

Condom use at first sex protects young women from pregnancy: findings from a retrospective cohort in Gauteng and KwaZulu-Natal Provinces

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Unintended pregnancy is high among young women in South Africa



Unintended pregnancy: ♀ **59.7%**¹

Teenage pregnancy: ♀ **30.0%**²

Condom use is one of the most effective means to prevent unintended pregnancy & HIV



Condom use at first sex among young women (15 – 24 years): **62.2%**³

¹ Bafana, 2010; ² Willan 2013; ³ Shisana et al, 2014

The consequences of unintended and teenage pregnancy are diverse



Increased vulnerability to HIV

- Young women having unprotected sex are at risk of unwanted pregnancy and HIV infection⁴



Unsafe abortion

- Adverse consequences for the mother
 - Maternal death
 - Infertility
 - Medical complications for future pregnancies



Interferes with maternal educational attainment

- School drop out
- Fewer job opportunities



Adverse consequences for the child

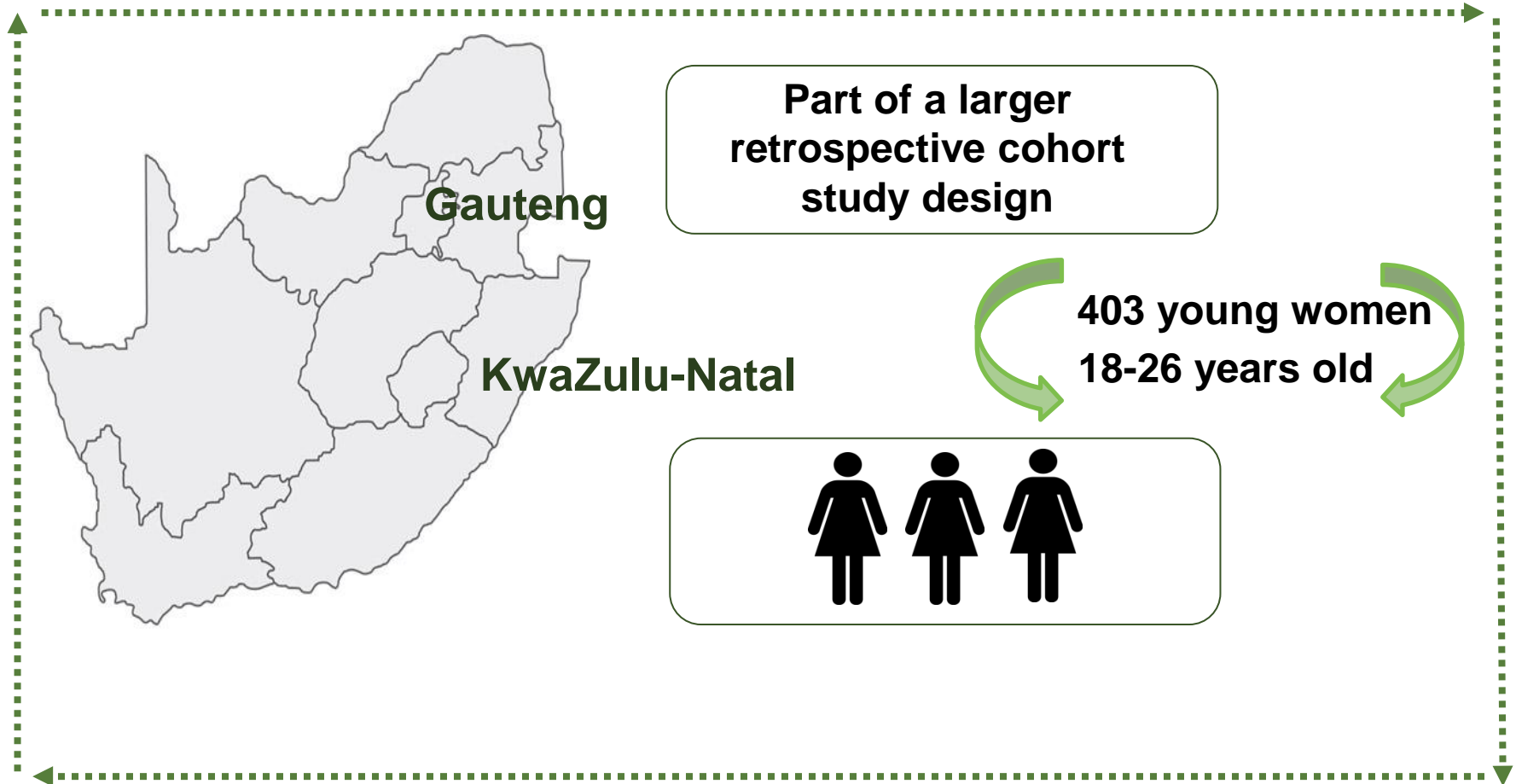
- Late antenatal care
- Child neglect

Study Objectives



To evaluate the impact of **condom use at first sex** on **ever falling pregnant** and on **teenage pregnancy** in young women in two provinces in South Africa

