

Final Evaluation Report

Your Details	
Full Name	Thaddee Uwimana
Project Title	Assessing factors preventing adults' people to uptake contraceptives methods and its impact on conservation of Nyungwe park
Application ID	29896-1
Date of this Report	24/02/2022

1. Indicate the level of achievement of the project's original objectives and include any relevant comments on factors affecting this.

Objective	Not achieved	Partially achieved	Fully achieved	Comments
Key stakeholders' engagement to support project awareness and data collection activities linkage to family planning and conservation				We held two workshops, four meetings, one training event for local stakeholders (conservationists, health agencies and local community representatives and others). We discussed and presented gaps in family planning usage and impact on conservation as well solutions for mitigation. In the future, efforts are needed to invest in applying of solutions, and scale up to large part of protected area of the forest
To determine the prevalence of unmet need for family planning among sexually active adults people living in community around protected area of Nyungwe National Park				The overall unmet need for family planning among adults between 15-49 years old was 26.3% - this is almost double the nationwide prevalence of 17%. This call for a strong investment to mitigate associated risks limiting adults around protected area to uptake contraceptives
To assess determinants /factors that contribute to low uptake or usage of family planning among sexually active adults people living in high densely populated area that bordering Nyungwe National Park				<p>The main reasons that prevent uptake for family planning were under three categorise</p> <p>Individual: educational status, age at first marriage, marital status, fear of side effects, limited knowledge/information on family planning, and poverty.</p> <p>On household level: men's power where user in families need to consult husband for approval, missing husband assistance, and culture beliefs.</p> <p>On healthcare level: Lack of family planning counselling opportunities and lack of desirable contraceptive methods.</p> <p>We carried out community outreach and group discussions mainly among potential forest dependence, and we conducted householder interviews within communities of high densely populated area with emphasis on</p>

			family planning.
To discuss relative impact/effect on conservation imposed by a limited use of family planning among community living around protected area of Nyungwe National Park			Study revealed that a limited use of family planning led to overcrowding around protected areas that creates competition between humans and other species, animal displacement, depletion of resources, and conflicts between humans and animals. Illegal human activities (poaching, hunting, mining) were highlighted as contributing to animal reduction, distinct, soil erosion, bushfires, and air pollution and it continued to be the hardest burden to in protecting the forest.
Community wide outreach and public health awareness and mobilization on family planning			15 community outreach sessions were carried out and this is an ongoing process that was initiated along with the project by team up with stakeholders, key communities and influential people.
Knowledge translation to address recommendations, inform interventions to responsible institutions/users on application of family planning to reduce threats around protected are of Nyungwe National Park			The project revealed knowledge gaps of family planning use to promote conservation. However, monitoring and evaluation require continuing follow up, some interventions were introduced during project awareness, and more interventions to stakeholder mapping, engagement, and actions still need an influence and monitoring.



Thaddee (Project implementer) and a community member giving testimony and witness on how a project has benefited her.

2. Describe the three most important outcomes of your project.

a). The project has identified and detailed determinants/barriers that limited/prevent sexually active people/couples to use family planning around protected area of Nyungwe National Park. This is the first study that showed integration of family planning into biodiversity conservation around protected areas of the forest.

b). Integrated networking with different stakeholders working in an area of community and ecology. The project brought together different parties (communities, institutional agencies) to collaborate those envies to benefit conservation plans. Stakeholders had expressed their interests, understood and committed to play their part nearly in the future.

c). The study has led to a start for community outreach, mobilisation and awareness to integrate family planning into conservation, this has led a kick off introduction to different stakeholders that involves in community and ecology network to invest in family planning for future diversity conservation.

3. Explain any unforeseen difficulties that arose during the project and how these were tackled.

The field work activities were not followed the planned timeline for the following reasons:

It has been rigorously affected by different COVID-19 wave measures, we faced intermittent repetitive lockdowns, movement, working and gathering restrictions as many parts of the project was to involve mass or groups of people. Third wave took almost 4 months from May to August 2021. This has delayed usual scheduled project plans like data collection. The project has delayed almost 9 months (7 months on hold, and other 2 months away from the usual timeline). We used to wait for government press release on some health ministerial measures regarding to COVID-19 pandemic

From October to December 2021, the data collection assistant team were recruited by government to support COVID-19 related activities as they were frontlines and essential people in pandemic mitigation fights, and this affected scheduled plans. We have intensively worked hard after their works were finished

Cost increase than expected from usual budgeted cost. We faced increase in both travel fees and incentive costs due to travel and movement restrictions during COVID-19, and due to geographical location of project area that was hardly to reach during rainy season.

There was additional cost of things that were not budgeted previously and that were too expensive such increased amount of travel due to limited working hours to comply with COVID-19 measures, cost of materials such masks and hand sanitisers

and other hygiene materials. Where I have increased in kind and in cash contribution cost to meet the requirements and ensure continuity and success of the project.

