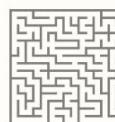
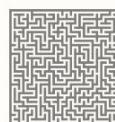
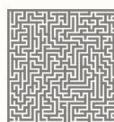
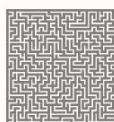
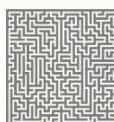
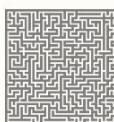
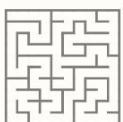
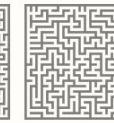
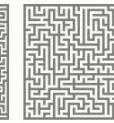
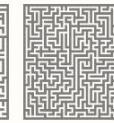
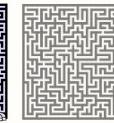
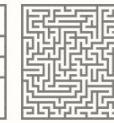
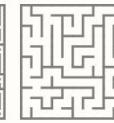
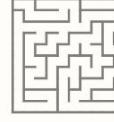
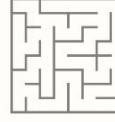
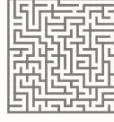
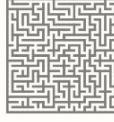
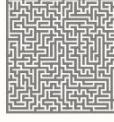
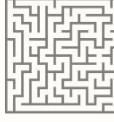
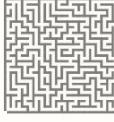
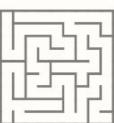
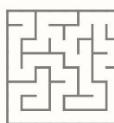
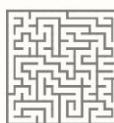
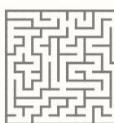
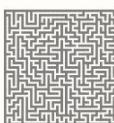
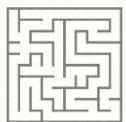


THE United States OF Abortion Mazes

To illustrate how difficult it is to get abortion care, we built a maze for each state where the difficulty is calculated by the state's abortion policies. Work through all the mazes in this book or online at pudding.cool/2024/10/abortion-mazes.



A maze activity book from **The Pudding**

About

In 1973, *Roe v. Wade* granted a nationwide right to abortion and helped create a **path to access**. But, abortion access has **rarely been a straight line** — it's full of twists, turns, and roadblocks.

And these barriers have only gotten more complicated since the US Supreme Court **gave states the power to ban abortion** in 2022's *Dobbs* ruling.

While 13 states completely outlawed abortion, with many additional states dismantling access in other ways, other states have moved to strengthen their protections, creating a complicated patchwork of laws across the country.

To illustrate how difficult it is to get abortion care, we built a maze for each state where the difficulty is calculated by the state's abortion policies.

To calculate the complexity of each state maze, 28 state-level data points from the Guttmacher Institute were collected, normalized, weighted, and combined to produce a complexity score. Abortion bans were weighted at 10, with ban exceptions and constitutional measures weighted at 5. Other policies and laws aimed at limiting abortion access were weighted at 2. Other reproductive health policies, like sexual education and contraception access, were weighted at 1.

Our complexity calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation.

Mazes were generated using a depth first search algorithm, with a size and difficulty that matched the complexity score.

By Jan Diehm and Michelle Pera-McGhee, Illustrations by Maria Scherlies



The Pudding

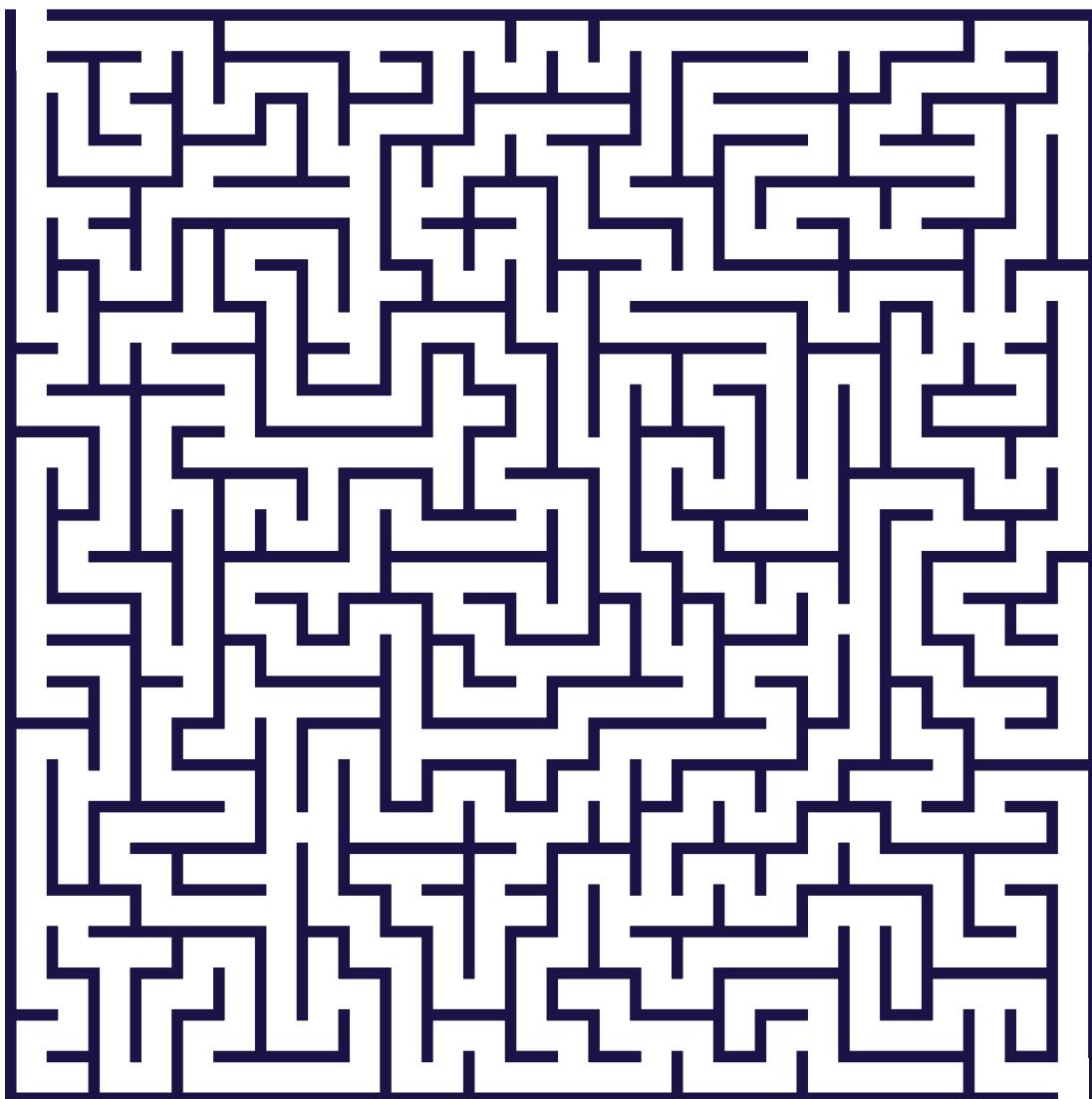
Work through all the mazes in this book or online at
pudding.cool/2024/10/abortion-mazes.

Alabama

is one of the **most complex states** for navigating abortion access.
The state **completely bans abortion** with very limited exceptions.

- Abortion rights are explicitly excluded in the state constitution.
- Patients must attend counseling 48 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

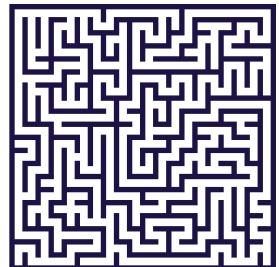
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ALABAMA'S NEIGHBORS

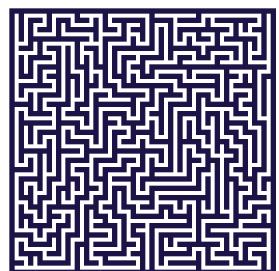
Georgia

Very complex



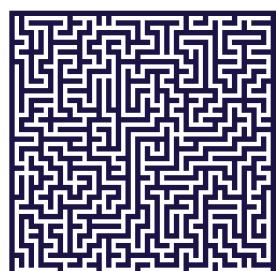
Mississippi

Most complex



Tennessee

Most complex



The Pudding

The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at pudding.cool/2024/10/abortion-mazes.

Alaska

is a somewhat **complex state** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortions are covered by state Medicaid funds.

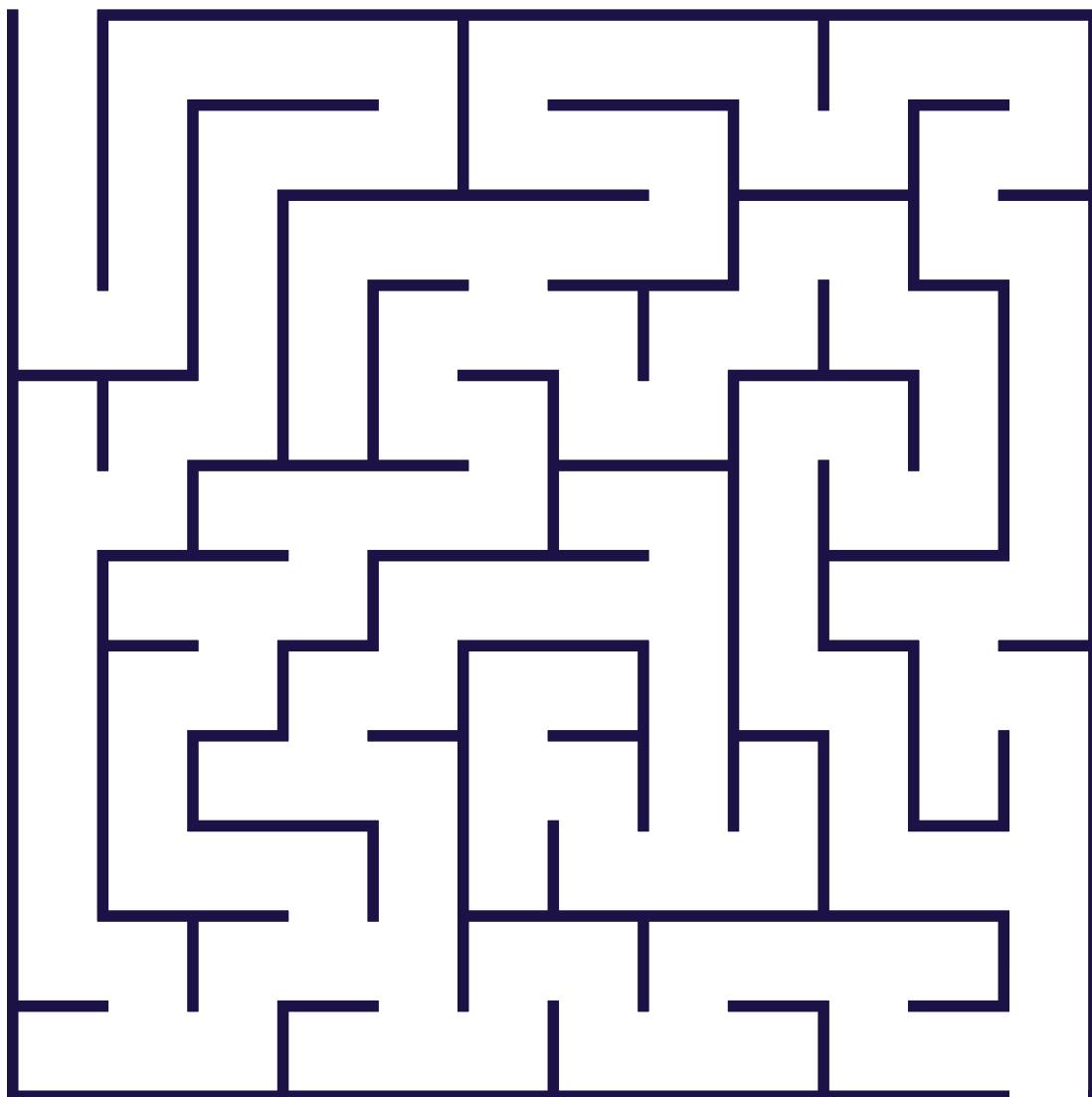
- All qualified health care professionals can perform abortions.

- Patients must obtain medication abortion from a doctor.

- Individual providers may refuse to perform abortions.

- Private institutions may refuse to perform abortions.

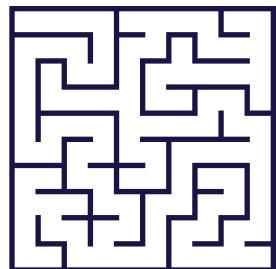
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ALASKA'S NEIGHBORS

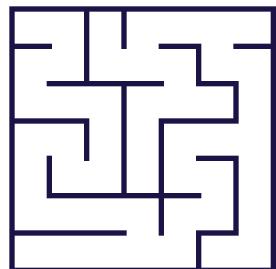
Hawaii

Somewhat complex



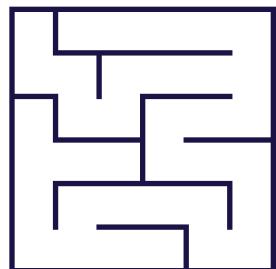
Oregon

Least complex



Washington

Least complex



The Pudding

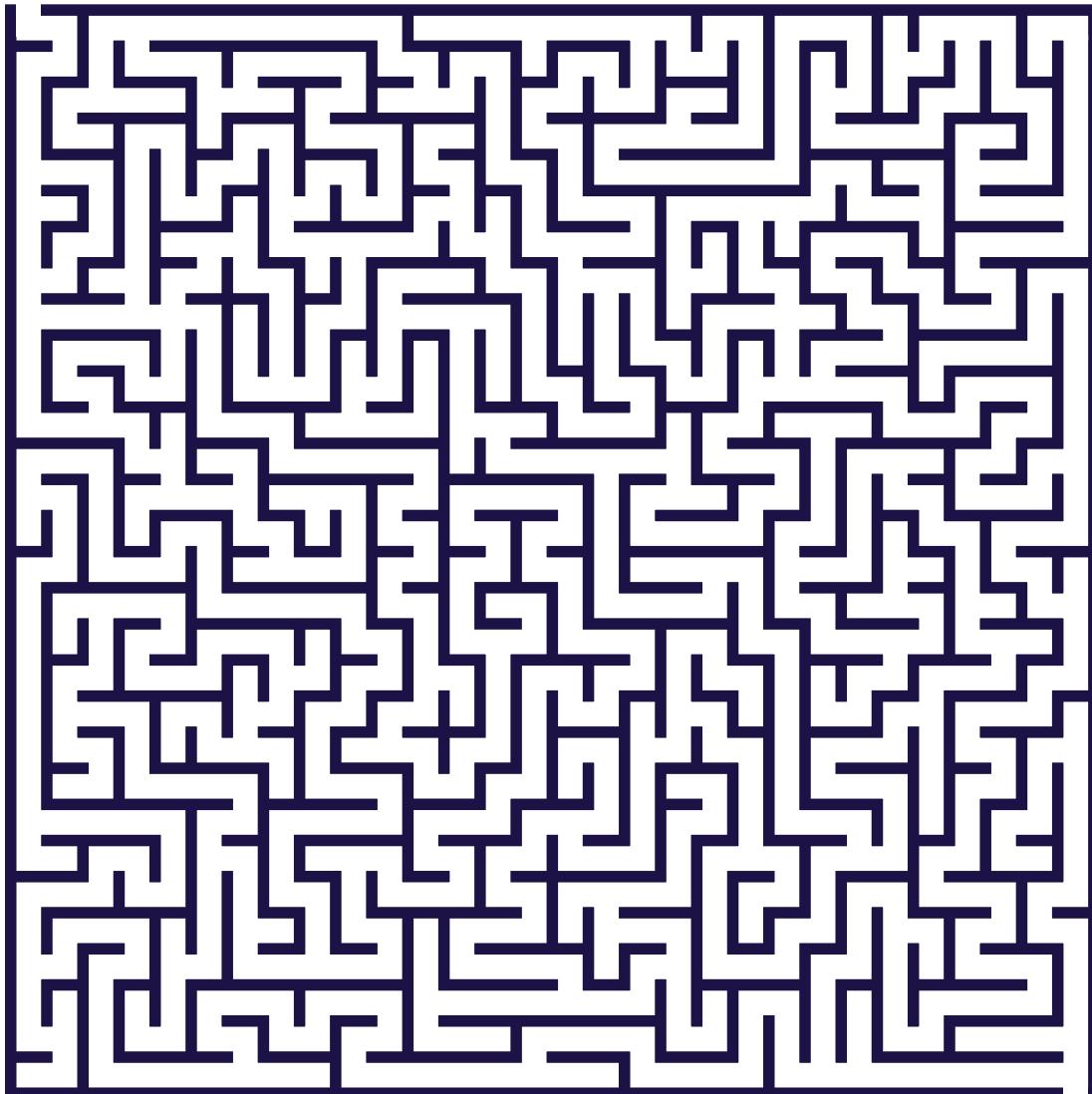
The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at pudding.cool/2024/10/abortion-mazes.

Arkansas

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

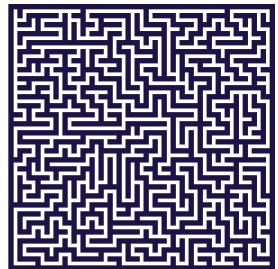
- Patients must attend counseling 72 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Only physicians can provide abortions.

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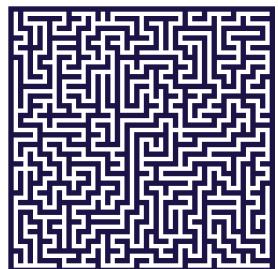


ARKANSAS' NEIGHBORS

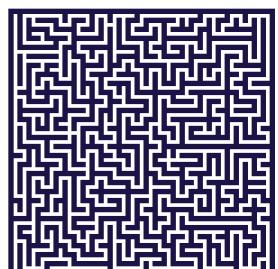
Missouri
Most complex



Tennessee
Most complex



Texas
Most complex



The Pudding

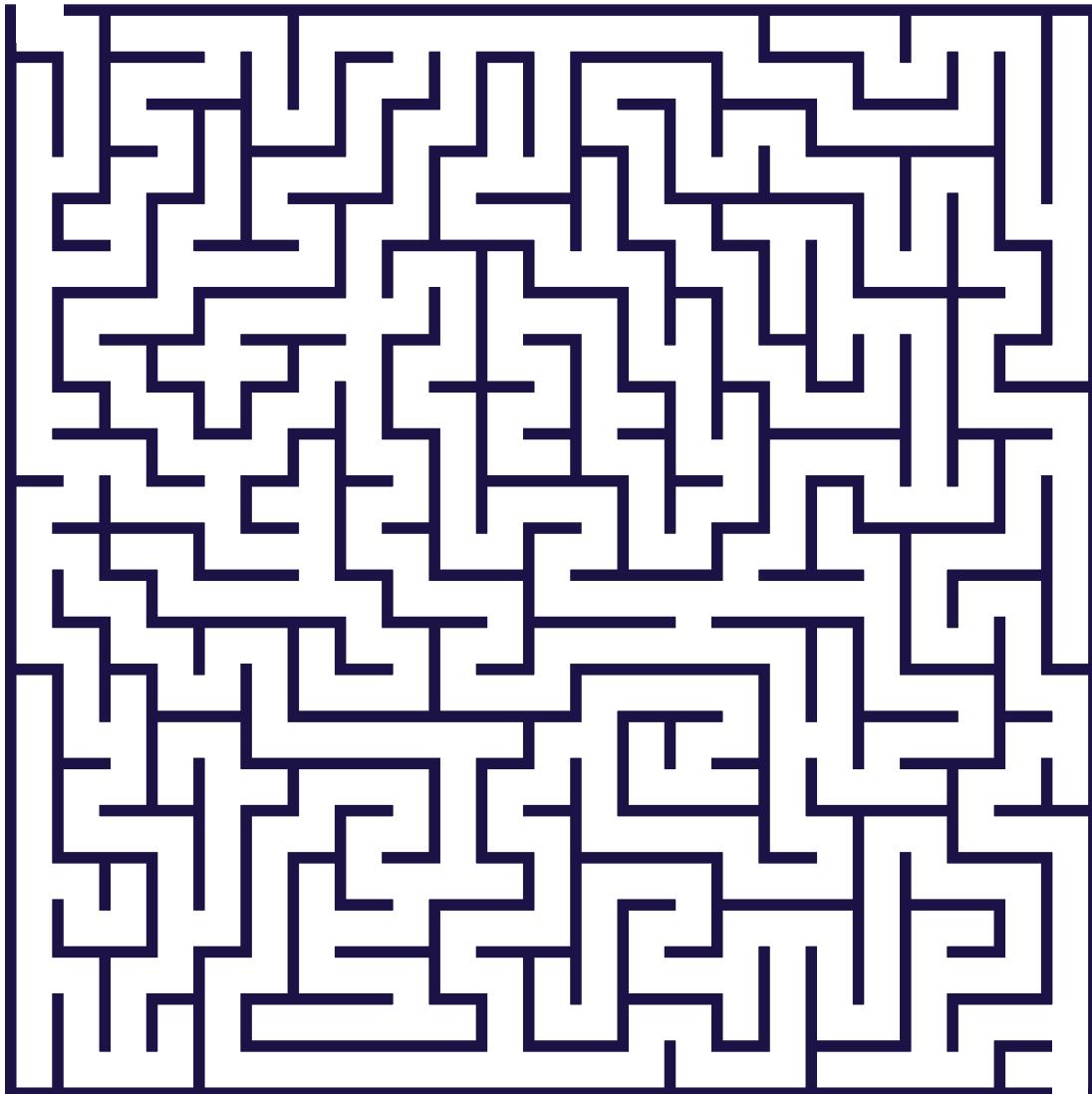
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Arizona

is a **very complex state** for navigating abortion access. The state **bans abortion at 15 weeks.**

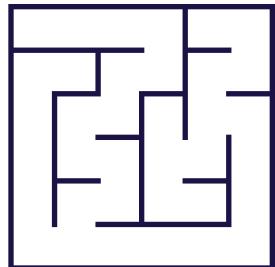
- Patients must attend in-person counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Patients must obtain medication abortion in person.
- Mailing abortion pills is banned.
- Parental consent is required for minors seeking abortions.

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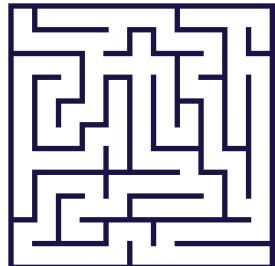


ARIZONA'S NEIGHBORS

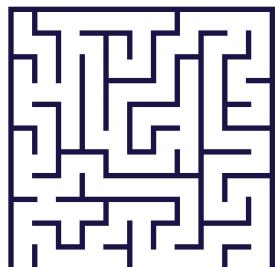
California
Least complex



Nevada
Somewhat complex



New Mexico
Somewhat complex



The Pudding

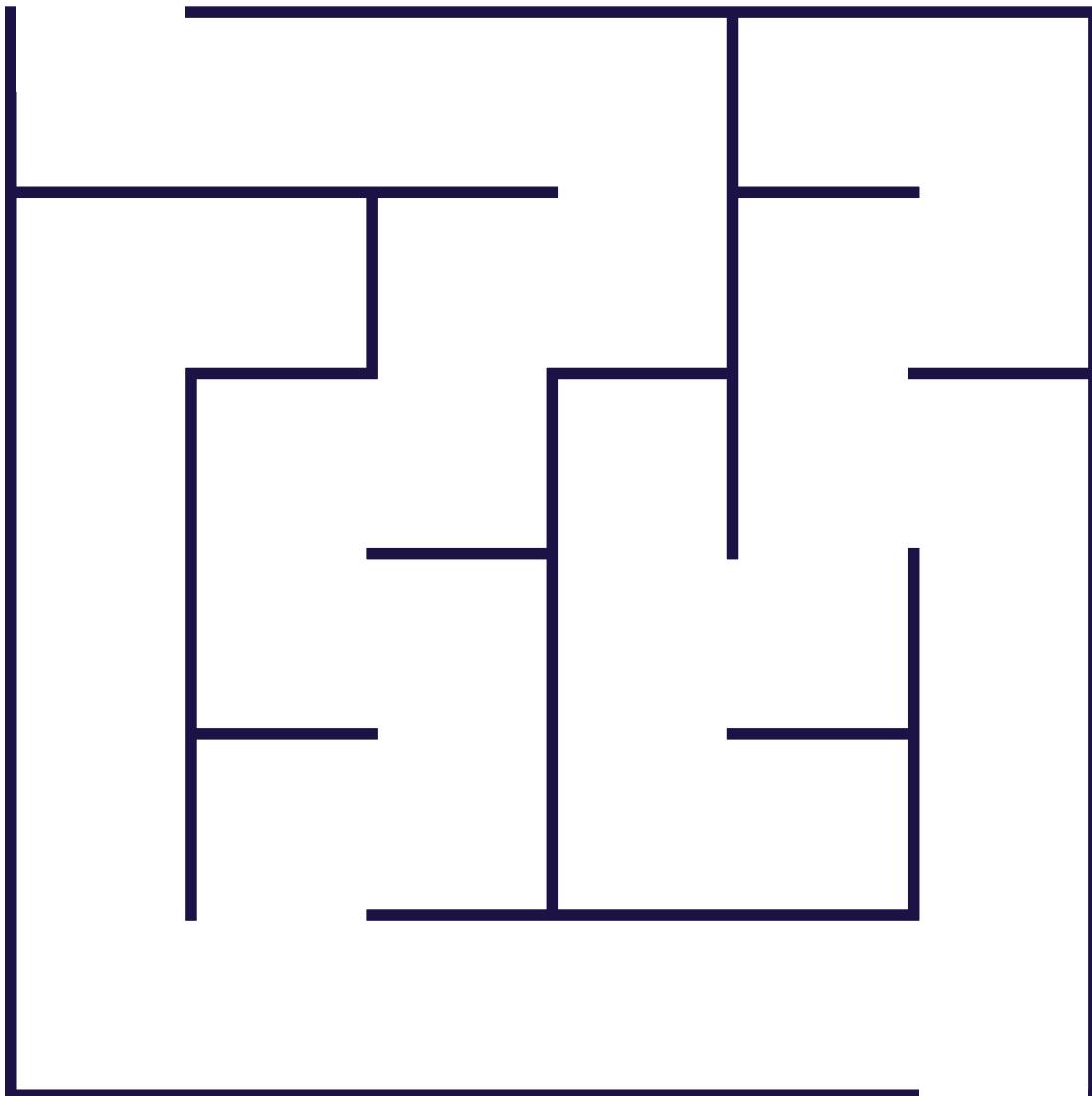
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California

is one of the **least complex states** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortion rights are explicitly protected in the state constitution.
- Abortions are covered by state Medicaid funds.
- Abortions must be covered by private health insurance.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.

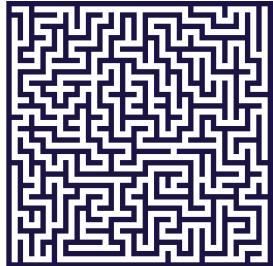
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CALIFORNIA'S NEIGHBORS

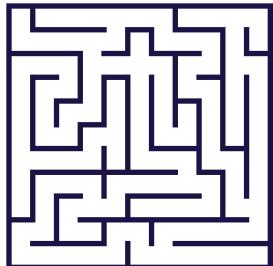
Arizona

Very complex



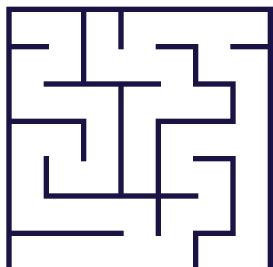
Nevada

Somewhat complex



Oregon

Least complex



The Pudding

The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at pudding.cool/2024/10/abortion-mazes.

Colorado

is one of the **least complex states** for navigating abortion access.
The state **does not restrict abortion based on gestational duration.**

- Parental notification is required for minors seeking abortions.

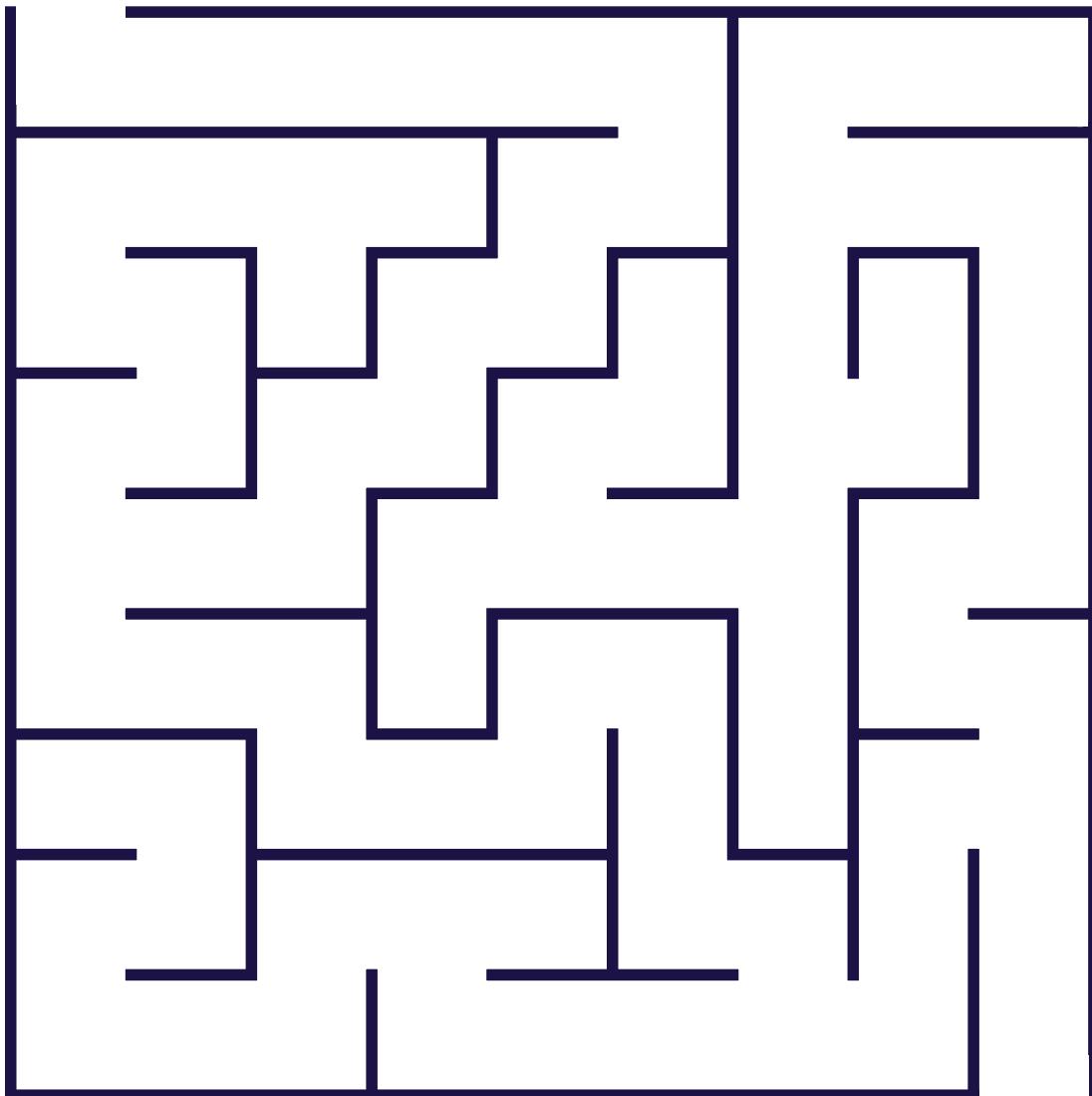
- All qualified health care professionals can perform abortions.

