

# **Title X Family Planning Program: What It Is and How To Find a Clinic**



# Title X Program Funding History



- Evolved from War on Poverty
- Enacted 1970 as part of the Public Health Service Act
- Only federal grant program that provides family planning and related preventative health services

# FP Program Components

## Title X Statutes, Regulations, & Legislative Mandates

- Title X Statutes: Services, training, research, information & education, prohibition of abortion
- Code of Federal Regulations- 42CFR59
  - Subpart A – FP Services
  - Subpart B – Sterilization 42CFR50
  - Subpart C – FP Service Training
- Legislative Mandates
  - Minors: family participation & counseling on resisting sexual coercion
  - State laws regarding report of child abuse, child molestation, sexual abuse, rape, or incest must be followed

## Recommendations for Quality Family Planning: QFP

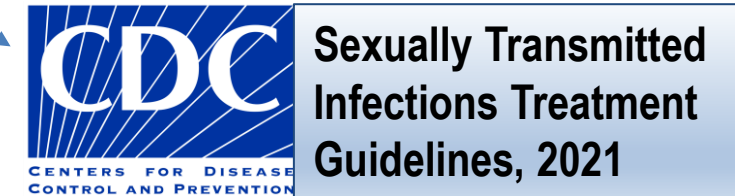


# FP Guidelines & Standards

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™



U.S. Selected Practice Recommendations for Contraceptive Use, 2016 (MMWR)

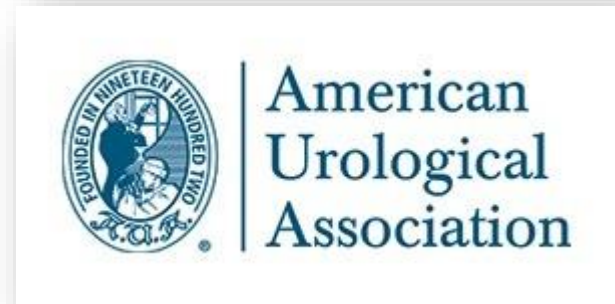


Summary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use

Condition	Sub-Condition	Cu IUD	LNG IUD	Implant	Diaphragm	POP	COC
Age	18-24	1	1	1	1	1	1
	25-34	1	1	1	1	1	1
Androgenic abnormalities	Ac Disordered uterine cavity	4	4	4	4	4	4
	Ac Other abnormalities	2	2	2	2	2	2
Arteriosclerosis	Ac Dyslipidemia	2	1	1	1	1	1
	Ac Stroke/TIA/MI	2	1	1	1	1	1
Benign ovarian tumor	Ac Benign ovarian tumor (including cysts)	1	1	1	1	1	1
	Ac Endometriosis	1	2	2*	2*	2*	2*
Breast disease	Ac Benign breast disease	1	1	1	1	1	1
	Ac Family history of cancer	1	1	1	1	1	1
Cervical cancer	Ac Breast cancer	1	4	4	4	4	4
	Ac Cervix	1	3	3	3	3	3
Breastfeeding	Ac Full and no evidence of current breast lactation	1	3	3	3	3	3
	Ac $< 2$ days postpartum	2	2*	2*	2*	2*	2*
Cervical ectropion	Ac $< 2$ days postpartum	2	2*	2*	2*	2*	2*
	Ac With other risk factors for VTE	2	2*	2*	2*	2*	2*
Cervical intraepithelial neoplasia	Ac $< 2$ days postpartum	2	2*	2*	2*	2*	2*
	Ac With other risk factors for VTE	2	2*	2*	2*	2*	2*
Coronary artery disease	Ac $< 2$ days postpartum	2	2*	2*	2*	2*	2*
	Ac With other risk factors for VTE	2	2*	2*	2*	2*	2*
Cystic fibrosis	Ac $< 2$ days postpartum	2	2*	2*	2*	2*	2*
	Ac With other risk factors for VTE	2	2*	2*	2*	2*	2*
Deep vein thromboses (DVT)/pulmonary embolism (PE)	Ac $< 2$ days postpartum	2	2*	2*	2*	2*	2*
	Ac With other risk factors for VTE	2	2*	2*	2*	2*	2*



American Society for Colposcopy & Cervical Pathology





# Family Planning Services

## A. Core FP Services (Covered)

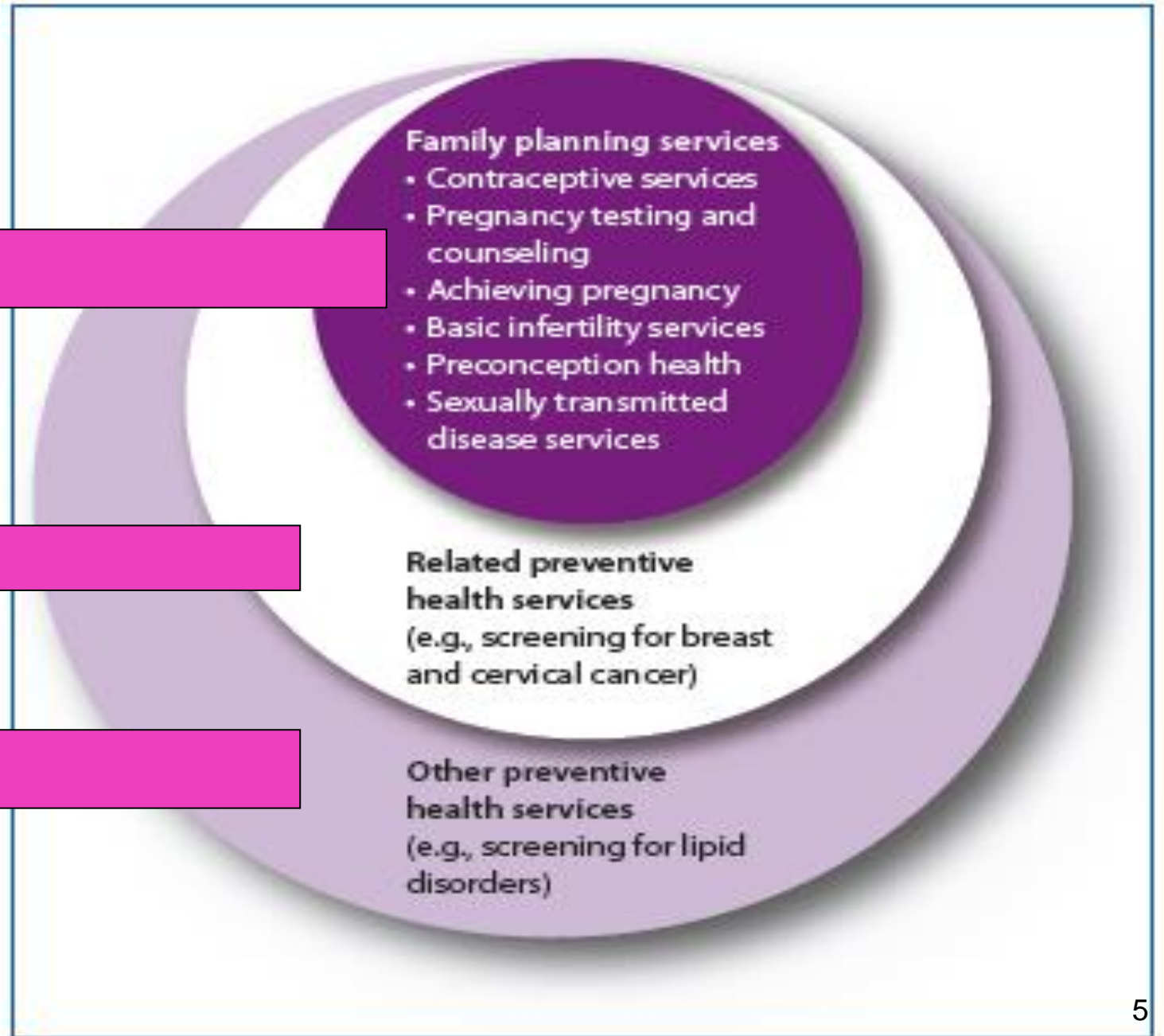
- 1) Contraception
- 2) Pregnancy Testing
- 3) Achieving Pregnancy
- 4) Basic infertility
- 5) Preconception health
- 6) Sexually Transmitted Infections