4. Describe the involvement of local communities and how they have benefitted from the project.

Involving communities is sustainable ways to achieve conservation goal and other future anticipated commitments around protected area of Nyungwe National Park. Local communities took part by participating in data collection where they shared opinions, views and information as well recommendations regarding the uptake of family planning with a linkage to conservation of Nyungwe forest. Local communities were primary contact persons during different needs or requirements for project execution such as food, materials and others that has led to successful project implementation. We hosted meetings that included local stakeholders/key community members and representatives into start up conversation talks about family planning and conservation where they showed influence asset of ideas, suggestions and inputs on how project can be more productive and beneficial.

The project has offered different range of opportunities to local communities: It provided market to local restaurants that provided food and refreshments during meetings, travels, workshops and training, it provided income opportunities to local self-entrepreneur for printing questionnaires for interviews, buy masks and hygiene other materials. It has offered jobs to moto drivers during travel and data collection project we used local moto bike to reach the sites. It has also offered food and other incentives to data assistant team that supported data collection activities. This project has offered appropriate knowledge and information to local communities during mobilisation visit/interviews regarding family planning with association to conservation. Additionally, a team 15 local opinion people were trained about integration of family planning into biodiversity conservation, who are potential asset communities behaviour change

5. Are there any plans to continue this work?

Definitely, there are needs of plans to continually eagerly working on this work and related work. The study aimed to reveal the barriers to uptake of family planning to promote biodiversity of nature. Many efforts are needed to work on recommendations and mitigation barriers were identified by the study that will benefit conservation in the future. There is a need to increase understanding, knowledge and public awareness as well as practice about family planning. Future plans are needed to measure the impact of interventions and scale up to large part of the forest areas. I plan to do more on educating community and innovating strategies to increase uptake of family planning around protected area of the forest. In my future professional and career plan, I am much interested in research work that promote more and complex evidence, I started working on interventions that involve community and ecology research work that I would count on Rufford in future to excel them.

6. How do you plan to share the results of your work with others?

I will host a research dissemination workshops with key stakeholders: Nyungwe park managers, health ministerial representatives, conservationists, local frontline staff and other influential people within local communities to inform about results of study and discuss about strategic recommendations

I plan to share the results through a publication in scientific peer-reviewed journal to make information more accessible to beneficiaries/users.

I also plan to share the work through open opportunities in scientific conference or meetings. I plan to share the results of study in Rwanda in regular research symposium that bring together all national parks to discuss about improvement and management parks.

This study will be presented at my university of Mount Kenya as award of master's degree in public health and epidemiology in post-graduate work presentation

A copy of handbook of results attached with dissemination workshop recommendations will be shared to key stakeholders who participated in projects as vital information guide on how to mitigate the pressure of population increase around protected area of Nyungwe National Park. For local communities the results will be shared through local community meetings with local leaders. Their role and accountabilities will be addressed

7. Looking ahead, what do you feel are the important next steps?

The study has showed that there is a little knowledge about family planning and its integration into community for conservation of the nature. The next step is to work on community mobilisation and awareness through outreach to break barriers of knowledge regarding family planning concept. I plan to raise funding to distribute/provide contraceptive message, methods to increase percentage of adults using family planning methods. I plan to train local family planning champions from local organisation members to influence local community behaviour change. This study was piloted in few villages around protected area of the Nyungwe National Park; Therefore, the next step is to scale up the interventions to remained part of forest.

8. Did you use The Rufford Foundation logo in any materials produced in relation to this project? Did the Foundation receive any publicity during the course of your work?

Yes, we have used Rufford log on printed t-shirts for data collection assistant team. We have also used Rufford logo during power point presentations and on questionnaires. And we will also be appeared on reports to be handed to key stakeholders and at University of Mount Kenya. Rufford Foundation was recognised during workshops, meeting and during community outreaches and interview. I also acknowledged from social media (Facebook, Instagram and Twitter) posts.



9. Provide a full list of all the members of your team and their role in the project.

Thaddee Uwimana - Primary research author, to overseeing general implementation, follow up and report of the project, and a linkage to different stakeholders

Erigene Rutayisire - He Holds a PhD in Maternal and Child Health, he was my primary supervisor with a strong skill in quantitative research. During the project, he provided his expertise in family planning knowledge, questionnaire development, mentorships, supervision and coaching skills throughout research work

Nicodem Habarurema - He was my co-supervisor for my master's degree thesis, He is PhD candidate. He has strong skills in maternal and child health, he supported the project through supervision, research gap analysis and research methodology coaching

Mukeshimana Madeleine - He holds a PhD with specialization of non-communicable diseases. He advised and assisted team during project. She also has supported manuscript writing and will support work during publication process

Hakizimana Jean Baptiste - He is a local community administrative representative, he supported project to by introducing project team and data collection assistants for community engagement, during mobilization and awareness

Mediatrice Mukamana - She supported project during community outreaches, and mobilization and she has also supported training of data collection assistants

Nishimwe Clarisse - She holds a bachelor's in nursing, during the project she did logistics, meeting and workshop modulation, and data collection training for data collectors

