

IntraHealth

I N T E R N A T I O N A L

Because Health Workers Save Lives.



Family planning: a triple return on investment for achieving the Sustainable Development Goals

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Family planning is an investment.



Healthy populations

Human development

Social and economic growth



Family planning has a positive impact on:

- **SDG 1: Eradicating poverty** at the level of families and communities AND supporting economic growth
- **SDG 3: Dramatically improving maternal, newborn, and child health**, as well as the health of families, communities and populations
- **SDG 17: Contributing to strategic partnerships at the country and global levels**
- ALL of the SDGs by contributing to **socio-economic development**

Family planning saves lives

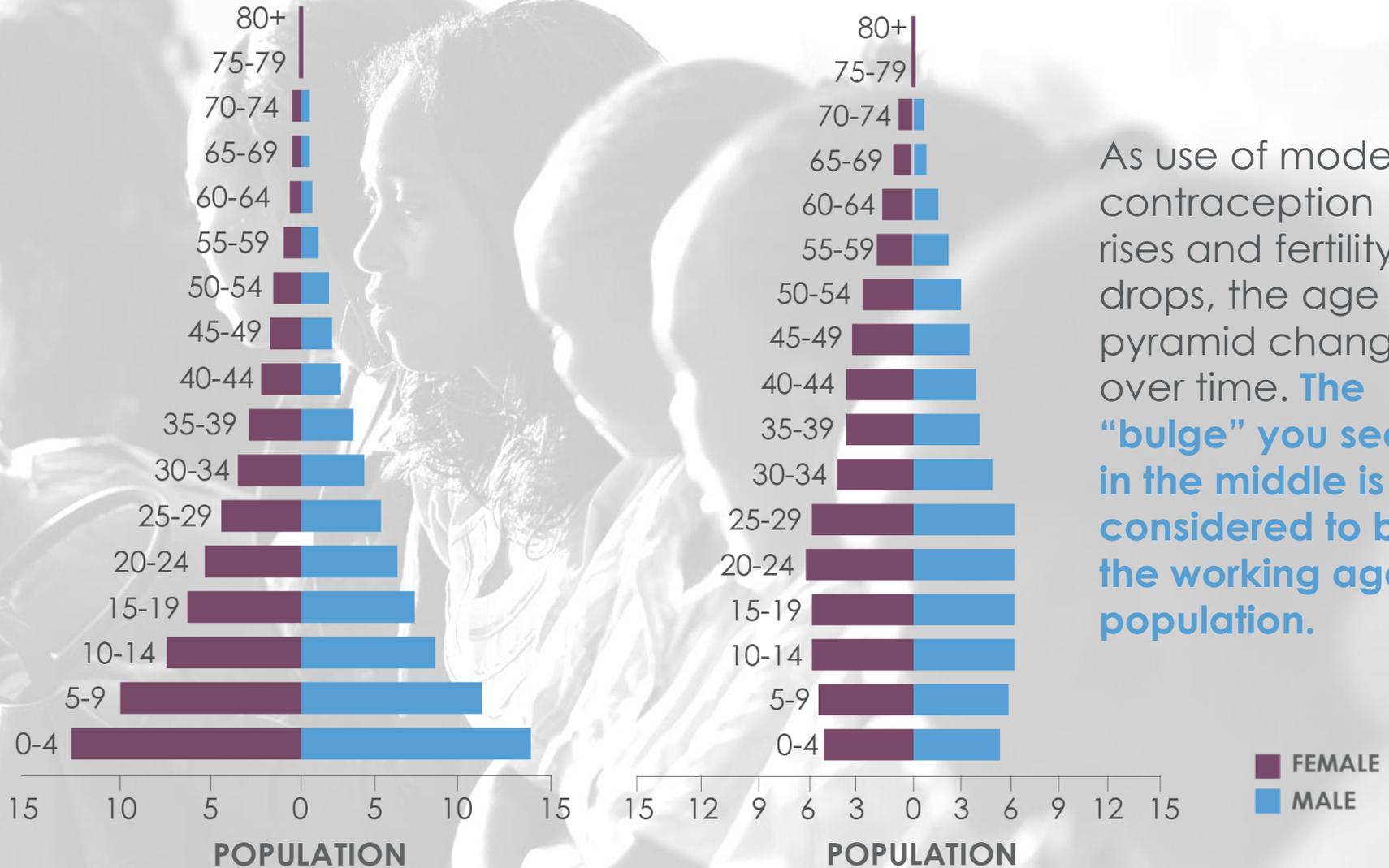
- **Women's lives:** as many as one in every 3 maternal deaths would be averted by allowing women to delay motherhood, space births, avoid unintended pregnancies and abortions, and stop childbearing when they have reached their desired family size.
- **Newborns' and children's lives:** helping women wait at least two years before trying to become pregnant again, thereby reducing newborn, infant, and child deaths significantly.
- **Adolescents' lives:** teen pregnancies pose health risks not only for the babies but also for the young mothers, particularly those under age 18; can also help young women avoid having children during this high-risk time and also avoid the social and economic consequences of early childbearing.



