

FAMILY PLANNING
COUNCIL OF IOWA



2025 Impact Report

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In November 2024, we rebranded our reproductive health kits as **K.I.S.S. (Keeping Iowans Sexually Savvy) Kits**. K.I.S.S. Kits are fully customizable and can include Plan B, pregnancy tests, lube, condoms, and dental dams. That month, we received 227 online orders, a drastic increase from our previous monthly average of 39 orders. In total, we distributed over 1,000 kits in FY2025.

In the spring of 2025, we purchased a **harm reduction vending machine** and placed it outside the Polk County Health Department. It is temperature-controlled, accessible 24/7, and dispenses harm reduction supplies such as condoms, Plan B, naloxone, gun locks, and period packs at no cost.

We plan to expand our vending machine project outside of the Des Moines metro area, and both the success of our first machine and the overwhelming community support it has received make us confident that this initiative will continue to grow and thrive.

Looking ahead, we plan to **continue our mission to increase access to sexual and reproductive healthcare and information** despite the ever-changing political landscape. We will forge new partnerships to continue providing Title X services in the face of any changes that might come in 2026.

We would like to take this opportunity to extend our **thanks** to FPCI subrecipients, board members, partners, supporters, and donors. This year, through your collaboration, innovation, and unwavering dedication, we have expanded access to essential services, empowered individuals with information and resources, and strengthened the network of care that so many Iowans rely on. We will always remain steadfast in our commitment to advancing access to reproductive healthcare.



Lauren Martin, JD
Board President



Allison Smith, MBA
Executive Director

Board of Directors



FY2025 Directors

Linda Blake
Jessica Crawford
Hannah Ellis Ackerman
Rebecca Kerby
Maanya Pandey
Adam Stark

Dr. Chloe Butler
Kaibrea Durham
Kimberly Hope
Lauren Martin
Kimberly Quinn Kim

FY2026 Directors

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Rochelle Dougall
Alicia Eichmeier
Lauren Martin
Brandi Steck

Jessica Crawford
Kaibrea Durham
Rebecca Kerby
Kimberly Quinn Kim
Dr. Rebecca Stein

Director Emeritus

Hannah Ellis Ackerman



Meet the FPCI Staff



ALLISON SMITH, MBA
Executive Director



TARA SHOCHET, PHD, MPH
Director of Programs & Grants



AMY ZINE
Outreach & Program Specialist

MISSION

To provide access to quality reproductive healthcare and family planning services for all.

VISION

We envision an Iowa where sexual health results from evidence-based education, empowered decision-making, and access to care.



VALUES



AUTONOMY

Empower Iowans to make their own healthcare decisions, with the support of high-quality patient-centered providers.



COLLABORATION

Build and maintain strong relationships, internally and externally, to improve our communities and strengthen our healthcare safety net.



EDUCATION

Develop, provide, and support access to evidence-based, inclusive health and sexuality education, including for teens and young people.



DIVERSITY

Respect and value diverse voices among staff, Board members, subrecipient agencies, community partners, family planning patients, and all Iowans. Each of us deserves high-quality sexual and reproductive healthcare, regardless of our identity, income, geography, or circumstances.



ADVOCACY

Encourage Iowans to use their unique voices and power to inform our work and communication with community and elected leaders.

FPCI's Services



FPCI's primary efforts are dedicated to administering a Title X grant in 55 of Iowa's counties. We accomplish this by funding and collaborating with a network of health centers that offer a variety of family planning services, including:

- **Contraceptive** information and products,
- **Basic infertility** and family-building services,
- **Pregnancy testing and counseling,**
- **STI and HIV services** (prevention, testing, treatment, and referral),
- Other **preventative health services,**
- **Referrals** to other health and social services.

Services are provided on a sliding fee scale with priority given to those with low incomes.

In addition to administering the Title X grant, FPCI engages in education, outreach, research, and advocacy. This includes:

- Offering **professional training** on family planning-related topics, with nursing continuing education credits available;
- Distributing safe sex supplies directly to Iowans via **K.I.S.S. Kits** and the public health **vending machine;**
- Collaborating with organizations to secure resources they need to support their own community programs;
- **Educating and connecting** with the public and health professionals at local events;
- Engaging in **public health research** to understand current conditions, identify risks, and develop evidence-based solutions to improve well-being; and
- **Advocating** at the state and federal levels for improved access to sexual and reproductive healthcare and education.

