

## HIGHLIGHTS:

- In 2006, more than 4 in 10 of the nearly 600,000 births in California are unintended.
- In California, 1.6 million women of reproductive age – including 500,000 adolescents – are in need of publicly-funded contraceptive services.
- California's Family PACT Program offers clinical services for family planning reproductive health at no cost to low-income residents.
- More than 1.6 million women and men use Family PACT services each year.
- All FDA approved temporary and permanent contraceptive methods are available through Family PACT.



# Fact Sheet

## Fact Sheet On Family Planning Methods and Services

### Background

About 43% of nearly 600,000 births in California were unintended in 2006.<sup>1</sup> Many of these births occur to low-income residents who face significant financial barriers to obtaining contraceptive services. In California:

- 58% of these births in 2006 were to women below the federal poverty level<sup>1</sup>
- 31% of women aged 15-44 do not have private health insurance or Medi-Cal.<sup>2</sup>
- 1.6 million women– including 500,000 adolescents – are in need of publicly-funded contraceptive services.<sup>3</sup>

Established in 1997, Family PACT is California's innovative response to this need. The goals of this public health program are to promote optimal reproductive health and to reduce unintended pregnancies by eliminating the barriers to services that many women and men face.

### Family PACT Program

California's Family PACT Program provides clinical services for family planning and reproductive health at no cost to low-income California residents, filling a critical gap in health care for the indigent, uninsured, and working poor. Women and men are eligible if they reside in California, are at risk of pregnancy or causing pregnancy, have a gross family income at or below 200% of the Federal Poverty Level, and have no other source of health care coverage for family planning services. The Family PACT Program is administered by the Department of Public Health, Office of Family Planning.

### Clinical & Preventive Services

Family PACT offers a wide range of clinical and preventive reproductive health services, in conjunction with individual client health education and counseling. Family PACT services include:

- Contraceptive methods & supplies
- Pregnancy testing with counseling
- Testing & treatment for sexually transmitted infections (STIs)
- HIV screening
- Education & counseling for all method options
- Periodic physical exam
- Preconception counseling
- Hormonal contraception without requiring a pelvic exam
- Breast cancer screening & self examination instruction
- Cervical cancer screening
- Referrals for services not covered by the program

## Contraceptive Methods

Family PACT offers all FDA approved temporary and permanent methods of contraception, including:

### Hormonal Methods

- Oral contraceptive pills
- Patch
- Ring
- Injection
- Implants
- Emergency Contraception

### Behavioral

- Fertility awareness methods
- Lactational amenorrhea method

### Permanent

- Female sterilization
- Vasectomy

### Barrier Methods

- Condoms
- Spermicide
- Diaphragm

### Contraceptive Devices

- Intrauterine Contraceptive (IUC)

## Service Utilization

The number of women and men receiving publicly-funded family planning methods and services in California has more than doubled under Family PACT. In fiscal year 06/07, 1.65 million clients were served by Family PACT compared to 0.75 million in fiscal year 97/98.<sup>4</sup>

Family PACT clients utilize a wide range of services. In fiscal year 06/07:

- 69% of clients obtained contraceptive methods.<sup>4</sup>
- 78% of female adolescent clients and 64% male adolescent clients received contraceptive methods.<sup>4</sup>
- 62% of clients were tested for sexually transmitted infections (STIs).<sup>4</sup>
- 41% of female clients obtained a pregnancy test, and 49% obtained a Pap smear.<sup>4</sup>

• **Family PACT is increasing access to contraceptive services.** Access to publicly funded contraceptive services provided by Family PACT has significantly improved. Overall, 63% of women in need of services accessed the program in fiscal year 06/07, up from 58% in fiscal year 02/03.<sup>4</sup>

