

**Conference sub theme 3: Family planning 301: Emerging patterns and determinants of contraceptive use**

**Title: Determinants of modern Family Planning method maintenance and change in Uganda.**

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**Background:**

Uganda's population is one of the fastest growing in the world with annual growth rate of 3.0% and TFR of 6.2. Total fertility rate has slightly reduced from 6.9 in 2001, to 6.7 in 2006 and currently stands at 6.2. The persistently high fertility rate is contributing to the high maternal mortality rate (438/100,000 live births).

The modern Contraceptive prevalence rate (mCPR) Family Planning has increased over the years from 14% in 2001, to 18% in 2006 and to 26% according to 2011 UDHS, with unmet need of 34%. Uganda's mCPR is still low compared to neighboring countries like Kenya (53% in 2014), Rwanda (45% in 2010) and Tanzania (27% in 2010).

This study is a component of the bigger one that was undertaken by Reproductive Health Uganda (RHU) with financial support from UNFPA -Uganda. The study aimed at establishing the determinants of continued use and non use of modern FP methods. For purpose of this paper, focus is on the determinants of family planning method maintenance and change.

**Methodology:** The study used a cross-sectional design involving both qualitative and quantitative research methods. Chi- square statistical tests were used to assess the significance of the determinants of FP method maintenance and change. A sample of 658 respondents was drawn from the 8 study districts of Uganda. Respondents were from 26 clusters and 310 households. Information collected included demographic characteristics, knowledge and attitudes on contraception methods, provision of information on contraception methods, sources of contraception methods, determinants of family planning method maintenance and change. Structured questionnaires, FGDs, KIIs and client exit interviews were used for data collection.

**Results:** The study revealed a statistically significant association between four factors and the maintenance and change of family planning method. The factors include: mobility, period stayed in an area, distance to former place of residence, discouragement from partner, preference for

number of children needed by women. Thirty one percent (31%) had changed contraceptive method and 69% maintained the same method. Over 80% of respondents who continuously lived in one area have maintained a method. There was also statistical significance between maintenance of contraceptive method and preferred number of children among couples. Over 76% of women who had same preference with spouses on the number of children maintained contraceptive use as compared to 57% who did not have same preference on number of children. Sixty five percent (65%) of the women using contraceptives were encouraged by their husbands as opposed to 35% who had never been supported. Thus, of the women supported, 73.7% have maintained their current method due to partner encouragement as compared to 53% who have changed due to discouragement from partner.

### **Conclusions:**

This study revealed that maintenance/change of a method was determined by different variables. These variables have significant relationships as measured by statistical significance. Encouragement by male partner stands out as key to maintaining a method of contraceptives, thus promoting Family planning use. To ensure method maintenance, family planning programs should explore mechanisms for encouraging couples to have same preference for number of children. The program should also consider male involvement to address the discouragement issues in maintenance of a particular method of contraceptives by the women.