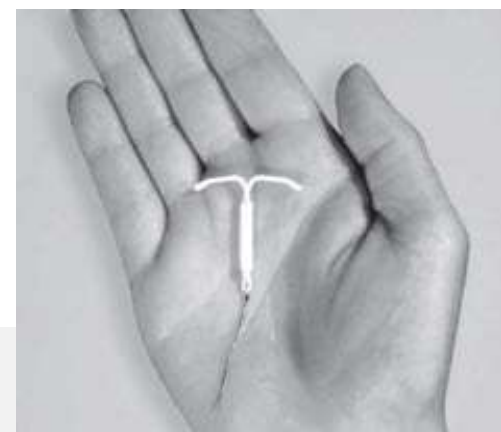


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Global overview on Long-acting reversible contraception (LARC): prevalence, access, trends

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Outline

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



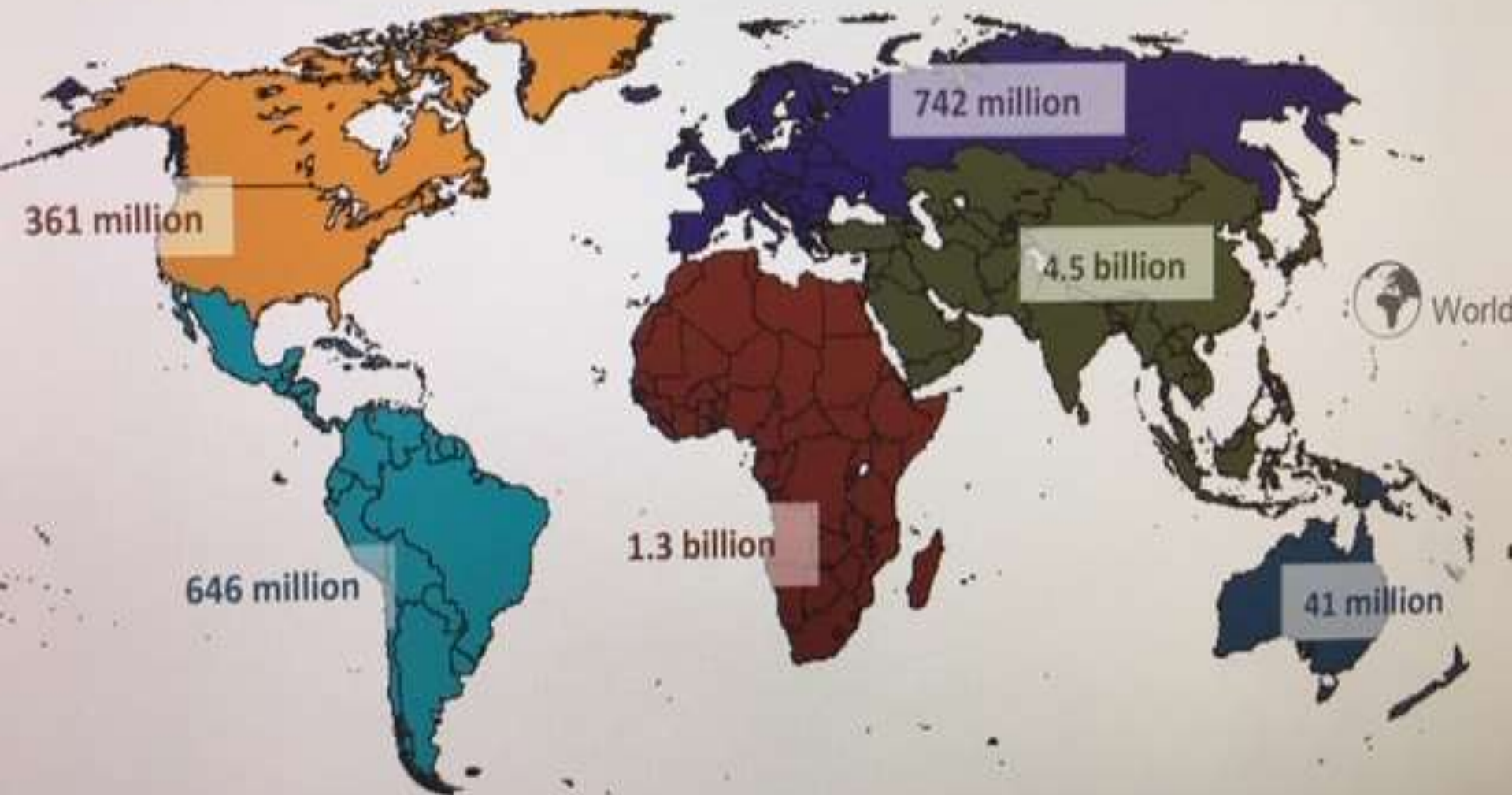
Magnitude of the problems related to sexual and reproductive health and rights

- ❑ 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**.

