

# Using Technology to Decrease Teen Pregnancy in Douglas, WY



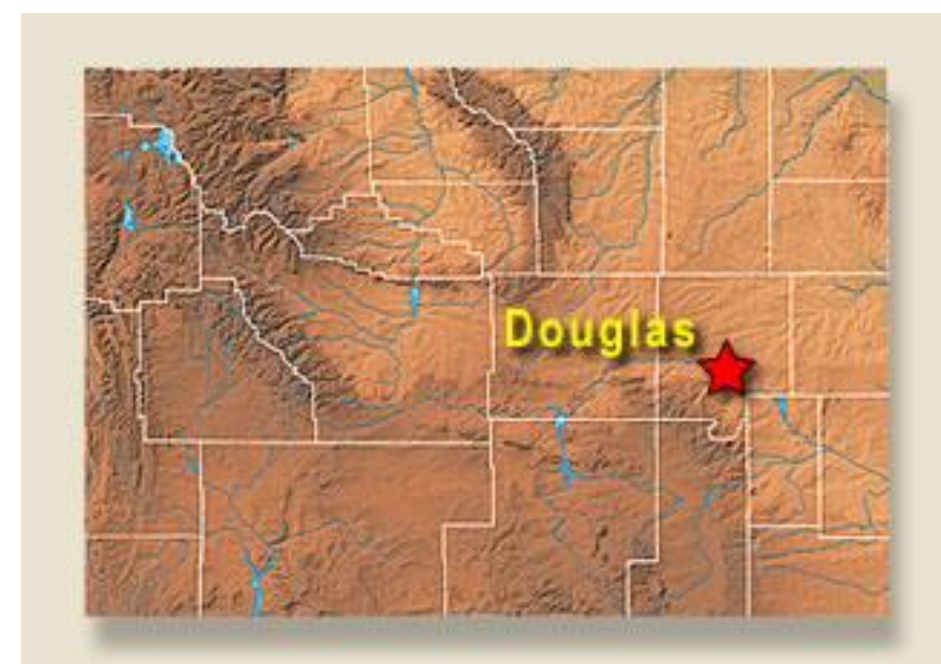
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## Hypothesis

- Reduce teen pregnancy in Douglas, WY through a text message service promoting long-term adherence to Depo-Provera injections

## Background

- Douglas is a conservative community reliant upon the energy industry

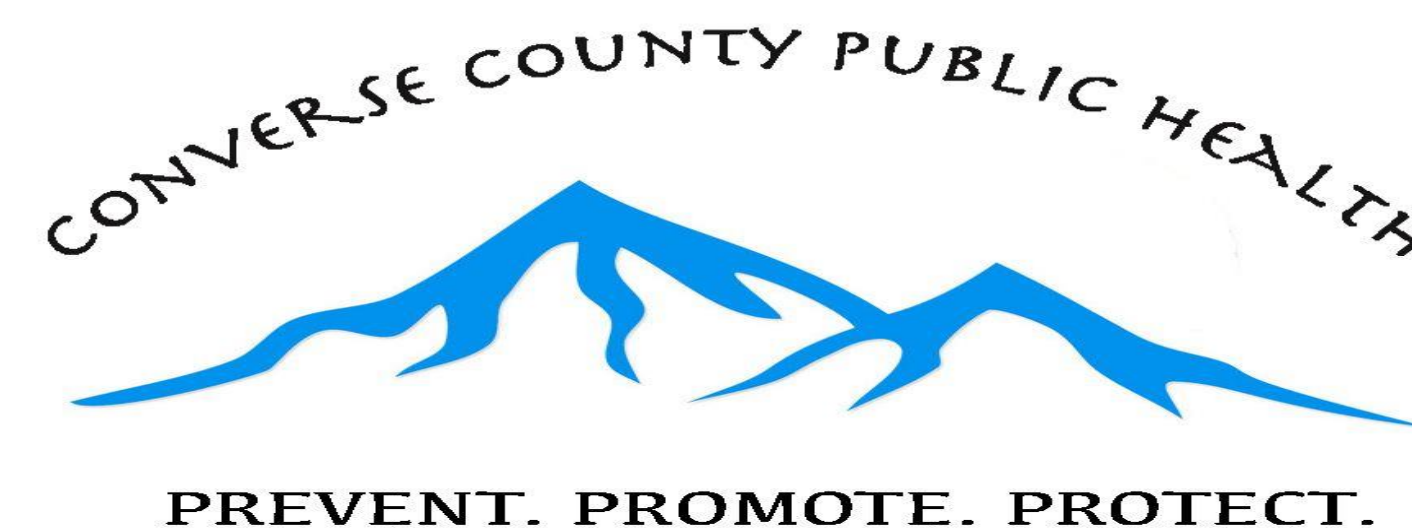


North Platte River running through River Side Park in Douglas, WY

- Douglas, Wyoming: 36 births per 1000 female population ages 15-19
- Wyoming average: 28 births per 1000 female population ages 15-19
- Providers report abstinence-only sexuality education provided in schools

