

Adolescent contraceptive use

DATA FROM THE UGANDA DEMOGRAPHIC AND HEALTH SURVEY (UDHS), 2011

Adolescent population: who are they?

In the Republic of Uganda, there are nearly **10 million** adolescents aged 10–19 years – **24.3%** of the country's total population.ⁱ Most adolescents live in rural areas, **81.8%** of adolescent girls and **84.6%** 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 **7.6**.ⁱⁱ Among adolescents who become parents before age 20, the average age at which Ugandan adolescent girls have their first baby is **16.8** years, while the average age at which adolescent boys first become fathers is **17.9**.ⁱⁱ

Sexual activity and marital status

Analysis of data from the UDHSⁱⁱ shows that more than **1.1 million** Ugandans 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 **16.4** years.

Among unmarried adolescents, **31.4%** of adolescent girls report ever having sex and **12.9%** are currently sexually active; among adolescent boys, **38.8%** report ever having sex, while **15.9%** are currently sexually active.

Among all Ugandan adolescents, **20.0%** of adolescent girls and **1.9%** of adolescent boys are in a union. Among these adolescents, the mean age of the first union is **16.4** years for adolescent girls and **17.8** for adolescent boys.

What can be done to support Ugandan 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

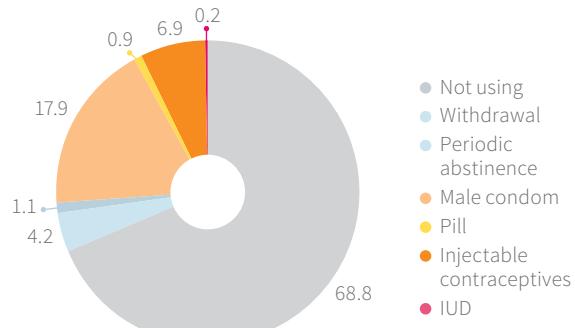
Unmarried, sexually active

According to UDHSⁱⁱ analyses, **74.0%** of unmarried, sexually active adolescent girls report not wanting a child in the next two years, yet only **42.0%** of them are currently using any method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- **not married (41.8%)**
- **infrequent sex (40.5%)**
- **fear of side-effects or health concerns (29.6%)**

Among all unmarried, sexually active adolescent girls aged 15–19, **68.8%** are not using a method of contraception. Male condoms and injectable contraceptives are the most common modern methods used (**17.9%** and **6.9%** of these adolescent girls, respectively), while IUDs, one of the most effective methods, are used **0.2%**. Withdrawal or periodic abstinence, traditional methods, are used by **5.3%** 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 UDHS 2011ⁱⁱ

LISTED FROM LEAST EFFECTIVE TO MOST EFFECTIVE

Unmarried, sexually active adolescents who are using a modern method most often get it from a **private facility (43.5%)** or a **shop (32.0%)**.

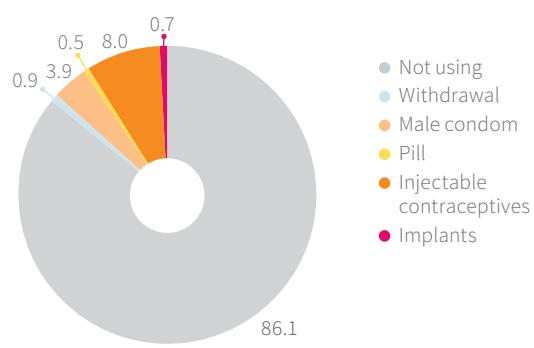
In union

According to UDHSⁱⁱ analyses, **44.8%** of adolescent girls in a union report not wanting a child in the next two years, yet only **16.0%** of them are currently using any method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- **breastfeeding (30.8%)**
- **others are opposed (29.2%)**
- **menses has not returned after giving birth (25.7%)**

Among all adolescent girls in a union aged 15–19, **86.1%** are not using a method of contraception. Injectable contraceptives and male condoms are the most common modern methods used (**8.0%** and **3.9%** of these adolescent girls, respectively). Implants, one of the most effective methods, are used by **0.7%**. A small proportion, **0.9%**, are relying on a traditional method (withdrawal) (see Figure 2).

