

# Choices and Challenges

Visualizing dynamic contraceptive use

[www.prb.org/use-dynamics/](http://www.prb.org/use-dynamics/)



**USAID**  
FROM THE AMERICAN PEOPLE



# Agenda

- Introductions
- PRB Overview
- Contraceptive Use Dynamics
  - Background
  - Visualization Overview
- Discussion
- Next steps

# Background

## Examining contraceptive use dynamics

- Contraceptive use is:
  - fundamentally dynamic
  - an important determinant of contraceptive prevalence and more
  - measured as a fixed state
- Use dynamics data is limited and challenging to analyze/interpret
- PACE supports this with the Choices and Challenges tool

# Overview

## Importance of Choices and Challenges

- Choices and Challenges objectives
  - Simple graphic
  - Show overall changes in use and specific trends
  - Complement deeper analyses
  - Highlight program and policy interventions

# Methods

# Data Sources

## Measuring Discontinuation and Switching

- Longitudinal study data
  - High quality, prospective, client-specific data
- Service statistics
  - Prospective, client-specific data, but quality varies
  - Many clients lost to follow up
- Survey data
  - Can include a retrospective calendar
  - Data quality may suffer from recall bias

# Methods

## Data source and samples

- DHS contraceptive calendar data
- Two years of data
- Three different population samples
- Analyzed trends at the person level (individual women)

INSTRUCTIONS:  
ONLY ONE CODE SHOULD APPEAR IN ANY BOX.  
COLUMN 1 REQUIRES A CODE IN EVERY MONTH.

CODES FOR EACH COLUMN:

COLUMN 1: BIRTHS, PREGNANCIES, CONTRACEPTIVE USE (2)

B BIRTHS  
P PREGNANCIES  
T TERMINATIONS

0 NO METHOD

1 FEMALE STERILIZATION  
2 MALE STERILIZATION  
3 IUD  
4 INJECTABLES  
5 IMPLANTS  
6 PILL  
7 CONDOM  
8 FEMALE CONDOM  
9 EMERGENCY CONTRACEPTION  
J STANDARD DAYS METHOD  
K LACTATIONAL AMENORRHEA METHOD  
L RHYTHM METHOD

M WITHDRAWAL  
X OTHER MODERN METHOD  
Y OTHER TRADITIONAL METHOD

COLUMN 2: DISCONTINUATION OF CONTRACEPTIVE USE

0 INFREQUENT SEX/HUSBAND AWAY  
1 BECAME PREGNANT WHILE USING  
2 WANTED TO BECOME PREGNANT  
3 HUSBAND/PARTNER DISAPPROVED  
4 WANTED MORE EFFECTIVE METHOD  
5 SIDE EFFECTS/HEALTH CONCERNS

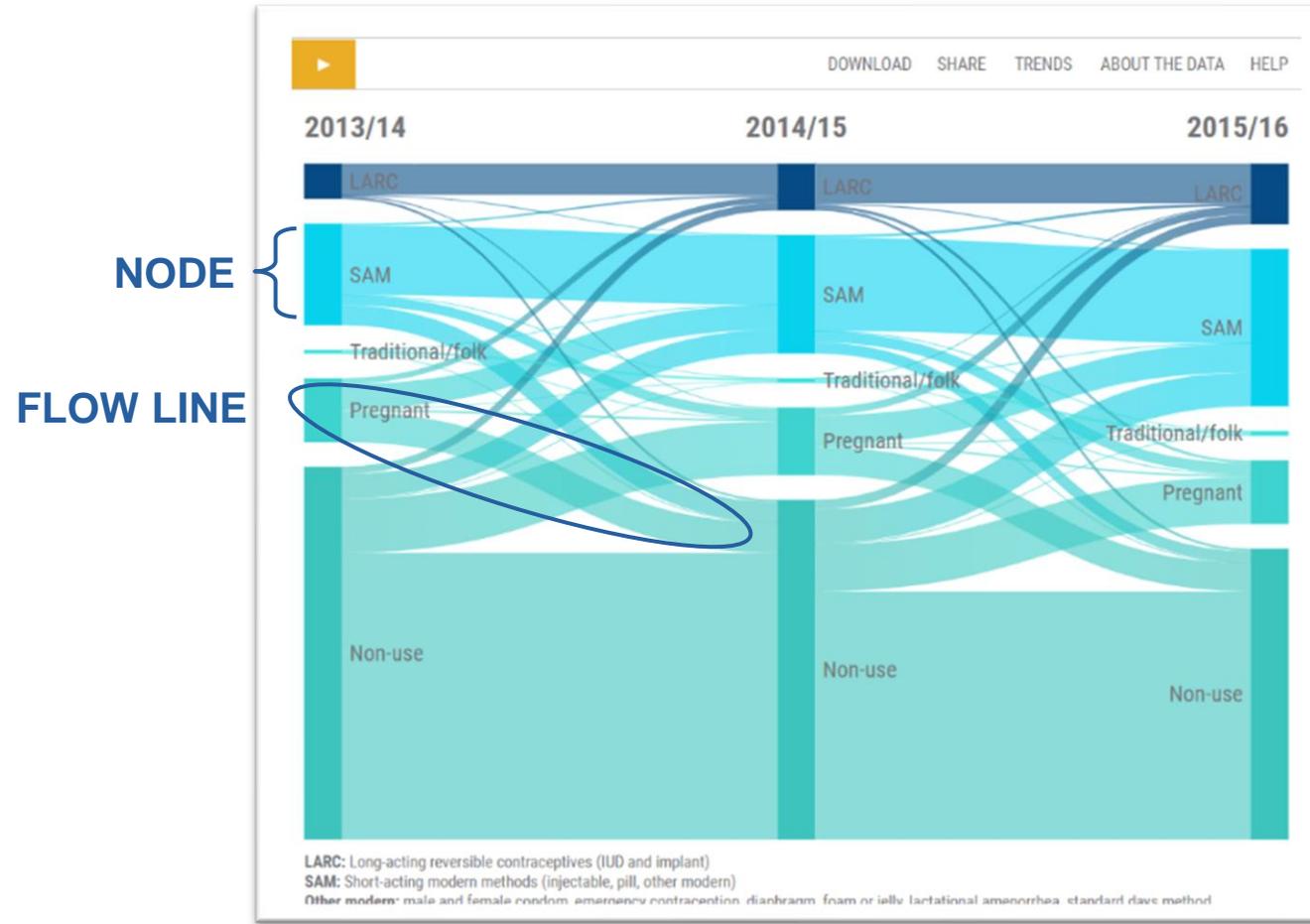
6 LACK OF ACCESS/TOO FAR  
7 COSTS TOO MUCH  
8 INCONVENIENT TO USE  
F UP TO GOD/FATALISTIC  
A DIFFICULT TO GET PREGNANT/MENOPAUSAL  
D MARITAL DISSOLUTION/SEPARATION  
X OTHER

