Elements of Family Planning Success Toolkit

What elements are needed to make family planning programs successful? Health care professionals around the world have identified the top 10 essential components that program managers, policy makers, service providers, and others can focus on to make their efforts a success. Some 500 survey respondents from 98 countries made suggestions as to what are the most important and challenging elements of a successful family planning program. Another 280 health care professionals from 60 countries discussed the findings of the survey online. K4Health staff organized the findings into 10 categories.

The 10 elements of family planning success include:

- **Supportive Policies** [1]
- **Evidence-Based Programming** [2]
- **Leadership and Management** [3]
- **Effective Communication** [4]
- **Contraceptive Security** [5]
- **Trained Staff** [6]
- **Client-Centered Care** [7]
- **Easy Access** [8]
- **Affordable Services** [9]
- **Integrated Services** [10]

These elements are on the navigation tabs on the right side of this page and throughout the toolkit. Use the tabs to view lists of resources that you can download, adapt, and use in your work.

This toolkit contains more than two dozen audio and video interviews with family planning experts, up-to-date background and reference materials, job aids and other tools, PowerPoint presentations, books, manuals, briefs, case studies, fact sheets, newsletters, pamphlets, posters, project reports, reviews, and teaching and training materials. Resources listed are from more than 80 organizations.

If you have an experience to share about family planning programming, we invite you to tell us about it through the feedback form, where you can also suggest new resources. To find out if a resource has already been included in this toolkit, type the title in the search box. For more information about this toolkit and other K4Health toolkits, please click on About.

**Contraceptive Options**

To learn more about specific contraceptive methods, please visit K4Health's other family planning toolkits:

- **Condom Use** [14]
- **Implants** [15]
- **Injectables** [16]
- **IUD** [17]
- **Lactational Amenorrhea Method** [18]
- **Oral Contraceptives** [19]
- **Standard Days Method** [20]
- **TwoDay Method** [21]
How do I get started using this toolkit?

How can I suggest a resource to include in this toolkit?

How can I make a comment or give feedback?

What are K4Health eToolkits?

K4Health Toolkits [22] are electronic collections of carefully selected information resources on a particular topic for health policy makers, program managers, and service providers. They are based on a continuous publishing principle that allows them to evolve after publication to capture additional resources and to identify and fill remaining information gaps.

What is the purpose of this toolkit?

K4Health's predecessor (The INFO Project) initiated the Elements of Family Planning Success activity to provide recommendations made by program managers and policy makers to program managers and policy makers. Health care professionals from around the world identified the top 10 elements essential for the success of family planning programs. The INFO Project and the follow-on K4Health Project then merged this local knowledge with evidence-based information gathered worldwide to develop a package of resources, including this toolkit. (Other resources in the package include a Population Reports [23] issue and Family Planning Programming -- Elements of Success [24] e-learning course.)

Who developed this toolkit?

INFO Project staff surveyed health care professionals around the world on what they felt were the most important elements of successful family planning programs. Survey respondents identified the top 10 elements most important to program success as well as the elements that are the hardest to achieve. Some 500 respondents from 98 countries replied. We followed the survey with a two-week online discussion forum using the Implementing Best Practices Knowledge Gateway [25]. About 280 health care professionals from 60 countries joined the discussion. INFO developed a package of resources based on the survey results, the forum discussion, and a synthesis of evidence-based information. K4Health staff selected the resources in this toolkit and organized them into the 10 categories.

Who are the publishers of the resources?

Resources selected for inclusion in this toolkit were published by the following organizations working throughout the world to promote evidence-based best practices and improve the delivery of health services.

