



Use of preferred contraceptive method among young adults: Inequities by race and ethnicity and language spoken at home

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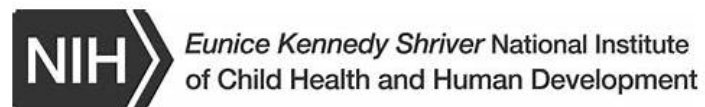
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Funders





Preferred contraceptive method use

- Using a preferred method is an indicator of reproductive healthcare access and quality and **reproductive autonomy**.
- Previous research has demonstrated:
 - a **mismatch** between the methods of contraception people use and the methods they want to use.
 - that **groups facing structural inequities may be less likely to use their preferred method** but results are mixed or not comparable.

References

Potter et al., *Contraception*, 2019

He et al., *Journal of Women's Health*, 2017

Chakraborty et al, *Contraception*, 2021

Potter et al., *Obstetrics & Gynecology*, 2017

Hopkins et al., *J. of Amer. College Health*, 2018



Study Aims

Examine the impact of structural inequities, as measured by race & ethnicity and language spoken at home on preferred method use in a sample of young adults.

Hypotheses

1. We expect to find **mismatches** in all groups.
2. Students **affected by racial and ethnic discrimination will be less likely to use their preferred method** than White students.
3. Students who **speak a language other than English at home will be less likely to use their preferred method** than those who speak English.

Study design

- Ongoing cluster randomized controlled trial testing a multilevel intervention with health providers and students at 29 community colleges
- Community-engaged research
- Eligibility criteria
 - ages 18-25
 - assigned female at birth, all genders
 - sexually active
 - not pregnant or desiring pregnancy
- Online survey at enrollment





Methods

Baseline data (April 2018-February 2023)

Preferred method

“If you could use any birth control method you wanted, what method would you use?”

Study outcome: Using preferred method of contraception
(preferred method = current method)

Methods

Independent measures:

- Race & ethnicity: two questions, self-reported, multiple responses allowed
- Language spoken at home

Covariates: Age, parity, insurance status, state of residence

Analysis

- Descriptive analysis of mismatches between preference and use
- Mixed-effects logistic regression with random effects for site: N=1,932
- Marginal predicted proportions of using preferred method



Who are the students?