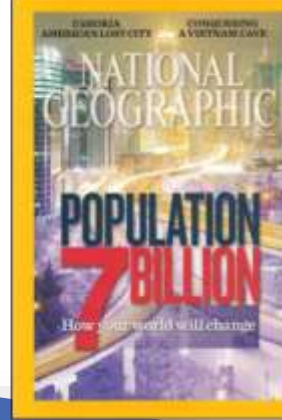


World's regions vary considerably in population size (UNPD, 2017)

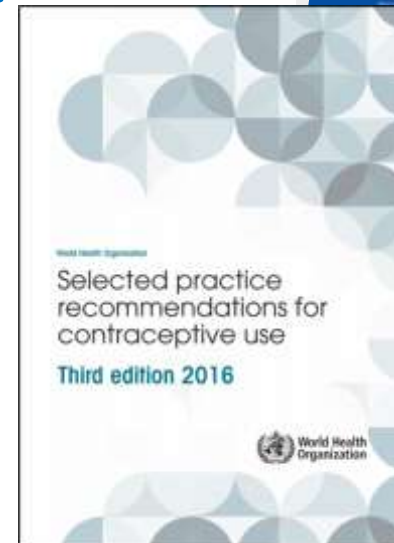
Distribution of the world's population by region, 2017



Contraception / family planning: Normative guidance



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

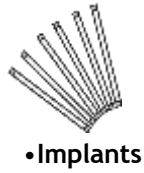
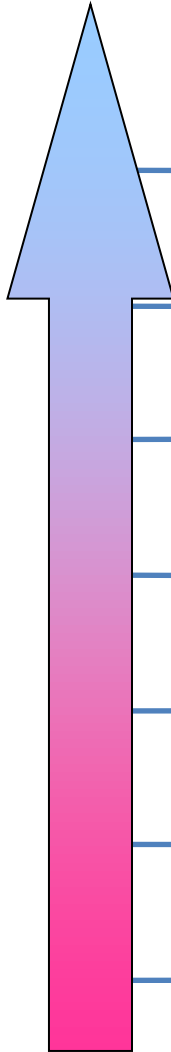


