

Adolescent contraceptive use

DATA FROM O INQUÉRITO DEMOGRÁFICO E SANITÁRIO, SÃO TOMÉ E PRÍNCIPE (IDS STP), 2008-09

Adolescent population: who are they?

In the Democratic Republic of São Tomé and Príncipe, there are **44 000** adolescents aged 10–19 years – **21.7%** of the country's total population.ⁱ The majority of adolescents live in urban areas, **66.8%** of adolescent girls and **64.2%** of adolescent boys.ⁱ

By age 19, the mean number of years of schooling attended by adolescent girls is **6.8**, while for adolescent boys it is **8.2**.ⁱⁱ Among adolescents who become parents before age 20, the average age at which adolescent girls have their first baby is **17.2** years, while the average age at which adolescent boys first become fathers is **18.5**.ⁱⁱ

Sexual activity and marital status

Analysis of data from the IDS STPⁱⁱ shows that over **7 600** adolescents of the Democratic Republic of São Tomé and Príncipe aged 15–19 are currently sexually active – they are either unmarried and have had sex in the last three months or they are in a union (i.e. married or living together). On average, among adolescents who had sex before age 20, adolescent girls first have sexual intercourse at age **16.7** years and adolescent boys at **16.3** years.

Among unmarried adolescents, **32.3%** of adolescent girls report ever having sex and **22.0%** are currently sexually active; among adolescent boys, **47.2%** report ever having sex, while **33.6%** are currently sexually active.

Among all adolescents of the Democratic Republic of São Tomé and Príncipe, **19.9%** of adolescent girls and **0.7%** of adolescent boys are in a union. Among these adolescents, the mean age of the first union is **16.9** years for adolescent girls and **18.1** for adolescent boys.

What can be done to support adolescents of São Tomé and Príncipe to prevent unintended pregnancy?

Plan for how, when and where different groups of sexually active adolescents (married and unmarried, boys and girls, rural and urban) use and do not use contraception.

Learn the reasons why adolescents are not using contraception, and develop policies and programmes to better address their needs.

Understand that adolescents may get contraception from a variety of sources and ensure that each of these sources can provide high quality services for adolescents.

Contraceptive use and non-use among adolescent girls

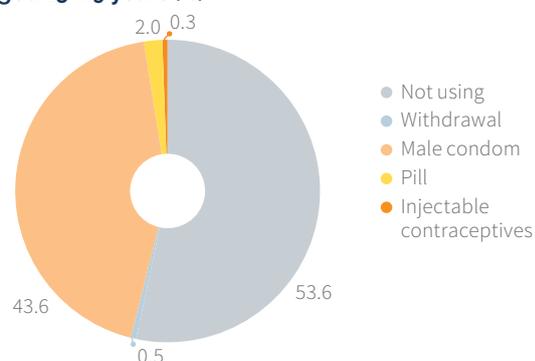
Unmarried, sexually active

According to IDS STPⁱⁱ analyses, **68.7%** of unmarried, sexually active adolescent girls report not wanting a child in the next two years, and **49.2%** of them are currently using any method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- **fear of side-effects or health concerns or interferes with body's processes (40.0%)**
- **infrequent sex (38.1%)**
- **knows no method (8.2%)**

Among all unmarried, sexually active adolescent girls aged 15–19, **53.6%** are not using a method of contraception. Male condoms are the most common modern method used (**43.6%** of these adolescent girls) and **2.0%** are using pills. Implants, which are among the most effective methods, are used by **0.3%**. Withdrawal, a traditional method, is used by **0.5%** of these adolescent girls (see Figure 1).

FIGURE 1. Use and non-use of contraception: unmarried sexually active adolescent girls, aged 15–19 years (%)



Source: analysis of IDS STP 2008–09ⁱⁱ

LISTED FROM LEAST EFFECTIVE TO MOST EFFECTIVE

Unmarried, sexually active adolescents who are using a modern method most often get it from a **shop (48.9%)** or a **government facility (41.5%)**.

