A photograph of a woman with long dark hair smiling warmly as she hugs a young girl from behind. The girl is wearing a blue quilted jacket and has a joyful expression. The background is a soft, out-of-focus outdoor setting. A semi-transparent blue rectangular box is overlaid on the left side of the image, containing the text.

**Family Planning:
Enabling Choice,
Improving Lives,
Strengthening
Societies**

Family planning enables informed choices about childbearing

It includes the methods, information and means that allow people to decide freely if, and when, to have children

Investments in family planning provide support across three key pillars:



METHODS | Expand access to contraceptives

Make modern contraceptives (such as pills, condoms, implants, etc.) affordable, available and accessible



INFORMATION | Inform and counsel people on reproductive health

Provide clear, respectful information and counselling so women and couples can choose if, when, and how to have children

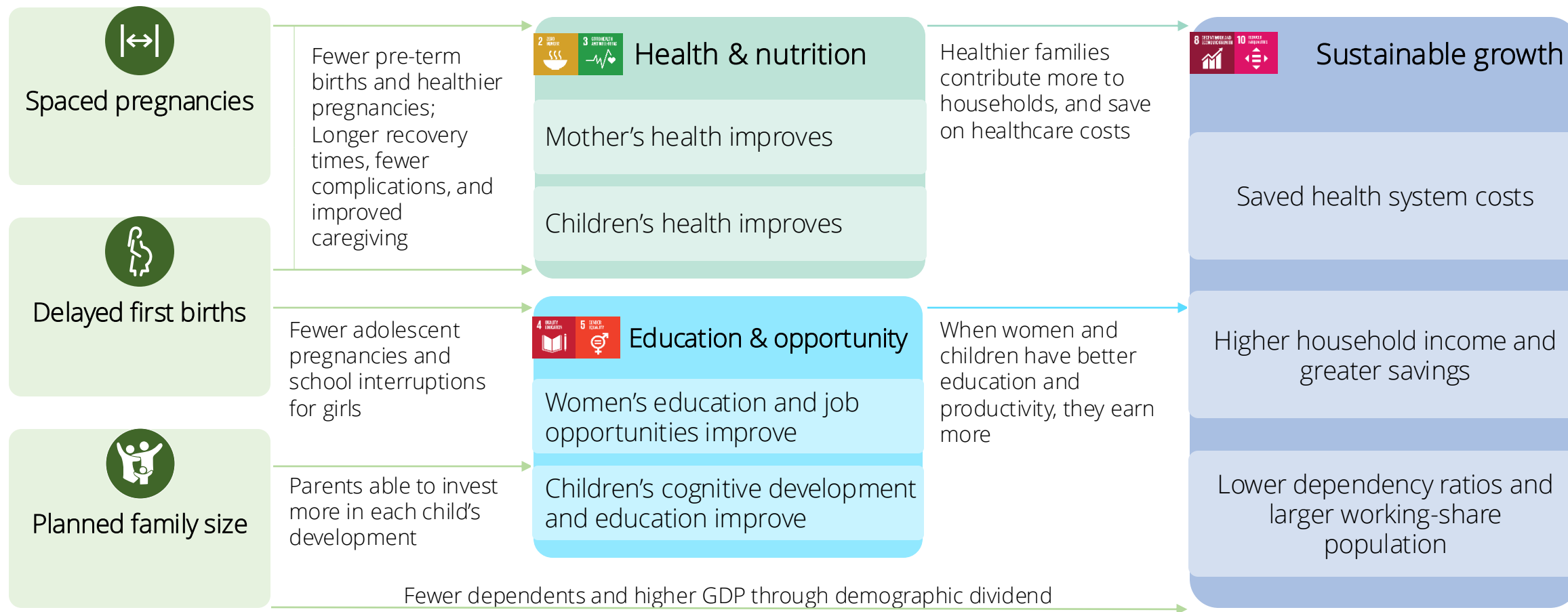


MEANS | Build systems that deliver quality care

Equip health workers and support policies to remove barriers and ensure people receive timely family planning services

When women can plan their families, lives improve- building healthier, stronger societies over time

Access to contraceptives enables women to choose if, when, and how many children to have, advancing progress across the Sustainable Development Goals (SDGs)



When pregnancies are planned, health risks fall for women...



