

**KWAME NKRUMAH UNIVERSITY OF SCIENCE AND
TECHNOLOGY
COLLEGE OF HEALTH SCIENCES
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF COMMUNITY HEALTH**



**DETERMINANTS OF FAMILY PLANNING CHOICES IN THE
TAMALE METROPOLIS OF NORTHERN REGION, GHANA**

**DR. DAVID ZAWUMYA KOLBILLA
NOVEMBER 2008**

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TAMALE METROPOLIS OF NORTHERN REGION, GHANA**

**A THESIS SUBMITTED TO THE SCHOOL OF GRADUATE
STUDIES, KWAME NKRUMAH UNIVERSITY OF SCIENCE AND
TECHNOLOGY, KUMASI IN PARTIAL FULFILMENT OF THE
REQUIREMENTS FOR THE AWARD OF MPH DEGREE IN
POPULATION AND REPRODUCTIVE HEALTH.**

**DR. DAVID ZAWUMYA KOLBILLA
NOVEMBER 2008**

DECLARATION

I HEREBY DECLARE THAT, EXCEPT FOR SPECIFIC REFERENCES WHICH HAVE BEEN FULLY ACKNOWLEDGED, THIS WORK IS THE RESULT OF MY OWN FIELD RESEARCH AND IT HAS NOT BEEN SUBMITTED EITHER IN PART OR WHOLE FOR ANY OTHER DEGREE ELSEWHERE.

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DEDICATION

This book is dedicated to the almighty God for the health, strength and wisdom given me and my supervisors to bring this work to a successful end and to my family for the total support given me through out the program.

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DEFINITION OF TERMS

Teenagers: YOUNG PEOPLE AGED 13 TO 19 YEARS

Confidentiality: AGREEMENT BETWEEN CLIENT AND PROVIDER THAT ALL CONVERSATIONS BE KEPT PRIVATE UNLESS THE CLIENT GIVES EXPLICIT PERMISSION FOR SUCH INFORMATION TO BE DELIVERED TO OTHERS

Convenience: AS UTTERABLE

Privacy: PERSONAL ISSUES

Interventions: STEPS TAKEN AND AIMED AT ALTERING CONTRACEPTIVE BEHAVIOUR FOR BETTER UTILIZATION

Urban Area: A POPULATION OF ABOUT 1500 PEOPLE WITHIN A GEOGRAPHICAL AREA

Peri-Urban Area: A POPULATION OF ABOUT 1000 PEOPLE WITHIN A GEOGRAPHICAL AREA

Rural Area: A POPULATION OF ABOUT 500 PEOPLE OR LESS WITHIN A GEOGRAPHICAL AREA

Family Planning: BIRTH CONTROL AND CONTRACEPTIVE ARE USED HERE INTERCHANGEABLY TO MEAN STEPS TAKEN TO PREVENT THE OCCURRENCE OF UNWANTED, UNINTENDED OR MIS-TIMED PREGNANCY.

ABBREVIATIONS/ACRONYMS

BTL	-	BILATERAL NEGOTIATION
CBS	-	COMMUNITY BASED SERVICES
CHNTS	-	COMMUNITY HEALTH NURSING TRAINING SCHOOL
CHPS	-	COMMUNITY HEALTH PLANNING AND SERVICES
C.H HOSPITAL	-	CENTRAL HOSPITAL
CI	-	CONFIDENCE INTERVAL
CYP	-	COUPLE YEAR PROTECTION
COC	-	COMBINED BARRIER CONTRACEPTIVE
DEPO	-	DEPOPROVERA
EC	-	EMERGENCY CONTRACEPTION
FP	-	FAMILY PLANNING
FCUBE	-	FREE COMPULSORY UNIVERSAL BASIC EDUCATION
GDHS	-	GHANA DEMOGRAPHIC AND HEALTH SURVEY
GSS	-	GHANA STATISTICAL SERVICES
GSMF	-	GHANA SOCIAL MARKETING FOUNDATION
IUD	-	INTRA-UTERINE CONTRACEPTIVE DEVICE
JSS	-	JUNIOR SECONDARY SCHOOL
LAM	-	LACTATIONAL AMENORRHOEA
MHD	-	METROPOLITAN HEALTH DIRECTORATE
MOH	-	MINISTRY OF HEALTH
MCH	-	MATERNAL AND CHILD HEALTH
NGOS	-	NON-GOVERNMENTAL ORGANIZATIONS
NORGY	-	NORWAY

OR	-	Odds Ratio
OCP	-	Oral Contraceptive Pill
PPAG	-	Planned Parenthood Association of Ghana
RTI	-	Reproductive Track Infection
RH	-	Reproductive Health
STI	-	Sexually Transmitted Infection
STD	-	Sexually Transmitted Disease
SSS	-	Senior Secondary School
SPSS	-	Statistical Package for the Social Sciences
TP	-	Target Population
T. Central	-	Tamale Central
WHO	-	World Health Organization
WIFA	-	Women in Fertility Age-group