\$27.8 M

Maternal & birth-related costs
saved from contraceptive
services provided

+

\$900 K

Miscarriage & ectopic
pregnancy costs saved

+

\$140 K

Costs saved from STI testing

=

\$28.9 M

Total Gross Savings

—

\$3.99 M

Total Family Planning Costs

=

\$24.9 M

Total Net Savings
in FY2025

Financial Impact

A small upfront investment leads to improved health and wellbeing, plus significant savings in the future

Funding sexual and reproductive healthcare consistently generates significant **cost savings for individuals, health systems, and governments**. Preventing unintended pregnancies lowers spending on prenatal, delivery, and infant care, while access to contraception and family-planning services reduces the need for more expensive emergency or long-term medical interventions.

Early screening and treatment for sexually transmitted infections prevent costly complications and reduce transmission. Comprehensive reproductive care also improves maternal health outcomes, decreasing hospitalizations and emergency care costs.

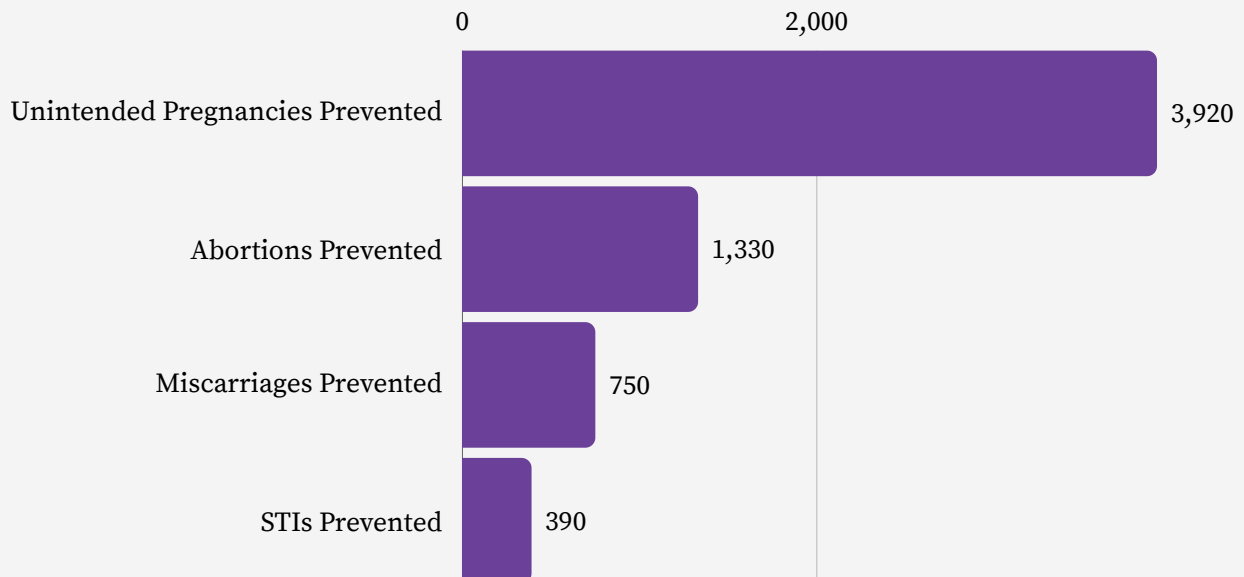
Overall, **investing in these services yields high economic returns by reducing healthcare expenditures, supporting healthier families, and strengthening community well-being.**



