

# FAMILY PLANNING

The Arkansas Department of Health's Family Planning Program's goal is to provide reproductive health services to all individuals allowing them to choose freely and responsibly the number and spacing of their children, thereby preventing unintended pregnancies. Services are provided to adolescents, women, men, and couples, making it possible for them to choose the number and spacing of their children and prevent unwanted pregnancies. Every effort is made to provide all clients with the information they need to make an informed decision about their reproductive health. The Arkansas Department of Health Title X Family Planning services are available in every county. ADH currently offers various Family Planning services at 92 of its Local Health Units (LHUs). Family Planning clinic times and days vary so please call the LHU to verify the availability of services and to make an appointment, or [click here](#).

The Family Planning Program services for all clients include:

- Contraceptive Fact Sheet: [English](#) | [Spanish](#)
- Broad range of contraceptive methods
- Physical exam and history
- Pap/HPV testing, STI (Sexually Transmitted Infection) testing and other lab tests as needed
- Preconception health services
- Pregnancy testing and counseling
- Basic infertility services
- Health education, counseling, and referral

All services are private and confidential. No one will be refused services because they do not have money to pay. Anyone, male or female, needing family planning services can be seen at any LHU.

Family Planning is an important part of the Department of Health's efforts to reduce teen pregnancy, prevent unintended pregnancies, reduce the number of infant deaths and the number of infants born too early, reduce sexually transmitted infections and improve the health of women and men of all ages. The Program Guidelines for Project Grants for Family Planning Services (Title X Guidelines) has been developed by the Office of Population Affairs (OPA), [U.S. Department of Health and Human Services](#) (DHHS).

Preconception care is the care given to men and women that focuses on the parts of health that increase the chances of having a healthy baby in the future. If you are thinking about becoming pregnant, call your local health unit to schedule an appointment.

For additional information on preconception care, visit the Center for Disease Control and Prevention [website](#) or contact the CDC at [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov).

## Reproductive Life Plan

The Center for Disease Control and Protection (CDC) suggests that individuals think about a reproductive life plan. Reproductive life planning helps a person think about their goals for having or not having children and how to achieve these goals. It may include using an effective method of contraceptive. Based on your health, your doctor will suggest a plan of treatment or follow up care as needed to follow your reproductive life plan. For additional information, visit the Center for Disease Control and Prevention [website](#) or contact the CDC at [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov).

# FAMILY PLANNING RESOURCES

- **Resources and Helpful Links** [National Sexual Assault Hotline: Confidential 24/7 Support](#)  
[| RAINN](#)
- [Healthy relationships for young adults | love is respect](#)
- Power to Decide- [The National Campaign to Prevent Unplanned Pregnancy](#)
- Power to Decide- [Birth Control Explorer](#) (change the word 'Explorer' to 'Access')
- Power to Decide- [Teen Talk 2022: Sex, Love, Relationships and More | Power to Decide](#)
- Womenshealth.org  
[Home | Office on Women's Health \(womenshealth.gov\)](#)
- [Community Health Centers of Arkansas Brochure](#)
- [Teen Pregnancy Data Deck 2018](#)
- [Reproductive Health | CDC](#)
- [Contraception | Reproductive Health | CDC](#)
- [Human Trafficking | National Human Trafficking Hotline](#)