



## Preventive Reproductive Health: An Overview of Priorities

## Alignment with MCH Strategic Objectives and Healthy People 2020



- Increase percent of pregnancies that are planned
- Increase percent of women who had a health care provider talk to them about ways to have a healthy pregnancy
- Improve the rate of screening, response and referral related to domestic violence, especially in the home visiting context; includes screening for reproductive coercion

## Alignment with MCH Strategic Objectives and Healthy People 2020



- Increase % of youth who used contraception at most recent sexual intercourse, and to
- Increase % of youth who receive education on sexually transmitted diseases

# Efforts to support these objectives

- Title X Family Planning Services
  - ▣ Planned Parenthood of Northern New England
- PREP
  - ▣ Teen pregnancy prevention, adolescent sexual health, healthy relationships
    - Youth serving community based organizations
    - Reducing the Risk Curriculum
- CDC/ Sexual Violence Prevention
  - ▣ Network Against Domestic and Sexual Violence
    - Pilots with Umbrella and SACT
    - Emphasis on primary prevention

# Rationale

- Unintended pregnancy
  - ▣ Mistimed or unwanted
  - ▣ 50.3% of pregnancies were planned (PRAMS and Vital Statistics, 2012)
    - Healthy Vermonters 2020 goal is 65%
  - ▣ According to the Behavioral Risk Factor Surveillance System (BRFSS, 2012 & 2013), 40% of Vermont women ever had a health care provider talk with them about ways to prepare for a healthy pregnancy and baby
    - MCH Strategic Plan goal, of women who want a child in next year, 75%

# Key efforts



- Reproductive Health Workgroup
  - Partners: PPNNE, VCHIP, UVMMC, OBs, residents, family practice, Medicaid
  - Focus on identifying and addressing barriers to long acting reversible contraception (LARC)
    - Addressing barriers to post partum insertion
    - Health care provider knowledge
    - Health care consumer knowledge
    - Community provider knowledge
    - Provider needs assessment survey and training through Vermont Child Health Improvement Project (VCHIP)

# Unintended Pregnancy

- One-half of pregnancies in the United States are unintended, and the unintended pregnancy rate is a key public health indicator.
- Mistimed, unplanned, or unwanted pregnancies are associated with an increased risk of poor health outcomes for mothers and babies, including poorer preconception health, delayed access to prenatal care, preterm birth and low birth weight, reduced birth spacing, and negative physical and mental health effects.

