

ICFP2022 Key Messages

UHC—Not Without FP

WITHOUT FAMILY PLANNING, WE WON'T ACHIEVE UNIVERSAL HEALTH COVERAGE

#1: FP Enables National Health Systems to Finance UHC

- Integrating FP as part of UHC creates a resilient and holistic health system. This not only saves lives is extremely cost-effective ensuring limited funds are better invested in higher-level and costlier care.
- FP increases economic health of women and girls, empowering them to take better advantage of educational and economic opportunities to maximize their potential which can lead to more (and better) job opportunities and financial self-sufficiency.
- FP helps to accelerate economic growth by lowering a country's total fertility rate (TFR) in relation to the working-age population. With fewer dependents to support, a country has more resources to deliver its UHC program.

#2: FP Improves National Health Statistics Which Lowers UHC Costs

- Enabling women to live longer, healthier lives by lowering rates of disease—including HIV and STI transmission-- , medical conditions and/or death of mothers. I.e.,
 - Complications related to pregnancy and childbirth are a leading cause of death among adolescent girls ages 15-19 in low- and middle-income countries. ([WHO](#))
 - The risk of death per birth for adolescents aged 15–19 years is 28% higher than for women aged 20–24 years. ([Studies in Family Planning](#))
 - Unintended pregnancies, unsafe abortions and maternal deaths would drop by about two-thirds if all women in low- and middle-income countries had access to FP.¹
- Lowering mortality rates of infants and children under 5 through higher birth weights, better nutrition, and better health outcomes throughout childhood and into adulthood. I.e.,
 - When a woman spaces her births by at least three years, her newborn baby is twice as likely to reach its first birthday.

#3: FP Enables Countries to Adopt a “Progressive Path” to UHC*

- Providing one of the most transformative impacts to national health via a very few cost-effective interventions. I.e.,
 - Every dollar spent on contraceptive services beyond current levels would save [\\$3.70 in the cost](#) of maternal, newborn and abortion care, because the use of contraceptives reduces the number of unintended pregnancies.²

*A “*progressive path*” to UHC means launching a thin but critical package of essential benefits that will have the maximum impact for the largest number of people and which will enable a country to then increase those essential benefits over time.

¹ <https://www.guttmacher.org/article/2021/07/sexual-and-reproductive-health-care-key-achieving-universal-health-coverage>

² <https://www.guttmacher.org/article/2021/07/sexual-and-reproductive-health-care-key-achieving-universal-health-coverage>