

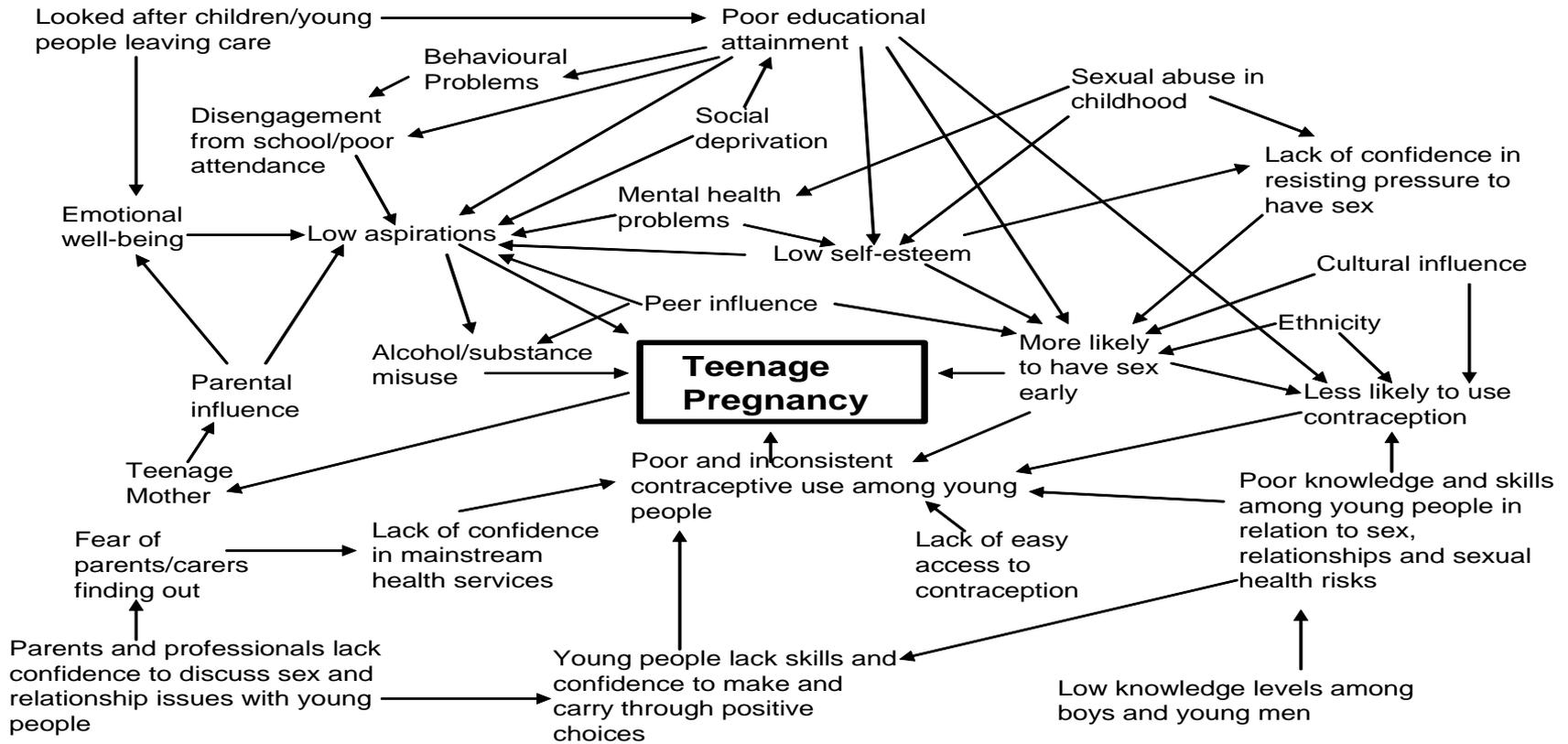
# Teenage Pregnancy: Everybody's business!



# Teenage pregnancy: A complex issue associated with a large range of risk factors... (DoH Teenage Pregnancy Unit)

## Teenage Pregnancy: everybody's business!

Teenage pregnancy: A complex issue associated with a large range of risk factors...

