

Program for Young Parents: A Novel Hospital-Based Approach Aimed at Improving Maternal Health Outcomes and Family Planning Use among Young Mothers in Central Philippines

Authors: Alicia Lourdes De Guzman, Grace A. Viola, Jose R. Rodriguez, Susana K. Madarieta, and Jenny Lind Lesiguez
 Presenter: Shumon Sengupta

SIGNIFICANCE

- The Philippine Statistics Authority reported a 65% increase in births among Filipino women aged 15 to 19 from 2000 to 2010. This data also showed that women who bear children early tend to have successive pregnancies in short intervals, resulting in a number of women having three children by the age of 19. The Department of Health classifies pregnancies of women aged 19 and younger as “high-risk” and requiring delivery in a hospital capable of providing comprehensive emergency obstetric and newborn care.
- EngenderHealth’s USAID-funded VisayasHealth project developed and implemented the Program for Young Parents (PYP) in 26 hospitals in Central Philippines to respond to this issue. PYP aims to prevent rapid repeat pregnancies—those within a 3-year interval—by increasing contraceptive use. PYP’s approach to increasing contraceptive use involves supplementing prenatal services with health education and linking clients to education and livelihood institutions.

METHODOLOGY

- The study employed quantitative and qualitative approaches.
- The quantitative research used a quasi-experimental pre-post design with no control group.
- The qualitative research included focus group discussions with teen mothers and their partners and key informant interviews with hospital PYP team members and peer facilitators.



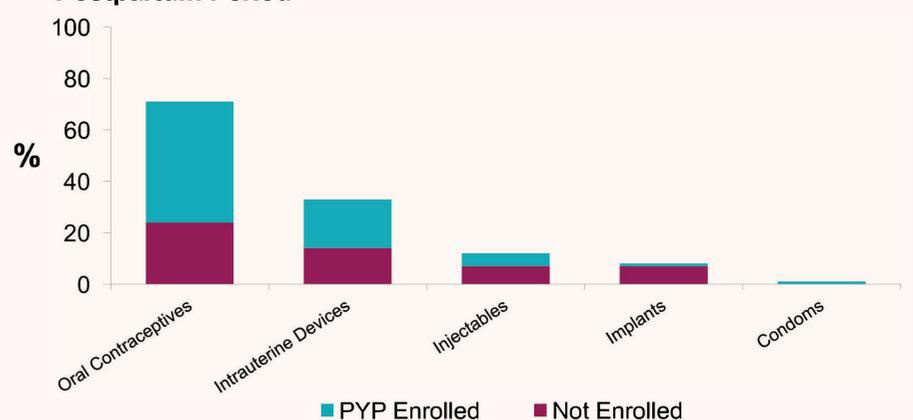
RESULTS

- Of 325 teenage mothers interviewed, 125 accepted a family planning (FP) method within 12 weeks postpartum. Of these 125 FP acceptors, 58% were enrolled in the PYP.
- Teen mothers in the intervention group were 1.56 times more likely to adopt FP than those in the preintervention group (95% CI, 1.18–2.05).
- Teen mothers in the intervention group were 1.25 times more likely to deliver at a PYP health facility than those in the preintervention group, and 1.21 times more likely to deliver in any type of facility.
- Teen moms and their partners said they preferred services at PYP centers because of the care and friendliness of health service providers. Additionally, teen parents recognized the importance of the health information sessions and appreciated the educational and livelihood linkages that PYP offered.
- Health service providers noted they developed an increased empathy for young mothers, which encouraged them to serve clients with greater sensitivity.

Pre-Post Intervention Results According to Facility Deliveries

Facility Delivery	Intervention (n=164)	Preintervention (n=161)	Risk Ratio 95% CI
Delivery in a PYP facility	114 (70%)	89 (55%)	1.25 [1.05, 1.79]
Delivery in all types of health facilities	151 (92%)	122 (76%)	1.21 [1.10, 1.34]

FP Methods Accepted by Teen Mothers during the Postpartum Period



IMPLICATIONS AND LESSONS LEARNED

- This study demonstrated the success of PYP in increasing hospital deliveries and acceptance of postpartum FP among teen mothers.
- The study demonstrated the benefits of combining health service interventions with linkages to economic and educational facilities in promoting FP uptake among teenage parents.



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