

# UNINTENDED PREGNANCY

***Make an appointment with your health  
care provider or call Sandhills Center:***

**1-800-256-2452**  
(TTY: 1-866-518-6778)



An NC Medicaid Behavioral Health  
and Intellectual/Developmental Disabilities Tailored Plan

*We assure that people in need have access  
to quality physical and behavioral health  
services in 11 central North Carolina  
counties. Visit us at: [SandhillsCenter.org](http://SandhillsCenter.org).*

## **WHAT IS AN UNINTENDED PREGNANCY?**

Any pregnancy that is not planned or is not desired is an unintended pregnancy. Having sex without using protection (contraception, such as birth control pills or condoms) is the biggest cause of unintended pregnancy.

Unintended pregnancies can cause stress, depression and guilt. Talk to your health care provider about options for safe sex. These options increase your chances of avoiding an unintentional pregnancy.

## **WHO IS AT RISK?**

About 50 percent of pregnancies are unintended. That number is higher among:

- Teens and young women, age 15-24.
- Women who are in ethnic and minority groups.
- Women with low incomes and/or lower levels of education.

If you are a parent of a teen who is sexually active, discuss contraception options with a health care provider to prevent unintended pregnancy.

*Source: U.S. Centers for Disease Control and Prevention*

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