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2021 Impact Report



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MISSION STATEMENT:

We provide and protect the health care and information people need to plan their families and their futures.

ON THE COVER:

“Nosotras parimos, nosotras decidimos” (“We give birth, we decide”) by Michel Flores Tavizón. Created for International Women’s Day, this illustration was inspired by psychedelic posters from the 1960s.

THANK YOU TO OUR GENEROUS FUNDERS:

The work of Planned Parenthood South Texas is made possible by support from you and from institutional partners, including:



Our services

STI TESTING AND TREATMENT

Testing and treatment for sexually transmitted infections, including rapid tests for some of the more frequently requested tests that can provide results at the time of visit.

STOP CERVICAL CANCER

Vaccines to prevent human papillomavirus (HPV); HPV tests and Pap tests; diagnosis of cervical cells that could lead to cancer; removal of abnormal cells before they can lead to cancer; and, for people with cervical cancer, referrals and patient navigation for immediate oncological care.

ABORTION CARE

The abortion pill and in-clinic procedures provided at two locations in San Antonio. In 2021, 75% of the abortion care we provided was medication abortion.

MALE SEXUAL HEALTH EXAMS

Examination of the genitals and perianal region, including hydrocele, varicocele, and signs of sexually transmitted infections; clinical examination of the testicles to screen for abnormalities that could become cancer and patient instruction on performing self-examination.

FERTILITY SERVICES

Diagnosis of common causes of infertility and provision of initial treatment options.

PRE-EXPOSURE PROPHYLAXIS (PrEP)

Prescriptions for daily medication to lower the risk of contracting HIV for people at higher risk of contracting the virus.

BIRTH CONTROL

Includes several types of birth control pills, long-acting reversible contraceptives (IUDs and implants), the birth control shot, condoms, the vaginal ring, the hormonal patch, and emergency contraception.

GYNECOLOGY

Pelvic exams; tests and treatment for vaginal infections and urinary tract infections; clinical evaluation of menopause and hormonal replacement therapy when indicated; clinical breast exams that can detect abnormalities, including the early signs of breast cancer; mammogram referrals.

PREGNANCY TESTING

Urine tests, blood tests, and human chorionic gonadotropin (HCG) tests to help diagnose ectopic pregnancy.

REFERRAL FOR PRENATAL CARE AND ADOPTION

Planned Parenthood respects all decisions by patients regarding their pregnancies, and we provide non-directive, non-judgmental information and referrals.

GENDER-AFFIRMING HORMONE THERAPY

Estrogen or testosterone for patients ages 18 or older who are transgender, non-binary or gender-nonconforming.

PRIMARY CARE

Screenings and treatment for conditions such as diabetes, asthma, hypertension, anemia, depression, anxiety, allergies, and acne, as well as treatment for sore throat, eye infections and more. Virtual visits (telehealth) available for many services.

