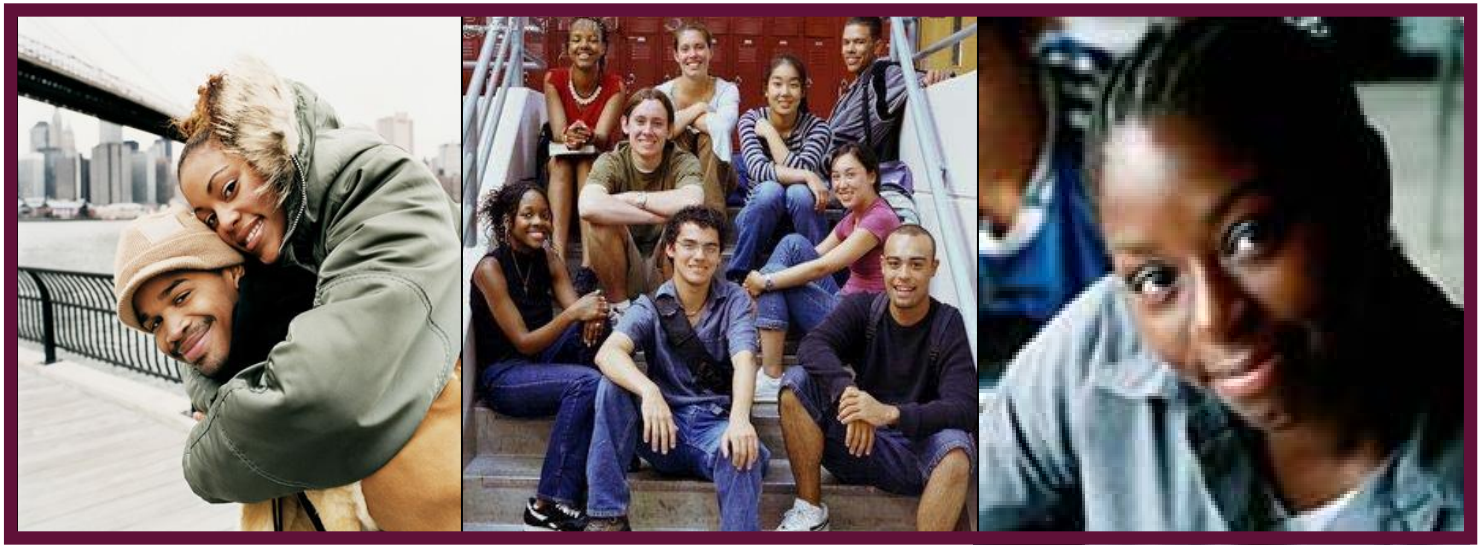
Data to Action: Reducing Teen Pregnancy in New York City



Deborah L. Kaplan, PA, MPH
Assistant Commissioner

Bureau of Maternal, Infant, and Reproductive Health (BMIRH)
NYC Department of Health and Mental Hygiene

CDC MCH Epi Conference - December 10, 2009

NYC Health

BMIRH Vision and Goals

We envision a world where all people live healthy, fulfilling sexual and reproductive lives, and where all children are wanted, born healthy, nurtured and loved.

Goals

- **Prevent teen pregnancy**
- Improve the health equity of mothers and infants
- Make breastfeeding the norm

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Recipe for Success

- Connect teen pregnancy and birth to other public health and social outcomes
- Develop a unified agency message
- Utilize a multi-level approach
- Advocate for policy change
- Get buy-in from senior leadership
- **Data to action**

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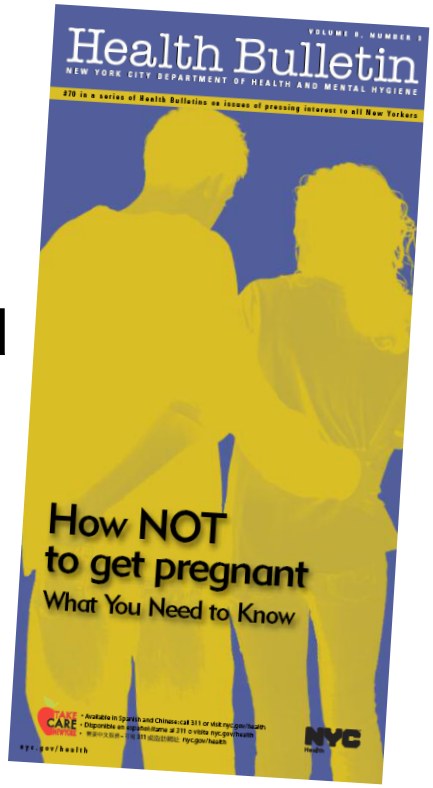
Unified Message on Teen Sexual Health

- How not to get pregnant or get STIs:
  - Choosing not to have sex is the surest way not to get pregnant or an STI
  - If sexually active, use condoms and another effective contraceptive method
  - Get tested for STIs regularly
- Find a regular health care provider
  - NYS Minors' Rights allow access to reproductive health services without parental consent or notification
  - Free and low-cost, accessible providers can be identified by calling 3-1-1 (NYC Information Line)



