



**Costed Implementation Plan
to meet
FP2020 Commitments
Myanmar
2014**



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Department of Public Health

Ministry of Health

(April 2015)

Acknowledgement

Family planning has numerous health benefits for women, their sexual partners, and their children. Family planning helps to prevent unintended pregnancies and the number of unsafe abortions, thereby reducing maternal deaths and disabilities. The global consensus that family planning is a human right was recognised at the 1994 International Conference on Population and Development, in Principle 8 of the Programme of Action: "All couples and individuals have the basic right to decide freely and responsibly the number and spacing of their children and to have the information, education and means to do so."

Myanmar first committed itself in the wake of the landmark Summit of Family Planning 2020, which was launched on 11 July 2012 in London, United Kingdom. At the Summit, Heads of State and Governments pledged to reduce unmet needs for family planning across the globe.

Family Planning 2020 (FP2020) is a global initiative which works with governments, civil society, multi-lateral organisations, donors, the private sector and the research and development community. The goal is that by 2020, 120 million more women and girls will have access to contraceptives. This will support the rights of women and girls to decide, freely, and for themselves, whether, when, and how many children they want to have.

At present only 39.5% of women of reproductive age are able to access modern methods of contraception that enable them to practice voluntary family planning. Official figures show that the unmet need for contraception has increased from 17.7% in 2007 to 24.2% in 2010. About 24.2% of Myanmar women of reproductive age want to delay or end childbearing but are not using modern contraception.

In its FP2020 commitment, Myanmar has promised to invest more resources to reduce the current unmet need for contraception to less than 10% by 2015 and to increase the Contraceptive Prevalence Rate to 50% by 2015.

We congratulate the Government of the Republic of Union of Myanmar for its commitments to FP2020 and the swift actions taken by the Ministry of Health in its efforts to achieve the targets. Much needs to be done to improve and strengthen the supply chain, thereby avoiding bottlenecks and ensuring that important life-saving commodities, including contraceptives, reach the hands of women who need them.

This costed implementation plan to meet FP2020 is the first in Myanmar and UNFPA is proud to have worked very closely with the Ministry of Health in the development. We acknowledge with thanks the technical contribution of Dr. Katherine Ba Thike, UNFPA consultant and Ms. Nichole Zlatunich, Lucile Packard Foundation's support for the costing. I am certain that this costed implementation plan will be the road map for all stakeholders to contribute complementarily to make the FP2020 commitment a reality in Myanmar.

We look forward to strengthening our relationship and collaboration with the Government of the Republic of Union of Myanmar in its national efforts to attain the highest level of health for its people and the Ministry of Health's efforts to provide universal access to Reproductive health services including Family planning.



Janet E Jackson,
Country Representative, UNFPA-Myanmar

Foreword

The Costed Implementation Plan to meet FP2020 commitments supports the Myanmar Health Vision 2030 of the Ministry of Health and National Population Policy in 1992, shifting from a pronatalist policy to a health-oriented approach. This includes the promotion of birth spacing to improve the health status of women and children and for eligible couples to decide on the number of children as their individual rights.

The Goal of the Implementation Plan to meet FP2020 commitments is to ensure :

(i) improved reproductive health of women, men and adolescents

(ii) reduction in maternal and infant mortality and morbidity

through scaling up the provision of quality integrated birth spacing services.

The Plan complements the National Strategic Plan for Reproductive Health in Myanmar (2014- 2018) through focused activities that are aligned with the Strategic Plan for RH. These are on advocacy to reinforce an enabling environment for birth spacing; generating demand and sustaining behavior change among clients and providers; increasing availability of good quality birth spacing services through improving the capacity of the health workforce and the availability of a reliable supply of contraceptives. Commitments to FP2020 will be monitored and data will be used for evidence-based decision-making.

The Implementation Plan to meet FP2020 commitments was developed through a participatory approach involving senior staff from Departments under the Ministry of Health (MoH), obstetricians and gynaecologists from central, state and regional levels, representative of national and international NGOs, multilateral and bilateral donors and UN agencies. Discussions emanating from a three-day *Family Planning Best Practices Conference* held in Nay Pyi Taw from June 30 to 2 July 2014 which brought together international experts and key stakeholders from Myanmar contributed in the development of the Plan. Teams from 10 townships comprising of the Township Medical Officer, Assistant Surgeons/Medical Officers, Lady Health Visitors and Midwives from each township ensured inputs from grass-roots level and front-line workers.

