

Promoting Science-based Approaches to Prevent Teen Pregnancy, HIV and STDs: Creativity, Capacity, and Partnerships

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Carla P. White

Myriam Hernandez-Jennings

Brigid Riley

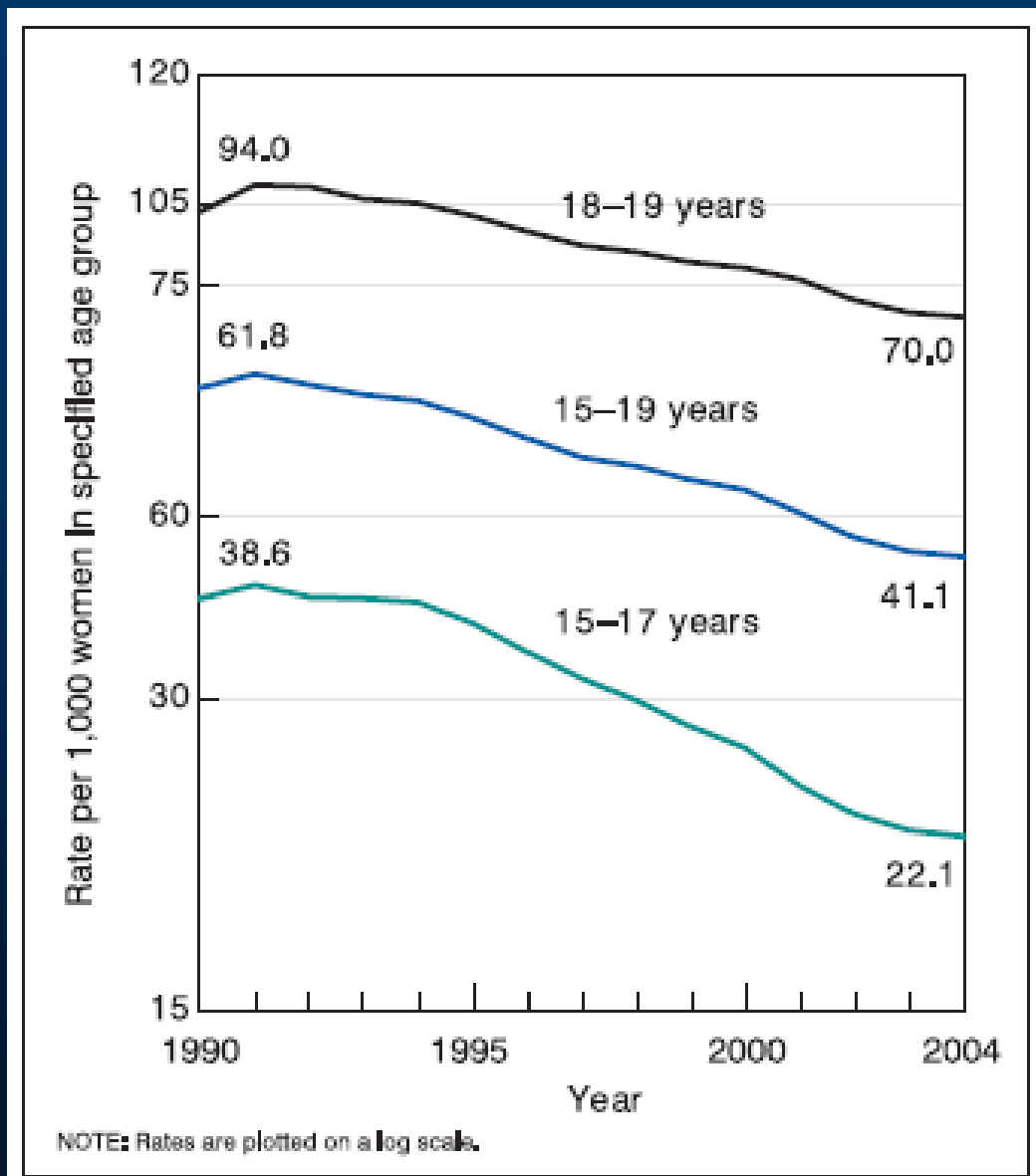


Objectives

- Understand CDC's definition of science-based approaches to teen pregnancy, STD and HIV prevention.
- Articulate the need to build capacity for science-based approaches promoting adolescent sexual and reproductive health.
- Identify opportunities to build partnerships and policy support at the state and community level to promote science-based approaches to preventing teen pregnancy, STDs, and HIV.



