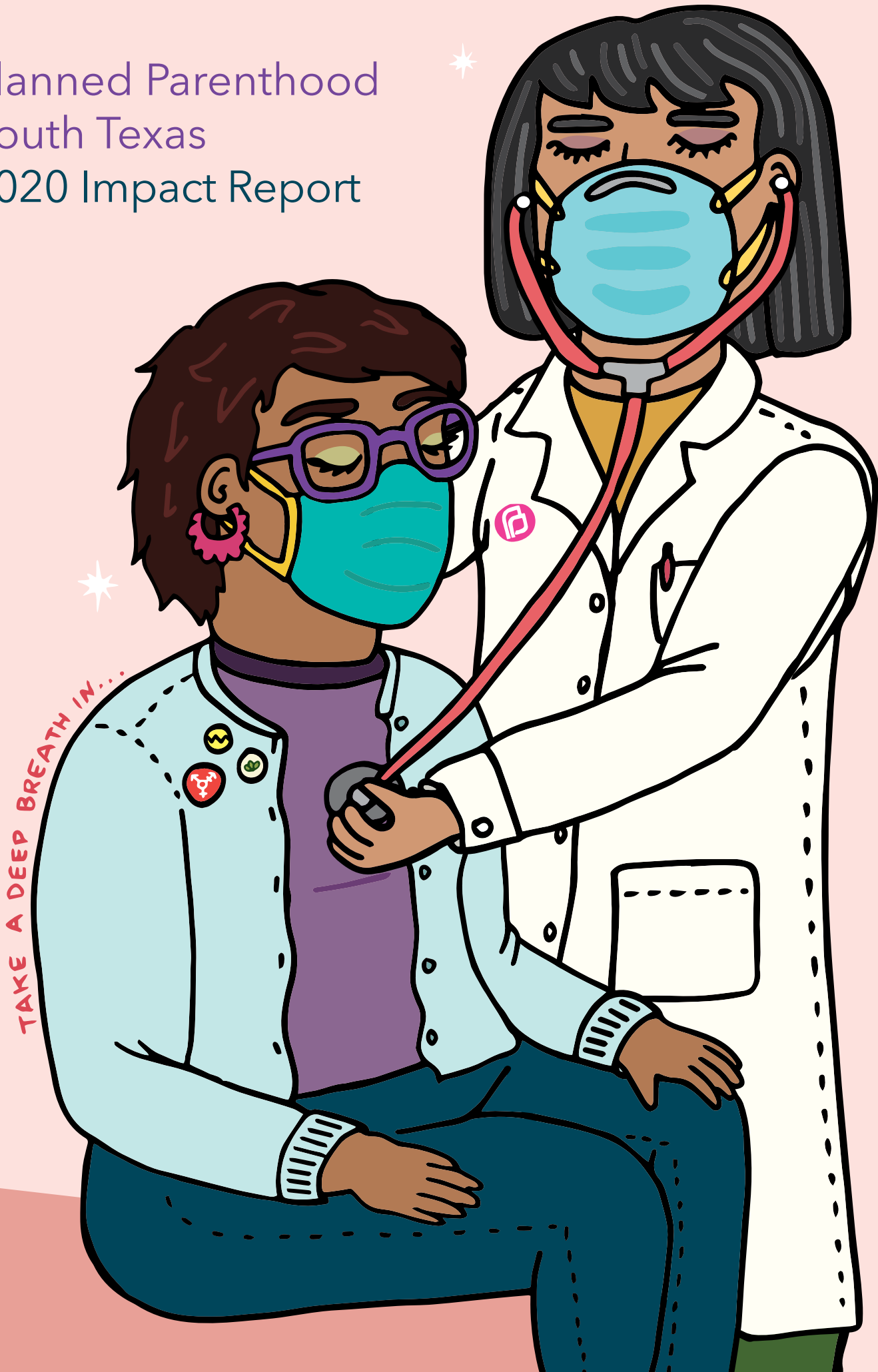


Planned Parenthood
South Texas
2020 Impact Report



TAKE A DEEP BREATH IN...

