



Integrated Health Education and Counseling Programmes on Reproductive Health in Northern Ghana Rural Women: Adoption Rates and Trends in Contraceptive Use

Patricia Gyamfi¹, Henry Adikuwa¹, Osagie Anokye²

¹ Council for Scientific and Industrial Research (CSIR-Ghana)

² University of Professional Studies, Accra (UPSA)

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Correspondence: pgyamfi@outlook.com

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Author notes

Patricia Gyamfi is affiliated with Council for Scientific and Industrial Research (CSIR-Ghana) and focuses on Medicine research in Africa.

Henry Adikuwa is affiliated with Council for Scientific and Industrial Research (CSIR-Ghana) and focuses on Medicine research in Africa.

Osagie Anokye is affiliated with University of Professional Studies, Accra (UPSA) and focuses on Medicine research in Africa.

Abstract

Integrated health education and counseling programmes have been implemented to improve reproductive health outcomes in rural communities of Northern Ghana. A mixed-methods approach was employed, including surveys and focus group discussions with participants from selected rural communities. Data were analysed using chi-square tests for categorical data and linear regression models for trend analysis. Survey results revealed that the majority of women adopted at least one form of contraceptive method (85% adoption rate), with a significant increase in use of modern contraceptives such as injectables over traditional methods like condoms. The findings suggest that integrated health education programmes have been effective in increasing contraceptive use among rural women in Northern Ghana, particularly for newer and more effective methods. Further research should explore the long-term efficacy of these programmes and consider scaling up interventions to other regions with similar demographics. reproductive health, contraception, integrated education, Northern Ghana, women's health Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, African, SpatialMethods, EthnographicResearch, VillageHealth, RuralAdoption, ContraceptiveUptake*

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