Family Planning Impact

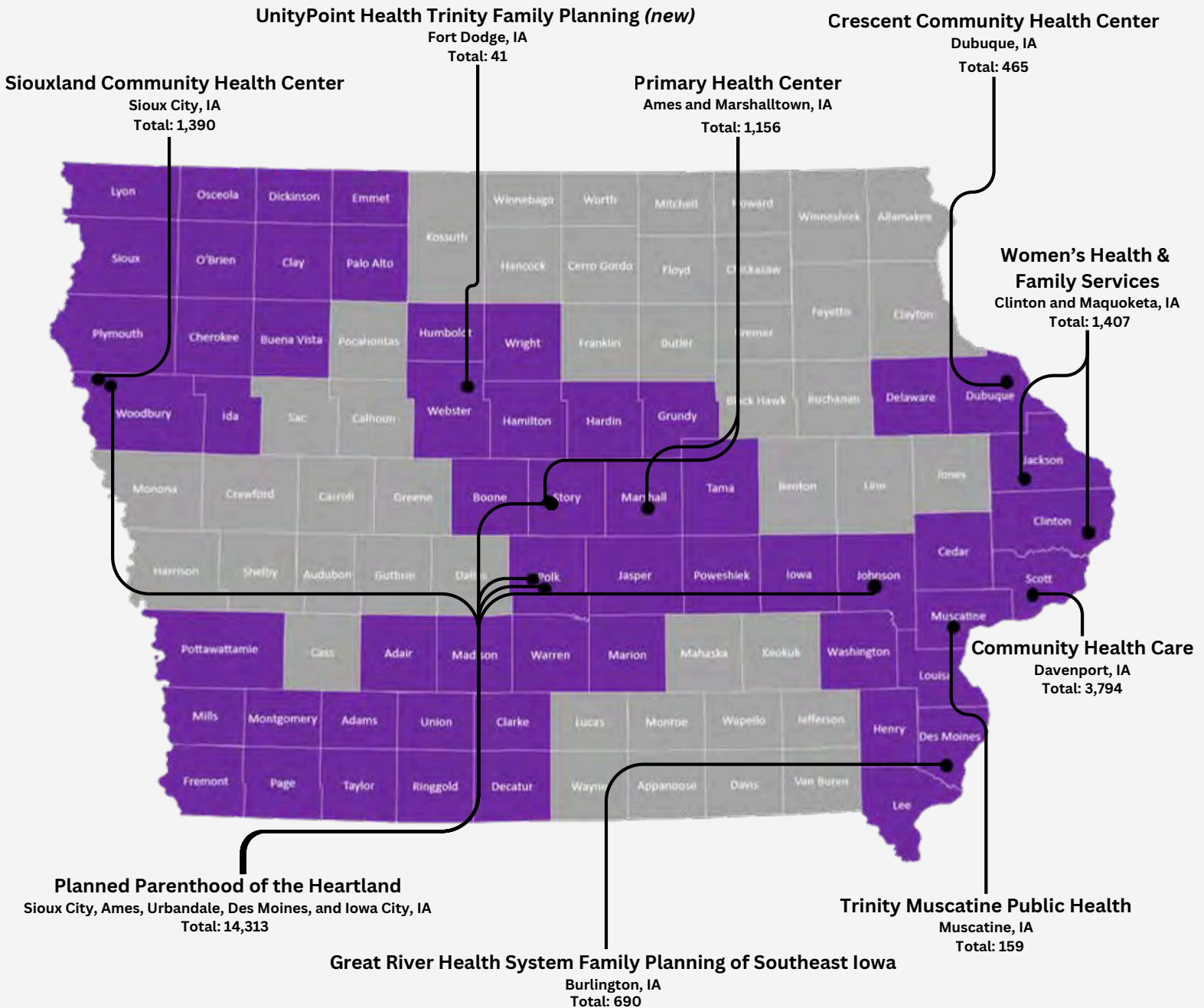
When people can easily access birth control and family planning support, they're better able to prevent unintended pregnancies and the health risks that can come with them. Regular checkups and STI screenings catch problems early, before they turn into something more serious, like chronic pain, infertility, or certain cancers. Investing in sexual healthcare has a significant, positive impact on individual and family health and wellbeing.

FY2025 Program Outcomes



Clinic Map and Patients Served

23,415 unique patients in FY2025



*Numbers may not exactly add to the total unique patients due to patients visiting multiple clinics

FY2025 Family Planning Statistics

19,834
female patients

3,571
male patients

23,415
total unique patients

54% of patients received care at no cost because their income was below 101% of the federal poverty guidelines.



That translates to **\$15,650 annually** for a single person and **\$32,150 annually** for a family of four.