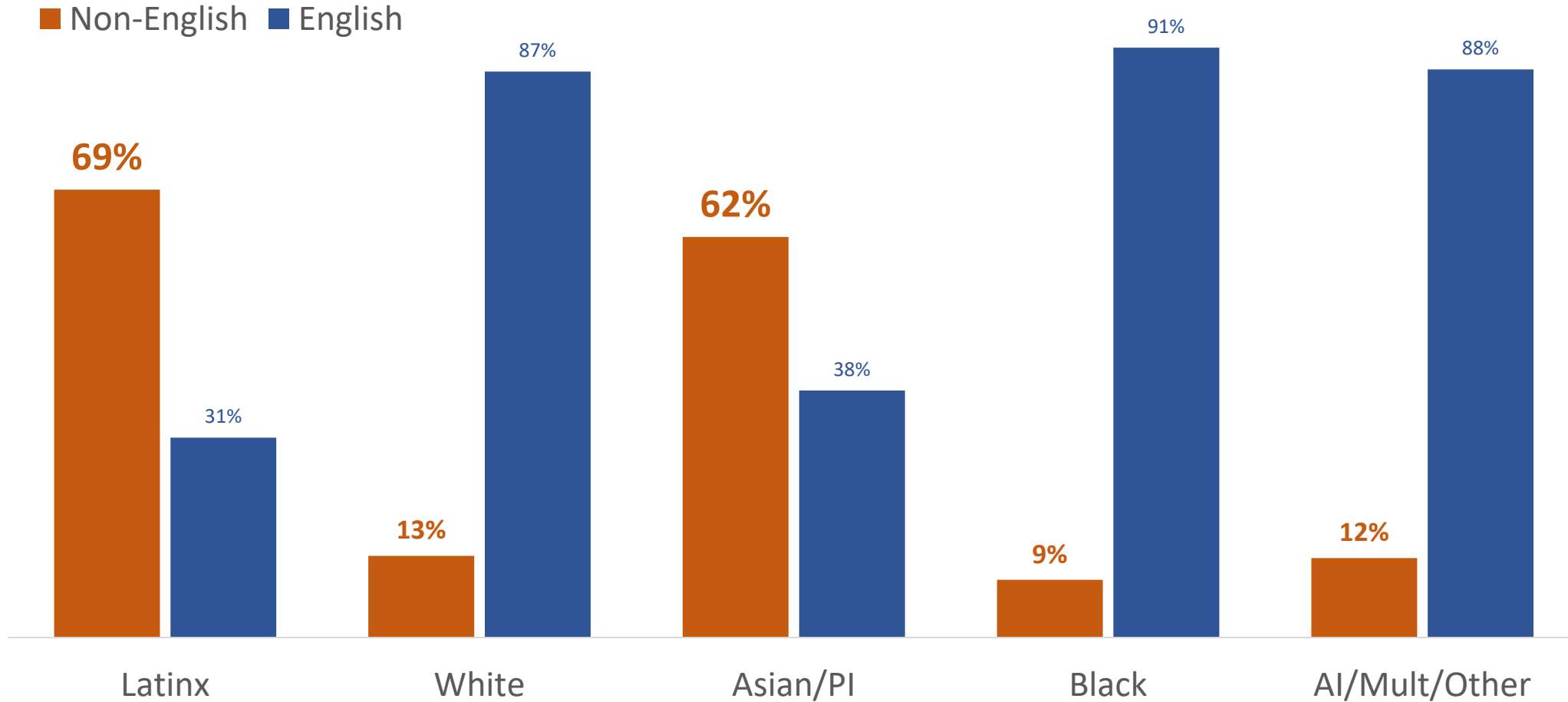


The sample is racially and ethnically diverse and half speak a language other than English at home *N=1,932*

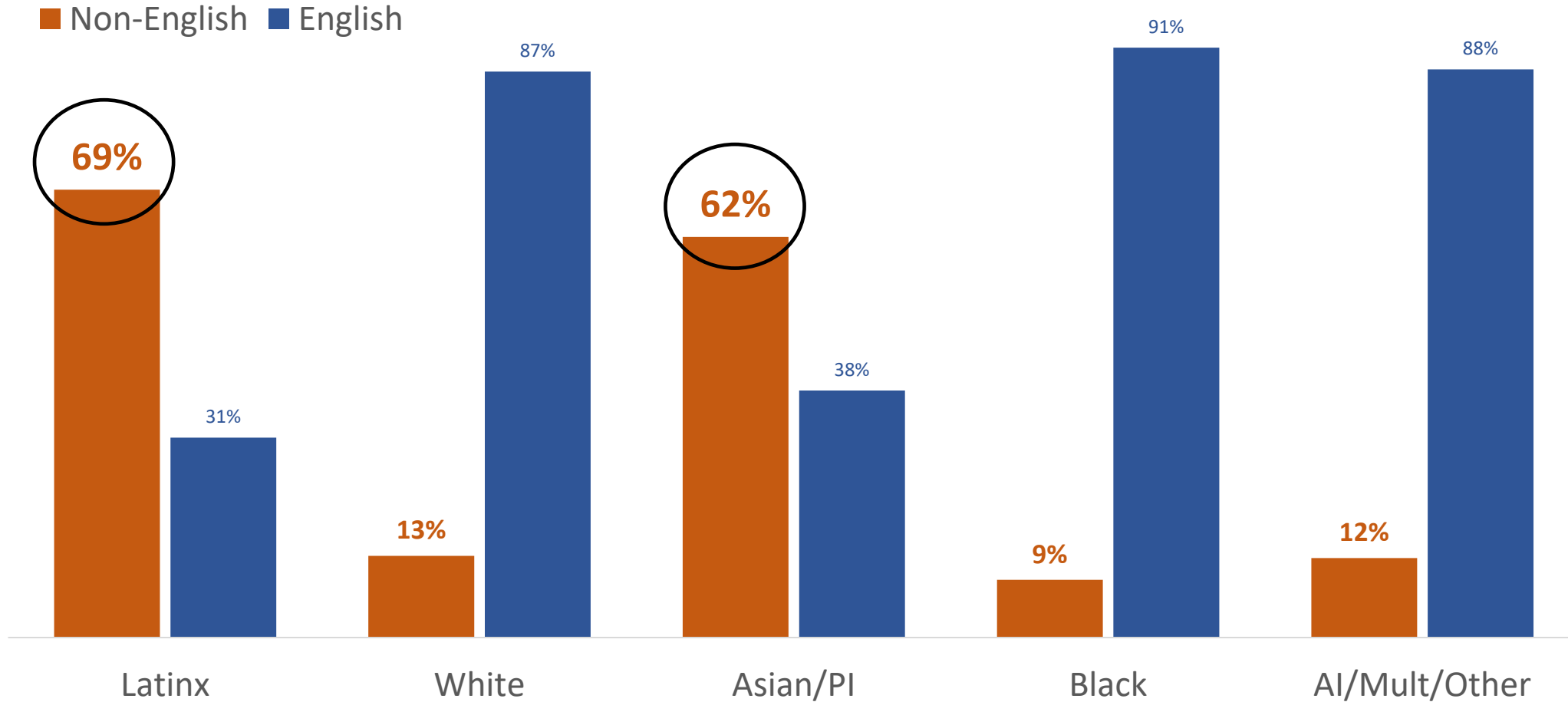
	%
Race & ethnicity	
Latinx	57
White	21
Asian/Pacific Islander	10
Black	6
Ameri. Indian/Mult./Other	6
Language at home	
English	50
Non-English	50

	%
Age	
18-19	82
20-25	18
Insurance status	
Insured	86
Uninsured	14
Has a child	
No	95
Yes	5
State	
California	72
Texas	28

The majority Latinx and Asian/PI participants speak a non-English language at home