•Most effective

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

• About 15 pregnancies per 100 women in one year

• About 30 pregnancies per 100 women in one year



•Implants



•Sterilisation
•for women



•Vasectomy



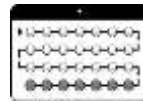
•IUD

•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



•LAM

•Must follow LAM instructions



•Male
condoms

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



•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

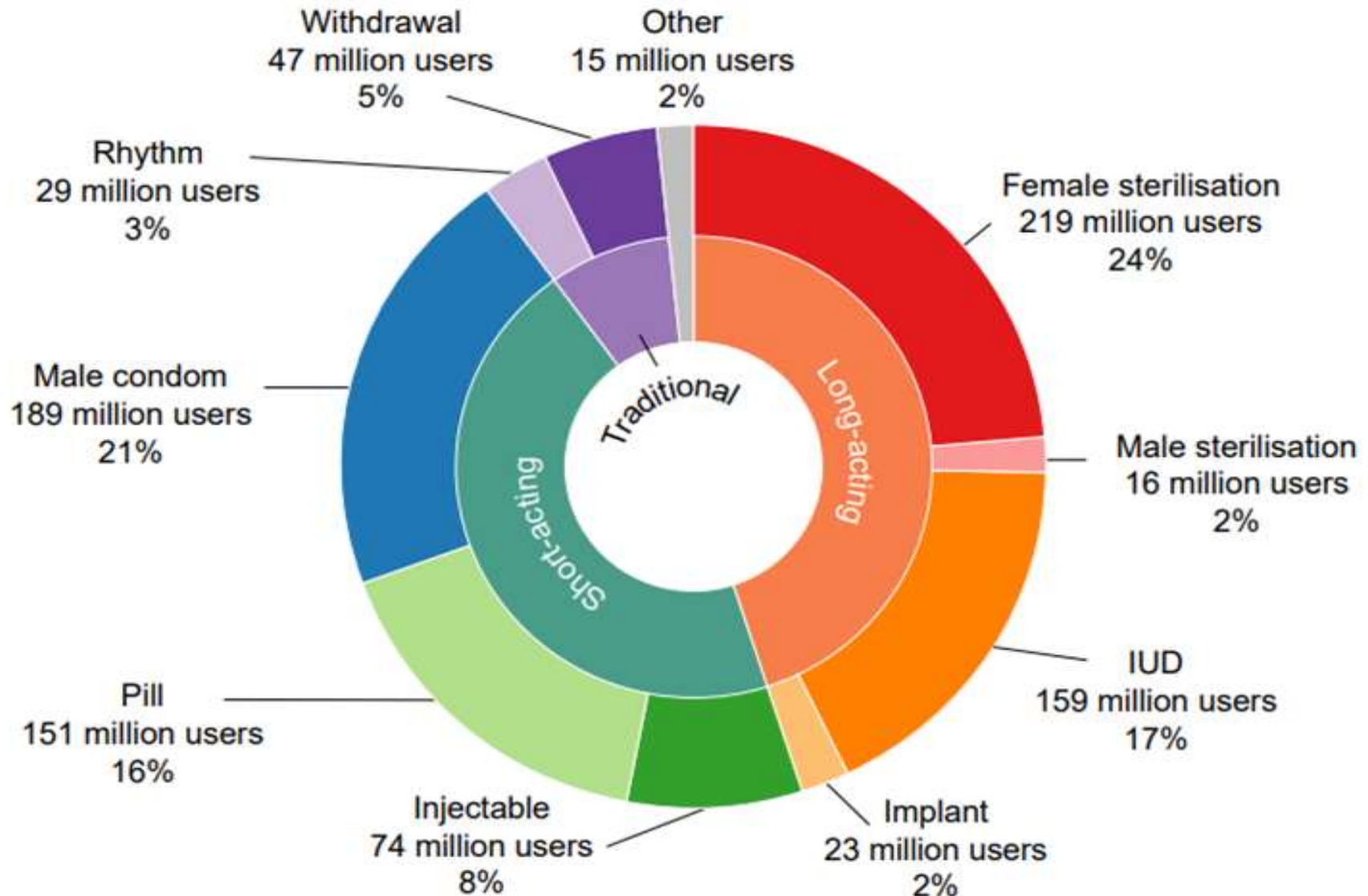


•Spermicides

•Must use every time you have sex

•Least effective

Worldwide two most common: Female sterilization and male condom



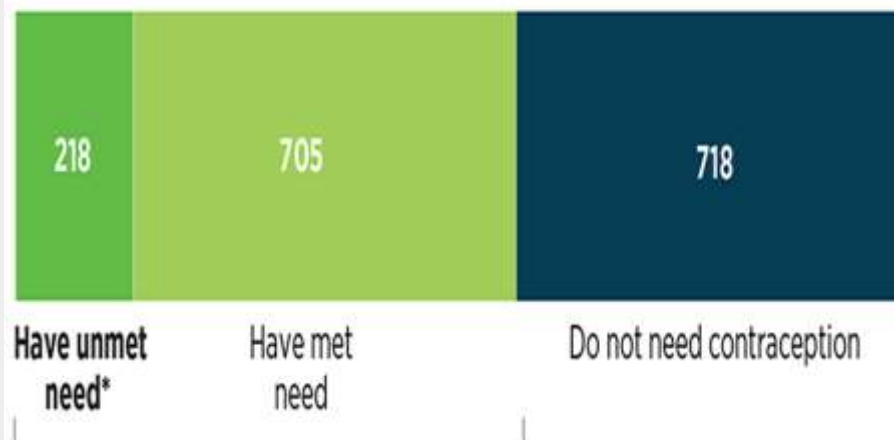
Reference: World Contraceptive Use 2019

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.

