

February 2, 2018

Dear Working Group member,

## Free the Pill

Top 3 reasons people want  
an over-the-counter  
progestin-only birth control pill:

- 1 Save time from no office visit.
- 2 Easily & quickly start a birth control pill.
- 3 Save money.

Citation: Interest in over-the-counter access to a progestin-only pill among women in the United States. *Women's Health Issues*. 2018

#FreeThePill

freethepill.org

This week, a [first-of-its-kind study](#) examining US women's and teen's interest in over-the-counter (OTC) access to a progestin-only birth control pill (POP) was published in *Women's Health Issues*. The research, authored by myself and Daniel Grossman (Advancing New Standards in Reproductive Health, UCSF), found 39% of adults and 29% of teens reported likely use of an OTC POP, with interest increasing to 46% for adults and 40% for teens if the pill were covered by insurance. The level of interest was similar to findings from a [2013 study](#) on OTC birth control pills that didn't specify a hormonal formulation, suggesting that the type of pill that goes OTC matters less to people than the increase in access.

Other notable findings include:

- Nearly one in four adults and teens not currently using contraception said they would be interested in using an OTC POP.
- A clear majority of women (85%) reported they would continue to visit their health care provider to obtain gynecologic screenings, such as Pap smears and tests for infection.
- Among current condom users interested in an OTC POP, a majority of adults (61%) and teens (71%) said they would likely continue to use condoms while using an OTC pill.

We encourage you to use this opportunity to spread the word to your colleagues and social media networks about both POPs and the effort to #FreeThePill. Resources to share include an [op-ed featuring the research in \*Teen Vogue\*](#), a [social media toolkit with sample posts and graphics](#), and a [short research brief](#) summarizing the study findings.

Let us know if you have any questions or would like to discuss other ways to share this research or the Free the Pill messaging.

Thank you,

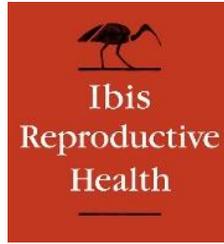


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## About us

The Oral Contraceptives (OCs) Over-the-Counter (OTC) Working Group is a coalition of reproductive health, rights, and justice organizations, nonprofit research and advocacy groups, university-based researchers, and prominent clinicians who share a commitment to providing all women of reproductive age easier access to safe, effective, acceptable, and affordable contraceptives. The working group was established in 2004 to explore the potential of over-the-counter access to oral contraceptives to reduce disparities in reproductive health care access and outcomes, and to increase opportunities for women to access a safe, effective method of contraception, free of unnecessary control, as part of a healthy sexual and reproductive life.

The working group is coordinated by Ibis Reproductive Health.



[www.ibisreproductivehealth.org](http://www.ibisreproductivehealth.org)

## Contact us

**For questions or inquiries, please contact us at:**

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