

Natural Family Planning References

1. NFP Effectiveness to Avoid Pregnancy

Journal of Reproductive Medicine – Ovulation Method NFP effectiveness

Hilgers, T.W., & Stanford, J.B. (1998). Creighton Model NaProEducation Technology for avoiding pregnancy: Use effectiveness. [On-line]. *Journal of Reproductive Medicine*, 43, 495-502. Available: http://www.reproductivemedicine.com/toc/auto_abstract.php?id=9549.

A study was conducted with 1,876 couples using the Creighton Model FertilityCare™ System to avoid pregnancy. A total of 17,130 months of use were tracked. The study showed that the method was 99.5% effective. This study uses only the FertilityCare™ System method of NFP, not the old rhythm method which was very ineffective.

The Journal of Human Reproduction 2007 – Sympto-Thermal NFP method effectiveness

Frank-Hermann, P., Heil, J., Gnoth, C., Toledo, E., Baur, S., Pyper, C., Jenetzky, E., Strowitski, T., & Freundl, G. (2007). The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple's sexual behavior during the fertile time: A prospective longitudinal study. [On-line]. *Human Reproduction*, 22(5), 1310-1319. Available: <http://humrep.oxfordjournals.org/cgi/content/abstract/dem003v1>.

A study was conducted with 900 women using the Sympto-Thermal method of NFP (one that takes temperatures as a primary indication of fertility, with cervical discharge and optional cervix checks as secondary and tertiary checks). A total of 17,638 months of NFP usage was tracked. The study showed a 99.4% effectiveness rate when used to avoid pregnancy. This study uses only the modern methods of NFP, not the old rhythm method which was very ineffective.

2. Effectiveness to Achieve Pregnancy in Normal Fertility

Hilgers, T.W., Daly, K.D., Prebil, A.M., & Hilgers, S.K. (1992). Cumulative pregnancy rates in patients with apparently normal fertility and fertility-focused intercourse. *Journal of Reproductive Medicine*, 37, 864.

Couples who used an ovulation method of Natural Family Planning, and who were believed to be of normal fertility tried to conceive a child. Seventy-six percent (76%) of the couples achieved a pregnancy the first month they tried when using an ovulation method of Natural Family Planning. Within six months, 98% of couples had achieved pregnancy.

3. NFP Effectiveness Compared to Birth Control Pills

Frank-Hermann, P., Heil, J., Gnoth, C., Toledo, E., Baur, S., Pyper, C., Jenetzky, E., Strowitski, T., & Freundl, G. (2007). The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple's sexual behavior during the fertile time: A prospective longitudinal study. [On-line]. *Human Reproduction*, 22(5), 1310-1319. Available: <http://humrep.oxfordjournals.org/cgi/content/abstract/dem003v1>.

A summary of 900 women using Natural Family Planning compared the effectiveness of NFP to birth control pills. For NFP to be considered as effective as birth control pills, the NFP effectiveness level that was needed would be 99% effective. Of the 900 women in the study, 0.4% became pregnant after 13 cycles of use, showing a 99.6% effectiveness rate. The study concluded that NFP was as effective at avoiding pregnancy as birth control pills.

European Society for Human Reproduction and Embryology. (2007, February 21). Natural family planning method as effective as contraceptive pill, new research finds. [On-line]. *Science Daily*. Available: <http://www.sciencedaily.com/releases/2007/02/070221065200.htm>.

4. Low divorce rates for NFP users

Wilson, M. A. (2001, March 1-4). Divorce rate comparisons between couples using natural family planning & artificial birth control. [On-line]. Available: <http://www.physiciansforlife.org/content/view/193/36/>.

A study of 505 couples, primarily using the Ovulation Method of NFP taught by Family of the Americas found a less than two percent (2%) divorce rate. These couples had taken instruction in NFP from three to ten years before this analysis. Couples were primarily Catholic; a small minority was Protestant or Evangelical. Most of the couples were still using NFP. Very few had started using artificial contraception.

5. Catholic Church Teachings found in *The Catechism of the Catholic Church*. (1994). New Hope, KY: Urbi et Orbi Communications.

Remaining open to life in intercourse – Sections 2366 - 2367

Spacing the birth of children – Sections 2368 - 2370

6. Withdrawal as ineffective contraceptive method

Rogow, D., & Horowitz, S. (1995). Withdrawal: a review of the literature and an agenda for research. [On-line]. *Studies in family planning*, 26 (3), 140–53. Available: [doi:10.2307/2137833](https://doi.org/10.2307/2137833) PMID 7570764.

Population Action International. (1991). A guide to methods of birth control. Briefing Paper No. 25, Washington, D. C.

Resources for DVD or Videotape NFP Presentations:

One More Soul www.omsoul.com

Natural Family Planning Center www.nfpcenter.com

Couple to Couple League www.ccli.org

Plan Your Family Naturally – Diocese of Rockville Centre www.drvc-faith.org