Methods



Ethical approval from Wits Human Research Ethics Committee (Medical)

Definitions

- **Unintended pregnancy:** Women who reported that they did not want to become pregnant at the time of their pregnancy
- **Teenage pregnancy:** Pregnancy occurring in young women below the age of 19 years

Data Analysis



Data analysed in Stata version 14



Data presented using frequencies and percentages



Chi squared tests of association



Multivariate logistic regression analysis to determine impact

- Age was controlled for in all models
- Other control variables include education and socio-economic status

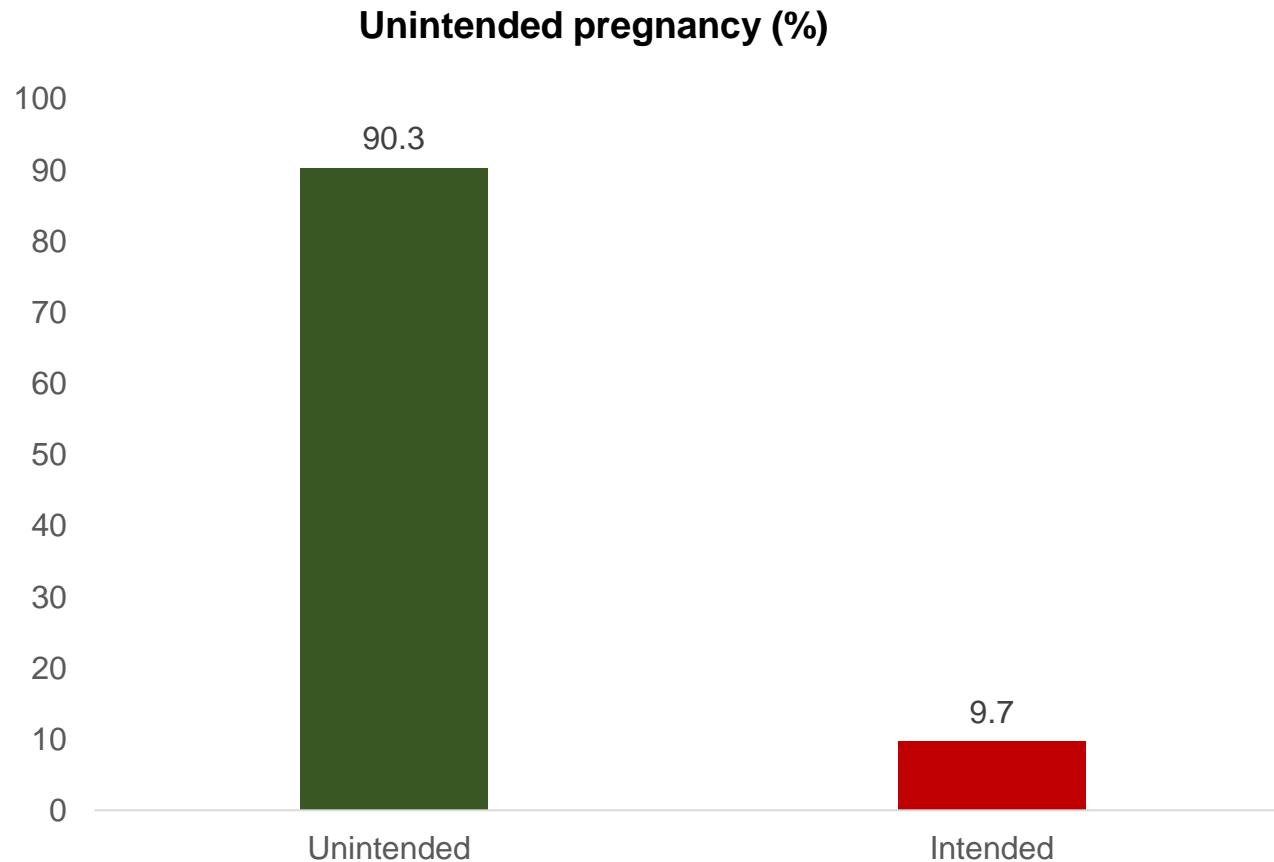
Sample Description

320 respondents: women who had ever had sex

Characteristics	Total (n)	Percentage (%)
Age (years) n=320		
≤ 20 years	144	45.00
21-26 years	176	55.00
Socio-economic status n=314		
Low	43	13.69
Medium	102	32.48
High	169	53.82
Education n=320		
Some high school	46	14.37
Grade 12	81	25.31
Some tertiary	193	60.31

