

# New Mexico Department of Health Family Planning Program



### Title X Program Goals:

- \* Reduce unintended teen births
- \* Reduce unintended pregnancy
- \* Reduce Chlamydial sexually transmitted infections that may cause infertility

### DOH Performance Measures:

- \* Rate of births to teens, 15-19 years old
- \* % of teens given most/moderately effective contraception
- \* # of teens successfully completing programming

### Clinical services

- Reproductive health services
- Contraceptive counseling/management
- Shared decision-making
- Laboratory testing

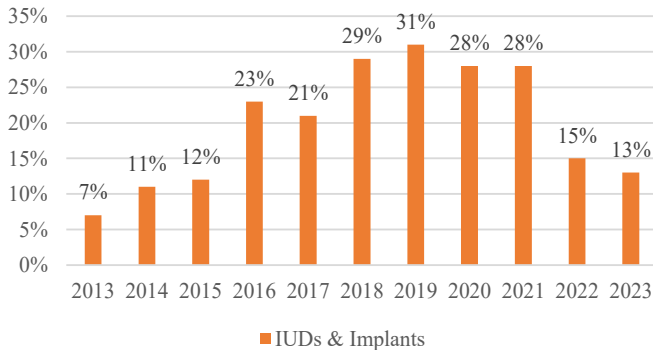
### Educational programming

- Youth development programming, including service-learning and parent training
- Community education & outreach

### State Facts About Unintended Pregnancy:

- **In 2023, Title X clinical services were provided to 13,999 people:** 9,436 female clients, 4,563 male clients, and 2,084 teens younger than 20. The client count in 2023 was increased over 2022 due to an expansion of family planning client inclusion criteria to reflect the broad scope of reproductive healthcare.
- In 2022, 40.1% of pregnancies in NM were unintended or mistimed or to women who weren't sure if they wanted to be pregnant at time of conception, which is approximately equal to 2021's rate of 39.3% (NM PRAMS, 2022).

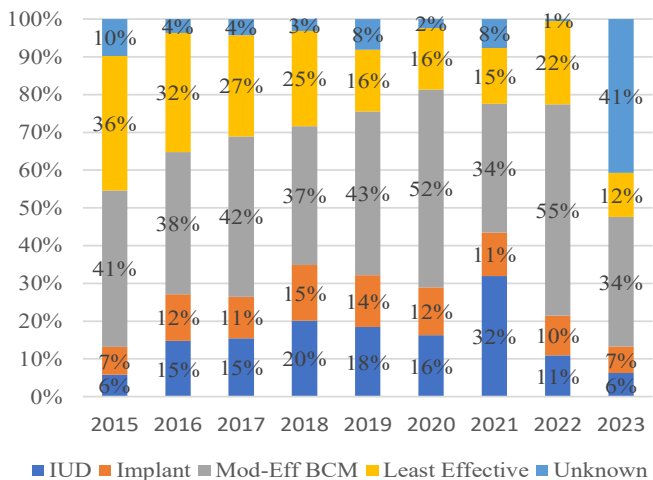
### Teen Use of IUDs & Implants in PHOs, by Calendar Year



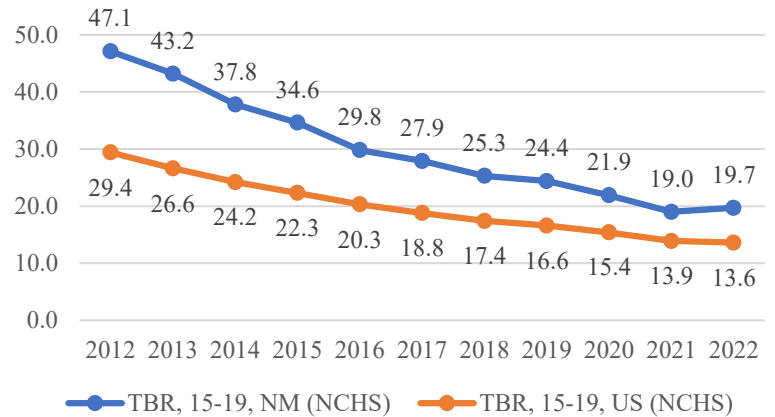
NM teen birth rates decreased by 36.7% from 2015 to 2020 and by 58.8% from 2010 to 2020 (NCHS).

US teen birth rates decreased by 30.9% from 2015 to 2020 and by 55.0% from 2010 to 2020 (NCHS).

### Methods Used by Female Clients of All Ages at PHOs, by Calendar Year



### Teen Birth Rate, per 1,000, by Calendar Year



All forms of contraceptives are available in 44 public health offices (PHOs) and 2 outreach sites and 15 community or school-based health centers across the state.

The use of IUDs and implants decreased from 35% in 2018 to 14% in 2023 in all ages and from 29% in 2018 to 13% in 2023 in teens aged 15-19. This change is due in part to a high rate of unknown birth control methods after a change in data cleaning guidance. The Family Planning Program will work to lower this rate in the future.

