

**upstream** USA

**Upstream Washington**

November 2018

Upstream USA is a national nonprofit working to **expand economic opportunity and mobility** by partnering with states to **reduce unplanned pregnancy**; empowering women to decide when and if they want to become pregnant, and **improving downstream outcomes** for parents, children and society.

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## Unplanned Pregnancy in Washington



**35%**

of all pregnancies  
in Washington are  
unplanned\*

Pregnancy planning is linked to a number of **positive health outcomes for women, babies and society.**

Planned pregnancies are more likely to receive **prenatal care** and have adequate **birth spacing**, which **reduces** the risk of **low birth weight** and **preterm birth.**

# The Problem

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The most effective methods of birth control – **long-acting reversible contraceptives (LARCs)** such as the IUD and the implant – are considered best-in-class by **the CDC, American Academy of Pediatrics, and by OB-GYNs** who choose these methods for themselves more than any other.



Yet **only 30%** of community health offer access LARCs in a single visit.

## The five biggest barriers to single-visit birth control access:

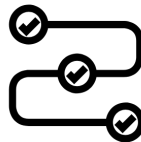


Lack of trained providers

Screening for pregnancy intention



Issues billing, coding and stocking LARCs



Clinic workflow

Consumer awareness

# Our Approach

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Specialized  
Training



Technical  
Interventions



Rigorous  
Evaluation



Consumer  
Marketing

# Our Program

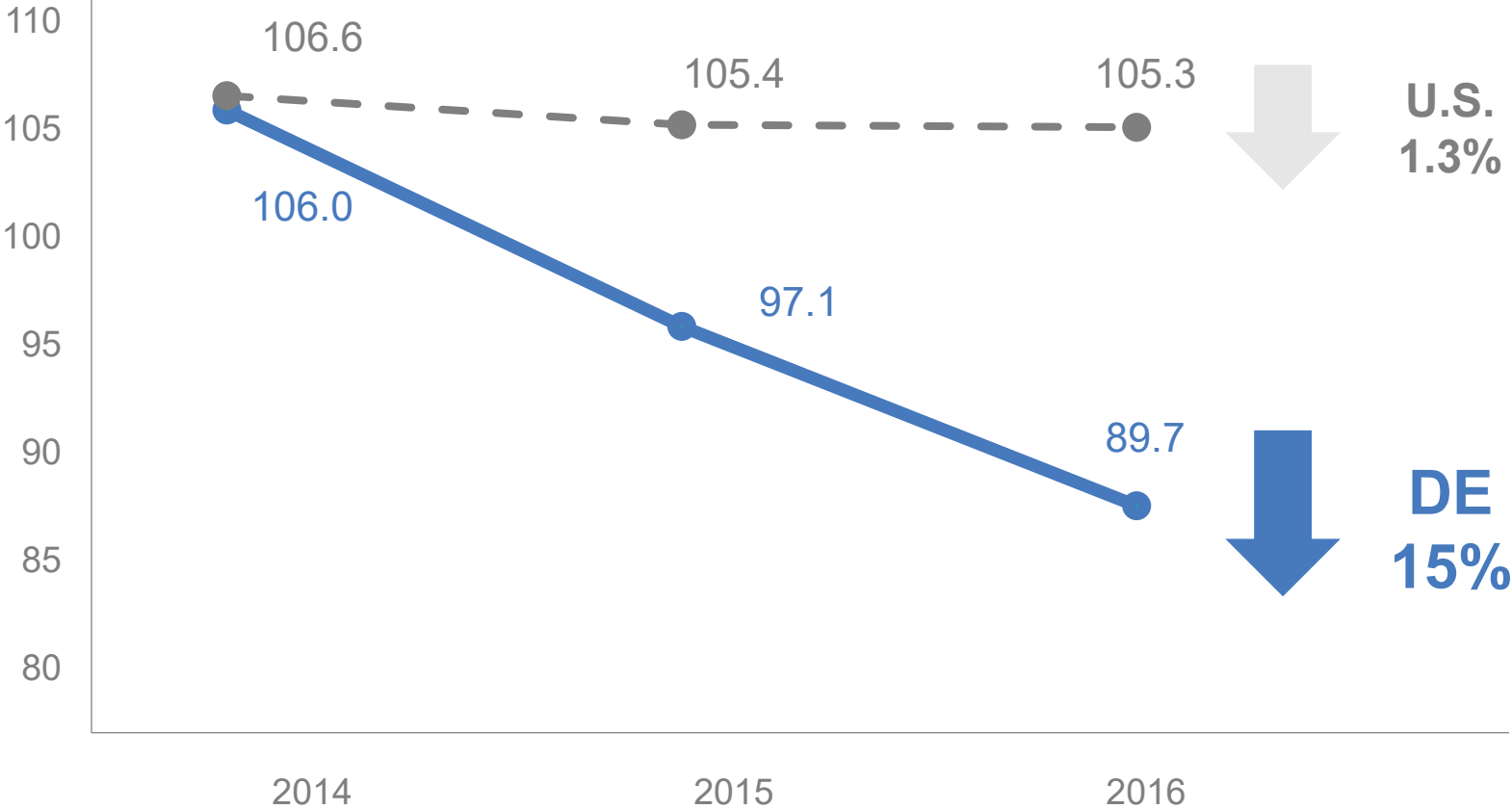
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Our team works with your community to provide **culturally appropriate trainings**. that are **tailored** to fit your tribal health center's needs as well as that of the population served.

