

House Human Services Committee  
HB 1478  
January 29, 2025

Chair Ruby and members of the Committee,

My name is Ana Mastin, and I am a student at the University of North Dakota. I am majoring in Kinesiology for pre-Athletic Training. I came to UND because of how well the health programs are. I participated in the cheer team for 3 years. I mainly picked UND because of how close, yet far it is away from home. I am originally from St. Cloud, MN.

I am writing to you in support of HB 1478 which would protect access to contraception for North Dakotans. I am a college student living with Endometriosis and Adenomyosis. Two conditions that have made it very difficult to live a normal and pain free life. For me, birth control isn't just about preventing pregnancy—it is an essential treatment that helps regulate my cycles, manage severe symptoms, and protect my long-term health.

Growing up, I had the worst menstrual periods. Most days, I'd go home from school or just not go to school due to the pain. I tried multiple pain medications, and various combinations, but nothing worked. I also was heavily participating in gymnastics and track during these times as well, which usually as young tweens and teens, you don't get your periods because of the amount of stress on your body. I started taking birth control to help my periods. My period didn't care. My contractions and cramps were so bad that it started to pull on my lower back muscles so much that I ended up being more prone to back injuries.

My sophomore year of high school I had a season ending back injury and was out for half my Sophomore year through my senior year. I had 2 herniated discs. At that time however, I was misdiagnosed by the chiropractor, and she suggested I get off of it. As soon as I was off of it, everything got worse. My parents took me to an actual doctor that specializes in backs and back injuries. I had an MRI done and found out it was herniated discs. Keep in mind that I was only 16 when I had these injuries.

Without access to contraception, my ability to manage my condition and pursue my education would be severely impacted. Birth control is critical healthcare for millions of people, and protecting access to it ensures that individuals like me can thrive.

Your support makes a meaningful difference for students like me, whose health and futures depend on this care.

Thank you for your time and attention.

Sincerely,

Ana Mastin

Grand Forks, ND