

# Centering the contraceptive experiences of people with higher body weight

## 2026 Request for proposals

### Purpose

Equitable contraceptive care requires that all people have access to the information, counseling, and methods that best meet their specific needs and preferences. Yet people with higher body weight, who make up a significant proportion of those seeking contraceptive care in the US, remain an understudied group with [unmet contraceptive needs](#). Relatively little research has centered the lived experiences and preferences of people with higher body weight around contraceptive care, a gap that limits both access to and the quality of care this group receives. To address this, the Society of Family Planning is offering the *Centering the contraceptive experiences of people with higher body weight* funding opportunity. The purpose of this funding opportunity is to generate research that supports evidence-informed and person-centered contraceptive care for people with higher body weight.

The deadline for proposals is December 1, 2026 at 8:59 pm PT/11:59 pm ET. Awards will be announced in February and funds will be available for use with proof of IRB approval or exemption.

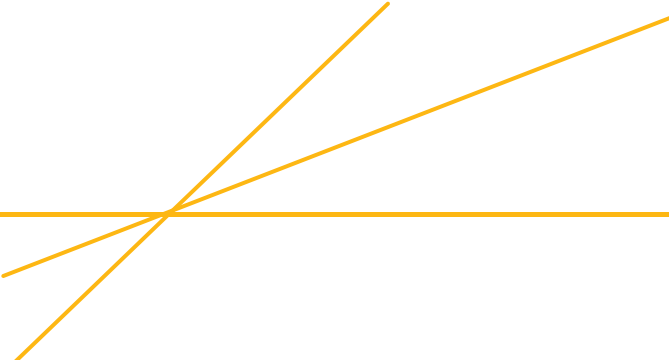


## Research focus

The Society invites research proposals that explore the contraceptive experiences and preferences of people with higher body weight. Proposed research can focus on any contraceptive methods or components of contraceptive care, so long as those choices are clearly named and justified in the proposal. In addition, teams should bring attention to how social location (eg, race, ethnicity, religion, social class, gender, age, health, and geography) and stigma related to body weight and size shape the study population's experiences with contraceptive care.

Please note that the following are not aligned with this funding opportunity: projects exploring this topic from the clinician or healthcare organization perspective and projects where the primary focus is on the non-contraceptive benefits of contraception (eg, symptom relief or management of health conditions). Additionally, this funding opportunity will not support projects focused on people undergoing bariatric surgery given the existing evidence base in this area. Teams interested in studying the clinical pharmacology of hormonal contraceptives should apply to our companion funding opportunity, [\*Expanding the contraceptive pharmacology evidence base for people with higher body weight\*](#).

Proposals must be positioned to produce empirical evidence with a clear, concrete, and strategic path to influencing clinical practice, health services delivery, and other structures that support evidence-informed and person-centered contraceptive care. In addition, recognizing that institutionalized racism, both past and present, has hindered the full participation of people of color in science and medicine, the Society aims to support the full range of individuals advancing the science and medicine of abortion and contraception, in alignment with our [\*Diversity, Equity, and Inclusion Vision\*](#). We actively seek teams that reflect on the relationship between their identities and lived experiences and the proposed project.



## Funds and duration

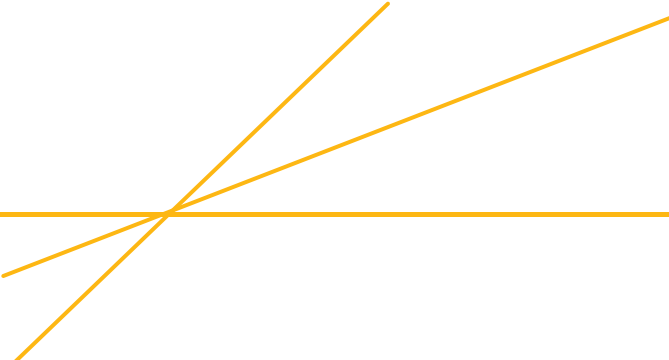
We invite proposals for research studies with budgets up to \$225,000 that can be completed within 18 months. Please note that we seek to fund studies with a range of budgets within the budget maximum: concretely, we anticipate supporting up to one project with a larger budget (eg, up to \$225,000) and up to three projects with smaller budgets (eg, up to \$75,000). Funding is also available to cover processing fees associated with two open-access publications, provided the work is published within two years of grant completion.