Abt Associates [26]

Academy for Educational Development [AED] [27]

Advance Africa [28]

Asia-Pacific Population Journal [29]

Association for Voluntary Surgical Contraception [AVSC] International [30]

Association of Schools of Public Health [31]

CARE [32]

Centers for Disease Control and Prevention [CDC] [33]
Chinese Journal of Family Planning

DELIVER PROJECT [34]

Delivery of Improved Services for Health [DISH] [35]

Department of Reproductive Health and Research of World Health Organization [36]

Engender Health [37]

Family Care International [FCI] [38]

FHI 360 [27]

FRONTIERS Population Council [39]

Futures Group International [40]

Global Network of People Living with HIV [GNP+] [41]

Guttmacher Institute [42]

Health Communication Partnership [43]

Health Policy Initiative [44]

Hewlett Foundation [45]

IGES

Information and Knowledge for Optimal Health Project [INFO] [46]

Initiatives Inc. [47]

International Community of Women Living with HIV/AIDS [ICW] [48]

International Health Programs [IHP] [49]

International Planned Parenthood Federation [IPPF] [50]

International Youth Foundation [51]

IntraHealth International [52]

Jhpiego [53]

John Snow, Inc. [JSI] [54]

Johns Hopkins Bloomberg School of Public Health [55]

Johns Hopkins University Center for Communication Programs [56]

Joint United Nations Programme on HIV/AIDS [UNAIDS] [57]

Journal of Adolescent Health [58]

Journal of Advanced Nursing [59]
Journal of Clinical Nursing [60]

Journal of Family Planning and Reproductive Health [61]


Lawrence Erlbaum Associates [63]

London School of Hygiene and Tropical Medicine [64]

Macro International [65]

Management Sciences for Health [MSH] [66]

Maximizing Access and Quality [MAQ] Initiative

Medical Anthropology [67]

National Cancer Institute [68]

National Institutes of Health [NIH] [69]

Oxford University Press [70]

Packard Foundation [71]

Pathfinder International [72]

Patient Education and Counseling [73]

Policy Project [74]

Polimap PolicyMaker 4 Software [75]

Population Council [76]

Population Leadership Program [PLP] [77]

Population Reference Bureau [PRB] [78]

Population Research and Policy Review [79]

Population Services International [PSI] [80]

PRIME II Project [81]

Private Sector Partnerships-One [PSP-One] [82]

Program for Appropriate Technology in Health [PATH] [83]

Project HOPE [84]

Regional Office for South Asia [85]

Reproductive Health and HIV Research Unit [RHRU] [86]

Reproductive Health Supplies Coalition [87]

Rockefeller Foundation [88]
What types of resources are included?

This toolkit provides relevant, reliable, and usable information related to 10 essential elements of successful family planning programs. The resources were selected with health policy makers, program managers, and service providers in mind. For example, the toolkit contains:

- Over two dozen audio and video interviews with family planning experts around the world.
- Up-to-date background and reference materials to design evidence-based, state-of-the-art programs.
- Job aids and other tools to increase the effectiveness and quality of program activities and services.
- PowerPoint presentations and other quality information resources that can be downloaded and adapted to better serve local circumstances and languages.
Various publication formats including books, manuals, briefs, case studies, fact sheets, newsletters, pamphlets, posters, project reports, reviews, teaching and training materials, photos, tools, and job aids.

**Who are the intended audiences?**

Program managers and others are encouraged to use this toolkit to share their successes and lessons learned, network with people around the world, solve problems, bounce ideas off each other, and ultimately create a better program. Key audiences of this toolkit include policy makers, program managers, service providers, and others who want to strengthen their programs. We invite you to suggest resources [12] or adapt the resources in this toolkit to suit your local circumstances and languages.

**How do I get started using this toolkit?**

To browse the contents of this toolkit, use the navigation to view resources related to the 10 elements of family planning success. You can also use the search box if you know what you are looking for or have a specific item in mind.

Resources in this toolkit can be downloaded and adapted for teaching and training, research, advocacy, policymaking, and program management. Some of the tools are readily available in an adaptable format (for example, Microsoft PowerPoint presentations or Word documents). We encourage you to alter and personalize these tools for your own use. (Please remember to credit the source.) If you do use these tools or adapt them, we would love to hear from you. Please e-mail us [110]. (To make a comment about the toolkit or suggest a resource, use the feedback form [12].)