Teen birth rates, U.S., 1990-2004

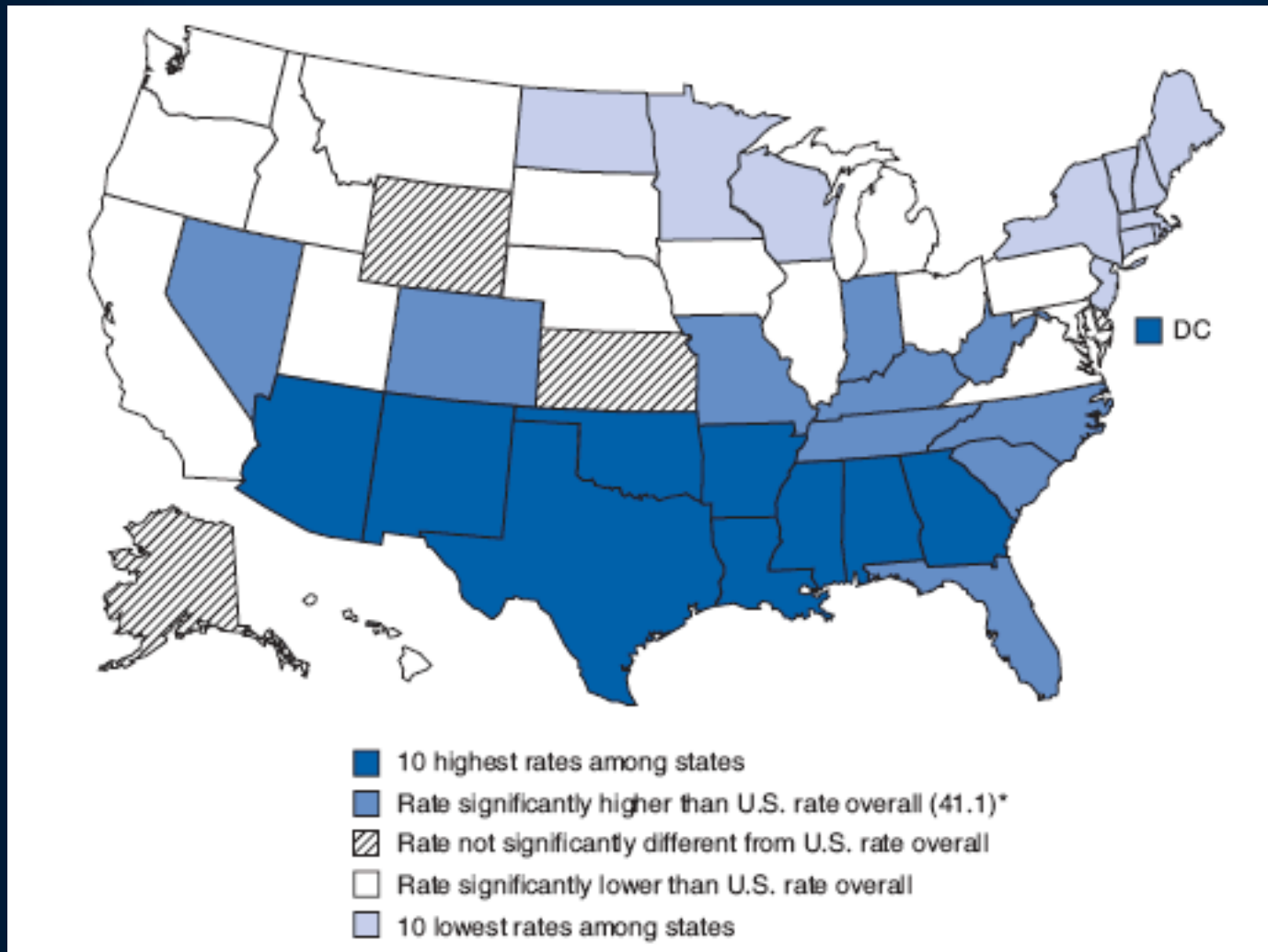


Martin JA, Hamilton BE, Sutton PD, et al. Births: Final data for 2004. National vital statistics reports; vol 55 no 1. Hyattsville, MD: National Center for Health Statistics. 2006.

http://www.cdc.gov/nchs/data/nvsr/nvsr55/nvsr55_01.pdf