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2020 Impact Report

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MISSION STATEMENT:

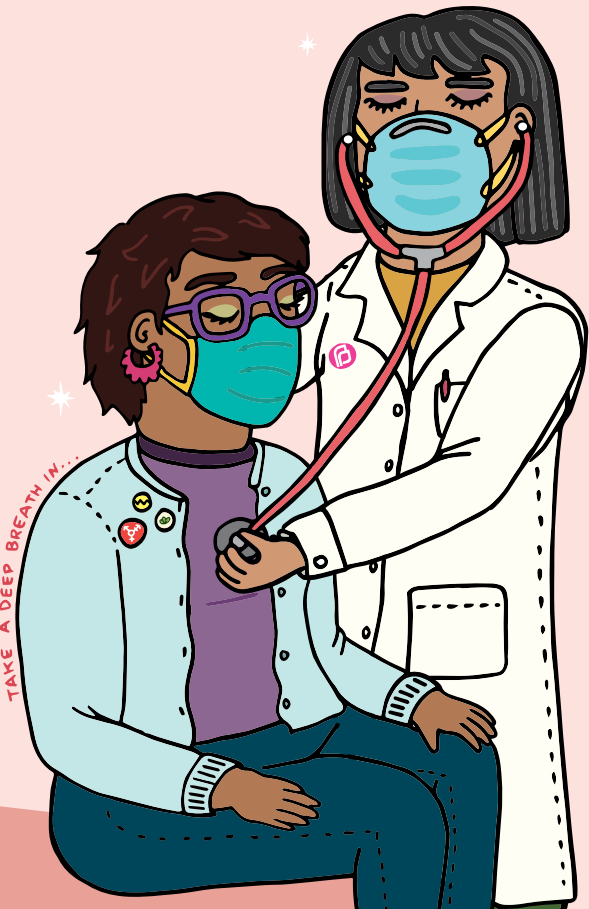
We provide and protect the health care and information people need to plan their families and their futures.

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:



On the cover: Illustration by Isabel Ann Castro



Our services



BIRTH CONTROL

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



STI TESTING AND TREATMENT

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



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.



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.



PREGNANCY TESTING

Urine, blood-based testing, and human chorionic gonadotropin (HCG) based testing (a critical test that helps diagnose an ectopic pregnancy).



ABORTION CARE

The abortion pill and in-clinic procedures provided at two locations in San Antonio. In 2020, 77% of the abortion care we provided was medication abortion, and 95% of all abortion care was in the first trimester.



REFERRAL FOR PRENATAL CARE AND ADOPTION

Planned Parenthood respects all decisions by patients regarding their pregnancies. We provide patients who decide to continue their pregnancy with information and referrals for prenatal care and adoption services.



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.



GENDER-AFFIRMING HORMONE THERAPY

Estrogen or testosterone for patients who are transgender, non-binary or gender-nonconforming. This service is available for patients 18 years old and older.



FERTILITY SERVICES

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



NEW! PRIMARY CARE

Because we know that for many of our patients we are their only regular health care provider, we began rolling out primary care services at our health centers in December 2020. This includes screenings and treatment for conditions such as diabetes, asthma, hypertension, anemia, depression, allergies and acne, as well as treatment for sore throat, eye infections and more.



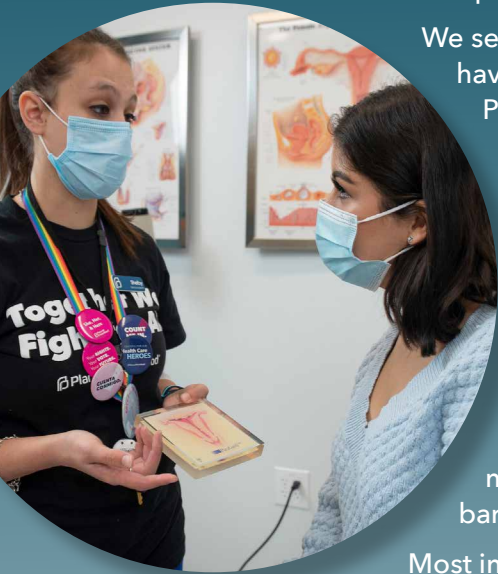
PRE-EXPOSURE PROPHYLAXIS (PrEP)

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

Health care in 2020



2020 was a year of challenges and fear for the communities we serve. In response to the COVID-19 pandemic, we adapted safety protocols in each health center and were there for patients who needed expert sexual and reproductive health care delivered with compassion and respect.



