

# Birth Data: Teen Pregnancy Focus

*How are we doing?*

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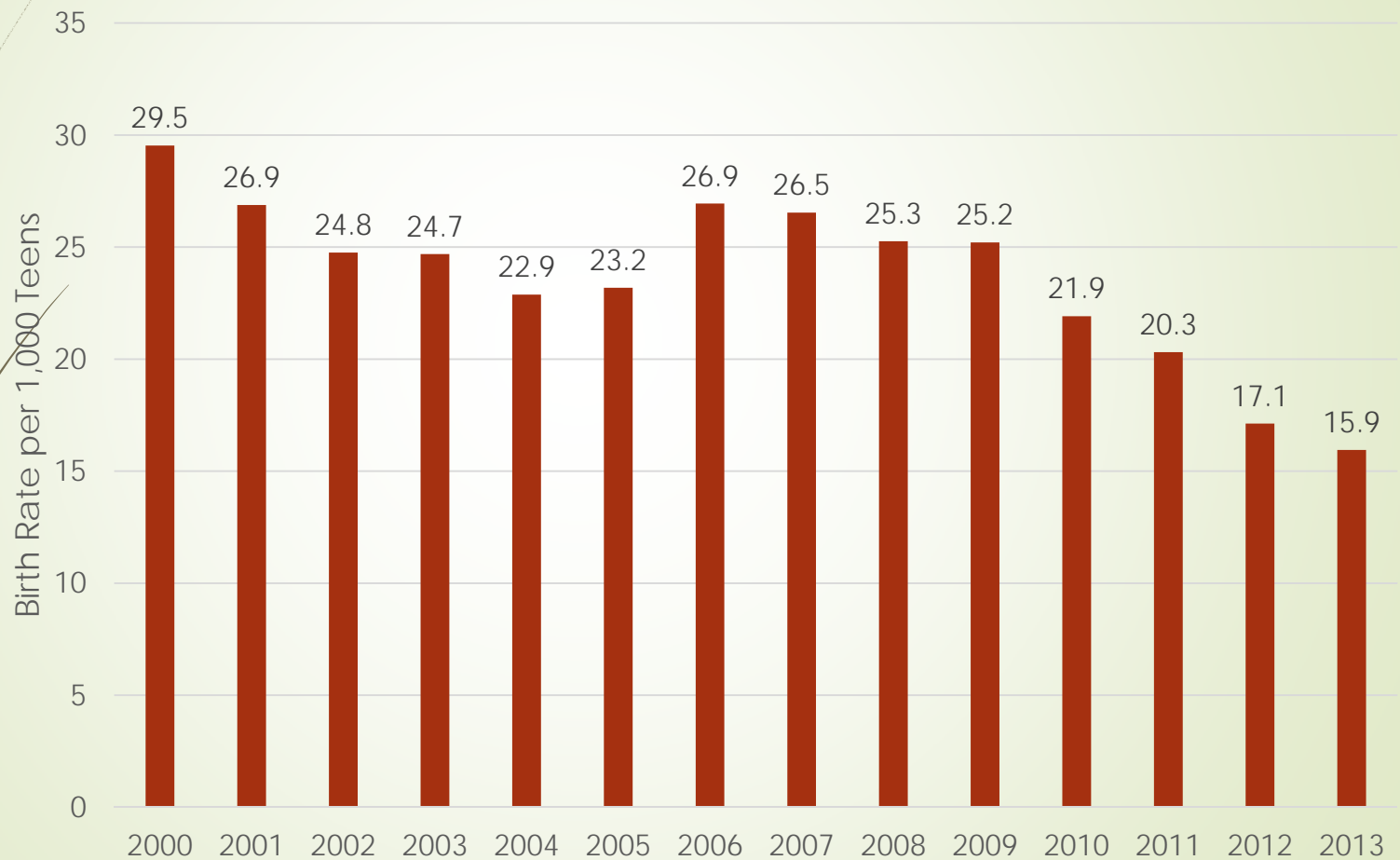




