



Act 943

Addressing Unplanned Pregnancy Prevention Among College Students

University of Arkansas Fayetteville

July 14, 2022

The University of Arkansas has been addressing prevention of unplanned pregnancies for over 50 years and continues to make this a priority on this campus. With well-established health services for students, the Pat Walker Health Center serves as the key organization to deliver prevention strategies, medical and mental health care and to support healthy behaviors and choices. The Pat Walker Health Center employs 12 medical providers including family practice physicians, a gynecologist, a psychiatrist, a consulting orthopedist, family practice nurse practitioners and women's health care nurse practitioners with a large nursing staff, clinical laboratory services, immunization services and x-ray services. Mental health care is provided by 22 mental health clinicians including psychologists, professional counselors, and social workers.

Act 943 identifies eight issues relating to prevention of late teen pregnancies. Following is information as to how the University of Arkansas is addressing these issues.

1. Incorporate unplanned pregnancy prevention information into student success courses and orientation.

University of Arkansas Action Plan:

The Pat Walker Health Center provides information to new students during New Student Orientation. This information includes prevention of unplanned pregnancies as follow:

- a. The University of Arkansas strives to provide an eight-week class called University Perspectives for all new students. Members of the Pat Walker Health Center staff teach these classes and incorporate information on good decision making and developing healthy relationships. In addition, medical, mental health and wellness staff are invited to University Perspectives classes and are able to address prevention of unplanned pregnancies in these classes. In particular, medical professionals address Long-Acting Reversible Contraception (LARC) that is offered through the Pat Walker Health Center GYN (Women's) Clinic.
- b. The GYN (Women's) Clinic in the Pat Walker Health Center provides long-acting reversible contraception (LARC) methods as well as other information to prevent pregnancies. The GYN (Women's) Clinic of the Pat Walker Health Center has provided family planning and contraception for students for over thirty years on the University of Arkansas campus.

During the 2021-2022 academic year, the GYN (Women's) Clinic gynecologist and advanced practice nurses provided approximately 5,800 visits. These services include screening for cancer and sexually transmitted infections, routine gynecological examinations, special procedures, and contraception methods, including long-acting reversible contraception methods. Approximately fifty percent of the services provided by the GYN (Women's) Clinic providers were for contraception planning and surveillance.

c. The GYN (Women’s) Clinic provided the following Long-Acting Reversible Contraception (LARC) over the last three years.

LARC	2021-2022	2020-2021	2019-2020
Depo Provera injections	376	303	445
Nexplanon insertions	112	75	130
Total IUD insertions	168	143	136
Kyleena	76	46	37
Paragard	3	15	19
Mirena	85	80	73
Skyla (no longer offer)	0	0	7
Liletta	4	2	0

- d. The full-time gynecologist provided sexual health and prevention of unplanned pregnancy sessions with residence hall occupants and women’s Greek organizations.
- e. The Primary Care Clinic of the Pat Walker Health Center provides consultation on protection against pregnancies.
- f. UARK Wellness with University Recreation conducts credit-bearing and non-credit-bearing classes in which education on prevention of unplanned pregnancy, birth control and fertility are taught in the Women’s Health Class.
- g. The Pat Walker Health Center distributes posters, brochures and bookmarks to campus groups including University Housing, Greek Life, and the Arkansas Union.
- h. The Pat Walker Health Center website highlights the prevention of pregnancies through promotion of the GYN (Women’s Clinic) services.

2. Integration of information about the prevention of unplanned pregnancy into academic courses, when appropriate.

University of Arkansas Action Plan:

The University of Arkansas provides medically accurate information in academic courses such as:

- a. Courses provided through the Department of Public Health Sexual Health Research Laboratory for bachelor, masters, and Ph.D. degrees in community health promotion as well as undergraduate minors in Gender Studies.
- b. University Perspectives Classes, eight-week credit-bearing classes for first year students include guest speakers from the Pat Walker Health Center who discuss prevention of unplanned pregnancies with first year students.
- c. Wellness and Health Promotion Adjunct Faculty teach credit-bearing classes on human sexuality, including prevention of unplanned pregnancies as well as skill building that includes assertiveness and decision making.
- d. The following academic departments include course content that includes information about prevention of unplanned pregnancies and methods of contraception: Public Health, Biology, Communications, Counselor

Education, Gender Studies, Human Development and Family Services, Psychology, Sociology, Kinesiology, Public Policy and Social Work.

3. Identification of Opportunities to raise awareness and provide resources about the prevention of unplanned pregnancies across the student population.