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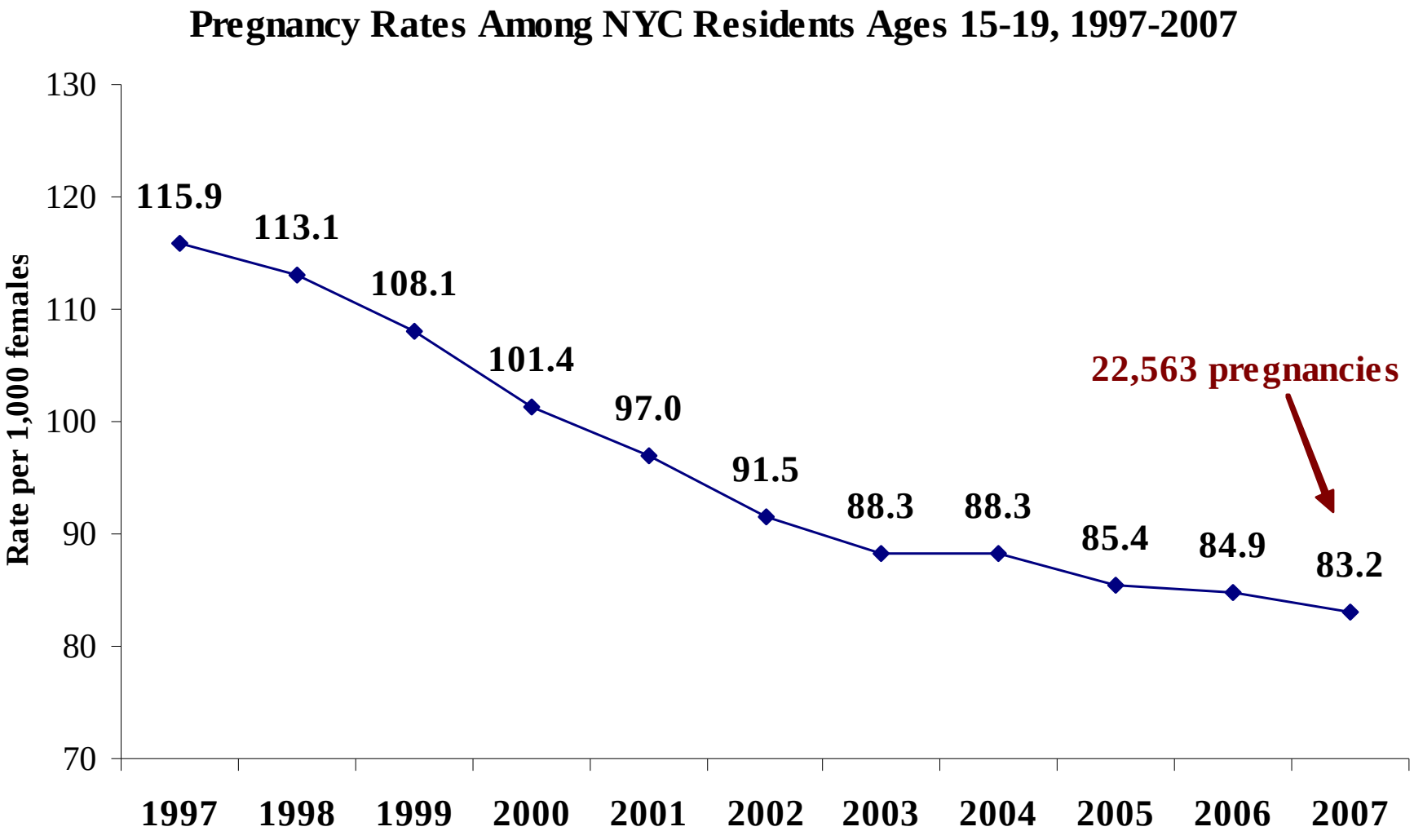

Source: NYC Department of Health and Mental Hygiene, Bureau of Maternal, Infant, and Reproductive Health. Teen Pregnancy in New York City: 1997-2007, 2009.

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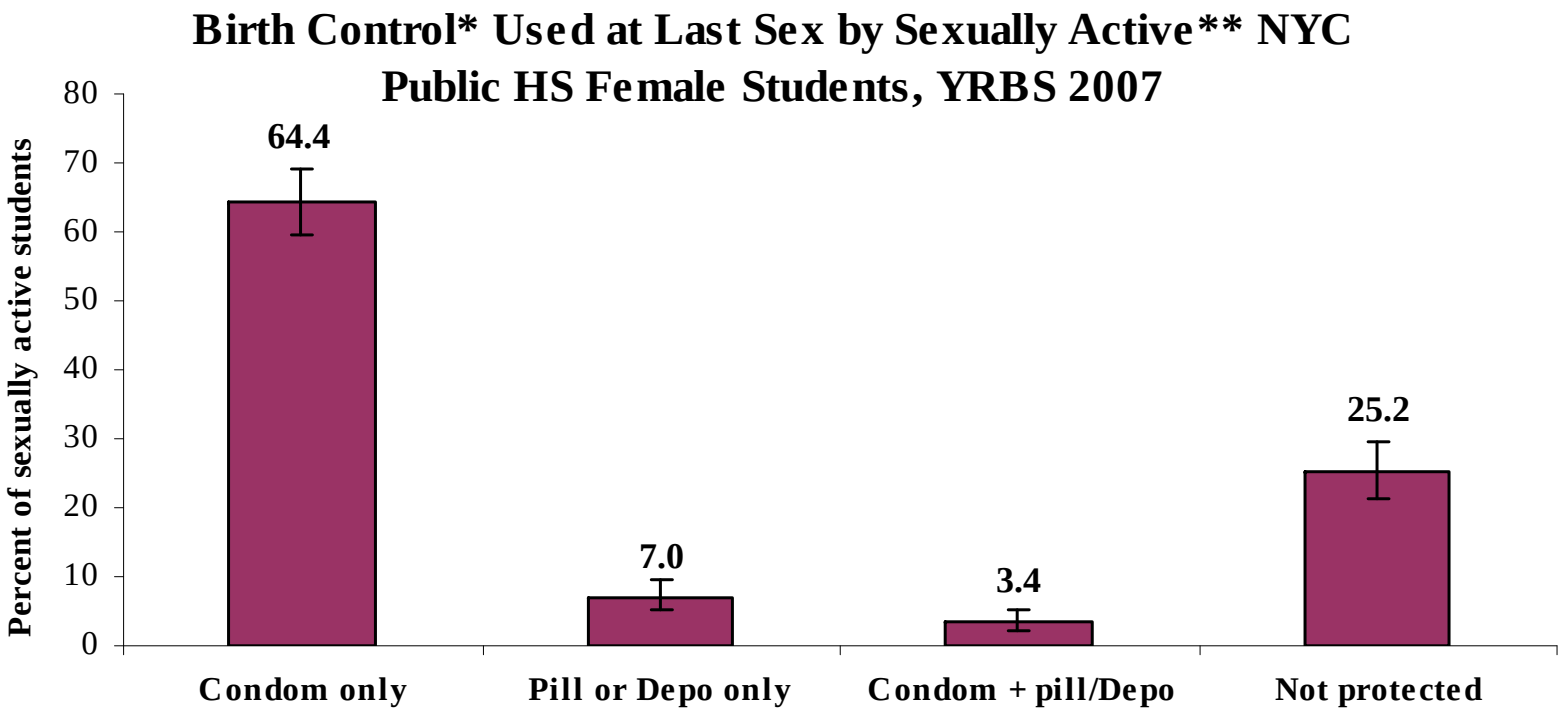

*In order to determine the proportion using dual protection, responses to two YRBS questions on birth control and condom use were combined. Estimates may therefore differ from other previously published numbers using the 2007 YRBS.

**Had sex in the last 3 months.

Source: NYC Department of Health and Mental Hygiene, Bureau of Maternal, Infant, and Reproductive Health. Teen Pregnancy in New York City: 1997-2007, 2009.

