

Self-injection Ambassadors Initiative

Background brief

INJECTABLES ACCESS
COLLABORATIVE

PATH

Clinton Health Access Initiative
inSupply Health

Jhpiego

JSI

Background

The [Injectables Access Collaborative](#) (AC) and global partner institutions have built a growing body of knowledge on DMPA-SC and self-injection. While DMPA-SC and self-injection have been introduced in many countries, work remains to fully integrate self-injection in national family planning programs. At the same time, a movement around self-care more broadly is gaining momentum. The World Health Organization released [guidelines on self-care interventions](#) for sexual and reproductive health and rights in 2019, and many countries are developing and implementing national self-care guidelines and service packages.

Through the Self-injection Ambassadors initiative, the AC brings together experienced, influential individuals who can elevate the evidence-based potential of self-injection in their daily work and through new opportunities facilitated by the AC. In addition to acting as resources for countries undertaking the self-injection journey, Ambassadors serve as global advocates on self-injection best practices—engaging donors, normative agencies, and implementing partners as appropriate. More broadly, Ambassadors also champion self-care for sexual and reproductive health.

The AC piloted this approach in 2020 with a small cadre of Ambassadors in seven countries. Based on high levels of engagement and progress in advancing self-injection, we expanded the initiative over the intervening years to include more than 35 Ambassadors from 13 sub-Saharan African countries.

“Being an Ambassador availed me the opportunity to network and share best practices at regional and global levels”.

– Self-injection Ambassador

The Ambassadors are leaders from government, academia, the private sector, and implementing partners. These champions are paired with AC country coordinators, who also serve as Ambassadors, for support and thought partnership.

Role and timeline

The AC supports each Self-Injection Ambassador to advocate for expanded access to contraceptive self-injection within the broader method mix. This role is voluntary and aims to integrate self-injection advocacy into Ambassadors' daily work. Participation in the initiative takes up to four hours of time per month.

Roles and responsibilities include:

- **Advocating for relevant policy change and policy implementation**, as well as **championing self-care** for sexual and reproductive health more broadly.
- Working with AC country coordinators to **develop a self-injection advancement strategy** to overcome barriers to self-injection scale-up.
- **Sharing evidence** with local stakeholders to inform self-injection programming and convey the value proposition of self-injection within the broader method mix.
- **Connecting country stakeholders** with the Access Collaborative for technical assistance as needed.
- Exchanging lessons learned and **problem solving with Ambassadors from other countries**.
- Sharing experiences through **national, regional, and global events/platforms**, as feasible.

To prepare Ambassadors for these engagements, the AC provides the latest evidence on DMPA-SC self-injection, as well as useful advocacy resources. In addition to the publicly available [DMPA-SC Resource Library](#), Ambassadors have exclusive access to an online repository of evidence (including new evidence currently pending publication), tools, and advocacy materials, to use as needed. Ambassadors also participate in three annual learning exchange calls to share lessons and learn about new developments in self-injection and self-care.

The AC further supports Ambassadors by elevating their expertise and leadership through global and local visibility opportunities including events, social media, and web articles disseminated by AC consortium partners PATH, CHAI, InSupply, Jhpiego, and JSI.

About the Injectables Access Collaborative

The Injectables Access Collaborative (AC) provides data-driven technical assistance, coordination, resources, and tools to ensure that women and girls have increased access to DMPA-SC and self-injection as part of an expanded range of contraceptive methods, delivered through informed choice programming. The AC is led by PATH in partnership with the Clinton Health Access Initiative (CHAI), inSupply Health, Jhpiego, and JSI.

More information

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