Family Planning in the Nepali Bhutanese Refugee Community in St. Louis

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Women's beliefs about, knowledge of and access to family planning are influenced by many factors—external, cultural and personal—and must be understood in their context. Refugees often are in an especially vulnerable position in terms of access to family planning. Nepali Bhutanese refugees in America are and have been in a vulnerable position in terms of resources and access to health care, and have experienced the influences and environments of several cultures in succession. In this research, I interviewed five Nepali Bhutanese refugee women in St. Louis on factors influencing their views and choices about family planning and their perceived access to it. Nepali Bhutanese refugees who are newly arrived have more limited knowledge about family planning and how to obtain it in their new environment, and express more negative views towards it. Women who have been in America longer, however, have more positive views towards family planning and have clearer information on how to obtain it if needed.