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A message from the CEO

It has been an amazing inaugural year for Planned Parenthood (PP) of Kentucky. The nearly 150 years of combined service by PP of the Bluegrass and PP of Louisville has provided a rich tradition upon which to build and invest in the future of Kentucky's communities.

Over the past year we have been able to expand or initiate important programs and services, including:

- Adding the new long term, reversible contraceptive **Implanon** and the **HPV vaccine**.
- Offering **HIV** rapid testing on site.
- Recruiting **bilingual staff** and translating forms/brochures into Spanish to better serve Hispanic/Latino patients.
- Launching **on-line appointment** requests and expanding internet presence to address the demands of a new generation of patients.
- Creating **gender neutral health centers** in response to feedback from focus groups held with diverse communities.
- Establishing the **teenR.E.A.C.H.**

peer education program (p.3).

- **Advocating for Kentuckians** at community events, in media, on college campuses and with members of the General Assembly.
- **Standardizing** services, programs, and systems across PPKY.

As remarkable as the accomplishments over the past months have been, significant challenges still remain. For the second straight year, the national pregnancy rate among teens ages 15-19 has risen. The rate in Kentucky is nearly 20% higher than the national average, placing the Commonwealth 8th in nation for teen pregnancy rate.

The Centers for Disease Control has announced that 1 in 2 sexually active individuals will experience a sexually transmitted infection by age 25. Research has shown that **failure to provide** comprehensive, medically accurate, age appropriate sex education is a **key factor** in this increase.

Additionally, 1 in 4 and 1 in 6 women in the U.S., respectively, receive their contraceptive services

and cervical cancer screens at a family planning center (FPC).

Sixty percent of women receiving care at an FPC, including 3 of 4 low or no income women, say the FPC is their regular source of health care.

Importantly, this data was captured in 2006-2007 before the economic downturn. As more families lose their jobs and healthcare, more women will seek services at a family planning center.

Each of us has the opportunity to impact another's life. Individually and together, we can meet the challenges facing our neighbors, community and Commonwealth. You are the difference between opportunities realized and challenges met.

Get Involved!



Shirley L. Jones
PhD, RNC, FAAN

This April, Get Yourself Tested

Throughout the month of April, *It's Your (Sex) Life*, an ongoing public information partnership of MTV and the Kaiser Family Foundation to help young people make responsible decisions about their sexual health, is working with Planned Parenthood Federation of America to support National STD Awareness Month.

Born from the fact that one in two young people will contract a sexually transmitted disease (STD) by age 25 — and most won't even know it — the **GYT '09: "Get Yourself Tested"** campaign will inform young people

about STDs, and promote testing and treatment as needed.

For its part, PPKY is organizing several GYT '09 education and outreach activities, as well as providing expanded access to STD screening throughout the month of April.

To kick off the campaign on April 1, PPKY joined affiliates across the country in hosting **viewing parties** for the premiere of *Pedro*, an MTV movie based on the life and death of reality-star and HIV/AIDS activist Pedro Zamora. PPKY hosted viewing parties for teen peer educators

in Louisville, and in partnership with campus organizations at the University of Kentucky and Transylvania University in Lexington.

Also as part of the national campaign, PPKY will organize **pub crawls** in Louisville and Lexington to promote STD screening and prevention. At these events, volunteers and community supporters will join PPKY staff in distributing 1,000 GYT '09 gift bags, that include Proper Attire™ condoms, promotional PPKY magnet and literature on safer sex and PPKY services.

2008 by the numbers

Clinical services

13,060 visits to 4 centers
 1,936 breast exams
 2,335 cervical cancer tests
 1,998 STI tests
 1,423 pregnancy tests

Education/Outreach

We educated over
 7,300 Kentuckians
 We distributed over
 1,000 PP gift bags
 We reached out at
 70 events
 (health fairs, festivals, campuses)

Those we serve....

3,887 women (ages 20-39)
 236 mid-life females
 1,190 teens
 221 males
 2,572 Kentuckians below
 150% of the Federal
 poverty level

"PPKY provides excellent service. The staff is very helpful, friendly and takes time to educate like no other facility." - Latasha, February 2009

VOX: UK's 'voice' for reproductive rights

Vox, the Latin word for "voice", also serves as the moniker for campus organizations across the United States that promote local Planned Parenthood affiliates and advocate for reproductive rights and health care. Since 2008, PPKY has worked alongside the passionate, committed and hard-working University of Kentucky students who make up UK VOX.

Small in size, UK VOX actively organizes on-campus campaigns focused on affordable birth control, international women's health, emergency contraception and safer sex.

To kick off the Spring 2009 semester, VOX students conducted a week of recruitment focused on the 36th anniversary of the landmark Roe v. Wade Supreme Court decision and what it means to be *pro-choice*.

In February, VOX marked the week before Valentine's Day with its annual *Progressive Protection Week*. VOX members have handed out more than 1,000 *Love Carefully* bags (which include condoms, candy and information on reproductive health and PPKY services) in the past

two years.

In addition to on-campus outreach and education, UK VOX has also actively advocated for reproductive rights and access to health care both at the state and national level.

Several VOX members attended an advocacy workshop conducted by the ACLU Reproductive Freedom Project in preparation for the 2009 Kentucky General Assembly session. VOX members made several trips to Frankfort in February to meet with legislators and sit in on committee meetings in support of comprehensive sex education and in opposition to anti-choice legislation.

