Catching Up with LARCs
Strategies to reduce unintended pregnancy through long-acting reversible contraception

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

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

U.S. rate was 41.5 per 1,000 women aged 15–19 years

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.

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

8,400

1,200

were 2nd births

were 3rd births

were 4th births or higher

How many adolescent pregnancies are unintended?
Eighty-two percent (82%) of adolescent pregnancies are unintended or unplanned.

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.

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%).

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
Women must have had at least 2 children to have an IUD.
Women who have never had children are still candidates for IUDs.

Source: ACOG. Adolescent and Long-Acting Reversible Contraception: Implants and IUDs. Committee Opinion, Number 539, October 2012
IUDs lead to infertility.
Modern IUDs are safe and reversible forms of contraception.

Adolescents should not use IUDs.
Clinical guidelines now recommend LARCs be considered an option for adolescents.

Source: ACOG. Adolescent and Long-Acting Reversible Contraception: Implants and IUDs. Committee Opinion, Number 539, October 2012
Adolescents prefer condoms and oral contraceptives.

Myth
When educated, adolescents report greater interest in LARC methods.

Implants and IUDs cause cancer.
LARCs may have a protective effect on some types of cancers.

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

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

Less effective
About 30 pregnancies per 100 women in 1 year

- Injectables
- LAM
- Pills
- Patch
- Vaginal ring
- Male condoms
- Diaphragm
- Female condoms
- Fertility awareness methods
- 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

Providers & Staff
I need to tell her
we should be safe.

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