Results from the 2014 Kigoma, Tanzania Reproductive Health Survey

Among women ages 15 to 49

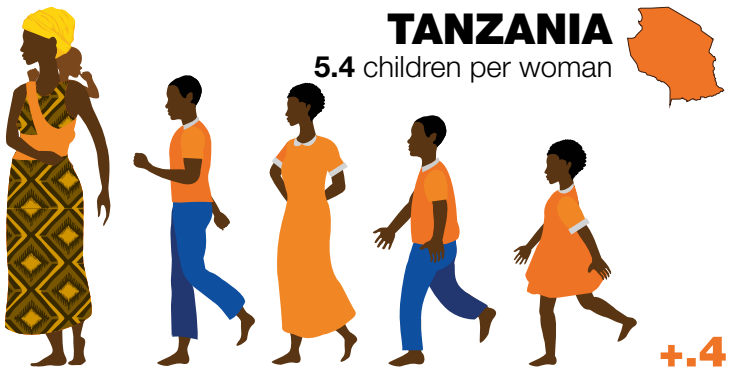
TOTAL FERTILITY RATES

KIGOMA

6.7 children per woman

TANZANIA

5.4 children per woman



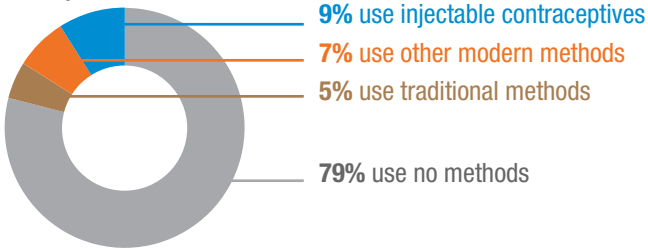
FAMILY PLANNING in Kigoma

DESIRE FOR MORE CHILDREN

Among married women

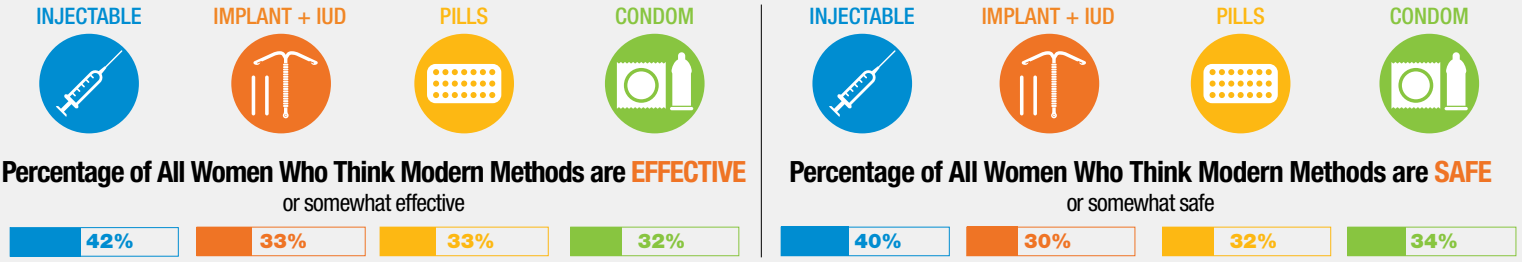
CONTRACEPTIVE USE

Among married women



CONTRACEPTIVE EFFECTIVENESS AND SAFETY:

Many women in Kigoma do not realize that modern contraceptive methods are **safe for almost all women**. Modern methods are also **very effective**, as they can prevent pregnancy 82% (condom) to 99% (IUD and implant) of the time.*



*SOURCE: http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/PDF/Contraceptive_methods_508.pdf

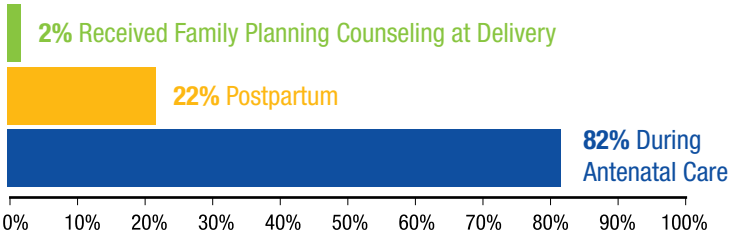
FAMILY PLANNING COUNSELING:

For the health of both woman and child, pregnancies should be spaced at least two years apart. Women should be informed about the contraceptive choices that are available to them. All women should receive counseling about family planning during pregnancy or postpartum.

