



**USAID**  
FROM THE AMERICAN PEOPLE

**E2A** EVIDENCE TO ACTION  
for Strengthened Reproductive Health



**Window of  
Opportunity:  
Strategies to Reach  
First-time Parents  
with HTSP  
interventions**

# Why focus on FTPs?

**Fact: Mothers and babies are healthier if at least 24 months between last birth and next pregnancy.**

## Key Issues to be Addressed

- Cultural norms around fertility
- Inequitable gender norms
- Provider bias
- Costs of services
- Targeted programming for young married women that focuses on healthy timing and spacing of pregnancy (HTSP)

# Who are FTP?

- Young women under the age of 25 who are pregnant or already have one child, and
- Their partners



# E2A Literature Review

## Factors that influence closely-spaced pregnancies

### DEMAND-SIDE

- Young married women's knowledge and desires
- Desires of their partners and families, peer and community norms
- Power dynamics in their marriage and households
- Broader gender environment in which they live

### SUPPLY-SIDE

- Provider bias/Power dynamics between clients and providers
- Distance to a health facility
- Community- and facility-based health services that do not offer the full range of contraceptives
- Prohibitive rules and regulations

# E2A Literature Review Recommendations

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Build young women's human and social capital

Cultivate the support of husbands, parents and in-laws

Create an enabling environment for the reproductive planning of FTPs

Ensure the services exist and can be accessed

Improve quality of care for young mothers

Establish supportive laws, policies and systems

# Integrated Needs of FTP: Technical Consultation

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- Diversity and complexity of FTP
- Critical components of an FTP Program
- Strategies to deliver information and services to FTP
- Programmatic considerations

# Lessons from the field

## KNOWLEDGE AND SUPPORT

Supporting young married women through home visits and peer groups



## SOCIAL CHANGE

Fostering support among men, co-wives, in-laws, and religious leaders. Addressing gender norms and inequalities



## YOUTH-FRIENDLY SERVICES

Meeting young married women's unique reproductive health needs, including healthy timing and spacing of pregnancy



### GUINEA

CPR (ages 15-19): **2.6%**  
Young women married by age 18: **57.8%**

### BURKINA FASO

CPR (ages 15-19): **6.2%**  
Young women married by age 18: **52.3%**

### NIGER

CPR (ages 15-19): **5.9%**  
Young women married by age 18: **76.9%**

**URGENT NEED**  
For Young Married Women in Francophone West Africa

## PATHFINDER'S WEST AFRICA INITIATIVE

Addressing the needs of young married women and first-time parents

# E2A Documentation Process: Findings

How to effectively engage household influencers (mothers-in-laws, husbands, co-wives)

How to effectively engage community level influencers

Complementarity of home visits and small peer groups

How to tailor specific approaches for FTP, young married women without children and young married women with multiple children