## B. Related Preventative Health Services (Covered)

- 1) Pap tests
- 2) Breast exams

## C. Other Preventative Services (NOT covered)

- 1) Cholesterol
- 2) Colorectal Cancer
- 3) Skin Cancer
- 4) Osteoporosis





**OASH**

Office of  
Population Affairs

# Title X Family Planning Program

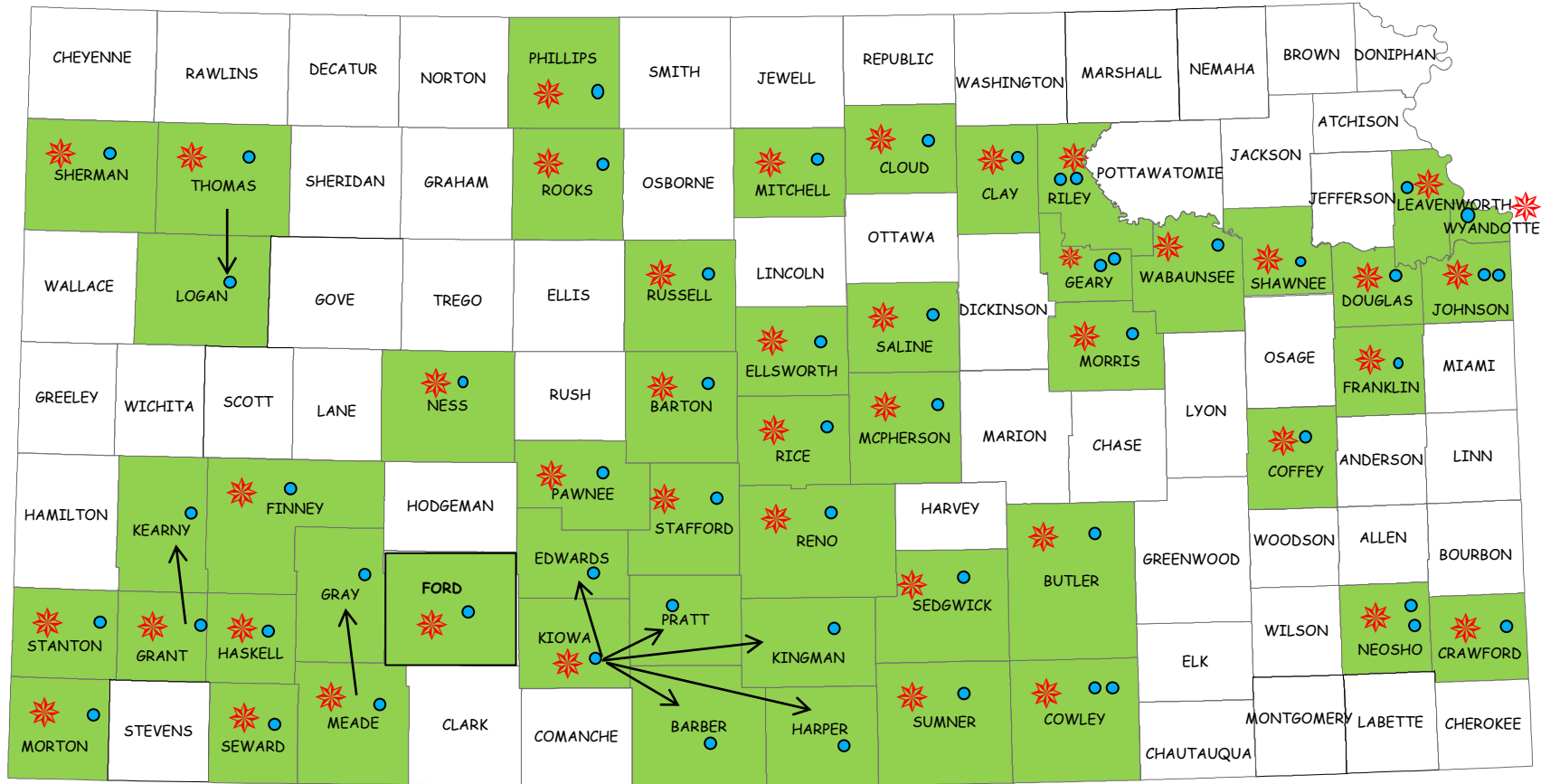
## **Kansas Project**

- Project Period: April 1, 2022 – March 31, 2027
- Award Amount: \$ 2,572,410
- Subrecipients: 42
- Clinic sites: 55

# **Kansas Title X Family Planning Program Mission Statement**

Provide individuals the information and means to exercise personal choice in determining the number and spacing of their children AND provide access to additional health services that lead to the overall improvement in those individuals' health (prioritizing services to low-income and high-risk individuals).

# Title X Family Planning Clinical Services SFY 2023



**Multi-County Projects:**


















- SC KS Coalition: Barber, Edwards, Harper, Kingman, Kiowa, Pratt
- Grant, Kearny
- Meade, Gray
- Thomas, Logan

- Title X in 50 counties (includes multi county programs)
- ✳ Sub-recipients for grant (42)
- 55 Service site locations
- No Title X (55 Counties)



# Birth Control Method Options



METHOD	What is the risk for pregnancy?*	How do you use this method?	How often is this used?	What are menstrual side effects?	Other possible side effects?	Other things to consider?
<b>FEMALE STERILIZATION</b> 	.5 out of 100	Surgical procedure	Once	No menstrual side effects	Pain, bleeding, risk of infection	Permanent
<b>MALE STERILIZATION</b> 	.15 out of 100					
<b>LNG IUD</b> 	.2 out of 100	Placed inside uterus	Up to 7 years	Spotting, lighter or no periods	Some discomfort with placement	No estrogen May reduce cramps
<b>COPPER IUD</b> 	.8 out of 100		Up to 10 years	May cause heavier, longer periods		No hormones May cause cramps
<b>IMPLANT</b> 	.05 out of 100	Placed in upper arm	Up to 3 years	Spotting, lighter or no periods		No estrogen May reduce cramps
<b>INJECTABLES</b> 	4 out of 100	Shot in arm, hip, or under the skin	Every 3 months	Spotting, lighter or no periods	May cause weight gain	No estrogen May reduce cramps
<b>PILL</b> 	8 out of 100	Take by mouth	Every day at the same time	Can cause spotting for the first few months Periods may become lighter	Nausea, breast tenderness Risk for blood clots	May improve acne May reduce menstrual cramps
<b>PATCH</b> 	9 out of 100	Put on skin	Weekly			
<b>RING</b> 	9 out of 100	Put in vagina	Monthly			Lowers ovarian and uterine cancer risk
<b>DIAPHRAGM</b> 	12 out of 100	Put in vagina with spermicide	Every time you have sex	No menstrual side effects	Allergic reaction, irritation	No hormones
<b>EXTERNAL CONDOM</b> 	13 out of 100	Put over penis	Every time you have sex	No menstrual side effects	Allergic reaction, irritation	No hormones No prescription
<b>VAGINAL GEL</b> 	14 out of 100	Put in vagina			Allergic reaction, irritation	No hormones
<b>WITHDRAWAL</b> 	20 out of 100	Pull penis out of vagina before ejaculation			No side effects	No hormones Nothing to buy
<b>INTERNAL CONDOM</b> 	21 out of 100	Put in vagina			Allergic reaction, irritation	No hormones No prescription
<b>SPONGE</b> 	24 out of 100	Put in vagina				
<b>FERTILITY AWARENESS-BASED METHODS</b> 	24 out of 100	Monitor fertility signs and abstain or use condoms on fertile days			Every day	No side effects
<b>SPERMICIDES</b> 	28 out of 100	Put in vagina	Every time you have sex	Allergic reaction, irritation	No hormones No prescription	

