



Health-E You/ Salud iTu™
**Contraceptive and Sexual
Health App Dissemination**

**National School-Based Health
Alliance Webinar**



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UCLA

Objectives

1. Articulate engagement strategies used to create an app to meet the needs of adolescents and clinicians
2. Analyze the impact the Health-E You app has on supporting adolescents' use of effective contraception.
3. Identify strategies to integrate the Health-E You app in primary care practice to support patient-centered contraceptive care.

Background: Unintended Pregnancy

- Access to SRH information and services is a basic human right & essential for sustainable development (WHO)
- Over 80% of adolescent pregnancies are unintended.
- Significant disparities remain based on income, race, and geographic location (and the intersectionality of these factors)
- SDOH and adolescent pregnancy

Background: Barriers to Adolescent Contraceptive Use

- Adolescents' knowledge of contraception is poor, options are overwhelming
- Stigma and discomfort with sexual health are barriers to care
- Teens often want to discuss sexual health with their clinician but are reluctant to bring it up
- Many clinicians lack the time and may be uncomfortable discussing sexual health and providing comprehensive contraceptive care – especially in the context of a non-reproductive related visit

April 10, 2023

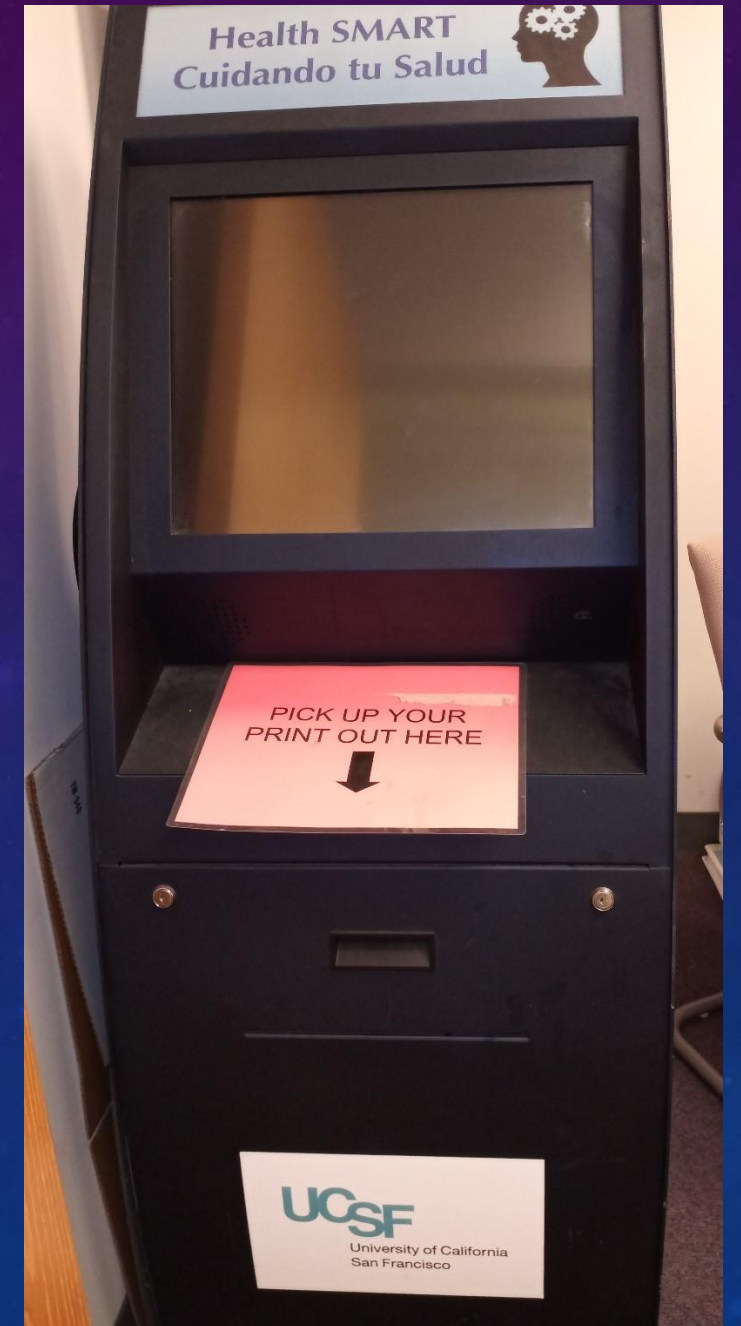
Changes in the Frequency and Type of Barriers to Reproductive Health Care Between 2017 and 2021

Aliza Adler, BA¹; M. Antonia Biggs, PhD²; Shelly Kaller, MPH²; [et al](#)

