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# 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

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**# of pregnancies**

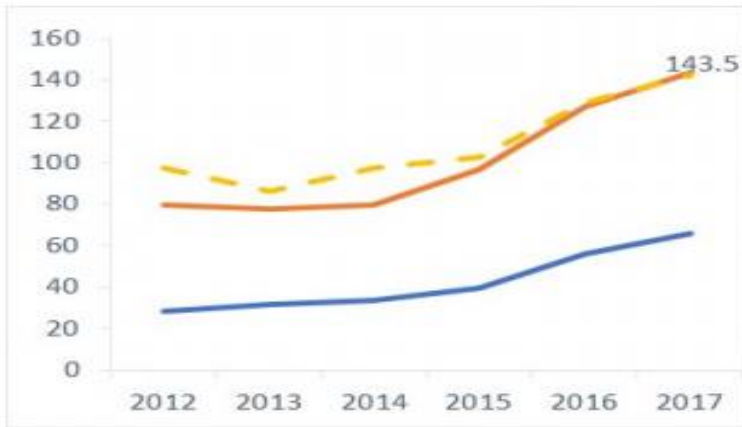
- **Sexually transmitted infection (STI):** infections caused by organisms passed person-to-person primarily by sexual activity
- **Incidence Rate:** Rate of new infections per 100,000 people
- **Pregnancy rate vs. Number of pregnancies**
  - Rates control for population differences over time, geography,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



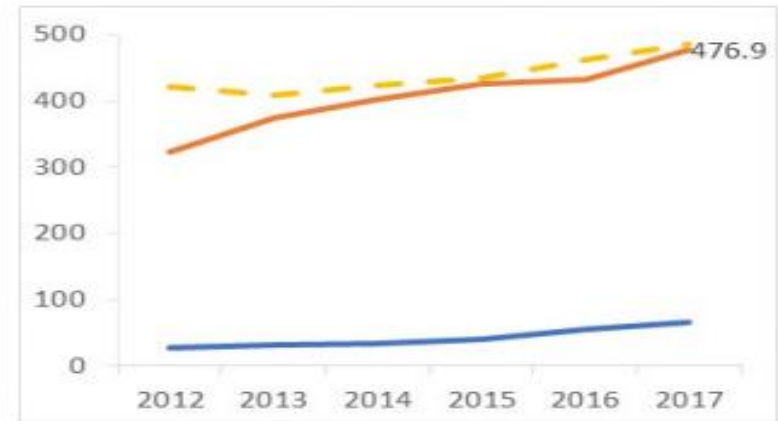
# Alexandria STI Data (2012-2017)

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

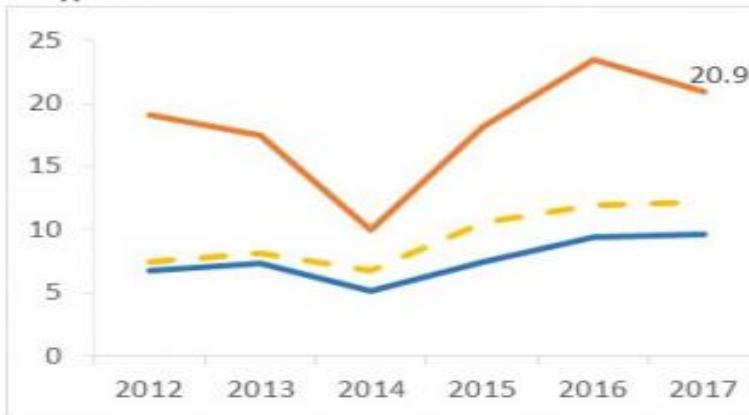
a. Gonorrhea



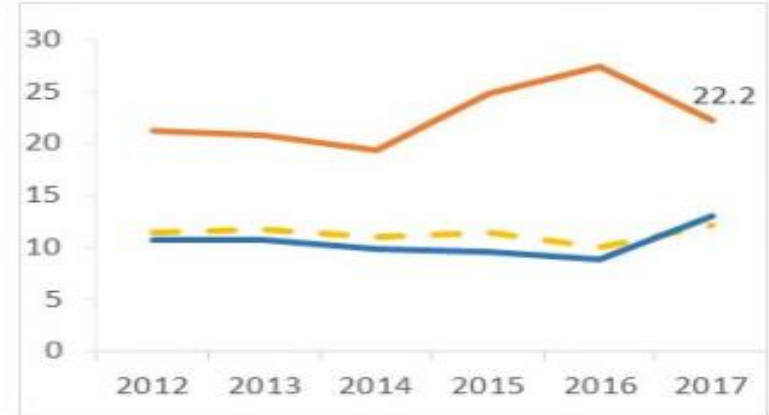
b. Chlamydia



c. Syphilis



d. HIV



— Alexandria — Virginia — NOVA



# 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:

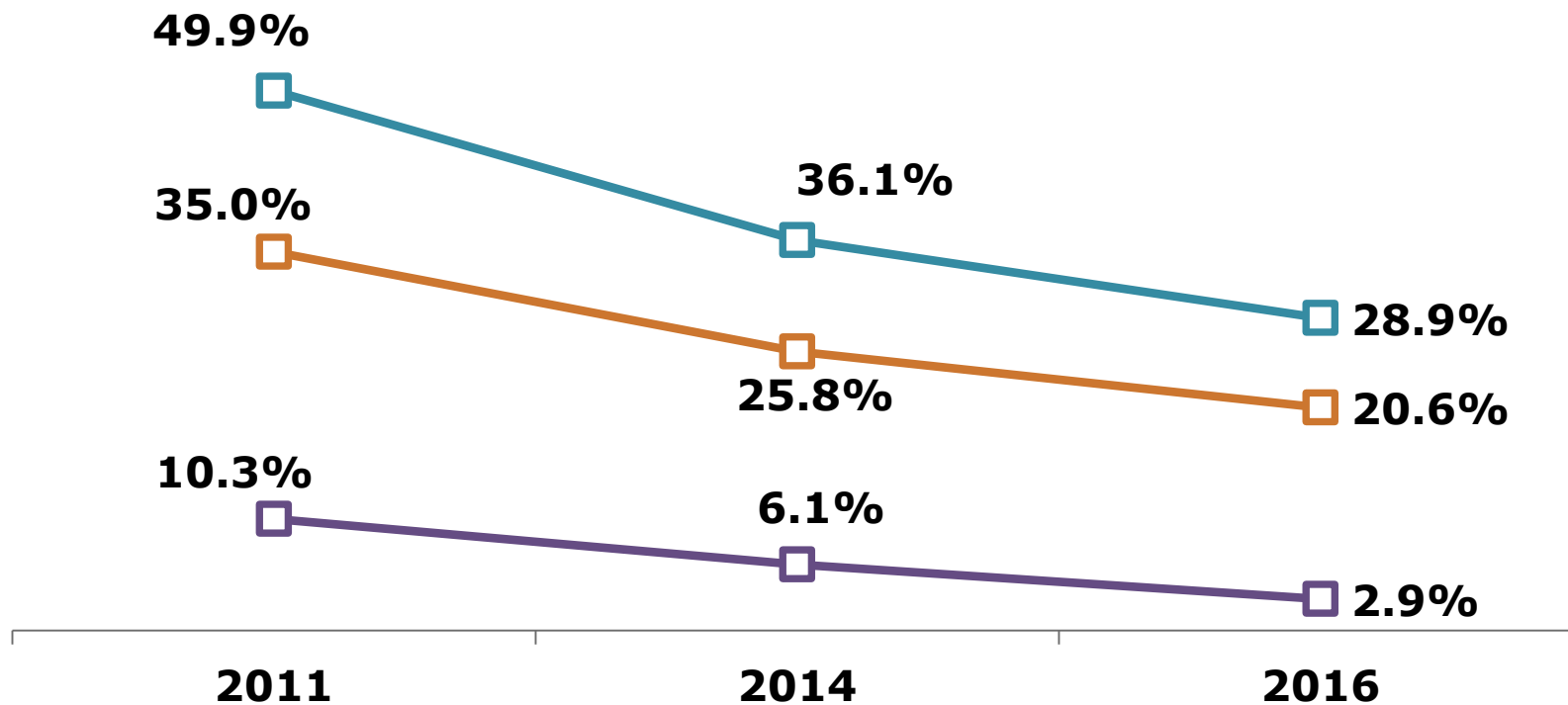
10<sup>th</sup> grade = **59%** (n=605)

12<sup>th</sup> grade = **57%** (n=445)