74% of women in Kigoma received family planning counseling during the pregnancy for their most recent birth.

Of women who received family planning counseling:

(Some received counseling at more than one time)



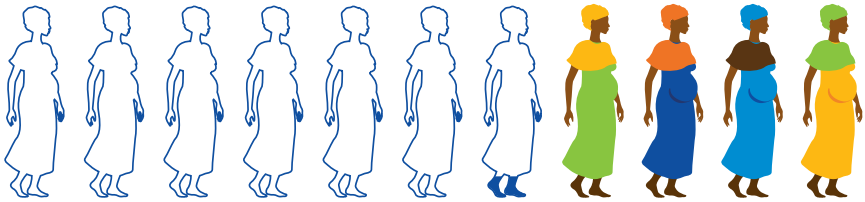
OPINIONS ON FAMILY PLANNING, AMONG ALL WOMEN IN KIGOMA:

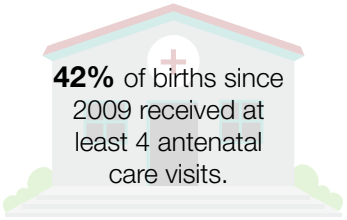
86% Feel family planning is important for the welfare of the family

45% Feel families should have many children because some will die

PREGNANCY AND BIRTH in Kigoma

ANTENATAL CARE VISITS:

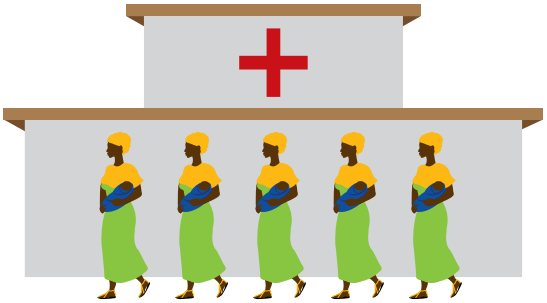




42% of births since 2009 received at least 4 antenatal care visits.

LOCATION OF DELIVERY:

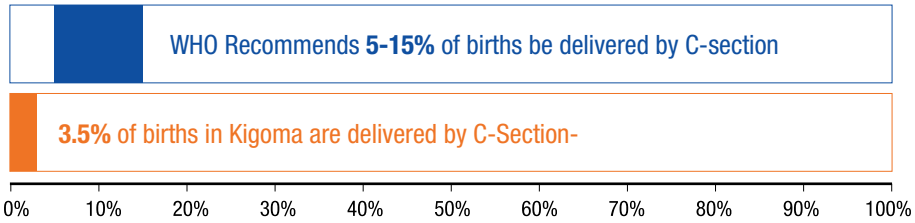
50% of births were delivered at home and **3%** en route to a health facility



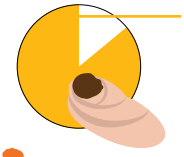
47% of births were delivered in a health facility

CESAREAN SECTION:

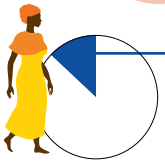
Cesarean sections are sometimes necessary for a safe birth.
The World Health Organization recommends that **5-15%** of births be delivered by C-section, but in Kigoma only **3.5%** are delivered by C-section.



POSTNATAL CHECKUP:



86% of infants receive postnatal checkups within 2 months of birth



12.5% of mothers receive postnatal checkups within 6 weeks of delivery

RECOMMENDATIONS

It is difficult for many women to deliver their babies in health facilities because facilities are often far away, and transportation is expensive. Transport voucher programs and community transport funds could reduce these barriers.

Many pregnant women attend only one antenatal care visit. Because the first antenatal care visit may be the woman's only contact with the health system during her pregnancy, this first visit should educate her about important maternal health issues such as:

- The need to develop a birth plan

- The health advantages of delivering in a facility

- Warning signs of pregnancy complications

- The benefits and availability of family planning

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

SOURCE: Kigoma 2014 Reproductive Health Survey

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