(SPECIFY)

Z DONT KNOW

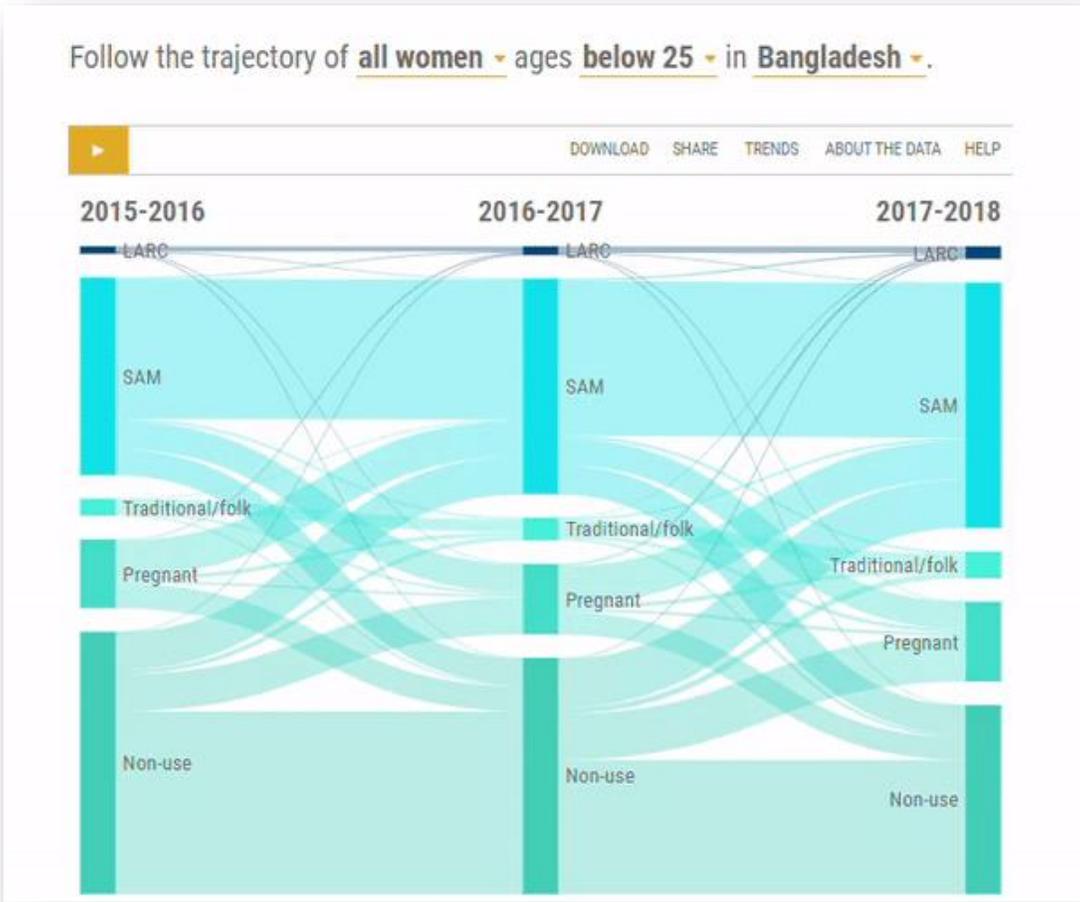
		COL. 1	COL. 2
	12 DEC	01	
	11 NOV	02	
	10 OCT	03	
2	09 SEP	04	2
	08 AUG	05	
0	07 JUL	06	0
1	06 JUN	07	1
	05 MAY	08	
5	04 APR	09	5
(1)	03 MAR	10	
	02 FEB	11	
	01 JAN	12	
<hr/>			
	12 DEC	13	
	11 NOV	14	
	10 OCT	15	
2	09 SEP	16	2
	08 AUG	17	
0	07 JUL	18	0
1	06 JUN	19	1
	05 MAY	20	
4	04 APR	21	4
	03 MAR	22	
	02 FEB	23	
	01 JAN	24	
<hr/>			
	12 DEC	25	
	11 NOV	26	
	10 OCT	27	
2	09 SEP	28	2
	08 AUG	29	
0	07 JUL	30	0
1	06 JUN	31	1
	05 MAY	32	
3	04 APR	33	3
	03 MAR	34	
	02 FEB	35	
	01 JAN	36	
<hr/>			
	12 DEC	37	
	11 NOV	38	
	10 OCT	39	
2	09 SEP	40	2
	08 AUG	41	
0	07 JUL	42	0
	06 JUN	43	
1	05 MAY	44	1
	04 APR	45	
2	03 MAR	46	2
	02 FEB	47	
	.. ....	..	

