

Knowledge
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TOGETHER FOR TOMORROW

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



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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 and 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 14 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,

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Knowledge SUCCESS

MAKING OUR CONTENT ACCESSIBLE TO EVERYONE

Kiya Myers



**Accessible Knowledge
Sharing**



**Empowering Diverse
Voices**



Building Local Networks

In the realm of family planning and reproductive health (FP/RH), the importance of accessible content cannot be overstated. Last year, Knowledge SUCCESS published over 60 articles, attracting nearly 130,000 visitors, predominantly from low- and middle-income countries. However, the organization recognized that many potential readers faced barriers due to limited internet access and technological resources. To address this gap, they launched a quarterly newsletter, "Together for Tomorrow," designed to be a vibrant, offline resource that captures the latest achievements in the FP/RH community across Asia and Africa.

The newsletter aims to bridge the digital divide by providing content that can be easily downloaded and shared, even in areas without a reliable internet connection. To enhance user experience, the content has been optimized for faster download times, which is crucial for partners in areas with limited bandwidth. By employing compressed formats and excluding images, Knowledge SUCCESS ensures that information is accessible, allowing FP/RH practitioners to engage with valuable content efficiently.

Inclusivity is a central theme of the initiative, as the newsletter empowers diverse voices within the FP/RH dialogue. By removing barriers and fostering an environment where all perspectives are welcome, the project enhances regional understanding and creates effective knowledge-sharing strategies. Prioritizing accessibility options for everyone is not just about accommodating limitations – it's about creating an environment where knowledge flows seamlessly across borders. This approach aligns with the goal of building sustainable local knowledge networks, reinforcing the interconnectedness of the global FP/RH community.

Additionally, accessibility extends to linguistic diversity, which is why the newsletter is available in both English and French, facilitating broader access and fostering cross-cultural exchange. This commitment to prioritizing accessibility not only enhances knowledge flow but also enriches the global conversation on family planning and reproductive health, ultimately enabling every voice to contribute to shaping the future of the field.

***“Content is information in
context.”***

Introducing New Asia Regional KM Officer: Meena

Meena Arivananthan and Aoife O’Conner

In a captivating interview with Meena Arivananthan, the newly appointed Asia Knowledge Management Officer for Knowledge SUCCESS, her journey unfolds from a background in Microbiology and Molecular Biology to a career dedicated to development and knowledge management (KM).

Joining the team in September 2023, Meena brings a wealth of experience from her tenure at organizations like the WorldFish Center and the Food and Agriculture Organization (FAO), where she honed her skills in KM by breaking down silos and enhancing collaboration among diverse stakeholders. Her transition into advocating for family planning and reproductive health (FP/RH) in Asia is driven by a deep-seated passion to empower youth and create supportive networks for FP/RH professionals across the region.

Meena’s enthusiasm for KM is rooted in its transformative potential to bridge gaps in sexual and reproductive health information, particularly in Asia where cultural stigmas persist. She envisions a future where young women can access essential healthcare information without barriers, supported by a robust KM framework that fosters community and learning.

In her role, Meena is eager to expand initiatives like KM Champions and Learning Circles, integrating behavioral sciences to enhance engagement and impact. Despite the challenges ahead, she embraces them as opportunities to deepen her understanding of FP/RH issues and strengthen partnerships within the Asia-Pacific region, guided by her commitment to making KM accessible and impactful for all stakeholders involved.

Hope Achiro of RocketHealth Africa

Irene Alenga and Collins Otieno

Following the Reproductive Health Supplies Coalition (RHSC) meeting in Ghana in October 2023, Knowledge SUCCESS interviewed various representatives from the family planning and sexual and reproductive health (FP/SRH) sector to explore the vital role of private-sector engagement. This blog series aims to highlight the transformative potential of private-sector collaboration, moving beyond traditional financial support to enhance access and innovation in FP/SRH services.

In the first article, the focus is on Hope Fortunate Achiro, co-founder of Rocket Health Africa, who is reshaping healthcare in the developing world through her innovative platform. Hope's extensive experience as a pharmacist has informed her approach to addressing the inadequacies in traditional healthcare systems.

