



# Person-centered & Rights-based Family Planning and Fertility Measurement

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IUSSP Panel: Rethinking Family Planning Measurement

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# Defining Person-centered Measurement

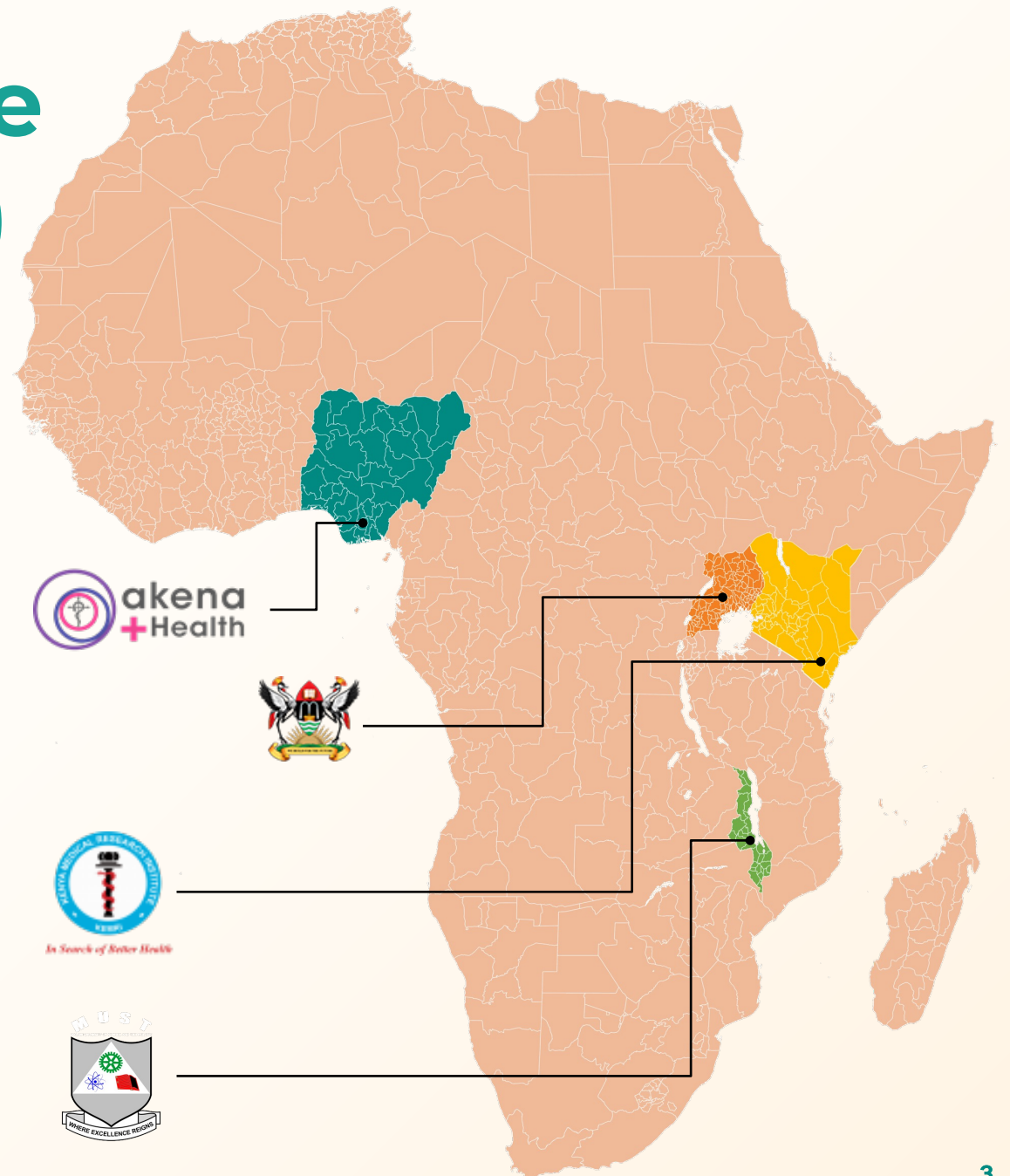
- Family planning and fertility measures historically prioritize pregnancy protection (contraceptive use & unmet need)
- Critical gaps remain in understanding people's lived experiences and realities
- Person-centered measures: prioritizing people's values and preferences in measurement, programs, policies
- Human rights framework: focusing the degree to which people's autonomy and rights are upheld
- Person-centered & rights-based approaches require refocusing on understanding people's self-defined needs and the extent to which they are being met

# Innovations for Choice and Autonomy (ICAN) Consortium

## Research Questions:

1. How can self-injection of subcutaneous DMPA (DMPA-SC) be implemented in a way that best meets women's needs, as they themselves define them?

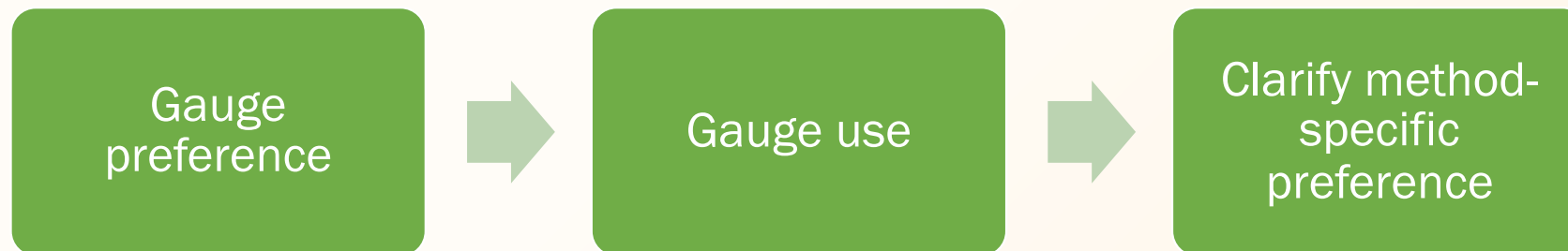
2. Can self-injection enhance contraceptive agency for women who face the most barriers?



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# Preference-Aligned Fertility Management

- We define PFM as the degree to which individuals act in line with their own preferences
- Focusing on short-term intentions—i.e., what people tell us they want right now
- A broad construct relevant for contraception, abortion, and infertility



# Equally “Good” Outcomes

- Someone who reports wanting to prevent pregnancy by using withdrawal, and does so each time they want to
- Someone who wants to prevent pregnancy and wants to use the IUD they have
- Someone who wants to leave pregnancy up to God so chooses not to use contraception despite not reporting actively wanting more children

# Opportunities for Innovation in Person-centered Measurement

- Shift away from equating contraceptive use with empowerment & covert contraceptive use with disempowerment
  - Privilege women's self-defined needs, which may not include contraception
  - What are 'legitimate' reasons for non-use?
- Understand extent to which people are aware of their rights and societal injustices
- Incorporate various sources of interference & support beyond a partner
- Broaden scope for universal applicability (gender neutral, including individuals without partners and young people)

# Contraceptive Agency

## Domain 1

### Agency in contraceptive decision-making

Degree to which people have consciousness of their rights and preferences related to contraception

- a. Clarity of one's values
- b. Information/support in accordance with one's preferences
- c. C. consciousness of the right to contraceptive choice
- d. Critical reflection
- e. Perceived control
- f. Self efficacy

## Domain 2

### Agency in acting on contraceptive decisions

Degree to which people have the ability to achieve their rights and preferences related to contraception

- a. Acting in accordance with one's preferences
- b. Control over who and to what extent others are involved



**THANK YOU!**

## **Person-centered Family Planning and Fertility Measurement**

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