

North Dakota Family Planning Program Annual Report

2010



NORTH DAKOTA
DEPARTMENT of HEALTH



Family Planning Is More Than Just Birth Control

Family planning addresses contraception, infertility and a wide range of risk behaviors and health conditions that affect reproductive health and chances of having a healthy pregnancy.

Family planning services include:

- ◆ Physical exams for men and women.
- ◆ Birth control methods and referral for sterilization procedures.
- ◆ Breast, cervical and testicular cancer screening.
- ◆ Diagnosis and treatment of sexually transmitted infections.
- ◆ Preconception and life plan counseling.
- ◆ Pregnancy testing.
- ◆ Counseling and education.
- ◆ Community education and outreach.
- ◆ Referrals to preventive health and social services such as primary care, nutrition services, immunizations, WIC and others.

A Public Health Success Story

In 2007, the Institute of Medicine reviewed the Title X Family Planning Program and reported, “The Title X Family Planning Program provides essential services that affect the lives of millions of individuals, families and communities. The Title X program has demonstrated its value to society over time and its success in providing critical services to those who have the most difficulty obtaining them.”¹

In 1970, President Nixon said, “...no American woman should be denied access to family planning assistance because of her economic condition.”

In 2010, Title X celebrated 40 years of being the nation’s only dedicated federal funding source of family planning services.²



Comprehensive Primary Prevention

Family planning prevents costly health and social problems associated with unintended pregnancy.

It also reduces:

- ◆ Premature births.
- ◆ Infant mortality.
- ◆ Teen pregnancy.
- ◆ The number of abortions.
- ◆ The spread of infectious diseases.
- ◆ The incidence of some cancers.





The Facts About Family Planning

- ◆ An average woman wanting two children will spend five years pregnant or trying to get pregnant and roughly 30 years trying to prevent pregnancy.³
- ◆ A woman with a planned pregnancy is more likely to have a healthy baby. Women with unplanned pregnancies are less likely to get adequate prenatal care.⁴
- ◆ The North Dakota Family Planning Program collaborates with the North Dakota *Women's Way* Program, a breast and cervical cancer early detection program, by providing onsite enrollment processes and screening.⁵
- ◆ In 2010, the Family Planning Program provided 5,788 Pap tests. Of these, 533 required further evaluation.⁶
- ◆ Local family planning services help prevent sexually transmitted infections and abortions.
- ◆ In 2010, through Title X family planning clinics, a total of 8,010 North Dakota women received screening for chlamydia, a major cause of infertility.⁶

North Dakota Family Planning Clinic Statistics

In 2010, there were 19 North Dakota family planning clinic locations, serving clients from all 53 counties.⁶

These clients included:

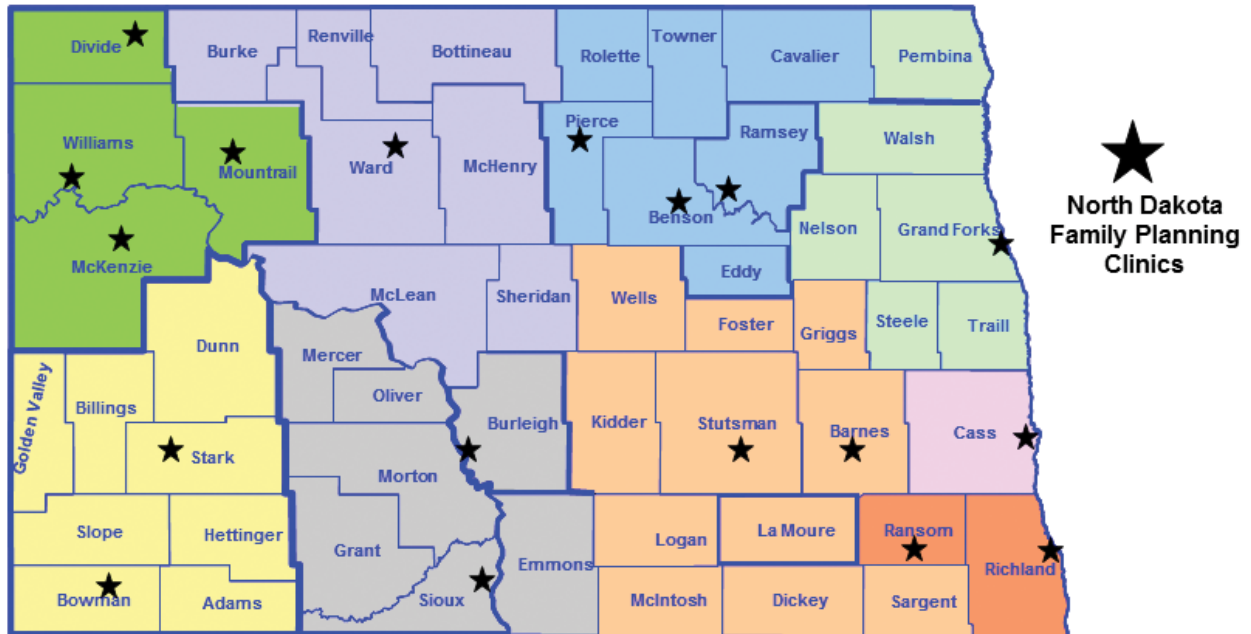
- ◆ 14,777 total clients.
- ◆ 13,451 women.
- ◆ 1,326 men.

