



Indiana Family
Health Council



2018 FAMILY PLANNING REPORT

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Kristin A. Adams, Ph.D.
President/CEO



Letter from the President & CEO

Kristin A.
Adams, Ph.D.

The Indiana Family Health Council, Inc. (IFHC) facilitates, promotes and advocates for healthy outcomes for individuals, families and communities. One of the ways we accomplish our mission is through the Indiana Family Planning Partnership Program, which utilizes the Title X family planning grant, Title XX and TANF funds.

The Indiana Family Planning Partnership program provides funds to 11 entities to improve outcomes for men, women and adolescents through quality family planning and reproductive health services. For many of the clients served, this program is the only place they receive health care. Patients are seen regardless of insurance status or ability to pay.

Our success is measured by numbers: in 2017 over 23,000 Hoosiers received family planning services from our funded program; 4,680 unintended pregnancies were prevented; 1,580 abortions were prevented; 450 cases of sexually transmitted infections were prevented; and over \$25,000,000 in maternal and birth-related costs were saved from contraceptive services provided. Behind every one of these numbers is a patient. IFHC assures each individual is provided quality health services, treated with respect, and given confidentiality.

Indiana has a long road ahead to improve the health of its population. One way the Indiana Family Planning Partnership strives for healthy clients is by assisting individuals in planning their families. Before a patient gets pregnant, the goal is to help individuals quit smoking, have them utilize folic acid, achieve a healthy weight and address any other health conditions prior to pregnancy. IFHC will continue with its goal of achieving healthy outcomes for Hoosiers by providing quality family planning services to those in need. As more individuals are seeking family planning and reproductive care, IFHC is always looking for ways to expand and broaden our ability to reach new clientele.

The board and I would like to thank everyone who supports the work we do ranging from staff, sub-grantees, donors, patients and the general public. If you are interested in learning more about IFHC or wanting to donate, please visit our website at www.ifhc.org.

Kristin A. Adams, Ph.D.

President and CEO, Indiana Family Health Council

What is family planning?

Family planning is one of the 10 greatest health achievements of the twentieth century.¹² According to the World Health Organization (WHO), family planning is the ability of individuals and couples to achieve their desired number of children and spacing of their births. Family planning offers a variety of services including: contraception, including abstinence and fertility based awareness methods; pre-conception counseling and infertility management.

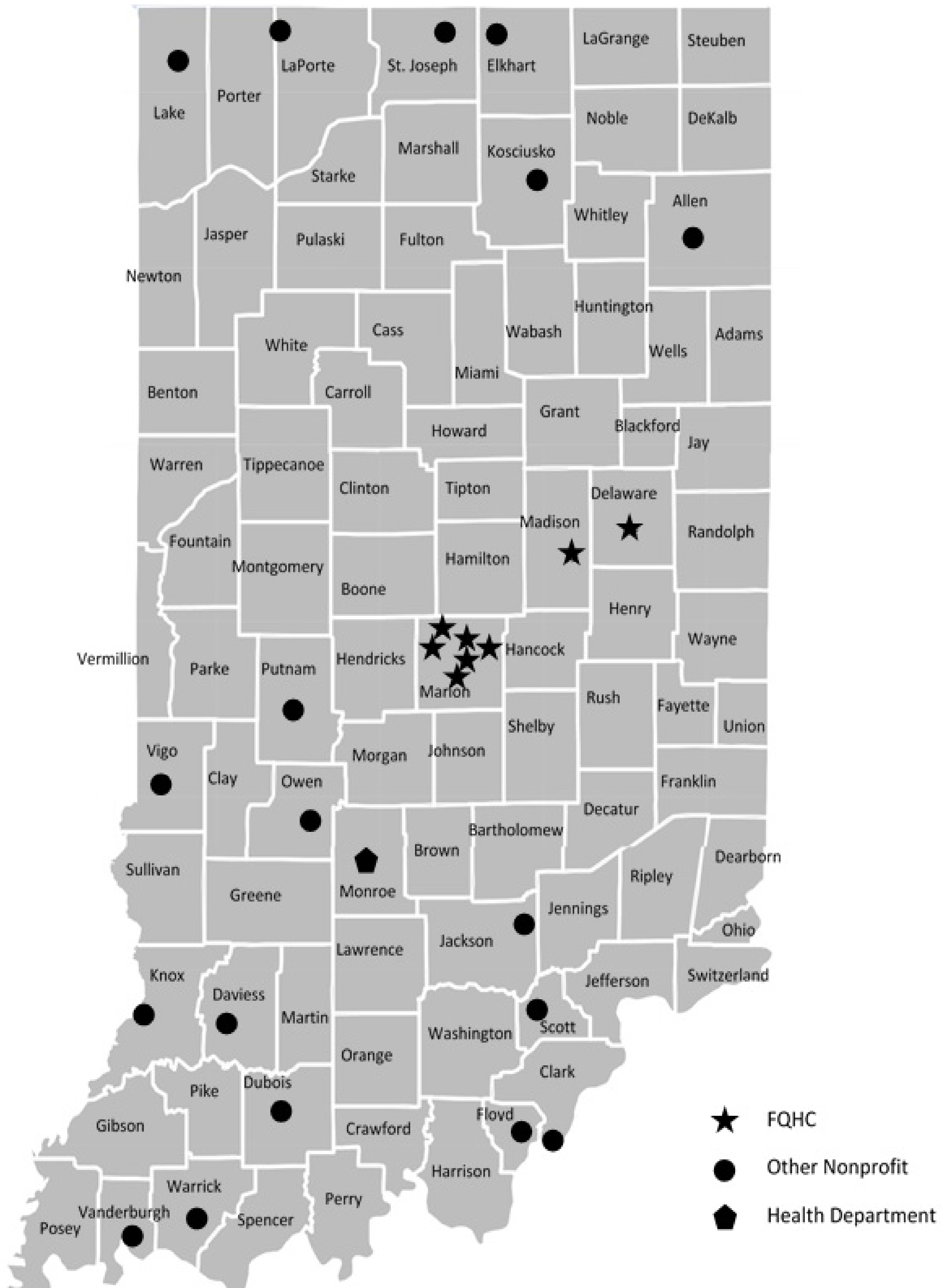
WHO does not recognize abortion as a family planning method. Family planning services have three overarching principles: it reduces unintended pregnancies, thus reducing abortion rates; it reduces the spread of sexually transmitted infections (STIs) and it helps reduce rates of infertility. The benefits of family planning include; protects women's and children's health, improves women's opportunities for education, employment and full participation in society; and reduces poverty.¹³

IFHC has provided access to quality family planning needs for Indiana since 1976. Our services are open to anyone, but the primary focus is for those who are low income, uninsured and under-insured. IFHC does this work through a diverse network of sub-grantees. Currently, services are provided through 11 sub-grantees and 28 clinics located in 22 counties.

