



# LARC 101: LARC & Lunch

TAKE  
CONTROL  
INITIATIVE 



# Lunch & LARC: Trivia

**How many do you know (without help from our best friend, Google)?**

1. What does LARC stand for?
2. What is the key chemical element in the non-hormonal IUD?
3. What is Oklahoma's national rank for teen births?
4. What percentage of unintended pregnancies occur while using a method of contraception?
5. Can you draw where an IUD is located?



TAKE  
CONTROL INITIATIVE ♀



**Laura Bellis**

Program Director

**Gaby Ortega**

Communications Coordinator

**TCI**



# About Us

The **Take Control Initiative** (TCI) empowers women and families with the choice of when to have children through highly effective, low maintenance contraception.

We provide **education**, **outreach** and free **clinical services** for IUDs and the Implant.

Qualifications:

- Female of reproductive age
- Live in Tulsa County
- At or below 250% of the Federal Poverty Level

- TCI aims to reduce teen and unintended pregnancy
- Focus on prevention and reducing barriers to services
- Educate on all methods of contraception
- Partner with Tulsa County clinics to provide free services for long acting reversible contraception (LARC)

## Insertion and removal of device

### IUDs:

Mirena - 5 years

Skyla - 3 years

Kyleena

Liletta - Currently 3 years

ParaGard - 10 years

### Implant:

Nexplanon - 3 years

STD & Pregnancy Test





# History

# Contraceptive CHOICE Project

## ♀What is it?

St. Louis offered women free contraception for 3 years if they switched methods ( no method to a method or from one method to another)

## ♀Results:

When counseled about all methods of birth control, 75% of women chose either an IUD or the implant.

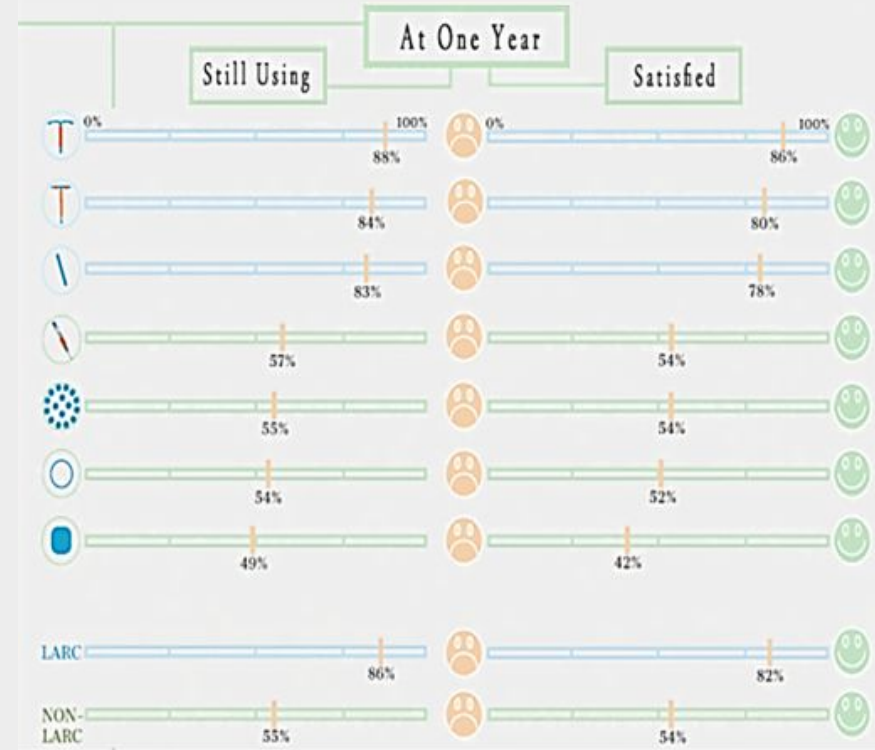


## Results for women using LARC methods:

♀ 86% were still using the method at 1 year

♀ Highest satisfaction at their one-year follow-up

♀ Lowest unintended pregnancy rates during year 1, year 2, and year 3 compared to non-long-acting method

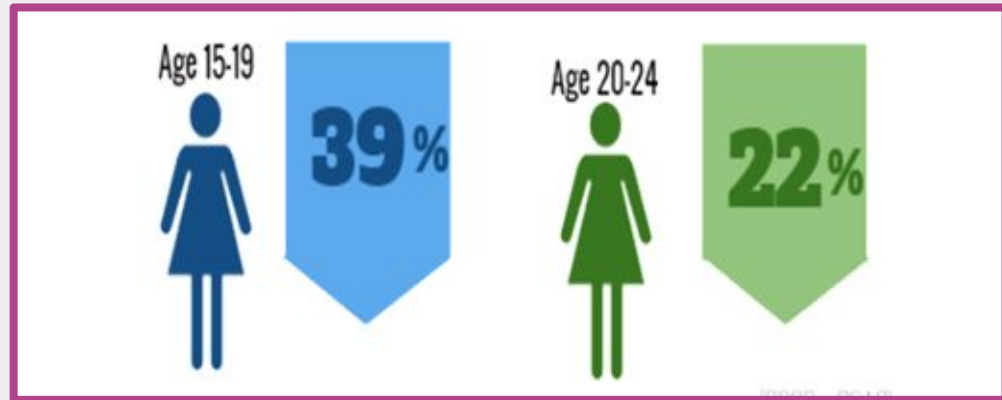


## ♀What is it?

Teenagers and low-income women were offered free IUDs and implants.

## ♀Results:

Birth rate among low-income women with Title X providers dropped significantly from 2009-2013.



