Preventing Teen Pregnancy: Lessons Learned in New York State

March 15, 2012

Featured Speakers

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Conflict of Interest Statement

The speakers and their viewpoints represent no conflicts of interest.

Evaluations

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Why does it matter?

- Lost opportunities for teens
- Greater risks for infants
- Risks continue for parents and children

National Picture

- Teen pregnancy and birth rates at all-time low
- Teenagers credited: less sexual activity and more effective contraceptive use
- 3 in 10 girls get pregnant before age 20
- Significant disparities among white, black, and Hispanic teens

NYS Adolescent Pregnancy Rates by Region and Age Group, 2009

NYS Adolescent Pregnancy Rates by Race/Ethnicity and Age Group, 2009
How Does New York Compare?

- New York’s longstanding programming
- Sixth lowest adolescent birth rate (CT, MA, NH, NJ, VT)
- Second lowest rate for Black adolescent females (HI)
- Fifth lowest for Hispanic adolescent females (ME, MT, NH, WV)

Transitioning to a New Approach

- New target populations
- Inconsistent service model
- Targeting based on pregnancy rates only
- Significant racial/ethnic disparities
- Maintain consistency with Department’s Prevention Agenda

Informing New Approach

- NYSDOH Adolescent Sexual Health Work Group
- Adolescent Sexual Health Symposium
- Focus Groups with youth
2009 Symposium

- Current trends in adolescent sexual behavior
- Disparities in access to services, information, and education
- Ecological influences: environments, relationships
- Use of new Technologies
- What should a comprehensive adolescent sexual health initiative look like?

Adolescent Focus Groups

Asked NYS teens:

- Information: what do you need and where do you get it?
- Access/barriers to services
- Ideas: how can we make it work better?

What Did We Learn?

Education

Youth say they need to know...
- “EVERYTHING! – We don’t want it sugarcoated.

  “Sugarcoating leads to people ending up in situations where they don’t know what to do.”
- “The facts: What this STD will do to you. Side effects.”

What Did We Learn?

Access to Services

- Where to go?
- Fears...
- Respect!
- Coordination
- Primary care
- Technology

DOH Priorities

- Evidence-based programming (EBPs)
- Access to coordinated services
- Assets of youth and supportive adults
- Technology
- Primary/specialty care: capacity to serve adolescents

Adolescent Sexual Health Needs Index

- ZIP code level
- Based on antecedents influencing sexual behavior

Consider a variety of factors:
- Size of adolescent population
- Actual burden of adolescent pregnancies and STD cases
- Demographic and community factors
Comprehensive Adolescent Pregnancy Prevention

- New initiative launched 1/1/11
- Funding from CBAPP and APPS
- Comprehensive model
- Mandates evidence-based programming (EBP)
- Access to comprehensive reproductive health services
- Positive Youth Development framework:
  - Expand opportunities
  - Improve community environment

Core Strategy 1: EBP

| EBP | Increase age of first intercourse | Increase use of condoms | Decrease # sexual partners | Decrease frequency of sex | Decrease Teen Pregnancy | Promote Adolescent Sexual Health |

Implementing EBPs

- Program fit: priority population, community readiness, program setting, provider capacity...
- Limited selection for certain populations
- Limitations within EBPs

Implementation Science

- How do we get to outcomes?
  - Implementation matters!
  - Fidelity + Quality + CAREFUL, LIMITED Adaptation = Success... (we think!)

Implementation Science: Opportunity to Learn

- How do EBPs work
  - in different settings?
  - with diverse populations?
  - with certain adaptations?
- Can we get to outcomes without research conditions?
Core Strategy 2: Access

- Link with family planning provider
- Strategize to break down barriers to service
- Focus on populations with special needs

Core Strategy 2: Access Technology

Core Strategies 3 & 4: Beyond Programs

- Close, supportive relationships
- Opportunities to connect and belong
- Opportunities to build on skills
- Preparation for adulthood
- Contribution to community
- Community-wide support

Assets, Aspirations, Community Support

A community-wide effort:
- Educate stakeholders
- Break down social barriers to health
- Collaborate to provide opportunities, relationships, preparation for adulthood

ACT for Youth Resources

- Positive Youth Development
- Adolescent Sexual Health
- Adolescence
- Publications
- Presentations

www.actforyouth.net
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