Increasing Availability Of Long-Acting Or Permanent Family Planning Methods

Indonesia has been a pioneer with their family planning programs; however, modern contraceptive use among Indonesian couples has leveled off at 57%—well below its neighbors of South Korea (67%), Thailand (70%), and Vietnam (69%). The underutilization of long-acting (e.g., IUD, implants) or permanent (sterilization) methods (LAPM) over the last two decades is part of the reason for the lack of increase in modern contraceptive use.

More Couples Want To Stop Childbearing, But Less Likely To Use LAPMs

Indonesian couples prefer to want to stop or limit childbearing (53.5%) than to space their births (24.1%). Among women who want to limit childbearing, only 11% are using LAPM while 46% are using a short-term method (STM), and 39% are using no method at all.

The gap between desired fertility and the use of LAPMs shows that the available contraceptive mix to couples does not meet their actual needs and desires.

More Effective In Pregnancy Prevention

LAPMs are much more effective in pregnancy prevention than short-term methods (See Table). For example, only 0.5% of the women get pregnant using implants, whereas 3% of monthly injectable users and 3–8% of oral contraceptive users get pregnant during their first year of use.

Easier For Women To Use

Hormonal contraceptives require monthly or quarterly resupply and, in the case of oral contraceptives, daily administration. In contrast, IUDs are effective for 5 to 12 years depending on the type. Currently available implants, such as Implanon, are effective for up to 3 years. Sterilizations, with very rare exceptions, are permanent.

What Can Be Done

♦ Family planning counseling and services should include a variety of contraceptive methods to better meet couples desired childbearing needs and desires.
Sources


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