

Organization: Albemarle Regional Health Services/
Three Rivers Healthy Carolinians

County: Pasquotank

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Project: Event/ Teen Pregnancy Prevention Day

*****Below are excerpts from their final report*****

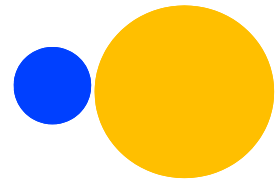
About the Project: Three Rivers Healthy Carolinians (TRHC) along with Bertie County School Health Advisory Council (SHAC) sponsored a Teen Pregnancy Prevention Day March 21, 2009. One hundred teens, both male and female, were invited to participate in the educational program. Participants were separated into groups based on gender and received education on the dangers of unprotected sex physically as well as with regard to self-esteem. The benefits of respecting oneself and others were also covered. Speakers included Dr. Ricky Brooks, an OB-GYN with Bertie County Rural Health; Erica Brooks, Behavioral Specialist with Bertie County High School; Keith Melendez, Motivational Speaker and Minister for the Soul Saving Station of Ahoskie, N.C.; and Ashley Mercer, Health Education Specialist with Albemarle Regional Health Services. A seminar for interested parents was also conducted by Sandra Pugh with Bertie County's Rachel's House. Mrs. Pugh is a counselor and worked with the parents to help them learn more effective communication skills to use with their children, especially in the area of teen pregnancy prevention.

Consent forms to participate were sent to the students at the high school and the eighth grade classes at the middle school. By parental consent through written permission forms, fifty teenagers were given education about effective contraceptive usage in an effort to prevent unintentional pregnancy and/or STDs.

The female participants reviewed the various contraceptive methods including examples of the Nuva Ring, Ortho Evra Patch, oral contraceptives, and the proper way to use condoms. They were educated on anatomy and physiology as well as conception, pregnancy, and contraception.

Male participants were also educated on male and female anatomy and physiology and aspects of conception and pregnancy. They also learned the proper way to put condoms on and practiced on penis models.

Successes: According to the pre/post tests and evaluations, this project afforded the teens and parents comprehensive education about pregnancy and STD prevention that they may not have received otherwise. For example: In one pre-test, a participant answered that pills and condoms were the only



100% way to prevent teen pregnancy and STDs when abstinence was a listed option. In the same participant's post-test, the correct answer, abstinence, was chosen. Also according to the

evaluations, most participants felt that the time at Teen Pregnancy Prevention Day was well spent, felt it was a good learning opportunity, and would participate again if it becomes an annual event.

Based on primary and secondary data obtained through the 2006 Albemarle Regional Community Health Assessment, adolescent pregnancy and STD prevalence among teens were key health priorities. The Maternal and Child Health Subcommittee of Three Rivers Healthy Carolinians had also identified teen pregnancy prevention as a priority health issue. Bertie County is number five in the state related to teenage pregnancy incidence. The HIV/AIDS, Chlamydia and Gonorrhea incidence rates for Bertie County were also higher than the state average.

It is TRHC's intent to lower these rates through education and prevention. TRHC's goal is to reduce the teenage pregnancy rate. The funds provided by the N.C. Healthy Start Foundation that made Teen Pregnancy Prevention Day possible and successful, greatly helped our efforts.