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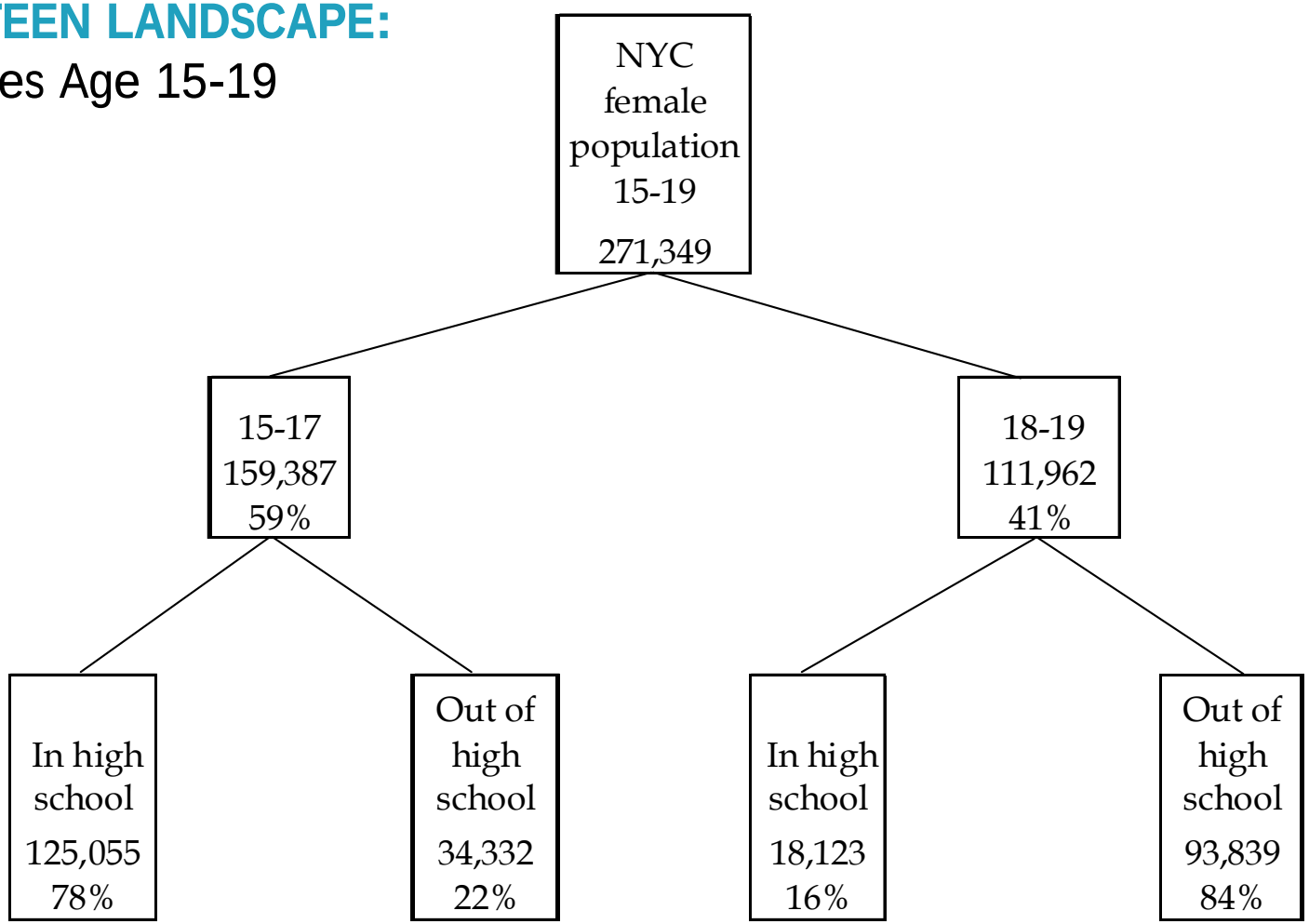
Data to Action

NYC TEEN LANDSCAPE:

Females Age 15-19



Source: NYC Department of Health and Mental Hygiene, Bureau of Maternal, Infant, and Reproductive Health, 2009.

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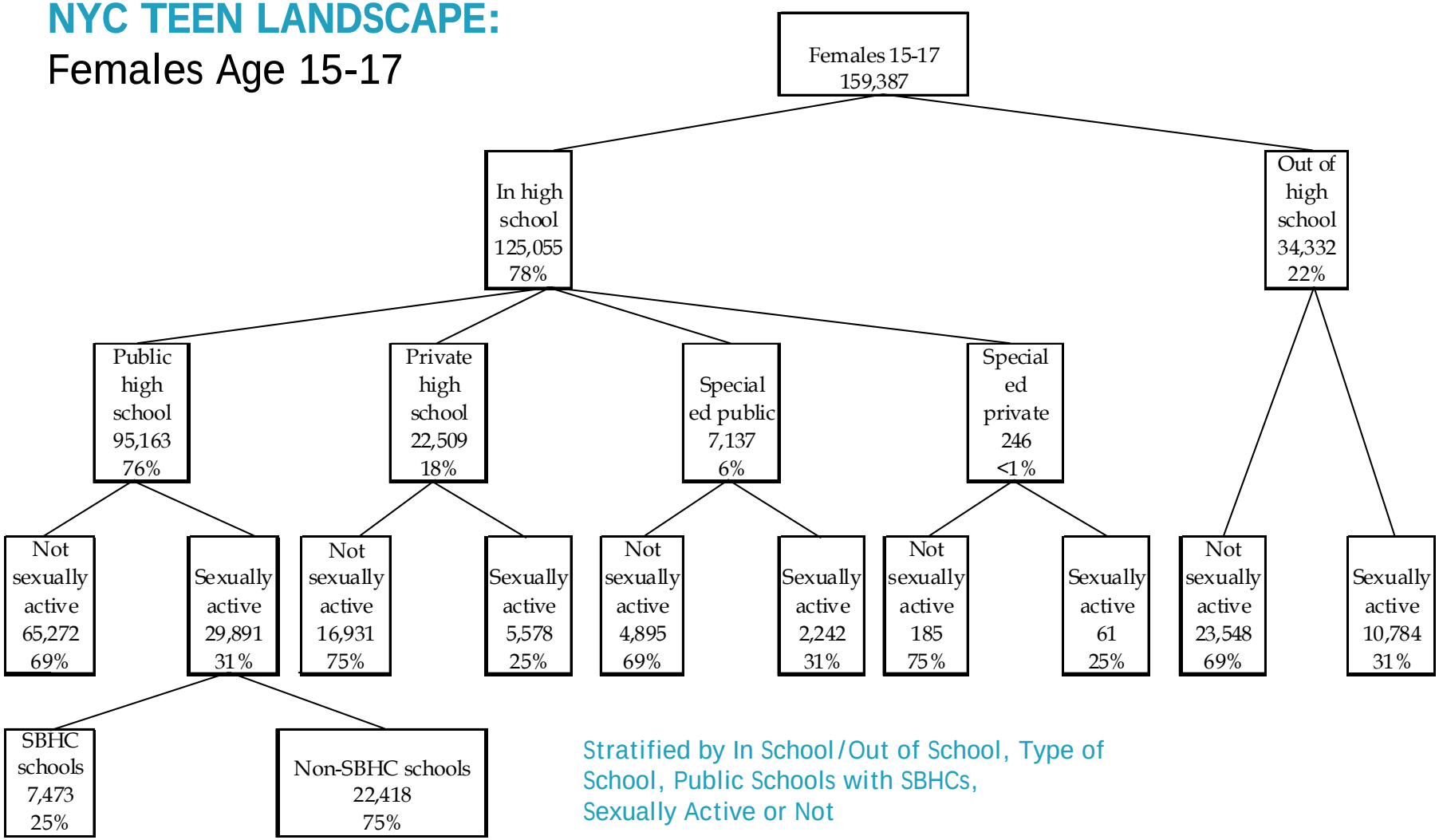
NYC TEEN LANDSCAPE:

Females Age 15-17



Stratified by In School/Out of School, Type of School, Public Schools with SBHCs, Sexually Active or Not

Source: NYC Department of Health and Mental Hygiene, Bureau of Maternal, Infant, and Reproductive Health, 2009.

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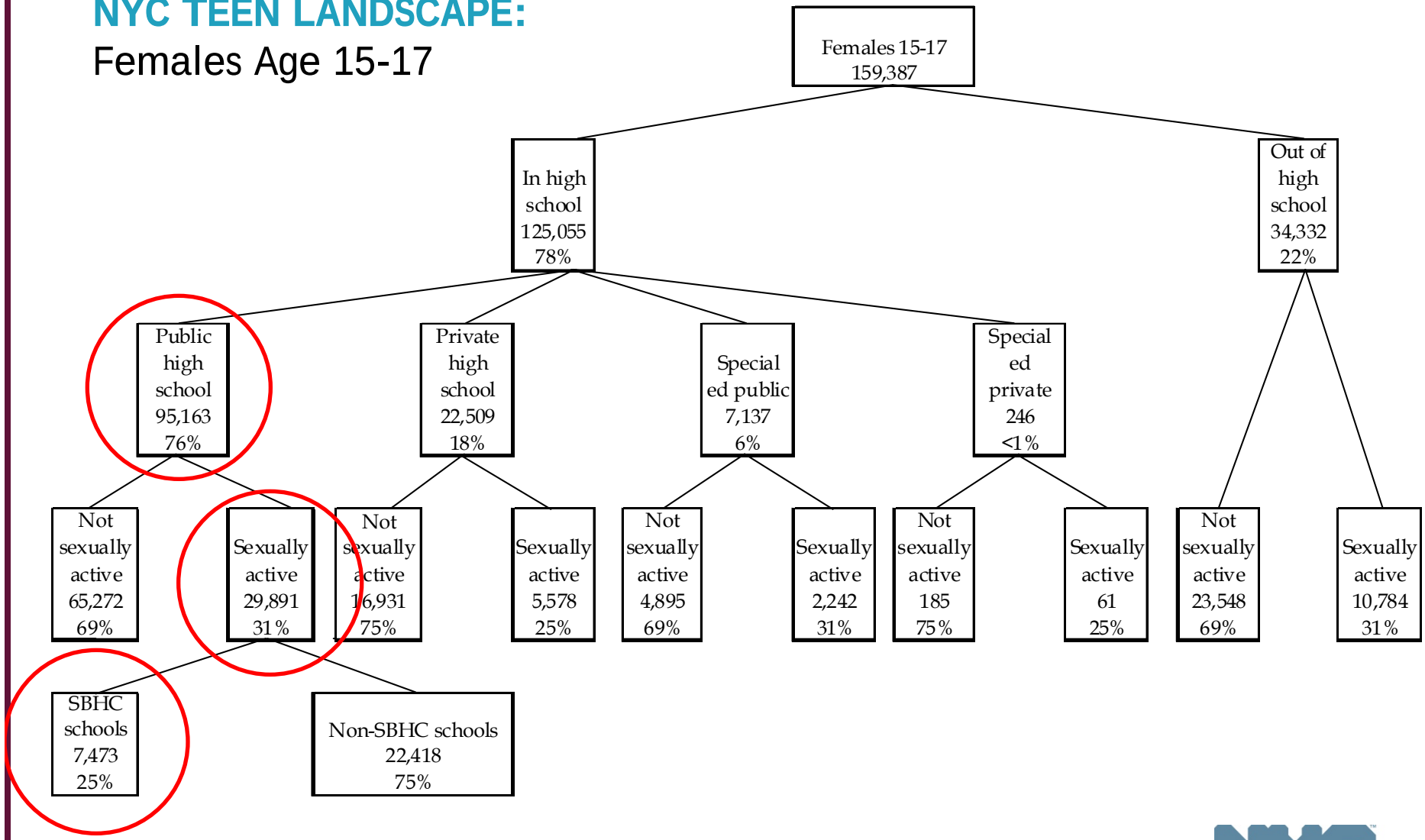
NYC TEEN LANDSCAPE:

Females Age 15-17



Source: NYC Department of Health and Mental Hygiene, Bureau of Maternal, Infant, and Reproductive Health, 2009.

