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## TREND AND PROJECTION OF MODERN CONTRACEPTIVE PREVALENCE RATE IN INDIA FOR FP2020 COMMITMENT.

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### Abstract:-

**Introduction:** Worldwide, India was the first country to introduce a National Programme for Family Planning in 1952. Following its memorable inception, the Family Planning project has experienced numerous changes as far as approach and real program usage. Now India has committed in the London summit 2012 for family planning programme or interventions. Family planning programme or interventions will be performed as the main component of Universal Health Coverage. It will be achieved through the largest public health programme in the world, the National Rural Health Mission (NRHM) and as well as National Urban Health Mission (NUHM). And also, India is focusing on SDG, by 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes, as imitated in Sustainable Development Goal 3.7.

**Objective:** First objective is to analyses the current trend of mCPR and project it for FP2020 and second to analyze the increase in the number of users under FP2020 as per the commitment to increase additional 48 million users.

**Materials & Method:** We performed a secondary analysis on the data given by FP2020's website. Which provides us information and resources on the global partnership designed for everyone working to advance access to modern contraceptives for all girls and women who want them.

**Result and conclusion:** The result has estimated that the mCPR will rise to 55 percent in 2020 from 53 of 2012. But if we want to achieve the target of 175.39 (127 million users till 2012 and additional user of 48 million till 2020, which comes out to be 175 million) then we will have to increase the mCPR to 68 percent. Then only we will be able to achieve that. Otherwise the target looks unrealistic to achieve.

**Keywords:** Family planning, mCPR, FP2020, Unmet need, Family panning method, Family planning services

## INTRODUCTION

Family planning is one of the important measures to contain overgrowing population and it provides a positive reproductive life. Family planning (FP) interventions are critical to ensuring safe motherhood, by decreasing the risk of unwanted pregnancies, abortions and related complications.<sup>1-2</sup> providing voluntary and universal access to FP services can prevent up to 600,000 newborn deaths and 79,000 maternal deaths per year, and lead to a two-third reduction in unplanned pregnancies annually.<sup>3</sup> In developing countries, timely access and use of FP services have shown to avert maternal deaths by 32%, infant mortality by 10%, and childhood mortality by 21%.<sup>4-5</sup> Access to safe family planning methods also allows women and couples agency over the number and spacing of their children, often creating space for women to pursue educational and income-generating opportunities.<sup>7</sup>

While India has maintained one of the largest voluntary family planning programs since 1952,<sup>1</sup> recent National Family Health Survey (NFHS-4) data from 2015-16 show poor uptake of various FP methods, such as condoms (5.6%), oral contraceptive pills (4.1%), and intrauterine devices (1.5%) among women age 15-49 years.<sup>8</sup>

In Asia, and Latin America and the Caribbean – areas with relatively high contraceptive prevalence the levels of unmet need are 10.2 % and 10.7%, respectively<sup>9</sup>. Unmet need for family planning the difference between the 2015 level and the absolute target is more than half of the gap between the target and the global baseline<sup>10</sup>.

Worldwide, India was the first country to introduce a National Programme for Family Planning in 1952. Following its memorable inception, the Family Planning project has experienced numerous changes as far as approach and real program usage<sup>11</sup>. Now India has committed in the London summit 2012 for family planning programme or interventions. Family planning programme or interventions will be performed as the main component of Universal Health Coverage. It will be achieved through the largest public health programme in the world, the National Rural Health Mission (NRHM) and as well as National Urban Health Mission (NUHM)<sup>12</sup>. And also, India is focusing on SDG, by 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes, as imitated in Sustainable Development Goal 3.7<sup>13</sup>.

According to NFHS-4, India total fertility rate (TFR) is 2.2 while NFHS-3 TFR was 2.7 who showed significantly no declined in one decade. NFHS survey shows 53.5% use of Contraceptives among who have reproductive age group (aged 15-49 years) married women and modern contraceptive prevalence rate (mCPR) is 47.8%.<sup>14</sup>

We used the tool to obtain estimates and projections of subnational family planning indicators for India from 1990 to 2030. The main objectives of FP2020 are to increase modern contraceptive usage, an annual increase of 0.4% will be achieved in mCPR so as to attain the mCPR of 54.3%. And also Increase demand satisfied by modern contraceptives to 74% by 2020. Overarching FP2020 goals for India are to drive access, choice, and quality of family planning services so as to increase the modern contraceptive usage from 53.1% (2017-Track 20 estimate) to 54.3% by 2020 and ensure that 74% of the demand for modern contraceptives is satisfied by 2020. And expanding range and reach of contraceptive options by 2020 by the rolling-out of injectable contraceptives, Progesterone only Pills (POPs) and Ormeloxifene (nonhormonal weekly pill: Centchroman – Indian brand) in the public health system and exploring introduction of new LARCs.

### Objective

- To analyses the current trend of mCPR and project it for FP2020.
- To analyze the increase in the number of users under FP2020 as per the commitment to increase additional 48 million users.

### Materials & Method

We performed a secondary analysis on the data given by FP2020's website. Which provides us information and resources on the global partnership designed for everyone working to advance access to modern contraceptives for all girls and women who want them.

All data has been extracted from the track20.org website. Track 20 is responsible for the annual report on the core indicators of the 2020 RP and has formed a broad background of the 2020 RP reports. Track20 is collaborating with FP2020 to produce an annual progress report of FP2020, which documents the progress family planning in 69 countries participating in FP2020. As part of this process, track 20 is working with countries to create estimates of 18 core indicators and compiles these data for reporting purposes. Track20 also creates additional data analyzes each year on specific topics in the FP2020 report.

We calculated the trend and the required condition and situations to achieve the FP2020 commitment. The rates are taken from the secondary sources and then estimation has been made based on that rates.

