

Adolescent contraceptive use

DATA FROM THE ZIMBABWE DEMOGRAPHIC AND HEALTH SURVEY (ZDHS), 2015

Adolescent population: who are they?

In Republic of Zimbabwe, there are **3.4 million** adolescents aged 10–19 years – **22.7%** of the country's total population.ⁱ About three quarters of adolescents live in rural areas, **71.1%** of adolescent girls and **75.1%** of adolescent boys.ⁱ

By age 19, the mean number of years of schooling attended by both adolescent girls and adolescent boys is **9.7**.ⁱⁱ Among adolescents who become parents before age 20, the average age at which Zimbabwean adolescent girls have their first baby is **17.5** years, while the average age at which adolescent boys first become fathers is **18.4**.ⁱⁱ

Sexual activity and marital status

Analysis of data from the ZDHSⁱⁱ shows that more than **395 000** Zimbabweans 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, both adolescent girls and adolescent boys first have sexual intercourse at age **16.9** years.

Among unmarried adolescents, **16.8%** of adolescent girls report ever having sex and **6.5%** are currently sexually active; among adolescent boys, **26.5%** report ever having sex, while **12.0%** are currently sexually active.

Among all Zimbabwean adolescents, **19.6%** of adolescent girls and **0.9%** 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 **18.4** for adolescent boys.

What can be done to support Zimbabwean 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

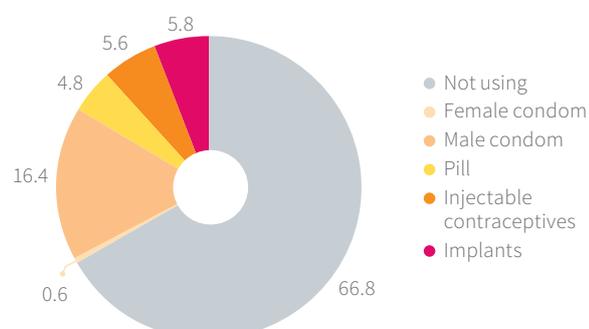
Unmarried, sexually active

According to ZDHSⁱⁱ analyses, **66.3%** of unmarried, sexually active adolescent girls report not wanting a child in the next two years, and **39.9%** of them are currently using any method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- **infrequent sex (31.9%)**
- **not married (31.1%)**
- **not having sex (26.4%)**

Among all unmarried, sexually active adolescent girls aged 15–19, **66.8%** are not using a method of contraception. Male condoms are the most common modern methods used (**16.4%**) and implants, one of the most effective methods, are used by **5.8%** of these adolescent girls. Injectable contraceptives are used by **5.6%** and pills are used by **4.8%** (see Figure 1).

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



Source: analysis of ZDHS 2015ⁱⁱ

LISTED FROM LEAST EFFECTIVE TO MOST EFFECTIVE

Unmarried, sexually active adolescents who are using a modern method most often get it from a **government facility (50.2%)** or a **market (21.9%)**.

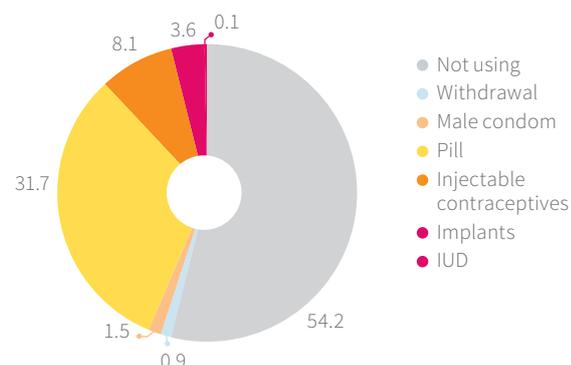
In union

According to ZDHSⁱⁱ analyses, **59.1%** of adolescent girls in a union report not wanting a child in the next two years, and **63.1%** of them are currently using a method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- **not having sex (43.5%)**
- **infrequent sex (37.8%)**
- **breastfeeding (21.9%)**

Among all adolescent girls in a union aged 15–19, **54.2%** are not using a method of contraception. Pills are the most common modern method used (**31.7%** of these adolescent girls), while **8.1%** are using injectable contraceptives. Implants and IUDs, among the most effective methods, are used by **3.6%** and **0.1%**, respectively (see Figure 2).

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



Source: analysis of ZDHS 2015ⁱⁱ

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 (84.7%)** or a **pharmacy (9.0%)**.

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 Zimbabwe National Statistics Agency (ZIMSTAT), ICF International. Zimbabwe Demographic and Health Survey 2015 [Datasets]. ZWIR70.DTA and ZWMR70.DTA. Calverton (MD): ICF International Inc.; 2016 (https://dhsprogram.com/data/dataset/Zimbabwe_Standard-DHS_2015.cfm?flag=1 accessed 13 December 2016).

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ANALYSIS OF THE ZIMBABWE DEMOGRAPHIC AND HEALTH SURVEY, 2015



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



REPUBLIC OF ZIMBABWE



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



What can be done to support Zimbabwean 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	66.8%	54.2%
Withdrawal	--	0.9%
Female condom	0.6%	--
Male condom	16.4%	1.5%
Pill	4.8%	31.7%
Injectable contraceptives	5.6%	8.1%
Implants	5.8%	3.6%
IUD	--	0.1%

Learn the reasons why adolescents are not using contraception.

Report not wanting a child in the next two years



Main reasons for not using contraception

Sexually active, unmarried	In union
31.9% infrequent sex	43.5% not having sex
31.1% not married	37.8% infrequent sex
26.4% not having sex	21.9% breastfeeding

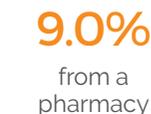
Understand that adolescents may get modern contraception from a variety of sources.



Sexually active, unmarried



In union



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

Zimbabwe National Statistics Agency (ZIMSTAT), ICF International. Zimbabwe Demographic and Health Survey 2015 [Datasets]. ZWIR70.DTA and ZWMR70.DTA. Calverton (MD): ICF International Inc.; 2016 (https://dhsprogram.com/data/dataset/Zimbabwe_Standard-DHS_2015.cfm?flag=1 accessed 13 December 2016).
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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