Health care in 2021

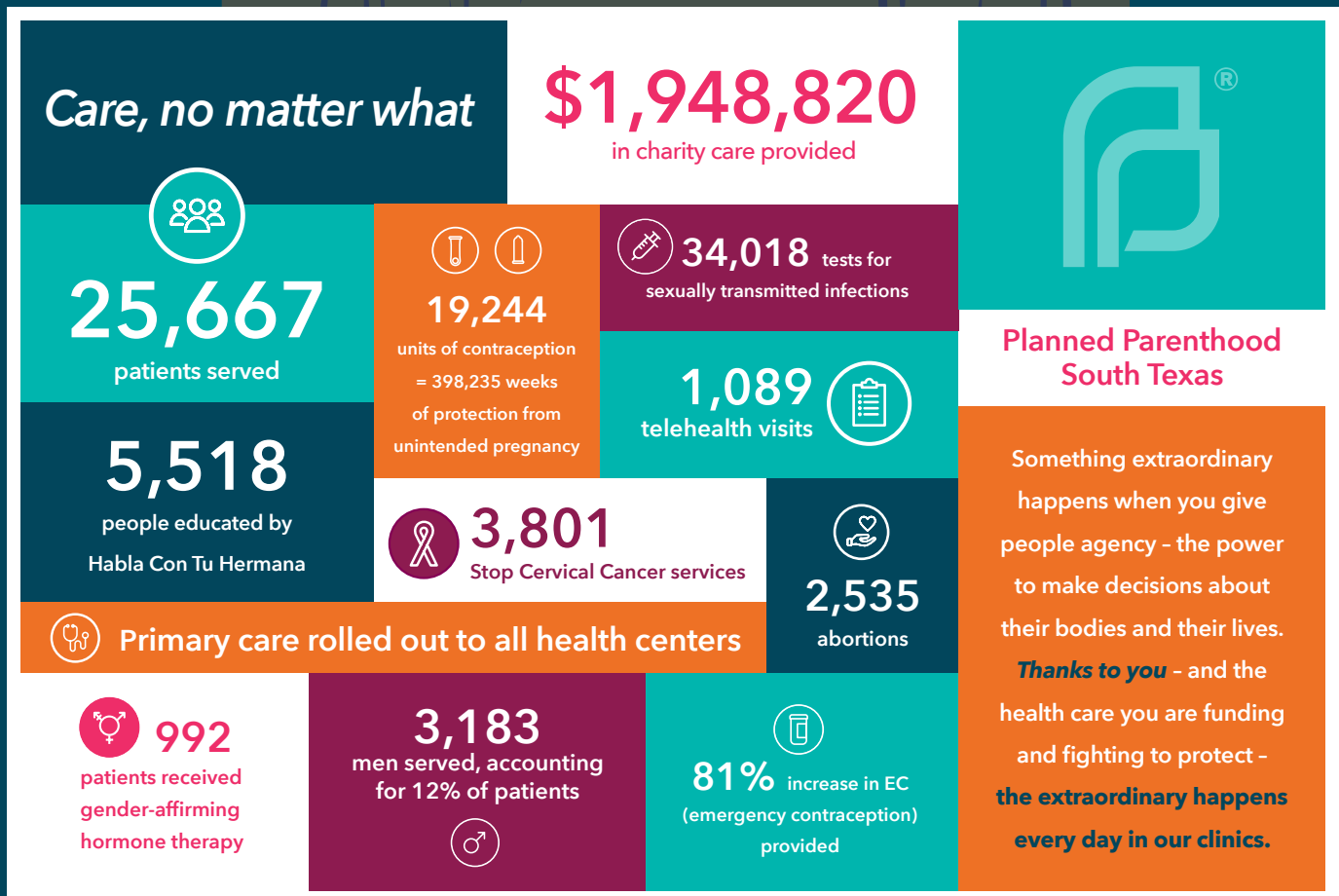
In 2021, we provided high-quality, compassionate care to 25,667 patients, a 3% increase over 2020.

We are proud to have increased the number of people we served, especially in the face of the state's continued attacks on our patients and our work.

- In September, Texas implemented SB 8, which banned abortion after the detection of embryonic cardiac activity — about six weeks. We provided care within the legal limits; for those patients whose pregnancies were past the limit, we helped them access care in other states.
- After a five-year legal battle, Texas removed Planned Parenthood from its Medicaid network in March 2021 for political reasons. This affected the most vulnerable of our patients, who could no longer visit us for care using their Medicaid coverage.

Despite this, your support for our work and our patients made it possible for us to provide essential health care services to thousands of South Texans.

Thank you.



Birth control

Contraception is our focus, as it has been since Planned Parenthood South Texas was founded in 1939.

Oral contraceptives (the Pill) remain the most frequently sought-after form of birth control among our patients. A pack of pills provides one month of prevention from unintended pregnancy.

Emergency contraception can prevent pregnancy if taken up to 72 hours after unprotected sex. In the wake of the state's near-total abortion ban, we began offering emergency contraception (the "morning-after pill") free of charge at all our health centers. As a result, we provided 81% more emergency contraception in 2021 than we did in 2020.

Hormonal shots are another form of contraception favored by our patients. These quick injections provide three months of protection against unintended pregnancy.

More than 1,000 patients chose long-active reversible contraceptives (LARCs), either hormonal implants that are inserted under the skin of the upper arm or intrauterine devices (IUDs) that are inserted into the uterus to prevent pregnancy. Both hormonal and non-hormonal IUDs are available. LARCs are more than 99% effective and last for years.

