

Adolescent contraceptive use

DATA FROM L' ENQUÊTE DÉMOGRAPHIQUE ET DE SANTÉ ET À INDICATEURS MULTIPLES DU CAMEROUN (EDSC-MICS), 2011

Adolescent population: who are they?

In the Republic of Cameroon, there are **5.4 million** adolescents aged 10–19 years – **23.2%** of the country's total populationⁱ. More than half of adolescents live in urban areas, **55.5%** of adolescent girls and **57.3%** of adolescent boys.ⁱ

By age 19, the mean number of years of schooling attended by adolescent girls is **7.3**, while for adolescent boys it is **8.4**.ⁱⁱ Among adolescents who become parents before age 20, the average age at which Cameroonian adolescent girls have their first baby is **16.8** years.ⁱⁱ

Sexual activity and marital status

Analysis of data from the EDSC-MICSⁱⁱ shows that nearly **900 000** Cameroonians 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 **16.1** years and adolescent boys at **16.3** years.

Among unmarried adolescents, **34.8%** of adolescent girls report ever having sex and **21.6%** are currently sexually active; among adolescent boys, **37.6%** report ever having sex, while **23.3%** are currently sexually active.

Among all Cameroonian adolescents, **24.2%** of adolescent girls and **1.9%** of adolescent boys are in a union. Among these adolescents, the mean age of the first union is **16.0** years for adolescent girls and **17.4** for adolescent boys.

What can be done to support Cameroonian 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

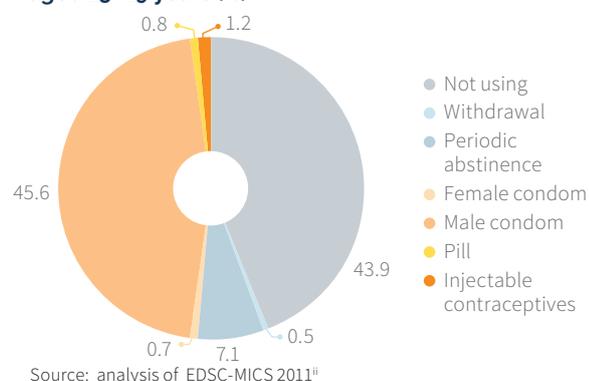
Unmarried, sexually active

According to EDSC-MICSⁱⁱ analyses, **72.5%** of unmarried, sexually active adolescent girls report not wanting a child in the next two years, and **64.8%** of them are currently using a method to prevent pregnancy. Among these adolescents, the main reasons these adolescents report for not using a contraceptive method include:

- **infrequent sex (50.6%)**
- **fear of side-effects or health concerns (12.3%)**
- **knows no source (11.4%)**

Among all unmarried, sexually active adolescent girls aged 15–19, **43.9%** are not using a method of contraception. Male condoms are the most common modern method used (**45.6%** of these adolescent girls). Traditional methods (withdrawal or periodic abstinence) are used by **7.6%** (see Figure 1).

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



Source: analysis of EDSC-MICS 2011ⁱⁱ

LISTED FROM LEAST EFFECTIVE TO MOST EFFECTIVE

Unmarried, sexually active adolescents who are using a modern method most often get it from a **shop (43.6%)** or **friends or relatives (34.6%)**.

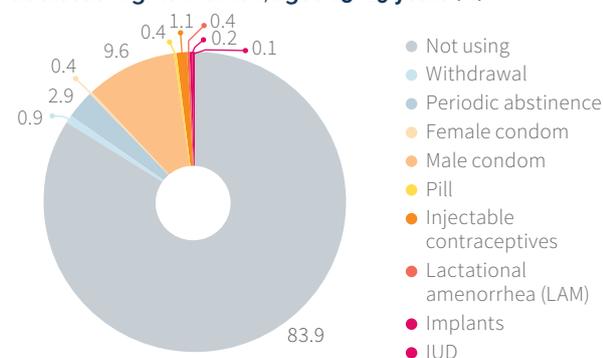
In union

According to EDSC-MICSⁱⁱ analyses, **43.0%** of adolescent girls in a union report not wanting a child in the next two years, and only **22.6%** of them are currently using any method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- **breastfeeding (24.0%)**
- **not having sex (18.4%)**
- **knows no source (18.2%)**

Among all adolescent girls in a union aged 15–19, most (**83.9%**) are not using a method of contraception. Among users, male condoms are the most common modern method used (**9.6%** of these adolescent girls). IUDs and implants, among the most effective methods, are used by **0.1%** and **0.2%** of these adolescent girls, respectively. Other modern methods each used by 1% or less of these adolescent girls include injectable contraceptives, pill, female condoms, and lactational amenorrhea (LAM). Traditional methods (withdrawal or period abstinence) are used by **3.8%** (see Figure 2).

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



Source: analysis of EDSC-MICS 2011ⁱⁱ

LISTED FROM LEAST EFFECTIVE TO MOST EFFECTIVE

Adolescents in a union who are using a modern method most often get it from a **shop (39.8%)** or **friends (26.4%)**.

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 Institut National de la Statistique (INS) [Cameroon], ICF International. Enquête Démographique et de Santé et à Indicateurs Multiples du Cameroun 2011 [datasets]. CMIR61.DTA and CMMR61.DTA. Calverton (MD): ICF International; 2012 (http://dhsprogram.com/data/dataset/Cameroon_Standard-DHS_2011.cfm?flag=0, accessed 4 November 2016).

Adolescent contraceptive use

ANALYSIS OF L'ENQUÊTE DÉMOGRAPHIQUE ET DE SANTÉ ET À INDICATEURS MULTIPLES DU CAMEROUN, 2011



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



16.1 years

for adolescent girls



16.3 years

for adolescent boys

REPUBLIC OF CAMEROON



5.4

million adolescents ages 10-19

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

16.8

for adolescent girls

What can be done to support Cameroonian 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	Sexually active, unmarried	In union
Not using	43.9%	83.9%
Withdrawal	0.5%	0.9%
Periodic abstinence	7.1%	2.9%
Female condom	0.7%	0.4%
Male condom	45.6%	9.6%
Pill	0.8%	0.4%
Injectable contraceptives	1.2%	1.1%
Implants	--	0.2%
IUD	--	0.1%

Learn the reasons why adolescents are not using contraception.

Report not wanting a child in the next two years

72.5%

sexually active, unmarried adolescent girls

43.0%

adolescent girls in union

Main reasons for not using contraception

Sexually active, unmarried



50.6% infrequent sex



12.3% fear of side-effects or health concerns



11.4% knows no source

In union



24.0% breastfeeding



18.4% not having sex



18.2% knows no source

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



Sexually active, unmarried

43.6%

from a shop

34.6%

from friends or relatives



In union

39.8%

from a shop

26.4%

from friends

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

Institut National de la Statistique (INS) [Cameroon], ICF International, Enquête Démographique et de Santé et à Indicateurs Multiples du Cameroun 2011 [datasets], CMIR61.DTA and CMMR61.DTA, Calverton (MD): ICF International: 2012 (http://dhsprogram.com/data/dataset/Cameroon_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