# HOW TO USE TRACK20'S FAMILY PLANNING ESTIMATION TOOL (FPET)

Step-by step instructions on how to use the online tool to produce annual estimates of key family planning indicators

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# Using the Family Planning Estimation Tool (FPET) to obtain annual mid-year estimates for contraceptive prevalence and related family planning indicators

#### **Purpose**

Family Planning 2020 (FP2020) is a global partnership that works with governments, civil society, multilateral organizations, donors, the private sector, and the research and development community to enable 120 million more women and girls to use contraceptives by 2020. Track20, implemented by Avenir Health, was established to track progress of the global FP2020 initiative. The strategy of Track20 is to support national efforts in participating FP2020 countries to collect, analyze and use data to track progress in family planning and to use data to develop effective program strategies and plans.

As part of its efforts, Track20 works with countries to produce annual estimates of FP2020's core family planning indicators. Modern contraceptive prevalence and the percentage of women with an unmet need for modern contraception are two of the key FP2020 indicators. Since the sources for these values tend to be large population-based surveys, which are conducted only every few years, a methodology was needed that allowed for the projection of annual estimates for these indicators.

In order to address this need for annual estimates, the Family Planning Estimation Tool (FPET) was produced by the Track20 Project, in collaboration with the United Nations Population Division (UNPD) and the National University of Singapore. FPET projects estimates for contraceptive prevalence and the percentage of women with an unmet need for contraception, based on historic survey data. Depending on what data is entered into the tool, FPET can be used to produce either national or sub-national estimates.

FPET is based on an estimation approach<sup>1</sup> used by the UNPD that draws on data for 194 countries and areas worldwide. FPET was adapted to work with a single country at a time and to accept service statistics as well as survey data to establish trends. The adaptation we use was prepared by Jin Rou New and Leontine Alkema of the National University of Singapore. FPET is a Bayesian, hierarchical model that fits logistic growth curves to historical data in order to determine the long-term trend, and adds a time series model with autocorrelation to capture the deviations around the long-term trend.

In order to obtain estimates using FPET, you will need to:

- 1. Prepare data using FPET Data Preparation Tool
- Upload resulting data file into FPET (at <u>fpet.track20.org</u>), run FPET, view/save resulting output files

<sup>&</sup>lt;sup>1</sup> Alkema L, Kantorova V, Menozzi C, Biddlecom A. National, regional, and global rates and trends in contraceptive prevalence and unmet need for family planning between 1990 and 2015: a systematic and comprehensive analysis *The Lancet* 2013 May 11;381(9878): 1642-52 doi: 10.1016/So140-9736(12)62204-1.

#### Before you get started

Download the FPET Data Preparation Tool from: http://www.track20.org/pages/resources/track20 resources.

If you already have this tool, check the version on the website to be sure that you are using the latest version, as it will have the most up-to-date data.

### For producing **national** estimates, the data you will need for this exercise include:

- Values for contraceptive prevalence, modern contraceptive prevalence, and percentage
  of women with an unmet need for contraception, all for married women, from your
  country's most recent DHS, MICS, PMA2020 or national surveys (most of this is already
  pre-loaded in the Data Preparation Tool)
- The year(s) in which the survey(s) were conducted
- Descriptions of any geographical biases in the estimates. These might occur if the survey
  was not nationally representative (for example, some areas of the country might have
  been excluded from a survey due to unsafe conditions).
- Non-pregnant and other positive biases that might occur if the survey did not include all
  married women but excluded some, such as those who were pregnant at the time of the
  interview. These biases are usually not present.
- Whether or not sterilization for non-contraceptive reasons is included in modern method use
- Whether or not the contraceptive prevalence rate includes folk methods

