Publicly Funded Family Planning Programs



The Virginia Department of Health (VDH) is committed to ensuring that all Virginians have access to clinical family planning services. VDH manages two publicly funded family planning programs: the Contraceptive Access Initiative (CAI) and the Title X Family Planning Program. VDH's Title X and CAI network include approximately 150 clinics across the Commonwealth. These programs are complimentary, as one project prioritizes contraceptive care at community-based organizations and the other primarily supports reproductive health services at local health departments.

Title X Family Planning Program

Title X (pronounced "ten") clinics offer basic reproductive health services, including birth control, on a sliding scale. Health services provided by Title X clinics include:

- Birth control methods
- Cervical and breast cancer screenings
- Testing and treatment for sexually transmitted infections (STIs)
- Pregnancy testing, counseling, and referrals
- Physical exams

Everyone is eligible for Title X services, regardless of their income, race, ethnicity, immigration status, ability status, sex, gender identity, or residence. Charges are based on income.

Contraceptive Access Initiative

The Contraceptive Access Initiative (CAI) began as a pilot program in 2018 and is now a critical safety net program for uninsured Virginians. The CAI reimburses providers for FDA-approved methods of contraception, including long-acting reversible contraceptives (LARCs), the shot, the pill, the patch, and the ring. The CAI also covers LARC insertions and LARC removals. To qualify, patients must be uninsured and have incomes under 250% of the federal poverty level. VDH received federal Temporary Assistance for Needy Families (TANF) funds to support this program through June 30, 2025, and state general funds after July 1, 2025. Funds are only used for LARC insertions, LARC removals, and contraceptives. With an annual budget of $4 million, VDH's partners with a network of **federally qualified health centers**, **private women's health clinics**, **hospital systems**, **free clinics**, and **Planned Parenthood affiliates** to provide services to patients.

VDH receives approximately $3.3 million in federal Title X funds annually from the Office of Population Affairs (OPA). Funds cover various expenditures related to providing care, including but not limited to staff costs, medical supplies, and pharmaceuticals. Health providers in VDH's Title X network include twenty-five **local health** districts and three **federally qualified health centers.**

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Program Reach

Of the 18,356 Title X patients served in calendar year 2025 (January 1, 2025-December 31, 2025):

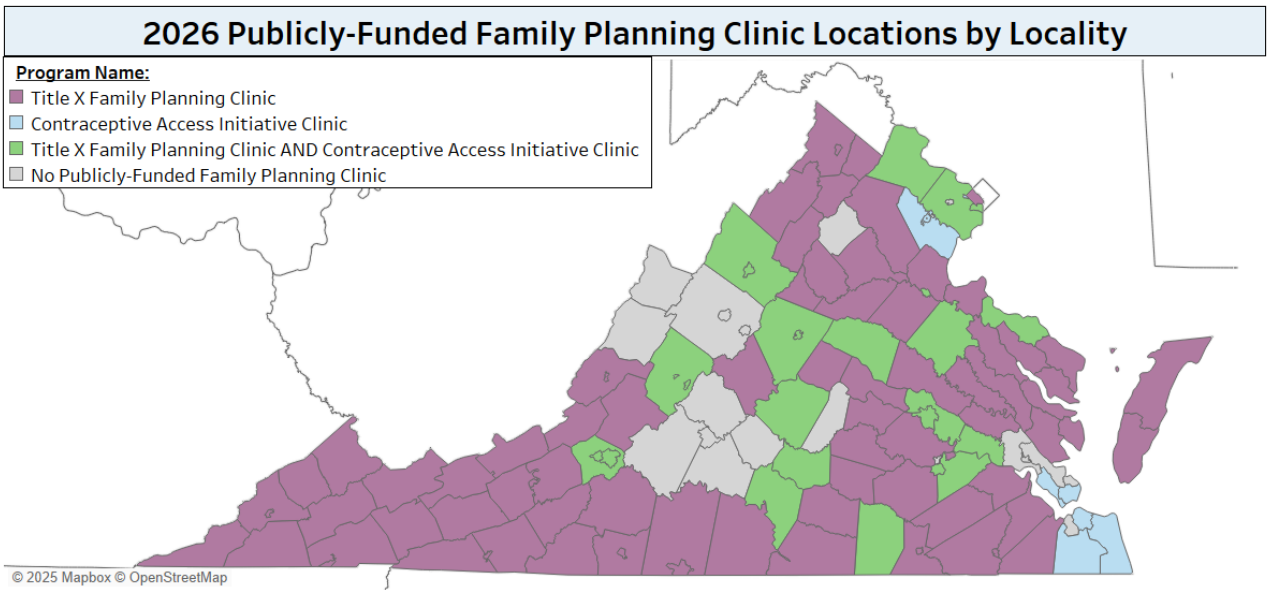
- **91%** of patients were between 15-44 years of age.
- **60%** of patients had incomes 100% or below the federal poverty level.
- **74%** of patients were uninsured.
- **The oral contraceptive pill was the most popular method** among Title X patients, followed by the contraceptive injection (Depo Provera).

