

Kenya: Key Findings

From 2022-2026, the SHINE project, led by FHI 360 and Ipsos under the guidance of the Ministry of Health, documented real-world experiences with the introduction and scale up of the hormonal IUD (HIUD) in the Kenyan public sector through mixed methods implementation science research.

Project Aim

Inform ongoing hormonal IUD introduction efforts across Kenya and guide future introduction of new family planning methods.

12 MONTHS

of DHIS2 data from all HIUD-providing facilities

4 COUNTIES

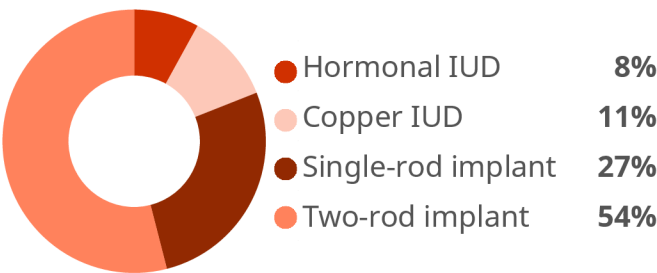
Homa Bay, Kakamega, Kisumu, & Nakuru

N=798

HIUD adopters surveyed across 32 facilities

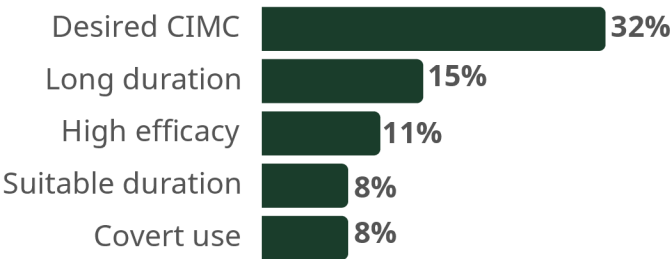
DHIS2 DATA

Both hormonal and copper IUD provision peaked in mid-2024, before declining alongside other LARCs through the end of the year. HIUDs represented 8% of all LARCs provided in facilities offering the method.



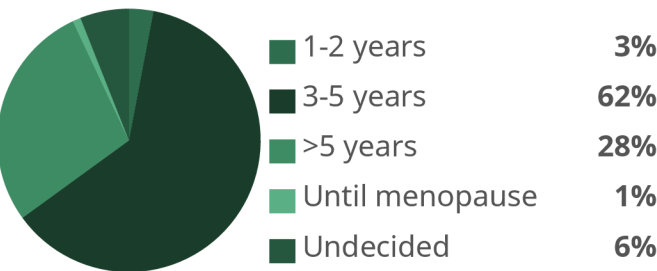
WHY WOMEN CHOSE HIUD

Most women chose the HIUD on their own. The main reason for adoption was contraceptive-induced menstrual changes (CIMCs), specifically reduced heavy menstrual bleeding and fewer menstrual side effects.



INTENDED DURATION OF USE

Most participants planned to keep their HIUD for 3-5 years.



PROVIDER-STATED DURATION

Nearly all participants received the Mirena® or Avibela®, which are labeled for up to 8 years of use in Kenya. Most participants reported hearing that the method was effective for 5 years, highlighting an opportunity to align counseling messages around duration of effectiveness.

ADOPTER FOLLOW-UP INTERVIEWS

N=24

At 6-12 months after adoption, nearly all participants described their HIUD experience positively, and said they would recommend the method to a friend. A few had the HIUD removed due to discomfort from side effects or desire for pregnancy.

"I don't get backaches, and I don't have to memorize the return date like I would do with the injection since I was already told when it was to be removed so I just sit and wait for that year"

– Homa Bay (39-year-old)

Some participants experienced side effects that often improved after six months – reinforcing the importance of clear counseling on expected bleeding changes and side effects, when they may improve, and when to seek follow-up care.

"The first three months I had some heavy menses with some clots, but now, I'm attending just three days, but the first three months, it was heavy."

– Kisumu (33-year-old)

PROVIDER IN-DEPTH INTERVIEWS

N=24

Providers were generally enthusiastic, noting that advantages outweighed potential disadvantages for many clients. Many felt services could be strengthened by training more providers, greater method awareness, and removal of fees. Providers also requested more ongoing supportive supervision and refresher trainings.

"The challenge is fewer health providers are trained. If we can have enough mentorships, enough trainings and supervision"

–Homa Bay Provider

KEY INFORMANT INTERVIEWS

N=9

Key priorities to improve HIUD access:

- Strengthen stock tracking and data quality
- Continue provider training, mentorship, and supportive supervision
- Update registers, as well as strengthen reporting guidance and routine data review
- Increase community sensitization
- Strengthen county and partner coordination

FGDS WITH MEN

N=8

Most male partners said they would support their partner using the HIUD once the method was clearly explained. Perceived benefits included fewer side effects, health benefits, quick return to fertility, long duration of use, and effectiveness. Concerns included reduced libido, feeling the IUD during sex, and anxiety about reduced or paused/stopped menstruation.

"It reduces the woman's budget, because if her periods will be fewer and less, her budget for pads can be diverted to buying milk.."

– Kakamega

FGDS WITH COMMUNITY LEADERS

N=8

Community leaders expressed willingness to advocate for the HIUD and emphasized the importance of affordable access, trained providers, and male-focused messaging that highlights the method's economic and relationship benefits.

I will tell her to take coil because she will enjoy sex all the time and not worry about periods."

–Female, Kakamega