Prevention of Preterm Births: The Role of Family Planning

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Session Objectives

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

- **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

- 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

- 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

- 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
Quality Family Planning Services (QFP)
Purpose of QFP

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
Contraceptive Services

Pregnancy testing and counseling

Achieving Pregnancy

Basic infertility services

Determine the need for services

Reason for visit is related to preventing or achieving pregnancy

Contraceptive Services

Pregnancy testing and counseling

Achieving Pregnancy

Basic infertility services

STD services

Preconception health services

Related preventive health services

Clients should also be offered these services, per recommendations

Assess need for services related to preventing or achieving pregnancy

If needed, provide services

Acute care
Chronic care management
Preventive services

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

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

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

Flow Diagram of Family Planning & Related Services
Preconception Health Services

- 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

- 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**

2. **Moderately effective**
   - injectables
   - oral pills, patch, ring
   - diaphragm

3. **Long-acting reversible contraception**
   - implants
   - intrauterine devices/systems
New Recommendations for Quality Family Planning Services

www.fpntc.org/resources/new-recommendations

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

DID YOU KNOW?

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

ENLARGE
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

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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