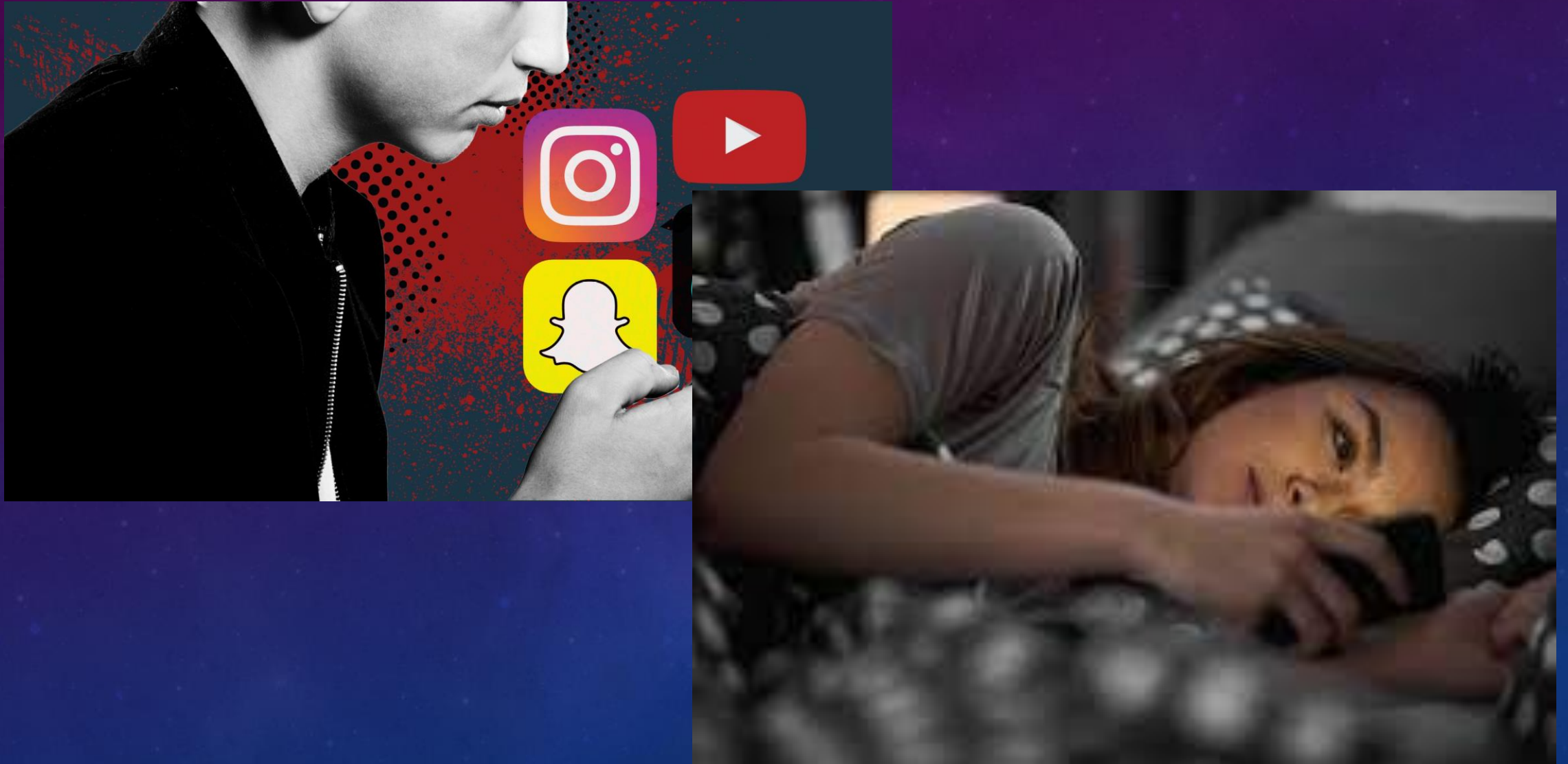
» [Author Affiliations](#) | [Article Information](#)

JAMA Netw Open. 2023;6(4):e237461. doi:10.1001/jamanetworkopen.2023.7461

Leveraging Technology to Promote Preventive SRH Care



Technology explosion!



Digital SRH tools

- Online media is an important source of SRH information for adolescents but not always high-quality (Lindberg et al., 2016; Nikkelen et al., 2020)
- Health care providers are viewed as the most reliable sources of info, but
- Adolescents *prefer* computer-based interview tools and report greater disclosure of sensitive information to computers (Fisher 1977; Millstein 1983; Ozer 2016)
- Clinicians play a critical role in providing age-appropriate and culturally competent SRH information and care
- Technology can be leveraged to help them meet teens where they are and make the visit more effective, efficient, and patient-centered

