Adolescent Sexual and Reproductive Health in the City of Alexandria

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Outline

• Review basic definitions

• Review reproductive health data
  • Alexandria Youth Risk Behavior Survey (YRBS) 2016
  • STI data
  • Updated pregnancy rates and outcomes
    • trends over time and place
    • racial and ethnic disparities
    • trends by age group
  • Teen Wellness Center Data

• Discussion
Basic Definitions

- **Pregnancy rate:** Number of pregnancies per 1,000 females
- **Live birth rate:** Number of live births per 1,000 females
- **Teen:** Age 10-19 years

# of live births
# of pregnancy termination
# of natural fetal death
# of pregnancies

- **Sexually transmitted infection (STI):** Infections caused by organisms passed person-to-person primarily by sexual activity
- **Incidence Rate:** Rate of new infections per 100,000 people
- **Pregnancy rate vs. Number of pregnancies**
  - Rates control for population differences over time, geography, and demographic groups
  - Number tells us how many people/events.
Alexandria STI Data (2012-2017)

Figure 2 a-d. Rates per 100,000 for Gonorrhea, Chlamydia, Syphilis, and HIV in Alexandria, Northern Virginia (NOVA), and Virginia 2012-2017

a. Gonorrhea

b. Chlamydia

c. Syphilis

d. HIV
Data from Alexandria Youth Risk Behavior Survey (YRBS, 2016)
Alexandria YRBS

Survey of middle and high-school students in Alexandria City Public Schools.

Sexual health and behavior
Perceptions of peer behavior
Mental health
Substance use
Dating and sexual violence
LGBQ youth

1,788 total students completed 2016 survey

Response rates:
10\textsuperscript{th} grade = 59\% (n=605)
12\textsuperscript{th} grade = 57\% (n=445)
Youth Who Report Ever Having Sex, Current Sexual Activity, and Sex Before Age 13 (10th & 12th grade)

- Currently sexually active
- Ever had sex
- Sex before age 13

<table>
<thead>
<tr>
<th>Year</th>
<th>Currently sexually active</th>
<th>Ever had sex</th>
<th>Sex before age 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>49.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td>35.0%</td>
<td>36.1%</td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td>10.3%</td>
<td>25.8%</td>
<td>28.9%</td>
</tr>
</tbody>
</table>

2011: 49.9%, 35.0%, 10.3%
2014: 36.1%, 25.8%, 6.1%
2016: 28.9%, 20.6%, 2.9%
Perception vs. Reality Among Youth: Current Sexual Activity (10th and 12th grade, 2016)

- 63% of students who think most of their peers are currently sexually active
- 73% of all students who are currently sexually active

<table>
<thead>
<tr>
<th>Category</th>
<th>% of students who think most of their peers are currently sexually active</th>
<th>% of all students who are currently sexually active</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total students</td>
<td>63%</td>
<td>73%</td>
</tr>
<tr>
<td>Male students</td>
<td>53%</td>
<td>60%</td>
</tr>
<tr>
<td>Female students</td>
<td>73%</td>
<td>71%</td>
</tr>
<tr>
<td>Asian students</td>
<td>60%</td>
<td>67%</td>
</tr>
<tr>
<td>Hispanic students</td>
<td>71%</td>
<td></td>
</tr>
<tr>
<td>Black students</td>
<td>55%</td>
<td></td>
</tr>
<tr>
<td>White students</td>
<td>21%</td>
<td></td>
</tr>
</tbody>
</table>

VDH Virginia Department of Health
Protecting You and Your Environment
Methods Used to Prevent Pregnancy Among Sexually Active Alexandria Teens (10th & 12th grade 2016)

- IUD or Implant: 7%
- Shot, patch, or ring: 6%
- Birth control pills: 13%
- Condoms: 51%
- Withdrawal or other: 11%
- No method or not sure: 13%

80% increase in use from prior survey year.
Pregnancy and STI Prevention Methods Among Alexandria Teens (10th and 12th grade, 2016)

- Of students who’ve had sex, 60% said they used a condom last time.

