

Contraceptive Method Utilisation in Bangladesh: What's Next?

Background

Contraceptive method utilisation enables individuals to exercise agency in determining their reproductive decisions, resulting in improved health, education, and economic outcomes. It aligns with the Sustainable Development Goal (SDG) 3.7. This brief presents the utilisation of contraceptive methods in Bangladesh, including the current status, demand, and unmet need for Family Planning (FP). It also examines the sources of supply of contraceptive methods.

Contraceptive Methods considered in this study:

Short-Acting Methods

- Oral pill
- Condom
- Injectable
- Implant

Long-Acting Reversible Contraceptives (LARC)

- IUD

Permanent Methods

- Female and male sterilisation

Findings

Overall Utilisation Trends

(From 2011 to 2022)

- **3%** increase in contraceptive use
- **82% to 86%** increase in demand for FP satisfied by methods
- **13.5% to 10%** decrease in unmet need for FP among currently married women

Source of Supply

- **43% to 61%** increase in the Private sector dominates
- **52% to 37%** decrease in Public sector supply
- **4% to 2%** decrease in NGO sector supply

Method Use by Types

Short-Acting Methods

- **27%** of the oral pill remains the most used short-acting method
- **6% to 8%** increase in uses of Condom
- **11% to 12%** a stable usage of Injectable
- **1% to 2%** increase in usage of Implant

Long-Acting Reversible Contraceptives (LARC)

- **0.7% to 0.4%** a decline in IUD usage

Permanent Methods

- Female sterilisation decreased by **0.5%**, male sterilisation by **0.3%**

Gaps and Challenges

- Limited male involvement
- Barriers to condom use (cost, convenience, accessibility)
- Discontinuation due to side effects, lack of knowledge, and spousal communication
- Religious beliefs affecting permanent methods
- Lack of awareness about postpartum family planning (PPFP)
- Coordination issues between DGFP and DGHS

Recommendations

- Promote modern methods through mass media
- Disseminate concise messages about side effects, correct usage, and benefits via mobile platforms
- Review and update the National Action Plan for PPFP
- Implement couple-centred marital counselling services
- Strengthen FP service delivery through SBCC activities
- Integrate FP programs into national planning and budgeting
- Ensure effective coordination between DGFP and DGHS

References

- Bangladesh Demographic and Health Survey 2011, 2014, 2017-18, and 2022
- World Family Planning 2020 Highlights: Accelerating action to ensure universal access to family planning, 2020
- Postpartum Family Planning in Bangladesh: A Situation Analysis and Way Forward, 2019
- Why Do Women Stop Using Contraception? Examining Bangladesh, Mali, and Zambia With PACE's Choices and Challenges Tool, 2021.