# Colorado Family Planning Initiative

**♀By 2009:**

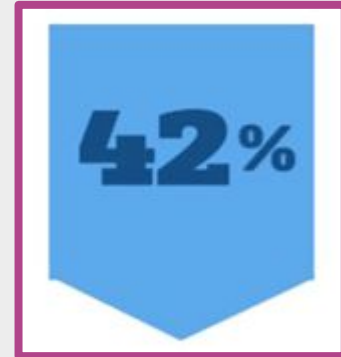
½ of first births to low-income women happened before turning 21.

**♀By 2014:**

½ of first births to low-income women did not occur until the women turned 24.

**♀Between 2009 – 2013:**

Abortion rate fell 42% among women ages 15-19.



# Teen Birth Rates Girls Aged 15-19, 2014

♀ National: **22.3** births per 1,000

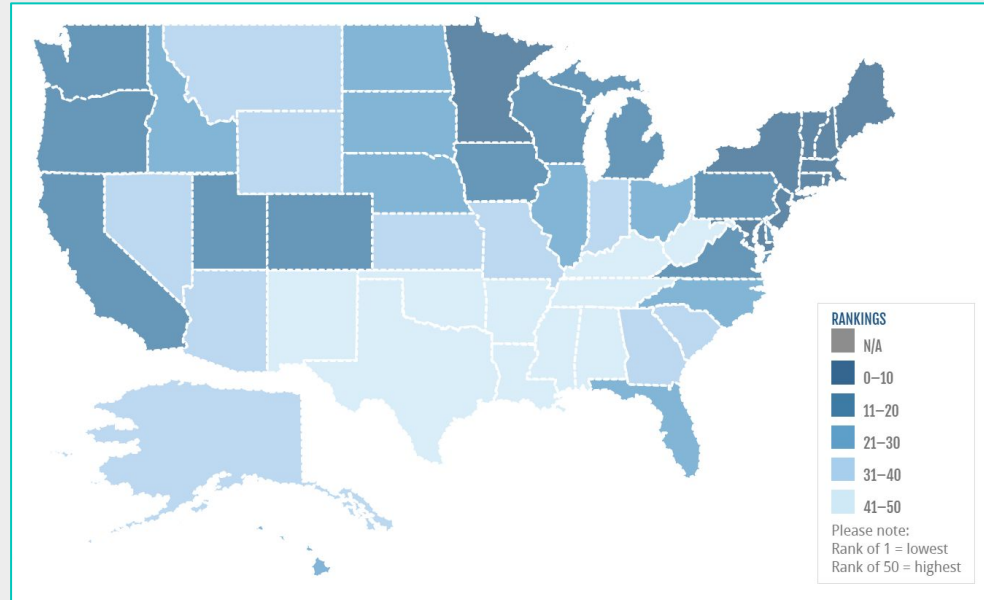
♀ Oklahoma: **34.8** births per 1,000

## State Rankings:

**#1** Massachusetts

**#49** Oklahoma

**#50** Arkansas



- ♀ Oklahoma ranks **2nd** in the nation for highest rate of teenage births
- ♀ About **51%** of all pregnancies are unplanned in Oklahoma
- ♀ About **50%** of unplanned pregnancies occur while using a form birth control
- ♀ Teen Pregnancy costs taxpayers in Oklahoma **\$169 million** every year



**LARC**



# What is LARC?

Long Acting Reversible Contraception

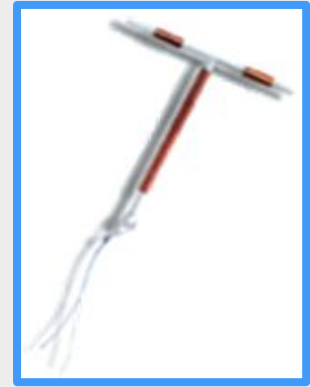
♀ LARC is defined as birth control methods that require less than monthly administration, that users do not have to think about regularly

♀ LARC options through the Take Control Initiative include the arm implant and IUDs that are effective between 3 – 10 years



# LARC Devices

- ♀ **Mirena IUD** – Effective up to 5 years
- ♀ **Kyleena IUD** – Effective up to 5 years
- ♀ **Skyla IUD**– Effective up to 3 years
- ♀ **Liletta IUD**– Currently approved for up to 3 years
- ♀ **ParaGard IUD** – Effective up to 10 years
- ♀ **Nexplanon Implant**– Effective up to 3 years
- ♀ **Depo Injection** (3 months)



# LARC is...

- ♀ The most effective form of reversible birth control
- ♀ Over 99% effective at preventing pregnancies
- ♀ Discreet and safe

# How can LARC help?

- ♀ Helps prevent unintended pregnancy
- ♀ Great tool for healthy birth spacing
- ♀ Increases likelihood of healthy outcomes for both mother and infant
- ♀ Can be placed immediately postpartum

Unintended pregnancy can lead to:



- Depression
- Physical abuse
- Diabetes
- Obesity



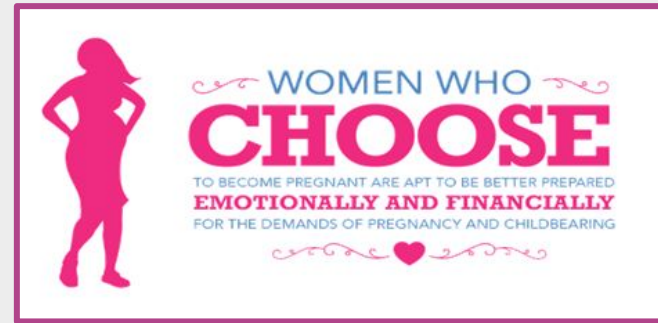
- Poor physical & mental health
- Child abuse
- Lower educational attainment

# How can LARC help?

♀ Empowers women with the choice of when to have children:


♀ Helps women obtain goals such as:

- School
- Career
- Financial Stability
- Family



# BIRTH CONTROL HELPS

## WOMEN SUCCEED



When women have access to contraceptives, they're able to make the right choices for their families, and live longer, healthier lives.

