



Act 943

Addressing Unplanned Pregnancy Prevention Among College Students

University of Arkansas Fayetteville

July 15, 2019

The University of Arkansas has been addressing prevention of unplanned pregnancies since the 1960's and continues to make this a priority on this campus. With well-established health services for students, the Pat Walker Health Center serves as the key organization to deliver prevention strategies, medical and mental health care and to support healthy behaviors and choices. The Pat Walker Health Center employs 12 medical providers including family practice physicians, a gynecologist, a consulting orthopedist, family practice nurse practitioners and women's health care nurse practitioners with a large nursing staff, clinical laboratory services, immunization services and x-ray services. Mental health care is provided by 2 psychiatrists and 16 mental health clinicians including psychologists, professional counselors and social workers. The Pat Walker Health Center includes a strong Wellness and Health Promotion department with four professional health educators to address prevention and development of healthy behaviors.

Act 943 identifies eight issues relating to older teen pregnancies. Following is information as to how the University of Arkansas is addressing these issues.

1. Incorporate unplanned pregnancy prevention information into student success courses and orientation.

University of Arkansas Action Plan:

The Pat Walker Health Center provides information to new students during New Student Orientation. This information includes prevention of unplanned pregnancies as follow:

- a. The University of Arkansas strives to provide an eight-week class called University Perspectives for all new students. Members of the Pat Walker Health Center staff teach these classes and incorporate information on good decision making and developing healthy relationships. In addition, medical, mental health and wellness staff are invited to University Perspectives classes and are able to address prevention of unplanned pregnancies in these classes. In particular, medical professionals address Long Acting Reversible Contraception (LARC) that is offered through the Pat Walker Health Center Women's Clinic.
- b. The Women's Clinic in the Pat Walker Health Center provides long-acting reversible contraception (LARC) methods as well as other information to prevent pregnancies. The Women's Clinic of the Pat Walker Health Center has provided family planning and contraception for students for over thirty years on the University of Arkansas campus.

During the 2018-2019 academic year, the Women's Clinic gynecologist and advanced practice nurses provided 4,687 visits, a 6.4% increase from academic year 2016-2017. These services include screening for cancer and sexually transmitted infections, routine gynecological examinations, special procedures and contraception methods, including long-acting reversible contraception methods. Fifty percent of the services provided by the Women's Clinic providers were for contraception planning and surveillance.

- c. In 2018-2019 the Women's Clinic provided 436 Depo-Provera injections (an increase of 10% from the prior year) and 144 Nexplanon Insertions (an increase of 20% from the prior year). These remarkable increases in

LARC contraception to prevent unplanned pregnancies reflect the increased number of appointments as well increased education about LARC.

- d. The full-time gynecologist provided sexual health and prevention of unplanned pregnancy sessions with residence hall occupants and women's Greek organizations.
- e. The Primary Care Clinic of the Pat Walker Health Center provides consultation on protection against pregnancies.
- f. The Department of Wellness and Health Promotion at the Pat Walker Health Center conducts credit-bearing and non-credit-bearing classes in which education on prevention of unplanned pregnancy, birth control and fertility are taught in the Women's Health Class.
- g. The Arkansas Foundation for Medical Care has provided posters, brochures and bookmarks on protection from unplanned pregnancy which are posted throughout the Pat Walker Health Center.
- h. The Pat Walker Health Center distributes posters, brochures and bookmarks to campus groups including University Housing, Greek Life and the Arkansas Union.

2. Integration of information about the prevention of unplanned pregnancy into academic courses, if and when appropriate.

University of Arkansas Action Plan:

The University of Arkansas provides medically accurate information in academic courses such as:

- a. Courses provided through the Department of Public Health Sexual Health Research Laboratory for bachelor, masters and Ph.D. degrees in community health promotion as well as undergraduate minors in Gender Studies include CHLP1303: Human Sexuality, CHLP 310/699V: Sex in the College Culture, CHLO 699V: Sexuality in Public Health.
- b. University Perspectives Classes, eight-week credit-bearing classes for first year students include guest speakers from the Pat Walker Health Center who discuss prevention of unplanned pregnancies with first year students.
- c. Wellness and Health Promotion Adjunct Faculty teach credit-bearing classes on human sexuality, including prevention of unplanned pregnancies.
- d. The following academic departments include course content that includes factual information about prevention of unplanned pregnancies and methods of contraception: Public Health, Biology, Communications, Counselor Education, Gender Studies, Human Development and Family Services, Psychology, Sociology, Kinesiology, Public Policy and Social Work.

3. Identification of Opportunities to raise awareness and provide resources about the prevention of unplanned pregnancies across the student population.

University of Arkansas Action Plan:

- a. The Pat Walker Health Center utilizes posters, brochures, social media and campus media for a public discussion of prevention of unplanned pregnancies. These campaigns have been conducted since the 1970's utilizing communication tools available each year. Currently, the use of social media is used frequently.
- b. Student groups such as sororities often focus on prevention of pregnancy and prevention of sexually transmitted diseases as part of their proactive commitments to the community at large. Experts from the Pat Walker Health Center serve as speakers to these groups.
- c. University Housing Residential Education provides informational programs to its residents.

