

Current Health Event

Family Planning

Family planning is a cost effective practice that allows couples to attain and control the number of children they desire to have, and to space them. It includes educational, medical, and social activities that aim at empowering women, preventing pregnancy-related health risks, reducing infant mortality, preventing sexually transmitted infections, and slowing population growth. Therefore, family planning services must be made available and accessible to all sexually active individuals.

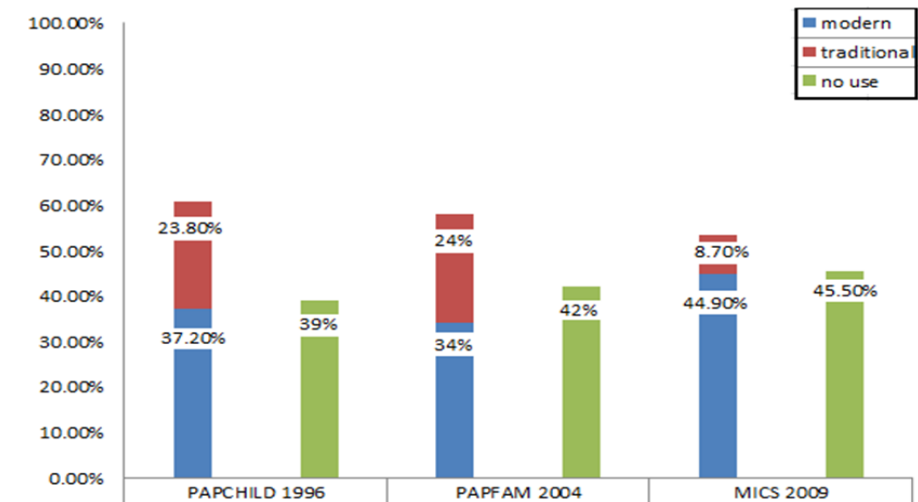
Editorial note:

Worldwide, 64% of married or in-union women are using some form of contraception. However, the rate of contraceptive use drops to 40% in the developing world as described in the UN report on “Trends in Contraceptive Use Worldwide” in 2015. It is estimated that in developing countries, during 2012, 222 million women who did not wish to get pregnant were not using a modern contraceptive method. Estimates indicate that if this unmet need was satisfied, 54 million unwanted pregnancies would have been averted (Singh & Darroch, 2012).

Over the past two decades, and although family planning services are available and accessible in Lebanon, a decrease was marked in the utilization rate of contraceptives. The contraceptive prevalence rate among married Lebanese women was 61% in 1996 (PAPCHILD), it dropped to 58% in 2004 (PAPFAM), and reached 53.6% in 2009 (MICS). Back in 1996, 37.2% used modern methods and 23.8% used traditional ones, while in 2009, 44.9% used modern contraceptive methods and 8.7% used traditional ones.

In order to fulfill target 3.7 of the Sustainable Development Goal (SDG) 3, which emphasizes the need to ‘ensure universal access to family planning services’, the MOPH’s strategy focuses

Figure: Percentage of contraception use among Lebanese married women aged 15 to 49 (or their husbands) in 2009



on tailoring these services to the needs of population groups, especially vulnerable ones. Modern contraceptive methods are therefore made readily accessible with expansion of reproductive health and family planning services across the country.

In Lebanon, family planning services are available in 204 primary health care (PHC) centers within the Ministry of Public Health (MOPH) network, in addition to 57 health outlets outside the network. The services are available for Lebanese, Syrian refugees, and other nationalities.

The MOPH procures modern family planning commodities and methods -with the support of UNFPA- to the aforementioned PHC centers (oral contraceptive pills, intrauterine devices, condoms, progesterone injections). These commodities are offered for free to beneficiaries. Service delivery guidelines have been updated in 2015 and training to improve the quality of reproductive health services has been ongoing.

In line with SDG 3 namely target 3.7, WHO recommends the use of developed evidence-based guidelines on safety and service delivery of contraceptive methods, the quality standards, and the pre-qualification of contraceptive commodities.

Notifiable Diseases in Lebanon [cumulative n° of cases among all residents (among Syrians)] as of 6 February 2017

Disease	2015	2016	Dec 2016	Jan 2017
Vaccine Preventable Diseases				
Polio	0 (0)	0 (0)	0 (0)	0 (0)
AFP	76 (10)	123 (17)	7 (0)	7 (1)
Measles	39 (12)	44 (18)	1 (0)	4 (3)
Mumps	1496 (354)	486 (86)	9 (4)	6 (1)
Pertussis	57 (8)	97 (18)	3 (1)	2 (0)
Rabies	0(0)	0 (0)	0 (0)	0 (0)
Rubella	10 (2)	12 (6)	1 (0)	0 (0)
Tetanus	3(0)	2 (0)	1 (0)	0 (0)
Viral Hep. B	390 (53)	367 (48)	25 (5)	0 (0)
Water/Food Borne Diseases				
Brucellosis	389 (85)	402 (165)	13 (3)	3 (1)
Cholera	0 (0)	0 (0)	0 (0)	0 (0)
Hydatid cyst	14 (1)	11 (2)	1 (0)	1 (0)
Typhoid fever	576 (70)	598 (11)	49 (0)	24 (0)
Viral Hep. A	895 (182)	519 (78)	67 (10)	37 (8)
Other Diseases				
Leishmaniasis	69 (56)	58 (52)	6 (6)	3 (3)
Meningitis	351 (61)	458 (63)	17 (3)	16 (3)
Viral Hep C	136 (6)	116 (8)	13 (0)	0 (0)