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

**[Identify personal connection to the primary message: Domestic Gag Rule reduces contraceptive access in Colorado]**

* The implementation of the “domestic gag rule” could impact approximately 68,550 women in need in Colorado.

**[Explain the domestic gag rule]**

* The domestic gag rule requires health providers receiving Title X funds to withhold some 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 physically separate site, which is a financial burden most centers cannot meet.
* In the face of these challenges, family planning providers are doing their best to provide high-quality service to their patients and fill gaps left in the wake of the disruption caused by the rule.

**[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]**

* According to data released by [Power to Decide](https://powertodecide.org/), an estimated [68,550 Colorado women](https://powertodecide.org/what-we-do/information/resource-library/contraceptive-access-colorado)of reproductive age (13-44) in need of publicly funded contraception live in counties impacted by the Title X Family Planning Program “domestic gag rule.”

**[Describe contraceptive deserts in Colorado]**

* Data from [Power to Decide](https://powertodecide.org/)shows 300,300 women living at or below 250% of the poverty level in Colorado live in contraceptive deserts, counties in which there is not reasonable access to a health center offering the full range of contraceptive methods.
* 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 Colorado has taken to expand access to birth control that partially alleviate the impact of the damaging federal policies]**

* 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.

Requiring insurance to cover an extended supply of prescription contraceptives and allowing pharmacists to prescribe contraception.

* To [further guard against additional barriers](https://powertodecide.org/what-we-do/access/state-policy/rh-access-policies) Colorado could enact policies that protect contraceptive coverage.

**[Conclusion – Some ideas below]**

* The domestic gag rule exacerbates the challenges women face in getting the contraception they need in Colorado.
* We applaud Colorado for its various efforts that have expanded access to birth control.
* 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 [(](https://powertodecide.org/sites/default/files/2019-11/Survey%20Says_Thx%20BC_2019.pdf)76%), 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.
* 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.