Following is a response from DHS Senior Sampling Specialist, Mahmoud Elkasabi:

To calculate DEFF with R, using the svydesign function, the weights must first be divided by 1,000,000. To analyze data for one region (or another subpopulation), the subset function should be used. Here is the R code:

DHSdesign<-svydesign(id= ~fin_df$PSU, #V021
strata= ~fin_df$STRATA, #V022
weights= ~fin_df$PERWEIGHT, #V005/1000000
data=fin_df)

DHSdesign_sub <-subset(DHSdesign,V024=xx)

the DHSdesign_sub should be now used instead

DEFF<- svymean(~fin_df$C_SEX2, design=DHSdesign_sub, na = TRUE, deff = TRUE)