



**Testimony
Support for HB 1478
House Human Services
January 29, 2025**

Chair Ruby, Vice Chair Frelich, and members of the Committee,

My name is Katie Christensen Mineer, and I am the North Dakota State Director of External Affairs for Planned Parenthood North Central States. Thank you for the opportunity to submit testimony in support of HB 1478.

Planned Parenthood North Central States provides advocacy, education, and health services, including expert reproductive health care, across our five-state region. At our Moorhead health center, over 50% of our patients are residents of North Dakota. We have tens of thousands of activists and supporters throughout the state. Our education team reaches more than 500 people each year through programming, trainings, and community presentations. Planned Parenthood is here to ensure all people have the information and the means to make free and responsible decisions about whether and when to have children, and our mission affirms human rights to reproductive health care and freedom.

If passed, HB 1478 would safeguard access to birth control by preventing governmental interference, thus reinforcing an individual's ability to make decisions about their health and family planning. This protection is particularly significant, as 90% of females aged 18 to 64 have used contraception at some point in their reproductive years.¹

Birth control is vital for public health and individual well-being. It empowers people to plan their families, pursue education, and achieve economic stability. Contraceptives are also essential in preventing unintended pregnancies, especially for those experiencing intimate partner violence who may lack control over their reproductive choices. Additionally, birth control offers critical health benefits, such as reducing the risk of certain cancers and managing conditions like endometriosis and polycystic ovary syndrome.

Ensuring unrestricted access to contraception is not only a matter of personal freedom—an issue supported by 91% of Americans—but also a proven strategy to improve public health outcomes and drive economic growth.²

The Planned Parenthood Minnesota, North Dakota, South Dakota Action Fund strongly urges a Do Pass recommendation on HB 1478. Thank you for your consideration.

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1. Frederiksen, B., Ranji, U., Long, M., Diep, K., & Salganicoff, A. (2022, November 3). *Contraception in the United States: A closer look at experiences, preferences, and coverage*. KFF. <https://www.kff.org/womens-health-policy/report/contraception-in-the-united-states-a-closer-look-at-experiences-preferences-and-coverage/>
2. Cousens, M. (2024, June 11). *Four in five Americans support legislation protecting access to contraception*. Navigator Research. <https://navigatorresearch.org/four-in-five-americans-support-legislation-protecting-access-to-contraception/>