We appreciate the contributions of all who participated in the national workshop and meetings and provided their time and expertise to the development of the Costed Implementation Plan to meet FP2020 commitments. On behalf of the Ministry of Health, the Department of Public Health and the Reproductive Health Programme, we would like to express our sincere gratitude to those who devoted their efforts in developing this Plan. Particular thanks are to the United Nations Population Fund in Myanmar for providing financial and technical support for the development of the Costed Implementation Plan.



Dr Thein Thein Htay
Deputy Minister
Ministry of Health

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Acronyms

AAAQ	Availability, Accessibility, Acceptability and Quality
AIDS	Acquired Immune Deficiency Syndrome
AMW	Auxiliary Midwife
ANC	Antenatal Care
ARH	Adolescent Reproductive Health
BCC	Behavioural Change Communication
BHS	Basic Health Staff
BS	Birth spacing
CBO	Community-based organization
CIP	Costed Implementation Plan
CHEB	Central Health Education Bureau
CHV	Community Health Volunteer
CME	Continuing Medical Education
CMSD	Central Medical Stores Depot
CSO	Civil society organization
CYP	Couple Years Protection
DMPA	Depot-medroxyprogesterone
DoH	Department of Health
EPI	Expanded Programme of Immunization
FHI 360	Family Health International 360
FP	Family planning
FP2020	Family planning 2020
FRHS	Fertility and Reproductive Health Survey
GoM	Government of the Republic of the Union of Myanmar/ Government of Myanmar
GPRHCS	Global programme to enhance reproductive health commodity security
HCT	HIV counseling and testing
HIV/AIDS	Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome
HMIS	Health Management Information System
ICPD PoA	Programme of Action of the International Conference on Population and Development
IEC	Information, Education and Communication
IHLCA	Integrated Household Living Conditions Assessment
IOM	International Organization for Migration
IPPF	International Planned Parenthood Federation
IUD	Intra-uterine contraceptive device
JICA	Japan International Cooperation Agency
JOICFP	Japanese Organization for International Cooperation in Family Planning
KAP	Key Affected Populations
Lao PDR	Lao People's Democratic Republic
LARC	Long-acting reversible contraception
LARM	Long-acting reversible methods
LMIS	Logistics Management Information System
M4RH	Mobile for reproductive health
MCH	Maternal and Child Health
MDG	Millennium Development Goals
MHSCC	Myanmar Health Sector Coordinating Committee

MICS	Multiple Indicator Cluster Survey
MISP	Minimum Initial Service Package
MMCWA	Myanmar Maternal and Child Welfare Association
MMR	Maternal mortality ratio
MNCH	Maternal, newborn and child health
MNMA	Myanmar Nurse and Midwife Association
MNCWA	Myanmar National Committee of Women's Affairs
MoH	Ministry of Health
MRTV	Myanmar Radio and Television
MSI	Marie Stopes International
MVA	Manual Vacuum Aspiration
MW	Midwife
MyMA	Myanmar Medical Association
NAP	National AIDS Programme
NGO	Non-government organization
PAC	Post-abortion care
PCFS	Population Changes and Fertility Survey
PMTCT	Prevention of mother-to-child transmission
PPFP	Post-partum family planning
PPH	Post-partum haemorrhage
PPIUD	Post-partum IUD
PROGRESS	Program Research for Strengthening Service
PSI	Population Services International
RH	Reproductive health
RHC	Rural Health Centre
RHCS	Reproductive health commodity security
SBCC	Social and behavioural change communication
SDP	Service delivery points
SOP	Standard Operating Procedures
TMO	Township Medical Officer
TSG	Technical and Strategy Group
UN	United Nations
UNAIDS	United Nations Joint Programme on HIV/AIDS
UNFPA	United Nations Population Fund
UNICEF	United Nations Children's Fund
VHW	Voluntary Health Worker
WHO	World Health Organization

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