

# **WHAT DO COUNTRIES AND PROGRAMS WANT : A STRONG COUNTRY LEADER IN ASIA**

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# FACTS

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1. A postpartum woman has >98% protection from pregnancy if she remains amenorrheic and fully breastfeeds.
2. How many postpartum women are fully breastfeed ?
3. Postpartum: OVULATION can take place as early as day 21 .

Bellagio Consensus on LAM , 1995

Contraceptive choices for breastfeeding women *Journal of Family Planning and Reproductive Health Care* 2004; **30(3)**: 181–189

# Unmet Need: Fertility Preferences of Postpartum Women

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- **According to many DHS surveys:**
  - 92-97% of women do not want another child within 2 years after giving birth
  - But 35% of women had their children spaced at 2 years apart or less
  - 40% of women who intend to use a FP method in the first year postpartum are not using one

\*Ross JA and Winfrey WL, 2001

# AVOID UNMET NEED FOR CONTRACEPTION AMONG POSTPARTUM WOMEN BY HAVING IMMEDIATE POSTPARTUM CONTRACEPTION

1. Sterilization for those who have completed family.
2. Long Acting Reversible Contraceptives (LARC).
3. Others .

# LEADERSHIP

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- ✘ Almost by definition, successful programs are those in which program leaders have made the right decisions and have overcome the obstacles facing them.
- ✘ These leaders have remained in charge of their programs long enough to put into effect the strategies that they have developed.
- ✘ Most important, they must be able to extend services to the less educated and poor members of society, who are a majority in most countries and who would otherwise have little access to family planning.

**KNOWING IS NOT  
ENOUGH, .....  
WE MUST APPLY**

**WILLING IS NOT ENOUGH,  
.....WE MUST DO**

**...GOETHE**