Last year, more than 1,200 people accessed birth control through PPDirect, an app operated for the benefit of the Planned Parenthood family nationwide.



"Planned Parenthood helped me same day while my own doctor kept rescheduling me. The staff was friendly and informative. I thank them so much for helping me take control of my future. I can focus on my daughter and recovering from child birth instead of worrying about getting pregnant again."

METHOD	NUMBER OF UNITS	TOTAL WEEKS OF PROTECTION
Condoms	3,613	903
Emergency contraception	3,832	3,832
Oral contraceptives (pills)	8,180	32,720
Hormonal shots	2,726	32,712
Implant	511	132,860
Copper IUD	216	134,784
Hormonal IUD	166	60,424
Total	19,244	398,235



Sexually transmitted infections

Diagnosing and treating STIs are crucial to stopping their spread.

Left untreated, STIs can put people at risk for serious, lifelong health challenges such as chronic pain and infertility, as well as problems with sexual functioning. STIs can also be passed on to a child in utero or during birth, causing severe health challenges.

Testing for sexually transmitted infections (STIs) is one of the most accessed services in our health centers.

We offer testing for gonorrhea, chlamydia, HIV, syphilis, herpes, HPV, and trichomoniasis at all our health centers. We can process most of these tests in the health center where the sample

is taken; for others, we send the specimens to our high-complexity lab at PPST's headquarters in San Antonio.

TESTS	NUMBER
<i>Chlamydia</i>	7,677
<i>Gonorrhea</i>	7,677
<i>Trichomoniasis</i>	7,234
<i>HIV</i>	4,241
<i>Syphilis</i>	4,037
<i>Herpes</i>	2,072
<i>HPV</i>	1,080
Total STI tests	34,018

We offer treatment for most STIs; for HIV and syphilis, we provide referrals to the local health department. In addition to testing and treatment, we provide education to patients and the community about STI prevention.

For patients at higher risk of HIV, we may prescribe pre-exposure prophylaxis (PrEP), daily medicine that can reduce the chance of getting HIV from sex by more than 90%.

Stop Cervical Cancer

Stop Cervical Cancer is our effort to reduce cases of and deaths from cervical cancer.

This program includes:

- Vaccines to prevent human papillomavirus (HPV), an STI that is the root cause of virtually all cases of cervical cancer;
- HPV tests and screening of positive HPV tests for the genotypes that cause cancer;
- Pap tests to screen the cervix for cells that could lead to cancer;
- Colposcopies (examination of the cervix using a magnifying instrument) and biopsies to diagnose cells that could lead to cancer;
- Loop Electrosurgical Excision Procedure (LEEP) to remove abnormal cells before they can lead to cancer;
- For patients with cervical cancer, referrals and patient navigation for immediate oncological care.

Cervical cancer is a highly preventable disease and, if caught early, highly treatable.

Incidence rates for cervical cancer dropped by more than 50% in the last 50 years due in part to an increase in screenings.

Unfortunately, disparities persist. The incidence of cervical cancer among Latina women in the United States is almost twice as high as the incidence

among non-Latina white women, according to the National Latina Institute for Reproductive Health, because Latinas experience persistent systemic barriers to prevention, screening, and treatment.

The HPV vaccine is routinely recommended for adolescents at age 11 or 12 to ensure they are protected before they are exposed

to the virus. Texas overall ranks 41 out of 50 states for HPV vaccine rates among children ages 13 to 17, and the pandemic caused a drop in recommended shots such as the HPV vaccine.

In summer 2021, our health centers in the Rio Grande Valley, where women are disproportionately impacted by cervical cancer, began providing free HPV vaccines to anyone ages 9 and older. Along with increased efforts to raise awareness of the importance of the vaccine, this campaign nearly doubled the number of shots provided.

