



**POPULATION
COUNCIL**

Ideas. Evidence. Impact.

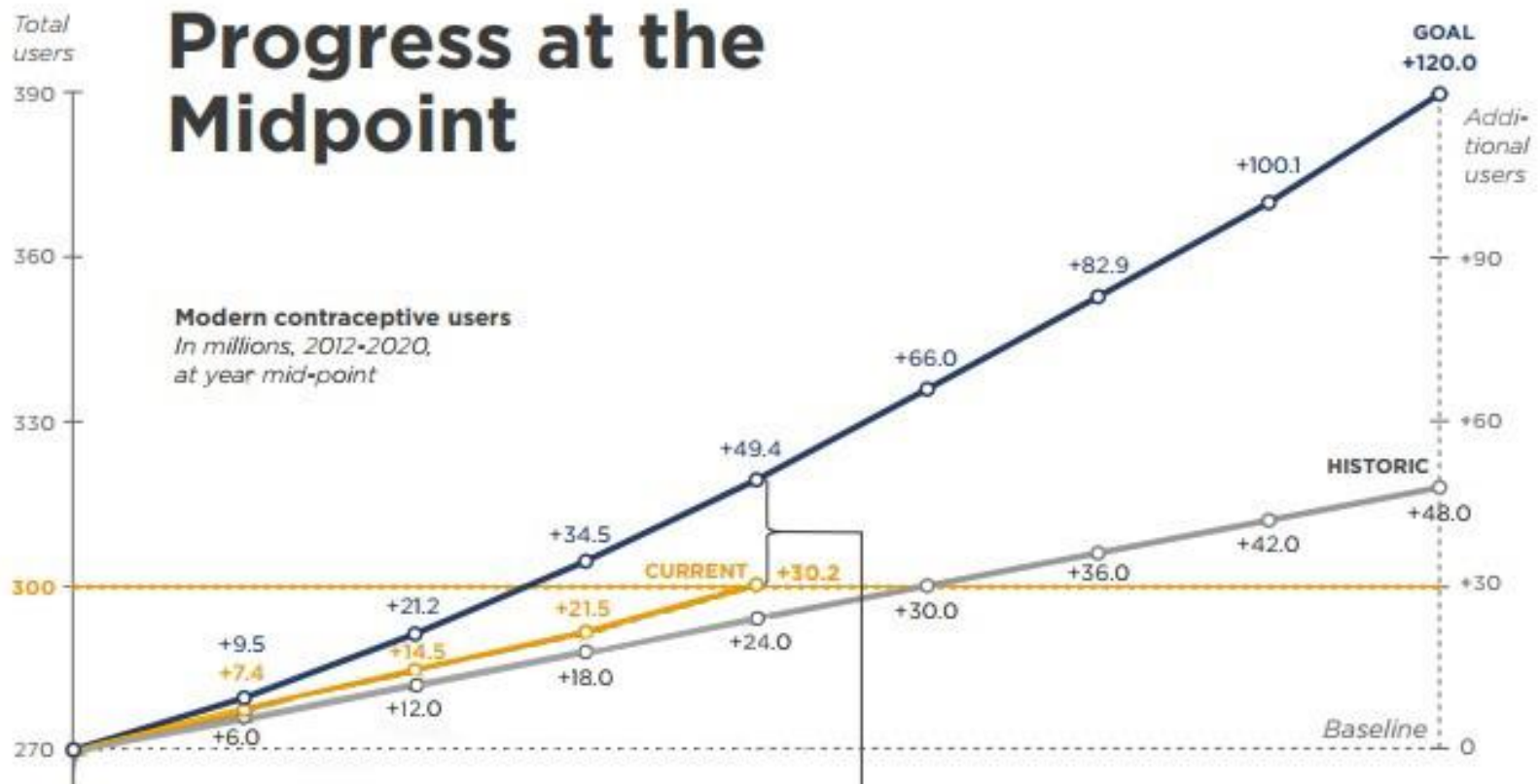
WHAT DO USERS **REALLY** WANT?