- Medicaid coverage of abortion is banned with very little exceptions.

- Abortion providers are protected by a shield law.

- Abortion clinics are protected by a bubble zone.

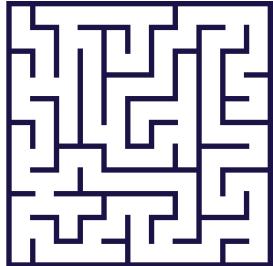
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COLORADO'S NEIGHBORS

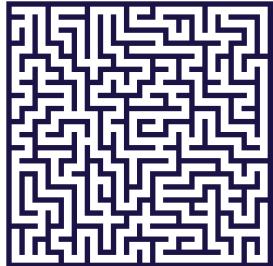
New Mexico

Somewhat complex



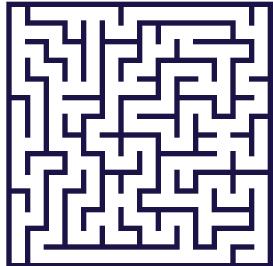
Utah

Very complex



Wyoming

Moderately complex



The Pudding

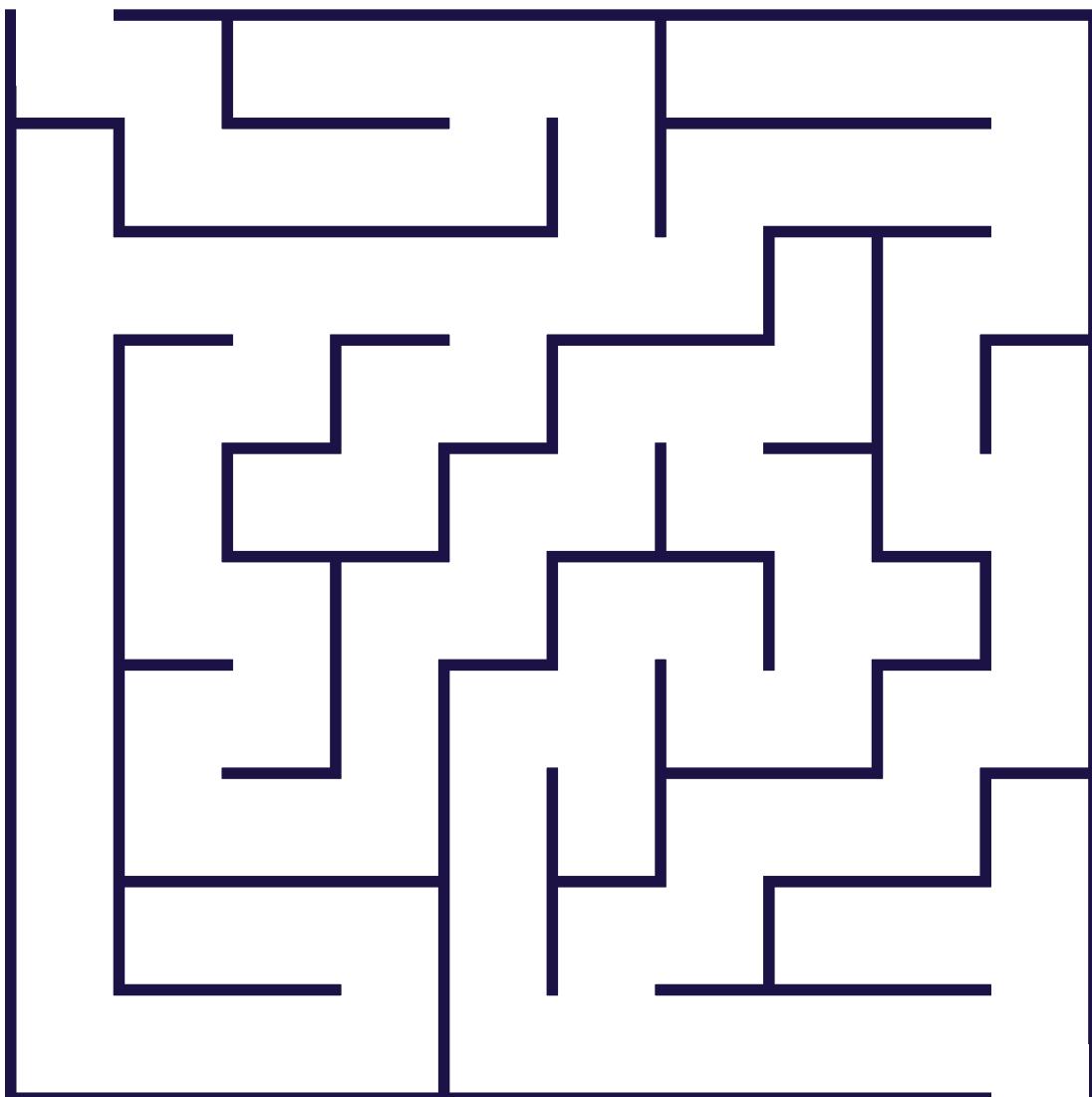
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Connecticut

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.
- Abortion clinics face unnecessary regulations without basis in medicine.
- Individual providers may refuse to perform abortions.

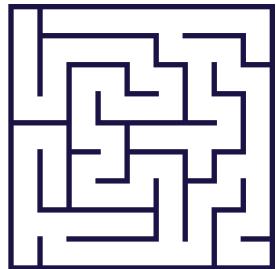
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CONNECTICUT'S
NEIGHBORS

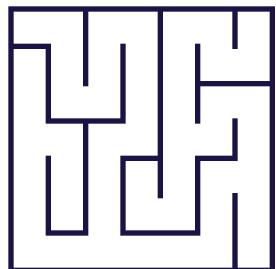
Massachusetts

Least complex



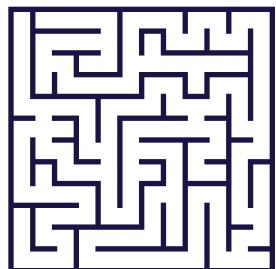
New York

Least complex



Rhode Island

Moderately complex



The Pudding

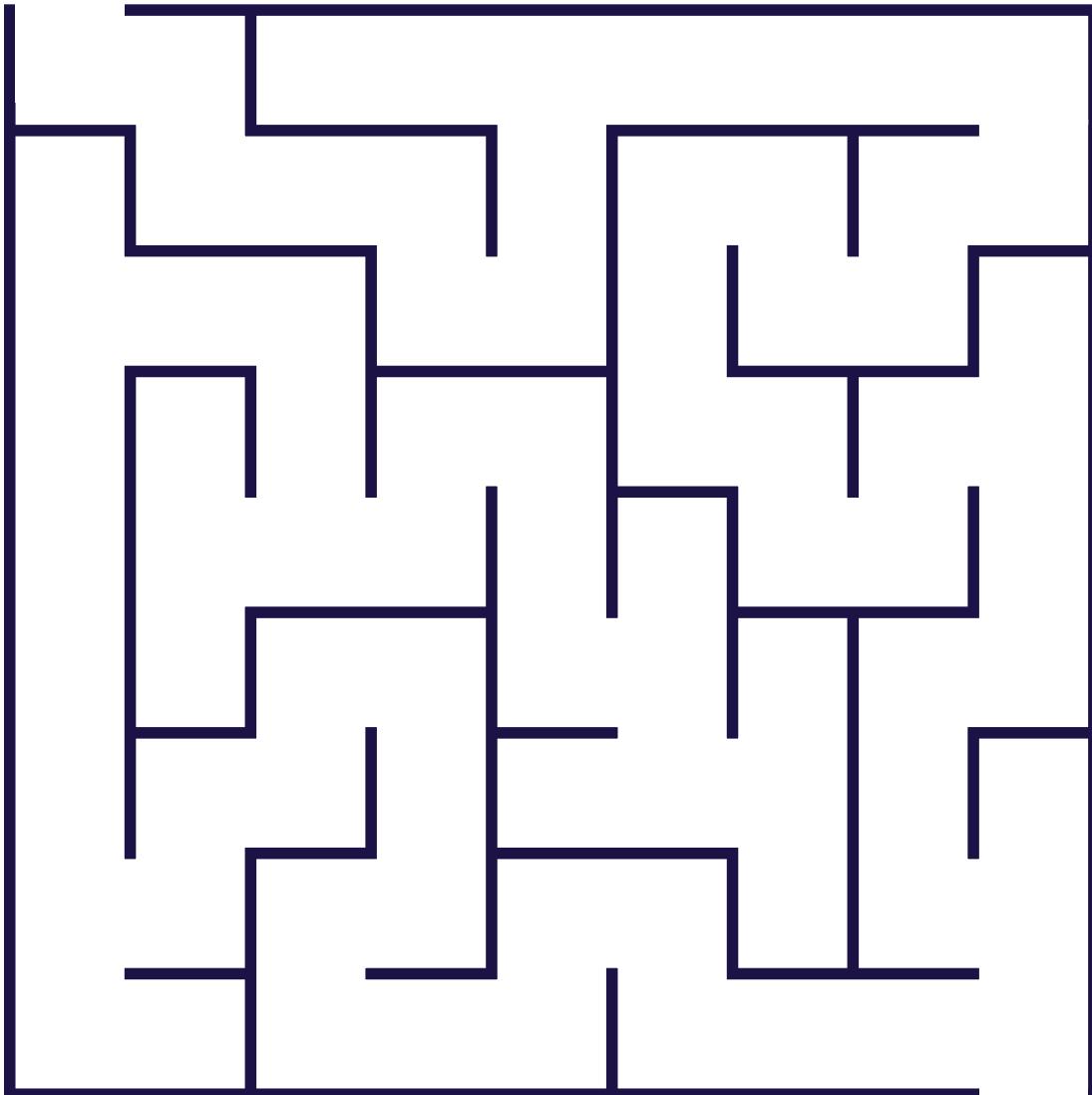
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Delaware

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Medicaid coverage of abortion is banned with very little exceptions.
- Parental notification is required for minors seeking abortions.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.
- Individual providers may refuse to perform abortions.

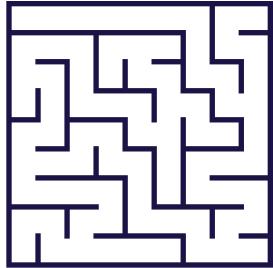
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DELAWARE'S NEIGHBORS

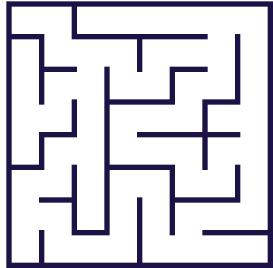
Maryland

Least complex



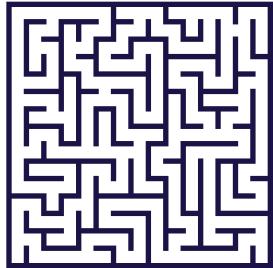
New Jersey

Least complex



Pennsylvania

Moderately complex



The Pudding

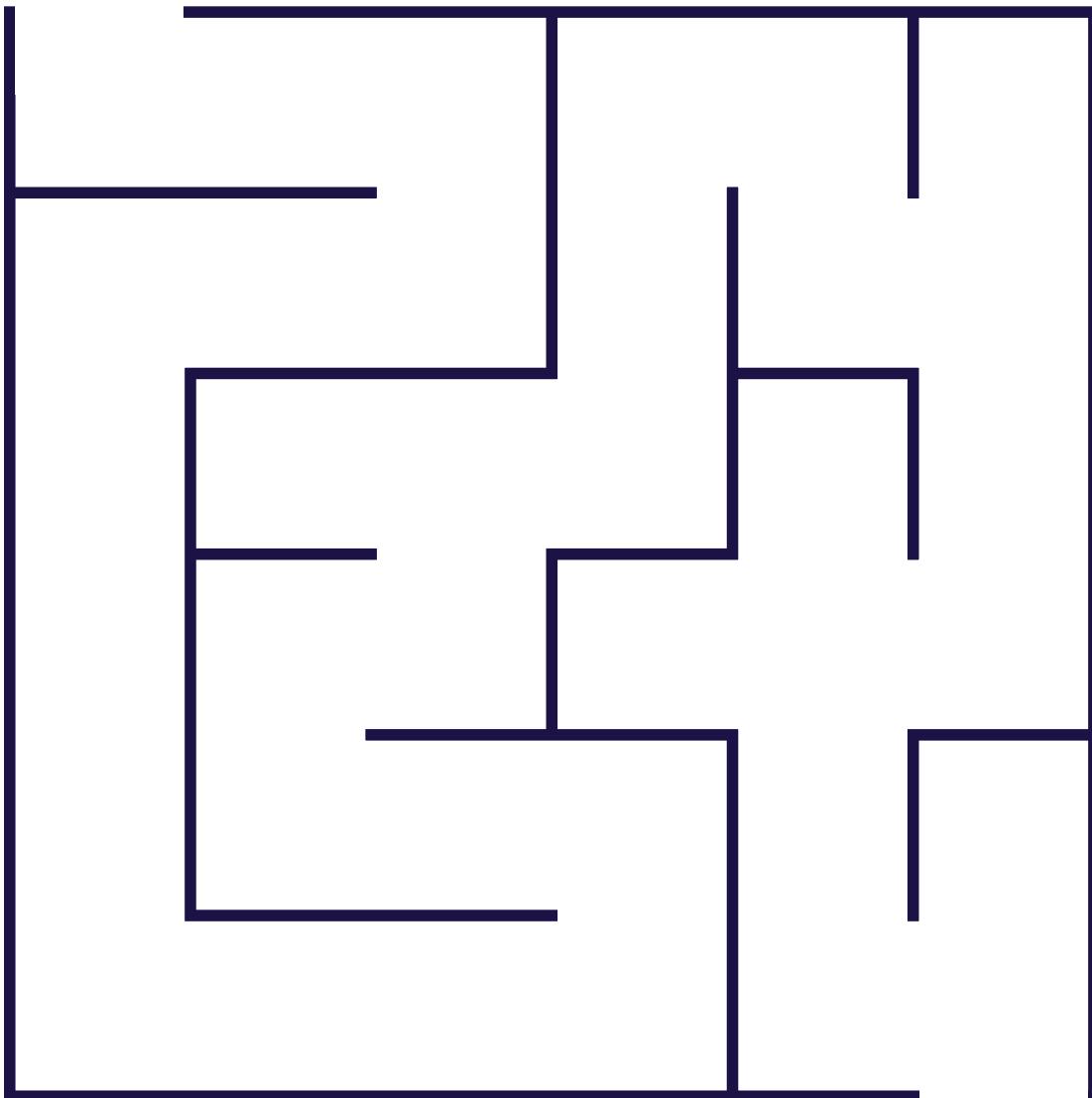
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District of Columbia

is one of the **least complex states** for navigating abortion access. The district **does not restrict abortion based on gestational duration.**

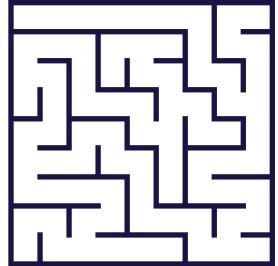
- DC is under the jurisdiction of the US Congress, who can modify or overturn legislation and impose unwanted laws on DC.
- Medicaid coverage of abortion is banned with very little exceptions.
- Abortion providers are protected by a shield law.
- Laws prohibit obstructing access to abortion clinics.
- Emergency rooms must dispense emergency contraception upon request.

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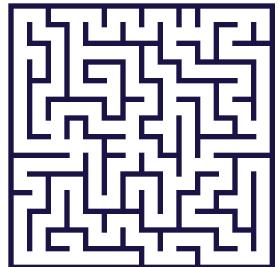


DC'S NEIGHBORS

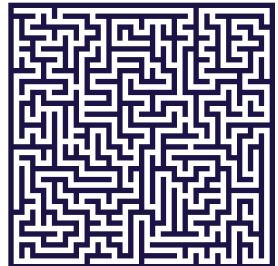
Maryland
Least complex



Virginia
Moderately complex



West Virginia
Most complex



The Pudding

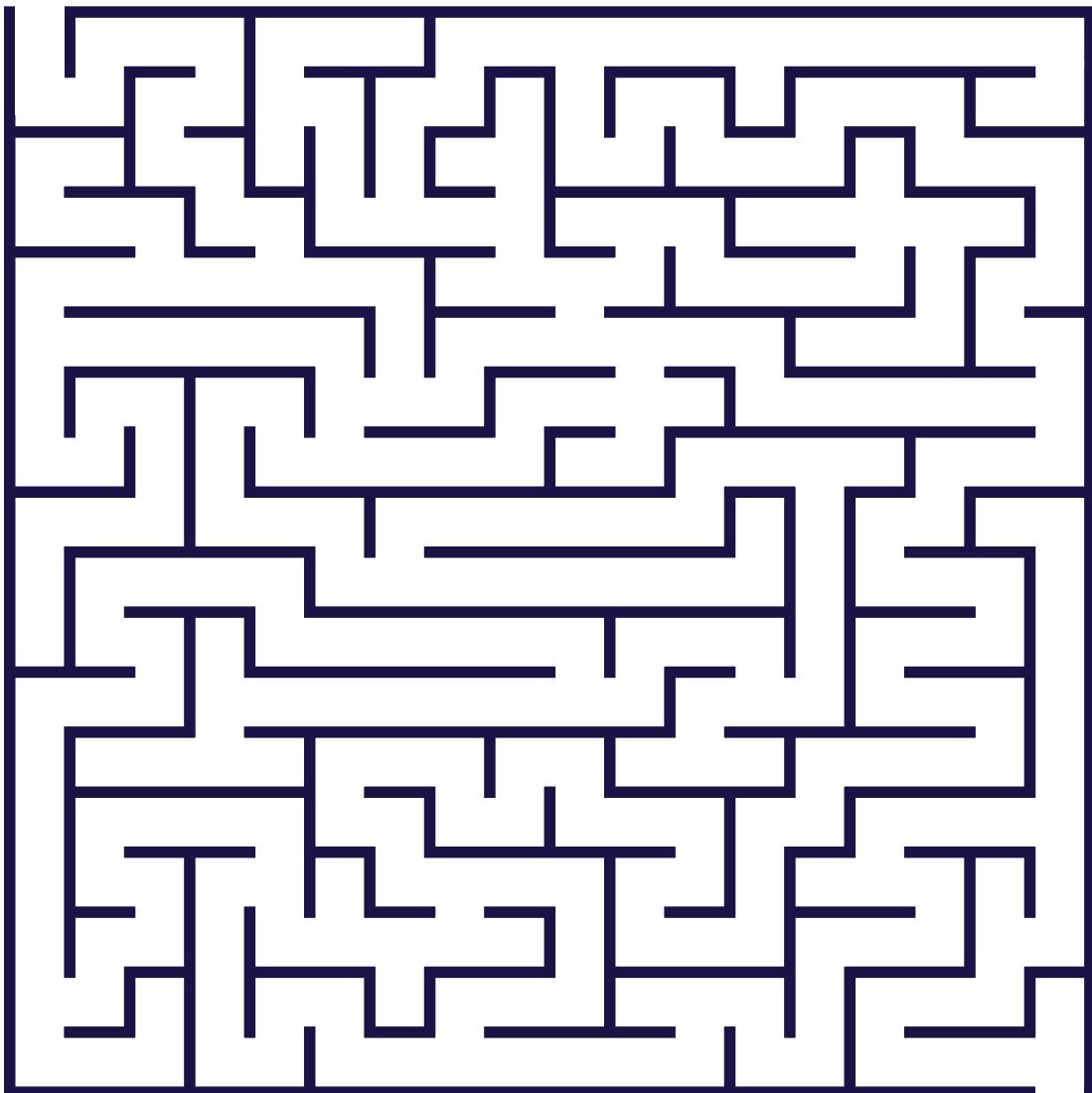
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Florida

is a **very complex state** for navigating abortion access. The state **bans abortion at 6 weeks.**

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Mailing abortion pills is banned.
- Parental consent is required for minors seeking abortions.

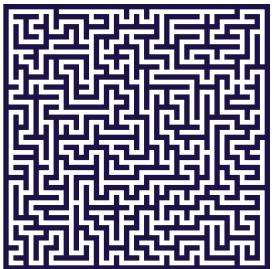
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FLORIDA'S NEIGHBORS

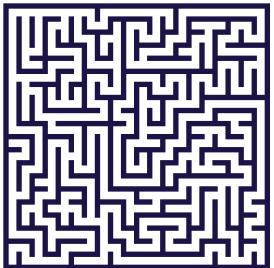
Alabama

Most complex



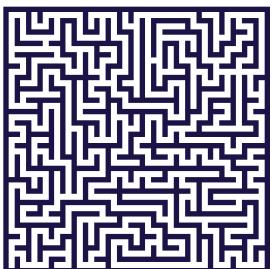
Georgia

Very complex



South Carolina

Very complex



The Pudding

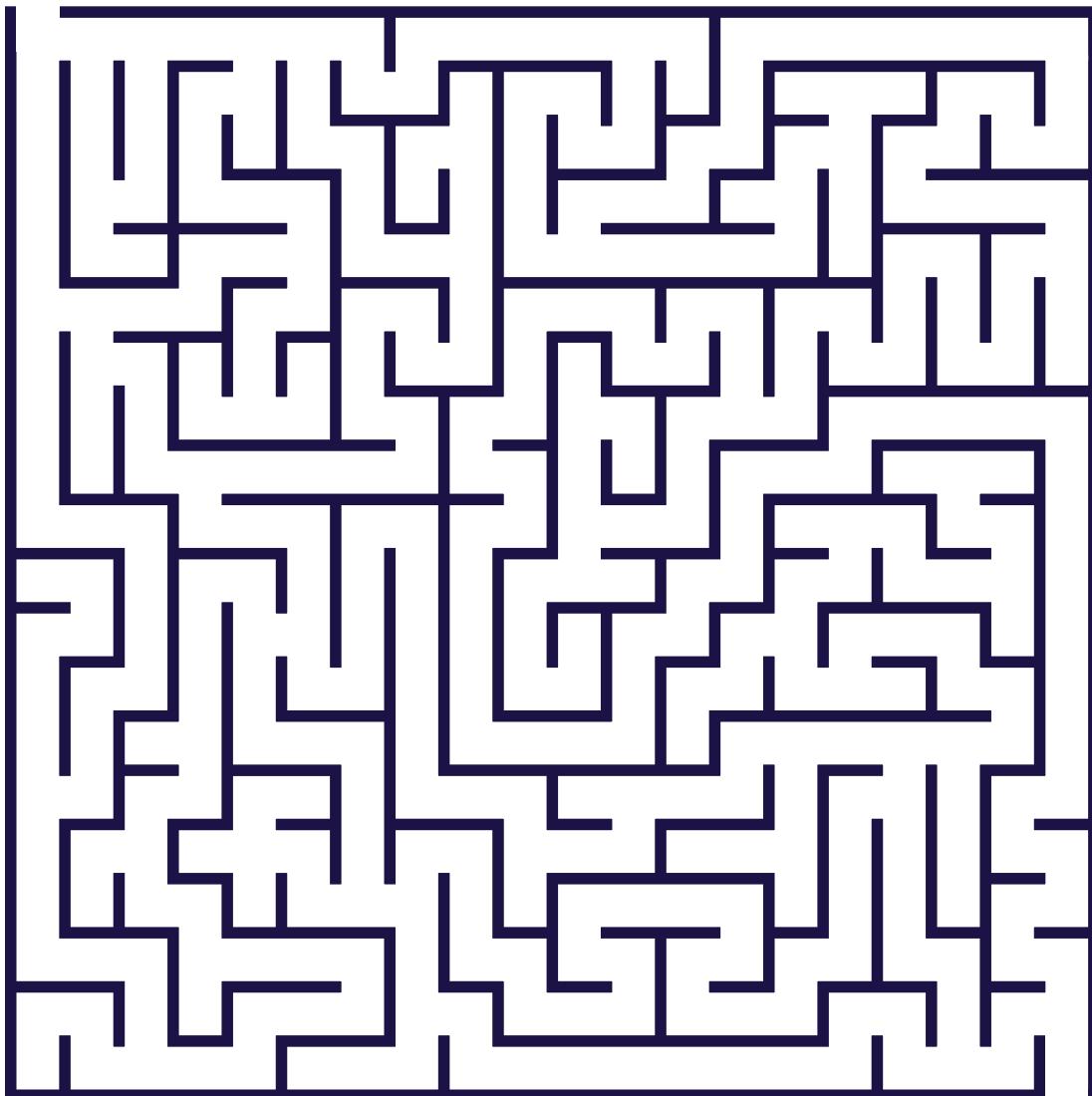
The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at pudding.cool/2024/10/abortion-mazes.

Georgia

is a **very complex state** for navigating abortion access. The state **bans abortion at 6 weeks.**

- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental notification is required for minors seeking abortions.
- Only physicians can provide abortions.
- Individual providers may refuse to perform abortions.

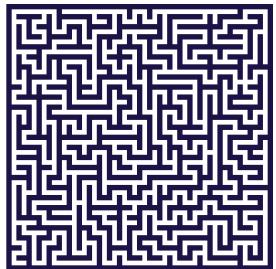
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GEORGIA'S NEIGHBORS

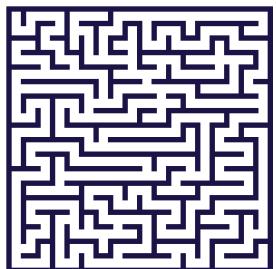
Alabama

Most complex



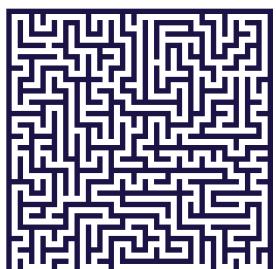
Florida

Very complex



South Carolina

Very complex



The Pudding

The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at pudding.cool/2024/10/abortion-mazes.

Hawaii

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.

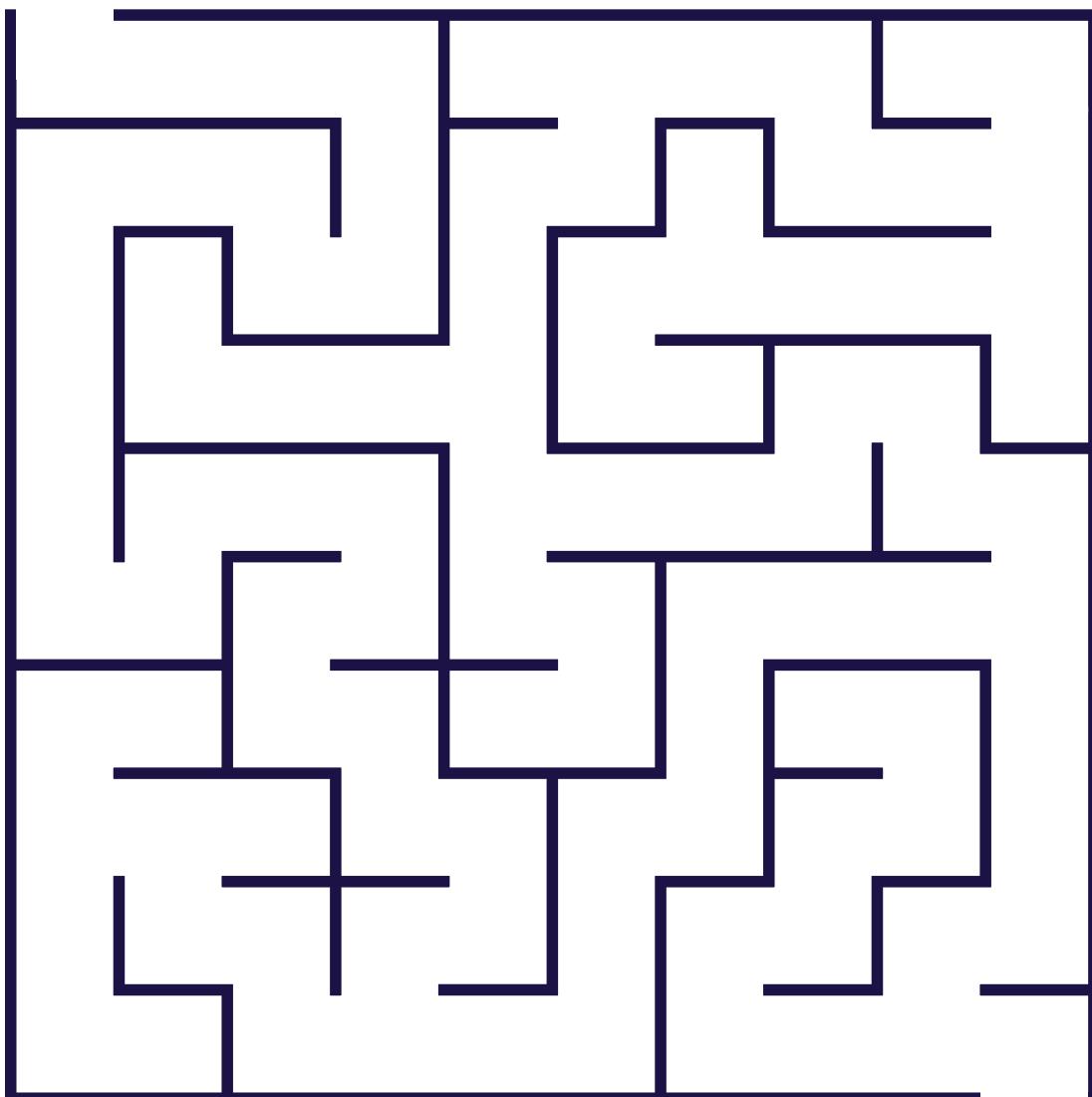
- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

- Institutions may refuse to perform abortions.

