

Trends in Modern Contraceptive Prevalence Rate among Currently Married Women in Uganda: 1988-2006

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Introduction

- Family planning services have been promoted in Uganda since 1957
- Uptake of FP services has remained consistently low over the years; much lower for modern contraception
- Total unmet need for family planning services increased from 35% in 2000 to 41% in 2005
 - 25% for child spacing
 - 16% for limiting child births
- Total demand for family planning services is estimated at 64% (UDHS, 2006)

Objectives

- To assess trends in modern contraceptive use among currently married women aged 15-49 years in Uganda from 1988-2006
- To explore the likely reasons for observed trends

Definitions

- Contraceptive prevalence rate: percentage of currently married women who reported using a modern method of Family Planning

- Modern methods include:
 - Oral contraceptives,
 - Intra-uterine Devices (IUDs),
 - Injectables,
 - Female and male sterilization,
 - Vasectomy,
 - Barrier methods (diaphragm, foam, jelly, male & female condoms)

- Analysis restricted to pills, injectables, implants, female sterilization and IUD

Methods

- Conducted a review of literature based on four Ugandan Demographic Health Surveys: 1988/89, 1995/96, 2000/01, and 2005/06
- During the surveys, data were collected on:
 - Socio-demographic characteristics,
 - Knowledge of modern contraception,
 - Ever use of modern contraception
 - Current use of modern contraception

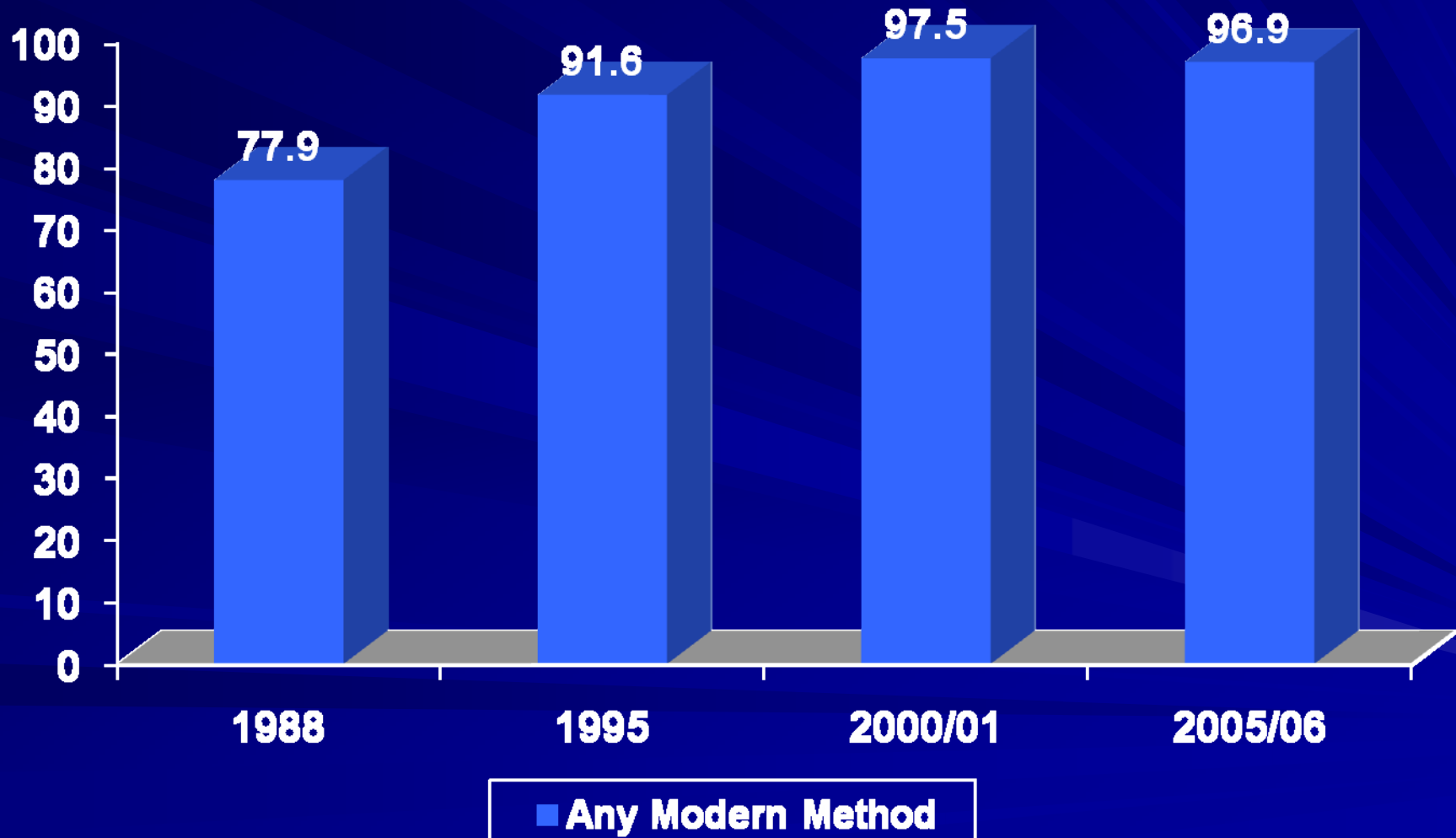
Methods (cont'd)