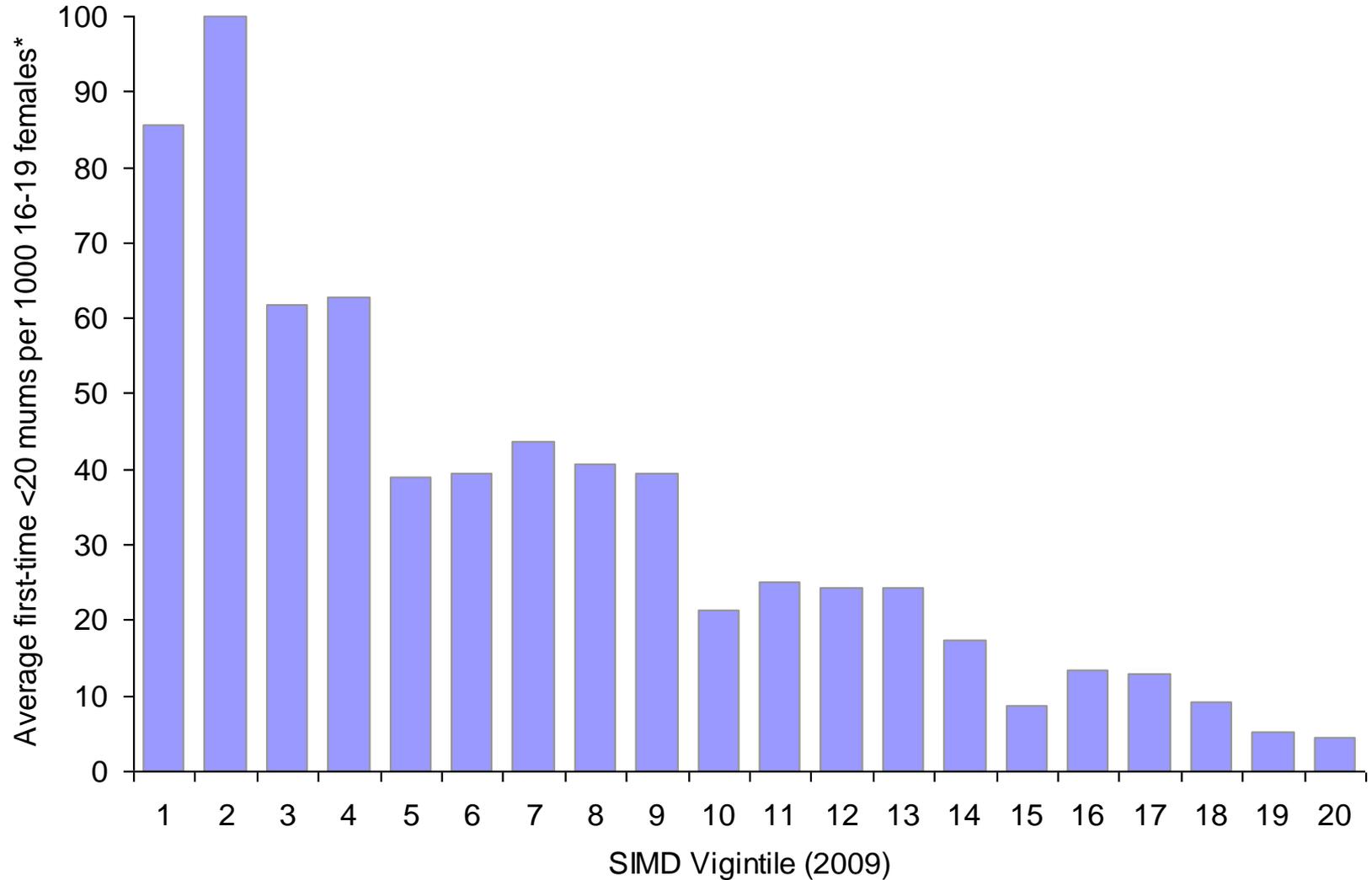


# Tayside: First time mums under 20 by Intermediate Geography

Intermediate Geography	First time mothers aged 19 and under	Percentage first time mothers aged 19 and under	CHP
S02000226 Whitfield	52	34.4	Dundee City
S02000211 Hilltown	31	30.7	Dundee City
S02000218 Douglas East	27	30.7	Dundee City
S02000222 Douglas West	31	26.5	Dundee City
S02000221 Linlathen and Midcraigie	38	26.2	Dundee City
S02000214 Lochee	31	25.2	Dundee City
S02000228 Kirkton	27	24.5	Dundee City
S02000965 Letham	24	24.5	Perth & Kinross
S02000114 Arbroath Cliffburn	22	24.2	Angus
S02000115 Arbroath Warddykes	29	24	Angus
S02000126 Brechin East	15	23.8	Angus
S02000969 Hillyland, Tulloch and Inveral	28	23.1	Perth & Kinross
S02000978 Blairgowrie East (Rattray)	14	23	Perth & Kinross
S02000229 Fintry	31	22.3	Dundee City
S02000227 Downfield	14	21.5	Dundee City
S02000223 Caird Park	19	21.3	Dundee City
S02000216 Charleston	27	21.1	Dundee City
S02000225 Ardler and St Marys	28	20.6	Dundee City
S02000127 Brechin West	11	20.4	Angus
S02000118 Forfar West	16	20.3	Angus
S02000205 Menzieshill	24	20.3	Dundee City
S02000201 City Centre	19	19.6	Dundee City
S02000113 Arbroath Kirkton	17	19.3	Angus
S02000124 Montrose South	15	18.8	Angus
S02000209 Law	13	18.3	Dundee City
S02000967 Muirton	11	18.3	Perth & Kinross
S02000959 Moncrieffe and Friarton	9	18	Perth & Kinross
S02000953 Auchterarder	9	17.6	Perth & Kinross
S02000112 Arbroath Harbour	16	16.5	Angus

