Thank you for participating in the HER Salt Lake Contraceptive Initiative!

You are one of 11,509 individuals who received contraceptive care through the initiative, and one of 4,425 who took surveys and contributed valuable information to the research team.

The HER Salt Lake Contraceptive Initiative was a partnership between the University of Utah Family Planning Division and Planned Parenthood Association of Utah. HER Salt Lake aimed to increase contraceptive access in Salt Lake County.

By removing the cost of contraceptive care, HER Salt Lake clients were able to choose the contraceptive methods they wanted — without cost barriers.

At their first visit, the majority of HER Salt Lake survey respondents chose oral contraceptives, implants, and IUDs.

Being able to switch methods allowed participants to figure out which method worked best for them.

The chart on the right shows contraceptive method use before and after the intervention.

You're changing the way we think about family planning, and your participation is making care better for individuals across the country!

Read about HER Salt Lake in the news

Check out all the change you've made at HERsaltlake.org
Your surveys have transformed sexual and reproductive health care across the country and beyond

Study results have been presented at over 18 conferences across the United States and internationally in Spain and Mexico.

As of May 2020, 7 papers have been published about the HER Salt Lake Contraceptive Initiative.

You can read more about HER Salt Lake papers, posters, and presentations here

HER Salt Lake Data have been used to influence Utah policy:

- Pharmacies can dispense contraceptives
- More people can get contraceptives through Medicaid
- Implants and IUDS are immediately available postpartum

Thank you for supporting your community these past three years. We're immensely grateful for your participation.

Our team used HER Salt Lake findings to launch Family Planning Elevated, a statewide contraceptive initiative.

Follow us on social media or find out more at myFPE.org