- Only women who were currently married at each survey and aged 15-49 years were considered for this review
- Number of women considered for this analysis: 3,180 in 1988; 5,134 in 1995; 4,881 in 2000/01 and 5,337 in 2005/06
- We assessed trends in knowledge of modern contraception, ever of use and current use of modern contraception

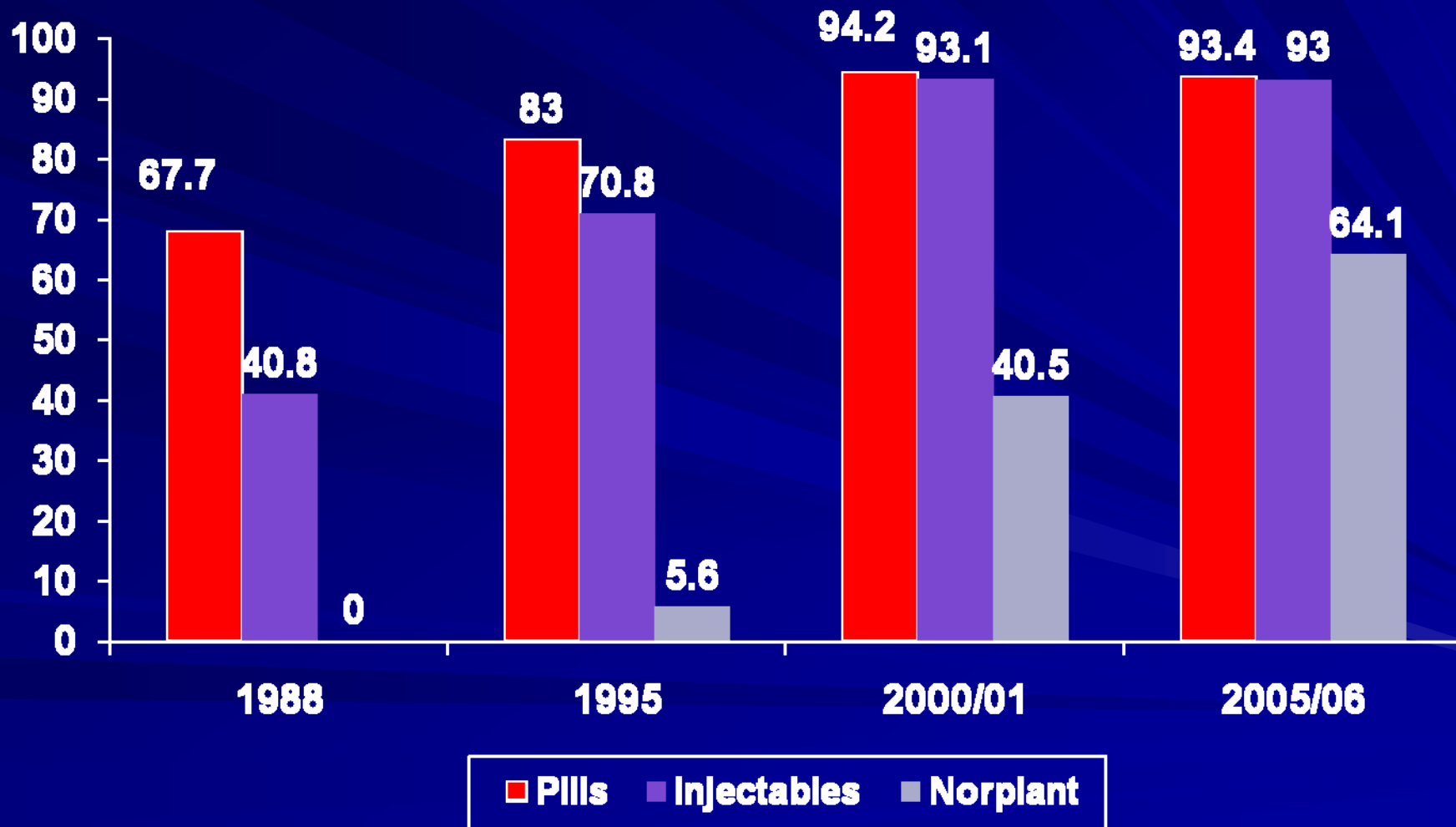
Findings

- Majority of the women surveyed (>70%) were below 35 years of age, had primary or higher education (>60%) and were living in rural areas (>80%)
- Knowledge of modern contraception increased from **78%** in 1988/89 to **97%** in 2005/06 ($P < 0.001$)
- Significant method-specific increases in knowledge of modern contraception were noted for **injectables, pills and Norplant**

Percentage of currently married women who knew of any modern contraceptive method: 1988-2006



