The End of Federally Protected Abortion Did Not Deter Us

Instead, we got millions of women the answers they needed in an ever-changing health care environment.
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The National Women's Health Network is a 501(c)3 not for profit that represents the health interests of women across the life continuum. We maintain an intersectional focus on sexual and reproductive health, maternal health and the health and well-being of aging women. We work to improve women's health outcomes through state and federal advocacy, consumer health education, and grassroots technical assistance initiatives. Since our founding in 1975, we have empowered millions of women nationwide to access high quality health care.
About the National Women’s Health Network

Our Mission

We improve health by strategically shaping policy, expanding access, and providing accurate, unbiased information.
About the National Women’s Health Network

Our Vision

Quality, comprehensive, and equitable health care that empowers and supports us in our lives.
Our Values

- Evidence rather than profit must drive health care services.
- Health is a human right.
- Women’s lived experiences and knowledge of their own bodies must be recognized.
- The spectrum of women’s physiological experiences must be respected and not pathologized.
- Health policy must reflect the diversity of women’s lives.
- Health justice demands achieving health equity.
About the National Women’s Health Network

A Trusted Voice for Women

To safeguard our independence as a trusted voice on women’s health, the National Women’s Health Network chooses not to accept financial support from the pharmaceutical industry, medical device manufacturers, or insurance companies.

“It’s always an honor to do anything with the National Women’s Health Network. Belita Cowan, the former head of the Network, took me under her wing. She taught me everything. The Network’s founders were brave. These women were bold. Please stand on their shoulders.”

Byllye Avery
Founder of the Black Women’s Health Imperative
Our Work in 2022

Educating Consumers

The Fall of Roe Was Devastating – But the NWHN Stepped Up to Help Abortion Seekers

In a move that rolled back fifty years of settled law in one fell swoop, the Supreme Court ruled in the Dobbs v. Jackson Women’s Health Organization case that abortion is not a constitutionally protected right on June 24, 2022. This ruling effectively overturned Roe v. Wade and put the crucial question of whether people across the country have access to safe abortion care in the hands of the states. 26 of those states immediately responded with a resounding “no.” Via pernicious “trigger laws” that took effect the moment the ruling was issued, millions of people were stripped of their right to bodily autonomy from one moment to the next.

The National Women’s Health Network immediately recognized that, in this ever-shifting landscape, knowledge was the most powerful tool available to abortion seekers. That’s why we sprang into action on May 3, the very day after a draft of this devastating decision was leaked in an unprecedented move. On that day, we launched a digital education campaign via Google and popular social media platforms to make sure as many people as possible across the nation understood their rights and how to access all forms of abortion no matter their situation. In 2022, this campaign reached over 1.3 million people in restrictive states like Texas, Florida, South Dakota, Georgia, Kentucky, Louisiana, and Virginia.

The NWHN also understood that one of the best ways to help abortion seekers on the ground was to throw our support squarely behind grassroots provider organizations. And so, we expanded our partnership with Plan C, a group of veteran public health advocates, researchers, social justice activists, and digital strategists working to make the abortion pill accessible to all women by connecting them to reliable, discreet abortion pill providers.

The NWHN Started the “Your Health Unlocked” Podcast to Reach More People with Reliable Health Information

In today’s world, women are asked again and again to submit to unproven health remedies and influencer gurus, while their own lived experiences are sidelined, dismissed, or pathologized.

On that day, we launched a digital education campaign via Google and popular social media platforms to make sure as many people as possible across the nation understood their rights and how to access all forms of abortion no matter their situations.

The Network has always been a purveyor of reliable health information – but in 2022, we recognized that one of the groups most vulnerable to dangerous health misinformation – young people – weren’t engaging with our written material as much as we had hoped. And so we launched the Your Health Unlocked podcast to better reach this ultra-connected audience.

The goal of Your Health Unlocked is to empower the health care consumer by elevating reliable information and stories about the health issues that disproportionately affect women. New episodes are released every other Thursday, and in 2022, we released a total of eight episodes covering topics like dementia, burnout, birth control, self-managed abortion, and more:

In just a few short months from launch on November 3rd until the end of 2022, the YHU podcast reached over 556K people of all ages with unforgettable health science, stories, and strategies.

