



**Maine Medical  
Association**



**TESTIMONY OF THE MAINE MEDICAL ASSOCIATION  
AND  
THE MAINE OSTEOPATHIC ASSOCIATION**

Joint Standing Committee On Appropriations and Financial Affairs and the Joint Standing Committee on Health and Human Services  
Room 228, State House, Augusta, Maine  
Thursday, February 13, 2025

Good Afternoon, Senator Rotundo, Representative Gattine, Members of the Joint Standing Committee On Appropriations and Financial Affairs, Senator Ingwersen, Representative Meyer, and Members of the Joint Standing Committee on Health and Human Services. I am Connie Adler, MD, a retired physician who practiced in Farmington.

I am testifying on behalf of the Maine Medical Association and Maine Osteopathic Association to request funding for LD 143, An Act to Improve Women's Health and Economic Security by Funding Family Planning Services, to be allocated in the biennial budget.

The Maine Medical Association (MMA) is a professional organization representing over 4,000 physicians, residents, and medical students in Maine. MMA's mission is to support Maine physicians, advance the quality of medicine in Maine, and promote the health of all Maine people. The Maine Osteopathic Association (MOA) is a professional organization representing more than 1,200 osteopathic physicians, residents, and medical students in Maine whose mission is to serve the Osteopathic profession of the State of Maine through a coordinated effort of professional education, advocacy, and member services to ensure the availability of quality osteopathic health care to the people of this State.

During this session, one of our legislative priorities is advocating on all levels to protect reproductive health care autonomy. This means financially supporting clinicians working at the four Planned Parenthood of Northern New England, eighteen Maine Family Planning (MFP) health centers, thirty-one Federally Qualified Health Centers, and eight school-based health centers. It is crucial to protect and maintain access to the sexual and reproductive health care services provided at these facilities. This network serves more than 31,000 patients annually, 70% of whom qualify for free or reduced-cost care.

We appreciate the tremendous work the Administration did to create the biennial budget. Still, it was a misstep not to allocate the 6.18 million dollars to Maine's critical family planning care network.

When I started practice in Maine, I found myself delivering the babies of 13-year-olds. You don't know heartbreak until you have watched a 13-year-old in labor, clutching her teddy bear. And all the high schools needed programs for parenting teens. What changed was that family planning sites sprang up around the state, even in rural communities, making access to care a reality for a vulnerable population. I practiced as a family medicine physician, and in that role, I saw firsthand the importance of these clinics. These primary and/or reproductive health care services include testing and treatment for sexually transmitted infections, birth control, cancer screenings, routine gynecological care and well-person care, vaccinations, and gender-affirming care. But they are also an entry point for mental health care, for identification of domestic violence, and all the other services that define a healthy populace.

This preventative healthcare ultimately saves a lot of healthcare dollars and has been shown to improve a state's educational achievement. Reliable access to contraception is associated with not only substantial reductions in unplanned pregnancies and the high costs associated with them but also significant increases in educational attainment and economic mobility for families. Every dollar invested in family planning saves \$4.83 by preventing unintended pregnancies, reproductive cancers, and STIs.<sup>1</sup> And, remember, those would be MaineCare expenses for 70% of these cases.

The Maine Medical Association and Maine Osteopathic Association urge this committee to allocate this funding in the biennial budget. Thank you for your time, and I would happily answer any questions.

Connie Adler, MD

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<sup>1</sup>

<https://www.guttmacher.org/report/publicly-supported-FP-services-US-2016#impact-of-publicly-supported-family-planning-services>.