

Friends Women's Association (FWA)

**IMPROVING WOMEN REPRODUCTIVE HEALTH
ANNUAL REPORT
(IWRH)**



Introduction

Burundi is a landlocked country located in East Africa with an area of 27,834 square kilometers. Burundi is estimated at 7.8 million of which 90% live in rural areas. The population density is 266 inhabitants per square kilometer, which ranks Burundi among the most populous country of Africa. The age of 15-49 represent 46.1% of the population, with an average of 1,000 babies born per day. Current growth will double the population within 25 years.

Even though Medicine is in the process of integrating the family planning methods, the population is far from understanding the system. This is caused by a cultural mindset that sees the child as richness or a blessing. Women give birth without any planning; they think a child is for everyone. Added to this, there are different beliefs related to the methods of regulation which consider these as a sin or cause of fertility. And population continues to multiply.

Adverse effects of high population in Burundi are the cause of increased conflict and murders related to land earth. Some statistics show that more than 80% of treated disputes in court are essentially land.

It was in this context that FWA wanted to contribute in helping the community of Kamenge, Kinama and Cibitoke to change attitudes and behavior towards reproductive health in order to reduce conflicts and make people consistent with economic development. This purpose had to be achieved through workshops and family planning awareness. The project global objective was to contribute to birth regulation through family planning.

The activities to be done were:

- Training 250 people including 200 women and 50 men
- Train 12 health workers in reproductive health and counselling
- Make home visits for counselling and education on family planning
- To purchase some contraceptive drugs

1. Train 12 health workers

This project started with the month of May 2014 with a training of 12 health accompanists. The purpose was capacity building on sexual and reproductive health so that these last can go educate community members on the subject. They were from different communes: Kamenge, Kinama nad Cibitoke.



Seven of the twelve IWRH accompanists with Gisele MISAGO

2. Family Planning monthly training sessions

From June 2014 to March 2015 there was one training session on family planning per month. This was the first year of the project. The second year of the project started in the month of September 2015. From that time until August 2016, a total of 300 people, including 180 women and 120 men, were trained on birth control. KAMUGISHA Marie Claire was facilitating the training sessions.



On April 26th, 2016, some of the participants during the training session with M. Claire KAMUGISHA, the facilitator



KAMUGISHA Marie Claire (the facilitator in white) with the participants during the training session in June, 2016



KAMUGISHA Marie Claire (the facilitator in white) with the participants during the training session. She is explaining how to use the female condom (August 29th, 2016)



3. Make home visits for counselling and education on family planning

In the year 2016, this third activity was done by health 11 accompanists, and they had to bring a written report each month. In total, they sensitized 1195 people out of 1000 expected, thus 119.5%

Age/Address	Below 18 years		18-25 years		25-30 years		Above 30 years		Total
	Male	Female	Male	Female	Male	Female	Male	Female	
Kamenge	0	9	37	176	33	240	49	223	767
Kinama	2	3	5	39	16	53	17	59	194
Cibitoke	1	0	4	27	15	36	14	35	132
Gatunguru	0	0	1	9	11	42	7	32	102
TOTAL	3	12	47	251	85	371	87	349	1195

4. To Purchase some contraceptive drugs

During this second year of the project, all the contraceptive drugs were given freely to FWA by the Burundian Public Health Ministry

Results

This program has two specific objectives:

1. Produce mental and behavioral changes in reproductive health
2. Increase the use of contraceptive methods in Kamenge, Kinama and Cibitoke communities

Among the results we have testimonies (See objective 1) and an increasing number of people coming for family planning after we started the project (See objective 2).