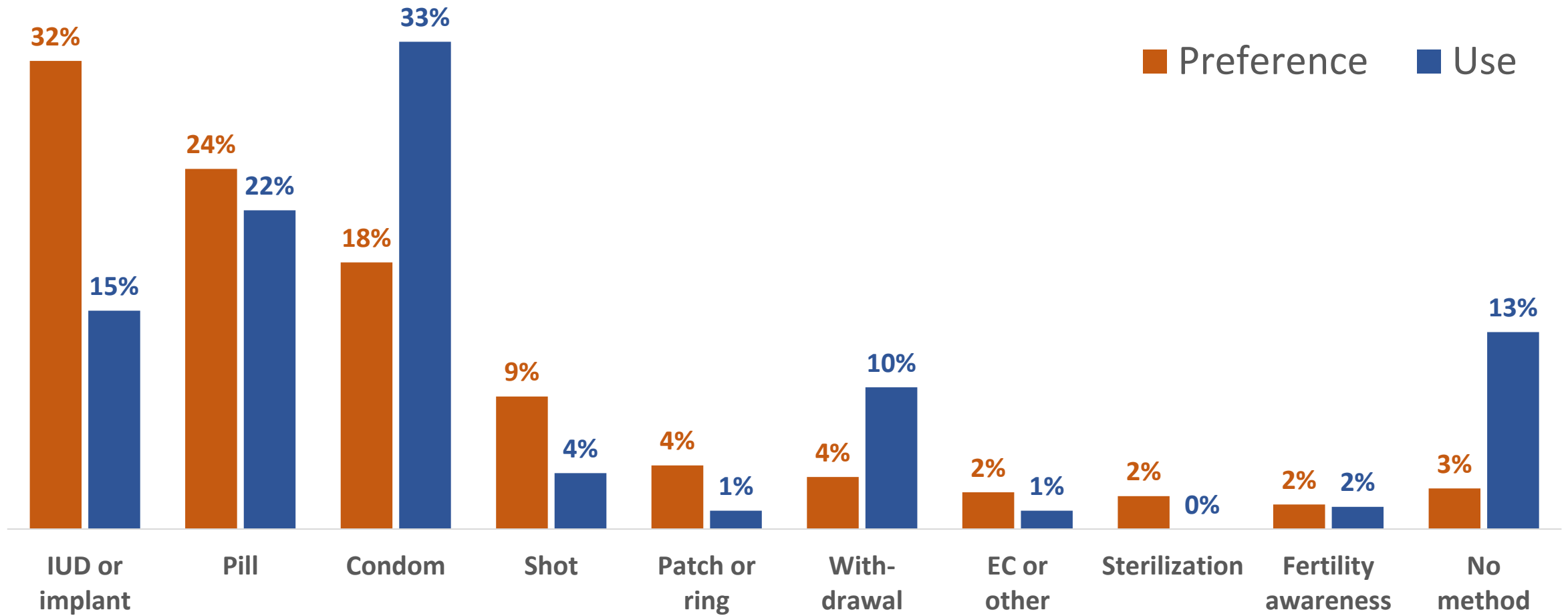
The majority Latinx and Asian/PI participants speak a non-English language at home