- Female students
  - were less likely to report using a condom last time they had sex.
  - more likely to report not using any method to prevent pregnancy at last sex.

- 10% of students report ever being tested for HIV and 11% of students report ever being tested for STI.
Why Talk About Mental Health, Sexual Trauma, and Substance Use?

- Sexual and reproductive health is multifactorial.

- Multiple factors impact whether a young person is at risk for pregnancy and sexually transmitted infection in adolescence.

- Multiple factors impact whether pregnant and parenting teens have the support they need to raise a healthy family.
The Mental Health Connection

Teens who experience mental illness are at a greater risk for pregnancy and STI infection in adolescence.

Young moms may be at greater risk for post-partum depression. Stigma faced by pregnant and parenting teens is often a barrier to getting help.

- Teens with existing mental illness who become parents, may have greater risk of post-partum depression and mental illness into adulthood.
Mental Health Among Alexandria Teens
(10th & 12th grade, YRBS 2016)

- Seriously considered suicide:
  - Total: 13%
  - Female: 15%
  - Male: 8%

- Made a suicide plan:
  - Total: 11%
  - Female: 13%
  - Male: 7%

- Attempted suicide:
  - Total: 5%
  - Female: 6%
  - Male: 3%

- Injury req medical attention from suicide attempt:
  - Total: 7%
  - Female: 11%
  - Male: 2%
The Sexual Trauma and Interpersonal Violence Connection

- Studies support a strong association between sexual trauma, assault, and interpersonal violence and pregnancy in adolescence.
  - Associations: high-risk sexual behaviors $\leftrightarrow$ increase substance use $\leftrightarrow$ low self-esteem $\leftrightarrow$ and depression.
- For pregnant and parenting teens, histories of trauma can further compound the stress of raising a child.
Sexual Trauma and IPV Among Alexandria Teens (10th & 12th grade, YRBS, 2016)
The Substance Use Connection

Studies demonstrate a relationship between substance use and pregnancy in adolescence.

Pregnant and parenting teens who experience substance use:

• For <14 years: may be more likely to continue substance use during pregnancy.
• For >15 years: may be more likely to abstain during and after pregnancy.
Substance Use and Sexual Health Among Alexandria Teens (10th & 12th grade, YRBS, 2016)

15% of 10th and 12th grade students report alcohol or drug use last time they had sex.
LGBQ Youth, Mental Health, and Sexual Health

Study of NYC high school students found that LGBQ youth were more likely to experience pregnancy than heterosexual peers.

- Healthcare community misunderstanding of repro health needs LGBTQ identified teens
- Lack of community, school, and family support (i.e. bullying, stigma)
- Mental health risk factors
LGBQ Youth Mental Health in Alexandria (10th & 12th grade, YRBS, 2016)

- Sad or hopeless feelings 2+ weeks: Total 29%, Heterosexual 26%, LGBQ 51%
- Seriously considered suicide: Total 13%, Heterosexual 9%, LGBQ 30%
- Made a suicide plan: Total 11%, Heterosexual 7%, LGBQ 28%
- Attempted suicide: Total 5%, Heterosexual 3%, LGBQ 15%
- Injury req medical attention from suicide attempt: Total 7%, Heterosexual 5%, LGBQ 17%

VDH Virginia Department of Health: Protecting You and Your Environment
Pregnancy Rate and Outcomes Among Alexandria Teens: Trends Over Time and Place
Pregnancy Rate Among Alexandria Teens (2016)

- In 2016, **98** females age <19 years had a pregnancy in Alexandria.
- That’s **17.3 per 1,000** females age 10-19.
- This is a **7% decline** from 2015 and is the lowest rate to date.
In 2017, 79 females age <19 years had a pregnancy in Alexandria.

That’s 13.7 per 1,000 females age 10-19.

This is a 21% decline from 2016 and is the lowest rate to date.

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.

