



Sukh Initiative 2013-2019

Sukh Initiative empower families to access contraception by increasing knowledge, improving quality of services and expanding the basket of choices; contributing to the goals of FP2020

For further information please feel free to visit our website: <http://sukh.theamanfoundation.org> or
Email us at: sukh.communication@amanfoundation.org

Sukh Initiative is Pakistan's first urban family planning project launched in November, 2013, with the assistance from The Aman Foundation, The Bill and Melinda Gates Foundation and The David and Lucile Packard Foundation. Project goal is to increase prevalence of modern contraceptives by 15 percentage points from the baseline, in selected one million, underserved peri-urban population of Karachi city, Sindh, Pakistan.



Project Framework:

- Sukh works with married women of reproductive age to address their myths and misconceptions on use of modern contraceptive methods through door to door mobilization activities.
- Working with both public and private service delivery points within project area, Sukh ensures provision of quality FP services by trained health care providers.
- Engaging youth to be responsible adults, Sukh works with young boys and girls (12 to 19 years) both at school and in the community to provide them with life skill based education.
- Sukh helpline (9123) provides 24/7 access to FP and youth counselling, referral and follow-up services.
- With an objective for system strengthening, project is working with Provincial Health, Population Welfare and Education Departments from the very onset. High impact practices of Sukh are now being scaled vertically and horizontally in the province by respective departments.

Midline Project Evaluation:

Comparative evaluation results by third-party evaluators of midline, from baseline, show an increase of 9 percentage points in modern contraceptive prevalence in just 2 years of project implementation.

Some of the highlights of the evaluation are as follows:

- Short Acting Reversible Contraceptives 5.4% increase
Baseline: Pills 2.3%, Injectable 4.6%, Condoms 14.4%
Midline: Pills 2.4%, Injectable 5.5%, Condoms 18.8%
- Long Acting Reversible Contraceptives increase 4.1%
Baseline: IUCD 1.8% & Implants 0.8%
Midline: IUCD 3.0% & Implants 3.7%
- Contraceptive Ever Users increase 5.5%
Baseline 69.2% Midline 74.7%
- 4.5% Dropouts
Baseline 26.9% Midline 22.4%
- 38.3% MWRAs - Use of any form of contraceptive method for more than 2 years
- Increase of Modern Contraception in Youth (15-19 years) 9.3%
Baseline 15% Midline 24.3%
- Current FP users (MWRA age 20-29) increase 4.5%

Provincial Government Partners



Project Partners

