



## **Prevention of Teen Pregnancy and Sexually Transmitted Diseases**

**2020**

**Pursuant to ACT 534  
2014 Regular Session**

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## 1.0 INTRODUCTION AND BACKGROUND

As required by ACT 534 of the 2014 Regular Session, the state superintendent of education, secretary of the Department of Children and Family Services, and the secretary of the Department of Health shall review and evaluate the effectiveness of current state programs, including but not limited to sex education provided by public schools, aimed at reducing the rate of teen pregnancy and preventing the spread of HIV and other sexually transmitted diseases among youth of Louisiana.

The state superintendent of education, the secretary of the Department of Children and Family Services, and the secretary of the Department of Health and Hospitals shall review and evaluate any programs that are available for implementation in Louisiana to educate the youth of Louisiana about the importance of preventing teen pregnancy and the spread of HIV and other sexually transmitted diseases by providing culturally competent education and outreach.

The state superintendent of education, the secretary of the Department of Children and Family Services, and the secretary of the Department of Health and Hospitals, jointly, shall submit a written report of their findings and recommendations, including proposed legislation if necessary, for a comprehensive strategy to reduce the rate of teen pregnancy and prevent the spread of HIV and other sexually transmitted diseases among the youth of Louisiana on an annual basis to the legislature.

## 2.0 DATA

### 1. Teen Births

Number of Births per 1,000 Females aged 15 to 19 years: Louisiana, Neighboring States, and United States		
	Rate	Rank
United States	18.8	--
Louisiana	29.1	47
Alabama	27.0	42
Arkansas	32.8	50
Mississippi	31.0	49
Texas	27.6	44

*Source: America's Health Rankings analysis of CDC WONDER Online Database, Natality public-use data, United Health Foundation, AmericasHealthRankings.org, Accessed 2020*

## 2. Chlamydia

New Cases of Chlamydia per 100,00 Residents Louisiana, Neighboring State, and United States, 2018		
	Rate	Trends from 2017
United States	539.9	↑
Louisiana	774.8	↑
Alabama	583.4	↓
Arkansas	587.9	↑
Mississippi	740.1	↑
Texas	517.6	↓

Source: Centers for Disease Control and Prevention. Sexually Transmitted Disease Surveillance 2018. Atlanta: U.S. Department of Health and Human Services; 2019. DOI: 10.15620/cdc.79370.

## 3. Gonorrhea

New Cases of Gonorrhea per 100,00 Residents Louisiana, Neighboring State, and United States, 2018		
	Rate	Trends from 2017
United States	179.1	↑
Louisiana	257.1	↑
Alabama	261.4	↑
Arkansas	243.0	↑
Mississippi	326.7	↑
Texas	166.9	↓

Source: Centers for Disease Control and Prevention. Sexually Transmitted Disease Surveillance 2018. Atlanta: U.S. Department of Health and Human Services; 2019. DOI: 10.15620/cdc.79370.

#### 4. Syphilis

New Cases of P & S Syphilis per 100,00 Residents Louisiana, Neighboring State, and United States, 2018		
	Rate	Trends from 2017
United States	10.8	↑
Louisiana	14.3	↓
Alabama	9.8	↑
Arkansas	9.6	↑
Mississippi	15.5	↑
Texas	9.0	↑

Source: Centers for Disease Control and Prevention. Sexually Transmitted Disease Surveillance 2018. Atlanta: U.S. Department of Health and Human Services; 2019. DOI: 10.15620/cdc.79370.