Data collectors/Assistants that has conducted interviews during data collections

Nyiranziyunvira Beatha, a community health worker, supported data collection

Ankurije Clementine, a community health worker, supported data collection

Nduwayezu Gerard, a conservationist student, supported data collection and project awareness

Mushyimiimana Marie Chantal, nurse supported collections and project mobilization

Callixte Niyoniringiye, a community health worker, he has supported data collection

Ntaganzwa Venerand, a community health worker, he has supported data collection

10. Any other comments?

It is with a high esteem to thank Rufford for the opportunity has offered me to contribute to community intervention that would benefit more protected area of Nyungwe National Park, community surrounding and next generation of planet. Your fund was much appreciated by both communities where the project was implemented and stakeholders that involved in the project. I look forward to embarking on journey started over again with Rufford funds.





Gallery walks with workshop invitees (Stakeholders)





Project team during dissemination dialogue in local community



Thaddee (Project implementer) with local administrative leadership during community dialogue after dissemination workshop

Assessing factors preventing adults people to uptake contraceptives methods and its impact on conservation of Nyungwe Park

UWIMANA Thaddee1, Nishimwe Clarisse2, Nicodem Habarurema3, Erigene Rutayisire4, Mukeshimana Madeleine5, Gabriel Makiriro6

1,3,4: University of Mount Kenya, 2:Kibogora Polytechnic, 5: University of Rwanda, 6:University of Global health Equity

INTRODUCTION & BACKGROUND

In Rwanda, almost a half (47%) of all pregnancies are unintended, each year 37% of births are unplanned of this, it is estimated of 22% of unplanned pregnancies and in induced abortion trying to limit or avoid the pregnancies. The western province has 54% of births unplanned, and has the highest unmet need of family planning of 17% compare with other part of the country. Family planning contribute to poverty reduction, well being of the family and improve maternal and child health though Nyamabenge remained the highest district with chronic poverty, 69% of population are under poverty line, low uptake of family planning, and big family size and vulnerable households associated with low health determinants.

Nyungwe surrounding communities has been ranked as the most densely populated zones than other part of the country with 400inhabitants/km², despite interventions to reduce forest dependence and poverty around communities bordering the forest, uncontrolled population growth and forest addition continue being reported as the main challenges for biodiversity conservation, family planning was recommended as resilience win-win strategy for both population, health and environmental. However, its uptake remain low and no information that has examined the relationship between unmet need for family and associated factors. study intended to determine the prevalence of unmet need for family planning and associated factors among adults people surrounding Nyungwe National Park catchment

OBJECTIVES

- To determine the prevalence of unmet need for family planning among adults people around Nyungwe Park (Case study Bwinda)
- To determine factors that contribute to the unmet need for family planning among adults people around Nyungwe Park (Case study Bwinda)
- To assess community understanding on family planning and conservation of biodiversity

METHODOLOGY

- Multistage and systematic sampling method
- Mass community group discussion
- Interviewing community and observation



Family Planning A Bridge For Sustainable Conservation

RESULTS



Community members with daily dependence on Nyungwe forest



United women for nature

Community Firewood collection



Capacity building of local community champions for behavior change communication "Family Planning for sustainable conservation"



The prevalence of unmet need for family planning was 26.3% which is double to national prevalence rate, and factors were categorized in three levels:

At Individual: limited or lack of information, education status, fear to side effects

At Household: men's power, lack of men assistance, culture believes

At Healthcare: Lack of family planning counselling or assistance and lack of desirable methods were main barriers to use family planning services. Overcrowding on population create conflicts between animal, human and environmental that end up with dependence of biodiversity by illegal activities. Poaching, hunting that end up with bushfire, soil erosion, animal extinction,.....



Family planning outreaches, Engagement and knowledge translation

- ❖ 15 outreaches were conducted in 5 villages
- ❖ 5 conservation clubs were reached (Voice of Nyungwe, PNPT, RAISE, HOPE, LIVE LONG NYUNGWE, SPEAK OUT)
- ❖ Stakeholders partnerships (RHD, MOH, KAGENO, WCS,.....)
- ❖ Approximately 800 adults people were reached, benefited from the project

RECOMMENDATIONS AND WAY FORWARD

- There is a urgent call to involve men in family planning services: outreaches, mobilization and awareness to increase its uptake of family planning
- There is a need to community capacity building, and awareness on family planning to break the gap in knowledge, and believes behind family planning
- Breaking gender gap in conservation: women do not have equal opportunities as men in conservation activities, more opportunities that involves women are recommended that inspire women be valued, considered and accountable to promote sustainable conservation.

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- ✓ Rufford Foundation for providing funding for the project
- ✓ KAGENO Project for receiving and managing the grant
- ✓ Rwanda Government Board (RDB), WCS,
- ✓ Minister of Health, Rwigiro Health Center, Nurse and CHWs.
- ✓ Local leaders administrative
- ✓ Bwinda communities (Partnerships, support and contribution)



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Community Dialogue For Conservation