# Agenda

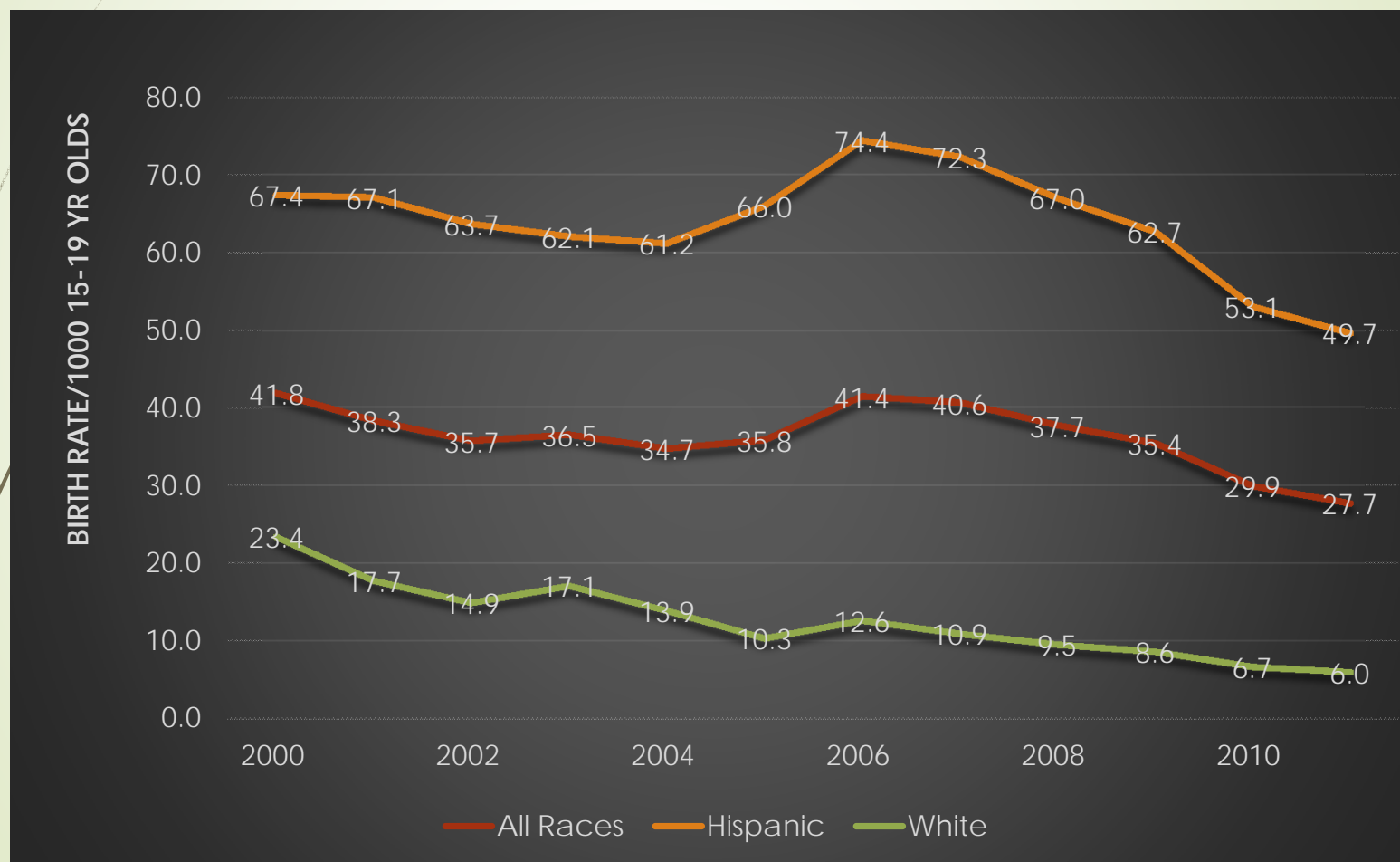
- Overview of Teen Pregnancy Data
- History of the Mother-Daughter Workshops
- Overview of the Mother-Daughter Workshop Curriculum and Evaluation
- Overview of Adolescent Family Life Program
- Group Discussion

# Ventura County - Annual Teen (13-19 yrs) Birth Rate



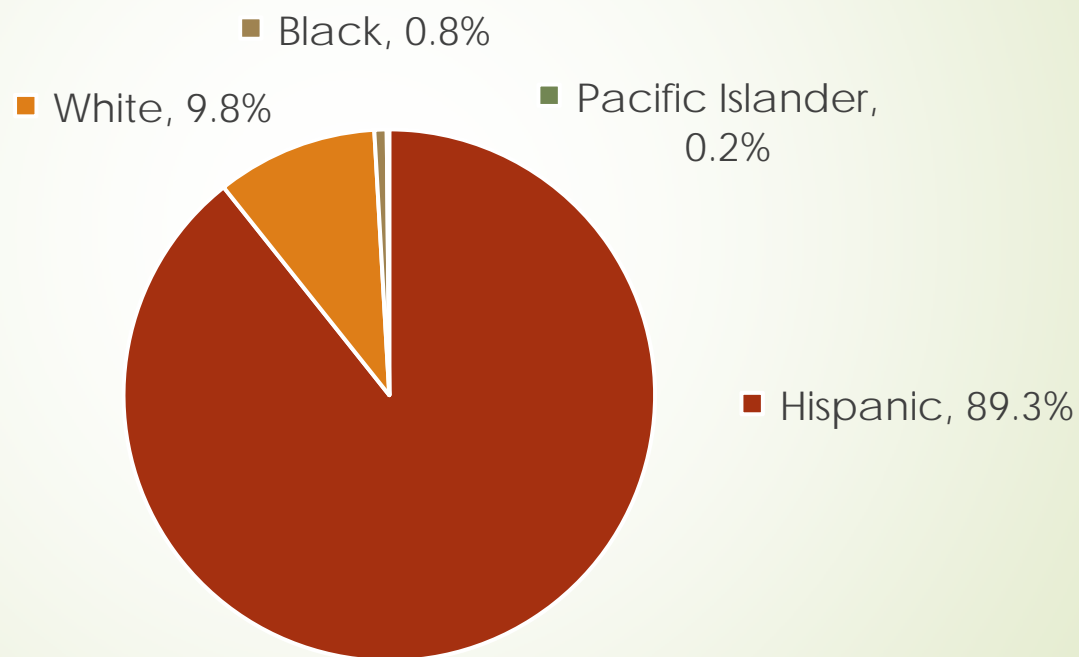
Source: Automated Vital Statistics System, CA Dept of Finance Population Estimates, and Census.