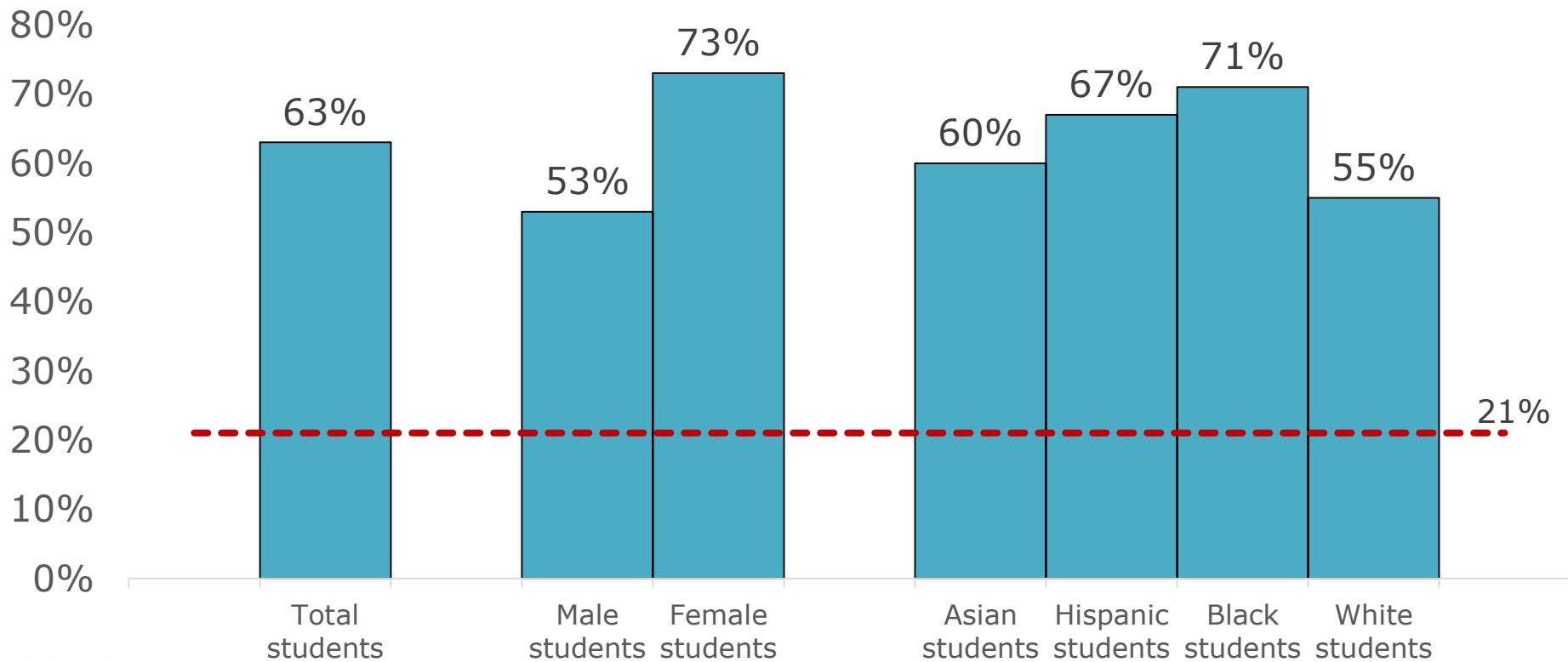
# Youth Who Report Ever Having Sex, Current Sexual Activity, and Sex Before Age 13 (10<sup>th</sup> & 12<sup>th</sup> grade)

Currently sexually active   Ever had sex   Sex before age 13



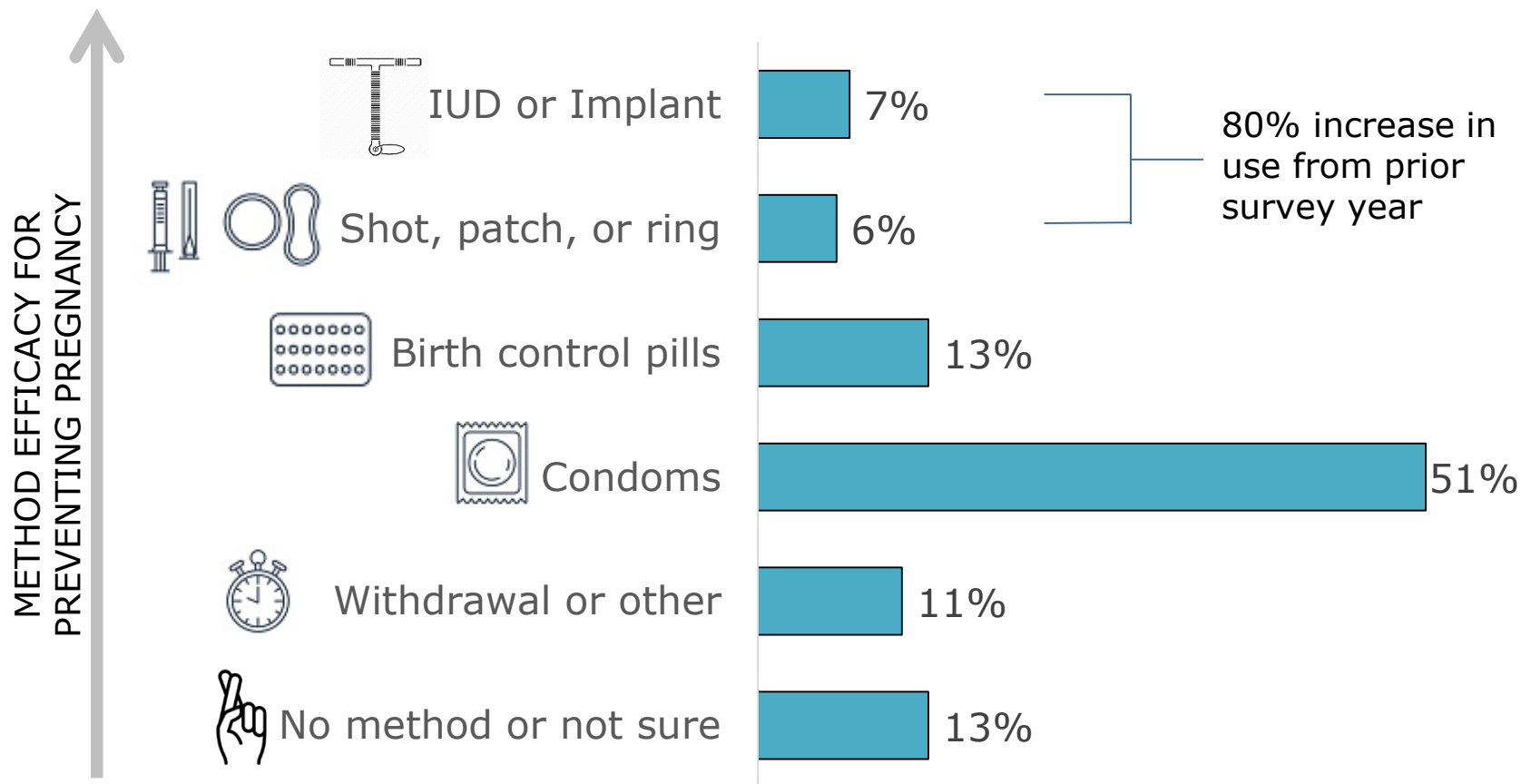
# Perception vs. Reality Among Youth: Current Sexual Activity (10<sup>th</sup> and 12<sup>th</sup> grade, 2016)

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





# Methods Used to Prevent Pregnancy Among Sexually Active Alexandria Teens (10<sup>th</sup> & 12<sup>th</sup> grade 2016)



# Pregnancy and STI Prevention Methods Among Alexandria Teens (10<sup>th</sup> and 12<sup>th</sup> 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