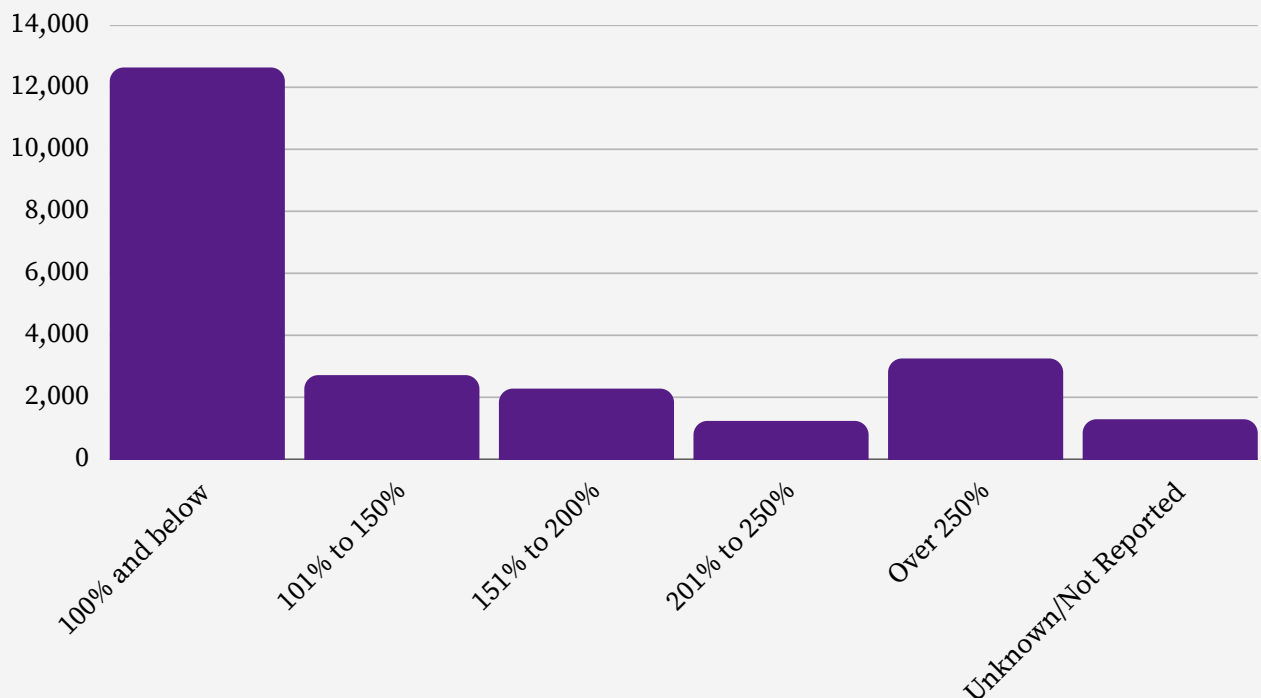
Another 27% had income below 250% of the federal poverty guidelines and received discounted care.



That's equivalent to **\$39,125 annually** for a single person and **\$78,000 annually** for a family of four.



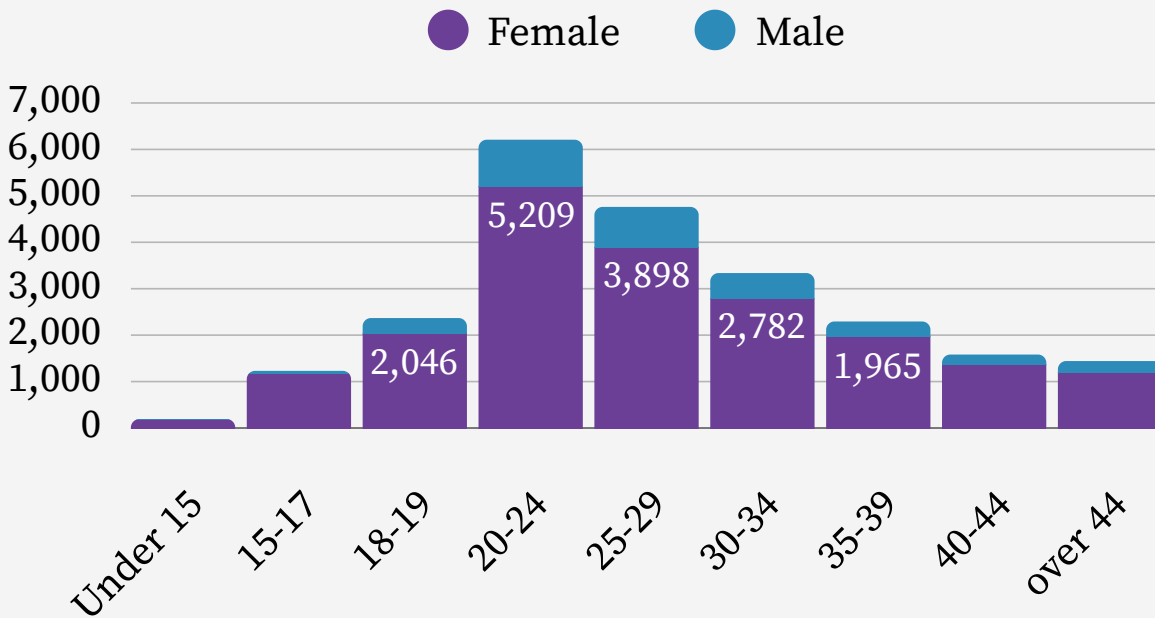
Title X Patients by Income Level as a Percentage of Federal Poverty Guidelines



