

Maggie Zall  
Portland  
LD 380

Chairperson, and members of the committee,

My name is Maggie Zall, and I am lifelong Portland resident. I am submitting this testimony in strong opposition to LD 380, An Act to Amend Certain Laws Regarding Gender-affirming Health Care Services.

Let me be absolutely clear: any effort to restrict or undermine access to gender-affirming health care is an attack on the well-being, dignity, and fundamental rights of transgender people. LD 380, regardless of how it is framed, opens the door to rolling back life-saving medical care and making it harder for providers to offer these services without fear of retaliation, harassment, or legal action.

Gender-affirming care is not controversial in the medical community. It is recognized, supported, and recommended by every major medical association in this country—including the American Academy of Pediatrics, the American Medical Association, and the American Psychological Association. This care is evidence-based, safe, and often life-saving. For many transgender individuals, especially youth, access to these services significantly reduces rates of depression, anxiety, and suicide.

LD 380 threatens to create an atmosphere of fear and stigma for both patients and providers. Whether by weakening confidentiality protections, introducing insurance barriers, or enabling punitive legal measures, this bill places politics above public health and targets a vulnerable population that already faces widespread discrimination.

This bill is not about public safety. It is not about parental rights. It is about using the power of the state to deny care, silence doctors, and marginalize trans people. It is government-sanctioned discrimination, plain and simple.

As a community, we must ask ourselves: What kind of message are we sending to transgender Mainers—many of whom are children—when we tell them that their health care can be stripped away by political whim? We are telling them that they are not welcome, that their lives are negotiable, and that their futures are expendable. That is unacceptable.

I urge you to reject LD 380. Stand with science. Stand with compassion. Stand with transgender people in Maine and their right to receive the care they need to live full, healthy, and authentic lives.

Thank you for your time, and I would be pleased to answer any further questions you may have.