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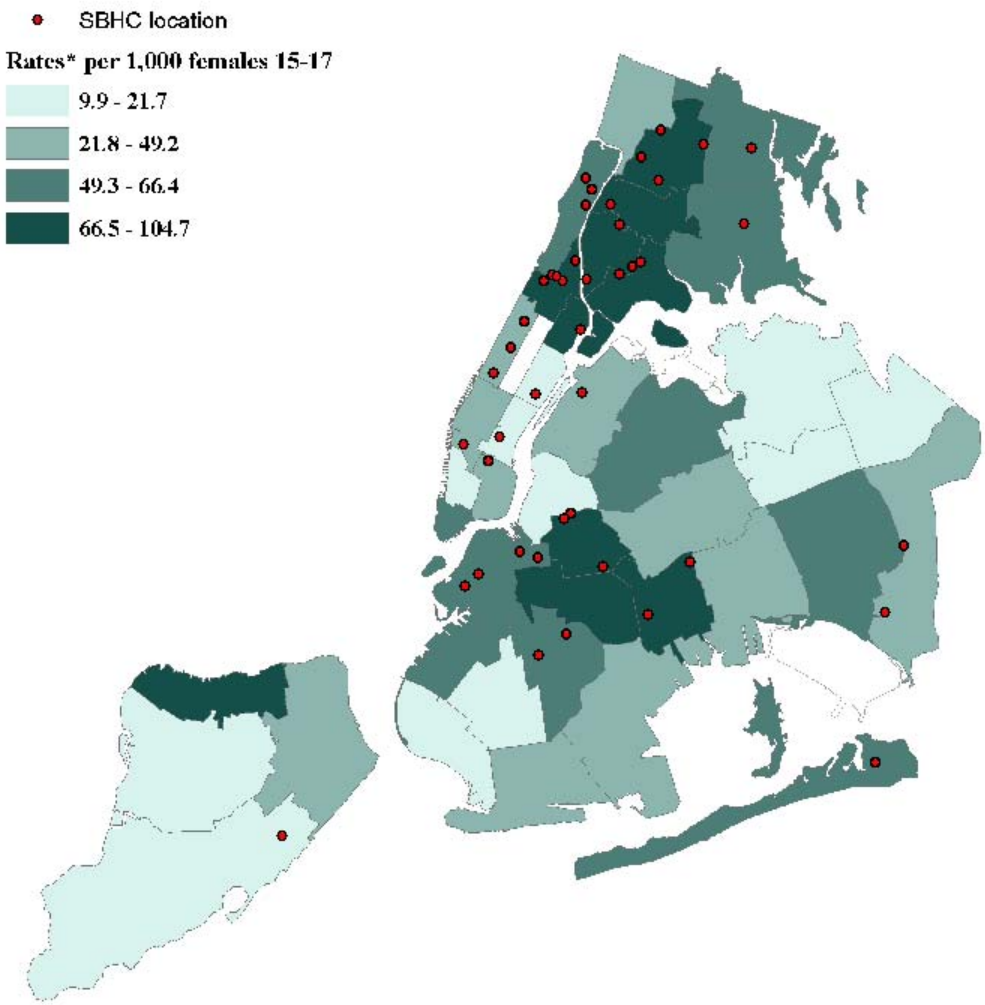
School-Based Health Centers

School-Based Health Center Locations and
2007 Pregnancy Rates Among NYC Residents Ages 15-17
by United Hospital Fund Area



*Each interval contains approximately one-quarter of the UHF neighborhoods.

Source: NYC Department of Health and Mental Hygiene, 2009.

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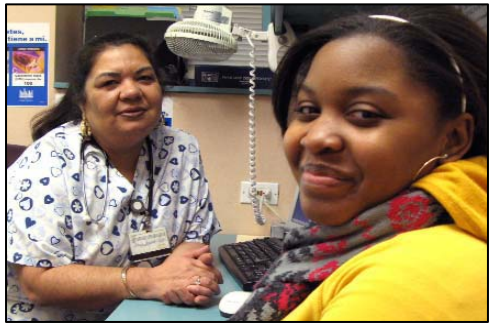
School-Based Health Center (SBHC) Reproductive Health Project

Program Objective

- Increase number of sexually active teens using effective contraception



Key Activities

1. Training and technical assistance to SBHC staff on reproductive health care delivery and best practices
2. Provide high-school SBHCs with contraceptives
3. Provider and teen education on all contraceptive methods, including Long-Acting Reversible Contraceptives (LARC) (IUDs and Implanon)
4. Establish Regional Referral Sites for provision of LARC

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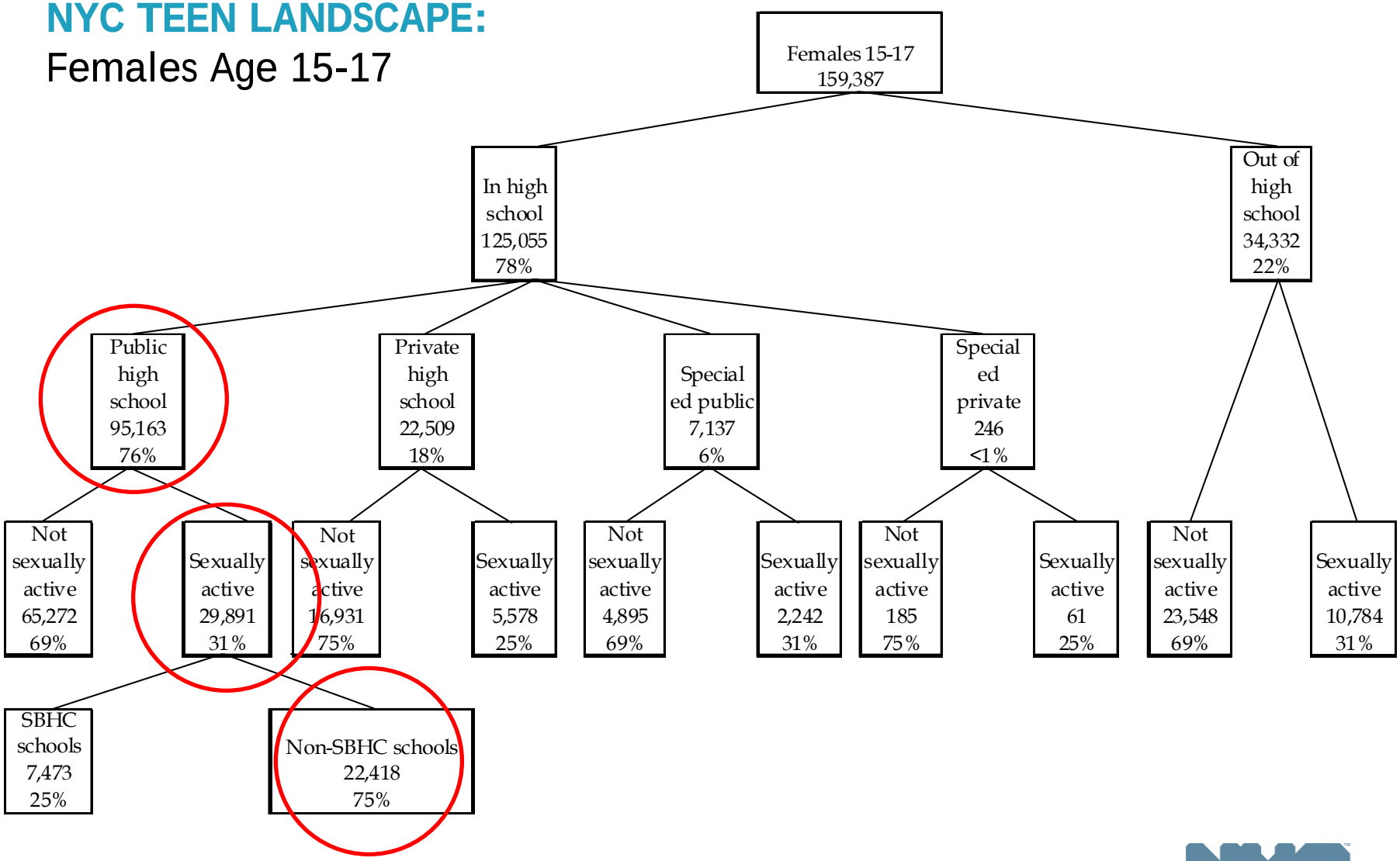
Females Age 15-17



