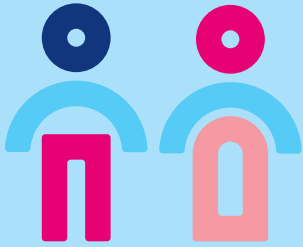


# What is a couple year of protection?

## What's a couple year of protection?



Couple years of protection (CYPs) is a measure that estimates the protection from pregnancy provided by contraceptive methods during a one-year period.

## How are CYPs calculated?



Different methods of contraception have different CYP values.



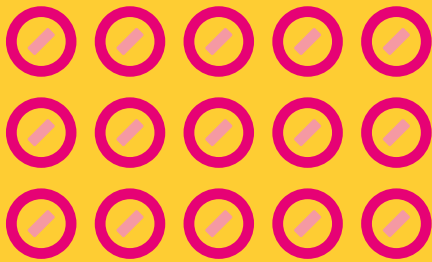
It depends on how long they can be used for, the likelihood of wastage, and how effectively they prevent pregnancy.

## What's in a CYP?

**15**

**Pill cycles**

15 pill cycles are needed to provide one CYP.

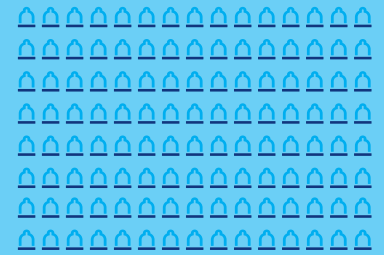


## What's in a CYP?

**120**

**Condoms**

120 condoms (male and female) are needed to provide one CYP.



## What's in a CYP?

Different types of injectables have different CYP values.

**4**

**doses**

Four doses of the 3 month injectable are needed to provide 1 CYP



**6**

**doses**

Six doses of the 2 month injectable are needed to provide 1 CYP



## How many CYPs are in long acting methods?

## How many CYPs are in long acting methods?

Different types of implants have different CYP values.

**3 year implant**

A 3 year implant provides 2.5 CYPs



**4 year implant**

A 4 year implant provides 3.2 CYPs



**5 year implant**

A 5 year implant provides 3.8 CYPs



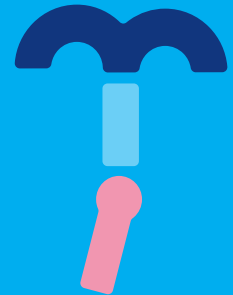
**5 year IUD**

A 5 year IUD provides 3.3 CYPs



**10 year IUD**

A 10 year IUD provides 4.6 CYPs



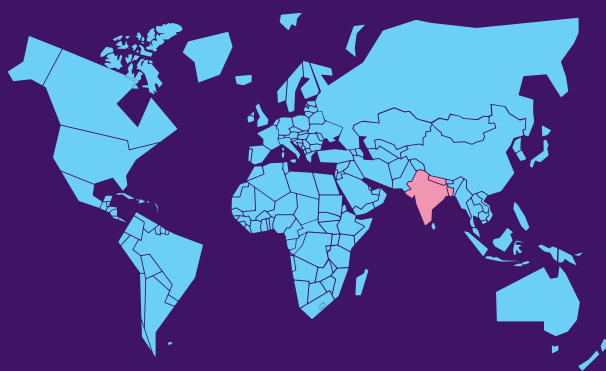
## How many CYPs are in permanent methods?



## Sterilisation

In India, Nepal and Bangladesh, sterilisation equates to 13 CYPs. For the rest of the world it's 10 CYPs.

This difference arises because CYPs for sterilisation are determined by the average age at which people choose sterilisation in their reproductive lives.



## Why do we use CYPs?



They are a standard metric that help us to track our progress in delivering family planning services. They allow us to monitor the scale of our services, and to easily compare this across different countries and programmes. We use CYPs in conjunction with other measures to make sure that the services we deliver are equitable and that we are expanding choice for our clients.