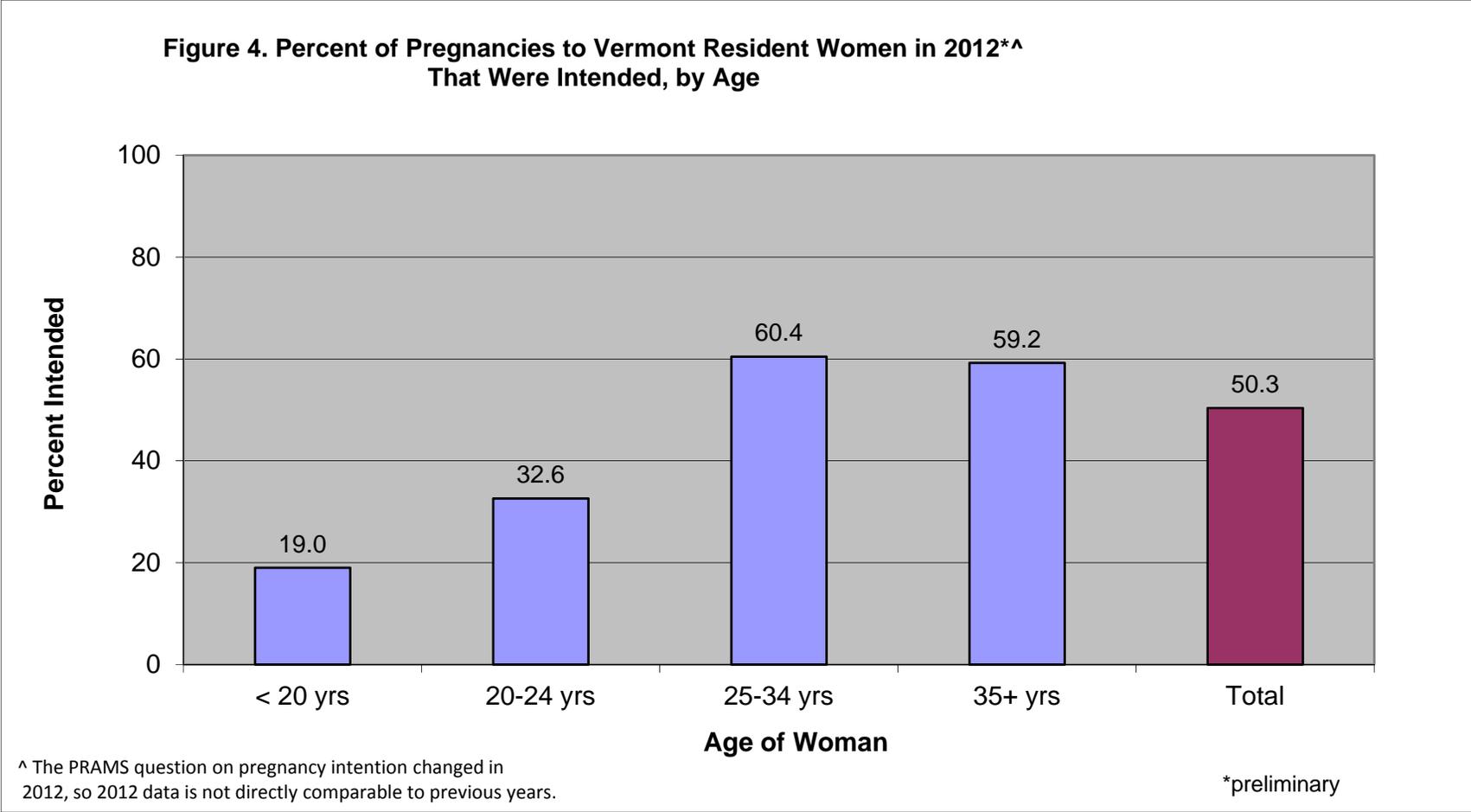
# Unintended Pregnancy



- 74% of unplanned births are publicly funded in VT
- VT spends \$30 million per year on unintended pregnancies
- Pregnancy and delivery services yield highest potentially avoidable costs

