



STATE OF MICHIGAN

DEPARTMENT OF COMMUNITY HEALTH  
LANSING

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## **New Clinical Guideline Available for Preventing Unintended Pregnancy in Adults**

A new clinical guideline for preventing unintended pregnancy in adults has been jointly developed and released by a statewide provider committee as part of the Governor's Blueprint for Preventing Unintended Pregnancies, in collaboration with the Michigan Quality Improvement Consortium (MQIC).

*Prevention of Unintended Pregnancy in Adults 18 Years and Older* gives talking points for doctors and other providers when counseling patients on their plans to prevent unplanned or unwanted pregnancy. Patient and provider education materials also are included. The guideline was built from several evidence-based sources, including 2006 Centers for Disease Control and Prevention (CDC) recommendations ([www.cdc.gov](http://www.cdc.gov)). Developed in a public-private partnership, it may be the first such clinical guideline in the U.S.

"In Michigan, about four in every 10 pregnancies are mistimed or unwanted at the time of conception," said Kimberlydawn Wisdom, M.D., Michigan Surgeon General, Michigan Department of Community Health. Dr. Wisdom convened the 40-member Provider Task Force, a blue-ribbon group of experts in women's health who volunteered their time to draft the new guideline which was subsequently approved by MQIC.

MQIC, whose membership represents health plans that cover more than six million Michigan residents as well as physician organizations, has issued guidelines for clinicians on preventing unintended pregnancies in adults age 18 and older. Since 1999, MQIC has issued standard clinical guidelines for Michigan physicians on more than 20 health conditions, including guidelines addressing prevention or treatment of asthma, diabetes, depression and heart failure.

"This latest guideline is designed to help clinicians meet their patients' needs while respecting their patients' values on preventing unintended pregnancies," said Thomas Simmer, M.D., chairman of MQIC. "Its recommendation is that clinicians should conduct an assessment and discuss pregnancy during a patient's annual health exam or more frequently at the physician's discretion."

### **Every \$1 for Family Planning Saves \$3 in Medical Costs**

"Reducing unintended pregnancies by just 10 percent will save \$27 million in Michigan's Medicaid costs annually," Wisdom said, adding that unplanned pregnancy crosses all populations and income levels. "Every one dollar spent on family planning services saves three dollars in medical costs," she said.

The multi-disciplinary Provider Task Force, which included physicians, social workers, nurses and nurse practitioners, health plans, state and local public health, universities and medical schools, school-based health centers, and Title X clinics, met under the auspices of Governor Jennifer M. Granholm's Blueprint for

Preventing Unintended Pregnancies. Overall objectives of the Governor's statewide strategy include increasing public knowledge and skills related to avoiding an unintended pregnancy; expanding and improving coverage for family planning; and engaging Michigan's health care community in a statewide effort to reduce Michigan's unintended pregnancy rate.

Other Blueprint initiatives under way include:

- *Plan First!* Michigan requested and received a waiver from the federal government to allow expanded access to family planning through Medicaid, for women earning up to 185% of the poverty level. Since *Plan First!* was introduced in July 2006, more than 35,000 women have signed up for it, with an estimated a saving to the state of approximately \$27 million per year.
- *Talk Early & Talk Often.* The program helps parents of middle school children develop the necessary skills to talk to their children about abstinence and sexuality. Since it began in October 2005, more than 70 workshops have been held throughout Michigan in public and parochial schools, medical centers, worship centers, health departments and libraries.

### **Highest Number of Unintended Pregnancies Occur in Adults**

The statewide Provider Task Force was chaired by Thomas Petroff, D.O., Chief Medical Officer of McLaren Health Plan/Health Advantage and chair of the Medical Directors Committee of the Michigan Association of Health Plans.

“So often, we focus on preventing teen pregnancy,” Petroff said. “However, what many do not realize is that while teens have the highest percentage of unintended pregnancies, women in their twenties have the highest number of unintended pregnancies.” Just four percent of all live births in Michigan are to teens under 18, he said.

“Low-income women without contraceptive coverage are twice as likely to have an unintended pregnancy,” Petroff said. “Preventing unintended pregnancies will reduce infant mortality and abortion, as well as increase opportunities for a healthy pregnancy when the time is right,” he said.

### **For More Information**

The new clinical guideline is available at [www.mqic.org](http://www.mqic.org). Patient and provider education tools are downloadable through an online link to Michigan Department of Community Health ([www.michigan.gov/mdch](http://www.michigan.gov/mdch) and click on “Michigan's First Surgeon General”). For more information on *Plan First!* call 1-800-642-3195 or go to [www.michigan.gov/mdch](http://www.michigan.gov/mdch).

Provider Task Force members included: Dr. Sharifa Abou-Mediene, Arab Community Center for Economic and Social Services; Wilmetta Anderson, Blue Cross Blue Shield of Michigan; Dr. Delores Baker, Molina Healthcare; Asif Bakhsh, Blue Care Network of Michigan; Dr. Mary Beth Bolton, Health Alliance Plan; Dr. Carl Christensen, Wayne State University; Nancy Combs, Michigan Department of Community Health; Dr. Vanessa Dalton, University of Michigan Medical School; Betty Dawson, Ingham County Health Department; Paulette Dobyne Dunbar, Michigan Department of Community Health; Brenda Fink, Michigan Department of Community Health; Dr. Cheryl Gibson Fountain, St. John Detroit Riverview Hospital; Dr. Lynn Gray, Michigan Academy of Family Physicians; Sheri Greenhoe, Michigan State Medical Society; Dr. Violanda Grigorescu, Michigan Department of Community Health; Rebecca Hite-Horn, The Corner Health Center; Sharon Karber, Michigan Department of Community Health; Kevin Kelly, Michigan State Medical Society;

Sheryl Lowe, Blue Cross Blue Shield of Michigan; Janet MacQueen, Blue Care Network of Michigan; Gail Martin, March of Dime – Michigan Chapter; Gail Maurer, Michigan Department of Community Health; Lydia McBurrows, Henry Ford Health System.

Also, Dr. Mary Nettleman, Michigan State University; Dr. Valerie Overholt, Providence Hospital; Dennis Paradis, Michigan Osteopathic Association; Doug Paterson, Michigan Primary Care Association; Dr. Margaret Punch, Michigan Section, American College of Obstetricians & Gynecologists; Dr. Rose Ramirez, Jupiter Family Medicine, PC; William Ridella, Detroit Department of Health and Wellness Promotion; Dr. Marla Rowe Gorosh, Henry Ford Health System; Sarah Scranton, Planned Parenthood Affiliates of Michigan; Dr. George Shade, Sinai-Grace Hospital; Sameerah Shareef, Meridian Women’s Health; Dr. Dianne Singleton, Michigan State University; Dr. Richard Smith, Henry Ford Health System; Velma Theisen, Michigan Department of Community Health; Dr. Maxine Thome, National Association of Social Workers – Michigan Chapter; Dr. Linda Thompson Adams, Oakland University; Dr. Cosmas Van de Ven, University of Michigan; Jocelyn Vanda, Department of Human Services; Bob VanEck, Priority Health; Dr. Michael Weiss, Michigan Osteopathic Association; Dr. Kimberlydawn Wisdom, Michigan Department of Community Health; Laydell Wyatt, St. John Macomb Hospital.

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