

**IMPROVING GLOBAL HEALTH
OUTCOMES FOR TEENAGE
PREGNANCY PREVENTION:
INTERVENTION PROGRAMS IN THE
UNITED STATES, CANADA, CHINA, AND
THE PHILIPPINES**

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DISCLOSURE STATEMENT

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Objectives: Discuss intervention programs to prevent and reduce teenage pregnancy in the United States and other countries; describe evidence-based interventions in the United States which promote abstinence from premarital sex in teenagers and have demonstrated positive outcomes for teenagers; discuss best practices to prevent teenage pregnancy from the global literature and researchers' experience.

Disclosure Statement: We have no financial relationships with commercial interest to disclose.

Purpose

This presentation describes research on: factors contributing to and outcomes of teenage pregnancy in the USA, Canada, China, and the Philippines; teenage pregnancy prevention programs in different countries; evidence-based interventions in the USA which promote abstinence from premarital sex in teenagers and have demonstrated positive outcomes for teenagers; best practices to prevent teenage pregnancy from the global literature and researchers' experience.

Background

The number of teen births remains high. Teenage pregnancy is a global phenomenon. Teenage birth rates are higher in the United States than in Canada and China (Bielski, 2013; McKay, 2012). Teen pregnancy rates are increasing in China and the Philippines (InterAksyon, 2012; Santos, 2012; Wang et al., 2002; Zhang, 2002). Sexual activity in teenagers contributes to teenage pregnancy and health problems (Chen, et al., 2000; Li, et al., 2003; Ma, et al., 2006; National Campaign to Prevent Teen and Unplanned Pregnancy, 2011; Parish et al., 2003; Zhang, et al., 2002). Societal and economic changes, education, media, and teenagers' attitudes are related to teenage pregnancy (Chelala, 2008; National Summit on Teen pregnancy, 2012; Santelli, Melnikas, 2010; Wang, et al., 2007).

Background

In developed countries, teenage parents are often unmarried and teenage pregnancy is a social issue. In developing countries, teenage parents are usually married, but teen pregnancy may occur with malnutrition contributing to health problems for the mother and infant.

Factors Contributing to Teenage Pregnancy

- Decreasing age of menarche
- Poverty
- Risky behaviors
- Substance abuse
- not liking school/ poor school performance

(Kalmuss et al, 2003; UNICEF, 2001)

Factors Contributing to Teenage Pregnancy

- No nurturing family
- Unhappy childhood
- Low self esteem
- Low expectations
- Limited career goals
- Peer norms
- Sexual coercion

(Cherry et. al, 2009; Harden, et. al, 2009; Kaye et. al, 2009).

Factors Contributing to Teenage Pregnancy

- **Limited knowledge about abstinence, contraception and sexual health services**

Outcomes of Teenage Pregnancy

Teenage pregnancy is related to:

- **Birth of preterm and low birth weight infants**
- **Infant mortality**
- **Increased health, cognitive and behavioral problems during childhood**

Outcomes of Teenage Pregnancy

Teenage pregnancy is associated with:

- **Poor maternal emotional health**
- **Lower educational achievement/
dropping out of school**
- **Poverty**
- **Remaining unmarried/single parenthood**

(UNICEF, 2001)

Teenage Pregnancy Prevention Programs

From a global perspective, there are a variety of teenage pregnancy prevention programs

Teenage Pregnancy Prevention Programs

Abstinence education, comprehensive sex education, and health promotion education are used to prevent/reduce teen pregnancy in the USA, Canada, China and the Philippines (Bennett, Assefi, 2005; Chelala, 2008; Franklin et al., 1997; Kirby, 2002; Lou, et al., 2004; National Campaign to Prevent Teen and Unplanned Pregnancy, 2011; National Summit on Teen Pregnancy, 2012; Wang et al., 2005).

Teenage Pregnancy Prevention Programs

Early prevention education on teenage pregnancy, sexual norms, and managing peer pressure, are utilized to promote abstinence.