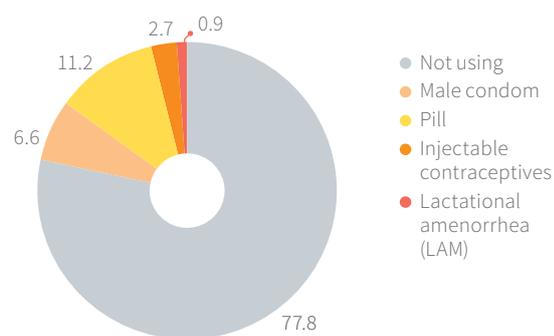
In union

According to IDS STPⁱⁱ analyses, **80.7%** of adolescent girls in a union report not wanting a child in the next two years, yet only **27.0%** of them are currently using any method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- **fear of side-effects or health concerns or interferes with body's processes (20.0%)**
- **breastfeeding (14.5%)**
- **infrequent sex (12.6%)**

Among all adolescent girls in a union aged 15–19, **77.8%** are not using a method of contraception. Pills and male condoms are the most common modern methods used (**11.2%** and **6.6%** of these adolescent girls, respectively). Injectable contraceptives and lactational amenorrhea (LAM) are used by (**2.7%** and **0.9%**, respectively) (see Figure 2).

FIGURE 2. Use and non-use of contraception: adolescent girls in union, aged 15–19 years (%)



Source: analysis of IDS STP 2008–09ⁱⁱ

LISTED FROM LEAST EFFECTIVE TO MOST EFFECTIVE

Adolescents in a union who are using a modern method get it from a **government facility (100.0%)**.

LEARN MORE AT who.int/reproductivehealth/adol-contraceptive-use

ⁱ Urban and rural population by age and sex, 1980–2015 [online database]. New York (USA): United Nations Department of Economic and Social Affairs, Population Division; 2014 (<https://esa.un.org/unpd/popdev/urpas/urpas2014.aspx>, accessed 4 November 2016).

ⁱⁱ Instituto Nacional de Estatística (INE) [São Tomé e Príncipe], Ministério da Saúde [São Tomé e Príncipe], ICF International. Inquérito Demográfico e Sanitário, São Tomé e Príncipe, IDS STP, 2008–2009 [Datasets]. STIR50.DTA and STM50.DTA. Calverton (MD): ICF International; 2010 (http://dhsprogram.com/data/dataset/Sao-Tome-and-Principe_Standard-DHS_2008.cfm?flag=0, accessed 4 November 2016).

Adolescent contraceptive use

ANALYSIS OF O INQUÉRITO DEMOGRÁFICO E SANITÁRIO, SÃO TOMÉ E PRÍNCIPE, 2008-09



Among adolescents who had sex before age 20, the average age at first sex is



16.7 years
for adolescent girls



16.3 years
for adolescent boys

DEMOCRATIC REPUBLIC OF SÃO TOMÉ AND PRÍNCIPE



0.4

million
adolescents
ages 10-19

Among adolescents who become parents before age 20, the average age at first birth is

17.2

for adolescent girls

18.5

for adolescent boys

What can be done to support adolescents of São Tomé and Príncipe to prevent unintended pregnancy?

Plan for how, when, and where different groups of adolescents use or don't use contraception.

Use and non-use of contraception adolescent girls, aged 15-19

Method	Sexually active, unmarried	In union
Not using	53.6%	77.8%
Withdrawal	0.5%	--
Male condom	43.6%	6.6%
Pill	2.0%	11.2%
Injectable contraceptives	0.3%	2.7%
Lactational amenorrhea (LAM)	--	0.9%

Learn the reasons why adolescents are not using contraception.

Report not wanting a child in the next two years

68.7%
sexually active, unmarried adolescent girls

80.7%
adolescent girls in union

Main reasons for not using contraception

Sexually active, unmarried

40.0% fear of side-effects or health concerns or interferes with body's processes

38.1% infrequent sex

8.2% knows no method

In union

20.0% fear of side-effects or health concerns or interferes with body's processes

14.5% breastfeeding

12.6% infrequent sex

Understand that adolescents may get modern contraception from a variety of sources.



48.9%
from a shop



41.5%
from a government facility



100.0%
In union
from a government facility

Icon Directory

METHODS:

-  Not using
-  Withdrawal
-  Periodic abstinence
-  Rhythm/calendar
-  Female condom
-  Male condom
-  Standard days/cycle beads
-  Pill
-  Injectable contraceptives
-  Lactational amenorrhea (LAM)
-  Implants
-  IUD
-  Male sterilization
-  Female sterilization

REASONS FOR NON-USE:

-  Not married
-  Not having sex
-  Infrequent sex
-  Menses has not returned after birth
-  Breastfeeding
-  Fatalistic (up to god)
-  She is opposed
-  Husband/partner is opposed
-  Religious prohibition
-  Knows no method
-  Knows no source
-  Fear of side effects/health concerns
-  Inconvenient to use
-  Others opposed
-  Lack of access/too far

SOURCE OF METHOD:

-  Government facility
-  Private facility
-  Pharmacy
-  Shop
-  Friends or parents
-  Other
-  Community Health Worker