Family planning services offered:

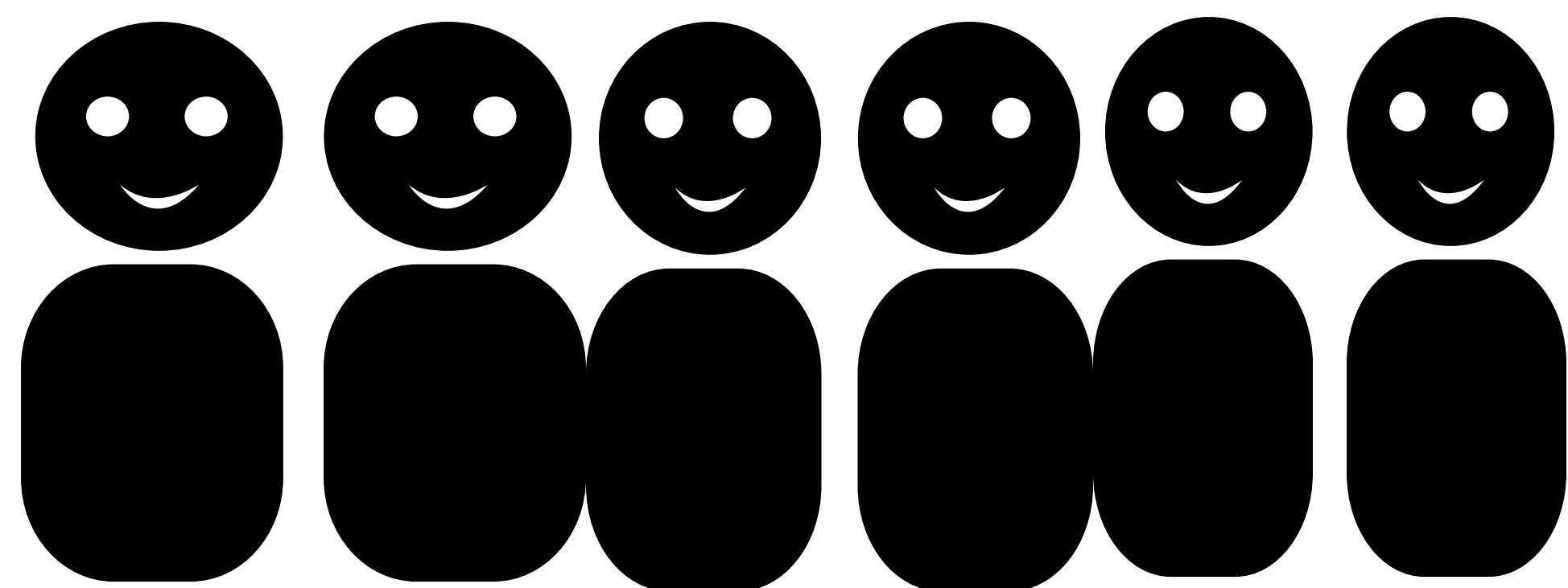
- Contraceptives and counseling
- Men's and women's wellness exams
- Breast and cervical cancer screenings
- Pregnancy testing and counseling
- Sexually transmitted infection (STI) and HIV testing and treatment
- Fertility counseling and referral
- Pre-conception health and education

Title X clinic locations



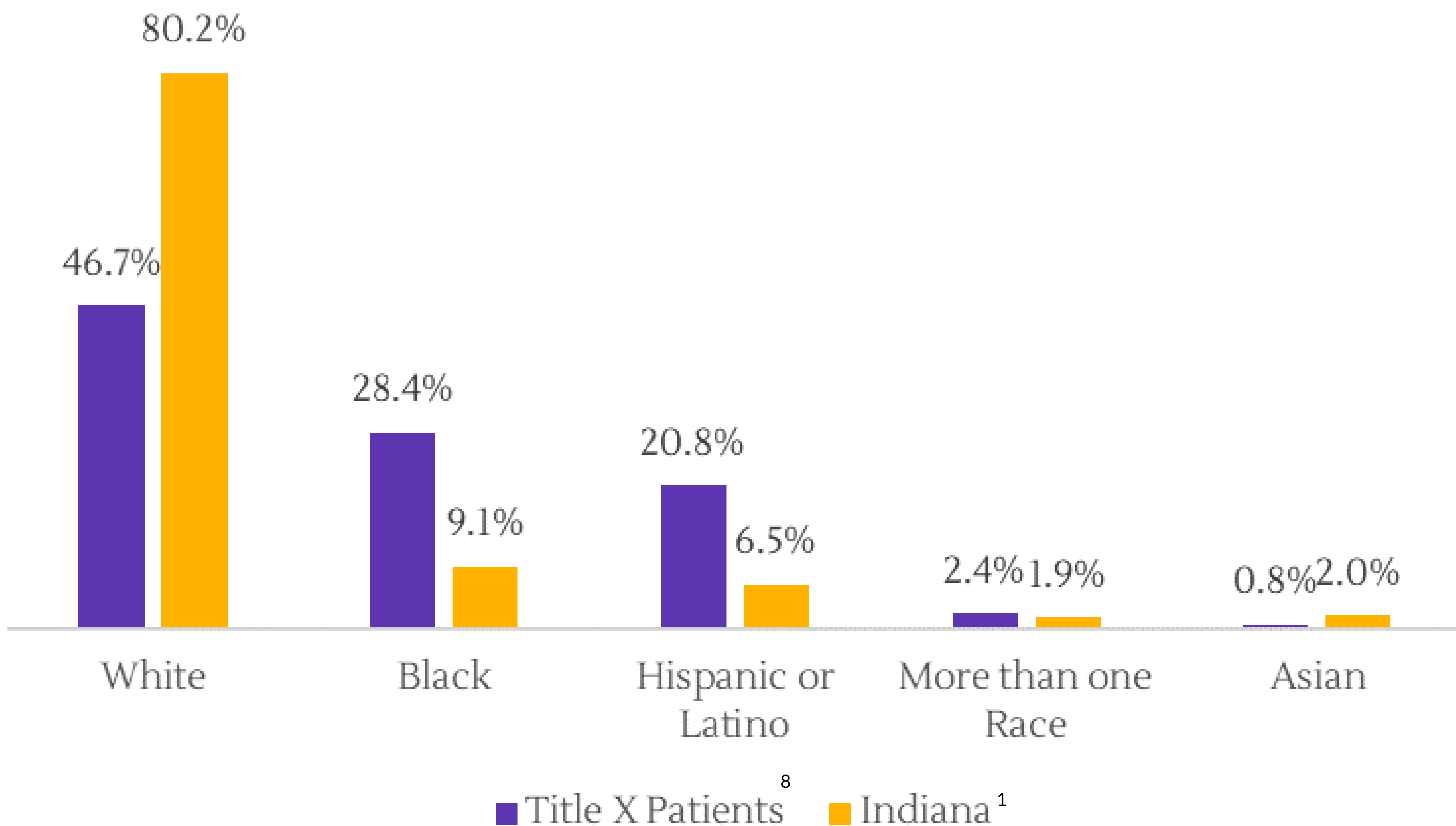
Title X in Indiana

Who we serve:



From 2013-2017, Indiana Title X⁸ providers served nearly 90,000 individuals, providing them access to reproductive health services, counseling and referrals. In 2017, 23,887 individuals were served.