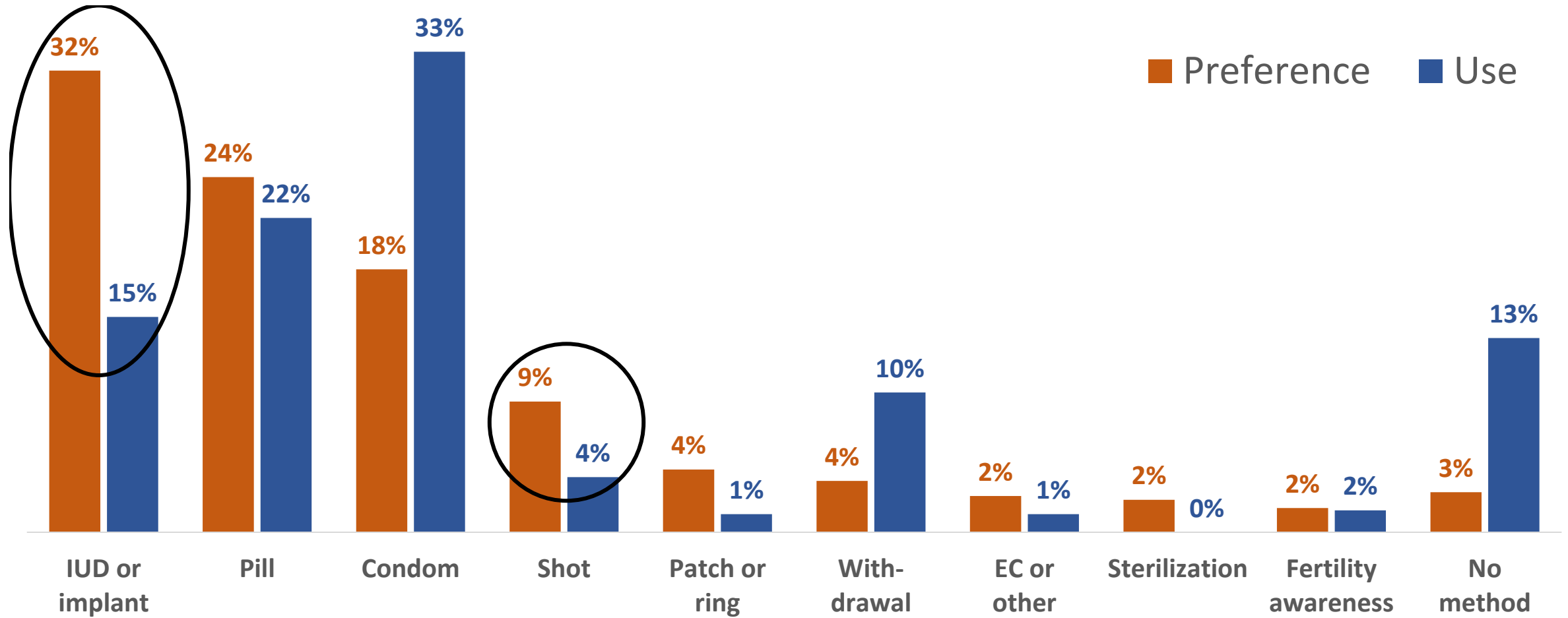


What methods do they use and want to use?

