



Life Trends

2026 REPORT

Introduction

Heartbeat International and its network of more than 4,000 pregnancy help affiliates worldwide are committed to offering hope and help to women and families facing unexpected pregnancies. Through this expansive network, we gain valuable insights into emerging trends within the pregnancy help movement, allowing us to equip and encourage others in this life-affirming work.

The Life Trends Report provides a comprehensive snapshot of the impact of pregnancy help, offering key insights into shifting cultural and client needs. By understanding these trends, we can better serve women and families while effectively communicating the positive influence of pregnancy help organizations.

The 2026 Life Trends Report reflects data from 2025, offering a deeper understanding of the services most sought by clients. It serves as both a resource for strengthening our outreach and a tool for sharing the undeniable good accomplished through pregnancy help.



4,026
AFFILIATES IN

102 NATIONS

Highlights Among the Movement



1,445

MEDICAL PREGNANCY CENTERS
IN THE U.S.

UP 17.7% SINCE 2022



1,283

PREGNANCY CENTERS
PROVIDE ADOPTION SUPPORT

INCREASE OF 146 CENTERS IN ONE YEAR



745

PREGNANCY CENTERS NOW
PROVIDE STI TESTING

NEARLY 10% GROWTH IN ONE YEAR



269

CENTERS NOW PROVIDE
ABORTION PILL CONSULTATION SERVICES

INCREASE OF 34% IN ONE YEAR

USE THESE GRAPHICS!

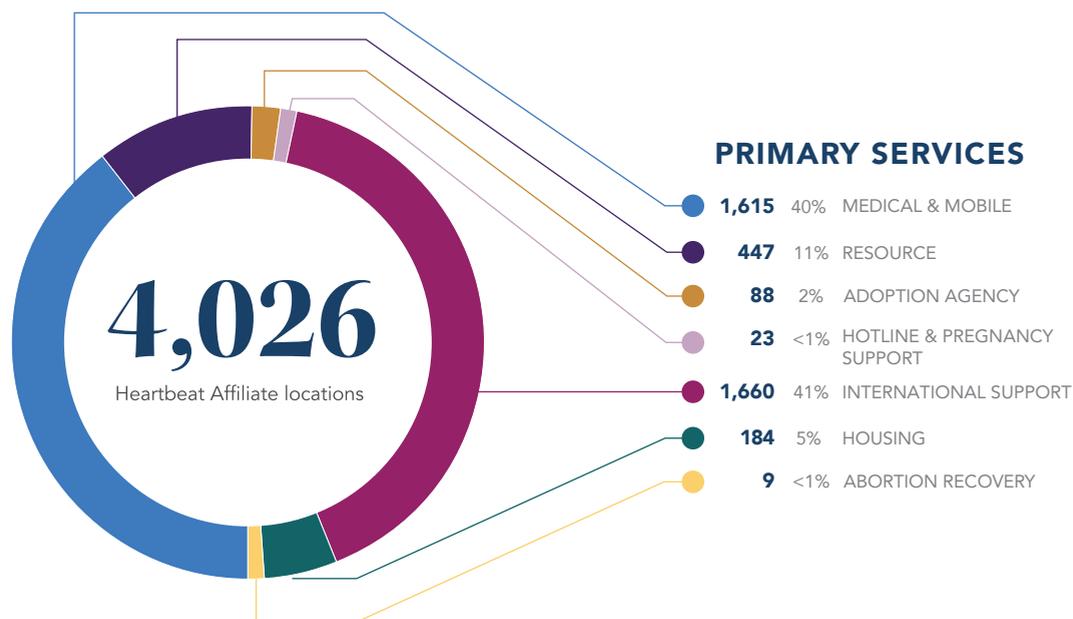
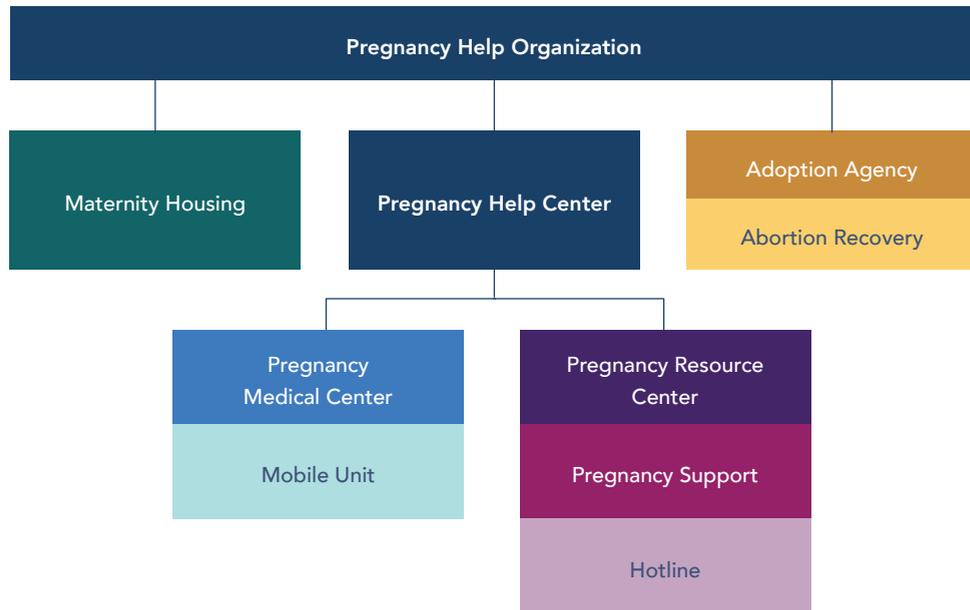
The statistics and graphics in this report are free to use on your own marketing, social media and websites.