### Results

**Table 1: Family Planning user projection and mCPR**

Year	Users (in million)	Additional Users (cumulative in million)	Rate of Increase <sup>#</sup>	mCPR (MW)
2012	127.3	-	1.21	53.00%
2013	128.9	1.5	0.89	52.90%
2014	130.0	2.6	0.71	52.70%
2015	130.9	3.5	1.96	52.50%
2016	133.5	6.1	2.26	52.90%
2017	136.5	9.1	2.23	53.50%
2018	139.6	12.2	2.3	54.10%
2019	-	-	-	54.70%
2020	-	-	-	55.20%

Source: FP2020 stat track  
#Authors calculation

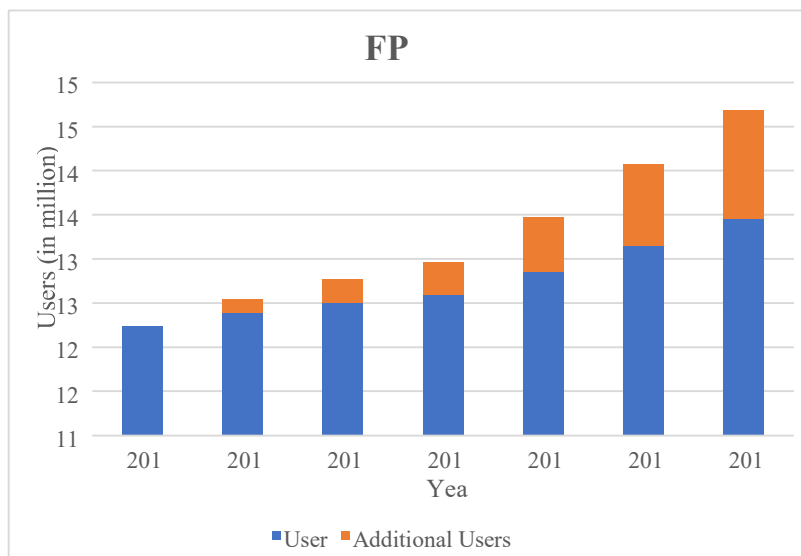
The data reveals that as per our current trend, till 2018 we have 139 million FP users including the additional 12 million additional users. The estimated mCPR will rise to 55 percent in 2020 from 53 of 2012. The current trend show that we are far behind in achieving the commitment of additional 48 million user till 2020. We need to increase additional 36 million user in the next 2 years which do not looks achievable by the current rate of increase.

**Table 2: Projection of Family Planning users as per linear trend**

Year	Users	Additional Users (cumulative)	mCPR (MW)	Rate of Increase
2019	142.83	15.45	54.70%	2.3
2020	146.12	18.73	55.20%	2.3

Source: Author's calculation

The analysis with the current trend shows that there are only 18 million new users by 2020 but as per commitment we need to have 40 million new users. The additional 30 million user increase will require increase in the prevalence rate. There could be away to increase the user, and this can be done by increase in the rate, the modern contraceptive rate is the one which can help us in achieving the commitment.



**Figud:FP users in**  
Source: FP2020 stat track

Source: FP2020 stat track

**Table 3: Population projection for 15-49 years currently married**

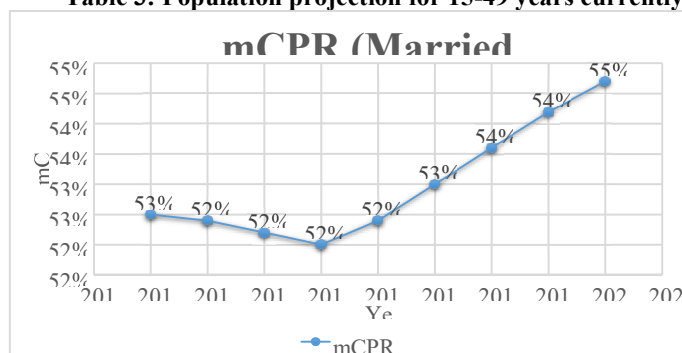


Figure 2: mCPR of Married women										
Year	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Population (15-49) CMW	230.1	233.0	235.9	238.7	241.5	244.3	247.0	249.7	252.5	255.3

Source: 2011 population by census 2011, rest is author's calculation

**Table 4: mCPR Projection for achievement of additional 48 million users.**

Year	Population (15-49) CMW	Committed user (in million)	mCPR
2020	255.27	175.39 (127 million users till 2012 and additional user of 48 million till 2020, which comes out to be 175 million.)	68.71

Source: Author's calculation

If we take the population growth constant for a while from the census 2011 then the approximate number of currently married women will be 255 million in 2020 and from them if we want to achieve the target of 175.39 (127 million users till 2012 and additional user of 48 million till 2020, which comes out to be 175 million) then we will have to increase the mCPR to 68 percent. Then only we will be able to achieve that. Otherwise the target looks unrealistic.

### Conclusion

Family planning is both a fundamental right and a life-changing service with the potential to accelerate the progress of all our development goals. The FP2020 platform has proven to be effective, flexible and resilient in the face of change. Although the current trend is quit show but vision for the future remains clear. Every woman and every girl must have the power to create their own lives and we are on that track. The country's approach of the FP2020, which is based on human rights principles and based on data and facts and accountable to all, will be very effective.

The estimated mCPR will rise to 55 percent in 2020 from 53 of 2012. But if we want to achieve the target of 175.39 (127 million users till 2012 and additional user of 48 million till 2020, which comes out to be 175 million) then we will have to increase the mCPR to 68 percent. Then only we will be able to achieve that. Otherwise the target looks unrealistic.

A lot of work should be done in term of programs and both the public and privet sector should work together to achieve the increase in modern contraceptive prevalence rate.

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