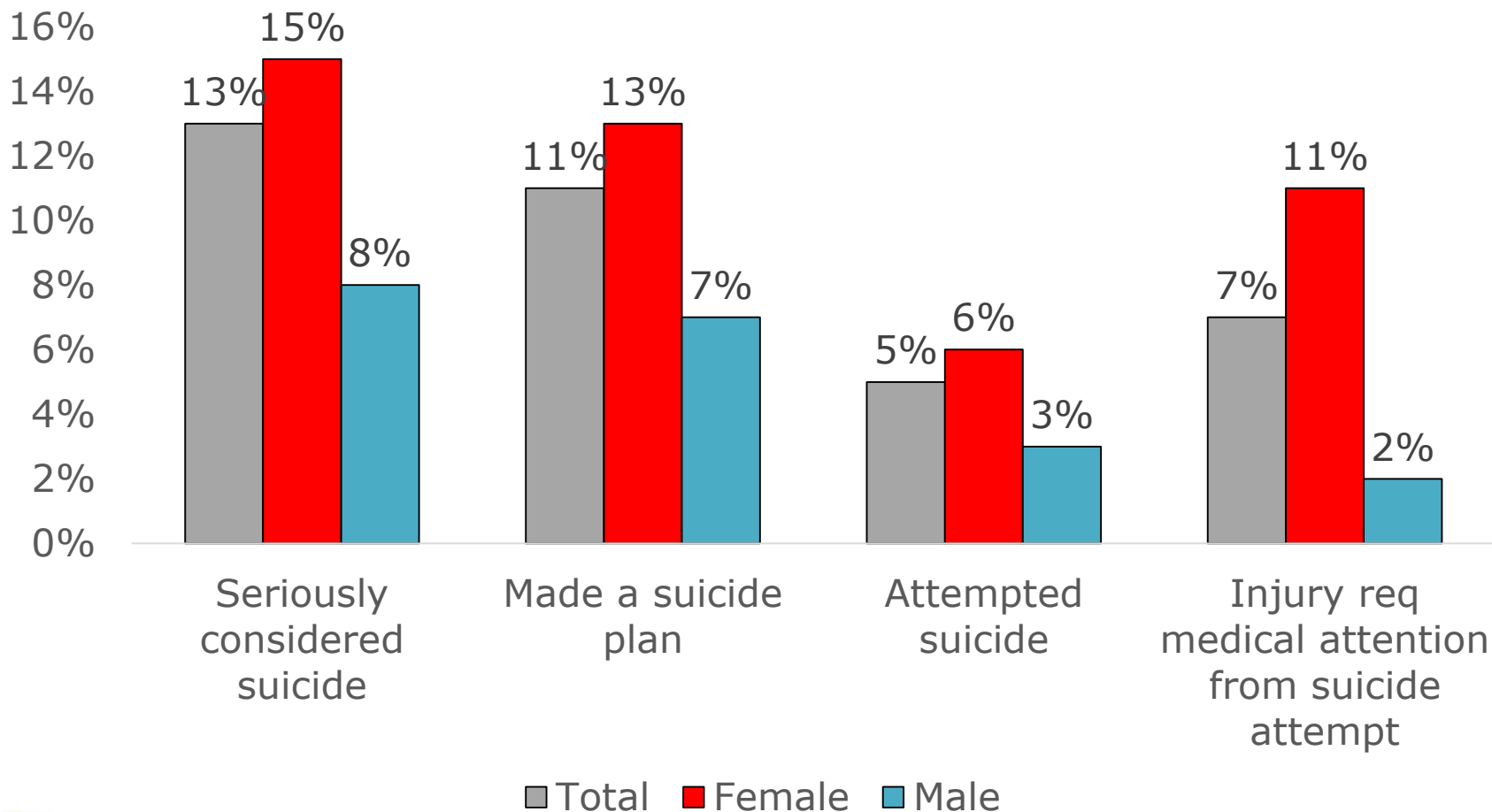
Teens who experience mental illness are at a **greater risk** for pregnancy and STI infection in adolescence.

**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 (10<sup>th</sup> & 12<sup>th</sup> grade, YRBS 2016)

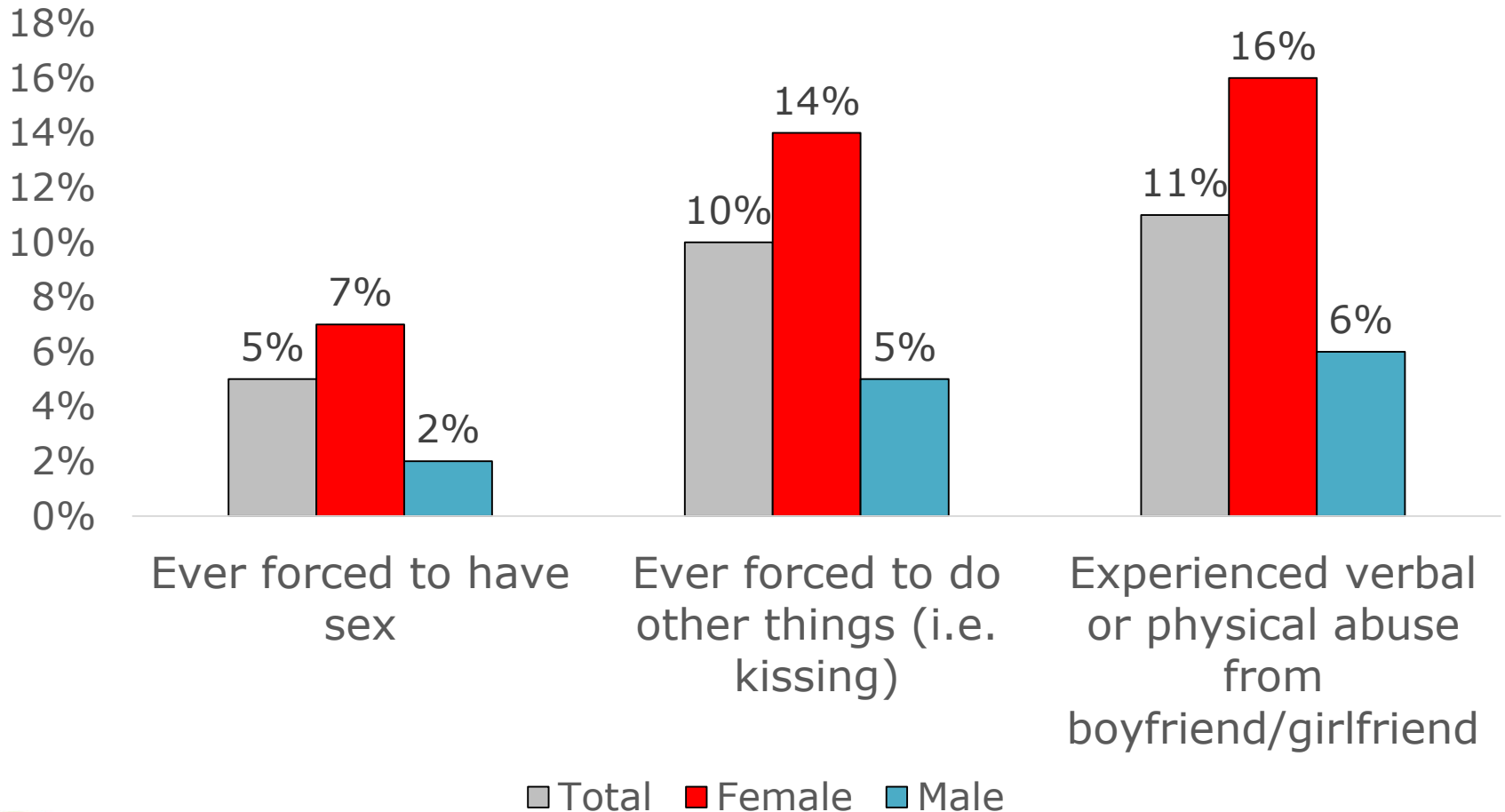


# The Sexual Trauma and Interpersonal Violence Connection

- Studies support a strong association between sexual trauma, assault, and interpersonal violence and pregnancy in adolescence.
  - Associations: high-risk sexual behaviors <-> increase substance use <-> low self-esteem <-> 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 (10<sup>th</sup> & 12<sup>th</sup> grade, YRBS, 2016)



# The Substance Use Connection

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

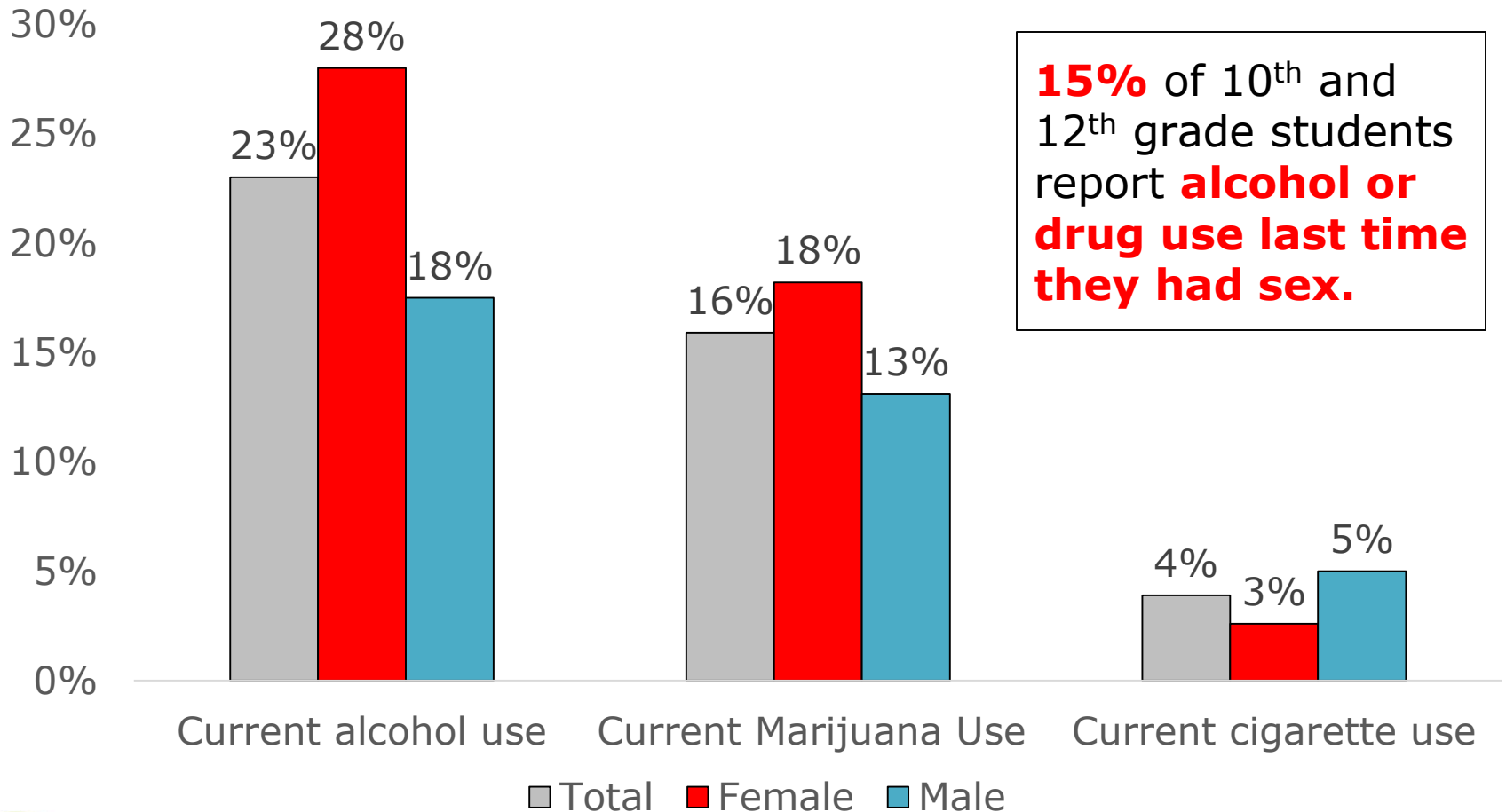
Pregnant and parenting teens who experience substance use:

- 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 (10<sup>th</sup> & 12<sup>th</sup> grade, YRBS, 2016)



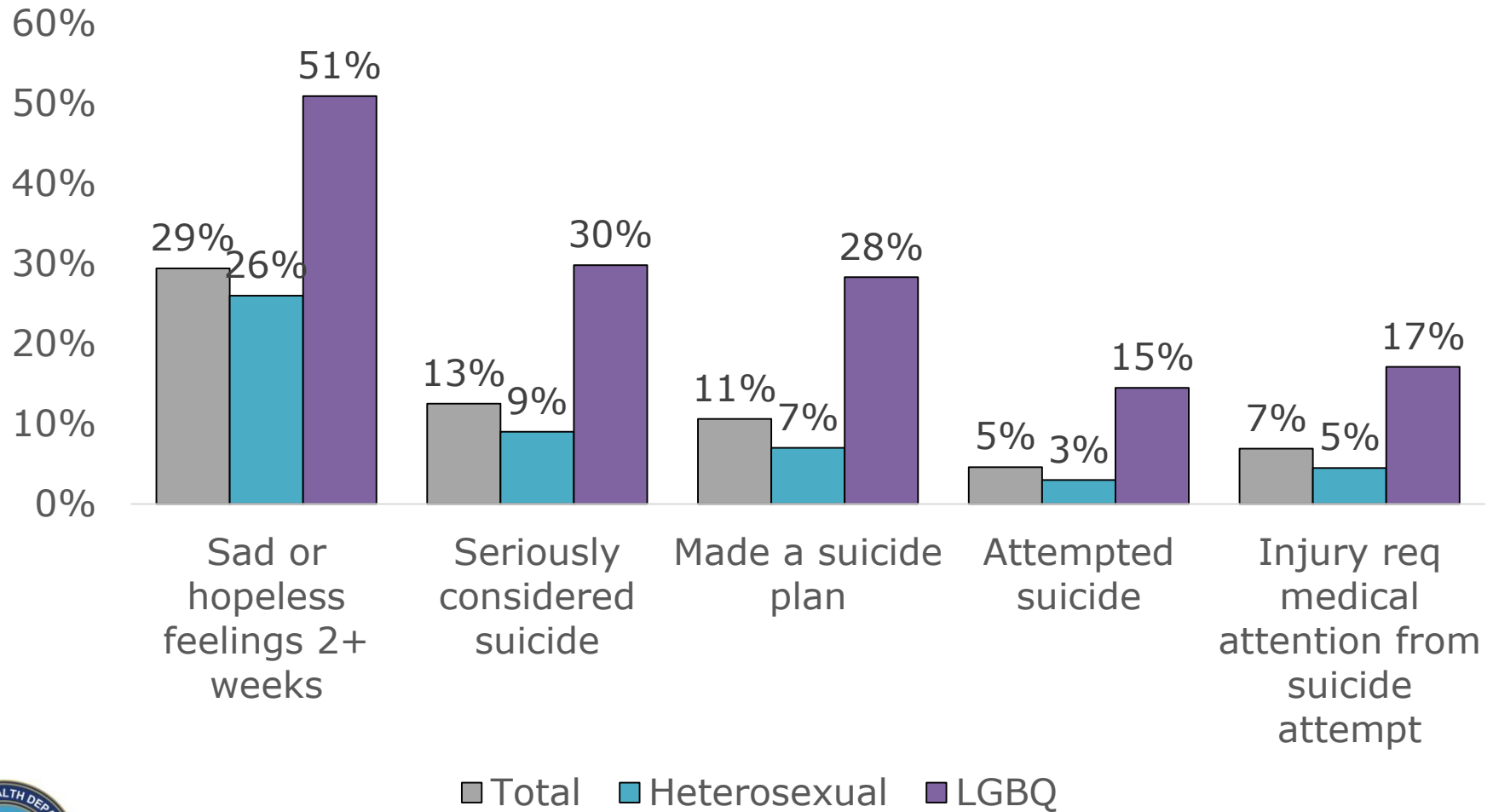
# LGBQ Youth, Mental Health, and Sexual Health

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 (10<sup>th</sup> & 12<sup>th</sup> grade, YRBS, 2016)



# 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.



**NEW DATA!**

# Pregnancy Rate Among Alexandria Teens (2017)

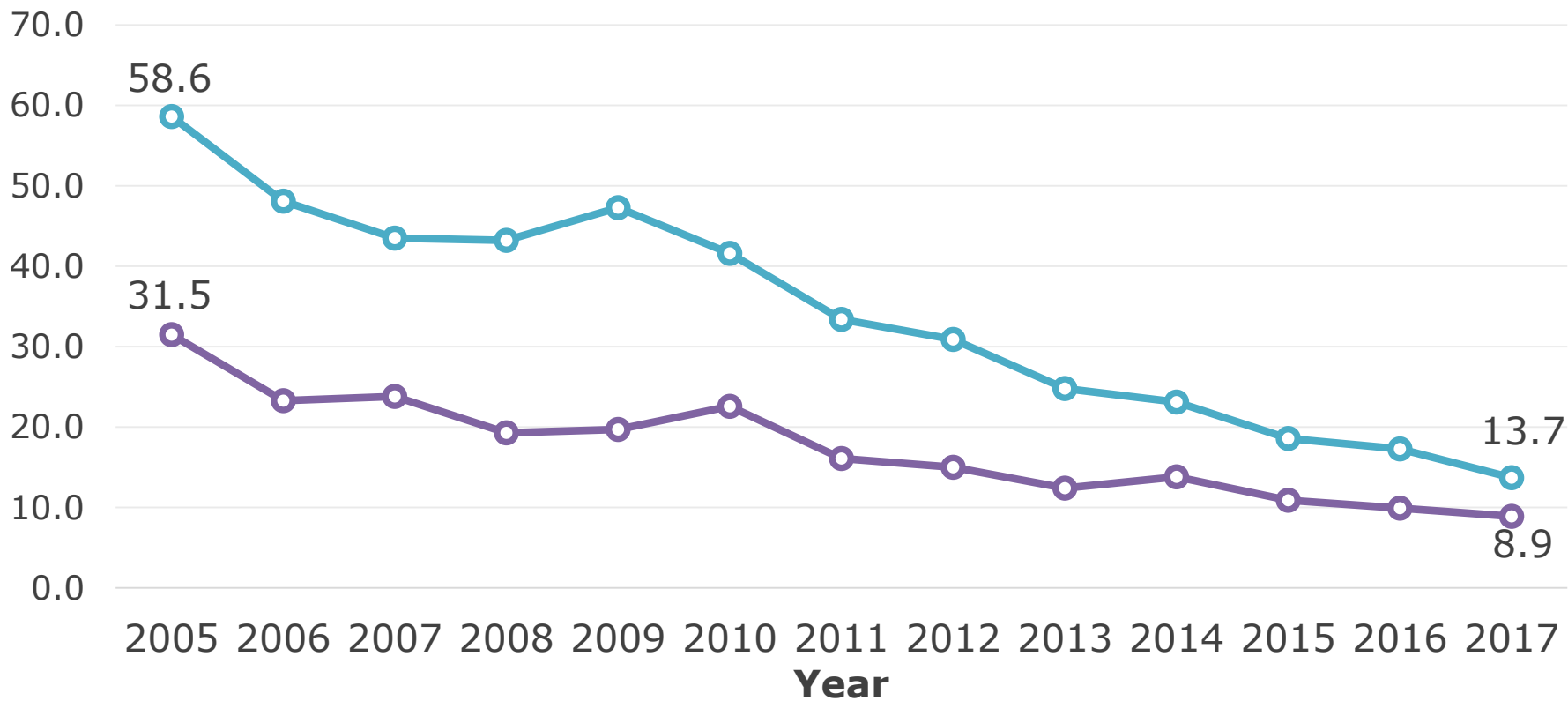
- In 2017, **79** females age <19 years had a pregnancy in Alexandria.
- That's **13.7 per 1,000** females age 10-19.
- This is a **21% decline** from 2016 and is the lowest rate to date.