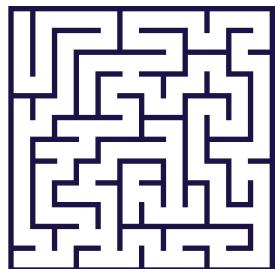
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HAWAII'S NEIGHBORS

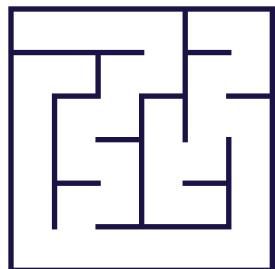
Alaska

Somewhat complex



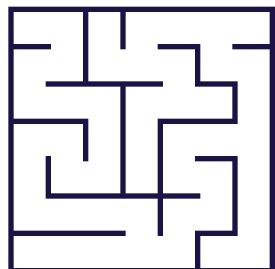
California

Least complex



Oregon

Least complex

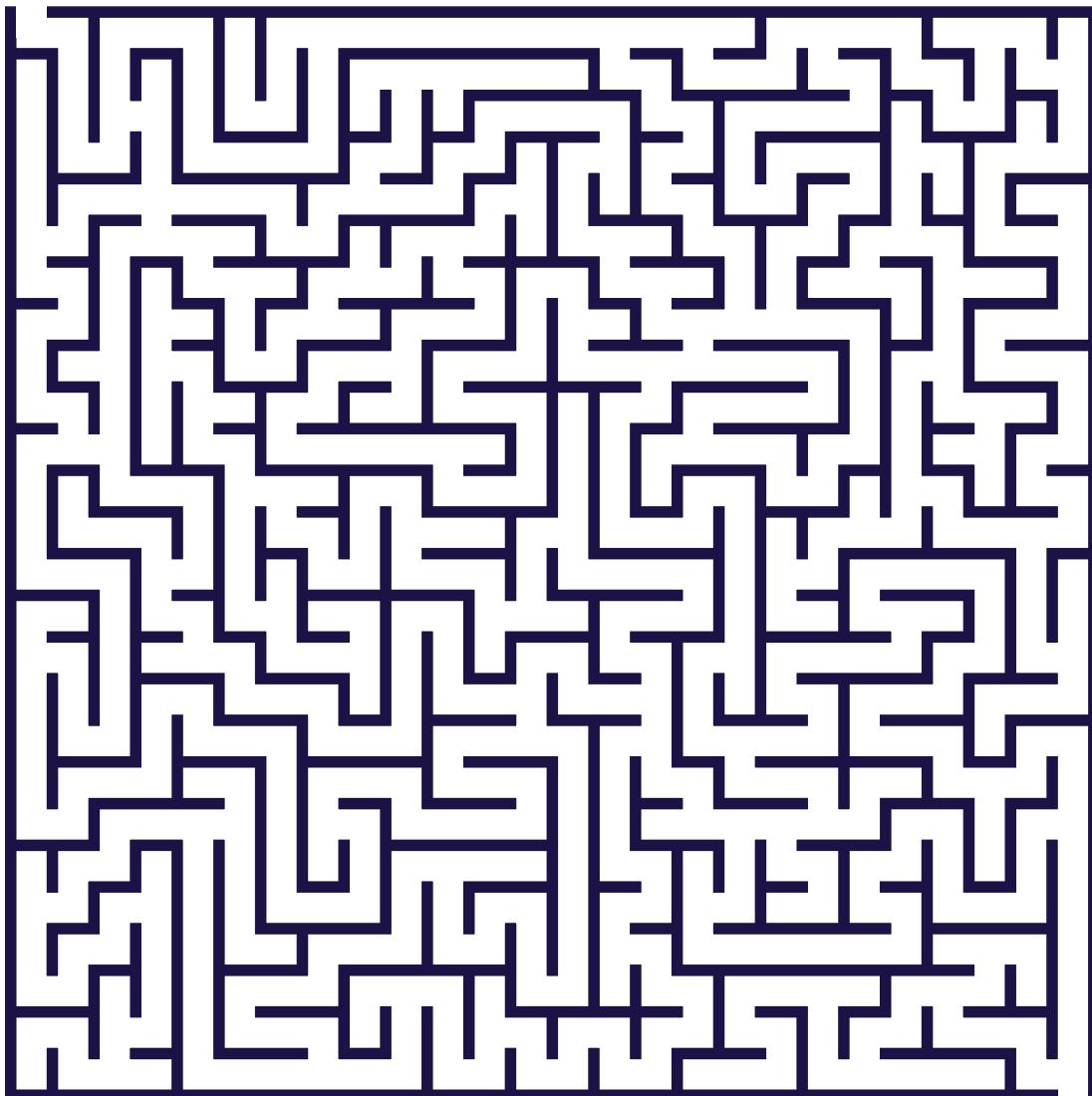


Idaho

is one of the **most complex** states for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

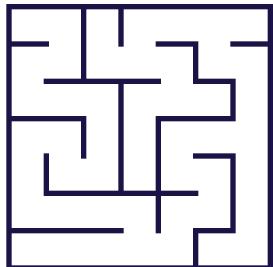
- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Only physicians can provide abortions.

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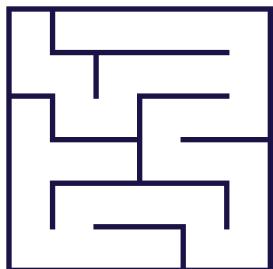


IOWA'S NEIGHBORS

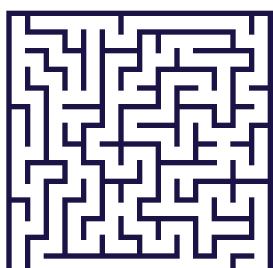
Oregon
Least complex



Washington
Least complex



Wyoming
Moderately complex



The Pudding

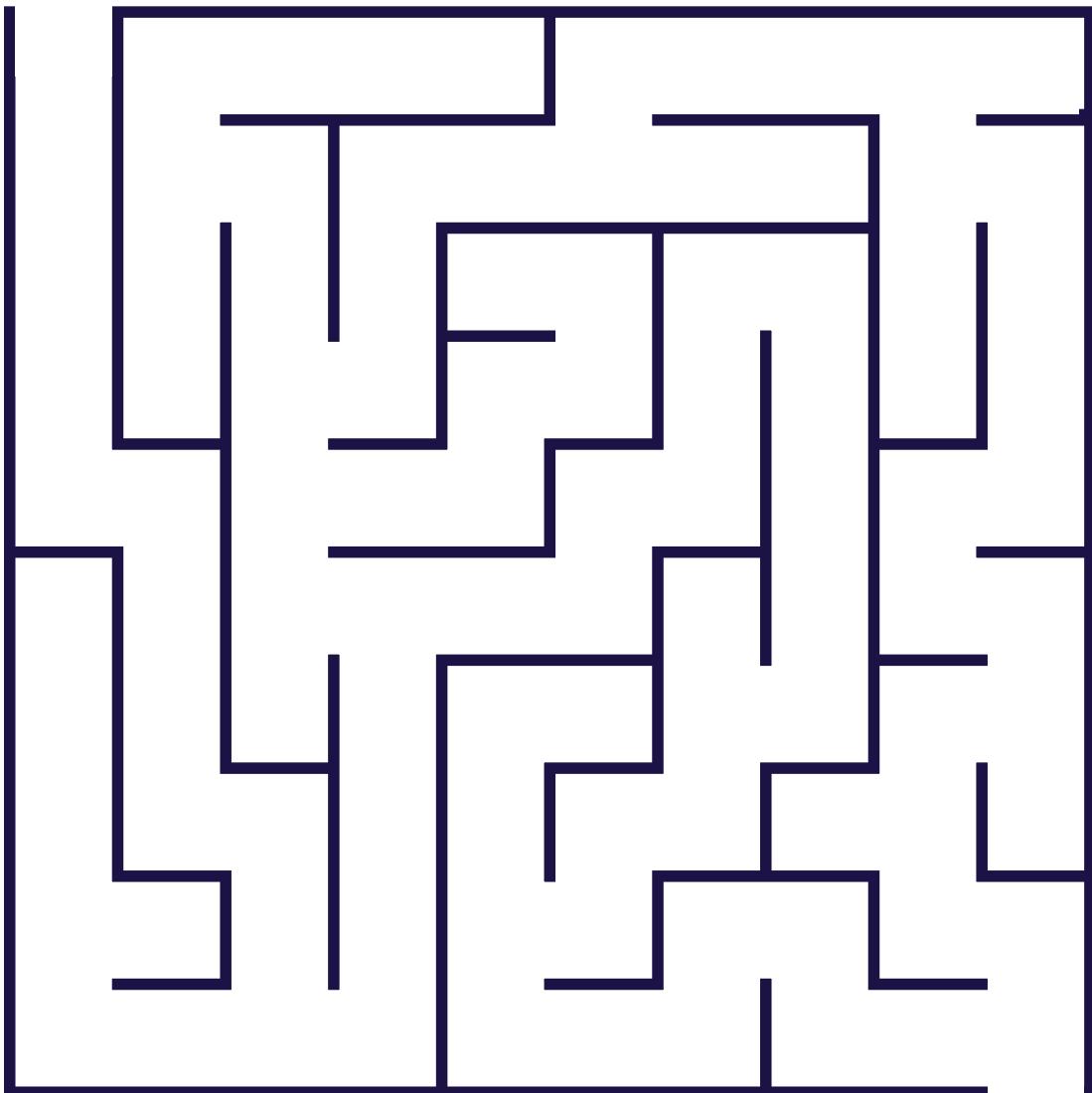
The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at pudding.cool/2024/10/abortion-mazes.

Illinois

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.
- Abortions must be covered by private health insurance.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.
- Laws protect data privacy for patients seeking reproductive health care.

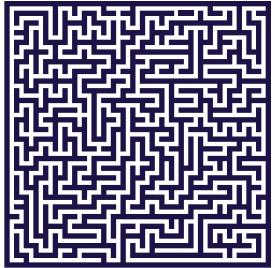
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ILLINOIS' NEIGHBORS

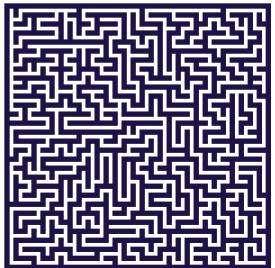
Indiana

Most complex



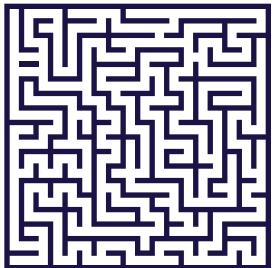
Missouri

Most complex



Wisconsin

Moderately complex



The Pudding

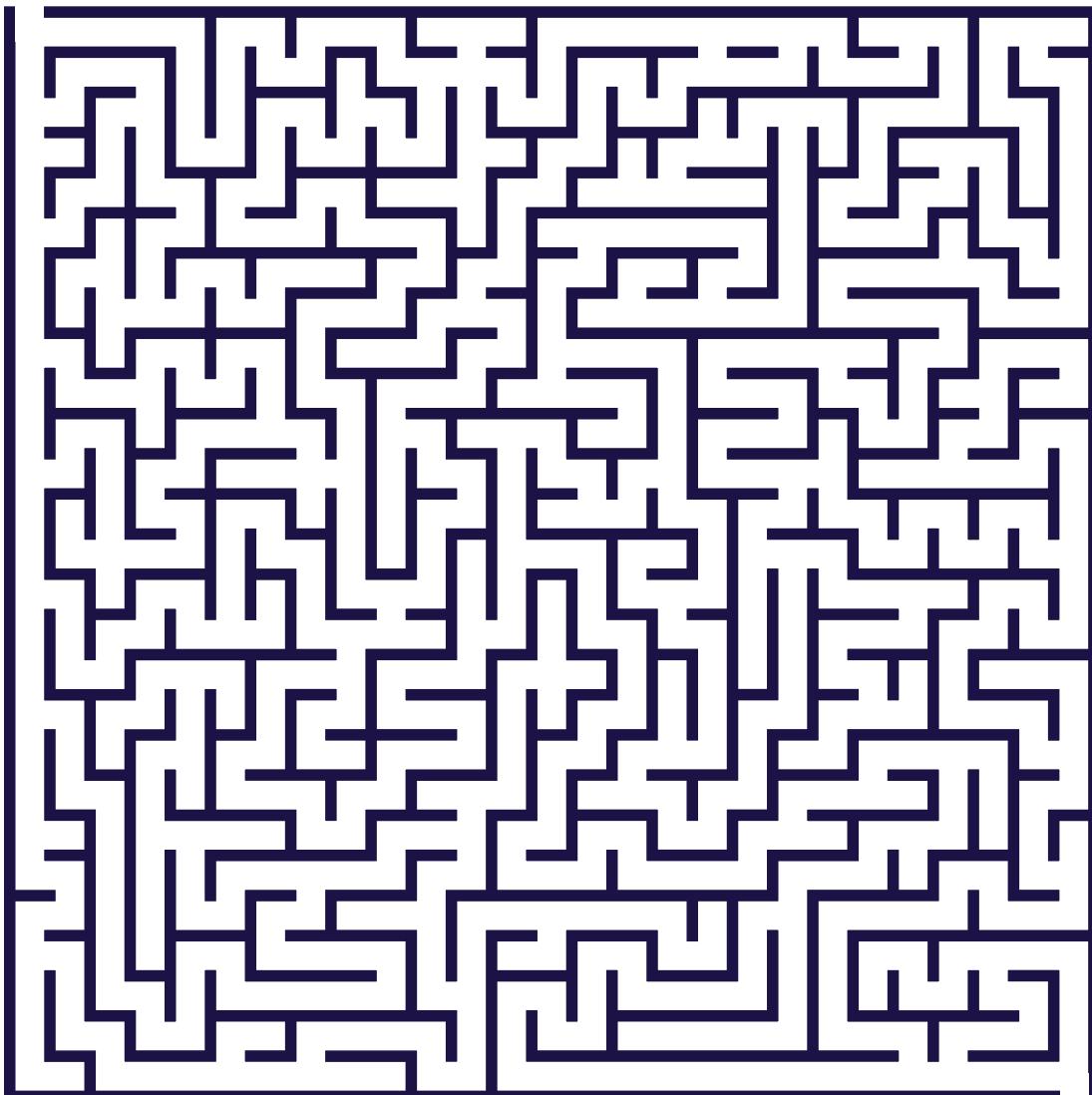
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Indiana

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Patients must attend counseling 18 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

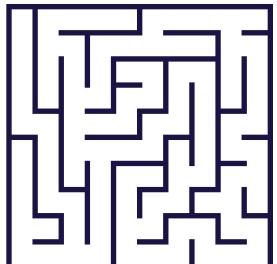
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INDIANA'S NEIGHBORS

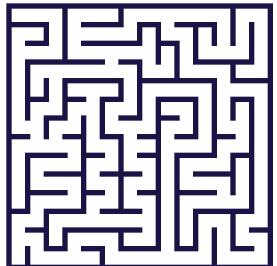
Illinois

Somewhat complex



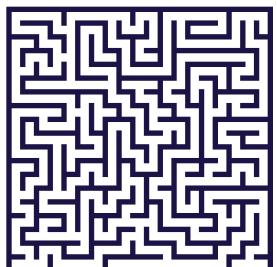
Michigan

Moderately complex



Ohio

Moderately complex



The Pudding

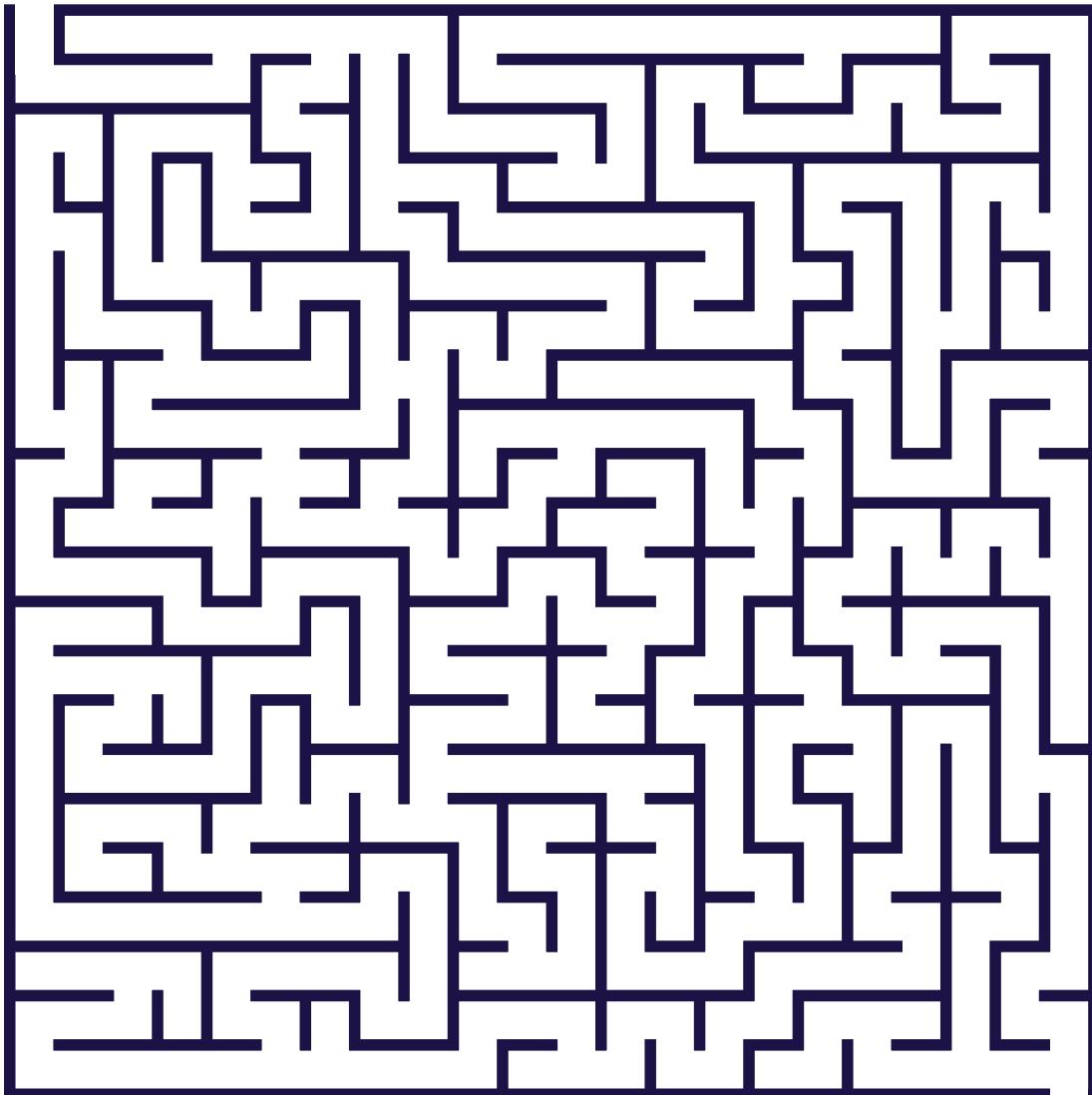
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Iowa

is a **very complex state** for navigating abortion access. The state **bans abortion at 6 weeks.**

- Patients must attend in-person counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental notification is required for minors seeking abortions.
- Only physicians can provide abortions.

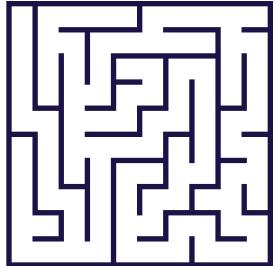
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IOWA'S NEIGHBORS

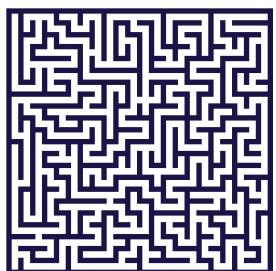
Illinois

Somewhat complex



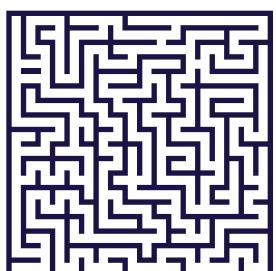
Nebraska

Very complex



Wisconsin

Moderately complex



The Pudding

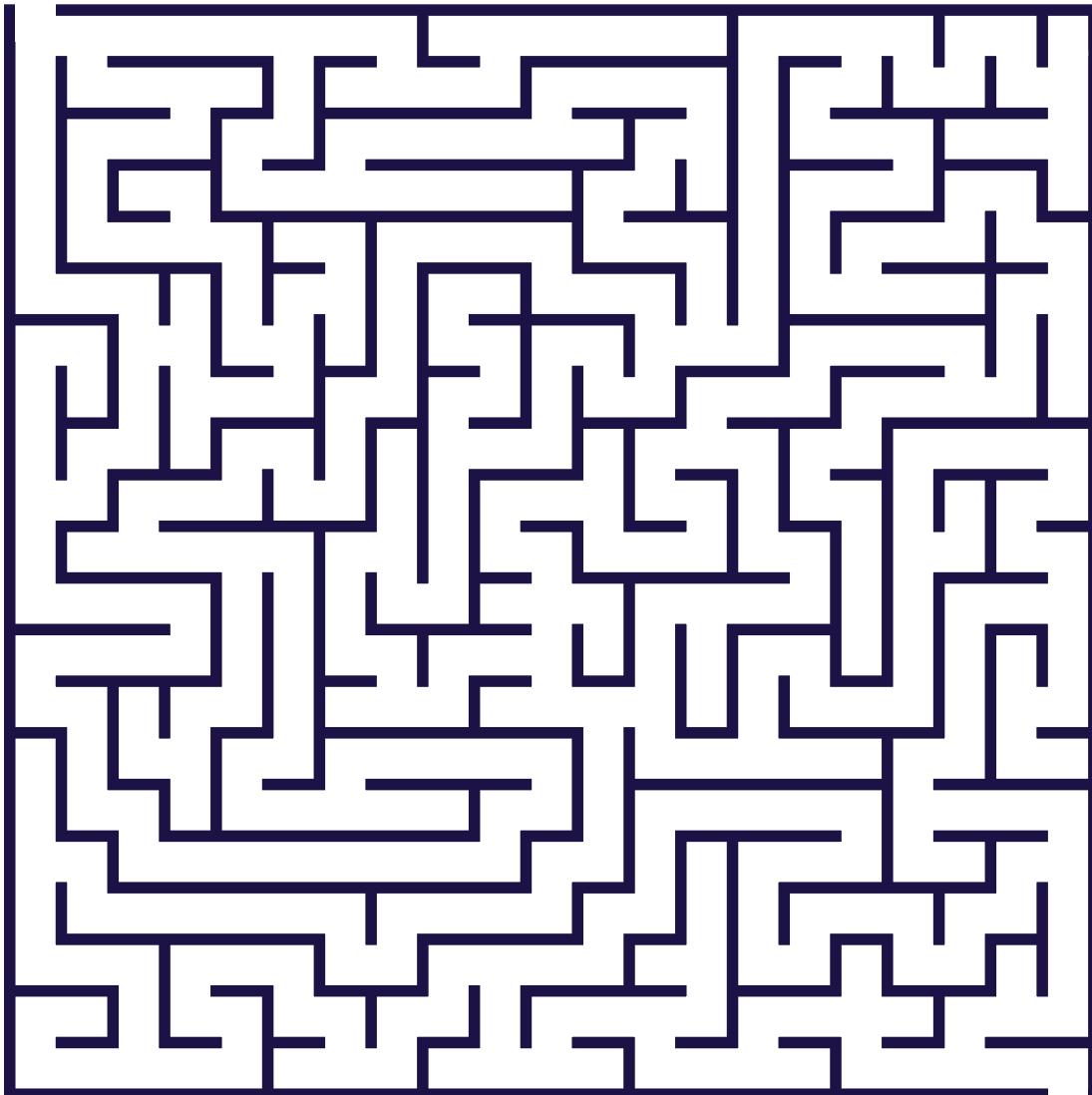
The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at pudding.cool/2024/10/abortion-mazes.

Kansas

is a **very complex state** for navigating abortion access. The state **bans abortion at 22 weeks.**

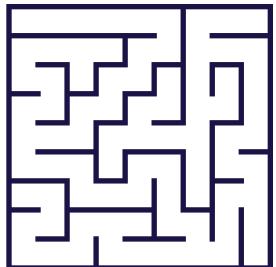
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Only physicians can provide abortions.
- Individual providers may refuse to perform abortions.

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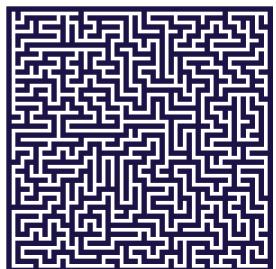


KANSAS' NEIGHBORS

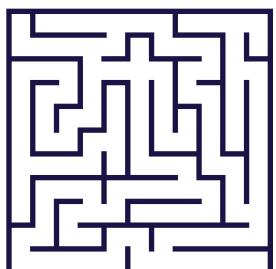
Colorado
Least complex



Missouri
Most complex



Nebraska
Very complex



The Pudding

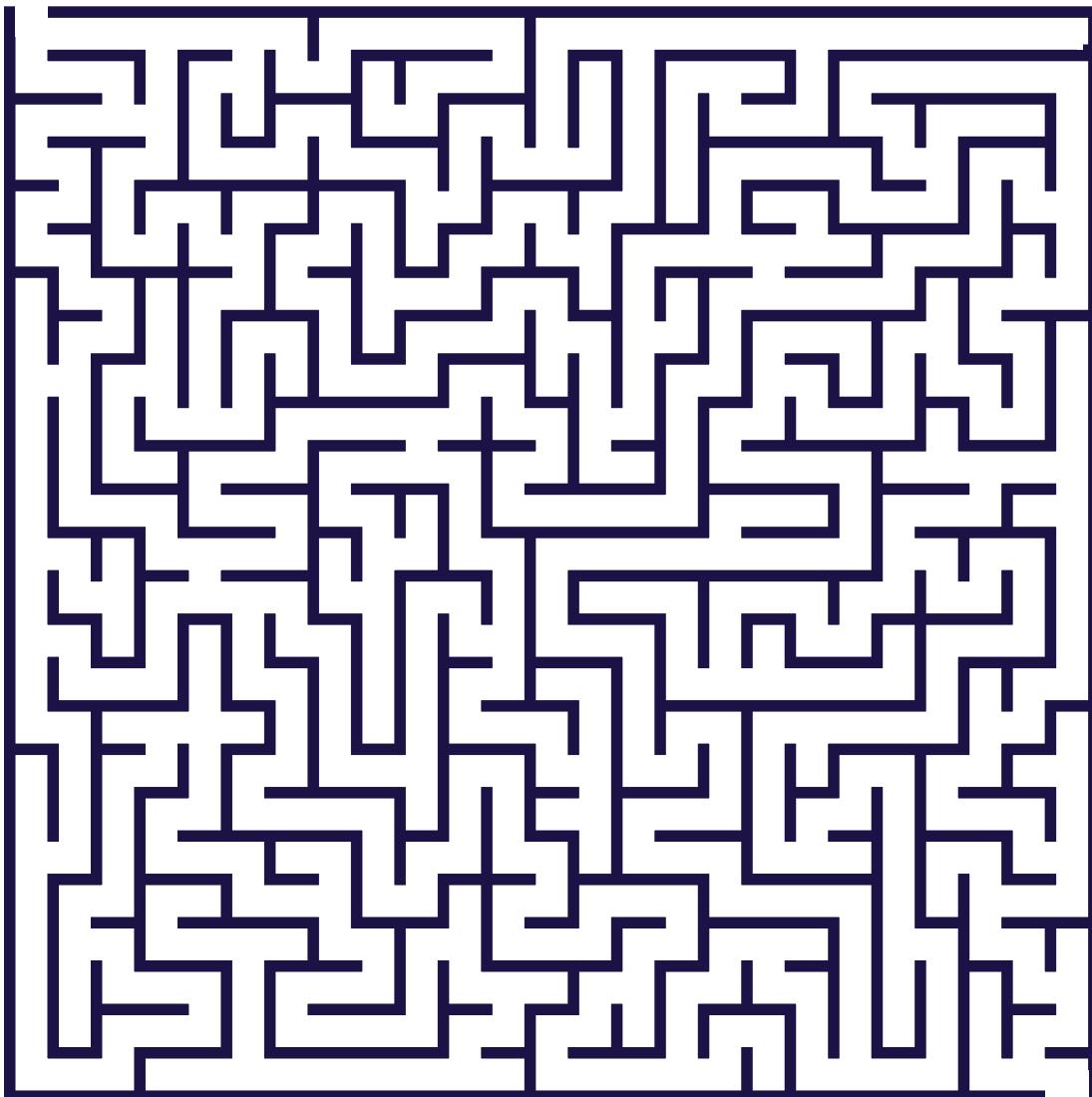
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Kentucky

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.

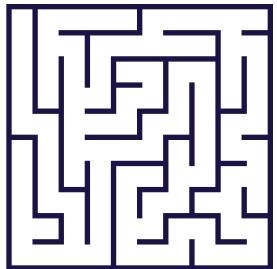
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KENTUCKY'S NEIGHBORS

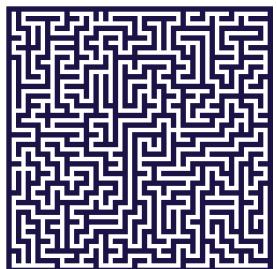
Illinois

Somewhat complex



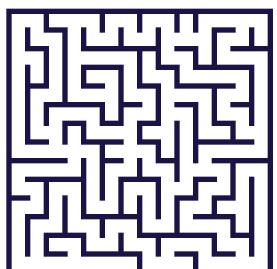
Tennessee

Most complex



Virginia

Moderately complex



The Pudding

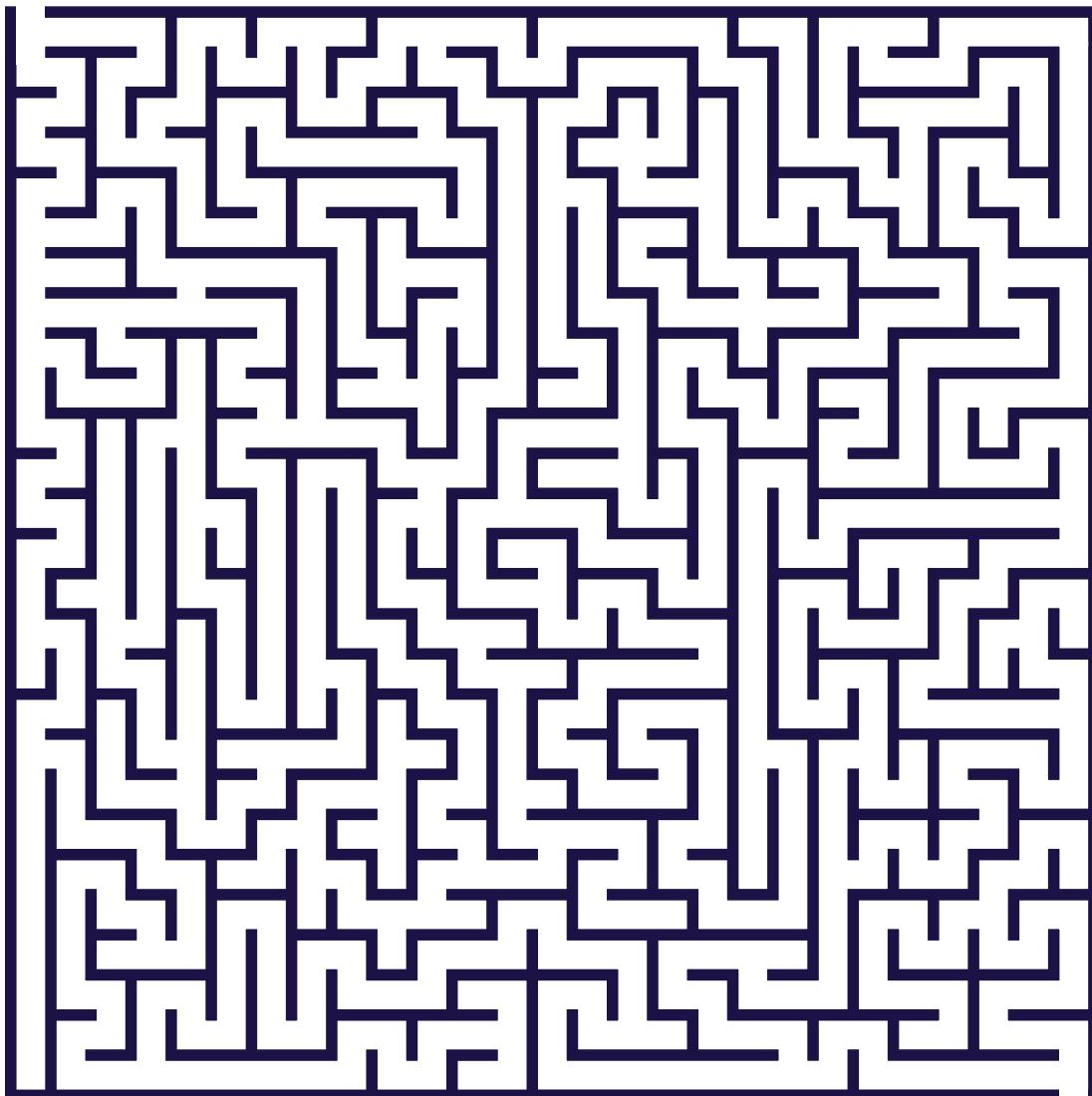
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Louisiana

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Abortion rights are explicitly excluded in the state constitution.
- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.