#### 5. HIV/AIDS

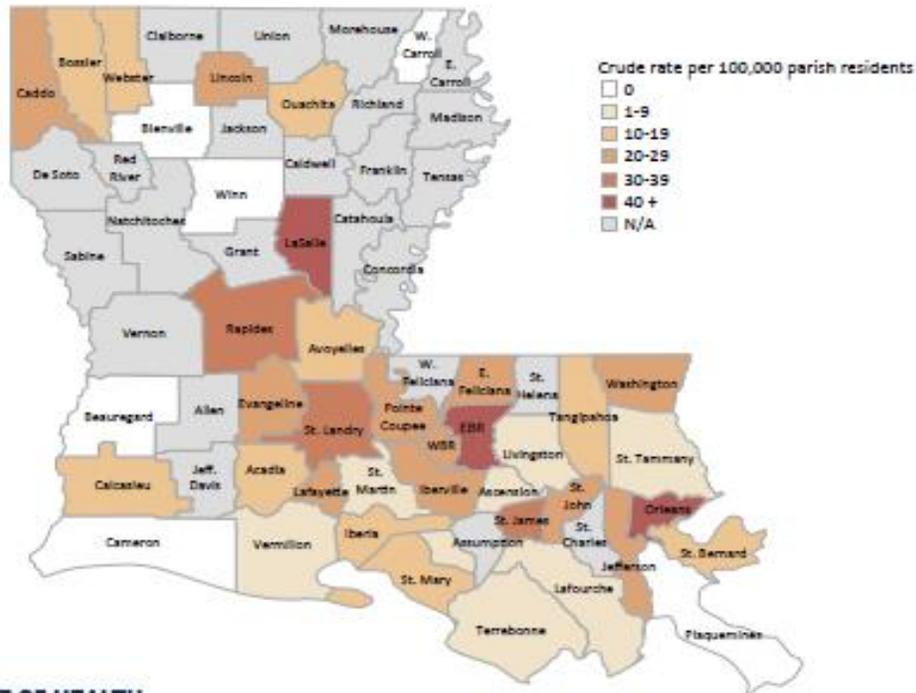
2018 AIDS and HIV National Rankings**						
	LOUISIANA		NEW ORLEANS MSA		BATON ROUGE MSA	
	Value	Rank	Value†	Rank	Value†	Rank
<b>AIDS Case Rate*</b>	10.9	4th	12.9	5th	9.4	10th
<b>AIDS Case Count</b>	422	12th	164	20th	78	40th
<b>HIV Case Rate*</b>	20.9	4th	24.2	7th	27.3	3rd
<b>HIV Case Count</b>	972	12th	307	26th	227	35th

\* Rates are per 100,000

\*\*This table is based on case counts and rates reported in the CDC's 2018 HIV Surveillance Report

†AIDS case count and rate for New Orleans MSA and Baton Rouge MSA are from the CDC's 2018 Preliminary HIV Surveillance Report

## HIV Diagnosis Rate Louisiana, 2018



Note: Rates derived from counts less than 20 may be unreliable. Rates are not available (N/A) for counts less than 5.  
Data Sources: Louisiana Department of Health Office of Public Health STD/HIV/Hepatitis Program, 2018 HIV Surveillance Data; U.S. Census Bureau.

### 3.0 PROGRAMS AVAILABLE THROUGH THE DEPARTMENT OF HEALTH

#### 1. Reproductive Health Program

In 67 service sites statewide, men and women (including adolescents) receive education and counseling on contraception, sexually transmitted infection (STI) risk, and family planning. In 2019, 12,983 men and 38,691 women (of those, 28,915 were 34 years or younger) received one or more of the services supported by the Reproductive Health Program.

#### 2. The Louisiana Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program

The Louisiana Maternal, Infant, and Early Childhood Home Visiting Family (LA MIECHV) program is a part of Louisiana's Department of Health's Bureau of Family Health. LA MIECHV is a no-cost, voluntary program that provides family support and coaching to improve the health and well-being of pregnant women and parenting families with young children. Families are paired with registered nurses or parent educators who provide personalized education, guidance, and referrals to services to empower families to reach

their goals. Nurses and parent educators work with families in their homes or the family's preferred location. LA MIECHV implements two evidence-based models, Nurse-Family Partnership (NFP) and Parents as Teachers (PAT). Services provided to participating families include health education and coaching, support in building positive parenting skills and caregiving confidence, help setting and reaching personal goals, like returning to school and/or work, and connecting families to services and resources in their communities.

