

# Addressing Teenage Pregnancy in Torrington, WY

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## Hypothesis

- Providing contraception education to high school students and high-risk individuals on available birth control options will increase contraception use
- Subsequently, increased contraception use will lead to reduced rates of unplanned teen pregnancy

## Background

- Torrington, WY is located in Goshen County and has a population of 6,140
- Goshen County has a teen birth rate of 23.7 births per 1,000 women ages 15-19
  - U.S. teen birth rate is 18.8 births per 1,000 women ages 15-19
- Wyoming has the 16th highest teenage birth rate
- Comprehensive support for teenage parents is available through Wyoming Hand in Hand program and WIC
- Goshen County Public Health provides free STI/HIV and pregnancy testing but has no pregnancy prevention program
- Nearest Title X Family Planning Clinic is over 30 miles away
- Torrington Community Hospital has no NICU unit

## Literature Review

- The mean age of first sexual intercourse among females in the U.S. is 17 years
- Adverse perinatal outcomes are more common in teenage pregnancies
- Despite having higher pregnancy rates, there are fewer programs for rural youth and little guidance for implementing programs in these settings; however, school-based programs provide the widest reach
- Teen birth rates are highest in rural counties and lowest in large urban counties for non-Hispanic white, non-Hispanic black, and Hispanic females aged 15-19
- Improved contraceptive use appeared to be a greater contributor than changes in sexual activity to the decline in adolescent pregnancy rates

## Deliverables to Community

- Community partners include Goshen County Public Health, Torrington High School nurse, and The Wellness Wagon reaching individuals at home in areas surrounding Torrington
- Infographic posters and pamphlets given to all community partners

## Project Goals

- Contraception education: methods and efficacy
- Promote confidence in and the importance of contraception decision-making with healthcare providers

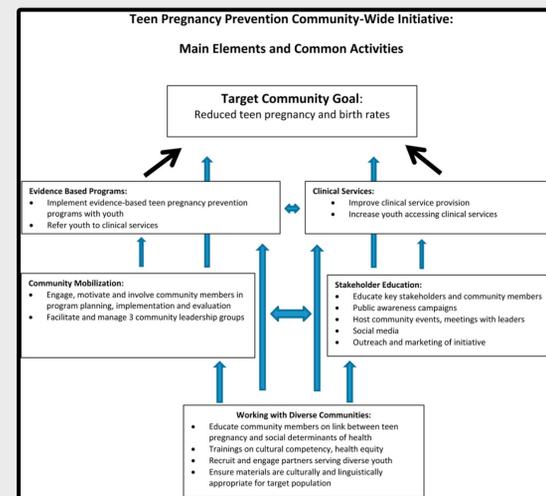


Figure 1. Key elements of a multicomponent, community-wide initiative

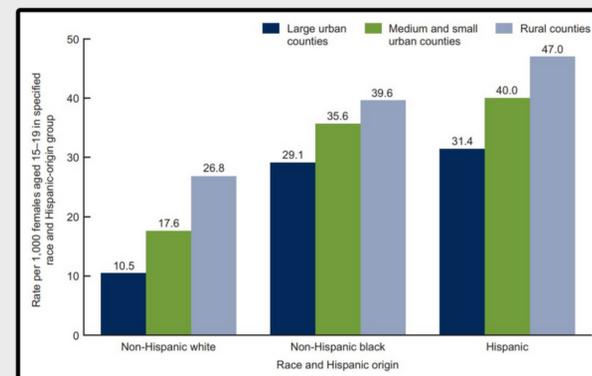
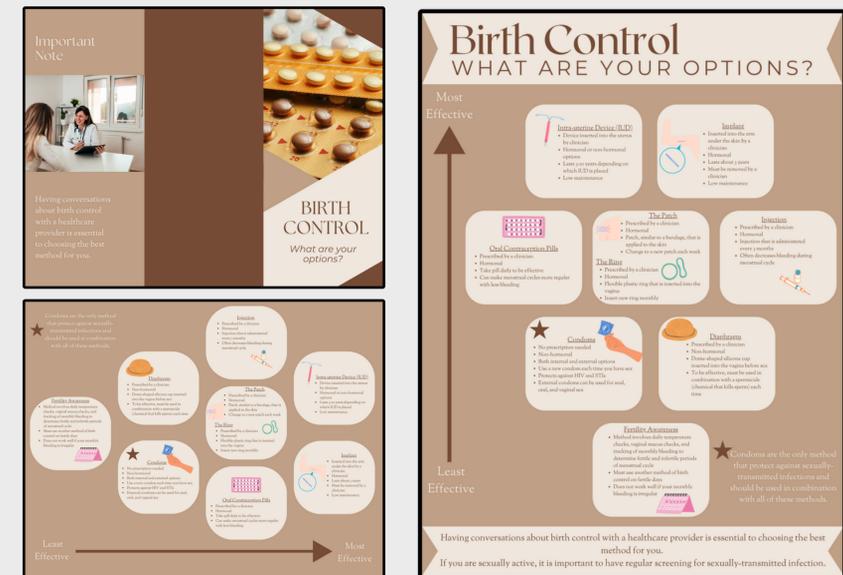


Figure 2. Teen birth rates by urbanization level of county

Table 1. Univariate analysis of adverse perinatal outcomes among adolescent pregnancies

	Teen Pregnancy (576,510)	Non-Teen Pregnancy (9,109,752)	P-value
GDM	2.06%	5.72%	<0.001
HSD	7.15%	6.32%	<0.001
PTB <37 weeks	9.06%	7.60%	<0.001
CD	19.14%	29.46%	<0.001
Chorioamnionitis	2.44%	1.60%	<0.001
STI	7.44%	1.88%	<0.001
SGA	13.97%	9.36%	<0.001
LGA	5.26%	9.64%	<0.001
Neonatal composite	10.80%	9.44%	<0.001
NICU	8.33%	7.41%	<0.001
APGAR <7	2.37%	1.67%	<0.001
Assisted ventilation	4.13%	3.63%	<0.001
Neonatal seizures	0.04%	0.03%	<0.001

\* Neonatal composite outcome defined as ≥ 1 outcome of NICU admission, APGAR score <7, assisted ventilation or neonatal seizures  
 \* Hypertensive spectrum disorder of pregnancy (HSD) defined as ≥1 gestational hypertension, preeclampsia, or eclampsia

Figure 3. Adverse perinatal outcomes among adolescent pregnancies

## Next Steps

- Disseminate to individuals who may be receiving STI/HIV/pregnancy testing at Goshen County Public Health or to those who ask for information
- Display posters in high school and distribute pamphlets as needed to reach desired age group
- Promote choosing a birth control method that fits each individual lifestyle and circumstances best with the partnership of a healthcare provider



Bluffs near Torrington, WY