We served 20% more people in 2020 than we did in 2019 – the most patients we have served in a year since 2012, when the Texas legislature defunded Planned Parenthood's statewide. Several factors contributed to this strong growth:

- New patients visited us because the pandemic caused some providers' offices to close or limit their hours. **We kept the doors of all our health centers open** with neither interruption in service nor shortened hours;
- We filled some vacant clinician positions, increasing our capacity to serve more patients;
- Our second health center that provides abortion care in San Antonio, which opened in 2019 on a part-time basis, was staffed full-time with a dedicated physician providing these services throughout 2020. As a result, we provided more abortion care in last year, despite Governor Greg Abbott's executive order banning nearly all abortions during the early weeks of the pandemic.

Most importantly, your support for our work and our patients made it possible for us to provide these services to thousands of patients who did not have insurance or the resources to pay for all of their care. **Thank you.**

Financial assistance to patients to help pay for their care

\$2,280,062



24,900

Patients served in our health centers



26,274

Units of contraception provided



35,045 Tests for sexually transmitted infections

5,403

Pregnancy tests



41,868

Total visits to our health centers



3,329

Stop Cervical Cancer tests and procedures





3,166

Abortions


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 popular form of birth control among our patients.

 Demand for emergency contraception rose as COVID-19 spread, likely because many patients did not want to become pregnant during the pandemic. In total, we provided nearly 52% more emergency contraception in 2020 than we did in 2019.

 The birth control shot experienced 9.6% growth in 2020 over 2019. The shot, which lasts three months, is popular among patients because it's safe, convenient, and very effective.

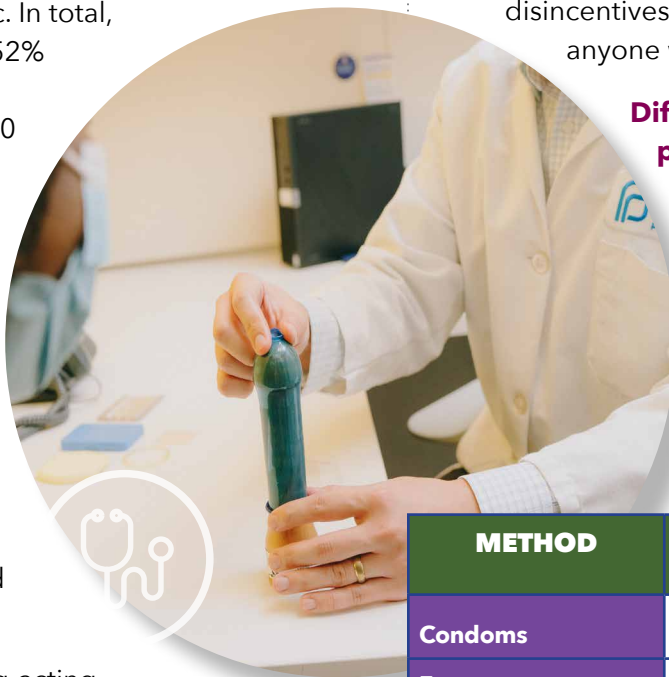
 Our provision of long-acting reversible contraceptives (LARCs), which include intrauterine devices and hormonal implants, remained stable in 2020. Patients like LARCs because they last for years and are more than 99% effective. LARCs can cost up to \$900, making them prohibitively expensive for many patients, but they are cost effective. A patient using oral contraceptives will likely spend more money for her birth control over many years than a patient who uses a single LARC during that time. LARCs would be even more popular among patients if the upfront cost could be lowered. This is why PPST, with support from donors and foundation partners, allows patients to spread out her co-pay over time, as much time as the patient



needs. National policy and health care funding need to address these economic disincentives to make LARCs within reach for anyone who wants one.

Different forms of birth control provide different amounts of protection against pregnancy.

For example, a pack of pills provides four weeks of protection; the contraceptive shot provides three months of protection; the copper IUD provides up to 12 years of protection.



