A Colorado Family Planning Success Story

Insights and Innovations
Indiana University
Richard M. Fairbanks School of Public Health

February 23, 2018
LARC device
How this small device made such a large impact
How does it work?

Intrauterine Device

Both types of **IUDs work** primarily by preventing sperm from fertilizing an egg.

- The copper **IUD** releases copper into the uterus, which **works** as a spermicide.
- The others release a form of the hormone progestin into the uterus. The progestin thickens the cervical mucus so that sperm can’t reach the egg.
- 3-10 years

Implant

**Hormones in birth control** stop an egg from being released by your ovary and also prevent sperm from reaching the egg.

- **The contraceptive implant** puts a steady, low dose of hormone into your bloodstream.
- 3 years
What did Colorado do?

- Between 2008 and 2016 - Anonymous Donor invested in CDPHE family planning program.
- Called it “Colorado Family Planning Initiative”
  - Directed funds toward LARC devices
  - Statewide - within existing Title X network
  - Provided over 40,000 LARCs to low-income women
  - Improved business practices
  - Identified “champions” in the field
  - Trained providers, built confidence
  - Watched data - researched and published
  - Partnered with media outlets to help normalize the work
Primary Goal: Access
Reduced Cost

Not “free”, but on a sliding fee scale.
YOU GET FREE BIRTH CONTROL &
YOU GET FREE BIRTH CONTROL

WE ALL GET FREE BIRTH CONTROL!
Standards: Tier One Methods

Effectiveness of family planning methods

Tier 1

Tier 2

Tier 3

Condoms should always be used to reduce the risk of sexually transmitted infections.

Other Methods of Contraception


LARCs make being “not pregnant” the default.

• No daily pill to take to make you not pregnant.

• One and done for 3, 5 or 10 years
Clinical Business Practices

Change Management

• Moved from “Free Clinic” to breaking even
  • $500k pre-ACA to $5 million post-ACA
Business Practice (cont)

- Billing and Coding
- Clinic Efficiencies
- Electronic Health Records
- Staff Training
- Insurance
  - Advocating with insurance
  - Public Health has a place at the table
Clinical Training

- Cadre of Champions
- NP, PA and front desk clinical training
- Collaborate with Rx companies
- Best Trainers and Tools (Sim Models)
- Mentors and follow-up
- Focus on new providers
  - SBHC, FQHCs, rural health, IPP, Pediatricians
Advocacy & Policy

- Medicaid
- Affordable Care Act, Expanded Medicaid in Colorado
- Explanation of Benefits and confidentiality
- Congressional Advocacy and Education
- $5 million for LARC failed in 2015
- $2.5 million won in 2016!
Advocacy and Policy (cont)

www.larc4co.com

“We’re about total health. Long-acting reversible contraceptives are a pillar of education and well-being for our young adults here in the state.”

“Thank you to the more than a dozen partners who have pledged $2 million to help us continue providing the most effective contraceptives to women in Colorado. Together, we will empower Colorado women achieve their goals by choosing if and when they want to start a family!"

I SUPPORT ACCESS TO BIRTH CONTROL FOR ALL #LARC4CO

I SUPPORT PROGRAMS THAT WORK #LARC4CO
September 2014 Pages 125 - 132
Game Change in Colorado: Widespread Use Of Long-Acting Reversible Contraceptives and Rapid Decline in Births Among Young, Low-Income Women
Sue Ricketts, Greta Klingler, Renee Schwalberg

January 2017
Cost Avoidance Research

2018 CT/LARC Analysis
Media has helped us normalize Colorado’s LARC work.
Colorado’s Effort Against Teenage Pregnancies Is a Startling Success

By SABRINA TAVERNISE | JULY 5, 2015
An IUD is not an ongoing abortion in your body. Dr. Stephanie Teal, of the University of Colorado Denver School of Medicine, helps Rachel Maddow in the man cave explain to people, like Colorado Republican gubernatorial candidate Bob Beauprez, why an IUD is not an ongoing abortion in a woman’s body.
Generated over 300 media hits
Helped us “normalize” the work.
Beforeplay.org
Outreach and Education
Sexual health is a big, complex issue
I’m glad we talked before the weekend.