Engagement Strategies for *Health-E You/Salud iTu*TM

Developed in partnership with adolescents, clinicians, and CBOs

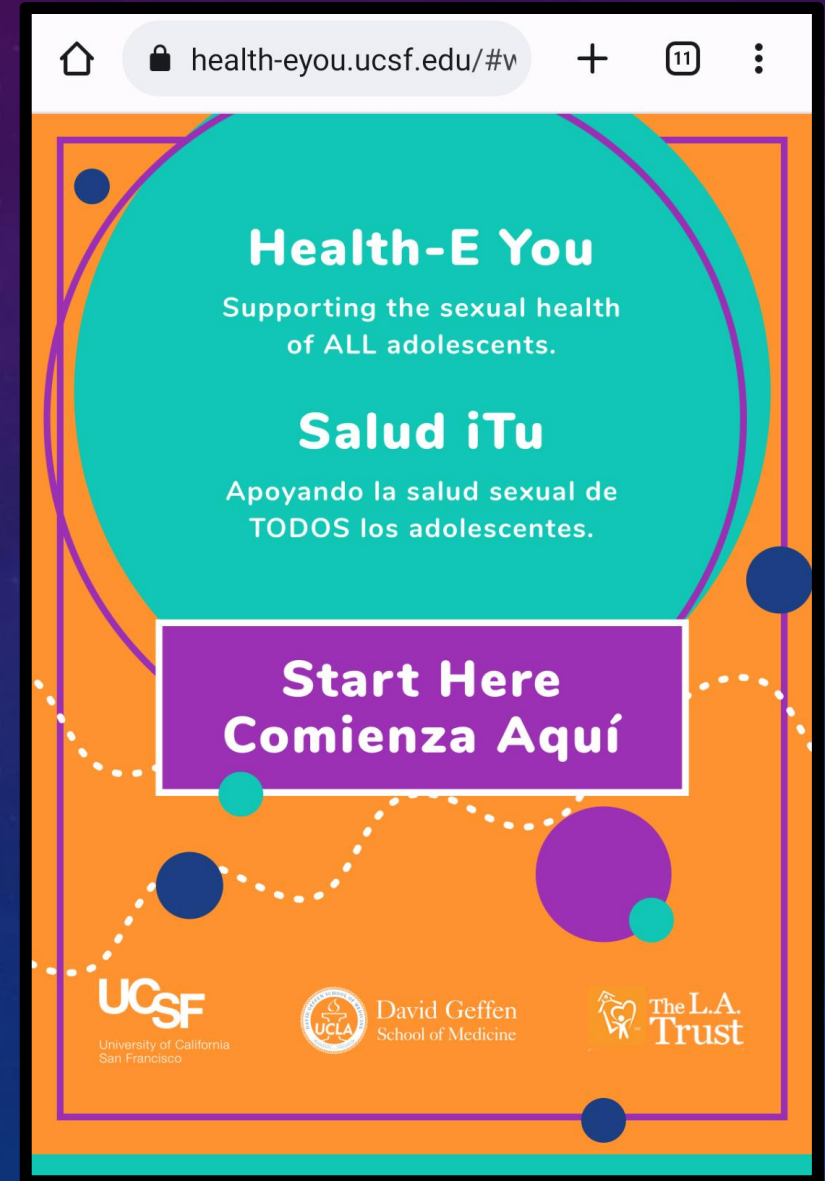
1. Assess need for teens & clinicians
2. Ongoing input from Advisory Boards (for app dev & research)
3. Youth Design Team informed look, feel & content
4. Iterative Testing & Refinement
 - Focus groups & Interviews
 - Usability Testing
 - Pilot Testing (N & S CA)



What is *Health-E You/Salud iTu*™

Health-E You is an interactive, individually tailored, mobile health application (app) to support sexual & and reproductive health (SRH) for youth before their visit

- It incorporates
 - Youth-informed design
 - Audio-visual & digital empathy features to enhance youth engagement
- It preps youth & clinician for visit
- It shares confidential patient summary to clinician to increase visit efficiency & quality



Health-E You



Now, let's help you decide which birth control method is best for you!

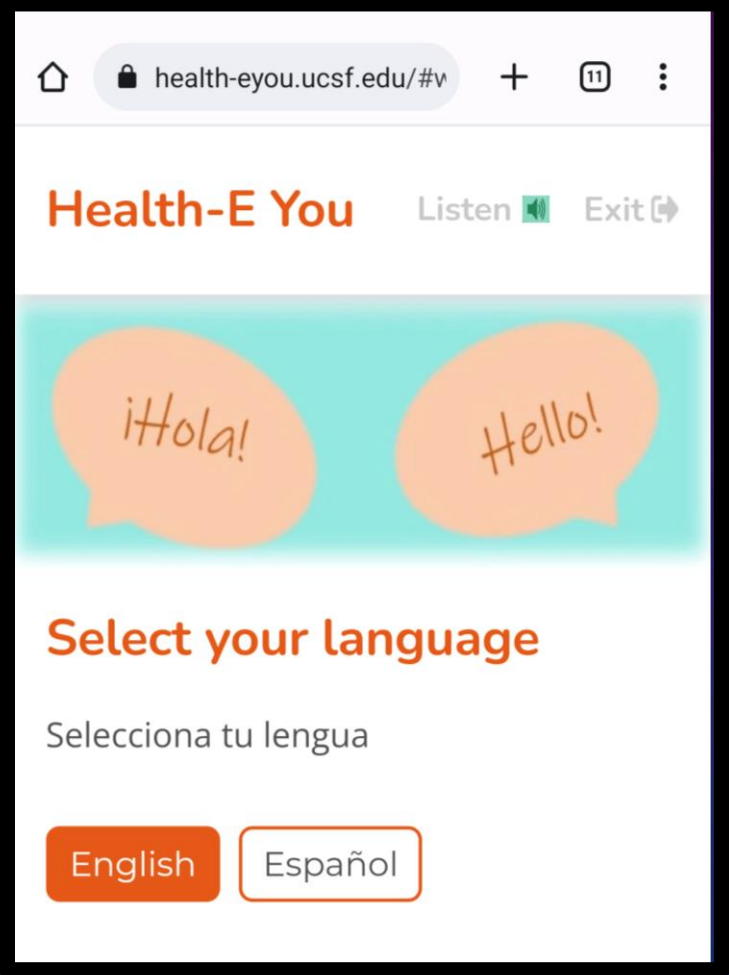
Birth control gives you the ability to decide if and when you want to have children.