METHOD	NUMBER OF UNITS	TOTAL WEEKS OF PROTECTION
Condoms	6,748	1,687
Emergency contraception	2,112	2,112
Oral contraceptives (packs)	11,826	47,304
Contraceptive patch	1	4
Vaginal ring	19	76
Hormonal shots	4,455	53,460
Hormonal implant	747	194,220
Copper IUD	222	138,528
Hormonal IUD	144	52,416
Total	26,274	489,807

Sexually transmitted infections

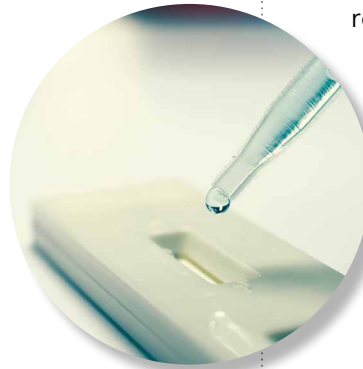
Testing for sexually transmitted infections (STIs) is one of the most accessed services in our health centers.

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 other tests, we send the specimens to our high-complexity lab at PPST's headquarters at 2140 Babcock Road in San Antonio.

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%.

Diagnosing and treating STIs are crucial to stopping their spread. Left untreated, STIs can put people at risk for severe, lifelong health challenges such as chronic pain and infertility, as well as problems with sexual functioning. STIs can also be passed on to a fetus in utero or during birth, causing severe health challenges.



TESTS	NUMBER
Chlamydia	8,253
Gonorrhea	8,253
Trichomoniasis	7,878
HIV	4,123
Syphilis	3,809
Herpes	1,782
HPV	947
Total STI tests	35,045

Stop Cervical Cancer

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

It includes:

- Vaccines to prevent human papillomavirus (HPV), an STI that is the root cause of virtually all cases of cervical cancer;
- HPV tests;
- 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 Pap testing, which can find cervical changes before they turn cancerous.

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. We work every day to ensure our communities have access to affordable services for cervical cancer.

National guidelines regarding cervical cancer screenings have changed in recent years. Annual Paps are no longer recommended for everyone. How often a patient should receive a Pap depends on age, medical history, and the results of the patient's previous cervical cancer screenings. Many patients with normal test results are recommended for re-testing only every three to five years.

The Pap test plus an HPV (Human papillomavirus) test (called co-testing) has been found to be more effective in detecting cervical abnormalities than Pap testing alone. Co-testing allows women to go longer periods of time between screening.

HPV can cause certain types of cancer, including cervical, vaginal, vulvar, penile, and anal cancers. The HPV vaccine prevents infection from the HPV types that cause more than 90% of these cancers. The vaccine is routinely recommended for adolescents at age 11 or 12 to ensure they are protected before they are exposed to the virus. It can be given to children as young as 9 and to adults as late as age 45, but most people older than 26 will not benefit from HPV vaccination.

SERVICE	NUMBER
Pap tests	2,078
HPV tests	947
Coloscopies	121
HPV vaccinations	183
Total SCC services	3,329

Telehealth

In response to the COVID-19 pandemic, Planned Parenthood South Texas accelerated our launch of telehealth services – virtual visits during which patients can connect to a health care provider, live, using state-of-the-art technology.

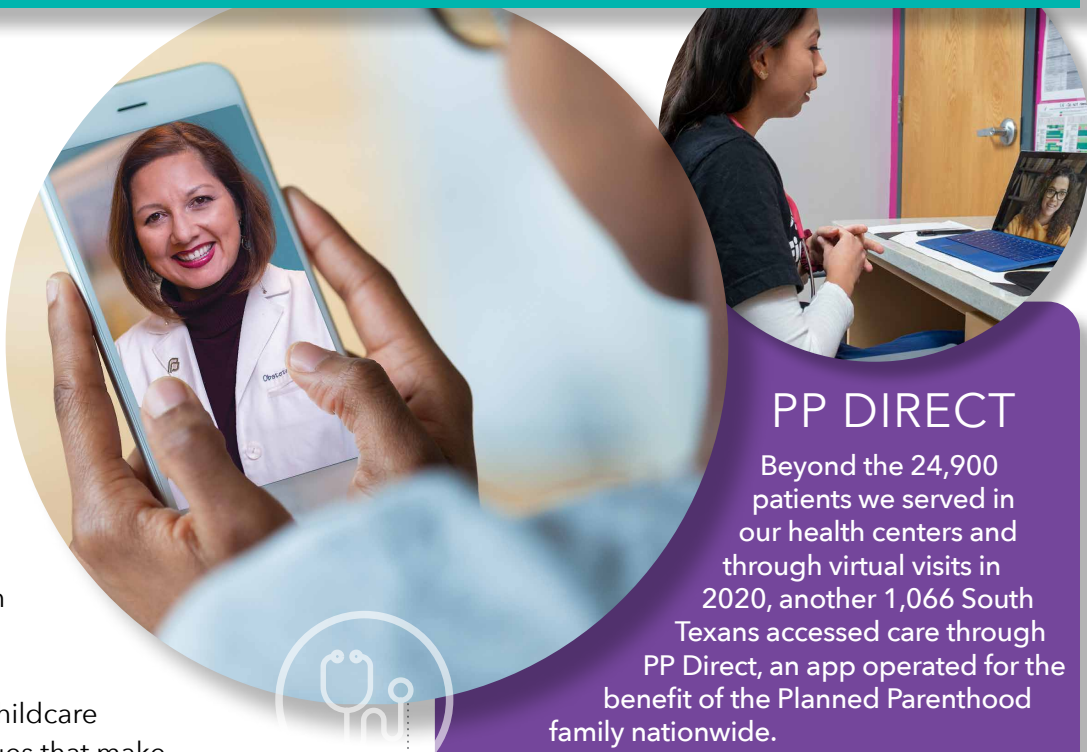
We launched the service in August 2020 using a virtual care platform, available via the free Planned Parenthood South Texas app. Telehealth allows patients to reach us from wherever they might be.