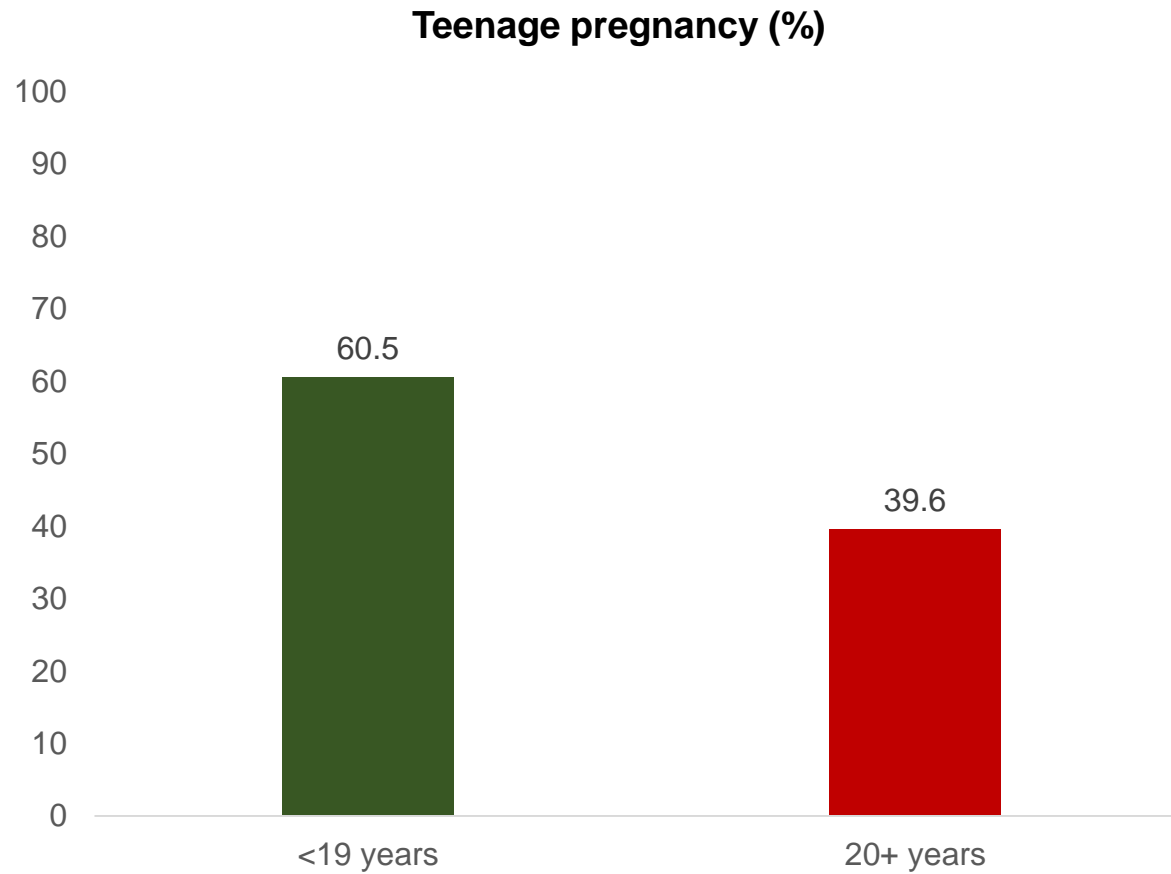
42% of young women who had ever had sex reported having been pregnant

