Missouri Teen Pregnancy Prevention: A Longitudinal Analysis of the Missouri Personal Responsibility Education Program

An Institute of Public Policy Collaboration with the Missouri Department of Health and Senior Services

Missouri’s Personal Responsibility Education Program (PREP) is implemented by the Department of Health and Senior Services (DHSS). The goal of PREP is to educate youth through evidence based teen pregnancy prevention. The program focuses on increasing youth knowledge regarding pregnancy and HIV and decreasing the intent to have sex. Since 2011, Missouri PREP has implemented three different curricula: MPC, BART, and TOP.

Executive Summary
The Institute of Public Policy at the University of Missouri is contracted by DHSS to serve as external evaluators for PREP. In 2017, IPP was contracted to conduct a longitudinal analysis of the program. Findings are based on contractor, facilitator, and youth feedback as well as the curricular choices and program outcomes. Additionally, the analysis includes a review of communities, locations, and program delivery. Youth participating in multiple program years are analyzed to effectively review a longitudinal assessment of PREP youth.

Findings
The results of the analysis provide important analysis of Missouri’s PREP program performance.

- PREP completion rates are steadily increasing over time.
- Community-Readiness Scores have steadily trended upward and community attitudes are more positive toward teen pregnancy prevention.
- The number of youth in teen pregnancy prevention are currently at an all-time high.
- There is significant evidence of increased knowledge as a result of participation in the program.
Longitudinal Findings

- Age is a significant factor in knowledge gained during PREP.
- African American youth and younger youth are more likely to state that they are respectful toward others and that they will get more education after high school.
- African American youth are more likely to feel that they care about doing well in school and that they can resist or say no to peer pressure.
- Female youth are more likely to state that they can share ideas that matter with a parent or guardian.
- Male youth are more likely to say that they know how to manage stress.

Discussion

Recommendations to improve PREP facilitation:

- Allow for more youth participation and input opportunities to incentivize youth attendance and engagement.
- Continued emphasis on self-efficacy components to improve attendance and engagement.
- Expand the number of communities implementing PREP and increase outreach to foster youth for sustained growth of teen pregnancy prevention efforts.
- Conduct future analysis to identify improvements in overall fidelity and attendance rates.
- Review existing communities at all stages of readiness for teen pregnancy prevention to gain support of future programming.

Missouri is currently ranked 30th in the nation for teen birth rates with a rate of 25 per 1,000 girls in 2015.\(^1\)\(^2\)

35% of PREP youth participants report ever having sex compared to 37.7% in Missouri state-wide high school surveys.\(^3\)

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1. [https://thenationalcampaign.org/data/state/Missouri](https://thenationalcampaign.org/data/state/Missouri)
2. [https://thenationalcampaign.org/data/compare/1701](https://thenationalcampaign.org/data/compare/1701)