Saumya RamaRao, John Townsend, and
Jim Sailer

Symposium on “Bridging the Gap to FP2020:
Evidence to Accelerate Progress”

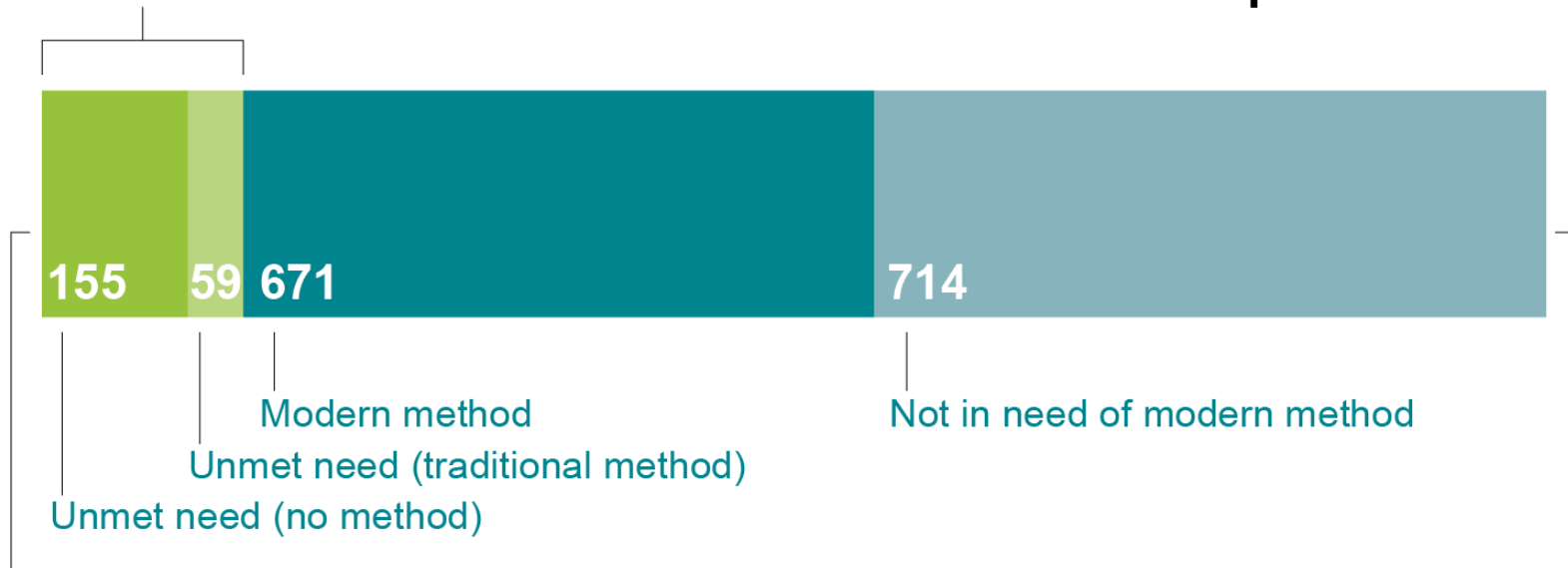
July 10, 2017

Contributing to FP2020's Goals



One-fourth of women wanting to avoid a pregnancy are not using modern contraceptives

214 million have an unmet need for modern contraception



1,600 million women of reproductive age, 2017

Women with unmet need for modern contraceptives account for 84% of unintended pregnancies

89 MILLION UNINTENDED PREGNANCIES, 2017



METHODS WOMEN USED WHEN THEY BECAME PREGNANT

CONTRACEPTIVE DISCONTINUATION: REASONS, CHALLENGES, AND SOLUTIONS

A NEW REPORT FROM THE POPULATION COUNCIL & FAMILY PLANNING 2020 HIGHLIGHTS WAYS TO BETTER MEET THE NEEDS OF WOMEN TO REDUCE DISCONTINUATION AND ENHANCE SWITCHING TO NEW METHODS.

Among women reporting a current unmet need for modern contraception:

1/3

HAD USED A MODERN METHOD IN THE PAST BUT DISCONTINUED USE WITHIN 1 YEAR

1/2

STOPPED USE WITHIN 2 YEARS

KEY INTERVENTIONS TO IMPROVE SERVICE ENVIRONMENTS



INCREASE THE NUMBER OF AVAILABLE METHODS

Adding one method to a program leads to an 8% decrease in contraceptive discontinuation.