In fact, enabling women to plan and space their pregnancies leads to...

Better education.

More job opportunities.

And economic security.

But still,  
**222 MILLION**  
women around the world want to prevent pregnancy but aren't taking contraceptives.

The good news is,

## 91% OF AMERICANS

believe "every woman on the planet deserves access to quality maternal and reproductive health care." So what are we waiting for?

## SHARE THIS!

If you think every women deserves access to contraceptives!

### SOURCES:

Population Action International (2013, June). Dollars and Sense: The Case for Contraception. Retrieved from: <http://populationaction.org/videos/dollars-and-sense-the-case-for-contraception-2/>

Guttmacher (2013, June). Adding It Up: Costs and Benefits of Contraceptive Services. Retrieved from: <http://www.guttmacher.org/pubs/AU-2013-estimates.pdf>

Harris Interactive. September 14 - 16, 2010. Americans for UNFPA Women's Global Health Survey. Hard copy.

Population Action  
INTERNATIONAL  
HEALTHY FAMILIES HEALTHY PLANET

- ♀ LARC methods have few contraindications
- ♀ Almost all women, including teens and nulliparous, are medically eligible for the implant and IUDs
- ♀ User satisfaction and high continuation rates
- ♀ More cost-effective at preventing pregnancy than short-acting reversible methods

## LARC has few contraindications

### Medical Eligibility Criteria for Contraceptive Use

<b>Key:</b>	
<b>1 No restriction (method can be used)</b>	<b>3 Theoretical or proven risks usually outweigh the advantages</b>
<b>2 Advantages generally outweigh theoretical or proven risks</b>	<b>4 Unacceptable health risk (method not to be used)</b>



Method	% of Women Experiencing an Unintended Pregnancy Within the First Year of Use		% of Women Continuing Use at 1 Year <sup>c</sup>
	Typical Use <sup>a</sup>	Perfect Use <sup>b</sup>	
No method	85	85	—
Spermicides (foams, creams, gels, suppositories, and film,)	28	18	42
Fertility awareness-based methods	24	—	47
Withdrawal	22	4	46
Condom			
Female	21	5	41
Male	18	2	43
Diaphragm	12	6	57
Combined pill and progestin-only pill	9	0.3	67
Contraceptive patch	9	0.3	67
Contraceptive ring	9	0.3	67
DMPA injection	6	0.2	56
IUD			
Copper T	0.8	0.6	78
Levonorgestrel	0.2	0.2	80
Single-rod contraceptive implant	0.05	0.05	84
Female sterilization	0.5	0.5	100
Male sterilization	0.15	0.10	100

American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

POLICY STATEMENT

# Contraception for Adolescents

**Pediatricians should be able to educate adolescent patients about LARC methods, including the progestin implant and IUDs. Given the efficacy, safety, and ease of use, LARC methods should be considered first-line contraceptive choices for adolescents.**