All of your answers are completely confidential. It is designed to help find the best method for you – so you can have more control of your future!

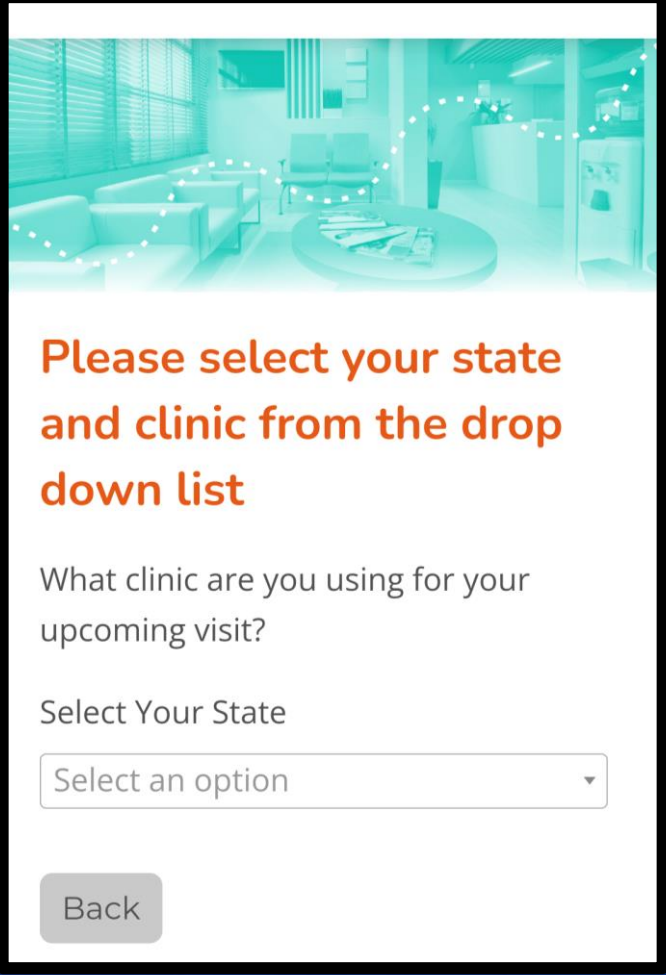
Back Next

Health-E You/Salud iTu™

1. Youth selects language



2. Select State & clinic



Overview of *Health-E You/Salud iTu*TM

Youth answers a few brief questions to direct to tailored pathway

Pregnancy Risk: Contraceptive Decision Support

- o MythBusters “game” with feedback
- o Lifestyle & attitude questions to guide contraceptive choice
- o Potential contraindications (discuss with clinician)

Not at Risk of Pregnancy

- o Select from a menu of SRH topics (contraception, condoms, Prep & Pep, etc.)

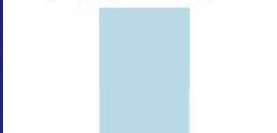
Health-E You/Salud iTu™ : Contraception Pathway

- Personalized recommendations are starred but choice is yours!


- Opportunity to learn about any method(s)

Health-E You

★ App recommendations, but the choice is yours! Touch any method to learn more.



Touch the starred methods to learn more about the options recommended for you:

★ Intra-Uterine Device		One time insertion. Nothing to do or remember for several years.
★ Implant		Quick and easy to insert. Nothing to do or remember for 3 years.
Shot/Depo		Private and effective as long as you get the shot on time - every 3 months.
Ring		Easy to insert. Keep in for 3 weeks, remove it, wait 1 week and re-insert.
Patch		Need to change patch once a week.
Pill		Effective if taken every single day.

Health-E You/Salud iTu™: Contraceptive Info

BACK



EXIT

Intra-Uterine Device (IUD)



What is an IUD? It is a small t-shaped piece of plastic that makes it hard for sperm to attach to the egg. A trained provider places it in your uterus and you don't have to do anything for several years.