## Eligibility

Grants will be made to organizations on behalf of a named principal investigator (PI). Grants are limited, without exception, to tax-exempt organizations. Applicants do not need to be members of the Society. Funding is limited to projects focused on people with higher body weight in the US.

## Review process

All proposals will undergo peer review using specific criteria. The goal of peer review is to make recommendations for enhancing the research proposal and to identify the projects with the greatest potential impact. The funder of this award may also be involved in the selection process, helping ensure that the research funded by the Society is one of many strategic components working together to strengthen the family planning sector.



**Application submission opens on**  
**October 7, 2026**  
**and closes December 1, 2026**



## Review criteria

All eligible proposals will be reviewed according to the following criteria. For more information about the review process, please see the proposal [review guide](https://bit.ly/4AHRmfl): <https://bit.ly/4AHRmfl>

### Impact (25%)

The Society seeks to fund projects that are positioned to produce empirical evidence with a clear, concrete, and strategic path to influencing clinical practice, health services delivery, and other structures that support evidence-informed and person-centered contraceptive care.

### Methods (35%)

The Society seeks to fund methodologically sound and rigorous projects.

### Study population (10%)

The Society seeks to fund projects with a well-justified study population and a thoughtful explanation of how social location and stigma related to body weight and size shape that population's experiences with contraceptive care.

### Equity (5%)

The Society seeks to fund projects that are informed by the [equity principles](#) developed by the [Coalition to Expand Contraceptive Access](#).

### Team positionality (10%)

The Society seeks to fund projects that demonstrate thoughtful reflection on how team members' race and ethnicity, and other relevant identities and lived experiences, influence the project.

### Team expertise (10%)

The Society seeks to fund projects led by teams with the necessary skills, backgrounds, perspectives, and/or lived experiences to successfully carry out the project.

### Budget (5%)

The Society seeks to fund projects up to \$225,000 that can be completed within 18 months of receiving the award.

## Proposal instructions

### 1. Online application form:

Includes contact and demographic information for the PI, and contact information for the institution, study team, and parties responsible for accounts payable and grants management if the project is funded. The [application form is linked here](#), and on page 7.

### 2. Summary (250 words):

Provide a brief summary of the proposed project. This information may be used in our newsletter and website, as well as for other educational and promotional purposes, should the application be funded.

### 3. Proposal narrative (8-10 pages):

All proposals should include:

**Background:** Describe the issue and explain how the proposed research project will produce empirical evidence with a clear, concrete, and strategic path to changes in clinical practice, health services delivery, and other structures that support evidence-informed and person-centered contraceptive care.

**Research question(s):** Include the question(s) that will be answered through the proposed project.

**Methods:** Describe the research methods that will be used to answer the research question(s).

**Study population:** Describe the specific study population. The study population must align with the research question(s) and be specifically defined and justified. Proposals must bring attention to how the population's experience with contraceptive care is shaped by social location and stigma related to body weight and size. Sample size should be based on power calculations or other appropriate methods as determined by the study approach; sample size should account for subgroup analyses as appropriate.

**Equity principles:** Describe your plans for upholding [equity-informed principles](#) throughout the research project.

**Use of research results:** Narrate the intended audience(s) with whom you plan to share your research findings, the actions you would like them to take in response to your findings, and the desired outcomes.

**Timeline:** Describe the timeline for conducting research activities. Data collection and analysis must be feasible to complete within 18 months of receiving the award.