Birth spacing allows women to deliver more safely

Allows the body time to recover between births
→ Restores iron and nutrients
→ Reduces severe anaemia
→ Lowers risk of life-threatening bleeding during childbirth

Reduces repeated strain on the uterus
→ Lowers risk of complications during labour
→ Safer delivery



Delayed first births lower risks during childbirth

Allow body to fully develop beyond adolescence
→ Lowers risk of obstructed labour and eclampsia



Planned family size reduces abortion risk

→ Reduces need for abortion
→ Lower reliance on unsafe procedures
→ Fewer abortion-related complications and deaths



~39% drop in maternal deaths
primarily through increased contraceptive use¹

... And for children

Healthier pregnancies support stronger fetal growth

- Higher birth weight
- Lower risk of complications at birth

Planned pregnancies reduce preterm births linked to maternal depletion

- More babies born at full term
- Lower neonatal mortality

Spaced births allow longer breastfeeding and more caregiving capacity

- Improved early-life nutrition
- Lower risk of stunting and underweight



Infant mortality falls as spacing and contraceptive access improve¹

~2.5x more likely to survive when births are spaced 4+ years apart¹

Births with ≤ 2 yr interval



Births 4+ yr interval



~2x more likely to survive in countries >30% women use contraceptives (mCPR)

<10% women* use contraception

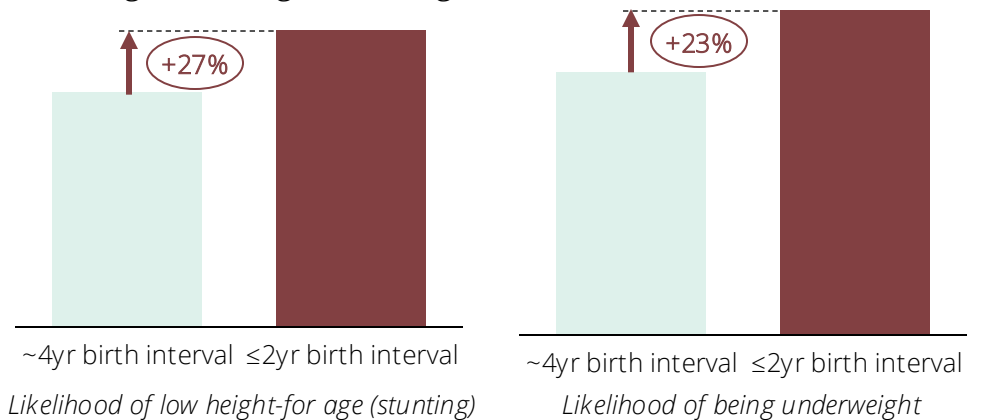


>30% women* use contraception



Child nutrition improves when children are born further apart

Short birth intervals (≤ 2 years) associated with higher rates of stunting and being underweight²



When health risks fall, education and opportunities improve



Impact on education and opportunities



Fewer adolescent pregnancies mean fewer school interruptions for women

Up to **44 percentage point** increase in secondary school completion¹ and **20% higher college enrolment**² for women with contraceptive access



Planned family sizes allow parents to invest more in each child

Each additional sibling estimated to **reduce educational attainment** by ~0.037 years of schooling³



Improved maternal health enables women to **participate** more consistently in the **workforce**

Women who use contraceptives **10-12%** more likely to start work and up to **15%** more likely to have control over wages⁴



Better early nutrition and cognitive development supports **children's education** and later **earnings**

Nearly **one additional year** of schooling⁵ for children who avoid early-life stunting; malnourished children earn **10%** lower over their lifetime⁶

Rising education and productivity create conditions for stronger economies



Higher household income and greater savings when women are healthier and participate more consistently in the workforce



Reduced health system costs when women and children are healthier from planned and spaced pregnancies



Lower child-dependency ratio and larger working-age population when families are better planned



Every \$1 invested in family planning creates \$26 in gains through lives saved, treatment costs averted and higher productivity¹

Additional societal and long-term gains (improvements in education, gender equality, and long-term societal resilience) not fully captured in this estimate

More women are using contraceptives than ever before, but funding has not kept up with demand

885M+
Women using modern
contraceptives globally

90M+
more women/girls using
contraception since 2012

260M
Women with unmet need for
contraception

Funding is falling; Total funding fell by 13% (\$0.4B) 2019-2023, with more at risk over the coming years

Development assistance for FP¹ \$B | 2019-2026³ (in 2023 USD)