# Ventura County - Teen Birth Rates by Ethnicity (2000-2011)



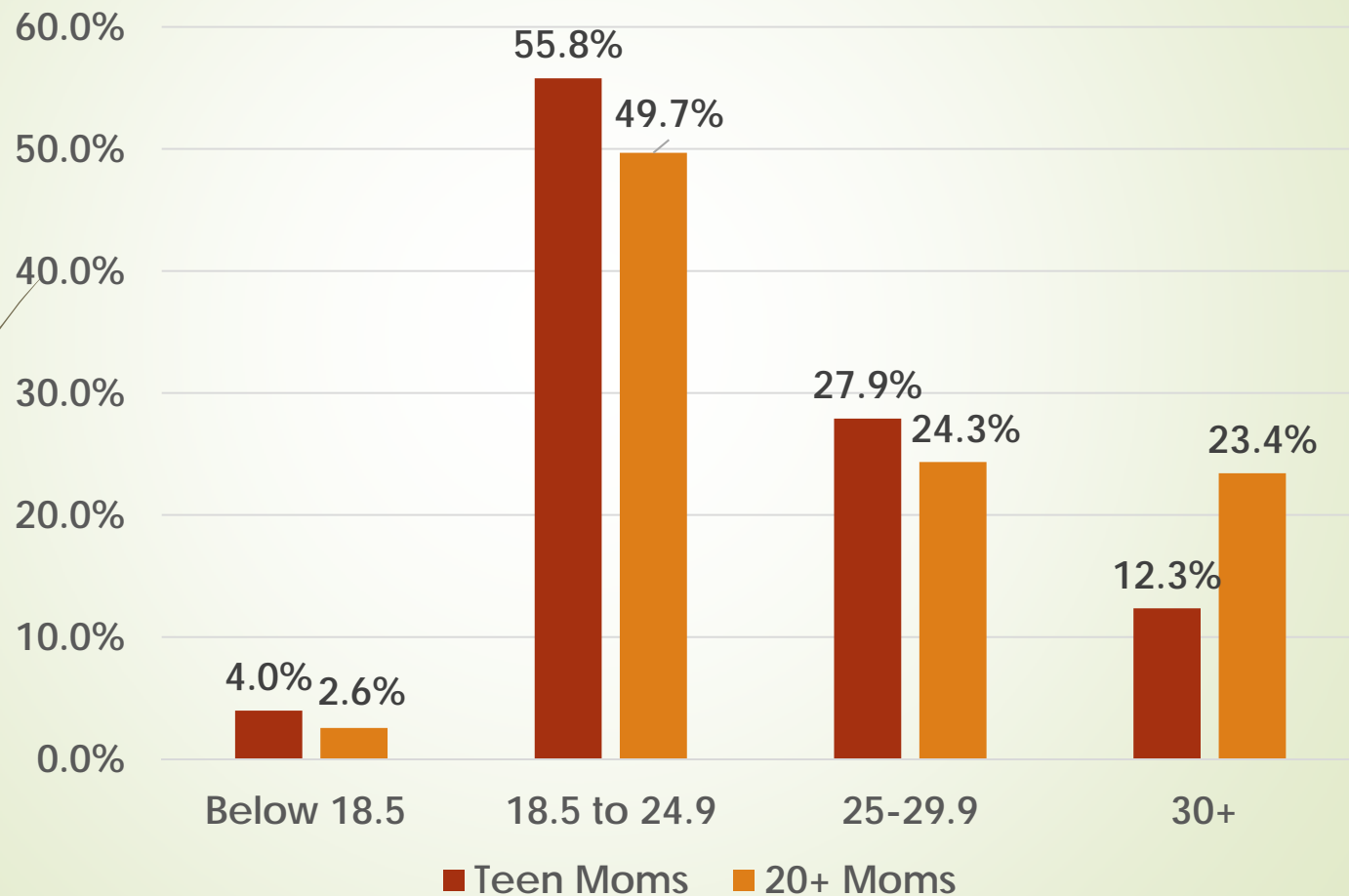
Source: Birth Statistical Master File and CA Dept of Finance Population Details and Projections.