**How can I suggest a resource to include in this toolkit?**

We invite you to contribute to evolving and enhancing this toolkit. If you have developed or use quality resources that you think should be included in the toolkit, please use the feedback form [12] to suggest them. The toolkit collaborators will review and consider your suggestions.

**How can I make a comment or give feedback?**

If you have comments about the toolkit, please use the feedback form [12]. Your feedback will help to ensure the toolkit remains up-to-date and is continually improved. For example, you can share ideas about how you have used the toolkit in your work so that others can learn from and adapt your experiences.
Supportive Policies

- PDF version [111]

Family planning programs need high-level support to operate successfully. Supportive policies, statutes, and regulations, at both the national and operational level, lay groundwork for family planning service delivery. Operational policies—also known as “service delivery policies”—are the link between national policy and service delivery performance. While national policies often describe what should be done, operational policies often explain how it should be done and establish systems for delivering services. Advocacy efforts with a focus on the benefits of family planning can build political will, support, and commitment to high quality family planning service delivery.

Have a suggested resource or comment about this section? Please visit our feedback form [12].

Interviews with Family Planning Experts

- PDF version [112]

Included in this section of the Toolkit are a series of audio and video interviews with family planning experts discussing the importance of supportive government policies to the success of family planning programs. Specifically, interviewees talk about establishing partnerships with government; understanding religious factors associated with family planning; reasons why government should support family planning; and challenges to government involvement in family planning programs.
For example, Bright Ekweremadu, Managing Director of Society for Family Health in Nigeria, emphasizes the critical role of a supportive government in helping family planning providers accomplish their work by creating an enabling environment. Dr. Jeff Spieler, Senior Science Advisor at USAID, discusses in detail why political leaders should support family planning. He argues that "family planning is the solution to many problems..." because it enables couples to have the number of children they want and to space pregnancies. These abilities reduce child mortality, reduce maternal morbidity and mortality, and increase opportunities for women, thereby increasing economic growth. Dr. Punima Mane, Deputy Executive Director of UNFPA, talks about the importance of data in advocacy, planning and policy around family planning programs and services.

**Advocating for Policy Change**

- [PDF version](#) [113]

**International Guidelines for Policy Development**

- [PDF version](#) [114]

**Tools for Policy Making**

- [PDF version](#) [115]

**Evidence-Based Programming**

- [PDF version](#) [116]

Successful family planning programs use research, monitoring and evaluation to guide design and implementation. The tools collected in this section of the Toolkit provide crucial information for deciding wisely how to develop in new directions, solve problems, assess effectiveness and make adjustments.

For country-specific examples of evidence-based programming, please visit the [Country](#)

Have a suggested resource or comment about this section? Please visit our feedback form [12].

Interviews with Family Planning Experts

- [PDF version] [18]

This series of video interviews with family planning experts focuses on the importance of monitoring and evaluation and research in family planning programming. Dr. Jane Bertrand, Director of Johns Hopkins Center for Communication Programs, talks about monitoring and evaluation as an important component to successful family planning programs and describes some of her own experiences in monitoring and evaluating family planning programs. Dr. Sian Curtis, Director of USAID’s MEASURE Evaluation Program, talks about the purpose and importance of monitoring and evaluation and discusses some of the barriers that are faced in program implementation, such as resources, time and staffing, and the importance of planning ahead when implementing a monitoring and evaluation system.

Additionally, Dr. Joe Speidel of the Bixby Center for Global and Reproductive Health at UCSF talks about his entry into the field of family planning and how relatively quick of an effect family planning has in reducing fertility and population growth once family planning is invested in (examples including the U.S. and many developing countries). Dr. John Townsend, Vice President and Director of the Population Council's Reproductive Health Program, talks about the importance of listening to clients and shaping programs around their needs.

Evidence-based Practices

- [PDF version] [19]

Monitoring & Evaluation

- [PDF version] [20]

Leadership & Management

- [PDF version] [21]