Birth Rates Among Females Aged 15–19 Years, by State – U.S., 2004

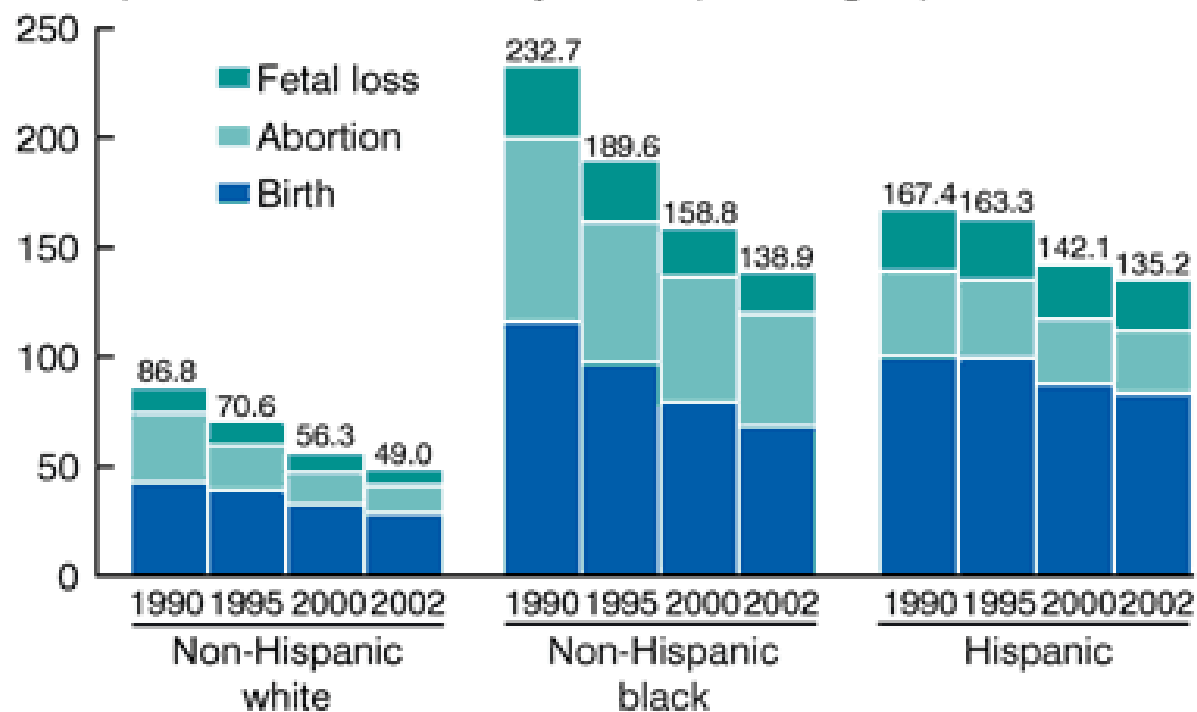


Source: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5551a6.htm>



Figure 4. Pregnancy, birth, abortion, and fetal loss rates for teenagers 15-19 years, by race and Hispanic origin: 1990, 1995, 2000, and 2002