To find easy-to-share graphics, visit HBI.life/lifetrends.



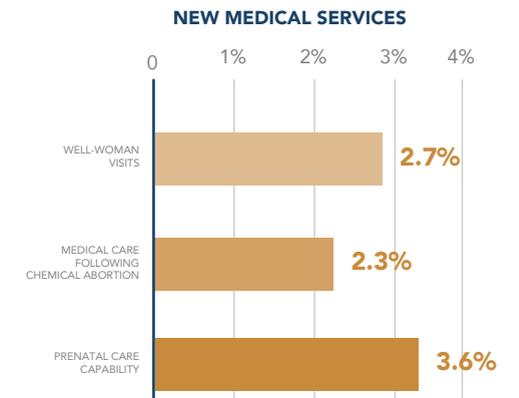
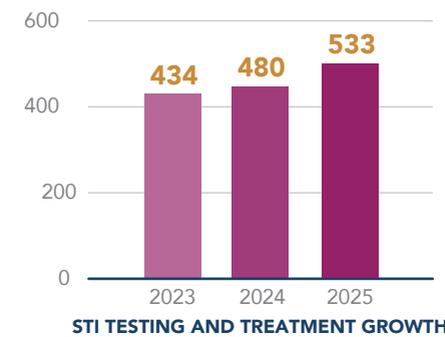
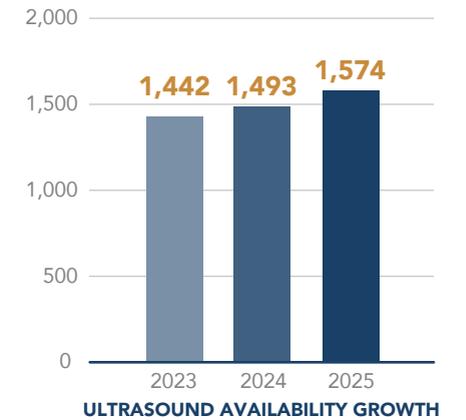
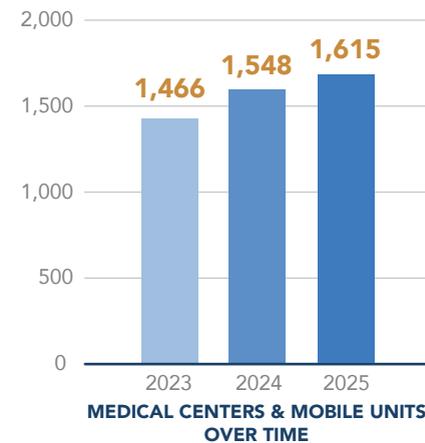
PREGNANCY HELP ORGANIZATIONS

Heartbeat's affiliate pregnancy help organizations (PHOs) support women wherever they are in their pregnancy journeys and beyond. Our affiliates fall into several categories according to the primary services they offer.