# Results: Delaware

Simulated **15% decrease** in unplanned pregnancies among Title X patients in Delaware



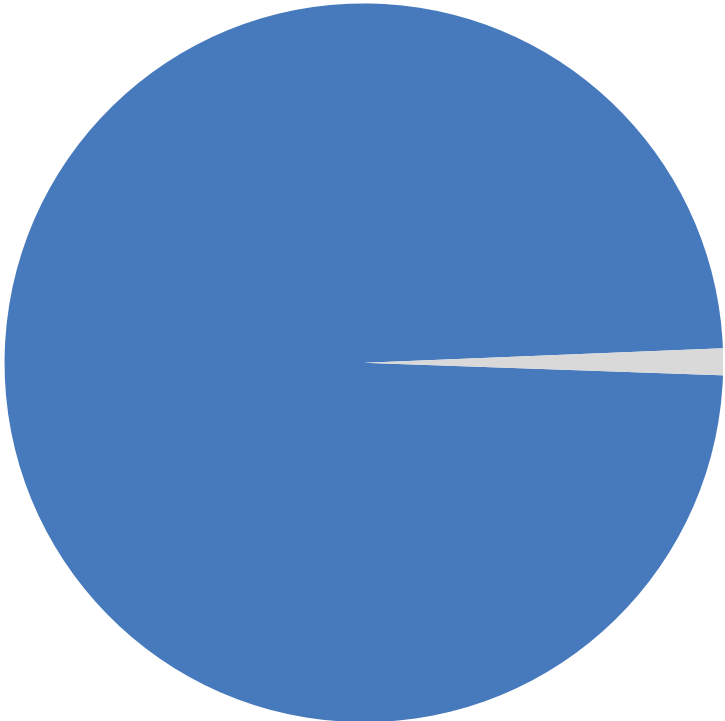
Source: Child Trends, 2018 — % of female Title X clients age 20-39, excluding those reporting abstinence or pregnant/seeking pregnancy, and those whose method was unknown. Analysis focused on simulating the decline in unintended pregnancy, and results do not assess how much of that decline is attributable to Delaware CAN.



# Delaware Patient Survey

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Who chose your birth control method today?



**99%**  
of patients made their own choices about birth control or used shared-decision making with their providers

1%  
Mostly clinic staff chose

## Questions?

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