Effective Contraceptive Use Among Women At Risk of Unintended Pregnancy, 2010-2013

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Family Planning As A Public Health Issue

- The average American woman who wants two children will spend 5 years pregnant, postpartum or trying to become pregnant, and 30 years trying to avoid pregnancy.
- Health consequences associated with unintended pregnancy:
  - Moms delay initiating prenatal care; less likely to breastfeed; increased risk of depression; increased risk of physical violence during pregnancy
  - Babies are more likely to be born with low birth weight; more likely to experience poor mental and physical health during childhood; lower educational attainment and more behavioral issues during teen years
- Students who have an unintended pregnancy (both male and female, high school and college) are less likely to graduate.
Proportion of Pregnancies That Are Intended

Data sources: Oregon PRAMS, Center for Health Statistics, Guttmacher Institute

"At Risk of Unintended Pregnancy"

Three criteria:

1. Has an intact uterus
   - Has not had a hysterectomy
2. Sexually active with a male partner
3. Not currently pregnant or seeking pregnancy
BRFSS Family Planning Module, 2010-13

• Women at risk of unintended pregnancy, age 18-44:
  – Women who are doing something to prevent pregnancy
  – Women who are not doing something to prevent pregnancy
    • Exclude same-sex partner
    • Exclude currently abstinent
    • Exclude seeking pregnancy
    • Exclude hysterectomy
  – Exclude if refused/didn’t know any question

• Total sample size = 1,626
## BRFSS Family Planning Module, 2010-13
### Women At Risk of Unintended Pregnancy

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Weighted %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total sample size</td>
<td>1,626</td>
</tr>
<tr>
<td>18-29 years of age</td>
<td>41.3%</td>
</tr>
<tr>
<td>30-44 years of age</td>
<td>58.6%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>14.0%</td>
</tr>
<tr>
<td>Asian, non-Hispanic</td>
<td>2.8%</td>
</tr>
<tr>
<td>Black or African American, NH</td>
<td>1.0%</td>
</tr>
<tr>
<td>Amer. Indian or Alaska Native, NH</td>
<td>1.7%</td>
</tr>
<tr>
<td>White, non-Hispanic</td>
<td>77.0%</td>
</tr>
<tr>
<td>Any Disability</td>
<td>18.4%</td>
</tr>
<tr>
<td>&lt; High School Diploma</td>
<td>11.3%</td>
</tr>
</tbody>
</table>

### Effectiveness of Contraceptive Methods

- **Implant**: Effective
- **Intrauterine Device**: Effective
- **Male Condom**: Effective
- **Sterilization - Female**
  - Tubal Ligation: 98.6% Effective
  - Vasectomy: 98.6% Effective
  - Male Vasectomy: 98.6% Effective
  - Female Tubal Ligation: 98.6% Effective
- **Injectable**: Effective
  - Depo-Provera: 98.6% Effective
  - Syncora: 98.6% Effective
  - Norplant: 98.6% Effective
- **Patch**: Effective
  - Ortho Evra: 98.6% Effective
  - Micronor: 98.6% Effective
- **Ring**: Effective
  - Cu380A: 98.6% Effective
- **Diaphragm**: Effective
  - Exacta: 98.6% Effective
  - LARC: 98.6% Effective

*The percentages indicate the number of women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.*

**How to use your method correctly**
- **Injectable**: Get repeat injections on time.
- **Patch/Ring**: Keep in place, change on time.
- **Diaphragm**: Use correctly every time you have sex.

**Spermicides, condoms, and intrauterine devices**
- Contraceptive use: Effective
- Fertility awareness-based methods (Abstinence or use condoms on fertile days; Natural Cycles Method and Two-Day Method) may be the easiest to use and consequently more effective.