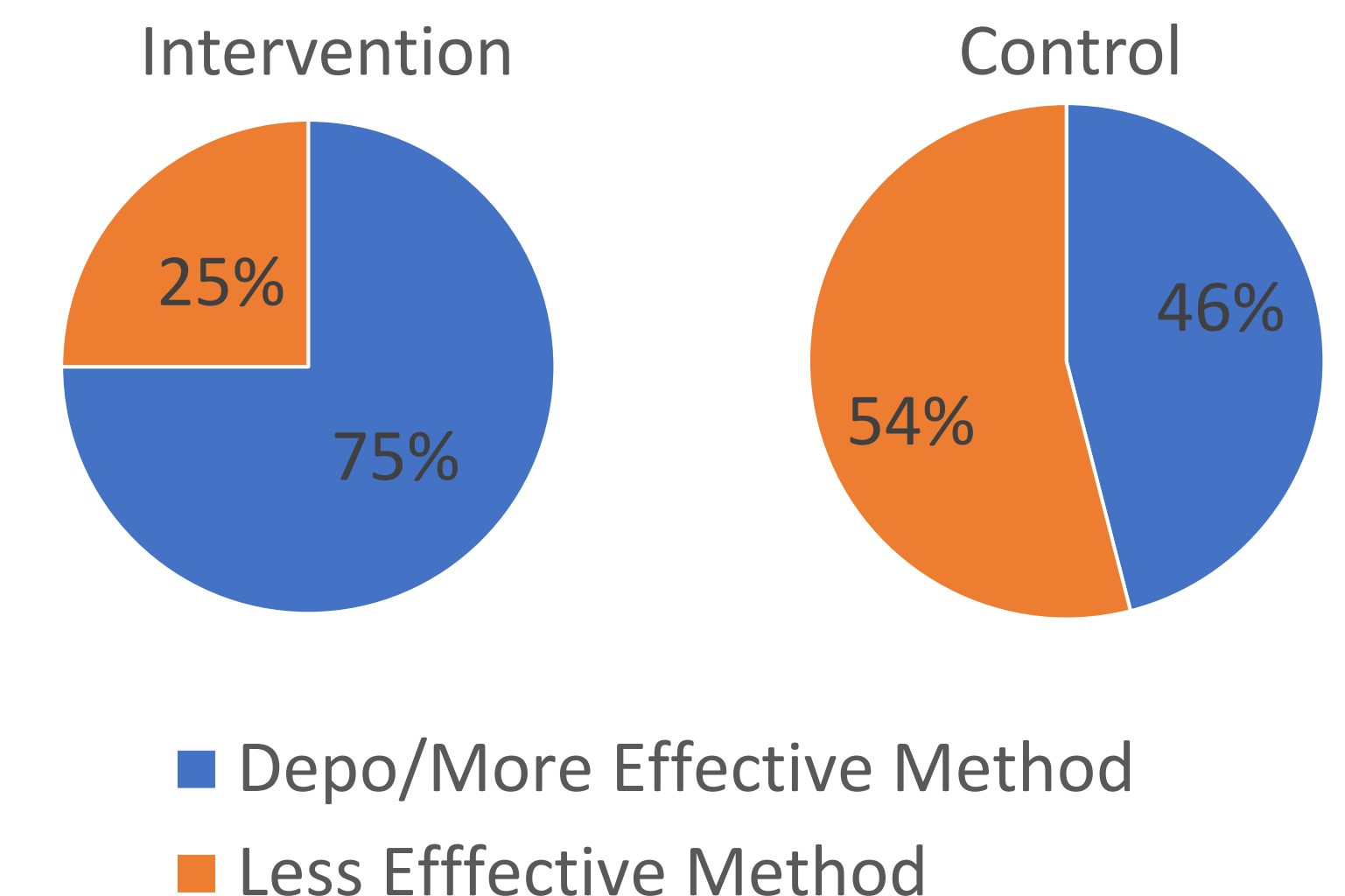
## Community Profile Assets

- Converse County Public Health is a local organization that provides contraceptive education and low-cost contraceptives
  - Recently working with schools to provide a more comprehensive approach to sexuality education
  - Offers Depo-Provera as a main form of contraceptives
- Other community assets
  - Converse Hope Center providing classes on Healthy Teen Relationships



## Literature Review

- Depo-Provera is an injectable contraceptive given every 3 months
- Text message reminder every 3 months for Depo-Provera injections has been shown to be an effective method to improve long-term adherence
  - Additional text messages encouraging healthy behaviors can be utilized



## Conclusions

- Using a text message to promote routine Depo-Provera injections could decrease teen pregnancy and increase healthy sexual practices
  - Capitalizes on a contraceptive already offered by Converse County Public Health
  - Offering additional sexual education could receive push back from a very conservative community
  - Need additional technology support to implement suggested intervention

Thank you to Converse County Public Health and Memorial Hospital of Converse County for all the help on this project.