# Sankey Diagram

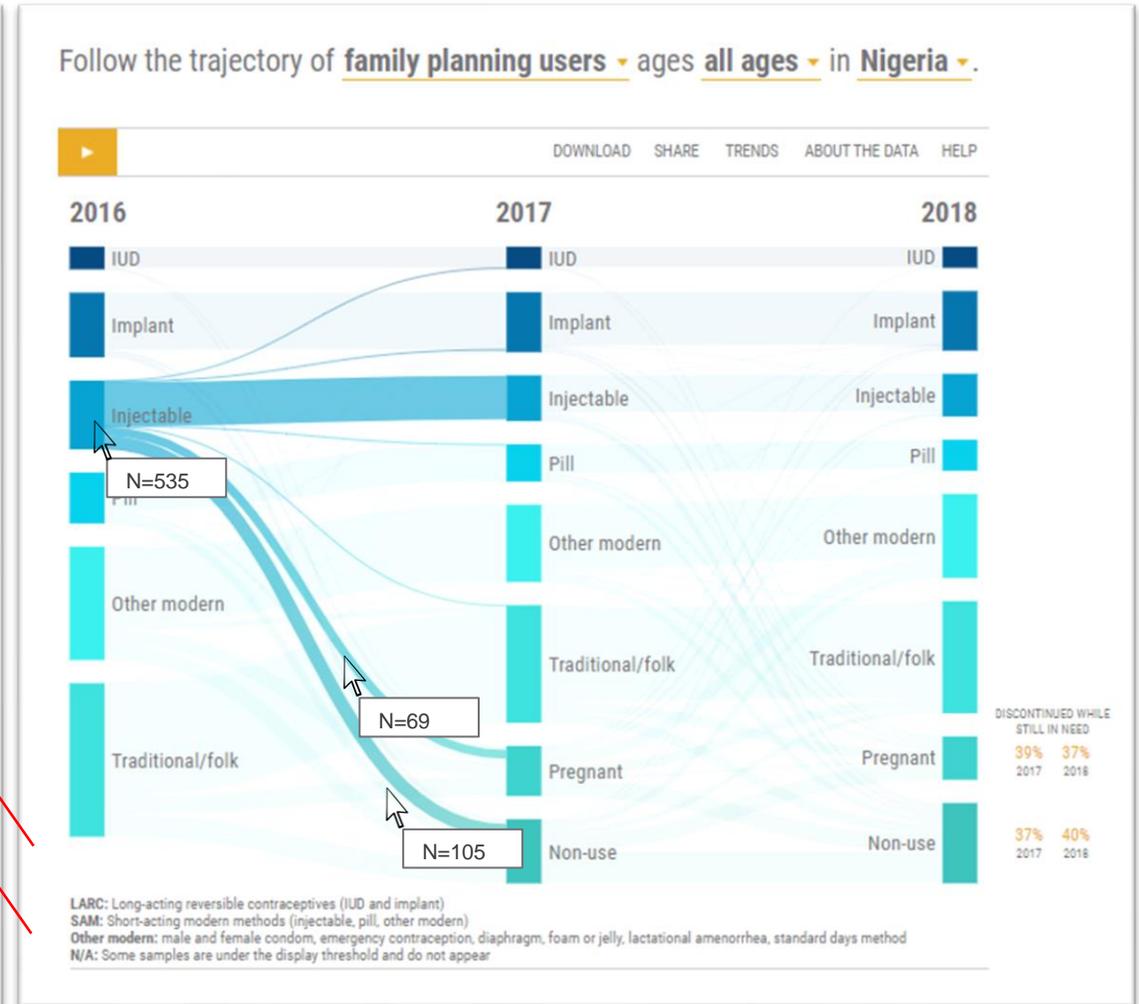
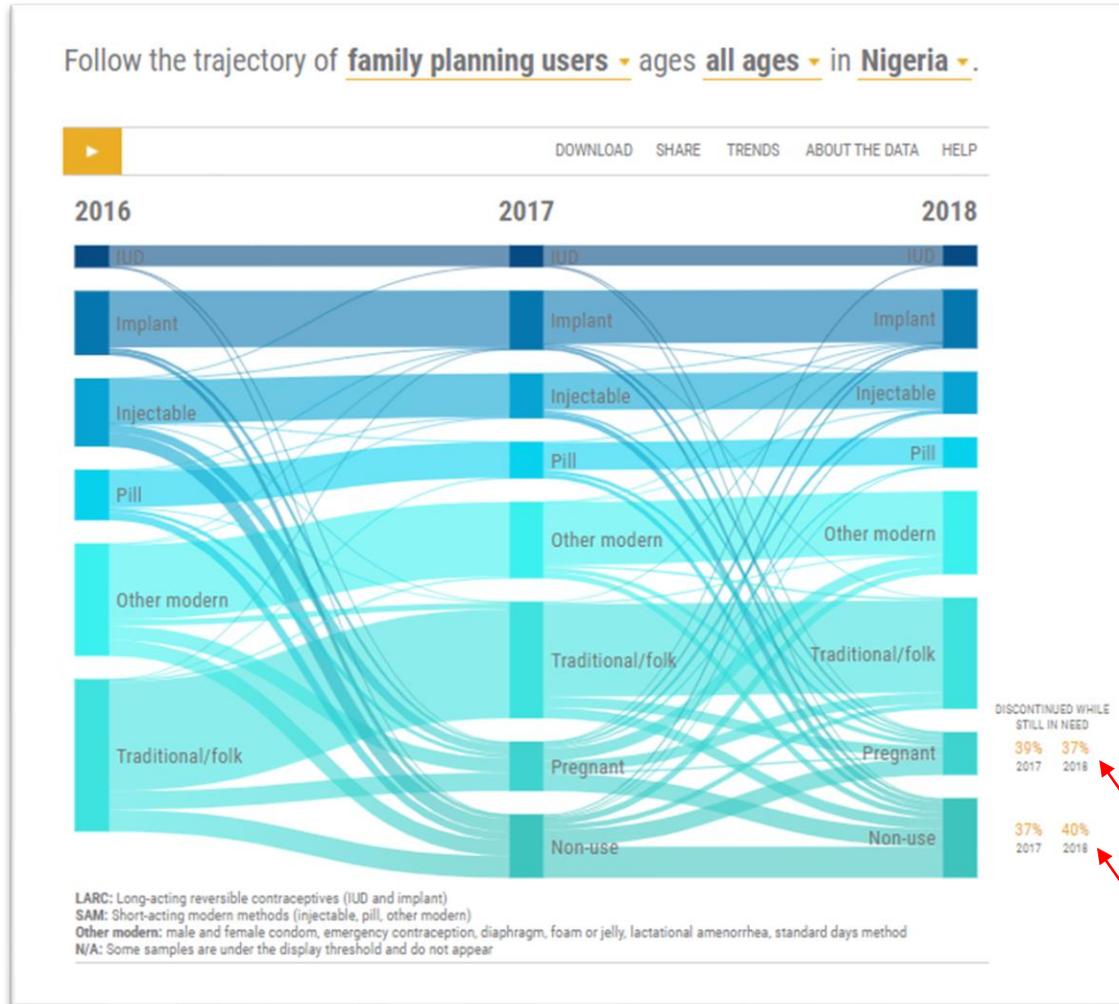


