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 during a one-year period.

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.

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

How are CYPs calculated?

Different types of injectables have different CYP values.

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

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

How many CYPs are in long acting methods?

Four doses
Doses
One dose is needed to provide 1 CYP.

Different types of implants have different CYP values.

A 3 year implant provides 2.5 CYPs

A 4 year implant provides 3.2 CYPs

A 5 year implant provides 3.6 CYPs

A 5 year IUD provides 3.3 CYPs

A 10 year IUD provides 4.6 CYPs

What’s in a CYP?

What’s in a CYP?

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

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.

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.