
Support for P56 and P64

As a leading voice and researcher on sustainability in the Pacific Northwest for over two decades, I write in strong support of P56, Preventing Unintended and Adolescent Pregnancies (King County Health Dept.), and P64, Long-Acting Reversible Contraception (LARC) – Increasing Awareness and Accessibility (North Sound ACH).

Giving Washington women the best resources to pursue families when *they* are healthy and excited to do so would have compound benefits for our state. P56 and P64 help to prevent unwanted and mistimed pregnancies, which prevents abortions and unwanted children. Children conceived intentionally receive better prenatal care, have higher infancy survival rates, display superior verbal development in their early years, and are less likely to endure abuse and neglect. Consequently, fewer children end up in the child welfare system, including juvenile courts and foster care, which alleviates the financial and more importantly the emotional costs of these services.

LARCs are [twenty times more effective](#) than the pill, and comprehensive family planning counseling gives young women especially the opportunity to plan their relationships, careers, and lives in a manner that advances their interests and those of their potential children. In a state where nearly [half of pregnancies are unintended](#), it is urgent that we better serve our young people's contraceptive needs. P56 and P64 help to do that, contributing to a future in which every child is wanted and in which, in turn, families and communities across our state are stronger and healthier.

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