Rocket Health began by providing telemedicine services, which evolved to include laboratory and pharmacy offerings, especially during the COVID-19 pandemic when demand for accessible healthcare surged. Hope emphasizes the importance of privacy in reproductive health, noting that the platform allows users, particularly youth, to seek sensitive health guidance discreetly online. With a vision for expansion beyond national borders, Hope advocates for collaboration among private-sector players to create a unified healthcare ecosystem that enhances service delivery and accessibility for all.

Hope’s commitment to innovation and community-focused solutions illustrates the potential for significant positive change in healthcare across the region.

AT RISK FOR ABUSE: WORKING TO PROTECT PEOPLE WITH DISABILITIES

Jessica Abrams, Stephen Kitsao

“When someone is empowered with education, they can know their rights, making it easier to defend themselves against any kind of abuse.”

Cynthia Bauer, Executive Director and Founder of Kupenda for the Children, established the organization in 2003 to address the needs of young people with disabilities in Kenya, inspired by her partnership with local advocate Leonard Mbonani. With a personal understanding of the challenges faced by individuals with disabilities, Cynthia's work focuses on transforming harmful beliefs and advocating for better access to resources and support.

Under her leadership, Kupenda has also co-founded Kuhenza, a local NGO aimed at fostering sustainable, community-led solutions for people with disabilities. In a recent conversation, Kupenda's Director of Development Jessica Charles Abrams and program graduate Stephen Kitsao discussed the urgent issues surrounding sexual and reproductive health access for individuals with disabilities in Kenya.

Stephen highlighted the pervasive violence and discrimination faced by this vulnerable group, particularly among women and children. He emphasized the need for better advocacy and education to empower individuals with disabilities to understand their rights and access necessary resources. Both Stephen and Jessica acknowledged the importance of ongoing efforts to create awareness and preventative measures within communities to combat these issues and promote inclusivity. Their commitment to education and advocacy is crucial in challenging societal misconceptions and fostering a safer environment for all. By working together, they hope to inspire systemic change and empower those most at risk.

Social and Behavior Change in Family Planning

Saman Rai

In October 2023, FP2030 hosted the Accelerating Access to Postpartum and Post-Abortion Family Planning Workshop in Nepal, bringing together stakeholders from the family planning and sexual and reproductive health sector to share insights on program interventions, monitoring, and implementation gaps. The workshop provided valuable networking opportunities for FP/SRH professionals across Asia, emphasizing the importance of social and behavior change communication (SBCC) in advancing family planning initiatives.

Attendee Ms. Saman Rai highlighted the effectiveness of "infotainment"—a blend of education and entertainment—in reaching diverse populations in Pakistan. The workshop explored innovative communication strategies necessary for promoting family planning, such as mobile applications, interactive chatbots, and community-based campaigns.

Emphasizing a multifaceted approach, the discussion included integrating family planning services into existing healthcare systems, utilizing local influencers, and encouraging male involvement in decision-making. By addressing cultural, social, and economic factors, these strategies aim to foster informed reproductive health choices and contribute to sustainable community development, ultimately transforming the landscape of family planning across the region.

The workshop underscored the critical role of private and public partnerships in enhancing the delivery of family planning services, ensuring a wider reach and better accessibility for all. By leveraging technology and community engagement, the initiatives discussed aim to empower individuals to make informed choices about their reproductive health, ultimately contributing to healthier families and societies.

It's Time To Share Our Failures, New Research Suggests

Stephanie Desmon

Recent research from Knowledge SUCCESS highlights the critical role of sharing failures in global health programs, revealing that discussing mistakes can enhance problem-solving, foster innovation, and improve overall program quality. Published in the Stanford Social Innovation Review, the study indicates that while global health professionals acknowledge the importance of sharing failures, actual practice lags significantly, with only a fraction reporting they have shared their own failures in recent months due to fears of repercussions and resource loss.