THE EXPANDING MEDICAL CAPACITY OF PREGNANCY CENTERS

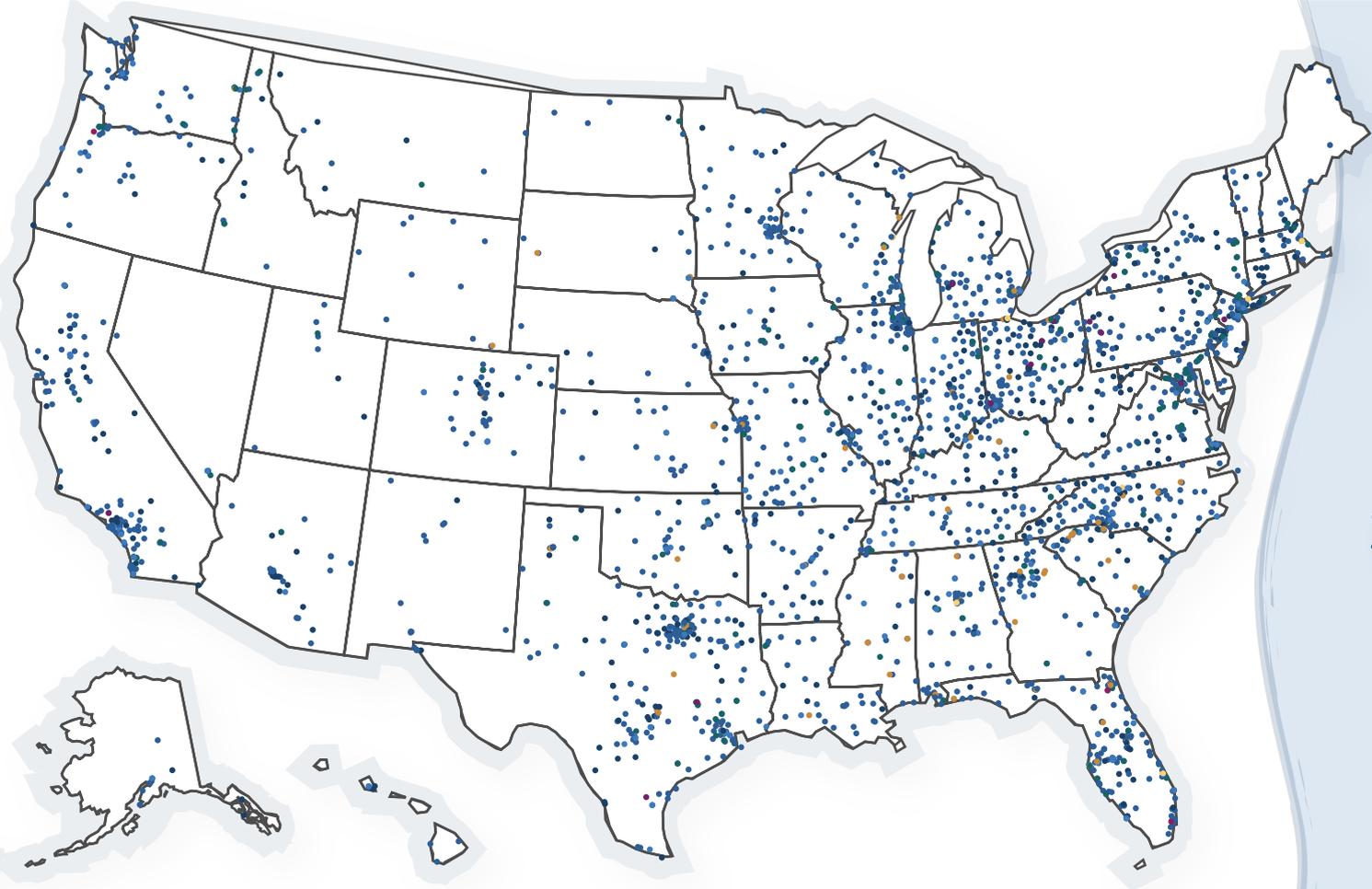
Pregnancy centers are expanding medical care to serve women more comprehensively



AND AFFILIATES ARE RESPONDING!

