



the campaign to prevent unplanned pregnancy

May 7, 2021

CONTACT: Paloma Zuleta  
202-812-4477  
[pzuleta@powertodecide.org](mailto:pzuleta@powertodecide.org)

## **POWER TO DECIDE PROUDLY SUPPORTS FREE THE PILL DAY**

*We Join the Call to Make Oral Contraceptives Available to All*

**(Washington, D.C.)** — Today, Power to Decide proudly supports *Free the Pill Day* and joins the call of partners, advocates and reproductive health providers to the Food and Drug Administration to make oral contraceptives available over the counter without requiring a prescription from a licensed medical provider.

“Since contraceptive pills became legal, millions of people have been able to delay and space out their pregnancies, which has benefited their educational and economic goals,” said Dr. Raegan McDonald-Mosley, CEO, Power to Decide. “Further, advancements in methods and delivery options have allowed more people to achieve their reproductive desires. Unfortunately, with regard to oral contraceptives, unnecessary barriers thwart access to this essential health product that all people – including people of color, people with low incomes and people from rural areas – need and deserve.”

Every month, over 10 million people in the U.S take contraceptive pills to avoid an unplanned pregnancy and treat health concerns such as painful periods, acne, ovarian cysts and menstrual migraines. Contraceptive pills are the most common method of non-permanent contraception in the U.S. Support for increasing access is shared by the [American College of Obstetricians and Gynecologists](#) and the [American Academy of Family Physicians](#).

“These restrictions limit access to oral contraceptives and contradict research confirming that contraceptive pills meet the safety requirements to be administered as an over-the-counter medication,” Dr. McDonald-Mosley continued. “It’s time to simplify access and make contraceptive pills available over the counter without a prescription so that all people regardless of who they are or where they live or what their income is can have the power to decide if, when and under what circumstances to get pregnant and have a child.”

**Power to Decide** is a private, non-partisan, non-profit organization that works to ensure all people—no matter who they are, where they live or what their economic status might be—have the power to decide if, when and under what circumstances to get pregnant or have a child. Please visit us at [www.PowerToDecide.org](http://www.PowerToDecide.org) or follow us on Facebook and Twitter.