# Highlights

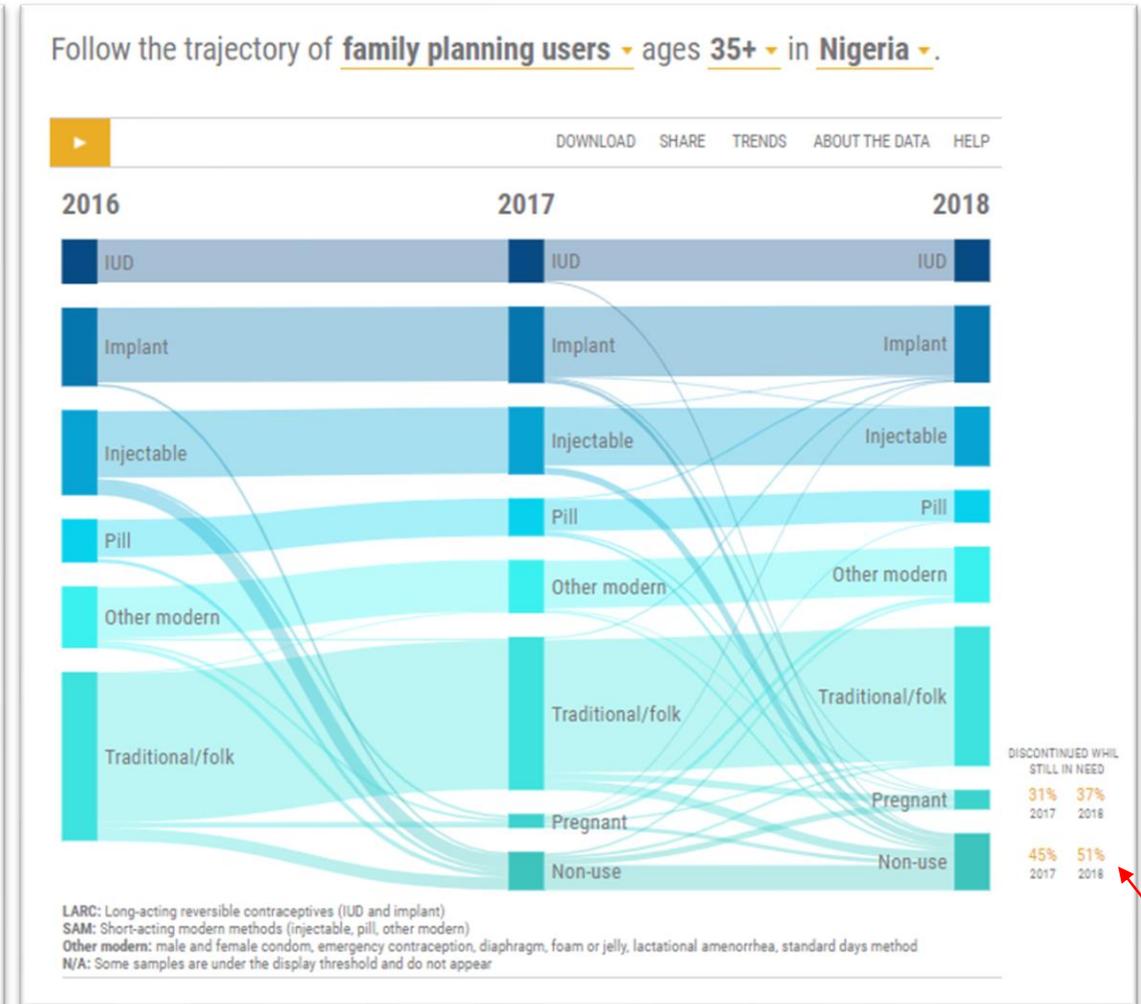
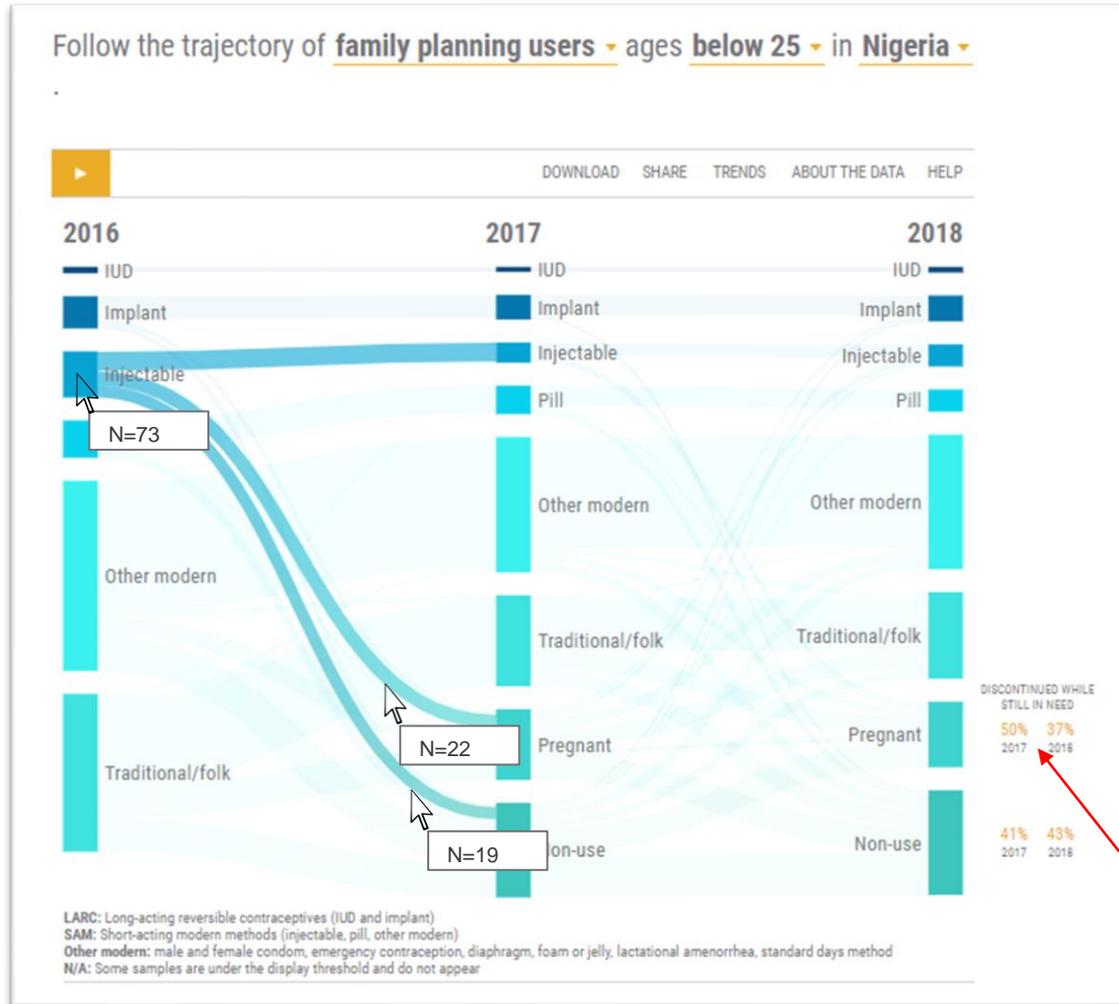
# All women, all ages



