Family Planning

Phone: 515-321-8159
www.idph.state.ia.us/hpcdp/family_health_family_planning.asp

Promoting & Protecting the Health of Iowans

IDPH Iowa Department of Public Health

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 wen t 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. Unfortunately, I couldn't come in with a payment today. I am grateful to know that I was still welcome."

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

Did you know?

In 2012, 44% of pregnancies in Iowa were unintended.

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

- There are about 330,620 women in Iowa ages 13-44 that need contraceptive services. Increasingly men are seeking family planning services. 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.
- Between 2001 and 2007, the number of Iowa pregnancies steadily increased to 48,305. From 2008 to 2012, the number of Iowa pregnancies dropped to 38,686. Women with intended pregnancies modify their lifestyles and obtain prenatal care earlier than do women with unintended pregnancies.
- 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 34.3 per 1000 population. The birth rate for all Iowa teens is 25.5, but disparities do exist. In 2011, the birth rate for Non-Hispanic Black youth was 53.9 and for Hispanic youth, it was 57.8.
- In 2013, Title X providers in Iowa served 55,565women and 3,427 men. Almost 50,000 of those individuals had an annual income less than 250% of the federal poverty level. Title X providers also provided cervical cancer screenings, 15% of which required additional follow up for abnormal findings, 60,278 STI tests, and 6,187 HIV tests.

Which Iowa Public Health Goals are we working to achieve?

Promote healthy behaviors

Strengthen the public 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

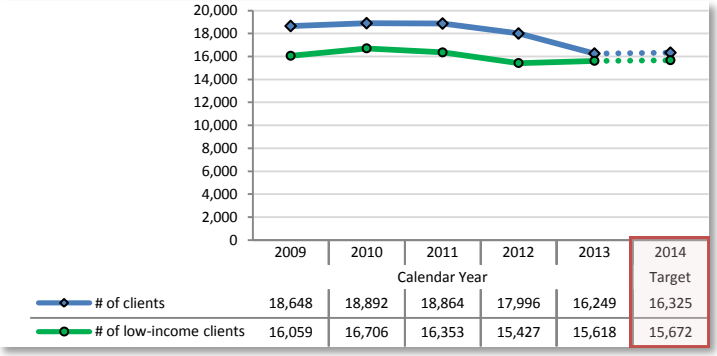
Information
- How to plan a healthy pregnancy
- How to talk with parents and others about sexuality
- How to make responsible sexual decisions, avoiding reproductive coercion
- How to make a reproductive life plan

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?

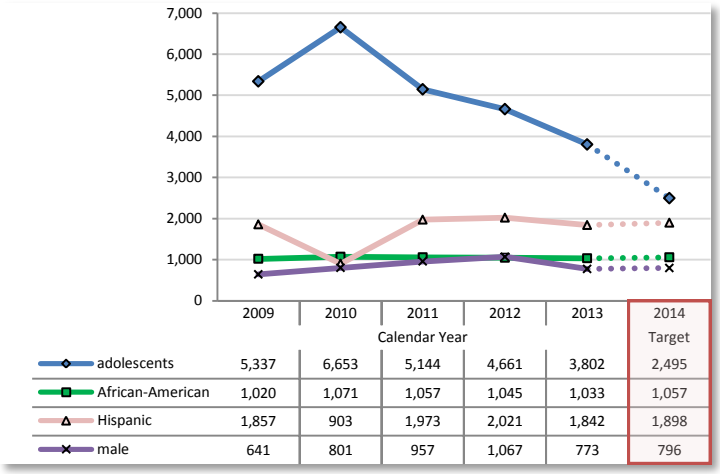
❶ **Number of unduplicated clients served.**
❷ **Number of low-income clients served (below 150% of the federal poverty level).**



Data Source: Family Planning Annual Report.

How are we doing? In 2013, Family Planning Clinics saw an increase in the percentage of low income clients served.

❸ **Number of adolescents (under 20 years old) served.**
❹ **Number of African-American clients served.**
❺ **Number of Hispanic clients served.**
❻ **Number of male clients served.**



Data Source: Family Planning Annual Report.

How are we doing? The number of adolescent clients increased between 2008 and 2011, then dropped slightly through 2013. The number of male clients increased annually from 2007 to 2012. The number of African-American clients decreased slightly in 2007, and increased from 2008 to 2011 and has remained stable. The number of Hispanic clients served increased to its highest level in 2012.

What can Iowans do to help?

1. Learn more about the Family Planning Program by going to www.idph.state.ia.us/hpcdp/family_health_family_planning.asp.
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 2012 Actual	State Fiscal Year 2013 Actual	State Fiscal Year 2014 Estimate
State funds	$0	$0	$0
Federal funds	$1,604,167	$1,443,808	$936,927
Total funds	**$1,604,167**	**$1,443,808**	**$936,927**
FTEs	1.44	1.48	1.85

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.