

A1.2 – FAMILY PLANNING PROGRAM DESCRIPTION

Purpose

The purpose of this policy is to describe the Iowa Department of Health and Human Services (Iowa HHS) Title X Program. The Title X Program is to assist individuals and/or families in identifying reproductive goals and developing a plan for the number and spacing of pregnancies. Title X family planning services are voluntary, confidential, and provided regardless of one’s ability to pay. For many clients, Title X clinics are the only ongoing source of healthcare and health education. All direct services are provided by contracted subrecipients (SRs).

Policy

The Iowa HHS Title X Program (along with the contracted SRs) will ensure that family planning (FP) services are provided in a manner that is client-centered, culturally and linguistically appropriate, inclusive, and trauma-informed; protects the dignity of the individual; and ensures equitable and quality service delivery consistent with nationally recognized standards of care. OPA priorities for Title X include:

- Advancing health equity through the delivery of FP services
- Improving and expanding access to Title X services, and
- Ensuring the delivery of the highest quality of care.

Procedure

The Iowa HHS Title X Program will ensure that all contracted SRs provide a broad range of medically approved family planning services, which includes all Food and Drug Administration (FDA)-approved contraceptive products and natural family planning methods for clients such as:

- Pregnancy prevention and birth spacing,
- Pregnancy testing and non-directive options counseling,
- Assistance to achieve pregnancy,
- Basic infertility services,
- Sexually transmitted infection (STI) services, and
- Other preconception health services.

Iowa HHS will work with each SR to determine what other services might be provided. Title X SRs may provide other reproductive health and related preventive health services that are considered beneficial to reproductive health such as HPV vaccination, provision of HIV pre-exposure prophylaxis (PrEP), breast and cervical cancer screening, and screening for blood pressure, obesity, smoking, drug and alcohol use, mental health, and intimate partner violence, among others.

Date Revised	September 2023
References	Title X Program Handbook, Provision of High-Quality Family Planning Services (https://opa.hhs.gov/sites/default/files/2022-08/title-x-program-handbook-july-2022-508-updated.pdf#page=18)

	2021 Title X Final Rule 42 CFR § 59.5(b)(5) (https://www.ecfr.gov/current/title-42/chapter-I/subchapter-D/part-59#59.5)
Additional Resources	About Title X Services Grant (https://opa.hhs.gov/grant-programs/title-x-service-grants/about-title-x-service-grants) – 9.22.23