Why is the IUD a TOP choice for you:

- + It is one of the **most effective** contraceptives.
- + It is **safe** and has **few side effects**.
- + **No one can tell** you are using it.
- + Can be **removed at any time** and you can get **pregnant right away**
- + **DOES NOT** cause abortions or infections

Like most contraceptives, the IUD does not protect you from STDs or HIV. Be sure to use a condom every time you have sex.

There are two types of IUDs hormonal or non-hormonal.

Learn more

See other contraceptive options

Continue



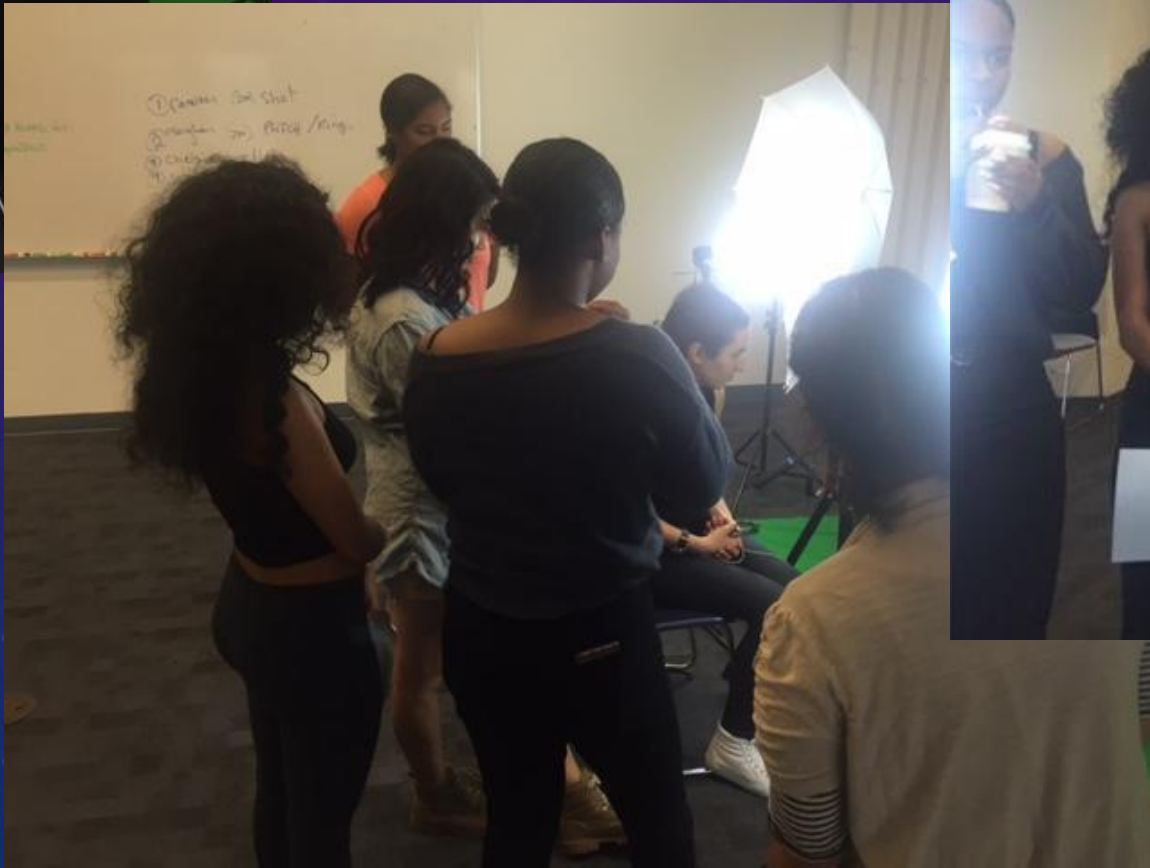
Nurse Practitioner Le Flore Jacobs
facts about IUDs



Kristy
17 years old

Kristy, 17, on the IUD
I use the IUD and love it!

Video Development Youth-Led



Method Interested in Using

- The user is asked to select the method they are most interested at the end of the app
- Contraceptive choice is emphasized again

Health-E You Listen  Exit 

Method(s) that you are most interested in

Based on your answers, the app has shown you which methods might be best for you.

The method you use is YOUR choice. If you would like more help in selecting a method, you can talk with your healthcare provider.

Touch the method(s) that you are most interested in using

- IUD
- Implant
- Shot
- Vaginal Ring
- Patch
- Pills
- None of the Above
- I'm not ready to select a method

Next

Sharing information with the clinician

- Teen sees a summary and is asked to enter name and cell phone to share their info with the clinician

Health-E You Listen  Exit 

Thank you for using the app!

The app recommended the following contraceptive method(s): **iud, implant**

- I am most interested in using: **I'm not ready to select a method**
- In the past three months, I used the following forms of contraception: **Male Condoms, Pull-out/Withdrawal**

Contraindications:

- **None**

Please enter your name and cell number so this can be confidentially shared with your healthcare provider. This will only be used to support your health care.

Cell Phone

What is your first name and the first letter of your last name?