Beyond the pandemic, telehealth will help us serve patients who have challenges such as childcare or transportation issues that make it difficult for them to visit us in clinic. It can help expand our reach into rural pockets of South Texas that are medically underserved.

In 2020, we provided 274 virtual visits through telehealth.

The most commonly accessed service was birth control. Patients also used telehealth for STIs, vaginitis, urinary tract infections, gender-affirming hormone therapy, pelvic pain, bleeding, and more.

More than half of patients who completed virtual visits with us in 2020 live in Bexar County. Others hailed from the Rio Grande Valley, the counties contiguous to Bexar, and throughout South Texas.



PP DIRECT

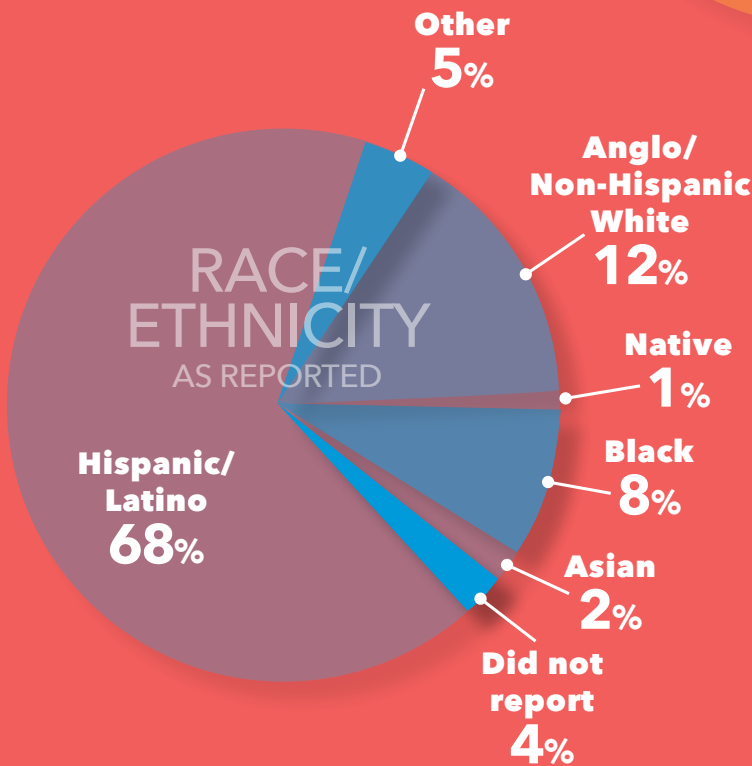
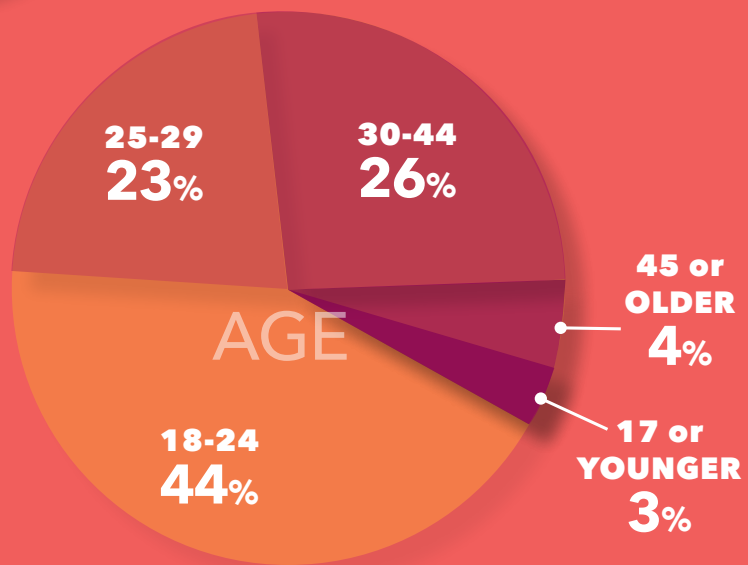
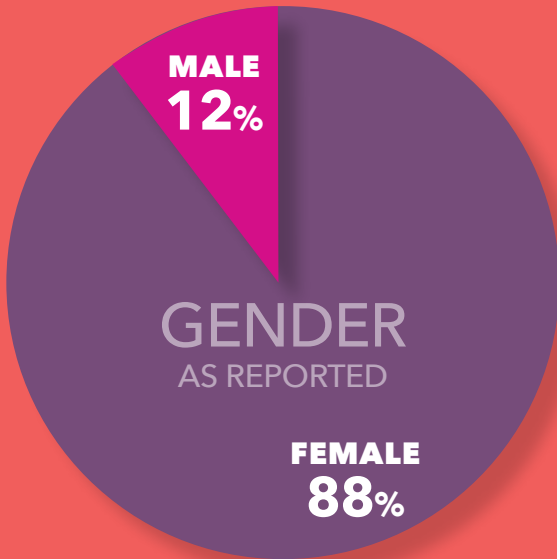
Beyond the 24,900 patients we served in our health centers and through virtual visits in 2020, another 1,066 South Texans accessed care through PP Direct, an app operated for the benefit of the Planned Parenthood family nationwide.

