

# The 2009 Behavior Risk Factor Surveillance System (BRFSS) Family Planning Module



DOH 150-044 2010

Office of Infectious Disease & Reproductive Health

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<http://www.doh.wa.gov/cfh/fprh>

The Washington State Family Planning BRFSS Module provides population estimates of residents at risk for unintended pregnancy, the proportion indicating that they or their partner are using contraception or are sterile, as well as reasons for not using birth control. The 2009 module also indicates the proportion of residents who have heard of Emergency Contraception (EC) and those who have used EC.

The family planning BRFSS data are used to guide plans for unintended pregnancy prevention, increase access to birth control, and monitor changes in the use of contraceptives.

An estimated **50%** of all pregnancies and **37%** of births in Washington are unintended at time of conception.

According to the Institute of Medicine, unintended pregnancy is a risk factor for late or inadequate prenatal care, low birth weight, neonatal death, domestic violence, child abuse and exposure of the fetus to tobacco, alcohol and other drugs. It is also associated with economic hardship, welfare dependency and failure to achieve education and career goals.

*Most of the 24,000 abortions reported annually in Washington are a result of unintended pregnancies.*

## SAMPLE

	BRFSS 2009 SAMPLE SIZES	WA STATE 2009 POPULATION ESTIMATES
RESIDENTS AGES 18 AND OVER	7,471	5,042,944
ADULTS AT RISK FOR UNINTENDED PREGNANCY*	2,171	2,344,530

\*Female 18-44 or Male 18-59; sex within last 12 months with an opposite sex partner, and self/partner not pregnant or trying to get pregnant.

## CONTRACEPTION USE

**92%** (CI=91-94) of adults at risk for unintended pregnancy indicated that they or their partner used contraception or were sterile when last having sex.

**80%** (CI=77-82) were always protected when having sex the past 12 months.

### Adults at Risk for Unintended Pregnancy Contraceptive Use by Demographics

	Used Birth Control or Sterile			
	Last time they had sex		Always the past 12 months	
	Percent	95% CI	Percent	95% CI
GENDER				
Female	92%	(89-94)	82%	(79-85)
Male	92%	(90-94)	78%	(75-81)
AGE				
18-25	90%	(83-95)	77%	(68-84)
26-34	90%	(85-93)	77%	(72-82)
35-44	94%	(92-96)	81%	(78-84)
45-59 (male only)	94%	(91-96)	82%	(79-85)
RACE/ETHNICITY				
White (NH)	93%	(92-95)	83%	(81-85)
Non-White (NH)	85%*	(77-90)	63%*	(54-71)
Hispanic	90%	(83-94)	71%*	(61-79)

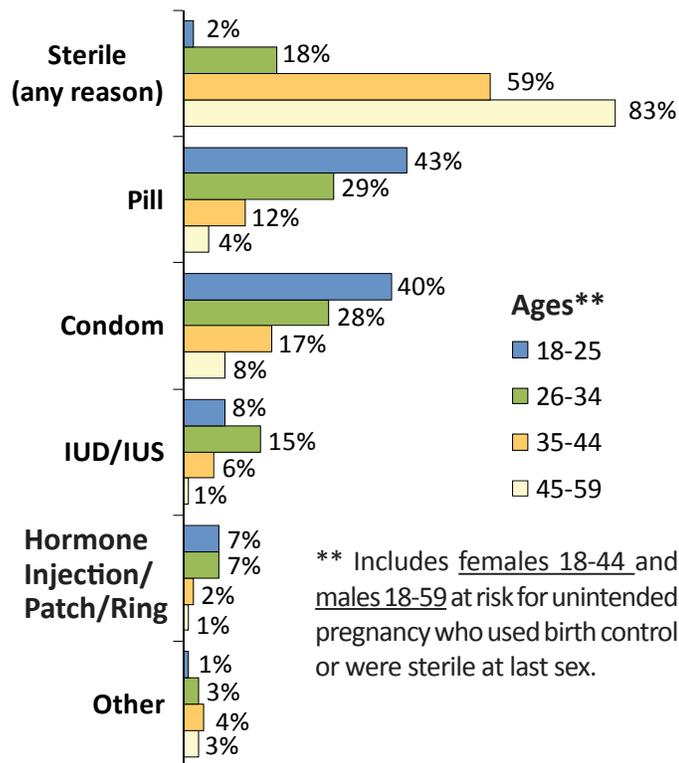
NH=Non-Hispanic

\*Significantly different from White (NH) p<0.05

White (NH) adults at risk for unintended pregnancy were significantly more likely than Non-White (NH) and Hispanics to have always been protected when having sex the past 12 months. Use of contraception was not significantly associated with gender, age, marital status, income, or health insurance coverage.

