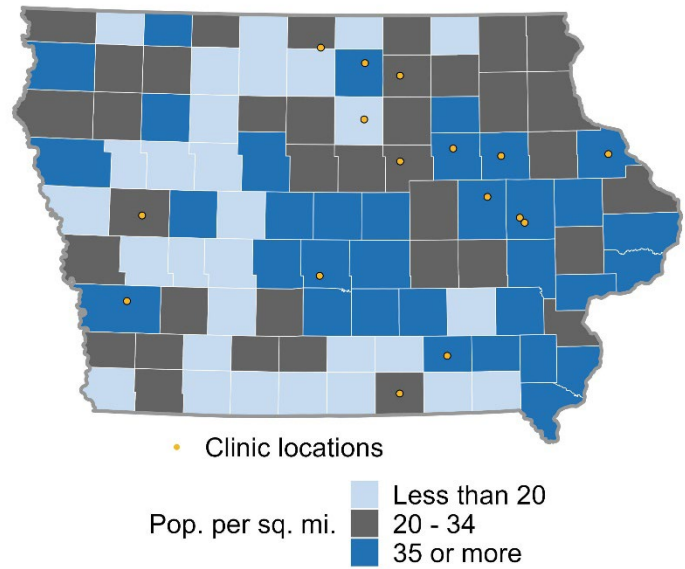


# Iowa Department of Health and Human Services

The Iowa Department of Health and Human Services (Iowa HHS) has been a Title X grantee since 1970. The grantee delivers services to approximately 10,000 clients annually through subrecipient partners operating in service sites throughout the 55 counties in Iowa. The subrecipients include federally qualified health centers (FQHCs), large health systems, a home health agency, community action organizations, public health departments, and a visiting nurse organization.<sup>1</sup>







## Stats at a Glance<sup>2</sup>

- ▶ Number of family planning (FP) encounters – 13,429
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 5,110 (66%); all FP users with incomes below 250% of FPL – 7,022 (91%)
- ▶ Number of tests performed for gonorrhea – 5,539, syphilis – 1,161, and HIV – 1,339
- ▶ Number of female users who received a chlamydia test – 4,173 or a Pap test – 2,125

## Overview of Services Offered

As a Title X recipient, Iowa HHS 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.<sup>3</sup> The infographic below is an Overview of Services Offered within the Iowa HHS 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](#).

 <b>Pregnancy assistance and counseling</b>	 <b>Contraceptive services</b>	 <b>STI services</b>	 <b>Other preventative health services</b>
<ul style="list-style-type: none"> <li>● Counseling on achieving pregnancy</li> <li>● Preconception health services</li> <li>● Pregnancy testing and counseling</li> <li>● Basic infertility services</li> </ul>	<ul style="list-style-type: none"> <li>◐ FDA approved long-acting contraceptives</li> <li>● FDA approved short-acting contraceptives</li> <li>● Natural family planning methods</li> </ul>	<ul style="list-style-type: none"> <li>● STI and HIV education and counseling</li> <li>● STI and HIV screening and testing</li> <li>● STI and HIV treatment</li> <li>● STI self-testing</li> <li>● Expedited partner therapy</li> <li>◐ PrEP counseling and risk assessment</li> <li>◐ PrEP prescription services</li> <li>○ PEP counseling</li> <li>○ PEP prescription services</li> </ul>	<ul style="list-style-type: none"> <li>● Screening for breast cancer</li> <li>● Screening for cervical cancer</li> <li>● HPV vaccinations</li> <li>● Screening for intimate partner violence</li> <li>● Screening for mental health</li> <li>● Screening for obesity</li> <li>● Screening for smoking, drug, and alcohol use</li> <li>● Adolescent-friendly health services</li> </ul>
<b>LEGEND</b> <ul style="list-style-type: none"> <li>● Available at all service sites</li> <li>◐ Available at service sites and through referrals</li> <li>○ Available through referral only</li> </ul>			

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

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

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

## Equity in Practice



Iowa HHS strives to provide services equitably across its diverse subrecipient network by using a continuous monitoring, data-driven approach to care. In addition to statewide data systems such as the Iowa Barriers to Prenatal Care Survey, Pregnancy Risk Assessment Monitoring System, and STI/HIV data, Iowa HHS maintains a family planning–specific data system to collect performance data. In addition to general information on number of clients served and services provided, Iowa HHS also collects information on pregnancy intentions, chlamydia, gonorrhea and HIV screening rates, demographics, and measures of the social determinants of health, such as poverty level. Subrecipients can pull their own reports from the system for program monitoring and quality assurance. Iowa HHS staff, with the assistance of the department epidemiologist, have access to the data in real time and monitor quality metrics across the network. Based on results, they work closely with subrecipients to improve services and, if needed, to address any health disparities. For example, staff worked closely to increase chlamydia screening rates at all clinics by providing targeted technical assistance, sharing resources during site visits, and offering financial incentives for meeting screening targets. These efforts have led to steadily improving screening rates across the network. Iowa HHS pays close attention to monitoring metrics for clients ages 12–20 to ensure that services are meeting the needs of adolescents.

## Innovations in Practice



Iowa HHS uses an innovative Collaborative Service Area (CSA) to deliver services for multiple statewide programs serving women and children including Title X; Title V Maternal, Child, & Adolescent Health; the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC); I-Smile, a statewide program that connects people to dental care; & 1st Five, a public-private partnership focused on children from birth to age 5. The CSA structure allows for a collaborative approach to address the needs of clients and creates a strong infrastructure that enables clients to be served seamlessly. For Iowa HHS subrecipients, the CSA structure has made it easier for providers to facilitate referrals to prenatal services and residential treatment facilities for substance misuse, and increase access to support services for intimate partner violence and to local health and welfare departments such as WIC. Contractors across the CSA network come together for annual meetings and learning collaboratives. A recent focus has been training and supporting staff across the CSA on depression screening with the Edinburgh Postnatal Depression Scale, so clients at any point of entry can be referred to mental health services and other resources across the state if needed.

## Did You Know?



To meet the family planning needs of people facing unique barriers to care, such as new parents, Iowa HHS is contracting with a subrecipient that provides visiting nurse services to high-risk populations. Providers at this organization will be able to conveniently offer Title X services during postpartum home visits, removing barriers related to transportation and child care in rural areas of the state. For services not available in the home, visiting nurses can refer clients to other Title X clinics in the area.



Iowa HHS created a patient satisfaction survey that was reviewed by the Association of State and Territorial Health Officials. Service sites throughout its network can use the survey to collect information on clinic environment, satisfaction with care, provider interactions, and demographics. The survey has been translated into several languages. Iowa HHS analyzes the data and sends feedback to subrecipients quarterly for quality improvement.



To meet its goal of showing how whole-body health can be supported in FP clinics, Iowa HHS collaborates with the statewide I-Smile Oral Health program on an educational campaign about the importance of the HPV vaccine in preventing cancer. Educational materials promoting the HPV vaccine and oral health tips are distributed at Title X service sites, WIC clinics, and dental offices. Information about the HPV vaccine is also available on the I-Smile website. Data on HPV vaccinations by clinic are collected and monitored in Iowa's FP data system.

## 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://hhs.iowa.gov/programs/programs-and-services/family-health/planning>