Back

Next

Confidential Patient Summary (PDF via e-mail)

- App data stored in Salesforce
- Programmed to pull summary data and automatically generate secure e-mail to designated clinic staff/ clinician e-mail

Patient Info

Partial name

Kathleen
T

Cell Phone

111-123-3456

Gender

Female

Reason for Visit

Well visit / checkup / physical

Patient Hx

EverHadSex

Yes
Genital

Current Contraceptive Method (if any)

None

Method/s App Recommended

IUD
Implant

Method/s Patient Interested in Using

Shot

Potential Contraindications (to discuss)

Non

Topics Explored in App

Cluster Randomized Control Trial (CRCT)

CRCT of 18 SBHCs in LA

- 18 SBHCs randomized to use App or standard of Care
- Interest, eligibility and consent assessed on Qualtrics survey
- Intervention routed to app; controls to sexual health survey.
- Online surveys: 48 hour, 3- and 6-months post-visit
- Participants received gift card thank you for completing each survey

Tebb et al., Study Protocol. BMJ. 2018

Tebb et al., Implementation Evaluation. JMIR Mhealth Uhealth. 2019

Results

(N=1,360 Sexually Active Adolescent Teens)

Knowledge:

- Significant pre-post-increase (3.3 vs. 4.9; $t=16.40$, $p<.001$)

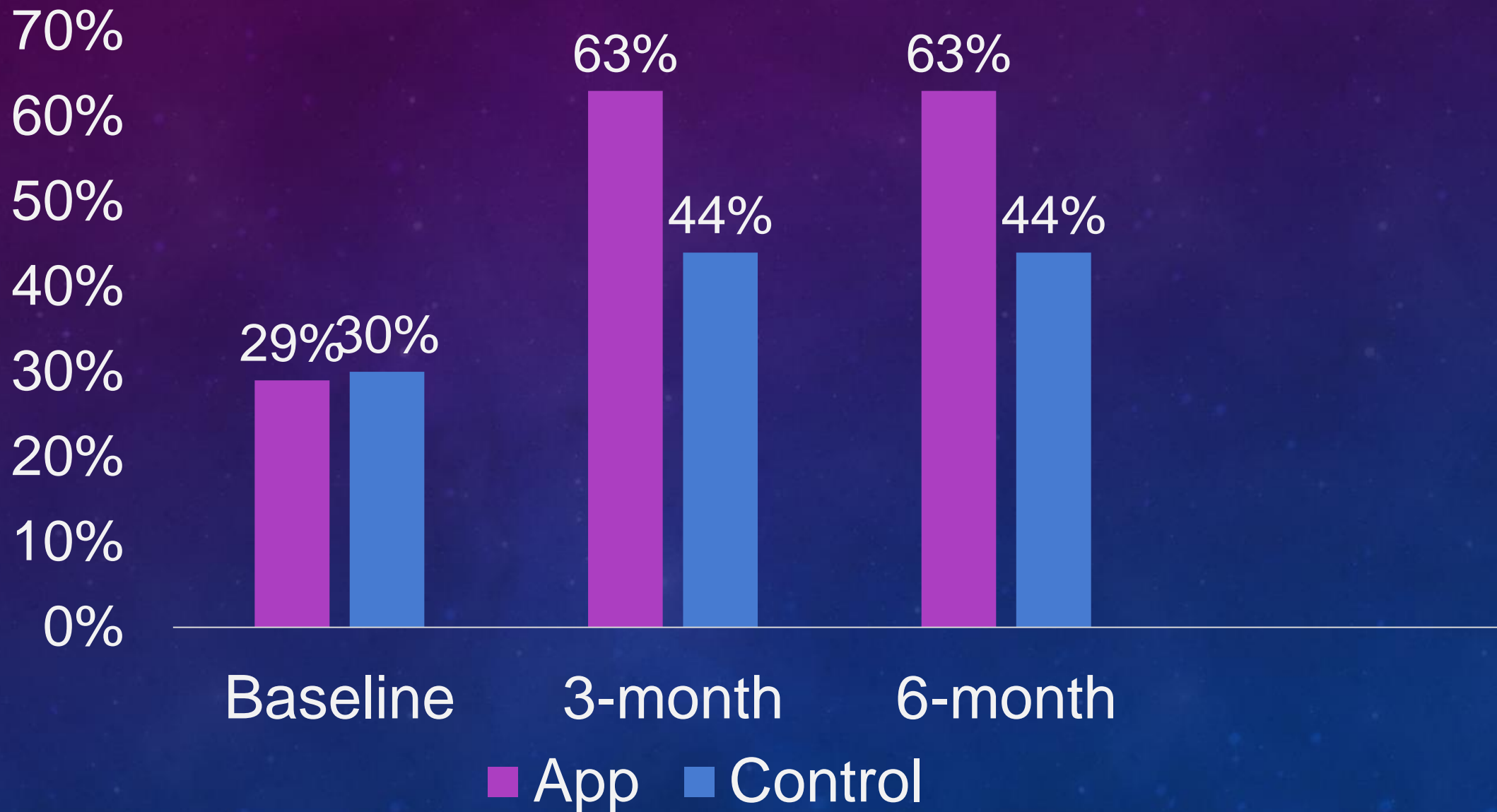
Self-Efficacy:

- Increased for app users but not controls and
- Sustained at 6-month follow-up ($b = 1.64$, 95% CI 1.01–2.27, $p < 0.001$)

How confident are you...

