TITLE: Resolution to Endorse Access to Oral Contraceptive Pills Over-the-Counter

TO: CAFP All-Members Advocacy Meeting – Passed 3/2013
AAFP Congress of Delegates – Referred 9/2013 to AAFP Committee on Health of Public and Science – Passed AAFP Board 8/2014

Introduced by: Suzan Goodman MD MPH and Panna Lossy, MD

Endorsed by: Contra-Costa Alameda and Sonoma Chapters

WHEREAS unintended pregnancy remains a major public health problem in the United States, and approximately half of those occur in women who report using contraception at the time of conception1. Access and cost issues are common reasons why women either do not use contraception or have gaps in use2.

WHEREAS, AAFP has previously endorsed contraceptive access as an important public health measure 3, including the resolution “Remove Barriers to Over-the-Counter Contraception for Low Income Women” 4 aimed at urging insurers and Medicaid to cover the range of FDA approved contraceptive methods and supplies sold over-the-counter (OTC) and not to require a prescription for such coverage.

WHEREAS American College of Obstetrics recommends that oral contraceptive pills (OCPs) should be available over-the-counter (2012), and that weighing the risks versus the benefits based on currently available data, women should self-screen for most contraindications to OCPs using checklists5.

WHEREAS screening for cervical cancer or STIs is not medically required to provide hormonal contraception, and was not significantly decreased by OTC contraceptive use6.

WHEREAS continuation rates of OCPs are higher in women who are provided with multiple pill packs at one time7.

WHEREAS, many women choose their method of birth control specifically because it does not require a prescription8, and current over the counter products have much lower efficacy and

WHEREAS, neither safety nor efficacy concerns about OCPs have been found to justify their prescription status5, 9-12.

WHEREAS surveys indicate that most women in the US, as well as pharmacists, look favorably upon the prospect of accessing OCPs without a prescription.
WHEREAS this recommendation could enhance prospects for a pharmaceutical company approaching the US Food and Drug Administration to make 1 or more OCP formulations available to women without a prescription 13-15.

Let it be **RESOLVED** that CAFP endorse that OCPs should be available over-the-counter, weighing the risks versus the benefits based on currently available data.

And further **RESOLVED** that OCPs should be included among FDA-approved contraceptive methods and supplies that insurers and Medicaid cover.


4 AAFP COD 2011 – Advocacy Item 3 Adopted.


