

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

May is **National Teen Pregnancy** Awareness Month

Teenage pregnancy is not just a girl's issue. It takes two to create a baby and a village to care for that baby. In 2014, it was reported that 249,078 teenagers gave birth to babies in the United States. The national teen birth rate was 24 births per 1,000 girls. In New York, that same year, we had 9,954 births (with the highest number of births being to Hispanic teenagers) ranking our teen birth rate lower than the national average. With all of that being said, the public cost of teen pregnancy in 2010 was estimated at \$9.4 billion (\$1,682 per taxpayer)! Why so expensive? More than 75% of teen moms require welfare. If a teen has a baby in high school, chances are they won't graduate high school or college (less than 40% finish high school and less than 2% finish college by age 30). The good news is that these rates are declining due to the fact that 87.4% of high school students have reported using contraception when they are sexually active. We are proud to be part of the education process and provider movement that is currently taking place and resulting in the decline in these rates, however, there is still work to be done! For instance, many teens report that they've heard of various birth control methods, but 68-77% of them say they know very little or nothing about the most



effective method: Long Acting Reversible Contraception, otherwise known as LARC. When youth do not get proper education in school and at home, it can affect their ability to make healthy decisions. Furthermore, youth without a stable home life are at a higher risk for pregnancy. Youth in the foster care system are 2.5 times more likely to become pregnant by age 19 than their peers who are not in the system. We are committed to continuing to provide education and medical services to these at risk populations in addition to the community. **Think about how you can contribute!**



PERCENTAGE OF PEOPLE WHO HAVE HEARD OF VARIOUS METHODS OF BIRTH CONTROL



PERCENTAGE OF PEOPLE WHO SAY THEY KNOW LITTLE OR NOTHING ABOUT VARIOUS METHODS OF BIRTH CONTROL



Locations:

Bath

Community Health

117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health

601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health

513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health

7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health

112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health

60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health

6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

Administrative Offices

14 Maiden Lane
Penn Yan, NY 14527
(315) 531-9102



Jennifer Monna, MS, PA-C
Finger Lakes Community Health

Provider Spotlight

“3 in 10 teenage girls will get pregnant at least once in the U.S. That’s about 750,000 per year. In addition to serious health risks for both mother and baby, becoming a teen mom leads to increased risk that you will live in poverty. Teen moms often become single moms because 80% of fathers don’t marry the mother of their child and will likely not support the child financially. Children who live apart from their fathers are 5 times more likely to be poor than children with both parents at home.

Studies have shown that being a teen mom is harder for the baby. They are likely to be of low birth weight or have birth complications. They are at risk for poor academic achievement and twice as likely not to graduate high school themselves. They are at risk for abuse and neglect. If you have a boy, he is twice as likely to end up in prison. If you have a girl, she is 3 times more likely to be a teen mom herself. It is important for teens to be reminded that babies don’t strengthen relationships, they stress them. They don’t give unconditional love; they demand it from the adults around them.

So what can we do to stop this? Educate! Title X Family Planning Services are offered in every state in the U.S. Services include education, birth control and counseling. Talk to your kids about sex and pregnancy at an early age and often. Ask your local school district if they provide sexual education. Only 23 states require sex education in schools, and of those, only 19 are required to be “medically accurate”. Some states require that their sex education programs teach “abstinence only”. These states tend to have higher teen pregnancy rates. Studies show that teaching teens about STDs alone is not enough. We need to teach them about birth control. Schools that give out free condoms experience higher reported rates of safe sex. Despite misconceptions, teaching safe sex does not make teens more likely to engage in sexual behavior.”

Male reproductive health matters too.

At FLCH, we encourage men to take charge of their sexual health as well as women. Advocating for yourself is key to a healthy body and healthy reproduction. We provide education for males in our health centers and community as well as medical services in our offices. Data from 2002 shows that only 48% of sexually active men were receiving reproductive health services. The data also showed that many men believe oral sex to be risk-free but, in fact, it can lead to sexually transmitted infections if you are not using barrier methods like male condoms or external condoms to prevent fluid transfer and skin to skin contact. Often men believe their medical provider does an STI checkup as part of the normal yearly physical,

which is simply not true. We can do checkups for reproductive or sexual health problems, but they have to be scheduled as such. We provide condoms to anyone who walks into our health center and asks at our front desk. We can test and treat for sexually transmitted infections in every office. Our providers can also help with factors that affect male fertility like weight, diet, smoking, drug, alcohol use, and/or other factors.



Where Are We (FLCH) This Month?

- **May 2nd:** Sodus Library
- **May 2nd-5th:** Seneca Falls School
- **May 3rd:** South Seneca School
- **May 3rd:** ProAction Youth Group
- **May 5th:** South Seneca School
- **May 6th:** Youth Forum
- **May 10th:** South Seneca School
- **May 12th:** South Seneca School
- **May 16th:** Canada High School
- **May 16th:** Geneva High School
- **May 17th:** Geneva High School
- **May 17th:** ProAction Youth Group
- **May 18th:** Finger Lakes Immunization Conference
- **May 19th:** Harvest Court, Williamson
- **May 20th:** Port Byron High School
- **May 24th:** Newark High School
- **May 24th:** ProAction Youth Group
- **May 24th:** Port Byron High School
- **May 26th:** Reproductive Education Committee. Geneva Community Health Conference Room @ 9am.
**Interested in learning more about the upcoming Adolescent Health Conference, our program or partnering with FLCH? Join us! Email Olivia to RSVP for this meeting.*
- **May 31th:** Midlakes High School

****Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?***

For more information go to www.localcommunityhealth.com or contact us today to schedule a time!



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