



# Catching Up with LARCs

Strategies to reduce unintended pregnancy through long-acting reversible contraception

Amy Peterson, MSc

Bridging the Gaps: Eliminating Disparities in Teen Pregnancy and Sexual Health

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Advancing Science • Reducing Risk • Improving Lives

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# Objectives

- Describe the current research on the causes of unintended pregnancy among youth in the U.S.
- Describe research on health access issues related to contraceptive use.
- Identify two LARC methods.
- Assess myths and misconceptions influencing the use ofLARCs among youth and young adults.
- Apply LARC-related health promotion strategies to existing programs

# **Introduce yourself...**



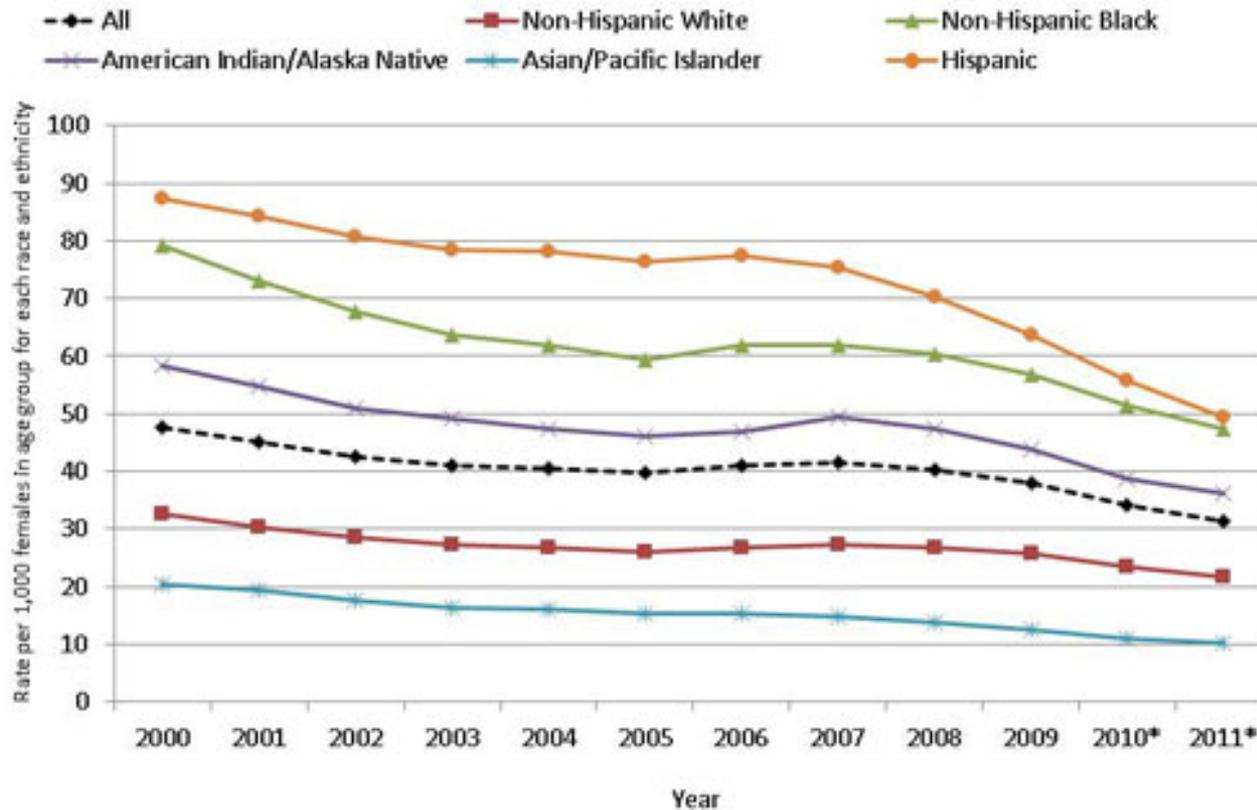
# **...Fill out the handout.**



**Are teen birth rates  
increasing or decreasing?**

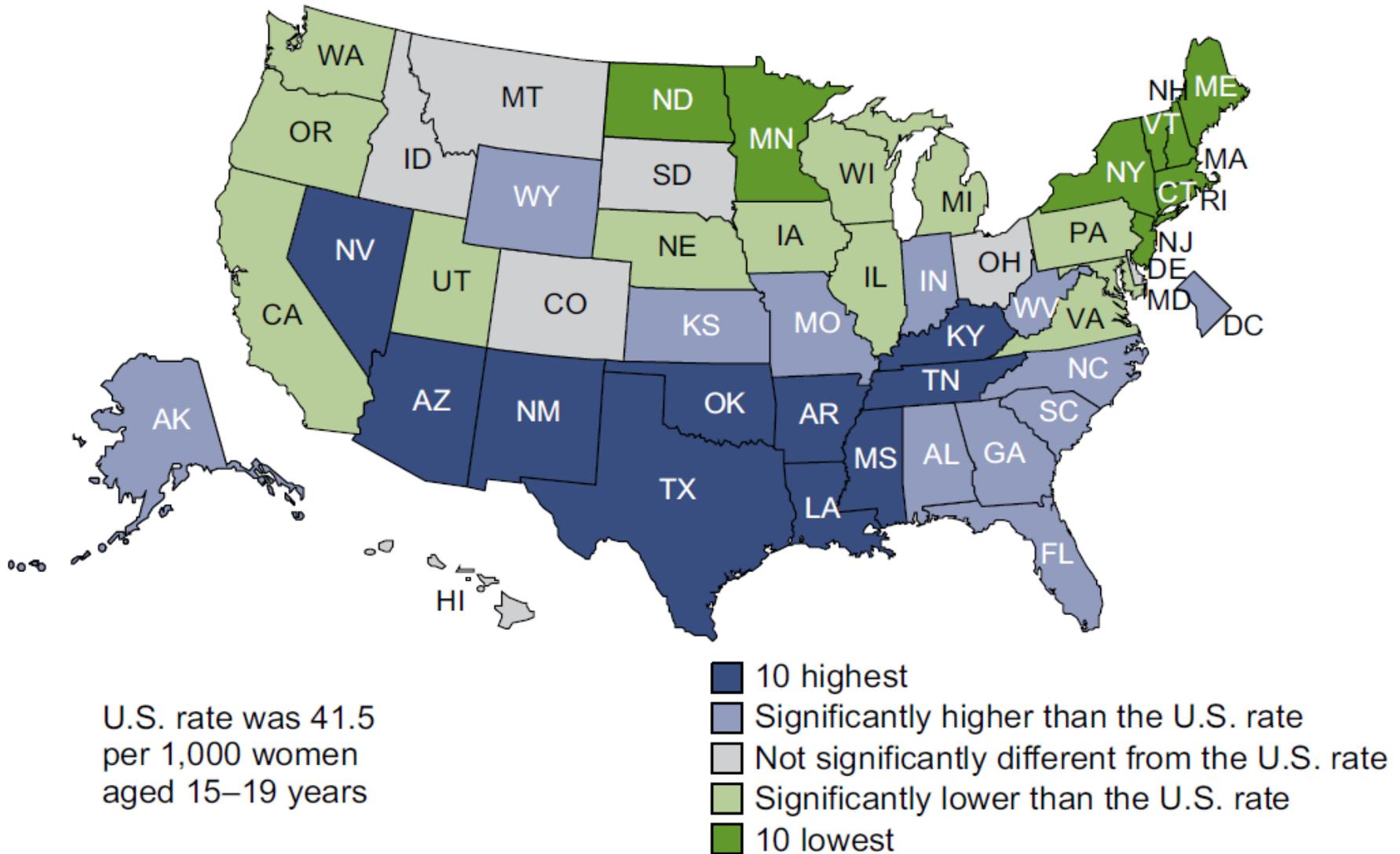
# Decreasing

Birth Rates (Live Births) per 1,000 Females Aged 15–19 Years, by Race and Hispanic Ethnicity, 2000–2011



Source: Hamilton BE, Martin JA, Ventura SJ. Births: Preliminary data for 2010. *National Vital Statistics Reports*. 2011;60(2):Table S-2.

