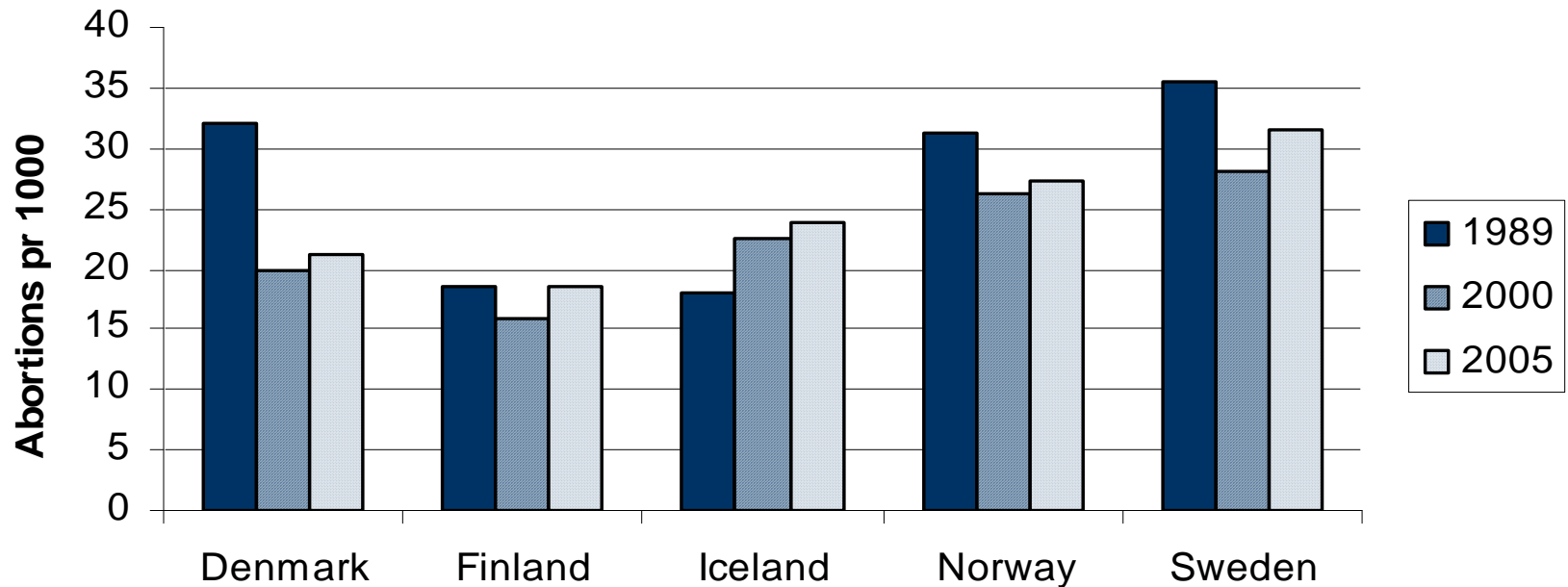


Contraception and emergency contraception - new trends in Norway

Abortion among young women in Norway

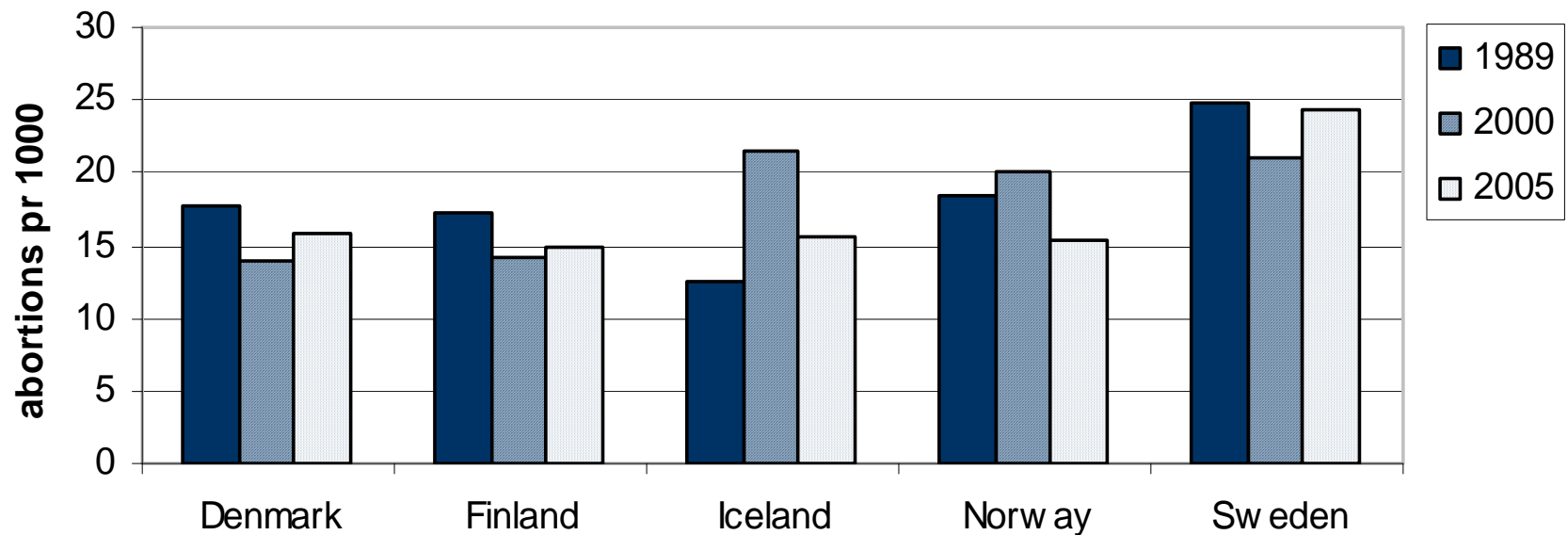
- Abortion rates has been steadily climbing among young adult women in Norway. This calls for new measures
- Abortion rates are highest in the agegroup 20 – 24 years of age but raising also among women 25 – 30
- Among teenagers the abortion rates has declined significantly since 2000

Abortions pr 1000 women 20 – 24 in the nordic countries



Source: Stakes 2007

Abortions pr 1000 women 15 – 19 in the nordic countries



Source: Stakes 2007

Young women are good contraceptive users

Use of hormonal contraception and IUD pr 1000 women in Norway 2007

	pr 1000 total	pr 1000 below 30	pr 1000 30 – 39
Hormonal contraception except IUDs and implants	127.28	237.17	216.84
IUDs	10.48	13.01	36.18
Implants	1.10	4.15	2.14

Source: The Norwegian prescription register FHI 2008

Emergency contraception in Norway – use and challenges

- EC has been obtainable OTC in Norwegian pharmacies since 2000
- Young adult women are the most frequent users - 150 000 dd was sold in 2007
- New evidence indicates EC is not as reliable as originally expected – at least if not used immediately after an unprotected intercourse
- For many women in Norway the nearest pharmacy can be a very long way off. If not obtained beforehand, EC may be used too late to have the optimal effect
- New Norwegian evidence seems to indicate that EC is mainly used by women with a low abortion risk - less by women with the highest risk of abortion

Access to hormonal contraception for young adult women in Norway - main challenges