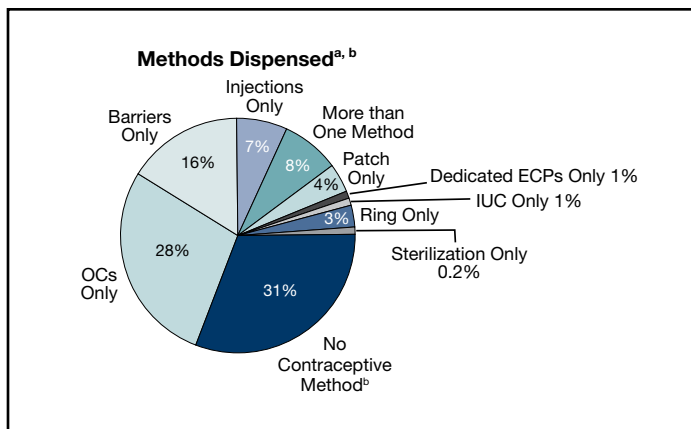
• **Clients are satisfied with services.** In interviews with Family PACT clients, more than 90% were satisfied with the availability of contraceptive options, the medical services they received, and the assurance of confidentiality.<sup>5</sup>

• **Clients adopt more effective methods of contraception.** While nearly three-fourths of new clients were not using any contraception or were using a low efficacy method prior to their first Family PACT visit, 50% left with a highly effective method.<sup>6</sup>

• **Family PACT is preventing unintended pregnancy.** The contraceptive services provided in one year averted an estimated 205,000 unintended pregnancies.<sup>7</sup>

• **Family PACT is cost-effective.** The estimated 205,000 pregnancies averted in one year would have cost over \$1.1 billion in public expenditures up to two years after pregnancy.<sup>7</sup>

### Provision of Family Planning Methods Among Family PACT Clients, FY 06/07, N=1,653,719



**Note:** The pie chart does not add up to 100% due to rounding.

**a** Grouped, where possible, by only one method type. Barrier methods and/or ECPs were excluded from analysis unless no other method was dispensed.

**b** Paid claims data understates methods dispensed to the degree that clients received methods not billed to Family PACT.

Source: Family PACT Enrollment and Claims Data

## CONCLUSION

Over 1.6 million women ages 15-44 – including one-half million adolescents in California are in need of publicly-funded contraceptive services.<sup>3</sup> California's Family PACT Program has made significant progress in meeting this need and in reducing unintended pregnancies. Family PACT provides low-income women and men with access to confidential family planning reproductive health services at no cost, filling a critical gap in health care for under-insured and uninsured Californians. Family PACT services are cost effective; the program averted \$1.1 billion in public cost through preventing unintended pregnancies.<sup>7</sup> Assuring that high-quality Family PACT services are available to meet the needs of low-income residents represents an important investment in California's future.

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Websites: ReproHealth.ucsf.edu and FamilyPACT.org

1 Statewide Tables from the 2006 Maternal and Infant Health Assessment (MIHA) survey and 2006 Birth Statistical Master File

2 2005 California Health Interview Survey AskCHIS, Accessed on September 15, 2008. Health Interview Survey. Available at <http://www.askchis.com>

3 Access to Publicly Funded Contraceptive Services in California, Fiscal Year 1999-00 to Fiscal Year 2003-04

4 Bixby Center for Global Reproductive Health. Family PACT Program Report, Fiscal year 06/07, University of California, San Francisco. Sacramento CA. 2008

5 Center for Reproductive Health Research and Policy and the Institute for Health Policy Studies. Family PACT Program Evaluation: Summary Findings from Client Exit Interviews, Studies at the University of California, San Francisco. Sacramento. 2005

6 Bixby Center for Global Reproductive Health. 2008 Family PACT Medical Record Review: Assessing the Quality and Continuity of Services, University of California, San Francisco. Sacramento CA. Submitted for Publication

7 Center for Reproductive Health Research and Policy and the Institute for Health Policy Studies. Family PACT: County Cost-Benefit Analysis of the California Family PACT Program for Calendar Year 2002, University of California, San Francisco. Sacramento. 2003