



Importance of Family Planning, Ante-Natal Care and Childhood Immunization Services in the Community

A Health Education Presentation Prepared by Group 17

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Outline

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Introduction



- **Family planning** allows people to attain their desired number of children and to determine the spacing of their pregnancies. This is achieved through the use of contraceptive methods and the treatment of infertility.
- **Antenatal care (ANC)** is comprehensive health supervision of a pregnant woman before delivery. They are counseled about healthy habits, receive micronutrient supplementation and vaccinations.
- **Childhood immunization** protects children from preventable deaths caused by diseases like diphtheria, tetanus, pertussis and measles.

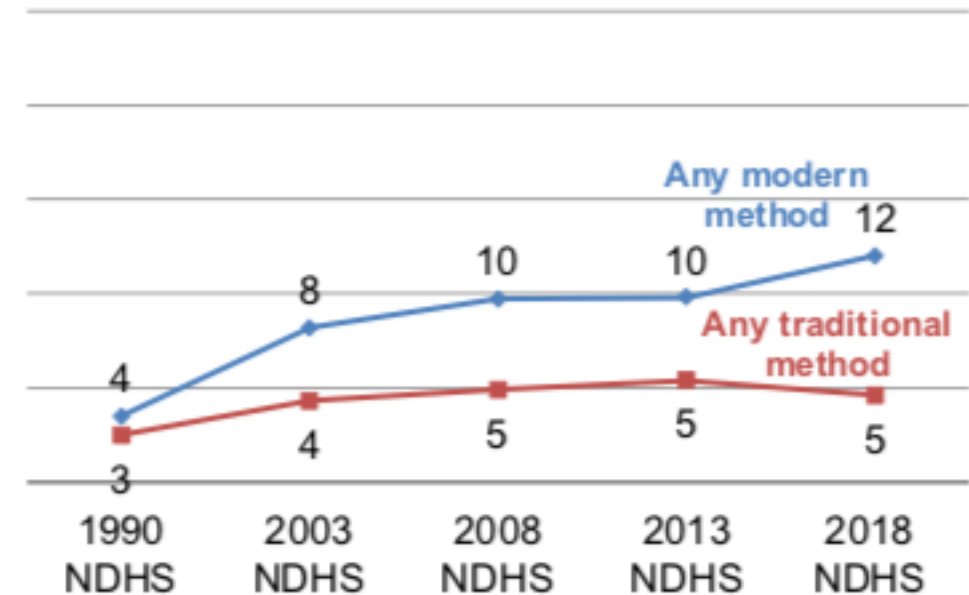
Statistics (Family Planning)



- The Federal Government of Nigeria has set a modern contraceptive prevalence rate (mCPR) target of 27% by 2020, however, mCPR remains low at 12% among currently married women.(NDHS 2018)
- The use of contraceptives was shown to be higher among women in urban populations than among those in rural settings.

Figure 7.2 Trends in contraceptive use

Percentage of currently married women currently using a contraceptive method



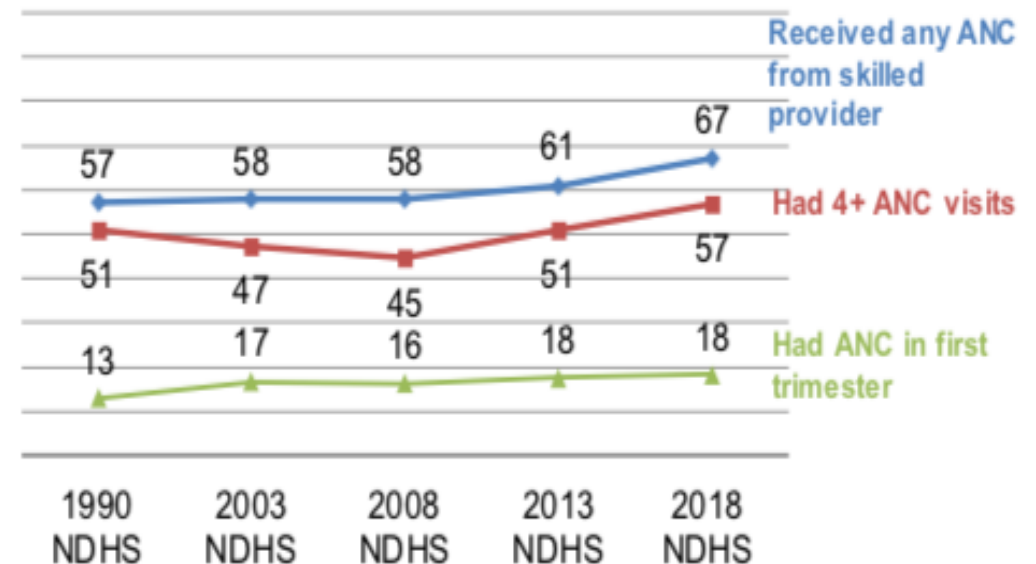
Statistics (ANC)



- In Nigeria, 67% of women who gave birth in 2013 - 2018 received ANC from a skilled provider during the pregnancy for their most recent birth and 57% had at least four ANC visits. (NDHS 2018)
- Women with secondary level of education and in urban settings were more likely to receive ANC.

