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The Nottingham Centre for
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A Joanna Briggs Institute
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**What new challenges might we
face as we support our
international colleagues, and
students, to publish their
reviews?**

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Master of Public Health (International Health)

Dissertation Title: USER PERSPECTIVES ON THE BARRIERS AND FACILITATORS TO THE UPTAKE OF CONTRACEPTIVES IN EAST AFRICA: A QUALITATIVE SYNTHESIS OF EVIDENCE



Estimates from 2017 report that 214 million women of reproductive age have an unmet need for modern contraception⁴.

The concept of unmet need for contraception came about in response to the need for the international community to validate the existence of a need for preventing pregnancy in developing countries with high fertility rates⁵.

Since 1980 use of modern contraceptives has increased steadily in regions all over the world, however Africa is still lagging in comparison with other regions. It is estimated that by 2015 more than 64% of women of reproductive age who are married or in-union worldwide were using a modern contraceptive method, **except in Africa where only 32% were using modern contraceptive methods**^{1,6}.

There is a mixed picture of contraceptive use in East Africa. Despite progress in prevalence of contraceptive use and rising age at first birth, there remains an unmet need for family planning estimated to be 24% in 2015 in East Africa^{6,7}. This is coupled with low uptake of long-acting family planning methods and high levels of teenage pregnancies⁷.





This to-scale map shows a size comparison of [Czech Republic](#) compared to [Tanzania](#). For more details, see an in-depth [comparison of Tanzania vs. Czech Republic](#) using our country comparison tool.



Tanzania has a population of around 53 million people, with 49% of them living on less than \$2 (£1.50) a day.

On average, a woman in Tanzania has more than five children, among the highest rates in the world.



Aims

The overall aim of the review is to identify and synthesise the key barriers and facilitators to the uptake of contraception in East Africa.

The review has the following objectives.

1. To systematically identify evidence on the barriers and facilitators to the uptake of contraception.
2. To appraise and synthesise using meta-aggregation evidence on the barriers and facilitators to the uptake of contraception.
3. To develop lines of action or recommendations from synthesised findings in order to inform different family planning stakeholders in the region.



Population:

1. Women of reproductive age utilizing modern contraceptive methods or family planning services.

Women of reproductive age refers to all women aged 15–49 years⁸.

2. Men of all ages utilizing modern contraceptive methods or family planning services.

Phenomena of Interest:

Use of contraceptives or uptake of family planning services.

Context:

Studies where the population of interest reside in East Africa.



In total 1,443 studies were retrieved from the four electronic databases searched (PubMed, EMBASE, Scopus, CINAHL) with 1,388 studies remained after removal of duplicates.

Screening of titles and abstracts of the remaining 1,388 studies resulted in the exclusion of 1,344 articles resulting in 44 articles undergoing full text assessment for eligibility.

Ten studies met the inclusion criteria for the review and were included in the synthesis



Synthesised findings

Major barriers identified across the studies:

- Myths and misconceptions leading to a fear of using contraceptives
- Financial cost
- The role of gender norms and power dynamics
- Health service barriers and external influences which limit contraceptive uptake

Facilitators:

- Couple communication
- Awareness of costs associated with large families
- Certain religious denominations were seen to facilitate the use of contraception.



Recommendations

- In order to meet contraceptive needs in East Africa, policy reforms need to take place, integrating gender equality in to family planning policies as well as engaging local leaders in policy reforms.
- Social and behaviour change strategies are pivotal in family planning programmes to demystify existing myths and misconceptions.
- Community level engagement of local leaders can aid in altering cultural and societal practices undermining the uptake of contraceptives.

POPULATION He made the remarks in the presence of the United Nations Population Fund representative in Tanzania

JPM advises against birth control

Tanzania government has an official family planning policy, which acknowledges artificial methods of birth control

By The Citizen Reporter

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Meatu. President John Magufuli yesterday reiterated his opposition to birth control, telling Tanzanians to continue reproducing.