The authors advocate for creating safe, non-threatening environments where professionals can openly discuss failures without fear of judgment. Through initiatives like "fail fairs" and cross-organizational events, Knowledge SUCCESS aims to facilitate these discussions, emphasizing

that sharing diverse failure experiences—ranging from minor mistakes to significant project shortcomings—can lead to valuable lessons that help prevent future issues and enhance predictability in global health efforts. Moreover, the study underscores the need for a cultural shift in how failure is perceived within the global health community. By framing failure sharing as a constructive learning opportunity rather than a stigma, organizations can encourage more professionals to participate in these dialogues.

This shift not only promotes individual growth but also strengthens collective knowledge, ultimately leading to more effective health interventions and improved outcomes across various programs.

Strengthening Self-Care Strategies in Senegal

Thiarra Diagne and Aissatou Thioye

In Senegal, poverty and political instability make self-care strategies essential for improving access to care. Knowledge SUCCESS co-organized a Learning Circles workshop to explore successful self-care interventions in family planning and sexual and reproductive health (FP/SRH). Participants identified success factors, challenges, and commitments to enhance practices.

- 1 Definition of Self-Care:** According to the WHO, self-care is the ability of individuals and communities to manage their own health.
- 2 Importance of Self-Care:** It fills gaps in the healthcare system in Senegal by promoting preventive measures and early care.
- 3 Learning Circles Workshop:** In January 2024, a workshop brought together family planning and sexual and reproductive health (FP/SRH) professionals to discuss self-care strategies.
- 4 Key Success Factors:** Identified success factors include community involvement, institutional support, and training for healthcare personnel.
- 5 Challenges Encountered:** Lack of strategic planning, funding, and community engagement were challenges.
- 6 Proposed Solutions:** Develop a strategic self-care plan and involve religious leaders in advocacy efforts.
- 7 Commitment Statements:** Participants committed to organizing meetings, sharing knowledge, and promoting self-care in their communities.
- 8 Learning Circles Outcomes:** The workshop enhanced knowledge sharing, established networks, and generated new ideas for the effective implementation of FP/SRH programs.

FP2030'S VISION FOR COLLABORATIVE SUCCESS

Yusuf Nuhu and Irene Alenga

Following the recent Reproductive Health Supplies Coalition meeting in Ghana, Knowledge SUCCESS gathered insights from family planning and sexual and reproductive health (FP/SRH) professionals on the vital role of private-sector engagement. This blog series, featuring perspectives like that of Yusuf Nuhu, emphasizes the need for the private sector to move beyond traditional financial contributions to becoming strategic partners in enhancing access, inclusivity, and innovation within FP/SRH.

As family planning increasingly shifts from a personal choice to a collective responsibility, the challenges exacerbated by global issues like COVID-19 and climate change highlight the need for innovative solutions. FP2030 is at the forefront of this movement, advocating for a paradigm shift where the private sector contributes not only financially but also through valuable expertise and innovative strategies.

By recognizing the private sector as a crucial player in improving the family planning ecosystem, FP2030 aims to enhance the efficiency of supply chains and distribution systems. This shift emphasizes that effective collaboration is essential for addressing the multifaceted challenges within the family planning landscape. Moreover, FP2030 encourages a collaborative framework that involves governments, private entities, and NGOs working together to ensure universal access to sexual and reproductive health services. By increasing domestic resource mobilization and reducing reliance on international funding, the initiative seeks to create a sustainable environment for family planning initiatives. Ultimately, the partnership between the private sector and other stakeholders is envisioned as a transformative force that can make family planning more accessible and effective for all communities.

Meet Thiarra Diagne

Sophie Weiner and Thiarra Diagne

Thiarra Diagne recently joined Knowledge SUCCESS in Dakar, Senegal, to support the West Africa portfolio, contributing immediately to the recap report for the 12th Ouagadougou Partnership Annual Meeting. With a solid academic background, including a bachelor's in business management and a master's in project management, Thiarra has accumulated eight years of experience in various support roles, notably at FHI 360 as a program assistant and technical program manager.