ENABLE WOMEN TO SWITCH IMMEDIATELY

Women who experience problems must be able to change to a preferable method immediately.



INCREASE ACCESS POINTS

Increasing the number and types of suppliers and providers can support informed choice and switching if needed.



STRENGTHEN FOLLOW-UP MECHANISMS

Reminding women of appointments, e.g. through mobile technologies, can reduce unintentional discontinuation.



BRING THE METHODS TO WOMEN

Outreach services that take the method to the client can help women continue to use their method of choice even if they face time or transportation challenges.

KEY INTERVENTIONS TO ADDRESS MYTHS AND SIDE EFFECTS



ENABLE DISCUSSION OF POTENTIAL SIDE EFFECTS

Discussing side effects with providers and the community can improve understanding of the method, increase continuation, and better facilitate method switching.



ENGAGE MALE PARTNERS

Enhanced couple communication can be effective in supporting continued use, particularly postpartum.



DISPEL MISCONCEPTIONS

Service providers should dispel misconceptions about the timing of starting or switching a method and the perceived need for hormonal method "rest periods."



ENSURE CLIENT CONFIDENTIALITY

Because, in some settings, opposition to family planning can be an issue, ensuring client confidentiality must be a critical priority.



COUNSEL WOMEN ABOUT PROLONGED AMENORRHEA

Reassure women who are planning to become pregnant in the future that their menses will return to normal and educate about the average timing.

Rationale for Expanded Choice

- Contraceptive needs change over time and across individuals
- Facilitate contraceptive switching for those who still want to avoid pregnancy
 - 38% of women discontinue use by 12 months
- Address preferences of new generations of users—“Not my grandmother’s contraceptive”
 - 1.8 billion young people with different aspirations for life, health, and wellbeing

Introduce and Expand Access to Existing Contraceptives

- Access increases with task shifting to lower level providers
- Volume guarantee by donors energized implant market



Adapt Existing Contraceptives

- Sayana Press for self-use and delivery by community-based health providers
- SILCS diaphragm incorporated user inputs for improved design



New Technologies: Contraceptive Vaginal Rings

- 3-month ring that contains natural progesterone for use by breastfeeding women
- Investigational combined ring that prevents pregnancy for 1 year



Considerations for Product Development

- Fewer side-effects
 - E.g., better bleeding cycles
- Improved user experience and autonomy
 - E.g., self use, convenience, multiple drug delivery formats
- Offer multiple health benefits
- Address men's needs for contraception
- Lower cost to consumers and procurers

MULTIPURPOSE PREVENTION TECHNOLOGIES (MPTs)

