



## EVIDENCE BRIEF

### Rwanda: First Time Young Mothers: Baseline Study (2017)



#### Why is it important?

The First Time Young Mothers (FTYM) study was conducted to determine antenatal care attendance by first-time young mothers in the targeted districts, disaggregated by age and compared to all women of reproductive health age; determine the percentage of Skilled Birth Attendance among FTYM; assess post-partum use of family planning services by FTYM in the targeted districts disaggregated by age; assess the perceptions of FTYM regarding use of modern contraceptives and other sexual and reproductive health (SRH) services; and assess the social needs of FTYM. This report is useful to ensure that pre- and post-natal care services and policies respond to the needs of young mothers and girls, and provides useful insights for SRH services. It is also useful for informing policies and programming.

#### Methodology

The study used a cross-sectional methodology that included both quantitative and qualitative techniques. Quantitative analysis was used to determine access to and use of SRH services by FTYM, while qualitative analysis was used to understand perceptions of the study population about SRH matters, including family planning.

#### Key findings

##### Socio-demographic characteristics

The majority of participants (95 per cent) became pregnant with their first child between the ages of 15 to 19 years old. Education attainment was higher among respondents living in urban areas. Early pregnancy was associated with lower educational attainment.

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#### Contraceptive use trends

Only 34 per cent of respondents adopted a contraceptive method after delivery, and among the youngest mothers, the rate was even lower (23 per cent). Use of contraceptive methods after delivery was associated with place of residence; 43 per cent of those residing in urban areas adopted a modern method after delivery, compared to almost 29 per cent of those residing in rural areas. Among those who did adopt a method, injectables and implants were clearly the most popular, accounting for 47 per cent and 35 per cent, respectively. Nearly all participants wanted to delay their next birth; 46 per cent said they wanted to delay for more than two years and almost 10 per cent said they did not want another child. Almost 44 per cent said they experienced violence or discrimination during their pregnancy.

#### Conclusion

The findings suggest the use of maternal and child health services by FTYM is comparable to that of other women of reproductive age. Most FTYM were satisfied with the services received in pregnancy, childbirth and postnatal care. It is recommended that increased attention be given to counselling and provision of contraceptive methods of their choice to adolescent mothers, and that counselling be initiated during the antenatal care period and continued during the intrapartum and postpartum periods. Long-acting reversible methods of contraception are highly effective in preventing unintended pregnancies and it is recommended these be included in the methods offered to FTYM.

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