



Project CONTACT Summary (9/2018)

Teen Sexual Health

Sexual behaviors can lead to unplanned pregnancy and Sexually Transmitted Diseases, including HIV. Results from the Youth Risk Behavior Survey (YRBS) report that of all high school students in Arizona, 24.9% were sexually active in 2017 and 34% had had sex by graduation. These rates fell below the previous years, but remains fairly consistent with survey years 2003, 2005, 2007, 2009, 2011, 2013, and 2015, fluctuating between 37%-48%. (YRBS, 2017) 83.1% of sexually active teens in Arizona report using some type of contraceptive method during their last sexual encounter (YRBS, 2017).

Teen Pregnancy and Parenting:

In the United States, the rate of births to teen mothers was 20.3 per 1000 females 15-19 years old in 2016 (The National Campaign, 2018). In 2014 the teen pregnancy rate was 24 per 1000 girls, aged 15-19. Teen pregnancy accounts for 1/5 of all unplanned pregnancies in the U.S. (ACOG, 2014). Only about 50% of teen mothers complete high school by age 22 (CDC, 2017); less than 2% will have a college degree by age 30 (National Conference of State Legislatures, 2013). Among teens who have a child, approximately 25% gave birth to a second within 24 months of their first child (ADHS, 2016). Further, the children of teen parents have different outcomes than other children which includes a diminished school readiness (Mollborn, et al., 2014), are less likely to attain a high school diploma (The National Campaign, 2012) and are 22% more likely to become a teen parent (Schuyler, 2008).

Although the birth rate for teens in Arizona declined significantly (38.6%) since 2012 (AZHDS, 2016), it remains higher than 35 other states in the nation and above the national average. The rate of live births to female’s aged 15-19 years old was 15% higher in Arizona than national rates in 2015 (Martin, et al., 2017). Teen pregnancy impacts our community disproportionately. Hispanic or Latino females account for 55.4% of all teen pregnancies in 2016 (ADHS, 2016) and 37% of all teen births in Arizona during 2016 occurred among Hispanic or Latina females, (The National Campaign, 2016).

Births Among Teen Mothers Residing in Pima County, Compared to State Wide Ages 14-19, 2016				
	10-14 Years Old	15-17 Years Old	18-19 Years Old	Total
Pima County	11	223	667	901
Arizona	90	1,710	4,932	6,724

ADHS 2016

Sources of Payment for Labor and Delivery, Females 19 or younger in Pima County, AZ, 2016					
Year	AHCCCS	IHS	Private	Self Pay	Total
2016	74%	3%	18%	5%	100%

ADHS 2016

Teen pregnancy has an impact on the entire state. In 2010, unplanned pregnancies cost taxpayers an estimated \$671 million. AHCCCS and IHS paid for 77% of teen births in Pima County during 2016.

STDs and Teens:

Teens carry a high burden of sexually transmitted diseases, when compared to other age groups. Almost half of new STDs occur among 15-24 year olds, of the approximately 20 million new STD diagnoses were 10 million attributed to youth in this age group (CDC, 2015). According to the CDC, this includes 1,652 new diagnoses of HIV in 2016 occurring in individuals ages 15-19 (Hess, et al., 2016).

Per the Arizona Annual 2016 Sexually Transmitted Disease Report female adolescents are at a greater risk of developing Pelvic Inflammatory Disease and rates of STD's among those aged 10-24 (57%) are the highest of all age groups in Arizona. The majority of chlamydia cases are between the ages of 10-24 (62%). Research indicates that young adults are more susceptible to STD's due to the delicate mature of tissues at that age; therefore, the CDC recommends all sexually active women under the age of 25 be screened for STD's. In 2016 there were 1,157 cases of chlamydia in Pima County in the 15-19 year old age group for females and 306 cases in males closely followed by 85 cases of gonorrhea in females and 59 in males. (ADHS 2016)

When left untreated in females, chlamydia infection can spread to other reproductive organs such as the uterus, fallopian tubes and ovaries, causing pelvic pain and in some cases, pelvic inflammatory disease (PID). While PID itself is treatable, the damage done to reproductive organs can often be irreversible, causing ectopic pregnancy and, in some cases, infertility.

