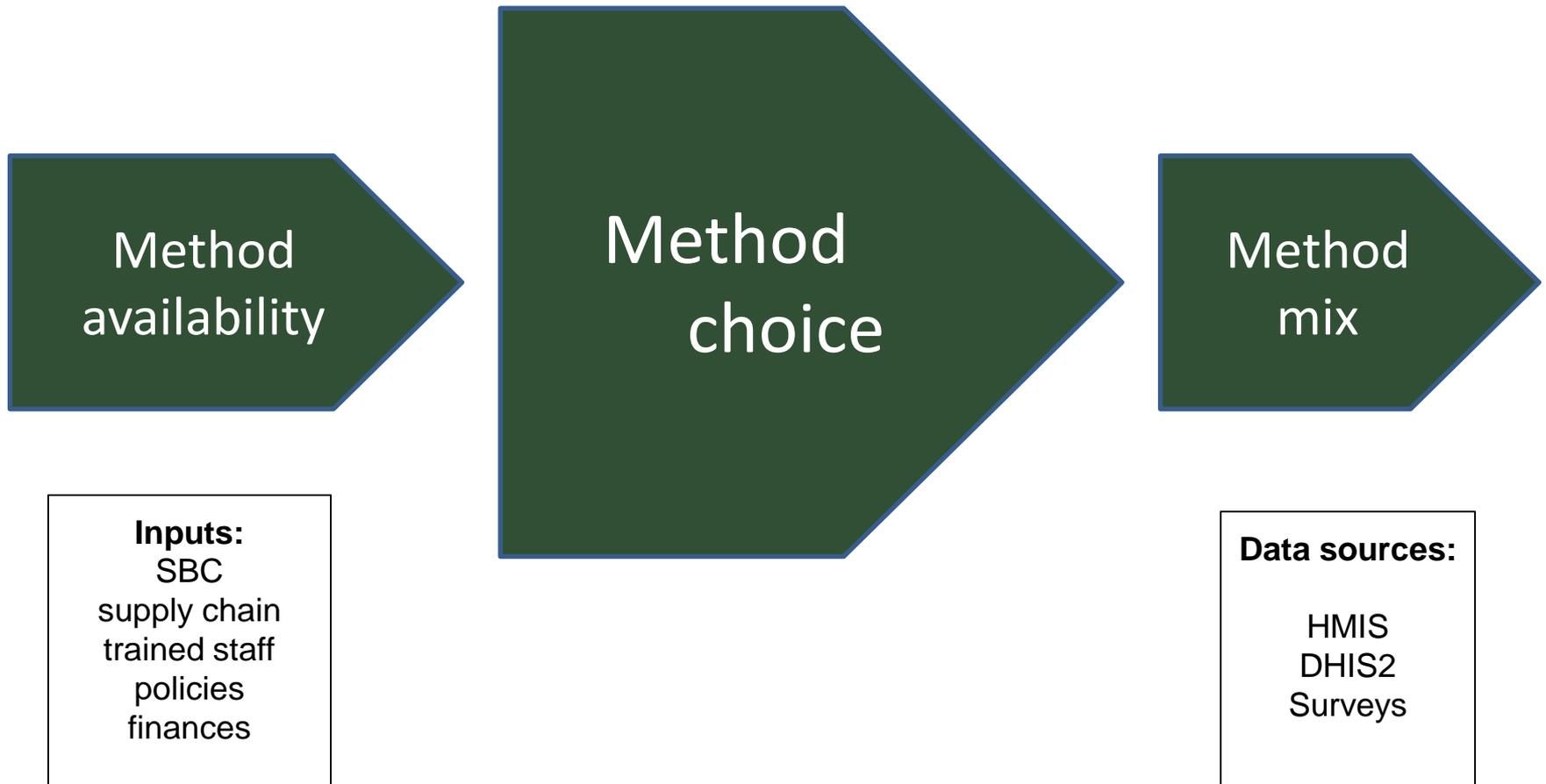


Panel 1: What can data on method availability and method mix tell us about method choice?

Jane T. Bertrand, PhD, MBA
September 25, 2019



A quick review of the 3 elements*



*Adapted from a USAID framework (2019)

Method availability (inputs)

- The menu of contraceptives available in a country



WHO uses the term “method mix” to define this concept. Ditto USAID.

The panelists have chosen to label it “availability.”



Method choice – the focus of today's panel

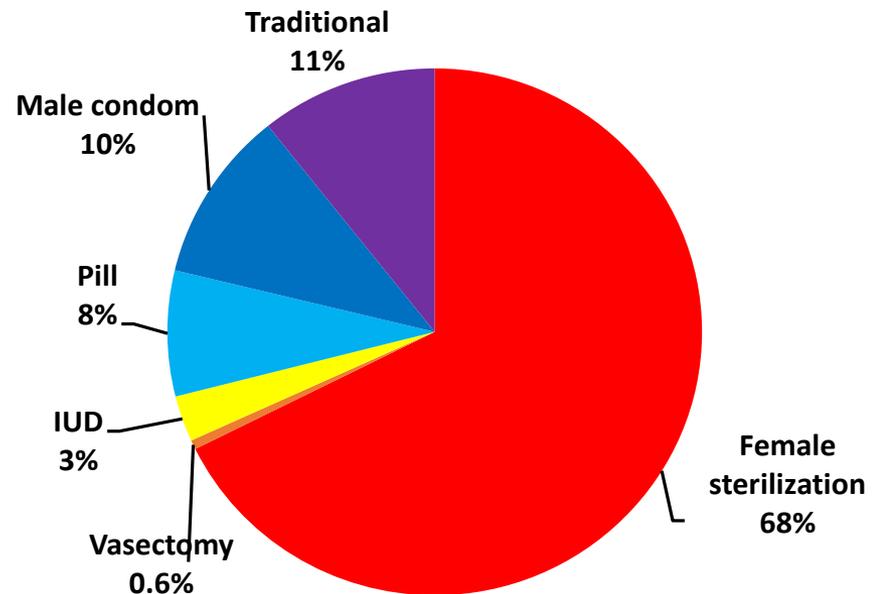
As defined by USAID:

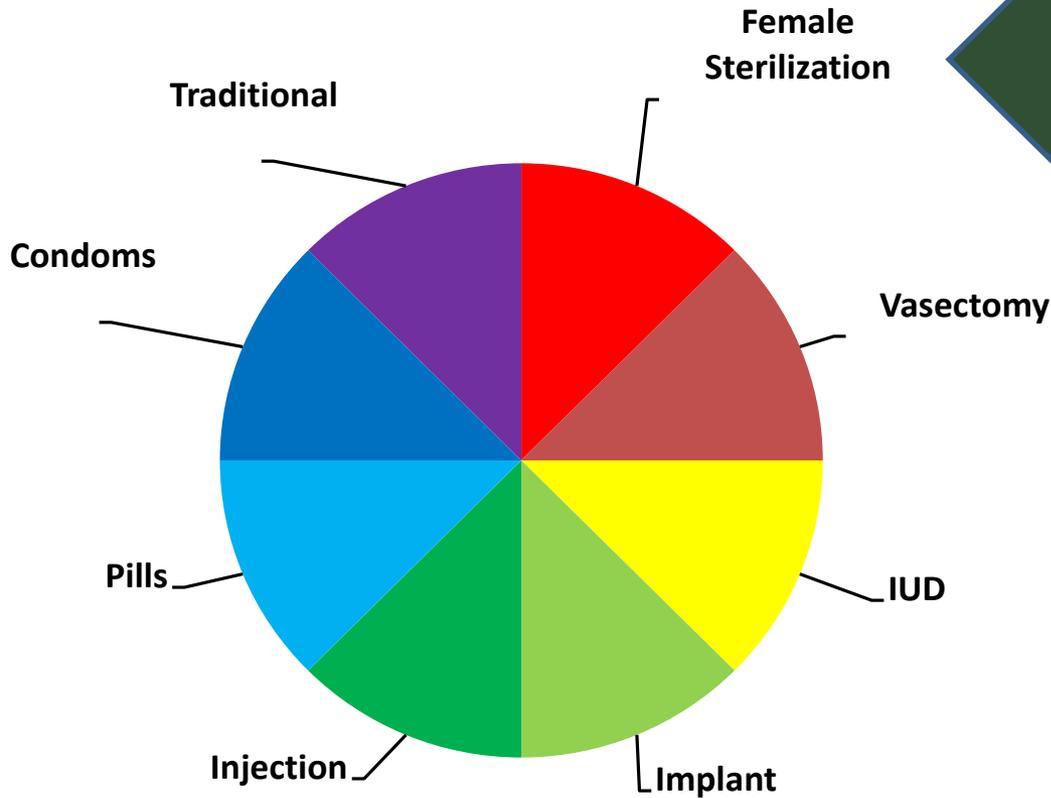
Client-centered information, counseling and services enables women, youth, men, and couples to decide and freely choose a contraceptive method that best meets their reproductive desires and lifestyle, while balancing other considerations important to safety, correct use, or switching methods.

Method mix (outcome)

(Guess the country)