#### For producing **sub-national** estimates, the data you will need for this exercise include:

- Values for contraceptive prevalence, modern contraceptive prevalence, and percentage
  of women with an unmet need for contraception, for married women, for the sub –
  national region(s) you wish to enter into the tool. You need at least 3 data points, which
  you obtain from your country's most recent DHS, MICS, PMA2020 or national surveys.
- The year(s) in which the survey(s) were conducted
- Descriptions of any geographical biases in the estimates. These might occur if the survey
  was not nationally representative (for example, some areas of the country might have
  been excluded from a survey due to unsafe conditions).
- Non-pregnant and other positive biases that might occur if the survey did not include all
  married women but excluded some, such as those who were pregnant at the time of the
  interview. These biases are usually not present.
- Whether or not sterilization for non-contraceptive reasons is included in modern method use
- Whether or not the contraceptive prevalence rate includes folk methods
- Annual population estimates of married women of reproductive age for each subnational region you wish to run, from 1970 to 2035.

You will also need Microsoft Excel software on your computer.

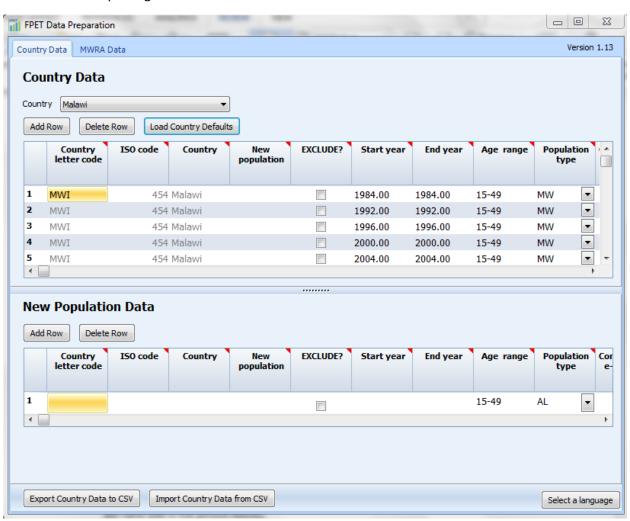
## Section 1. Prepare data using FPET Data Preparation Tool

This section walks you through how to prepare data for FPET, for producing either national or regional estimates. Directions immediately below are for preparing data for producing national estimates; instructions for preparing regional data are next.

#### Use the FPET Data Preparation Tool – to prepare country survey data for NATIONAL estimates

To run FPET with country survey data, you need to prepare a csv file that has information/estimates from each of your country's past population-based surveys.

- 1. Open the tool called FPETDataPreparation by double-clicking on FPETDataPreparation.exe
- 2. Load country defaults. At the top of the window, use the drop-down menu to choose your country and then click the 'Load Country Defaults' button. Data from all available surveys should load into the window. Below is an example of what you would see for Malawi. Note: If you would like to upload data from a csv that you created previously using this tool, you can import it by using the 'Import Country Data from CSV' button in the bottom left hand corner. If you do import a csv vile, you will need to choose your country in the drop-down menu before exporting the csv for future use.



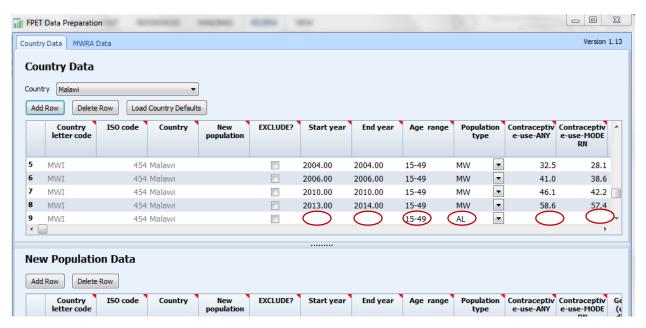
3. **Inspect the data**. Take a moment to look over the data. Are any surveys missing? If a particular survey which has contraceptive prevalence values is **not** in one of the rows, go to the next step to learn how to add in the data. If not, skip ahead to step #6. Ideally the data file should contain all nationally representative surveys since 1980 (or earlier, if available) that measured contraceptive use. Except in rare cases, all of your country's surveys should already be in the tool.

