**Sample Op-Ed or Blog and General Tips**

**[Identify personal connection to the primary message: Domestic Gag Rule reduces birth control access in Iowa]**

* As a result of the “domestic gag rule” an estimated [54,210 women in Iowa](https://powertodecide.org/sites/default/files/2020-02/State%20Factsheet_Iowa.pdf) in need of publicly funded contraception live in counties losing federal funding.

**[Explain the domestic gag rule]**

* The domestic gag rule requires health providers receiving Title X funds to withhold information from patients about abortion services and care.
* Health centers are required to stop providing abortion care with non-Title X funds at sites that offer Title X supported services, such as contraceptive care, breast and cervical cancer screening and STI testing.
* The rule requires that abortion services, no matter how they are funded, be performed at a separate physical site, is a financial burden most centers cannot meet.

**[Explain Title X]**

* For nearly 50 years, the Title X Family Planning Program has provided federal funding to health centers that provide free or low-cost birth control and related services.
* **Add** information about Title X in your state/community.

**[Describe impact of domestic gag rule]**

* Data released by Power to Decide estimate that [54,210 women in Iowa](https://powertodecide.org/sites/default/files/2020-02/State%20Factsheet_Iowa.pdf) of reproductive age (13-44) in need of publicly funded contraception live in counties losing federal funding for the Title X Family Planning Program as a result of the implementation of the “domestic gag rule

**[Describe contraceptive deserts in Iowa]**

* Data from Power to Decide show that 173,100 [women living](https://powertodecide.org/sites/default/files/2020-02/State%20Factsheet_Iowa.pdf) at or below 250% of the poverty level in Iowa live in contraceptive deserts, counties in which there is not reasonable access to a health center offering the full range of contraceptive methods.
* This means women struggling to make ends meet must incur additional costs such as transportation, child care, and taking unpaid time from work just to get the type of contraception they need. [**Add** local story or example if possible].
* Nationally, more than 19 million U.S. women of low income live in [contraceptive deserts](https://powertodecide.org/what-we-do/access/birth-control-access).

**[Proactive steps taken by Iowa to expand access to contraception that help to partially alleviate the impact of damaging federal policies]**

* Iowa expanded Medicaid to low-income adults, which helps decrease the percentage of uninsured women, and by extension, gives them the contraceptive coverage they need to live healthy lives.
* Iowa is currently considering legislation that would allow pharmacists to prescribe contraception and require insurance coverage for an extended supply of prescription contraceptives.

**[Iowa could take the following additional steps]**

* Iowa could allow pharmacists to prescribe contraception.
* Require insurance to cover an extended supply of prescription contraceptives.
* Enact policies that protect insurance coverage of the full range of contraceptive methods.

**[Conclusion- Some ideas below]**

* To further expand access, Iowa could allow pharmacists to prescribe contraception, require insurance to cover an extended supply of prescription contraceptives, and enact policies that protect insurance coverage of the full range of contraceptive methods.
* Women in need in Iowa already faced a challenging contraceptive landscape, even before the domestic gag rule went into effect.
* More than 170,000 low-income women in Iowa live in contraceptive deserts.
* The “domestic gag rule” exacerbates an already challenging contraceptive access landscape for close to 55,000 low-income women struggling to make ends meet
* As a result, these women face untenable barriers to access related to the costs of transportation, child care and taking unpaid time from work to get the contraception they need.
* For the long term, we must all work together to reverse the administration’s harmful domestic gag rule.
* Birth control has widespread support. For one, nearly all women (99%) who have ever had sex with men [have used contraceptives at some point in their lives](https://powertodecide.org/what-we-do/information/resource-library/everyone-loves-birth-control).
* The majority of adults [(76%)](https://powertodecide.org/sites/default/files/2019-11/Survey%20Says_Thx%20BC_2019.pdf), believe that birth control is a basic part of women’s health care. Further, 86% of adults, support access to all birth control methods, with broad support [regardless of race, region, and political affiliation](https://powertodecide.org/what-we-do/information/resource-library/survey-says-thxbirthcontrol-november-2019).
* Access to contraception is more important than ever.
* COVID-19 is putting front and center the need for women to be able to access birth control in a variety of ways.
* COVID-19 is having a significant impact on the health and economic security of people nationwide.
* We hope these innovative methods to deliver medical care will become established practice across the country and thus make it easier for women to access the birth control they need and deserve.
* The pandemic has also changed our approach to health care and highlights the opportunity to deliver access to care in innovative ways.