- Percent distribution of contraceptive users by the method they use



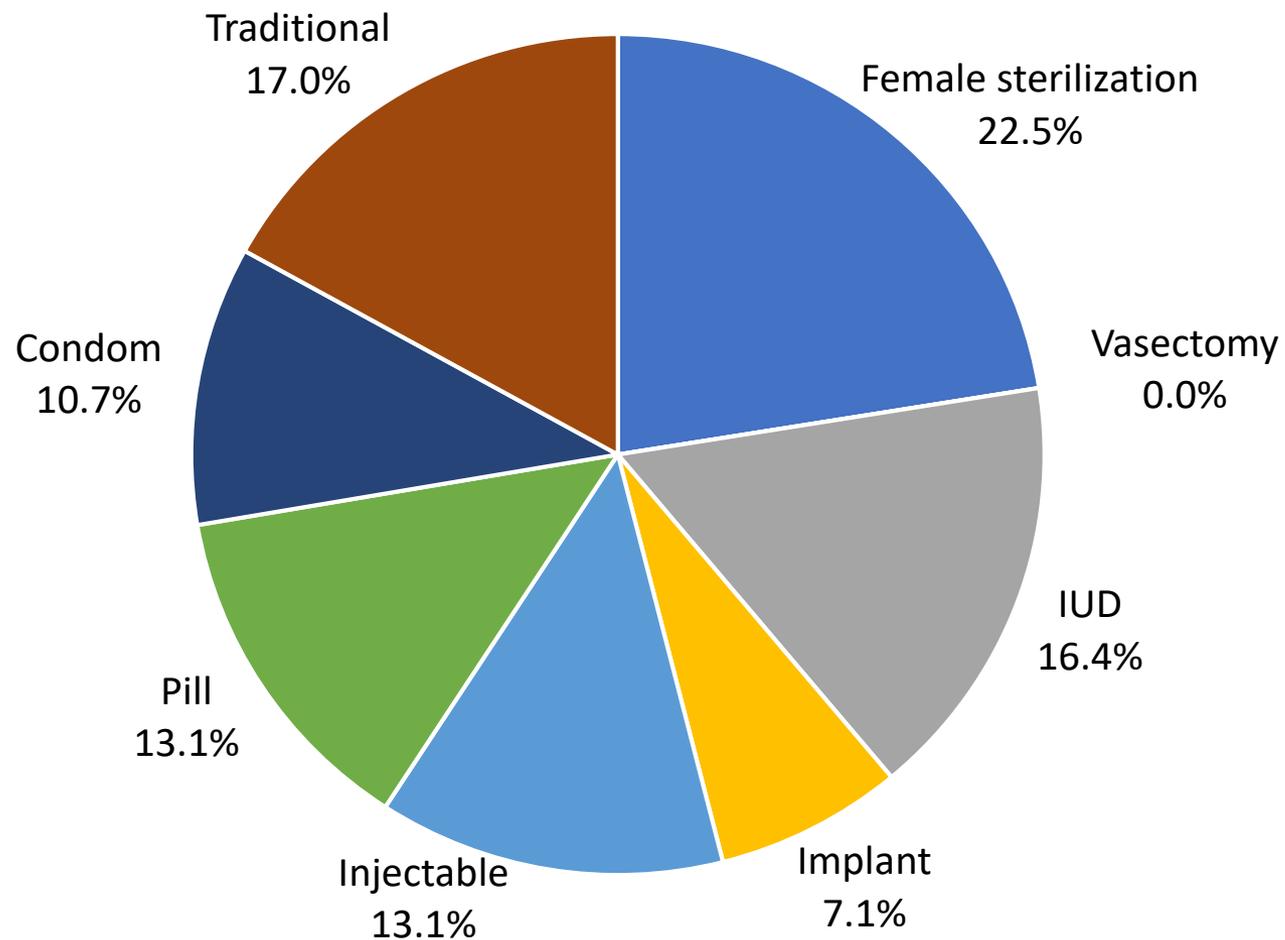


**THERE IS NO IDEAL
METHOD MIX!**

(an even distribution
wouldn't serve clients'
needs)

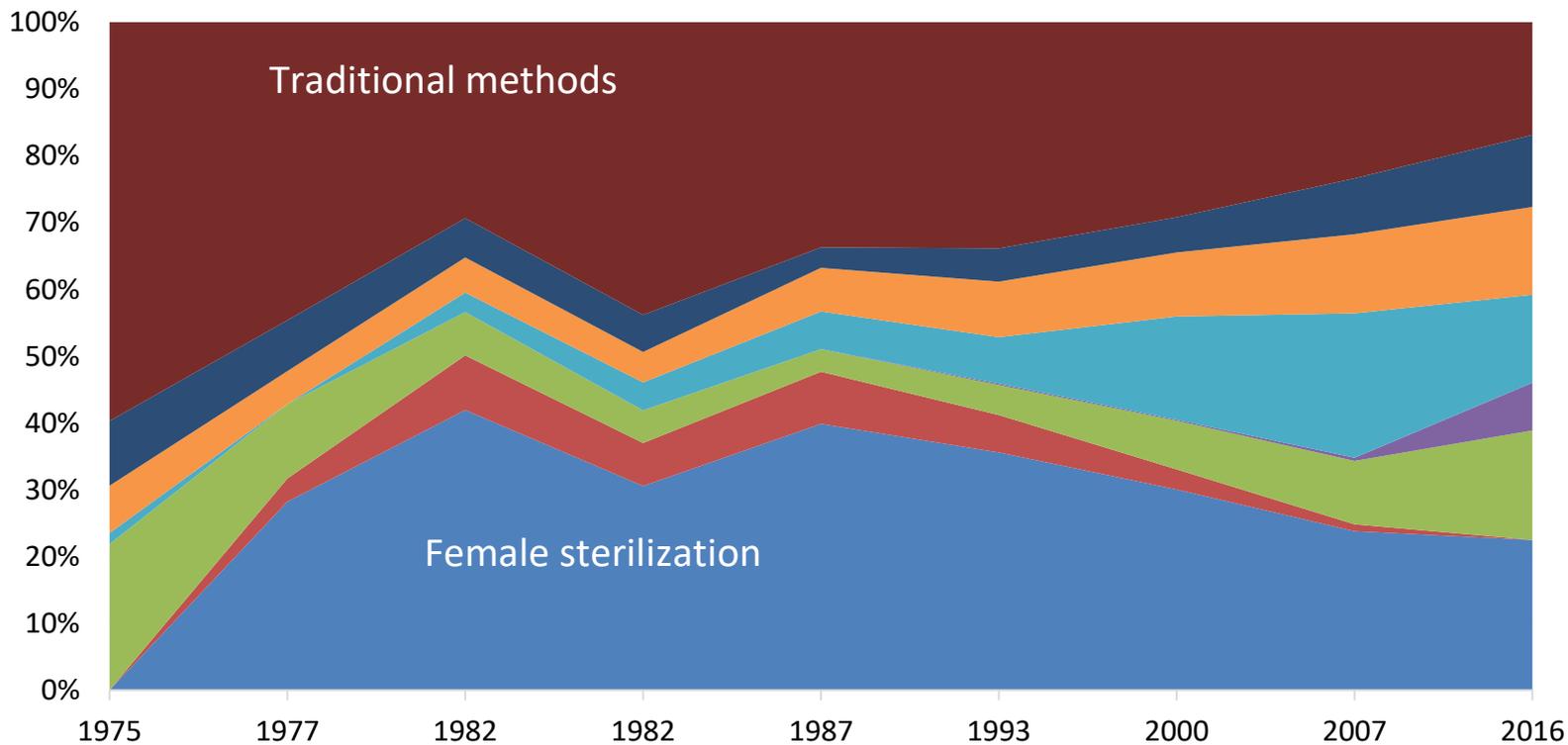
Country with the most “balanced” method mix: Sri Lanka (2016)

Method
“share”



Sri Lanka: evolution of method mix over time

Good example of evolution toward a more balanced method mix



Difficult to report on LAM and fertility awareness- based methods (FABM) from existing surveys

Region	Lactational Amenorrhea (LAM)		Fertility awareness-based mth	
	% using LAM	% countries with no data*	% using FABM	% countries with no data*
Asia	0.2	28.6	0.1	57.1
Cent Asia Republic	3.0	40.0	n/a	100.0
L America/Carib	0.5	40.0	0.1	93.3
Mideast/N Africa	1.9	37.5	n/a	100.0
SSA-East/Southern	0.6	21.1	0.3	57.9
SSA-West/Central	0.6	28.6	0.2	76.2
Total	0.8	30.0	0.19	75.6