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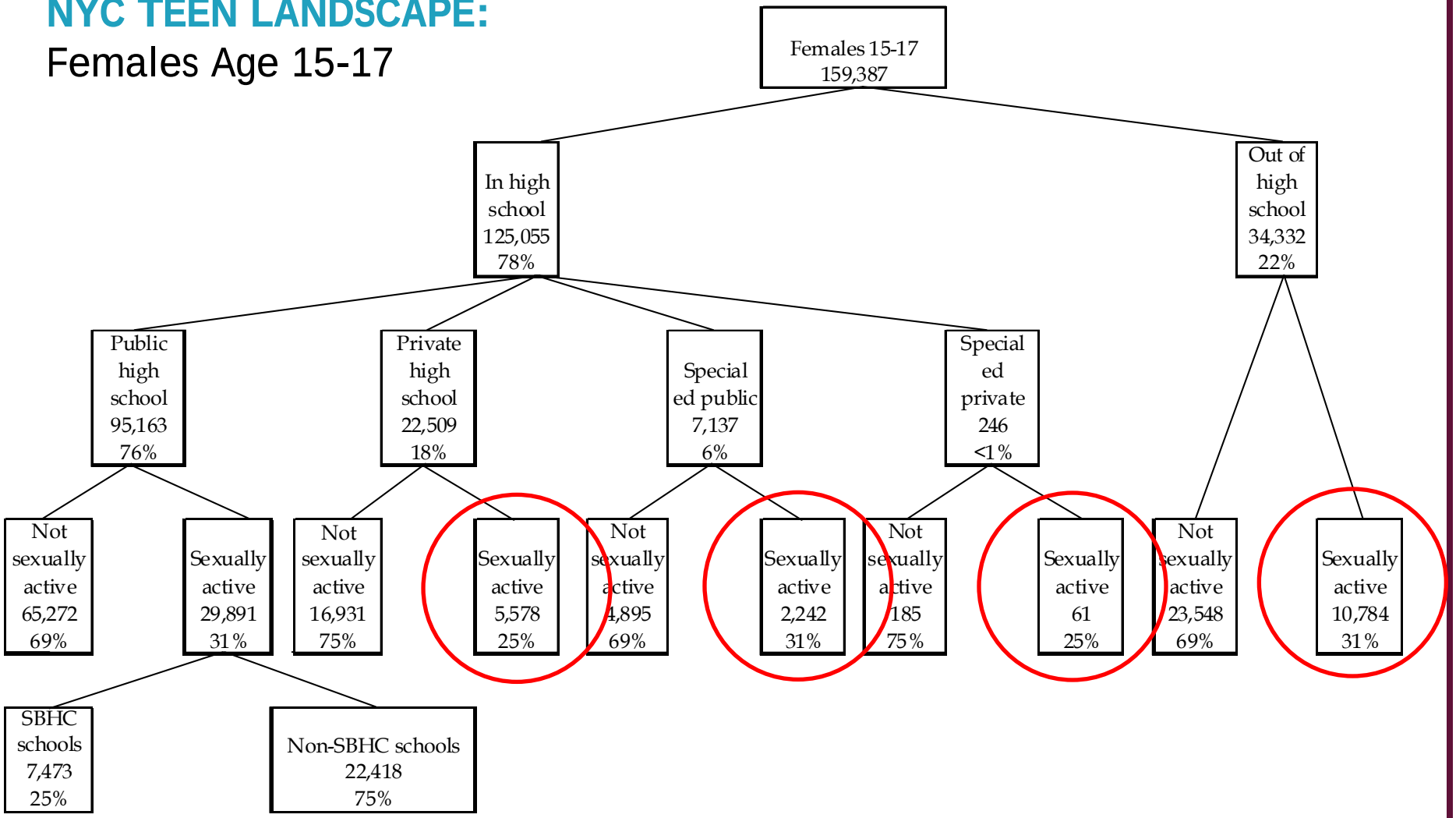