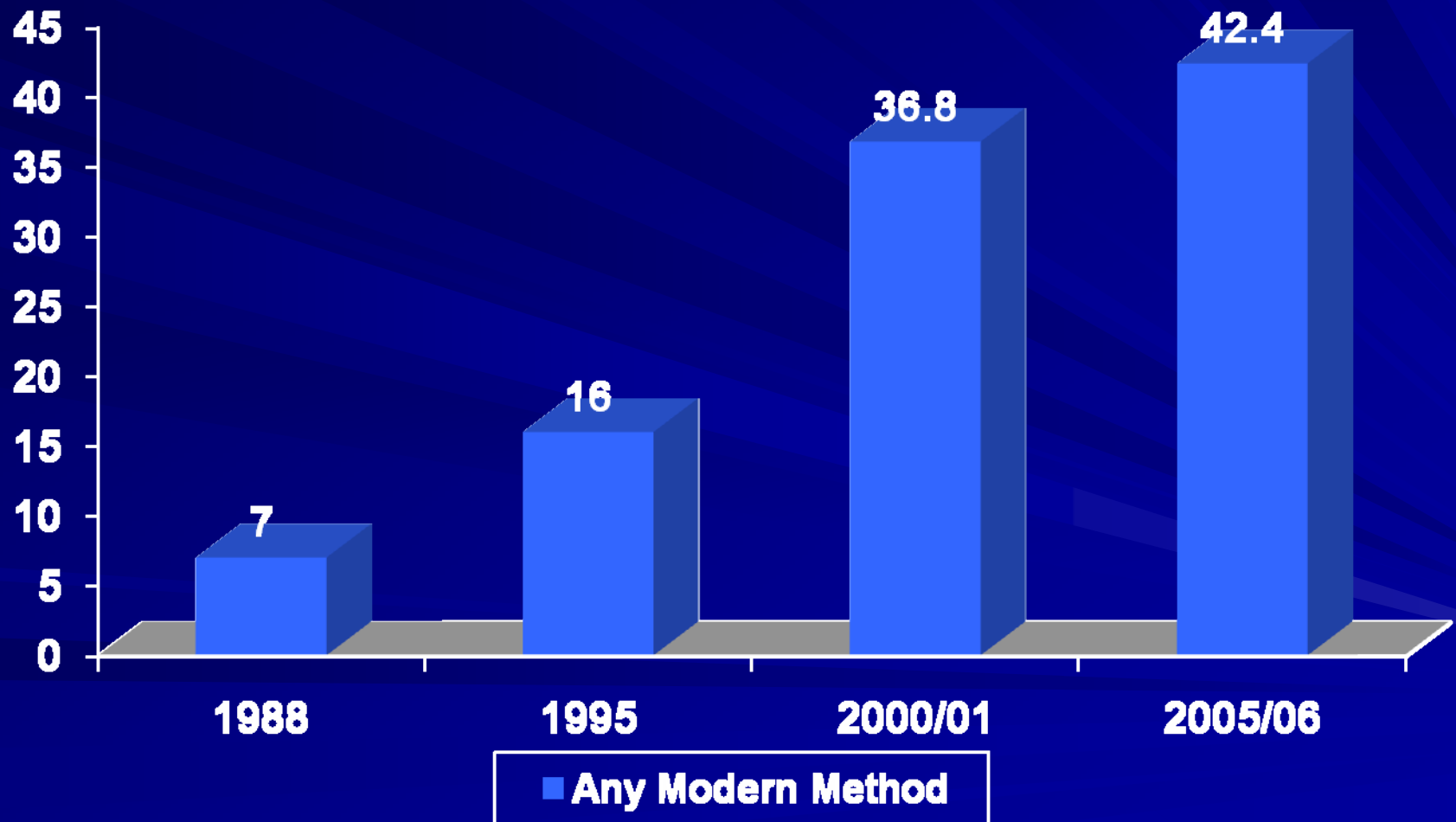
Percentage of currently married women who knew of Pills, Injectables & Norplant: 1988-2006



