

# Family Planning Method Choice

## Key Indicators

The United States Agency for International Development (USAID) Office of Population and Reproductive Health (PRH) is working to provide contraceptive method choice to women, men, and adolescents in priority countries who wish to prevent pregnancy. The aim is to enable people in these priority countries to use their preferred method of family planning (FP) (USAID, n.d.). By seeking to provide FP method choice, PRH acknowledges that appropriate methods for couples and individuals vary according to their age, parity, family-size preference, and other factors. PRH also ensures that women, men, and youth have information and access to the widest range of safe and effective FP methods to enable them to exercise free and informed choice (United Nations Population Fund [UNFPA], 1996). This work is in line with the goal of the USAID-funded MEASURE Evaluation to improve site-level health service. Though difficult to achieve in most countries, this goal can be reached through the following interventions:

- Improve overall access to a range of contraceptive methods through policies that remove barriers to method choice and use.
- Introduce and scale up access to underused methods by implementing evidence-informed service delivery and service communication approaches.
- Introduce and document the effectiveness of new methods or technologies.
- Build the capacity of countries to plan, implement, and evaluate high-impact practices that enhance method choice.
- Create an enabling environment for method choice innovation through local, national, regional, and global coordination and collaboration.

Because rigorous monitoring and evaluation (M&E) is essential to the success of FP programs, PRH identifies it as a priority area. This resource outlines 10 key indicators intended for use by USAID partner organizations, to inform their M&E of programs to enhance method choice.

No program or project should ever attempt to use all indicators presented here. For routine monitoring, program managers and evaluators should select a few relevant indicators that both are important to program objectives and easy to collect and interpret. The indicators may be supplemented or tailored to reflect a program's unique context and objectives.



### 1. Percent of service delivery points prepared to provide a specific service that have actively provided this service within the last month

**Definition:** This indicator measures the preparedness of service delivery points (SDPs) to offer a specific service, as identified by the program, where the SDP has actively provided this service within the past month. “Preparedness” is measured

Each indicator featured in this resource contains its definition, calculation, and source as well as any suggested disaggregations or reference periods. Because these indicators were drawn from several resources, the original source of the indicator is also noted; however, the original indicator reference sheets from those sources may not apply—some of these indicators have been modified. Indicators on method choice are also found in the relevant section of MEASURE Evaluation’s Family Planning and Reproductive Health Indicators Database,<sup>1</sup> here: [https://www.measureevaluation.org/prh/rh\\_indicators/family-planning/copy\\_of\\_the-policy-environment.html](https://www.measureevaluation.org/prh/rh_indicators/family-planning/copy_of_the-policy-environment.html)

<sup>1</sup> [https://www.measureevaluation.org/prh/rh\\_indicators](https://www.measureevaluation.org/prh/rh_indicators)

by the following: (1) all essential equipment needed for that specific service are present, functioning, and located in the service delivery area or in reasonable proximity for use; (2) all essential medications and supplies needed for that specific service are present; and (3) at least one staff member assigned to the facility has either professional or in-service training to provide the service following standard procedures. Data for this indicator may be obtained through a Service Provision Assessment (SPA) or a Service Availability and Readiness Assessment (SARA), which may be repeated every three to five years, to measure changes over time. This indicator can be disaggregated by SDP type and location (i.e., poor/not poor, rural/urban, and geographic region).

**Calculation:** (Number of SDPs prepared to provide a specific service that have actively provided this service within the past month/Total number of SDPs prepared to provide a specific service) x 100

**Source:** MEASURE Evaluation. (n.d.). Family planning and reproductive health indicators database [Adaptation]. Retrieved from [https://www.measureevaluation.org/prh/rh\\_indicators](https://www.measureevaluation.org/prh/rh_indicators)

## 2. Percent of service delivery points offering a mixture of short-acting modern contraceptive and long-acting reversible contraceptive methods

**Definition:** In a specified timeframe (e.g., in the past month or in the past three, six, or twelve months), the percent of SDPs offering at least two modern temporary methods of contraception (male or female condoms, pills, injections, and spermicides) and offering at least one long-acting reversible contraceptives (LARC) method (intrauterine device [IUD] or implant) on site. This indicator can be disaggregated by SDP type and location (i.e., poor/not poor, rural/urban, and geographic region).

**Calculation:** (Number of SDPs offering at least two temporary contraceptive methods and at least one LARC method/Total number of surveyed SDPs eligible to offer temporary methods and at least one LARC method on site) x 100

**Source:** MEASURE Evaluation. (n.d.). Family planning and reproductive health indicators database [Adaptation]. Retrieved from [https://www.measureevaluation.org/prh/rh\\_indicators](https://www.measureevaluation.org/prh/rh_indicators)

## 3. Percent of facilities offering a permanent method of family planning

**Definition:** In a specific timeframe (e.g., in the past month or the past three, six, or twelve months), the percent of facilities offering female sterilization/tubal ligation, and/or male sterilization/vasectomy services on site or through periodic visits by a visiting provider. This indicator can be disaggregated by facility type and location (i.e., poor/not poor, rural/urban, and geographic region).

