Inadequate birth spacing is perceived as riskier than all family planning methods, except sterilization, among urban Nigerians.

Hilary Schwandt, PhD MHS
Marc Boulay, PhD
Joanna Skinner, MA MHS
Abdulmumin Saad, MBBS MPH PhD
Background

Nigeria is yet to experience the demographic transition

- TFR: 6
- CPR: 10%
Study Aim

Understand the key factors influencing the demand, or lack thereof, for family planning in two urban areas of Nigeria
Methods

• 26 Focus Group Discussions in Ibadan and Kaduna, stratified by:
  – Sex
  – Age
  – Marital status
  – City
  – Neighborhood type (low and middle income)
  – Family planning use
Methods cont.

• Risk sorting
  – 6 family planning methods
  – 4 pregnancy related issues

• Study participants were asked to indicate whether each item was:
  – Most Risky
  – Somewhat Risky
  – Least Risky

• A weighted, proportional to the number of comments, summary score was created to order the items from most risky to least risky
Results
Family Planning Methods

Most Risky

- Sterilization
- Pill
- IUD
- Injectable
- Condom
- Fertility awareness methods

Least Risky

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Family Planning Methods cont.

- Sterilization much more risky than others
- Fertility awareness methods much less risky than others
- Pills and IUD seen as nearly equal in risk
  - Pills slightly RISKIER than IUD
- Injectables *only slightly* riskier than condoms
  - both much less risky than pills, IUD, and sterilization
Injectables

Most (injectable) users don’t complain of any problems. There is no risk attached.

– Female, 20 years, married, 1 child, family planning nonuser, middle SES, Kaduna

It (injectable use) is not risky because if you want another pregnancy, you can stop and get pregnant.

– Female, 36 years, married, 6 children, family planning nonuser, middle SES, Ibadan

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Pregnancy Related Items

Most Risky

• Abortion
• No birth spacing
• Teenage pregnancy
• 6 children

Least Risky

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Pregnancy Related Items cont.

- Birth spacing followed closely after abortion in level of risk
- Big gap between risk of birth spacing and teenage pregnancy
Family Planning Methods & Pregnancy Related Items

Most Risky

- Sterilization
- Abortion
- No birth spacing
- Pill
- IUD
- Injectable
- Teenage motherhood
- Condom
- Having 6 children
- Fertility awareness methods

Least Risky

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Stratification Comparisons

- Abortion and sterilization consistently 1st and 2nd most risky
- Lack of birth spacing always seen as the 3rd most risky event
- Having 6 children and fertility awareness methods consistently the least risky
- Variation in the order of risk for the remaining items: pill, IUD, injectable, condom, teenage motherhood
Conclusion

• Injectables are perceived as only slightly riskier than condoms

• Oral contraceptive pills perceived as riskier than IUDs

• No birth spacing perceived as riskier than all family planning methods except sterilization
Programmatic Recommendations

• Given the low risk associated with injectable use, family planning programs in Nigeria should promote injectable use.

• The IUD is potentially a good LAPM to promote in this setting.
  – Caution – participants seemed less familiar with the IUD so the low risk perception might be due to unfamiliarity with the method as opposed to comfort with using and promoting its use.
Programmatic Recommendations

• Family planning interventions in Nigeria should emphasize the association between modern family planning use and achieving adequate birth spacing - highlighting the lower effectiveness of traditional methods as compared to modern methods
  – Programs should avoid emphasizing modern family planning use and limiting...
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asaad@jsph.edu
elsaad99@yahoo.com
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