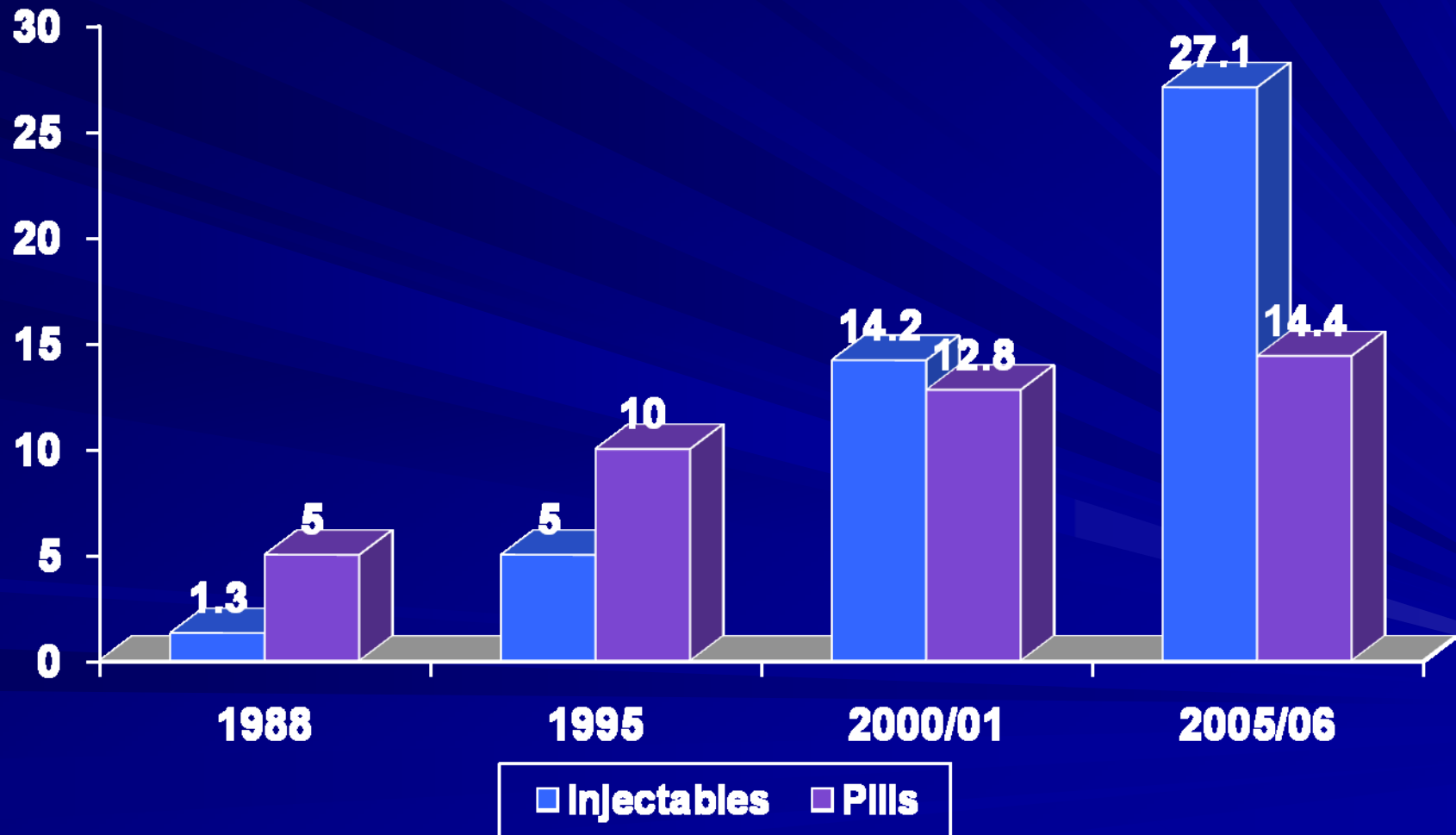
Ever use of contraceptive methods

- Ever use of any modern contraceptive method increased from 7% in 1988 to 42% in 2005/06 ($P < 0.001$)
- Significant method-specific increases in ever use of modern contraception were noted for **injectables** and **pills**

Percentage of currently married women who have ever used any modern contraceptive method: 1988-2006



