



Family Planning

Phone: 515-321-8159

<http://idph.iowa.gov/family-health/family-planning>

Protecting & Improving
the Health of Iowans



The Iowa Department of Public Health (IDPH) Family Planning Program provides funding to community agencies to offer medical services, health education, and information to Iowans to promote reproductive health in Iowa

A client from Western Iowa who is pursuing a career in health care sent the following thank you note to her provider: "Words cannot explain how grateful I am to have a caring woman like you as my provider. You went out of your way to take care of me on a Saturday. I appreciate the things you do." Family Planning services help men and women reach their educational and career goals.

A woman from Southern Iowa wrote, "I really appreciate that I have somewhere to go for a reasonable price. I am grateful to know that I was still welcome even though I didn't have payment today."



Did you know?

In 2014, 38% of pregnancies in Iowa were unintended according to the Iowa Pregnancy Risk Assessment Monitoring Surveillance program.

Why is the Family Planning program important to protecting and improving the health of Iowans?

- There are approximately 330,730 women in Iowa ages 13-44 that need contraceptive services. Increasingly men are seeking family planning services. Preventing unintended pregnancy, improving birth outcomes and promoting healthy families and communities are essential to promoting public health.
- The social and economic circumstances facing low-income or minority families may result in decreased access to family planning services.
- Iowa's adolescents have higher rates of unintended pregnancy, low birth weight babies, and sexually transmitted infections (STI) than any other age cohort does. The national teen *birth* rate for 15 to 19 year olds is 24.2 per 1000 teens. Iowa's statewide birth rate for 15-19 year olds was 19.6 in 2015. However, there are significant differences by race and ethnicity among Iowa's adolescents. Iowa's non-Hispanic Black and Hispanic females 15-19 years olds experience a birth rate at almost twice that of their non-Hispanic White peers with birth rates of 44 per 1000 and 41 per 1000, respectively.
- In 2015, Title X providers in Iowa served 40,910 women and 3,027 men. Almost 36,000 of those individuals had an annual income less than 250% of the federal poverty level. Title X providers also provided cervical cancer screenings, 14% of which required additional follow up for abnormal findings, 49,734 STI tests, and 4,887 HIV tests.

Which Iowa Public Health Goals are we working to achieve?

Promote healthy living

Strengthen the health infrastructure

What do we do?

Medical Services

- Birth control exams and supplies
- Tests and treatment for sexually transmitted diseases
- Cancer screening: pap smears and breast exams
- Infertility exams, counseling, and referral
- Tests for high blood pressure and anemia
- Pregnancy tests

Information

- How to plan a healthy pregnancy
- How to talk with parents and others about sexuality
- How to make responsible sexual decisions, avoiding reproductive coercion
- How to make a reproductive life plan

Health Education

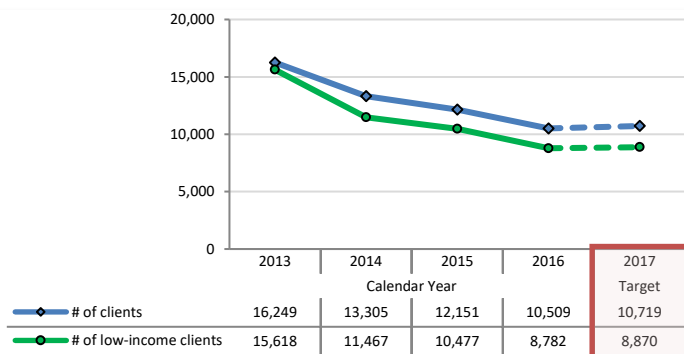
- Birth control methods
- Reproductive health and reproductive life planning
- Self-exams for breast or testicular cancer
- Sexually transmitted infections and HIV/AIDS
- Importance of nutrition
- Effects of alcohol, drugs, and tobacco on reproductive health

Community Education

- Public speakers and educational materials
- Parent-child communication
- Reproductive health
- Birth control
- Other family planning-related issues, including HIV/AIDS and STI prevention

How do we measure our progress?

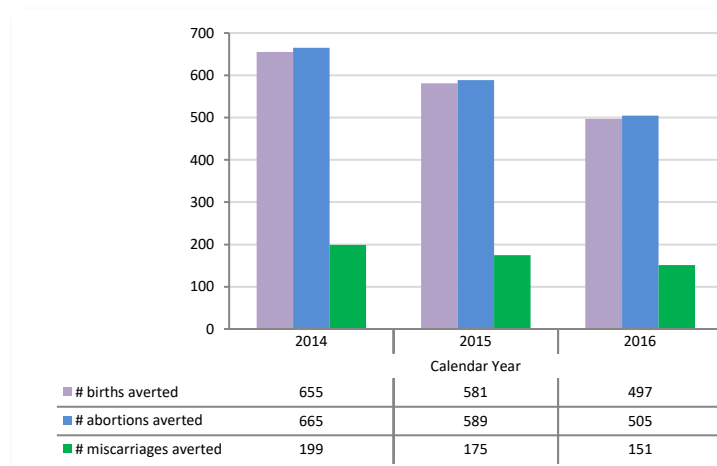
- ❶ Number of unduplicated clients served.
- ❷ Number of low-income clients served (below 150% of the federal poverty level).



Data Source: Family Planning Annual Report.

How are we doing? The decrease in clients seen at the IDPH Title X clinics mirrors what is happening in Title X clinics at the national level. The decreases may be related to an increased use of long-acting contraceptives that do not require a yearly visit, changes in cervical cancer screening guidelines, more available insurance coverage under the ACA and/or Medicaid expansion in Iowa. Nevertheless, IDPH funded family planning clinics continue to see a high proportion of low income clients.

- ❸ Number of unintended pregnancies averted.



Data Source: Family Planning Annual Report.

How are we doing? As a result of the availability of most and moderately effective contraceptives and the education provided by contractors about pregnancy planning, the family planning project was able to avert over 1,100 unintended pregnancies in 2016. In 2016, 84% of female clients (ages 15-44) at IDPH Title X clinics were provided a most/moderately effective contraceptive method. The number of unintended pregnancies averted has been declining as the number of clients served has declined.

What can Iowans do to help?

1. Learn more about the Family Planning Program by going to <http://idph.iowa.gov/family-health/family-planning>.
2. Share with friends and colleagues how important it is that pregnancies are planned.
3. Share with friends, colleagues, and other health professionals that no-cost or low-cost reproductive health care screening and contraception is available by calling 1-800-369-2229.

Expenditures

Federal funds: 0153-0302

	State Fiscal Year 2015 Actual	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Estimate
State funds	\$0	\$0	\$0
Federal funds	\$1,184,398	\$1,227,639	\$1,241,499
Total funds	\$1,184,398	\$1,227,639	\$1,241,499
FTEs	1.90	1.80	1.65

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.

Iowa Department of Public Health Division of Health Promotion & Chronic Disease Prevention Family Planning

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