

Family Planning through the lens of global strategies, measurement and human rights

Family Planning Impact

Session 4

An Online Evidence-based Course 2021

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**World Health
Organization**



Outline

Family planning fertility and population

Reproductive health benefits of family planning

Other health benefits of family planning

Family planning and empowerment of adolescents, youth and women

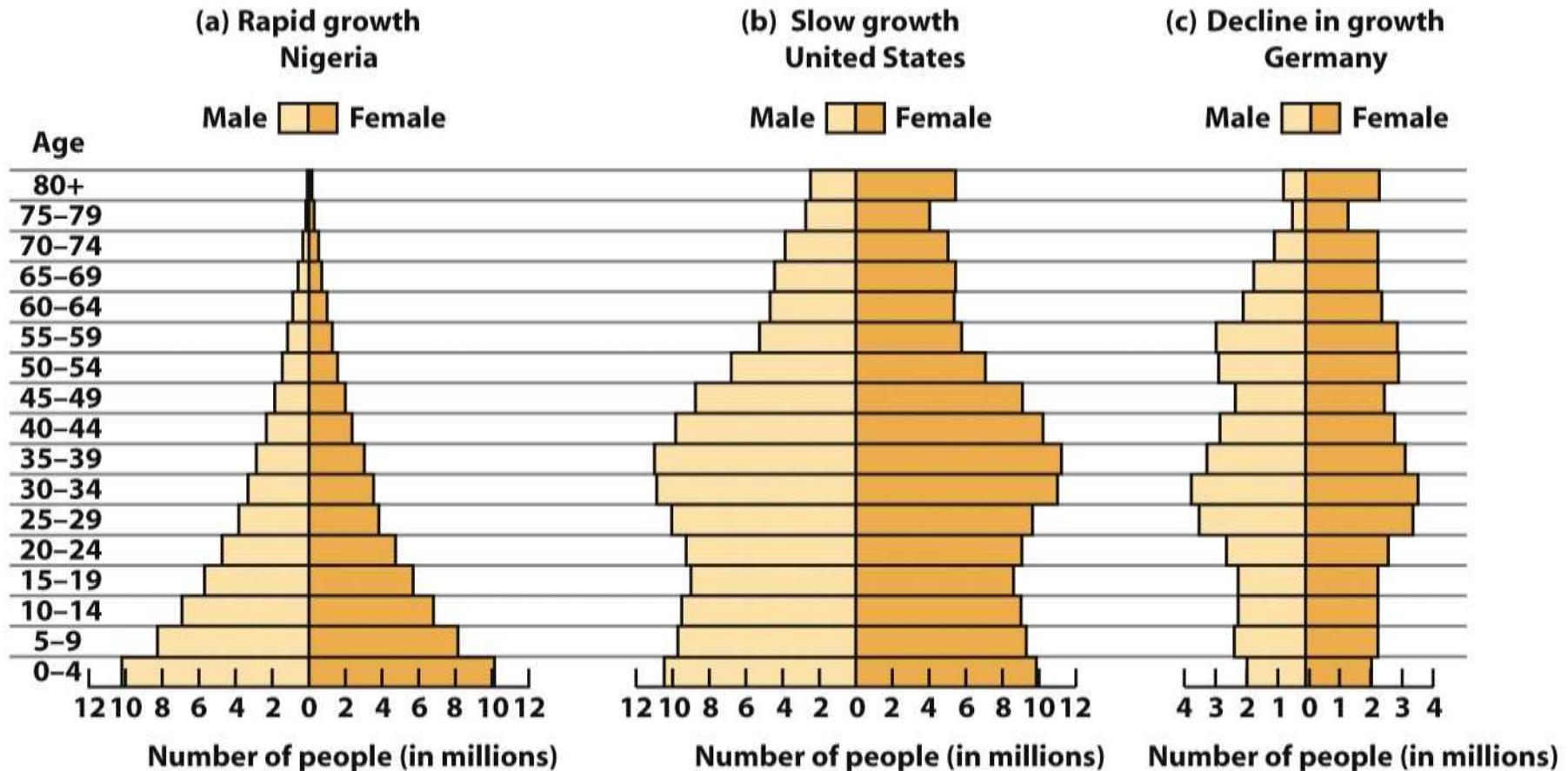
The health care system and family planning