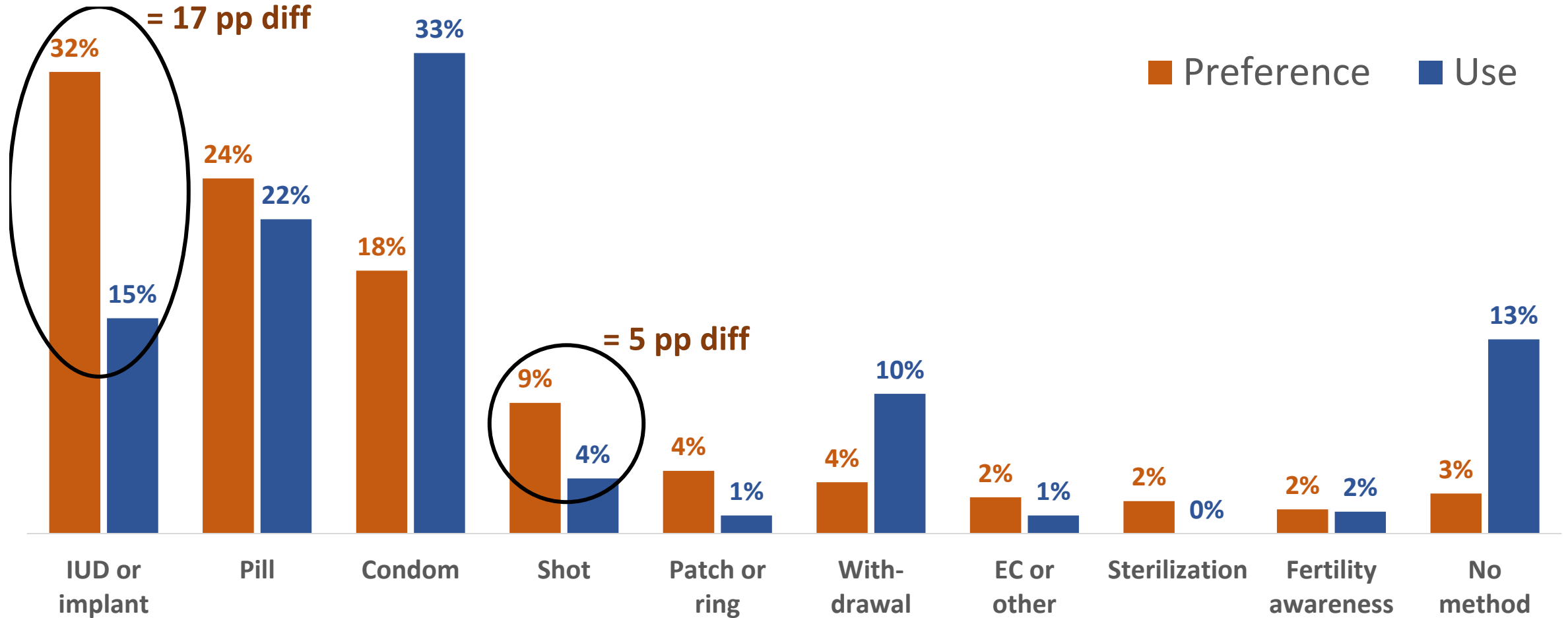
Mismatch between preference and use



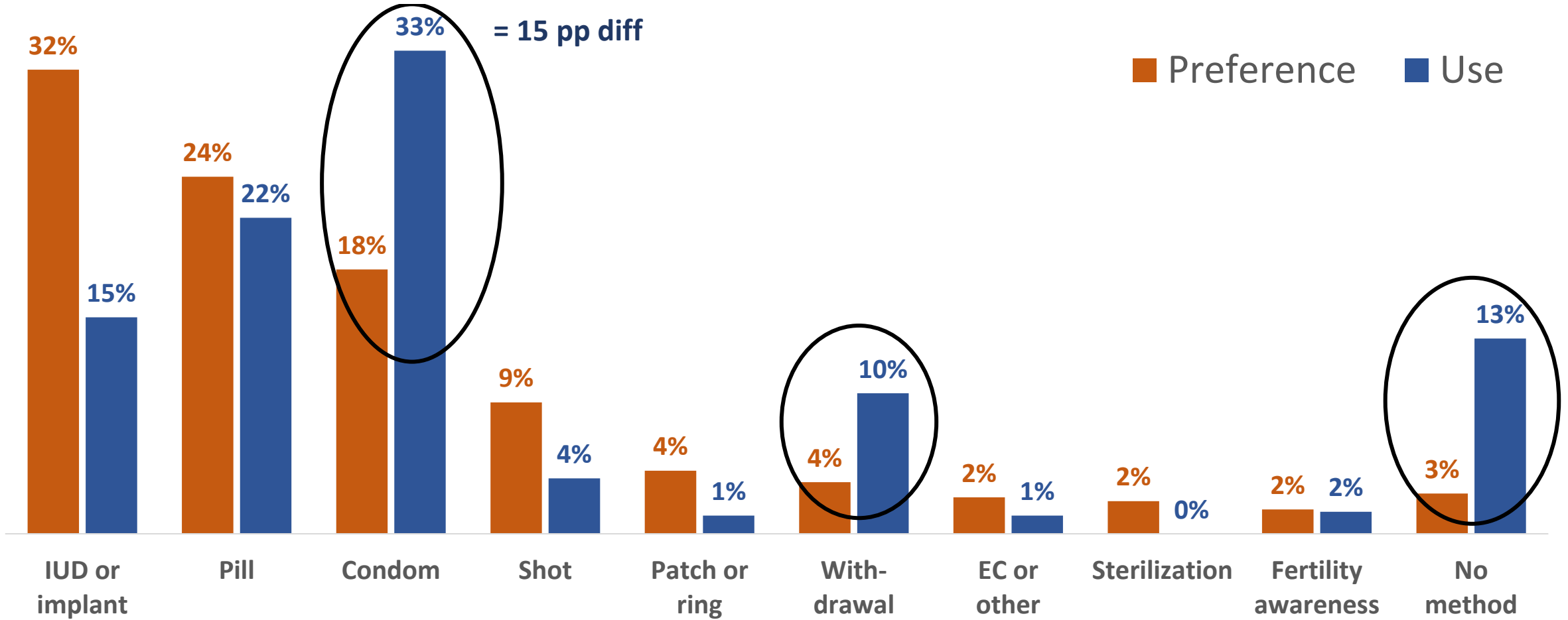
Fewer are using IUD or implant and shot than want to be



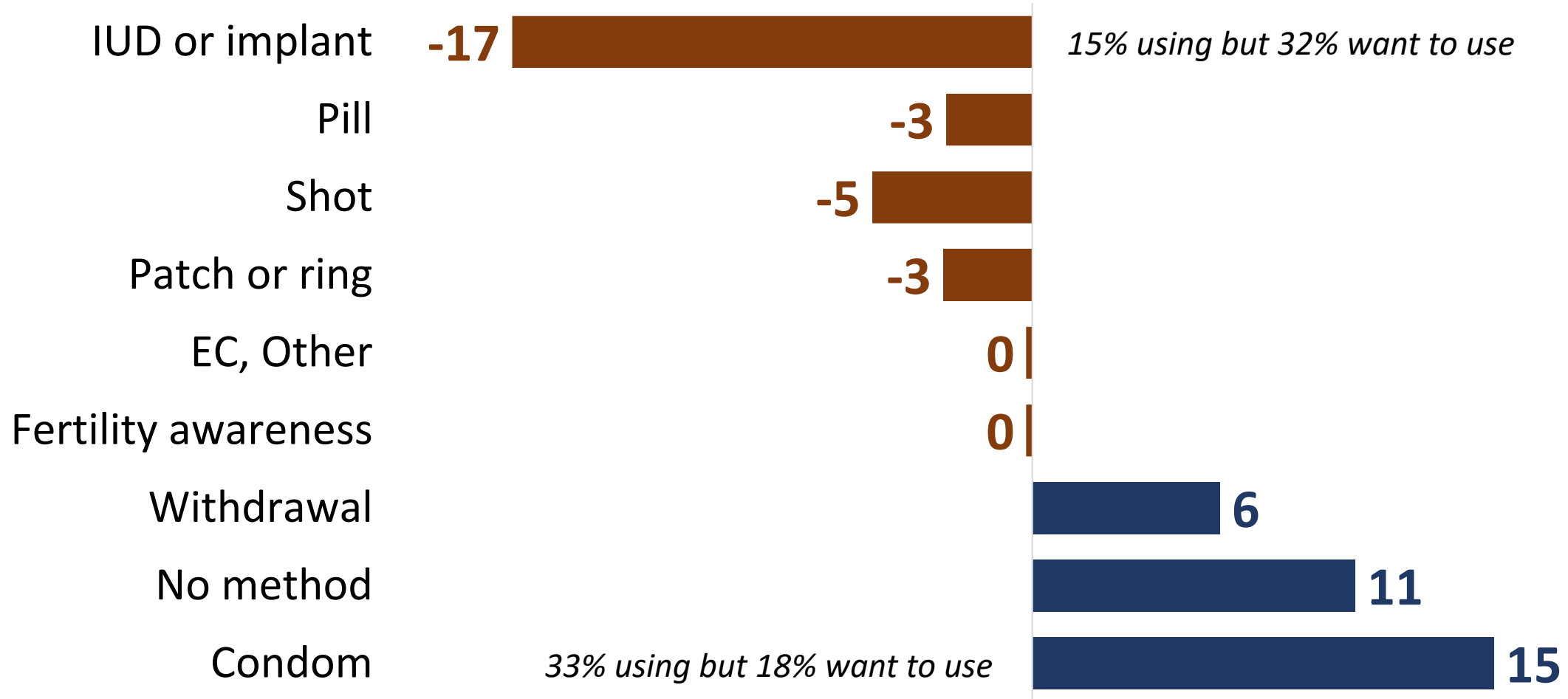
Fewer are using IUD or implant and shot than want to be



