

# *Increasing uptake of contraceptives among female students of higher learning institutions in Mwanza- Tanzania*

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# Project Overview

- Since 2008, Tanzania has reinvigorated its efforts to improve Reproductive, Maternal, Newborn, Child Health through its National Roadmap Strategic Plan to Accelerate Reduction of Maternal New born and Child Deaths (2008-2015)
- The adolescent fertility rate is persistently high in Tanzania, with 119 births per 1000 women aged 15-19
  - 57% of adolescent girls are either mothers or have had their first pregnancy by age 19 (TDHS 2010).
  - It worth bearing in mind that adolescents comprise 31% of the Tanzanian population (Census 2012)
- 85% of married adolescents and 60% of unmarried sexually active adolescents are not using any modern contraception
- It is estimated that, 20-35% of maternal deaths could be avoided through the prevention of unplanned and unwanted pregnancies by the use of family planning methods
- Less than 50% of adolescents aged 15-19 years had their demand for family planning satisfied (TDHS, 2010). These births carry higher risks and poorer outcomes for the adolescent girls and their babies
  - Stillbirths and deaths in the first week of life are 50% higher in this age group, therefore contributing to high maternal and neonatal mortality, as well as other reproductive health problems including, unsafe abortions and sexually transmitted infections including HIV and AIDS



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# Project Overview

To contribute towards Tanzania's National Roadmap Strategic Plan to Accelerate Reduction of Maternal New born, T-MARC has partnered with the UNCoLSC TWG to pilot family planning interventions aimed at increasing the uptake of contraceptives among female students (age 15-24) of higher learning institutions in Mwanza region

## **Vision:**

To increase of Contraceptive Prevalence Rates among young women in institutions of higher learning in Mwanza region of Tanzania.

## **Intended Audiences:**

- **Primary Audiences:** Higher learning institution students in Ilemela and Nyamagana district in Mwanza region
- **Influencing Audiences:** Reproductive health providers and Accredited Drug Dispensing Outlet/pharmacy Providers in Ilemela and Nyamagana district, Mwanzaregion



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# Key Activities

- Conduct formative assessment to establish specific barriers for contraceptive uptake among students in targeted higher learning institutions
- Advocate for youth-friendly services in college clinics (where applicable)
- Establish linkages to youth-friendly services, including youth-friendly ADDO providers trained under the Tanzania Social Marketing Project (TSMP), Population Services International's Familia clinics offering youth friendly services and any other health facilities in the target area that offer youth friendly services
- Establish linkages to hotlines offering HIV and family planning support
- Develop and pre-test training guide for trainers and engage the national working group for endorsement
- Identify and orient training-of-trainers (ToTs) on training guide
- Develop/adapt and print Ministry of Health Community Development Gender Elderly and Children (MOHCDGEC) IEC material\*
- Conduct IPC sessions with female students of higher learning institutions in Ilemela and Nyamagana districts of Mwanza regions



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