

FAMILY PLANNING

A PUBLIC HEALTH SUCCESS STORY

2012 Summary

The Centers for Disease Control and Prevention has identified family planning as one of the most significant U.S. public health achievements of the 20th century.¹ This report describes how the public's investment in family planning improves the health of Washington's families, communities and economy.



CONTACT US

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<http://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/HealthcareProfessionsandFacilities/PatientCareResources/FamilyPlanningResources/MonitoringToolsProtocolsandPublications.aspx>.

For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).

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MORE THAN BIRTH CONTROL

Family planning care addresses contraception, infertility, and a wide range of risk behaviors and health conditions that affect reproductive health and chances of having a healthy pregnancy.

Services include:

- Physical exams
 - Birth control methods, sterilization
 - Breast, cervical, and testicular cancer screening
 - Diagnosis and treatment of sexually transmitted diseases
 - Pregnancy testing
 - Counseling and education
 - Community education and outreach
 - Referrals to preventive health and social services such as primary care, nutrition services, and immunizations
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FAMILY PLANNING FACTS

An average woman wanting two children will spend five years pregnant or trying to get pregnant and roughly 30 years trying to prevent pregnancy.²

A woman with a planned pregnancy is more likely to have a healthy baby. Women with unplanned pregnancies are less likely to get adequate prenatal care.

Access to affordable, effective contraceptive methods is critical to preventing unintended pregnancies and abortions.

Access to local family planning services helps prevent sexually transmitted diseases and infertility caused by these diseases.

Some birth control methods help reduce chronic disease and cancer.³



State and federally funded family planning agencies are designated **essential community providers** under the Affordable Care Act (ACA).

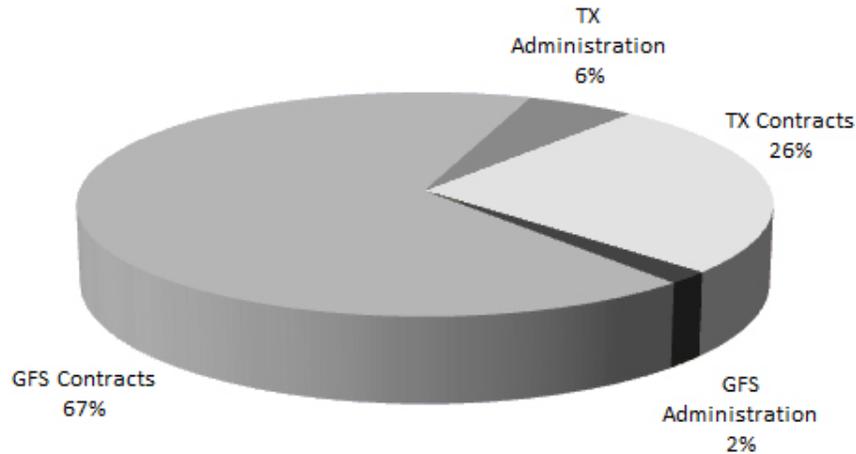
The ACA offers improved access to contraceptive and other health services. There will still be people who cannot access these benefits for a variety of reasons including provider shortages, missed enrollment windows, or need for confidential care.

Publicly funded family planning centers fill this gap. They are often the only source of care for women who live in one of Washington's many health care shortage areas or a location where few, if any, providers are willing to accept Medicaid patients.⁴

2012 FAMILY PLANNING EXPENDITURES

Family Planning is supported by Federal Title X and General Fund State

Title X Federal Grant (TX): **\$4,158,012** General Fund State (GFS): **\$9,118,303**



Each year in Washington:

- More than 107,000 women get pregnant⁵
- About 51,000 (48%) pregnancies are unintended⁴
- Nearly 20,000 end in abortion⁵
- There are nearly 402,000 women in need of publicly funded contraceptive services and supplies⁶

OUR PARTNERS INCLUDE

Washington State Council on Family Planning*
Washington State Health Care Authority
Take Charge Family Planning Program

* Membership on the council includes: local health jurisdictions (8); Planned Parenthood agencies (4); and independent family planning clinics (3).

