

# Kentucky Family Planning

## Title X Program Overview



The Family Planning/Title X Program is authorized by the Public Health Service Act through the Family Planning Services and Population Research Act of 1970. This Act established the Office of Population Affairs (OPA), within the U.S. Department of Health and Human Services (HHS), to manage the Title X grant program including family planning services and population research. For more than 50 years, Title X is the only federal grant program dedicated solely to providing individuals with comprehensive family planning and related preventive health services. Family planning clinics have played a critical role to assure access to a broad range of family planning and related preventive health services for millions of low-income or uninsured individuals and other vulnerable populations.

Title X core services include contraceptive services, pregnancy testing and counseling, optimal family spacing, assistance to achieve pregnancy, basic infertility services, sexually transmitted infection (STI) services, preconception health, preventive health services, and adolescent-friendly health services. Family planning services are provided in a manner that does not discriminate against any client based on religion, race, color, national origin, disability, age, sex, sexual orientation, gender identity, sex characteristics, number of pregnancies, or marital status.

Research in the 1960's revealed the reason low income women had more babies than they planned was due to not having the same access to contraceptives as higher-income women. Other research began to show closely spaced pregnancies and pregnancies very early or very late in life could lead to adverse health and social consequences for the mother and child. Research and new methods of effective birth control increased awareness that improving access to contraception could play a critical role to alleviate poverty, and to improve the health of women and children. President Nixon signed the Title X Bill in 1969 which states "No American woman should be denied access to family planning assistance because of her economic condition."

The Kentucky Department for Public Health allocates awarded federal Title X funds to non-profit agencies who commit to provide family planning services in their area. Awards are determined annually based on a formula which includes the availability of funds, the number of family planning encounters seen in the previous calendar year, the extent of family planning services being provided, and county variables to include social vulnerability index, number of women in need of publicly funded contraceptives, number of women of childbearing ages 15-44 and STI rate. All annual funding to our subrecipients is delineated through contractual agreements approved by the Cabinet for Health and Family Services.