# Ventura County – Teen Births by Race/Ethnicity, 2013



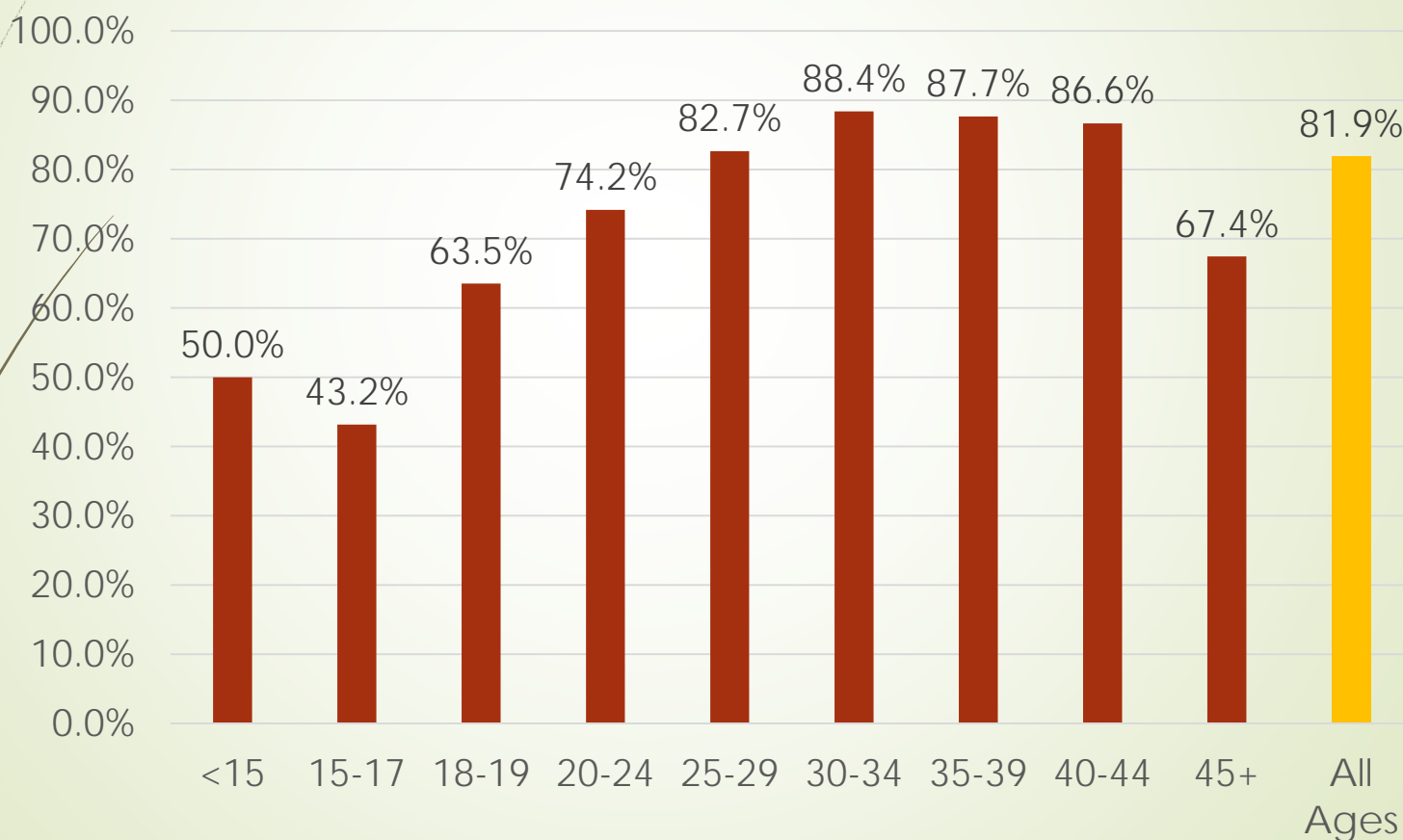
Source: Automated Vital Statistics System.

# Ventura County – Maternal BMI Prior to Pregnancy, 2013



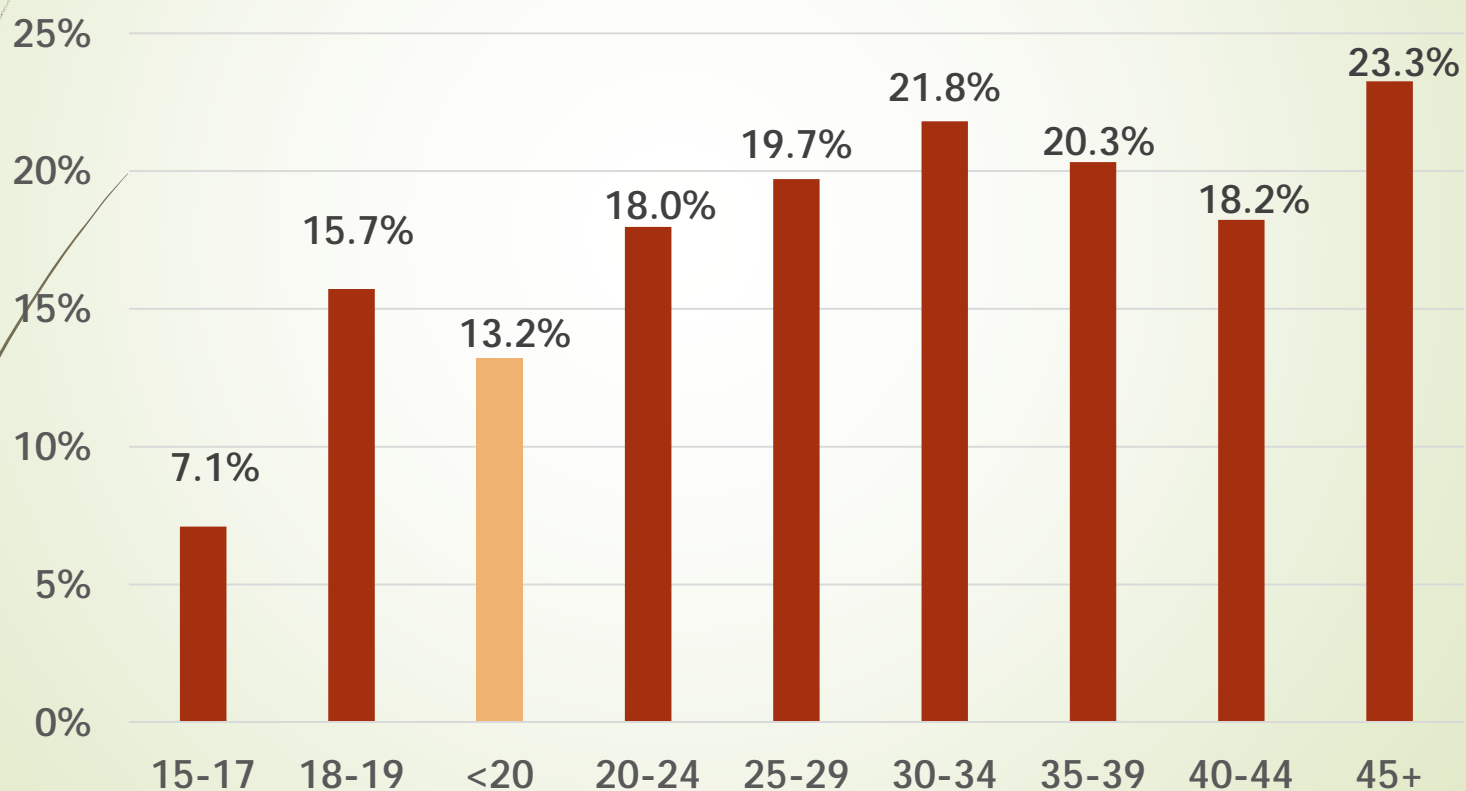
Source: Automated Vital Statistics System.