Her commitment to family planning and reproductive health stems from a personal desire to improve the living conditions of women and children, viewing family planning as a means to empower women with autonomy over their reproductive lives. In her new role, Thiarra co-facilitated a virtual knowledge management training aimed at religious leaders in West Africa, focusing on collaborative spaces and storytelling

as tools for knowledge exchange in faith-based family planning programs. Thiarra finds the process of drawing out tacit knowledge incredibly rewarding, highlighting the transformative potential of knowledge management in achieving community goals. While enthusiastic about her position, Thiarra anticipates challenges, particularly in customizing knowledge management strategies for diverse activities and facilitating effective knowledge sharing among stakeholders in priority communities.

Ultimately, Thiarra hopes to empower family planning and reproductive health partners by equipping them with knowledge management techniques that can enhance their work. She is eager to grow within the Knowledge SUCCESS team, believing that the tools and insights she gains will significantly benefit her role and the communities she serves.

WHAT WORKS WHEN IMPLEMENTING COMMUNITY HEALTH WORKER PROGRAMS

Elizabeth Tully, Sophie Weiner, Aisha Fatima, Tadele Kebede, and Yvette Ribaira

“Community ownership and collaboration are essential for the success and sustainability of community health worker programs.”

On May 14, the Knowledge SUCCESS Project hosted a webinar to discuss the success factors and solutions identified by family planning and reproductive health professionals during Learning Circles sessions on community health worker (CHW) programs. Moderated by Dr. Mohamed Sangare, the event featured panelists from three regional cohorts who shared their unique insights and experiences related to implementing CHW programs. Key themes emerged, focusing on effective strategies, areas for improvement, and valuable lessons learned that can enhance CHW initiatives globally.

Among the successful strategies highlighted were simple data collection mechanisms, collaborative ownership, and effective training and mentorship for CHWs. Panelists emphasized the importance of community involvement and local influencers in strengthening program acceptance and effectiveness. However, challenges remained, particularly in areas such as remuneration for CHWs, workforce turnover, and the need for better alignment between CHW roles and health policies. The panelists underscored that building community trust and enhancing data collection practices were crucial for future improvements.

Aisha Fatima from Pakistan presented the MOMENTUM Country and Global Leadership program, which focuses on postpartum family planning. She identified gaps in technical skills and data coordination between male and female CHWs. Aisha's team implemented consultative meetings and revised tools to address these challenges, resulting in improved community engagement and service delivery. Success factors included aligning government strategies with field interventions, regular data reviews, and increasing awareness of adolescent reproductive health needs.

Dr. Tadele Kebede shared insights from Ethiopia's Health Extension Workers Program, which employs female health extension workers to provide essential services in rural areas. He emphasized government commitment, community ownership, and intersectoral collaboration as key drivers of success. The program's sustainability plan involves ongoing capacity building and the introduction of innovative initiatives like the Willow Box to address unmet family planning needs. The webinar concluded with a Q&A session, where panelists discussed the importance of supportive supervision and the role of technology in enhancing CHW effectiveness and health service delivery.

Worldwide Self-Care Trends and Future in West Africa

Sarah Onyango and Aissatou Thioye

Self-care for sexual and reproductive health has seen significant advancements in recent years, particularly following the World Health Organization's updated self-care guidelines published in 2022. Sarah Onyango, Senior Technical Advisor for Self-Care, highlights that many countries, including those in West Africa, have developed national guidelines to promote self-care. This growing recognition is reflected in global discussions at platforms like the UN General Assembly, where self-care is increasingly considered essential for achieving universal healthcare.

The Self-Care Trailblazers Group collaborates with health ministries in countries like Senegal and Nigeria to further self-care initiatives. These efforts focus on empowering individuals, especially women and marginalized groups, to manage their own reproductive health.

By providing resources and developing specific indicators to measure self-care initiatives, the group aims to institutionalize self-care within national health systems and track its impact effectively. Despite the positive momentum, challenges remain, particularly from health care providers who may view self-care as a threat to their roles, as well as issues related to commodity availability and funding. Onyango notes that while there is enthusiasm for self-care, securing adequate resources and addressing opposition to self-care practices are critical for success.

Looking ahead, there is optimism about scaling self-care initiatives in West Africa, with strong policy support and a growing willingness among individuals to take control of their health.

