

Family Planning

Promoting & Protecting the Health of Iowans

Division of Health Promotion & Chronic Disease Prevention

Phone: 515-281-4907

www.idph.state.ia.us/hpcdp/family_planning.asp



A client from the Decorah clinic sent her last payment to the clinic with the following note. "I wanted to also thank you. The free clinic services were very useful to me during my college years. During my annual exams, I always felt comfortable, not judged, and like the examiners actually cared about my health. I really appreciate that the yearly exams were more than just a Pap smear and that my exercise, nutrition, and lifestyle were also addressed. Thank you for all you do!" 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 2010, 48% of pregnancies in Iowa were unintended.

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

- There are about 322,270 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 2010, the number of Iowa pregnancies dropped to 44,628. 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 28.6, but disparities do exist. In 2010, the birth rate for Non-Hispanic Black youth was 88.4 and for Hispanic youth, it was 104.8.
- In 2010, Title X providers in Iowa served 71,292 women and 3,781 men. Almost 60,000 of those individuals had an annual income less than 250% of the federal poverty level. Title X providers also provided 4,172 cervical cancer screenings (16% of which required additional follow up for abnormal findings), 81,019 STI tests, and 7,393 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

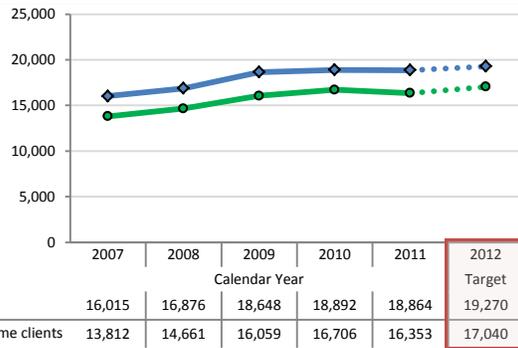
- Birth control methods
- Reproductive health and reproductive life planning
- Self-exams for breast or testicular cancer
- Sexually transmitted infections and HIV/AIDS
- Importance of nutrition
- Effects of alcohol, drugs, and tobacco on reproductive health

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?

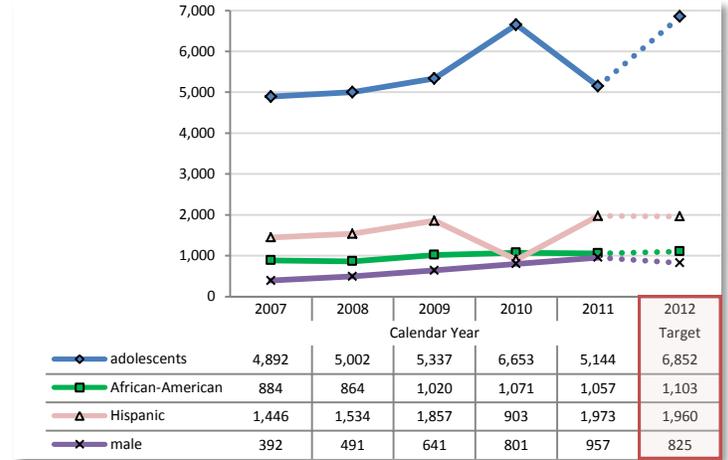
- Number of unduplicated clients served.
- Number of low-income clients served (below 150% of the federal poverty level).



Data Source: Family Planning Annual Report.

How are we doing? In 2010, Family Planning Clinics saw a 3% increase in the number of low-income clients served, now at the highest level since 2004.

- Number of adolescents (under 20 years old) served.
- Number of African-American clients served.
- Number of Hispanic clients served.
- 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. The number of male clients increased annually from 2007 to 2011. The number of African-American clients decreased slightly in 2007, and increased from 2008 to 2011. The number of Hispanic clients served increased to its highest level in 2011.

What can Iowans do to help?

- Learn more about the Family Planning Program by going to www.idph.state.ia.us/hpcdp/family_planning.asp.
- Share with friends and colleagues how important it is that pregnancies are planned.
- 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 2011 Actual	State Fiscal Year 2012 Actual	State Fiscal Year 2013 Estimate
State funds	\$0	\$0	\$0
Federal funds	\$1,411,857	\$1,604,167	\$1,333,033
Other funds*	\$0	\$0	\$0
Total funds	\$1,411,857	\$1,604,167	\$1,333,033
FTEs	1.66	1.44	1.90

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.