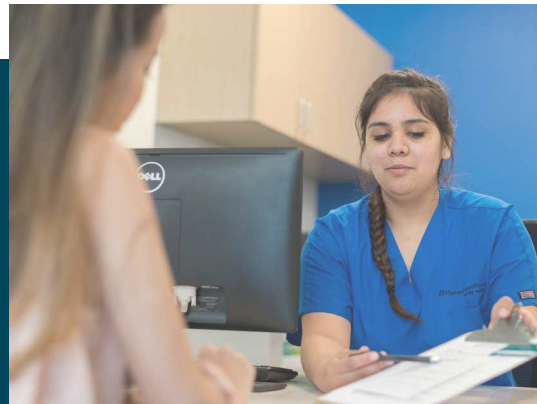
SERVICE	NUMBER
<i>Pap tests</i>	2,245
<i>HPV tests</i>	1,080
<i>Coloscopies</i>	119
<i>HPV vaccinations</i>	357
Total SCC services	3,801



Abortion

On September 1, Texas implemented the nation's most restrictive and cruel abortion law, banning the procedure when embryonic cardiac activity is detected — about six weeks. The law allows anybody to sue an abortion provider or someone who helps a patient access abortion care. Because the Supreme Court has failed to strike down this blatantly unconstitutional law, we must comply with its limits.

- We provide care within the legal limits at two health centers in San Antonio. The number of patients who access abortion care at PPST has fallen by nearly two-thirds.
- For those patients whose pregnancies are past the limits of SB 8, accessing abortion out of state can be difficult to navigate and cost prohibitive. PPST staff connects patients to abortion providers outside Texas, offering guidance to ensure they get the care they need. We hired a new Patient Advocate who is helping patients that require greater assistance finding this care. We can also provide patients with emergency assistance funds to help with the cost of the procedure and related expenses such as travel, lodging and child care.



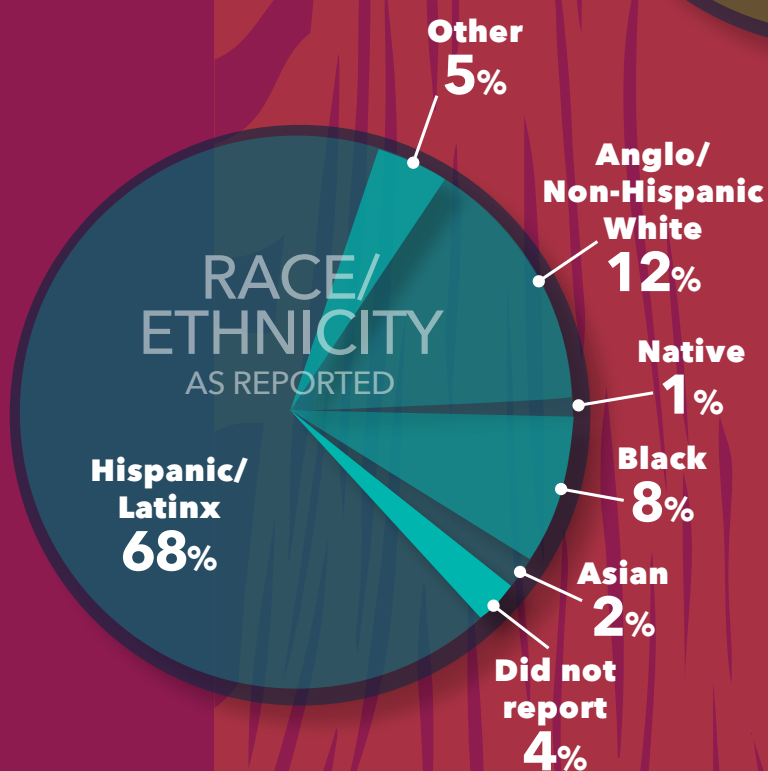
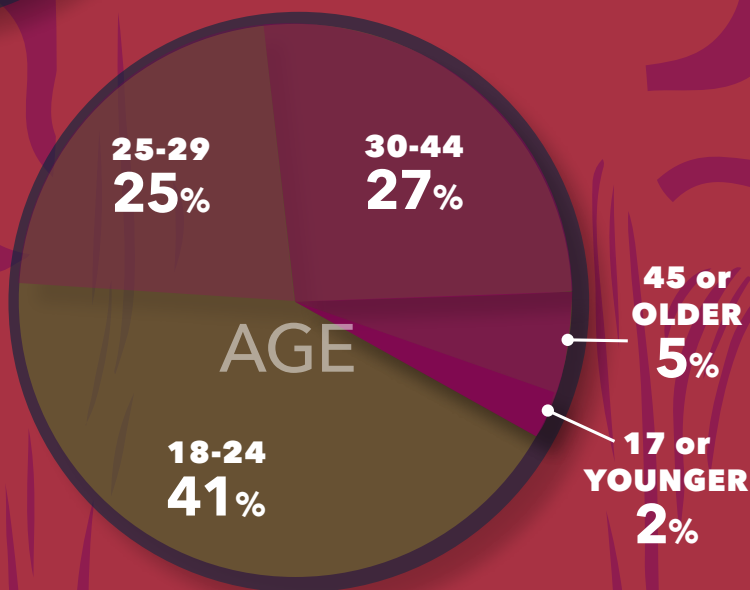
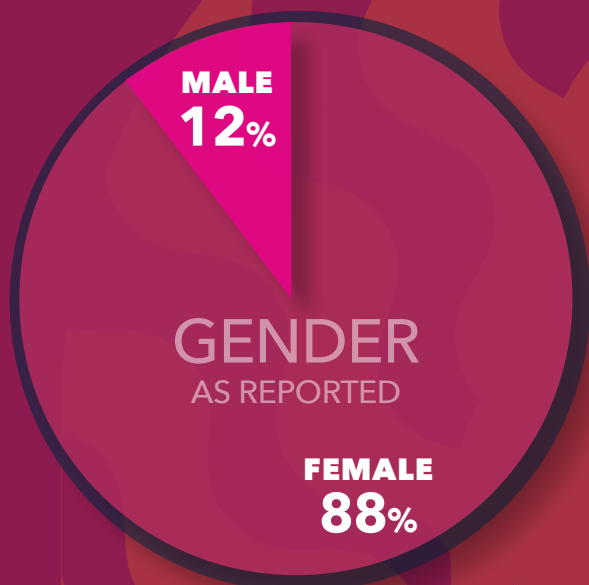
Patient navigation

