



Suliman S. Olayan School of Business



KIP Research Project

Knowledge, attitudes and practices towards family planning: A national survey in the Lebanese community

Principal Investigator

Ghada Khoury, PharmD, BCACP

Clinical Assistant Professor

Lebanese American University

Submitted to

Knowledge is Power (KIP) Project

Olayan School of Business

American University of Beirut

***Disclaimer:** This study was funded by a grant from the United States Department of State. The opinions, findings and conclusions stated herein are those of the author[s] and do not necessarily reflect those of the United States Department of State."*



Suliman S. Olayan School of Business



Executive Summary

Worldwide, 1 in 3 women had family planning (FP) unmet needs because of difficulties in accessing or using contraceptives. In Lebanon, official information from the World Bank on the national prevalence of contraceptive use dates back from 1971 and appears equivalent to 53%. In light of this, we measured the current Lebanese national prevalence of family planning methods' uptake among women and men of reproductive age and we assessed barriers for the potential unmet needs. We conducted a cross-sectional survey on a nationally representative sample of 825 married women (age 15-49) and men of reproductive age (18+). We found that the current prevalence of contraceptive use is 55.6%; the unmet need is 11.4%; the total demand for FP is 67% and the percentage of satisfied demand for FP is 83%. Despite high reported knowledge scores, high access to and positive attitudes towards the use of FP methods; there is a clear stagnation of the rate of contraception use for the past 4 decades. The identified major factor hindering the use of FP methods in Lebanon appears to be religion. We suggest the implementation of effective interventions at the national level to promote and encourage the uptake of modern FP methods among couples as means to ensure maternal and child's health, as well as empower women to fulfill their equal functioning in society.