

## Family Planning



### The Challenge

Although fertility has fallen from about six children per woman in 1951 to about 2.7 children in 1997, the population continues to grow by 15.5 million annually.

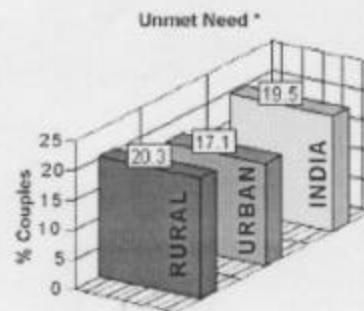
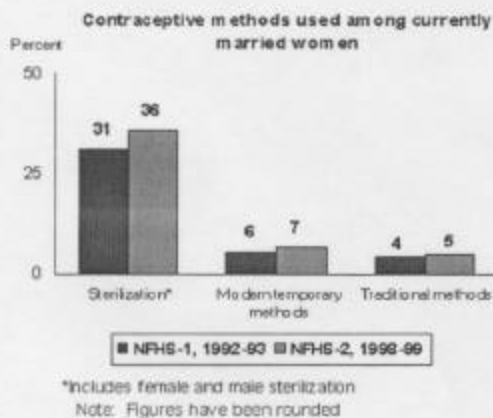
If couples average two children each by 2001-2006, India's population will stabilise at about 1.7 billion. But, if it is delayed by 20 years, it will rise above 2 billion.

Barriers to family planning include low literacy (male: 64%; female: 36%), the low status of women, high infant mortality (ranging from 15 to 112 per 1000 live births), and socio-cultural factors such as son preference and early marriage of girls.

The four large Northern States of Bihar, Uttar Pradesh, Madhya Pradesh and Rajasthan which have as much as 40% of the country's population are characterised by high birth and infant mortality rates, low literacy and women's status.

### Attitudes and Behavior

1. About one in five married women who would like to use family planning, does not use it.
2. Almost half (41%) of currently married women in India are using methods of contraception.
3. The predominant method used is sterilization



\* Couples who would like to limit their family size or delay the next birth, but do not use contraception.

4. The use of modern temporary birth spacing methods of family planning is very low (6%) and has remained nearly unchanged since 1992-93.
5. Non-government sources provide the majority of temporary methods while government is the major source for sterilization.
6. Social values and family institutions require that each couple should have at least one surviving son particularly in rural areas
7. With high infant and child mortality a couple will not take risk of undergoing sterilization before having at least 2 sons.
8. A sterilization operation is irreversible as opposed to reversible methods such as IUD.
9. The following is the variety of modern methods available for family planning  
source: <http://health.indiamart.com/familyplanning>



- Female Sterilization
- Combined Oral Contraception
- Injectible Contraception
- Progestin
- Emergency Contraception
- Vaginal Methods
- Vasectomy
- Norplant implants
- Intrauterine Devices
- Condoms

#### Government and Family Planning

1. The Indian Government was one of the first to formulate a national family planning programme in 1951
2. Family planning vs. population growth was the motto of the national population policy in independent India since the introduction of the first five-year plan (1951-56).
3. In 1972-73 over 3 million sterilizations were performed, two thirds of them in camps.
4. The family planning methods provided by the government are vasectomy, tubectomy, intrauterine devices, conventional contraceptives and oral pills.
5. The percentage of couples accepting family planning with 3 or less living children was 75% for IUD, 60% for vasectomy and 52% for tubectomy.
6. During 1977-80 contraceptive failure was the reason given for termination in about 47% of cases at national level. It was high about 90% in HP and 66% in maharashtra
7. Estimated about 4-6 million abortions are criminally induced every year.

## Sanitation

1. The decade of 1981-1990 was officially named the international drinking water supply and sanitation decade by the general assembly of the United Nations.
2. Despite all efforts in the world during the international drinking water supply and sanitation decade (1981-1990) more than 2500 million people in the developing world do not have access to the means of personal sanitation.
3. Most water supply and sanitation programs aim to improve health but the main focus should be on providing clean water.
4. It has been realized that the effective way of reducing water and sanitation related diseases is safe disposal of excreta.

Keeping these issues as the central theme, The IRC International Water and Sanitation Center runs a rural sanitation program in India. IRC is an independent, non-profit organization supported by and linked with the Netherlands Government, the United Nations Development Programme (UNDP), the United Nations Children's Fund (UNICEF), the World Health Organization (WHO), the World Bank and the Water Supply and Sanitation Collaborative Council.

Some highlights, findings and results:

1. Recognizing the importance of communication, 10% of the rural sanitation budget in India is now being spent on IEC (Information, Education, Communication) projects.
2. \$US 1.9m is spent each year in increasing awareness and understanding of water and sanitation issues at every level from state decision makers to rural villagers.
3. This action was taken after a survey showed huge gaps in what the sanitation sector thought and ordinary people did.
4. Fundamental changes in practices by water engineers and planners are being brought about by this communication exercise.
5. Villagers are ready to take on responsibility for maintaining their clean water supply.