*Based on most recent DHS survey in 83 LMIC

Recent Trends in Contraceptive Method Mix



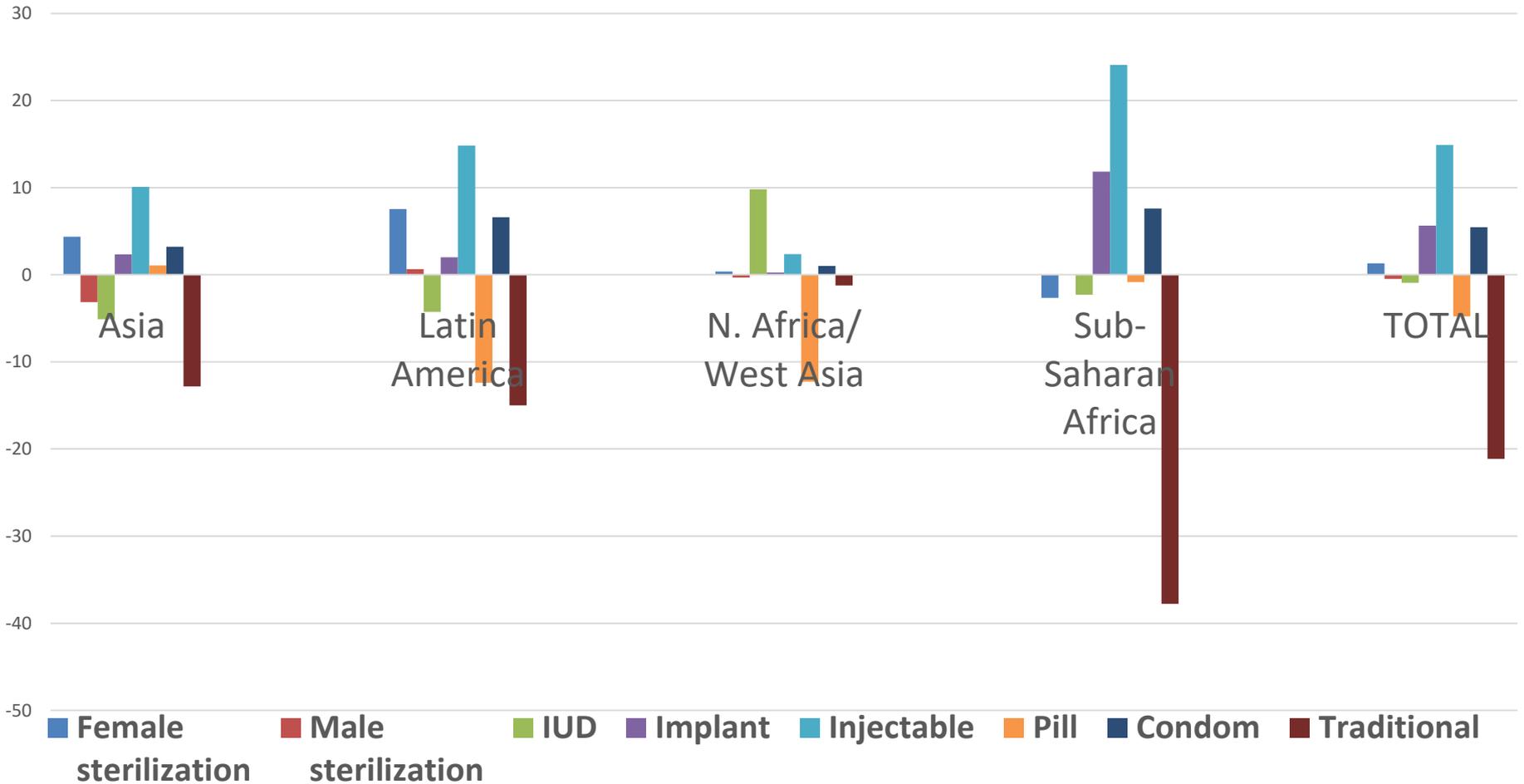
Paper under review at
*International
Perspectives on Sexual
and Reproductive Health*



Co-authors:

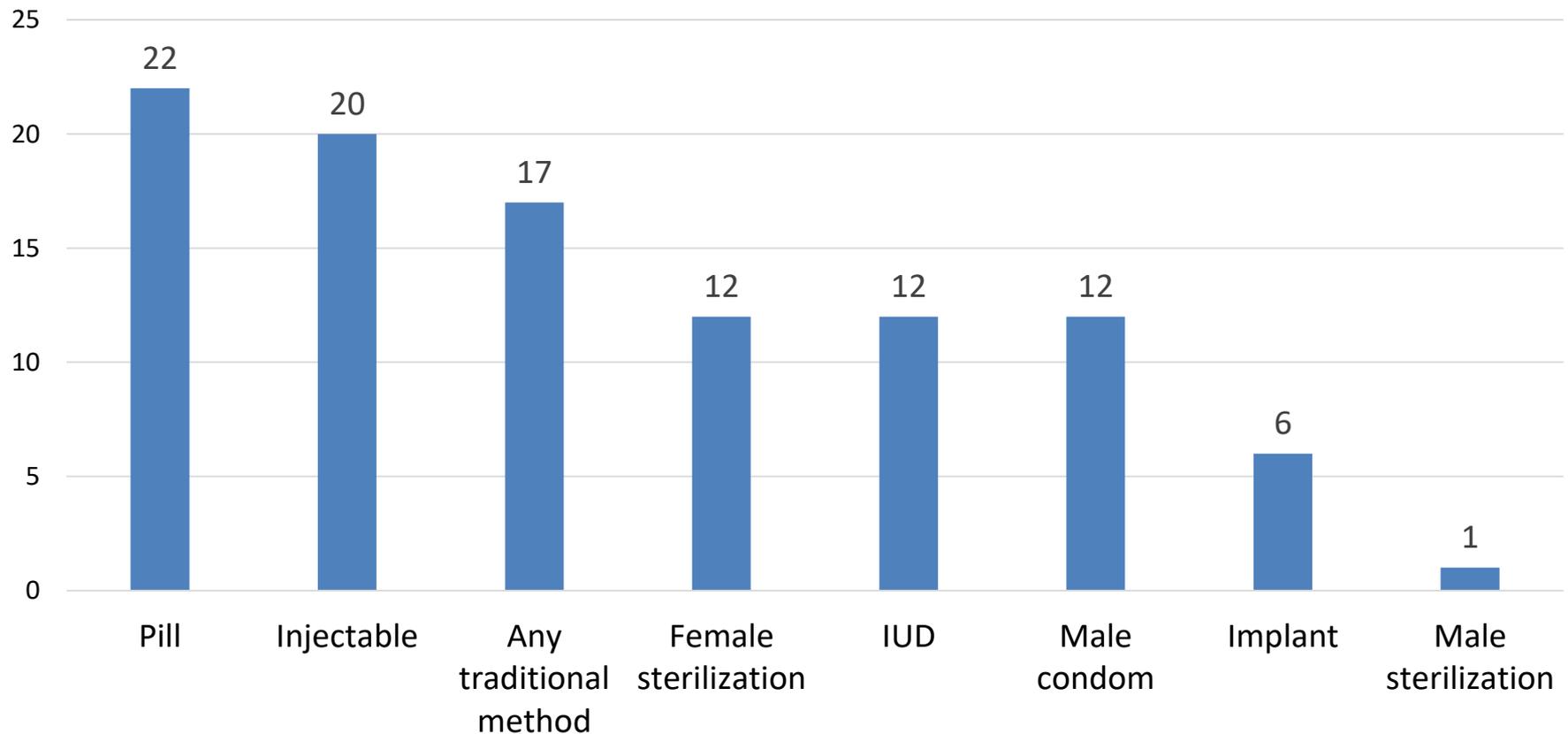
J Ross, T Sullivan,
K Hardee, J Shelton

Traditional method share has declined over time, but remains substantial (17% of total use)

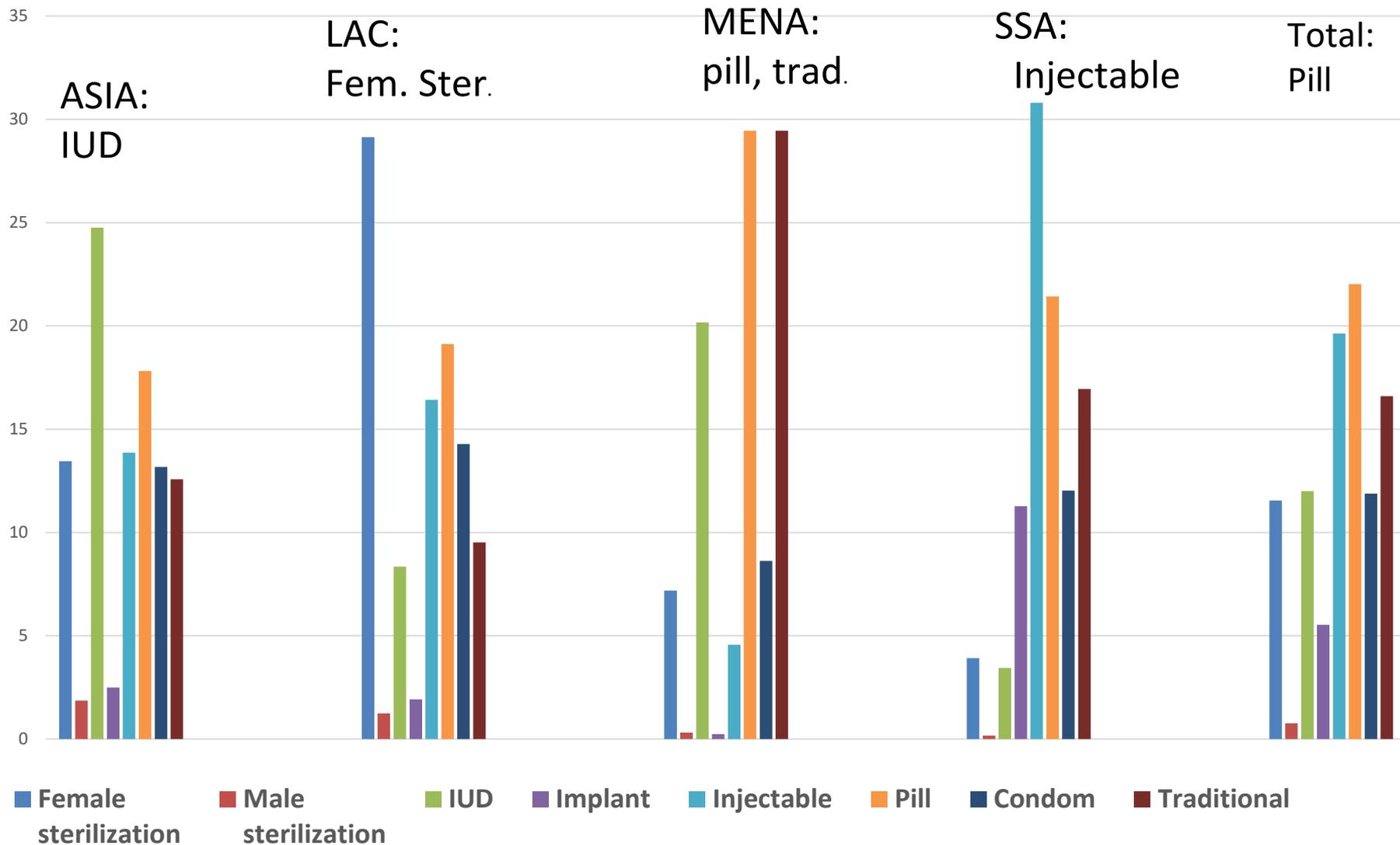


No single method “dominates”
(based on the most recent surveys)