Pregnancy centers are increasingly serving as trusted healthcare providers in their communities.

U.S. AFFILIATE LOCATIONS



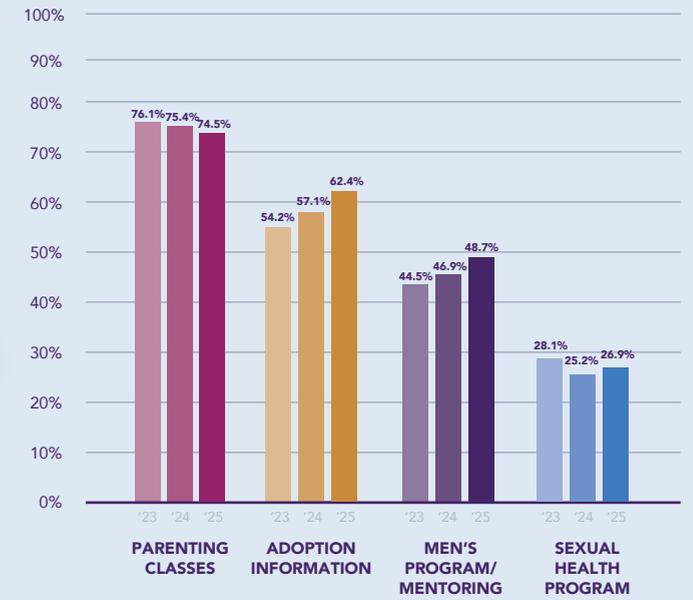
- MEDICAL & MOBILE UNIT
- ADOPTION AGENCY
- HOTLINE
- RESOURCE
- ABORTION RECOVERY
- PREGNANCY SUPPORT
- HOUSING

PHOs With Satellite Branches

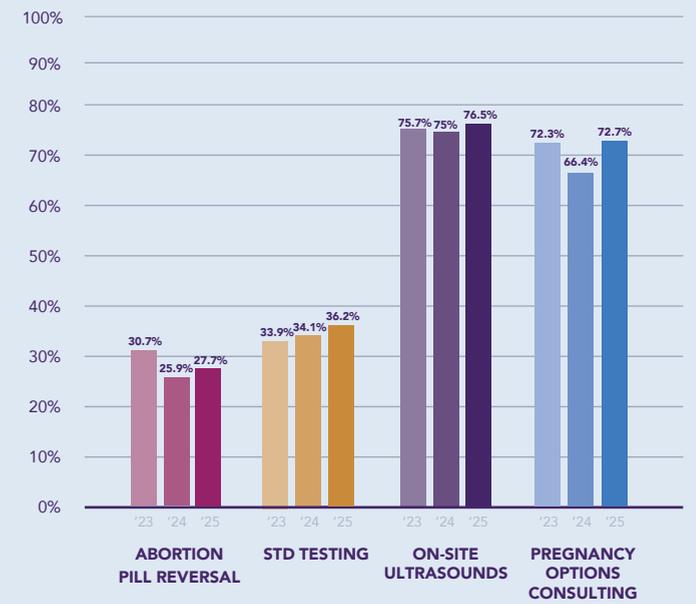
- 1 Location
- 2 Location
- 3 or More Locations



