TOGETHER FOR TOMORROW

Reproductive Health Insights Across Asia, East Africa, and West Africa





A Quarterly Summary of Content Published on Knowledge SUCCESS.org from January 1, 2024 - March 31, 2024

EDITOR'S NOTE:

I trust this message finds you in good spirits. As we transition into the new quarter, I am delighted to provide you with an update on the latest developments and notable accomplishments within our family planning and reproductive health (FP/RH) community across Asia, East, and West Africa.

Here's what you can find in this issue

Our commitment to fostering collaboration and sharing impactful stories remains unwavering. This quarter, we published 12 articles, which include more inspiring narratives crafted by youth writers, highlighting the priceless role played by young thought leaders in improving reproductive health outcomes in varied communities.

Additionally, this issue features article summaries that delve into various KM approaches aimed at broadening capacity strengthening in the field of family planning and reproductive health across Asia and West Africa. These narratives provide inspiration and impart valuable lessons as we progress together on our journey of growth..

The motivation behind this quarterly summary

Throughout the preceding year, our primary online platform, KnowledgeSUCCESS.org, welcomed over 129,900 visitors who were eager to find beneficial and pertinent information for their programs. However, we recognize the connectivity challenges faced by many of our colleagues in rural and remote areas, where access to high-speed internet is limited. Based on feedback surveys, we understand the desire to share website content in "offline" formats. With this in mind, our quarterly publication is crafted to address these needs. We have condensed articles to ensure a seamless and accessible reading experience. For those wishing to access the full text online, URLs are provided in an appendix.

To optimize download time for online readers, we have omitted images that may impede access.

Your feedback is invaluable to us. We are committed to further enhancing the accessibility of our content. If you have any thoughts or ideas on how we can improve, please feel free to reach out to me directly.

To stay connected and engaged, join us on social media platforms such as Twitter (@fprhknowledge). We eagerly anticipate continuing this journey together and sharing the impactful stories published weekly on knowledgesuccess.org.

Warm regards,

Kiya Myers Managing Editor Email: kmyers47@jhu.edu Knowledge SUCCESS

Adopting the "Behavioral Scientist" Mindset as a Knowledge Manager

By Neela Saldanha



In the realm of knowledge management and advocacy for family planning and reproductive health (FP/RH), we are all inherently engaged in the science of behavior, whether consciously or not. Each day, as we strive to motivate partners and teams to seek, share, and utilize knowledge effectively, we essentially navigate the complexities of human behavior. This necessitates an understanding of behavioral science principles, which draw from a diverse array of disciplines including psychology, economics, anthropology, and sociology.

By delving into these fields, we gain insights into the underlying motivations and drivers of human behavior, equipping us with the tools to design interventions that bring about meaningful and sustainable change. So, how can we cultivate a behavioral scientist mindset within our professional endeavors? Firstly, it's crucial to identify and define specific behavioral challenges that we aim to address, steering away from overly broad objectives in favor of measurable behaviors. By honing in on observable actions, we can better assess the efficacy of our interventions and refine our approaches accordingly.

Secondly, we must tackle the "intent-action" gap by streamlining the pathways to desired behaviors, removing friction points that hinder individuals from taking action. This involves simplifying processes, reducing cognitive load, and leveraging behavioral insights to make behaviors easier and more accessible. Finally, nurturing a curiosity for understanding human behavior and maintaining a repository of innovative ideas are paramount. Drawing inspiration from frameworks like the EAST framework and sharing insights within our communities, such as FP Insight, enables us to collectively generate and refine solutions that drive impactful change in FP/RH initiatives.

By embracing these principles and fostering collaboration within our communities, we can amplify our impact and contribute to building a healthier future for all. Let's confidently embrace our roles as behavioral scientists and unite our efforts towards advancing FP/RH programs worldwide. Share their ideas, successes, and challenges within the FP Insight community, fostering collaboration and collective learning to drive positive behavior change in FP/RH programs.

"We are all behavioral scientists."

The Value of Human Centered Design for AYSRH

By Ida Ndione, Farmata Seye, and Leigh Wynne

The phrase "Anything done for me without me is done against me" encapsulates a groundbreaking approach to reproductive health programs, emphasizing the importance of including the perspectives and concerns of adolescents and young people. Last year, PATH and YUX Academy launched the HCD+ASRH Network of Ambassadors under the HCDExchange project, aiming to raise awareness and empower practitioners to address the sexual and reproductive health (SRH) needs of youth.