- d. University of Arkansas Athletics provides educational programming on prevention of pregnancies, often using materials and information provided by the NCAA.
- e. Through collaboration of the Pat Walker Health Center departments of Counseling and Psychological Services, the Women’s Clinic, the Primary Care Clinic and Wellness and Health Promotion, an interactive event called “Safer Loving Day” around Valentine’s Day was conducted in the Arkansas Union to provide thoughtful discussion about contraception and safe sex.
- f. During “A” Week, the first week of classes, Pat Walker Health Center uses interactive games to increase awareness with new and returning students on how to prevent unplanned pregnancies.

4. Identification of opportunities for existing students to reach out to younger teens to serve as mentors and/or role models of successful behaviors and healthy choices, including any opportunities for outreach during the summer vacation or during traditional K-12 after-school hours.

University of Arkansas Action Plan:

- a. The University of Arkansas students provide community outreach to teens in Northwest Arkansas through service learning and the Center for Community Engagement as well as federal funded pre-college programs. Enrollment in the University of Arkansas includes students from all over Arkansas, the United States and the world which means that accurate sex education during teen years through mentoring as well as sex education in junior high and high school may have a serious impact on the prevention of unplanned pregnancies.

5. Identification of any private or federal grants available to address the prevention of unplanned pregnancy and promote student success, including any partnerships necessary to compete for such grants.

University of Arkansas Action Plan:

The University of Arkansas did not receive any grants to prevent unplanned pregnancies.

6. Collaboration with community health centers and/or federally qualified health centers to promote access to care.

University of Arkansas Action Plan:

- a. University of Arkansas students live in the growing region of Northwest Arkansas. As a result, in addition to the services of the Pat Walker Health Center, students can access the following health centers for prevention of unplanned pregnancies:
 - i. Welcome Health, Northwest Arkansas Free Health Center, offering primary health care and gynecological services.
 - ii. Community Clinic a Health Center Grantee, offering primary health care and women’s health care.
 - iii. Three major hospital systems with clinics offering primary health care and women’s health care services:
 - 1. Washington Regional Health Center
 - 2. Northwest Medical Center
 - 3. Mercy Healthcare System

7. Identification of child care, transportation, financial aid and other challenges specific to existing single parents:

University of Arkansas Action Plan:

- a. Child Care:
 - i. Jean Tyson Child Development Study Center, on campus child care for families
 - ii. Head Start
 - iii. Private, state and federally funded childcare centers
- b. Transportation:
 - i. Razorback Transit
 - ii. Ozark Regional Transit
 - iii. Taxi vouchers
 - iv. Bicycle rentals
- c. Financial Aid
 - i. Single Parent Scholarship Fund of Northwest Arkansas
 - ii. University of Arkansas scholarship opportunities
- d. Off Campus Student Services
 - i. Services for parents and pregnant students
 - ii. Resource center for housing, food, childcare, academic support
- e. Jane B. Gearhart Full Circle Pantry
 - i. Food for students and their families who are experiencing food insecurity
- f. Jones Center for Families

8. Identification of method to measure effectiveness of your unplanned pregnancy prevention activities:

University of Arkansas Action Plan:

- a. The University of Arkansas surveyed students in Spring 2019 using the American College Health Association (ACHA) National College Health Assessment (NCHA) survey. The following data was collected from the students who responded to this survey:

0.6% reported pregnancy as a factor affecting their individual academic performance.

16.3% used emergency contraception

0.6% experienced an unintended pregnancy

57.3 % used the pill for contraception to prevent pregnancies

3.4 % utilized Long Acting Reproductive Contraception (LARC) injections to prevent pregnancies.

10.8 % utilized LARC implants to prevent pregnancies

1.3% utilized a patch to prevent pregnancies

1.5% vaginal ring to prevent pregnancies

15.3% utilized intrauterine devices (IUD) to prevent pregnancies

59.3% used male condoms to prevent pregnancies

8.0% used fertility awareness (calendar, mucous, basal body temperature) to prevent pregnancies

37.6% used withdrawal to prevent pregnancies

9. Identification of other such topics or issues relating to the preventing and reduction of unplanned pregnancies among older teens.

University of Arkansas Action Plan:

- a. The Sexuality Education & Consent Studies (SECS) Lab is a student-centered, research team focused on conducting cutting-edge research in sexual health. The lab consists of undergraduate and graduate students working collaboratively on projects. Undergraduate students are mentored by [master](#) and doctoral students in the research process and how to design a project from the ground up. The research team strives to conduct [progressive](#), applied sexual health research consistent with the sexual health

objectives established by leading public [health](#) entities. Some areas of research that occur in the SECS Lab are consent/sexual communication, sexual satisfaction, sexual assault, LGBTQIA sexual experiences and abortion attitudes.

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