Note on LAM and SDM: The FP2020 definition of modern methods includes both the lactational amenorrhea method (LAM) and standard days method (SDM). All mCPR values for your country have been adjusted, if necessary, to include these as modern and not traditional methods. Please be sure to include these in your mCPR if adding in new data.

- 4. Add a new row to include additional survey data. Click on the button 'Add Row' (on the upper left hand side in the picture below).
  - Note: If you need to delete a row, the 'Delete Row' button allows you to delete the bottom-most row. Checking the box in the 'Exclude' column allows you to exclude data in the 'checked' row from the FPET run.
- 5. **Enter in the necessary data for the survey you wish to add**. Note: The order in which you enter the data into the fields in the row does not matter, nor does the order of the rows. Fields where most users will enter data are designated with red ovals in the images below. The data fields are as follows:
  - a. Country letter code. This is a three letter code identifying the country.
  - b. ISO Code. Each country has a unique ISO code that will already be filled in.
  - c. *Country name*. This should already be filled in for countries.
  - d. New population. Since your data is national-level data, you can leave this field blank.
  - e. *Exclude*. You can exclude any survey from an FPET run by checking this box. Normally, all surveys are used, so no boxes are checked.
  - f. Start year. Enter the year in which the field work started. You can simply enter the year, as 2014 for example, or with two decimal points to indicate a more precise start date. For example if the field work started in October, 2014 you could enter 2014.75. In the case of PMA2020 surveys, where there is often more than one survey per year, you will need to use decimal point values to differentiate the time periods of the surveys.
  - g. *End year*. Enter the year in which field work was completed. Again, this can have two decimal points to indicate the month when data collection ended.
  - h. Age range. Enter the age range included in the survey. This is normally 15-49.
  - i. *Population type*. This describes the characteristics of the women included in the survey. Most surveys are for all women or ever married women. The allowable values are
    - i. AL: All women
    - ii. BS: Both sexes
    - iii. EM: Ever-married women
    - iv. HW: Husbands and wives
    - v. MW: Married women
    - vi. SA: Sexually active

**Note**: If your survey has data for married women, it is recommended that you enter data for married women, as is indicated in the next two steps.

- j. Contraceptive use-ANY. The percentage of married women using any form of contraception. Numbers entered here should be between 0 and 100. If you don't have a value for this field, leave it blank. Do not enter 0.
- k. Contraceptive use-MODERN. The percentage of married women using any modern method of contraception. Numbers entered here should be between 0 and 100. If you don't have a value for this field, leave it blank. Do not enter 0. Remember to include LAM and SDM in your mCPR estimates.
- I. *GEO biases*. Normally this field is blank. It is only used if the survey had geographical biases that caused the survey to not be nationally representative.
- m. *Non-pregnant and other positive biases*. Normally this will be blank. It is only used when the population in the survey excluded some women, such as those who were pregnant at time of the interview.
- n. *Modern method bias*. Normally this is blank. It should be used if the survey excluded some women using modern methods, such as sterilization.
- o. Folk method positive bias. Normally this will be blank. It should only be used if the survey included folk methods (amulets, charms, etc.) in the estimates of contraceptive use and they cannot be excluded.

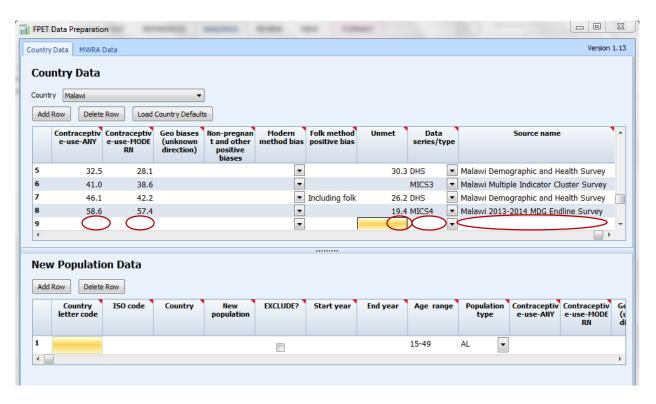


- o. *Unmet need*. The percentage of women with an unmet need for contraception. This field can be blank if the survey did not report unmet need. Otherwise the allowable entries are from 0 to 100.
- q. Data series/type. Use the dropdown to enter the type of survey in this field. The allowable entries are: DHS, MICS, National survey, and Service statistics. If you are entering PMA2020 data, choose 'National survey' as the data type.