Teenage Pregnancy Prevention/Intervention Programs

- **Sex Education Programs**
- **Family Planning Services**
- **School-based Education**
- **Youth Development Programs**
- **Multiple Component Programs**

Teenage Pregnancy Prevention/Intervention Programs: Examples

- **Canada**
- **China**
- **Philippines**
- **United States**

Teenage Pregnancy Prevention/Intervention Programs: Canada

- Canadian teenage birth rates are lower than in the USA

Comprehensive sex education and access to health care is more widely available in Canada than in the USA. However, sex education may be limited and it is not standardized. What is taught depends on the school, the teachers and what they are comfortable with teaching.

Teenage Pregnancy

Prevention/Intervention Programs: Canada

Evidence-Based Approaches

Girls Inc. Preventing Adolescent Pregnancy (GIPAP)

-Girls acquire the knowledge and skills for taking charge of and making informed decisions about their sexual health

-The program focuses on exploring values, practicing responses in different situations, thinking about the future, identifying ways to avoid early pregnancy

Teenage Pregnancy

Prevention/Intervention Programs: Canada

Teenage Pregnancy Prevention

- Growing Together
- Will Power/Won't Power
- Taking Care of Business
- Positive Adolescent Sexuality Support (PASS)
- Special teenage pregnancy prevention programs for populations at risk for teenage pregnancy (higher teen pregnancy rates in New Brunswick, Newfoundland, Nova Scotia, Manitoba; higher rates of teen pregnancy among aboriginal population).

Teenage Pregnancy Prevention/Intervention Programs: China

With changing social values, teenagers in China are exposed to increasing reproductive health risks, namely, unsafe sex, unplanned pregnancies, and STI's.

-United Nations Population Fund Survey of unmarried youth in China showed majority are open to having sex before marriage, however, less than 5% are well informed about reproductive health. The survey found 4 out of 100 unmarried girls aged 15 to 24 years become pregnant, and almost 90 % of these pregnancies result in abortion.

Teenage Pregnancy Prevention/Intervention Programs: China

- Internet/online games and media contributing to increased teenage pregnancy in China. Misleading sexual information in the media have changed teenagers perceptions of sex.
- Traditional Chinese families talk little about sex education with teenagers. Taboo role sex has in Chinese society.

Teenage Pregnancy Prevention

- Increase Sex Education Programs
- Curriculum of Moral and Civic Education, Hong Kong Education Bureau
- High schools offer sex education courses
- Families, schools and community organizations need to work together to prevent teenage pregnancy. Parents need education on how to talk with their children about sex.

Teenage Pregnancy Prevention/Intervention Programs: Philippines

-National Youth Commission (NYC) reported that the Philippines has the third highest rate of teenage pregnancy in Southeast Asia

-Factors contributing to increase in teenage pregnancy include: Internet access, limited information about sex and reproductive health, lack of parental supervision, curiosity, experimentation, peer pressure, financial and family problems, liberal sexual views (Pogoy et al., 2014)

-Increase in teenage pregnancies in the Philippines resulted in House Bill 337- the Teen Pregnancy Prevention, Responsibility and Opportunity Act, which disseminates information on the bad effects of teenage pregnancy and ways teenage pregnancy can be prevented

Teenage Pregnancy Prevention/Intervention **Programs: Philippines**

-Reproductive Health Bill, the Responsible Parenthood and Reproductive Health Law focuses on providing access to family planning and reproductive health services.

Teenage Pregnancy Prevention

- Increase in educational programs on preventing teen pregnancy**
- Increase in after school programs for youth**
- Teenage pregnancy prevention initiatives- PopCom's "500 million girls in the world today: Investing in their rights, health, education and potentials"; " Teenage Pregnancy Prevention Awareness Campaign"**
- Educating boys about teenage pregnancy prevention**

Teenage Pregnancy Prevention/Intervention Programs: Philippines

Teenage Pregnancy Prevention

- School principals, guidance counselors have vital role in preventing teenage pregnancy- Educate students 11 years and older about the consequences of pre-marital sex

