Teens and Birth Control

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Outline

- Do teens need contraception? Do they want to talk about it?
- Are effective contraceptive methods available to teens?
- Are affordable contraceptive options available to teens?
- How can you talk to teens about birth control?
- Are hormonal contraceptives safe to use?
- What online resources are available?
FACT or FICTION

- I’m a guy, I cannot go and buy plan B for my girlfriend
- The implant is a tracking device!
- If I get on birth control I will gain sooo much weight
- If I get on birth control I won’t be able to have kids later
- I just got on birth control, so no condoms, RIGHT?!
- If I don’t have periods on birth control that means all the blood is still sitting up there
- I haven’t had kids yet, I can’t get an IUD
Teen Pregnancy

- Pregnancy rate in U.S adolescents in 2013: 43.4 per 1000 girls age 15-19
- Pregnancy rate among sexually experienced teens: 101 per 1,000 women
- Outcomes: ~61% live birth, 25% abortion, 15% miscarriage

- Disparities by age, racial/ethnic group, region
- Disparities by socioeconomic status
  - Few opportunities for positive development
  - Neighborhood racial segregation
  - Neighborhood income inequality
  - Poor family income and education

- Potential adverse consequences:
  - Financial, psychological, physical limitations
Birth rates per 1,000 females ages 15-19, by race and Hispanic origin of mother, 1990-2017

Birth rates per 1,000 females ages 15-19, by state, 2017

In 2017, Texas teen birth rate was 27.6 per 1,000.

In other words, just under 3% of Texas girls aged 15-19 gave birth in 2017.
Texas Teen Birth Rate by County 1991-2016

Source: Texascampaign.org
Ideal Family Planning

- Reproductive life plan counseling: female AND male
  - Reproductive justice framework
    - Personal choice, bodily autonomy, free of coercion
    - Accessibility
    - Inclusivity: marginalized population, LGBTQ, special needs
  - Hormonal vs. non hormonal contraceptives
    - Evidence-based
    - FDA-approved
    - Dual use of hormonal and barrier methods
  - Emergency contraception pill (ECP)
  - Pregnancy options
Barriers for teens

- Access
- Confidentiality and parental notification
- Cost
- Misperceptions about their risk of getting pregnant, effectiveness and adverse effects of contraception
  - Menstrual changes
  - Fertility concerns
- Knowledge deficits among adolescents and health care providers
Can a minor consent for birth control?
Minor Consent to Contraception

- 21 states and the District of Columbia allow all minors to consent to contraceptive services.
- 25 states (including Texas) explicitly permit minors to consent to contraceptive services in one or more circumstances.
- 4 states have no explicit policy on minors' authority to consent to contraceptive services.

Source: Guttmacher Institute
Minor Consent to Contraception in Texas

Youth under 18 need consent from a parent, guardian, or other authorized adults to access birth control, **but** there are a few exceptions...
Minors can get confidential reproductive health care at Title X clinics.

Under interpretation of federal law, youth of childbearing age on Medicaid (including foster youth on STAR Health) can consent to their own family planning services.

Texas youth under 18 are allowed to consent to most of their own health care services if they are married, emancipated, or serving in an adult prison, serving in the military.

Youth who are 16 or 17 years old, living on their own, and managing their own finances may consent to most medical care, including birth control.

Anyone can buy over the counter methods such as condoms, spermicide, or emergency contraception.
Is there financial assistance that will cover Birth Control for teens?
# Funding for Birth Control: Federal

<table>
<thead>
<tr>
<th>Medicaid</th>
<th>Children’s Health Insurance Program</th>
<th>Title X Grant</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Serves low income children, pregnant women, and certain very low income parents</td>
<td>• Low to middle income children under 19</td>
<td>• Federal funding to clinics for reproductive health care</td>
</tr>
<tr>
<td>• Citizenship/legal residency requirement</td>
<td>• Citizenship requirement/Qualified non-citizen</td>
<td>• Sliding scale; no citizenship requirement</td>
</tr>
<tr>
<td>• Under 19, some cases 20</td>
<td>• In Texas, CHIP only covers contraception for medical purposes other than pregnancy prevention</td>
<td>• Male and female</td>
</tr>
<tr>
<td>• Covers FDA-approved contraceptive methods</td>
<td>• Separate CHIP Perinatal program funds prenatal care for certain women.</td>
<td>• Minors can access confidential care in Title X clinics</td>
</tr>
<tr>
<td>• Youth of child-bearing age may consent to family planning services</td>
<td></td>
<td>• About 100 Title X locations across Texas</td>
</tr>
</tbody>
</table>
### Funding for Birth Control: State and Local