MOST EFFECTIVE

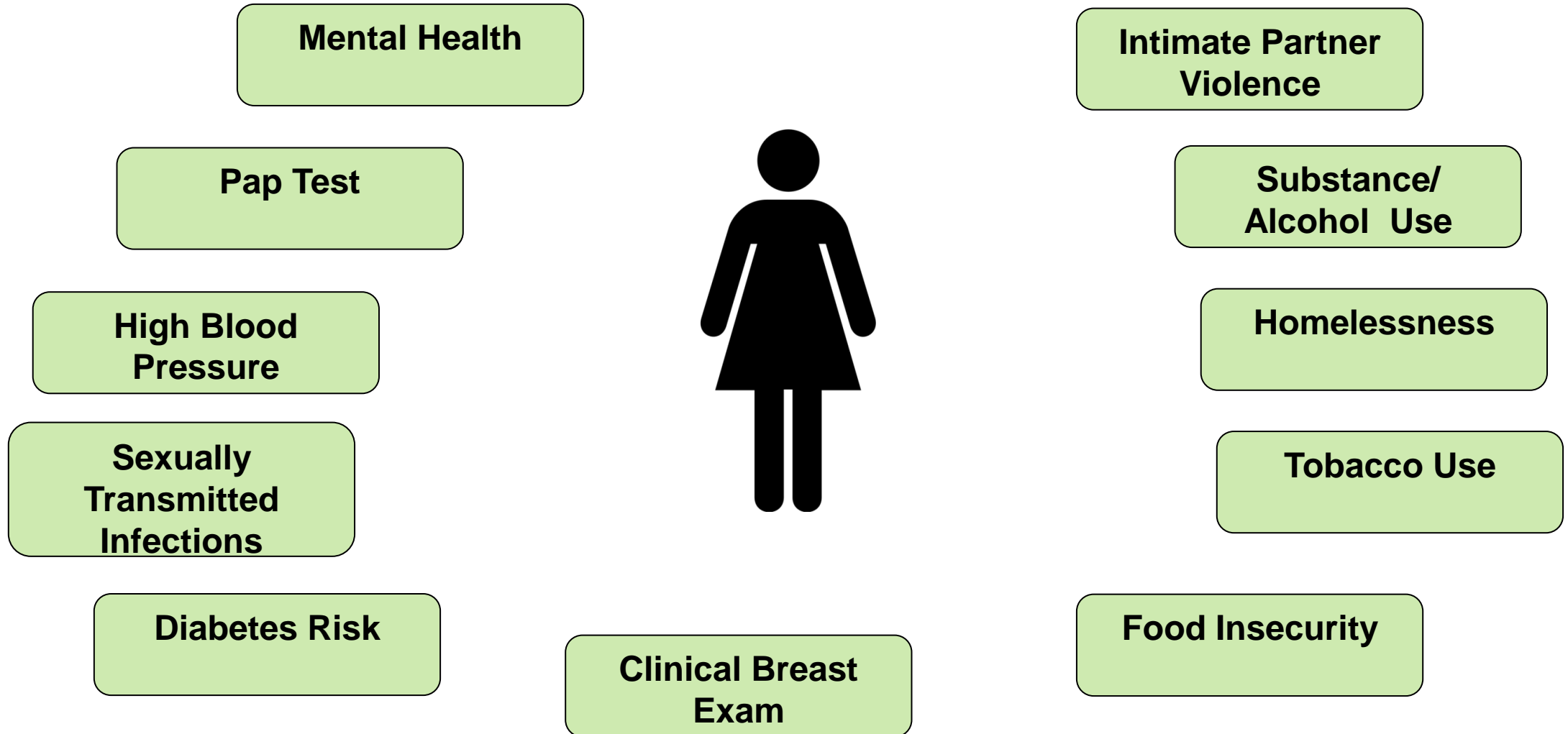
MODERATELY EFFECTIVE

LEAST EFFECTIVE

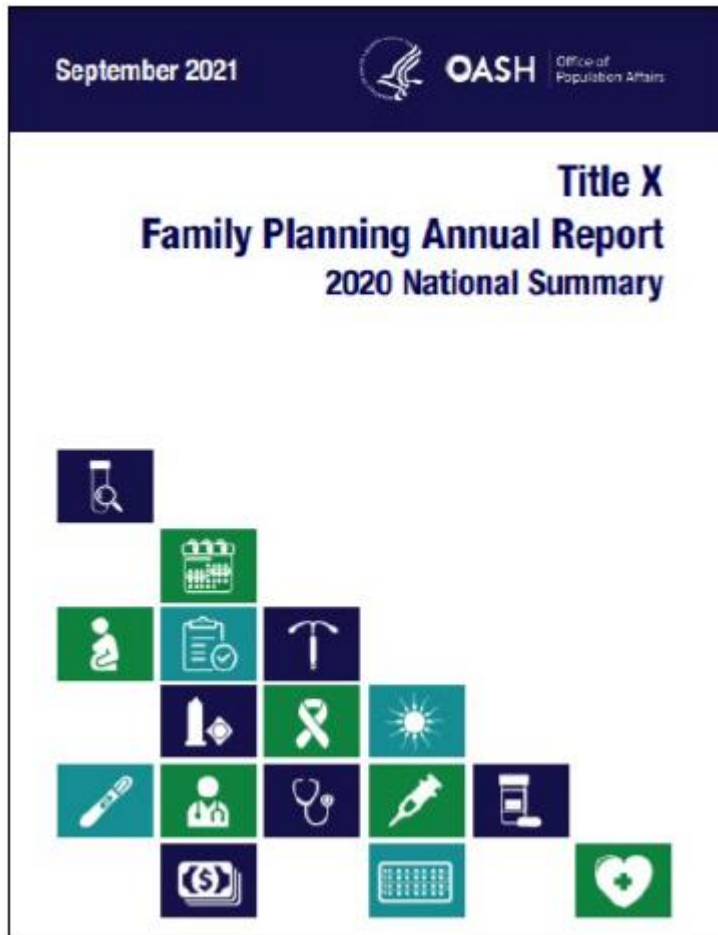
# Top 5 Contraceptive Methods (Reported by Women in 2021)

1. Pills	(3430)
2. Depo Injection	(2731)
3. Male Condom	(1060)
4. Intrauterine Device	(943)
5. Hormonal Implant	(551)

# Screenings



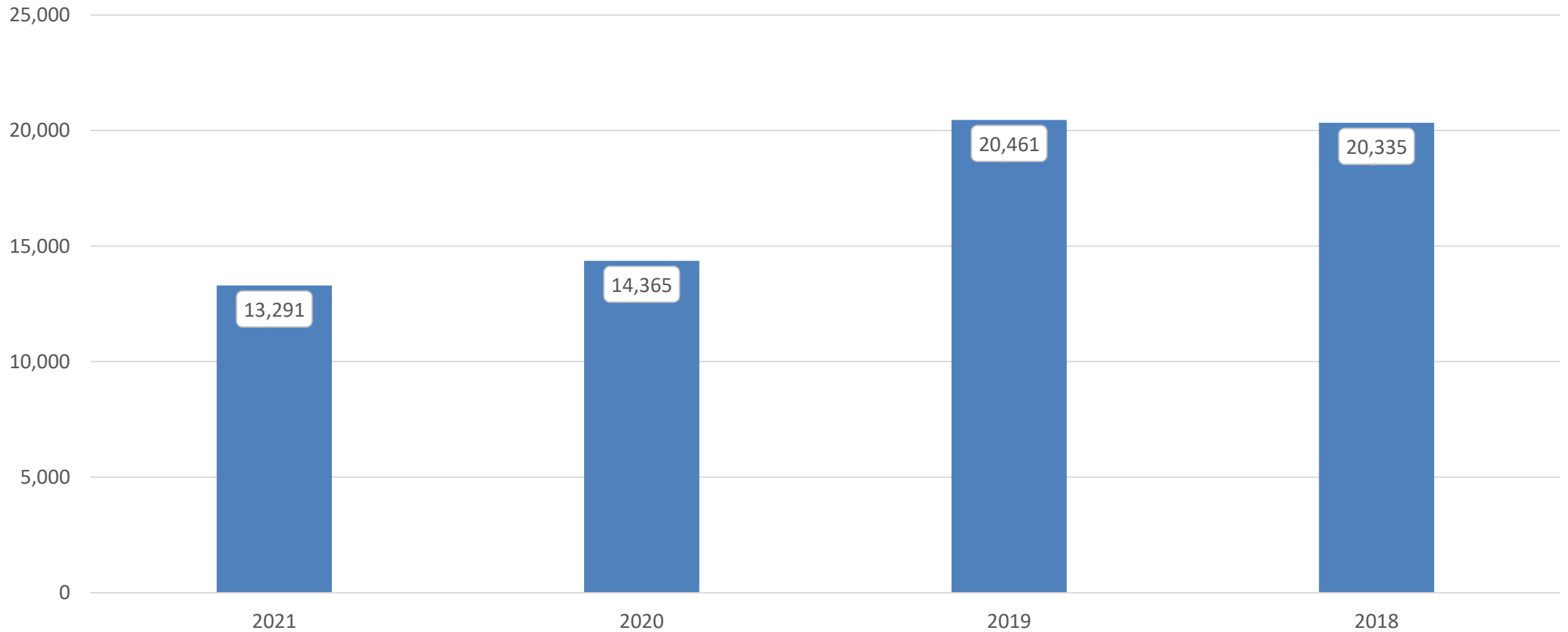
# Family Planning Annual Report (FPAR)