Of these pregnancies, **90.3%** were unintended and unwanted



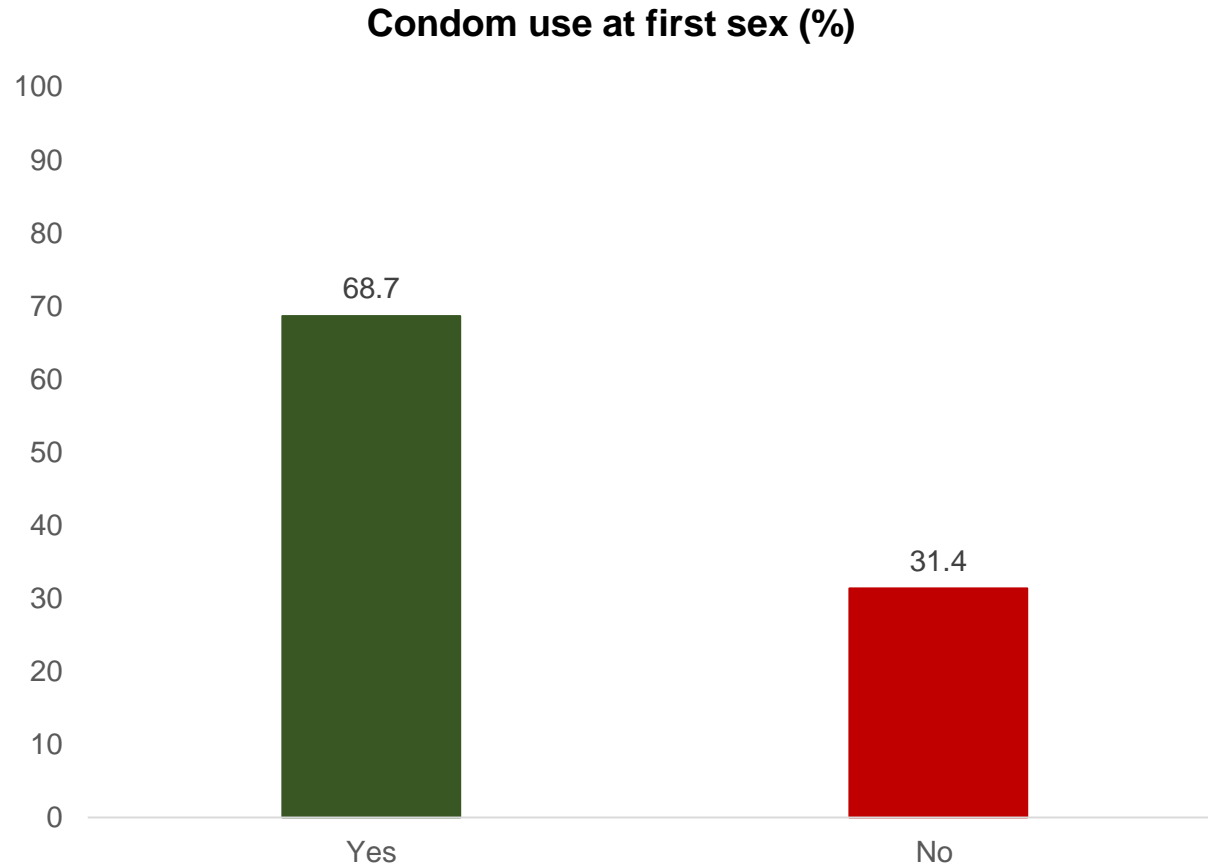
n = 121

Of the total pregnancies, 60% were teenage pregnancies



n = 81

About 69% of young women reported condom use at first sex



n = 208

Condom use at first sex reduced the likelihood of ever being pregnant by 53%

Characteristic	AOR	95% CI	P-value
Condom use at first sex	0.46	0.26-0.80	0.007
Age	1.48	1.29-1.70	0.000
LSM			
Low	Ref		
Medium	1.22	0.54-2.77	0.626
High	1.07	0.49-2.34	0.848
Education			
Some high school	Ref		
Matric	0.43	0.22-0.81	0.010
Some tertiary	0.35	0.14-0.84	0.020

n = 298; p=0.007

Condom use at first sex reduced the likelihood of teenage pregnancy by **62%**

Characteristic	AOR	95% CI	P-value
Condom use at first sex	0.38	0.15-0.95	0.040
Age	0.56	0.42-0.76	0.000
LSM			
Low	Ref		
Medium	0.29	0.06-1.47	0.138
High	0.40	0.08-1.90	0.251
Education			
Some high school	Ref		
Matric	0.23	0.07-0.68	0.009
Some tertiary	0.33	0.07-1.44	0.143

n = 118; p=0.040

Conclusions and Recommendations

Emphasise consistent condom use in order to decrease teenage pregnancy



- Increase access to **family planning** methods, including condoms
- Reinforce messaging around **condom use at first sex**

Promote acceptability to condoms and SRH



- Initiate programmes to address the **acceptability of condoms and other FP methods** in schools and other environments
- Ensure that young women have **access to a comprehensive package of SRH services** delivered in a **supportive and respectful environment**

Improve self-efficacy for young women



- Assist young women to have the **confidence and ability to use condoms**
- Design programmes aimed at **improving self-efficacy for condom use**

References

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