COST BENEFITS

Publicly funded family planning services yield a **net savings of \$5.68 for every \$1 invested**.⁶

In FY 2012, Washington's Medicaid program paid for 41,650 births at an average cost of \$10,136. About 50% of these births were unintended.⁷

The average annual cost for publicly funded contraceptive care in Washington is \$335 per person.⁸

SOCIAL & ECONOMIC BENEFITS

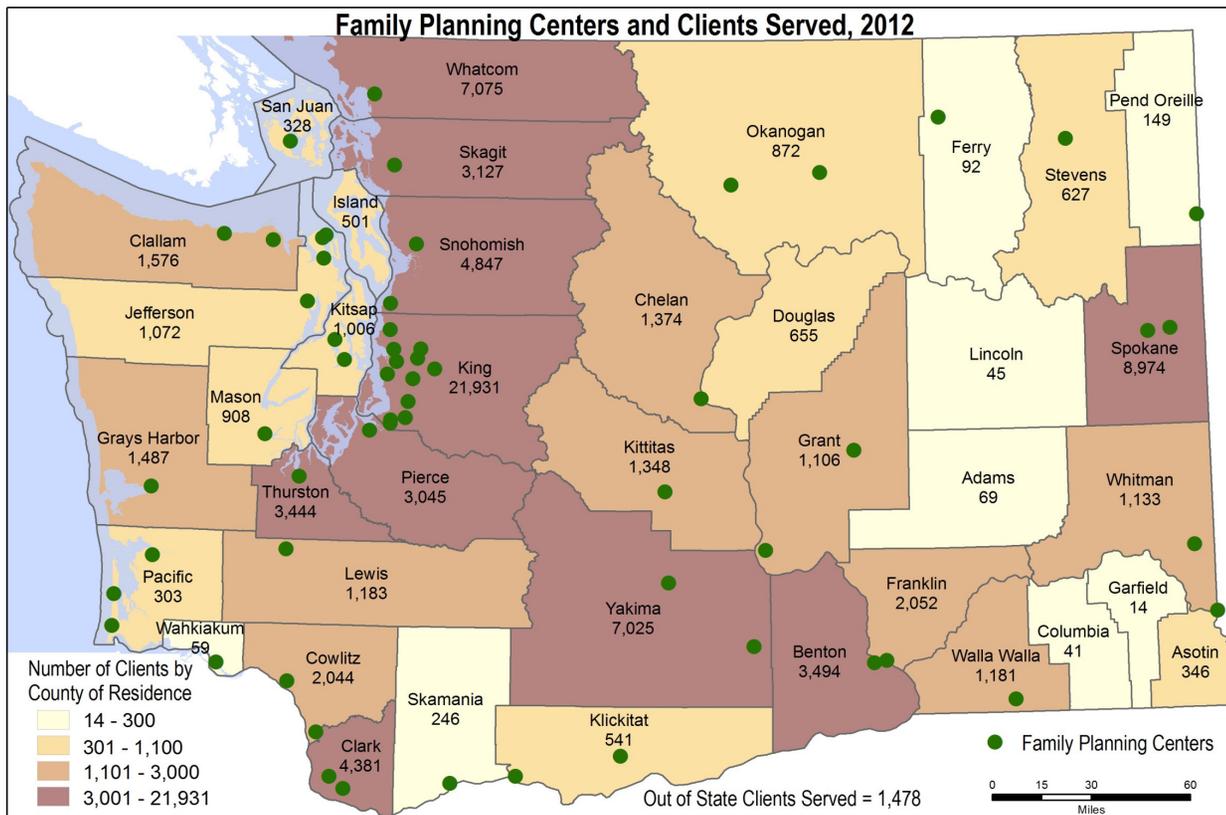
Access to contraception enables women to:

Take better care of themselves or their families⁹

Support themselves financially⁹

Complete their education⁹

Get or keep a job⁹



2012 FAMILY PLANNING STATISTICS

The Department of Health distributed Title X and State family planning funds to **16 agencies*** supporting **59 family planning centers** throughout Washington.¹⁰

* 15 agencies received state and federal (Title X) funds; 1 agency received state funds only

Clients served:

91,179 total clients¹¹

86,846 women; 4,333 men¹¹

89% of the women were 18 or older, 11% were women under 18¹¹

66% had income at or below the federal poverty level¹¹

An estimated 288 unintended pregnancies are prevented per 1,000 users of publicly funded contraceptive services.⁸ In 2012, the program's contraceptive services prevented nearly **22,600 unintended pregnancies** including:

9,900 unplanned births

9,500 abortions

3,200 miscarriages

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- ⁶ Frost JJ, Zolna MR, Frohwirth L. Contraceptive Need and Services, 2010: National and State Report. New York, NY: Guttmacher Institute; 2013.
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- ⁹ Sonfield A. What Women Already Know: Documenting Social and Economic Benefits of Family Planning. New York: Guttmacher Institute, 2013.
- ¹⁰ Washington State Department of Health. FPRH 2012 Directory of Family Planning Clinic Sites.
- ¹¹ Washington State Department of Health. Washington State Family Planning Client Data Sheet-2012. Available at: <http://www.doh.wa.gov/portals/1/Documents/Pubs/930-119-ClientDataSheet.pdf>