Programs

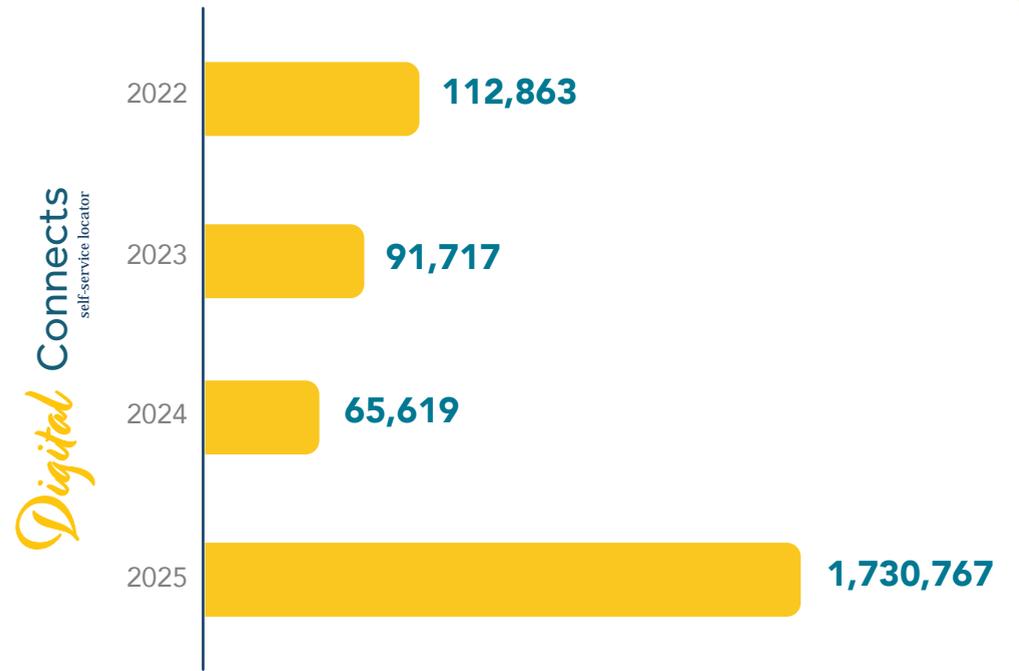
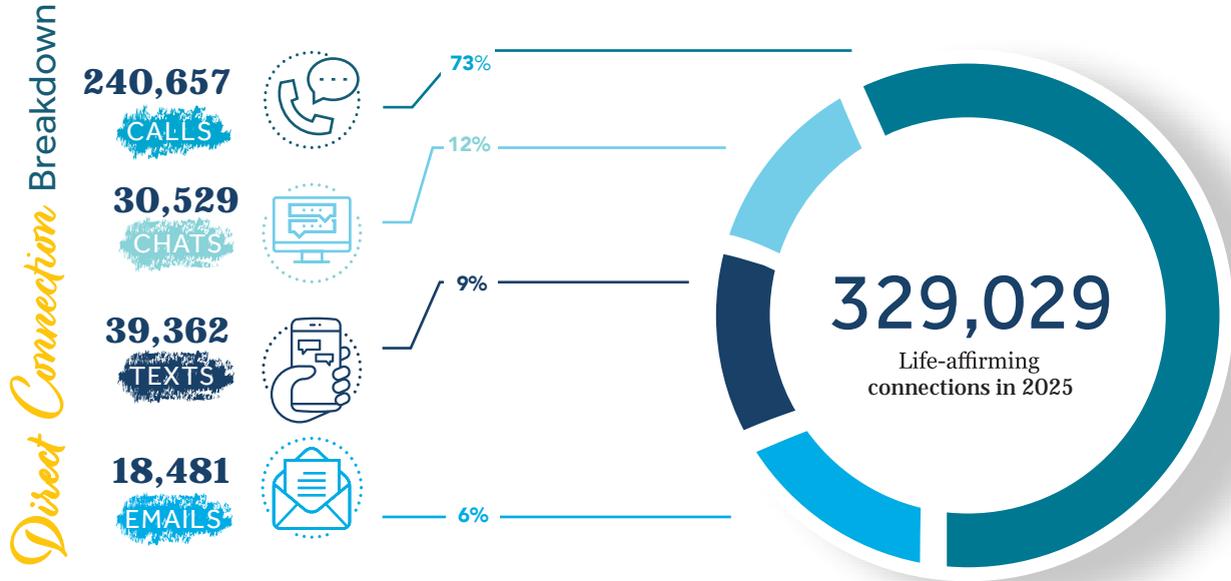