I. Testimonies

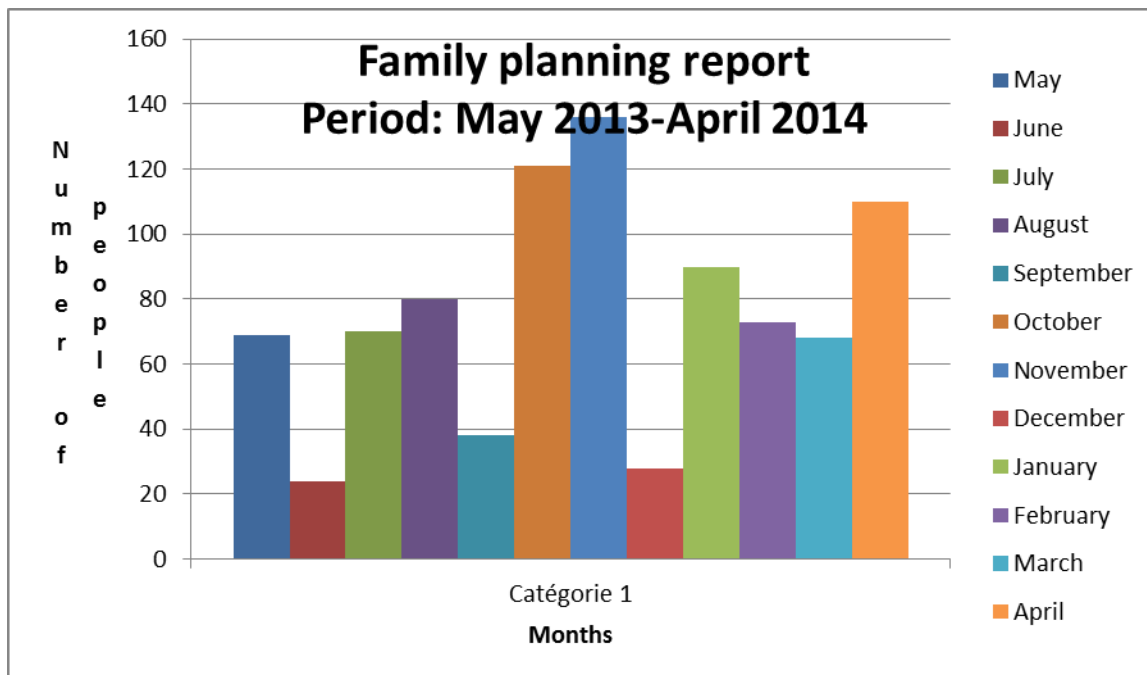
Many women gave their own testimonies, but we just want to share three of them.

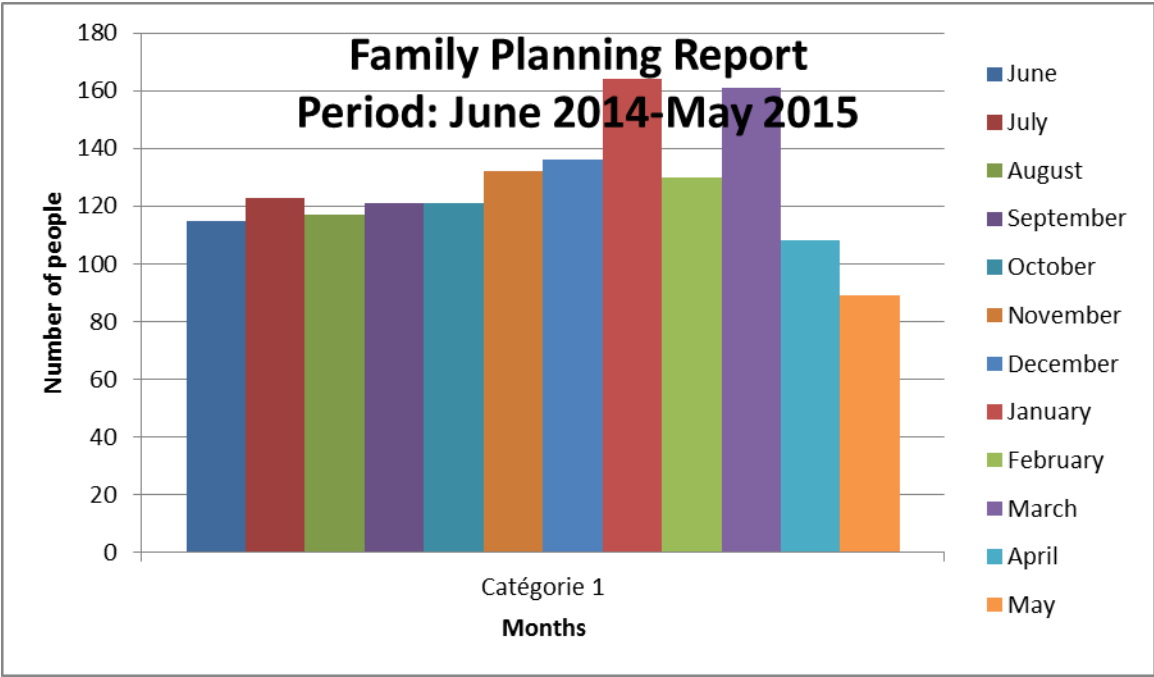
My name is **NDAYIZEYE Marie**, *“The use of family planning methods contributed to my own good health and am now working together with my husband to support our family. Actually, I used to be very sick as I was got pregnant almost every year. Too close pregnancies caused me to be sick for a so long time that I could not contribute financially to my family. My husband had to work alone, and was sometimes unhappy with me. Now, I have peace in my home”*