Race of Individuals Served by Title X in 2017 Compared to the State as a Whole



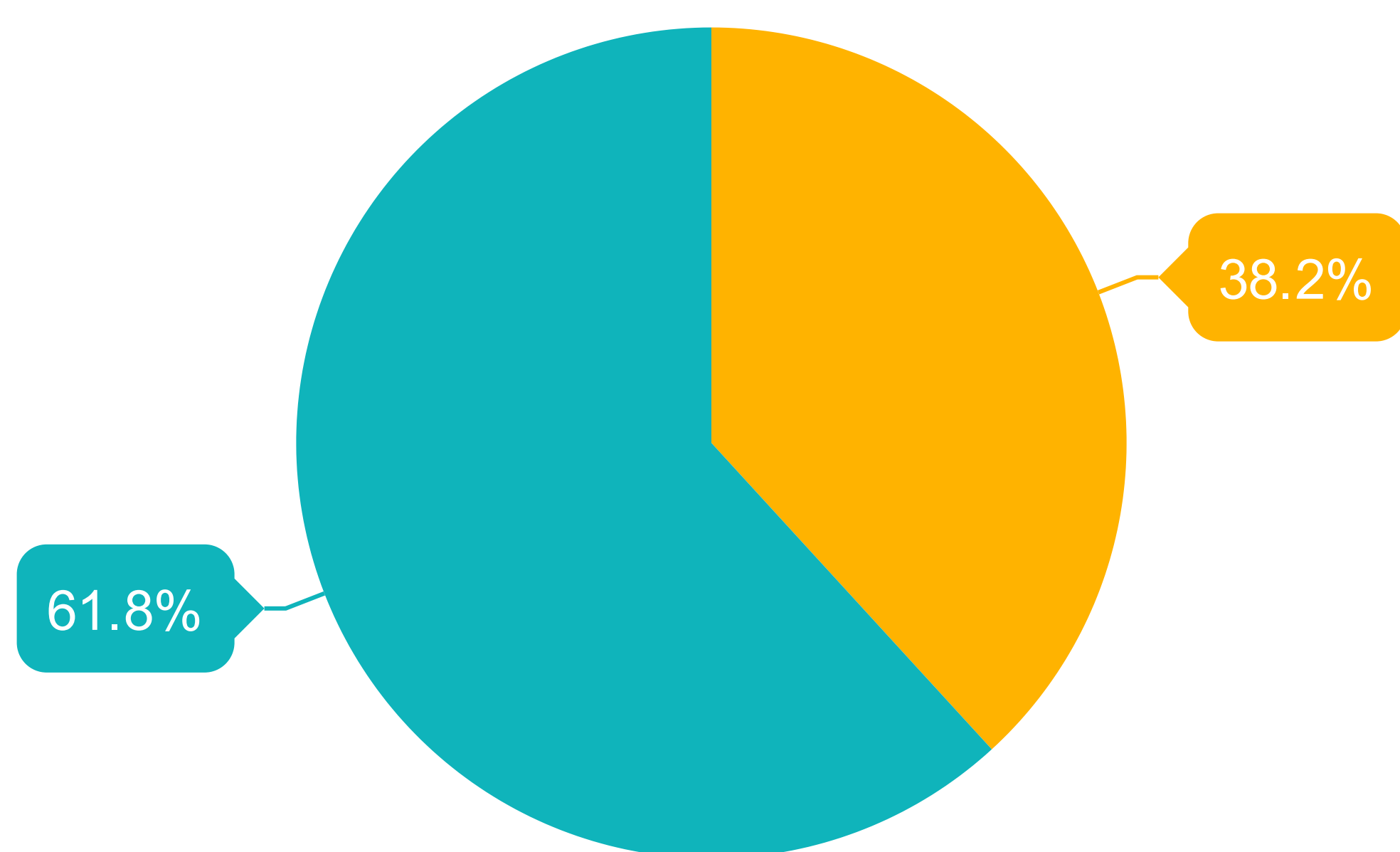
Title X in Indiana

Who we serve:

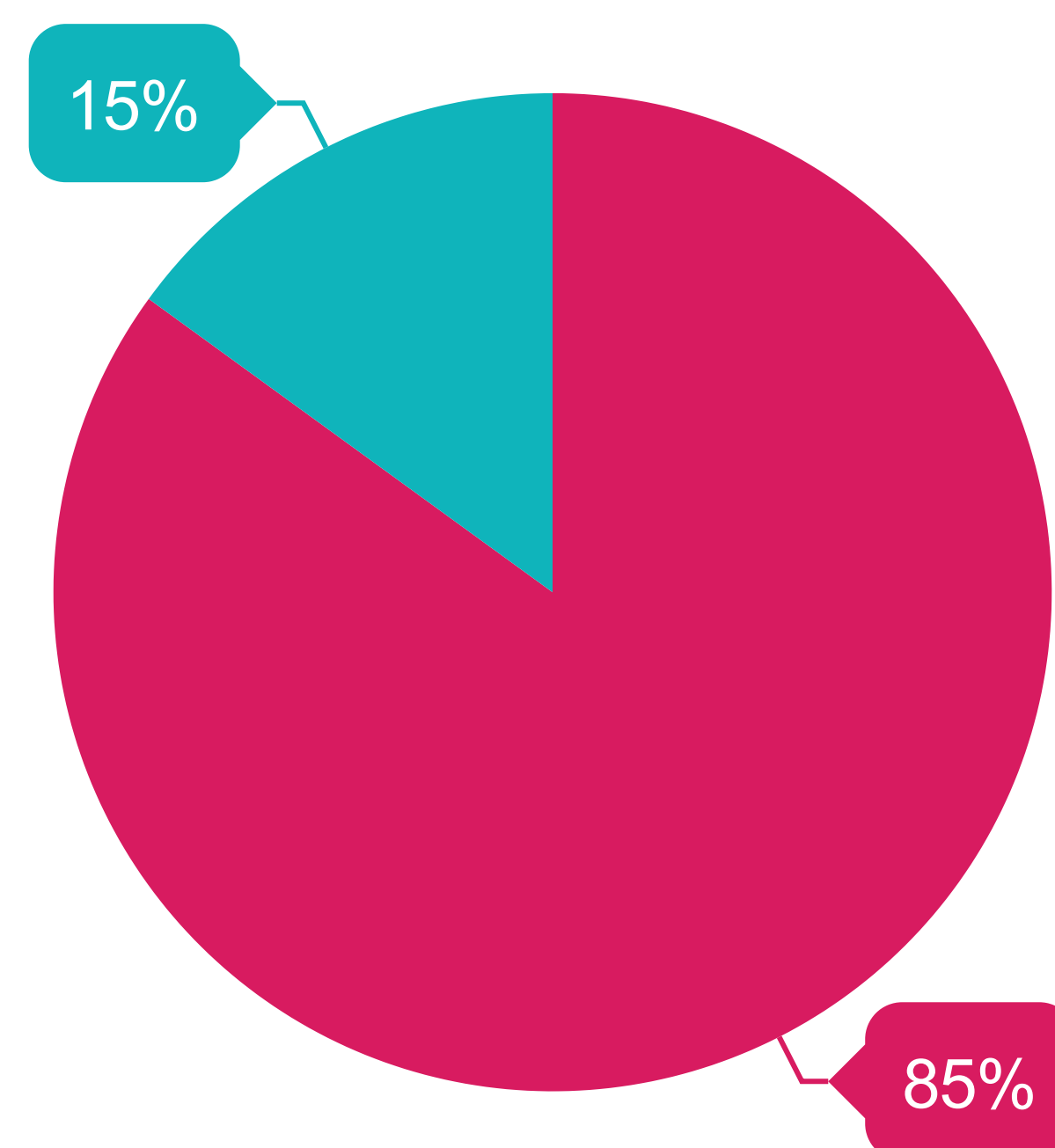
In 2017, the unemployment rate in Indiana was 3.6 percent.³ However, 36.1 percent of Title X patients served were unemployed.⁸

In 2016, 11.5 percent of Hoosiers were uninsured.⁴ In 2017, 53.5 percent of Title X patients served were uninsured.⁸

Title X patient poverty level ⁸



Ind. residents poverty level ²



■ Above poverty level (38.20%) ■ Below poverty level (61.80%)

■ Above poverty level (85%) ■ Below poverty level (15%)

Impact of family planning services in Indiana

In 2016, the Indiana State Department of Health reported:¹¹

- 30,847 cases of chlamydia
- 9,451 cases of gonorrhea
- 326 cases of syphilis
- 507 new reports of HIV/AIDS. At the end of 2016, there were 12,175 individuals living with HIV/AIDS
- Title X clinics identified 6.1 percent of chlamydia cases and 5 percent of gonorrhea cases.