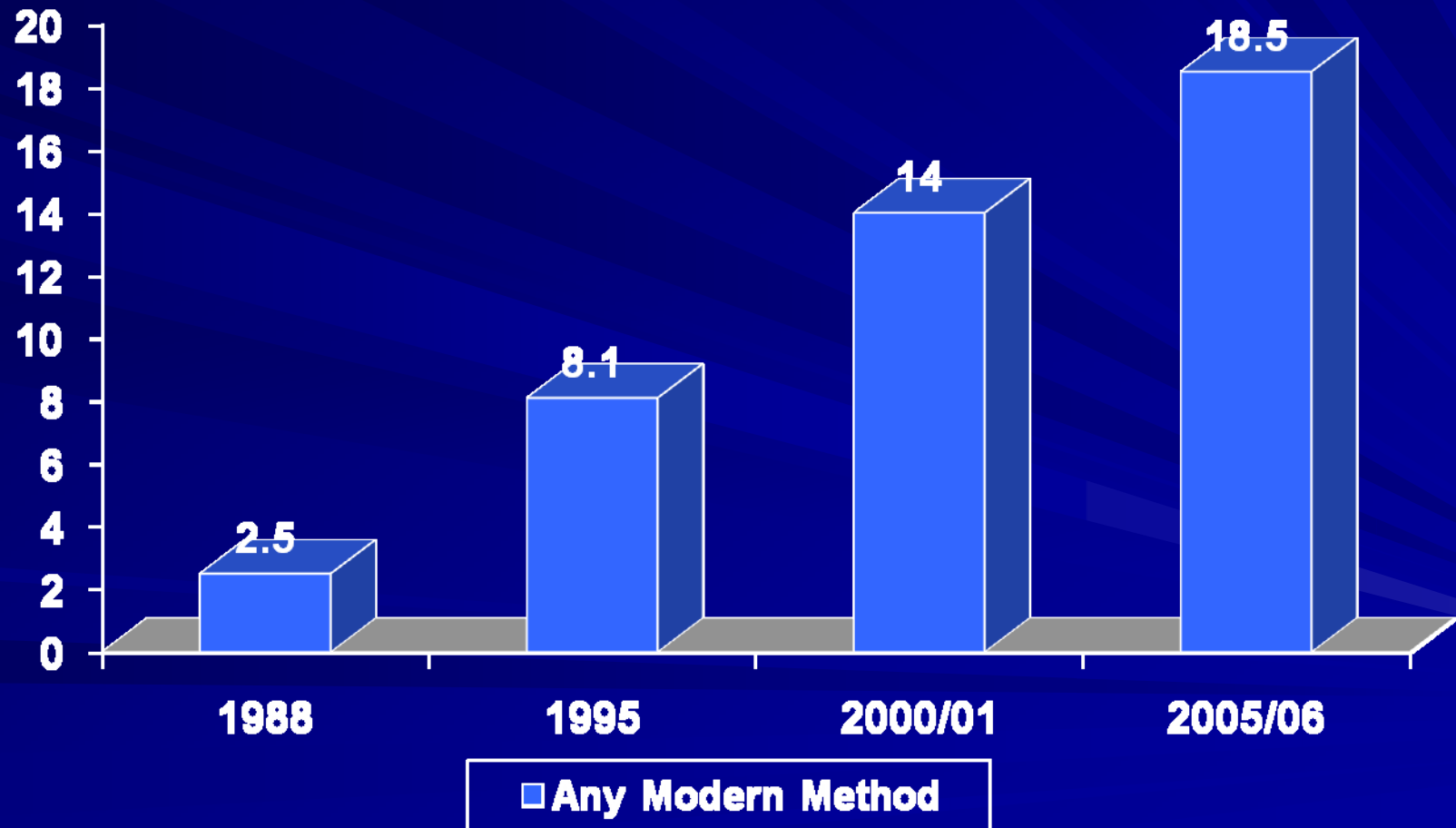
Percentage of currently married women who have ever used Injectables and Pills: 1988-2006



