

# Pregnancy Prevention and Condom Use - Youth

## DESCRIPTION

Used consistently and correctly, condoms are 98 percent effective and can protect against HIV, unintended pregnancy and most sexually transmitted diseases.<sup>1</sup> Condoms and female condoms are the only methods of birth control that also help prevent the spread of sexually transmitted diseases (STDs), including HIV. Condoms are readily available at local stores, some community health centers, and on the internet.

## HOW ARE WE DOING

In Ramsey County in 2016, 13 percent of males and 9 percent of females in 9th-grade and 33 percent of males and 31 percent of females in 11th-grade reported being sexually active. When asked if they had ever spoken to their sexual partner(s) about preventing pregnancy, 31 percent of 9th-graders and 21 percent of 11th-graders said they never had. Among sexually active 11th-graders, the most common birth control method reported was condoms (48 percent). Over 9 percent of students took no action to prevent pregnancy.

Between 88- 91 percent of students used some type of contraceptive to prevent pregnancy in 2016. This does not meet the Healthy People target of 91.6 percent. Among sexually active 11th-graders, about 69 percent of males and 56 percent of females reported using a condom the last time they had sex.<sup>2</sup> This does not meet the Healthy People goal of 81.5 percent for males, and barely reaches the 55.6 percent goal for females.

Among sexually active Minnesota college students in 2015, about 48 percent reported using a condom the last time they had vaginal intercourse.<sup>3</sup> Six percent took no action to prevent pregnancy.

## BENCHMARK INDICATOR

Healthy People 2020:

1) Increase the proportion of females at risk of unintended pregnancy or their partners who used contraception at most recent sexual intercourse.

U.S. Target: 91.6 percent.

2) Increase the proportion of sexually active males aged 15 to 19 years who used a condom at last intercourse.

U.S. Target: 81.5 percent

3) Increase the proportion of sexually active females aged 15 to 19 years who used a condom at last intercourse.

U.S. Target: 55.6 percent<sup>4</sup>

## DISPARITIES

Nationally, young, gay and bisexual males have disproportionately high rates of HIV, syphilis and other STDs. Adolescent, lesbian and bisexual females are more likely to have ever been pregnant than their heterosexual peers.<sup>5</sup>

## RISK FACTORS

Ineffective use of a condom is a risk factor for pregnancy, HIV and STDs. To ensure

## Information to note

- Among sexually active Ramsey County youth in 2016, about 31% of 9th-graders and 21% of 11th-graders report that they've never spoken with their sexual partner(s) about preventing pregnancy.
- In a 2015 survey, 6% of college students in Minnesota reported taking no action to prevent unintended pregnancy.
- Ramsey County is not meeting the Healthy People 2020 target for youth who report using a contraceptive to prevent unintended pregnancy.

<sup>1</sup> Condom Effectiveness. Centers for Disease Control Web site. <https://www.cdc.gov/condomeffectiveness/index.html> Accessed April 2018.

<sup>2</sup> Minnesota Student Survey. Minnesota Department of Education Web site. <http://w20.education.state.mn.us/MDEAnalytics/Data.jsp>. Accessed October 9, 2017.

<sup>3</sup> College Student Health Survey Report 2015. University of Minnesota Web site. <https://safesupportivelearning.ed.gov/resources/2015-college-student-health-survey-report-health-and-health-related-behaviors-university> Accessed April 2018.

<sup>4</sup> Healthy People 2020. <https://www.healthypeople.gov/2020/data-search/search-the-data#topic-area=3521>. Accessed April 2018.

<sup>5</sup> Health Risks among Sexual Minority Youth. Centers for Disease Control and Prevention Web site. <https://www.cdc.gov/healthyyouth/disparities/smy.htm>. Accessed April 2018.