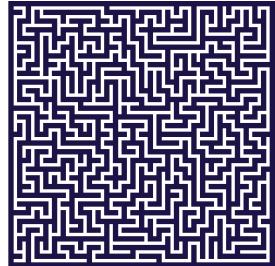
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LOUISIANA'S NEIGHBORS

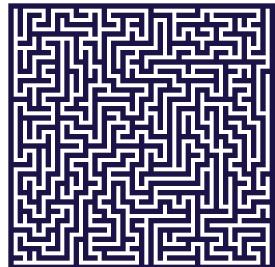
Arkansas

Most complex



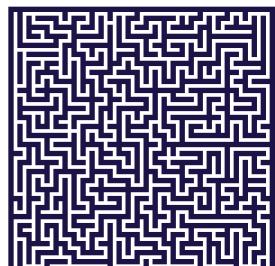
Mississippi

Most complex



Texas

Most complex



The Pudding

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Maine

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.

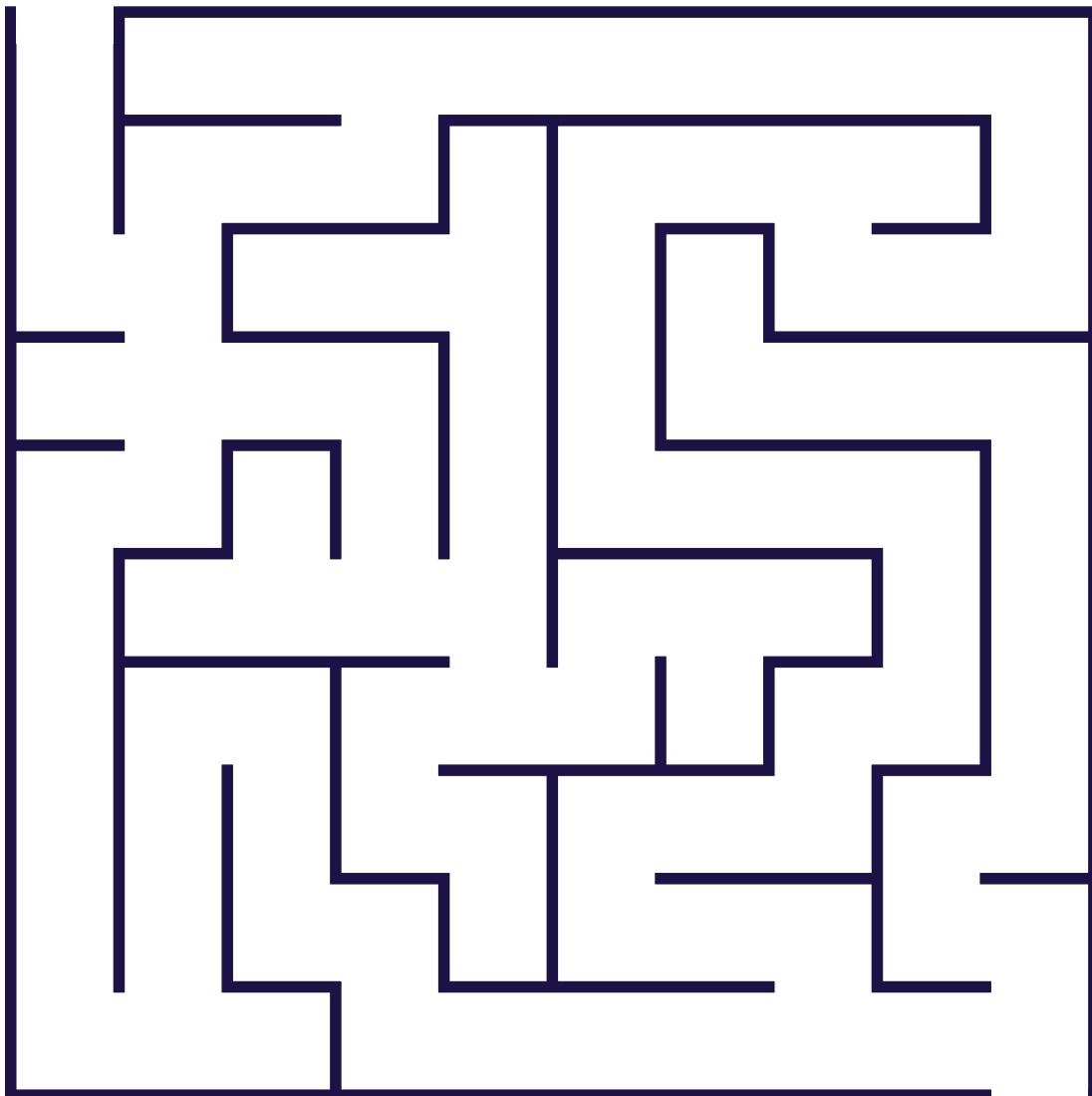
- Abortions must be covered by private health insurance.

- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

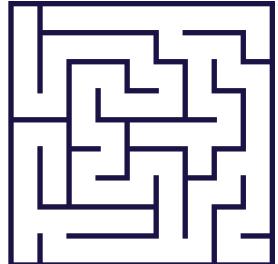
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MAINE'S NEIGHBORS

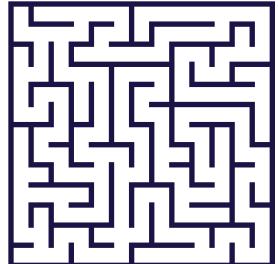
Massachusetts

Least complex



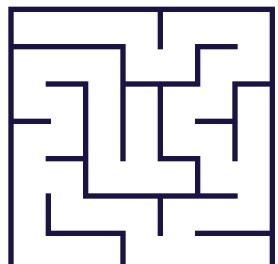
New Hampshire

Moderately complex



Vermont

Least complex



The Pudding

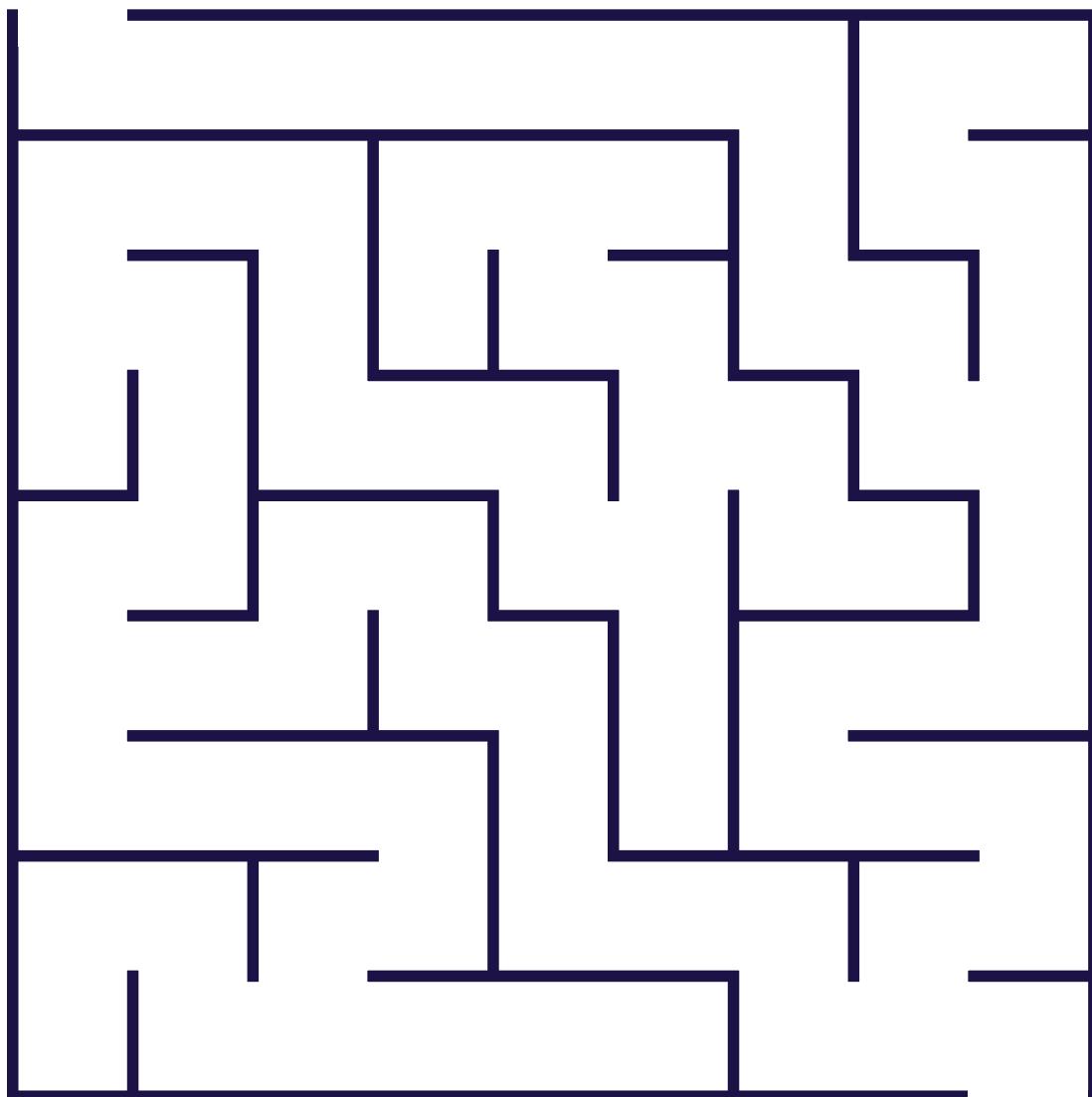
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Maryland

is one of the **least complex states** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Parental notification is required for minors seeking abortions.
- Abortion clinics face unnecessary regulations without basis in medicine.
- Abortions are covered by state Medicaid funds.
- Abortions must be covered by private health insurance.
- All qualified health care professionals can perform abortions.

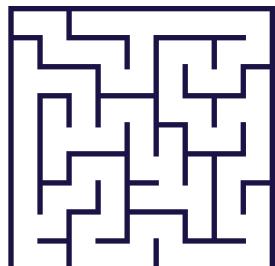
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MARYLAND'S NEIGHBORS

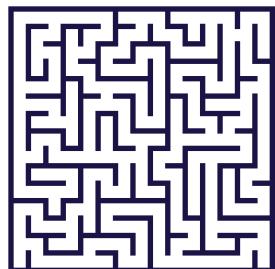
Delaware

Somewhat complex



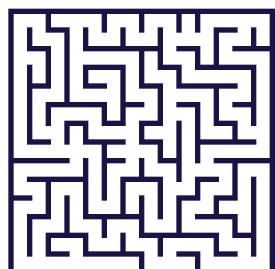
Pennsylvania

Moderately complex



Virginia

Moderately complex



The Pudding

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Massachusetts

is one of the **least complex states** for navigating abortion access. The state **bans abortion at 24 weeks**.

- Parental consent is required for minors seeking abortions.

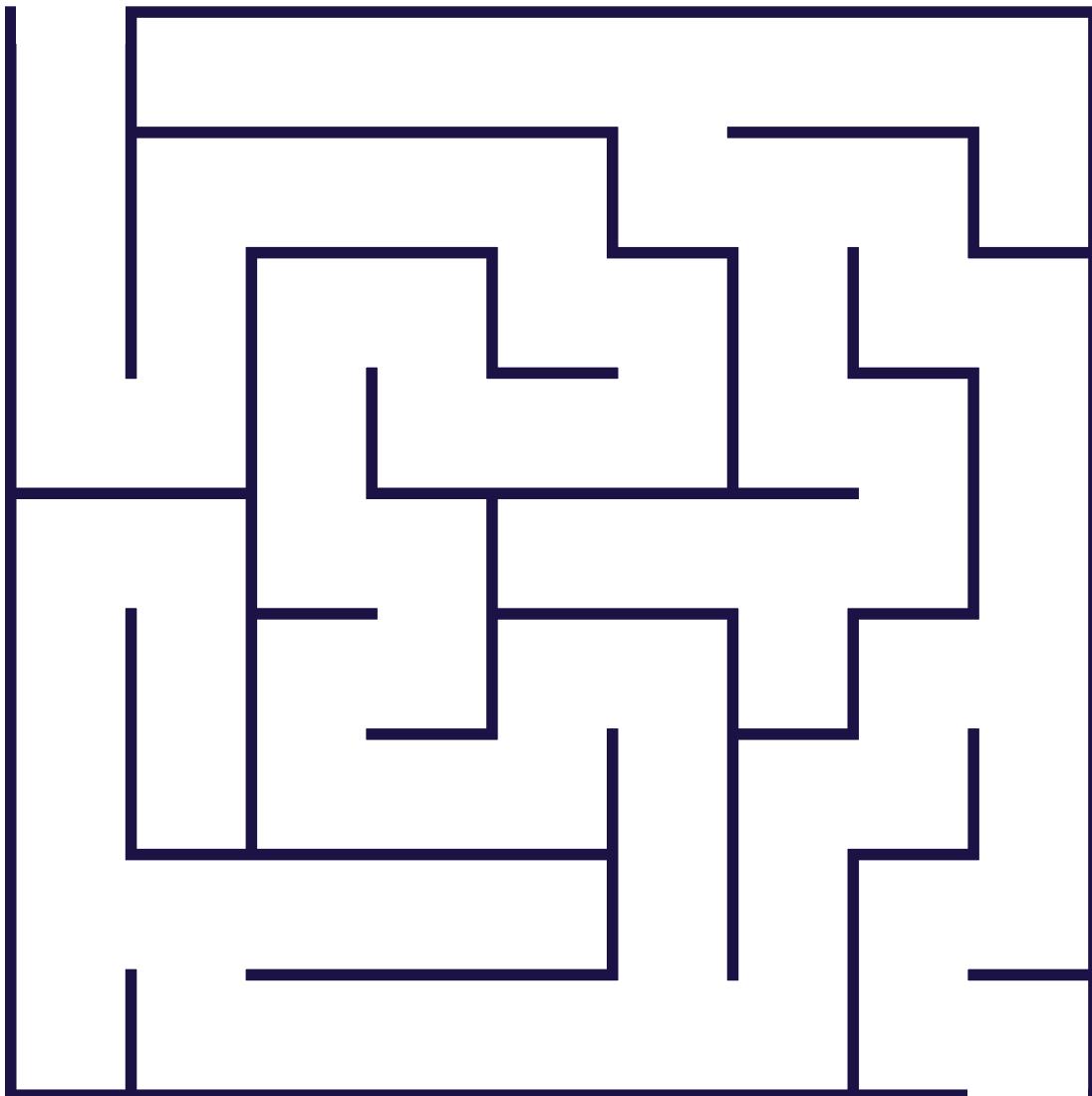
- Abortions are covered by state Medicaid funds.

- Abortions must be covered by private health insurance.

- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

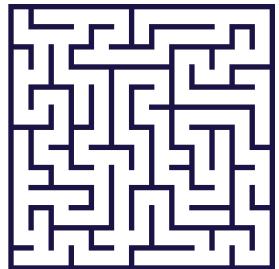
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MASSACHUSETTS' NEIGHBORS

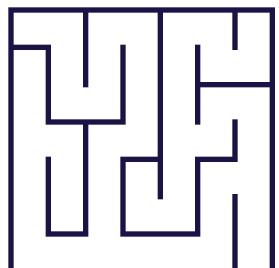
New Hampshire

Moderately complex



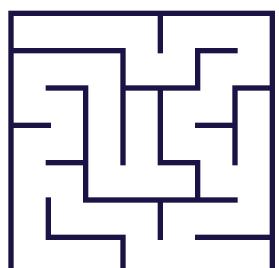
New York

Least complex



Vermont

Least complex

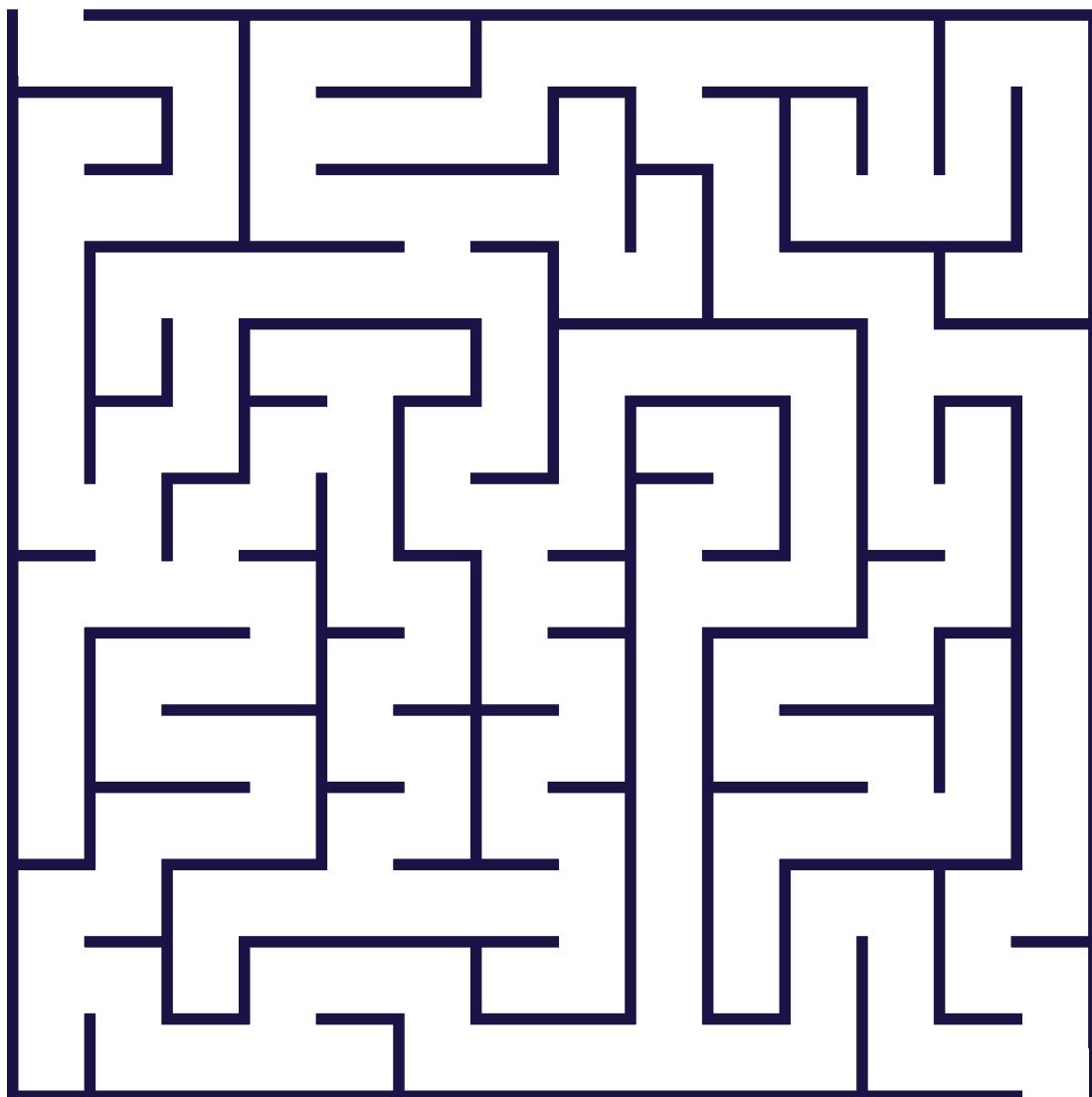


Michigan

is a **moderately complex state** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortion rights are explicitly protected in the state constitution.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.

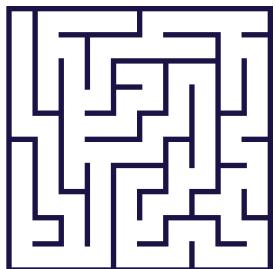
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MICHIGAN'S NEIGHBORS

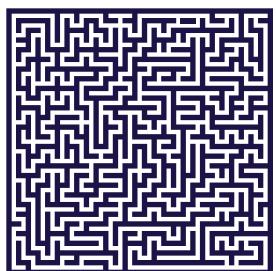
Illinois

Somewhat complex



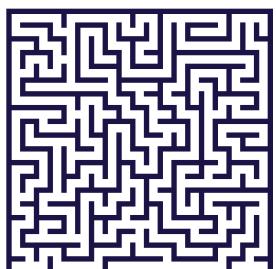
Indiana

Most complex



Ohio

Moderately complex



The Pudding

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Minnesota

is one of the **least complex states** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortions are covered by state Medicaid funds.

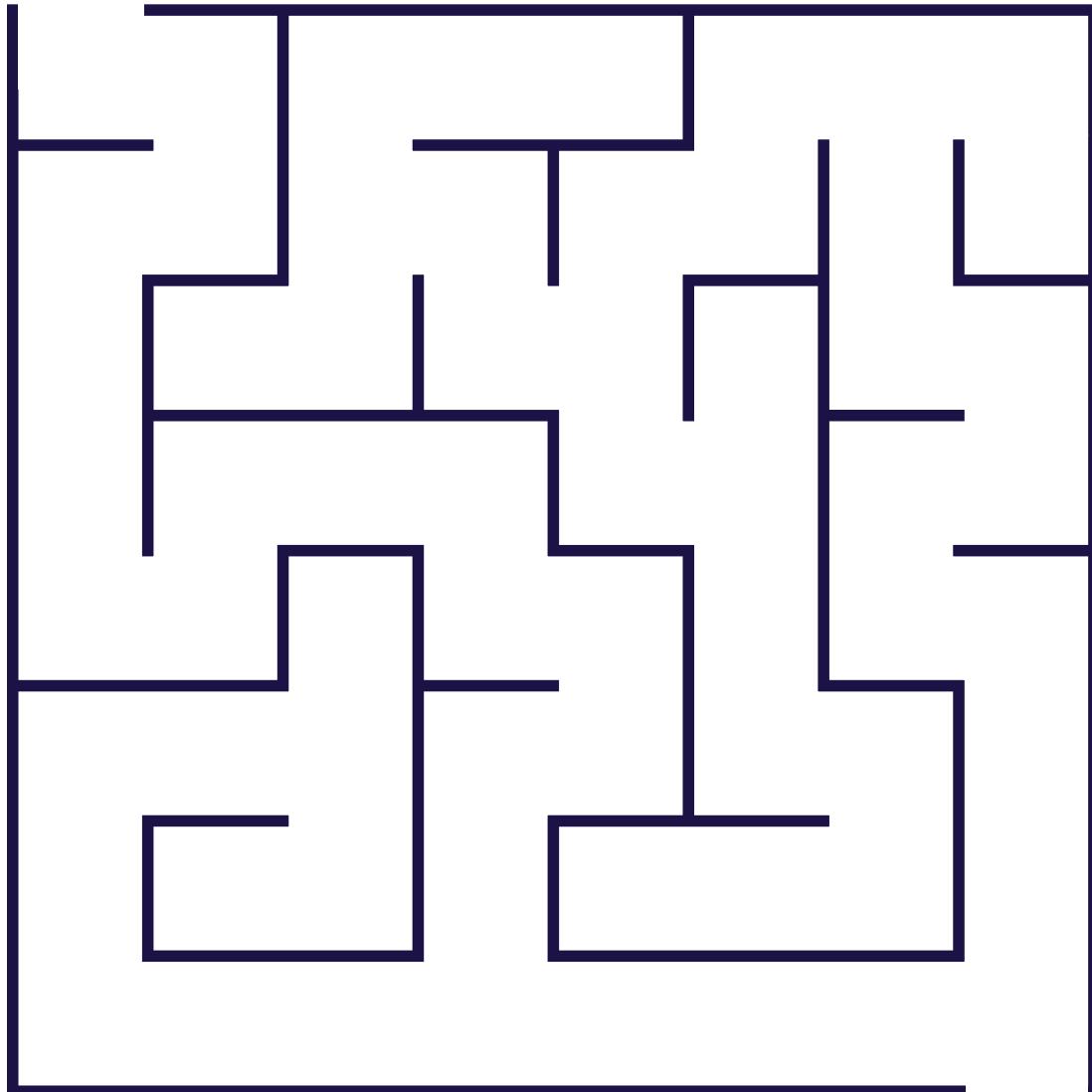
- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

- Private institutions may refuse to perform abortions.

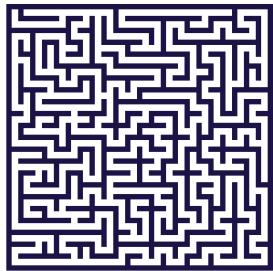
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MINNESOTA'S NEIGHBORS

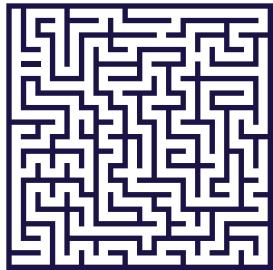
Iowa

Very complex



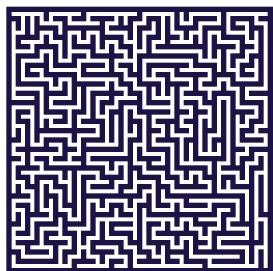
Wisconsin

Moderately complex



South Dakota

Most complex



The Pudding

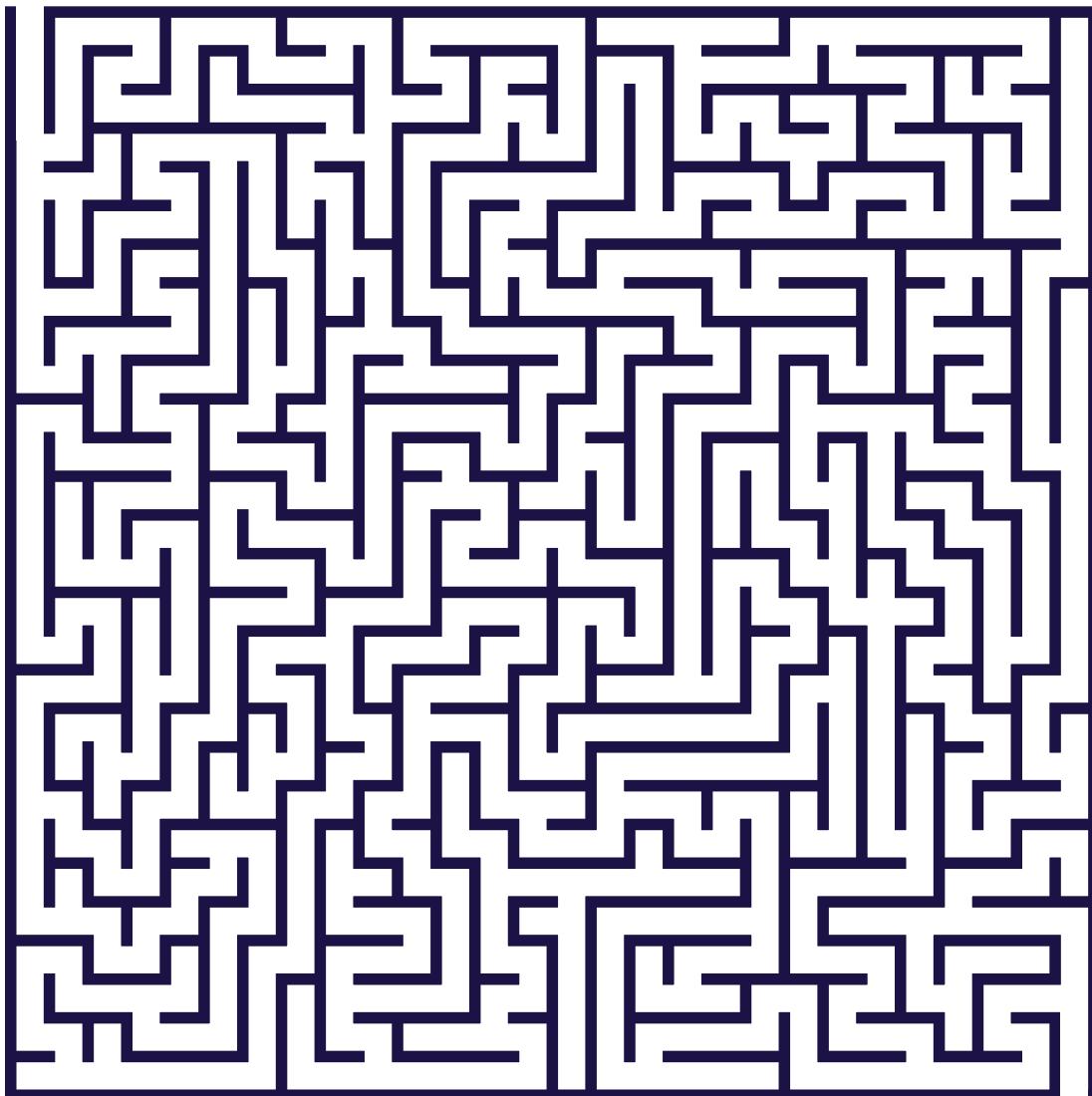
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Mississippi

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

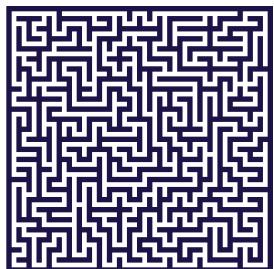
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MISSISSIPPI'S NEIGHBORS

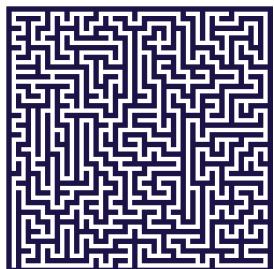
Alabama

Most complex



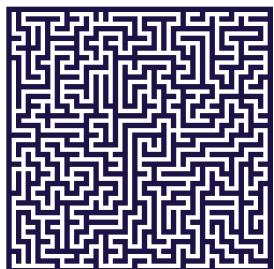
Louisiana

Most complex



Tennessee

Most complex



The Pudding

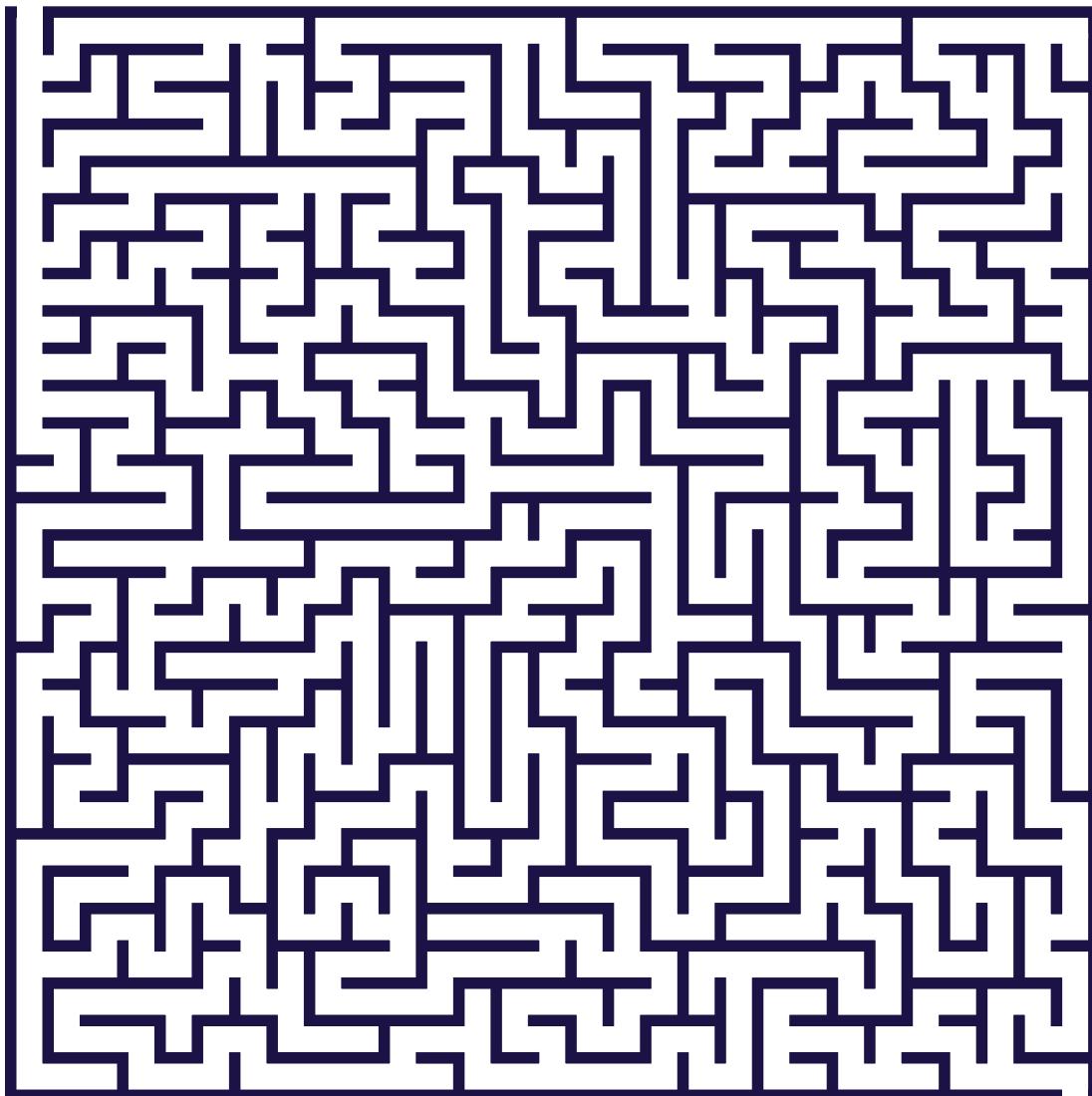
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Missouri

is one of the **most complex states** for navigating abortion access. The state **completely bans** **abortion** with very limited exceptions.