Learn more at www.nwhn.org/yourhealthunlocked, or search for Your Health Unlocked wherever you get your podcasts.
Empowering Community Health Organizations

The NWHN Designed the Health Equity & Access Leadership Training Hub (The HEALTH Program)

All too often, the U.S. develops health policies without consulting community leaders and advocates who work directly with affected populations. Without fail, this lack of inclusion leads to insufficient policy that fails to improve health outcomes and results in people falling through the cracks. Here at the Network, we know that building a more equitable, higher-quality health care system means getting community providers seats at the table. That’s why we designed the HEALTH program in 2022. The HEALTH Program is a six-month curriculum created to empower grassroots health organizations so that these groups can better:

• Address health inequities that disproportionately impact marginalized communities
• Expand health care access through policy and advocacy
• Improve health outcomes for women across the life continuum

The HEALTH Program’s cohort organizations will receive both funding and technical assistance from the NWHN, including:

• $14,000 in unrestricted grant monies for their participation in the program
• Professional development from preeminent public health experts in congruent fields
• Bi-weekly trainings on topics like translating practice to policy, federal advocacy, strategic planning, marketing/communications, and sustainable development
• Exclusive participation in an NWHN-organized and led Advocacy Day on Capitol Hill

The pilot cohort of five organizations will launch in January 2023. To keep up with the HEALTH program and its grantees and alumni, visit https://nwhn.org/health-program/
Our Work in 2022

Promoting Equitable Health Policy

The National Women’s Health Network (The Network) was founded in 1975 – almost half a century ago. We understand that to remain true to our progressive and feminist roots, we must continually evaluate and update what we do and how we do it as the world changes around us.

To this end, the board and staff came together in 2022 and refreshed our policy priorities to be more inclusive, impactful, and responsive to the nation’s health policy needs. These priorities, or pillars, are informed by the science and the lived experiences of health care consumers (that’s you).

To view content related to each of these pillars, visit nwhn.org/the-networks-12-policy-pillars.
Abigail Arons
Board Chair

Abigail Arons, MPH, is a project director at the University of California, San Francisco (UCSF). Since 2001, she has led research and evaluation projects at UCSF focusing on reproductive and sexual health, including long-acting contraception, sexual health education, adolescent pregnancy prevention, cancer prevention and HIV. Currently, she leads an NIH-funded randomized controlled trial on the impact of guaranteed income for low-income Black youth.

In addition to her professional expertise in reproductive health, Abigail took a crash course in breast cancer when she was diagnosed at age 31. After completing active treatment, she joined the Board of Breast Cancer Action, a national watchdog organization for the breast cancer movement, to advocate for more effective, less toxic treatments, and for a greater focus on the root causes of cancer, including environmental factors. Abigail is thrilled to serve as the Chair of the Board of the National Women’s Health Network.

Kimberly Robinson
Board Vice Chair

Kimberly Robinson is an independent consultant on reproductive justice issues, including the health of Black women. Kimberly has worked in direct services at a variety of settings, including for many years as the Director of Health Services at Women’s Health Specialists, an independent feminist health center. While at Women’s Health Specialists, she oversaw the operations for multiple clinics and satellite services and was responsible for the training and recruitment of all clinical staff including residents and medical students, helping to train the next generation of abortion providers. As a women’s health activist, Kimberly works with colleagues, communities and allies to build constituencies that demand reproductive justice for all women. She is the northern California liaison for Black Women for Wellness.
Leadership

Board of Directors

Meredith Field, MSEd, PhD
Board Secretary
Meredith P. Field, MSEd, PhD, is an Assistant Professor of Sociology at Alfred University. Meredith’s research interests focus on bodies, reproduction, health, medicine, and development as they intersect with social movements, science, technology, and society. Her recent research projects explored topics related to reusable menstrual products and access to maternal health care in rural areas of Pennsylvania. She previously worked with the Ohio Policy Evaluation Network and studied how policy changes regarding access to contraceptives and abortion in rural parts of Ohio, Kentucky, and West Virginia affect people’s lives. Meredith has been an activist since she was a child, beginning with local environmental issues and expanding to issues of women’s health, prisoners’ civil rights, and other human rights and social justice topics. She has worked in higher education for more than fourteen years. She earned her dual title PhD in Rural Sociology and Women’s Studies from The Pennsylvania State University.