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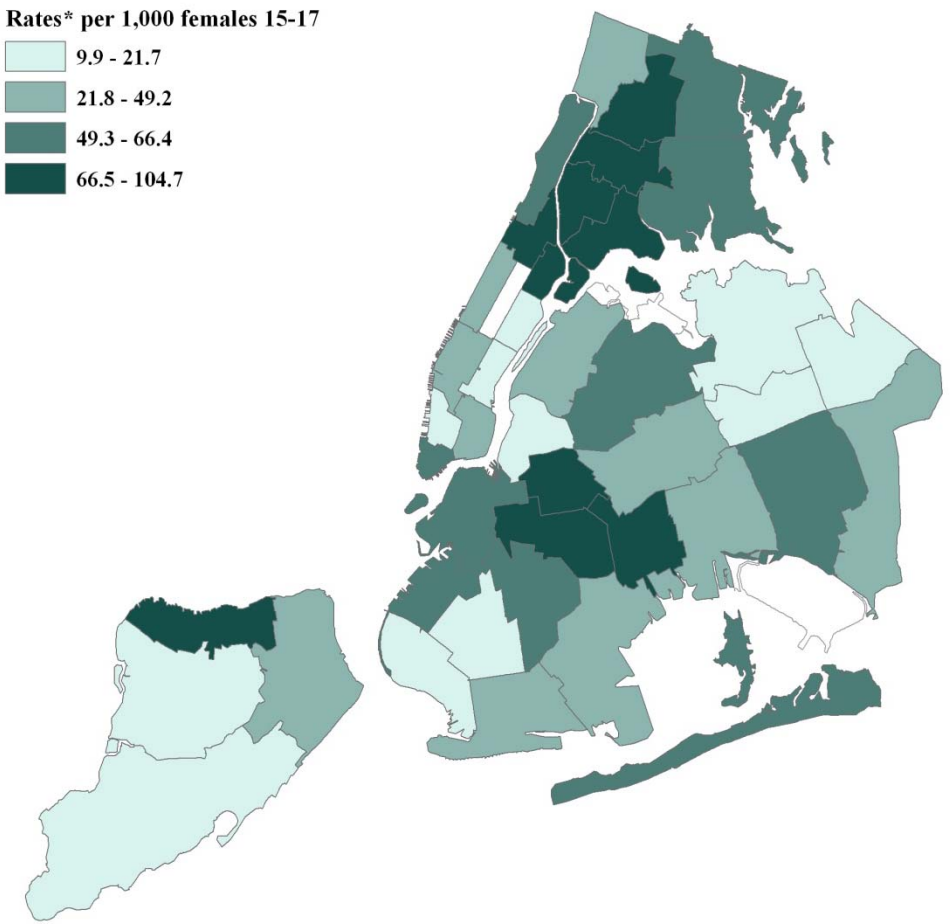
2007 Teen Pregnancy Rates Among NYC Residents Ages 15-17 By United Hospital Fund Areas



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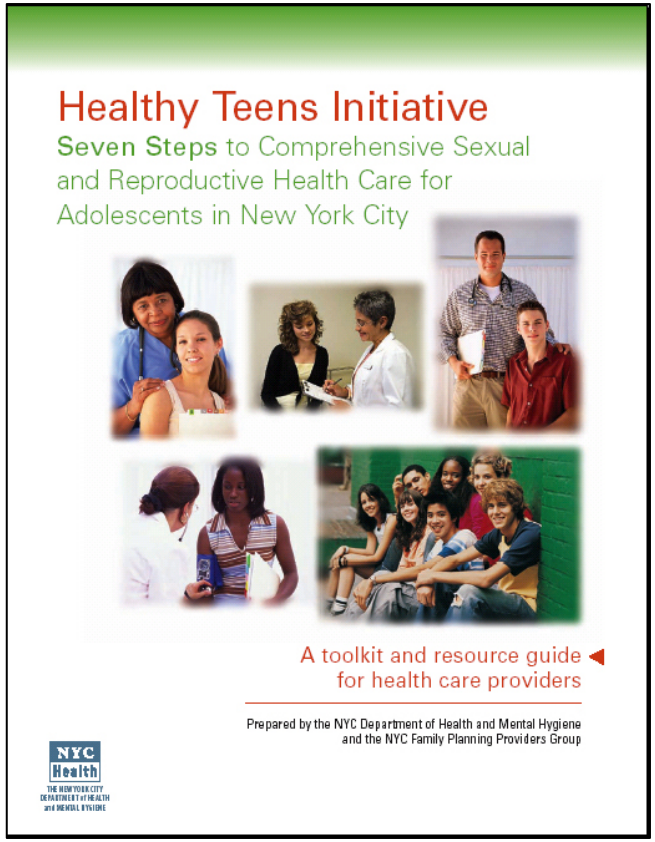
Healthy Teens Initiative



Program Objectives

- Increase the proportion of teen female patients at partner clinics who: (a) receive contraception, and; (b) receive contraception via Quick Start.

Key Activities

- Provide training, technical assistance, and supplies to community & family planning clinics serving the NYC neighborhoods with the highest teen pregnancy rates

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The New York City Department of Health and Mental Hygiene

Quick Guide to Contraception

Simple, State-of-the-Art Tips for Providers in Any Specialty

Start Contraception at Today's Visit – Safely and Easily

NYC Health

Michael R. Bloomberg, Mayor

Thomas R. Frieden, M.D., M.P.H., Commissioner

TAKE CARE NEW YORK

NYC Health

Integrate Contraception into Primary Care for Teens and Women

- **Public Health Detailing on Contraception**
  - Target all providers serving teens and women of reproductive age, specifically those in neighborhoods with the greatest need
  - City Health Information – 4 key messages
- **Provider education and resources**
  - Web casts, grand rounds
  - Demystifying and simplifying contraception provision

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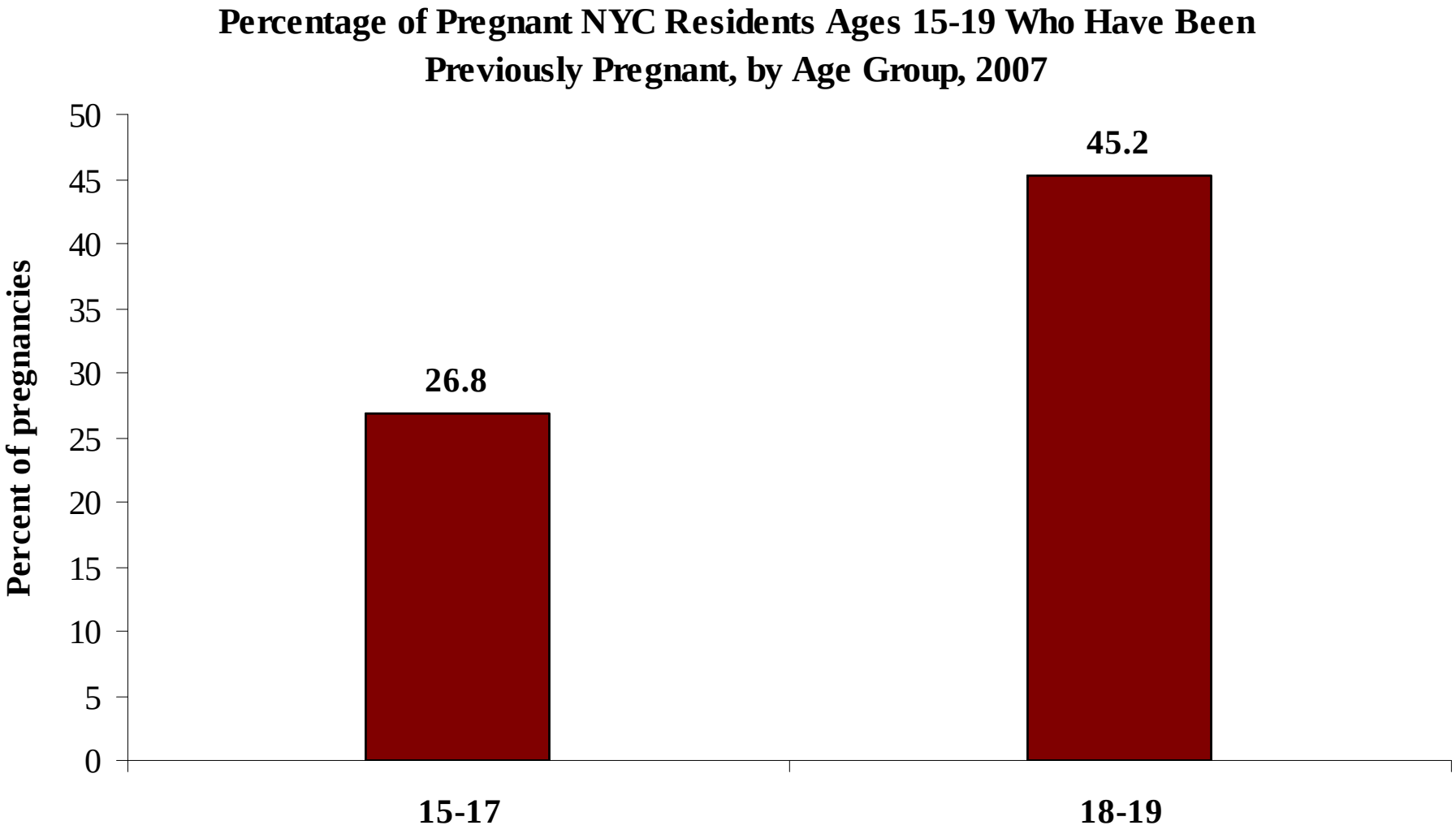

