Choices and Challenges

Visualizing dynamic contraceptive use
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)
Sankey Diagram
All women, all ages
FP Users, all ages

Follow the trajectory of family planning users by ages all ages in Nigeria.

N=535
N=69
N=105
FP Users, by age

Follow the trajectory of family planning users – ages below 25 – in Nigeria.

Follow the trajectory of family planning users – ages 35+ – in Nigeria.

N=73

N=22

N=19
Non-FP Users, all ages
Reasons for Discontinuation

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

- Pill: 16.95%
- IUD: 20.26%
- Injectables: 10.43%
- Implant: 10.43%
- Male condom: 20.26%
- Other: 10.43%
- Traditional/Folk: 20.26%
- All methods: 10.43%

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