JUST TALK ABOUT IT

Beforeplay.org is here to help people think, talk about and take action on some of life’s biggest decisions—ones that often don’t get enough attention. Our focus is to provide Colorado with important information resources and help “normalize” conversation around sexual health and well being in the state. Join the discussion and just talk about it with your partners, friends, family, health care providers, and with us.

Do you feel comfortable talking about sex?
Normalizing the Conversation
It’s time to talk to her about getting tested.

I need her to know we should be careful.

We’ve been friends forever, I’d like her to know.

BIRTH CONTROL. FIND OUT WHAT’S RIGHT FOR YOU.

SEXUALITY. LET’S HAVE THE CONVERSATION.
Put these elements together and it worked.
The Results in Colorado (2009-2016)

- Birth Rate 15-19 years: 54%
- Birth Rate 20-24 years: 30%
- Second Order Births: 60%
- Abortion Rate 15-19 years: 64%
Teen (Ages 15-19) Birth Data

- Teen birth rate has fallen 54% since 2009
- From 37.5 to 17.1/1000
- From 6,201 births per year to 3,053

Numbers and rates are down across the state
Age 20-24 Birth Data

- Birth rate for women 20-24 fell 30% from 2009 to 2016
  - From 15,256 to 11,818
  - A greater drop in numbers than observed for teens
- Lowest number of births since 1970

### Birth Rate

<table>
<thead>
<tr>
<th>Year</th>
<th>Birth Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>91.9</td>
</tr>
<tr>
<td>2016</td>
<td>64.7</td>
</tr>
</tbody>
</table>

![Graph showing birth rates for 2009 and 2016]
Teen abortion data

- The teen abortion rate fell 64% since 2009
  - From 10.3 to 3.8
  - From 1,711 to 671
Age 20-24 abortion data

- The abortion rate fell 41%.
- From 21.4 to 12.6.
- From 3,544 to 2,308.
US and Colorado


Births per 1,000 Females

- 2007
  - U.S. 15-19: 41.5
  - Colorado 15-19: 40.2

- 2008
  - U.S. 15-19: 40.5
  - Colorado 15-19: 39.6

- 2009
  - U.S. 15-19: 37.9
  - Colorado 15-19: 37.5

- 2010
  - U.S. 15-19: 34.2
  - Colorado 15-19: 33.1

- 2011
  - U.S. 15-19: 31.3
  - Colorado 15-19: 28.0

- 2012
  - U.S. 15-19: 29.4
  - Colorado 15-19: 24.3

- 2013
  - U.S. 15-19: 26.5
  - Colorado 15-19: 22.3

- 2014
  - U.S. 15-19: 24.2
  - Colorado 15-19: 19.4

- 2008
  - U.S. 15-19: 39.6
  - Colorado 15-19: 37.5
Cost Avoidance Study

• Section I: History
• Section II: Impact
• Section III: Costs Avoided
• Section IV: Advocacy
• Section V: The Future

www.colorado.gov/cdphe/cfpi-report
Section III. Costs Avoided

Q: How many other public support costs were avoided for all of the unintended births that did not happen?

A: By estimating how many births did not occur and then by assigning a dollar amount for each birth.
COST AVOIDANCE, 2010-2014

COLORADO WOMEN, AGES 15-24

<table>
<thead>
<tr>
<th>Program</th>
<th>Costs (in millions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicaid</td>
<td>$52.3 to $53.7</td>
</tr>
<tr>
<td>TANF</td>
<td>$5.8 to $7.0</td>
</tr>
<tr>
<td>SNAP</td>
<td>$5.2 to $5.5</td>
</tr>
<tr>
<td>WIC</td>
<td>$2.7 to $3.6</td>
</tr>
<tr>
<td>Total</td>
<td>$66.1 to $69.6</td>
</tr>
</tbody>
</table>

Ranges are based on the two different estimates of births averted.
Honestly, I cannot thank BC4U (Children’s Hospital program) enough for their help getting me this IUD. It has been incredible to be able to feel confident that my partner and I don't have to worry about pregnancy. So many of the people I went to school with in Aurora have kids now, and I know that I could be one of them if it wasn't for your help. This program changed my life and I'm so grateful.
THANK YOU

Jody Camp
CDPHE Family Planning Section Manager

Jody.camp@state.co.us