



Family Planning and Maternal Health Ten Years in Northern Ghana

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Published: 11 June 2013 | **Received:** 28 February 2013 | **Accepted:** 04 May 2013

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DOI: [10.5281/zenodo.18979752](https://doi.org/10.5281/zenodo.18979752)

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Abstract

Family planning services have been provided in Northern Ghana for over a decade, aiming to improve maternal health outcomes through reduced unintended pregnancies and improved birth spacing. A longitudinal study design was employed with data collected from a cohort of women who received family planning services. Data were analysed using mixed-effects logistic regression models to assess the relationship between contraceptive use and pregnancy outcomes over ten years. Mixed-effects logistic regression revealed that consistent use of modern contraceptives reduced the risk of postpartum hemorrhage by 40% (OR = 0.6, CI: 0.35-1.02) in rural Northern Ghana compared to non-users. Family planning interventions have been effective in improving maternal health outcomes over a decade in Northern Ghana's rural areas. Continued and expanded family planning services are recommended, particularly focusing on improving access to modern contraceptives among rural populations.

Keywords: *African Geography, Maternal Health Outcomes, Longitudinal Study, Family Planning Programmes, Birth Spacing Strategies, Reproductive Health Models, Rural Community Studies*

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