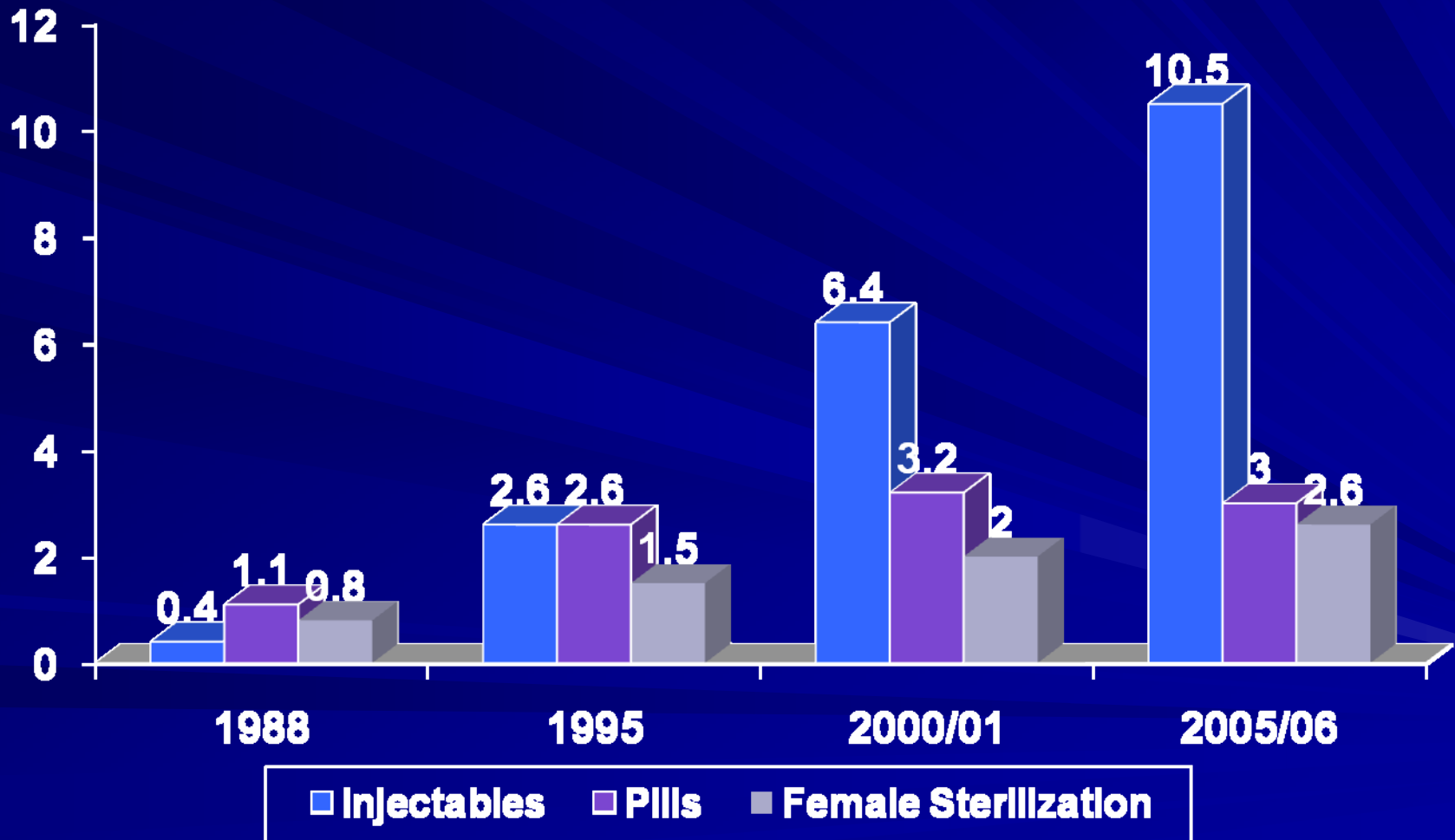
Current use of modern contraception

- Current use of any modern contraceptive method increased from 3% in 1988 to 19% in 2005/06 ($P < 0.001$)
- Significant method-specific increases in current use of modern contraception were noted for **injectables, pills & female sterilization.**

Percentage of currently married women who reported current use of any modern contraceptive method: 1988-2006



Percentage of currently married women who reported current use of Injectables, Pills, and Female Sterilization: 1988-2006



Reasons to explain the trends

- Cultural influences in favor of large families
 - 15% of women & 38% of men with 6+ children still want more children (UDHS, 2006)
 - Mean ideal number of children among women aged 15-49 is high (5); higher among rural, less educated women
- Missed opportunities for FP promotion with non-users
 - FP was discussed with only 11.5% of non-users who visited a health facility in past 12 months (UDHS, 2006)
 - Only 4.3% of non-users were visited by a health worker who discussed FP with them in the past 12 months

