OBJECTIVES: Contraception represents one of the hallmarks on women's health. However, the most recent data reported on contraceptive use in Brazil dates back to 2006. Therefore, this study aimed to describe contraceptive use patterns reported by Brazilian women in 2012.

METHODOLOGY: Sample data were extracted from the 2012 Brazil National Health and Wellness Survey (NHWS), an internet based general health survey, which is stratified to be representative of the age and gender of 12,520 total respondents, 4,560 were women from 18-49 years old, of which, contraceptive methods related questions were applied. Information about women whose partners had vasectomy was not captured.

RESULTS: Overall, 63% of the surveyed women from 18-49 years old were using any contraceptive method in the past 6 months and included intravaginal (38%) and intrauterine (12%) contraceptives. Young women from 18-24 years old (66%) were the most representative age group. Calculated CPR regardless of marital status and CPR only for married women were 63% and 66%, respectively. Among contraceptive methods, modern contraception were most used, including condoms (44%), pill for birth control (44%), and injection (9%). Use of vaginal ring, patches and implant were reported by 9% of the women. Additionally, traditional methods were reported in more than 5% of the women. CPR for non-birth control use were reported by 20%.

CONCLUSION: Patterns reported worldwide previously from 2013 were consistent when compared to updated information of Brazilian contraceptive use from NHWS, with lower prevalence use of condom (e.g. rhythm) are still used as contraceptive alternative in Brazil. In conclusion, awareness of contraceptive importance and related alternatives are needed in the country, which can lead to optimization of educational and awareness programs for women.

INTRODUCTION

• Improving reproductive through access to safe and effective methods of fertility control can improve women's health and reduce child mortality.

• More than 200 million women in developing countries would like to delay or stop childbearing but are not using any method of contraception.1

• Reasons for inequities in contraception include1:
  - Limited access to services;
  - Fear or experience of side-effects;
  - Lack of resources;
  - Poor quality of available services;
  - Limited knowledge of contraceptives;
  - Fear of side-effects;
  - Religious or cultural opposition;
  - Poor quality of available services;
  - Costs;
  -Poor quality of available services;
  - Costs;

• Data regarding contraceptive use rate among women dates back previously from the last data reported related to contraceptive use in Brazil dates back to 2006. Therefore, this study aimed to describe contraceptive use patterns reported by Brazilian women in 2012.

METHODOLOGY

Data Collection

• Sample data were extracted from the Brazil National Health and Wellness Survey (NHWS) an internet based general health survey.

• Data was collected from November to December 2012.

Sample Analysis

• Sample description and contraception prevalence rate

RESULTS

Contraception prevalence rate

• Overall, 63% of the surveyed women from 18-49 years old were using any contraceptive method in the past 6 months and included intravaginal (38%) and intrauterine (12%) contraceptives. Young women from 18-24 years old (66%) were the most representative age group. Calculated CPR regardless of marital status and CPR only for married women were 63% and 66%, respectively.

• Among contraceptive methods, modern contraception were most used, including condoms (44%), pill for birth control (44%), and injection (9%). Use of vaginal ring, patches and implant were reported by 9% of the women. Additionally, traditional methods were reported in more than 5% of the women. CPR for non-birth control use were reported by 20%.

CONCLUSION

• Patterns reported worldwide previously from 2013 were consistent when compared to updated information of Brazilian contraceptive use from NHWS, with lower prevalence use of condom (e.g. rhythm) are still used as contraceptive alternative in Brazil.

• In conclusion, awareness of contraceptive importance and related alternatives are needed in the country, which can lead to optimization of educational and awareness programs for women.

DISCUSSION

• Although modern contraceptives represent highly effective methods, traditional methods including condom (e.g. rhythm) are still used as contraceptive alternative in Brazil.

• Patterns reported worldwide previously from 2013 were consistent when compared to updated information of Brazilian contraceptive use from NHWS, with lower prevalence use compared to developed countries.

• The present study should highlight among regions regarding contraceptive prevalence rates and correlates with prior studies.

LIMITATIONS

• Data was self-reported and correction verified by patients' medical charts or other objective data.

• The data are cross-sectional in nature and do not allow for causal explanations to be made.

CONCLUSION

• Unmet need for modern contraception should be addressed in Brazil.

• Little is known regarding barriers to contraception in the country. Further studies are required in order to access contraceptive determinant choices and factors limiting the use of modern contraceptive methods.

• Optimization of educational and awareness programs for women and fertility planning is required.

• In conclusion, the present study showed a critical need to develop strategies in order to improve policies of reproductive health in Brazil.

REFERENCES


Table 1. Demographics and Life Style

<table>
<thead>
<tr>
<th>Total Brazilian Women (Age 18-49)</th>
<th>Married Women (past 3 years)</th>
<th>Never Married Women (past 3 years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPR (n=6,017)</td>
<td>CPR (n=3,044)</td>
<td>CPR (n=2,973)</td>
</tr>
<tr>
<td>Mean Age</td>
<td>21.6</td>
<td>21.4</td>
</tr>
<tr>
<td>% Married</td>
<td>54</td>
<td>47</td>
</tr>
<tr>
<td>% (College student or more)</td>
<td>19</td>
<td>19</td>
</tr>
<tr>
<td>% White</td>
<td>51</td>
<td>51</td>
</tr>
<tr>
<td>% Annual Household Income</td>
<td>43</td>
<td>46</td>
</tr>
<tr>
<td>% Current Smoker</td>
<td>17</td>
<td>17</td>
</tr>
<tr>
<td>% Currently Drink Alcohol</td>
<td>42</td>
<td>42</td>
</tr>
<tr>
<td>% Never Wore Condom</td>
<td>5.8</td>
<td>5.5</td>
</tr>
</tbody>
</table>

Figure 1. Contraceptive Prevalence Rate

Figure 2. Contraceptive Prevalence Rate per State

Figure 3. Age Distribution of Contraceptive Users

Figure 4. Abortion Incidence (Past Year)

Figure 5. Prevalence Rate of Modern and Traditional Contraceptive Methods

Note: Contraceptive use was only asked of women 18-49 years (n=1,516, projected to n=3,032).

Note: Data were self-reported and correction verified by patients’ medical charts or other objective data.

Note: The data are cross-sectional in nature and do not allow for causal explanations to be made.

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