Note that if you are using service statistics then these statistics need to be converted to mCPR before being used in the model. For commodity data you would generally convert the

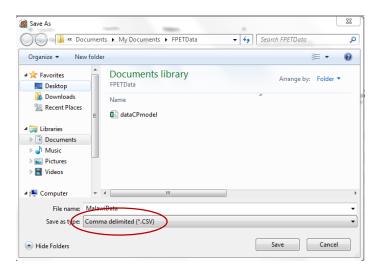
commodities distributed to CPR estimates by calculating the number of couple-years of protection (CYP) and then dividing by the number of married women. An analogous process is followed for coversion of visits data. Track20 has prepared a document on converting services statistics that will soon be available on the Track20 website.

r. *Source name*: Enter the source of your data. This field can be filled in with wording of your choice.



6. **Export the data into a** *csv* **file**. At the bottom-left of the window, click the 'Export Country Data to CSV' button. Export 'Only Country Data'. You will be prompted to save the file. Save the file, being sure to save the file as a 'Comma delimited' file, with a '.csv' extension. Be sure to make note of where you save the file.





#### Use the FPET Data Preparation Tool – to prepare sub-national data for REGIONAL estimates

To run sub-national data, you need to prepare two csv input files for FPET; one file with family planning indicator data from historic surveys, and one file with annual population data for married women of reproductive age.

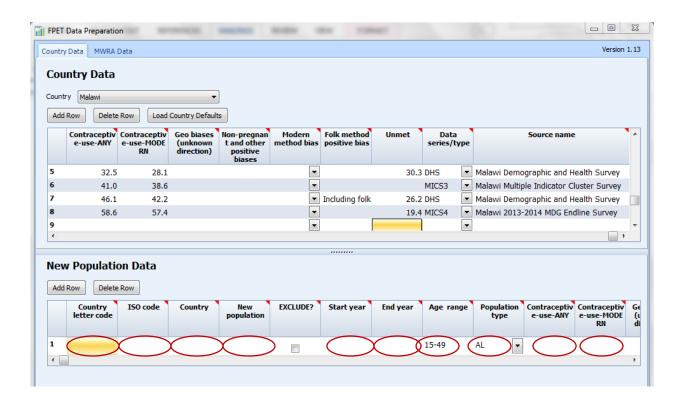
#### Prepare regional survey data:

- 1. Open the tool called FPETDataPreparation by double-clicking on FPETDataPreparation.exe
- 2. Enter in the necessary data for the regions/surveys you wish to use. Use the 'New Population Data' section only, and enter your regional data as described below. You can enter data for as many regions as you like. When running FPET later, you will then choose which region you'd like to run and see results for.

Note: The order in which you enter the data into the fields in the row does not matter, nor does the order of the rows.

Fields where most users will enter data are designated with red ovals in the images below. The data fields are as follows:

- a. Country letter code. This is a three letter code identifying the sub-national region. You should assign your own three letter code to each sub-region. A good practice is to start the code with 'X' to ensure that it does not accidentally identify another country.
- b. *ISO Code*. Each country has a unique ISO code that will already be filled in. Since you are entering data for a sub-region, assign a new code starting with '9'. This ensures that the code does not accidentally identify another country.
- c. Country name. Enter the name of the region for which you are entering data.
- d. New population. Enter a categorial variable to identify your sub-national population.
- e. *Exclude*. You can exclude any survey from an FPET run by checking this box. Normally, all surveys are used, so no boxes are checked.



