

Early outcomes from an evaluation of a school-based teen pregnancy prevention program for Latino youth

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Introduction

El Camino is a goal-setting teen pregnancy prevention curriculum designed for use particularly with Latino youth. The school-based program consists of eleven 45-minute lessons that encourage youth to set goals, make informed reproductive health choices, and have healthy relationships.

Methods

Evaluation of the El Camino program began in February 2021. In each school (n=8), two groups of students were randomized to receive either El Camino or Poder, a leadership development curriculum of the same length. Data were collected from both groups at baseline (n=375) prior to randomization and post-test (n=288) immediately following implementation of the program.

Bivariate analyses were conducted to examine baseline equivalence of sample, pre-post trends within the full sample and between groups on behavior and knowledge outcomes.

Logistic regression models were then fit to examine the intervention on abstinence at post-test, controlling for demographic and pre-test responses.

Table 1. Demographic characteristics of the sample (n=375)

Baseline Measure	El Camino (n=183), Mean or % (std. dev)	Poder (n=192), Mean or % (std. dev)	P-value
Age or grade level	16.25 (1.45)	16.21 (1.47)	0.80
Gender (female)	62.09	53.16	0.22
Ethnicity			
Hispanic	79.78	80.73	0.82
Black or African American	12.57	13.02	0.90
Other	2.19	1.04	0.93

Table 2. Bivariate analysis of behavior outcomes at baseline (n=360)

Baseline Measure	El Camino (n=177), %	Poder (n=183), %	P-value
Never had sex	76.84	74.86	0.66
No sexual activity in last 3 months	90.23	90.66	0.89
Sex in last 3 months without a method of contraception	5.08	3.28	0.36
Sex in last 3 months without condoms	4.52	4.37	0.66

Table 3. Bivariate analysis of behavior outcomes at post-test (n=284)

Post-test Measure	El Camino (n=136), %	Poder (n=148), %	P-value
Never had sex	74.26	77.03	0.59
No sexual activity in last 3 months	85.93	89.86	0.31
Sex in last 3 months without the use of any birth control method,	4.41	3.38	0.93
Sex in last 3 months without condoms	5.15	2.70	0.58

Table 4. Bivariate analysis of attitudes and knowledge at post-test (n=268)

Post-test Measure	El Camino (n=133) Mean (std. dev)	Poder (n=135) Mean (std. dev)	P-value
Contraception attitudes/perceptions	2.95 (0.69)	2.79 (0.76)	0.11
Contraception knowledge	0.94 (0.79)	0.46 (0.70)	<0.0001
Condom knowledge	4.38 (1.43)	3.70 (1.57)	<0.0001

Table 5. Regression analysis of sexual behavior outcomes at post-test adjusted for demographic and pre-test sexual behavior responses (n=266)

Post-test Measure	El Camino vs. Poder, OR (95% CI)
Never had sex	0.72 (0.33, 1.58)
No sexual activity in last 3 months	0.75 (0.31, 1.84)

Results

- The sample is comprised of **primarily Latino** high school students.
- There were slightly **more female** participants compared to male participants overall.
- There were **largely no significant demographic or outcome differences** between El Camino and Poder respondents at baseline.
- Overall, **sexual activity and unprotected sex prevalence is low** in this sample and consistent between groups.
- No significant differences between pre- and post-test or between El Camino and Poder respondents at post-test for behavior outcomes were found.
- El Camino respondents demonstrated **significantly increased contraception and condom knowledge** from baseline to post-test and compared to Poder respondents at post-test (p<0.0001).
- Controlling for demographic and pre-test responses demonstrated that **El Camino respondents did not have higher odds of abstinence** (ever or 3 months) compared to Poder respondents at post-test.

Conclusions

- Preliminary results find that there are no significant differences between pre- and post-test or between groups for sexual behavior outcome measures.
- These findings may be due to the overall low prevalence of reported sexual activity in this sample.
- El Camino respondents demonstrated a significant increase in contraception and condom knowledge from pre-test to post-test
- A larger sample size (increased power) may detect treatment effects not evident in this sample.
- Over time change in contraception and condom knowledge may lead to behavior change, longer term follow-up is needed
- 10-month follow-up is underway

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