



Unintended Pregnancy

In Colorado, 35.9 percent of all pregnancies¹ and seven in 10 teen pregnancies² are unintended (mistimed, unplanned or unwanted at the time of conception). Research shows unintended pregnancies are associated with birth defects, low birth weight, elective abortions, maternal depression, reduced rates of breastfeeding and increased risk of physical violence during pregnancy.³ In the United States, more than four of five births to teen mothers are unintended.⁴ Teen mothers are less likely to graduate from high school or earn as much as women who wait to have children.

Avoiding unintended pregnancy helps reduce social and economic costs such as health care expenditures associated with teen births. The return on investment is great: Nationally, every \$1.00 invested in publicly funded family planning services saves \$7.09 in Medicaid and other public expenditures.⁵

In Colorado, the teen birth rate dropped 40 percent from 2009 through 2013 due, in a large part, to the CDPHE Family Planning Initiative that provided more than 30,000 intrauterine devices or implants at low or no cost to low-income women. Colorado has demonstrated that once the cost and access barriers to long-acting, reversible contraceptive methods (LARC) are removed, women are likely to choose these methods. Additionally, they are the most effective way to prevent unintended pregnancy.

STATEWIDE GOAL: Reduce unintended pregnancy in Colorado.

LONG-TERM OUTCOME MEASURE: By 2019, the unintended pregnancy rate in Colorado will be 30 percent or less, down from 35.9 percent in 2011. (Data Source: PRAMS)

STRATEGY:

1. Increase use of long-acting, reversible contraceptive methods.

Objective 1: By 2019, increase the percent of Title X female clients using long-acting, reversible contraceptives to 30 percent.

Baseline: 23 percent use in 2013

Objective 2: By 2019, increase the percent of sexually active adults ages 18-44 using an effective method of birth control (long-acting, reversible contraceptives or sterilization) to 70 percent. (Data Source: BRFSS)

Baseline: 68.3 percent of sexually active adults in 2012

Coordinating Agency: CDPHE

Partners in Implementation: Sexual Health Work Group, school based health centers, Youth Sexual Health Team, Maternal Wellness Program, LPHAs, service providers, HCPF, NARAL, Colorado Consumer Health Initiative, Colorado Youth Matter, Colorado Division of Insurance, CDHS, Beforeplay.org

1 2011 Pregnancy Risk Assessment Monitoring System.

2 <http://www.colorado.gov/cs/Satellite?c=Page&childpagename=GovHickenlooper%2FCBONLayout&cid=1251655017027&pagename=CBONWrapper>

3 U.S. Dept. of Health and Human Services. Healthy People 2020 topics and objectives. <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=13>. Accessed 10-31-13.

4 Finer, L. B., & Zolna, M. R. (2011). Unintended pregnancy in the United States: incidence and disparities, 2006. *Contraception*, 84(5), 478-485.

5 Frost, JJ, et al., Return on investment: A fuller assessment of the benefits and cost savings of the US publicly funded family planning program, *The Milbank Quarterly*, Published electronically October 14, 2014. doi: 10.1111/1468-0009.12080.