Source: NYC Department of Health and Mental Hygiene, Bureau of Maternal, Infant, and Reproductive Health. Teen Pregnancy in New York City: 1997-2007, 2009.

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Nurse-Family Partnership

Helping First-Time Parents Succeed

- Nurse home visiting for low-income first-time mothers
  - From pregnancy until child is 2 years old
  - 50% of clients served are teenagers
- Improves maternal and child outcomes
- Delays subsequent teen pregnancies
- Empowers teens

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Changing Policies and Social Norms

- Remove barriers to teens accessing reproductive health services
  - Parental consent
  - Confidentiality issues
  - Medicaid documentation requirements
- Increase clinic revenue/sustainability
  - Medicaid reimbursement for reproductive health services, including contraceptives
- Change school and community norms on teen sexuality (i.e. promote healthy relationships)

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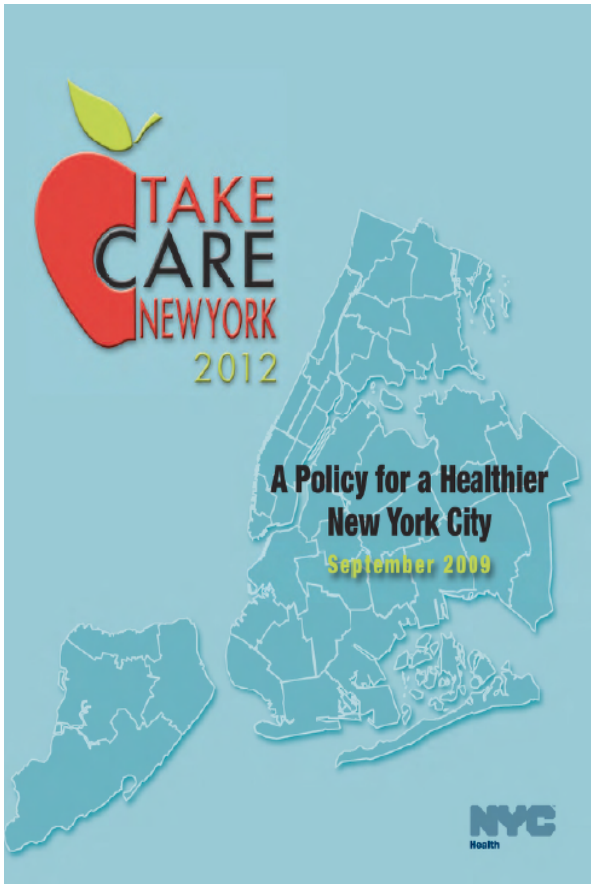
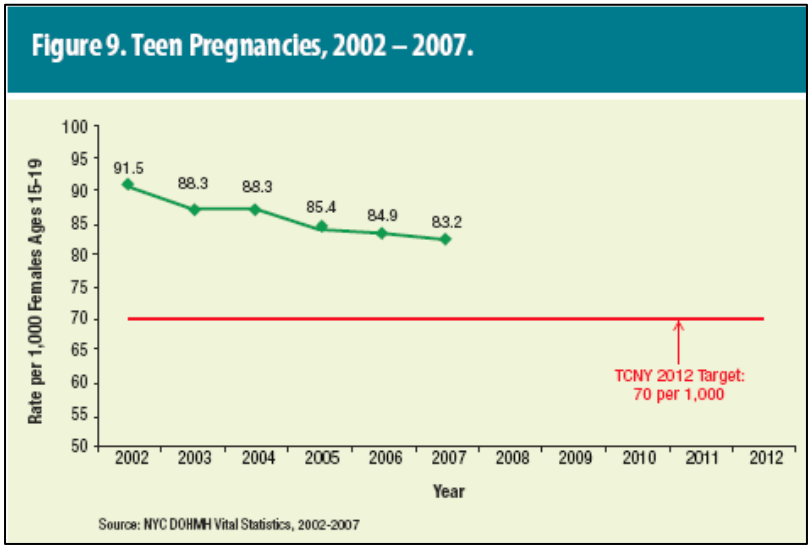
Teen Pregnancy Prevention: An *Agency* Priority



The Department's Take Care New York 2012 Policy Agenda include 10 key goals, including "Raise Healthy Children"



Source: NYC Department of Health and Mental Hygiene.
Available at: www.nyc.gov/html/doh/downloads/pdf/tcny/tcny-2012.pdf

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Conclusion

- Reducing teen pregnancy is a New York City priority
- Key strategies include:
  - Consistent messaging
  - Increasing contraceptive access and utilization
  - Strengthening and promoting evidence-based programs
  - Advocating for policy change
  - **DATA TO ACTION!**

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Questions?

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