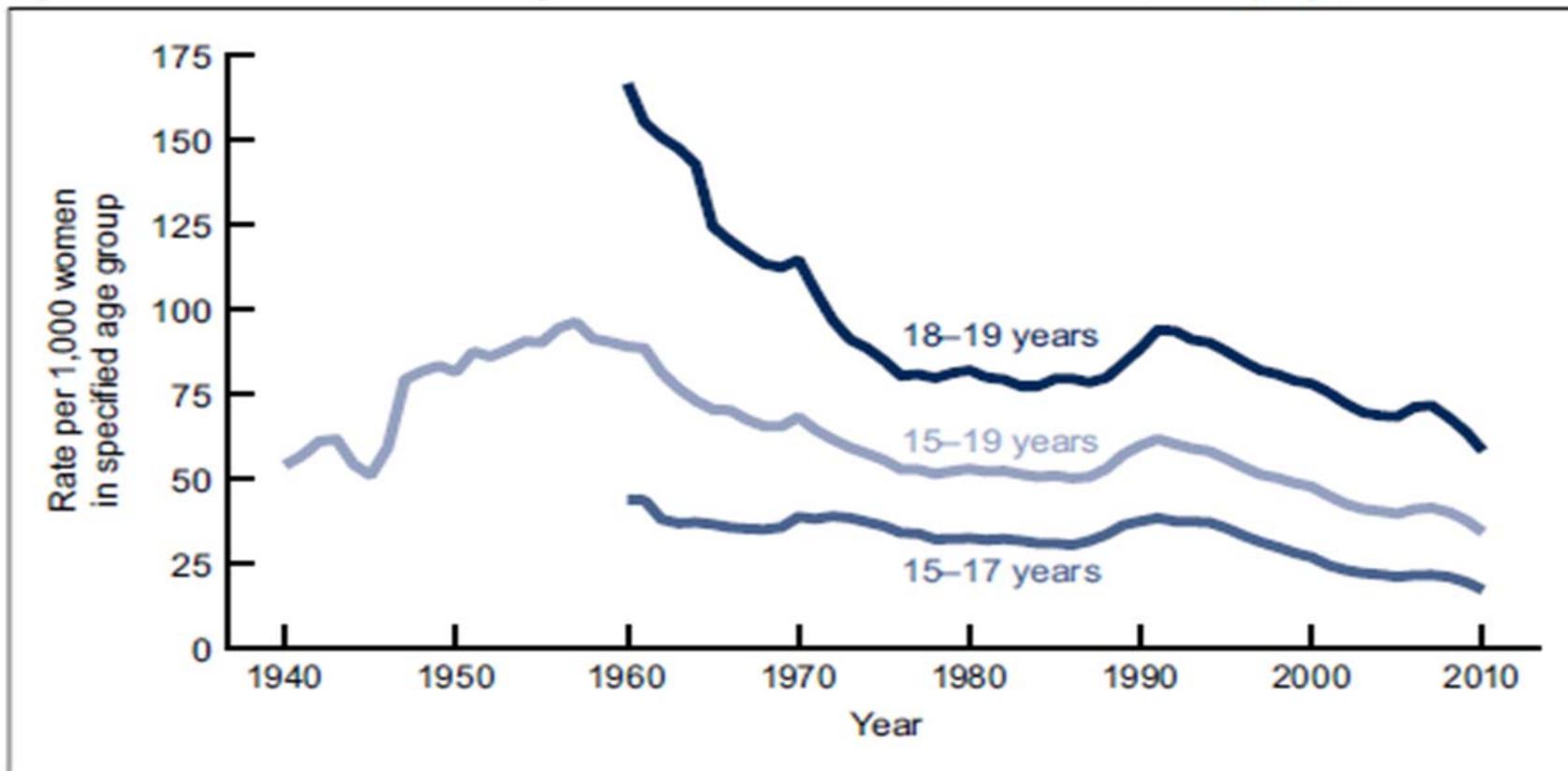
Source: Guttmacher 2010-2015, Medicaid Maternal & Infant Health Initiative 2015, Brandeis Report 2014.