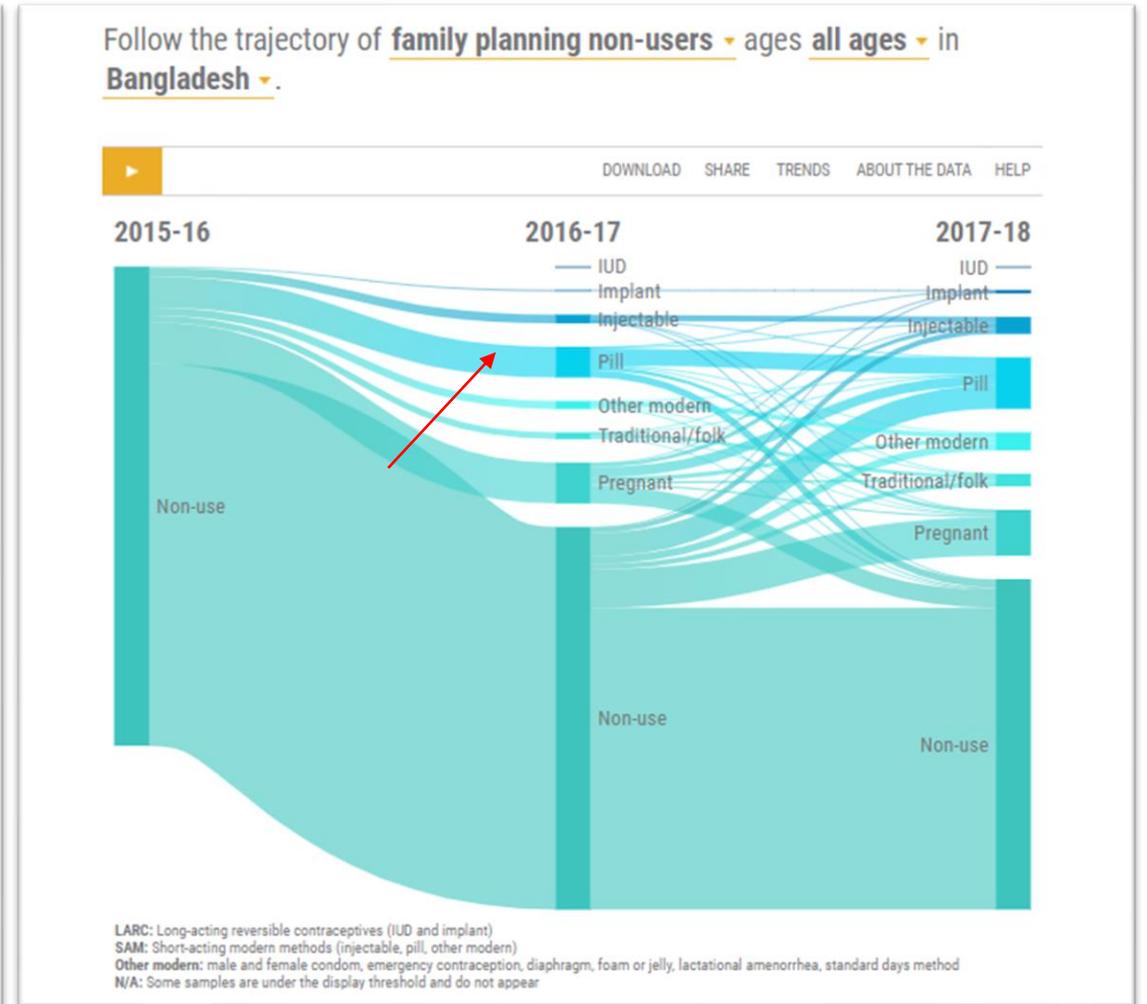
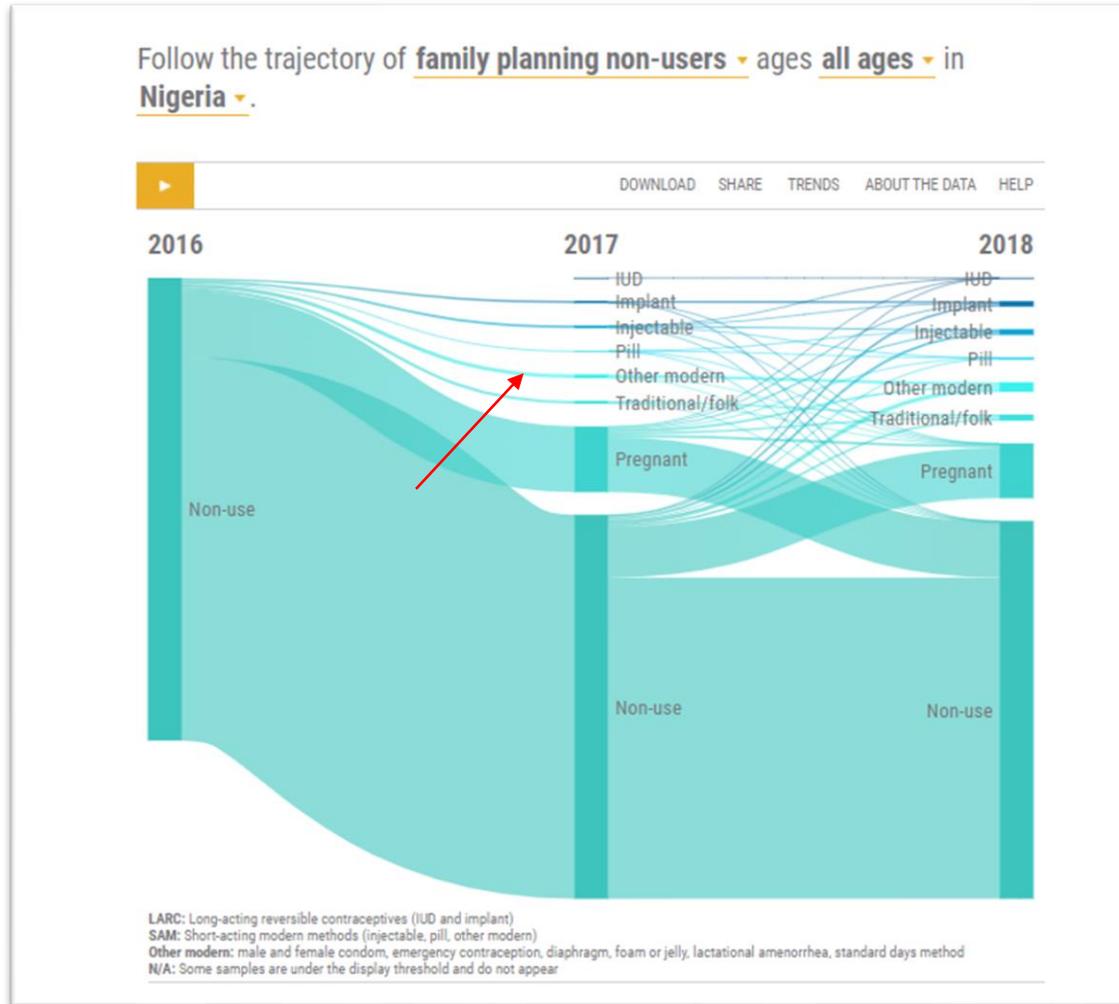
# FP Users, all ages



