

What is the true prevalence of traditional contraceptive use? Evidence from four African countries

IUSSP Webinar Series - How should we define and measure demand for and use of family planning? – June 21, 2023

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Introduction

- Globally, an estimated 80m women use traditional methods (TM) of contraception (UN, 2019)
- Estimated traditional contraceptive prevalence (tCPR) in sub-Saharan Africa is 3%
- The focus of family planning programming has been on modern methods
 - Current standard survey instruments do little justice to unearthing TM dynamics
 - World Health Organization does not recognize TM (Festin et al., 2016)
 - Health personnel in some countries only get education on modern methods

Introduction 2

- Consequently, there is a dearth of knowledge about nuances of TM use:
 - the true prevalence of TM use
 - women's motivations for their use (e.g. transition, replacement, structural/ideological barriers, concerns)
 - concurrent use of multiple methods
 - their choice of methods and associations with the type of sexual partner(s)
 - decision- making and power dynamics on choice and use,

The TEAM-UP Project

- Re-examining traditional methods use: Desperation or Innovation
- A four-country study -Democratic Republic of Congo, Ghana, Kenya, Nigeria
- Consortium led by AFIDEP, with partners within each country
- Study components:
 - Methodological pilot- improve instruments for data collection
 - Survey - prevalence of traditional contraceptive methods use, characteristics of users, motivations for use
 - Qualitative data collection – deeper understanding of users with different profiles (women and men's)

Key Methodological Innovations in Survey

- **Probing for additional methods not mentioned spontaneously**
- A section of the survey was dedicated to detail on current traditional method use
- Specific questions to capture method switching, sequential use and concurrent use with other methods
- Inclusion of other pregnancy prevention strategies such as masturbation, oral sex, anal sex, use of sex toys etc.
- **In the calculations of tCPR, we also included concurrent use of modern and traditional contraception**

