



**NIGERIAN URBAN REPRODUCTIVE
HEALTH INITIATIVE**

**Modeling Age at First Sex and
Contraceptive Use among Female Adults
in Ilorin, Nigeria**

Bamidele M., Storey D., Gwantang G., Akiode A

International Conference on Family Planning
Nusa Dua, Indonesia
January 26, 2016



Why Focus on the Reproductive Health of Young Adults?



More than 1 of every 4 persons worldwide is between ages 10 and 24 years





NIGERIAN URBAN
REPRODUCTIVE
HEALTH INITIATIVE

WWW.NURHI.ORG

Study Background

- Age at first sex is an important indicator of both risk of pregnancy and exposure to sexual transmitted infections
- Contraceptive use at first intercourse is important because pregnancies have been found to occur early in young adult's sexual experience
- The patterns of contraceptive use at younger ages influence later contraceptive decisions



Defining the problem: Young adults sexual health

- 71 percent of young female adults aged 15-24 had their first sexual intercourse at age 20
- 41.3 percent begun childbearing at age 19 while 37.2 percent at age 18
- 61.1 percent aged 15-29 had their first birth at age 22
- Approximately 7 in 10 young adults reported having had sexual intercourse by age 20

Source: NDHS, 2013



NIGERIAN URBAN
REPRODUCTIVE
HEALTH INITIATIVE

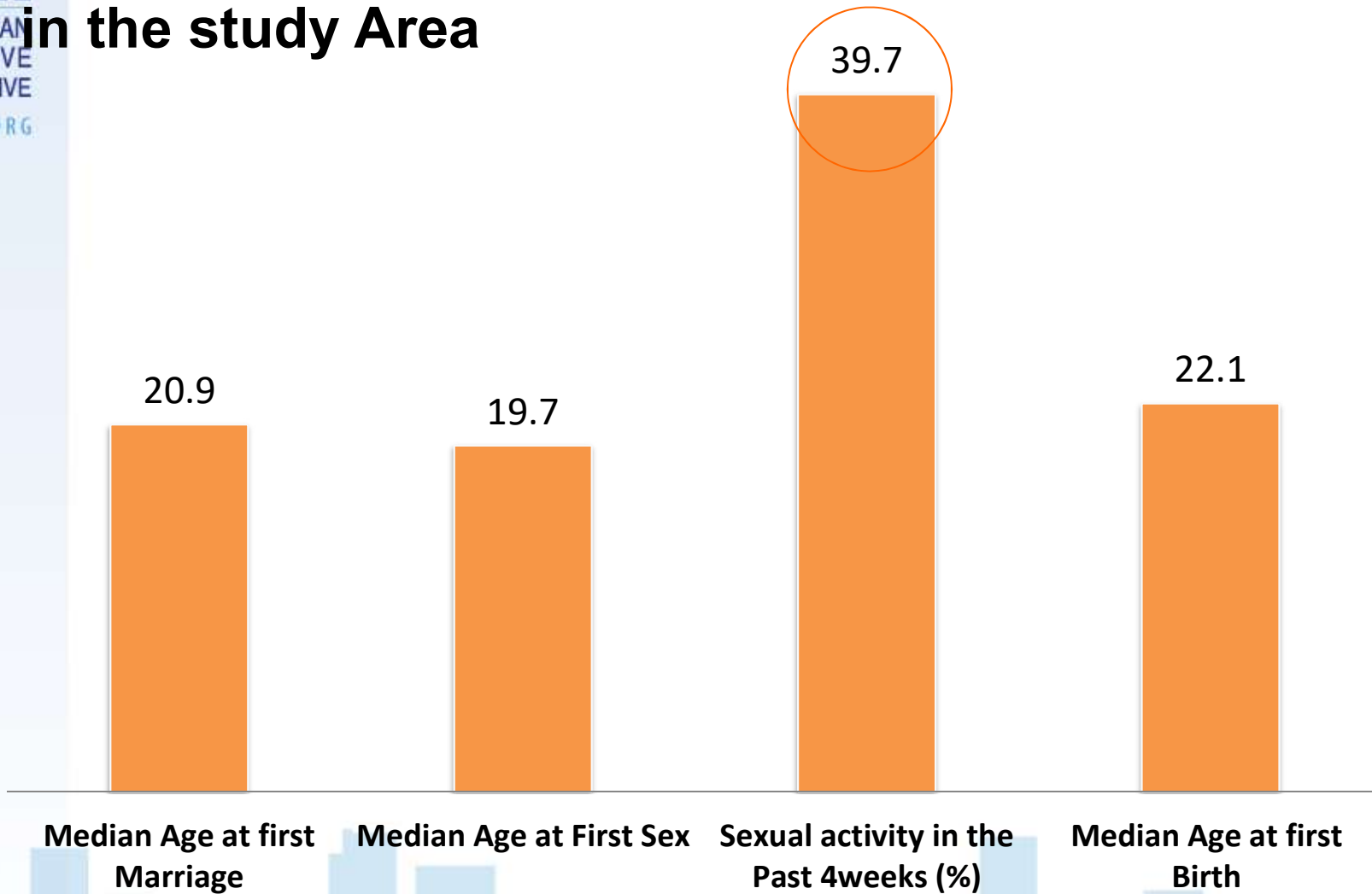
WWW.NURHI.ORG

Use of contraceptives

- 50 percent sexually active young female adults aged 15-19 use modern contraception
- Majority (41 percent) who use contraception use condoms closely followed by pills
- Young female adults, on average, delay 1 year after first sex before contracepting

Source, NDHS, 2013

Fig 1: Some Proximate Determinants Variables in the study Area



Source: NDHS, 2013



NIGERIAN URBAN
REPRODUCTIVE
HEALTH INITIATIVE

WWW.NURHI.ORG

Study Objective

- The study was designed to model demographic characteristics of young female adults at first sex and contraceptive use



Research Method

- The study was conducted between December 2014 to January 2015
- Among female adults aged 18 to 30 years in two LGAs in Ilorin, Nigeria
- A sample size of 1600 at 80% power and $\alpha = 0.05$ was used for the study
- Using a pre-tested questionnaire
- Analysis were done on STATA using logistic regression

