

Prevention of Preterm Births: The Role of Family Planning



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**Secretary's Advisory Committee on
Infant Mortality
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Session Objectives

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To describe:

- The role of family planning in preventing preterm birth
- Steps that OPA is taking that contribute to the prevention of preterm births:
 - Service delivery (Title X)
 - Guidelines development
 - Performance measures
- Current and potential collaborative efforts

Reproductive Health Burden in the U.S.



Each year in the United States:

- More than one-half of pregnancies are unintended (more than 3 million) (Finer 2014)
- >700,000 teens become pregnant (NCHS 2012)
- 1.5 million married women are infertile (NCHS 2013)
- 1 in 8 pregnancies results in a preterm birth (NCHS 2013)



Family Planning & Preterm Births

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- **Family planning services (QFP) include:**
 - Contraception
 - Pregnancy testing and counseling
 - Achieving pregnancy and basic infertility services
 - Preconception health
 - STD services
- **Family planning can prevent preterm births by:**
 - Preventing unintended pregnancies
 - Spacing births
 - Improving preconception health



Family Planning

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- More than half of pregnancies are unintended – preventing unintended pregnancies will directly reduce the number of preterm births.
- Interpregnancy intervals <18 months and > 59 months are significantly associated with increased risk preterm birth.
- Interpregnancy intervals (Gemmill 2013):
 - 35% <18 months
 - 50% 18-59 months
 - 15% ≥60 months



OPA's Role in the Prevention of Preterm Births

Title X Family Planning Program

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- Title X refers to the section of the Public Health Service Act passed by Congress and signed into law in 1970 by President Nixon
- The Title X family planning program provides grants to public and private non-profit organizations for family planning-related health services, research, training, and information/education materials
- The mission of the program is to provide individuals with the information and means to exercise personal choice in determining the number and spacing of their children, including access to a broad range of acceptable and effective family planning methods and services
- Title X is administered by the Office of Population Affairs (OPA) in the Dept. of Health and Human Services