<table>
<thead>
<tr>
<th>Healthy Texas Women</th>
<th>Family Planning</th>
<th>Local</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Texas HHS</td>
<td>• Texas HHS</td>
<td>• Variety of local clinics such as Federally Qualified Health Centers (FQHCs) throughout the state</td>
</tr>
<tr>
<td>• Reproductive and some preventive healthcare</td>
<td>• Reproductive and some preventive healthcare</td>
<td>• May be funded through a mix of federal, state and local funds</td>
</tr>
<tr>
<td>• Women</td>
<td>• Women AND men</td>
<td>• Various eligibility or sliding scale options</td>
</tr>
<tr>
<td>• Ages (15)18-44</td>
<td>• Ages 64 and younger</td>
<td></td>
</tr>
<tr>
<td>• Incomes &lt; 200% FPL</td>
<td>• Incomes &lt; 250% FPL</td>
<td></td>
</tr>
<tr>
<td>• Citizenship requirement</td>
<td>• No citizenship requirement</td>
<td></td>
</tr>
<tr>
<td>• 2,000+ primary care providers across Texas</td>
<td>• About 100 clinic sites statewide</td>
<td></td>
</tr>
</tbody>
</table>
What is Title X

- Federal family planning grant program since 1970
- Administered through Office of the Assistant Secretary for Health by Office of Population Affairs
- Confidential
- Free/low cost
- Family planning
- STI services
- Cancer screening
- About 100 Title X clinic locations in Texas
Providers served a vulnerable population, most of whom were female, low income, and young.

- 4.0 million family planning clients seen through 6.6 million family planning encounters
- Nearly 9 of every 10 clients (88%) were female
- Two-thirds (65%) were under 30
- 54% identified themselves as white, 22% as black or African American, 4% as Asian, 1% as either Native Hawaiian or other Pacific Islander, and 1% as American Indian or Alaska Native
- One-third (33%) identified themselves as Hispanic or Latino
- 14% had limited English proficiency
- 67% had family incomes at or below the poverty level ($24,600 for a family of four in the 48 contiguous states and Washington, DC)
- 3.6 million (90%) qualified for either subsidized or no-charge services

Providers delivered male-focused family planning and reproductive health services to an increasing number of male clients.

- 12% (463,011) of all Title X clients were men
- Most male clients were in their 20s (44%) or 30s (22%)
Healthy Texas Women

What’s Covered?

- Pregnancy testing
- Pelvic examinations
- Sexually transmitted infection services
- Cervical cancer screenings
- Clinical breast examination/Mammograms
- Screening and treatment for cholesterol, diabetes, high blood pressure
- HIV screening
- Long-acting reversible contraceptives
- Oral contraceptive pills (no ECP)
- Permanent sterilization
- condoms, diaphragm, vaginal spermicide, and injections
- Screening/treatment for postpartum depression

- [https://www.healthytexaswomen.org/hfw-program](https://www.healthytexaswomen.org/hfw-program)
- Online eligibility tool
- Clinic finder
- Apply online, by mail, by phone, in person
- Can transition after pregnancy Medicaid coverage ends
- Teens 15-17 can be eligible, but parent/guardian need to apply for them
- BUT really under 19 should be on Medicaid or CHIP
- Services are free
Family Planning Program

What’s Covered?
- Pregnancy testing
- Pelvic examinations
- Sexually transmitted infection services
- Cervical cancer screenings
- Clinical breast examination, Mammograms
- Screening for cholesterol, diabetes, and high blood pressure
- HIV screening
- Long-acting reversible contraceptives
- Oral contraceptive pills (no ECP)
- Permanent sterilization
- Condoms, diaphragm, vaginal spermicide, and injections
- Natural family planning counseling
- Limited prenatal benefits

https://www.healthytexaswomen.org/family-planning-program

- Online eligibility tool
- Clinic finder
- Apply in Person
- Can supplement CHIP
- Teens need parental consent for contraceptive benefits
- May have copay up to $30
How do I find a clinic?

  - Links to:
    - Title X
    - Healthy Texas Women/Family Planning Programs
    - FQHCs
    - Other family planning clinics
  - Use the “Find a Clinic” map to locate a Title X clinic in Texas near you.
    - [https://www.whfpt.org/find-a-clinic](https://www.whfpt.org/find-a-clinic)

**What should I expect at a Title X clinic?**

- Cost of services at Title X clinics are either free or based on a sliding scale
- Confidential visits are available
So...how can contraception be funded for teens?

<table>
<thead>
<tr>
<th>Under 19</th>
<th>19 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicaid (if eligible)</td>
<td>Healthy Texas Women (if eligible)</td>
</tr>
<tr>
<td>Title X clinics (confidential care!)</td>
<td>Title X clinics</td>
</tr>
<tr>
<td>Family Planning Program (w/ parental consent)</td>
<td>Family Planning Program</td>
</tr>
<tr>
<td>Other family planning clinics (w/ parental consent)</td>
<td>Other family planning clinics</td>
</tr>
</tbody>
</table>
What is a confidential visit?