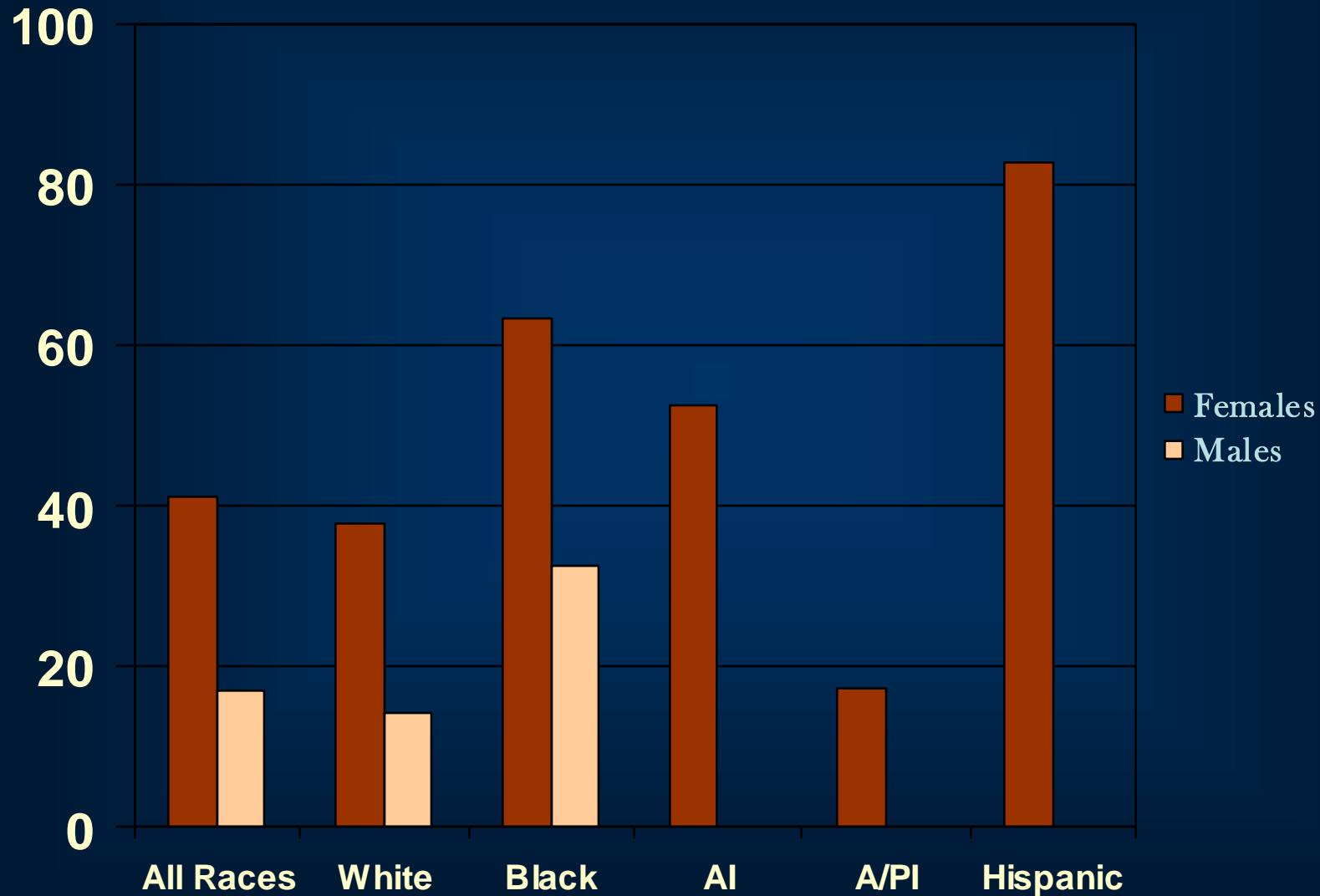
Rates per 1,000 women 15-19 years in specified group



SOURCE: CDC/NCHS, Division of Vital Statistics, Published reports.



