YOU MAKE PLANNED PARENTHOOD POSSIBLE
Dear Friend,

Our nation shifted when *Roe v. Wade* was overturned on June 24, 2022. Yet together, we remained resolute in our commitment to protect every person’s right to bodily autonomy and reproductive freedom.

The reality is that the work to prepare for that fateful decision started long before June. **You fueled the innovation and change needed to meet this moment and beyond.** Because of you, our patients continue to have access to inclusive and comprehensive sex education, dedicated advocacy, and a full range of sexual and reproductive health care across our five-state region.

We will see this through—thanks to you. We know abortion bans don’t affect everyone the same way. That is why Planned Parenthood donors, supporters, volunteers, and staff work tirelessly to break down barriers for people—no matter their age, race, income, sexual orientation, gender identity, or background—through the difficult moments and into the brighter future we know is possible. Our tomorrow can be brighter than today, and we will work tirelessly to make it so.

**You are the reason we are strong.** The impact you see in these pages—the thousands of lives changed—is only possible because of you.

Thank you,

![Ruth Richardson](image)

Ruth Richardson
President and CEO
Planned Parenthood North Central States

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Michael Belzer, M.D.
Board Chair
Planned Parenthood North Central States

*The data in this publication reflect the giving and programming of Planned Parenthood North Central States, 501(c)(3), in fiscal year 2022: July 1, 2021-June 30, 2022, unless otherwise noted.*
Your commitment to reproductive freedom ensures that nearly 100,000 patients can get the care they need, more than 65,000 people can get comprehensive sex education, and thousands can raise their voice to fight to protect our rights.

Last year, 23,119 unique donors made 78,319 gifts totaling $16,219,259, including gifts from 8,219 of you who joined our donor community for the first time. In this important year, 2,096 of you were Friends for Good, joining other leadership donors who gave at least $1,000 annually. Many of you also pledged to continue your support into the future, including 721 sustaining monthly donors, and $1,262,500 in new Legacy Circle planned gifts.

We also received a $20 million gift from philanthropist MacKenzie Scott. Her generosity secured sexual and reproductive health care and comprehensive sex education in our region.

“When I had a breast lump that was suspicious, Planned Parenthood was there. When I needed STI testing, Planned Parenthood was there. No matter what’s going on with my body, I’ve been able to turn to Planned Parenthood for health care that makes me feel heard, validated, and secure.”

—Samantha, patient
Since June, when the U.S. Supreme Court overturned Roe, we have been adapting to a new health care landscape. A new patient navigator program has supported 460 patients by helping them secure lodging, travel, and appointments necessary to get abortion care. And in Minnesota, state law allowed our launch of medication abortion by mail.

As barriers to abortion have compounded, patients traveling from outside our region to access care have increased by 13% and second trimester abortions have increased by 40%.

It is because of you that we are able to meet this moment, and we will persevere—doing everything we can to serve patients who need abortion care, no matter where they are.

Inclusive care matters. Of our patients—
39% live with incomes at or below 100% of the federal poverty line.
More than 4% identify as transgender, agender, genderqueer, gender fluid, non-binary, or Two Spirit.
38% in talk therapy identify as BIPOC and 31% identify as LGBTQIA+.

Expert Health Care

Last year, 460 clinic staff provided essential health care in our five-state region. We expanded our telehealth services, providing care through 17,029 visits.
1,352 patients got care with PrEP or PEP for HIV prevention.
3,460 patients received transgender hormone therapy.
Patients turned to us for 152,252 family planning visits and received 182,576 units of contraception.
We cared for 11,542 patients seeking abortions.
We provided screening and treatment for anxiety and depression to 211 patients.
We administered 173,904 STI tests.
Dr. Sarah Traxler, left, PPNCs Chief Medical Officer

Groundbreaking Research

Our research team conducted 25 new clinical and social science studies to analyze health equity and sexual and reproductive health, including studies on African American reproductive health, trans health, and language justice.

We began a first-of-its-kind study on the potential connection between tear gas and spontaneous menstruation.

Our community spoke up. We heard you, and we took action.
Asha Hassan, right, PPNCs Research Manager and Scientist

Fierce Advocacy

In response to the fall of Roe, organizers across our region worked with volunteers and more than 30 partner organizations to coordinate rallies throughout the summer. More than 16,000 people attended 25+ events.

Our organizing teams build community power year-round through culturally specific programs like Raíz and the 20 Generation Action chapters on college and high school campuses, breaking down barriers to health care and mobilizing new supporters.

Claire Wiebe, left, PPNCs Senior Manager of Public Affairs, Nebraska

Trusted Education

More than 3,000 comprehensive, inclusive, and community-centered education program sessions were delivered to 65,268 participants in North Dakota, Minnesota, Iowa, and Nebraska.

We continue to work toward increasing diversity, growth, and inter-cultural connection in all our programming. In the last year, we launched our first Iowa-based Teen Council and SEASHELLS (Southeast Asian Sexual Health Empowerment through Learning and Leadership).
PPNCS operates 28 health centers, robust telehealth options, and empowering education programs across Iowa, Minnesota, Nebraska, North Dakota, and South Dakota.

Thank you for your support.