In 2021, we hired an additional advanced practice clinician to centralize the management of abnormal lab results and more complex care plans. This ensures continuity of care in our own practice and improves health outcomes for our patients. Some patients need help to access clinical care beyond our scope of practice — cancer care, higher acuity GYN treatments, or patients whose primary care findings involve co-morbidities. Our new Patient Advocate, working closely with the advance practice clinician, helps connect these patients to other providers. In addition to medical care, many patients face other serious challenges, such as food insecurity or domestic violence. The Patient Advocate works with them to access support for these challenges at community-based organizations and other agencies.

Contact Center

In September, we launched a Contact Center to be our first line of communication with patients and would-be patients who are calling PPST for health care. Contact Center agents make appointments and answer questions about Planned Parenthood services, payment options, insurance, hours, and locations. They provide essential information about accessing abortion in Texas or in another state. Once in our health centers, patients then have the undivided attention of health center staff who have traditionally answered phones while also checking patients in and out, running lab tests, and assisting clinicians. **The Contact Center is another way PPST has helped improve the patient experience.**

Who We Served in 2021



Gender and race/ethnicity are self-reported by patients based on how they identify.

In the community

Our work goes beyond our health centers. We engage with the community to provide health education and advocate for our patients.

Habla Con Tu Hermana

Our Habla Con Tu Hermana outreach program educates Rio Grande Valley residents about sexual and reproductive health. Promotoras (state-certified community health workers) deliver presentations on topics such as family planning, breast health, cervical cancer prevention, HIV and other sexually transmitted infections, talking to your kids about sexual health and responsibility, diabetes, blood pressure, and more. Promotoras also provide education and outreach online and through social media.

Promotoras also serve as patient navigators to connect people to care. People without the resources or insurance to pay for health care receive vouchers to cover the cost of services during a visit to our health centers in Brownsville or Harlingen.

2021 ACTIVITIES:

222 events
(in person
and virtual)

5,375
people reached

254 vouchers
redeemed for health care



Advocacy

At Planned Parenthood South Texas, we believe that high-quality family planning and birth control are essential human rights. All people should have access to evidence-based, non-judgemental health care and the tools to decide whether, when, and how many children to have. We also believe that all people have a right to determine what will happen if they become pregnant.

While we focus on providing health care, we partner with community organizations that tackle the social justice issues affecting our patients. We advocate for racial equity, the rights of women and girls, LGBTQ+ equality, immigrant rights, voting rights, public health, economic justice, environmental and climate issues, and gun safety and violence prevention.