This diverse network of designers, international organizations, and young leaders from francophone West Africa is revolutionizing the ASRH landscape by employing Human-Centered Design (HCD), a problem-solving process that prioritizes the involvement of real users throughout the development journey. Through this approach, solutions are co-designed with young people to ensure they are tailored to their needs and cultural contexts. HCD is multistep process involving initial exploration and articulation of user needs, development of prototypes, and revision of designs in response to input from the community. Unlike traditional linear approaches, HCD involves iterative steps that engage end users from the outset, fostering a deeper understanding of their needs and preferences. In the context of francophone Africa, where discussions about sexual health can be taboo and youth often feel marginalized, HCD offers a transformative approach to address social and structural barriers.

By increasing youth engagement in identifying and implementing solutions, HCD not only ensures the relevance and effectiveness of interventions but also empowers young people to take ownership of their sexual and reproductive health, ultimately unlocking their full potential.

Learning Circles Alumni: Sustaining KM Approaches in EA

By Collins Otieno, Irene Alenga, and Elizabeth Tully

The Knowledge SUCCESS project in East Africa prioritizes knowledge management (KM) capacity building and ongoing mentorship to sustain effective KM approaches among FP/RH professionals. Recently, the project integrated previous Learning Circles participants as organizers and facilitators, demonstrating a commitment to building and mentoring an Alumni group to support learning and knowledge exchange activities.

Developed in 2020, Learning Circles aim to support program managers and technical advisors in FP/RH through discussions on program implementation efficacy, with three cohorts held on different priority topics, including Gender Transformative Approaches in FP/SRH in July and August 2023. To further engage and mentor KM enthusiasts passionate about contributing to FP/RH programming discussions, a Learning Circles Alumni group was formed, comprising participants from previous cohorts. Ahead of the 2023 cohort, four alumni received training and mentorship on facilitating Learning Circles sessions. Training covered effective facilitation skills to encourage deep exploration of program insights and KM approaches used in the foursession program to uncover programming successes and challenges productively.

This mentorship of Learning Circles Alumni ensures the spread of impactful KM approaches beyond the Knowledge SUCCESS project team, benefitting both the project and alumni. To learn more about the Learning Circles approach and how to organize and facilitate sessions, visit the comprehensive module on the KM Training Package website. For those interested in connecting with Knowledge SUCCESS' regional work in East Africa, visit the project's website for more information.

INTEGRATING KM INTO SENEGAL'S SELF-CARE GUIDELINES

By Sophie Weiner, Aissatou Thioye, Ida Ndione, and Kiya Myers

"Through knowledge management, we facilitate mutual learning within the group of self-care pioneers in Senegal and beyond."

In Senegal's evolving landscape of reproductive health and family planning, self-care practices have emerged as pivotal strategies. Aissatou Thioye highlights their importance, emphasizing improved healthcare access and coverage, particularly for women and families. Through selfcare, individuals can utilize family planning methods effectively, addressing gaps in the health sector and meeting reproductive health needs affordably.

National guidelines on self-care are crucial for advancing family planning and reproductive health in Senegal. Despite progress, challenges persist, including inadequate distribution of qualified personnel and accessibility to health services. Effective self-care strategies depend on providers' ability to transfer skills and users' adherence to guidelines, underscoring the importance of knowledge management in ensuring successful implementation. Knowledge SUCCESS partnered with Senegal to integrate knowledge management into self-care guidelines. Collaborating with various stakeholders, including PATH and the Ministry of Health, Knowledge SUCCESS facilitated presentations, proposed impact-driven strategies, and supported the development of learning plans and virtual libraries. This integration has already led to monthly information-sharing meetings among stakeholders, fostering collaboration and mutual learning.

The impact of knowledge management integration is evident, with a growing culture of information-sharing among self-care pioneers in Senegal. Moving forward, efforts will focus on strengthening knowledge management across the West Africa region, connecting with self-care champions globally, and continuing collaborative learning and networking activities. This systematic integration of knowledge management promises to enhance the effectiveness of self-care strategies and advance reproductive health initiatives collectively.

New Partnerships in East Africa Support Regional FP Goals

By George Apiyo, Wairimu Muthaka, Elizabeth Tully, and Natalie Apcar

USAID's East Africa Regional Mission has enlisted Knowledge SUCCESS to assist six local partners in enhancing their family planning and reproductive health (FP/RH) programs. Led by Amref Health Africa and supported by the Johns Hopkins Center for Communication Programs, the initiative aims to bolster FP/RH initiatives in the region. Through storytelling and other culturally relevant knowledge management (KM) approaches, Knowledge SUCCESS fosters a culture of knowledge sharing, building on its work since 2019 to strengthen capacity in and practice of KM in East Africa.

