



**RWANDA HEALTH INITIATIVE
FOR YOUTH AND WOMEN**

FAMILY PLANNING AND CONTRACEPTIVE SERVICES

Objective

To increase access to modern contraceptive methods and promote informed reproductive choices among adolescents, young people, women, and couples through community outreach, provision of quality family planning services and commodities, and strengthening the capacity of primary health care facilities to deliver comprehensive family planning services.

Background

Unmet need for contraception remains a significant contributor to unintended pregnancies, unsafe abortions, school dropout among adolescent girls, and maternal health complications. These challenges are particularly acute in rural and underserved communities, where distance to health facilities, limited availability of contraceptive commodities especially long-acting reversible contraceptives (LARCs) persistent myths and misconceptions, and shortages of trained providers continue to hinder access to family planning services.

Recognizing these barriers, Rwanda Health Initiative for Youth Welfare (RHIYW), in partnership with local and international stakeholders, implemented family planning interventions aimed at expanding access to high-quality contraceptive services and empowering individuals to make informed reproductive health decisions.

Key Interventions and Results (2019–2025)

Between 2019 and 2025, RHIYW implemented various family planning interventions that combined community mobilization, health workforce strengthening, commodity support, and outreach service delivery.



❖ Community Awareness and Demand Creation

Community awareness campaigns were conducted through Community Health Workers (CHWs), youth centers, primary health care facilities, mobile clinics, and community outreach activities. These initiatives provided accurate information on family planning methods, addressed myths and misconceptions, and promoted informed decision-making among adolescents, young people, women, and couples.



Capacity Building of Health Care Providers

To strengthen service quality and expand access to contraceptives, RHIYW trained 164 nurses and midwives from 66 public primary health facilities across five districts (Musanze, Karongi, Kirehe, Ruhango, Rwamagana). Training focused on contraceptive counseling, provision of post-abortion family planning, and the delivery of long-acting reversible contraceptives; implants and intrauterine devices (IUDs).

Strengthening Community-Based Referral Systems

A total of 2,500 Community Health Workers were trained on family planning and LARC promotion. Equipped with knowledge and skills, CHWs conducted household visits, community education sessions, client referrals, and follow-up support, helping to bridge the gap between communities and health facilities.

Expanding Youth-Friendly Services

RHIYW supported youth center to provide a range of modern contraceptive methods and counseling services tailored to the needs of sexually active adolescents and young people. More than 6,000 young people accessed modern contraceptive methods through youth-friendly service platforms.

Outreach Service Delivery

Through community outreach campaigns and mobile service delivery, more than 20,000 young people received modern contraceptive services and counseling, while an additional 12,000 adult women adopted modern family planning methods. Services included implants, IUDs, oral contraceptives, injectable contraceptives, and referrals for permanent family planning methods.

Commodity and Infrastructure Support

RHIYW equipped three family planning posts in Musanze district and one youth center with essential family planning equipment and contraceptive commodities, enhancing their capacity to provide quality reproductive health services.

Indicator	Achievement
Health care providers trained in family planning and LARCs	164 nurses and midwives
Public primary health facilities strengthened	66 facilities across 5 districts
Community Health Workers trained	2,500 CHWs
Young people receiving modern contraceptive services and counseling	20,000+
Adolescents and youth accessing modern contraceptive methods through youth centers	6,000+
Adult women adopting modern family planning methods through outreach services	12,000+
Family planning posts equipped	3
Youth centers equipped	1

Impact

The program contributed to increased contraceptive uptake and reduced unmet need for family planning across five districts. By expanding access to modern contraceptive methods, particularly among adolescents, young people, and women in underserved communities, the initiative strengthened reproductive autonomy and enabled healthier birth spacing.

Improved access to family planning services also contributed to reducing the risk of unintended pregnancies, supporting better maternal health outcomes, and advancing broader reproductive health goals. The combination of community engagement, strengthened health systems, and expanded service delivery proved effective in reaching populations with historically limited access to contraception.

Lessons Learned

The implementation of family planning interventions demonstrated that strengthening mid – level health care provider capacity, empowering Community Health Workers, expanding youth-friendly services, and integrating community outreach with facility-based care are effective strategies for increasing access to family planning services. Sustained community education and reliable availability of contraceptive commodities were also critical in addressing barriers to uptake and ensuring continued access to quality reproductive health services, particularly among adolescents, young people, and underserved populations.