

## Young people's access to contraceptive services through telemedicine: Inequities by food and housing insecurity

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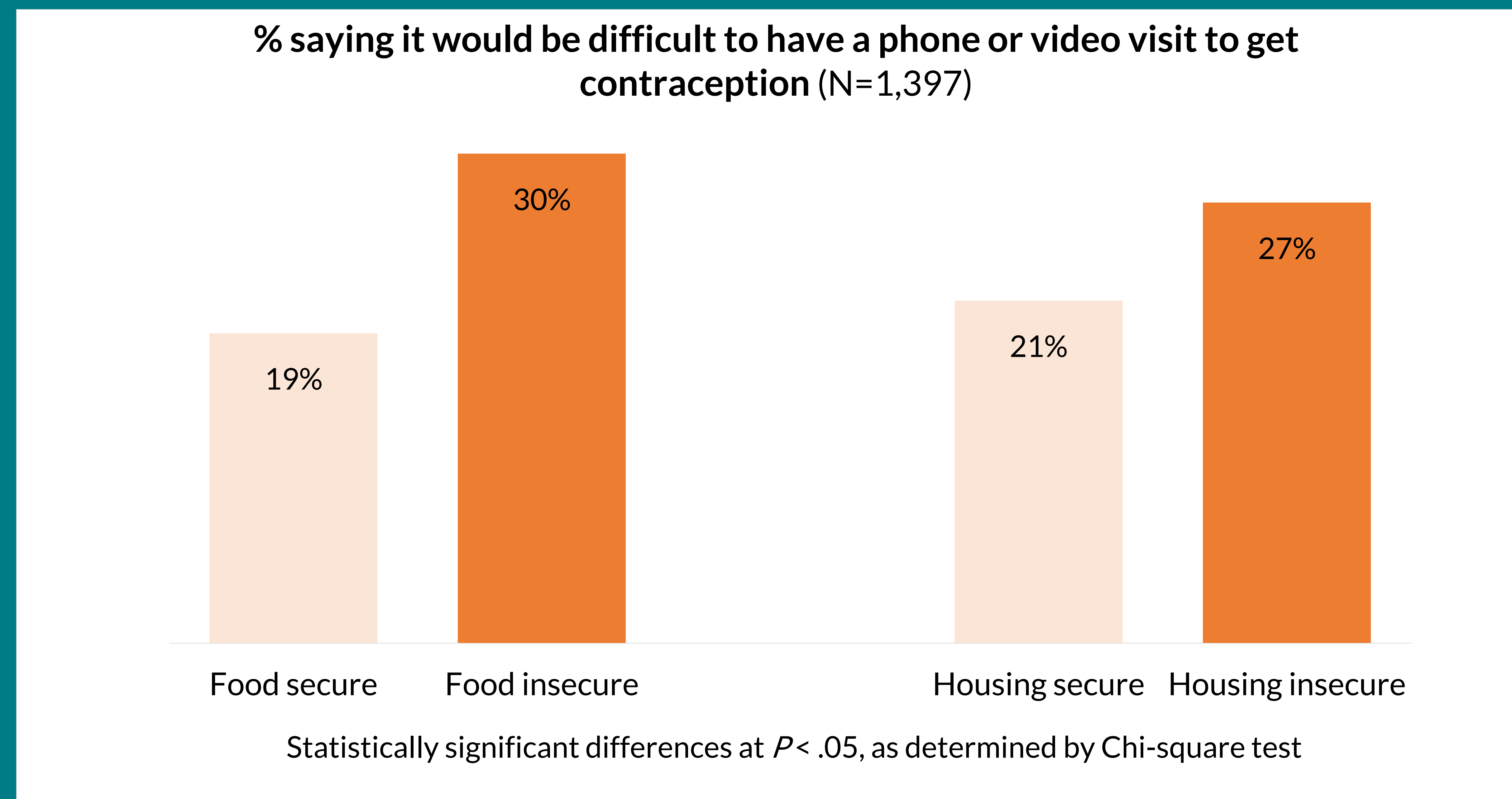
### Introduction

- The COVID-19 pandemic has led to greater provision of telemedicine for contraceptive care<sup>1</sup>
- Concerns have been raised about inequities in access to telemedicine<sup>2-4</sup>
- We examined young people's access to telemedicine visits for contraception by experiences of food and housing insecurity

### Methods

- Data are from an ongoing RCT testing a multi-level intervention with health providers and students
- 30 community college sites in California and Texas
- 1,414 student participants ages 18-25, assigned female at birth, sexually active, and not desiring pregnancy
- Surveys collected May 2020-April 2021 in supplementary study on COVID-19
- Chi-square tests and mixed-effects logistic regression with random intercepts for site to compare belief that it would be difficult to have a telemedicine visit for contraception by food and housing insecurity

# Young adults are more likely to report difficulty accessing telemedicine for contraception if they are food or housing insecure



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### Additional Results

Only 9% of participants received their birth control method through telemedicine.

#### Difficulty having a telemedicine visit for birth control by food insecurity and housing insecurity (N=1,377)

	aOR <sup>a</sup>	95% CI
Food insecure	2.17	1.63-2.89
Housing insecure	1.64	1.15-2.35

<sup>a</sup>All models included age, race/ethnicity, speaks language other than English at home, lives with parent, health insurance, state, random effects for site.

#### Barriers to telemedicine visit for birth control

	Phone (%)	Video (%)
Have to get method in person	63	61
Telemedicine not offered	56	60
Insurance does not cover	47	50
No privacy	44	45
Not comfortable	37	39
Don't know how	33	33
No phone/device	15	17
No reliable Internet	n/a	27

### Conclusion

- The shift to telemedicine during the pandemic likely exacerbated existing inequities in access to contraceptive care.
- Resources are needed to facilitate access to telemedicine for young people, especially those who are economically disadvantaged.

### References

1. Stifani, Avila, Levi, *Contraception*, 2021; 103.
2. Katzow, Steinway, Jan, *Pediatrics*, 2020; 146.
3. Cohen et al., *Am J Obstet Gynecol*, 2020; 223.
4. Stifani et al., *Contraception*, 2021; 104.

### Acknowledgements

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