Family planning fertility and population

- Changes in population determined by Fertility, Mortality, and Migration
- Population change more rapid and more universal in the past six decades than any other period in human history, but vary widely
- Fertility rates have declined to below three births per women in all regions except sub-Saharan Africa
- Global population 7.79 Billion (in 2020)
- Africa population will double in size between 2010-2050

The population pyramid concept



- **Total fertility rate (TFR):** average number of children that would be born to a woman over her lifetime.
- **Replacement level fertility:** average number of children per woman to maintain existing population. Set at 2.1 in a woman's lifetime.

Demographic stages

High Death and birth rates in balance

Increased lifespan with rapid drop-in death rates while birth rates unchanged

Birth rates fall with access to FP

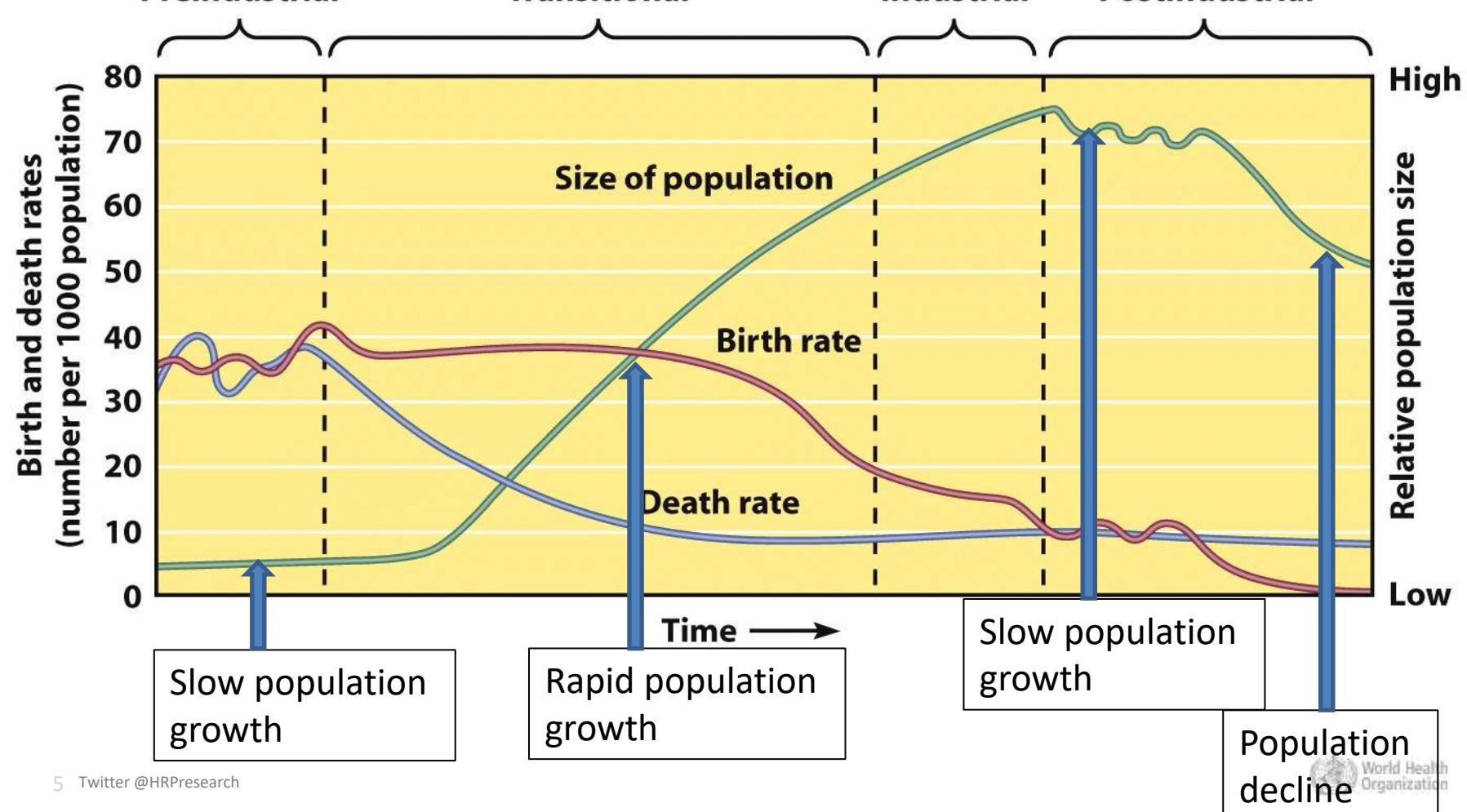
Birth rates below replacement level, may lead to a shrinking population

