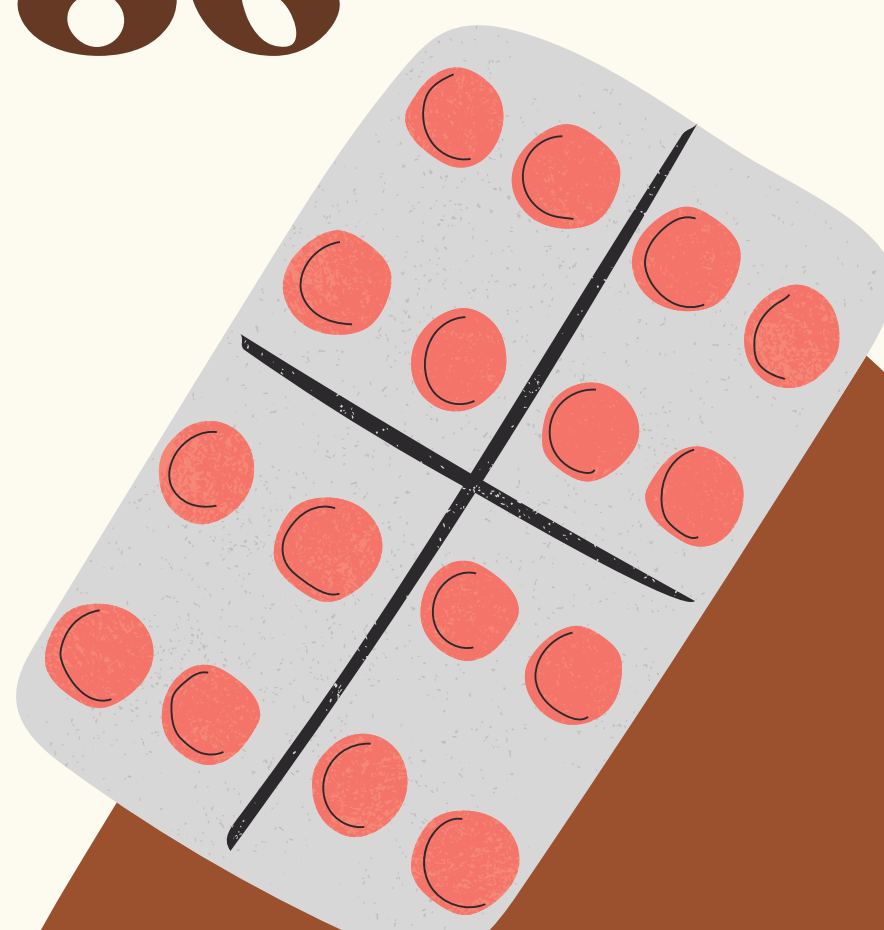
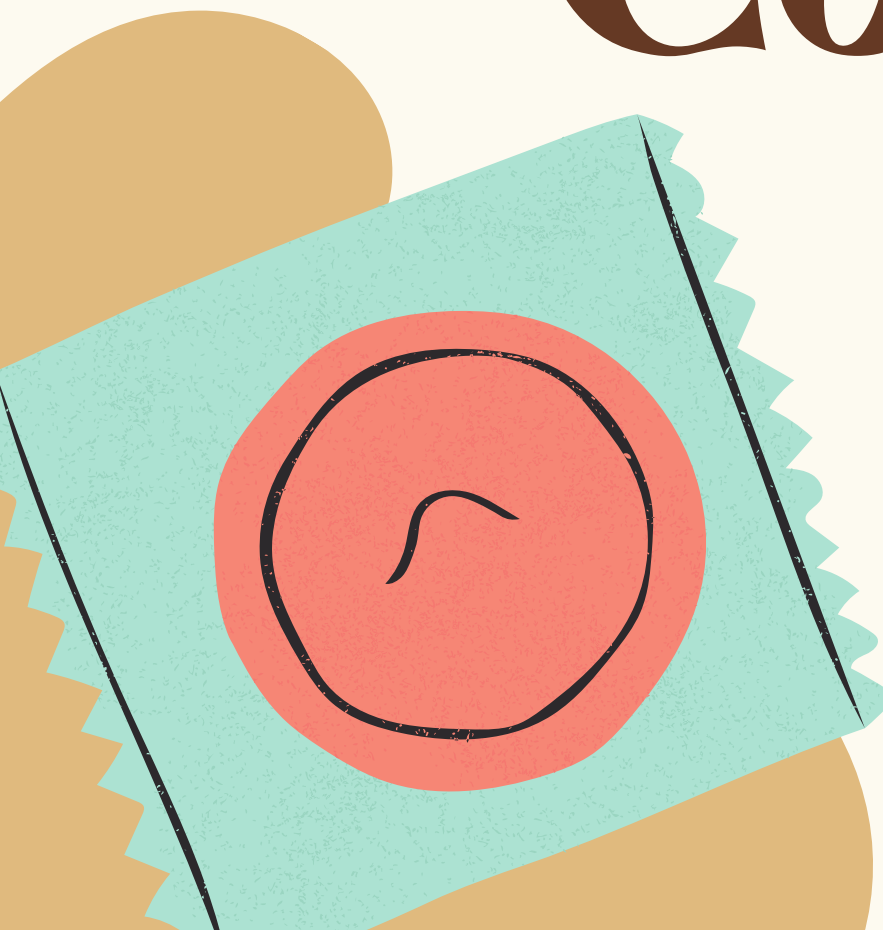




ASKING QUESTIONS ABOUT

Contraceptive Use



Introduction

This guide was made to encourage and assist DataJam teams interested in exploring reproductive health topics relating to contraception usage. Each major contraceptive topic will be accompanied by:

A

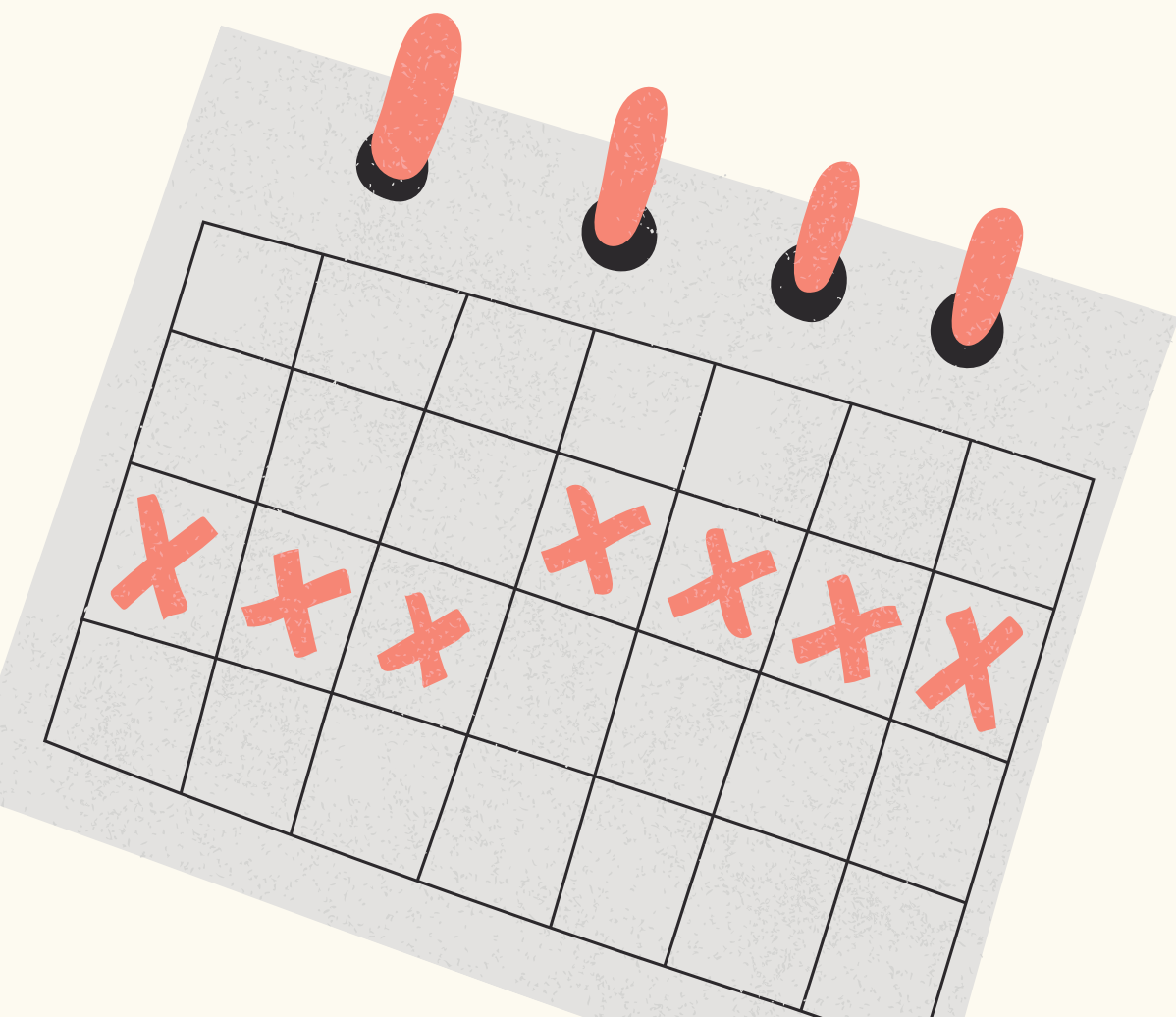
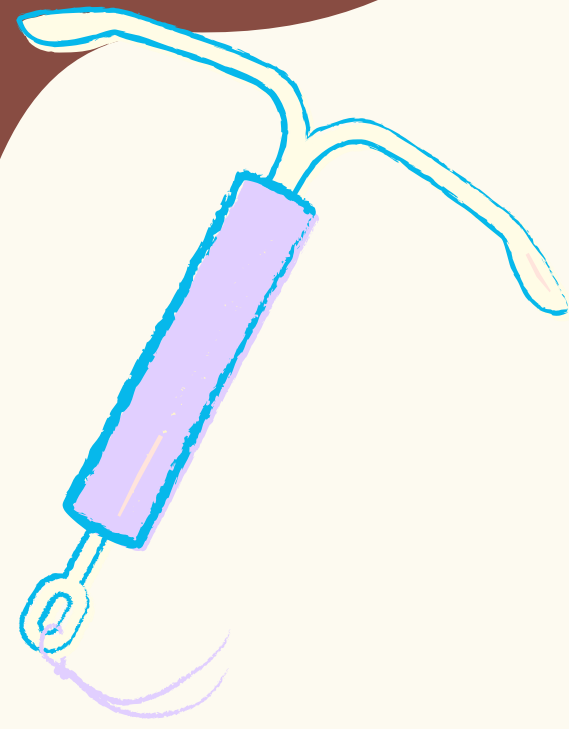
Definition and overview of the topic

B

Potential research questions

C

Resources to datasets exploring the issue



1. Contraceptive Methods:

- There are 3 main categories of birth control types: reversible, lifestyle-based, and permanent

Reversible

- IUDs
- Condoms
- Birth control implant
- Birth Control Pill
- Birth Control Shot
- Vaginal Ring
- Birth Control Patch
- Internal Condom
- Diaphragm/Cervical Cap/
Birth Control Sponge
- Spermicide Gel
- Emergency Contraceptives