**Program**

## Insertion and removal of device

### IUDs:

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Skyla - 3 years

Kyleena

Liletta - Currently 3 years

ParaGard - 10 years

### Implant:

Nexplanon - 3 years

STD & Pregnancy Test



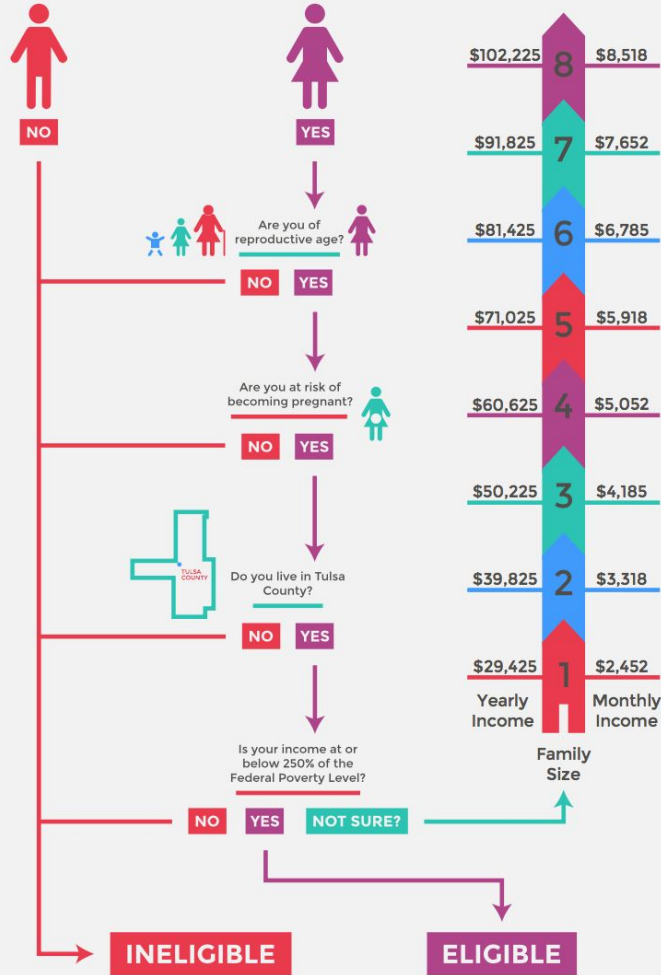
♀ Pap Smears

♀ Well Woman Exams

♀ String Checks

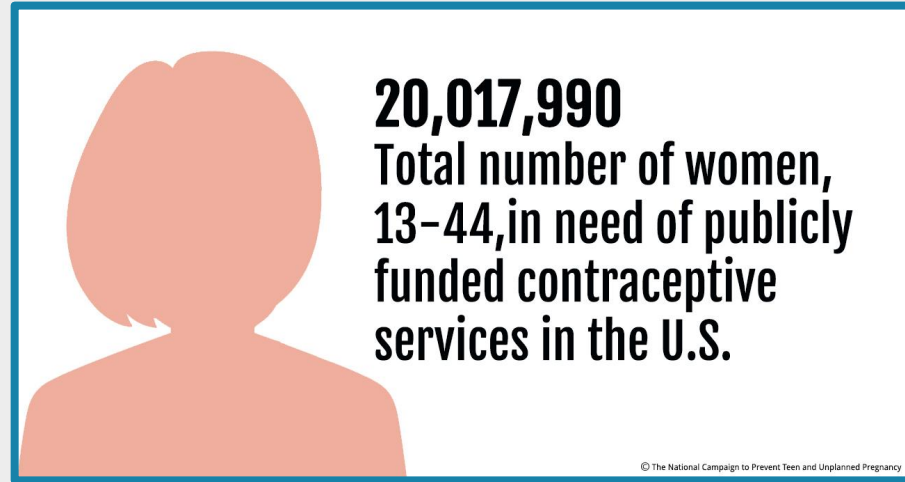
# WHO IS ELIGIBLE FOR THESE CLINICAL SERVICES?

(You must meet all criteria)



- ♀ Tulsa Health Department (5 locations)
- ♀ Morton Comprehensive Health Services (2 locations)
- ♀ OU Tulsa – Women’s Health Care Specialists
- ♀ OU Tulsa – Family Medicine
- ♀ Indian Health Care Resource Center
- ♀ Planned Parenthood of the Great Plains
- ♀ Community Health Connection (2)
- ♀ OSU Physicians – OB/GYN
- ♀ OSU Women’s Health

- ♀ Offer same day service when possible
- ♀ Offer patient-centered contraceptive counseling
- ♀ Data tracking
- ♀ Participate in TCI training





- 1<sup>st</sup> - Private Insurance & Medicaid
- 2<sup>nd</sup> - Take Control Initiative
- 3<sup>rd</sup> - Title X

TCI provides **comprehensive education sessions covering the full range of methods for groups and an education module online.**

## Outreach Materials Available:

- ♀ Brochures, Posters, and Bedsider sheets (in English, Spanish, Burmese, and Zomi)
- ♀ Social Media: TCI website, Facebook, Instagram, Twitter
- ♀ Sexual Health Rights for Teens (compliments of the Tulsa Campaign)
- ♀ Gold Uterus Temporary Tattoos



**Education**

**The Condom Project**

**Volunteer Program**

**Social Media Strategies**



**Data**

**13,383** women have received LARC in a TCI participating clinic since 2010.

In 2016 **~2,000** women and families were reached by TCI through education sessions and health fairs.

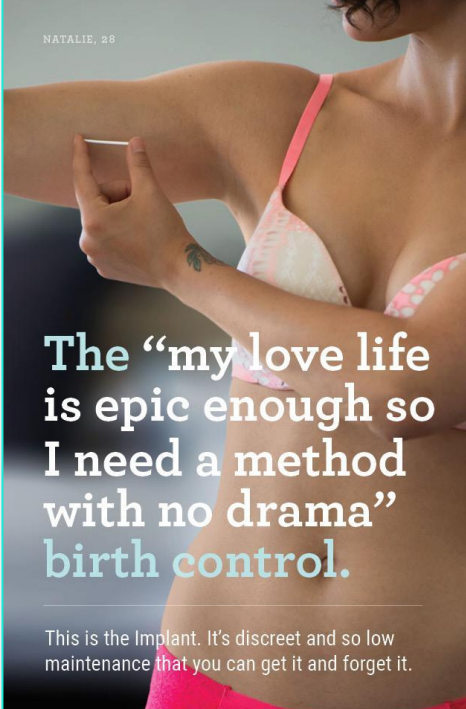


The “it’s ready-to-go 24/7 and knows me better than Netflix” birth control.



← This is the Implant. A low maintenance method that fits discreetly in your arm for reliable protection.


NATALIE, 28



The “my love life is epic enough so I need a method with no drama” birth control.

This is the Implant. It’s discreet and so low maintenance that you can get it and forget it.

JAYLA, 26



The “your body is awesome just the way it is” birth control.

This is an IUD. No hormone & low hormone options mean less messing around with your system. Sex will feel the same. You’ll feel the same.

LEARN MORE STUFF AT: [whoopsproof.org](http://whoopsproof.org)

There was a **41.5% increase in teens 13-19** receiving TCI funded LARC in 2016.

This increase in teen LARC use also correlate with increased social media spending.



**From  
2009-2015  
Tulsa's teen  
birth rate  
plummeted**

**40.9%**



# County Comparison

Declines in teen birth rates from 2009 to 2013 were more dramatic in Tulsa County, TCI's program area, than in Oklahoma County.

Births per 1000 for 15-17-year-olds decreased 10.2% more in Tulsa than in Oklahoma County and births per 1000 for 18-19-year-olds decreased 21.2% more in Tulsa than in Oklahoma County.

Data in 2014 indicates Oklahoma County is having sharper declines in the teen birth rate than in the past. This is likely due to increased activity to prevent teen pregnancy, including some LARC work.