**Condoms should always be used to reduce the risk of sexually transmitted infections.**

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**Other Methods of Contraception**
- Lactational Amenorrhea Method
- Emergency Contraception (Emergency contraceptive pills or a copper IUD after unprotected intercourse substantially reduce risk of pregnancy)

Women At Risk of Unintended Pregnancy: Use of Contraceptive Methods

Women At Risk of Unintended Pregnancy: Use of Effective Contraception

Overall: 71.6% using effective methods
Women At Risk of Unintended Pregnancy: Use of Effective Contraception, By Age

• 18-29 year olds: 65.8% (60.0-71.2%) using effective methods
• 30-44 year olds: 75.3% (71.8-78.4%) using effective methods
• \( \chi^2 = 17.4, \ p = 0.003 \)

Women At Risk of Unintended Pregnancy: Use of Contraceptive Methods, By Age
Women At Risk of Unintended Pregnancy: Use of Effective Contraception, By Insurance Coverage Status

- No insurance: 64.7% (57.7-71.1%) using effective methods
- Has insurance: 73.8% (70.4-77.0%) using effective methods
- $X^2=6.2$, $p=0.01$

Women At Risk of Unintended Pregnancy: Use of Effective Contraception, by Smoking Status

- 21% of women at risk of unintended pregnancy are current smokers
- No difference in use of effective contraceptive methods
Women At Risk of Unintended Pregnancy: Use of Contraceptive Methods, by Future Pregnancy Intentions

Women At Risk of Unintended Pregnancy: Reasons For Non-Use of Contraception

10.5% of women at risk of unintended pregnancy are using no method of contraception.
Next Steps:

- Coordinated Care Organization incentive metric in 2015
  - Technical Advisory Workgroup setting specifications for administrative claims and clinical data

- National efforts
  - CDC/OPA metrics seeking endorsement from NCQA
  - CMCS Maternal and Infant Health Initiative

- Oregon BRFSS 2014-15:
  - Switch from “are you doing anything currently to prevent pregnancy” to “did you do anything the last time you had sex to prevent pregnancy?”
  - New reasons for non-use

Thank you! Questions?

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http://healthoregon.org/rh
http://ccare.oregon.gov

http://facebook.com/OregonCCare

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Helene Rimberg  Clyde Dent
Comparison with National Data

<table>
<thead>
<tr>
<th>Method</th>
<th>National Data</th>
<th>Oregon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male sterilization</td>
<td>10.0%</td>
<td>14.1%</td>
</tr>
<tr>
<td>Female sterilization</td>
<td>26.5%</td>
<td>18.7%</td>
</tr>
<tr>
<td>IUD</td>
<td>5.6%</td>
<td>18.9%</td>
</tr>
<tr>
<td>Short-acting hormonal + Implant</td>
<td>34.7%</td>
<td>30.2%</td>
</tr>
<tr>
<td>Condom</td>
<td>16.4%</td>
<td>15.9%</td>
</tr>
<tr>
<td>Other</td>
<td>6.8%</td>
<td>2.4%</td>
</tr>
</tbody>
</table>

Women At Risk of Unintended Pregnancy: Use of Effective Contraception, by Disability Status

“Are you limited in any way in any activities because of physical, mental, or emotional disabilities?”

18.6% of women at risk of unintended pregnancy have a self-identified disability. No difference in use of effective contraceptive methods.
Contraception Works

The two-thirds of U.S. women at risk of unintended pregnancy who practice contraception consistently and correctly account for only 5% of unintended pregnancies.

- **WOMEN AT RISK (43 MILLION)**
  - Consistent use: 16%
  - Inconsistent use: 55%
  - Nonuse: 19%

- **UNINTENDED PREGNANCIES (3.1 MILLION)**
  - Consistent use: 5%
  - Inconsistent use: 43%
  - Nonuse: 52%

By consistency of method use all year

By consistency of method use during month of conception

Why is Family Planning Important?

**Unintended Pregnancy Rates, by State, in 2008**

- **Unintended pregnancy rate**
  - 31-42
  - 43-40
  - 30-56
  - 57-62
  - 63-70

*Rates for Arizona, Indiana, Kansas, Montana, Nevada, New Hampshire, North Dakota, and South Dakota estimated by multiple regression.*
Why is Family Planning Important?

2010 Teen Birth Rate per 1,000 pop. ages 15-19

Guttmacher.org

KFF.org