DEMOGRAPHY AND FAMILY PLANNING

Health education and community pharmacy
Unit 5th

BY THE END OF THIS SESSION, THE STUDENTS SHOULD BE ABLE TO:

- Describe demography cycle
- Describe family, community and family size.
- Family planning
- Methods of family planning

What is Demography

Demography is the scientific study of human population.

It focuses its attention on the following three observable human phenomenon:

- Change in population size (growth or decline)
- Composition of population
- Distribution of population in space.

DEMOGRAPHIC PHENOMENA

FERTILITY

MIGRATION

1. Change in population size (growth or decline)
2. Composition of population
3. Distribution of population in space.

MORTALITY

SOCIAL MOBILITY

MARRIAGE

These are known as demographic processes.

What is a demographic cycle

The **Demographic Cycle**, or population cycle, refers to the evolution over time of the population profile of a country, region or other defined geographical area.

A population cycle theory has been postulated in terms of the socio-economic history of industrialized countries.

Four stages of demographic cycle based on the population

1. **High stationary**
   - High birth and high death rates and relatively low population
2. **Early expanding**
   - Uneven population density due to increased urbanization and industrialization
3. **Late expanding**
   - The birth and death rates are much lower resulting in a relatively steady population growth
4. **Low stationary**
   - An actual decline in the total population of a country due to an excess of deaths over births.

FAMILY

"Family is a group of persons united by the ties of marriage, blood or adoption; constituting a single household, interacting and inter-communicating with each other in their respective social roles of husband and wife, mother and father, son and daughter, brother and sister creating a common culture" – Burgess and Locke

FAMILY SIZE

- Total number of children borne by a women during her child bearing age (15 to 45 years)
- Total fertility rate (TFR) gives an idea of total family size

- Family size depends upon –

✓Duration of marriage

✓Education of couple

✓No. of live births

✓No. of living children

✓Preference of male child

WHAT IS A COMMUNITY

Community is a human population living within a limited geographical area and carrying on a common interdependent life.

Types of community:

1) Rural community
2) Urban community

FERTILITY

Fertility is the actual bearing of children. Some demographers preferred the word **Natality** in place of fertility.
Facundity is the capacity to have children.

Factors regulating fertility:

- ✓ Age at marriage
- ✓ Duration of married life
- ✓ Spacing of children
- ✓ Education
- ✓ Economic status
- ✓ Nutrition
- ✓ Family planning

INDICATORS OF FERTILITY

$$\text{Birth Rate} = \frac{\text{No. of live births during the year}}{\text{Estimated mid year population}} \times 1000$$

The average annual number of births during a year per 1,000 persons in the population at midyear; also known as crude birth rate.

General Fertility rate

$$\text{General Fertility rate} = \frac{\text{No. of live births during the year}}{\text{Estimated mid year female population age 15 – 44 years in the same year}} \times 1000$$

The number of resident live births for a specified geographic area during a specified period divided by the female population age 15-44 years for that area multiplied by 1000.

General Marital Fertility Rate

General Marital Fertility Rate

$$= \frac{\text{No. of live births during the year}}{\text{Estimated mid year married female population age 15 – 44 years in the same year}} \times 1000$$

The number of resident live births for a specified geographic area during a specified period divided by the married female population age 15-44 years for that area multiplied by 1000.

Age specific Fertility Rate

$$\text{Age specific Fertility Rate} = \frac{\text{No. of live births in a particular age group during the year}}{\text{Estimated mid year female population of the same age group}} \times 1000$$

The number of births occurring during a given year or reference period per 1,000 women of reproductive age classified in single- or five-year age groups.

FAMILY PLANNING

Family planning refers to practices that help individuals or couples to attain certain objectives-

- ✓ **To avoid unwanted births.**
- ✓ **To bring about wanted births.**
- ✓ **To regulate the intervals between pregnancies.**
- ✓ **To control the time at which births occur in relation to the ages of the parent.**
- ✓ **To determine the number of children in the family.**

SCOPE OF FAMILY PLANNING

- ✓ Proper spacing and limitation of births.
- ✓ Advice on sterility.
- ✓ Education for parenthood.
- ✓ Sex education.
- ✓ Screening for pathological conditions related to the reproductive system.
- ✓ Genetic counselling.

IMPORTANCE OF FAMILY PLANNING

NATIONAL FAMILY WELFARE PROGRAMME

INTRODUCTION

The **National Family Welfare** Program was lanced in **1952** as **National Family Planning** Program . India was the first one to do so. It is **100**% centrally **sponsored program**. The ministry of health and family welfare is responsible for this program.

In 1977 the government of India redesigned the "**National Family Planning Program**" as the "**National Family Welfare Program**".

AIM

To achieve a higher end that is to improve the quality of the life of the people

CONCEPT OF FW
EMPLOYMENT
EDUCATION
SAFE DRINKING WATER
WOMEN 'S WELFARE
CLIENT CENTERD APPROACH
FAMILY PLANNING
MCH & RCH SERVICES
PREVENTION & TREATMENT OF MAJOR DISEASES

Contraceptive Methods

Birth control methods

Condom

Female condom

Pill

Hormonal ring

UID

Injection

Surgical sterilization

Implant

Coitus interruptus

Calendar rhythm method

Patch

Diaphragm

CONTRACEPTIVE METHODS

Temporary methods:

I. Barrier methods
II. Intrauterine devices
III. Hormonal methods
IV. Post convectional methods

Permanent methods:

I. Male sterilisation
II. Female sterilisation

TEMPORARY METHODS

INTRODUCTION

DEFINITION :-

- ✓ Prevention Of Pregnancy.

AIM:-

- ✓ Family Planning
- ✓ Prevents STD'S – AIDS.
- ✓ Medical Grounds – To control stress of pregnancy, labour & lactation.

The characteristics of an ideal contraceptive are listed below:

- ✓ Highly effective.
- ✓ No side effects.
- ✓ Independent of intercourse.
- ✓ Rapidly reversible.
- ✓ Cheap.
- ✓ Widespread availability.
- ✓ Acceptable to all cultures and religions.
- ✓ Administration and healthcare personnel not
- ✓ required.
- ✓ Easily distributed.

CONTRACEPTIVE METHODS IN FEMALES

I. Barrier methods
II. Intrauterine devices
III. Hormonal methods
IV. Post convectional methods

Rhythm Methods

- ✓ **Calender method / safe period method natural method.**
- ✓ Depend on time of ovulation.
- ✓ **Dangerous period** – ovulation occurs on 14 day & ovum viable for 48-72 hrs & sperm remain alive for 24-48 hrs. so pregnancy occurs if coitus occur in this period.
- ✓ Safe period – rest of cycle i.e. 5-6 days after menstruation & 5-6 days before next cycle.
- ✓ Advantage – most natural
- ✓ Disadvantage – most unreliable when cycle are irregular & ovulation time is variable.