Source: SNS <20 births 2006-2008 by IG, Identifier: IDHS-fbirth19

# Tayside: First time mums aged 19 and under



Average (2006-2008) annual number of first time mothers aged 19 and under: rate per 1,000 female 16-19 population by SIMD Decile (\*Population: mid-2008 estimate, SIMD 2009)

# Why it matters

**Although teenage pregnancy can be a positive experience, it is strongly associated with a wide range of subsequent adverse health and social outcomes.**

# Why it matters

- ❑ **Teenage pregnancy severely limits young women's education and career prospects**
  
- ❑ **Teenage mothers are:**
  - **less likely to finish their education**
  - **more likely to bring their child up alone and in poverty**
  - **3 times more likely to smoke during pregnancy**
  - **50% less likely to breastfeed**
  - **have 3 times the rate of post natal depression of older mothers**
  - **have a higher risk of poor mental health for 3 years after the birth**

# Why it matters

- ❑ **Rates of teenage pregnancy are highest among deprived communities: the most deprived groups have 10 times the rate of delivery as the least deprived.**
- ❑ **The poorer outcomes also mean that the effects of deprivation are passed on from one generation to the next, so it is an important issue to address as part of the wider aim to tackle inequalities and give children and young people the best start in life.**

# “Reducing Teenage Pregnancy in Tayside” Driver Diagram

## AIM Statement

## Primary Drivers

## Secondary Drivers

Reduce pregnancy in the under 20s in the most deprived communities by 15% by 2013

Reduce pregnancy in under 16s by 20% by 2013

Reduce pregnancy in the under 20s in deprived communities by 25% by 2017

Reduce by 50% pregnancies among under 18s looked after/young people leaving care by 2020

Early Childhood Experience & Development.

Increase expectations & aspirations and build social capital of young people

Young people make informed decisions about their sexual health

Young people focussed contraceptive and sexual health services

Competent Workforce

Strong commitment of all partner agencies

- \* All pregnant women under 20 identified and offered intensive ante-natal support and during first 2 yrs of infancy
- \* Parenting skills programmes
- \* Intensive pre-school support for vulnerable children
- \* Support for young men to continue parenting involvement and support for couples

- \* Improve relevance and enjoyment of school
- \* Improve educational attainment
- \* Youth development programmes that aim to promote self-esteem, positive aspirations and a sense of purpose through vocational, educational, volunteering & life skills
- \* Volunteering and befriending & peer led opportunities
- \* Well resourced Youth Services with a clear remit to address teenage pregnancy
- Work with parents through parenting programmes to encourage better communication about relationships, sexual health & aspirations
- Promote community resilience and co-production of community led (collaborative) social marketing

- \* High quality consistent sexual health & relationships education (SRE) that encourages young people to delay sexual activity
- \* Tailored SRE for most at risk groups delivered in a range of settings
- \* Skills based programmes
- \* Easy access to information and support
- \* Health drop-ins available in all secondary schools
- \* Young people involved in informing what & how information/education is delivered

- \* Dedicated young people services in or within walking distance of all secondary schools offering advice, free condoms, pregnancy testing & Chlamydia testing
- \* Young people are confident to use services
- \* Well publicised services
- \* Emergency Hormonal Contraception widely available & accessible TOP
- \* Young people involved in planning, implementation and services so that it meets their needs

- Competent & confident workforce skilled in supporting young people to delay sex
- Training for Health care professionals, teachers, health visitors, social care & youth workers
- Delivered by competent workforce

- \* Relevant data & health intelligence
- Collaboration of effort embedded in community planning
- Multi-agency self-assessment