Together we fight for all.

2021 HIGHLIGHTS:

- Mobilized the community to fight against SB 8 and organized rallies to promote reproductive rights.
- Supported asylum seekers and immigrants on the border.
- Helped promote COVID vaccinations to reduce health disparities among African Americans in San Antonio.
- Advocated for Medicare for All.

Volunteers

Our passionate, dedicated volunteers support our mission in many ways. **In 2021, 74 volunteers donated more than 2,000 hours** of their time to help us advance our mission as a trusted health care provider in our communities.

Volunteers served as safety aides for our patients at our health centers, tabled at community events and health fairs, helped at the reception desk and with administrative work, created menstrual hygiene packs to distribute to community members in need, and advocated for sexual and reproductive health care and rights.

Rio Grande Valley Health Centers

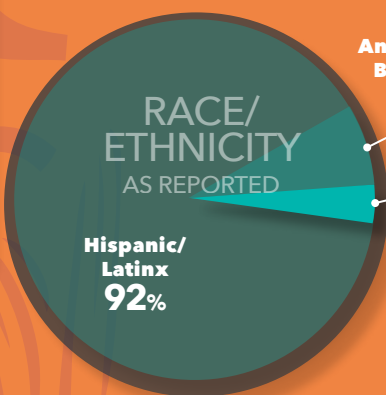
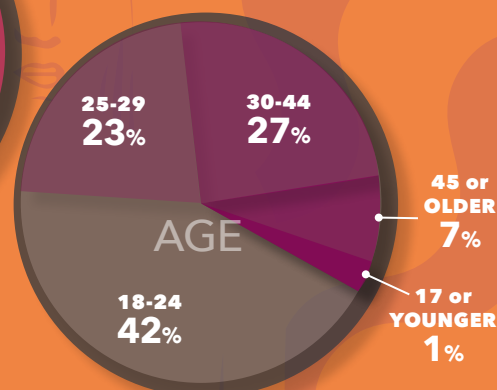
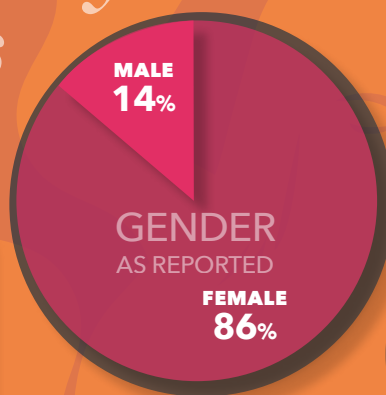
5,111 *Patients served*