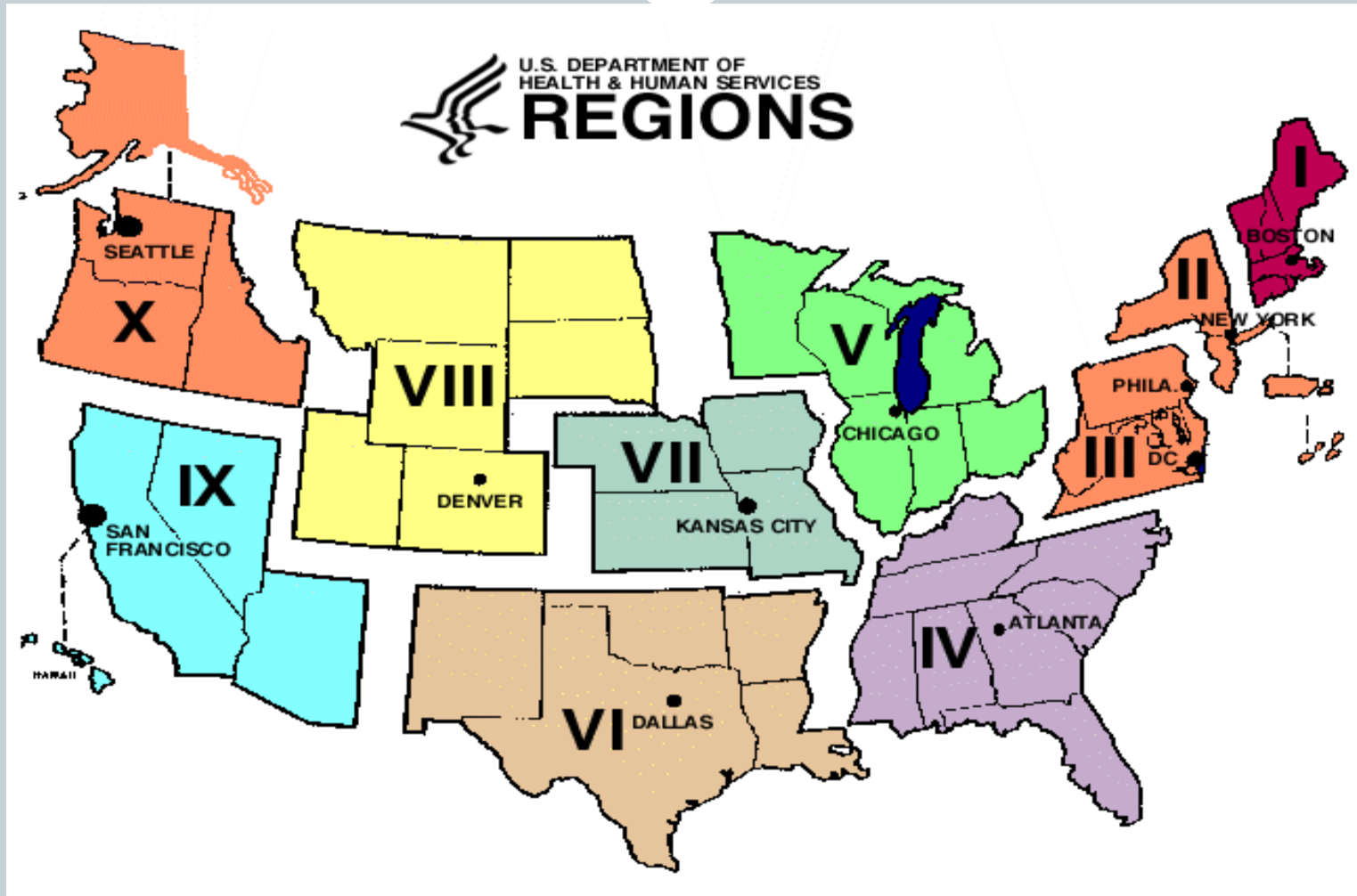
Service Delivery

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- Through the Title X family planning program, OPA provides direct services for 4.5 million women and men each year
 - Approximately 90 grantees
 - 4200 services sites
 - A clinic in 75% of US counties
- Title X services are:
 - Confidential & voluntary
 - Free or low-cost for low-income individuals

Public Health Service Regions

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Quality Family Planning Services (QFP)


Centers for Disease Control and Prevention
MMWR Morbidity and Mortality Weekly Report
Recommendations and Reports / Vol. 63 / No. 4 April 25, 2014

Providing Quality Family Planning Services

Recommendations of CDC and the U.S. Office of Population Affairs



Continuing Education Examination available at <http://www.cdc.gov/mmwr/cma/conted.html>.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Purpose of QFP

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- Key purposes are to:
 - Define what services should be offered in a family planning visit, and describe how to do so
 - Support consistent application of quality care across settings and provider types
 - Translate research into practice, so the most evidence-based approaches are used
- The intended audience is all providers of family planning services

Flow Diagram of Family Planning & Related Services

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Determine the need for services

Reason for visit is related to preventing or achieving pregnancy

Initial reason for visit is not related to preventing or achieving pregnancy

Contraceptive Services

Pregnancy testing and counseling

Achieving Pregnancy

Basic infertility services

Acute care
Chronic care management
Preventive services

Assess need for services related to preventing or achieving pregnancy

If needed, provide services

If services are not needed at this visit, re-assess at subsequent visits

Clients should also be offered these services, per recommendations

STD services

Preconception health services

Clients should also be offered or referred for these services, per recommendations

Related preventive health services

Preconception Health Services

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- Preconception health services should be offered to female and male clients
- Priority populations are:
 - Individuals/couples trying to achieve pregnancy
 - Clients seeking basic infertility services
 - Clients at high risk of unintended pregnancy



Preconception Health Services for Women and Men

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- Discussion of reproductive life plan
- Medical history
- Sexual health assessment
- Screening and referral/treatment for:
 - Folic acid (women only)
 - Intimate partner violence (women only)
 - Alcohol and drug use
 - Tobacco use
 - Immunizations
 - Depression
 - Height, weight, and body mass index (BMI)
 - Blood pressure
 - Diabetes



Proposed Clinical Performance Measures for Contraceptive Services



Percentage of female clients aged 15-44 years who are at risk of unintended pregnancy who adopt or continue use of FDA-approved methods of contraception that are:

- 1. Most effective**
 - male or female sterilization
 - implants
 - intrauterine devices/systems**OR**
 - injectables
 - oral pills, patch, ring
 - diaphragm
- 2. Long-acting reversible contraception**
 - implants
 - intrauterine devices/systems



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www.fpntc.org/resources/new-recommendations

describe *how* to provide them—to women and men. The *Title X Program Requirements* focus on Title X statutory and regulatory policies.



QFP KEY RESOURCES

- ▶ **Providing Quality Family Planning Services MMWR & CE Credit**
- ▶ **QFP One-Page Overview**
- ▶ **Clinical Pathway for Family Planning Services for Women and Men of Reproductive Age**
- ▶ **Family Planning and Related Preventive Health Services Checklists for Women and Men**
- ▶ **The Revised Title X Program Guidelines Video**



The Quality Family Planning Recommendations (QFP) Integrate & Fill Gaps in Other Guidelines for the Family Planning Setting

ENLARGE

DID YOU KNOW?

Family planning services are an integral part of delivering quality health care for the millions of men and women of reproductive age (15–44 years). Offering family planning services—at every

Collaborative Opportunities



- **Partnership with the Center for Medicaid and CHIP Services (CMCS) on the Maternal and Infant Health Initiative**
 - Performance measures for contraceptive use
 - CMCS funding states to report on the measures
 - State-based learning effort on reporting and use the measures to improve performance
- **Partnership with COIIN's preconception health strategy**
 - Birth spacing and pregnancy prevention included as a focus
 - Performance measurement

Summary

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OPA is supportive of efforts to prevent preterm birth by:

- Providing family planning services to 4.5 million clients through the Title X program
- Developing clinical guidelines for quality family planning services that can be used by all providers
- Supporting the development and use of clinical performance measures for contraceptive services

OPA looks forward to future close collaborations with others engaged in efforts to prevent preterm birth.



For more information...

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