

FAMILY PLANNING NEWSLETTER

In this inaugural newsletter for the Michigan Family Planning program we detail Title X Family Planning Services, as well as provide descriptive characteristics of users in Michigan from 2005 to 2008.

WHAT IS FAMILY PLANNING?

Family planning services provide information and the means for men and women to exercise personal choice in determining the number and spacing of their children. Authorized under Title X of the Public Health Service Act, the Family Planning Act of 1970 was the first US statute to provide authority, funding and support for comprehensive and voluntary family planning services to all who want and need them.¹ By law, priority is given to persons from low-income families.

Family Planning has been identified as one of greatest public health achievements in the twentieth century by the Centers for Disease Control and Prevention (CDC).² Moreover, family planning services contribute to the health of individuals, families and society as a whole, by reducing unintended pregnancies and abortions.² Family planning clinics are often the only source of health care (outside of pregnancy) for many women.³ Without Title X

funding many low income and uninsured users would be unable to access reproductive health care, beyond pregnancy. Funding support for the Michigan Title X Family Planning Program includes the Title X Federal grant, State of Michigan appropriations, other federal grants, local agency resources, revenue from first and third party collections and donations.

Nationally for every \$1 spent to avoid unintended pregnancies \$4 in Medicaid expenditures are saved.³



Effective family planning improves the timing and spacing of births and has a positive impact on health and healthcare costs.

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Definitions used in this newsletter:

Family planning user: An individual who has at least one family planning visit encounter at a Title X service site with the purpose to avoid an unintended pregnancy or to achieve an intended pregnancy.

Family planning services: Comprehensive preventive reproductive health care including:

- General reproductive health examination and education

- Routine screening for sexually transmitted diseases, cervical & breast cancer & infertility problems

- Contraception, pregnancy testing and counseling services

- Follow-up & Referrals

PLAN FIRST!

In 2006 Michigan received approval for a Medicaid waiver and the authorization to create Plan First! The goal of this project is to provide family planning services for women 19-44 years of age who lack access to family planning services. By improving access to family planning services the state expects to reduce the number of unintended pregnancies, and decrease the incidence of closely spaced pregnan-

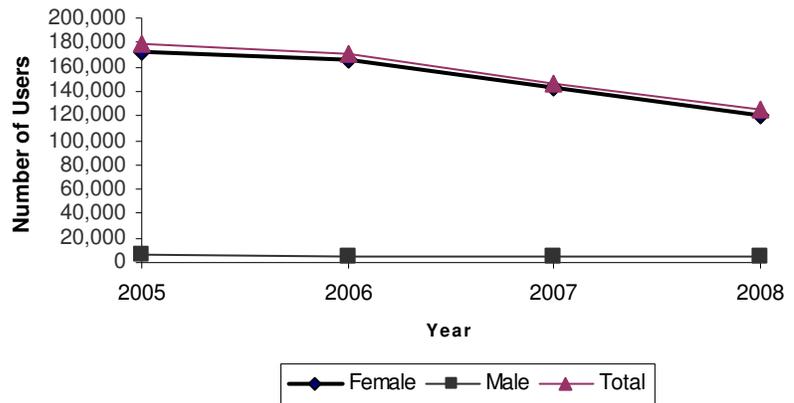
cies ultimately leading to healthier pregnancies, improved birth outcomes and improved child health. Eligibility

Women, 19-44 years of age who are not currently covered by Medicaid, do not have family planning benefits through private insurance, and whose family income is at or below 185% of the Federal Poverty Level. In addition coverage is limited; Michigan resi-