Services



Option Line™

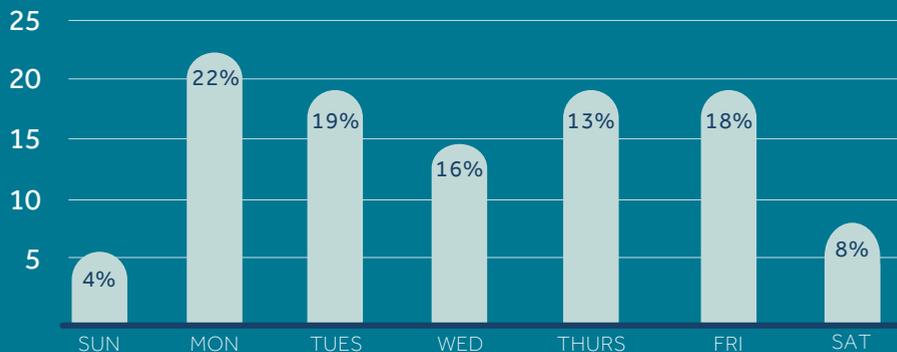
Option Line's 24/7 pregnancy helpline provides vital services, especially when pregnancy centers are closed. It ensures that assistance is available around the clock, offering support to women in need, particularly in times when alternative options like abortion pills by mail are being considered.



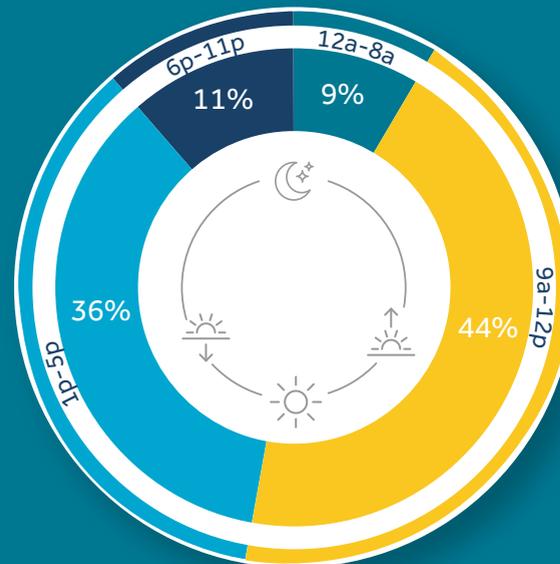
Making a connection to pregnancy help.

every **15** seconds

WHEN SHE REACHES OUT



Typical Calls Per Day



Nearly 40% of women reach out to Option Line outside typical pregnancy center hours, particularly in the evenings, overnight, and on Fridays, highlighting the importance of after-hours support. This reveals an opportunity for pregnancy centers to extend their access through telecare—ensuring women can connect with someone locally in their most urgent moments.



Global Reach

WOMEN IN ALL

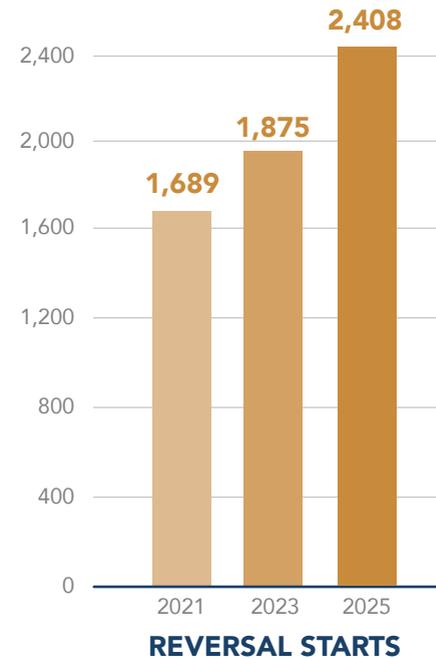
50 states
AND 98 COUNTRIES

have been assisted by the
Abortion Pill Rescue® Network.

92.5%
OF KNOWN
ABORTION PILL REVERSALS
occur in the United States.

25%

INCREASE IN STARTS OVER 2024



A "start" occurs when a woman receives a referral to a provider, the provider determines that she is a candidate for abortion pill reversal, and she has received a prescription for treatment.

By the Numbers

7,500+

TOTAL LIVES SAVED
through Abortion Pill
Reversal, statistics show.