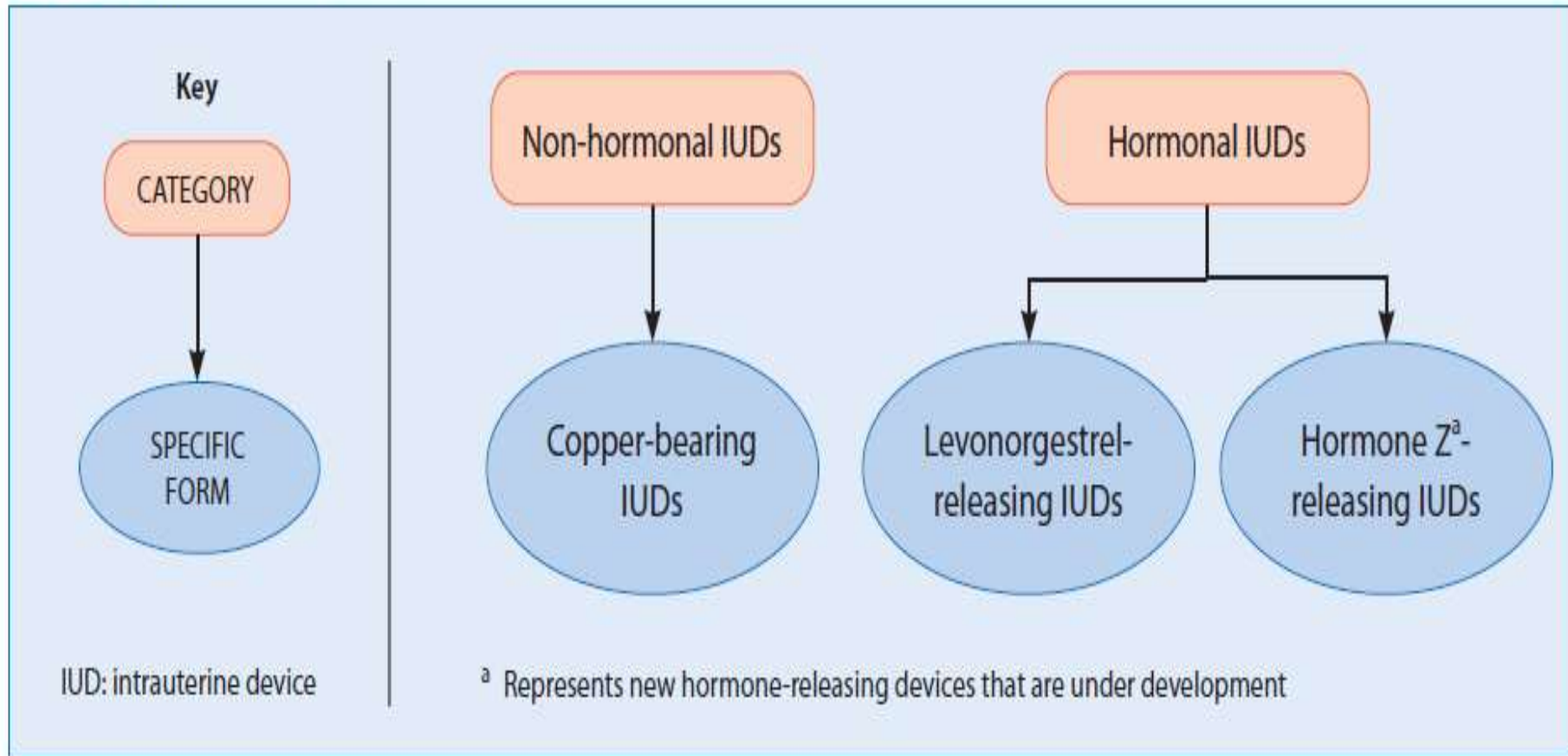
INTRAUTERINE CONTRACEPTIVE DEVICES

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)

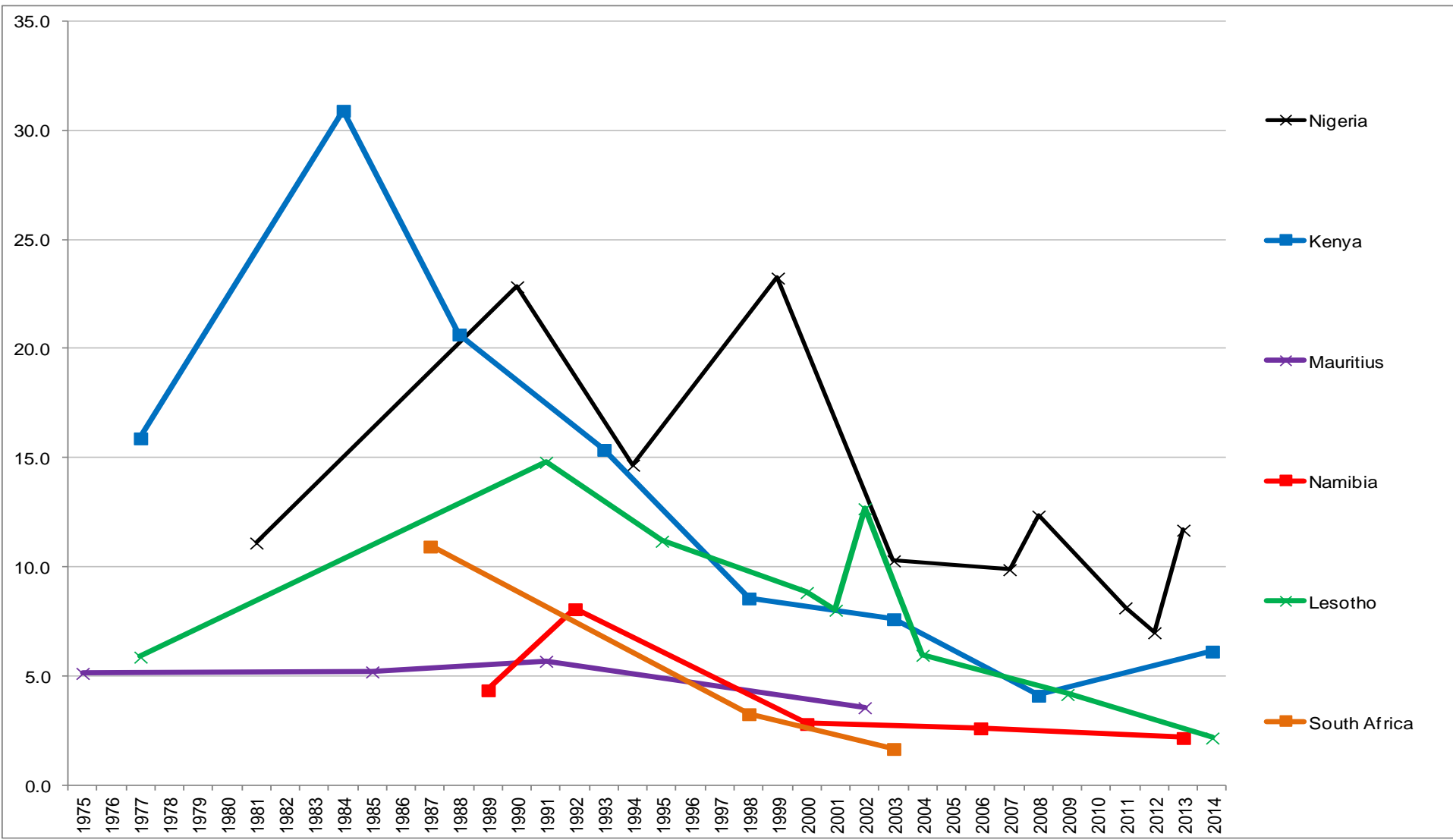
IUD's current share of modern method protection: 159 countries with survey data since 2000

