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.

Gauge preference ➔ Gauge use ➔ Clarify method-specific preference.
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 extend others are involved
THANK YOU!

Person-centered Family Planning and Fertility Measurement

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