

When choosing birth control, be fully

informed.

The best method of birth control is one that is safe, comfortable, and can be used consistently and comfortably.

alexrowanfoundation.org

[Click here to learn more](#)



A woman's preferred method of birth control may change over her lifetime and is influenced by many different factors, including:

Age

Health history

Family planning goals, how many children and when

Relationship factors, such as marital status

46.9 million women in the U.S. aged 15 to 49 use some form of birth control.*

19%

Female sterilization

13%

Birth control pills

10%

Long-acting reversible contraception

9%

Male condom

Talk to your healthcare provider about all of your birth control options. Carefully weigh all benefits and risks for each option before making a decision.

*National Center for Health Statistics