5,034 *Units of contraception provided*

6,052 *Tests for sexually transmitted infections*

1,430 *Pregnancy tests*

1,354 *Stop Cervical Cancer tests and procedures*



Harlingen health center

712 N. 77 Sunshine Strip,
Suite 18

Patients served in 2021

2,814

Brownsville health center

870 E. Alton Gloor Blvd.,
Suite B

Patients served in 2021

2,297

San Antonio Health Centers

20,556 Patients served

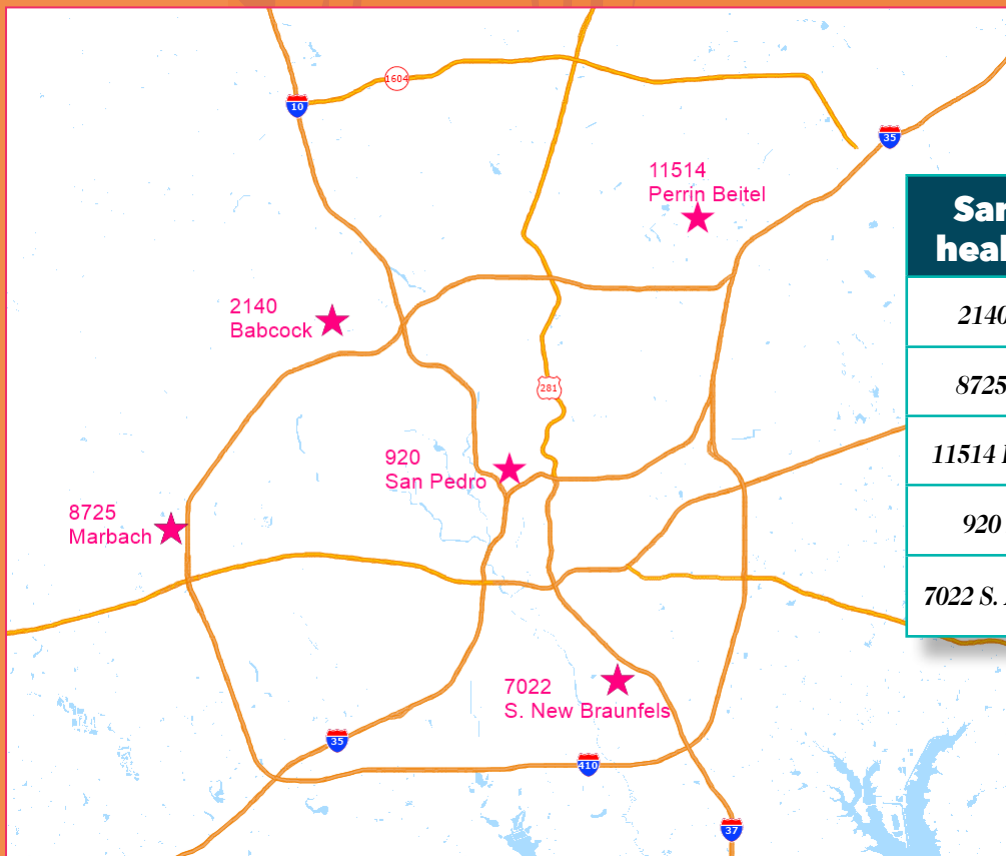
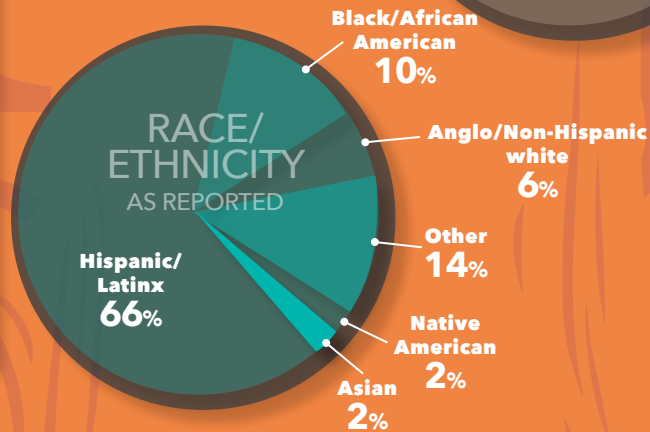
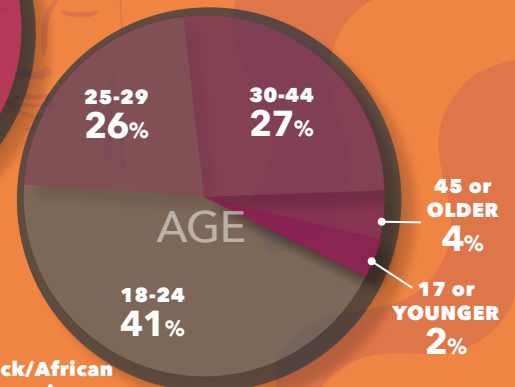
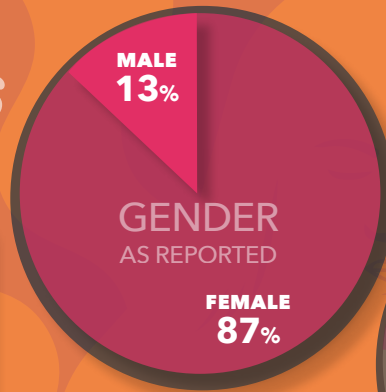
14,210 Units of contraception provided

27,966 Tests for sexually transmitted infections

3,651 Pregnancy tests

2,447 Stop Cervical Cancer tests and procedures

2,535 Abortions



San Antonio health centers	Patients served in 2021
2140 Babcock Road	4,708
8725 Marbach Road	3,530
11514 Perrin Beitel Road	3,554
920 San Pedro Ave.	5,540
7022 S. New Braunfels Ave.	3,224