- If a visit is marked as “confidential”, it is kept secure so that only staff can view the documentation.

- Typically, the patient wants to discuss birth control and/or STI testing without their parent knowing about the visit.
  - There will be no paper trace of the visit.
  - The patient directs us on which phone number to call regarding results and follow-up for this visit.
  - In practice, it requires teamwork from all departments in the clinic.
So how do you start the BC conversation with a teen?

???
• On a scale of 1-10, “How important is it to you to prevent pregnancy today?”
  
  1 is “I want to be pregnant today” and
  10 is “I don’t want kids now.”

• What are your future plans?

• Have you thought about when you would like to have children?

• What have you heard about birth control?

• What are your friends using?

• Do you talk with your partner about when you want to have children?

• Do you know where you can go to get confidential birth control?
Counseling Tips For Teens

“Do you have a sense of what is important to you about your birth control method?”

or

"Do you have a sense of what you are looking for in a birth control method?"

Try NOT to correct or disagree, but rather, “Find the YES”

Ways to Say Yes:
Agreement
Display of empathy
Validation

https://www.envisionsrh.com/counseling-skills-list
## HOW WELL DOES BIRTH CONTROL WORK?

<table>
<thead>
<tr>
<th>Method</th>
<th>Effectiveness</th>
<th>Duration</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Really, really well</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Implant (Nexplanon)</td>
<td>99.9%</td>
<td>3 years</td>
<td>1 dose, inserted in arm</td>
</tr>
<tr>
<td>IUD (Skyla)</td>
<td>99.9%</td>
<td>3 years</td>
<td>Every 3 months</td>
</tr>
<tr>
<td>IUD (Mirena)</td>
<td>99.9%</td>
<td>5 years</td>
<td>1 dose, inserted in arm</td>
</tr>
<tr>
<td>IUD (ParaGard)</td>
<td>99.9%</td>
<td>12 years</td>
<td>1 dose, inserted in arm</td>
</tr>
<tr>
<td>Sterilization, for men and women</td>
<td>100%</td>
<td>Forever</td>
<td></td>
</tr>
<tr>
<td><strong>O.K.</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Pill</td>
<td>99%</td>
<td>Every Single Day</td>
<td>1 dose, taken daily</td>
</tr>
<tr>
<td>The Patch</td>
<td>99%</td>
<td>Every week</td>
<td>1 patch, every week</td>
</tr>
<tr>
<td>The Ring</td>
<td>99%</td>
<td>Every month</td>
<td>1 ring, every month</td>
</tr>
<tr>
<td>The Shot (Depo-Provera)</td>
<td>99%</td>
<td>Every 3 months</td>
<td>1 shot, every 3 months</td>
</tr>
<tr>
<td><strong>Not as well</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pulling Out</td>
<td>85%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fertility Awareness</td>
<td>85%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diaphragm</td>
<td>85%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Condoms, for men or women</td>
<td>99%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For each of these methods to work, you or your partner have to use it every single time you have sex.

**What is your chance of getting pregnant?**

- Less than 1 in 100 women
- 6-9 in 100 women, depending on method
- 12-24 in 100 women, depending on method

FYI, without birth control, over 90 in 100 young women get pregnant in a year.
Contraceptive Categories

- Hormone vs. no hormone
- Low maintenance vs. user dependent
- Prescription vs. over the counter
- Regular menses vs. suppressing menses
- Birth control vs. emergency contraception
Progestin Only

- Thickens cervical mucus
- Safe in lactation

Combined estrogen/progestin

- Suppress ovulation

Non Hormonal

- Barrier
- Prevents implantation
- Impairs sperm viability
- Emergency contraception
# Emergency Contraception

## OOPS! Emergency Contraception: Birth Control That Works After Sex

<table>
<thead>
<tr>
<th>Types of Emergency Contraception</th>
<th>How well does it work?</th>
<th>How soon do I have to use it?</th>
<th>How do I use it?</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper IUD (ParaGard)</td>
<td><strong>Almost 100% effective</strong></td>
<td><strong>Within 5 days</strong></td>
<td>Keeps working as super effective birth control</td>
<td>From a health care provider</td>
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<tr>
<td>ella</td>
<td>May be less effective if over 195 pounds. Try an IUD.</td>
<td>Works better the sooner you take it, up to 5 days.</td>
<td>Take the pill as soon as you get it</td>
<td>From a health care provider</td>
</tr>
<tr>
<td>Plan B One-Step or a generic</td>
<td>May be less effective if over 195 pounds. Try ella or an IUD.</td>
<td>Works better the sooner you take it, up to 3 days.</td>
<td>Take the pill(s) as soon as you get it</td>
<td>At a pharmacy, no prescription needed</td>
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- **Emergency Contraception**
- **Almost 100% effective**: Copper IUD (ParaGard)
- **Within 5 days**: It’s placed in the uterus by a health care provider
- **Keeps working as super effective birth control**: From a health care provider
- **May be less effective if over 195 pounds. Try an IUD.**: ella
- **Works better the sooner you take it, up to 5 days.**: From a health care provider
- **May be less effective if over 195 pounds. Try ella or an IUD.**: Plan B One-Step or a generic
- **Works better the sooner you take it, up to 3 days.**: At a pharmacy, no prescription needed
- **Take the pill as soon as you get it**: From a health care provider
- **Take the pill(s) as soon as you get it**: At a pharmacy, no prescription needed
- **Get an extra pack for future emergencies**: From a health care provider
## HOW WELL DOES BIRTH CONTROL WORK?

