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**Teens continue to make healthy choices around pregnancy**

*May is National Teen Pregnancy Prevention Month*

**EAU CLAIRE, Wis.-May, 2017**—Data shows that teens continue to make healthy choices around pregnancy prevention. Nationally, teen birth rates continue to go down and are at a record low. The number of births to women under age 20 in Eau Claire County has also continued to decline in the past year--from 62 births in 2013 to a low of 39 births in 2015. In Eau Claire County, the teen birth rate also continues to be lower than the Wisconsin average.

To create a healthier community, it is important to encourage young people to plan for their future and understand how teen pregnancy can affect their options and opportunities. The long-term outcomes that come from teen pregnancy can go beyond just the parent. Children who are born to teens tend to face additional challenges, such as difficulties with learning, behavior and even health.

To support healthy youth it is critical that they have:

- Parents and trusted adults that are supportive.
- Healthy relationships with peers.
- Open communication about healthy sexuality.
- Accurate knowledge about sexual health, pregnancy, sexually transmitted infections, contraception and the importance of abstinence.
- Regular visits with an adolescent friendly health care provider.



Research shows that evidence-based teen pregnancy prevention programs can have an impact on teen's knowledge and behavior when it comes to sex. Through *Amped Health*, the Health Department and other community partners offer the evidence-based program, *HIP Teens* for youth in Eau Claire County. This program promotes skills like assertive communication, decision making, and self-determination so that young people can make the best choices for their sexual health. "This program is just one way we are working to provide youth with tools and resources to make healthy decisions," says Abby Hinz, Public Health Nurse.

To learn more about teen pregnancy, please visit: <http://www.hhs.gov/ash/oah/adolescent-health-topics/reproductive-health/states/wi.html>.

The [Eau Claire City-County Health Department Family Planning Clinic](#) offers education for clients (including minors), on a variety of birth control options, pregnancy testing and sexually transmitted infection testing and treatment. All services are confidential. For more information, visit [www.ehealthdepartment.org](http://www.ehealthdepartment.org) or call 715-839-6988.

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