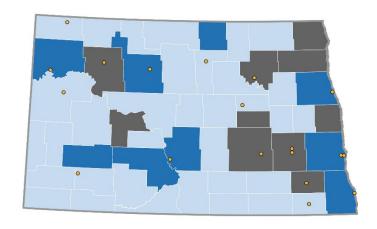
The North Dakota Department of Health and Human Services

The North Dakota Department of Health and Human Services (NDHHS) is a state-level agency that has been a Title X grant recipient since the early 1970s. The grantee offers Title X services across the state through a network of nine subrecipient agencies. Service sites include a mix of local public health units, family planning clinics, federally qualified health centers (FQHCs), school-based health centers, correctional facilities, and a nonprofit organization.¹

Stats at a Glance²

- Number of family planning (FP) encounters 8.830
- FP users with incomes below 100% Federal Poverty Level (FPL) 1,909 (41%); all FP users with incomes below 250% of FPL 3,243 (70%)
- Number of tests performed for gonorrhea 3,463, syphilis 1,607, and HIV 2,016
- Number of female users who received a chlamydia test – 1,962 or a Pap test – 760



Clinic locations

Pop. per sq. mi. Less than 5 5 - 9 10 or more

Overview of Services Offered

As a Title X recipient, the NDHHS 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 NDHHS 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
- achieving pregnancyPreconception health services
- Pregnancy testing and counseling
- Basic infertility services



Contraceptive services

- FDA approved longacting contraceptives
- FDA approved shortacting 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 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 <u>Title X Service Grants web page</u> for more information on the requirements and regulations guiding Title X projects.

Equity in Practice



Since 2019, NDHHS has provided telehealth services and short- and long-term reversible contraception services to women living at a correctional facility in the southwest corner of the state. This group has historically had poor access to contraceptive care. A Bismarck-based Title X clinician offers telehealth consultations for women to learn about their contraceptive options before their release. Staff at the correctional facility administer prescribed oral contraceptives, and a Title X provider travels to the correctional facility once a month to perform insertions of long-acting reversible contraceptives. Expanding these services ensures that women involved with the justice system have access to a wide array of free contraceptive options before their release.

Innovations in Practice



Before 2019, a lack of clinician availability, staffing shortages, and the limited scope of practice for registered nurses made Title X services hard to access in remote or rural regions. To address these challenges, NDHHS advocated to amend a 2019 pharmacy bill (Senate Bill No. 2155) to expand the medical dispensing rights of registered nurses in the state to include the birth control pill, patch, or ring if ordered by a clinician, even if that clinician is not on site. Once the bill passed, registered nurses across the Title X network were able to immediately dispense the birth control pill, patch, or ring. This ensured that patients living in rural or remote regions had the same access to contraceptive services as those living in more populated areas of the state.

Did You Know?



The NDHHS Community Engagement Unit (CEU) includes tribal health liaisons, a New American Foreign and Immigrant advisory board, an LGBTQIA+ advisory board, and a youth advisory board. The connection with the CEU ensures that NDHHS is responsive to the needs of tribal, non-English speaking, LGBTQIA+, and youth populations across the state. This information allows NDHHS to deliver Title X family planning services that are tailored and responsive to the needs of each respective community.



The grantee uses FPAR data to develop annual fact sheets for each service site. As of 2021, subrecipient fact sheets include data on patient care services across income levels, insurance types, telehealth appointments, and patient race and ethnicity. Tracking these demographic and service data across years allows clinic staff, subrecipient directors, and NDHHS to learn more about the populations they serve. NDHHS uses the data to implement improvement processes to deliver quality care and address disparities across subrecipient agencies.



The NDHHS Title X leadership team meets with the North Dakota Division of Disease Control quarterly to discuss STI rates, brainstorm about how to increase STI testing, and plan outreach events. The team collaborates with community groups also partners to increase STI testing and awareness at LGBTQIA+ Pride community events. For example, the two departments partnered to offer a mobile testing truck for on-site STI testing. In addition, through this ongoing partnership, each agency works together to promote access to care from various groups they serve by ensuring their STI awareness and family planning dissemination materials are aligned and highlight one another's services.

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: FHPA006519

Website: https://www.hhs.nd.gov/cfs/family-planning