- <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

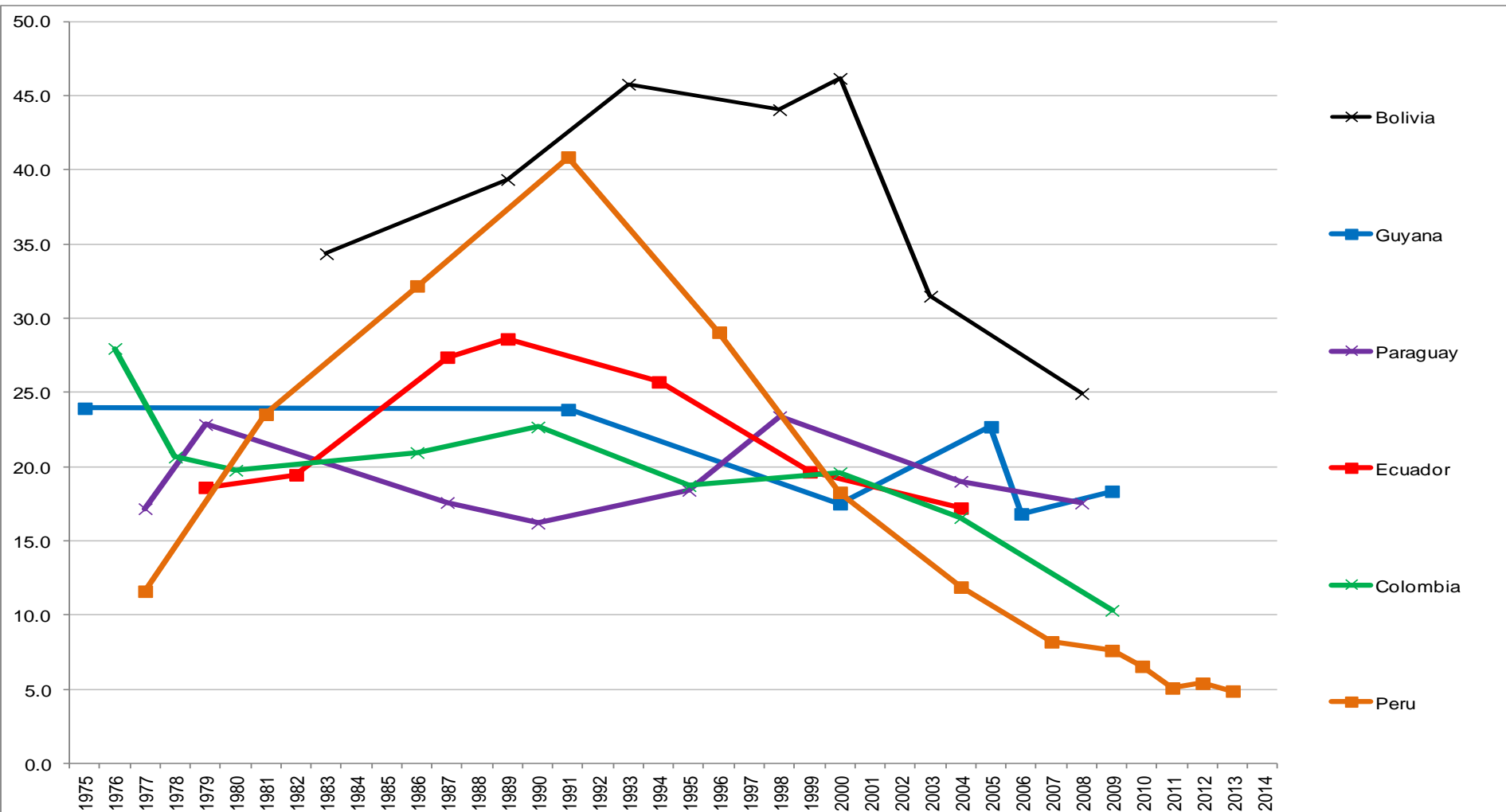
Long term (1975-2014) country trends in IUD share in modern method protection