# Background to the Project

- ❖ **The Sexual Health & BBV Framework 2011-2015**
- ❖ **Change in leadership to local authority**
- ❖ **Asset based approaches**
- ❖ **Primary Research & scoping**
- ❖ **Success in Perth & Kinross**



## Learning new skills

- ❖ Computer Classes
- ❖ 1:1 mobile phone help
- ❖ Digital photograph downloading

- ❖ Chair Based Exercise Instructors
- ❖ Walk Leaders
- ❖ 1<sup>st</sup> Aid Training
- ❖ Food hygiene training



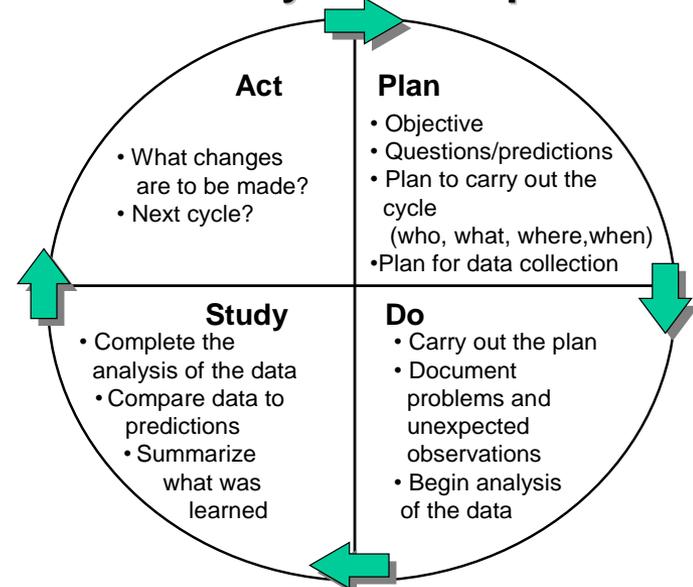
# **Benefits of this work**

- ❖ Reduce isolation**
- ❖ Promote Mental Wellbeing**
- ❖ Promote active ageing**
- ❖ Improve social capital**
- ❖ Promotes resilience**

# Healthy Community Collaborative

- ❖ **Engage with community/key workers**
- ❖ **Form a team**
- ❖ **Train / build capacity**
- ❖ **Look at shared solutions, try them out.....**

The PDSA Cycle for Improvement



# Story so far.....

- ❖ **Steering group**
- ❖ **Professional events in 3 areas**  
**Tayside; partnership work**
- ❖ **Work with Pure Media UK /**  
**potential groups**
- ❖ **Establishing groups**

# **Adapting the model**

# **Young People's Stories**

- ❖ Young woman who won't go to the sexual health clinic alone because she can't fill in the form**
- ❖ The young parents & their children who are not getting the information they need because of literacy issues**
- ❖ Confidence & aspirations: The young woman who before she found a training place, thought her only option was prostitution**

**hi, my gf is pregnant again!! we already have a baby and bein a dad once at 15 is enough. B4 u say anythin yes we have heards of comdons but tht one split!! i love my son and my gf but I dont want a nother baby. i want to keep my gf but if i suggest to get rid of it she might walk out on me... i stuck for answers HELP!!**

