Creating Access to Reproductive Resources in Underserved Populations

Margarita Soltero Gutierrez
What started my project?

- After reading the graphic novel, “Waiting for Health Equity” by the Center for Health Progress, the following fact stood out: “Black and Latina teens are over twice as likely as white teens to become pregnant. This is due to the fact that non-white teens are less likely to have access to reproductive health resources and receive accurate sex education” (Center for Health Progress, 2017).
Title X

- Title X Family Planning Program helps low-income families and those who do not have insurance to afford birth control and reproductive health resources (Planned Parenthood, 2021)
  - Wellness exams, STD testing, contraceptive education, birth control, breast cancer screenings
- Defunding of Planned Parenthood reduced service to low-income families (Planned Parenthood, 2017)
- 2019, Trump administration implemented the Title X Gag Rule which prohibited doctors from telling their patients about information on their sexual and reproductive healthcare options (Planned Parenthood, 2021)
- 2017, the patients who benefitted from Title X were (Planned Parenthood, 2021)
  - 21% of patients identified as black or African American
  - 33% as Hispanic or Latino
- Planned Parenthood patients are nearly half people of color and more than half of these centers are located in rural or underserved communities (Planned Parenthood, 2021)
Understanding the Barriers Causing Teen Pregnancy in Latin and African American Communities

- 2019, interviewed an assistant principle in DPS
  - DPS doesn’t have a unified sex education system. There are some schools that have school-based health centers, however, there needs to be consent from the parent for the student to be able to receive help. Moreover, if contraceptives other than condoms are asked by the student, they have to have parents consent and they have to pay.
  - “One year that I taught at Montebello High School, 9 of my freshmen students got pregnant. Women become more vulnerable when they don’t have access to these resources”
- Created a survey that asked about girls experience their with high school sex education (12 responses)
  - 7/12 girls received sex education
  - 6/7 girls said it wasn’t helpful
  - Some girls took a health class and other received information about this in 2-3 days
What do I do to help this issue?

- Created a pamphlet and an Instagram page (@hers_health)
  - Provide information about reproductive resources, consent, STD’s, etc.
  - Pamphlet is in English and Spanish
  - Shared this information to Girls Inc, and COLOR Latina Organization
- Lead a Women’s Health/Sex Ed. workshop each year during my sorority’s, Empowering our Women of Tomorrow Youth Leadership Conference
CONSENT
Giving permission for something to happen. In this case sexual relationships.
This is YOUR body, and YOU get to decide what YOU want to do with it.
NO means NO and consent can be withdrawn at ANY time.
If you are not ready, it’s important to speak up about your decision.
Consent is knowing your RIGHT.

PREVENTING PREGNANCY
1. Abstinence: no sex
2. Condom:
   • Provides protection from pregnancy and STD’s
   • Stops sperm from entering the vagina
   • Limits skin-to-skin contact that can spread STD’s
   • 85% effective
3. Birth Control
   A. The Pill:
      • Stops sperm from joining egg (fertilization), hormones stop ovulation (release of egg), thickens mucus on cervix
      • Comes in a pack, take 1 pill every day at the same time
      • 93% effective
   B. The Arm Implant:
      • Tiny rod inserted in arm
      • Release hormone Progesterin
      • Good for 3-5 years
      • 99% effective

D. The Patch:
   • Wear a patch on certain parts of your body and it releases hormones, estrogen and progesterin
   • Stops fertilization, stops ovulation, thickens mucus on cervix
   • Replace weekly
   • 91% effective

E. The Shot:
   • Injection you get every 3 months
   • Release the hormone progesterin
   • Stops ovulation, thickens mucus in cervix
   • 94% effective

F. Intrauterine Device (IUD):
   • Small flexible, plastic shaped device like a “T” in uterus
   • 5 different brands:
      • Paragard: NO hormones
      • Made of Copper because sperm don’t like copper. This IUD changes how sperm cells move and prevents them from reaching the egg.
      • YES hormonal (progesterin)
         • Mirena: lasts 7 years
         • Kyleena: lasts 5 years
         • Liletta: lasts 7 years
      • Skylla: lasts 3 years
      • Stops ovulation, thickens mucus on cervix
      • 99% effective

SEXUALLY TRANSMITTED INFECTION (STI)
• An infection that weakens the immune system
• Some STI’s may lead to Sexually Transmitted Diseases (STD’s)
• How do you get it?
  • Oral, anal, vaginal sex
  • Having more than 1 partner
  • Having sex with a person who has had many partners
  • NOT USING A CONDOM

Some types of STD’s:
1. Viral: Human Immunodeficiency Virus (HIV), Genital Herpes, Genital Warts (HPV), and Hepatitis B
2. Bacterial: Chlamydia, Gonorrhea, Syphilis
3. Parasitical: Trichomonas

CONTACTS
For more information on birth control or you want to get tested:
• Planned Parenthood - Denver (303.832.5069)
• Your primary care physician
• Instagram: @hers_health

Why is this important?
Be informed about the options you have to be safe.
Consent matters not only for you but for women, too. The CDC recommends healthy choices for men, too.
It is important for all relationships to be respectful.
Early intervention can be a human right.
Preventing Pregnancy

**CONDOMS**
- Provide protection from pregnancy and the only form to prevent STIs
- Stops sperm from entering the vagina so you don't get pregnant
- Limits skin-to-skin contact that can spread STIs
  - 85% effective, costs $2
- Male Condoms - wrap around the penis
- Female Condoms - can be inserted into the vaginal canal or anus

Sexually Transmitted Infection (STI)
- STIs may lead to sexually transmitted diseases (STD)
- They are spread from one person to another during anal, oral, or vaginal sex
- Very common, but many don't show symptoms
- Without treatment, it can lead to serious health issues
- Getting tested is easy and most STIs are easy to treat!

https://www.sesamemedical.com/birth-control

Birth Control

**THE PILL**

What does it do?
- Prevents pregnancy
- Stops sperm from joining egg (fertilization)
- The hormones in the pill stop ovulation (release of egg)
- The hormones in the pill also thicken mucus on the cervix which blocks the sperm from meeting with the egg

More information!!
- Pills come in a pack and you need to take 1 pill at the same time every day
- 91% effective because people forget to take them at the same time every day
- The pill does NOT protect you from getting STIs

https://www.sesamemedical.com/birth-control/birth-control-pill

Birth Control

**ARM IMPLANT**

What does it do?
- Prevents pregnancy
- Progestin thicken the mucus on the cervix which blocks the sperm from meeting with the egg
- Progestin can also stop ovulation

More information!!
- Tiny, thin rod that is the size of a matchstick that is inserted into your arm
- 99% effective
- Good for up to 3.5 years
- The arm implant does NOT protect you from getting STIs

https://www.sesamemedical.com/birth-control
Thank you!
References


