

Unplanned pregnancy and birth control use in Canada

Unplanned pregnancy is more common than you might think. With so many different birth control options available in Canada to help women and their partners prevent an unplanned pregnancy, why does it still happen at all?



Let's take a closer look at some trends and issues related to birth control use in Canada.



How common is unplanned pregnancy?



Nearly half

of pregnancies in Canada are **unplanned**

Why does that matter?



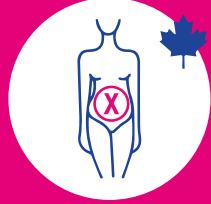
Unplanned pregnancy has been linked to **negative health outcomes for both the mother and her baby...**



...and it's **costly** to both individuals and society.



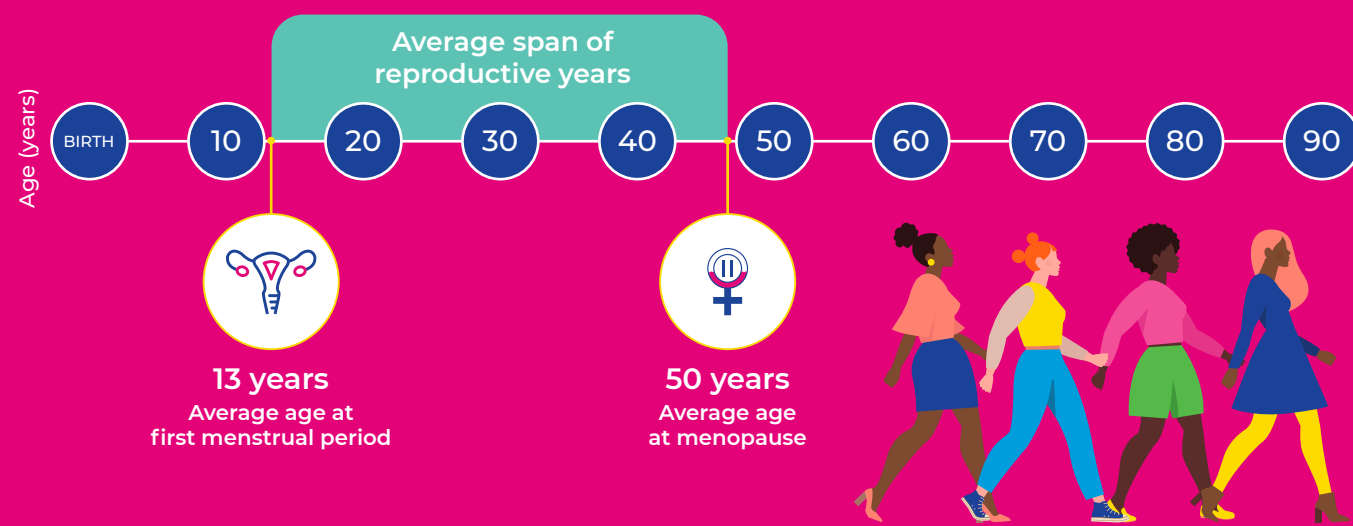
Nearly 1 in 3 Canadian women have at least one abortion over their lifetime...



...and **almost half** of abortions in 2019 were in women 18-29 years of age.



Canadian women spend a **significant portion of their lives at risk** of an unplanned pregnancy.



But what about birth control?

There are many different birth control options available in Canada. But it's been shown that Canadian women use only a few types and don't use birth control all the time.

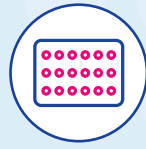
RESULTS FROM A 2006 CANADIAN SURVEY

Among Canadian women who had sex in the previous 6 months:*

The 3 most commonly used birth control methods were:



Condoms (54%)



Oral contraceptives, or 'the Pill' (44%)



Withdrawal (12%)

Over a third of women never used birth control, or weren't using it all the time:

14.9% never used birth control

9.3% sometimes used birth control

10.6% usually used birth control

Only 65.3% always used birth control



Many birth control methods don't work as well to prevent pregnancy if they aren't used correctly and consistently.

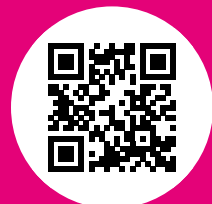
So how can you lower your risk of an unplanned pregnancy?

Understand your birth control options and talk to your doctor about which method is right for you.



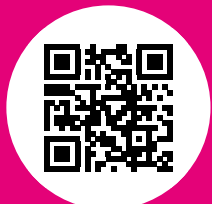
These resources are a great place to start:

Sexandu.ca



A Web site dedicated to educating Canadians about sexual and reproductive health.

itsaplan.ca



An interactive tool designed to help you (and your doctor) choose the birth control method that's best for you.

Check out the SOGC's "How Effective is my Birth Control?" tool:



* Based on data from a national survey conducted in November 2006 of 2,751 women aged 15 to ≥40 years who had had vaginal intercourse in the previous 6 months and were not trying to get pregnant.