In March, two VOX officers traveled to Washington, D.C. with *Americans for UNPF* (United Nations Population Fund) to advocate in support of increased federal funding for international women's health



UK VOX members Stephanie Hopkins and Nichole Stark, with PPKY Educator and Community Advocate Jennifer Johnson, at the ACLU'S RFP Lobby Day in Frankfort in February 2009.

programs.

With a few dedicated members, UK VOX has made significant progress in becoming a prominent group on UK's campus. Plans for the rest of the spring semester include participation in a campus organizing boot camp, educational outreach focused on the various methods of birth control available, and a month of *myth busters* programs. Myth buster education involves VOX members addressing misconceptions about topics such as: HPV, abstinence-only and comprehensive sex education, and annual exams/gynecological visits.



"... UK VOX actively organizes on-campus campaigns focused on affordable birth control, international women's health, emergency contraception and safer sex"

teenR.E.A.C.H. peer educators talk with peers, families, state legislators



ships, decision making and consent; sexual health and safer sex; and parent-teen communication.

Peer educators provide comprehensive, medically accurate, and age appropriate information to other teens and adolescents through formal presentations at schools, community centers, and faith-based organizations, as well as through everyday conversations with friends, neighbors, classmates, and

right to be informed of the curriculum.

The teens met with legislators to share both their experience with peer education and receiving (or not receiving) sex education in their schools. Teens made the case that school is where young people are taught what they will need for the future. They pointed out that protecting oneself against pregnancy and infection is something the vast majority of people will need to know at some point in their lives.

Additionally, teenR.E.A.C.H. peer educator Kyle Edwards, a Central High senior, told legislators about his experiences receiving comprehensive sex education

From high rates of unintended pregnancy and sexually transmitted infections to dating in the age of MySpace, Facebook, and texting, Kentucky teens face numerous challenges to their sexual and reproductive health. Who better than other young people to understand what teens go through and provide information to help them navigate these obstacles? With that in mind, PPKY launched its newest education initiative:

teenR.E.A.C.H (Real Education About Choices for our Health).

teenR.E.A.C.H. is a peer education program piloted in 2008 in Louisville. PPKY plans to implement a companion program in Lexington in fall 2009. Currently, 18 teens from eight Louisville high schools are participating in this program that trains teens to educate peers on topics including, but not limited to: reproduction and anatomy; sexuality, gender identity and sexual orientation; body image and self esteem; healthy relation-

family members. Since October 2008, teenR.E.A.C.H. peer educators have conducted 21 formal education presentations and educated 304 teens and their families through one-on-one and small group conversations.

On March 3, teenR.E.A.C.H. peer educators took a break from educating other teens and adolescents in order to share their knowledge and experiences with a new audience - state legislators in Frankfort. Seven peer educators, along with the mother and younger brother of one teen, traveled to the Capitol as part of PPKY's first Teen Advocacy Day.

Participants in PPKY's Teen Advocacy Day focused their efforts on House Bill 384, which would require that all sex education in Kentucky be age-appropriate, medically accurate and most importantly, comprehensive, while ensuring a parent's

Since October 2008, teenR.E.A.C.H. peer educators have conducted 21 formal education presentations and educated more than 300 teens and their families ..."

as a freshman at a California high school compared to the abstinence-only-until-marriage programs he has experienced in Kentucky.

"What was most surprising was how misinformed teens were when it came to the topic of sexual health," Edwards said. "Kentucky teens should be guaranteed the right to learn what California students are learning, instead of the abstinence-only curriculum. It's not fair to deny information that could possibly affect their lives

(and) futures."

Until the time all Kentucky teens receive the information they need to make informed decisions about their sexual health both now and in the future, teenR.E.A.C.H. will continue to educate their peers one teen and one classroom at a time.

Get Involved! Upcoming events for Spring 2009

Education

Let's Talk: Parent-teen communication workshop

Wednesday, April 15
6:30-9:00 pm
Bluegrass Health Center

Volunteer Opportunities

Volunteer night
2nd Tuesday of every month (May 12,

June 9, July 14), 6:30-8:30 pm
Louisville Health Center

Pub Crawls Help us spread the word about PPKY and promote STD prevention and screening during the **Get Yourself Tested** campaign! You must be 21 years of age or older to participate. Contact your local health center for more information.

Fundraisers and Community Events

Happy Hour for Choice
Friday, May 15
Wingspan Gallery
Bluegrass Health Center

Call us at 1-800-230-PLAN or go to www.ppsy.org to find current information on upcoming events and other ways you can get involved with PPKY!



**Planned Parenthood®
of Kentucky**

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Bluegrass Health Center
508 W. 2nd St.
Lexington, KY 40508
859-252-8494

Louisville Health Center
1025 S. 2nd St.
Louisville, KY 40203
502-584-2473

Okolona Office
4211 Trio Ave.
Louisville, KY 40219
502-966-5510

EKU Office
Student Health, 521 Lancaster Ave.
Richmond, KY 40475
859-252-8494

Request an appointment online at
www.ppsy.org



Your partner. Your friend. Your plan.

2009 You are cordially invited to
HAPPY HOUR for Choice

Exciting raffle items
Drinks, hors d'oeuvres & good cheer
And an informative and entertaining program by
The VOX group

Wingspan Gallery
Friday the 15th of May 2009, 5:00p-7:00p
191 Jefferson Street, Lexington, KY 40508 (859) 225-5765

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of Kentucky**