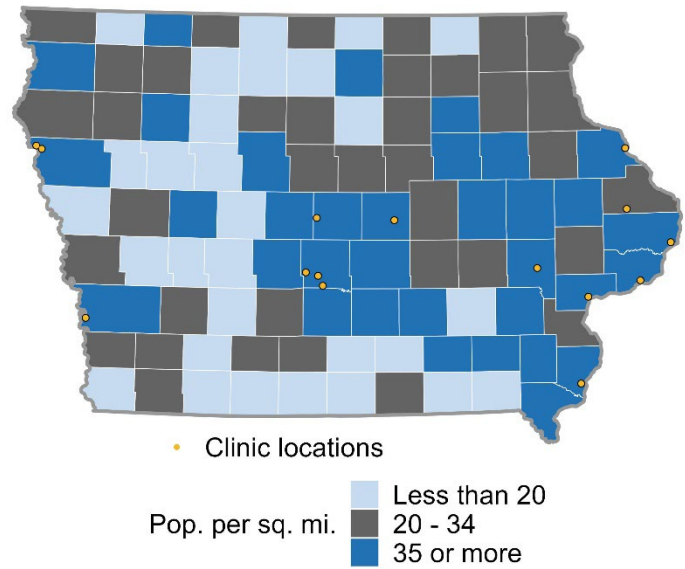


Family Planning Council of Iowa

Family Planning Council of Iowa (FPCI) is a private, nonprofit organization that has been a statewide Title X grant recipient for more than 40 years. FPCI delivers services to approximately 15,000 clients a year through subrecipients, which are free-standing family planning clinics, federally qualified health centers (FQHCs), Planned Parenthood clinics, public health departments, and hospital-based clinics.¹



Stats at a Glance²

- Number of family planning (FP) encounters – 30,121
- FP users with incomes below 100% Federal Poverty Level (FPL) – 7,207 (47%); all FP users with incomes below 250% of FPL – 11,823 (77%)
- Number of tests performed for gonorrhea – 11,467, syphilis – 4,877, and HIV – 5,434
- Number of female users who received a chlamydia test – 7,148 or a Pap test – 2,307

Overview of Services Offered

As a Title X recipient, FPCI provides 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 FPCI network. The data shown below 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

- Counseling on achieving pregnancy
- Preconception health services
- Pregnancy testing and counseling
- Basic infertility services



Contraceptive services

- FDA approved long-acting contraceptives
- FDA approved short-acting contraceptives
- Natural family planning methods



STI services

- 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



Other preventative health services

- 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

- Available at all service sites
- ◐ Available at service sites and through referrals
- Available through referral only

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



Regionally, Iowa has seen an increase in refugee and immigrant populations. FPCI subrecipients serving areas with high concentrations of immigrants are working to increase quality of care by establishing clients with a primary care home and investing in staff sensitivity training around the cultural and religious practices of these newly arrived groups. Subrecipient staff build relationships with elders in the community who can help bridge gaps in understanding between providers and clients. The elders educate providers on the unique needs and cultural considerations of these groups while discussing the importance of sexual and reproductive health services with their community members.

Innovations in Practice



To make emergency contraceptives and family planning supplies more accessible, FPCI distributes free family planning kits to anyone who needs them by working with mutual aid organizations and organizations serving refugees and survivors of domestic violence and sexual assault. Individuals can request emergency contraception online through FPCI's website. FPCI also distributes the kits at community events such as Pride, Juneteenth, and Iowa's Annual Conference for LGBTQIA+ Youth. The kits include condoms, lubricant, pregnancy tests with urine cups, and two doses of emergency contraception. To increase community awareness of Title X, the kits also have information promoting Title X services. FPCI also gave more than 1,000 kits to subrecipients to use for promoting Title X in their communities. These kits include a reproductive health guide that talks about contraception and other resources available in the state. Looking ahead, the grantee hopes to expand these efforts to include at home STI testing kits.

Did You Know?



FPCI started an affinity group for its FQHC subrecipients to share strategies that address the unique challenges these service sites face providing care under Title X, such as administrative challenges and weaving sexual and reproductive health care more seamlessly into their primary care workflows.



Every year FPCI, along with a medical committee, selects a quality improvement project. This year it is focusing on STI testing and treatment given higher STI rates across the state in recent years. The project director will use FPAR data on current STI rates as a baseline to track progress at subrecipients and to help identify any area with a higher need. FPCI will also host monthly check-in calls with subrecipients to discuss related strategies and challenges. A past quality improvement project focused on HPV vaccine uptake. The grantee also used FPAR data and monthly calls to track how often vaccines were offered and to gather information on the reasons why patients declined.



FPCI has been building partnerships with sexual assault and domestic violence organizations at the state and local level to better understand the unique needs of these clients and to connect them to Title X services. FPCI partners with the Iowa Coalition Against Sexual Assault and the Iowa Coalition Against Domestic Violence. The grantee is also working with the Monsoon Asians and Pacific Islanders in Solidarity, an organization that serves survivors of domestic violence, sexual assault, and human trafficking in Asian and Pacific Islander communities. Through this partnership, FPCI works to increase access to free or inexpensive emergency contraception and gain a better understanding of client needs.

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](#).

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Website: <https://fpcouncil.org/>