Of the 7,837 CAI visits in state fiscal year 2026 (July 1, 2025-June 30, 2026):

- **95%** of patients were 15-44 years old
- **69%** of patients served had incomes at 100% or below the federal poverty level.
- Per program requirements, **100%** of CAI patients were uninsured.
- **The birth control shot (Depo Provera) was the most popular** method among CAI patients, followed by the contraceptive implant (Nexplanon).

The map below shows the distribution of clinics across the Commonwealth. Most Virginia localities have at least one publicly funded clinic, and some localities have more.

Map 1.



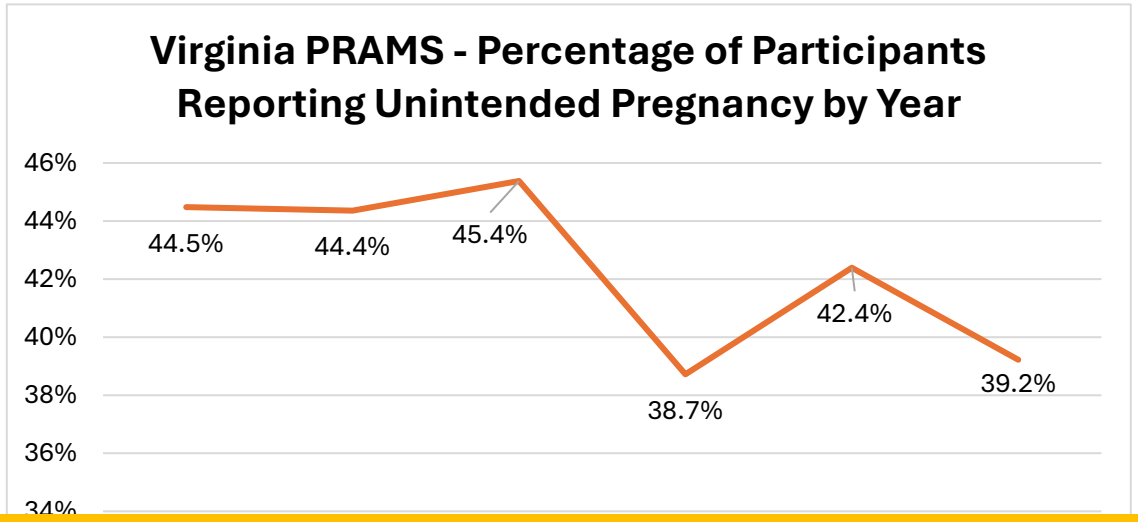
NOTE: This map only including family planning clinics that receive public family planning funds from VDH. Map updated on 12/15/2025.

Updated October 2026

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Program Impact

Graph 1.



Vanderbilt University conducted an external evaluation of Virginia's efforts to expand contraceptive access, including CAI and Title X Family Planning clinics, and summarized the results in an article titled, "Effects of Expanding Contraceptive Choice: New Evidence from Virginia's Contraceptive Access Initiative." Vanderbilt's analysis concluded that the CAI reduced natality rates in localities served, with the largest effects among women aged 25-34.

For additional information, contact
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