For MIECHV teams implementing NFP, services and supports are provided to first-time mothers, who must enroll before 29 weeks of pregnancy and be eligible at enrollment for Medicaid, Special Supplemental Nutrition Program Women, Infant and Children (WIC), Temporary Assistance of Needy Families (TANF) or Supplemental Security Income (SSI). These teams serve families across all nine LDH regions until the child's second birthday. MIECHV teams implementing PAT in Regions 1, 7 and 8 support expectant and parenting families with children under the age of two years, who are eligible at enrollment for Medicaid, WIC, TANF or SSI. Support is provided to families until children enter kindergarten. In state fiscal year 2019, teams implementing NFP served 3,248 families through 33,565 home visits and teams implementing PAT served 763 families and provided 7,063 home visits.

### 3. School-Based Health Centers

The STD/HIV/Hepatitis Program (SHHP) collaborates with School-Based Health Centers (SBHCs) across the state to provide trainings on STD/HIV screening and counseling as requested. SHHP also provides financial assistance to approximately 20 SBHCs by covering the costs associated with HIV testing, STD testing, and HIV treatment. In addition, SHHP, OPH Laboratory and ASHP developed *Guidelines to Conduct STD and HIV Screenings in School-Based Health Centers* to aid SBHC personnel in the implementation of STD and HIV screening. The National School-Based Health Alliance has challenged all SBHCs to voluntarily adopt and report standardized performance measures. One measure is chlamydia screening. The Centers for Disease Control and Prevention recommend screening all sexually active females under 25 years of age for chlamydia and consider also screening high risk adolescent males. SBHCs under the Office of Public Health management are required to report data to ASHP related to these five measures. In FY 18, the number of adolescent males who reported being sexually active equaled 1,177, of this number 649 were tested for chlamydia. The number of adolescent females who reported being sexually active equaled 1,332, of this number 758 were tested for chlamydia.

### 4. Louisiana Youth Responsibility and Education Program (LYREP)

The SHHP was awarded federal funds through the Family and Youth Services Bureau (FYSB) to implement the Louisiana Youth Responsibility and Education Program (LYREP) in Louisiana. LYREP is focused on educating young people using evidence-based program models that have been proven to delay sexual activity, increase condom or contraceptive use for sexually active youth, and/or reduce pregnancy among youth. The program administers three Evidence-Based Teen Pregnancy Prevention program models at five community based organizational sites in four regions of the state. LYREP prioritizes youth ages 11-18 who are in foster care, juvenile justice facilities, and those who live in geographical areas with high teen birth rates and STD/HIV

prevalence rates. Approximately 3,600 youth have been reached through LYREP since its inception in 2011 and approximately 615 adolescents were reached in fiscal year 2019.

- Adult Identity Mentoring (AIM) is a group level intervention for youth ages 11-14. AIM encourages young people to envision a positive future self and discuss risk behaviors that could be a barrier to successful adulthood. The Baton Rouge Black Alcoholism Council/Metro Health Education is implementing Project AIM in the Baton Rouge metro area.
- Sisters Informing, Healing, Living and Empowering (SIHLE) is a group level, peer-led, social skills training intervention aimed at reducing STD/HIV risk behavior among African American teenage females, ages 14-18. SIHLE emphasizes ethnic and gender pride, healthy relationships, assertive communication, and enhances awareness of STD/HIV risk reduction strategies. Two organizations are currently implementing SIHLE programs, Acadiana Cares in Lafayette and SWLA Center for Health Services in Lake Charles, Louisiana.
- Wise Guys® is a group level male-oriented teen pregnancy prevention intervention aimed at reducing teen pregnancy and STD/HIV risk behaviors among adolescent males' ages 11-18. Two organizations are implementing Wise Guys programs, the 100 Black Men Chapter of Metropolitan Baton Rouge and Oasis Outreach Group in Shreveport, Louisiana.

