

LARC (Long Acting Reversible Contraceptive)

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Agenda

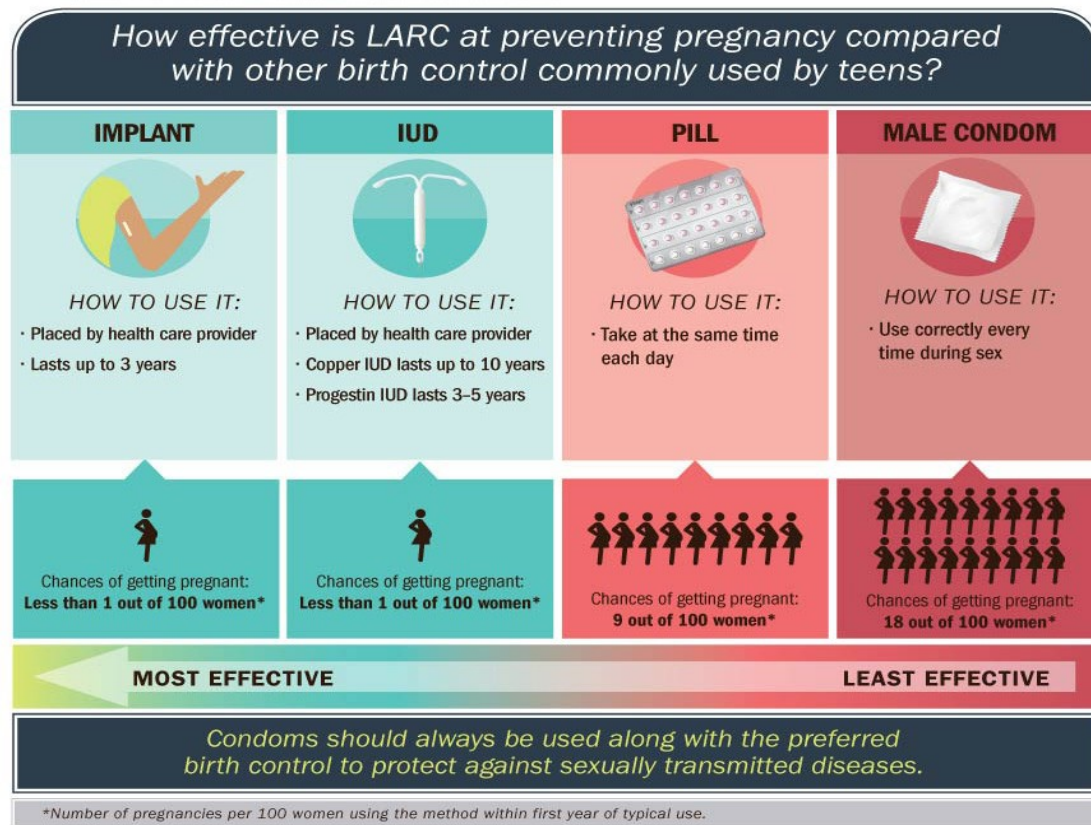
- Welcome + Introductions
- LARC Awareness Overview
- All About LARC
- Accessing LARC
- Providers Promoting LARC
- Resources

LARC Awareness Overview

- Intrauterine devices (IUDs) and implants, known as Long-Acting Reversible Contraception (LARC), are the most effective types of birth control for teens.
- LARC is safe to use, does not require taking a pill each day, and can prevent pregnancy for 3 to 10 years, depending on the method. Less than 1% of LARC users would become pregnant during the first year of use.
- More than 273,000 infants were born to teens ages 15 to 19 in 2013. However, teens most often use condoms and birth control pills, which are less effective at preventing pregnancy when not used consistently and correctly.

All About LARC

How effective is LARC at preventing pregnancy compared with other birth control commonly used by teens?