Carrie Kaya
Board Treasurer
Carrie is a Senior Associate at Susan Matlack Jones & Associates supporting nonprofits with specialized accounting and bookkeeping. She prides herself on providing useful, accurate financials that allow management and Boards to make decisions about their organization’s financial health. After a decade living outside the US, she is excited to bring her enthusiasm to work for women’s healthcare. Carrie's focus on women's healthcare was reinforced while dealing with a healthcare challenge in Morocco and Turkey and seeing the differences in care and treatment. She is excited to join the Board of the Network!

Carmita Padilla, MBA
Carmita Padilla is a health equity champion and an accomplished non-profit executive with 30+ years of experience building partnerships that innovate shared mission-oriented solutions.

She is currently the Chief Program & Sites Officer at the nonprofit Health Leads. She has also served as its Vice President of Partnerships and Initiatives, Executive Director for New York Operations, and National Director of Program Expansion, among other roles. Carmita started her career at AT&T and Deloitte Consulting before shifting her relationship, operations and business management expertise to the non-profit sector, as the Executive Director of Women's Health & Counseling Center. She has also held Development roles at the NAACP Legal Defense and Educational Fund and Hunter College. Carmita holds a BA from Rutgers College and an MBA from Lehigh University. She lives in New York City and is fluent in Spanish.
Leadership

Board of Directors

Yamini Oseguera-Bhatnagar, MPH

Yamini is a convener, strategist, and facilitator who has been working in HIV for over a decade. Yamini's background ranges from youth development to women's health, reproductive justice advocacy, health equity, racial & gender justice. She is passionate about supporting the resiliency of communities locally and worldwide. She is a UC Berkeley alum with an undergraduate degree in Ethnic Studies and is currently pursuing a Masters in Public Health at San Francisco State University with an emphasis in Health Education. She's a first-generation immigrant and is raising her children in San Francisco, California.

Lacey Alexander, PhD, RN, GERO-BC

Lacey Alexander, PhD, RN, GERO-BC, is a clinical assistant professor in the School of Nursing at the University of Wisconsin-Madison. Her research is focused on how bias and discrimination impact the clinician-patient relationship. Most recently, she is exploring how negative interactions between patients and clinicians about weight can create barriers to quality and timely care delivery. She also completed an Advanced Fellowship in Women's Health at the VA Hospital in Madison, Wisconsin. Lacey continues to moonlight at the VA in hospice, serves as her hospital's LGBTQ+ Veteran Care Coordinator, and intermittently teaches a large undergraduate course about gender and health at the University of Wisconsin-Madison. She is excited to serve on the Board of Directors because she is passionate about creating resources to guide consumers in making safe decision about their health.

Marci Harris, PhD(c), MCP, MPH

Marci Harris, MPP, MPH, is currently working on her PHD in Public Health at the University of Utah. Her research is focused on hereditary genetic syndromes and the comorbidities that occur after cancer diagnosis. She previously worked with Planned Parenthood Action Council of Utah working towards better reproductive rights policy in Utah. She has helped advocate for policies that protect the quality of women's health. She is passionate about public health and the value of complete and accurate health information for women.
Leadership

Staff

Erin Evans
Director of Operations

Erin is the Director of Operations, responsible for managing the office's daily functions and ensuring that everything runs smoothly. She is the main point of contact for vendors and also reaches out to them if anything goes wrong. She joins the NWHN after spending the last 10 years working in residential property management and commercial real estate, where she managed research teams and coordinated large projects. Erin attending the University of California, Los Angeles (UCLA), where she focused on History and Art History.

