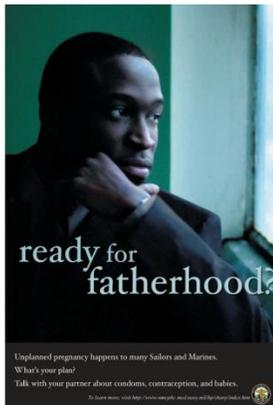
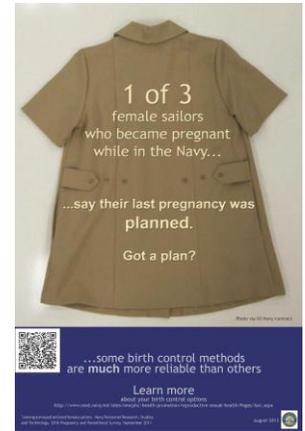




“REPRODUCTIVE HEALTH” – AN EVIDENCE-BASED GROUP-LEVEL INTERVENTION

Background: Attitudes about contraception among female sailors and unplanned pregnancy surveillance data suggest gaps may exist in contraception knowledge, motivation and self-efficacy. In 2012, only one of three (37%) surveyed enlisted female sailors reported that their last pregnancy while in the Navy was “planned”. Most of these women (69%) were using no form of birth control at the time they became pregnant. That survey found that over half of enlisted women were unmarried when their child was born, and there were approximately 6000 active duty Navy single mothers. Navy parenting and pregnancy surveys conducted biennially since 1988 have reported consistently high unplanned pregnancy rates. The national Healthy People 2020 objective is to increase the proportion of pregnancies that are intended to at least 56%. Among female sailors surveyed in 2005, about two of three (60%) said “I have had sexual intercourse without using birth control even though I did not want to get pregnant”, and one of three (35%) said “I would have sexual intercourse without birth control if my partner wanted me to”. The 2008 DoD Survey of Health Related Behavior Among Military Members found that about 1 of 4 female marines and 1 of 5 female sailors aged 21-25 reported having an unplanned pregnancy in the previous 12 months. A 2008 study found that females who join the Navy typically have no prior experience with contraception.



Objective: Decrease unplanned pregnancies (UPP) among female sailors and marines by encouraging and enabling both male and female sailors and marines to decrease behaviors which incur risks of experiencing UPP, including incorrect/inconsistent contraception use and sex without contraception.

Course Overview: A 2-session educational intervention, totaling 4 hours (session 1 = 2.5 hours; session 2 done two months later = 1.5 hours), for male and female sailors and marines focused on knowledge, skills, attitudes and circumstances known to affect unplanned pregnancies. The course may be led by a female Hospital Corpsman or other non-clinician leader. Adapted by the Navy and Marine Corps Public Health Center from the evidence-based work of CAPT Chung-Park M.S. (2008) Evaluation of a pregnancy prevention programme using the Contraceptive Behavior

Change model. *Journal of Advanced Nursing*; 61(1), 81–91: doi: 10.1111/j.1365-2648.2007.04468.x which demonstrated significant reduction of pregnancies among students.

Continuing Education Credit: none.

Target Audience: Female sailors and marines, married and unmarried, sexually-active or abstinent, aged 17-25. However, women and men of all ages could benefit.

Facilitator: female Hospital Corpsman or other non-clinician, female leader.

Technical Assistance: is available from NMCPHC-SHARP <mailto:sharp@nehc.mar.med.navy.mil>.

Materials required: Classroom to comfortably accommodate 10-40 students. SHARP Toolbox DVD from NMCPHC-SHARP. Printed handouts and PowerPoint presentation from the SHARP Toolbox DVD. PowerPoint projection system with sound. Female, non-expert facilitator.