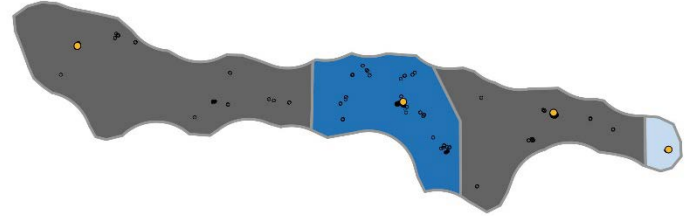


Federated States of Micronesia Department of Health and Social Affairs

The Federated States of Micronesia (FSM) is a nation consisting of 607 islands in the Western Pacific Ocean. The FSM Department of Health and Social Affairs (DHSA) has managed the nation's Title X Family Planning (FP) Program since FSM and the United States established a Compact of Free Association in 1986. DHSA allocates Title X funding to FP Programs in each of the nation's four states—Chuuk, Kosrae, Pohnpei, and Yap.¹







• Clinic locations
 Pop. per sq. mi.
■ Less than 255
■ 255 - 259
■ 260 or more

Stats at a Glance²

- ▶ Number of family planning (FP) encounters – 1,537
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 1,055 (100%); all FP users with incomes below 250% of FPL – 1,055 (100%)
- ▶ Number of tests performed for gonorrhea – 1,508, syphilis – 1,508, and HIV – 1,508
- ▶ Number of female users who received a chlamydia test – 1,005 or a Pap test – 896

Overview of Services Offered

As a Title X recipient, the FSM DHSA oversees the provision of a broad range of FP services including pregnancy prevention and birth spacing, pregnancy testing and counseling, assistance to achieve pregnancy, basic infertility services, sexually transmitted infection (STI) services, and other preconception health services. The services are voluntary, confidential, and provided regardless of ability to pay.³ The infographic below is an Overview of Services Offered within the FSM FP Program network. These data are not specific to any particular site but rather are representative of the broader grantee network. For information on services available at individual service sites, please refer to the [OPA clinic locator](#).

 Pregnancy assistance and counseling	 Contraceptive services	 STI services	 Other preventative health services
<ul style="list-style-type: none"> ● Counseling on achieving pregnancy ● Preconception health services ● Pregnancy testing and counseling ● Basic infertility services 	<ul style="list-style-type: none"> ● FDA approved long-acting contraceptives ● FDA approved short-acting contraceptives ● Natural family planning methods 	<ul style="list-style-type: none"> ○ STI and HIV education and counseling ○ STI and HIV screening and testing ○ STI and HIV treatment ○ STI self-testing ○ Expedited partner therapy ● PrEP counseling and risk assessment ● PrEP prescription services ● PEP counseling ● PEP prescription services 	<ul style="list-style-type: none"> ● Screening for breast cancer ● Screening for cervical cancer ○ HPV vaccinations ● Screening for intimate partner violence ● Screening for mental health ● Screening for obesity ● Screening for smoking, drug, and alcohol use ● Adolescent-friendly health services
LEGEND <ul style="list-style-type: none"> ● Available at all service sites ○ Available at service sites and through referrals ○ Available through referral only or not available 			

¹ Source: Data collected by Mathematica in 2023 for the Title X Implementation Study.

² Source: Family Planning Annual Report (FPAR): [2022 National Summary](#).

³ See the [Title X Service Grants web page](#) for more information on the requirements and regulations guiding Title X projects.

Equity in Practice



The geography of FSM creates unique challenges for service delivery. The country's 64 inhabited islands are spread across 2,776 square miles, meaning travel to outer islands is challenging and requires large cargo ships. In addition, some communities in the mountainous regions of the larger island, Pohnpei, are not accessible by paved road. The FSM DHSA and State FP programs collaborate strategically with other public health programs to make FP and other health services accessible for people living in hard-to-reach areas and on less populated outer islands. Public health programs pool limited resources to conduct outreach visits by boat, and program staff work together to deliver a broad range of screenings, health services, and health education at outreach visits. The FSM DHSA coordinates with the chief of primary health care to establish a schedule for routine program visits to outer islands to provide supplies and clinical services at local dispensaries. In addition, State FP programs provide education to dispensary health assistants, and offer training on implant insertion and removal for providers working in hard-to-reach areas.

Innovations in Practice



The grantee is rapidly expanding its telehealth capacity to improve access to services for clients and to increase opportunities for provider training. With support from an Office of the Assistant Secretary for Health FP Telehealth Infrastructure Enhancement and Expansion grant, FSM has implemented telehealth at service sites on the two most populated islands—Pohnpei and Chuuk. Telehealth enables provider-to-provider consultations, making it possible for clients at remote dispensaries to receive virtual medical consultations from providers at central service sites. In addition, telehealth is used to facilitate trainings and technical assistance for staff and providers located on outer islands or other hard-to-reach communities. This way, providers do not need to make long trips to receive refresher trainings and renew their certifications.

Did You Know?



FSM is characterized by small, tight-knit communities in which family and faith play a major role. To best serve these communities, federal and state public health programs develop community advisory boards and form coalitions with community leaders and faith-based organizations. Coalition members—including faith leaders and traditional leaders—are invited to FP meetings to learn about and provide input on program activities, which helps foster support for these activities in the broader community.



FSM has taken recent steps to improve its STI screening and testing capacity. New diagnostic equipment has allowed for increased testing capacity, and the recent rollout of EHR in all four states allows providers to receive and view results faster than before. The FSM DHSA plans to use FPAR 2.0 data to better track and target STI screening and expand services for STI testing.



Partnerships have been particularly essential to strengthening engagement with youth. State FP programs partner with youth groups in every state to reach adolescents with information and health services. In addition, the DHSA partners with the FSM Department of Education (DOE) to enable outreach activities in schools, including workshops for adolescents in middle and high schools. Although teenage sexuality and pregnancy have not been regularly discussed in many schools in FSM, partnership with the DOE has enabled the FP program to integrate this sexual and reproductive health education into school curriculum.

About the Title X Program

The Title X Family Planning Program, created in 1970 and authorized under Title X of the Public Health Service Act, is administered by the Office of Population Affairs (OPA) in the U.S. Department of Health and Human Services. For more information, please refer to OPA's [website](#).

Grant number: FPHPA006546

Website: <https://hsa.gov.fm/>