Teri Bordenave
Interim Executive Director

Teri Bordenave is a co-founder of the Thalia Group LLC and the newly appointed Interim Executive Director at the National Women's Health Network. She is a member of the Interim Executive Network and is a Board Source Certified Nonprofit Consultant with extensive experience advising health-focused organizations, including Family Planning Advocates for New York State, the Mohawk Valley Physicians Health Plan, and the North Country Home Health and Hospice Agency.

Prior to her successful career as a consulting interim executive, Teri served as the President and CEO for Girls Incorporated of the Greater Capital Region from 1988 to 2009. Teri holds a Masters of Human Services Administration from Antioch University New England, where she honed her skills in organizational development, consulting, and training. Learn more about her role at the Network here.

Adele Costa
Director of Communications

Adele Costa graduated from the State University of New York at Geneseo in 2011 with degrees in English and History, and when she realized that wasn't going to feed her in the middle of a recession, she joined the U.S. Peace Corps. There she spent 2 years as a youth development coordinator in a small mountain village in Morocco, where she worked with young women on life skills and self-expression. She came back to the US in 2015, got her Masters in Public Administration, and spent five years working in NYS government in various policy and program positions in the human services sector. In 2020, she decided to stop dating writing and to marry it, which she did by starting her own copywriting business. She started consulting for the National Women's Health Network in September of 2020, and accepted the offer of Director of Communications in October 2021. Adele is honored to be able to get reliable, compelling health information into the hands of the people who need it most.
Leadership

Staff

Denys Symonette Mitchell
Director of Policy & Partnerships

Denys Symonette Mitchell is the newly appointed Director of Policy & Partnerships at the National Women's Health Network. In this role, she will lead the Network by advancing its mission on Capitol Hill and across Federal agencies while strategically positioning the organization as a trusted voice for all women. She will identify and cultivate new alliances, and will lead the Network in developing effective, intersectional, and equitable policy campaigns.

A preeminent thought-leader and strategist, Denys has a successful record translating asks into action for national nonprofits. Most recently, she served as the Senior Policy Analyst for the National Birth Equity Collaborative. Prior to that role, Denys led a health policy consultancy where she developed innovative strategies utilizing an anti-racist approach. As a former Congressional staffer and registered lobbyist at the American Cancer Society Cancer Action Network, she brings over a decade of combined experience in government and nonprofit operations, in addition to a strong working knowledge of Washington and deeply cultivated relationships with key players in the Beltway. Most recently, Denys was spotlighted as an Emerging Leader by the W.K. Kellogg Foundation for her transformative work as a member of The Black Maternal Health Federal Policy Collective – a group of Black women policy leaders working to develop strategy and policy solutions to address America’s Black maternal health crisis.

Denys completed her undergraduate and graduate studies at Howard University. She resides in Prince George's County, Maryland with her husband and their infant and toddler sons.

Rachel Branaman
Interim Director of Development

Rachel is the founder and principal consultant of Talem Consulting, a national, full-service diversity, equity, inclusion, and justice (DEIJ), woman-owned firm which provides nonprofits the tools they need to build capacity, fundraise, and dismantle systems of inequity. Our team provides an intersectional and equity-based framework to ensure the communities being served are centered in the work we do. Rachel is currently expanding Talem’s 12-month leadership program for BIPOC women to ensure they have a supportive space to build their nonprofit management toolkit and leadership skills for long-term transformation.

Rachel has 20 years of nonprofit expertise as an executive director of Alley’s House and in fundraising/development roles at Dallas Black Dance Theatre, Dallas Symphony Orchestra, Jewish Community Center of Dallas, Dallas Heritage Village, and Dallas Children’s Museum. She graduated from Austin College with a BA in French and from Regis University with a Master’s in Nonprofit Management with a capstone project in Cape Town, South Africa. She is an alumnus of Leadership Texas, a returned U.S. Peace Corps volunteer to Namibia (2009-2011), and serves as an executive board member of Association of Philanthropic Counsel (APC). Her community work includes advocacy around Peace Corps reform, healthcare, and national/international civil rights policies.