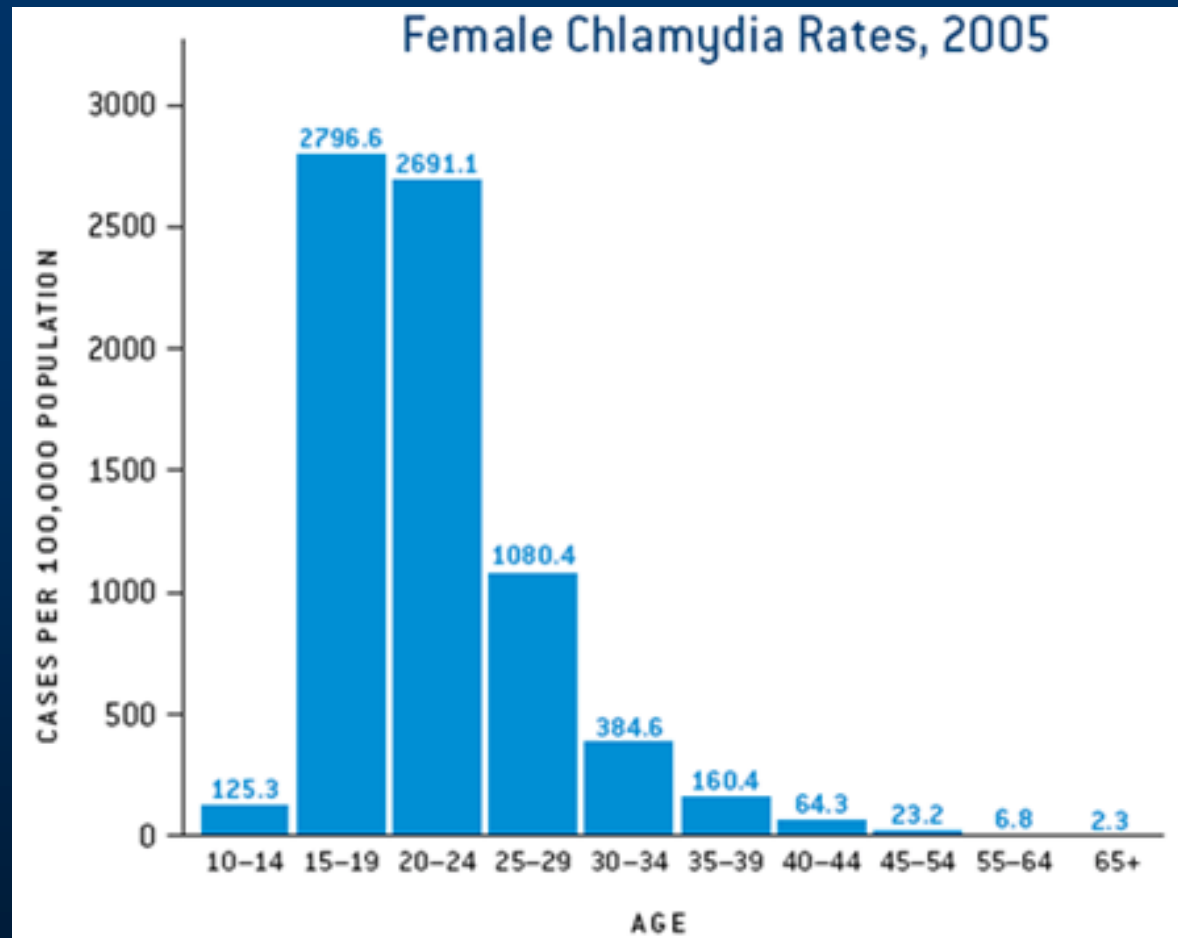
Birth Rates per 1,000 females age 15 - 19 years by Race and Hispanic Ethnicity, and males by race: U.S., 2004



Martin et al, 2006.



STDs among teens



CDC. Trends in Reportable Sexually Transmitted Diseases in the United States, 2005.
http://www.cdc.gov/nchstp/dstd/Stats_Trends/Stats_and_Trends.htm



HIV/AIDS among teens

Estimated number of HIV/AIDS cases in the 33 states with confidential name-based HIV infection reporting, person's age at time of diagnosis (2005):

Under 13	168
Age 13-14	43
Age 15-19	1,213
Age 20-24	3,876
Age 25-29	4,581

CDC HIV/AIDS Statistics and Surveillance <http://www.cdc.gov/hiv/topics/surveillance/basic.htm>



What's behind the downward trend?