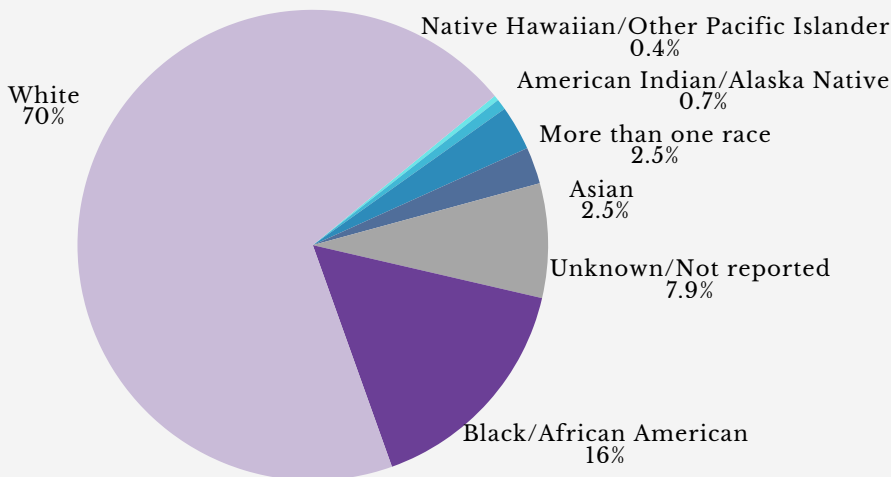
Patient Demographics

FY2025 Unique Patients by Age Group & Sex*

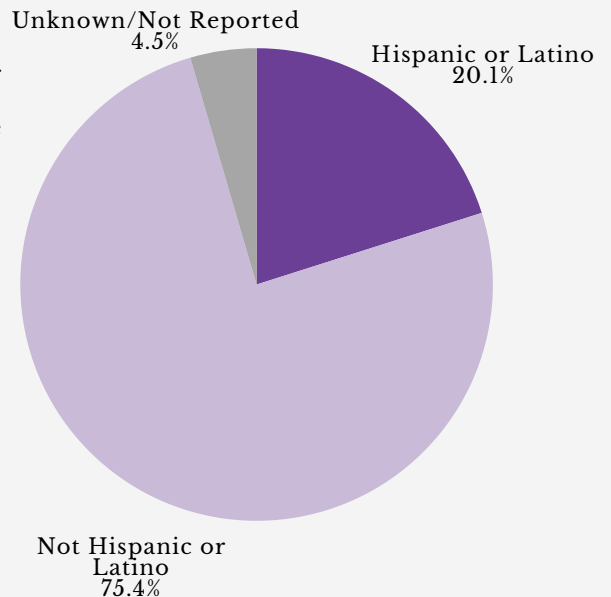
*Sex assigned at birth per federal data collection requirements



