

upstream^{USA}

Upstream is a national, fast-growing nonprofit working to expand economic opportunity and mobility by reducing unplanned pregnancy in the U.S. We partner with states to provide training and technical assistance to health centers to ensure all women have same-day access to the birth control method of their choice.

Our unique approach empowers women to decide when and if they want to become pregnant, improving economic and health outcomes for parents, children, and society.

THE PROBLEM

45%



The percentage of pregnancies that are unplanned in the United States, resulting in a self-reported **1.5 million unplanned births per year.**

2x



The likelihood that women with unplanned pregnancies will delay prenatal care, which can lead to negative health outcomes for mothers and their children.

70%

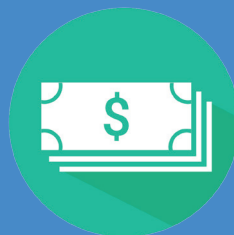
The percentage of pregnancies that are unplanned among unmarried women between the ages of 20-29.

2 out of 5

women who have unplanned pregnancies are using birth control, but the methods they use don't work for them.

\$21 BILLION

The average annual public cost for unplanned births in the United States.



Almost never are women asked if they want birth control in their visit to their primary care provider, even though most can get it for free.

OUR SOLUTION

All women should be empowered to decide when and if they want to become pregnant. Women are rarely offered the full-range of contraceptive methods – here's how we're working to expand access:

INTEGRATING REPRODUCTIVE CARE AND PRIMARY CARE:

All women of reproductive age should be screened about their pregnancy intentions as part of their routine care. Asking women if they intend to become pregnant in the next year when they come in for each healthcare visit ensures that those who do not are counseled on contraception, and those who do receive information on prenatal care.

REDUCING BARRIERS TO ACCESS:

Long-acting reversible contraceptives (LARCs), including IUDs and the implant, are 20 times more effective than oral contraception and just as safe – but less than 20% of community health centers offer the full range of contraception to their patients. We train and equip healthcare providers to offer same-day access to the full range of contraceptive methods. Our work also includes an emphasis on billing, coding, counseling, workflow, stocking, and other barriers to same-day access.

PARTNERING WITH THE ENTIRE HEALTH CARE SYSTEM:

We work statewide with public health centers, private practices and hospital systems to reduce barriers to access. Working within existing state health-care infrastructure ensures that we can reach more women, and create sustainable solutions.

OUR WORK IN ACTION: DELAWARE

Independent evaluations demonstrate that after we work with health centers, women feel empowered to make their own decisions about their contraception, more frequently choose more effective methods and report high satisfaction with their healthcare. In Delaware, we partnered with then-Governor Jack Markell to reduce the rate of unplanned pregnancies in the state, which had the highest rate of unplanned pregnancy at 57 percent. To date, Upstream has been able to train and assist health centers that reach almost 80% of women in Delaware. We are expanding our efforts into new states and plan to reach health centers serving 1.6 million women by 2023.



**20x MORE
EFFECTIVE**

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THROUGH OUR WORK,
WE REACH ALMOST
80% OF THE WOMEN
IN DELAWARE.

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www.upstream.org | info@upstream.org