The app allows patients to use a smartphone or other device to request a prescription for birth control pills, the ring, or the patch for home delivery. Users also can request a prescription for UTI treatment to pick up at the nearest pharmacy, learn about different types of birth control, and make a health center appointment.

To help people get care when it's convenient for them, the PP Direct app operates asynchronously. The user can answer medical screening questions on the app at any time, day or night, then a Planned Parenthood clinician reviews that information during clinic hours. The user then gets a notification that information has been reviewed by the clinician and care is now authorized and ready.

PP Direct is reaching out to potential patients, whereas standard telehealth typically is accessed by existing patients. Half of users of PP Direct report that they have never been to a Planned Parenthood clinic before, anywhere. People living in both rural and urban areas throughout South Texas accessed this service in 2020.

Who We Served in 2020



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

In the community

Outside our health centers, our work includes smart community health education, strong advocacy, and dedicated volunteers. While the pandemic limited our in-person activities, we found new ways to engage the communities we serve.

Education



Our Habla Con Tu Hermana outreach program educates underserved Latinas in Cameron County about sexual and reproductive health. Promotoras (state-certified community health workers) deliver presentations on topics such as include family planning, breast health, cervical cancer prevention, HIV and other sexually transmitted infections, and talking to your kids about sexual health and responsibility.

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.

In 2020, promotoras launched a Facebook page and began online education and outreach. They also began helping the community in other ways, including distributing food at local food drives organized by other nonprofit organizations.

2020 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:

- Birth control is a foundational aspect of planning a person's future and creating a better life for every person and their family;
- Everyone has the right to decide whether, when, and how many children to have;
- Everyone has the right to access high-quality prenatal care, adoption services, and abortion care;
- Sexuality is a wonderful part of being human, and sexual health care is essential to ensure a happy, fulfilling, and responsible love life;
- Sexual health care must be provided with compassion and respect – no shame, no judgment.