Rachel lives in Richmond, Virginia. This land was originally home to the Algonquian-speaking tribes, Youghtanund, Powhatan, and Chickahominy which were part of the Powhatan Confederacy. They are also known as Algonquian because of their language and common culture.
Leadership

Staff

Carli De La Cruz
Social Media Manager
Carli is a copywriter and social media maven in Denver, CO. She earned her Bachelor’s Degree in Sociology and Legal Studies from the University of California, Santa Cruz (UCSC) in 2011. She is passionate about women’s health and social justice issues. Through her work for the Network, she leverages various social media platforms to educate women of all ages on important health issues so they feel empowered to advocate for their health in medical settings.

Hannah Hall
Development Associate
Hannah Graduated from George Mason University in Fairfax, VA in 2019 with a Bachelors of Arts Degree in History, duel minoring in Communications and Nonprofit Studies. She was able to partake in a Nonprofit Studies Fellowship program through the school of integrative studies at GMU, sparking her passion for the industry and a career focused on making an impact. Since then, she has cultivated experiences and foundational knowledge through several opportunities within the nonprofit industry in order to best understand what it means to be a development/ nonprofit professional.

Hannah is a passionate team member for the National Women's Health Network. Having started with the Network in the spring of 2022, she is invested in supporting its development efforts to promote the work of the NWHN, while also promoting the right of every individual to accessible health services and educational resources across the nation.

Carter Ringo
Multimedia Communications Lead
Carter Ringo graduated from the Maryland Institute College of Art in 2022 with their Bachelor’s of Fine Arts in Interactive, Game, and Sound Arts. Their expertise ranges in the multimedia field and have additional interests in Disability rights and accessibility advocacy. Prior to working for the Network, they completed two years of experience as a NASA 3D design intern at the Goddard Space Flight Center.

They currently serve as the Network's Multimedia Communications Lead, and their work includes digital design, web and social media support, and audio-visual editing.
The National Women’s Health Network is just that – a network of individuals and organizations working together to advance health care access and equity nationwide. We work closely with the following initiatives by providing administrative support, thought partnership, and technical assistance so that they can do what they do best – help people on the ground in need of care. Read on to learn more about them.

**PLAN C**
Plan C is a public health meets creative campaign, started in 2015 by a small but mighty team of veteran public health advocates, researchers, social justice activists and digital strategists. Plan C transforms access to abortion in the US by normalizing the self-directed option of abortion pills by mail. Plan C envisions a near future in which the ability to end an early pregnancy is directly in the hands of anyone who seeks it.

**M+A HOTLINE**
The M+A hotline is a team of pro-abortion clinicians with years of experience in caring for miscarriage and abortion. These clinicians freely give their time to the public by operating an anonymous hotline from 8AM to 11PM via phone or text to give expert advice on self-managing miscarriage and abortions. They respond within 1 hour, and operate on confidential, private, and secure servers.

**APPALACHIAN ABORTION SUPPORT COLLECTIVE**
The Appalachian Abortion Support Collective (AASC) is a local source of information for people seeking abortion information in and around Boone, North Carolina.
Leadership

Star Volunteers

Sophie Krensky
Sophie Krensky (she/her) is a staff nurse at Oregon Health & Science University’s Labor & Delivery and Mother Baby units, where she supports pregnancies of all kinds with many outcomes, specializing in nursing care for labor, birth, postpartum, antepartum, fetal demise, palliative delivery, and pregnancy termination. She has a background as a volunteer doula, a manager of a research project that investigated pharmaceutical influence on prescribing practices, and as a trainer for community health workers in the Peruvian Andes.

Grace Lee
Grace Lee is a Senior Analyst on the Infectious Disease Infrastructure and Policy team at the Association of State and Territorial Health Officials (ASTHO). Her work focuses on healthcare-associated infections, antimicrobial resistance, and sexually transmitted infections. Outside of work, Grace is a board member for HopeLine, a crisis intervention and suicide prevention agency. In addition, she mentors undergraduate students at the University of Pittsburgh, her alma mater. Grace has her Master of Public Health in health policy from the University of North Carolina Chapel Hill and is based in Washington D.C. In her free time, she loves to travel, dance, bake, and powerlift.

