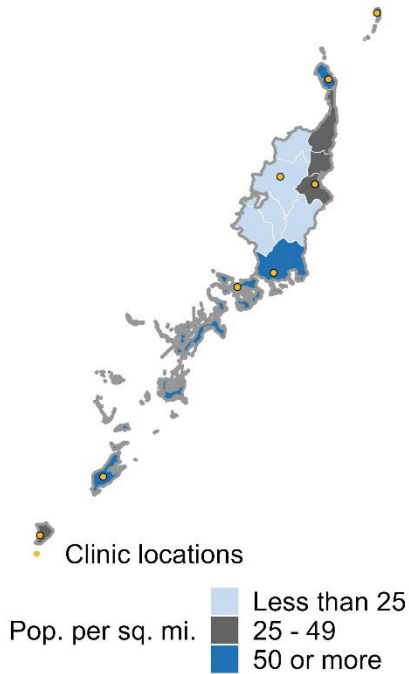


# Palau Ministry Of Health

The Palau Ministry of Health and Human Services (MHHS) has provided direct family planning services since the early 1970s. The Family Planning (FP) Program is positioned under the broader Family Health Unit within the Division of Primary & Preventive Health Services. Its Title X grant provides funding to one hospital and eight federally qualified health centers (FQHCs).<sup>1</sup>





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

- ▶ Number of family planning (FP) encounters – 1,313
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 690 (92%); all FP users with incomes below 250% of FPL – 737 (98%)
- ▶ Number of tests performed for gonorrhea – 48, syphilis – 49, and HIV – 0
- ▶ Number of female users who received a chlamydia test – 49 or a Pap test – 28



## Overview of Services Offered

As a Title X recipient, the MHHS 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 MHHS's 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"> <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>
<p><b>LEGEND</b></p> <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 or not available</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.

## Innovations in Practice



MHHS's FP Program partners with other public health programs to facilitate culturally responsive STI and HIV screening services. Given the stigma associated with sexuality and sexual and reproductive health services, the partners have found it beneficial to provide STI and HIV screening at core health resource centers that offer a broad range of free screening and education services—such as cancer screening, prenatal care, hypertension screening, and cholesterol control—instead of using dedicated STI and HIV screening sites for that purpose. Similarly, when doing outreach to communities in outlying areas, the program partners with teams providing screening and services related to immunizations, oral health care, chronic disease, tobacco use, and mental health. These events are promoted as opportunities for people to receive general health screening and education. This strategy of integrating culturally sensitive services with other health services in a comprehensive screening approach reduces stigma and promotes positive health-seeking behavior across all sectors.

## Did You Know?



The population of Palau is small (approximately 17,000), and there is a sense that "everyone knows everyone" on the island. Along with this come issues related to confidentiality. The FP program manages to provide a broad range of FP and sexual and reproductive health services to the population with limited resources and trained staff. In some instances, the program uses civic action teams—U.S. military deployments supporting construction, medical care, and other projects on Palau—to provide sensitive health care services, as some Palauans feel more comfortable receiving care from a non-Palauan provider. The issues around confidentiality on the island also bolster the grantee's interest in building a strong telehealth practice, which would make it easier for providers and clients to discuss sensitive issues discretely.



Providers in Palau acknowledge a gap in using available FP data via regular feedback loops and other data tools. The grantee is interested in collaborating with other providers in Palau—working in different health care sectors that have been more successful in using data to drive program change—and with external technical partners to improve its use of quality indicators and performance measures, noting the crucial role these data can play in program change.



In addition to partnering with other programs within the Ministry of Health, the FP program has a long history of cultivating successful partnerships with other community groups, including the Community Advocacy Program (CAP), which carries out educational campaigns. The FP Information and Education Advisory Committee and CAP develop culturally appropriate educational materials. Together, CAP works with the FP program's Information & Education Committee and the Early Childhood & Comprehensive Systems to develop radio talk shows and outreach to schools.

## 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: FPHPA006549

Website: [www.palauhealth.org](http://www.palauhealth.org)