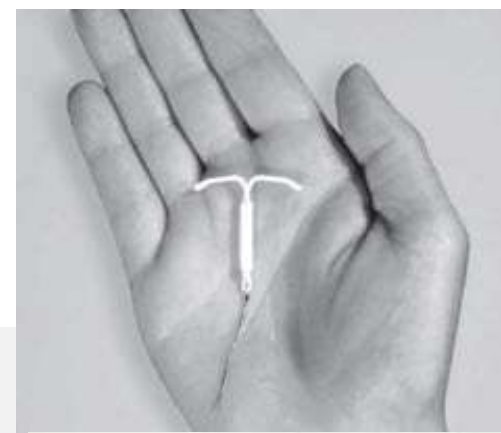


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# Global overview on Long-acting reversible contraception (LARC): prevalence, access, trends

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# Outline

- Reproductive health challenges
- Overview of LARCs
- Effectiveness and trends



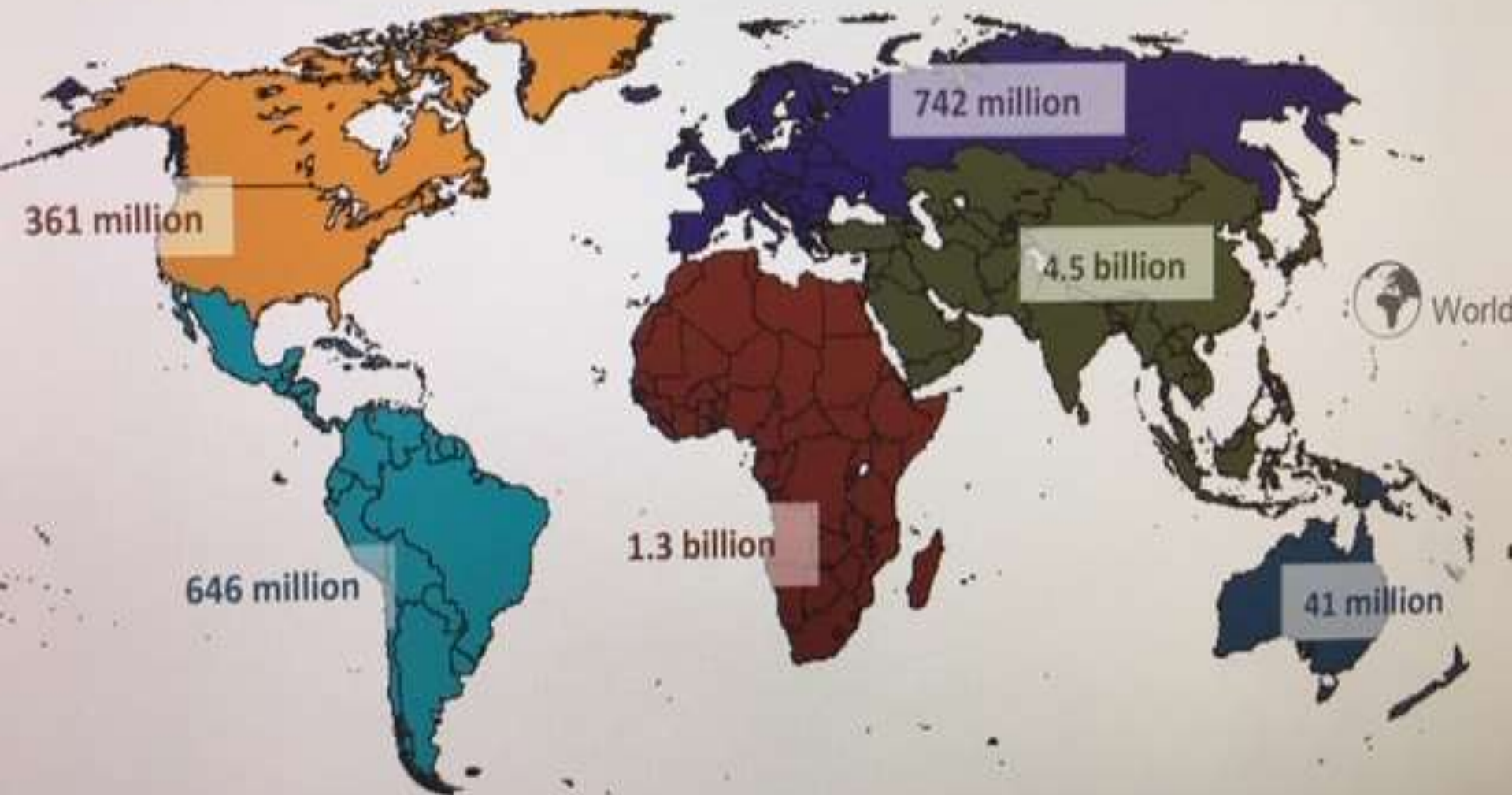
# Magnitude of the problems related to sexual and reproductive health and rights

- ❑ In 2019, an estimated
  - **295, 000 women died from pregnancy-related causes**
  - **2.7 million babies died** during the first 28 days of life and
  - **2.6 million babies were stillborn.** 98% of stillbirths take place in low-income and middle-income countries.
- ❑ **Child marriages: 39 000 every day.**
- ❑ About **1 million girls under 15 give birth every year**—most in low- and middle-income countries.
- ❑ An estimated **218 million women have unmet need in contraception** in developing countries .
- ❑ Recent estimates: **56 million induced abortions** occurred each year worldwide.
- ❑ Each year, there are an estimated **357 million new infections with 1 of 4 STIs**: chlamydia, gonorrhea, syphilis and trichomoniasis.
- ❑ **1 in 3** women worldwide have experienced either **physical and/or sexual intimate partner violence**.

