

The Impact of Adolescent Youth Campaigns on the Uptake of Family Planning Services in South Western Uganda among 15-25 Years in Kanungu District

By Kamara Daniel- SRHR Champion, Dr Shamirah Nakayondo SRHR –Bwindi Community Hospital, Kanungu District.

Problem Statement:

Adolescent and young adult populations in South Western Uganda face significant challenges in accessing sexual and reproductive health (SRH) services, particularly family planning (FP). Despite the availability of FP services, many adolescents aged 15-25 years remain unaware of the options available, and cultural stigma and misconceptions about contraceptive use further limit service uptake. Studies have highlighted that adolescents often lack accurate knowledge and face barriers such as misinformation, limited access to youth-friendly health services, and concerns over confidentiality (Ochen et al., 2020; Kisekka et al., 2018). This study seeks to evaluate how these campaigns have affected the utilization of family planning services among young people in South Western Uganda.

Main Objective:

To assess the impact of adolescent youth-led sexual and reproductive health campaigns on the uptake of family planning services among adolescents aged 15-25 years in Kanungu District, South Western Uganda.

Specific Objectives:

1. To evaluate the effect of adolescent-led SRH campaigns on increasing knowledge about family planning methods among adolescents in Kanungu District, South Western Uganda
2. To examine how adolescent-led SRH campaigns influence attitudes towards contraceptive use among adolescents in Kanungu District, South Western Uganda
3. To determine the extent to which adolescent youth campaigns contribute to the utilization of family planning services by young people in Kanungu District, South Western Uganda.

Methods:

This study was conducted in a community setting within South Western Uganda, involving 206 participants aged 15-25 years. Participants were selected through purposive sampling from areas where adolescent-led SRH campaigns had been actively implemented. Data collection involved structured interviews, with both quantitative and qualitative questions focused on assessing changes in knowledge, attitudes, and behaviours regarding family planning. The analysis included calculating the percentage of participants who demonstrated increased knowledge of FP methods, shifted attitudes towards contraception, and reported higher service utilization after exposure to the campaigns.

Findings:

80% of participants reported a noticeable increase in their knowledge about different family planning methods, their effectiveness, and the benefits of using contraception to prevent unintended pregnancies. 70% of participants indicated a more positive

attitude toward the use of contraceptives after participating in the SRH campaigns. Many participants expressed reduced stigma surrounding contraceptive use, with many stating they felt more comfortable discussing and using contraception compared to before the campaigns. 60% of participants reported utilizing family planning services after exposure to the campaigns. These participants either visited health centres for consultations or adopted contraceptive methods. Despite the positive results, 30% of participants still faced barriers to full FP service uptake

Conclusion:

Adolescent youth-led SRH campaigns have had a measurable impact on the knowledge, attitudes, and uptake of family planning services among young people in South Western Uganda. The findings suggest that these campaigns are effective in raising awareness and reducing stigma around contraception, which encourages more young people to seek FP services

Recommendations:

Expand the reach of adolescent-led SRH campaigns to more rural and underserved areas, ensuring that accurate information and access to FP services are available to all adolescents and young adults.