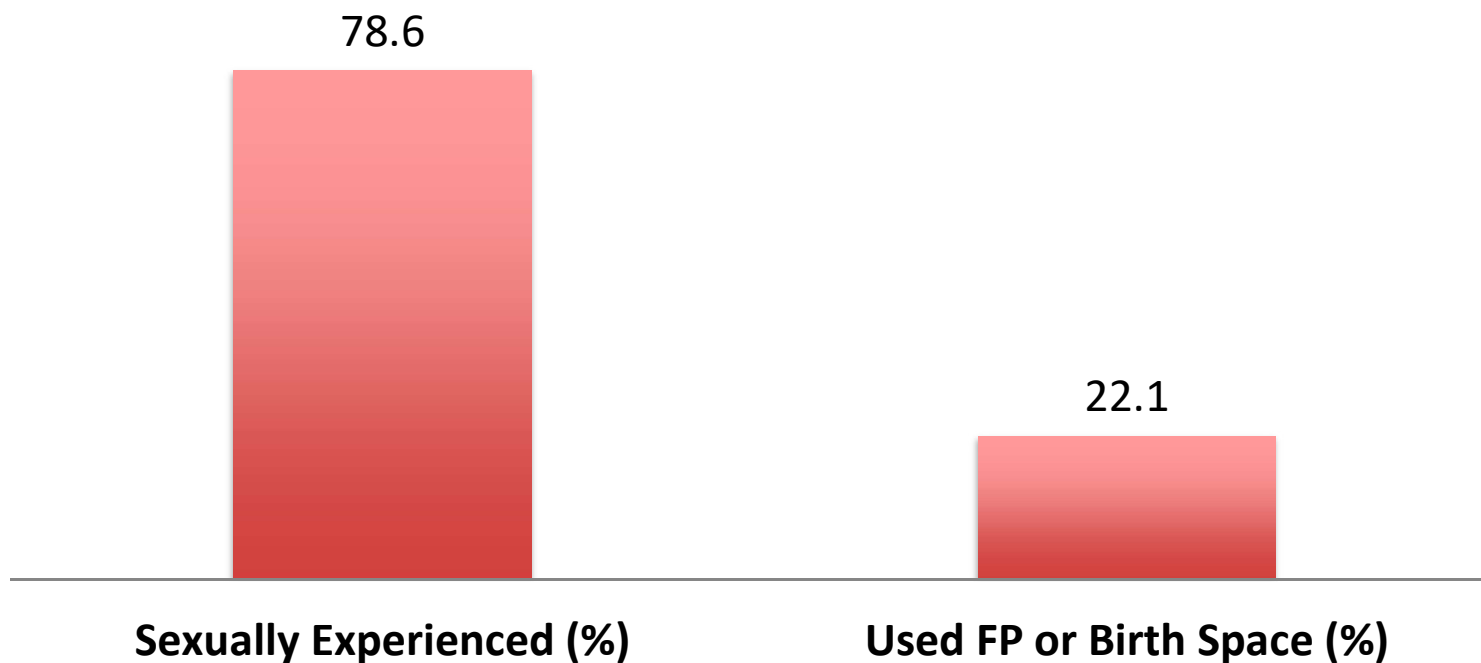
Ethical Consideration

- Ethical clearances for this study was obtained from the State Health Ethical Research Committee
- Confidentiality policy was explained to all respondents including their rights to decline participations

Result

- The mean age at first sexual intercourse was 18.9
- Mean age of sex partner was 25.3
- Majority (76.5%) had secondary education while 12.5% had no formal education