The project will focus on six organizations: East, Central and Southern Africa Health Community (ECSA-HC), East, Central and Southern Africa College of Nursing and Midwifery (ECSACON), Partnership for Population Development- Africa Regional Office (PPD-ARO), Eastern Africa National Networks of AIDS and Health Service Organizations (EANNASSO), East African Health Platform (EAHP), and the FP2030 East Africa Hub. The initiative responds to regional family planning priorities, such as increased access to and demand for youth-responsive FP/RH services. Through interactive training sessions and webinars, Knowledge SUCCESS has already begun strengthening understanding of KM and gaining support for KM initiatives. This collaborative effort aligns with USAID's commitment to collaboration, learning, and adapting (CLA), as emphasized by Dr. Gloria Musibi, president of ECSACONM.

Looking ahead, Knowledge SUCCESS will continue supporting initiatives to improve knowledge generation, sharing, and use for FP/RH in the region. The goal is to harness fruitful partnerships and enhance institutional capacity for KM, ultimately leading to improved FP/RH outcomes. With plans for website revamps and increased social media presence, Knowledge SUCCESS aims to further amplify its impact in the health sector in East Africa.

New Gender Norms through Positive Masculinity in the DRC

By Simon Bine Mambo and Kiya Myers

In the Democratic Republic of the Congo (DRC), particularly in the conflict-affected North Kivu region, entrenched patriarchal norms perpetuate widespread violence against women and girls, exacerbating existing inequalities. Instances of abuse, harassment, and exploitation underscore the urgent need for gender-sensitive responses in humanitarian settings to combat gender-based violence and improve access to sexual and reproductive health (SRH) services. In humanitarian settings, positive masculinity interventions have proven effective in breaking down barriers to SRH services for women and girls in internally displaced person (IDP) camps.

Positive masculinity initiatives in North Kivu, such as those led by the Youth Alliance for Reproductive Health (YARH-DRC), challenge traditional notions of manhood and encourage men and boys to critically assess power dynamics and promote meaningful change. Through evidence-based approaches, YARH-DRC engages men in traditionally maledominated spheres to challenge harmful gender norms and advocate for increased access to SRH services, including contraception. Transformative training sessions guide men and boys through a journey toward positive masculinity, fostering an understanding of women's bodily autonomy and promoting gender equality. In humanitarian settings, positive masculinity interventions have proven effective in breaking down barriers to SRH services for women and girls. By actively involving men and boys as partners in promoting equality and challenging harmful gender norms, organizations like YARH-DRC are driving transformative change.

Initiatives focus on advocacy, offering safe spaces, confidential services for survivors of violence, and socio-economic assistance. Through community dialogues and advocacy campaigns, men are encouraged to become gender advocates, challenging social norms and stereotypes while empowering both men and women with accurate information about reproductive healthcare.

FP2030's Family Planning KM Commitments

By Brittany Goetsch

FP2030 has a long-standing dedication to knowledge management (KM). Through a long-term partnership, FP2030 and Knowledge SUCCESS have used KM techniques to summarize country commitments in shareable formats that anyone can easily understand and expand documentation expertise among FP2030 Focal Points. Here are highlights of the commitments from FP2030's partnerhip with Knowledge SUCCESS.



FP2030 donne la priorité aux pratiques efficaces de gestion des connaissances pour améliorer la compréhension et l'utilisation des informations dans le domaine de la planification familiale et de la santé reproductive (PF/SR). 2

FP2030 and Knowledge SUCCESS collaborate on a case study featuring nine countries, offering insights into commitment-making processes and best practices.



Involvement of youth and civil society organization (CSO) focal points enriches the case study process, ensuring diverse perspectives and effective documentation techniques. 4

Knowledge SUCCESS supports FP2030 by creating visually appealing infographics summarizing country commitments, facilitating easy sharing with stakeholders and donors.

FP2030 and Knowledge SUCCESS anticipate continued collaboration across regional hubs, focusing on knowledge exchange to share lessons and best practices in commitmentmaking and implementation.

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FP2030 commitments serve as critical tools for governments, CSOs, and donors to address FP/RH challenges globally, fostering collaboration and driving impactful change.