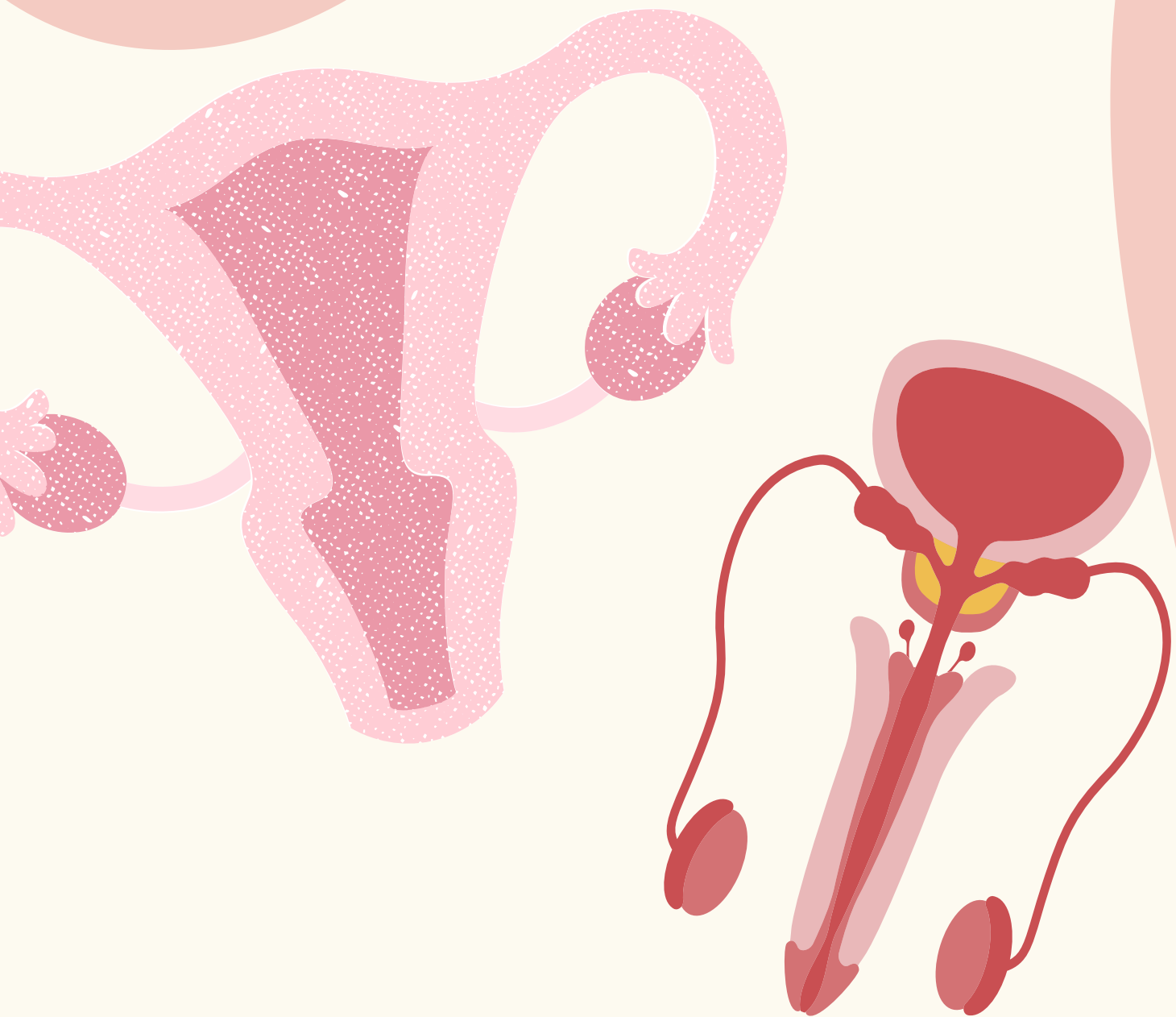
Lifestyle

- Fertility Awareness Method
- Withdrawal
- Breastfeeding as birth control
- Outercourse/abstinence

Permanent

- Female Sterilization (tubal ligation)
 - Can be reversed, but lasts lifelong without reversal procedure
- Male Vasectomy
 - Can be reversed, but lasts lifelong without reversal procedure

Reversible Methods



What is "reversible" birth control?

- Reversible birth control is any method of birth control designed to temporarily prevent pregnancy without lasting effects
- Reversible birth control includes barrier methods, medications, and medical devices

IUDs

- IUDs are small, T shaped devices that are inserted into the uterus through the vagina by a medical professional and prevent pregnancy for long periods of time

Pros:

- **Over 99% effective**
- Hormonal IUDs last between 3 and 7 years
- Non-hormonal copper IUD lasts 10 years

Cons:

- Does not protect against sexually transmitted infections



Example Research Question: IUDs

Is IUD usage related to educational background?



AJOG
American
Journal of
Obstetrics &
Gynecology

PERCENTAGE OF WOMEN USING
EACH CATEGORY OF
CONTRACEPTIVE TYPE

How to use:

1. Data is separated by contraceptive type.
2. In the data table:
 - a. "No method"=lifestyle methods including the pull out method; no method also includes emergency contraceptive usage only (ie. Plan B pill).
 - b. "Less effective methods"=condoms, spermicide, other barrier methods.
 - c. "Moderately effective methods"=medications such as the pill, patch, or shot.
 - d. "Highly effective methods"=IUDs, implant, and sterilization.