Unique Patients by Race



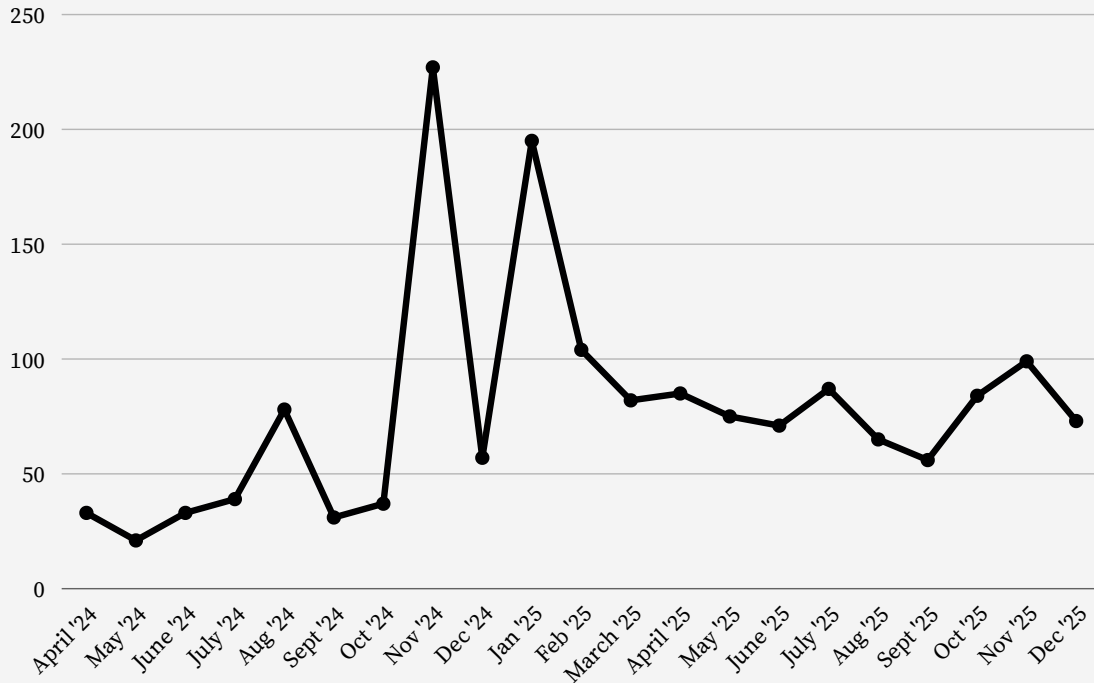
Unique Patients by Ethnicity



K.I.S.S. Kits

In November 2024, FPCI's Repro Kits were rebranded to K.I.S.S. (Keeping Iowans Sexually Savvy) Kits. The K.I.S.S. Kits are fully customizable and come with a choice of emergency contraception, pregnancy tests, internal and external condoms, dental dams, and lube.

Online K.I.S.S. Kit Orders



The **build-your-own-kit** method was piloted at a community event in June 2024. The method was so popular that we adopted it at all conferences and community events going forward. The monthly average number of online K.I.S.S. Kit orders in FY25 before November was 39. In November, we saw a huge increase with 227 kits requested. We saw another increase in January 2025 when 195 kits were requested.

In addition to mailing kits to individuals who request them online, we distribute kits and supplies to **clinics, universities, nonprofits, community organizations, and local businesses.**

This year, we also **translated** our K.I.S.S. Kit informational booklet into 7 languages: **Spanish, French, Arabic, Vietnamese, Swahili, Hakha Chin, and Marshallese.** These languages were selected because they are the most commonly spoken languages in Iowa by people who do not also speak English.

K.I.S.S. Kit Impact



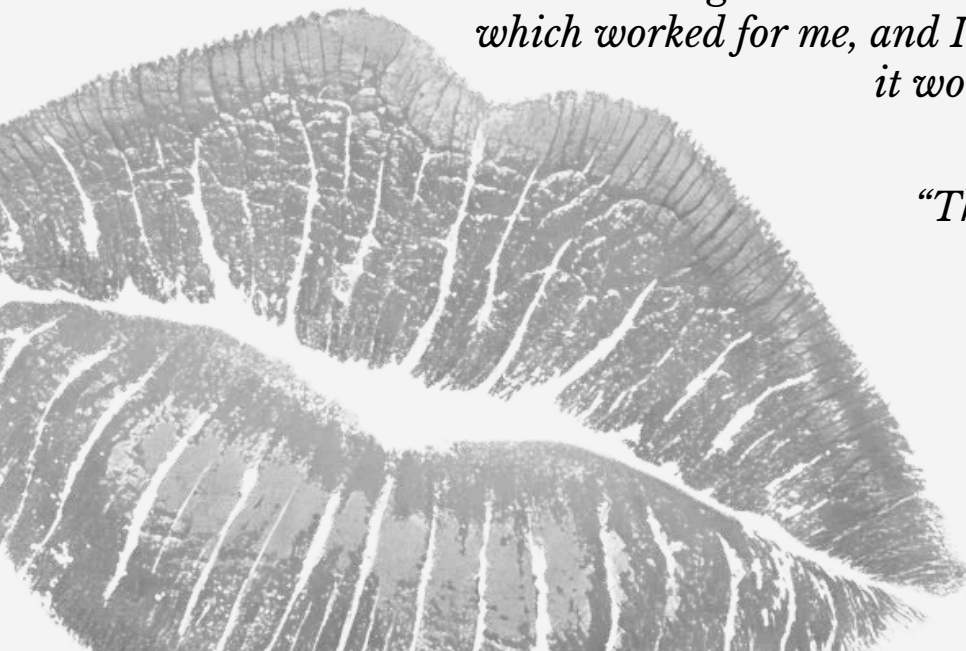
We surveyed K.I.S.S. Kit recipients six months after sending their supplies. Here is what Iowans had to say after receiving a kit:

“When I needed a Plan B or pregnancy test desperately and couldn’t afford them I remembered my kit. Thank you so much!”