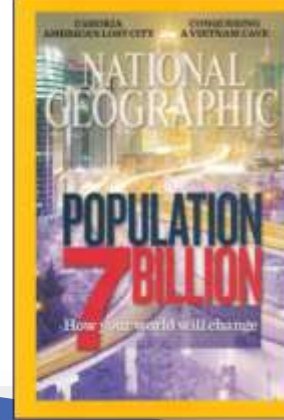


# World's regions vary considerably in population size (UNPD, 2017)

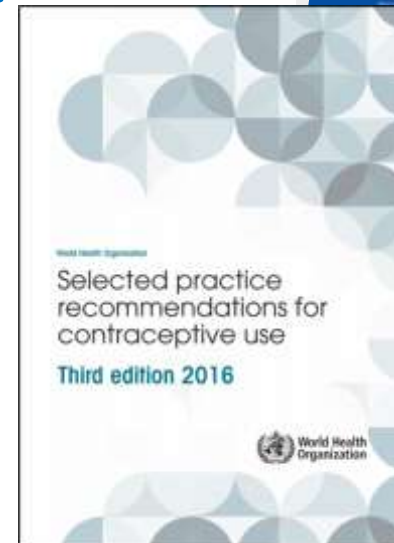
Distribution of the world's population by region, 2017



# Contraception / family planning: Normative guidance

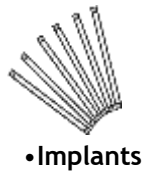


- 5<sup>th</sup> edition of the *Medical Eligibility Criteria for contraceptive use (MEC)* guidance & *MEC Wheel* job aid
- 3<sup>rd</sup> edition *Selected practice recommendations for contraceptive use (SPR)*
- 3<sup>rd</sup> edition *Family Planning - A global handbook for providers*



•Most effective

• Generally 2 or fewer pregnancies per 100 women in one year



•Implants



•Sterilisation  
•for women



•Vasectomy



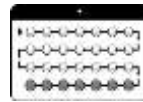
•IUD

•One-time procedures; nothing to do or remember



•Injectables

•Need repeat injections every 1, 2 or 3 months



•Pill  
s

•Must take a pill each day

•About 15 pregnancies per 100 women in one year



•LAM

•Must follow LAM instructions



•Male  
condoms

•Must use every time you have sex; requires partner's cooperation

•About 30 pregnancies per 100 women in one year



•Diaphragm

•Must use every time you have sex



•Female  
condoms

•Must use every time you have sex; requires partner's cooperation



•Fertility  
Awareness-Based  
Methods  
•(selected)