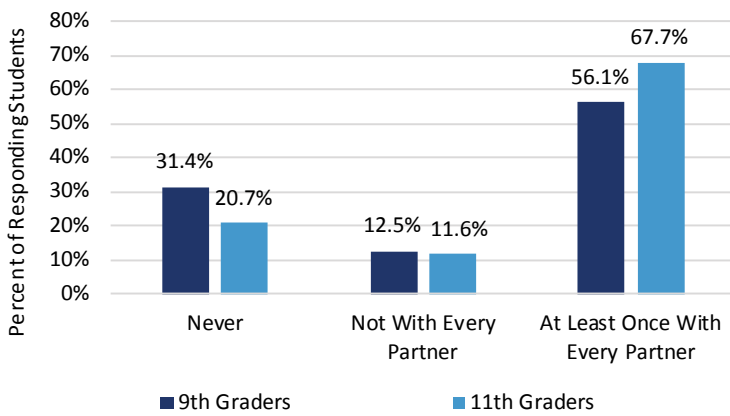
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effectiveness of a condom, they should not be reused or doubled up; should not be exposed to heat/friction (e.g., in wallet); and should not be used with oil-based products like baby oil, lotion, petroleum jelly or cooking oil.<sup>6</sup>

## WHAT RAMSEY COUNTY GOVERNMENT IS DOING

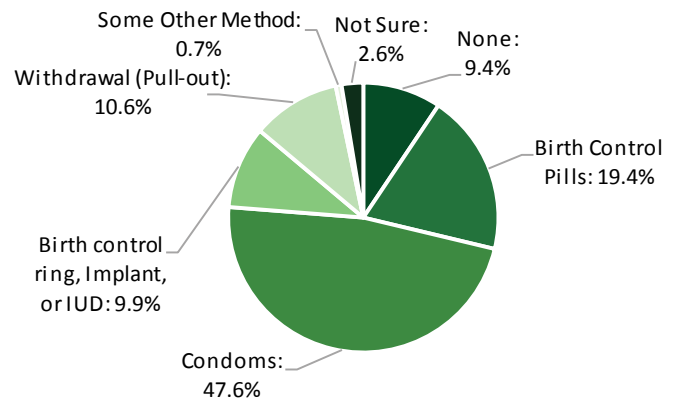
Through Clinic 555, Ramsey County offers confidential, low-cost sexual and reproductive health services for adults and teens. Clinic 555 Provides all medically accepted methods of birth control, physical exams, pregnancy tests and screening, diagnosis and treatment of sexually transmitted diseases and HIV. Sage services provide free annual Pap tests and mammograms for women age 40 and older. These services charge a sliding fee based on income and ability to pay.

Students Discussing Pregnancy Prevention with Partners(s), Ramsey County, 2016



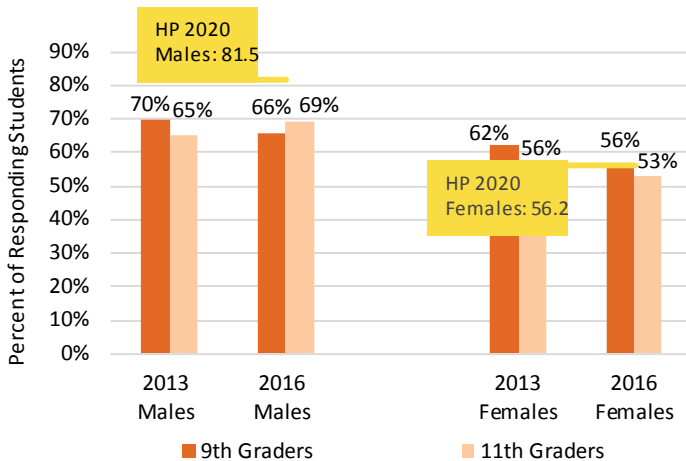
Source: Minnesota Student Survey. Minnesota Department of Education Web site.<sup>7</sup>

Birth Control Method Last Used by Sexually Active 11th graders, Ramsey County, 2016



Source: Minnesota Student Survey. Minnesota Department of Education Web site.<sup>7</sup>

Students Using a Condom at Last Sexual Intercourse, Ramsey County



Source: Minnesota Student Survey. Minnesota Department of Education Web site.<sup>7</sup>

<sup>6</sup> Condom Effectiveness. Centers for Disease Control Web site. <https://www.cdc.gov/condomeffectiveness/index.html> Accessed April 2018.

<sup>7</sup> Minnesota Student Survey. Minnesota Department of Education Web site. <http://w20.education.state.mn.us/MDEAnalytics/DataTopic.jsp?TOPICID=242>. Accessed April 2018.