#### 5. Medicaid & Managed Care Organizations

Medicaid provides coverage of all STI/STD testing and treatment as well as family planning services for members of all ages and all genders. Additionally, MCOs provide individual programs and these programs are listed below:

- Aetna Better Health of Louisiana (ABHLA)
  - ABHLA sponsored the 'Let's Talk Puberty' program in 2019 through the Woman's Foundation in Lafayette, LA.
- AmeriHealth Caritas Louisiana (ACLA)
  - ACLA organizes community baby showers.
  - ACLA provides the NOLA Wellness Center as a testing site, as well as, DePaul Community Health Centers (formerly Daughters of Charity), Odyssey House and Crescent Care
  - ACLA is looking forward to working with the Tiger Care Coalition, who will be providing sex education at area high schools as a component of the LSU School of Public Health's medical school clerkships.
  - ACLA has worked closely with the LDH Office of Public Health through the Shreveport Community Wellness Center.
  - ACLA co-hosted the Syphilis Response Project Regional Task Force meetings, with nearly 60 community partners in attendance. Community feedback from those initial input sessions led to the development of the Parent Education Workshop, "It's that Easy- A Guide to Raising Sexually Healthy Children." The

workshops are facilitated by Iberia C. Watley, M. S., Office of Public Health-Program Monitor Syphilis Response Project, and hosted at the ACLA Community Wellness Center in collaboration with Caddo Parish Schools.

- ACLA's other efforts include: Population Health team, who monitor and track the health of our members and continues across all of our teams, from incentivizing providers for improved quality measures to community focused member centric outreach efforts.
- Healthy Blue
  - Member Resources on Healthy Blue website via the Pregnancy and Women's Health Section which includes, Teens: Taking Care of your Health Planning for the Future. This includes critical health information for teens including general health, smoking, healthy relationships, and birth control.
  - Targeted provider education by an OB Practice consultant to engage providers in best practices surrounding Teen Pregnancy and importance of STI Screenings.
  - Case Management services, which include Maternal Health Case Management and Member Support for screening of risk factors for early identification of pregnancy to ensure members and babies are healthy throughout the pregnancy. Family Planning Kits also provided following identification of pregnancy.
  - OB Incentive Program for STI Screenings
  - Member Incentives for STI Screenings ages 16 and older
  - Community Support and Events include: 1) 4<sup>th</sup> Annual Total Teen Takeover (virtual teen summit scheduled August 8, 2020), 2) Healthy improvement is a central theme — healthy minds, healthy bodies, healthy directions. Several workshops are offered centering on self-love, positive decision-making, and teen concerns are addressed in a teen town hall meeting. 3) Healthy Blue Baby Showers (statewide) Community Birth Companion (Opelousas).
  - Family Roads of Baton Rouge
  - Partnerships with Nurse Family Partnerships
  - March of Dimes
- Louisiana Healthcare Connections, Inc. (LHCC)
  - LHCC Community Health Specialists conduct onsite clinic education days at Federally Qualified Health Centers and Rural Health Center throughout the State of Louisiana addressing healthcare topics/issues for all ages and provide age-appropriate resource materials which include teen pregnancy prevention content.
  - Management to ensure they are connected with nurse family partnership, birth control after delivery, and community resources.
  - LHCC's 'Start Smart for Baby' Showers help educate members on their benefits, healthy habits, resources in the community, and case management.