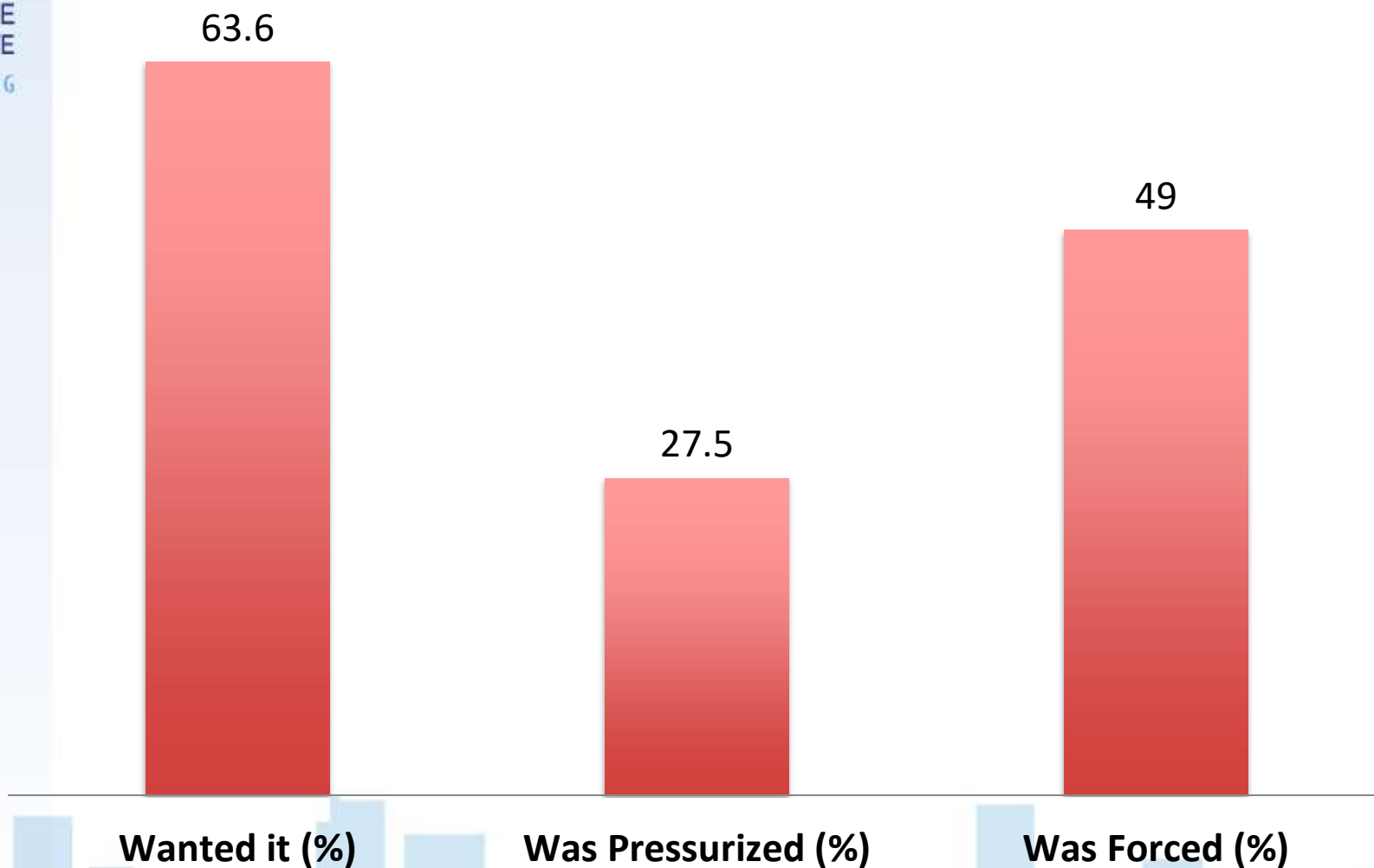
Fig 2: Use of Family Planning and Sexually Experience



- Of methods used, condom were selected most frequently (81.9%)

Source: NURHI Gateway Behaviors Study, 2015

Fig 3: Reasons for First Time Sex



Source: NURHI Gateway Behaviors Study, 2015

Variables	Odd Ratio	Significance
Respondent Age	*P<0.05	
<=18	0.315*	0.003
19-24	0.510	0.075
25-30	0.456	0.303
Education		
No Formal	0.349	0.079
Primary	0.591	0.510
Secondary	0.741	0.063
Partner Education		
No Formal	0.563	0.530
Primary	0.454	0.535
Secondary	0.740	0.453
Religiosity		
Mean	0.561	0.374
Age Difference		
Same ages	0.567	0.095
respondent>Partner	0.792	0.741
Partner>respondent	0.504*	0.001

Result

Logistic regression estimates predicting contraceptive use at first sexual intercourse shows that:

- Respondents who first had sex at age 18 or younger had lower odds of using a contraceptive than those who were aged 19-24
- Religiosity while growing up did not influence contraceptive use at first intercourse
- Young female adults who had their first sexual intercourse with partner substantially older than themselves had lower odds of practicing contraception
- Young adult with secondary education has a higher odds of using contraceptive at first while partner education was insignificant
- Differences between respondents and their partner in age significantly related to contraceptive use at first intercourse

Conclusions

The study has used demographic characteristics of young female adults to model contraceptive use in Ilorin, Nigeria

- The present findings have implications for the design of programs focused on sexuality and contraception during adolescence
- Parents and programs should encourage young female adults to delay sexual intercourse and discuss contraception with partners before initiating sex



NIGERIAN URBAN
REPRODUCTIVE
HEALTH INITIATIVE

WWW.NURHI.ORG

Thank you

