

# Varying family planning strategies across age categories: differences in factors associated with current modern contraceptive use among youth and adult women in Luanda, Angola

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## ABSTRACT

**Background:** The objective of this study is to identify factors associated with current modern contraceptive use among Angolan women. By differentiating by age groups (15-24 and 25-49), this study aims to help family planning program planners better tailor interventions to improve utilization of modern contraception.

**Methods:** A household survey collected from 1,545 women of reproductive age living in Luanda Province, Angola, data on their sociodemographic characteristics, reproductive behavior and intentions, contraceptive knowledge and use, and attitudes and beliefs regarding contraception and abortion. The analyses were stratified based on age: 15-24 (youth) and 25-49 (adult). Multivariate logistic regression models were built for each age group, adding different subsets of variables in groups to see how relationships changed across the models.

**Results:** Common factors associated with modern contraceptive use among all ages include education level, perceived contraceptive accessibility, contraceptive knowledge, communication with partner about family planning in last year, and self-efficacy. Exposure to family planning information in the media in the last few months, perceived partner approval of family planning and marital status were all positively associated with current modern contraceptive use among women ages 15-24. Meanwhile, receiving information about family planning from a pharmacy in the last year was uniquely associated with current modern contraceptive use among women ages 25-49.

**Conclusion:** Young women in Luanda, Angola seem to have a unique set of factors affecting their contraceptive use. These findings highlight the need for family planning programs to cater services and messages towards specific age groups.

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