



# CONTRACEPTIVE ACCESS INITIATIVE

## A Public Health Program for Women in Need



### Overview

The Contraceptive Access Initiative (CAI) began as a pilot program in 2018. That year, the Virginia Department of Health (VDH) was tasked by the Commonwealth of Virginia to design a two-year pilot program to increase access to hormonal long acting reversible contraceptives (LARCs) among women up to 250% of the federal poverty level. In 2020, this program was extended an additional two years and expanded to cover all FDA-approved methods of contraception rather than only hormonal LARCs. The CAI is funded by Temporary Assistance for Needy Families (TANF) with an annual budget of \$4 million.

Health providers participating in the program include:

- Seven federally qualified health centers
- Three private women's health clinics
- Four hospital systems
- Two free clinics
- Two Planned Parenthood affiliates

Funds are **only** used for LARC insertions, LARC removals, and contraceptives.



### Public Health Impact

#### Improved Health Outcomes

When Colorado provided contraception at no cost, the state saw a **significant reduction** in:

- Teen births,
- Abortions, and
- Rapid repeat births

While Colorado's initiative was larger than Virginia's, Virginia expects to see similar outcomes due to this program.

#### Cost Savings

- It is estimated that every \$1 invested in family planning services saves \$7.09 in public expenditures<sup>1</sup>
- Colorado's Family Planning Initiative saved \$66.1-69.6 million in Medicaid, TANF, SNAP, and WIC expenditures<sup>2</sup>

<sup>1</sup> (Frost, J. J., et al. (2014). Return on investment: A fuller assessment of the benefits and cost savings of the US publicly funded family planning program. *The Millbank Quarterly*. doi: 10.1111/1468-0009.1208).

<sup>2</sup> (Finer, L. B. and Zolna, M. R. (2011). Unintended pregnancy in the united states: Incidence and disparities, 2006. *Contraception*, 84(5), 478-485).

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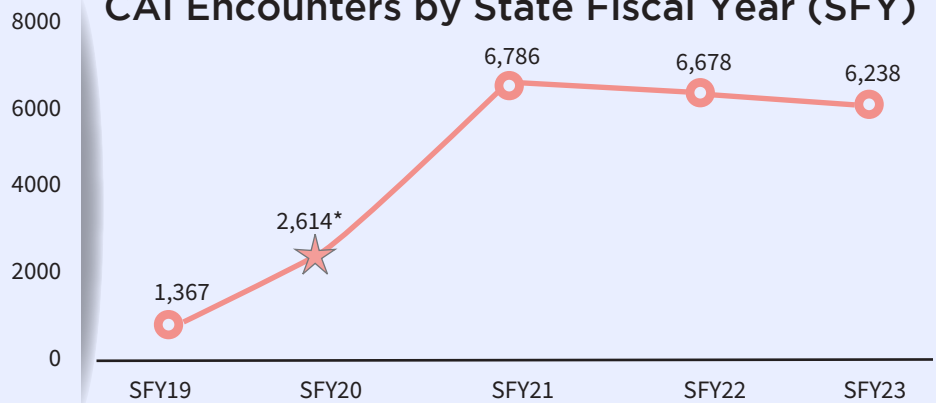
## Program Impact:

October 1, 2018-June 30, 2023

The Contraceptive Access Initiative has covered 23,683 contraceptive visits since its inception. When the program expanded to include all methods of contraception in July 2020, program utilization increased significantly.

- 95% of women served are between 15 to 44 years of age.
- 60% of women served are 100% or below the federal poverty level, which is \$25,820 for a family of three.
- The contraceptive injection (Depo Provera) is the most popular method, followed by the contraceptive implant (Nexplanon).

## CAI Encounters by State Fiscal Year (SFY)



\*Indicates program expansion on July 1, 2020

## CAI Patients and Providers

(July 1, 2022 – June 30, 2023)

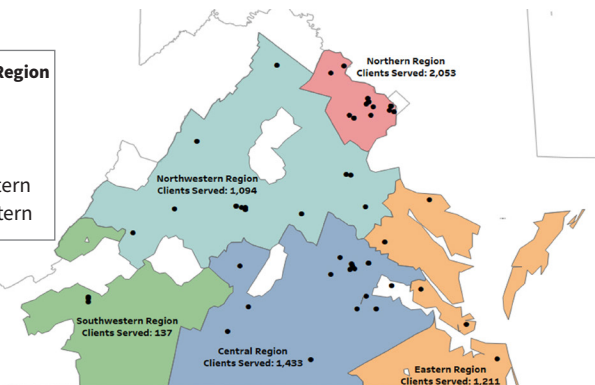
CAI providers are located as far north as Winchester, as far east as Virginia Beach, and as far west as Roanoke. Patients travel to the most convenient location to receive services.

Map 1 shows the regional count of patients who have received services through this program. The black dots indicate the locations of the CAI clinics providing services in this fiscal year.

**Note:** The numbers listed on the map do not equal 6,238 because some patients chose not to share this information.

**Client Health Region**

- Central
- Eastern
- Northern
- Northwestern
- Southwestern



## Patient Testimonials

"They were able to provide the birth control I wanted and gave it to me at no fee which was unexpected. Very grateful!"

"I am so glad that I don't have to worry about getting pregnant or have to remind myself to take medicine."

"This is the best that I've felt in years. Not just from a physical standpoint, but also from an emotional one. The implant is keeping my cysts under control, my hormones stable, and I enjoy not having a heavy flow during my period. Very grateful to my doctor and the nurses for the care they gave me."

"Great care with dignity and respect."