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ABSTRACT

BACKGROUND

THE TAMALE METROPOLIS RECORDS ONE OF THE HIGHEST FERTILITY RATES IN GHANA ESTIMATED AT 7.0. IT HAS AN ESTIMATED POPULATION OF 366,535. WOMEN IN REPRODUCTIVE AGE CONSTITUTE ABOUT 24% OF THE POPULATION. CONTRACEPTIVE ACCEPTANCE RATE IS REPORTED AS 21% BY THE METROPOLITAN HEALTH DIRECTORATE (M.H.D). THE KNOWLEDGE OF DETERMINANTS OF FAMILY PLANNING CHOICES WILL HELP POLICY MAKERS AND SERVICE PROVIDERS TO COME OUT WITH INTERVENTIONS THAT WILL IMPROVE UTILIZATION OF EFFECTIVE FAMILY PLANNING METHODS IN THE METROPOLIS.

OBJECTIVE

TO DETERMINE FAMILY PLANNING CHOICES AND THEIR DETERMINANTS IN THE TAMALE METROPOLIS.

METHODS

THE STUDY IS A CROSS-SECTIONAL ANALYTICAL STUDY, CONDUCTED FROM JULY – SEPTEMBER 2008 IN THE TAMALE METROPOLIS. PRIMARY DATA WAS OBTAINED FROM RESPONDENTS USING INTERVIEWER ADMINISTERED QUESTIONNAIRES. IN-DEPTH INTERVIEWS OF SERVICE PROVIDERS WERE CARRIED OUT USING INTERVIEW GUIDES AND OBSERVATION AT FAMILY PLANNING SERVICE DELIVERY POINTS. SECONDARY DATA WAS ALSO OBTAINED BY REVIEWING FAMILY PLANNING DATA FOR THE METROPOLIS FROM THE M.H.D. STUDY POPULATION- WOMEN AND MEN IN THE REPRODUCTIVE AGE GROUP (15 TO 49 YEARS) IN A STABLE RELATIONSHIP AND COUPLES OF REPRODUCTIVE AGE IN THE METROPOLIS.

MULTI STAGE SAMPLING WAS USED. RANDOM SAMPLING OF COMMUNITIES FOLLOWED BY RANDOM SAMPLING OF HOUSEHOLDS, AND THEN RANDOM SAMPLING OF INDIVIDUAL RESPONDENTS. PURPOSEIVE

sampling of service providers was done. Random sampling of private pharmacists and dispensary technicians was also done.

Data was entered in access software and exported to Stata for analysis.

RESULTS

A TOTAL OF 405 PEOPLE (161 MALES AND 244 FEMALES) WERE INTERVIEWED. MEAN AGE OF RESPONDENTS WAS 27.9. MEAN PARTY WAS 2. ABOUT 40.5% OF RESPONDENTS HAD AT LEAST PRIMARY EDUCATION. THE CONTRACEPTIVE ACCEPTANCE RATE WAS 39%. THE MOST PREFERRED METHODS WERE MALE CONDOMS 56.6%, PILLS 15.7% AND INJECTABLES 10.7%.

THE FACTORS THAT WERE SIGNIFICANTLY ASSOCIATED WITH NON UTILIZATION OF CONTRACEPTIVE METHODS INCLUDE; ISLAMIC RELIGION, LACK OF FORMAL EDUCATION, LESS THAN 20 YEARS OF AGE AND MARRIED COUPLES. CHRISTIAN RELIGION AND FORMAL EDUCATION ARE POSITIVELY ASSOCIATED WITH USE OF FAMILY PLANNING SERVICES.

ONLY THREE CENTERS IN THE METROPOIS PROVIDES THE FULL RANGE OF CONTRACEPTIVE METHODS INCLUDING IUD INSERTION, IMPLANTS AND STERILIZATION (MAINLY BTL). THERE WAS LACK OF PRIVACY IN MOST FAMILY PLANNING SERVICE POINTS. THE RURAL AREAS ARE POORLY COVERED.

CONCLUSION

THE FP ACCEPTANCE RATE IN THE METROPOIS IS HIGHER THAN THE METROPOLITAN AVERAGE BUT IS STILL ON THE LOW SIDE. THE PREDOMINANT CONTRACEPTIVE METHOD OF CHOICE WAS THE CONDOM WHICH HAS A LOWER EFFECTIVENESS THAN MOST OF THE OTHER MODERN CONTRACEPTIVE METHODS. THE PROMINENT DETERMINANTS OF CHOICE OF METHOD WERE EDUCATION, PERCEPTIONS ABOUT SAFETY, EFFECTIVENESS AND LOW SIDE EFFECTS PROFILE. THERE IS THEREFORE THE NEED TO INTENSIFY PUBLIC EDUCATION ON THE EFFICACY AND SAFETY OF CONTRACEPTIVE METHODS SO AS TO ENHANCE UTILIZATION.

FP services should be organized adequately to cover the rural areas and to provide ample
PRIVACY.