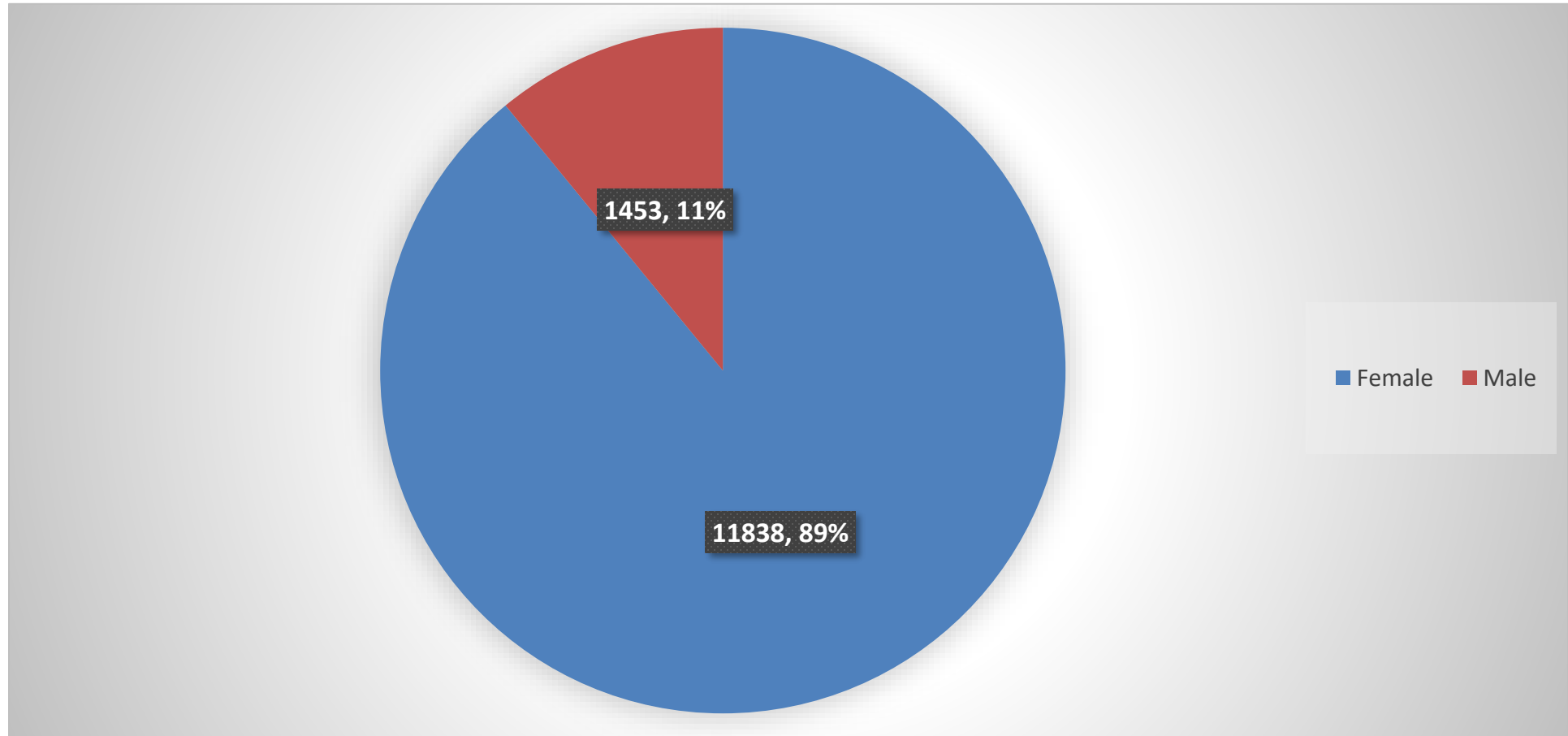
- Only source of annual, uniform reporting by all Title X grantees
- Provides data on Title X grantees' performance and service provision
- Title X grantees are required to submit FPAR data in February of each year

<https://opa.hhs.gov/research-evaluation/title-x-services-research/family-planning-annual-report>

