



World Contraception Day 2021

Kenya: Family Planning Factsheet

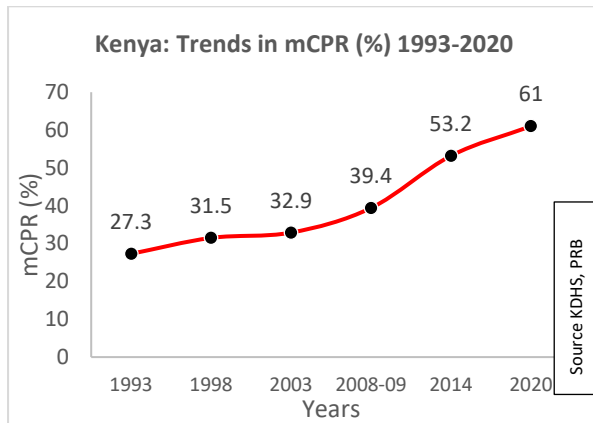
The World Contraception Day is an international annual event celebrated on September 26 to raise awareness about contraception to enable couples make informed decisions and choices in planning their ideal families

This Year's Event Objective: Increase awareness to improve and sustain contraceptives uptake during the Covid-19 pandemic and beyond

Theme: Leaving No One Behind: Expanding Sustainable Access to Contraceptives in the Covid-19 Pandemic and Beyond

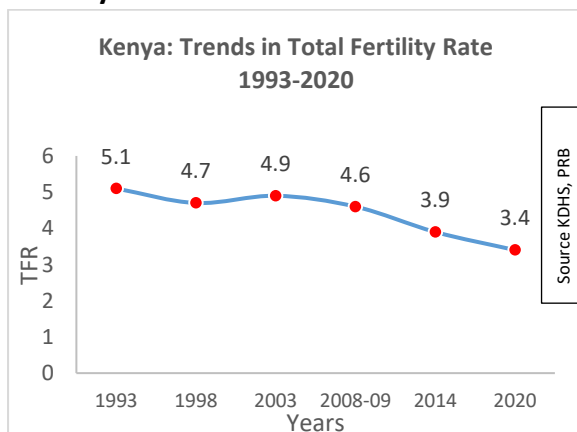
Contraceptive Uptake

Kenya has made great progress in improving the uptake of contraceptives among women of reproductive age.



Contraceptive Prevalence Rate (CPR) and Total Fertility Rate (TFR) have an inverse relationship. When CPR increases, fertility decreases. In 2020, Kenya attained a contraceptive uptake of 61 percent while fertility dropped by 0.5 to 3.4 births per woman between 2014 and 2020. Kenya is the fourth country with over 60% use of modern contraceptives (mCPR) in sub-Saharan Africa after Zimbabwe and Eswatini (66%) and Lesotho (65%) (PRB, 2021).

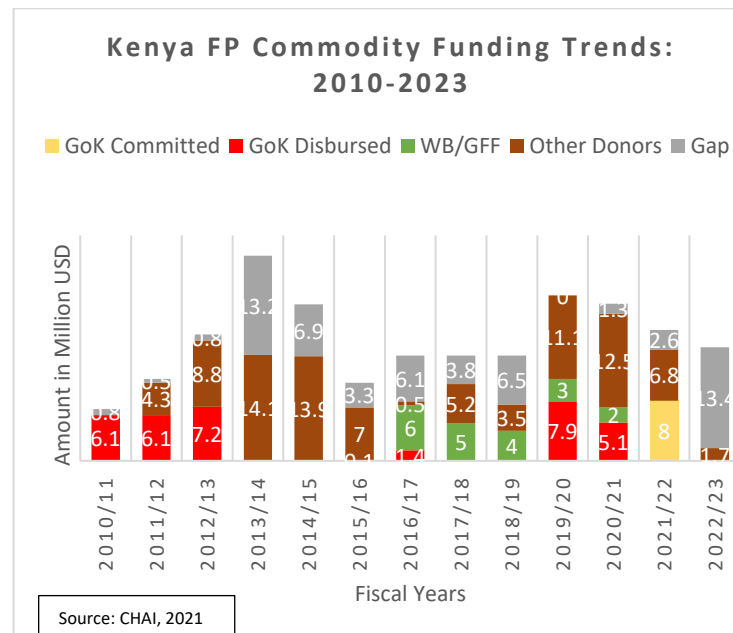
Fertility Decline



Using contraceptives and family planning has significant impact on women's health and wellbeing. In 2021, it is estimated that use of contraception will avert more than 2.4 million unintended pregnancies and 6,100 preventable maternal deaths. Family planning is also important for newborn and child survival. These are key indicators in the achievement of SDG3 on Health and wellbeing. They also point to a country's social and economic status.

Funding Family Planning/Contraceptives in Kenya

Having attained a low middle income economic status in 2019, it is believed that Kenya has gained economic muscle to sustainably support its family planning programme. However, government needs to increase domestic financing for family planning commodities beyond the USD8m commitment.



Impact of Covid-19 on Contraceptive Uptake

Contraceptives use among women of reproductive age was on a trajectory until Covid-19 unleashed its agility on humankind. In FY2019/20 family planning use among all women grown to 5,495,975 up from 4,450,451 in 2017/18FY. However, there was a drastic drop to 5,020,335 in FY2020/21 (KHIS, 2021).