ARE NEW METHODS **IN DEVELOPMENT** THAT COMBINE FAMILY PLANNING, HIV & STI PREVENTION

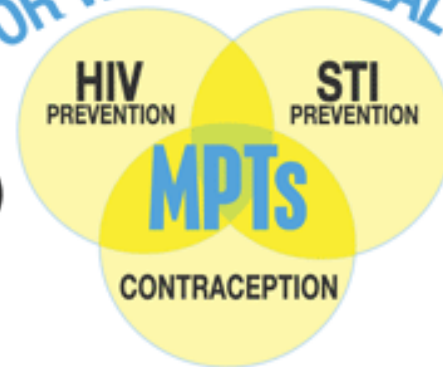
86 MILLION UNPLANNED PREGNANCIES AROUND THE WORLD EVERY YEAR

EVERY **60 SECONDS** A YOUNG WOMAN IS INFECTED WITH **HIV**

1 MILLION PEOPLE CONTRACT AN **STI** EVERY DAY



FOR WOMEN'S HEALTH



- **EASY TO USE**
- **EFFICIENT**
- **FEMALE INITIATED**



RING & ONE-SIZE-FITS-ALL DIAPHRAGMS



GELS & FILMS



MULTIPURPOSE VACCINES & INJECTABLES



DRUG COMBINATIONS

Multipurpose Prevention Technologies: Pregnancy and STI/HIV Prevention



Gel



Fast dissolve insert

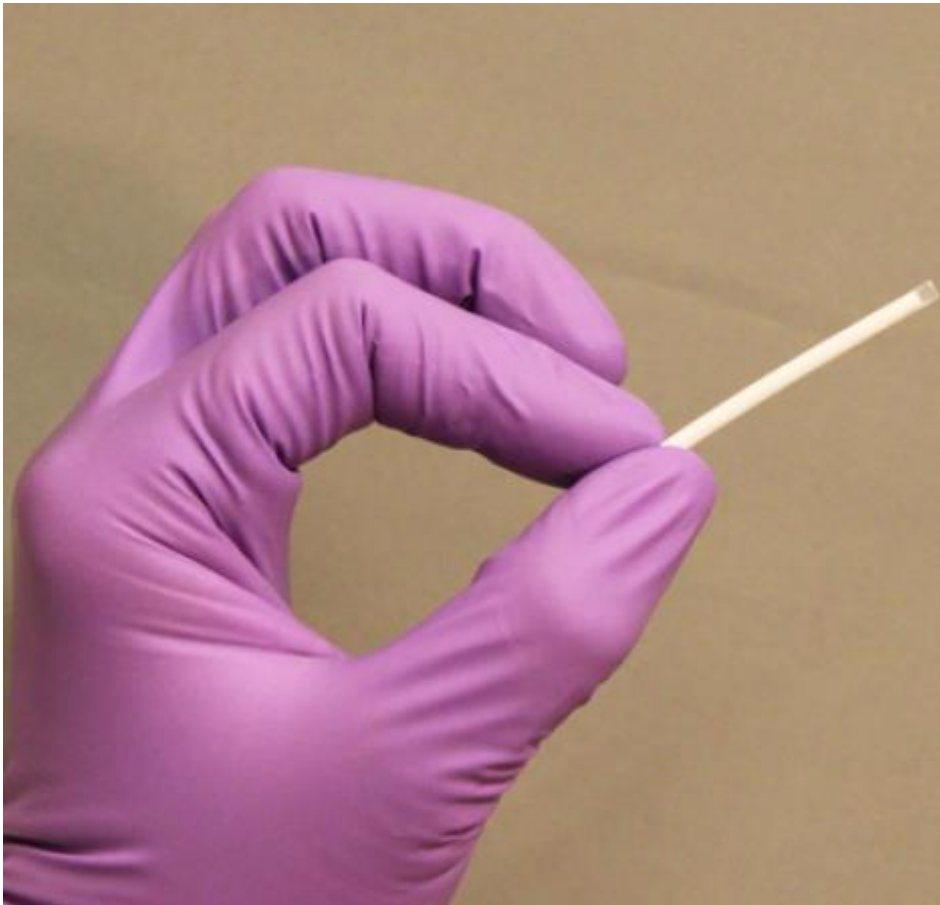


Intravaginal ring



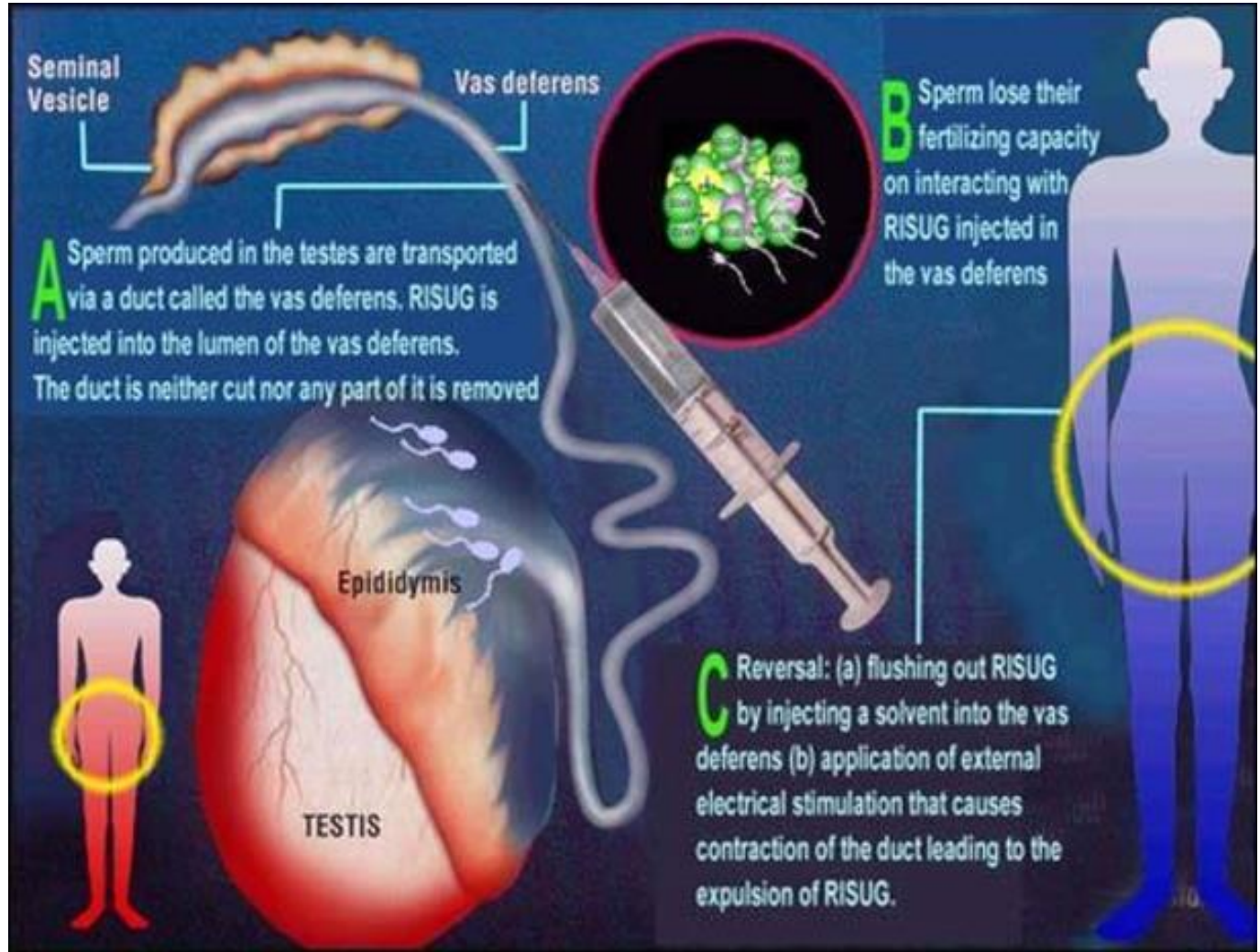
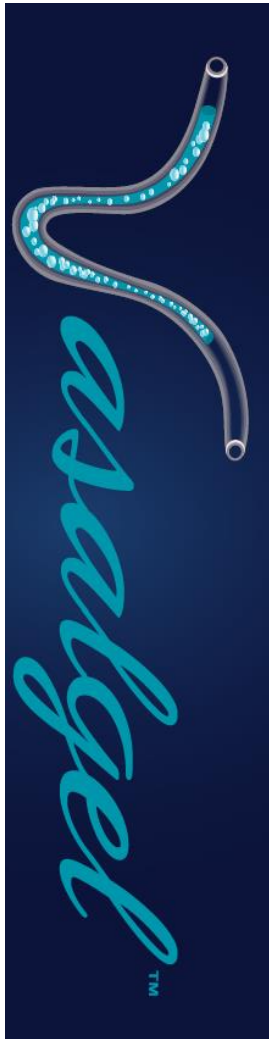
SILCS Diaphragm + Gel

Male Contraception in Discovery



- Developing 1 year, reversible hormonal contraceptive implant for men containing novel androgen, MENT®
- Early clinical trials, showing promising results
- Would give men longer-term options

Male Contraception



Make healthy behaviors appealing



Subway Piano Stairs — Odenplan Stockholm

Promise of New Contraceptives

- Helps users realize their reproductive intentions
- Achieves health system efficiencies
- Energizes markets
- Contributes to FP2020 goals



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Ideas. Evidence. Impact.



The Population Council conducts research and delivers solutions that improve lives around the world. Big ideas supported by evidence: It's our model for global change.