TITLE X FAMILY PLANNING USER DEMOGRAPHICS

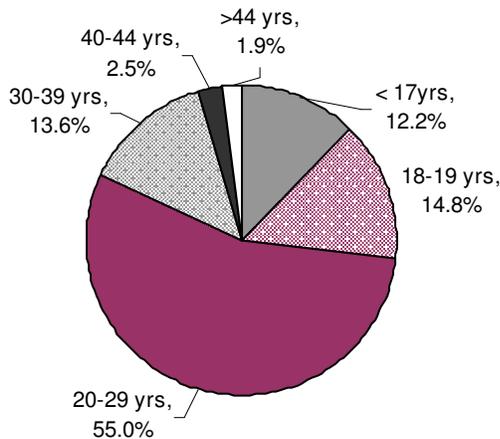
Based on 2006 data, an estimated 560,020 Michigan women needed publicly supported contraceptive services and supplies; Title X family planning clinics alone met 30% of this need while an additional 10% was met by other publicly funded family planning clinics.⁴ Overall, 125,042 men and women used Title X Family Planning Services during 2008 in Michigan, a 30% decrease from 2005 (Figure 1). The majority of users were women (96.6%) while males comprised 3.4% of users in 2008, a 5.8% increase from 2005. Users were predominately White, non-Hispanic (69%) single (75%), reported an income at or below 100% of the FPL (69.2%) and averaged 2.1 encounters per year in 2008.

Figure 1 Number of Title X Family Planning Users (total and by gender) in Michigan, MI FPAR 2005-2008



AGE

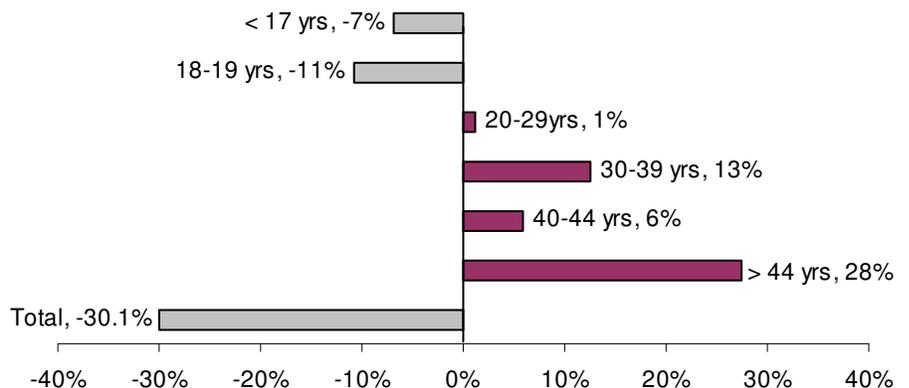
Figure 2 Prevalence of female family planning clinic users by age group, MI FPAR 2008



During 2008 26% of all users were between the ages of 15-19 years, the majority (55%) were 20-29 years old, the fewest (0.8 %) were less than 15 years of age while 2% were over the age of 44 years (Figure 2). In comparison, of Michigan women of reproductive age (15-44 years), 27.1% were between the ages of 20 to 29 years.⁵

From 2005 to 2008 the proportion of older users increased. The largest increase among those older than 44 years compared to other age groups (Figure 3).

Figure 3 Percent change in age group prevalence among family planning users, MI FPAR 2005-2008



TITLE X FAMILY PLANNING USER DEMOGRAPHICS

RACE/ETHNICITY

Michigan Title X family planning clinic users were predominately White, non-Hispanic (71%), Black or African American, non-Hispanic (18%) or Hispanic (8%) and one percent each American Indian or Alaskan Native, Asian Pacific Islander, and more than one race.