<table>
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<tr>
<th>Method</th>
<th>Effectiveness</th>
<th>Uses</th>
<th>Frequency</th>
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For each of these methods to work, you or your partner have to use it every single time you have sex.
Where can I learn more about birth control options?

These are all teen friendly, fun, and provide accurate information!
www.bedsider.org

- Compare methods and watch videos
- Accurate, easy to understand information
- Use in clinic with teens
- Order visual aids
https://stayteen.org/

- Feel like you are learning from a teen
- Learn more about how birth control works, take quizzes
- FAQ’s, stories from peers
https://www.nurx.com/

- Birth Control delivered directly to your door
- UTI treatment
- HIV prevention
- HPV home screening
- Chat with healthcare providers
- Facts on BC by brand
- Emergency contraception
Facts about the different types of birth control

Birth Control delivered to your door

UTI treatment

Chat with healthcare providers

https://www.plannedparenthood.org
What is a judicial bypass?

Find an abortion clinic in Texas

Where can I get birth control?

Where to get emergency contraception

Free Text Line to ask questions
Take Home Messages:

- Slides will be on the Texas campaign website + MORE data/graphs
- Reproductive life plan counseling starts early
- Most effective contraceptive methods for teens: IUD and Nexplanon
- A Clinic with title X funding can be a great resource for affordable and confidential birth control for teens and young adults.
Thank you! Questions?
Appendix

Details on specific methods
Intrauterine Device

- 5 available in U.S
  - Copper: ParaGard
  - Levonorgestrel: Mirena, Liletta, Kyleena, Skyla

- Duration
  - Paragard: 10-12 years
  - Mirena/Liletta (52mg): 5 years
  - Kyleena (19.5mg)/Skyla (13.5): 3 years

- Adverse reactions
  - Change in bleeding patterns (unscheduled, spotting, amenorrhea)

- Contraindications
  - Distorted uterine cavity, active PID/cervicitis, pregnancy, unexplained uterine bleeding, copper allergy, current breast, endometrial, cervical cancer, sepsis, pelvic TB
Subdermal Implant

- Nexplanon: Etonogestrel (68mg)
- Duration
  - 3 years
- Adverse reactions
  - Local reactions, change in bleeding patterns: prolonged bleeding, headache, acne, weight gain?
- Contraindications
  - Active breast cancer, malignant liver disease, SLE with antiphospholipid antibodies
Injection

- Depo medroxyprogesterone
  (150mg IM, 104mg subq)
- Duration:
  - 13 weeks
- Adverse reactions
  - Local, change in bleeding pattern, decreased bone mineral density, weight gain?, headache, changes in glucose/insulin
- Contraindications
  - Active breast cancer, multiple cardiovascular risk factors, diabetic nephropathy/retinopathy, SLE with antiphospholipid antibodies, uncontrolled hypertension, long term steroid use, severe liver disease
Combined hormonal methods

- Ethinyl estradiol (10-50mcg)/various progestin formulations
- Duration
  - Pills: 28 day vs. 3 month extended cycle
  - Patch: 1 week
  - Vaginal ring: 3 weeks
- Adverse reactions
  - Nausea, breast tenderness, bloating, headache, risk of thromboembolism
  - Drug interactions with some anticonvulsants, antibiotics
- Contraindications
  - Breast cancer, breast feeding, cirrhosis, high risk for DVT/PE, diabetes end organ damage, migraine with aura, uncontrolled HTN, vascular disease, ischemic heart disease, malignant hepatoma/hepatocellular adenoma, stroke, cardiomyopathy, lupus with anticoagulant antibodies, complicated organ transplant/valvular heart disease
Non Contraceptive Benefits/indications

- Hyperandrogenism/PCOS
- Acne
- Dysmenorrhea
- Abnormal uterine bleeding/menorrhagia
- Anemia
- Endometriosis
- Ovarian cysts
- Protection against endometrial/ovarian cancer
- Menstrual suppression in special needs patients/gender care