

Contraceptive Discontinuation among Youth



What is contraceptive discontinuation?

Contraceptive discontinuation is defined as starting contraceptive use and then stopping for any reason while still at risk of an unintended pregnancy.

Why is contraception important?

Contraception allows individuals and couples to fulfill their reproductive intentions and improve maternal, neonatal and child health outcomes.

How does Youth Contraceptive practice differ from that of older women ?

- Youth (ages 15 to 24) have higher rates of discontinuation than older women.
- Youth are also more likely to become pregnant while using contraceptives due to the method of using contraception.
- Youth are also more likely to use source for family planning from private and informal sources, such as pharmacies and drug shops.

Province wise Status of Contraceptive Discontinuation

	Fiscal Year 2075/76	Fiscal Year 2076/77
Province 1	38%	40%
Madhesh Province	47%	47%
Bagmati Province	32%	37%
Gandaki Province	36%	34%
Lumbini Province	30%	34%
Karnali Province	48%	48%
Sudurpaschim Province	61%	67%
National	39%	42%

As per Nepal Demographic and Health Survey 2016, the unmet need for family planning among married women age 15-19 is 35%. 3 out of every 5 women of age group 15-49 who began using a contraceptive method in 5 years before the survey discontinued the method within 12 months. The discontinuation rate is higher for Pills (74%), male condom (69%), withdrawal (63%), and injectable (58%) and for implants (8%).



Reason for Discontinuation:

Changing reproductive needs

- Unmarried youth are more likely to discontinue family planning due to irregular sexual activity.
- Married youth may discontinue because they want to become pregnant immediately or early in their marriage.

Contraceptive Method-related factors

- Side effects (for example, menstrual bleeding changes and weight gain)
- Health-related concerns (for example, fear of infertility and birth defects)

Poor quality of care

- Barriers to accessing quality family planning care, including provider bias and long waiting hours for services.
- Service providing hours.
- Privacy concern and Counseling concerns.

What are the consequences of youth contraceptive discontinuation?

- Discontinuation of contraceptive use puts young people at an increased risk of unintended pregnancy.
- Unintended and unplanned pregnancy results to an increased risk of unsafe abortion and its complications.
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How can policymakers address obstacles to contraceptive continuation among young people?

1. Elevate attention and resources to support existing contraceptive/family planning users.
2. Ensure policies support youth access to the full range of contraceptive/family planning methods regardless of age, marital status, and number of children, and without requiring the consent of a third party.
3. Provide client-centered care in recognition of youth's diverse reproductive needs.
4. Ensure provider guidelines promote high-quality, supportive contraceptive counseling to youth.
5. Ensure youth can access contraceptives in the private and informal sector.
6. Ensure providers have the tools and platforms to use a range of follow-up mechanisms between appointments.
7. Ensure that health care delivery points maintain the full complement of methods and advance distribution of self-administered methods.