

May 1, 2014



## Report shows increase in teen births in Adams Co.

The latest vital statistics report for the state of Nebraska shows an increase in teen births for Adams County.

The 2012 report was released in April and includes information on births, deaths and more from across the state during 2012.

The report says there were 41 teen births in Adams County in 2012, or 10.2 percent of all births in the county. That's up from 33 teen births in 2011, or 8.2 percent.

The four-year total, from 2008-2012, showed 208 teen births in Adams County, or 10.1 percent of all births in the county. That four-year total stayed steady: 2007-2011 also showed a 10.1 percent teen birth rate.

Statewide the number of teen births actually decreased. In 2012 there were 1,688 teen births across the state of Nebraska, or 6.5 percent of all the births in the state. That's down from 1,735 in 2011, or 6.8 percent.

The four-year total from 2008-2012 showed 9,955 teen births across the state, or 7.6 percent.

"While that one-year increase in Adams County is

alarming, when we look at the four-year totals we are staying fairly steady," Hastings Family Planning Community Educator Betsy Herrman said.

"What concerns me is how much higher Adams County's teen birth rate is than the statewide teen birth rate. I'd really like to see us getting closer to that statewide rate and decreasing the number of teen births in our county."

Herrman said the best way to prevent teen pregnancy is better education.

"Many teens vastly misunderstand the mechanics of their own bodies and how pregnancies occur. We need to be teaching our students about their bodies at younger ages, starting in middle school rather than high school," Herrman said.

"While it's important to encourage abstinence as the first and best choice available to teens, they should also know that they have options to prevent pregnancy if they choose to have sex," Herrman added.

"Most important is that parents talk with their children about pregnancy, parenting and sex," Herrman said.

### 2012 teen births by place of residence

County	#	%
Adams	41	10.2
Buffalo	45	6.5
Clay	9	12.2
Douglas	529	6.3
Hall	89	9.7
Kearney	5	5.2
Lancaster	232	5.6
Lincoln	30	6.6
Phelps	6	5.8
Sarpy	111	4.3
York	12	6.6

"These are hard conversations, but its vital that parents be open and approachable resources for their teens to get answers."

Interestingly, the counties with the highest teen birth rates are not those with the highest populations, but rural counties. Other counties with a teen birth rate above 10 percent for 2012 were Clay, Dawson, Hitchcock, Kimball, Merrick, Red Willow and Thurston.

Looking at four-year totals, those counties with teen birth rates above 10 percent would also include Box Butte, Dakota, Fillmore, Hall, Jefferson, Morrill, Saline and Scotts Bluff, in addition to the eight counties already mentioned.

## May clinics

**Wednesday, May 7**  
5-7 p.m.  
Dr. Todd Pankratz

**Tuesday, May 13**  
5-7 p.m.  
Dr. Tyler Adam

**Tuesday, May 20**  
5:30-7:30 p.m.  
Males Only  
Dr. Daniel Leonard

**Wednesday, June 21**  
10 a.m. to noon  
Andrea Curtis, APRN

**Tuesday, May 27**  
5:30-7:30 p.m.  
Dr. Michael Johnson

**Hastings Family Planning will be closed Monday, May 26 for Memorial Day.**



This fits a nationwide trend. According to a February 2013 report from the National Campaign to Prevent Teen and Unplanned Pregnancy, the teen birth rate in rural counties in the United States is nearly one-third higher compared to the rest of the country. Rural counties account for one in five teen births in the United States even though they make up only 16% of the overall teen population, the report said.

# Birth control option of the month: Implantable rod

An implantable rod, or implant, is a thin plastic rod (about the size of a matchstick) that is placed under the skin of the upper arm. The implant releases a hormone found in birth control pills, progestin, that prevents pregnancy by causing the cervical mucus to thicken, which blocks sperm from meeting with and fertilizing an egg. It also works by keeping the ovaries from releasing eggs.

Placing the rod under the skin of the arm is a simple procedure done by a health care provider. It is done in the office and takes only a few minutes. It may take a week for the implant to begin working,

so ask if you need to use a back-up method of birth control (like a condom) in the meantime.

The implant will work well in preventing pregnancy for three years.

A health care provider can easily remove the old implant and put a new one in place at the right time. The rod can also be taken out anytime if you decide you want to get pregnant.

It is common for women to have bleeding (especially in the first few months) and changes to their periods with an implant. Some women may

have heavier periods, but for most women, periods will become lighter or stop altogether.

Less often, women who have an implant may experience acne, weight gain, mood changes, headaches, and breast tenderness. Ask your health care provider what to expect, and what types of symptoms (like severe discomfort) you should let them know about.

The implant is about 99 percent effective at preventing pregnancy.

#### Advantages of the implant:

- Implants do not require the

consent of the female's partner

- They are safe and effective in preventing pregnancy
- Implants work for three years
- If a woman wants to become pregnant it is very easy for a health care provider to remove the implant

#### Disadvantages:

- Requires a clinic visit
- May cause bleeding or changes to your period. Some women gain weight or have stomach aches or headaches

## Hastings Family Planning

Promotes the well being of families, responsible behavior, and healthy babies.

Prevents unintended pregnancies through education, including abstinence and contraceptive services.

Allows planning and timing of pregnancies.

## Remember

We have free latex and non latex male condoms available as well as female condoms and lubricant. We also sell name brand condoms for as low as 25 cents each.

## Hastings Family Planning

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