Birth Control Implant

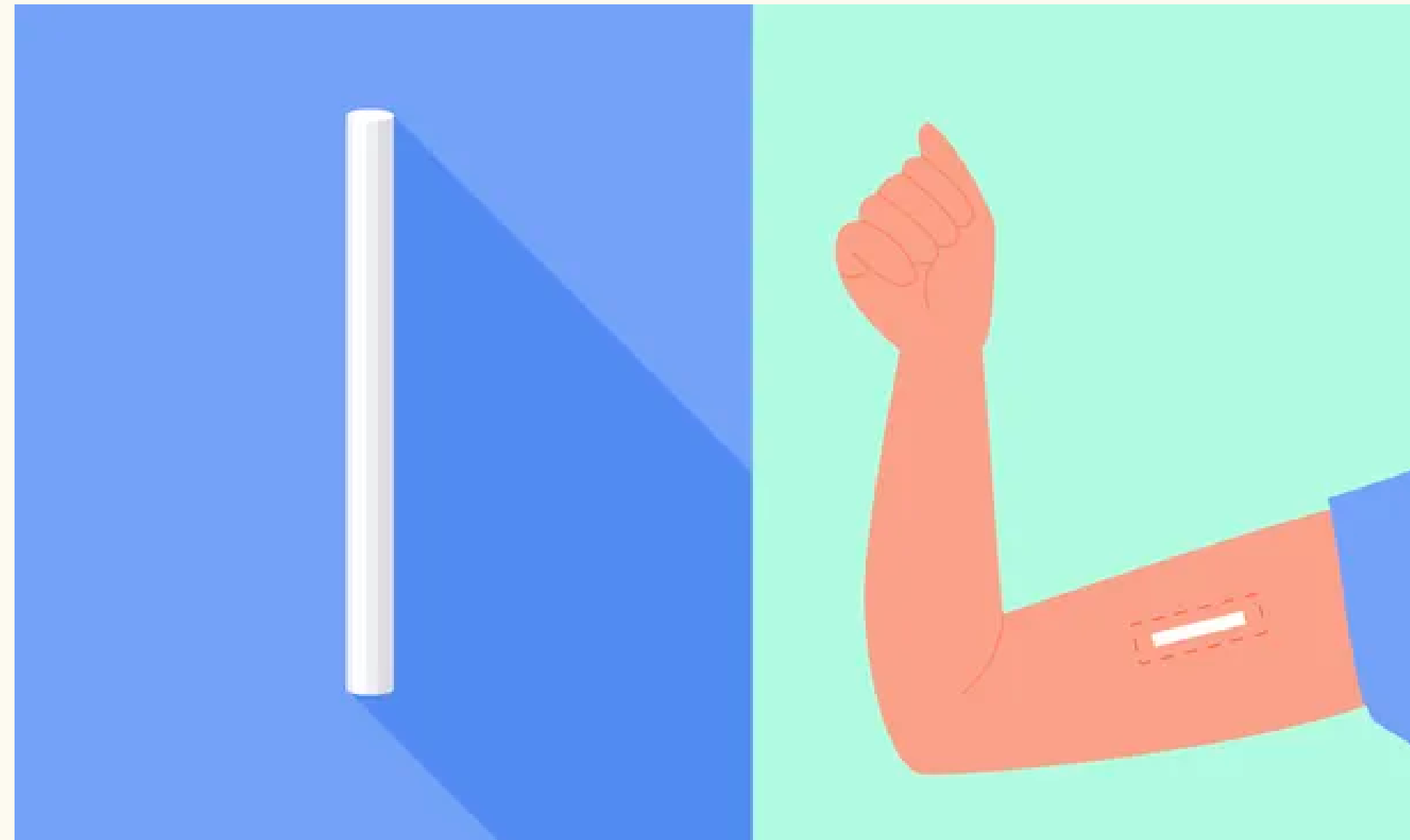
- Birth control implant is a small medical implant that is inserted into your arm by a medical professional that releases hormones to prevent pregnancy

Pros:

- **Over 99% effective**
- lasts for 3 years

Cons:

- Does not protect against sexually transmitted infections



Condoms

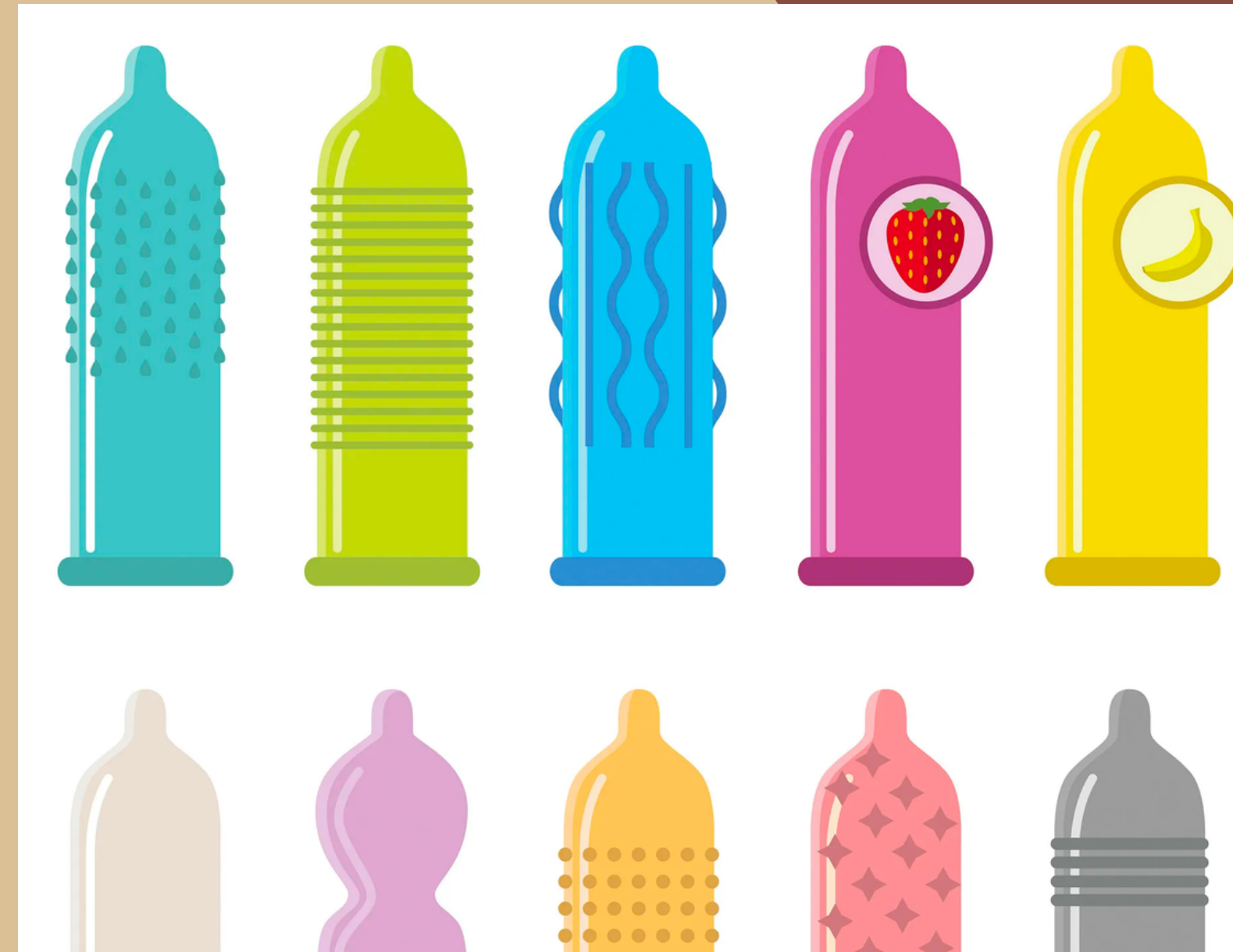
- Considered a "barrier method"
- Covers penis to prevent pregnancy

