

**For Immediate Release**  
July 20, 2011

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## **Women and Medical Experts Agree: Contraception is Prevention** *WAWH Applauds Institute of Medicine Recommendation*

**Madison** – The Wisconsin Alliance for Women's Health (WAWH) welcomes the Institute of Medicine (IOM) report [Clinical Preventive Services for Women: Closing the Gaps](#), detailing recommendations for specific preventive services and screenings that support women's health, including the full range of contraception approved by the Food and Drug Administration.

The IOM recommendations align with the sentiment of an overwhelming majority of Americans, that contraception is prevention. In fact, recent [polling](#) shows that 84% of Americans view family planning, including contraception, as important to basic preventative health care services.

"These recommendations make it clear that contraception is a proven part of preventive health care and will help women get coverage for preventive care without financial barriers thanks to the Affordable Care Act," said WAWH Executive Director Sara Finger.

Having thoroughly reviewed the evidence, the IOM's committee of experts found sufficient evidence to support eight recommendations about services that should be added to the preventive care for women promoted by the Affordable Care Act. The report notes that a comprehensive approach to contraceptive care is recommended "so that women can better avoid unwanted pregnancies and space their pregnancies to promote optimal birth outcomes."

"We're eager for the administration to take the next step -- which means requiring insurance companies to eliminate co-pays and other extra fees for contraception, just like the rest of proven preventive health care," Finger added.

The IOM report includes a number of other recommendations that are important for supporting women's health in addition to the recommendation for contraceptive care. The committee recommended lactation support and counseling for pregnant and postpartum women, including the cost of renting breast-feeding equipment. It also recommended screening and counseling for interpersonal and domestic violence, services that can make it possible for health care providers to address both current health and safety concerns and future health problems that might result from intimate partner violence.

During the months when the IOM Committee had been deliberating, WAWH has been working to explain what it would mean for women's health and women's pocketbooks if copayments and other additional charges for contraception were ended. Starting today, WAWH will be sharing the new expert recommendations far and wide – and urging the U.S. Department of Health & Human Services to adopt the recommendations in full.

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*The mission of the Wisconsin Alliance for Women's Health (WAWH) is to advance comprehensive women's health in Wisconsin by engaging, educating, empowering and mobilizing individuals and organizations.  
To learn more about WAWH, visit our website: [www.supportwomenshealth.org](http://www.supportwomenshealth.org)*