

House Human Services Committee
HB 1478
January 29, 2025

Chair Ruby and members of the Committee,

As a mother of two daughters, I am writing to urge you to support HB 1478 that would protect access to birth control for all individuals. For many people, including my daughters, contraception is not just about family planning, it is essential for managing their health and well-being.

Both of my daughters rely on birth control to regulate heavy and painful periods that once disrupted their daily lives. My older daughter has an IUD that is nearing expiration. She had hoped to switch to a short-term option, allowing her the flexibility to plan for children in a few years. However, she now feels compelled to consider another long-term IUD, fearing that her choices may soon be limited.

Access to birth control is a fundamental part of healthcare, enabling women to make decisions about their own bodies and futures. Policies that restrict this access place unnecessary burdens on families and compromise the health and autonomy of individuals.

I implore you to stand with families like mine and support legislation that ensures continued, unimpeded access to all forms of contraception. Your leadership can make a meaningful difference in preserving the health and choices of countless women in our state.

Please give HB 1478 a “Do Pass” recommendation.

Thank you for your time and commitment to serving our community.

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