

THE FULL PICTURE

Effectiveness of Birth Control Methods in Preventing Pregnancy and STD/HIV Infection

% OF UNPLANNED PREGNANCIES, RANKED BY % OF USERS					
METHOD	% OF USERS ¹	PERFECT USE ¹	LOWEST - HIGHEST 15-44 YRS ²	LOWEST - HIGHEST 15-19 YRS ²	STD/HIV INFECTION PREVENTION ³
Abstinence	Increasing	0.0	0.0	0.0	100%
Sterilization	38.6				None
<i>Female</i>	<i>27.7</i>	<i>0.5</i>	<i>0.5</i>	<i>0.5</i>	
<i>Male</i>	<i>10.9</i>	<i>0.1</i>	<i>0.2</i>	<i>0.2</i>	
Combined Pill	26.9	0.1	3.8 – 8.7	8.0 – 18.1	May increase risk
Male condom	20.4	3.0	9.8 – 18.5	11.4 – 19.3	50%
Withdrawal	3.0	4.0	14.7 – 27.8	17.1 – 29.0	None
Depo-Provera	3.0	0.3	0.4	0.4	May increase risk
Natural Family Planning (NFP)*	2.3	2.0 ⁴	2.0 – 8.9 ⁴		None
Diaphragm	1.9	6.0	12.0 – 38.9	10.6 – 35.5	None
Other	1.8				
Norplant	1.3	0.05	0.05	N/A	None
Intrauterine Device (IUD)	0.8	0.8	2.5 - 4.5	2.2 - 6.3	May increase risk
TOTAL	100				

*NFP is not Calendar Rhythm which assumes each cycle is the same. Rates refer to the Sympto-Thermal Method (STM) of NFP that is taught by the Archdiocese of Washington (301-853-4564).

FOOTNOTES

1. The Alan Guttmacher Institute (2000). <http://www.agi-usa.org> Prevention and Contraception, Facts in Brief: Contraception Use
2. Harlap, S., Kost, K., & Forrest, J. D. (1991). Preventing pregnancy, protecting health: A new look at birth control choices in the United States. Alan Guttmacher Institute: New York.
3. O'Connell, M. L. (1996). The effects of birth control methods on STD/HIV risk. Journal of Obstetric, Gynecologic, and Neonatal Nursing, 25, 476-480.
4. Klaus, H. (1982). N.F.P.: A Review. OB/GYN Survey, 37, 128-150.