- LHCC’s member website provides direct access to health education resource materials through the Krames Library.
  - LHCC has an ongoing partnership with the YWCA teen wellness program.
  - LHCC’s “My Health Pays” program rewards members (including teens) for annual STI screenings (HIV, chlamydia, gonorrhea)
  - LHCC offers resources from Centene including the following publications, FAQs of HIV and Teens on the Course of Life.
  - Direct mail campaigns – HPV and Chlamydia mailers
  - STI topics are also included on LHCC website, such as the following: Three Health Screenings You Need This Year, Know Your Status and Get your health screenings during National Community Health Center Week.
  - LHCC also offers provider education for STI screenings; Provider Consultants (PC) visit with OB/GYN and PCPs.
- UnitedHealthcare Community Plan of Louisiana
    - UHC has incentivized the OBGYNs of Louisiana Women’s Healthcare Associate (LWHA) during the last contract and continues this practice in the emergency contract.
    - STI screening are \$10 additional compensation for STI screenings including Chlamydia, HPV, HIV, Syphilis and Gonorrhea limited to \$10 additional compensation per date of service (not \$10 for each screening, but \$10 for each visit where one or more STI screenings are completed).
    - UHC has an OBGYN Toolkit which is shared with providers.
    - UHC has programs such as Health First Steps program, Enhanced Baby Blocks program, Text4Baby and Specialty Care Support Programs.
    - UHC partnered with Trinity Community Health Centers of Louisiana (Trinity CHC) to improve the outcome of Maternal Health in Rapides Parish. Trinity CHC is not only concerned with Peabody High, but Pineville Elementary. Pineville Elementary and the surrounding community are experiencing high occurrence of STDs, violence, and pregnancies. UHC advised that we have a great interest in improving outcomes within the maternal health sector.

## **4.0 PROGRAMS AVAILABLE THROUGH THE DEPARTMENT OF CHILDREN AND FAMILY SERVICES**

### **1. Alternatives to Abortion**

With funding from the Temporary Assistance for Needy Families (TANF) program, the Department of Children and Family Services has two service providers who provide alternatives to abortion for expecting teen parents. These service providers are able to offer services state-wide by subcontracting with service providers in all regions around the state. Contractors are required to provide intervention services including crisis intervention, counseling, mentoring, support services, prenatal care information, and education about the use of abstinence to avoid

unplanned and out-of-wedlock pregnancies. Additionally, contractors facilitate information and referrals regarding healthy childbirth, adoption, and parenting to help ensure healthy and full-term pregnancies as an alternative to abortion. 8,213 people were served in State Fiscal Year (SFY) 2019.

## 2. Choosing the Best

Choosing the Best is a national, research-based curriculum to educate teens on the health advantages of delayed sexual activity and empower youth to make healthier choices, in order to reduce unplanned pregnancies and STDs. This program is used statewide by 9 regionally based Independent Living providers. In SFY 2019-2020, 355 youth either participated in Choosing the Best curriculum or received some information about safety and prevention of pregnancy and sexually transmitted diseases.

## 3. *Not a #Number*

*Not a #Number* is an interactive, five-module prevention curriculum designed to teach youth how to protect themselves from human trafficking and exploitation through information, critical thinking, and skill development. *Not a #Number* uses a holistic approach focusing on respect, empathy, individual strengths, and the relationship between personal and societal pressures that create or increase vulnerabilities. The 9 Independent Living providers around the state were trained in the curriculum and are currently providing to youth age 14-17. The curriculum is now being extended to include youth age 18-21 that choose to participate in the Independent Living program. In SFY 2019-2020, 59 youth completed the curriculum.

Through open conversations, engaging activities, the use of media, and opportunities for self-disclosure, participants will:

- Raise their awareness of what constitutes human trafficking and exploitation.
- Learn how to recognize recruitment tactics and understand vulnerabilities.
- Challenge harmful stereotypes and societal attitudes.
- Identify healthy support systems.
- Develop skills to safely navigate potential and existing exploitative situations.
- Learn how to access community resources when situations occur that increase their vulnerability (or if exploitation is already underway).

## **5.0 PROGRAMS AVAILABLE THROUGH THE DEPARTMENT OF EDUCATION**

The following programs and initiatives are in place at the Louisiana Department of Education (LDOE) addressing teen pregnancy and the spread of HIV and other sexually transmitted diseases.

## 1. YRBS and School Health Profiles

LDOE is funded by the Centers for Disease Control (CDC) to assess the effectiveness of sexual health education programs using the Youth Risk Behavior Surveillance System (YRBS) and the School Health Profiles Survey (Profiles). In the current funding cycle, Louisiana was only eligible for Strategy 1 funding (Surveillance).