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

# Pregnancy and Live Birth Rates Among Alexandria Teens (2005-2017)

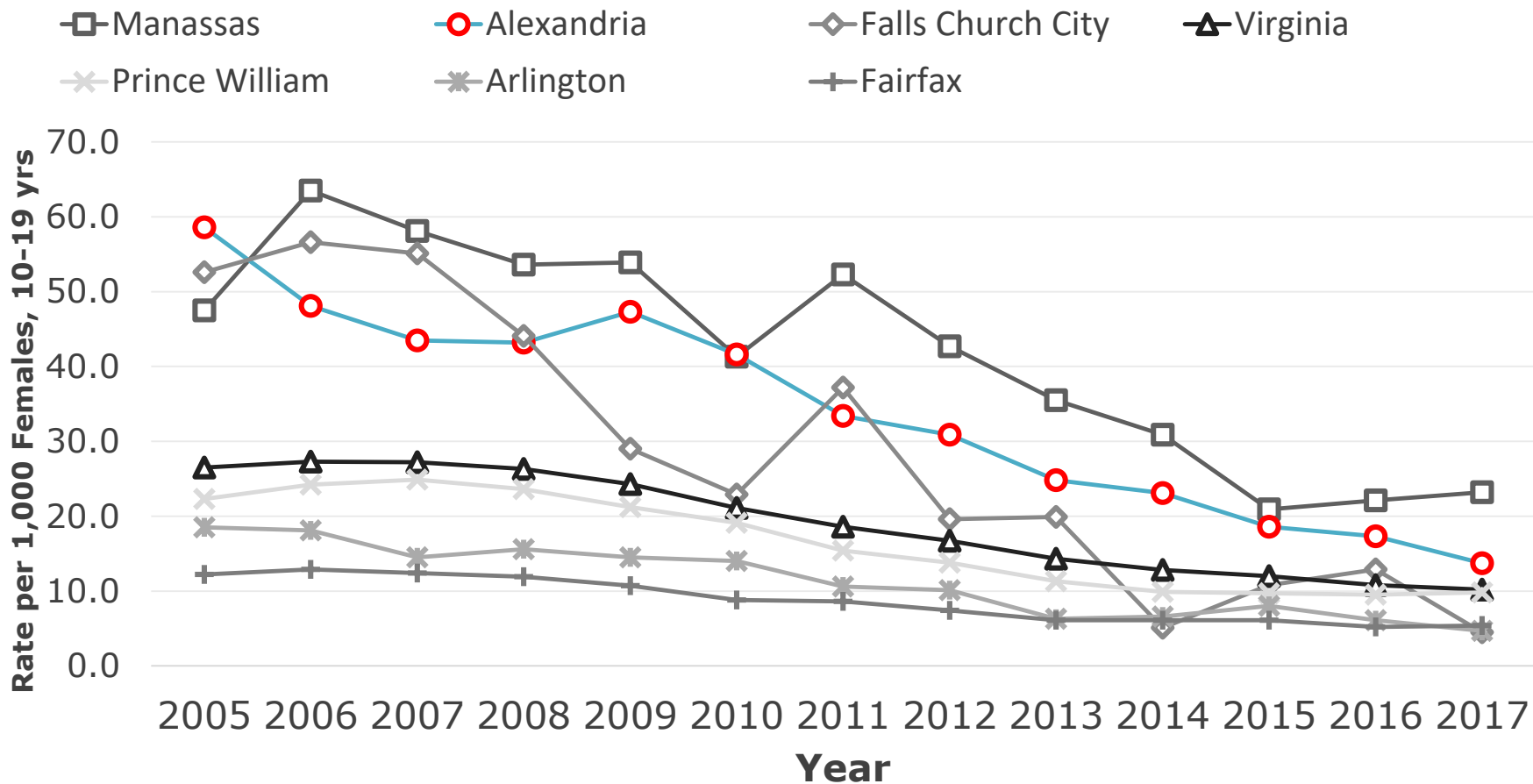
- Pregnancy Rate Per 1,000 Females Age 10-19 Yrs
- Birth Rate Per 1,000 Females Age 10-19 Yrs



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 by Locality (2005-2017)

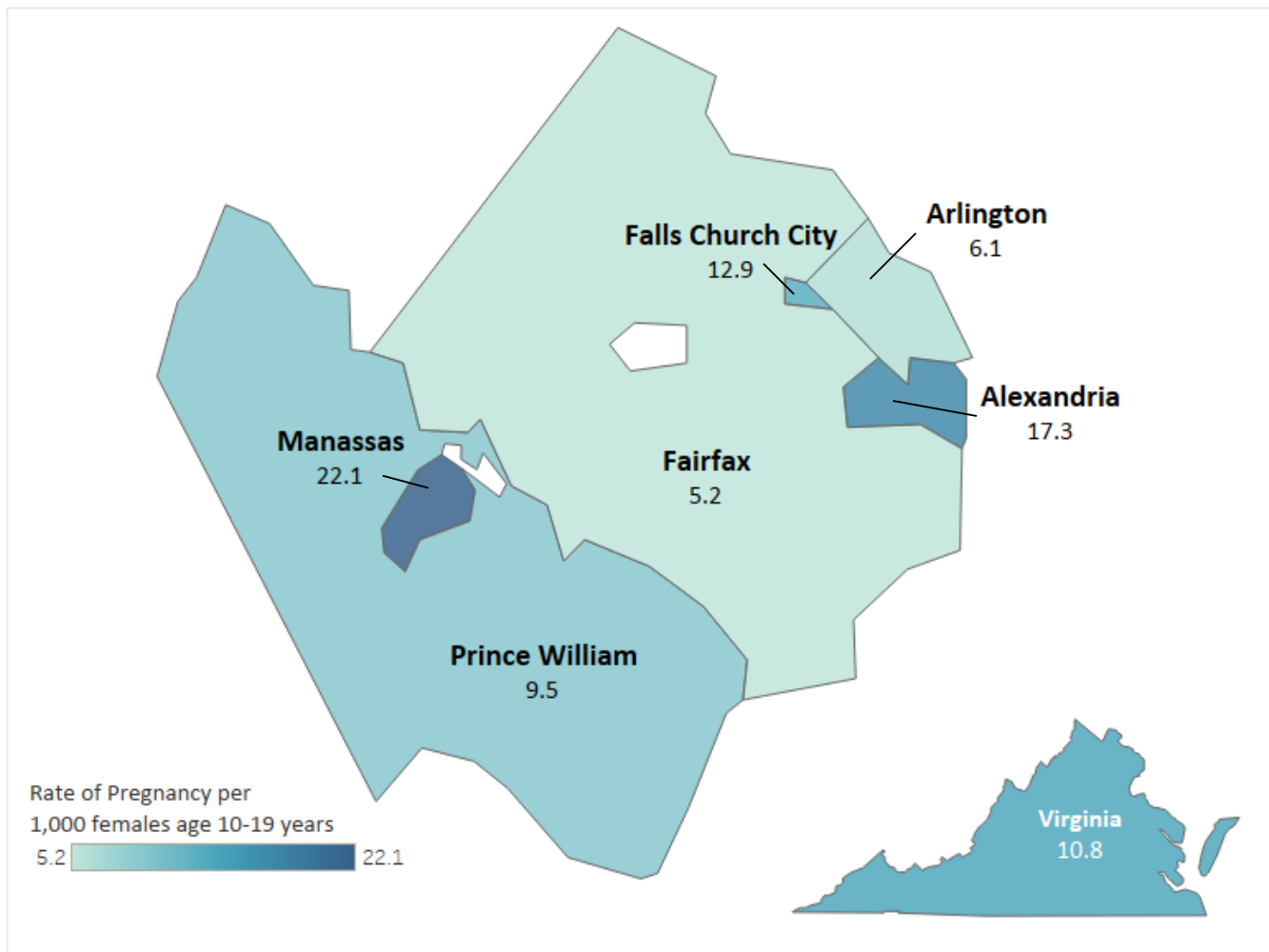


Data elements are preliminary and subject to change.  
 Source: The Virginia Department of Health, Office of Information Management, Data Management Team.