Leah Juhle
Being a longtime health and wellness nerd led Leah to pursue training as a Registered Nurse, Family Nurse Practitioner, Yoga Teacher, and Certified Group Fitness Instructor. Whether providing hands-on care or researching and writing about new developments in medicine, she aims to help people understand their bodies in a way that maximizes health and wellness throughout their lives. When she’s not buried in medical literature and patient charts, you can find her in pursuit of every outdoor adventure on offer in the Pacific Northwest.

Katymay Malone
Katymay Malone holds a Ph.D. in Health Education with a cognate in Women’s, Gender, and Sexuality Studies and is a Master Certified Health Education Specialist (MCHES®). She has 15 years of professional experience as an educator and program director and coordinator in K-12 and higher education. She has collaborated with community-based organizations in the areas of health, education, research, and training. Currently, she serves as an Independent Contractor/Consultant working as a Grant Reviewer, Panel Chair, and Panel Facilitator for multiple federal and state agencies.

Joselyn Lantigua
Joselyn Lantigua is a Postpartum Nurse currently living in Houston, Texas. She graduated from an Accelerated Nursing school program in May 2021 earning her second bachelor’s degree and certification. Joselyn was born and raised in Bronx, NY. After 5 years as an educator administrator, she switched careers to become a nurse in the middle of the global COVID-19 pandemic.
2022 Annual Report

Financial Highlights

**Total Income: 6,737,142**
- **Sponsored Projects:** 5,153,737
- **Donations:** 142,611
- **Grants:** 118,000
- **Membership:** 653,692
- **Google Adwords in Kind:** 124,097
- **Fiscal Sponsor Fees:** 521,165
- **Other Income:** 23,841

**Total Expenses: 4,517,096**
- **Sponsored Programs:** 2,598,260
- **Member Services:** 336,057
- **Communications:** 391,869
- **Raising Women's Voices:** 73,322
- **Health Policy:** 670,049
- **Board:** 20,668
- **Fundraising:** 223,597
- **Administration:** 203,275
2022 Major NWHN Donors

Foundations:
$50k-$99,999 : Solidarity Giving
$10k-$24,999: The Jana Foundation, Inc. Brides for a Cause
$5k-$9,999: McGrath-Spellman Family Foundation
$2.5k-$4,999: Arky Foundation
$1k-$2,499: Rubblestone Foundation
$500-$999: AmazonSmile Foundation
$250-$499: Solidarity Giving
$250-$499: AmazonSmile Foundation

Individual Donors:
$10k+: Tara M. Stevens, Helen Conroy, Susan A. Schewel, Joyce Thibodeaux, Anne Covert, Douglas A. Treco, Jennine Williamson
$5k-$9,999: Margaret M. Sproul, Mary K. Schroth, Kathy W. Walker, Beth R. Bargetzi, Irene P. Rabinor, Lynn S. Appelbaum, Deborah Narrigan
$4,999-$2,499: Susan G. Doering, Jaime Bordenave, Susan B. Sasser, Tiffany N. Reed, Jaime Bordenave, Priyanka Patel, Susan G. Doering, Susan K. Lewis
$1k-$4,999: Alice Franklin, Anne Riley, Deborah Narrigan, Paul Prenowitz, Nancy L. Neff, Becca Teaster

2022 Annual Report
Renew Your Support & Stay Connected

Visit nwhn.org/donate to renew your support today.

Where Donations Go:

All donations provide critical support for our work to shape policy, fight for reproductive freedom, expand health care access, and provide accurate, unbiased information. Donations provide the Network with the flexibility to plan, innovate, and pivot quickly in response to changing policies and trends in the health care space. Your donations allow us to continue to advocate for our human rights.

The Network’s education and advocacy efforts have made a difference in the lives of millions of women.

The National Women’s Health Network is a registered 501(c)3 organization.

Mailing Address:

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