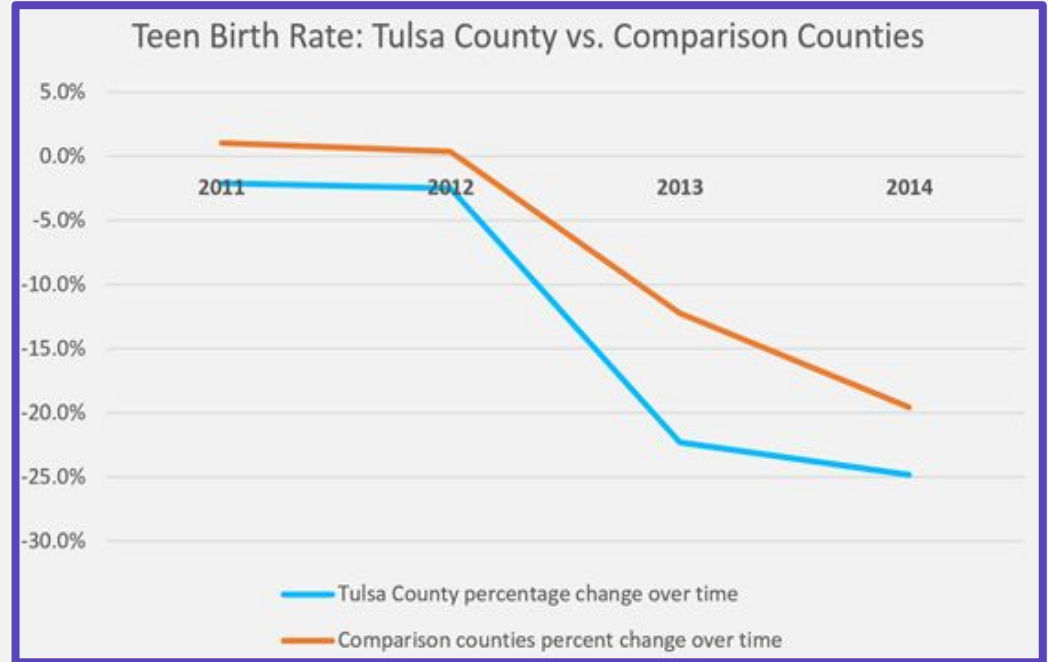
## Teen Birth Rates: Tulsa County vs. Oklahoma County



# County Comparison

According to Oklahoma Policy Institute, from 2011\* to 2014, Tulsa County's teen birth rate decreased by 24.8%, compared to an average decrease of 19.5% among 18 demographically-similar counties without LARC programs.

Since TCI began, Tulsa's teen birth rate dropped by **27%** more than the comparison counties



[This graph is too big so click here](#)



# **LARC Methods**

# HOW WELL DOES BIRTH CONTROL WORK?

What is your chance of getting pregnant?



Really, really well



The Implant  
(Nexplanon)

Works, hassle-free, for up to...

3 years



IUD  
(Skyla)

3 years



IUD  
(Mirena)

5 years



IUD  
(ParaGard)

12 years



Sterilization,  
for men and women

Forever

No  
hormones



Less than 1 in 100 women



Okay



The Pill

For it to work best, use it...

Every. Single. Day.



The Patch

Every week



The Ring

Every month



The Shot  
(Depo-Provera)

Every 3 months



6-9 in 100 women,  
depending on method



Not so well



Withdrawal



Diaphragm



Fertility  
Awareness

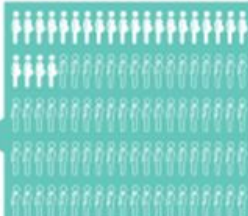


Condoms,  
for men and women

Needed  
for STI  
protection

Use with  
any other  
method

For each of these methods to work, you or your partner have to use it every single time you have sex.



12-24 in 100 women,  
depending on method

# The Implant

> 99% Effective  
Lasts 3 years

♀ The Nexplanon or Implant is a little matchstick-sized rod that is inserted *under* the skin of your upper arm.

♀ It's a soft, flexible plastic that releases a very low dose of Progestin.

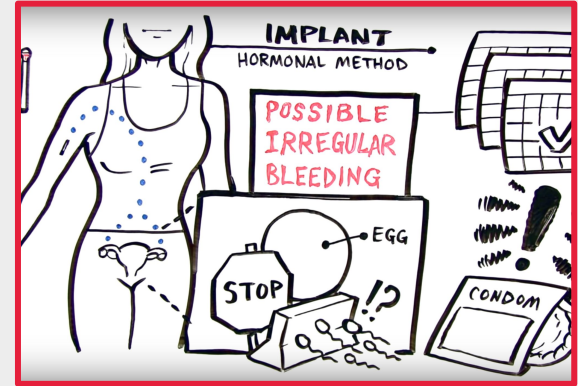
♀ Radio Opaque



# The Implant

## How does it work?

- ♀ Releases a small dose of hormone that keeps your ovaries from releasing eggs
- ♀ Thickens the cervical mucus which helps block sperm from reaching the egg
- ♀ Decreases the lining of the uterus which is why your period lighter.





# The Implant

## Things to Keep in Mind

♀ Back up birth control method (condoms) is needed for the first 7 days after insertion

♀ Does not protect against STDs

♀ Estrogen-free

♀ Different experiences for everyone

♀ Safe to use while breastfeeding

♀ Rapid return to fertility after removal

♀ Spotting can occur - most common side effect

It's important to remind patients that they need to give their bodies **3 to 6 months** to adjust to any form of hormonal birth control.