- 1) in talking with your doctor about birth control
- 2) having the information to choose birth control
- 3) using birth control correctly

Use of Contraception



Results: Adolescent-Provider Communication

- Rates of discussing birth control with provider were higher for App users (89%) vs. Controls (69%), OR = 2.22, p=0.055

“Having the app really helps me out, especially when I’m busy...when the students finish, they already have a list of informed questions. This makes my counseling visit more productive and a lot shorter.” -provider

“It’s helpful because if you don’t now what you want, you’re gonna know what you want by the end of the video!” - adolescent

App Satisfaction (% Agree)

Providers' Report:

83% App engages teens in the contraceptive decision-making process

75% App helps provide individually-tailored discussions on
contraception

Adolescents' Report:

93% understood information on App

87% App gave useful birth control info

85% would recommend App to a friend

70% App improved the quality of visit



ELSEVIER

Contents lists available at [ScienceDirect](#)

Contraception

journal homepage: www.elsevier.com/locate/contraception



Original Research Article

Improving contraceptive use among Latina adolescents: A cluster-randomized controlled trial evaluating an mHealth application, *Health-E You/Salud iTu*


Kathleen P. Tebb^{a,*}, Felicia Rodriguez^a, Lance M. Pollack^f, Sally Adams^a, Rosario Rico^b, Robert Renteria^b, Sang Leng Trieu^b, Loris Hwang^c, Claire D. Brindis^d, Elizabeth Ozer^e, Maryjane Puffer^b

Non-pregnancy Risk Pathway


- Users can select from a menu of topics (funded to build this out)

Health-E You Listen  Exit 


Select the topic you would like to learn more about




STI/HIV Prevention and Condom Use




Pregnancy Prevention



Emergency Contraception/ Plan B



PrEP (Pre-exposure prophylaxis) & PEP (post-exposure prophylaxis)



Sexual Health Services



Confidential App Use Report

not_at_clinic

Patient Info

Partial name

J Hoffman

Cell phone

916-444-2085

Gender

male

Reason for visit

Patient Hx

Ever had sex

yes
genital, oral

Current Contraceptive Method (if any)

_other

Method/s App recommended

Method/s Patient is Interested in Using

Potential Contraindications (to discuss)

Topics Explored in App

hiv, emergency

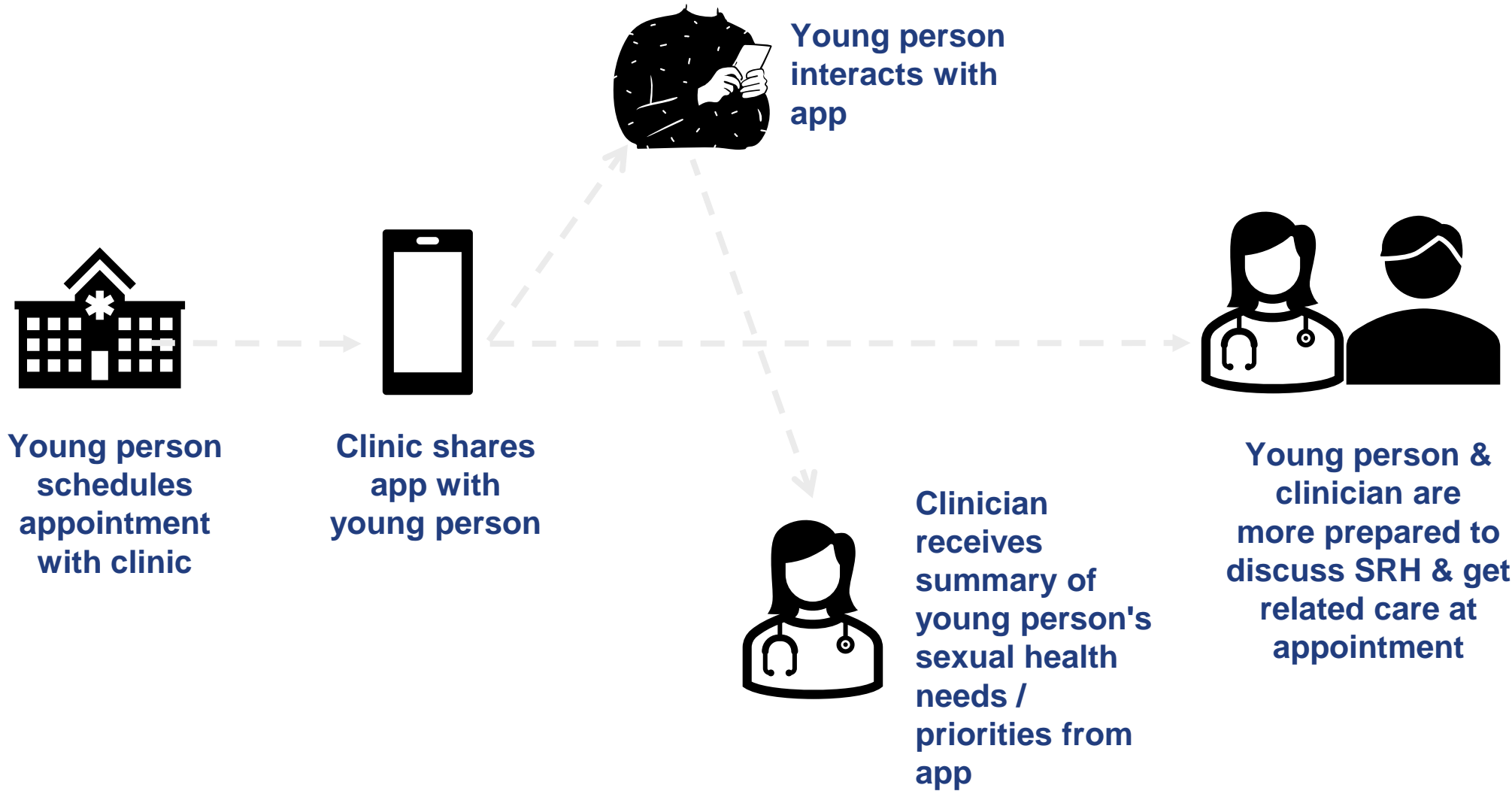
- Confidential summary for non-pregnancy risk pathway