# Intended Pregnancy Rate in Vermont



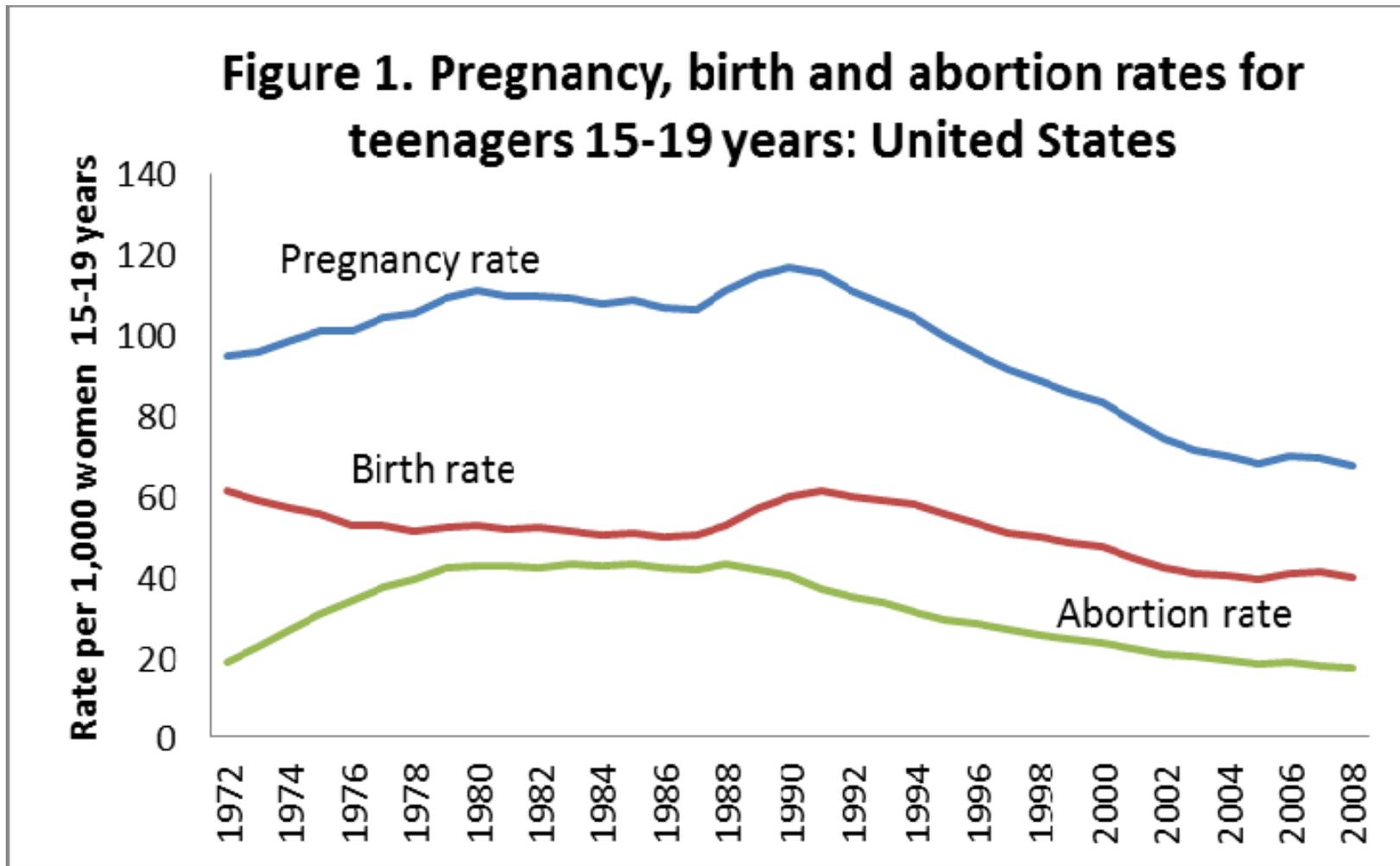
# National Teen Birth Rate by Age

Figure 1. Birth rates for women aged 15–19: United States, 1940–2010, and by age, 1960–2010