Santelli et al, 2007: 1995 and 2002 NSFG data on 15-19 year old women

Overall: 14% of decline due to decrease in percentage of sexually active women age 15-19 years
86% due to increased contraceptive use

15-17 year olds: 23% of decline due to decline in percentage of sexually active young women
77% due to increased contraceptive use

18-19 year olds: All change due to increased contraceptive use

Santelli JS, Lindberg LD, Finer LB, Singh S. Explaining recent declines in adolescent pregnancy in the United States: the contribution of abstinence and improved contraceptive use. American Journal of Public Health 2007; 97(1):150-156.

CDC's Promoting Science-based Approaches to Prevent Teen Pregnancy, STDs and HIV (PSBA)

Science-based Approach

- Using demographic, epidemiological and social science research to identify populations at risk of early pregnancy and/or sexually transmitted infections, and to identify the risk and protective factors for those populations.
- Using health behavior or health education theory for selecting risk and protective factors that will be addressed by the program, and guide the selection of intervention activities.
- Using a logic model to link risk and protective factors with program strategies and outcomes.
- Selecting, adapting if necessary, and implementing science-based programs.
- Conducting process and outcome evaluation of the implemented program, and modifying approach based on results.



Science-Based Program (SBP)

Research has shown program to be effective in:

- Delaying sexual initiation
- Reducing the frequency of sexual intercourse
- Reducing the number of sexual partners
- Increasing the use of condoms and other contraceptives



SBP: Evaluated using Rigorous Research Design

- Experimental/quasi-experimental evaluation design
- Knowledge, attitude, and behavior
- Adequate sample size
- Follow-up data
- Results published



How are programs identified in PSBA?

- National Campaign to Prevent Teen Pregnancy:
*What Works: Curriculum-Based Programs that Prevent Teen Pregnancy**
 - Definition and programs from *Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy*, D. Kirby 2001**
 - 2007 update funded through PSBA

*<http://www.teenpregnancy.org/works/default.asp>

**http://www.teenpregnancy.org/resources/data/report_summaries/emerging_answers/



How are programs identified in PSBA?

- *Advocates for Youth: Science & Success*
 - Uses CDC definition of SBP, but specify change in ≥ 2 behaviors
 - 2003 = 16 sex ed and 3 youth development
 - 2006 Supplement added 5 more programs, including 4 clinic-based
 - Review of research done by Advocates staff
 - Not funded through PSBA



2006 added

1. Teenstar (school-based curriculum)
2. SiHLE
3. Tailoring Family Planning Services to the Special Needs of Adolescents
4. HIV Risk Reduction for African American and Latina Adolescent Women
5. Project SAFE—Sexual Awareness for Everyone

Advocates for Youth, 2003
<http://www.advocatesforyouth.org/publications/ScienceSuccess.pdf>

PROGRAMS	BEHAVIORAL OUTCOMES						HEALTH IMPACTS	
	Delayed Initiation of Sex	Reduced Frequency of Sex	Reduced Number of Sex Partners	Reduced Incidence of Unprotected Sex	Increased Use of Condoms	Increased Use of Contraception	Decreased Incidence of STIs	Decreased Number or Rate of Teen Pregnancy / Birth
1. Reducing the Risk	★			★		★		
2. Postponing Sexual Involvement (Augmenting a Five-Session Human Sexuality Curriculum)	★	★				★		
3. Postponing Sexual Involvement, Human Sexuality & Health Screening	★					★		
4. Safer Choices					★	★		
5. Reach for Health Community Youth Service	★	★			★	★		
6. AIDS Prevention for Adolescents in School			★		★		★	
7. Get Real about AIDS			★		★			
8. School / Community Program for Sexual Risk Reduction among Teens	★				★			★
9. Self Center (School-Linked Reproductive Health Center)	★			★		★		★
10. California's Adolescent Sibling Pregnancy Prevention Project	★					★		★
11. Adolescents Living Safely: AIDS Awareness, Attitudes & Actions		★	★		★			
12. Becoming a Responsible Teen	★	★		★	★			
13. Children's Aid Society—Carrera Program	★				★	★		★
14. Be Proud! Be Responsible! A Safer Sex Curriculum		★	★		★			
15. Making Proud Choices!	★	★		★	★			
16. Poder Latino: A Community AIDS Prevention Program for Inner-City Latino Youth	★		★					
17. Seattle Social Development Project	★		★		★			★
18. Abecedarian Project								★
19. Teen Outreach Program								★