**Number of countries in which each method dominates
(based on 113 countries in U.N. Population database)**

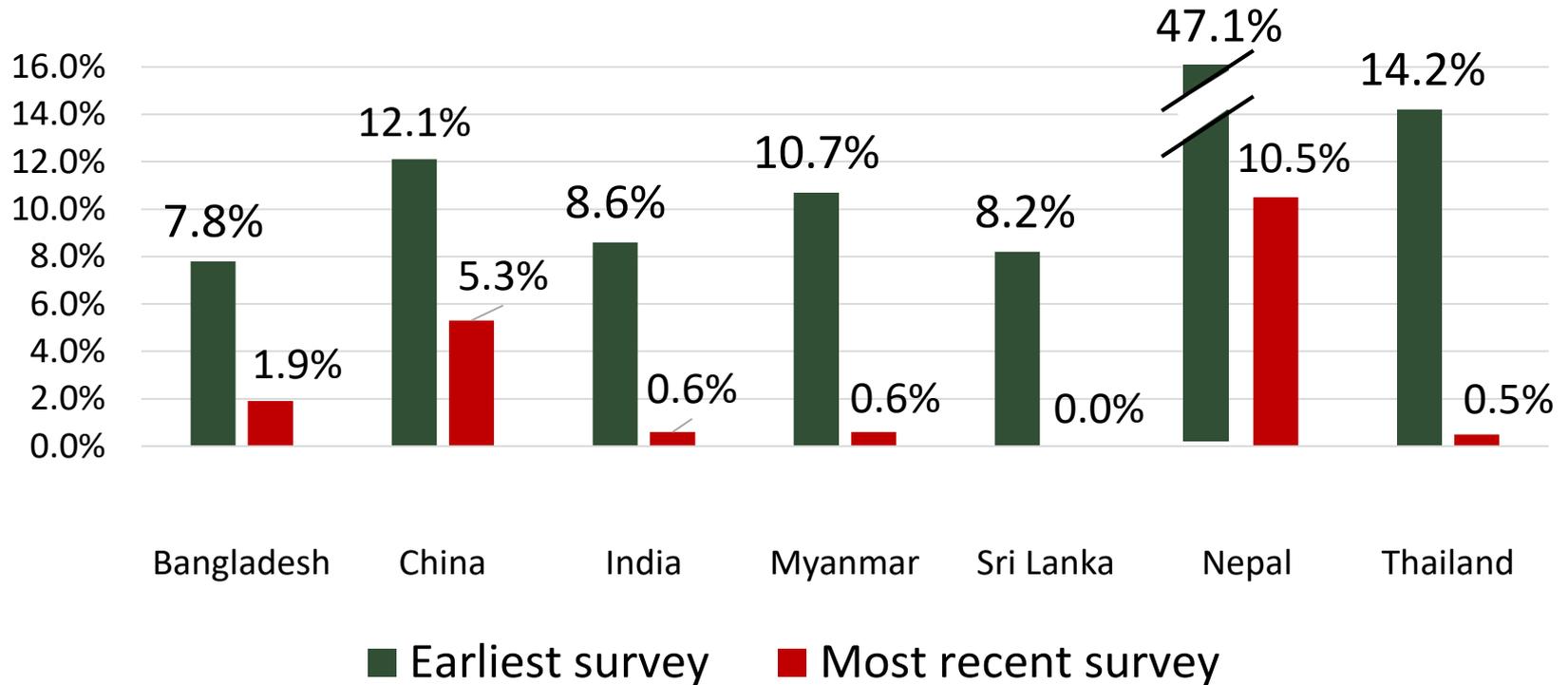


The leading method differs for the 4 geographic regions of the world

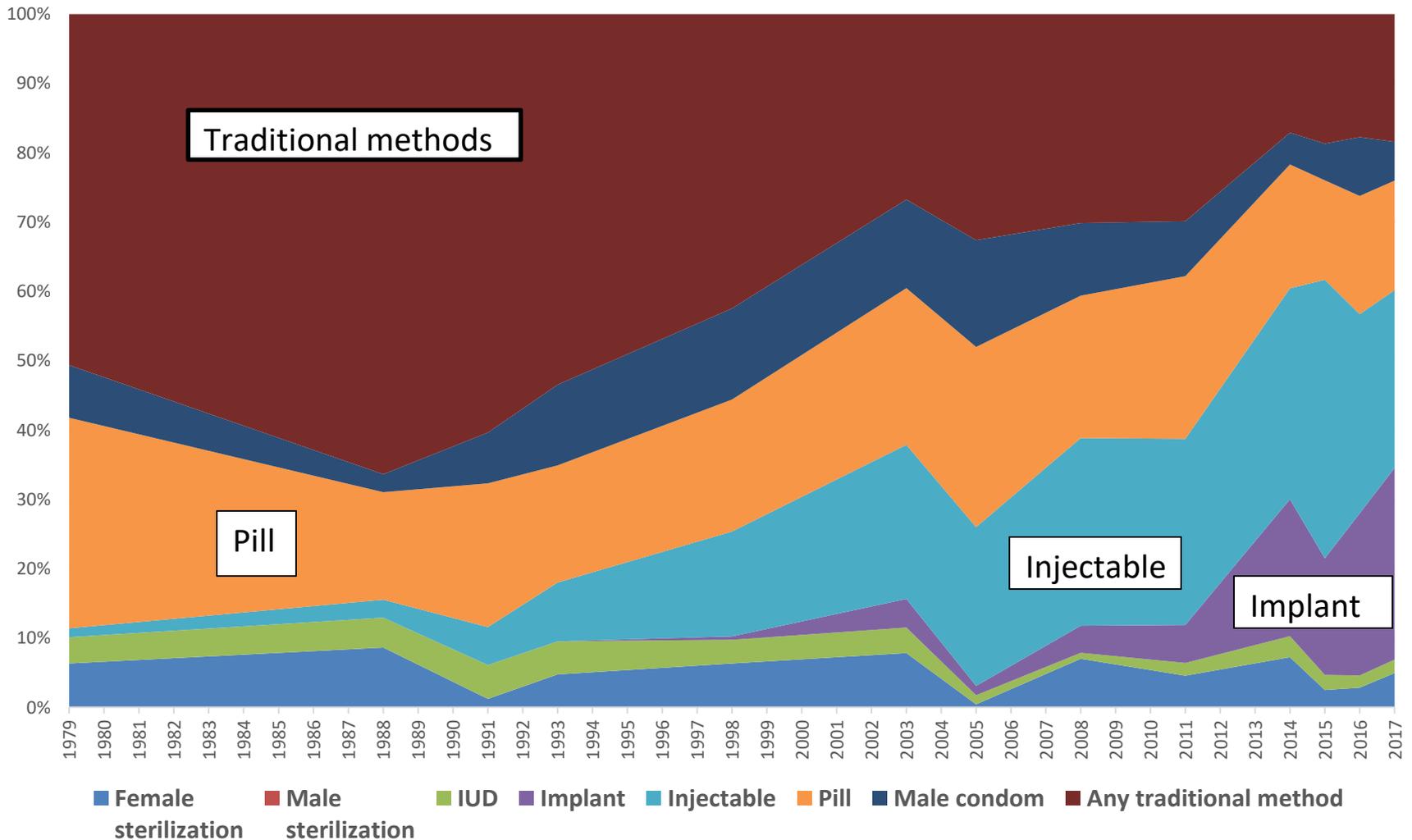


Vasectomy's method share has declined from low to lower

