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

**[Identify personal connection to primary message: More than 1.7 million women in Texas live in contraceptive deserts]**

* Women are struggling financially and barriers to access contraception further limit their resources and their ability to live life on their own terms.

**[Explain contraceptive deserts in Texas]**

* An estimated [1,747,510 women living](https://powertodecide.org/sites/default/files/2020-03/State%20Factsheet_Texas.pdf) at or below 250% of the poverty level in Texas 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]**.
* Across the country, more than 19 million U.S. women in need live in [contraceptive deserts](https://powertodecide.org/what-we-do/access/birth-control-access).

**[Texas could take the following steps to help expand access to contraception]**

* Expand Medicaid to childless adults, which would help decrease the percentage of uninsured women, and by extension, give them contraceptive coverage.
* Allow pharmacists to prescribe contraception
* Require insurance to cover an extended supply of prescription contraceptives that can make it easier to access some contraceptive methods.
* Enact policies that protect insurance coverage of the full range of contraceptive methods.

**[Conclusion – Sample ideas below]**

* Women in Texas are far less likely to have health coverage than women in other parts of the country, which limits their ability to get the birth control method that is right for them.
* In Texas, [one quarter (24.3%)](https://www.urban.org/sites/default/files/factsheet-uninsured-women-tx.pdf) of women of reproductive age (13-44) are uninsured, double the national average of [11.7%](https://www.urban.org/sites/default/files/factsheet-uninsured-women-tx.pdf).
* Also, a federal approval of a [waiver](https://powertodecide.org/about-usnewsroom/federal-government-allows-texas-block-low-income-womens-access-quality-family) severely limited the providers who can provide family planning services with Medicaid funding.
* More than 1.7 million women in Texas face tremendous barriers to accessing contraception.
* Women in Texas face a challenging contraceptive access landscape.
* Women who are already struggling to make ends meet are also burdened with additional costs to access basic health care.
* Expanding access to contraception is important in Texas in order to help the over 1.7 million women in need currently living in contraceptive deserts, and so many others who are striving to achieve their educational, career, economic, and family goals.
* 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/what-we-do/information/resource-library/survey-says-thxbirthcontrol-november-2019), 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.
* The pandemic has also changed our approach to health care and highlights the opportunity to deliver access to care in innovative ways.