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Source: The Virginia Department of Health, Office of Information Management, Data Management Team.
Pregnancy Rate Among Teens by Locality (2005-2017)

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.
Pregnancy Rate Among Teens, NoVA & VA (2017)

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.
Number and Rate of Pregnancies Among Alexandria Teens with Key Milestones (1979-2017)

Adolescent Health Clinic Opened

ACAP Founded

Teen Wellness Center (TWC) Opened

LARCS at TWC

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.
Pregnancy Rate and Outcomes Among Alexandria Teens: Disparities by Race and Hispanic Ethnicity
Alexandria Teens Who Experience Pregnancy by Race and Hispanic Ethnicity

Of 79 pregnancies among teens in Alexandria:

- **32%** among white teens
- **29%** among Black teens
- **54%** among Hispanic teens

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.

Number of Alexandria Teens Whose Pregnancy Resulted in a Live Birth

- Of 51 live births among Alexandria teens in 2017:
  - 35% among White teens
  - 16% among Black teens
  - 71% among Hispanic teens

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.
Live Birth Rate Among Alexandria Teens by Race and Hispanic Ethnicity (2009-2017)

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.
Pregnancy Rate and Outcomes Among Alexandria Teens: Trends and Benchmarks by Age
Number of Alexandria Teens Who Experience Pregnancy by Age

Of the 79 total pregnancies among Alexandria teens in 2017:

- **29 (37%)** among teens 15-17 years
- **50 (63%)** among teens 18-19 years

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.

- HP 2020 Goal, 15-17 yrs (36.2)
- HP 2020 Goal, 18-19 yrs (104.6)

Pregnancy Rate, 15-17 yrs

Pregnancy Rate, 18-19 yrs

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.
Birth Rate Among Alexandria Teens by Age Group (2005-2017)

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.
Teen Wellness Center Data
Patients and Visits to Teen Wellness Center (TWC) in 2018

1,843 patients seen in 2018 at TWC

- 35% identified as Black
- 40% identified as Hispanic
- 9% identified as Other race
- 16% identified as White, non-Hispanic

<table>
<thead>
<tr>
<th>Sub Program</th>
<th>Number of Patients</th>
<th>% of Total Patients</th>
<th>Number of Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Planning</td>
<td>649</td>
<td>35%</td>
<td>1,672</td>
</tr>
<tr>
<td>STI</td>
<td>168</td>
<td>9%</td>
<td>254</td>
</tr>
</tbody>
</table>
Long Acting Reversible Contraception (LARC) TWC (2018)

Data elements are preliminary and subject to change.
Source: The Virginia Department of Health, Office of Information Management, Data Management Team.
Summary

- Students are engaging in less sexual activity and of those that have sex, most are using condoms which prevent pregnancy and STIs.
- Female and LGBQ students experience, in greater numbers, factors (e.g. mental health issues, substance use, stigmatization) that may impede optimal sexual and reproductive health.
- Pregnancy rates among Alexandria teens continue to decline, and pregnancy rates for age 15-17 and 18-19 remain under HP 2020.
- Disparities persist and improvement has not been consistent for everyone.
- The Alexandria Health Department works to meet students where they are through Teen Wellness Center, Casey Clinic, Rainbow Tuesday, and Public Health Field Nursing programs.
The Alexandria Health Department Will Continue To…

- Center equity in plans, programs, and initiatives.

- Provide patient-centered, evidence-based care that focuses on services that support teen’s long term life goals, and emphasizes abstinence as only method guaranteed to prevent pregnancy and STI’s.

- Support pregnant and parenting teens through our Casey Clinic, WIC, and field nurse program.

- Work with ACPS, SAPCA and others to gather and analyze data via YRBS.
Data Sources


Thank you to the following individuals:

Brandie Temple
Christina Chommanard
Marilyn Foster
Debbie Bowers
Discussion / Future Considerations

- What are some factors that impact equal opportunity when it comes to reproductive and sexual health for teens in Alexandria that we as a community may have been missing?

- What are ways we as a community can support each other’s efforts for equitable outcomes for Alexandria teens?