



What is a COUPLE YEAR OF PROTECTION?

Couple years of protection (CYPs) is a measure that estimates the protection from pregnancy provided by contraceptive methods over a one-year period. Each contraceptive method has a unique CYP which depends on how long the method can be used for, the likelihood of wastage, and how effectively it prevents pregnancy.

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.

What's in a CYP?



15 pill cycles

are needed to provide 1 CYP



120 condoms

(male and female) are needed to provide 1 CYP

Different types of injectables have different CYP values

4 doses

of the 3 month injectable are needed to provide 1 CYP



6 doses

of the 2 month injectable are needed to provide 1 CYP

How many CYPs are in long acting methods?

Different types of implants have different CYP values

A 3 year implant

A 4 year implant

A 5 year implant



provides 2.5 CYPs

provides 3.2 CYPs

provides 3.8 CYPs

5 year IUD

provides 3.3 CYPs



10 year IUD

provides 4.6 CYPs

How many CYPs are in permanent methods?

In India, Nepal and Bangladesh, sterilisation equates to

13 CYPs

For the rest of the world it's

10 CYPs

Differences arise because CYPs for sterilisation are determined by the average age at which people choose sterilisation in their reproductive lives.