Teenage Pregnancy Prevention/Intervention Programs: United States

Evidence-Based Approaches

-Science and Success: Sex Education and Other Programs that Work to Prevent Teen Pregnancy, HIV & Sexually Transmitted Infections

www.advocatesforyouth.org/programsthatwork

-Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy, by D. Kirby, published by the National Campaign to Prevent Teen Pregnancy

www.teenpregnancy.org/resources/data/report_summaries/emerging_answers/

-What Works, published by the National Campaign to Prevent Teen Pregnancy

www.teenpregnancy.org/resources/reading/pdf/What_Works.pdf

Teenage Pregnancy Prevention/Intervention Programs: United States

Evidence-Based Approaches

-PASHA database by Sociometrics

www.socio.com/pasha.htm

-Innovative Approaches to Increase Parent-Child Communication About Sexuality: Their Impact and Examples from the Field, published by the Sexuality Information and Education Council of the United States (SIECUS)

www.siecus.org/pubs/families/innovative_approaches.pdf

-Making Proud Choices for Teenage Pregnancy Prevention

www.engenderhealth.org/our-countries/the-americas/making-proud-choices-for-teenage-pregnancy-prevention

Teenage Pregnancy Prevention/Intervention Programs: United States

Evidence-Based Approaches

-Postpone Teen Pregnancy Prevention Program-Positive Outcomes for Successful Teens Through Planning, Outreach, Needs Assessment and Education

-Carrera Adolescent Pregnancy Prevention Program

-Intervention Programs Evaluated by Adolescent Family Life, Department of Health and Human Services (HHS)

-- HHS funds teen pregnancy prevention programs in over 2,234 communities, approximately 47% of all communities across the country. Programs include abstinence education and programs to prevent teen pregnancy.

--Adolescent Family Life (AFL) funds prevention demonstration projects to develop and test abstinence-based interventions designed to delay the onset of sexual activity and prevent adolescent pregnancies, STD's and HIV/AIDS.

Teenage Pregnancy Prevention Programs

Many abstinence-education programs and comprehensive sex education programs have not been formally evaluated for preventing teenage pregnancy

Teenage Pregnancy Prevention Programs

- **Evaluations indicate that some programs are ineffective.**
- **Research evidence indicates sex education and improved sexual health care services do not alone prevent teenage pregnancy.**

Teenage Pregnancy Prevention Programs

- **Controlled trials have evaluated the effects of interventions on prevention of teenage pregnancy.**
- **Intervention programs which include youth development, family involvement, and are culturally relevant have more positive outcomes related to teenage pregnancy prevention.**

Teenage Pregnancy Prevention Programs

Outcomes of evidence-based intervention programs in the United States which promote premarital sexual abstinence

Best Practices for Prevention of Teenage Pregnancy

- Provide teenagers access to sexuality education including abstinence from premarital sex, teen pregnancy prevention programs, and reproductive health care.**
- Utilize interventions which are evidence-based.**

Best Practices for Prevention of Teenage Pregnancy

- **Educate parents/guardians on how to communicate with teenagers about sex/puberty. Parents seldom talk with teenagers about sex.**
- **Include parents/guardians in teen pregnancy prevention programs.**

Best Practices for Prevention of Teenage Pregnancy

- Provide accurate information about sexuality/teenage pregnancy prevention to teenagers. Boys, in addition to girls, need to participate in teenage pregnancy prevention programs.**

Best Practices for Prevention of Teenage Pregnancy

- Create pregnancy prevention programs which are culturally relevant and utilize teenagers as resources in developing and implementing programs.**

Best Practices for Prevention of Teenage Pregnancy

- **Include youth development components in programs that help teenagers develop skills to succeed and build relationships with their community.**
- **Service learning and employment opportunity programs develop youth with a future orientation and promote community engagement. Teenagers with education and career plans are less likely to become pregnant.**

Best Practices for Prevention of Teenage Pregnancy

- Develop partnerships with local, state and government agencies to create programs to prevent teenage pregnancy.**
- Promote effective global teenage pregnancy prevention through partnering with agencies to build resources into the community which educate youth and family about teenage pregnancy.**

(Hallum-Montes et. al, 2013)

Conclusions

- **Abstinence education, comprehensive sex education, and health promotion education are used to prevent or reduce teen pregnancy in the United States, Canada, China and the Philippines.**
- **Teenage pregnancy is a complex issue. No one approach will prevent teenage pregnancy. Interventions need to include multiple components and be culturally relevant for teenagers in different countries.**

Questions

THANK YOU