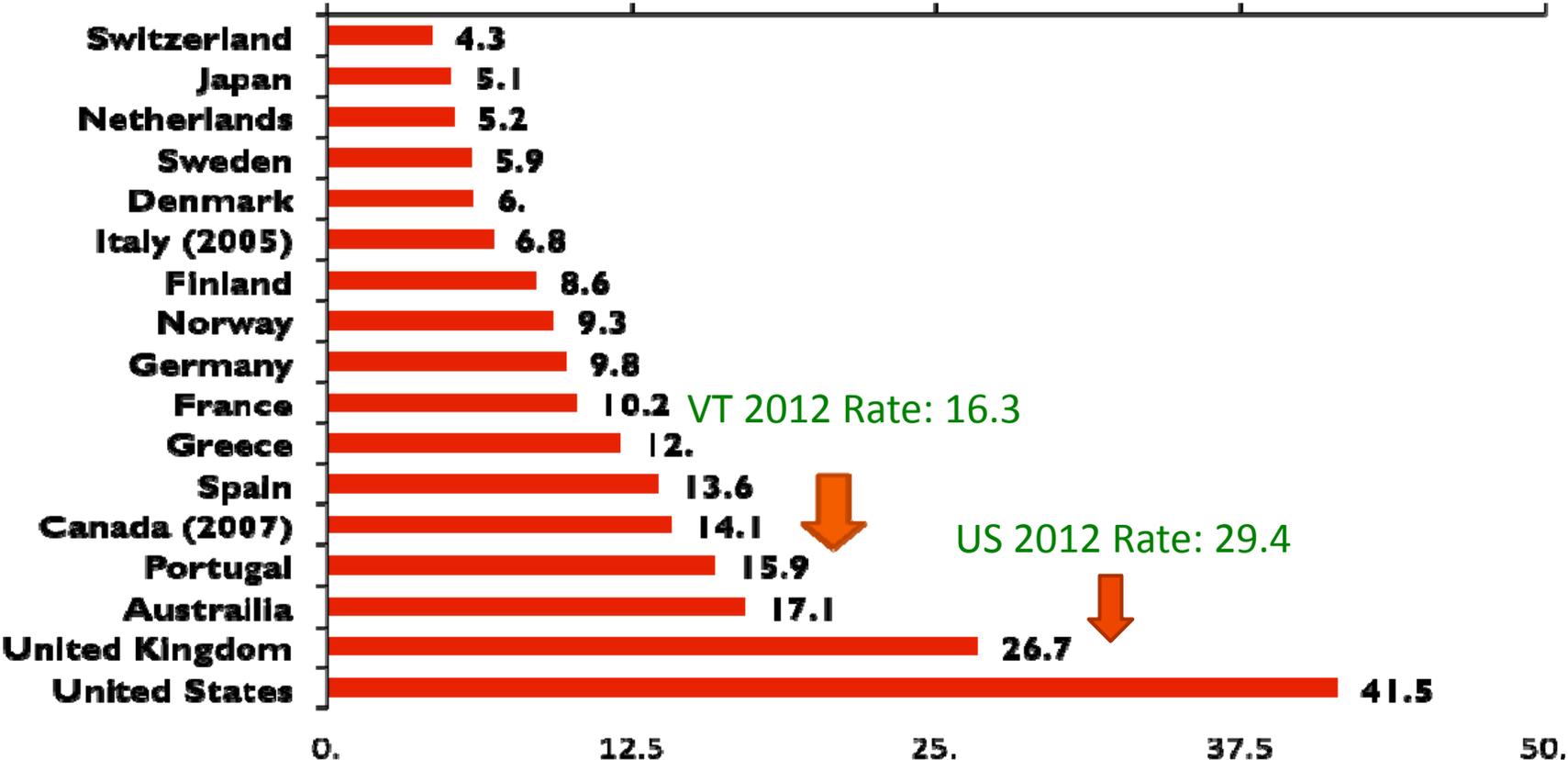
NOTE: Data for 2010 are preliminary.  
SOURCE: CDC/NCHS, National Vital Statistics System.

# Pregnancy, birth and abortion rates for teens, 15-19 years old



# Teen Birth and Pregnancy Rates- Country comparison

## Teen Birth Rate (per 1,000 Females 15-19)



# VT Teen Birth and Pregnancy Rates



## □ Teens 15-17

- 2012- 7.4, 12.2
- 2013- 4.9, 9.3
- 2014- 5.5, 8.9

## □ Teens 18-19

- 2012- 25.8, 34.7
- 2013- 24.7, 35
- 2014 - 22.8, 32.1

# The Importance of Prevention

## **Infant**

- Prematurity
- Infant mortality
- Increased likelihood of abuse
- Future teen pregnancy