- Patients must attend counseling 72 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

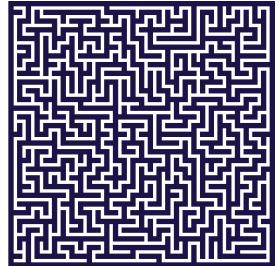
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MISSOURI'S NEIGHBORS

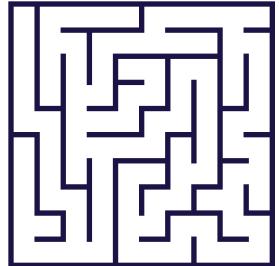
Arkansas

Most complex



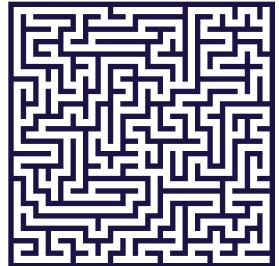
Illinois

Somewhat complex



Kansas

Very complex



The Pudding

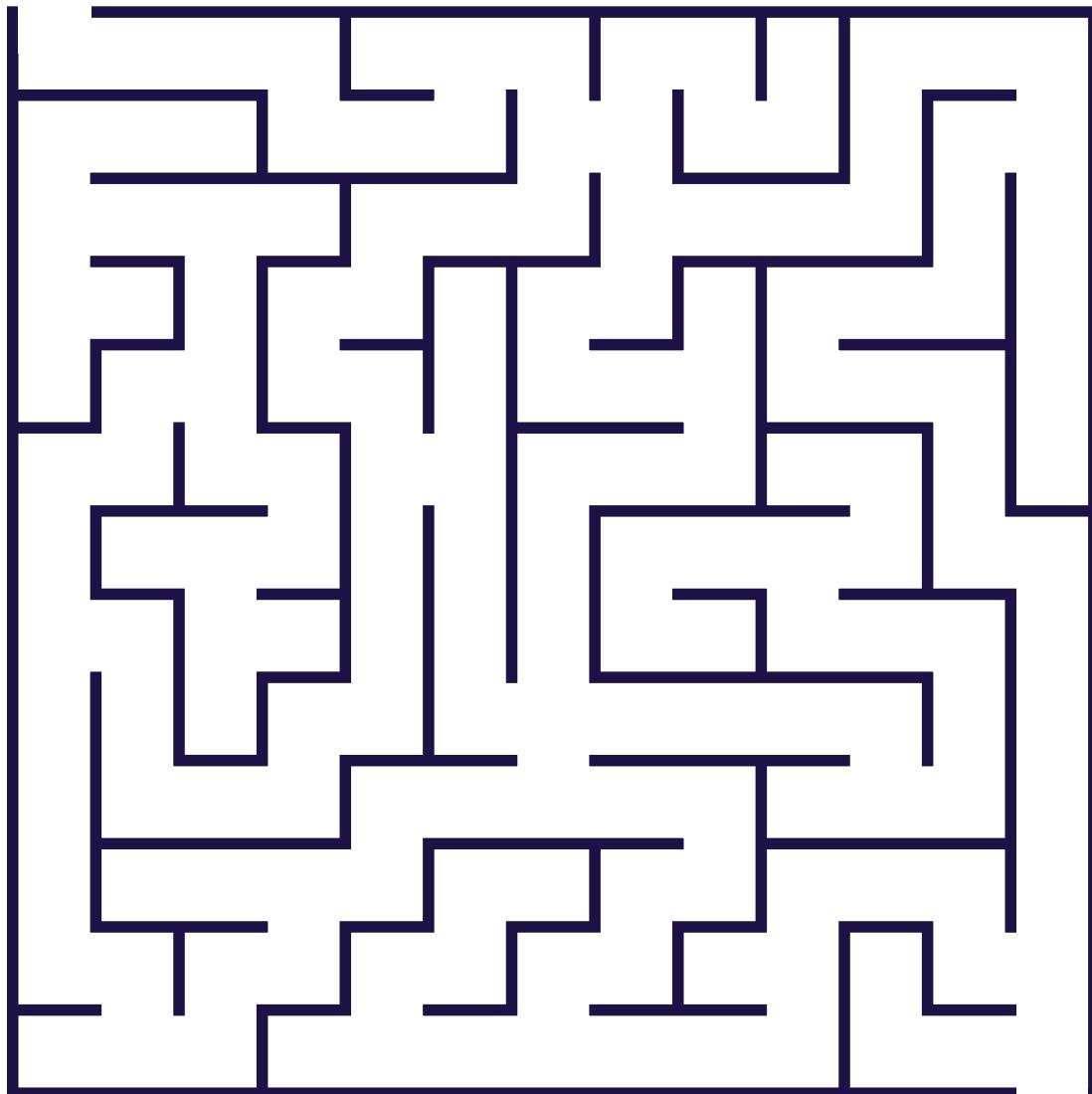
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Montana

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Parental notification is required for minors seeking abortions.
- Abortions are covered by state Medicaid funds.
- All qualified health care professionals can perform abortions.
- Individual providers may refuse to perform abortions.
- Private institutions may refuse to perform abortions.

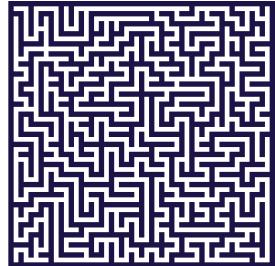
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MONTANA'S NEIGHBORS

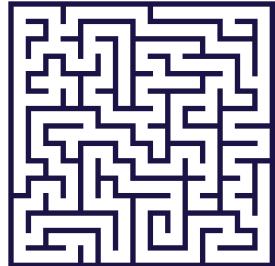
Idaho

Most complex



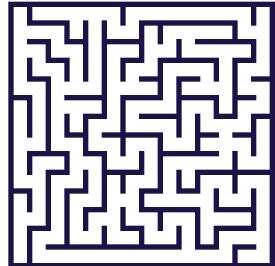
North Dakota

Moderately complex



Wyoming

Moderately complex



The Pudding

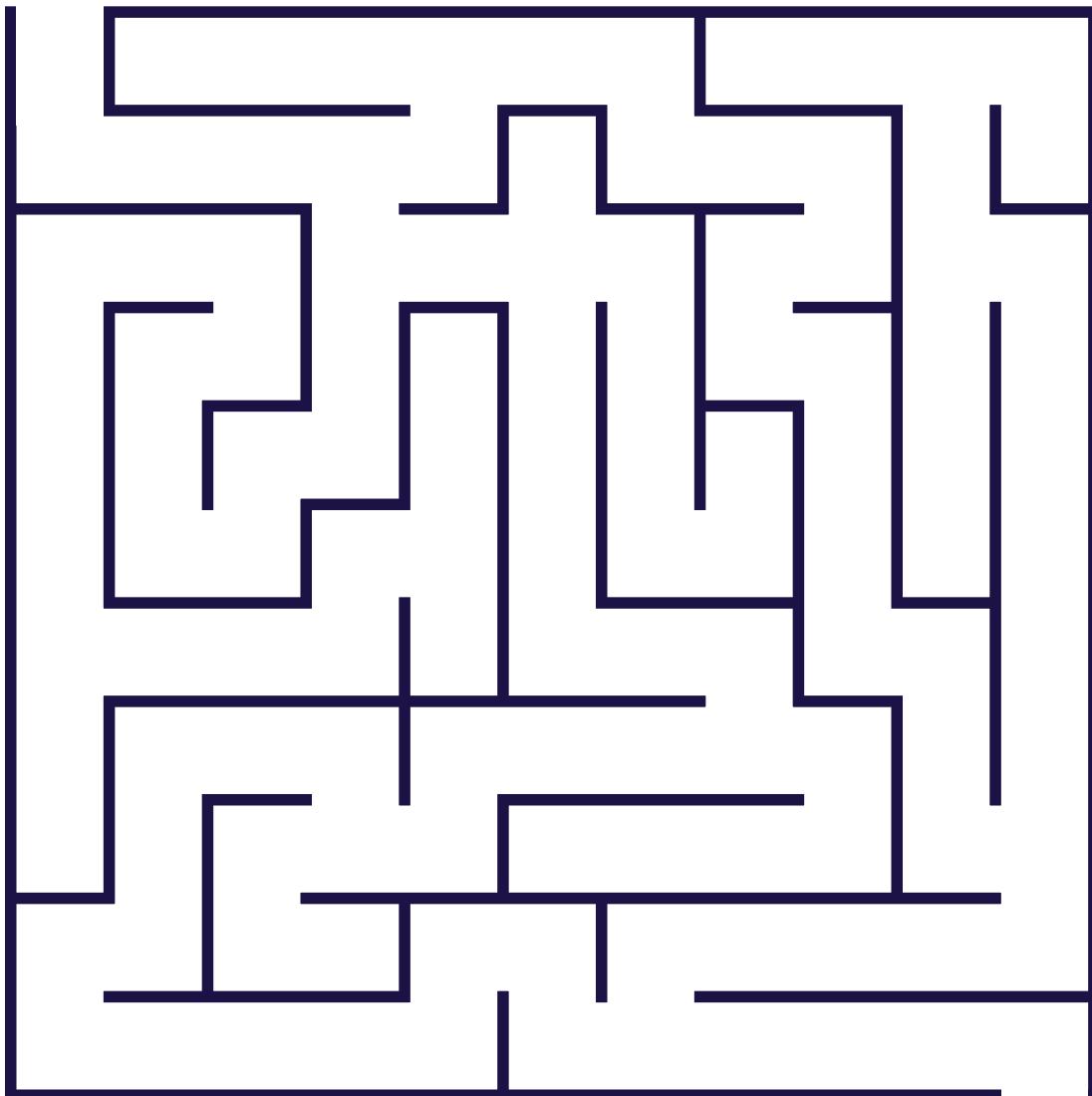
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Nebraska

is a **very complex state** for navigating abortion access. The state **bans abortion at 12 weeks**.

- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

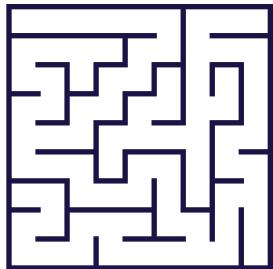
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NEBRASKA'S NEIGHBORS

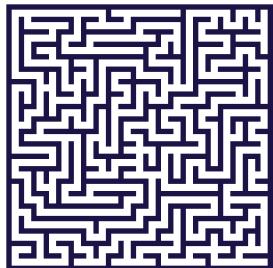
Colorado

Least complex



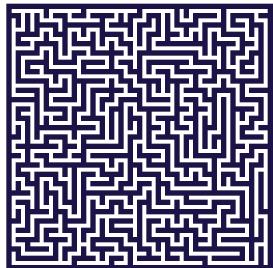
Kansas

Very complex



South Dakota

Most complex



The Pudding

The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at pudding.cool/2024/10/abortion-mazes.

Nevada

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at 24 weeks**.

- Only physicians can provide abortions.

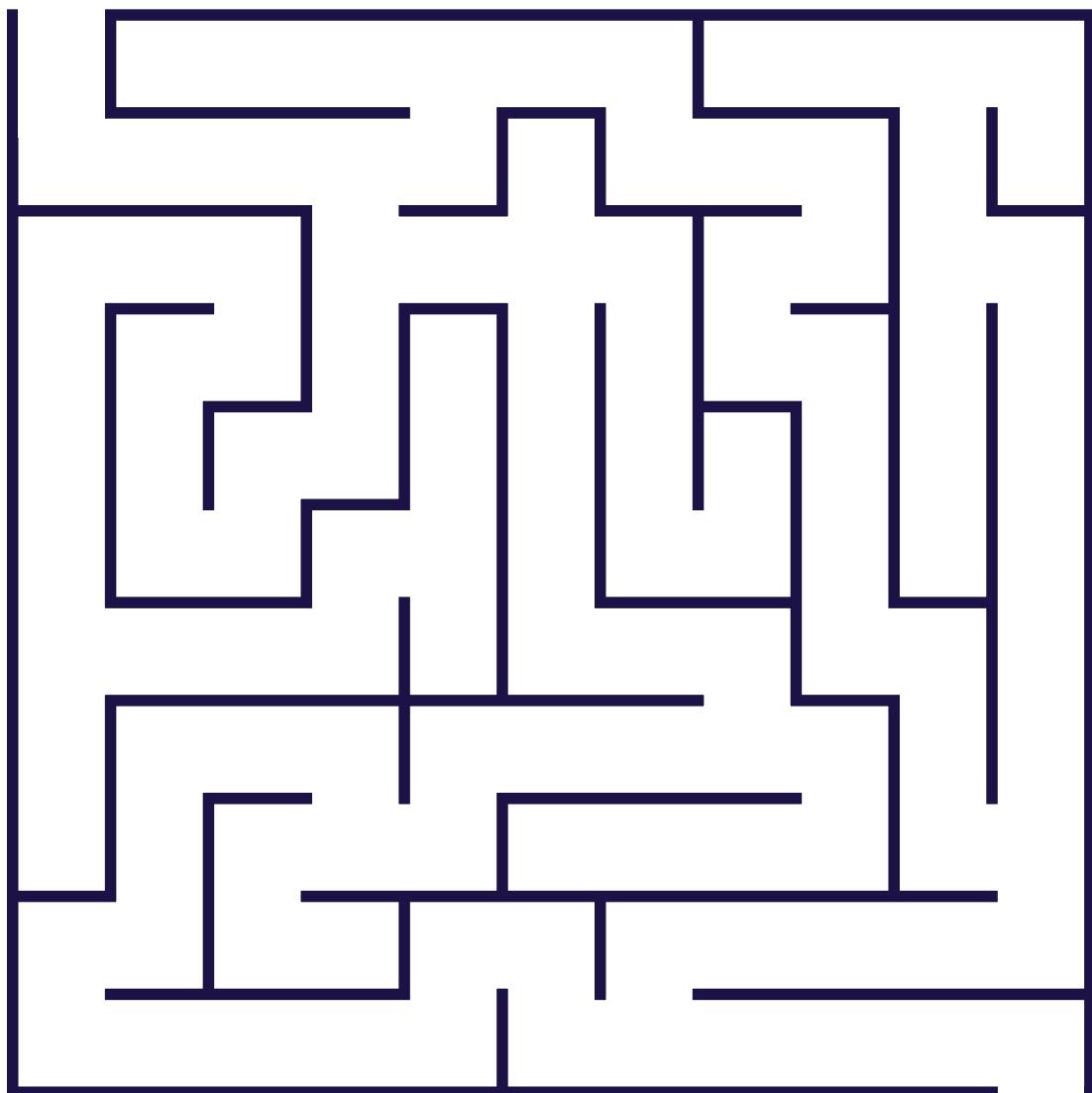
- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

- Private institutions may refuse to perform abortions.

- Laws prohibit obstructing access to abortion clinics.

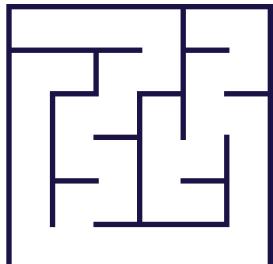
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NEVADA'S NEIGHBORS

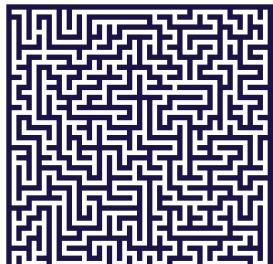
California

Least complex



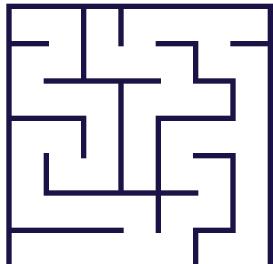
Idaho

Most complex



Oregon

Least complex



The Pudding

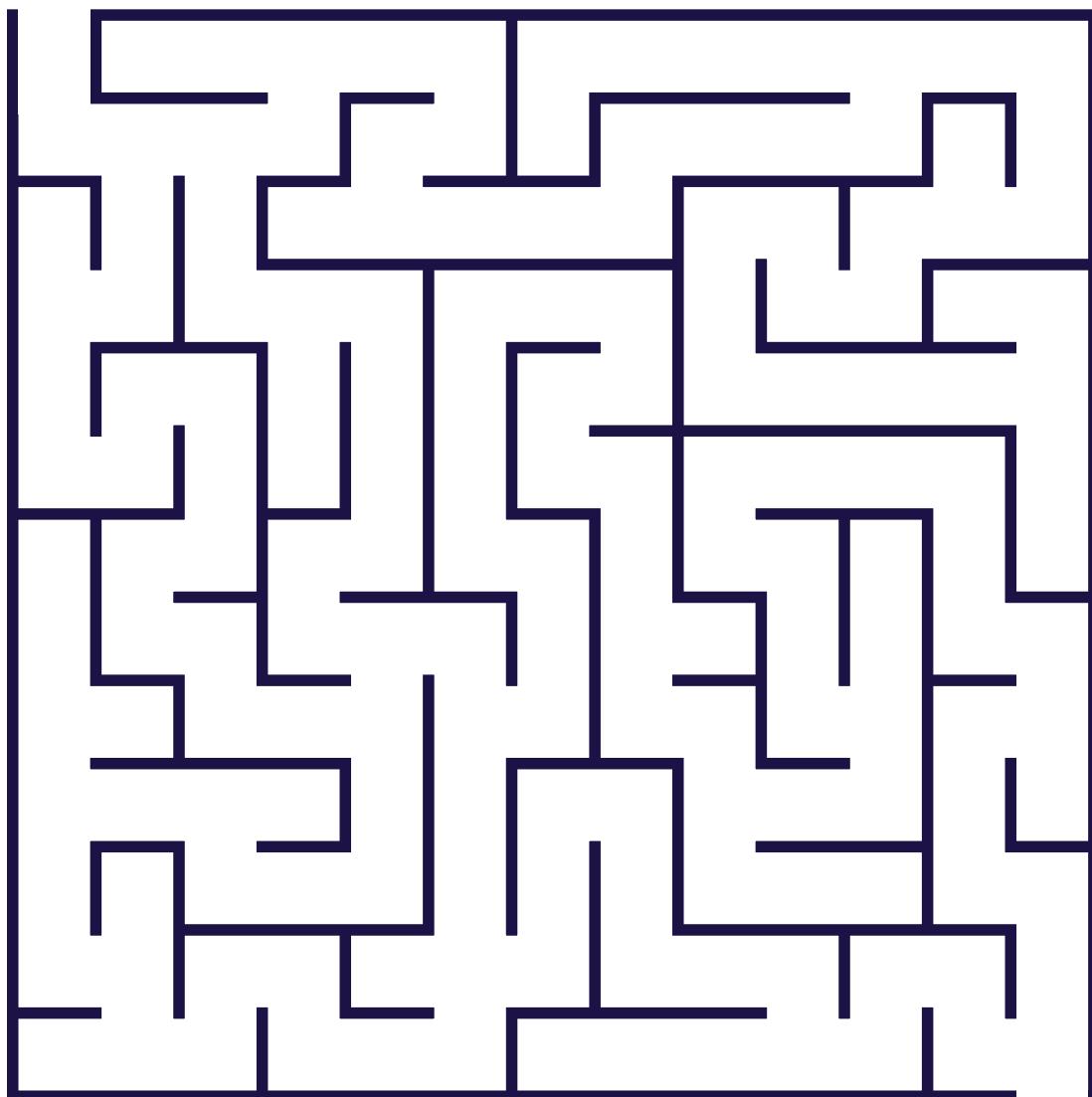
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New Hampshire

is a **moderately complex state** for navigating abortion access. The state **bans abortion at 24 weeks**.

- Medicaid coverage of abortion is banned with very little exceptions.
- Parental notification is required for minors seeking abortions.
- All qualified health care professionals can perform abortions.
- Family planning funds are barred from going to abortion providers.
- Pharmacists may dispense emergency contraception.

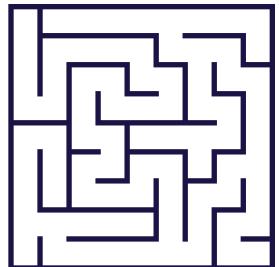
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N. HAMPSHIRE'S NEIGHBORS

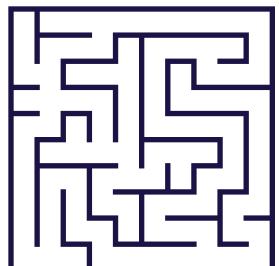
Massachusetts

Least complex



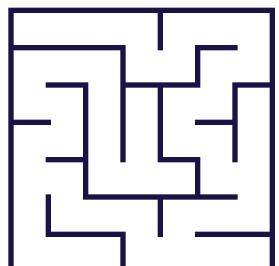
Maine

Somewhat complex



Vermont

Least complex



New Jersey

is one of the **least complex states** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortions are covered by state Medicaid funds.

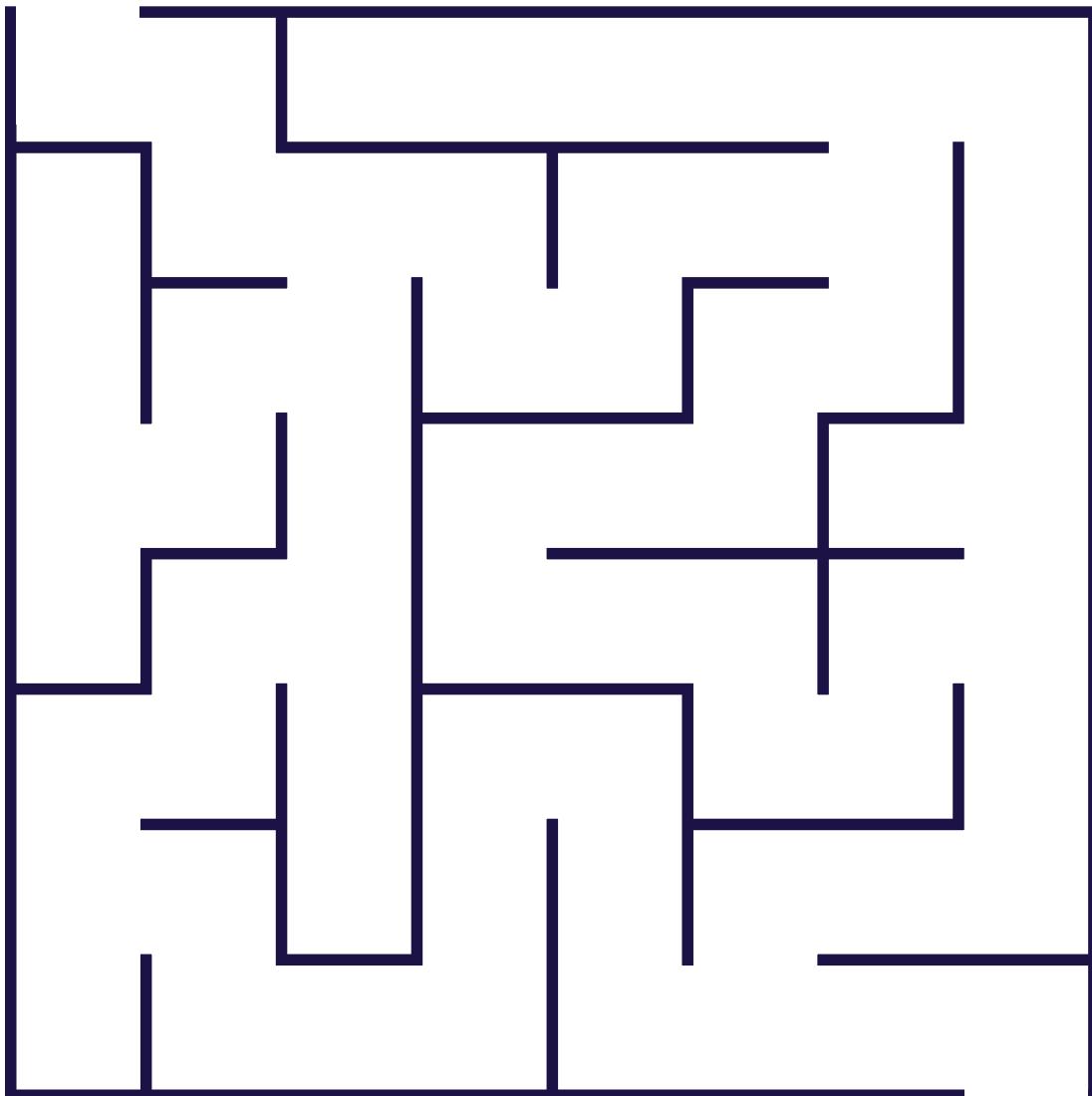
- Abortions must be covered by private health insurance.

- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

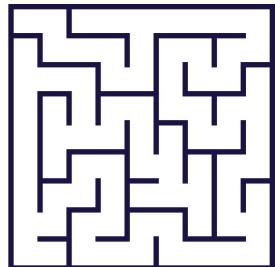
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NEW JERSEY'S NEIGHBORS

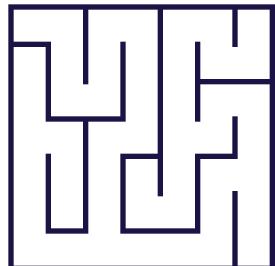
Delaware

Somewhat complex



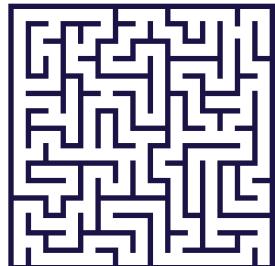
New York

Least complex



Pennsylvania

Moderately complex



The Pudding

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New Mexico

is a **somewhat complex state** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortions are covered by state Medicaid funds.

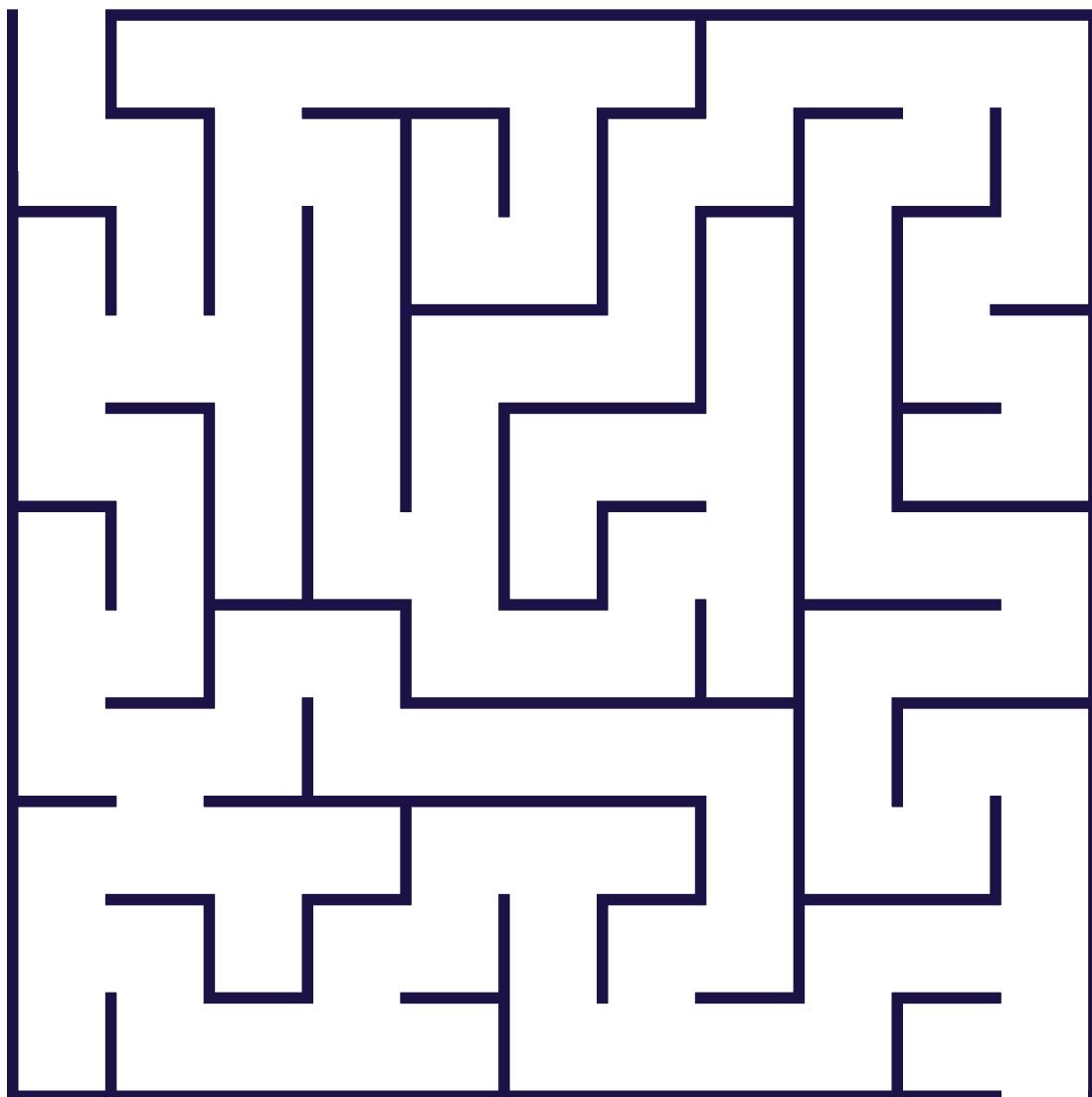
- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

- Institutions may refuse to perform abortions.