The YRBS is a national school-based survey of high school students which is implemented by the LDOE biennially to monitor priority high-risk behaviors among youth. The survey is administered to randomly selected high schools. Students are asked, but not required, to complete the survey. The survey focuses on priority risk behaviors including Alcohol and Other Drug Use, Obesity, Physical Activity, Mental Health, Tobacco, Injury/Accident Prevention, and Violence and Bullying. Results from the YRBS are used to guide programs and policies that support health and set and track progress toward achieving school health and health promotion program goals.

A second survey, Profiles, is a school personnel survey that assesses school health policies and practices. Profiles, also conducted biennially, is used to assess school health policies and practices in states, large urban school districts, territories, and tribal governments. The survey monitors the status of school health education requirements and content, physical education and physical activity, school health policies related to HIV infection/AIDS, tobacco-use prevention, and nutrition, asthma management activities, family and community involvement in school health programs, and school health coordination.

Data from both surveys is shared with schools and school districts to inform decision-making regarding programs and policies related to student behavior and health.

## 2. Health Education Standards

Louisiana's Health Education Content Standards, which are contained in BESE Bulletin 103, offer a coherent vision of what it means to be health literate. Health literacy is the capacity of an individual to obtain, interpret, and comprehend basic health information and services and the competence to use such information and services in ways that are health enhancing for the individual, family, and community. These standards identify the knowledge and skills essential to the development of health literacy. In addition, the standards provide a guide for enhancing and continuing education of teachers and as a blueprint for local curriculum developers. The standards are broad enough to allow flexibility according to strengths or challenges identified in each community and to make them culturally relevant.

A fundamental mission of schools is the promotion of healthy behaviors by providing individuals with knowledge, abilities, and skills to become healthy and productive citizens. Optimal health leads to effective living, learning and enjoyment of life for all individuals. It is also an asset for students facing intense competition, peer pressure, stress, and a full program of intellectual and physical activities. The primary purpose of health education is the translation and integration of health concepts into personal behavior. Alcohol, tobacco, and other drug

use as well as low levels of physical activity, poor nutrition, injuries, teenage pregnancy, sexually transmitted infections (STIs), and stress contribute to a lower health status and result in loss of work and school time.

Health education in schools is essential to enable students to acquire the knowledge and skills needed to practice good health. Implementation of planned, sequential health curricula has been linked to changes in students' attitudes and behaviors. Poor health habits often carry over into adulthood. Students who follow good health habits are more alert, perform at a higher level, are absent less, and have greater self-esteem.

Traditionally, the health education curriculum has been organized around health content topic areas. Today, greater emphasis is placed on health and wellness. The Health Education Content Standards are an ideal means for providing guidelines for curriculum addressing high-risk behaviors and healthy lifestyles.

The CDC has identified six risk behaviors that are incorporated in the organization of the Health Education Content Standards. The six risk behaviors include:

- Tobacco use;
- Sedentary lifestyle/poor physical activity patterns;
- Alcohol and drug abuse;
- Unhealthy dietary behaviors;
- Behaviors that result in accidents and injuries; and
- Sexual behaviors that result in STIs and unintended pregnancy.

The Louisiana Health Education Content Standards framework is designed to guide the process of reforming health education in this state. It provides the following:

- a framework for developing a comprehensive K-12 health education curriculum;
- a catalyst for insightful discussion of the fundamental nature of health education;
- a guide for evaluating progress and achieving health education benchmarks among the students of Louisiana;
- a vision of health education for the state; and
- a tool to enable local districts, schools, and educators to grasp the nature, purpose, and role of health education.

## **6.0 RECOMMENDATIONS**

It is recommended that existing interventions and programs aimed at reducing teen pregnancy and STI rates described in this report be continued for the next year. It is further recommended that over the next year OPH, DOE and DCFS designated representatives move to meeting bimonthly to review available data on teen pregnancy and STI rates and information on the effectiveness of existing programs, as well as to explore new initiatives, interventions, programs and/or policy recommendations that should promote further improvements in teen pregnancy

and STI rates in the state of Louisiana. LDH/OPH, DOE and DCFS will provide updated and additional recommendations in next year's report to the legislature.