# Total Clients Served in FP Clinics by Calendar Year

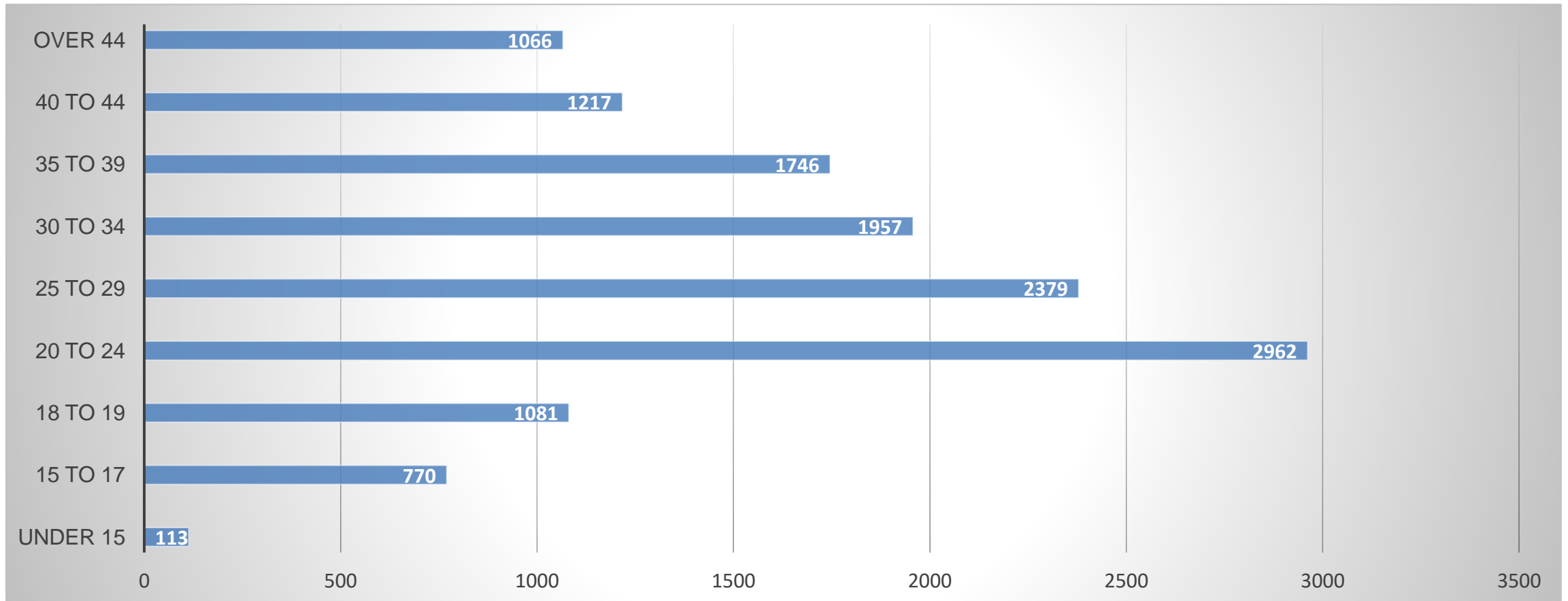


# 2021 FP Clients Served by Sex

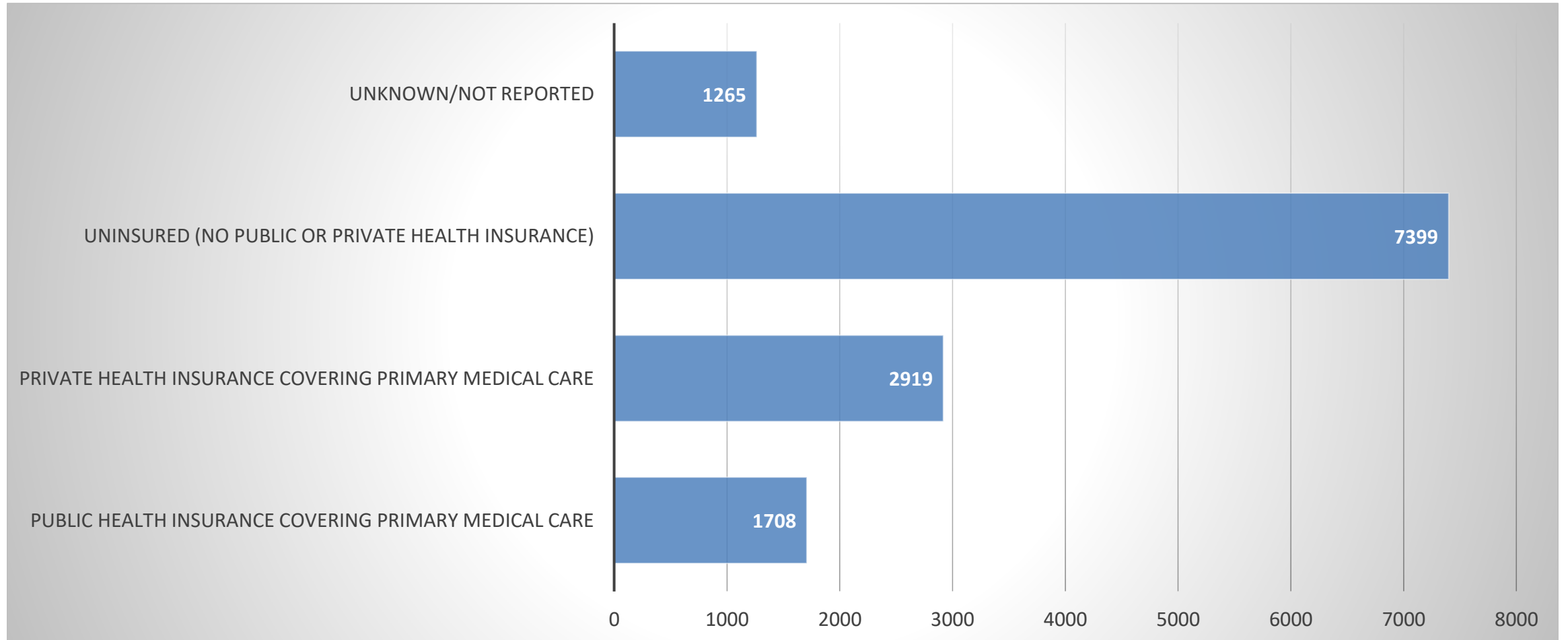




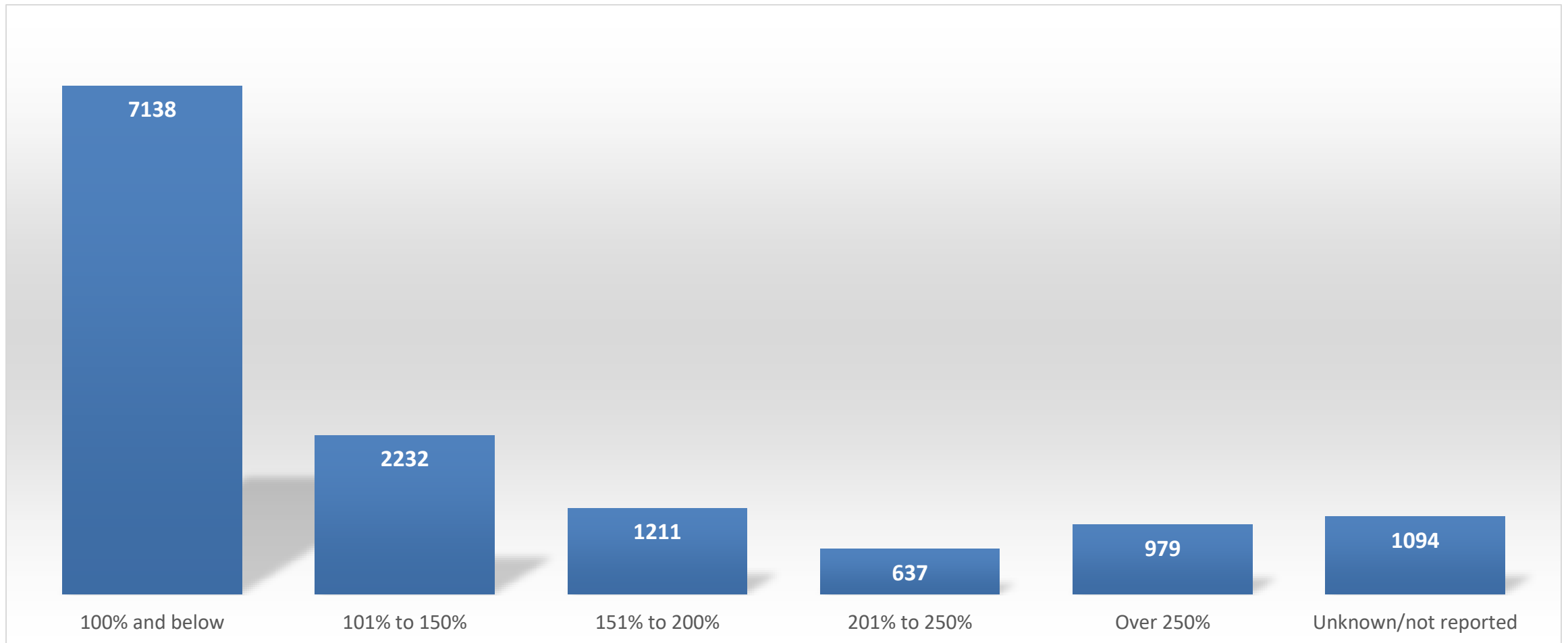
# 2021 FP Clients Served by Age Group (Male & Female)



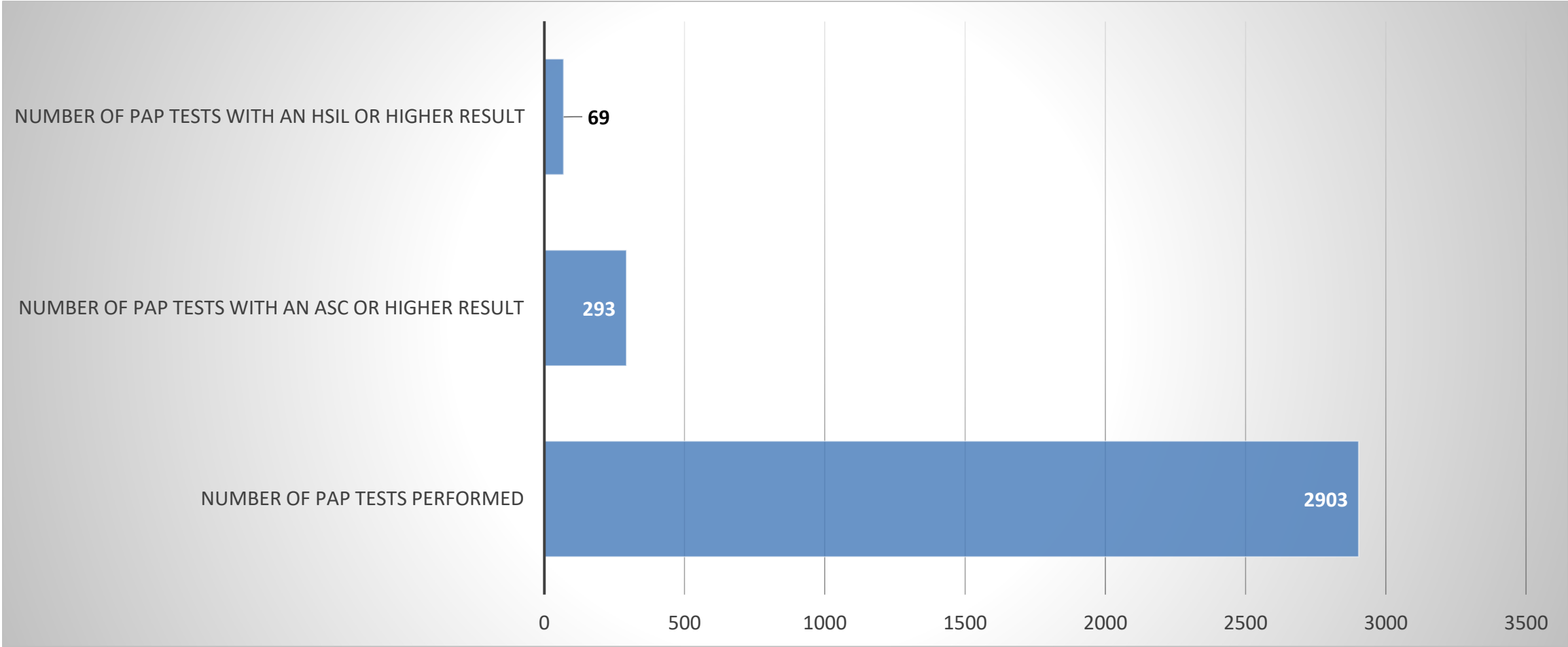
# 2021 FP Client by Health Insurance Coverage



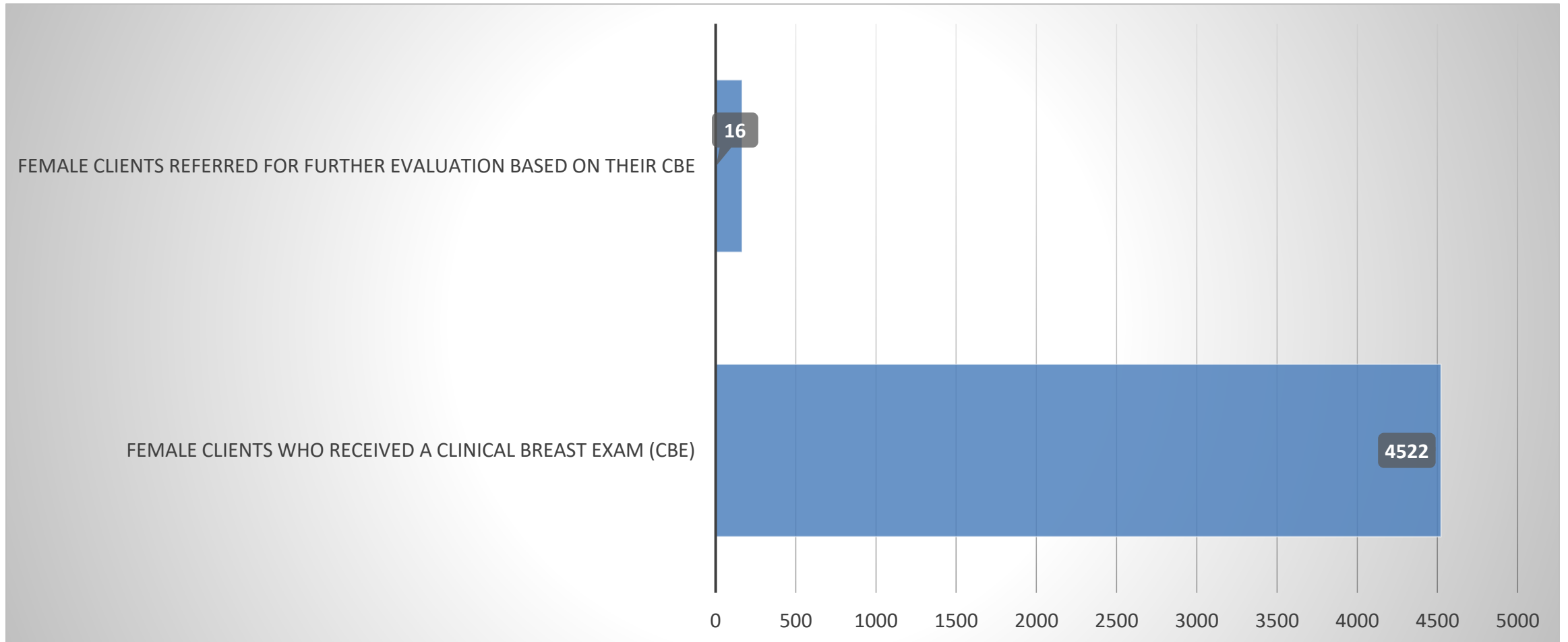
# 2021 Number of FP Clients by Income Level as a Percentage of FPL