# Ventura County – Utilization of Prenatal Care in the First Trimester, 2013



Source: Automated Vital Statistics System.

## Ventura County - Repeat Births within 24 Months by Mother's Age, 2013



Source: Automated Vital Statistics System.



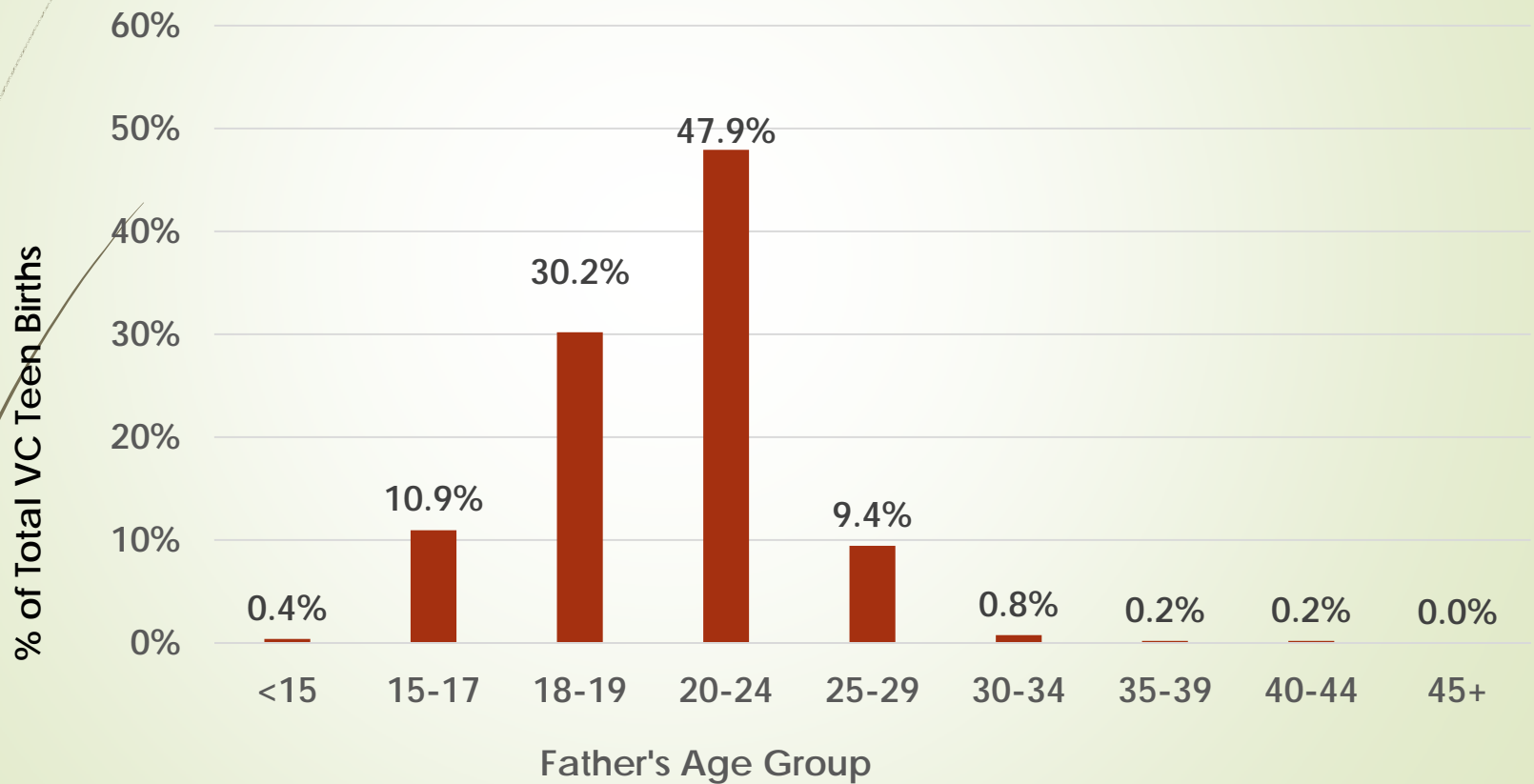
## 2013 Births to Ventura County Residents Less than 20 Years of Age by Birth Weight Group

Birthweight (grams)	Mother's Age (Years)				% of Total VC Teen Births		% of Nonteen Births
	<15	15-17	18-19	<20			
1-1,499	0	3	6	9	1.4%	113	1.2%
1,500-2,499	0	9	24	33	5.0%	501	5.1%
2,500+	4	172	447	623	93.7%	9,153	93.7%
<b>TOTAL</b>	<b>6</b>	<b>222</b>	<b>498</b>	<b>665</b>	<b>100.0%</b>	<b>9,767</b>	<b>100.0%</b>
% <1500 g	0.0%	1.4%	1.2%	1.4%		1.2%	
% < 2500 g	0.0%	5.4%	6.0%	6.3%		6.3%	