We partner with a number of community organizations to advocate for gender equality, racial equity, LGBTQ+ equality, public health, immigrant rights, voting rights, climate issues, economic justice, and violence prevention. **Together we fight for all.**

In 2020, much of our advocacy work moved online. We organized 11 virtual events, and our overall social media following grew by 12%. We also collected 689 supporter cards early in the year and delivered more than 800 door hangers promoting participation in the 2020 Census.

Volunteers



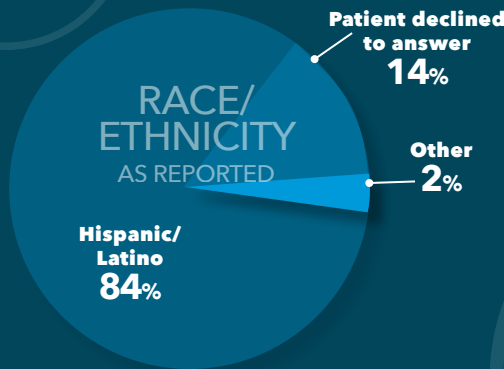
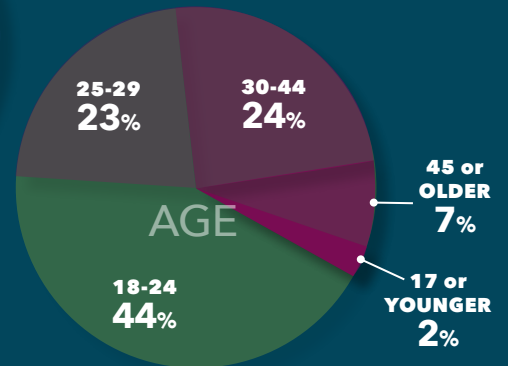
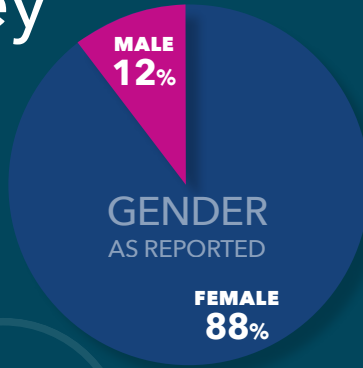
PPST volunteers support our mission in many ways. They serve as safety aides for our patients, raise awareness of our work in the community, help at the reception desk and with administrative work, and serve as advocates for sexual and reproductive health care and rights.

During the early months of the pandemic, volunteers sewed face masks and supported our online education outreach. They also virtually testified before the State Board of Education to advocate for comprehensive sex education. We also started a Clinic Care program wherein volunteers take snacks and goodies to clinic staff to show appreciation for the work they do every day.

In 2020, a total of 76 people volunteered at Planned Parenthood; together, they volunteered a total of 1,772 hours.

Rio Grande Valley Health Centers

- 4,452** Patients served
- 6,184** Units of contraception provided
- 6,451** Tests for sexually transmitted infections
- 1,322** Pregnancy tests
- 1,119** Stop Cervical Cancer tests and procedures



Harlingen health center	Patients served in 2020
712 N. 77 Sunshine Strip, Suite 18	2,561

Brownsville health center	Patients served in 2020
870 E. Alton Gloor Blvd., Suite B	1,891