# Teenage birth rates for 15-29 year olds by State, 2008



Source: CDC/NCHS National Vital Statistics System, Teenage birth rates for 15-29 year olds by State, 2008<sup>7</sup>

**True or False:  
Nearly 1 in 5 of teen births  
are repeat births.**



# True

Twenty percent (20%) of all teen births are a second (or more) pregnancy resulting in a live birth before the age of 20.

**Source:** CDC. (2013). Vital Signs: Repeat Births Among Teens — United States, 2007–2010. MMWR: 62(13);249-255.

# 1. How many teens have repeat births?

There were 365,000 births to teens, ages 15–19, in 2010

**66,800**  
repeat births

**57,200**

were 2nd births

**8,400**

were 3rd births

**1,200**

were 4th births or higher

Source: CDC Vital Signs 2013. Accessed: <http://www.cdc.gov/vitalsigns/TeenPregnancy/index.html>



**How many  
adolescent  
pregnancies are  
unintended?**

# Eighty-two percent (82%)

of adolescent pregnancies are  
unintended or unplanned.

**Source:** Finer LB and Zolna MR, Unintended pregnancy in the United States: incidence and disparities, 2006, *Contraception*, 2011, doi:  
10.1016/j.contraception.2011.07.013



**Why are American teens more likely than European teens to become pregnant and give birth?**

# Contraception

American teens use contraception less and do not use contraception as effectively.

**Source:** Darroch et al (2001) *Teenage Sexual and Reproductive Behavior in Developed Countries*. Guttmacher Institute .

**Which method of contraception is the most effective for someone who is sexually active?**



# The Implant

The implant, Nexplanon, is 99.9% effective at preventing pregnancy, followed by IUDs (99.5-99.8%).

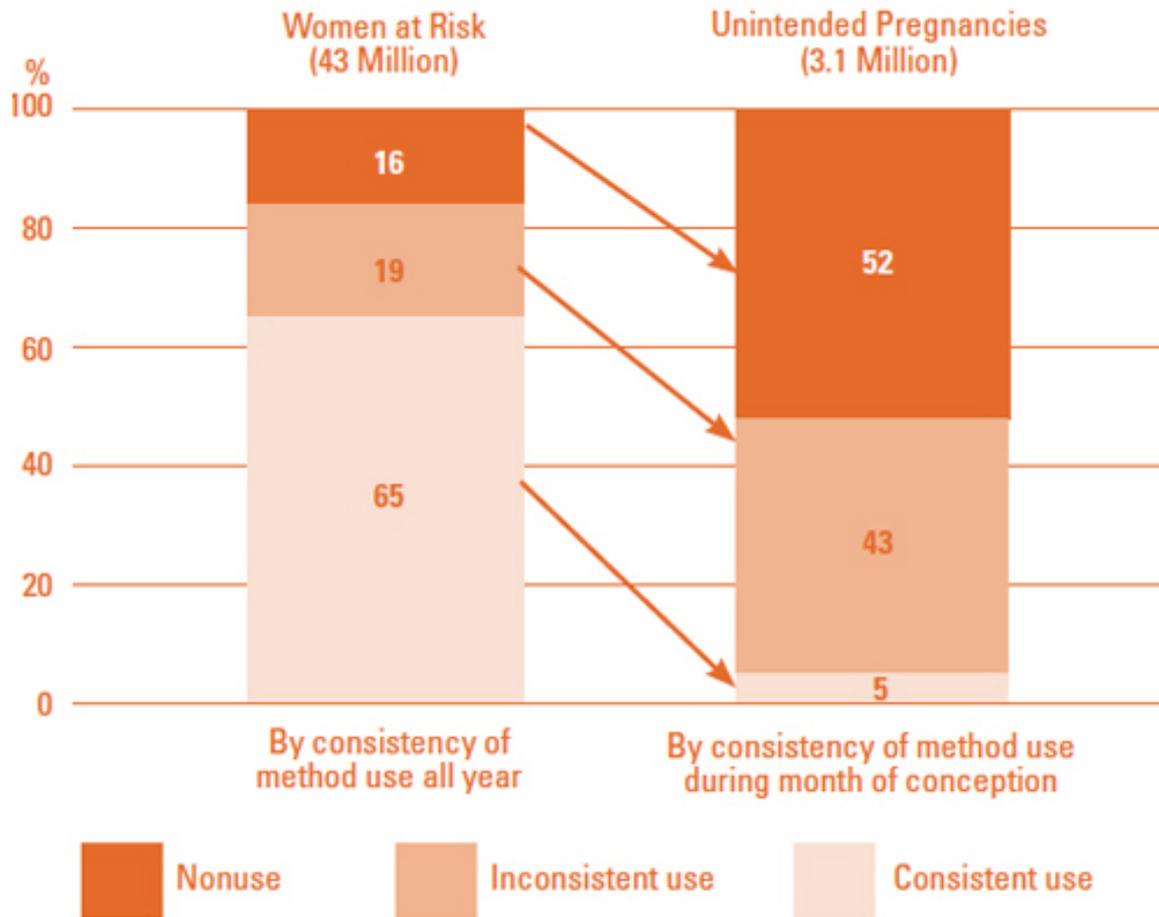
**Source:** Hatcher, R.A. et al. (2011). *Contraceptive Technology, Twentieth Revised Edition*. Ardent Media, Inc.

