



## July 2011

Under the FAM Project--a grant supported by USAID to increase access to and use of fertility awareness-based methods of family planning within the framework of informed choice--IRH has researched and documented the introduction and scale up of three evidence-based methods: the Standard Days Method® (SDM), the TwoDay Method® (TDM) and the Lactational Amenorrhea Method (LAM).

To facilitate the scale-up process and communicate key findings to partners and stakeholders, IRH has developed a series of project briefs that summarize key research results, address common misconceptions related to FAM, and illustrate unique advantages of integrating FAM into programs. We wanted to take this opportunity to share with you this series of briefs, which include the following:



**Scaling up a family planning innovation: How health systems are strengthened along the way** By examining the case of SDM, this brief captures how each building block of the WHO health systems strengthening model can be strengthened through the scale up process.

[ENG](#), [FRE](#), [SPA](#)



**Standard Days Method®: Building Gender Equity & Engaging Men in Family Planning** highlights the results of research in India and Guatemala that demonstrated improved ability for women to make decisions in their relationships and increased participation by men in family planning decisions.

[ENG](#), [FRE](#), [SPA](#)



**Monitoring & Evaluating Scale-Up: Doing it Right for Sustainable Impact** demonstrates the importance of not only designing an intervention that can be brought to scale but monitoring and evaluating (M&E) that process along the way. IRH is at the forefront of developing M&E approaches for the scale-up process.

[ENG](#), [FRE](#)



**The Standard Days Method®: A Modern Family Planning Method** outlines existing evidence and qualifications that categorizes SDM as a Modern Method. This is important because it sets SDM apart from other natural methods that have not been systematically tested in a clinical trial.

[ENG](#), [FRE](#), [SPA](#)

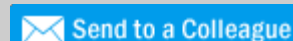
### FAM Resources

[SDM](#)

[TDM](#)

[LAM](#)

### Follow IRH





**Partnerships with Faith-Based Organizations to Expand Access to Family Planning** describes a diverse collection of partnerships between IRH and Christian and Muslim organizations seeking to improve the health of their communities through expanding access to family planning.

[ENG](#), [FRE](#), [SPA](#)



**The Lactational Amenorrhea Method: (LAM) an important option for mothers and infants** gives an overview of the scientific-basis and health benefits of LAM, and provides a summary of IRH's current partnerships with local organizations to strengthen LAM services in India, Guatemala, and Mali.

[ENG](#), [FRE](#), [SPA](#)

These briefs are readily available on the IRH website, many of which are also available in French and Spanish. You can also find them at IRH's exhibit during conferences and meetings. The next time you are curious about FAM, consider these materials as key resources.

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## Upcoming Events

Come visit IRH or hear us present at the following upcoming events:

- [Global Implementation Conference](#), Aug. 15-17, 2011, Washington, DC

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Sincerely,  
Your colleagues at IRH

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