“In an era where women’s health is a concern, having a service like this provided me access to materials I needed when I couldn’t afford them at retail price.”

“I thought there was a good variety of options which worked for me, and I knew the variety meant it would work for others too.”

“The availability of Plan B and pregnancy tests: it’s life-changing.”





Harm Reduction Vending Machine

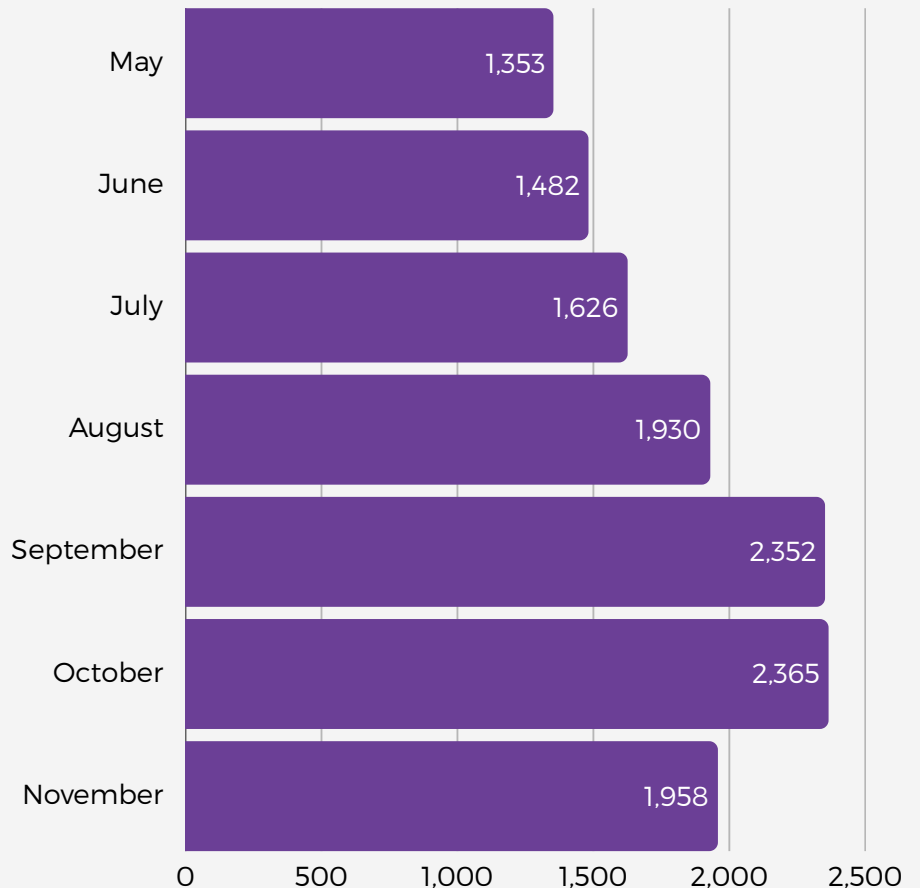
FPCI purchased a **temperature-controlled vending machine** and installed it in front of the **Polk County Health Department**. The machine is accessible **24/7** and offers **FREE** harm reduction supplies. Since its launch at the end of April, over 13,000 items have been vended.

Vending Machine Items:

- Naloxone (Narcan)
- Plan B
- Opill (birth control)
- Condoms (internal, external, latex-free)
- Lube
- Dental dams
- Needle cleaning kits
- Hygiene Kits
- Period Packs
- Sharps disposal containers
- Gun locks

Thank you to the **Polk County Health Department** and our dedicated **volunteers** for their partnership and collaboration, making this vending machine possible!

