

**Abstract**

This research paper examines the relationship between rapid repeat pregnancy in adolescents and maternal programs in the United States. By examining common social risk factors in teen pregnancy, I can conclude that most of these factors are not considered in intervention strategies. Lack of proper contraception use and education leads to unsuccessful pregnancy outcomes in adolescent programs. Through using case studies and published research focused on how various programs are tackling RRP in teens, this research proposes a new method of an intervention targeting adolescent mothers and their children called One Step AHEAD (Adolescent Health Education and Development). This maternal program would help ensure that both mothers and babies are receiving the proper postpartum care and knowledge to be fully informed when it comes to making decisions regarding their own holistic health.



Nearly 1 in 5 pregnant teens experience a repeat birth  
Source: Centers for Disease Control and Prevention (CDC), 2013

**Why is this important?**

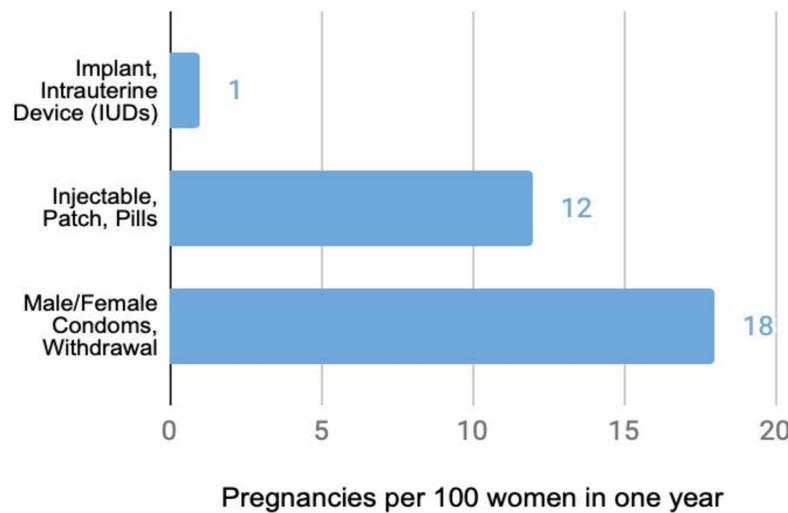
Rapid repeat pregnancy among teen mothers in the United States can often be predicted by a variety of social risk factors. In 2010, 18% of teens in the United States between the ages of 15 to 19 years old experienced a repeat birth, with a large majority of those being teen mothers giving birth to their second child (CDC, 2013). This means that nearly one of every five teen births is a rapid repeat pregnancy and it poses a threat not just for the baby but also for the mother, particularly when it comes to economic, educational, and social hardships. This is important because the social risk factors that lead to the likelihood of repeat pregnancy in teens are being overlooked when implementing new intervention strategies.

**Discussion**

During these developmental stages in an adolescent's life, the ability to have autonomy over themselves continually arises in research showing that it is something teens take into account when making decisions regarding their reproductive health (Boardman, 2006; Cha, 2015; Conroy, 2016). These important choices include deciding their birth control preference or when to have a baby. Studies have shown that having the autonomy to decide how they pursue family planning is critical when it comes to repeat pregnancy (Dartmouth-Hitchcock, 2018; Vargas, 2017), which is why conversations surrounding family planning are crucial immediately postpartum. Many programs targeted towards teen mothers often overlook the fathers, which contributes as a risk factor. Even the idea of contraception methods are often placed on the female, but studies have shown that men also have an influence on that (Cha, 2015; Vargas, 2017). Overall, there is still more work that needs to be done to lower the rates of rapid repeat pregnancy.

**Risk of Pregnancy Among Teens Using Various Contraception Methods\***

\*Assuming each method is used correctly



Source: Centers for Diseases Control and Prevention (CDC), 2013

**Factors contributing to RRP**



Sources: Dartmouth-Hitchcock, 2018; Lewin, 2019; Malabarey, 2011; Tocce, 2012

**Recommendations**

To conclude, a higher level of postpartum care is essential to substantially lower the rates of rapid repeat pregnancy. In-home maternal visitation programs are common for women and generally are linked to positive results for the health of mom and baby. This is why I propose creating an in-home maternal program called One Step AHEAD (Adolescent Health Education and Development) aimed at teen mothers who are at high risk for rapid repeat pregnancy. This program involves using a screening survey for physicians based on research conducted around the social determinants of health regarding rapid repeat pregnancy. The program is based around family care management, meaning one family medicine physician treats both mother and baby to help emphasize accountability on all parties. Nurses are responsible for following up with participants in the home to ensure the new mothers are knowledgeable in family planning and proper contraception use, as well as providing social support to those who are most vulnerable. The program is all-inclusive, meaning care from all angles such as psychology, dentistry, family medicine, social services, and more.



This photograph was taken at the Kausay Wasi Clinic in Peru. Here we conversed with a woman regarding her holistic needs as it relates to her reproductive health

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