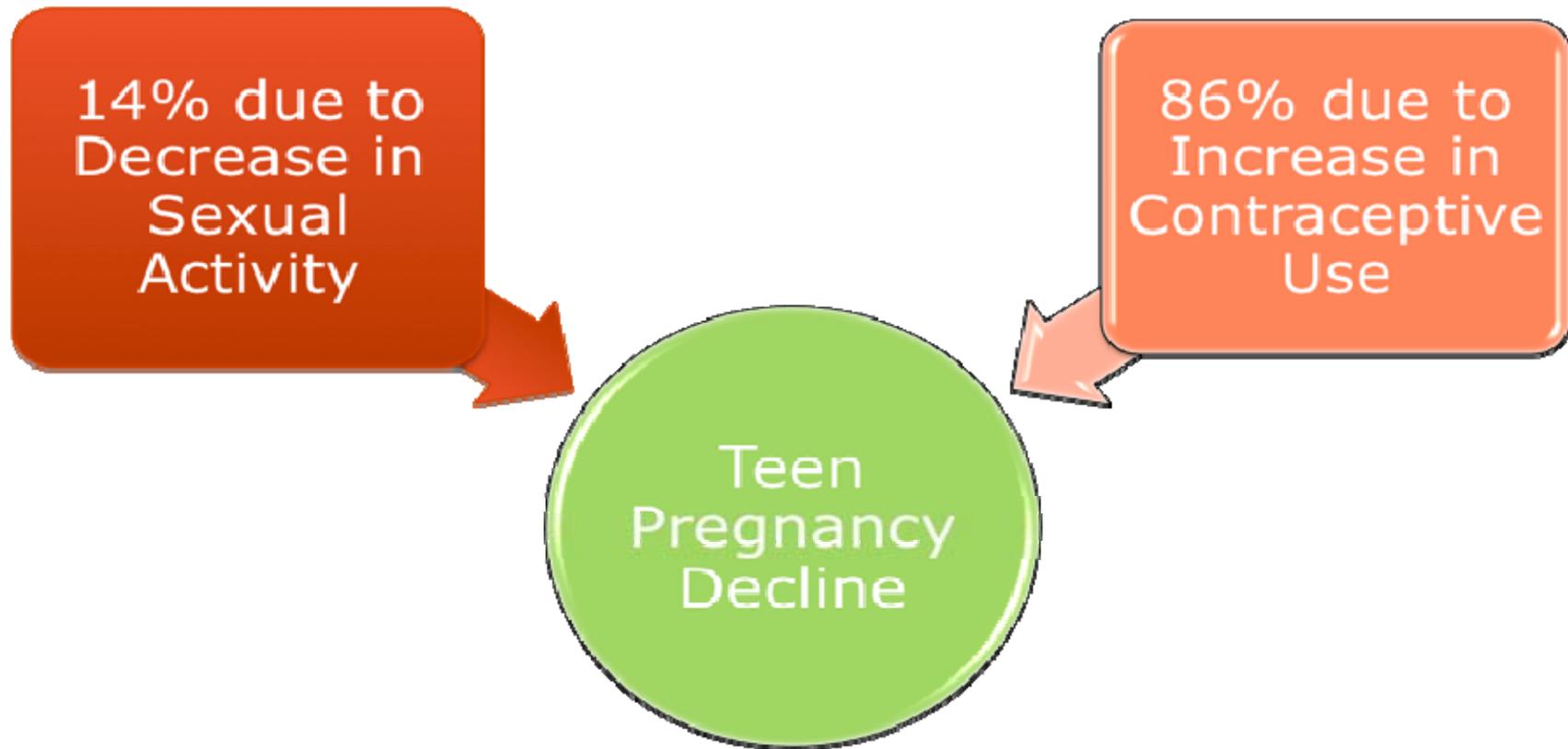
## **Teen Mom**

- Low educational attainment
- Unemployment
- Poverty
- Risk for repeat pregnancy

Santelli and Melnikas, 2010, <http://www.guttmacher.org/pubs/FB-ATSRH.html>

Klein, JD and the Committee on Adolescence, 2006

# Why are teen pregnancy rates declining?



# Declines in Adolescent Pregnancy and Unmet Need for Contraception



- ❑ Majority of decline attributable to increased contraceptive use among adolescents
- ❑ Among adolescents who become pregnant, about half due to contraceptive failure
  - Failure of method
  - Failure to use correctly and consistently

Santelli, Am J Public Health 2007;97:150.

Santelli, Persp Sex Reprod Health, 2006;38:106

# Youth Risk Behavior Survey (YRBS) Data

## High School Students 15-19

<b>YRBS Question</b>	<b>VT 2015</b>	<b>US 2013</b>
% students ever had sex	41% (2013 43%)	47%
% students who used a condom at last sex	58% (2013 62%)	59%
% students who used prescription birth control at last sex	47% (2013 44%)	19%
% students who used BOTH a condom and prescription birth control at last sex	19% (2013 18%)	9%

## 2015 Vermont YRBS Data . High School Students 15-19

YRBS Question	VT 2015
Primary method of pregnancy prevention in students who had sex in the <b>last 3 months:</b>	
birth control pills	35% (2013 35%)
shot, patch, ring	6% (2013 6%)
iud, implant	6% (2013 3%)

# Long acting reversible contraceptives (LARC)

- Long-acting reversible contraception (LARC) methods include the intrauterine device and the birth control implant.
- Both methods are highly effective in preventing pregnancy, last for several years, and are easy to use.
- Increasing LARC use by removing barriers is an important strategy to improve pregnancy planning.

