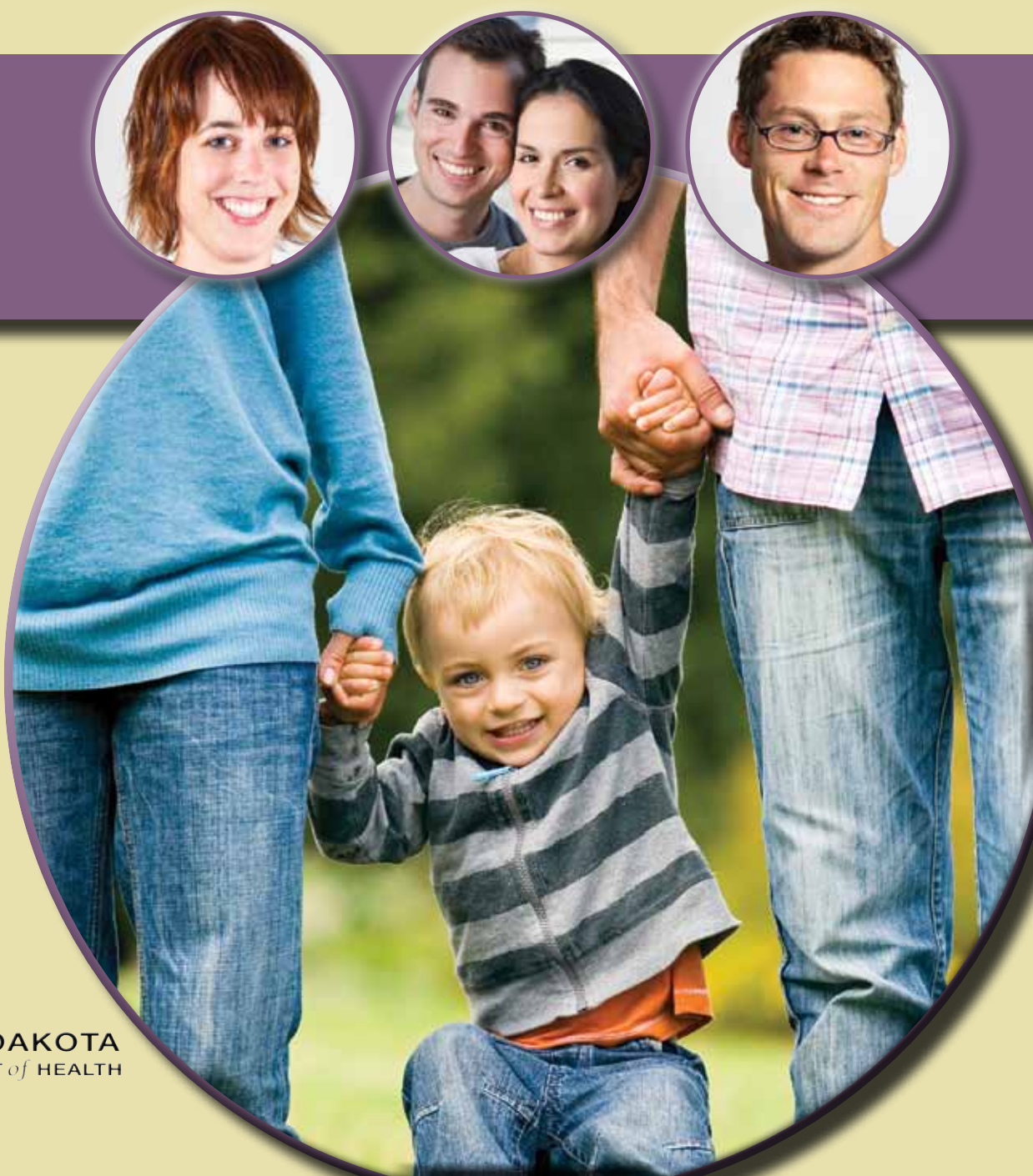


North Dakota Family Planning Program Annual Report

2009



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.”

Today, in 2010, Title X is celebrating 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 2009, the Family Planning Program provided 8,205 Pap tests. Of these, 752 required further evaluation.⁶
- ◆ Local family planning services helps prevent sexually transmitted infections and abortions.
- ◆ In 2009, a total of 7,154 North Dakota women received screening for chlamydia, a major cause of infertility.⁷

North Dakota Family Planning Clinic Statistics

In 2009, there were 19 North Dakota family planning clinic locations, serving patients from all 53 counties.⁶

These patients included:

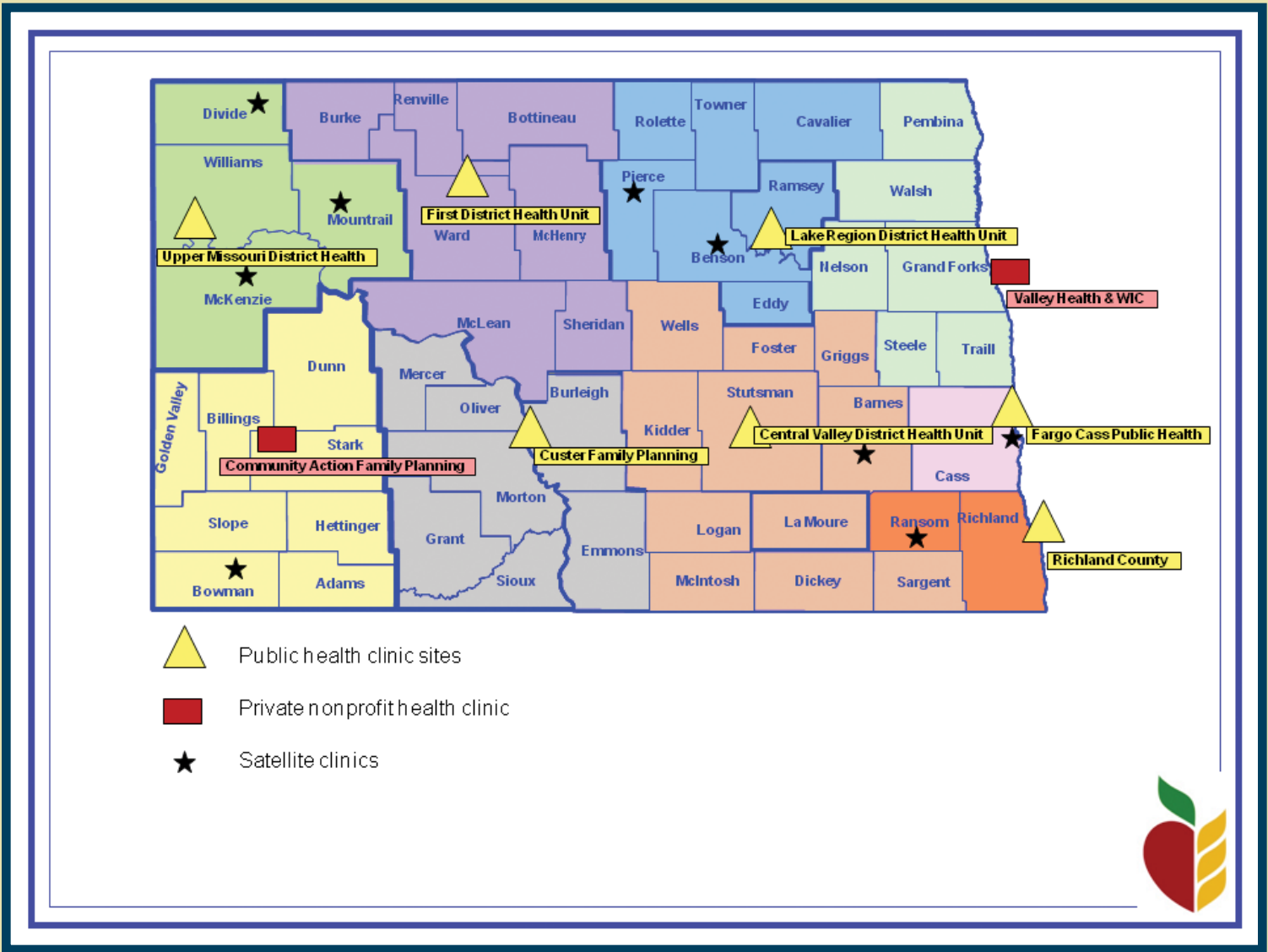
- ◆ 14,761 total patients.
- ◆ 13,636 women.
- ◆ 1,125 men.

Of these patients:

- ◆ 84 percent qualified for free or reduced fees.
- ◆ 50 percent qualified for services free of charge.
- ◆ 76 percent were 20 years old or older.
- ◆ 14 percent were 18 or 19 years old.
- ◆ 10 percent were 17 years old or younger.



North Dakota Family Planning Clinic Locations



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.⁸



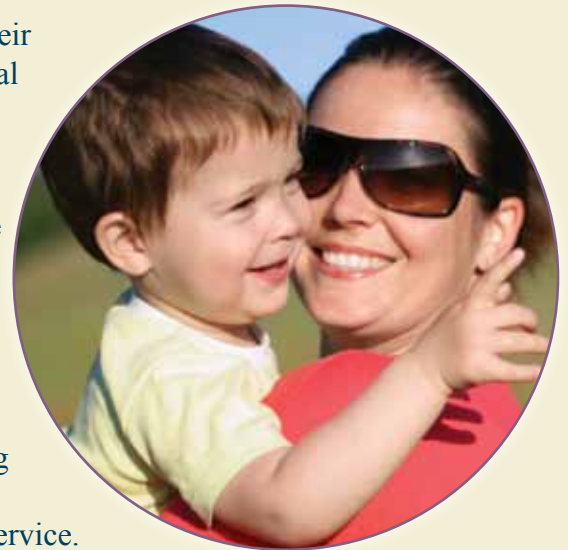


Challenges Due to a Lack of Access to Family Planning

- ◆ 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.⁹
- ◆ North Dakota ranks 34th in family planning laws and policies, 50th in service availability, and 46th in public funding.⁹
- ◆ 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.⁸

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.¹⁰
- ◆ Critical 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 2009 by⁶:

Title X	33%
Client fees	28%
Local funding	13%
Donations	10%
Private insurance	8%
Medicaid	5%
Title V (MCH)	3%
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.
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- 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 2009 Data.
- ⁷ Hatcher RA, Trussell J, Stewart F, et al. *Contraceptive Technology*. 18th Edition. New York: Ardent Media Inc., 2004.
- ⁸ Guttmacher Institute, *Contraceptive Needs and Services: National and State Data*, 2008 Update.
- ⁹ Guttmacher Institute, *Contraception Counts*, 2006.
- ¹⁰ 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.

Thank you to the Montana Statewide Family Planning Program for inspiration in the creation of this report.

John Hoeven, Governor of North Dakota
Terry Dwelle, M.D., M.P.H.T.M., State Health Officer
Kim Senn, Director, Division of Family Health

Prepared by:
Charlene Rohrich-Reiswig, B.S.N., Director, Family Planning Program
Cameo Communications, Communications Consultant