STAGE 1
Preindustrial

STAGE 2
Transitional

STAGE 3
Industrial

STAGE 4
Postindustrial



Effects of overpopulation and rapid population growth

- Shortages of energy and other natural resources (land, water)
- Communicable diseases in dense populations
- Habitat destruction
- Conflict over scarce resources such as land area
- Small productive population supporting a large dependent population

Effect of declining fertility and population

- Fertility declines associated with:
 - An increase in women's education, health, earnings, and participation in paid employment
 - Better access to health, education and employment for children
- These combined effects can lead to large macroeconomic demographic benefits – **Demographic Dividends**
- Prolonged fertility declines with increasing life expectancy can lead to:
 - Aging population that dependent on few workers
 - High care health costs

Reproductive health benefits of family planning

- Reduced maternal mortality and morbidity due to
 - Reduced number of births
 - Prevention of unintended pregnancy that leads to abortion
 - Prevention of high-risk pregnancies: grand multiparity, teenage pregnancies, older age, repeat operative delivery, pregnancies complicated by medical conditions
- Reduced neonatal, infant and child mortality
 - Increased interpregnancy intervals leading to longer breast feeding and better childcare
 - Better maternal health leading to reduced risk of still birth and low birthweight

Other health benefits of family planning

□ Health benefits of combined or contraceptives

- Reduced risks of endometrial cancer, Cancer of the ovary, Symptomatic pelvic inflammatory disease
- Protection against: Ovarian cysts, Iron-deficiency anemia
- Reduced menstrual cramps, Menstrual bleeding problems, Ovulation pain, Excess hair on face or body
- Reduced Symptoms of polycystic ovarian syndrome (irregular bleeding, acne, excess hair on face or body) and of endometriosis (pelvic pain, irregular bleeding)

□ Health benefits of DMPA

- Reduced risks of endometrial cancer, Uterine fibroids
- Protection against Symptomatic PID, Iron-deficiency anemia
- Reduced: Sickle cell crises among women with sickle cell anemia and Symptoms of endometriosis (pelvic pain, irregular bleeding)

□ Health benefits of implants

- Reduced risk of endometrial and cervical cancer

□ Health benefits of LNG IUD

- Protection against Iron-deficiency anemia
- Reduced risk of endometrial and cervical
- Reduced menstrual cramps, menorrhagia and symptoms of endometriosis

□ Health benefits of tubal sterilization

- Reduced risk of ovarian cancer

□ Health benefits of condoms

- Reduced risks of STIs, including HIV and their complications such as PID, cervical cancer and infertility

