

Leveraging Self Help Groups to Improve Reproductive Health Outcomes in Bihar, India

BACKGROUND

Bihar, India's third most populous state, has the country's second largest adolescent population. The state falls short of the national average on several reproductive health indicators



About **41%** of women marry before turning **18**



11% of women experience early childbearing



Unmet family planning need stands at **13.6%**



Modern Contraceptive Prevalence Rate is **44.4%**



TFR is **2.9**, above the national average of **1.9**



JEEVIKA, an initiative of Bihar Rural Livelihoods Promotion Society (BRLPS), empowers women through Self Help Groups (SHGs). With over **10 million rural women across all 38 districts**, it strengthens livelihoods, access to credit, and women's collective social capital to enable socio-economic empowerment of rural households

FAMILY PLANNING CONVERGENCE PROGRAM (FPCP)



Strategic Partnership

JEEVIKA and State Health Society Bihar in partnership with Population Foundation of India are improving reproductive health and family planning outcomes through the Jeevika platform



Strengthening Women's Agency

Challenging gender norms and breaking barriers to promote equality, agency, and informed choice

The FPCP represents a groundbreaking, innovation-at-scale approach to integrate reproductive health, leveraging the established network of Jeevika SHGs to create sustainable and community-led change. This model ensures healthcare reaches the most marginalized women while building their capacity for informed health decisions

POPULATION FOUNDATION OF INDIA'S STRATEGIC APPROACHES

Capacity Building for Community Outreach

Training of JEEVIKA and health staff to enhance family planning awareness and outreach

Client Mobilisation

Listing eligible couples in JEEVIKA meetings and follow up home visits for family planning counseling

Social & Behavior Change Communication

Engaging communities by leveraging SBCC tools such as flipbooks and films to address myths and misconceptions

Community Ownership

Empowering self-help groups to promote collective action and ownership for sustainable family planning outcomes

Gamified Learning

Using games and activities to improve understanding and adoption of family planning

PILOT IN FIVE DISTRICTS

- Jehanabad • Lakhisarai
- Sheohar • Aurangabad • Sheikhpura



OUTCOMES



206,000+

Total Eligible Couples

160,000+

(Linkage Rate: 78% of 206,000)

Couples successfully linked to family planning services

27,000+

(81% Adopted FP Services)

Linked for long-term FP methods

DMPA, Cu-T, Male Sterilization, and Female Sterilization

103,600+

(82% Adopted FP Services)

Linked for temporary FP methods

Condoms, Oral Pills, Centchroman, and Emergency Contraceptive Pills

131,300

(Total Adoption Rate 82%)

Couples Adopted FP methods

Linked couples who adopted family planning services

LEARNINGS



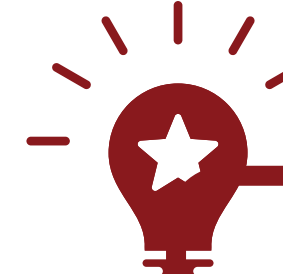
COMMUNITY PLATFORM EFFECTIVENESS

This community-led approach demonstrates that lasting change comes when women exercise choice and lead health decisions in their communities



COLLABORATIVE DIALOGUE IMPACT

SHG members are women aged 35 and above, many of whom are mothers and mothers-in-law. Engaging them on reducing son preference and pressure for early marriage, early conception and dropping out of school can drive meaningful social change



SCALING OPPORTUNITIES

The National Rural Livelihoods Mission platform can scale this model nationwide by using SHGs to challenge norms and expand access to family planning. With state support, it will roll out across all 38 districts of Bihar

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