



Husbands' influence over family planning use in rural Ethiopia

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Background: Family Planning & Amhara Region, Ethiopia

- Second largest country in sub-Saharan Africa – 74 million
- 84 percent of the country is rural
- Contraceptive prevalence is relatively low, especially in rural areas
 - Nationally, contraceptive prevalence rate (CPR) is 14.7 (EDHS, 2005)
 - 46.7 in urban areas
 - 10.9 in rural areas
 - Indications of recent increase in CPR
- Amhara Region is the second largest region in the country
 - 17 million people
 - CPR in Amhara Region is 16.1
 - Region with highest rate of early marriage

Amhara Region, Ethiopia





Research Design

- Population based study of rural women in three woredas/districts of Amhara region in 2005-6
- Study served baseline survey for women's empowerment project
- Households in the study areas were listed
- Households with resident females 10-45 were eligible for selection
- Household selected at random; one respondent per household
- Where a household had more than eligible respondent, a Kish grid was used to select one respondent
- Selected respondents interviewed by female interviewer using close ended questionnaire, covering wide range of topics
- In all, 3580 women were interviewed (90 percent response rate)
 - Subsample of 2065 married women
- This study explores the relative roles of women and men in family planning (FP) use

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Analysis

- Descriptive analysis
- Multivariate models with current use of FP as dependent variable
 - One model includes only characteristics of the woman
 - Second model includes characteristics of both husband and wife
- Analysis based on subsample of women who want not more children
 - No variable for women wanting to space



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Variables used in models:

Variable	Type	Variable	Type
Women's age	Cont	Husband's age	Not incl
Woman's years education	Cont	Husband's years education	Cont
Socio-economic status	Dich	Husband approves of FP	Dich
No. of children	Cont	Husband beat wife last year	Dich



Descriptive results

- Median age at marriage was 14.9, consistent with EDHS estimates for Amhara Region
- Virtually all births occurred with marriage: 99%
- Among married women, 15% were using an FP method
 - Among women who wanted no more children, 22 % were using FP
 - 90 % were injectable users
- 27% have discussed FP with their spouse in the last year
- 68% of husbands reportedly approve of FP

Characteristics of currently married women (n=2065)

Characteristic	Percent	
Age	10-19	11.9
	20-29	42.8
	30-39	30.6
	40-45	14.5
Education	None	91.2
	1-4 yrs	5.0
	5+ yrs	3.8
# Children	None	11.1
	1-4	56.4
	5+	32.5



Predictors of current use of family planning, characteristics of women only

Adjusted odds ratios (and 95% CI) from weighted logistic regression for predictors of current family planning use among married women (n=532)

	OR	95% CI
Woman's age (cont)	0.96**	(0.93-0.98)
Years of education (cont)	1.18***	(1.08-1.29)
Socio-economic status (higher)	0.81	(0.57-1.1)
No. of children (cont)	0.89*	(0.80-0.98)

Predictors of current use of family planning, characteristics of husbands and wives

Adjusted odds ratios (and 95% CI) from weighted logistic regression for predictors of current family planning use among married women (n=532)

	Model I: Women only		Model II: Women & husband characteristics	
	OR	95% CI	OR	95% CI
Woman's age (cont)	0.96**	(0.93-0.98)	0.95**	(0.92-0.98)
Years of education (cont)	1.18***	(1.08-1.29)	1.09	(0.98-1.2)
Socio-economic status (ref: higher)	0.81	(0.57-1.1)	0.76	(0.53-1.1)
No. of children (cont)	0.89*	(0.80-0.98)	0.92	(0.83-1.02)
Husband's yrs of educ. (cont)			1.12**	(1.03-1.21)
Husband approved of FP			3.74***	(2.34-5.96)
Husband has beaten in last yr			1.03	(0.50-1.81)

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Limitations & conclusions

Limitations

- Not planned as family planning research, so limited variables available for analysis
 - No variable on desire for spacing
- Cross sectional design limits interpretation of results
- Characteristics of husbands reported by wives, not by men themselves

Conclusions

- In many settings, husbands may have more influence over couple's use of family planning than their wives
- This may be particularly true in very traditional and conservative settings
- Additional efforts to target men with reproductive health information are needed, especially rural men



‘Addis Birhan’ (New Light) Program for Ethiopian Men

- Population Council and Amhara Regional Bureau of Youth & Sports had been implementing programs for married adolescent girls since 2006
- Demand for a similar program arose from husbands of participating married girls
- ‘Addis Birhan’ (New Light) is a group-based program for men in rural Amhara, which started in mid 2008

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'Addis Birhan' Program (con't)

- Male mentors mobilize groups of men at the village level
- Men are taken through a 3-4 month curriculum
- Modules in the curriculum are adapted for rural Ethiopia from Population Council India, Engenderhealth, and Promundo
- Modules focus on SHR as well as caring and non-violence, rather than blaming
- Pictures are used as teaching aids as most of the participants cannot read





‘Addis Birhan’ Program (con’t)



- There has been significant demand for the program
- In 18 months, nearly 20,000 men have participated in Addis Birhan groups (n=19,599)
- Addis Birhan demonstrates that rural men in traditional settings can be reached with RH/FP initiatives
- Baseline survey collected in early 2008
- Endline survey to take place in 2010

Characteristics of Addis Birhan participants, 2008-9

	Percentage (n=19,599)
Age group	
10 to 19	1.4
20 to 39	62.5
40 to 59	31.0
60+	5.1
Level of educ	
None	19.1
1 to 4 yrs	54.9
5 yrs or more	26.0