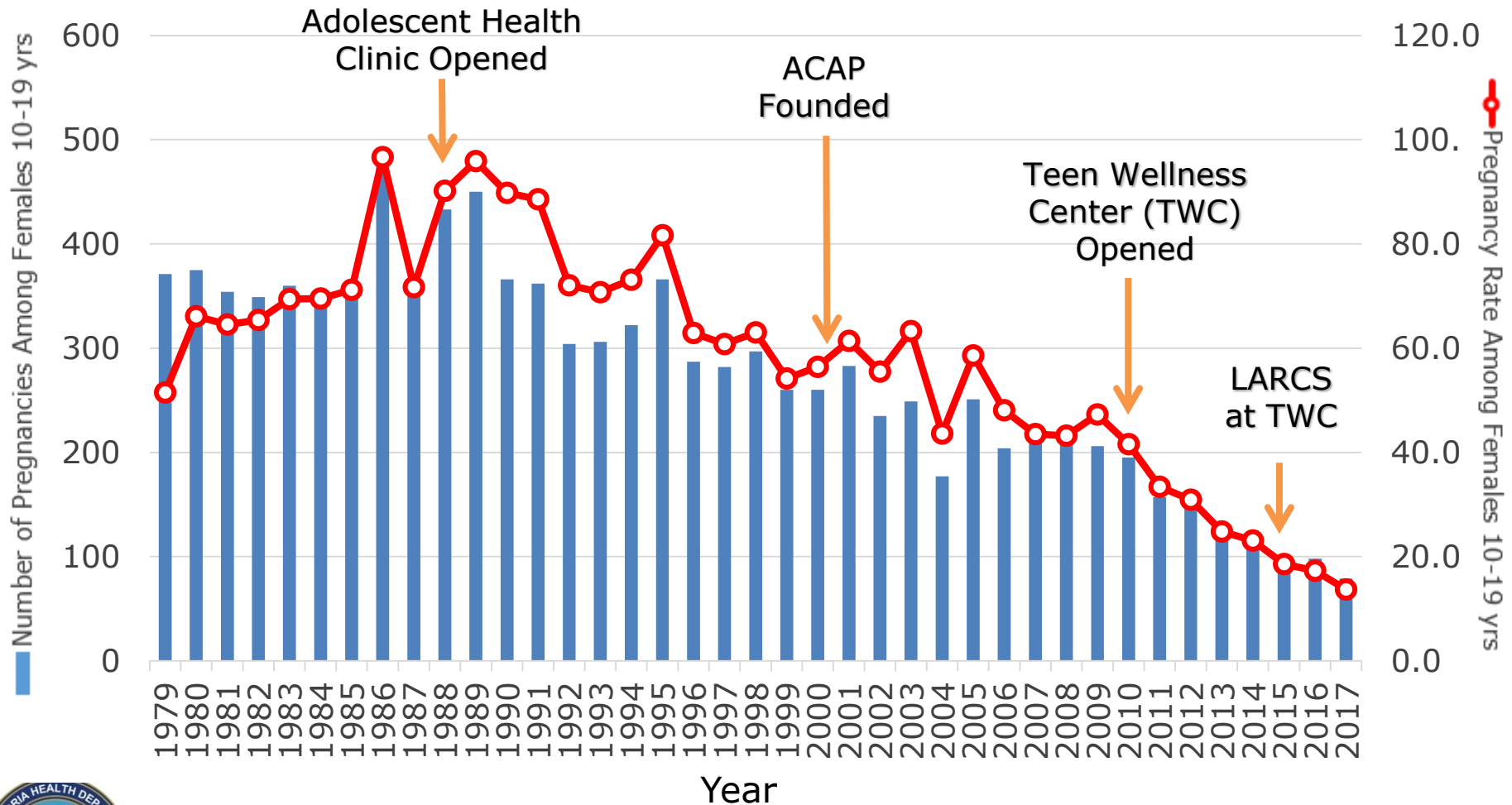
# Pregnancy Rate Among Teens, NoVA & VA (2017)



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)



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:

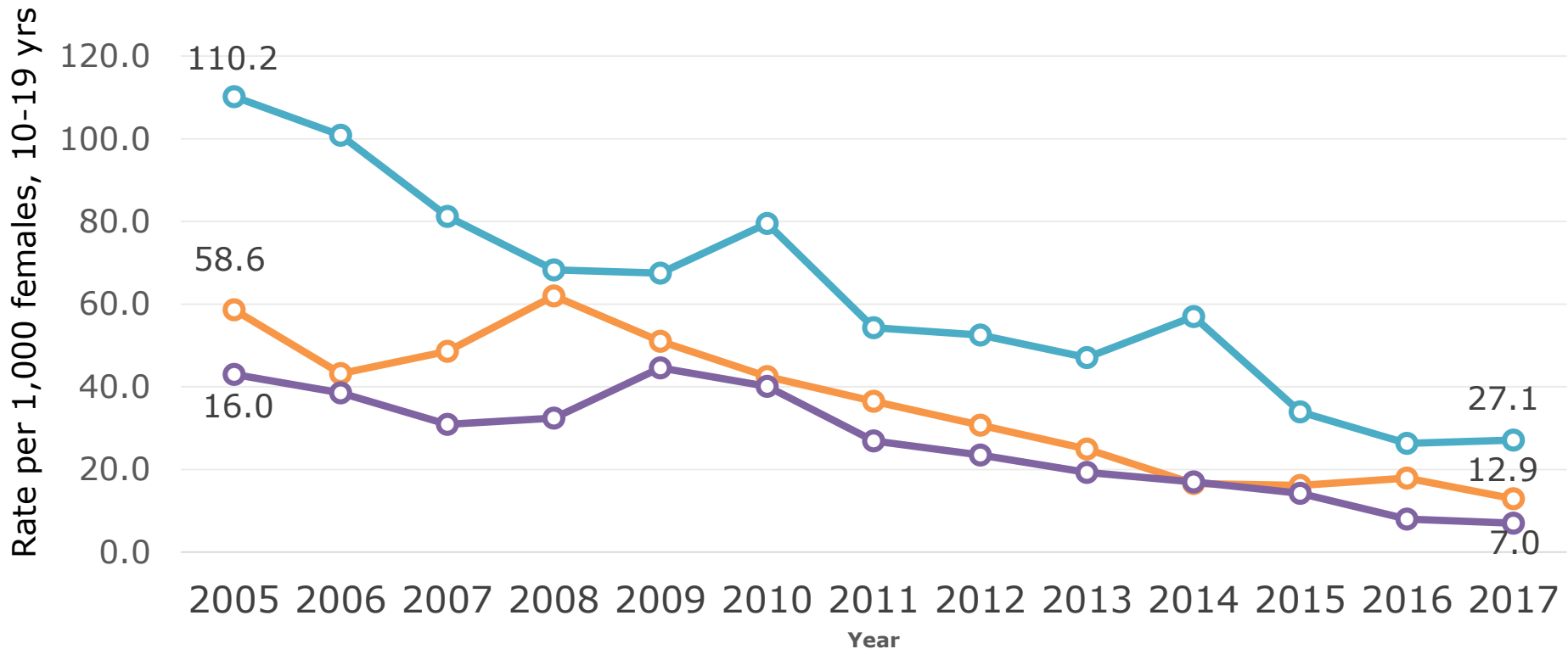
- **32%** among white teens
- **29%** among Black teens
- **54%** among Hispanic teens



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

# Pregnancy Rate Among Alexandria Teens by Race and Hispanic Ethnicity (2005-2017)

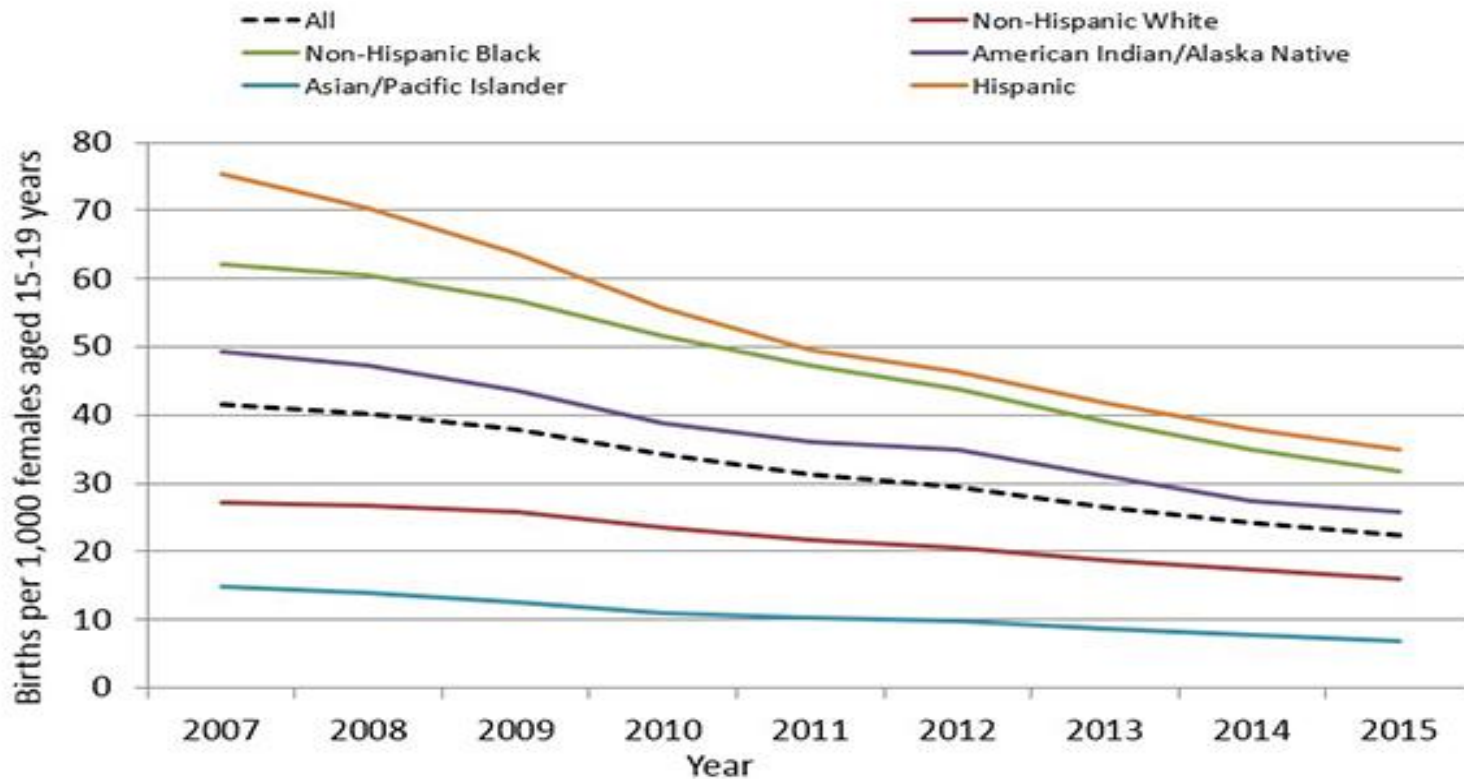
○ Pregnancy Rate, Black 
 ○ Pregnancy Rate, Hispanic 
 ○ Pregnancy Rate, White



