

Reducing Teenage Pregnancy in Tayside



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Collaborating for Excellence: The Managed Care Network (MCN) approach

Introduction

Scotland continues to report high rates of teenage pregnancy.¹ Tayside and Dundee City have consistently reported amongst the highest rates in Western Europe, with rates in under 16's in the city in 2006/8 twice those of the national average.

There is a strong correlation between teenage pregnancy and deprivation.

Whilst teenage pregnancy can be a positive experience for individual young women and young parents, particularly in the later teenage years, it is strongly associated with long-term adverse health and social outcomes for the young women and their children.

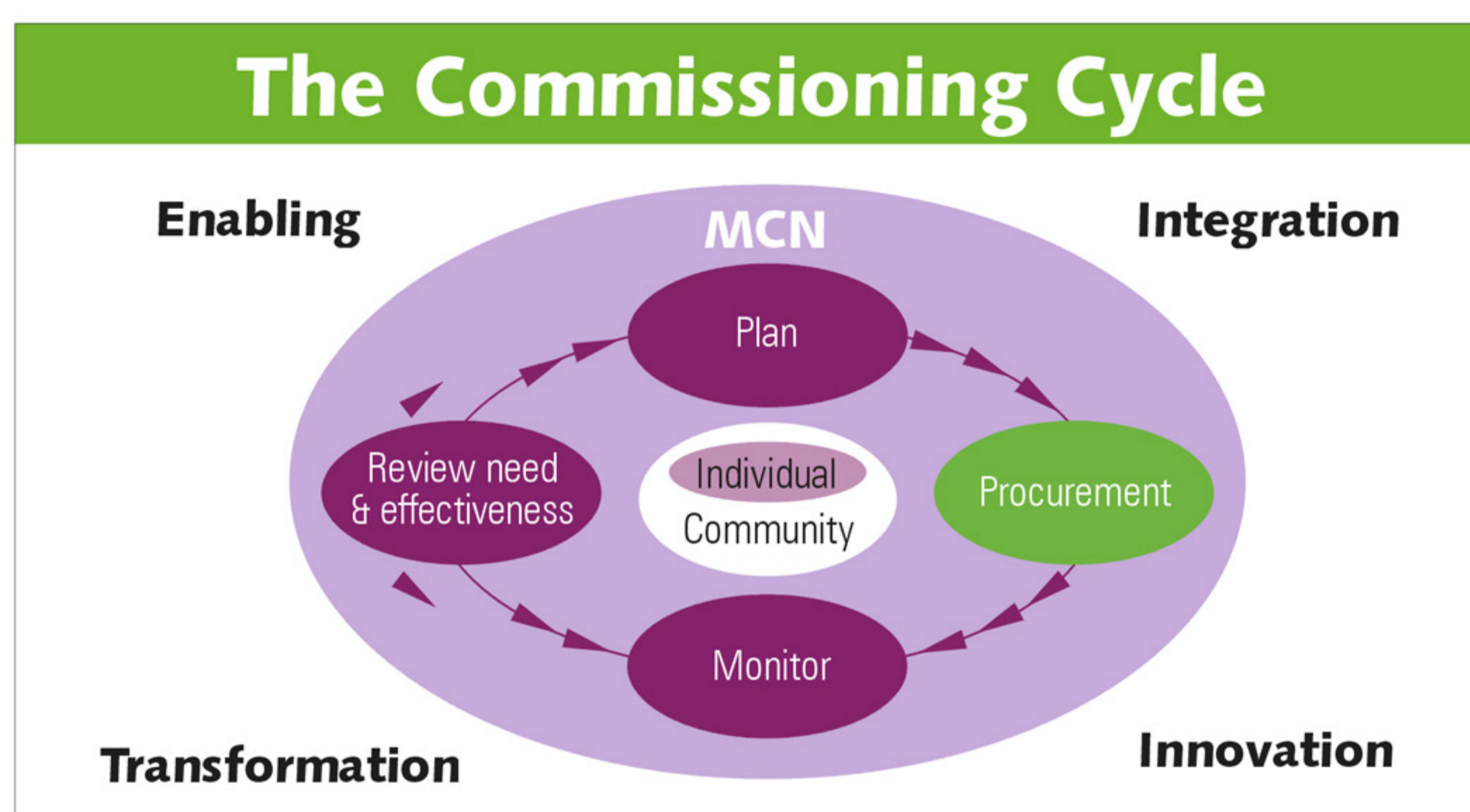
Aim

We set a number of short, medium and longer term objectives to reduce teenage conception by:

- 20% in under 16s by 2013
- 25% in the under 20s living in the most deprived communities by 2017
- 50% by 2020 among under 18s who are looked after and accommodated or young people leaving care

Methodology

The MCN brings together all the key agencies that have a role in reducing teenage pregnancy. It adopts a whole systems approach to planning and commissioning interventions and services.



Given the very high rates of teenage conception in Dundee, we wanted to establish if there were local differences in the contributory factors described in the international evidence base. Between 2009 and 2011, we carried out primary research with young people, young pregnant women, young parents and professionals to understand their perspectives. At the same time, we carried out a systematic review of the emerging evidence base. The findings informed the development of a logic model which has been adopted by all the partners, it advocates collective leadership and action focussed on:

- Improving early childhood experience and development
- Increasing expectations, aspirations and social capital of young people
- Enabling young people to make informed decisions about their sexual health
- Providing access to young people focussed contraception and sexual health services
- Supporting a competent workforce
- Building a strong commitment of all partner agencies

Since then action has been taken to put in place a wide range of interventions and services that are based on emerging evidence.

The key developments include:

robust real-time, localised data - critical to engaging decision-makers and enabling more effective targeting of interventions.

Capitalising on the potential of digital media to inform and engage young people - **Cool2talk** provides interactive web-based advice and counselling services and **NeedTayKnow** a free app that provides access to information and details how to access services and support.



Healthy Community Collaborative - an asset-based community action model, commenced in 2011 brings together professional expertise and evidence with local people's insights to identify and develop shared solutions.