Note: Blank boxes indicate either: 1) the program did not measure, nor aim at, this particular outcome / impact; or 2) the program did not achieve a significant positive outcome in regard to this particular behavior or impact.



Promising Program

- Has not been formally evaluated
- Has most of the 17 Characteristics of Effective Sex and STD/HIV Education Programs (Kirby et al, 2006)

<http://www.etr.org/recapp/programs/SexHIVedProgs.pdf>



Many programs, many lists...

- Advocates for Youth *Science & Success*
<http://www.etr.org/recapp/programs/SexHIVedProgs.pdf>
- National Campaign to Prevent Teen Pregnancy *What Works*
<http://www.teenpregnancy.org/works/default.asp> and *Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy*
http://www.teenpregnancy.org/resources/data/report_summaries/emerging_answers/
- Program Archive on Sexuality, Health & Adolescence (PASHA) <http://www.socio.com/pasha.htm>
- DHAP/CDC's *Compendium of HIV Prevention Interventions with Evidence of Effectiveness*
<http://www.cdc.gov/hiv/pubs/HIVcompendium/HIVcompendium.htm>



Gaps in Programs Identified

- Promising programs (Wise Guys, Plain Talk – publication in peer reviewed journal can be difficult)
- Youth development
- Clinical
- Secondary teen pregnancy prevention
- Replication in diverse populations/communities
 - Race, ethnicity
 - Rural vs. urban
 - LGBTQ youth
 - Youth in foster care



Dissemination: PSBA Cooperative Agreement

Purpose

- Increase the capacity of state and local organizations to promote and use science-based approaches (SBA), including to select, implement and evaluate science-based programs (SBP)



PSBA Cooperative Agreement

Three National Organizations:

(National Campaign to Prevent TP, Advocates for Youth, Healthy Teen Network)

- Identify & promote use of SBA
- Develop capacity-bldg materials
- Training, tech assistance to state and local organizations

Nine State Teen Pregnancy Coalitions

(CO, HI, MA, MN, NC, OK, PA, SC, WA)

Four Title X Regional Training Centers

(MA-Reg. 1, PA-Reg. 3, IN-Reg. 5, WA-Reg. 10)

Work with local (and state) organizations to:

- Increase awareness of SBA
- Build capacity to use SBA

Youth-serving Local Organizations

Plan, implement and evaluate science-based adolescent reproductive health programs, or adapt a promising program



Dissemination & Implementation

I. Create more supportive environment for SBA

- Policy-makers, program decision makers, funders

II. Increase capacity at Local Level to implement and sustain SBP

Knowledge of SBA and SBP

Behavioral and health education theory

Risk and protective factor data

Logic models

Community fit

Characteristics of effective programs

Program evaluation

Belief that SBA is important

Confidence to use SBA

Board / leadership support

Financial resources



Dissemination & Implementation: Getting to Outcomes (PSBA-GTO)



Evaluation

- Desired outcomes
 - Increased # of local orgs have implemented and can sustain science-based program
 - Increased # of youth served by SBP, positive changes in sexual and reproductive health behaviors
- Model for lower cost capacity-building, dissemination, and implementation
- Initially no implementation funds provided for local organizations
 - Year 3 some funds added for state coalitions, RTCs to provide incentives to locals to participate



Contact

Carla White CarlaWhite@cdc.gov

