New Strategies to Promote Adolescent Sexual and Reproductive Health & Increase Access to Sexual Health Services

NIHCM
Teen Pregnancy Webinar
December 8, 2015

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Increasing access to sexual health services

- Building relationships between providers and adolescents
- Promoting youth-friendly services
- Offering services in alternative settings

Photo: Operation Samahan
Trends in adolescent health
Where we were vs. where we are now

- Pregnancy
- Births
- Smoking
- Drinking
- Contraceptive use
- Age at first sex

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Increased effective contraceptive use

LARC use among teens ages 15-19 seeking birth control at Title X-funded centers

Increasing access to sexual health services: strategies for overcoming barriers

• Building relationships between providers and adolescents
• Youth-friendly health services
• Services in alternative settings
Building relationships between providers and adolescents

Barriers to communication
- Stigma
- Discomfort
- Negative attitudes
- Unclear ethical and legal issues

Overcoming barriers
- Clinical practice guidelines
- Provider training
- Dissemination of evidence

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Provider training

- Providers less likely to recommend LARC to adolescents compared to older clients
- May view LARC as inappropriate due to physiological, costs, or perceived irresponsibility of adolescents
- Training and dissemination of evidence can improve attitudes
Promoting youth-friendly health services

Key aspects include:

• Privacy and confidentiality
• Staff trained in youth-friendly health services
• Accessibility (e.g., affordable, convenient opening hours and locations)