



**House Human Services Committee
HB 1478
January 29, 2025**

Chairman Ruby and Committee Members, I am Courtney Koebele, the Executive Director of the North Dakota Medical Association, the professional membership organization for North Dakota physicians, residents, and medical students.

NDMA supports HB 1478 to protect access to contraception.

Access to comprehensive contraceptive healthcare is a critical component of women's health, and NDMA is committed to encouraging and upholding policies and actions that ensure those services.

Access to contraceptives is cost-effective and reduces unintended pregnancy. Additionally, non-contraceptive benefits may include decreased bleeding and pain with menstrual periods and reduced risk of gynecologic disorders, including a decreased risk of endometrial and ovarian cancer.

Contraceptive care plays a crucial role in improving maternal health outcomes by offering individuals the means to plan and space pregnancies, ultimately contributing to healthier pregnancies and birth outcomes, and reducing maternal mortality rates. Most notably, contraceptive care:

- Prevents unintended pregnancies and sexually transmitted infections (STIs).
- Promotes healthy birth spacing.
- Reduces maternal mortality.
- Enhances access to prenatal care.
- Improves socioeconomic outcomes.

This bill provides a pathway to secure the right to receive contraceptives, and for healthcare professionals to provide contraceptives without restrictions from state and local governments.

For the above-stated reasons, we request your support for HB 1478. Thank you.