Family planning can lead to socio-economic growth and development

- Global development community has been **“squeamish” in talking about economic impact of family planning**
- **Fiscal benefits for countries with robust family planning programs are enormous**
- As more people than ever make the transition from large families and short lives to smaller families and longer lives, **three elements—health, family size, and prosperity—are irrevocably intertwined**
- Countries can benefit from the **“demographic dividend”**

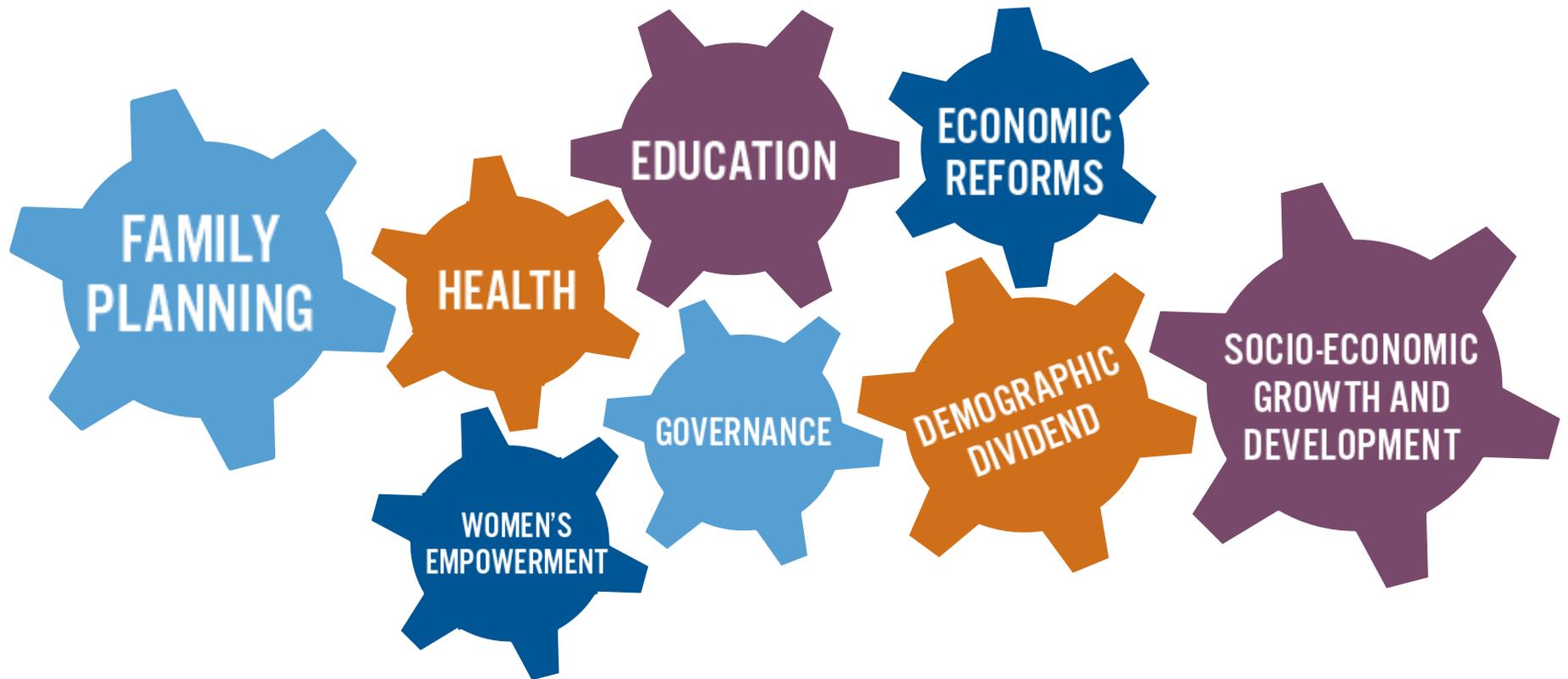
What leads to the demographic dividend?