My name is **NKESHIMANA Rebecca**, “*I have eight kids. The last time I got pregnant, my oldest children were unhappy with me, my husband too. In fact, it is very difficult for us to afford one meal a day. Today, I’m so thankful to be part of this training. Indeed, I had been taught that birth control is the main cause of sterility or cancer. Today, I am convinced that birth control is for my good health. So, I’m going to adhere to these contraceptive methods.*”

II. Increasing Number of People Coming for Family planning

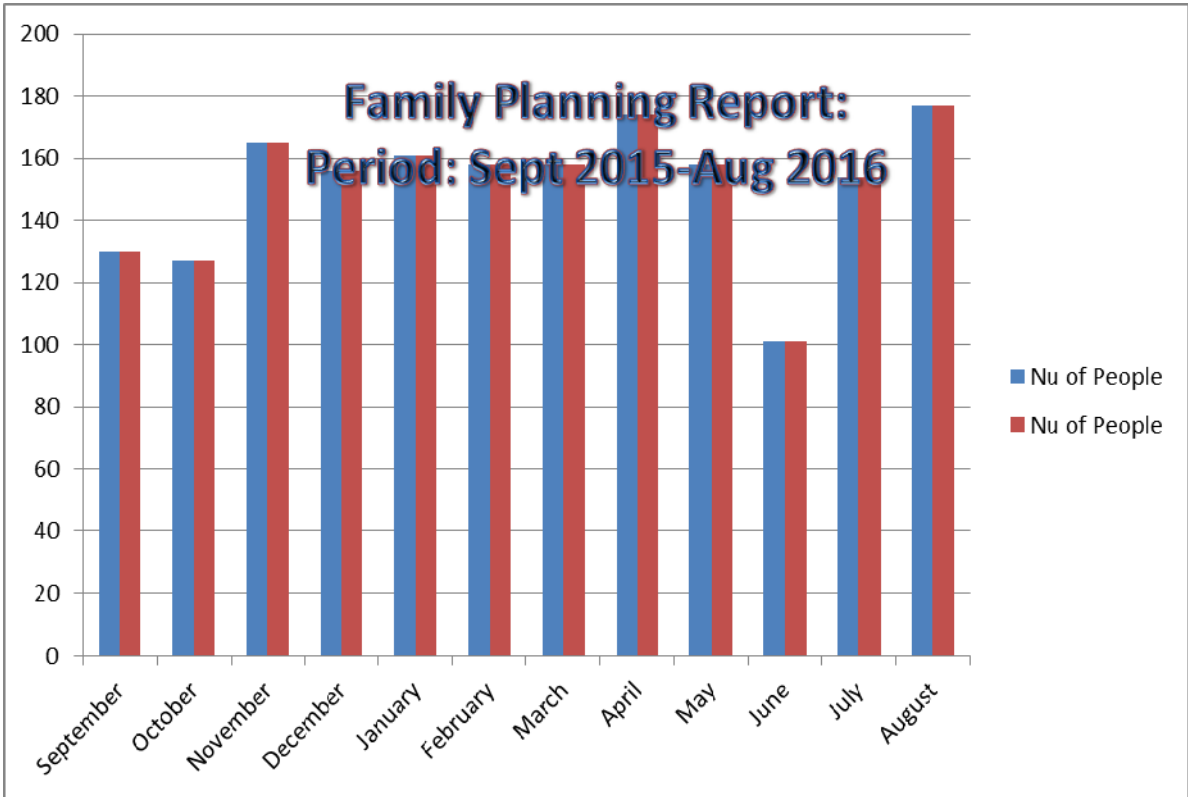
The following two histograms testify that the number of people who attend NTASEKA center for family planning has increased since the time we started the program in May 2014.





The last two month of this second histogram show that the number of people attending NTASEKA center has decreased. The reason is that so many people had moved away because of rumors and killings related to the 2015 elections in Burundi.

From the histogram below, we have the lowest number of people in June 2016 because there was shortage of contraceptive drugs here in Kamenge



Challenges

With this program, we have met some challenges especially church leaders who have been our opponents by teaching to their adepts that family planning is a sin.

FWA Methodology

The learning method used was participative method, a form of exchange where everyone had the freedom to express himself/herself. The accompanists are also contributing a lot for FWA to reach the community.

Wishes

As you see, you can realize that this program has increased the number of people attending our center for family planning. This means that we are contributing to birth regulation. We have also testimonies of women who are now happy in their families because they no longer struggle with their husbands. They have peace now. Therefore, this program should not end now. If we can have more funds, we should continue this program in order to evaluate its impact after three years. For this particular last year, we plan to sensitize people inside their communities. So, every month, we will organize some kind of mass gathering to sensitize people for birth control.