- f. Start year. Enter the year in which the field work started. You can simply enter the year, as 2014 for example, or with two decimal points to indicate a more precise start date. For example if the field work started in October, 2014 you could enter 2014.75. In the case of PMA2020 surveys, where there is often more than one survey per year, you will need to use decimal point values to differentiate the time periods of the surveys.
- g. *End year*. Enter the year in which field work was completed. Again, this can have two decimal points to indicate the month when data collection ended.
- h. Age range. Enter the age range included in the survey. This is normally 15-49.
- i. *Population type*. This describes the characteristics of the women included in the survey. Most surveys are for all women or ever married women. The allowable values are
  - i. AL: All women
  - ii. BS: Both sexes
  - iii. EM: Ever-married women
  - iv. HW: Husbands and wives
  - v. MW: Married women
  - vi. SA: Sexually active

**Note**: If your survey has data for married women, it is recommended that you enter data for married women, as is indicated in the next two steps.

j. *Contraceptive use-ANY*. The percentage of married women using any form of contraception, for your region. Numbers entered here should be between 0 and 100. If you don't have a value for this field, leave it blank. Do not enter 0.

- k. Contraceptive use-MODERN. The percentage of married women using any modern method of contraception, for your region. Numbers entered here should be between 0 and 100. If you don't have a value for this field, leave it blank. Do not enter 0. Note on LAM and SDM: The FP2020 definition of modern methods includes both the lactational amenorrhea method (LAM) and standard days method (SDM). All mCPR values for your country have been adjusted, if necessary, to include these as modern and not traditonal methods. Please be sure to include these in your mCPR if adding in new data.
- I. GEO biases. This field is more relevant for national data, and can be left blank.
- m. *Non-pregnant and other positive biases*. Normally this will be blank. It is only used when the population in the survey excluded some women, such as those who were pregnant at time of the interview.
- n. *Modern method bias*. Normally this is blank. It should be used if the survey excluded some women using modern methods, such as sterilization.
- o. Folk method positive bias. Normally this will be blank. It should only be used if the survey included folk methods (amulets, charms, etc.) in the estimates of contraceptive use and they cannot be excluded.
- p. *Unmet need*. The percentage of women with an unmet need for contraception, for your region. This field can be blank if the survey did not report unmet need. Otherwise the allowable entries are from 0 to 100.
- q. Data series/type. Use the dropdown to enter the type of survey in this field. The allowable entries are: DHS, MICS, National survey, and Service statistics. If you are entering PMA2020 data, choose 'National survey' as the data type.

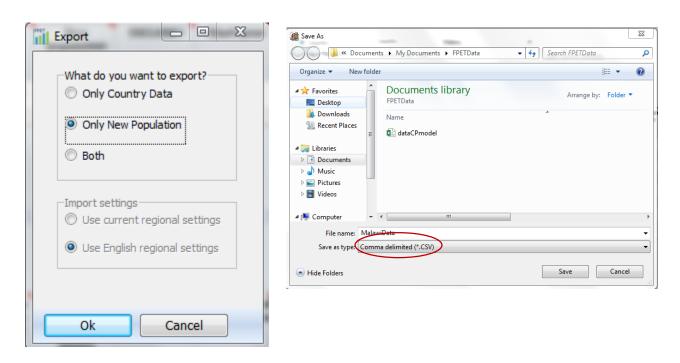
Note that if you are using service statistics then these statistics need to be converted to mCPR before being used in the model. For commodity data you would generally convert the commodities distributed to CPR estimates by calculating the number of couple-years of protection (CYP) and then dividing by the number of married women. An analogous process is followed for coversion of visits data. Track20 has prepared a document on converting services statistics that will soon be available on the Track20 website.

r. *Source name*: Enter the source of your data. This field can be filled in with wording of your choice.