Interested individuals can sign up to receive updates from FP2030 and Knowledge SUCCESS to stay informed about ongoing efforts and opportunities for collaboration.



Collaboration between FP2030 and Knowledge SUCCESS underscores the importance of knowledge management in advancing FP/RH initiatives, with a focus on sharing experiences, fostering collaboration, and driving impact.

Gender Transformative Approaches in FP/RH

By Irene Alenga, Sophie Weiner, Collins Otieno, and Elizabeth Tully

The Knowledge SUCCESS East Africa team organized their third Learning Circles cohort from July to August 2023, bringing together 22 FP/RH practitioners from Kenya, Uganda, Tanzania, South Sudan, and Ghana. The focus was on gender transformative approaches in FP/RH programming, with a special emphasis on male engagement initiatives. The cohort aimed to challenge harmful gender norms and redistribute power, resources, and services more equally between women and men.

Participants explored challenges associated with integrating gender transformative approaches into FP/RH programs, using the Troika Consulting approach to devise tailored actions. Challenges included inclusive information sharing, reaching marginalized groups, and fostering multigenerational engagement in SRHR programs. Practical actions were proposed, such as embracing inclusive language translation, conducting stakeholder mapping with a gender transformative lens, and prioritizing outreach to parents. The fourth session of the Learning Circles focused on crafting action plans based on the insights gained. Participants committed to various actions, including sharing best practices and expertise, networking, documentation, stakeholder engagement, capacity strengthening, and advocacy and awareness. Commitments aimed to improve FP/RH programs in the region and were framed as evidence-based behavioral science methods to ensure accountability.

The Learning Circles facilitated peer-to-peer learning and sharing among participants on priority FP/RH topics important to the region. Through these cohorts, individuals passionate about facilitating regional implementation of FP/RH conversations were identified and joined the Learning Circles Alumni group to continue advancing FP/RH initiatives in East Africa. To stay updated, individuals are encouraged to visit the East Africa page and join TheCollaborative.

Integrating FP and MHH in Policies and Programs

By Emily Hoppes

Knowledge SUCCESS, in collaboration with the Contraceptive-Induced Menstrual Changes Community of Practice, organized a webinar on November 16, 2023, focusing on the integration of family planning and menstrual health. The event highlighted the importance of linking these two fields to improve health outcomes and offered practical guidance for integration. The webinar included a discussion between Tanya Mahajan, a menstrual health expert, and Dr. Marsden Solomon, a family planning expert, who emphasized the human rights-based approaches and multisectoral nature of their respective fields.

The conversation underscored the need for integration to address common challenges such as stigma, misinformation, and navigating social and gender norms. Dr. Solomon highlighted the overlap between family planning and menstrual health, particularly in counseling clients on fertility awareness and contraceptive sideeffects.

Tanya emphasized the role of menstrual health

education in engaging individuals in reproductive health conversations and advocated for offering full, free, and informed choice. The presentation called for further research to understand the effectiveness of integration models. Webinar participants were encouraged to share ideas for integrating family planning and menstrual health in their work. Suggestions included integrating supplies across the supply chain, working with youth and parents, integration in humanitarian settings, and developing user-friendly tools for menstrual cycle awareness during counseling.

Participants also provided feedback on making the guidelines more accessible and understandable, such as converting them to a digital format, including concrete examples, and translating them into multiple languages. The webinar concluded with a call to action for stakeholders to use the guidelines to inform future work and advocate for the integration of family planning and menstrual health.

'LEARNING CIRCLES' HELP PEERS LEARN FROM EACH OTHER

By Natalie Apcar and Sophie Weiner "Held virtually or in person over several sessions, Learning Circles brings professionals from the same region to share relevant experiences."

Djikolmbaye Bebare Aristide, a young public health professional in Chad, coordinates with youth ambassadors in reproductive health and family planning. He identifies the financial dependence of governments and civil society organizations on international partners as a key challenge for family planning programs in West Africa. In July 2023, Djikolmbaye participated in a Learning Circle focused on domestic resource mobilization, seeking to strengthen his ability to address funding challenges through alternative, sustainable models. Established by Knowledge SUCCESS in 2021, Learning Circles are informal group dialogues aimed at developing ideas for addressing common program implementation issues.