Between the earliest and most recent survey, 113 countries

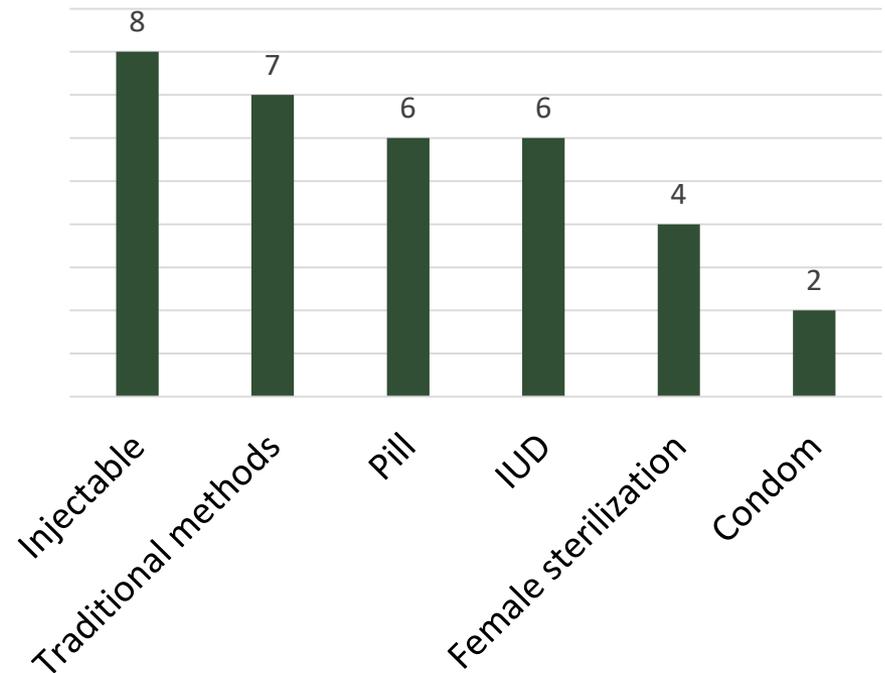


Hormonal method progression in SSA: Pill → injectable → implant (ex: Ghana)



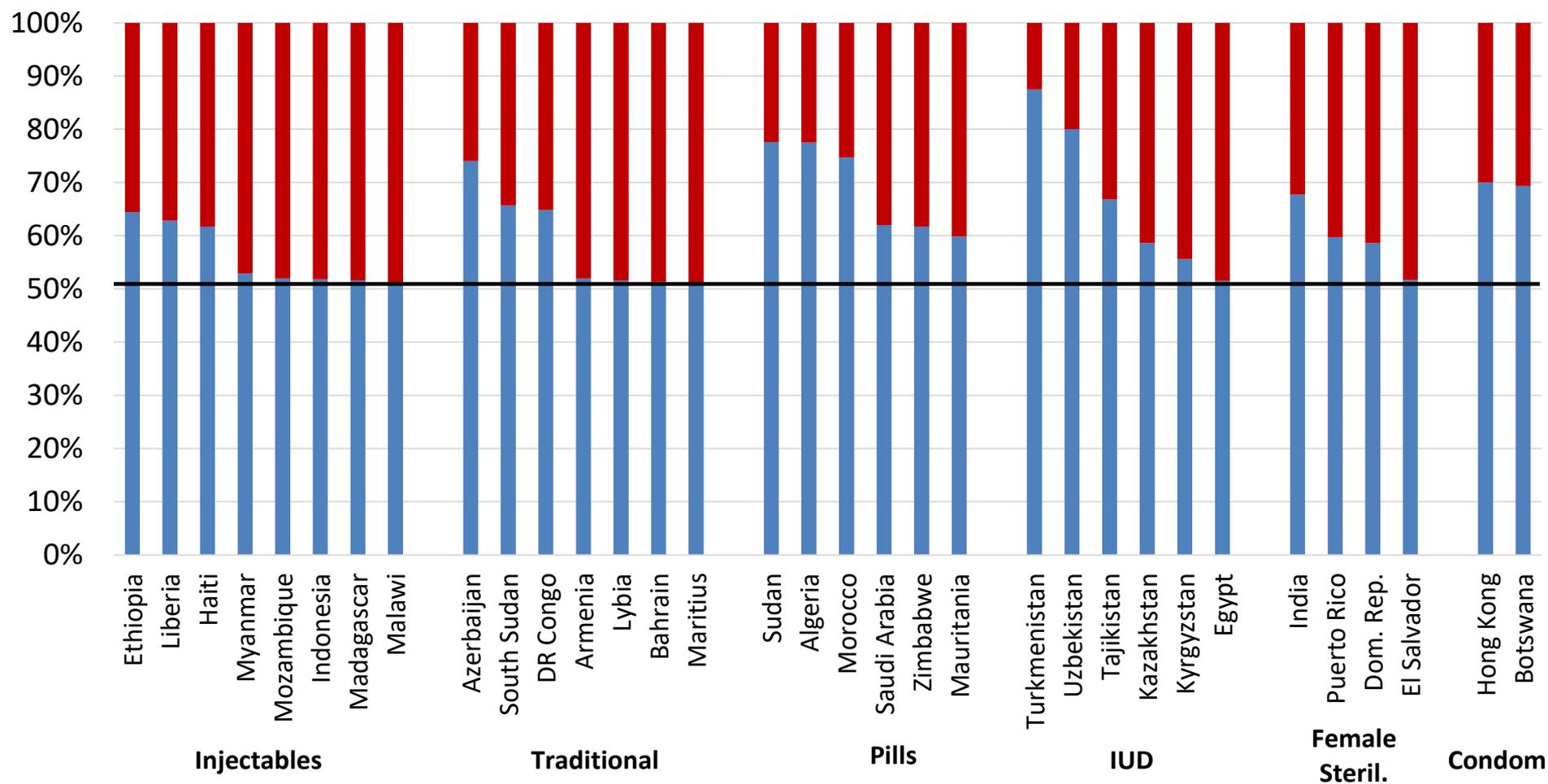
Method skew (one method >50% of total use)