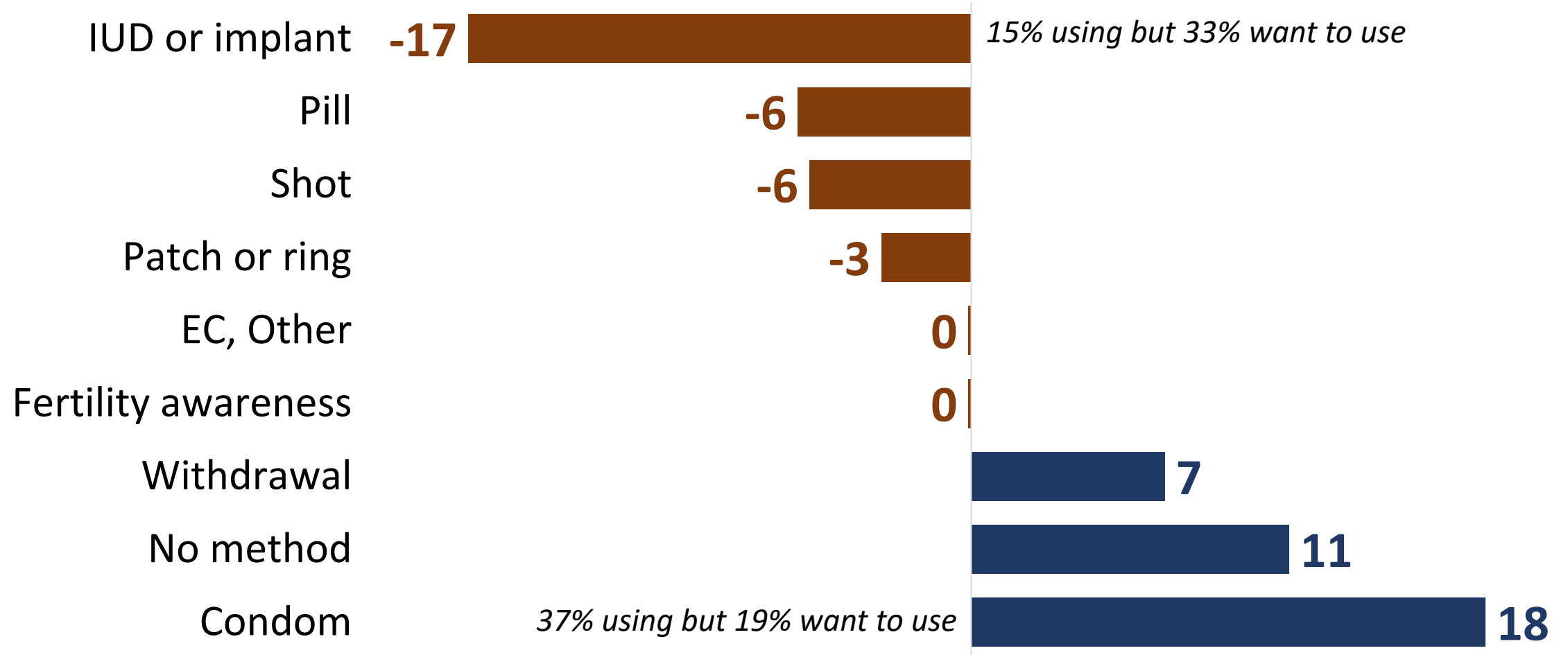
In contrast, more are using condom, withdrawal, and no method than want to



