

# Results of the ECHO Study

The Evidence for Contraceptive Options and HIV Outcomes (ECHO) study assessed the impact on women's HIV risk of three different contraceptive options, specifically, depot medroxyprogesterone acetate-intramuscular (DMPA-IM), or Depo-Provera, the copper intrauterine device and the levonorgestrel implant<sup>13</sup>. The results, released on June 13, 2019, are of major significance to women and girls—especially in East and Southern Africa—providers, policy makers, funders and advocates<sup>12</sup>. The ECHO study did not find any substantial difference in HIV risk among women using the aforementioned methods. All three contraceptive methods tested were safe, effective and acceptable. The majority of women stayed on the method that they were assigned to use and very few had unwanted pregnancies. High HIV incidence rates in all three arms of the trial highlight the importance of women-centered programs that offer a full range of contraceptive choices and HIV prevention strategies at the same site, and with an approach that is centered on women's informed choice.

Adapted from AVAC. *Understanding the Results of the ECHO Study*. June 2019<sup>14</sup>.