STD services offered by Title X in 2017:

1,796

men tested for chlamydia/gonorrhea⁸

8,778 HIV tests conducted⁸

In 2016, 63.5 percent of female patients under 25 were screened for chlamydia. In 2017, this increased to 68.3 percent.⁸

17,792 STD tests conducted⁸

10,857

women tested for chlamydia/gonorrhea⁸

Impact of family planning services in Indiana

Our work with cervical cancer prevention:

In 2015, Indiana rates for cervical cancers were 8.6 per 100,000 women.¹⁰

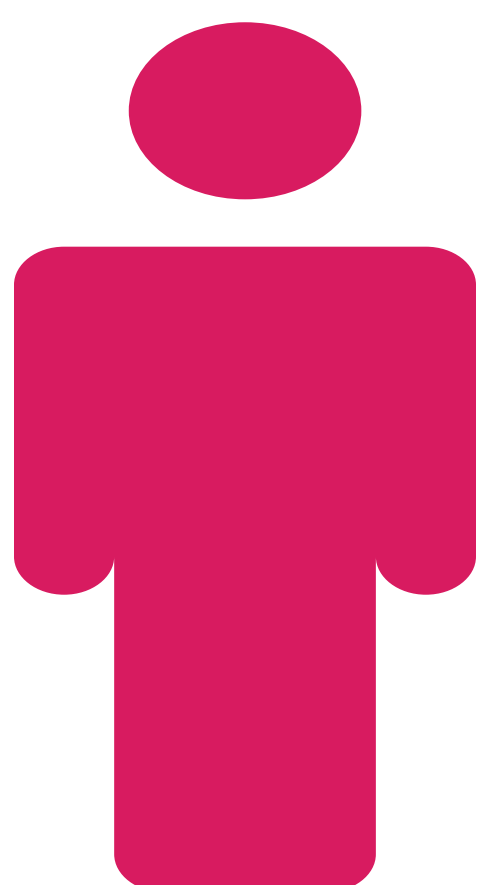
4,849

Pap tests performed in 2017⁸

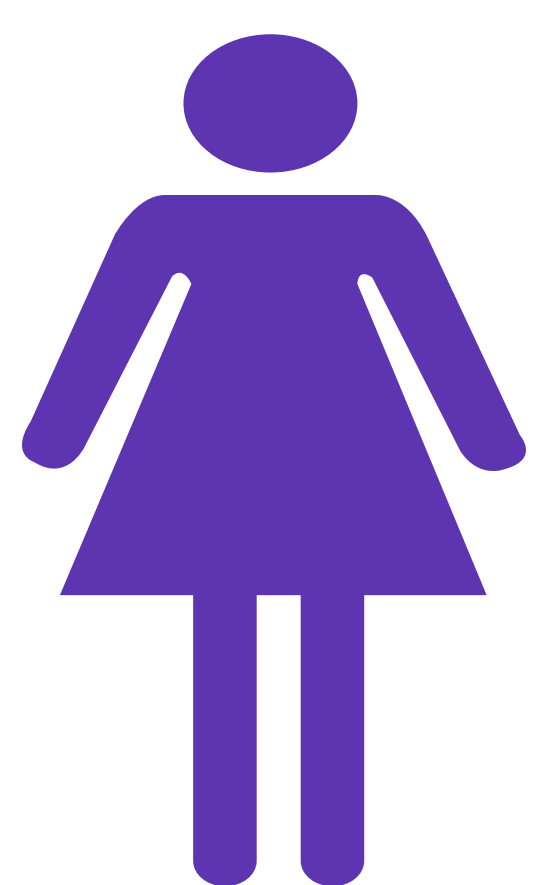
900

Number of abnormal results from a pap test in 2017.⁸

5,788 women received a clinical breast exam and 39 were referred for further evaluation.⁸

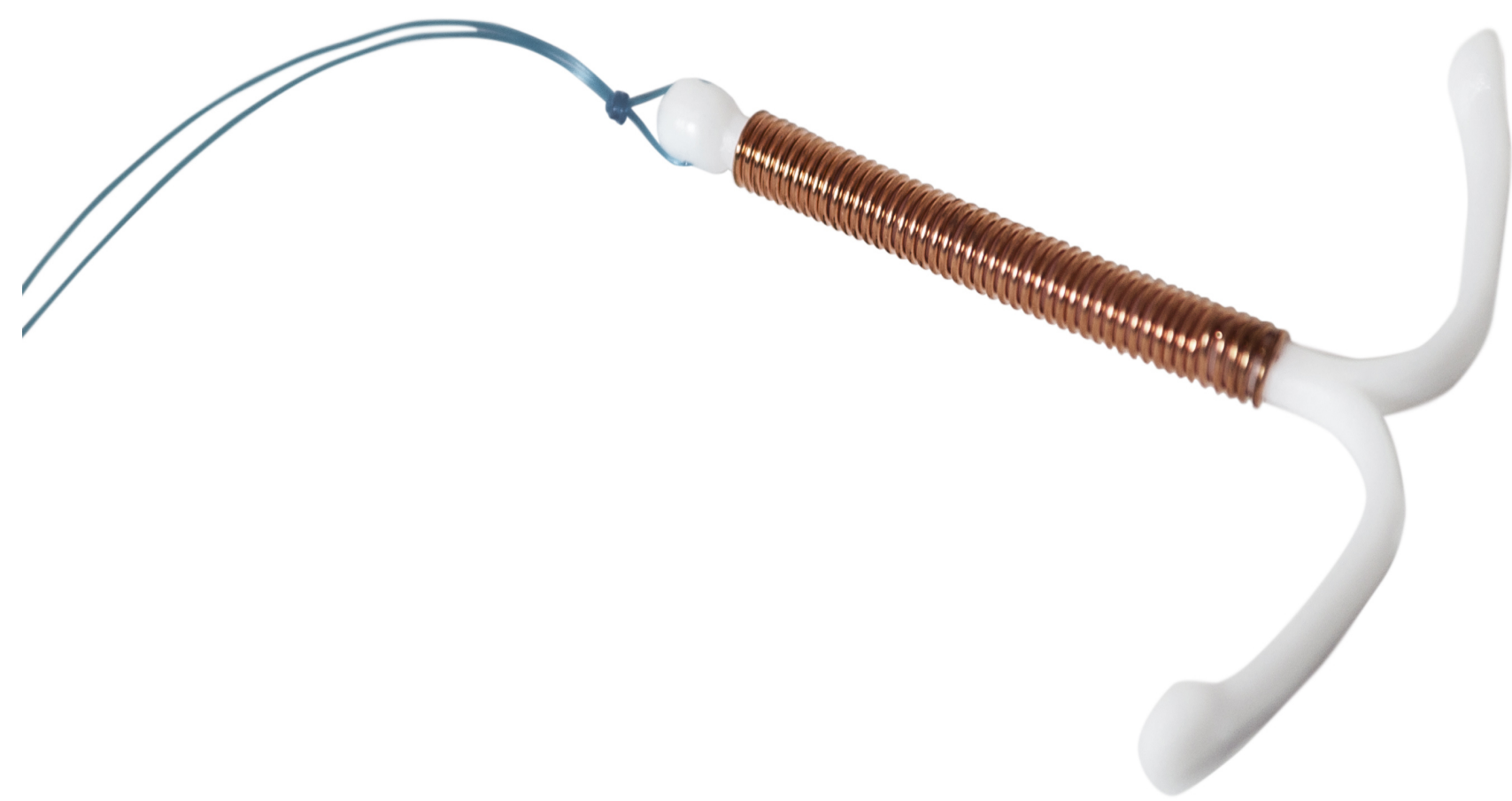


Family planning sub-grantee agencies served 21,793 female patients and 2,094 male patients in 2017.⁸