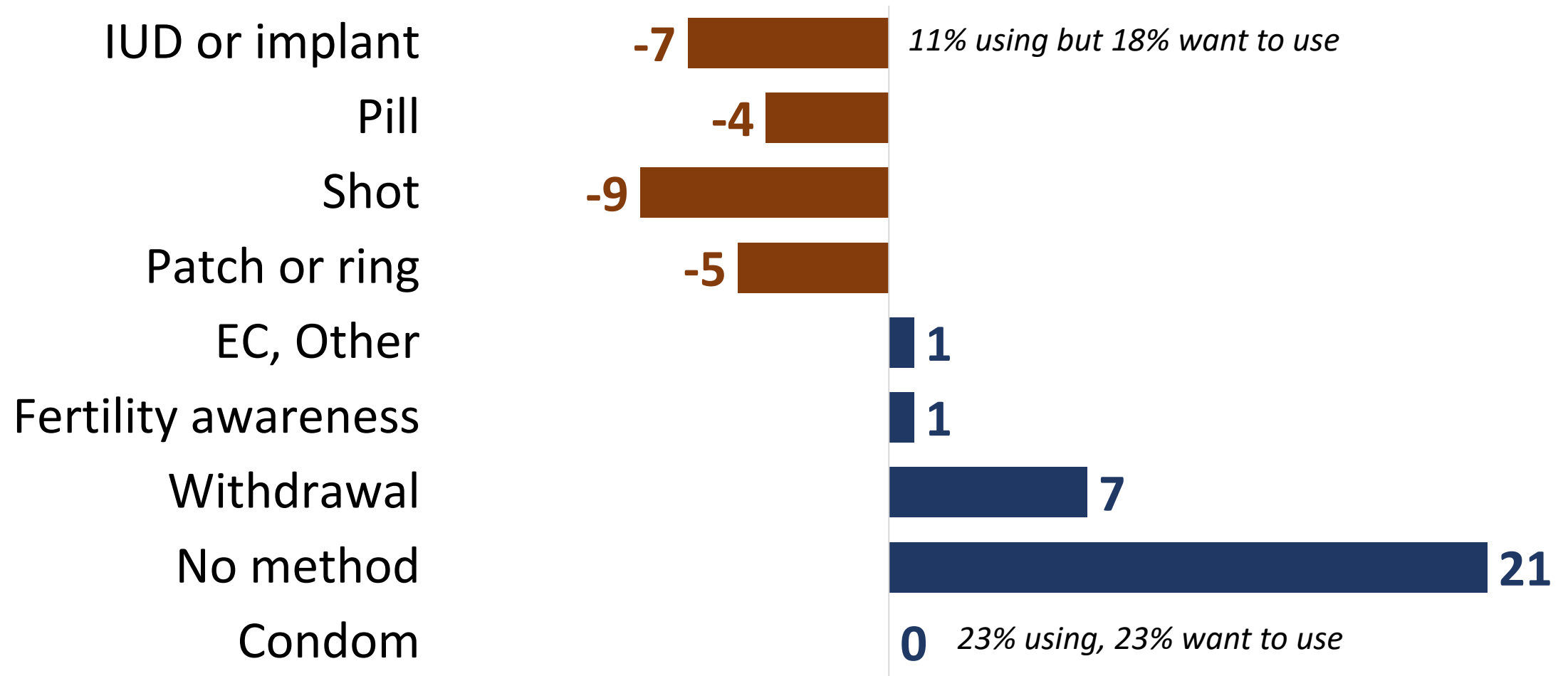
Fewer are using IUD or implant, pill, shot, patch or ring than want to, while **more are using** withdrawal, no method, and condom than want to



For **Latinx** participants, the mismatches are almost identical



For **Black** participants, mismatch for IUD/implant is smaller; more use no method than want to be; and condom preference = use





**Which students are using their preferred
contraceptive method?**

Likelihood of using preferred contraceptive method N=1,932

	aOR
Race and ethnicity (ref=White)	
Latinx	0.78
Asian/Pacific Islander	0.70
Black	0.68**
American Indian, multi-race, other	0.64*
Non-English at home (ref=English)	0.73*
Texas (ref=California)	0.54***

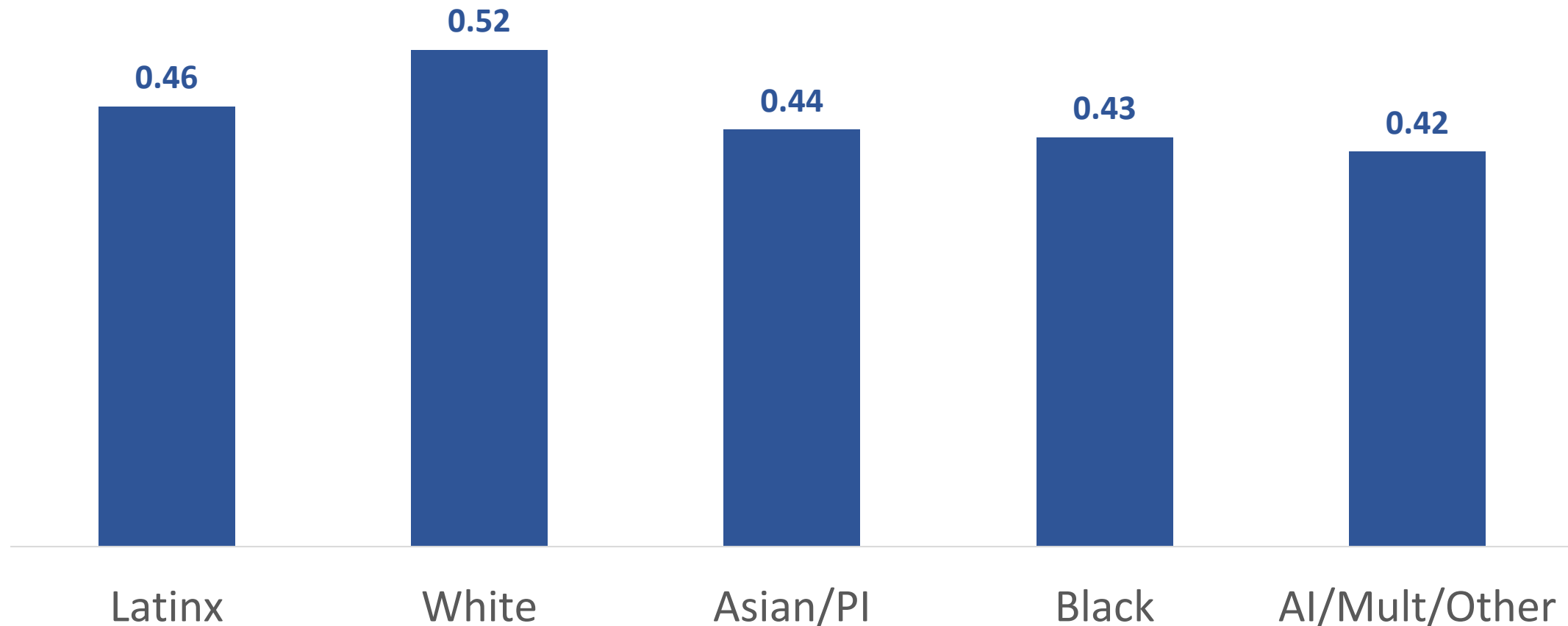
Mixed-effects logistic regression with random effects for site; *p<.05; ***p<.001

