EMERGENCY CONTRACEPTION:

Because there is a morning after…

Lottie L. McClorin, MS

July 10, 2007

THE SOUTH CAROLINA EMERGENCY CONTRACEPTION INITIATIVE

A Project of New Morning Foundation in partnership with Advocates for Youth

Lottie McClorin, SC Emergency Contraception Initiative, July 10, 2007

GOAL of SC EC INITIATIVE

To promote the ability of young women, ages 16-24, to prevent unintended pregnancy by increasing awareness of and access to emergency contraception.

Workshop Goals

- To learn important facts and clarify myths and misconceptions about emergency contraception (EC)
- To learn about recent research on young women's knowledge about EC and the availability of Plan B®
- To learn about the FDA's decision to allow behind-the-counter sales of Plan B
- To identify new ways to increase awareness of and improve access to EC through the SC EC Initiative
- To learn how health professionals can improve education and awareness

THE IMPORTANCE OF EMERGENCY CONTRACEPTION: KEY FACTS

Lottie McClorin, SC Emergency Contraception Initiative, July 10, 2007

Emergency Contraceptive Pills

Also Known As:

- Emergency Birth Control Pills
- Emergency Contraception (EC)
- The Morning After Pill
- Plan B®

What is EC?

- Same type of hormonal contraception as in regular birth control pills.

- Emergency regimens include:

  1) Progestin-only pills (Plan B®)

  2) Combined estrogen and progestin pills (Yuzpe regimen).

Types of Emergency Contraception

- Plan B®
- Intrauterine Device (IUD)
- Regular Birth Control Pills

Purpose of EC

EC is a method to prevent pregnancy after unprotected sex, when a contraceptive method fails, or when a woman has experienced sexual assault.

Why is EC Important to Young Women ages 16 – 24?

High rate of unintended pregnancy in U.S.:

- Nearly 40 percent of all pregnancies
- Up to 85 percent of teen pregnancies

- In 2003, there were an estimated 9,500 pregnancies among teenagers in South Carolina.

- EC could ***prevent*** up to ***50 percent*** of unintended ***pregnancies*** and ***70 percent*** of all ***abortions*** in South Carolina.

Timing for EC use

EC can be taken up to 72 hours (three days) after unprotected sexual intercourse. The sooner EC is taken the more likely it is to be effective.

Timing for EC use

EC may still be effective up to five days (120 hours) after unprotected intercourse.

EC is effective.

EC is approximately **89 percent** effective at preventing pregnancy, depending on:

- how promptly a woman uses it,
- when during her cycle she had sexual intercourse, and
- the kind of EC she takes.

EC is safe.

Over 70 health organizations support women's access to EC because it is safe and effective:

- The U.S. Food & Drug Administration
- Society for Adolescent Medicine
- American College of Obstetricians and Gynecologists
- American Medical Association
- American Medical Women's Association
- World Health Organization

- EC does *not* cause abortion and does *not* affect an established pregnancy.

  EC is different than the abortion pill (RU-486 or mifepristone).

How does EC work?

EC works just like all hormonal methods of contraception such as birth control pills, the patch, or the ring.

How does EC work?

Emergency contraception:

1. Delays or inhibits ovulation
2. May inhibit fertilization
3. Possibly inhibits implantation of a fertilized egg (no clinical evidence)

EC Side Effects

- More common with combined hormone pills than with progestin-only pills such as Plan B®

EC does not replace regular birth control use.

Most of those seeking EC are sexually active women who have never been pregnant and have used other forms of contraception in the past.

EC does not prevent sexually transmitted diseases, including HIV.

Encourage dual methods (always use condoms)

Young women who have been sexually assaulted are especially in need of EC.

Up to 20 percent of teenage women may experience forced sex at some point. They may be unable to prevent the rape, and they certainly can’t protect themselves in advance of such situations; but they can prevent pregnancy afterward by using EC.

In South Carolina, it is mandated by law that emergency care providers offer EC to rape survivors upon request.

Still, many hospital emergency rooms do not offer or even mention EC in these situations.

EC Supply and Demand: Two Needs Assessment Surveys

Q: What do SC young women know about EC?

Q: Is Plan B® widely available in SC?

Philliber Research Associates

Survey #1:

What do Young Women Know about EC?

Survey Design
10 True/False Questions

- Timing
- Prescription status
- Access points
- Effectiveness
- Side effects
- Mechanism of action (2 questions)
- Ability to consent
- Impact on fetus, if pregnant
- Repeat usage

Findings

On average, women responded correctly to only 28% of the statements

Findings

Knowledge did not differ by ethnicity, age, or location

A woman must take EC within 24 hours.

- True 53%
- False 12%
- Not sure 35%

A woman needs a prescription to get EC.

- True 30%
- False 41%
- Not sure 29%

You can only get EC at an emergency room.

- True 12%
- False 53%
- Not sure 35%

EC is not as effective as regular birth control pills.