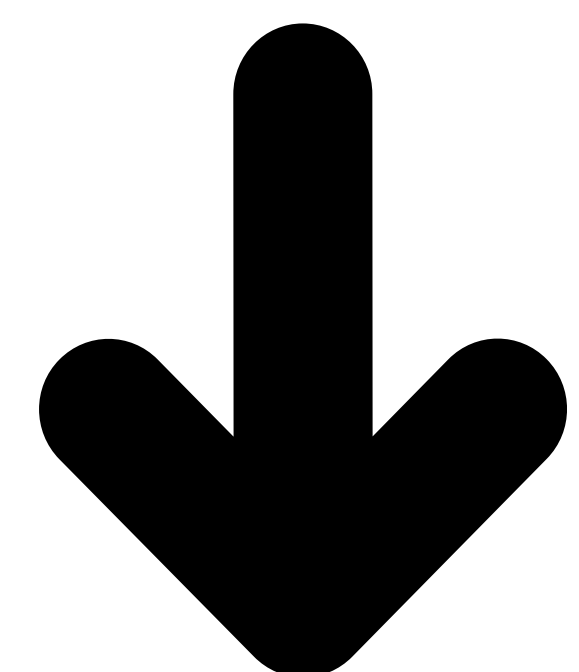
Preventing unintended pregnancies

Over the past several years, in an effort to reduce unintended pregnancies, IFHC has aimed to increase the percentage of women using moderately and most effective contraceptive methods.



In 2017, more than 80 percent of women age 15-44 at risk of unintended pregnancy adopted or continued to use a moderately or most effective method of contraception. Of these women at risk, 11 percent chose a long-acting reversible (LARC) method.⁸

In 2016, there were 5,294 live births to mothers under 20 years old. The age-specific birth rate for women aged 15 to 19 was 9.6 percent lower in 2016 than in 2015 and has continually decreased in recent years.




Indiana pregnancies



Unintended pregnancies cost the state of Indiana an estimated \$91.4 million, in addition to \$284.6 million in federal funding each year.⁶

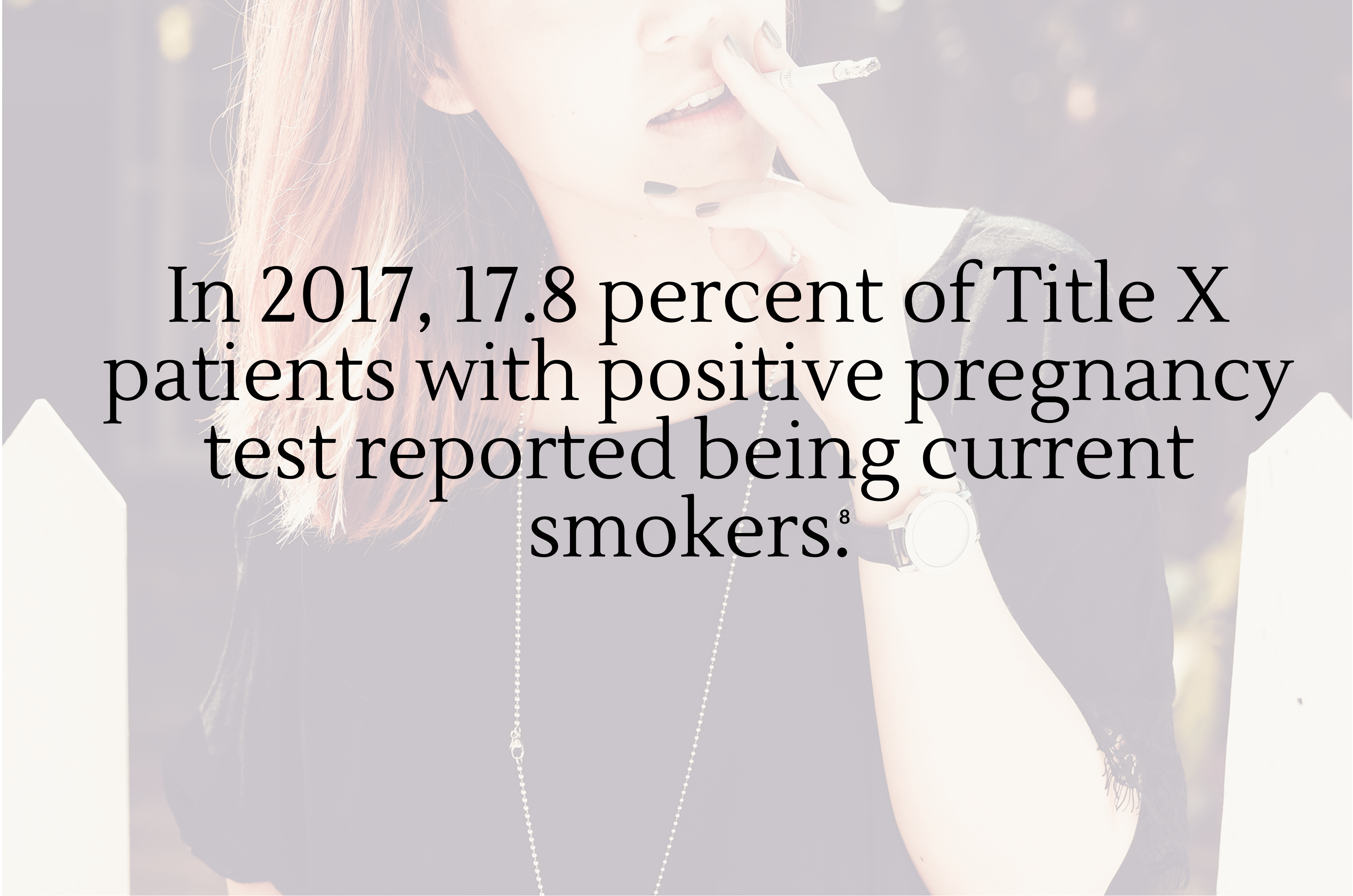
Every **\$1** of public funding spent on contraceptive and preventive health services in the US

