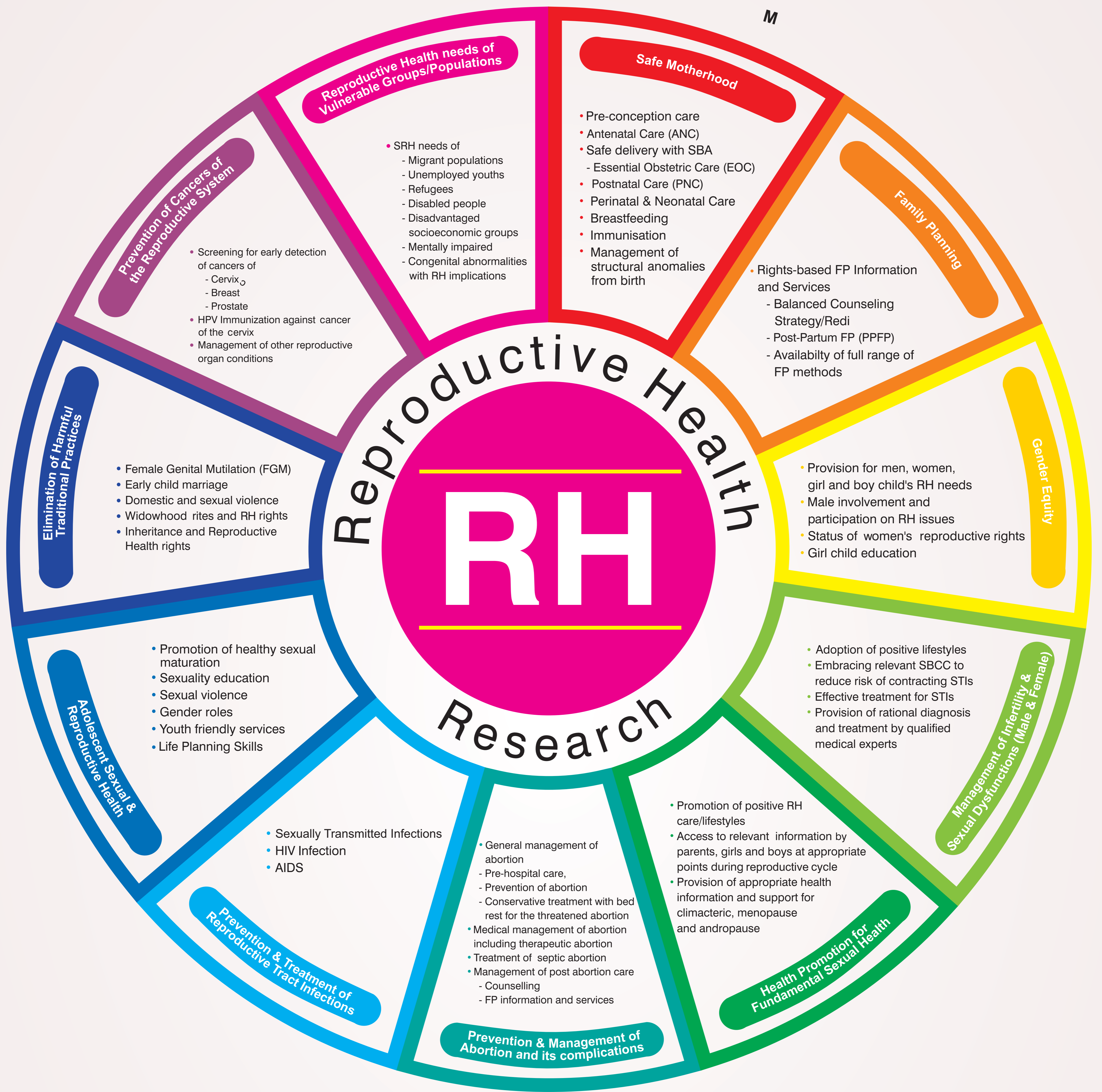


# COMPONENTS OF REPRODUCTIVE HEALTH



## BARE FACTS ON REPRODUCTIVE HEALTH

Globally, the picture of causes of Maternal Mortality is changing albeit slightly and same has been reported in Nigeria. Comparing data from 1990-2013 with regards to direct causes of maternal mortality, slight decrease in the proportion of deaths attributable to obstructed labour, 9% to 8%, sepsis 10% to 9% and haemorrhage 22% to 18% were observed in Nigeria<sup>1</sup> but increase in the proportion attributable to hypertensive disorder 11% to 12%, HIV/AIDS 0% to 2%<sup>2</sup>, and complications of abortion 15% to 18%<sup>3</sup>

With the MDGs (1990-2015) maternal mortality rates (MMR) worldwide dropped by about 44% as against the target of reducing MMR by 75%, from 1000/100,000 in 1990 to 250/100,000 live births by 2015, the estimates from the United Nations indicated that Nigeria recorded a reduction of 37.9% in her MMR between 1990 and 2015 (Uncertainty interval: -5 to 56.3%)<sup>2</sup>

On the average, 56 million induced (safe and unsafe) abortions occur worldwide each year with about 1.2 million taking place in Nigeria.<sup>4</sup> Incidences of induced abortion were more prevalent in the South-South (17%), closely followed by the North East (16%) and lowest in the South West (11%) as reported by Prada and his colleagues.<sup>5</sup>

Contraceptive prevalence rate of married women is 15% for all methods and 10% for modern methods, an increase of 2% since 2003 NDHS. According to the Family Planning 2020 (FP2020) mid-term review/projection report, the mCPR was 13% in 2016, while the proportion of all women using a modern method of family planning was 14.7%<sup>6</sup>

Currently unmet need for FP services among married women is 16% (12% for spacing and 4% for limiting). If all FP needs of married women were met in Nigeria, Contraceptive prevalence rate will be 31%, close to our desired national CPR of 36% in the FP Blue print. The unmet need for unmarried women is higher, 22% as compared with 16% for married women.<sup>7</sup>

