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. Most adolescents live in rural areas, 81.8% of adolescent girls and 84.6% of adolescent boys.

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. 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.

Sexual activity and marital status
Analysis of data from the UDHS 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 UDHS\textsuperscript{i} 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).

In union

According to UDHS\textsuperscript{ii} 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).


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

ANALYSIS OF THE UGANDA DEMOGRAPHIC AND HEALTH SURVEY, 2011

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 years for adolescent girls
- 17.9 years 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.

Learn the reasons why adolescents are not using contraception.

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

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

<table>
<thead>
<tr>
<th>Method</th>
<th>Sexually active, unmarried</th>
<th>In union</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not using</td>
<td>68.8%</td>
<td>86.1%</td>
</tr>
<tr>
<td>Withdrawal</td>
<td>4.2%</td>
<td>0.9%</td>
</tr>
<tr>
<td>Periodic abstinence</td>
<td>1.1%</td>
<td>--</td>
</tr>
<tr>
<td>Male condom</td>
<td>17.9%</td>
<td>3.9%</td>
</tr>
<tr>
<td>Pill</td>
<td>0.9%</td>
<td>0.5%</td>
</tr>
<tr>
<td>Injectable contraceptives</td>
<td>6.9%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Implants</td>
<td>--</td>
<td>0.7%</td>
</tr>
<tr>
<td>IUD</td>
<td>0.2%</td>
<td>--</td>
</tr>
</tbody>
</table>

Report not wanting a child in the next two years

- 74.0% sexually active, unmarried adolescent girls
- 44.8% adolescent girls in union

Main reasons for not using contraception

**Sexually active, unmarried**

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

**In union**

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

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

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### 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

### 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

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