 saves \$7.09 in public expenditures.⁶

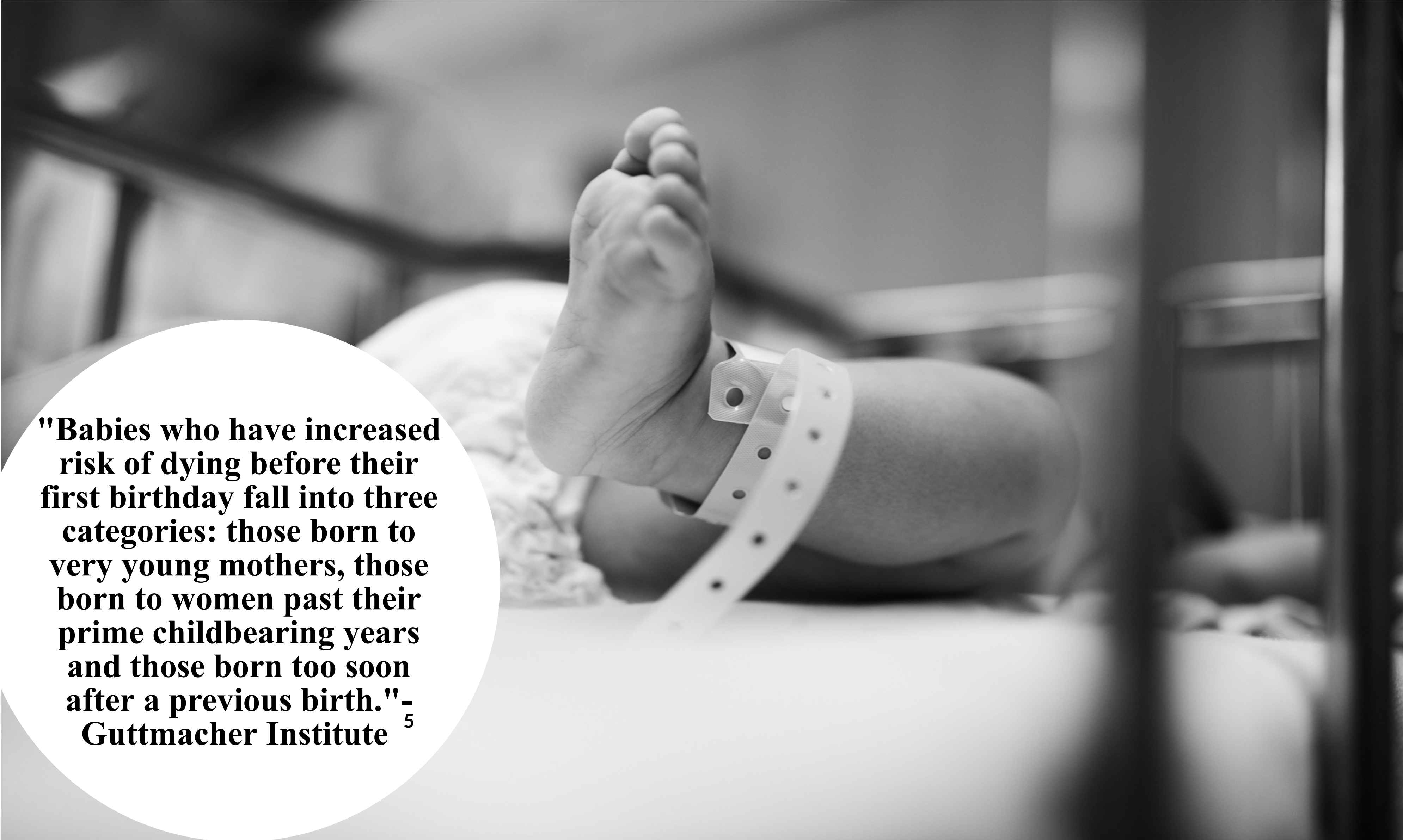
Nearly half (49 percent) of pregnancies in Indiana are unintended,⁶ and 41.7 percent of births in Indiana are to mothers on Medicaid.⁷



Infant mortality



In 2017, 17.8 percent of Title X patients with positive pregnancy test reported being current smokers.⁸



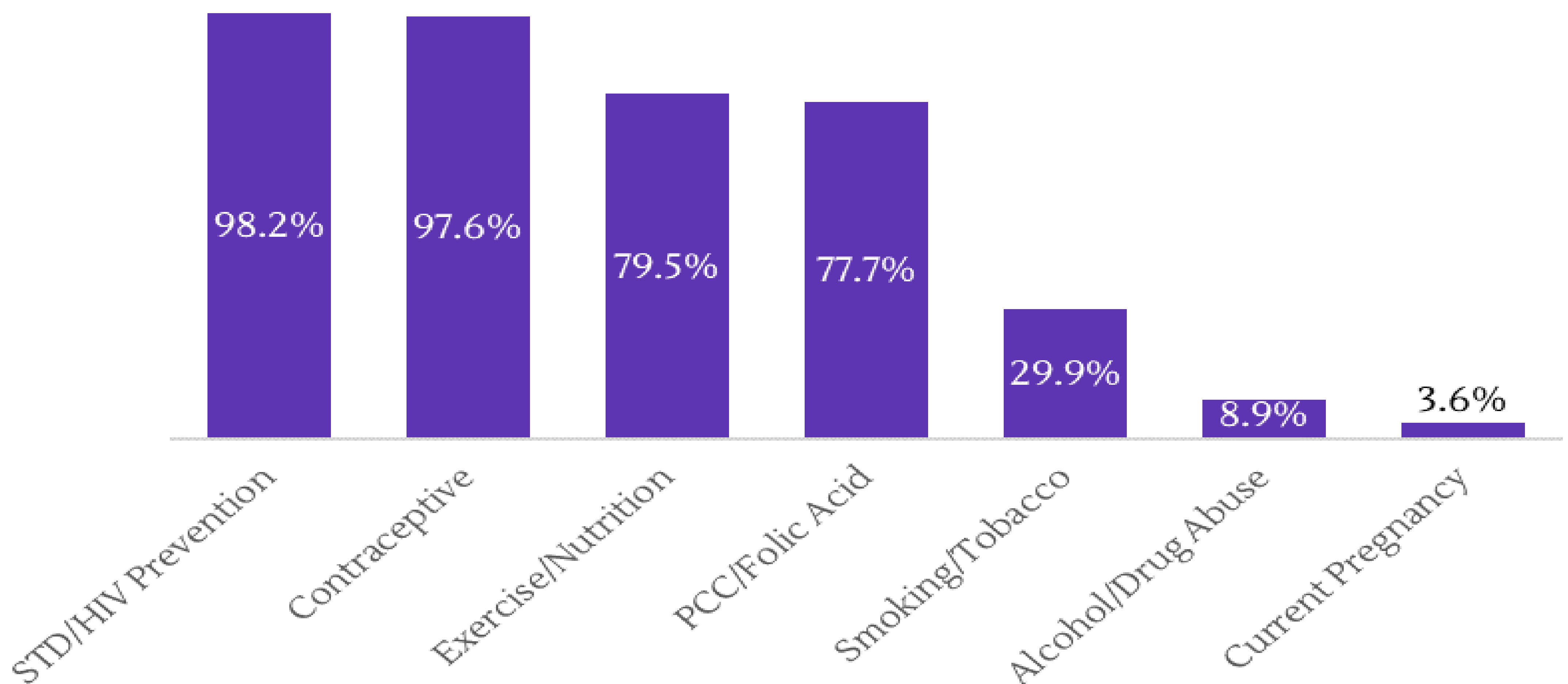
**"Babies who have increased risk of dying before their first birthday fall into three categories: those born to very young mothers, those born to women past their prime childbearing years and those born too soon after a previous birth."⁵
Guttmacher Institute**