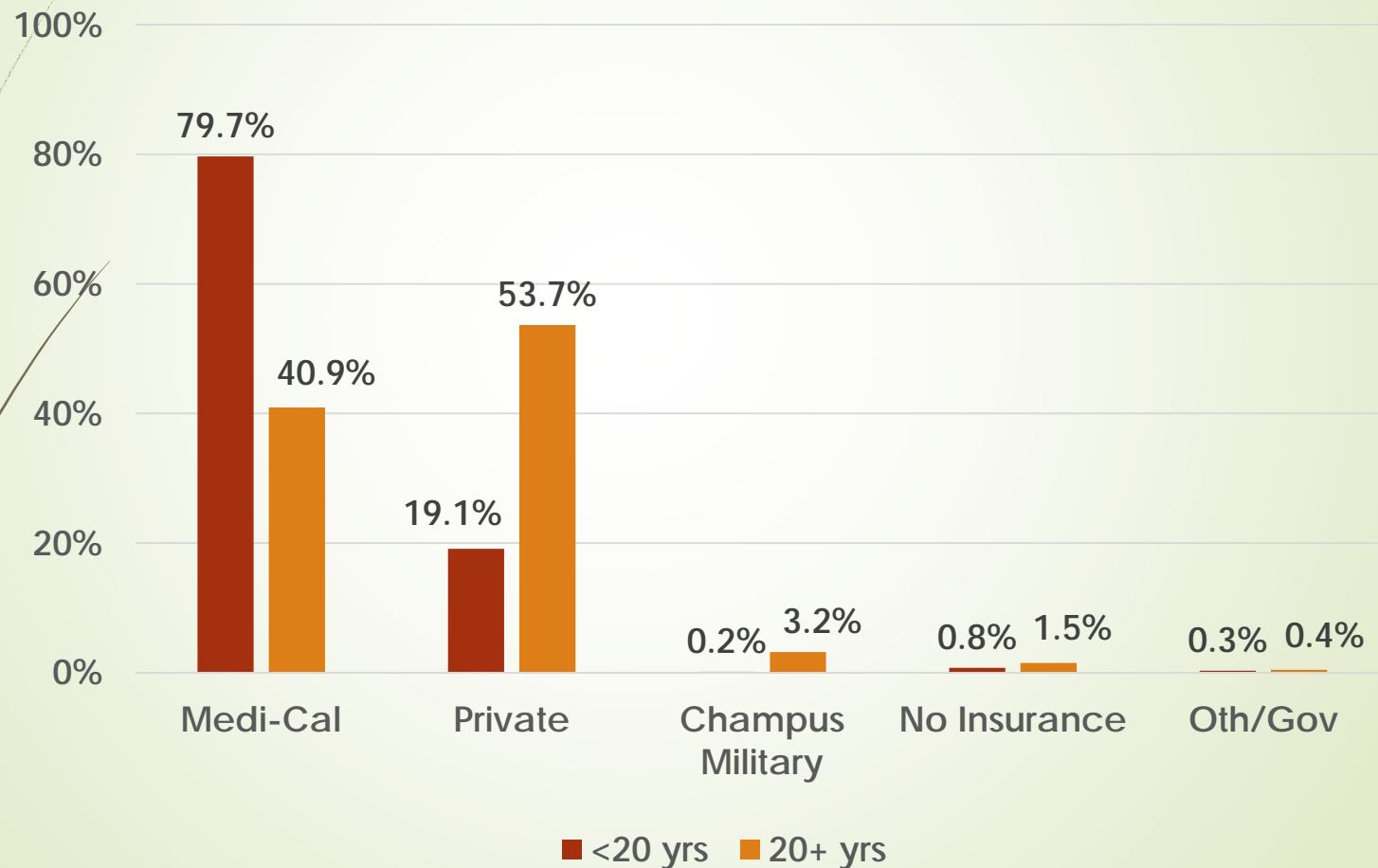
Source: Automated Vital Statistics System.

# Ventura County Teen Births by Father's Age, 2013



Source: Automated Vital Statistics System.

## Ventura County – Payor Source for Delivery in Teens vs. Adult Mothers, 21013



Source: Automated Vital Statistics System.

## 2013 Births to Ventura County Residents Less than 20 Years of Age by Facility

<b>FACILITY</b>	<b>&lt;15</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>&lt;20</b>	<b>% of Teen Births</b>
Community Memorial Hospital	<5	5	7	21	52	78	164	22.6%
Los Robles	0	<5	<5	<5	8	17	34	4.7%
Santa Paula Hospital	<5	0	<5	<5	17	19	42	5.8%
Simi Valley Hospital	0	0	<5	<5	7	9	21	2.9%
St. John's Regional	<5	11	16	41	56	76	202	27.8%
Ventura County Medical Center	0	9	16	34	49	73	181	24.9%
<b>Sub Total VC Hospital</b>	<b>4</b>	<b>28</b>	<b>45</b>	<b>106</b>	<b>189</b>	<b>272</b>	<b>644</b>	
Home	0	0	0	<5	<5	0	<5	0.3%
Non-Hospital	0	0	0	0	0	<5	<5	0.1%
Out of County Hospital	0	<5	<5	<5	<5	12	18	2.5%
<b>Total Teen Births</b>	<b>4</b>	<b>29</b>	<b>46</b>	<b>109</b>	<b>192</b>	<b>285</b>	<b>665</b>	



Source: Automated Vital Statistics System.

