

Title X: The National Family Planning Program

For more than 40 years, Title X family planning centers have provided high quality and cost-effective family planning and related preventive health services for low-income women and men. Family planning centers play a critical role in ensuring access to voluntary family planning information and services for their clients based on their ability to pay.

Family planning centers offer a broad range of FDA-approved contraceptive methods and related counseling; as well as breast and cervical cancer screening; pregnancy testing and counseling; screening and treatment for sexually transmitted infections (STIs); HIV testing; and other patient education and referralsⁱ.

Title X Providers

The U.S. Department of Health and Human Services' Office of Population Affairs (OPA) oversees the Title X program. OPA funds a network of 4,200 family planning centers which serve about 4.7 million clients a yearⁱⁱ. Services are provided through state, county, and local health departments; community health centers; Planned Parenthood centers; and hospital-based, school-based, faith-based, other private nonprofits.

Title X staff are specially trained to meet the contraceptive needs of individuals with limited English proficiency, teenagers, and those confronting complex medical and personal issues such as substance abuse, disability, homelessness or intimate partner violence.

Title X Mission

Title X assists individuals and couples in planning and spacing births, contributing to positive birth outcomes and improved health for women and infants.

In addition to clinical services, Title X also funds the following program supports aimed at improving the quality of family planning services:

- Training for family planning clinic personnel through five national training programs that focus on clinical training; service delivery; management and systems improvement; coordination and strategic initiatives; and quality assurance/improvement and evaluation



Title X Clinical Services 2012

- **Clients served.** Title X-funded centers served approximately 4.7 million clients. 92% were women and 8% were menⁱⁱ.

- **Contraceptive care.** Title X family planning centers help to avert an estimated 1.2 million unintended pregnancies^{iv}.

- **Screening for sexually transmitted infections.** More than 2.4 million clients (2,197,517 women and 250,913 men) were tested for chlamydia. 2.7 million gonorrhea tests were performed (2,409,406 women and 271,153 men) and more than 700,000 syphilis tests were performed (580,583 women and 133,957 men)ⁱⁱ.

- **HIV testing.** Approximately 1.3 million HIV tests were provided to female and male clientsⁱⁱ.

- **Cervical cancer screening.** More than 1.3 million screenings were performed in Title X service sites. About 15% of these tests had a result indicating a precancerous or cancerous condition needing further evaluation or possible treatment, including 1% that indicated the presence of a more serious conditionⁱⁱ.

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- Family planning research and evaluation to improve Title X service delivery and inform the broader reproductive health care field
- Information dissemination and community-based education and outreach

Cost Effectiveness of Family Planning

Title X provides significant cost savings to taxpayers. In 2010 every every public dollar spent on contraceptive services yielded an estimated \$5.68 in savings that would have been spent on Medicaid costs related to pregnancy care and delivery and to infants in their first year of life^{iv}.

Significantly, this figure does not include savings realized from the prevention and treatment of STIs and avoiding and detecting reproductive cancers. These calculations also do not measure the broader health, social or economic benefits of enabling women to time or prepare for their pregnancies^{iv}.

Program Policy

OPA has historically set the standard for publicly-funded family planning services in the U.S. the Title X Program Guidelines offer patient protections by requiring that programs are voluntary, confidential and include a broad range of contraceptive methods. Program Guidelines establish standards for the delivery of services based on the most current evidence.

In April 2014, OPA and the US Centers for Disease Control and Prevention (CDC) jointly released *Providing Quality Family Planning (QFP) Services* which provides evidence-informed recommendations for quality family planning service delivery across all reproductive health and primary care settings. QFP can be accessed at <http://www.cdc.gov/mmwr/pdf/rr/rr6304.pdf>



- **Underserved communities.** 92% of clients had incomes at or below 250% of the federal poverty levelⁱⁱⁱ.
- **People of many races and ethnicities.** 56% of clients self-identified as white, 20% as black or African-American, 3% as Asian, 1% either as Native Hawaiian or other Pacific Islander or American Indian/ Alaska Native and 5% as multiracial. 28% of all races self-identified as Hispanicⁱⁱ.
- **Age.** The majority of clients were in their 20s (51%). 30% were age 30 or over and 19% were 19 and underⁱⁱ.

Sources

ⁱ By statute, Title X funds are not used to pay for abortions.

ⁱⁱ Fowler, Cl, Gabel, J, Wang, J and McClure, E. (November 2013); *Family Planning Annual Report: 2012 National Summary*. Research Triangle Park, NC: RTI International.

ⁱⁱⁱ In 2012, the Federal Poverty Level was \$19,090 for a family of three. 250% of the Federal Poverty level would be 2 ½ times that amount or \$47,725 for a family of three.

^{iv} Hasstedt, Kinsey, "Title X: An Essential Investment, Now More than Ever," *Guttmacher Policy Review*, Summer 2013, vol. 16, no. 3. Guttmacher Institute. A 2012 study by Adam Thomas of the Brookings Institute, "Policy Solutions for Preventing Unplanned Pregnancy," found that every dollar spent on Medicaid family planning services saved \$5.60 in publicly subsidized medical care for pregnant women and a variety of means-tested benefits.