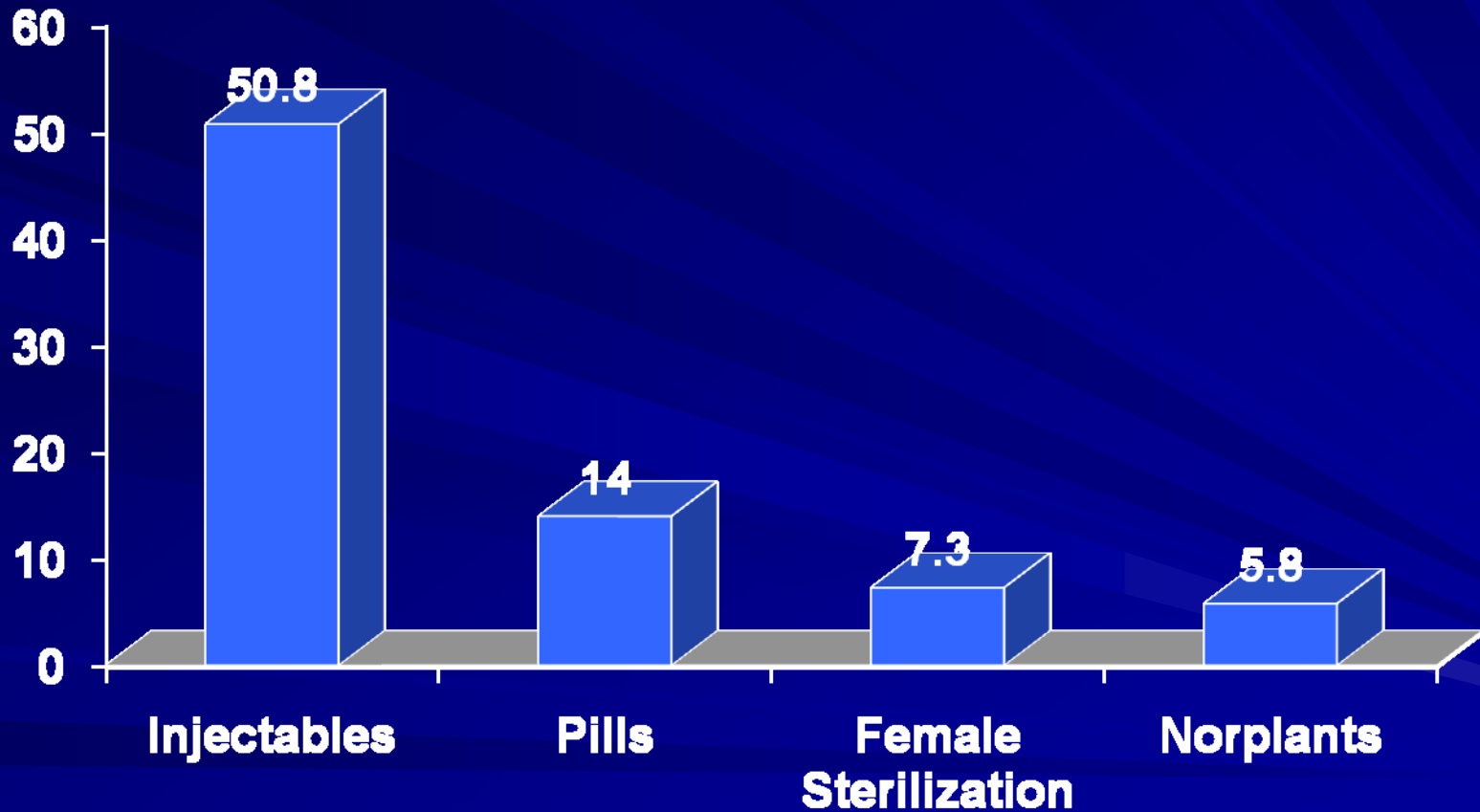
Explaining the observed trends

- Side effects associated with methods use
 - 30% of women aged 15-29 cited fear of side effects as the main reason for non-use (UDHS, 2000)

- Opposition to family planning by either or both partners
 - 18% of women cited opposition to FP as the main reason for non-use (UDHS, 2006)

- ⑩ Limited choices of FP methods, esp. in rural areas

Preferred contraceptive method among currently married women not using any modern method currently: UDHS 2006



Conclusion

- Use of modern contraception among currently married women increased only slightly from 3% to 19% in 18 years
- Increased trend towards use of injectables as a modern contraceptive method

Recommendations

- Need for innovative, target-specific family planning promotional strategies
 - Home-based promotion of FP services
 - Routine provision of FP services in health facilities
 - Target less educated women living in rural areas
 - Target men as partners in FP promotion

- Increase variety of methods mix particularly in rural areas & address misconceptions

- Demystify the concept of “family” in ‘Family Planning’