Natural Family Planning

- Respects dignity of both spouses
- Provides information regarding a woman’s fertility on a daily basis

*But, does it work?*
Definitions

- **Unintended pregnancy rate**
  - Number of women out of 100 who became pregnant using a family planning method

- **Effectiveness**
  - 1 - pregnancy rate

\[
1.00 - 0.05 = 0.95 = 95\% \text{ effective}
\]
Definitions

• Method effectiveness
  - Effectiveness rate based on perfect use

• User effectiveness
  - Effectiveness rate based on actual practice
### Effectiveness of NFP

#### German Study, 2007

<table>
<thead>
<tr>
<th>Type</th>
<th># of Pregnancies</th>
<th>Effectiveness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method Effectiveness</td>
<td>2 in ~6,000 cycles</td>
<td>99.6%</td>
</tr>
<tr>
<td>User Effectiveness</td>
<td>12 in ~9,000 cycles</td>
<td>98.2%</td>
</tr>
</tbody>
</table>

### Other STM Data

<table>
<thead>
<tr>
<th>Study</th>
<th>Effectiveness</th>
</tr>
</thead>
<tbody>
<tr>
<td>European Multi-center Study, 1993(^1)</td>
<td>&gt; 97% (User)</td>
</tr>
<tr>
<td>German Study, 1997(^2)</td>
<td>97.8% (User)</td>
</tr>
<tr>
<td></td>
<td>99.4% (Method)</td>
</tr>
</tbody>
</table>


Comparison of Contraception to NFP

METHOD EFFECTIVENESS IN FIRST YEAR (PERFECT USE)

METHOD

Spermicide 94
Diaphragm 96
Withdrawal 98
Condom (male) 99.4
IUD 99.5
Sterilization (female) 99.6
STM of NFP 99.7
Pill 99.9
Sterilization (male) 99.95
Norplant