# Effectiveness of Contraceptive Methods

**Extremely  
effective**

Prevents pregnancy  
> **99%** of the time

**Sterilization**  
**LARCS**  
**Implant**  
**IUDs**

**Very effective**

Prevents pregnancy  
**91-99%** of the  
time

**Injection**  
**Ring**  
**Patch**  
**Pill**  
**Diaphragm**

**Moderately  
effective**

Prevents pregnancy  
**81-90%** of the  
time

**Condoms**  
**Withdrawal**  
**Sponge**

**Effective**

Prevents pregnancy  
up to 80% of the  
time

**Fertility**  
**Awareness**  
**Spermicide**

# Tiered Counseling by Effectiveness



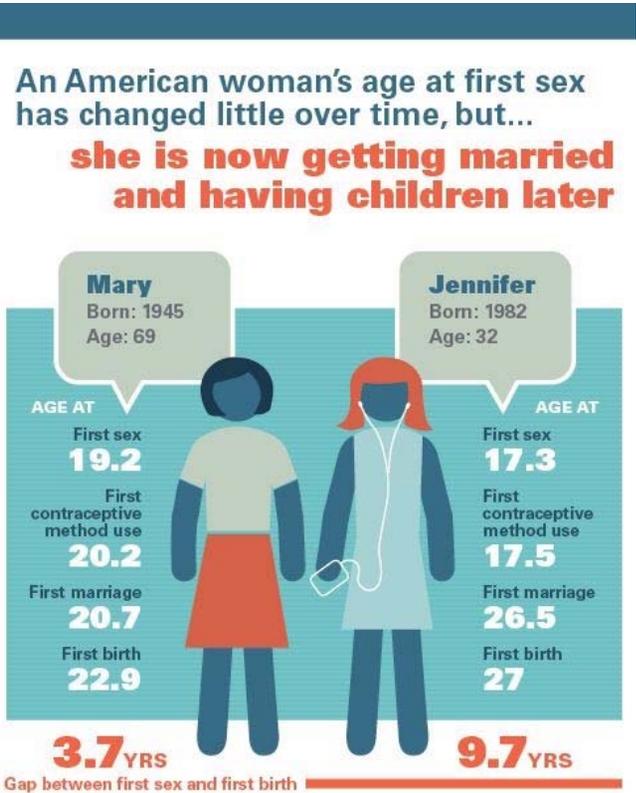
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for Global  
Reproductive  
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# Another reason Long Acting is appealing...



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Today, the typical American man experiences a  
**13-year gap**  
 between having sex for the first time  
 and having his first child.