•Must abstain or use condoms on fertile days; requires partner's cooperation

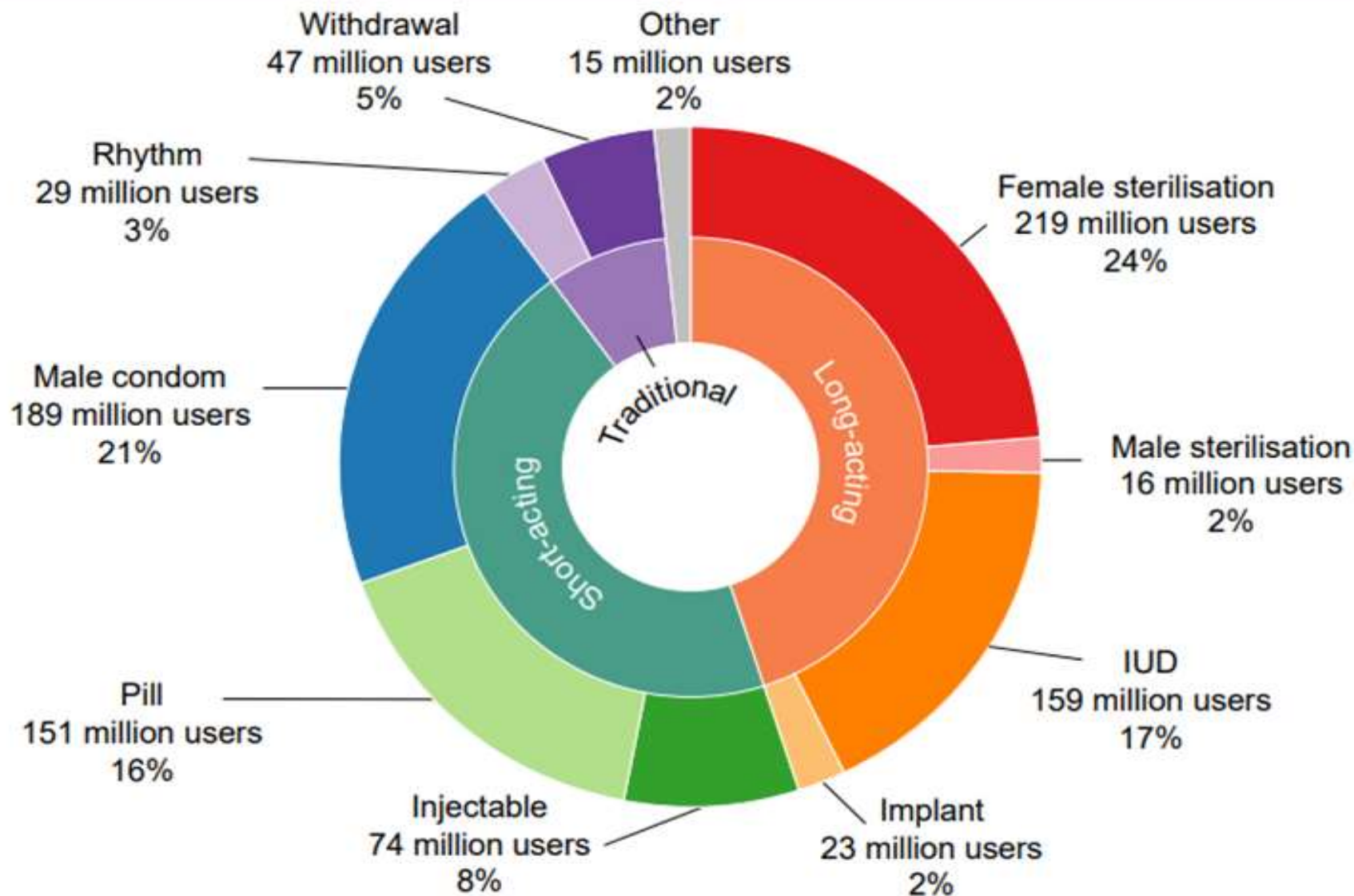
•Least effective



•Spermicides

•Must use every time you have sex

# Worldwide two most common: Female sterilization and male condom



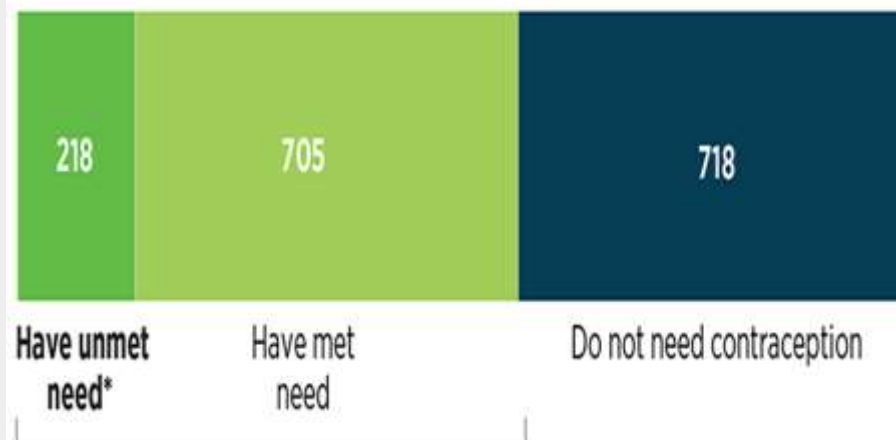
Reference: World Contraceptive Use 2019

# If all unmet need for modern contraception were satisfied

- ... in LMIC regions and all pregnant women and their newborns were to receive care at the standards recommended by the World Health Organization, the impacts would be dramatic:
  - Unintended pregnancies would drop by 68%
  - Unsafe abortions would drop by 72%
  - Maternal deaths would drop by 62%
  - Providing the recommended maternal and newborn care would also vastly improve newborn health. Newborn deaths would drop by 69%, and new HIV infections among babies six weeks and younger would drop by 88%. (Guttmacher, 2019)

**2.1** In LMICs, 218 million women are considered to have an unmet need for modern contraception because they want to avoid a pregnancy but are not using a modern method.

1,640 million women of reproductive age, 2019



923 million want to avoid a pregnancy



# What are LARCs and their effectiveness

## Types:

- ❑ Contraceptive implants [*single (ENG) rod, double (LNG) rods*]
- ❑ Levonorgestrel-releasing intrauterine system (*LNG IUS*), and
- ❑ Copper bearing intrauterine device (*IUD*)
  
- ❑ **LARC cumulative pregnancy rates** in the first 3 years of use of is 0.9 per 100 woman-years.
- ❑ **Comparison:** the percentages of women **experiencing an unintended pregnancy** during the first year of typical use of short-acting methods are much higher, including
  - Male condoms (18%),
  - The diaphragm (18%),
  - Depo-Provera injectables (6%), and,
  - Combined oral contraceptive pills or progestin-only pills (9%)

# CONTRACEPTIVE IMPLANTS

**GLOBAL: 48.5%**  
**IMPLANTS: 1.2%**

*(UNPD, 2019)*

# Types of contraceptive implants

- ❑ **Jadelle**: 2 rods containing levonorgestrel (LNG), highly effective for 5 years
- ❑ **Levoplant (Sino-Implant (II))**, 2 rods containing levonorgestrel. Labeled for up to 4 years of use.
- ❑ **Implanon/ Nexplanon (ENG)**: 1 rod containing etonogestrel, labeled for up to 3 years of use

# Contraceptive implants are ...

- ❑ Implants are small flexible rods that are placed just under the skin of the upper arm.
- ❑ Implants can stop your body from releasing an egg each month. They also thicken the mucus in the cervix so sperm cannot get to an egg.
- ❑ Provide long-term pregnancy protection. Very effective for 3 to 5 years, depending on the type of implant.
- ❑ Immediately reversible.