SOURCE: Trussell J., Contraception, May 2011; www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm

All about LARC

THE IUD IS
99%*
EFFECTIVE
AT PREVENTING
PREGNANCY.
THAT'S **ONE** LESS THING
TO WORRY ABOUT.
MAYBE THE IUD
IS RIGHT FOR YOU.

NYC Health

The Implant

It lasts for 3 years.
It's easy to use.
No one can tell you're using it.

How Good is That Birth Control

A look at the most and least effective ways to prevent pregnancy

MOST EFFECTIVE	LEAST EFFECTIVE
<p>HORMONAL IUD</p>	<p>RING</p>
<p>IMPLANT</p>	<p>PATCH</p>
<p>COPPER IUD</p>	<p>INJECTABLE</p>
<p>Less than one pregnancy per 100 women in a year</p>	<p>CONDOM</p>
	<p>PILL</p>
	<p>PULLING OUT</p>
	<p>NATURAL FAMILY PLANNING</p>
	<p>18 or more pregnancies per 100 women in a year</p>

Source: CDC

Graphic by Heather Jones for TIME

Accessing LARCs

Use of Long-Acting Reversible Contraception (LARC) is low

- Less than 5% of teens on birth control use LARC
- Most teens use birth control pills and condoms, methods which are less effective at preventing pregnancy when not used properly
- There are several barriers for teens who might consider LARC
- Some teens mistakenly think they cannot use LARC because of their age

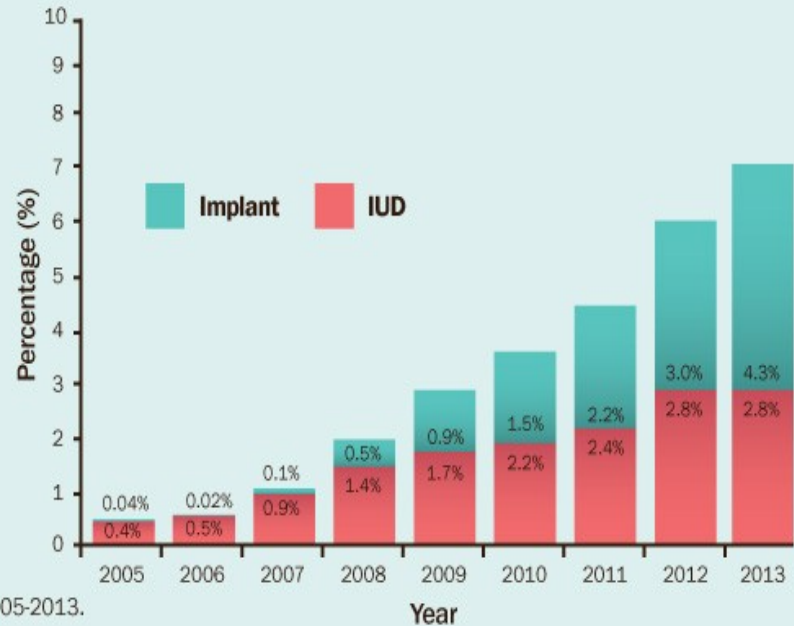
Clinics also report barriers

- High upfront costs for supplies
- Providers may lack awareness about the safety and effectiveness of LARC for teens.
- Providers may lack training on insertion and removal

Accessing LARCs

Providers can take steps to increase awareness and availability of LARC.