Capacity-Building Partnership Success Story

Sophie Weiner

Fatim Diouf serves as the Country Engagement Lead for francophone countries in the FP2030 North, West, and Central Africa (NWCA) Hub, where she works to promote access to voluntary, rights-based family planning. Since the establishment of the NWCA Hub in 2022, a key focus has been on using knowledge management (KM) as a strategic tool to foster collaboration and innovation within the region.

Diouf emphasizes that effective knowledge exchange enhances partnerships and strengthens family planning initiatives, allowing for better information sharing and improved operational processes. Addressing critical issues such as early marriage and maternal health, the NWCA Hub prioritizes strengthening adolescent and youth sexual and reproductive health. Workshops and trainings led by Knowledge SUCCESS have helped engage youth leaders in developing strategies that reflect the needs and voices of young people.

The hub recently launched the FP2030 Center of Excellence for Adolescents and Youth, which aims to ensure youth perspectives are integrated into family planning policies and programs. The partnership between FP2030 and Knowledge SUCCESS also addresses language barriers in the region, ensuring that technical knowledge is accessible in both French and English.

Recent initiatives, including webinars and Learning Circles, facilitate knowledge exchange among francophone and anglophone youth focal points. Looking ahead, Diouf expresses a desire to expand KM initiatives and harness new technologies to improve sexual and reproductive health outcomes across the region, reinforcing the commitment to adapt and respond to emerging challenges.

Contraceptive Access Amid Reducing Donor Support

Andrea Cutherell, Naoko Doi, Megan Christofield,

Jaitra Sathyandran, Aisha Fatima, Huma Haider, Levis Onsase, and Sarah Bury

There is a changing landscape of family planning (FP) in lower- and middle-income countries (LMIC), where donor funding has plateaued and is likely to decline. As a result, countries are exploring innovative financing methods and leveraging the private sector to expand access to FP services. While private outlets are a significant source for short-acting contraceptives, long-acting methods like implants are mainly accessed through public health systems. There is an urgent need for better collaboration across public, not-for-profit, and commercial sectors to enhance access to diverse contraceptive options.

Although public sector use of implants has increased, the private sector's share remains low. Programs like the Implants Access Program have boosted procurement, but sustainability is challenged by high upfront costs.

In Kenya, the potential for growth in the private implant market is significant, given the active participation of private healthcare providers. As donor funding decreases, there are opportunities for private market expansion. Conversely, Pakistan's contraceptive use has stagnated, necessitating strategies to increase access to implants through the private sector. Key recommendations include registering multiple implant brands and enhancing provider training. The roadmaps for Kenya and Pakistan outline actionable strategies to support private sector involvement and are backed by health departments.

By sharing these findings with global stakeholders, the article underscores the importance of collaborative efforts in enhancing FP access and poses critical questions about balancing public sector support with private market growth to ensure sustainable reproductive health supplies.

Lessons from the Young and Alive Summit 2023

Innocent Grant

The Young and Alive Summit 2023 was a pivotal event focused on empowering Tanzanian youth in sexual and reproductive health and rights (SRHR), attracting over 975 youth participants in regional dialogues and 200 attendees at the National Summit in Dodoma. Organized by the Young and Alive Initiative (YAI), the summit provided a collaborative platform for young leaders from diverse backgrounds, including NGOs, educational institutions, and political organizations, to engage in discussions aimed at reshaping the SRHR narrative for adolescents.

The summit began with insights from local government representatives and youth leaders, highlighting the outcomes of prior community dialogues. These discussions identified critical issues such as stigma surrounding adolescent SRH, policy barriers, and the need for mental health support within SRH programs.

The summit's agenda emphasized capacity building and innovative discussions around youth economic empowerment and access to credible sexual health information, underscoring the interconnectedness of poverty and health outcomes. In addition to learning and advocacy, the summit featured practical service delivery initiatives, including health screenings and counseling. Participants expressed the need for integration of mental health services within SRH interventions, showcasing the importance of addressing comprehensive youth needs.

The summit concluded with the establishment of a new YAI network aimed at fostering collaboration among youth-led organizations, enhancing collective efforts in SRHR advocacy, and ensuring that youth voices are amplified in future initiatives. The event left a lasting impact, inspiring participants and partners to continue the momentum for change in Tanzania.

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