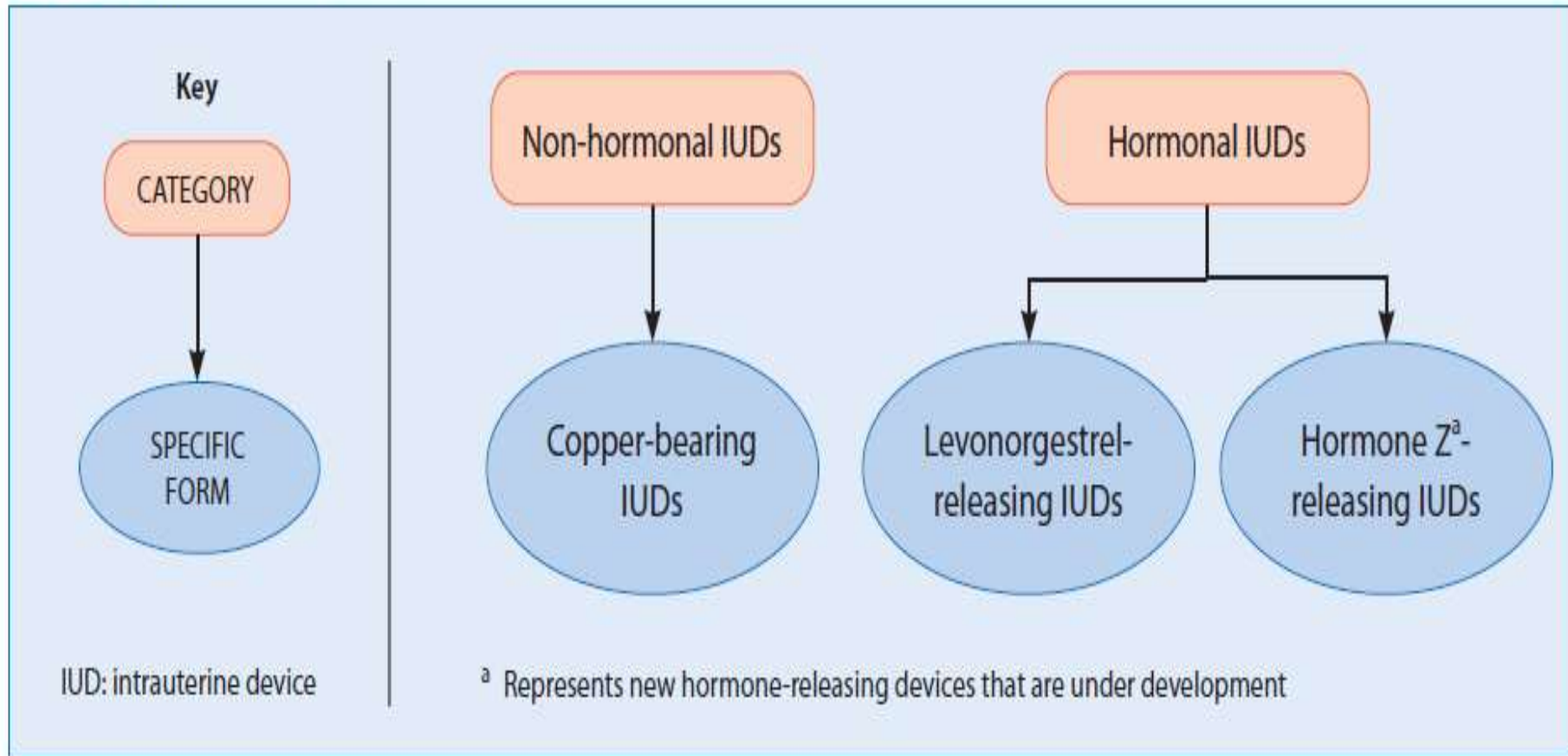
# INTRAUTERINE CONTRACEPTIVE DEVICES

**FOR ANY CONTRACEPTIVE METHOD: 48.5%**

**IUD: 8.4%**

*(UNPD, 2019)*

# Classification of intrauterine devices (WHO, 2021)



# Intrauterine contraceptive devices are ...

## Copper-Bearing Intrauterine Device

- ❑ Small, flexible plastic frame with copper sleeves or wire around it.
- ❑ Works by causing a chemical change that damages sperm and egg before they can meet.
- ❑ A specifically trained health care provider inserts it into a woman's uterus
- ❑ Highly effective: Less than 1 pregnancy per 100 women using an IUD over the first year
- ❑ Long-term pregnancy protection. Shown to be very effective for up to 12 years, immediately reversible.

# Intrauterine contraceptive devices are ...

## Levonorgestrel intrauterine device (LNG-IUD)

- ❑ T-shaped plastic device that steadily releases a small amount of levonorgestrel each day.
- ❑ Also called the levonorgestrel-releasing intrauterine system, LNG-IUS, or hormonal IUD.
- ❑ Works by preventing sperm from fertilizing an egg.
- ❑ Specifically trained health care provider inserts it into a woman's uterus
- ❑ *Marketed under such brand names as Mirena (5y-7y), Kyleena (5y), Liletta (3y), Skyla(3y), and Jaydess (3y).*
- ❑ Less than 1 pregnancy per 100 women using an LNG-IUD over the first year



# IUD Prevalence across the globe

- Globally contraceptive prevalence rate for modern methods is 56%
  - Proportion of IUD is 13% (*mostly copper IUD*)
  - In low income and LMIC the prevalence is 4% (29%) to 5% (46%) respectively
  - Africa: 4% (32% of the modern method mix)
  - Sub-Saharan Africa: 1% (29% of the modern method mix)
  - Americas: 7% (68% of the modern method mix)
  - Latin America and the Caribbean: 6% (70% of the modern method mix)
  - Asia: 16% (59% of the modern method mix)
  - Europe 11% (61% of the modern method mix)

