

We help you identify training needs and improve access to care



## Family Planning Affects Military Planning

Deployment is part of the job for Sailors and Marines, but some things make you ineligible. Planned or unplanned, pregnancy pulls you from the pool of deployable personnel. In this way, family planning affects military planning. The head of the Sexual Health and Responsibility Program turned to us, the health analytics experts, to analyze contraception use in the Navy and Marine Corps.

We analyzed prescribing patterns, duration of use, and patient satisfaction for short and long-acting reversible contraceptives (SARC and LARC). SARCs require regular maintenance – days or weeks – and include rings, pills, and patches. LARCs are more reliable, require less maintenance – years – and comprise subdermal and intrauterine devices.

We found significant variations in prescribing practices. This signaled a need to identify best practices and address potential provider training gaps. We also determined duration of use, which suggested general satisfaction and potential cost-savings compared to SARC based on maintenance requirements.

The analyses help highlight training needs and ensure access to care. To learn more about how we can put our epidemiological expertise to work for you, visit: [www.med.navy.mil/sites/nmcphc/health-analysis](http://www.med.navy.mil/sites/nmcphc/health-analysis)

