



Nepal

To achieve its long-term goal of reducing fertility and under-5 mortality, Nepal specifies family planning as a priority element of an Essential Health Care Service in its Health Sector Strategy (2004), Nepal Health Sector Programme–Implementation Plan (2004–2009), and in the Second Long-term Health Plan (2007–2011).

Policy Innovations

Key policy advances include:

- the National Reproductive Health Strategy that includes an integrated package of health services, including family planning, safe motherhood, and prevention and management of abortion complications;
- the National Reproductive Health Commodity Security Strategy (2007–2011) that includes contraceptives on the essential drug list (the public sector is the largest supplier of contraceptives);
- the Nepal Family Health Program (NFHP) which supports implementation of activities to realize these goals and provides technical support to the National Female Community Health Volunteer (FCHV) programme in Nepal. FCHVs play a key role in disseminating information and providing non-clinical contraceptives.

Results

These innovations have led to improved outcomes, including:

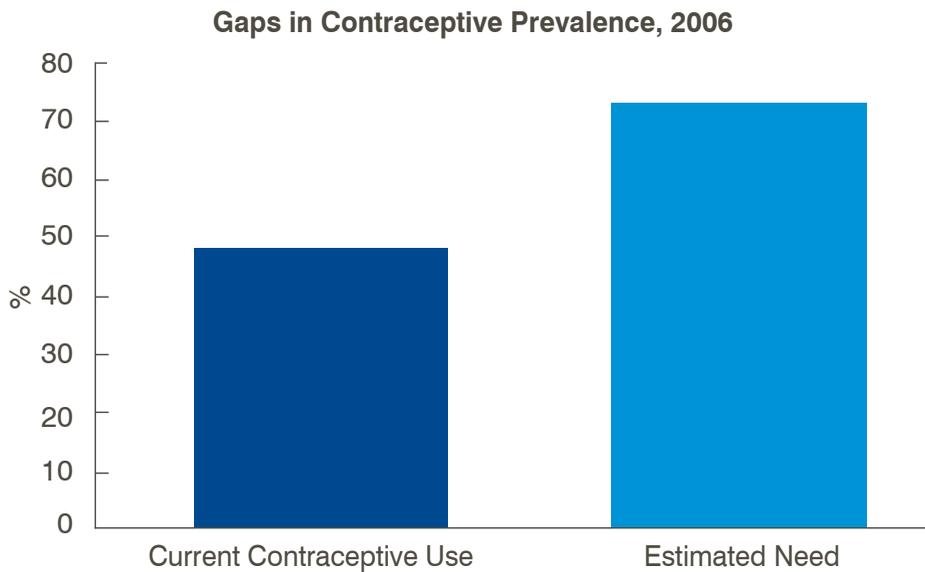
- increasing contraceptive use from 35.4% in 2001 to 44.2% in 2006;
- expanding knowledge of contraception to over 99%, regardless of educational background.

Challenges

As of 2006, one in four women of reproductive age had an unmet need for family planning:

- unmet need varies by geographic terrain, being higher in the mountain region (30%) than in the terai (southern) region (21%), and by residence, being higher among rural women (25%) compared with urban women (20%);
- mountainous geography and seasonal access exacerbate shortage of commodities and access to the service delivery points;
- availability of trained and skilled health workforce vary, and is particularly low in rural areas.

Possible interventions to address these challenges include increasing FCHV focus on long-term methods of contraception and improving surveillance to understand changes in maternal mortality and contraceptive use/fertility.



Source: Nepal DHS (2006)

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References available at: www.who.int/reproductivehealth/publications/monitoring/rhr_hrp_11_19



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