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 U.S. Teens Age 15-19 by Race and Hispanic Ethnicity (2007-2015)



Martin JA, Hamilton BE, Osterman MJK, et al. Births: Final data for 2015. Natl Vital Stat Rep 2017; 66(1):1-70

Source: Martin, JA, Hamilton BE, Osterman MJK, et al. Births: Final data for 2015. Natl Vital Stat Rep. 2017;66(1):1-70. Accessed July 20, 2017 at <http://www.cdc.gov/teenpregnancy/about/index.htm>



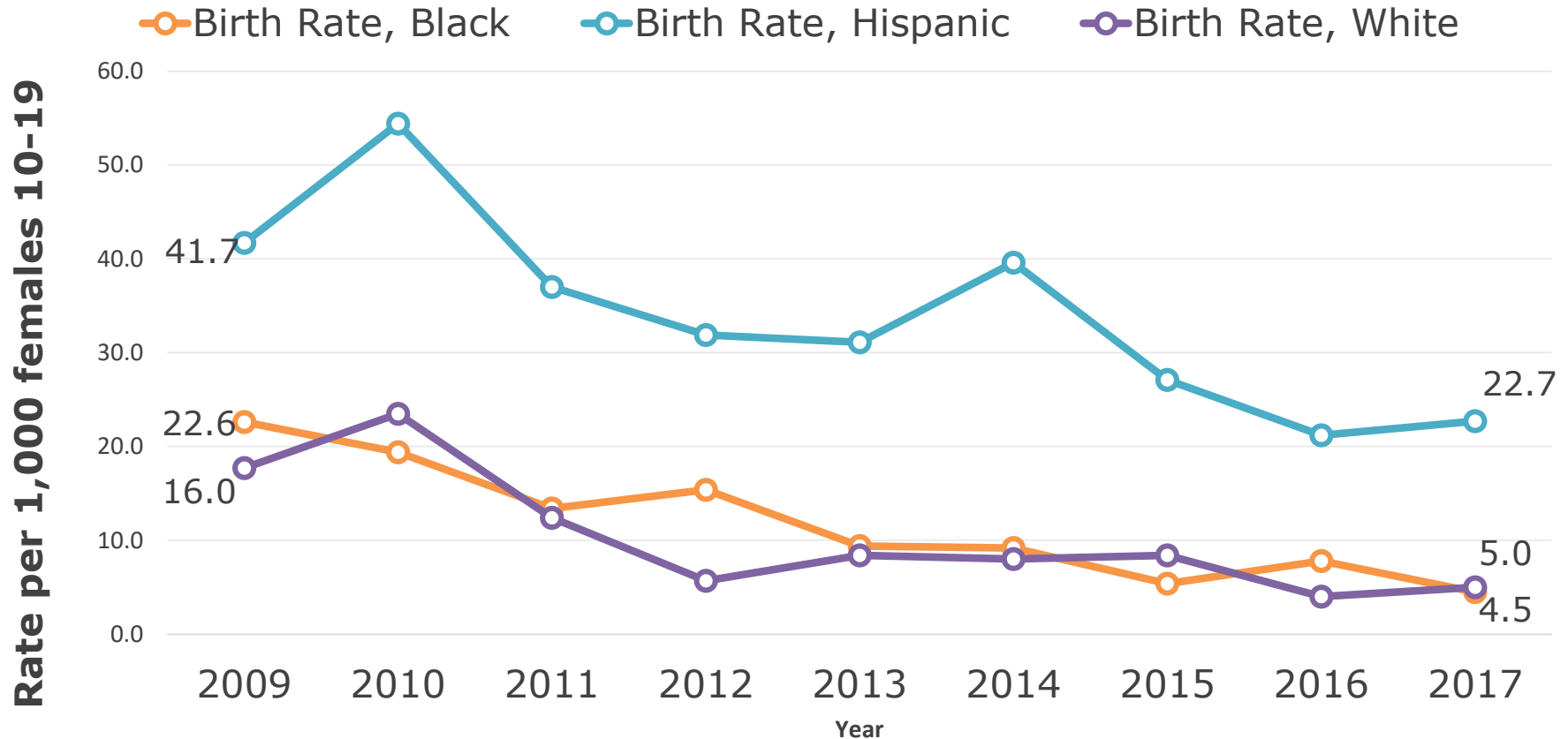
# Number of Alexandria Teens Whose Pregnancy Resulted in a Live Birth

- **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

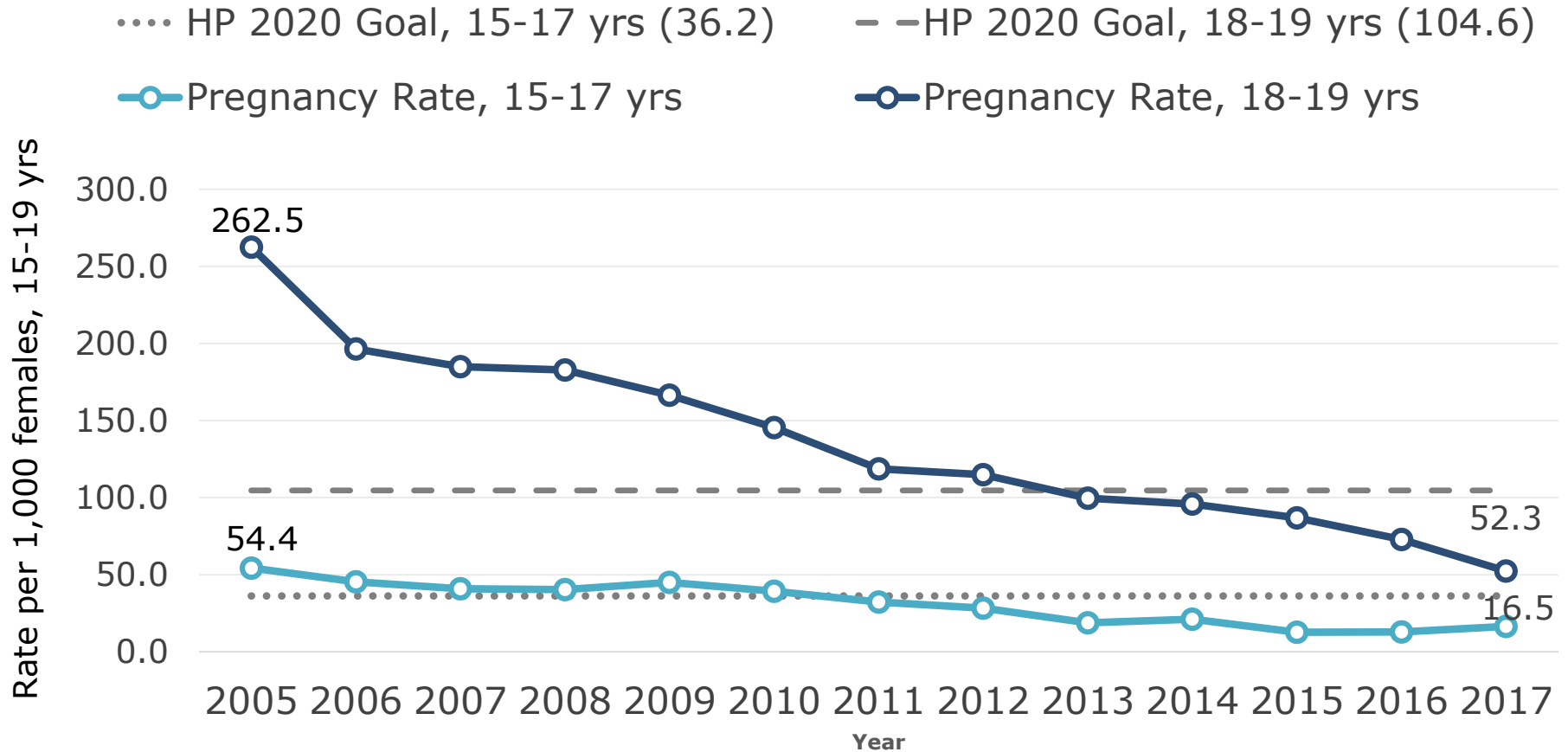
**Of the 79 total pregnancies among Alexandria teens in 2017:**

- **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.

