



To the Joint Standing Committee on Judiciary

Testimony in Opposition to:

LD 380, An Act to Amend Certain Laws Regarding Gender-affirming Health Care Services

May 8, 2025

Senator Carney, Representative Kuhn, and members of the Joint Standing Committee on Judiciary, thank you for the opportunity to submit this testimony in opposition to LD 380, An Act to Amend Certain Laws Regarding Gender-affirming Health Care Services. My name is Jakob Giron, Policy Advocate at Consumers for Affordable Health Care, a nonpartisan, nonprofit organization that advocates the right to quality, affordable health care for every person in Maine.

As designated by Maine's Attorney General, CAHC serves as Maine's Health Insurance Consumer Assistance Program. Our toll-free helpline fielded nearly 7,300 calls and emails this past year from people across Maine needing help with their private health coverage or with accessing affordable healthcare services. CAHC also serves as the Ombudsman program for Maine's Medicaid program, MaineCare, and helps people apply for and navigate the enrollment process for MaineCare. It is with this background that we provide these comments.

LD 380 would restrict the ability of providers to discuss or recommend medically appropriate care based on their expertise and in consultation with their patient. In this way, the bill inappropriately inserts political actors into the provision of health care services, undermining medical integrity and patient health and well-being.

Trans and nonbinary individuals experience higher rates of anxiety, depression, and suicidal ideation than the general population because of the lack of alignment between the gender they are assigned at birth and gender as they experience it.¹ At the same time, like other historically marginalized communities, people who are trans and nonbinary already face significant barriers to accessing health care.² Gender-affirming health care has been proven to improve mental health outcomes and quality of life for trans and nonbinary persons. Interventions to alleviate symptoms range from counseling to hormone therapy to surgical treatments, depending upon the individual's medical needs.³ Because these treatments have been proven to be efficacious, leading medical organizations, including the American Medical Association,⁴ the American Academy of Pediatrics,⁵ the American Psychiatric Association,⁶ the

¹ <https://www.columbiapsychiatry.org/news/gender-affirming-care-saves-lives>.

² <https://pubmed.ncbi.nlm.nih.gov/26910276/>

³ Tordoff DM, Wanta JW, Collin A, Stepney C, Inwards-Breland DJ, Ahrens K. [Mental Health Outcomes in Transgender and Nonbinary Youths Receiving Gender-Affirming Care](#). JAMA Netw Open. 2022;5(2):e220978; See also, WPATH, [Standards of Care, Version 8](#), (2022).

⁴ 04/26/21, [AMA to states: Stop interfering in health care of transgender children](#).

⁵ 08/10/22, [Why We Stand Up for Transgender Children and Teens](#).

⁶ 04/02/21, [Frontline Physicians Oppose Legislation That Interferes in or Criminalizes Patient Care](#).

Endocrine Society,⁷ and the World Professional Association for Transgender Health,⁸ have all endorsed gender-affirming health care.

The consequences brought by this legislation are equally grave in the context of reproductive health care. It is evident that when political actors interfere, women suffer. The Journal of the American Medical Association has editorialized against legislative interference in reproductive health care because of the adverse consequence and the degradation of the provider-patient relationship, among other deleterious outcomes.⁹ The Guttmacher Institute has demonstrated how restrictions targeting one type of reproductive health care have negative ripple effects on all aspects of reproductive health care.¹⁰ Just this week, ProPublica was awarded the Pulitzer Prize for Public Service for exposing the dire consequences of abortion bans.¹¹

Mainers need and deserve access to comprehensive, evidence-based health care directed by experienced, informed practitioners. Access to such care is in fact a public health imperative. Medical providers' advice and provision of services should not be impeded or supplanted by anyone outside the examination room. We respectfully request that the members of the Judiciary Committee vote against LD 380.

⁷ 12/16/20, [Transgender Health](#).

⁸ 05/02/25, [WPATH and USPATH Response to the HHS Report on Gender Dysphoria](#).

⁹ Brubaker L, Bibbins-Domingo K. [Health Care Access and Reproductive Rights](#). JAMA. 2022;328(17):1707–1709.

¹⁰ March 2024, Easter R, Friedrich-Karnik A, and Kavanaugh, M L, [Any Restrictions on Reproductive Health Care Harm Reproductive Autonomy: Evidence from Four States](#).

¹¹ The Pulitzer Prizes, [ProPublica, for urgent reporting](#), referring to 09/16/24, [Abortion Bans Have Delayed Emergency Medical Care. In Georgia, Experts Say This Mother's Death Was Preventable](#).