# 2021 Pap Tests

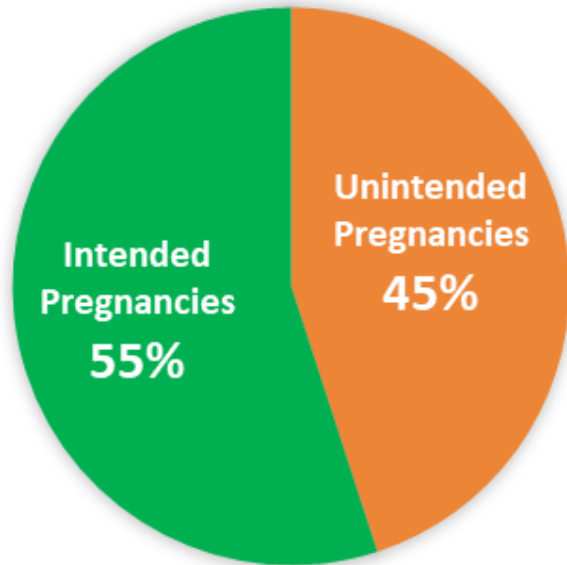


# 2021 Clinical Breast Exams



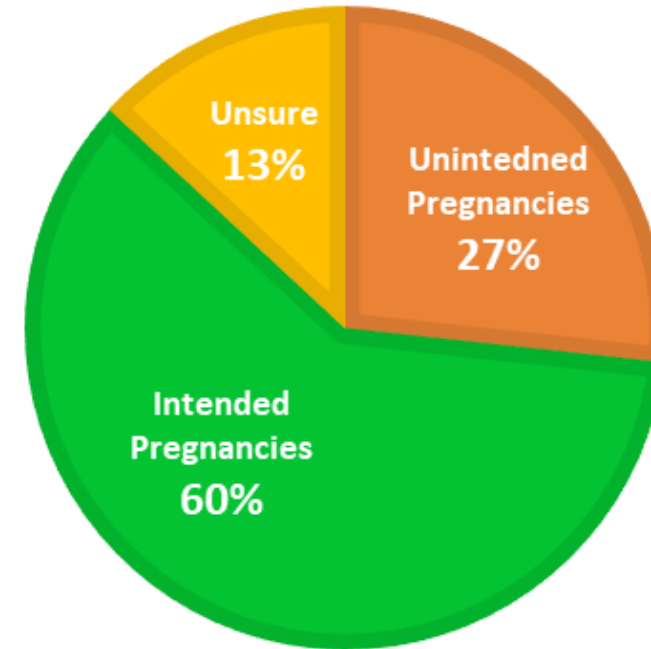
# Unintended Pregnancies

Of the 6.1 million pregnancies in the US in 2011, 45% were unintended



*Finer LB, Zolna MR. N Engl J Med. 2016;374:843–852*

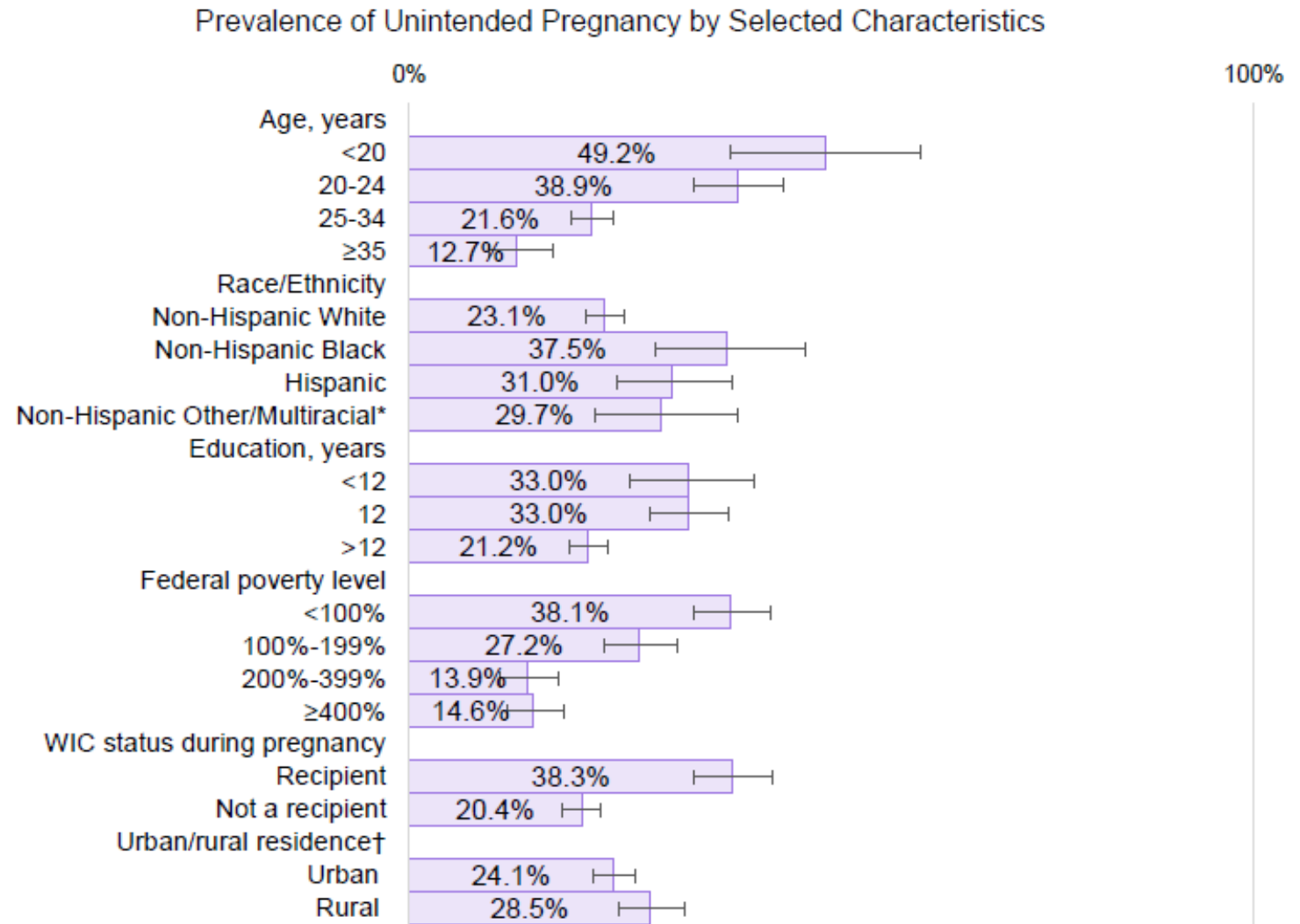
Of the 34,401 live births in Kansas in 2017, 26.7% were unintended.