## TYPE OF CONTRACEPTION

Primary Method of Contraception Used at Last Sex, By Age\*\*



\*\* Includes females 18-44 and males 18-59 at risk for unintended pregnancy who used birth control or were sterile at last sex.

**7%** (CI=5-11) of females ages 35-44 at risk for unintended pregnancy indicated that they have had a **tubal ligation**.

**4%** (CI=2-7) of males ages 35-44 and **11%** (CI=9-14) of males ages 45-59 at risk for unintended pregnancy indicated that they have had a **vasectomy**.

Primary Method of Contraception Used at Last Sex by Respondent Characteristics, Ages 18-44

Primary method used at last sex	When controlling for gender, age, race/ethnicity, marital status, level of income, and health insurance coverage...
<b>STERILE (ANY REASON)</b>	Those who indicated that they or their partner were sterile were significantly more likely to be older and female.
<b>PILL</b>	Pill users were significantly more likely to be younger.
<b>CONDOM</b>	Condom users were significantly more likely to be younger, male, and single.
<b>IUD/IUS</b>	IUD/IUS users were significantly more likely to be younger and married.
<b>HORMONE INJECTION/PATCH/RING</b>	Hormone injection, patch, or ring users were significantly more likely to be younger.

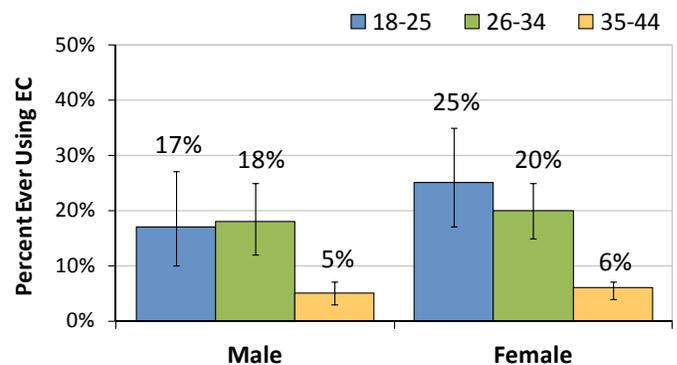
## EMERGENCY CONTRACEPTION

**91%** (CI=89-92) of adults ages 18-44 have ever heard of EC.

**16%** (CI=13-19) of females ages 18-44 indicated that they have ever used EC.

Groups least likely to have ever heard of EC	Hispanic	<b>73%</b> (CI=63-81)
	Annual Income below \$20,000	<b>73%</b> (CI=63-81)
	High school or less education	<b>81%</b> (CI=76-85)

Adults Ages 18-44 Indicating They or a Partner Have Ever Used EC, by Gender and Age



## REASONS FOR NON-USE

Top Five Reasons Why Those at Risk for Unintended Pregnancy Were Not Protected the Last Time They Had Sex (n=122)

<b>1. Don't care/if pregnancy happens it happens</b>	<b>26%</b>
<i>"It's not that we're trying to get pregnant but if it happens, it happens"</i> <i>"We're married, and if it happens we're ready for it"</i> <i>"We don't care if we get pregnant"</i> <i>"We have a small family so it's no big deal if I do get pregnant"</i>	
<b>2. Didn't want to use/don't like birth control</b>	<b>25%</b>
<i>"We don't believe in contraceptives"</i> <i>"I don't like birth control, it makes me gain weight"</i> <i>"Don't like the feel of a condom; she smokes so the pill is not safe"</i> <i>"We never have because of religion"</i>	
<b>3. Caught up in the moment/birth control not handy</b>	<b>17%</b>
<i>"Just ran out of pills"</i> <i>"Birth control wasn't available"</i> <i>"Was not thinking of the prevention"</i> <i>"Too drunk"</i>	
<b>4. Don't need to/didn't think we could get pregnant</b>	<b>16%</b>
<i>"Because we've been unable to conceive anyway, so why bother"</i> <i>"She's nursing, says it prevents pregnancy for a year"</i> <i>"Very low likelihood of pregnancy"</i> <i>"Don't feel we need to"</i>	
<b>5. No reason/don't know</b>	<b>15%</b>
<i>"No good reason really"</i> <i>"Because we just don't"</i> <i>"I didn't think there was any reason"</i> <i>"Just being stupid I guess"</i>	