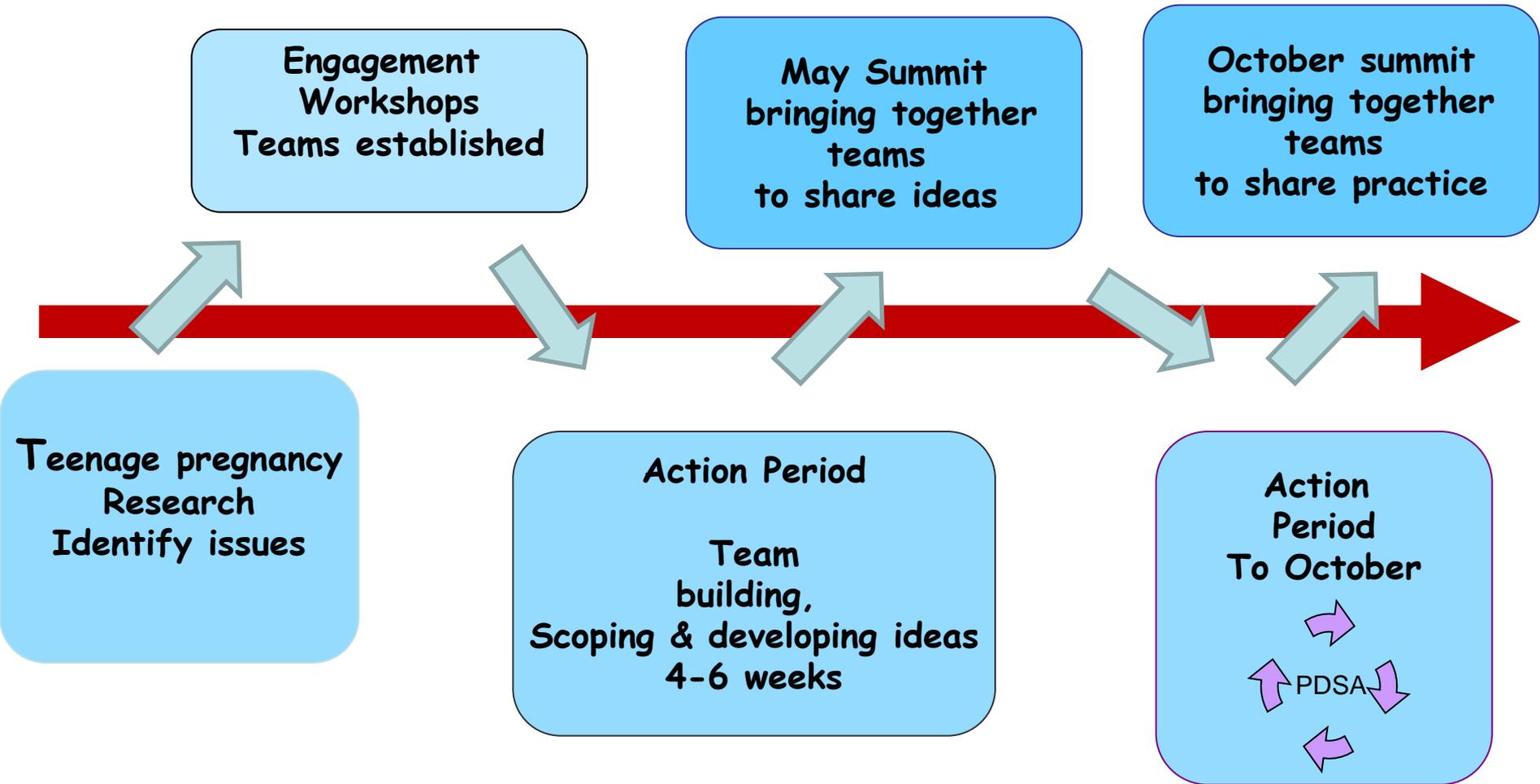
**Cool2talk 2010**



# How?

- ❖ **Engage with key agencies**
- ❖ **Turn the research & evidence base into an accessible form**
- ❖ **Adapt the model**
- ❖ **Use this to start a conversation with young people & the communities they live in**
- ❖ **Work with them to try out stuff that makes a difference**

# The Collaborative Method





**Whitfield, Dundee**  
Group of local women involved in community development.  
**Plan: work with this group to build local team including young people: possible link with group young women & CLD**

**Coupar Angus Professionals engaged, March meeting set. Work with established networks**

**Angus College**  
Work with college to bring a team together from across Angus.  
Use this team to work in chosen area / with chosen group

**PURE MEDIA**  
working group  
Workshop as an engagement tool & a way to start a conversation & more....using young people to work with young people

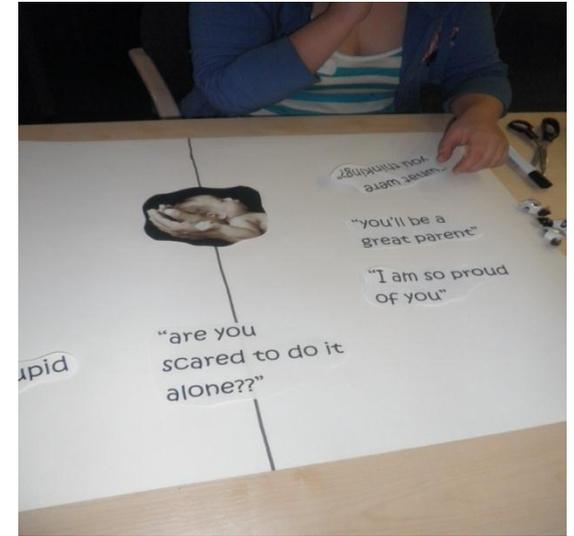
**Peer led young mum's group**

**Young people who have been or are looked after**

**Michael's story**

**School based group Braeview**

**Young father's**  
Working with drama group & Michael's story to bring together a group of young fathers



# Next steps

❖ **Learning**

❖ **Support**

❖ **Challenges & Risks**

❖ **Opportunities**