# The Implant

> 99% Effective  
Lasts 3 years

## Who can use the Implant?

Females of reproductive age:

- ♀ Not currently pregnant
- ♀ Can use Nexplanon whether or not you currently have an STD
- ♀ Relationship status does not affect Nexplanon eligibility



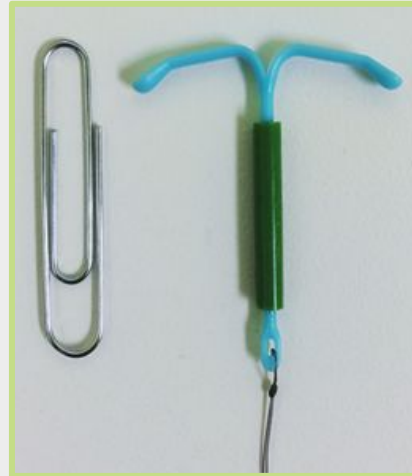
# Mirena

> 99% Effective  
Lasts 5 years

♀ Intrauterine device, it's a long-acting reversible contraceptive method that is placed inside the uterus.

♀ Small, t-shaped piece of soft flexible plastic that releases progestin

♀ Treats menorrhagia otherwise known as heavy menstrual bleeding.



# Kyleena

> 99% Effective  
Lasts 5 years

- ♀ Kyleena is a smaller version of Mirena
- ♀ It releases a smaller dose of Progestin
- ♀ Lower dose of hormones means higher chance for a period compared to Mirena
- ♀ Does not protect against STDs



# Skyla

> 99% Effective  
Lasts 3 years

- ♀ Skyla is also a smaller version of Mirena
- ♀ Slightly smaller and narrower in diameter than Mirena
- ♀ It releases a smaller dose of progestin, a little less than Kyleena
- ♀ Lower dose of hormones means higher chance for a period compared to Mirena



# Liletta

> 99% Effective  
Lasts 3 years

♀ Intrauterine device, it's a long-acting reversible contraceptive method that is placed inside the uterus.

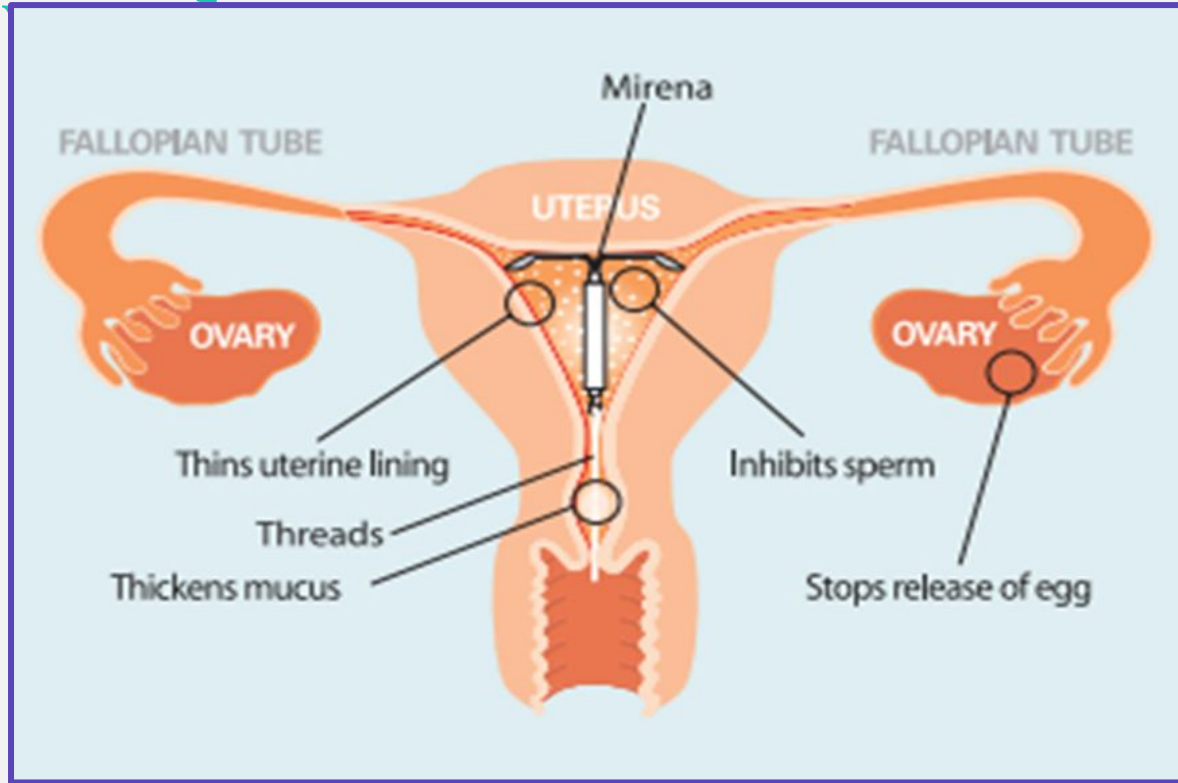
♀ Small, t-shaped piece of soft flexible plastic that releases Progestin

♀ Does not protect against STDs/STIs.

♀ Treats menorrhagia otherwise known as heavy menstrual bleeding.



# How Hormonal IUDs



NAME	HORMONE	DOSE	APPROVED FOR
ParaGard	N/A, uses copper	N/A	10/12 years*
Mirena	levonorgestrel	20 mcg/day (52 mg total in the device)	5/7 years*
Liletta	levonorgestrel	18.6 mcg/day (52 mg total)	3/5 years*
Kyleena	levonorgestrel	17.5 mcg/day (19.5 mg total)	5 years
Skyla	levonorgestrel	14 mcg/day (13.5 mg total)	3 years



# Hormonal IUDs

## Things To Keep In Mind

- ♀ Does not protect against STDs
- ♀ Back up birth control method (condoms) is recommended for the first 7 days after insertion
- ♀ Extremely effective
- ♀ Rapid return to fertility after removal
- ♀ Can be inserted any time during menstrual cycle
- ♀ Can be inserted immediately after postpartum
- ♀ Treats menorrhagia (Mirena and Liletta Only)
- ♀ Different experiences for everyone