**Calculation:** (Number of facilities currently offering a permanent method of FP on site/Total number of surveyed facilities eligible to offer permanent methods on site) x 100

**Source:** MEASURE Evaluation. (n.d.). Family planning and reproductive health indicators database [Adaptation]. Retrieved from [https://www.measureevaluation.org/prh/rh\\_indicators](https://www.measureevaluation.org/prh/rh_indicators)

## 4. Percent of clients referred to other family planning services

**Definition:** Percent of clients who sought FP services from an SDP and received a referral for another FP service during a defined period (e.g., in the past three, six, or twelve months). A referral occurs if the client is advised where he or she can go to find their preferred or recommended FP method not provided at the original SDP, and the referral is documented at the referral source as proof that a referral was made. This indicator can be disaggregated by type of SDP or type of referral provided, as well as by client characteristics (e.g., age, sex, geographic location, and rural/urban status).

**Calculation:** If calculating a percentage, (Number of FP clients who received a referral for an FP service during the reference period/Total number of FP clients served at the SDP during the reference period) x 100

**Source:** MEASURE Evaluation. (n.d.). Family planning and reproductive health indicators database [Adaptation]. Retrieved from [https://www.measureevaluation.org/prh/rh\\_indicators](https://www.measureevaluation.org/prh/rh_indicators)

## 5. Source of supply

**Definition:** The distribution of the types of SDPs cited by users as the source of their current contraceptive method. (If the user mentions more than one, the most recent source should be used.) This indicator is calculated for each SDP type, so it can be disaggregated by SDP sector (public or private), type (e.g., hospital, FP clinic, pharmacy, or community health worker) and location (i.e., poor/not poor, rural/urban, and geographic region). It can also be disaggregated by method.

**Calculation:** For each SDP type, (Number of users of a specific method at that type of SDP/Total number of users of that contraceptive method) x 100

**Source:** MEASURE Evaluation. (n.d.). Family planning and reproductive health indicators database [Adaptation]. Retrieved from [https://www.measureevaluation.org/prh/rh\\_indicators](https://www.measureevaluation.org/prh/rh_indicators)

## 6. Method information index

**Definition:** This indicator is an index that summarizes whether service providers supply adequate information to women when they choose their current method. It measures the extent to which information is provided that may help women to make informed choices. The index consists of three questions: Were you informed about other methods? Were you informed about side effects? Were you told what to do if you experienced side effects? The reported value is the percentage of women who responded “yes” to all three questions.

**Source:** Track 20. (n.d.). Data sources and methodology for FP2020 core indicators: 2015–16 report [Adaptation]. Retrieved from [http://www.track20.org/pages/data\\_analysis/core\\_indicators/overview.php#ind14](http://www.track20.org/pages/data_analysis/core_indicators/overview.php#ind14)

## 7. Method mix

**Definition:** Percentage distribution of contraceptive users (or alternatively, of first-time users) by method in a defined period (e.g., in the past 12 months). This indicator is calculated for each method, so it can be disaggregated by method as well as age, sex, geographic region, and rural/urban status.

**Calculation:** For each method, (Number of users of a specific method/Total number of contraceptive users) x 100

**Source:** MEASURE Evaluation. (n.d.). Family planning and reproductive health indicators database [Adaptation]. Retrieved from [https://www.measureevaluation.org/prh/rh\\_indicators](https://www.measureevaluation.org/prh/rh_indicators)

## 8. Percent of women whose demand is satisfied for a modern method of contraception

**Definition:** Percent of women of reproductive age (WRA) (15–49 years), or their partners, who desire no child, no additional children, or to postpone the next pregnancy and who are currently using a modern contraceptive method at a point in time. Women using a traditional method are assumed to have an unmet need for modern contraception. This measure applies only to women who are married or in union. This indicator can be disaggregated by method as well as by age, geographic region, and rural/urban status.

**Calculation:** (Modern contraceptive prevalence rate [mCPR]/Total demand for modern methods of contraception) x 100, where mCPR is calculated as (Number of women of reproductive age using a modern method of contraception/Total number of women of reproductive age) x 100 and where total demand for modern methods is calculated as mCPR + unmet need for modern methods

**Source:** Track 20. (n.d.). Data sources and methodology for FP2020 core indicators: 2015–16 report [Adaptation]. Retrieved from [http://www.track20.org/pages/data\\_data\\_sources\\_and\\_methodology.php](http://www.track20.org/pages/data_data_sources_and_methodology.php)

## 9. Percent of women who obtained contraceptive method of choice

**Definition:** Percent of WRA currently using a modern contraceptive method who report that they obtained their contraceptive method of choice, at a particular point in time. This indicator can be disaggregated by age, geographic region, and rural/urban status.

**Calculation:** (Number of WRA currently using a modern method of contraception who report that they obtained their contraceptive method of choice/Total number of WRA currently using a modern method of contraception who were surveyed) x 100

**Source:** Performance Monitoring and Accountability 2020. (n.d.). Glossary of family planning indicators [Adaptation]. Retrieved from <http://www.pma2020.org/glossary-family-planning-indicators>

## 10. Percent of women who chose their contraceptive method individually or jointly

**Definition:** Percent of WRA currently using a modern contraceptive method who report that they chose the method themselves or jointly with a partner or provider at a particular point in time. This indicator can be disaggregated by age, geographic region, rural/urban status, and whether the method was chosen individually or jointly (with either a partner or service provider).

**Calculation:** (Number of WRA currently using a modern contraceptive method who report that they either chose their method themselves or jointly with a partner/Total number of WRA currently using a modern contraceptive method who were surveyed) x 100

**Source:** Performance Monitoring and Accountability 2020. (n.d.). Glossary of family planning indicators [Adaptation]. Retrieved from <http://www.pma2020.org/glossary-family-planning-indicators>

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