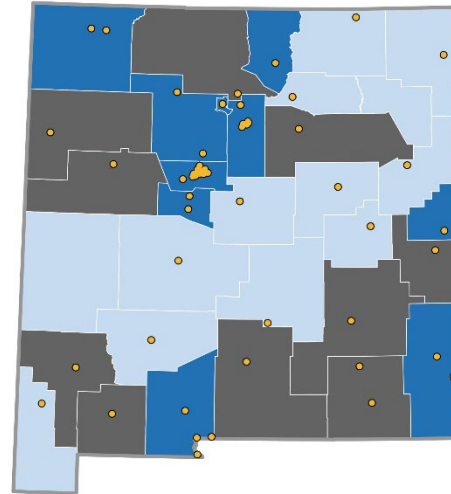


New Mexico Department of Health

The New Mexico Family Planning Program (NM FPP) is a health department that has been a statewide Title X grant recipient since the 1980s. NM FPP delivers services to approximately 10,000 clients through public health offices overseen by the New Mexico Department of Health, as well as school outreach sites and clinics across New Mexico.¹

Stats at a Glance²

- ▶ Number of family planning (FP) encounters – 11,744
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 5,752 (88%); all FP users with incomes below 250% of FPL – 6,499 (99%)
- ▶ Number of tests performed for gonorrhea – 6,037, syphilis – 64, and HIV – 47
- ▶ Number of female users who received a chlamydia test – 3,109 or a Pap test – 1,354







• Clinic locations

Pop. per sq. mi. ■ Less than 5 ■ 5 - 14 ■ 15 or more

Overview of Services Offered

As a Title X recipient, NM FPP 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 NM FPP 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	 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
<p>LEGEND</p> <ul style="list-style-type: none"> ● 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



NM FPP strives to provide services that are youth friendly—for example, bringing services closer to teens by supporting school-based health centers and service sites near schools. Leveraging long-standing partnerships between local health departments and communities, nurses from NM FPP visit schools to give presentations about the family planning services available to youth. NM FPP also oversee teen pregnancy prevention programs that are implemented by community-based organizations. These programs are concentrated in counties with high teen birth rates. To ensure youth are aware of services available to them, each class that is going through the pregnancy prevention curriculum must visit the local public health office or the local health clinic to learn about family planning services and how to access them. This has proven effective in increasing youth access to services.

Innovations in Practice



NM FPP found that the preferred method of contraception for youth ages 19 and younger is the subdermal arm implant, aka Nexplanon. Equipped with this information, the grantee partnered with a media company on a social media campaign to increase youths' knowledge about implants. The program published ads on social media and shared relevant messaging via teens' phones whenever they visited places such as malls, theaters, and stores. The campaign ran six months out of the year for five years, focusing on the months surrounding prom and the beginning of the school year. In the quarter following each campaign cycle, the grantees' public health offices saw an uptick in teens' use of implants. The ad click-through rate was higher than the industry standard, highlighting the campaign's success. The campaign ensured that ads were culturally appropriate and representative of youth in New Mexico. Although the campaign ended, the program learned about the benefits of targeted marketing to improve access to contraceptives among youth.

Did You Know?



Using OPA funds, NM FPP implemented telehealth services across New Mexico. Telehealth has connected clients to providers via phone or through a hybrid model in which clients come into the public health office, and a nurse connects them to a clinician virtually. This allows same-day access to services even on days when a clinician is not staffed in a given office. Although the grantee launched telehealth services pre-pandemic, the pandemic prompted NM FPP to quickly build its infrastructure and train staff to ensure clients received services in the new COVID landscape.



Because of the state's rural and frontier nature, service providers can have problems obtaining continuing education credits. To fill this gap, NM FPP participates in the Reproductive Health Echo virtual training program in partnership with the University of New Mexico. These training sessions are held twice a month and include both a training and a case presentation that allows clinicians, nurses, and other interested staff to apply what they learn. The training helps clinicians and nurses maintain their licensure without expensive and burdensome travel.



NM FPP's structure as a centralized state health department supports the integration of family planning, STI, and social services at the county level. For example, STI services are co-located in the public health offices, so there is no need to refer clients out for testing or treatment. If a client comes in for a family planning visit, the clinician can also provide STI services in the same visit. That is also the case for contract agreement sites. Clients are also easily referred to social services from their family planning appointments. Each county public health office has a resource manual to help a client access services like food assistance, housing, and Medicaid. If a clinician at a county health office cannot address the specific needs of a client because it's out of their clinical scope, providers can refer them to the health center across the hall or to another social service partner that may be co-located there.

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://www.nmhealth.org/>