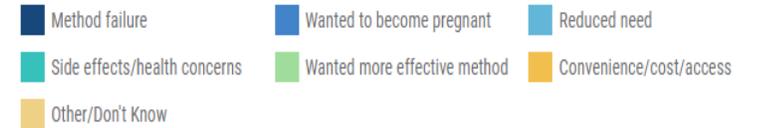
# FP Users, by age



# Non-FP Users, all ages

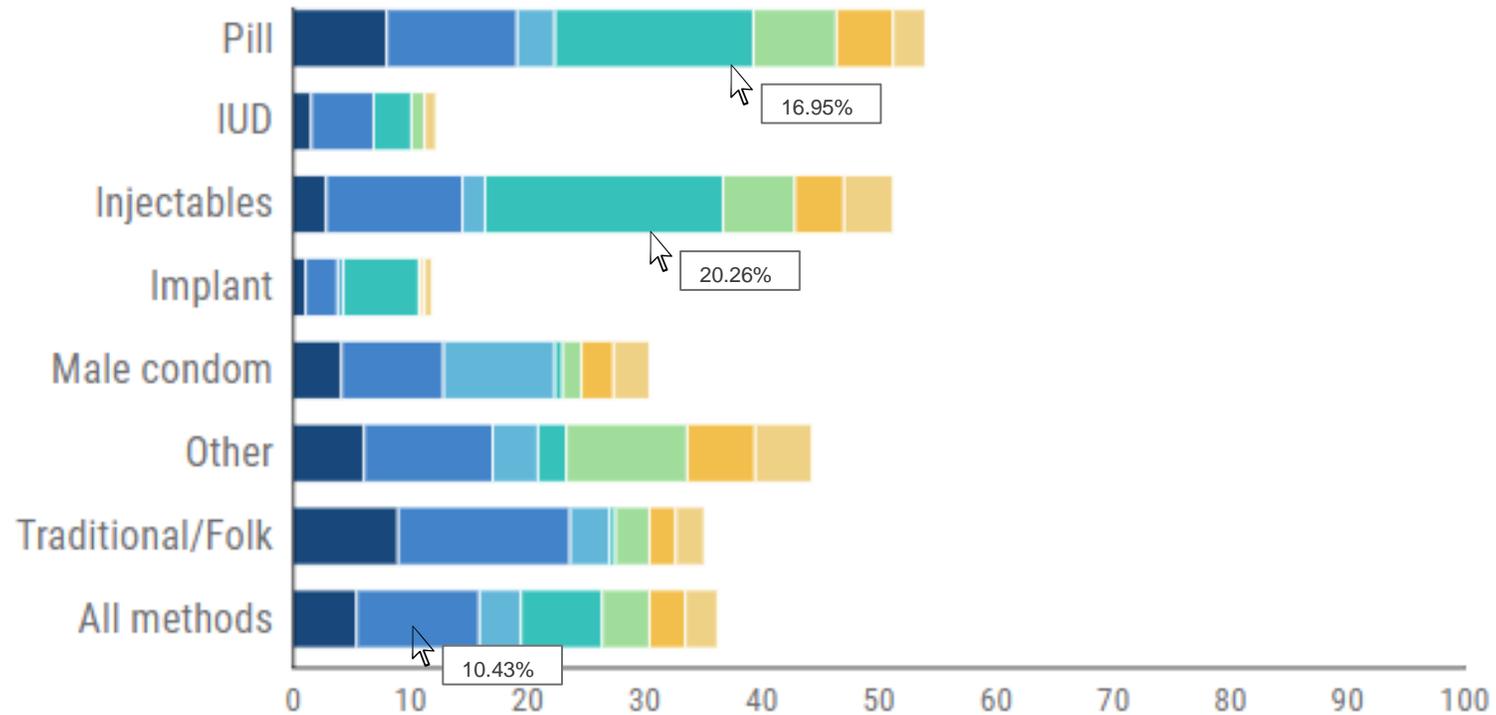


# Reasons for Discontinuation