*Kansas Pregnancy Risk Assessment Monitoring System (PRAMS), 2017*



# Kansas: Prevalence of Unintended Pregnancy by Selected Characteristics



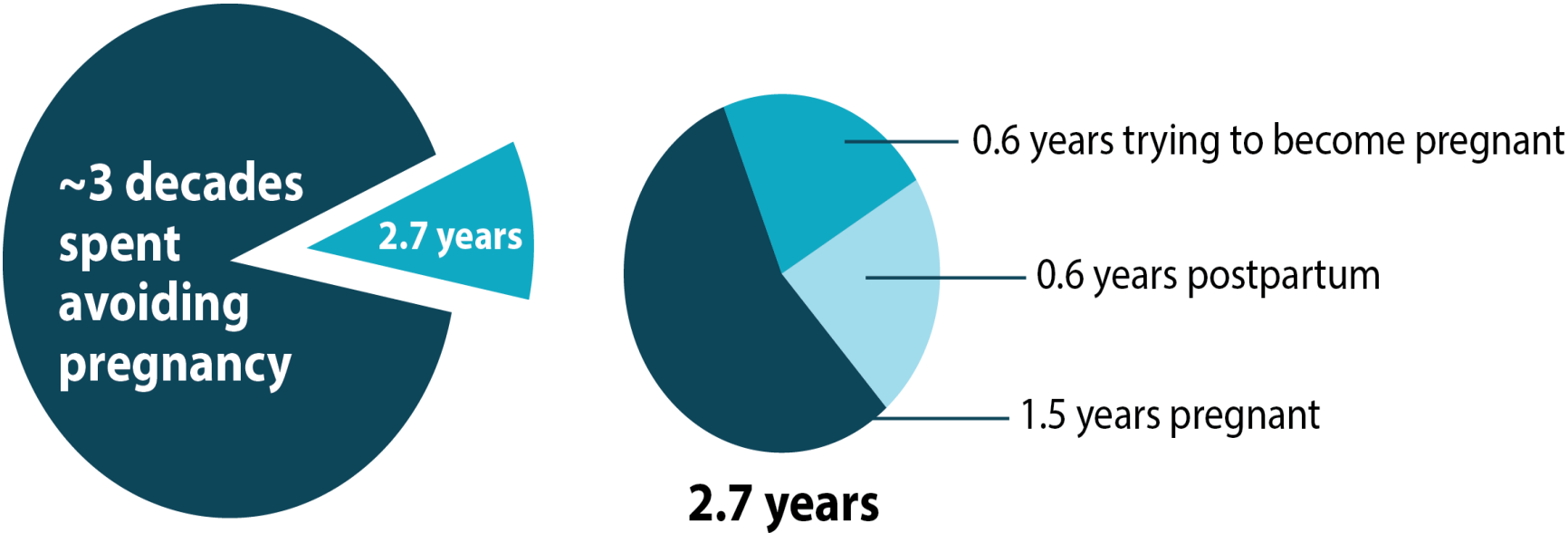
\* Includes Asian, Native American, Native Hawaiian/Pacific Islander, other race, and multiracial.

† Based on the NCHS 2013 urban-rural county classification scheme.

Error bars represent 95% confidence intervals.

Source: Kansas Pregnancy Risk Assessment Monitoring System, 2017-2019

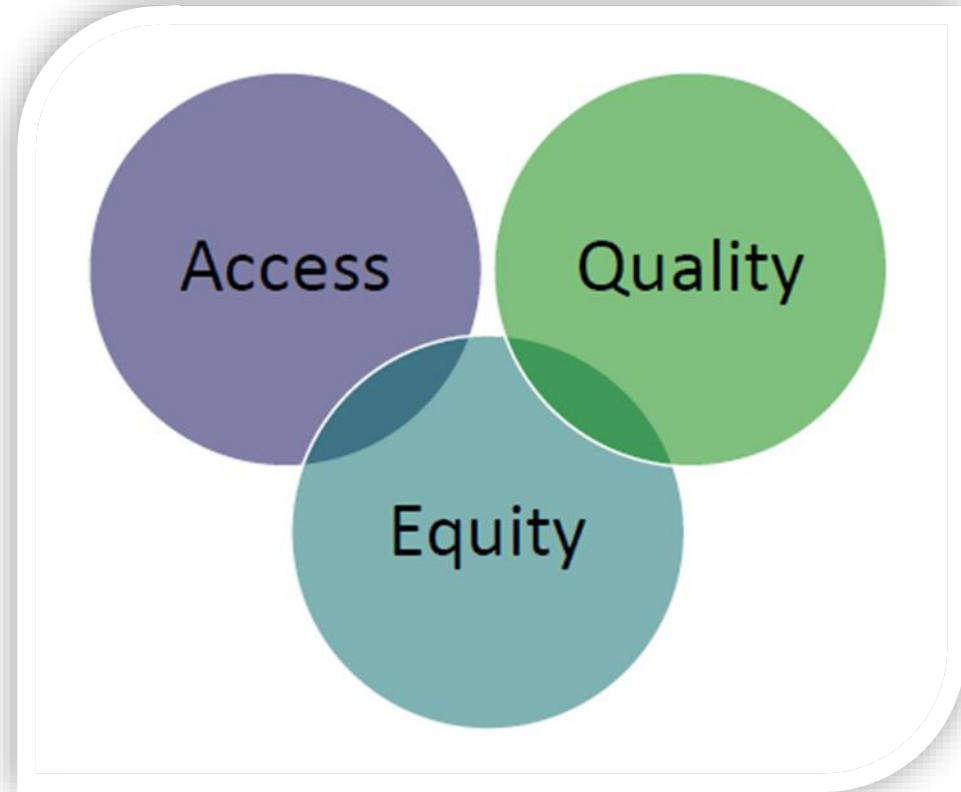
# On Average, Women Spend ~3 Decades Trying to Avoid Pregnancy



Sonfield A, Hasstedt K and Gold RB, Moving Forward: Family Planning in the Era of Health Reform, New York: Guttmacher Institute, 2014, <https://www.guttmacher.org/report/moving-forward-family-planning-era-hea...>

# OPA/Title X Program Priorities

- 1) Advance health equity through the delivery of Title X services
- 2) Improve and expand access to Title X services
- 3) Deliver Title X services of the highest quality.

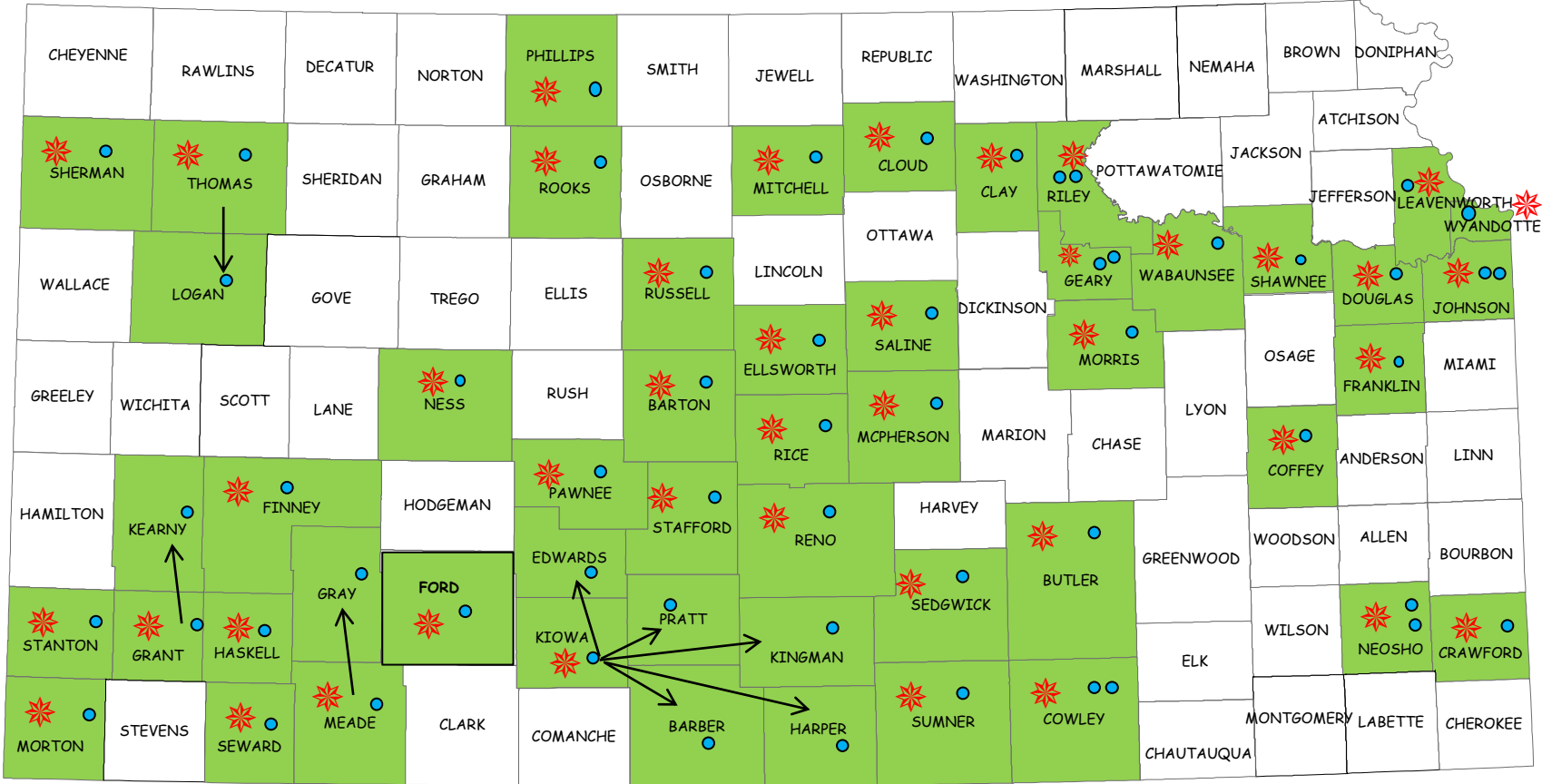


# FP Services Must Be

- Voluntary
- Confidential
- Provided to any person desiring services, with priority for persons from low-income families
- Must provide services without the imposition of any durational residency requirement or requirement that the patient be referred by a physician.
- Provided regardless of ability to pay
- Provided under the direction of a clinical services provider with training or experience in family planning

**How do I locate a FP clinic?**

# Title X Family Planning Clinical Services SFY 2023



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# FIND A FAMILY PLANNING CLINIC

ENTER A STREET ADDRESS, CITY, OR ZIP CODE.