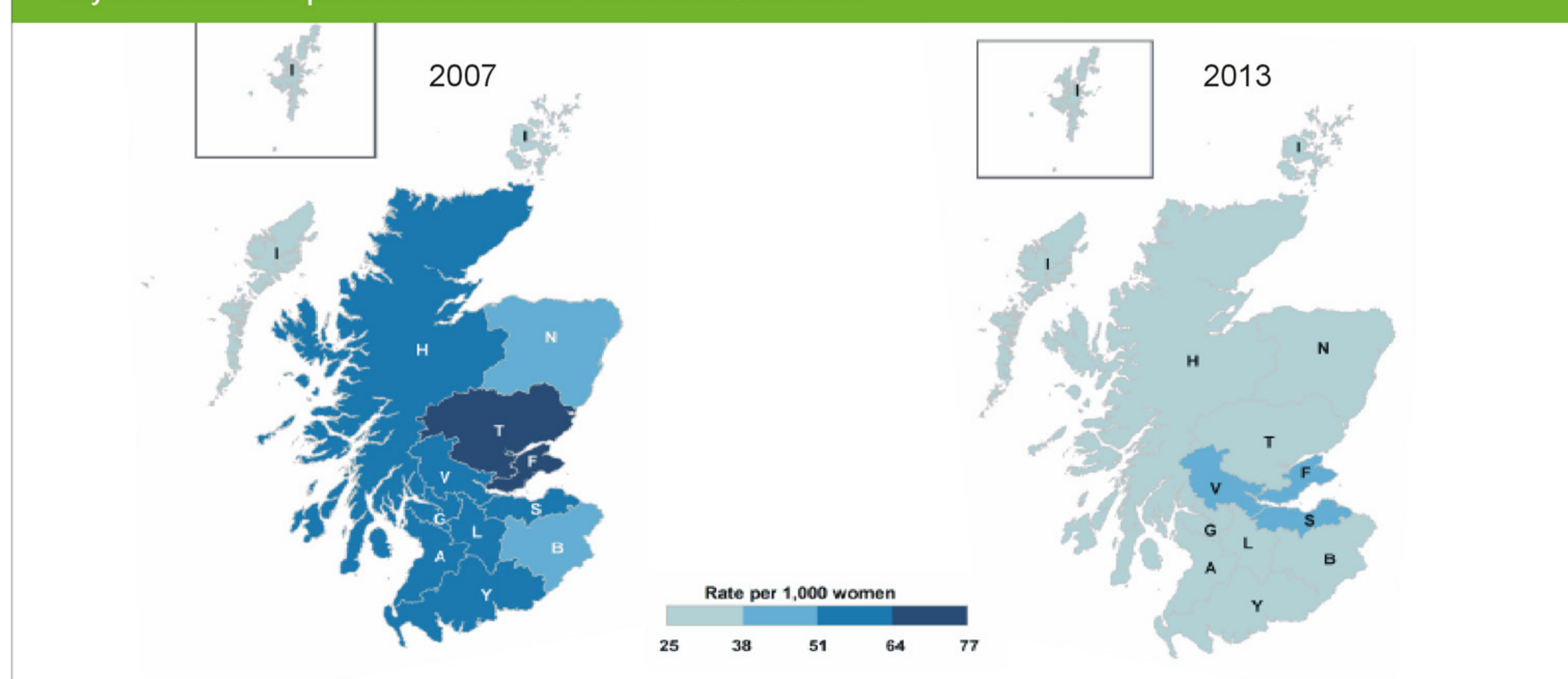
Family Nurse Partnership - provides intensive support for all first time mums aged under 20 during their pregnancy and until their child's 2nd birthday.

Outcomes

Tayside has seen a significant reduction in teenage pregnancy since 2007. The latest published data for the year ending 31 December 2013 show rates have declined year on year. The rate of reduction was greatest in the most deprived communities with a 75% reduction in under 16's compared to 44% in Scotland as a whole. Local data to 30 September 2015 shows the overall reduction has continued.

Rates of teenage pregnancy in Dundee in 2013 were 50% lower than those reported for 2007 and are at the lowest level since records began. This compares with an average reduction of 34% across Scotland over the same period.

Tayside's relative performance in the context of Scotland.



Conclusions

Significant reduction in teenage conception, a narrowing in the health inequalities gap and sustained health behaviour change is possible even in an area where this has previously been a social norm.

Teenage pregnancy is complex and multi-faceted action is needed to address the underlying causes. Early intervention aimed at developing resilience and self efficacy can also address a broad range of health and social outcomes linked to multiple risk taking behaviours.

Collective leadership and strong partnership working is key to success along with a clear strategic focus, and an ethos that enables young people to co-produce interventions.

Improvements have been made to Relationships, Sexual Health and Parenthood (RSHP) Education with the introduction of the **3-18 RHSP Framework** developed in collaboration with all three Departments of Education and Public Health, which provides practical guidance and resources for teachers and youth workers and the roll out of a **peer-education programme** in all Dundee schools. The core RSHP programme is complemented by an annual drama workshop for all S3 pupils, health drop-ins, the **Speakeasy** parenting programme as well as tailored RSHP for the most 'at risk' young people.

Dedicated **LINC clinics** operate in the Sexual and Reproductive Health Services for under 18s and sexual health services in community pharmacy has increased engagement with services.



Rates of teenage pregnancy in Dundee have reduced by 50%

References

¹The teenage pregnancy rate is counted as the number of deliveries combined with the number of abortions.

²Teenage Pregnancy Year of conception ending 31 December 2013 Publication date - 7 July 2015, ISD