Public Health Recommendations:

The CDC (2015) reports that teen pregnancy rates in Arizona and across the United States have been on the decline over the past decade. The majority (as much as 86%) of the decline in national teen pregnancy rates is attributed to improved contraceptive use among sexually active teens and higher proportions of teens choosing to delay sexual activity. Past and current projects to combat high rates of teenage pregnancy and births have found success by encouraging teens to adopt these behaviors and develop healthy decision making skills. Public health programs focused on teen sexual health outcomes have more success when they can improve access to care by delivering school-based services, creating teen friendly environments and accommodating the special needs that teens have (lack of transportation, tight schedules, etc.) (CDC, 2015).

Project CONTACT, Pima County Health Department

The Pima County Family Planning Program, operating within the Clinical Services Division at the Pima County Health Department (PCHD), is a current Title X delegate that provides the full range of Title X family planning services to over 6500 unduplicated men, women and adolescents each year who are either uninsured or underinsured. This program offers high quality family planning and related services that include health exams; screening for cervical, breast and testicular cancer; a broad range of acceptable and effective contraceptive medications and supplies; diagnosis and treatment of sexually transmitted diseases (STD); individualized and community health education; follow-up for abnormal pap smears and referral for treatment of infertility.

Project CONTACT (Community Outreach Network Teaching Adolescents Contraceptive Techniques) is a collaborative effort between the Pima County Health Department, Sunnyside Unified School District, Chicanos por La Causa and the Arizona Family Health Partnership. Project CONTACT has been providing services to Tucson youth since 1999. Discussions with key staff in the Sunnyside School District and teen pregnancy and STD rates in the district prompted our team to investigate the opportunities of bringing mobile health services directly to the students. Starting in 2007, our mobile unit has provided services at all three high schools within Sunnyside School District (Desert View High School, Sunnyside High School and STAR Academic Center, the district's alternative high school). In the fall of 2014 the mobile began operating at Toltecalli High School, a charter school operated by Chicanos por La Causa and most recently expanded to Ombudsman Charter School.

The program is designed to help youth at high risk of pregnancy and/or STDs to obtain needed reproductive health services. Project CONTACT and PCHD clinic staff work with youth to improve their knowledge of birth control methods, including abstinence, and STDs. As with any Title X client, the staff provides adolescents with non-directive birth control method counseling and education regarding STD prevention to assist with decision making now and in the future. Our staff guides clients through reproductive life planning, an exercise that helps them to reflect on their preparedness to have children and to plan for a time when they will be financially, emotionally and physically ready to become pregnant. The clients are encouraged to ask questions about the information and services they receive. Further, teens are highly encouraged by our staff to talk with their parents or other adult mentor to involve them in making decisions about their sexual health. Through Title X, our staff is able to provide family planning services to teens that are private and confidential.

Project CONTACT Program Goals:

1. To delay the onset of sexual intercourse among non-sexually-active youth and to reduce the occurrence of unplanned and/or repeat pregnancies among sexually active youth by:
 - a. Improving knowledge of birth control methods, including abstinence;
 - b. Increasing the percentage of sexually active youth who use a reliable and regular method of birth control, including condoms;
 - c. Removing barriers to accessing reproductive health services.

2. To decrease the incidence of STDs, specifically chlamydia by:
 - a. Improving knowledge of STDs;
 - b. Increasing the percentage of sexually active youth who use a reliable and regular method of STD prevention including: STD testing, minimizing partners and using condoms;
 - c. Increasing the percentage of sexually active youth who are tested and treated
 - d. Removing barriers to accessing services.

Project CONTACT Services:

- Counseling and Education
- Pregnancy Testing
- Birth Control Methods (Including Emergency Contraception)
- STD Testing and Treatment
- Referrals to Medical and Social Services

Project CONTACT, our collaborators and our clients have been able to achieve great strides in improving teen sexual health in Pima County. Since the inception of Project CONTACT, more than 3,500 students (unduplicated) have received services. In the 2017-2018 school year, our mobile unit provided over 700 medical visits for 495 (unduplicated) students. Most (88%) of the students are between the ages of 15-19. Females made up 70% of clients and 30% were male. The majority of students are white and Hispanic (92%). During the school year, 364 pregnancy tests were conducted and 3 were positive. 381 females and 145 males tested for chlamydia. Chlamydia positivity rates were 5.3% and 4.8%, respectively. The positivity rates of chlamydia decreased among females and increased among males from the previous school year.

Summary of Project CONTACT clinic visits by school, SY 17-18			
Student Visits Per School	Female	Male	Total
Desert View High School	118	67	185
Sunnyside High School	246	104	350
STAR Academic Center	61	8	69
Toltecalli Charter School	34	5	39
Other PC Schools (not done on a frequent basis)	66	17	83
Total	525	201	726