>1,500

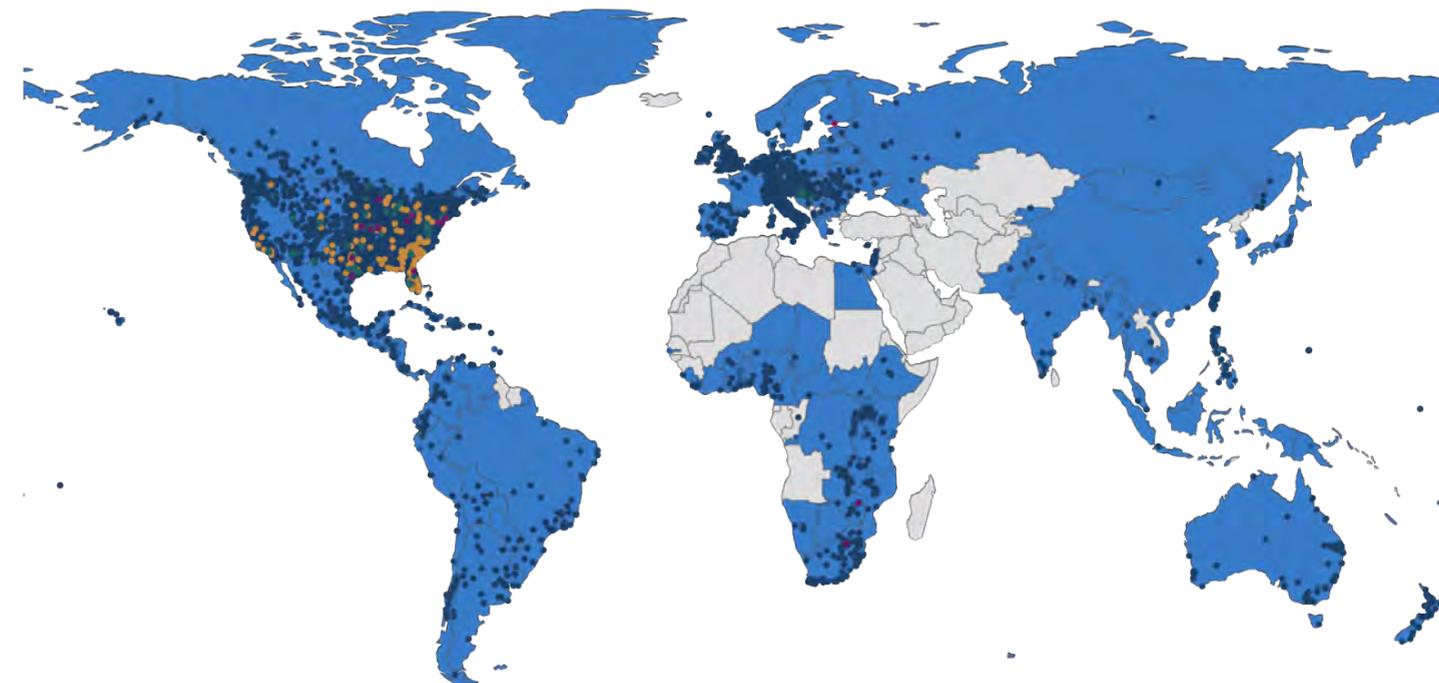
PRACTITIONERS, CLINICS & PHARMACIES
are a part of the Abortion Pill
Rescue Network worldwide.

>90%

of mission critical callers
START THE APR PROTOCOL
after speaking with one of nursing team.

Heartbeat International Affiliate Network

Unifying and Advancing Life-Affirming Pregnancy Help Worldwide



● Abortion Recovery ● Adoption ● Hotline ● Housing ● Medical ● Mobile Unit ● Pregnancy Support ● Resources

Global Impact

WE ARE HONORED TO WORK ALONGSIDE 10
JOINT-AFFILIATE NETWORKS AROUND THE
GLOBE TO BRING PREGNANCY HELP TO
COMMUNITIES WORLDWIDE.

Baby Lane's life was saved through
the pregnancy help network.

The Heartbeat DIFFERENCE

Compassionate care for women at every stage
Heartbeat and its affiliates remain committed to expanding
compassionate care and meeting the evolving needs of
women and families.

HeartbeatInternational.org to learn more.



Follow us on social media for
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