Figure 9.1 Trends in antenatal care coverage

Percentage of women age 15-49 who had a live birth in the 5 years before the survey (for the most recent birth)



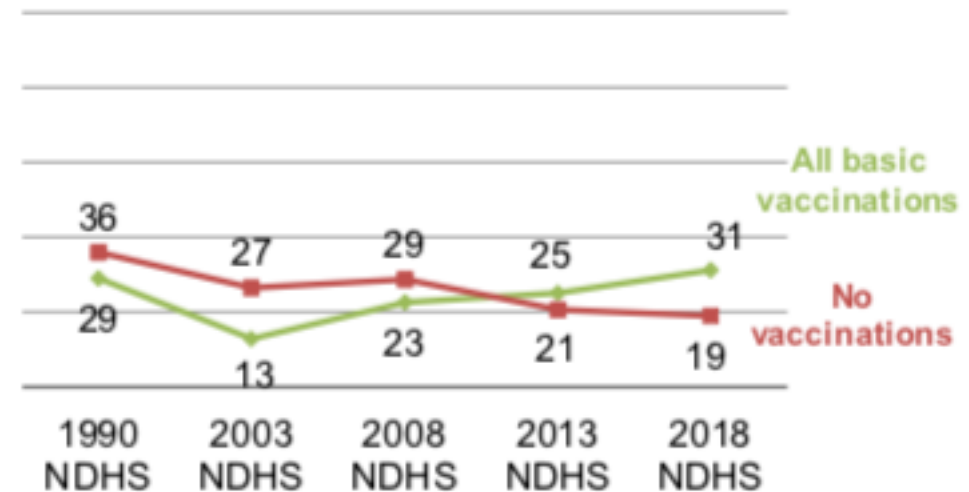
Statistics (Childhood Immunization)



- The percentage of children age 12-23 months who received all basic vaccinations was 31% in 2018.
- Children whose mothers have more than a secondary education, from households in the highest wealth quintile and in urban settings are more likely to be vaccinated.

Figure 10.2 Trends in childhood vaccinations

Percentage of children age 12-23 months who received all basic vaccinations at any time before the survey



Benefits of family planning



Mother

- Regains her health after delivery.
- Gives time to love and provide attention to her husband and children.
- Gives time to her family and own personal advancement.

Children

- Healthy mothers produce healthy children who will get love, and care they deserve.

Father

- Lightens the burden and responsibility in supporting his family.
- Enables him to give his children their basic needs (food, shelter, education, and better future).

Benefits of ANC



- Access to quality ANC services during pregnancy can help prevent maternal deaths.
- ANC visits allow providers to identify and manage infections as well as obstetric complications and to provide preventive injections, medications, and supplements to women.
- During ANC visits, women receive education about health behaviors during pregnancy, counselling on pregnancy danger signs, and information on family planning.



Benefits of immunization

- Some diseases that once injured or killed thousands of children have been eliminated completely, and others are close to extinction (polio) primarily due to safe and effective vaccines.
- Immunization currently prevents 3.5-5 million deaths every year from diseases like diphtheria, tetanus, pertussis, influenza and measles.(WHO)
- We know that immunization is one of the most effective public health interventions, giving every child the opportunity to grow up healthy and reach their full potential.(UNICEF)

Case Scenario



- Mrs KB has a high fertility rate yet refuses to use any family planning method. Hence, three months after giving birth, she gets pregnant again. This poses a great risk on Mrs KB, the child she is breastfeeding as well as her unborn child because she has not given herself enough time to recover from pregnancy and regain lost nutrients. Her nutrients are now shared amongst the child she is breast feeding as well as the growing baby in her womb.
- Furthermore, Mrs KB refuses to attend antenatal classes (where she would be supplied with micronutrient supplements) and she declines immunizing her children. This puts them at risk of infections and eventually death.
- Her unborn baby is at risk of growth restriction and other deformities which can be identified during ANC visit. Mrs KB's life is also at risk during child birth.
- This goes to show it is a vicious cycle and so many disabilities and deaths can be avoided with family planning, antenatal care as well as childhood immunization.

Need For Health Services

- Lack of family planning services will enable the likes of Mrs KB to properly plan and space their pregnancies. This enables her to recover her health and to adequately care for her family
- Antenatal care (ANC) provides pregnant women with the knowledge and nutrients they require in pregnancy. Any foetal anomalies can also be identified during ANC visits.
- Access to ANC services will lead to a reduction in maternal mortality as high risk pregnancies will be identified and treated appropriately.
- Childhood immunization has led to a reduction in morbidity and mortality rates of children under the age of five.

What Will Happen If You Don't Use These Services?



- If family planning services are not used, the likes of Mrs KB will have problems during her pregnancy such as anaemia in pregnancy, micronutrient deficiencies.
- Her unborn baby is at risk of intra-uterine growth restriction, small for age babies and other congenital anomalies which would not be identified if she does not use ANC services.
- Her children that are not immunized are at risk of falling ill and dying from preventable diseases such as polio, diphtheria, pertussis and tetanus.
- Other consequences include financial burdens, sickly and handicapped members of the community.

What Happens When You Use These Services?

- Utilization of family planning services enables you to adequately plan and space your pregnancies as desired. This gives you the opportunity to adequately cater for your children.
- Using ANC services provides your pregnant women with the advice and nutrients that they require in pregnancy. Any fetal abnormalities can also be identified during routine ANC visits.
- Using ANC services will reduce the rate of maternal mortality as any high risk pregnancy will be identified early and treated appropriately.
- Childhood immunizations will protect your children from vaccine preventable illnesses such as polio, diphtheria, pertussis, tetanus and hepatitis.



Way Forward

- Make use of family planning services available in your health care facility.
- Visit the health center with your spouses and see the various methods available.
- Support your wives to visit ANC regularly to receive care from trained health care personnel.
- Allow your children to be vaccinated at the health center and on immunization days.
- Utilizing these services will improve the quality of life of your women and children and reduce maternal and child mortality rates.



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