



# What Works 2010:

## Replicating Evidence-Based Programs to Prevent Teen Pregnancy

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# This Presentation Will Cover:

- What is an effective program?
- How do I select an effective program?
- What do I need to remember about replication?



# Federal Funding for Evidence-Based Programs

- Run by the Office of Adolescent Health at U.S. Department of Health and Human Services
- \$75 million for replicating programs with strong evidence of success
- \$25 million for promising programs and innovative strategies
- \$10 million for program support

# What is an effective program?

- Rigorous scientific study
  - Experimental design
  - Quasi-experimental design
- Changing teens' behavior
  - Measures outcomes like delaying sex, increasing contraceptive use, and reducing teen pregnancy

# Effective Programs

- Research and resources available at [http://www.thenationalcampaign.org/resources/effective\\_programs.aspx](http://www.thenationalcampaign.org/resources/effective_programs.aspx)

**Another Chance:**  
Preventing Additional Births to Teen Mothers

**WHAT WORKS 2009**  
Curriculum-Based Programs That Prevent Teen Pregnancy  
Randi Burlew, Ph.D. and Susan Philliber, Ph.D.  
Philliber Research Associates

**SCIENCE Says:** Effective and Promising Teen Pregnancy Prevention Programs for Latino Youth  
Number 32, July 2007

**WHAT HELPS**  
in Providing Contraceptive Services for Teens

**The National Campaign**  
to Prevent Teen and Unplanned Pregnancy

**SCIENCE Says:** Effective and Promising Teen Pregnancy Prevention Programs for Latino Youth

Even though the teen pregnancy and birth rates among Latinos have declined, it is still the case that one in two Latina teens (51%) gets pregnant at least once before age 20—nearly twice the national average. Not surprisingly, there is growing interest in programs that are effective with Latino youth in delaying sex, improving contraceptive use for sexually active teens, and reducing teen pregnancy.

For those at the federal, state, and local levels interested in addressing the high rate of teen pregnancy among Latino teens, it is important to carefully consider which programs have the best evidence of success among Latinos and to build new efforts around the common elements of these proven programs. Unfortunately, while the number of programs designed to serve Latino youth is increasing, to date relatively few have been carefully evaluated and shown to be effective in changing Latino teens' sexual behavior.

This research brief details six programs that have been shown through careful evaluation to either delay sex, improve contraceptive use, and/or reduce teen pregnancy. Some of the programs were designed specifically for Latino teens and some were not; those that were not designed specifically for Latinos included Latino teens as part of the program evaluation or were found to be particularly effective among Latino teens. Four promising programs—those that have not been as rigorously evaluated but have shown some encouraging results—are also briefly discussed. This list of programs is a starting point for those interested in helping Latino teens avoid teen pregnancy and parenthood. More effective programs designed specifically for Latino youth are needed as additional strategies for reaching parents, families, policy makers, and other community leaders.

**Data**

- Latino teen girls are less likely—and Latino teen boys are more likely—than their peers to have had sex.
- Although Latina girls are less likely to have had sex than their peers, they are also less likely to use contraception when they do have sex, leaving them at greater risk for pregnancy.
- One in two Latina teens (51%) gets pregnant at least once before age 20—nearly twice the national average.
- The Latino teen pregnancy rate is declining at half the pace of the national teen pregnancy rate and 17 states have seen an increase in the Latino teen birth rate.
- Latinos have the highest teen birth rate of any major ethnic/racial minority in the United States—nearly two times higher than the national average.
- Among sexually active high school students, Latino boys and girls are less likely than their white or black peers to have used a condom the last time they had sex.
- Latinos are now the largest minority group in the United States. It is projected that by 2025, almost one-quarter of the youth population will be Latino.
- Among sexually experienced teens aged 15-19, Latinos (35%) were more likely to report that their first male partner was four or more years older than were non-Hispanic black (19%) and non-Hispanic white (20%) girls.