- True 25%
- False 26%
- Not sure 49%

There are no long-term side effects of EC.

- True 14%
- False 27%
- Not sure 59%

EC is a stronger dose of regular birth control pills.

- True 29%
- False 11%
- Not sure 60%

Emergency contraception is a type of abortion.

- True 40%
- False 25%
- Not sure 35%

If you are age 16 or older, you can get EC without parental permission.

- True 40%
- False 21%
- Not sure 39%

EC will harm the fetus if you are pregnant.

- True 50%
- False 8%
- Not sure 42%

You can use EC only once in your lifetime.

- True 12%
- False 42%
- Not sure 46%

Survey #2:

What is the Availability of Plan B® in SC Pharmacies?

Which pharmacies were surveyed?

- CVS
- Eckerd
- K-Mart
- Kerr Drug
- Wal-Mart
- Walgreens

How was the survey conducted?

82 consumer calls were made to pharmacies in:

- Charleston
- Columbia
- Greenville
- Spartanburg

How was the survey conducted?

57 consumer calls to were made to pharmacies neighboring communities

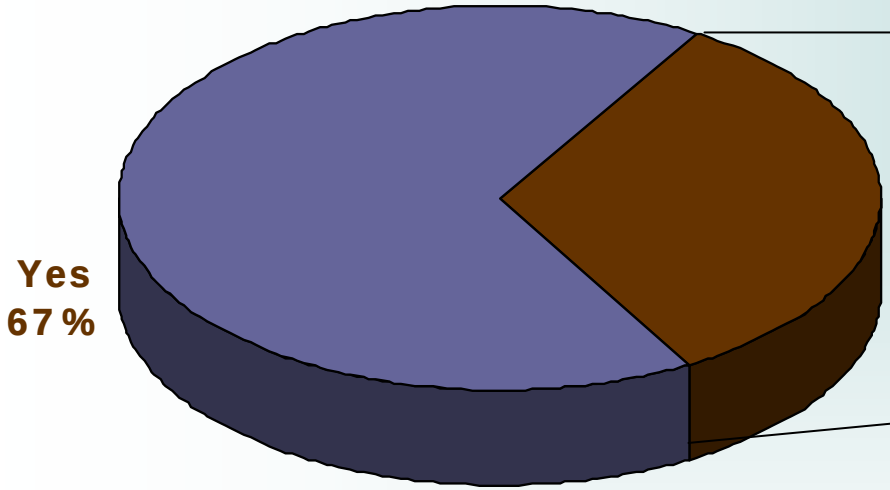
Survey Findings

Question:

Can an Rx for Plan B® be filled today?

- Today 67%
- Within 24 to 48 hrs. 27%
- Unable to provide 6%

Can a Prescription for Plan B Be Filled Today?



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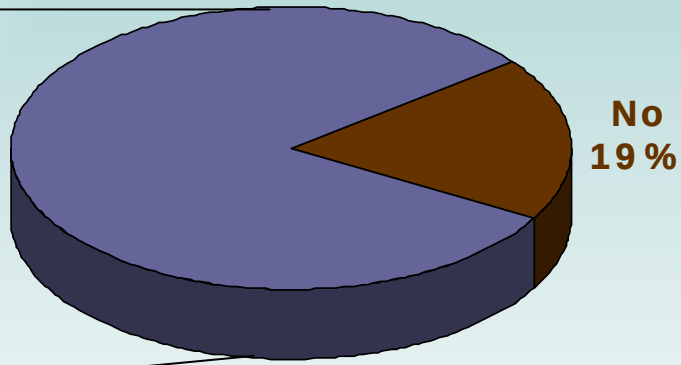
Can You Get It?



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Survey Findings

Question:

May I have a referral to another pharmacy?

17 respondents of those not able to fill that day could refer to another pharmacy

Why were some pharmacies unable to provide an Rx?

- Not available in this country
- Do not know about it
- Warehouse does not supply it
- No one wants it

Survey Findings

Question:

What is the cost of Plan B®?