As use of modern contraception rises and fertility drops, the age pyramid changes over time. **The “bulge” you see in the middle is considered to be the working age population.**

Benefitting from the demographic dividend

Demographic dividend occurs when a larger portion of the population is able to contribute to economic growth—but only if a country is prepared for it.





Family planning is essential primary health care

- Health AND fiscal benefits must be counted
- Multi-sector efforts, and inter-ministerial collaboration needed
- South-to-South sharing of best practices essential!
- Need to support countries in replicating best practices, including task sharing with community health workers, outsourcing contraceptive logistics
- Health workers need to be supported at all levels to offer high-quality services

Family planning is an investment



in health, women's empowerment, and social and economic growth.

Family planning can help us meet ALL of the SDGs



1 NO POVERTY

A white icon of a family consisting of a man, a woman, and two children, standing together.

2 ZERO HUNGER

A white icon of a bowl with three wavy lines above it, representing steam or food.

3 GOOD HEALTH AND WELL-BEING

A white icon of a heart rate monitor line with a heart symbol at the end.

4 QUALITY EDUCATION

A white icon of an open book and a pencil.

5 GENDER EQUALITY

A white icon of a female symbol with an equals sign inside.

6 CLEAN WATER AND SANITATION

A white icon of a water tap with a single drop of water falling from it.

7 AFFORDABLE AND CLEAN ENERGY

A white icon of a sun with a power button symbol in the center.

8 DECENT WORK AND ECONOMIC GROWTH

A white icon of a bar chart with an upward-pointing arrow.

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

A white icon of three stacked cubes.

10 REDUCED INEQUALITIES

A white icon of an equals sign inside a circle.

11 SUSTAINABLE CITIES AND COMMUNITIES

A white icon of a city skyline with several buildings.

12 RESPONSIBLE CONSUMPTION AND PRODUCTION

A white icon of an infinity symbol.

13 CLIMATE ACTION

A white icon of a globe inside an eye shape.

14 LIFE BELOW WATER

A white icon of a fish and wavy lines representing water.

15 LIFE ON LAND

A white icon of a tree and two birds flying.

16 PEACE, JUSTICE AND STRONG INSTITUTIONS

A white icon of a dove and a gavel.

17 PARTNERSHIPS FOR THE GOALS

A white icon of three interlocking circles.

The logo for the Sustainable Development Goals, featuring the United Nations emblem at the top, the text "SUSTAINABLE DEVELOPMENT GOALS" in blue, and the colorful "GOALS" graphic.



AT INTRAHEALTH INTERNATIONAL

WE BELIEVE EVERYONE EVERYWHERE

SHOULD HAVE THE HEALTH CARE

THEY NEED TO THRIVE.



**OUR MISSION IS TO IMPROVE THE PERFORMANCE
OF HEALTH WORKERS AND STRENGTHEN THE
SYSTEMS IN WHICH THEY WORK.**

Family planning
saves lives and
grows economies.
It is one of the
smartest
investments we
can make.



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