Speaking at a public rally in Meatu in Simiyu Region President Magufuli told the people not to listen to those advising about birth control, some of it coming from

foreigners, because it has sinister motives.

Those going for family planning are lazy, President Magufuli said, because they are afraid they will not be able to feed their children. They do not want to work hard to feed a large family. And that is why they opt for birth control and end up with one or two children only, he added.

"You people of Meatu keep livestock. You are good farmers. You

can then feed your children. Why would you opt for birth control? These are my views, but I do not see any need for birth control in Tanzania," he said.

He added: "I have travelled to Europe and elsewhere and I have seen the side effects of birth control. In some countries they are now struggling with declining population growth. They have no labour force," President Magufuli, who was on a tour of Lake Zone regions said. He urged Tanzanians to keep reproducing because the government was increasing invest-

ment in maternal health specifically and the health sector in general. He said the government is about to construct 67 district hospitals countrywide.

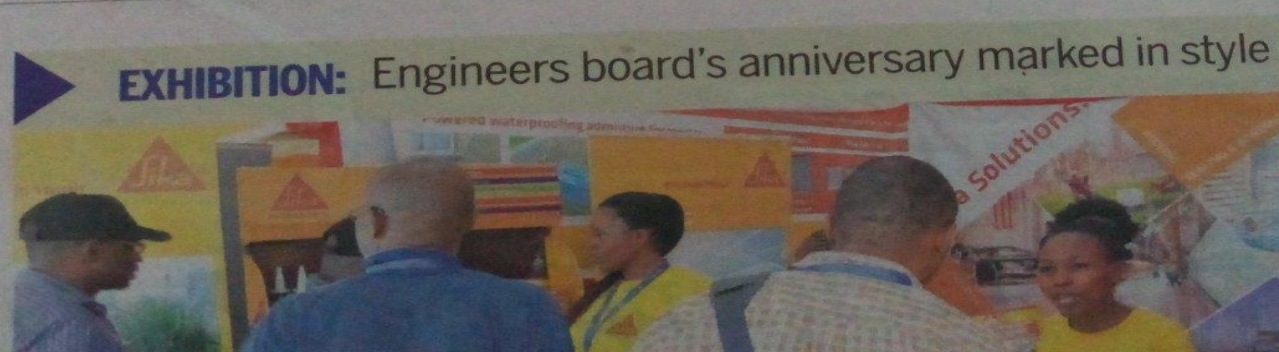
President Magufuli was speaking in the presence of the United Nations Population Fund (UNFPA) representative in Tanzania Jacqueline Mahon and the minister for Health Ummu Mwalimu.

It was not the first time for President Magufuli to talk about his opposition to birth control. In 2016, soon after start of the free public education for primary and

secondary schools, President Magufuli said Tanzanians can now give birth to as many children as possible because education was no longer expensive. "Women can now throw away their contraceptives. Education is now free," President Magufuli had said.

Tanzania adopted family planning policy, which accepts various measures of birth control, in 1976, one year after the UNFPA opened its office in the country. There is no indication, however, that President Magufuli's opposition to birth control would lead to change in policy.

Envoy to Tanzanians: Take a leaf



EXHIBITION: Engineers board's anniversary marked in style

EDUCATION

RC: Work closely with teachers

Tanga. The Tanga Regional Commissioner (RC), Mr Martin Shigela has directed parents in rural areas to maintain close cooperation with school managements in order to improve academic standards.

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'No need for birth control': Tanzanian president's views cause outrage

John Magufuli says people who use contraceptives are lazy, and outsiders who promote birth control are giving bad advice



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Rebecca Ratcliffe

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Tanzania's John Magufuli advises against birth control

President tells couples it is better to have a small family, warning them against birth control

10 Sept 2018 f t



"They do not want to work hard to feed a large family. And that is why they opt for birth controls and end up with one or two children only," he said.

"I have travelled to Europe and elsewhere and have seen the harmful effects of birth control. Some countries are now facing declining population growth."

Using Apple Pay.



So we pose the question.

Where do we go next and how do we support our international colleagues in the future?





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