# Why LARCs?

- LARCs are the most effective forms of birth control



# Most effective methods reduce unintended pregnancies



Notes: Nonuse includes women not using a method all year (6%) and those with a gap in use of at least one month (10%).

# Why LARCs?

- LARCs are the most effective forms of birth control
- LARCs are cost-effective
- LARCs have a high acceptability rate among adolescents and young women
- WHO, CDC and other major health organizations have removed age as a restriction for LARCs.



**Only 4.5% of adolescents (15-19) use a LARC method.**



# Contraceptive Update



## Long Acting Reversible Contraception (LARC)

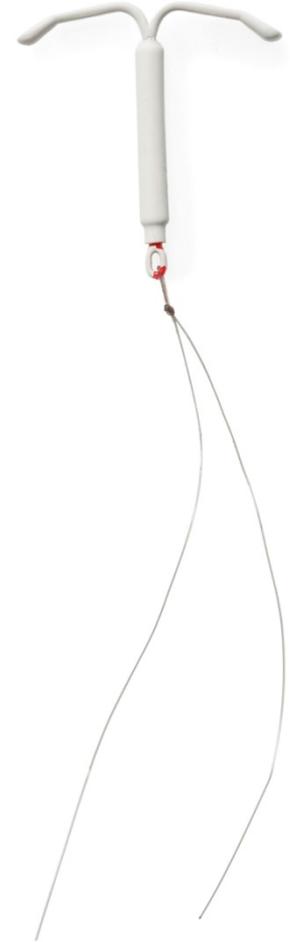
Implants and Intrauterine Devices

# Informed Consent



# Intrauterine Device (IUD)

- Inserted into the uterus by a health professional
- Mirena – hormones, 5 years
- Paragard (Copper T) – no hormones, 10 years
- Skyla – available now! Slightly smaller, hormones, 3 years
- Can be removed before end date, but must be removed by a clinician



# Implant

- Inserted into the underside of the upper arm by a health professional
- Formerly Implanon
- Nexplanon - hormones, lasts 3 years
- Can be removed before end date, but must be removed by a clinician



# Brainstorm

- Myths or Misperceptions about IUDs and implants
- Reasons given for not wanting to use an IUD or implant

Myth

vs.

Fact

Women must have had at least  
2 children to have an IUD.

Myth

Women who have never had children are still candidates for IUDs.

Fact

IUDs lead to infertility.

Myth

Modern IUDs are safe and reversible forms of contraception.

Fact

Adolescents should not use IUDs.

Myth

Clinical guidelines now  
recommend LARCs be considered  
an option for adolescents.

Fact

Adolescents prefer condoms and oral contraceptives.

Myth

When educated, adolescents report greater interest in LARC methods.

Fact

Implants and IUDs cause cancer.

Myth

LARCs may have a protective effect  
on some types of cancers.

Fact

Parental consent is required.

Myth

Twenty-one states allow minors to  
access contraception without  
parental consent.

