

Title X Family Planning

For more than 40 years, Title X family planning clinics have provided high-quality, affordable, and cost-effective family planning and related preventive health services for women and men with priority given to low-income clients.

Title X providers include state and local health departments, hospitals, and community-based nonprofit organizations. Through 90 grantees, a network of more than 4,400 community-based clinics serves more than 5 million clients each year.

Title X clinics play a critical role in ensuring access to confidential, voluntary family planning information and services for their clients. These clinics deliver a broad range of family planning methods and services—free of charge or at a reduced cost—to low-income, uninsured, and underinsured clients.

In addition to family planning services and related counseling, Title X clinics offer preventive health services such as patient education; breast and pelvic examinations (Pap tests); cervical and other cancer screenings; pregnancy diagnosis and counseling; and STD/STI and HIV/AIDS prevention education, counseling, testing, and referrals.

Program Goals

The Title X program is intended to assist individuals in determining the number and spacing of their children, which promotes positive birth outcomes and healthy families. The education, counseling, and medical services available in Title X-funded clinics assist individuals and couples in achieving these goals.

The program also supports three key functions authorized under the Title X statute aimed at improving the quality of family planning services and assisting clinics in responding to client needs—

- Training for family planning clinic personnel through regional and national training programs that focus on enhancing quality family planning services for males and females
- Family planning research and evaluation activities aimed at improving the delivery of family planning services
- Information dissemination and community-based education and outreach activities

These functions help to ensure that family planning services are evidence-based and of high quality.



Title X Clinical Services

■ **Contraceptive care.** Title X family planning clinics offer a broad range of contraceptive methods approved by the U.S. Food and Drug Administration. In 2008, contraceptive services from Title X clinics helped to avert some 973,000 unintended pregnancies,⁺ more than 249,000 among teens in 2006.^{*}

■ **Cervical cancer screenings.** About 1.7 million (1,727,548) female clients received an estimated 1.8 million (1,810,932) screenings for cervical cancer in 2010.[†] In the first 3 decades of the Title X program, these screenings contributed to preventing an estimated 55,000 cases of invasive cervical cancer.^{*}

■ **Sexually transmitted infection screenings.** In 2010, an estimated 2.6 million clients were tested for chlamydia (2,378,958 females, 235,349 males), nearly 2.7 million for gonorrhea (2,453,207 females, 242,156 males).[†] More than 750,000 clients (637,078 females, 116,348 males) were tested for syphilis.[†]

■ **HIV testing.** That same year, an estimated 1.1 million tests were conducted for HIV.[†]

Program Administration

The Title X program is administered within the U.S. Department of Health and Human Services (HHS), Office of the Assistant Secretary for Health (OASH), Office of Population Affairs (OPA) by the Office of Family Planning (OFP). Funds for Title X family planning services and regional training are allocated to 10 Public Health Service Regional Offices across the United States and its territories.

These regional offices manage the competitive grant review process, award service and regional training grant funds, and monitor program performance. In addition, OPA oversees a variety of family planning research activities and the OPA Clearinghouse, a resource service that provides patient education materials and information to Title X clinics and the general public.

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Title X Service Recipients

- **Women and men.** In 2010, Title X-funded sites served approximately 5.2 million (5,222,032) clients. Ninety-two percent were females, and 8 percent were males.[†]
- **Underserved communities.** That same year, 89 percent of Title X clients had incomes at or below 200 percent of the federal poverty level.[†]
- **People of all races and ethnicities.** Fifty-eight percent of Title X clients in 2010 identified themselves as white, 20 percent as black, 3 percent as Asian, 1 percent as Native Hawaiian or Other Pacific Islander, and 1 percent as American Indian or Alaska Native.[†] Twenty-nine percent of the clients identified themselves as Hispanic or Latino.[†]

Sources

- + Frost, JJ, Henshaw, SK and Sonfield A, *Contraceptive Needs and Services: National and State Data, 2008 Update* (May 2010)
- Special tabulations of data from the 2006 Guttmacher Institute Contraceptive Needs and Services Study
- * Gold, RB, *Title X: Three Decades of Accomplishment* (February 2001)
- † Fowler, CI, Wang, J and Gable J, *2010 FPAR Preliminary Report* (March 31, 2011)