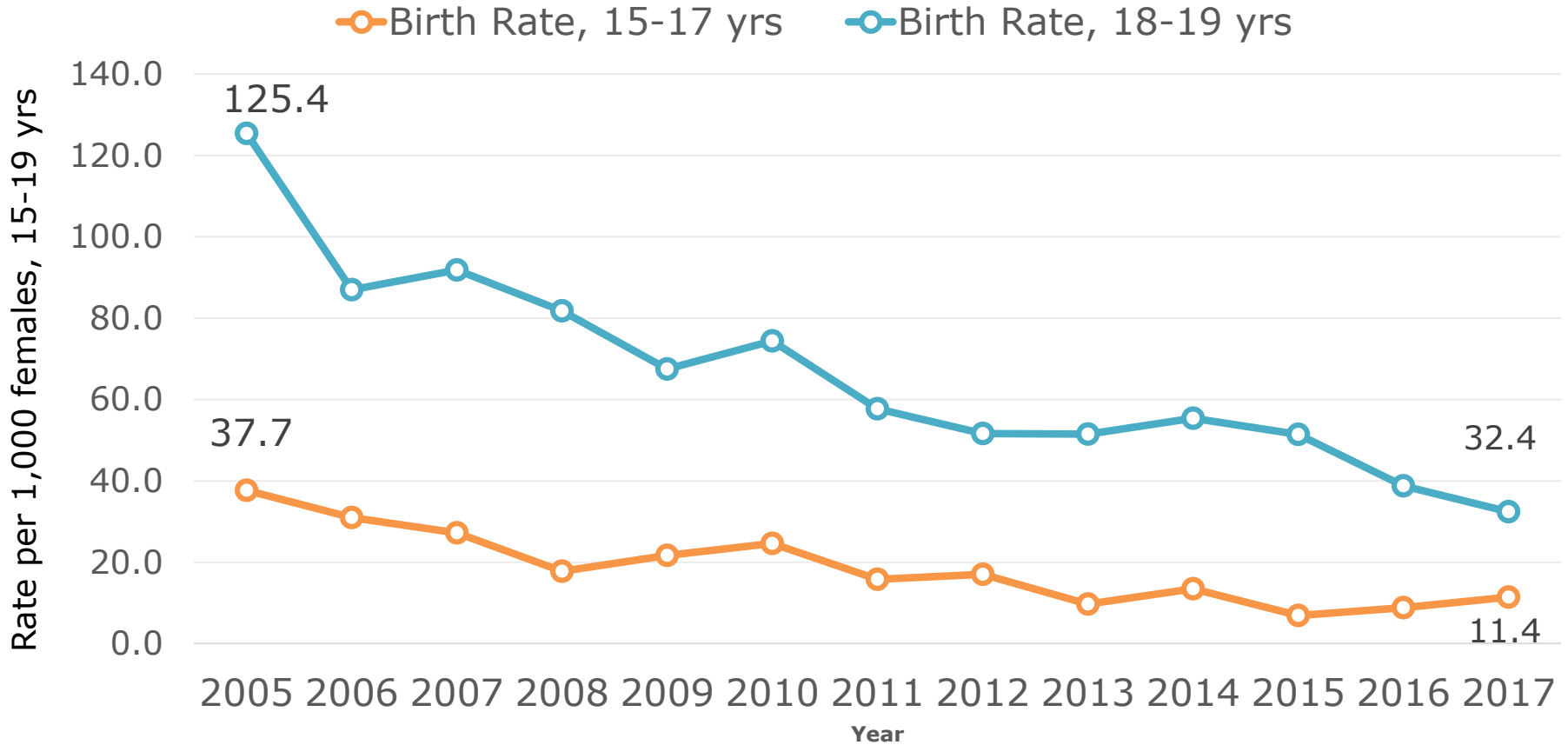
# Pregnancy Rate Among Alexandria Teens by Age Group (2005-2017)



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



# 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

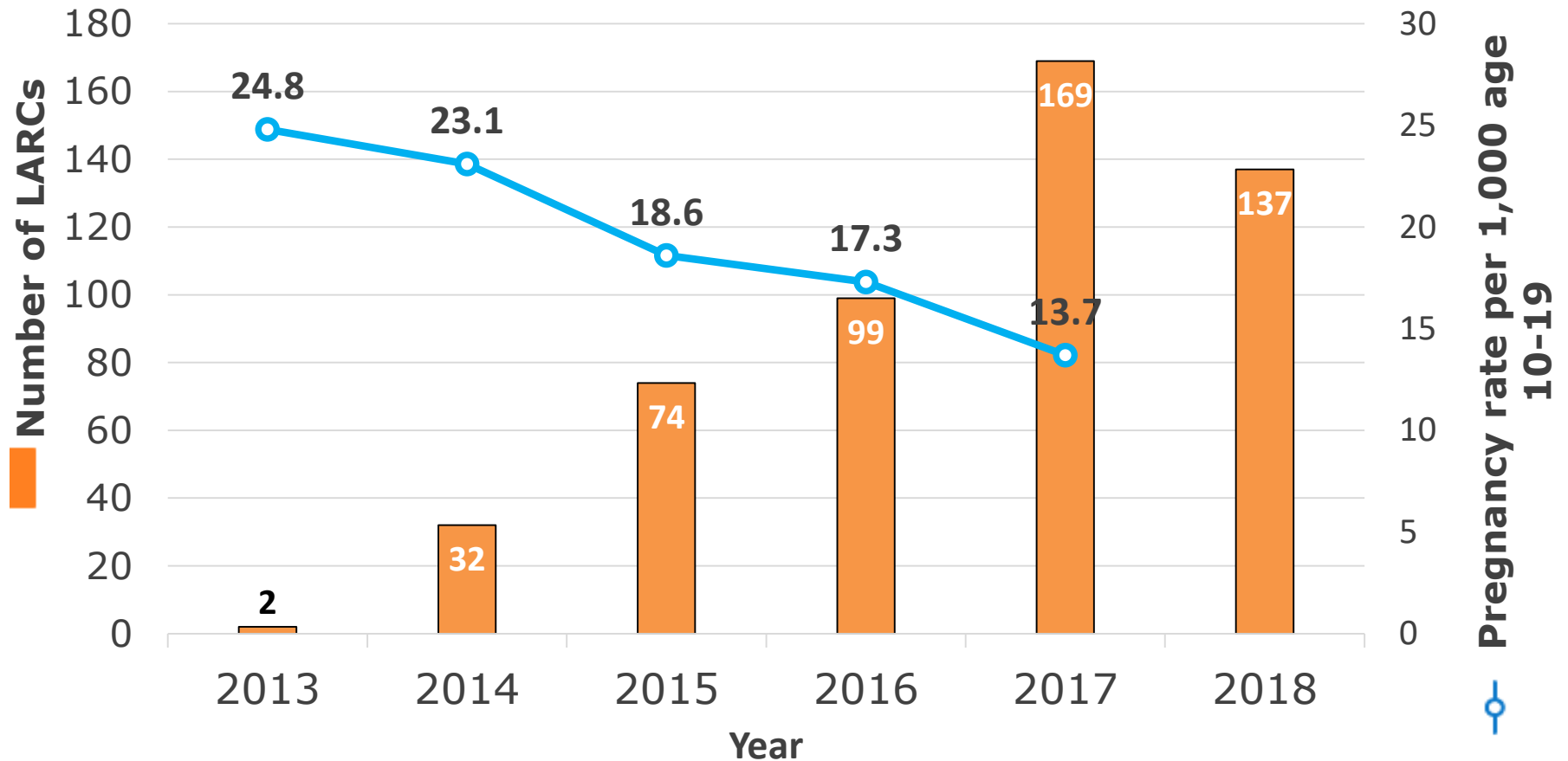
**9%** identified as Other race

**16%** identified as White, non-Hispanic

Sub Program	Number of Patients	% of Total Patients	Number of Visits
Family Planning	649	35%	1,672
STI	168	9%	254



# 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 LGBTQ 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

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- Salas-Wright CP, Vaughn MG, Ugalde J, Todich J. Substance use and teen pregnancy in the United States: evidence from the NSDUH 2002-2012. *Addict Behav*. 2015;45:218-25. Accessed February 7, 2019 at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4374013/>



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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?