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# LARCs are Easy to Use

5 years of  
birth control

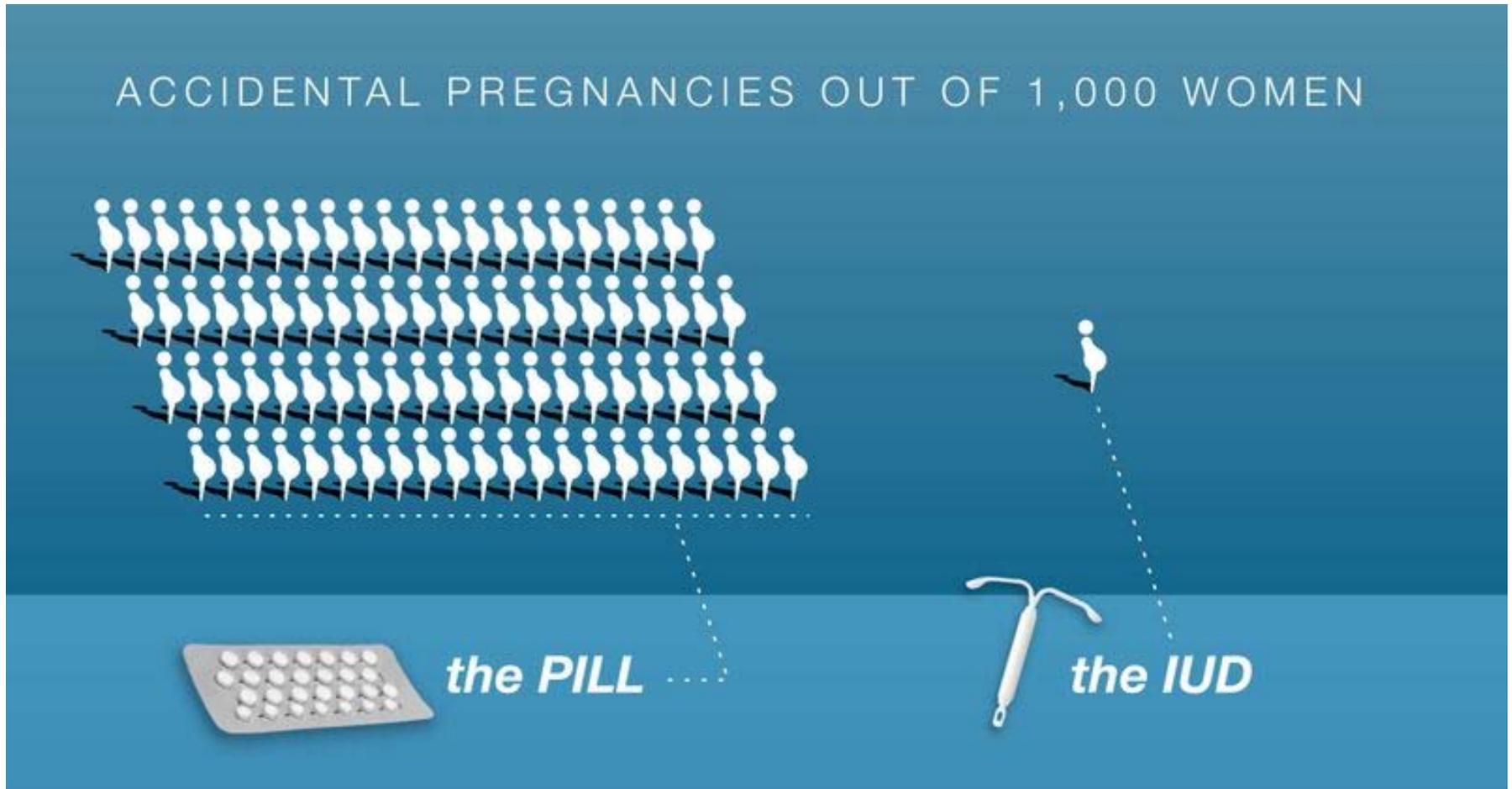


*1 IUD*

vs.

*1,820 PILLS*

# LARCs are 99% Effective



# LARCs are Safe



AAP



CMS



ACOG



HHS



CDC



CHIP



WHO



FDA

# Resources



- Contraception:
  - [Bedsider](#)
  - [Method Match](#) tool by the Association of Reproductive Health Professionals
  - [Your birth control choices](#) ~ fact sheet from the Reproductive Health Access Project

# Resources



- ❑ [www.beforeandbeyond.org](http://www.beforeandbeyond.org)
- ❑ [www.bedsider.org](http://www.bedsider.org)
- ❑ [www.beyondthepill.ucsf.edu](http://www.beyondthepill.ucsf.edu)
- ❑ [www.onekeyquestion.org](http://www.onekeyquestion.org)
- ❑ [www.ahrp.org/methodmatch](http://www.ahrp.org/methodmatch)
- ❑ ACOG LARC initiative
- ❑ AAP Recommendations on LARC for adolescents

# Resources

- ❑ American Academy of Pediatrics (AAP) Updates Recommendations on Teen Pregnancy Prevention - <http://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Updates-Recommendations-on-Teen-Pregnancy->
- ❑ The Contraceptive Choice Project:
  - <http://www.larcfirst.com/larcfirst.html>
  - New England Journal of Medicine
    - <http://www.nejm.org/doi/full/10.1056/NEJMoa1400506>

## Resources~ Articles



- *What Is Behind the Declines in Teen Pregnancy Rates*
- *American Teens' Sexual and Reproductive Health*
- *Preventing Pregnancies in Younger Teens*



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