Family planning / contraception prevents unintended pregnancies, reduces the need for abortion, especially unsafe abortion, prevents deaths of mothers and children while some of the methods, such as condoms, help prevent the transmission of HIV and other sexually transmitted infections.

### REFERENCES

- Graham W, Woodd S, Byass P, Filippi V, Gon G, Virgo S, Chou D, Hounton S, Lozano R, Pattinson R, Singh S. Diversity and divergence: the dynamic burden of poor maternal health. *Lancet* 2016; 388: 2164-75
- World Health Organization. Trends in maternal mortality: 1990 to 2015: Estimates by WHO, UNICEF, UNFPA, World Bank Group and the United Nations Population Division. Geneva: WHO; 2015. National Agency for the Control of AIDS (NACA). 2016. End-of-term evaluation of National Strategic Plan 2010-2015.
- National Agency for the Control of AIDS (NACA). 2016. End-of-term evaluation of National Strategic Plan 2010-2015. Abuja, NACA
- Bankole A, Adewole IF, Hussain R, Awolude O, Singh S, Akinyemi JO. 2015. The Incidence of Abortion in Nigeria. *International Perspectives on Sexual and Reproductive Health* 41 (4): 170-181.

- Prada E et al. Maternal near-miss due to unsafe abortion and associated short term health and socioeconomic consequences in Nigeria. *Africa Journal of Reproductive Health*, 2015, 19(2):52-62
- Family Planning 2020 (FP2020). 2016. Mid-term review/projection report. Presentation at the National Family Planning Conference, Abuja, December 2016.
- Population Commission and ICF International. Nigeria Demographic and Health Survey 2013. Abuja, Nigeria: National Health Survey 2013. Abuja, Nigeria: National population Commission and Rockville, MD USA: ICF International, 2014.



For further enquiries:  
Reproductive Health Division,  
Department of Family Health  
Federal Ministry of Health