

# Women's Health:



## Birth Control

Report by  
Paige Hofschire Aug. 2020

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Victoria Pilotti, Ed.D., Tracey Robinson & Lana Perlowitz

# Birth Control aka Contraception



# Contraceptives Background

- “Contraception is crucial for helping women avoid unintended pregnancies, and it has myriad health, social and economic benefits”
- “Since the mid-1990s, 28 states have required health insurance plans regulated by the state that provide coverage of prescription drugs and devices to also cover prescription contraceptives”
- Under the Affordable Care Act of 2010, there is a federal contraceptive coverage guarantee that applies to most private health plans nationwide, which “specifically requires coverage for 18 methods of contraception used by women[...] along with related counseling and services, and it requires this coverage to be provided without any out-of-pocket costs to the patient”
- “29 states and the District of Columbia require insurers that cover prescription drugs to provide coverage of FDA-approved prescription contraceptive drugs and devices”

# United States Facts

- 23% of women in need of publicly funded family planning services are *uninsured*
- 21 million of U.S. women ages 13-44 were likely in need of publicly supported contraceptive services and supplies in 2016
- 18 states (and DC) require emergency rooms to provide emergency contraception to sexual assault survivors

<https://www.guttmacher.org/state-policy/explore/insurance-coverage-contraceptives>

<https://www.guttmacher.org/report/contraceptive-needs-and-services-2012-update>

<https://www.guttmacher.org/state-policy/explore/emergency-contraception>

# Types of Birth Control/Contraceptives

<https://www.plannedparenthood.org/learn/birth-control>

Updated May 1, 2024

<https://www.insider.com/birth-control-shot/>



## Birth Control Implant:

- Low maintenance
- 99% effective
- Can cost \$0 to \$1300
- Lasts up to 5 years
- A tiny metal rod that gets inserted into the arm and releases hormones into the body

## IUD (Intrauterine Device):

- Low maintenance
- 99% effective
- Can cost \$0 to \$1300
- Lasts up to 3-12 years
- A tiny device that is put into your uterus
- 5 different brands: Paragard, Mirena, Kyleena, Liletta, Skyla

## Birth Control Shot:

- Used on a schedule
- 94% effective
- Can cost \$0 to \$150
- You get one every three months
- A shot that contains the hormone progestin

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## Birth Control Vaginal Ring:

- Used on a schedule
- 91% effective
- Can cost \$0 to \$200
- Replace monthly
- A ring that you wear inside your vagina that releases hormones into your body



## Birth Control Patch:

- Used on a schedule
- 91% effective
- Can cost \$0 to \$150
- Replace weekly
- A patch that you wear on certain parts of your body that releases hormones through your skin

<https://www.healthdirect.gov.au/contraceptive-vaginal-ring>

<https://www.self.com/story/birth-control-patch-facts>

<https://www.webmd.com/sex/birth-control/news/20190305/drug-company-recalls-birth-control-pills>



## Birth Control Pill:

- Used on a schedule
- 91% effective
- Can cost \$0 to \$40
- Take daily
- A pack of pills that you take once daily

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## Condom:

- Use every time
- 85% effective
- Can cost \$0-\$2
- The **ONLY** birth control method that can protect against STDs and STIs

<https://www.nbcnews.com/healthmain/condom-use-101-basic-errors-are-so-common-study-finds-207925>

# Resources

- **Planned Parenthood Telehealth Services:**
  - <https://www.plannedparenthood.org/planned-parenthood-greater-new-york>
- **Choices Women's Medical Center:**
  - <https://www.choicesmedical.com/>
- **New York City Health:**
  - <https://www1.nyc.gov/site/doh/health/health-topics/birth-control.page>
- **New York State Department of Health:**
  - [https://www.health.ny.gov/community/pregnancy/family\\_planning/](https://www.health.ny.gov/community/pregnancy/family_planning/)
- **U.S. Food & Drug Administration:**
  - <https://www.fda.gov/consumers/free-publications-women/birth-control>



# Contact Us

Website: [cwny.org](http://cwny.org)

Email: [info@cwny.org](mailto:info@cwny.org)



Queens Borough Hall  
120-55 Queens Boulevard  
Room 325  
Kew Gardens, NY 11424  
(718) 793-0672

Fort Totten Park  
207 Totten Avenue  
Bayside, NY 11359  
(718) 229-0020

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