University of Arkansas Action Plan:

- a. The Pat Walker Health Center utilizes posters, brochures, social media, and campus media for a public discussion of prevention of unplanned pregnancies. These campaigns have been conducted since the 1970's utilizing communication tools available each year. Currently, the use of social media is used frequently.
- b. Student groups, such as sororities, often focus on prevention of pregnancy and prevention of sexually transmitted diseases as part of their proactive commitments to the community at large. Experts from the Pat Walker Health Center serve as speakers to these groups.
- c. University Housing Residential Education provides informational programs to its residents.
- d. University of Arkansas Athletics provides educational programming on prevention of pregnancies, often using materials and information provided by the NCAA.
- e. Through collaboration of the Pat Walker Health Center departments of Counseling and Psychological Services, the GYN (Women's) Clinic, and representatives from NWA Center for Sexual Assault, an interactive event called "Relationships Are Sweet" around Valentine's Day was conducted in the virtually to provide thoughtful discussion about safe sex.
- f. During "A" Week, the first week of classes, Pat Walker Health Center uses interactive games to increase awareness with new and returning students on how to prevent unplanned pregnancies.

4. Identification of opportunities for existing students to reach out to younger teens to serve as mentors and/or role models of successful behaviors and healthy choices, including any opportunities for outreach during the summer vacation or during traditional K-12 after-school hours.

University of Arkansas Action Plan:

- a. The University of Arkansas students provide community outreach to teens in Northwest Arkansas through service learning and the Center for Community Engagement as well as federal funded pre-college programs. Enrollment in the University of Arkansas includes students from all over Arkansas, the United States and the world which means that accurate sex education during teen years through mentoring, as well as sex education in junior high and high school, may have a serious impact on the prevention of unplanned pregnancies.

5. Identification of any private or federal grants available to address the prevention of unplanned pregnancy and promote student success, including any partnerships necessary to compete for such grants.

University of Arkansas Action Plan:

The University of Arkansas did not receive any grants to prevent unplanned pregnancies.

6. Collaboration with community health centers and/or federally qualified health centers to promote access to care.

University of Arkansas Action Plan:

- a. University of Arkansas students live in the growing region of Northwest Arkansas. As a result, in addition to the services of the Pat Walker Health Center, students can access the following health centers for prevention of unplanned pregnancies:
 - i. Welcome Health, Northwest Arkansas Free Health Center, offering primary health care and gynecological services.
 - ii. Community Clinic a Health Center Grantee, offering primary health care and women's health care.
 - iii. Three major hospital systems with clinics offering primary health care and women's health care services:
 1. Washington Regional Health Center
 2. Northwest Medical Center
 3. Mercy Healthcare System
 - iv. Medical Associates of Northwest Arkansas (MANA) offers women's health care and primary health care throughout the region.

7. Identification of childcare, transportation, financial aid, and other challenges specific to existing single parents:

University of Arkansas Action Plan:

- a. Child Care:
 - i. Jean Tyson Child Development Study Center, on campus childcare for families
 - ii. Head Start
 - iii. Private, state, and federally funded childcare centers.
- b. Transportation:
 - i. Razorback Transit
 - ii. Ozark Regional Transit
 - iii. Taxi vouchers
 - iv. Bicycle rentals
- c. Financial Aid
 - i. Single Parent Scholarship Fund of Northwest Arkansas
 - ii. University of Arkansas scholarship opportunities
- d. U of A Cares
 - i. Services for parents and pregnant students
 - ii. Resource center for housing, food, childcare, academic support
 - iii. Emergency Funding
- e. Jane B. Gearhart Full Circle Pantry
 - i. Food for students and their families who are experiencing food insecurity
- f. Jones Center for Families

8. Identification of method to measure effectiveness of your unplanned pregnancy prevention activities:

University of Arkansas Action Plan:

- a. The University of Arkansas surveyed students in Spring 2020 using the American College Health Association (ACHA) National College Health Assessment (NCHA) survey. As a result of the pandemic, the number of participants was significantly low, therefore for the purposes of this report, data from 2019 will be referenced. The following data was collected from the students who responded to this survey:

16.3% used emergency contraception.
57.3 % used the pill for contraception to prevent pregnancies.
3.4 % utilized Long-Acting Reproductive Contraception (LARC) injections to prevent pregnancies.
10.8 % utilized LARC implants to prevent pregnancies.
1.3% utilized a patch to prevent pregnancies.
1.5% vaginal ring to prevent pregnancies.
15.3% utilized intrauterine devices (IUD) to prevent pregnancies.
59.3% used male condoms to prevent pregnancies.
8.0% used fertility awareness (calendar, mucous, basal body temperature) to prevent pregnancies.
37.6% used withdrawal to prevent pregnancies.

9. Identification of other such topics or issues relating to the preventing and reduction of unplanned pregnancies among older teens.

University of Arkansas Action Plan:

- a. A student has established a registered student organization called Sexual Health Organization and Outreach at the University of Arkansas with the acronym SHOO. The purpose of this organization is to make people feel comfortable and provide an inclusive education about sexual health. Peer mentors are trained to work with students to de-stigmatize the topic of sexual health and to normalize the conversation around sex. While this organization was founded with an interest in support and conversations about sexually transmitted infections, it has evolved into an educational resource for reduction of unplanned pregnancies, reduction of sexually transmitted infections and overall sexual health education. The advisor to this organization is the gynecologist of the Pat Walker Health Center GYN (Women's) Clinic. While the students are planning the flyers and ideas for social media, the Pat Walker Health Center is assisting with communications.