

Knowledge Gaps Remain in Ten year Review of Sexuality and Contraception in Canada

Ottawa – June 21st, 2017 - Contraception has changed a lot in the past decades – but a new survey of Canadian women shows unintended pregnancies still remain high - at about 61%. And, in spite of the dozens of options now available to men and women, the birth control pill, condoms and withdrawal are still the top three contraception methods.

Preliminary results from the national survey were unveiled this morning at the Society of Obstetricians and Gynaecologists of Canada's (SOGC's) Annual Clinical and Scientific Conference. It compared data collected in a 2006 survey with the same survey in 2016. The report looks at trends, attitudes, and behaviours related to sexuality and contraception among over 3,200 Canadian women. Some of the findings remain consistent:

- Most women are not aware of the many contraception options that exist;
- Intrauterine Devices (IUDs) are one of the most effective methods available, but most women know very little about them;
- Women over 30 years old are less likely to use contraception or condoms.

The biggest differences between the 2006 and 2016 survey results are related to where women get their information about contraception. Nowadays, women are more likely to turn to the Internet, rather than speak to their doctor. But with so much information on the Internet, it can be difficult to know what sources are trustworthy. To help bridge this gap, the SOGC provides Canadians with all the information they need about contraception and sexual health on its recently relaunched website SexandU.ca.

“The SOGC believes increased public education about sexual health and contraception is needed more than ever for young Canadians—especially when data shows withdrawal is considered a preferred method of birth control,” says Dr. Jennifer Blake, CEO, SOGC. “As a result of this study we will be launching a Canada-wide campaign later this summer to encourage young people to make smart choices that work for them and prevent unwanted pregnancies.”

The new contraception study also indicates that one in four Canadian women does not know what to do when they miss a pill or other hormonal contraception method. The SOGC is also today releasing a new tool called [S.O.S. \(Stay on Schedule\)](#) to guide women through what to do in the case of a forgotten or delayed dose of birth control.

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About The Society of Obstetricians and Gynaecologists of Canada

The SOGC is one of Canada's oldest national specialty organizations. Established in 1944, the Society's mission is to promote excellence in the practice of obstetrics and gynaecology and to advance the health of women through leadership, advocacy, collaboration and education. The SOGC represents obstetricians/gynaecologists, family physicians, nurses, midwives and allied health professionals working in the field of sexual reproductive health. For more information, please visit www.sogc.org