

# Sarah Elizabeth Castle PhD

Consultant in Sexual and Reproductive Health

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I am a London-based consultant specializing in demand creation and service provision in relation to sexual and reproductive health and family planning. I have considerable experience with regard to behavior change communication (especially for adolescents), service quality and access as well as health systems strengthening, financing and human resources for health. I have carried out numerous qualitative and quantitative studies, as well as formative research for program design mainly in francophone Africa (but I am happy to work anywhere). My work is innovative, applied and inclusive and aims to build capacity, facilitate local resource generation as well as to contribute to sustainable and effective partnerships.

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## Skills

- Formative research for program design.
  - Monitoring and evaluation (via primary data collection and routine data analysis, for example, using DHS, MICS data).
  - Country policy and strategy design and evaluation.
  - Proposal writing (including development of Theories of Change, AMELP).
  - Literature reviews.
  - Training (in quantitative and qualitative research methods, participatory research, HCD).
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## Languages

English: Mother tongue

French: Fluent

Fulfulde: Fluent (Language of the Fulani people of West Africa)

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## Clients

USAID, WHO, The World Bank, PSI, MSI Reproductive Choices, JSI, MSH, Palladium, The Population Council, Care, Engender Health, Results for Development, IPPF, Plan, Save the Children, Options and ODI.

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## Education

**MacArthur Leadership Fellow**, Harvard Center for Population and Development Studies, Harvard University.

**PhD:** Centre for Population Studies, London School of Hygiene and Tropical Medicine.

**B.A. Hons** in Geography, Brasenose College, Oxford University, UK.

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## Recent employment

February 2005 - Independent Consultant

April 1997 – Jan 2005 Lecturer, Centre for Population Studies, London School of Hygiene and Tropical Medicine.

## Recent consultancies and short contracts

December 2021 Care: Development of a model to enable Care’s programs to innovate around high-level (as opposed to project-level) social norms change.

November 2021 Research for Development (R4D)/USAID Mali: Technical lead for qualitative research for the Rapid Feedback Monitoring Evaluation Research and Learning (RF MERL) approach. Adaptive learning activities and impact evaluation of selected interventions embedded in two large USAID-funded initiatives around community health and health systems strengthening.

September 2021 Caroline Population Center, UNC/Institut Supérieur des Sciences de la Population (ISSP), Ouagadougou: Technical assistance for qualitative data collection and analysis for the Gates-funded ‘Full Access, Full Choice’ study of the perceived quality of family planning services in Burkina Faso.

August 2021 WHO/Prevention of Unsafe Abortion Unit (PUA): Evaluation of the impact of mitigation measures during the COVID-19 pandemic to facilitate the continued provision of safe abortion in Bolivia, Mali, Nepal and The Palestinian Territories.

May 2021 WHO, Accelerator Project: Review of the content, approaches and impact of national family planning campaigns in Burkina Faso, Guinea, Mali and Niger (2016-2021).

March 2021	JSI: Human Centered Design Exchange (HCDEXchange): Review of barriers to widespread use of Human Centered Design in relation to Adolescent Sexual and Reproductive Health in Francophone Africa.
October 2020	USAID /Washington DC (Office of Family Planning and Reproductive Health): Writer of a brief on 'Individual-level Social and Behavior Change' for the High Impact Practices in Family Planning (HIP) series – a set of evidence-based family planning approaches vetted by the HIP Technical Advisory Group.

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## Selected peer-reviewed publications and reports

Both, R., Castle, S. and B. Hensen (2021) *"I feel that things are out of my hands": How COVID-19 prevention measures have affected young people's sexual and reproductive health in Ghana, Indonesia, Kenya, Nepal, Uganda and Zimbabwe*. Rutgers: Utrecht, The Netherlands.

Castle, S., Schroffel, H., Mvuzolo, J.J.N., Mupenda, B., Mumbere, J. and Shapiro, R. (2019) Successful programmatic approaches to facilitating IUD uptake: CARE's experience in DRC. *BMC women's health*, 19(1), pp.1-12.

Castle, Sarah, and Martha Silva (2019). *Family planning and youth in West Africa: mass media, digital media, and social and behaviour change communication strategies*. Breakthrough RESEARCH Literature Review. Washington DC: Population Council.

Castle, S, Appleford, G, Sharma, P., E Houghtaling (2018) *Support for International Family Planning Organizations II (SIFPO2) Project Evaluation*. A report to USAID/GHPro.

Castle, S., Awusabo-Asare, K, and B. Adams (2016) *Delivering Reproductive Health Services to Young People in Ghana's Brong Ahafo Region: A Situational Analysis of Adolescent Health Corners*: Palladium, Ghana Adolescent Reproductive Health Project.

Castle, S and I. Askew (2015) *Contraceptive Discontinuation: Reasons, Challenges and Solutions*. Washington DC: FP2020.

*Information about additional assignments and further examples of my reports and peer-reviewed publications are available at : [www.sarahcastle.co.uk](http://www.sarahcastle.co.uk)*