

policy maker partners

Use the State Plan

Prevention programs are designed and selected for many reasons: compatibility with religious traditions, available resources, community standards, as well as the personal values and beliefs of the leaders in charge.

While these are important considerations, effective teen pregnancy prevention programs must be developed, implemented and prioritized based on scientifically proven evidence.

The goal of "A Work in Progress" is to focus our collective efforts to prevent teen pregnancy on strategies proven to be effective. These three approaches[†] are to:

1. Implement with fidelity an existing program proven to work with similar populations.
See Page 7, Teen Outreach Program
2. Select or design a program that incorporates the key characteristics of programs that have been effective with similar populations.
See Page 13, Program Checklist
3. Design new programs that strategically address behaviors to be changed, risk factors associated with these behaviors and activities that will change them.
See Pages 7 - 10, Risk and Protective Factors

What Can You do to Reduce Teen Pregnancy?

1. Evaluate and support teen pregnancy prevention programs based on evidence of their success and/or their use of proven strategies.
2. Hear constituents – 7 in 10 Minnesota adults believe that sexuality education should include abstinence and contraception⁰.
3. Address health disparities by funding programs that target disadvantaged populations.
4. Fund health clinic programs that improve access to counseling, contraception and health promotion. Studies have indicated that when clinics provide educational materials, discuss the adolescent patient's sexual and condom or contraceptive behavior, clinics can increase condom or contraceptive use.
5. Support service learning and youth development programs, particularly those that occupy after-school hours when teens are particularly prone to risk behaviors.
6. **Take Action** – Visit the State Plan web site and join the community of individuals dedicated to reducing teen pregnancy.

www.mnstateplan.org

building a Minnesota state plan for teen pregnancy prevention and parenting

What Is At Stake?

Money – Families started with a teen birth account for 53% of all welfare expenditures - \$13.3 million each month in 2001¹.

Workforce – 70% of teen mothers drop out of high school²; studies show that not completing high school results in a greater likelihood of welfare dependence³.

Future – The children of teen parents face enormous health risks: low birth weight, infant mortality, as well as cognitive and emotional delays⁴.

What Works?

Research[†] has shown that three different types of programs can be effective in reducing teen pregnancy.

Programs that focus primarily on **Sexual Antecedents**

Sex education programs covering both pregnancy and STDs/HIV are proven to reduce sexual risk taking.

Programs that focus primarily on **Non-Sexual Antecedents**

Research shows that service learning programs also can reduce teen pregnancy, at least during the academic year in which students participate. These are intensive programs that lasted many months with many hours of structured time for the teens.

Programs that focus upon both **Sexual and Non-Sexual Antecedents**

A fusion of sexuality education and service learning has proven to be the most effective approach of all.

Scientific Evidence?

The following criteria describes the characteristics a study must have in order for its results to be regarded as scientifically valid[†].

- Appropriate and valid experimental or quasi-experimental design using intervention and comparison groups as well as baseline and follow-up data
- Post intervention data must have been collected for a minimum number of months after the intervention (the minimum number varies based on the design and behavioral outcomes to be evaluated)
- A sample size of at least 100 and must have measured actual behavior as opposed to attitudes or intentions
- Employed proper statistical analysis

[†]The basis for many of the recommendations in the state plan, and the source for program effectiveness research, is *Emerging Answers, Research Findings on Programs to Reduce Teen Pregnancy* by Douglas Kirby, Ph.D. for the National Campaign to Prevent Teen Pregnancy, May 2001.

⁰APCO Insight research study commissioned by MOAPPP, 2000

¹Minnesota Department of Human Services

²National Association of State Boards of Education, *The Impact of Adolescent Pregnancy and Parenthood on Educational Achievement*, 12/2000

³The National Campaign to Prevent Teen Pregnancy, *Whatever Happened to Childhood?*

⁴Maynard, R.A., *Kids having kids: Economic costs and social consequences of Teen Pregnancy*. The Urban Institute, 1997.

a work in progress

evidence-based strategies prevent teen pregnancy