Typical Family Planning Clinic User

Female

Age 20-24 years

White, Non-Hispanic

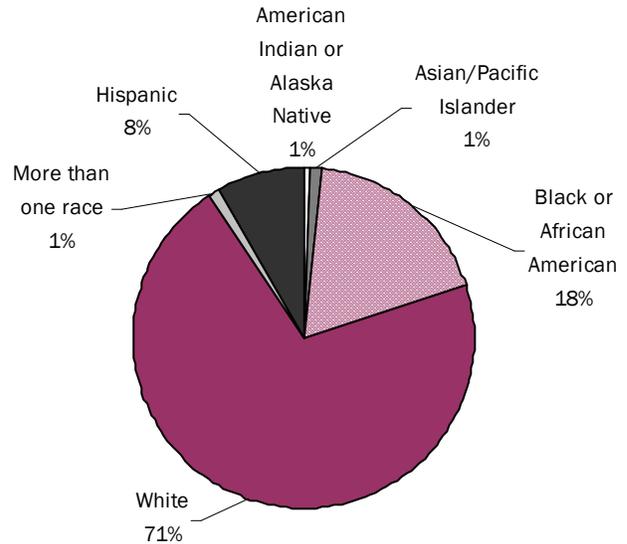
Uninsured

Income at or below 100% of the federal poverty level

Never married

Multiracial users were the fastest growing racial or ethnic group, increasing 42% from 2005. The prevalence of Hispanic and Black, non-Hispanic users increased 21% and 9% respectively during the same period.

Figure 4 Race/Ethnicity distribution Title X Family Planning users, MI FPAR 2008



Program services are available to all upon request

No one is denied services because of inability to pay.

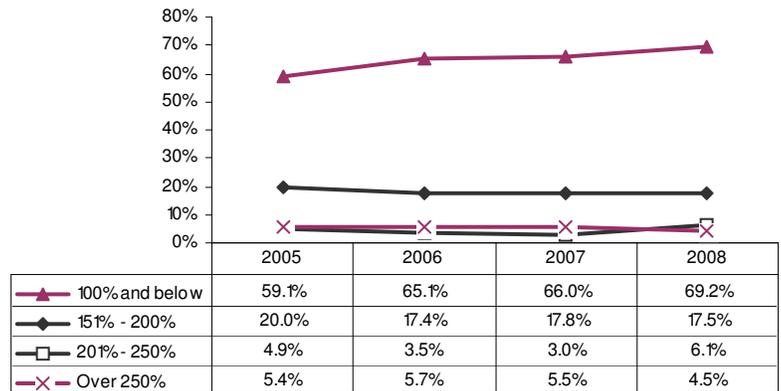
INCOME LEVEL

Services are available to anyone, but low-income men and women are the primary target population. Fees are charged based on income level:

- below 100% of the FPL are not charged,
- between 100% & 250% FPL are charged reduced fees on a sliding scale,
- At or above 250% are charged full fees.

During 2008 69.2% of users reported an income at or below the 100% Federal poverty level (FPL) (Figure 2). Although the number of users declined by 30% from 2005 to 2008, the proportion of users with an income at or below 100% of the FPL increased by 17%.

Figure 5 Trend of prevalence of income as a percentage of federal poverty level among family planning clinic users, MI FPAR, 2005 -2008





Family Planning Program

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Michigan Department of Community Health Michigan Family Planning Program

Mission

"The mission of the Michigan Family Planning Program is to enable a person's voluntary access to family planning services, information and means to exercise personal choice in determining the number and spacing of their children."

Vision

"The vision of the Michigan Family Planning Program is to reduce unintended pregnancies and improve the overall health status of Michigan families by assuring access to quality effective contraception and reproductive health services."

Family Planning Benefits

- **Helps women have healthy pregnancies**
- **Helps families achieve economic security**
- **Provides essential health services to low-income and uninsured individuals**
- **Reduces sexually transmitted infections, HIV/AIDS, infertility and abortions**
- **Reduces the number of publicly funded births by preventing unintended pregnancies**
- **Saves \$4 for every \$1 spent**
- **Reduces public expenditures related to other health and social services.**

PLAN FIRST! (CONTINUED FROM PAGE 1)

dents and women must meet the Medicaid citizenship requirements.

Objectives:

- Increase the proportion of eligible women, 19-44 yrs of age, with an income at or below 185% of the FPL that are receiving family planning services reimbursed through Medicaid (including Plan First!).
- Increase the proportion of primary health care referrals for women without a source for primary health care
- Decrease Medicaid paid deliveries thereby decreasing Medicaid expenditures for prenatal, delivery, newborn and infant care.
- Increase the inter-birth interval.

By increasing the birth interval and the number of women eligible for family planning services and decreasing the number of Medicaid paid births the program saves both the federal and state governments millions of dollars.

For additional information regarding Plan First!
800-642-3195 (toll-free) or go to www.michigan.gov

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