

14. Family planning

Family planning is a key component of sexual and reproductive health. It allows people to make informed and voluntary decisions about if, when, and how many children to have by ensuring access to safe, effective, acceptable, and affordable contraceptive methods and quality reproductive health services.

Importance of family planning

- Reduces maternal and newborn deaths by preventing unintended and high-risk pregnancies.
- Improves the health of women and children by promoting healthy birth spacing
- Prevents unintended pregnancies and reduces the need for unsafe abortion.
- Supports women's rights and empowerment by enabling informed reproductive choices.
- Contributes to better educational, social, and economic outcomes for women, families, and communities.

References

World Health Organization. Family planning/contraception. WHO Fact Sheet. Available at: <https://www.who.int/news-room/fact-sheets/detail/family-planning-contraception>