Results

AFIDEP

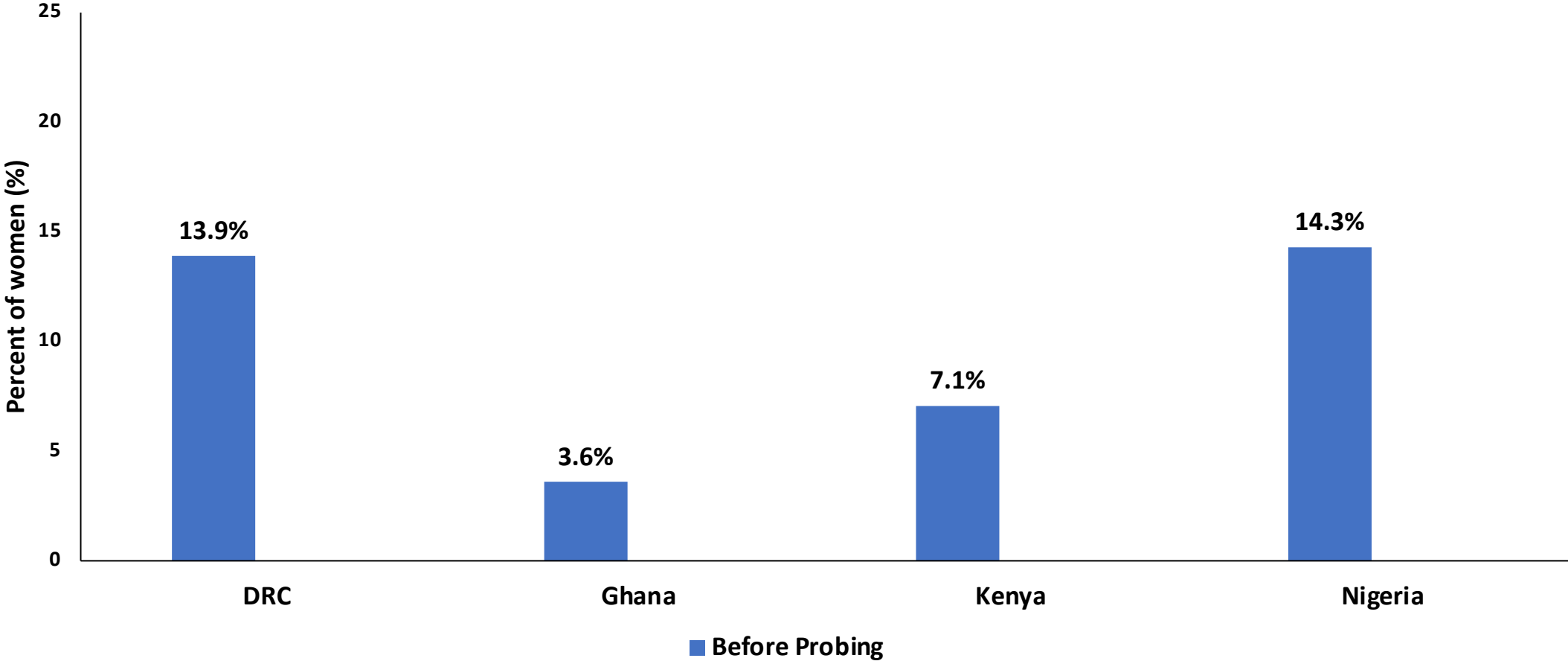
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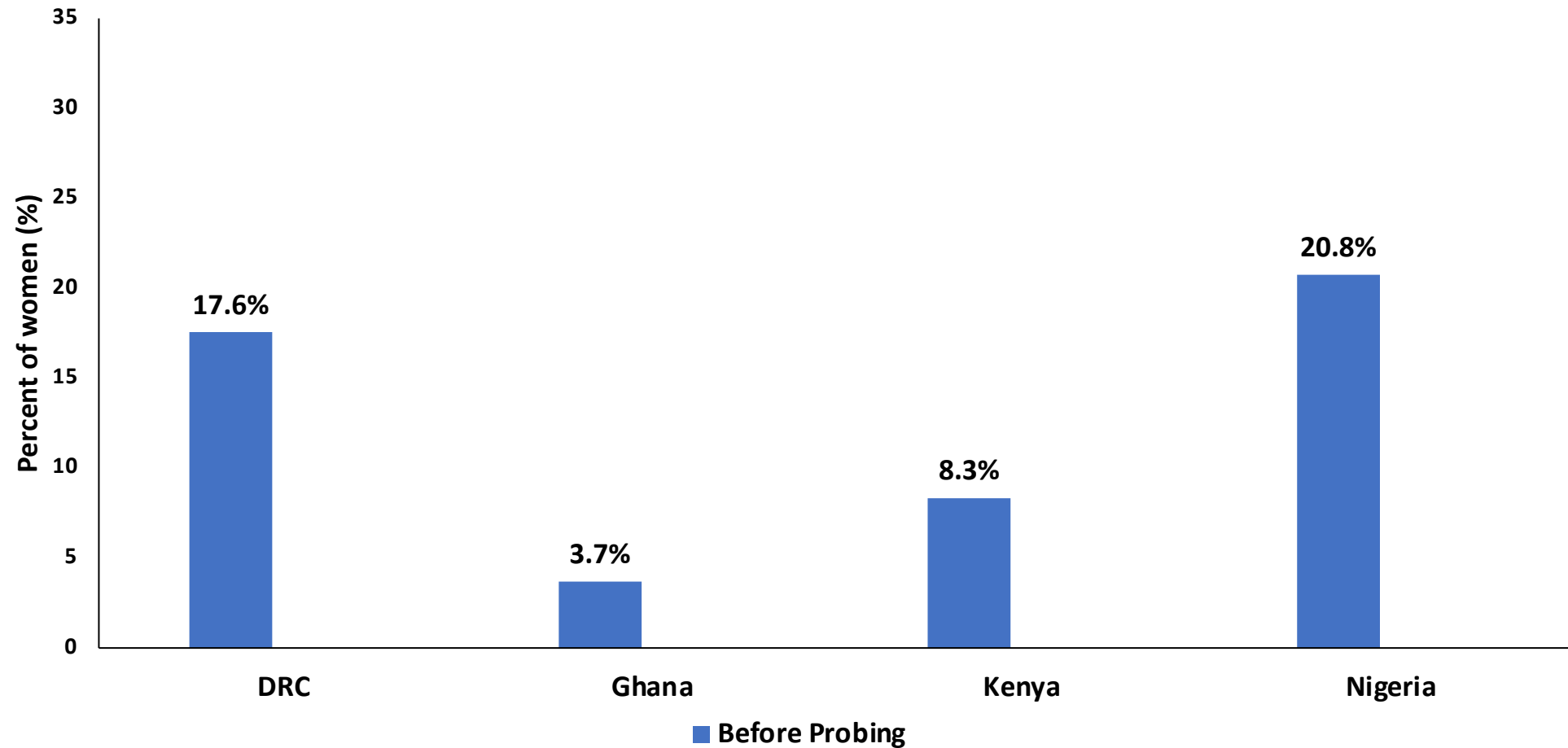
Main Survey – Overview of Data

- Data collection period: September 2022 - March, 2023
- Study sites: Ghana (Accra and Kumasi); Nigeria (Lagos and Adamawa); Kenya (Makueni and Mombasa); and DRC (Kinshasa and Mai N'dombe)
- Sample size : 13,641 women of reproductive age (15-49)
- 2592 women in Ghana; 3619 women in Kenya; 3405 in Nigeria and 4025 women in Kinshasa