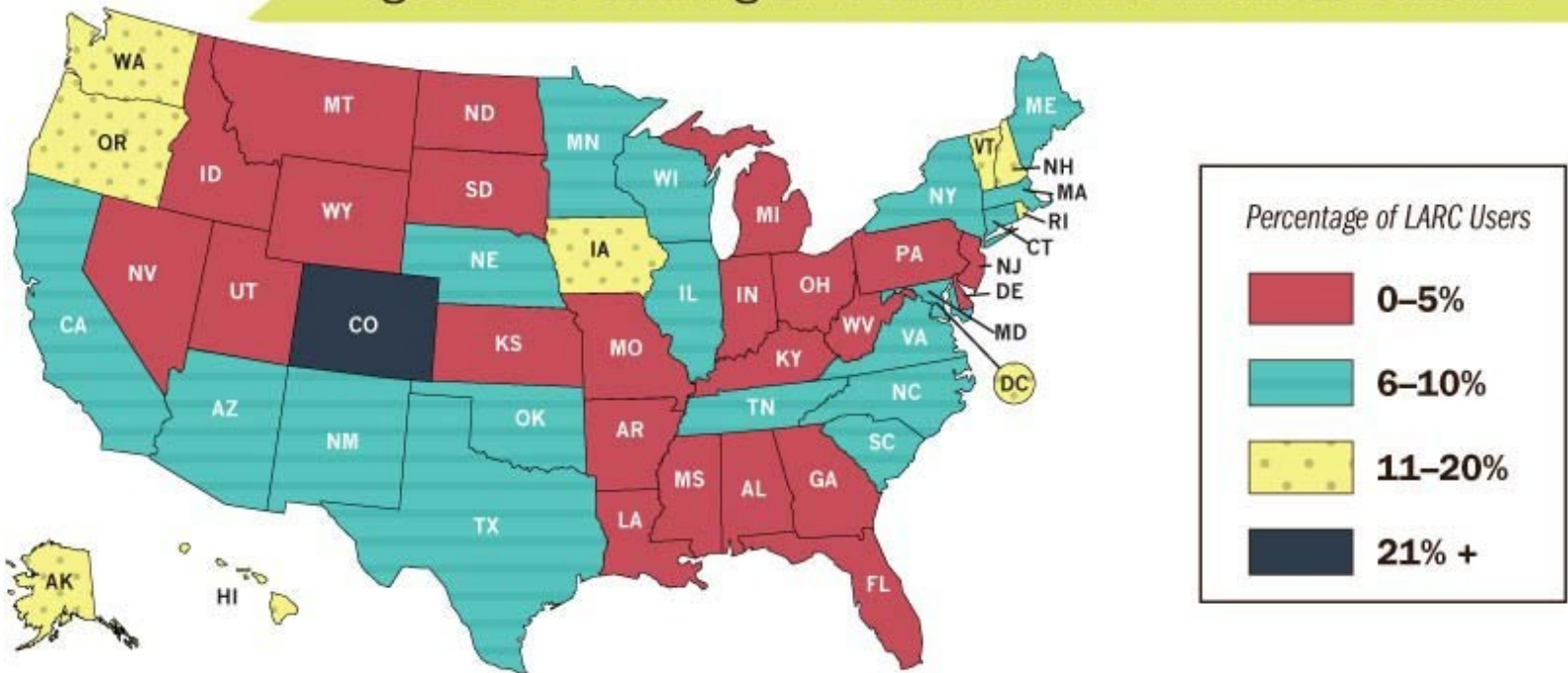
LARC use among teens ages 15-19 seeking birth control at Title X-funded centers



SOURCE: Title X Family Planning Annual Reports, United States, 2005-2013.

Accessing LARCs

How does use of LARC vary by state among teens ages 15-19 seeking birth control at Title X-funded centers?



SOURCE: Title X Family Planning Annual Report, United States, 2013

Accessing LARCs: California

Contraceptive Coverage Equity Act

- Becomes CA state law January 1, 2016
- Plans must cover ALL FDA-approved contraceptive methods
- Plans cannot require step therapy

CFHC will focus messaging on promoting CCEA

California partners: Please include this messaging



Doctors, nurses, and other healthcare providers can:

- Encourage teens not to have sex.
- Recognize LARC as a safe and effective choice of birth control for teens
- Offer a broad range of birth control options to teens, including LARC, and discuss the pros and cons of each
- Seek training in LARC insertion and removal, have supplies of LARC available, and explore funding options to cover costs.
- Remind teens that LARC by itself does not protect against sexually transmitted diseases and that condoms should also be used every time they have sex.

Resources

- www.lovemylarc.org
- www.safeandeffective.org