

Newsroom

[Home](#) / [Newsroom](#) / [News Features](#) / Improving Birth Control Access, Improving Lives

- Press Releases
- UC San Diego Health In The News
- News Features**
- Trending Topics +
- Podcast
- Contacts for Journalists
- Bigelow Science Communication Fellowship
- Subscribe to Newsletter

Improving Birth Control Access, Improving Lives

By Heather Buschman, PhD | December 20, 2018

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A woman's ability to delay and plan for childbirth is essential to her health, as well as her education and career goals, says Sally Rafie, PharmD, pharmacist at UC San Diego Health and assistant clinical professor at Skaggs School of Pharmacy and Pharmaceutical Sciences at UC San Diego.

"There's a lot of evidence that when a woman has control over when she has children, and how many, she is more likely to stay in school, earn an advanced degree and work, which in turn positively contributes to her family's income and stability, as well as her own and her children's mental and physical health," she said.

But in order to use birth control, a woman must be able to get what she needs in a timely and affordable manner, whether that be in the form of a pill, implant, patch, shot, intrauterine device or vaginal ring. (This may also apply to transgender or gender non-conforming/non-binary individuals, but for simplicity's sake, we'll just use "woman" and "she/her" in this article.)