Proportion of all women using traditional methods by country

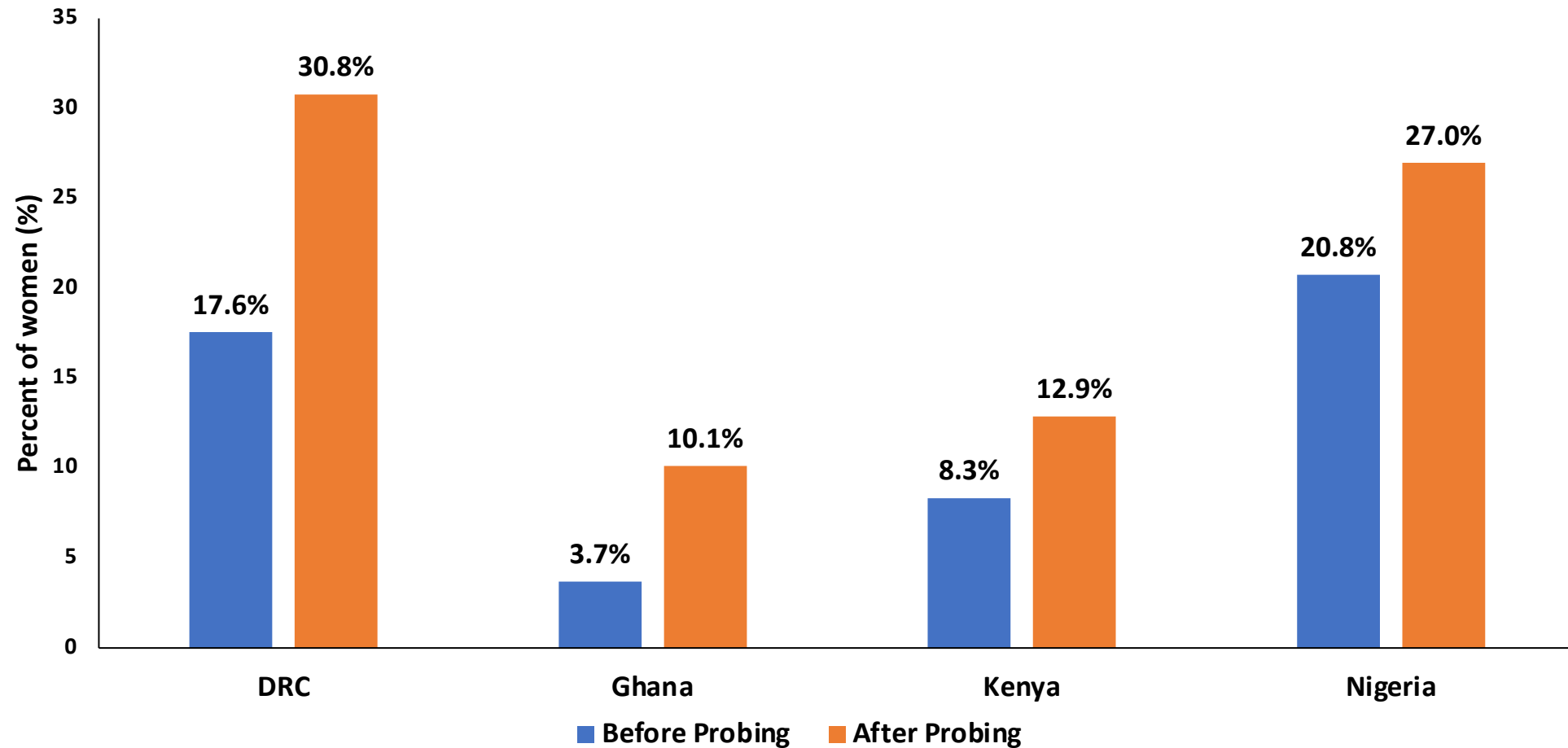


Proportion of married women using traditional methods by country



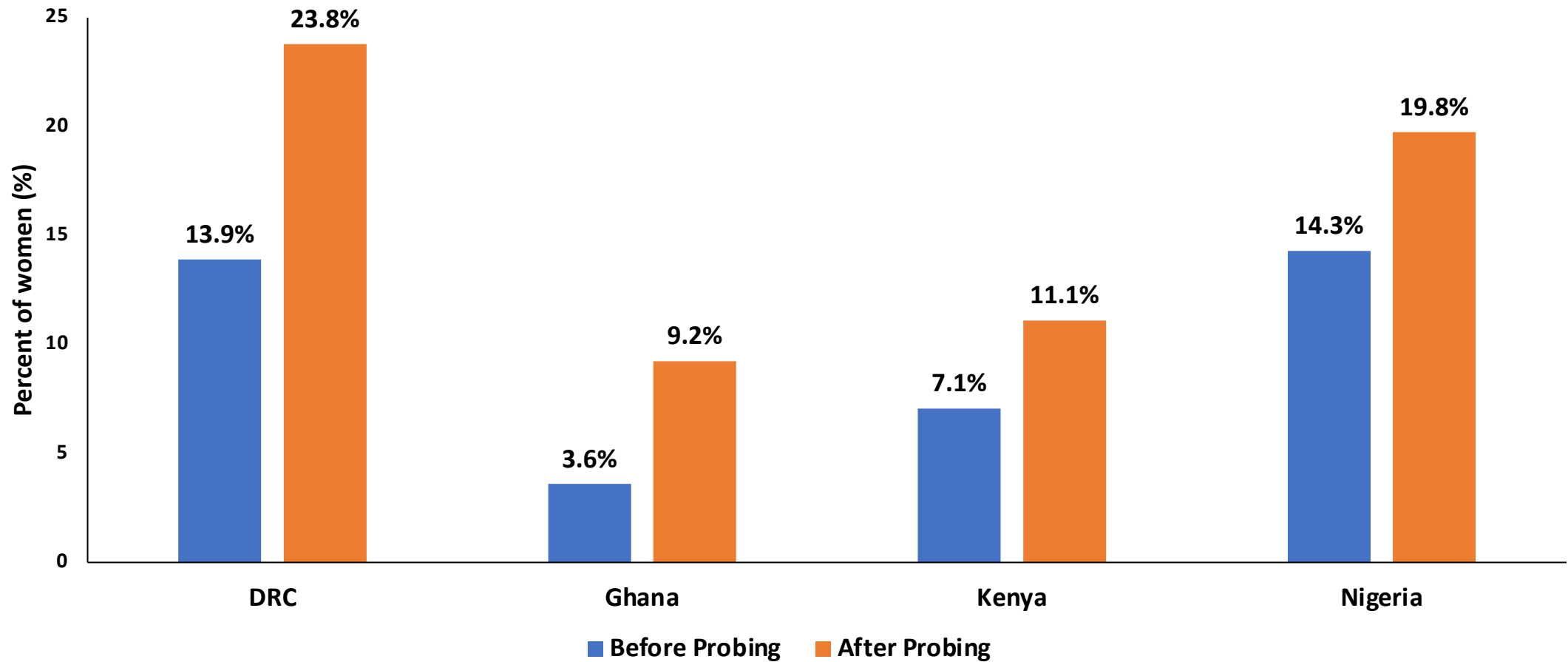
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Probing Matters: Proportion of married women using traditional methods by country



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Probing Matters: Proportion of all women using traditional methods by country



Considering Concurrent Use: Contraceptive use among all participants by country

	Before probing (%)				After probing (%)			
	DRC N = 4,024	Ghana N = 2,590	Kenya N = 3,616	Nigeria N = 3,411	DRC N = 4,024	Ghana N = 2,590	Kenya N = 3,616	Nigeria N = 3,411
Standard DHS Approach								
Any Modern	14.0	18.8	41.7	13.4	23.0	20.9	43.5	16.2
Only Traditional	10.5	2.6	5.8	12.1	13.2	4.3	6.9	14.3
Not Using	75.5	78.6	52.5	74.5	63.7	74.8	49.6	69.5
TEAM UP Approach								
Only Modern	10.6	17.8	40.5	11.2	12.5	16.0	39.3	10.8
Only Traditional	9.2	2.3	5.5	10.7	11.5	3.5	6.4	12.0
Concurrent User	3.4	0.9	1.2	2.2	10.6	5.0	4.2	5.4
Other Strategies	1.3	0.4	0.3	1.4	1.8	0.7	0.5	2.3
Not Using	75.5	78.6	52.5	74.5	63.7	74.8	49.6	69.5

Key Takeaways

- Very low prevalence of other pregnancy prevention strategies such as anal sex, oral sex, masturbation, use of sex toys etc.
- Probing for the use of traditional methods increases reporting and consequently yields higher estimates across countries
- In some places (eg DRC), there is a high prevalence of concurrent use of modern and traditional contraception
- FP programs and providers must support traditional users to achieve reproductive health goals

Re-examining Traditional Method Use: Desperation or Innovation? (TEAM-UP)



The traditional methods use study will develop and test new family planning (FP) measurement approaches by investigating how to account for and include traditional method users in measurement and programme approaches.

Key Details

Dates:	July 2020 to Present
Aim:	Advancing our understanding of the true prevalence of traditional methods of contraception in four African countries as well as women's motivations for using these methods.
Where:	Democratic Republic of the Congo , Ghana , Kenya , Nigeria
Principal Investigator:	Nyovani Madise, Ph.D.

<https://www.afidep.org/programme/re-examining-traditional-methods-contraception-use/>

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Thank You!
Merci beaucoup!

Acknowledgement

TEAM UP Consortium

BMGF