Fact

A blurred background of a chessboard with a white pawn in the center. The text "Health Promotion Strategies" is overlaid in the center.

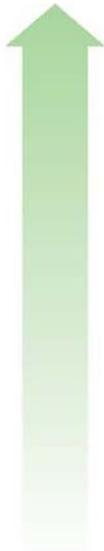
# Health Promotion Strategies

- Each table has an envelope with a scenario written on it
- In teams, write out strategies in brief on card stock in block letters.
- Rotate the envelopes twice and repeat
- Rotate once more. Remove the strategy cards and post them on the wall, best idea first.

# Youth

## More effective

Less than 1 pregnancy per 100 women in 1 year



Implants



IUD



Female sterilization



Vasectomy



Injectables



LAM



Pills



Patch



Vaginal ring



Male condoms



Diaphragm



Female condoms



Fertility awareness methods

## Less effective

About 30 pregnancies per 100 women in 1 year



Withdrawal



Spermicides



## Dual Method Use

Using a primary contraceptive method combined with the use of the condom to prevent pregnancy and sexually transmitted infections.

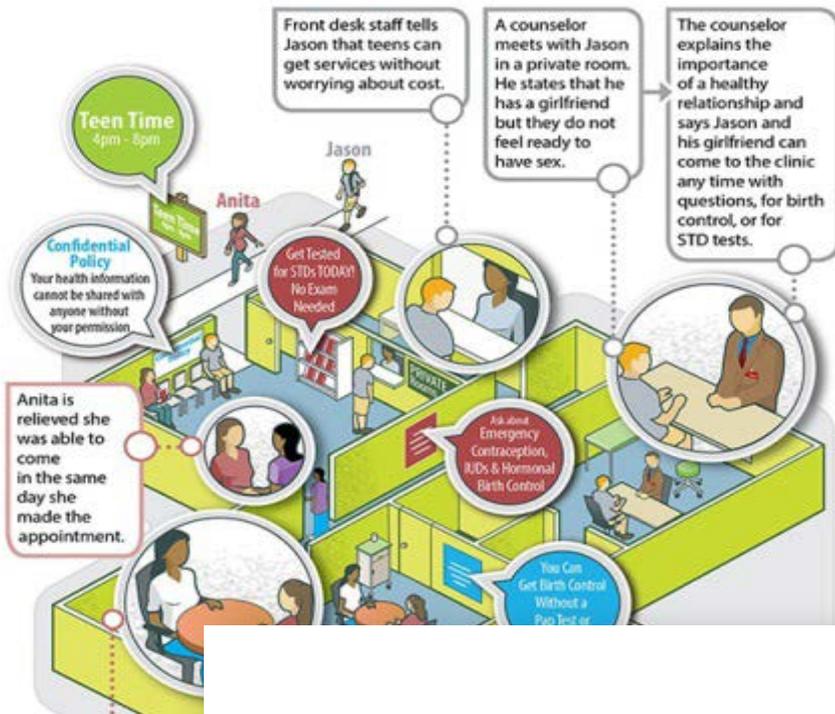


# Why Dual Methods?

- Eighty percent of teen pregnancies are unintended.
- Young people are at disproportionate risk of STDs.
- Prevent up to 80% of unintended pregnancies
- Reduce HPV infection by 70%.



## A Teen-Friendly Reproductive Health Visit



## Adolescents and Long-Acting Reversible Contraception (LARC)

A Clinical Update



The American College of  
Obstetricians and Gynecologists  
WOMEN'S HEALTH CARE PHYSICIANS



# Providers & Staff

# Communities

I need to tell her  
**we should be safe.**

*before  
play.org*

**BIRTH CONTROL. JUST TALK ABOUT IT.**

# Resources

- Journal of Adolescent Health. LARC Supplement. April 2013. (FREE!)
- Contraceptive CHOICE Project  
<http://www.larcfirst.com>
- Colorado Initiative to Reduce Unintended Pregnancy <http://www.beforeplay.com>
- Iowa Initiative to Reduce Unintended Pregnancies <http://www.iowainitiative.org>



Amy Peterson, MSc  
Project Coordinator  
amy.peterson@etr.org  
<http://www.etr.org>



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