

# Asociación Hondureña de Planificación de Familia (ASHONPLAFA)



## Narrative:

Ashonplafa is a Non-Governmental Organization that contributes to improving the quality of life of the population, ensuring access to comprehensive health services with an emphasis on sexual and reproductive health, through our clinical medical programs, social marketing and community services provided with quality, warmth and free of stigma and discrimination.

By 2026, we want to be recognized as a leading organization at national and international level that contributes to the well-being of families and the development of the country, that provides comprehensive health services, that respects the right to decide freely and in an informed manner about one's sexual and reproductive health, in harmony with the environment, innovative, with technical and financial solidity.

Honduras is in a stage of demographic transition, where 59% of the population is under 30 years old and 30.4% of the total population is under 15 years old.

The population structure in 2022 shows marked differences between age groups. The Honduran population is characterized by being a very young population. The age group from 0 to 19 years is 3.8 million people, which represents 40.5% of the total population. The population over 65 years old is only 578 thousand people, 6% of the country's population.

48.7% of the population are men (4,669,868) and 51.3% are women (4,927,870). Of these, a total of 2.68 million (54.4%) are between the ages of 15 and 49 years old, a potential demand for sexual reproductive health and family planning programs. In Honduras, family planning services are available in government institutions, non-governmental organizations and social marketing sectors. According to the results of ENDESA 2019, despite the efforts of all these organizations, the contraceptive prevalence rate in women between 15 and 49 years old who are currently married or in a union (or their partner uses) decreased in 2019 to 69%, compared to the results of ENDESA 2011-2012 which recorded a 73% contraceptive prevalence.

Therefore, our commitment is to redouble our efforts, providing family planning services to 400,000 women and 60,000 young people and adolescents, which represents an increase of 15% of the population we currently serve.

## Objectives:

- We will work with school-based and non-school-based spaces (urban and rural) in the promotion of the Comprehensive Sexuality Education component through the Program for Adolescents, 60,000 young people nationwide.
- Additionally, 1,040 young people will be reached in order to improve access to emergency contraception and strengthening the adoption of long-acting contraceptive methods. In the adult population, we hope to reach more than 1,200 people by providing risk and harm reduction consultation services, long-acting contraceptive methods and AQVs (definitive methods).