

Regarding House Bill 1478
01/28/2025

My name is Shayna Wacha. I am writing in favor of the House Bill 1478. This bill would protect access to contraception and contraceptive information in our state. This bill is vital for ensuring that individuals, like myself, have the freedom to make informed, personal decisions about when to start a family. I urge you to stand with me and many others who rely on contraception for both family planning and essential healthcare.

For me, contraception is not just a tool for preventing pregnancy—it is an integral part of my ability to plan for the future. It gives my husband and myself the opportunity to ensure we are financially and mentally prepared to raise a child when the time is right. Without access to contraception, our ability to make these important life decisions would be severely limited.

Contraception also plays a crucial role in the treatment of various chronic health conditions that affect the female reproductive system, including endometriosis, Polycystic Ovarian Syndrome (PCOS), and even severe migraines. As a young adult, I was placed on contraceptives to manage painful menstrual cycles. Without access to contraception, I would have faced severe disruptions in my daily life, including missing school and work due to debilitating pain. Contraception allowed me to continue with my studies and job without those interruptions. For many women, including myself, contraception is not just about preventing pregnancy—it's about managing health conditions and ensuring we can keep up with our personal and professional goals.

This bill guarantees that individuals have the right to access contraception from healthcare providers, and can use it as part of their healthcare plan. It also respects the rights of healthcare providers to decline providing contraception based on moral or religious objections, in line with federal law.

Access to contraception is essential for promoting public health, empowering individuals to make informed choices about their bodies, and ensuring women have the necessary tools to treat chronic conditions and prevent unintended pregnancies. I strongly encourage you to support this bill to protect reproductive rights and ensure that all individuals in our state can make the healthcare choices that are right for them.

Thank you for your consideration.

Sincerely,

Shayna Wacha