**The National Campaign**  
to Prevent Teen and Unplanned Pregnancy

[www.TeenPregnancy.org](http://www.TeenPregnancy.org) • [www.TheNationalCampaign.org](http://www.TheNationalCampaign.org) • [www.StayTeen.org](http://www.StayTeen.org)

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# Inclusion Criteria: *What Works 2010*

<http://www.thenationalcampaign.org/resources/pdf/pubs/WhatWorks.pdf>

- Completed and published in 1980 or later
- Conducted in the United States or Canada
- Targeted at middle and/or high school aged teens, approximately ages 12-18
- Included baseline and follow-up data (for at least 3 months)
- Measured impact on behavior
- Included at least 75 people in both the treatment and the control groups
- Used sound statistical analyses
- Used an experimental or quasi-experimental evaluation design

# Teen Pregnancy Prevention Programs

- More than 30 programs with evidence of success
  - Implemented in various settings with a range of requirements
  - Various target populations
  - Brief descriptions available:

<http://www.thenationalcampaign.org/ea2007/desc/default.aspx>

# Other Resources

- [Replicating Effective Programs Plus](#) (CDC Program)
- [Program Archive on Sexuality, Health, & Adolescence](#) (Sociometrics)
- [Science and Success, Second Edition: Sex Education and Other Programs that Work to Prevent Teen Pregnancy, HIV & Sexually Transmitted Infections](#) (Advocates for Youth)
- [Child Trends' LINKS database](#)
- [www.grants.gov](http://www.grants.gov)

# Thinking about selecting an effective program

- Identify needs and resources
- Specify your goal, target population, and outcomes
- Review potential programs
- Determine which program fits best
- Make sure you have the capacity to implement

Check out:

<http://www.cdc.gov/reproductivehealth/adolescentreproductivehealth/PDF/LittlePSBA-GTO.pdf>

# Needs

- What is currently happening in your community?
  - What are kinds of behavior are teens in your community engaging in?

- How many teens become pregnant each year?

<http://www.thenationalcampaign.org/federal/funding/data.aspx>

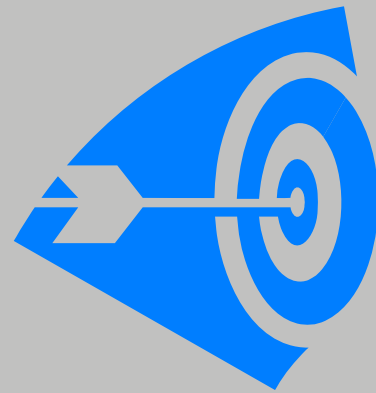


# Resources

- What resources are available in your community?
  - Partners
  - Other programs
  - Facilities
  - Funding



# Thinking about a target population, goal, and outcomes



# What specific types of behavior?

1. Related to sexual activity
  - Abstain from sex
  - Reduce the frequency of sex
  - Reduce the number of sexual partners
  - Increase amount of time between sexual partners
2. Increase the correct and consistent use of effective methods of contraception – including condoms

# Consider Risk and Protective Factors

- More than 500 have been identified
- Some have directly influence on behavior, others are indirect
- Values and attitudes are important
- Consider the factors that are critical for the behavior you want to change, and whether or not you can modify these factors

- Check out:

<http://www.thenationalcampaign.org/resources/pdf/pubs/SexualRisk.pdf>

# Link Your Needs and Desired Outcomes

- Connect program activities with specific outcomes
- Consider a logic model



# Teen Pregnancy Prevention Programs

- Wide variety of programs to consider:
  - Implemented in various settings
  - Various age groups
  - Various lengths
  - Some have additional components
    - Parent-child workshop
    - Videos

# Determine Which Program Fits Best

- Is your program appropriate for your target population?
- Does the program fit with your community?
- Will your organization be able to implement the program?

# Consider Capacity

- Fidelity
- Staff
  - Attitudes
  - Level of enthusiasm and energy
- Leadership support



# Thinking about Replication



Fidelity

Adaptation

Evaluation

☆☆ Thank-you! ☆☆

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**Visit our websites:**

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

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