Current Implementation Study Objectives

1. Evaluate implementation outcomes using Proctor's Implementation Framework (at 28 SBHCs in 10 states)
(e.g., acceptability, adoption, appropriateness, feasibility, reach, maintenance)
2. Measure impacts on more diverse population of young people
3. Expand implementation of the app to as many SBHCs as possible

Currently in use at 57 SBHCs in 11 states

How does the Health-E You app work?



Integrating into SBHCS

- Schedule an orientation/training for clinicians and staff.

E-mail: Kathleen.tebb@ucsf.edu

- Steps to integrate it into your clinical workflow
 - Ensure internet/wifi access
 - Who provides link/QR code to adolescent patients?
 - When to give patients the link/QR code (hand out at front desk, put on other clinic questionnaires/forms, text patient prior to visit)?
 - Who will receive e-mail? MA/clinic staff to route to clinician and/or clinician directly.

Implementation

We have support tools that can be customized for your clinic – free of charge

UCSF University of California San Francisco

Health-E You/ Salud iTu™

Una Aplicación Confidencial de Salud Sexual para Adolescentes

ESCANEA CÓDIGO PARA COMENZAR

California - Adolescent Family Life Program
Ventura

La aplicación Health-E You proporciona información personalizada sobre salud sexual y puede ayudarte a encontrar un método anticonceptivo.
Esto es completamente confidencial.

Massachusetts

UCSF University of California San Francisco

Health-E You / Salud iTu™

A Confidential Sexual Health App for Teens

SCAN THIS CODE TO GET STARTED

- ★ Health-E You/Salud iTu™ is a confidential web-based mobile health application (app) to support contraceptive decision-making and sexual/reproductive health for teens.
- ★ The app and surveys are voluntary and completely confidential.

Partners

UCSF

Kathleen Tebb PhD, PI

Claire Brindis DrPH, co-I

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CA School-Base Health Alliance

Amy Ranger

L.A. Trust for Children's Health

Maryjane Puffer, Executive Director

Alex Zepeda MS, Analyst

Rosina Franco MD, Consultant

National Alliance of SBHC

Laura Brey, MS

Seleena Moore, MPH

Harper Byers

Local & National Youth Advisory Boards

Funded through a Patient Centered Outcomes Research Institute (PCORI) Dissemination and Implementation Award (DI-2020C2-20372)



Health-E You for Male Youth

We have partnered with Johns Hopkins to expand *Health-E You* & trial it with males & gender-diverse youth

Goals

- To evaluate whether sexually active male youth getting *Health-E You* will improve SRH knowledge, confidence, behaviors, & care receipt
- To describe clinic staffs' perceived acceptability, usability, & satisfaction about *Health-E You* before & after the trial

Health-E You male clinic protocol

What's in it for your clinic?

- Use app for females and add on for males w/ minimal effort
- Incentives for clinics and participants

What would be expected of your clinic?

- Share *Health-E You* app with your adolescent patients
- Complete a brief survey at beginning & end of the intervention

What is UCSF/Hopkins' role?

- We will recruit, collect all data and follow-ups, give incentives to participants, provide clinics with training and ongoing TA, etc.

Interested in participating?

Scan QR code:



Or

Email us:

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Johns Hopkins

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