Family planning and infant mortality⁸

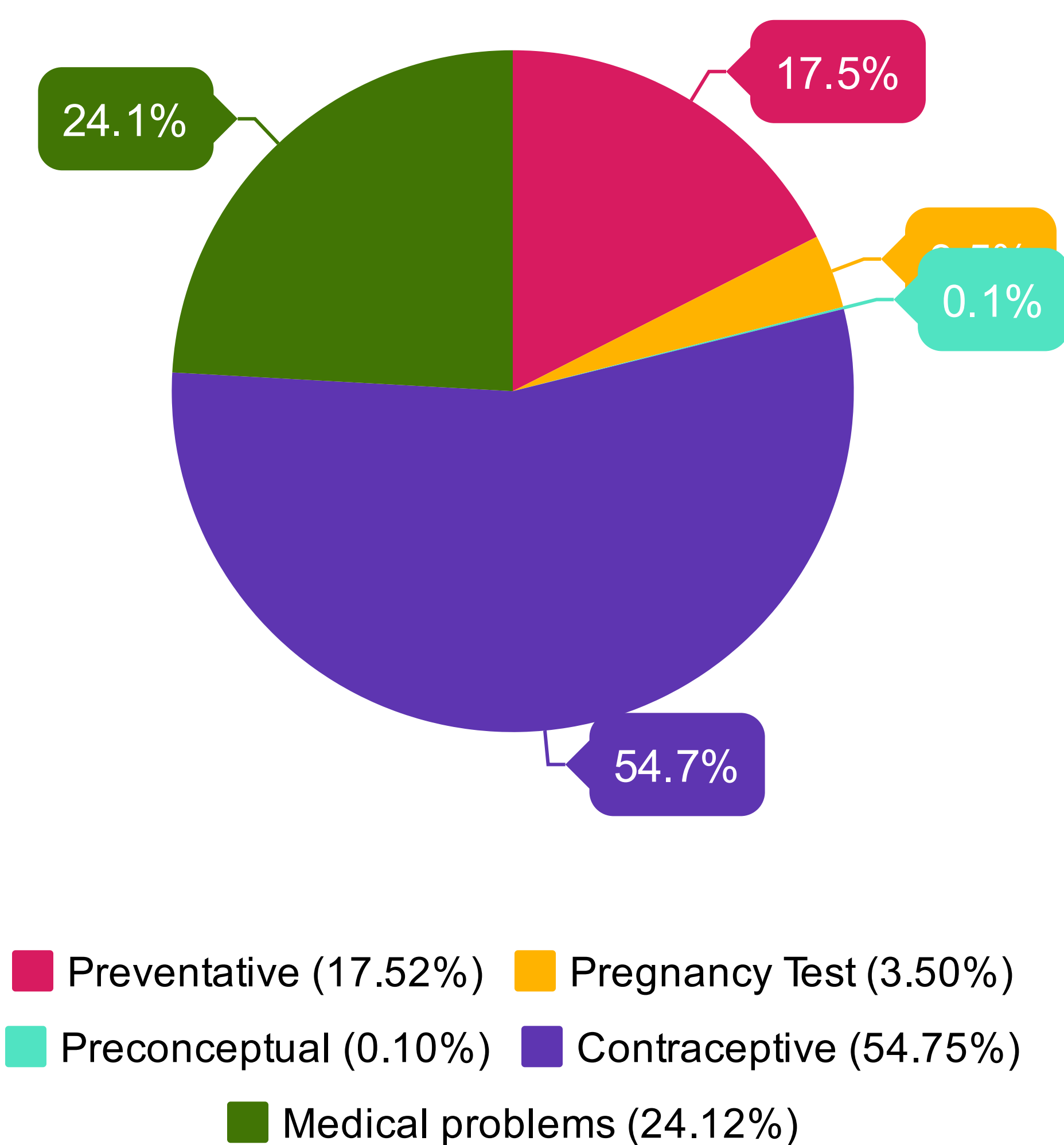
In 2017, Indiana family planning clinics provided family planning services and counseling to 23,877 patients. These services help to reduce risks of maternal and infant mortality by addressing several risk factors.

For example, the use of effective contraceptive methods reduces unplanned pregnancies, abortions and helps to ensure men and women achieve their desired number of children and child spacing.

Percentage of Title X Patients Receiving Counseling on the Following Topics in 2017:



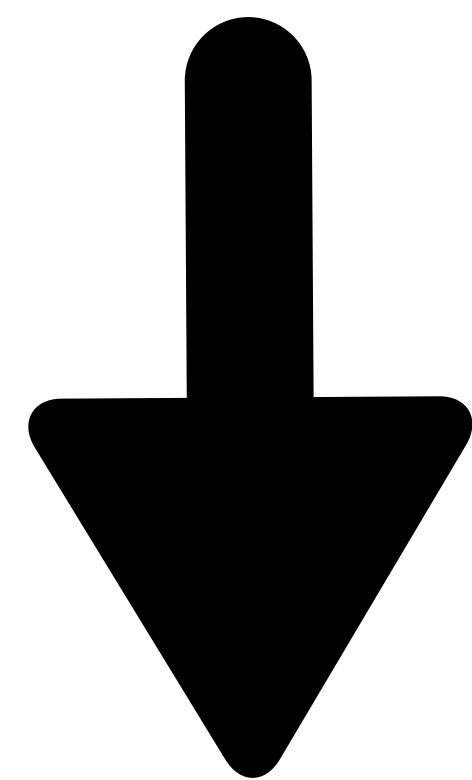
Patient visit types in 2017



Visit Type	Description
Contraceptive	Annual visits by a female family planning client for sole purpose of starting or continuing a contraceptive method, and routine follow-up contraceptive visits for oral contraceptives, vaginal rings, patches, diaphragms, or depo injections.
Medical Problems	Visits by a family planning patient for the sole purpose of a problem needing evaluated or treated.
Preventative	Yearly to three-year visit to the clinic by a family planning patient in which medical services including physical exams, lab services and education and counseling are performed based on the screening guidelines for the age of the patient.
Pregnancy Test	Visit for the sole purpose of obtaining a pregnancy test due to suspected pregnancy.
Preconceptual	Visit for the sole purpose of education and counseling prior to seeking pregnancy.

Infant mortality in Indiana

In 2016, Indiana saw an increase in the infant mortality rate to 7.5, up from 7.2 in 2015. There continues to be a significant disparity between the infant mortality rates of different races. In 2016, the infant mortality rates for black infants was 14.4 compared to 6.4 for white infants and 9.0 Hispanic infants.



