignorance is a cancer that must be cured.



What are the FP methods ; How do you decide and others information's are available with the health professionals in each health service anywhere in Burkina Faso.

The methods are : [Abstinence](#), [Cervical Cap](#), [Condom \(Male\)](#), [Depo-Provera](#), [Diaphragm](#), [ECP](#), [Female Condom](#), [Female Sterilization](#), [IUD](#), [Norplant](#), [NuvaRing \(The Ring\)](#), [Ortho Evra \(The Patch\)](#), [The Pill](#), [Vasectomy](#), [Vaginal Spermicides](#), [Withdrawal...](#)

FP METHODS	AVANTAGES	DISAVANTAGES	EFFECTIVENESS
ABSTINENCE	No risk	How to agree and honor this choice ?	100%
CERVICAL CAP	Simple to use, May decrease risks of some sexually transmitted diseases	Allergies to latex or spermicides, Possible risk of Toxic Shock Syndrome, if worn longer than 48 hours.	60-90 %
CONDOM (MALE)	Easy to get and relatively inexpensive Protect from sexually transmitted diseases and HIV	Some irritation or sensitivity to latex	86 - 97%
ORAL CONTRACEPTIVES ("THE PILL")	Doesn't interfere with sex Regulates the menstrual cycle Reduces the risk of ovarian and endometrial cancer	Must be taken every day at the same time each day Increased risk of heart attack, stroke, or blood clots (in lungs, legs, or arms), especially if you smoke more than 10 cigarettes a day, or are over 35 and smoke	95 - 99%

FP METHODS	AVANTAGES	DISAVANTAGES	EFFECTIVENESS
DEPO-PROVERA ("THE SHOT")	Does not interfere with sex Need to get a shot 4 times a year May stop menses or Make them very light Reduces the risk of ovarian and endometrial cancer	Irregular or unpredictable bleeding or spotting Possible hair loss Weight gain, especially right after pregnancy sexually transmitted diseases (see warning below)	99%
DIAPHRAGM	Simple to use No serious systemic side Effects Decreases risk of some sexually transmitted Diseases Decreases risk of cervical cancer	Persons with allergies to latex or spermicidal cannot Use Increased risks for developing urinary tract infections (UTI's)	80-94%
ECP OR EMERGENCY CONTRACEPTIVE PILLS	Only method of contraception used to prevent pregnancy after unprotected sex	Does not work if already pregnant Limited time frame (ECP must be used within 72 hours or three days after unprotected sex)	74 - 89%

FP METHODS	AVANTAGES	DISAVANTAGES	EFFECTIVENESS
FEMALE CONDOM	Provides protection against some sexually transmitted diseases and HIV	Difficulty inserting and/or keeping in place Cannot be combined with male condoms as they pull each other off May be noisy (add more lubricant if this is a problem) May irritate vagina or penis	79- 95%
FEMALE STERILIZATION	Very reliable and effective method of Contraception Permanent method Nothing to remember or buy	Permanent method Difficult and expensive to reverse surgical procedure Expensive procedure Possible ectopic (tubal) pregnancy if method fails No protection against sexually transmitted diseases	99%
INTRAUTERINE DEVICE ("IUD")	Easy to use, low maintenance method Reduces the risk of tubal pregnancy.	Must be inserted and removed in a clinic or doctor's office May be some cramping or pain at the time of insertion	98 - 99%

FP METHODS	AVANTAGES	DISAVANTAGES	EFFECTIVENESS
NORPLANT	Long term method can stay in for 5 years Can be removed anytime, and the woman can become pregnant right away Reduces risk of ovarian or endometrial cancer	Weight gain and hair loss It requires minor surgery for insertion and removal of the capsules (done in the clinic or doctor's office)	99%
NUVARING ("THE RING")	Does not interfere with sex Ability to remove the ring at leisure Ability to become pregnant immediately after discontinued use, if seeking pregnancy	Not a good choice if patient is uncomfortable with touching herself Increased risk of heart attack, stroke, or blood clots (in lungs, legs, or arms), especially if you smoke more than 15 cigarettes a day, or are over 35 and smoke	99%
ORTHO EVRA ("THE PATCH")	Does not interfere with sex Ability to become pregnant immediately after discontinued use, if seeking pregnancy	May cause slight skin irritation at the patch site Increased risk of heart attack, stroke, or blood clots (in lungs, legs, or arms), especially if you smoke more than 15 cigarettes a day, or are over 35 and smoke	95 - 99%

FP METHODS	AVANTAGES	DISAVANTAGES	EFFECTIVENESS
VAGINAL SPERMICIDES	A relatively safe contraceptive method when combined with the use of a barrier method (condom, diaphragm, cervical cap) May lower the chance of becoming infected with a bacterial sexually transmitted disease Good method for persons who have sexual intercourse infrequently or not very often	Allergic reactions or hypersensitivity to ingredients may occur Poor protection from HIV exposure	50-95%
VASECTOMY (MALE STERILIZATION)	Permanent method of contraceptive Highly effective method Very safe surgical procedure	Protection for the male only (females are at risk for pregnancy) Usually irreversible Lack of protection from sexually transmitted diseases and infections, including HIV	99%
WITHDRAWAL (COITUS INTERRUPTUS)	Costs nothing Requires no devices Involves no chemicals Available in any situation	Chances of getting pregnant with this method are much higher than with any other Method High risk of contracting sexually transmitted diseases and infections	81 - 96%