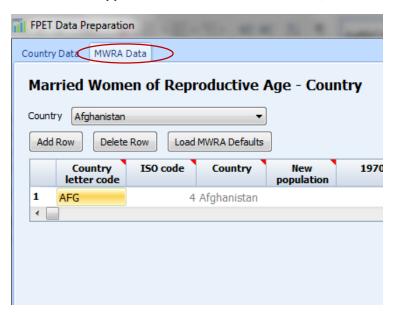
- 3. Add additional rows to include survey data from additional years and/or regions. Click on the button 'Add Row' (on the upper left hand side in the picture below).

  Note: If you need to delete a row, the 'Delete Row' button allows you to delete the bottommost row. Checking the box in the 'Exclude' column allows you to exclude data in the 'checked' row from the FPET run.
- 4. **Export the data into a** *csv* **file**. At the bottom-left of the window, click the 'Export to CSV' button. Export 'Only New Population'. You will be prompted to save the file. Save the file, being sure to save the file as a 'Comma delimited' file, with a '.csv' extension. Be sure to make note of where you save the file.



#### Prepare regional population data:

- 1. **Open the tool called** *FPETDataPreparation* by double-clicking on FPETDataPreparation.exe
- 2. In the upper left corner of the tool's screen, choose 'MWRA Data'.



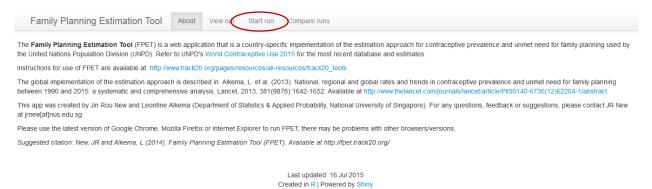
- **3. Enter regional population data from 1970 to 2035.** Enter annual data into the lower portion of the tool (below the heading "Married Women of Reproductive Age New Population). You must add population data for all regions which you wish to run in FPET. Instructions for each field are as follows:
  - a. *Country letter code*. This is a three letter code identifying the sub-national region. This code should match the code in your csv file with regional survey indicator data.
  - b. *ISO Code*. This code should match the code in your csv file with regional survey indicator data.
  - c. *Country name*. Enter the name of the region for which you are entering data, as you did in the previous csv.
  - d. New population. Enter a categorial variable to identify your sub-national population.
  - e. Fields for 1970 to 2035. Enter estimates for married WRA for each year into each field. You may need to extrapolate your population figures backward to produce estimates back to 1970, and/or forward to produce estimates up to 2035. Don't forget to adjust your estimates so that they are for married WRA and not all WRA.
- 4. Add additional rows to include population data from different regions. Click on the button 'Add Row' to produce additional rows, and fill in data for as many regions as you wish to run. Note: If you need to delete a row, the 'Delete Row' button allows you to delete the bottommost row. Checking the box in the 'Exclude' column allows you to exclude data in the 'checked' row from the FPET run.
- 5. **Export the data into a** *csv* **file**. At the bottom-left of the window, click the 'Export to CSV' button. Export 'Only New Population'. You will be prompted to save the file. Save the file, being sure to save the file as a 'Comma delimited' file, with a '.csv' extension. Be sure to make note of where you save the file.

## Section 2: Upload resulting data file into FPET, run FPET, save resulting output files, visualize data

This section walks you through how to prepare data for FPET, for producing either national or regional estimates. Directions immediately below are for preparing data for producing national estimates; instructions for preparing regional data are next.