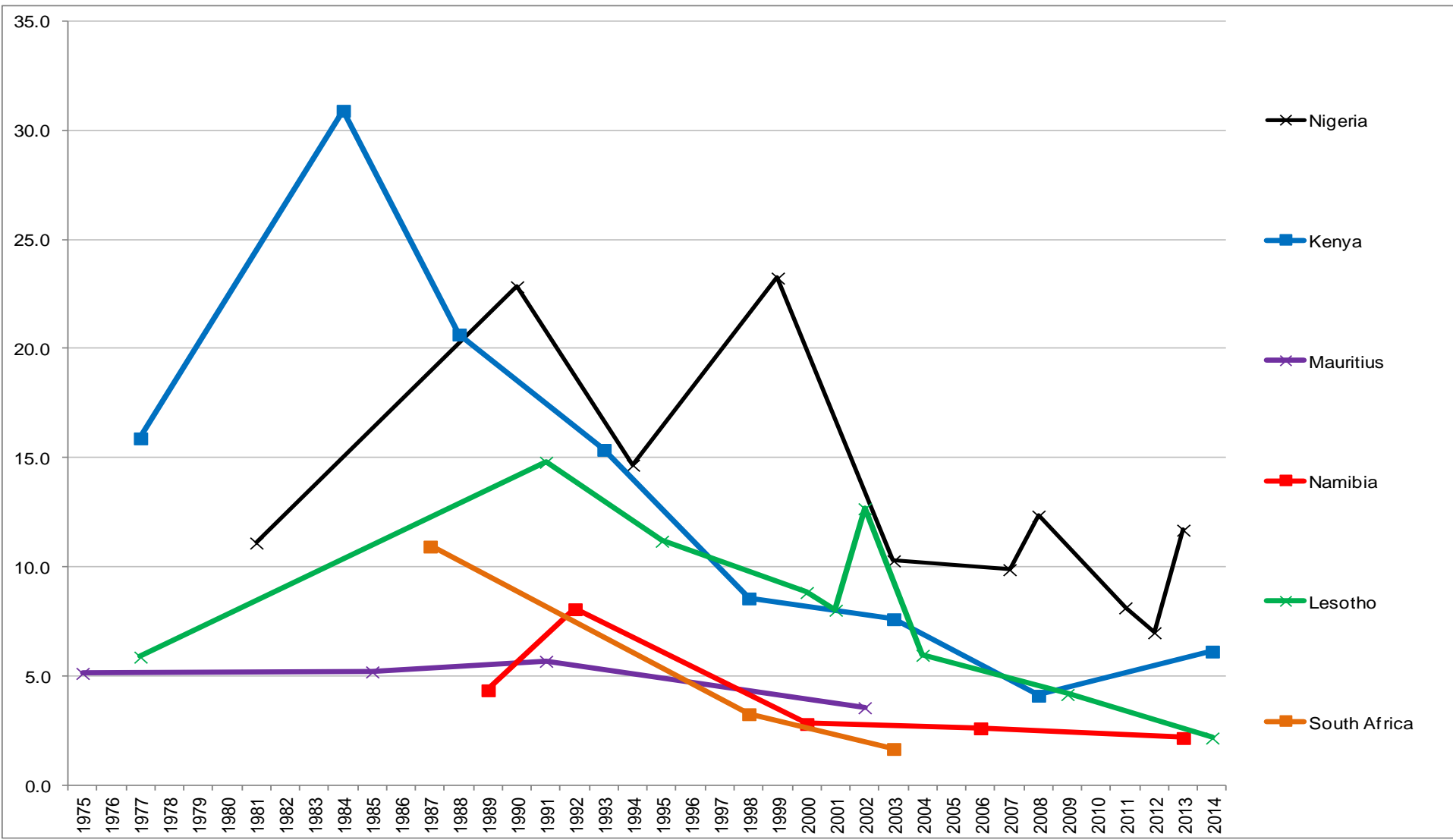
# IUD's current share of modern method protection: 159 countries with survey data since 2000

- <5%            63 ( 34 SS Africa, 8 LA, +Bangladesh, Nepal etc)
- 5-9%            32 countries
- 10-19%        28 countries
- 20-39%        21 countries
- 40%+           16 (former USSR, China, N Korea, Vietnam,  
Palestine, Syria, Jordan, Tunisia)

# TRENDS IN IUD USE

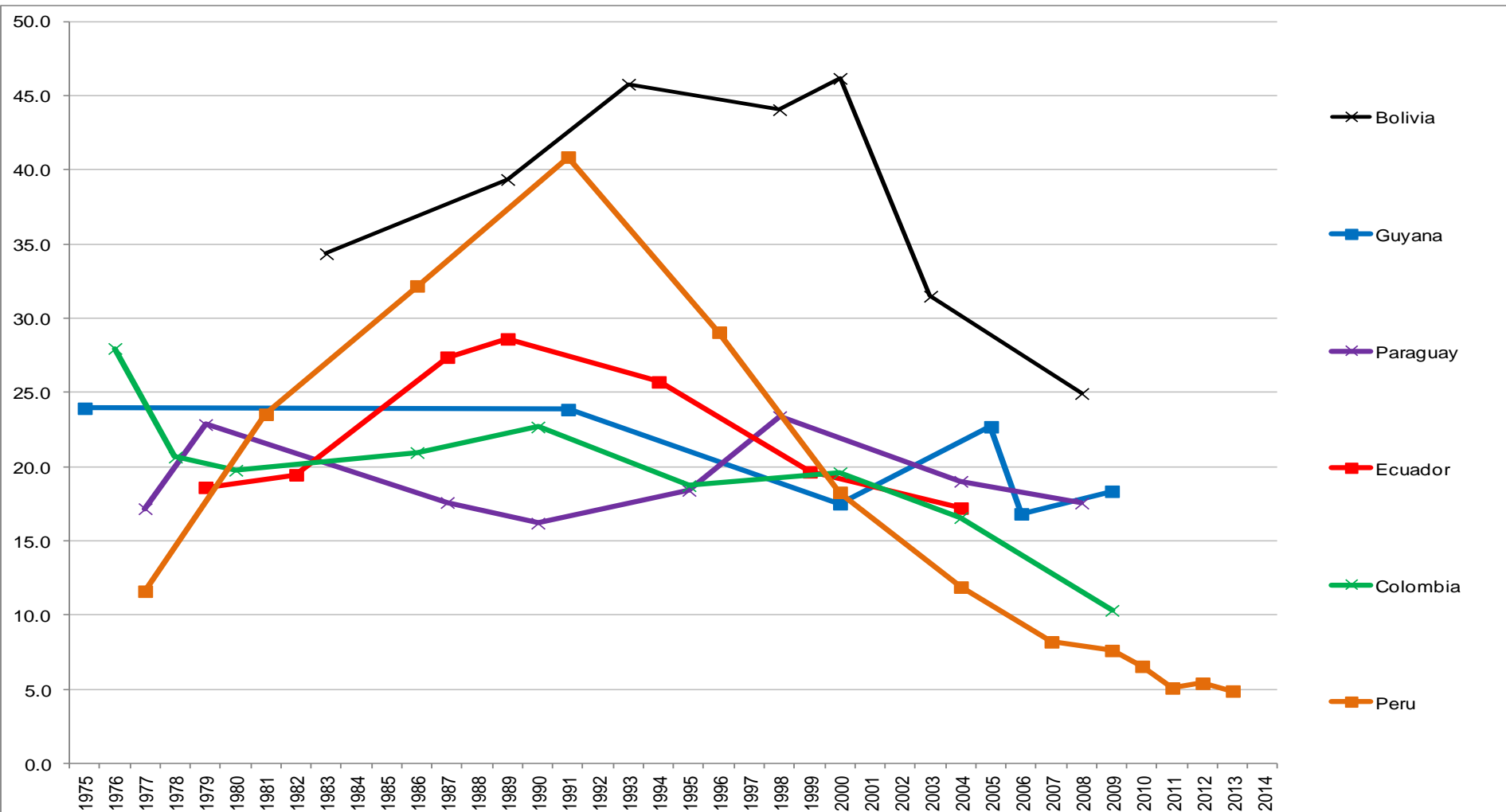
# Long term (1975-2014) country trends in IUD share in modern method protection