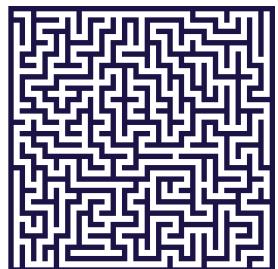
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NEW MEXICO'S NEIGHBORS

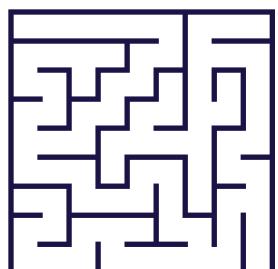
Arizona

Very complex



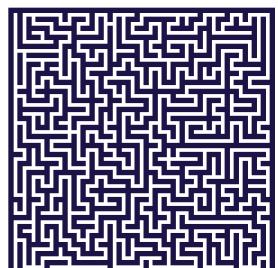
Colorado

Least complex



Texas

Most complex



The Pudding

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New York

is one of the **least complex states** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.

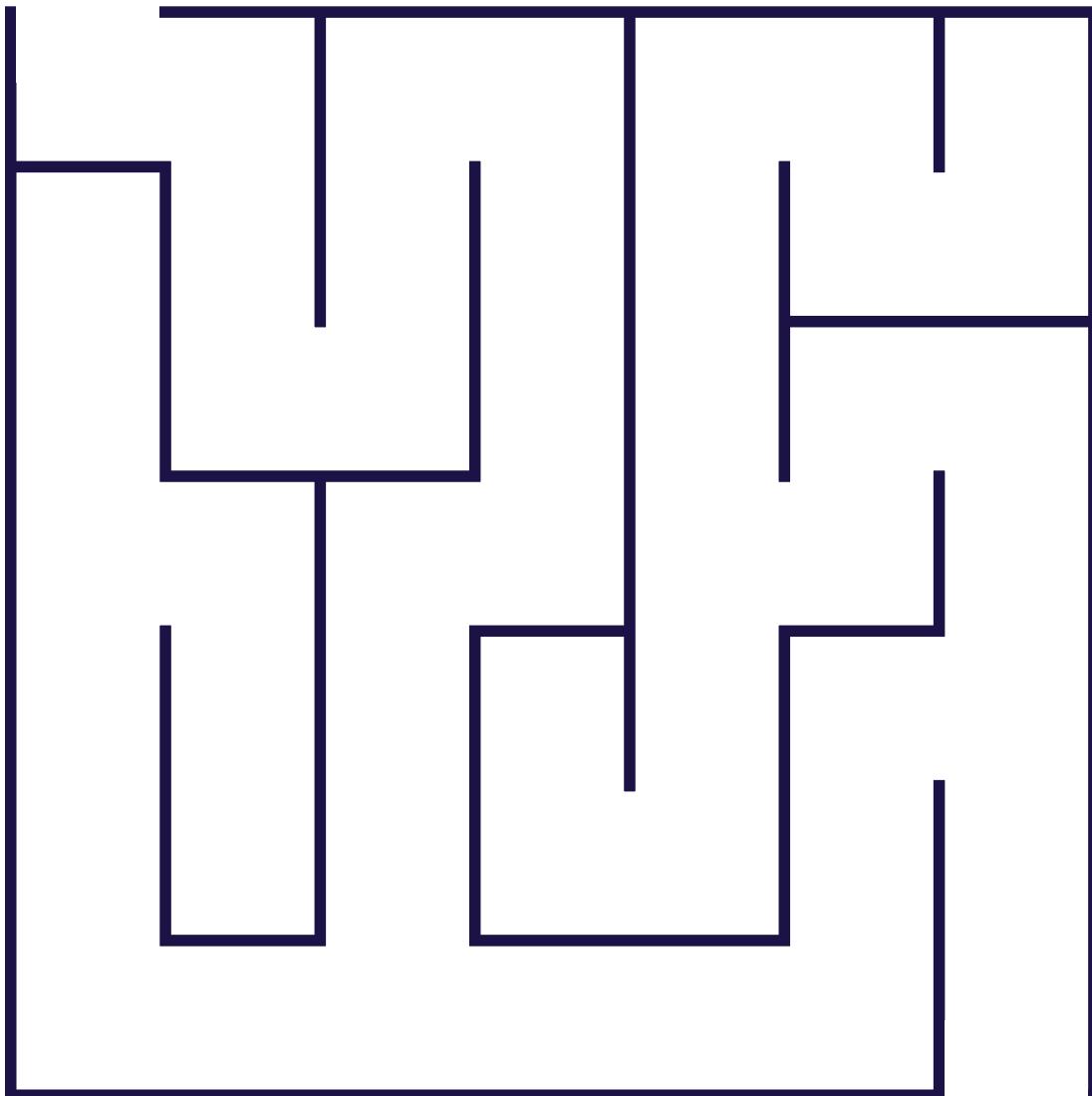
- Abortions must be covered by private health insurance.

- All qualified health care professionals can perform abortions.

- State fund helps patients pay for abortion care.

- Abortion providers are protected by a shield law.

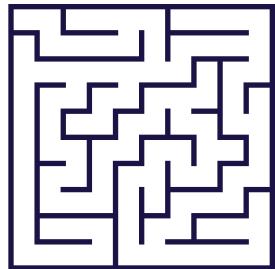
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NEW YORK'S NEIGHBORS

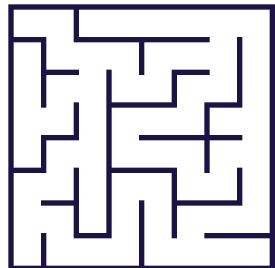
Connecticut

Somewhat complex



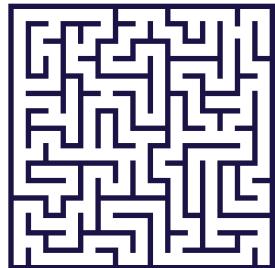
New Jersey

Least complex



Pennsylvania

Moderately complex



The Pudding

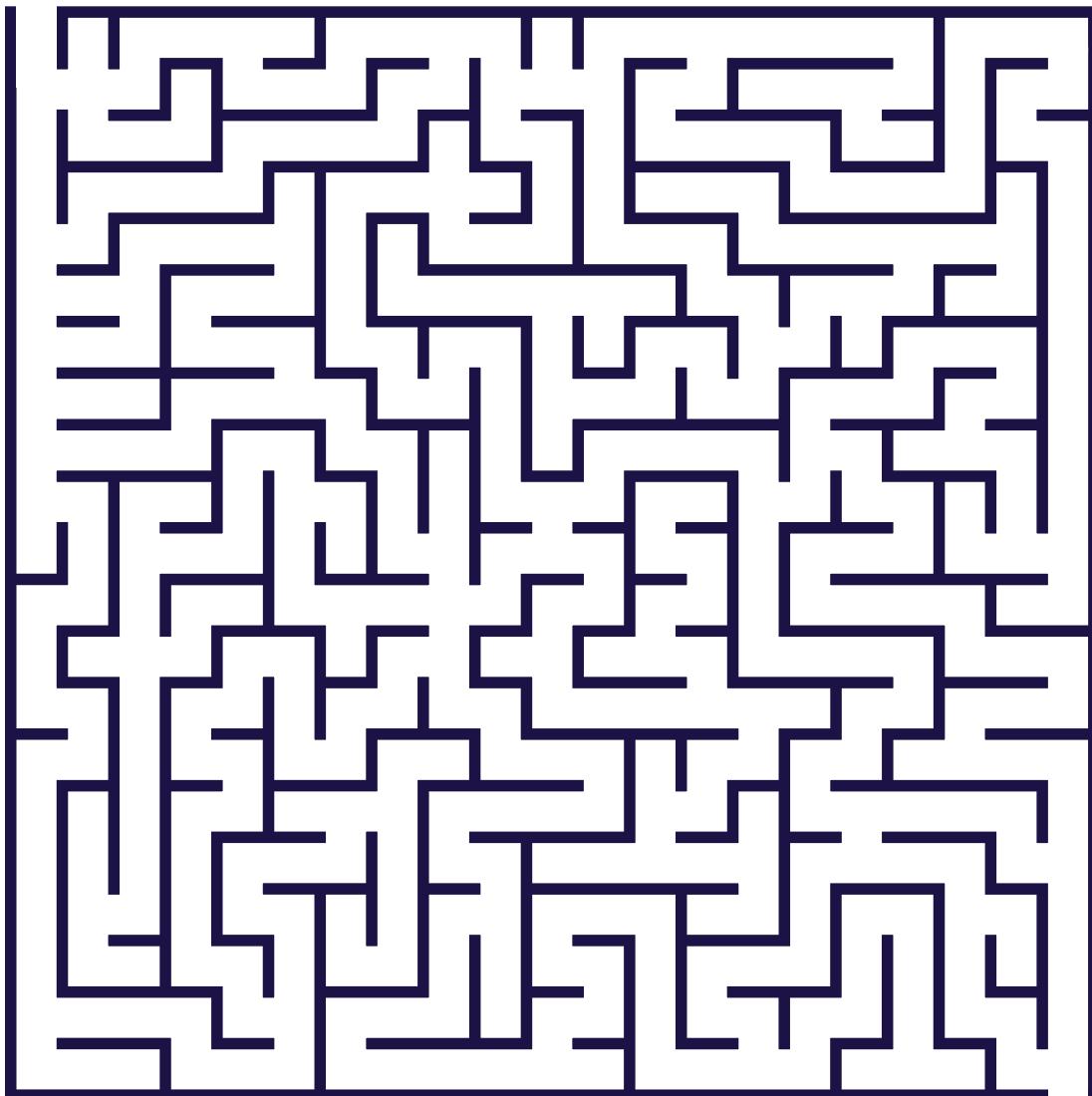
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North Carolina

is a **very complex state** for navigating abortion access. The state **bans abortion at 12 weeks.**

- Patients must attend counseling 72 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- All qualified health care professionals can perform abortions.
- Abortion clinics face unnecessary regulations without basis in medicine.

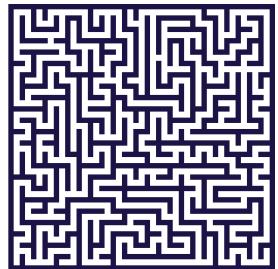
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N. CAROLINA'S NEIGHBORS

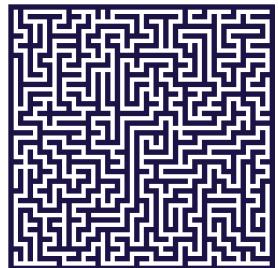
South Carolina

Very complex



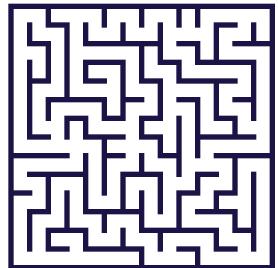
Tennessee

Most complex



Virginia

Moderately complex



The Pudding

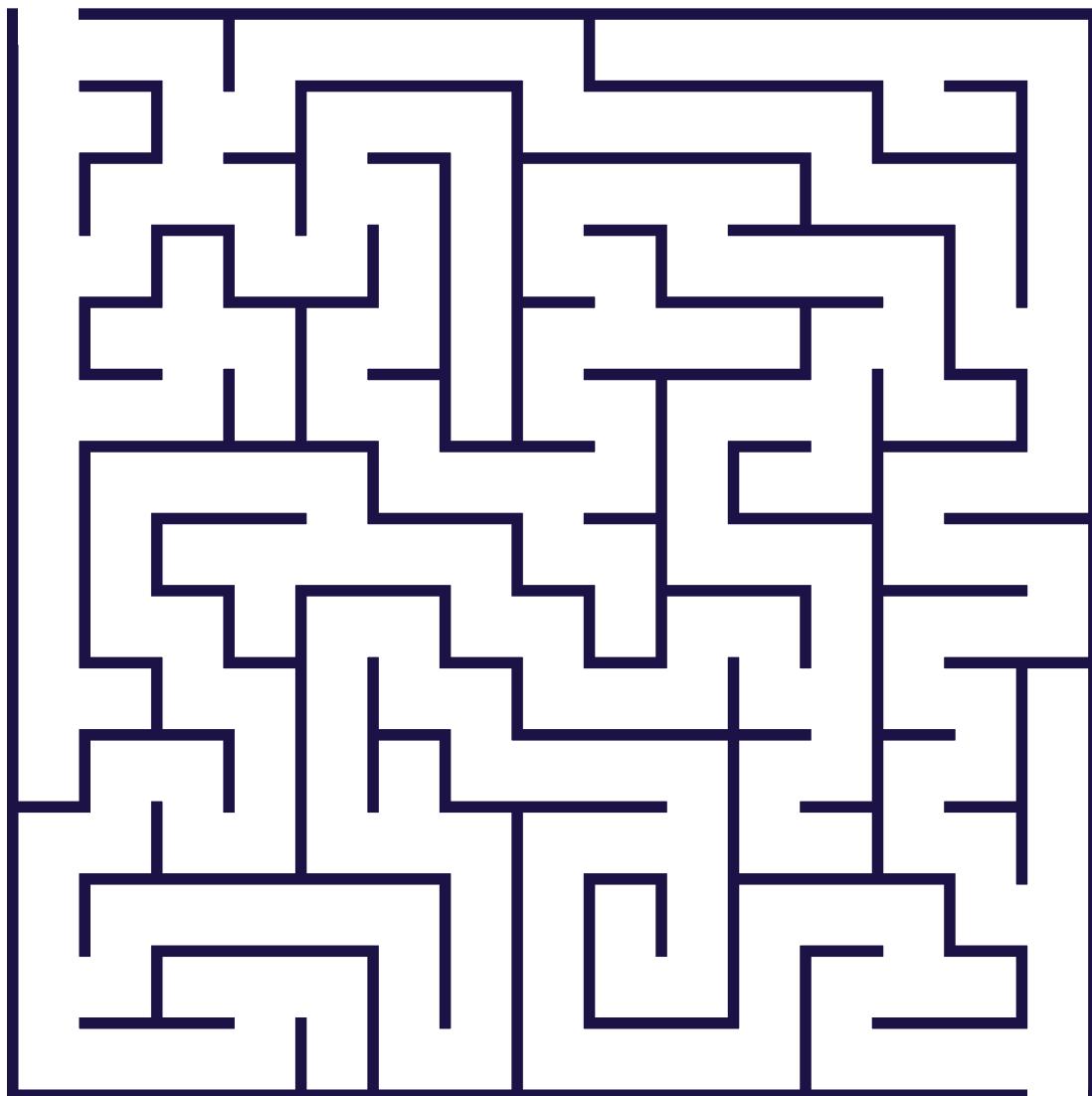
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North Dakota

is a **moderately complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

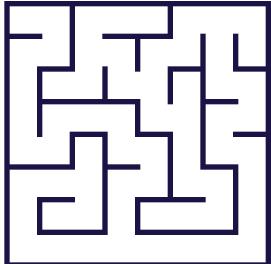
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NORTH DAKOTA'S NEIGHBORS

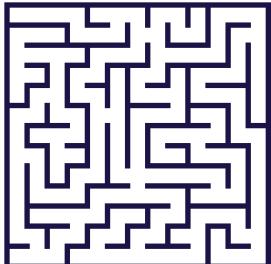
Minnesota

Least complex



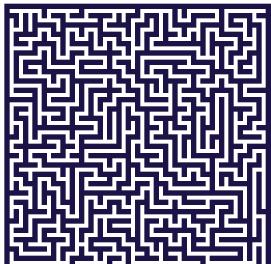
Montana

Somewhat complex



South Dakota

Most complex



The Pudding

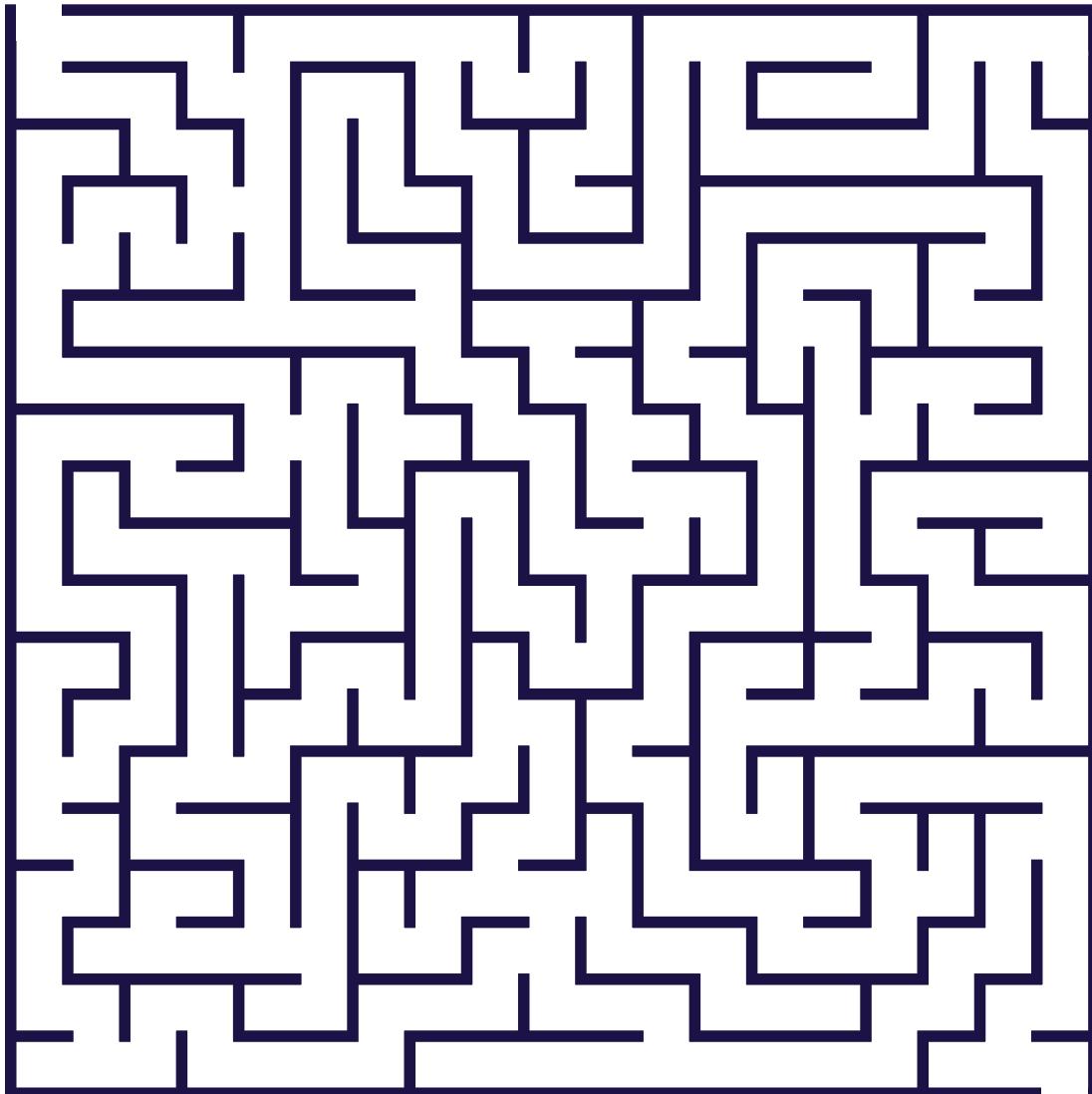
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Ohio

is a **moderately complex state** for navigating abortion access. The state **bans abortion at 20 weeks**.

- Abortion rights are explicitly protected in the state constitution.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Abortion clinics face unnecessary regulations without basis in medicine.
- All qualified health care professionals can perform abortions.

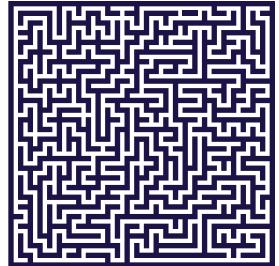
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OHIO'S NEIGHBORS

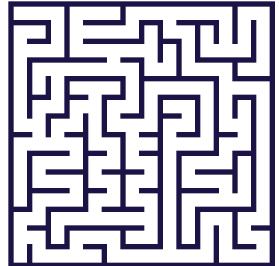
Indiana

Most complex



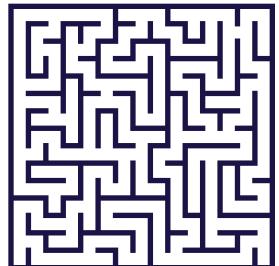
Michigan

Moderately complex



Pennsylvania

Moderately complex



The Pudding

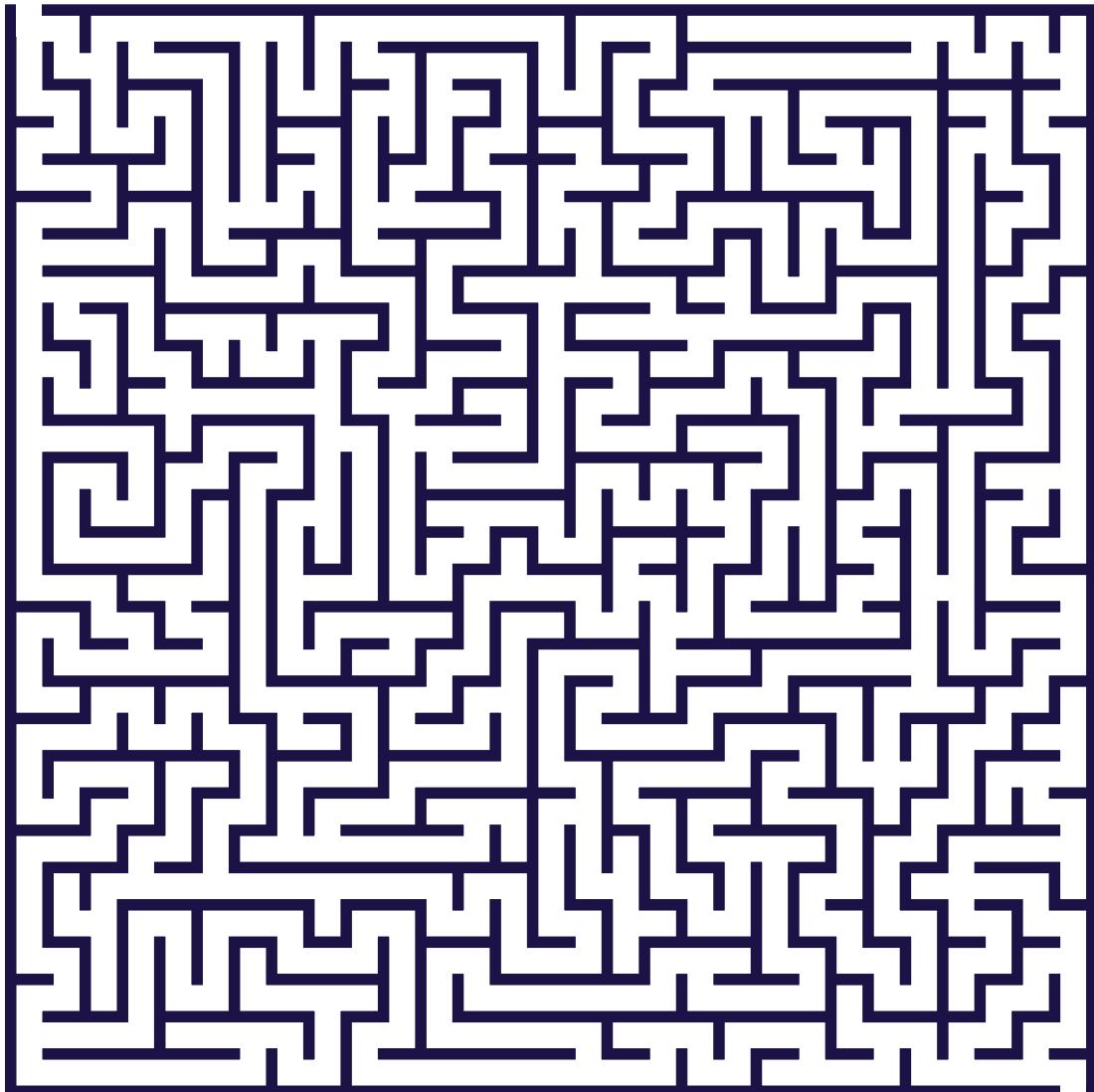
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Oklahoma

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Patients must attend counseling 72 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

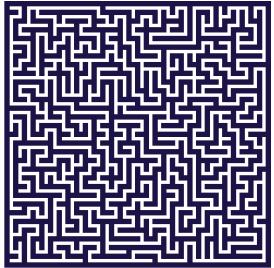
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OKLAHOMA'S NEIGHBORS

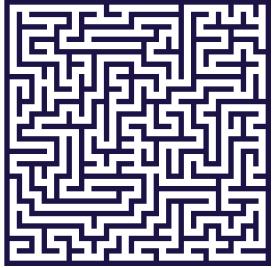
Arkansas

Most complex



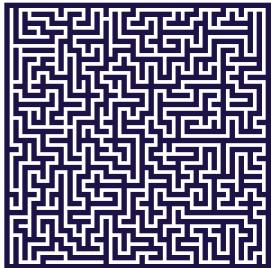
Kansas

Very complex



Texas

Most complex



The Pudding

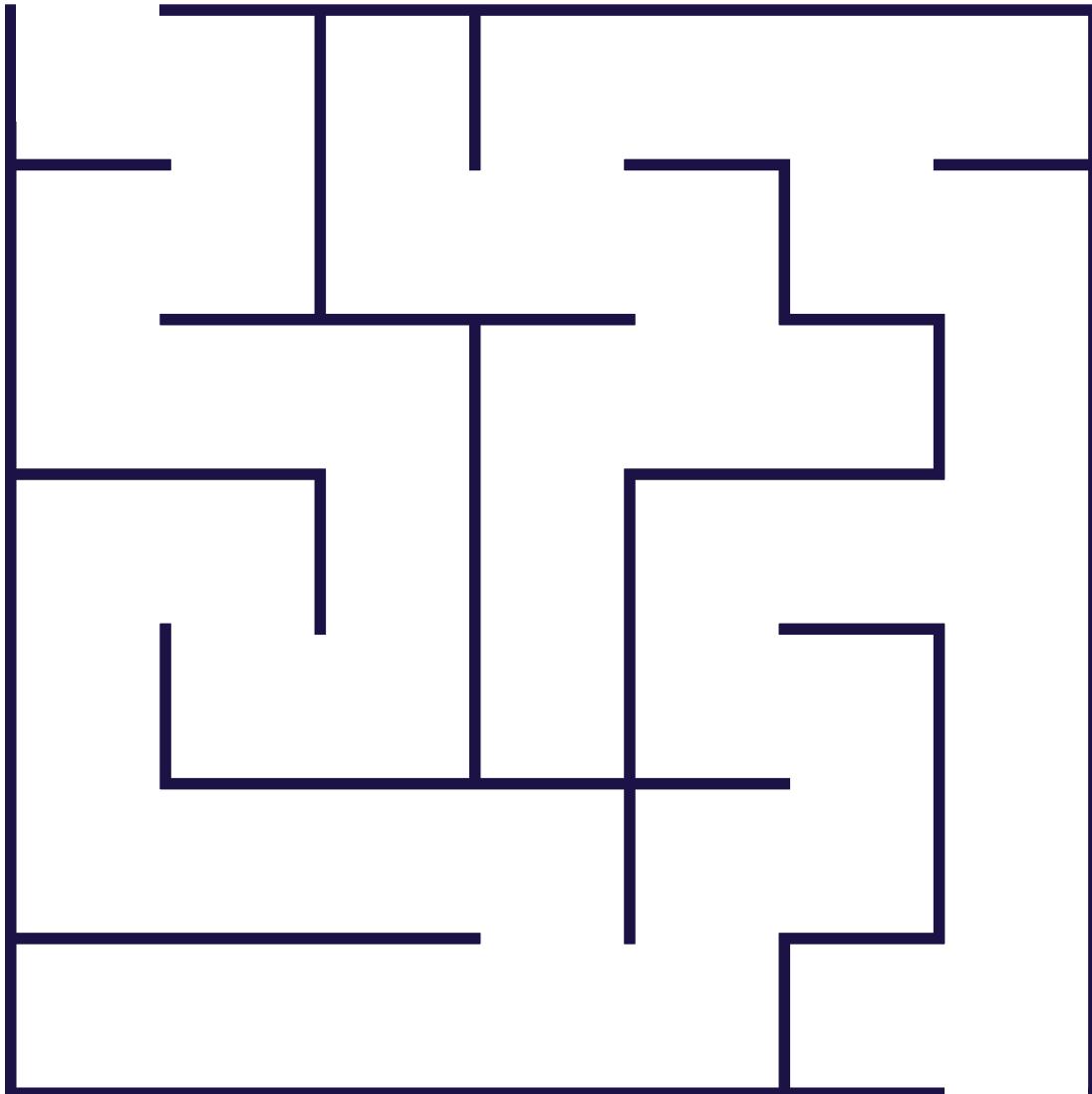
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Oregon

is one of the **least complex states** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortion rights are explicitly protected in the state constitution.
- Abortions are covered by state Medicaid funds.
- Abortions must be covered by private health insurance.
- All qualified health care professionals can perform abortions.
- State fund helps patients pay for abortion care.

