

Reflecting.

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 **Planned
Parenthood**[®]
North Central States

**GRATITUDE
REPORT
2024**

Dear friend,

When I joined Planned Parenthood over a year ago, we were fresh off the fall of Roe. Our community was deeply hurt, angry, and scared about the future of abortion care.

When our community needed it most, **your partnership in Planned Parenthood's work was critical.** Your support helped us continue providing quality and expert sexual and reproductive health care across our region, launch innovative research, facilitate comprehensive sex education, and organize our communities to advocate for health equity.

Patients, staff, organizers, advocates, partners, and our community of donors came together across our 5-state region to ensure Planned Parenthood's essential care continued. **We shifted how we deliver health services** including gender-affirming care and abortion, we expanded telehealth, and created systems to assist patients traveling to appointments.

Together, we are stepping up to reach all people and advocating for those who have been historically ignored by the health care system including Black, Indigenous, and people of color; rural residents; trans and gender-expansive people; those with low-incomes; and people living with disabilities. **When we fight for the most marginalized, we are fighting for us all.**

What you'll read in this report is just a snapshot of all that we have **accomplished together.** Your generosity has touched our community beyond what these pages can display. I am forever grateful for your critical role in this organization.

Thank you.

Ruth Richardson (she/her)
President and CEO
Planned Parenthood North Central States



Together, we help the community.

21,762 individual donors—like you—gave **99,287** gifts totaling **\$16,383,023**.

4,204 of you donated to us **for the first time**.

2,472 of you were members of Friends for Good, giving **\$1,000** or more annually.

548 of you are choosing to leave your mark with a **planned gift**.



I support Planned Parenthood because they helped me get the **health care and birth control I needed** when I could not afford it elsewhere.

PLANNED PARENTHOOD
STORYTELLER



Carolina Ramos (she/ella), PPNC Senior Advocacy Strategist. SERENA FATH

Health care is a human right.

95,457 patients accessed sexual and reproductive health care at our **health centers**.

13,632 patients trusted us with their medication and procedural **abortions**.

Patients visited our health centers **142,886** times for **family planning care**.

We administered **217,152** **STI tests**, a **25% increase** from last year.



PPNCS provider, left, with patient, right. BEN KAPLAN

You make health care accessible.

1,762 patients were helped by **abortion navigators**.

1,283 patients connected with an **LGBTQIA+ care coordinator** who helped them navigate insurance, understand how to legally change their name, and find support groups and other resources, so they can be their most authentic selves.



We reached **11,635 patients** through **17,690 virtual visits** and launched new telehealth initiatives including live interpreter services and increased scheduling flexibility.

Left: "All are welcome here" sign on health center door. SHAROLYN B. HAGEN

Right: Mai Vu (she/her), URSHI Community Health Educator. JORDAN RICHARDSON



When education reaches everyone, our community flourishes.

3,183 comprehensive sex education program sessions were delivered to over **60,050 participants** in North Dakota, South Dakota, Minnesota, Iowa, and Nebraska.

Our educators partnered with **259 organizations**.

In partnership with the Mayo Clinic and the Landing Day Shelter we launched **URSHI** (Unhoused Reproductive and Sexual Health Initiative) in Minnesota to reach individuals who experience houselessness.

To break down educational barriers PPNCs implemented **multi-session sex education programs** aimed at people with intellectual and developmental disabilities in Nebraska and Iowa.



“
URSHI will definitely inform how I treat my patients. I am more aware of the need to destigmatize sex, STIs, and related things, **foster a safe environment for my patients** to be honest with me, and provide the best care possible.

URSHI TRAINEE
AND MEDICAL STUDENT

”

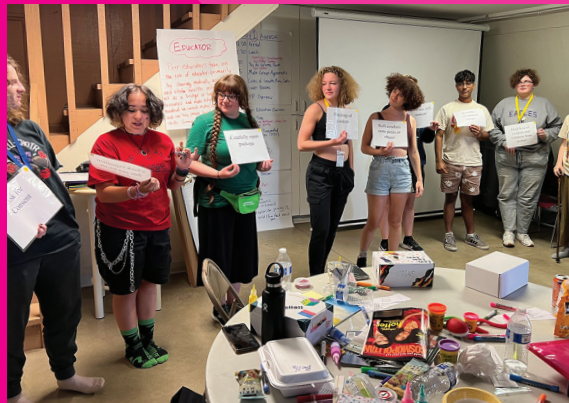


PPNCS supporters at Rochester for Roe Rally. © CORRIE STROMMEN

Engaging and connecting generations of activists.

Young activists **dismantled stigma** and raised awareness about reproductive freedom at 20 Generation Action chapters across college campuses.

Organizers, staff, and volunteers connected youth with resources, informed the community of their state-specific reproductive rights, and taught storytellers how to share their patient stories at over **260 organizing events**.





Teen Council, Omaha, NE.

Research improves health access and equity.

Our research team was awarded the **Affiliate Clinical and Social Science Award** for centering BIPOC, LGBTQIA+, poor, and rural communities through **31 studies**.

We presented **4 ground-breaking studies** at conferences including our study on health care experiences for trans and gender-expansive patients.



Left: Helayna Sjoberg (she/her) Clinical Research Assistant, right, with participant, left.  MIKE KRIVIT
Right: Research coordinator prepares a test sample.  MIKE KRIVIT

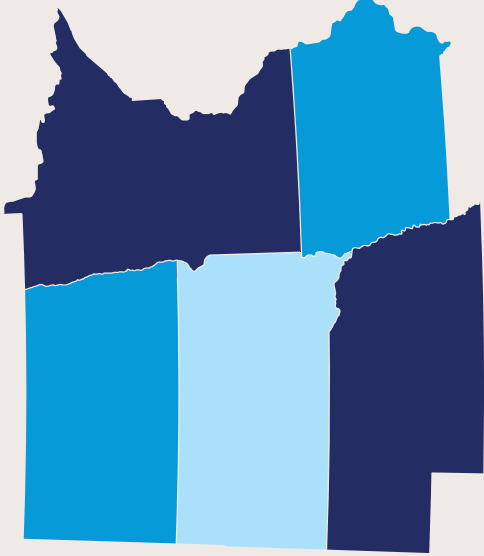
TEAR GAS STUDY SUMMARY

After the police used tear gas at **protests after the murder of George Floyd** across our 5-state region in 2020, PPNCS' research team sought answers on how tear gas may impact reproductive health. The team analyzed data from over 1,200 people across the United States and published results from a novel study which **found a link between tear gas exposure and changes in reproductive health**. Our study on tear gas fills a public health gap that we hope sparks further research and radical change.





671 Vandalia Street
Saint Paul, MN 55114



PPNCS operates 24 health centers, robust telehealth options, and empowering education programs across Iowa, Minnesota, Nebraska, North Dakota, and South Dakota.

Thank you for your support.