## Trends in IUD's share: Eastern, Middle, Southern and Western Africa



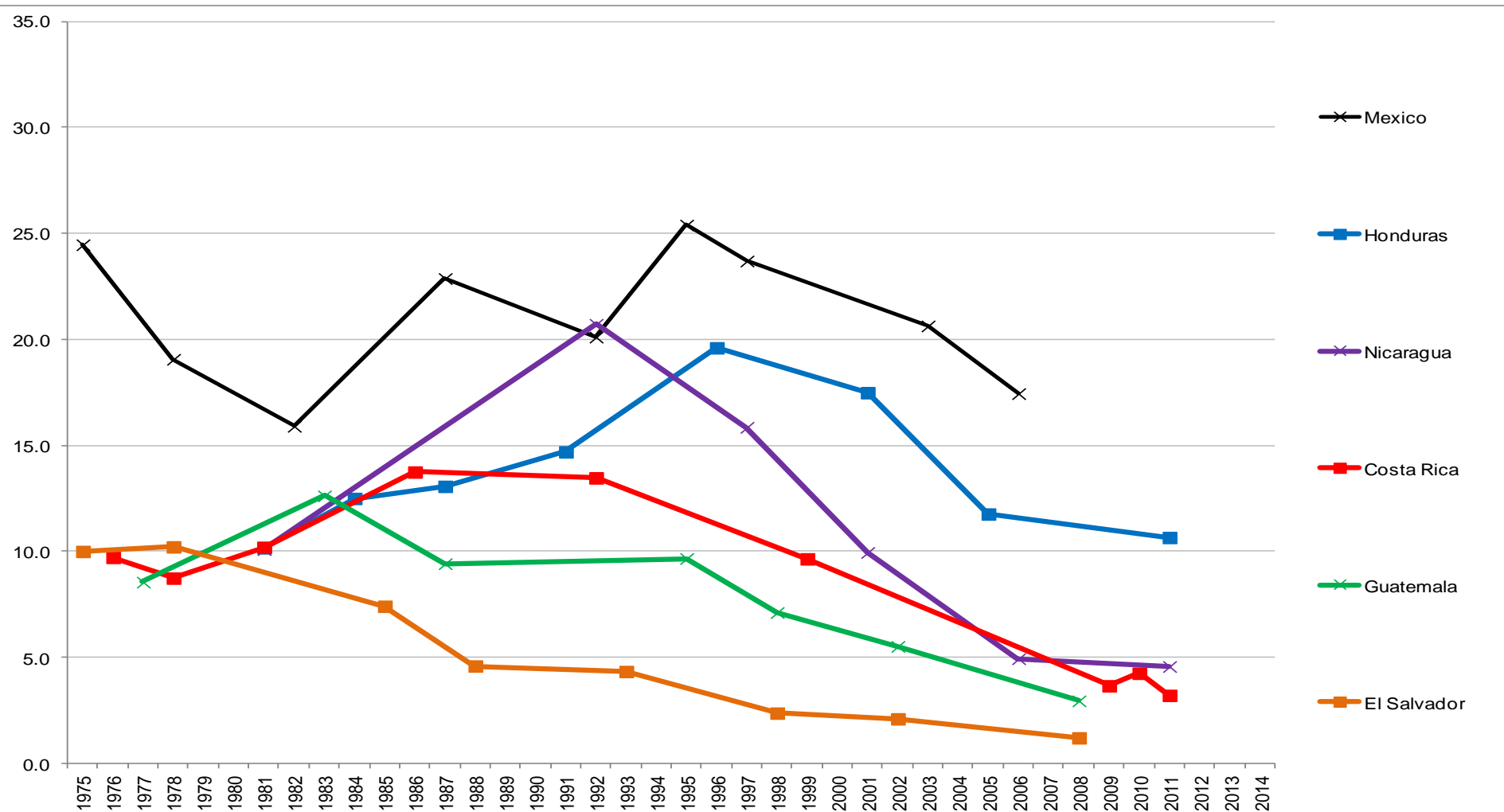
# Long term (1975-2014) country trends in IUD share in modern method protection