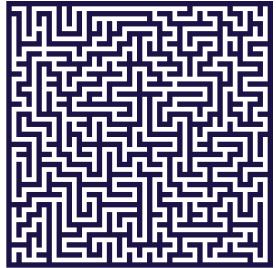
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OREGON'S NEIGHBORS

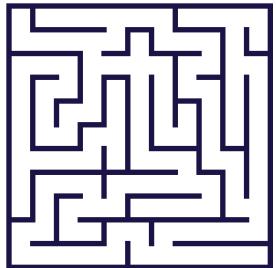
Idaho

Most complex



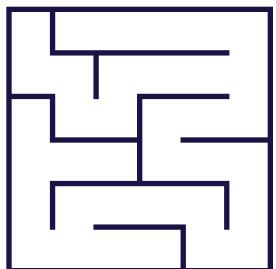
Nevada

Somewhat complex



Washington

Least complex



The Pudding

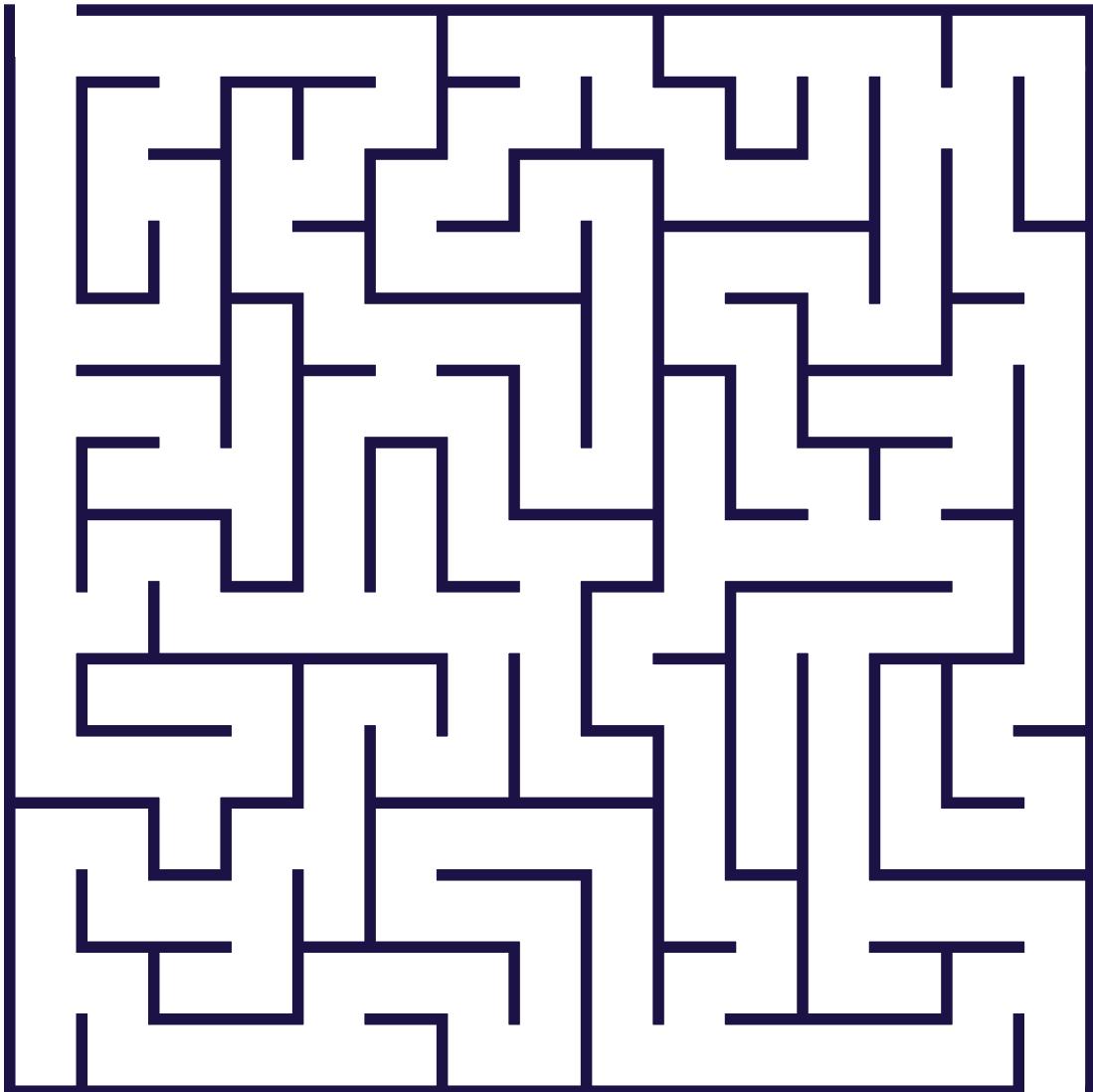
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Pennsylvania

is a **moderately complex state** for navigating abortion access. The state **bans abortion at 24 weeks**.

- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Only physicians can provide abortions.
- Abortion clinics face unnecessary regulations without basis in medicine.

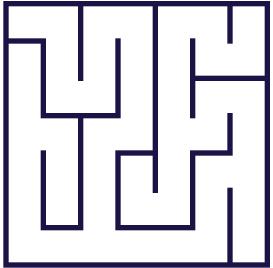
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PENNSYLVANIA'S NEIGHBORS

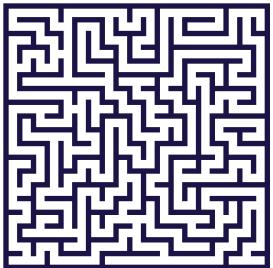
New York

Least complex



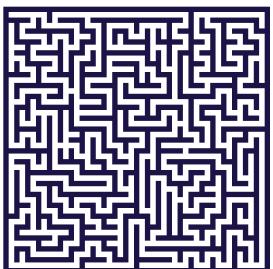
Ohio

Moderately complex



West Virginia

Most complex



The Pudding

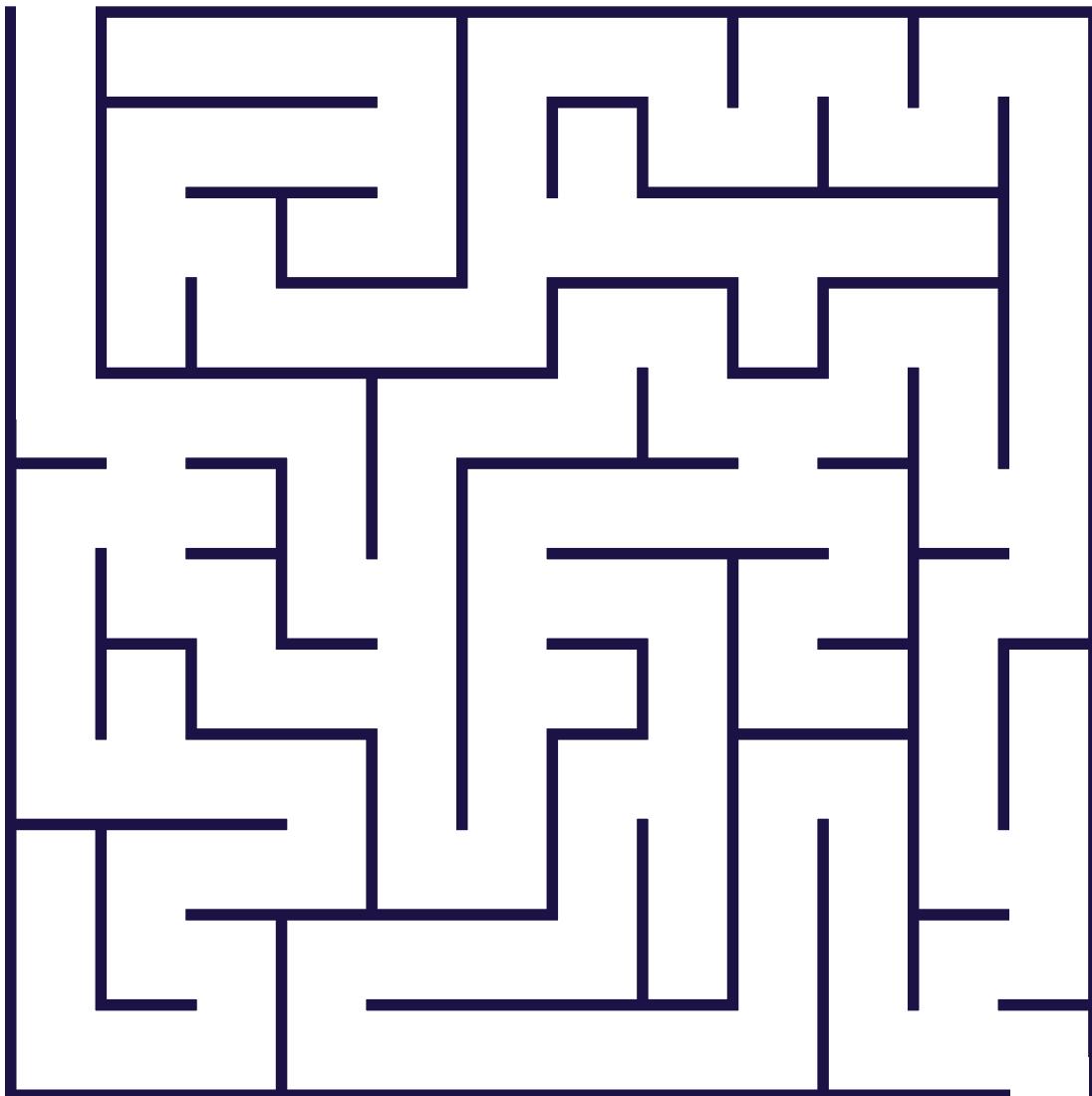
The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at pudding.cool/2024/10/abortion-mazes.

Rhode Island

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

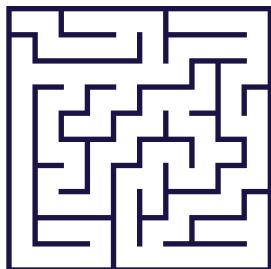
- Abortions are covered by state Medicaid funds.
- Parental consent is required for minors seeking abortions.
- Abortion clinics face unnecessary regulations without basis in medicine.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.

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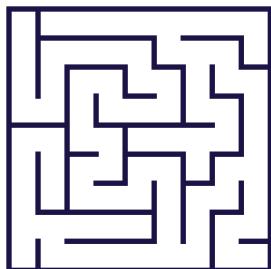


RHODE ISLAND'S NEIGHBORS

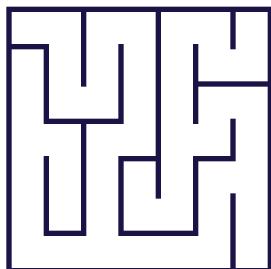
Connecticut
Somewhat complex



Massachusetts
Least complex



New York
Least complex



The Pudding

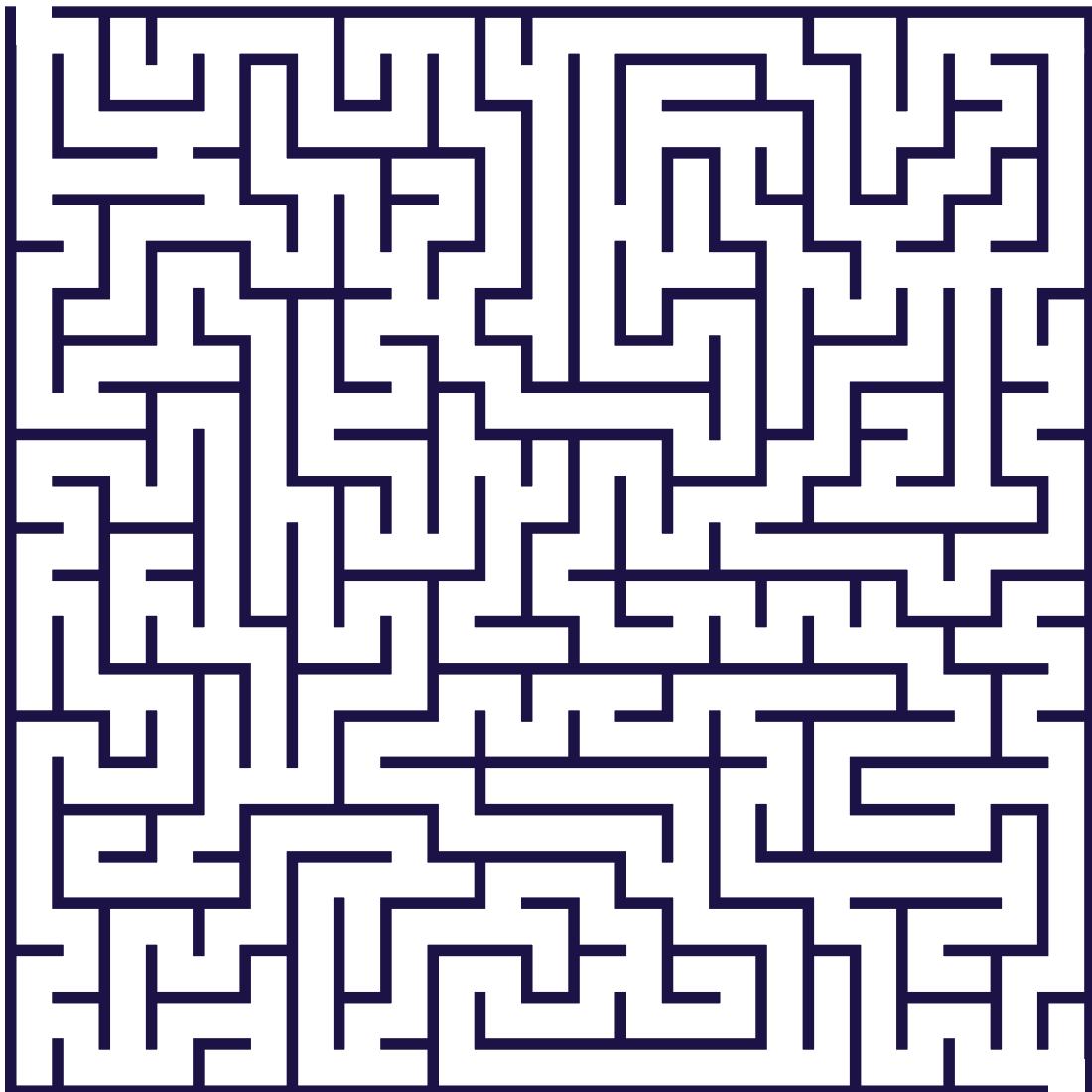
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South Carolina

is a **very complex state** for navigating abortion access. The state **bans abortion at 6 weeks.**

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

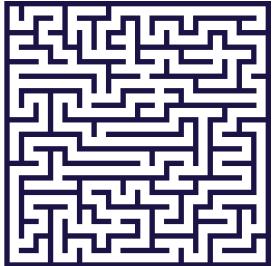
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S. CAROLINA'S NEIGHBORS

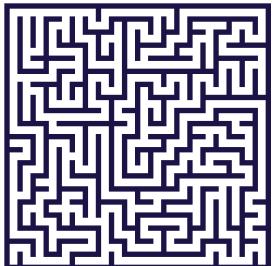
Florida

Very complex



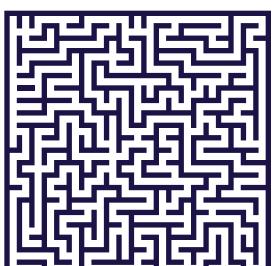
Georgia

Very complex



N. Carolina

Very complex



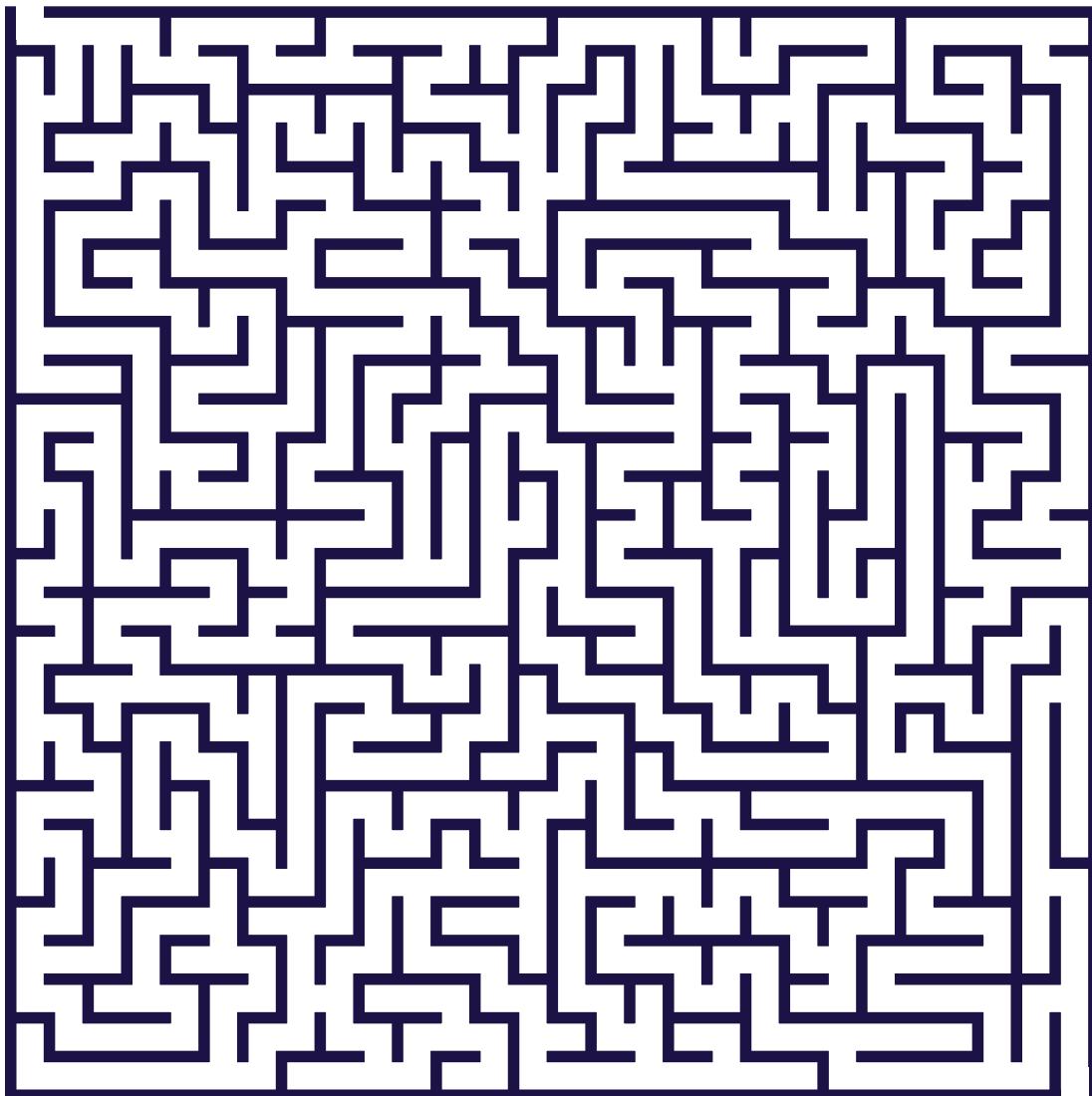
The Pudding

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South Dakota

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

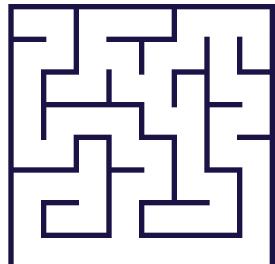
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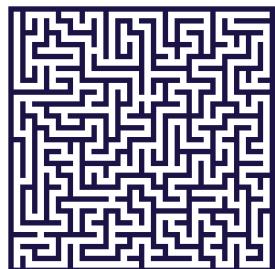
- Patients must attend counseling 72 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental notification is required for minors seeking abortions.
- Only physicians can provide abortions.

SOUTH DAKOTA'S NEIGHBORS

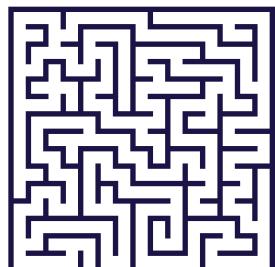
Minnesota
Least complex



Nebraska
Very complex



North Dakota
Moderately complex



The Pudding

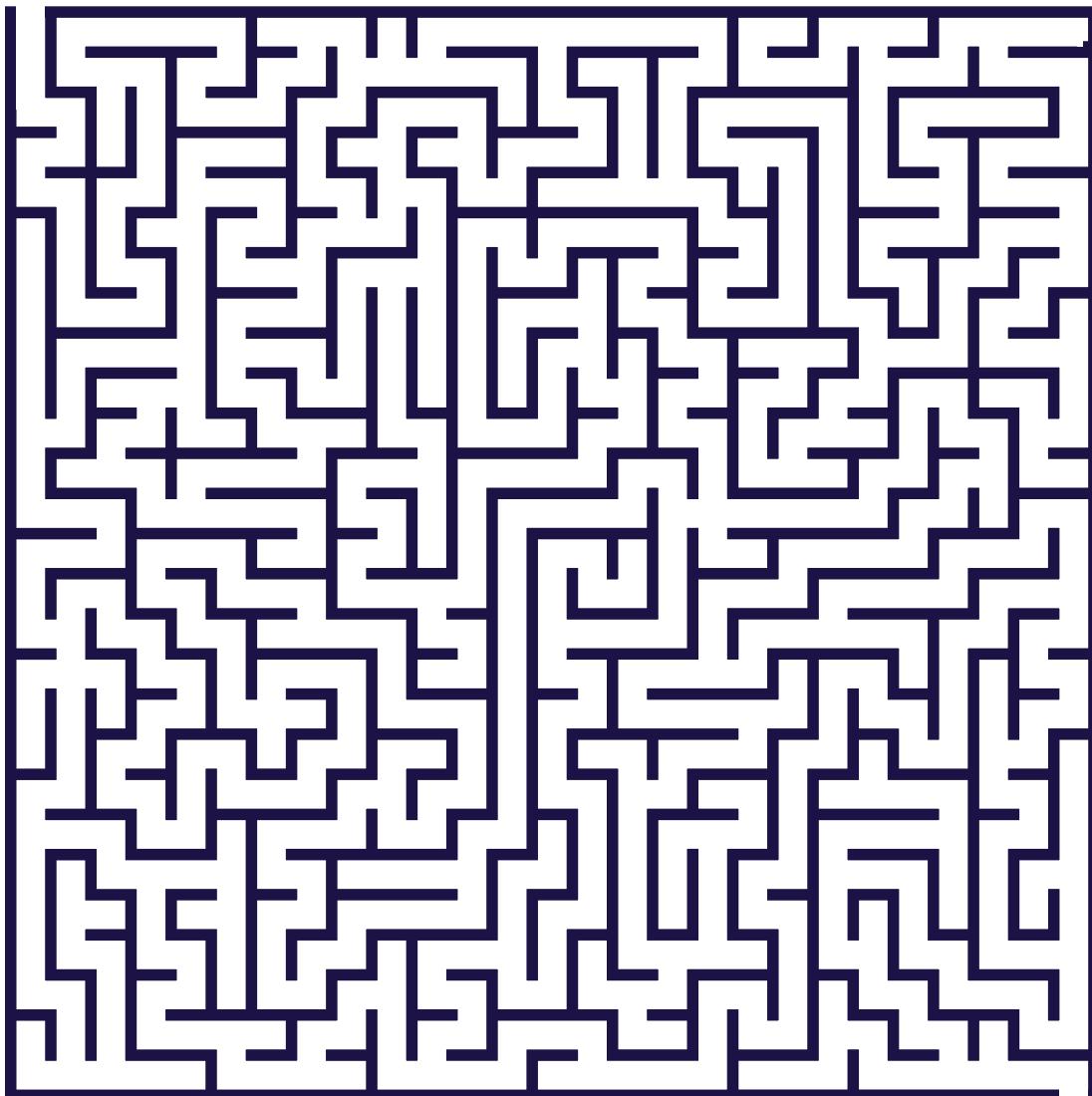
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Tennessee

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Abortion rights are explicitly excluded in the state constitution.
- Patients must attend counseling 48 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Parental consent is required for minors seeking abortions.
- Medicaid coverage of abortion is banned with very little exceptions.

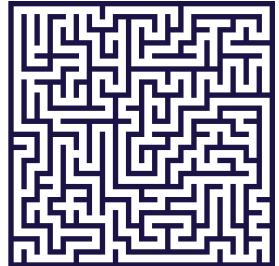
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TENNESSEE'S NEIGHBORS

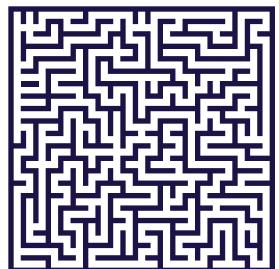
Georgia

Very complex



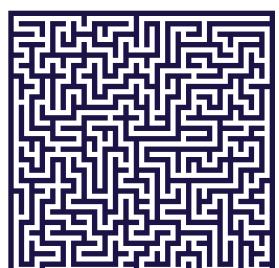
N. Carolina

Very complex



Kentucky

Most complex



The Pudding

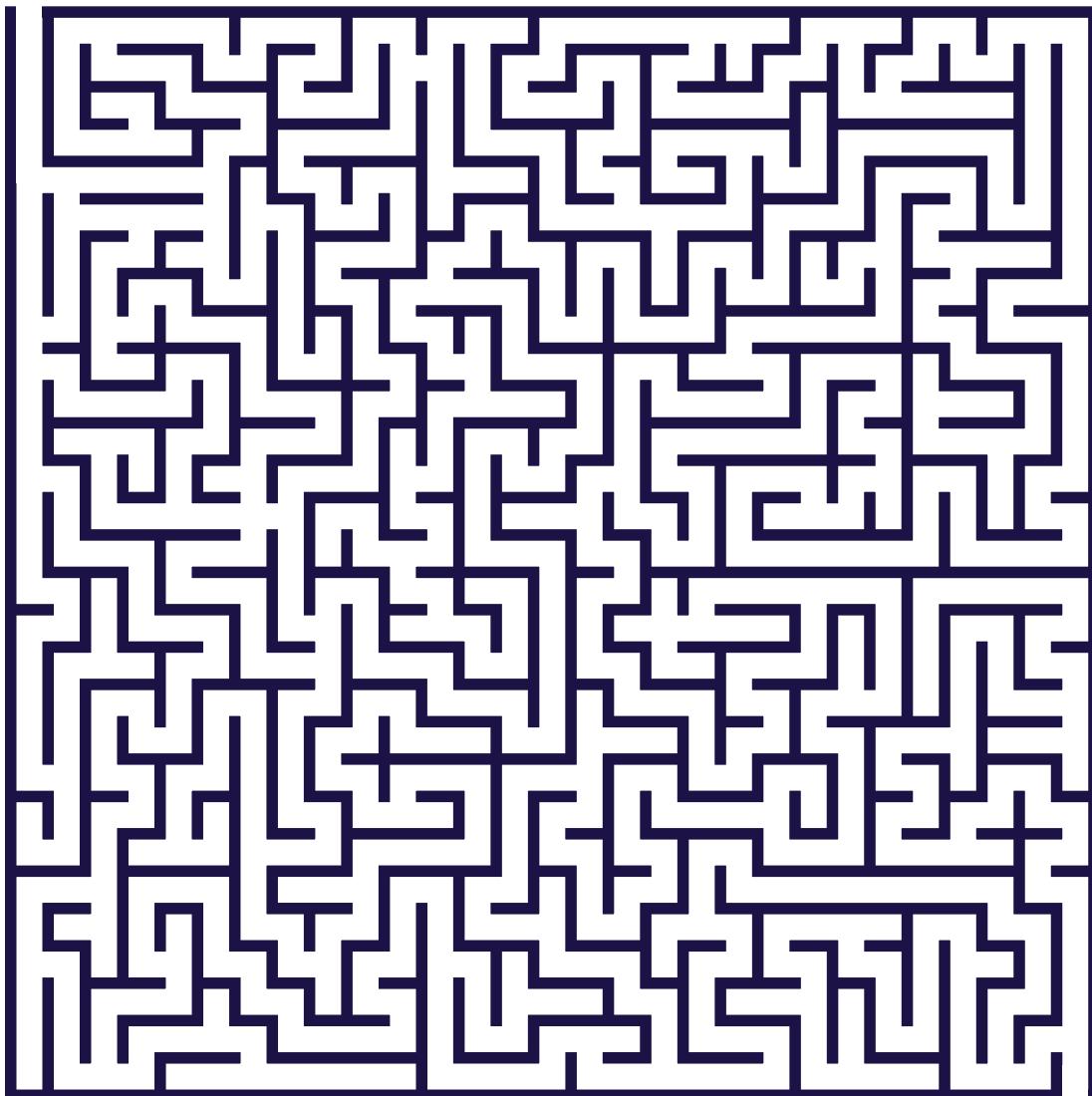
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Texas

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.

