Bridging the Distance

Remote Maternal and Reproductive Health Services on the Kenai Peninsula

KACHEMAK BAY FAMILY PLANNING CLINIC

WHAT IS IT?

A KBFPC pilot program that brings maternal and reproductive health care closer to home for Alaskans across the Kenai Peninsula. Through Pop-Up Clinics, home visits, telehealth, and mail, preventive reproductive health care will be within reach for more communities where long drives, high costs, and information barriers dictate who gets the care they need.

WHO FUNDED IT?

The State of Alaska, through the **Rural Health Transformation Program (RHTP)**, which supports new approaches to health care in rural communities.

15.9%

of Alaska women with a recent live birth reported depressive symptoms in 2023, one of the highest rates in the nation (U.S. average: 11.9%)

Source: CDC PRAMS, via America's Health Rankings

AT A GLANCE

Starts: Late 2026

Length: 5-year pilot

New: Doula/RN Postpartum Home Visits

Expanded: Central Peninsula Pop-Up Clinics

Partners: South Peninsula Hospital, Ninilchik Traditional Council, Kenai Public Health, Johns Hopkins Center for Communication Programs

Frequently Asked Questions

Why do our communities need this project?

Distance is one of the biggest barriers to care on the Kenai Peninsula, but it's not the only one. Families also face high health care costs, limited transportation and childcare, nontraditional work schedules, and few local providers with expertise in reproductive health. Stigma around topics like postpartum depression, fertility, and contraception can keep people from seeking care at all.

The year after a baby is born is a critical time for new moms. Risks like high blood pressure, infections, depression or anxiety, and intimate partner violence can be made worse by isolation and limited family support. Substance misuse and domestic violence also remain leading contributors to maternal illness and death in Alaska. Remote, affordable maternal health services during this period are an important part of the solution, giving new parents regular, accessible support when they need it most.

Why is KBFPC offering this?

Maternal health *is* reproductive health — the heart of our work for more than 40 years. As the only dedicated reproductive health provider in the region, KBFPC is a critical lifeline for many families. We have deep experience in reproductive health care and education, and we care for people across their lives, from adolescence through menopause. In our Homer clinic and through our remote services, we assess each client's needs, treat their conditions, and connect them with additional medical care or social services, all regardless of ability to pay.

Bridging the Distance builds on our experience with responsive remote services and our commitment to each client. It will reach more people where they live and expand our services with a new Doula/Registered Nurse free Postpartum Home Visit program.

When does this project start, and how long is it?

The pilot begins in late 2026 and is intended to run for five years. KBFPC is collaborating with the Johns Hopkins Center for Communication Programs to evaluate the pilot for continuation and to produce a replicable model that other communities can use as they consider expanding care.

How is this project sustainable?

Bridging the Distance begins as a grant-funded pilot. KBFPC's experience can inform long-term efforts to update public and private insurance reimbursement policies so that services such as postpartum doula care and nurse visits can be covered, helping sustain this program, and others like it, well beyond the grant period.

It's also a smart investment. Research shows that expanding access to preventive reproductive health care lowers costs for families, eases demand on the state's health care system and relieves pressure on public assistance programs. Nationally, taxpayers save an estimated $7.09 for every public dollar spent on family planning services.

Sources: Bailey, 2019; Frost et al., 2014

Learn more: kbfpc.org | 907-235-3436 | info@kbfpc.org · Kachemak Bay Family Planning Clinic, Homer, Alaska

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