Interestingly, contraceptive uptake among youth 15-24 rose between 2019 and 2020.

Women and girls with disability in low- and middle-income countries face a myriad of challenges accessing Family Planning information and services. There is also a paucity of data and expertise in terms of disability and family planning services.

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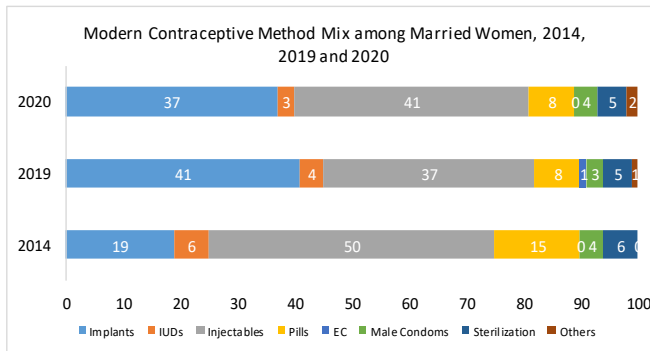
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Kenya's Contraceptive Method Mix

According to KDHS2014, the injectable was used by half (50%) of married women on modern contraceptives. In 2019, there were more women were using implants (41%) than the injectable (37%). However, in 2020, injectables use was higher than implants. Implants use grew from 19% to 37% in 2014-2020 period.



Source: KDHS, MoH, PMA

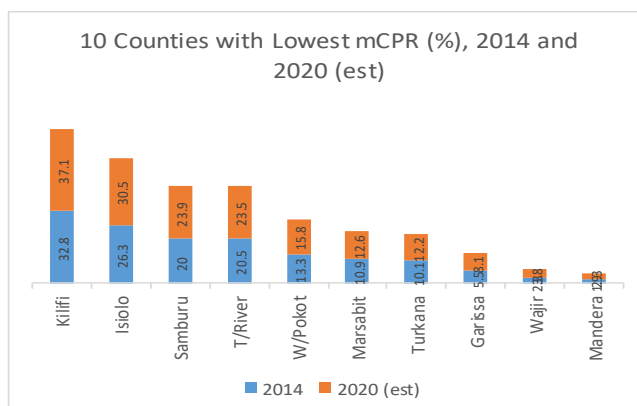
Contraceptive use by method, 2017-2020

Contraceptive Method	2017	2018	2019	2020
Injectables	546,370	694,486	714,518	616,529
IUCD insertions	156,319	187,558	174,142	111,977
Implants insertion	369,137	498,018	514,213	376,242
Combined Oral pills	101,151	173,501	237,743	249,637
Progestin only pills	73,953	86,602	92,924	121,518
BTL	9,149	10,814	8,971	4,435
Vasectomy	807	646	658	334

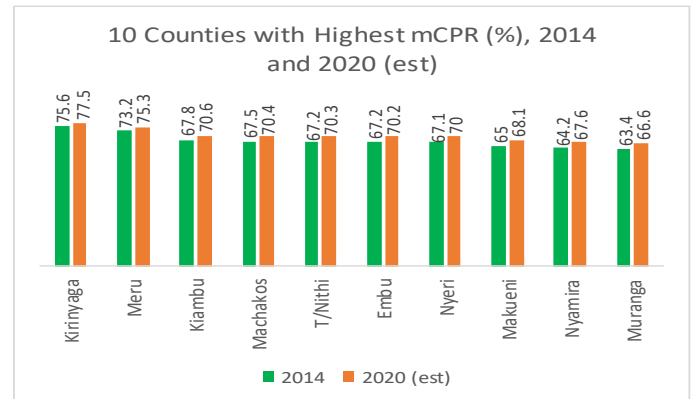
Source: KNBS, 2021

Contraceptive Uptake at County Level

The North Eastern Region counties (Mandera, Wajir and Garissa) still have the lowest contraceptive uptake of below 10% each.

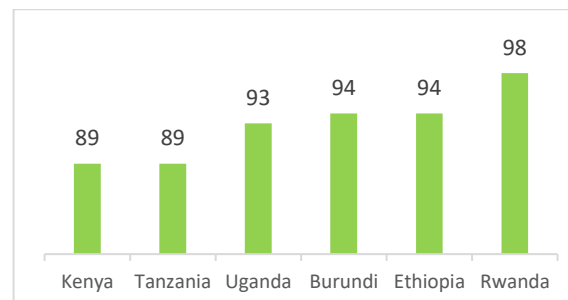


Kirinyaga, Meru, Kiambu, Machakos, Tharaka Nithi, Embu and Nyeri are the best performing counties in terms of uptake of modern contraceptives among women in union/married with over 70% mCPR.



Who Decides on Contraception

Percentage of women aged 15-49 who make own decisions on the use of contraception in EA, 2007-2018



Source: NCPD, 2021

In Kenya, more than half of women of reproductive age (15-49 years) in Turkana (64%), Nyamira (58%) and Kiambu (54%) have autonomy on decisions to use contraceptives while in West Pokot, 46% of men/husbands have sole decision making power on contraceptive use by their spouses. Counties where spouses make joint decisions on use of contraception are Taita Taveta (81%), Tana River and Kisumu (78%), Tharaka Nithi (75%), Makueni (74%), Kisii (73%), Uasin Gishu (72%) and Kilifi (70%) (NCPD, 2021).

Types of Contraceptive Methods



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NCPD, 2021