

Date:

To: Member of Parliament, MPP, Federal and provincial health ministers and territorial leaders

Re: Need for Universal barrier-free access to contraception for Canadians

Dear Sir or Madam:

I am writing to add my voice to the Society of Obstetricians and Gynaecologists of Canada and enlist your help and support to ensure all Canadians have barrier-free access to contraception. Now more than ever, women and families in Canada need this access urgently. The COVID-19 pandemic has shed further light on this critical need.

The equitable ability to plan and space pregnancies is highly relevant to the health of Canadians. Rigorous evaluations have demonstrated that universal subsidy for contraception improves outcomes and lowers health system costs. Unintended pregnancy affects people of all ages and demographic backgrounds but is concentrated among disadvantaged populations who disproportionately face inequitable economic, education-related, work, and social consequences. As the health system pays to manage all pregnancies, 40% of which are currently unintended including 1/3 of all births, the health system cost for each contraceptive failure by far exceeds that to subsidize prevention. Making contraception free has been shown to have wide-reaching community, social, family health, and workforce benefits. Health policy and services that deliver high quality family planning lead to population-level gains in terms of health and health equity around the world.

It is **my** view that ALL people are entitled to full information and access to the available range of contraception options, regardless of their ability to pay for them. This includes IUD, implants, hormonal patches, injections, pills or ring, a barrier method, emergency contraception or a combination of the above.

As a member of your constituency, I appeal to you as an elected official who cares deeply about women's health issues, to work with your colleagues make access universal regardless of financial ability or living situation. No doubt you agree that this is a fundamental right from which all Canadians should benefit.

Kindest regards,

Name:

Address:

Phone number (optional):