Model also controlled for age, parity, and insurance status.



What are predicted values of using a preferred contraceptive method?

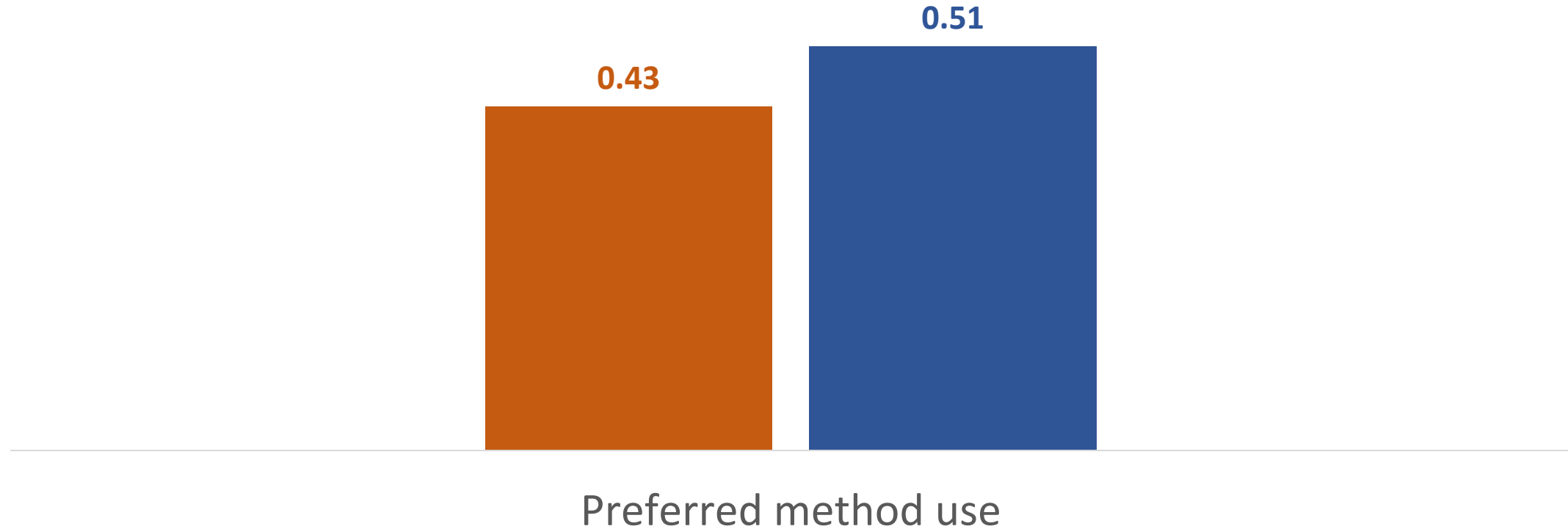
Participants who identified as Latinx, Asian/PI, Black, and American Indian, multi-race or other had lower predicted proportions of using preferred method than White participants



N=1,932. Predicted proportions based on mixed effects logistic model.

Participants who **spea**k a non-English language had lower predicted proportions of using preferred method than those who **spea**k English

■ Non-English ■ English



Key Takeaways

- Across all racial and ethnic groups (except for those who identified as White), and for non-English speakers, less than half were using their preferred method of contraception.
- Students affected by systemic racism and racial health inequities – especially Indigenous and Black participants, and those who speak a non-English language – experience greater reproductive health inequities.

Implications

Reproductive autonomy is compromised when people are unable to access their preferred method of contraception, especially among young adults already facing structural inequities.



Thank you!

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