



Access to Modern Contraceptives in Armenia

Fact Sheet

This factsheet has been prepared by the Advocacy and Policy Development Team of the Women's Resource Center NGO. It is intended for representatives of government bodies and civil society organisations engaged in advocacy in this field, including those involved in legislative initiatives. The document is grounded in a rights-based and evidence-informed approach.

The Applicability of Modern Contraceptive Methods

Among modern contraceptive methods, male condoms, intrauterine devices (IUDs), hormonal pills, injectable contraceptives, and spermicides are the most commonly used in Armenia. Other modern methods are also available, and emergency contraceptive pills can be accessed as well. With the exception of IUDs, these methods are sold in pharmacies, although hormonal pills are available only by prescription.

According to a 2022 UN Population Fund study on infertility¹, married individuals or those who have had sexual relations were asked, "Have you or your spouse ever used modern contraceptives?" The survey found that 50% of female respondents and 54% of male respondents had never used modern contraceptives. These findings, together with the experience of the Women's Resource Center NGO, indicate that many women continue to rely primarily on traditional methods, particularly withdrawal, which is not a reliable form of contraception.

According to data from the Contraception Policy Atlas 2026, published by the European Parliamentary Forum on Sexual and Reproductive Rights², Armenia was assessed among 47 European countries and placed in the "red zone." This designation indicates significant gaps in access to modern contraceptives, rights-based family planning counselling, and reliable online information, as well as challenges related to state funding and service accessibility. These findings underscore the urgent need for comprehensive policy reforms to ensure equitable, rights-based access to contraceptives in line with European standards.

Legislation and International Standards Ensuring Access to Contraceptives

Under the Law of the Republic of Armenia "On Human Reproductive Health and Reproductive Rights" (hereinafter, "the Law"), every woman has the right to access effective contraceptive methods to ensure safe motherhood and to prevent unintended pregnancy and induced abortion. Healthcare providers are required to offer reliable information on the safety, effectiveness, and security of available contraceptive methods, enabling individuals to make informed choices regarding fertility regulation. The selection of fertility regulation methods and techniques within health services must take into account the individual's reproductive history, health status, age, personal characteristics, and preferences. Such methods may only be applied with the person's full, free, and informed consent.

Under the international human rights framework, states are obligated to ensure women have access to a broad range of contraceptive methods. This obligation is grounded in a woman's right to decide the number and timing of her children, her right to health, her right to equality, and her right to privacy. Ensuring access to affordable, acceptable, and high-quality contraceptive methods and services, free from coercion, discrimination, and violence, is a fundamental guarantee of gender equality.

Barriers to the availability and accessibility of contraceptives

Although both domestic legislation and international human rights standards emphasize the importance of access to contraceptives and the state's obligation to provide them free of charge, women in Armenia continue to face significant barriers to access and affordability. One major barrier is the stigma surrounding condom use by male partners, a widely available and relatively affordable contraceptive method. In many cases, male partners refuse to use condoms, placing women at risk not only of unintended pregnancies but also of sexually transmitted infections, including HIV.

Another significant obstacle is the relatively high cost of modern contraceptives. In Armenia, these methods are not included in the list of services covered by the Universal Health Insurance scheme. This presents a particular challenge

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¹ See, <https://armenia.unfpa.org/en/publications/%E2%80%9CInfertility-prevalence-among-armenian-population%E2%80%9D-quantitative-survey>

² See, https://www.epfweb.org/sites/default/files/2026-02/CCInfoEU_A3_EN_2026_FEB22-HiRes.pdf

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Another significant obstacle is the relatively high cost of modern contraceptives. In Armenia, these methods are not included in the list of services covered by the Universal Health Insurance scheme. This presents a particular challenge for women in rural areas, where pharmacies and hospitals offering modern contraceptives are often scarce.

Ensuring confidentiality in small communities also poses a challenge. Women may feel reluctant to discuss contraceptive options with healthcare providers, partly due to prevailing stereotypes and stigma, and partly because of concerns about breaches of confidentiality.

A further barrier is the lack of reliable information on contraceptives. Many women possess incomplete or inaccurate knowledge about modern methods, influenced by stigma and misinformation. The absence of comprehensive, rights-based sex education contributes to low awareness of how to use modern contraceptives effectively.

Access to contraceptive methods and information is especially limited for certain groups of women, including women with disabilities, lesbian women, women living with HIV, and those living in rural areas.



Recommendations

- Include at least three modern contraceptive methods, such as intrauterine devices (IUDs), condoms, and hormonal pills, in the list of services and medications covered by the Universal Health Insurance scheme.
- Ensure that information and services on modern contraceptives are accessible to all groups of women.
- Implement comprehensive, rights-based sex education in public schools.
- Raise public awareness about the use and effectiveness of modern contraceptives through healthcare providers, public health campaigns, and other appropriate channels.