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



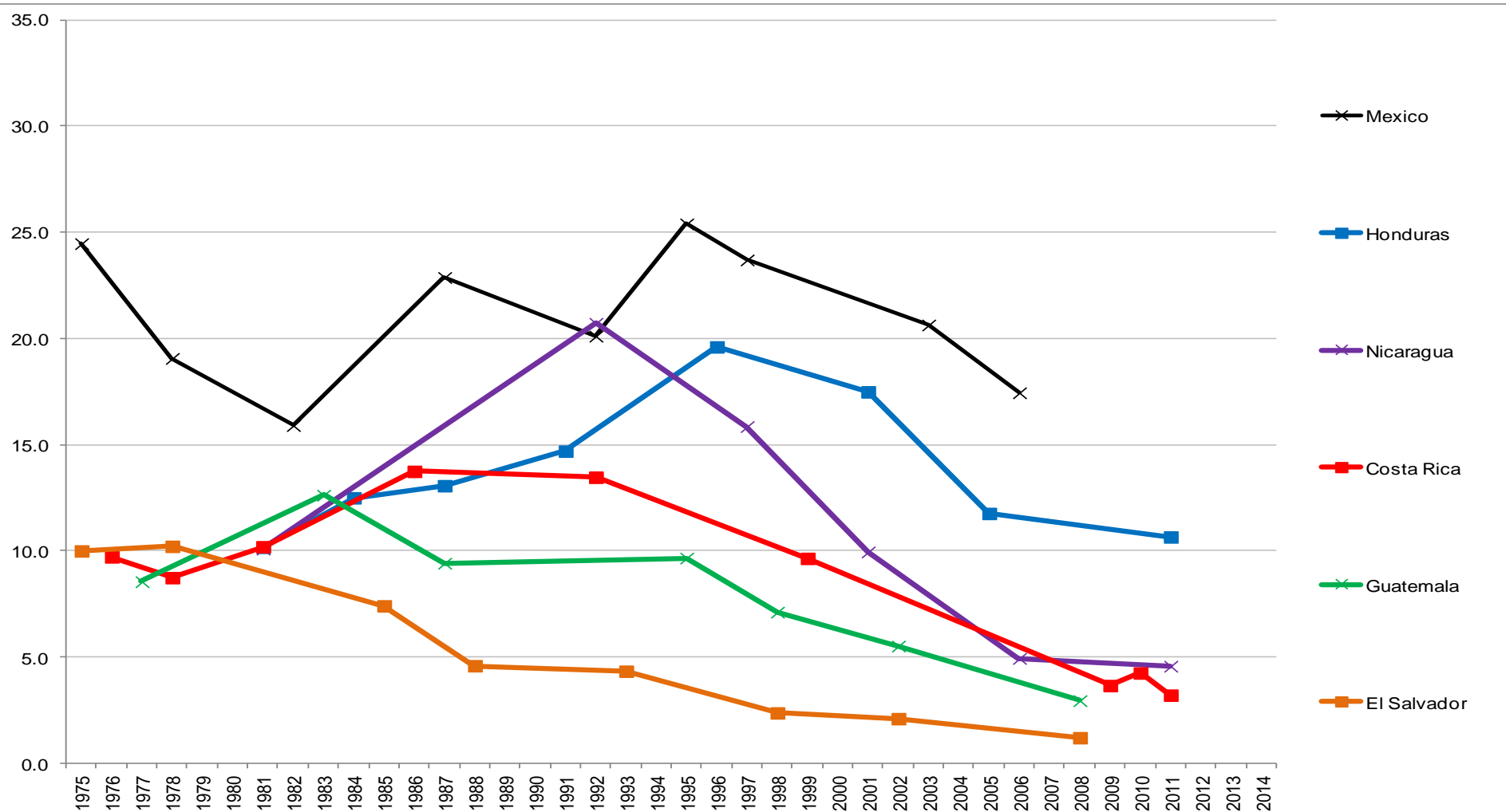
Long term (1975-2014) country trends in IUD share in modern method protection