## 2013 Teen Births by Age and Zip Code

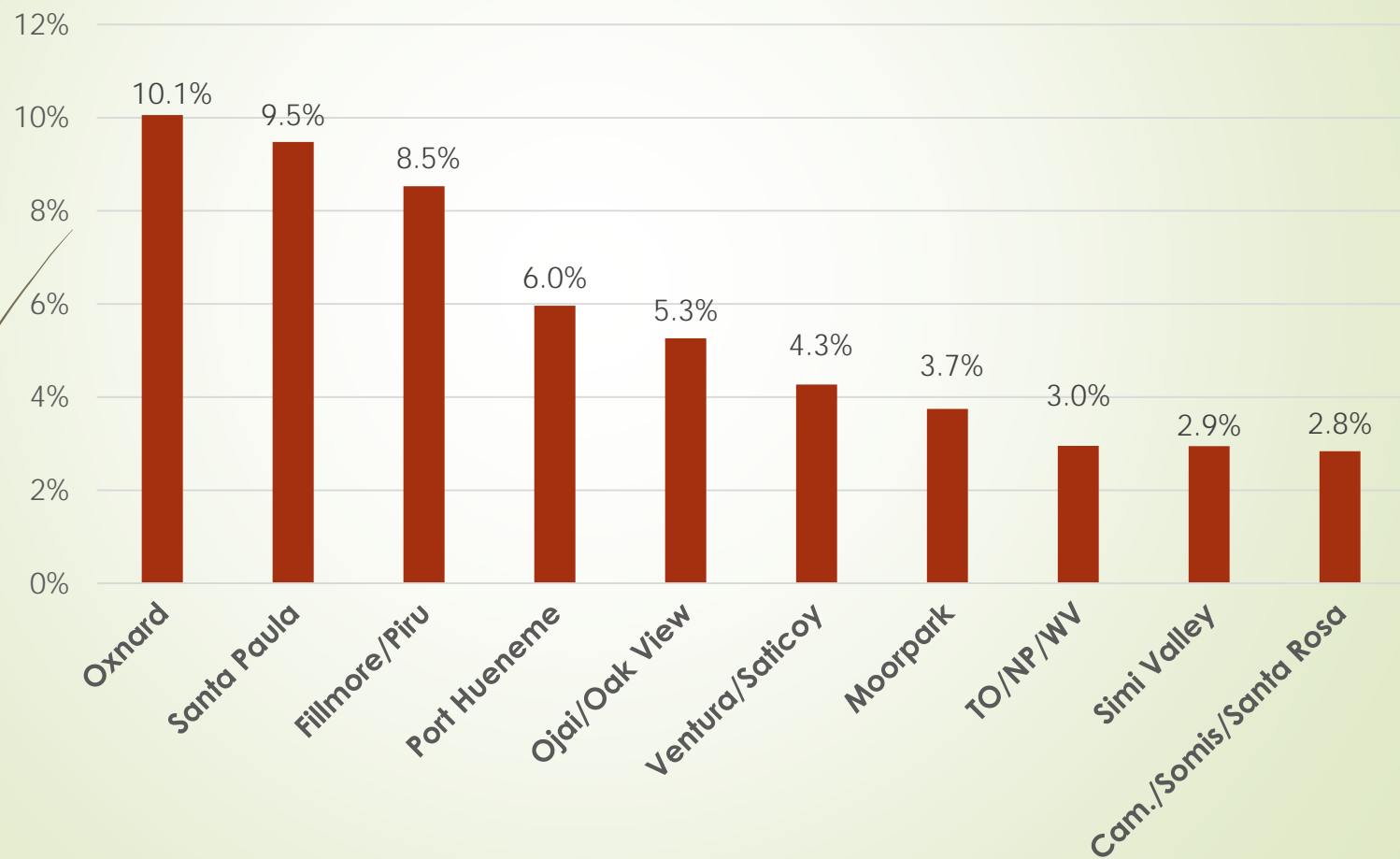
Ordered by Zip Codes with the Highest Percent of Teen Births

ZIP	<15	15-17	18-19	<20	20+ Yrs	TOTAL	% Teen Births
93040 - Piru	0	<5	<5	5	33	38	13.2%
93033 - Oxnard	0	65	124	189	1,479	1,668	11.3%
93022 - Oak View	<5		5	8	65	73	11.0%
93030 - Oxnard	<5	25	78	105	987	1,092	9.6%
93060 - Santa Paula	<5	8	40	49	468	517	9.5%
93036 - Oxnard	0	26	42	68	651	719	9.5%
93066 - Somis	0	<5		<5	34	37	8.1%
93015 - Fillmore	0	6	18	24	278	302	7.9%
93035 - Oxnard	0	5	15	20	300	320	6.3%
93041 - Port Hueneme	0	7	19	26	407	433	6.0%
93001 - Ventura	<5		22	24	391	415	5.8%
<b>TOTAL Births</b>	<b>&lt;5</b>	<b>184</b>	<b>477</b>	<b>665</b>	<b>9,766</b>	<b>10,431</b>	<b>6.4%</b>



Source: Automated Vital Statistics System.

# Percent of Total Births that Occur in Teens by City Regions, 2013



Source: Automated Vital Statistics System.

# Consequences



- Infants more likely to be born at low birth weight
- Children are twice as likely to experience abuse and neglect
- Children have poorer educational, behavioral , and health outcomes over their lifespan

**Public Health Institute estimates - \$17M in direct cost and \$74M in societal costs annually.**



Source: Department of Health and Human Services, Office of Adolescent Health. Public Health Institute.