Pros:

- Easily accessible at grocery stores, gas stations, and convenience stores
- **98% effective**
- Made from latex and non-latex materials for people with latex allergies
- Also protects against sexually transmitted Infections

Cons:

- Pay attention to the expiration date!
- Can break



Example Research Question: Condoms

How do global trends in condom usage compare between Latin America and Asia?

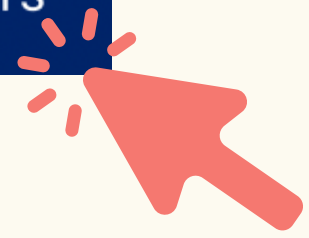
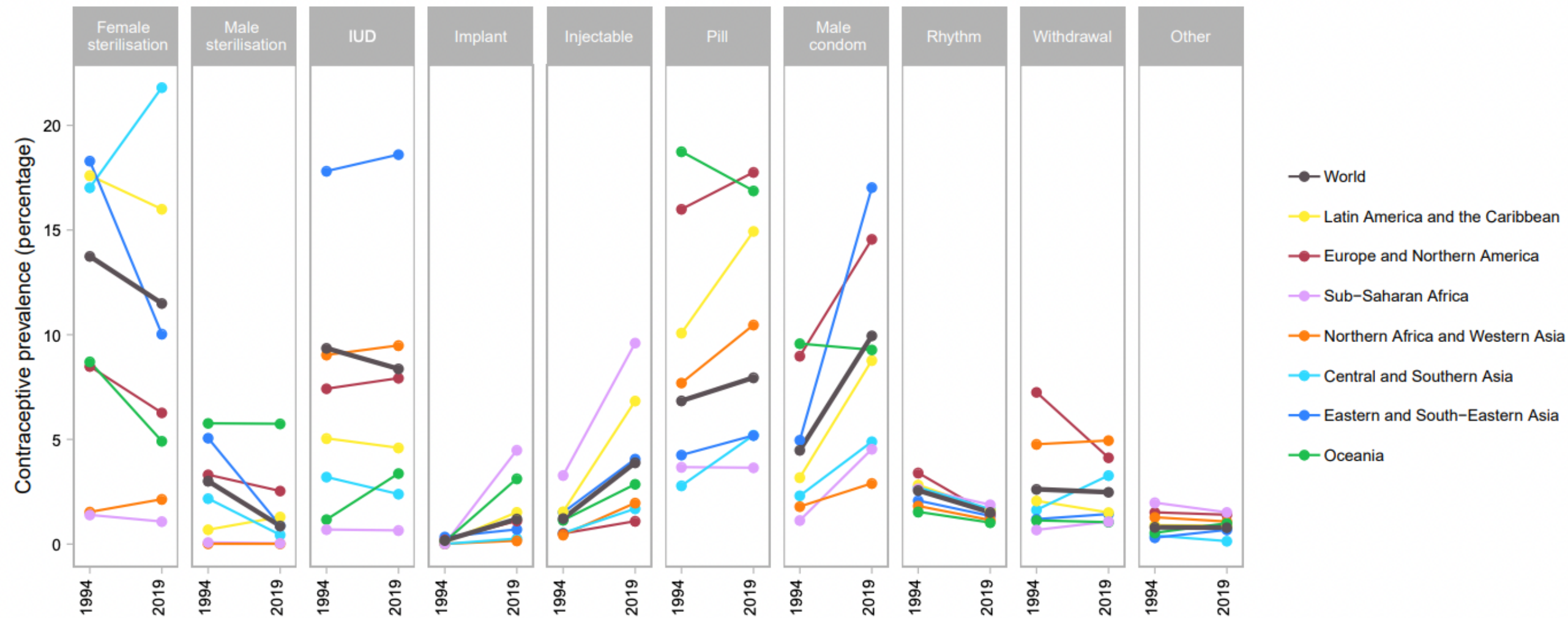


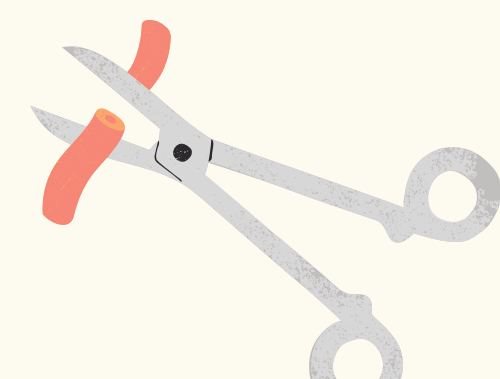
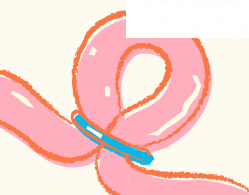
Figure 4. Trends in contraceptive prevalence by method among women of reproductive age (15-49 years), by region, 1994 and 2019



How to use:

1. Table is separated by contraceptive type
2. The line between the two data points in 1994 and 2019 helps represent the change in usage per type over the 25 year period

Data source: Calculations are based on the data compilation *World Contraceptive Use 2019*, additional tabulations derived from microdata sets and survey reports and estimates of contraceptive prevalence for 2019 from *Estimates and Projections of Family Planning Indicators 2019*. Population-weighted aggregates.