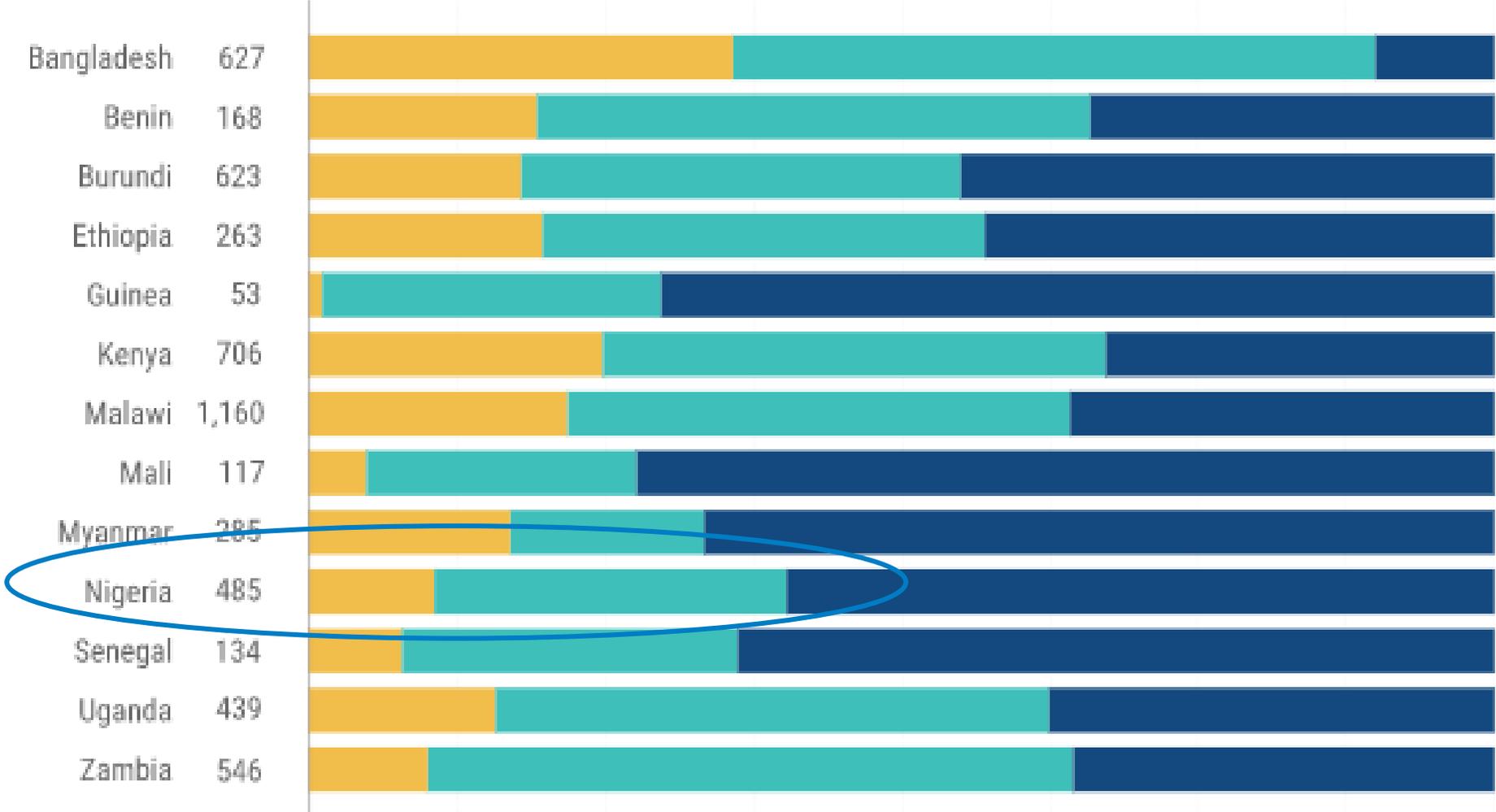
Analysis based on episodes of contraceptive use. Methods based on fewer than 100 episodes are not shown.

