

The purpose of the study was to examine the utilization level of family planning services/contraceptives; and factors influencing the uptake of Family Planning among women of Kayonza Sub County in Kayunga District.

The study revealed high usage of modern family planning services and low usage of natural family planning services due to various reasons.

In general utilization level of Family Planning Services among women in Kayonza Sub County is still low due to a number of factors.

The factors that influenced utilization level of family planning services among women in Kayonza Sub County in Kayunga District included but not limited to: socio- demographic determinants; health systems and psychosocial services determinants; communal and societal determinants as elaborated herein.

In lieu of findings, various recommendations were suggested to enhance the use of family planning services availed at health centres in Kayonza as bold steps towards enhanced uptake of Family Planning services. Other than reviving and enhancing the activities of the community based leaders and providers, promotion of Family Planning education and activities at the household level should be carried out.

Similarly, formation of lobby groups to enhance cultural change and mentality as well as awareness creation and counselling, and integration of Family Planning services with HIV/AIDS were also recommended.