# ParaGard

> 99% Effective  
Lasts 10 years

- ♀ Little, T-shaped device, placed in uterus
- ♀ Made of plastic and a small amount of natural, safe copper.
- ♀ 100% hormone-free
- ♀ Does not alter your periods
- ♀ Also used for Emergency Contraception



# ParaGard

## Things To Keep In Mind

- ♀ Good for 10 years
- ♀ Discreet, low-maintenance
- ♀ Extremely effective
- ♀ No hormones
- ♀ Continued regular periods
- ♀ Possible heavier, crampier periods
- ♀ No protection against STDs



# Dispelling Myths about IUDs

## IUDs can be safely used in...

- ♀ Women with multiple partners
- ♀ Teens
- ♀ Women who are immediately postpartum
- ♀ Women with a history of STI or PID
- ♀ Women who have or haven't had children
- ♀ Women with a history of ectopic pregnancy
- ♀ Do not *currently* have PID, gonorrhea, or Chlamydia
- ♀ Currently breastfeeding



# Talking Points Toolkit

We have to initiate and normalize the dialogue.

Providing the opportunity to talk about birth control in a proactive and positive way is empowering.

## Talking Points Toolkit:

Myth vs. Fact cards

Phone wallet

Gold uterus tattoo

PATH questions card

IUD (not for human use)

Flash Drive



TCI brochure pdf

TCI referral process pdf

TCI qualifications pdf

Bedsider sheet pdf

CDC Medical Eligibility

Criteria pdf

This powerpoint

## What is the goal?

To increase LARC use? To stop unintended pregnancy?

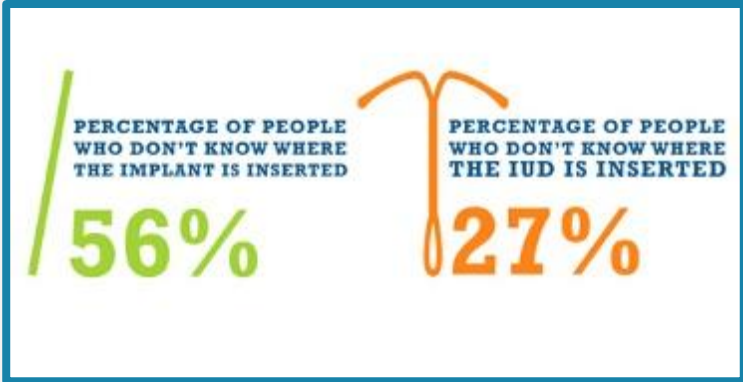
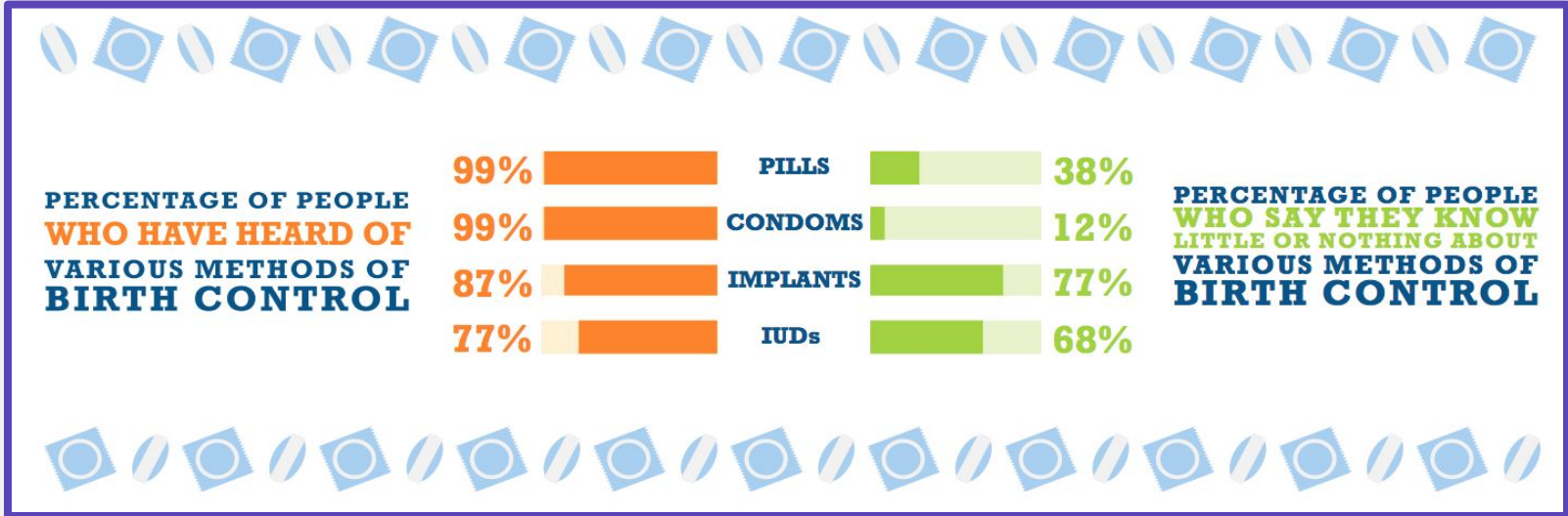
## The goal is to:

- Help her figure out what she wants
- Clarify what she wants
- Help her get what she wants



What is your role?