Of these clients:

- ◆ 84 percent qualified for free or reduced fees.
- ◆ 49 percent qualified for services free of charge.
- ◆ 78 percent were age 20 or older.
- ◆ 13 percent were age 18 or 19.
- ◆ 9 percent were age 17 or younger.



North Dakota Family Planning Clinic Locations



Each family planning agency covers the colored counties in its area.

- | | | | |
|---|--|---|---|
|  | Upper Missouri District Family Planning |  | Lake Region District Health Family Planning |
|  | Custer Family Planning Center |  | Central Valley Family Planning Program |
|  | Fargo Cass Family Planning Program |  | Richland County Family Planning |
|  | Community Action Partnership Family Planning |  | Valley Health Family Planning |
|  | First District Health Unit – Family Planning | | |



The Economic Benefits of Family Planning

- ◆ Family planning provides economic benefits to individuals, communities and the state.
- ◆ Young men and women who plan the timing and spacing of the births of their children are more likely to stay in school and obtain a secondary education, which results in more options for employment.⁴
- ◆ North Dakota’s investment in services is highly cost-effective. Nationally, family planning saves \$3.74 in public expenditures for every \$1 spent.⁷





Challenges Due to a Lack of Access to Family Planning

- ◆ A leading cause of unintended pregnancy is lack of access to affordable family planning services. Access to contraception is effective in preventing both unintended pregnancies and abortions.⁸
- ◆ North Dakota ranks 34th in family planning laws and policies, 50th in service availability, and 46th in public funding.⁸
- ◆ In 2008, it was estimated that 38,520 women were eligible for subsidized family planning services in North Dakota, and 63.5 percent (24,450) did not access the needed services.⁷

Important Information About Family Planning Clinics

- ◆ Almost everyone needs family planning services at some time in their lives to achieve or postpone pregnancy or to simply address personal health needs.³
- ◆ Family planning clinics often serve as a woman’s entry point into the health-care system; more than six in 10 women who obtain care at a family planning clinic consider it their usual source of medical care.⁹
- ◆ Clinical health services are provided regardless of ability to pay.
- ◆ Family planning programs make it easy for individuals and working families to connect with the services they need through a strong commitment to quality, including responsive and caring customer service.



Adolescents and Family Planning

It is important for adolescents to receive accurate information and unbiased health-care services. All adolescents in the family planning program receive counseling about:

- ◆ Family involvement.
- ◆ Abstinence.
- ◆ Sexual coercion.
- ◆ Confidentiality.



Program Funding

The North Dakota Family Planning Program was funded in 2010 by⁶:

Title X	31%
Client fees	29%
Local funding	15%
Donations	9%
Private insurance	9%
Medicaid	6%
Title V (MCH)	2%
Fund raising/interest	<1%

Quality, Affordable Care

- ◆ Family planning programs make it easy for individuals to connect with the services they need.
- ◆ Family planning staff have a strong commitment to quality, including responsive and caring customer service.
- ◆ North Dakota Family Planning services are accessible, affordable, convenient and provided without discrimination.

North Dakota's Family Planning Program is committed to providing clients with:

- ◆ Access to services.
- ◆ Privacy and confidentiality.
- ◆ Quality care.
- ◆ Referrals.

For more information about the North Dakota Family Planning Program, visit the website at www.ndhealth.gov/family-planning.



References

- ¹ Institute of Medicine, Report Brief, May 2009.
- ² National Family Planning Reproductive Health Association.
- ³ Boonstra, H et al., Abortion in Women's Lives, New York: Guttmacher Institute, 2006.
- ⁴ Committee on Unintended Pregnancy, Institute of Medicine, The Best Intentions: Unintended Pregnancy and the Well-Being of Children and Families, Washington, DC: National Academy Press, 1995.
- ⁵ North Dakota Women's Way Program.
- ⁶ North Dakota Title X Family Planning 2010 Data.
- ⁷ Guttmacher Institute, Contraceptive Needs and Services: National and State Data, 2008 Update.
- ⁸ Guttmacher Institute, Contraception Counts, 2006.
- ⁹ Guttmacher Institute, Next Steps for America's Family Planning Program, 2009.

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The North Dakota Department of Health attempts to provide reasonable accommodations for any known disability that may interfere with a person participating in any service, program or activity of the department.

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