



THE CITY OF NEW YORK

DEPARTMENT OF HEALTH AND MENTAL HYGIENE

Michael R. Bloomberg

Mayor

Thomas R. Frieden, M.D., M.P.H.

Commissioner

nyc.gov/health

June/July 2005

Dear Healthcare Professional:

Unintended pregnancies can have significant adverse effects on the health of women and children. Nationally, half of all pregnancies and more than three-quarters of adolescent pregnancies are unintended. In 2003, over 100,000 unintended pregnancies occurred in New York City, with most ending in induced abortion.

Contraceptive counseling has been shown to reduce the number of unintended pregnancies and abortions. Yet despite high rates of unintended pregnancy and the need for contraception; nationally, fewer than half of clinicians talk about contraception or provide counseling. As a healthcare professional, **you can make a difference.**

Here is how you can reduce the number of unintended pregnancies:

- 1. Take a brief sexual history of all patients;**
- 2. Encourage the appropriate use of contraception; and**
- 3. Offer emergency contraception in advance and as needed.**

I hope that you find the clinical tools, provider resources and patient education materials in this Contraception Action Kit useful. Your Health Department Representative is visiting you to discuss ways of applying these methods within your practice. Thank you for your dedication and contribution.

Sincerely,

Thomas R. Frieden, M.D., M.P.H.

Commissioner

New York City Department of Health and Mental Hygiene