**Team positionality:** Describe how team members' racial and ethnic identities, alongside other relevant identities and lived experiences, influence the proposed project. Explain how these identities and experiences shape the proposed project's design, feasibility, and impact. Please refer to these [recommendations](#) for information about positionality.

**Team expertise:** Describe team members' expertise, specifying their skills, backgrounds, perspectives, and/or lived experiences as they relate to the project.

**References:** Works cited should be listed as an appendix to the proposal; the reference page is not included in the 8-10 pages of the proposal narrative.

## Proposal instructions (continued)

### 4. Budget and budget narrative:

The budget maximum for this award is \$225,000. The budget narrative must provide sufficient detail to assess feasibility and suitability during the peer review process and to justify the relevance of the requested resources to the project's success.

Additional secured or requested funds for the proposed project must be named, if applicable. Direct project costs include personnel, research expenses (eg, equipment, supplies, travel, materials, participant incentives), activities related to the use of and dissemination of research results, and similar costs directly supporting research activities. Indirect costs are permitted at no more than 20% of the total direct costs.

The Society considers facilities and administrative costs (F&A) to be indirect costs, and these are prohibited from being budgeted as direct costs (including but not limited to: facilities costs, institutional insurance, IT or "network recharge fees").

Indirect costs, whether requested as a flat percentage or not, may not exceed 20% of total direct costs. For subcontracts and sub-awards, the budget itself may include the 20% indirect cost charges, but the subcontract total may not be included in the main budget when calculating the overall indirect cost charges. Budget documents should be included as an appendix and are not included in the 8-10 pages of the proposal narrative.

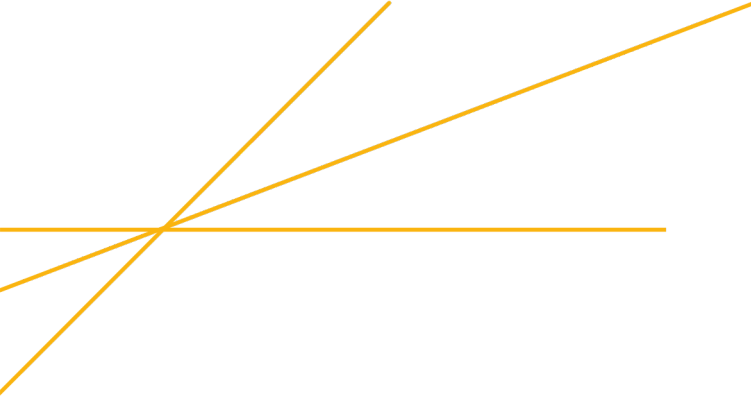
### 5. Team information:

NIH-style biosketches are encouraged for all established scientists. Professional resumes are encouraged for those whose careers have not focused on research.

Team members can submit the format that works best for the individuals on the team; however, each submitted biosketch or resume should not exceed 10 pages. These documents must be included as an appendix and are not included in the 8-10 pages of the proposal narrative.

### 6. Tax exempt status:

Proof of the agency/institution's tax-exempt status determination letter must be included as an appendix. Documentation should also be included for subcontracts with tax-exempt organizations that exceed 20% of the budget. These documents are not included in the 8-10 pages of the proposal narrative.



## Required formatting

Please use a font size that is at least 11 points and 1.5 line spacing. Upload all materials as a single PDF file. All proposals must be submitted electronically through the [online application portal](#).

## Submission deadline

The deadline for proposals is **December 1, 2026 at 8:59 pm PT/11:59 pm ET**. Awards will be announced in February and funds will be available for use with proof of IRB approval or exemption.

## Questions

The Society welcomes the opportunity to clarify or assist with any application components. Please contact [Grants@SocietyFP.org](mailto:Grants@SocietyFP.org).

## Resources

The Society's [Research Practice Supports](#), which provide concrete and actionable recommendations to family planning scholars around challenging areas of research practice, are available as resources for applicants developing their proposals. Applicants are encouraged to review them if relevant to their topic or study design.



This funding opportunity is made possible with the generous support of an anonymous foundation.