Djikolmbaye attests that Learning Circles provided valuable insights from reproductive health specialists and facilitated exchanges of challenges and best practices among participants from various French-speaking African countries. Learning Circles address the challenge of relevance by focusing on shared regional experiences and fostering small-group discussions. Through facilitated activities, participants explore specific problems in health and development programming, brainstorm solutions, and leave with practical tools for immediate implementation. Over the last two years, Knowledge SUCCESS has hosted nine Learning Circles on diverse topics, including gender inequalities, community dialogues, and youth engagement, with participants from Asia and Africa. Djikolmbaye's involvement in Learning Circles empowered him to train youth leaders and advocacy officers on domestic resource mobilization strategies in Chad. He emphasizes the importance of engaging civil society organizations in policy implementation to ensure community buy-in and program success. Participants develop commitment statements in Learning Circles, outlining actionable steps to address individual challenges.

Learning Circles participants report exponential impacts on their work, including avoiding past mistakes, adapting successful approaches, and discovering innovative connections across programming areas. For example, a participant from Madagascar led her team in replicating Learning Circles activities, resulting in productive reflections on vaccination program implementation and the generation of new ideas. Learning Circles serve as a platform for collaborative learning and action, driving positive change in health and development initiatives across regions.

NextGen RH CoP's New Rising Stars in AYSRHR

By Innocent Grant

The NextGen RH Community of Practice (CoP) was launched in 2022, led by youth experts from Africa and Asia, aiming to address the sexual and reproductive health needs of adolescents and youth. With over 1.2 billion young people worldwide, focusing on their needs is crucial for global improvements in reproductive health. The CoP has convened four general meetings, covering topics such as applying behavioral science to AYSRHR programming and youth-led innovations in AYSRHR. These meetings are curated by the advisory committee, which recently welcomed 11 new members and a new youth co-chair, enhancing the diversity and expertise of the CoP.

The youth co-chair collaborates with the coordinating organization co-chair, currently Collins Otieno from Knowledge SUCCESS, to lead the CoP and coordinate the Advisory Committee. This committee, comprising two co-chairs, one CoP Coordinator, one Communications Lead, one Youth Technical Advisor, and 18 advisory committee members, drives the initiatives of the NextGen RH CoP. Their focus is on advocating for evidencebased sexual and reproductive health interventions and providing technical support for AYSRHR knowledge sharing. Since March 2022, advisory committee members have actively engaged in monthly meetings organized by Knowledge SUCCESS and the youth co-chairs. Their involvement includes improving preplanning, collaborative activity design, conducting design exercises, exchanging materials with AYSRH organizations, and seeking input for CoP enhancement.

Through activities and WhatsApp chats, members prioritize trust-building, fostering open sharing of experiences, challenges, and successes, promoting collaborative teamwork. Looking ahead to 2024, the CoP anticipates hosting more advisory committee sessions and creating content on key AYSRHR topics. For those interested in joining the CoP, more information can be found on their website.

KM at the 12th Ouagadougou Partnership Annual Meeting

By Sophie Weiner and Aissatou Thioye

The 12th Ouagadougou Partnership Annual Meeting (OPAM) held in Abidjan, Côte d'Ivoire, from December 11-13, 2023, gathered family planning and sexual and reproductive health experts from francophone West Africa. With the theme "Gender and Reproductive Health: Strategies for Social and Behavior Change for Youth," the meeting emphasized the importance of addressing gender dynamics in reproductive health strategies.

One standout aspect of OPAM 2023 was the focus on knowledge management approaches to enhance learning and collaboration among stakeholders. Notable "Knowledge Management Moments" included a Learning-from-Failure Session, where global health professionals shared stories of program implementation failures to encourage problem-solving and innovation. Ida Rose Ndione of PATH Senegal received recognition for sharing PATH Senegal's challenges in introducing Sayana Press, highlighting the value of learning from failures. Tools such as the Provider Behavior Ecosystem Map and Empathways cards were introduced to enhance learning. A highlight of OPAM was the side event co-hosted by Knowledge SUCCESS, PATH, Ideas42, and others, focusing on combining Knowledge Management with Human-Centered Design (HCD). HCD integrates human perspectives into problem-solving processes, ensuring solutions are tailored to users' needs and contexts.

Finally, the official recap report for OPAM 2023, co-developed by the Ouagadougou Partnership Coordination Unit and Knowledge SUCCESS, has been published. The report highlights key insights and takeaways from the conference, providing valuable resources for stakeholders in the field. Overall, OPAM 2023 served as a platform for sharing challenges, best practices, and lessons learned in family planning and reproductive health, with a focus on fostering collaboration and innovation in the region.

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