



Title X Family Planning Program

Overview

The Office of Population Affairs' (OPA) Title X Family Planning Program (Title X) is the only federal grant program dedicated solely to providing comprehensive family planning and related preventive health services.

The Title X Family Planning Program is implemented through competitively awarded grants to a diverse network of public and private nonprofit health and community-based clinics. With an annual budget of approximately \$286.5 million, Title X grants play a critical role in ensuring access to a broad range of family planning and related preventive health services for millions of low-income or uninsured individuals and others.

The Need

Six in 10 women who go to a publicly funded family planning clinic consider it their usual source of medical care.¹

Publicly funded family planning clinics help prevent 1.94 million unintended pregnancies each year.²

Purpose and Activities

Family planning services are services that assist in preventing or achieving pregnancy. Title X clinics provide these services to women, men, and adolescents, with priority given to persons from low-income families. Title X services are voluntary, confidential, and provided regardless of one's ability to pay. For many clients, Title X clinics are their only ongoing source of health care and health education.

Title X clinics must provide a broad range of acceptable and effective family planning methods and services, including:

- contraceptive education, counseling, and methods (includes hormonal methods; fertility awareness-based methods; barrier methods; abstinence; and/or permanent sterilization);
- services centered around pre-conception health and achieving pregnancy (includes infertility services; STI prevention, education, screening, and treatment; HIV testing and referral; and screening for substance use disorders and referrals); and
- pregnancy diagnosis and counseling.

Title X projects may also include 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 obesity, smoking, drug and alcohol use, mental health, and intimate partner violence.

The majority of the individuals served by Title X providers are low-income, female, and under 30 years old. In order to ensure that all prospective low-income clients are able to access services, there is no charge for services to people with family incomes below 100% of the most recent federal poverty level (FPL) guidelines, and services are discounted on a sliding scale for people with family incomes between 101-250% of the FPL. In 2019, 64% of clients had family incomes at or below 100% FPL, while 88% had family incomes below 250% of the FPL.

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Title X Guidelines and Quality Family Planning

Title X services are guided by the requirements of the [Title X statute, regulations, and legislative mandates](#), and are delivered to meet the standards for quality family planning.

In 2014, OPA collaborated with the Centers for Disease Control and Prevention to create the first federal evidence-informed guidelines for the delivery of family planning and related preventative health services, [Providing Quality Family Planning Services: Recommendations from Centers for Disease Control and Prevention and the U.S. Office of Population Affairs \(QFP\)](#).³ QFP answers the questions, "What services should be offered to a client who is in need of family planning, and how should those services be provided?" The QFP recommendations support all primary care providers in delivering quality family planning services and define family planning services within a broader context of preventive services, to improve health outcomes for women, men and their (future) children.

Accomplishments

Since 1970, Title X-funded clinics have delivered the highest national standards of care to millions of individuals across all 50 states, Washington, D.C., eight U.S. territories, and Freely Associated States.

In 2019 alone, Title X clinics served more than 3.1 million family planning clients seen through 4.7 million encounters.

Among the 2.7 million female clients at risk of unintended pregnancy, 77% received an effective, medically safe contraceptive method.

Title X-funded screenings and preventive services help protect, promote, and maintain the health and well-being of clients. In 2019, Title X grants conducted nearly 5 million STD and HIV tests and 1.2 million cervical and breast cancer screenings.

Title X Information and Resources

- About Title X: <https://www.hhs.gov/opa/title-x-family-planning/index.html>
- Title X Guidelines: <https://www.hhs.gov/opa/guidelines/program-guidelines/program-requirements/index.html>
- Current Title X-funded family planning grantees, subrecipients, and clinics: <https://www.hhs.gov/opa/title-x-family-planning/title-x-grantees/index.html>
- The Family Planning Annual Report, which describes characteristics of the populations served by Title X projects, utilization of services offered, composition of revenues, and program impacts: <https://www.hhs.gov/opa/title-x-family-planning/fp-annual-report/index.html>

References

- 1 Frost, J., Gold., Hasstedt, K., & Sonfield, A. (2014). Moving Forward: Family Planning in the Era of Health Reform. New York: Guttmacher Institute
- 2 Frost, J., et al. (2017). Publicly Funded Contraceptive Services at U.S. Clinics, 2015. New York: Guttmacher Institute
- 3 Gavin, L., et al. (2014). Providing Quality Family Planning Services Recommendations of CDC and the U.S. Office of Population Affairs. MMWR, 63(4)

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