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



Source: analysis of UDHS 2011ⁱⁱ

LISTED FROM LEAST EFFECTIVE TO MOST EFFECTIVE

Adolescents in a union who are using a modern method most often get it from a **private facility (51.2%)** or a **government facility (34.1%)**.

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

ⁱⁱUrban 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.

ⁱⁱⁱUganda Bureau of Statistics (UBOS), ICF International Inc. Uganda Demographic and Health Survey 2011 [Datasets]. UGIR60.DTA and UGMR60.DTA. Calverton (MD): ICF International; 2012 (http://dhsprogram.com/data/dataset/Uganda_Standard-DHS_2011.cfm?flag=0), accessed 4 November 2016.

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ANALYSIS OF THE UGANDA DEMOGRAPHIC AND HEALTH SURVEY, 2011



World Health Organization

human
reproduction
programme
hrp
research for impact
UNDP-UNFPA-UNICEF-WHO-WORLD BANK

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


16.1 years
for adolescent girls


16.4 years
for adolescent boys

REPUBLIC OF UGANDA



10

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

17.9
for adolescent boys

What can be done to support Ugandan adolescents to prevent unintended pregnancy?

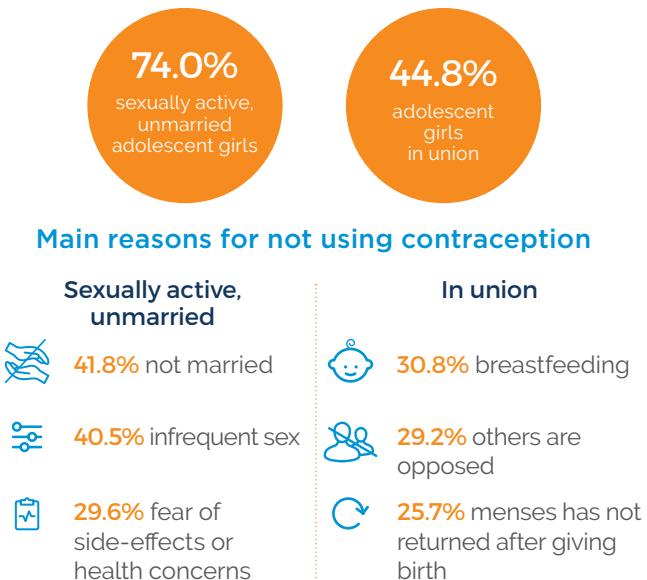
Plan for how, when, and where different groups of adolescents use or don't use contraception.

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

Method	Sexually active, unmarried	In union
	68.8%	86.1%
	4.2%	0.9%
	1.1%	--
	17.9%	3.9%
	0.9%	0.5%
	6.9%	8.0%
	--	0.7%
	0.2%	--

Learn the reasons why adolescents are not using contraception.

Report not wanting a child in the next two years



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



Sexually active, unmarried

45.3%
from a private facility



32.0%
from a shop



In union

51.2%
from a private facility



34.1%
from a government facility

Icon Directory

METHODS:	REASONS FOR NON-USE:	SOURCE OF METHOD:
 Not using	 Not married	 Government facility
 Withdrawal	 Not having sex	 Private facility
 Periodic abstinence	 Infrequent sex	 Pharmacy
 Rhythm/calendar	 Menses has not returned after birth	 Shop
 Female condom	 Breastfeeding	 Friends or parents
 Male condom	 Fatalistic (up to god)	 Other
 Standard days/cycle beads	 She is opposed	 Community Health Worker
 Pill	 Husband/partner is opposed	
 Injectable contraceptives	 Religious prohibition	
 Lactational amenorrhea (LAM)	 Knows no method	
 Implants	 Knows no source	
 IUD	 Fear of side effects/health concerns	
 Male sterilization	 Inconvenient to use	
 Female sterilization	 Others opposed	
	 Lack of access/too far	