Trends in IUD's share: South America



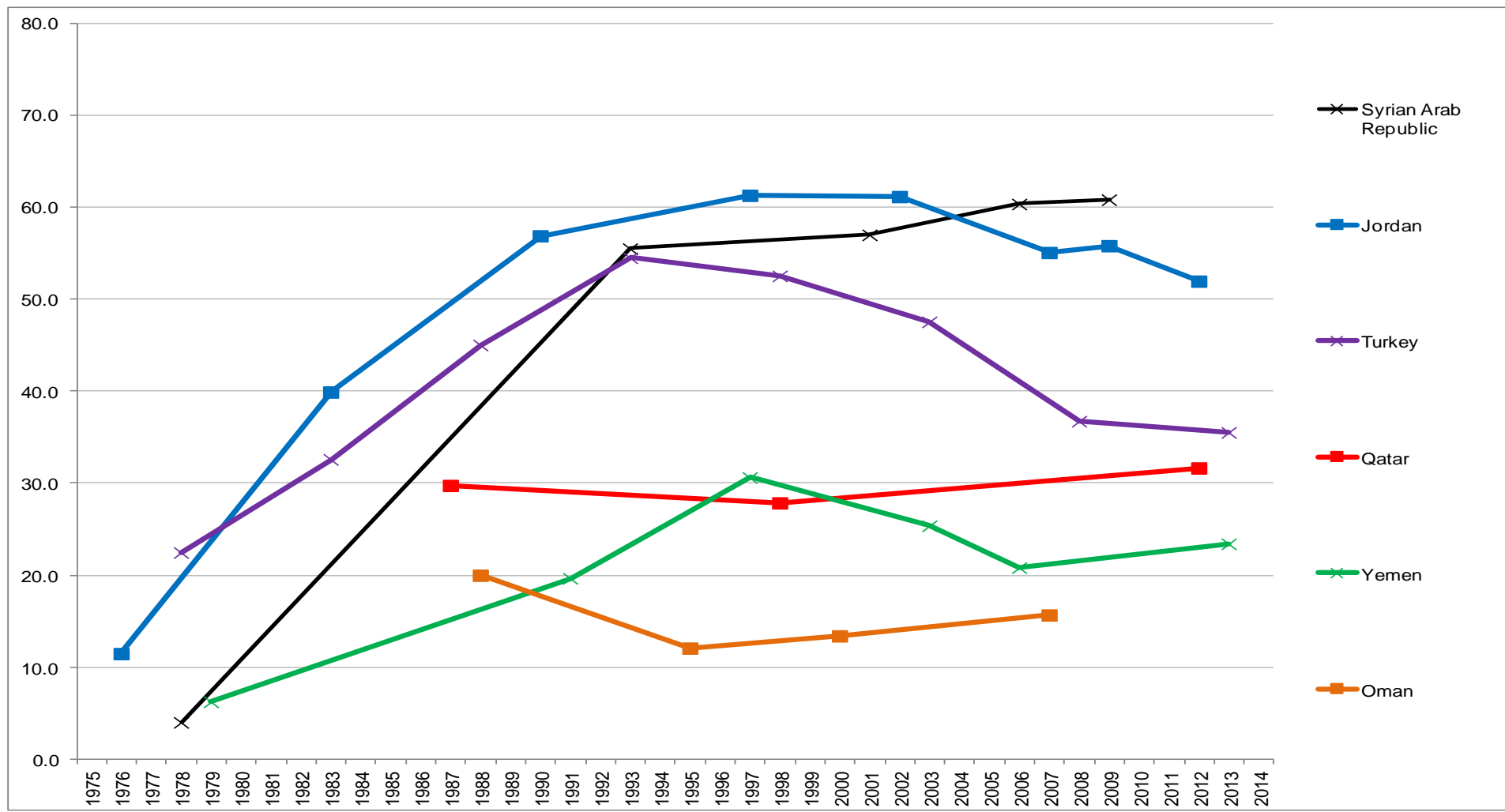
Long term (1975-2014) country trends in IUD share in modern method protection

Trends in IUD's share: Central America



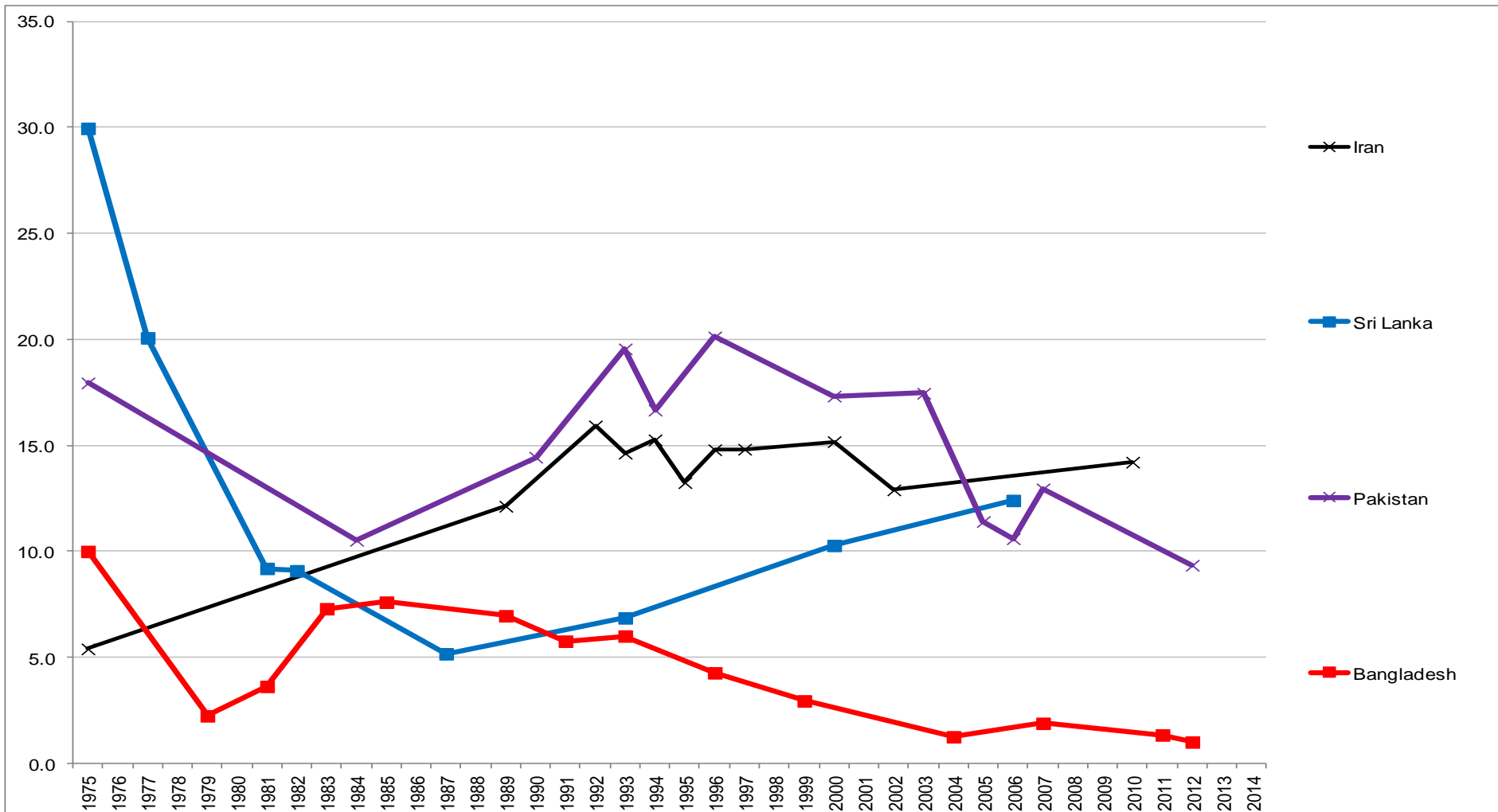
Long term (1975-2014) country trends in IUD share in modern method protection