San Antonio Health Centers



20,448 Patients served

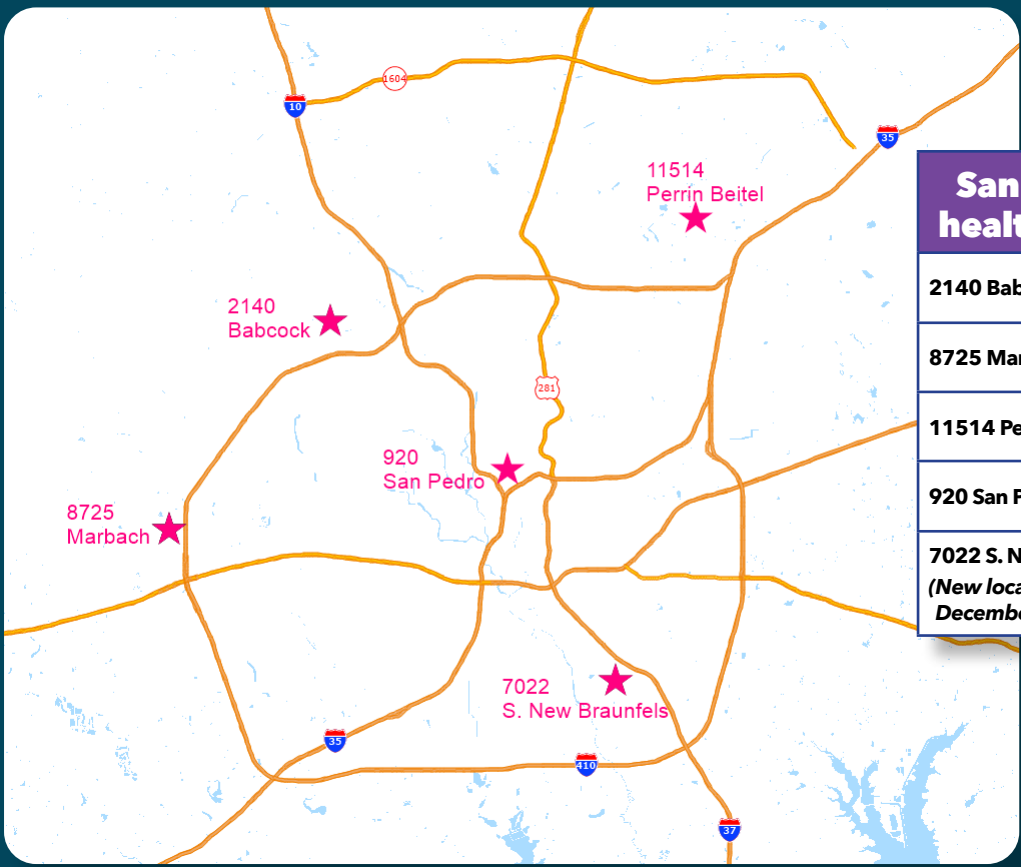
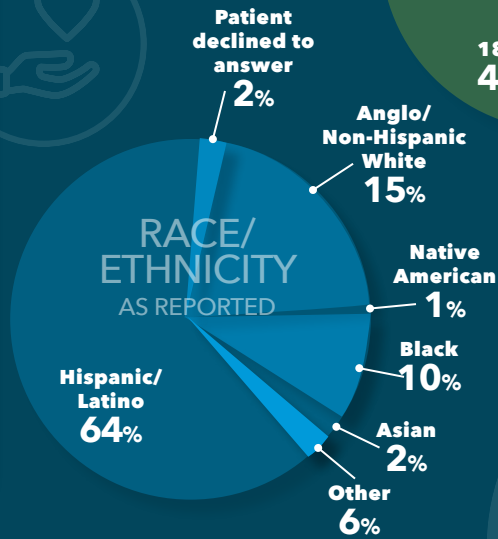
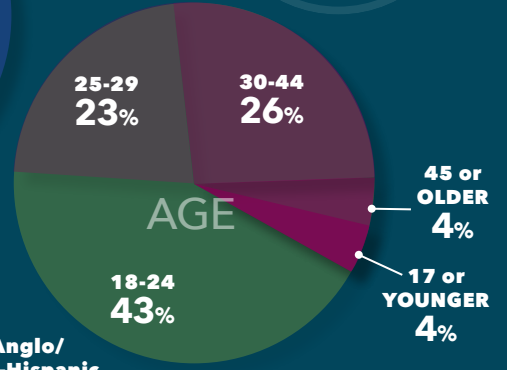
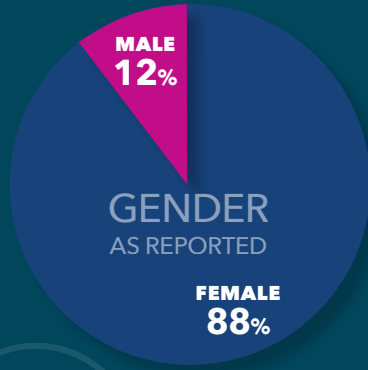
19,083 Units of contraception provided

28,594 Tests for sexually transmitted infections

4,081 Pregnancy tests

2,210 Stop Cervical Cancer tests and procedures

3,165 Abortions



San Antonio health centers	Patients served in 2020
2140 Babcock Road	5,109
8725 Marbach Road	3,147
11514 Perrin Beitel Road	3,386
920 San Pedro Ave.	5,699
7022 S. New Braunfels Ave. (New location as of December 2020)	3,107