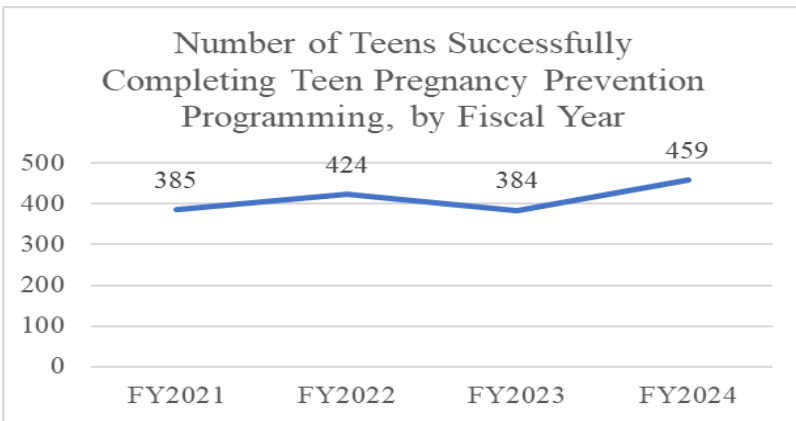
## NM DOH FPP Recommended Strategies

**Family planning clinical services** offer access to confidential services at low or no cost; increased access to most and moderately effective contraceptive methods; and telemedicine services to increase access to birth control for high risk populations in areas with clinician shortages.

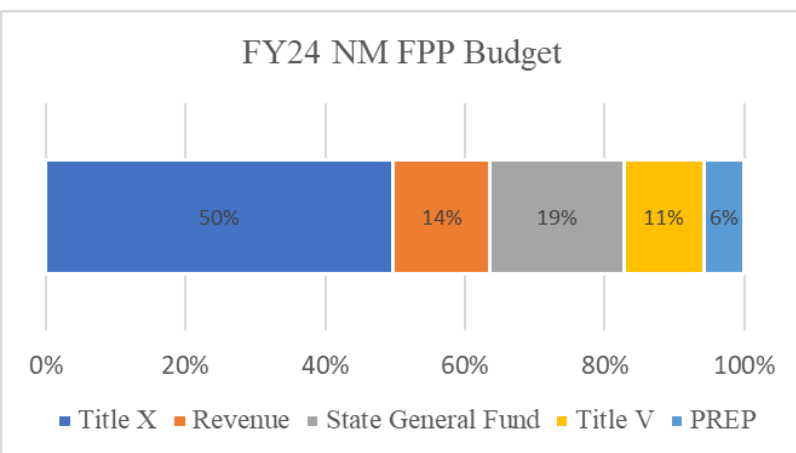
**Service learning and positive youth development programs** promote positive outcomes for teens by providing meaningful service to develop and practice life skills. Through community engagement and positive relationships, teens develop self-efficacy and adopt healthy behaviors enabling them to reach their full developmental potential. Both Wyman’s *Teen Outreach Program (TOP)* and *Teen Connection Project (TCP)* utilize service learning and positive youth development components to delay childbearing and increase school success and retention.

**Comprehensive sex education** provide youth with age-appropriate and medically accurate information to reduce the risk of sexually transmitted infections and unintended pregnancy. These programs teach youth communication, negotiation, and life skills to support healthy and informed decision-making. Lessons on forming values and healthy relationships are incorporated into the program to help youth make responsible decisions and promote healthy relationships.

**Adult-teen communication programs**, like *From Playground to Prom*, give adults information and skills to communicate effectively with young people about reducing risky sexual behavior. Parents influence teen decisions about sex more than their friends, the media, or their siblings. Most teens say that it would be much easier for them to postpone sexual activity if they had open, honest conversations with their parents or trusted adults.



**Title X clinical services in NM resulted in a total net savings of more than \$25 million in 2023-dollars and prevented 3,000 unintended pregnancies and 1,020 abortions** (<https://data.guttmacher.org/calculator>, 2024).

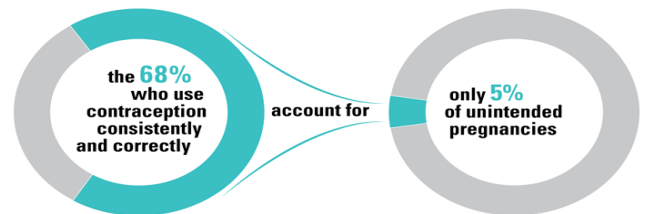


For FY24, the NM Family Planning Program (FPP) is funded through Federal grants (69%), revenue from Medicaid (17%), and the State (14%).

## Contraception is highly effective



**Among U.S. women at risk of unintended pregnancy...**

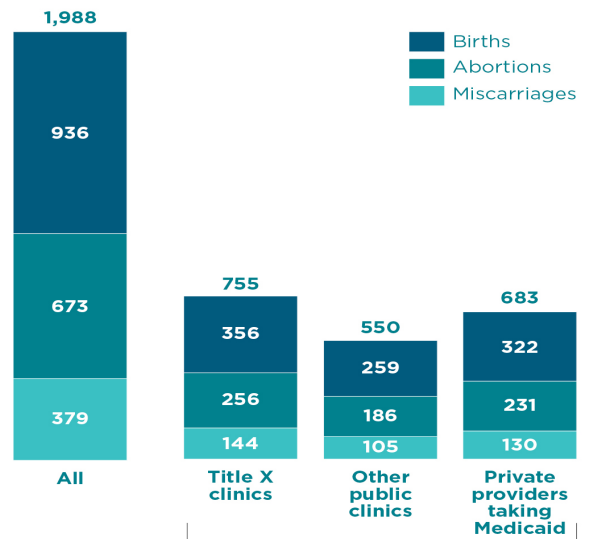


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**In 2016, publicly supported contraceptive services helped women postpone or avoid nearly two million pregnancies.**

No. of pregnancies avoided, by outcome prevented:



Type of provider of publicly supported services

NOTE: Segments may not add to totals because of rounding.

[www.guttmacher.org](http://www.guttmacher.org)

Note: numbers in the above graphic are in multiples of 100,000.