# Most women know very little about IUDs and Implants.



**Long-lasting? Yes, but emphasize low-maintenance.**




**Most young women want a baby at some point. When talking about low-maintenance methods, be positive about pregnancy and stress that the Implant and IUDs are reversible.**



Long-acting birth control available to women at no cost.\*

INSURANCE COMPANY NAME	COVERAGE TYPE
MEMBER NAME: JANE DOE MEMBER NUMBER: XXX-XX-XXX	EFFECTIVE DATE: XX-XX-XXXX
GROUP #: XXXXXX-XXX-XXX	PRESCRIPTION GROUP #: XXXXX
PCP CO-PAY: \$15.00 SPECIALIST CO-PAY: \$25.00 EMER. ROOM CO-PAY: \$75.00	PRESCRIPTION CO-PAY \$15 GENERIC \$20 NAME BRAND
MEMBER SERVICES: 1-800-XXX-XXXX CLAIMS/INQUIRIES: 1-800-XXX-XXXX	

 SoonerCare  
Medical I.D. Card  
oklahoma  
health care  
authority

ID: 123456789

FIRST M. LAST

## PATH Questions

**P**regnancy

**A**ttitude

**T**iming

**H**ow Important

Do you think you might like to have (more) children some day?

When do you think that might be?

How important is it to you to prevent pregnancy (until then)?

## Opening Lines:

- Do you want to have a baby this year?
- What are your plans for the future?
- Would your future plans change if you became pregnant (again)?
- Have you thought about where kids might fit in?
- What are you doing about birth control?
- What's important to you about your method?
- Are you familiar with IUDs and the Implant?

## Bringing-up methods:

**What not to ask:** “What method are you interested in?”

They will feel like it's their job to give answer, even if they don't know

### **Instead Ask:**

- Do you have a sense of what is important to you about your method?
- Do you have a sense of what you are looking for?
- There are methods you take every day, once a month, once every 3 months, etc...." Do any of those time frames interest you?

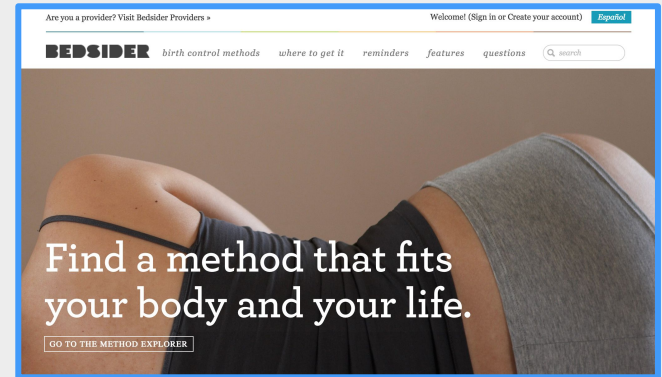


## Address questions and myths:

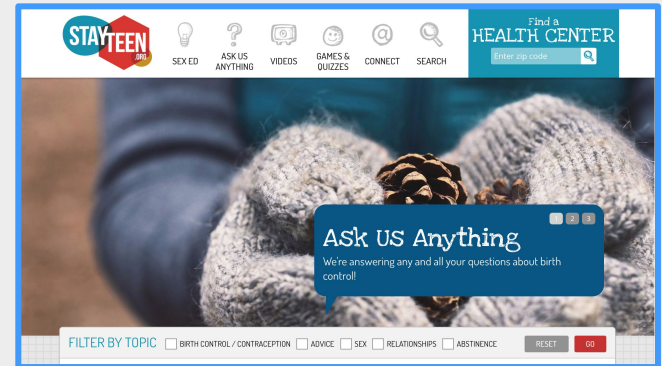


takecontrolinitiative.org

Bedsider.org



Stayteen.org



# How-To

## TAKE CONTROL INITIATIVE

**1** A woman thinking about her future hears about IUDs, the Implant and Take Control Initiative



She gets an appt.\* by:

- Calling a TCI clinic
- Planline: 918.838.0697
- Visiting TCI's website



**2**

**3** A Healthcare provider works with her to choose the best birth control method



She gets free pregnancy test and STI test as needed, compliments of TCI



**4**

**5** If she chooses, she gets the most effective, reversible method for free



**6** The clinic is reimbursed by Take Control for any costs not covered\*\*



**7** This woman is going places and she has birth control that can keep up with her



\*Free transportation is available  
\*\*For qualifying women

We have to initiate and normalize the dialogue.

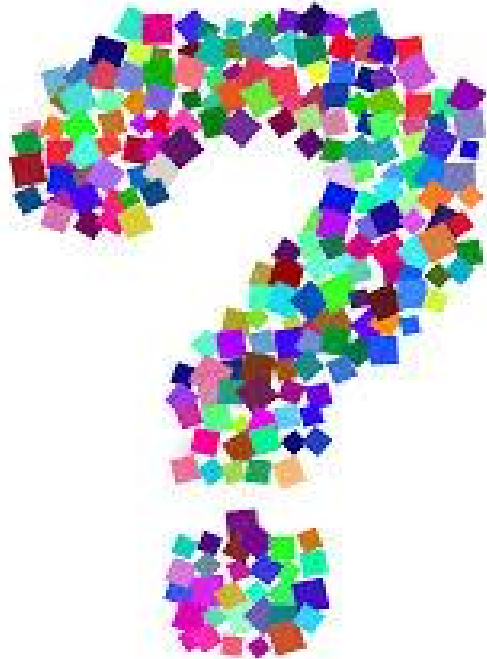
Providing the opportunity to talk about birth control in a proactive and positive way is empowering.

## Lightbulb moment?

Have an approach that has worked for you?  
Share with us!



□



**Recap**



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# Thank You!



**Laura Bellis:**

[lbellis@mortonhealth.org](mailto:lbellis@mortonhealth.org)

**Gaby Ortega:**

[gortega@mortonhealth.org](mailto:gortega@mortonhealth.org)

**TCI Website:**

[www.takecontrolinitiative.org](http://www.takecontrolinitiative.org)

**Facebook: /TakeControlInitiative**

**Instagram: @IUDecide**

**Twitter: @IUDecide**