Explore the reasons women age **all ages** report for discontinuing family planning during the **first** year of use in **Nigeria**.



# Wantedness of Pregnancies

Within 12 months of discontinuation while still in need



# Summary

## Findings in review

- Around 40% of women who discontinued while still in need
  - Closer to 50% for those under 25 yrs. and over 35 yrs.
- Discontinuation of injectables is high
- Uptake of 'other methods' was most common
- Side effects was the most common reason for discontinuation
- Low unintended pregnancy

# Recommendations

# Addressing Barriers to Contraceptive Continuation

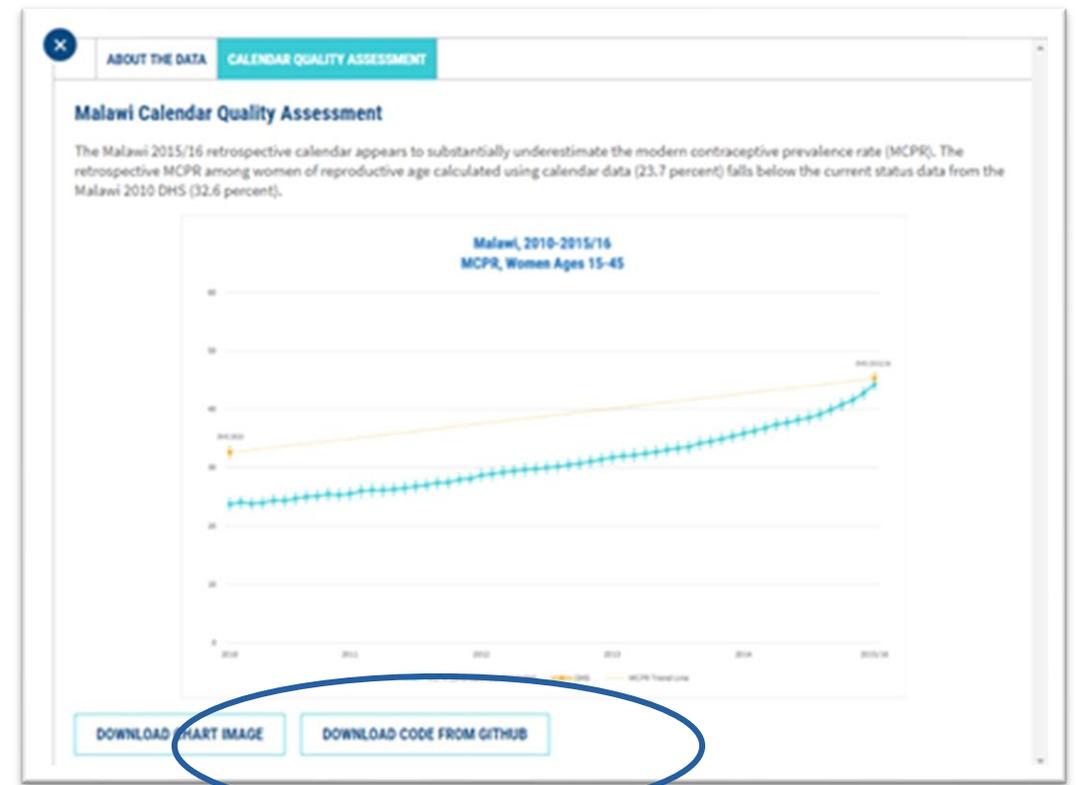
## Key Recommendations

- **Improve the quality of contraceptive counseling**
- Strengthen reminder mechanisms
- **Improve access to the full range of contraceptive options**
- **Improve equitable access**
- Broaden male engagement

# Choices and Challenges in Action

How to use our tool

- Visit <https://www.prb.org/use-dynamics/>
- Use our STATA files
- Download our Sankey images



**Thank you!**