

Nigeria: Key Findings

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

Project Aim

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

24 MONTHS

of DHIS2 data from all HIUD-providing facilities across Nigeria’s 36 states, including the FCT

4 STATES

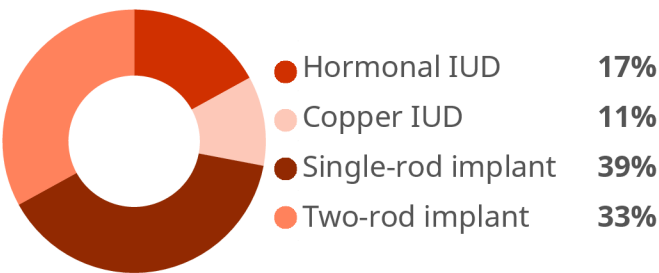
Bauchi, Ebonyi, Nasarawa, & Oyo

N=1,221

HIUD adopters surveyed across 32 facilities

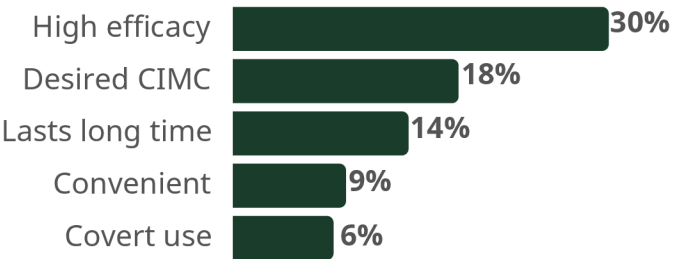
DHIS2 DATA

HIUD provision increased steadily over time and represented 17% of all LARCs provided in facilities offering the method. In facilities offering both IUD types, HIUDs were provided more often than copper IUDs.



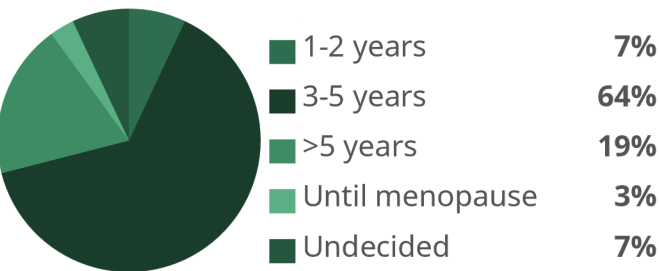
WHY WOMEN CHOSE HIUD

Most women chose the HIUD on their own, with some partner influence. Top reasons were effectiveness and contraceptive-induced menstrual changes (CIMCs), specifically reduced heavy menstrual bleeding.



INTENDED DURATION OF USE

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



PROVIDER-STATED DURATION

Nearly all participants received the Mirena®, which is labeled for up to 6 years of use in Nigeria. 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 all said they would recommend the method to a friend. Reported drawbacks generally did not outweigh the perceived benefits.

"The experience has been so effective and so good, because since I got the hormonal insertion, I have been good. Before the flow was heavy, but after a month or so, it has been light."

– Oyo (39)

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.

"She spoke to me about the possibility of experiencing mild side effects such as cramps. When I started experiencing some of the side effects, I knew they were normal because I was told about them at the facility."

– Bauchi (25)

KEY INFORMANT INTERVIEWS

N=10

Key priorities to improve HIUD access:

- Strengthen demand generation alongside service delivery
- Expand HIUD availability across facilities and outreach
- Ensure a consistent and reliable supply
- Address hidden barriers to client access (hidden fees, transport, etc.)
- Continue community mobilization and health education

PROVIDER IN-DEPTH INTERVIEWS

N=24

Providers were generally enthusiastic, noting that advantages outweighed potential disadvantages for many clients. Many also expressed interest in refresher trainings or ongoing supportive supervision to strengthen provider knowledge and counseling, including accurate information on therapeutic benefits.

"It can be improved through quarterly supervision and holding a workshop again to refresh us."

– Nasarawa Provider

FGDS WITH MEN

N=8

Most male partners said they would support their partner using the HIUD once the method was clearly explained, though acceptance was shaped by broader norms around male decision-making, religious beliefs, and partner consent. Perceived benefits included fewer side effects, health benefits, quick return to fertility, long duration of use, effectiveness, and cost savings.

"For example, the decreased flow, relaxation of mindset, economic benefits to my pocket. With these advantages, I will even be the one singing about it."

– Ebonyi (R8, FG1)

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.