



## Acknowledgement of Abstract Submission

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### CALL FOR PAPERS

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### Abstract Category:

Facilitators and Barriers to Family Planning Uptake in Nigeria

Abstract Title:

\*Barriers For Non-use Of Family Planning In Lagos State -- A Qualitative Study

ABSTRACT:

Background With a population of 186 million, Nigeria has some of the poorest measures of reproductive health in Africa, including an estimated maternal mortality ratio of 560 deaths per 100,000 live births and an infant mortality rate of 71 per 1,000 live births. Modern contraceptive use remains low in Lagos state (26%) (NDHS 2013). Known barriers to uptake include side effects, access to commodities and lack of awareness. The Nigerian Urban Reproductive Health Initiative (NURHI), a comprehensive family planning program encompassing supply, demand, and advocacy interventions in three states (Lagos, Oyo and Kaduna), aims at ensuring positive shift in family planning social norms at the structural, service, and community levels in the state, with the underlying goal of improving the health of Nigerian women and children. Methodology The Johns Hopkins University, Centre for Communication Programs (JHU/CCP)/NURHI project, Marie Stopes International Nigeria (MSION), DKT carried out a Family Planning landscape study between December 2014 and May 2015 in two locations in Lagos State (Lagos Mainland and Ibeju-Lekki). The study employed qualitative methods, including focus group discussions and in-depth interviews among a representative sample of women of reproductive and men age (18 - 44 years). FGD and IDI audio recordings were transcribed verbatim in the language used. Thematic coding was performed on all transcripts using qualitative data analysis software - Atlas.ti. Results/key findings All the respondents in the study mentioned fear of side effects and that adverse

reactions were a major barrier to non-use including changes to women's menses, weight gain/loss, and pain. Another common reason was a lack of a perceived need for modern contraceptives, due to the use of traditional methods or other methods of preventing pregnancy (e.g., abstinence, withdrawal). The biggest fear was that a particular method would cause infertility. Many fears were based on myths and misconceptions. **Conclusions and Recommendation** The findings from this study have important implications that can guide implementation of programs and policies to improve contraceptive use and reproductive health outcomes for women in Lagos State. Participants recommended health facilities and health care providers as the most credible sources of information about family planning. Many participants also recommended using media channels for raising awareness and disseminating information about family planning, particularly radio and television. Several participants noted the important role that community and religious leaders and other cultural gatekeepers play in encouraging people to adopt family planning.

## Topics

Facilitators and Barriers to Family Planning Uptake in Nigeria

## Presentation:

Poster

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