Trends in IUD's share: Western Asia



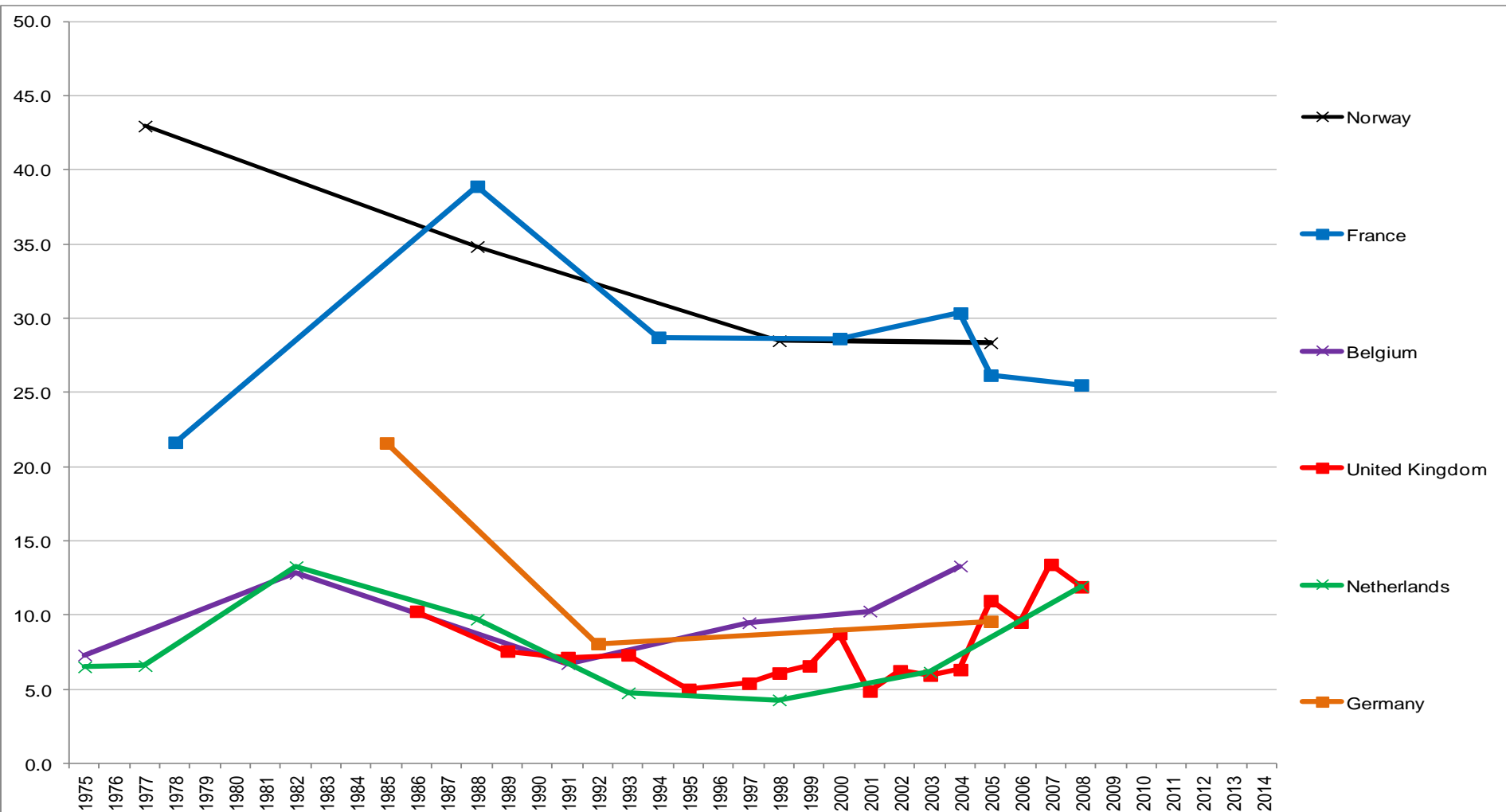
Long term (1975-2014) country trends in IUD share in modern method protection

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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Featured Module: Benefits of Family Planning

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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