Birth Control Shot

- The birth control shot (Depo-Provera) is a reversible female birth control that is injected by a medical professional every 12-13 weeks to prevent pregnancy

Pros:

- **Over 99% effective** when appointments are scheduled consistently

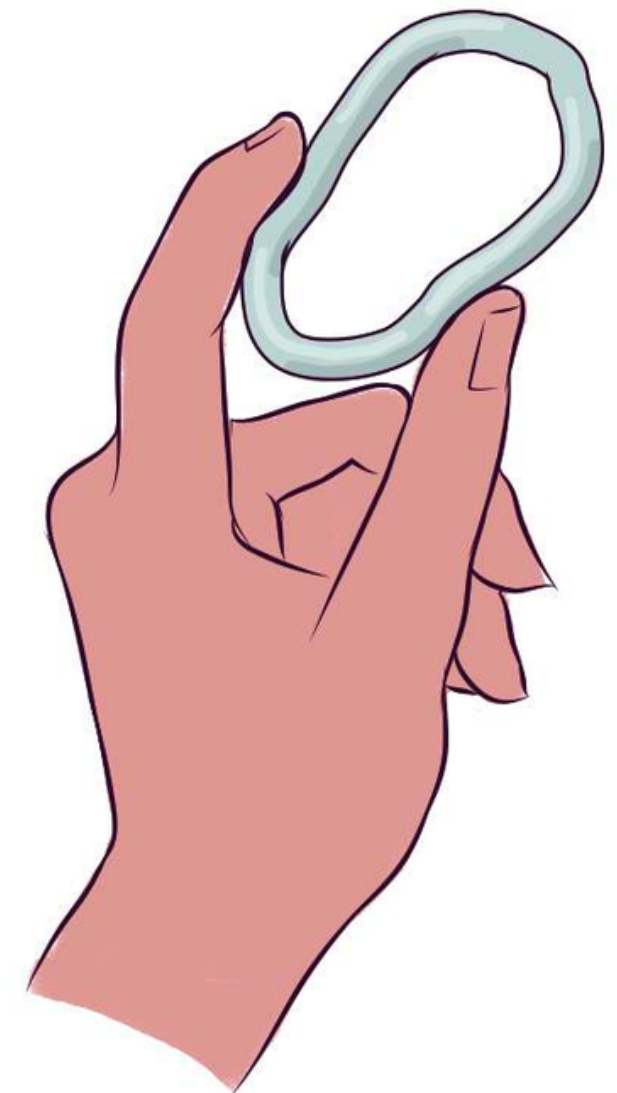
Cons:

- Missed appointment decreases next shot's effectiveness to 94%
- Does not protect against sexually transmitted infections



Birth Control Ring

- Birth control rings are vaginally insertable devices which prevent unintended pregnancy for 1-3 months
- **Pros:**
 - **91-94% effective** when used correctly
 - Does not require a doctor's assistance to use
- **Cons:**
 - Does not protect against sexually transmitted infections



Birth Control Pills

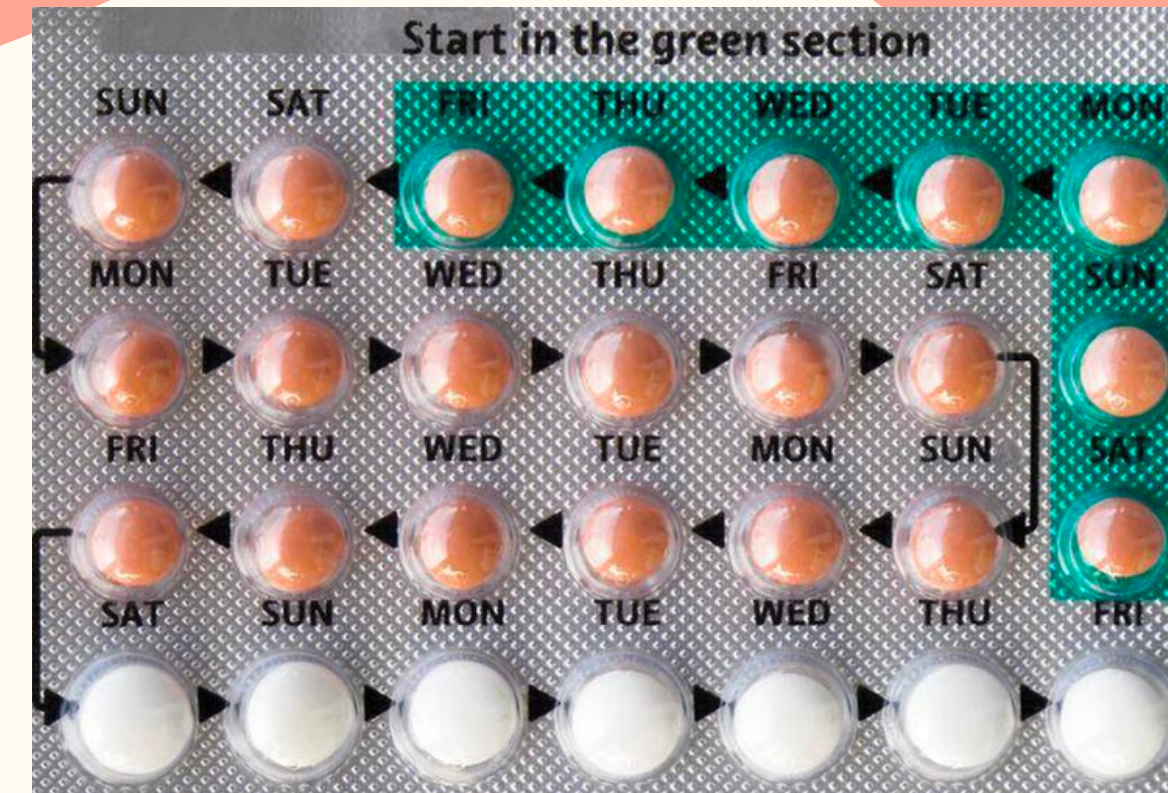
- Birth control pills are daily ingested pills containing hormones which prevent pregnancy