- Close to one-third of countries have method skew (>50%)
- Slight improvement over time:
 - 2006: 35%
 - 2014: 30%
 - 2019: 29%
- Number of countries where different methods cause the skew

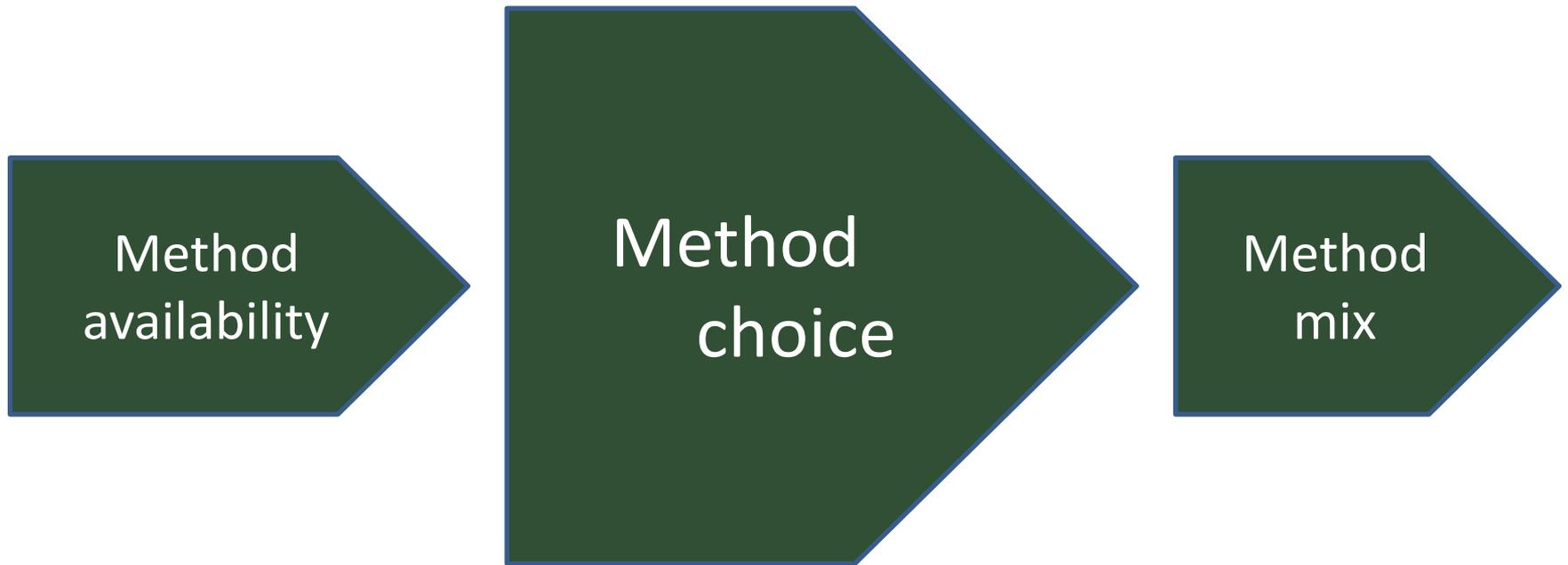


30 countries with method skew >50% as of the most recent survey, by method type

■ Single method > 50% ■ Other methods



What is the actionable “take-away” message from these data?



Both supply and demand influence method mix

Supply:

- Method availability
- Quality of counseling
- Provider attitudes/bias
- Management of side effects

Demand:

- Knowledge of full range of methods
- Clients' tolerance of different side effects
- Reproductive desires and lifestyle
- Societal norms ("everyone I know uses Method X")

How can programs that promote METHOD CHOICE influence method mix?

Supply:	
• Method availability	✓
• Quality of counseling/care	✓
• Provider attitudes/bias	✓
• What else?	
Demand:	
• Knowledge of full range of methods	✓
• Client management of different side effects	✓
• Reproductive desires and lifestyle	✓?
• Societal norms (“everyone I know uses method X”)	

Questions from a country, program, and donor perspective

Is skewed
method mix
necessarily a
problem – if
prevalence is
high?

- What if it's caused by deeply-ingrained social norms or lifestyle preferences?

What is the
role of
donors and
implement-
ing agencies
in influencing
method mix?

- We can probably agree: “improve method choice”
- And if method mix remains skewed???



Turning now to our panelists...