- When you turn 20 hormonal contraception is no longer free of charge and the prescription no longer easy obtainable by the district nurse or midwife, as is the case for teenagers. You have to see your family doctor and you have to pay for the contraception
- Young women 20+ are the most geographically mobile population in Norway. Most of them are taking higher education far away from their home county - and are living far away from their family doctor. You only can change your doctor twice a year

Increasing access to hormonal contraception for young adult women in Norway – what is done

- Since 2005 a contraception consultation service free of charge has been gradually built up at most major universities and colleges. A local district nurse provides the consultation - a cooperating doctor still has to fill in the prescription.
- Third grade high school students are offered a collective visit to the local youth health clinic before they finish school. The purpose is good information on how to get contraception after you turn 20, and to provide sexual active girls with a three year lasting prescription of hormonal contraception
- EC is provided free of charge by local services to the most vulnerable groups – very young girls, drug users and young female sex workers

Increasing access to hormonal contraception for young adult women in Norway – 3 new recommendations

The NM agency and the Directorate of health has recommended that:

- EC should be available in supermarkets and gasoline stations etc in the same way as many other OTC medicines already are today
- Hormonal contraception should be available free of charge for all women up to 25 years of age
- District nurses and midwives with the proper competence should have the right to provide full contraceptive consultations to all women regardless of their age – including prescription of hormonal contraception