## ABOUT THIS TOOL

The Title X Family Planning Clinic Locator provides information about clinics that offer a broad range of family planning and preventive health services. In addition to family planning services, Title X clinics also provide essential preventive health services that benefit reproductive health. These services include HPV vaccination, provision of HIV pre-exposure prophylaxis (PrEP), breast and cervical cancer screening, and screening for obesity, smoking, drug and alcohol use, mental health, and intimate partner violence.



## HOST THIS TOOL

OPA has developed a Family Planning Clinic Locator widget to allow other websites to host the tool.

[Host this tool on your organization's website](#) to help people in your community find a Title X family planning clinic near them.

<https://opa-fpclinicdb.hhs.gov/>



FIND ANOTHER CLINIC

SEARCH

ENTER A STREET ADDRESS, CITY, OR ZIP CODE.

DISTANCE 50 miles

### 5 Locations found near Garden City, KS 67846, USA

#### 1. [Finney County Health Department](#)

919 Zerr Rd  
Garden City, KS 67846-3600  
[620-272-3600](tel:620-272-3600)

17.97 mi

[VIEW DETAILS](#)

#### 2. [Gray County Health Department](#)

300 S Main  
Cimarron, KS 67835  
[620-855-2424](tel:620-855-2424)

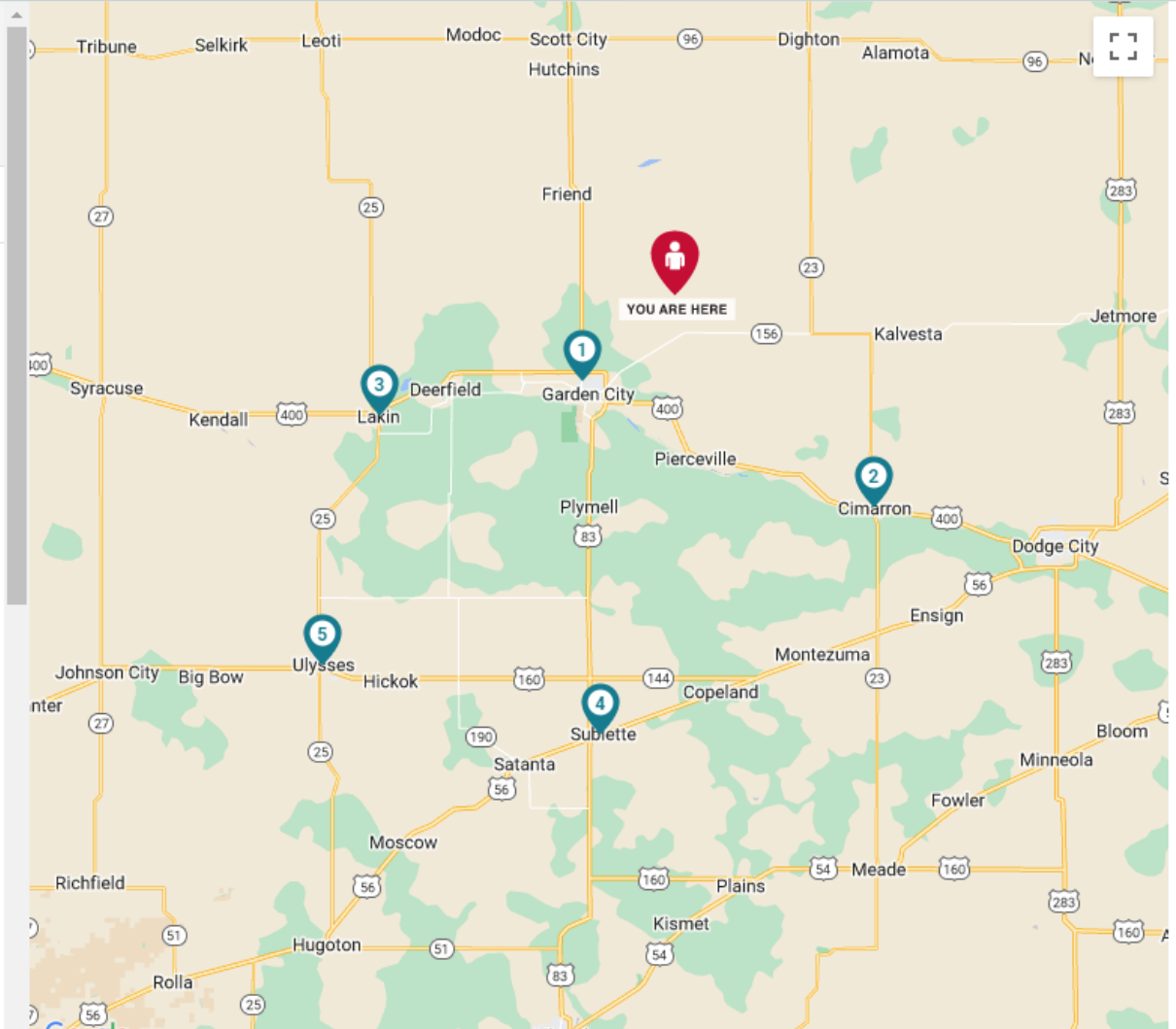
43.81 mi

[VIEW DETAILS](#)

#### 3. [Kearny County Health Department](#)

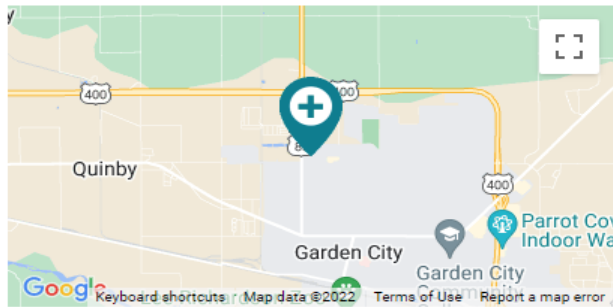
402 N Main

50.00 mi



[Home](#) > [Finney County Health Department](#)

## Finney County Health Department



### Finney County Health Department

919 Zerr Rd  
Garden City, KS 67846-3600  
[620-272-3600](tel:620-272-3600)

[GET DIRECTIONS](#)

#### Hours of Operation:

**Monday:** 8:00 am-5:00 pmClosed Noon - 1pm  
**Tuesday:** 8:00 am-5:00 pmClosed Noon - 1pm  
**Wednesday:** 8:00 am-5:00 pmClosed Noon - 1pm  
**Thursday:** 8:00 am-5:00 pmClosed Noon - 1pm  
**Friday:** 8:00 am-5:00 pmClosed Noon - 1pm  
**Saturday:** Closed  
**Sunday:** Closed

#### Mailing Address:

919 Zerr Rd  
Garden City, KS 67846-3600

#### Services Offered

##### Birth Control

Birth Control Shot  
 Birth Control Pill  
 Condoms - Male  
 Condoms - Female  
 Hormonal Implants  
 Fertility Awareness-Based Method(s)  
 Intrauterine Device - Copper (IUD)  
 Intrauterine Device - Hormonal (IUD)  
 Breast Feeding / LAM Method

##### STD Testing, Treatment & Vaccines

Chlamydia  
 Syphilis  
 Gonorrhea

##### Women's / Men's Health

Folic Acid Supplementation  
 Intimate Partner Violence Screening  
 Alcohol and Other Drug Use Screening  
 Tobacco Use Screening  
 Immunizations  
 Depression Screening  
 BMI  
 Blood Pressure Screening  
 Diabetes Screening

##### Pregnancy Services

Pregnancy Testing and Counseling  
 Achieving Pregnancy Services  
 Basic Infertility Services

**Questions?**

# Thank You!

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Ivonne Rivera-Newberry, FP Clinical Consultant, [ivonne.rivera-newberry@ks.gov](mailto:ivonne.rivera-newberry@ks.gov)

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