

MEDIA RELEASE:

Shining the Light on Contraception Access: A Call to Accelerate Action on International Women's Day

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EDMONTON, AB—On International Women's Day and to mark its fourth anniversary the Alberta Women's Health Foundation (AWHF) is proud to release its latest report, "Shining the Light: The Choices, Challenges and Considerations around Contraceptives," a thought leadership paper that highlights the barriers, knowledge gaps, and experiences of Albertans in accessing contraception.

In alignment with this year's International Women's Day theme—Accelerate Action—AWHF is calling for urgent progress to ensure equitable access to contraception.

Financially supported by Organon Canada, a global leader in women's health, the report presents critical findings from a survey of over 2,000 Albertans, shedding light on the real-life challenges that women and gender-diverse individuals face in navigating contraception options. The report underscores the need for improved education, reduced stigma, and policy advancements to ensure all individuals have the resources they need to make informed choices about their use of contraception.

"Contraception is not just about family planning—it's about education, career trajectory, economic security, and gender equality," said Sharlene Rutherford, President and CEO of the Alberta Women's Health Foundation. "The voices in this report are clear: we must accelerate action to eliminate the barriers that prevent people from accessing the contraception they need."

Among its key findings, the report reveals that cost remains a significant barrier to access, with 16% of respondents citing financial constraints as an obstacle. Additionally, 14% of respondents reported difficulty accessing contraception due to a lack of primary care providers, a growing concern given Alberta's ongoing healthcare challenges.

Organon Canada, a company committed to advancing women's health, emphasizes the importance of collaboration to drive meaningful change.

"Organon Canada is proud to provide support to the AWHF in its efforts to better understand the health needs and gaps that women in Alberta experience, particularly in terms of access to contraception. With nearly one in two pregnancies unplanned in Canada, we remain committed to collaborate and help advocate for change to improve women's health," said Michael Casia, President and Managing Director, Organon Canada.

The Alberta Women's Health Foundation is calling on policymakers, healthcare providers, and community leaders to take steps to address the gaps in contraception access, including expanding public funding for contraceptive options, increasing healthcare provider education, and destigmatizing conversations around contraception use.

To read the full report and join the movement for change, visit albertawomenshealthfoundation.org/shiningthelight

Follow the conversation on social media using **#ShiningTheLight** and **#AccelerateAction**.

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About the Alberta Women's Health Foundation

The Alberta Women's Health Foundation (AWHF) is dedicated to advancing the health of women and all individuals with female anatomy through research, education, and advocacy. As an initiative of the Royal Alexandra Hospital Foundation, the AWHF seeks to bridge the gender health gap and drive meaningful change in women's healthcare.

For more information, visit albertawomenshealthfoundation.org. Stay up to date with AWHF by following us on X [@abwomenshealth](https://twitter.com/abwomenshealth) and Instagram [@abwomenshealthfoundation](https://www.instagram.com/abwomenshealthfoundation).