2025: Number of Items Vended



Volunteers

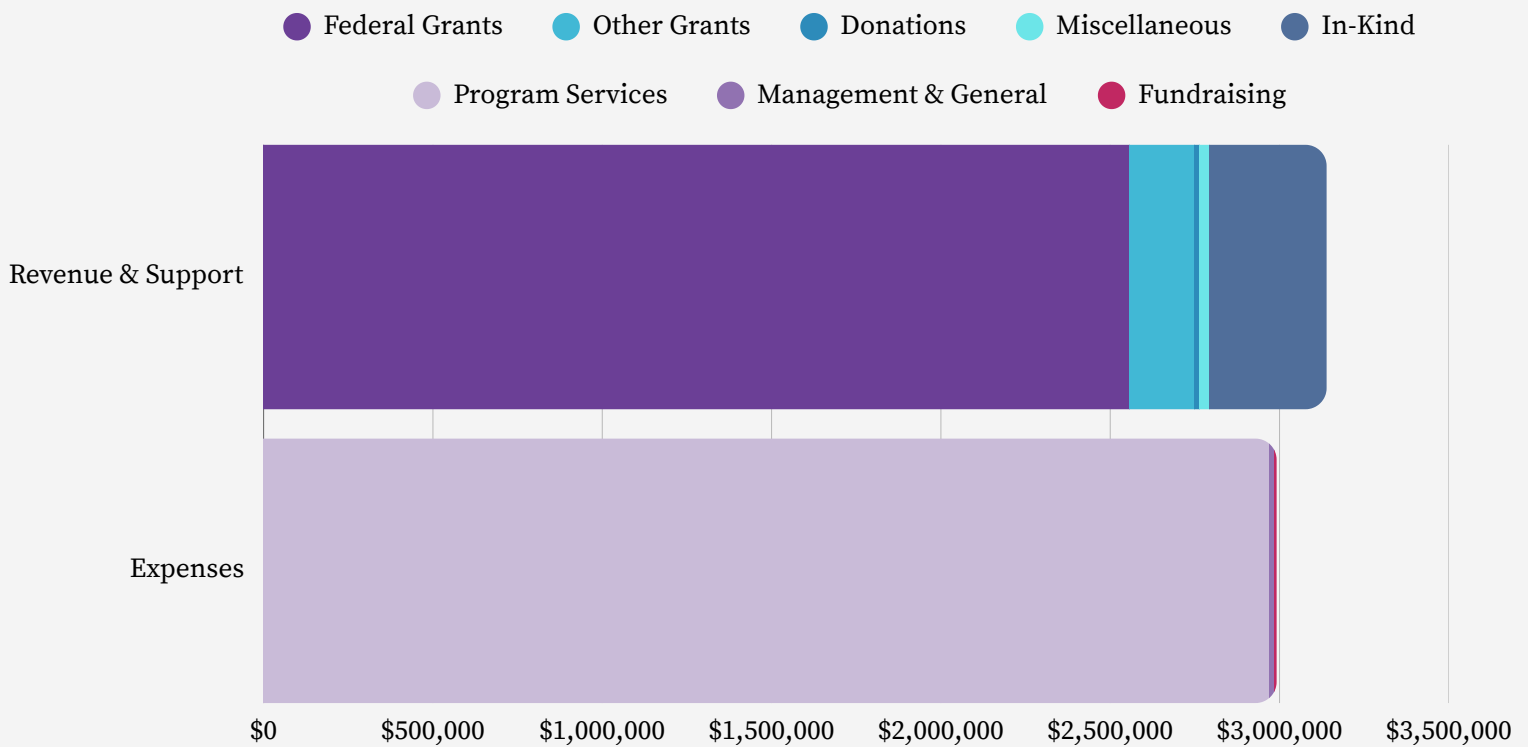
We are grateful to so many wonderful volunteers who have helped make our K.I.S.S. Kit and vending machine initiatives successful! They have hosted packing parties, labeled countless supplies and envelopes, and delivered packages across the state to ensure Iowans can access the resources and information they want and need.



Finances



In FY2025, **99% of expenses** were **related to Program Services.**



We received nearly \$350,000 worth of **in-kind** donations in support of our **K.I.S.S. Kits and vending machine** projects.



Looking Forward



The Family Planning Council of Iowa increases access to essential sexual and reproductive healthcare. Growing provider shortages, expanding healthcare deserts, and challenging legislation remind us that our work is vital now more than ever.

In 2026, we will continue to support Iowans by identifying and collaborating with clinics interested in joining our network, expanding our vending machine project, and advocating for sexual healthcare at the national and state levels.

Stay Connected with FPCI by
following us on social media:

@FPCIowa



Make a Donation:

Your gift helps support our mission of providing access to high-quality sexual and reproductive healthcare for all!



fpcouncil.org/support-fpci/

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