#### Run FPET using the csv data file that you created – for NATIONAL estimates

1. Go to the FPET website (fpet.track20.org). This is what you'll see:



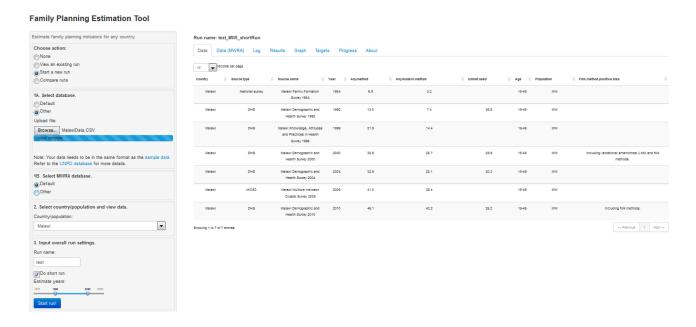
- 2. Select 'Start run' from the menu bar going across the top of the page. You'll see a page with a menu bar along the left side.
- 3. Under the option '1A. Select database', choose 'Other'. Use the 'Browse' button that appears to select the *csv* file that you saved using the Data Prep Tool.
- 4. Once you have selected the file, the data will upload into FPET, and you should see a blue bar with the message *Upload complete*.



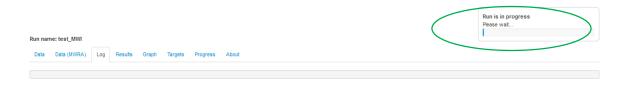


5. Skip option 1B and proceed to option 2. The dropdown should show only one country, which should be the country for which you have uploaded data. Select this country. Once you select it, you should see your country's input data appear on the right side of the screen, as shown

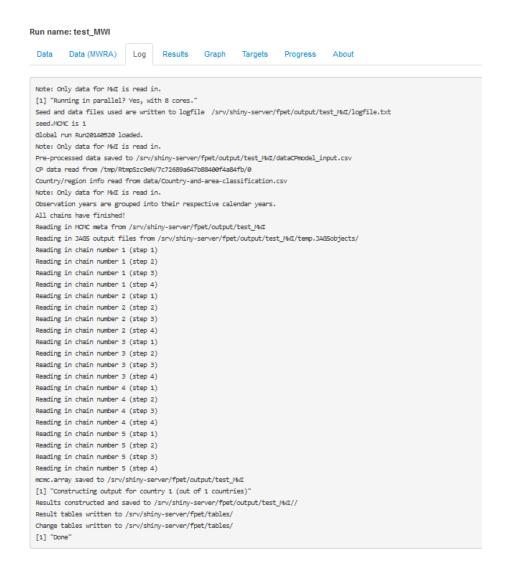
below. Look over the data and make sure that it matches the values that you saw/entered in the Data Prep Tool.



- 6. Now that your data is loaded into FPET, it's almost time to start your run. Choose a name for your run that will allow you to distinguish it from other runs (under option 3: 'Input overall run settings').
- 7. A 'long run' is recommended, as it yields the most accurate results. A long run should take no more than 2 to 3 minutes.
- 8. Under 'Estimate years' choose the range of years for which you'd like to see FPET results.
- 9. Now click on 'Start Run!'
- 10. Once you click on 'Start Run' you will be directed to go to the 'Log tab'. Find the Log tab among the blue tabs going across the top of the FPET screen and click on it. If the run is proceeding normally, you will see a progress bar in the upper right corner, as in the image below:

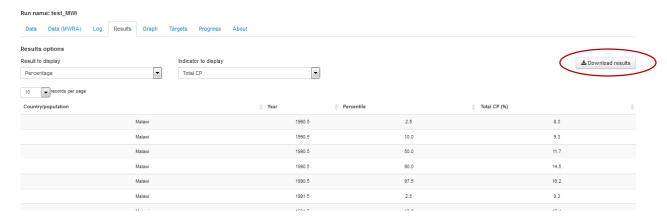


Once the run is completed, you'll see output similar to this below, with the final line reading 'Done':



To view results, you can choose the 'Results' tab, where you'll see the box below. The 'Result to display' menu allows you to choose whether you'd like to see percentage points or counts in thousands. The 'Indicator to display' menu allows you to choose which indicator you'd like to see estimates for.

For modern contraceptive prevalence, choose 'Modern CP'. Clicking on the 'Download results' button will result in a dialog box that prompts you to open or save the results file.



