L.A.R.C.
Long-Acting Reversible Contraceptives
Factors Influencing use by Latina Teens along the Texas-Mexico Border

6TH ANNUAL SYMPOSIUM
TEXAS CAMPAIGN TO PREVENT TEEN PREGNANCY’S
GRAPEVINE, TX
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Purpose of Presentation

- Review the extent of unplanned teen births among Latina teens in Texas & the Lower Rio Grande Valley
- Recognize and acknowledge the effectiveness of LARC methods to reduce unplanned teen births
- Explore cultural Latino/a values related to the use of LARC
- Examine health care practitioners attitudes toward LARC use among teens
- Review techniques to assist Latino/a families make informed decisions regarding LARC use
2014-US teen birth rate fell to 24.2 per 1000

Teen birth rate has fallen 61% since 1991

Latina teen pregnancy and birth rates are at record low, however, they are more than 1 1/2 time higher than national average

### Birth Statistics for the State of Texas*

<table>
<thead>
<tr>
<th>Mother's Age</th>
<th>Married</th>
<th></th>
<th>Not Married</th>
<th></th>
<th>Unknown</th>
<th></th>
<th>Any marital status</th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Percent of total</td>
<td>Number</td>
<td>Percent of total</td>
<td>Number</td>
<td>Percent of total</td>
<td>Number</td>
<td>Percent of total</td>
</tr>
<tr>
<td>14 and younger</td>
<td>2</td>
<td>0.4</td>
<td>468</td>
<td>99.6</td>
<td>0</td>
<td>0.0</td>
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<tr>
<td>15 to 17</td>
<td>599</td>
<td>5.6</td>
<td>10,043</td>
<td>94.4</td>
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<td>10,643</td>
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<td>18 to 19</td>
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<td>16.8</td>
<td>20,293</td>
<td>83.2</td>
<td>2</td>
<td>0.0</td>
<td>24,403</td>
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<td>20 to 29</td>
<td>109,849</td>
<td>51.7</td>
<td>102,746</td>
<td>48.3</td>
<td>28</td>
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<td>30 to 39</td>
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<td>31,401</td>
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<td>40 and older</td>
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<td>62.1</td>
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<td>13.8</td>
<td>7</td>
<td>24.1</td>
<td>29</td>
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<tr>
<td>All Ages</td>
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<td>58.1</td>
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<td>41.9</td>
<td>65</td>
<td>0.0</td>
<td>399,482</td>
<td>100.0</td>
</tr>
</tbody>
</table>

* Soupfin.tddh.state.tx.us
## Birth Statistics for Lower Rio Grande Valley: Cameron, Hidalgo, Starr, Willacy

### Year: 2014

<table>
<thead>
<tr>
<th>Mother's Age</th>
<th>Married</th>
<th>Not Married</th>
<th>Unknown</th>
<th>Any marital status</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Percent of total</td>
<td>Number</td>
<td>Percent of total</td>
</tr>
<tr>
<td>14 and younger</td>
<td>1</td>
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<td>30 to 39</td>
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<td>71.7</td>
<td>2,039</td>
<td>28.3</td>
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<td>40 and older</td>
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<td>147</td>
<td>26.0</td>
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<tr>
<td>Unknown age</td>
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<td>50.0</td>
<td>1</td>
<td>50.0</td>
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<tr>
<td>All Ages</td>
<td>13,762</td>
<td>54.5</td>
<td>11,489</td>
<td>45.5</td>
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</table>
What is L.A.R.C.?

Supported By:
American Academy of Pediatrics and American College of Obstetrician; American Academy of Pediatrics; American College of Obstetricians and Gynecologists

Implant Option: Implanon

IUC Options: Mirena and ParaGard

Medicaid:
Covers “immediate postpartum” - refers to insertion within 10 -15 minutes of placental delivery, after vaginal or cesarean delivery, for intrauterine devices (IUDs) insertion prior to hospital discharge, and for implantable contraceptives

(Ex. injections, intrauterine devices (IUDs) and subdermal contraceptive implants.)
Though there is evidence based information on the effectiveness of LARC to reduce unplanned births, there are few studies on its use in the Lower Rio Grande Valley of Texas.
Latina/a Cultural Values Related to LARC Use

- **Familismo – Familism**
  Importance of family vs. individual needs

- **Simpatia – Amiableness**
  Maintaining harmony, politeness

- **Respeto – Respect**
  Deference to authority figures (e.g., older individuals, professionals)

- **Gender Differences**
  Machismo – Marianismo

- **Fatalismo – Fatalism**
  Lo que Dios mande - what the Lord sends

- **Personalismo - Personalism**
  Warmth - Trust
The awaken of Latina teens’ sexuality brings anguish to both workers, girls, and parents who don’t find a way to engage and talk.

“it is very difficult for me as a parent to discuss sexuality with my child”

Latina mother and health care worker
RESPECT
As a barrier to communicate

Hierarchical view of relationships

SRH conversations blur hierarchical family functioning

- SRH topics produce anxiety, fear, embarrassment, uncertainty
- Lack of knowledge adds to the uncertainty and uneasiness
- “Not knowing” challenges parental power – it is humiliating
- Non-permissive stance regarding sexuality asserts authority, control
- Parental fear: traumatize children with sex information or convey approval for sexual engagement
- Respect, gender, and intercourse: respect vs. promiscuity
- Respect limits teens seeking parental guidance due to fear and shame
Recommendations

➢ Assist parents and youth talk about SRH and contraception
➢ Provide information about repeat pregnancy risks
➢ Provide information about Medicaid contraception coverage, time limitations, and post-partum LARC
➢ Educate workers and physicians about SRH and teen contraception including LARC
➢ Incorporate SRH and contraception education when serving Latino families (e.g., intentionality questions)
➢ Advocate for pregnant teens’ rights to make decisions regarding contraception
➢ Engage the family in meaningful culturally responsive conversation
➢ Observe your own attitudes regarding LARC methods and its use by teens
➢ Become involved in doing research regarding LARC and teens


Berlin, J. (2016). Texas expands access to family planning and preventive health services. Texas Medicine, 112(4), 22-29.