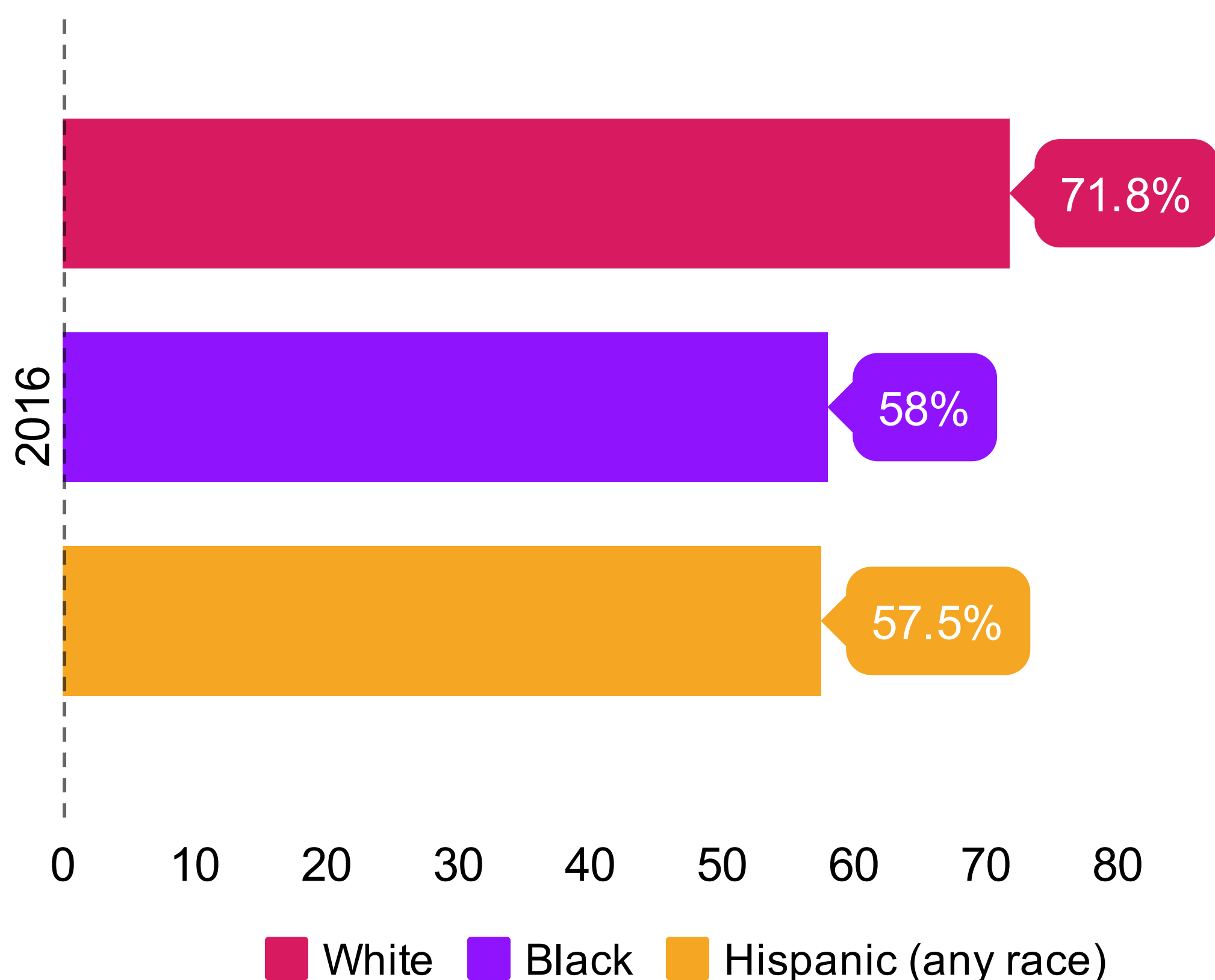
83,063

The number of infants born to Indiana residents in 2016, which is a decrease of 945 infants born in 2015. ⁷

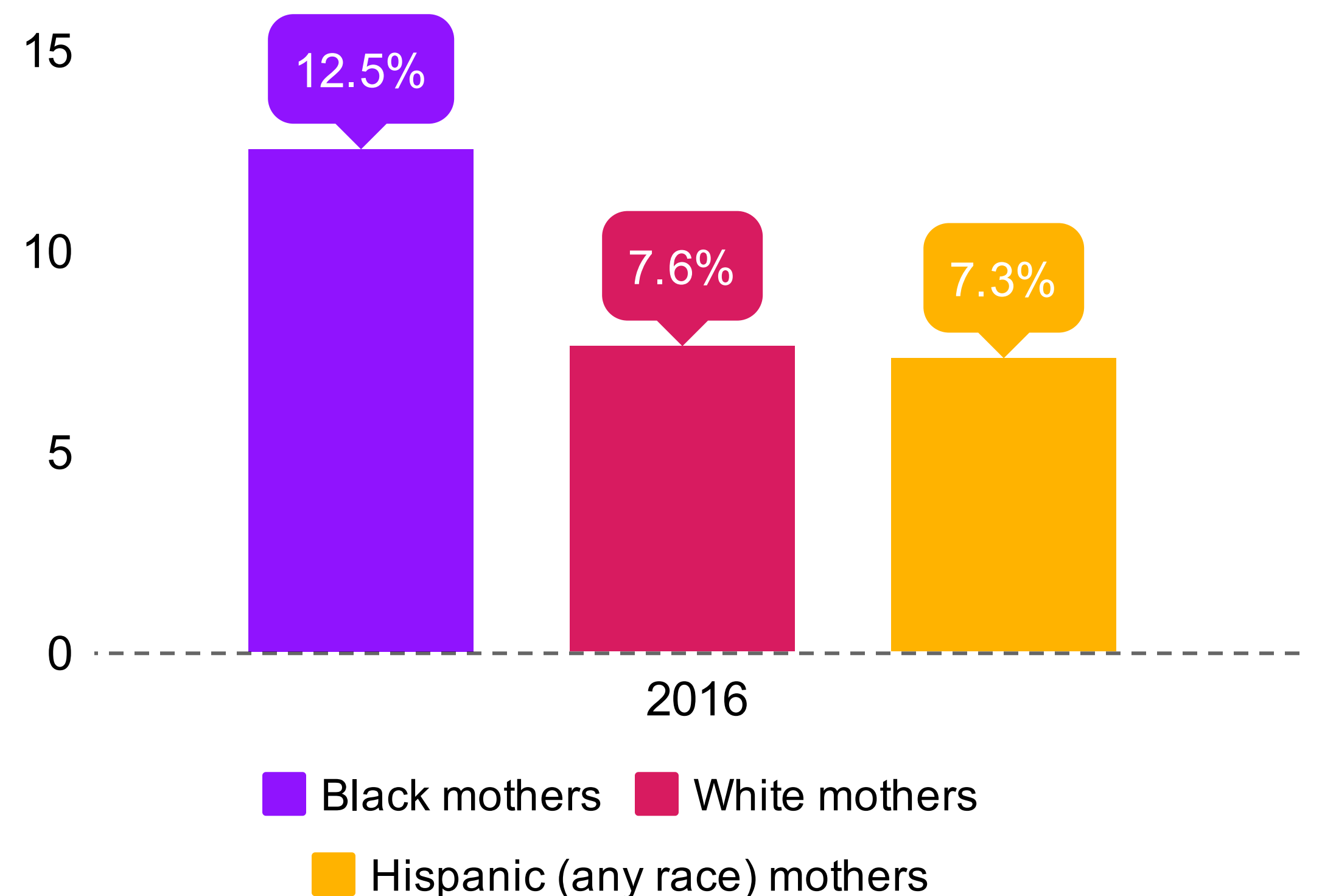


In 2016, 57,573 Indiana mothers began prenatal care in the first trimester of pregnancy. ⁷

Mothers who received first trimester prenatal care ⁷



% of mothers that gave birth to infants with low birth weight (total 6,814) ⁷

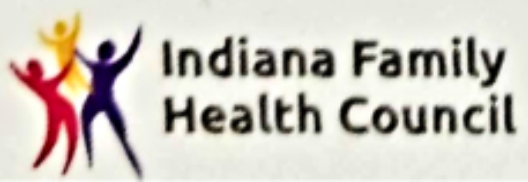


What patients say...

Family planning is important to me because:

This clinic has helped me
throughout my life plan for, or
prevent, changing the dynamic of
my family.

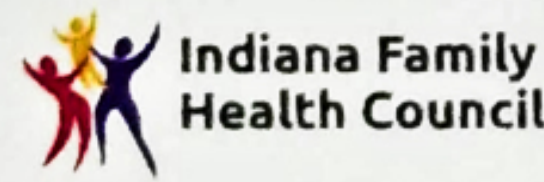
Gender: F
Age: 33



Family planning is important to me because:

they help me find the appropriate
birth control method as well as
making sure I'm healthy as far
as my breast exams and pap exam.

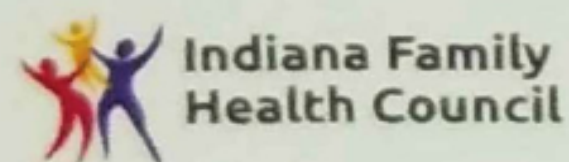
Gender: F
Age: 27



Family planning is important to me because:

I receive affordable
birth control and
health screenings.

Gender: F
Age: 23



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