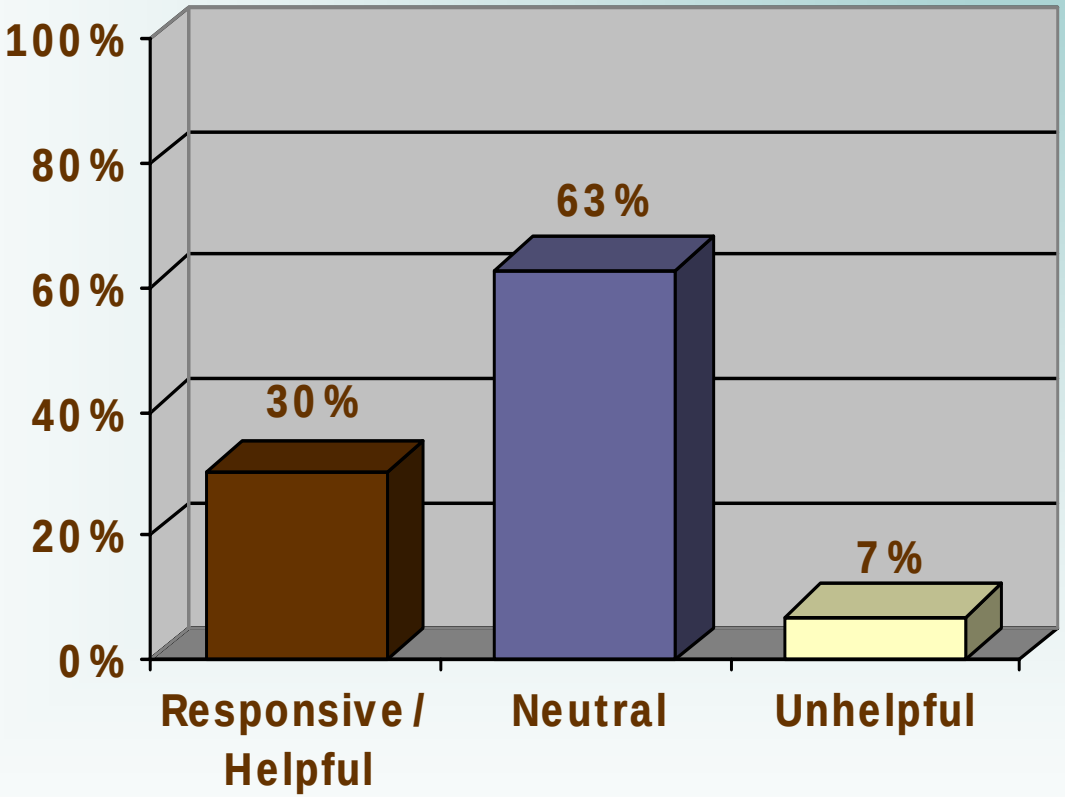
Ranges between $20-$84

Average cost is $39

Most expensive: Walgreens, Greenville

Least expensive: Walgreens, Charleston

How helpful was the Person Answering the Questions?



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U.S. FDA Decision: August 2006

Behind-the-Counter Sales of EC

Women (and men) will have to show ***identification*** to prove they are old enough to receive Plan B® without a prescription.

U.S. FDA Decision: August 2006

Behind-the-Counter Sales

Women and men age 18 and over are now able to obtain Plan B® in pharmacies:

- *Without a prescription*
- *With a government-issued ID*

U.S. FDA Decision: August 2006

- Young women ***under age 18*** will still need a prescription to get Plan B®

THE SOUTH CAROLINA EMERGENCY CONTRACEPTION INITIATIVE

PROJECT OVERVIEW

Lottie McClorin, SC Emergency Contraception Initiative, July 10, 2007

Geographical Focus

- Charleston
- Columbia
- Greenville
- Spartanburg

3 KEY STRATEGIES

I. Direct Outreach to Youth
II. Direct Outreach to Health Care Providers, Educators, and Youth-Serving Professionals
III. Development of Key Partnerships

I. Direct Outreach to Youth

A. EC Website: www.morningafterinfo.org

B. Youth - Friendly Educational Materials

C. Skills - Training for Peer Educators and Youth Activists

Dissemination of Information

A. Youth - Serving Organizations

B. Media Channels

C. College Outreach

D. Non-Traditional Venues

II. Direct Outreach to Health Care Providers, Educators and Youth-Serving Professionals

A. EC Website

SC EC Website

Web-Based Provider Directory

B. User-Friendly Educational Materials

Provider Kit with DVD

Fact Sheets, Issues Briefs, Lesson Plans

C. Skills-Based Trainings

Provider Referral Directory

Collaboration with the Association of Reproductive Health Professionals and Princeton University

1-888-NOT-2-LATE

www.NOT-2-LATE.com

III. In-depth Technical Assistance and Development of Key Partnerships

A. Key Professional Sectors

B. Colleges, Universities, and Technical Schools

C. Local Communities

How Can Health professionals Raise Awareness of and Improve Access to EC?

1. Educate Young Women about EC
2. Ensure Pharmacies Carry EC
3. Ensure Advance Provision
4. Provide EC in Youth Friendly Manner
   - Confidential
   - Timely
   - Accessible
   - Affordable
5. Offer EC as the Standard of Care in Hospital ER's to Sexual Assault Survivors

Project Evaluation

Dr. Bill Philliber

- Survey of young women in shopping malls and on college campuses
- Survey of health care providers, family planning clinics, college health centers, urgent care centers, and hospital emergency rooms
- Survey of pharmacies

Project Contact Information

Lottie McClorin

Project Manager,

South Carolina EC Initiative

Advocates for Youth

Phone: 803-771-0104

E-Mail: lottie@advocatesforyouth.org