

eliminating racism  
empowering women



YWCA Culturally Responsive Girls and Youth Programs



## CONTEXT

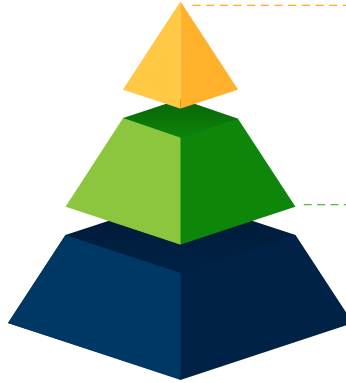
**Goal:** The YWCA contributes to teen pregnancy prevention for youth of color in Minneapolis.

**Causes:** Racism and discrimination have caused long-standing disparities in education, employment, income/wealth, housing, neighborhood conditions, and access to health care, transportation, social connections and support that directly affect health.

**Population:** Approximately 37,000 youth ages 10-18 live in Minneapolis. Over 40% of Minneapolis residents are people of color.

**Issue:** Every day in Minnesota, approximately 10 teens become pregnant. The vast majority of these pregnancies are unintended. Even though the greatest number of adolescent births in Minnesota is to white females, Minnesota youth of color have significantly higher birth and pregnancy rates than their white counterparts.

## APPROACH



Facilitating gender-specific, pull-out or afterschool groups for a total of 30-40+ contact hours, using age-appropriate, evidence-based curriculum and building positive relationships with trusted adults, peers, and community resources.

Preparing youth as leaders to promote change in their communities.

### ROOT CAUSES/ CONDITIONS FOR HEALTH

Addresses the social and economic conditions for health (also known as the social determinants of health). This often happens by changing local, regional or state policy, changing the way systems work or changing the environment.

### ORGANIZATIONAL/ INSTITUTIONAL CHANGE

Addresses a health area by changing policies or systems in a school, clinic, hospital, etc. to support healthy behaviors and individual risk/protective factors.

### HEALTH PROMOTION/ DIRECT SERVICE

Addresses individual or family-level risk/protective factors through health education, programming, case management, etc.

*“Contact Plus has taught me how to make positive choices, not just when it comes to sexual health, but just life in general.”*  
– program participant

## IMPACT

- 641 youth of color engaged in pregnancy prevention programming
- 85% of youth grades 4-5 demonstrated positive results on pre/post surveys addressing puberty, anatomy and healthy decision making
- 91% of youth grades 6-12 demonstrated positive results on pre/post surveys addressing the prevention of pregnancy and sexually transmitted infections
- 100% of youth grades 6-12 reported that they did not become pregnant/father a child while enrolled
- 99% of youth stated their intention to graduate high school
- 97% of youth stated their intention to pursue post-secondary education

**92%** of youth grades 6-12 stated they intended to delay pregnancy/parenting until their educational goals have been achieved



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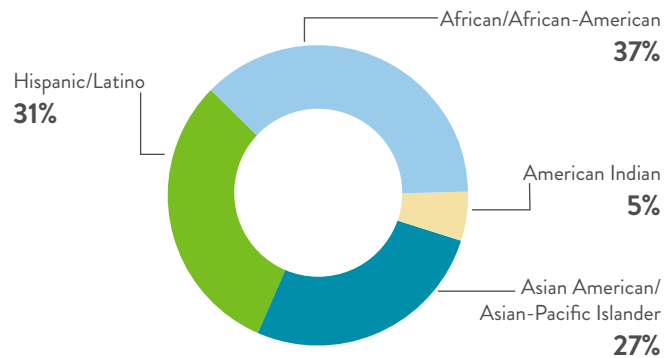
For more than 30 years, YWCA Minneapolis has been working with middle and high school youth in the Minneapolis Public Schools to provide comprehensive sexual health education.

YWCA integrates proven curriculum into the program, including Making Proud Choices! for middle-school youth and Girls Inc.® Preventing Adolescent Pregnancy in girls groups.

## PRIORITY HEALTH AREA SPOTLIGHT

In 2016, Minnesota reported 3,004 pregnancies among 15- to 19-year-olds. Rates of teen pregnancies among American Indians (56.1 per 1,000 pregnancies) and African Americans (39.6 per 1,000 pregnancies) were among the highest in the state. Disparate rates of unemployment, poverty, adverse childhood experiences, and access to comprehensive sexual health education directly affect sexual health and increase the likelihood of early pregnancy.

**Collective Impact:** 52,974 individuals were reached through the work of fourteen grantees addressing this priority health area in 2017-18. The proportions of individuals reached by race/ethnicity are shown in the figure below.



EHDI grantees addressing teen pregnancy prevention identified common measures to track and report. Collective results include:

- ★ 86% of program participants know where to access sexual health care
- ↑ Increased comfort talking about sex and birth control with partners
- ↑ Increased number of young people who reported having adults in their lives with whom to talk about sexual health issues

## MDH ELIMINATING HEALTH DISPARITIES INITIATIVE

The Eliminating Health Disparities Initiative (EHDI) grant program was created to address health inequities for populations of color and American Indians across eight different priority health areas. Since 2001, the EHDI approach has been to support organizations and projects run by and for communities of color and American Indians to develop and implement strategies that are effective in reaching their communities. Every few years, the program reallocates the competitive grants to organizations and tribes across the state of Minnesota. The current grant cycle is from 2016-2019.