

# Adolescent contraceptive use

DATA FROM THE NEPAL DEMOGRAPHIC AND HEALTH SURVEY (NDHS), 2011

## Adolescent population: who are they?

In the Federal Democratic Republic of Nepal, there are **6.6 million** adolescents aged 10–19 years – **23.2%** of the country's total population.<sup>i</sup> Most adolescents live in rural areas, **83.4%** of adolescent girls and **81.6%** of adolescent boys.<sup>i</sup>

By age 19, the mean number of years of schooling attended by adolescent girls is **7.1**, while for adolescent boys it is **8.7**.<sup>ii</sup> Among adolescents who become parents before age 20, the average age at which Nepalese adolescent girls have their first baby is **17.3** years, while the average age at which adolescent boys first become fathers is **18.3**.<sup>ii</sup>

## Sexual activity and marital status

Analysis of data from the NDHS<sup>ii</sup> shows that nearly **684 000** Nepalese 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 **16.4** years and adolescent boys at **17.1** years.

Among unmarried adolescents, **0.8%** of adolescent girls report ever having sex and **0.3%** are currently sexually active; among adolescent boys, **14.9%** report ever having sex, while **7.0%** are currently sexually active.

Among all Nepalese adolescents, **28.8%** of adolescent girls and **6.9%** of adolescent boys are in a union. Among these adolescents, the mean age of the first union is **16.4** years for adolescent girls and **17.6** for adolescent boys.

## What can be done to support Nepalese adolescents 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

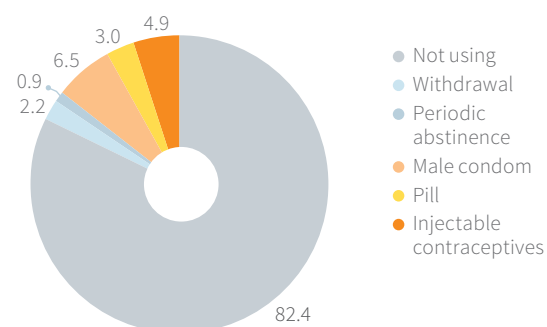
## In union

According to NDHS<sup>i</sup> analyses, **53.4%** of adolescent girls in a union report not wanting a child in the next two years, yet only **22.7%** of them are currently using any method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- **menses has not returned after giving birth (19.8%)**
- **breastfeeding (7.5%)**
- **infrequent sex (7.1%)**

Among all adolescent girls in a union aged 15–19, **82.4%** are not using a method of contraception. Male condoms and injectable contraceptives are the most common modern methods used (**6.5%** and **4.9%** of these adolescent girls, respectively), while **3.0%** are using pills. Traditional methods, withdrawal or periodic abstinence, are used by **3.1%** of these adolescent girls (see Figure 1).

**FIGURE 1. Use and non-use of contraception: adolescent girls in union, aged 15–19 years (%)**



Source: analysis of NDHS 2011<sup>ii</sup>

LISTED FROM LEAST EFFECTIVE TO MOST EFFECTIVE

Adolescents in a union who are using a modern method most often get it from a **government facility (51.4%)** or a **pharmacy (36.4%)**.

LEARN MORE AT [who.int/reproductivehealth/adol-contraceptive-use](http://who.int/reproductivehealth/adol-contraceptive-use)

<sup>i</sup>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).

<sup>ii</sup>Ministry of Health and Population (MOHP) [Nepal], New ERA, and ICF International. Nepal Demographic and Health Survey 2011 [Datasets]. NPIR60.DTA and NPMR60.DTA. Calverton (MD): ICF International; 2012 ([http://dhsprogram.com/data/dataset/Nepal\\_Standard-DHS\\_2011.cfm?flag=0](http://dhsprogram.com/data/dataset/Nepal_Standard-DHS_2011.cfm?flag=0), accessed 4 November 2016).

# Adolescent contraceptive use

ANALYSIS OF THE NEPAL DEMOGRAPHIC AND HEALTH SURVEY, 2011



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



16.4 years  
for adolescent girls



17.1 years  
for adolescent boys

## FEDERAL DEMOCRATIC REPUBLIC OF NEPAL



6.6

million adolescents  
ages 10-19

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

17.3

for adolescent girls

18.3

for adolescent boys

## What can be done to support Nepalese adolescents 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	In union
Not using	82.4%
Withdrawal	2.2%
Periodic abstinence	0.9%
Male condom	6.5%
Pill	3.0%
Injectable contraceptives	4.9%

Learn the reasons why adolescents are not using contraception.

Report not wanting a child in the next two years

53.4%  
adolescent girls  
in union

Main reasons for not using contraception

- In union
- 19.8% menses has not returned after giving birth
- 7.5% breastfeeding
- 7.1% infrequent sex

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

In union



51.4%  
from a  
government  
facility



36.4%  
from a  
pharmacy















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Ministry of Health and Population (MOHP) [Nepal], New ERA, and ICF International. Nepal Demographic and Health Survey 2011 [Datasets]. NPIR60.DTA and NPMR60.DTA. Calverton (MD): ICF International; 2012 ([http://dhsprogram.com/data/dataset/Nepal\\_Standard-DHS\\_2011.cfm?flag=0](http://dhsprogram.com/data/dataset/Nepal_Standard-DHS_2011.cfm?flag=0), accessed 4 November 2016).
















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# 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