- **Pros:**

- With proper daily usage, **over 99% effective**

- **Cons:**

- Missed days and taking at inconsistent times can reduce the pills' effectiveness to 91%
- Doesn't prevent against sexually transmitted infections
- Vomiting for any reason reduces effectiveness



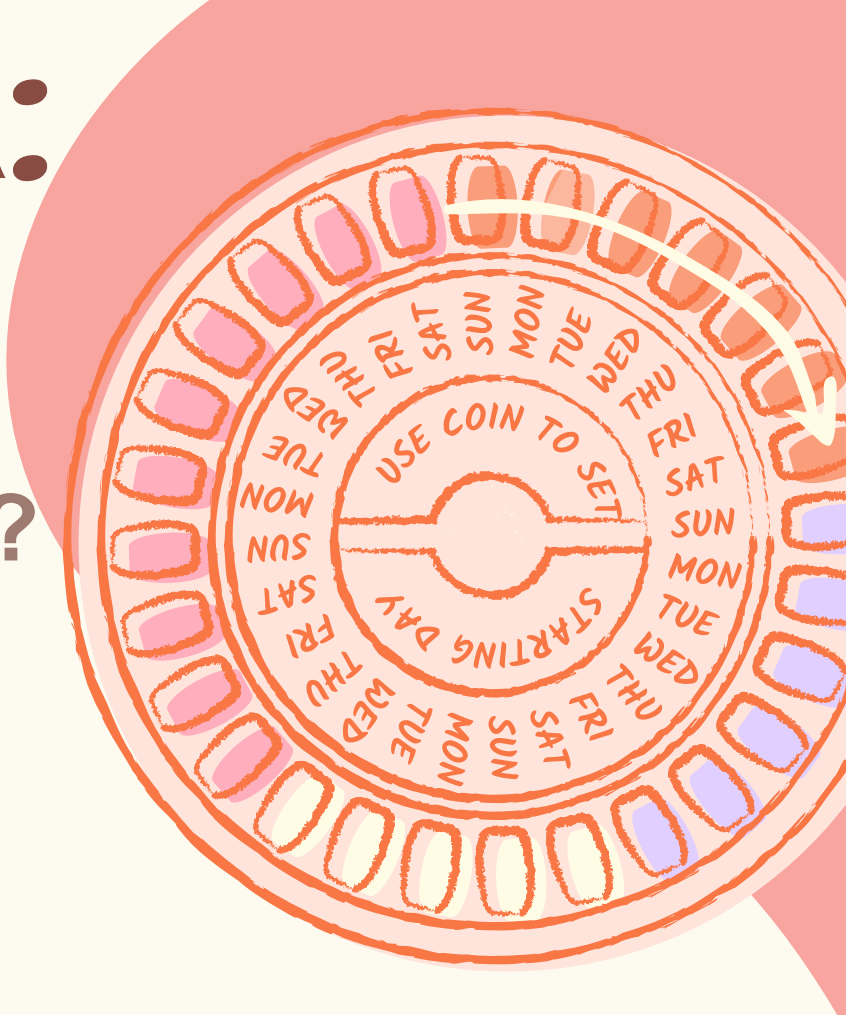
Example Research Question: Birth Control Pills

Does usage of birth control pills vary by race/ethnicity?



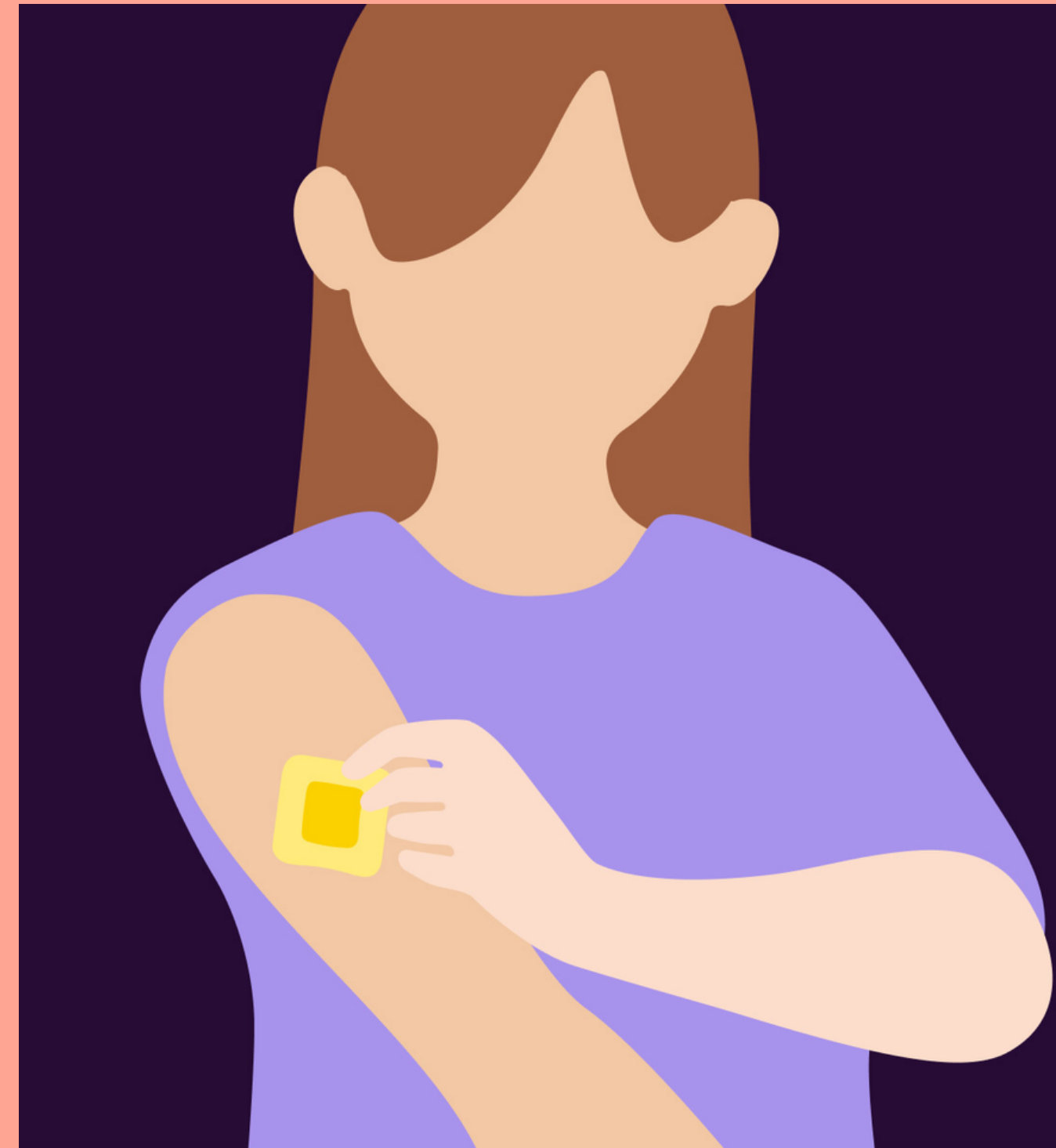
How to use:

1. Data is separated by contraceptive type.
2. Data is not separated by age group; only race/ethnicity.
3. All ages from 15-49 years old are represented in this table. Note: female sterilization is the most common form of birth control for females over 40; this method is typically not used for younger people and is not available to females under 21



Birth Control Patch

- The birth control patch is a small, stick-on patch you change once a week that contains hormones to prevent pregnancy
- **Pros:**
 - **Over 99% effective**
 - Can be worn anywhere on body
- **Cons:**
 - Can fall off (although unlikely)
 - Effectiveness drops to 93% when used inconsistently



Internal Condoms

- Another type of "barrier method"
- Inserted vaginally to prevent pregnancy
- **Pros:**
 - **95% effective**
 - Also prevents against sexually transmitted infections
- **Cons:**
 - Pay attention to expiration date!
 - Can break



Emergency Contraceptives

- A pill taken within 3 days of unprotected sex to reduce chances of pregnancy
- Not a primary form of birth control
- **Pros:**
 - **89% effective**
- **Cons:**
 - Effectiveness may be reduced if user is over 165 pounds
 - Does not protect against sexually transmitted infections





Example Research Question: Emergency Contraceptives



What factors influenced increases in usage of emergency contraceptive pills?



How to use:

1. Data is separated by age, ethnicity/race, and poverty level.
2. Below the data table, changes in trends are listed with relevant statistics.
3. At the bottom of the fact sheet, you can find policy developments and laws that have improved access to emergency contraceptive pills by year

Spermicide Gel

- A gel/foam product that you apply deep in your vagina before sex to prevent pregnancy
- Works best when used with other methods like condoms
- **Pros:**
 - **79% effective**
 - Do not need a prescription
- **Cons:**
 - Does not protect against sexually transmitted infections



Diaphragm/ Cervical Cap/ Sponge

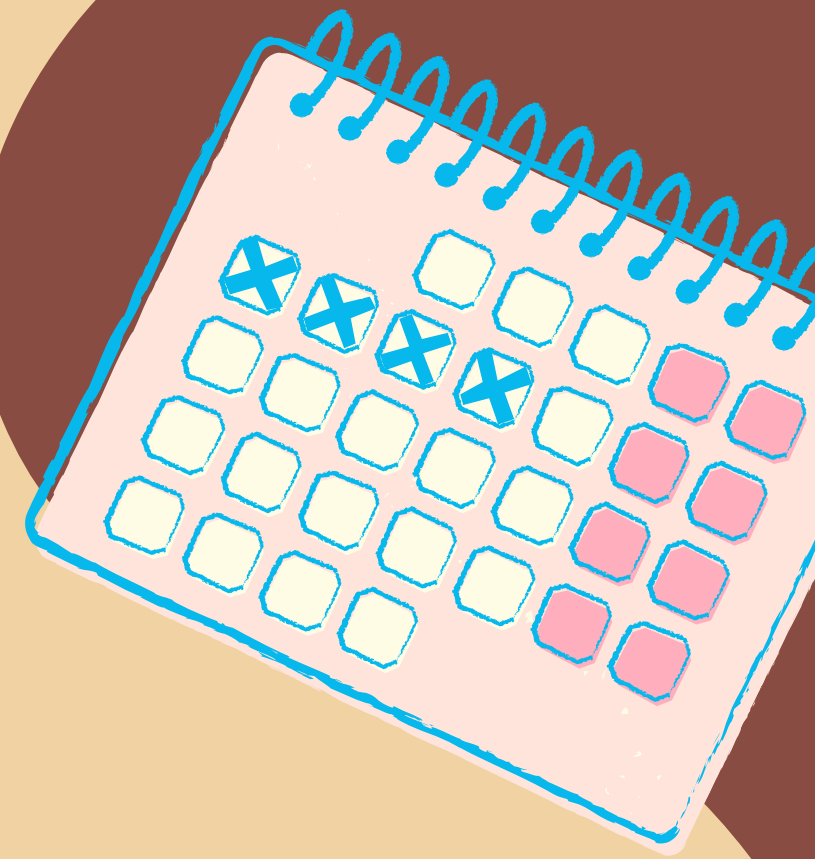
- Inserted vaginally every time you have sex to prevent pregnancy
- "Barrier methods"
- **Pros:**
 - **71-88% effective**
- **Cons:**
 - Do not prevent against sexually transmitted infections





Reversible Methods Wrap-Up Research Question

For people with disabilities in California, does having access to government financial assistance programs influence birth control usage?



**CONTRACEPTIVE CARE USE FOR WOMEN BY
DISABILITY STATUS, CONTRACEPTIVE TYPE,
AND AGE GROUP**



How to use:

1. "Disability Status" column indicates whether the person is receiving supplemental income (SSI=receiving support; No SSI=not receiving support)
2. Data is separated by age group, disability status, and contraceptive type