## Trends in IUD's share: South America



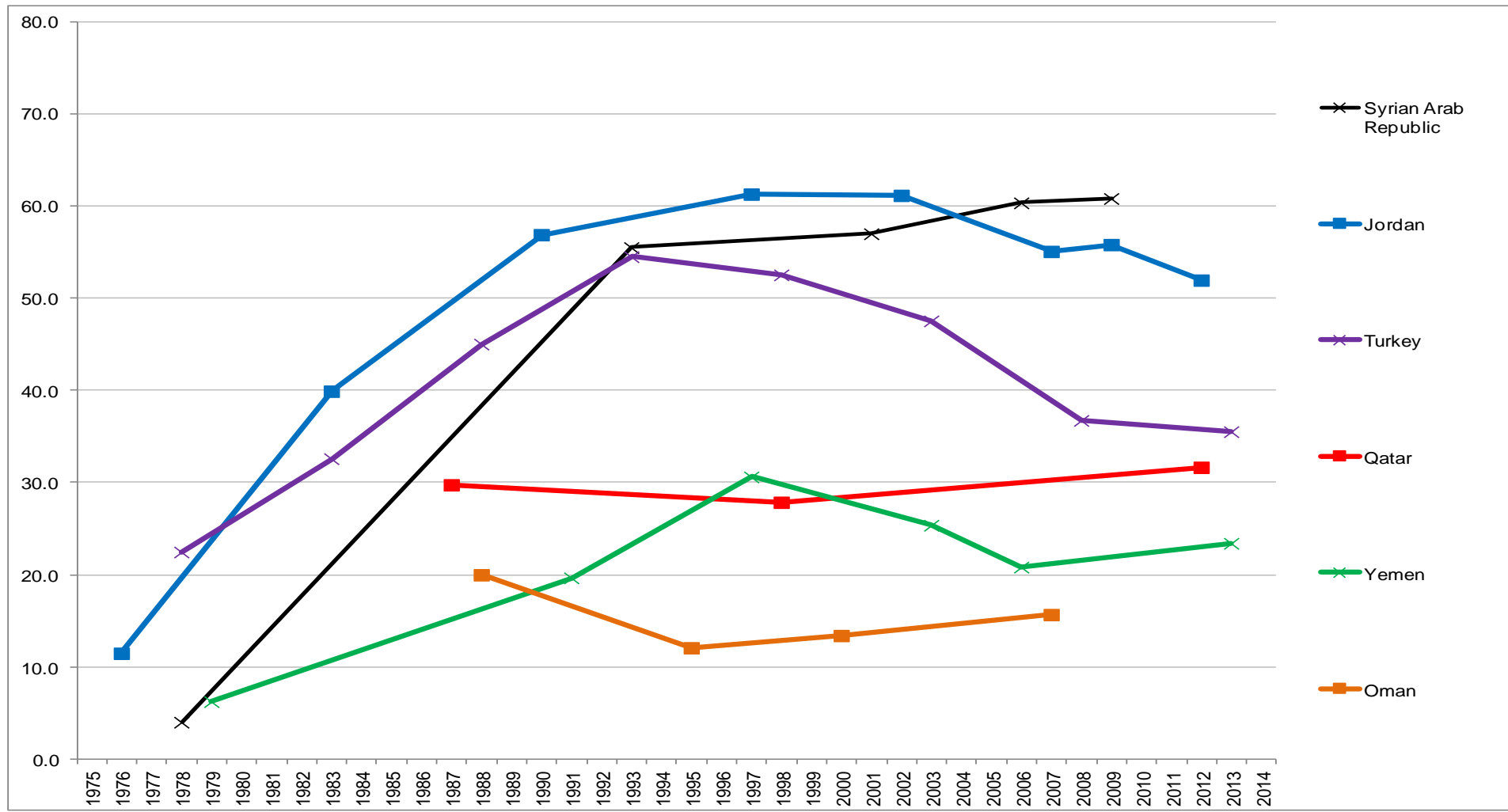
# Long term (1975-2014) country trends in IUD share in modern method protection

## Trends in IUD's share: Central America



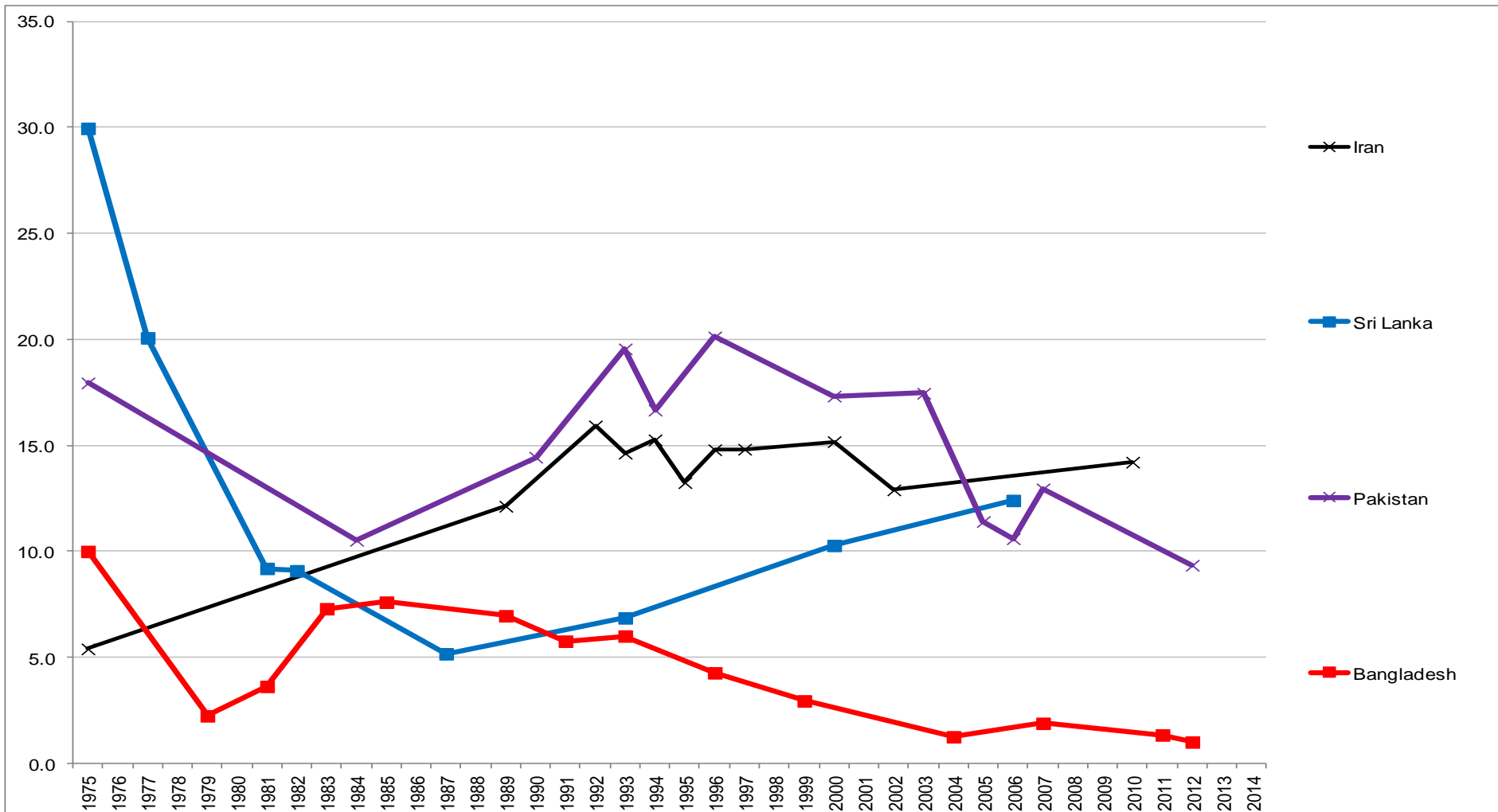
# Long term (1975-2014) country trends in IUD share in modern method protection