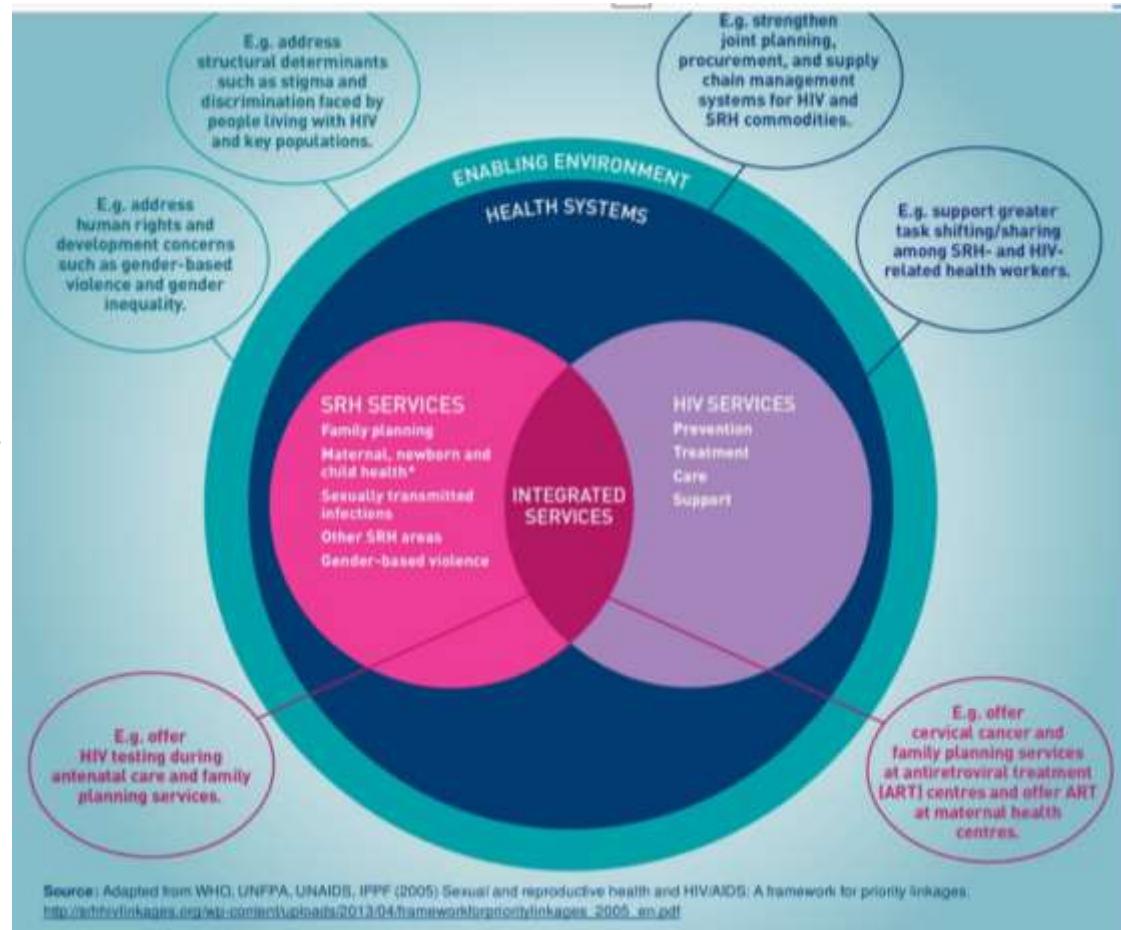
Empowerment of adolescents, youth and women

- Empowerment – The expansion of people's ability to make strategic life choices in a context where this ability was previously denied to them.
- Positive effect of empowerment on the use of contraceptives is well established. However, the reverse effect, less studied.
- Mechanisms of contraception leading to empowerment:
 - Education and employment opportunities
 - Sense of control over own body
 - Control over family size and birth interval

The health care system and family planning

In the health system and services family planning can be strongly linked with:

- STI and HIV
- Nutrition
- Maternal and child health
- Chronic disease screening
- Social welfare



Conclusion

- Family planning has impacts at various levels
 - Population
 - Individual health
 - Individual and group empowerment and agency
 - Generational health
- Based on these¹
 - Two-thirds reduction in unsafe abortions and maternal deaths in LMICs if contraceptive demand met and quality of pregnancy care
 - Every dollar spent on contraceptive services beyond the current level would save \$3 in the cost of maternal, newborn and abortion care

¹ Guttmacher Institute. Adding It Up Investing in Sexual and Reproductive Health in Low- and Middle-Income Countries. Guttmacher Institute, 2019.
<https://www.guttmacher.org/fact-sheet/investing-sexual-and-reproductive-health-low-and-middle-income-countries>

Readings and videos

- Read the WHO evidence brief on Accelerating uptake of voluntary, rights-based family planning in developing countries

<https://apps.who.int/iris/bitstream/handle/10665/255859/WHO-RHR-17.07-eng.pdf?sequence=1&isAllowed=y>

- Watch the Video on global Population projects by 2050

[The World Population in 2050 - YouTube](#)

- If you have questions discuss with your coach and submit any that you would like discussed in the webinar.

Leading rigorous
and independent
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