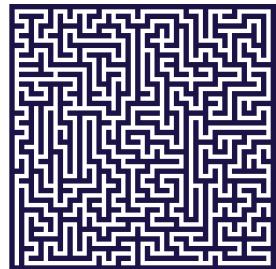
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TEXAS' NEIGHBORS

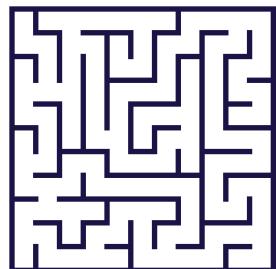
Louisiana

Most complex



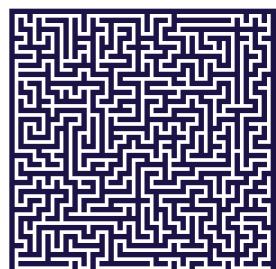
New Mexico

Somewhat complex



Oklahoma

Most complex



The Pudding

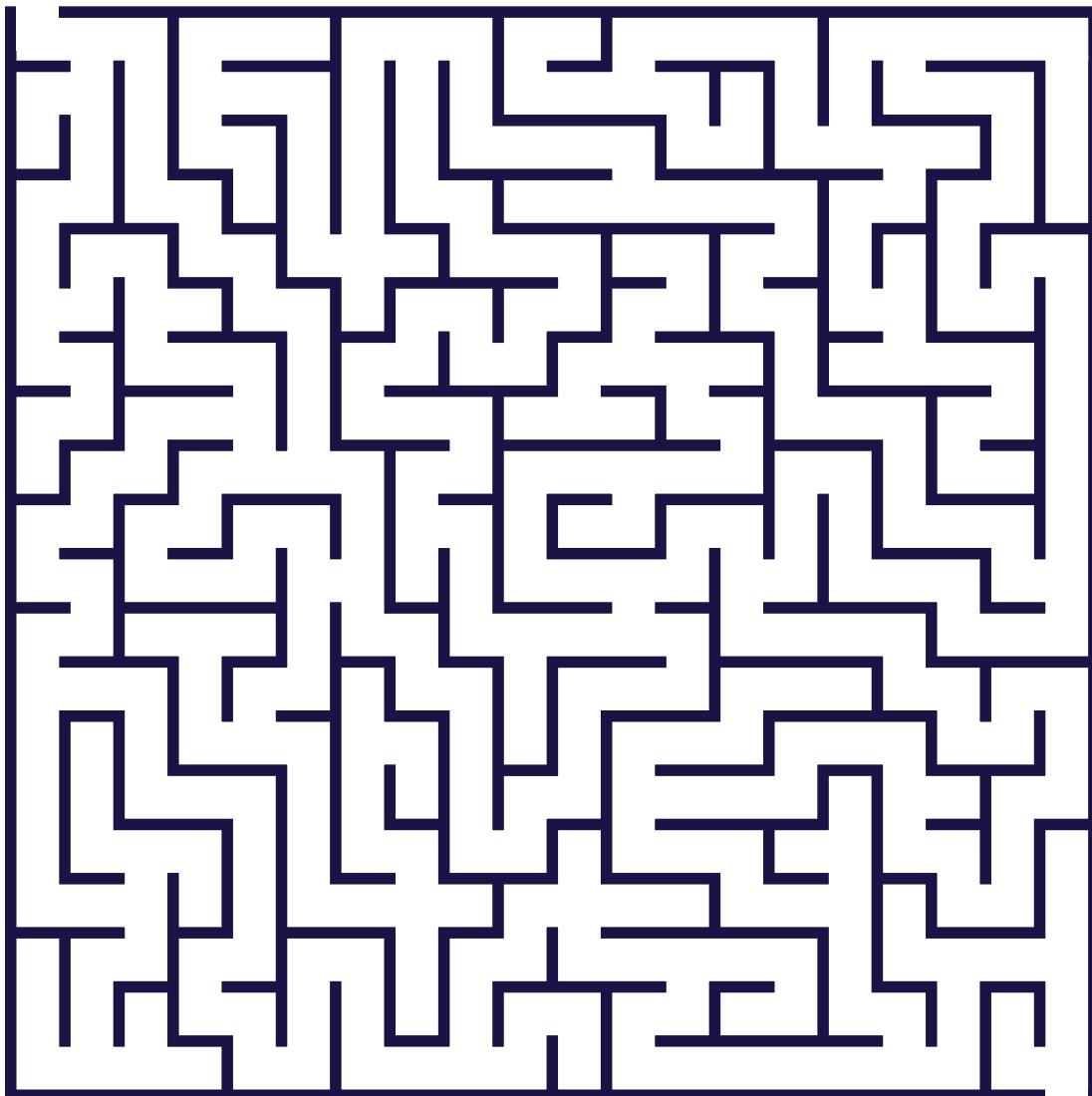
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Utah

is a **very complex state** for navigating abortion access. The state **bans abortion at 18 weeks.**

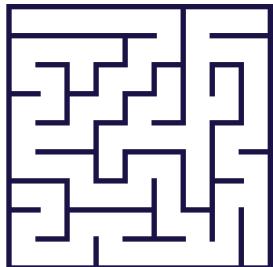
- Patients must attend counseling 72 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

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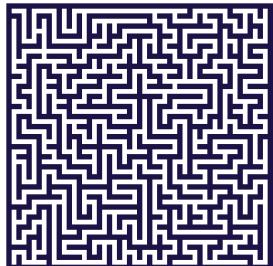


UTAH'S NEIGHBORS

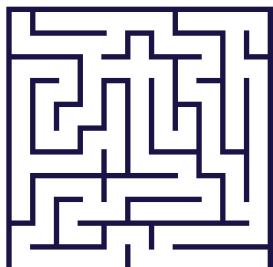
Colorado
Least complex



Idaho
Most complex



Nevada
Somewhat complex



The Pudding

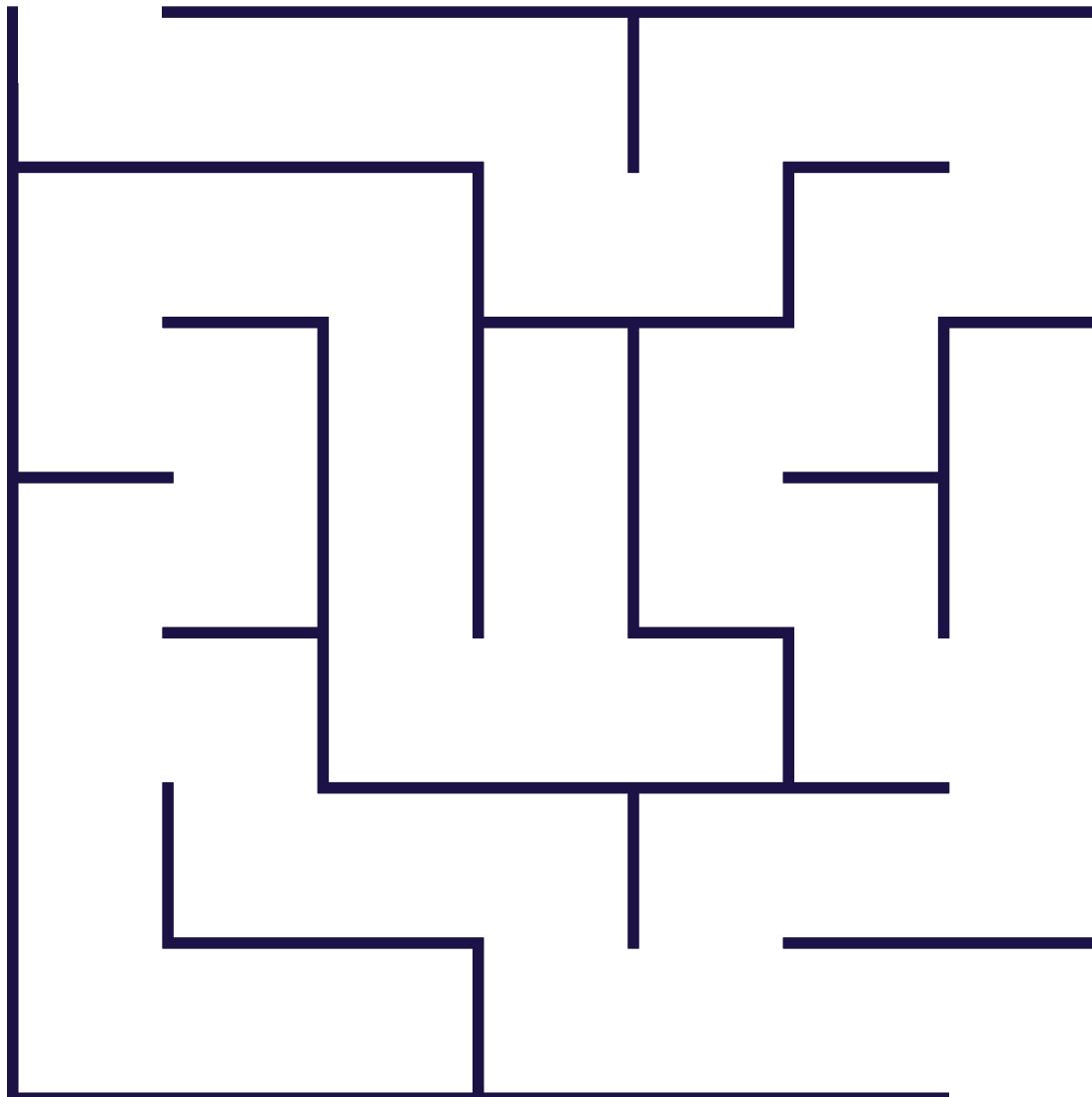
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Vermont

is one of the **least complex states** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortion rights are explicitly protected in the state constitution.
- Abortions are covered by state Medicaid funds.
- Abortions must be covered by private health insurance.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.

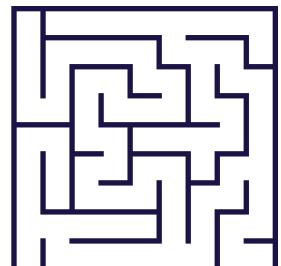
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VERMONT'S
NEIGHBORS

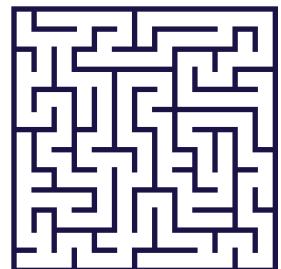
Massachusetts

Least complex



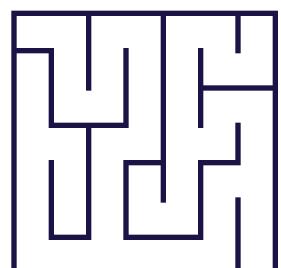
New Hampshire

Moderately complex



New York

Least complex



The Pudding

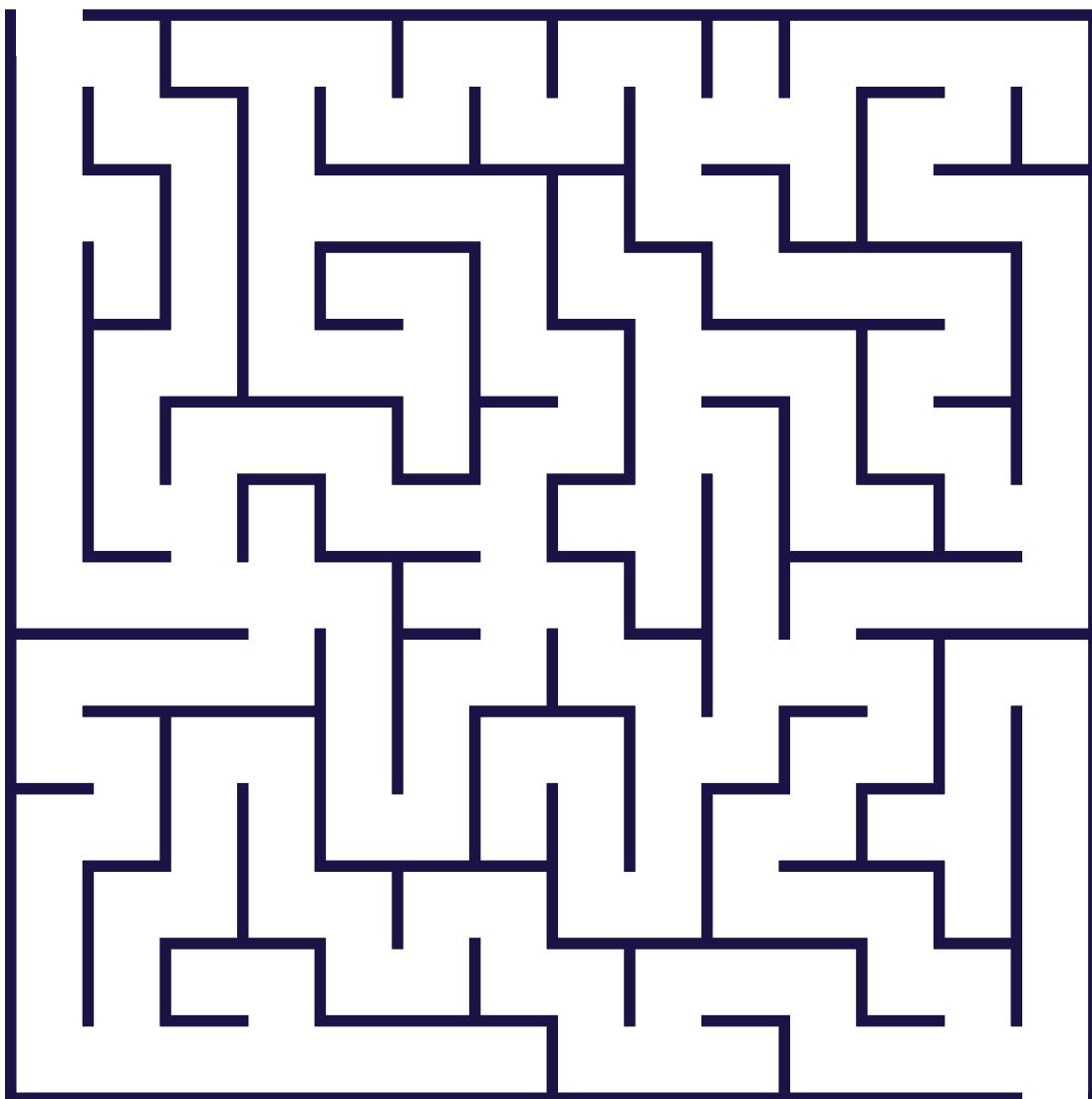
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Virginia

is a **moderately complex state** for navigating abortion access. The state **bans abortion at the third trimester** (around 28 weeks).

- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- All qualified health care professionals can perform abortions.
- Individual providers may refuse to perform abortions.
- Institutions may refuse to perform abortions.

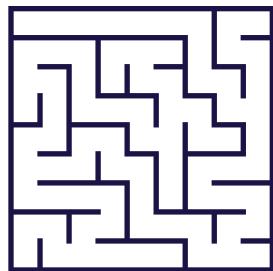
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VIRGINIA'S NEIGHBORS

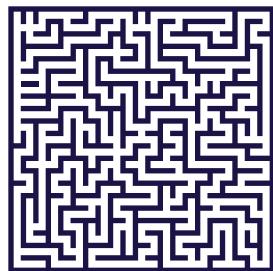
Maryland

Least complex



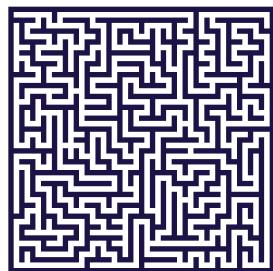
N. Carolina

Very complex



West Virginia

Most complex



The Pudding

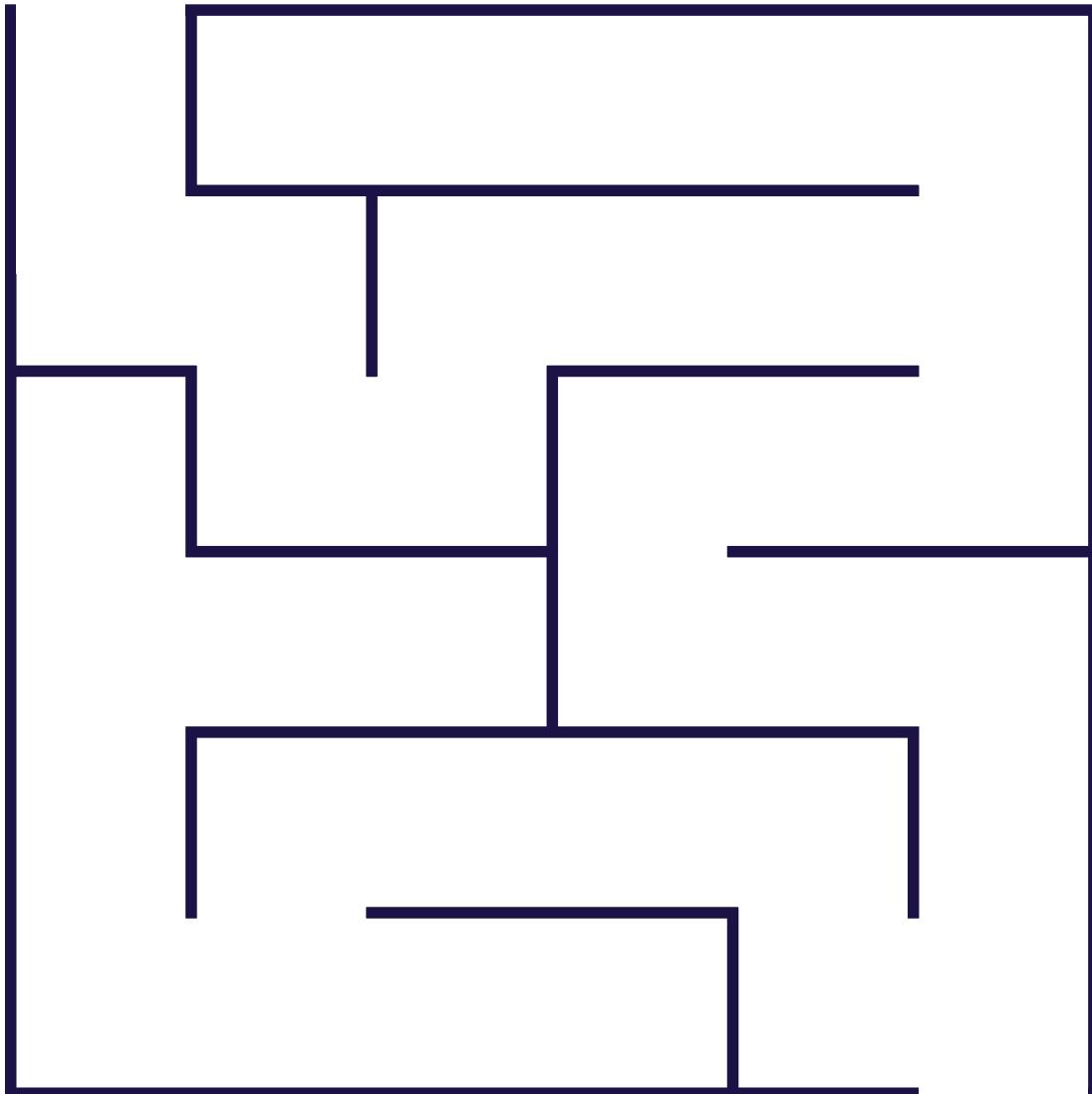
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Washington

is one of the **least complex states** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.
- Abortions must be covered by private health insurance.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.
- Laws protect data privacy for patients seeking reproductive health care.

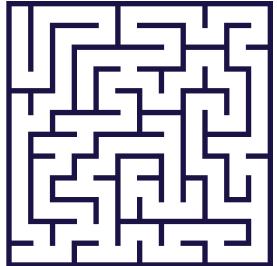
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WASHINGTON'S NEIGHBORS

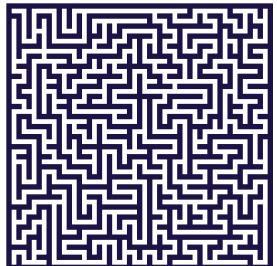
Alaska

Somewhat complex



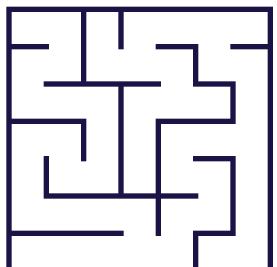
Idaho

Most complex



Oregon

Least complex



The Pudding

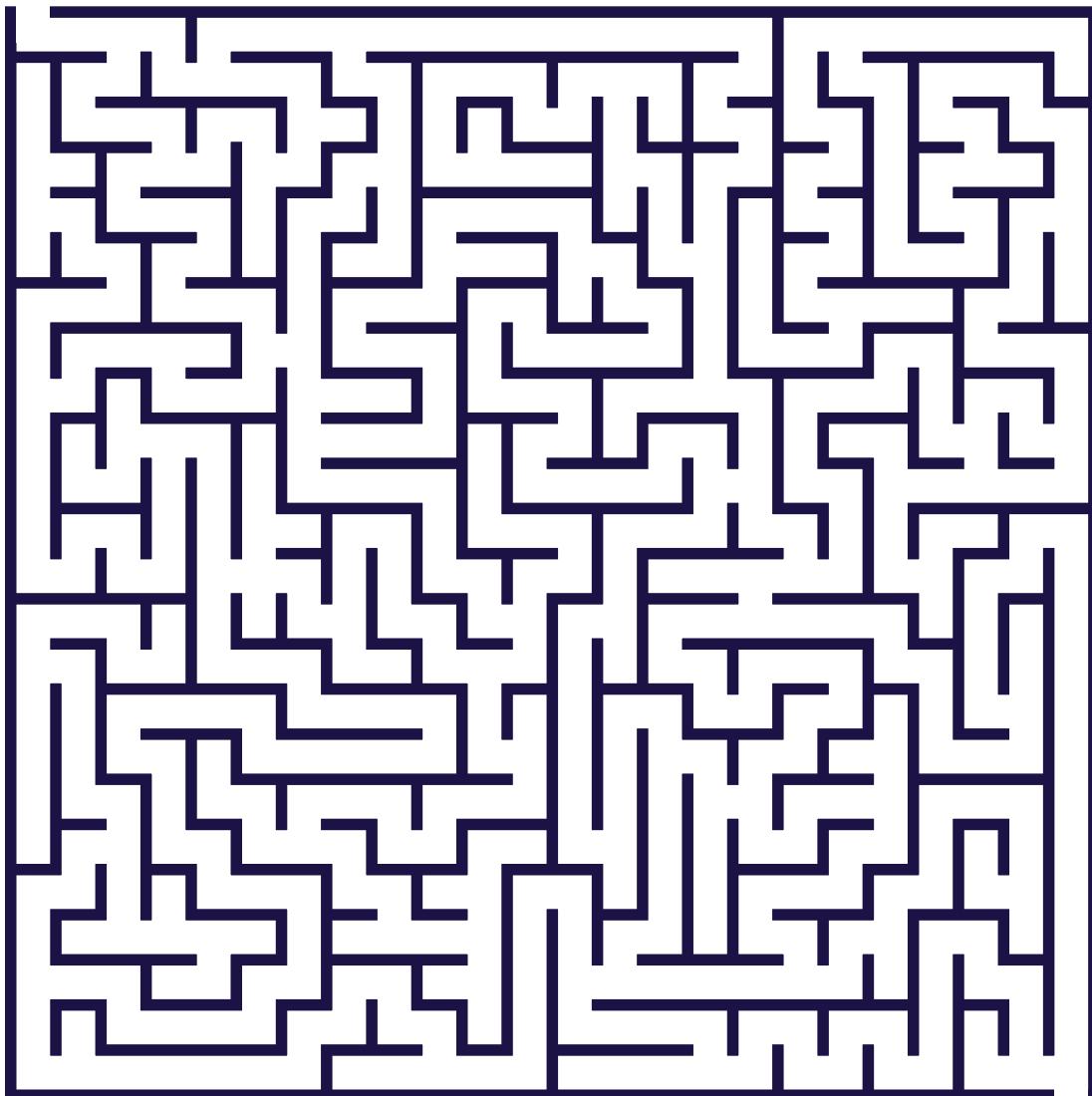
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West Virginia

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

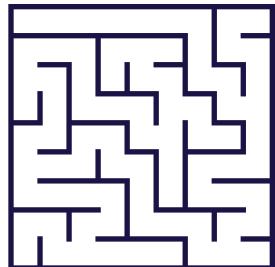
- Abortion rights are explicitly excluded in the state constitution.
- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental notification is required for minors seeking abortions.

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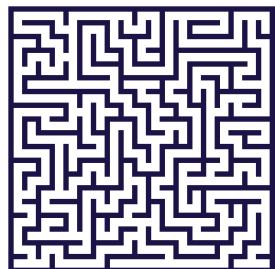


WEST VIRGINIA'S NEIGHBORS

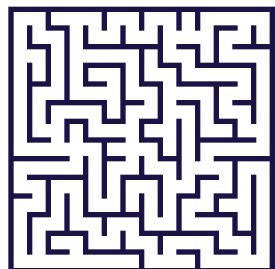
Maryland
Least complex



Ohio
Moderately complex



Virginia
Moderately complex



The Pudding

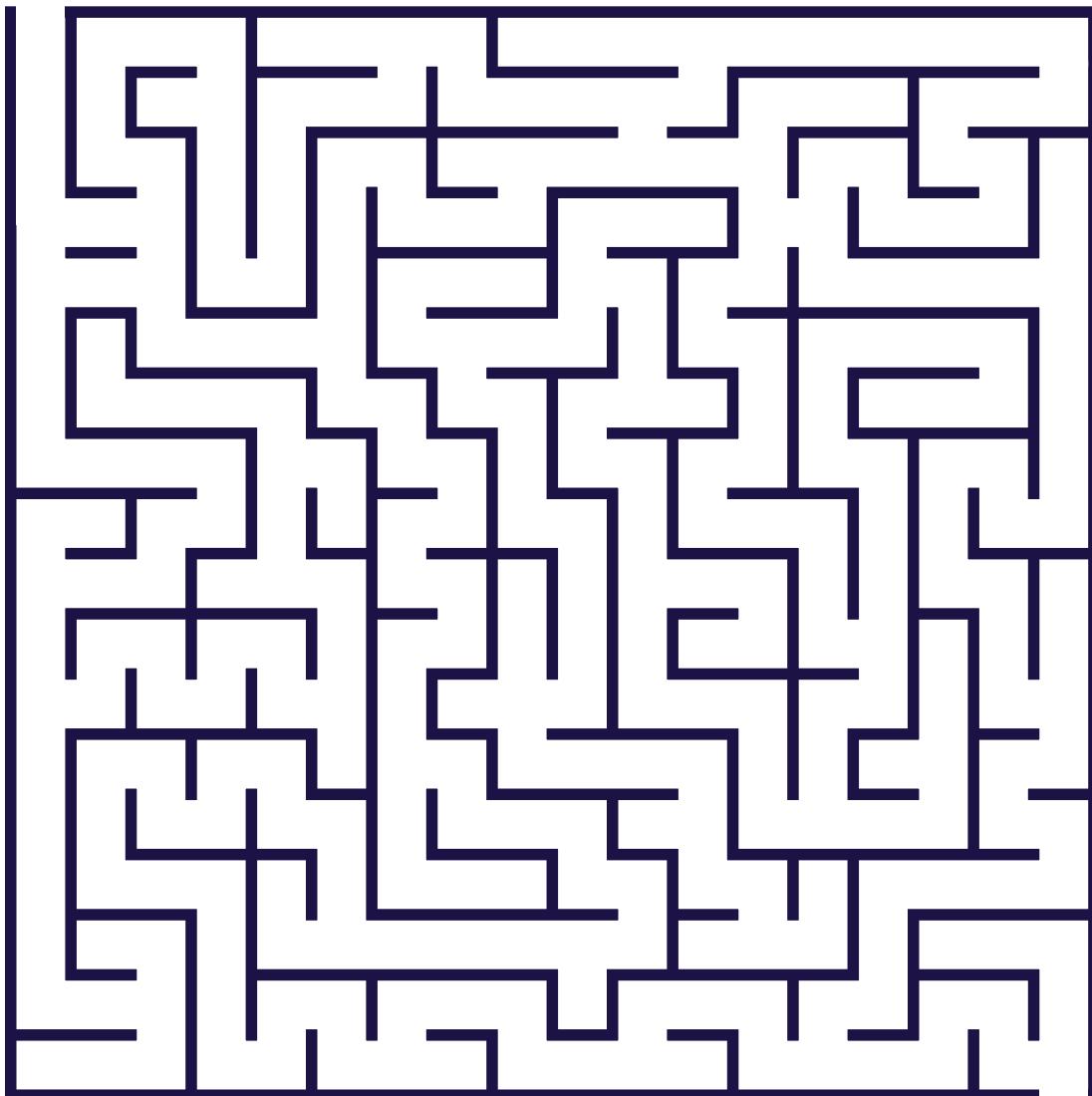
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Wisconsin

is a **moderately complex state** for navigating abortion access. The state **bans abortion at 20 weeks**.

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

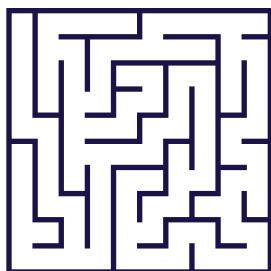
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WISCONSIN'S NEIGHBORS

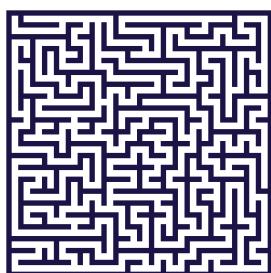
Illinois

Somewhat complex



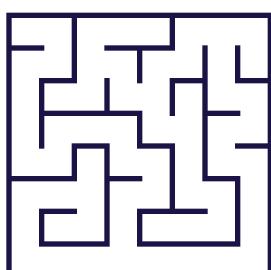
Iowa

Very complex



Minnesota

Least complex



The Pudding

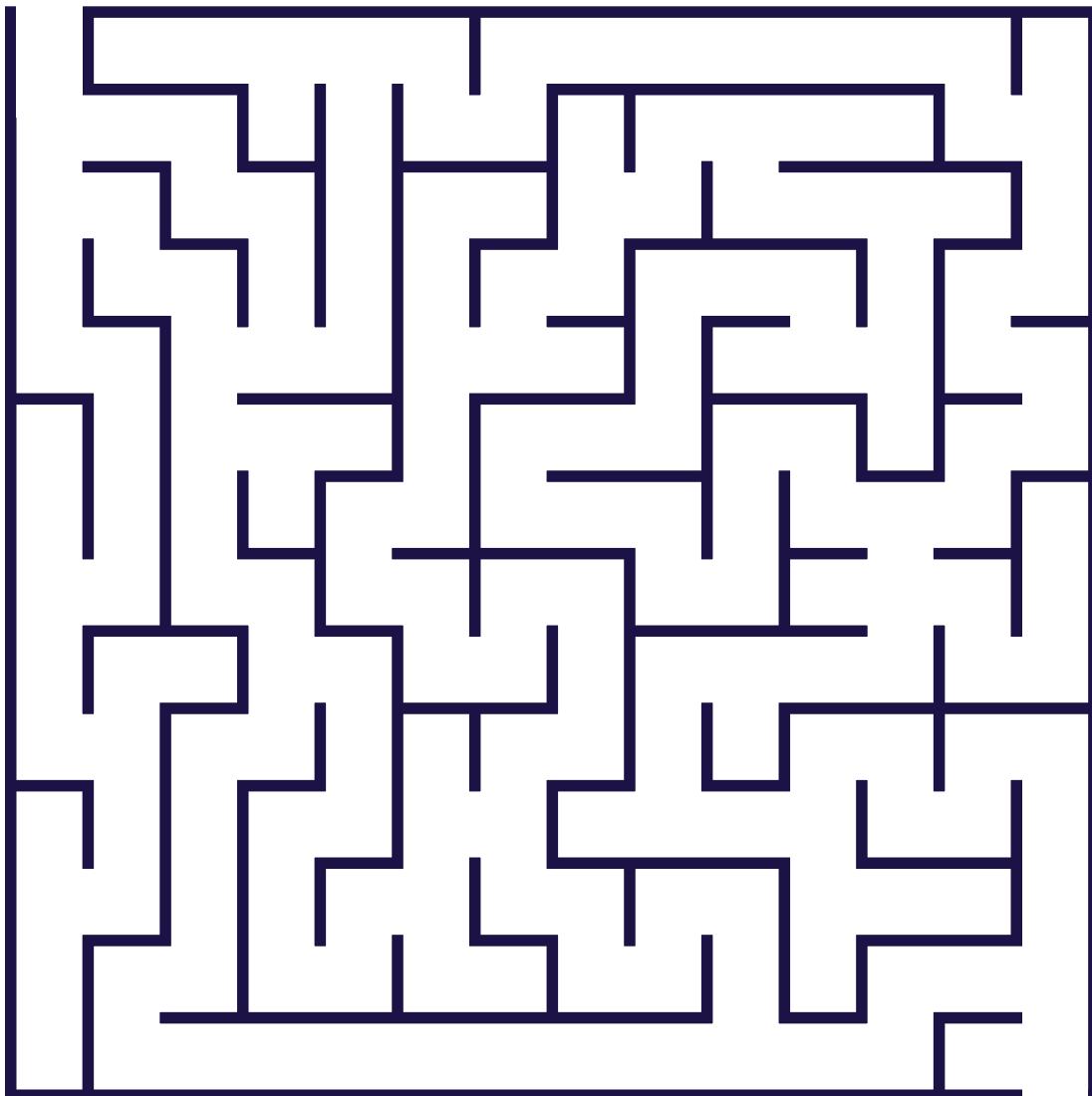
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Wyoming

is a **moderately complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Only physicians can provide abortions.
- Individual providers may refuse to perform abortions.
- Private institutions may refuse to perform abortions.

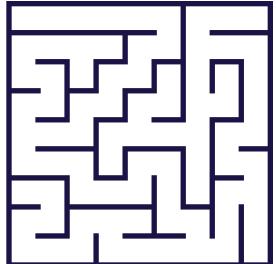
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WYOMING'S NEIGHBORS

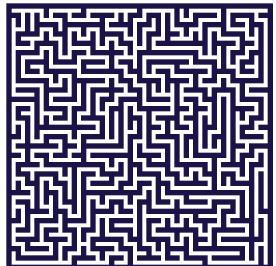
Colorado

Least complex



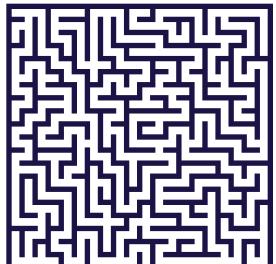
South Dakota

Most complex



Utah

Very complex



The Pudding

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