## Trends in IUD's share: Western Asia



# Long term (1975-2014) country trends in IUD share in modern method protection

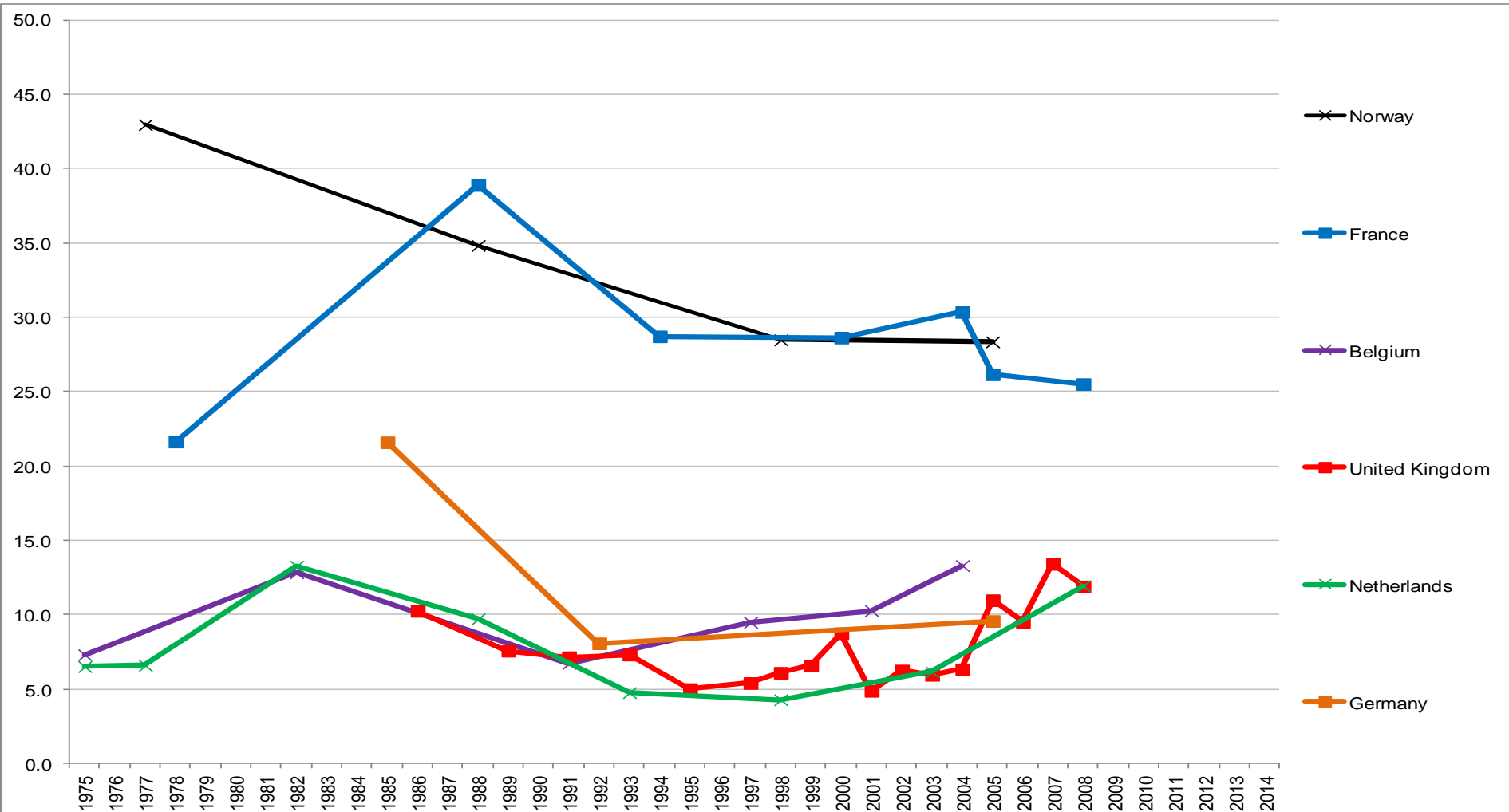
## Trends in IUD's share: Southern Asia





# Long term (1975-2014) country trends in IUD share in modern method protection

## Trends in IUD's share: North and West Europe



# Why LARCs are important

- Besides being effective contraceptive methods, LARCs convey many other advantages for clients in terms of
  - convenience,
  - satisfaction,
  - ease of continuation,
  - likelihood of avoiding unintended/unwanted pregnancy, and
  - non-contraceptive benefits.
- For these reasons, LARCs should also be among the readily available contraceptive choices for women, including young and nulliparous women.

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This module is designed to provide a basic definition of family planning and discuss how it can help improve the lives of women, children, families, and communities. © 2012 Akintunde Akinleye/NURHI, Courtesy of [Photoshare](#)



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