

# Report Showing Use of IUDs and Implants Increased Nearly Fivefold Over the Last Decade

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The Centers for Disease Control and Prevention (CDC) released a [report](http://www.cdc.gov/nchs/data/databriefs/db188.htm) (<http://www.cdc.gov/nchs/data/databriefs/db188.htm>) on the use of long-acting, reversible contraception (LARC) methods among women in the U.S. The report found that use of LARC methods – which include intrauterine devices (IUDs) and contraceptive implants – increased nearly five-fold in the last decade among women aged 15-44, from 1.5 percent in 2002 to 7.2 percent in 2011-2013. IUD and implant use is most common among women aged 25-34. Additionally, [a new Planned Parenthood study](http://www.contraceptionjournal.org/article/S0010-7824(15)00072-4/pdf) ([http://www.contraceptionjournal.org/article/S0010-7824\(15\)00072-4/pdf](http://www.contraceptionjournal.org/article/S0010-7824(15)00072-4/pdf)) published in the journal *Contraception* found that women’s health care providers are three and a half times more likely to report an IUD or implant as the birth control method they personally use (42 percent of women’s health care providers, compared to just 12 percent of women in the general population).

“The IUD and implant are great birth control options for women who want the best possible pregnancy prevention,” said Vanita Kumar, MD, Medical Director, Planned Parenthood Hudson Peconic (PPHP). “IUDs and implants are safe for most women, including adolescents and women who have not had children and those who have.”

Dr. Kumar continued, “PPHP wants all women to have the information and resources they need to prevent unintended pregnancy and meet their life goals. We offer every woman the full range of contraceptive options – including the IUD and the implant – and information to help her make an informed decision about which method is best for her. We hope this report helps raise awareness about the safety and efficacy of IUDs and implants among women of all ages.”

Following national trends, PPHP is also seeing more of its patients choosing IUDs and implants. In 2009, 730 IUDs were placed into patients, and in 2014, that number rose to 1,600 for a 119 percent increase. In 2009, 84 implants were inserted, and that number rose to 640 in 2014, a 661 percent increase.

Up-front cost can be a barrier for some women interested in using a LARC method. For those who are eligible, New York's Family Planning Benefit Program (FPBP) will cover the cost of all birth control methods. Additionally, under the Affordable Care Act, more than 48 million women nationwide are accessing no co-pay preventive care, including the full range of birth control methods.

**Source**

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