# History of the Mother-Daughter Workshop





# Why mother-daughter format?

## TEENS SAY

- 46% parents influence sexual decisions
- 62% wish to talk more openly about relationships with their parents
- 80% delay sexual activit/avoid teen pregnancy if have more open, honest conversations with parents
- 63% teens and adults (62%)
  - the primary reason teens don't use contraception is because they are afraid that their parents will find out

# Implementation

## Mother Daughter Workshop Overview-Pre-Teen

- Workshop 1 (Moms)
  - Introduction
  - Moms pre-survey
  - Strategies for communication
  - Back to our adolescence
  - Communication Exercises
  - Workshop overview
- Workshop 1 (Daughters)
  - Introduction- ice breakers activities
  - Rules
  - Knowledge Pre-Survey
- Workshop 2 (Moms-Daughters)
  - How to take care of our bodies
  - Puberty body changes for female and male
- Workshop (Moms-Daughters)
  - Anatomy discussion: female body
  - Anatomy discussion: male body
  - Menstruation and pregnancy
- Workshop 4 (Moms-Daughters)
  - How to take care of our bodies: Feminine hygiene (pads, tampons, shaving, bra)
- Workshop 5 (Moms-Daughters)
  - Overview of sexually transmitted diseases (STD) and what type of protection is needed. Emphasis on HIV
  - How to protect yourself from STD and pregnancy (condom use)
- Workshop 6 (Moms-Daughters)
  - Overview of birth control methods
  - Overview of Human Papillomavirus (HPV); HPV vaccine
  - Overview of healthy relationships
  - Importance of taking care of yourself and goals
  - Daughters only: Knowledge Post-Survey and Evaluation
  - Mothers only: Communication Discussion, Post survey and evaluation



# Short-term Objectives

- 80% of teens will increase or maintain their communication regarding sexual development and behavior with their mothers.
- 80% of teens will increase or maintain their knowledge regarding anatomy and health (i.e. periods, using tampons, hymen, etc.).
- 80% of teens will increase or maintain their knowledge regarding HIV/STD transmission.



# Long-term Objectives

- 80% of teens will intend to have annual physical checkups.
- 80% of teens will intend to delay sexual activity until after high school. 50% of teens will follow through with delayed sexual activity until after high school.
- 95% of teens will graduate from high school (compared to 82.3% in the general population). 100% of them will graduate from high school without getting pregnant.



## Evaluation: By the end of workshops

- ➡ 69.2 % - felt comfortable discussing their beliefs with their mother without being embarrassed
- ➡ 90.0% - For the Mothers



## Evaluation: By the end of workshops

- 69.2 % - felt comfortable discussing their body changes with their mother without being embarrassed
- 90.0% - For the Mothers





## Evaluation: By the end of workshops

- 76.9 % - could talk to their mother if they had a problem.
- 70.0% - For the Mothers



# Evaluation: By the end of workshops

- 50.0% - had some communication with their mothers about sexuality
- 84.6% - had knowledge of proper hygiene while changing tampons, pads, etc





# Evaluation: By the end of workshop

- 84.6% - sharing tattooing increases risk of getting HIV/AIDS
- 61.5% - teens indicated that they planned to get annual physicals



# Evaluation: By the end of workshop

- 92.3% - did not plan to have sex before graduating high school
- 92.3% - teens indicated that they planned to go to college

# What pre teens learned.....



- "I learned that you have to protect yourself throughout your life."
- "I learned new parts of the female's body. I also learned how to use tampons the correct way and how to choose the right ones."
- " Don't do sex or drugs or drink"
- "I learned that you could get pregnant by having sex. I also learned that you could use condoms to prevent getting pregnant. "

# Mothers learned.....

- "How to help and protect my daughter
- "I learned how to talk with my daughter about many topics that were very difficult for me to explain."
- "I learned how to talk with my daughter about the puberty development and how to prevent from abusive partners. Thank you for this workshop that truly helped me a lot. When I was my daughter's age I did not have counseling about the body development. It helped me to be prepared for the next stage in my daughter's life"



# Staff learned.....



Workshop Experience

Participation must be voluntary

Target age should be lowered

Both parent & teen must commit

Parents important to success

School support = program success

Participant Feedback



# **Adolescent Family Life Program (AFLP)**

**Maternal Child Adolescent  
Health  
(MCAH)**



# Purpose

- This program is designed to enhance the health, social, economic, and educational well being of pregnant and parenting adolescents and their children in California.



# Client Eligibility

- Pregnant and/or Parenting
- Female/male teens 18 years or less
- Male clients actively involved in caring for their child/children
- Until they reach their 19<sup>th</sup> birthday and have received 24 months of service



# Services Provided

- Intensive case management services on a home visitation model
  - Low income
  - High risk teen population
  - Provide education
  - Counseling
  - Assist with Community Resources

# Program Focus

- ▶ Assess situation/resource needs
- ▶ Prioritizing personal goals
- ▶ Staying/returning to school
- ▶ Positive pregnancy outcome
- ▶ Reducing repeat births
- ▶ Parenting skills
- ▶ Social/economic independence
- ▶ Building self esteem and self worth
- ▶ Healthy lifestyle

# Contact Information

- Adolescent Family Life Program  
2240 E. Gonzales Rd. Suite 250  
Oxnard, Ca 93036
- 805 981-5177
- Nancy Ballard MA, LMFT



# Coordination

- Discussion with MCAH Action Members

# QUESTIONS????