Open results in Microsoft Excel, and you'll see something like what is in the box on the next page:

11. In order to read the results for modern contraceptive prevalence for 1995, scroll down and look for the year '1995.5'. The mCPR for that year is in the 50 percentile row. The 2.5 and 97.5 percentile values give you the 95% confidence interval bounds.

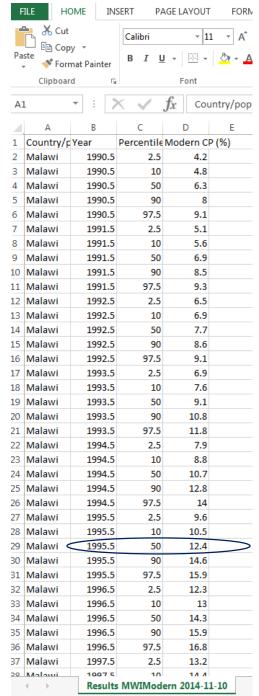
Remember that this value is for married women, and that this estimate represents a mid-year estimate (which is why the year is specified as 1995.5).

When you save this file, you may continue to use the Comma-delimited format.

You can download results for other indicators by going back to the Results tab on the FPET page, and following the same steps. Saving all results files in a folder with the corresponding csv input file will allow you to keep track of your results.

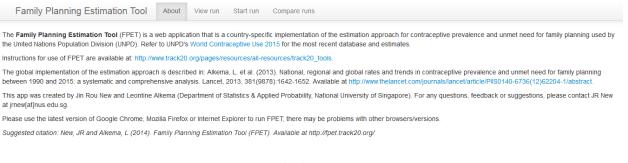
- 12. The 'Graph' tab allows you to visualize the curves produced by FPET for the various indicators. As noted in the legend of these graphs, red circles represent DHS data points, green circles represent MICS data points, etc. The middle line represents the median line estimate produced by FPET, and the outer lines represent the upper and lower bounds of the 95% confidence interval.
- 13. The Targets and Progress tabs, for those interested, present information useful for target-setting and assessing progress.

That's it! You have successfully run FPET. If you have questions regarding this tool, please contact us at <a href="mailto:track20@avenirhealth.org">track20@avenirhealth.org</a>



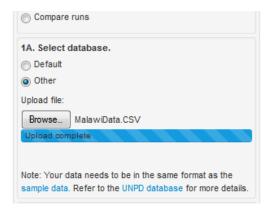
#### Run FPET using the csv data file that you created – for REGIONAL estimates

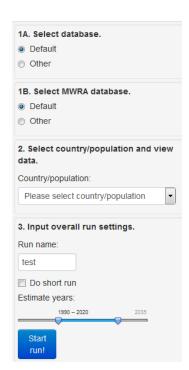
1. Go to the FPET website (fpet.track20.org). This is what you'll see:



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- 2. Select 'Start run' from the menu bar going across the top of the page. You'll see a page with a menu bar along the left side.
- 3. Under the option '1A. Select database', choose 'Other'. Use the 'Browse' button that appears to select the survey data *csv* file that you saved using the Data Prep Tool.
- 4. Once you have selected the file, the data will upload into FPET, and you should see a blue bar with the message *Upload complete*.





5. Under the option '1B. Select MWRA database' choose 'Other'. Use the 'Browse' button that appears to select the MWRA data csv file that you saved earlier.

- 6. Under the option '2. Select country/population and view data' the dropdown will now contain the region names (they will match the 'new population' text which you had entered in the Data Prep Tool to name your regions). Select the region you wish to run. Once you select the region, you will have the option to select the country in which your region falls. Once you select it, you should see your country's input data appear on the right side of the screen. Look over the data and make sure that it matches the values that you saw/entered in the Data Prep Tool.
- 7. For further instructions, go to step #6 under "Run FPET using the csv data file that you created for NATIONAL estimates" and follow steps #6 through #13 to run the tool and download your results.

