

# Universal Access to Contraception

CFMS National  
Day of Action  
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## OUR ASKS

Reflecting on current evidence, universal coverage of contraception in Canada through a federal plan is an effective method to increase healthcare equity and access, and to ease the burden of healthcare spending.

**The CFMS and its stakeholders call upon the Canadian federal government to:**



Provide federally sponsored universal coverage of contraception, including the copper IUD, for all Canadians and include all contraceptive methods within the national Pharmacare plan



Sponsor public education campaigns to endorse and circulate the Society of Obstetricians and Gynecologists of Canada information about contraceptive methods and use



Implement a federally supported task-shifting model to include allied healthcare providers in contraceptive prescribing in all Canadian provinces and territories for improved access

## OVERVIEW

Access to contraception is a human right. Universal coverage of contraception empowers people, improves health outcomes, and leads to significant cost savings. Studies have shown that the cost of universal access to contraception is more than offset by savings to the healthcare system, due to reduced medical costs resulting from a reduction in unplanned pregnancies. A 2015 study in the Canadian Medical Association Journal estimated that the cost of delivering universal contraception across Canada would be \$157 million, but the savings - for direct medical costs of unplanned pregnancy alone - would be approximately \$320 million.

A lack of awareness of contraceptive methods and misconceptions about safety and efficacy also impede access to contraception in Canada. An essential component of providing universal access is increasing public education with evidence-based information. The Society of Obstetricians and Gynecologists of Canada (SOGC) provides excellent resources for contraceptive information and they should be an accessible and recognizable resource for all Canadians.

The SOGC's 2015 Contraception Consensus states that it is both safe and feasible for allied health workers (midwives, registered nurses, and pharmacists) to provide contraceptive care. Using allied healthcare professionals in prescribing contraception is an essential avenue for improving access.